

SHORT TERM SCIENTIFIC MISSION (STSM) SCIENTIFIC REPORT

This report is submitted for approval by the STSM applicant to the STSM coordinator

Action number: Action IS1409

STSM title: Gender and health impacts of policies extending working life in western countries

STSM start and end date: 03/12/2018 to 07/12/2018

Grantee name: Noemia Loio

PURPOSE OF THE STSM:

The basis of our research work be the new results of the European Quality of Life Survey 2016 for the EU member states and candidate countries such as Albania. The survey results provide an opportunity for comparative analysis of Albania, western Balkan country with EU countries and Portugal, Mediterranean country on the health perception and quality of medical services. Particular differences are apparent between countries, gender, age and activity status that will be of interest for further investigation.

With a multidisciplinary view we would like to analysis the health's perception Albanian and Portuguese people have in a work age and to reflect on the results from each country on improving policies regarding work-life balance.

DESCRIPTION OF WORK CARRIED OUT DURING THE STSMS

During the STSM time we have tried the goals of our STMS. We did:

- Started reflecting together on the health perception of the Albania and Portuguese people with a medical and sociologic view. For that was utilized the EQLS 2016, an important European database about the quality of life in the European countries and others enlargement countries including Albania.
- Prepared a plan for the STSM schedule in order to tried do ours goals. On the first day Noemia had the opportunity to know other professors of the Faculty and to know the resources and equipment necessary to work.
- The background were analysed: looking for the labour demand and personal life affects the general well-being of the employees (Grzywacz & Bass, 2003) and impedes the individual performance of work (Allen, Herst, Bruck & Sutton, 2000; Pitt-Catsoupes, Matz-Costa and MacDermid, 2007, McMillan et al. 2011). We also reviewed the knowledge of this relationship and the assessment of the quality of life is therefore a primary need for work organizations to promote the balance between work and personal life and therefore contribute to the health and quality of life of populations (Frincke, 2007, Victor, 2012).
- On the other hand, it was very well studied that the non-response to stressful problems / indicators in the workplace translates into negative organizational results, with low levels of productivity, effectiveness, inferior quality, and increased levels of job dissatisfaction, with higher incidence of accidents at work, presentism, absenteeism and disabilities (Allen et al., 2000; McMillan et al., 2011; Morris, Storberg-Walker, & McMillan, 2009; Pitt-Catsoupes et al., 2007).
- On the second and the third day we visited the Social Insurance Institute and the Compulsory Health Care Insurance Fund in Albania with the main aim to collect more data from the main institutions responsible for management of the health care and pension systems.

- On the fourth and the fifth day, we recollect some databases of Portugal and Albania about: social insurance, health status of population, analysed of the EQLS 2016: database from Portugal, Albania and the EU28.
- We had a professional meeting with a professor from the department of Sociology who explained some statistical data from SPSS database of EQLS 2016. Using the EQLS analysis can be a good tool to examine the differences between countries and tried to comprehend the health status perception of each country and to follow-up them.
- We are continuing working together, in order to investigate beyond the statistical data offered by the Eurofound Survey and to conclude with a common article on "Work-life balance and differences regarding gender and age in Albania and Portugal" from a multidisciplinary point of view. This subject of common research interest would allow us to reflect on the results from each country on improving policies regarding work-life balance.

DESCRIPTION OF THE MAIN RESULTS OBTAINED

We were reviewing the life-course theory and talk about the interaction of multiple promotive, protective and risk factors throughout people's lives, including in workplace. Even talked about the intergenerational determinants of health, looking at the causes, not the consequences, of ill health to improve or return to work in a healthy and good way. If we can contribute to extending working life we need to look at the primary prevention, specially on the workplace.

Using the EQLS 2016 we started to check on the questionnaire what kind of questions and answers we have to detect to have information on the preventive way to health status. Stress in the workplace, noise, mental health, and others are some examples about it. The EQLS 2016 database provides separated indicators by gender, age, employment status, countries... Primary prevention and early detection can reduce the comorbidity and level of cardiovascular diseases, especially when changes in the workplace and occupational risks and exposure occur.

EQLS looks at the quality of life in different aspects of health, social, job satisfaction, etc. Referring to our analysis of the EQLS 2016 database the results from Portugal, Albania and the EU28 show that Albania with 4.9 mean value is lower than the Portugal with 6.9 mean value which is very similar to EU28 mean value, 7.1, in a 1 to 10 rate on the Q.4 answer: "How satisfied are you with your life these days?". For all countries in the survey, employed people are more satisfied than unemployed people. In regard to the age pattern, it is very important to show that the group age of 50-64 years old people in Albania are less satisfied with their life than Portugal, at 4.6 to 6.5 respectively.

A good or very good perceived health status is more higher in the employed people than unemployed people for all countries and there are differences between men and women: men show a good or very good health status perception higher than women for all countries. On the age group of 50-64 years old analysis show that Albanian people had a lower value than Portugal and the EU 28 people, 45% to 61% and 62% respectively.

Unemployed people presented higher values on chronic physical or mental health problems in all countries specifically for women and more higher it is for the age group of 50-64 years old people. On the last one Albania had higher value than Portugal and the EU28 mean, with 45, 25 and 34 respectively.

Albania presents better results compared to Portugal and the EU28 countries on the limitation in daily activities by physical or mental health problems, 39% to 53% and 52%, respectively. There are some differences between Portugal and Albania on the health perception status specifically for the age group of 50-64 years old and with a worse results referring to the unemployed population.

New opportunities for other future collaborations have been discussed and the values such as responsibility, teamwork, collaboration and scientific progress have been ensuring.

FUTURE COLLABORATIONS (if applicable)

We are planning to finalise our work with a presentation in a conference and a possible article in the future.