

Impact of Teleworking on Occupational Stress during COVID-19 Pandemic

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The objective of this study was to explore “the impact of teleworking on occupational stress during covid-19 pandemic”. There was lack of sufficient empirical evidence regarding the impact of teleworking on occupational stress during covid-19. Therefore, this study contributes to minimizing this gap in the literature. Data for the research has been collected through secondary and primary sources. That questionnaire was consisted of various questions relevant to the IT infrastructure, working isolation, workload, and occupational stress. The study population was executive and above carder level employees who were employed at, Brandix Apparel Solutions Ltd (BLSC) - Biyagama. The sample of 132 executive and above carder level employees have selected based on simple random sample technique. To interpret data and to obtain the result graphical charts, descriptive statistical techniques such as mean, mode, standard deviation and histograms, correlation and coefficient and simple regression analysis were used. To test the relationship between variables Pearson correlation technique analysis was used while simple regression analysis was used to identify the degree of the impact of the independent variable on dependent variable was analyzed by using R square value. And it was found to be that the factors such as IT infrastructure, working isolation and workload have a significant impact on occupational stress. The present study would help to implement this teleworking concept more efficiently in future.

Keywords: *Teleworking, Occupational Stress, IT Infrastructure, Workload, Working Isolation*

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