



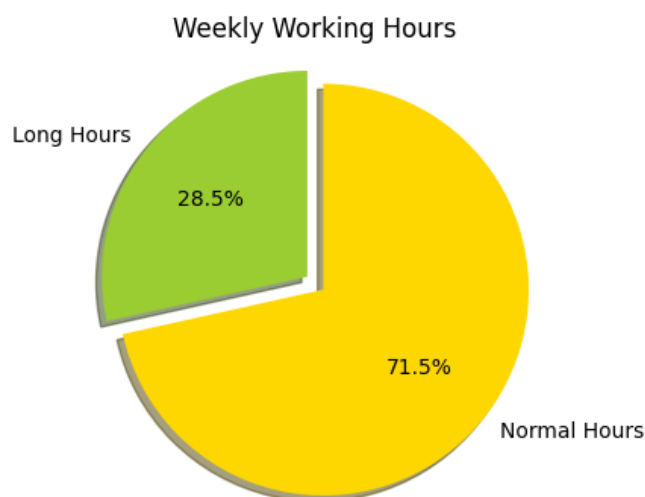
Work-Life Balance: Unveiling the Factors Influencing Workload

A new generation will enter the workforce for who work-life-balance is an increasingly important component. They don't want to end up working 45 hours or more a week, but to what extent is it possible to control one's workload? Is it just a matter of individual choice or are there other factors that end up having a high impact on one's workload? Let's look at the US census data and see what these tell us. In particular let's look at these questions:

- What percentage of people work overtime?
- What three jobs have the highest percentage of people working overtime?
- In what sectors do the hard working people work?
- What factors have a high influence on long working hours?

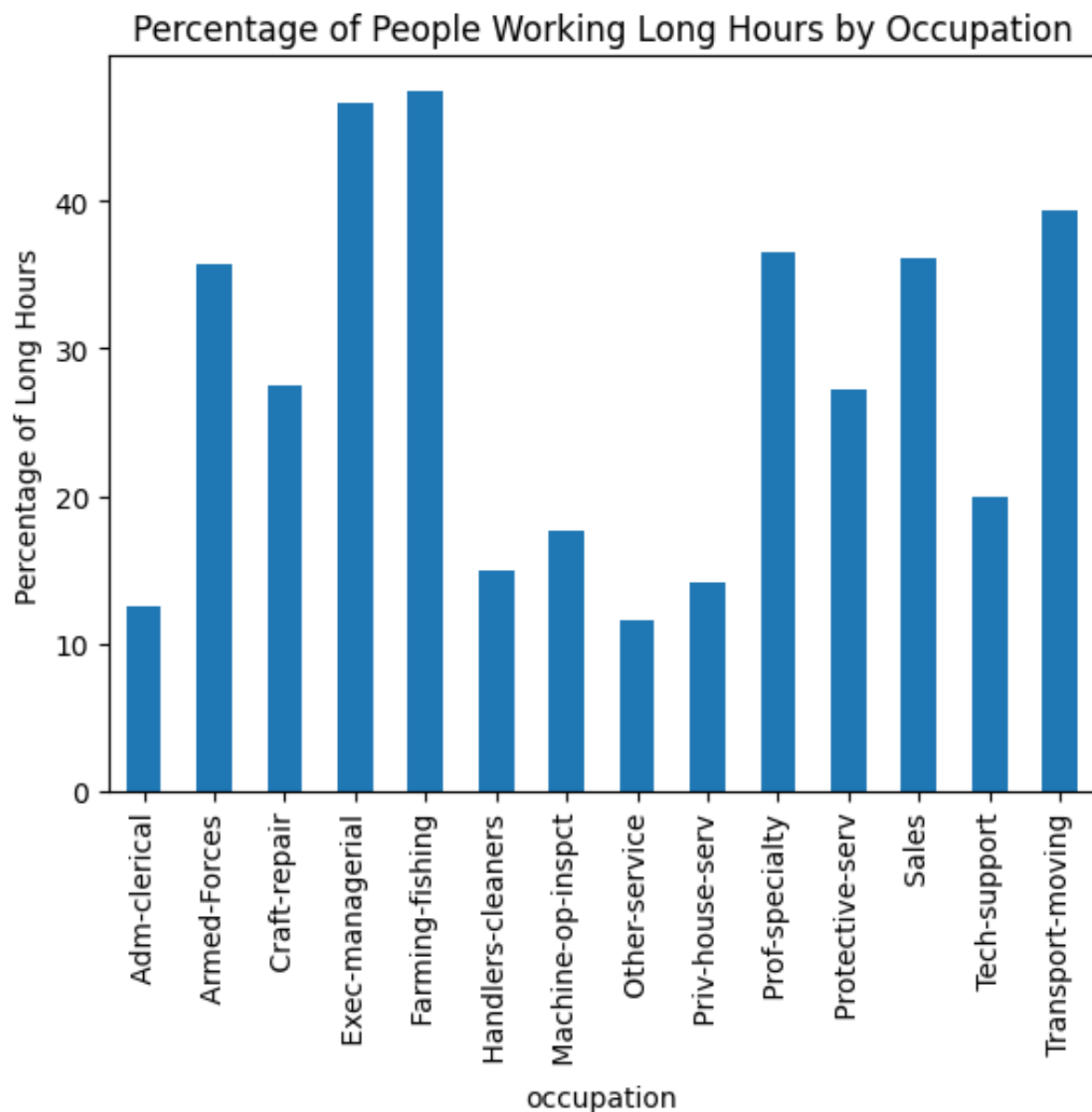
What percentage of people work overtime?

Our data set contains data from 45222 people capturing information such as their age, employer type (e.g. public or private sector), occupation, education level, marital status, or native country. It turns out that 28.5% work at least 45 hours a week to which we refer as "hard working" or "long hours" in this blog.



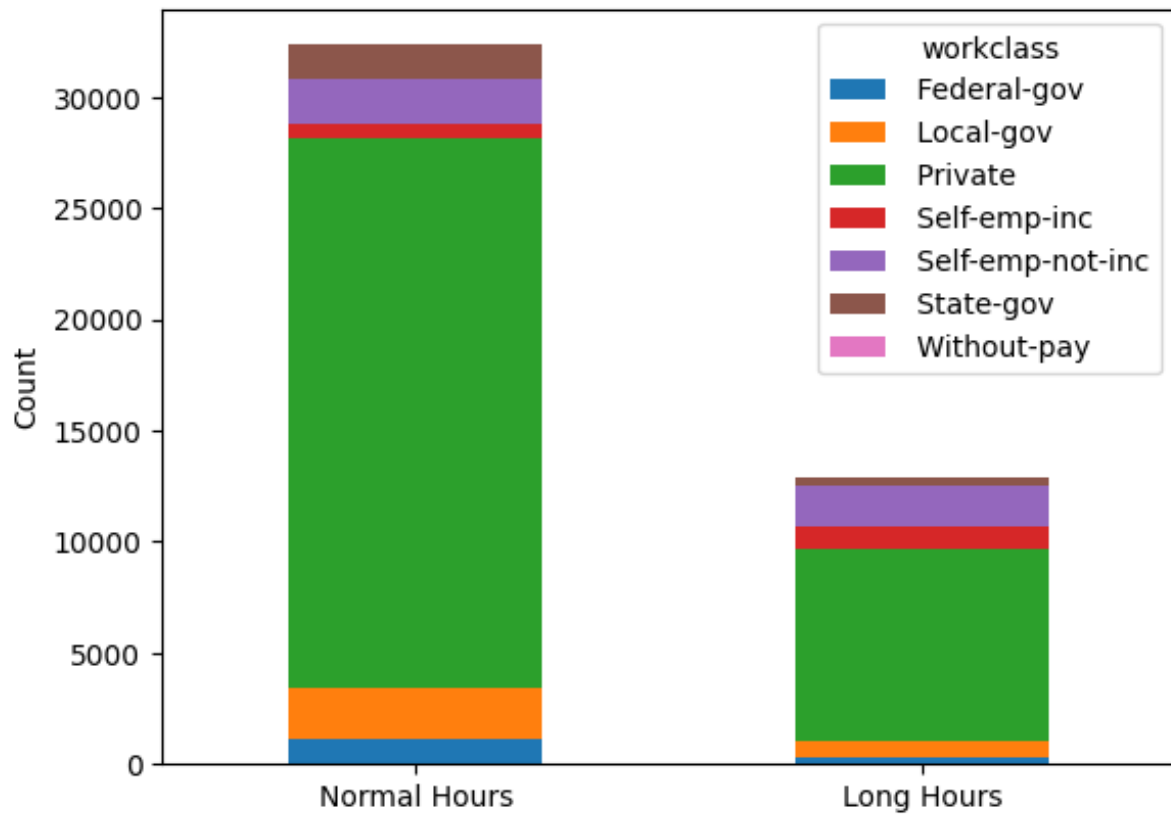
What three jobs have the highest percentage of people working overtime?

As the Figure below depicts, jobs of people fall in one of fourteen categories. The results show that the highest percentage of people working long hours can be found in the farming & fishing sector, namely 47.5%. This is followed by people holding executive management positions, and people working in moving transport.



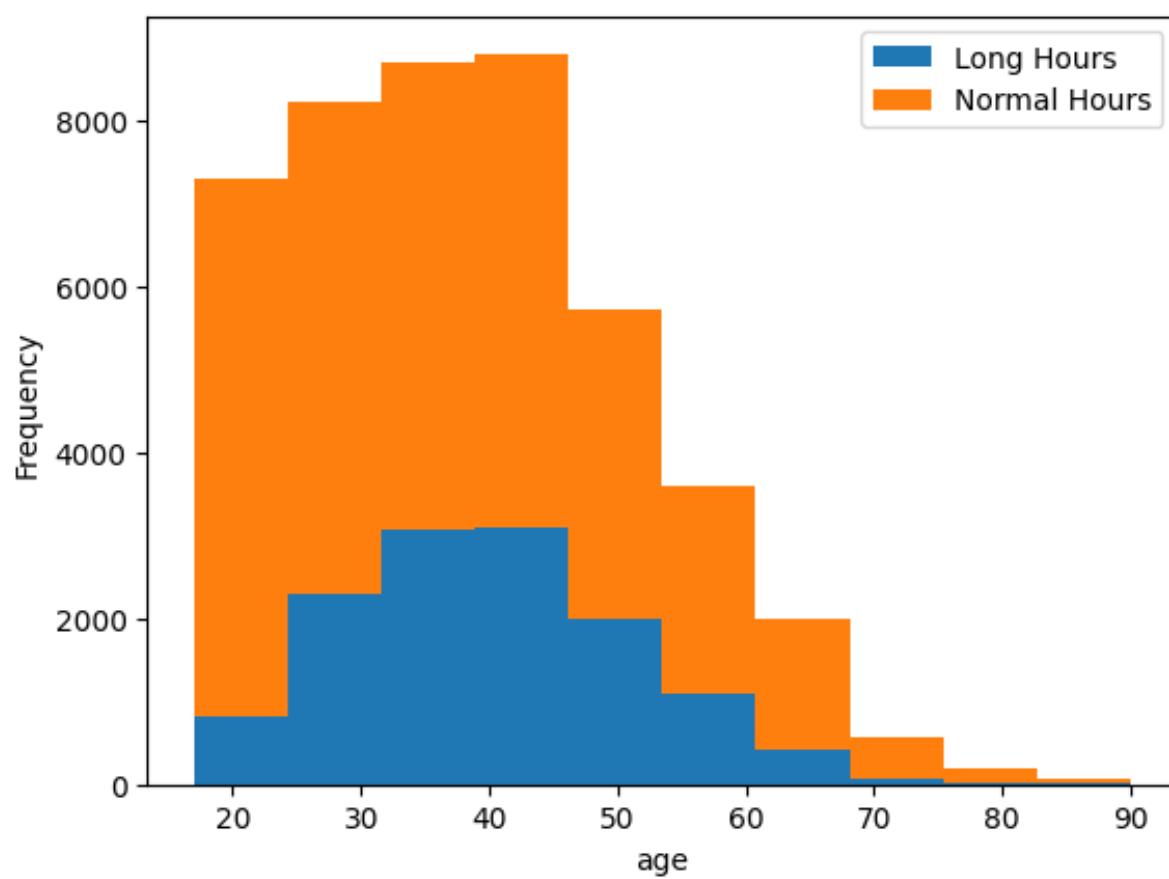
In what sectors do the hard working people work?

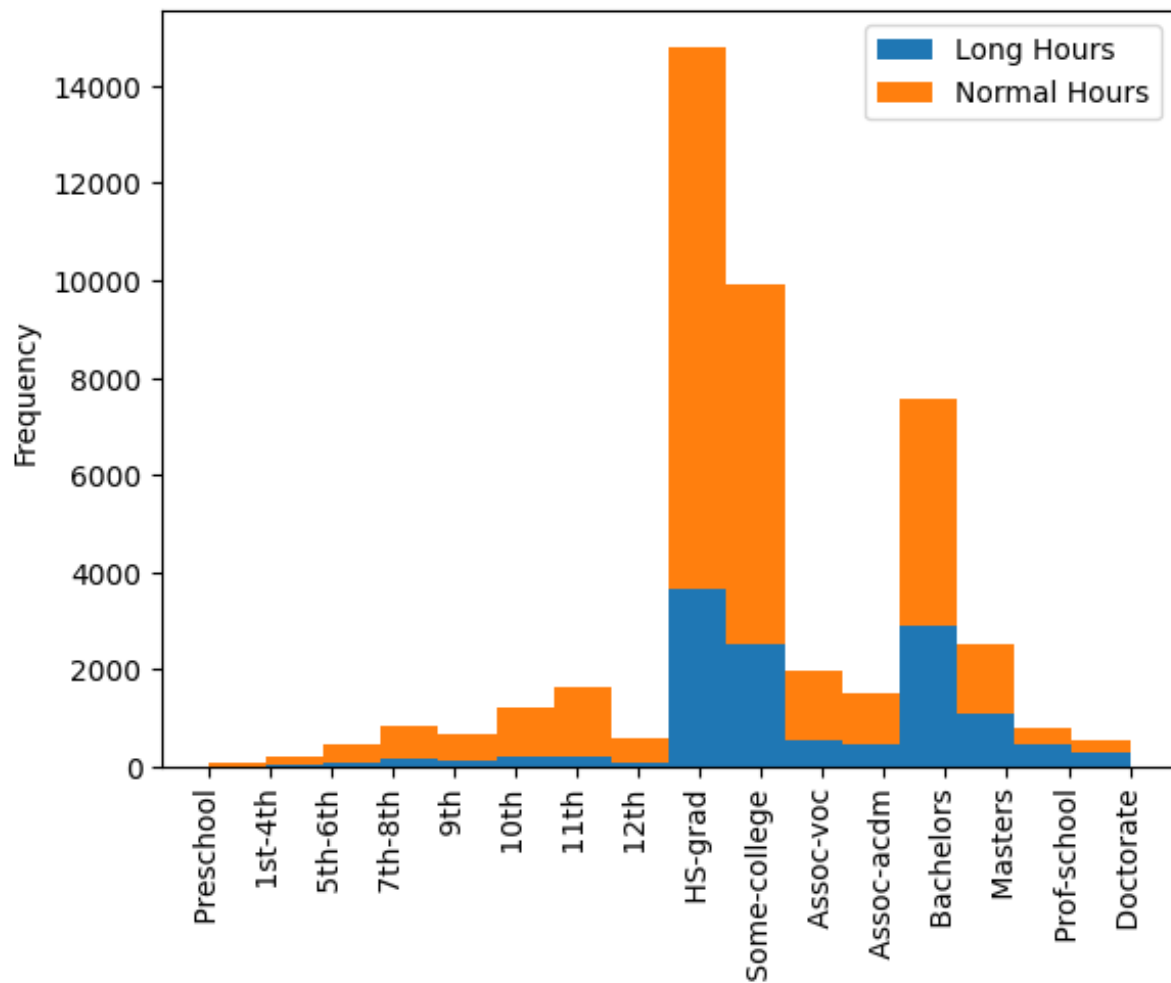
Our analysis below shows that hard working people can be found in all sectors. Chances are highest that you end up working long hours if you are self-employed. They are lowest if you are employed by the State government.



What factors have a high influence on long working hours?

To understand which factors, have a high influence on long working hours, we studied the question: If one would want to predict whether a person will end up working long hours or not, what factors would have the highest influence on the prediction result? These ended up being age and education level.





Take-away!

Hard working people can be found in all sectors and all occupations regardless of one's education level or working age. If you are keen on avoiding ending up working long hours, then it is best to work in the public sector. Apart from age, which nobody can control, one's education level has a high impact on the working hours. Before entering a professional school or a doctorate program think twice on how important the work-life-balance is for you. People with such qualifications end up having the highest chance of ending up working long hours.