



European Foundation
for the Improvement
of Living and Working
Conditions

The tripartite EU Agency providing knowledge
to assist in the development of better social,
employment and work-related policies

Improving quality of life in Europe – Sharing data to shape better policies

European Quality of Life Survey 2016

New results for the EU candidate countries

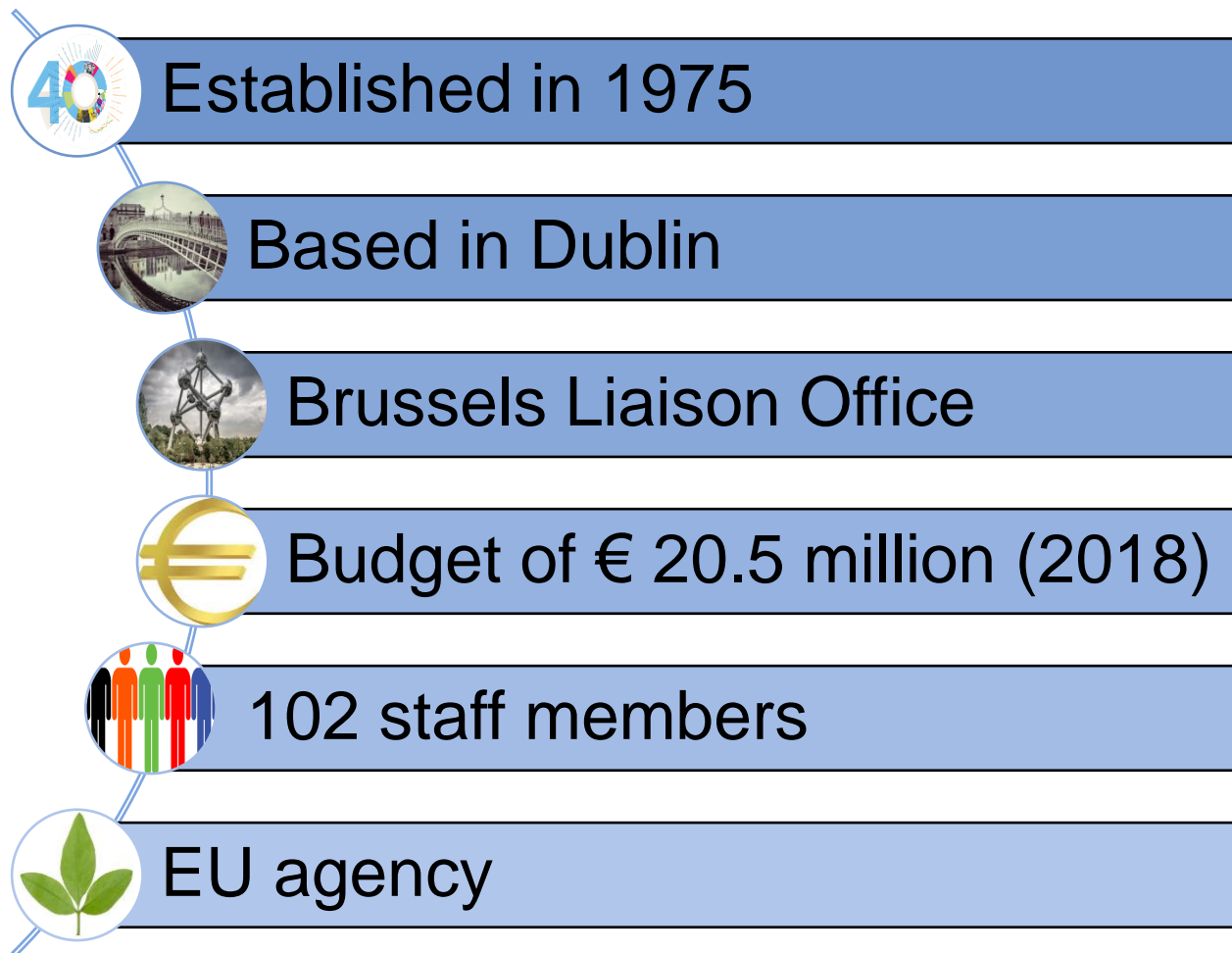
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Social Policies Unit, Eurofound

Belgrade, 26 June 2018

#qualityoflife



Fun(damental) Facts



The European Quality of Life Survey



- **Quality of life**
 - Happiness, health, well-being
 - Living standards
 - Housing conditions
 - Work-life balance
- **Quality of public services**
 - Quality ratings
 - Neighbourhood services
- **Quality of society**
 - Trust
 - Social tensions
 - Social exclusion and participation
 - Life online

European Quality of Life Survey

Rounds	2003, 2007, 2011 , 2016
Target population	Resident population 18+ years living in private households. 28 EU Member States 5 candidate countries (AL, ME, MK, RS, TR)
Fieldwork period	September 2016 – February 2017
Sample size	Minimum N=1000 Increase in DE (n=1600), UK (n=1300), FR (n=1200), IT (n=2000), TR (n=2000)
Sampling methodology	Random probability sampling: 17 EU and TR (6 individual, 11 address registers) Random route enumeration: 11 EU and 4 CC
Sample stratification	By region and urbanisation level (except MT)
Response rate (RR3)	34% EU28; 63% CC5 Lowest 16% (SE), highest 70% (ME)
Interview type	Face-to-face, CAPI in all 33 countries; CATI recruitment in SE (and partially in AT) Average duration: 40 min



EQLS 2016 Turkey: Areas excluded prior to sampling as too dangerous/remote (8% of TR population)



Created with mapchart.net ©

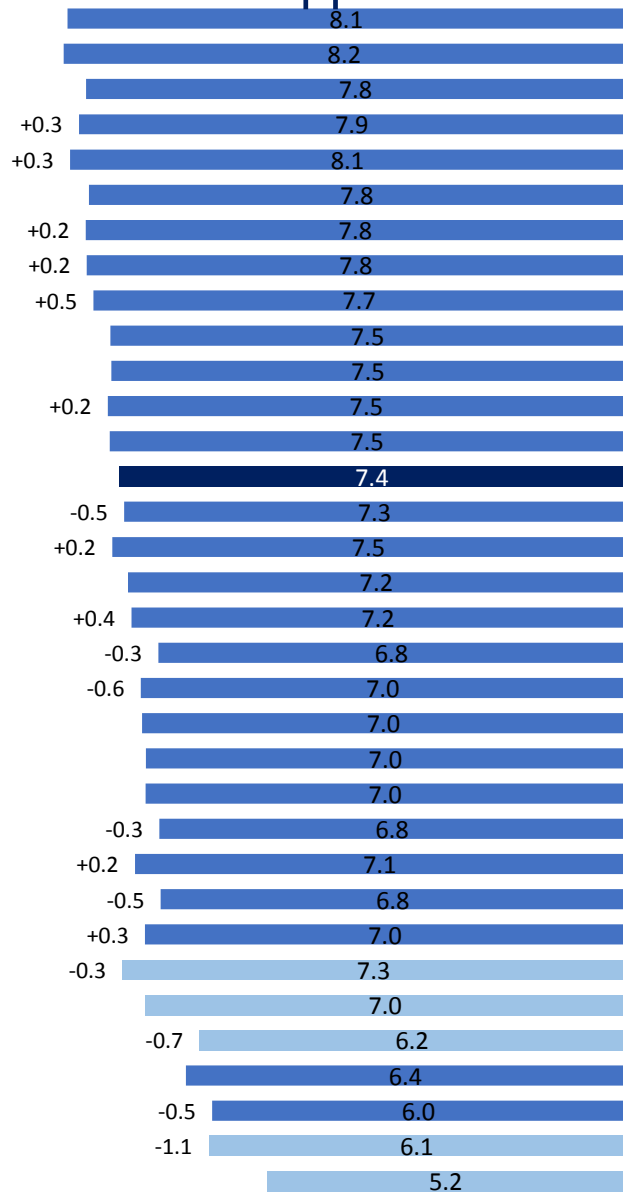
Excerpt from the infosheet

Quality of Life

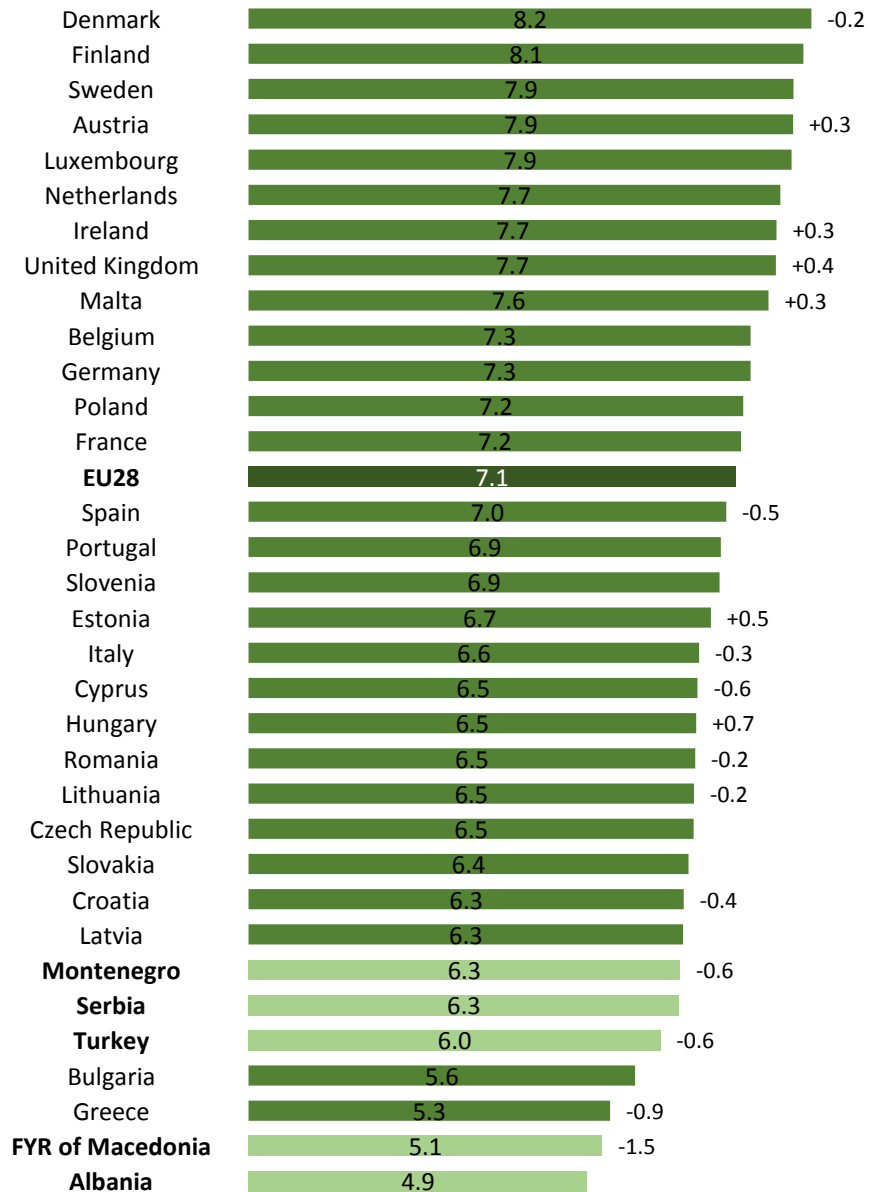
		Albania	FYR Macedonia	Montenegro	Serbia	Turkey	Minimum		EU28 average	Maximum	
Life satisfaction	Mean (1-10)	4.9	5.1	6.3	6.3	6.0	Albania	4.9	7.1	8.2	Denmark
Taking all things together on a scale of 1 to 10, how happy would you say you are?	Mean (1-10)	5.2	6.1	7.3	7.0	6.2	Albania	5.2	7.4	8.2	Finland
Optimism about own future	Agree & strongly agree	67%	63%	65%	58%	59%	Greece	31%	64%	85%	Sweden
Optimism about children's or grandchildren's future	Agree & strongly agree	75%	65%	66%	68%	52%	Greece	25%	57%	86%	Finland
Satisfaction with living standard	Mean (1-10)	5.1	5.2	6.0	5.7	6.2	Albania	5.1	7.0	8.3	Denmark
Making ends meet	With some difficulty, difficulty, and great difficulty	76%	55%	58%	69%	46%	Sweden	11%	39%	86%	Greece
Deprivation index	Number of items not afforded	3.8	2.5	2.2	2.1	2.4	Sweden	0.4	1.1	3.8	Albania
Economised on food (meat and vegetables, last 2 weeks)	Q90 "Yes" for both a and b	35%	23%	11%	15%	16%	Denmark	3%	7%	35%	Albania
Population in dwellings with leaks, damp, rot	Q25 "Yes" for b OR c	43%	26%	16%	20%	20%	Slovakia	5%	16%	43%	Albania
Population with neither bath/shower nor toilet	Q25 "Yes" for both a and b	9%	4%	2%	3%	2%	Cyprus	0%	2%	22%	Romania
Unable to keep home adequately warm		40%	17%	11%	12%	30%	Finland	1%	9%	40%	Albania
In general, how is your health? (very good+good)	Men	69%	72%	68%	60%	75%	Latvia	46%	73%	83%	Ireland
	Women	52%	61%	57%	50%	70%	Latvia	34%	66%	84%	Ireland
WHO-5 mental wellbeing index (1-100)	Men	66	71	60	53	59	Serbia	53	66	72	Ireland
	Women	60	64	59	51	57	Serbia	51	62	69	Denmark
At risk of depression	Men	25%	16%	30%	39%	31%	Belgium	13%	18%	39%	Serbia
	Women	35%	27%	31%	46%	36%	Denmark	13%	26%	46%	Serbia
Take part in sports or physical exercise	At least once a week	12%	14%	20%	19%	21%	Bulgaria	10%	42%	79%	Finland
I feel I am free to decide how to live my life	Strongly agree	32%	28%	24%	23%	14%	Greece	13%	26%	58%	Sweden
I find it difficult to deal with important problems that come up in my life	Agree & strongly agree	57%	38%	26%	31%	39%	Austria	15%	22%	57%	Albania
When things go wrong in my life, it generally takes me a long time to get back to normal	Agree & strongly agree	61%	40%	26%	28%	39%	Netherlands	13%	24%	61%	Albania

Quality of Life

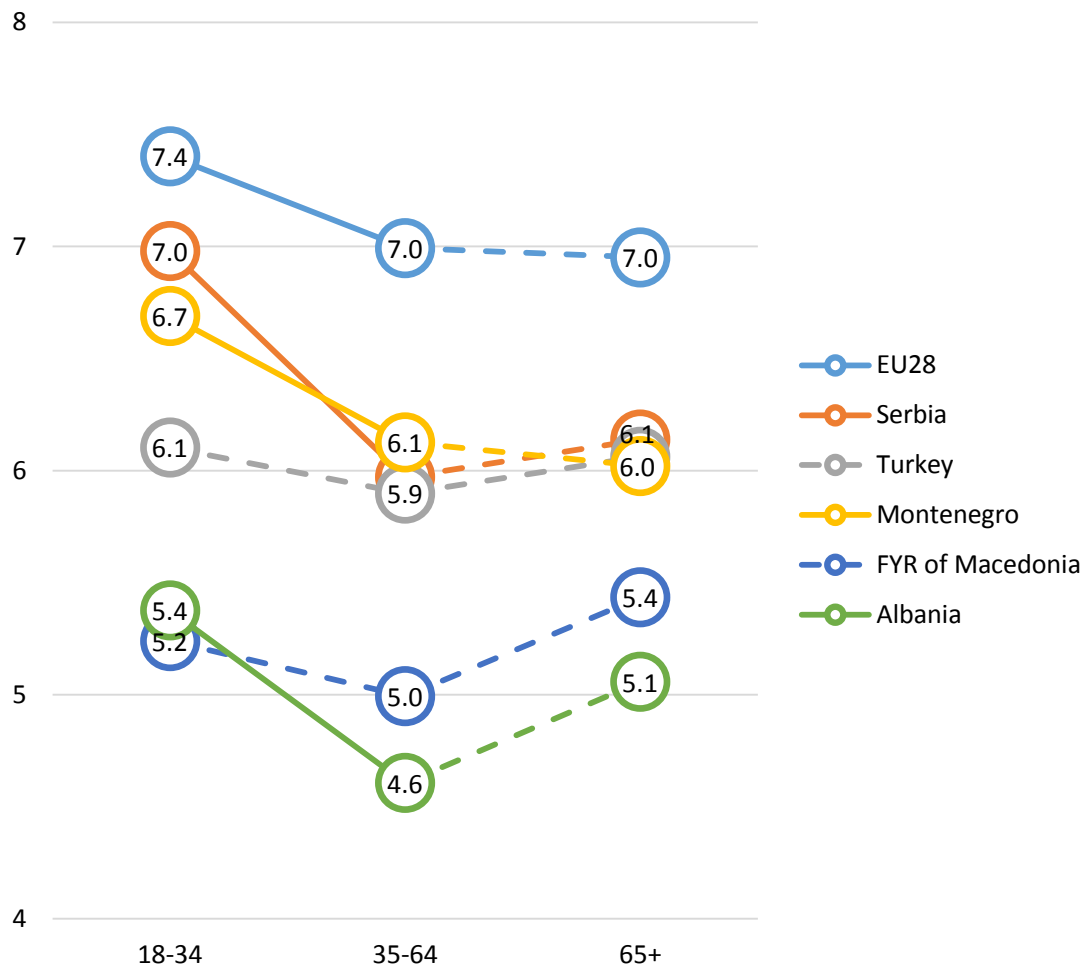
Happiness



Life satisfaction



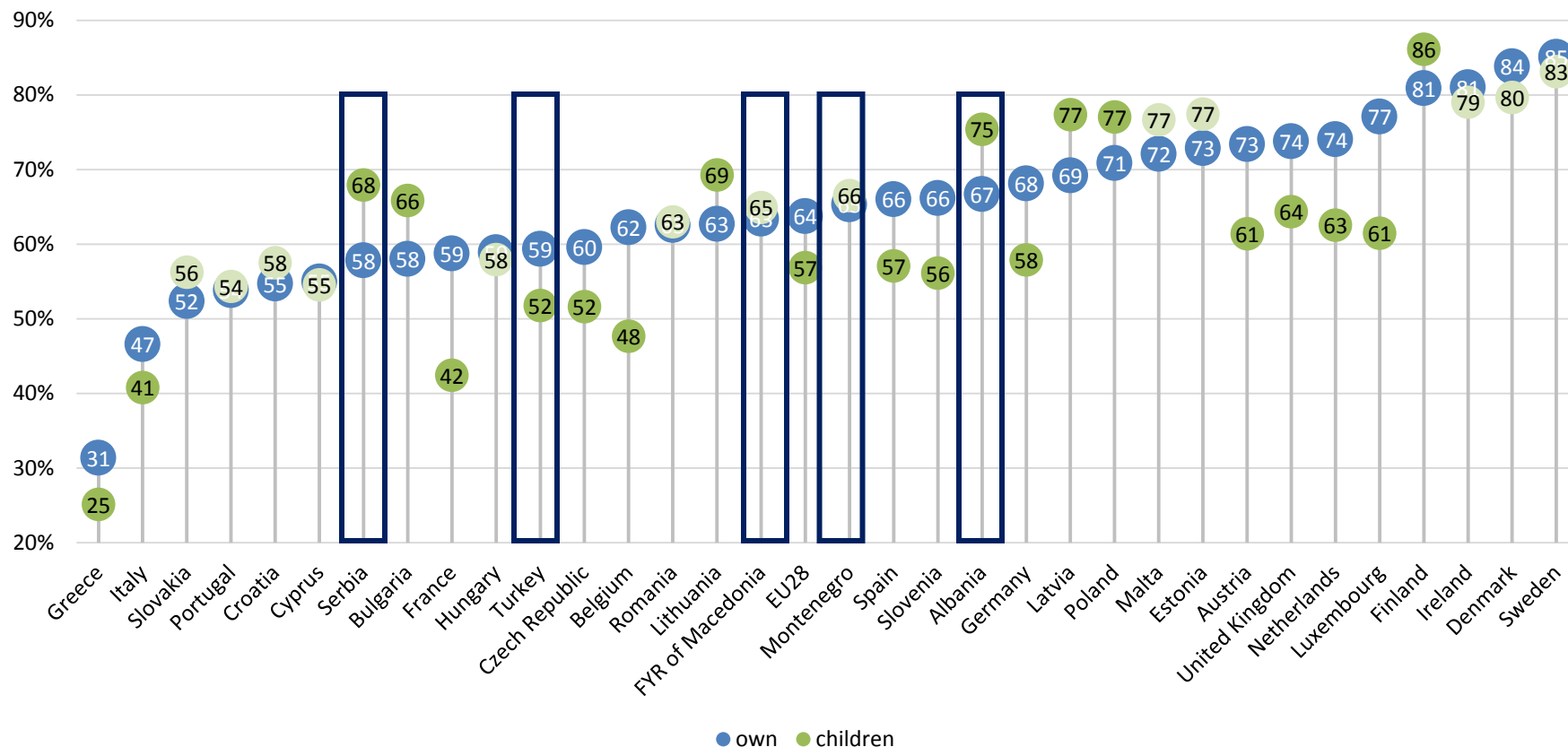
Life satisfaction, by age group



“All things considered, how satisfied would you say you are with your life these days?”

Scores are on a scale of 1 to 10. T-tests were used to measure statistical significance using the Bonferroni correction. Dashed lines indicate that difference is not statistically significant.

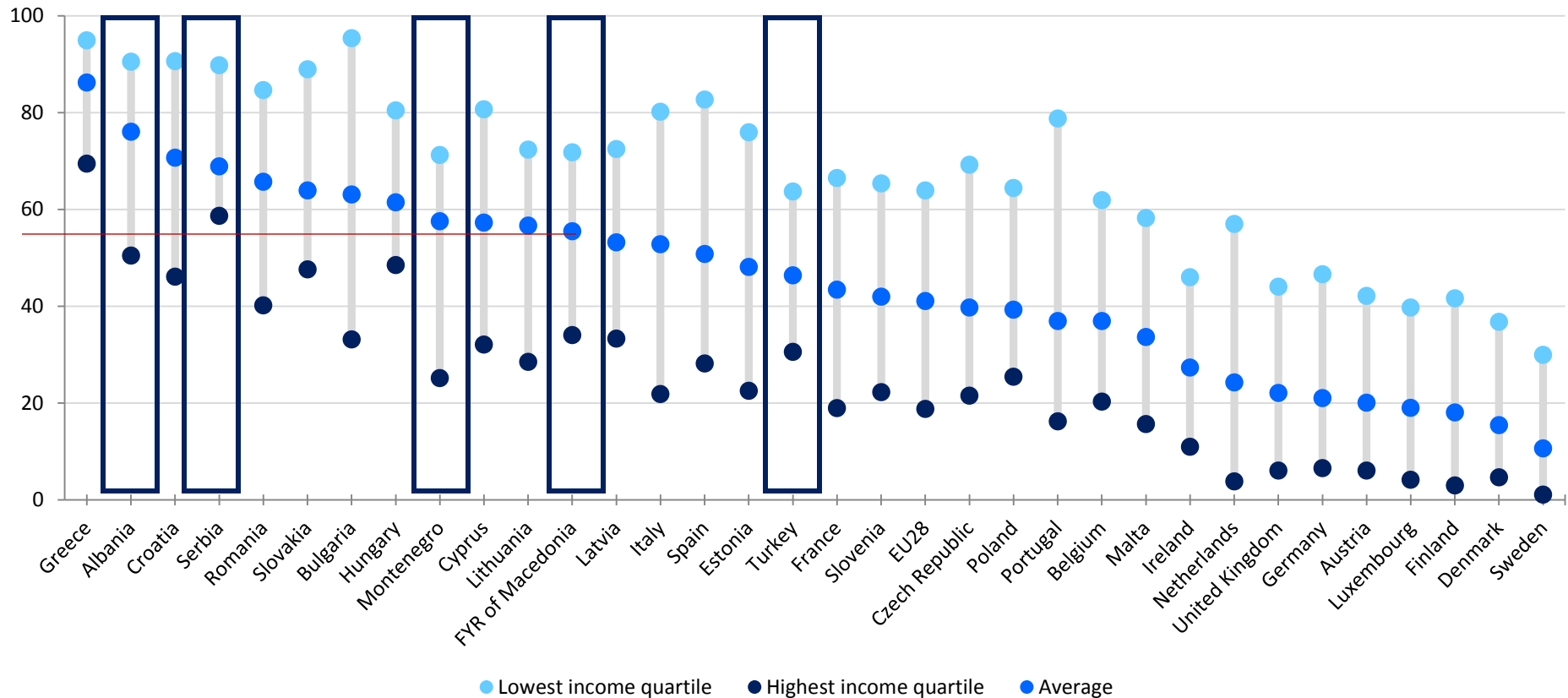
Optimism about own and children's future



**“To what extent do you agree or disagree with the following statements?
a. I am optimistic about my future;
b. I am optimistic about my children’s or grandchildren’s future ”**

Lighter shade of green = The confidence intervals of children’s/grandchildren’s future and own future overlap in a given country.

Reporting difficulties making ends meet, by income quartile (%)

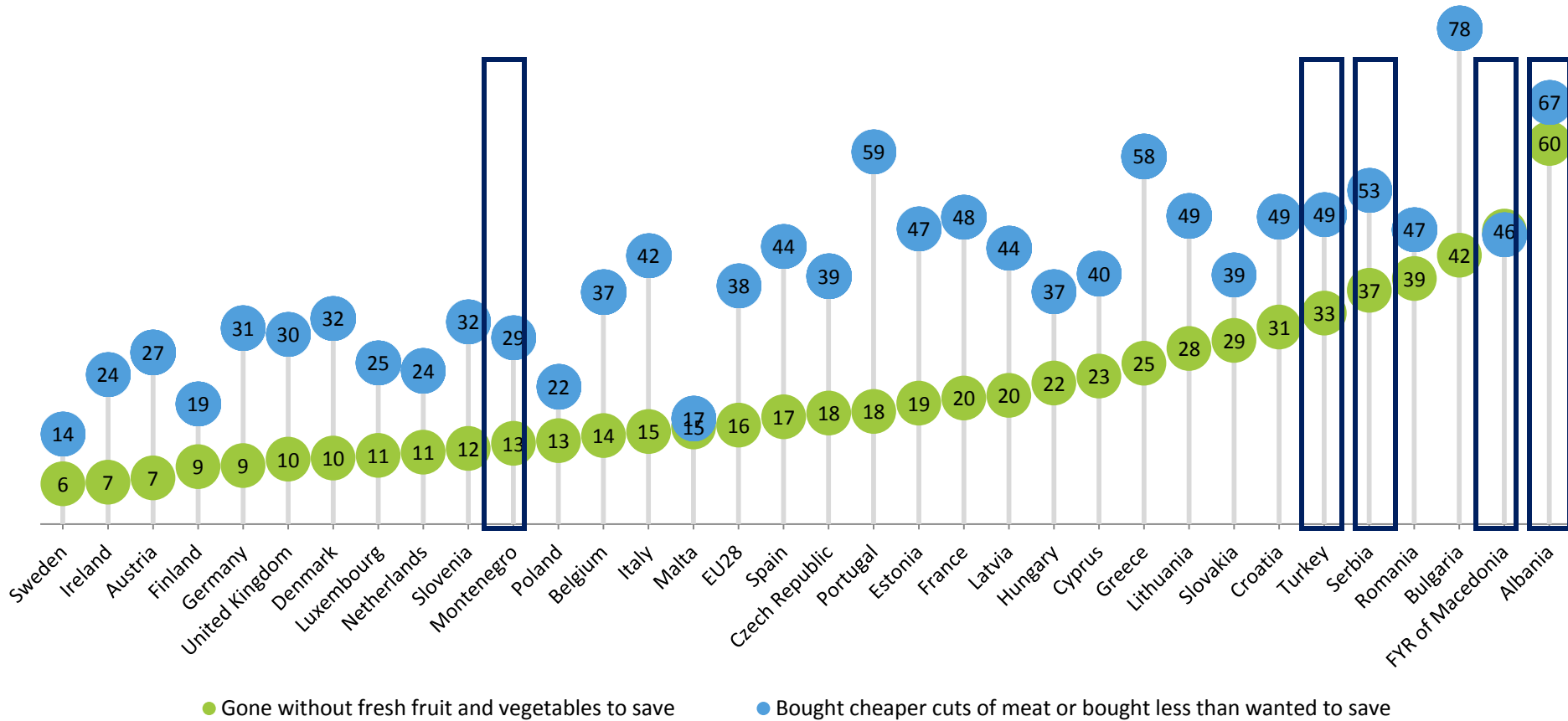


Q88: 'Thinking of your household's total monthly income:

is your household able to make ends meet...?'

Answer categories are: 1. Very easily; 2. Easily; 3. Fairly easily; 4. With some difficulty; 5. With difficulty; 6. With great difficulty.
Based on the responses 'some' to 'great' difficulty making ends meet.

Economising on food in lowest income quartile (%)

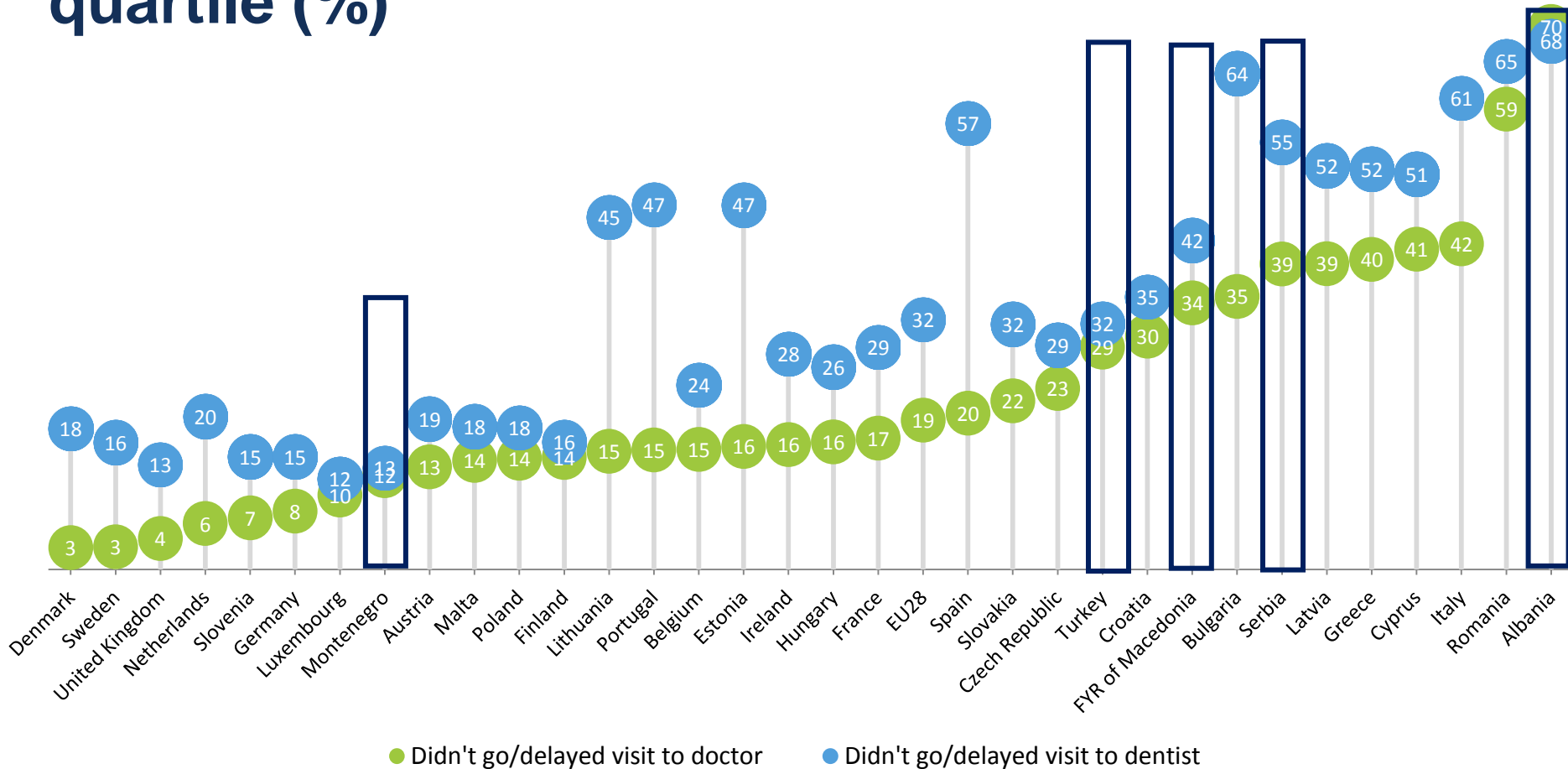


Q90: 'Firstly thinking about food, over the last two weeks did you or someone else in your household change your diet because money was needed for other essentials?'

a. *Gone without fresh fruit and vegetables* b. *Bought cheaper cuts of meat or bought less than wanted.*

Based on percentage answering 'yes'.

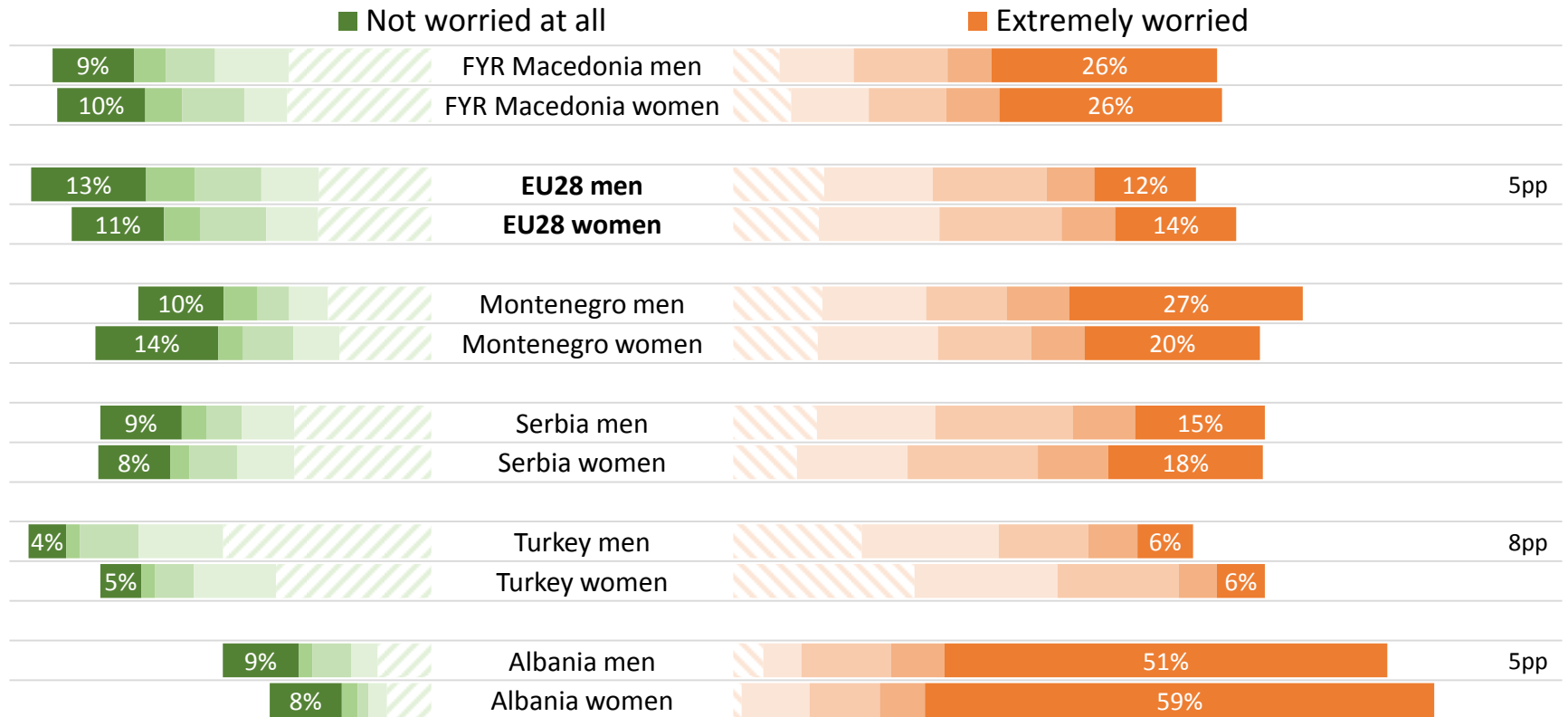
Economising on healthcare in lowest income quartile (%)



Q91: 'And now thinking about visits to the doctor or the dentist, over the last 12 months did you or someone else in your household not go at all or delay a visit because money was needed for other essentials?

a. Doctor b. Dentist'

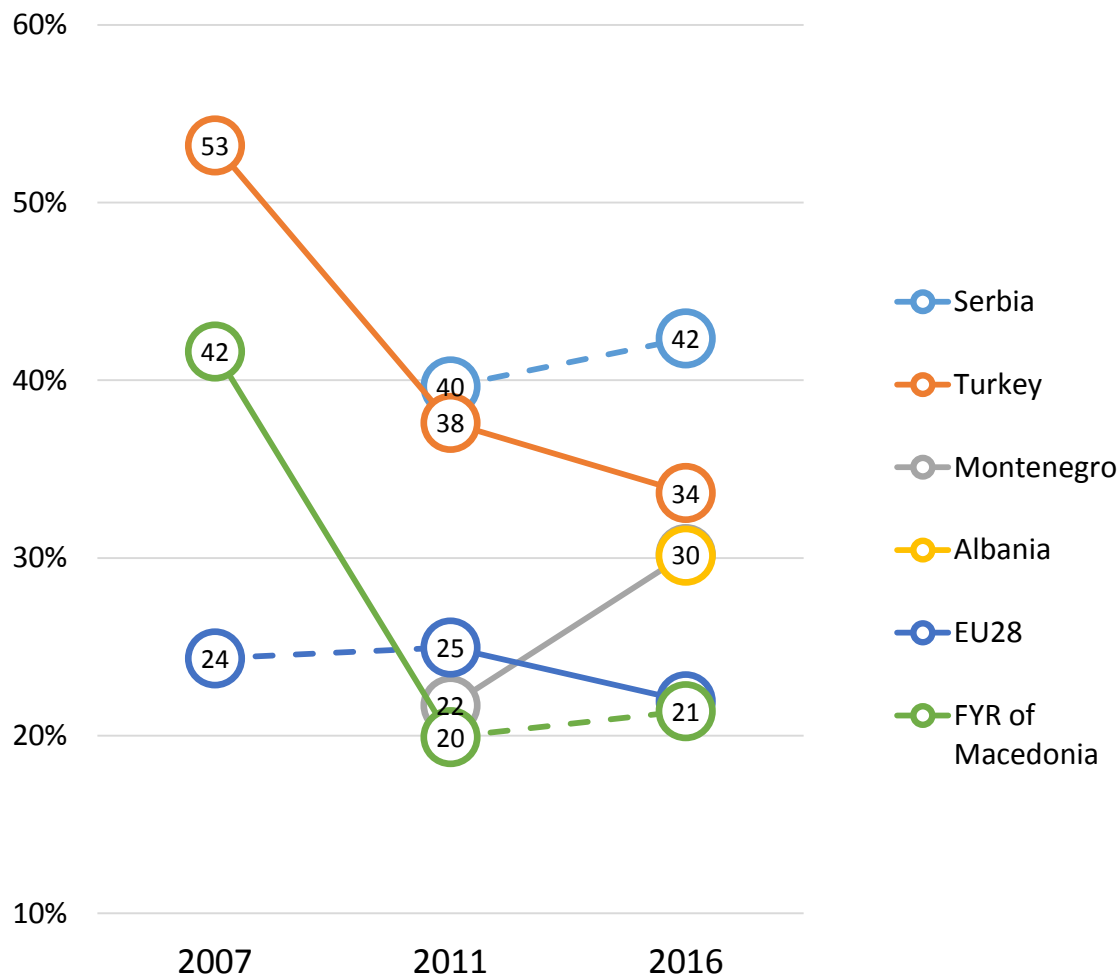
Being worried about inadequate income in old age



Q41 On a scale of 1 to 10, how worried are you, if at all, that your income in old age will not be sufficient? 1 means not worried at all, 10 means extremely worried.

The green bars indicate the values 1-5 (not worried about old age income) and the orange bars indicate the values 6-10 (worried). Data labels for the extreme values are shown in the both ends of the bars (1 = Not worried at all, 10 = Extremely worried). The statistically significant differences between men and women are indicated on the right hand side of the graph (refers to the range 6-10).

Proportion of people at risk of depression (%)



The WHO-5 Index

T-tests were used to measure statistical significance using the Bonferroni correction. Dashed lines indicate that difference is not statistically significant.

The WHO-5 index is calculated from responses to five items such as 'My daily life has been filled with things that interest me' on a six-point scale (0–5). The scores to these five questions can amount to a maximum raw score of 25, which is then multiplied by 4 to get a maximum of 100. Q51: 'Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks.'

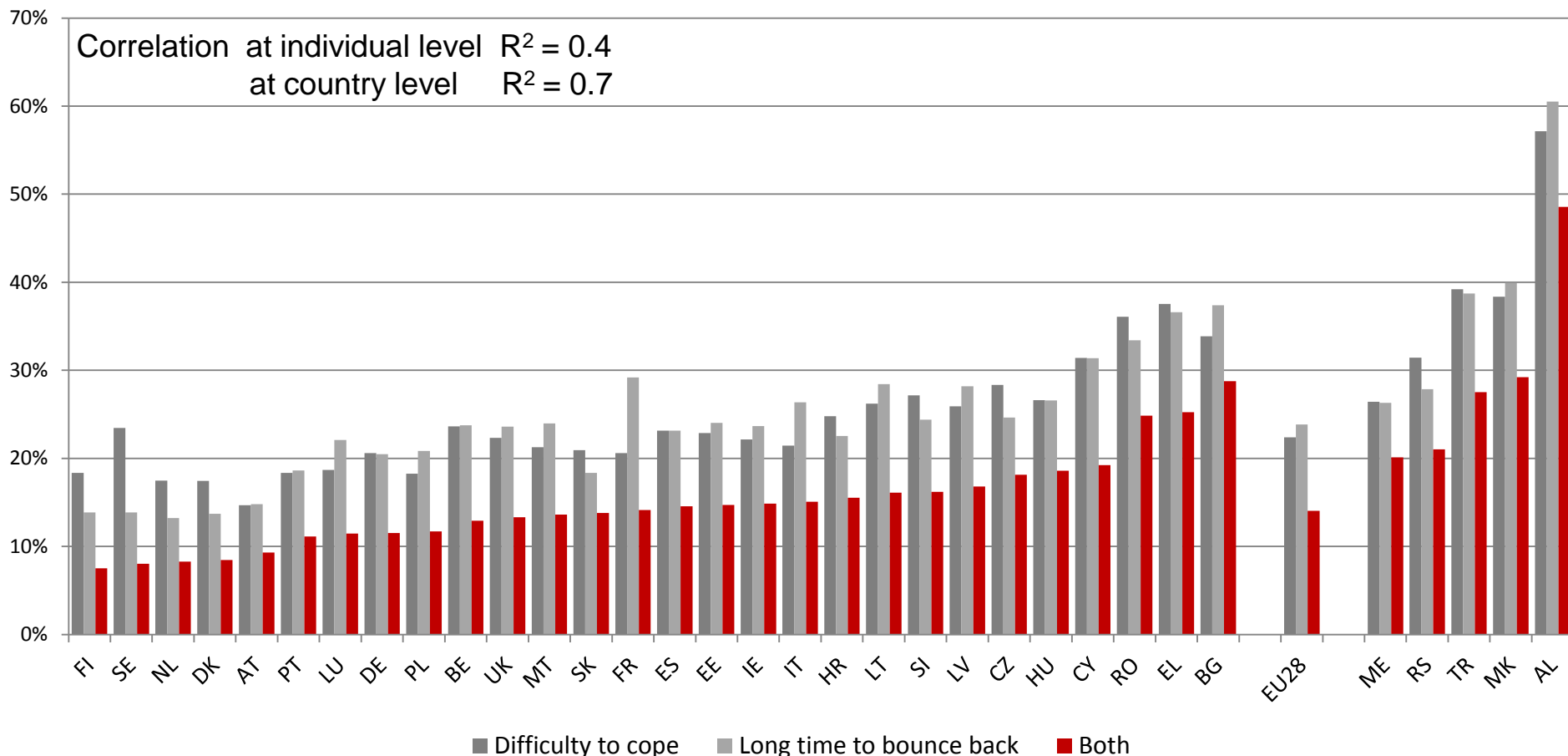
- I have felt cheerful and in good spirits.*
- I have felt calm and relaxed.*
- I have felt active and vigorous.*
- I woke up feeling fresh and rested.*
- My daily life has been filled with things that interest me'.*

Answer categories: All of the time, Most of the time, More than half of the time, Less than half of the time, Some of the time, At no time, (Don't know), (Refusal).

Proportion of people at risk of depression, by age group

<i>Country</i>	<i>Age group</i>	<i>2007</i>	<i>2011</i>	<i>2016</i>
Albania	18-34			18%
	35-64			33%
	65+			45%
Montenegro	18-34		11%	17%
	35-64		25%	32%
	65+		31%	47%
FYR of Macedonia	18-34	28%	11%	11%
	35-64	47%	20%	23%
	65+	56%	37%	37%
Serbia	18-34		20%	26%
	35-64		42%	43%
	65+		61%	59%
Turkey	18-34	49%	29%	26%
	35-64	55%	41%	37%
	65+	68%	58%	44%
EU28	18-34	18%	19%	16%
	35-64	26%	26%	23%
	65+	30%	29%	27%

Low resilience (%)



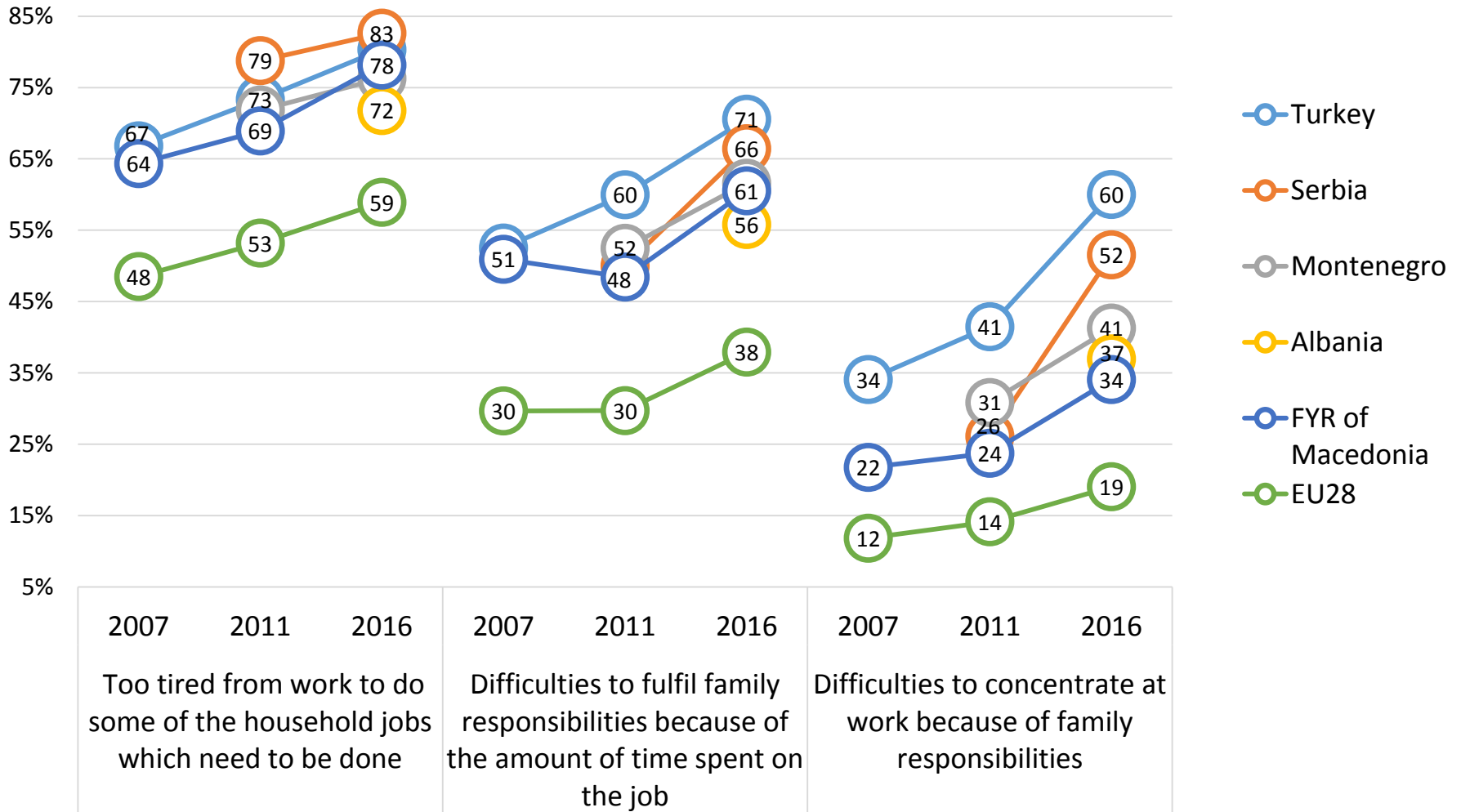
Q7f “I find it difficult to deal with important problems that come up in my life.”

Q7g “When things go wrong in my life, it generally takes me a long time to get back to normal.”

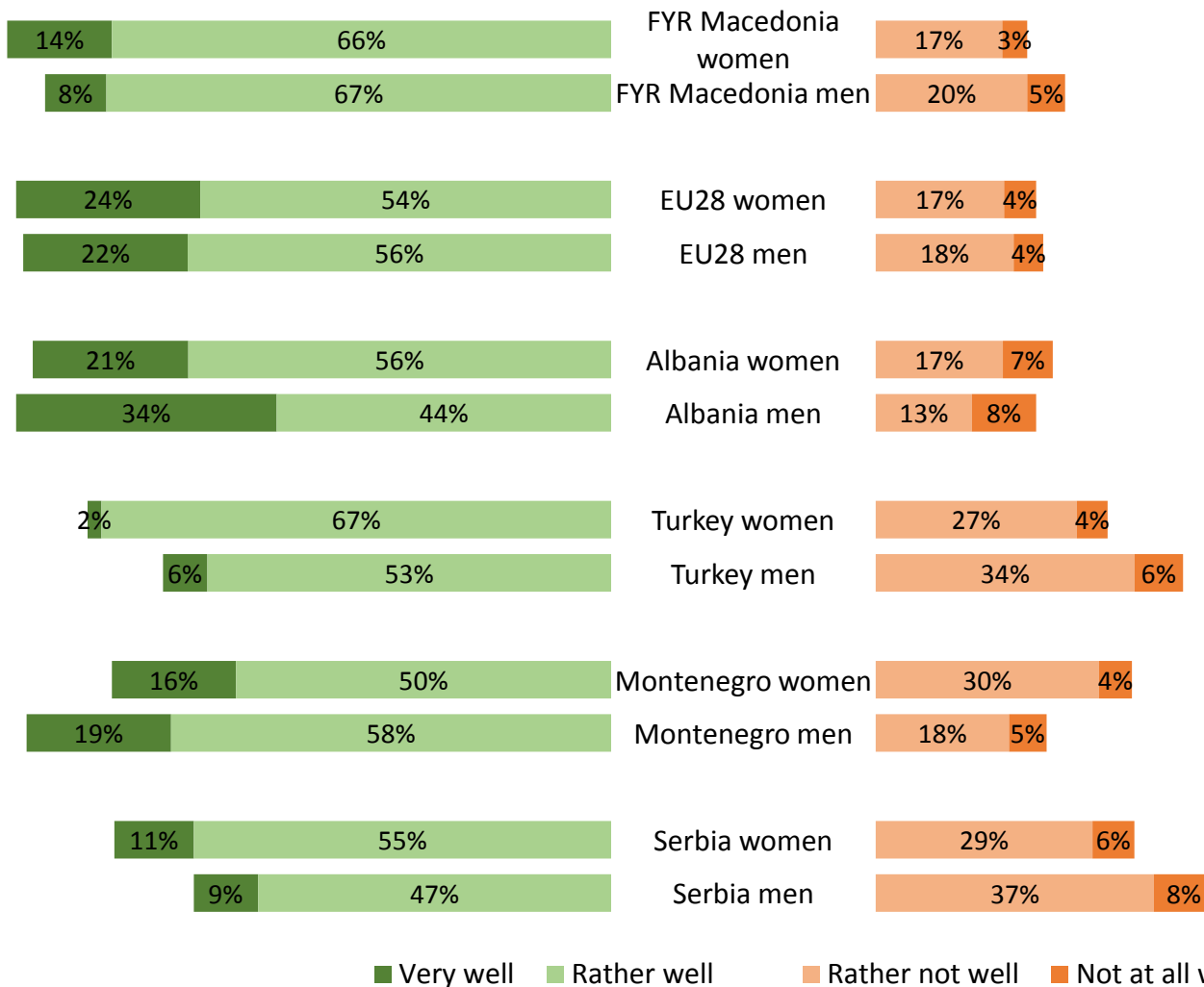
Strongly agree, Agree, Neither agree nor disagree, Disagree, Strongly disagree

Work-life balance

Share of respondents reporting difficulties at least several times a month



Work-life balance

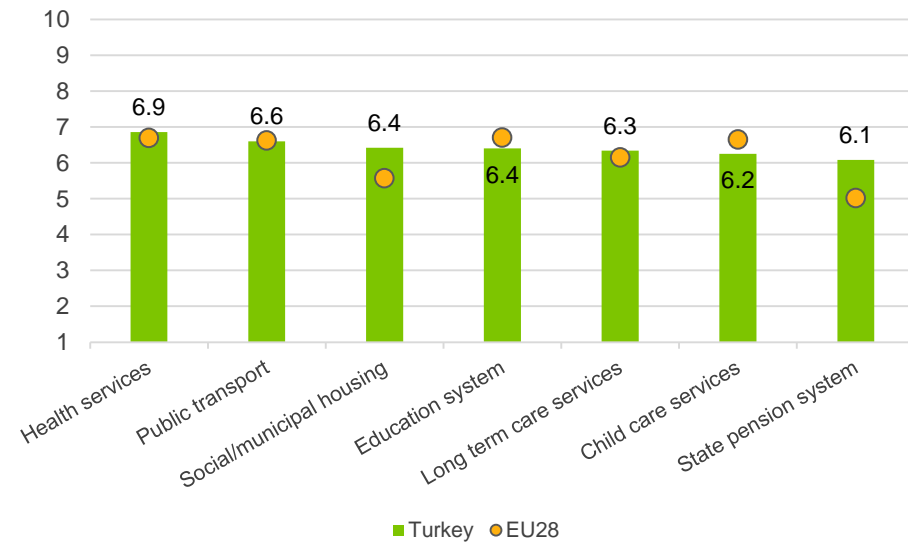
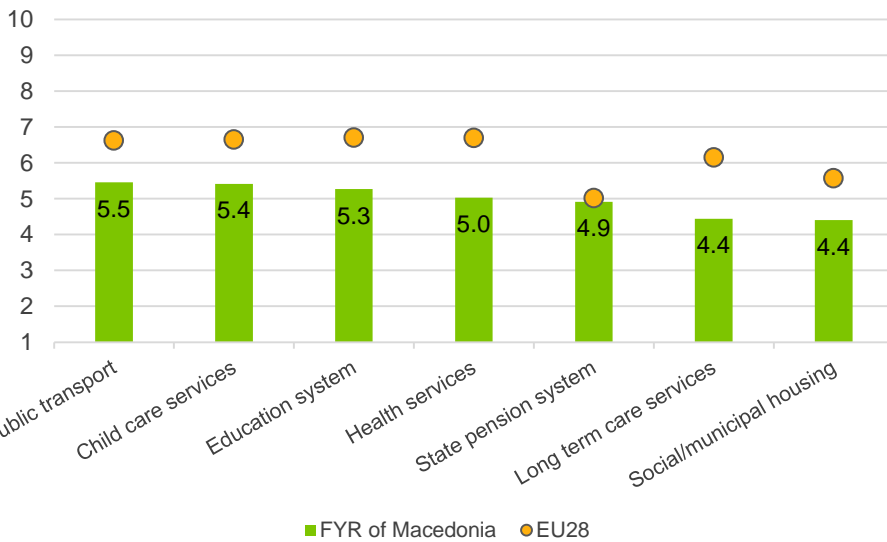
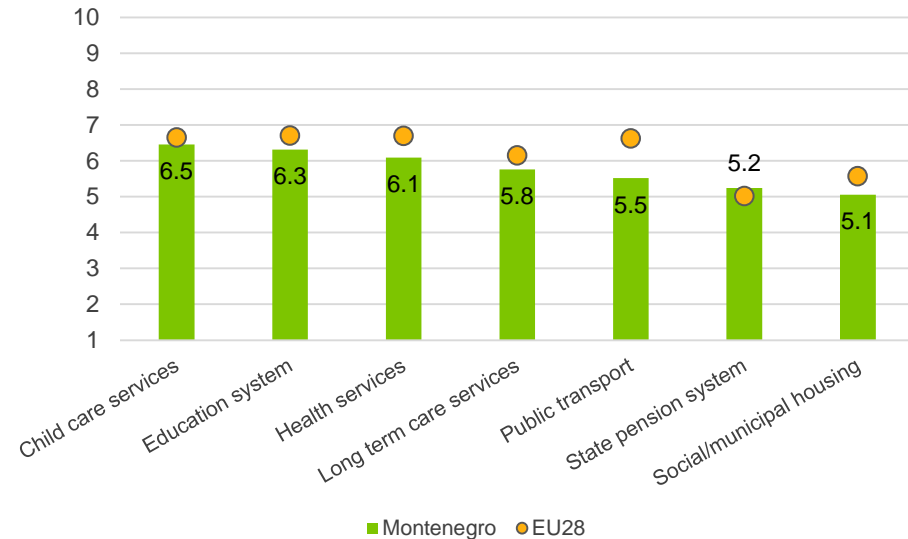
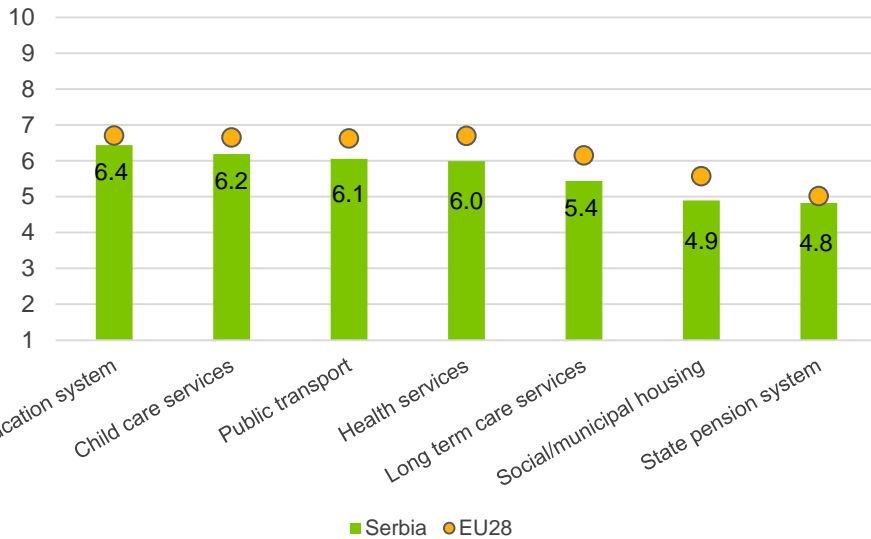


Q19 “In general, how do your working hours fit in with your family or social commitments outside work? “

1. Very well
2. Rather well
3. Rather not well
4. Not at all well

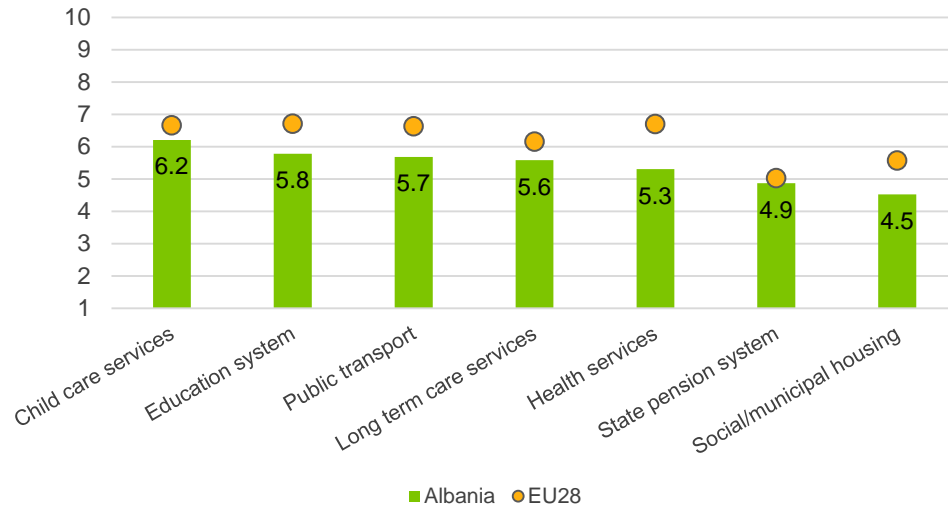
Quality of Public Services

Quality ratings for seven public services



Source: European Quality of Life Survey 2016

Quality ratings for seven public services



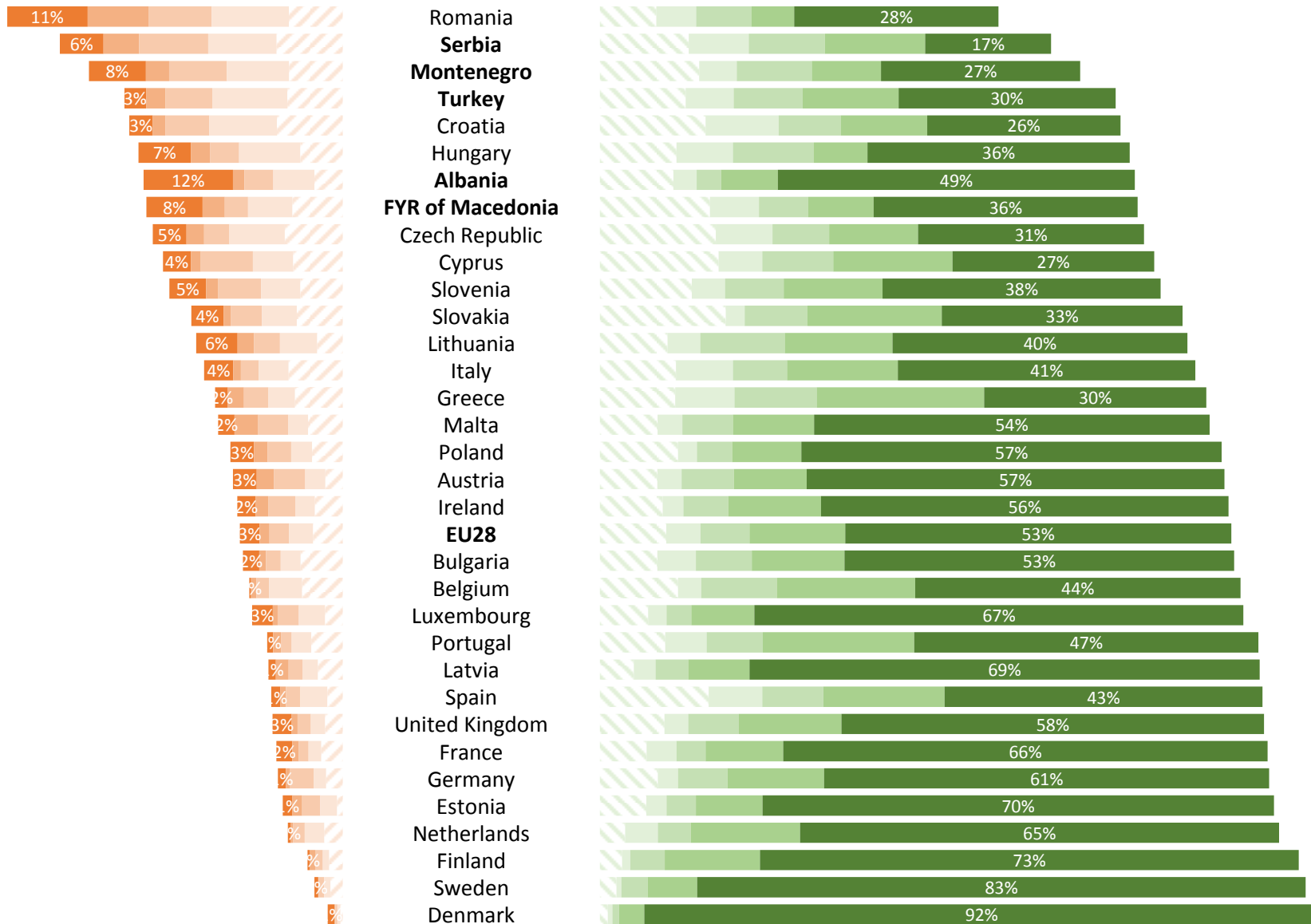
■ Health services
 ■ Education system
 ■ Public transport
 ■ Child care services
 ■ Long term care services
 ■ Social housing
 ■ State pension system



Schools: Corruption is common in these services in my area

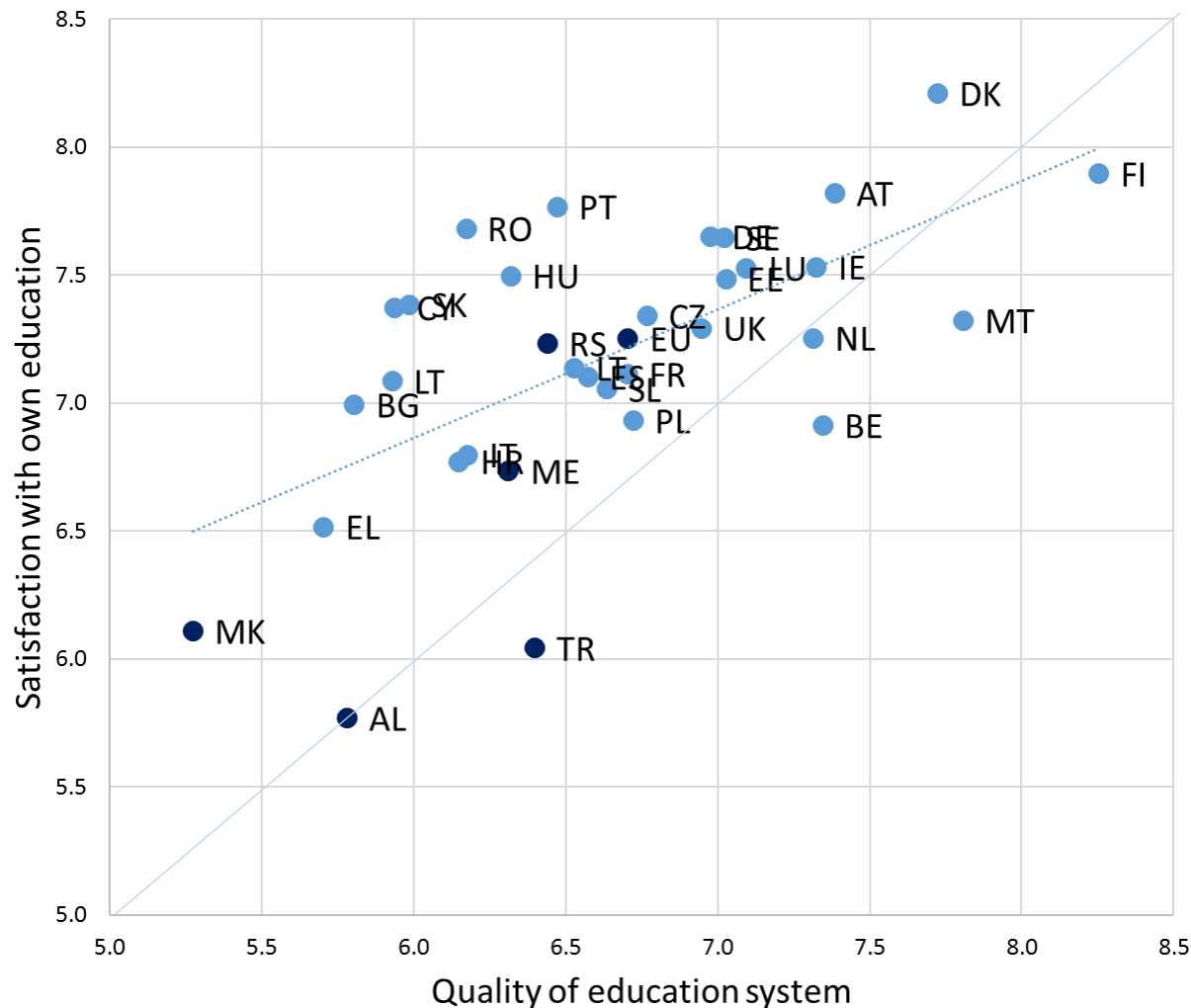
Completely agree

Completely disagree



Source: European Quality of Life Survey 2016

Relationship between perceived quality and satisfaction with education, 2016



X-axis: Q58 “In general, how would you rate the quality of education system in your country?”

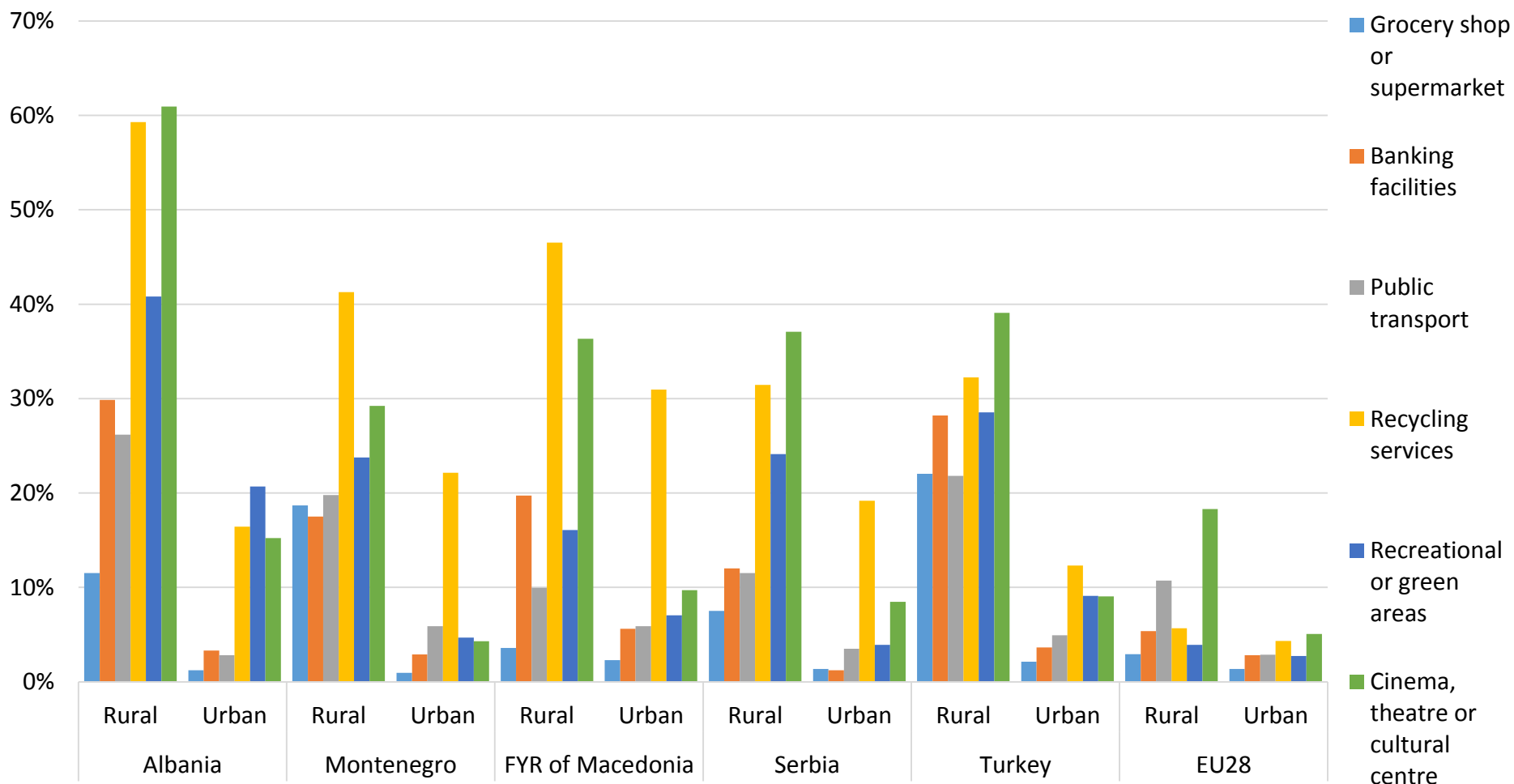
Y-axis: Q6 “Could you please tell me on a scale of 1 to 10 how satisfied you are with your own education?”

Correlation

- At country level: 0.63
- At individual level: 0.20

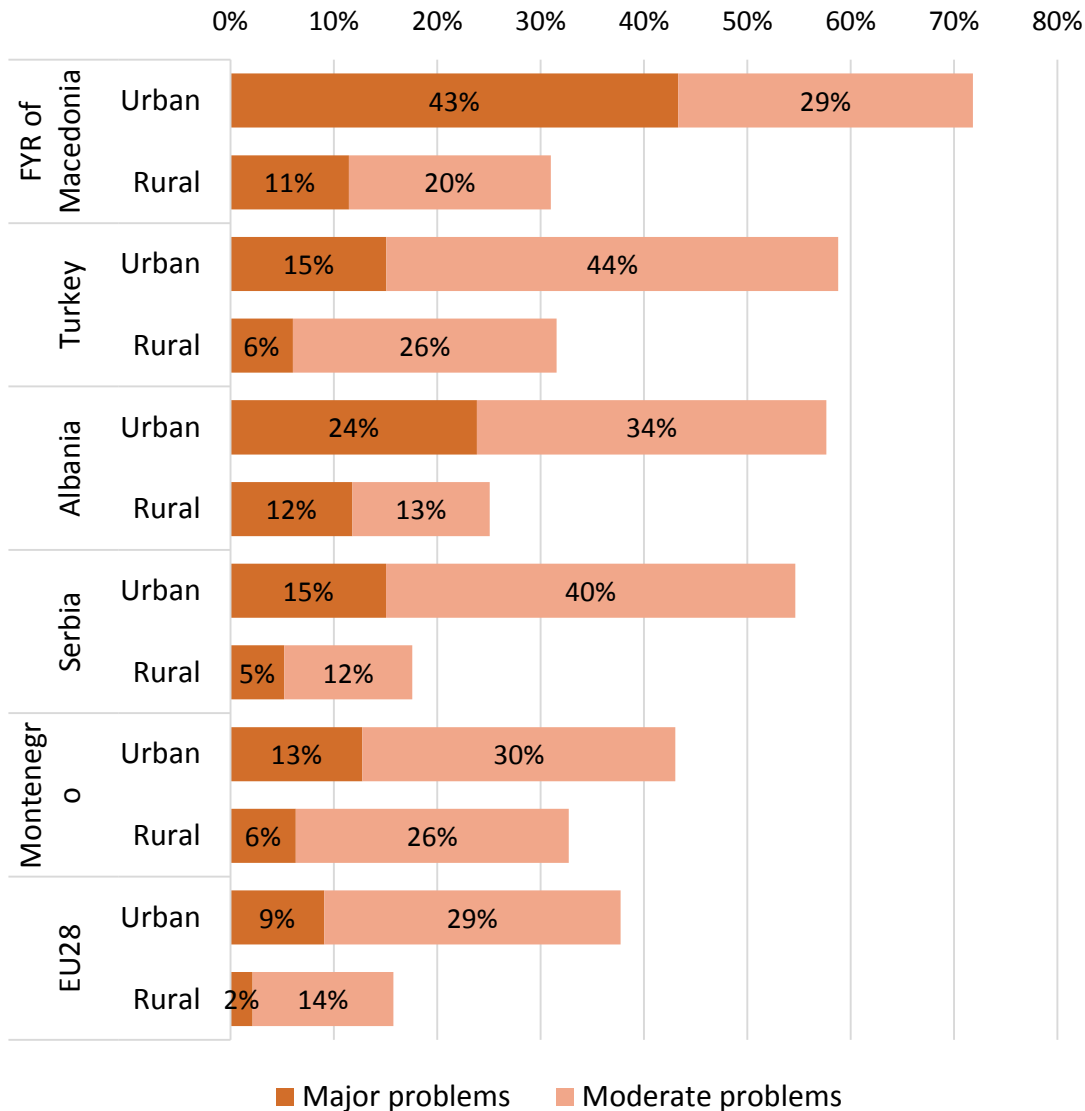
Neighbourhood services

Share of respondents reporting great difficulty in accessing the service



Very difficult, Rather difficult, Rather easy, Very easy

Neighbourhood problems: air quality



Q54 “Please think about the area where you live now – I mean the immediate neighbourhood of your home. Do you have major, moderate or no problems with the following? “
B. Air quality

Answer categories:

Major problems,

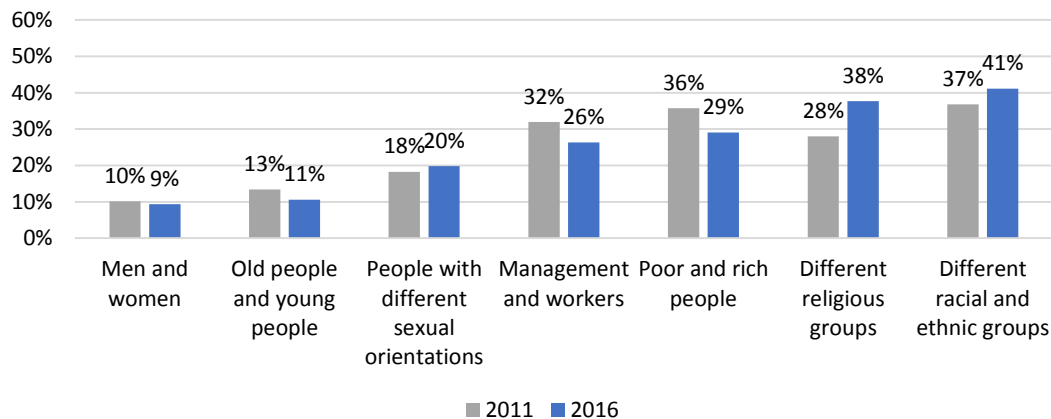
Moderate problems,

No problems

Quality of Society

Perceptions of tensions between different social groups, 2011–2016

EU28

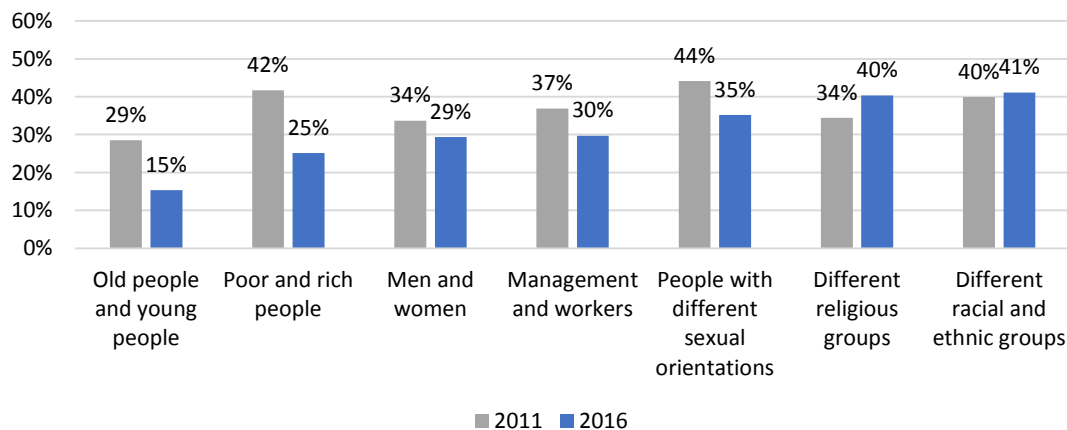


Q34: ‘In all countries there sometimes exists tension between social groups. In your opinion, how much tension is there between each of the following groups in this country?’

Answer categories are:

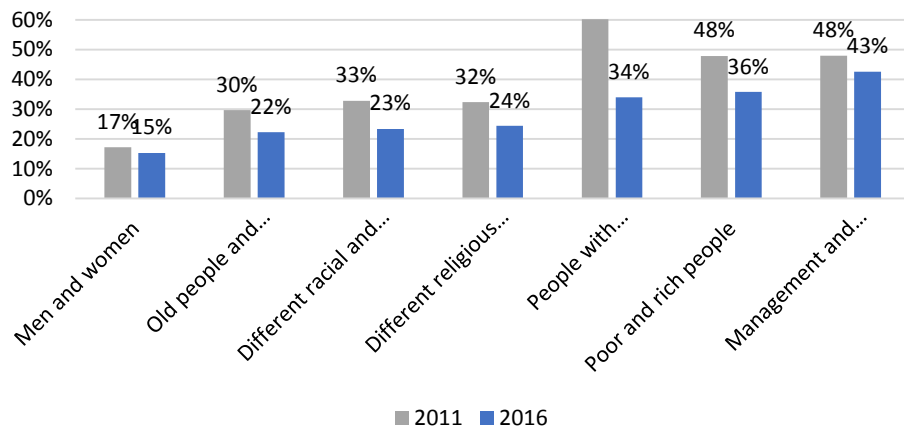
- A lot of tension;***
- Some tension;*
- No tension;*
- (Don’t know);*
- (Refusal).*

Turkey

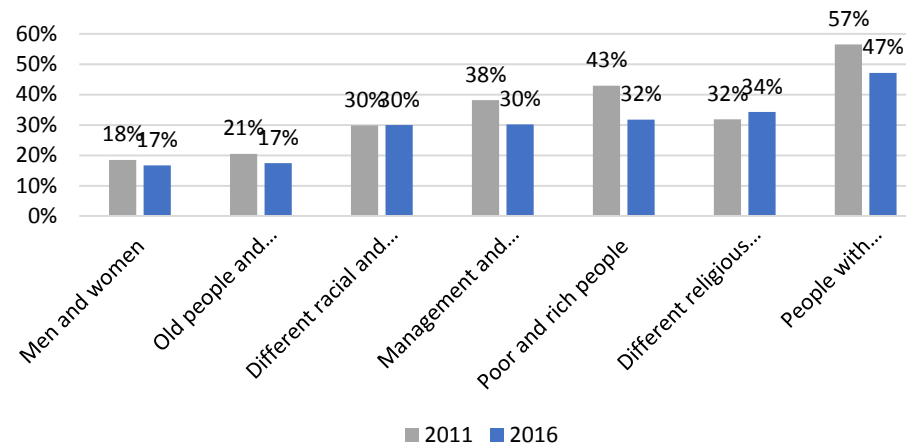


Perceptions of tensions between different social groups, 2011–2016

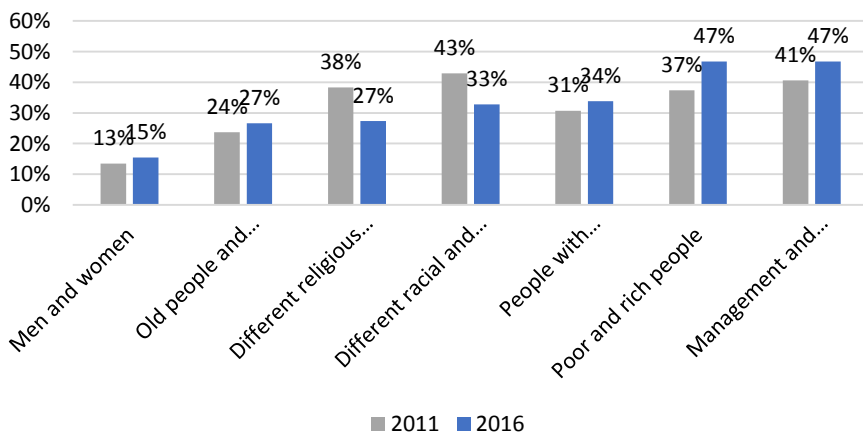
Serbia



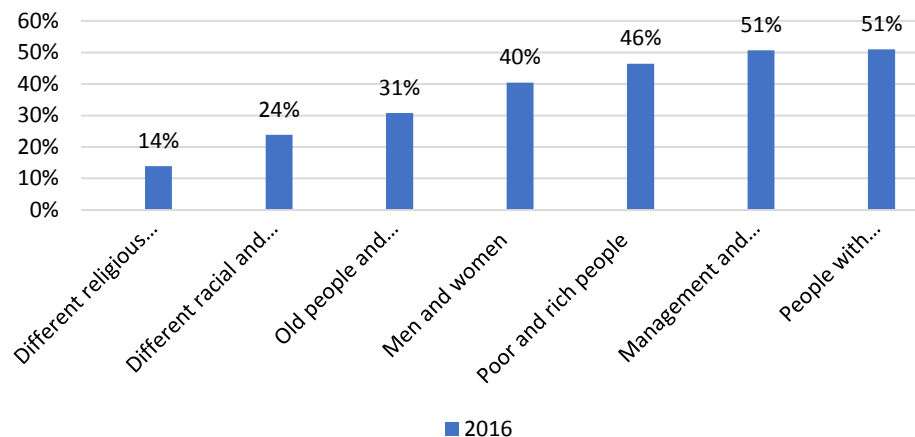
Montenegro



FYR of Macedonia

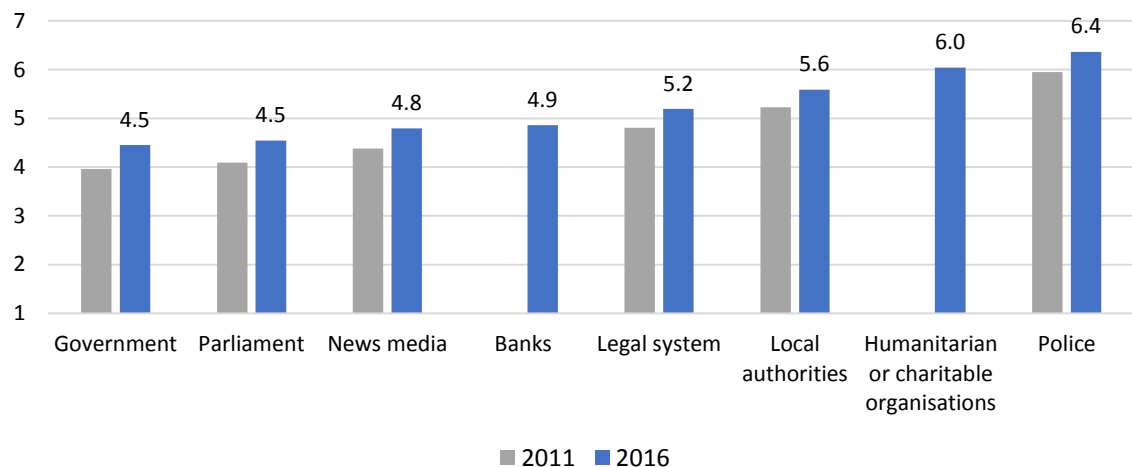


Albania



Trust in institutions

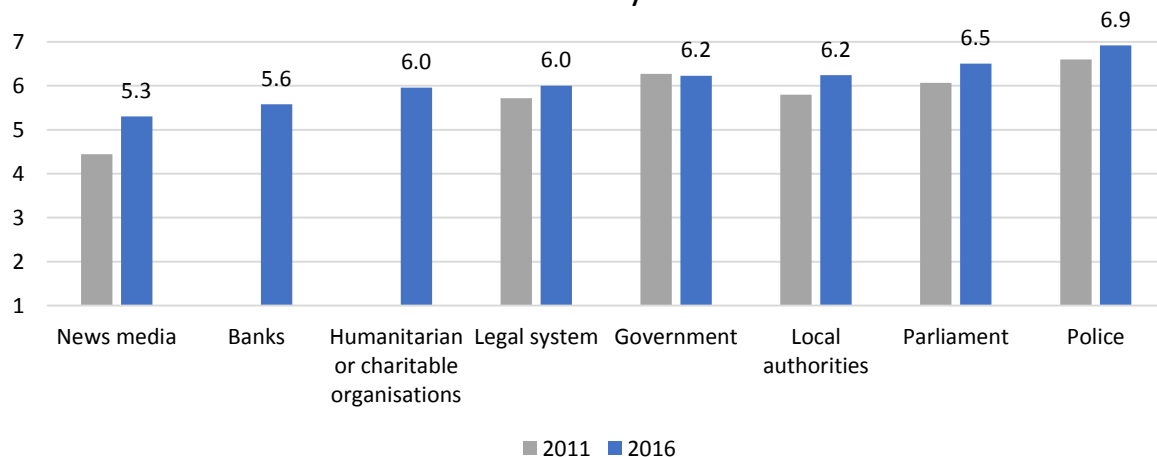
EU28



Q35: Please tell me how much you personally trust each of the following institutions?

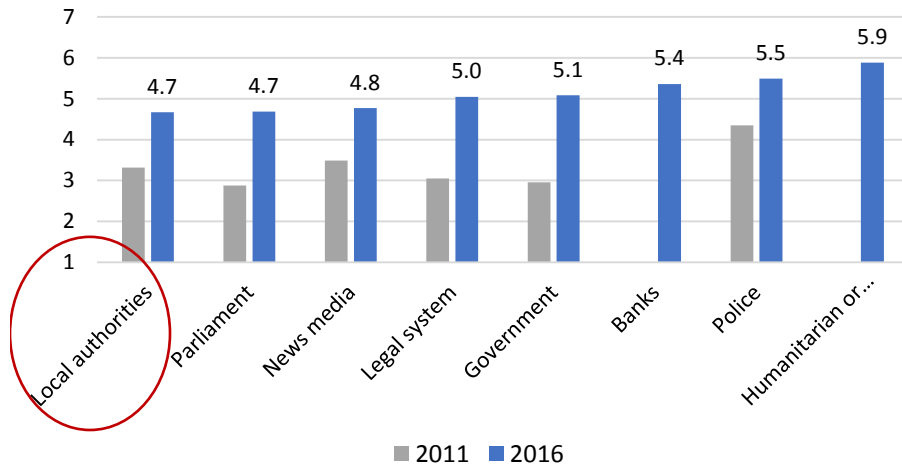
'Please tell me on a scale of 1 to 10, where 1 means that you do not trust at all, and 10 means that you trust completely'.

Turkey

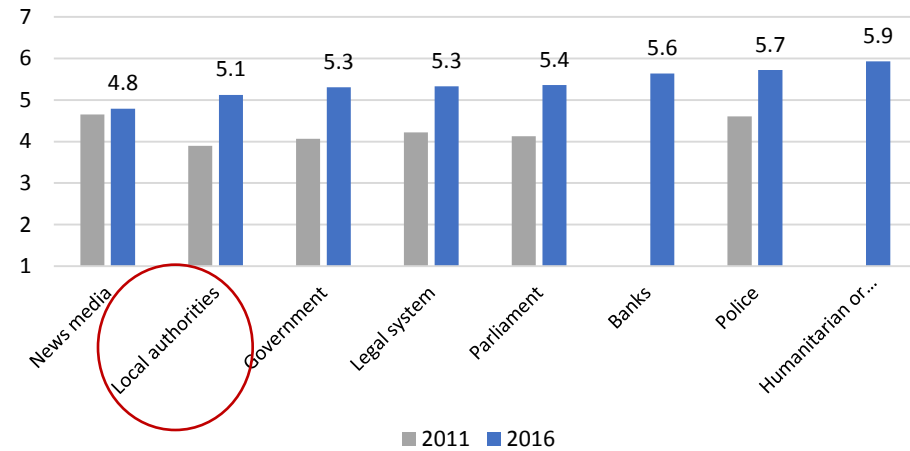


Trust in institutions

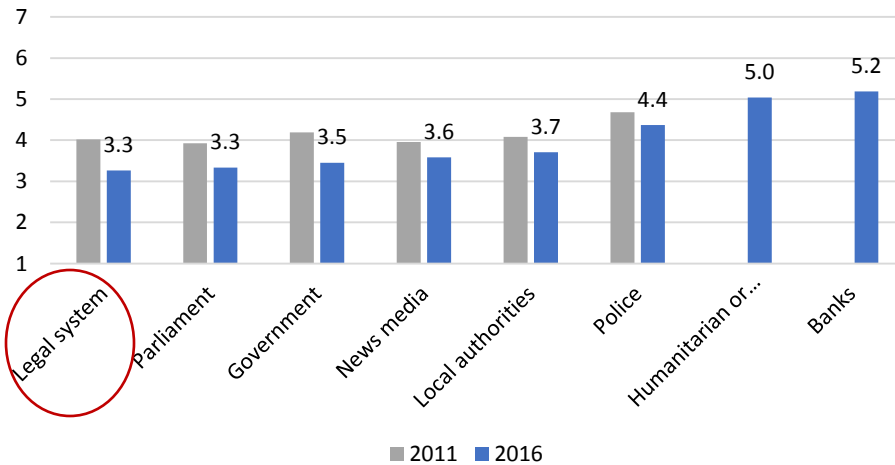
Serbia



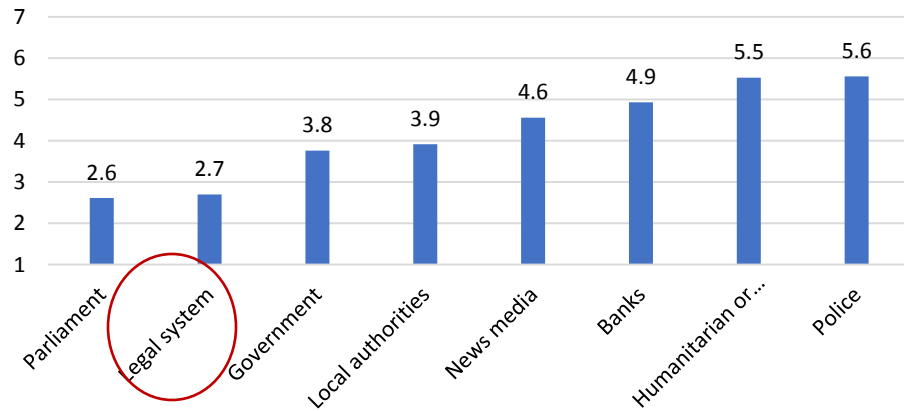
Montenegro



FYR Macedonia

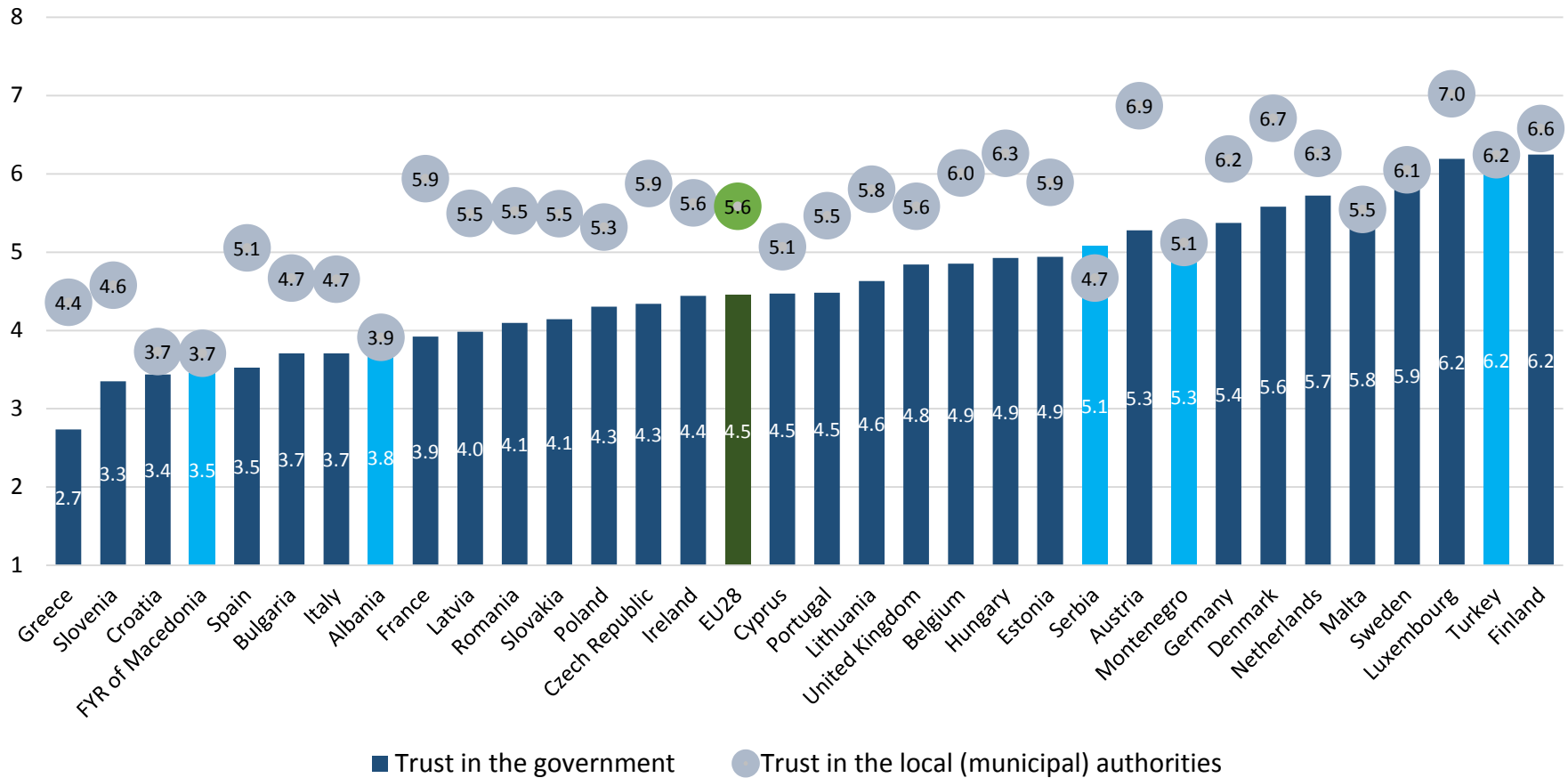


Albania



Trust in government and local authorities

EU28 and candidate countries (2016)

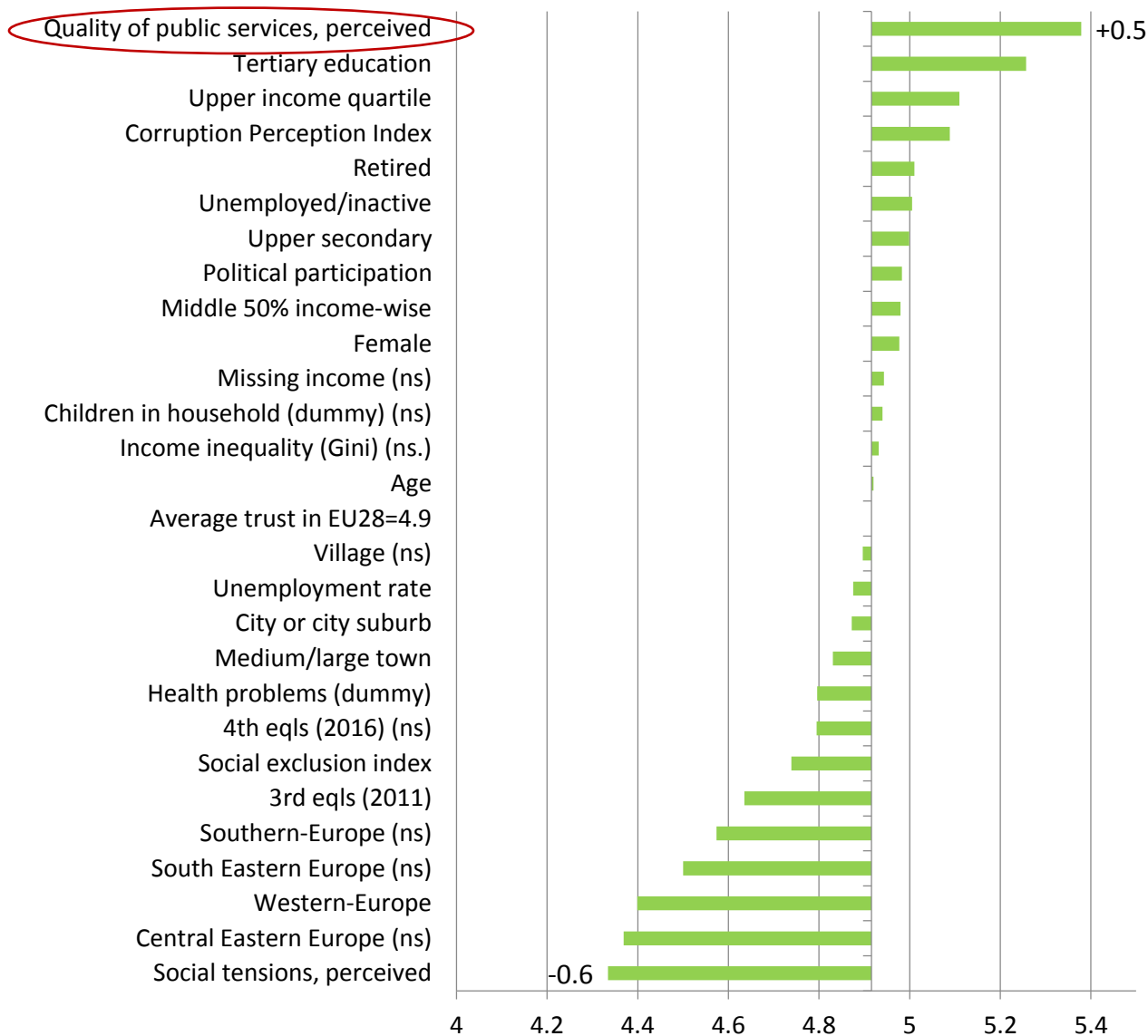


Q35: Please tell me how much you personally trust each of the following institutions?

'Please tell me on a scale of 1 to 10, where 1 means that you do not trust at all, and 10 means that you trust completely'.

Source: European Quality of Life Survey 2016.

Factors affecting trust in national institutions



Regression on pooled sample of EQLS waves 2007, 2011, 2016 – EU28

Trust in national institutions, 1-10 scale (average 4.9 for EU28)

- national parliament
- government
- legal system
- police
- news (media)

Public services, quality ratings on 1-10 scale for:

- health care
- education
- public transport
- childcare
- state pension system

- **Recent trends in trust in institutions in Europe:**
 - Two indicators most affected by the great recession across many countries: increase in difficulties making ends meet; and decrease in institutional trust (2007-2011)
 - Institutional trust has by and large recovered across Europe up to the pre-crisis levels (with some exceptions) in most EU candidate countries surveyed.
- **Another perspective – hierarchy of institutional trust:**
 - Rather consistent over time, even if levels change
 - In candidate countries, note lower trust in local authorities compared to trust in government while it is considerably higher in most of EU.

For discussion: is it an obstacle to improving public services in CCs? Given that quality of services is key to improving institutional trust, it is an area to address.
- **Why does trust in institutions matter?**
 - Higher trust in national institutions – **smaller VAT gap**.
 - Association with political participation – not consistent: increase of trust went with an increase of political engagement in some countries, and with a decline of participation in others. This relationship in W. Balkans is yet to be examined – make use of EQLS microdata!

EQLS 2016 Overview report:

<http://bit.ly/EQLS-overview>

Selected graphs:

<http://bit.ly/EQLS-interactive>

Main results/breakdowns:

<http://bit.ly/EQLS-SMT>

EQLS source questionnaire:

<http://bit.ly/EQLS-Q>

More about the EQLS:

<http://bit.ly/EQLS-info>



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<https://www.eurofound.europa.eu/eqls2016>

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Thank you

For information: other Eurofound work on candidate countries – EurWORK country profiles

As part of the activities of its observatory on working life (EurWORK), Eurofound has developed a set of working life profiles providing information on how working life is organised in the different countries.

They include indicators, data and regulatory systems for the following topics:

- actors and institutions
- collective and individual employment relations
- health and well-being
- pay
- working time
- skills and training
- equality and non-discrimination at work

The profiles are regularly updated.

Countries:

Europe: EU countries and EU level

- Bosnia and Herzegovina**
- Macedonia**
- Kosovo,**
- Montenegro,**
- Norway,
- Serbia,**
- Turkey,**
- Albania** (in preparation)

Outside Europe:

- Brazil,
- China,
- India,
- Japan,
- USA