

# YouGov Survey Results

Sample size: 2134 adults in GB

Fieldwork: 6th - 7th June 2022



Total	Gender		Age				
	Male	Female	18 – 29	30 – 39	40 – 49	50 – 59	60+

Which of these applies to you?

	Unweighted base	2134	1012	1122	317	398	369	318	732
<b>Base</b>	<b>2134</b>	<b>1035</b>	<b>1099</b>	<b>375</b>	<b>404</b>	<b>352</b>	<b>325</b>	<b>678</b>	
Working full time (30 or more hours per week)	44%	52%	36%	47%	68%	65%	56%	11%	
Working part time (8-29 hours a week)	14%	9%	19%	10%	17%	17%	19%	10%	
Working part time (Less than 8 hours a week)	1%	1%	2%	0%	1%	1%	1%	2%	
Full time student	5%	4%	5%	24%	1%	1%	-	-	
Retired	24%	23%	25%	1%	1%	0%	8%	72%	
Unemployed	4%	4%	3%	9%	5%	4%	2%	1%	
Not working	6%	5%	6%	5%	5%	8%	10%	3%	
Other	3%	2%	3%	3%	3%	4%	4%	1%	

For the following question, by 'overtime', we mean working hours over and above your contracted hours...Generally speaking, how often, if at all, do you work...

**Paid overtime**

	Unweighted base	1242	612	630	190	342	306	243	161
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>633</b>	<b>627</b>	<b>217</b>	<b>346</b>	<b>292</b>	<b>249</b>	<b>156</b>	
Every working day	4%	6%	2%	6%	5%	2%	4%	1%	
Several times a week	6%	6%	6%	7%	7%	7%	3%	5%	
Once a week	3%	3%	3%	4%	2%	6%	3%	2%	
Several times a month	6%	6%	6%	7%	5%	7%	5%	5%	
Once a month	6%	6%	6%	9%	4%	4%	7%	6%	
Several times a year	11%	12%	11%	9%	13%	7%	16%	11%	
Once a year	2%	1%	2%	1%	2%	3%	0%	2%	
Less often than once a year	5%	6%	5%	6%	5%	6%	5%	7%	
Never	53%	50%	56%	44%	52%	55%	56%	58%	
Don't know	5%	5%	4%	8%	6%	3%	3%	4%	

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Total	Social Grade		Working Status						
	ABC1	C2DE	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other

Which of these applies to you?

	Unweighted base	2134	1278	856	928	314	1242	78	568	73	173
<b>Base</b>	<b>2134</b>	<b>1216</b>	<b>918</b>	<b>939</b>	<b>321</b>	<b>1260</b>	<b>99</b>	<b>521</b>	<b>78</b>	<b>176</b>	
Working full time (30 or more hours per week)	44%	50%	36%	100%	-	75%	-	-	-	-	
Working part time (8-29 hours a week)	14%	12%	16%	-	92%	23%	-	-	-	-	
Working part time (Less than 8 hours a week)	1%	1%	1%	-	8%	2%	-	-	-	-	
Full time student	5%	5%	4%	-	-	-	100%	-	-	-	
Retired	24%	26%	22%	-	-	-	-	100%	-	-	
Unemployed	4%	2%	6%	-	-	-	-	-	100%	-	
Not working	6%	2%	10%	-	-	-	-	-	-	67%	
Other	3%	1%	5%	-	-	-	-	-	-	33%	

For the following question, by 'overtime', we mean working hours over and above your contracted hours...Generally speaking, how often, if at all, do you work...

Paid overtime										
	Unweighted base	1242	803	439	928	314	1242	-	-	-
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>772</b>	<b>488</b>	<b>939</b>	<b>321</b>	<b>1260</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
Every working day	4%	2%	6%	4%	1%	4%	-	-	-	-
Several times a week	6%	4%	8%	5%	8%	6%	-	-	-	-
Once a week	3%	3%	5%	3%	4%	3%	-	-	-	-
Several times a month	6%	5%	8%	6%	4%	6%	-	-	-	-
Once a month	6%	3%	9%	5%	7%	6%	-	-	-	-
Several times a year	11%	10%	13%	12%	10%	11%	-	-	-	-
Once a year	2%	2%	1%	2%	2%	2%	-	-	-	-
Less often than once a year	5%	5%	6%	5%	5%	5%	-	-	-	-
Never	53%	63%	37%	53%	51%	53%	-	-	-	-
Don't know	5%	4%	6%	4%	8%	5%	-	-	-	-

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	Total	Gender		Age				
		Male	Female	18 – 29	30 – 39	40 – 49	50 – 59	60+
<b>Unpaid overtime</b>								
Unweighted base	1242	612	630	190	342	306	243	161
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>633</b>	<b>627</b>	<b>217</b>	<b>346</b>	<b>292</b>	<b>249</b>	<b>156</b>
Every working day	11%	10%	12%	7%	9%	13%	13%	10%
Several times a week	13%	12%	14%	12%	12%	15%	17%	9%
Once a week	5%	5%	5%	5%	5%	5%	3%	5%
Several times a month	8%	7%	8%	7%	9%	8%	7%	7%
Once a month	3%	3%	3%	4%	4%	1%	5%	1%
Several times a year	5%	6%	5%	4%	5%	7%	4%	7%
Once a year	1%	1%	1%	0%	2%	0%	1%	1%
Less often than once a year	3%	3%	3%	5%	3%	4%	1%	3%
Never	45%	47%	44%	44%	43%	43%	46%	53%
Don't know	6%	7%	5%	11%	7%	3%	4%	5%

## Generally speaking, how much time, if at all, do you spend thinking about work outside of your working hours?

Unweighted base	1242	612	630	190	342	306	243	161
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>633</b>	<b>627</b>	<b>217</b>	<b>346</b>	<b>292</b>	<b>249</b>	<b>156</b>
A lot of time	14%	12%	15%	15%	14%	15%	14%	8%
A fair amount of time	37%	36%	37%	34%	37%	40%	33%	38%
Not much time	38%	38%	37%	40%	38%	35%	39%	36%
No time at all	10%	11%	9%	7%	9%	8%	12%	17%
Don't know	2%	2%	2%	4%	3%	1%	1%	1%

## Generally speaking, how stressed, if at all, do you feel...?

<b>At work</b>								
Unweighted base	1242	612	630	190	342	306	243	161
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>633</b>	<b>627</b>	<b>217</b>	<b>346</b>	<b>292</b>	<b>249</b>	<b>156</b>
Very stressed	12%	12%	12%	14%	15%	11%	10%	10%
Fairly stressed	40%	38%	43%	39%	39%	48%	44%	25%
Not very stressed	36%	37%	35%	41%	38%	31%	33%	39%
Not at all stressed	10%	10%	9%	3%	6%	9%	12%	26%
Don't know	2%	2%	1%	3%	2%	1%	1%	1%

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	Total	Social Grade		Working Status						
		ABC1	C2DE	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other
<b>Unpaid overtime</b>										
Unweighted base	1242	803	439	928	314	1242	-	-	-	-
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>772</b>	<b>488</b>	<b>939</b>	<b>321</b>	<b>1260</b>	-	-	-	-
Every working day	11%	13%	6%	12%	7%	11%	-	-	-	-
Several times a week	13%	16%	9%	15%	7%	13%	-	-	-	-
Once a week	5%	6%	3%	6%	2%	5%	-	-	-	-
Several times a month	8%	8%	7%	8%	7%	8%	-	-	-	-
Once a month	3%	3%	3%	4%	1%	3%	-	-	-	-
Several times a year	5%	6%	4%	5%	6%	5%	-	-	-	-
Once a year	1%	1%	1%	1%	1%	1%	-	-	-	-
Less often than once a year	3%	3%	3%	3%	4%	3%	-	-	-	-
Never	45%	39%	55%	41%	56%	45%	-	-	-	-
Don't know	6%	5%	9%	5%	8%	6%	-	-	-	-

## Generally speaking, how much time, if at all, do you spend thinking about work outside of your working hours?

Unweighted base	1242	803	439	928	314	1242	-	-	-	-
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>772</b>	<b>488</b>	<b>939</b>	<b>321</b>	<b>1260</b>	-	-	-	-
A lot of time	14%	16%	11%	16%	8%	14%	-	-	-	-
A fair amount of time	37%	38%	35%	38%	33%	37%	-	-	-	-
Not much time	38%	36%	40%	36%	41%	38%	-	-	-	-
No time at all	10%	9%	11%	8%	15%	10%	-	-	-	-
Don't know	2%	2%	3%	2%	3%	2%	-	-	-	-

## Generally speaking, how stressed, if at all, do you feel...?

<b>At work</b>										
Unweighted base	1242	803	439	928	314	1242	-	-	-	-
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>772</b>	<b>488</b>	<b>939</b>	<b>321</b>	<b>1260</b>	-	-	-	-
Very stressed	12%	11%	13%	14%	8%	12%	-	-	-	-
Fairly stressed	40%	43%	37%	44%	30%	40%	-	-	-	-
Not very stressed	36%	35%	37%	34%	42%	36%	-	-	-	-
Not at all stressed	10%	9%	11%	7%	19%	10%	-	-	-	-
Don't know	2%	1%	2%	1%	2%	2%	-	-	-	-

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Total	Gender		Age				
	Male	Female	18 – 29	30 – 39	40 – 49	50 – 59	60+

## Thinking about work outside of working hours

Unweighted base	1242	612	630	190	342	306	243	161
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>633</b>	<b>627</b>	<b>217</b>	<b>346</b>	<b>292</b>	<b>249</b>	<b>156</b>
Very stressed	7%	7%	8%	12%	10%	5%	4%	3%
Fairly stressed	31%	32%	31%	35%	32%	35%	30%	20%
Not very stressed	35%	33%	36%	33%	36%	37%	32%	34%
Not at all stressed	24%	26%	23%	17%	19%	19%	33%	43%
Don't know	2%	2%	2%	4%	2%	3%	2%	-

## Outside of work

Unweighted base	1242	612	630	190	342	306	243	161
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>633</b>	<b>627</b>	<b>217</b>	<b>346</b>	<b>292</b>	<b>249</b>	<b>156</b>
Very stressed	5%	6%	4%	5%	7%	6%	3%	2%
Fairly stressed	27%	26%	27%	30%	30%	29%	21%	19%
Not very stressed	44%	42%	46%	48%	46%	43%	43%	39%
Not at all stressed	22%	24%	20%	13%	14%	21%	30%	40%
Don't know	3%	2%	3%	4%	4%	2%	2%	1%

## How frequently, if at all, do your friends and family ask you to cut back on how much you work?

Unweighted base	1242	612	630	190	342	306	243	161
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>633</b>	<b>627</b>	<b>217</b>	<b>346</b>	<b>292</b>	<b>249</b>	<b>156</b>
Very frequently	5%	4%	5%	4%	4%	4%	4%	6%
Fairly frequently	16%	16%	16%	15%	17%	17%	15%	12%
Not very frequently	21%	21%	21%	19%	22%	24%	19%	17%
Not at all frequently	15%	14%	16%	20%	15%	13%	13%	18%
N/A - my family and friends have never asked me to cut back on how much I work	41%	41%	41%	37%	38%	39%	48%	44%
Don't know	3%	4%	3%	6%	4%	3%	1%	3%

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Total	Social Grade		Working Status							
	ABC1	C2DE	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	
<b>Thinking about work outside of working hours</b>										
Unweighted base	1242	803	439	928	314	1242	-	-	-	-
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>772</b>	<b>488</b>	<b>939</b>	<b>321</b>	<b>1260</b>	-	-	-	-
Very stressed	7%	7%	7%	8%	5%	7%	-	-	-	-
Fairly stressed	31%	33%	28%	34%	24%	31%	-	-	-	-
Not very stressed	35%	35%	35%	35%	34%	35%	-	-	-	-
Not at all stressed	24%	23%	27%	21%	34%	24%	-	-	-	-
Don't know	2%	2%	3%	2%	3%	2%	-	-	-	-
<b>Outside of work</b>										
Unweighted base	1242	803	439	928	314	1242	-	-	-	-
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>772</b>	<b>488</b>	<b>939</b>	<b>321</b>	<b>1260</b>	-	-	-	-
Very stressed	5%	4%	6%	5%	3%	5%	-	-	-	-
Fairly stressed	27%	26%	27%	28%	22%	27%	-	-	-	-
Not very stressed	44%	46%	42%	44%	46%	44%	-	-	-	-
Not at all stressed	22%	22%	21%	21%	25%	22%	-	-	-	-
Don't know	3%	2%	4%	2%	4%	3%	-	-	-	-
<b>How frequently, if at all, do your friends and family ask you to cut back on how much you work?</b>										
Unweighted base	1242	803	439	928	314	1242	-	-	-	-
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>772</b>	<b>488</b>	<b>939</b>	<b>321</b>	<b>1260</b>	-	-	-	-
Very frequently	5%	4%	6%	5%	3%	5%	-	-	-	-
Fairly frequently	16%	18%	12%	18%	10%	16%	-	-	-	-
Not very frequently	21%	22%	18%	22%	16%	21%	-	-	-	-
Not at all frequently	15%	17%	12%	15%	14%	15%	-	-	-	-
N/A - my family and friends have never asked me to cut back on how much I work	41%	38%	46%	37%	54%	41%	-	-	-	-
Don't know	3%	2%	6%	3%	4%	3%	-	-	-	-

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Total	Gender		Age				
	Male	Female	18 – 29	30 – 39	40 – 49	50 – 59	60+

Generally speaking, would you say your work life has a positive or negative impact on your life outside of work?

Unweighted base	1242	612	630	190	342	306	243	161
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>633</b>	<b>627</b>	<b>217</b>	<b>346</b>	<b>292</b>	<b>249</b>	<b>156</b>
Very positive impact	7%	7%	7%	5%	7%	5%	6%	15%
Fairly positive impact	27%	24%	30%	34%	27%	24%	23%	29%
No impact at all	26%	27%	25%	23%	22%	28%	30%	30%
Fairly negative impact	26%	27%	25%	26%	25%	28%	28%	20%
Very negative impact	7%	8%	6%	5%	8%	7%	8%	3%
Don't know	8%	8%	8%	7%	11%	8%	6%	4%

Cell Contents (Column Percentages)

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Total	Social Grade		Working Status						
	ABC1	C2DE	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other

Generally speaking, would you say your work life has a positive or negative impact on your life outside of work?

Unweighted base	1242	803	439	928	314	1242	-	-	-	-
<b>Base: All GB Adults who are working</b>	<b>1260</b>	<b>772</b>	<b>488</b>	<b>939</b>	<b>321</b>	<b>1260</b>	-	-	-	-
Very positive impact	7%	7%	7%	6%	9%	7%	-	-	-	-
Fairly positive impact	27%	29%	24%	24%	35%	27%	-	-	-	-
No impact at all	26%	26%	26%	26%	26%	26%	-	-	-	-
Fairly negative impact	26%	27%	24%	28%	20%	26%	-	-	-	-
Very negative impact	7%	6%	8%	8%	3%	7%	-	-	-	-
Don't know	8%	6%	10%	8%	7%	8%	-	-	-	-

Cell Contents (Cc