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The Precarity of Progress: Implications of a Shifting Gendered Division of Labor for Relationships and Well-Being as a Function of Country-Level Gender Equality

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Abstract

The onset of the COVID-19 pandemic saw a shift toward a more traditional division of labor—one where women took greater responsibility for household tasks and childcare than men. We tested whether this regressive shift was more acutely perceived and experienced by women in countries with greater gender equality. Cross-cultural longitudinal survey data for women and men (N = 10,238) was collected weekly during the first few months of the pandemic. Multilevel modelling analyses, based on seven waves of data collection, indicated that a regressive shift was broadly perceived but not uniformly felt. Women and men alike perceived a shift toward a more traditional division of household labor during the first few weeks of the pandemic. However, this perception only undermined women's satisfaction with their personal relationships and subjective mental health if they lived in countries with higher levels of economic gender equality. Among women in countries with lower levels of economic gender equality, the perceived shift predicted higher relationship satisfaction and mental health. There were no such effects among men. Taken together, our results suggest that subjective perceptions of disempowerment, and the gender role norms that underpin them, should be considered when examining the gendered impact of global crisis. © The Author(s) 2024.

Author Keywords

Division of labor; Gender equality; Gender roles; Interpersonal relationships; Relationship quality; Well being

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