

## **Impact of Telecommuting on Social Isolation during Covid-19 Pandemic**

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Telecommuting became the norm for many workplaces due to the global COVID-19 pandemic. Telecommuting is used by many organizations worldwide due to the development of technology and the ability to minimize the risk of transmission severely. However, prolonged periods of telecommuting have made the remote workers feel isolated away from the regular workplace. Having understood the said literature, a study was initiated to identify telecommuting's impact on social isolation during COVID-19. This was carried out as a qualitative, cross-sectional study comprising of 18 respondents in the Western province. Convenience sampling was used to select the sample. Data were collected via focus group interviews held online, and the trustworthiness was tested through thematic analysis. It was found that there is a significant impact of telecommuting on social isolation during COVID-19. The themes of work-life balance increased support, reduced interactions, difficulty in performing the job, and isolation were recurring themes brought up by the respondents. It is recommended to build more interactive communications systems and online team building programs as recommendations for this issue. The findings of this research serve as a guideline for organizations and telecommuters in the country.

***Keywords:*** COVID-19, Social Isolation, Telecommuting

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