

## Email communication in organisation and its influence on employee' well-being and employee' job satisfaction

A study of employee's perception of internal email communication, its advantages and disadvantages and its effect on employees' psychological well-being and job satisfaction



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Despite of availability and constant development of different digital communication tools, email still remain one of the most used mediums for internal communication in most of the organisations.

Employees perceive email as part of daily working routine with its advantages and disadvantages, and often do not even think of email may serve as a factor affecting their psychological well-being or affecting their job satisfaction.

The interviews revealed that internal email communication may affect employees' psychological well-being both positively and negatively as well as may have indirect effect on employees' job satisfaction.