

Work Buddy

A wellness app for employees

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Abstract

Due to the sudden increase in Work from Home (WFH), businesses and their employees have had to quickly change work-related procedures and practices with a significant emphasis on technology. This paper investigates a technological solution for employees working from home to reduce video conferencing fatigue, improve togetherness and enhance wellbeing. This solution can be integrated with MS Teams a communication platform and will allow employees to connect with peers, track mood and receive recommendations accordingly, to reduce fatigue thus trying to enhance the overall experience and wellbeing while working remotely.

Introduction & Background

The use of VC technology has increased dramatically over the past two years due to the Covid-19 pandemic for the requirement for distant employment, and the desire for social interactions. Following the initial appearance of the term "Zoom Fatigue" (ZF) in various media outlets, several scientific publications have appeared to examine the consequences more thoroughly. The authors of this research provide a conceptual examination of the variables that contribute to videoconferencing fatigue (VCF). This study further extends the research on the mental-psychological, and possibly physical effects of videoconferencing fatigue and examines the technological and environmental aspects of video conferencing in effect of their impact on mental load or tiredness and offers a technological fix.

Research Methodology

Interviews

The objective was to learn about users' requirements, pain points, and existing efforts to address such pain points in relation to videoconferencing meetings and the user interface of the VC software. Five individuals were interviewed, each with a distinct job position. Different designations need varying VC software usage, resulting in the gathering of overall insights from distinct professional.

Results/Findings

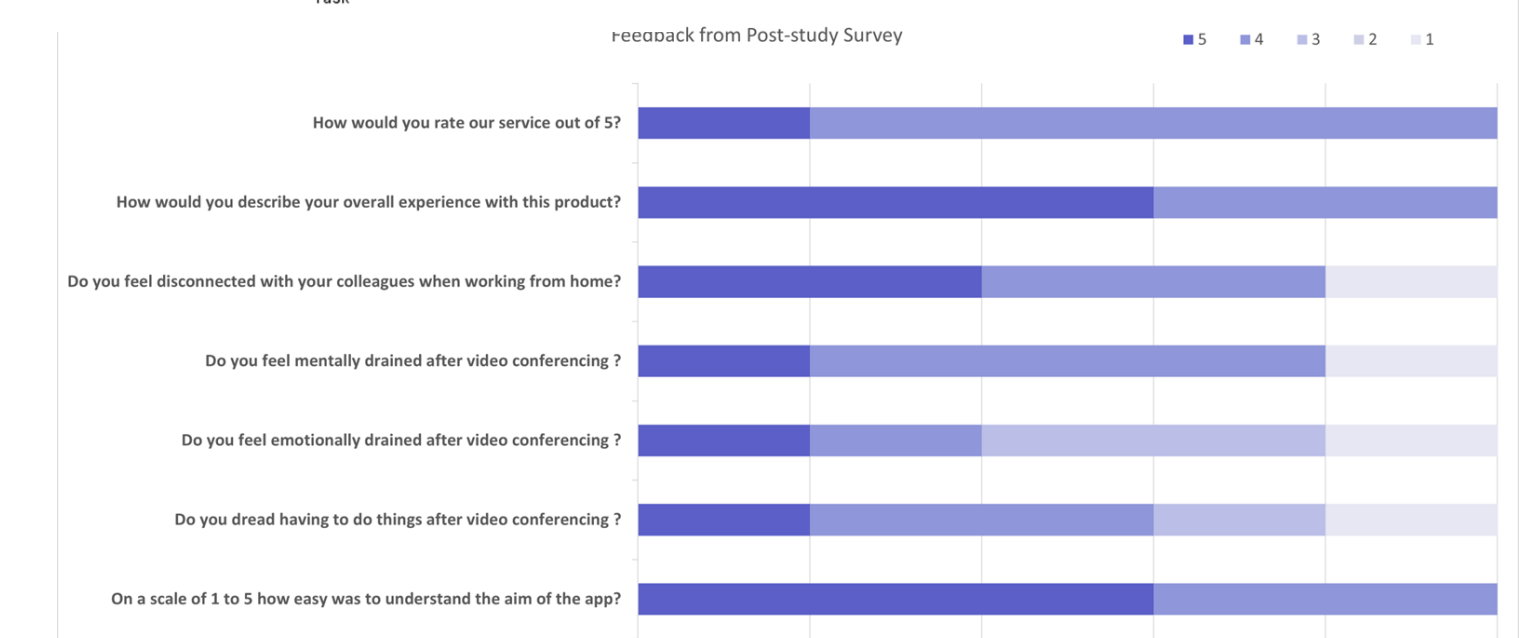
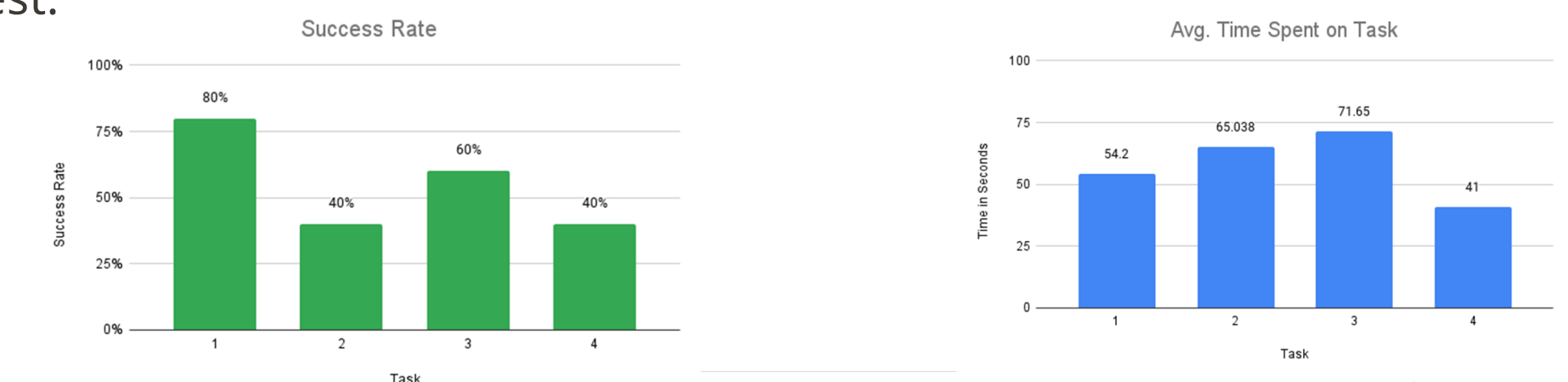
- Data were collected, and analysis was performed. There were three categories of findings: needs, activities, and pain points. It was unexpected to learn that the UI painpoints were different from what we had discovered through desk research.

Conclusion and Future Work

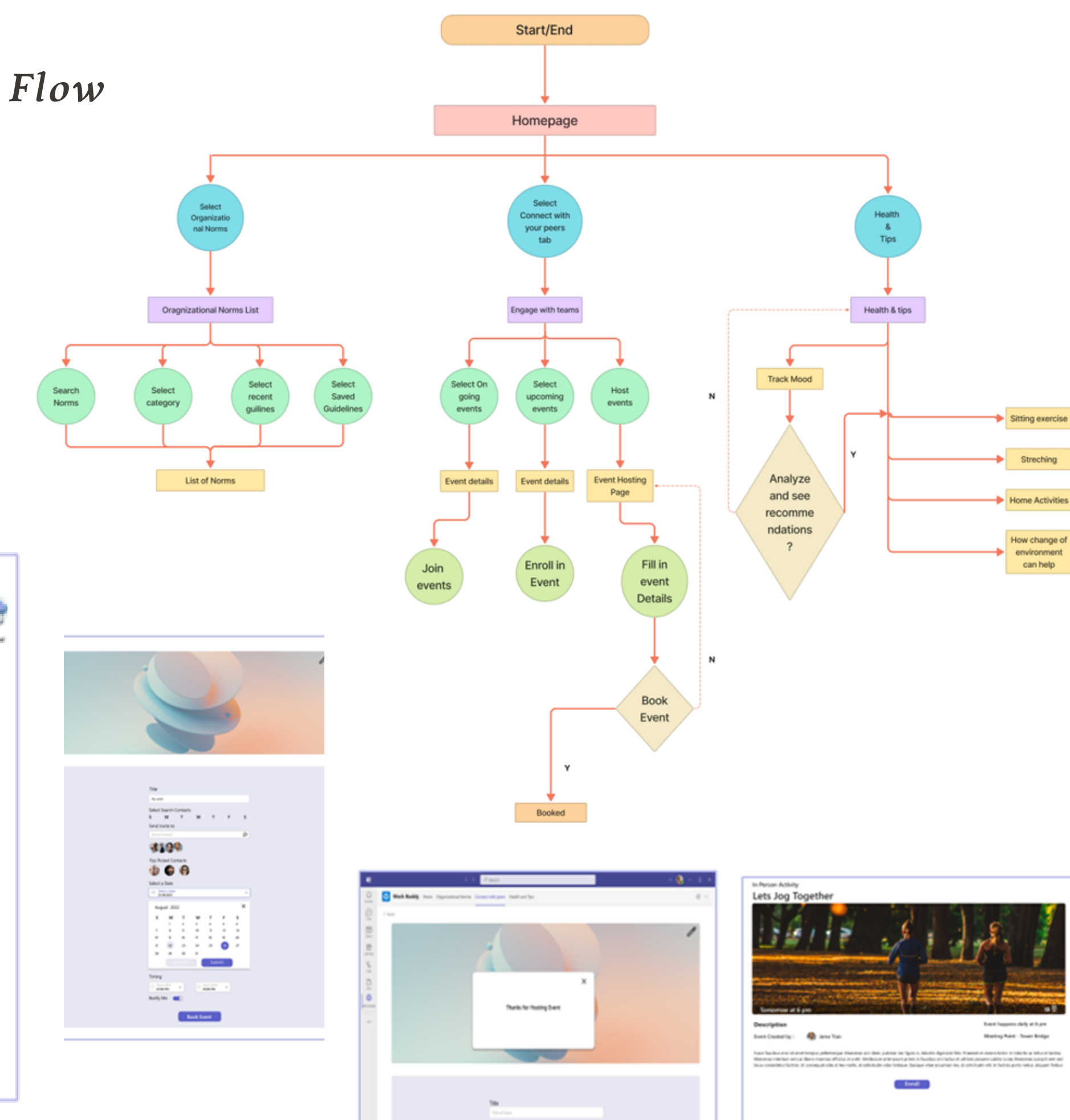
The experiment's findings indicated that the application had a 60% success rate when used successfully and an 80% overall success rate when used to increase wellness and reduce weariness. Future work on this study can include adding more information from the MS Teams as well as the participants' subjective and personal characteristics. It will also concentrate on how it can be integrated with other video conferencing platforms and how we might assist in integrating outside organisations that plan events and offer health advice.

Testing and Evaluation

User Tweak was used to remotely administer the test. The goal of the test was to evaluate the application's overall usability, time taken to complete tasks, and success rates. A post-test questionnaire was used to gauge the results of the test's focus on fatigue. Five working individuals in total took part in the test.



User Flow



Design / Diagram

