

PAID WORK AND DOMESTIC WORK: HOW DO THEIR CONDITIONS AFFECT WOMEN'S MENTAL HEALTH?

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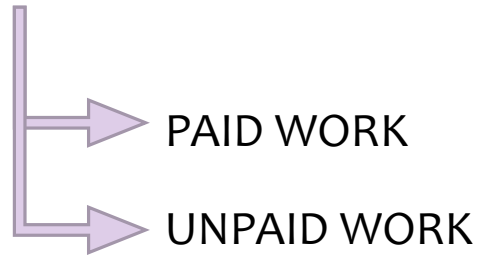
III. METHODS

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I. BACKGROUND

WORK → SOCIAL DETERMINANT OF HEALTH



CURRENT CONTEXT

- Increasing participation of women in the labour market
- Greater involvement of men in household chores
- WOMEN STILL CARRY THE MOST OF THE HOUSEHOLD WORK
- Some forms of employment precarious more widespread among women

 DOUBLE EXPOSURE TO FACTORS THAT CAN DAMAGE WOMEN'S MENTAL HEALTH

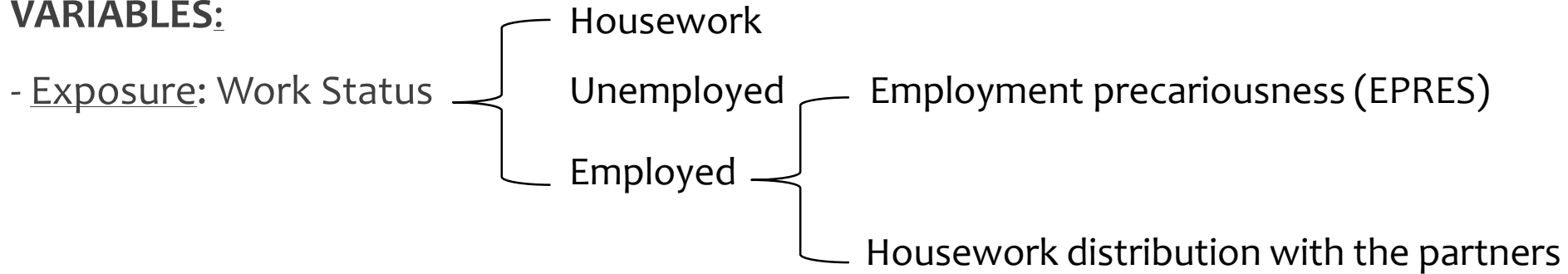
II. OBJECTIVE

To analyse the impact of work status on women's mental health, considering the degree of employment precariousness and the share of domestic work in the household among employed women

III. METHODS

SAMPLE → 2018 Basque Country Health Survey (subsample of women living with their partners)

VARIABLES:



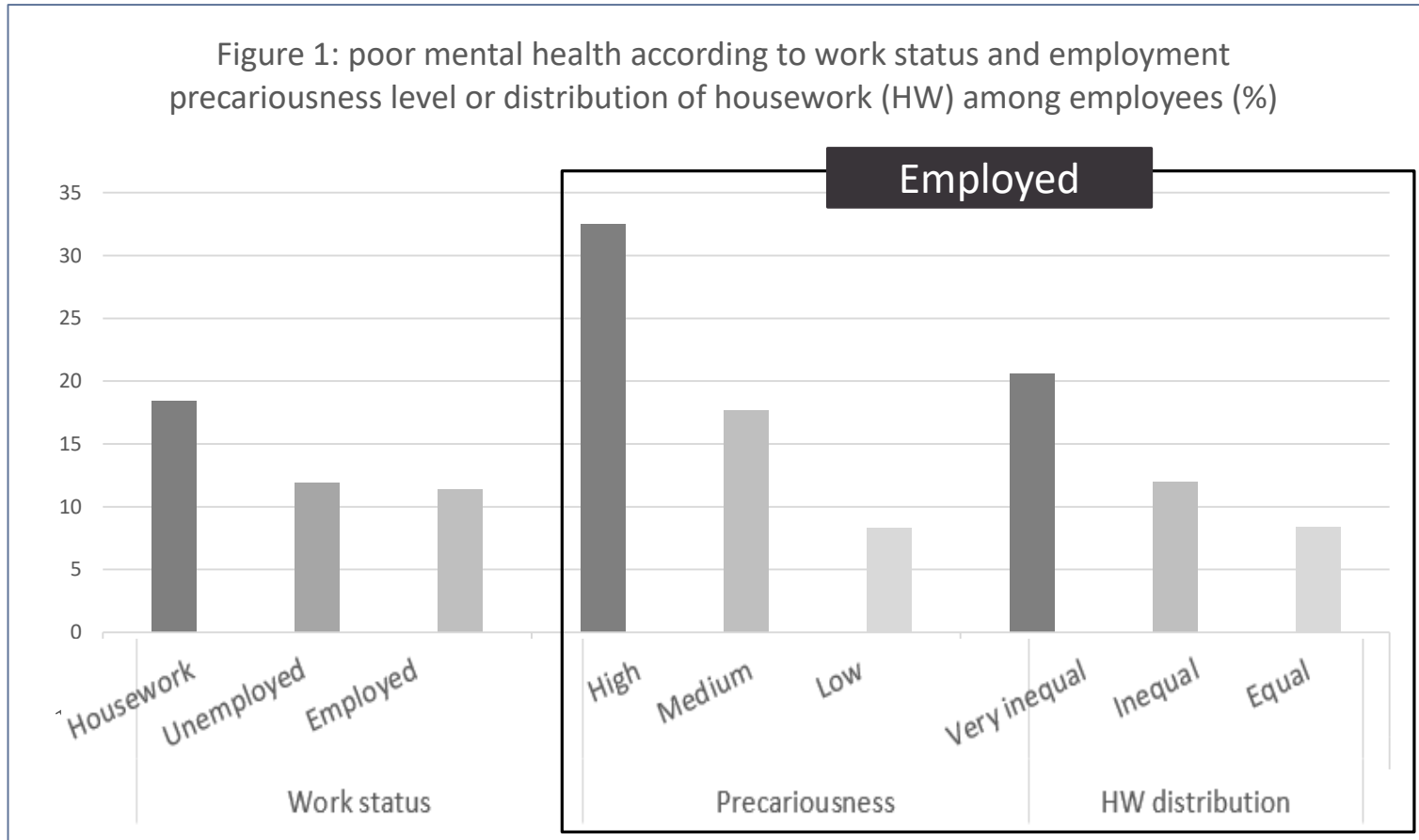
- Outcome: Depression-Anxiety (Mental Health Inventory-5)

- Adjustment: Age, Social occupational class

ANALYSES: Standardized prevalences (%) + Prevalence ratios (PR), IC95% (Robust Poisson Regression Models) of poor mental health according to exposure variables

IV. RESULTS (I)

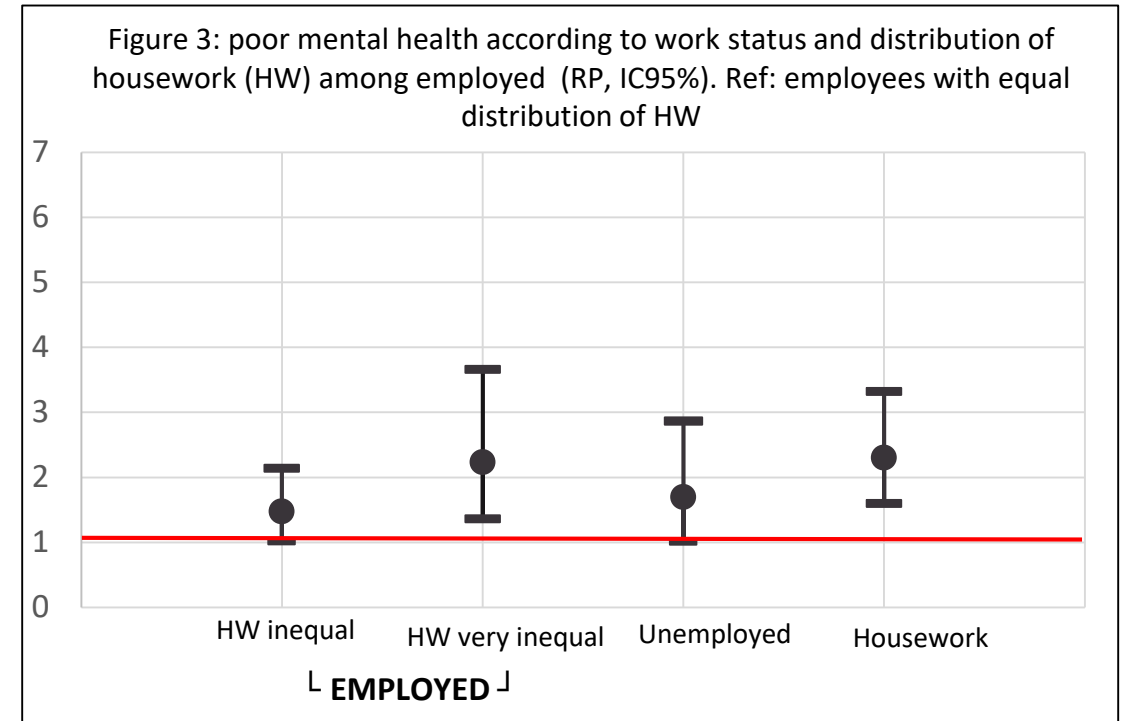
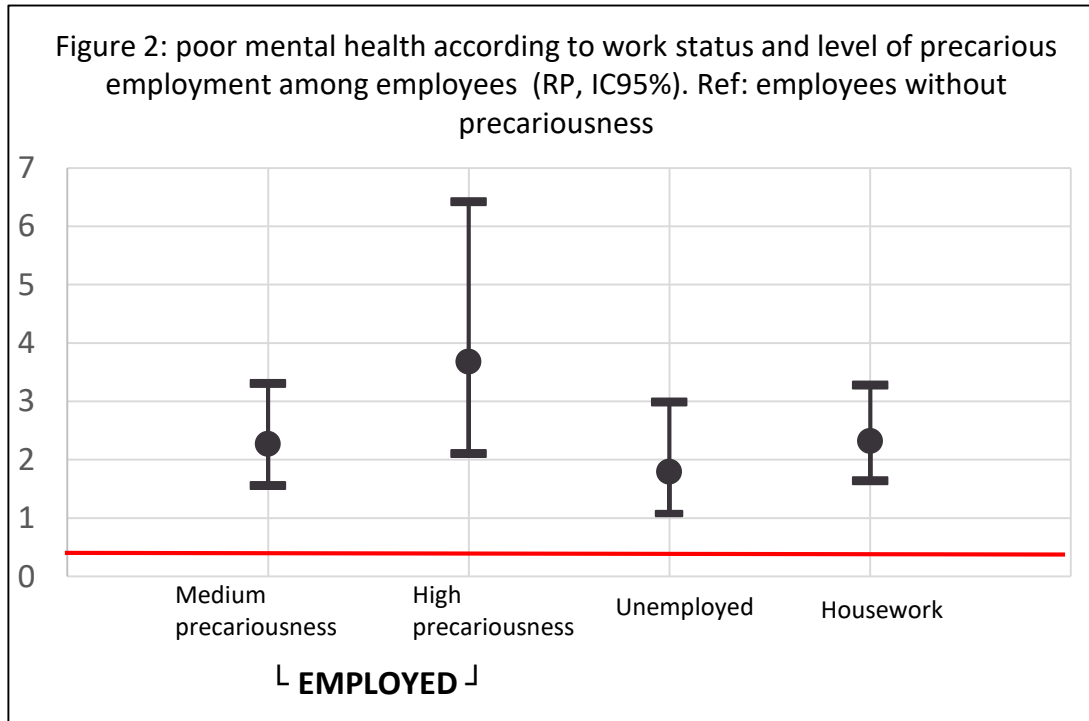
Figure 1: poor mental health according to work status and employment precariousness level or distribution of housework (HW) among employees (%)



In general, poor mental health higher among women dedicated to household

Among employed women, the greater precariousness and inequality in the distribution of HW, the greater the prevalence of poor mental health

IV. RESULTS (II)



Compared to non-precarious employees, unemployed women (PR: 1.79 [1.64-3.27]), those engaged in domestic work (PR: 1.79 [1.08-2.99]) and those employed but with precarious employments (PR: 2.47 [1.74-3.51]) have higher risk of poor mental health. Similar pattern considering HW distribution.

V. CONCLUSIONS

PAID WORK → Fulfills important material and symbolic functions, BUT...

... need to consider both conditions of paid and unpaid work AND...

... ensure adequate employment conditions AND equitable distribution of housework

Future researches → also analyse CARE WORK

THANK YOU!
ESKERRIK ASKO!