# Society & Social Justice · GS - I

**Explore and evaluate the impact of ‘Work From Home’ on family relationships.**

| EXAM YEAR | PAPER | SUBJECT |
|---|---|---|
| 2022 | GS - I | Society & Social Justice |

| MARKS | WORD LIMIT |
|---|---|
| 10 | ~150 words |

## Answer Hint

**Work From Home (WFH) has transformed the relationship between professional and domestic life. It can strengthen family bonds through increased time together, but may also create work–family conflicts, gender inequalities, emotional stress and blurred boundaries between personal and professional responsibilities.**

## Model Answer

### Introduction

Work From Home (WFH) has changed family relationships by bringing professional activities into domestic spaces. Its impact depends on household responsibilities, working conditions and family circumstances.

### Body

### Positive Impacts

WFH increases the time available for spouses, children and elderly family members. It can improve work flexibility, facilitate childcare and caregiving, reduce commuting stress and enable greater participation in family activities.

### Negative Impacts

The overlap between work and domestic responsibilities may cause stress, frequent interruptions and conflicts. Women often face a disproportionate burden of unpaid household work, reinforcing traditional gender roles. Limited privacy, longer working hours and reduced social interaction may also affect marital relationships and children's routines.

**Evaluation**

The impact is not uniform. Families with adequate space, flexible schedules and equitable sharing of domestic work benefit more than those facing overcrowding, job insecurity or unequal responsibilities.

**Conclusion**

WFH can strengthen family relationships when supported by clear work boundaries, flexible policies, digital connectivity and equal sharing of household responsibilities. A balanced approach is essential to ensure that professional flexibility translates into family well-being.

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