

TRAJECTORIES OF WORK AND FAMILY CONFLICT AND HEALTH: EVIDENCE FROM THE SWISS HOUSEHOLD PANEL

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Background

- In Western societies, cross-sectional average levels of self-rated health (SRH) are at high level (between “good” and “very good”), but trajectories slowly decline over the life course.
- SRH trajectories vary among socioeconomic groups.
- Individuals in high socioeconomic groups cumulate advantages over time (Dannefer 2003).
- In Switzerland, around one out of seven employees experiences work and family conflict, like “being exhausted after work to do things I would like to do”(Exhaustion After Work, or EAW).
- Work and family conflict is associated with poor health outcomes.

(Dannefer, D. (2003). Cumulative Advantage/Disadvantage and the Life Course: Cross-Fertilizing Age and Social Science Theory. *Journals of Gerontology*, 58, 327-337)

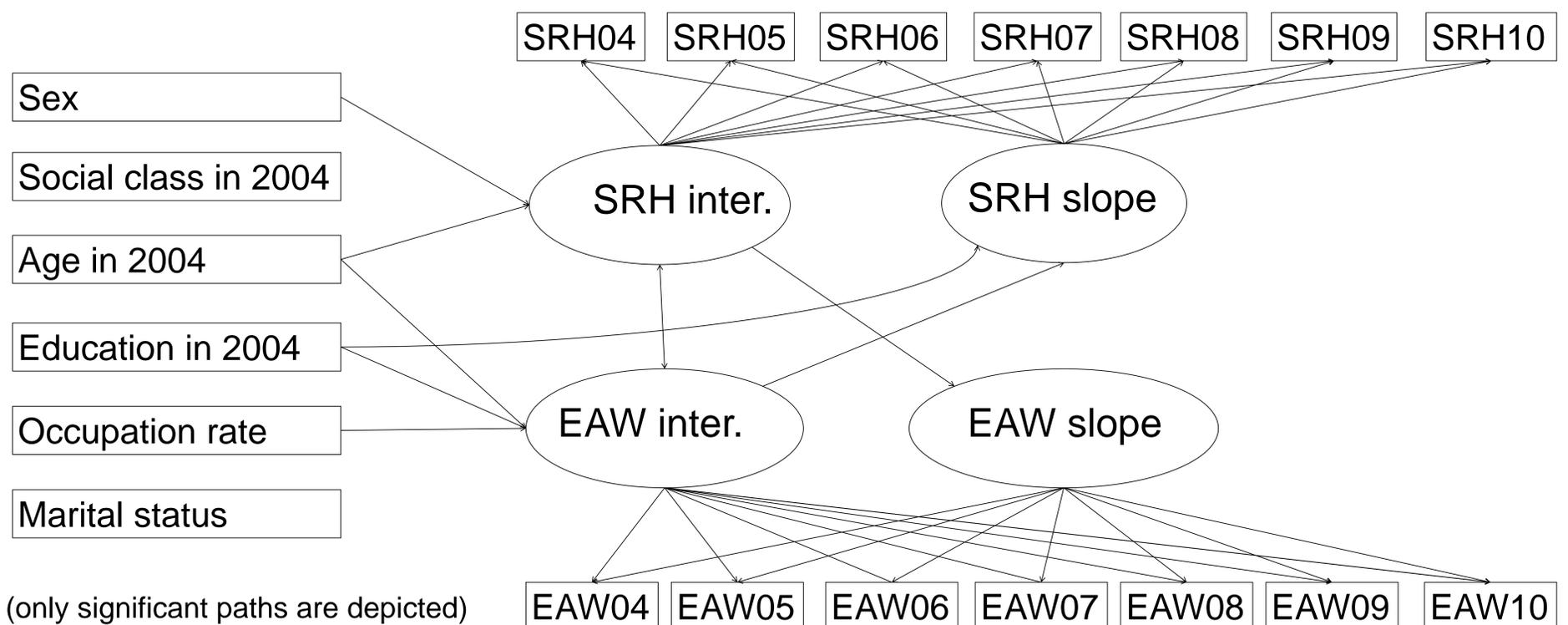
Objectives

To examine change (1) in trajectories of SRH in itself and (2) in relation with trajectories of EAW. This study also examine how these changes vary among socioeconomic groups.

Methods

- 2327 respondents of the Swiss Household Panel (second sample, 2004-2010) having participated to at least one wave between 2004 and 2010 and working throughout this period.
- Latent growth curve models (1) and parallel latent growth models (2)

Results: (1) Latent growth models of SRH trajectories (alone) showed no influence of socioeconomic groups, suggesting that there are no Cumulative Advantage effects (results not shown)
(2) Parallel latent growth models of SRH and EAW trajectories showed the influence of education on the rate of change of SRH:



Discussion

- Baseline SRH status influenced rate of change of EAW, suggesting health selection effect in the EAW trajectories. Baseline EAW status influenced rate of change of SRH, suggesting social causation effect.
- However, no association was found between rates of change of SRH and EAW, suggesting that velocities of both trajectories are not linked.
- When taking into account EAW trajectories, SRH trajectories of the higher educated declined more slowly compared to the less educated, suggesting a Cumulative Advantage effect (Dannefer 2003) of education.