

BARRIERS OF WOMEN HANDLOOM WEAVERS TO ACHIEVE WORK-LIFE BALANCE IN TAMIL NADU

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ABSTRACT

Purpose- The purpose of this study is to investigate the obstacles that women handloom weavers in Tamil Nadu experience in creating a work-life balance. It seeks to uncover economic, social, and health challenges that impact their dual duties at work and home. The study aims to better understand how working practices and family duties overlap. It also wants to look into the current support structures and policies for these women. Finally, the research seeks to make concrete suggestions for people to improve people's standard of life and employment. *Designs/methodology/approach:* The research takes a mixed-methods approach collecting data using both quantitative and qualitative methodologies. Structured interviews and questionnaires were used to collect primary data from women weavers across Tamil Nadu's districts. Secondary data was gathered from available literature and government records. The data was interpreted using analytical procedures such as weighted average ranking and Chi-squared tests. *Findings:* According to the report women handloom weavers confront numerous challenges, including poor earnings, long working hours, health difficulties, a lack of access to quality raw materials, insufficient finance and restricted marketing options. Social obstacles include delayed salaries, control by senior weavers and a lack of incentives intensify their struggle to reconcile work and domestic commitments.

KEYWORDS: Women Handloom Weavers, Work-Life Balance, Challenges, Socio-economic Conditions, Occupational Stress, Rural Women Workforce