

A Study of Work Related Stress Factors Affecting Work Life Balance Using Combined Overlap Block Fuzzy Cognitive Mapping (COBFCM)

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Abstract

Work related stress factors play a major role in the work life balance irrespective of the personal stress factors, organizational setups and other factors. The work life stressors of every individual affect the Work-life harmony and work efficiency. In this study an attempt is made to study about the work related stressors which affect more on the work life harmony and ultimately results in work life imbalance. The experts linguistic opinions are analyzed using Combined Overlap Block Fuzzy Cognitive Mapping (COBFCM) model to find out the work related stressor which is the major reason for work life imbalance and affects the work life harmony.
