

Journey from Family to Work: Systematic Review

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The 21st century has seen a dramatic change in workforce demographics with increasing number of women entering the workforce in diverse fields and occupational levels. As a result researchers are becoming increasingly interested in studying the problems faced by working women. This article presents a review of almost 47 researches published in major psychological journals and abstract booklets of Pakistan from 1970's to 2012. Review of these researches reveal that researchers during late 70's and early 90's were mostly concerned with studying the home and marital adjustment of working and non-working women. This trend shifted a little during late 90's and early 2000's when researchers became more concerned with studying the amount of stress experienced by working married and unmarried women and men. However, it wasn't until late 2000's that term such as work/family conflict and work/family balance started appearing in research literature in Pakistan.

Keywords: Work-family conflict, work-family balance, working women, non-working women.