# FAST FACTS

# Remote Work and Work-Family Relationships

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What is remote work?

- **Fact 1:** "Remote work, also known as telework, telecommuting, or virtual work, involves performing work tasks outside of a traditional office environment, typically from home." (Parry 2024: pp.16).

How common is remote work?

- **Fact 1:** "Before the pandemic, 25% of the workforce worked at least partly from home; this increased to 36% by 2022." (Risse 2024: pp.1).

- **Fact 2:** "The percentage of eligible workers working remotely increased dramatically during the COVID-19 pandemic, with nearly 70% of workers experiencing some form of remote work in spring 2020." (Petts et al 2024: pp. 1)

- **Fact 3:** "The widespread adoption of remote work created various possible work-from-home configurations among couples, with some both working from home all the time, some not at all, and others working unique patterns of days home and days on the job site." (Brumley et al 2024: pp.1).

How does remote work positively impact employees in their occupations and at home?

- **Fact 1:** "Telework offers flexibility, granting employees greater control over their schedules, which can increase productivity and autonomy." (Aoki et al 2025: pp. 3).

- **Fact 2:** "Remote work saves time previously spent commuting, which can be redirected towards work, caregiving, and leisure activities." (Ferguson et al 2024: pp.1).

- **Fact 3:** "Mothers reported better communication and increased closeness with their coparent and family members." (Cox et al 2025: pp. 254).

How does remote work negatively impact employees in their occupations and at home?

- **Fact 1:** "Higher levels of technostress, caused by the demands of using technology for remote work, are associated with increased work-to-family and family-to-work conflicts." (Procentese et al 2025: pp. 272).

- **Fact 2:** "Among couples with children...remote work is positively associated with both their own and their partners' behavioral family-to-work conflict." (Brumley et al 2024: pp.2).

How does the impact of remote work vary by gender?

- **Fact 1:** "Many mothers experienced low coparent involvement and felt overwhelmed by the demands of juggling work and parenting." (Cox et al 2025: pp. 254).

- **Fact 2:** "Women [who are remote workers] are more likely to report higher levels of perceived stress compared to men." (Capecchi et al 2024: pp. 1205).

Why should opportunities to remote work be advanced?

- **Fact 1:** "Balancing work and personal life, alongside effective time allocation, is key to enhancing individuals' wellbeing." (Aoki et al 2025: pp. 2).

- **Fact 2:** "Telework has the potential to become a new form of affluent living, contributing to decarbonization as an initiative that reduces environmental impact while improving economic activity and wellbeing." (Aoki et al 2025: pp. 2).

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## About the Author

Parker Feldmann is a sophomore year sports media major with a journalism minor at Ithaca College. He plans to pursue a profession in an on-air hosting position after his graduation in May 2027 (last updated May 2025).