

Abstract citation ID: ckae144.662

Differences in the work-family experience of mothers and fathers of a southern European country

Joana Amaro

J Amaro^{1,2,3}, R Lucas^{1,2,4}, J Perelman^{5,6}, S Fraga^{1,2}, S Maia^{1,2}, M Pereira⁷, SE Mamelund⁸, M Matias⁹, T Leão^{1,2,10}

¹EPI Unit, Institute of Public Health of the Porto University, Porto, Portugal

²ITR, University of Porto, Porto, Portugal

³Department of Medicine, Faculty of Medicine of the Porto University, Porto, Portugal

⁴ICBAS, University of Porto, Porto, Portugal

⁵Comprehensive Health Research Center, NOVA University Lisbon, Lisbon, Portugal

⁶Nova National School of Public Health, NOVA University Lisbon, Lisbon, Portugal

⁷Centro Investigação em Antropologia Saúde, Coimbra University, Coimbra, Portugal

⁸PANSOC, Oslo Metropolitan University, Oslo, Norway

⁹Faculty of Psychology and Educational Science, University of Porto, Porto, Portugal

¹⁰Public Health Forensic Sciences Department, Faculty of Medicine of the Porto University, Porto, Portugal

Contact: jmcamaro@gmail.com

Background: The intense childrearing years often coincide with the heightened work demands and responsibilities of the career-building years. We aimed to evaluate the association between family-life stage and men's and women's experience of work and private demands, and the conflict between these demands.

Methods: We evaluated 3532 mothers and 731 fathers as part of the Portuguese population-based birth cohort Generation XXI (2018-2020). Data on family-life stage (exposure), work demands, private demands, and work-to-family conflict (outcomes) were retrieved at the 13-year follow-up wave, as well as data on sociodemographic and household characteristics. Family-life stage was operationalized according to the age of the youngest child: stage 1 (≤ 5 years), stage 2 (6-11 years), and stage 3 (≥ 12 years). Ordinal logistic regression models were used to estimate associations.

Results: Men reported more frequently long working hours, while women spent more time on household and child-related tasks. After adjustment for parents' and household characteristics, mothers and fathers with younger children were more likely to report spending more time on child-related tasks (OR_{mothers} = 1.83; 95%CI 1.44, 2.33; OR_{fathers} = 2.36; 95%CI 1.41, 3.94), compared to those with older children. Fathers with younger children were also more likely to report spending more time on household tasks (OR = 2.20; 95%CI 1.30, 3.73 for routine tasks and OR = 1.75; 95%CI 1.03, 2.97 for sporadic tasks). Mothers exhibited a significant association between family-life stage and time-based work-to-family conflict when they had younger children (OR = 1.24; 95% CI 1.05, 1.47 for family-life stage 2 and OR = 1.28; 95% CI 1.00, 1.63 for family-life stage 1).

Conclusions: Both fathers and mothers with young children experienced increased private demands, but only mothers experienced work-to-family conflict. This reveals that family and working arrangements remain marked by a gendered pattern against women.