

Two In Ten (21%) Canadians Say They're 'Always Connected' To Their Work

*One in three (36%) have difficulty maintaining a good work/life
balance, at the expense of their personal life*

Public Release Date: Thursday, May 1, 2008, 6:00AM EST



Ipsos Reid

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Toronto, ON – It appears that Canadians are more closely tied to their work than one might have thought. A new poll of full-time working Canadians, conducted by Ipsos Reid on behalf of TripHarbour, found that two in ten (21%) Canadians are never electronically inaccessible to their work. An additional 15% only power down after after 10 p.m., and 13% are unavailable after 7 p.m.

- Men (24%) are more likely than women (16%) to never disconnect.
- Women (51%) are more likely than men (37%) to 'power down' right at 5 p.m.

As well, it seems that a sizeable contingent of Canadians has trouble balancing their personal and work lives. But while only one in four (24%) say that the difficulty comes at the expense of their career, one in three (36%) say that their personal life suffers. Canadians living in Alberta (44%) are most likely to say their personal life suffers, followed by Ontario (37%), British Columbia (36%), Saskatchewan and Manitoba (34%), Quebec (34%), and Atlantic Canada (30%).

On the other hand, men (28%) are more likely than women (19%) to say that their career suffers as a result of the difficulty in achieving balance. As well, Canadians aged 18 to 34

(27%) are more likely than those aged 35 to 54 (24%), or above 54 (20%) to say their career suffers.

Interestingly, while eight in ten (81%) say that they only work to live, and prefer to leave work at work, four in ten (42%) say that they live to work, and that it's more than just paying the bills.

- Older Canadians (52%) are more likely than middle-aged (40%) or young (41%) Canadians to say they live to work.
- Canadians with high school education (85%) or less (87%) are more likely than those with a university degree (74%) or some post-secondary work (79%) to say they work to live.
- Residents of British Columbia, Saskatchewan, and Manitoba (47%) are most likely to agree that they live to work, followed by Alberta (45%), Ontario (42%), Quebec (39%), and Atlantic Canada (38%).

Eight in ten (82%) Canadians believe that work-related stress is impacting (18% 'constantly', 64% 'sometimes') their health. Regarding the 18% who say their health is not affected by work-related stress, men (20%) are more likely than women (15%) to feel this way.

Despite this, men (23%) are more likely than women (17%) to keep their cell phone or mobile device turned on and with them during a vacation. On the other hand, women (70%) are more likely than men (65%) to unplug completely while away from the office. Residents of Quebec (74%) are most likely to unplug, followed by Saskatchewan and Manitoba (70%), Ontario and British Columbia (66%), Atlantic Canada (63%), and Alberta (55%).



Ipsos Reid

These are the findings of an Ipsos Reid poll conducted on behalf of TripHarbour from 03/10 to 03/13, 2008. This online survey of 1,514 adult Canadians who work full-time was conducted via the Ipsos I-Say Online Panel, Ipsos Reid's national online panel. The results are based on a sample where quota sampling and weighting are employed to balance demographics and ensure that the sample's composition reflects that of the actual Canadian population according to Census data. Quota samples with weighting from the Ipsos online panel provide results that are intended to approximate a probability sample. An unweighted probability sample of this size, with a 100% response rate, would have an estimated margin of error of +/- 2.5 percentage points, 19 times out of 20.

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