



# Handbook of Work-Family Integration: Research, Theory, and Best Practices

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In today's industrialized societies, the majority of parents work full time while caring for and raising their children and managing household upkeep, trying to keep a precarious balance of fulfilling multiple roles as parent, worker, friend, & child. Increasingly demands of the workplace such as early or late hours, travel, commute, relocation, etc. conflict with the needs of being a parent. At the same time, it is through work that people increasingly define their identity and self-worth, and which provides the opportunity for personal growth, interaction with friends and colleagues, and which provides the income and benefits on which the family subsists. The interface between work and family is an area of increasing research, in terms of understanding stress, job burn out, self-esteem, gender roles, parenting behaviors, and how each facet affects the others.

The research in this area has been widely scattered in journals in psychology, family studies, business, sociology, health, and economics, and presented in diverse conferences (e.g., APA, SIOP, Academy of Management). It is difficult for experts in the field to keep up with everything they need to know, with the information dispersed. This Handbook will fill this gap by synthesizing theory, research, policy, and workplace practice/organizational policy issues in one place.

The book will be useful as a reference for researchers in the area, as a guide to practitioners and policy makers, and as a resource for teaching in both undergraduate and graduate courses.

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