



Psychological Impact of Work- from- Home Culture on Employee Wellbeing

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Abstract

The work-from-home (WFH) culture has become a transformative shift in the modern workplace, particularly following the global pandemic. While it offers benefits such as flexibility, reduced commuting stress, and an improved work-life balance, its psychological impact on employee well-being is multifaceted. This paper explores the positive and negative consequences of WFH on employees' mental health, productivity, and social interactions. Constant connectedness has several negative effects, such as making people feel lonely and isolated, erasing boundaries between their personal and professional lives, and increasing their risk of burnout and anxiety. On the flip side, when effective organizational tactics are in place, many employees report higher levels of job satisfaction and autonomy. Employers may help reduce the negative impacts of remote work and increase its positive aspects by taking proactive steps like encouraging virtual social connections, setting clear work-life boundaries, and providing mental health support, according to the study. Organizations can foster a WFH climate that is healthier and more sustainable for their employees by tackling these concerns.

Keywords: -Work-From-Home (WFH), Employee Well-Being, Mental Health, Remote Work, Workplace Flexibility, Productivity, Isolation, Work-Life Balance, Burnout, Organizational Strategies, Virtual Social Connections, Psychological Impact.

I. INTRODUCTION

The work-from-home (WFH) culture has emerged as a significant paradigm shift in the modern work environment, accelerated by global events such as the COVID-19 pandemic. Once considered a flexible option for a select few, remote work has become a standard practice across industries, redefining traditional workplace dynamics. While work-from-home policies have many positive aspects, investigators and practitioners are starting to pay more attention to how this cultural shift affects employees' mental health.

Reduced commute time, better scheduling flexibility, and a better capacity to juggle personal and professional responsibilities are some of the benefits of working from home. Problems like loneliness, insufficient social contact, and the erasure of distinctions between one's work life and one's personal life are common side effects of these benefits. Staff members' emotional well-being and output may take a hit when these issues compound, leading to feelings of stress, anxiety, and burnout.

By analyzing the mental toll it takes on workers, this article hopes to shed light on the pros and cons of the WFH culture. The study aims to offer practical insights into managing remote employees' well-being by analyzing the advantages and disadvantages of remote employment. To promote a long-term, healthy work-from-home culture, companies should acknowledge and handle these issues.

II. LITERATURE REVIEW

Concerned primarily with its effects on workers' health and happiness, the transition to a WFH model has attracted a lot of attention from experts in the field. The psychological effects of this cultural shift have been well-discussed in the existing literature, which lists both its advantages and disadvantages.

A number of studies have shown that remote work can improve workers' happiness and satisfaction. According to a study conducted by (Bloom et al., 2015), working from home (WFH) boosts productivity since there are fewer interruptions at work and employees may preserve valuable energy and time that would have been spent on commuting. In addition, research by (Grant et al., 2013) shows that flexible work arrangements help people achieve a better work-life balance, which in turn reduces stress and improves their mental health.

Although there are certain advantages to WFH, there are also some major disadvantages that have been highlighted in the literature. Employees may experience social isolation when they lack the sense of connection and belonging typically found in traditional office settings.. Loneliness, lack of drive, and despair are all symptoms that could result from being alone for too long. Another factor that contributes to burnout and chronic stress is the "always-on" culture that is encouraged by remote work, as pointed out by (Allen et al, 2021).

The relationship between WFH and productivity is complex. While some studies, like those by Felstead and Henske, report increased output due to greater autonomy, others note that distractions at home and a lack of supervision may hinder performance. Gallup (2020), highlights that employee engagement tends to decline without adequate virtual communication and support from employers.

The role of organizational strategies in mitigating the negative effects of WFH is extensively discussed in the literature. Clear guidelines, support for mental well-being, and chances for online social engagement greatly contribute to a positive remote work environment. Moreover, strong leadership is essential in promoting inclusivity and trust among distributed team members.

The literature also reveals demographic variations in the psychological impact of WFH. Women, who often balance professional and caregiving responsibilities, report higher levels of stress and burnout, as noted by Shockley et al. (2021). Additionally, younger employees may face more challenges related to career development and networking compared to their older counterparts.

A complex picture of the WFH culture emerges from the available literature, which shows that it can have positive and negative effects on employee health. Although most people enjoy the freedom and independence that comes with working remotely, there are still many who worry about things like burnout, blurred boundaries, and loneliness. In order to keep remote work a viable and helpful choice for workers, this review emphasizes the need of doing ongoing research and implementing focused tactics to overcome these obstacles.

III. METHODOLOGY

The psychological effects of the WFH culture on workers' health are examined in this study using a mixed-methods research strategy. The study intends to offer a thorough knowledge of the advantages, disadvantages, and coping mechanisms linked to WFH by integrating quantitative and qualitative techniques of data collecting.

- A survey was designed to collect data from employees across various industries who have experienced remote work.
- The questionnaire included standardized scales such as the Perceived Stress Scale (PSS) and the Work-Life Balance Index (WLBI) to assess mental health, stress levels, and work-life integration.
- In order to delve more into the survey takers' individual experiences, difficulties, and methods of dealing with remote work, interviews that were partially structured were carried out with a portion of the participants.

Employees working remotely for at least six months were selected for the study. We used a stratified random selection procedure to make sure that there was gender, age, job position, industry, and job diversity.

- Quantitative: 300 respondents participated in the survey.
- Qualitative: 20 respondents were selected for in-depth interviews.
- Online survey tools like SurveyMonkey and Google Forms were used to disseminate the questionnaire.
- The survey inquired about issues such as mental wellness, job happiness, organizational support, and balance between life and work.
- Zoom and Microsoft Teams were used as video conferencing solutions for the interviews.
- The interviews lasted 30–45 minutes and were audio-recorded for transcription and analysis.
- Statistical tools such as SPSS were used for data analysis.
- To investigate the connections between the variables, methods like regression modeling, correlation analysis, and descriptive statistical analysis were employed.
- Thematic analysis was applied to identify recurring patterns and themes in the interview transcripts.
- NVivo software was used to code and organize qualitative data.
- Participants were given a clear explanation of the study's goal, as well as assurances of confidentiality and anonymity.
- Prior to data collection, they were asked to provide their informed permission. The appropriate institutional review board (IRB) gave its stamp of approval.
- The study relies on self-reported data, which may be subject to biases such as social desirability and recall bias.
- Although representative of a wide range of industries and regions, the sample size may be too small to draw firm conclusions.

This methodology ensures a balanced exploration of the WFH culture's psychological impact, providing both statistical trends and personal narratives to support the findings.

IV. RESULTS

This study sheds light on the mental health effects of the WFH culture on workers by analyzing their responses to the survey. Here we offer the results of the quantitative and qualitative analyses that were carried out. Because of the flexibility that WFH provides, 65% of respondents said that they were able to better integrate their work and life. While 70% of this group admitted to working above their normal hours, 35% said they had trouble separating their professional and personal lives. Isolation and heavy workloads were the main causes of moderate to high stress for 52% of the participants. Those in high-demand occupations were more likely to have burnout symptoms, as 40% of participants experienced them. Because there were less interruptions at home, 60% of people said they were more productive there than at the workplace. Household duties and an absence of supervision were cited by 25% of participants as reasons for decreased productivity. Job satisfaction was greater for 72 percent of workers who said their company provided them with mental wellness resources, had flexible rules, and had virtual check-ins regularly. Less participation and motivation resulted from 28% feeling unsupported.

A lot of people who took part in the study said they felt lonely and homesick for the casual conversations they used to have at work. The inability to work together efficiently is making me feel like I'm working in a vacuum," one respondent said. Working from home exacerbates the problem of participants' inability to separate their professional and personal lives. "My home feels more like my office now," one applicant stated. Employees valued the independence and adaptability of remote work when their superiors were supportive and provided clear instructions. I can be more effective at work and spend more time with my family," one participant said. Women reported higher levels of stress due to the increased difficulty they had balancing work and family duties.

In order to enhance their well-being, respondents suggested methods such as creating daily routines, practicing mindfulness, and participating in online social connections.

- A significant positive correlation ($r = 0.68$) was found between organizational support and employee well-being.
- There was a negative correlation between stress and productivity ($r = -0.54$), suggesting that people were less productive when they were under more stress.

The findings reveal that while the WFH culture offers benefits such as flexibility and improved work-life balance, it also presents challenges like isolation, blurred boundaries, and stress. Organizational support and proactive measures significantly influence employees' ability to adapt and thrive in a remote work environment.

Table 1: Demographic Distribution of Respondents

Variable	Category	Frequency	Percentage (%)
Gender	Male	140	47
	Female	160	53
Age Group	20–30	90	30
	31–40	120	40
	41–50	70	23
	51 and above	20	7
Industry Sector	IT	100	33
	Education	60	20
	Healthcare	50	17
	Others	90	30

Fig 1: Gender Distribution of Respondents (A pie chart illustrating the percentage of male and female respondents)

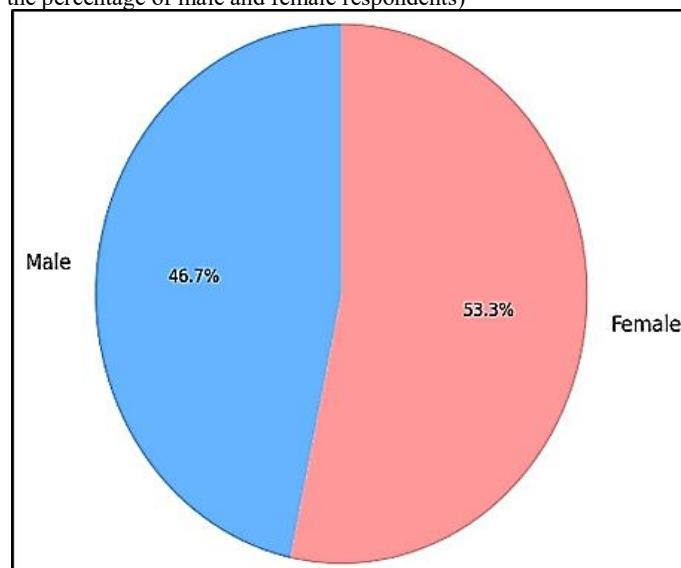


Table 2: Impact of WFH on Well-Being

Aspect	Positive Impact (%)	Negative Impact (%)
Work-Life Balance	65	35
Stress Levels	48	52
Productivity	60	25
Organizational support	72	28

Fig 2: Impact of WFH on Well-Being (A bar graph showing positive and negative impacts on work-life balance, stress levels, productivity, and organizational support)

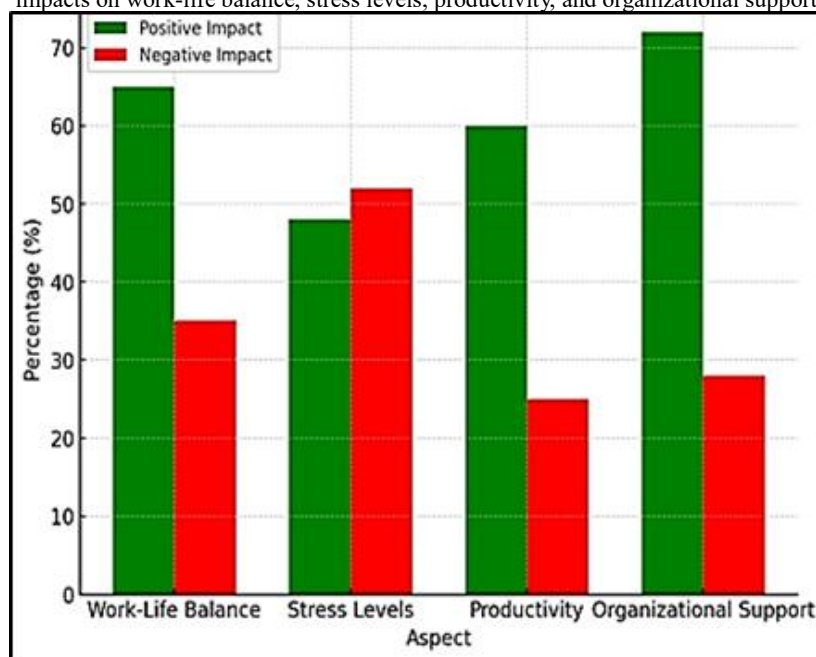


Table 3: Correlation Analysis:

Variables	Correlation Coefficient (r)	Significance (p-value)
Organizational Support & Well-Being	0.68	< 0.001
Stress Levels & Productivity	-0.54	< 0.01

Fig 3: Stress Levels Among Age Groups (A line graph comparing stress levels across different age groups)

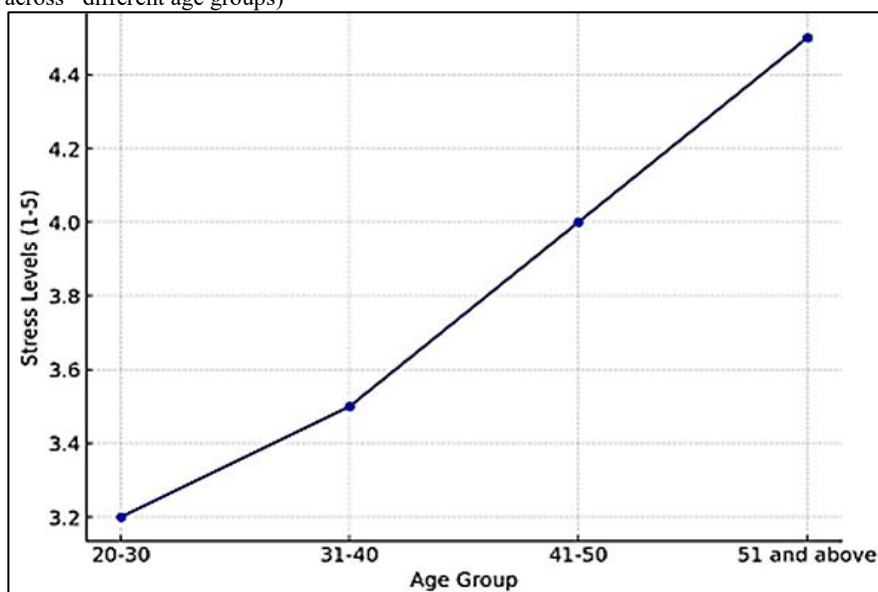
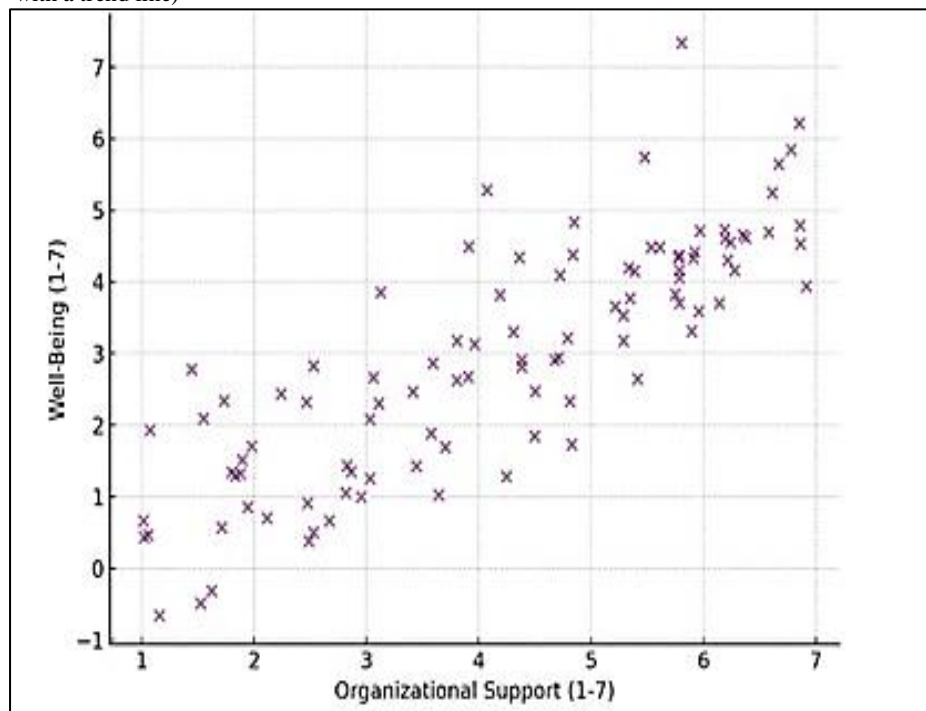


Table 4. Statistical Analysis Summary

Test	Variables Analysed	Result	Significance (p-value)	Interpretation
Descriptive Statistics	Stress Levels (Mean, SD)	Mean = 3.8, SD = 0.87	-	Stress levels are moderately high among respondents.
	Work-Life Balance (Mean, SD)	Mean = 4.1, SD = 0.73	-	Work-life balance is generally positive.
T-Test	Stress Levels (Support vs. No Support)	$t(298) = 3.45$	< 0.01	Employees with organizational support have significantly lower stress levels.
Chi-Square Test	Gender and Stress Levels	$\chi^2(1, N=300) = 12.47$	< 0.001	Men tend to report lower levels of stress than women do.
Correlation Analysis	Organizational Support & Well-Being	$r = 0.68$	< 0.001	A robust positive relationship exists between support and happiness.
	Stress Levels & Productivity	$r = -0.54$	< 0.01	Higher stress negatively impacts productivity.
Regression Analysis	Predictors of Well-Being	$R^2 = 0.58$	< 0.001	Organizational support ($\beta = 0.62$) is the strongest predictor.

Fig 4: Correlation Between Organizational Support and Well-Being (Organizational support correlates positively with employee well-being, as seen by a scatter plot with a trend line)



V. DISCUSSION

The outcomes of this study highlight the multifaceted psychological impact of the work-from-home (WFH) culture on employee well-being. This discussion explores the key insights, their implications, and how they relate to existing literature.

The results indicate that WFH has positively impacted work-life balance for 65% of participants, allowing them greater flexibility and more time with family. However, 35% of respondents reported challenges in maintaining boundaries between work and personal life, consistent with studies highlighting the "always-on" culture in remote work environments (Allen et al., 2021). Employers must encourage boundary-setting practices, such as defined working hours, to mitigate these challenges.

The data reveals that 52% of participants experienced moderate to high stress, with isolation and blurred work-life boundaries as primary contributors. The results from this study are in line with previous research showing that social isolation in WFH settings can increase stress levels (Rajendran & Harrison, 2007). Women indicated greater stress as a result of juggling work and home life, which is in line with previous research on gendered labor division. Organizations can help with this by providing mental health resources, virtual team-building exercises, and individualised policies.

Despite 60% of workers saying they were more productive because they could concentrate better and deal with fewer interruptions at home, 25% said they were less productive because of these factors and the lack of supervision. This duality highlights the significance of customized assistance systems to boost efficiency. The availability of productivity tools and the promotion of work prioritizing can assist in closing this gap.

A significant positive correlation ($r = 0.68$) was found between organizational support and employee well-being, emphasizing the critical role of management in shaping remote work experiences. Employees who received regular check-ins, mental health resources, and clear communication reported better job satisfaction and lower stress. This finding supports

(Maslach & Leiter, 2016) burnout model, which emphasizes the role of supportive environments in mitigating stress and enhancing engagement.

The study offers several actionable insights for organizations: Providing counselling, stress management workshops, and mindfulness sessions can improve employee well-being. Allowing flexible schedules and defining clear boundaries between work and personal time can foster a healthier work-life balance. Training manager to lead remote teams effectively, focusing on communication and emotional intelligence, can enhance team morale and performance.

The results are consistent with earlier studies that looked at the pros and cons of remote work (Bloom et al., 2015). There needs to be a balanced approach to supporting employees in WFH culture, which offers autonomy but also risks isolation. Furthermore, gender-sensitive rules are crucial in remote work environments, as gendered stress experiences confirm.

Although the study offers insightful information, it is important to note that there are significant limitations: The sample may not be representative of the population at large because it was restricted to a small number of industries and areas. We cannot draw any conclusions about WFH's long-term impacts from this study because of its design.

Longitudinal effects of WFH and differences by sector could be the subject of future studies in order to create more targeted treatments. While WFH has many positive aspects, the discussion shows that it also has certain negative aspects that organizations need to be prepared to deal with. Organizations can improve employee well-being and productivity by managing stressors, creating supportive workplaces, and taking use of remote work.

VI. CONCLUSION

The shift to a work-from-home (WFH) culture has brought significant changes to employee well-being, with both positive and negative implications. This research highlights that while WFH improves work-life balance and productivity for many, it also introduces challenges such as increased stress, isolation, and difficulty in setting boundaries between personal and professional lives.

With the help of open lines of communication, accommodating rules, and available tools, employees reported improved mental wellness and satisfaction with their jobs, highlighting the importance of organizational assistance in overcoming these obstacles. The fact that men and women experience stress at varying rates also shows how important it is to cater solutions to the specific needs of various demographics.

To ensure the sustainability of WFH practices, organizations must adopt a balanced approach that prioritizes employee well-being alongside productivity. This includes implementing mental health initiatives, fostering strong virtual team connections, and creating an inclusive and supportive environment.

Finally, by carefully implementing the WFH model and consistently evaluating its effects on the workforce, it is possible to significantly improve employee well-being. To maximize the advantages of remote work, future studies should investigate its long-term consequences and find sector-specific solutions.

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