Examining the Nuances of Life Satisfaction Among Working Parents

Working parents experience a high demand on their time and finances; balancing their personal and professional life is often difficult.

Data from the European Social Survey of 2006/07, 2010/11 and 2016/17 in Ireland showed that:

- 60% of all parents are employed.
- 46% of all mothers.
- 39% of households have both parents working.
- 81% of all fathers.
- 25% Parents find it difficult to live on their present income.
- 7.11/10 Average life satisfaction among Irish parents (marginally higher among fathers compared to mothers).

Statistical analysis of the data suggests:

- Having primary school-going children up to 12 years old:
  - Increases life satisfaction among parents in general.
  - Is negatively associated with life satisfaction among working parents, especially if both are working.

Economic recession and financial difficulties lower the parents’ life satisfaction.

- Parents who have difficulty managing their incomes are associated with lower satisfaction levels than those ‘living comfortably’.

Purposeful family policies and support can help improve working parents’ individual well-being while being consistent with economic strategy and labor market goals.

Life satisfaction amongst working parents: examining the case of mothers and fathers in Ireland

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