



**STRESS RELATED PROBLEMS WITH COVID-19 OUTBREAK AND
WORKING FROM HOME: RELATING TO THE SRILANKAN IT
SECTOR SENIOR RESOURCES.**

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Master of Business Administration

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ABSTRACT

As all of us know covid-19 become a global pandemic, which forces human beings to live at home without going out. Along with that most of the countries all around the world declared WFH for their employees. WFH causes masses of issues for different people in different fields, this study is about one of most crucial problem that occurred with WFH, which is senior resources of Sri Lankan software industry getting stressed. In the very beginning WFH was very interesting thing for employees once the time passes, they feel it is vast challenge, to align with work life balance and productivity. Which lead employee towards stress. In this study the researcher had built the model for how to relate the senior resources stress while working from home. In this study the researcher has identified the WFH is not easy task with work life balances. So researcher has built the model with seven variable, which are directly associated with senior resources stress. Defined variables are Problem with work life balances, Problem with team communication, Company cost cutting decisions, Problem with work life balances, Management problem, Technical and working environment Problems and personal characteristics. Finally with this finding if any employee or company can follow this model then they can reduce the stress and they can increase the productivity.

Key Words: Working from home, senior employee's stress, Software industry, Company cost cutting decision, Work life balances

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List of abbreviations

WFH – Working From Home

WHO – World Health Organization

IT – Information Technology

USA – United State of America

UPS – Uninterruptible Power Supply