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It's official: IT pros are working longer hours than ever
– 35 percent of techies are working more than 48 hours per week, and 7.3 percent claim between 60 to 75 hours, according to The IT Job Board –

According to the latest piece of research¹ from The IT Job Board, www.theitjobboard.co.uk, 35 percent of techies are working for 48 hours or more per week. This compares to a figure of 33 percent in the same survey carried out in August, 2008².

And, more alarmingly, 7.3 percent of respondents claimed that this year they work an incredible 60 to 75 hours on average each week, which is one third higher than 2008 (at 4.8 percent). A further 3.8 percent stated that they work in excess of 75 hours, compared with 2.4 percent in 2008 – an increase of more than 58 percent.

When asked the reasons for this, 32 percent of respondents in 2009 cited that it was due to the high volumes of work, 9 percent advised they were paid overtime, and 9.5 percent stated that it was what the management expected³.

For the 49 percent of those surveyed (in 2009), who said that they believed their working hours had increased over the last two years, 63 percent believed it was down to the volumes of work.

75 percent advised that their company doesn't pay overtime, and 54 percent claimed to taking work home. Yet, in spite of this, a whopping 82 percent said that they had not complained about the longer working hours.

When asked about the impact that longer working hours may be having on their professional and personal lives, respondents advised as follows:

- 34 percent believed that their work productivity has decreased
- 66 percent stated that their social life has been affected
- 37 percent claimed their health had been affected in some way

These figures remained consistent with the findings in the 2008 survey.

Teresa Sperti, head of international marketing at The IT Job Board, said: "IT professionals have always worked long hours, trying to devise solutions to problems, or working to develop the next major piece of technology. But, what is clear to see, is that many are working longer hours as a result of the increased workload, and because it seems to be part of their company's overall working culture.

“Employers should be mindful to the impact that longer working hours could be having on their business, by way of decreased productivity, or employee poor health. And, they should step in to address any issues before they escalate.”

1. 318 respondents interviewed on the topic of ‘working hours’ (August 2009). 61 percent held permanent roles, and 39 percent were in contract positions.
2. 495 respondents interviewed on the same theme (August 2008). 94 percent held permanent roles, and 6 percent were in contract positions.
3. The 2008 survey highlighted that 43 percent advised it was down to high volumes of work, and 18 percent said it was down to management expectations.

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Notes to editors

About The IT Job Board:

The IT Job Board group of companies was set up in April 2002 in recognition that recruitment in the IT sector was increasingly dominated by the internet.

Online technology enables sophisticated targeting – for example by skill, region or experience – of www.theitjobboard.co.uk's database of 800,000 IT professionals. The IT Job Board always tries to get closer to candidates either via planned content campaigns, or through the use of social networks.

The site also offers employers services such as branded job postings, a featured employer zone, targeted email campaigns and guidance on advertising copy. The managed campaign service filters responses to provide companies with a shortlist of applicants most suitable for the advertised position.

www.theitjobboard.co.uk's clients include Orange, Bloomberg, The NHS and Boots.

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