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Nota di contenuto	Front Matter -- Copyright -- Contents -- Figures -- Tables -- Contributors -- Foreword -- Preface -- Part I Setting the stage -- 1. Introduction to maintaining a sustainable work-life balance -- 2. Questioning the balance of work and life: some philosophical observations -- 3. Work hard, play hard: on the reciprocity of work conditions and leisure lifestyles -- 4. Volunteering and work-life balance -- 5. The impact of life and career stages on workers' career sustainability -- 6. The value of work-life balance: cross-country and cross-worker comparisons -- Part II Workplace support -- 7. Combining work and informal caregiving: workplace support to reduce work-care conflict -- 8. Leadership support and work-life balance -- 9. Leadership, social support, and work-life balance of employees -- 10. Work-life balance in essential and non-essential occupations in the Netherlands -- 11. The use of work-life arrangements in academia: a critical analysis of the potential to transform organizational norms -- Part III Digitalization and homeworking -- 12. Digital regulation in the service of sustainable work-life balance -- 13. Signaling support for work-family balance in order to retain (tele)workers in hybrid work contexts: lessons from the COVID-19 pandemic -- 14. Balancing work and life at home: a longitudinal analysis of working from home and work-life balance before and during the pandemic -- 15. Workplace flexibility and homeworking after COVID-19 in public-sector and

private-sector organizations -- 16. When you just can't "let it go": a study of work-to-life conflict and job performance among Dutch public servants -- Part IV Working parents -- 17. Returning to work after childbirth: maternal experiences and spillover-crossover effects on the infant -- 18. Engaged fathers: towards a fatherhood premium or penalty?.

19. "Dadpreneurship": a new practice among second-generation Chinese-Dutch entrepreneurs to achieve work-life balance -- 20. Work-family balance and mental well-being across Europe: does a supportive country context matter? -- Part V Work-life balance and retirement -- 21. Sustainable work-life balance after retirement -- 22. Balancing retirement age and termination of employment -- Part VI Individual strategies for fostering work-life balance -- 23. Taking care of your own wellbeing -- 24. Impact of strategies and interventions for improving work-life balance -- 25. The Vocational Meaning and Fulfillment Survey: a new tool for fostering employees' work-life balance and career sustainability -- 26. Sustainable work through crafting -- 27. Resetting time and priorities: communicative sensemaking and implications of homeworking -- Index.

Sommario/riassunto

"This thought-provoking book provides a detailed exploration of work-life balance, considering the perspectives of specific groups such as parents, academics, the self-employed, and migrants. Moreover, it sheds more light on the dynamics of self-care, childcare as well as informal care. Collaborative and interdisciplinary in its approach, featuring researchers ranging from quantitative to interpretative scholars, it highlights the importance of a sustainable work-life balance and the instruments needed to improve this. Focusing on both working arrangements and life events, this book assembles a diverse range of researchers to provide a holistic understanding of work-life balance, with chapters covering the organisational aspects of work-life balance and the effects of digitalisation. The authors analyse the experiences of working parents and how work-life balance changes after retirement, and provide diagnostic instructions for employees and employers to re-organise the way they work across the life-span in order to maintain and enhance work-life balance. Exploring newly emerging work-life issues, this expansive book will be an invaluable resource for practitioners, scholars, and for students of business management, public administration, Human Resource Management, social policy and the sociology of work. Its extensive policy recommendations will also make it a crucial reading for policy makers and employers seeking to improve workplace support"--
