

YouGov Survey Results

Sample Size: 2133

Fieldwork: 9th - 11th November 2011

Total	Gender		Age					Social Grade		Region							
Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Thinking about your work life in general would you say you are more or less stressed now compared to 12 months ago (i.e. November 2010)?

	1268	628	640	81	282	306	300	299	757	511	273	198	102	208	283	71	104	29
Unweighted Base	1268	628	640	81	282	306	300	299	757	511	273	198	102	208	283	71	104	29
All working UK Adults	1299	668	631	138	289	311	298	262	769	530	291	212	118	181	293	59	111	33
Much more stressed	15%	13%	16%	15%	12%	18%	16%	12%	17%	12%	16%	20%	9%	16%	11%	22%	12%	15%
More stressed	34%	33%	34%	40%	35%	32%	33%	32%	33%	35%	32%	33%	46%	34%	30%	30%	38%	37%
Neither more nor less stressed	34%	35%	34%	28%	31%	37%	37%	37%	35%	34%	36%	33%	31%	28%	40%	33%	35%	29%
Less stressed	12%	13%	11%	5%	17%	10%	10%	15%	11%	13%	13%	9%	9%	17%	13%	12%	7%	19%
Much less stressed	3%	3%	3%	5%	4%	2%	3%	4%	3%	4%	2%	4%	4%	3%	3%	2%	8%	-
Don't know	1%	1%	0%	3%	0%	1%	0%	0%	1%	2%	1%	1%	-	1%	1%	2%	-	-
Not applicable - I didn't work 12 months ago	1%	1%	1%	4%	1%	1%	0%	-	1%	1%	1%	-	2%	1%	2%	-	-	-

Thinking about your work life, you said that you are (answer from Q4) than you were 12 months ago...

Which, if any, of the following are reasons for this? (Please tick all that apply)

	609	290	319	46	132	151	149	131	374	235	129	100	56	106	115	37	53	13
Unweighted Base	609	290	319	46	132	151	149	131	374	235	129	100	56	106	115	37	53	13
All working UK Adults who are more stressed in their work life than 12 months ago	629	309	320	76	135	155	147	115	383	246	138	113	64	92	119	31	55	17
I requested a pay rise and didn't get one	9%	9%	9%	5%	11%	13%	8%	5%	10%	8%	10%	8%	9%	11%	10%	-	8%	5%
A pay freeze has been introduced where I work	33%	30%	37%	15%	31%	36%	43%	31%	38%	26%	40%	31%	37%	37%	21%	39%	40%	14%
Lack of career development opportunities	31%	37%	26%	41%	37%	33%	31%	15%	32%	29%	33%	26%	29%	35%	35%	37%	22%	31%
My work load has increased but not my pay	57%	57%	57%	50%	59%	56%	62%	54%	58%	54%	65%	48%	68%	59%	46%	70%	58%	44%
I am under more pressure to perform	45%	48%	42%	25%	44%	50%	49%	46%	49%	38%	49%	46%	44%	39%	42%	59%	38%	49%
I am having to work longer hours	34%	34%	33%	39%	32%	36%	33%	32%	36%	31%	36%	38%	33%	32%	33%	27%	28%	37%
We have had some benefits taken away from us (e.g. extra holiday days, flexible working, gym discount, etc.)	16%	15%	18%	11%	11%	18%	22%	16%	18%	14%	16%	20%	12%	20%	12%	9%	16%	25%
I am unable to get a new job	14%	18%	12%	30%	17%	13%	10%	10%	14%	15%	17%	14%	17%	18%	13%	13%	8%	8%
Other	16%	15%	17%	21%	14%	17%	11%	18%	15%	16%	14%	15%	27%	15%	17%	6%	11%	16%
Don't know	1%	-	2%	-	1%	2%	-	2%	1%	1%	2%	1%	-	-	-	2%	4%	-
Prefer not to say	1%	1%	1%	-	1%	1%	2%	1%	1%	1%	1%	2%	-	1%	1%	2%	-	-

Total	Gender		Age					Social Grade		Region							
Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Which, if any, of the following are you more likely to do when you have work related stress? (Please tick all that apply)

	Unweighted Base	628	640	81	282	306	300	299	757	511	273	198	102	208	283	71	104	29
	All working UK Adults	668	631	138	289	311	298	262	769	530	291	212	118	181	293	59	111	33
Drink alcohol	27%	31%	24%	32%	28%	30%	30%	18%	29%	26%	28%	27%	29%	29%	28%	27%	18%	36%
Eat	31%	24%	39%	36%	34%	32%	32%	24%	33%	29%	28%	34%	28%	36%	30%	30%	33%	34%
Take drugs	2%	2%	2%	5%	3%	1%	2%	0%	2%	2%	2%	3%	1%	2%	2%	2%	2%	-
Smoke	13%	11%	15%	15%	12%	16%	10%	10%	12%	13%	10%	14%	20%	16%	12%	15%	7%	6%
Take sick days	16%	17%	14%	17%	18%	14%	15%	13%	15%	16%	18%	17%	17%	14%	13%	14%	15%	14%
Take holidays	9%	10%	8%	6%	12%	9%	7%	11%	10%	8%	11%	9%	9%	13%	6%	7%	6%	13%
Work flexibly	8%	8%	8%	6%	7%	9%	6%	11%	9%	7%	6%	10%	7%	8%	8%	5%	10%	9%
Become less friendly towards family/ friends	31%	32%	29%	33%	36%	31%	34%	20%	30%	31%	31%	39%	27%	33%	27%	29%	27%	21%
Become less friendly towards colleagues	28%	30%	25%	25%	35%	32%	24%	19%	28%	26%	28%	29%	25%	26%	28%	35%	21%	34%
Spend more time at work doing personal things (e.g. surfing the internet, making personal phone calls, having longer lunch breaks, etc.)	15%	17%	12%	22%	19%	15%	10%	10%	17%	11%	13%	19%	15%	17%	14%	8%	11%	19%
None of these	16%	15%	17%	16%	13%	13%	14%	24%	16%	16%	18%	13%	23%	9%	15%	7%	25%	24%
Don't know	5%	6%	4%	6%	4%	4%	6%	6%	4%	7%	5%	4%	5%	4%	4%	10%	4%	5%
Prefer not to say	2%	1%	2%	7%	1%	0%	0%	2%	1%	2%	1%	1%	3%	2%	2%	-	1%	3%