

英文問卷：

Balancing Problem on Work and Life of Migrant Care Workers —Questionnaire on a Social Inclusion Aspect

Dear friends,

This is a research project conducted by a team of Department of Social Work, National Taiwan University. We aim to understand the working condition of migrant care workers, who work as caregivers for elders or others in need of care. With such purpose, we hope that you can tell us about your job and daily life by filling out this questionnaire, which takes about 15 minutes.

This questionnaire is anonymous, and we promise that we will comply with our research ethics. The information given by you are exclusive for research use, and under no circumstances will it leak out, so please be relieved when answering. Thank you!

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Part A : Happiness Survey

Instruction : Please answer the following questions by giving checks into the blanks, after considering different frequencies of the questions. The numbers indicate the frequency from low to high :
1 stands for rarely happen (0% 至 20%) , 2 for seldom happen (20% 至 40%) , 3 for sometimes happen (40% 至 60%) , 4 for most of the time happen (60% 至 80%) , 5 for happening in all the time (80% 至 100%) 。

		Rarely 1	Seldom 2	Sometimes 3	Often 4	Always 5
	In the past two weeks :					
A-1.	Do you feel happy and pleased?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A-2.	Do you feel calm and relaxed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A-3.	Do you feel active and motivated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A-4.	Do you feel energetic when you wake up in the morning?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A-5.	Do you feel having a full and interesting daily life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part B : The conflict and coordination between your work and daily life.

Instruction : Please answer the following questions according to your feeling in the recent half a year, by giving checks in the blanks. The numbers indicate the frequency from low to high :

1 stands for rarely happen (0% 至 20%) , 2 for seldom happen (20% 至 40%) , 3 for sometimes happen (40% 至 60%) , 4 for most of the time happen (60% 至 80%) , 5 for happening in all the time (80% 至 100%) .

		Rarely 1	Seldom 2	Sometimes 3	Often 4	Always 5
B-1.	My personal life suffers because of work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-2.	My work deprives me of my daily life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-3.	My work causes me to neglect my personal need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-4.	I put my personal life on hold for work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-5.	My work causes me to miss other activities and plan.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-6.	I can't strike a balance between work and non-work (rest) .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-7.	I am happy with the amount of time for non-work activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-8.	Personal life drains me of energy for work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-9.	I don't get enough rest during non-working period, causing the lack of working efficiency.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-10	My work suffers because of my personal life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-11	It is difficult for me to focus on my work because of personal matters.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-12	Personal life gives me energy for my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-13	Job gives me energy to pursue personal activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-14	I am in a better mood at work because of personal life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-15	I am in a better mood because of my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part C : In this part, we would like to understand your social participation.

Instruction : In this part, there are 14 social domains, with each has 5 questions.

For question 1, please choose "Yes" or "No", while from question 2 to 3, please select the most suitable degree of your feelings. Each of them has five options, 1 stands for strongly disagree (most negative) , and 5 for strongly agree (most positive) .

According to your true living condition, please choose the most suitable degree.

Domain	Question	1	2	3	4	5
C-1. Family Activity	1. In the past half a year, do you have the chance to attend family activities (for example, a meal or a trip) ?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No (If no, please answer C-2 directly)				
	2. How often have you taken part in family activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. Do you benefit from attending those family activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		1	2	3	4	5
C-2. Social Activity	1. In the past half a year, do you have the chance to attend social activities (for example, hang out with friends or go to the church) ?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No (If no, please answer C-3 directly)				
	2. How often have you taken part in social activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. Do you benefit from attending those social activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		1	2	3	4	5
C-3. Work	1. In the past half a year, do you want to change another job?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No (If no, please answer C-4 directly)				
	2. How often do you want to change your job?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. Are you satisfied with you current work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		1	2	3	4	5
C-4. Income	1. In the past half a year, do you have stable income?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No				
	2. Comparing with others taking the same job as you do, do you think your wage is reasonable enough?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. Is your income helpful enough to maintain your daily life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		1	2	3	4	5
C-5. Politics and Civics	1. In the past half a year, do you have the chance to attend political or civil activities (for example, elections, protests, labor union, or working as a volunteer) ?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No (If no, please answer C-6 directly)				
	2.How often have you taken part in political and civil activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. Do you benefit from attending those political and civil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	activities?	
		1 2 3 4 5
C-6. Community facility	1. In the past half a year, have you ever utilized any community facilities (for example, park, open square, fitness equipment, nursery, or a cafeteria) ?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No (If no, please answer C-7 directly)
	2. How often do you utilize community facilities?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	3. Do you benefit from utilizing those community facilities?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
		1 2 3 4 5
C-7. Financial Service	1. In the past half a year, do you have the chance to use financial services (for example, bank, ATM, currency exchange or Investment service) ?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No
	2. How often do you use financial services?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	3. Are you satisfied with those financial services?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
		1 2 3 4 5
C-8. Neighbor hood Safety	1. In the past half a year, have you ever met a problem of bad public order?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No
	2. Does this kind of unsafe situation happen frequently?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	3. Do you think your neighborhood is safe?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
		1 2 3 4 5
C-9. Housing Quality	1. In the past half a year, does your employer offer you an individual living space? (an individual room is also a sort)	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No
	2. Does the place you are living in now have a good living environment?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	3. Does your current living space improve your living quality?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
		1 2 3 4 5
C-10. Transport	1. In the past half a year, do you have the chance to use transportation tools (for example, the MRT, a bus, a bike or a scooter) ?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No
	2. How often do you use these transportation tools?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	3. Are the transportation tools helpful for you?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
		1 2 3 4 5
C-11. Leisure Activity	1. In the past half a year, do you have the chance to do leisure activities?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No
	2. How often do you take part in leisure activities?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	3. Do you benefit from those leisure activities?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

		1	2	3	4	5
C-12. Mental Health	1. In the past half a year, do you have the chance to undergo any mental health care related to pressure release (for example, consulting, or counsel) ?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No (If no, please answer C-13 directly)				
	2. How often do you get this kind of service and release pressure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. Do you benefit from those mental care services?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		1	2	3	4	5
C-13. Physical Health	1. In the past half a year, do you have the chance to undergo any physical health care (for example, going to the doctor, physical checkup, or having a day off when sick) ?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No (If no, please answer C-14 directly)				
	2. How often do you take physical care services?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. Do you benefit from those physical care services?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		1	2	3	4	5
C-14. Educational Attainment	1. In the past half a year, do you get any chance for education or training (for example, prepare for a qualification certificate, or continue to study) ?	<input type="checkbox"/> Yes 、 <input type="checkbox"/> No (If no, please answer Part D directly)				
	2. How often do you get education and training?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. Do you think education and training services helpful for you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part D : Personal Information

This is an anonymous questionnaire, and this part will be exclusively used for our research. We assure that all your information will not leak out, so please be relieved when answering. Thank you!

1.	Nationality : <input type="checkbox"/> Indonesia / <input type="checkbox"/> Vietnam / <input type="checkbox"/> Philippines / <input type="checkbox"/> Thailand / <input type="checkbox"/> Others _____
2.	Gender : <input type="checkbox"/> Male / <input type="checkbox"/> Female
3.	Age : _____
4.	Educational Status : <input type="checkbox"/> Primary School (or below) / <input type="checkbox"/> Junior High School / <input type="checkbox"/> Senior High School / <input type="checkbox"/> University, or College / <input type="checkbox"/> Master (or above)
5.	Marital Status : <input type="checkbox"/> Married / <input type="checkbox"/> Single / <input type="checkbox"/> Divorced
6.	Child : <input type="checkbox"/> None / <input type="checkbox"/> One / <input type="checkbox"/> Two / <input type="checkbox"/> Three (or more)

7.	Is your spouse/mate also in Taiwan? <input type="checkbox"/> Yes / <input type="checkbox"/> No
8.	In which year did you come to Taiwan ? _____
9.	Your wage paid by employer : <input type="checkbox"/> \$20,000 (660USD) or below / <input type="checkbox"/> \$20,000 至 \$25,000 (660 至 830USD) <input type="checkbox"/> \$25,000 至 \$30,000 (830 至 1000USD) / <input type="checkbox"/> \$30,000 至 \$35,000 (1000 至 11600USD) <input type="checkbox"/> \$35,000 至 \$40,000 (11600 至 13300USD) / <input type="checkbox"/> \$40000 (13300USD) or above
10.	Your real income : <input type="checkbox"/> \$12,000 (400USD) or below / <input type="checkbox"/> \$12,000 至 \$15,000 (400 至 500USD) <input type="checkbox"/> \$15,000 至 \$20,000 (500 至 660USD) / <input type="checkbox"/> \$20,000 至 \$25000 (660USD 至 830USD) <input type="checkbox"/> \$25000 至 \$30000 (830USD 至 1000USD) / <input type="checkbox"/> \$30000 (1000USD) or above

**Thank you for your patience filling out this
questionnaire!**