

Journal of Global Information and Business Strategy

Year : 2014,

Volume: 6,

Issue: 1

First Page: (66)

Last Page: (69)

Print ISSN: 0976-4925

Work Life Balance for Generation Z

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Published on 2014

Abstract

The emergence of mobility, 24/7/365 connectivity and globalized business has made the concept of a work-life balance as burning topic for the Y Generation. The paper emphasizes the concept of work life balance with the basic factors viz., health and relationship in context to Generation 'Z'. It takes into consideration that is work life balance a myth or reality? It is concluded that work and personal life are complimentary to each other not a substitute. Work usually takes priority over other things and it takes away the maximum time spent during a day. Work financially supports our dreams, and it is a core part of our identities. It has reached to such stage where our career-driven lives have taken over our personal lives.

Keywords

Dynamics, Generation Z, Mobility, Productivity, Work-Life Balance.