Digital Social Contacts in Work and Family Life

Topline results from Round 10 of the European Social Survey

ESS Topline Results Series

Issue 12
Digital Social Contacts in Work and Family Life: Topline results from Round 10 of the European Social Survey

Message from the Director

The latest round of the European Social Survey included questions on the use of digital communication for the first time. It means that we have a detailed dataset that allows us to better understand the role of digital social contact amongst the work and family lives of Europeans.

This module was proposed by a team led by Anja-Kristin Abendroth, who has authored this report. Abendroth and her team, who successfully applied to include around 30 questions on the topic, worked closely with the ESS Core Scientific Team (CST) to produce a workable set of questions.

The results, as set out in this report, make for fascinating reading, and I am incredibly thankful to everyone who helped make this proposal a reality.

This includes, of course, the authors of this report, the other members of the questionnaire design team and everyone on our CST who helped ensure this module was fielded to the highest possible standards.

The latest iteration of our survey was the most challenging as it coincided with national measures to help prevent the spread of Coronavirus. In many cases, people were forced to use digital social contacts for activities that might normally have been undertaken face to face (e.g. school lessons, office work, family social gatherings. Therefore, the context in which the module was fielded was very different to when the questionnaire was originally designed.

This pandemic meant that our fieldwork period was extended, and nine countries were forced to interview respondents using only self-completion methods (online and postal questionnaires) for the first time. It is, therefore, worth noting that care should be made when comparing data collected in different modes (please see our note on ESS Round 10 data releases).

I am also extremely thankful to all our incredible national teams and their fieldwork agencies, who managed to collect survey data in the most trying of circumstances.

Everyone at the ESS is also very appreciative of every single one of our 59,685 individuals across Europe who took the time to answer our questions in Round 10. These people are representative of national populations in each of our 31 participating countries and continue to be at the centre of our work.

Professor Rory Fitzgerald
ESS ERIC Director
City, University of London

Introduction

Digitalisation - the increased use of digital technology by the general population and the subsequent transformation of work and family life - is a key priority for the European Commission and many European Union (EU) member states. Recent digital developments, which are already central to the lives of most Europeans, offer new technological forms of communication (specifically via Facebook since 2004, Twitter since 2006, smartphones since 2007, and Instagram and tablets since 2010). More recently, the global COVID-19 pandemic, with the implementation of social distancing measures, increased instances of digital communication with colleagues and line managers as well as family members.

The implications for relationship quality, the work-life balance, job satisfaction or well-being are highly debated. An optimistic scenario foresees improved maintenance of existing relationships and improved flexible adaption of work and family spheres. A more pessimistic perspective suggests that digital social contacts lead to a decline in family or workplace solidarity, provide greater distractions from family or work interactions and put privacy at risk.

Empirical evidence, typically based on small-scale, single country studies, has yielded mixed findings, suggesting that social circumstances produce different effects.
collected through in-person interviews and a self-administered questionnaire in countries where Covid-19 restrictions made this impossible. Respondents were individuals aged 15 years or older in 30 European countries.

This booklet describes the topline findings from preliminary analysis of the data, including an exploration of the prevalence of digital social contacts in work and family life and to what extent they complement or substitute in person communication across Europe.

We also include an examination of the importance of the COVID-19 pandemic for the spread of digital social contacts across Europe. As contact restrictions due to the pandemic were in place in many countries, this likely influenced whether people engaged in person or online/mobile communication during that time. Measuring changes due to the pandemic helps us to disentangle country-patterns from a periodic phenomenon that appeared for all countries alike.

Table 1. Concepts and items included in the ESS rotating module on digital social contacts in work and family life

<table>
<thead>
<tr>
<th>CONCEPTS</th>
<th>ITEMS (DESCRIPTION OF MEASUREMENT USED)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internet access</td>
<td>Locations where respondents have access to the Internet (the home, the workplace, on the go, some other place)</td>
</tr>
<tr>
<td>Internet skill</td>
<td>Familiarity with a) preference settings, b) advanced search, c) Familiarity with PDF</td>
</tr>
<tr>
<td>General perceptions of online/mobile communication</td>
<td>Would say that online/mobile communication …makes people feel closer to one another/…makes work and personal life interrupt each other/ …makes it easy to coordinate and manage activities/ …undermines personal privacy/ …exposes people to misinformation, to what extent?</td>
</tr>
<tr>
<td>Intergenerational contact (children over 12)</td>
<td>Demographics (number of children over 12; age and gender of children over 12)</td>
</tr>
<tr>
<td></td>
<td>Relationship quality</td>
</tr>
<tr>
<td></td>
<td>Travel time to child</td>
</tr>
<tr>
<td></td>
<td>Speak/communicate with child a) in person, b) on the phone, c) on a screen, d) in writing via text, email, or communication apps (Never to several times a day)</td>
</tr>
<tr>
<td>Intergenerational contacts during COVID-19</td>
<td>Changes in face-to-face and digital contact due to COVID-19</td>
</tr>
<tr>
<td>Intergenerational contact (parents)</td>
<td>Demographics (parents still alive, age of parent), living in the same household</td>
</tr>
<tr>
<td></td>
<td>Relationship quality</td>
</tr>
<tr>
<td></td>
<td>Travel time to parent</td>
</tr>
<tr>
<td></td>
<td>Speak/communicate with parent a) in person, b) on the phone, c) on a screen, d) in writing via text, email, or communication apps (Never to several times a day)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CONCEPTS</th>
<th>ITEMS (DESCRIPTION OF MEASUREMENT USED)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intergenerational contacts during COVID-19</td>
<td>Changes a) speaking in person and contact b) online/mobile communication due to the pandemic</td>
</tr>
<tr>
<td>Job satisfaction</td>
<td>Satisfaction with main job</td>
</tr>
<tr>
<td>Work-life conflict</td>
<td>Strain based work to family conflict</td>
</tr>
<tr>
<td>Contact at work</td>
<td>Frequency of face-to-face and digital social contacts</td>
</tr>
<tr>
<td>Flexible working and changes during COVID-19</td>
<td>Can decide over starting and finishing times</td>
</tr>
<tr>
<td></td>
<td>Can work from home or place of choice, how often?</td>
</tr>
<tr>
<td>Expectations at work</td>
<td>Employees in organisation expected … to work overtime, whether at the workplace or at home/ …to be responsive to work communications outside working hours</td>
</tr>
<tr>
<td>Presence norms</td>
<td>Employees choosing to work regularly from home or from another place of their choice nowadays, how accepted?</td>
</tr>
<tr>
<td>Line manager support</td>
<td>Line manager supports employees in balancing work, how much?</td>
</tr>
<tr>
<td></td>
<td>Line manager gives work-related help, how likely?</td>
</tr>
<tr>
<td></td>
<td>Line manager and respondent are at the same workplace, how often</td>
</tr>
<tr>
<td>Team cohesion</td>
<td>Feel like part of your team, how much?</td>
</tr>
<tr>
<td>Organizational citizenship behavior</td>
<td>Take on extra responsibilities at work without being paid more</td>
</tr>
<tr>
<td>Distance colleagues</td>
<td>Proportion of colleagues based at the same location</td>
</tr>
<tr>
<td>Colleague support</td>
<td>Colleagues give work-related help, how likely?</td>
</tr>
<tr>
<td>Work contact (colleagues)</td>
<td>Speak/Communicate with colleagues about work a) in person, b) on the phone, c) on a screen, d) in writing via text, email, or communication apps (Never to several times a day)</td>
</tr>
<tr>
<td>Work contact COVID-19 pandemic</td>
<td>Speak with people from work in person compared with before COVID-19 (Much more often to much less often)</td>
</tr>
<tr>
<td>Experiences online/mobile communication</td>
<td>Extent to which online and mobile communication with people from work makes it easy to work from home or from another place of choice</td>
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</table>
Digital social contacts at work: Not yet daily practice

Figures 2-5 on the subsequent pages illustrate how often workers speak via screen or communicate in writing via text, email or messaging apps about their work with their line manager and colleagues. Overall, the figures reveal that on average (mean), less than 10% of European respondents speak at least daily with their line manager on screen. When it comes to frequency of written digital communication with colleagues, less than 30% of respondents do this at least daily. These shares are even smaller when communication with line managers is considered. Nevertheless, digital written communication at least occasionally applies to the majority of the (working) population (more than 78% with both colleagues and with line managers).

Screen communication is less prevalent. Moreover, the descriptive suggests complementarity rather than substitution of in person communication. Average frequency of written digital and in-person communication either align or the in-person communication is even more frequent than written digital communication.

The descriptive results reveal significant country variation suggesting that the permeation of digital social contacts at work are context dependent. The share of the (working) population who, for example, never experience written digital communication with line managers ranges between 4%-6% for Norway, Finland, and Sweden; and up to about 40% for Bulgaria, Lithuania, North Macedonia and Portugal. Variation of at least daily written digital communication ranges between 4% to 5% for Greece and Czechia and up to about 30% in Israel and the UK.

Although written digital communication with line managers is most widespread in Finland, Norway, and Sweden, the very frequent, daily, communication remains with 13% to 19% of the population, less pronounced compared to the countries Israel and the UK.


Digital Social Contacts

Macro level

Meso & Micro level

Opportunities for DSC: Internet access at home, work, on the go, digital skills, family/work practices

Needs for DSC: Less co-residence, more teleworking, longer work hours

Trust in DSC: DSC privacy concerns, confidence in technology

Influences on practice of DSC: Individual agency

Individual outcomes: Relationship quality, work-life balance, job satisfaction, wellbeing

Frequency

Relation to in-person contacts

Costs: Increased accessibility, disturbance of other activities, undermine privacy

Benefits: Autonomy in time and place, solidarity (support and appreciation)
Figure 2. Speak with line manager on screen

Figure 3. Speak with colleague on screen

Figure 4. Written digital communication with line manager

Figure 5. Written digital communication with colleagues

Source: European Social Survey Round 10, 2020; post-stratification weights are used; questionnaire self-completing countries were: Austria, Belgium, Israel, Latvia, Poland, Serbia, Spain and Sweden; N = 24,622 (with managers) / 26,262 (with colleagues); original variables ranged from 1 “Never” to 7 “Several times a day”; categories depicted above contain: “Never” (1); “Several times a month or less” (2, 3, 4), “At least several times a week” (5), “At least daily” (6, 7)
Digital social contacts at work: The COVID-19 pandemic as an accelerator

Figures 6-7 illustrate the share of the population who spoke more often (green bars) or less often (purple bars) with people from work either in person or via online/mobile communication. Overall, the figures reveal that on average (mean) 18% of workers spoke less often in person to colleagues due to the COVID-19 pandemic and 26% more often used online/mobile communication. There is, however, great variation in the degree to which personal communication decreased and online/mobile communication increased.

The percentage of workers who reported a decrease in in person communication during the COVID-19 pandemic ranges between 7% for Hungary and 38% for Finland. Country variation of an increase in mobile/online communication during the COVID-19 pandemic ranged from 9% in Croatia to over 30% in UK, Montenegro, Sweden, Norway, Finland, and the Netherlands - in these countries, digital social contacts at work are most widespread (e.g., see general use of written digital communication with colleagues).

Figure 6. Speak with people from work in person during COVID-19

Digital social contacts at work: Opportunity and risk for the work-life interface

Whether digital social contacts at work hold positive or negative implications for individuals’ work-life balance is still highly debated. To examine how the work-life interface is affected by digital social contacts, we considered respondents’ self-assessment of their work-life conflict based on three items including: being too tired to enjoy leisure activities, the job prevents oneself from having time for the partner or family, and one’s partner/family are fed up having time for the partner or family. Figure 8 depicts the estimated changes in work-life conflict when the frequency of written digital communication with their line manager increases (by 1 unit). Values above zero indicate that more frequent written digital communication between workers and their line managers goes along with workers’ increased work-life conflicts. Values below zero indicate that more frequent digital communication goes along with reduced work-life conflicts. The average of 2.8 indicates that workers overall report moderate work-family conflicts. Figure 8 depicts the estimated changes in work-life conflict when the frequency of written digital communication with their line manager increases (by 1 unit). Values above zero indicate that more frequent written digital communication between workers’ and their line managers goes along with workers’ increased work-life conflicts. Values below zero indicate that more frequent digital communication goes along with reduced work-life conflicts.

Source: European Social Survey Round 10, 2020; post-stratification weights are used; questionnaire self-completing countries were: Austria, Germany, Israel, Latvia, Poland, Serbia, Spain and Sweden; N=26,722; Original variable ranged from 1 “Much more often now” to 5 “Much less often now”; to 55 for mobile communication “I don’t have online or mobile communication with the people I work with”; 155 for in person communication “We are never in the same location now due to the pandemic” which were not integrated to the analyses; Categories depicted above contain “More often” (1-2), and “Less often” (4-5); the category “about the same” (3) is not shown here.

Figure 7. Communicate with people from work online/mobile during COVID-19

Source: European Social Survey Round 10, 2020; weights are used; questionnaire self-completing countries were: Austria, Germany, Israel, Latvia, Poland, Serbia, Spain and Sweden; N=26,722; Original variable ranged from 1 “Much more often now” to 5 “Much less often now”; to 55 for mobile communication “I don’t have online or mobile communication with the people I work with”; 155 for in person communication “We are never in the same location now due to the pandemic” which were not integrated to the analyses; Categories depicted above contain “More often” (1-2), and “Less often” (4-5); the category “about the same” (3) is not shown here.

Figure 8. Workers overall report moderate work-life conflicts.
# Digital Social Contacts at Work: Opportunity and Risk for the Work-life Interface

The countries are sorted by the size of the association between work-life conflict and written digital communication with line managers and show the implications of written digital communication with line managers for work-life conflicts clearly vary between the countries. On average, written digital communication with line managers seems to go along with higher work-to-life conflicts (average association is depicted by the vertical red line). However, the work-life conflict inducing effect of digital written communication is more pronounced for countries such as Israel, North Macedonia and Sweden. For example, in Israel respondents who communicate daily (6) with their line managers using written digital communication have on average a 0.45 higher work-family conflict compared to those who never (0) use written digital communication with their supervisors (0.45 = 0.075x6). In contrast, there is no significant association (even a conflict reducing tendency) of digital contacts to line managers and work-life conflict in Latvia, France, and Greece. Overall, the estimated changes remain rather small, considering that work-family ranges from 1 to 5.

### Figures 9-12 (p14-15) illustrate the frequency of digital social contacts in family life. The four graphs consider how often respondents speak via screen or communicate by text, email or messaging app with their children older than 12 and with their parents.

As with communication with line managers and colleagues, digital social contacts via screen are less common than written digital communication. Moreover, digital social contacts appear to complement rather than substitute in person communication (as they often align in frequency or in person communication is on average even more frequent).

Interestingly, average digital communication is also more frequent with people’s children than with parents. Overall, the figures reveal that on average in Europe 8% of the population speak at least daily via a screen and 24% use at least daily written digital communication with their children. For parents the average for at least daily screen communication is 7% but the average for written digital communication is only 17%. One possible explanation could be that older adults are often associated with a digital divide of less frequent and skilled information and communication technology (ICT) capacity. Alternatively, or additionally, more frequent digital social contacts with children could also mirror different caring roles or tasks with the perceived need to support and monitor children on a daily basis. Moreover, the descriptive results reveal country variation. The share of the population who, for example, never experience written digital communication with children ranges from a high of 54% in Bulgaria and a low of 4% in Sweden. The share with at least daily written digital communication with children ranges from 44% in Spain and Israel to 4% amongst Greek respondents. Overall, digital communication with parents is less common among several southern and eastern European countries.

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### Estimated change in WLC when written digital communication increases

<table>
<thead>
<tr>
<th>Country</th>
<th>Estimated Change in WLC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Israel</td>
<td>0.02</td>
</tr>
<tr>
<td>North Macedonia</td>
<td>0.04</td>
</tr>
<tr>
<td>Sweden</td>
<td>0.06</td>
</tr>
<tr>
<td>Italy</td>
<td>0.08</td>
</tr>
<tr>
<td>Belgium</td>
<td>0.10</td>
</tr>
<tr>
<td>Serbia</td>
<td>0.12</td>
</tr>
<tr>
<td>Hungary</td>
<td>0.14</td>
</tr>
<tr>
<td>Iceland</td>
<td>0.16</td>
</tr>
<tr>
<td>Norway</td>
<td>0.18</td>
</tr>
<tr>
<td>Poland</td>
<td>0.20</td>
</tr>
<tr>
<td>Switzerland</td>
<td>0.22</td>
</tr>
<tr>
<td>Austria</td>
<td>0.24</td>
</tr>
<tr>
<td>Spain</td>
<td>0.26</td>
</tr>
<tr>
<td>Ireland</td>
<td>0.28</td>
</tr>
<tr>
<td>Portugal</td>
<td>0.30</td>
</tr>
<tr>
<td>Slovenia</td>
<td>0.32</td>
</tr>
<tr>
<td>Croatia</td>
<td>0.34</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>0.36</td>
</tr>
<tr>
<td>Czechia</td>
<td>0.38</td>
</tr>
<tr>
<td>Lithuania</td>
<td>0.40</td>
</tr>
<tr>
<td>Germany</td>
<td>0.42</td>
</tr>
<tr>
<td>UK</td>
<td>0.44</td>
</tr>
<tr>
<td>Slovakia</td>
<td>0.46</td>
</tr>
<tr>
<td>Montenegro</td>
<td>0.48</td>
</tr>
<tr>
<td>Finland</td>
<td>0.50</td>
</tr>
<tr>
<td>Estonia</td>
<td>0.52</td>
</tr>
<tr>
<td>Netherlands</td>
<td>0.54</td>
</tr>
<tr>
<td>Greece</td>
<td>0.56</td>
</tr>
<tr>
<td>France</td>
<td>0.58</td>
</tr>
<tr>
<td>Latvia</td>
<td>0.60</td>
</tr>
</tbody>
</table>

Source: European Social Survey Round 10, 2020; weights are used; questionnaire self-completing countries were: Austria, Germany, Israel, Latvia, Poland, Serbia, Spain and Sweden; bar graph is based on results of country specific regression models on WLC and depicts the coefficients for written digital communication with line manager (Range 1-7); models control for gender, parental status, no. of children, occupational status, education, total work hours, changes in communication with line manager due to COVID-19; WLC ranges between 1 ‘low conflict’ to 5 ‘high conflict’, mean = 2.8; average effect of written digital communication on WLC is 0.02 (orange line).
Source: European Social Survey Round 10, 2020; post-stratification weights are used; questionnaire self-completing countries were: Austria, Germany, Israel, Latvia, Poland, Serbia, Spain and Sweden; N=22,841 (with parents) / 29,596 (with children); original variable ranged from 1 "Never" to 7 "Several times a day"; categories depicted above contain: "Never" (1), "Several times a month or less" (2-4), "At least several times a week" (5), "At least daily" (6,7)
Digital social contacts in the family: The COVID-19 pandemic as an accelerator

Figures 13-16 show that changes in personal and digital communication with children and parents due to the COVID-19 pandemic, varied across Europe but not as much as compared to the previously shown communication with line managers and colleagues at work during the pandemic. On average 9% of respondents reported a decrease of in person communication and 15% an increase of online/mobile communication with children older than 12.

There is not much difference between communication with parents or children across Europe, patterns are similar for both groups. A decrease of in person communication with parents applied on average to 15% of the population, and an increase in online/mobile communication to 18%. Yet changes in personal and digital communication with children and parents due to the COVID-19 pandemic varied across Europe to some extent.

Whereas more than 20% of parents spoke more often in person to their children in Spain, Serbia, Ireland, Montenegro and Israel, in Finland it was about 7% who spoke more often in person to their children. Instead, online or mobile communication with children increased for many.

The percentage of respondents who reported an increase in online/mobile communication with children due to the COVID-19 pandemic ranges from 8% in Portugal and Croatia to over 20% in Latvia, Serbia, UK, Montenegro and Israel. Similar patterns can be observed for communication with parents.

Here, the share of respondents who used more online/mobile communication ranged from 9% in Croatia to 26% in the UK. Montenegrin, Serbian, Spanish, and Israeli respondents appear to generally have increased their contact with family members.
Digital social contacts in work and family life: Opportunity and risk for social cohesion

Opportunities and risks of digital social contacts for social cohesion are highly debated. Figure 17 provides the estimated association between the frequency of written digital social contacts with parents and the respondent’s self-rated feelings of closeness with them.

Respondents answered on a scale from feeling “not at all close” (coded 1) to feeling “extremely close” (coded 5) to their parents. On average, respondents reported a value of 3.9, hence most people feel rather close to their parents. The associations depicted in figure 17 are based on regression models, estimated for each country separately, and accounting for individual demographics, how close respondents live to their parents, as well as other modes of social contact with parents.

Figure 17. OLS-Regression on closeness to parent
-In dependence of frequency of written digital communication with parent

Commonly, respondents reported a value of 3.9, hence most people feel rather close to their parents. The associations depicted in figure 17 are based on regression models, estimated for each country separately, and accounting for individual demographics, how close respondents live to their parents, as well as other modes of social contact with parents.

Estimated change in closeness to parent when written digital communication increases

Source: European Social Survey Round 10, 2020; weights are used; questionnaires self-completing countries were: Austria, Germany, Israel, Latvia, Poland, Serbia, Spain and Sweden; bar graph is based on results of country specific regression models (Range 1-7); models control for gender, parental status, no. of children, occupational status, education, total work hours, travel time to parent, changes in communication with parent due to COVID-19. Closeness to parents ranges between 1 ‘Not at all close’ to 5 ‘Extremely close’; mean=3.9; average effect of written digital communication with parent on closeness with parent 0.35 (orange line).

Most people in Europe agree that online/mobile communication makes it easy to coordinate activities (see Figure 18). In almost all countries, at least two thirds of respondents share this belief (only 44% of those in Montenegro think this).

Interestingly, the more prevalent this belief is among a population, the more people also see the risk that online/mobile communication undermines work and private life. It seems that people perceive opportunities and risks at the same time.

Whether or not people believe that online/mobile communication makes people feel closer to each other seems unrelated to the coordination opportunities afforded by online/mobile communication. Whereas more than 70% in Norway, Czechia and Greece think that online/mobile communication increases closeness; in Serbia and Germany less than 40% of the population share this belief.

The data also indicates that the more prevalent the belief that online/mobile communication leads to misinformation is, the more prevalent is also the belief that online/mobile communication undermines individual privacy. This is especially pronounced in the Netherlands, France and Switzerland, whereas people are less sceptical towards online/mobile communication in Bulgaria, Montenegro and Slovakia. Although a larger group of respondents in Spain share the belief that digital communication undermines personal privacy, only few agree that online/mobile communication exposes people to misinformation.
First, the data allows for the conclusion that on-screen communication and written communication via text, email or messaging app are already prevalent forms of communication in work and family life, but they are not used very frequently. The share of respondents who report that they use these forms of communication daily or several times a day is relatively low. Moreover, variation between European countries can be observed: northern European countries, UK and Israel are characterized by the highest prevalence of digital social contacts and the Mediterranean countries by the lowest prevalence.

Second, the results have shown that on-screen communication and written communication via text, email or messaging app are more likely to complement rather than substitute in person communication. They either align in their frequency or in person communication remains more frequent. This applies to the work and family domain alike. In the family domain, digital communication with children tends to be more frequent than with parents.

Third, results clearly indicate that due to the COVID-19 pandemic, in person contacts decreased and digital social contacts increased. However, this level of increase or decrease varies considerably across Europe, but not necessarily between parents and children or colleagues and supervisors. The ESS module on “Digital Social Contacts in work and family life” allows us to delve deeper into these differences by investigating additional determinants of the prevalence of digital social contacts in work and family life.

Finally, our preliminary findings indicate that respondents see a tradeoff between opportunities and risks of online/mobile communication. It provides easier coordination and management of activities, but also increases the likelihood that work and family life interrupt each other. Opinions seem to be divided on whether digital social contacts make people feel closer to each other. The ESS module provides the opportunity to investigate further whether digital social contacts and its interrelation with in person contact goes hand in hand with more work-life conflicts, job satisfaction, social cohesion or well-being. Moreover, it can be investigated whether more experience of digital social contacts in work and family life is associated with greater or lesser concerns or perceived opportunities.

Overall, the module on “Digital social contacts in work and family life” helps to improve our understanding of the determinants, experiences and consequences of communication on a screen and in writing via text, email or messaging app. It allows us to investigate research questions on how digital social contacts, their evaluation and consequences differ and to what extent these differences can be explained by digital infrastructures, national policies, economic circumstances and the work and family situation. Moreover, this module, together with the other modules of the ESS survey, allows analysts to investigate gender, parenthood, migration, age, education, occupation, and class specific patterns of digital social contact in work and family life, and whether digital social contacts mitigate or reinforce existing inequalities in the labour market and society.

**Digital social contacts in work and family life: Conclusion**

The ESS module on “Digital Social Contacts in work and family life” provides the opportunity to broaden our understanding of digital communication with colleagues and family members. The report presents a selection of preliminary descriptive findings from this dataset.
### ESS data and findings

Find out more about the European Social Survey

The European Social Survey (ESS) has undertaken 483,089 interviews since Round 1 was fielded in 2002/03. All the documentation and data - collected over the subsequent waves up to and including Round 10 (2020-22) - is available to download or view via the ESS Data Portal.

The ESS became a European Research Infrastructure Consortium (ERIC) in 2013, meaning all participants contribute to the budget of the project. During Round 10, 31 participating countries deposited data, including 27 ERIC Members. This is the highest number of members of any ERIC.

Research has found that 5,966 English-language academic publications include substantial primary analysis of our data (2003-21).

The ESS was the first social science project to win the Descartes Prize in 2005, awarded by the European Union.


The ESS was given the Lijphart/Przeworski/Verba (LPV) Dataset Award in 2020 by the Comparative Politics Section of the American Political Science Association (APSA).

**Publications**

Other issues in the Topline Results series include:

1. Trust in Justice (also available in Croatian and Finnish)

2. Welfare Attitudes in Europe (also available in Croatian, Cypriot Greek, Turkish and Ukrainian)

3. Economic Crisis, Quality of Work and Social Integration (also available in Serbian)

4. Europeans’ Understandings and Evaluations of Democracy (also available in Albanian, Bulgarian, German, Italian, Lithuanian and Slovak)

5. Europeans’ Personal and Social Wellbeing (also available in Albanian, French, Hungarian, Italian, Lithuanian, Russian, Slovak, Slovene and Swedish)

6. Social Inequalities in Health and their Determinants (also available in Danish, French, German, Irish Gaelic, Lithuanian, Portuguese, Romanian, Slovene and Spanish)

7. Attitudes towards Immigration and their Antecedents (also available in Finnish, French, Georgian, German, Hebrew, Lithuanian, Norwegian, Slovene and Spanish)

8. The Past, Present and Future of European Welfare Attitudes (also available in Bulgarian, French, German, Icelandic, Lithuanian and Spanish)

9. European Attitudes towards Climate Change and Energy (also available in French, German, Icelandic, Lithuanian, Slovak and Spanish)

10. Justice and Fairness in Europe (also available in Bulgarian, French, German, Italian and Lithuanian)

11. The Timing of Life (also available in Lithuanian)

**Findings Booklets**

The following compilations of findings have been published and are available for download. These include summaries of several articles, authored by external academics using ESS data.

Exploring public attitudes, informing public policy: Selected findings from the first three rounds

Exploring public attitudes, informing public policy: Selected findings from the first five rounds (also available in Bosnian, Latvian and Luxembourgish)

Exploring public attitudes, informing public policy: Selected findings from the first seven rounds (also available in Bulgarian)

Exploring public attitudes, informing public policy: Selected findings from the first nine rounds

The Human Values Scale: Findings from the European Social Survey
ESS is an academically-driven survey that has been conducted across Europe since 2002.

Undertaken every two years with newly selected, cross-sectional samples, the full dataset contains the results of over 475,000 completed interviews.

The European Social Survey has been a European Research Infrastructure Consortium (ESS ERIC) since 2013.

ESS core topics asked in every round:
- Ancestry
- Crime and justice
- Democracy and government
- Education
- Employment
- Financial circumstances
- Household circumstances
- Immigration
- Health and wellbeing
- Institutional and social trust
- Media/Internet use
- National and ethnic identity
- Other socio-demographics
- Perceived discrimination
- Political affiliation, interest and participation
- Religion
- Social exclusion
- Values

Additionally, two topics are explored in more depth in every round, chosen by the ESS following a competition open to all academics.

31 countries participated in Round 10 of the ESS, fielded in 2020-22.

Members: Austria, Belgium, Bulgaria, Croatia, Cyprus, Czechia, Estonia, Finland, France, Germany, Hungary, Iceland, Ireland, Israel, Italy, Latvia, Lithuania, Netherlands, Norway, Poland, Portugal, Serbia, Slovak Republic, Slovenia, Spain, Sweden and the UK. Observer: Switzerland. Round 10 Guests: Greece, Montenegro and North Macedonia.

Multi-national advisory groups to the ESS ERIC General Assembly are the Methods Advisory Board (MAB), Scientific Advisory Board (SAB) and Finance Committee (FINCOM). The ESS ERIC Headquarters are located at City, University of London.

The ESS ERIC Core Scientific Team in Round 10 comprised: ESS ERIC HQ, City, University of London (UK), Centerdata (Netherlands), GESIS - Leibniz Institute for the Social Sciences (Germany), Sikt - Norwegian Agency for Shared Services in Education and Research (Norway), SCP - The Netherlands Institute for Social Research (Netherlands), Universitat Pompeu Fabra (Spain), University of Essex (UK) and University of Ljubljana (Slovenia).

The National Coordinators’ (NC) Forum involves national teams from all participating countries.

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