

Interview Questions

1) Self-introduction

Hello, I am an ordinary employee of a well-known Internet company, 29 years old. I've always been a workaholic, but since getting married and starting to get pregnant, after talking it over with my husband, I've decided to replan my life. I plan to quit my job after the completion of this project, leave the challenging 996 work environment to become a mother and move on to the next stage of my life. Although a little reluctant, and obviously but more looking forward to the future.

2) Personal Experiences with 996 Culture

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

996 is 996, six days a week, 9:00 a.m. to 9:00 p.m. The pace of work is so intense that there is little time to stop and breathe, let alone enjoy life.

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

The 996-work culture has made my daily life monotonous and my personal time extremely compressed. I find that I rarely have time to do the things I love, like painting, yoga, or just sit quietly and read a book. Only on weekends do I have the chance to go out with my husband and do some simple shopping.

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

There is no denying that 996 culture once brought me a sense of accomplishment at work, but as time goes by, I began to feel its erosion of my happiness. I have missed so many sweet moments with my lover that I feel a little regret.

3) Psychological State

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

Under the 996 culture, my mental and emotional state is complicated. On the one hand, I am proud of my efforts and achievements. On the other hand, I felt deep exhaustion and a desire for personal space.

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

Since I've been working in this environment, I've noticed subtle changes in my own mental health. I began to pay more attention to my mood swings, especially during pregnancy, and I found myself more sensitive and irritable. I'm not sure if it's work pressure, but I don't think it's a good sign.

C) What specific psychological challenges do you face regularly?

The mental challenge I often face is finding a balance between the intense work and the physical changes that come with preparing for pregnancy. I need more time to adjust my mindset

to my upcoming role as a mother.

4) Coping Mechanisms

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

I deal with the stress of 996 by engaging in deep communication with my husband, engaging in light exercise such as yoga and walking, and trying to get away from work on weekends.

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

While I have not sought professional psychotherapy or counseling at this time, I realize that with the increasing stress in my life, I may need professional help to better manage my emotions and stress, especially during pregnancy.

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

I think my coping mechanisms are working for the time being, but I'm also aware that as my life role shifts, I may need more support and resources to deal with future challenges.

5) Support Systems and Interventions

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

My company has provided some support, such as psychological counseling services, which have been very helpful in maintaining my mental health in a high-pressure work environment. I also appreciate the company's special care for female employees.

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

I feel that the support system provided by the company is largely effective, especially for those of us who need to balance work and family life. These policies make me feel respected and cared for.

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

I wish companies would provide more support, such as more flexible working hours for women who are expecting and pregnant, and more resources for health and psychological support to help us better transition into motherhood.

6) Views on 996 Culture

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

I have mixed feelings about the 996-work culture. It does drive the rapid growth of the company, but at the same time it sacrifices the personal time and quality of life of the employees. I want companies to value their employees' happiness and work-life balance.

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

I think the 996 culture is clearly sustainable in the long run. It ignores the physical and

mental health and family needs of employees, which can lead to the loss of employees and the deterioration of the company culture.

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

I recommend that companies offer more flexible working arrangements, such as flexible working systems and remote working options. At the same time, companies should also increase their attention to employees' mental health, provide more support and resources, and create a more humane and supportive work environment.

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