

## **Perceived acoustic environment, work performance and well-being - survey results from Finnish offices**

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### **ABSTRACT**

The aim of the study was to investigate workers' perceptions of the acoustic environment of offices and study its relations to work performance and well-being. Questionnaire results from 11 companies and 689 respondents were analyzed. Occupants in private rooms and open offices were compared. Noise was the main indoor environmental problem in open offices. Speech was the most distracting source of noise in both office types but the degree of disturbance was lower in private rooms. About half of open office occupants and 20 % of occupants in private rooms were dissatisfied with acoustics. Office noise disturbed particularly conversations and tasks relying on working memory and verbal processes, such as text comprehension and creative thinking. Routine tasks were little disturbed by noise. In open offices, attempts to cope with noise reflected risk factors to individual productivity and well-being, such as taking extra breaks, compromising the quality of work, working overtime and exerting oneself harder. Self-estimated waste of daily working time due to noise was twofold in open offices. Open office workers experienced more stress symptoms, particularly overstrain and difficulties in concentration, and attributed these symptoms to office noise to a greater extent than workers in private rooms. Possibilities to influence issues related to one's work and work-space privacy were lower among open office occupants. The results suggests that private rooms are superior to open offices in all respects.

### **INTRODUCTION**

There is an increasing worldwide trend to build open offices instead of private room offices. Open offices are preferred because of better space economy, spaciousness and flexibility. Open offices are also assumed to facilitate teamwork and information sharing. However, there is continuous debate on the positive and negative effects of open offices on work performance and well-being. According to a meta-analysis carried out by DeCroon et al. (2005), there is strong evidence that working in open offices reduces worker's psychological privacy and job satisfaction. Some evidence exists that cognitive workload increases in open offices.

Cross-sectional office surveys that have compared different office lay-outs, e.g. Becker et al. (1983), Danielsson (2005), Pejtersen et al. (2006) and Jensen et al. (2005), have shown that the most severe factor causing office dissatisfaction is noise. Danielsson (2005) compared several office lay-outs and concluded that dissatisfaction with noise and privacy was highest in large open offices and lowest in cellular offices. Pejtersen et al. (2006) found that the percentage of occupants complaining about noise was ten-fold in large open offices compared to cellular offices. The same study demonstrated an association between office size and several symptoms, including fatigue, headache and difficulties in concentration. Open office occupants

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## **Table of Contents Perceived Acoustic Environment Work Performance And Well**

1. Understanding the eBook Perceived Acoustic Environment Work Performance And Well
  - The Rise of Digital Reading Perceived Acoustic Environment Work Performance And Well
  - Advantages of eBooks Over Traditional Books
2. Identifying Perceived Acoustic Environment Work Performance And Well
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Perceived Acoustic Environment Work Performance And Well
  - User-Friendly Interface
4. Exploring eBook Recommendations from Perceived Acoustic Environment Work Performance And Well
  - Personalized Recommendations

- Perceived Acoustic Environment Work Performance And Well User Reviews and Ratings
- Perceived Acoustic Environment Work Performance And Well and Bestseller Lists
- 5. Accessing Perceived Acoustic Environment Work Performance And Well Free and Paid eBooks
  - Perceived Acoustic Environment Work Performance And Well Public Domain eBooks
  - Perceived Acoustic Environment Work Performance And Well eBook Subscription Services
  - Perceived Acoustic Environment Work Performance And Well Budget-Friendly Options
- 6. Navigating Perceived Acoustic Environment Work Performance And Well eBook Formats
  - ePub, PDF, MOBI, and More
  - Perceived Acoustic Environment Work Performance And Well Compatibility with Devices
  - Perceived Acoustic Environment Work Performance And Well Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Perceived Acoustic Environment Work Performance And Well
  - Highlighting and Note-Taking Perceived Acoustic Environment Work Performance And Well
  - Interactive Elements Perceived Acoustic Environment Work Performance And Well
- 8. Staying Engaged with Perceived Acoustic Environment Work Performance And Well
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Perceived Acoustic Environment Work Performance And Well
- 9. Balancing eBooks and Physical Books Perceived Acoustic Environment Work Performance And Well
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Perceived Acoustic Environment Work Performance And Well
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Perceived Acoustic Environment Work Performance And Well
  - Setting Reading Goals Perceived Acoustic Environment Work Performance And Well
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Perceived Acoustic Environment Work Performance And Well
  - Fact-Checking eBook Content of Perceived Acoustic Environment Work Performance And Well

- Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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