

Dr. Talari Sri Hari <sup>1</sup>, Dr MAM Pasha MD <sup>2</sup>, Dr Afsar Fatima MD DPH <sup>3</sup>  
 santhiram Medical College and General Hospital, Nandyal.

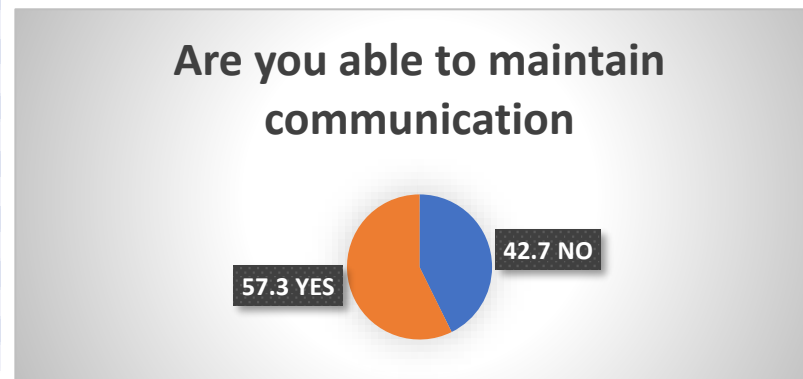
## Impact of “WORK FROM HOME” during COVID-19 on Well-being and performance among IT Professionals in Bangalore

**Introduction-** Corona virus disease caused by severe acute respiratory syndrome corona virus-2(SARS-COV2) created a huge impact on IT (information technology) sector. IT companies gave work from home allowance to them. This has created much stress on them due to lack of proper communication etc., Most of the people cannot manage their family with work stress and it has created impact on their physical and mental health.

**Aims and Objectives:** To know the stress level among IT professionals during work from home in covid crisis. To know the impact of stress on their physical and mental health.

**Materials and Methods:** Study Design-Web based cross sectional study. Study period -1-month (15/9/2021-15/10/2021) Study population- IT professionals doing work from home. Study tool- pre-designed-validated semi-structured questionnaire. Sampling method – Simple random sampling. Inclusion criteria-Persons willing to give written informed consent and doing work from home. Exclusion- Persons not willing to participate in the study. Statistical analysis-SPSS version22,sample size -115.

Variable	Response	N (%)
Gender	Male	75(64.7)
	Female	40(35.3)
Before Covid 19, do you only work remotely	Yes	38(33.4)
	No	77(71.6)
Before Covid 19, do you have flexibility to work	Yes	87(78)
	No	28(25)
Hours of work per day	8-10	185(88.8)
	11-12	0(0)
	>12	0(0)
Are you able to maintain communications	Yes	67(57.3)
	No	49(42.7)
Did you face any of the following issues	Weight gain	38(33)
	Back pain	54(46.6)
	Neck pain	4(3.4)



**Results:** In the study males (64.7%) and females (35.3%) were included. Among them 47% are not happy with work from home and 50% suffer from weight gain problems, 46.6% suffer with back pain, remaining 3.4% suffer from other health problems. **Conclusion:** Work from home has advantages like avoiding heavy traffic in travel, avoiding covid spread and it has disadvantages like lack of internet facilities, not able to meet the productivity etc.,

