PREFACE

The Healthcare industry is witnessing a sudden paradigm shift in last decades. Nurses in certain specialties, such as intensive care nursing, are at special risk to health, psychological stress and satisfaction with their job and career as a consequence of work family interference, shift rotation, extended work schedules, and prolonged contact with irritable and depressed patients etc.

Today’s women workers have many competing responsibilities such as work, children, housework, volunteering, spouse and elderly parent care and this places stress on individuals, families and the communities in which they dwell. Work-life conflict is a serious problem that impacts workers, their employers and communities. It seems that this problem is increasing over time due to high female labour force participation rates, increasing numbers of single parent families, the predominance of the dual-earner family and emerging trends such as elder care.

Work-life balance means satisfying, healthy and productive life that includes work, play, and love that integrates a range of life activities with attention to self and spiritual development that expresses a person’s unique wishes, interest and values. It contrasts with the imbalance of a life dominated by work, focused on satisfying external requirements at the outflow of inner development, and in conflict with a person’s true desires.

Life satisfaction is a cognitive judgmental global evaluation of one’s life. It may be influenced by affect but is not itself a direct measure of emotion. The life satisfaction includes physical health, psychological health, sleep, marital satisfaction, job satisfaction, career satisfaction of critical care nurses.

Women have multiple life roles as mother, wife and employee they are more depressed which leads to work family conflict. Researchers have found that the number of hours worked per week, the amount and frequency of overtime required, an inflexible work schedule, unsupportive supervisor and an inhospitable organizational culture increase the likelihood that women employees will experience conflict between their work and family role.
The research outlined in this report was designed to provide critical care nurses and hospitals with good strategies. Finally, and perhaps most important, utilizing life satisfaction as the dependent variable of interest allows for individual respondents to individually determine not only the criteria, but its importance, in determining his/her overall level of satisfaction. Thus this study focused on work/life balance and life satisfaction of the critical care nurses which is clearly analyzed and divided into six chapters as under:

**Chapter I**  
Presents in brief includes orientation to the study, statement of the problem, scope of the study, objective of the study, limitations of the study and chapter scheme.

**Chapter II**  
Provides theoretical background of health care, hospital industry, critical care nursing, work life balance and intricate on the subject of apprehension life satisfaction.

**Chapter III**  
Makes a brief of review of literature related to work life balance and life satisfaction available from books, journals, articles, publications, and Ph.D. thesis as well as a superfluity of internet portals in the related areas.

**Chapter IV**  
The design of the study which includes research design, population, sampling design, instruments used, data collection, pilot study, hypothesis, and data analysis is described in this chapter.

**Chapter V**  
Presents the suitable analysis & interpretations relating to the data collected from the critical care nurses working in hospitals at Coimbatore district in persevere to the objectives of the study.

**Chapter VI**  
Presents the summary and discussion of the findings with suitable interpretation, suggestions and conclusion.

I am indebted to all who helped me and this humble thesis is tremendously committed and exclusively dedicated to my lovable daughters.