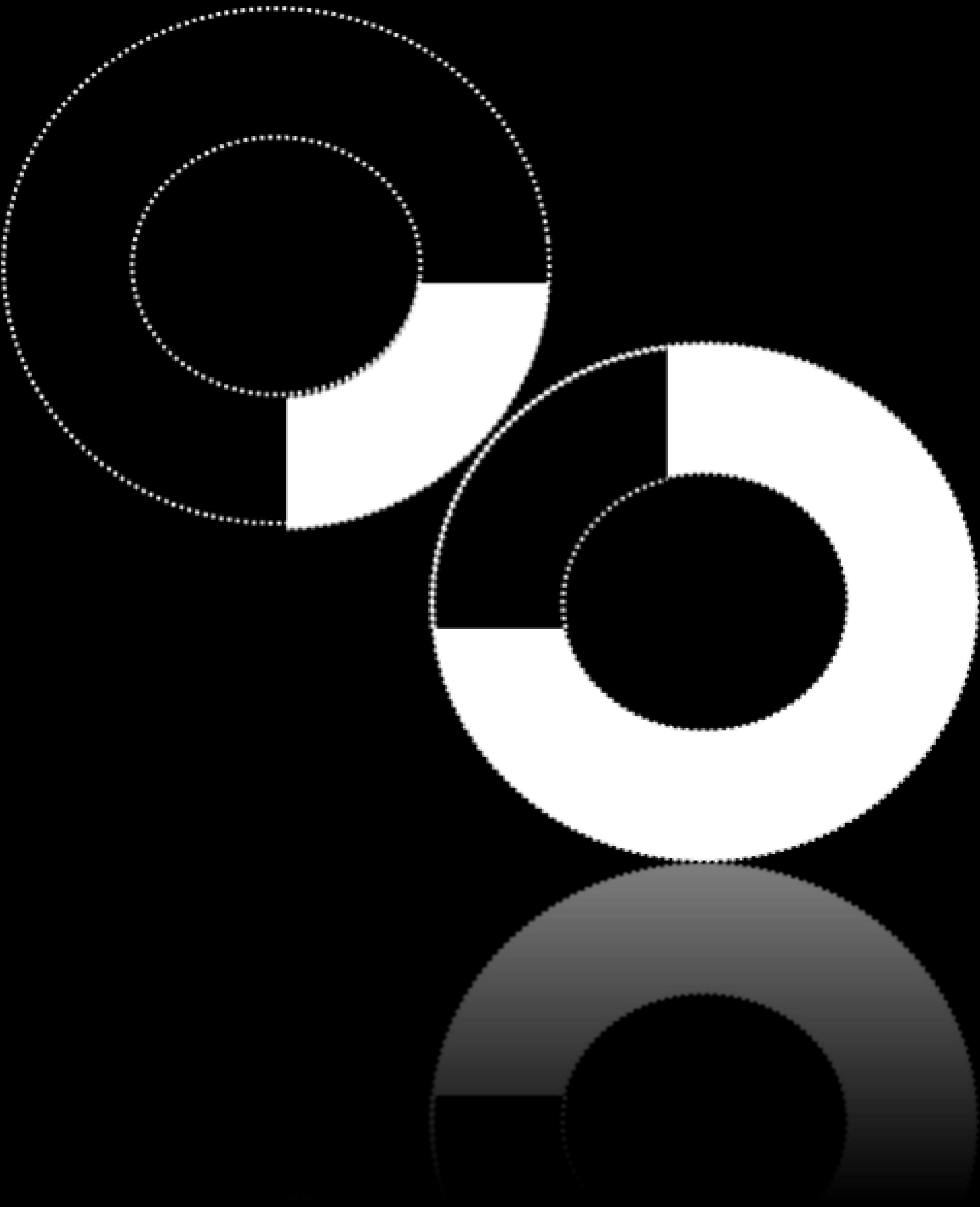


THE RESEARCH

The Miss. The Zero-One. The Moon



#Effects of commuting Stress

#EFFECTS OF COMMUTING STRESS

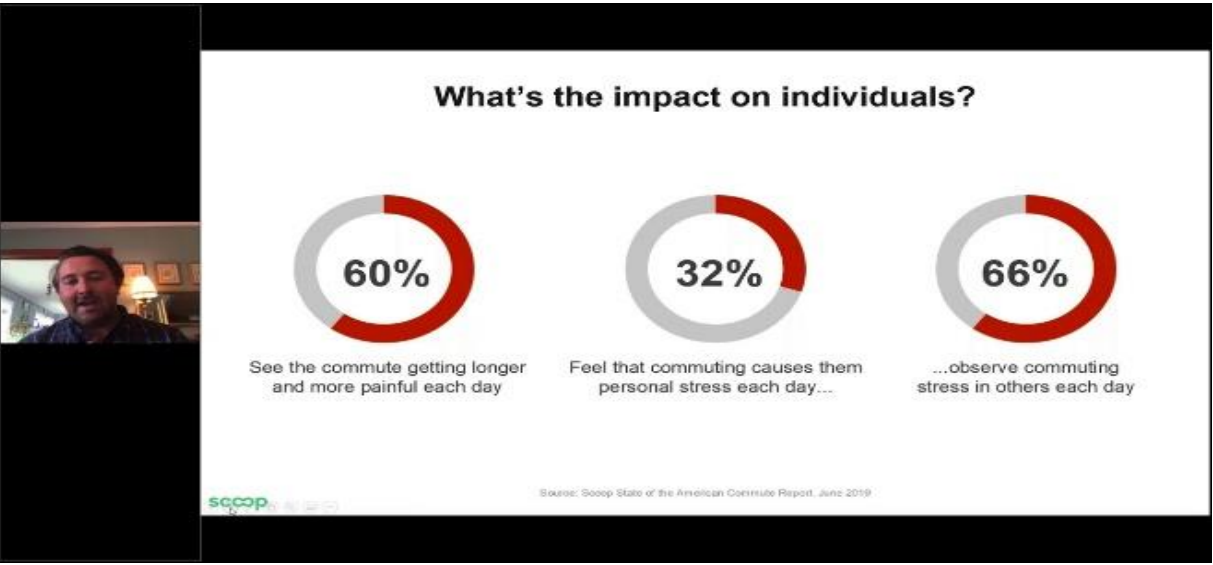
For many people, commuting is the hardest part of the day. It would be a simple way to alleviate small but widespread misery through policies that would make commuting shorter and more convenient. Driving and Commuting stress are common and widespread problems. The relationship between driving stress and health is still poorly understood. A stress-inducing nature of long-term exposure to busy traffic congestion has already been documented which was measurement-intensive but performed using relatively small sample sizes. However, other physiological effects of commuting stress may not be as well studied and it is not known whether these physiological responses are of clinical significance or not. In this article, the effects of commuting stress on health will be discussed.

Long commutes have been known to cause a wide range of health issues ranging from lack of alertness to reduced metabolism and heart disease. However, these issues may also stem from the fact that long commutes may expose commuters to more stressful situations than they would experience if they drove a conventional vehicle. For instance, people who commute for work may encounter increased levels of stress as their schedules are spread out over longer periods of time, requiring them to adapt their routines in order to meet the demands of their daily commute.

Aside from the impact it may have on the quality of life and physical health of a commuter, the impact of commuting stress on mental health is less understood. Although most people tend to see the stress of driving and the effects it has on the body in terms of tiredness and lack of concentration as immediate and tangible symptoms, mental health can take a much more subtle approach. While many commuters would agree that driving is difficult, many would also argue that the mental toll the commute places on a driver's mind makes driving even more difficult. Drivers who experience frequent anxiety attacks and who constantly feel like they are about to break down as they are driving may be suffering from the serious mental effects of commuting.

One of the most noticeable and potentially most extreme impacts of commuting to work is sitting on your back all that time. Data shows that premature mortality, type 2 diabetes and risk factors for heart disease are consistently correlated with time spent sitting, regardless of how much time you spend being involved.

The best way to reduce the negative impact of commuting stress is to ensure that you commute on a regular basis to the place of your choice and that you take the appropriate steps to prepare for this. The most obvious step is to ensure that you are familiar with your local public transportation system as well as the layout of the city you live in. Public transportation is generally seen as a positive thing, since it saves time and energy and provides some of the most beautiful scenery in the world. However, those who frequently use public transportation may not be willing to give up driving and may be at increased risk of suffering from commuting stress.



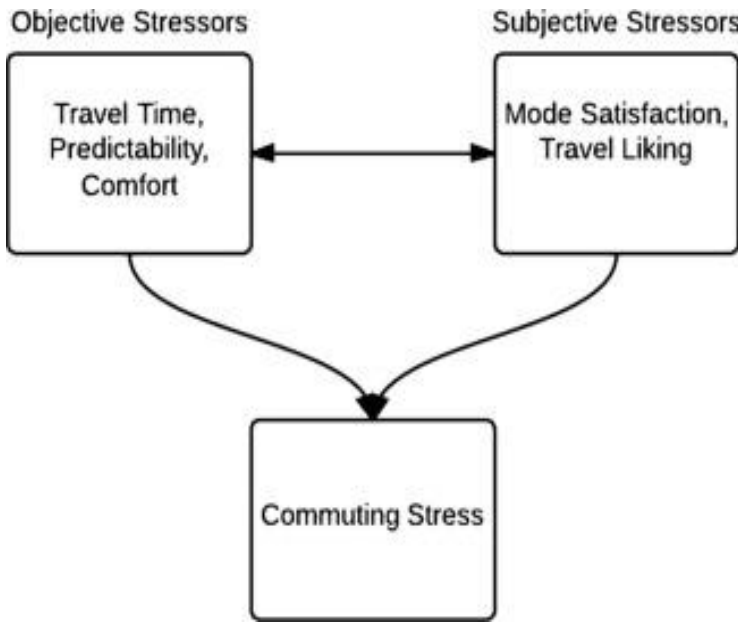
If you have trouble making it to work on time, you should consider investing in a commuter card or pass. Commuter cards and passes are basically a special kind of ID card that allows individuals to use any train or bus system in the city and around the country, provided that the service is provided at that particular point in time. A commuter card can also be used to travel to other parts of the country, as long as you use the same card on return trips. While these cards can definitely reduce the impact of commuting on the individual and family, they do present certain problems associated with identity theft and are rather inconvenient, especially if you want to take frequent trips between home and work. If you feel that these issues might be a problem for you and your family, then a monthly fee for transit passes or a discount on passes purchased from certain vendors might be worth the small investment required to allow you to enjoy commuting stress-free.

Growing numbers of employers are taking steps against difficult commutes and the lack of productivity that comes with a long trip to work. The organizations offers workers the right to work from home, or wherever they want, so that they can choose their ideal working environment. Allowing employees to work from home contributes to a better work life balance and reduces the need to drive on a certain days.

The Zero One (The Data/Trends/Insights)

According to one of the major theories on the relationship between life satisfaction and commuting stress, life satisfaction is related to the amount of time that an individual spends commuting to and from work, as well as the frequency with which they spend this time. A second theory focuses on the role that the car itself plays. In this model, people who commute on a regular basis to work or who live close to work are seen as "high risk" drivers, since they may put off getting home in order to make it to work on time. A third theory highlights the role that the commute itself may play in a person's life satisfaction. Individuals who commute on a consistent basis but who don't spend much time driving to work are seen as less happy than those who commute occasionally but who do spend some time driving to work.

One 2004 study found that commuting was the least rewarding task among all forms of daily activities in a survey of almost a thousand working women, slipping below housework and work, and creating feelings of impatience and exhaustion. Elevated blood pressure, musculoskeletal issues, lower anger tolerance, and higher levels of anxiety and aggression are also correlated with the trip to work. When arriving at work and coming home, it can trigger bad moods, increased lateness and missed work, and decreased cognitive function.



Commuting has substantial psychological and social costs as well. Thanks to its unpredictability and a feeling of lack of control, it can be a big cause of stress. Boredom, social isolation, resentment, and annoyance from issues like traffic or delays may be encountered by commuters.

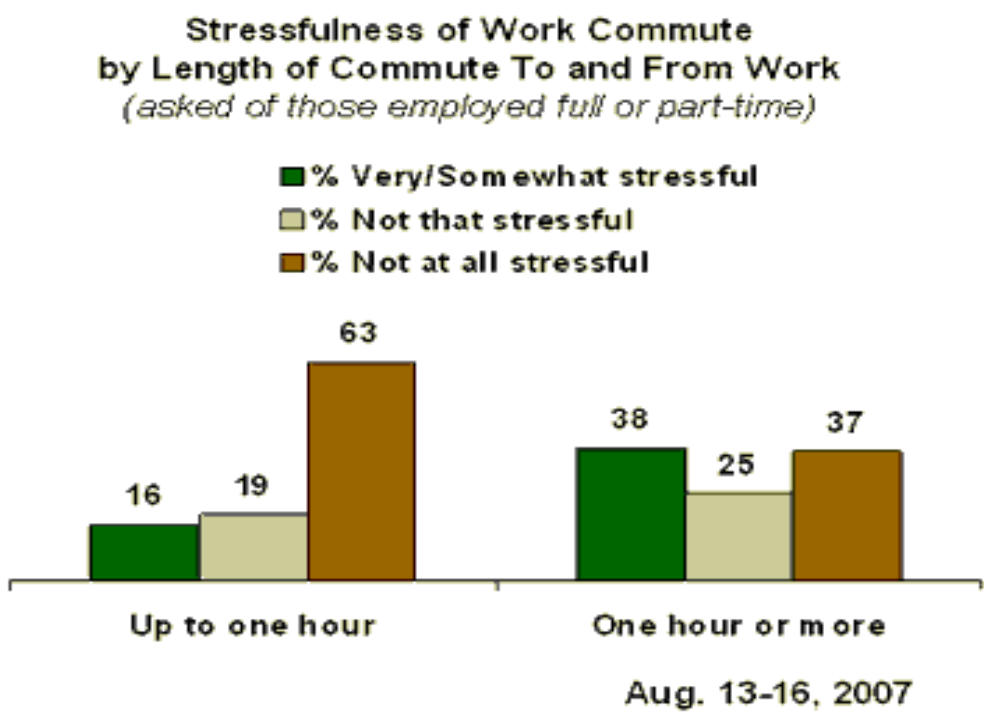
The Miss (The need/current state/background)

There are significant public health and social effects of the burden of commuting. It is possible to assess which modes contribute more to this potential health and social problem by contrasting stress across distinct modes. To compare commuter tension across three modes of transport, a large-scale university travel survey (walking, driving, and using public transit). The particular factors that lead to stress using these modes are also examined. The study developed a general stress model and three mode-specific models using ordered logistic regressions. There are significant public health and social effects of the burden of commuting. It is possible to assess which modes contribute more to this potential health and social problem by contrasting stress across distinct modes.

Results show that as compared with others, driving is the most stressful mode of transportation. We also find that stressors are not stressors for some in certain respects. It would enable transport and public health practitioners to make commuting a safer, more pleasant, and less stressful activity by understanding which particular factors make these modes stressful; in turn, this may reduce the potentially serious health effects of a stressful commute.



One study showed that car commuting with partners, relatives, and friends led to reduced available time. A one-hour rise in commute time for men resulted in a 21.8-minute reduction in time spent with the family, an 18.6-minute reduction in time with children, and a 7.2-minute reduction in time with friends. For women, an increase in their commute of one hour contributed to a decrease in time spent with friends of 11.9 minutes. Compared to passengers, public riders have been shown to be less prone to these social commuting costs.



Half of professionals (50 percent) said commuting to and from work is stressful in a recent study by global staffing company Robert Half. Furthermore, 45% of respondents complained that their ride to the office was too long, up from 30% in a similar 2017 poll. Professionals said they spend 48.37 minutes per day on average, and almost one in five(19%) said their travel time reaches one hour.

When employees have rough commutes to the workplace, the rest of the day will suffer from their commitment and productivity. In the long run, this can impact employee satisfaction and retention. Organizations do not continue to neglect the problem and lose their best staff members to other prospects with the new work climate benefiting job seekers.

For the business sector at large, the commuting problem is so vexing that companies continue to distinguish themselves in an ever-evolving, dynamic environment, travel should become the new health care. Commutes can have a significant influence on productivity and eventually the choice of an employee to continue with or quit a job. Skilled employees may have several deals on the table in today's candidate-driven industry. If there are better choices available, professionals do not need to put up with a long or exhausting trip to the office.

Depending on the size of a company, its properties, and how willing it is to implement remote-conducive productivity instruments, the business could have staff working remotely anywhere from once a week to two-to-three days a week. The number of remote working days can then be increased or reduced by human resources departments until they dial in a sweet spot of productivity and decreased commuting problems.

Business decision-makers say that having a better handle on issues with commuting means being innovative on just what workers actually need.

The Moon
(The Inference/Future/Summary)

In conclusion, commuting stress is a very major problem in the corporate world and every organization and employee should be aware of the health issues as well as other issues that arise due to commuting. The organizations should be working towards making commuting less stressful for their employees.

Commute stress, however small an issue it seems, it's a grave issue and needs as much attention as any other issue that causes hindrance in employee productivity and efficiency. It costs employees their time, money, mental peace, all this things that shouldn't be affected just to travel back and forth to their workplace.

There are multiple solutions for this both from the employees' end and from organization's end. Tackling the issue of commute problems would lead to greater productivity and efficiency on the part of employees and will in turn lead to organizations becoming better and having harmonious and illuminated work environment rather than having dull and tired employees working for compliance.

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Reserach Curation Analyst

- Gurleen