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TECHNOSTRESS CREATOR AND WORK-LIFE BALANCE: A SYSTEMATIC LITERATURE REVIEW

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LET'S GET TO KNOW

ABOUT

Using PRISMA as the database, this systematic literature review seeks to collect evidence on the implementation of important work-life balance for employees in managing technostress creators.

DESIGN/METHODOLOGY/ APPROACH

This systematic literature review had been conducted using the PICO criteria (Population, Intervention, Comparison and Outcome).

FINDINGS/EXPECTED FINDINGS

In total, 1,300 articles on work-life balance were reviewed from 2005 to 2018. The 31 studies that are included in the final paper originated from various industries. It was found in 14 publications that technostress impacts work-life balance. 95 percent of the research used quantitative survey methods, while five percent used qualitative interview and case study approaches.

ORIGINALITY/VALUE/ CONTRIBUTION

This study could help in addressing some important issues in technostress and work-life balance by outlining the appropriate review methods for each type of research question. Hence, it reduces inclusion bias in literature review and avoids unnecessary research duplication.

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