Examining the Role of Coping Behaviors in Reducing Work Family Conflict

Two important aspects of adult life are career and the non-work domain. Unfortunately, participation in both these domains often causes conflict and stress for the individual because role expectations in these areas are frequently incompatible. Past research in work–family conflict has focused primarily on exploring the relationship between various work- and family-based antecedents and outcomes of work–family conflict. The purpose of this talk is to examine the efficacy of certain coping behaviors in reducing work-family conflict as well as to examine possible moderators of this relationship. Furthermore, the nomological network of these coping variables, with respect to work-family conflict and other individual difference variables, will be examined. Finally current and future research will be discussed.

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