

ABSTRACT

This master thesis analyzes the impact of work-life balance on the relaxation effect of holidays. Despite the ever-increasing importance of work-life balance, hardly any studies have investigated how work-life balance influences one of the most important outcomes of holidays, namely the relaxation effect. Drawing on psychological theories, this thesis posits that life satisfaction, which is strongly driven by the balance of life domains displays a positive effect on the duration of the relaxation effect of holidays. Furthermore, it is suggested that holiday satisfaction and the coming home experience are also affected by work-life balance. The empirical part of this thesis consists of 16 interviews, which were analyzed both statistically as well as qualitatively. Generally speaking, the results of the empirical analysis reveal that people with a very good work-life balance tend to have a lower level of holiday satisfaction. However, they have a better coming home experience and consequently their relaxation effect lasts longer. On the contrary, people who are not content with their balance of life domains report on the one hand a higher level of holiday satisfaction. On the other hand, they have a worse coming home experience and thus a shorter relaxation effect. The results of this thesis hint at the importance of analyzing work-life balance as a precursor of the relaxation effect of holidays.