

# YouGov Survey: Quiet Quitting



Sample 1000 U.S. Adult Citizens  
 Conducted August 22 - 25, 2022  
 Margin of Error ±3.3%

## 1. Do you agree or disagree with the following statement:

	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Not sure
Employees should always try to go above and beyond at work	23%	44%	16%	6%	11%
Employees should set boundaries around the amount of extra work they do	32%	39%	11%	6%	12%
Employees should only do the work they are paid for — no more, no less	20%	25%	29%	14%	11%
People who are early in their careers should work extra hours to prove themselves	11%	32%	26%	19%	12%

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

Very common	46%
Somewhat common	30%
Not very common	9%
Not at all common	3%
Not sure	12%

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

Very common	30%
Somewhat common	37%
Not very common	18%
Not at all common	7%
Not sure	8%

## 4. How common is burnout for you?

Very common	20%
Somewhat common	37%
Not very common	25%
Not at all common	13%
Not sure	5%

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

A lot	9%
A little	35%
Nothing at all	56%

## 6. What does quiet quitting most often refer to?

Doing the bare minimum amount of work needed to not get fired .....	37%
Declining additional work that you are not being financially compensated for .....	19%
Resigning from a job position without telling anyone .....	25%
No longer being silent in workplace meetings .....	6%
Other .....	1%
Not sure .....	11%

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

Strongly support .....	17%
Somewhat support .....	30%
Somewhat oppose .....	17%
Strongly oppose .....	10%
Not sure .....	26%

<b>Interviewing Dates</b>	August 22 - 25, 2022
<b>Target population</b>	U.S. Citizens, aged 18 and over.
<b>Sampling method</b>	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.
<b>Weighting</b>	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.
<b>Number of respondents</b>	1000
<b>Margin of error</b>	± 3.3% (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	56 questions not reported.