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I]This questionnaires is purely simple. To make the feedback meaningful, try and answer all the questions as honestly as possible. Choose only one answer by giving tick mark. Your responses will be kept strictly confidentially. Please kindly attempt all question.

Personal Information

1. Name : (Optional)

2. Age: 

3. Gender: ☐ Male ☐ Female

4. Educational Qualification: ☐ Graduate ☐ Postgraduate ☐ Doctorate
   Faculty: ☐ Arts ☐ Commerce ☐ Science ☐ Computer Science

5. You are from: ☐ Rural Area ☐ Urban Area

6. Company Type : ☐ MNC ☐ Pvt. Ltd ☐ Gov. ☐ Small Scale

7. Position Level: ☐ Higher ☐ Middle ☐ Low

8. Working As: ☐ Technical Person ☐ Manager ☐ Designer ☐ Developer
   ☐ Technical Support ☐ HR ☐ BPO ☐ Tester(QA) ☐ Any other

9. Number of years in s/w field:

10. Income Status: ☐ Low ☐ Medium ☐ High

11. You are doing job for a) ☐ Money b) ☐ Passion c) ☐ Career d) ☐ To achieve something

12. Are you achieving the above goal? ☐ Yes ☐ No

13. Do you think this job will give you good future? ☐ Yes ☐ No

14. Do you feel your current job fulfill your economical & social requirement?
   ☐ Yes ☐ No

15. Are you playing key role in team? ☐ Yes ☐ No
16. Family information:

a. Joint family: ☐ Yes ☐ No

b. Number of members in a family:  

c. Number of dependent persons:  

d. Marital status: ☐ Married  ☐ Unmarried  ☐ Divorced

If Married then

i. Is your spouse working?  ☐ Yes  ☐ No

ii. Are you helping household activities?
   
   ☐ Never  ☐ Always  ☐ Sometimes  ☐ Often

iii. Are you helping your spouse in daily activities at home?
   
   ☐ Never  ☐ Always  ☐ Sometimes  ☐ Often

If you have child/children then

1. Are you taking part in children care and their academic activities?
   
   ☐ Never  ☐ Always  ☐ Sometimes  ☐ Often

2. Are you helping your spouse in house activities happily?
   
   ☐ Never  ☐ Always  ☐ Sometimes  ☐ Often

iv. How often do you find difficulties in managing both office and home activities?
   
   ☐ Never  ☐ Always  ☐ Sometimes  ☐ Often

v. How often do you get pressure to balance home and work properly?
   
   ☐ Never  ☐ Always  ☐ Sometimes  ☐ Often
This questionnaire is purely simple one that you are currently experiencing within your particular lifestyle. To make the feedback meaningful, try and answer all the questions as honestly as possible. Choose only one answer by giving tickmark. Your responses will be kept strictly confidentially. Kindly attempt all question.

1. How often do you rush meal times?
   - Often ☐  Sometimes ☐  Most of the time ☐  Very rarely ☐  Never ☐

2. How often do you get time for hobbies or fun things?
   - Often ☐  Sometimes ☐  Most of the time ☐  Very rarely ☐  Never ☐

3. How often do you prefer fast food?
   - Often ☐  Sometimes ☐  Most of the time ☐  Very rarely ☐  Never ☐

4. How often do you not know what opportunities for advancement and promotion exists for you?
   - Often ☐  Sometimes ☐  Most of the time ☐  Very rarely ☐  Never ☐

5. How often are you comfortable to handle your job?
   - Often ☐  Sometimes ☐  Most of the time ☐  Very rarely ☐  Never ☐

6. How often your work is appreciated by your Senior?
   - Often ☐  Sometimes ☐  Most of the time ☐  Very rarely ☐  Never ☐

7. How often do you feel that you have to do things on the job that are against your better judgment?
   - Often ☐  Sometimes ☐  Most of the time ☐  Very rarely ☐  Never ☐

8. How often do you feel that you have too heavy workload?
   - Often ☐  Sometimes ☐  Most of the time ☐  Very rarely ☐  Never ☐

9. How often do you feel that you are not be able to satisfy the conflicting demands of various people around you?
   - Often ☐  Sometimes ☐  Most of the time ☐  Very rarely ☐  Never ☐

10. How often do you work more than five days a week?
    - Often ☐  Sometimes ☐  Most of the time ☐  Very rarely ☐  Never ☐

11. How often do you work long hours?
    - Often ☐  Sometimes ☐  Most of the time ☐  Very rarely ☐  Never ☐

12. How often do you find yourself unable to get information needed to carry out your job?
    - Often ☐  Sometimes ☐  Most of the time ☐  Very rarely ☐  Never ☐
13. How often do you feel frustrated with your job?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never

14. How often do you feel tired during the day?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never

15. How often do you find it more difficult to control your emotions?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never

16. How often do you feel unable to influence your immediate supervisor’s decision and actions that affect you?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never

17. How often you are stressful to overcome new technologies & innovations in I.T.?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never

18. How often do you stressful about project deliveries in time & its quality?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never

19. How often do you get support form your team members regarding work?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never

20. How often do you feel insecure with your colleagues?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never

21. How often do you feel it is stressful to report more than one manager?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never

22. How often do you work under the pressure of your senior?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never

23. How often do you feel pressure to perform with the team and prove yourself?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never

24. How often are you happy with your passion in team?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never

25. How often do you feel stress?
   - Often  
   - Sometimes  
   - Most of the time  
   - Very rarely  
   - Never
III] The questionnaire consists of some statements that employees say or feel about various components and conditions of their job. You are required to select any one of the following "five" responses to indicate the extent to which you agree or disagree with each statement to describe the nature and conditions of your job and also your own experiences and feelings about your job. Give your response frankly. Choose only one answer by giving tickmark. Your responses will be kept strictly confidentially.

Kindly answer all the questions

1. I have to do a lot of work in this job.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

2. The available informations relating to my job-role and its outcomes are vague and insufficient.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

3. My different Officers often give contradictory instructions regarding my works.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

4. Sometimes it becomes complied problem for me to make adjustments between political\group pressures and formal rules and instructions.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

5. The responsibility for the efficiency and productivity of many employees is thrust upon me.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

6. Most of my suggestions are heeded and implemented here.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

7. My decisions and instruction concerning distribution of assignments among employees are properly followed.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

8. I have to work with persons whom I like.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

9. My assignments are of monotonous nature.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

    - Strongly disagree
    - Disagree
    - Undecided
    - Agree
    - Strongly agree

11. I get less salary in comparison to the quantum of my work.
    - Strongly disagree
    - Disagree
    - Undecided
    - Agree
    - Strongly agree
12. I do my work under tense circumstances.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

13. Owing to excessive workload, I have to manage with insufficient number of employees and resources.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

14. The objectives of my work-role are quite clear and adequately planned.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

15. Officials do not interfere with my jurisdiction and working methods.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

16. I have to do some work unwillingly owing to certain group / political pressure.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

17. I am responsible for the future of a number of employees.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

18. My co-operations is frequently sought in solving the administrative or industrial problems at higher level.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

19. My suggestions regarding the training programmes of the employees are given due significance.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

20. Some of my colleagues and subordinates try to defame and malign me as unsuccessful.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

21. I get ample opportunity to utilize my abilities and experience independently.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

22. This job has enhanced my social status.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

23. I am seldom rewarded for my hard labour and efficient performance.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

24. Some of my assignments are quite risky and complicated.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

25. I have to dispose off my work hurriedly owing to excessive workload.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree
26. I am unable to perform my duties smoothly owing to uncertainty and ambiguity of the scope of my jurisdiction and authorities.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

27. I am not provided with clear instructions and sufficient facilities regarding the new assignments trusted to me.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

28. In order to maintain group-conformity sometimes I have to do/produce more than the usual.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

29. I bear the great responsibility for the progress and prosperity of this organization.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

30. My opinions are sought in framing important policies of the Organization/Department.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

31. Our interests and opinion are duly considered in making appointments for important posts.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

32. My colleagues do co-operate with me voluntarily in solving administrative and industrial problems.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

33. I get ample opportunity to develop my aptitude and proficiency properly.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

34. My higher authorities do not give due significance to my post and work.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

35. I often feel that this job has made my life cumbersome.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

36. Being too busy with official work, I am not able to devote sufficient time to my domestic and personal problems.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree

37. It is not clear that what type of work and behavior my higher authorities and colleagues expect from me.
   - Strongly disagree
   - Disagree
   - Undecided
   - Agree
   - Strongly agree
38. Employees attach due importance to the official instructions and formal working procedures.
   - [ ] Strongly disagree
   - [ ] Disagree
   - [ ] Undecided
   - [ ] Agree
   - [ ] Strongly agree

39. I am compelled to violate the formal and administrative procedures and policies owing to group/political pressures.
   - [ ] Strongly disagree
   - [ ] Disagree
   - [ ] Undecided
   - [ ] Agree
   - [ ] Strongly agree

40. My opinion is sought in changing or modifying the working system, instrument, and conditions.
   - [ ] Strongly disagree
   - [ ] Disagree
   - [ ] Undecided
   - [ ] Agree
   - [ ] Strongly agree

41. There exists sufficient mutual co-operation and team-spirit among the employees of this organization/department.
   - [ ] Strongly disagree
   - [ ] Disagree
   - [ ] Undecided
   - [ ] Agree
   - [ ] Strongly agree

42. My suggestions and co-operation are not sought in solving even those problems for which I am quite competent.
   - [ ] Strongly disagree
   - [ ] Disagree
   - [ ] Undecided
   - [ ] Agree
   - [ ] Strongly agree

43. Working conditions are satisfactory here from the point of view of our welfare and convenience.
   - [ ] Strongly disagree
   - [ ] Disagree
   - [ ] Undecided
   - [ ] Agree
   - [ ] Strongly agree

44. I have to do such work as ought to be done by others.
   - [ ] Strongly disagree
   - [ ] Disagree
   - [ ] Undecided
   - [ ] Agree
   - [ ] Strongly agree

45. I becomes difficult to implement all of a sudden the new dealing procedures and policies in place of those already in practice.
   - [ ] Strongly disagree
   - [ ] Disagree
   - [ ] Undecided
   - [ ] Agree
   - [ ] Strongly agree

46. I am unable to carry out my assignment to my satisfaction on account of excessive load of work and lack of time.
   - [ ] Strongly disagree
   - [ ] Disagree
   - [ ] Undecided
   - [ ] Agree
   - [ ] Strongly agree
IV] To establish your general level give your response to the statements as honestly as you can. Choose only one answer by giving tick mark. Your responses will be kept strictly confidentially.

1. I am generally more nervous than other people.
   - [ ] Strongly Disagree
   - [ ] Disagree
   - [ ] Not Sure
   - [ ] Agree
   - [ ] Strongly agree

2. I regularly suffer from headache.
   - [ ] Strongly Disagree
   - [ ] Disagree
   - [ ] Not Sure
   - [ ] Agree
   - [ ] Strongly agree

3. I work under a great deal of pressure.
   - [ ] Strongly Disagree
   - [ ] Disagree
   - [ ] Not Sure
   - [ ] Agree
   - [ ] Strongly agree

4. I worry about money and job.
   - [ ] Strongly Disagree
   - [ ] Disagree
   - [ ] Not Sure
   - [ ] Agree
   - [ ] Strongly agree

5. I sweat very easily even on cool days.
   - [ ] Strongly Disagree
   - [ ] Disagree
   - [ ] Not Sure
   - [ ] Agree
   - [ ] Strongly agree

6. I notice my heart pounding and shortness of breath.
   - [ ] Strongly Disagree
   - [ ] Disagree
   - [ ] Not Sure
   - [ ] Agree
   - [ ] Strongly agree

7. I have stomach problem.
   - [ ] Strongly Disagree
   - [ ] Disagree
   - [ ] Not Sure
   - [ ] Agree
   - [ ] Strongly agree

8. I frequently find myself worried or upset by things.
   - [ ] Strongly Disagree
   - [ ] Disagree
   - [ ] Not Sure
   - [ ] Agree
   - [ ] Strongly agree

9. I tire quickly.
   - [ ] Strongly Disagree
   - [ ] Disagree
   - [ ] Not Sure
   - [ ] Agree
   - [ ] Strongly agree

10. I wish I could be as happy as other people seem to be.
    - [ ] Strongly Disagree
    - [ ] Disagree
    - [ ] Not Sure
    - [ ] Agree
    - [ ] Strongly agree

11. I feel that difficulties are piling up so high that I cannot overcome them.
    - [ ] Strongly Disagree
    - [ ] Disagree
    - [ ] Not Sure
    - [ ] Agree
    - [ ] Strongly agree

12. I have at times worried about something that did not really matter.
    - [ ] Strongly Disagree
    - [ ] Disagree
    - [ ] Not Sure
    - [ ] Agree
    - [ ] Strongly agree

13. Sometimes I feel useless.
    - [ ] Strongly Disagree
    - [ ] Disagree
    - [ ] Not Sure
    - [ ] Agree
    - [ ] Strongly agree
14. I am inclines to react badly.
   - [ ] Strongly Disagree
   - [ ] Disagree
   - [ ] Not Sure
   - [ ] Agree
   - [ ] Strongly agree

15. I have lost sleeps because of my worries.
   - [ ] Strongly Disagree
   - [ ] Disagree
   - [ ] Not Sure
   - [ ] Agree
   - [ ] Strongly agree

V]Which are the following strategies do you follow to get relief whenever you stress?

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10. Spending time with their friends</td>
<td>11. Watching Movies</td>
<td>12. Taking a Walk</td>
</tr>
<tr>
<td>13. Talking to their loved ones</td>
<td>14. Reading</td>
<td>15. Consuming Alcohol</td>
</tr>
<tr>
<td>25. Psychological Treatment</td>
<td>26. Other</td>
<td>Mention:</td>
</tr>
</tbody>
</table>