Towards IT-supported Job Crafting and Resilience Management

50% of Swiss employees suffer from job-related impairments.
5 of top 10 medical problems by 2020 related to stress.

Approach

Knowledge base
- Psychology
- Organizational Science
- IS Research

Ubiquitous IS Service (e.g. Smartphone App)

Implications
- Unique design principles for the development of tech-supported health promotion programs in organizations
- Insights on the interactions of organizations and employees when dealing with IT
- Improvement of today’s workplace health programs by offering individual and cost-efficient solutions

Expected Results

Individual level
Commitment, enthusiasm, positive health condition, work satisfaction

Organizational Level
Performance, valuation, positive climate, social support, cooperation

Authors
Flavius Kehr (HSG)
flavius.kehr@unisg.ch
Tobias Kowatsch (HSG)
tobias.kowatsch@unisg.ch
Georg Bauer (UZH)
gfbauer@fispm.uzh.ch
Gregor Jenny (UZH)
gjenny@fispm.uzh.ch
Stefan T. Güntert (ETH)
sguentert@ethz.ch

References

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