

YouGov Survey: Quiet Quitting

August 22 - 25, 2022 - 1000 U.S. Adult Citizens



1A. Agree or Disagree: Work Statements — Employees should always try to go above and beyond at work

Do you agree or disagree with the following statement:

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly agree	23%	23%	23%	14%	21%	26%	29%	24%	23%	*	*
Somewhat agree	44%	43%	46%	36%	40%	47%	53%	48%	38%	*	*
Somewhat disagree	16%	16%	15%	25%	15%	14%	11%	16%	16%	*	*
Strongly disagree	6%	7%	4%	13%	5%	5%	2%	5%	5%	*	*
Not sure	11%	11%	11%	11%	18%	8%	6%	8%	18%	*	*
Totals	100%	100%	99%	99%	99%	100%	101%	101%	100%	*	*
Unweighted N	(986)	(460)	(526)	(223)	(199)	(352)	(212)	(708)	(120)	(94)	(64)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly agree	23%	21%	16%	35%	19%	32%	22%	22%	29%	19%	27%	22%	24%
Somewhat agree	44%	45%	46%	42%	46%	48%	44%	44%	48%	43%	38%	47%	47%
Somewhat disagree	16%	18%	17%	12%	20%	12%	15%	20%	11%	20%	19%	13%	15%
Strongly disagree	6%	7%	7%	3%	7%	3%	6%	6%	8%	8%	5%	6%	5%
Not sure	11%	8%	14%	8%	7%	5%	12%	9%	3%	11%	11%	11%	10%
Totals	100%	99%	100%	100%	99%	100%	99%	101%	99%	101%	100%	99%	101%
Unweighted N	(986)	(306)	(415)	(265)	(368)	(320)	(439)	(245)	(187)	(179)	(209)	(385)	(213)

YouGov Survey: Quiet Quitting
 August 22 - 25, 2022 - 1000 U.S. Adult Citizens



1B. Agree or Disagree: Work Statements — Employees should set boundaries around the amount of extra work they do

Do you agree or disagree with the following statement:

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly agree	32%	29%	35%	46%	34%	28%	24%	32%	33%	*	*
Somewhat agree	39%	38%	40%	33%	34%	44%	42%	40%	38%	*	*
Somewhat disagree	11%	14%	9%	8%	10%	11%	17%	12%	4%	*	*
Strongly disagree	6%	7%	4%	4%	5%	5%	9%	5%	5%	*	*
Not sure	12%	13%	11%	10%	16%	12%	8%	10%	20%	*	*
Totals	100%	101%	99%	101%	99%	100%	100%	99%	100%	*	*
Unweighted N	(986)	(461)	(525)	(224)	(198)	(352)	(212)	(708)	(120)	(94)	(64)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly agree	32%	37%	37%	19%	45%	20%	31%	32%	37%	38%	35%	31%	28%
Somewhat agree	39%	41%	34%	44%	37%	45%	40%	40%	38%	38%	33%	41%	42%
Somewhat disagree	11%	9%	10%	16%	8%	16%	11%	11%	13%	12%	11%	9%	15%
Strongly disagree	6%	4%	5%	8%	4%	9%	4%	6%	8%	4%	6%	6%	6%
Not sure	12%	8%	14%	13%	6%	10%	14%	10%	3%	8%	15%	13%	10%
Totals	100%	99%	100%	100%	100%	100%	100%	99%	99%	100%	100%	100%	101%
Unweighted N	(986)	(306)	(414)	(266)	(368)	(321)	(437)	(247)	(187)	(180)	(207)	(387)	(212)

YouGov Survey: Quiet Quitting
 August 22 - 25, 2022 - 1000 U.S. Adult Citizens



1C. Agree or Disagree: Work Statements — Employees should only do the work they are paid for — no more, no less

Do you agree or disagree with the following statement:

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly agree	20%	24%	17%	34%	22%	18%	9%	18%	26%	*	*
Somewhat agree	25%	22%	29%	31%	32%	22%	19%	24%	32%	*	*
Somewhat disagree	29%	30%	28%	19%	21%	37%	35%	34%	17%	*	*
Strongly disagree	14%	14%	15%	5%	8%	15%	30%	16%	12%	*	*
Not sure	11%	10%	11%	12%	17%	7%	8%	9%	14%	*	*
Totals	99%	100%	100%	101%	100%	99%	101%	101%	101%	*	*
Unweighted N	(986)	(462)	(524)	(224)	(199)	(353)	(210)	(708)	(119)	(95)	(64)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly agree	20%	23%	22%	15%	24%	12%	25%	14%	20%	30%	19%	20%	16%
Somewhat agree	25%	31%	25%	21%	28%	21%	22%	30%	27%	20%	26%	27%	27%
Somewhat disagree	29%	27%	29%	32%	28%	35%	27%	30%	34%	32%	25%	26%	35%
Strongly disagree	14%	13%	10%	23%	13%	24%	12%	17%	16%	11%	18%	16%	11%
Not sure	11%	7%	14%	10%	7%	8%	13%	9%	4%	8%	12%	11%	11%
Totals	99%	101%	100%	101%	100%	100%	99%	100%	101%	101%	100%	100%	100%
Unweighted N	(986)	(306)	(415)	(265)	(367)	(320)	(437)	(247)	(187)	(178)	(210)	(387)	(211)

YouGov Survey: Quiet Quitting
 August 22 - 25, 2022 - 1000 U.S. Adult Citizens



1D. Agree or Disagree: Work Statements — People who are early in their careers should work extra hours to prove themselves

Do you agree or disagree with the following statement:

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly agree	11%	14%	8%	11%	11%	11%	10%	9%	14%	*	*
Somewhat agree	32%	36%	28%	23%	27%	36%	39%	35%	25%	*	*
Somewhat disagree	26%	21%	30%	26%	21%	28%	28%	26%	27%	*	*
Strongly disagree	19%	17%	22%	27%	21%	18%	14%	19%	22%	*	*
Not sure	12%	12%	12%	13%	20%	8%	9%	11%	12%	*	*
Totals	100%	100%	100%	100%	100%	101%	100%	100%	100%	*	*
Unweighted N	(988)	(462)	(526)	(222)	(198)	(356)	(212)	(711)	(120)	(93)	(64)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly agree	11%	8%	8%	17%	9%	14%	9%	12%	16%	11%	13%	8%	12%
Somewhat agree	32%	32%	30%	35%	30%	40%	28%	33%	40%	31%	31%	32%	32%
Somewhat disagree	26%	26%	26%	25%	26%	26%	26%	25%	27%	20%	25%	28%	27%
Strongly disagree	19%	25%	21%	11%	28%	9%	22%	20%	15%	27%	17%	18%	18%
Not sure	12%	8%	15%	12%	7%	11%	15%	9%	3%	10%	15%	13%	10%
Totals	100%	99%	100%	100%	100%	100%	100%	99%	101%	99%	101%	99%	99%
Unweighted N	(988)	(307)	(415)	(266)	(369)	(324)	(438)	(247)	(189)	(179)	(208)	(387)	(214)

YouGov Survey: Quiet Quitting

August 22 - 25, 2022 - 1000 U.S. Adult Citizens



2. Burnout Nationally

How common do you think burnout (chronic workplace stress that has not been successfully managed) is among employees in the United States?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very common	46%	40%	52%	49%	47%	52%	35%	50%	37%	*	*
Somewhat common	30%	32%	28%	24%	24%	30%	40%	30%	35%	*	*
Not very common	9%	12%	7%	12%	8%	7%	11%	9%	9%	*	*
Not at all common	3%	3%	2%	2%	4%	1%	4%	2%	4%	*	*
Not sure	12%	13%	11%	14%	17%	9%	10%	9%	15%	*	*
Totals	100%	100%	100%	101%	100%	99%	100%	100%	100%	*	*
Unweighted N	(987)	(461)	(526)	(222)	(197)	(355)	(213)	(712)	(119)	(93)	(63)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very common	46%	50%	49%	39%	54%	41%	47%	51%	46%	45%	47%	48%	43%
Somewhat common	30%	31%	25%	35%	30%	36%	29%	32%	28%	28%	30%	29%	32%
Not very common	9%	9%	7%	12%	7%	12%	6%	8%	17%	12%	9%	7%	10%
Not at all common	3%	3%	2%	2%	3%	3%	3%	2%	3%	2%	2%	3%	3%
Not sure	12%	6%	17%	12%	6%	8%	15%	7%	5%	13%	12%	12%	13%
Totals	100%	99%	100%	100%	100%	100%	100%	100%	99%	100%	100%	99%	101%
Unweighted N	(987)	(307)	(414)	(266)	(368)	(323)	(440)	(247)	(185)	(180)	(210)	(385)	(212)

YouGov Survey: Quiet Quitting

August 22 - 25, 2022 - 1000 U.S. Adult Citizens



3. Burnout - Your Workplace

How common do you think burnout is for employees in your workplace?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very common	30%	26%	34%	*	36%	29%	*	32%	*	*	*
Somewhat common	37%	38%	36%	*	37%	35%	*	33%	*	*	*
Not very common	18%	18%	18%	*	14%	19%	*	19%	*	*	*
Not at all common	7%	9%	5%	*	1%	9%	*	8%	*	*	*
Not sure	8%	10%	7%	*	12%	7%	*	8%	*	*	*
Totals	100%	101%	100%	*	100%	99%	*	100%	*	*	*
Unweighted N	(445)	(210)	(235)	(98)	(125)	(181)	(41)	(324)	(45)	(48)	(28)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very common	30%	31%	33%	24%	35%	26%	27%	29%	35%	30%	*	34%	*
Somewhat common	37%	40%	31%	43%	37%	36%	40%	40%	29%	36%	*	32%	*
Not very common	18%	21%	18%	17%	19%	20%	18%	15%	23%	22%	*	17%	*
Not at all common	7%	5%	7%	8%	4%	12%	5%	8%	8%	3%	*	9%	*
Not sure	8%	4%	11%	8%	5%	6%	10%	8%	6%	9%	*	7%	*
Totals	100%	101%	100%	100%	100%	100%	100%	100%	101%	100%	*	99%	*
Unweighted N	(445)	(139)	(187)	(119)	(168)	(160)	(155)	(137)	(112)	(104)	(95)	(165)	(81)

YouGov Survey: Quiet Quitting

August 22 - 25, 2022 - 1000 U.S. Adult Citizens



4. Burnout - You

How common is burnout for you?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very common	20%	15%	26%	*	24%	18%	*	21%	*	*	*
Somewhat common	37%	35%	40%	*	39%	35%	*	35%	*	*	*
Not very common	25%	29%	22%	*	23%	26%	*	25%	*	*	*
Not at all common	13%	18%	7%	*	7%	18%	*	15%	*	*	*
Not sure	5%	4%	5%	*	7%	2%	*	3%	*	*	*
Totals	100%	101%	100%	*	100%	99%	*	99%	*	*	*
Unweighted N	(445)	(211)	(234)	(99)	(125)	(180)	(41)	(324)	(46)	(46)	(29)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very common	20%	23%	22%	16%	23%	13%	18%	24%	21%	20%	*	24%	*
Somewhat common	37%	41%	36%	34%	38%	37%	36%	34%	37%	41%	*	36%	*
Not very common	25%	23%	24%	30%	26%	26%	30%	25%	22%	24%	*	22%	*
Not at all common	13%	11%	11%	17%	9%	21%	11%	12%	18%	10%	*	13%	*
Not sure	5%	2%	7%	3%	4%	3%	4%	5%	3%	5%	*	5%	*
Totals	100%	100%	100%	100%	100%	100%	99%	100%	101%	100%	*	100%	*
Unweighted N	(445)	(139)	(186)	(120)	(168)	(159)	(155)	(137)	(112)	(103)	(95)	(164)	(83)

YouGov Survey: Quiet Quitting

August 22 - 25, 2022 - 1000 U.S. Adult Citizens



5. Heard About Quiet Quitting

How much have you heard about the workplace phenomenon of "quiet quitting"?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
A lot	9%	10%	9%	17%	10%	7%	5%	9%	13%	*	*
A little	35%	34%	36%	33%	36%	34%	35%	34%	37%	*	*
Nothing at all	56%	56%	55%	49%	54%	58%	60%	57%	50%	*	*
Totals	100%	100%	100%	99%	100%	99%	100%	100%	100%	*	*
Unweighted N	(990)	(463)	(527)	(224)	(196)	(357)	(213)	(713)	(120)	(94)	(63)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
A lot	9%	12%	9%	7%	12%	8%	9%	9%	14%	10%	11%	8%	10%
A little	35%	43%	33%	29%	44%	32%	31%	36%	46%	37%	36%	34%	34%
Nothing at all	56%	45%	58%	64%	44%	59%	59%	55%	40%	53%	53%	58%	56%
Totals	100%	100%	100%	100%	100%	99%	99%	100%	100%	100%	100%	100%	100%
Unweighted N	(990)	(308)	(416)	(266)	(370)	(323)	(441)	(247)	(186)	(179)	(209)	(387)	(215)

YouGov Survey: Quiet Quitting

August 22 - 25, 2022 - 1000 U.S. Adult Citizens



6. What Is Quiet Quitting

What does quiet quitting most often refer to?

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Doing the bare minimum amount of work needed to not get fired	37%	39%	36%	33%	*	40%	*	40%	*	*	*
Declining additional work that you are not being financially compensated for	19%	19%	19%	23%	*	16%	*	22%	*	*	*
Resigning from a job position without telling anyone	25%	25%	26%	19%	*	29%	*	24%	*	*	*
No longer being silent in workplace meetings	6%	8%	4%	14%	*	3%	*	3%	*	*	*
Other	1%	1%	1%	0%	*	2%	*	1%	*	*	*
Not sure	11%	10%	13%	10%	*	11%	*	11%	*	*	*
Totals	99%	102%	99%	99%	*	101%	*	101%	*	*	*
Unweighted N	(450)	(208)	(242)	(118)	(92)	(155)	(85)	(320)	(62)	(35)	(33)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Doing the bare minimum amount of work needed to not get fired	37%	40%	37%	34%	39%	42%	28%	41%	47%	*	*	39%	32%
Declining additional work that you are not being financially compensated for	19%	20%	21%	14%	23%	14%	22%	18%	16%	*	*	14%	26%

continued on the next page . . .

YouGov Survey: Quiet Quitting
 August 22 - 25, 2022 - 1000 U.S. Adult Citizens



	continued from previous page												
	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Resigning from a job position without telling anyone	25%	24%	24%	29%	22%	29%	29%	26%	22%	*	*	28%	24%
No longer being silent in workplace meetings	6%	6%	4%	11%	4%	4%	8%	6%	5%	*	*	6%	8%
Other	1%	1%	1%	0%	2%	0%	0%	1%	1%	*	*	1%	1%
Not sure	11%	8%	14%	12%	10%	11%	13%	7%	9%	*	*	12%	10%
Totals	99%	99%	101%	100%	100%	100%	100%	99%	100%	*	*	100%	101%
Unweighted N	(450)	(170)	(180)	(100)	(209)	(135)	(184)	(113)	(112)	(87)	(97)	(165)	(101)

YouGov Survey: Quiet Quitting
 August 22 - 25, 2022 - 1000 U.S. Adult Citizens



7. Agree With Quiet Quitting

Quiet quitting generally refers to doing a job without taking on additional work without compensation. Do you support or oppose quiet quitting?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly support	17%	18%	17%	24%	18%	16%	13%	18%	15%	*	*
Somewhat support	30%	29%	30%	26%	28%	30%	34%	30%	30%	*	*
Somewhat oppose	17%	17%	17%	13%	15%	18%	21%	18%	16%	*	*
Strongly oppose	10%	12%	9%	12%	6%	11%	12%	11%	12%	*	*
Not sure	26%	24%	27%	25%	32%	25%	19%	24%	28%	*	*
Totals	100%	100%	100%	100%	99%	100%	99%	101%	101%	*	*
Unweighted N	(989)	(462)	(527)	(222)	(197)	(357)	(213)	(713)	(120)	(92)	(64)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly support	17%	21%	19%	10%	26%	10%	18%	16%	19%	20%	18%	16%	17%
Somewhat support	30%	35%	28%	27%	35%	30%	27%	33%	32%	25%	30%	32%	29%
Somewhat oppose	17%	16%	12%	26%	11%	23%	16%	18%	21%	18%	14%	14%	23%
Strongly oppose	10%	10%	10%	12%	10%	14%	11%	10%	11%	12%	13%	10%	8%
Not sure	26%	18%	31%	25%	17%	23%	28%	22%	16%	25%	25%	28%	23%
Totals	100%	100%	100%	100%	99%	100%	100%	99%	99%	100%	100%	100%	100%
Unweighted N	(989)	(308)	(414)	(267)	(370)	(323)	(440)	(247)	(187)	(178)	(210)	(387)	(214)

YouGov Survey: Quiet Quitting

August 22 - 25, 2022 - 1000 U.S. Adult Citizens



Interviewing Dates	August 22 - 25, 2022
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, geographic region, and voter registration) was selected from the 2018 American Community Study. Voter registration was imputed from the November 2018 Current Population Survey Registration and Voting Supplement.
Weighting	The sample was weighted based on gender, age, race, education, news interest, and 2020 Presidential vote (or non-vote). The weights range from 0.199 to 5.991, with a mean of one and a standard deviation of 0.38.
Number of respondents	1000
Margin of error	± 3.3% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	56 questions not reported.