



European Foundation
for the Improvement
of Living and Working
Conditions

The tripartite EU Agency providing knowledge
to assist in the development of better social,
employment and work-related policies

Life balance: Work, care and personal time

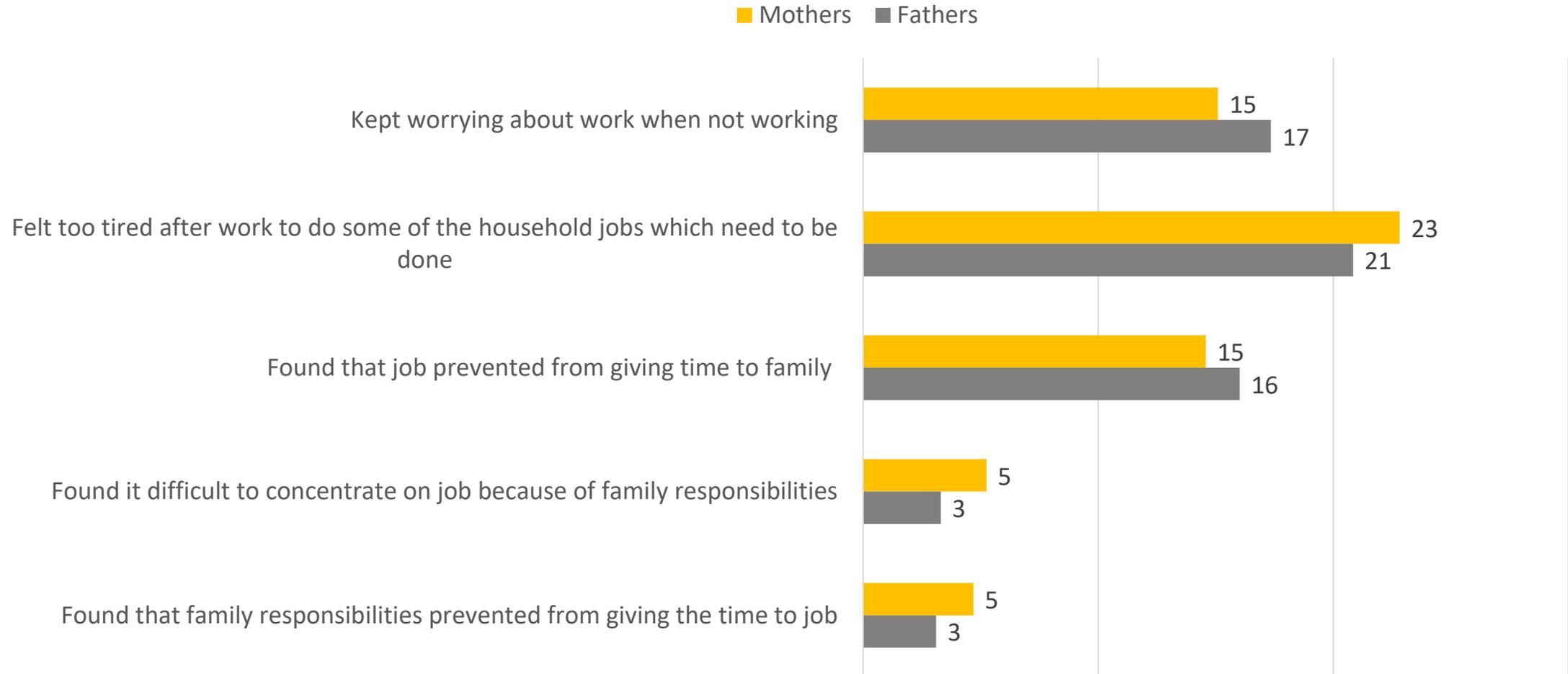
Local and Regional TIME Agenda

9 June 2022

Life balance

- Challenging to merge aspects of life:
 - paid work
 - unpaid work
 - care responsibilities
 - personal time
 - ...
- Conflicts occur:
 - difficulties on the job
 - finding time for family
 - lack of personal time
 - exhaustion
 - ...
- Related to stage in life cycle. Conflicts common when demanding aspects of life coincide. One example: working parents of young children.

Work-life conflict among parents (EU, 2015)



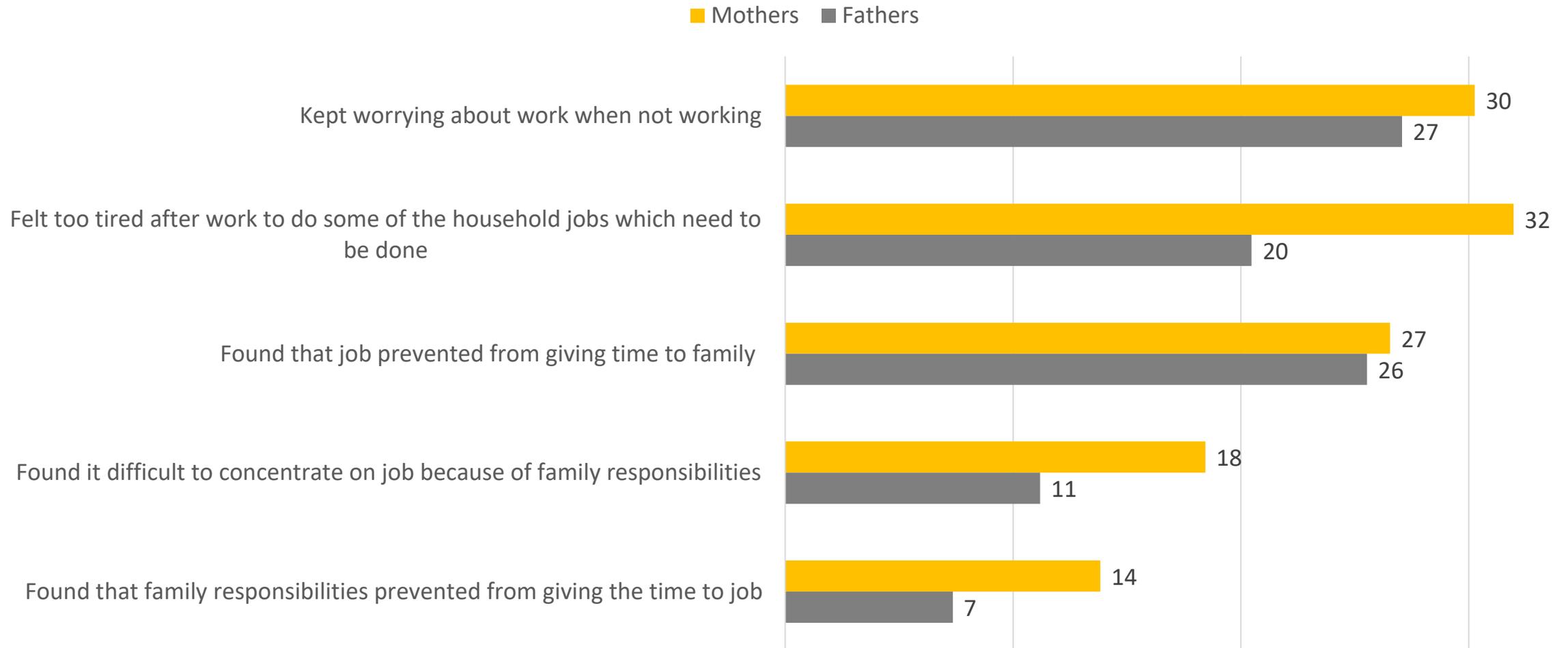
Survey question: *Since you started your main paid job, how often have you ...?* Bars represent the sum of answers: *always* and *most of the time*.

Source: Eurofound's European Working Conditions Survey (EWCS) (EU27) 2015.

Work-life conflict among parents during pandemic

- **Closures of schools and childcare facilities** → additional childcare and education
 - Gender imbalance in unpaid work & childcare → mothers took on most of this additional work
 - **Working from home** recommended/mandated
 - Gender imbalance in teleworkability of jobs → women more likely than men to work from home.
- Struggle to simultaneously meet the demands of jobs and families, especially among teleworking mothers of young children

Work-life conflict during pandemic among parents (EU, 2020/2021)



Survey question: *How often in the last 2 weeks have you...?* Bars represent the sum of answers: *always* and *most of the time*.

Source: Eurofound's Living, Working and COVID-19 survey. Average values across survey waves 1, 2, 3 and 4 (2020/2021).

Project: *Investigating the gender divide in the aftermath of COVID19*

Report to be published in October 2022

* [link](#) to report page *