

Nearly 8 in 10 UK Workers Fear Job Loss in 2026 as Redundancy and Recession Concerns Rise

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A new report from [MyPerfectCV®](#), a leading UK CV builder, finds that many UK workers are experiencing growing anxiety about job security and the wider economy.

Based on a survey of 800 UK employees, the [UK Job Security Report 2026](#) shows that nearly four in five workers (79%) are worried about losing their job in 2026, with many expecting redundancies and unemployment to rise. As economic pressures and cost-of-living concerns persist, workers remain uncertain about the stability of the labour market in the months ahead.

- Job insecurity is widespread: 79% of UK workers say they are worried about losing their job in 2026.
- Concerns are rising: 69% say they feel more worried about job security than they did last year.
- Redundancies are expected to increase: 82% believe layoffs are likely at their organisation, and 63% think redundancies across the UK will rise in 2026.
- Workers expect unemployment to grow: 77% believe the UK unemployment rate will increase this year.
- Recession fears are widespread: 92% say they are concerned about the UK entering a recession in 2026.
- Cost-of-living pressures remain a top concern: 59% worry their pay will not keep up with costs, while 58% cite the cost of living as a major worry.

“Many workers are feeling increasingly uncertain about their job security right now,” said [Dr. Jasmine Escalera](#), career expert from MyPerfectCV. “Concerns about layoffs, rising unemployment, and the broader economic outlook are clearly shaping how employees view their stability at work.”

Job Security Concerns Are Increasing

Workers report significantly higher levels of job insecurity compared with the previous year. Compared to last year, UK workers say they feel:

- More worried — 69%
- About the same — 19%
- Less worried — 12%

In total, nearly 7 in 10 workers say they feel more worried about job security than they did in 2025. When asked specifically about how worried they are about losing their jobs, they responded:

- Worried — 79%
- Not worried — 21%

Workers Expect Redundancies to Rise

Many workers believe layoffs will increase both within their organisations and across the broader economy. When asked how likely redundancies are at their organisation in 2026:

- Very likely — 45%
- Somewhat likely — 38%
- Not likely — 17%

Looking nationally, nearly two-thirds of workers believe redundancies will increase this year:

- Increase in 2026 — 63%
- Stay about the same — 25%
- Decrease — 12%

Workers Fear Rising Unemployment and Business Closures

Workers are also concerned about the broader economic outlook for the UK. When asked about the labour market:

- 77% believe unemployment will increase in 2026

- 13% believe unemployment will decrease
- 10% think it will remain about the same

Meanwhile, many workers expect continued strain on businesses:

- More businesses will close — 51%
- About the same number — 34%
- Fewer businesses will close — 15%

Biggest Concerns for UK Workers in 2026

Economic pressure remains the dominant concern for many workers entering the new year:

- Pay not keeping up with costs — 59%
- Cost of living — 58%
- Not being able to find a new job if needed — 43%
- Losing my job — 39%
- Burnout or mental health — 31%
- Lack of career progression — 15%

The findings suggest that financial stability and job security remain top priorities for UK workers as they navigate an uncertain economic environment.

View the full report here - <https://www.myperfectcv.co.uk/blog/uk-job-security-report-2026>