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# Life satisfaction between private and occupational life

The mutual causal effects of Life domain preferences and satisfactions over the life course in the Cologne High school panel (CHISP).

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# Overview

1 Design of study

2 Results

3 Conclusion

# 1 Design of study

1.1 Motivation, Questions, Hypothesis and Data

1.2 Causal model

1.3 Measurements

# 1.1 Motivation, Questions and Data

# Motivation

Two *differences* to most research on life satisfaction

- Split into occupational and private life
  - Personal life rather than social life domain provisions
- Preference for either one as a predictor

*Agreement* with most research on life satisfaction

- controlling for life success as its prime determinant.

# Questions and Hypotheses

1 Does the preference for private over occupational life affect satisfaction with private life *positively*, and satisfaction with occupational life *negatively*;

*Preference Contingency hypothesis of life satisfaction*

and reinforces satisfaction in a life domain the preference for it?

*Reinforcement hypothesis of life domain preference*

2 (a) Does success in each of the two domains increase satisfaction?

(b) Do effects of preference for private life persist when success is controlled for?

*Success hypothesis of life satisfaction*

# Data

Cologne High School Panel (CHISP): cohort of former *Gymnasiasten*

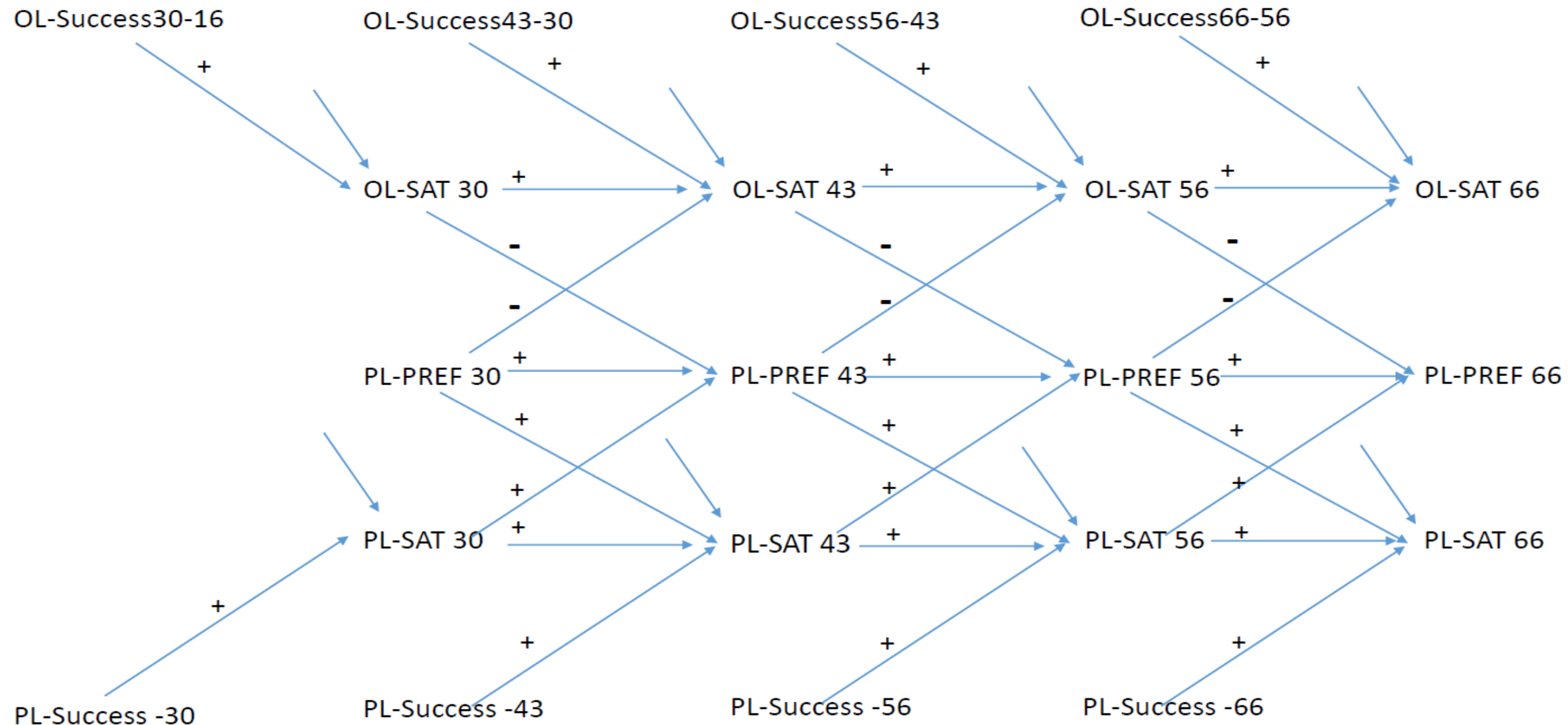
first interviewed

- at age 16 in 1969 and

re-interviewed

- at age 30, 43, 56, and 66 (in 2020).

# 1.2 Causal model for hypotheses





# Satisfaction and Success model

## *Satisfaction model*

- OL-SAT, PL-PREF, PL-SAT \* 4 ages = **12 Variables**

Variable = Indicator

## *Success model*

- Added OL-Success and PL-Success
- OL-Success measured by 2, PL-Success by 3 Indicators
- HINCOME, MPS \* 4 ages = 8 Variables
- PARTNER, MARRIED, CHILDN \* 4 ages = 12 Variables

20

+ 12 (Satisf. model.) = **32 Variables**

## 1.3 Measurement

# Endogeneous variables: Life satisfaction

*How satisfied are you today, taken all in all, with your life?*

*And how satisfied are you with your **private development** and your **private life**?*

*And how satisfied are you with your **occupational development** and your **occupational life**?*

*Please tell me according to this list (11 points from 0 to 10).*

# Endogeneous variables:

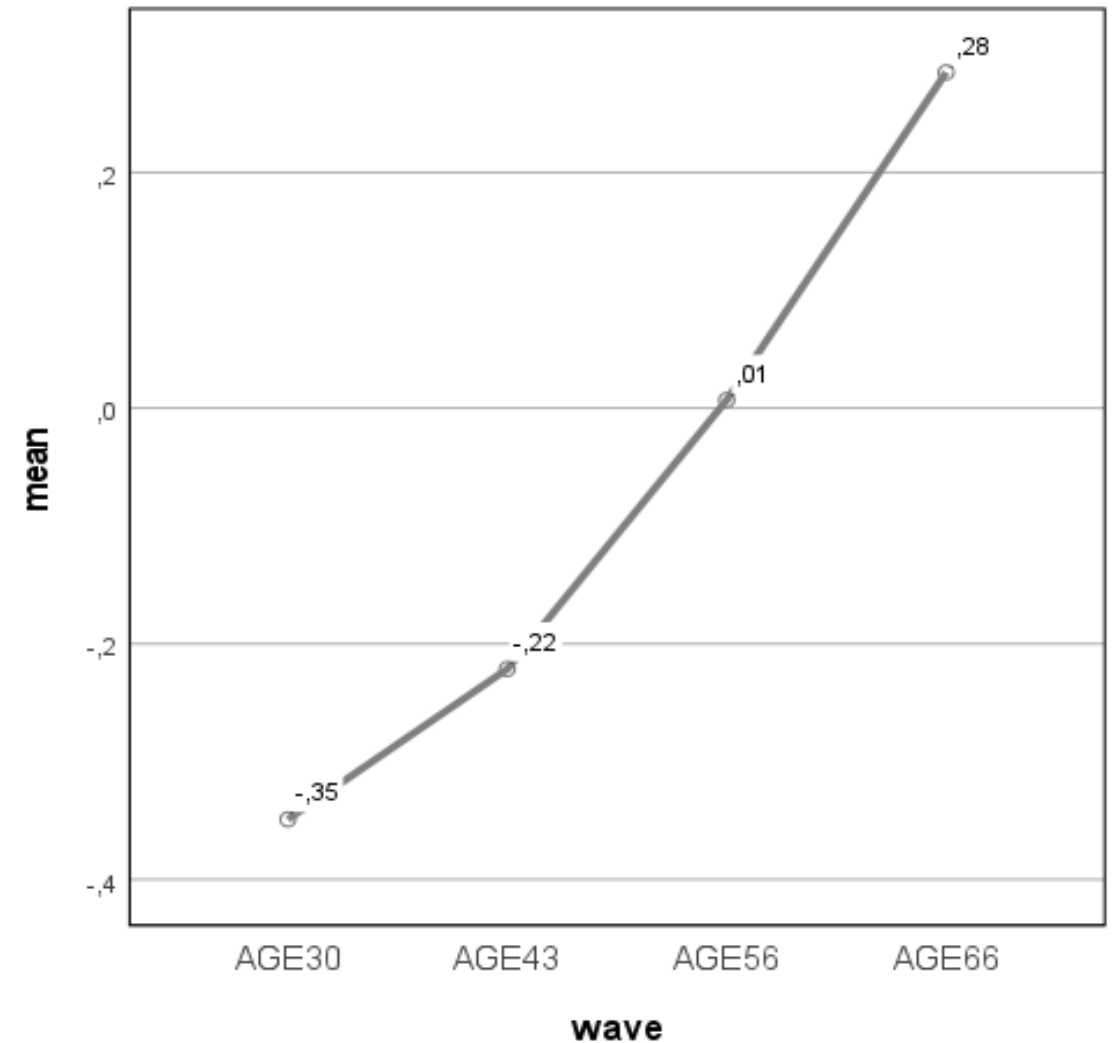
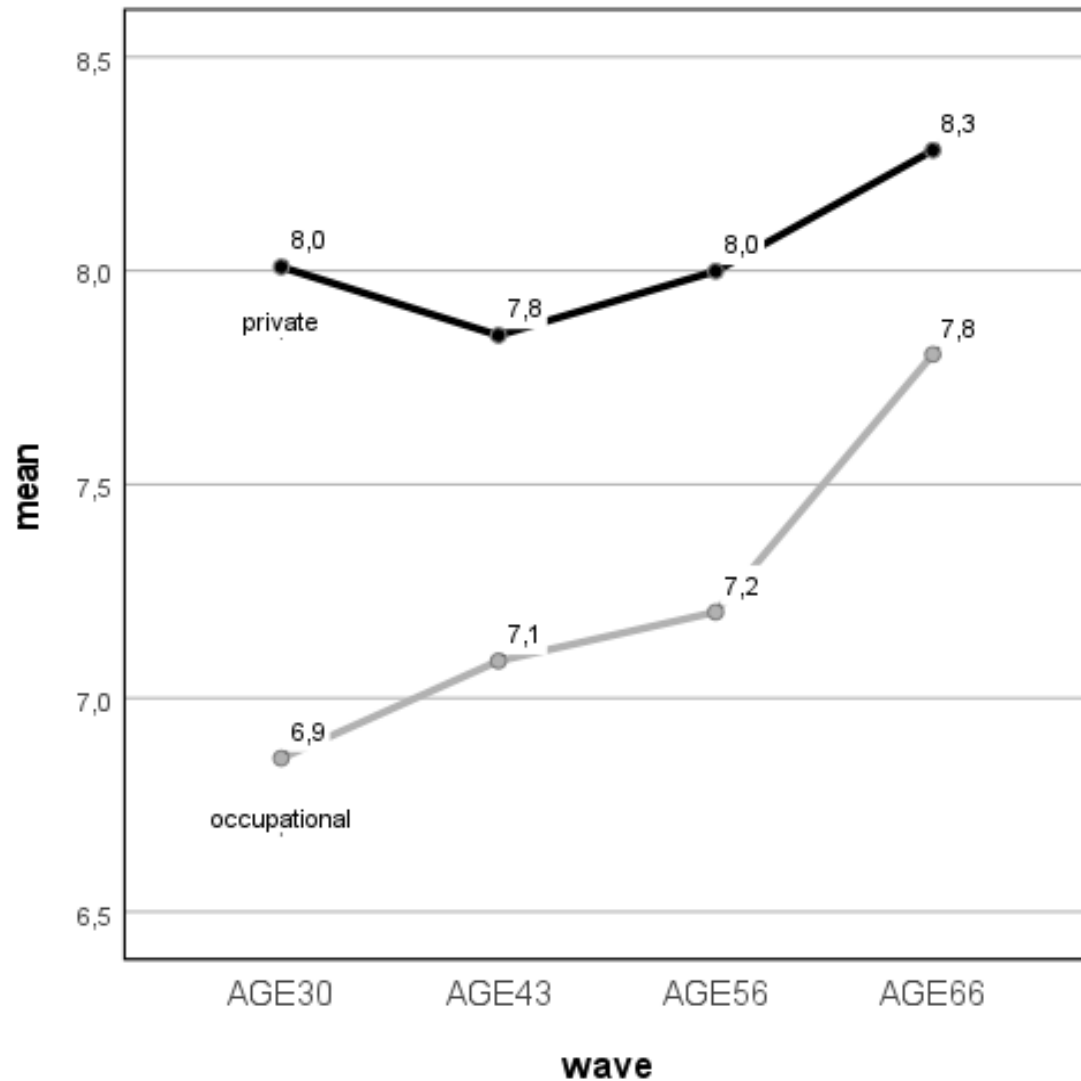
## Importance of life domains

*On these cards, different life domains are listed. We would like to know from you, how important for you these different domains are. (between 0 unimportant and 7 very important).*

A Marriage partner / life partner	Family life	
B Own family with kids	Family life	
C Occupation and work		Occupation
E Friends and acquaintances	Family life	
F Relatives	Family life	

Family (private) life *preference* = Mean of family life - Occupation

Means of life satisfactions (left panel) and family life preference (right panel) at age 30, 43, 56 and 66



# Exogeneous variables: Occupational life success cumulative, differences

*Advances* of MPS-prestige and of hourly income between *last* values in periods

**MPS30-16, MPS43-40, MPS56-43, MPS66-56**

Prestige at age 16 = father's prestige, where everybody starts from

**HINCOME30-16, HINCOME43-30, HINCOME56-43, HINCOME66-56**

Hourly income at age 16 was 0, such that HINCOME30-16 = HINCOME30.

Everybody starts with zero income at some time between 16 and 30.

Exogeneous variables: Private life success  
not cumulative, absolute values

PARTNER30, MARRIED30, PARTNER43, MARRIED43,  
PARTNER56, MARRIED56, PARTNER66, MARRIED66  
(Single, widowed, separated, divorced) = reference

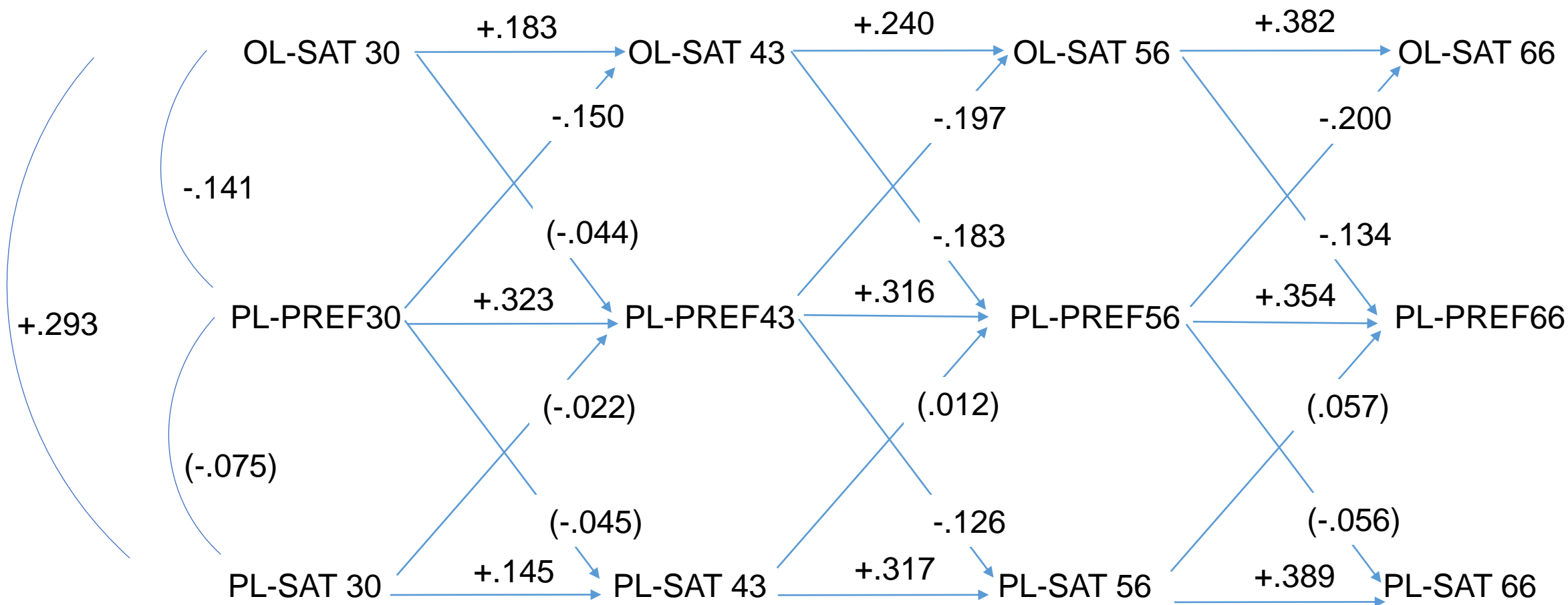
CHILDN30, CHILDN43, CHILDN56, CHILDN66  
Range 0-10, restricted to 0-3

## 2 Results

- 2.1 Satisfaction model
- 2.2 Success model



Satisfaction Model: Private life preference and life satisfaction, standardized regression coefficients at each age, 981 full observations, FIML estimation, 61 parameters.



All coefficients p<.001, excepts those in brackets where p<.01.

	Age	43		56		66
<b>R<sup>2</sup></b>						
	OL-SAT	.234***		.295***		.452***
	PL-PREF	.223***		.244***		.250**
	PL-SAT	.164***		.289***		.385***
<b>Residual Correlations</b>						
	OL-SAT – PL-SAT	.130***		.167***		.112***
	PL-PREF – OL-SAT	-.201***		-.170***		-.111***
	PL-PREF – PL-SAT	.043		.050*		-.049*
<b>Factor regression coefficients</b>						
	OL-SAT	.487***		.401***		.401**
	PL-PREF	.283***		.247***		.231***
	PL-SAT	.339***		.366**		.358***

\*\*\* p<.001, \*\* p<.01, \* p<.05

# Satisfaction model: Hypothesis on **satisfactions and preferences** confirmed?

Mutual effects OL-SAT and PL-PREF (first and second row)

- Both negative
- contingency and reinforcement hypotheses **confirmed**

Mutual effects PL-SAT and PL-PREF (second and third row)

- PL-PREF on PL-SAT: if significant, negative rather than positive
- PL-SAT and PL-PREF: not significant
- Contingency and reinforcement hypotheses **not confirmed**

Conclusion: Occupational life and private life different

# Preference and Satisfaction: Answer to first question

Does the preference for private over occupational life affect satisfaction with private life *positively*, and satisfaction with occupational life *negatively*; and reinforces satisfaction in a life domain the preference for it?

*Preference contingency hypothesis of life satisfaction and reinforcement hypothesis of private life preference*

- supported for occupational life, but not for private life

## 2.2 Results: Success model

Success variables in next figure in following order

- Occupation:

HINCOME

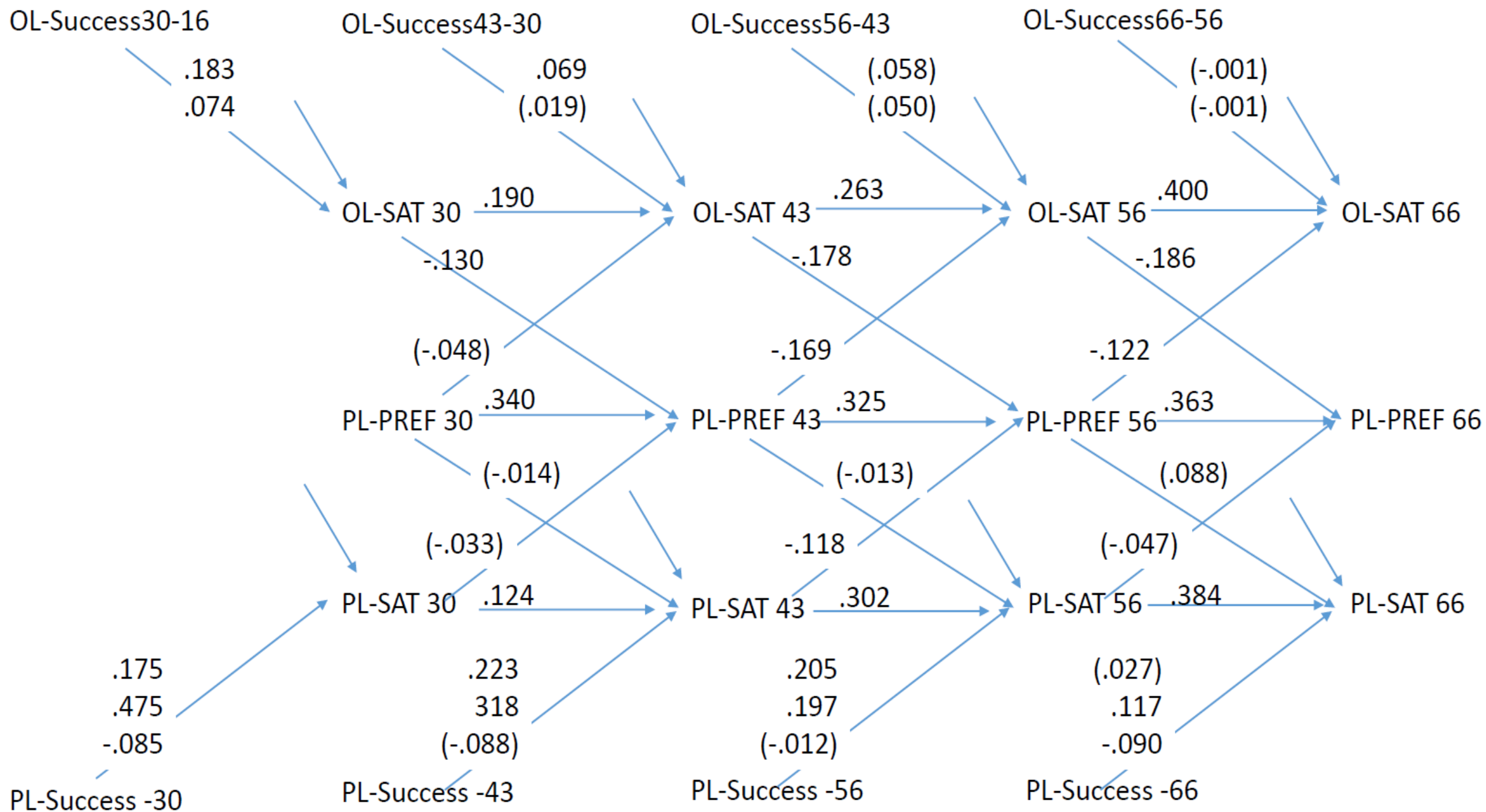
MPS-PRESTIGE

- Private:

PARTNER

MARRIED

CHILDN



	Age	30	43	56	66
OL-SAT		.140***	.221***	.296***	.439***
PL-PREF			.211***	.232***	.244***
PL-SAT		.238***	.213***	.321***	.387***
Residual Correlations					
OL-SAT – PL-SAT		.134***	.155***	.165***	.119***
PL-PREF – OL-SAT			-.200***	-.161***	-.110**
PL-PREF – PL-SAT			.030	.044	-.047
Factor regression coefficients					
OL-SAT		.297***	.374***	.371***	.371***
PL-PREF			.264***	.255***	.215***
PL-SAT		.292***	.311***	.337***	.333***

# Success model: Hypothesis on satisfactions and preference confirmed?

Mutual effects OL-SAT and PL-PREF (first and second row)

- Both negative

Mutual effects PL-SAT and PL-PREF (second and third row)

- PL-PREF on PL-SAT: if significant, negative rather than positive
- PL-SAT and PL-PREF: not significant

*Preference contingency hypothesis of life satisfaction and reinforcement hypothesis of private life preference*

- supported for occupational life, but not for private life

**As in satisfaction model**



# Success model: Hypotheses on Occupational Life Success Confirmed?

*From age 16 to 30*

HINCOME and MPS increase OL-SAT significantly -  
HINCOME more than MPS

*success hypothesis confirmed.*

*After age 30*

gains neither in income nor in prestige increase satisfaction.

*success hypothesis not confirmed*

*Conclusion on transmission of social inequality:*

- Inherited opportunities condition occupational life at its start, but no more later on.

# Success model: Hypothesis on Private Life Success in Partnership Confirmed?

At each age

- PARTNER and MARRIED increase PL-SAT strongly and significantly
- MARRIED more than PARTNER
- *success hypothesis* supported.

Over life course

- PARTNER remains constant up to age 56, MARRIED decreases monotonously
- Marriage individually more constant: decrease = routinization.
- *No constant private life success effects*

Different processes in  
occupational life and in partnership formation

Cumulation of occupational success

= abrupt break-off of effects on OL-SAT

Routinization of private life success in partnership

= slowly diminishing effects on PL-SAT

# Success model: Hypotheses on Private Life Success in Parenthood Confirmed?

At each age

- CHILDN negatively on PL-SAT, except for age 56 significantly
- *success hypothesis* directly contradicted.

Over life course

- unexpected negative effects nearly identical
- *constant private life success effects*

# Success effects: Answer to second question

(a) Does success in each of the two domains increase satisfaction?

**Yes, but** decreasingly over life course

- OL-Success only at 30
- PL-Success in Partnership at 30 and 43 more than at 56 and 66
- And: PL-Success in parenthood negative

(b) Do the effects of preference for private life persist even when success in both domains are controlled for?

**Yes, results as in satisfaction model**

- preference contingency hypothesis of life satisfaction and reinforcement hypothesis of preference only for OL-SAT, not for PL-SAT

### 3 Conclusion:

An explanation of the central result

Mutual *negative dependence* of PL-PREF and OL-SAT

Mutual *independence* of PL-PREF and PL-SAT

Summed up paradoxically

PL-PREF irrelevant for PL-SAT, because of its dominance in life generally, needs no preference

*Is* established as *the* life domain

OL-PREF taken away from PL-PREF

*Must be* established *on a certain level*, requires investment of attention and suffers when attention is withdrawn