



**HOME RENAISSANCE FOUNDATION  
WORKING PAPERS  
Number 117**

**Remote economy and home-based work: digital homes  
changing economic and Work/Life balance  
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Paper delivered at Home Renaissance Foundation V Experts Meeting:  
'Home/Family and Climate Change',  
Nottingham Trent University, Nottingham 28-29 September 2023

## **Remote economy and home-based work: digital homes changing economic and Work/Life balance**

**María Jesús Álvarez, María Pich and Cristina Garrido**

### **Abstract**

*One of the biggest concerns today is climate change. The rate of consumption in developed societies is so excessive that we would need several planets if the entire population consumed at the same rate. CO<sub>2</sub> emissions and the production of polluting waste due to human activity are steadily increasing. On the other hand, family is one of the most important aspects of life for many citizens. Moreover, scientific studies have shown that good family life has an important influence on well-being and happiness. It is in the home that values are forged, and where people learn to appreciate what is important. All these facts lead us to ask the following question arises: Wouldn't families and homes be a right place to help mitigate the effects of climate change?*

*One of the ways we can achieve this goal is by implementing teleworking into our daily lives. The COVID-19 pandemic brought significant attention to this arrangement, and it has been studied the possible potential to reduce carbon emissions, enhance work-life balance, and improve the overall quality of life for employees.*

*Although there is considerable evidence of the benefits of teleworking for employers, including cost savings and improved productivity, the impact of teleworking on employees' work-life balance and well-being has not been fully explored. This gap in research highlights the need to investigate this area further.*

*The primary objective of this research is to explore the relationship between homes, teleworking and climate change. Specifically, our research seeks to determine how teleworking can contribute to reducing the negative impact of climate change while improving work-family balance.*

*The study is based on a review of existing literature and data collected from several sources, including surveys and interviews. First, we address academic sources, more specifically, papers published in the Web of Science. Reports and studies elaborated by international organizations will be also considered. This research will study if teleworking can contribute to reducing the negative impact of climate change at the same time that can also improve work-family balance by providing employees with more flexibility in managing their work and personal responsibilities.*

*The study aims to examine the following research questions:*

*How can teleworking contribute to reducing the negative impact of climate change? How does teleworking affect employees' work-life balance and well-being? What are the factors that influence the success of teleworking in promoting work-life balance and reducing the negative impact of climate change? What are the challenges associated with implementing teleworking in households and how can these challenges be addressed?*

*The study will use a mixed-methods approach, combining quantitative surveys and qualitative interviews to gain a comprehensive understanding of the relationship between teleworking, family and climate change. Expert interviews will help us to validate and complement the conclusions we draw from our research with other studies. The study's findings will have implications for policymakers, employers, and individuals seeking to promote sustainable living and work-life balance. The study's limitations and recommendations for future research will also be discussed.*

\*Full paper is being prepared for publication. Further details to be announced.