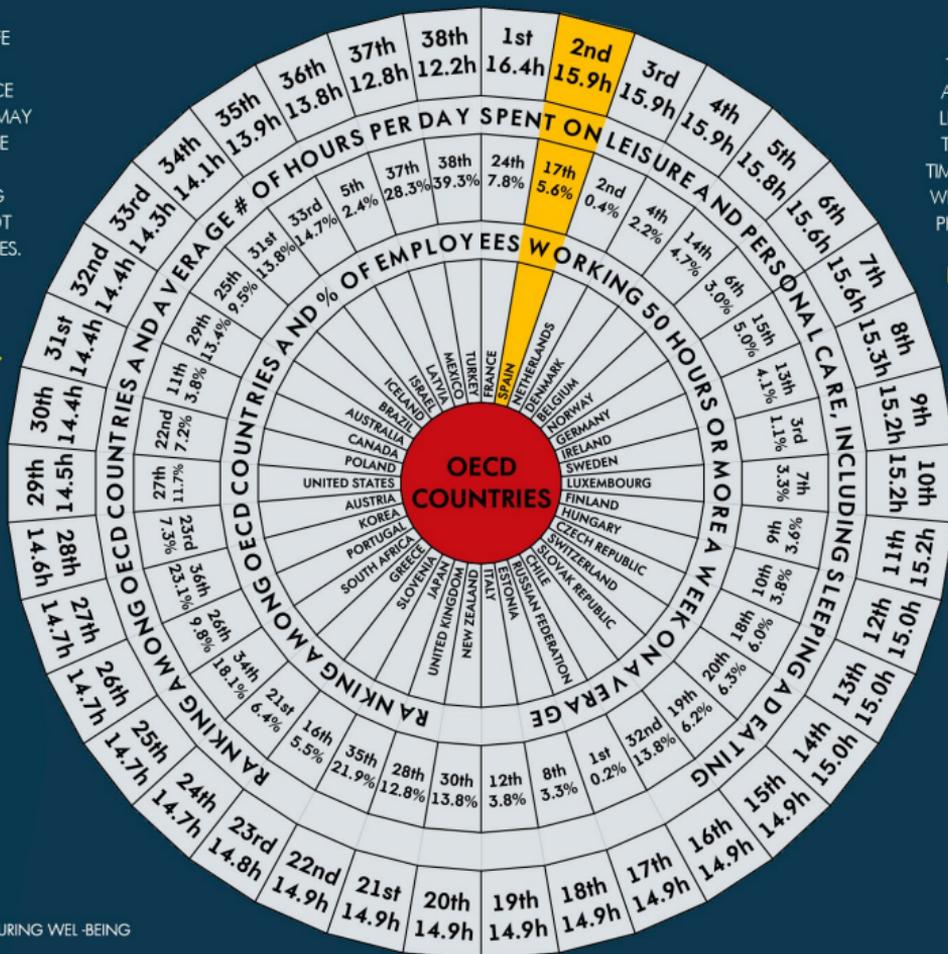


WORK-LIFE BALANCE IN SPAIN

AN IMPORTANT ASPECT OF WORK-LIFE BALANCE IS THE AMOUNT OF TIME A PERSON SPENDS AT WORK. EVIDENCE SUGGESTS THAT LONG WORK HOURS MAY IMPAIR PERSONAL HEALTH, JEOPARDISE SAFETY AND INCREASE STRESS. THE SHARE OF EMPLOYEES WORKING 50 HOURS OR MORE PER WEEK IS NOT VERY LARGE ACROSS OECD COUNTRIES.

IN SPAIN, ALMOST 6% OF EMPLOYEES # WORK VERY LONG HOURS, LESS THAN THE OECD AVERAGE OF 13%.



THE MORE PEOPLE WORK, THE LESS TIME THEY HAVE TO SPEND ON OTHER ACTIVITIES, SUCH AS TIME WITH OTHERS, LEISURE ACTIVITIES, EATING OR SLEEPING. THE AMOUNT AND QUALITY OF LEISURE TIME IS IMPORTANT FOR PEOPLES OVERALL WELL-BEING, AND CAN BRING ADDITIONAL PHYSICAL AND MENTAL HEALTH BENEFITS.

IN SPAIN, FULLTIME WORKERS DEVOTE 66% OF THEIR DAY ON AVERAGE, OR 15.9 HOURS, TO PERSONAL CARE (EATING, SLEEPING, ETC.) AND LEISURE (SOCIALISING WITH FRIENDS AND FAMILY, HOBBIES, GAMES, COMPUTER AND TELEVISION USE, ETC.) – MORE THAN THE OECD AVERAGE OF 15 HOURS.