

ABSTRACT

This study aims to examine work-life balance for dual-career couples who work from home during the COVID-19 pandemic. It also aims to find out what challenges are faced and benefits are received by dual-career couples with a background of having young children under 10 years old while working from home. To achieve the aims, this study uses a qualitative in-depth interview method.

Qualitative data collection and analysis were used to identify how the work-life balance of dual-career couples and what are the challenges and benefits of working from home for them. The resource people in this study were 10 individuals or 5 pairs of dual-career couples who both worked from home during the COVID-19 pandemic. Despite being in pairs, they were each given an interview alone or separately and asked the same questions. The interview questions were ones that would address how the problem in this study was formulated.

The results of this study found that working from home had a negative effect on the work-life balance of wives. Wives find working from home more challenging than husbands. Meanwhile, husbands find more benefits in working from home than wives.

Keywords: *work-life balance, work from home, dual-career couples, COVID-19 pandemic.*