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IOT Based Smart Security and Automation towards Work Life Balance

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Abstract

Internet of Things (IoT) conceptualizes the idea of remotely connecting and monitoring real world things through the Internet. When it comes to our house, this concept can be aptly incorporated to make it smarter, safer and automated. Through IoT one can monitor his/her home by building a smart wireless home security system which sends alerts to the owner by using Internet in case of any human movement is sensed near the entrance of his house and raises an alarm optionally. Besides, the same can also be utilized for home automation by making use of the same set of sensors. Many working parents feel stressed about the safety of their children. IoT is one of the best solutions that can be opted by the working parents for their child's safety. The demand for maintaining a work-life balance has risen unprecedentedly among the employees and the management has also acknowledged its importance in the current scenario.

Key words: Work life balance, IOT, Child safety, security etc.,

Introduction

The origin of the term Work-Life Balance took place in early 80's, because of a sharp rise in the number of working women professionals having children in tender age-groups dependent on them. The demand for maintaining a work-life balance has risen unprecedentedly among the employees and the management has also acknowledged its importance in the current scenario. In these hypercompetitive times, stress and strain are common causes for concern for all employees. Given the fact that most employees work for twelve-hour workdays and more, it is natural that they begin to feel stressed out and tired because of overwork. This has the consequence of upsetting their physical and mental health as well as causing issues in their family life. When modern corporate professionals spend a majority of their time in the office including working on weekends, they have little time to spend with their families. The work life balance or the necessity to ensure that work does not suffer and at the same time, personal life does not suffer has now become the hot of the topic. The reason behind this may be because of lacking of care and affection towards the children. Safety and security of the children at home also stands next for one of the reasons for stress of the employees. There should be some solution to solve this problem.

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