Impact of Remote Work on Mental Health

5.1 Project 1. Proposal and Data Selection

Milestone 1

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Topic

The Impact of Remote Work on Mental Health.

Mental health has become an increasingly important issue in recent years as people grapple with rising stress levels, anxiety, and depression. The World Health Organization (WHO) reported that in 2019, 15% of working adults were diagnosed with a mental disorder. However, this percentage has since risen due to the COVID-19 pandemic, which triggered a 25% increase in stress and anxiety-related disorders, according to the WHO. In the workplace, these issues can significantly impact productivity, morale, and the overall well-being of employees.

This project aims to analyze how remote work affects employees' mental health, exploring the potential trends and stressors contributing to well-being in a remote environment.

Business Problem

Rising mental health issues impact not only employees but also the success of the entire firm. When employees are struggling with poor mental health, it can lead to reduced productivity, increased absenteeism, and high staff turnover rates. In contrast, employees who are psychologically healthy tend to be more motivated, engaged, and productive. They are also more likely to be creative and innovative and contribute positively to the organization's success.

The business problem addresses the growing concern about employees' mental health in remote work settings. The project seeks to answer the following questions: What mental health challenges are exacerbated by remote work, and how can businesses better support their remote employees' well-being?

Datasets

The dataset comes from Kaggle and includes a variety of factors affecting remote workers' mental health. It contains data points such as stress levels, work-life balance, job satisfaction, and hours worked remotely.

Methods

The project will use descriptive statistics, data visualizations, and possibly machine learning algorithms like clustering or regression analysis to identify critical patterns in mental health indicators associated with remote work.

Ethical Considerations

Some ethical concerns include respecting the privacy of individuals whose data may be included in the dataset, ensuring no biases are introduced that could skew findings, and avoiding generalizing that could stigmatize certain groups.

Challenges/Issues

Challenges may include managing missing or incomplete data, finding statistically significant patterns, and ensuring the analysis considers various external factors affecting mental health outside of remote work.

References

Sources will include academic studies on mental health and remote work, business journals, and government publications related to workplace wellness policies and mental health trends during the pandemic.

Reference For This Milestone

https://www.kaggle.com/datasets/waqi786/remote-work-and-mental-health

Johns Hopkins University. "Why should mental health be a priority in the workplace?".

Published on May 17, 2023 https://imagine.jhu.edu/blog/2023/05/17/breaking-the-stigma-why-

mental-health-should-be-a-priority-in-the-workplace/