PREFACE

Past thirty years have witnessed a dramatic change in the participation of women in the work place. Under the pressures of economic crisis most of the middle class families expect their women to contribute to the maintenance of the family. With the increasing economic independence of women and the promotion of the ideology of gender quality, married men, particularly the better educated ones, are found to increase their participation in house hold chores and child care. The imperativeness of family tasks and the timing of wives’ paid work combine to compel husband’s participation.

Due to the change in gendered distribution of work, both men and women are in the situation of multiple role occupancy. Excessive role responsibilities and tension in social relationships are related to role conflict, depression, anxiety, behavioral disorders and in turns it affected the quality of life.

The present study has some applicable value as it provide an insight into the effect of multiplicity of roles and type of job on the quality of life of male and female doctors. This understanding might be used in the organizational as well as the personal level interventional approaches.

A few common place solution to make a men’s and women’s life easier for uplifting her quality of life may be employee counseling at work place; flexi time, balance nutritional diet, yoga for improving physical and mental health, holidaying and organizing the recreational
activities. Hence the efforts geared in this direction may help the men and women to coordinate both their family as well as work role smoothly and effectively.

I am deeply indebted to “God” for showering his blessings and giving me strength to undertake this endeavor successfully.

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