

Interview Questions

1) Self-introduction

Hello! I am a 23-year-old project staff member, working in the largest Internet company in China. I have been employed for more than one year, and I am still getting familiar with my work gradually. I'm single now and living at home, which keeps me from the financial stress of taking out loans. Now my life is basically two points and one line between the company and home, but I will arrange more activities on weekends, such as eating and chatting with friends or going to the concert of my favorite singer.

2) Personal Experiences with 996 Culture

A) Can you describe a typical workday under the 996 schedule?

Daily life repetition is quite high, get up around eight o'clock, basically have no time to eat breakfast, even then will occasionally be late. Every day is basically sitting in front of the computer to complete the task according to a short-term plan (usually weekly plan, Monday team will report progress). I usually eat takeout in the company at noon and go home to my parents in the evening. Occasionally, I bring meals from home to work and eat healthier.

B) How has the 996-work culture affected your daily life and personal time?

The work culture of 996 has invaded my personal life quite a bit. I have little time or energy to do anything else after work. Most of my personal activities are crammed into the weekend, which is when I feel like I'm living.

C) Can you share any specific instances where the 996 culture significantly impacted your well-being?

What impressed me most is that when I graduated last year, I almost worked overtime on graduation day because of the temporary ddl. Fortunately, the trouble at work was solved in advance, so that it did not lead to this kind of thing that may be regretted for life.

3) Psychological State

A) How would you describe your mental and emotional state while working under the 996 cultures?

Although the work is very tiring, I am still very passionate at the moment, it is like climbing mountains all the time, which is extremely exciting. It's just that long hours can be exhausting and can feel like an act of burning myself and not knowing when it's going to burn out.

B) Have you noticed any changes in your psychological health since you started working in this environment?

Although I work a lot of overtime, I still enjoy the busy life and feel that I am growing rapidly. But if I work too much overtime occasionally, I will be a little sleepy the next day.

C) What specific psychological challenges do you face regularly?

In the face of pressure, I usually just ask a friend to open a black book, or watch a comedy movie, laugh, and all the troubles are gone. Getting together with friends on the weekend also

helped.

4) Coping Mechanisms

A) What strategies do you use to cope with the stress of the 996-work schedule?

The way I deal with stress is to have fun. For example, after working overtime on the weekend, I can find some guys to play basketball. When I sweat, my stress goes away.

B) Have you sought professional help (e.g., therapy, counseling) to manage work-related stress? If so, how effective has it been?

I haven't used the company's counseling service, not to mention the psychotherapy in the hospital. I feel like I don't need it yet. I just need to adjust.

C) Do you feel that your coping mechanisms are sufficient to handle the stress you experience?

I think my coping mechanism is quite effective, after all, young, quick recovery, and full of blood after sleep.

5) Support Systems and Interventions

A) Does your company provide any support or resources to help you manage stress?

I'm not sure if the company provides a support system, because I haven't encountered any situations where I need it yet.

B) How effective are the support systems provided by your company?

If the company provides it, I think it should be good, after all, the benefits of large factories are generally quite in place.

C) What additional support or resources would you like to see implemented in your workplace to help manage stress?

I think it would be perfect to have more free time, such as occasional breaks, or to leave work earlier on weekdays. In my opinion, slowing down the pace of projects can give young people more surprises and motivation to continue working.

6) Views on 996 Culture

A) What are your overall thoughts on the 996-work culture?

As for 996, I think it is OK. At least I can adapt to it for now. Working overtime on weekends may affect my entertainment plan a little, but it is not unacceptable.

B) Do you believe the 996 culture is sustainable in the long term? Why or why not?

In the long run, I think 996 may be not a problem. After all, I am still young and have a lot of energy to expend. But I also hope that the company can take the quality of life of employees into consideration.

C) What changes, if any, would you recommend improving the work culture in your industry?

If I had to make a suggestion, I think the company should consider giving us young people more freedom, such as flexible working, so that we can better arrange our time, so that we can have both work and life.

A handwritten signature in black ink, appearing to be 'Parish' or similar, written in a cursive style.