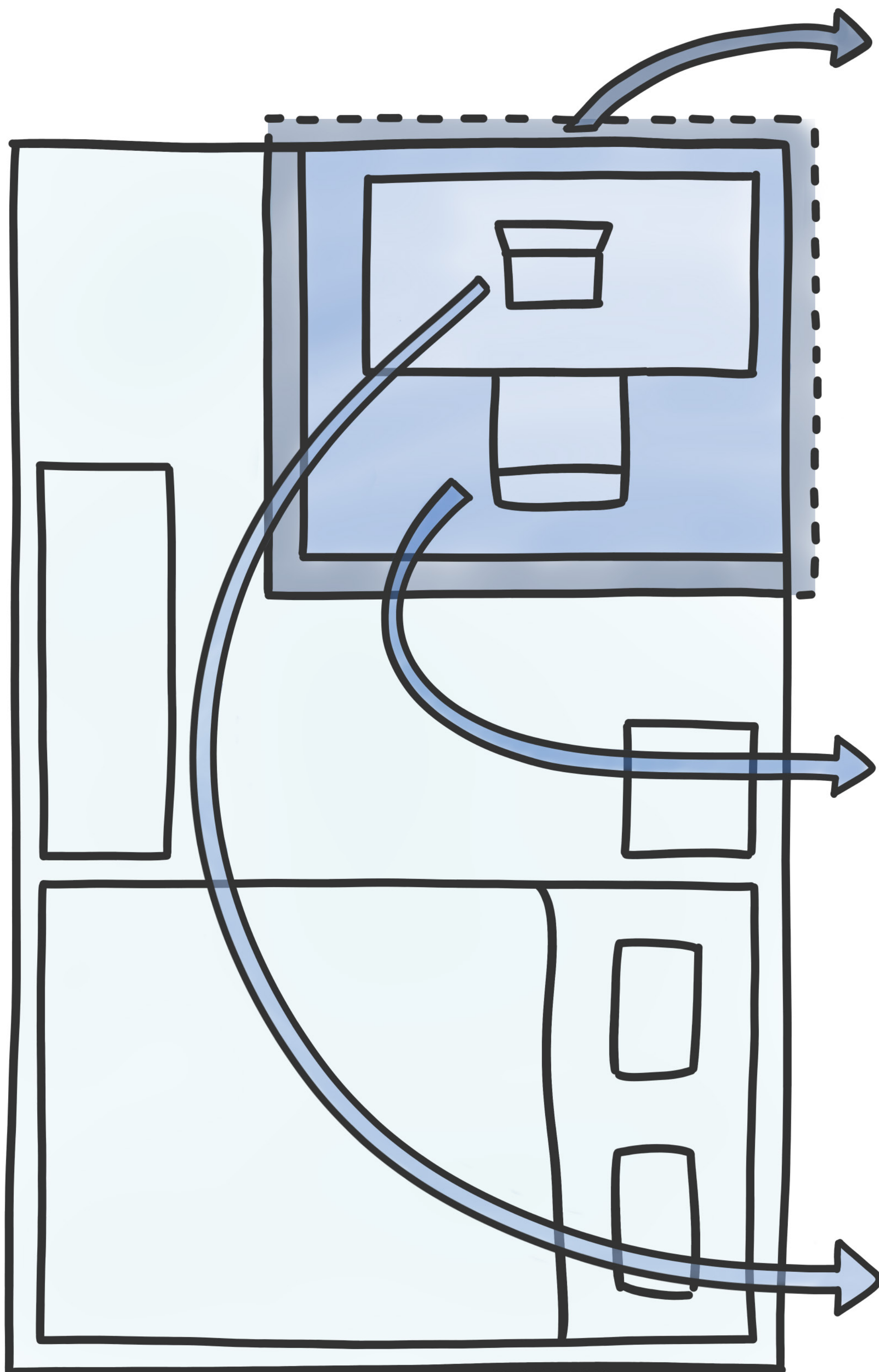


# Study your Study

## Increase wellbeing in the single-room-homes

This thesis focussed on helping students increase their work-related wellbeing and satisfaction with work while living in a single-room-home, where the associations of work and private life are mixed.

Tips and inspiration were distributed to students with the goal of helping them during the COVID-19 pandemic to positively modify their home-work environment, reaching almost 4000 views.

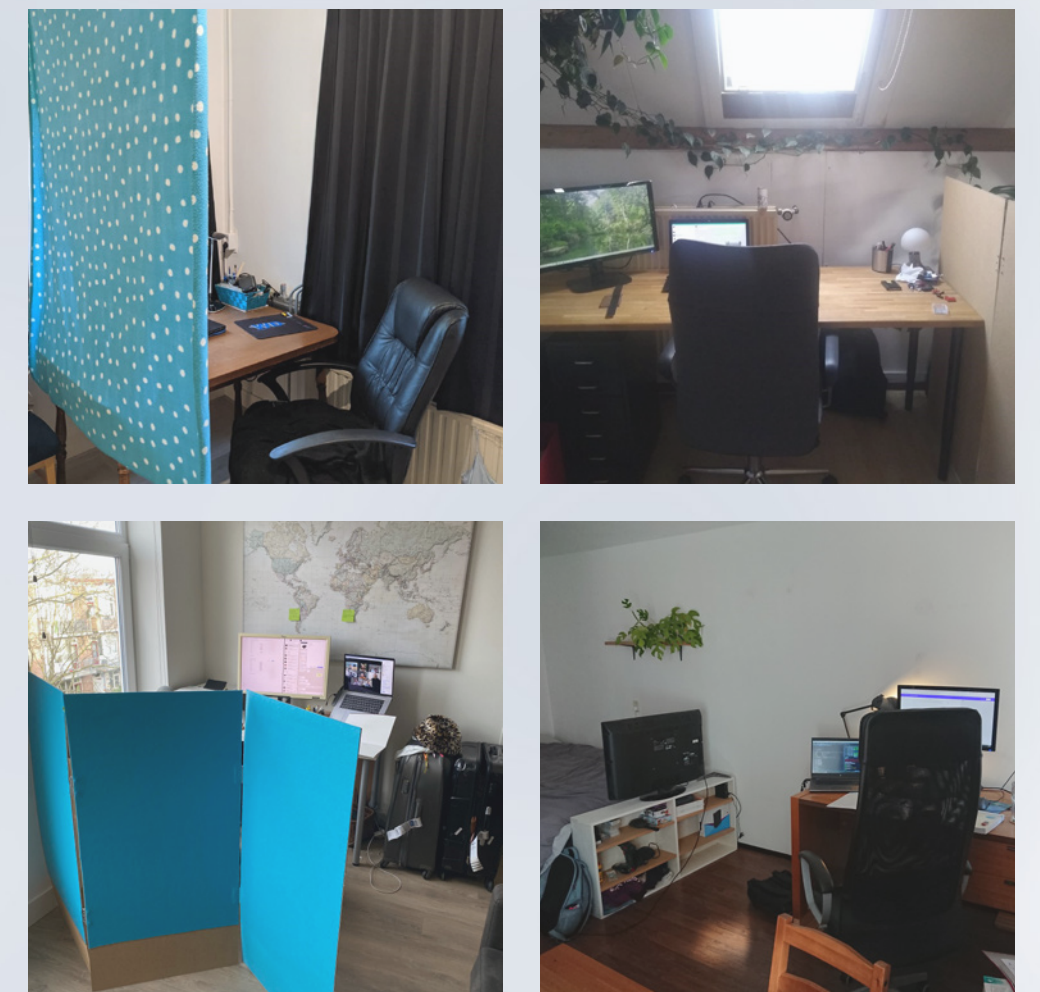


A floorplan of a small single-room-home (excluding bathroom and kitchen).

### Physical barrier

The physical barrier marks the border of one space to another, and creates a different place to go to in the single-room-home.

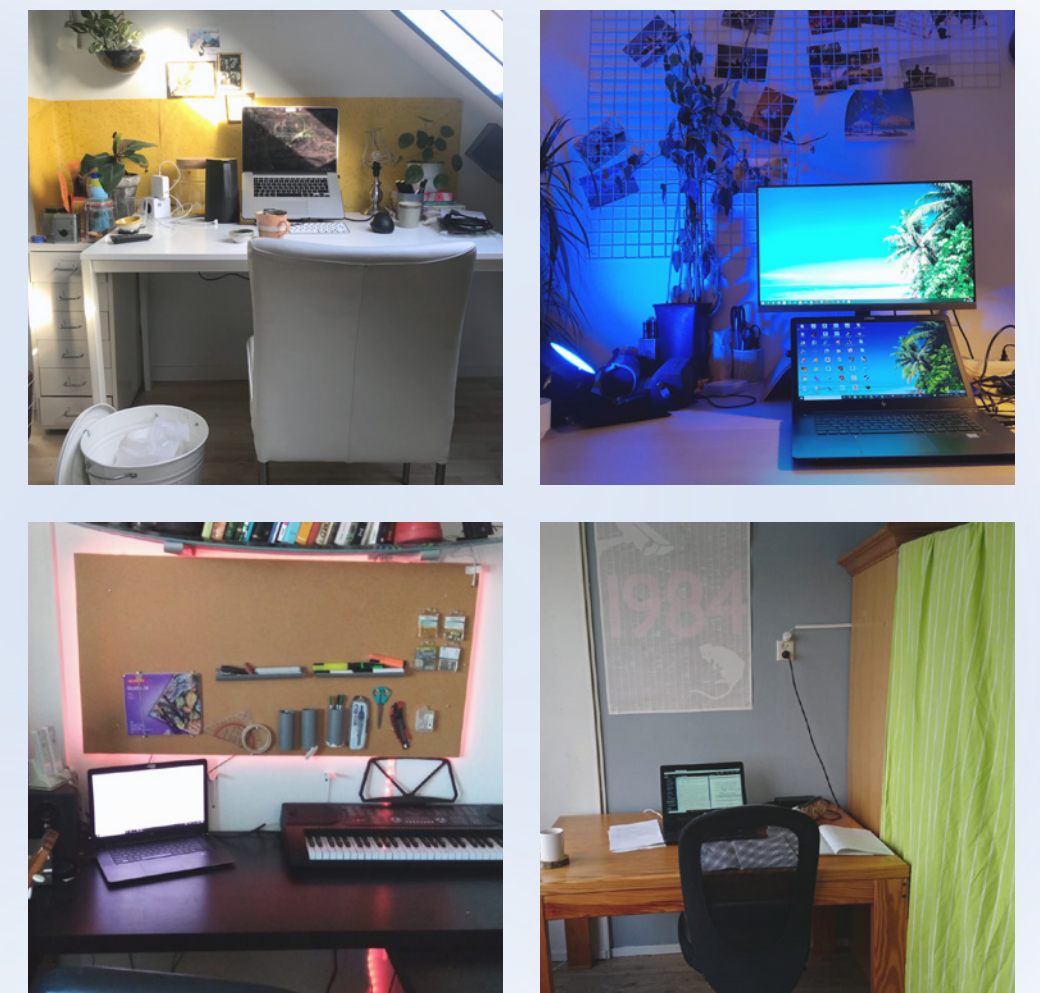
Participants noted they found their moment of studying more official after placing a barrier.



### Visual division

Satisfaction with the work/life balance was the most positive factor, raising the wellbeing score from 6.0/10 to 7.4/10.

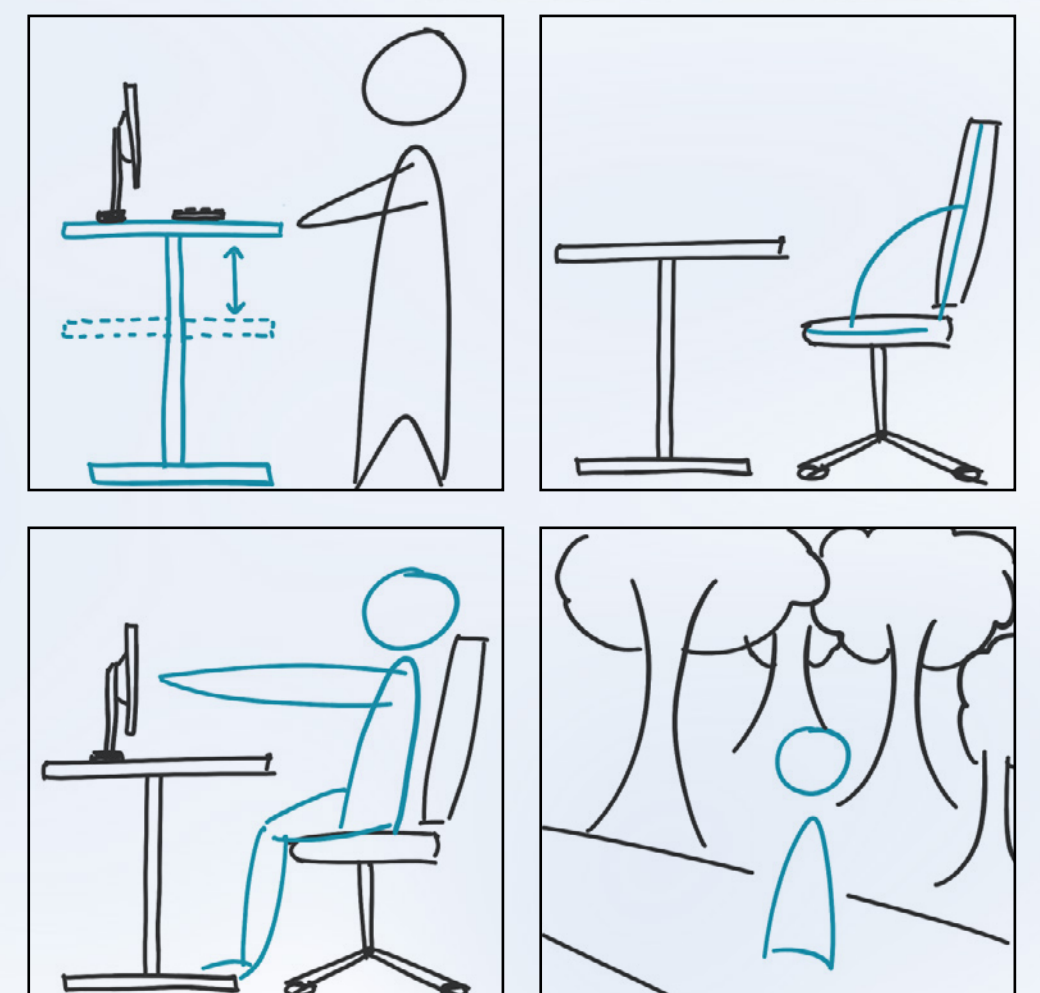
With a visual division in the single-room-home it is possible to create new association and separation of activities between spaces.



### Ergonomic setup

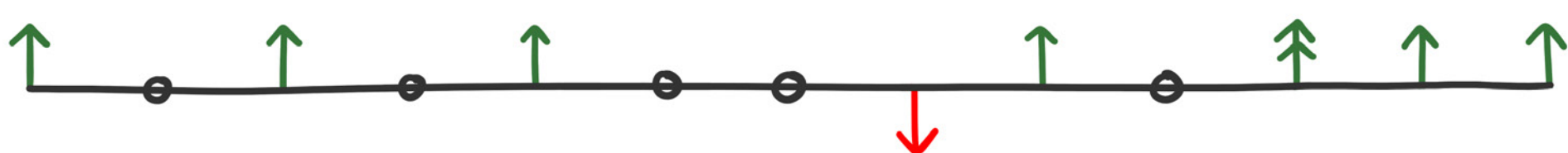
A study environment with negative effects on the body was the most negative factor on wellbeing. Reducing the average wellbeing score from 6.0/10 to 4.6/10.

Tips and instructions were provided to create a more ergonomic setup



### Evaluation

The satisfaction of working from home:



The ability to separate work from private life:



The individual score of 13 participants is shown on the x-axis, with their change on y-axis.

The evaluation showed an increase for 54% of the participants in either the ability to separate work from private life, or, the satisfaction of working from home. 23% of the participants showed an increase in both factors. And in total, 77% of the participants showed an increase in at least one area.

For more information: [StudyYourStudy.com](https://StudyYourStudy.com)

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The impact of the physical environment on work-related wellbeing:  
Helping TU Delft student working in a single-room-home

Committee

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