
Title

Gender and Well-Being Disparities Among People who Work from Home in Chile

Abstract

The objective of this article is to estimate the relationship between working from home (WFH) and the subjective well-being of Chilean workers. In particular, the relationship between WFH and life satisfaction, job satisfaction and mental health problems is evaluated. The results show that women who work from home are more satisfied with their lives. Additionally, both men and women are more satisfied with their jobs. A positive relationship is found between working from home and mental health problems in the case of men. When we explore the existence of other heterogeneous results, it can be seen that for those who have children aged between 6 and 17 years, there is a positive relationship between WFH and job satisfaction. The same thing can be seen in homes where there is no overcrowding, and also among married people. For married women, a negative relationship is observed between working from home and mental health problems; however, this relationship is positive for single women. © The Author(s), under exclusive licence to Springer Nature B.V. 2024.

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