

Project Introducing Wellbeing to Ifl



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Introduction

The topic of Work-Life-Balance and personal wellbeing is a very important topic nowadays. Employers get more and more aware of the problems arising from mental stress and burn outs. Moreover, even the economic theory of treating work and private life as two independent entities has changed to a more holistic approach, accepting that stable employees are more beneficial than those who're burning out after a few years.

Assignments

Within this project, an Ifl wide system for voluntarily tracking working times shall be introduced and implemented. This system is supposed to have a variety of functions.

At all times, the system has to protect the anonymity of the users. This is the most important feature. Moreover, it needs to have a secure login, possibly via the Ifl LDAP system.

The system is supposed to have a time tracking feature, with at least the following parts:

- Setting a default work time.
- Tracking work-times per day.
- Tracking holidays.

Additionally, the user should be able to track their well-being, stress and "time well spent" as an optional feature.

These tracked values are supposed to be visualized in a self-monitoring feature, which should at least have the following aspects:

- Visualization of the work time vs set work time.
- Visualization of statistical metrics, like correlation between stress and overtime.

The visualizations should be averaged by days, weeks, months or years, depending on a user selection.

As an opt-in function, the system should allow the user to anonymously share their tracked values with their supervisor. For the supervisor, this sharing enables new visualizations. It is crucial that the anonymity of each user is preserved. It is a key aspect of this work to research and ensure there is no way of tracking back single users for the supervisor. This research aspect includes a clear choice which metrics can be shown and which can't from an ethical point of view.

The supervisor should be able to set an overtime threshold within certain bounds. If a student of the respective group works more than the set threshold, the supervisor should get a notification. This notification should still be anonymous.

Since this project is supposed to support wellbeing and reduce stress factors, additional research has to be added and to be implemented into the system. This additional research should focus on how to measure wellbeing, how to avoid adding additional stress by using the system and how to incorporate stress factors within the system. If reasonable, the research will be coupled with the psychology department.

Requirements

To implement a working system, you should have some knowledge about statistics, webprogramming as well as UI/UX design.

Supervision

- Prof. Dr. Thomas Fritz
- Lars Zawallich

Contact

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