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“WORK-LIFE BALANCE IN THE CONTEXT OF CHANGES IN FAMILY AND IN LABOR MARKET IN GREECE”

EEA PROJECT GR07/3939

Qualitative research results: National Center for Social Research

The economic crisis, seven years after its beginning, has set the Greek society in turmoil, as various aspects both of public (income, employment, social welfare) and private life have been considerably affected. Consequently, the work-life balance is in a limbo, given the economic and social continuing changes imposed by crisis.

The overall aim of the qualitative research conducted by the National Center for Social Research in the context of WORLBAL project, has been the thorough study of the balance between professional, family and personal life for specific professional fields, as shaped and perceived in the post-crisis era. The case studies focused on women working in public and private sector, on women working on freelance basis, on women working in a different field than this of their expertise and on unemployed women.

The research sample includes 110 women, aged 25-50 years old, having children under 18 years old and working in various professional fields. The sample of women has been defined according to various criteria such as: working in a high-rank post, high education level, working on a freelance basis or profession's protection by state.

As the research concluded, whether we talk about women historians working as teaching or research staff, judges, doctors, lawyers, notaries, pharmacists, architects/civil engineers, sociologists, entrepreneurs, civil servants or aestheticians, the relationship between working and family life is far from being balanced, as Greece is still in crisis. The work-life balance is mainly perceived as an extra “tricky” task by women, in addition to their multiple professional and family responsibilities.

The severe deficiencies in public social and childcare services as well as the drastic shrinking of women's revenues have made paid social care services (in employment or in family) a really hard choice. On the contrary, the policies adopted in the context of Memorandum of Understanding (MoU), have worsened the working conditions in the abovementioned professional fields and they have also affected women themselves. These adopted MoU policies discourage further the reconciliation between professional and family life, making women more vulnerable to leave earlier their jobs and opt for their roles as mothers and housewives.

PARTNERS



Greek League for Women's Rights



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