



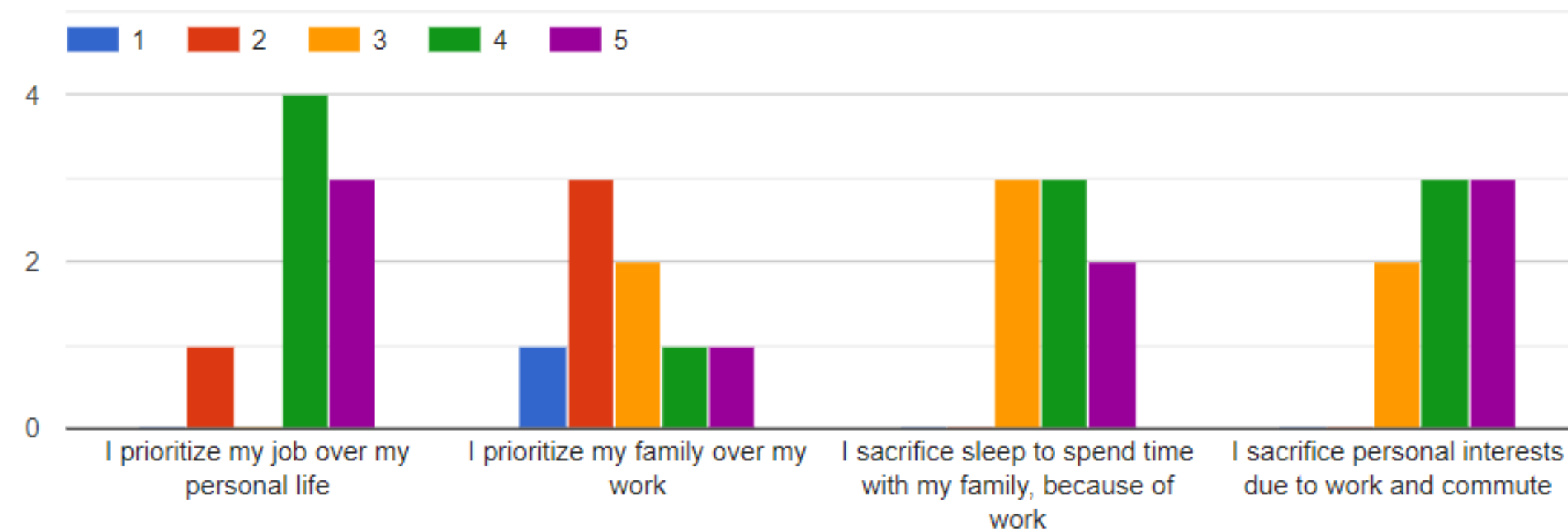
Analysis of Working from Home vs Working at the Office, as a Construction Company in the Bay Area



In 2020, working from home has become an increasingly popular trend amongst construction offices across the Bay Area to combat the spread of COVID-19. This meant that employees who used to commute were now able to work from home. This paper analyzes the impacts working from home has on the productivity, work-life-balance, and overall well-being of a Bay Area construction office employees. A survey was issued to the estimating department of a large general contractor in the Bay Area, with the intent of finding the impact working from home had on the three aspects of working life, as previously listed. The survey was broken-out into three sections with the purpose of collecting quantitative and qualitative data, from a variety of questions, for each of the three aspects of working life. An analysis of the data collected in the survey reveals working from home has a positive effect on the working life of former commuters in the Bay Area construction industry. This paper brings new understanding and offers future research to the potential benefits and downfalls to working from home when compared to commuting to work every day.

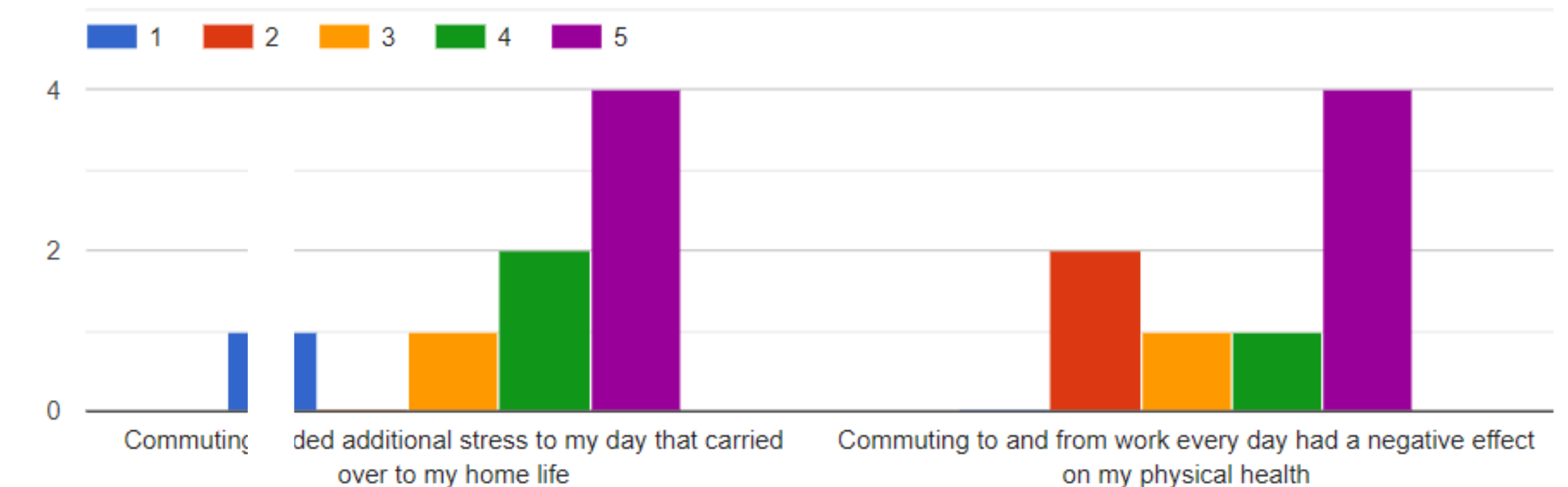
Work-Life Balance

Please rate these on a scale from 1-5 (Strongly Disagree, to Strongly agree) with your agreement to the following statements, Based on your life WHILE COMMUTING TO WORK.



Overall Well-Being

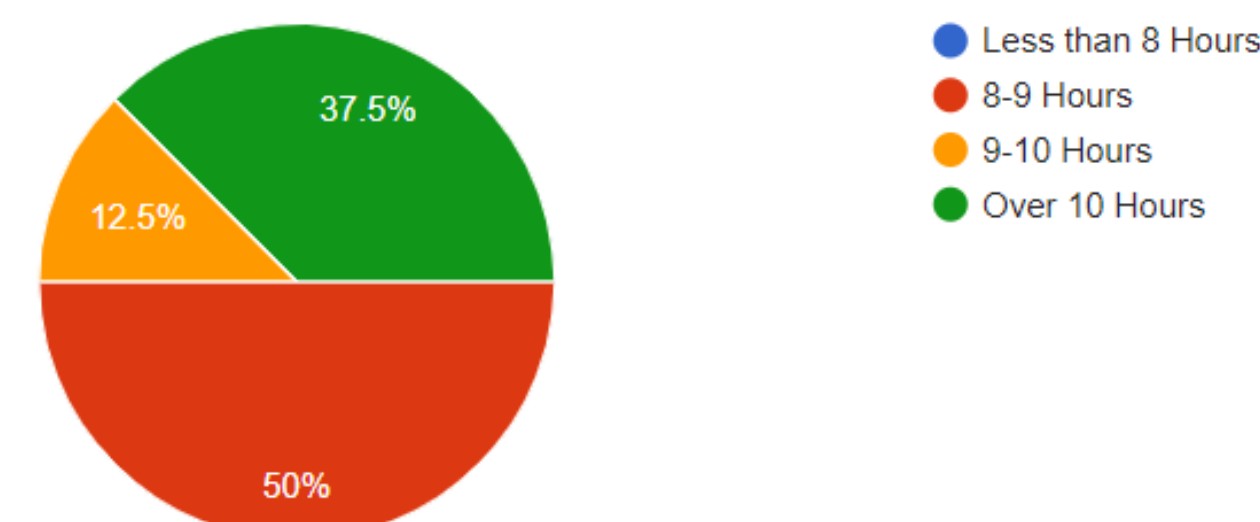
Please rate these on a scale from 1-5 (Strongly Disagree, to Strongly agree) with your agreement to the following statements, based on your life WHILE COMMUTING TO WORK.



Work-Place Productivity

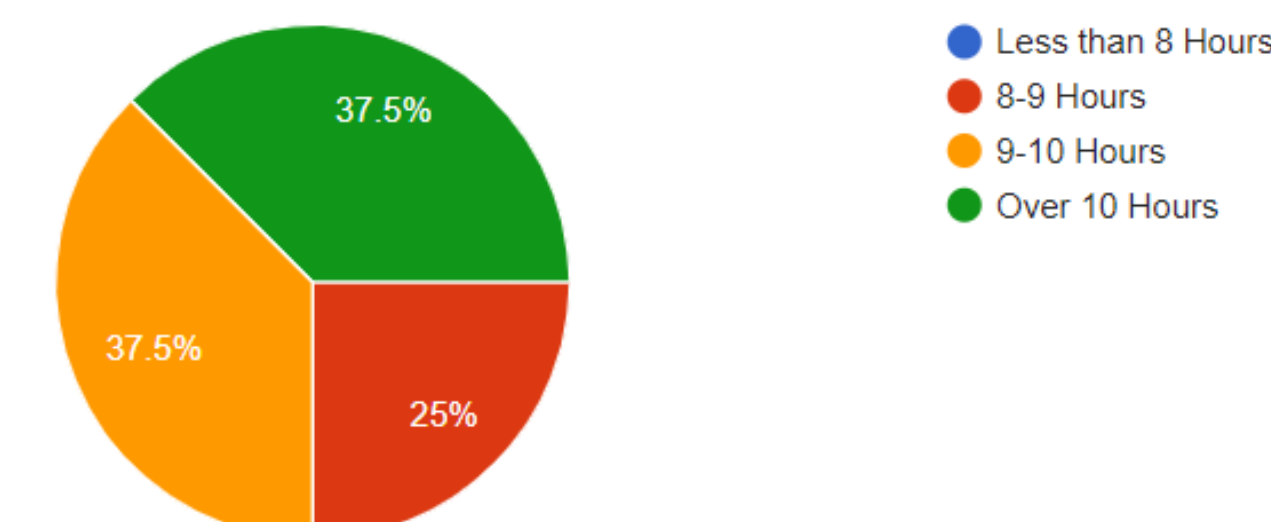
When COMMUTING TO WORK, on average, how many hours a day would you spend on the clock?

8 responses



When WORKING FROM HOME, on average, how many hours a day would you spend on the clock?

8 responses



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