

# Design and Development of Mobile App For Working Women –An Opportunity For Work- Life Balance

Neetu Anand<sup>1</sup>, Dhruvi Goyal<sup>2</sup>

<sup>1</sup>Assistant Professor

<sup>1,2</sup>Maharaja Surajmal Institute, Affiliated to GGSIP University,  
New Delhi, India

**Abstract-** Working women are facing problems in balancing their professional and personal life. They have to manage things in less time and without taking stress, otherwise many health related issues started evolving over time. With the advent of technology, there is a need for an app with facility for cooking tips, health management articles and locating nearest doctor places, restaurant, shopping complex, banks and many more. All these functions can't withstand in any of the existing app leading to problem of multiple downloads, wastage of large amount of memory space and may sometimes lead to download of adware and malware. Additionally working women have shortage of time in the daily's hectic schedule, so it's not easy for them to balance between work and life. All the above-mentioned complications stipulate a need to develop an application that overcomes all these problems.

**Keywords-** Working women, Women security, Work-Life balance, Stress management, Health management.

## I. INTRODUCTION

There are numerous problems faced by working women at their home as well as at their workplace, which are to be taken into consideration and rectified. The main aim of our app is to solve these hitches and make working women's lives more effortless and easier. The major issues are as follows:

### Psychological Issues

The normal social patterns tend to operate around traditional workday cycle, which effectively excludes Call Centre workers and leads to difficulty in structuring family and social interactions because of work and family pressure.[1,2,3] The odd working hours along with the dual burden of work and family leads to high level of stress among the women employees. Job stress can lead to a range of physical (insomnia), psychological (depression), behavioural (alcoholism, drug abuse) and interpersonal conflicts.

### Health Issues

The odd working hours against the biological clock makes women employees suffer from a number of ailments. The cumulative effect of odd working hours and stressful working environment leads to voice problem (dry, itchy throat, hoarseness, cleaning of throat, cracking of voice, cough, cold, etc.), eye strain (itchiness, smarting, redness, tearing, dryness and pain due to lighting situations and uninterrupted use of computers for long hours), hearing problem (ear pain, ringing in ear), pain in neck, shoulder, back, wrist and mental and psychological stress[4,5].

### Security Issues

The "nosey questions factor" aside, there is still the concern for safety of working women who need to travel on official business. [6,7] Women travelling out of their home city for work trips are considered vulnerable and an easy target to fulfil the lewd intentions of their chauvinist male colleagues. Checking into a hotel alone is one of the problems faced by working women, even if the trip is purely official. Many hotels refuse to allot a room to a single woman (under strange pretexts) because of their own safety concerns or if a woman decides to stay alone, she is viewed with suspicion.

### Family-related Issues

In today's modern era, even after working in the corporate world and after taking up challenging roles of executives/directors/marketing professional/IT professionals, etc.; the age-old image of a woman of being a home-maker is not much changed.[8,9] Even if she works, comes home tired/has to leave early for office; she is expected to cook food, take care of kids and all other household duties and the male counterparts may volunteer but they hold no responsibilities.

## II. FRAMEWORK FOR PROPOSED SYSTEM

The proposed system will include all the characteristics to rectify the hindrances faced by working women in current scenario. It aims to reduce the time and money wastage by providing an integrated platform for all the

modules of various functionality. It is an android application that inculcates various features that indeed solves enormous complications faced by working women. It is an amalgamated platform, with an easy to use interface that enables each individual to use it in an utmost convenient and competent manner.

Our app has a dashboard which assimilates 9 modules, viz.,



### III. APPSMODULE DESCRIPTION

A brief description about all the 9 modules of our application is as follows:

- The “Latest News” module dynamically loads the current affairs going on in the country with a short description in a list view, and allows a user to view the whole news by just clicking onto the list item that has a particular news which the user wants to see.
- The “Cook Food” module provides the recipes of various food items which are lying in 12 different categories, viz., Quick and Easy Recipes, Healthy Recipes, Kids Approved Recipes, Breakfast, Main Course, Snacks, Less than 5 Ingredients Recipes, Side Dishes, Soups, Salads, Beverages and Desserts.
- The “Task Manager” module helps user to maintain a list of various tasks that are to be performed according to 3 levels of priority, and delete then by swiping when they are completed.
- The “Find Places” module assists the user in locating nearby restaurants, schools, hospitals, parks, electricians, plumbers, beauty salons, banks and much more.
- The “Health Management” module portrays various health tips that one may follow to lead a healthy life, free of ailments.

- The “Stress Management” module delivers several useful tips that user may follow to overcome stress related issues at home and work places.
- The “Time Management” module represents various time managing tips so as to make a balance between work and non-work life of the user. It also links to Task Manager, which one may use to record all the tasks that are to be done based on the priorities.
- The “One Stop Shop” module provides user, links of few famous online shopping and cab booking websites from where the user can directly perform the desired purchase or any transactions.
- The “Security” module provides user with all the emergency helpline numbers, which a user can dial at the time of emergency needs. It also has a facility to just touch the number and call will automatically be made to that number.

### IV. SCREENSHOTS OF THE APP

The following are the various screenshots of our application which demonstrate the various modules of our app:



Fig.1. Main Interface of the application

Fig. 2 Latest News module

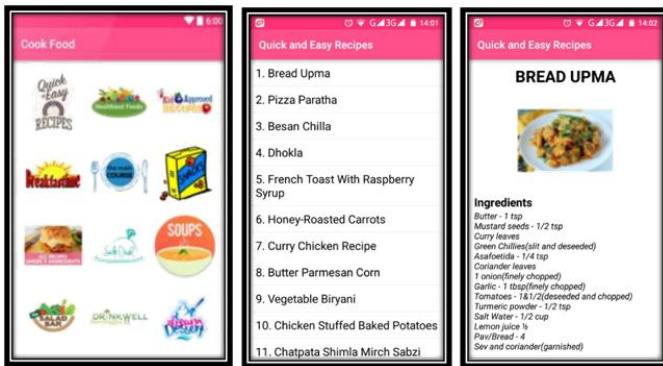


Fig. 3. TheCook Food module

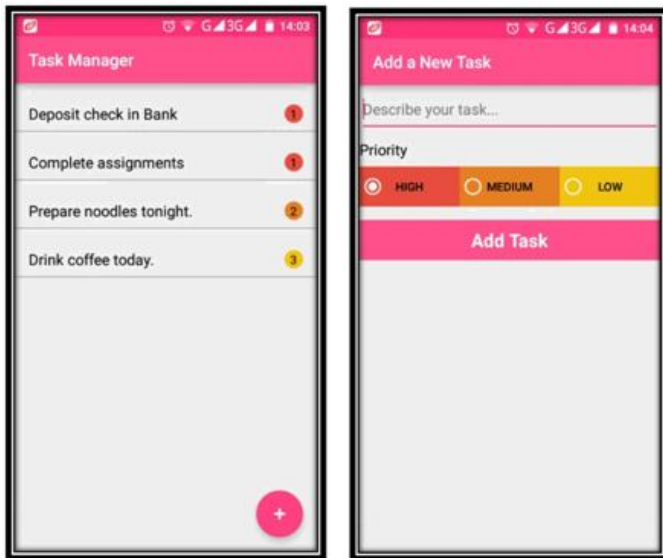


Fig.4.Task Manager module

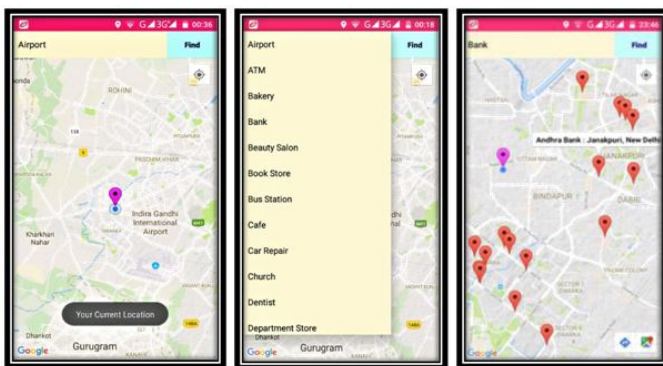


Fig.5. Find Places module

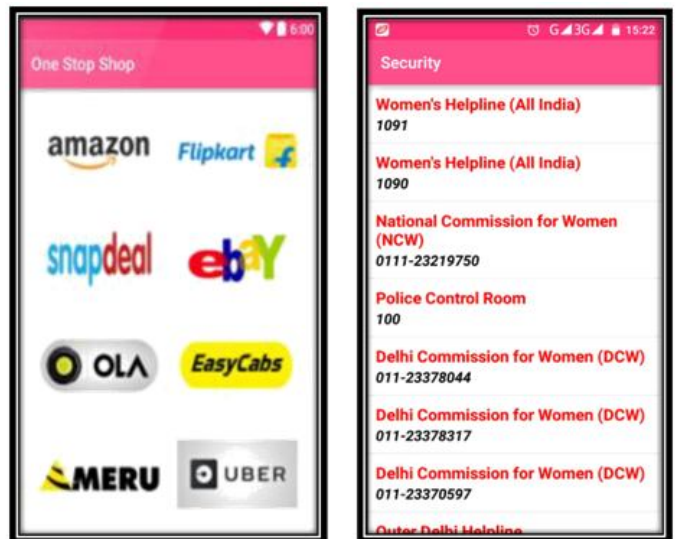


Fig.6. One Stop Shop module

Fig7. Security module

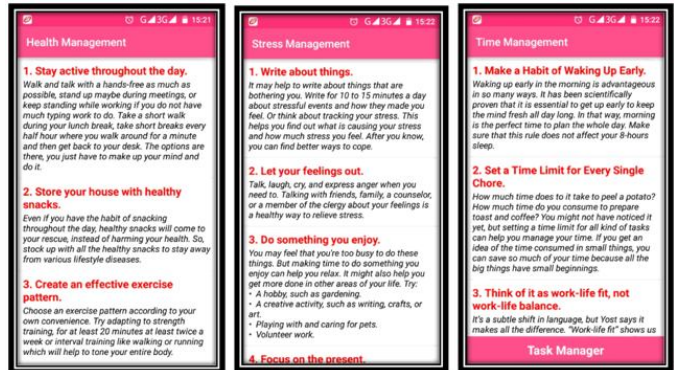


Fig.8Health Management module

Fig.9.Stress Management module

Fig.9:Time Management module

## V. CONCLUSION AND FUTURE SCOPE

In this research, we have presented numerous impediments faced by today's working women and the hindrances of the already existing system. We have found the solution to these hitches and have proposed a system i.e an android application that rectifies all the issues of the extant systems. It is an amalgamated platform, with an easy to use interface that enables each individual to use it in an utmost convenient and competent manner. In future, this work would be extended by taking the following things into consideration:

Stress level of the user will be calculated and depending upon it, various suggestions and tips will be provided.

Provision for users to consult various Doctors and Psychiatrist to solve their problems online will be integrated.

A discussion forum will be included in the application so as to provide a common platform for working women from different corners to interact and get each other's problems solved.

Uploading this application on Google Play Store so as to aid the people to overcome from numerous day to day problems and make their lives relaxed.

The survey form will be included to get feedback about the App and its results will be analysed using various Data Mining and Analysis techniques. Further, various problems identified by the survey's results will be taken into consideration and solved in our application.

### REFERENCES

- [1] Dileep Kumar S, "Health and Well Being of Working Women: A Socio-psychological Study", International Journal of Engineering Science and Computing, August 2016.
- [2] Sridhar Mandapati, SravyaPamidi, SriharithaAmbati, "A Mobile Based Women Safety Application (I Safe Apps)", IOSR Journal of Computer Engineering (IOSR-JCE) e-ISSN: 2278-0661, p-ISSN: 2278-8727, Volume 17, Issue 1, Ver. I, Jan – Feb. 2015.
- [3] ThariniRamanathan, Ramanathan Mohan, Ganesh Rajendran, "Research Reviews on Stress among working women in IT field", International Journal of Scientific and Research Publications, ISSN 2250-3153, Volume 4, Issue 9, September 2014.
- [4] Sivan, S., Sathyamoorthy, K., "Management Of Occupational Stress And Work life balance Among Women Managers In Indian Industries - A Contemporary Issue". Indian Journal OF Applied Research.4(12) PP 144-146, 2014.
- [5] Tomlinson, B. R., "The Economy of Modern India: From 1860 to the Twenty-first Century", New Delhi: Cambridge University Press, Vol.3, 2013.
- [6] G. Delina, R. Prabhakara Raya, "A study on Work-Life Balance in Working Women", IRACST – International Journal of Commerce, Business and Management (IJCBM), ISSN: 2319–2828 Vol. 2, No.5, October 2013.
- [7] Dashora, "Problems Faced by Working Women in India", International Journal of Advanced Research in Management and Social Sciences, 2(8), PP (82-94), 2013.
- [8] Murthy, G. K., "Women and Corporate Leadership- in Indian Perspectives", IRACST, 2012.
- [9] Rahul, "Problems of working women in India", Human Resource & Development, 2012.