ABSTRACT
The objective of this research is to study the work life balance of employees in banking sector. The research was conducted among employees in banking Sector with Reference to Virudhunagar district. Work life balance entails attaining equilibrium between professional work and other activities, so that it reduces friction between official and domestic life. Work life balance enhances efficiency and thus, the productivity of an employee increases. It enhances satisfaction in both the professional and personal lives. The ultimate performance of any organization depends on the performance of its employees, which in turn depends on numerous factors. These factors can be related to work or family or both. The relationship between personal and professional life can be achieved through emotional intelligence. Better emotion management is necessary in order to accomplish day-to-day objectives of life. The findings of the study reveal the majority of the Employees feel comfortable in their work place irrespective of their Trivial personal and work place irritants. The Primary data was collected through questionnaire survey and analyzed with the help of various statistical tools. This paper attempts to indentify the various factor which helps to maintain work life balance among employees in banking sector.

KEY WORDS: work life balance, personal life, professional life, work pressure, Emotional Balance, Job Satisfaction.