

A Literacy Review: Can Working from Home Improve the Work Balance of Worker's Life?

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ABSTRACT

During the Covid 19 pandemic, workers were forced to work from home to reduce the risk of spreading the Covid 19 virus. The new normal period made people able to carry out their usual activities and work from office. Working from home seems to be a trend in today's society because it is considered more cost efficient and productive. This study aims to reveal the work balance life of remote workers after the pandemic. The research method used literacy studies by collecting journal articles with the theme "work balance life in work from home" and "work balance life in remote working" for the last 3 years, starting from 2019-2022. The search results found 22 studies of work balance life on workers at home that were in accordance with the research topic. Based on the results of the study, there are several studies that support working from home because it is more flexible, close to family, and cost efficient. Some research is against showing problems in working remotely such as physical health problems, work overload, and double burden job. Future research is expected to examine more broadly the influence of type of work, gender and organizational culture that can improve work balance life for workers from home.

Keywords: work balance life, work from home, productivity