

Challenges of Balancing Work and Life among Female School Teachers: A Systematic Review

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Abstract: In this study, theoretical and empirical literature were integrated to analyze and comprehend the workload resulting from the dual roles of teaching and family responsibilities. The systematic review criteria guided us to focus on reviewing the literature concerning the work-life balance challenges faced by women school teachers in their occupation against the backdrop of existing socio-educational, cultural frameworks, and the burden of pressure from school and family. This study synthesizes the educational policymakers and institutions to address gender-sensitive policy reforms by creating enabling pathways that foster holistic wellness and career sustainability for women educators.

Keywords: Work-Life Balance, Challenges, Women, School Teacher

JEL Classification Number: M10, M5

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