

Abstract

Since the Covid-19 cases in Indonesia have continued to grow, starting on January 11, 2021, the West Java government has implemented the Work From Home (WFH) policy, especially in the Greater Bandung city area. The balance between work and personal life is taken from the psychological concept of Work Life Balance. The excess workload completed in a long time will be a source of work stress. This will affect the interpersonal communication of women workers, both with fellow workers and their families at home. Due to work from home, women workers must balance their work and personal lives according to the Work Life Balance. This study examines how much influence Work Life Balance has on the Interpersonal Communication of women workers in Bandung. Using quantitative methods with cluster sampling technique, this study reveals an influence between Work Life Balance and Interpersonal Communication. Based on the coefficient of determination, Work Life Balance on Interpersonal Communication results of 21.9%. This shows that many other things affect the Work Life Balance of women workers in Bandung. In the future, this research will be helpful to increase the awareness of women workers about the importance of implementing Work Life Balance in their daily lives.

Keywords: Work Life Balance, Interpersonal Communication, Women Workers