Unequal homes, unequal wellbeing

To what extent is the association between household division and wellbeing explained by relationship satisfaction for women?

Name:	Wessel Blekkink
Student Number:	5894069
Professor:	J.M. van Ditzhuijzen
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ABSTRACT

Unequal household work division (HWD) can lead to lesser wellbeing. Because of traditional gender norms, it is expected for the female to focus on household tasks, meaning that most 'victims' of HWD are female. However, the exact relationship between HWD and wellbeing is rather understudied. Various literary works suggest this relationship could be explained via relationship satisfaction. This study examined this relationship by performing a cross-sectional analysis on existing data from the LISS panel. This data consisted of 995 participants, with a relative equal division between female (531) and male (464). Subsequently a mediation analysis was performed for relationship satisfaction and the control variable age, education, and traditional gender norms. After the analysis there was no significant effect found for relationship satisfaction as mediator. This could be because of the origin of the data, the time of the data or even because another variable might be influencing the effect. There were however significant associations found for HWD, relationship satisfaction, age, and education on wellbeing, for women. Compared to men, these results are almost the same, with HWD only being significant for women, while traditional gender norms are significant for men. The conclusion that can be drawn from this is that the relationship between HWD and wellbeing needs to be studied further, longer over time, and with primary qualitative data so that the operationalization of the variables can be done beforehand. This future research should take gender differences into account, especially HWD and traditional gender norms, as these are the main differentiators between women and men.

Contents

Introduction

Traditionally, men were expected to work, while women should focus on household work (e.g., cooking/cleaning) and raising children. However, over the years, gender norms have changed in the Netherlands. Women are increasingly entering the labour market, with 76% of Dutch women participating in 2019 (Brakel, 2020). Even though female participation increases on the labour market, male participation in household work has been lagging behind. The prevalence of traditional gender divisions at home, inadvertently results in females entering into the part-time labour market so they can combine household tasks with their labour market participation (Taminiau, Teelken, Berkhof & Kuyt, 2021). This situation of women unequally performing household tasks, atop of them working, puts them at a greater risk for a myriad of potential problems (e.g., depression, anxiety), compared to their male counterparts (Eek & Axmon, 2015). These kind of inequalities at home can extend into the Dutch society and have detrimental effects. Firstly, due to these inequalities in the household work, females' levels of wellbeing are being negatively affected. Lower levels of wellbeing can result in females quitting their jobs to counter a further decrease in their wellbeing. This would be bad, not only for the individual, but also for the society. Losing people in the sector '*Zorg en Welzijn'* (care and welfare), which is made up of 81% females, would put the Netherlands into a precarious situation (Brakel et al., 2020). Secondly, this unequal division can also decrease relationship satisfaction in women (Carlson, Miller & Rudd, 2020). This relationship dissatisfaction is in turn strongly associated with emotional distress for both the individual as for the partner, (further) lowering overall wellbeing (Røsand, Slinning, Eberhard-Gran, Røysamb, & Tambs, 2012).

The objective of this paper is to look at the impact of unequal household division on the wellbeing for women. Continuing on this objective, the goal is to see if this effect is potentially mediated by relationship satisfaction, as the combination of Carlson et al. (2020) and Røsand et al. (2012) might suggest. It could also be the case that another variable mediates this interaction, therefore the control variables age and education are added. Traditional gender norms are also added based on its effect on gender divisions at home. The same analyses will be performed for men as comparison. By comparing the women to the men, the differences and similarities can be seen for gender, creating a clearer understanding of the interactions.

Existing research

Existing research on inequality between men and women has mainly focused on the context of education and work. For example, multiple studies have found a negative individual wage-housework relation, what could potentially mean that gender discrepancies at home may clarify the wage gap (Matteazzi & Scherer, 2020). This shows the importance of understanding the effect of household work division (henceforth, HWD). Yet, studies on (unequal) HWD and its potential detrimental psychological effects are fairly scarce. This however does not mean that there is no existing research on HWD, but it shows that the subject is rather underexposed.

One of the studies that did focus on psychological effects of HWD is Mousavi (2020). In this study it is shown that women, compared to men, report poorer wellbeing. These lower levels of wellbeing are explained by women having more family-based responsibilities and the unequal division of roles. On top of this, mothers also experience increased levels of stress and anxiety due to the pressure of housekeeping and societal expectations of motherhood (Mousavi, 2020). This effect of HWD on wellbeing is further backed by other studies. For example, in Eek & Axmon (2015), women showed significantly higher levels of multiple conditions, among others; perceived stress, fatigue and work-family conflict. While these conditions are worrisome in their own right, they are overshadowed by the aforementioned lower levels of general wellbeing, which is directly correlated to HWD (Eek & Axmon, 2015).

This however does not mean that all women living in a household with traditional work division experience lower wellbeing. The main differentiator in Eek & Axmon (2015) is the perception of fairness regarding HWD. When the actual division is unequal, yet the division is perceived as fair and equal (e.g., male breadwinner), the effect on women is trivial. When the reverse is present, the women's health and wellbeing are negatively affected.

HWD does not only negatively affect wellbeing, but also relationship satisfaction (Carlson et al., 2020). The increased pressure and stress females experience from household work can result in multiple intrapersonal problems. These intrapersonal problems have an important effect on relationship satisfaction. Traditionally, stress and coping were approached from an individual-oriented view, but a more current view of coping and stress takes interdependence between

partners into account (Falconier, Nussbeck, Bodenmann, Schneider, & Bradbury, 2015). This basically means that stress was first seen as having effect on the individual, while it should be seen as having effect on both partners. In the case of the HWD, when the division is unequal, and also perceived as such, a potential result is an increase in intra-dyadic stress. In turn, intra-dyadic stress has a negative effect on relationship satisfaction over time (Breitenstein, Milek, Nussbeck, Davila & Bodenmann, 2018). And even this effect on relationship satisfaction is unequal, as women are more sensitive to relationship problems than men (Mousavi, 2020). The effect of unequal HWD is therefore not exclusively detrimental to female wellbeing, but also to their relationship satisfaction.

Not only does HWD have a negative effect on wellbeing and relationship satisfaction, but relationship satisfaction itself also has a negative impact on wellbeing. This suggests that relationship satisfaction performs a mediating role. According to Whisman (2011, as cited in Proulx, Helms, & Buehler, 2007) just like females' increased sensitivity for relationship problems, their wellbeing is also more closely tied with the emotional climate of their relationships. Experiencing unequal HWD could result in higher levels of relationship dissatisfaction. This relationship dissatisfaction in turn increases depressive symptoms and as result lower wellbeing in both men and women (Proulx et al., 2007). However, the association between depressive symptoms and relationship dissatisfaction was again stronger for females (Whisman, 2011 as described in Proulx et al., 2007).

To summarize, unequal HWD may have a harmful effect on levels of wellbeing, especially for women, as well as on the level of relationship satisfaction. And although these two problems seem to be unrelated, the effect of relationship satisfaction shows a possible mediation. This possible mediation has not been tested before and is therefore the objective of this paper, hopefully finding to what extent relationship satisfaction explains the association between household division and women's wellbeing.

THEORETICAL FRAMEWORK

Equity theory – Fairness effect on Wellbeing

To support my hypotheses, I will describe three theories, stemming from psychology and sociology. The first of these theories is the equity theory. Equity theory is a theory that people in

interpersonal relationships, try to maximize the rewards they can get out of it (Adams 1965; Homans, 1974; Walster et al. 1978, as described in Carlson, 2020). When rewards from interpersonal relationships are perceived as corresponding and fair, people are most satisfied with these interpersonal relationships. However, the contrary is true as well. People feeling like they are getting less than what is fair, often experience greater distress. These people can be described as *'under benefited´*. Under benefited people's their increased levels of distress often exhibit feelings of depression, sadness, resentment, and anger (Carlson, 2020). Further elaborating on this, Carlson et al. (2020) state that this is also applicable to HWD.

When the HWD is perceived as unequal, this is seen as an injustice. When this injustice stems from perceived unequal HWD, the research from Lively, Steelman & Powell (2010) state that especially depression is common in wives, contributing to lower levels of wellbeing. The opposite of this link appears to be true as well. When the HWD division is perceived as equitable in a romantic relationship, both partners were more satisfied (Amato, Johnson, Booth, & Rogers, 2003). With this, the equity theory does not only explain the link between HWD and wellbeing. It also explains how a gendered division of household work can be perceived as equal with the help of social norms. Feelings of equity stem from what people think they deserve after all.

Social exchange Theory

Greenstein (2009) confirms that there is an effect of perceptions of fairness on relationship satisfaction as well. This effect is especially strong in countries with high levels of gender equality. The feeling of fairness having an effect on relationship satisfaction could possibly be explained by looking at the social exchange theory. This theory is, just like the equity theory, focused on the interpersonal relationships between people. Social exchange theory is defined as the exchange of (in)tangible activities between two persons, with the activity being rewarding or costly (Homans, 1961 as described in Cook & Emerson, 1987). The 'costs' in this theory are seen as the alternative chances/activities that are being given up by the actors. The social exchange theory states that people take the benefits of a relationship and subtract the costs from it, determining if the outcome is a positive. When there are more costs, the outcome will be negative, meaning that there is a negative relationship, leading to relationship dissatisfaction.

When applying this theory on the subject of this paper, the effect of HWD on relationship satisfaction can be. Looking at a hypothetical romantic relationship in contrast of the social exchange theory, means looking at the costs vs. rewards. In the beginning of the division, the costs might not seem as high; the woman mainly suffers from less leisure as costs. However, these 'low' costs in beginning can results in increased levels of the aforementioned myriad of problems like fatigue, perceived stress and/or conflict (Eek & Axmon, 2015). This effect suggests that the costs of unequal HWD grow over time, while the rewards are relatively stagnant. The social exchange theory would see this as the costs eventually outweighing the rewards, meaning that the relationship is seen as negative, thus increasing dissatisfaction regarding the relationship.

Self-Determination theory

The third and last theory used is the self-determination theory. This theory proposes that three needs motivate people to grow and change (Patrick, Knee, Canevello & Lonsbary, 2007). The first of these needs is autonomy (your decisions are your own), the second competence (feeling capable) and lastly, relatedness (experiencing connection to others). When all three needs are satisfied, the greatest levels of wellbeing are experienced. However, if one of these needs is not satisfied, negative consequences like dissatisfaction and deprivation can emerge. In the case of relationship dissatisfaction, these needs are affected, threatening negative consequences, which could affect wellbeing.

The realization of these needs, predict both relationship and individual wellbeing (Patrick et al., 2007). The strongest predictor of these three needs in relationship, is relatedness. When relationship satisfaction is threatened, it endangers the basic need of relatedness, thereby stumping personal growth and decreasing wellbeing. Taking the self-determination theory and putting it against the situation of this paper, the link between relationship satisfaction and wellbeing is explained. Not only is relationship satisfaction important for the relationship itself, but also for wellbeing. When relationship satisfaction is not sufficient, e.g., as a consequence of unequal HWD, the wellbeing of that person is negatively affected as well.

Scientific Value

As every study before this one, the question is asked what kind of value this research adds to society, but also to science itself. Starting with the latter, the value this research offers is based on the theorized mediation effect. Even though links between HWD and wellbeing, HWD and relationship satisfaction and relationship satisfaction and wellbeing, have been documented before, there is little to no research on the potential mediation effect of relationship satisfaction. Due to the way these three variables are connected elicits a mediation expectation with relationship satisfaction as the mediator. By testing this effect, the knowledge gap stemming from the lack of research on the topic could be addressed. A better explanation of these variables can lead to a better understanding of the situation. If interventions/policy are made for the improvement of women's wellbeing, it is beneficial to know impactful variables. The case of relationship satisfaction could tell something about the interpersonal situations and its effect on wellbeing. Another positive outcome this research could provide, is the laying of foundation for future research. By focusing on this specific mediation effect, only a portion of the effect of HWD will be explained. Future research could expand on this model, by focusing on other possible variables, the way these are connected to each other and researching it with primary data.

Societal value

Scientific value may be concentrated in a few arguments, but societal value is extensive and trumps scientific value. The main 'victims' of unequal HWD are women. This means that women are overall more committed to homes, then men. When there is a higher home commitment, women's labour market attachment is reduced, leading to an increase of female sickness absence (Angelov, Johansson & Lindahl, 2013). Looking back at the health care sector (81% women), this would mean females are unnecessarily absent in one of the most important sectors. By researching the mediation effect of relationship satisfaction, the causal pathway of HWD on wellbeing can be better understood. This in turn could show if HWD really is that impactful on wellbeing, or that it is just mediated by relationship satisfaction. If relationship satisfaction does explain this effect, the wellbeing of the woman will not be poorer when they are satisfied with their relationship. As the labour market division reflects the home division, unequal HWD division could force women into

part- or no-time market participation to still fulfil their gender role duties. But if they are satisfied (with their relationship), the negative effects of unequal HWD, on wellbeing, are minimized.

Summing up, understanding the effect of unequal HWD could be beneficial to society as they could explain the main detrimental effect on wellbeing. Beyond the intrinsic value of female wellbeing, research also shows advantageous life outcomes like better social relations and lower racial biases (Adler & Seligman, 2016).

Research Question

With the existing literature and the theories used, the topic of this paper emerges. If there is an effect between these three variables separate from each other, it is possible that they are part of the same process. With HWD and relationship satisfaction proven to have an effect on wellbeing, and HWD on relationship satisfaction, there is a possibility of a mediating effect from relationship satisfaction. The main research question is therefore: To what extent is the association between household division and wellbeing explained by relationship satisfaction for women? Based on this objective, figure 1 has been made to portray the possible way of mediation, with relationship satisfaction as the mediator itself. For the main research question, this model will be tested for females, but for comparison this model will also be tested for males. The expected hypotheses for females are reflected in this model, meaning that these hypotheses could be present for males but are predicted to be present for females. Firstly, the connection of HWD towards wellbeing is expected to be significant; meaning that higher unequal HWD (for the women) is associated with lower wellbeing. Secondly, the connection between HWD and relationship satisfaction is expected to be significant as well, with higher unequal HWD being associated with lower levels of relationship satisfaction. Thirdly, lower relationship

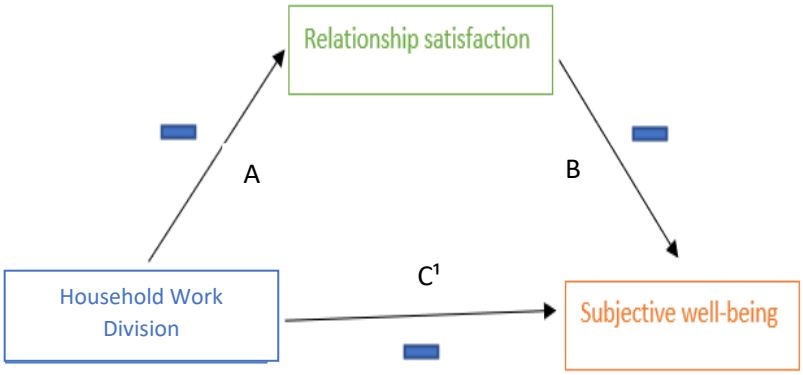

Figure 1. The mediator model of Perceived unequal HWD and Subjective Well-being, with Relationship satisfaction as mediator

satisfaction is closely associated with lower wellbeing, depicted by the remaining arrow in the model. By testing these three connections, the extent of relationship satisfaction explaining the association between HWD and wellbeing, can be concluded. The fourth and final hypothese that will be tested is that the overall mediating effect of relationship satisfaction fully explains the relationship between HWD and wellbeing. The direction would go (in case of full mediation) from higher unequal HWD to lower relationship satisfaction to lower wellbeing. This would imply that if relationship satisfaction was removed, unequal HWD and wellbeing would not be associated with each other anymore.

METHODS

Design

The research performed in this study is trying to explain how these three variables are connected. The design of this paper is a cross-sectional analysis. This design choice has been made in order to test what the connection is at a certain point in time. This needs to be done so that future research can concern itself with the why and how it will differ over time. To perform this research, quantitative data has been chosen in the form of online surveys. By using quantitative data, a large collection of respondents can be looked into at the same time, while producing reproducible knowledge. The data used has been collected before, by an external organization, making it a secondary data analysis. This external organization is the Centerdata research institute, whose data is collected into the LISS panel. The LISS panel is a panel based on a probability sample of Dutch households. With a wide variety of surveyed disciplines and eight different core studies (e.g., family and household, norms and values), the LISS panel is a representative longitudinal survey databank that can be linked to other data (like the CBS). For this research, wave 12 of the core studies was used which is the latest wave before Covid-19, meaning all answers come from the second half of 2019. This data has been collected in May 2022 to use in this research.

Participants

The recruitment process of the participant used, consists of two separate parts. The first part focusses on how the LISS panel, from the Centerdata research institute, got their participants. Centerdata, recruited their participants by using a traditional random sample on population

registers. Because the LISS panel is based on internet surveys, participants without internet connection were provided with loaned equipment. Furthermore, the participants were reached via letter, telephone, or a house visit, with an invitation to participate. To improve the representativeness of the LISS panel, four stratified 'refreshment' samples were carried out over the years to increase underrepresented groups representation.

The second part of the recruitment process has been performed in this study by using criteria based on the research question. In this case, this would mean that only a selection is used from the combined surveys from the LISS panel. The criterion from this study applied on the combined dataset mainly consists of their home situation (in a heterosexual relationship and living together), not outsourcing household work (e.g., via a cleaning person) and the availability of answers on the needed variables (age, education, and traditional gender norms). The sample size is connected to the number of eligible participants, because of secondary data dependence. This results in a group of 995 participants who all are in a heterosexual relationship, live together with their partner, are a participant in the LISS panel and do not outsource household work. For this research, this group has been divided into the main group (531 females) and a comparison group from the opposing gender (464 males) via a split file command in SPSS.

Measures

The modules used from the LISS panel are *1. Background* (basic information), *2. Health* (wellbeing), *5. Family and Household* (relationship satisfaction) and *8. Politics and Values (traditional norms).* In the mediation model, different variables are present that are used to answer the research question. Firstly, the predictor variable will be the HWD from module five. To measure the HWD, the question "how is the household work divided between you and your partner" has been asked, with a focus on certain activities like preparing food, laundry, cleaning, odd jobs, grocery shopping and financial administration. When using a reliability analysis, the highest Cronbach's alpha achievable (females = .724, Males = .693) was only possible by excluding the sub questions regarding "odd jobs" and "financial administration". Answers ranged from "1. I do a lot more than my partner" to "5. My partner does a lot more than I", meaning that a lower score equals the participant performing most of the work. The sixth possible answer ("6. it is completely being outsourced) is not applicable as a participation criterion is that the household

work is not outsourced. For this research the results for females will be reversed, meaning that "5. My partner does a lot more than I" now means "1. I do a lot more than my partner" and vice versa. For the male answers this means that the answer is still the same with a higher score representing the partner (a.k.a. the female) doing more. For females a higher score now means that they (the female) do more. This results in the dependent variable HWD where a higher score represents that the female does more in terms of household work and a lower score means the male does more.

Wellbeing has been measured with a question regarding somebody's subjective health (how somebody felt) during the past month, divided into five sub questions extracted from the second module. These sub questions entailed the extent of feeling: i) anxious, ii) depressed and gloomy, iii) that nothing could cheer them up, iv) calm and peaceful and v) happy. All of these were answered via a 6-point ordinal scale going from "1. never" to "6. Continuously". Because iv & v are regarding happy thoughts, they need to be converted to be in line with the other sub questions. This means that the answers are reversed in a way that the previous highest score on iv/v is now the lowest and vice versa. After this, these variables are combined under the umbrella term 'Wellbeing', with the lowest score (5) representing higher wellbeing and the highest score (30) representing low wellbeing. In the case of the female output, wellbeing would represent female wellbeing, but in the male set, this would represent the wellbeing of men.

To (partly) explain the connection between the predictor and outcome variable, the mediation variable 'relationship satisfaction' has been added from the fifth module. "How satisfied are you with your current relationship?", measures relationship satisfaction on a "0. entirely dissatisfied" to "10. entirely satisfied" scale. Control variables were also added to check for alternative explanations for the manipulation of the outcome variable. These control variables were focused on the age of the participants (ranging from 18 to 99), education level of the participants (divided in CBS categories of 1.primary/2.vmbo/3.havo&vwo/4.mbo/5.hbo/6.wo) and the believe in traditional gender norms; the latter was measured by taking the question whether woman should work of raise children into account, answered on a 5-point scale (1 = fully disagree, 5 = fully agree). Age and education stem from the first module, while traditional gender norms come from module eight. These three control variables could all potentially influence the outcome variable, which is why these are checked in this study. As stated, gender differences will also be taking into

account by firstly splitting the file into a main female group and a second male group and secondly having the X variable represent HWD from the female perspective.

Analysis

For the first step of measuring mediation, the created variables need to be checked if they measured what they needed to measure. By first converting the positive answers of wellbeing to negatives, the variables are all measuring the same way. If this is followed up by a Cronbach's alpha analyses, the reliability can be checked. This is then followed by testing the other assumptions that belong to a regression analysis (e.g., homoscedasticity, residuals). To test these assumptions, a linear regression analysis will be used. When the assumptions of Baron & Kenny (1986) have been met, the mediation analysis can begin by following the steps of PROCESS by Hayes (2018). Firstly, the significance of X (HWD) to Y (wellbeing) needs to be checked, otherwise there is nothing to mediate. Secondly, the significance of X on M (relationship satisfaction) is measured. Lastly, the actual mediation effect will be measured by looking at model as a whole. The ideal situation is where the association between M and Y is significant, but association between X on Y is absent (or smaller). After the assumption checks, PROCESS by Hayes (2018) will be used for the mediation analysis.

Ethics

Ethical permission has been gathered from a review committee at the University of Utrecht. However, the ethical implications of this research were kept to a minimum. This study can guarantee the anonymity, confidentiality, and informed consent of all participants. By using secondary data from the LISS panel, none of the participants are personally identifiable, thus ensuring the anonymity and confidentiality. Informed consent has been collected by the LISS panel as well. Firstly, all respondents ready to participate got a mail with a code, which they could use for the first questionnaire regarding their willingness to participate and their informed consent to becoming a LISS panel member. When someone does not agree to LISS informed consent declaration, they cannot become LISS panel members. Because participants can opt out at any moment, these participants are voluntarily choosing to continue, thus minimizing ethical complications.

Results

Descriptive:

The 995 participants are divided in 464 males (46.6%) and 531 females (53.3%). For age, the only group that were slightly underrepresented were the 65+ group for both females and males. The 65+ group only made up 3.9%, while the other groups were rather evenly distributed. The female's main education level is mainly concentrated in the MBO, HBO and WO categories, which is similar for the men. By starting with descriptive statistics of the main variables, an insight into the Mean, Minimum, Maximum, Std. Deviation can be extracted. These descriptive statistics can be seen in Table 1, which requires some explanation. The variable wellbeing stems from combining the five aforementioned sub questions (anxiety, depression, feeling down, calm (rev) and happy (rev)). To combine these questions a reliability analysis was performed, resulting in a *Cronbach's alpha* of .863 for women and .870 for men. Scoring higher on the variable wellbeing means worse wellbeing overall.

Table 1.

Descriptive statistics of HWD (X), Wellbeing (Y), Relationship Satisfaction (M) and the control variables Traditional Gender Norms and Education (N=995)

			Women		Men		Total	
Variable	Min	Max	*Mean*	*SD*	*Mean*	*SD*	*Mean*	*SD*
HWD	4	20	16.25	3.28	14.88	3.30	15.61	3.36
Wellbeing	5	30	11.59	3.78	10.84	6.67	11.24	3.75
Relationship Satisfaction	0	10	7.93	1.50	8.02	1.60	7.97	1.48
Traditional Gender Norms	1	5	1.78	0.82	1.94	0.86	1.86	0.84

Looking at table 1, it can be seen that females experience worse wellbeing than males. Secondly, relationship satisfaction does not seem to be evenly distributed but rather skewed to the right, meaning that overall people are rather satisfied with their relationship. The variable household work division was also created by combining the various sub questions. As stated, the highest *Cronbach's alpha* achievable (females = .724, Males = .693) was only possible by excluding the sub questions regarding "odd jobs" and "financial administration". This means that when talking about household division, questions concerning themselves with food, laundry, grocery, and

cleaning were used. When looking at table 1, the results show that women tend to do most household work, with a mean score of 15.61. The remaining variable, traditional gender norms, has a higher mean for the male group which shows a slightly higher belief in traditional gender norms.

Assumptions:

Before testing mediation via PROCESS, the applicable assumptions needed to be tested by using a linear regression analysis for both the women as the men. The assumptions are the same as a general linear model, i.e., linearity, homoscedasticity, independence, and normality. For linearity, a P-Plot was made in which the result could be found a linear line, meaning this assumption was met. For homoscedasticity and normality, a scatterplot was made in which the run through line was straight and the scattering was around this redline; meaning that these assumptions were met as well. Lastly, the assumptions of independence were tested, by using VIF values. Because these VIF values are under the 10 (females = 1.002 and males = 1.004), there is an absence of multicollinearity, thus being independent.

Mediation:

For the first three hypotheses, a regression analysis was used to see if the variables independently affect each other. To start, a regression analysis was performed between HWD and wellbeing, resulting in a p-value of 0.098 for women. The same pathway resulted in a p-value of 0.281 for men. For the connection between HWD and the relationship satisfaction (pathway A) a p-value of 0.256 was found for women and a p-value of 0.203 for men. Pathway B (relationship satisfaction towards wellbeing) resulted in a p-value of 0.000 in both cases, with B = -0.92 for women and B = -0.99 for men. Even though some of these numbers are not significant, the mediation analyses were still continued to test the remaining hypothesis and because how close to significant some variables were.

As split file does not work with PROCESS, the main group (females) was done first. By using model 4 in the PROCESS macro from Hayes (2018), the mediation could be calculated. Putting the variables HWD (X) and Negative Wellbeing (Y) in the model with Relationship Satisfaction (M) as mediator gave the results seen in table 2 for females. Looking at table 2, the first measured

effect is that of pathway A (HWD on relationship satisfaction). As can be seen, this pathway has a p-value of 0.210, thus being non-significant. With the R^2 being 0.00, the explained variance is low to nothing. To test for reverse causality, the X and M variables where switched, but alas to no avail. This means that there is no mediation between these two variables. Looking at the second step it seems that pathway B, leading to the outcome variable wellbeing, has multiple variables with significant p-value. This means that the association of HWD and relationship satisfaction with wellbeing is significant, just like age and education. Looking at the coefficients, an increase of 1 unit would results in an increase in wellbeing for all these variables.

Table 2.

First part of PROCESS by Hayes (2018) of Household Work Division (X), Wellbeing (Y) and Relationship Satisfaction (M) as mediator. Female only model (N = 531)

Variable	B	SE B	95% CI [LL, UL]	p	R^2
Step 1					
Constant	8.64	0.58	[7.50, 9.78]	0.000	0.00
Household Division	-0.03	0.02	[-0.06, 0.01]	0.210	
Age	0.00	0.00	[-0.01, 0.01]	0.628	
Education	-0.05	0.05	[-0.16, 0.06]	0.374	
Traditional Gender Norms	0.03	0.08	[-0.13, 0.19]	0.693	
Step 2					
Constant	1.52	0.06	[1.40, 1.64]	0.000	0.17
Household Division	-0.00	0.00	[-0.00, 0.00]	0.032*	
Relationship satisfaction	-0.03	0.00	[-0.04, -0.03]	0.000*	
Age	-0.00	0.00	[-0.00, -0.00]	0.000*	
Education	-0.01	0.00	[-0.02, -0.00]	0.028*	
Traditional Gender Norms	0.01	0.01	[-0.00, 0.03]	0.073	

Note: B, p and CI represent the coefficient, significance, and confidence interval respectively. The outcome variable in step 1 is the mediator *relationship satisfaction*, Step 2 outcome variable is wellbeing. Control variables used are education, age, and traditional gender norms.

*p < 0.05

Using the same technique for the secondary group (males), the results in table 3 present themselves. In step 1, when looking at the p-values, the same scenario as with females arises where there is not a significant value for pathway A. When looking at step 2 however, relationship satisfaction can be seen as having a significant association with wellbeing. Just like in the case of females, the variables age and education are significant as well. Only HWD is not significant for men, while this is the case for women; for traditional gender norms this is the other way around.

Table 3.

First part of PROCESS by Hayes (2018) of Household Work Division (X), Wellbeing (Y) and Relationship Satisfaction (M) as mediator. Male only model (N = 461)

Variable	B	SE B	95% CI [LL, UL]	p	R^2
Step 1					
Constant	7.62	0.55	[6.55, 8.69]	0.000	0.00
Household Division	0.02	0.02	[-0.02, 0.06]	0.299	
Age	0.00	0.01	[-0.01, 0.01]	0.804	
Education	0.01	0.05	[-0.09, 0.12]	0.820	
Traditional Gender Norms	-0.03	0.08	[-0.19, 0.13]	0.704	
Step 2					
Constant	1.41	0.06	[1.30, 1.52]	0.000	0.18
Household Division	-0.00	0.00	[-0.01, 0.00]	0.139	
Relationship satisfaction	-0.04	0.00	[-0.04, -0.03]	0.000*	
Age	-0.00	0.00	[-0.00, -0.00]	0.004*	
Education	-0.00	0.00	[-0.02, 0.00]	0.082*	
Traditional Gender Norms	0.02	0.01	[0.01, 0.03]	0.003*	

Note: B, p and CI represent the coefficient, significance, and confidence interval respectively. The outcome variable in step 1 is the mediator relationship satisfaction, Step 2 outcome variable is wellbeing. Control variables used are education, age, and traditional gender norms.

*$p < 0.05$

Discussion

After the analysis and the data, the main findings can be derived. When looking back at the hypotheses, it can be seen that the first hypothesis, HWD's effect on wellbeing, has been disproven in this study for both females, as males via the regression analysis. This is contradictory to existing research from (for example) Eek & Axmon (2015). This could be because perception was considered in the aforementioned study, which could have skewed the results. The mediation analysis however shows for females a significant association which might suggest an indirect effect. The second hypothesis is proven to be wrong as well for both genders. Meaning no significant connection between HWD and relationship satisfaction according to this study, which is contrary to Carlson et al. (2020). A possible explanation for this discrepancy could be that Carlson et al. (2020) looked at relationship (dis)satisfaction, thus using a data set based on the 2006 Marital and Relationship survey, opposed to this study single question, possibly explaining the discrepancy. In contrast with the first two hypotheses, the third hypothesis, regarding lower relationship satisfaction being associated with lower wellbeing, has been proven correct. Based on Mousavi (2020) the expectation was that the unstandardized coefficient would be higher for

females. In this study however, the results show that men if relationship satisfaction would increase by one unit, their wellbeing increase will be 0.07 higher than that of females.

The final hypothesis states that relationship satisfaction mediates HWD and wellbeing. As both pathway A as C' are not significant, this hypothesis seems to be proven wrong. The research question can therefore be answered. Relationship satisfaction explains a non-significant portion of the association between HWD and wellbeing, which is also a result in its own accord. Looking at the male group, this conclusion corresponds with that of the females. In spite of these results, potential was found in the second step of the mediation analysis for women. Not only is there a direct significant effect of the predictors HWD and relationship satisfaction on the outcome variable wellbeing in some way, but the control variables age and education have a significant association with wellbeing as well. For the male group, the same variables are significant in the analysis (relationship satisfaction, age, education), the only difference being that HWD is not significant, while traditional gender norms are. The coefficients of the variables that are significantly present in both cases are not that far of each other, suggesting approximately the same impact on women as on men. It therefore seems that the main differences between the female and male group are the variables HWD and traditional gender norms.

When looking at the extent of explanation for females, the specific answer can be found under the R squared. In this case, this would mean that 17% is explained by this model, leaving 83% left to be explored. The total effect of the model is .0009 and therefore rather underwhelming in its effect size. Comparing this to the male counterparts, with an R^2 of 18% and a total effect of -.0008, the results between the genders are relatively the same again. With the coefficient being positive in the case of females, and negative for men, there seems to be a different result. However, when realizing that a higher HWD means the female doing more, it is not surprising that for a higher number, women their wellbeing would decrease (it becomes more unequal for them); while for the men a higher number means them doing less, thus increasing their wellbeing.

The discrepancy between previous literature and these results could be because this is a cross-sectional study looking at a single point or that the used data is from one location. Another explanation could be that in this instance these two variables have no effect on each other because there are more unobserved variables between these two variables, e.g., the perception of fairness. The perception of fairness is suggested in the literature to have an effect on this interaction, but

this was not doable in this study due to data limitations. This is where the first limitation can be seen of this study. The usage of secondary information restricts the possibility of asking for a specific variable that might influence the interaction between variables, like the perception of fairness. On top of this, a perception of something is easier to understand when performing a qualitative study, as set questions are rather limiting for such a personal concept. Looking at the internal validity, this study is in slightly less of a risk than a study using primary data. Because of the usage of secondary survey data, the participants could not be influenced beforehand. However, there could be a case of socially desirable answers. Another issue, that also effects the external validity, is a selection bias. This bias is not necessary from this study, but rather that only people willing to take part in a LISS survey could be studied. To at least try to make the results as representable as possible, there was a goal of having (approximately) an equal distribution for gender and age.

Future research should focus on a longitudinal study to see changes over time, understanding the cause and effect better of these variables. Instead of using secondary data, primary data is recommended as this does not limit what you can measure and how you measure it. With this study design, combined with a division of gender and measuring the perception of fairness with the same operationalization as in previous research, a more profound explanation could potentially be found for these interactions. Especially the variables HWD and traditional gender norms should be studied, as these are the main gender differences.

To conclude, the mediation that this study set out to test was not found significant. The result that was found though, was that females' wellbeing is significantly associated with HWD, relationship satisfaction, age, and education in some way. However, the interactions were direct to wellbeing and not via mediation. The main difference with men is that HWD was not significant for men, while traditional gender norms were. The other (significant) results show that these variable interactions are close (if not the same) for women and men. Overall, there was no mediation effect found for HWD and wellbeing; only what does not affect it. This is not a bad thing, but it does mean there is still work to be done. Especially because HWD influences females' wellbeing, meaning that as long as there are unequal homes, there will be unequal wellbeing.

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APPENDIX 1 – The Syntax:

1/3

```
DESCRIPTIVES VARIABLES=Gender Age RelaSa NWell HHDiv Tradi
  /STATISTICS=MEAN STDDEV MIN MAX.

RECODE Depressed CalmPeacefull (5=1) (4=2) (3=3) (2=4) (1=5).
EXECUTE.

CORRELATIONS
  /VARIABLES=Anxiety FeelingDown CalmPeacefull Depressed Happy
  /PRINT=TWOTAIL NOSIG FULL
  /MISSING=PAIRWISE.

RELIABILITY
  /VARIABLES=Anxiety FeelingDown CalmPeacefull Depressed Happy
  /SCALE('ALL VARIABLES') ALL
  /MODEL=ALPHA.

COMPUTE Negative_Wellbeing= (Anxiety + FeelingDown + CalmPeacefull + Depressed + Happy) / 5.
EXECUTE.

CORRELATIONS
  /VARIABLES=DivisionFood DivisionLaundry DivisionHouseCleaning DivisionGrocery DivisionOddJobs
    DivisionFinanAdmin
  /PRINT=TWOTAIL NOSIG FULL
  /MISSING=PAIRWISE.

RELIABILITY
  /VARIABLES=DivisionFood DivisionLaundry DivisionHouseCleaning DivisionGrocery DivisionOddJobs
    DivisionFinanAdmin
  /SCALE('ALL VARIABLES') ALL
  /MODEL=ALPHA.

RELIABILITY
  /VARIABLES=DivisionFood DivisionLaundry DivisionHouseCleaning DivisionGrocery DivisionFinanAdmin
  /SCALE('ALL VARIABLES') ALL
  /MODEL=ALPHA.

RELIABILITY
  /VARIABLES=DivisionFood DivisionLaundry DivisionHouseCleaning DivisionGrocery
  /SCALE('ALL VARIABLES') ALL
  /MODEL=ALPHA.

COMPUTE HouseHoldDivision=(DivisionFood + DivisionLaundry + DivisionHouseCleaning +
    DivisionGrocery) / 4.
EXECUTE.
```

2/3

```
REGRESSION
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT NWell
  /METHOD=ENTER HHDiv
  /RESIDUALS DURBIN.

REGRESSION
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT RelaSa
  /METHOD=ENTER HHDiv
  /RESIDUALS DURBIN.

REGRESSION
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT NWell
  /METHOD=ENTER RelaSa
  /RESIDUALS DURBIN.
```

Mediation PROCESS by Hayes (2018)

```
REGRESSION
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT Age
  /METHOD=ENTER HHDiv
  /RESIDUALS DURBIN.

REGRESSION
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT Educ
  /METHOD=ENTER HHDiv
  /RESIDUALS DURBIN.
```

3/3

```
REGRESSION
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT Posi
  /METHOD=ENTER HHDiv
  /RESIDUALS DURBIN.

REGRESSION
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT Tradi
  /METHOD=ENTER HHDiv
  /RESIDUALS DURBIN.

REGRESSION
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT NWell
  /METHOD=ENTER Tradi
  /RESIDUALS DURBIN.

Mediation PROCESS by Hayes (2018)


RELIABILITY
  /VARIABLES=Anxiety FeelingDown CalmPeacefull Depressed Happy
  /SCALE('ALL VARIABLES') ALL
  /MODEL=ALPHA
  /STATISTICS=CORR
  /SUMMARY=TOTAL.


SPLIT FILE OFF.


SORT CASES  BY Gender.
SPLIT FILE SEPARATE BY Gender.

DESCRIPTIVES VARIABLES=Wellbeing HWD RelationshipSatisfaction TraditionalGenderNorms Education Age
  /STATISTICS=MEAN STDDEV MIN MAX.
```

APPENDIX 2 – The Tables:

Gender respondent

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	male	464	46.6	46.6	46.6
	female	531	53.4	53.4	100.0
	Total	995	100.0	100.0	

Descriptive Statistics ALL

	N	Minimum	Maximum	Mean	Std. Deviation
Gender respondent	995	1	2	1.53	.499
Age respondent	995	17	88	45.95	9.859
How satisfied are you with your current relationship?	995	0	10	7.97	1.478
Negative Wellbeing	995	5.00	28.00	11.2432	3.74530
Household work division	995	4.00	20.00	11.0734	4.84359
Traditional gender norms	995	1	5	1.86	.843
Valid N (listwise)	995				

Descriptive Statistics[a]

	N	Minimum	Maximum	Mean	Std. Deviation
Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more	464	4.00	20.00	14.8772	3.29867
How satisfied are you with your current relationship?	464	0	10	8.02	1.459
The father should earn money, while the mother takes care of the household and the family.	464	1	5	1.94	.861
Level of education in CBS (Statistics Netherlands) categories	461	1	6	4.32	1.271
Age respondent	464	27	88	47.36	10.289
anx, dep, down, calm (rev) and happy (rev). Higher scores equal worst wellbeing, lower scores equal higher wellbeing	464	5.00	27.00	10.8448	3.67021
Valid N (listwise)	461				

a. Gender respondent = male

Descriptive Statistics[a]

	N	Minimum	Maximum	Mean	Std. Deviation
Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more	531	4.00	20.00	16.2505	3.27992
How satisfied are you with your current relationship?	531	0	10	7.93	1.495
The father should earn money, while the mother takes care of the household and the family.	531	1	5	1.78	.821
Level of education in CBS (Statistics Netherlands) categories	530	1	6	4.18	1.249
Age respondent	531	17	79	44.71	9.302
anx, dep, down, calm (rev) and happy (rev). Higher scores equal worst wellbeing, lower scores equal higher wellbeing	531	5.00	28.00	11.5913	3.77887
Valid N (listwise)	530				

a. Gender respondent = female

Reliability Statistics[a]

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.512	.529	6

a. Gender respondent = male

Item-Total Statistics[a]

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How is the household work divided between you and your partner? - preparing food	15.91	9.893	.347	.311	.4
How is the household work divided between you and your partner? - laundry, ironing	15.37	10.929	.320	.271	.4
How is the household work divided between you and your partner? - house cleaning	15.79	10.743	.399	.302	.4
How is the household work divided between you and your partner? - grocery shopping	16.34	9.757	.447	.297	.3
How is the household work divided between you and your partner? - odd jobs in and around the house	17.45	12.633	.104	.114	.5
How is the household work divided between you and	17.00	11.868	.052	.110	.5

your partner? - financial administration					

a. Gender respondent = male

Reliability Statistics[a]

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.593	.582	5

a. Gender respondent = male

Item-Total Statistics[a]

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How is the household work divided between you and your partner? - preparing food	13.34	7.046	.459	.300	.4
How is the household work divided between you and your partner? - laundry, ironing	12.80	8.399	.366	.264	.5
How is the household work divided between you and your partner? - house cleaning	13.21	8.030	.494	.290	.4
How is the household work divided between you and your partner? - grocery shopping	13.76	7.490	.470	.283	.4
How is the household work divided between you and your partner? - odd jobs in and around the house	14.88	10.881	-.004	.038	.6

a. Gender respondent = male

Reliability Statistics[a]

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.693	.695	4

a. Gender respondent = male

Item-Total Statistics[a]

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How is the household work divided between you and your partner? - preparing food	11.22	5.965	.513	.298	.6
How is the household work divided between you and your partner? - laundry, ironing	10.68	7.191	.434	.247	.6
How is the household work divided between you and your partner? - house cleaning	11.09	7.225	.487	.275	.6
How is the household work divided between you and your partner? - grocery shopping	11.64	6.610	.483	.280	.6

a. Gender respondent = male

Reliability Statistics[a]

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.611	.641	6

a. Gender respondent = female

Item-Total Statistics[a]

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How is the household work divided between you and your partner? - preparing food	12.01	12.421	.399	.321	.5
How is the household work divided between you and your partner? - laundry, ironing	12.54	13.437	.469	.338	.5
How is the household work divided between you and your partner? - house cleaning	12.18	12.689	.488	.360	.5
How is the household work divided between you and your partner? - grocery shopping	11.82	12.263	.448	.298	.5
How is the household work divided between you and your partner? - odd jobs in and around the house	10.60	14.323	.196	.077	.6
How is the household work divided between you and your partner? - financial administration	11.22	13.215	.179	.072	.6

a. Gender respondent = female

Reliability Statistics[a]

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.654	.665	5

a. Gender respondent = female

Item-Total Statistics[a]

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How is the household work divided between you and your partner? - preparing food	9.15	8.229	.484	.314	.5
How is the household work divided between you and your partner? - laundry, ironing	9.69	9.613	.483	.331	.5
How is the household work divided between you and your partner? - house cleaning	9.33	8.775	.536	.360	.5
How is the household work divided between you and your partner? - grocery shopping	8.97	8.569	.460	.285	.5
How is the household work divided between you and your partner? - odd jobs in and around the house	7.75	10.758	.139	.048	.7

a. Gender respondent = female

Reliability Statistics[a]

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.724	.730	4

a. Gender respondent = female

Item-Total Statistics[a]

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted

How is the household work divided between you and your partner? - preparing food	5.68	5.949	.540	.313	.648
How is the household work divided between you and your partner? - laundry, ironing	6.22	7.323	.520	.329	.666
How is the household work divided between you and your partner? - house cleaning	5.85	6.843	.511	.334	.664
How is the household work divided between you and your partner? - grocery shopping	5.49	6.318	.501	.284	.672

a. Gender respondent = female

Regression

Gender respondent = male

Variables Entered/Removed[a,b]

Model	Variables Entered	Variables Removed	Method
1	Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.[c]	.	Enter

a. Gender respondent = male

b. Dependent Variable: Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

c. All requested variables entered.

Model Summary[a]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.050[b]	.002	.000	3.29817

a. Gender respondent = male

b. Predictors: (Constant), Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.

ANOVA[a,b]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	12.402	1	12.402	1.140	.286[c]
	Residual	5025.596	462	10.878		
	Total	5037.998	463			

a. Gender respondent = male

b. Dependent Variable: Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

c. Predictors: (Constant), Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.

Coefficients[a,b]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	16.080	1.137		14.145	.000
	Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.	-1.188	1.112	-.050	-1.068	.286

a. Gender respondent = male

b. Dependent Variable: Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

Gender respondent = female

Variables Entered/Removed[a,b]

Model	Variables Entered	Variables Removed	Method
1	Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.[c]	.	Enter

a. Gender respondent = female

b. Dependent Variable: Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

c. All requested variables entered.

Model Summary[a]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.064[b]	.004	.002	3.27625

a. Gender respondent = female

b. Predictors: (Constant), Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.

ANOVA[a,b]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	23.487	1	23.487	2.188	.140[c]
	Residual	5678.201	529	10.734		
	Total	5701.687	530			

a. Gender respondent = female

b. Dependent Variable: Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

c. Predictors: (Constant), Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.

Coefficients[a,b]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	17.802	1.058		16.818	.000
	Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.	-1.490	1.007	-.064	-1.479	.140

a. Gender respondent = female

b. Dependent Variable: Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

Regression

Gender respondent = male

Variables Entered/Removed[a,b]

Model	Variables Entered	Variables Removed	Method
1	Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more[c]	.	Enter

a. Gender respondent = male

b. Dependent Variable: How satisfied are you with your current relationship?

c. All requested variables entered.

Model Summary[a]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.059[b]	.004	.001	1.458

a. Gender respondent = male

b. Predictors: (Constant), Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

ANOVA[a,b]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	3.458	1	3.458	1.626	.203[c]
	Residual	982.404	462	2.126		
	Total	985.862	463			

a. Gender respondent = male

b. Dependent Variable: How satisfied are you with your current relationship?

c. Predictors: (Constant), Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

Coefficients[a,b]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	7.627	.313		24.365	.000
	Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more	.026	.021	.059	1.275	.203

a. Gender respondent = male

b. Dependent Variable: How satisfied are you with your current relationship?

Gender respondent = female

Variables Entered/Removed[a,b]

Model	Variables Entered	Variables Removed	Method
1	Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more[c]	.	Enter

a. Gender respondent = female

b. Dependent Variable: How satisfied are you with your current relationship?

c. All requested variables entered.

Model Summary[a]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.049[b]	.002	.001	1.494

a. Gender respondent = female

b. Predictors: (Constant), Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

ANOVA[a,b]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2.884	1	2.884	1.292	.256[c]
	Residual	1181.252	529	2.233		
	Total	1184.136	530			

a. Gender respondent = female

b. Dependent Variable: How satisfied are you with your current relationship?

c. Predictors: (Constant), Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

Coefficients[a,b]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	8.292	.328		25.275	.000
	Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more	-.022	.020	-.049	-1.136	.256

a. Gender respondent = female

b. Dependent Variable: How satisfied are you with your current relationship?

Regression

Gender respondent = male

Variables Entered/Removed[a,b]

Model	Variables Entered	Variables Removed	Method
1	How satisfied are you with your current relationship?, Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more[c]	.	Enter

a. Gender respondent = male

b. Dependent Variable: Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.

c. All requested variables entered.

Model Summary[a]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.373[b]	.139	.135	.12816

a. Gender respondent = male

b. Predictors: (Constant), How satisfied are you with your current relationship?, Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

ANOVA[a,b]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1.222	2	.611	37.195	.000[c]
	Residual	7.572	461	.016		
	Total	8.794	463			

a. Gender respondent = male

b. Dependent Variable: Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.

c. Predictors: (Constant), How satisfied are you with your current relationship?, Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

Coefficients[a,b]

Model		Unstandardized Coefficients B	Unstandardized Coefficients Std. Error	Standardized Coefficients Beta	t	Sig.
1	(Constant)	1.310	.042		31.503	.000
	Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more	-.001	.002	-.028	-.640	.523
	How satisfied are you with your current relationship?	-.035	.004	-.370	-8.548	.000

a. Gender respondent = male

b. Dependent Variable: Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.

Gender respondent = female

Variables Entered/Removed[a,b]

Model	Variables Entered	Variables Removed	Method
1	How satisfied are you with your current relationship?, Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more[c]	.	Enter

a. Gender respondent = female

b. Dependent Variable: Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.

c. All requested variables entered.

Model Summary[a]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.361[b]	.130	.127	.13202

a. Gender respondent = female

b. Predictors: (Constant), How satisfied are you with your current relationship?, Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

ANOVA[a,b]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1.379	2	.690	39.574	.000[c]
	Residual	9.202	528	.017		
	Total	10.582	530			

a. Gender respondent = female

b. Dependent Variable: Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.

c. Predictors: (Constant), How satisfied are you with your current relationship?, Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more

Coefficients[a,b]

Model		Unstandardized Coefficients B	Unstandardized Coefficients Std. Error	Standardized Coefficients Beta	t	Sig.
1	(Constant)	1.365	.043		31.702	.000
	Household division of Cooking, Cleaning, Laundry and Grocery. Higher the score = the female does more. Lower score = the men does a lot more	-.004	.002	-.082	-2.012	.045
	How satisfied are you with your current relationship?	-.034	.004	-.356	-8.755	.000

a. Gender respondent = female

b. Dependent Variable: Anx, Dep, Down, Calm (rev), Happy (rev). Higher score = lower wellbeing, Lower score = higher wellbeing.

→ process ALL:

```
Warning # 14324
MATRIX cannot do split-file processing in interactive mode.  Run the job in
batch mode or process each split-file group separately.
Run MATRIX procedure:

***************** PROCESS Procedure for SPSS Version 4.1 *****************

          Written by Andrew F. Hayes, Ph.D.       www.afhayes.com
    Documentation available in Hayes (2022). www.guilford.com/p/hayes3

**************************************************************************
Model  : 4
    Y  : Negative
    X  : FemaleDo
    M  : Relation

Covariates:
 Traditio Age      Educatio

Sample
Size:  991

**************************************************************************
OUTCOME VARIABLE:
 Relation

Model Summary
          R       R-sq        MSE          F        df1        df2          p
      ,0200      ,0004     2,1879      ,0991     4,0000   986,0000      ,9828

Model
              coeff         se          t          p       LLCI       ULCI
constant     8,1095      ,3975    20,4016      ,0000     7,3295     8,8895
FemaleDo     -,0065      ,0142     -,4587      ,6466     -,0344      ,0214
Traditio      ,0146      ,0568      ,2573      ,7970     -,0968      ,1260
Age          -,0001      ,0048     -,0145      ,9885     -,0096      ,0094
Educatio     -,0143      ,0384     -,3731      ,7091     -,0897      ,0611

Standardized coefficients
              coeff
FemaleDo     -,0148
Traditio      ,0083
Age          -,0005
Educatio     -,0122

**************************************************************************
OUTCOME VARIABLE:
 Negative

Model Summary
          R       R-sq        MSE          F        df1        df2          p
      ,4202      ,1765      ,0163    42,2335     5,0000   985,0000      ,0000

Model
              coeff         se          t          p       LLCI       ULCI
constant     1,4681      ,0409    35,8653      ,0000     1,3878     1,5485
FemaleDo     -,0024      ,0012    -1,9716      ,0489     -,0048      ,0000
Relation     -,0349      ,0028   -12,6910      ,0000     -,0403     -,0295
```

```
Traditio      ,0147      ,0049     3,0024      ,0027      ,0051      ,0243
Age          -,0024      ,0004    -5,7516      ,0000     -,0032     -,0016
Educatio     -,0097      ,0033    -2,9372      ,0034     -,0163     -,0032

Standardized coefficients
             coeff
FemaleDo     -,0576
Relation     -,3670
Traditio      ,0884
Age          -,1683
Educatio     -,0875

************************** TOTAL EFFECT MODEL ****************************
OUTCOME VARIABLE:
 Negative

Model Summary
          R       R-sq        MSE          F        df1        df2          p
      ,2047      ,0419      ,0190    10,7773     4,0000   986,0000      ,0000

Model
             coeff         se          t          p       LLCI       ULCI
constant     1,1851      ,0370    32,0235      ,0000     1,1125     1,2577
FemaleDo     -,0022      ,0013    -1,6570      ,0978     -,0048      ,0004
Traditio      ,0142      ,0053     2,6885      ,0073      ,0038      ,0246
Age          -,0024      ,0005    -5,3294      ,0000     -,0033     -,0015
Educatio     -,0092      ,0036    -2,5847      ,0099     -,0163     -,0022

Standardized coefficients
             coeff
FemaleDo     -,0522
Traditio      ,0854
Age          -,1682
Educatio     -,0830

************** TOTAL, DIRECT, AND INDIRECT EFFECTS OF X ON Y **************

Total effect of X on Y
     Effect         se          t          p       LLCI       ULCI       c_cs
     -,0022      ,0013    -1,6570      ,0978     -,0048      ,0004     -,0522

Direct effect of X on Y
     Effect         se          t          p       LLCI       ULCI      c'_cs
     -,0024      ,0012    -1,9716      ,0489     -,0048      ,0000     -,0576

Indirect effect(s) of X on Y:
             Effect     BootSE   BootLLCI   BootULCI
Relation      ,0002      ,0005     -,0008      ,0012

Completely standardized indirect effect(s) of X on Y:
             Effect     BootSE   BootLLCI   BootULCI
Relation      ,0054      ,0119     -,0188      ,0282

************************ ANALYSIS NOTES AND ERRORS ************************

Level of confidence for all confidence intervals in output:
  95,0000

Number of bootstrap samples for percentile bootstrap confidence intervals:
  5000

WARNING: Variables names longer than eight characters can produce incorrect output
when some variables in the data file have the same first eight characters. Shorter
```

```
variable names are recommended. By using this output, you are accepting all risk
and consequences of interpreting or reporting results that may be incorrect.

------ END MATRIX -----
```

→ Males PROCESS:

```
Warning # 14324
MATRIX cannot do split-file processing in interactive mode.  Run the job in
batch mode or process each split-file group separately.
Run MATRIX procedure:

***************** PROCESS Procedure for SPSS Version 4.1 *****************

          Written by Andrew F. Hayes, Ph.D.       www.afhayes.com
    Documentation available in Hayes (2022). www.guilford.com/p/hayes3

**************************************************************************
Model  : 4
    Y  : Negative
    X  : FemaleDo
    M  : Relation

Covariates:
 Traditio Age      Educatio

Sample
Size:  461

**************************************************************************
OUTCOME VARIABLE:
 Relation

Model Summary
          R       R-sq        MSE          F        df1        df2          p
      ,0519      ,0027     2,1276      ,3081     4,0000   456,0000      ,8726

Model
              coeff         se          t          p       LLCI       ULCI
constant     7,6197      ,5468    13,9344      ,0000     6,5451     8,6943
FemaleDo      ,0220      ,0211     1,0392      ,2993     -,0196      ,0635
Traditio     -,0307      ,0810     -,3797      ,7043     -,1899      ,1284
Age           ,0017      ,0067      ,2484      ,8039     -,0115      ,0148
Educatio      ,0124      ,0544      ,2281      ,8197     -,0945      ,1193

Standardized coefficients
              coeff
FemaleDo      ,0495
Traditio     -,0182
Age           ,0117
Educatio      ,0108

**************************************************************************
OUTCOME VARIABLE:
 Negative

Model Summary
          R       R-sq        MSE          F        df1        df2          p
      ,4280      ,1832      ,0157    20,4075     5,0000   455,0000      ,0000
```

```
Model
             coeff         se          t          p       LLCI       ULCI
constant     1,4092      ,0560    25,1546      ,0000     1,2991     1,5193
FemaleDo     -,0027      ,0018    -1,4825      ,1389     -,0063      ,0009
Relation     -,0352      ,0040    -8,7616      ,0000     -,0431     -,0273
Traditio      ,0206      ,0069     2,9658      ,0032      ,0070      ,0343
Age          -,0017      ,0006    -2,9312      ,0035     -,0028     -,0006
Educatio     -,0081      ,0047    -1,7439      ,0819     -,0173      ,0010

Standardized coefficients
             coeff
FemaleDo     -,0640
Relation     -,3717
Traditio      ,1289
Age          -,1250
Educatio     -,0751

************************** TOTAL EFFECT MODEL ****************************
OUTCOME VARIABLE:
 Negative

Model Summary
          R       R-sq        MSE          F        df1        df2          p
      ,2130      ,0454      ,0183     5,4178     4,0000   456,0000      ,0003

Model
             coeff         se          t          p       LLCI       ULCI
constant     1,1410      ,0507    22,5200      ,0000     1,0414     1,2405
FemaleDo     -,0035      ,0020    -1,7693      ,0775     -,0073      ,0004
Traditio      ,0217      ,0075     2,8911      ,0040      ,0069      ,0364
Age          -,0017      ,0006    -2,8089      ,0052     -,0030     -,0005
Educatio     -,0086      ,0050    -1,7016      ,0895     -,0185      ,0013

Standardized coefficients
             coeff
FemaleDo     -,0824
Traditio      ,1356
Age          -,1293
Educatio     -,0792

************** TOTAL, DIRECT, AND INDIRECT EFFECTS OF X ON Y **************

Total effect of X on Y
     Effect         se          t          p       LLCI       ULCI       c_cs
     -,0035      ,0020    -1,7693      ,0775     -,0073      ,0004     -,0824

Direct effect of X on Y
     Effect         se          t          p       LLCI       ULCI      c'_cs
     -,0027      ,0018    -1,4825      ,1389     -,0063      ,0009     -,0640

Indirect effect(s) of X on Y:
            Effect     BootSE   BootLLCI   BootULCI
Relation     -,0008      ,0007     -,0023      ,0006

Completely standardized indirect effect(s) of X on Y:
            Effect     BootSE   BootLLCI   BootULCI
Relation     -,0184      ,0173     -,0547      ,0138

*********************** ANALYSIS NOTES AND ERRORS ************************

Level of confidence for all confidence intervals in output:
  95,0000
```

```
Number of bootstrap samples for percentile bootstrap confidence intervals:
  5000
------ END MATRIX -----
```

→ Females PROCESS:

```
Warning # 14324
MATRIX cannot do split-file processing in interactive mode.  Run the job in
batch mode or process each split-file group separately.
Run MATRIX procedure:

***************** PROCESS Procedure for SPSS Version 4.1 *****************

          Written by Andrew F. Hayes, Ph.D.       www.afhayes.com
    Documentation available in Hayes (2022). www.guilford.com/p/hayes3

**************************************************************************
Model  : 4
    Y  : Negative
    X  : FemaleDo
    M  : Relation

Covariates:
 Traditio Age      Educatio

Sample
Size:  531

**************************************************************************
OUTCOME VARIABLE:
 Relation

Model Summary
          R       R-sq        MSE          F        df1        df2          p
      ,0696      ,0048     2,2429      ,6396     4,0000   525,0000      ,6344

Model
              coeff         se          t          p       LLCI       ULCI
constant     8,6407      ,5790    14,9247      ,0000     7,5034     9,7781
FemaleDo     -,0252      ,0201    -1,2546      ,2102     -,0646      ,0143
Traditio      ,0321      ,0812      ,3954      ,6927     -,1274      ,1917
Age          -,0035      ,0072     -,4854      ,6276     -,0176      ,0106
Educatio     -,0488      ,0549     -,8904      ,3737     -,1566      ,0589

Standardized coefficients
              coeff
FemaleDo     -,0553
Traditio      ,0176
Age          -,0217
Educatio     -,0408

**************************************************************************
OUTCOME VARIABLE:
 Negative

Model Summary
          R       R-sq        MSE          F        df1        df2          p
      ,4163      ,1733      ,0167    21,9649     5,0000   524,0000      ,0000

Model
```

```
             coeff         se          t          p       LLCI       ULCI
constant     1,5204      ,0596    25,5063      ,0000     1,4033     1,6375
FemaleDo     -,0037      ,0017    -2,1527      ,0318     -,0071     -,0003
Relation     -,0344      ,0038    -9,1316      ,0000     -,0418     -,0270
Traditio      ,0126      ,0070     1,7937      ,0734     -,0012      ,0263
Age          -,0028      ,0006    -4,4809      ,0000     -,0040     -,0016
Educatio     -,0105      ,0047    -2,2102      ,0275     -,0198     -,0012

Standardized coefficients
             coeff
FemaleDo     -,0866
Relation     -,3636
Traditio      ,0730
Age          -,1831
Educatio     -,0924

************************** TOTAL EFFECT MODEL ****************************
OUTCOME VARIABLE:
 Negative

Model Summary
          R       R-sq        MSE          F        df1        df2          p
      ,2042      ,0417      ,0193     5,7130     4,0000   525,0000      ,0002

Model
             coeff         se          t          p       LLCI       ULCI
constant     1,2233      ,0537    22,7704      ,0000     1,1177     1,3288
FemaleDo     -,0029      ,0019    -1,5395      ,1243     -,0065      ,0008
Traditio      ,0115      ,0075     1,5214      ,1288     -,0033      ,0263
Age          -,0027      ,0007    -3,9870      ,0001     -,0040     -,0014
Educatio     -,0088      ,0051    -1,7265      ,0848     -,0188      ,0012

Standardized coefficients
             coeff
FemaleDo     -,0665
Traditio      ,0666
Age          -,1752
Educatio     -,0776

************** TOTAL, DIRECT, AND INDIRECT EFFECTS OF X ON Y **************

Total effect of X on Y
     Effect         se          t          p       LLCI       ULCI       c_cs
     -,0029      ,0019    -1,5395      ,1243     -,0065      ,0008     -,0665

Direct effect of X on Y
     Effect         se          t          p       LLCI       ULCI      c'_cs
     -,0037      ,0017    -2,1527      ,0318     -,0071     -,0003     -,0866

Indirect effect(s) of X on Y:
             Effect     BootSE   BootLLCI   BootULCI
Relation      ,0009      ,0007     -,0006      ,0022

Completely standardized indirect effect(s) of X on Y:
             Effect     BootSE   BootLLCI   BootULCI
Relation      ,0201      ,0165     -,0132      ,0525

*********************** ANALYSIS NOTES AND ERRORS ************************

Level of confidence for all confidence intervals in output:
  95,0000

Number of bootstrap samples for percentile bootstrap confidence intervals:
```

```
  5000

------ END MATRIX -----
```

APPENDIX 3 – The main questions:

- Nomem_encr2	=	Number of the household member encrypted
- ch19l001	=	Gender (1. Male, 2. Female)
- ch19l002	=	Age
- ch19l011	=	I felt very anxious
- ch19l012	=	I felt so down that nothing could cheer me up
- ch19l013	=	I felt calm and peaceful
- ch19l014	=	I felt depressed and gloomy
- ch19l015	=	I felt happy
- cf19l025	=	Do you live together with this partner?
- cf19l180	=	How satisfied are you with your current relationship?
- cf19l184 – cf19l185	=	Partner and you discussion regarding household work (84) / leisure time expenditure (85)
- cf19l483 - cf19l488	=	How is the household work divided between you and your partner?
- cv20l113	=	The father should earn money, while the mother takes care of the household and the family
oplmet	=	Highest level of education with diploma

APPENDIX 4 – LISS PANEL informed consent form:

Note: this is a translated version. You can find the original Dutch version on the second page.

Declaration of consent LISS panel participation

Please read the following information and declaration of consent carefully.

The General Data Protection Regulation (GDPR) came into effect on 25 May 2018, applying automatically to all EU member states. CentERdata complies with these legal requirements.

You are a participant of the LISS panel, which is managed by CentERdata. CentERdata collects data that is made available to researchers for scientific, policy and social research. We collect your responses every time you complete a questionnaire. We treat your data with the utmost care and always keep your contact details (name, address, telephone number and email address) separately from your responses.

Researchers working for third parties (institutions other than CentERdata) are never given access to your contact details without your prior explicit consent. It is not possible to trace the data back to you. Your privacy is and will remain fully protected. Click here for more information about how we use your personal data.

Consent
Before you can participate in the LISS panel you need to give your official consent for us to save your responses and to make these responses available for scientific, policy and social research. Your responses will not be used for commercial research. You may discontinue your participation at any time without having to give us any reasons.

☐ *I hereby give my consent to CentERdata to use my responses and to make these responses available for scientific, policy and social research. The researchers will not be able to trace my responses back to me.*