WORKING FROM HOME: A BLESSING OR A BURDEN

by:
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On the continues spread of COVID-19 pandemic across the world, a lot of changes are happening within the labor force. These changes have probably resulted in lots of adjustments in different areas of life. One of the many changes we are currently facing is that many workers shift from coming into their workplace to working from home, this is to avoid infection and transmission among workers. Different safety protocols are also encouraged within the working environment.

Many are now working from home and there are adjustments on their working schedules. At first, the idea of working from home can seem appealing, and even enjoyable, who doesn’t love the idea of working in the coziness of your own home? However, effectively working from home can present exceptional challenges, from how to focus with home distractions, to trying to be productive and communicate well with co-workers from afar. Our existing situation is unique and there is a lot of strain and fear around COVID-19, so handling working from home under these situations is a bit tough.

WFH burnout and the virus itself causes distress to the well-being of workers worldwide. At the start of the year, many workers feel auspicious about working from home. But as the time goes by, these mindset and expectations about working from home are starting to change. Now they are looking forward for actual team meetings, a place to be able to sit down and get on with their work, the atmosphere of office, and being able to meet everyone face to face.

Working from home set up can be hugely beneficial for some people, but it can also bring serious challenges to others. There are times that it is convenient to work remotely, since we are able to have flexible time working on our task, custom
environment, save money, be with love ones for a longer time and many more. But on the other hand, it also has a negative effect mentally and socially, such as you tend to be more distracted, unmotivated, lacks teamwork, feel bored and at risk of low productivity.

One of the things the COVID-19 pandemic has reminded us is we humans are incredibly adaptable. We are able to be creative and flexible in the face of this new situation. Adaptability nowadays is a main asset and source of strength for many people. We are moving towards a new way of working. Therefore, employers need to look at both the pros and cons of working from home and be prepared to support their staff in making this transition. It is also very essential for them to provide ways and programs that can protect the physical and mental well-being of their man power. It will not be impossible, but a lot of thought will need to go into it.

References:
