ABSTRACT
In the life of a working individual, the nature of work life holds prime significance. Over some stretch of time, various open doors have been made in the corporate world, each offering a more favorable workplace to the worker than the last. This has offered ascend to representative desires, which combined with the acknowledgment of the significance of worker maintenance, has constrained bosses to contemplate the minutes of parameters which impact the nature of work life. Nature of nursing care is considered as a critical viewpoint in assessing the nature of medicinal services. The nature of nursing and medicinal services is specifically interlinked to levels of occupation fulfillment among attendants and on the nature of attendant's work life. The quickly changing social insurance condition has affected the nursing workplace, workload and nature of nursing work life.

Keywords: Work-life, Balance, staff Nurses

INTRODUCTION
Medical care-takers i.e nurses are a standout amongst the most differing and biggest workforces in the medicinal services framework. Word "Nurse" is originated from Latin word "Nutricius" which implies somebody who supports, cultivates and secures. The role of nurses in the medical services framework is growing and evolving. Their part isn't quite recently constrained to institutional mind yet in addition includes conveyance of administrations at different levels of the medical services framework. The nurses are one of the most grounded mainstays of the medical services conveyance framework in giving sheltered, reasonable and quality administrations to the general population. Mortality, horribleness and handicap diminishment, wellbeing advancement through sound ways of life are positive wellbeing results in which nurses have a critical part. They play a noteworthy part in keeping up wellbeing status and furthermore in accomplishing the wellbeing related focuses of the nation.

The midwives specialists and general wellbeing nurses are the major players in the group. Wellbeing advancement, counteractive action, institutional care and recovery administrations are basic commitment of nurses to the social insurance framework. Notwithstanding their imperative part inside the social insurance framework, nurses stay as the imperceptible workforce of social insurance conveyance framework. Today, nursing as a profession is confronting various difficulties and these difficulties are causing significant obstacles in the advancement of nursing like Lack of trained nursing faculty, an irregularity between the required number of nurses and genuine accessibility of nursing staff on the ground. Nonetheless, nursing staff lacking is more unpredictable, multifaceted and emerges not just because of the lacking number of qualified nurses yet in addition due to the non-accessibility of nursing staff who are ready to work under the current conditions.

Relocation is additionally a main consideration which is adding to shortage. Well trained are moving to Western countries since they are offered better working conditions, acknowledgment and pay.
Nursing deficiency prompts low quality of care to the patients which may assume a noteworthy part in weakness results. Vocation improvement openings accessible to nurses are constrained. Likewise, they are barred from partaking in significant medicinal services choices and improvements. The number of positions in the framework for the nurses is less when contrasted with the prescribed benchmarks. The acknowledgment and status of nurses in the medicinal services framework is poor which is also exceptionally disillusioning. The support of expert associations of nursing staff in the improvement of nursing and additionally in the social insurance framework is exceptionally limited. Low quality of nursing care conveyance is another real test in nursing. Most of the nurses in the framework are qualified with confirmation in nursing which features that the reality there are just constrained nurses with graduation or post-graduation in the clinical settings. There are regularly no divisions regarding the work obligations amongst better and less qualified nurses. There are likewise a few classes of nurses working with covering parts and duties. In any case, lamentably the nature of nursing training is breaking down because of the expanded number of establishments with constrained offices. In this way the quantity of qualified medical attendants with every single important competency is diminishing in India which involves concern. Nature of nursing care is considered as a critical perspective in assessing the nature of medicinal services. The nature of nursing and medicinal services is specifically interlinked to levels of occupation fulfilment among nurses and on the nature of nurses work life. The quickly changing medicinal services condition has affected the nursing workplace, workload and nature of nursing work life. Studies have appeared that workplace affects the patient results and nursing work life. Proof demonstrates that nursing lack, low quality of medical caretaker's work life, work disappointment and poor patient results are specifically connected to absence of solid workplace.

OBJECTIVE
1. To examine the nature of work life of nurses.
2. To examine the factors which impact the nature of work life at work place.
3. To distinguish the significance of workplace towards the execution of nurses.
4. To know which stretch out the nurses ready to adjust their work existence with individual life

RESEARCH HYPOTHESES:
H1: There is a significant relationship between workplace environment and individual life.
H2: There is a significant relationship between factors impacting the nature of work life and normal day to day life.

REVIEW OF LITERATURE:
Robroek et al. In their research concluded that ladies are for the most part more inclined to take part in worksite wellbeing programs than men and, in general, wedded workers have significantly higher cooperation rates than their single collaborators. Different determinants of higher interest rates include: professional or secured contract workers, all day workers, more seasoned age, and little organization representatives; move laborers, bring down wage, and less training showed much bring down investment rates.

Neates composes that the study uncovered that the fundamental impediments to officer wellbeing were; auxiliary boundaries (e.g., haggard office space, underneath standard recreation centers and low quality exercise gear), administrative boundaries, including shift work, a poor work-life balance, a high volume of work, sporadic breaks, and staff deficiencies, and; (c) social obstructions (e.g., officers ridiculing sound practices and seeing representatives who looked for offer assistance as "powerless").
Shalini and Bhawna in their examination expressed that Quality of work life is being utilized by the associations as a vital apparatus to pull in and hold the representatives and all the more significantly to help them to keep up work life adjust with rise to consideration on execution and responsibility at work.

Heather S.McMillan et al in their investigation recommended that the individual concordance and its belongings has built up another Harmony in light of contention and advancement.

N.Krishna Reddy et al, inferred that the wedded ladies representatives to be sure experience Work Family Conflict (WFC) while endeavoring to adjust their work and family lives. Along these lines, Organization needs to figure rules for the administration of WFCs since they are identified with work fulfillment and execution of the representatives.

Niharika and Supriya (2010) have contemplated the work based components and family related elements that are considered to add to work life adjust. Work based elements are flexi time, alternative to work low maintenance and opportunity to telecommute and the family related elements are tyke mind office and adaptability to deal with crises at home.

RESEARCH METHODOLOGY

The survey was conducted in a selected hospitals (one from Private sector and one from BMC) set up, with a total population of 100 staff nurses. Using an appropriate statistical formula for sample selection, stratified random sampling technique was employed to select all 100 staff nurses.

METHOD OF DATA COLLECTION AND DATA ANALYSIS

Data Collection: The present research is an experimental study and depends on essential information. An organized tool was embraced for gathering essential information as additionally the writing and notes that are accessible from the hospital organization. Auxiliary sources incorporate data from the diaries, periodicals, magazines and the related sites and the approaches of the associations identified with work life adjust issues.

Sample Size: Sample size taken for this study was 100 staff nurses. 50 samples from a private hospital set up another 50 from BMC run hospital set up were considered.

Inspecting Method: As the aim of this study was on working staff nurses, Purposive sampling technique was chosen by researcher. Samples holding different positions at senior and junior level at different private and BMC run hospital were considered.

Data Analysis: Collected data is analysed using different statistical tools like percentage, dispersion etc. An organized tool was used on six sub-scales measuring individual variables, adjusting factors, authoritative help, motivational elements, professional success factors and mental components. The tool was designed in view of five point Likert Scale going from 1= no, 2= to some extent, 3= somewhat, 4= to awesome extent and 5= yes, against the components, as such.

RECOMMENDATIONS

1. The hospital authorities should conduct effective training programs for efficient performance of staff nurses.
2. The hospital authorities should provide generous opportunity, autonomy and carefulness to nurses in doing their work.
3. Team culture, peer relations additionally impact the nature of work life of the staff nurses. So there ought to be great connection among the staff nurses.
4. The hospital authorities should conduct regular effective programs like yoga and meditation for mind calmness of staff nurses.
CONCLUSION

Work-life adjust is a subject which is worried to every one of the officials in the organization. Human resources professionals concerned for better working environment and is to address the work-life adjust issues and make an incredible work environment. The examination uncovers that in the age group of 20 to 30, samples from both Private and BMC Hospitals make the most of their work and are cheerful working with or under their superiors. This implies that they are impacted by the motivational components. On the opposite side samples over the age of 30 and above are not profited by the workshops on work-life balance, they don't get adequate time to get refreshed with most recent patterns in their job. This implies authoritative support factors influences their work-life balance. Both private and BMC hospitals lag behind as far as giving preparing or directing workshop on work-life adjust and professional success programs. In the age group of 31 to 35, representatives of both Private and BMC hospitals were found influenced by the adjusting factors, mental components and individual elements. In the age group of 36 to 40, samples of the two areas were found very little influenced by the mental components and they make the most of their work. Be that as it may, they are influenced via professional success factors. Nurses over 40 years age in both the hospitals were found very little influenced by individual, adjusting and motivational factors yet are enormously influenced via professional success and authoritative help factors.

REFERENCES