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Mental Effect of Remote Work

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Abstract: Basically remote work was widely promoted in the year 2020.Because of covid-19 Pandemic. However, the remote work becomes psychological and physical stress for the employees. Due to continues work in only home. They are not able to connect with other people personally. This search aims to provide empirical evidence how to implement the new scenarios for working from home.

I. INTRODUCTION

Covid-19 has been continuously spreading across the world with more than 200 million confirmed cases worldwide and more than 3million death has been reported. The “Stay at home” policy is accepted by the many countries for office work situation become very worse when corona was active stay home policy is very safe precaution which is taken by at that time. due this the burden on national healthcare systems become less for handling them. As remote work, mobile work will reduce the risk of covid-19. and has been widely implemented by the various part of the country as "stay home" policy. In fact, in the us 35% of its workforce worked entirely from home in 2020 also remote work more common in India also the remote work enables a better balance of home and work life. it will increase flexibility between them.

II. PROBLEM STATEMENT

Covid 19 changes the work environment for all individuals across to the world in the early 2020. Basically covid 19 has impacted the job to work as work from home who left the traditional way to work in the office only. The specific problem is that research regarding Employee job satisfaction is lacking among the population of individuals who wants to work from home.
So the result of this study will provide to an information for organization considering a permanent remote work model for their employees.

III. PROPOSED METHODOLOGY

Before the Covid-19 situation every work is conducted by the office but from when the Covid-19 situation happened every office work is done by Work from Home. In WFH the employee feels great but there is no office environment to work in home. If we do WFH**.** Then there is a Wi-Fi and Light must be good then we can do WFH. But in home there is no environment to work as like an office. But from the Covid-19 situation we all of manage work from home and also doing well and spent some good time with the family so WFH is some time good and sometime bad for employee but overall it is golden time to work from home to the employee. In remote work there is also many benefit that if our office is in Bengaluru then we can also work from anywhere this is very good for the employee.

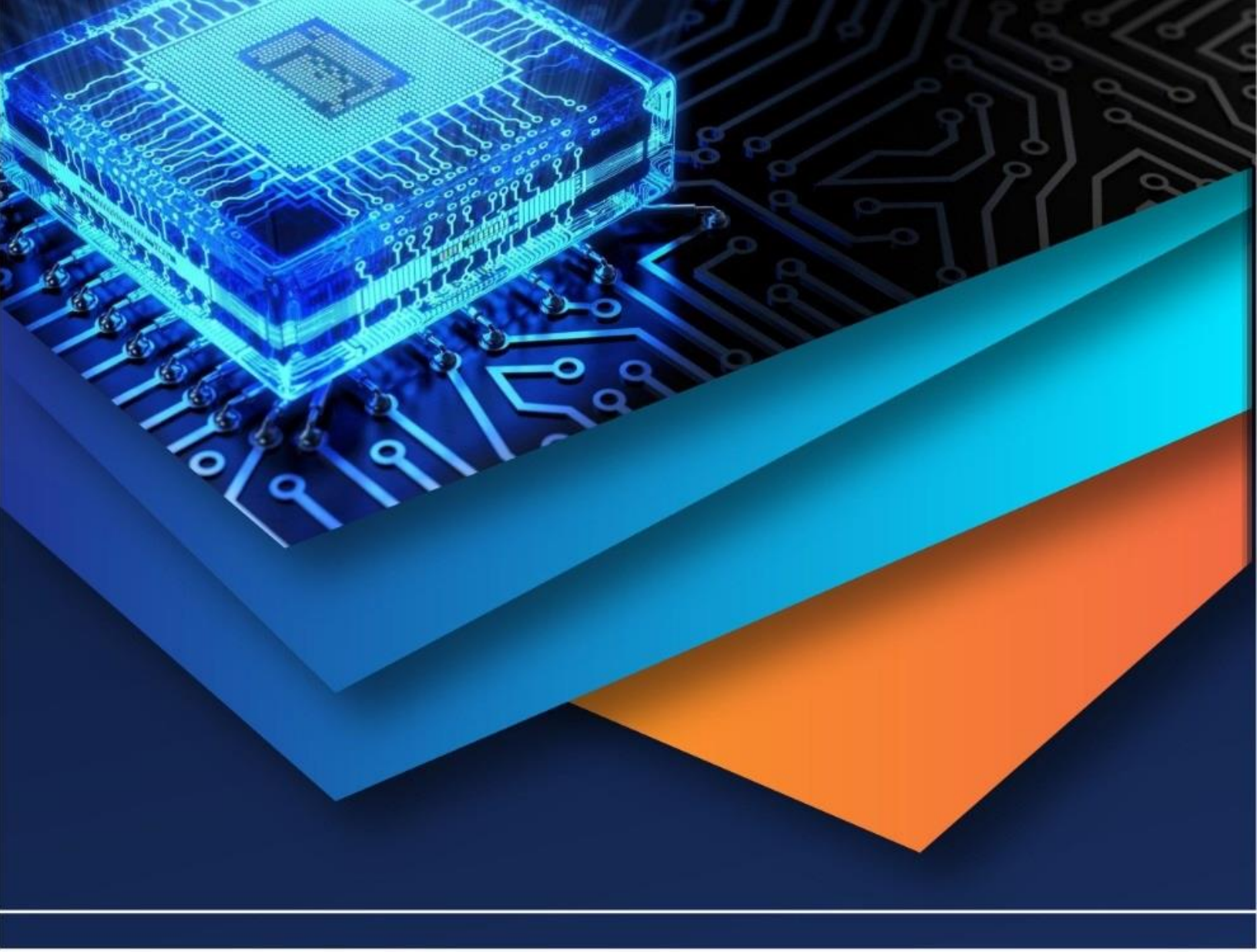
IV. RESULT & PERFORMANCE ANALYSIS

The result of WFH is that company reduce the cost of light bill, Maintenance etc. and in covid-19 situation the performance of IT company is good because the employee can do work more in home because the employee travelling time is equal to no so the employee can do more work and also do the good performance at home.
Otherwise there is good performance by employee at home and there is a new technology knowledge of doing the work from home is good for employee.

V. CONCLUSION & FUTURE WORK

The conclusion behind the WFH is that Because of Covid-19 the market was goes down and many IT company is going into loss that’s why Some employee lost their job and the other hand some employee hike good salaries also in lockdown situation.
Overall situation is that after some time the company manage all the things and do the work from home for everyone from then the company is going good and manage all the losses from then the WFH is continuing till now. So according to the situation and analysis of the company WFH is the future of all IT and other company’s also. Because this time it is very flexible for the employee and also the employee habits of these environment. WFH is reduce the cost of company and also give some good opportunity to the employee so According to the current situation the WFH is future of the Company’s.

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