


Survey Finds IT workers have most stressful profession

Ninety-seven percent of information technology workers say their work lives are stressful on a daily basis. Twenty-five percent of IT workers say they have had to take time off to deal with stress. One-third of IT workers complain about bosses who make it more difficult to get their work done. Four out of five IT workers say their stress starts building before they arrive at work—just anticipating what the day is going to be like. According to a story by Louise Jaggs, a SkillSoft survey found that these are the 10 most stressful professions:


10 Most Stressful Professions...

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1. Information technology
 2. Medical/caring professions
 3. Engineering
 4. Sales and marketing
 5. Education
 6. Finance
 7. Human resources
 8. Operations
 9. Production
 10. Clerical

Top 10 Work Stressors...

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1. Workload
 2. Feeling undervalued
 3. Deadlines
 4. Type of work people have to do
 5. Having to take on other people's work
 6. Lack of job satisfaction
 7. Lack of control over the working day
 8. Having to work long hours
 9. Frustration with the working environment
 10. Meeting targets

Top 10 Colleague Irritations Are...

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1. Seeing others not pulling their weight
 2. Managers changing their minds about what they want to be done
 3. Lack of support from managers
 4. Pressure from managers
 5. Feeling put-upon by managers
 6. Interruptions by colleagues
 7. Interruptions by managers
 8. Bullying behavior by managers
 9. Lack of support by colleagues
 10. Bullying behavior by colleagues

