



PRESS RELEASE | British Columbia

Methodology:

Results are based on an online study conducted from April 1 to April 5, 2022, among 650 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 – 55% (+10)

My balance between work and lifestyle is perfect – 31% (-10)

Lifestyle is probably / definitely taking precedence over work – 12% (+2)

Not sure – 3% (-1)

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

Definitely has / Probably has – 47% (+12)

Probably has not / Definitely has not – 49% (-12)

Not sure – 4% (=)

British Columbians Split on Whether Work is Straining Relationships

A majority of employed residents of the province (55%, +10 since 2021) say work is taking precedence over lifestyle.

Vancouver, BC [April 12, 2022] – More than half of employed British Columbians admit to struggling when trying to balance their job and their lifestyle, a new Research Co. poll has found.

In the online survey of a representative provincial sample, 55% of employed British Columbians believe that work is taking precedence over lifestyle, up 10 points since a similar Research Co. poll [conducted in April 2021](#).

Just over three-in-ten British Columbians (31%, -10) say their balance between work and lifestyle is perfect, while 12% (+2) state that lifestyle is taking precedence over work.

Across the province, majorities of men (55%), British Columbians aged 18 to 34 (68%) and residents of Southern BC (62%) say that work is taking precedence over lifestyle.

Almost half of employed British Columbians (47%, +12) say that their work has put a strain on their relationships with family and friends.

“Only 30% of employed British Columbians aged 55 and over say their relationship with family and friends is strained because of their job,” says Mario Canseco, President of Research Co. “The proportion is higher among employed British Columbians aged 35-to-54 (40%) and aged 18-to-34 (68%).”

More than two-in-five employed British Columbians (43%, +4) think it is more difficult for them to achieve a work-life balance than it was for their parents, while 17% (+1) believe this challenge is now easier.

Compared to 2021, there is a marked increase in the number of employed British Columbians who had to deal with work demands at odd hours. Just over two-in-five (41%, +6) stayed late after work in the past six months, and more than a third (35%, +11) had to reply to a work-related e-mail while they were with family or friends.

Just under a third of employed British Columbians (32%, +4) took a work-related call on their mobile phone while they were with family or friends. Slightly fewer had to work from home on a weekend (29%, +5), had to work from home at night (also 29%, +7) or missed a “lifestyle” engagement (like a virtual or live family gathering or leisure activity) because of work (27%, +10).



More than half of employed British Columbians aged 18 to 34 (57%) had to work late in the past six months, and at least two-in-five had to reply to an e-mail after work (45%), missed a “lifestyle” engagement (43%) or took a work-related mobile phone call when they were with family or friends(40%).

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About Research Co.

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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