

# Gender Role Attitudes and Work-Life Balance among Dual-Earner Couples: A Case Study of Pakistan

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## **Abstract**

The proposed research intends to explore the gender role attitudes and work-life balance among dual-earner couples in Pakistan. With the increase of female labor force participation in Pakistan the trend of dual-earner couples has been increased than ever before. This new trend of dual-earner families has significantly affected the personal life of dual-earner couples. Due to major change in household structures, the traditions and the routines activities are in continuous transition. Balancing work and family life is more complex in the patriarchal society of Pakistan because of the social expectations of gender roles. A dichotomous behavioral reflection is being observed in Pakistani society. The one group of people having egalitarian attitude are supporting the new gender roles of female, whereas the other group of people having traditional mindset is still in the favor of patriarchy. Therefore, gender roles are re-evaluated, and it would be more interesting to raise questions on the interplay of new gender roles and work-life balance among dual-earners. The semi-structured interview guide will be utilized to explore gender role attitudes, ideal and in-practice gender roles, experiences of work-life imbalances/balances and possible strategies to create balance between work and family life among dual-earner couples.

**Keywords:** Dual-earner couples, Gender role attitudes, Pakistan, Work-life balance.