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Women @ Work 2024:
A Global Outlook

India

Global summary

- Now in its fourth year, Deloitte's Women @ Work report examines some of the critical workplace and societal factors that have a profound impact on women's careers. Representing the views of 5,000 women from organizations across 10 countries, the report seeks to understand the lived experiences of women at work—and the ways in which aspects of their lives outside work can impact these experiences. Past reports were dominated by the negative impacts of the pandemic and the resulting challenges as we emerged from it. This year's report continues to explore these issues, while also delving deeper into women's experiences with their health, safety, rights, and household responsibilities.
- The following deck examines **how women in India stand out from their global counterparts** on key themes.

KEY GLOBAL FINDINGS:



Women are more stressed, mental health stigma persists, and long working hours take a toll. Half of women describe their stress levels as higher than a year ago. A third say they have taken time off work in the past year for mental health reasons, yet two-thirds of women don't feel comfortable discussing mental health at work or disclosing mental health as the reason for taking time off. This year's report also shows a link between working hours and mental health.



Many women are working through pain. More than a quarter of women say they have experienced challenges related to menstruation, menopause, or fertility. About 40% of women who experience high levels of pain due to menstruation or menopause say they work through it without taking time off work – while this remains similar to last year for menstruation the number is significantly higher than last year when it comes to menopause. Often, women are reluctant to discuss these issues in the workplace.



Women who live with a partner still bear the most responsibility for childcare and—increasingly—care of other adults. This year half of women who live with a partner and have children at home bear the most responsibility for childcare, up from 46% last year. Nearly 60% of women who are involved in care of another adult say they take the greatest responsibility for this, an increase from 44%. This year, we also see the impact of domestic responsibilities on mental health: Women with the greatest share of household responsibilities are far less likely to report good mental health than others.



Gender Equality Leaders are still rare

As with previous years, our survey identifies a small number of organizations that we call the Gender Equality Leaders. Only 6% of the women in our survey work for one of these organizations. These women feel safer, are more comfortable talking about their mental health at work and are more comfortable that they can work flexibly without it damaging their career. They also report higher levels of loyalty, productivity, and motivation. Women working for Gender Equality Leaders are more optimistic about their career prospects and less likely to report experiencing inappropriate behaviors or comments from senior leaders. They're less likely to have experienced non-inclusive behaviors, experience lower stress levels and are less likely to have taken time off for mental health challenges. Women working for these organizations are also significantly more likely to plan to stay with their employer for longer and to see it as somewhere they want to progress.



Flexibility and work/life balance are critical for retention. Women who are currently looking to leave their employer for another organization cite poor work/life balance and a lack of flexibility on working hours as the main reasons. Women who have left their employer in the past year cite inadequate pay, poor work/life balance and a lack of flexibility. Despite the importance of flexibility, fewer women than last year feel supported by their employers to balance their work responsibilities with their commitments outside work.



Hybrid work experiences are improving, but some women say they have had to adjust their work and personal lives after the introduction of return-to-office policies. This year, there's an improvement in women's experiences of hybrid working—including when it comes to exclusion, predictability, and flexibility. However, among the women being asked to return to the office, a quarter say the mandate has negatively impacted their mental health, and the same proportion say it has made them less productive.

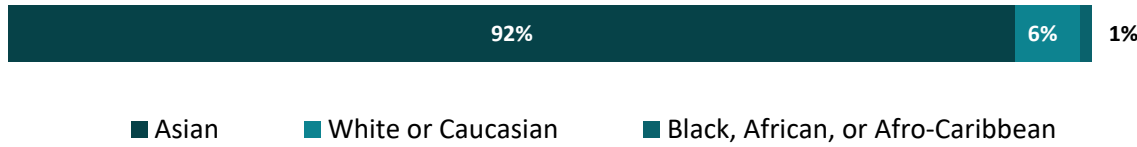


Women are feeling unsafe in the workplace, and non-inclusive behaviors continue. Nearly half of women are concerned about their personal safety in the workplace or while traveling for work. The number of women who say they have experienced non-inclusive behaviors such as harassment or microaggressions at work has decreased, but 43% of women still say they have experienced one or more of these behaviors in the past year. But these behaviors often go unreported: More than a third of the women who have experienced sexual harassment didn't report it to their organization, and more than 40% who have experienced microaggressions also chose not to report

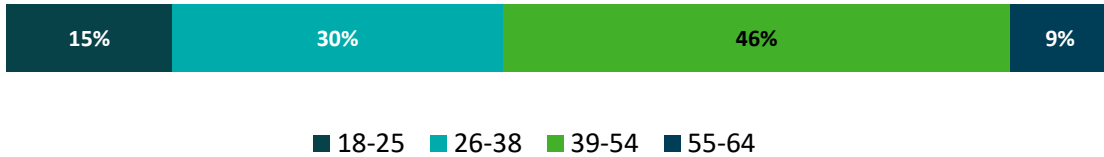
India respondent profile:

We surveyed **500** women in India

Ethnicity



Age



Seniority

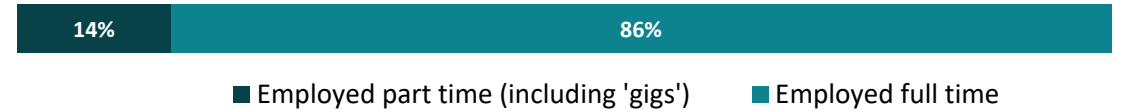


Sexual Orientation*

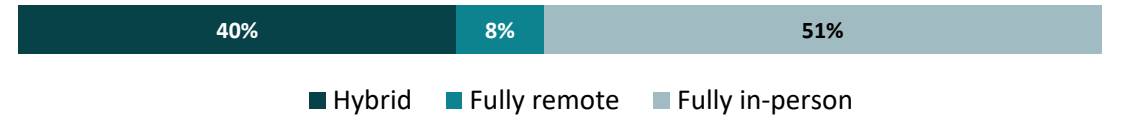


*Note that gender identities and sexual orientations not shown received less than a 1% response rate. Respondents were able to opt out of answering a question about their sexuality.

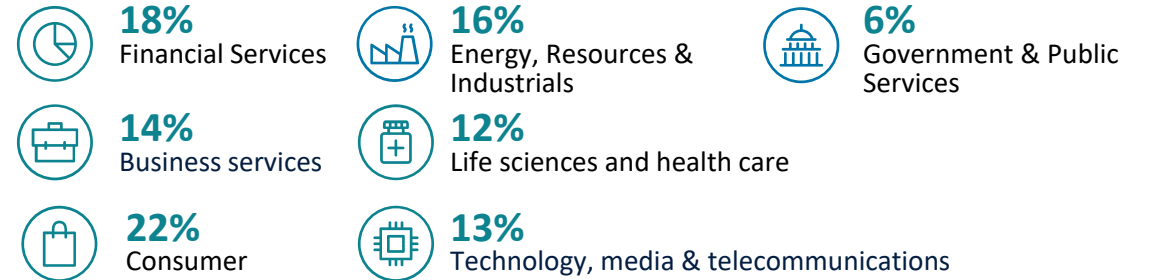
Employment Status



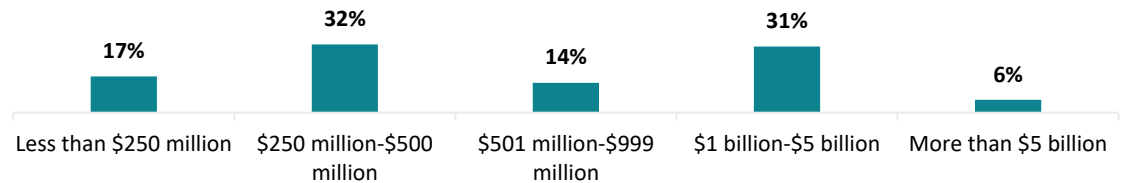
Percentage of hybrid, fully remote, and fully in-person workers



Sector of organization



Organization's total global annual revenue (in USD)



Women believe their rights are deteriorating

- At a global level, 14% of women believe that women’s rights have deteriorated in their home country over the last year. The same proportion share this belief in India.
- Women in India are most concerned about women’s rights, their financial security, and their personal safety at work or while traveling to/from or for work.



Which of the following rights do you believe have deteriorated over the past year? (Women in India who feel women’s rights have deteriorated in their country over the last year)

In your country



Base = Global = 721, India = 71

■ Global ■ India

Personally



■ Global ■ India

Top three concerns of women in India:



50% Women’s rights



50% Financial security



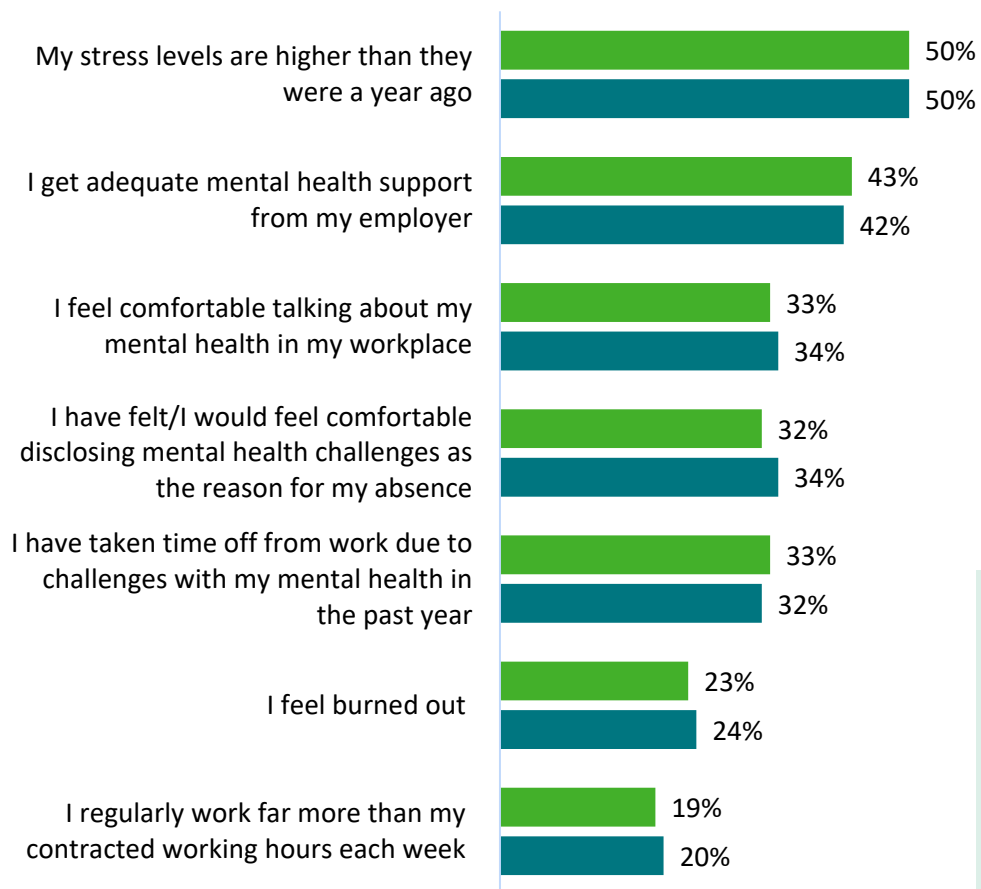
46% Personal safety at work or when travelling to/from or for work

Burnout continues to decline, but rising stress levels and workplace mental health stigma persist

- Indian women report similar levels of stress and burnout as their global counterparts.
- Indian women are less able to “switch off” from their work and report lower motivation at work, but have slightly higher mental well-being compared to last year.



Which of these statements are true for you?



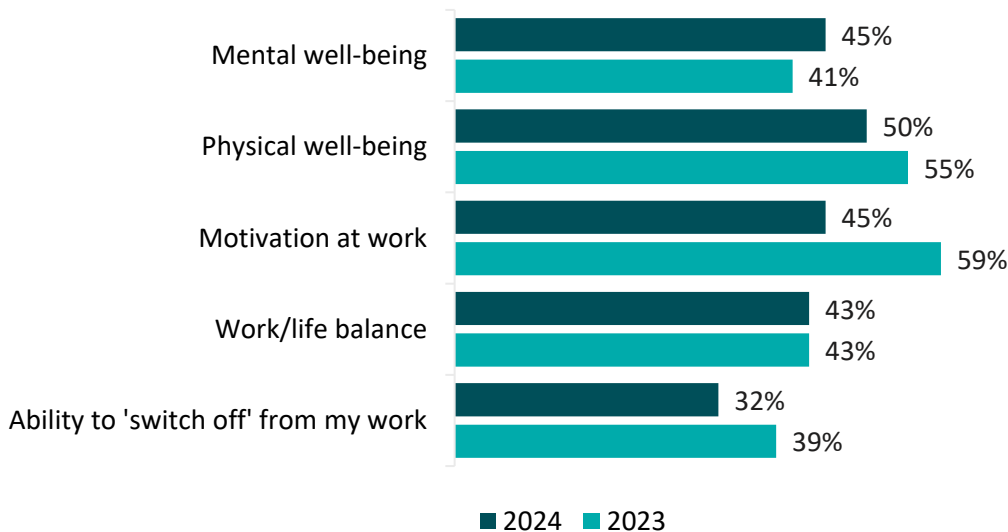
■ Global ■ India

Base = Global = 5,000, India= 500, India (ethnic minority) = 39



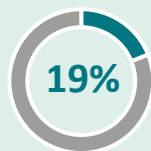
How would you rate the following aspects of your life today?

(Women in India saying good/very good)

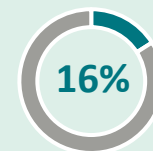


■ 2024 ■ 2023

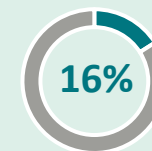
Top 3 reasons why women do not/would not feel comfortable disclosing mental health challenges as the reason for absence from work. (Women in India who do not/would not feel comfortable disclosing mental health challenges as the reason for their absence)



I was/would be concerned that disclosing would adversely impact my career progression chances



I do not think that the workplace is the appropriate place to discuss my mental health



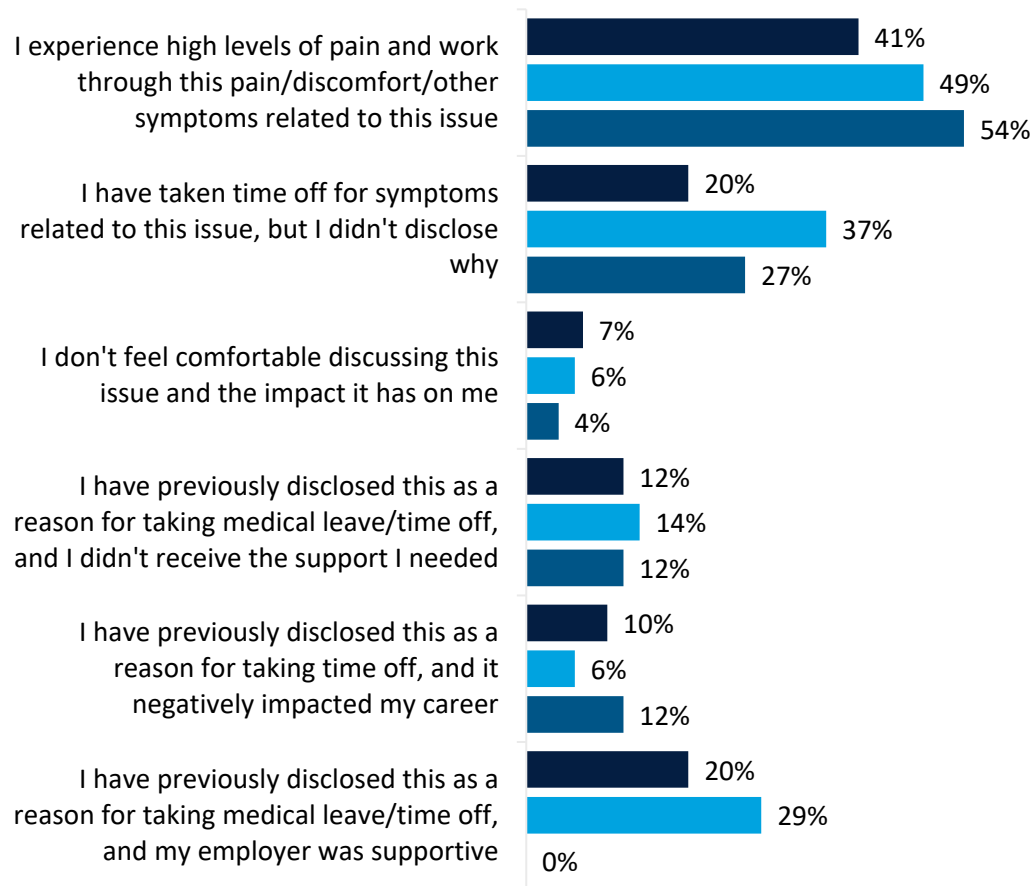
I didn't think my disclosure would result in the necessary support

Menstrual disorders, menopause, and fertility challenges are impacting women, yet many feel unable to take time off or seek support

- Indian women experiencing health challenges related to menstruation are about as likely as the global average to work through any pain or symptoms (42% globally versus 41% in India). Indian women are more likely than the global average to work through menopause symptoms (39% globally versus 49% in India)



Which of the following statements apply? (Women in India who have experienced health challenges related to menstruation, menopause and/or fertility)

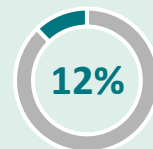


■ Menstruation ■ Menopause ■ Fertility

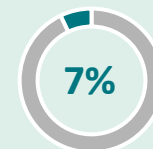
Base = Menstruation = 59, Menopause = 35, Fertility = 26



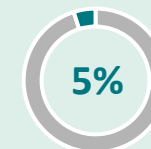
Percentage of women experiencing reproductive health challenges in India:



Menstruation



Menopause



Fertility



Why do you feel uncomfortable speaking to your manager about these issues? (Women in India who have taken time off for health challenges related to menstruation, menopause or fertility and didn't disclose the reason to their manager)

32%

I don't feel comfortable speaking up about personal issues

27%

I did not feel the need to disclose the reason

14%

I am concerned that speaking up would negatively impact my career progression

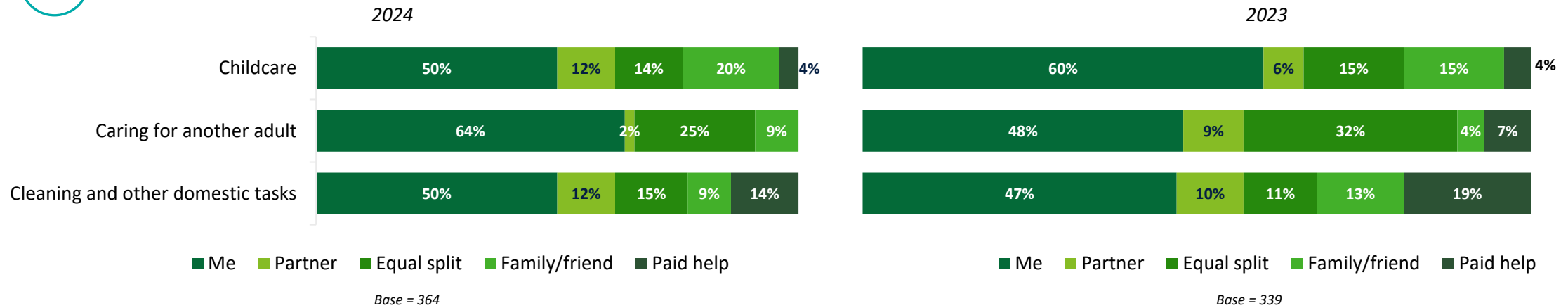
Base = 37

Women still hold the biggest responsibility for household tasks and increasingly—care of other adults

- Overall, women with partners in India hold most of the responsibility for household tasks such as childcare, care for adults, cleaning, and other domestic tasks.
- 16% of women with partners in India is the primary earner in their household.



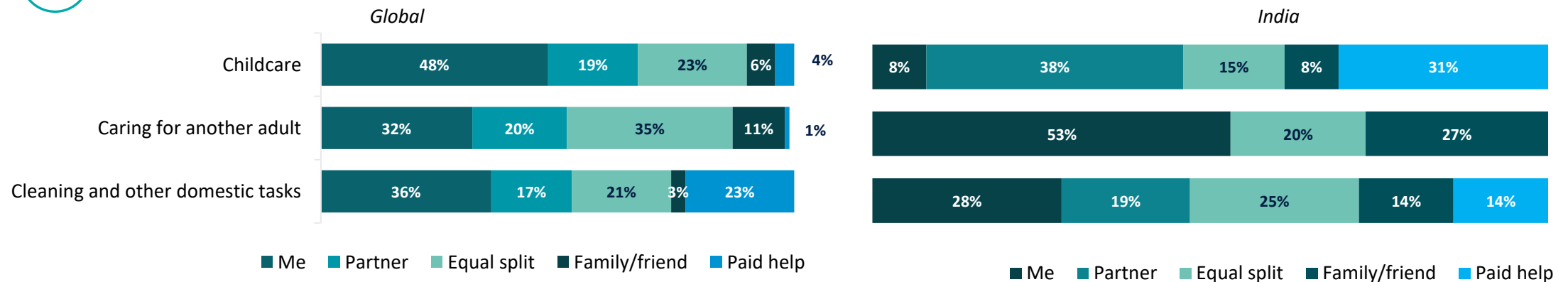
In your household, who has the greatest responsibility for each of the following tasks? (women with partners in India)



Globally, 21% of women living with partners are the primary earner/income source for the household. In India, this is 16%



In your household, who has the greatest responsibility for each of the following tasks? (women who are the primary earner with partners)



Organizations still aren't making enough progress on gender equality, and company culture can stop women from wanting to move into leadership roles

- Only 10% of women in India believe that their organization is taking concrete steps to fulfill its commitment to gender diversity.
- Lack of flexibility and inadequate benefits are top deciding factors for Indian women who have recently left or are looking to leave their current employer.
- 30% of women in India say they don't want to progress into a more senior leadership position.



Which of the following statements do you agree with?



The top reasons why women don't want to progress into a more senior leadership position in India:

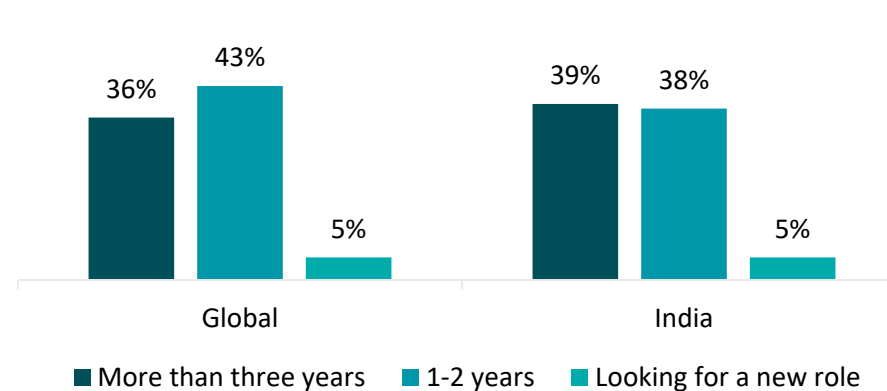
- 24% I don't like the culture within my organization
- 21% I believe I would be paid less than a man doing the same role
- 18% I don't believe I will have the opportunity to progress into a senior leadership role



Base = 152



How long do you plan to stay with current employer?



Top three reasons for leaving former employer in the last 12 months (Women in India)

- 25%** Lack of flexibility around when I work
- 16%** My role didn't align with my values
- 14%** Lack of women role models

Base = 69

Top three reasons for wanting to leave current employer and currently looking for a new role (Women in India)

- 25%** My employer does not offer benefits associated with life events and/or issues that impact me
- 21%** I couldn't achieve work/life balance
- 21%** The role doesn't offer opportunities to advance

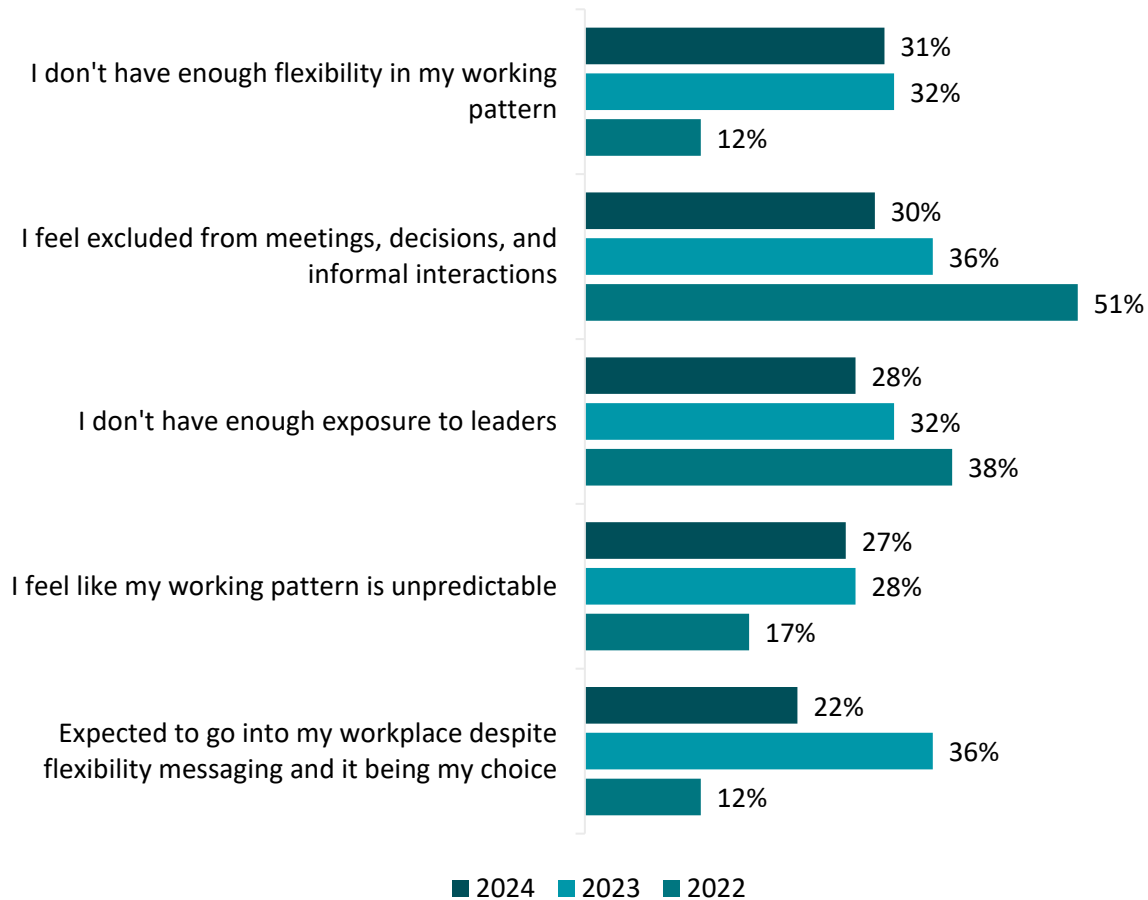
Base = 24. Note small base size

Hybrid work experiences have improved, but some women say they have made adjustments following return-to-office policies

- Fewer women in India are experiencing exclusion, a lack of flexibility, a lack of exposure to leaders, and unpredictability in their working patterns in hybrid working environments compared to last year.
- Some women in India who have recently been mandated to return to their workplace full time have made adjustments to their work and personal lives: 41% have asked to reduce their hours, 31% say it has negatively impacted their mental well-being, and 36% think less of their employer.



Have you experienced in the past year, or are you concerned about any of the following aspects of working in a hybrid environment?
(Women in India)



Base = 2024 = 244, 2023 = 214, 2022 = 365



How has your company's return to office policy affected you?
(Women in India)



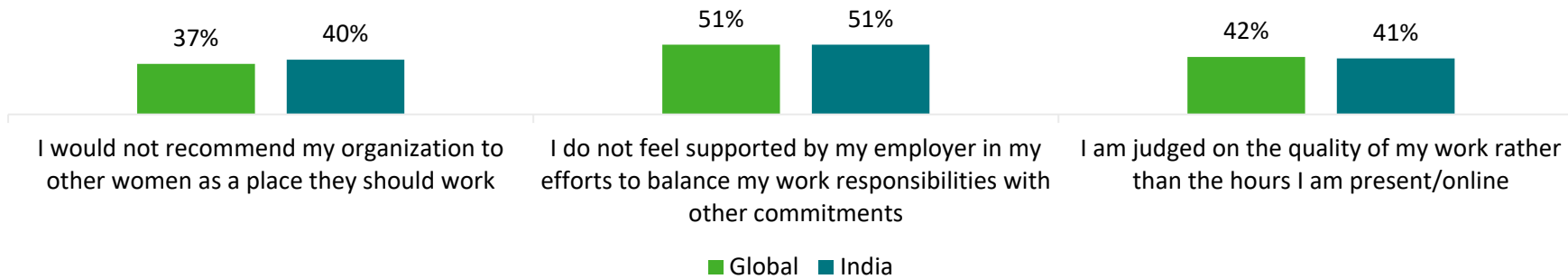
Base = Mandated to be on-site on certain days = 80, Mandated to be on-site full-time = 129

Women feel less supported by their employers to balance their work responsibilities with their commitments outside work

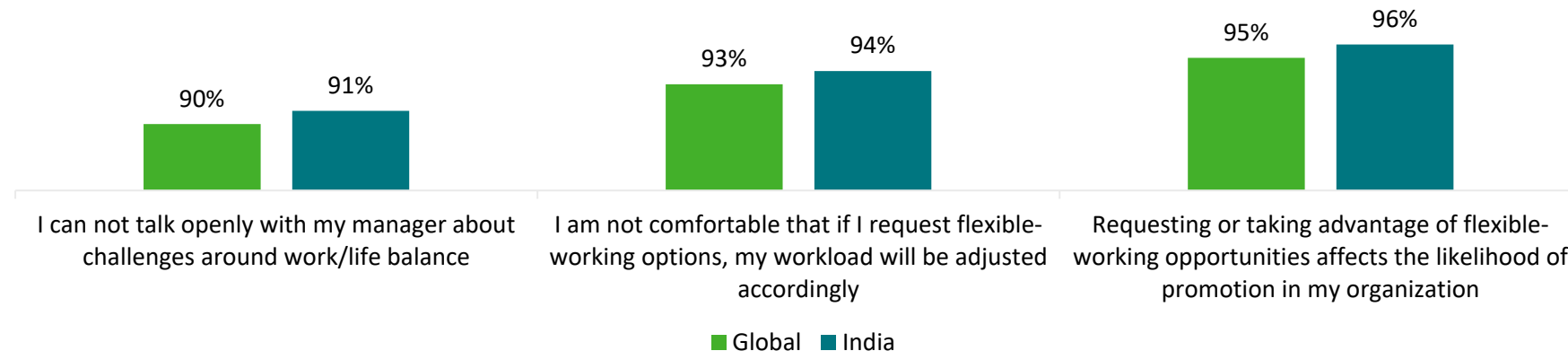
- As with their global counterparts, nearly all women in India believe that requesting or taking advantage of flexible working opportunities would affect their career progression. A similar majority do not feel they can talk with their managers about challenges with work/life balance and don't think their workload would be adjusted accordingly if they were to take advantage of flexible working opportunities.



Which of these statements is true for you?



Which of these statements do you agree with?

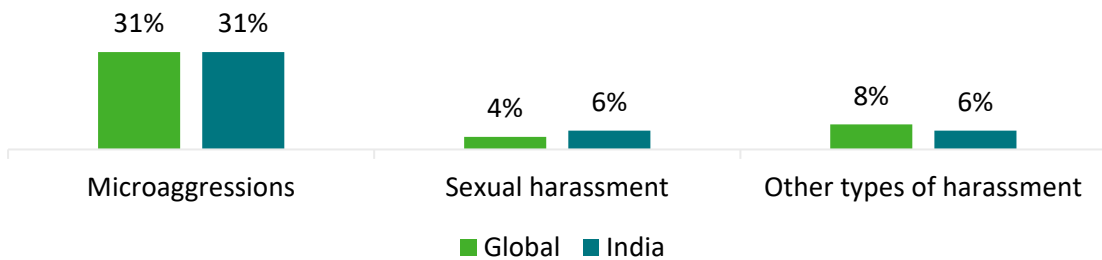


Women are worried about their safety at work, while many still face harassment and microaggressions

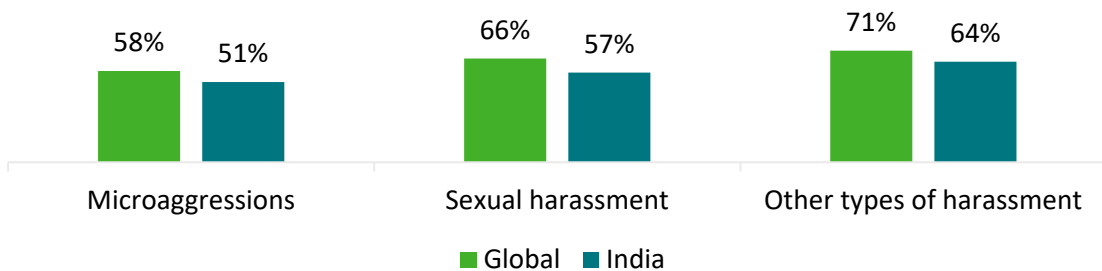
- 46% of women in India are worried about their safety when at work or while traveling to/from or for work. 14% deal with customers or clients who have harassed them or behaved in a way that has made them uncomfortable.
- Women in India are experiencing similar levels of microaggressions and harassment as their global counterparts. Fewer women in India are reporting microaggressions and harassment to their employers compared to their global counterparts.



In the past year, I have experienced at least one non-inclusive behavior



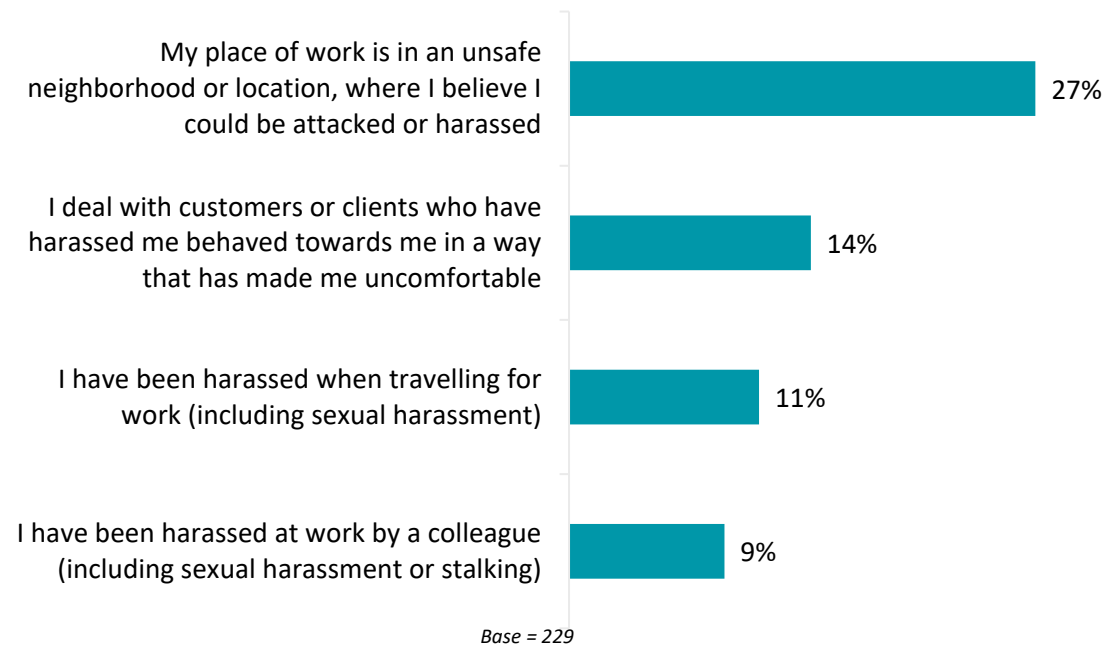
Did you formally report any of these behaviors to your organization? (those answering 'yes')



Base = Microaggressions = 1,525, 156, Sexual harassment = 210, 28, Other = 391, 28



You previously said you were concerned about your personal safety at work or traveling to or for work. Which of the following makes you concerned? (Women in India)



Top three reasons for not reporting non-inclusive behaviors in India:

- 17%** I was concerned that my complaint would not be kept confidential
- 17%** There is no clear route for escalating the behavior within my organization
- 15%** I was concerned that the behavior would get worse

Base = 98



46% of women in India say they are worried about their safety when at work or when travelling to/from or for work.

The Gender Equality Leaders are getting it right, but there aren't enough of them

- Deloitte's research identified a group of Gender Equality Leaders, organizations that, according to the women surveyed, have created genuinely inclusive cultures that support their careers, work/life balance, and foster inclusion. Women who work for Gender Equality Leaders are more engaged and have higher levels of well-being and job satisfaction. The proportion of women working for GELs is 6% globally and 6% in India.
- Additionally, we identified a group of "lagging" organizations. The women who work for these businesses indicate they have a less inclusive, low-trust culture. This year 21% of global respondents and 25% of respondents in India work for these Lagging organizations.



How would you rate the following aspects of your life? (Global)



Which of these statements are true for you? (Global)





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