



PRESS RELEASE | British Columbia

Methodology:

Results are based on an online study conducted from April 4 to April 7, 2019, among 646 adults in British Columbia who are employed full time or part time. The data has been statistically weighted according to Canadian census figures for age, gender and region in British Columbia. The margin of error—which measures sample variability—is +/- 3.9 percentage points, nineteen times out of twenty.

All things considered, which of the following statements comes closest to describing your own current work-life balance?

Work is definitely / probably taking precedence over lifestyle – 53%
My balance between work and lifestyle is perfect – 33%
Lifestyle is probably / definitely taking precedence over work – 12%
Not sure – 3%

All things considered, would you say your work has put a strain on your relationships with family and friends?

Definitely has / Probably has – 42%
Probably has not / Definitely has not – 53%
Not sure – 6%

Job Responsibilities Dent Lifestyle for Employed British Columbians

Two-in-five residents who are employed say their work has put a strain on their relationships with family and friends.

Vancouver, BC [April 30, 2019] – A majority of British Columbians who work part time or full time acknowledge putting their career ahead of their health, leisure, family and spirituality, a new Research Co. poll has found.

In the online survey of a representative provincial sample, 53% of employed British Columbians say work is “definitely” (23%) or “probably” (30%) taking precedence over lifestyle.

One third of employed British Columbians (33%) claim to have a perfect balance between work and lifestyle, while 12% say their lifestyle is taking precedence over work.

Almost half of employed British Columbians (47%) acknowledge having to stay late after work over the course of the past six months, while about three-in-ten missed a “lifestyle” engagement (such as a family gathering or leisure activity) because of work (29%) or had to reply to a work-related e-mail while they were with family or friends (28%).

One-in-four employed British Columbians (25%) had to take a work-related call on the cell phone while they were with family or friends, while similar proportions had to work from home on a weekend (24%) or had to work from home at night (21%).

“There is a staggering age gap when it comes to work getting in the way of the lifestyle of British Columbians,” says Mario Canseco, President of Research Co. “While 44% of those aged 55 and over say they did not experience any off-work interruptions, the proportion drops to 26% for those aged 35-to-54 and just 15% for those aged 18-to-34.”

More than two-in-five employed British Columbians (42%) say their work has put a strain on their relationships with family and friends, a proportion that reaches 48% among those aged 18-to-34 and 61% among those who live in Northern BC.

One-in-five employed British Columbians (19%) say it is easier for them to achieve a work-life balance than it was for their parents, while 41% believe that this undertaking is now harder.

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About Research Co.



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Simply put, we are curious about what people think and the decisions they will make. Some call it public opinion, others call it polling or public affairs. We never compromise facts for profit. Our agenda is the truth.

We have a global network of partners in the qualitative, data collection and data visualization specialities.

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