

# EMERGING ROLE CONFLICT AMONG WOMEN-HEADED HOUSEHOLDS IN AMPARA DISTRICT

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Women have to perform various roles in the current society for the survival. The more difficulty arises when women lose their spouse. They need to run their family alone playing multiple roles as in the family environment and as an employee at the workplace. So, it is crucial for them to maintain a balance between their personal and professional life. The study focuses on the emerging role conflict among women-headed households in Ampara district. Data were collected using self-administered questionnaires to a sample of 148 working women in various part of the district. Their responses on the sources, outcomes and coping mechanisms of role conflicts were analyzed. The main results concluded that major causes of role conflicts were Work overload, Attitude of family members and Lack of time management skills with the outcomes as Stress, Tension and Anxiety where these can be solved through providing flex working time, Developing quality communication system and treating everyone fairly.

**Keywords:** *Role conflict; Outcomes; Coping mechanisms; Women-headed households*

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