

# A Global comparison: How stressful is the Life of a Research Administrator?





# RA Stress Perception Survey “RASPerS”

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## A study with members of EARMA and the BESTPRAC Network

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# Study details

- Study performed on SurveyMonkey
- April – May 2016
- Mailings to EARMA and BESTPRAC members

Survey Population Name	Survey Population Number	Participants needed for 95% confidence	Current number of surveys collected
BESTPRAC	355	185	218
EARMA	846	264	273

## BESTPRAC - Targeted Network

### Main objectives

- **establish a network** for the administrative, finance and legal services in universities, research organizations and related entities supporting researchers in European funded projects
- **exchange experiences** and share and develop best practices, encourage knowledge sharing, knowledge transfer and increased efficiency.

### Target group

- **Research administrators** involved in the administration and management of European projects; **Early stage administrators** and applicants from institutions in so-called COST inclusiveness countries.

# The typical RA in RASPerS (i)

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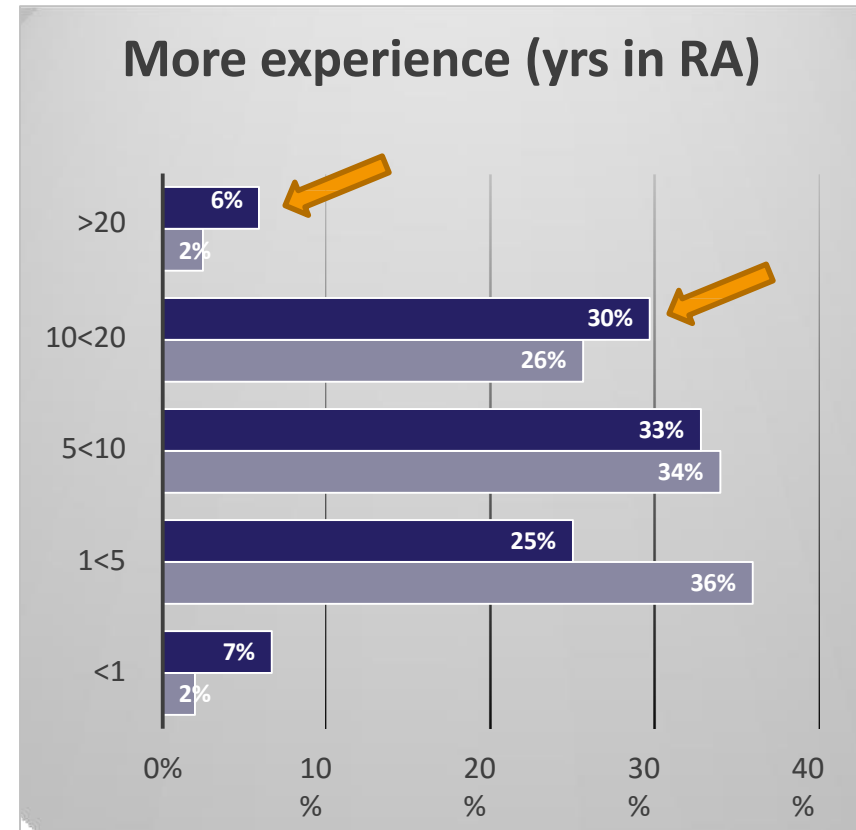
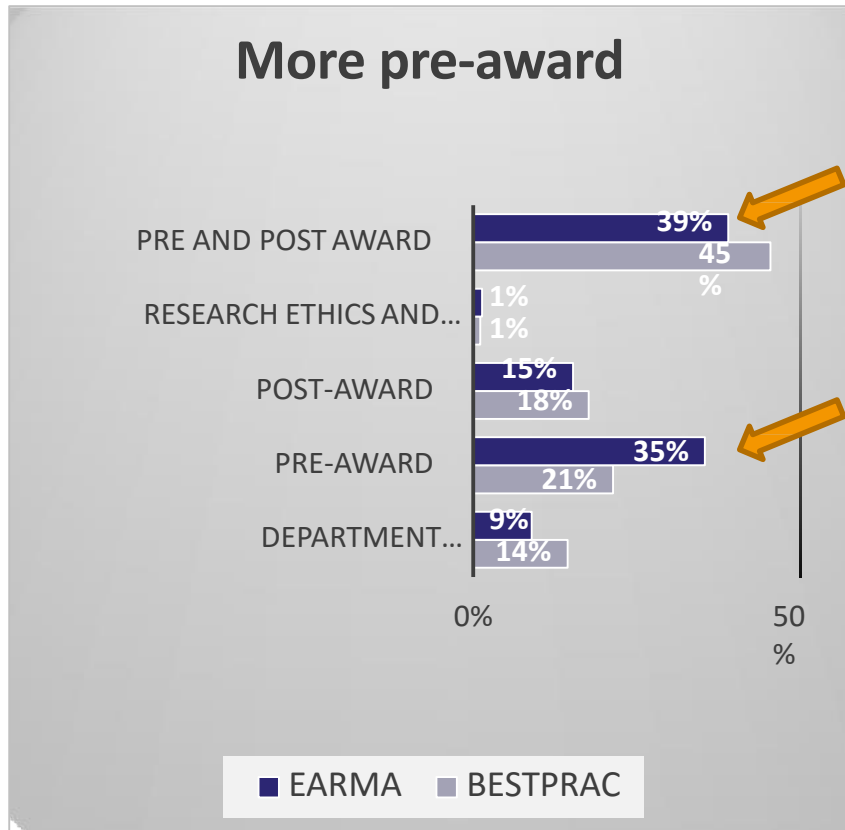
- The average RMA that responded to the survey is a
  - female academic,
  - around 40 yrs old, married or partnered.
- She holds a full time job with 45 hrs work
  - as a senior officer focusing on pre and post-award functions,
  - with 5-10 years experience and probably as team leader.
  - Her annual income is around 45,000 - 68,000 €.

# The typical RA in RASPerS (ii)

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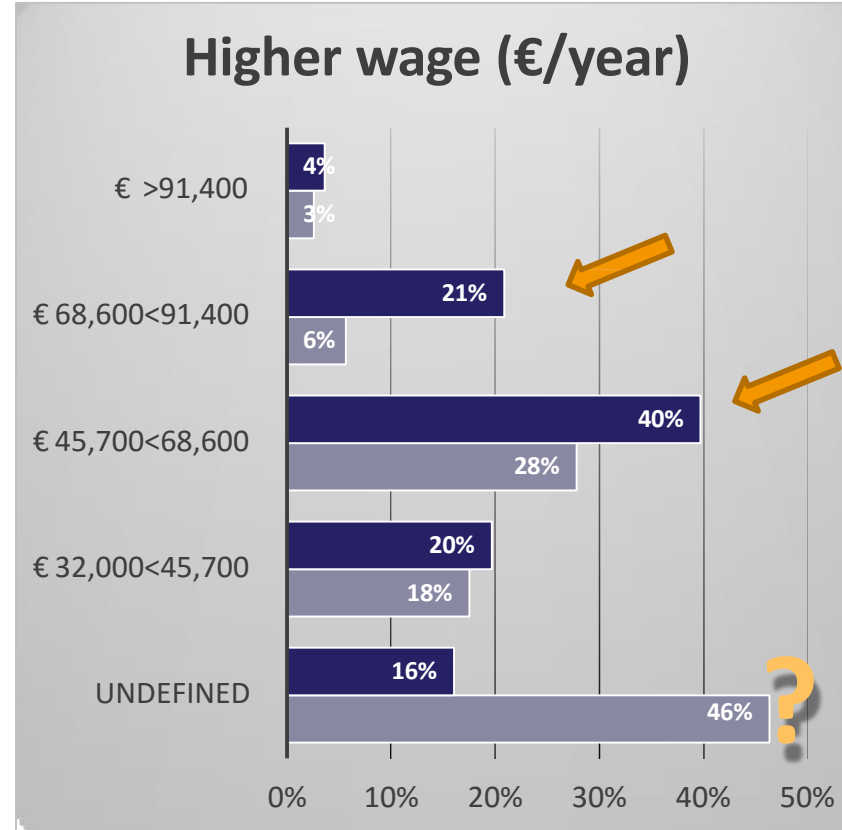
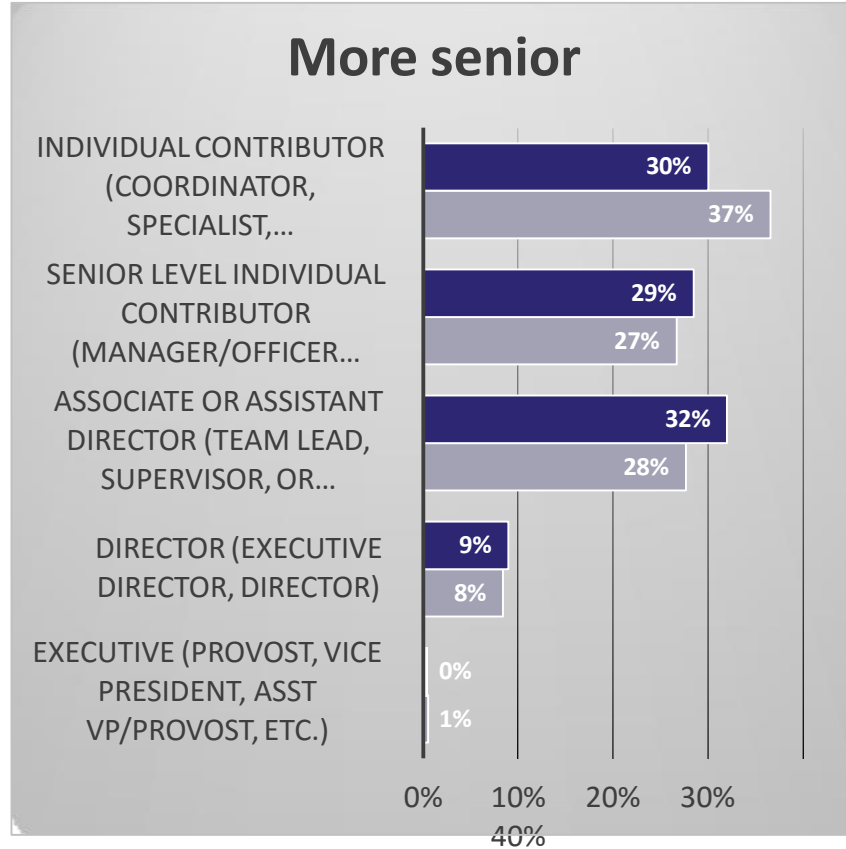
- She likes fruits and veggies,
  - is normal weight
  - a non-smoker
  - drinks no more than one glass of alcoholic beverages /day
  - engages in moderate physical activity a few days every week
  - largely makes use of available predictive medical check-ups (mammograph test, cholesterol screening).

# Differences between EARMA and BESTPRAC cohorts





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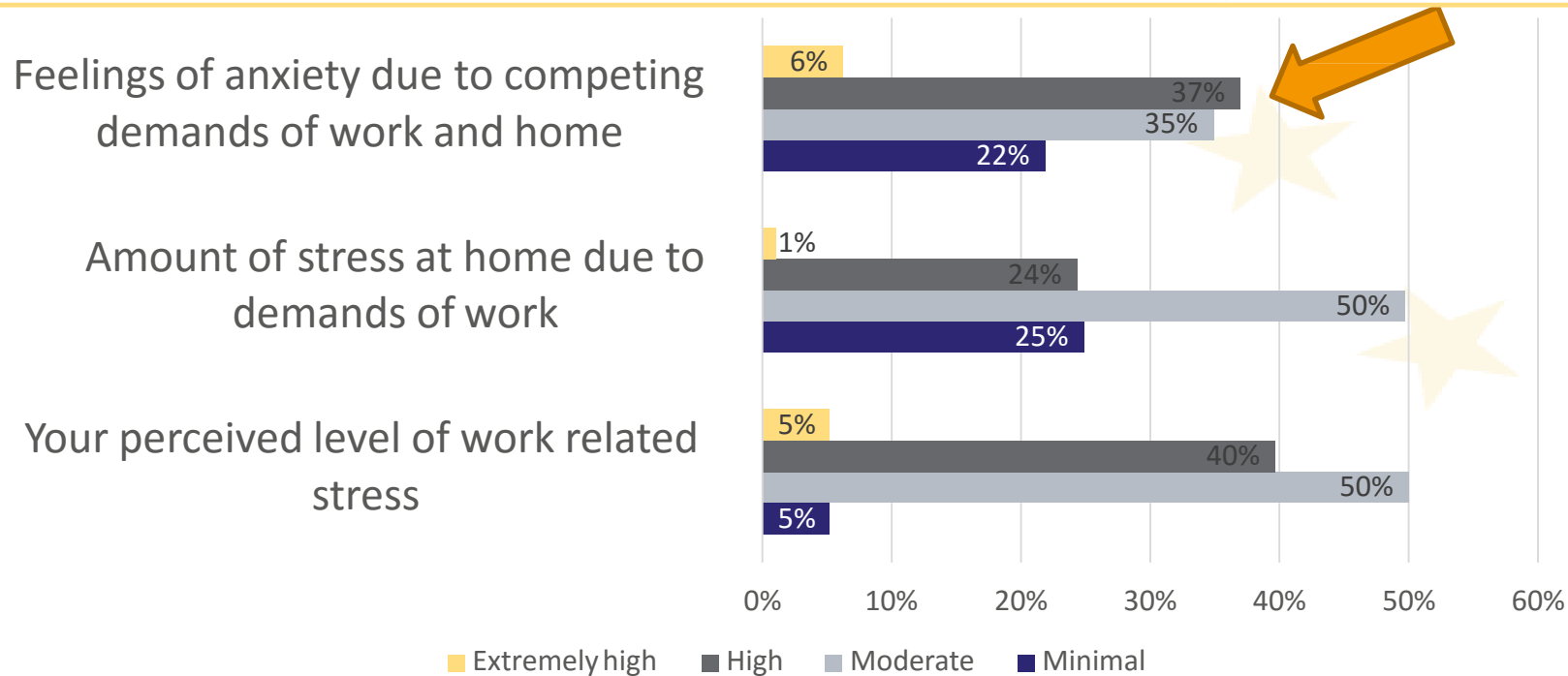


# Perceived Stress

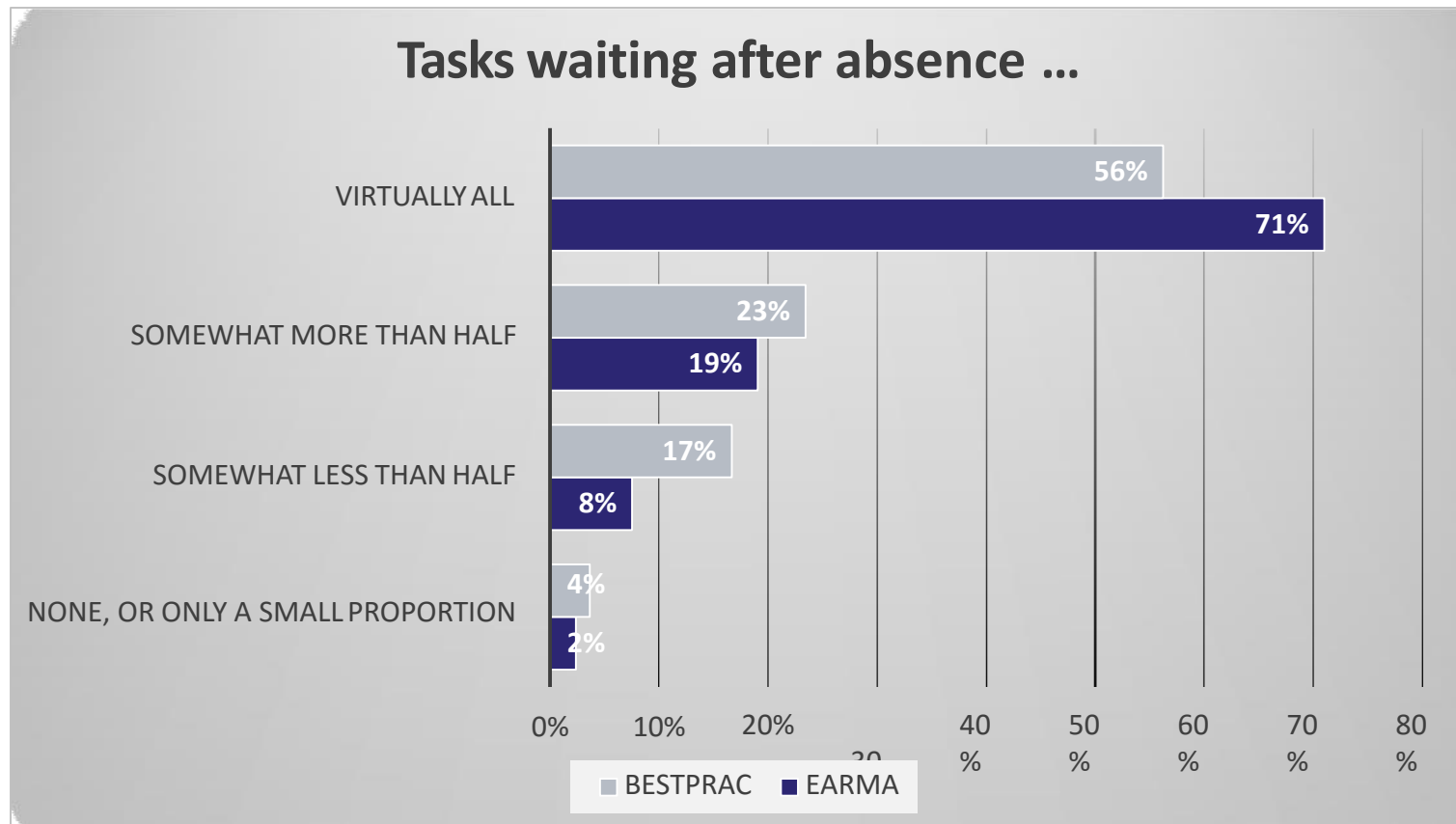


# Perceived stress

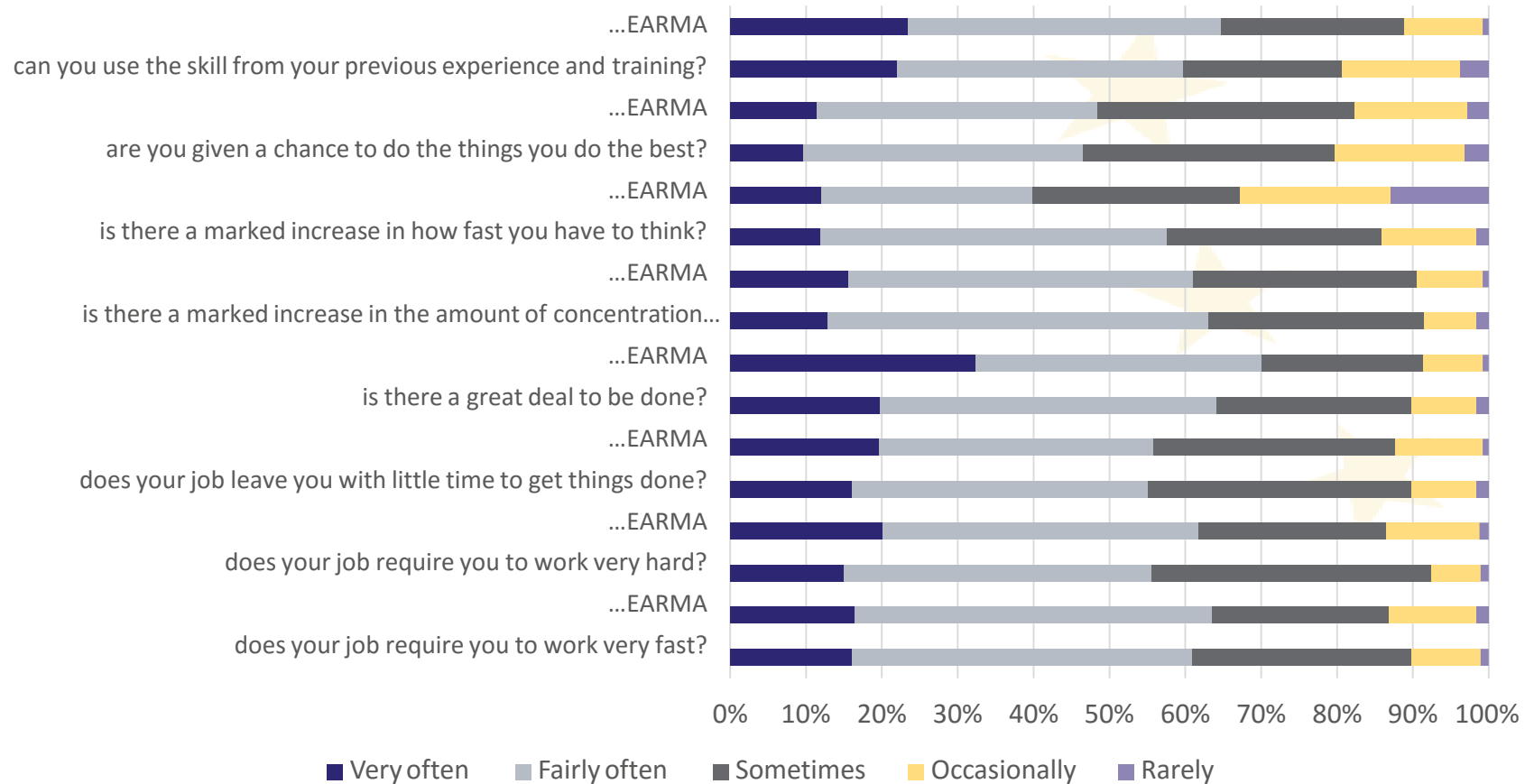
In both cohorts 90% agree (strongly) that "Over the past few years, my job has become more and more demanding."



# Stressor: workload

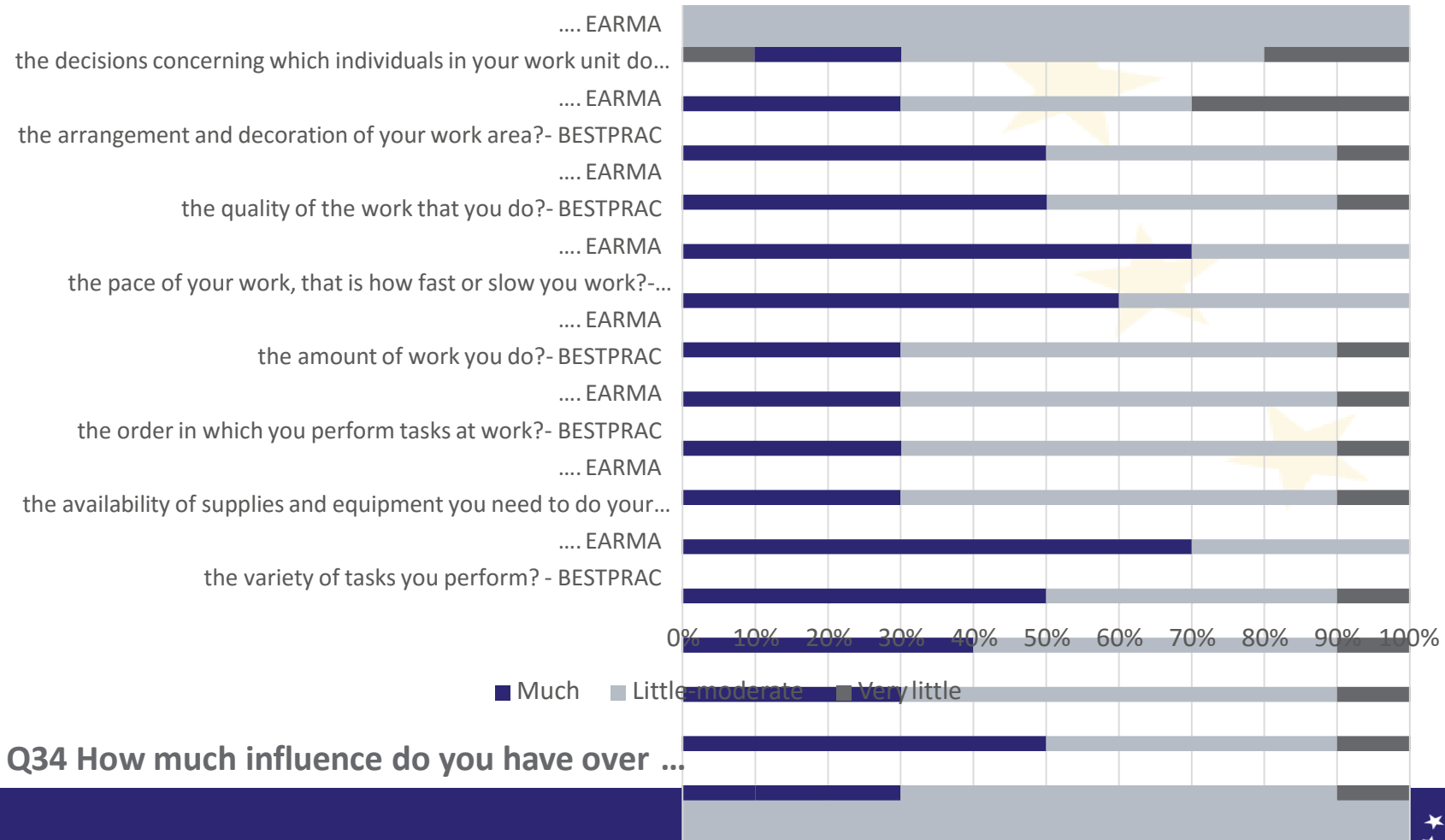


# Frequency of stressors at work



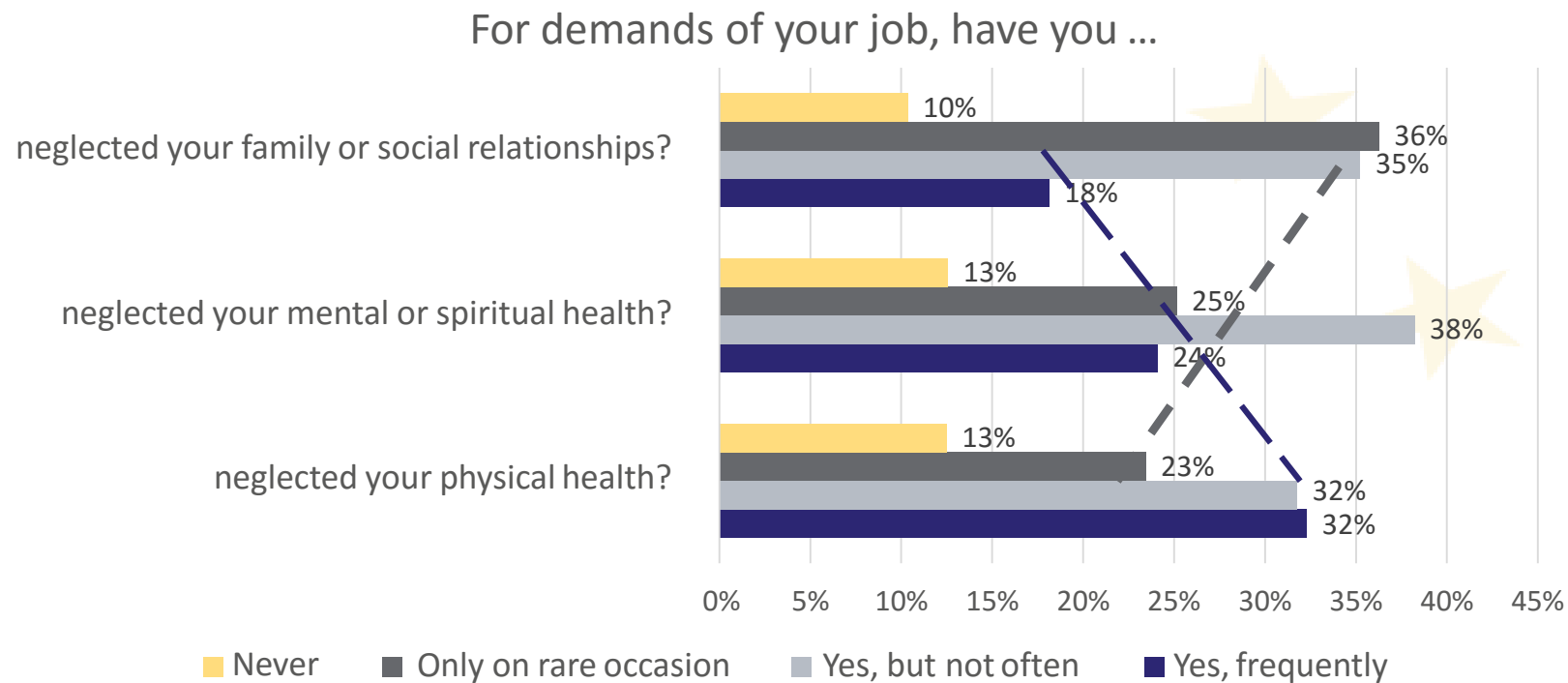
Q33 How often ....

# Influencing working conditions



# Coping with stress

To cope with the demands, RA tend to neglect physical more than mental health (e.g. working sick). Private life is protected.





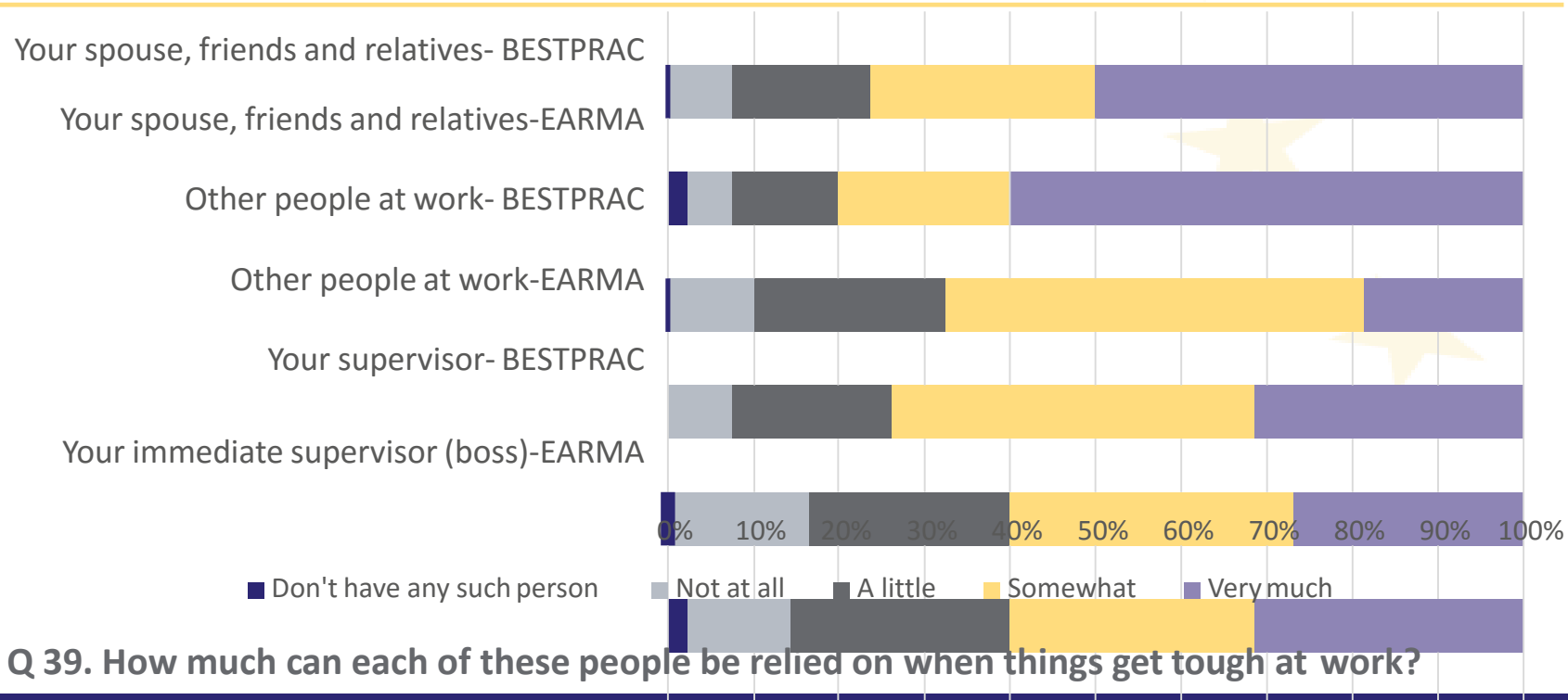
# Relying on others



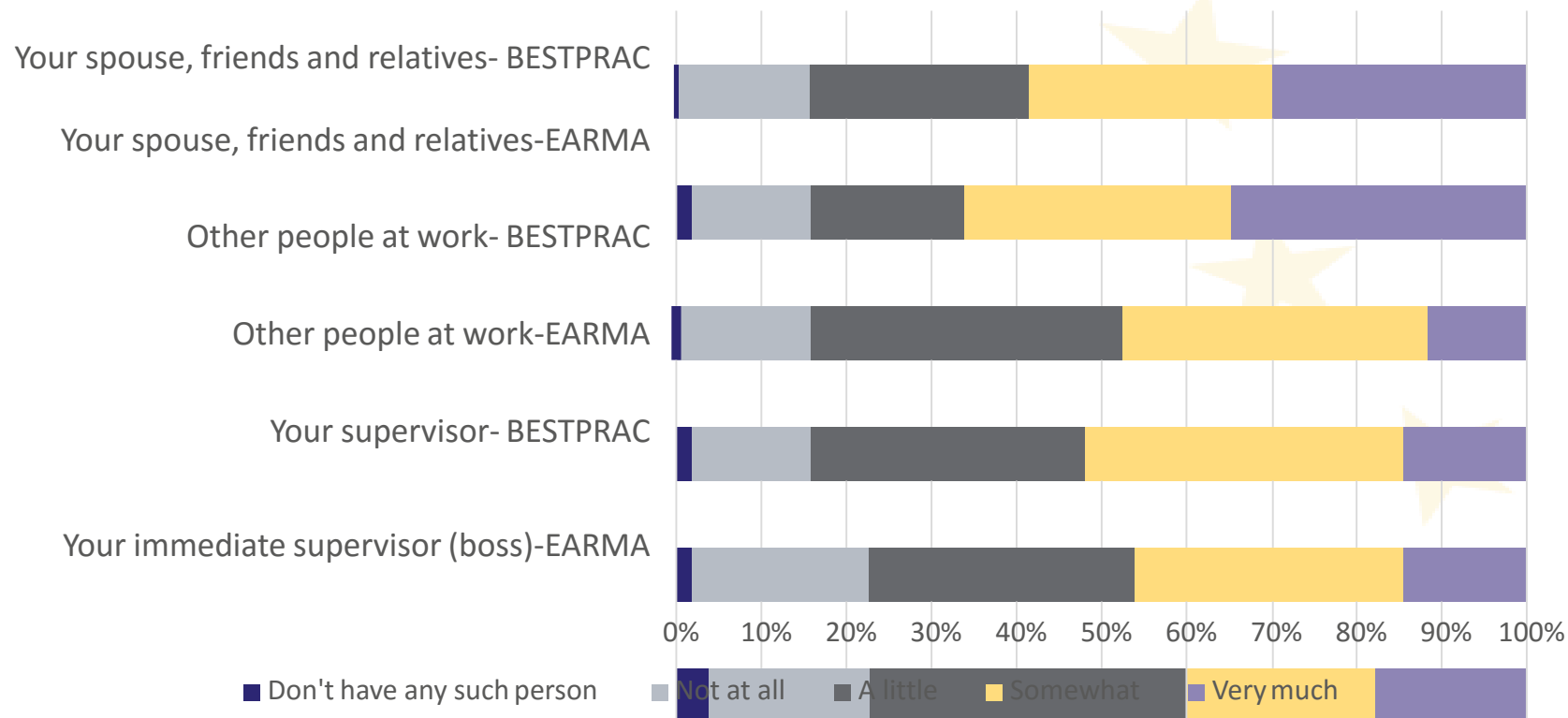


# Relying on people

The private social network is the key support also for work-related matters, but colleagues get close.



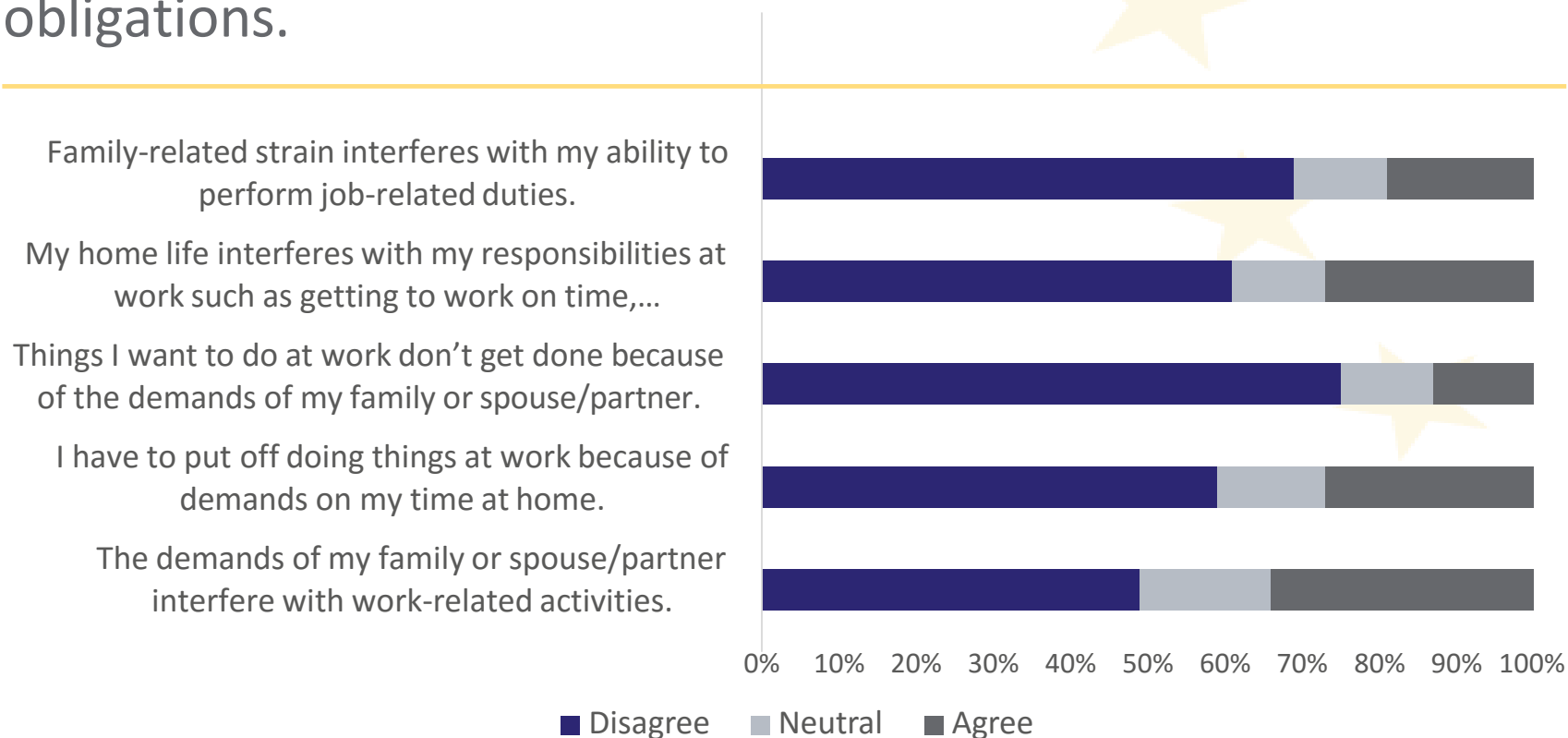
# Making your work life easier for you



**Q 37. How much does each of these people go out of their way to do things to make your work life easier for you?**

# Time strain – family-related

20-30% feel that family related demands interfere with work obligations.



# Time strain – work-related

Up to 50% feel that work related demands interfere with family obligations

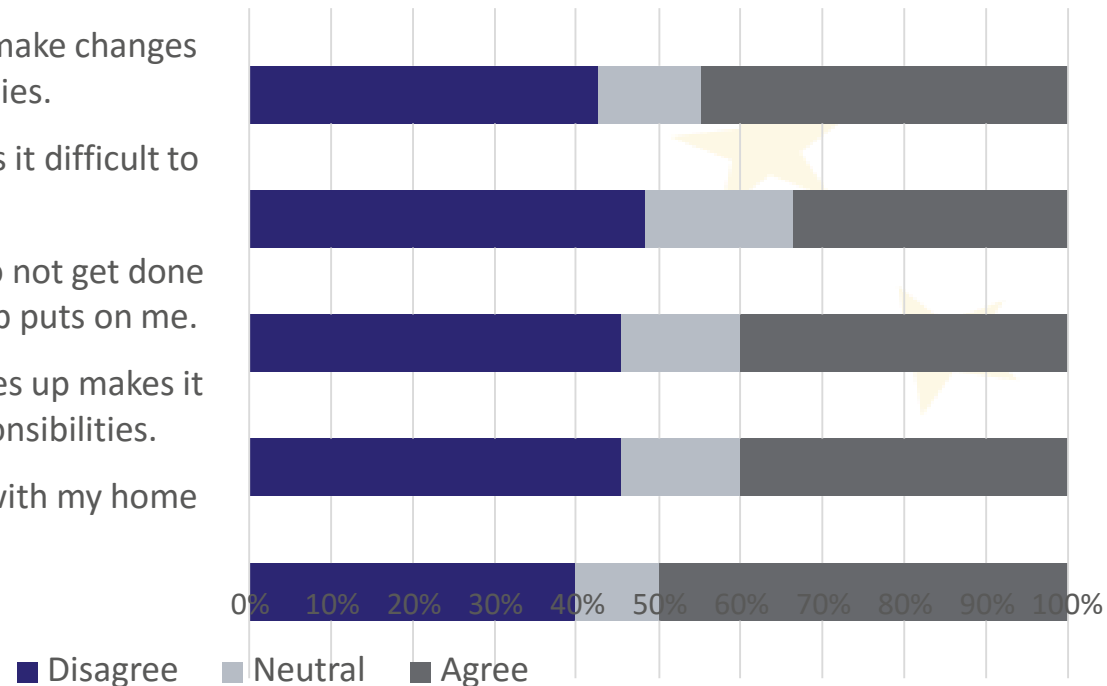
Due to work-related duties, I have to make changes to my plans for family activities.

My job produces strain that makes it difficult to fulfill family duties.

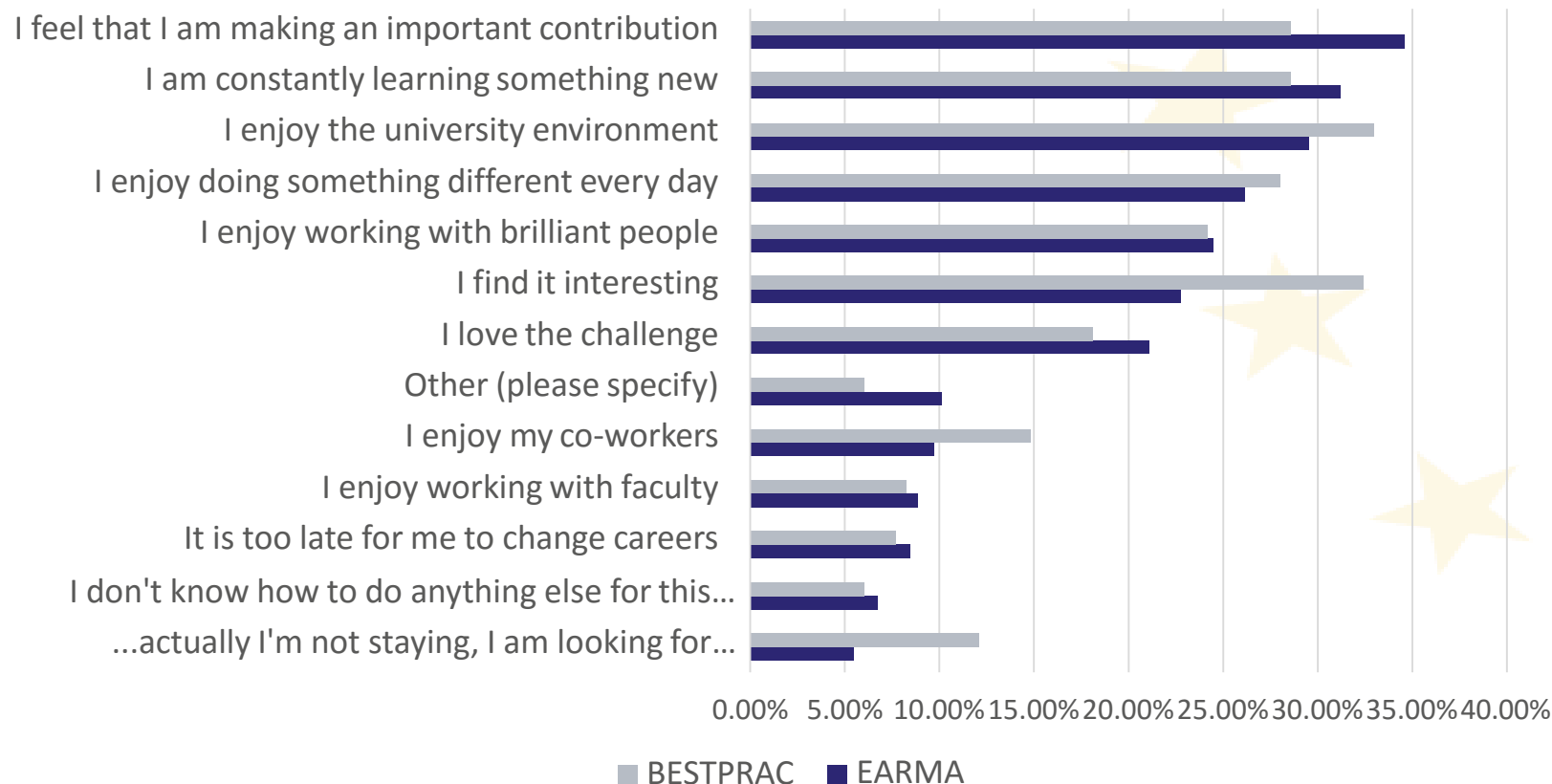
Things I want to do at home do not get done because of the demands my job puts on me.

The amount of time my job takes up makes it difficult to fulfill family responsibilities.

The demands of my work interfere with my home and family life.



# Still, lots of reasons to stay in RA !



# THANK YOU – Questions?

