

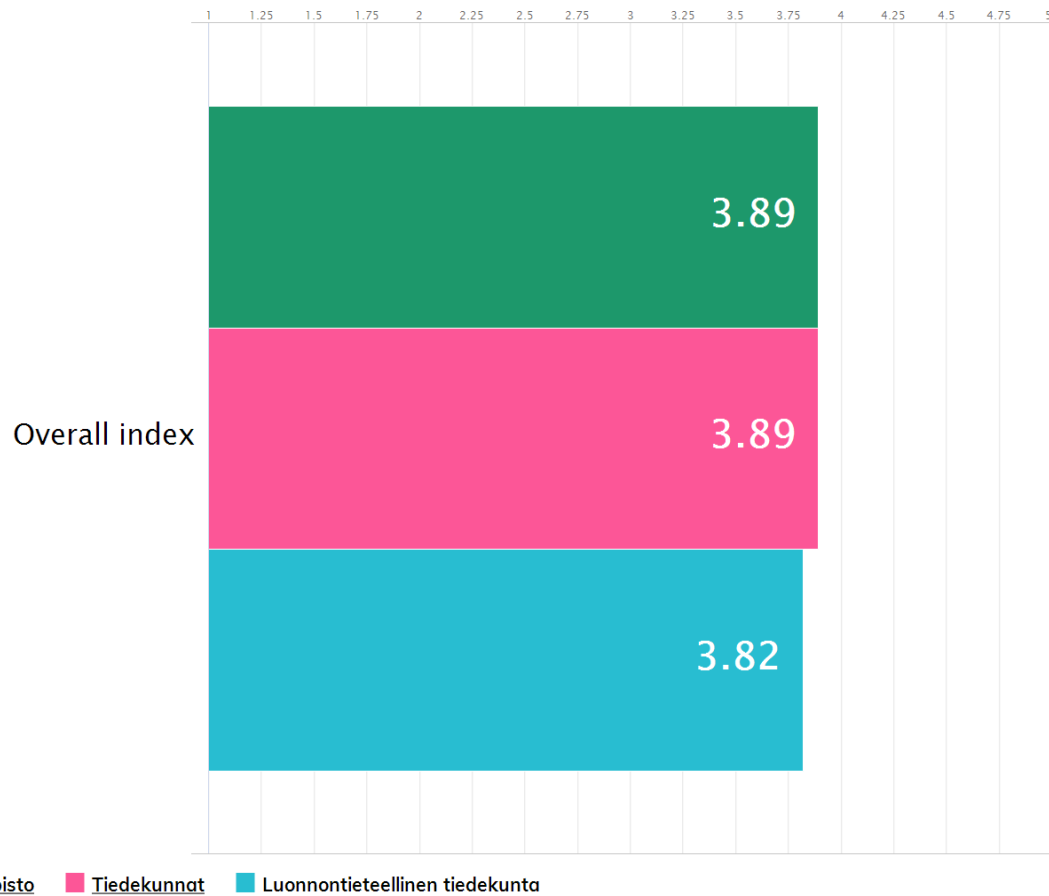
INTERNAL BENCHMARKING (UPWARDS)

Well-being at work survey 2023

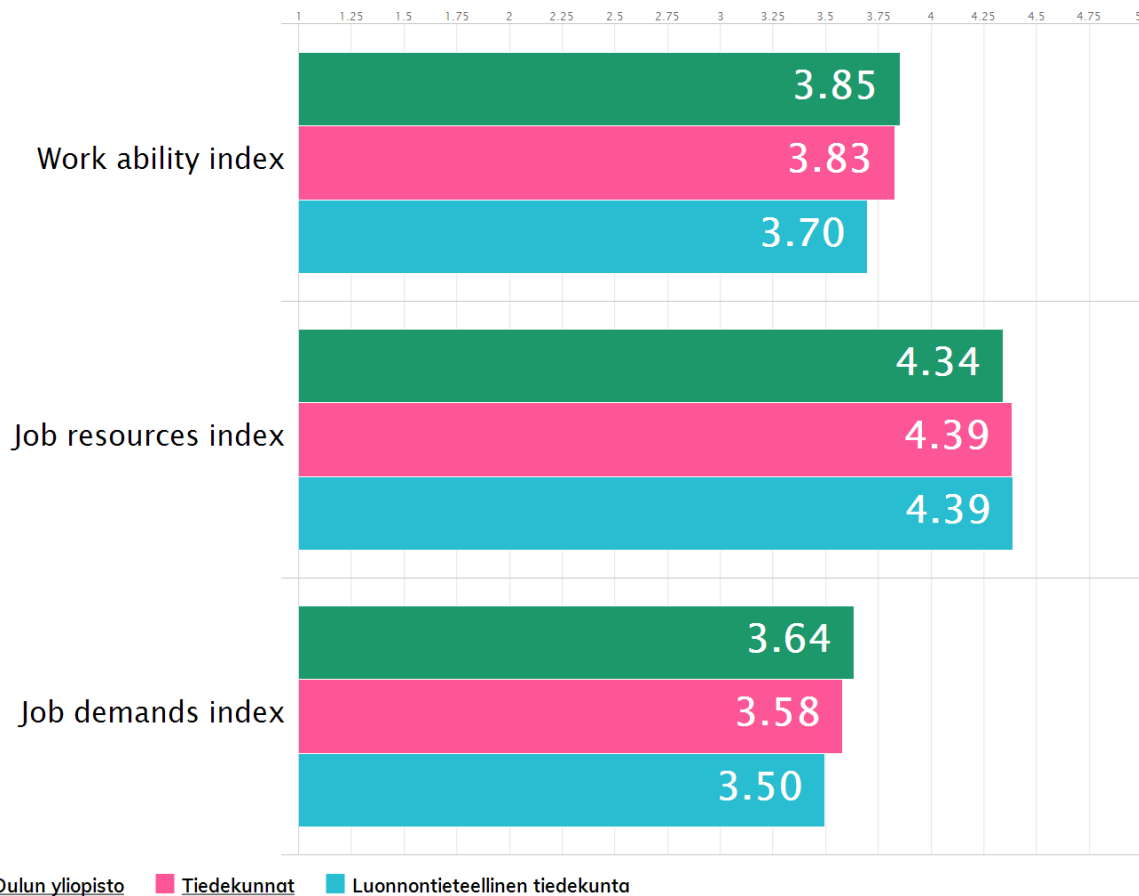
[Luonnontieteellinen tiedekunta](#)



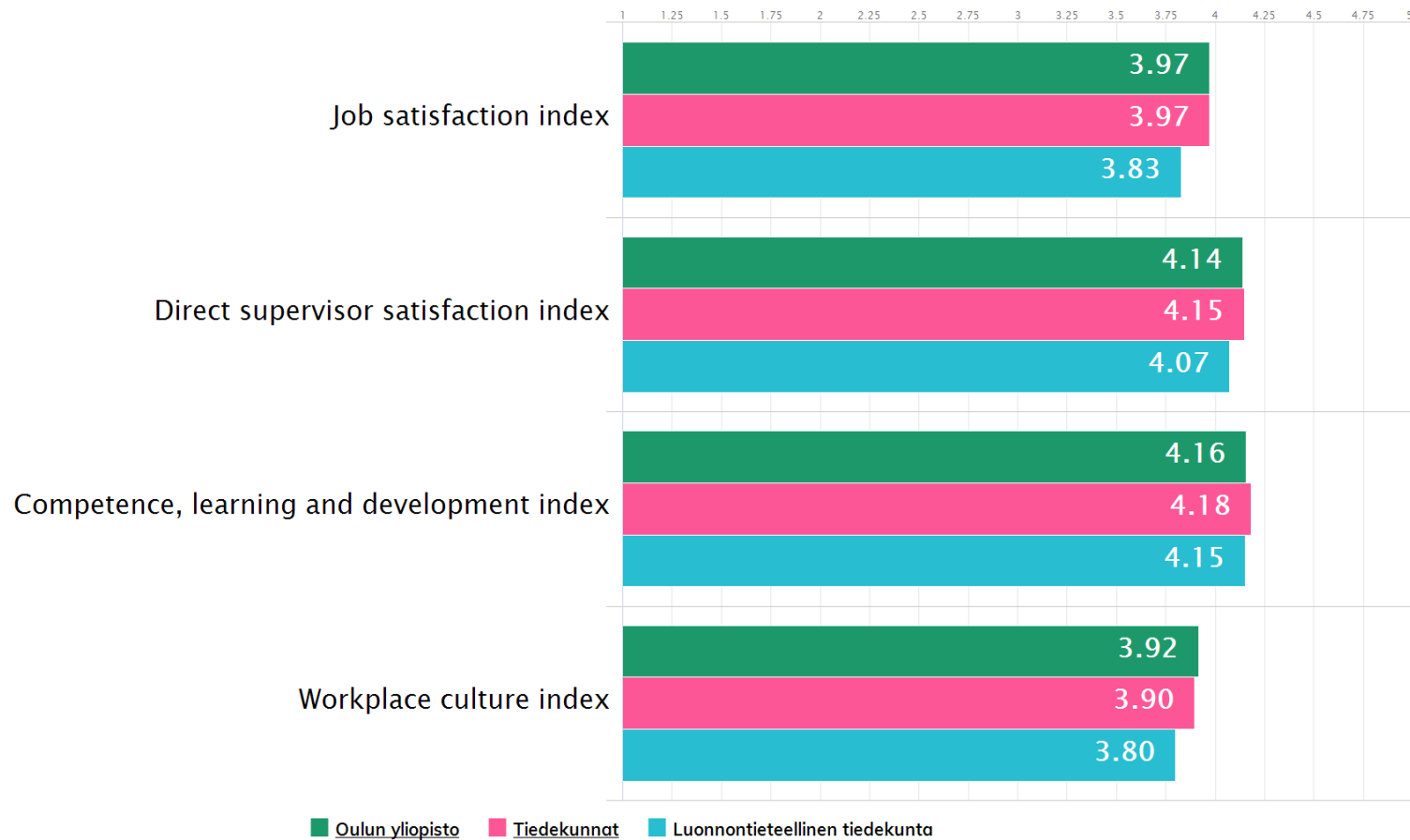
Overall index



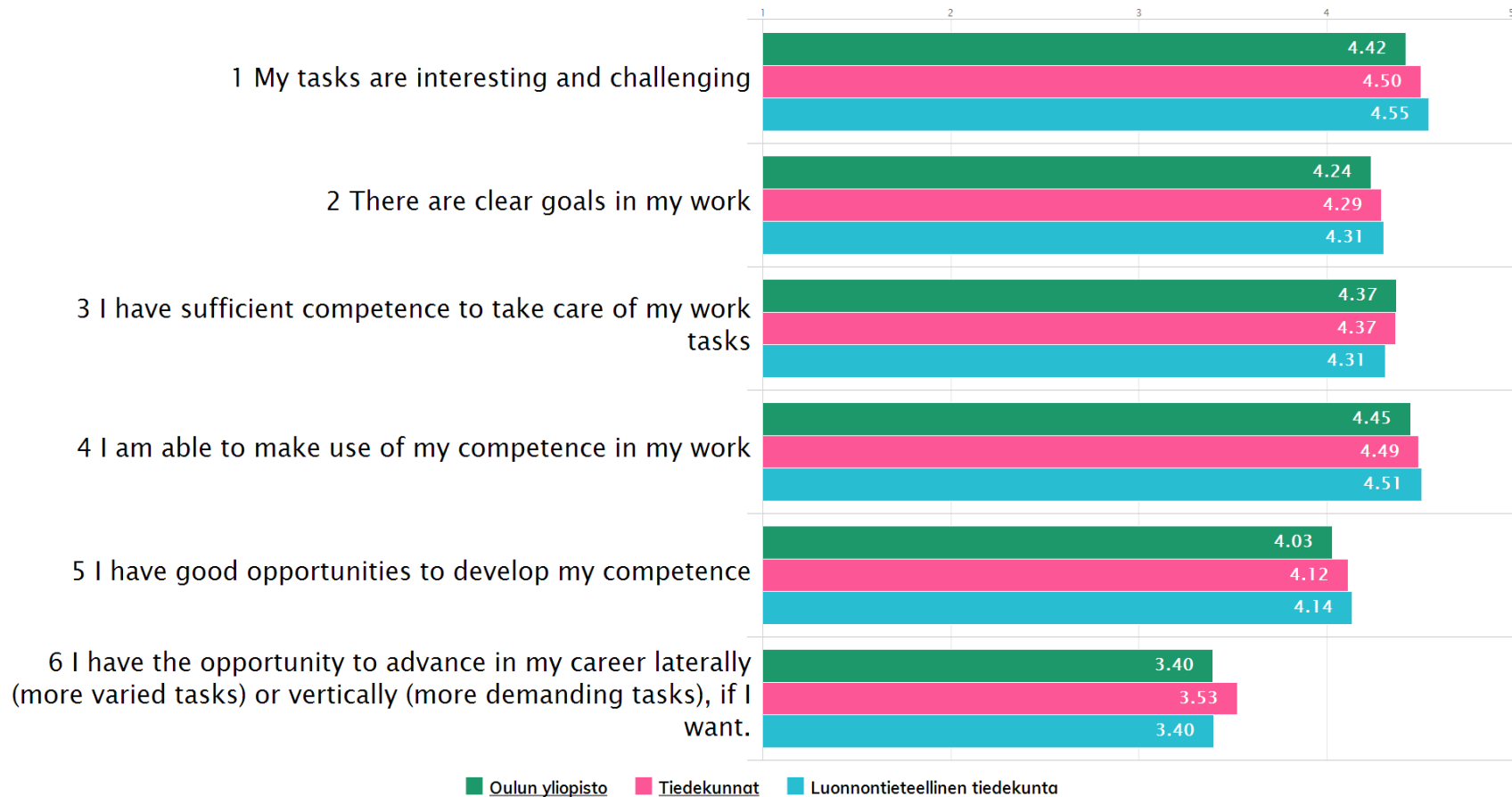
Work ability, work resources and demands



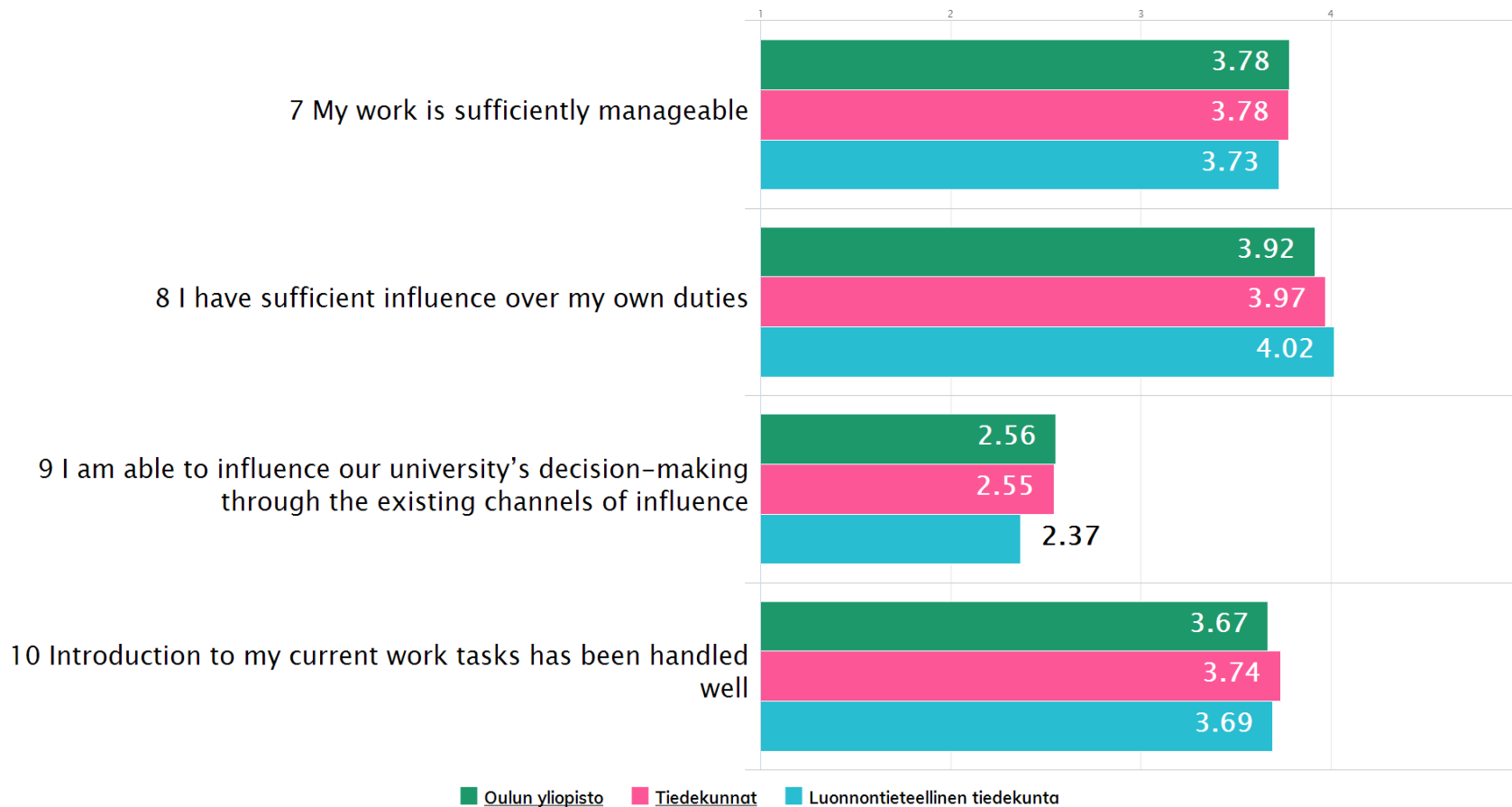
Additional indices



Task resources



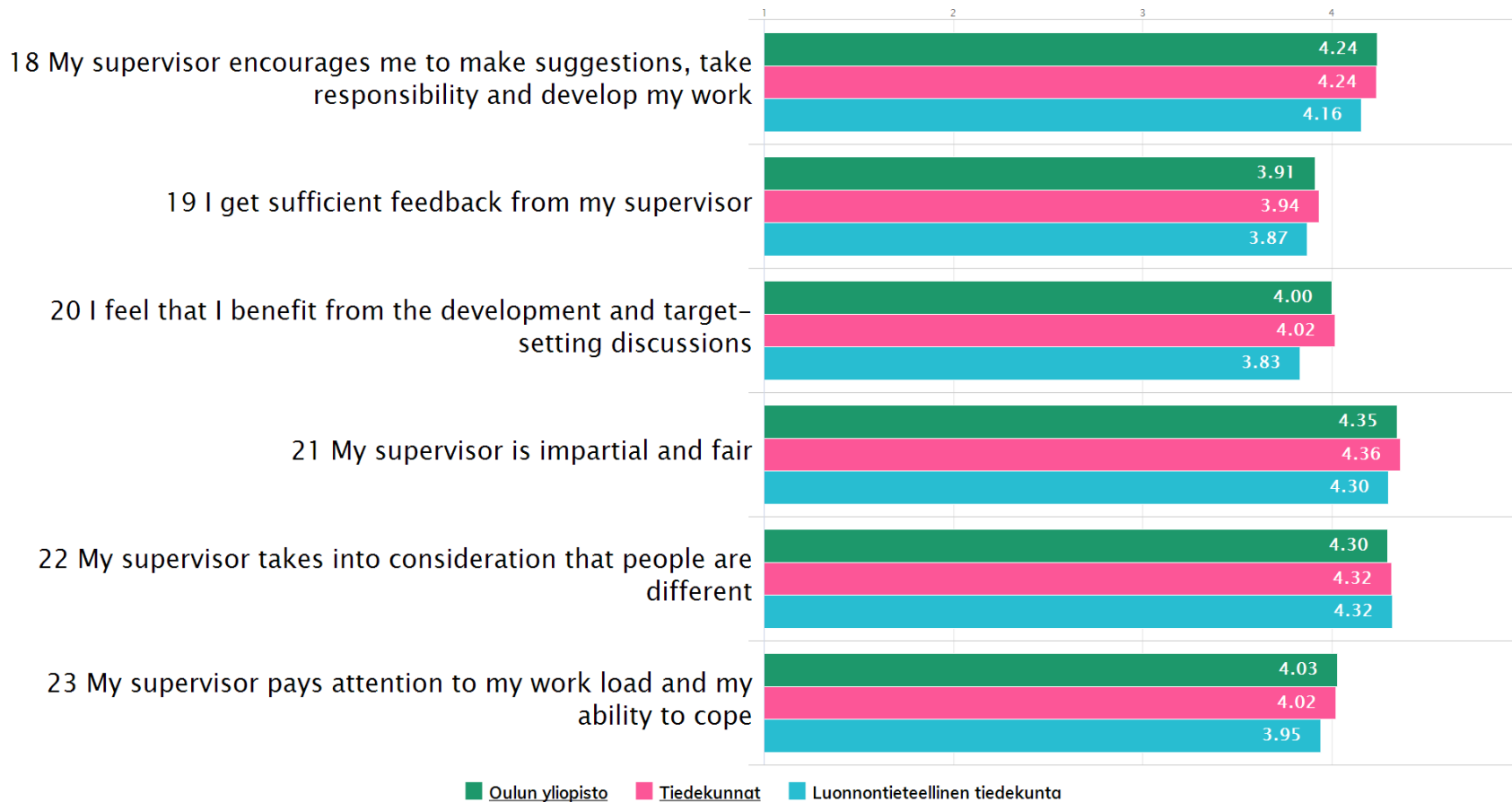
Organizational resources



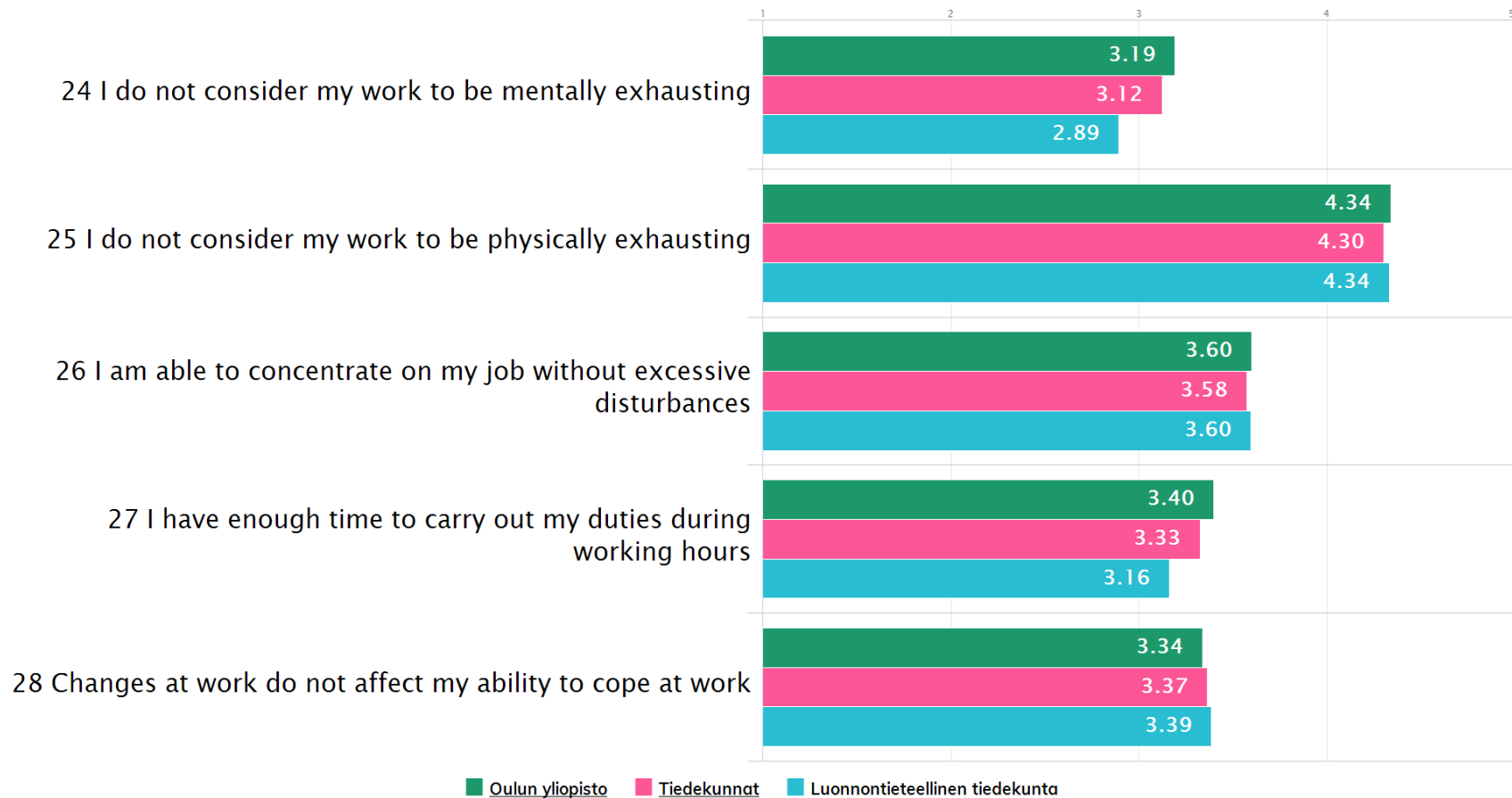
Interpersonal resources: unit



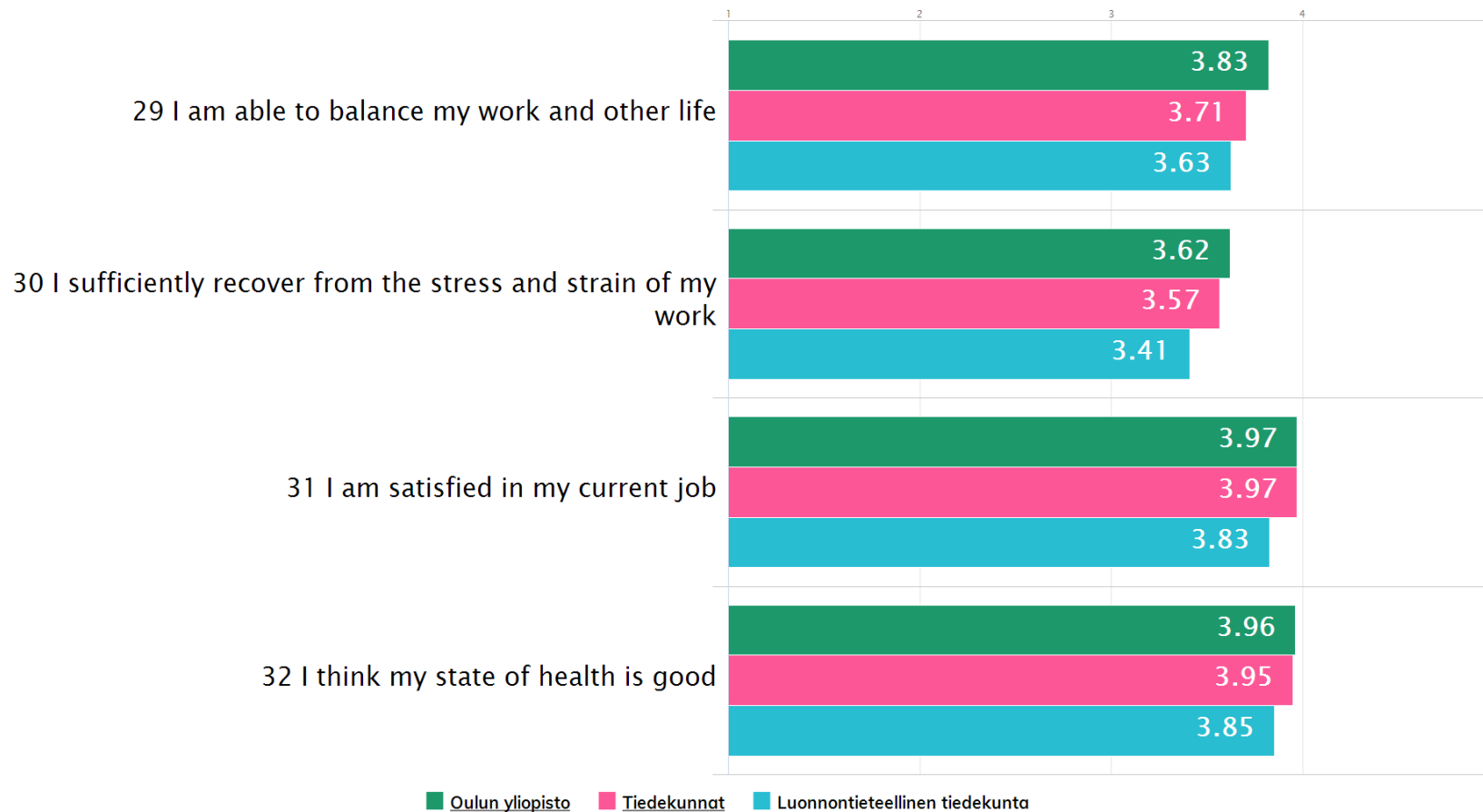
Interpersonal resources: supervisor



Job demands

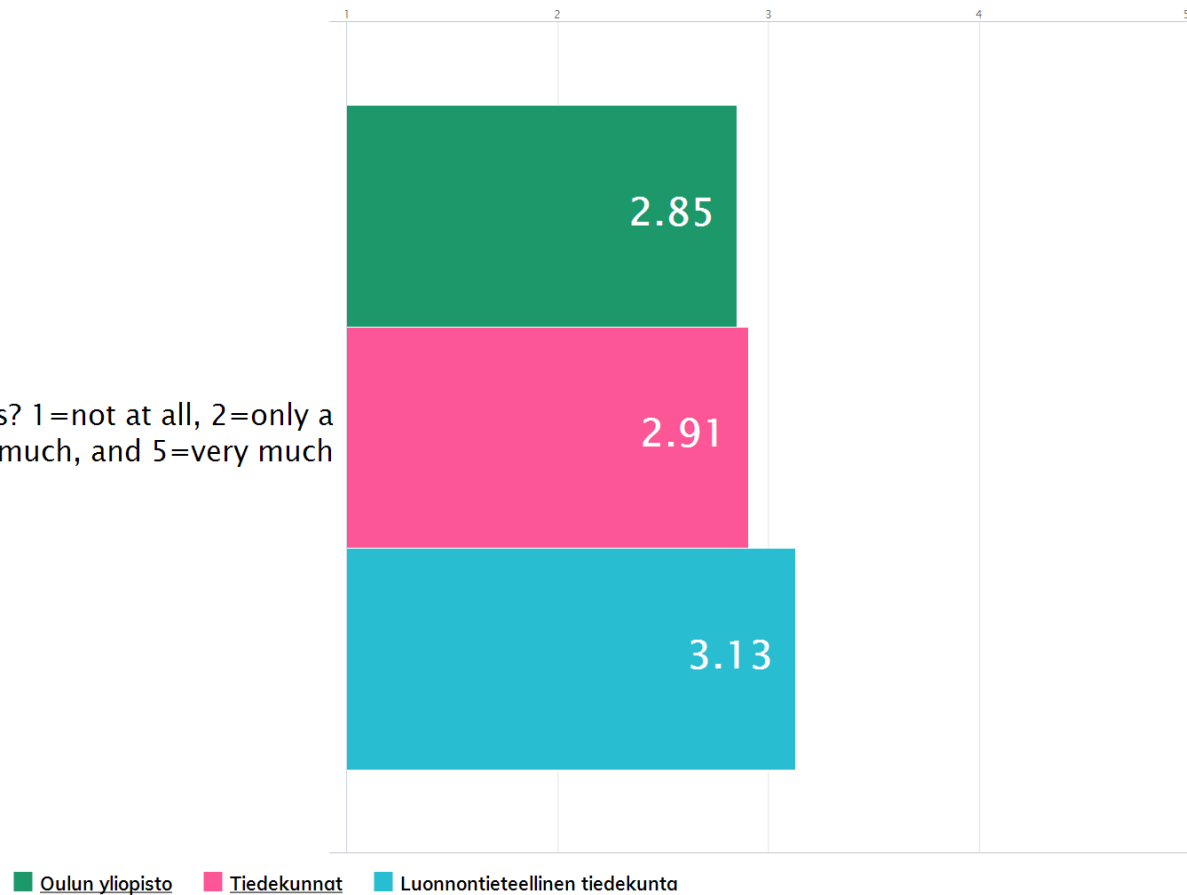


Work ability indicators

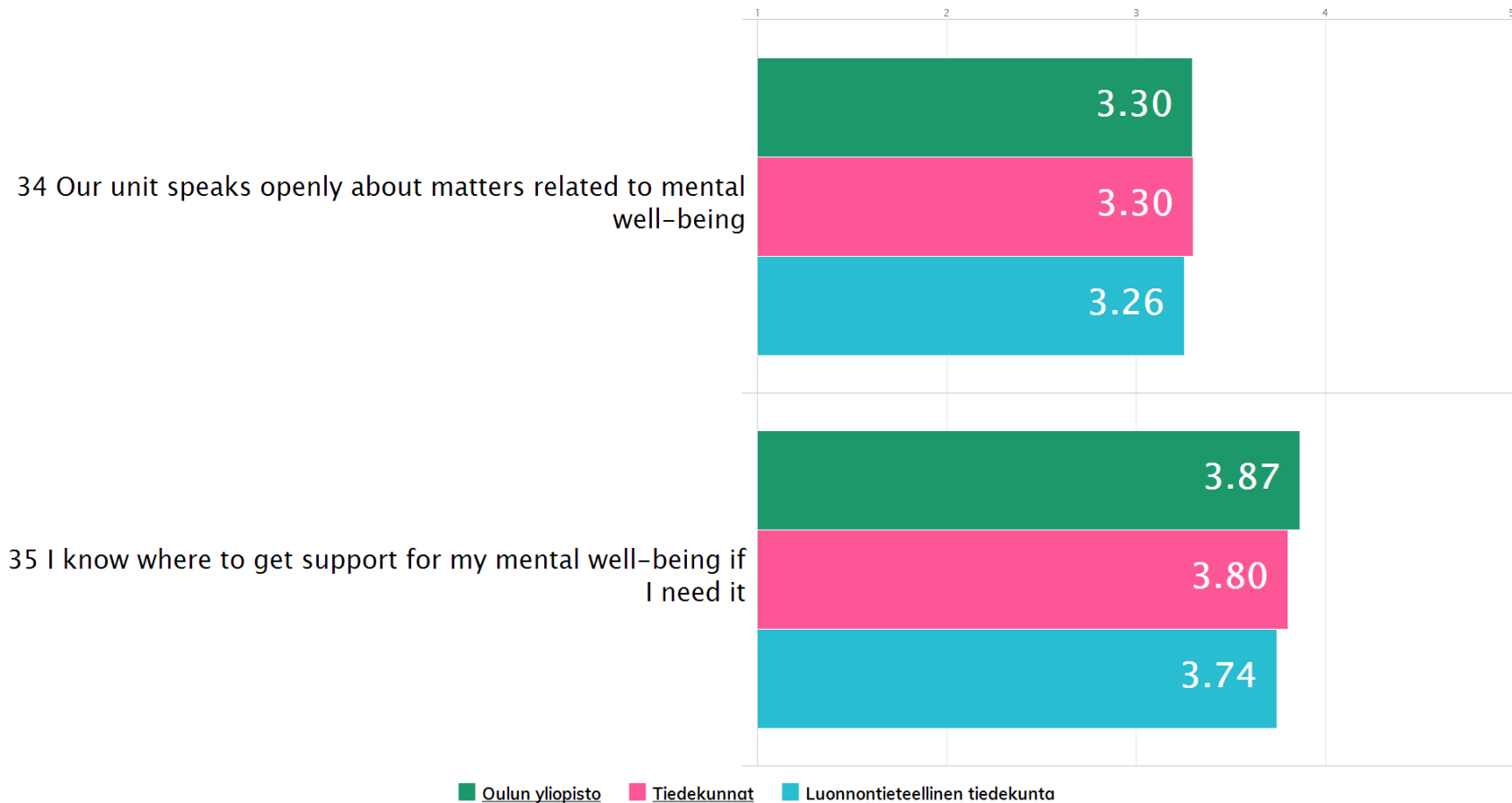


Stress

33 Do you feel stress these days? 1=not at all, 2=only a little, 3=to some extent, 4=rather much, and 5=very much

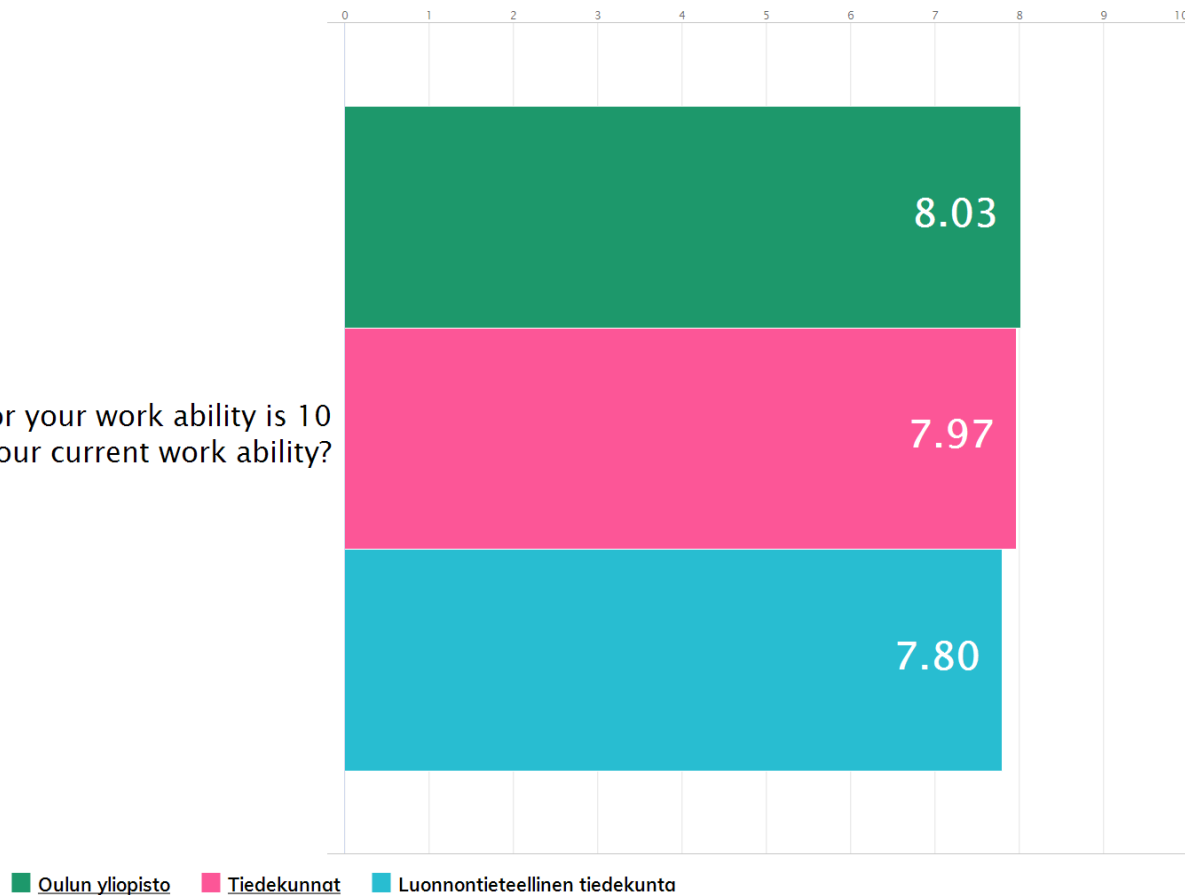


Mental well-being



Work ability

Let's assume that the best score for your work ability is 10 points. How would you rate your current work ability?



Strategic leadership, university level

