Productivity in the XXI century

Nowadays, the principal purpose of a business is to have the maximum productivity to be in a good level at the market. To achieve the purpose, the workers need to have a great performance, and the new way that the companies are implementing is to let the people work at home so they can have better results. Even though, some people think that at the office the workers will have better results.

Working at home decreases the level of stress that every employee has. They have **more flexibility with their schedule**. They can choose when to start to work and in any place of the house or also if they must go to another part, they can **do it with all the liberty**. According to Mitrefinch, one-third of American workers prefer to work at home because they **have more freedom to make up their schedule**, and to work, make the employees avoid the potential stress so they can improve the productivity. Also, they do not have the pressure of the boss in a direct way, letting them to work more in peace. According to a study performed by Keas, 77% of employees have had physical symptoms of stress because bad bosses.

However, Working at home increase distraction. They have the way to make other things and letting apart the work they had to do, that’s why specialists recommend a calendar or a to-do list: “using a daily calendar or a to-do list can help to remember what they need to do and also to stay focused on those specific tasks” (Krauth, 2018). On the other hand, the environment in the office with more people take the employee to distract and talk with the other workers. That is why “nearly 3 out of 4 workers (70 percent) **admit they feel distracted** with other workers when they´re on the job, with 16 percent asserting that they´re almost always distracted” (thibodeaux,2018).

To conclude, people that work at home have more **possibilities** to obtain more productivity in their work because stress and distraction are to much lower than in an office. Living with less stress and without the pressure of the boss help the employee to increase performance, because staying at the office can take the worker to had physical problems at shown before in a study made. Also, the other fact that was chosen to prove out the thesis statement was the environment that the employees had at the office. The distraction is the principal problem to let them have good results. They got a lot distract allowing bad results to come to the business.

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