Lifestyle Factors and Work Life Balance Scores

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Overview of Dataset

- Research topic: personal fitness and health
- Data collected from behavioral health survey (24 questions)
  - https://www.authentic-happiness.com/
  - Dataset includes over 15,977 rows of data
  - Answers used to calculate Work-Life Balance Score

Data Collection, Exploration, and Cleanup

- Downloaded from Kaggle
- Explored included columns and data type for each
  - Removed one row for invalid response in stress column
- Created bins for analysis:
  - Poor: Less than 550
  - Good: 550-680
  - Excellent: Greater than 680

Survey Question Categories

- **Healthy body**
  - Fitness and healthy habits
- **Healthy mind**
  - How well you embrace positive emotions
- Expertise
  - Ability to grow professional expertise or achieve something unique
- **Connection/networking**
  - Strength of social network and inclination to discover the world
- Meaning
  - Compassion, generosity, and living the "life of your dream"

Research Questions and Goals

- How do fitness and healthy habits relate to work-life balance score? Across bins? By age group?
- How does connection/networking relate to work-life balance score? Across bins? By age group?
- How do positive emotions relate to work-life balance score? Across bins? By age group?

The Impact of Networking on Work-Life Balance Score

Networking

WITH HOW MANY PEOPLE DO YOU INTERACT WITH DURING A TYPICAL DAY? *

▶ True interactions and dialogues at home, at work, at the gym, ... ▶ Average of workdays and weekends

	0	1	2	3	4	5	6	7	8	9	10	
None	○	○	○	○	○	○	○	○	○	○	○	Persons or more

The Impact of Networking on Work-Life Balance Score

Core Circle

HOW MANY PEOPLE ARE VERY CLOSE TO YOU? *

▶ i.e. close family and friends ready to provide you with a long-term unconditional support.

	0	1	2	3	4	5	6	7	8	9	10	
None	○	○	○	○	○	○	○	○	○	○	○	People or more

The Impact of Networking on Work-Life Balance Score

New Places Visited

HOW MANY NEW PLACES DO YOU VISIT? *

▶ Over a period of 12 months. Include new states, new cities as well as museum, places of interest and parks in your neighborhood.

|	0	1	2	3	4	5	6	7	8	9	10	
None	○	○	○	○	○	○	○	○	○	○	○	New places (or more)

Summary Table

	Avg Network - Male	Avg Network - Female	Avg Core Circle - Male	Avg Core Circle - Female	Avg Places Visited - Male	Avg Places Visited - Female
Work Life Summary						
Poor	1.47	1.84	1.37	1.57	0.63	0.30
Good	5.53	5.82	4.24	4.82	4.02	4.21
Excellent	7.69	7.73	6.75	7.09	6.84	7.05

Networking (Daily Interactions)

Daily People Interactions by Age Group

Daily Interactions Across Work Life Score Groups
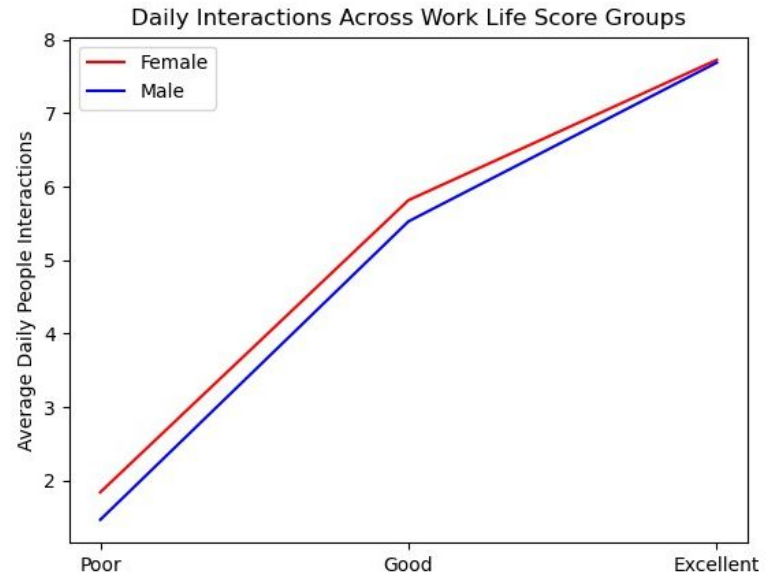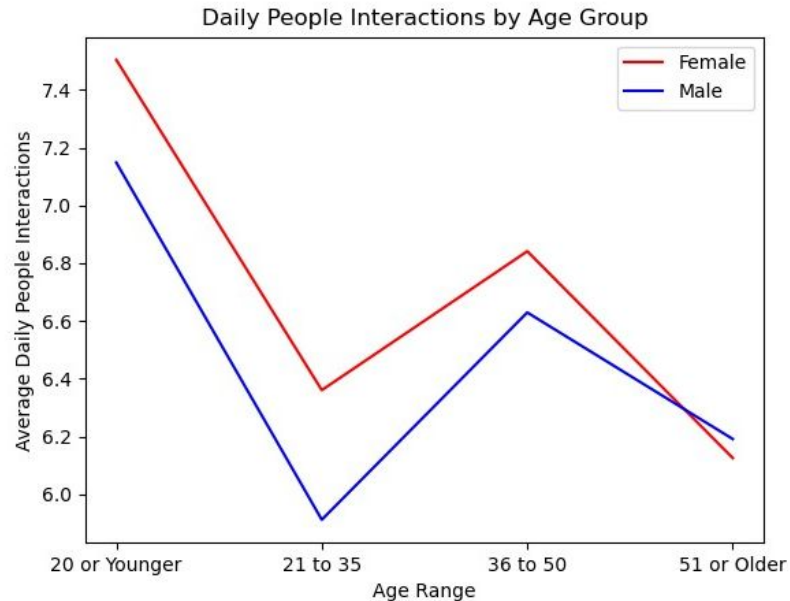
Networking (Daily Interactions)
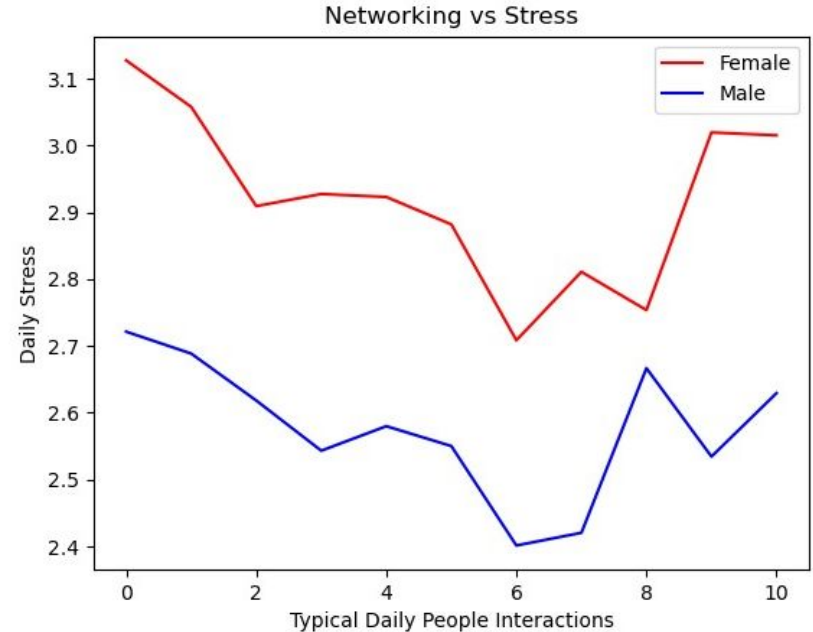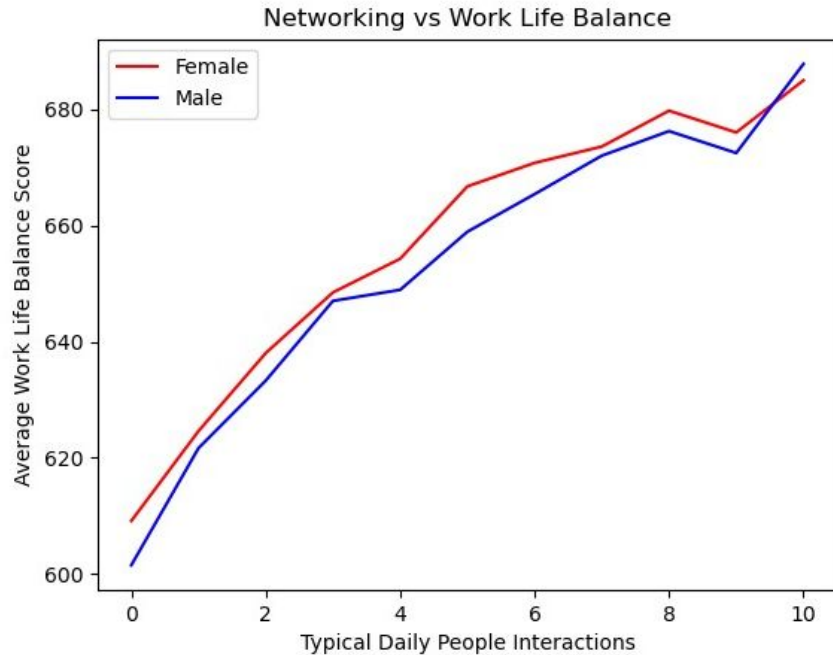
Summary Tables

Category		Poor		Good		Excellent	
		GENDER		GENDER		GENDER	
FRUITS_VEGGIES	mean	Female	1.000000	Female	2.637961	Female	3.662494
		Male	0.566667	Male	2.339657	Male	3.385055
DAILY_STEPS	mean	Female	2.022727	Female	4.830348	Female	6.792188
		Male	2.166667	Male	5.144137	Male	7.036923
SLEEP_HOURS	mean	Female	5.477273	Female	6.985016	Female	7.278918
		Male	5.600000	Male	6.817918	Male	7.197802

The Impact of Physical Health on Work-Life Balance Score
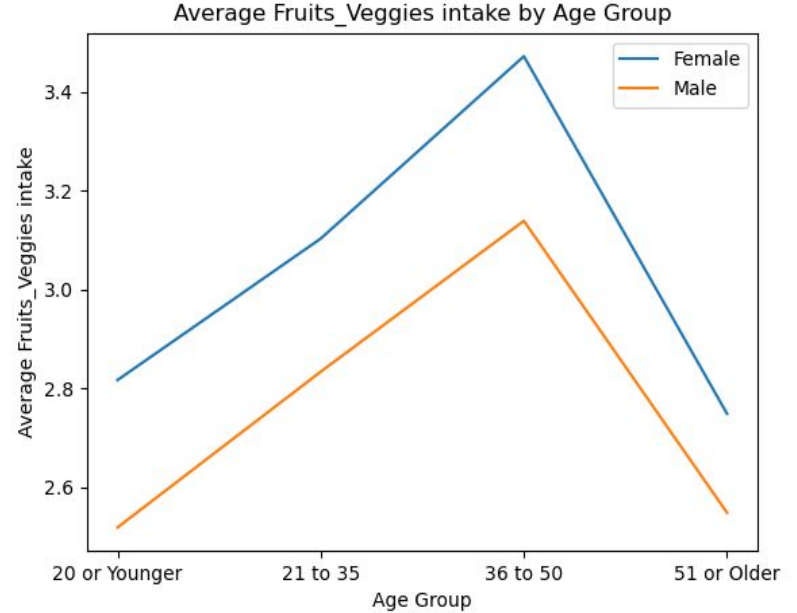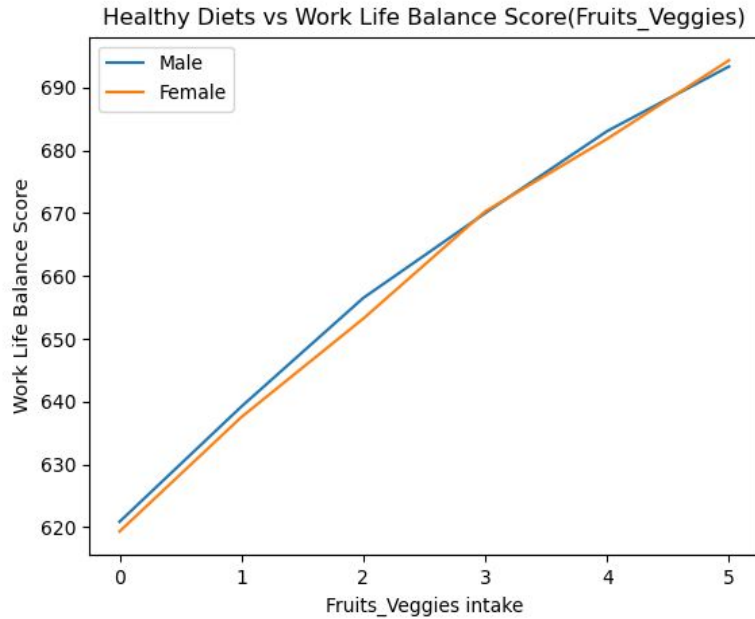
Fruit and Vegetable Consumption

HOW MANY FRUITS OR VEGETABLES DO YOU EAT EVERYDAY? *

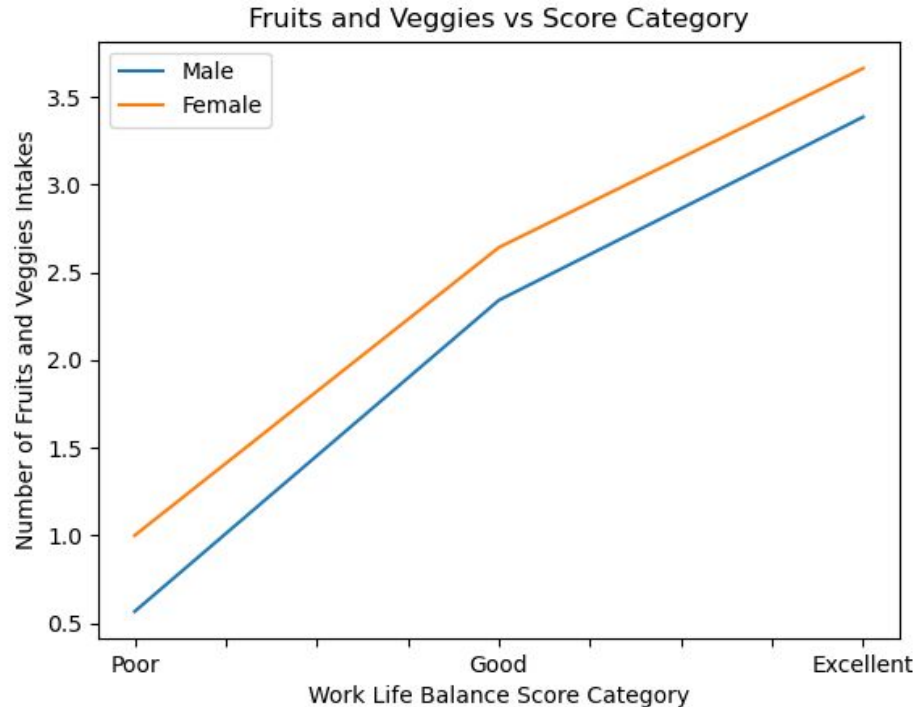▶ In a typical day, averaging workdays and weekends. Select 5 if more than 5.

	0	1	2	3	4	5	
None	◯	◯	◯	◯	◯	◯	Servings per day

Healthy Diets vs Work Life Balance Score

Fruits and Veggies vs Work Life Balance Score Category

The Impact of Physical Health on Work-Life Balance Score

Daily Steps

HOW MANY STEPS (IN THOUSANDS) DO YOU TYPICALLY WALK EVERYDAY? *

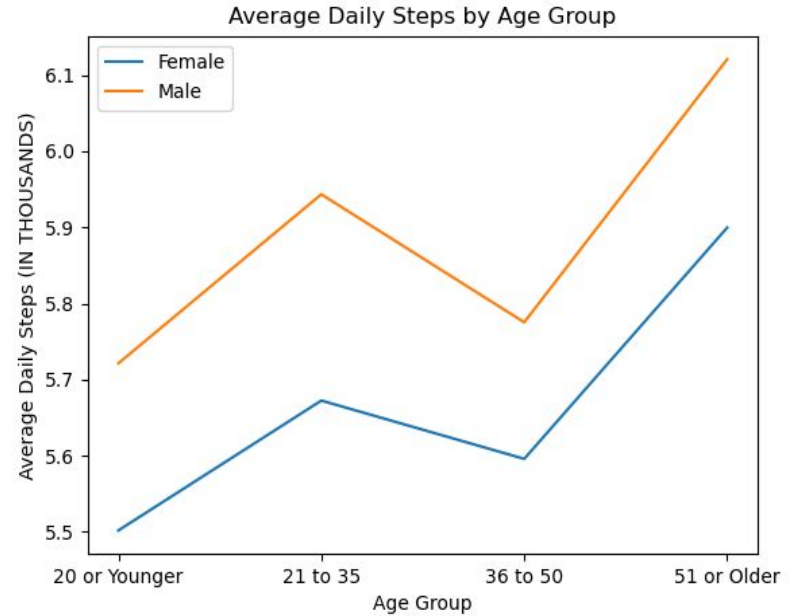▶ Thousand steps, daily average over multiple days including work days and week-end.

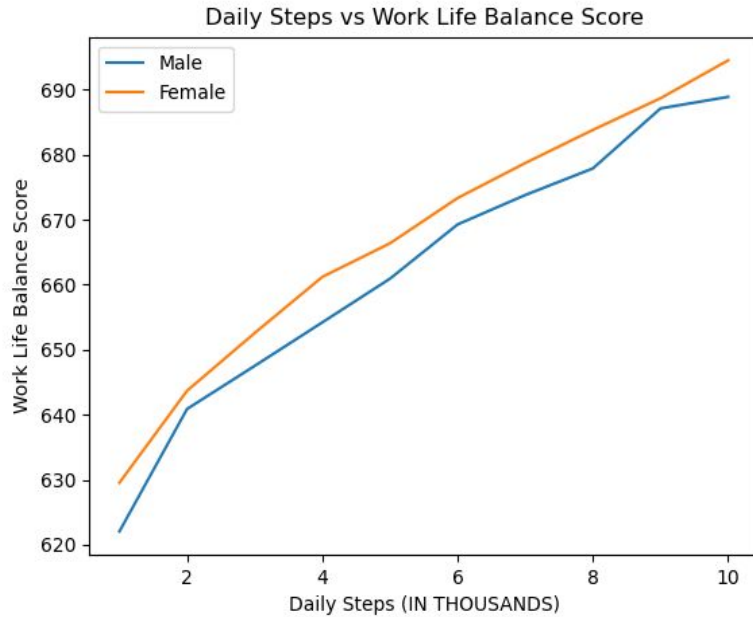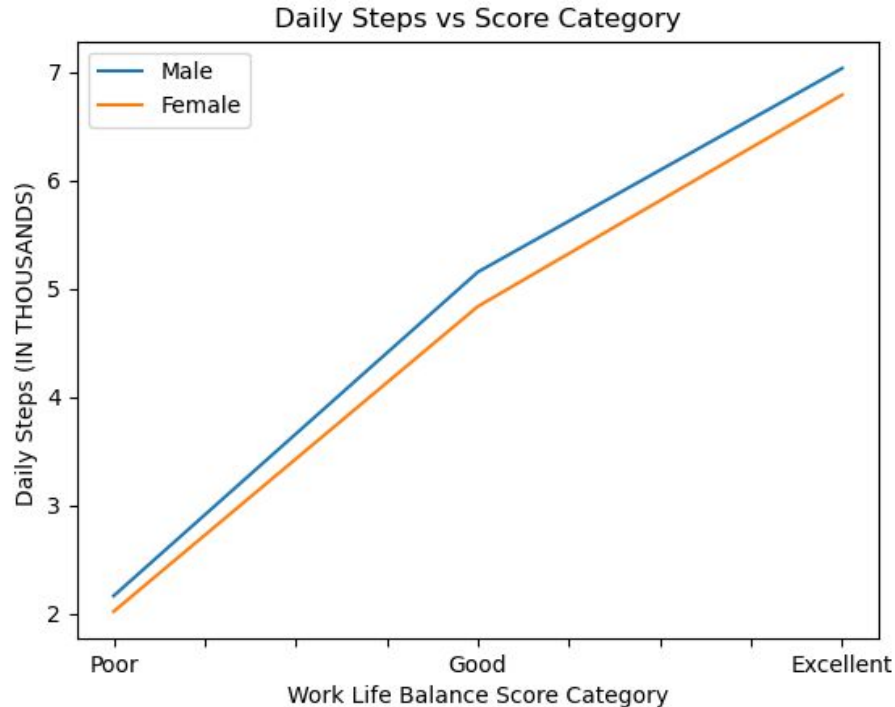|	1	2	3	4	5	6	7	8	9	10	
Less than 1,000 steps	○	○	○	○	○	○	○	○	○	○	Thousand steps

Daily Exercise vs Work Life Balance Score

Daily Steps vs Work Life Balance Score Category

The Impact of Physical Health on Work-Life Balance Score

Sleep Hours

ABOUT HOW LONG DO YOU TYPICALLY SLEEP? *

▶ Over the course of a typical working week, including week-end

1	2	3	4	5	6	7	8	9	10	
○	○	○	○	○	○	○	○	○	○	Hours per night

Sleeping Hours vs Work Life Balance Score
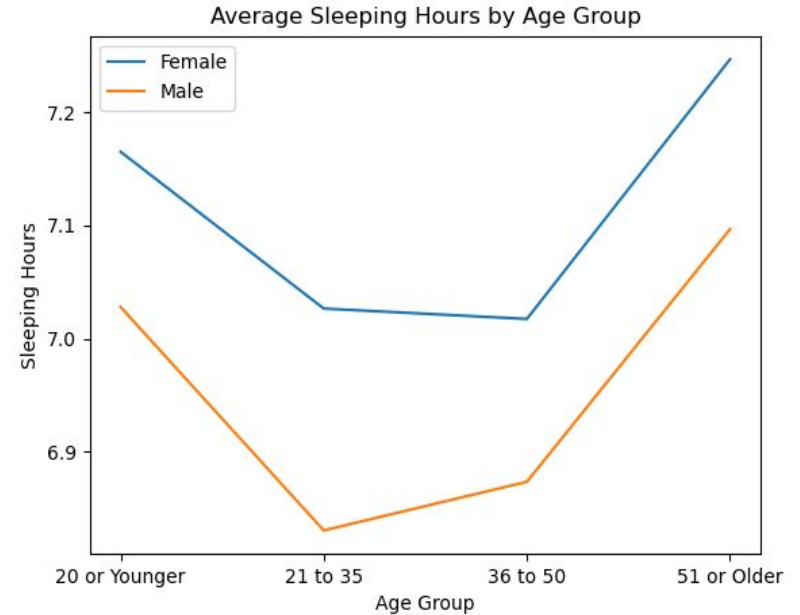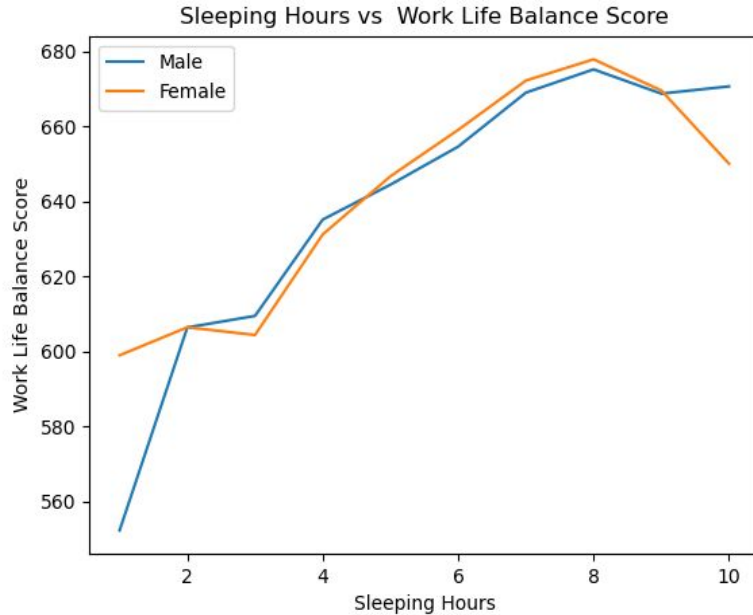
Sleeping Hours vs Work Life Balance Score Category

The Impact of Mental Health Activities on Work-Life Balance Score

Flow

IN A TYPICAL DAY, HOW MANY HOURS DO YOU EXPERIENCE "FLOW"? *

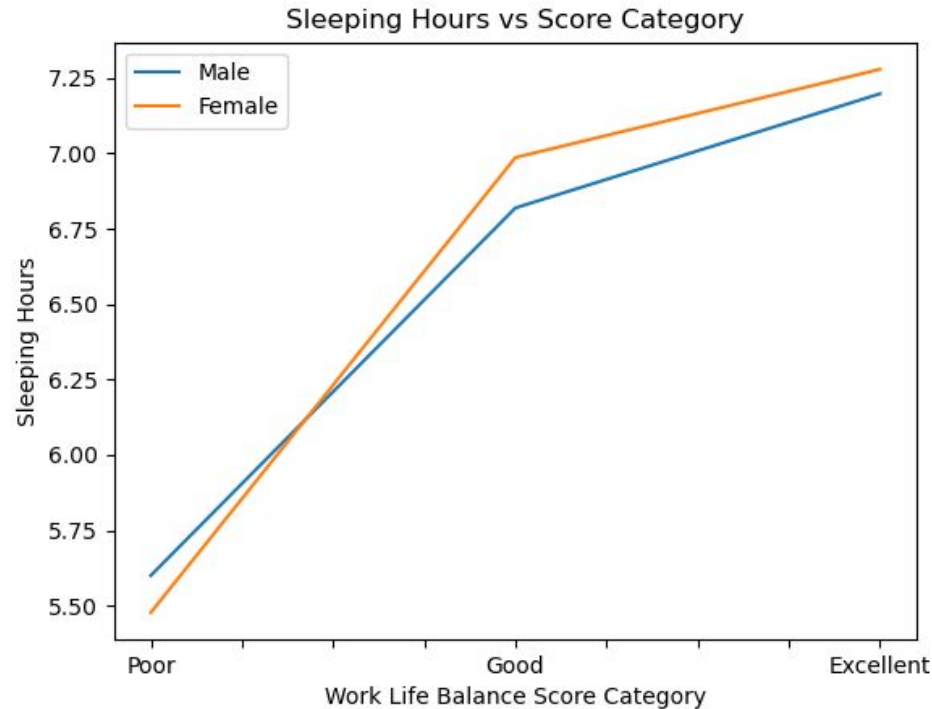▶ 'Flow' is defined as the mental state, in which you are fully immersed in performing an activity. You then experience a feeling of energized focus, full involvement, and enjoyment in the process of this activity. ▶ Watch the youtube video from Mihaly Csikszentmihalyi "Flow, the secret to happiness"

	0	1	2	3	4	5	6	7	8	9	10	
None	○	○	○	○	○	○	○	○	○	○	○	Hours per day or more

The Impact of Mental Health Activities on Work-Life Balance Score

Meditative Activities

IN A TYPICAL WEEK, HOW MANY TIMES DO YOU HAVE THE OPPORTUNITY TO THINK ABOUT YOURSELF? *

▶ Include meditation, praying and relaxation activities such as fitness, walking in a park or lunch breaks.

	0	1	2	3	4	5	6	7	8	9	10	
None	○	○	○	○	○	○	○	○	○	○	○	Times per week or more often

The Impact of Mental Health Activities on Work-Life Balance Score

Shouting

HOW OFTEN DO YOU SHOUT OR SULK AT SOMEBODY? *

▶ In a typical week. ▶ Expressing your negative emotions in an active or passive manner.

	0	1	2	3	4	5	6	7	8	9	10	
Never	⦿	○	○	○	○	○	○	○	○	○	○	Times per week, or more

The Impact of Mental Health Activities on Work-Life Balance Score

Daily Stress

The Impact of Mental Health Activities on Work-Life Balance Score

Time for Passion

HOW MANY HOURS DO YOU SPEND EVERYDAY DOING WHAT YOU ARE
PASSIONATE ABOUT?   *

▶ Daily hours spent doing what you are passionate and dreaming about, and/or
contributing to a greater cause: health, education, peace, society development, ...

|	0	1	2	3	4	5	6	7	8	9	10	
None	○	○	○	○	○	○	○	○	○	○	○	Hours

Summary Tables

	Avg Flow Hours - Male	Avg Flow Hours - Female	Avg Weekly Meditation - Male	Avg Weekly Meditation - Female	Avg Weekly Shouting - Male	Avg Weekly Shouting - Female	Avg Daily Stress - Male	Avg Daily Stress - Female	Avg Daily Time for Passion - Male	Avg Daily Time for Passion - Female
Work Life Summary										
Poor	0.566667	0.931818	2.533333	1.545455	7.166667	7.250000	4.366667	4.477273	0.333333	0.568182
Good	2.425420	2.534708	5.867384	5.217182	3.039391	3.495189	2.850053	3.244674	2.468487	2.376804
Excellent	4.376703	4.260391	7.796484	7.253130	2.103736	2.397346	2.101099	2.438908	4.956044	4.652228

	Median Flow Hours - Male	Median Flow Hours - Female	Median Weekly Meditation - Male	Median Weekly Meditation - Female	Median Weekly Shouting - Male	Median Weekly Shouting - Female	Median Daily Stress - Male	Median Daily Stress - Female	Median Daily Time for Passion - Male	Median Daily Time for Passion - Female
Work Life Summary										
Poor	0.0	0.5	1.0	0.5	10.0	10.0	5.0	5.0	0.0	0.0
Good	2.0	2.0	6.0	5.0	2.0	3.0	3.0	3.0	2.0	2.0
Excellent	4.0	4.0	8.0	7.0	1.0	2.0	2.0	2.0	5.0	4.0

Healthy Mind (Shouting and Sulking)

Healthy Mind (Shouting and Sulking)

Median Weekly Shouting/Sulking vs Score Category
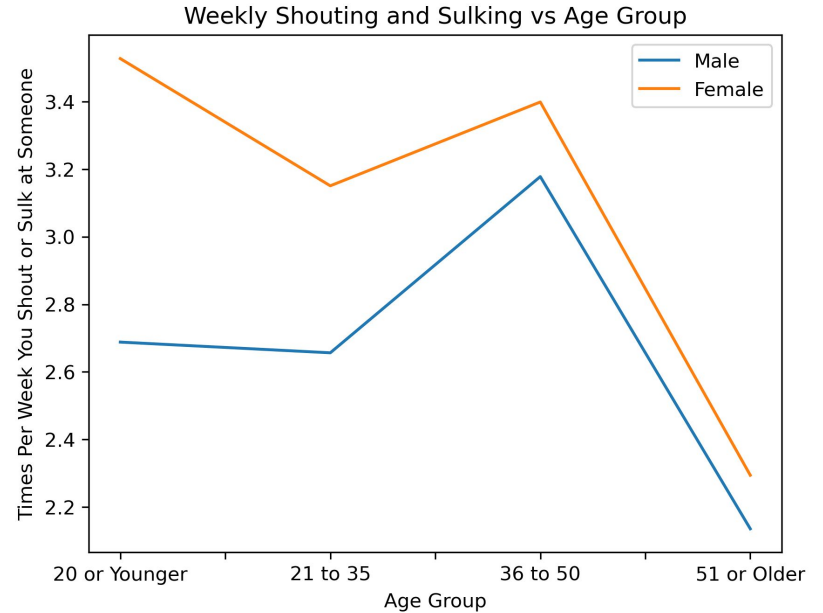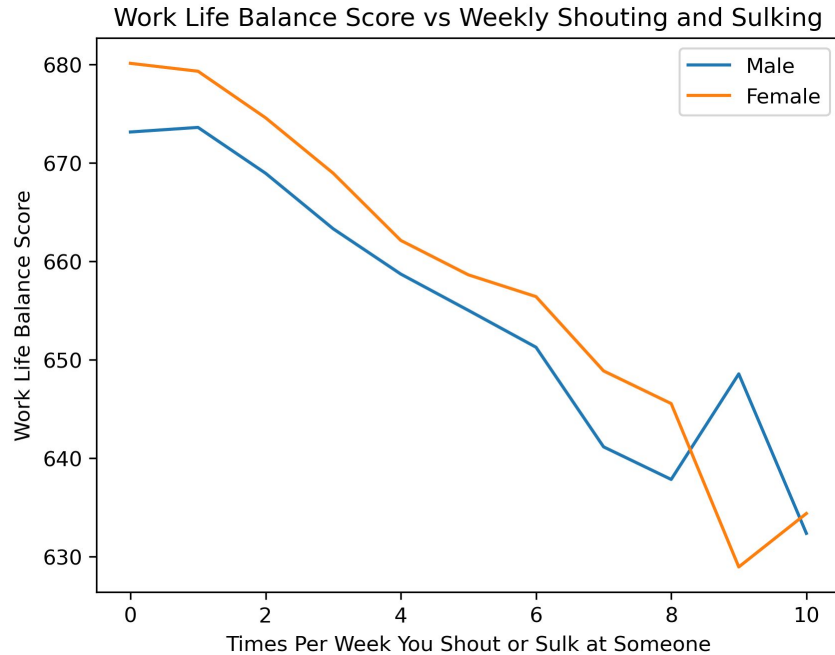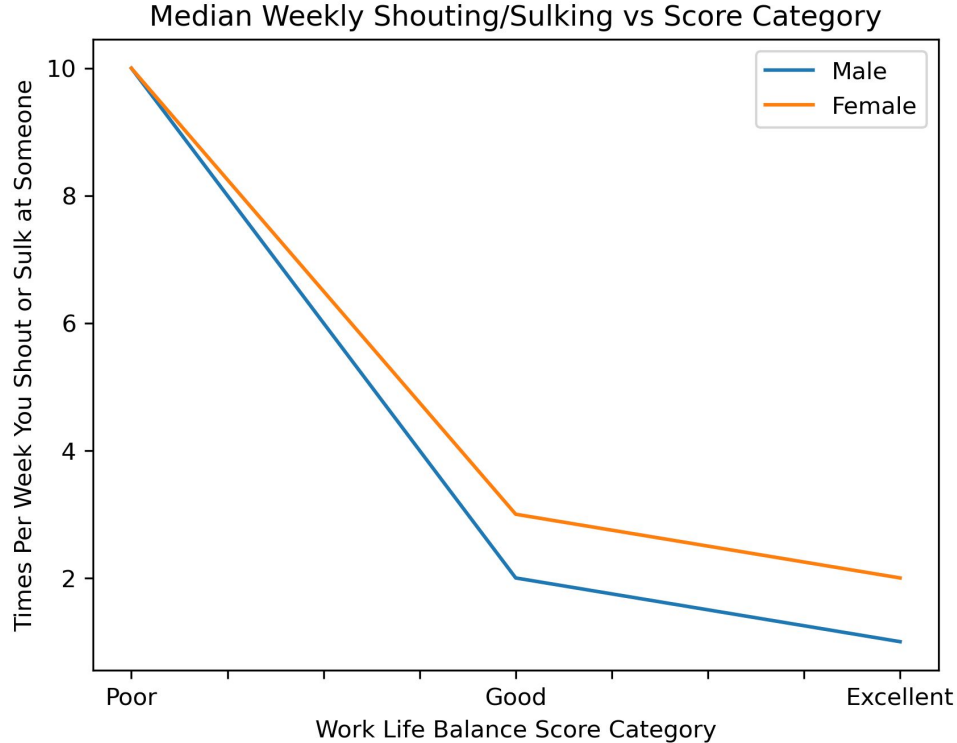
Limitations

- Not able to see how score is calculated (eg, weights for different questions)
- No category for perceived work-life balance/happiness
- One off survey – no follow up or ability to see how scores might change over time/with age

Conclusions

- In general, as "good" daily activities increased, so did work-life balance score and vice versa
- Most significant jumps were between Poor and Good score category – might not be that much of a difference living as Good vs Excellent
- Lowest work-life balance scores were found in the 21-35 year old age range

Further Research

- What specific factors lead to lower work-life balance scores in the 21-35 year old age group?
- Are perceptions of happiness different from calculated score? Significantly?
- Could you build an algorithm that predicts work-life balance score increase with increases across question dimensions or specific questions?
- How do the individual factors correlate with one another? In the same dimension? Across different dimensions

Questions?