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Sommario/riassunto	Globalization, economic development and changes in social environments have put the relationships between work, leisure, social structure and quality of life under the spotlight. Profound transformations in the nature and organization of work are occurring, with potentially far-reaching social and economic consequences. Increasingly, organizations demand greater flexibility from their workforces and are introducing new technologies and practices in response to global competitive pressures. At the same time many employees are experiencing long working hours, increasing workloads and job inse