

## AN INTEGRATIVE REVIEW OF WORK-LIFE BALANCE

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### ABSTRACT

*Researchers propose an integrated model of work-life balance including two important dimensions: involvement in work and nonwork life, and minimum conflict between social roles in work and nonwork life, based on a comprehensive assessment of the literature. Humans examine most of the data on the effects of work-life equilibrium in terms of work-related, nonwork-related, as well as stress-related outcomes based on this paradigm. The next step is to define a collection of personal and organizational antecedents to work-life balance and explain how they affect it. Then we go through a series of theoretical processes that connect work-life balance to overall happiness. Finally, future research areas and policy consequences are discussed.*

**KEYWORDS:** *Life satisfaction, Work-life balance, Work-family conflict, Work-life integration, Work family interface.*

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