



# Sytematic Review Analysis (SRA): Society 5.0 and Its Impact on Employee Work-Life Balance (WLB)

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**Abstract.** This research aims to analyze the influence of Society 5.0 technology on employees' work- life balance (WLB). The Society 5.0 concept offers work flexibility and technology integration that influences the dynamics of work and personal life. This research uses the Systematic Literature Review (SLR) method to collect and analyze relevant previous research. Inclusion and exclusion criteria were applied for selection of appropriate studies, and data search procedures were carried out through relevant academic databases. Data analysis techniques were carried out to identify the main findings of the studies analyzed. SLR analysis reveals that Society 5.0 technology has a significant impact on employees' work-life balance. The work flexibility provided by this technology can increase work engagement and productivity, but also increases the risk of work stress if not managed properly. Comparison with previous studies shows consistency in some aspects, but also differences that need to be taken into account, especially regarding the risk of work stress. Practical implications for companies and employees include the need to build a balanced work culture, provide time and stress management training, and provide adequate organizational support. This research concludes that understanding the impact of Society 5.0 technology is important for developing policies and practices that support employee well- being. Collaboration between companies and employees is needed to create a healthy and sustainable work environment in facing the challenges and opportunities offered by the Society 5.0 technology era.

**Keywords:** Society 5.0, Impact, WLB, SLR, Technology.