ABSTRACT

Healthcare is considered to be one of the determining factors in promoting physical, mental and holistic wellness of people across the globe. Healthcare has also placed a record in contributing to significant growth in country’s economy. A well operating healthcare system necessitates strong financial resources, well-trained medical professionals with adaptability, a well maintained infrastructure and technologies in delivering quality services to patients. So, technology and adaptability plays a very important role in healthcare field. Nurses who are adaptable and well versed in technology will be efficient in taking care of the patients. In this aspect researcher has strived to accentuate the impact of technology and adaptability on work life balance of female nurses working in Hospitals and its association with emotional and intellectual wellness.

Keywords: Work life balance, female nurses, technology and adaptability, emotional and intellectual wellness.