

Proved: a four -day working week improves health and environmental condition

Scientists from the United States and Ireland have found that the reduction in the working week up to four days can significantly improve employees' health and increase their performance. However, this study did not provide for a decrease in income.

Sociologists from the Boston College and Dublin University College conducted several experiments in the framework of the new scientific work. These tests lasted six months and almost 3,000 employees from 141 organizations in Australia, Canada, Ireland, New Zealand, Great Britain and the United States participated in them. They were asked to reduce weekly working hours by one or four, five to seven or eight hours.



BBC Science Focus

Participants of all three groups who reduced the working day noted that their health has improved significantly, and the performance of burnout and satisfaction with work decreased. The greatest advantages were those whose working day was reduced by eight hours.

Scientists also believe that this can be useful for the environment. In countries with a shorter working week or a shorter working day, environmental indicators are usually lower.

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