# Background Research and Literature Review

* Workplace
* User profiling
* Augmented Reality
* Augmented Reality training
* Augmented Reality Navigation

# Workplace Adjustment

A workplace is defined as a place where people work, for example a factory or an office. It is where people meet on a day to day basis to perform certain tasks, or it can simply be your own home. Starting or changing workplace is not an easy task. It comes with certain challenges; such a challenge would be to be adjusted to the new job and place. There has been a study linking the fitness of a person to a job in relation to job stress. "Whilst employees can be reasonably expected to adjust to changes in jobs over time, poor job or employee job fit can result in increased stress and inefficiency in organizations". [Linking…] The study focuses on the idea, that if a person perfectly fits his job, then stress on the job is reduced and can allow the employee to easily adjust to their job. " When humans feel a loss of control this causes physiological changes which can exacerbate feelings of stress. "[Linking…] Nowadays, several companies try to allow the employee to easily adjust to their job by providing training. "Any organization that wants to succeed, and to continue to succeed, has to maintain workforce consisting of people who are willing to learn and develop continuously"[A Study…]. There are two types of training, on the job training and off the job training. On the job training is a method of imparting knowledge and training directly while on the job. Off the job training is a method of imparting knowledge and training while not on the place of work, for example through a site. The idea behind it, is to minimise stress levels and allow the employee to improve without any pressure. "Training, which aims at empowerment, development, and qualifying employees through knowledge and skills, referrers to end-oriented, organized, logical, on-going planned attempts to bring about the desired, change in the knowledge, skills, capability and attitude employees. " [A study 2].