

The Economics of Remote Work: Productivity and Work-Life Balance

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Abstract. This article investigates the economic implications of remote work, focusing on productivity and work-life balance. The study analyzes how remote work arrangements impact employee productivity and satisfaction, offering insights into the benefits and challenges of flexible work environments. The findings reveal that remote work can enhance productivity and work-life balance, but also present challenges such as isolation and communication barriers. The article provides recommendations for organizations to successfully implement remote work policies that maximize productivity while maintaining employee well-being.

Keywords: Remote Work, Productivity, Work-Life Balance, Flexibility, Employee Well-being

Introduction

Remote work has become a defining feature of the modern workplace, driven by technological advancements and changing employee preferences. This article explores the economic impact of remote work on productivity and work-life balance. Through empirical research and case studies, the study examines how remote work arrangements influence employee performance and satisfaction. The findings highlight the dual benefits of increased productivity and improved work-life balance, alongside challenges such as social isolation and communication hurdles. The paper offers practical recommendations for organizations to implement effective remote work policies that enhance productivity while supporting employee well-being.

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