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Jan - May 2023

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Publication Date
1 June 2023

POMODORO TECHNIQUE: WILL YOU TRY IT?



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Do you frequently find it difficult to focus while working or studying? How would you like to be able to concentrate on what needs to be done? You could give the tomato timer, also referred to as the Pomodoro technique, a shot.

A Pomodoro timer is a tool used to implement the Pomodoro technique. Francesco Cirillo created it as a time management tool in the late 1980s (Ho, 2023). Using this method, work is divided into intervals that are typically 25 minutes long and are separated by brief breaks. The timer counts down from 25 minutes and alerts you with a sound when the time is up. After each Pomodoro, you take a short break of 5-10 minutes before starting another 25-minute work session. It was created to support your ability to stay motivated and productive while preventing burnout. You can stay refreshed and maintain your energy levels throughout the day by splitting work up into shorter periods and taking regular breaks.

The Pomodoro technique can be a useful tool for employees as well as students. Employees can benefit from improved focus and productivity, reduced burnout, and better time management when using the Pomodoro technique. The technique can be particularly helpful for employees who work in environments that are prone to distractions, interruptions, or stress. However, some employees may find the rigid structure of the technique to be overly restrictive, while

others may not be able to take frequent breaks due to the demands of their job. The specific work style, job responsibilities, and workplace environment of each employee will determine whether the Pomodoro approach is appropriate for them. Employees should experiment with several time management strategies to see which one suits them the best.

Although a wide range of people can practice the Pomodoro technique, some people with certain conditions may find it to be very beneficial. The Pomodoro technique can be very helpful for people who have difficulty staying focused for long periods of time. Breaking work into shorter intervals can make it easier to stay on task and avoid distractions. It can be a helpful approach for combating procrastination if you struggle to start projects or tend to put things off (Almalki et al., 2021). By breaking tasks into smaller chunks and taking frequent breaks, you can make tasks feel more manageable and less overwhelming (Boogaard, 2023). Besides, it can help you stay focused and productive if you work in a setting that is

prone to interruptions or diversions, such as an open office or a busy coffee shop. In addition, the Pomodoro technique might help you become more proficient at time management if you struggle to manage your time properly or tend to underestimate how long things will take. By taking regular pauses and managing your workload throughout the day, the Pomodoro technique can help you prevent feeling worn out or burned out from work (Dizon et al., 2021).

The Pomodoro technique can be useful for enhancing productivity and time management, but there are some possible drawbacks to consider. Taking breaks every 25 minutes can be disruptive to your workflow and may cause you to lose your focus or momentum (Payne, 2021). If you're in the middle of a task and have to stop for a break, it may be challenging to get back into the same level of productivity once you resume work. Some people may find the Pomodoro technique too rigid, as it requires you to stick to a set schedule of work and break periods. This structure may not work for everyone, and some people may find it too confining or restrictive. While the Pomodoro technique can help improve time management skills, it may also create time management challenges if you struggle to complete tasks within the 25-minute work period. This can lead to feelings of stress or anxiety if you feel like you're not making enough progress. While the Pomodoro technique can be effective for certain types of tasks, it may not be the best approach for all tasks. For example, tasks that require longer periods of concentration or creativity may not be well-suited to the short, structured work periods of the Pomodoro technique.

In conclusion, while the Pomodoro technique can be a useful tool for improving productivity and time management, it's important to consider these potential negative effects and use the technique in a way that works best for your individual needs and work habits.

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BizNewz 2023
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