

عنوان مقاله:

Work Life Balance of Health Care Workers in the New Normal: A Review of Literature

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خلاصه مقاله:

Life of a health care worker is very different compared with any other professional. This is distinct not from the perspective of an overwhelming level of personal and professional accomplishment, but from the huge amount of psychological stress and anxiety involved in it. Earlier studies show that health workers, particularly medical practitioners, are vulnerable to mental health developments. Furthermore, workplace stress has been related to emotional exhaustion, which can result in a lack of enthusiasm for work, feelings of powerlessness, depression, and defeat. Emotional factors inherent to the job, responsibilities related to patient needs, feeling of being overburdened, organizational responsibilities, and issues related to working relationships and career growth are commonly identified as occupational stressors among medical professionals. Emotional fatigue is commonly referred to as burnout among professionals. The present paper is an initiative to understand the various dynamics of work life balance during pandemic and to undertake the empirical study on the topic. In this regard, the authors undertook the secondary sources for preparing the paper. The present initiative will be a value addition to the existing literature

کلمات کلیدی:

Work Life Balance, COVID-۱۹, New Normal and Quality of Work life (QWL)

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