



To Study On Work From Home Covid-19 Pandemic Situation - Its Positive & Negative Impact And Health Issue

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ABSTRACT

Almost 52 week lockdown was made in India due to Covid-19 pandemic situation . Before Covid-19 generally, work is completed in an office. But Covid-19 Pandemic situation many Company, Organisation and firm adapt to the new system that is Work from home .All most employees of all sector to get benefits of work from home at first time . Work from home more convenient for employees. To study on work from home Covid-19 Pandemic Situation -its Positive & Negative Impact and health issue . The study also undertaken to get information about the weather work from home is impact on employee's health and whether they are able to maintain the health by doing their work from home. The findings suggest that most if the employees are happy and also they are comfortable with work from home despite they are facing little bit issues during work from home. Working from home has several advantages, including save time, save money, and less travel, and it will help to minimise traffic congestion and pollution in our environment. Some employees are happy with work from home, but some are not comfortable with it. There are pros & cons with work from home for employees .

Key Words : Working from home ,Positive and Negative impact , Health

INTRODUCTION-

Covid-19 is type of one virus produced by a new form of corona virus with a high transmission rate. This virus was first detected in December 2019 in the Chinese city of Wuhan. This virus was first detected in January 2000 in the India city of Kerala and it has since spread to 214 nations around the world. Covid-19 This virus common Symptoms of infection include a fever , dry cough and a feeling of being sick. The Government of India confirmed India's first case than the Government of India under Prime Minister Narendra Modi ordered a nationwide lockdown for 21 days, exceptions for transportation of essential goods, fire, police and emergency services. educational establishments, commercial institutions & hospitality services have been also suspended. services which include meals stores, banks and ATMs, petrol pumps, other essentials and their production are exempted. After that one by one almost 52 week lockdown was made in India due to Covid-19 pandemic situation .Due to pandemic situation many company adapt work from home . Before Covid-19 generally, work is completed in an office. But Covid-19 Pandemic situation. Many organisations, company adapt work from home . Work from home means a worker is all functioning from their house, apartment, or place of residence, instead of acting from the workplace . Several organisations, firms have a work from home policy or remote work policy ,that permits their workers to figure from home either regular or ones its most convenient for them. The main study of this paper undertaken to get information

about the weather work from home is impact on employee's health and whether they are able to maintain the health by doing their work from home.

Objective of the study

1. To know the opinion of employees towards Work from home
2. To find out Positive and negative impact of Work from home
3. To impact of health issue

Purpose of study

The purpose of the study is to identify work from home Covid-19 Pandemic Situation and its Positive & Negative Impact and Health issue .

RESEARCH METHODOLOGY –

This paper study survey based with the help of self-made questionnaire to know Positive & Negative Impact and Health issue . By preparing questions the data has been collected for this topic which shows the respondent who responded to positively & negatively to it regarding the positive & negative impact on work from home. This also include the data collected by the 25 respondents from organizations, Company and others .

Data Collection -Primary data have been collected from online survey on ITsector , Teaching Filed and other . Secondary data have collected through Books , Magazines, Articles , Newspaper , Web site etc.

Sampling Size – In this paper the data collected by the 25 respondents from different organizations, Company and others . The respondents are selected through Simple Random Sampling.

Positive impact of work from home –

Due to Covid-19 pandemic situation many company adapt work from . Work from home positive impact from organisation employees, Company employees and others are as follows

1. It's helps practise social distancing in the time of corona
2. It's easy to manage all work from home the quality as well as quantity of work improve.
3. In work from home employees can manage working schedule as per our conveyance.
4. Easy to spend more time with family friends.
5. Reduces stress level associated with work place location.
6. Reduces fuel consumption and time required for travelling to workplace everyday indirectly environment friendly.
7. Enables work from anywhere at anytime.
8. More comfortable to work from a homely environment.

9. Helps keep one's family safe as there's no direct contact with outsiders.

Negative impact of Work from home –

When employees whole work completed from home it's very difficult .Some negative impact are as follows –

1. Lack of professionalism.
2. Miss Communication
3. Not follow proper working Process
4. Lack of Team Work/ communication
4. Distraction from things that may affect work
5. Many people poor at handle gadgets (i.e mobile laptop)
6. Affect working speed

Health Issue –

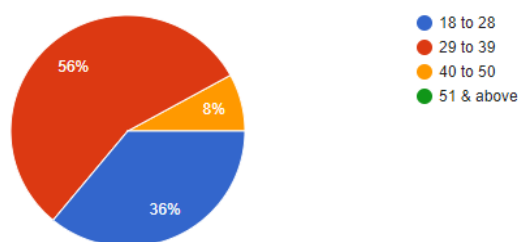
This research study through shown that some health issue- Work from home may trigger health related issues. Some problems related to health like Back pain problems, neck pain problems , reduced physical activity or inability to maintain healthy weight due to sedentary lifestyle as well as Increased screen time invreases causes eye problems, headache, working hours are random n extended during working from home as compared to offline mode. Sometimes have to work on holidays also so no fresstime or rest time for self. It is important to understand the necessity of maintaining the balance between health and work as well as work and personal life.

DATA ANALYSIS AND INTERPRETATION :

| Age group | Respondent | Percentage |
|--------------|------------|------------|
| 18 to 28 | 09 | 36 |
| 29 to 39 | 14 | 56 |
| 40to50 | 02 | 08 |
| 51 above | 00 | 0 |
| Total | 25 | 100 |

Source – Primary Data

Age group
25 responses

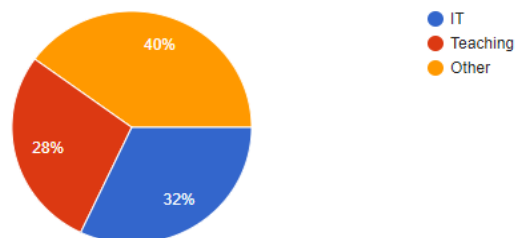


In this graph out of 25 respondents, 09 respondents of them 18 to 28 age group , 14 respondents of them 29 to 38 age group and 2 respondents of them 40 to 50 age group . But maximum responses for this survey that is work from home out of 100 percentage 56% for 29 to 39 respondent

| Occupation/ Working | Respondent | Percentage |
|------------------------|------------|------------|
| IT | 08 | 32 |
| Teaching | 07 | 28 |
| other | 10 | 40 |
| Total | 25 | 100 |

Source – Primary Data

Occupation/ Working
25 responses

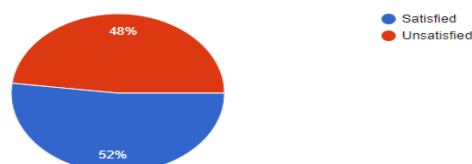


This graph shows out of 25 respondents, 09 respondents of them IT filed, 7 respondents of them Teaching filed and 10 respondents of them other filed . But maximum responses in other filed for work from home .

| Options | Respondent | Percentage |
|--------------|------------|------------|
| Satisfied | 13 | 52 |
| Unsatisfied | 12 | 48 |
| Total | 25 | 100 |

Source – Primary Data

Are you satisfied with work from home?
25 responses



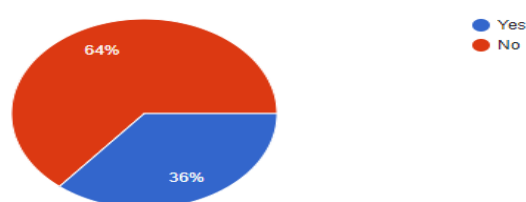
This graph shows out of 25 respondents, 13 respondents Satisfied with work from home that is 52 % and 12 respondents Unsatisfied with work from home that is 48 % .

| Options | Respondent | Percentage |
|--------------|------------|------------|
| Yes | 16 | 64 |
| No | 09 | 36 |
| Total | 25 | 100 |

Source – Primary Data

Did online work from home cause any other health problems?

25 responses



This graph shows out of 25 respondents, 16 respondents of them YES cause of health problem of work from home that is 64 % and 09 respondents of them NO cause of health problem of work from home that is 36 %.

FINDING

1. It is helps practise social distancing in the time of corona
2. Helps keep one's family safe as there's no direct contact with outsiders
3. This study indicates that the most of the respondents are satisfied with work from home.
4. Working from home saves time, Saves energy for in travelling and it's safe in covid-19 times to stay home and be safe also more productive work.
5. Some teaching field respondents opinion that it is not possible online. It is not clear whether the student understands what is being taught. These are not satisfied with work from home.
6. Migraine , Mild headaches back and neck pains from continuing seating
7. Maximum respondents opinion that work from home always looking at the laptop screen puts strain on the eyes.

SUGGESTIONS:

1. In the pandemic situation it's better to work from home.
2. Organizations should try to encourage regular meditation programmes via online platform.

3. Only teaching filed respondents opinion that as early as possible College should be offline because Office line work is more comfortable.
4. Work from home will not be too panic for women if office hours are fixed or restricted to minimum time with maximum quality work...
5. We need little bit extra time to adopt this new thing
6. If possible then give the vaccination for each and everyone.

CONCLUSION:

Many organisations , company adapt work from home due to Covid-19 situation .This research study main purpose that identify positive and negative impact of work from home This study indicates that the most of the respondents are satisfied with work from home Because It is helps practise social distancing in the time of corona and also helps keep one's family safe as there's no direct contact with outsiders as well as give more time to work and get more time for family and friends. But health issue increased by work from home. Everything have some advantages and disadvantages, It's totally depend on the individual that how they can avoid negative impact of Work from home. Some respondents opinion that always help to work from home, but for office reason we can have 3 days work from home and 2 days in office. It will create a complete balance.

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