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#### Take It Easy!

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Introduction

Research Question

#### Metho

Data

Sample

Identification

Results

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#### Questions

# **I**magine

## Commuting to work

► For most people, commuting to work is a daily routine which adds up to a tremendous amount of time over the course of a life time.

- ▶ The average commute is about 30 min one-way.
- Less than 5 % of the employees work from home.

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## Research Question

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Can flexible working arrangements mitigate the negative effects of commuting on well-being?

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## Method and Data

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Data

- ► German Socio-Economic Panel (13 waves 2003-2019)
- Annually conducted since 1984, large-scale panel study that is representative of the German population.
- ▶ Information on the participants' income, education, occupation, health and other demographic characteristics.

## Sample

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Results

- ► Age 18 to 65
- Full-time worker from the private sector
- ▶ 24,631 observations stemming from 9,661 individuals

## **Variables**

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Variables Identification

Results

- ▶ Satisfaction. Self-report from 0 to 10.
- Commuting. Self-report one-way distance in km.
- ▶ Flexibility. Fixed work time (0), work time account (1)
- Controls. age, gender, marital status, health status, number of children, number of persons in the household, highest school qualification, working hours, equivalence household income, as well as regional and year dummies.

## Identification strategy

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How can we estimate the causal effect of commuting distance on subjective well-being?

- Problem: Self-selection into commuting (endogeneity)
- Gold standard: Randomized experiment

## Identification strategy

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How can we conduct a commuting experiment with people?

Variables Identification

Results

- Problem: Not feasible/ethical to assign people to commuting.
- Best we can do: Quasi-experiment

## Identification strategy

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What is a quasi or natural experiment?

- ► Individuals are exposed to the experimental conditions that are determined by nature or by other factors
- ► Firm relocation: Employer-induced changes in commuting
- Time for another story ...

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## Results

### Results

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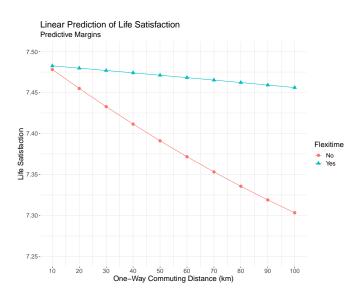
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The results suggest that the **loss in overall life satisfaction** is **eight times higher** for employees **in a non-flexible work arrangements** in comparison to a flexible work regime.

## **Predictions**



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# Thank you