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## ANALYSIS OF THE LEVEL OF CONCENTRATION AND MEDITATION, IN THE PRODUCTION PROCESS IN THE TASKS CARRIED OUT THROUGH THE TELEWORK MODALITY

*Karin ROJAS\**, Universidad César Vallejo, Lima, Perú

*Yvette PLASENCIA*, Universidad César Vallejo, Lima, Perú

*Miguel QUISPE*, Universidad César Vallejo, Lima, Perú

*Wilver AUCCAHUASI*, Universidad Privada del Norte, Lima, Perú

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### ABSTRACT

In these moments of confinement, many of the different activities that are carried out in person, are now being prepared in a virtual way. Work is one of the activities that have most adapted to this new way of working, therefore many of the activities that cannot be carried out in person, are developed in the form of teleworking. This new reality has made our house become the office, and with it new ways of distracting us arise, such as having to do chores at home, our children who are also in online class, the tasks of the house, among other activities of the house. In the present work, the levels of attention and meditation in the moments that the person is teleworking are evaluated by means of a computer brain device, the results indicate that people are very distracted at home as a result of the distracting agents; there is a greater degree of concentration when these distracting agents are removed.

**Keywords:** Covid-19, production, attention, meditation, BCI.

### Introduction

The mechanisms to be able to adapt to remote work or better known as teleworking are presented regardless of the geographical place where they are. In Argentina, how they have been coupled with the work in the face of the pandemic for which they were not prepared to define some main characteristics to be developed about remote works and how they have adapted and grown with the need to continue with production, the Implementation of this form of work was implemented progressively and

how useful it was for the reactivation of work, which takes greater strength due to the country's situation such as the COVID-19 pandemic, for which there has been a radical transformation: by the social isolation and remote work because it had to be adopted by a large percentage of people ignoring the selection criteria which were established, to be considered remote work there are 4 general principles for remote work: the establishment of goals, the determination of eligible positions, documentation and performance evaluation [1].

At present, the problems that have arisen due to the global situation have affected all organizations, having a social and economic impact, according to data obtained by the International Labor Organization (ILO), there is an average of 1.25 billion workers (that is, that is, 38% of the world's workforce) who are employed by the most vulnerable sectors; Retail trade, accommodation services, food and manufacturing industries, are the most affected, which have abysmal falls on production due to displacement or closure (temporary or total), in their work this affected in greater for the so-called countries in development that are those with medium and low income, so they have a high rate of informality, since this has had a strong impact on people's mental health according to the World Health Organization (WHO), the When people are in a good mental state, they exploit their capacities to cope with the stresses of daily life and work in order to perform in a productive and fruitful way in order to contribute to society, when talking about remote remnants it is not a novelty in many companies for years to come. Applying this methodology and have obtained good results [2].

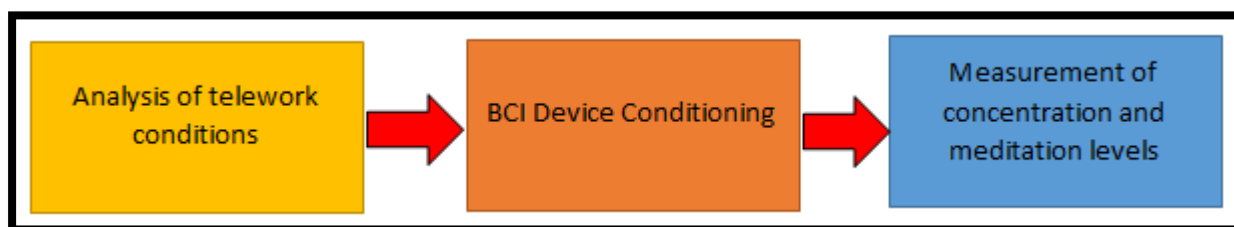
The social distancing of the person has been affected in an abysmal way to contain the spread of covid-19 for which we are going to analyze 2 metrics to see the impact on the labor supply, one of the first metrics is based on the case of workers from the industries 'essential' or a 'non-essential' and the second measures the extent to which a worker can perform work activities remotely for which we build a Remote Work Index (ITR) we find that 116.18 million (25%) and 78.93 million (17%) who were affected by isolation and confinement, who are at risk of losing their jobs. The loss of wages for employees is estimated at Rs 338 billion. Additionally, using production theory, we found that the labor supply impact caused a 13 percent drop in Gross Value Added (GVA) (at 2011-12 prices) compared to the scenario without COVID-19 [3].

The term teleworking has its origins in the 21st century with the passage of time it was adopted and popularized, referring to paid work without the need for the physical presence of the worker in a specific place. For the development of telework, different means of communication will be used to maintain communication between employees and the company, this type of work modality has advantages for employees as well as for organizations because it has a flexible schedule, reduction of expenses, reduction in the indices of environmental pollution, this form of work has in some cases increased labor productivity for both workers and organizations [4].

Although time has passed and technology has improved that has led to a slavery to technology, there are few areas that do not have technology to carry out their processes in any way, this has generated that man is more enslaved by producing that with his family member, in reality the world realized that it is not prepared for a pandemic, we have many points that do not lead to failure with respect to education, there are towns where they do not have electricity, water and much less internet to access classes, the economy is recording that if another pandemic were to occur, we could not endure [5].

### Materials and methods

The materials and methods are represented by the procedures to be carried out in order to be able to record the levels of attention and meditation through the brain computer interface (BCI), the implemented processes are presented below:



**Figure 1. Block diagram of the proposed Methodology**

**Analysis of telework conditions:** One of the first conditions to analyze in the analysis of production when teleworking is being carried out are the conditions available for the development of activities, among them we can indicate: computer, internet connection, access to telephone means, a adequate environment, we can also consider the distracting agents that appear at the time of teleworking at home, we can consider television, children, activities at home such as cooking, attention to a family member, help at home among other. In the present research, distraction agents are considered as a mechanism to assess whether the person is carrying out a productive activity.

**BCI Device Conditioning:** To carry out the measurements, the use of the BCI device is used, by means of which concentration and meditation levels are measured in people who are teleworking, to use the device the patient is conditioned and the application is configured to record the measures.

**Measurement of concentration and meditation levels:** The levels of concentration and meditation are represented by a numerical value from 0 to 100%, where the level of concentration measures whether the person who is doing a productive activity is focused on the activity they are doing, and the level of meditation is a Value also represented between 0 and 100% where it represents if the person is thinking about several activities and not one in specific.

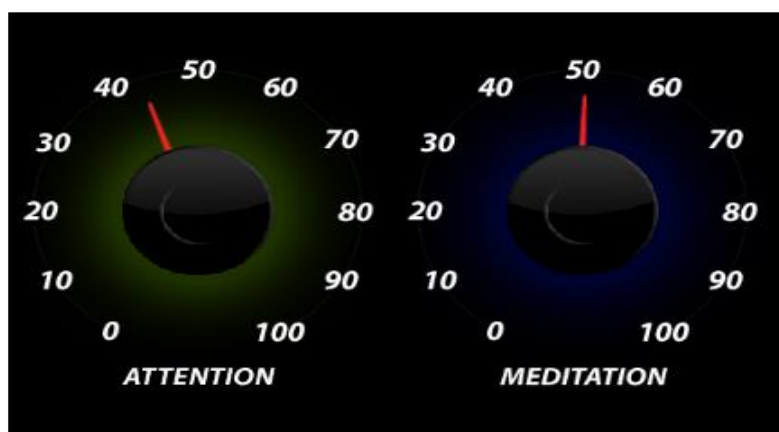
## Results

The results that are presented are related to the measurements obtained at three different moments of the evaluation, at first when they are subjected to a normal situation of daily life at home, the second evaluation represented when some distracting agents such as the television and in a third measurement when other distracting agents that are the activities of the house are eliminated, the measurements of the levels are presented below:



**Figure 2. Levels of attention and meditation with distracting agents**

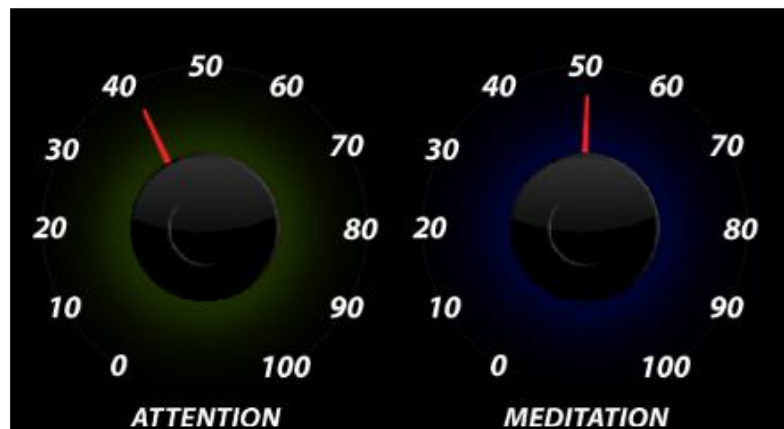
The results in the first evaluation are represented by the measurement when all the distracting agents are present when productive activity is being carried out through telework, of the attention values are on average with 38% and that of meditation with a average value of 75%, which indicates that the person is not very attentive to their work but rather to the other activities of the distraction agents.



**Figure 3. Levels of attention and meditation with distracting agents**

In the second evaluation, a measurement is represented when a distracting agent is eliminated, in our case the television was eliminated and the values obtained were of attention on average 42% and in meditation on

average 50%, which indicates that it increased by almost 2 % the level of attention and the level of meditation decreased considerably.



**Figure 4. Levels of attention and meditation decreasing distracting agents**

In a third measurement, other distracting agents are eliminated, taking as measurements the level of concentration in 41% and that of meditation in 50%.

### Conclusions

The conclusions reached at the end of the investigation are related to the influence of distraction agents, which are constantly present in most homes, which, due to the conditions of telework, are and will be present in almost all places where it is carried out. teleworking, it is for this reason that the distracting agents present in homes were taken as a reference, in an initial measurement, there are high values of meditation, which indicates that people are very distracted by the television, either by watching the news, movies or others, eliminating the television in a second measurement, it is possible to considerably lower the level of meditation by almost 20%, achieving almost 50% in meditation and recovering the level of attention in attention by almost 2%, in a third measurement Household activities are eliminated as gaps in household activities, obtaining values similar to the second evaluation, which indicates that the a People's main distractor is the television in its different uses, which causes distractions when carrying out productive activities. A conclusion that we can also indicate is that a distracting agent will always be present at home, so it is recommended to locate the telework place in an environment that is as isolated as possible in order to increase the level of attention and decrease the level of meditation.

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