

Research methods

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Stress Levels Among British Employees and Its Impact on Their Mental Health and Family Life: Respondent Selection & Questions for In-depth Interviews

In-depth interview is a powerful method of qualitative data collection. This particular research technique involves undertaking individual interviews with a few respondents, to understand their perceptions about a particular situation, factor or characteristic (Boyce and Neale, 2006). It is ideal in case of the present study because it is related to ascertaining the stress levels of the employees and establishing its connection with their mental health and family life.

The respondents who are employed in some organization in Britain are selected. Those belonging to both the genders, different hierarchical levels and different types of jobs will be included. This would enable profiling the stress factor among the various groups. Since the impact of stress levels on family life and health is being studied, the employees with more than 3 years of work experience would ideally be considered for the interview. Those from both government and private organizations will be included in the interviews. This makes the sample representative (Ejaz et al., 2008).

Since the respondents are busy, they would be approached after the office hours and their appointment would be obtained keeping their convenience in mind (The Wallace Foundation Knowledge Center, 2013). An orientation regarding the subject, time requirements and general outline of the questions will also be given to the respondent, prior to getting their consent for the interview. This drives away the fear of unknown from the respondent and also helps in establishing a rapport with the interviewee (Megafon, 2013). The purpose and idea will be explained and confidentiality of data would be assured to them. This step would ensure honesty of responses.

Their permission would be sought to record the interview (Crawford, 1997).

The topic of study is sensitive. So, the respondents will be interviewed individually, outside their office premises.

Questions to be used in the in-depth interview

1. Have you ever felt tensed or nervous? How do you handle them? Please explain the circumstances

2. Have you felt that you are not able to balance the work-life and family? Why or why not?

3. Have you felt that there are more tasks (both family and work-related) to be completed than your time and ability permit? Explain with some examples

4. Have you broke out at home because of job-related stress factors like working overtime, job overload or work-related travel, etc.,.? Can you please explain the instances

5. Have you ever experienced any of these problems recently: memory problems, anxiety, inability to concentrate, loneliness, depression, dizziness, mood swings, short-temper, insomnia, lack of interest in food, overeating, unexplained aches and pains?

References

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