



University of Johannesburg Workplace Wellness Programme Survey

The second section (question 9-13) of the questionnaire refers to job satisfaction information. The researcher is aware of the sensitivity of the questions in this section, but once again, you are assured that your response will remain anonymous. The information will allow the researcher to compare the information of the various groups of respondents.

Q9. How would you rate your (current) level of job-satisfaction in your present position?

- Very Dissatisfied
- Dissatisfied
- Neutral
- Satisfied
- Very Satisfied

Q10. Think of yourself, how would you describe yourself in terms of the following scale?

	1	2	3	4	5	
Unhappy (depressed)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Happy
Uninformed (ignorant)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Informed
Lonely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Involved
Unfit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Fit
Unfulfilled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Fulfilled
Unwell (ill)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Well (Healthy)

Q11. On a scale of 1 (Not worried at all) to 5 (Extremely worried) how concerned are you about your profile/situation (that you have identified in question 10)?

- Not worried at all
- A little worried
- Moderately worried
- Very worried

Extremely worried

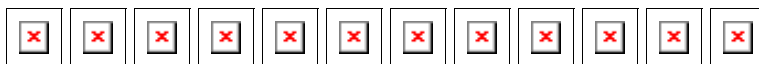
Q12. How keen/enthusiastic are you to make a change to your current profile/situation (that you have identified in question 10)?

Very keen
 Somewhat keen
 Not very keen

Q13. To what extent do you believe that the situation/profile (that you have identified in question 10) can be ascribed to each one of the following?

	To no extent	To a small extent	To a moderate extent	To a large extent	To a very large extent	Do not know/NA
	1	2	3	4	5	6
Your physical health (i.e. your cardiovascular fitness, strength, muscle endurance, flexibility and body fatness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your emotional health (i.e. your mental state that encompasses the stress in your personal life, work life and your ability to relax and devote time to leisure)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social health (i.e. how you get along with others including family, friends and colleagues)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spiritual health (i.e. having a sense of purpose in life, the ability to give and receive love, and feeling compassion or goodwill towards others)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Intellectual health (i.e. your education, employment status, socio-economic status, self-esteem and self efficacy)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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