

# Frequency of Social Media Usage Survey During Work Hours

The **frequency of social media usage** survey during work hours aims to assess how often employees engage with social platforms while on the clock. Understanding these patterns helps organizations balance productivity with digital engagement. Insights from the survey inform workplace policies and technology use guidelines.

## Sample Survey Questions

1. How often do you access social media platforms (e.g., Facebook, Twitter, Instagram) during work hours?
  - Never
  - Rarely (a few times per week)
  - Sometimes (once per day)
  - Often (multiple times per day)
  - Very Often (hourly or more)
2. What is your primary reason for using social media at work?
  - Personal communication
  - Work-related research
  - Networking
  - News updates
  - Entertainment
3. On average, how much total time do you spend on social media during a typical workday?  
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4. Do you feel your social media usage during work hours affects your productivity?
  - Not at all
  - Slightly
  - Somewhat
  - Significantly

## Instructions

- This survey is anonymous and confidential.
- Please answer all questions honestly based on your typical work habits.
- Results will be used to guide workplace policy and best practices.