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JOB STRESS QUESTIONNAIRE

Q.1 Name of respondent: ____________________________

Q.2 Gender: □ Male □ Female

Q.3 Age of Respondents: ______________________________

Q.4 Marital Status: □ Single □ Married □ Widower □ Divorcee

Q.5 Presently you are living with: □ Family □ Single □ Peer groups

Q.6 Total number of dependents in family.
   □ Less than 3 □ 3 to 6 □ More than 6

Q.7 What is your Scheduled working hours per day?
   □ 8 Hours □ More than 8 hours

Q.8 Do you feel stress on the job?
   □ No □ Yes

Q.9 Do you work over time frequently?
   □ No □ Yes

Q.10 My job always requires a great deal of concentration.
   □ Strongly disagree □ Disagree □ Undecided □ Agree
   □ Strongly agree

Q.11 My job requires me to remember many things at a time.
   □ Strongly disagree □ Disagree □ Undecided □ Agree
   □ Strongly agree

Q.12 Do you feel depressed or lonely on the job?
   □ Never □ Rarely □ Occasionally □ Often □ Very Often

Q.13 How often do you feel that your job has threat of physical harm or injury to you?
   □ Never □ Rarely □ Occasionally □ Often □ Very Often

Q.14 Have you met with an accident on the job?
   □ No □ Yes
Q.15  Noise level is high in the area I work.
   □ No     □ Yes

Q.16  What do you feel about the quality of physical environment where you work?
   □ Very good     □ Good     □ Neutral     □ Bad     □ Very bad

Q.17  Is it easy to talk with your immediate supervisor?
   Almost Never □ Usually Not □ Occasionally □ Usually □ Almost Always □

Q.18  How often your immediate supervisors help you to make your work life balance easier?
   □ Never     □ Rarely     □ Occasionally     □ Often     □ Very Often

Q.19  How often your coworkers help you to solve your personal problems?
   □ Never     □ Rarely     □ Occasionally     □ Often     □ Very Often

Q.20  How often your coworkers help you to solve your job related problems?
   □ Never     □ Rarely     □ Occasionally     □ Often     □ Very Often

Q.21  To what extent do you have an authority to take instant decisions on the job?
   □ Not at all     □ Very little     □ Somewhat
   □ To a great extent

Q.22  To what extent your supervisors support you?
   □ Not at all     □ Very little     □ Somewhat
   □ To a great extent

Q.23  How often does your job expose to verbal debate/abuse with the public?
   □ Very often     □ Often     □ Occasionally     □ Rarely     □ Never

Q.24  There is an opportunity for overall development in my current job?
   □ Strongly disagree     □ Disagree     □ Undecided     □ Agree
   □ Strongly agree

Q.25  Is there any recent change taken place in your job?
   □ Promotion     □ Increase in work responsibility
☐ Increase in work time ☐ Demotion ☐ Decrease in work responsibility
☐ Decrease in work time

Q.26  Do you have an addiction (Smoking/Tobacco/Alcohol).
☐ No  ☐ Yes

Q.27  How frequently do you experience following signs on the job?
☐ Upset Stomach ☐ Stomach ache ☐ Imbalance heart beats
☐ Migraine ☐ Sleepless nights ☐ Shivering
☐ Fumbling ☐ Sweating ☐ Dryness of mouth

Q.28  How satisfied you are with your job?
☐ Highly Unsatisfied ☐ Unsatisfied ☐ Undecided
☐ Satisfied ☐ Highly Satisfied

Q.29  If you are free to join another job, what will you do?
☐ cannot say  Will take the another job ☐ Will take the same job

Q.30  What do you do from the following?
☐ Regular exercise (Gym, morning walk, evening walk, etc.)
☐ Yoga
☐ Entertainment (watching movies, drama, listening music, etc.)
☐ Sports (playing cricket, football, badminton, swimming, etc.)
☐ Meditation
☐ Follow spirituality
☐ Spend time with family and friends
☐ Tourism