**Happiness at work**

1. I find the work that I do full of meaning and purpose.

(*Saya nerasa pekerjaan yang saya lakukan bermakna*)

* Never (*Tidak pernah*)
* Sometime (*Kadang-kadang*)
* Often (*Sering*)
* Always (*Selalu*)

1. Time flies when I am working.

(*Waktu terasa cepat berlalu ketika saya bekerja*)

1. At my job, I feel strong and vigorous.

(*Saya bersemangat dan bergairah saat bekerja*)

1. I am enthusiastic about my job.

(*Saya antusias dengan pekerjaan saya*)

1. When I am working, I forget everything else around me.

(*Saya melupakan hal-hal lain di sekitar saya ketika sedang bekerja*)

1. I feel happy when I am working intensely.

(*Saya merasa bahagia ketika saya bisa bekerja dengan intens*)

1. I am proud on the work that I do.

(*Saya bangga dengan pekerjaan yang saya lakukan*)

1. At my work I always persevere, even when things do not go well.

(*Saya selalu gigih ketika bekerja, bahkan ketika segala sesuatunya tidak berjalan dengan baik*)

1. How satisfied are you with the nature of the work you perform?

(*Seberapa puas Anda dengan deskripsi pekerjaan yang Anda lakukan?*)

* Sangat rendah (*Very low*)
* Rendah (*Low*)
* Tinggi (*High*)
* Sangat tinggi (*Very high*)

1. How satisfied are you with the person who supervises you?

(*Seberapa puas Anda dengan orang yang memimpin Anda?*)

1. How satisfied are you with relations with other in at workplace?

(*Seberapa puas Anda dengan hubungan Anda dan rekan kerja?*)

1. How satisfied are you with the pay you receive for your job?

(*Seberapa puas Anda dengan gaji yang diterima untuk pekerjaan Anda?*)

1. How satisfied are you with the opportunities which exist in the organization for promotion?

(*Seberapa puas Anda dengan peluang jenjang karir yang ada di organisasi/perusahaan Anda?*)

1. Considering everything, how satisfied are you with your current job situation?

(*Dengan menilai semua aspek yang ada, seberapa puas Anda dengan pekerjaan Anda saat ini?*)

1. How much would you like to recommend others to work for your organization/company?

(*Seberapa besar Anda ingin merekomendasikan orang lain untuk bekerja di organisasi/perusahaan Anda?*)

1. I enjoy discussing my organizations with people outside it.

(*Saya senang menceritakan hal positif tentang perusahaan saya dengan orang lain di luar perusahaan*)

* Strongly disagree (*Sangat tidak setuju*)
* Disagree (*Tidak setuju*)
* Agree (*Setuju*)
* Strongly agree (*Sangat setuju*)

1. I really feel as if this organization’s problems are my own?

(*Saya menganggap permasalahan organisasi/perusahaan adalah seperti permasalahan saya sendiri*)

1. I feel like part of the family at my organization.

(*Saya merasa menjadi bagian keluarga dalam organisasi/perusahaan*)

1. I feel emotionally attached to this organization.

(*Saya memiliki ikatan emosional dengan organisasi/perusahaan*)

1. This organization has a great deal of personal meaning for me.

(*Saya merasa hidup saya sejalan dengan nilai dan tujuan organisasi/perusahaan*)

1. I feel a strong sense of belonging to my organization.

(*Saya merasakan rasa memiliki yang kuat terhadap organisasi/perusahaan saya*)

**How happy you are with your job**

**Today is not your best day, but live must go on (need help)**

The past few days may not be your best day at work. There are some things that out of your expectations and make you feel less comfortable at work. Talk to counselor will help you to thrive with this condition.

**Talk to someone you trust will help you (need support)**

You realize that there are positive and negative things at workplace. Sometime it affects your motivation, feeling, and concentration while you're doing your job. Let counselor help you to untied this bothered feeling.

**You look happy with what you’re doing (happy)**

You are happy working in this position in the company. Working here brings you closer to your planned life goals. Talk to counselor will make you feel motivated and happy with this job.

**Keep up the good work (very happy)**

Your dedication and commitment are excellent. The organization/company is very grateful to be able to work with you. You also feel happy and proud of your career here. Talk to counselor might unlock your potency and strengthen your confidence.

Book a session here

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

Skor akhir adalah akumulasi nilai dari 21 item pertanyaan

**SCORING**

|  |  |  |  |
| --- | --- | --- | --- |
| **Nilai** | **Jawaban** | | |
| 1 | Tidak pernah | Sangat rendah/kecil | Sangat tidak setuju |
| 2 | Kadang-kadang | Rendah/kecil | Tidak setuju |
| 3 | Sering | Cukup tinggi/besar | Cukup setuju |
| 4 | Selalu | Sangat tinggi/besar | Sangat setuju |

|  |  |
| --- | --- |
| **Kategori** | **Skor** |
| Need help | 21-36 |
| Need support | 37-53 |
| Happy | 54-69 |
| Verry happy | 70-84 |

Pada kolom well-being journey:

**Happiness at work**

11-11-2022 – Need help / Need support / Happy / Very Happy