

## Status of the study

The spring surveys have concluded successfully. In total, 1494 people across the four cohorts participated in the survey, yielding an impressive response rate of 56%. We extend our gratitude to all participants for generously

dedicating their time and energy. We highly appreciate each contribution! Currently, we are preparing the data and accompanying documentation for the publication of the complete 2022 datasets.

## Results on family and personal life situations

### The survey participants and their family and personal life situations

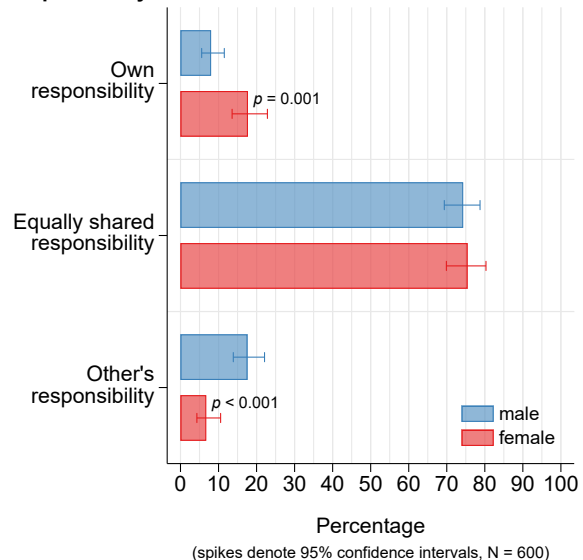
After having focused on the participants' work situation in the preceding newsletter, this issue presents initial findings on their family and personal life situations. For the analyses shown below, we used data collected during the third monitoring survey in fall 2021 and spring 2022, involving the CTC-18 and CTC-19 cohorts. In these

surveys, a total of 855 individuals participated. Among the 804 participants with valid answers, 661 (83%) were in partnerships (82% of women and 84% of men). Moreover, 46% of the women and 41% of the men had children. The mean age of these children was 4.5 years at the time of the survey.

### Domestic work is divided equally or mostly covered by women

In addition to inquiries about partnerships and family compositions, the survey also explores the participants' household arrangement and the division of domestic responsibilities. Among all the participants, 23% live alone, while 77% cohabit with other people, including children, partners, or other adults. Those who live together with other people were further asked who is responsible for domestic tasks, ranging from cleaning and cooking to laundry, shopping, and home maintenance. A significant majority (73%) indicated that they share the responsibility equally with other household members. Notably, a greater proportion of women compared to men (18% vs. 8%) reported that they are mostly responsible. Conversely, men, more frequently than women (18% vs. 7%), indicated that these responsibilities were either undertaken by another member within the household or outsourced to a third party, such as cleaning staff.

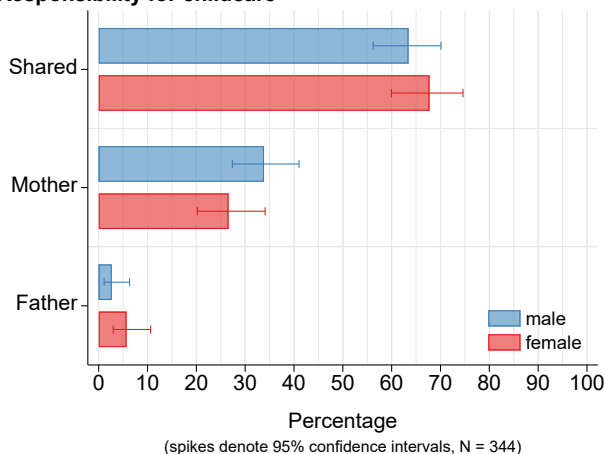
Responsibility for domestic work



## Parents share responsibility for childcare

The survey participants who are parents were asked how they share childcare responsibility. The majority of them (65%; 68% of women and 63% of men) revealed an equal distribution of childcare duties with their co-parent. However, in scenarios where a sole parent carries the major responsibility, it is predominantly the mother who assumes this role. Notably, 34% of male participants and 27% of female participants disclosed that maternal responsibility is more pronounced, whereas 6% of the men and 3% of the women expressed a predominance of paternal involvement. Regarding the extent of their weekly engagement, female participants reported dedicating 2 half-days to childcare, while their male counterparts reported 1.5 half-days.

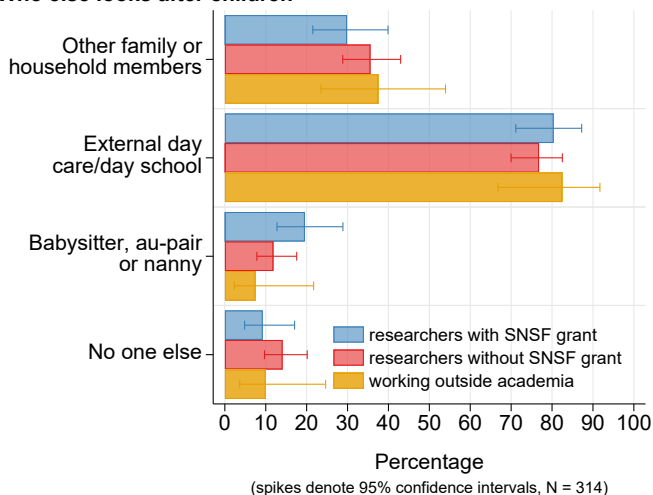
### Responsibility for childcare



## The majority of parents relies on external day care

A substantial majority (79%) of participating parents disclosed their dependence on external daycare or day schools for their children. Approximately one third (34%) mentioned that other family or household members, distinct from the parents, look after their children. A mere 14% reported employing a babysitter, au-pair, or nanny for this purpose, and 12% indicated that no other childcare is necessary, probably because their children are either well-covered in terms of childcare or have reached an age where external supervision is unnecessary. Notably, while minor variations in descriptive patterns emerged among researchers holding an SNSF grant, those without such a grant, and individuals employed outside of academia, these differences did not attain statistical significance.

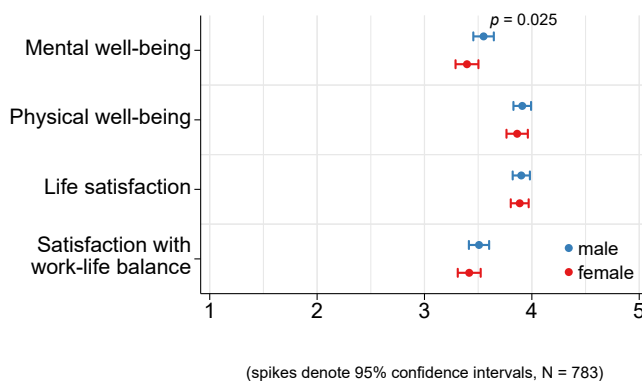
### Who else looks after children



## Mental well-being is lower than physical well-being – particularly for women

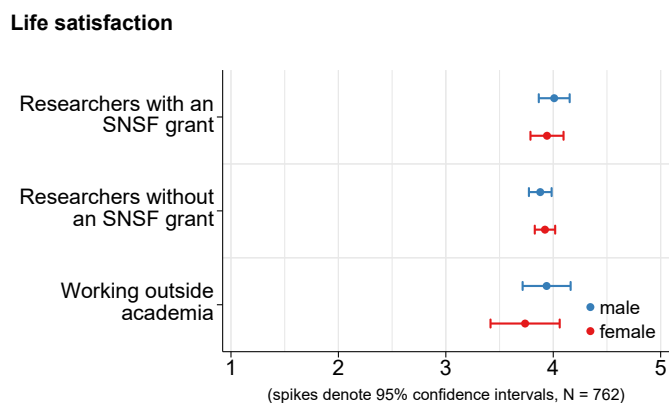
In the survey, the participants were prompted to assess their well-being and their satisfaction on a scale from 1 (not well/satisfied at all) to 5 (very well/satisfied). On the whole, the participants rated their physical well-being relatively high (mean = 3.9), and notably higher than their mental well-being (mean = 3.5). Intriguingly, a noteworthy gender disparity emerged in the context of mental well-being, with male participants indicating a higher average score compared to their female counterparts (mean = 3.6 vs. mean = 3.4,  $p = 0.025$ ). Furthermore, participants expressed a fairly substantial level of overall life satisfaction (mean = 3.9), which is higher than their satisfaction with the work-life balance (mean = 3.5).

### Well-being and satisfaction



## Most participants report high life satisfaction

We further analysed whether the participants' general life satisfaction differs depending on their employment situation. The findings reveal that participants who had a running SNSF grant at the time of the survey reported a noteworthy satisfaction level at 4.0. Participants engaged in academic research without an SNSF grant and individuals working outside academia displayed a similar life satisfaction (mean = 3.9 each). Intriguingly, a group of 34 respondents, who reported being unemployed at the time of the survey, exhibited a notably lower average life satisfaction (mean = 3.4). There were no significant gender differences within any of these groups.



### Up next

Shortly after this newsletter, we will initiate the next field phase and survey the participants of the CTC-18, CTC-19, and CTC-20 fall cohorts. In other news, the SNSF

data team is initiating a pilot research project with the aim of examining the career trajectories of the CTC-18 cohort during the first five years of surveying.

### About

The Career Tracker Cohorts (CTC) project of the Swiss National Science Foundation (SNSF) is a longitudinal panel study with four cohorts (CTC-18–CTC-21). It aims to track the career paths of young researchers applying for SNSF career funding schemes at the postdoctoral level (Early Postdoc.Mobility, Postdoc.Mobility, Ambizione,

Eccellenza, and PRIMA). The main goals of the CTC are to monitor the careers of these researchers and to evaluate the impact of the different career funding schemes of the SNSF. The CTC study is affiliated with the Interfaculty Centre for Educational Research (ICER) at the University of Bern.

For more information see: <http://careertrackercohorts.ch/>

How to cite this document:

Wilhelmi, B., Lüthi, J., Zimmermann, B., Erzinger, A.B. (2023). SNSF Career Tracker Cohorts (CTC) Newsletter 2023/2. Bern: Interfaculty Centre for Educational Research and Interdisciplinary Centre for Gender Studies, University of Bern. Available from <http://doi.org/10.48350/185474>