

# Work from Home and Its Impact on Employees in the University System: An Analysis of the Past and Present Based on Secondary Data

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## Abstract

*Working from home has gained significant importance in the context of technological transformations and the COVID-19 pandemic, becoming an essential component of the digital economy. This article analyzes with VOS viewer software the past and present of working from home, with a focus on key actors in the university system, relying on secondary data from the specialized literature. It addresses aspects such as the evolution of this concept, its impact on employees' well-being, productivity, and the balance between professional and personal life. Through a comprehensive literature review, both the benefits and challenges of working from home are highlighted, providing directions for future research.*

**Keywords:** Work from home, university system, employee performance, work-life balance, education.

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