

A Study on Work Life Balance

This questionnaire is a part of my PhD work in the department of management.

Note: 1 - Strongly Disagree to 7 - Strongly Agree

Sl. No.	Statement	1	2	3	4	5	6	7
1	My work makes me feel alive							
2	I am generally excited to go to work each day							
3	I talk to my friends about what i like about my job							
4	My work gives me a good feeling							
5	I feel happy during my work							
6	To me, my work is just a way to earn money							
7	I would still do this work, even I received less pay							
8	I get my motivation from the work itself, and not from the rewards for it							
9	Something inside me forces me to do my work							
10	I seem to have an inner compulsion to do my work							
11	I usually find myself working extra hours even though I am not asked to							
12	I continue to put my efforts even when things go wrong							
13	My work is my identity							
14	My work is my inspiration							
15	I was born to do this work							
16	My work reflects qualities I like about myself							
17	I feel a sense of belongingness with my work							
18	My work is important for me							
19	I am proud of the work that I do							
20	My job gives me a potential to do my best							
21	I have a strong desire for improvement at work							
22	I never take up new challenges at							



	work								
23	I try to learn more and more at work								
24	I love putting in extra efforts at my work								
25	I always try to come up with new ideas at work								
26	I always try to give my 100% at work								
27	My work gives me energy								
28	I really love my work								
29	I truly enjoy what I do								
30	My spirit is energized by my work								
31	The organization takes pride in my accomplishments								
32	The organization really cares about my happiness								
33	The organization values my contributions to its happiness								
34	The organization strongly considers my goals and values								
35	The organisation show little concern for me								
36	The organization is willing to help me if I need a special favour								
37	I will be able to achieve most of the goals that I have set for myself								
38	When facing difficult tasks, I am certain that I will accomplish them								
39	In general, i think that I can obtain outcomes that are important to me								
40	I believe I can succeed at most any endeavor to which I set my mind								
41	I will be able to successfully overcome many challenges								
42	I am confident that I can perform effectively on many different tasks								
43	Compared to other people, I can do most tasks very well								
44	Even when things are tough, I can perform quite well								
45	I am satisfied with the success I have achieved in my career								



46	I am satisfied with the progress I have made toward meeting my overall career goals							
47	I am satisfied with the progress I have made toward meeting my goals for income							
48	I am satisfied with the progress I have made toward meeting my goals for advancement							
49	I am satisfied with the progress I have made toward meeting my goal							

Demographic Information

Age

- 20-30 yrs
- 31-40yrs
- 41-50yrs
- 51 and Above

Gender

- Male
- Female

Marital Status

- Married
- Unmarried

Education Level

- Dipoma
- Graduation
- Post-Graduation
- Doctoral

Income Level (per annum)

- Below 2 lakhs
- 2-3 lakhs
- 3-4 lakhs
- 4-5 lakhs
- 5-6 lakhs
- Above 6 lakhs

Work Sector

- Information Technology
- Service
- Education



- FMCG
- Manufacturing
- Agriculture
- Others

Total Work Experience

- Less than 1 year
- 1-2 yrs
- 2-3 yrs
- 3-4 yrs
- 4-5 yrs
- 5-6 yrs
- 6-7 yrs
- 7-8 yrs
- 8-9 yrs
- 9-10 yrs
- Above 10 yrs

Work Experience in current Organization

- Less than 1 year
- 1-2 yrs
- 2-3 yrs
- 3-4 yrs
- 4-5 yrs
- 5-6 yrs
- 6-7 yrs
- 7-8 yrs
- 8-9 yrs
- 9-10 yrs
- Above 10 yrs

Total number of organizations you have worked with till now.

- 1
- 2
- 3
- 4
- 5
- More than 5

Position in the organisation

- Entry Level
- Middle Level
- Senior Level