

Family Relations And Work Overload: A Bibliometric Analysis

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Abstract

A bibliometric analysis is presented on the field of study "Family relations and work overload", the study was carried out by using of one of the best metasearch engines that currently exist which is Scopus, With the application of strategies in the retrieval of information and with filters by areas of knowledge related to the subject and by English and Spanish languages, 881 academic documents were recovered that included the years from 1977 to 2022, these were downloaded from the database in csv format and processed using the Biblioshiny application of the Bibliometrix package that is part of the statistical program Rstudio. The main results indicate that the scientific production worldwide in this study in 83% is composed of articles, shows a fluctuation with ups and downs over the time period, the average citation of research papers for the year 2020 was 15%, the most relevant author of the field was Bakker A.B. with 6 articles published from the years 2007 to 2021, the institution that contributed

the most was the University of Toronto with 19 studies, the country that received the most citations was the United States with 6375 and finally the terms that were presented most frequently were Covid-19, workload, stress and Bornout.

Keywords: Bibliometric analysis, Family relations, Work overload.

Introduction

Currently, it is recognized how the quality of working life is one of the essential components in the lives of employees, which has a clear influence on well-being at work, as well as a significant impact on their personal lives (Gagnano, Simbula & Miglioretti, 2020; Graham, et al., 2021). This becomes more relevant from the global contexts characterized by the balance between work and personal life, being one of the focal points of successful organizations (Adnan-Bataineh, 2019; Bhende et al., 2020).

Quality of working life, understood as the subjective perception that individuals have of their well-being in the work environment, has been widely recognized as a key predictor of job satisfaction and general well-being (Mendoza-Ocasal et al., 2021; Peñalvo et al., 2021). Work environments that promote balance between the demands of work and personal activities, as well as organizational support and recognition, have proven to be fundamental to workers' psychological and physical well-being. (Wood, 2020; Mulang, 2022). These types of environments mentioned above have also revealed an important level of effectiveness in achieving organizational goals and in developing the competitiveness of highly effective teams (Androniceanu, 2020; Mendoza-Ocasal et al., 2022).

In this sense, for companies today it is important to develop an effective dynamic between the demand of labor commitments towards the fulfillment of objectives and the generation of a work overload, which will allow to have workers with an optimal state of occupational health (Chai et al., 2019).

It is recognized the impact of work overload for workers that, from the context explained, would also have great consequences on the collaborators' personal life and the dynamics they have within their family group. This is how companies highly committed to their work teams are concerned with ensuring a good work-life balance, preventing overloads that could have effects on both environments mentioned above (Hong, Liu & Zhang, 2021).

However, although technology has provided effective tools for the development of goals, it must also be recognized that these have also become a source of stress for workers. 24-hour interconnected technologies make it difficult to effectively separate personal and work lives, becoming a challenge for managers to define effective means of communication that are not invasive to the space and personal life of the collaborator (Sandoval-Reyes, Acosta-Prado & Sanchís-Pedregosa, 2019; Rasool, Warraich & Sajid, 2022).

Based on these important trends mentioned above, this study aims to explore trends in scientific knowledge about family relationships and work overload. This research is based on bibliometric tools, which are validated as techniques to understand the characteristics present in academic contributions on specific topics, with high rigor and confidence (Ramírez-Duran, Niebles-Núñez & García-Tirado2023).

Methodology

To carry out this bibliometric analysis, as a first step the keywords and terms to be used were determined in order to find the best results, or in other words, the most relevant information of the subject; once it was verified that the terms were appropriate, search strategies were applied, such as the use of synonyms and Boolean operators, which initially generated the following search equation: (TITLE-ABS-KEY ("Family relationships") OR TITLE-ABS-KEY (home) OR TITLE-ABS-KEY ("family atmosphere") AND TITLE-ABS-KEY ("Work overload") OR TITLE-ABS-KEY ("Workload") OR TITLE-ABS-KEY ("excess of functions") OR TITLE-ABS-KEY ("increased responsibility")), with which 4266 results were obtained that covered all areas of

knowledge, as the main idea is to retrieve relevant information with the research topic, it was decided to apply filters by areas of knowledge related to the field of study "Social Sciences, Administration, economics and psychology" and by languages "English and Spanish", the final search equation that reflects these criteria is presented below: (TITLE-ABS-KEY ("Family relationships") OR TITLE-ABS-KEY (home) OR TITLE-ABS-KEY ("family atmosphere") AND TITLE-ABS-KEY ("Work overload") OR TITLE-ABS-KEY ("Workload") OR TITLE-ABS-KEY ("excess of functions") OR TITLE-ABS-KEY ("increased responsibility")) AND (LIMIT-TO (LANGUAGE , "English") OR LIMIT-TO (LANGUAGE , "Spanish")) AND (LIMIT-TO (SUBJAREA , "SOC") OR LIMIT-TO (SUBJAREA , "PSYC") OR LIMIT-TO (SUBJAREA , "BUSI") OR LIMIT-TO (SUBJAREA , "ECON")) , This generated a result of 881 academic works in all its typologies.

The results of the search performed in Scopus were downloaded in a file in csv format, which was processed with the Biblioshiny application executed from the Bibliometrix package that is part of the statistical program Rstudio, which allowed to generate the tables and maps of co-citation networks and co-occurrences shown in the results section.

Results

The nature of the documents found in the exploration of the literature on the research topic "Family relations and work overload" considering the years from 1977 to 2022, were in the highest percentage type article (83%), followed by conference paper (6%) and Review (6%).

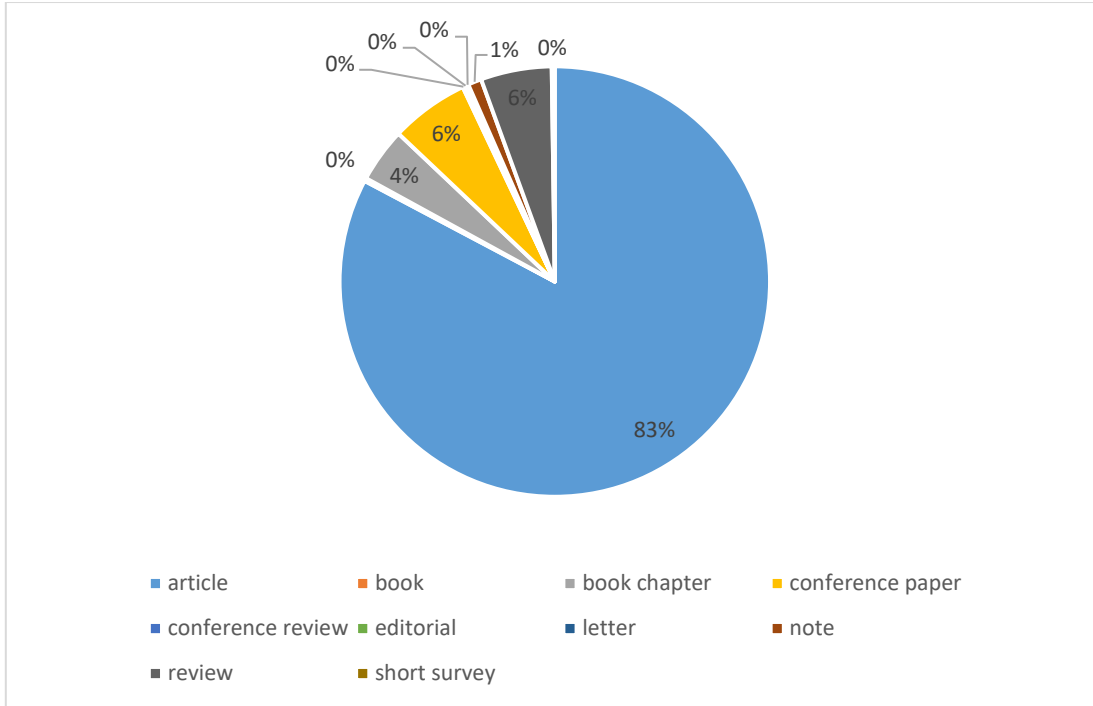


Figure 1. Types of documents

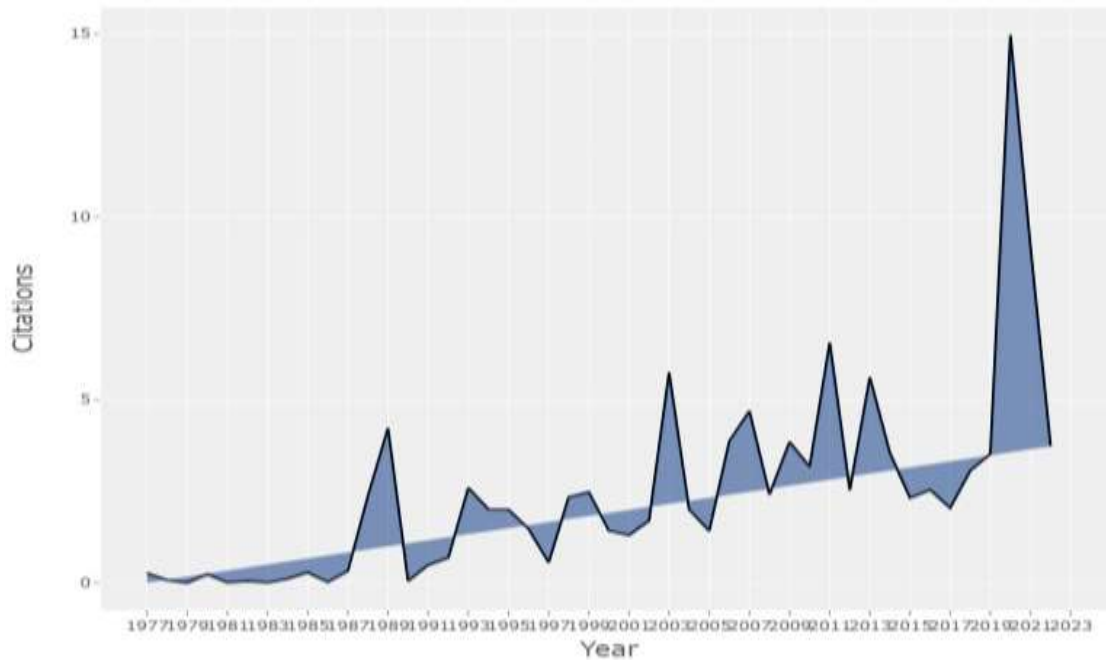


Figure 2. Average article citations per year

The citations received for the research papers on an annual basis are presented in Figure 2, where it can be seen that the years with the highest average number of citations were 1989 (4.2), 2003 (5.7), 2011 (6.6), 2013 (5.6) and 2020 (15), the latter year being the

most outstanding in terms of achieving citations in the documents found.

Table 2. Documents with the most citations

Paper	DOI	Citations
RYFF CD, 2013, PSYCHOTHER PSYCHOSOM	10.1159/000353263	1185
AYYAGARI R, 2011, MIS QUART MANAGE INF SYST	10.2307/41409963	982
BIANCHI SM, 2006, CHANGING RHYTHMS OF AMER FAM LIFE		968
ARISTOVNIK A, 2020, SUSTAINABILITY	10.3390/su12208438	790
WANG B, 2021, APPL PSYCHOL	10.1111/apps.12290	463
AHUJA MK, 2007, MIS QUART MANAGE INF SYST	10.2307/25148778	440
DE' R, 2020, INT J INF MANAGE	10.1016/j.ijinfomgt.2020.102171	412
FOX ML, 1993, ACAD MANAGE J	10.2307/256524	347
ILIES R, 2007, J APPL PSYCHOL	10.1037/0021-9010.92.5.1368	343
HILL EJ, 2003, J VOCAT BEHAV	10.1016/S0001-8791(03)00042-3	338
HANSEN CD, 2008, SOC SCI MED	10.1016/j.socscimed.2008.05.022	333
LANDSBERGIS PA, 1988, J ORGAN BEHAV	10.1002/job.4030090303	325
SONNENTAG S, 2010, J VOCAT BEHAV	10.1016/j.jvb.2009.06.005	322
XANTHOPOULOU D, 2007, J MANAGE PSYCHOL	10.1108/02683940710837714	315
BRETT JM, 2003, J APPL PSYCHOL	10.1037/0021-9010.88.1.67	299
FRANKENHAEUSER M, 1989, J ORGAN BEHAV	10.1002/job.4030100404	267
LUNDBERG U, 1999, J OCCUP HEALTH PSYCHOL	10.1037/1076-8998.4.2.142	262
ALMEIDA DM, 1999, J MARRIAGE FAM	10.2307/353882	253
OFFER S, 2011, AM SOCIOL REV	10.1177/0003122411425170	244
KACHOUIE R, 2014, INT J HUM-COMPUT INTERACT	10.1080/10447318.2013.873278	240

The most referenced documents can be seen in table 2 of the 20 listed there, the studies of Ryff, Carol Diane

S., from 2013 published in the journal *Psychotherapy and Psychosomatics* which has been cited 1185 times is highlighted, as well as the study from Ayyagari, R., Grover, V. and Purvis, R. from 2011, published in *MIS Quarterly* magazine: *Management Information Systems* which has been referenced 982 times; the work that has the most citations explains that “research and interventions that have grown around a model of psychological well-being generated more than two decades ago to address neglected aspects of positive functioning, as well as the commitment to purpose in life, the realization of personal talents and capabilities, and enlightened self-knowledge. The conceptual origins of this formulation are reviewed and scientific products arising from 6 thematic areas are examined: (1) How well-being changes throughout adult development and later life?; (2) What are the personality correlates of well-being?; (3) How well-being is linked to experiences in family life?; (4) How well-being relates to work and other community activities?; (5) What are the connections between well-being and health, including biological risk factors, and (6) through clinical and intervention studies, how psychological well-being can be promoted for growing segments of society?; Together, these themes illustrate the burgeoning interest in various scientific disciplines in understanding adults as striving, meaning-making, and proactive organisms that are actively negotiating life's challenges. One take-home message is that mounting evidence supports health-protective features of psychological well-being to reduce disease risk and promote life span. A recurring and increasingly important theme is resilience: the ability to maintain or recover well-being in the face of adversity. Implications for future research and practice are considered” (Ryff, 2013).

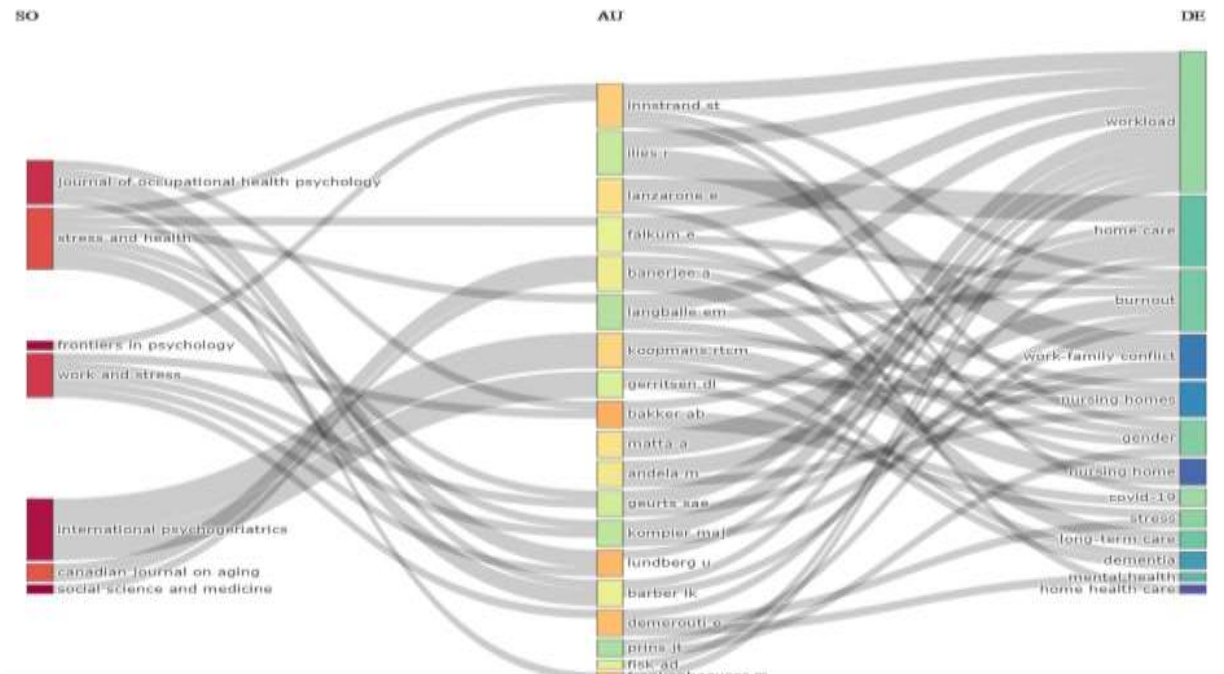


Figure 3. Three correlated fields (Sources, authors, Keywords)

The correlation between journals, authors and keywords found in the literature analysis is shown in Figure 3, in this it is appreciated that the most frequent word is "workload", which is connected with authors such as Innstrand S.T., Ilies R., Falkum E. and Langballe E.M., It can also be observed that the researcher Ilies R. is also related to the key term "work-family conflict" indicating that his line of research is the most relevant to the field being studied. On the other hand, there is no relationship of the author with any particular journal, as if he is with the journals "Stress and health" and "Frontiers and psychology" the researcher Innstrand S.T. presents a very relevant work on the subject where he explains that "The reciprocal interaction between work and family is an important issue today, as the demands in both contexts have increased in current times. In the education system, the expansion of teaching tasks that has occurred in recent years especially affects teachers, since they have to balance the demands both in the work and family context. This cross-sectional study aimed to evaluate demographic, labor, and psychosocial predictors of work-family interactions within a random sample of 623 female teachers from a city in the metropolitan area of Porto Alegre, Brazil. The instruments used were a sociodemographic and labor questionnaire, the

Psychosocial Risk Assessment Battery to assess work overload, self-efficacy, social support at work, autonomy, role conflict and interpersonal conflicts, and the NijmeGen Survey Work-Home Interaction (SWING) to evaluate the work-family interaction, considering its direction and quality in four dimensions-negative work-family interaction; negative family and work interaction; Positive work-family interaction and positive family-work interaction. The results were obtained through linear regression analysis, indicating that overload, weekly workload, performance of other occupational activity, social support and self-efficacy variables functioned as predictors of the dimensions of work-family interaction” (Carlotto & Chamber, 2018).

Figure 4 shows the growth of the 10 most relevant journals annually in the period from 1977 to 2022, of which it stands out in 1999 “Home healthcare nurse” with 3 contributions and in 2006 with 4 contributions; in 2020 "Health and social care in the community" stands out with 3 and finally in the years 2021 and 2022 with 8 works contributed in each of them, the journal *Frontiers in psychology* is distinguished. Of the latter, the work of Ingusci, et al. (2020) where they explain that "The radical changes derived from the COVID-19 emergency have strongly altered some of the most familiar routines of daily work life. Suddenly, many workers have been forced to face the difficulties that come with switching to remote work. Based on the theoretical framework proposed by the Labor Demands-Resources model, the objective of this work was to explore the effect of work overload (workload and techno overload), on behavioral stress, understood as a result linked to the process of health deterioration. In addition, the objective of the study was to explore the mediating role of job crafting, considered as a second-order construct consisting of two dimensions (increase in structural resources and increase in challenging demands) in the aforementioned relationship. The participants were 530 workers who experienced remote work during the first COVID-19 lockdown in Italy (March-May 2020)”.

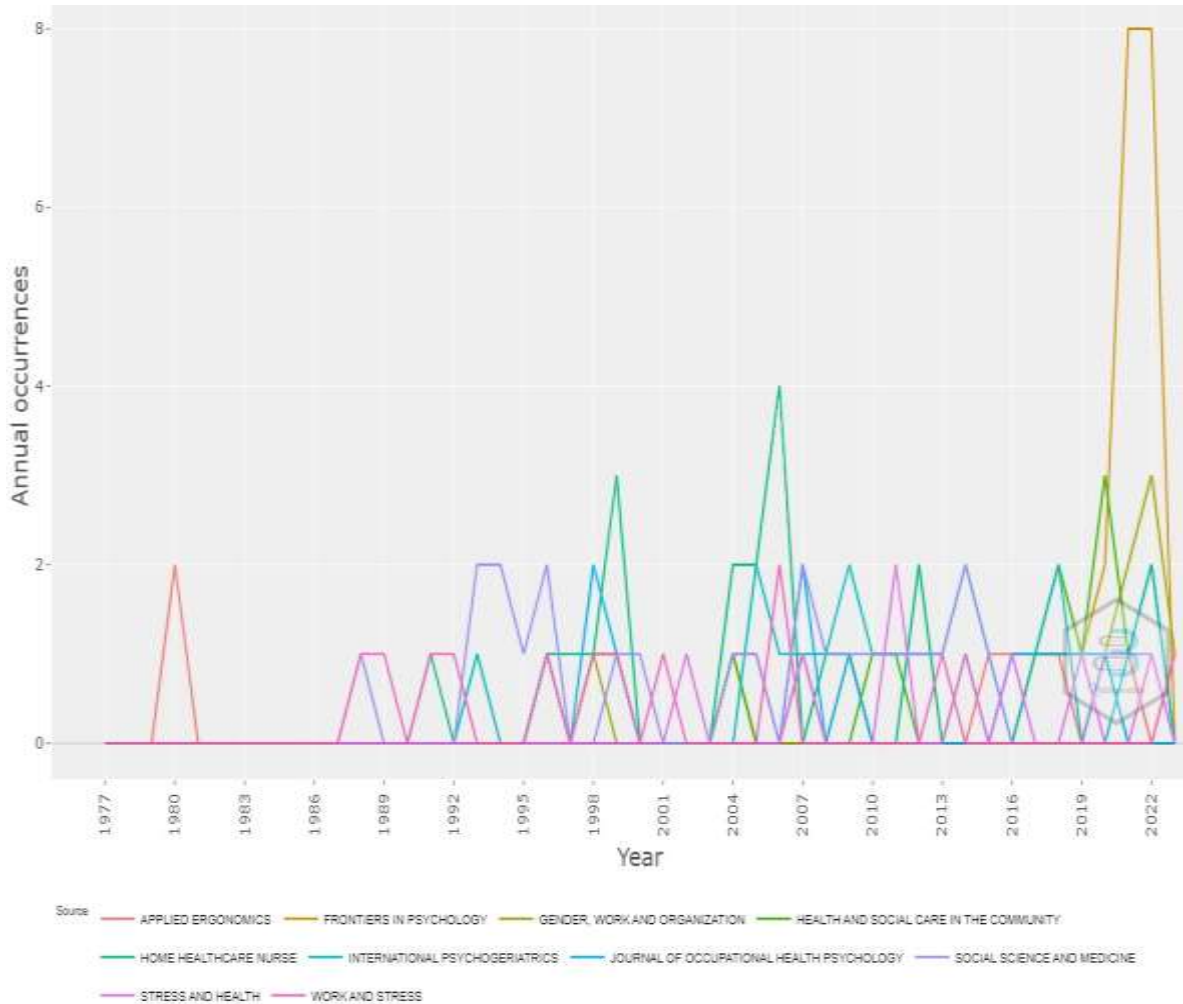


Figure 4. Sources growth

The twenty most outstanding countries in terms of the number of citations in the subject of study can be seen in figure 5, of these the one that stands out the most is the United States with 6375 citations received, followed by the Netherlands (1757), Australia (1659), Canada (1277) and United Kingdom (1256), A work of great relevance of the American country indicates that "The demands of the job were tested: model of control of stress work with a group of 136 registered nurses. Significant interactions between subjective and objective measures of workload and a perceived control measure predicting physiological and attitudinal outcomes indicated support for the model. In addition, objectively assessed job demands were significantly associated with blood pressure and cortisol levels. The model also predicted elevations in

physiological responses after individuals left work, suggesting that potentially detrimental health reactions to jobs that have high demands and low controllability could carry over to domestic environments and, therefore, pose a high risk of long-term health deterioration. The results have implications for the role of personal control in occupational stress in general and for nursing management practices specifically” (M.L, D.J, & D.C, 1993).

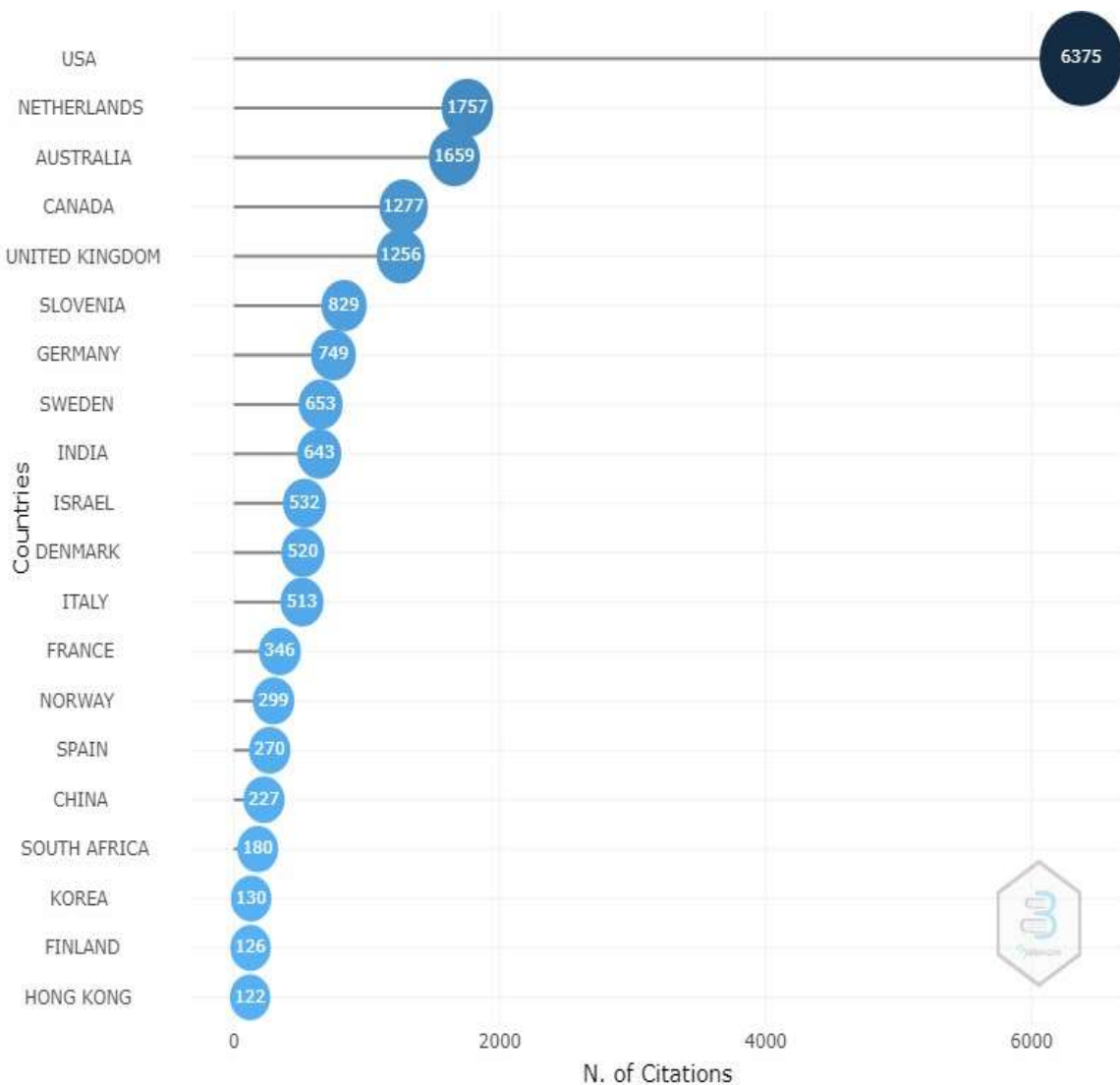


Figure 5. Countries with the most citations

The 10 institutions with the most contributions in the field of research are presented in figure 6 of these the "University of Toronto" stands out with 19 works,

“Radboud University Nijmegen” with 18 and “King Faisal University” with 16, from the first organization, the highlighted study explains that “Health care is moving from hospitals to community settings. In Ontario, Canada, home care organizations continue to experience challenges in recruiting and retaining nurses. However, factors influencing home care nurse retention that can be modified remain largely unexplored. Several groups of factors have been identified that influence the home care nurse’s intention to remain employed, including job characteristics, work structures, relationships and communication, work environment, job responses, and employment conditions. Purpose: The aim of this study was to test and refine a model that identifies what factors are related to home care nurses’ intentions to remain employed over the next 5 years with their current home care employer organization” (Tourangeau, Patterson, Saari, Thomson y Cranley, 2017).

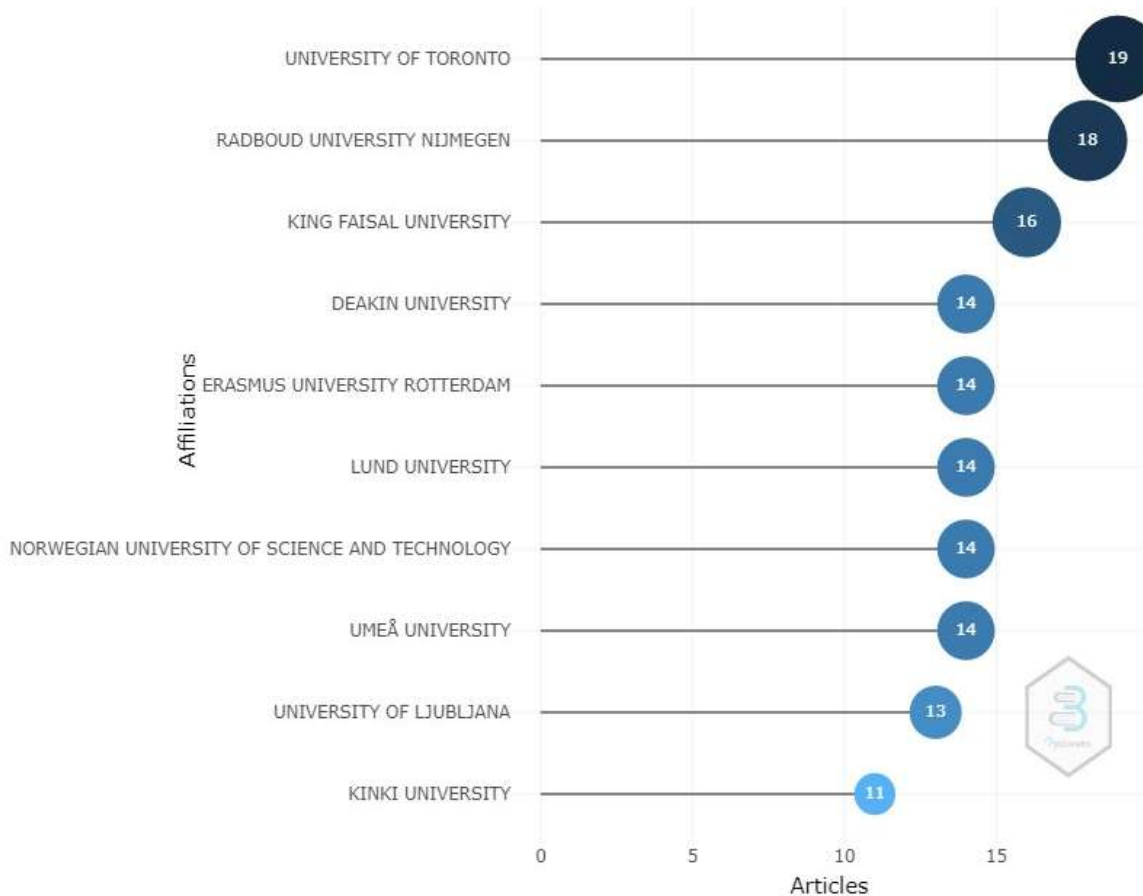


Figure 6. Institutions with more relevance.

The twenty most important authors related to the subject in terms of production and citation from the years 1989 to 2021 are presented in figure 7, the researchers with the most contributions are identified by the size of the circle, and the number of citations by the dark color, according to the above, it can be said that the authors Bakker A.B. and Lundberg U. are the ones that contribute the most, with 6 documents each, at the level of citations, the work of the year 2007 of the first author obtained 18.53 and in 2021 another of his articles reached 15.67 citations. One of these studies explains that “After the global outbreak of COVID-19 in 2020, many employees switched from office work to telecommuting to slow the spread of the virus. Based on the Work-Resource Demands model, we examine day-level relationships between work demands, household demands, and emotional exhaustion during telework. In addition, we tested whether leisure elaboration (i.e., the proactive pursuit and enactment of leisure activities aimed at goal setting, socialization, growth, and development) is negatively related to emotional exhaustion. We expected the proactive personality to relate positively to leisure craftsmanship. Finally, emotional exhaustion was predicted to be negatively related to job performance. Methods: We tested our assumptions using a daily study on seven consecutive days with 178 employees (964 total observations)”. (Abdel Hadi, Bakker and Häusser, 2021)

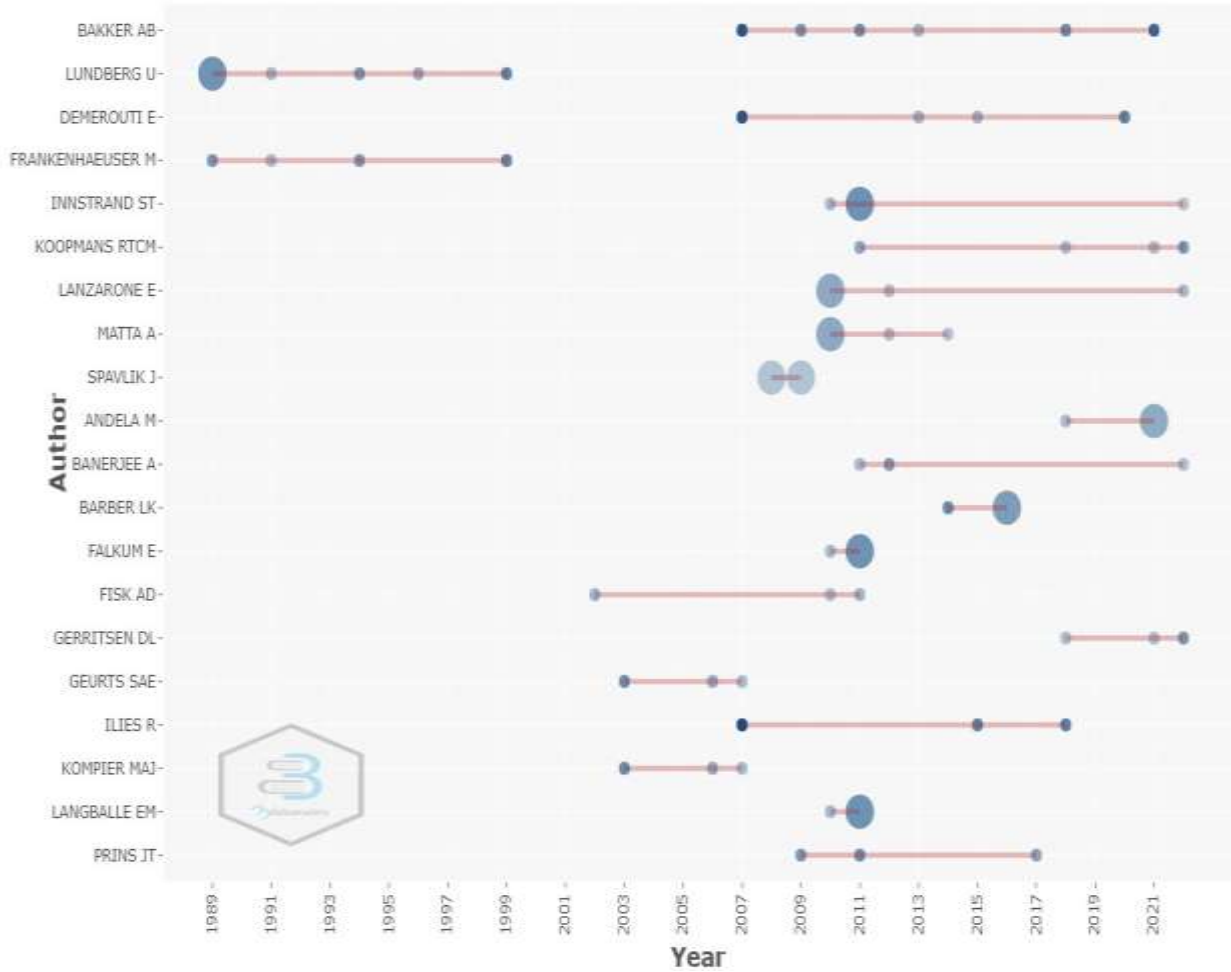


Figure 7. Top authors' productions over the time

Word co-occurrence analysis is based on the joint appearance of two terms in a text with the purpose of determining the conceptual and thematic structure of a scientific domain (Callon et al., 1983). The higher the frequency of joint occurrence of words, the greater their linkage (Miguel et al., 2008). The result is a network of topics and their interrelationships, which represent the conceptual structure of a field. Taken from (Sustacha, Del-Valle, & Baños-Pino, 2022).

Figure 8 presents the map of co-occurrences of keywords by author, on the research topic "Family relations and work overload", in which it is appreciated that 6 clusters were formed, The red one has as main terms, COVID-19, pandemic, mental health and working from home; The blue cluster formed by the words, workload, stress, Bornout, job

demands and well-being; purple cluster integrated by long term care, dementia, nursing home and working conditions; green cluster conformed by, gender, job satisfaction, work-life balance, work from home; orange cluster integrated by, covid-19 pandemic, occupational stress y remote work; Finally brown cluster is described conformed by the keywords work-family conflict, work overload y life satisfaction.

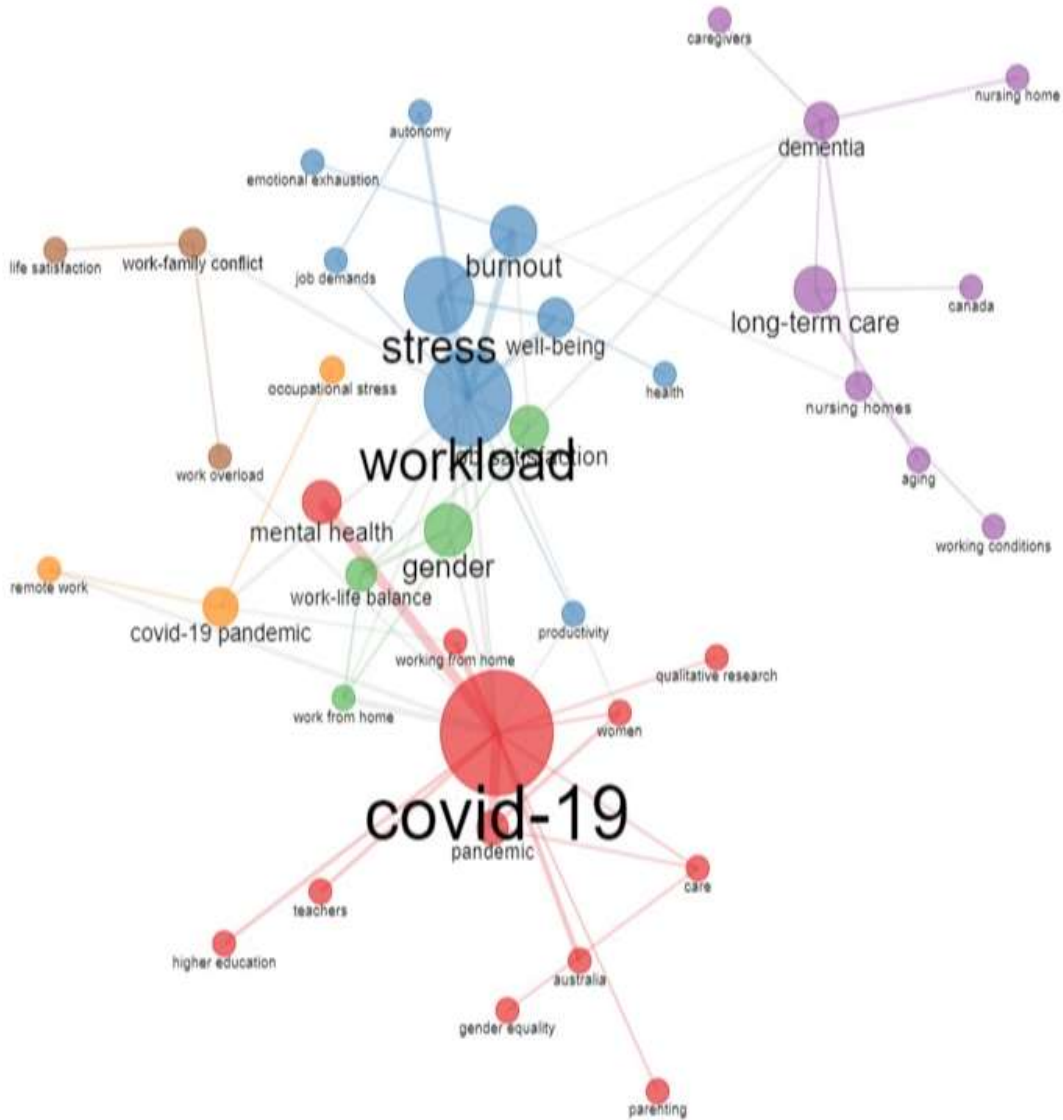


Figure 8. Co-occurrence network.

Conclusion

It is concluded from the bibliometric analysis developed around the research topic “Family relations

and work overload” that the investigation areas found were work overload associated with stress from teleworking and Covid-19 or the la pandemic and about family work conflict.

It can also be concluded that 83% of research work are articles, the year 2020 was the most important with the citations in the found documents (15%), the document with the most references in the topic was from Ryff, Carol Diane S., from 2013 published in the journal *Psychotherapy and Psychosomatics* with 1185 citations, the authors related with the study’s key terms are Ilies R. and Kompier M.; the journals are “Stress and health” and “Work and stress”; the most relevant institution is the University of Toronto; finally, the most referenced country is the US with 6375 citations.

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