Study on perception of working individuals towards work from home during the COVID-19 pandemic

(17th April 2020 – 10th July 2020)

By

Sonia Maria Jose
MBA-HM24 (C)
1005

Introduction

- With the spread of coronavirus to different parts of India since its detection in January 2020, nationwide lockdown was imposed since 24th March, 2020 in order to reduce the transmission of virus.

- Owing to the nationwide lockdown, many organizations initiated “work from home” for their employees in order to keep the organization running. However, employees, whether they want to work from home or not, had to perform their work from home under situations that may not be conducive to their productivity.

- This called for an assessment the impacts of working from home under such unprecedented situations.

OBJECTIVES

01 To assess perception of working individuals towards work from home

02 To assess adherence to social distancing & hygiene norms while working from home

03 To assess the impact of social distancing on a working individual

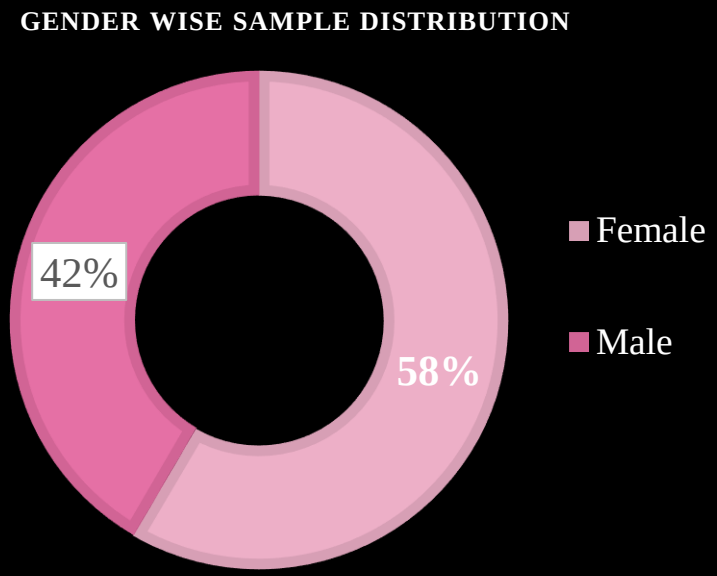
04 To study the measures undertaken to deal with social distancing

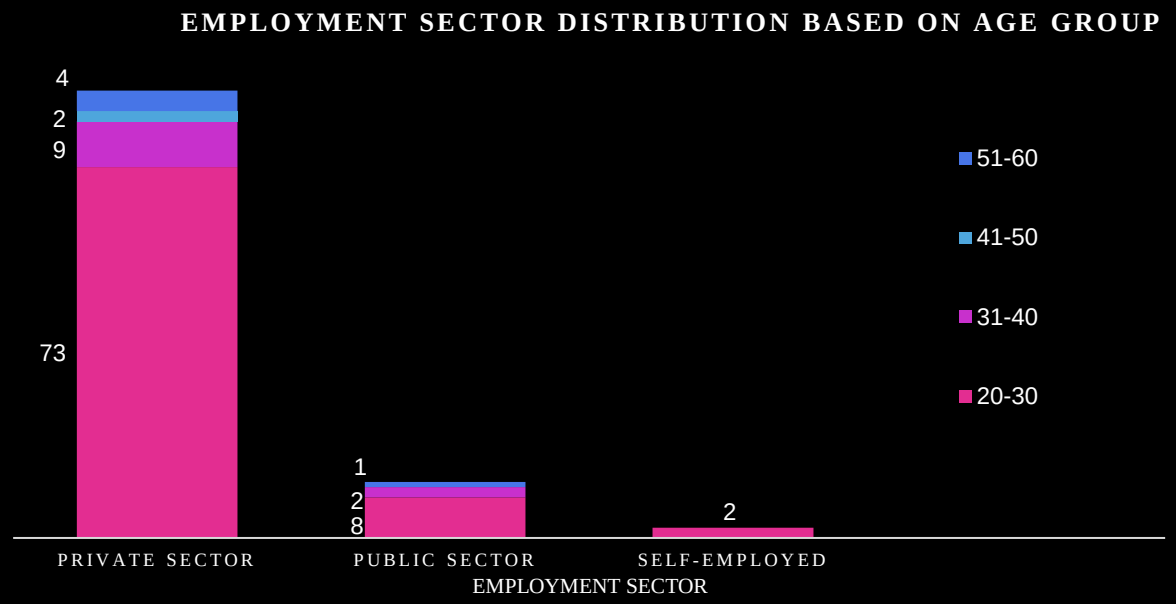
05 To suggest possible measures to deal with problems faced

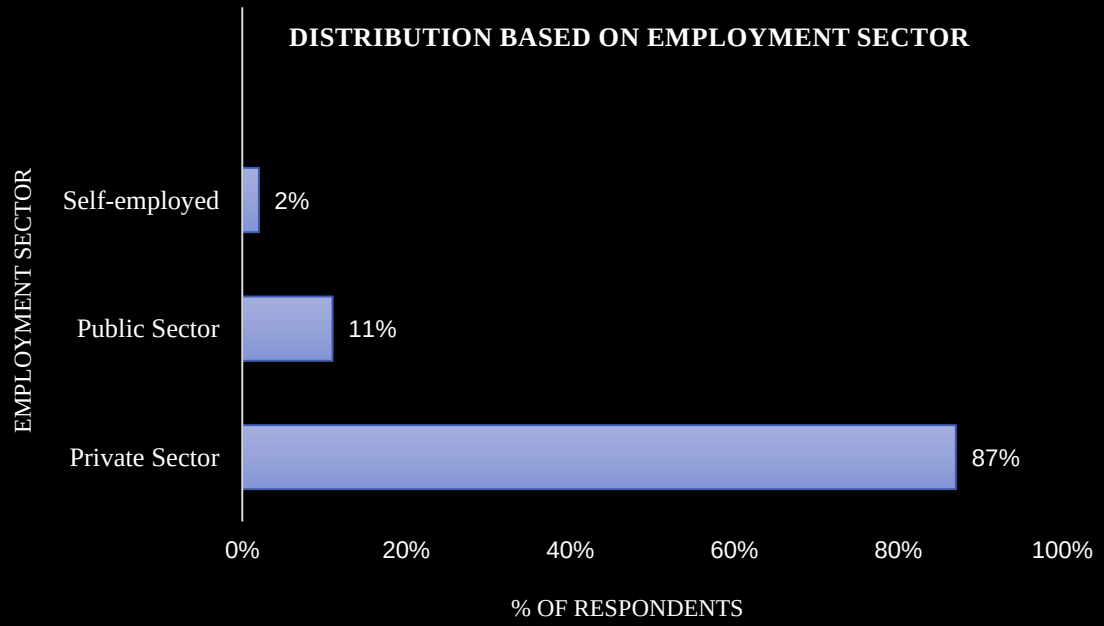
Methodology

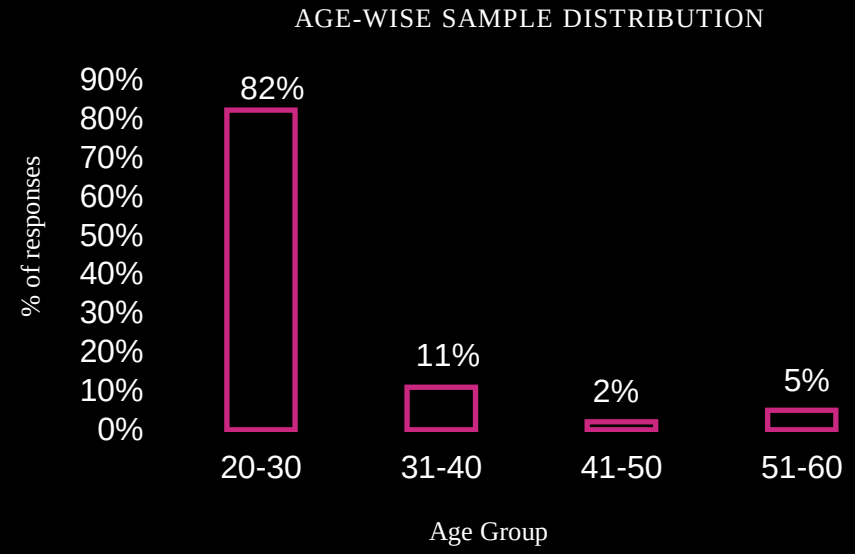
Type of Research	Exploratory Research
Sampling Technique	Convenience Sampling
Data Collection Tool	Questionnaire using Google forms
Sample Size	101 respondents (from 11 states)
Sampling Frame	Working population
Primary Data Source	Responses to questionnaire by working individuals in India
Duration of Study	1st April, 2020 – 10th July, 2020

Sample Characteristics









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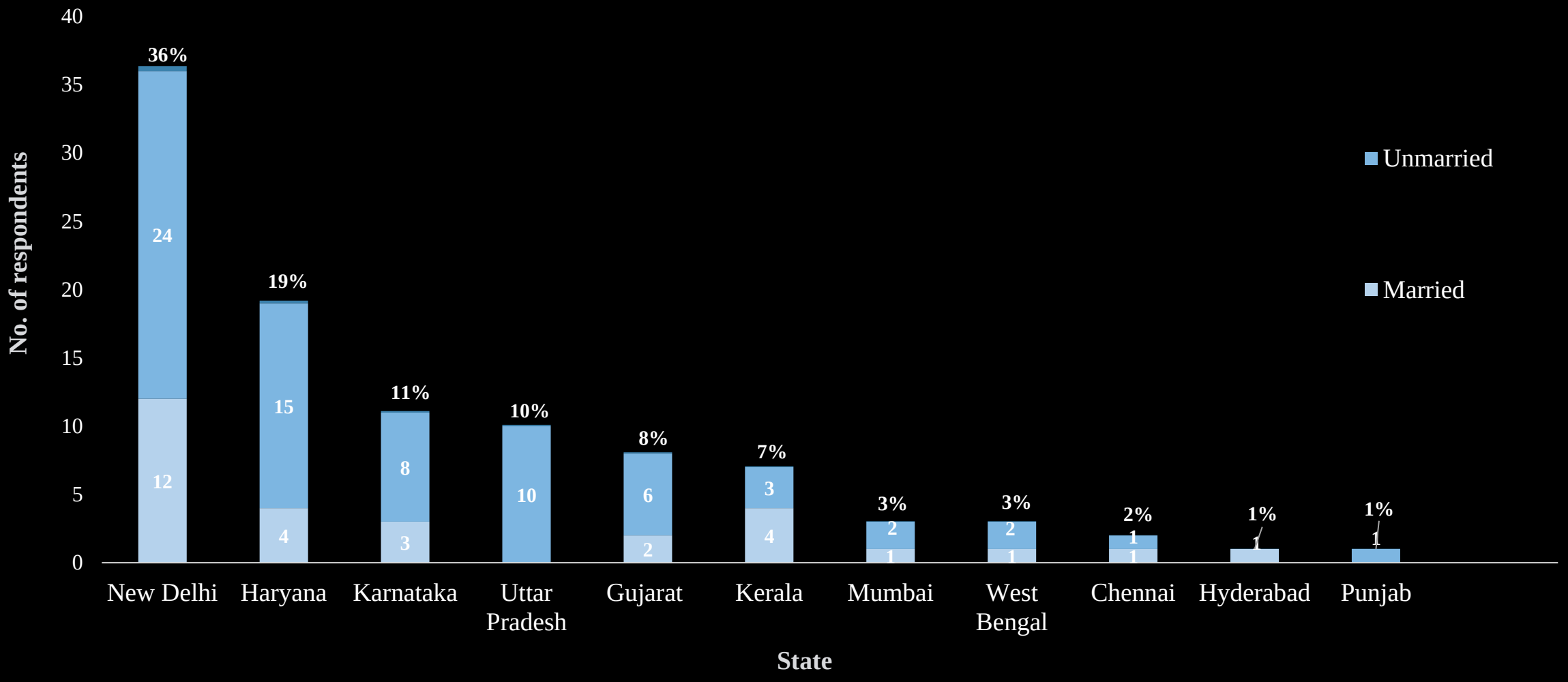
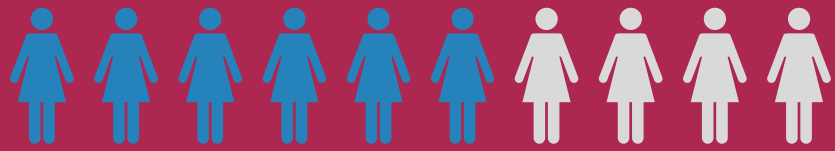
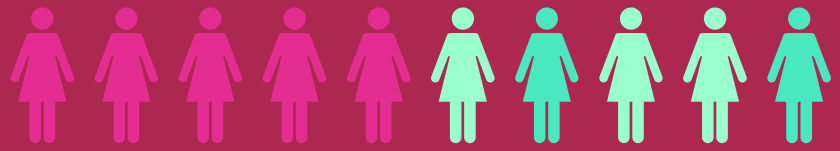
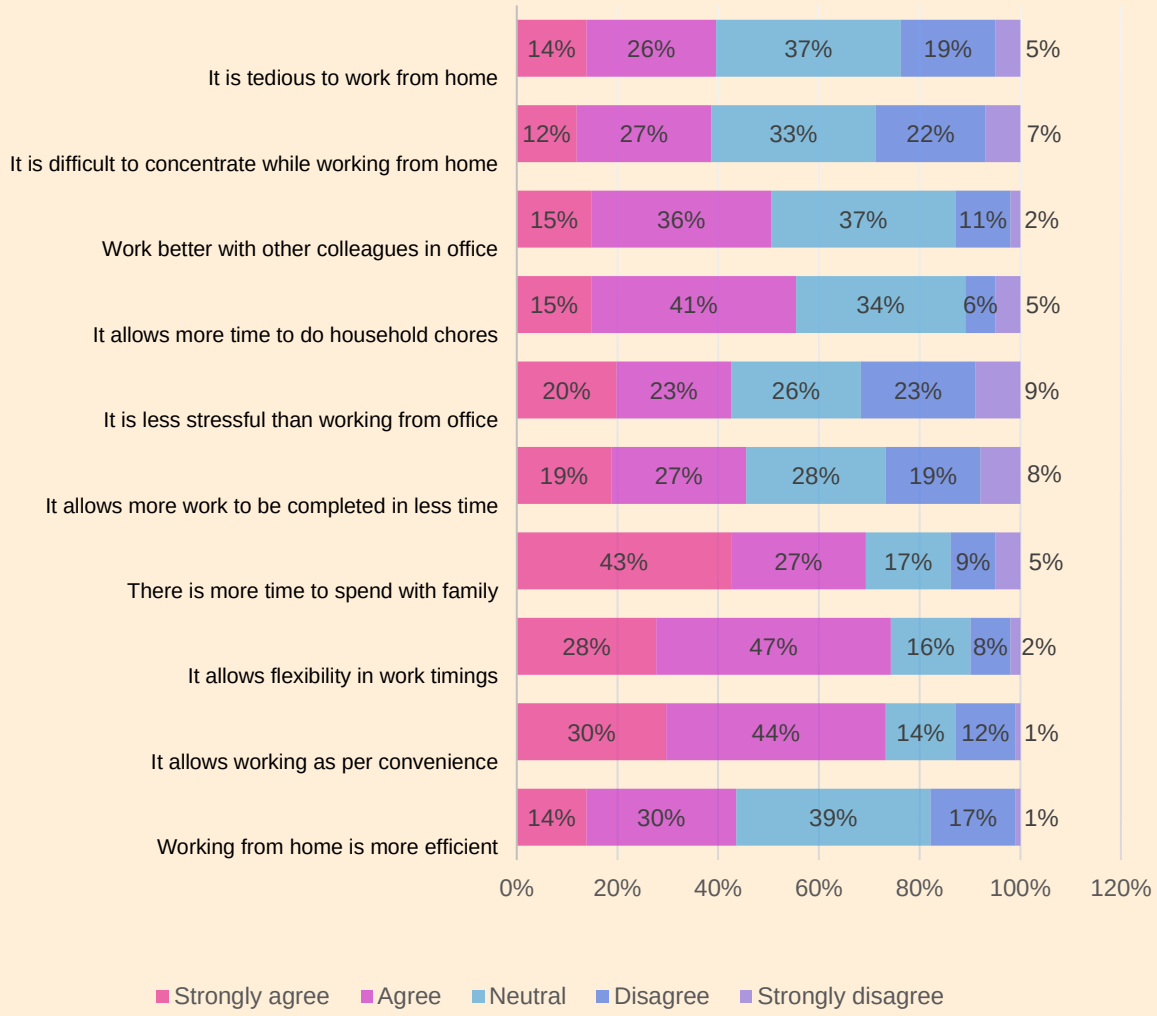


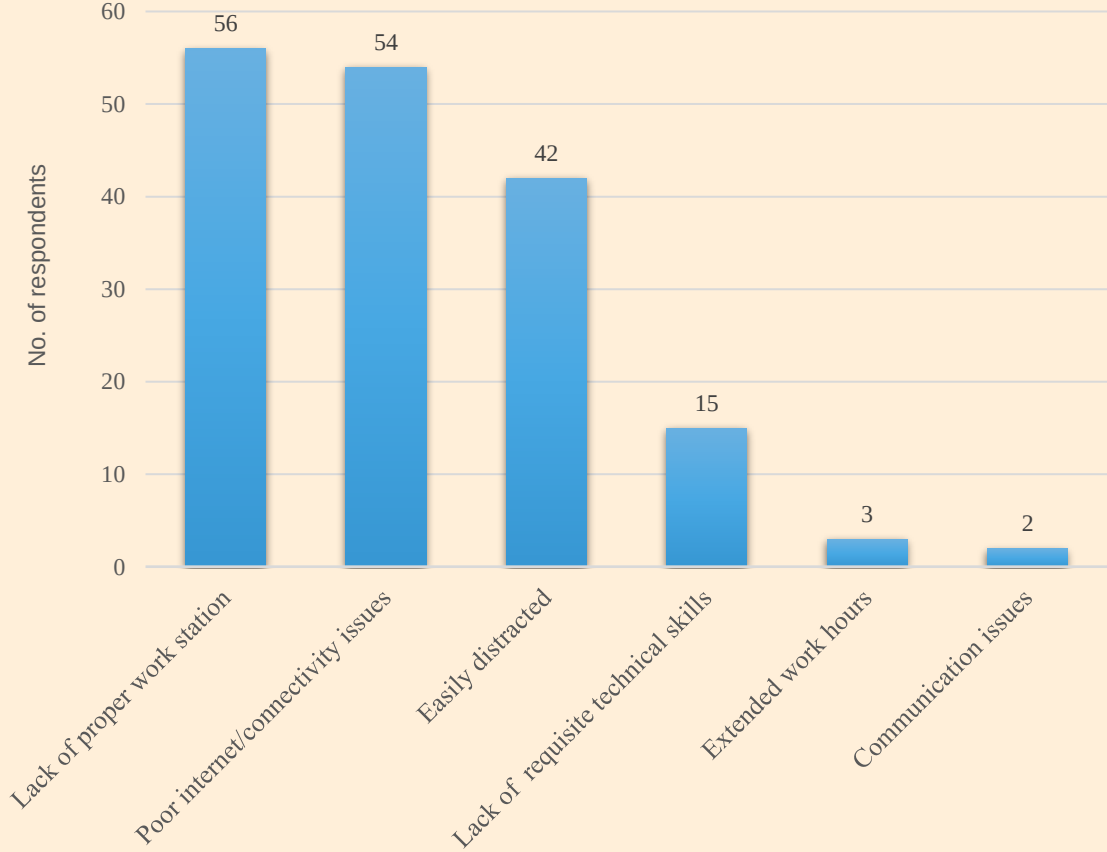
Data collection and analysis



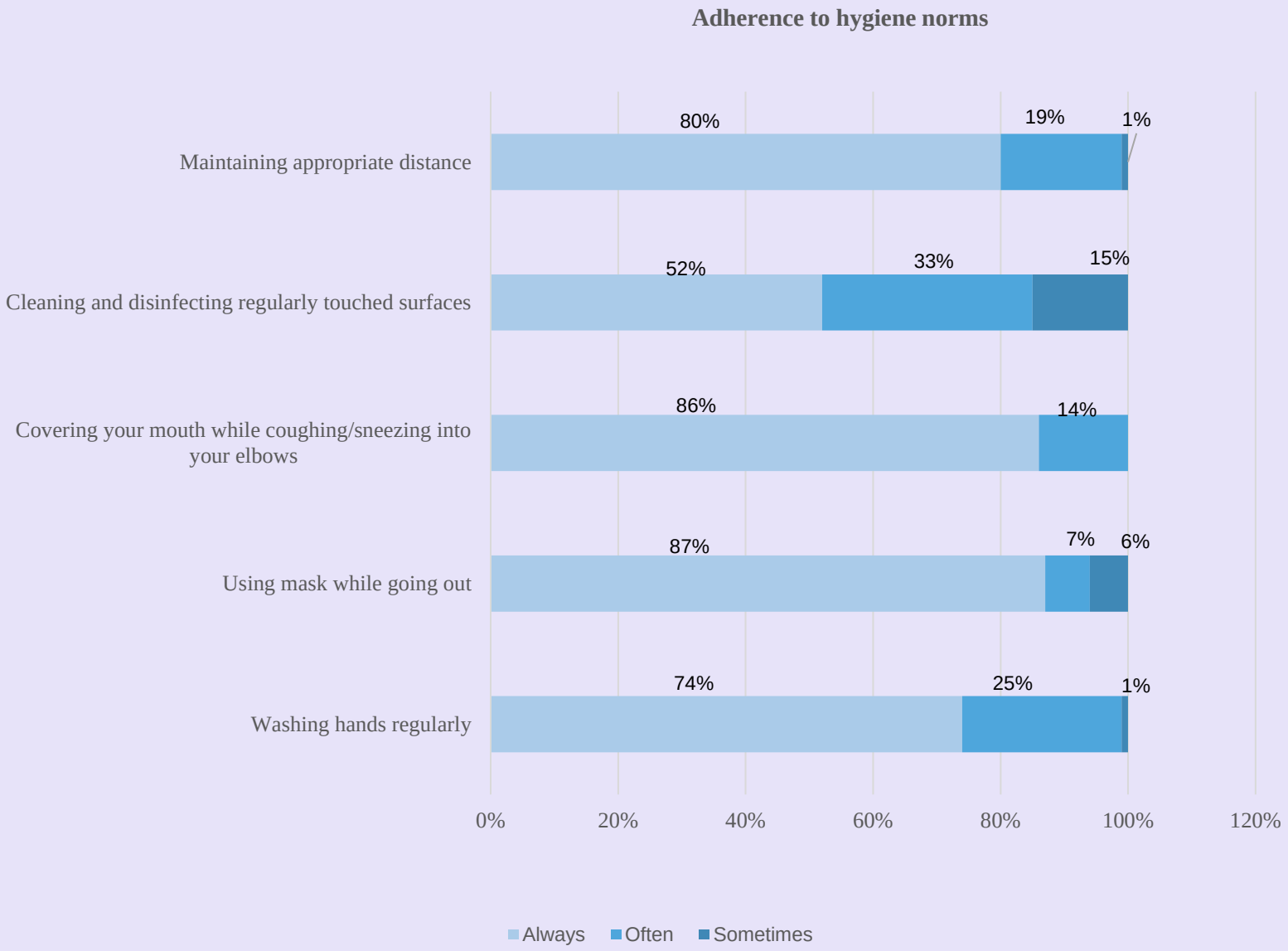


I. Perception of working individuals towards work from home





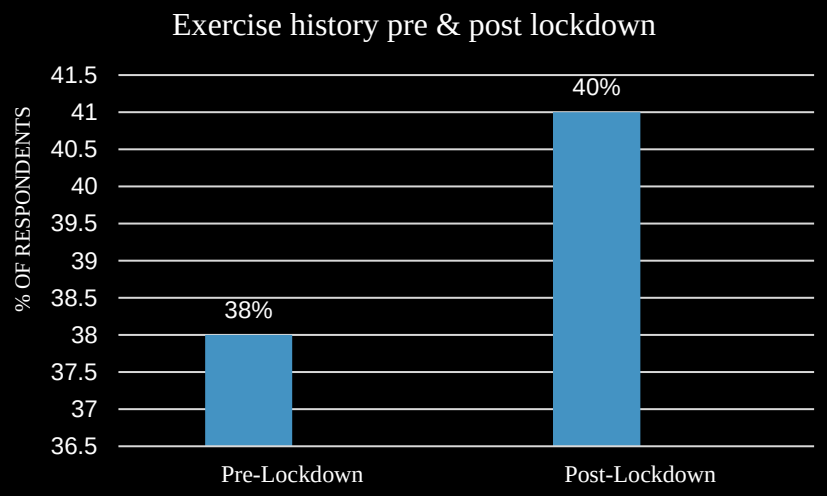
II. Assessment of adherence to social distancing and hygiene practices

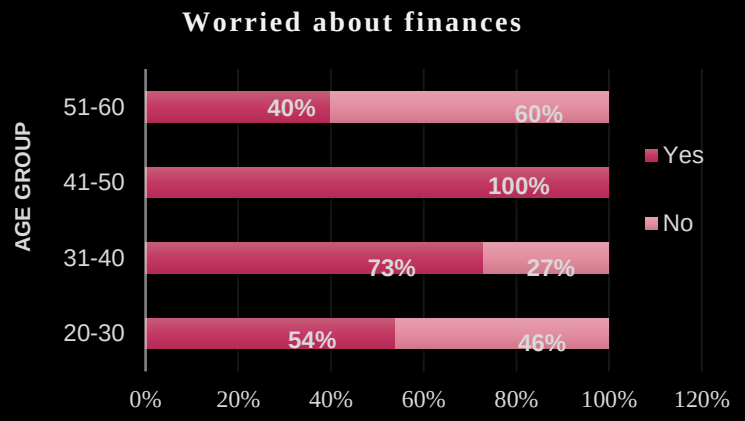


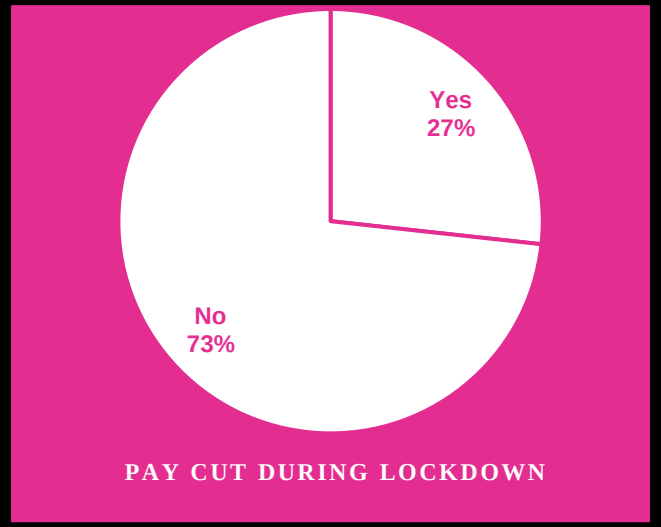
Respondents were assessed on adherence to social and hygiene norms based on 5 parameters

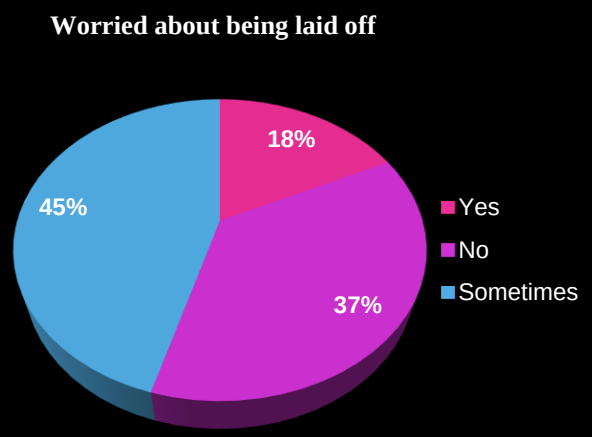
Out of all the 5 practices, the practice followed the most was “Usage of mask while going out” while the one least followed is “Cleaning and disinfecting regularly touched surfaces”.

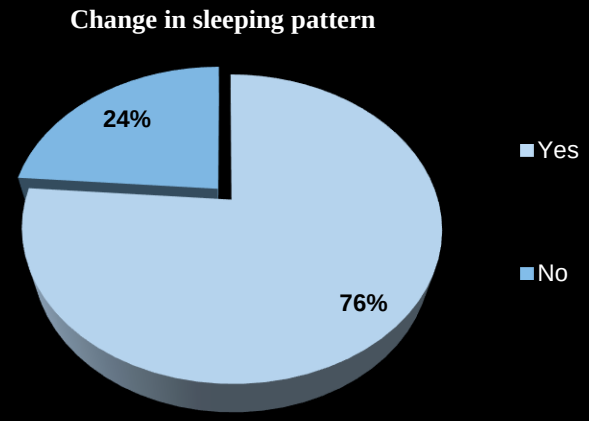
III. Assessment of impact of social distancing on a working individual

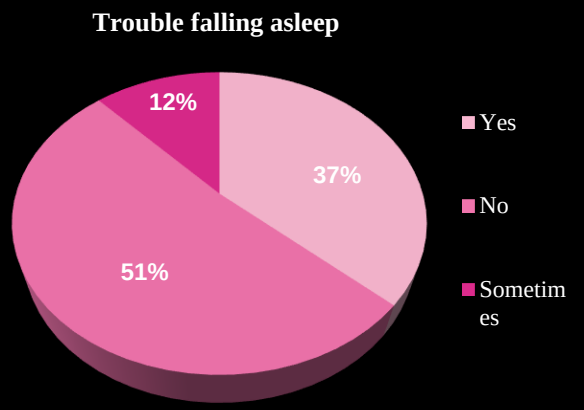




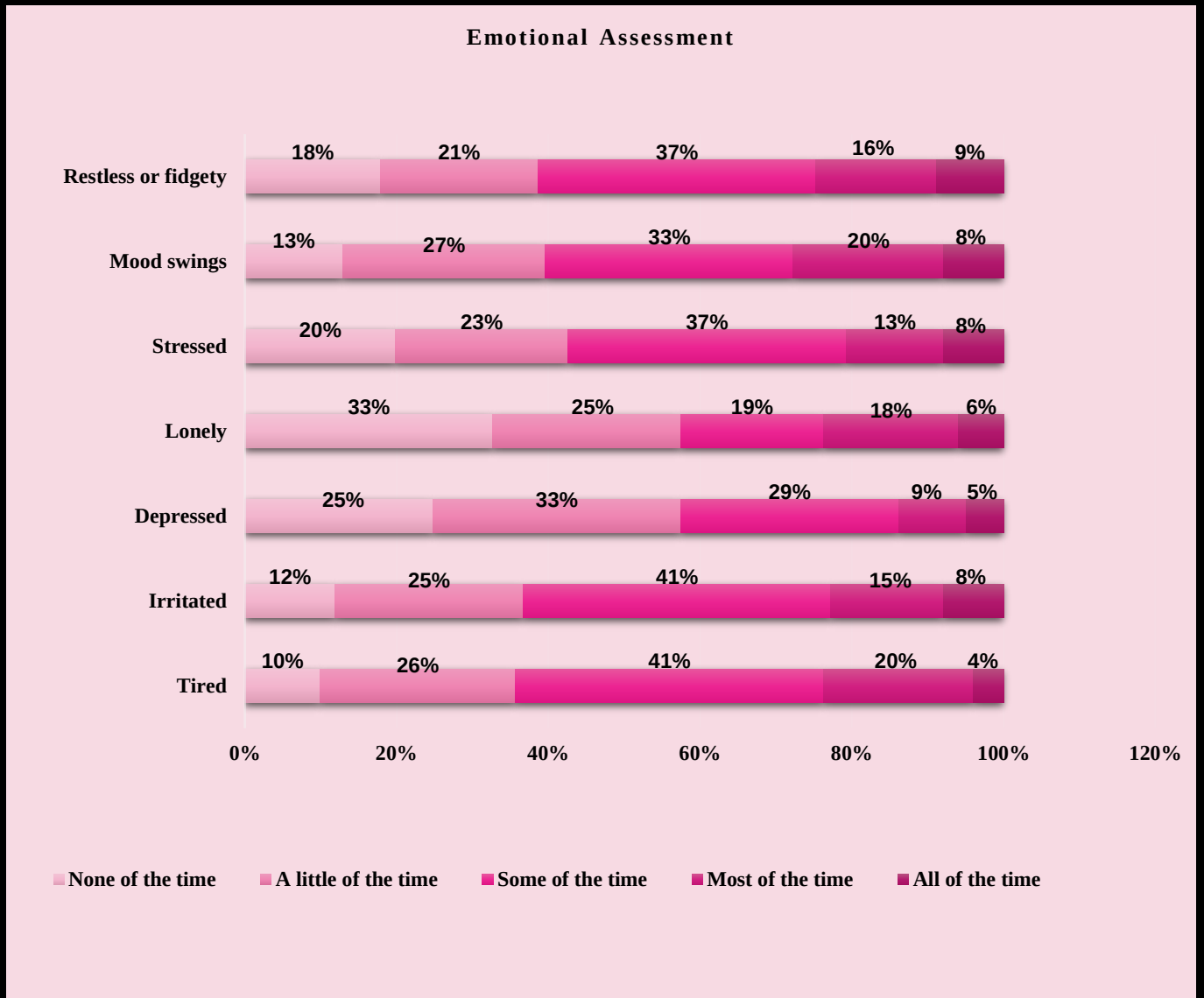






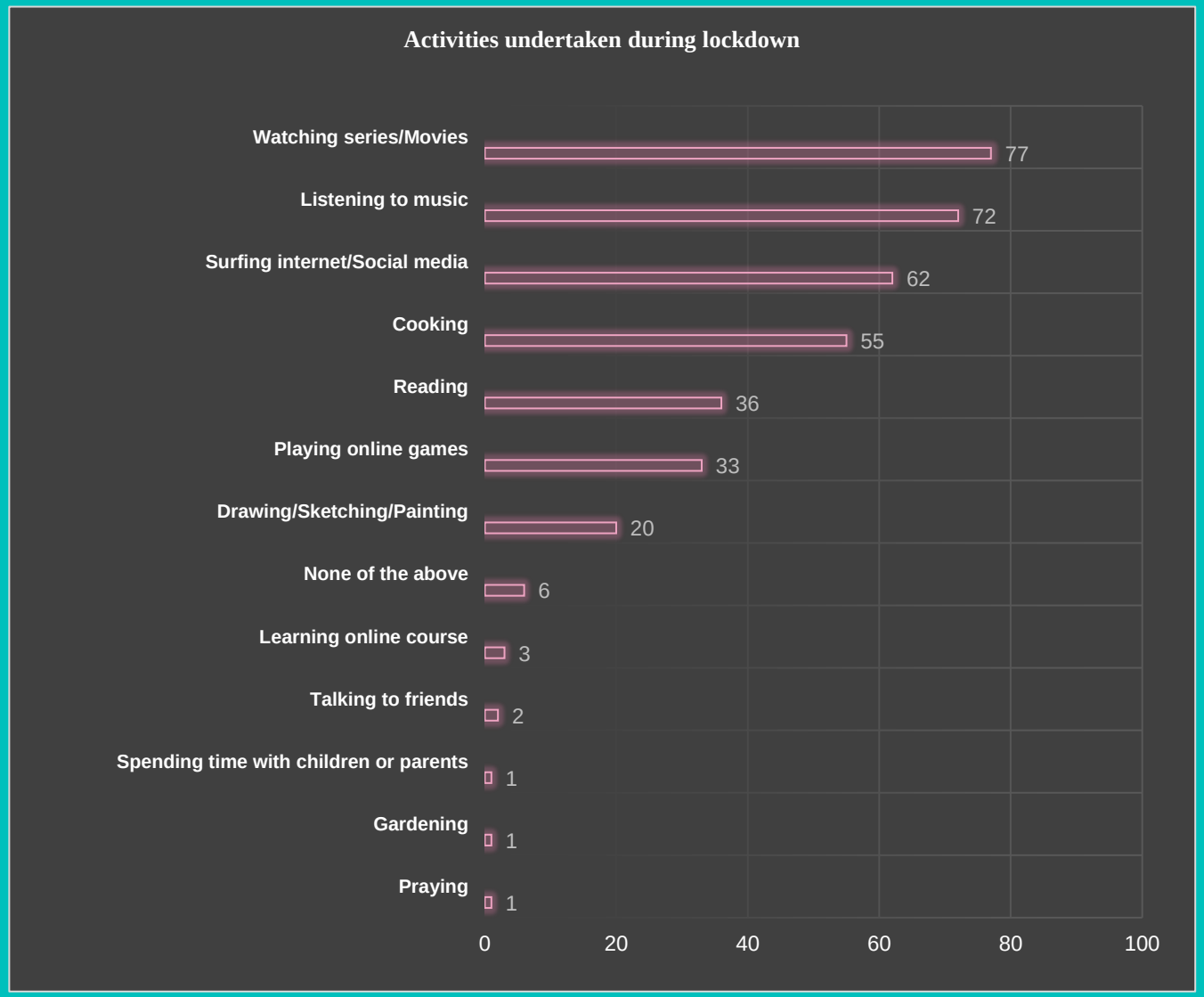


III. Assessment of impact of social distancing on a working individual



As people are working in isolation, facing problems such as lack of dedicated work space, no choice of in-office days, connectivity problems, communication problems, extended hours of working, easy distraction through family members, managing household chores simultaneously, it may result in feeling tired, irritated, depressed or lonely at times

IV. Measures undertaken to cope with social distancing



Watching series/movies received the highest number of responses followed by listening to music and surfing internet/social media. Other activities that received significant responses were cooking, reading, playing online games, drawing

Results and discussions

No consensus between which is more preferable- work from home or work from office

Respondents found practicing social distancing and hygiene norms for their safety.

- 56% reported feeling worried about their finances
- 27% had a pay cut in their salary
- 18% worried about lay off

It could be a cause for sleep troubles and needs to be looked into further

With lack of commute, minimal physical activity, lower social interaction as a result of social distancing, lack of dedicated work space, frequent connectivity issue, easy distractions while working, it could result in feeling tired, irritated or isolated at times

Stanford economist, Nicholas Bloom states “The global work-from-home movement intended to maintain output and efficiency during the COVID-19 pandemic could actually generate a worldwide productivity slump and threaten economic growth for many years”. He reasons it due to lack of proper work station, working alongside kids or other family member causing distractions, lack of ability to choose not to work from home as well as no in-office days

Conclusion and Recommendations

With cases increasing everyday, it will be sometime before employees can get back to their office on a regular basis. This calls for developing a system that could benefit both the individual as well as the organization as employees work from home. Few recommendations to deal with the challenges faced are as follows :

- Maintain dedicated workspace where you only perform work activities
- Make a routine of starting work on time and logging out on time
- Ensure work life balance by shutting off work after working hours
- Perform regular exercises for ensuring physical and mental health well-being
- Maintain connections with colleagues through social media interactions
- Use excess time to learn a new skill, talking to friends or any other activity that simulates the mind
- Organization may schedule remote online activities to build team spirit on monthly basis & also provide counselling services for the employees who may face issues while working from home

eHealth-More than just an electronic record

Offered by : University of Sydney

Platform : Coursera

(4th May – 7th June, 2020)

Course Description

e-health is an emerging field that lies at the intersection of medical informatics, public health and business, catering to health services and information, delivered or enhanced through the Internet and related technologies.

Application of technology is enabling a new way of delivery of health services, health efficiencies, and overall improvement to health quality. It empowers the individual to be more engaged in their own health as well as own information about their health.

In a broader sense, the term characterizes not only a technical development, but also a state-of-mind, a way of thinking, an attitude, and a commitment for networked, global thinking, to improve health care locally, regionally and globally by using information and communication technology.

Coverage of the course

Fundamentals of eHealth

Health data being currently collected and how it will transform healthcare in the future

Effectiveness of new technologies in helping health consumers participate in their own healthcare

How eHealth can improve the coordination and efficiency of healthcare and barriers existing

Course Objectives

This course is multidisciplinary in nature and aims to equip the global audience of health clinicians, students, managers, administrators, and researchers to reflect on :

- Overall impact of eHealth
- Integrating technology with healthcare
- Application of technology in healthcare
- Identifying emerging trends in local and global eHealth practice and research

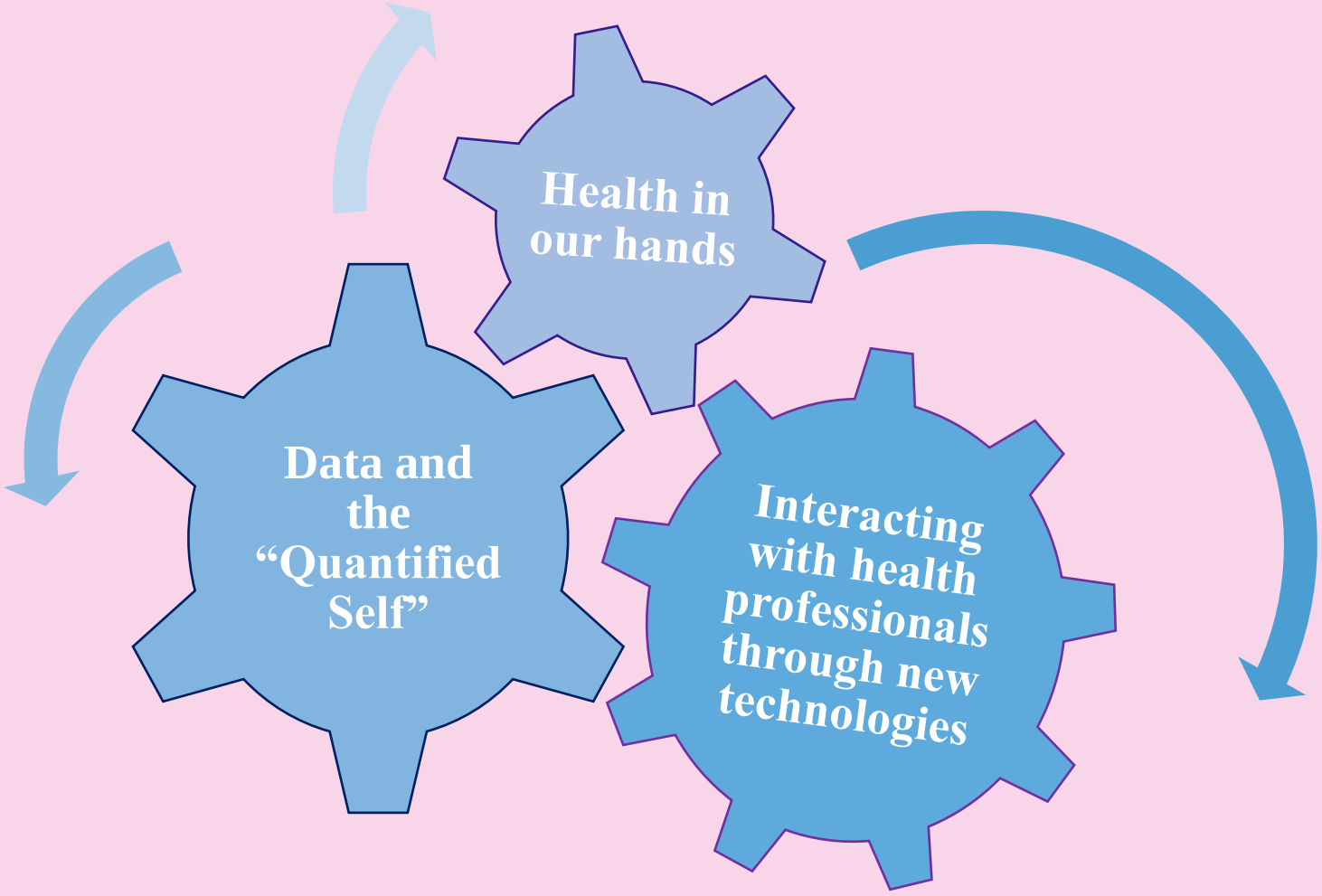
Learning Methodology

Mode of course delivery	Video Lectures Readings Case studies
Assessment Tool	Quiz at the end of each module
Assignments	2 graded peer review assignments in Module 2 and Module 5
Practical Application	Examples of existing application of eHealth; views from industry experts

Course Contents

MODULE	TOPIC	HOURS TO COMPLETE
Module1	What is eHealth?	2 hrs
Module 2	Health in our Hands	5 hrs
Module 3	Data and the "Quantified Self"	1 hrs
Module 4	Interacting with Health Professionals using New Technologies	2 hrs
Module 5	eHealth in Professional Practice	5 hrs

Domains of eHealth

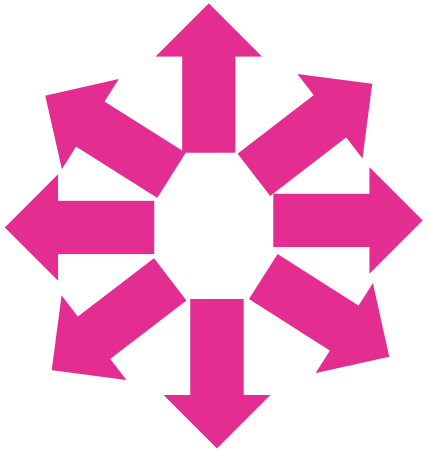


Key learnings from the course

Domains of eHealth

Application of technology for efficient delivery of healthcare services

Current applications of eHealth



Proactive approach towards health. More empowerment to the individual

Applications of health related data

Benefits of eHealth for both the consumer and the healthcare provider

Interoperability of the 3 domains of eHealth

Advancements made in ensuring accessible, & equitable health

THANK YOU