

The Psychological Impact of Remote Work: A Longitudinal Study

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Abstract. This longitudinal study examines the psychological effects of remote work on employees over time. By assessing changes in stress, productivity, and work-life balance, the research identifies potential benefits and drawbacks of remote work arrangements. The findings provide valuable insights for organizations seeking to optimize remote work policies and support employee well-being.

Keywords: remote work, psychological impact, employee well-being, work-life balance, longitudinal study

Introduction

The shift towards remote work has been accelerated by technological advancements and global events, prompting significant changes in the workplace dynamics. This study investigates the psychological impact of remote work on employees, focusing on aspects such as stress levels, productivity, and work-life balance. By conducting a longitudinal analysis, we aim to understand how remote work arrangements affect employee well-being over time. These insights will assist organizations in crafting effective remote work policies and strategies to enhance employee satisfaction and performance.

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References

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