

RESEARCH ON

QUALITY OF LIFE IN ARGENTINA



NATIONAL
SURVEY



OBSERVATORIO
HUMANITARIO 

 CRUZ ROJA
ARGENTINA



INTRODUCTION

The following are the results of the fourth nationwide survey conducted by the Humanitarian Observatory of the Argentine Red Cross. They are presented below, In this case the impact of the pandemic on the well-being and quality of life of Argentines.

This was approached through the following dimensions:

- 1** Physical well-being.
- 2** Emotional well-being.
- 3** Interpersonal relationships.
- 4** Material well-being.



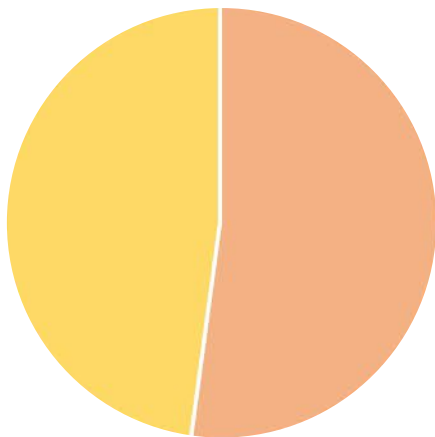
The results were further analyzed by the principles sociodemographic variables (gender, age, socioeconomic level, region of the country of origin).

This research is part of a broader program developed by the Humanitarian Observatory of the Argentine Red Cross. During the year, the status of children, youth and older adults residing in our territory was investigated.



SAMPLE PROFILE

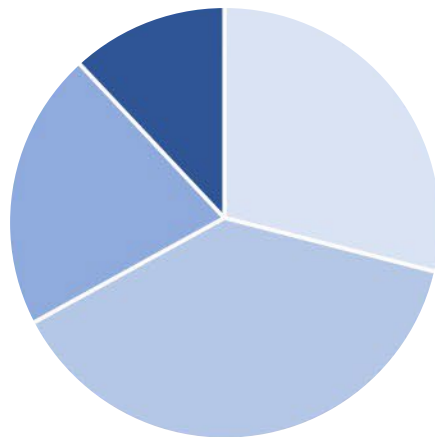
GENDER



48%
FEMININE

52%
MASCULINE

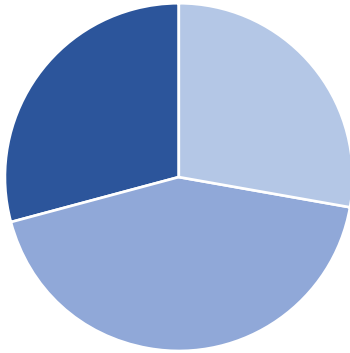
AGE



- 29%
18 TO 29
- 38%
30 TO 49
- 21%
50 TO 64
- 12%
65 OR MORE



EDUCATION LEVEL

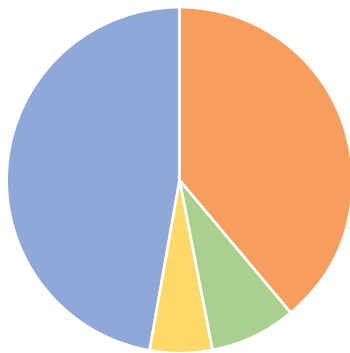


- 28% PRIMARY LEVEL
- 43% SECONDARY
- 29% UNIVERSITY LEVEL

ZONE OF RESIDENCY

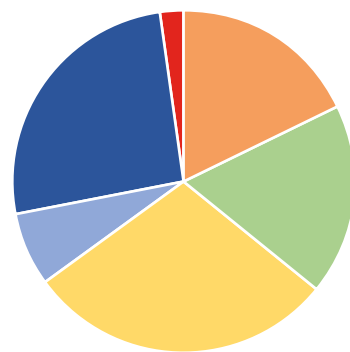
ZONE OF RESIDENCY	%
AMBA	31%
Center	30%
Cuyo	7%
NEA	14%
NOA	11%
Patagonia	7%

CIVIL STATUS



- 39% MARRIED/PARTNERED
- 8% DIVORCED/SEPARATED
- 6% WIDOWED
- 47% SINGLE

WHO DO YOU LIVE WITH?



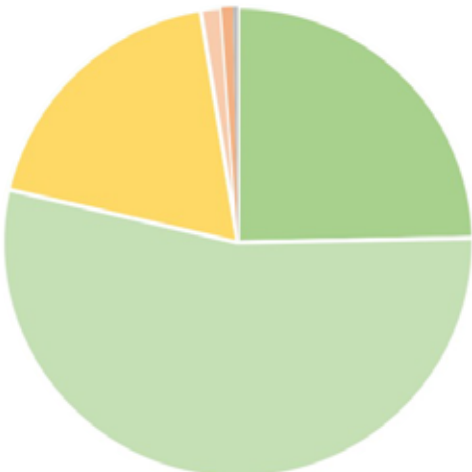
- 18% ALONE
- 18% WITH PARTNER/ COUPLE
- 29% WITH THEIR CHILDREN
- 7% WITH PARTNER AND CHILDREN
- 26% OTHER
- 2% NO RESPONSE



PHYSICAL WELL-BEING

GENERAL HEALTH STATUS EVALUATION

■ How do you rate your general state of health?



25%
VERY GOOD

54%
GOOD

19%
FAIR

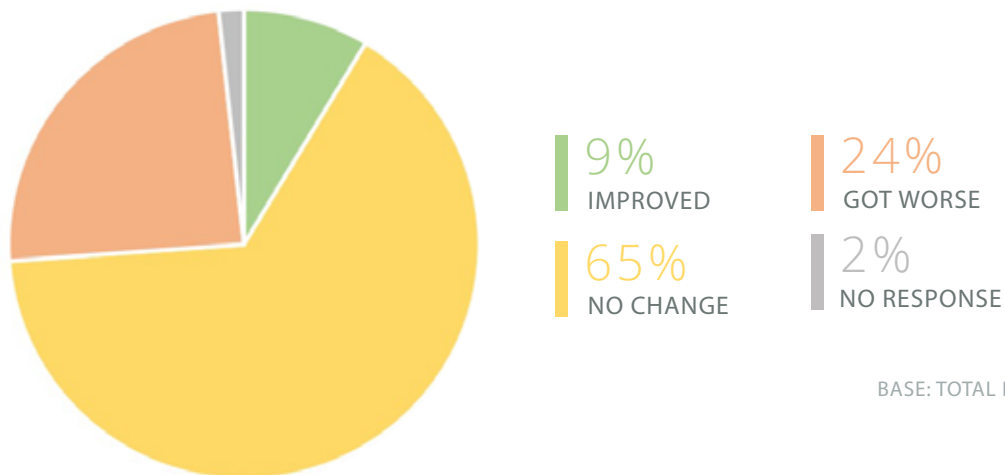
1%
BAD

1%
VERY BAD

BASE: TOTAL INTERVIEWED

RETROSPECTIVE ASSESSMENT OF HEALTH STATUS

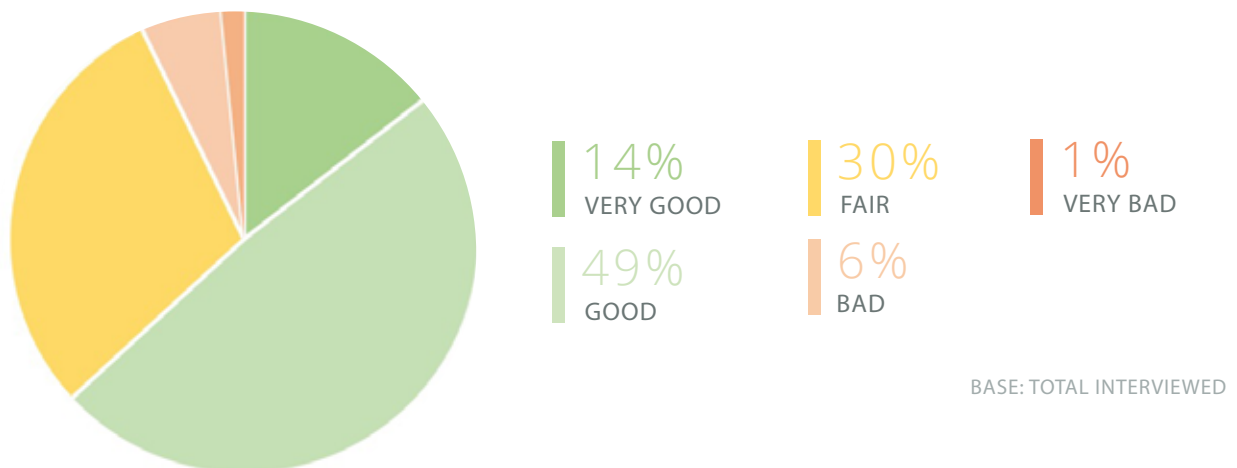
- In relation to before the beginning of the pandemic, would you say your health status...?



BASE: TOTAL INTERVIEWED

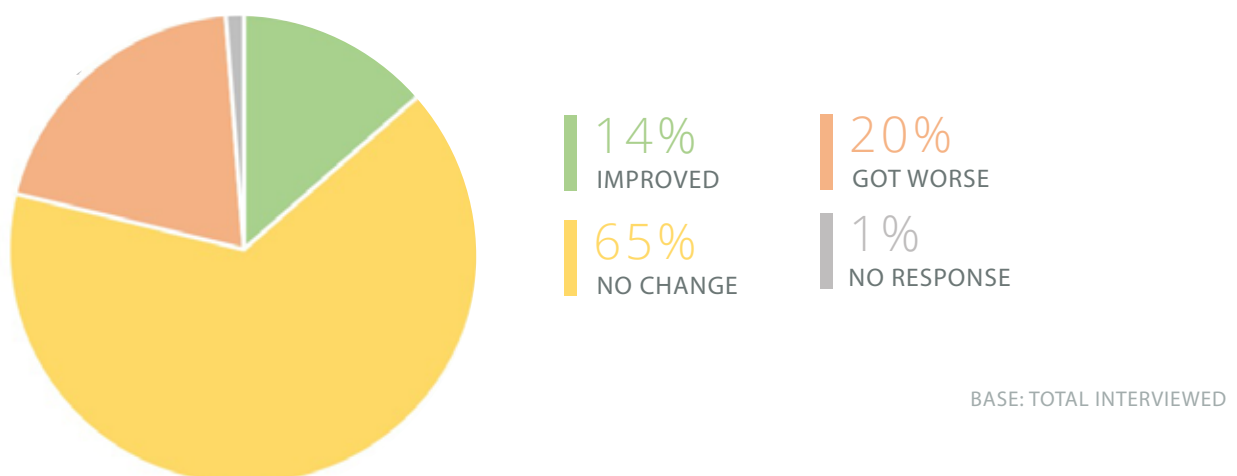
EVALUATION OF NUTRITIONAL DIET

- How do you rate your nutritional diet, i.e., the variety and quality of foods you eat?



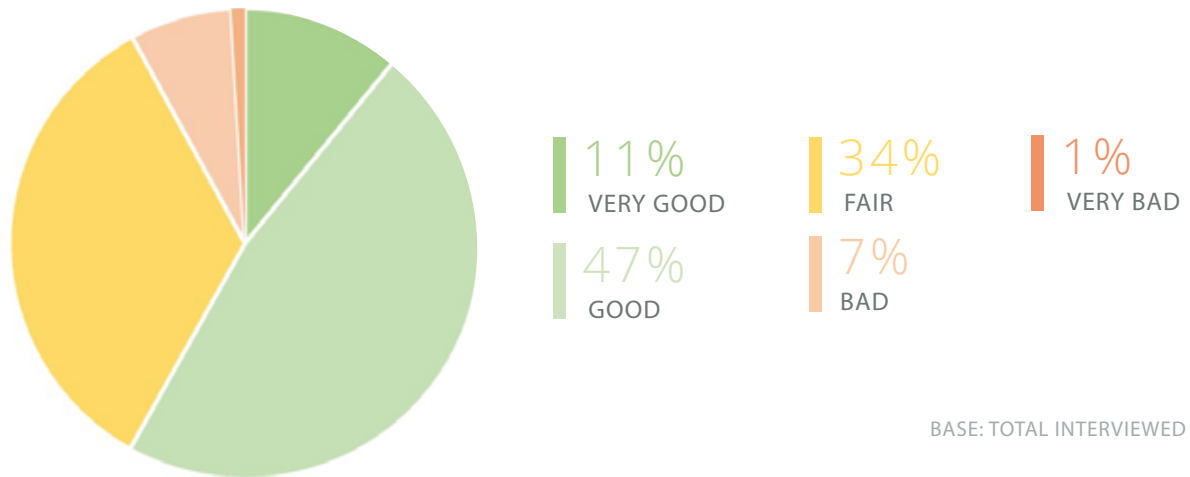
RETROSPECTIVE EVALUATION OF DIET NUTRITIONAL

- In relation to before the start of the pandemic, would you say you that your nutritional diet...?



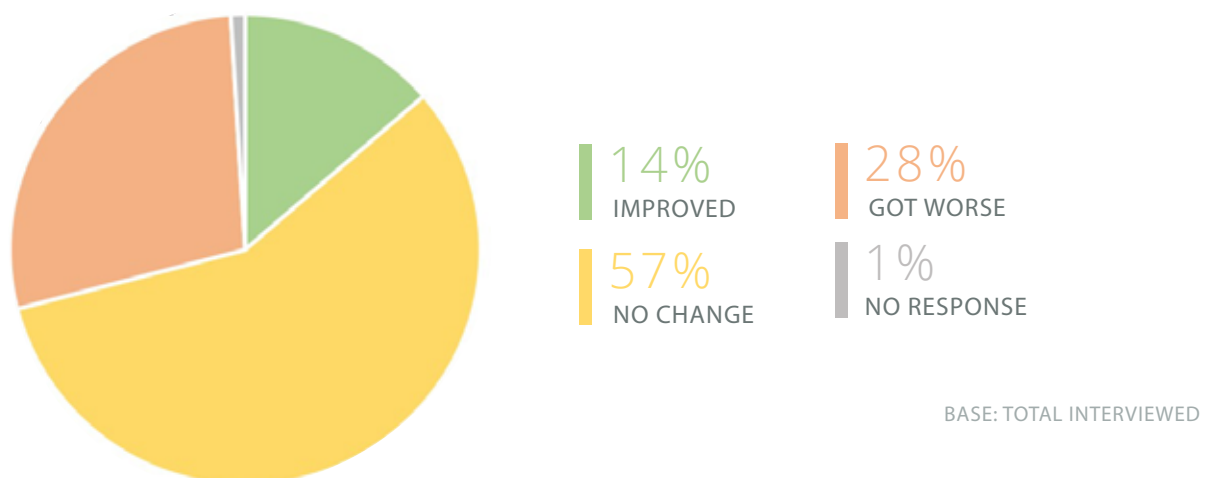
ASSESSMENT OF PHYSICAL CONDITION

- How do you rate your physical condition?



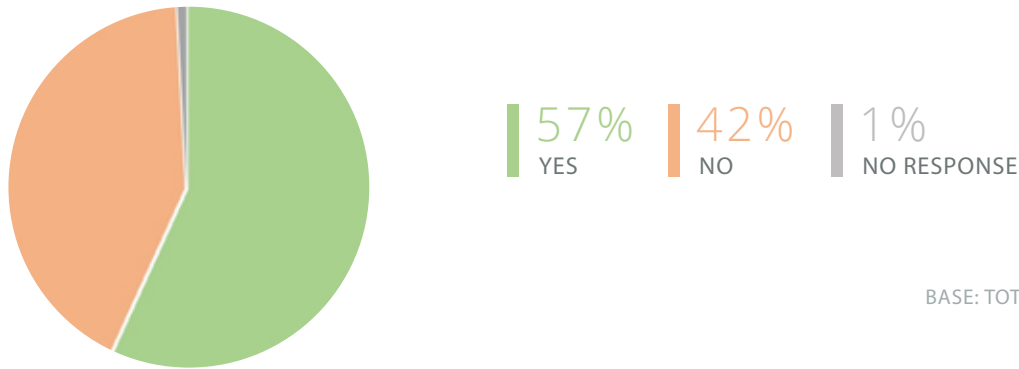
RETROSPECTIVE ASSESSMENT OF PHYSICAL STATUS

- Related to before the start of the pandemic, how would you describe your physical condition...?

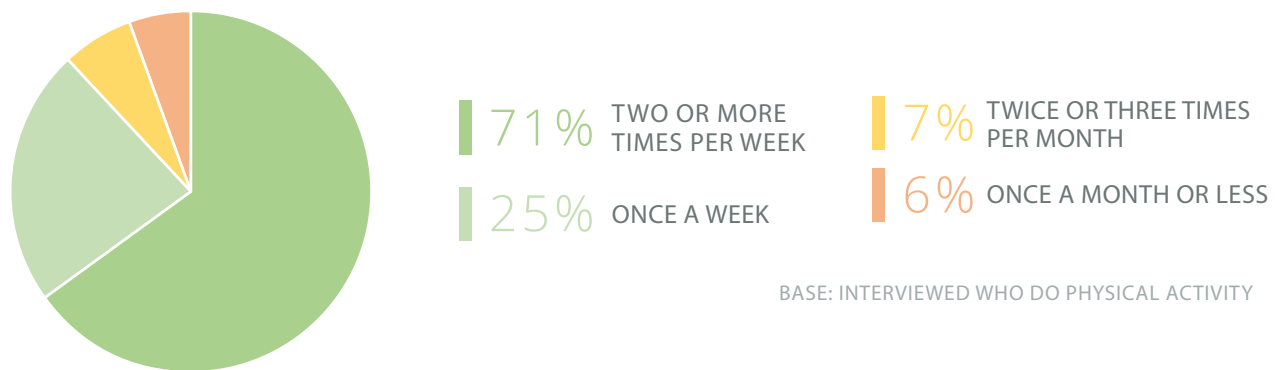


PHYSICAL EXERCISE

- In the last month, did you exercise or engage in physical activity?



- How often do you do physical activity?



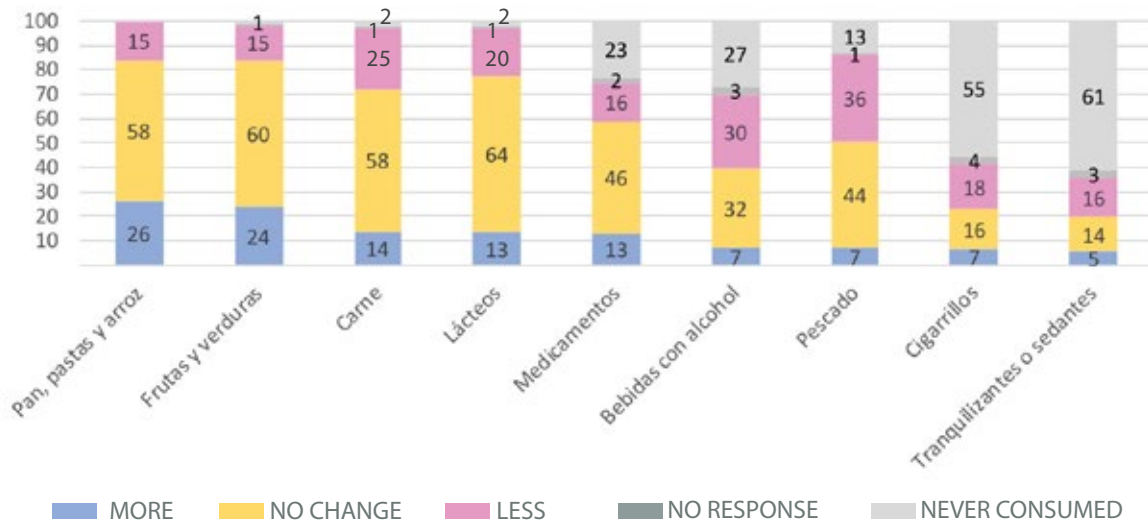
RETROSPECTIVE EVALUATION OF PHYSICAL ACTIVITY

- Compared to life before the pandemic, would you say that you do more, the same, or less exercise now?



LEVEL OF CONSUMPTION OF VARIOUS PRODUCTS

- For each of the following items, I ask you to indicate whether you consume more, the same or less than before the beginning of the pandemic



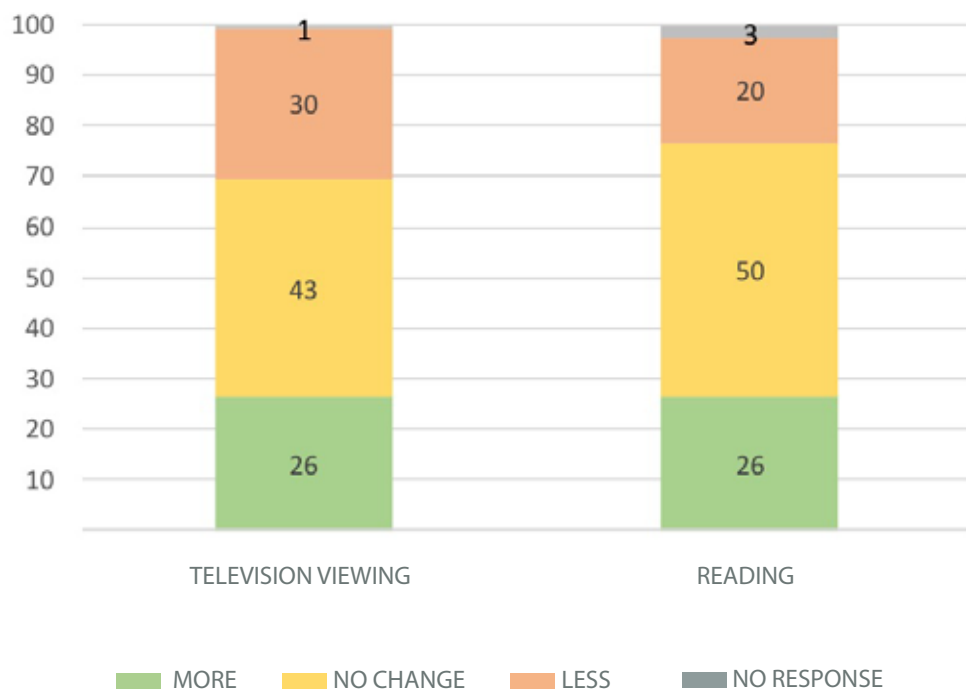
BASE: TOTAL INTERVIEWED

		Trabaja en relación de dependencia	Trabaja por cuenta propia	Estudia	Jubilado	Desocupado	Hace changas	Ama de casa
Medicamentos	Más	13	9	10	22	25	18	8
	Igual	47	49	37	69	28	28	57
	Menos	15	19	19	4	16	12	21
	Nunca consumió + Ns nr	25	23	34	5	31	43	14
Frutas y verduras	Más	26	24	30	5	28	23	16
	Igual	60	60	55	85	41	51	61
	Menos	13	15	14	10	30	18	17
	Nunca consumió + Ns nr	1	1	1	0	0	9	6
Carne	Más	15	16	16	6	11	9	13
	Igual	63	53	58	67	46	54	58
	Menos	20	28	23	26	40	36	28
	Nunca consumió + Ns nr	2	2	4	1	2	2	1
Pescado	Más	9	7	5	3	12	9	4
	Igual	45	48	38	59	32	32	35
	Menos	34	32	40	32	39	47	35
	Nunca consumió + Ns nr	12	14	17	7	16	13	26
Lácteos	Más	14	12	19	3	10	19	6
	Igual	66	62	58	82	59	56	73
	Menos	18	24	20	14	28	22	21
	Nunca consumió + Ns nr	2	2	3	1	3	2	0
Pan, pastas y arroz	Más	25	24	37	7	28	29	30
	Igual	57	59	51	78	46	52	62
	Menos	18	16	11	14	25	18	8
	Nunca consumió + Ns nr	1	1	1	0	1	1	0

BASE: TOTAL INTERVIEWED

TELEVISION VIEWING AND READING

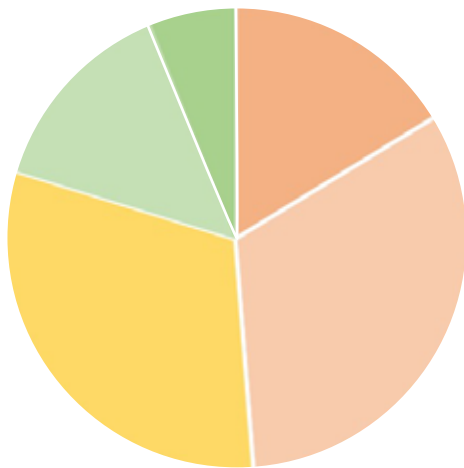
- Compared to life before the pandemic, would you say that you watch more television now the same or less than before?
- Compared to life before the pandemic, would you say that you now read more, the same or less than before?



BASE: TOTAL INTERVIEWED

IMPACT OF THE PANDEMIC ON PHYSICAL WELL-BEING

An indicator was constructed to identify the percentage of respondents who experienced some type of physical impact as a result of the pandemic (**health status** (health status, nutritional diet, physical fitness and physical activity)).



49%

Said they suffered some level of negative impact on physical well-being since the pandemic began.

16% HIGH IMPACT

14% MILD POSITIVE IMPACT

33% MILD NEGATIVE IMPACT

6% HIGH POSITIVE IMPACT

31% NO CHANGE

BASE: TOTAL INTERVIEWED

	Sexo		Edad				Nivel educativo			Región					
	Masculino	Femenino	18 a 29	30 a 49	50 a 64	65 o mas	Bajo	Medio	Alto	AMBA	Centro	Cuyo	NEA	NOA	Patagonia
Alto impacto negativo	15	18	17	20	10	13	9	17	23	20	15	19	9	18	13
Leve impacto negativo	29	36	33	31	31	41	34	32	31	35	27	31	32	34	45
Sin cambios	37	24	23	27	43	42	46	27	22	30	38	32	27	26	22
Leve impacto positivo	13	15	18	15	14	3	9	17	16	10	13	13	24	15	16
Alto impacto positivo	5	7	9	7	2	1	1	7	9	6	6	6	7	6	5
Total impacto negativo	44	54	50	50	41	54	43	49	54	54	43	50	41	52	58

	Situación laboral						
	Relación de dependencia	Cuenta propia	Estudia	Jubilado	Desocupado	Hace changas	Ama de casa
Alto impacto negativo	20	15	19	9	18	13	18
Leve impacto negativo	35	27	31	32	34	45	31
Sin cambios	30	38	32	27	26	22	31
Leve impacto positivo	10	13	13	24	15	16	13
Alto impacto positivo	6	6	6	7	6	5	7
Total impacto negativo	54	43	50	41	52	58	49

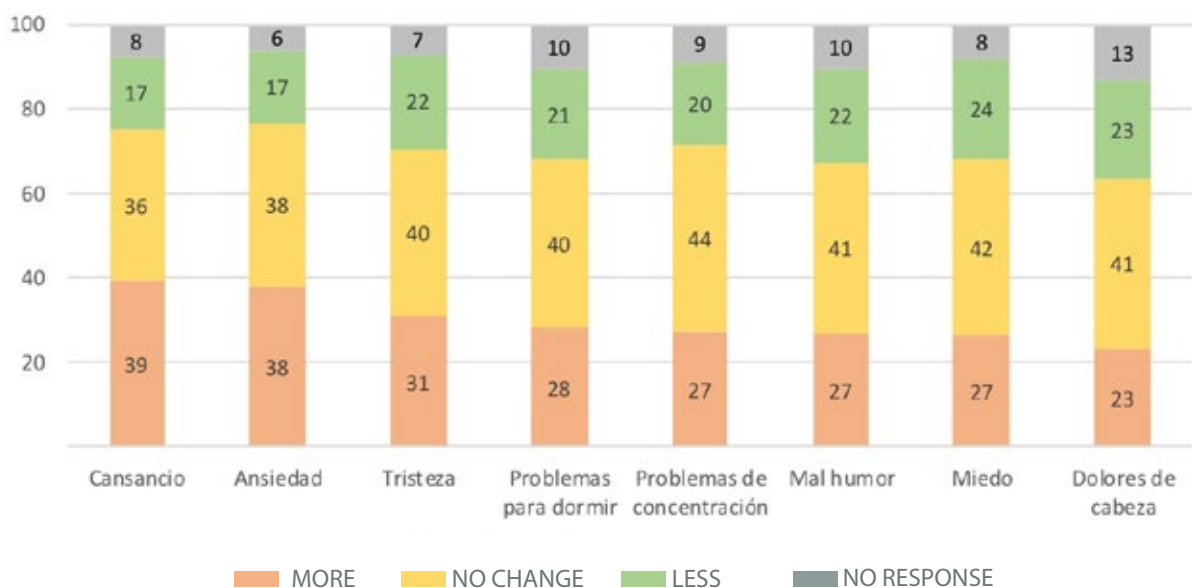
BASE: TOTAL INTERVIEWED



EMOTIONAL WELLBEING

PROBLEMS SUFFERED

- For each of the following topics, I ask you to indicate whether you suffer more, the same, or less from the beginning of the pandemic.



BASE: TOTAL INTERVIEWED



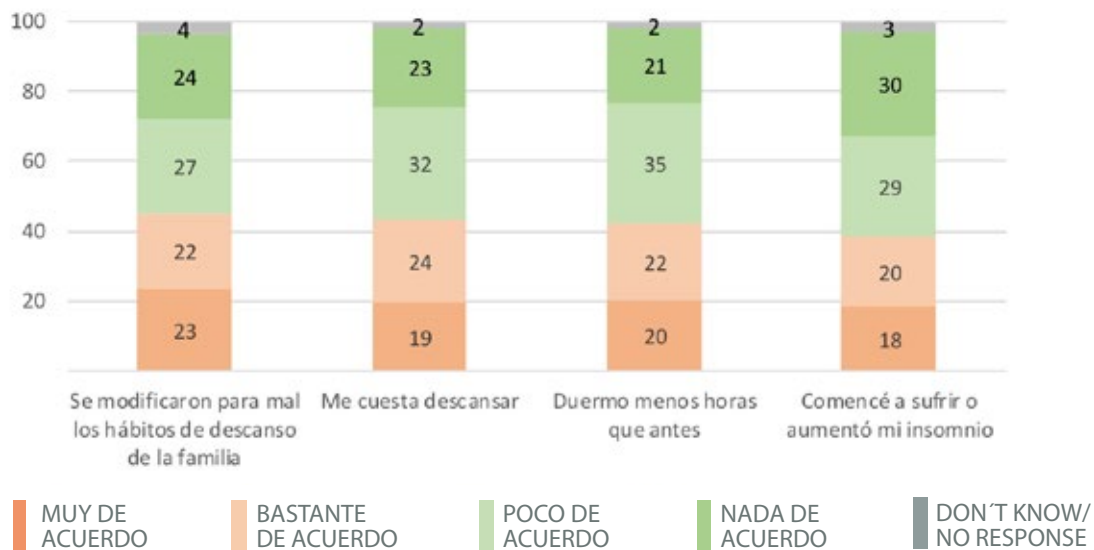
PROBLEMS SUFFERED

		Sexo		Edad				Nivel educativo		
		Masculino	Femenino	18 a 29	30 a 49	50 a 64	65 o mas	Bajo	Medio	Alto
Anseiedad	Más	32	45	45	38	33	32	24	41	48
	Igual	43	33	30	38	47	45	52	34	32
	Menos	18	17	19	19	12	18	17	19	15
	No responde	7	5	7	4	9	6	7	6	5
Tristeza	Más	28	34	31	29	27	46	30	29	35
	Igual	42	37	40	39	43	33	40	39	40
	Menos	23	21	22	25	21	18	25	23	18
	No responde	7	7	7	7	9	3	5	8	7
Miedo	Más	21	32	24	25	24	41	23	25	32
	Igual	45	38	40	43	48	30	43	42	39
	Menos	25	23	27	25	18	25	26	25	21
	No responde	9	7	9	7	11	4	8	8	8
Problemas de concentración	Más	23	32	38	30	16	14	11	31	37
	Igual	46	42	38	44	54	40	50	43	39
	Menos	21	19	18	20	24	16	23	19	17
	No responde	10	7	6	6	5	30	15	6	6
Dolores de cabeza	Más	18	29	31	26	15	9	9	28	30
	Igual	43	38	38	40	51	29	44	39	40
	Menos	23	23	23	25	23	15	21	25	22
	No responde	16	10	7	9	11	47	27	9	7
Mal humor	Más	24	30	33	29	24	11	16	29	34
	Igual	41	41	43	39	46	30	36	42	42
	Menos	22	22	20	26	23	14	29	21	18
	No responde	13	7	4	6	7	45	19	8	6
Cansancio	Más	32	47	46	45	32	17	17	45	53
	Igual	40	32	36	32	50	26	41	35	33
	Menos	18	16	15	19	15	20	24	16	12
	No responde	10	5	3	4	3	37	17	4	3
Problemas para dormir	Más	24	33	35	28	24	19	14	31	38
	Igual	42	37	36	42	49	27	48	37	36
	Menos	22	21	23	22	21	18	20	24	19
	No responde	12	8	7	8	6	36	19	7	7

BASE: TOTAL INTERVIEWED

PERCEPTIONS ABOUT REST

- For each of the following statements, I ask you to indicate your level of agreement with each one of them.

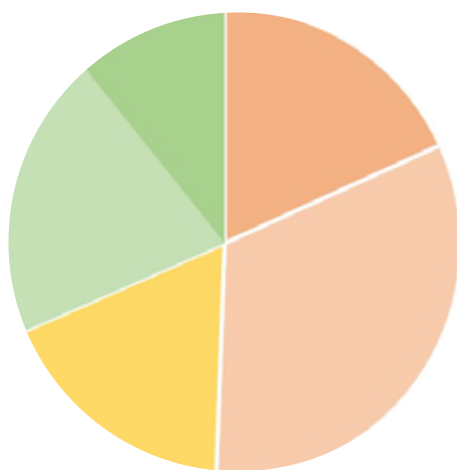


		Sexo		Nivel educativo		
		Masculino	Femenino	Bajo	Medio	Alto
Desde que comenzó la pandemia, duermo menos horas que antes	Muy de acuerdo	18	23	19	20	21
	Bastante de acuerdo	22	21	18	24	22
	Poco de acuerdo	35	34	41	32	32
	Nada de acuerdo	22	21	19	21	24
	Ns nr	2	1	2	2	2
Desde que comenzó la pandemia me cuesta descansar	Muy de acuerdo	17	22	17	19	22
	Bastante de acuerdo	21	27	21	26	24
	Poco de acuerdo	34	30	40	29	28
	Nada de acuerdo	25	20	20	23	25
	Ns nr	2	1	2	2	1
Desde que comenzó la pandemia comencé a sufrir o aumentó mi insomnio	Muy de acuerdo	14	23	14	19	21
	Bastante de acuerdo	20	21	17	23	20
	Poco de acuerdo	30	28	33	27	28
	Nada de acuerdo	32	27	31	29	29
	Ns nr	4	2	6	2	2
Desde que comenzó la pandemia se modificaron para mal los hábitos de descanso de la familia	Muy de acuerdo	21	27	18	25	26
	Bastante de acuerdo	22	21	18	23	23
	Poco de acuerdo	29	25	34	24	24
	Nada de acuerdo	25	24	27	23	23
	Ns nr	4	3	2	5	3

BASE: TOTAL INTERVIEWED

IMPACT OF THE PANDEMIC ON EMOTIONAL WELL-BEING

An indicator was constructed to identify the percentage of respondents who suffered some type of emotional impact as a result of the pandemic. (tiredness, anxiety, sadness, etc).



50%

Says he suffered some level of negative impact on his emotional well-being since the pandemic began.

18% HIGH NEGATIVE IMPACT

21% LOW POSITIVE IMPACT

32% LOW NEGATIVE IMPACT

11% HIGH POSITIVE IMPACT

18% NO CHANGES

BASE: TOTAL INTERVIEWED

	Sexo		Edad				Nivel educativo			Región					
	Masculino	Femenino	18 a 29	30 a 49	50 a 64	65 o mas	Bajo	Medio	Alto	AMBA	Centro	Cuyo	NEA	NDA	Patagonia
Alto impacto negativo	14	23	22	20	14	9	6	20	28	20	18	20	11	24	13
Leve impacto negativo	31	34	32	29	30	48	30	33	34	40	32	35	20	34	25
Sin cambios	21	14	14	16	29	15	22	18	14	15	21	14	23	16	14
Leve impacto positivo	23	19	22	23	17	20	30	19	16	18	17	12	38	15	30
Alto impacto positivo	11	10	10	12	11	8	12	11	9	8	11	20	8	12	18
Total impacto negativo	45	57	54	50	43	57	36	53	62	59	50	54	31	58	38

	Situación laboral						
	Relación de dependencia	Cuenta propia	Estudia	Jubilado	Desocupado	Hace changas	Ama de casa
Alto impacto negativo	18	15	27	7	28	19	11
Leve impacto negativo	29	31	32	52	24	22	33
Sin cambios	18	21	13	16	19	21	22
Leve impacto positivo	22	23	19	18	19	21	26
Alto impacto positivo	12	10	10	7	10	17	8
Total impacto negativo	47	46	59	59	52	41	44

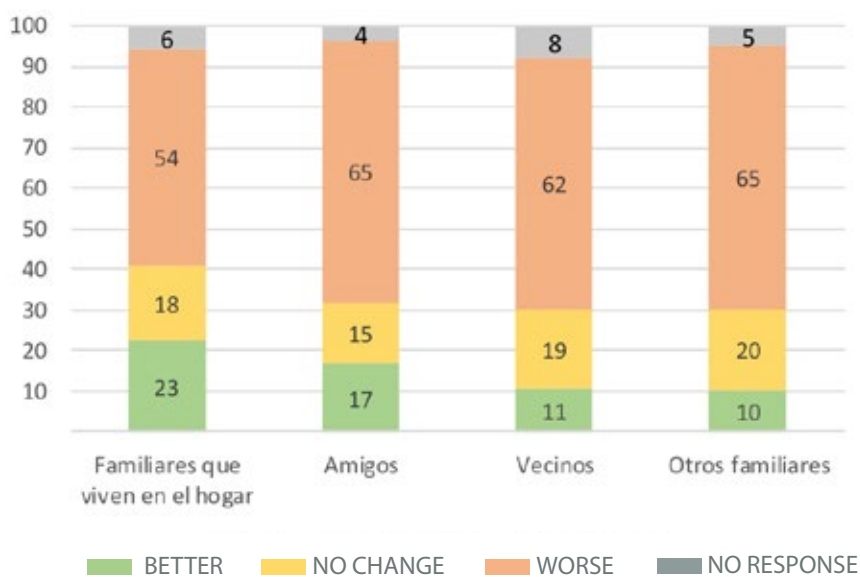
BASE: TOTAL INTERVIEWED



INTERPERSONAL RELATIONS

RETROSPECTIVE EVALUATION OF INTERPERSONAL RELATIONSHIPS

- Since the pandemic began, how would you rate your relationship with...?



BASE: TOTAL INTERVIEWED

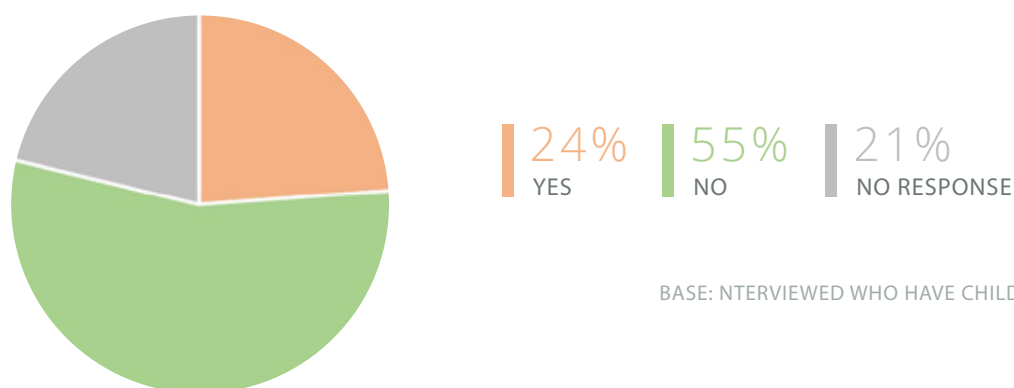


CHILD CARE WHEN THERE WAS NO ON-SITE SCHOOLING

- When there was no face-to-face schooling, who was in charge of the care of your children?

	%
MOTHER	44
GRANDPARENTS	18
ALONE	9
OLDER BROTHER/SISTER	6
FATHER	5
NANNY	1
NO RESPONSE/ DOESN'T KNOW	18

- Did anyone have to stop working or work less hours to take care of their children when they were out of school?

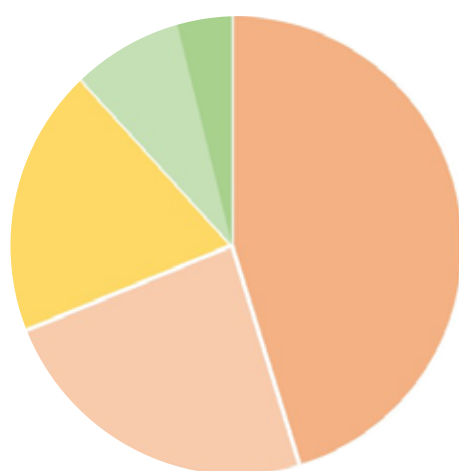


BASE: INTERVIEWED WHO HAVE CHILDREN



IMPACT OF THE PANDEMIC ON INTERPERSONAL RELATIONSHIPS

An indicator was constructed to identify the percentage of respondents whose social relationships worsened as a result of the pandemic.



68%

Say that they suffered some kind of worsening of social relations since the pandemic began.

45% HIGH NEGATIVE IMPACT

8% LOW POSITIVE IMPACT

23% MILD NEGATIVE IMPACT

4% HIGH POSITIVE IMPACT

20% NO CHANGES

BASE: TOTAL INTERVIEWED

	Sexo		Edad				Nivel educativo			Región					
	Masculino	Femenino	18 a 29	30 a 49	50 a 64	65 o mas	Bajo	Medio	Alto	AMBA	Centro	Cuyo	NEA	NOA	Patagonia
Alto impacto negativo	45	46	44	45	35	66	34	46	55	61	41	42	26	50	26
Leve impacto negativo	20	27	27	23	24	15	19	26	24	19	27	22	26	27	17
Sin cambios	22	17	17	21	25	11	30	17	13	12	18	21	34	16	34
Leve impacto positivo	8	7	8	9	7	6	10	8	5	4	9	11	12	3	18
Alto impacto positivo	4	3	4	2	9	2	6	3	3	4	5	4	2	3	5
Total impacto negativo	65	73	71	69	59	81	53	72	79	80	68	64	52	77	43

	Situación laboral						
	Relación de dependencia	Cuenta propia	Estudia	Jubilado	Desocupado	Hace changas	Ama de casa
Alto impacto negativo	42	37	51	69	44	32	32
Leve impacto negativo	24	23	25	15	26	25	30
Sin cambios	20	29	14	7	21	17	31
Leve impacto positivo	9	5	6	5	6	23	7
Alto impacto positivo	4	6	3	4	3	3	
Total impacto negativo	66	60	76	85	70	57	62

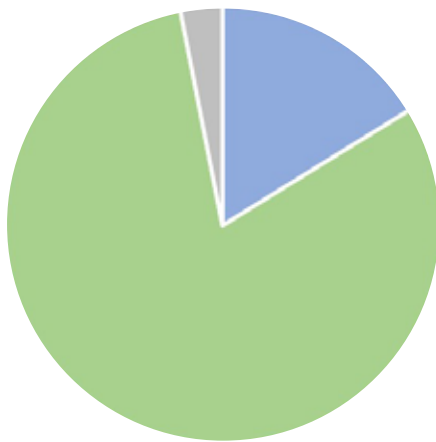
BASE: TOTAL INTERVIEWED



MATERIAL WELL-BEING

IMPACT OF THE HOME OFFICE ON FAMILY COEXISTENCE

- Are you working most of the days from home or do you have to go to work at the office most of the days?



16%
MOST OF THE DAYS AT HOME

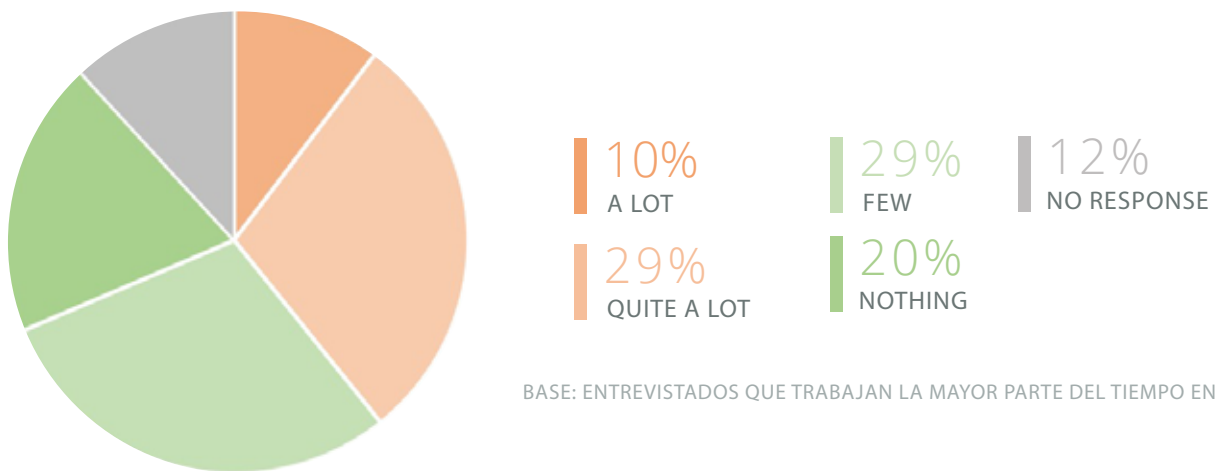
81%
MOST PART OF THE DAYS HAVE TO GO TO THE OFFICE

3%
NO RESPONSE

BASE: TOTAL ENTREVISTADOS EN
RELACIÓN DE DEPENDENCIA

IMPACT OF THE HOME OFFICE ON FAMILY COEXISTENCE

- Do you think that working at home with your family affected your family life much, a lot or not at all?



BASE: ENTREVISTADOS QUE TRABAJAN LA MAYOR PARTE DEL TIEMPO EN CASA



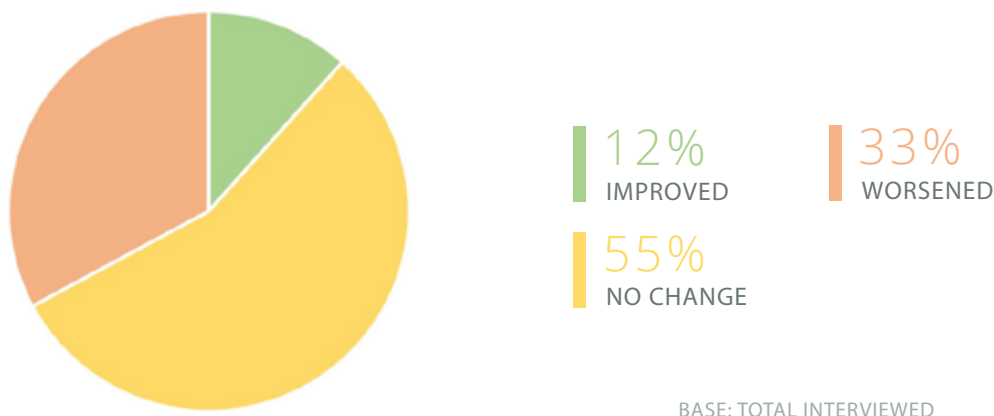
EVALUATION OF PERSONAL FINANCIAL SITUATION

- How do you rate your personal and family financial situation?



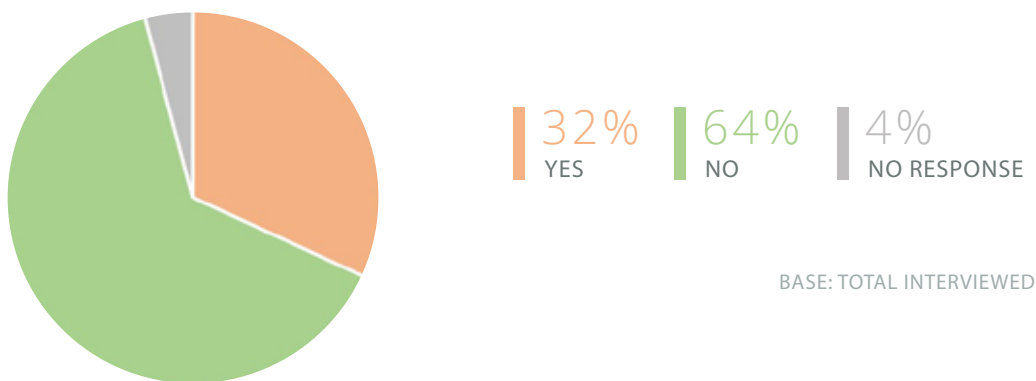
RETROSPECTIVE EVALUATION OF PERSONAL FINANCIAL SITUATION

- Relative to before the start of the pandemic, would you say your personal and family economic situation?

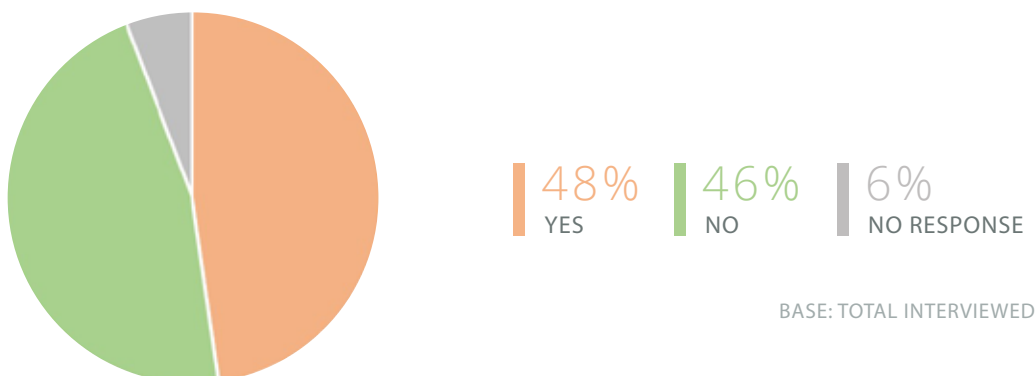


JOB LOSS AND STRATEGIES TO MAKE ENDS MEET

- During the pandemic, did you or a family member who you live with lose your job?



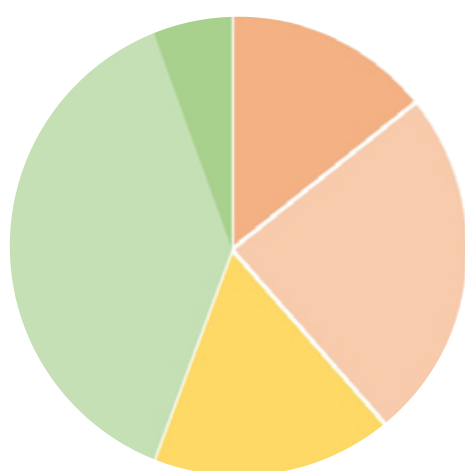
- In your household, did you have to implement any strategies to make ends meet during the pandemic?





IMPACT OF THE PANDEMIC ON MATERIAL WELL-BEING

An indicator was constructed to identify the percentage of respondents whose material situation worsened as a result of the pandemic.



38%

Say they have had some negative material impact since the pandemic began

- 14% HIGH NEGATIVE IMPACT
- 24% MILD NEGATIVE IMPACT
- 17% NO CHANGE
- 39% MILD POSITIVE IMPACT
- 6% ALTO IMPACTO POSITIVO

BASE: TOTAL INTERVIEWED

	Situación laboral						
	Relación de dependencia	Cuenta propia	Estudia	Jubilado	Desocupado	Hace changas	Ama de casa
Alto impacto negativo	10	16	15	6	38	24	12
Leve impacto negativo	23	25	23	20	23	41	27
Sin cambios	14	23	20	7	19	13	22
Leve impacto positivo	44	33	37	66	19	14	35
Alto impacto positivo	10	3	5	1	2	9	4
Total impacto negativo	33	41	38	26	60	65	39

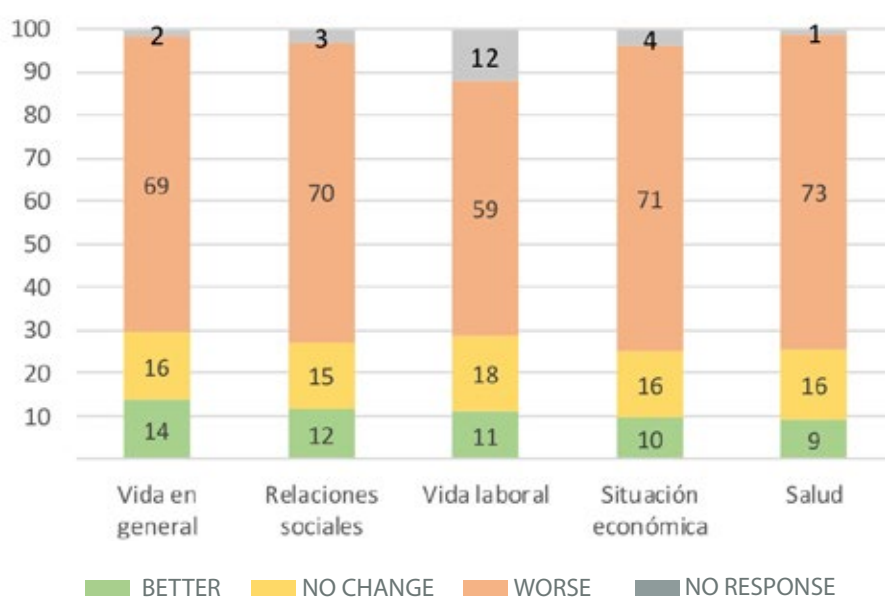
BASE: TOTAL INTERVIEWED



BALANCE SHEET

EVALUATION OF LIFE AREAS

- Taking stock, how do you rate since the pandemic began?



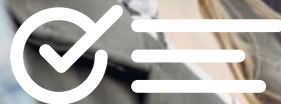
BASE: TOTAL INTERVIEWED

EVALUATION OF LIFE AREAS

- taking stock, how do you rate ... since the pandemic began?

		Nivel educativo		
		Bajo	Medio	Alto
Su vida en general	Mejor	7	17	16
	Igual	35	10	6
	Peor	57	71	76
	Ns nr	1	2	3
Sus relaciones sociales	Mejor	7	15	12
	Igual	35	10	5
	Peor	55	72	81
	Ns nr	3	4	2
Su vida laboral	Mejor	4	13	15
	Igual	39	12	5
	Peor	52	57	69
	Ns nr	5	18	11
Su situación económica	Mejor	6	11	12
	Igual	32	11	7
	Peor	59	73	79
	Ns nr	3	5	3
Su salud	Mejor	4	12	10
	Igual	35	11	5
	Peor	61	75	83
	Ns nr	0	2	1

BASE: TOTAL INTERVIEWED



CONCLUSIONS

THE FOLLOWING ARE THE CONCLUSIONS OF THE MAIN RESULTS OF THE RESEARCH ON THE IMPACT OF THE PANDEMIC ON THE QUALITY OF LIFE CARRIED OUT BY THE HUMANITARIAN OBSERVATORY OF THE ARGENTINE RED CROSS.

- 1** 49% of the respondents indicated that they have suffered some negative impact on their physical well-being since the pandemic, either in their state of health, their nutritional diet, their physical condition or the exercise they do. the damage on this axis of well-being is greater among women, among the high socioeconomic levels and in patagonia and the AMBA.
- 2** In addition, there is a perceived reduction in the consumption of heavy, meat and dairy products (36%,25% and 20%, respectively).



- 3 In terms of emotional well-being, 5 out of 10 respondents said that they suffered some kind of inconvenience since the beginning of the pandemic, whether in terms of anxiety, sadness, fear, concentration problems, headaches, bad moods, tiredness and sleeping problems. those with the greatest impact were women, adults over 65, middle and high levels and among residents of the AMBA.
- 4 The pandemic has had a strong impact on interpersonal relationships, highlighting that 68% mentioned that some of their social ties were damaged since the pandemic, again women, adults over 65, middle and high levels and residents of the AMBA were those who suffered the most.
- 5 With respect to material well-being, 38% of respondents reported some material complication resulting from the pandemic (worsening of their economic situation, loss of a household member's job or having to implement some kind of strategy to make ends meet). the unemployed and informal workers were the most affected.



TECHNICAL DATA SHEET

**Population to be studied:**

Population over 18 years of age

**Type of survey:**

Combined survey (telephone and face-to-face)

**Methodology:**

Telephone to the database of the Argentine Red Cross and coincidental in areas close to their headquarters.

**Characteristics of the sample:**

The field operation was deployed in 20 provinces of the country.

**Surveys conducted:**

2904 cases

**Statistical error:**

Since it was not a probability sample, the margin of error was not calculated. For informative purpose, a probabilistic sample with the quantity of cases indicated has a margin of error of +/- 1.8% for a confidence level of 95%.

**Date of the field operation:**

Mid-August to early September 2021.

OBSERVATORIO
HUMANITARIO 

RESEARCH ON

QUALITY OF LIFE



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