

# Remote Work Discipline App Proposal

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Raunak Chitre  
Computer Science  
Virginia Tech  
Blacksburg, Virginia, USA  
raunakc24@vt.edu

Jeriah Valencia  
Computer Science  
Virginia Tech  
Blacksburg, Virginia, USA  
jeriahv@vt.edu

Shane Matthews  
Computer Science  
Virginia Tech  
Blacksburg, Virginia, USA  
shanem64@vt.edu

Ben Sullivan  
Computer Science  
Virginia Tech  
Blacksburg, Virginia, USA  
bens21@vt.edu

## ABSTRACT

With new technologies and the coronavirus pandemic, remote work has rapidly increased over the past few years. Even after the restrictions from the coronavirus pandemic have been lifted, millions of people continue to work remotely to some extent. However, there are challenges with remote work, so our team is proposing a solution to these challenges, the Remote Work Discipline App.

## 1 Introduction

Although remote work allows more flexibility than working in a normal office, the associated challenges cannot be overlooked. Five examples of challenges that thousands of people face daily while working remotely are distractions, inaccessibility, isolation, lack of resources, and laziness. To elaborate, in terms of distractions, remote workers can be exposed to other family members or pets while trying to work. In terms of inaccessibility, remote workers face more barriers trying to get ahold of supervisors and coworkers when needed. In terms of isolation, remote workers have less face to face interaction and lose opportunities to network and participate in company social events. In terms of a lack of resources, remote workers often do not have sufficient office supplies and space, which decreases productivity. In terms of laziness, remote workers tend to engage in less physical activity, since walking or driving to work is no longer a part of their everyday routine.

## 2 Related Work

With remote work being a fairly new concept, research studies have emerged to investigate the impacts of remote

work on the workers. Some studies highlight the negative effects of remote work, including other effects that have not been aforementioned. Working remotely can create “a lack of boundaries between your home and office” and according to one study, “41% of remote workers felt stressed compared to only 25% of those who continued to work in the office. Of the same group, 42% had trouble sleeping, while only 29% of office workers reported the same.” [1] These statistics and all of the other negative impacts of working remotely demonstrate a need for an increase in productivity and work-life balance for remote workers.

A proposed solution to this problem is a Remote Work Discipline App. The Remote Work Discipline App will allow the phone of the user to vibrate and prompt the user to complete tasks that work towards the goal of increasing productivity and work-life balance. The app will have essential tasks built in, such as breaks for exercise and eating nutritious meals and warning the user about distractions, while also allowing the user to create custom tasks and events. The app will also monitor the quality of the work environment, such as by detecting poor posture and unusual room temperatures, and alert the user accordingly.

## 3 Software Engineering Process

Our team plans to use the Agile software engineering process for the project. Agile allows our team to make changes to our plan as we go and meet regularly with each other to discuss progress and roadblocks, in what is known as the Scrum team meetings. Class time is a perfect opportunity to hold these meetings. Overall, the Agile process allows our team to adapt quickly to challenges and

changes, which is necessary since the project is only a semester long and we have deadlines for assignments related to the project throughout the semester.

## REFERENCES

- [1] Peter Dome. 2022. Don't Forget The Downsides of Remote Work. <https://www.forbes.com/councils/forbesbusinesscouncil/2022/08/31/dont-forget-the-downsides-of-remote-work/#:~:text=Being%20unable%20to%20disconnect%20can%20increase%20stress%20and,only%2029%25%20of%20office%20workers%20reported%20the%20same.>