



The Individual in the Changing Working Life

Katharina Naswall, Johnny Hellgren, Magnus Sverke


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Working life has been the subject of great change in recent years with contemporary conditions generally providing increased opportunities and autonomy for individuals. But these benefits can coincide with greater demands and responsibilities, increasing the pressure to work outside of traditional working hours and so creating conflict between work and family life. This book contributes towards our understanding of contemporary working life, considering how recent changes have affected the work climates, attitudes and well-being of individuals. Combining traditional theoretical frameworks with innovative research, it discusses both the positive and negative effects contemporary working life has on organizations and employees. International experts in the fields of work and organizational psychology present strategies to prevent negative working conditions and help individuals achieve a healthy work–life balance.

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