

# Impact of COVID-19 Crisis on Work-Life Balance

*Saturday 7 November 2020 14:00 (1 hour)*

In response to COVID-19 crisis, Working Group Equal Opportunities of the German Physical Society conducted a global survey between April and June 2020. The aim of the “Impact of COVID-19 Crisis on Work-Life Balance” survey was to learn about the impact of the pandemic to our work and social lives. Working Group for Equal Opportunities (AKC) of the German Physical Society (DPG) strives to provide guidance to all relevant parties such as institutes, NGOs, employers, employees, and managers by serving the results of this survey which is based on responses of more than 1500 participants worldwide.

In this study, living arrangements, remote working conditions, self-organization and leadership attitudes and post-pandemic concerns compared for different demographic, regional, educational, and occupational groups. Stress level due to remote working, changed lifestyles and different perceptions about the post-pandemic era were investigated.

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