

Work-life balance, Fatigue, and Health Outcomes among female gig workers in India: A Scoping review.: Reg No: 440

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ABSTRACT

Introduction: The rapid growth of the gig economy in India has created new opportunities for female workers, but their occupational health remains under-researched. This scoping review aimed to synthesize current knowledge on work-life balance, fatigue, and health outcomes among female gig workers in India. **Methods:** A systematic search was conducted across five databases (PubMed, ScienceDirect, CINAHL, Scopus, and Google Scholar) till August 23, 2025, with a retrieval of 591 records. After removing duplicates and two-stage screening of 544 unique items, five studies were included. Data were extracted on work-life balance, fatigue, and associated physical and mental health outcomes. **Results:** The reviewed studies revealed significant occupational health challenges. Key Themes indicate that female gig workers experience blurred work-life boundaries and time scarcity when balancing paid and unpaid care work. Inconsistent algorithmic work allocation systems used by gig platforms often result in uneven workloads, uncertainty, and fatigue. Physical health risks are aggravated by the absence of health insurance coverage and limited access to maternity benefits and childcare support. Although mental health was not consistently measured, studies reported risks of burnout and exhaustion linked to irregular schedules, digital surveillance, and gendered expectations. Socio-cultural gender norms and safety concerns further worsen these health disparities. **Conclusion:** Evidence indicates that female gig workers in India face significant occupational health challenges related to work-life balance and fatigue, with implications for both physical and mental health. However, more research is needed on these topics to accurately state any definitive findings and to inform evidence-based policies and interventions tailored to this population.

KEYWORDS

Gig economy, work-life balance, fatigue, female workers, occupational health, India