Non-assigned private rooms for concentrated work: An effective stress management solution?

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In activity-based work environments different types of workplaces can be used for different types of work. For concentrated work, non-assigned private rooms are provided, to be used on an as-need basis. In this experience sampling study only 17% of the concentrated work was carried out in these private rooms, despite the dissatisfaction that was reported when other types of workplaces were used.

What keeps workers from using non-assigned private rooms for concentrated work?

- 53% of all work was regarded as concentrated work (twice as much as previously assumed)
- Overall workplace dissatisfaction for concentrated work: 34% (accounting for 81% of total workplace dissatisfaction)
- People high in need for privacy reported more dissatisfaction
- Switching to a different type of workplace occurred in 21% of the measurements.

114 participants, provided 3,480 measurements (activity type, workplace type and workplace satisfaction), using a mobile app plus questionnaire data regarding psychological and job characteristics.