

ABSTRACT

This study aims to examine the effect of Work From Home on Work-Life Balance with Work Engagement as an Intervening Variable in men who are married and have children.

This study uses the Non Probability Sampling method by means of Purposive Sampling. While the sample used is 67 employees. The data analysis technique in this study uses Partial Least Square with SmartPLS software to determine the path coefficient and the effect of the independent variable on the dependent variable.

The results showed that Work From Home had a negative and significant effect on Work-Life Balance. Work From Home has a positive and significant effect on Work Engagement. Work Engagement has a positive and significant effect on Work-Life Balance. This study shows that Work Engagement can mediate between Work From Home on Work-Life Balance.

Keywords: Work From Home, Work-Life Balance, Work Engagement