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Remote work commute irraa nama baraaruu danda'a. Garuu wal-qunnamtii hawaasummaa xixiqqoo hojii irraa argamu illee balleessuu danda'a.

Qorannoon Science workers US 588,322 irratti, occupations pandemic booda baay'ee remote ta'an caalaatti solitary akka ta'an fi mental distress caalaatti ol akka ka'e, keessumaa namoota kophaa jiraatan keessatti, tilmaama. Kun remote work irratti case blanket miti yookaan office deebi'uu dirqisiisuu miti. Warning isaa: flexibility variable design dhokataa tokko qaba — social contact.

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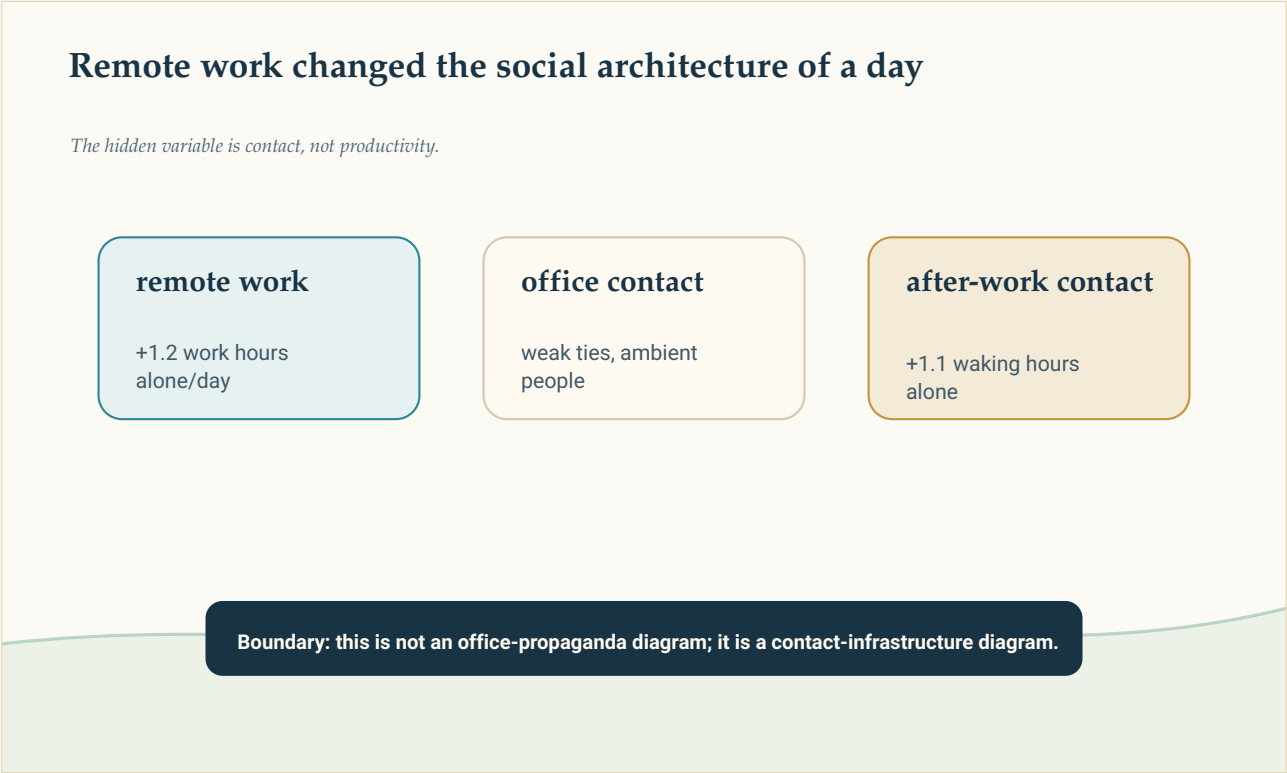
Fagoo irraa hojii'n commute qofa hin balleessine

Marii fagoo irraa hojii idilee keessatti productivity, flexibility fi commute irratti xiyyeeffatama. Namoonni mana irraa hojii wal-qixa raawwachuu danda'uu? Isaan ni jaallatuu? Mindaa muraasa irraa dhiisanii kana filatuu? dhaabbilee namoota office deebi'uu dirqisiisuu qabuu?

Gaaffileen kun dhugaa dha, garuu jijjiiramaa callisaa tokko ni hafa: **wal-qunnamtii hawaasummaa idilee**. Office bakka hojii oomishaa qofa miti. Namoota hedduuf bakka walitti dhufeenya namaa xix-iqqoo, dhiibbaa hin qabne argatan dha: nama bira darbee deemuu, namoota bira nyaachuu, gaaffii gaafachuu, haasawa dhaga'uu, kutaa duwwaa hin taane keessa jiraachuu.

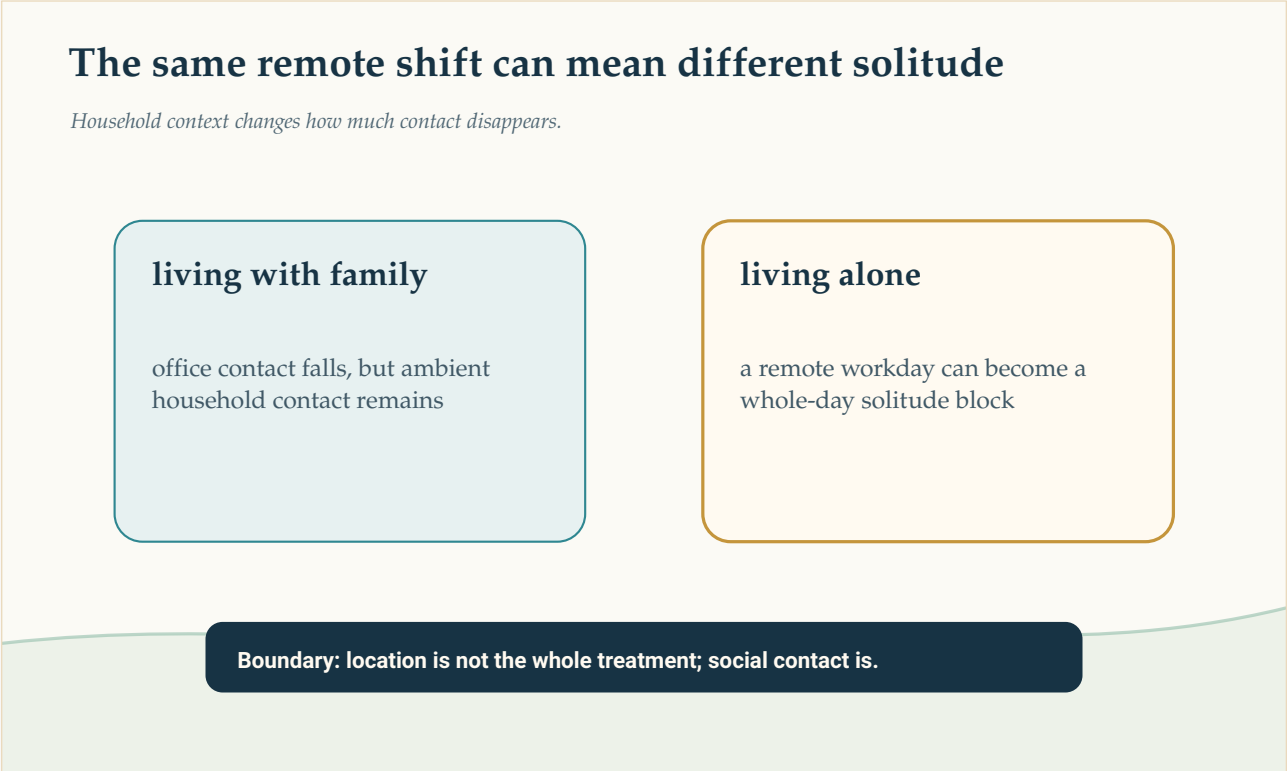
Barruu Saayinsii haaraa keessatti Natalia Emanuel, Emma Harrington fi Amanda Pallais fagoo irraa hojii pandemic booda yeroo dheeraaf hafe maal akka ta'e tilmaaman. Argannoo isaanii fagoo irraa hojii namoota hundaaf badaa dha jechuu miti. Hojiiwwan fagoo irraa ta'uu danda'an baay'inaan caalaatti solitary ta'an, fi mental distress hojiiwwan san keessatti caalaatti ol ka'e — keessumaa namoota kophaa jiraatan keessatti.

Kun "fagoo irraa hojii depression uuma" jedhu irraa adda. Himannaa isaa daangeffamee fi faayidaa qabu: bakka hojii guyyaa tokko keessatti hawaasummaa architecture jijjiira.



Guyyaa hojii fagoo irraa, office fi after-work contact keessatti qoodame; jijjiiramaa dhokataa productivity miti, hawaasummaa contact dha: workday tokko keessatti +1.2 hours hojii kophaa fi waking day keessatti +1.1 hours kophaa, dhiibbaa namoota kophaa jiraatan keessatti cimaa.

Original diagram — The Clean Paper CC BY 4.0



Hojii fagoo irratti ce'uun haala maatii irratti hundaa'ee dhiibbaa adda addaa qaba: maatii waliin jiraachuun qunnamtii hawaasaa muraasa eega; kophaa jiraachuun guyyaa hojii fagoo guutuu gara kophaa turuutti jijjiiruu danda'a. Location qofti yaala miti; hawaasummaa contact dha.

Original diagram — The Clean Paper CC BY 4.0

Qorannoon maal godhe

Barreessitoonni namoota fagoo irraa hojii filatan qofa office deeman waliin wal-bira hin qabne. Wal-bira qabuu akkasii confounding baay'ee qaba; namoonni jobs, firms fi arrangements adda addaatti sababa hedduun filatamu.

Kana irra, hojiiwwan mana irraa hojjachuun plausibly danda'amu fi hojiiwwan fiizikaalaa presence barbaadan wal-bira qaban. Software engineering fi marketing fagoo irraa hojjetamuu danda'an dha; nursing, food preparation fi machine operation immoo akkas miti. Classification kun Dingel-Neiman index occupational remotability irraa dhufa.

Qophii isaa **difference-in-differences** dha. Gaaffiin: pandemic booda isolation fi mental fayyaa namoota jobs fagoo irraa hojjetamuu danda'an keessa jiran keessatti, namoota jobs nonremotable keessa jiran caalaa jijjiiramaa? Qorannoowwan US sadarkaa biyyaalessaatti bakka bu'an shan, 2011–2024, fayyadaman; 2020 fi 2021, yeroo pandemic cimaa, ijoo before-after walbira qabuu keessaa baasanii jiru.

saamudaa guddaa dha: hojjettoota **588,322** daataa maddoota walitti makaman keessatti. Bu'aawwan fayyadama yeroo diaries, Kessler K-6 psychological distress scores, depression, fayyaa sammuu

fayyadama tajaajila fayyaa fi fayyadama qoricha ajajame dabalatu.

Qabxiin ijoo yaala filannoo dhuunfaa “fagoo irraa hojii nan jaalladha” miti. Saaxilamuu hojii arrangement isaa pandemic booda baay’ee fagoo irraa ta’e dha.

Maal jijjiirame

Fagoo irraa hojii jobs fagoo irraa hojjetamuu danda’an keessatti dhugumaan baay’ee ol ka’e. Bara 2024 hojjettoota occupations fagoo irraa hojjetamuu danda’an keessa jiran workdays isaanii 31.1% guutummaatti fagoo irraa turan; nonremotable keessatti 8.9%. Differential rise pandemic booda **17.9 dhibbeentaa qabxiilee** ture.

Jijjiirama kana waliin hojjettoota jobs fagoo irraa hojjetamuu danda’an keessa jiran **workday tokko keessatti 1.2 hours caalaatti kophaa hojjetan** waliin wal bira qabamee nonremotable hojjettoota. barruun kana **58.0% daballii** jechuun ibsa. Yoo differential rise fagoo irraa hojii irratti rescale godhame, fagoo irraa day tokko irratti hours hojii kophaa **6.6** dabalataa ta’uu tilmaama.

Jijjiirama sun hojii qofa irratti hin dhaabbanne. Waking yeroo waliigalaa kophaa hojjettoota fagoo irraa hojjetamuu danda’an keessatti, nonremotable caalaa, **1.1 hours tokkoon tokkoon workday** ol ka’e. barruun guyyoota guutuu kophaa dabarsan dabaluu fi after-work hawaasummaa activities hir’achuu illee gabaasa.

Kutaan kun salphaan gadi xiqqeessamu danda’a. Commute nama dadhabsiisuu danda’a. Office distraction qabaachuu danda’a. Garuu office balleessuun madda dadhabaa hawaasummaa ties automatic tokko illee balleessa. Namoota contact gahaa bakka biraa irraa argataniif kun homaa ta’uu dhiisuu danda’a. Namoota kophaa jiraataniif ammoo baay’ee murteessaa ta’uu danda’a.

Living-alone amplifier

Dhiibbaawwan cimaan hojjettoota kophaa jiraatan keessatti mul’ata.

barruun extreme solitude ol ka’uun garee kana keessatti concentrated akka ta’e gabaasa. Hojjettoota kophaa jiraatan occupations fagoo irraa hojjetamuu danda’an keessatti entire days alone dabarsuu fi guyyoota ambient hawaasummaa contact illee hin qabne — gym, store yookaan restaurant keessatti nama biraa arguu dabalatee — baay’inaan ol ka’e.

Kun intuition waliin ni sima. Partner, children yookaan family biraa waliin jiraatta yoo ta’e, fagoo irraa hojii colleagues si irraa fageessa garuu household interaction ni hafa. Kophaa jiraatta yoo ta’e, fagoo irraa workday guutuun guyyaa namni biraa physically hin jirre ta’uu danda’a.

Kanaaf “fagoo irraa vs office” jechuun baay’ee bal’aa dha. Arrangement wal fakkaataan household caasaa, naannoo, commute, personality, fayyaa, caregiving obligations fi office day namoota biroo waliin coordinate ta’uu irratti hawaasummaa consequences adda adda qabaachuu danda’a.

Mental fayyaa illee jijjiirame

fayyaa sammuu measures isolation measures waliin kallattii tokkoon socho'an.

Hojjettoota jobs fagoo irraa hojjetamuu danda'an keessa jiran keessatti mental distress gara **0.1 istaandaardii deviations** ol ka'e waliin wal bira qabamee nonremotable. Panel Qorannoo of Income Dynamics keessatti K-6 distress score 0.3 units ol ka'e; prepandemic giddugaleessa 3.0 ture. Hojjettoota kophaa jiraatan keessatti daballii naannoo dachaa ture.

Bu'aan kun gaaffii qorannoo tokko qofa irratti hin hundaa'u. Barruun dhiphina sammuu, fayyadama tajaajila fayyaa sammuu fi fayyadama qoricha ajajame keessatti jijjiirama wal fakkaataa gabaasa. Hojjettoota fagoo irraa hojjetamuu danda'an 4.6 dhibbeentaa qabxiilee caalaatti fayyaa sammuu ogeessa arguu jalqaban, prepandemic giddugaleessa 7.9% irraa. Depression/anxiety qorichawwan ajajaman 1.8 qabxiilee ol ka'e giddugaleessa 10.9% irraa; fayyaa sammuu qorichawwan ajajaman hunda 1.9 qabxiilee ol ka'e giddugaleessa 11.6% irraa.

Placebo sakatta'awwan barbaachisaa dha. Hojjettoota sanuma non-fayyaa sammuu kunuunsa yookaan non-fayyaa sammuu qorichawwan ajajaman keessatti daballii wal fakkaataa hin agarsiifne. Kun explanation "healthfayyadama tajaajila fayyaa waliigalaa ol ka'e qofa" jedhu dadhabsiisa.

Barreessitoonni fagoo irraa hojii ol ka'uun qorannoo period keessatti isolation fi mental distress waliigalaa daballii keessaa gara **tokko sadaffaa** ibsa jedhan. Kun waan xiqqaa miti, garuu seenaa guutuu illee miti.

Kun maal hin mirkaneessu

- Fagoo irraa hojii namoota hundaaf badaa dha jechuu **hin mirkaneessu**.
- Nama tokko personally mana irraa hojjechuu filateef distress isa irratti sababa ta'e jechuun hin mirkaneessu.
- Office hojii ofumaan healthier dha jechuu hin agarsiisu.
- Guutummaatti fagoo irraa fi hybrid hojii adda hin baasu.
- Subgroups fagoo irraa hojii irraa faayidaa argatan hunda adda hin baasu.
- Loneliness validated safartuu guutuun hin safarre; isolation measures qorannoo daataa jiru irraa ijaaraman.
- Pandemic-era confounds hunda hin balleessu. Qophii sun 2020 fi 2021 keessaa erga baasee booda fagoo irraa hojjetamuu danda'an fi nonremotable occupations trends wal-fakkaataa hordofu turan jedhu assume godha.
- Productivity, disability access, caregiving flexibility yookaan commuting yeroo faayidaa hin qaban jechuu miti.

Qabxiin dhumaa murteessaa dha. Fagoo irraa hojii gatii qabaachuu danda'a. barruun hojjettoota hedduun fagoo irraa yookaan hybrid arrangement filachuu akka jaallatan, fi qorannoo biroon satisfaction, retention fi work-life balance irratti faayidaawwan argate ni yaadachiisa. Hawaasummaa cost tokko verdict waliigalaa miti.

Ragaan hammam cimaa dha?

Strength barruu kanaa convenience qorannoo tokko qofa irratti hin hirkatu. fayyadama yeroo daataa, fayyaa sammuu safartuuwwan, healthfayyadama tajaajila fayyaa fi ajaja qorichaa measures kuusaa daataa US nationally representative hedduu keessatti walitti makata. Occupation-level qophii fayyadamuun, fagoo irraa hojii filatan qofa filachuu dhiisan waliin wal-bira qabuu irratti hin hundoofne.

Robustness fi placebo sakatta'awwan hedduu raawwatan. Dhiibbaawwan namoota kophaa jiraatan keessatti cimaa dha — exactly bakka isolation adeemsa hojii dhiibbaa guddaa jedhu. Non-fayyaa sammuu kunuunsa keessatti akkaataa wal fakkaataa hin jiru. Generative AI saaxilamuu fayyaa sammuu akkaataa ibsuu danda'aa jedhanii illee qoran; bu'aawwan remotability irratti load godhu, AI saaxilamuu irratti miti.

Dadhabaa qabxii kuusaa daataa hammamtaa miti; hiika dha. "Remotable occupation booda pandemic" jechuun "nama kana mana irraa guyyoota shan hojjeta" waliin walqixa miti. Tilmaamota hybrid arrangements, workplace spillovers, occupation-level jijjiiramoota fi shocks hin safaramne jobs fagoo irraa hojjetamuu danda'an irratti adda bu'an dabalachuu danda'u.

Kanaaf dubbisuu qulqulluun: qorannoon ragaa jabaataa kenna pandemic booda fagoo irraa hojii ol ka'uun isolation ol kaasee fi fayyaa sammuu measures dadhabaa waliin wal qabate, keessumaa hojjettoota kophaa jiraatan keessatti. Prescription dhuunfaa salphaa akka ta'etti dubbifamuu hin qabu.

Hiika isaa

Xumura hojiirra oolu "namni hundi office deebi'uu qaba" miti. "Fagoo irraa hojii akka location qofti jijjiiramaa ta'etti hin qophii godhin" dha.

Hybrid hojii keessatti namni hundi guyyaa adda adda office dhufa yoo ta'e, office hawaasummaa emptiness qabaachuu danda'a. Fagoo irraa hojii meetings qofa ta'ee informal contact hin qabne yoo ta'e, guyyaan efficient fi isolating yeroo tokkootti ta'uu danda'a. Hojjetaa kophaa jiraatuuf guutummaatti fagoo irraa week ambient hawaasummaa saaxilamuu guarantee ture qofa balleessuu danda'a.

Barreessitoonni interventions akka hybrid hojjettoota in-office days walitti qindeessuu fi informal interaction, online illee, jajjabeessuu jedhu. Kun nostalgia cubicles miti. Hawaasummaa contact **infrastructure** ta'uu isaa hubachuu dha.

Gaaffiin caalaatti gaarii "fagoo irraa moo office?" miti. "Arrangement durii walitti dhufeenya namaa keessaa maal akka tasaa kennu ture, arrangement haaraan akkamitti deliberate ta'een bakka buusuu danda'a?" dha.

Cuunfaa gabaabaa

Emanuel, Harrington fi Pallais pandemic booda fagoo irraa hojii ol ka'uun workdays caalaatti solitary taasisee fi fayyaa sammuu measures dadhabaa waliin wal-sime, keessumaa namoota kophaa jiraatan keessatti, jechuun tilmaamu. Hojjettoota occupations fagoo irraa hojjetamuu danda'an keessa jiran nonremotable waliin wal-bira qabamanii, guyyaa tokko keessatti gara 1.2 hours hojii kophaa fi 1.1 hours waking yeroo kophaa dabalataa dabarsan. Mental distress, fayyaa sammuu fayyadama tajaajila fayyaa fi fayyaa sammuu qorichawwan ajajaman jobs fagoo irraa hojjetamuu danda'an keessatti caalaatti ol ka'an; non-fayyaa sammuu kunuunsa akkas hin taane. Bu'aan fagoo irraa hojii irratti haala blanket miti. Inni qophii warning dha: flexibility yeroo qusachuu danda'a, garuu hawaasummaa contact illee balleessuu danda'a; namoonni dhabamuu kanaaf saaxilame caalan mana isaanii duraanuu duwwaa ta'e keessatti jiraatan ta'uu danda'u.

Maddoota

Emanuel, Harrington and Pallais, Home alone: Remote work, isolation, and mental health, Science 392, eaec7671 (2026)
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