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Research on “Women, Families, Careers – Effects of the Pandemic on Work/Life Balance in the Visegrad Countries”

carried out between November 2021 and January 2022

Since the onset of the pandemic, the situation of countries, economies and individuals has changed. The research carried out by the Association for Women's Career Development in Hungary as coordinator in V4 partnership with the Pedagogical University of Krakow, Poland, the Business & Professional Women CR z.s. from the Czech Republic, and the Association of Business Women from the Slovak Republic as partners, is based on a questionnaire survey, which was supplemented in depth by the four focus group interviews. The results also show that the V4 countries form a separate cultural region. It affects men, women, the family, careers, work, learning, dealing with a pandemic, and the attitudes of citizens.

Our research examined how four target groups of women experienced the third wave of the emergency / pandemic.

- mothers with children
- women planning a family
- women over 50 years of age
- rural women



Main findings:

- As a result of COVID-19, new working models have emerged.
- The Covid -19 pandemic has changed the atmosphere in families.
- The Covid -19 pandemic changed the daily schedule of families as it impacted family organization, family functioning.
- The daily routine of women has dramatically changed.
- The pandemic has changed the balance between family and work.
- Effects of the psychological impact of the pandemic are still being felt today.
- The methods used to relieve stress need to be expanded.
- The Covid -19 pandemic has led to the development of family hygiene practices.
- The Covid -19 pandemic also affected family planning.
- The impact of the pandemic on online work and on education has also caused difficulties.
- Reconciling work and educating children also caused a challenge.
- TV channels helped society adapt to the pandemic, but there was an insufficient amount of good practices presented.
- Governments have introduced measures for families and jobs as a result of Covid -19.
- The circumstances transformed by the Covid -19 required knowledge and tools.

During the pandemic, people realized that some expected and unexpected changes needed to be made and in addition to the negatives, there were also many positive effects.

The research includes an analysis of the four target groups of women, but also provides an overview of the effects on other segments of society.

The information and experience received from the project are also essential for preparing for future challenges and for utilization in “peacetime”.

The research study can be downloaded at: <https://visegradwomen.net/page/research>

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