



THE WORKDAY HAS BECOME LONGER SINCE THE PANDEMIC

Since shifting to work from home, Muscovites have been working up to ten hours a day.

Insights from big data gained by MTS analysts suggest that since starting to work from home, Muscovites have been putting in up to ten hours a day. Their findings are published on the AdIndex website.

“We have been slower to get down to work after waking up but are spending less time on lunch and more on ‘staying late at the office’, so to speak. On average, our workday has increased to ten hours,” the experts explained.

IN MOSCOW, TWO THIRDS OF ALL OFFICE EMPLOYEES WORKED REMOTELY THROUGHOUT THE SPRING. THIS HAS NOW DROPPED TO 34%

According to the survey, for Russians, the shift to work-from-home started in March 2020. In Moscow, which bore the brunt of the COVID-19 outbreak in Russia, two thirds of all office employees worked remotely throughout the spring. This has now dropped to 34%.

While the number of working hours has risen, the amount of sleep has too – workers are getting almost an hour extra sleep at 7 hours and 25 minutes. On average, people have started turning in for the night earlier and getting up 30 minutes later than usual.

The experts also found that the overall number of resignations decreased by 30% compared to the pre-pandemic period. Employers only managed to adapt to the new normal by summer, while the number of people responding to vacancies started growing since June.

Earlier, experts at Rostelecom-Solar revealed that between March and November 2020, the number of resignations among senior Russian managers had actually grown by 20%. They cited increased strain from work, overwork caused by a doubling in the number of online meetings and the need to work at the weekend as the key reasons for the mass resignations.

Source (<https://www.rbc.ru/rbcfreenews/5fe522199a7947a52c8e3efb>)
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