Stress From Working from Home: A Review
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Abstract: The covid-19 virus continues to spread around the Globe no one was sure about the crises that befall on everyone’s regular life as it brought uncertainties that have lasted for the last 2 years and after the spread of covid-19, we have a new definition of new normal in every phase of life. The strict government rules and regulations have been led to many inconvenient working conditions. All over India organizations have been shifted to work from home policy to control the spreading of the virus. People doing work from home leads to increases in stress and anxiety among employees. When running from domestic, humans lack face-to-face communication with colleagues, and as soon as issues arise at paintings, it is tough to remedy them quickly thru online digital communiqué. In Work from home, people feel isolated which can also lead to psychological stress. Both managers and employees face different challenges when working from home. Managers require new ways of communicating with their team they must be open enough so employees feel comfortable, but confident enough to say no or explain if they are dealing with stress. This research paper aims at understanding the literature review of the title Stress from work from home.

Keywords: Stress, Work from Home, Challenges

I. INTRODUCTION

There are some more common stress issues faced by remote workers leading to workplace stress, mental health issues, working for longer hours, Blurring work-life balance, and many more. The poor balance between work and family can be a major stressor for a person they need to handle both of them equitably proper balance between work and life may reduce stress. When people work at home some family tasks such as childcare or housework need to be shared between them this creates a stressful environment and messed up this creates problems between work and home this imbalance between work and home can affect job productivity and hr practitioners need to consider this and do something with these problems. To over from stress managers and HR professionals do support employees to use virtual meeting options to allow teams to connect face-to-face. Working from home can cause people to feel isolated, so it’s important to check routine with your team related to work and how they are doing.

It’s a great time to encourage employees to sharpen their skills with online training it will be a new opportunity for employees to sharpen their skills. COVID-19 has resulted in many businesses closing down and workers losing their jobs, but thanks to the capacity to work from home, many jobs have been saved and some core businesses can continue providing essential services.

II. LITERATURE REVIEW

Table 1: Summary of Title and Keywords is as under:

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<thead>
<tr>
<th>Author Name</th>
<th>Title</th>
<th>Keywords</th>
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<tbody>
<tr>
<td>Sultan Bilge Keskinkılıç Kara, Demet Zafer Güneş, Buse Şentürk Tüysüzer (2021)</td>
<td>Work-Family Conflict during Working from Home Due to Pandemic: A Qualitative Research on Female Teachers</td>
<td>Family Work Relationship, COVID-19, Pandemics, Females, Teachers, School Closing, Distance Education, Family Structure, Conflict, Stress Variables, Time Management, Behavior, Job Satisfaction, Teacher Motivation, Foreign Countries</td>
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<td>Author &amp; Year</td>
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<td>Yijing Xiao, Burcin Becerik-Gerber, DDes, Gale Lucas, and Shawn C. Roll, (Nov 23 2020)</td>
<td>Impacts of Working From Home During COVID-19 Pandemic on Physical and Mental Well-Being of Office Workstation Users.</td>
<td>This study aims to know the social behavior, mental and physical health of people who are working from home and tell about negative aspects of full-time work from home</td>
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### III. Research Gap

Though a wide research has been done earlier regarding the topic Stress from work from home but nowhere it is mentioned the tools about its measurement, its index. The kind of organisation or the kind of employee viz. private organizations or public organization, etc. is not covered.

#### 3.1 Objectives

To summarise the literature review of Stress from work from home.

#### 3.2 Research Methodology

Secondary data has been collected in the form of journals, research articles, research papers.

### IV. Results and Discussion

Here we are concluding our research on the stress of working from home, we see how pandemic has been badly affected to the work, health of the people and many more. Mostly people have been shifted to work from home or some has been lost his/her job during covid-19. Many businesses and shops have been closed, there are financial difficulties among peoples. The situation is getting very worse people are not getting work. While heading off the office and staying socially remote is important to stopping the unfold of the virus, operating from domestic can bring about different health concerns and these
has led to increased stress, anxiety, eye strain among employees. During the outbreak, young people had a higher risk of anxiety than older people. The continual stress of residing via a virus caused a number of physical symptoms like headache, insomnia, digestive problems, hormonal imbalances, and fatigue. Employees were very disturbed while work from home as there are lots of distractions and health problems. More people are operating a greater quantity of hours so lack of scheduled work times will eliminate from entertainment time which is a massive threat for intellectual health issues. However, they have to tackle all these problems so there are certain tips to handle the stress of work from home that are people should make a proper routine this may include spend some time outside take fresh air and do work easily, create dedicated workspace, connect to your friends so these are all things which can make you feel less stressful and you feel happy a can-do work easily.

V. Conclusion

Hence it has been concluded from the study that stress from work from home exists whether you are an employee of small, medium or big organization. Mental Stress, Emotional Stress has been caused due to work from home. It does not allow to complete the tasks within a given period of time.

REFERENCES


