ENERGY AT WORK

1. At work, I feel mentally exhausted.

(*Saya merasa kelelahan secara mental di tempat kerja*)

* Never (*Tidak pernah*)
* Rarely (*Jarang*)
* Sometimes (*Kadang-kadang*)
* Often (*Sering*)
* Always (*Selalu*)

1. Everything I do at work requires a great deal of effort.

(*Semua yang saya lakukan di tempat kerja membutuhkan usaha yang sangat besar*)

1. After a day at work, I find it hard to recover my energy.

(*Saya merasa kesulitan untuk mengembalikan energi setelah selesai bekerja*)

1. At work, I feel physically exhausted.

(*Saya merasa kelelahan secara fisik di tempat kerja*)

1. When I get up in the morning, I lack the energy to start a new day at work.

(*Saat bangun dipagi hari, saya merasa kurang berenergi untuk memulai bekerja*)

1. I want to be active at work, but somehow, I am unable to manage.

(*Saya ingin aktif saat bekerja, tapi terkadang saya tidak bisa untuk mengelolanya*)

1. When I exert myself at work, I quickly get tired.

(*Ketika saya mendorong diri saya untuk bekerja, saya menjadi cepat kelelahan*)

1. At the end of my working day, I feel mentally exhausted and drained.

(*Setelah selesai bekerja, saya merasa kelelahan dan terkuras secara mental*)

1. I struggle to find any enthusiasm for my work.

(*Saya berusaha menemukan motivasi apapun untuk pekerjaan saya*)

1. At work, I do not think much about what I am doing and I function on autopilot.

(*Saat bekerja saya tidak berpikir terlalu dalam tentang apa yang saya lakukan dan hanya mengalir saja*)

1. I feel a strong aversion towards my job.

(*Saya merasa sangat tidak suka dengan pekerjaan saya saat ini*)

1. I feel indifferent about my job.

(*Saya merasa tidak peduli atau bodoh amat tentang pekerjaan saya*)

1. I’m cynical about what my work means to others.

(*Saya merasa sinis tentang pekerjaan saya bermakna bagi orang lain*)

1. At work, I have trouble staying focused.

(*Saya kesulitan untuk mempertahankan fokus saat bekerja*)

1. At work I struggle to think clearly.

(*Saya berusaha untuk bisa berpikir jernih saat bekerja*)

1. I am forgetful and distracted at work.

(*Saya pelupa dan mudah terdistraksi saat bekerja*)

1. When I am working, I have trouble concentrating.

(*Saya memiliki kesulitan untuk berkonsentrasi ketika bekerja*)

1. I make mistakes in my work because I have my mind on other things.

(*Saya melakukan kesalahan di tempat kerja karena saya memikirkan hal lain*)

1. At work, I feel unable to control my emotions.

(*Saya merasa tidak mampu mengendalikan emosi saat bekerja*)

1. I do not recognize myself in the way I react emotionally at work.

(*Saya tidak menyadari kalau saya bersikap reaktif secara emosional saat bekerja*)

1. During my work I become irritable when things don’t go my way.

(*Saya merasa mudah marah ketika sesuatu tidak berjalan sesuai rencana*)

1. I get upset or sad at work without knowing why.

(*Saya merasa sedih atau kecewa tentang pekerjaan tanpa tahu alasannya*)

1. At work I may overreact unintentionally.

(*Saya menyikapi sesuatu secara berlebihan saat bekerja tanpa disadari*)

**How tough you are at work**

**Thank you for your dedication - tough**

Did anyone tell you that you are one of the best that organization has ever seen? Your dedication gives a lot of impact. Make it a habit to do nice things for people who’ll never find out. Success is best when it’s shared.

**You have been doing a great job – good**

We are proud of everything you have done and how you are handling this situation. Remember that your accomplishments here are your selfless actions with a good intention.

**It’s just a setback, not a reason to give up – need support**

It doesn’t matter how slowly you go, as long as you do not stop. Things may not have turned out the way you wanted them to, but we know you can handle it. We know you’re strong enough to handle this alone, but you don’t have to, the counselor here to help.

**Take a deep breath and talk to someone – need help**

This situation must feel awful for you, but we are here if you need a counselor to listen to as you bounce back. You do so much for everyone else and now it’s time to take care of yourself. Talk to counselor is the first step to take care of yourself.

Book a session here

(Hasil dan deskripsi akan disesuaikan dengan skor akhir dari kuisioner + CTA untuk sesi konseling)

Skor akhir adalah akumulasi nilai dari 23 item pertanyaan

**SCORING**

1 = Tidak pernah

2 = Jarang

3 = Kadang-kadang

4 = Sering

5 = Selalu

|  |  |
| --- | --- |
| **Level** | **Skor** |
| Tough | 23-45 |
| Good | 46-68 |
| Need support | 69-92 |
| Need help | 93-115 |

Pada kolom well-being journey:

**Energy at work**

11-11-2022 – Need support / Need help / Good / Tough