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## **Experiences of Work from Home among Information Technology (IT) professionals in India – A psychosocial perspective**

Gifty M. Georlee

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# **Experiences of Work from Home among Information Technology (IT) professionals in India – A psychosocial perspective**

## **Abstract**

**BACKGROUND:** Work from home is the new work mode adapted by many professions after the pandemic. This was an alternative work mode for IT professionals even before the pandemic, which gave a different perspective of working from home. **OBJECTIVE:** This study aimed to explore the experiences of work from home among Indian IT professionals. **METHODS:** Those who have had at least six months of experience in working from home during or before COVID - 19 aged between 23 to 60 years were included in the study. The participants were recruited using purposive sampling method. An in-depth interview of 11 participants was carried out using the semi-structured interview guide through online mode. **RESULTS:** Thematic analysis revealed four themes; work from home- the experience, impact of working from home on life, work from home v/s work from office, facilitators for work from home. **CONCLUSION:** Participants acknowledged the benefits and disadvantages of working from home and recommended a hybrid mode for the future.

**KEYWORDS:** IT Employees, occupational therapy, occupational balance, role, routines