

Work Life Rhythm: Understanding the Sinusoidal Waves of Liveliness

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Abstract

The author of "The Seed" Mr. Jon Gordon says work or life balance is a myth. He explained in detail that he realized "the waves between work and life is more about rhythm than balance". Finding the purpose and happiness in life and work. Nature's idea of balance seems to be about rhythm, not parity, not seeking balance. There can be highs and lows and we do not have to struggle to make everything "balanced". **We all have those moments during the day when we need to speed up or when we need to slow down and chill and keep your rhythm.** Find your rhythm. Instead of trying to slow down when you are in a rush and speed up when you feel sluggish, let us just go with the flow of things. Instead of life balance, we should focus on "Priority, Time, Purpose and then Passion". In this paper, we suggest that rhythmicity is a key effect of priority and technology. We always look for change and we live in the world of continuous change, we should accept this to lead a satisfying life.

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1. Introduction:

In this paper, we focus on priority and period than balance. Most of the families have moved towards equal parenting and the workplace drag them in the opposite direction. Most of studies in the psychology literature only focused on individual; work and family. Work life rhythm is not about positive or negative it is about the way of living.

Work life rhythm will help us recognizing trends; focus and change in life. It improves the quality of our judgement, planning and decision-making. It also reduce anxiety, live, stress and give us better living.

We normally think that rhythms are mostly to do with sound and music. However, it is associated

with many things like whatever we do. We are living in a rhythm of universe and it measures transformation of structural.

2. Work Life Rhythm:

Rhythm is not two sides of scale to balance; it brings cooperative, easy, fun to body and mind. In this digital world many equipment play vital role in managing rhythms. Earlier studies on WLB states the same type of initiatives implemented, such as flexible timing, sharing of job, alternative career paths, work from home, compressed work in weeks, maternity and paternity leave, time off for children care and elder care. Video and Voice call connect the people across the world. It reduce travel and time. The role of women (G. Rajini and Krithika.M 2017), has significantly changed in

last 50 years, they have to balance between personal and family roles to have a successful life. Spillover where experience of role affects other. Same way family or work gets interface.

If you focus on you own rhythm, it transform our thinking and can lead to more accuracy and satisfying approach in life.

Rhythm of life –what do you want from life? Everything is a choice, this is life greatest truth and its hardest lesson-Mathew Kelley (1999)

There can be highs and lows and we do not have to struggle to make everything “balanced”. We all have those moments during the day when we need to speed up or when we need to slow down and chill and keep your rhythm. An individual life deals with three types of life, personal, societal, and organizational;and new thing is priority in life.

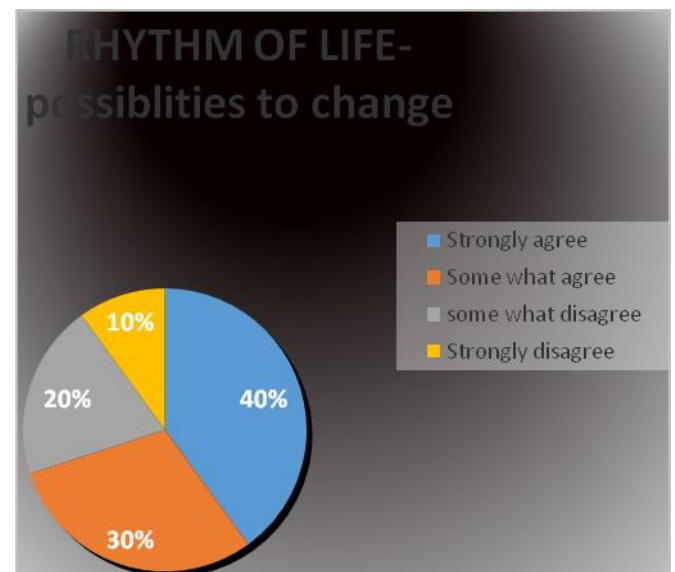
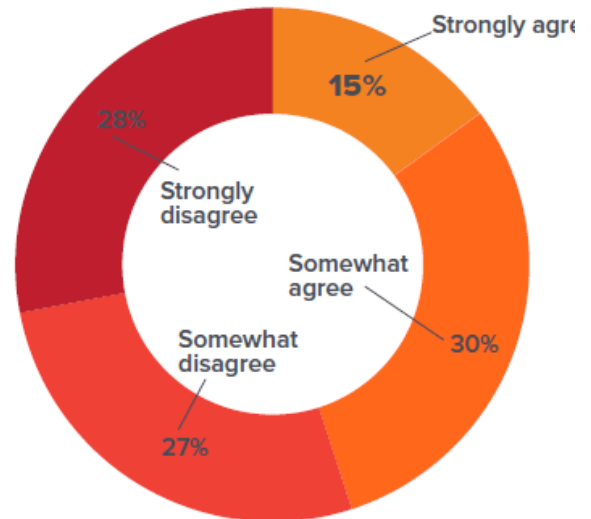
There are many other ways to get a feel of rhythms. When we look at a tree, it has lot of branch, and leaves, observe on the different ways of movements, which gives us, feel of rhythm. If there is a slight breeze, the leaves might flutter; the same gets differ from small branches to bigger one. We should think about these complexities, where structure does not change. We should compare the rhythms with human beings and with different societies.

One of the report by Mr.Rakhi during 2017, most number of hours worked per week are by Indians are quite higher when compared to other nations

There was an survey conducted on imbalance in United States among 610 full time employees on missing their life events like birthdays, anniversaries, weddings, children activities because of work

If we follow, work life rhythm by giving importance to priority and time,there can be change in the report. Based on the discussion had with few individuals across sex have conveyed

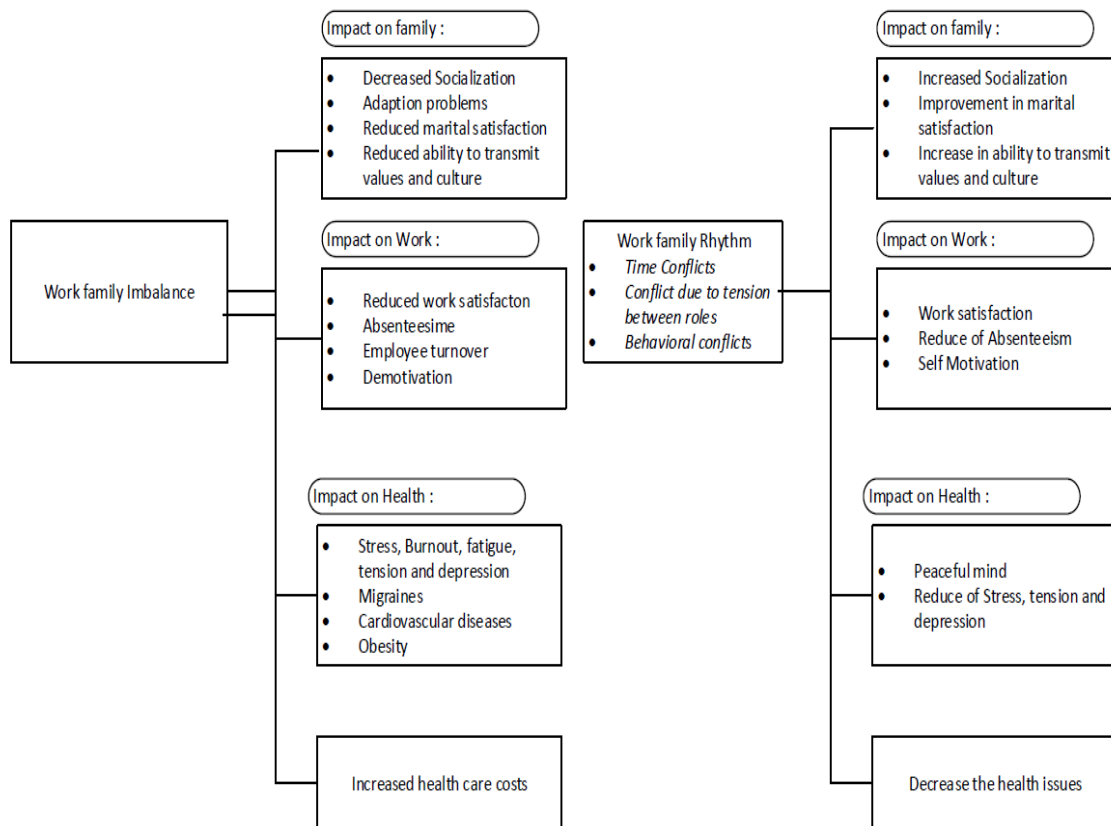
that they can able to spend time with their families and are trying to manage their rhythm.



Most of the companies have come up with various policies like flexi time, child care, maternity leave, paternity leave, telecommunicating, time management, compressed working hours, job sharing.

Need to find our harmony to keep ourselves cool and calm. This can be achieved only based on timefocus and priority. It is purely based on the individual personality. If the individual change, his surrounding change, if surrounding change, the world change.

Comparison of Work life imbalance with Rhythm



Conclusion:

Need to understand that rhythms have rhythms; sometimes we may disturb our own rhythms when we push ourselves too fast. We often create problems by ourselves and struggle to manage. During these times if we focus on harmony that is priority, the situations can be handled in different ways.

We just need to modify our own way of looking things. If we try to follow rhythm, we can feel our how the inner engineering works in our body during decision-making.

A survey conducted by CSR journal team on work life balance at Indian cities had been ranked at 70th, 86th and 87th rank. If we start following rhythm, it may drastically reduce.

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