

PP - (20931) - REMOTE WORKING AND E-LEARNING SPATIAL SETTING IMPACTS ON WELL-BEING

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Research or practical problem and objectives

The Covid-19 pandemic period has been characterized by massive uses of online modes for both workers and students worldwide. Regarding Italy, it was estimated that over 6.6 million Italian active workers remotely worked at March 2020 (i.e., 41% of the active national workforce). Approximately 94% of students of all levels carried out their activity remotely in the same period. This contribution aims to analyze how and which characteristics of the physical-spatial setting characterizing the remote work/study activity may have impacted individuals' psychological well-being.

Methods and process (for empirical research)

To test such hypotheses, in Study 1 participants (N = 490 students from various Italian universities engaged in distance learning activities) were asked to fill in an online questionnaire divided into two sections: a scale for the psychological perception of the environmental qualities and scales for perceived stress. Through an exploratory factor analysis (EFA) conducted a 5-factor composition emerged on the scale of psychological perception of the physical-spatial elements: safety, visual well-being, acoustic well-being, usability and control, aesthetics. In Study 2, participants (N = 551 Italian workers engaged in remote working) filled out a questionnaire divided into four parts: the scale for psychological perception of the environmental qualities, environmental satisfaction, job satisfaction in remote working and finally stress and engagement scales. A confirmatory factor analysis (CFA) confirmed the 5 factors that emerged in study 1.

Main results preview and importance (or main arguments in the case of critical reviews)

The preliminary results for study 2, show how the relationship between psychological perception of spatial qualities, stress and engagement is sequentially mediated by environmental satisfaction and job satisfaction. The study represents one of the first approaches to systematically analyze the importance of the perception of environmental qualities with regard to the setting where the remote work/study activity is carried out.

Palavras-chave : remote work; e-learning; satisfaction; engagement