

**A STUDY ON THE IMPACT OF REMOTE WORKING
ON EMPLOYEES WORK LIFE BALANCE.**

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Abstract

This study shows that the effects of remote working on work life balance, both Positive and negative impacts of it. In this study “work” has been premised mainly on a traditional means of work, which is a full-time, permanent employment with one employer. Whereas “life” has been taken into consideration as a largely comprising caring activity for the partner, elderly parents, and children.

This study focuses on the positive and negative impact of remote work on work-life balance. In this study “work” has been premised mainly on a traditional means of work, full-time, permanent employment with one employer. Whereas “life” has been taken into consideration as an essentially comprising caring activity for the partner, elderly parents, and children. with the factors taken into consideration such as work isolation, support from family members and hours spent on work when remote working, the conclusion shows that remote working effect the work-life balance on a much greater scale than it appears to.