Dubai Adult&School WELLBEING SURVEY

DUBAI Knowledge & Human Development Authority

DUBAI

Adults@School Wellbeing Survey

2020 RESULTS

ABOUT THE SURVEY

3RD YEAR OF JOURNEY

Data collected from 1st November to 10th December 2020

10,932 STAFF FROM 171 SCHOOLS

COMPLETED THE SURVEY IN 2020

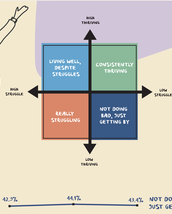
WHO PARTICIPATED?

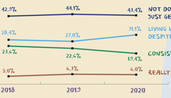
- 637 SCHOOL LEADERS
- 932 TEACHING ASSISTANTS
- 1,720 OTHER
- 7,643 TEACHERS

- 19% MEN
- 81% WOMEN

STATE OF WELLBEING

Adult Wellbeing is defined by six pillars - Positive emotion, Engagement, Relationships, Meaning, Accomplishment and Health. Adults who report high levels of these are considered to be thriving.



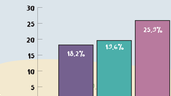


% STAFF CONSISTENTLY THRIVING

Men, older staff members, and school leaders are more likely to be consistently thriving

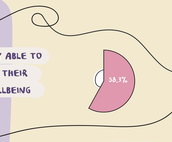
AGE OF STAFF

ROLE AT SCHOOL



THE PROPORTION OF ADULTS@SCHOOL WHO...

*FELT HIGHLY ABLE TO MANAGE THEIR OWN WELLBEING



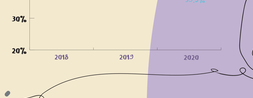
*FELT STRONGLY MOTIVATED TO IMPROVE THEIR OWN WELLBEING

*STRONGLY FELT THEY COULD CONFIDE IN THEIR TEAM ABOUT THEIR WORK

*STRONGLY FELT THEY HAD STRONGER RELATIONSHIPS WITH STUDENTS

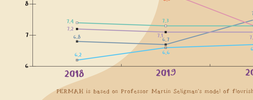
*Highly and strongly refer to scores of 8 or higher out of 10.

USUALLY GOT A GOOD NIGHT'S SLEEP



FELT THEY WORKED LONGER HOURS IN 2020

AVERAGE PERMAH INDIVIDUAL WELLBEING FACTORS



PERMAH is based on Professor Martin Seligman's model of Flourishing.

THANK YOU TO OUR FRIENDS AT THE WELLBEING LAB FOR THEIR SUPPORT WITH THE SURVEY.

MANDARIN MALAY

URDU TAGALOG FILIPINO