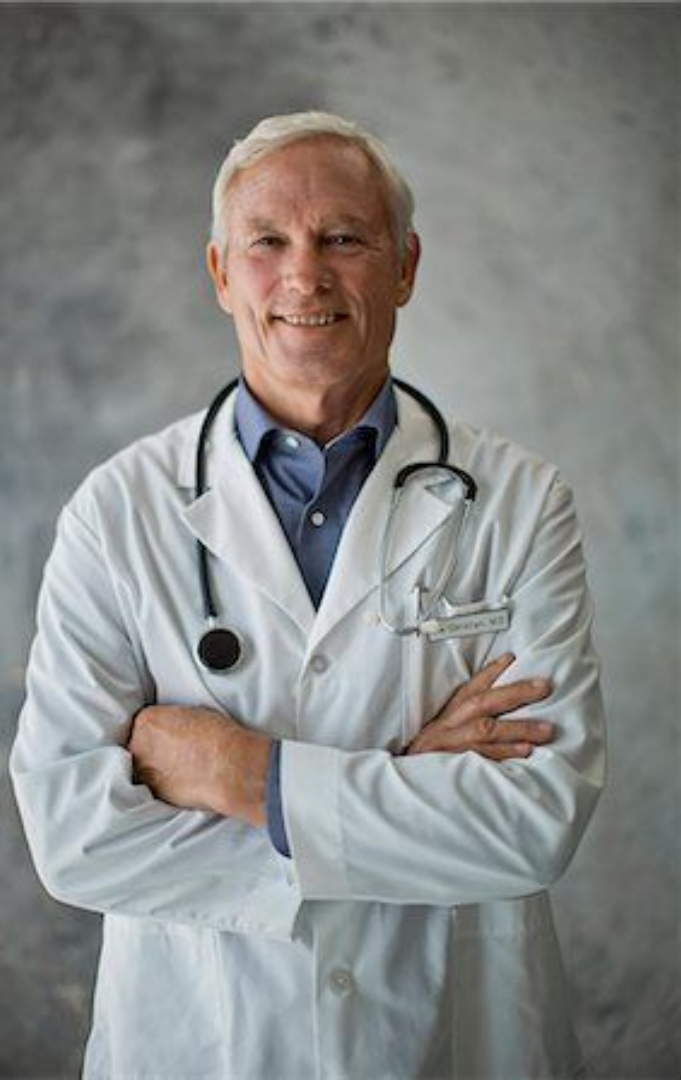


"OVERWORKED & UNAWARE"

An Investigation of Phenomena Surrounding
an Overworked Lifestyle

Presenter: Rachel Price



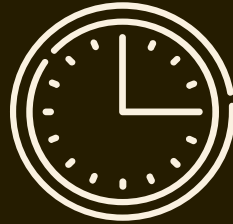
“It was regarded as a *badge of courage*, and if you wanted to succeed, you just had to do it.”

– **DAVID, 67**

Americans work this many hours a year...

1979

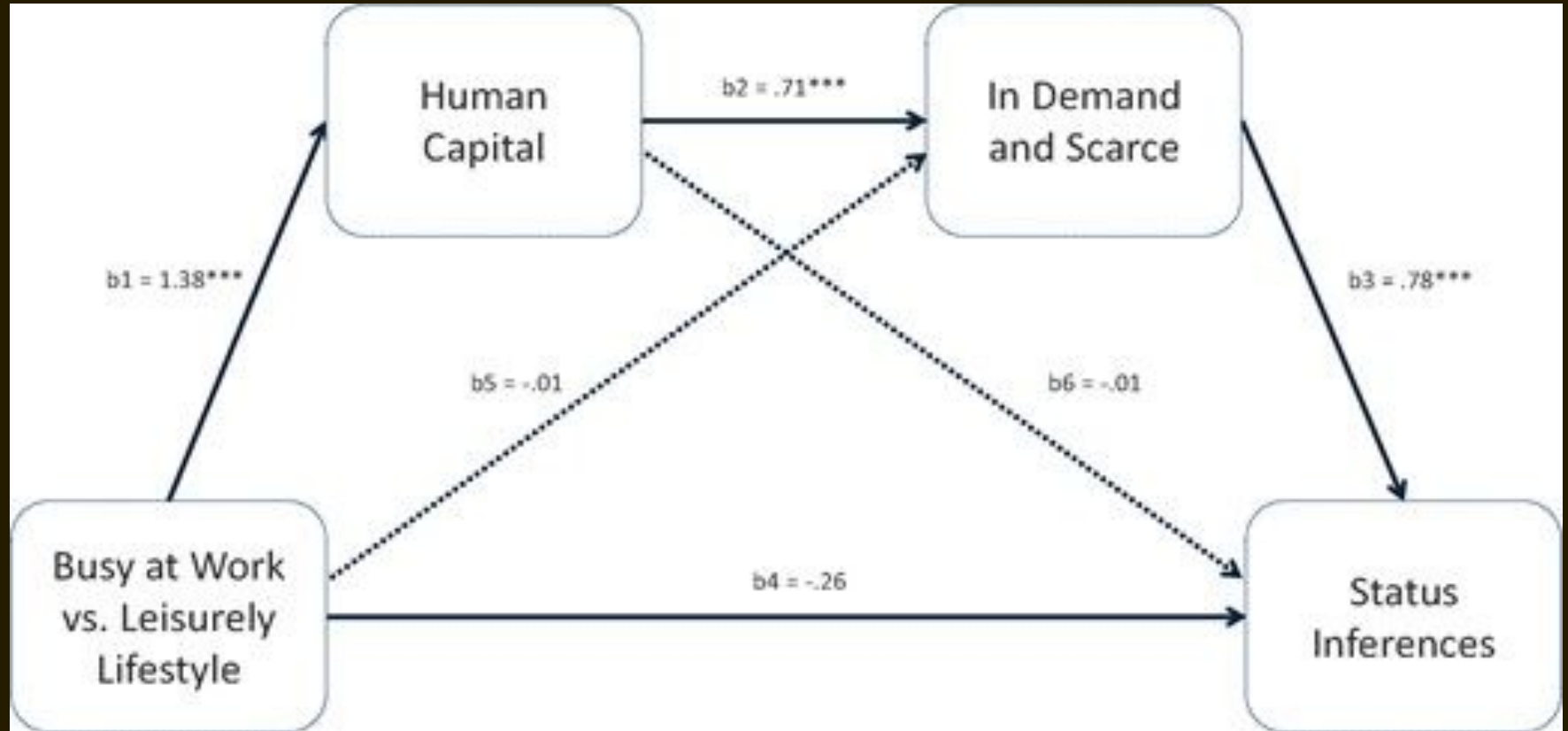
1687



2021

1836

Source: [Bernie Sanders is right: Americans work more now](#)



Source: Conspicuous Consumption of Time: When Busyness and Lack of Leisure Time Become a Status Symbol (Journal of Consumer Research)

Three recurring phenomena...

- | | | |
|---------------------------|-----------------------|----------------------|
| 1 | 2 | 3 |
| Social media addiction | Toxic productivity | Imposter Syndrome |

Search for “**perfect storm**”

DEFINITIONS

Social Media Addiction (SMA)

Prolonged **dependence** on social media platforms resulting in significant **impairment** of daily activities.

Toxic Productivity (TP)

A working environment that **diminishes the humanity** of the place and its people for profit, as well as excessively promotes **competition**.

Imposter Syndrome (IS)

Feelings that your achievements are due to **chance events** instead of your own capabilities.

Stress of being “outed” as a “**fraud**” or being **incapable** of the level of achievement you are expected of.

Perceived Work Overload (PWO)

Feelings of an **unbalanced work-rest relationship**.

Effects of such include, but are not limited to...

- **Burnout**
- Stress/thoughts about work during rest and personal time
- Feelings of **little reward** with high expectations
- Sleep deprivation

What is the correlation between addictive social media usage, a toxic working environment, and “Imposter Syndrome”, and how do each contribute to feelings of an unbalanced work-rest relationship within working adults living in the greater Chicagoland area?

RESEARCH QUESTION

HYPOTHESIS

IS would have the greatest impact on PW0, even acting as a mediator between SMA/TP and PW0.



METHODOLOGY



CROSS-SECTIONAL SURVEY

Tested for a wide variety of factors



44 FAMILY MEMBERS

— 18+
Living in
Chicagoland area



78 CHURCH MEMBERS

— Church of Jesus
Christ of Latter-
Day Saints



**98 LOCAL SMALL
BUSINESS OWNERS**

— Elgin, IL



SOCIAL MEDIA

— Instagram
SnapChat
Reddit

SURVEY SECTIONS

01

DEMOGRAPHICS

02

PWO TEST

03

GEN. SOCIAL MEDIA USE

04

BSMAS

05

TOXIC PRODUCTIVITY
SCALE

06

PERCEIVED
FRAUDULENCE TEST

07

FINAL THOUGHTS

OTHER FACTORS: Age, gender, career field,
hours worked, hours of sleep, etc.

DEMOGRAPHIC ANALYSIS

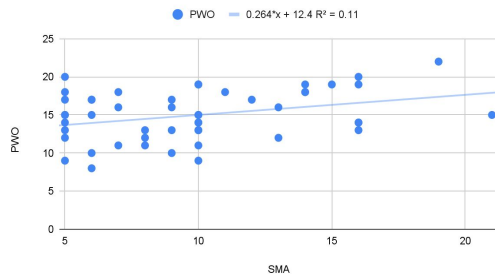
51 respondents

58% FEMALE /
42% MALE

LIKERT SCALE

| Strongly Disagree | Disagree | No Position | Agree | Strongly Agree |
|-------------------|----------|-------------|----------|----------------|
| 1 point | 2 points | 3 points | 4 points | 5 points |

PWO v SMA



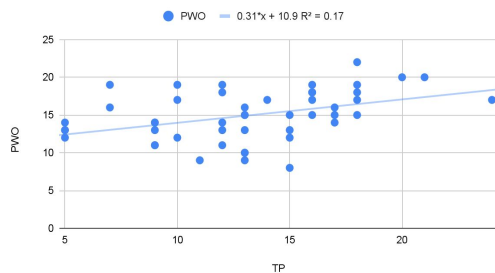
PWO v SMA

(predicted PWO score) = $0.264 \cdot (\text{SMA score}) + 12.4$

$r = 0.332$

$r^2 = 0.11$

PWO v TP



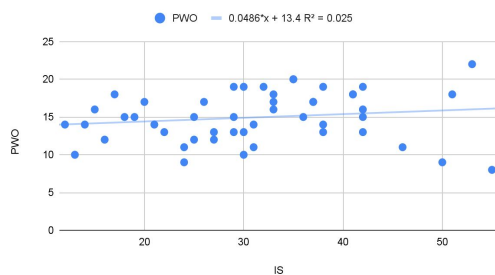
PWO v TP

(predicted PWO score) = $0.31 \cdot (\text{TP score}) + 10.9$

$r = 0.412$

$r^2 = 0.17$

PWO v IS



PWO v IS

(predicted PWO score) = $0.0486 \cdot (\text{IS score}) + 13.4$

$r = 0.158$

$r^2 = 0.025$

LSRL Slope Intervals:

PW0 + SMA: [-0.4558, 1.4815]* ←

PW0 + TP: (0.06909, 0.76504)

PW0 + IS: (0.19184, 0.90185)

SMA + PW0: [-0.0408, 0.13275]* ←

SMA + TP: (0.05709, 0.25767)

SMA + IS: (0.06585, 0.27636)

TP + PW0: (0.04373, 0.48416)

TP+ SMA: (0.40319, 1.8199)

TP + IS: [-0.167, 0.4474]* ←

IS + PW0: (0.10884, 0.51164)

IS + SMA: (0.41691, 1.7498)

IS + TP: [-0.1497, 0.40107]* ←

*An interval in which 0 (meaning no correlation between the two factors) is not a potential value means that we can assume they are not independent of each other.

STATISTICALLY SIGNIFICANT FACTORS

| | | CHI-SQUARE TEST (P-VALUE < 0.05) | LOW PWO | HIGH PWO |
|----------|-------------------------------|-------------------------------------|---|---|
| Factor 1 | SMA + TP + IS | p = 0.0026 | L Toxic Productivity L Imposter Syndrome | M Toxic Productivity M/H Imposter Syndrome |
| Factor 2 | Average hours of sleep | p = 0.015 | >8 hours/night | <5 hours/night |
| Factor 3 | Career field | p = 0.048 | X | Human Services / Agriculture, Food, & Natural Resources |
| Factor 4 | Hours of unpaid work | p = 0.0033 | 0 hours/week | >5 hours/week |

CONCLUSIONS



CONCLUSION 1

SMA has **little to no** effect on PW0.



CONCLUSION 2

Moderate TP levels and moderate to **high IS**, in conversation with each other, are a more accurate predictor of **high PW0**.



CONCLUSION 3

TP, IS, average hours of **sleep**, **career field**, and hours of **unpaid work** have been found to influence PW0.



DISCUSSION

Simple cross-sectional survey -> no
cause-and-effect relationship

No simple random sample (SRS) -> cannot
confidently extend conclusions to population

Eliminated in-depth conversations (second
methodology) in the interest of time



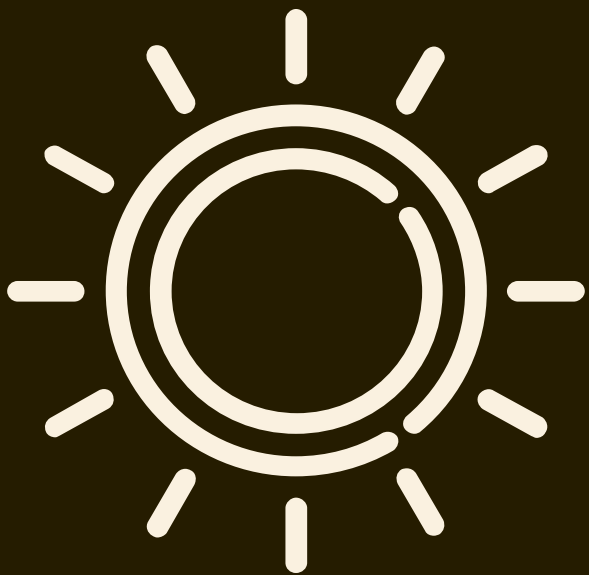
IMPLICATION 1

Future research/solutions to
overproductivity epidemic



IMPLICATION 2

Personal acknowledgement
and life changes



“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day...is by no means a waste of time.”

John Lubbock

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THANK
YOU!