

JUGGLING PRIORITIES: AN ANALYSIS OF THE QUALITY OF LIFE OF WORKING MOTHERS IN SRI LANKA

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1. Introduction

The majority of studies concentrate on labor market involvement, ignoring the quality of life (QOL) of working mothers, even though the Working mother's economic participation in Sri Lanka is growing. The affordability and availability of childcare, mental health concerns, and work-life balance are among the challenges faced by working mothers worldwide. But these challenges are further exacerbated in Sri Lanka due to cultural norms, a lack of alternatives for childcare, and a lack of workplace assistance. Improving their well-being and advancing gender equality in Sri Lanka need addressing these particular issues.

2. Research Methodology

A pragmatic, mixed-method approach is used in this study to investigate the coping strategies, family relationships, wellbeing, and job satisfaction of working mothers, through both quantitative surveys and qualitative interviews using the WHOQOL-BREF and PGWBI questionnaires. Through crowdsourcing and random sampling, 75 respondents were chosen from a population of 3.7 million working mothers, allowing for a thorough examination of both individual and systemic issues. NVivo is used to process qualitative data for thematic analysis.

3. Findings and Discussion

The study assesses working mothers' quality of life in Sri Lanka, emphasizing the impact of professional responsibilities, family support, and job stability on wellbeing. According to the findings, 83.7% of women feel secure in their jobs, which improves their quality of life. However, issues like time constraints (81.3%), financial strains (49.3%), and frequent guilt (57.3%) over juggling work and family obligations have an impact on job satisfaction, which is consistent with the goal of examining mothers' difficulties and coping mechanisms.

4. Conclusion and Implications

The complex challenges faced by working mothers managing work and family are examined in this study, which highlights variations between different industries and employment sectors. It is anticipated that the results will facilitate childcare, advance gender equality, and impact employment laws.

Keywords: Gender roles, Maternal well-being, Quality of life, Sri Lankan working mothers, Work – life balance