

## Research Article



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# **A DESCRIPTIVE STUDY TO ASSESS ON BURNOUT WORK LIFE BALANCE, MARITAL SATISFACTION AMONG MARRIED FEMALE PROFESSIONAL**

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## **ABSTRACT**

**Background:** - Work-life harmony the ability of an employee to sustain a positive balance between their personal obligations, job responsibilities, and family life is referred to as their "work life" balance. Businesses recognize the value of supporting their workers in striking this balance because a growing number of employees struggle with the tension between their personal and professional life.

**Objective:-** To assess the level of burnout, working balance and level of marital satisfaction among married female professionals.

**Material and Methods:-** A quantitative research approach with descriptive study method was used. Participants in the study were 80 married working women. Hospitals, schools, corporate offices, and other professional establishments are the places from which they are chosen. The sample was chosen by the investigator using a purposive and convenience sampling technique. This non-probability method involves selecting individuals who meet specific criteria relevant to the research purpose, such as being married, currently working, and willing to participate.

**Result:-** In the overall burnout questionnaire response, the result shows responses of participants as 58% women elect always, 3% women select never, 5% women select rarely 9% women select sometimes 25% select often as their response. In section c result of questionnaire response are as 62% women are not satisfied with their marital and work-life balance 26% women are

neutral and 12% women are satisfied with their worklife and marital satisfaction. In combine response for worklife balance the percentage of distribution of result among options were 26% agree, 52% strongly agree, 3% strongly disagree, 14% neutral, 5% disagree toward questions of participants.

**Conclusion :-**The findings highlight the critical requirement for personal coping mechanisms and organizational assistance in order to enhance mental health, increase marital happiness, and facilitate a better work-life balance. These difficulties are amplified in the nursing profession, where round-the-clock duties and emotional work are prevalent.

**Keywords:-**Burnout, Worklife balance, Marital Satisfaction

## INTRODUCTION

Work-life balance is one of the primary factors contributing to marital satisfaction in today's world. The fact that both partners in the marriage work or hope to work will have a significant effect on their married life. The value that a person places on their marriage is directly correlated with the importance that they place on their professional and married lives.

This stress has an impact, but it does not directly affect the relationship since it is mediated by internal perceived tension. Conversely, marital problems, needs, habits, disagreements, aspirations, or feelings toward their spouse can all lead to internal stress. The impact of this kind of perceived stress on a marriage is immediate. The term "marital quality" or "marital satisfaction" refers to how a person feels about their spouse as well as how they believe their spouse feels about them. A significant amount of study has been done on the variables that affect marital pleasure. This study examines the effects of parenthood, income, and labor division on the quality of marriage. Numerous factors influence how happy spouses feel about their relationships, according to studies. The state of one's mind, overall happiness, career success, and social interactions are all impacted by marital contentment. It is distinct in that it is a comparatively steady attitude and quality that represents the person's assessment of the relationship as a whole. Employee satisfaction, as well as interactions between employees and their employers, are extremely low. Employers can support a work-life balance for their staff members in a number of ways, including by implementing policies that support it and making sure that managers actively encourage staff members to utilize them. Providing employees with flexible work arrangements enables them to tailor their work schedules to their personal obligations, thereby mitigating conflicts between work and personal obligations. It is becoming more and more difficult for married women workers to balance their personal and professional obligations in the fast-paced, high-pressure workplace of today. They are frequently more likely to experience burnout, a worse work-life balance, and a lower level of marital satisfaction because of the overlapping pressures of family responsibilities, job advancement, and marital obligations. Women's general well-being and quality of life may be significantly impacted by these intricately linked problems.

## AIM AND OBJECTIVE

To assess the level of burnout among married female professional

To assess the level of working balance among married female professional

To assess the level of marital satisfaction among married female professionals

## MATERIAL AND METHOD

Research methodology is a systematic approach to gathering valid and reliable data for the subject being studied. It signifies the general way in which the procedure is organized together with valid and reliable facts that answer the research aim and objective. Research methodology encompasses the particular steps and methods used to determine, pick, process, and evaluate the research problem.

A quantitative methodology is used in the research. Objective measurements and statistical, mathematical, or numerical analysis of data gathered using organized tools like surveys are the main focuses of this approach. The quantitative method makes it easier to gather and analyze data in a systematic manner in order to ascertain how variables relate to one another.

Descriptive research design is utilized in this study. The goal of this non-experimental approach is to observe and characterize the variables without changing them. This design is suitable for measuring marital satisfaction, work-life balance, and burnout as they naturally arise among married women professionals.

## RESULTS:- Analysis of Demographic Data

	Opts	Percentage(%)	Frequency(f)
Age	20-30 Years	61.25%	49
	31-40 Years	22.5%	18
	41- Above	16.25%	13
Gender	Male	0%	0
	Female	100%	80
Level of education	Graduate	40%	32
	Postgraduate	60%	48
Occupation	Private job	67.5%	70
	Government job	12.5%	10
	Self employed	0%	0
Marital status	Married	100%	80
	Unmarried	0%	0
Monthly Income	Rs 25,000-35,000	42.5%	34
	Rs 36,000-45,000	45%	36
	Above Rs 46,000	12.5%	10
Religion	Hindu	100%	80
	Muslim	0%	0
	Christian	0%	0
	Other	0%	0

Type of family	Nuclear family	67.5%	70
	Joint family	12.5%	10

Majority of respondents were aged between 20 to 35 years. 60% were nursing officers, and 87.5% worked in the private sector, where work stress may be higher due to resource constraints. This group is highly vulnerable due to the dual pressure of emotionally demanding jobs and family responsibilities. **Burnout is highly prevalent:**58% of respondents agreed they feel physically exhausted at work. 62.5% reported feeling mentally exhausted. 64.2% also indicated trouble staying focused during work, and 42.8% admitted to making mistakes due to mental distractions **Work-life balance is moderately to severely Challenged:**52% of participants agreed that they neglect personal needs due to work stress, and 3% strongly agreed. 26% agreed they return home too tired to engage in personal activities. 14% admitted their job makes it difficult to maintain a satisfying personal life **Marital satisfaction shows moderate to low levels:**62% were not pleased with the amount of communication with their partner. Around 26% expressed dissatisfaction with their sex life and communication quality. Approximately 12% of respondents about financial management and time spent together, suggesting a lack of strong marital engagement

## DISCUSSION

### Strength and weakness

#### The current study has the following strengths

- The researcher used a standardized tool for the study
- A sample size calculation was done for the appropriatedata .

#### Limitations

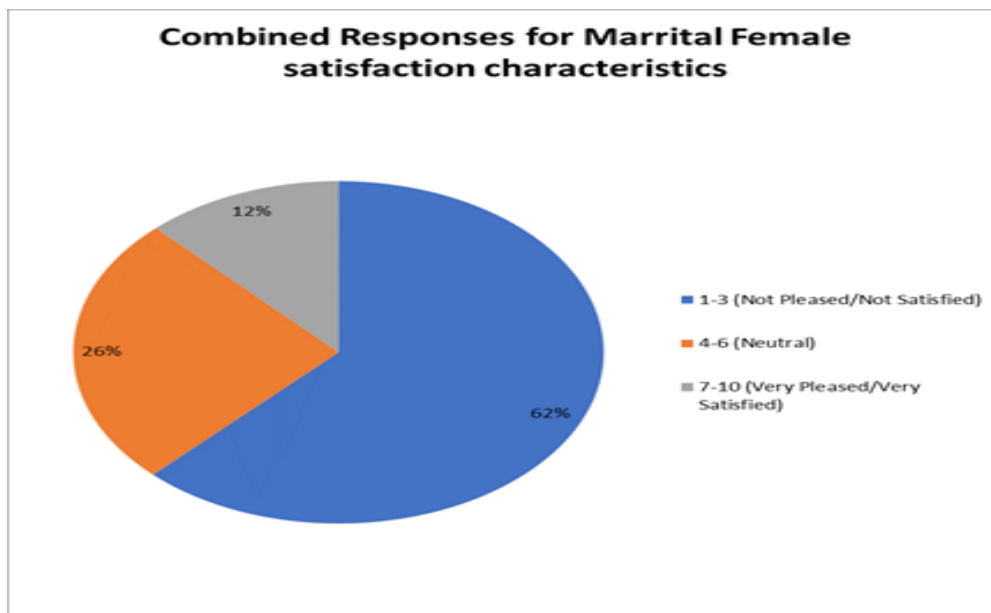
- Only female participants were included

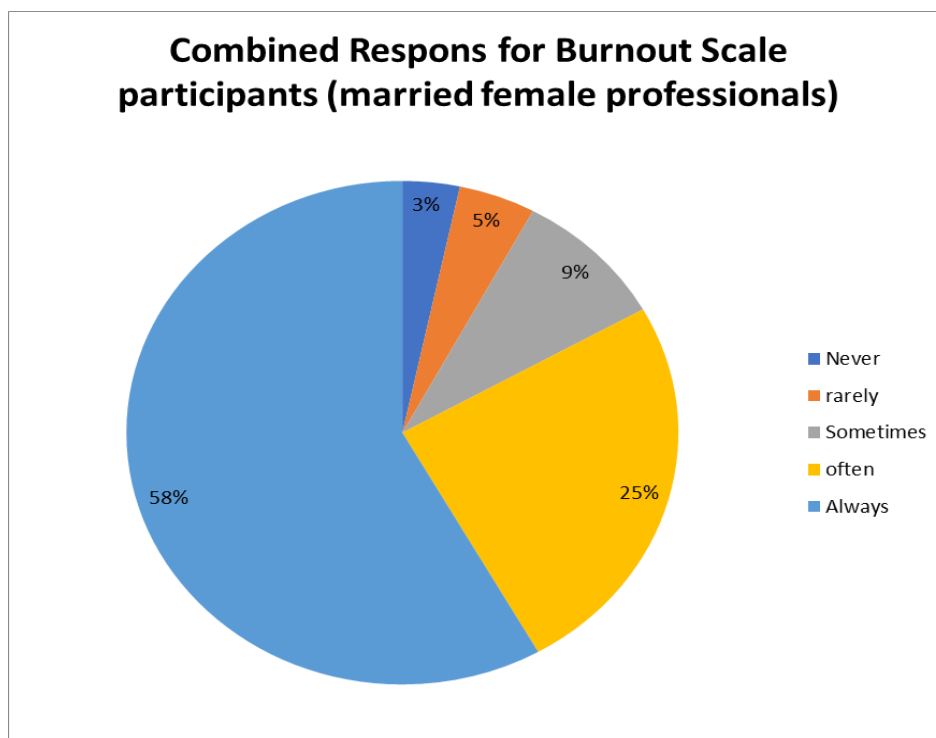
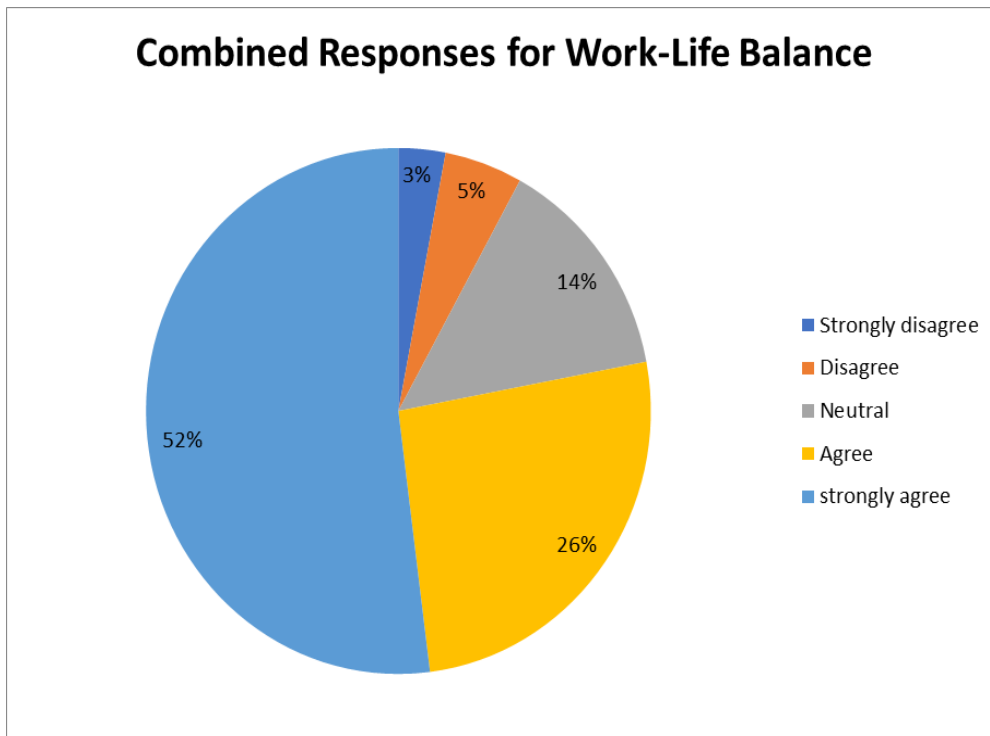
#### Implication in Nursing Research

- 1. Highlights the prevalence of burnout among married female nurses, emphasizing the need for stress management strategies in nursing practice.
- 2. Reveals the impact of work-life imbalance on nurses' personal well-being and marital satisfaction, calling for supportive policies in healthcare settings.
- 3. Suggests the development of targeted interventions to reduce emotional exhaustion and promote mental health among nurses.
- 4. Indicates the need for organizational changes that foster flexible scheduling, adequate staffing, and emotional support systems.

## CONCLUSION

The analysis of burnout, marital satisfaction, and work-life balance reveals a clear connection between work stress and its impact on both personal and professional life. A significant portion of individuals report experiencing burnout, with work-related stress negatively affecting their relationships and personal well-being. Many respondents struggle to balance work demands with personal needs, leading to dissatisfaction in marriage and emotional exhaustion. The lack of quality time, communication issues, and emotional fatigue indicate the need for better work-life integration. Addressing work-related stress, improving communication, and setting clear work-life boundaries are essential to enhancing personal fulfilment, relationship satisfaction, and overall mental health





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