

How Social Support Affects Work-life Balance? A Post Covid-19 Pandemic Prediction

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Abstract

Work-life balance refers to a person's level of priority of personal and professional activities in their life, as well as the amount to which activities related to their job are present at home. It is arguable what is the best work-life balance. During the Covid-19 pandemic, stress is generated not only by workplace pressure, but also by life at home, where work must be done at home and cannot leave the house due to the Covid-19 pandemic. According to Vinberg and Danielsson's (2021) research, the Covid-19 pandemic had a negative impact on managers' welfare and work-life balance, despite the fact that they stated that it was difficult to access government support, but in the end they demonstrated creativity in finding new solutions for their companies. According to Tugsal (2020), since the Covid-19 outbreak, social support has had a statistically significant impact on moderating work-life balance features because workers felt supported and listened to by their colleagues and the company. After distributing surveys for two weeks in October 2021, 240 respondents participated in this study using a quantitative technique. According to the findings of this study, social support has an impact on work-life balance if one is satisfied with one's employment.

Keywords

Social, Support, Work, Life, Balance.

Biographies

Enny Soeharto is a mompreneur, a homemaker who runs a modest internet company while still seeking knowledge and growth. Born in Semarang, Central Java. Enny is deaf and attends SLB/B Dena Upakara in Wonosobo, Central Java. She was apart from her parents for 6 years. On the suggestion of the principal, she was moved to a public school at the age of 11. Enny went to Kebon Dalem Elementary, Domenico Savio Middle, and Loyola College High. After graduating from Tarumanagara University's Architecture Department in 1998, she completed a multimedia course and got a position at PT Adimas, an interior design firm in Semarang. Soon after, she relocated to Jakarta with her future husband, working in interior design, graphic design, and TV animation. She then worked at PT Wahana Tirta for around ten years as an AutoCAD drafter, designing swimming pool installations for residences and different development projects in Jakarta, from Senayan Residences to Pakubuwono Residences. She ran an online cosmetics store after leaving PT Wahana Tirta. Her internet store grew out of her blog evaluations and testimonials. In 2021, during the COVID-19 epidemic, she opted to continue her education by enrolling in Binus Business School's Masters Program in Business Management Blended Learning (BBS).

Anita Maharani, currently as one of faculty member at Binus Business School. She is presently concentrating her efforts in the field of organizational behavior. Recently published research have brought to light a variety of challenges that exist in the field of organizational behavior.

Lenny Sri Wahyuni a Human Resource & General Affair Executive with over 12 years of responsible and progressive experience in human resource management. Her professional experiences include executive level management, strategic program management, training/employee development, compensation benefit, resource and budget forecasting, organizational development and employee relations. She is currently Human Capital & General Affair Dept Head for one of Joint Venture Sinarmas Land Property for Premium Landed & Midrise in BSD, Tangerang Area.

She's previously worked in Coal Mining Company under PT Rajawali Corpora, and her base in South Sumatera, her roles also in HR spectrum. Before she's transformation into HR spectrum, she's worked as Finance payable in British School Jakarta. Lenny Sriwahyuni holds a Bachelor Degree in Economic Management from Pelita Bangsa University, in her free time, she likes cooking & baking to explore her hobbies and her further dream to run cooking & baking course.

Ratih Dewi Febrianti is Sales and Marketing enthusiast with over 5 years of responsible special at FMCG and tobacco company. She was supervisor Consumer Engagement for 2 years in HM Sampoerna affiliate Philp Morris International . Her role was designing and engaging brand through mass event , community , concert , art exhibition also managed and delivered LAMP/HOP's strategy include analytics building relationship and monitoring , and activation . She received some award consist of : Top 5 All Hands on A , Best SCE VAP DSS, Best Supportive in activation fun activites with community awards . Currently she is Supervisor Retail Engagement in HM Sampoerna affiliate Philp Morris International . Her professional experience include responsible are manage team sales : sales process and operation, optimization trade program , analyze market issues/opportunities include channel category and profiling competitor activity . She received the award in her role : Best Supervisor Retail Engagement in Midas Touch program in 2021. Before she transform to sales and marketing , she worked as financial planner in head office Nestle Indonesia . Ratih Dewi Febrianti hold a bachelor degree in Economic Management from Mercu Buana University . in 2021 she decided to continue her education by taking the Master Program in Business Management Blended learning at Binus Business School.