

# Review:The Reduced Working Week

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28 de 3 924



José Carlos Moraes &lt;jmoraais@ispgaya.pt&gt;

domingo, 20/07, 21:10 (há 4 dias)



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Dear Vitor Tavares,

We believe that you would serve as an excellent reviewer for a submission to the proceedings of ISPGAYA25 international congress, published by Springer publishing. The submission's title and abstract are below, and I hope that you will consider undertaking this important task for us.

If you are able to review this submission, your review is due by 2<sup>nd</sup> August, preferably untill 28<sup>th</sup> July. You can view the submission, upload review files, and submit your review by logging into the congress site and following the steps at the link below.

[The Reduced Working Week](#)**Abstract**

In light of growing interest in work-life balance and evolving labour market dynamics, this study investigates employees' perceptions of the Reduced Working Week (RWW), with or without a loss of pay.

Drawing on responses from 559 employees across various sectors, the research examines attitudes towards the RWW and explores how sociodemographic and occupational factors shape these views.

Findings reveal widespread support for the RWW, even among respondents whose organisations had not yet implemented it. Approximately 83% viewed potential adoption positively, anticipating improvements in personal productivity (63.8%) and quality of life (87.8%). Among those already working under an RWW regime, perceived benefits extended to organisational productivity (63%), individual productivity (67.6%), and overall well-being (70.4%).