

## ABSTRACT

During the last decade the concept of remote working has been around in the form of telecommuting but its prominence increases during the recent Covid-19 pandemic. The nationwide lockdowns during the pandemic increased the remote working system. The paradigm shift from traditional work system to the new normal dramatically changed the individual workplace contexts and many organizations reevaluated their work culture and environment which created new challenges and raised the questions about what factors effects the job stress in remote working context. Therefore, the purpose of this study was to understand the factors of causing job stress and to study the academia perception and acceptance of this system. Furthermore the study aims to examine the impact of factors arise in remote working on the job stress because many stressors accompanied in this transition. Leading some employees to struggle with the work-life balance and increase fatigue due to use of technology. A Quantitative study was performed followed by Survey questionnaires from MUET Jamshoro. A total of 144 faculty members participated in the study. The convenience sampling method was used to collect the data. The results showed many common job stressors and also indicated that there is moderately acceptance of remote working. Furthermore, the work-life balance had a negative relationship with job stress, the tech-fatigue had a positive impact on job stress and the computer self-efficacy had a negative relationship with job stress. Moreover, the computer-self efficacy do not moderate the relationship between tech-fatigue and job stress. The key contribution of this study is that job stress decreased as work-life balance maintained but it also increases as tech-fatigue increases. The limitation of our study is that it was cross-sectional and the sample was limited to a single university and future studies can perform a comparative analysis by including other universities and organizations that are working remotely. The management of the organizations becomes more thoughtful about the challenges and risk face by faculty members when work from home and must ensure that how such change will be managed and how to prepare faculty for future remote working arrangements.

**Key Words:** Remote working, Job Stress, Covid-19, Tech-Fatigue, Work-Life Balance, Computer Self-Efficacy, Information communication Technology (ICT)