Dear Respondent,

The present survey is purely for research purpose. Respondents’ frank and free answers shall go a long way in making this study more objective. All information given by you will be kept confidential and will be used for research. Your cooperation will be highly appreciated.

Please give your assessment and tick the appropriate answer in terms of the following options given in every question.

Name of the Respondent: _____________________________ Age: ___
Official Address: ___________________________________
Designation: _______________________________________
Department: _________________________________________
Experience: _________________________________________

QUESTIONNAIRE

Q: 1 State the factors you think that are responsible for work under load?
   o Felling unstimulated
   o Too little responsibilities
   o Over qualified for job
   o Little chance of growth

Q: 2 Are the new insurance plans being properly communicated to you on time?
   o No
   o Yes

Q: 3 Analyze the impact of training on employees performance?
   o Average
Q:4 What more should be provided to remove job stress?

- Promotion
- Reward
- Medical Facilities
- Bonus
- Better working places
- More salary

Q:5 Are you satisfied with the incentives plans made by the company?

- Dissatisfied
- Strongly dissatisfied
- Strongly satisfied
- Satisfied
- Moderate

Q:6 Analyze the impact on job stress regarding competition?

- Average
- Below average
- Unsatisfactory
- Excellent
- Above average
Dissatisfaction

Q:7 What more infrastructure facilities being provided by company for reducing stress?
   o Proper Lighting
   o Personal Computer
   o Cabinet
   o Sitting Arrangement

Q:8 Are you satisfied with the training which is provided by the trainer regarding new policy?
   o Strongly agree
   o Disagree
   o Strongly disagree
   o Agree

Q:9 According to you which factor gives more pressure on job?
   o Too much Red tape
   o Lack of time
   o Overload at work
   o Too much supervision

Q:10 According to you which factor gives more insecurity of job?
   o Fired without cause
   o Transfer
   o Poor pension
Q:11 Which barrier has more effect on job?
  o Work has no personal meaning
  o Sex/Age discrimination
  o Not suited to job

Q:12 Which of the following gives maximum stress?
  o Work under load
  o Time pressure
  o Health
  o Work overloaded

Q:13 Analyze the factors which are responsible for work overload?
  o Complete work at home
  o Shortage of help
  o Responsible for more projects
  o Co-workers are insufficient
  o Cant consult work at home

Q:14 Are you satisfied with the benefits being provided by the company?
  o Strongly satisfied
  o Moderate
  o Dissatisfied
  o Strongly dissatisfied
Q: 15 Analyze the stress level of employees on the basis of these factors.

- Work load
- Promotions
- Salary
- Pension
- Time pressure

Q: 16 Analyze the impact of job stress on employee’s performance.

- Excellent
- Average
- Below average
- Unsatisfactory
- Above average

Q: 17 How often does you run away from stressful situation?

- Always
- Once in a while
- Never
- Sometimes

Q: 18 Do you get support of family, friends, and colleagues while suffering stress?

- No
- Yes