

**The Relation Between Work Stress,
Work-Family Life Conflict and Worker Performance:
A Research Study on Hospitality Employees**

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Abstract One of the issues that has an impact on the business world is the relationship between employees' work and family life. This study investigates the relationship among work–family conflict, family–work conflict, and work stress and occupational performance that hotel employees experience. A three- scale questionnaire form has been used for this research. Further, this study has been conducted on three-, four-, and five-star hospitality business employees in the Eastern Black Sea region. The fact that family–work conflict has an impact on employee performance and that work–family and family–work conflicts have an impact on work stress are concluded as a result of analyses. In addition, it has also been realized that work stress has a full mediating role in influencing the employee performance of the work–family conflict, and that work stress has no mediating role in influencing the employee performance of the family–work conflict. According to some demographic variables, it is ascertained that work–family conflict, family–work conflict, work stress, and employee performance are different.

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