

Title Proposal For Qualitative Research

Title Proposal:

Research Title: Exploring the Lived Experiences of Remote Workers During the COVID-19 Pandemic: A Qualitative Study

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Abstract: This study aims to explore the lived experiences of individuals who transitioned to remote work during the COVID-19 pandemic. Through in-depth interviews and thematic analysis, the research seeks to understand the challenges, coping mechanisms, and overall impact on work-life balance, productivity, and mental health. The findings will provide insights into the benefits and drawbacks of remote work and inform organizational policies for future remote work strategies.

Research Questions:

1. How do remote workers describe their experiences during the COVID-19 pandemic?
2. What challenges have remote workers faced in their professional and personal lives?
3. What coping strategies have remote workers employed to manage these challenges?
4. How has remote work impacted the mental health and work-life balance of employees?

Methodology: This qualitative study will use a phenomenological approach to capture the essence of remote workers' experiences. Data will be collected through semi-structured interviews with 20-30 participants from various industries. The

interviews will be transcribed and analyzed using thematic analysis to identify common themes and patterns.

Significance of the Study: The research will contribute to the understanding of remote work dynamics and provide practical recommendations for organizations to support remote employees effectively. It will also highlight the potential long-term implications of remote work on employee well-being and organizational culture