

SOCIAL MEDIA PROBLEM STATEMENT

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Problem statement

- Remote workers are having problems maintaining a separation between work and personal time because the current system doesn't give a balance to work and personal time.

Who is experiencing the problem?

- Remote workers who are working in a standard office system, for example a remote worker who is in a standard 40 hours, monday to friday, 9 am to 5 pm work week.

What is the problem

- Remote workers have difficulties in maintaining a clear boundary between their work and personal lives. While current systems are made to improve productivity, they fall short in helping workers achieve a healthy work-life balance. Many remote workers have problems disconnecting from their job after working hours, this leads to an overlap between work and personal time. The absence of a well-defined separation between these two aspects of life results in stress, increased pressure, and a lowered sense of well-being.

Where does the problem present itself?

- This problem is particularly prevalent in the remote work environment, where the boundaries between home and work become blurred. Unlike traditional office settings, remote work lacks a physical separation between professional and personal spaces, which

can make it difficult for individuals to establish a routine that allows for downtime. Many remote workers also find it challenging to set clear expectations with employers or clients about when they are off the clock,

Why does it matter?

- It is important to address this problem since there will be long-term consequences that will be inflicted on both individuals and organizations. The lack of a work-life balance leads to higher levels of stress and an increased risk of burnout, which can have serious consequences on mental and physical health. It also can affect overall productivity, job satisfaction, and even retention rates, since remote workers may become frustrated and leave their roles due to the stress the job puts on them. The failure to protect personal time can also result in diminished creativity and reduced job performance, which can make it harder for employees to keep high levels of output. Solving this issue is crucial to ensure that remote workers can be good at their jobs while maintaining a healthy, sustainable balance between work and personal life. There is a growing need for systems that not only manage tasks and productivity but also actively promote and protect personal time, this will allow a healthier work-life dynamic for remote workers to grow.