SUBJECT: Enhancing Work-Life Balance through Effective Human-Computer Interaction (HCI): Exploring the Role of Information and Communication Technologies and Personal Determinants in Managing Multiple Life Roles

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DESCRIPTION:
As a result of digital transformation, professional and personal domains have started to coexist and overlap. There are concerns about technological innovations' impact on work-life balance. Researchers are looking for resources that enable employees to balance their conflicting goals that arise from their different life roles. They emphasise the importance of effective human-computer interaction in eliminating the pressure to meet conflicting expectations. Managing work and personal roles has become remarkably fluid during remote work, which involves combining these two spheres of life, often in the same place. It significantly impacts the emergence of conflicts between work and family. These conflicts stem from the difficulty of separating the two spheres from each other, and new technologies can be both an ally in mitigating conflicts and a provoker of them. Being constantly available and needing to multitask and juggle tasks leads to feeling overwhelmed and negatively impact individual well-being.

The proposed project aims to verify the influence of information and communication technologies on conflicts and explore the functions of polychronicity, tolerance of external interruptions and the tendency for self-interruptions in effectively managing professional and personal roles.

The project contributes to a better understanding the individual's functioning in technology-mediated work life in the context of work-life reconciliation. It deepens knowledge of a relatively under-researched area. It verifies what constitutes an individual's resource in managing time effectively and developing a healthy work-life balance to avoid conflicts and maintain well-being. It emphasises the importance of human-computer interaction in integrating different life roles and managing one's responsibilities and boundaries.

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