



## ABSTRACT

Workplace and work task could become the source where many problems may appear and lead an individual to stress. There are many different factors that could influence the feeling of stress within the work environment where it can impact both the employees and the employers. At the time this study is being written, the world has been hit by a pandemic where the government require companies to apply 'work from home' policy for their employees. With the sudden implementation of this new policy, companies and employees have little time to adapt to the new system and many problems arise.

With the research from articles, journals, news, and theories, it allowed us to find the problems that are happening in work situation regarding the stress of the employee's, especially during the work from home period. Furthermore, by having an interview with the company representative about these problems, a deeper understanding about the factor of employee's stress and how the companies manage it, were obtained.

The results of the study suggest that there is a need for the company to adjust their goal and policy, train the managers, improve their communication strategies, enhance the non-work interactions, provide support to the employees, and also apply the management standard approach to make the employees less stressful during work from home and also to be able to prevent, detect, and measures the employee's stress level in the future.

### ***DISCLAIMER:***

***In order to respect and keep the confidentiality of the companies, the company's name will be referred as Company A, Company B, and Company C.***