

## **ABSTRACT**

Amira Nabila (2017021006)

### **REASSESSING THE CONCEPT OF WORK LIFE BALANCE IN THE WORK FROM HOME PERIOD DURING THR COVID 19 SEASON**

*The spread of COVID-19, implements work from home which requires workers to move from home through the use of digital technology. Working from home also provides flexible working hours for employees. The implementation of work from home is a strategic step used during a pandemic. During the Work From Home period, workers will have flexible working hours, commonly known as flexible working hours, in determining when to start and end work. The implementation of flexible working hours results in employee welfare and extensions. This study aims to implement flexible working hours which are considered capable of balancing the lives of workers with the concept of Work Life Balance. so testing is needed in the implementation of the Work From Home system on the concept of Work-Life Balance which is considered capable of increasing motivation, productivity and loyalty to work. This study uses a quantitative approach. And involving 50 respondents who are workers using a questionnaire statement. The results show that 53.3% has a big effect on work life balance. So, this article provides empirical data related to the Work-Life Balance.*

*Keywords : Flexibel Working Hours, Work Life Balance, Work From Home.*