

Work-related Quality of Life Scale (WRQoL)



About this survey

The Work-Related Quality of Life Scale assesses Quality of Working Life by seven core factors which interact to explain and predict an individual's Quality of Working Life. These factors are; Job and Career Satisfaction, Working Conditions, General Wellbeing, Home-Work Interface, Stress at Work, Control at Work and Employee Engagement.

This survey contains dimensions known as "sub-scales" or domains: Overall Work Related Quality of life score, Control at Work, Employee Engagement, General Wellbeing, Home-work Interface, Job Career Satisfaction, Stress at Work, Working Conditions .

1.1 I have a clear set of goals and aims to enable me to do my job

- | | |
|-------------------|--------------------------|
| Agree | ☐ |
| Disagree | ☐ |
| Neutral | ☐ |
| Strongly Agree | ☐ |
| Strongly Disagree | ☐ |

2.1 I feel able to voice opinions and influence changes in my area of work

- | | |
|-------------------|--------------------------|
| Agree | ☐ |
| Disagree | ☐ |
| Neutral | ☐ |
| Strongly Agree | ☐ |
| Strongly Disagree | ☐ |

3.1 I have the opportunity to use my abilities at work

- | | |
|-------------------|--------------------------|
| Agree | ☐ |
| Disagree | ☐ |
| Neutral | ☐ |
| Strongly Agree | ☐ |
| Strongly Disagree | ☐ |

Work-related Quality of Life Scale (WRQoL)



4.1 I feel well at the moment

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

5.1 My employer provides adequate facilities and flexibility for me to fit work in around my family life

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

6.1 My current working hours / patterns suit my personal circumstance

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

7.1 I often feel under pressure at work

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

8.1 When I have done a good job it is acknowledged by my line manager

Work-related Quality of Life Scale (WRQoL)



Agree ☐

Disagree ☐

Neutral ☐

Strongly Agree ☐

Strongly Disagree ☐

9.1 Recently, I have been feeling unhappy and depressed

Agree ☐

Disagree ☐

Neutral ☐

Strongly Agree ☐

Strongly Disagree ☐

10.1 I am satisfied with my life

Agree ☐

Disagree ☐

Neutral ☐

Strongly Agree ☐

Strongly Disagree ☐

11.1 I am encouraged to develop new skills

Agree ☐

Disagree ☐

Neutral ☐

Strongly Agree ☐

Strongly Disagree ☐

12.1 I am involved in decisions that affect me in my own area of work

Agree ☐

Work-related Quality of Life Scale (WRQoL)



Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

13.1 My employer provides me with what I need to do my job effectively

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

14.1 My line manager actively promotes flexible working hours / patterns

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

15.1 In most ways my life is close to ideal

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

16.1 I work in a safe environment

Agree

☐

Disagree

☐

Work-related Quality of Life Scale (WRQoL)



Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

17.1 Generally things work out well for me

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

18.1 I am satisfied with the career opportunities available for me here

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

19.1 I often feel excessive levels of stress at work

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

20.1 I am satisfied with the training I receive in order to perform my present job

Agree

☐

Disagree

☐

Neutral

☐

Work-related Quality of Life Scale (WRQoL)



Strongly Agree

☐

Strongly Disagree

☐

21.1 Recently, I have been feeling reasonably happy all things considered

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

22.1 The working conditions are satisfactory

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

23.1 I am involved in decisions that affect members of the public in my own areas of work

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

24.1 I have unachievable deadlines

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Work-related Quality of Life Scale (WRQoL)



Strongly Disagree

☐

25.1 I am able to achieve a healthy balance between my work and home

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

26.1 The organisation communicates well with its employees

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

27.1 I am proud to tell others that I am part of this organisation

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

28.1 I would recommend this organisation as a good one to work for

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

Work-related Quality of Life Scale (WRQoL)



29.1 I am pressured to work long hours

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

30.1 I have sufficient opportunities to question managers about change

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

31.1 I am happy with the physical environment where I usually work

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

32.1 I am satisfied with the overall quality of my working life

Agree

☐

Disagree

☐

Neutral

☐

Strongly Agree

☐

Strongly Disagree

☐

33.1 How could your quality of working life be improved?

Work-related Quality of Life Scale (WRQoL)

☐

34.1 Although the survey is anonymous, we are keen to understand results by various groupings in schools that will help us be better informed and in ensuring we provide the right support in the right areas. Therefore please do answer the following questions. We want to give you the security of knowing that the results can only be shown for each grouping if there is at AT LEAST 2 participant replies by category. This ensures no responses can EVER be traced back to any particular individual. What is your current age?

24 or under

☐

25-34

☐

35-44

☐

45-54

☐

55-64

☐

65+

☐

Prefer not to say

☐

35.1 What is your gender?

Female

☐

Male

☐

Other

☐

Prefer not to say

☐

36.1 What best describes your current role in the school?

Middle Leadership

☐

Other

☐

Senior Leadership

☐

Support staff

☐

Teacher

☐

37.1 What would best describe the nature of your role in school? (You may select more than 1 option)

Work-related Quality of Life Scale (WRQoL)



Both Subject focus and Pastoral focus

☐

Non-teaching/Support/Other

☐

Pastoral focus only

☐

Subject focus only

☐

38.1 Which Key stage/s do you teach? (You may select more than 1 option)

EYFS

☐

KS1

☐

KS2

☐

KS3

☐

KS4

☐

N/A

☐

39.1 What best describes your current role status?

Full time

☐

Part Time

☐

Prefer not to say

☐

Short or long term cover

☐

40.1 What best describes your current employment status?

Agency/Supply Staff

☐

Employed by Local Authority

☐

Employed by school

☐

Prefer not to say

☐

41.1 What are your total years in this current school?

0-1 years

☐

2-3 years

☐

4-5 years

☐

Work-related Quality of Life Scale (WRQoL)



6-7 years

☐

8+ years

☐

Prefer not to say

☐

42.1 Have you worked in another school before

No

☐

Prefer not to say

☐

Yes

☐

43.1 What are your total years of teaching experience?

0-1 years

☐

2-3 years

☐

4-5 years

☐

6-7 years

☐

8+ years

☐

Prefer not to say

☐



RUN A SURVEY FREE IN YOUR SCHOOL

Visit our website ->

www.bouncetogether.co.uk

or email bob@bouncetogether.co.uk