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SATISFACTION BY THE BALANCE OF WORKING AND PERSONAL TIME DEPENDING ON SOCIAL METRICS OF RESPONDENTS: RUSSIAN AND EUROPEAN CASES

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Abstract. The purpose of the article is to study the opinions of Europeans and Russians regarding the current balance between working time and personal time, depending on social metrics. An empirical study was conducted based on data from the European Survey of Quality of Life for 2016 and a 2019 survey of a focus group of Russian women mothers engaged in online business. Processing of the studied materials was carried out by the method of descriptive statistical analysis. The results showed the influence of gender, age and other social metrics of respondents on the level of satisfaction with the balance of work and personal time. Compared to men, European women more often report that work and the time spent on it are harmoniously combined with their family or social roles. Russian women working in online business, on the contrary, note a lack of time for their own interests. It was revealed that in Europe people from the age of thirty to forty turned out to be the problem group. This group has a high frequency of responses about the lack of time for personal life due to workload. A correlation was found between work-life balance satisfaction and the number of children: the proportion of negative answers increases with the number of children. Problems with the balance of work and personal time are more often experienced by people with lower education. A high level of satisfaction with the distribution of time between work and private life is observed among working

pensioners. The conclusion is drawn on the relevance of developing a methodology for cross-country research.

Keywords: working time; balance between life and work; socio-economic differences; the quality of life; work and life balance, work-life balance

JEL codes: J 22; J 49; J 13.

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