POST COVID WORK-LIFE BALANCE

With the pandemic and people working from home context mapping research about the work & life experience of 18-25 y/o young adult office workers.

TRANSPORT ISSUES

Commuting to the office is a hassle for many people

"I don’t really enjoy using public transport."

SPREADING DISEASES INCREASE WOKLOAD

Working at the office spreads transmissible diseases, leading to more work to those who are well

"Working at home means that we can avoid a whole team down from airborne sickness like covid, leading to people having to"

POOR TIME MANAGEMENT

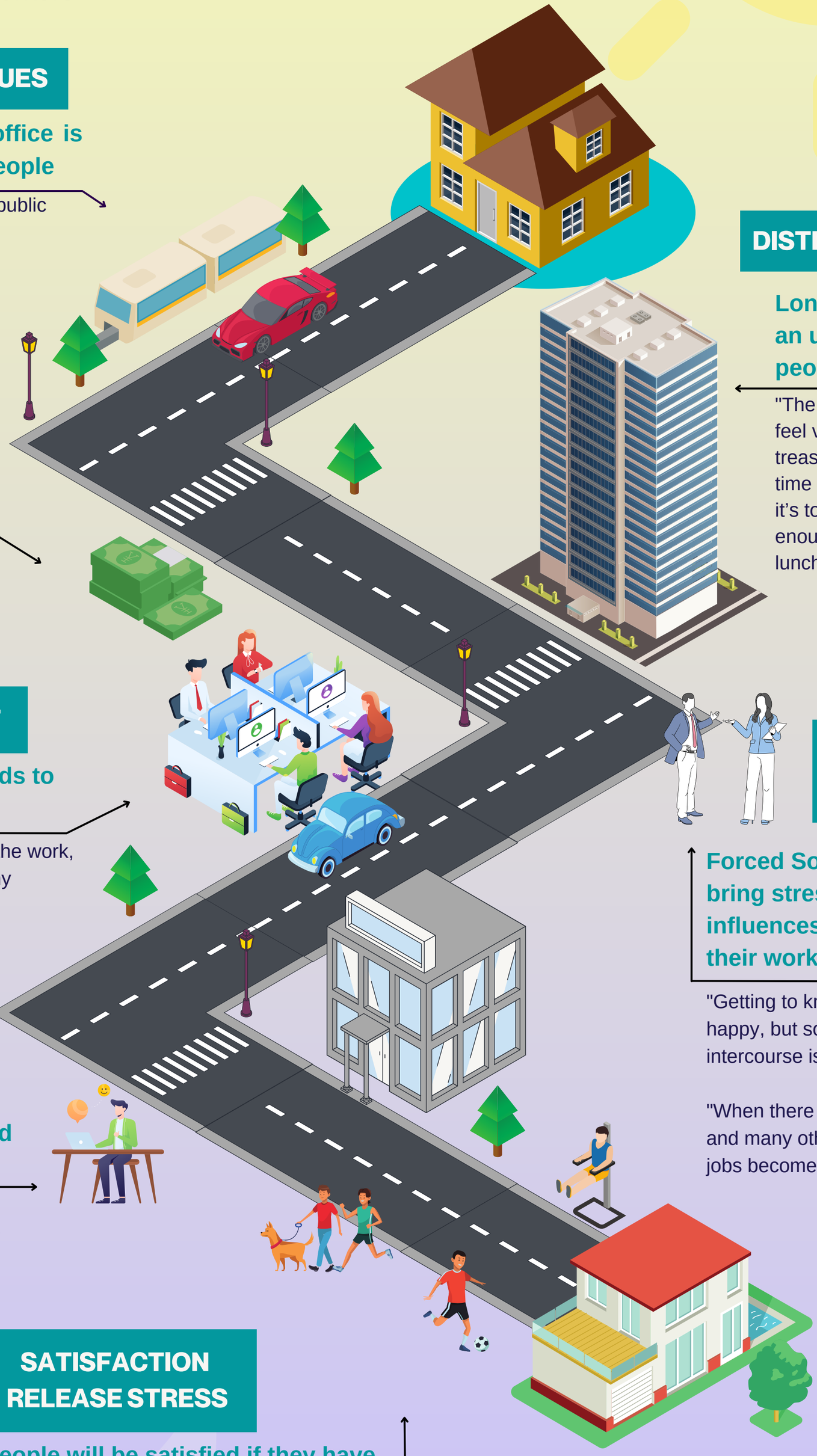
Pressure to achieve at work leads to losing their own free time.

" I always give up my rest hours and do the work, I can't have a break before completing my assessment and my tutorial work."

UNPRODUCTIVE PASSIVE WORK

Passive work can break down the boundaries of work& life and cause psychological problems

"I felt really stressful, you know, if I couldn't finish one code on time, another by another job just keep being push to me... That sucks..."



DISTRESS WITH SCHEDULE

Long working hours bring an unhealthy balance to people's work-social life

"The job is 12 hours a day and I feel very tired every day, so I treasure my lunch breaks and time off at home, but sometimes it’s too busy and I will not have enough time even for taking my lunch."

OFFICE SOCIAL CULTURE

Forced Social interaction will bring stress and uncomfortable influences to the workers during their work

"Getting to know some friends which is very happy, but sometimes those social intercourse is exhausting..."

"When there are hierarchical relationships and many other things going on, I feel like jobs become unenjoyable."

SATISFACTION RELEASE STRESS

People will be satisfied if they have their own hobbies and goals to do in their spare time.

"Drag yourself out of the work and dive into another thing you are interested in, that can make your next day more vivid."

TALK TO ACQUAINTANCE

Talking and contacting the people they are familiar with will help them relieve the stress and exhaustion

"Remote working is basically me working in front of the laptop by myself alone in my house so I don't get a chance to meet my co-workers."

Timothy Edison, Sho Koizuki, Zhihao Zhang, Liuhui Tang