



# **Exploring The Influence Of Family Support And Leisure Pursuits On Alleviating Stress: A Holistic Examination Of Women's Work-Life Harmony**

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**ARTICLE INFO****ABSTRACT**

The objective of this study was to investigate the impact of several characteristics, such as family support, dedication to recreational activities, and degrees of anxiety, on the amicability of participants' professional and personal lives. Analysis of relapse and intriguing insights were used to scrutinize data from 161 people. The relapse research found that family support and anxiety levels were significant predictors of work-life harmony ( $F(3, 157) = 1205.075, p <.0001$ ), but relaxation commitment did not have a meaningful impact. The significance of solid connections in attaining a harmonious equilibrium between work and personal life obligations is shown by the correlation between increased levels of family support and enhanced levels of work-life concordance ( $\beta = .888, p <.0001$ ). It is essential to mention that those who have higher levels of anxiety often report somewhat higher levels of agreement between their professional and personal life ( $\beta = .133, p = .036$ ). This discovery emphasizes the complex connection between the ability to recognize stress and the equilibrium between pleasurable and significant activities. However, the commitment to relaxation did not have a considerable impact on the perceived level of work-life balance ( $\beta = -.041, p = .380$ ). Members exhibited reasonable levels of performance in all areas, with some degree of variance seen in each facet, as shown by graphical measurements. These results highlight the importance of familial support in promoting coherence and achievement in both one's career and personal endeavors. In order to enhance the harmony between work and personal life, the review proposes treatments that focus on fostering solid connections and effective stress management strategies. It also adds to our comprehension of the importance of balancing significant and enjoyable aspects of our activities. Additional study is necessary to corroborate the results across many groups and situations, focusing on additional factors that influence the equilibrium between severe and enjoyable tasks.

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**Keywords:** Family Support, Leisure Engagement, Stress Levels, Work-Life Harmony

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**INTRODUCTION**

Women in today's society often have the difficult task of juggling their careers and home lives, which may make it difficult for them to achieve both their professional goals and their contentment. Work and other parts of women's lives interact in complicated ways, which may put a strain on their health and happiness. Consequently, it is critical to investigate routes that facilitate stress reduction and foster harmony across different areas. An in-depth analysis of the stress-reduction benefits of family support and dedicated relaxation activities is the first step in this study's investigation of ways to help women achieve a better work-life balance. When faced with a life-altering decision, it may be constructive to have loved ones by your side to provide emotional support, practical advice, and even lighten your load (Bodenmann, 2005). Because it gives a feeling of belonging, security, and autonomy in the face of workplace obstacles, family support plays a crucial role in attaining a good work-life balance (Frone, Russell, and Cooper, 1992). Having robust support systems at home has been linked to better mental health and more happiness in general (Thoits, 2011). Understanding the components of family support and how they affect stress reduction is crucial for promoting women's success in

personal and professional realms. It has been suggested that engaging in activities that offer pleasure may aid in healing, self-expression, and stress reduction (Iso-Ahola, 1980). According to research by Kleiber, Larson, and Csikszentmihalyi (1986), participating in sports may help alleviate stress, broaden social circles, and improve overall health. Newman, Tay, and Diener (2014) found that those who make an effort to relax report lower levels of anxiety and higher levels of happiness with life in general. Examining the link between stress reduction and leisure activities might teach researchers a lot about supporting women in striking a better work-life balance. By delving into the complex interplay between familial support, relaxation commitment, and stress reduction, this study hopes to illuminate the elements impacting women's capacity to achieve a work-life balance. We want to do experiments and hypothetical combinations to find out what factors, such as family support and leisure activities, contribute to women's stress reduction and prosperity across diverse socio-economic circumstances.

### **STATEMENT OF THE PROBLEM**

Although there have been advancements in establishing gender equality and implementing workplace rules, women still encounter distinct obstacles to attaining a harmonic equilibrium between their professional and home lives. Women often face intricate difficulties while balancing work and family obligations, which may result in heightened anxiety and diminished profitability. Despite the identification of several elements that influence women's ability to balance necessary and enjoyable activities, there is still a shortage of understanding about the particular responsibilities of family support and devotion to recreational pursuits in reducing stress and promoting overall harmony. Prior work has examined the significance of familial support in mitigating the adverse impacts of tension and enhancing an individual's resilience (Bodenmann, 2005; Frone, Russell, and Cooper, 1992). Iso-Ahola (1980) and Kleiber, Larson, and Csikszentmihalyi (1986) concur that engaging in regular leisure activities is a significant factor in determining both mental health and economic well-being.

Nevertheless, there have been few investigations that have methodically analyzed the interplay of these aspects in influencing women's time management abilities, especially in diverse socio-cultural settings. Moreover, it is necessary to reassess the strategies aimed at helping women attain an ideal balance between work and personal life, considering the changing work arrangements, technological progress, and shifting cultural values. A comprehensive comprehension of the intricate function of familial support and recreational commitment is crucial for gaining a better grasp of strategies, hierarchical patterns, and individual reactions to stress and suffering, particularly in the context of lowering pressure among women. This study seeks to comprehensively investigate the impact of family support and leisure activities on women's stress management and promotion of an excellent work-life balance. Our objective is to address this knowledge gap in the existing literature by offering valuable insights that may assist in the formulation of successful initiatives to enhance the overall welfare of women across diverse social and economic settings.

### **NEED OF THE STUDY**

This research is motivated by the increasing awareness of the numerous obstacles that women have in attaining a peaceful equilibrium between their personal and professional lives. Despite progress in orientation communication and work environment strategies, women still encounter substantial constraints arising from the convergence of work and home obligations. Understanding the specific responsibilities of providing assistance to family members and dedicating time to recreational activities in order to reduce stress and enhance work-life balance among women is crucial for various reasons. Research has shown that family support plays a vital role in mitigating the detrimental impact of stress and improving individuals' overall state of well-being (Bodenmann, 2005; Frone, Russell, and Cooper, 1992). Nevertheless, additional investigation is necessary to ascertain the impact of various types of family support, including educational, practical, and domestic assistance, on women's capacity to successfully navigate work-life problems.

Furthermore, research has shown that participating in calming activities is a highly successful method for decreasing stress and improving overall well-being (Iso-Ahola, 1980; Kleiber, Larson, and Csikszentmihalyi, 1986). Women can tremendously benefit from understanding how relaxation techniques work to revitalize and care for themselves despite their busy schedules. This understanding can contribute to the enhancement of their overall profitability. Furthermore, with the evolving work schedules and shifting cultural norms, there arises a necessity for specifically tailored interventions and emotionally nurturing networks that address the distinct obstacles encountered by women in managing the demands of both work and everyday life. This research seeks to shed light on the development of effective strategies and techniques to help women achieve an optimal work-life balance by examining the nuanced features of family support and leisure commitment in different socio-economic circumstances.

Moreover, this study aims to address a gap in the existing literature by focusing specifically on the way women balance pleasant and necessary work, as well as the influence of family support and recreational hobbies. By resolving this issue, we may enhance our comprehension of the elements that impact women's prosperity and illuminate evidence-based strategies designed to promote their overall trajectory. Essentially, this study is

crucial as it can provide insights into how family support and relaxation practices can alleviate stress and enhance work-life balance for women. By fulfilling this requirement, we may promote further investigation in the field and offer valuable nuggets of knowledge to aid women in managing the intricate difficulties of harmonizing their personal and professional lives.

## REVIEW OF THE LITERATURE

Lazarus and Folkman (1984) formulated the Value-based Model of Pressure and Adaptation, a comprehensive theoretical framework that elucidates how individuals perceive and react to stressors within their present circumstances. This model demonstrates that stress is not solely a reactive response but rather the outcome of a dynamic reciprocal cycle involving individuals and their environment. Individuals undergo a cognitive assessment during this period, assessing the importance and possible consequences of pressures in relation to their beliefs of risk, harm, and difficulty. This analysis has an impact on the choice and implementation of survival strategies that are designed to handle or decrease the perceived strain (Lazarus and Folkman, 1984). According to the Value-based Model, family support and a commitment to leisure activities are considered crucial coping resources that individuals utilize to effectively navigate and alleviate stressors. Family support refers to various types of aid provided by family members or close partners, which might include profound, beneficial, and enlightening assistance (Bodenmann, 2005). When individuals feel pressures in their present circumstances, maintaining strong family bonds might assist them in reframing these stresses as more rational or less disruptive, thus reducing their overall level of stress. For instance, consistent support from family members can offer solace and tranquility during challenging periods, while practical aid with chores or errands might relieve the weight of stress (Bodenmann, 2005). Engaging in leisure activities is an important survival strategy in the Conditional Model. It allows for relaxation, enjoyment, and a way to distract oneself from stressors (Iso-Ahola, 1980). Relaxation exercises offer a respite from the pressures of everyday life and work, enabling individuals to restore their energy and cultivate a feeling of richness. In addition, relaxation commitment can enhance flexible adaptability by promoting positive emotions, developing social connections, and cultivating a sense of control and command over one's leisure activities (Iso-Ahola, 1980). The Value-based Model of Pressure and Adaptation offers a robust theoretical framework for comprehending the unique connection between persons, stressors, and adaptive resources. The fundamental basis of this system lies in the provision of familial assistance and a solid commitment to recreational pursuits. It offers opportunities for identifying sources of stress, establishing strategies for managing challenging moments, and eventually fostering adaptability and success in all areas. By integrating these principles into stress research, researchers can acquire vital insights into how individuals effectively tackle environmental obstacles and develop flexibility in the face of adversity.

## RESEARCH METHODOLOGY

The study investigated the impact of family support, dedication to relaxation, and anxiety on the level of harmony between work and personal life among individuals, using a quantitative research method. To quantify the factors of interest, data were gathered from 161 people using self-controlled examinations that used established scales. Participants used a Likert-type scale with a range of 1 to 5 to express their degree of commitment to relaxation methods, anxiety levels, alignment between work and personal life, and the perceived amount of support received from family members. The engaging evaluations offered valuable insights into the extent to which the components were being used and focused on. On the other hand, the relapse research examined the capacity of family support, commitment to leisure, and anxiety to predict work-life harmony. Measurable study was conducted using suitable software. The review adhered to ethical standards by ensuring that informed permission was obtained and that members' answers were properly categorised. Given the limitations of the review, which included relying on self-reported information and using a cross-sectional research design, it is important to approach the understanding of causal links with caution. However, the quantitative technique yielded useful insights into the elements that influence work-life harmony, along with suggestions for interventions and support systems designed to improve individuals' professional and personal achievements.

## **OBJECTIVE OF THE STUDY**

- To develop a Multilayer Perceptron (MLP) model to accurately predict levels of work-life harmony based on factors such as family support, leisure engagement, and stress levels, aiming to assist in identifying individuals at risk of imbalance and informing targeted interventions for improved well-being.
- To find the influence of Leisure Engagement, Family Support, and Stress Level on Work-Life Harmony

## DESCRIPTIVE STATISTICS OF THE VARIABLES

<b>Descriptive Statistics</b>					
	N	Minimum	Maximum	Mean	Std. Deviation
Family Support	161	1.00	5.00	3.1863	1.41070
Leisure Engagement	161	1.00	5.00	3.2919	1.42144
Stress Levels	161	1.00	5.00	3.3851	1.44076
Work-Life Harmony	161	1.00	5.00	3.0870	1.31049
Valid N (listwise)	161				

The insightful measurements provide data on the distribution and concentration tendencies of the components examined in the study: work-life harmony, stress levels, family support, and dedication to relaxation. The average score for family support, measured on a scale from 1 to 5, was estimated to be 3.1863, with a standard deviation of 1.41070. Participants demonstrated moderate levels of family support, with scores ranging from typically low to relatively high. The mean score for relaxation commitment was 3.2919 on a scale ranging from 1 to 5, with a standard deviation of 1.42144, which was somewhat higher than the other two measures. These findings indicate that individuals had a greater degree of commitment to using relaxation methods than to seeking help from their families.

Furthermore, there was a comparable amount of variability seen across all participants. Out of all the components analyzed, anxiousness, which was scored on a uniform scale of 1 to 5, had the highest average score of 3.3851 and the greatest amount of variation with a standard deviation of 1.44076. Overall, individuals indicated experiencing a certain degree of stress, with levels ranging from moderate to slightly elevated. The work-life concordance had a standard deviation of 1.31049 and a mean of 3.0870 on a scale of 1 to 5. The scores, which often range from low to somewhat high, show a reasonable amount of agreement between work and personal life in terms of perceived friendliness among individuals. Across all criteria, participants consistently provided moderate quantities of information, but there were minor variations in each structure. These results provide the foundation for comprehending the core inclinations of the components and the distribution of answers, so facilitating further investigations into the connections and indicators of work-life congruence.

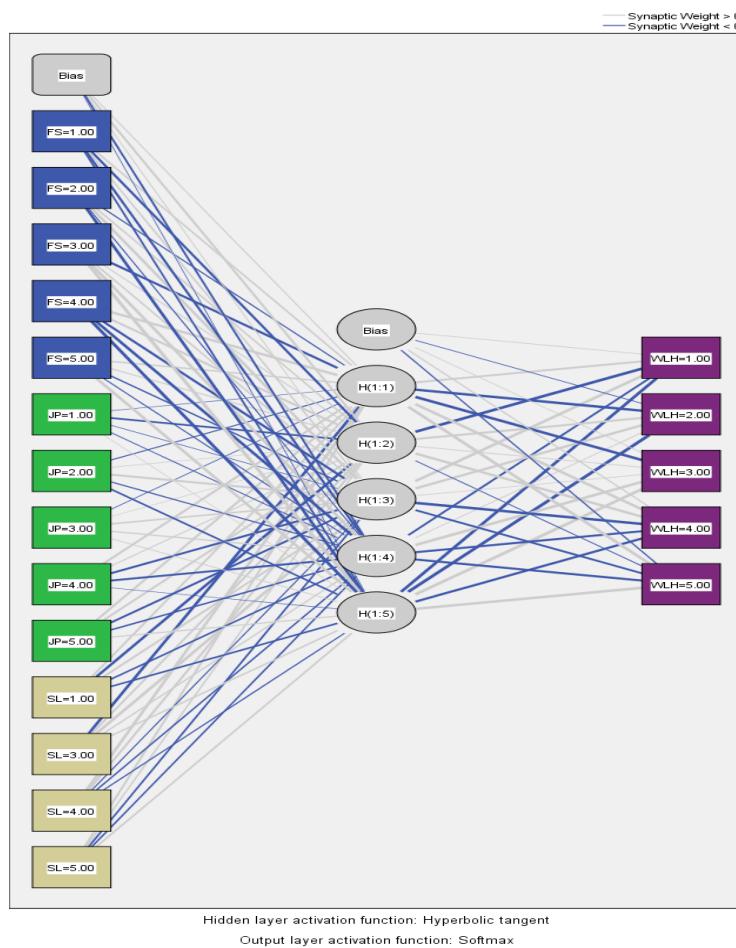
**To develop a Multilayer Perceptron (MLP) model to accurately predict levels of work-life harmony based on factors such as family support, leisure engagement, and stress levels, aiming to assist in identifying individuals at risk of imbalance and informing targeted interventions for improved well-being.**

### Multilayer Perceptron

<b>Case Processing Summary</b>		
	N	Percent
Sample	Training	110
	Testing	51
Valid	161	100.0%
Excluded	0	
Total	161	

<b>Network Information</b>		
Input Layer	Factors	1
		2
		3
	Number of Units <sup>a</sup>	14
Hidden Layer(s)	Number of Hidden Layers	1
	Number of Units in Hidden Layer 1 <sup>a</sup>	5
	Activation Function	Hyperbolic tangent
Output Layer	Dependent Variables	1
	Number of Units	5
	Activation Function	Softmax
	Error Function	Cross-entropy

a. Excluding the bias unit



<b>Model Summary</b>		
Training	Cross Entropy Error	15.283
	Percent Incorrect Predictions	10.0%
	Stopping Rule Used	Relative change in training error criterion (.0001) achieved
	Training Time	0:00:00.01
Testing	Cross Entropy Error	6.947
	Percent Incorrect Predictions	9.8%
Dependent Variable: Work-Life Harmony		

<b>Classification</b>							
Sample	Observed	Predicted					Percent Correct
		1.00	2.00	3.00	4.00	5.00	
Training	1.00	24	0	0	0	0	100.0%
	2.00	0	12	0	0	0	100.0%
	3.00	0	0	22	0	0	100.0%
	4.00	0	0	0	41	0	100.0%
	5.00	0	0	0	11	0	0.0%
	Overall Percent	21.8%	10.9%	20.0%	47.3%	0.0%	90.0%
Testing	1.00	9	0	0	0	0	100.0%
	2.00	0	4	0	0	0	100.0%
	3.00	0	0	10	0	0	100.0%
	4.00	0	0	0	23	0	100.0%
	5.00	0	0	0	5	0	0.0%
	Overall Percent	17.6%	7.8%	19.6%	54.9%	0.0%	90.2%
Dependent Variable: Work-Life Harmony							

The given data presents a neural network study, specifically a Multi-facet Perceptron (MLP), used to forecast work-life balance. This prediction is based on parameters such as anxiety levels, dedication to relaxation, and support from family. The Multilayer Perceptron (MLP) consists of three layers: input, hidden, and output. The information layer comprises three factors: anxiety, commitment to relaxation, and family support. Each

constituent is allocated a specific unit. The outcome layer consists of five units, while the hidden layer has five units that manage various levels of work-life congruity.

The model underwent training using a dataset consisting of 110 observations, which accounts for about 68.3% of the total sample. Out of the total, 31.7%, which is equivalent to 51 perceptions, were allocated for testing purposes. The MLP was equipped with softmax activation capabilities for the output layer and enhanced dropout initialization capabilities for the hidden layer. The error metric utilised was cross-entropy. The Multilayer Perceptron (MLP) obtained a cross-entropy error of 15.283 during the preparation phase, with an error rate of 10.0% in terms of inaccurate expectations. The halting threshold used was dependent on a significant alteration to the preparation error model. During the testing phase, the Multilayer Perceptron (MLP) generated projections that were erroneous by 9.8% and had a cross-entropy error of 6.947. The table displays the comparison between the actual and predicted levels of work-life harmony for the preparation and testing exams. The overall accuracy rates for both the testing and preparatory exams were 90.0% and 90.2%, respectively. The objective of this analysis appears to be to develop a predictive model using an MLP to classify individuals into different levels of work-life harmony based on their levels of family support, engagement in leisure activities, and reported stress levels. By accurately predicting work-life harmony, the model could potentially assist in identifying individuals who may be at risk of experiencing imbalance or distress in their work and personal lives. This information could inform targeted interventions or support strategies aimed at improving work-life balance and overall well-being among individuals, particularly women who may face unique challenges in managing multiple roles and responsibilities.

### **To find the influence of Leisure Engagement, Family Support, and Stress Level on Work-Life Harmony**

<b>Model Summary</b>					
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	
1	.979 <sup>a</sup>	.958	.958	.26990	
a. Predictors: (Constant), Leisure Engagement, Family Support, Stress Levels					

<b>ANOVA<sup>a</sup></b>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	263.346	3	87.782	1205.075	.000 <sup>b</sup>
	Residual	11.436	157	.073		
	Total	274.783	160			
a. Dependent Variable: Work-Life Harmony						
b. Predictors: (Constant), Leisure Engagement, Family Support, Stress Levels						

<b>Coefficients<sup>a</sup></b>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.172	.055		3.115	.002
	Family Support	.825	.058	.888	14.214	.000
	Stress Levels	.121	.057	.133	2.121	.036
	Leisure Engagement	-.038	.043	-.041	-.881	.380
a. Dependent Variable: Work-Life Harmony						

A study was done to investigate the impact of leisure commitment, family support, and anxiety on work-life harmony. The relapse model had a strong overall fit, as shown by an R-squared value of .958, indicating that the indicators used in the model were able to account for about 95.8% of the variation in work-life congruity. The ANOVA analysis revealed that the relapsing model had a significant impact ( $F(3, 157) = 1205.075, p <.0001$ ), indicating that the combined influence of relaxation commitment, family support, and anxiety perceptions accurately predicted work-life harmony. After analysing the coefficients, it was found that family support had a significant influence on work-life amicability ( $\beta = .888, p <.0001$ ). This means that higher levels of family support were related with greater levels of work-life congruity. Anxiety exhibited a significant, although smaller, positive effect on work-life harmony ( $\beta = .133, p = .036$ ). This implies that those with higher levels of anxiety tend to report somewhat better levels of work-life harmony. Surprisingly, the dedication to relaxation did not have a significant impact on work-life balance ( $\beta = -.041, p = .380$ ), suggesting that variations in leisure activities across people did not substantially contribute to disparities in perceived work-life balance. Ultimately, the results indicate that individuals' views on the alignment between work and personal life are significantly shaped by the level of support they get from their family, and to a lesser degree, by their concerns or anxieties. To cultivate a balanced relationship between work and personal life, these findings highlight the need of social support networks, especially those consisting of family members. Moreover, while concern might affect work-life balance, it seems to be of lesser importance compared to the support provided by family.

However, further study is necessary to have a better understanding of the function of leisure commitment in improving work-life harmony, since its lack of substantial impact necessitates further investigation.

## CONCLUSION

The results provide useful understanding into the aspects that influence the overall alignment between members' professional and personal lives. The relapse analysis revealed that family support and anxiety levels were the most influential factors in predicting work-life harmony, but leisure commitment did not have a noteworthy impact. There was a direct association between increased levels of family support and increased levels of work-life congruity, emphasising the significance of strong relationships in attaining a balance between one's professional and personal obligations. In addition, those with higher levels of anxiety often report somewhat better levels of work-life concordance, demonstrating the intriguing relationship between stress perception and maintaining a well-balanced work and leisure lifestyle. However, while the level of dedication to leisure activities does not seem to have a significant impact, various forms of relaxation techniques do not seem to significantly influence members' perception of work-life congruence. The precise measurements also offered a comprehensive understanding of the distribution of the components and highlighted certain patterns that were relevant to the investigation. The levels of proficiency were consistent across all structures, with members demonstrating considerable variance in each aspect. These results provide a strong basis for comprehending the various reactions and the overall influence of several circumstances on individuals' views of work-life harmony. Overall, this study illuminates the significance of family support in promoting success and harmony in both professional and personal life domains. It also enhances our comprehension of the intricate notion of balancing pleasurable and serious pursuits. The results emphasise the need of intervention and emotionally supportive networks that encourage the development of strong connections and effective stress management techniques to ensure optimum alignment between work and personal life for people. However, further study is necessary to confirm the results in other groups and circumstances, as well as to identify other factors that can impact the relationship between serious and enjoyable activities.

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