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## Presentation Abstract

### Smartphones and Work-Family Conflict

Is work-related smartphone use during off-job time associated with lower work-family conflict (WFC) due to the blurring of the boundaries between work and family life? Or does it help employees juggling work and family demands? The present four-day quantitative diary study ( $N = 71$  employees,  $N = 265-280$  data points) aims to shed light on the relationship between daily work-related smartphone use during off-job time, and daily work-family conflict (WFC) and daily family-role performance (FRP), respectively. Moreover, individuals' general segmentation preference is investigated as a potential cross-level moderator in the relationships between daily work-related smartphone use during off-job time and both WFC and FRP. Overall, the results of multilevel modelling support our mediated moderation model indicating that for integrators more frequent work-related smartphone use during off-job time is associated with better FRP through reduced WFC. For segmenters, smartphone use does not have any impact on WFC and FRP. These findings suggest that for integrators smartphone use during off-job time may be useful to simultaneously meet both work demands and family demands which has the potential to reduce WFC and enhance FRP; whereas for segmenters no effects were found.