

### **What is the project focus/overall goal?**

The aim of this 6-month investigation is to examine the impact that working remotely has on an individual's physical, cognitive, and psychological well-being. Upon completion, this project will provide conclusions and recommendations for employees as well as companies to guide their work-from-home or hybrid policies.

### **Why is this project important?**

The project majorly focuses on understanding the implications of working from a domestic setting. After the spread of COVID-19, companies adopted the work-from-home model which is still in use even after the COVID-19 lockdown restrictions are lifted. The results generated from this project will not only be useful for the well-being of employees but will also assist companies in drafting better policies.

### **What type of data will you collect or be analyzing?**

The data that will be collected and analyzed for this project include:

- Participants' responses to the E-Work and Flourishing scale surveys
- Participants' responses to the computer workstation survey
- Participants' physical location data
- Participants' musculoskeletal discomfort data
- Participants' number of breaks data.

### **What are the potential limitations of the project?**

There are potential limitations to this project. One potential limitation is that the study is only six months long, and researchers may want to continue the study for a longer period of time in order to gain a more comprehensive understanding of the physical, cognitive, and mental effects of a remote work environment. Another potential limitation is that the study is limited to assessing workers' well-being, and researchers may want to investigate other aspects of workers' lives, such as their productivity or satisfaction, in order to better understand the physical, cognitive, and mental effects of a remote work environment.

### **What are your next steps? Divide tasks amongst the team.**

In order to find conclusive answers from this project, we will adopt the following course of action:

1. Conduct a preliminary analysis of the data collected.

- Since the dataset consists of data collected at two different time periods, we will work in pairs initially to analyze data generated at the end of 3 months and 6 months. Eventually, we will combine the results we have and find any relations between them.
2. Consider the hypothesis and work in accordance with it.
    - Five hypotheses are considered for the scope of the project.
  3. Find conclusions about the questions proposed.
    - Majorly focussing on aggregating the data from the two time periods and analysing stress levels. We will also find patterns or other important results.
  4. Visually represent the analytical results.