**Abstract**

In recent years workaholism and work life imbalance has become a regular behaviour pattern among IT professionals. The stress free and happy workforce is very important for the success of any organisation but many IT sectors are not following this pattern. In IT sectors, the employees are workaholic due to over stressed workplace. Self-negligence is assumed as a hallmark of workaholism due to modern development like high speed data connections add more to this belief as this makes it possible for employees to get addict in their work. The workaholism vanishes the distinctions between work life and family life. This overworking causes the work life imbalances and also affects the family life of employees. This workaholism and work life imbalance found to affect several domains of life. With regard to work domain workaholics peer or colleagues most likely on the grounds that they often feel the need to control them and experiences issues in allocating work. Given the more amount time they invest in their work leaves little energy for them for other activities also the social life outside work gets hampered. These situations lead to frequent breakdown among employee’s turnover and it leads to mental and physical health issues. This study explores the workaholism and work life balances of employees in IT sector.