

# STUDIU TEORETIC PRIVIND CONCEPTUL WORK-LIFE BALANCE ÎN MEDIUL ORGANIZAȚIONAL

## THEORETICAL STUDY ON THE WORK-LIFE BALANCE CONCEPT WITHIN THE ORGANIZATIONAL ENVIRONMENT

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**Abstract:** The imbalance is a prevalent problem affecting both personal development and the organizational one. Occupational stress handling mechanisms have been identified so far, but addressing the work - life balance has not yet been resolved. The study proposes a theoretical and comprehensive assessment of the work – life balance, seeking to examine the factors that reflect the balance of the employee as well as the development of some correcting initiatives. This approach serves the management board of any organization, but it remains crucial to regain control over stress elements threatening the occupational health of the employee.

**Keywords:** balance, professional life, professional stress, personal life, initiative