

Work in progress

Factors improving parents' work – life balance

An analysis based on the 2001 time survey by Statistics Sweden

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Preliminary power-point for presentation at WELLCH-conference in Barcelona February, 2007




Dept. of Sociology


Research project:

Family life without time shortage

- State funding: Formas
- Doctoral project:
 - Self help books on avoiding time shortage (2005) *Time and Society*. 14 (2/3)
 - 2007 Quantitative study
 - 2008 Qualitative study on fathers' radical adjustment strategies




Time pressure



Expectations/
demands
causing role
overload

Time
pressure

- *Too high pace* ➤ Well-being
- *Too little time* ➤ Health and close relations



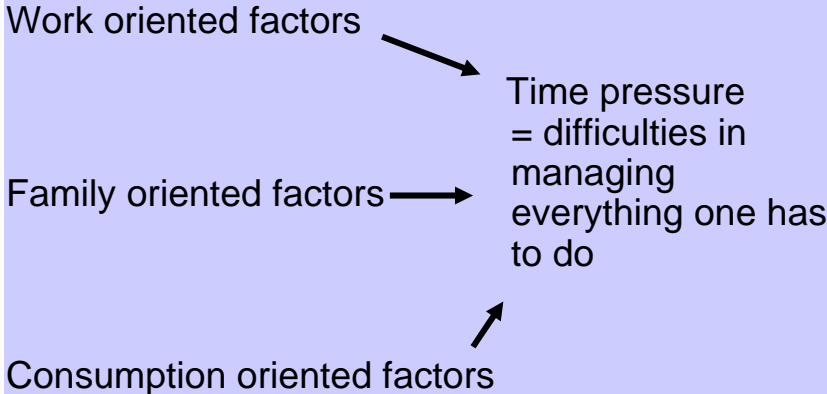
Low time pressure as indicator of work – life balance

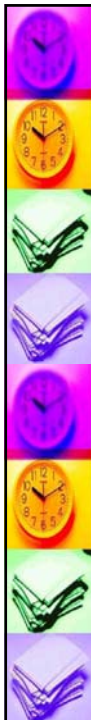
Work oriented factors

Family oriented factors

Consumption oriented factors

Time pressure = difficulties in managing everything one has to do





Data

Statistics Sweden (SCB) Time use survey 2000/2001
3494 persons, age 20 – 64

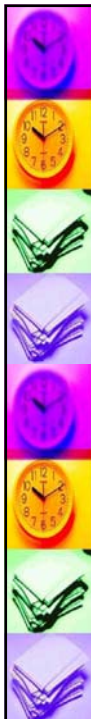
Do you usually have so much to do on weekdays that you have difficulties managing everything that has to be done?

All 20-64

Yes, often	38 %	=	Time pressured
Yes, sometimes	30 %		
No, rarely	17 %		
No, never	15 %		

Parents

Yes, often	46 %
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Question:

Which factors lower the expected level of time pressure among parents?

Method:

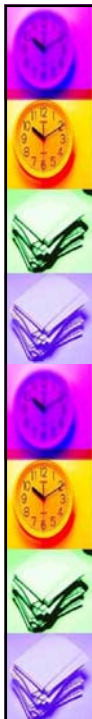
Cross sectional multivariate regression analysis



What lowers time pressure?

Living in a modern nuclear family

- Having few children
- Being married/cohabitant
- Not oneself take care of needing old parents



Number of children

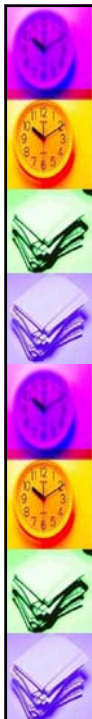
	0	1	2	3
Time pressured	31 %	43 %	48 %	55 %



What lowers time pressure?

Shorter working hours

- Shorter hours of paid time
- Shorter commuting time
- Shorter hours for *ones partner*



What lowers time pressure?

Having a less time pressuring type of job

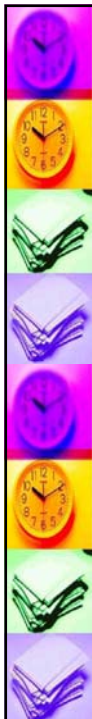
- Jobs without managerial responsibilities
- Jobs outside the health, school and care sectors
- Jobs without flex-time



What lowers time pressure?

Leading a less consumption oriented life

- Living in an apartment
- Avoiding “do it yourself” house projects
- Low disposable household income



What lowers time pressure?

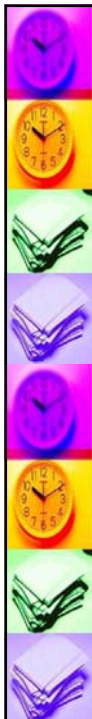
Higher age and being male

- Having older children
- Being older oneself
- Being male



What has no significant correlation with time pressure?

- Time for unpaid work
- Amount of spare time activities
- Living in a large city



What lowers time pressure?

1. Living in a modern nuclear family
2. Shorter working hours
3. Having a less time pressuring type of job
4. Leading a less consumption oriented life
5. Higher age and being male



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