

Partnership status and satisfaction with work-life balance

Park et al. (2022)

How does a partnership affect the satisfaction you have for your work life balance?

Two Studies Were Conducted

One where we used annual data from a German family panel study to track 609 individuals' satisfaction with their life, career, and work-life balance as they move in and out of a romantic relationship.

And one where we recruited and compared 396 unpartnered with 383 partnered individuals at a single time point in terms of how satisfied they were with their life and with their work-life balance.

We Found That...

On average, people were less satisfied with their work life balance when they were in a relationship (vs. when single). However, they reported higher life satisfaction overall and just as high career satisfaction when they were partnered (vs. when single).

And That...

When comparing partnered and non-partnered individuals at a single time point, partnered individuals scored higher on both satisfaction with their work life balance and their life overall.

In Short

Although entering a romantic relationship may improve your satisfaction with life overall, the presence of a highly interdependent relationship can make it hard to maintain a satisfactory work life balance. The findings of this paper also suggest that cross-sectional comparisons may not allow for such insights.