

RESEARCH ABOUT

# QUALITY OF LIFE IN ARGENTINA



NATIONAL  
SURVEY



CRUZ ROJA  
ARGENTINA

OBSERVATORIO  
HUMANITARIO 



# INTRODUCTION

We present below the results of the second national study about Quality of Life of the people in Argentina

**The main goals were the following:**

- 1** To monitor the physical well-being of the surveyed people.
- 2** To collect information about the emotional well-being.
- 3** To analyze the current material well-being.
- 4** To compare it with the Quality of Life 2021 Survey results.



Moreover, the results were analyzed according with the main socio-demographic variables (gender, age, socioeconomic status, and region within the country).

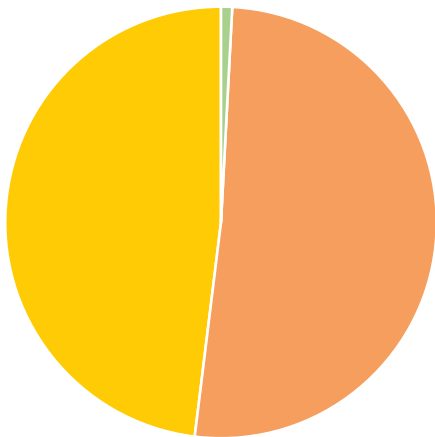
This survey is framed within a larger program developed by the Humanitarian Observatory of the Argentine Red Cross.

The following study is based on the **population of 18 years or older that live in Argentina.**



SAMPLE PROFILE

GENDER:

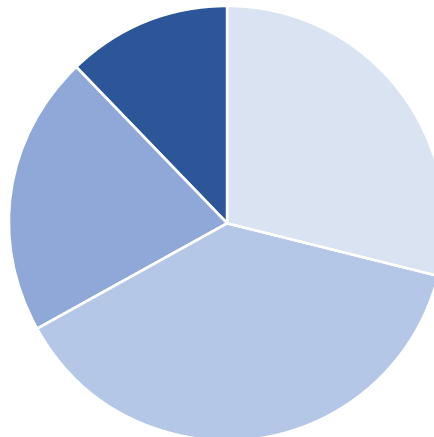


51%  
FEMALE

48%  
MALE

1%  
OTHER

AGE:



29%  
18 TO 29

38%  
30 TO 49

21%  
50 TO 64

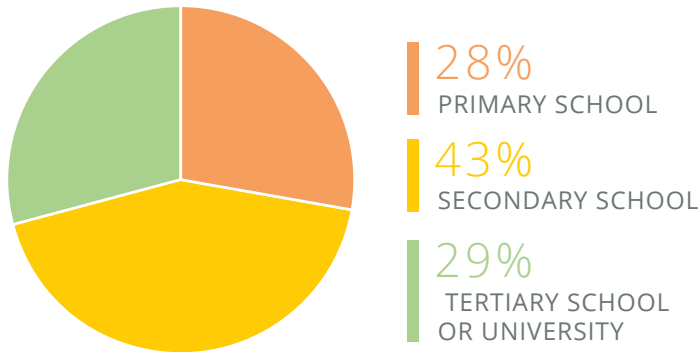
12%  
65 OR MORE

BASE: TOTAL POPULATION SURVEYED



# SAMPLE PROFILE

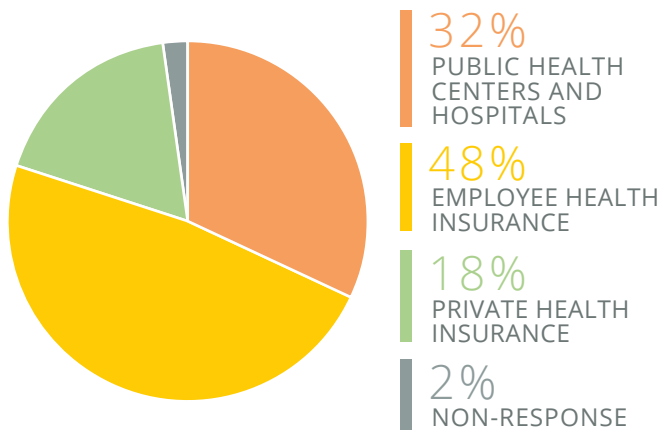
## HIGHEST EDUCATIONAL LEVEL REACHED



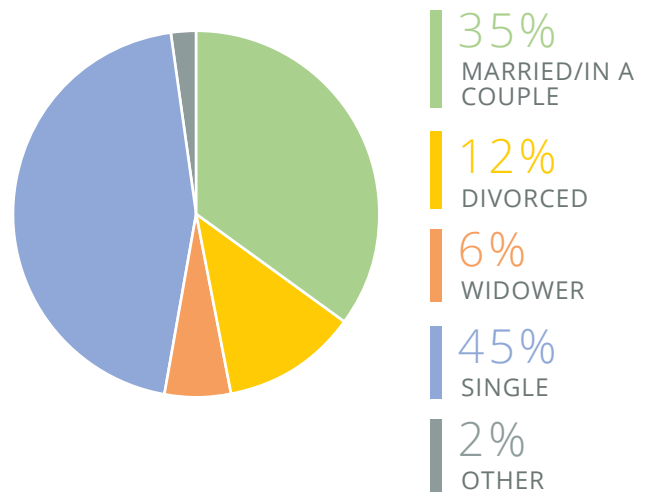
## RESIDENCE AREA

RESIDENCE AREA	%
AMBA	38%
Centro	27%
Cuyo	10%
NEA	11%
NOA	9%
Patagonia	5%

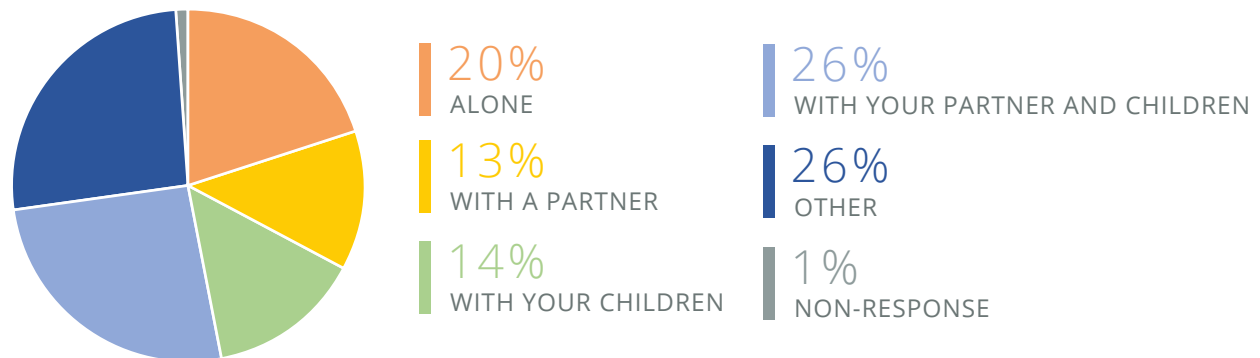
## HEALTH INSURANCE



## MARITAL STATUS



## WHO DO YOU LIVE WITH?

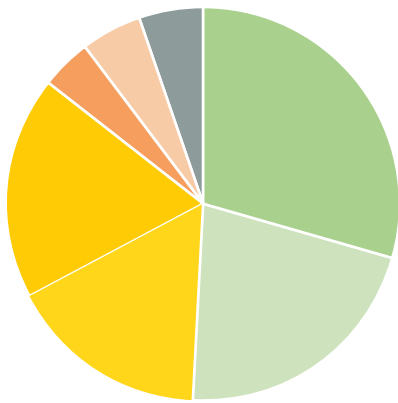


BASE: TOTAL POPULATION SURVEYED



# SAMPLE PROFILE

## EMPLOYMENT SITUATION

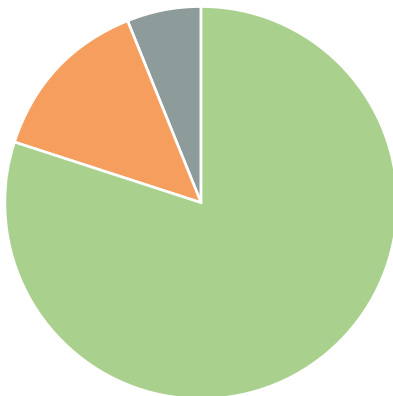


- 29% WORKS FOR THE PRIVATE OR THE PUBLIC SECTOR
- 21% WORKS AS A FREELANCER
- 16% STUDIES
- 18% RETIRED

- 4% UNEMPLOYED
- 5% HAS INFORMAL JOBS
- 5% HOMEMAKER

BASE: TOTAL POPULATION SURVEYED

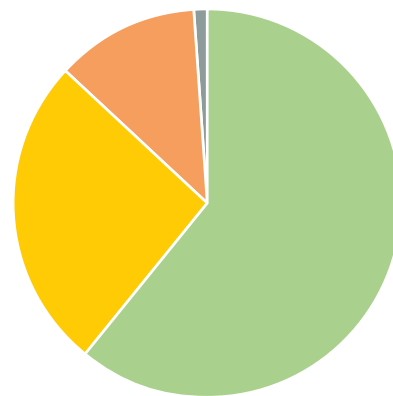
## WORK MODALITIES FOR THOSE WHO ARE EMPLOYED



- 80% MOST OF THE DAYS WORKS FROM HOME
- 14% MOST OF THE DAYS WORKS AT THE OFFICE
- 6% NON-RESPONSE

BASE: ONLY THE POPULATION WHO ANSWERED THAT ARE EMPLOYED BY THE PRIVATE OR PUBLIC SECTOR.

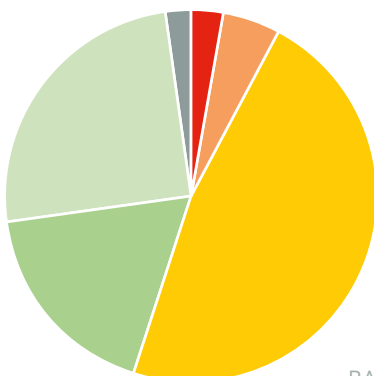
## DO YOU LIVE IN YOUR OWN HOUSE OR IN A RENTED ONE?



- 61% OWN
- 26% RENTED
- 12% OTHER
- 1% NON-RESPONSE

BASE: TOTAL POPULATION SURVEYED

## DID WORKING FROM HOME AFFECT YOUR FAMILY LIFE?



- 3% A LOT
- 5% PRETTY MUCH
- 47% LITTLE
- 18% NOTHING
- 25% LIVES ALONE
- 2% NON-RESPONSE

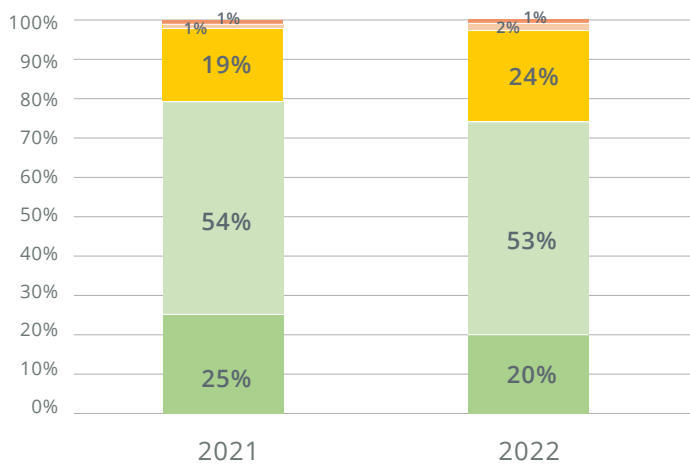
BASE: ONLY THOSE WHO ANSWERED THAT MOST OF THE DAYS WORK FROM HOME.



# PHYSICAL WELL-BEING

## GENERAL STATE OF HEALTH

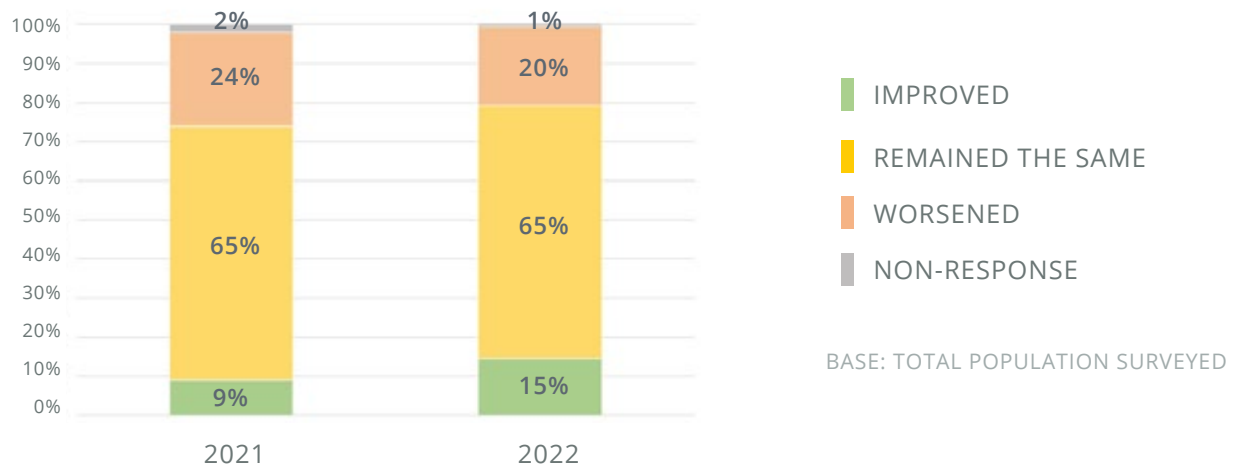
- How would you describe your general state of health?



BASE: TOTAL POPULATION SURVEYED

## RETROSPECTIVE ASSESSMENT ON STATE OF HEALTH

- Considering your situation before the beginning of the pandemic, would you say your state of health...?

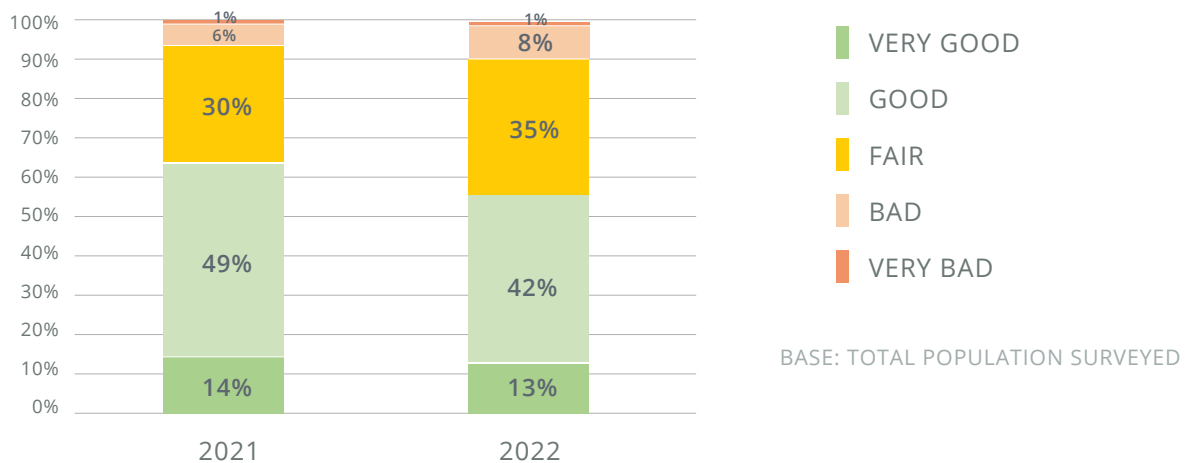


NOTE: percentages may not add up to 100% because some figures were discarded (rounding) in the decimal expression of some numbers.



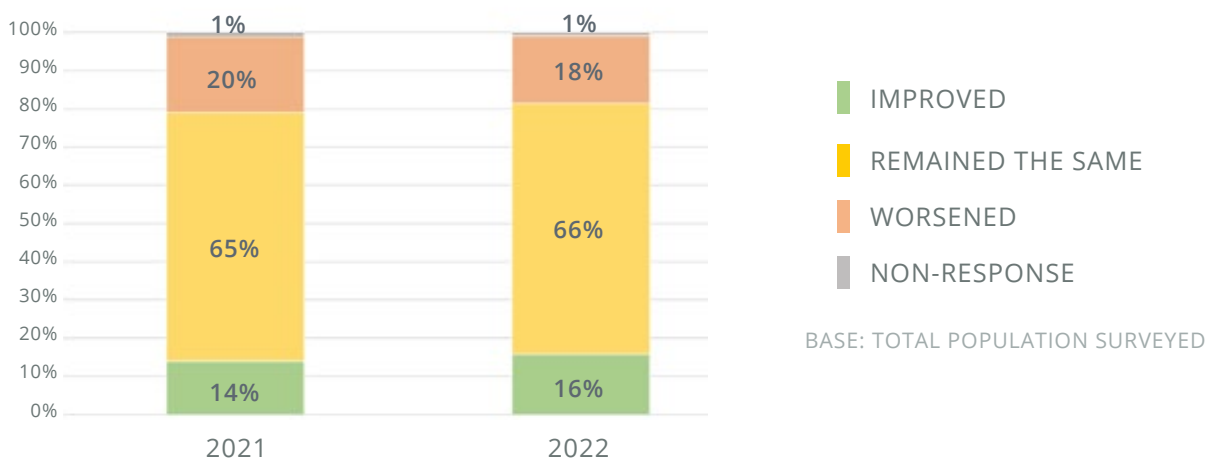
## ASSESSMENT ON NUTRITION AND DIET

- **Currently**, how would you describe your nutritional diet, meaning, the variety and quality of the food you eat?



## RETROSPECTIVE ASSESSMENT ON NUTRITION AND DIET

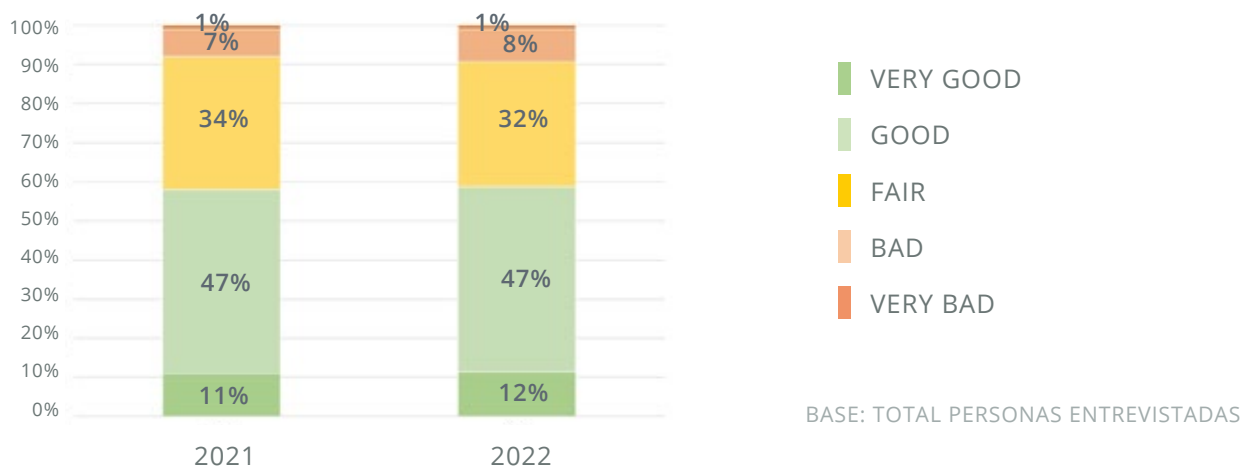
- **Considering your situation before the beginning of the pandemic**, would you say your nutritional diet...?



NOTE: percentages may not add up to 100% because some figures were discarded (rounding) in the decimal expression of some numbers.

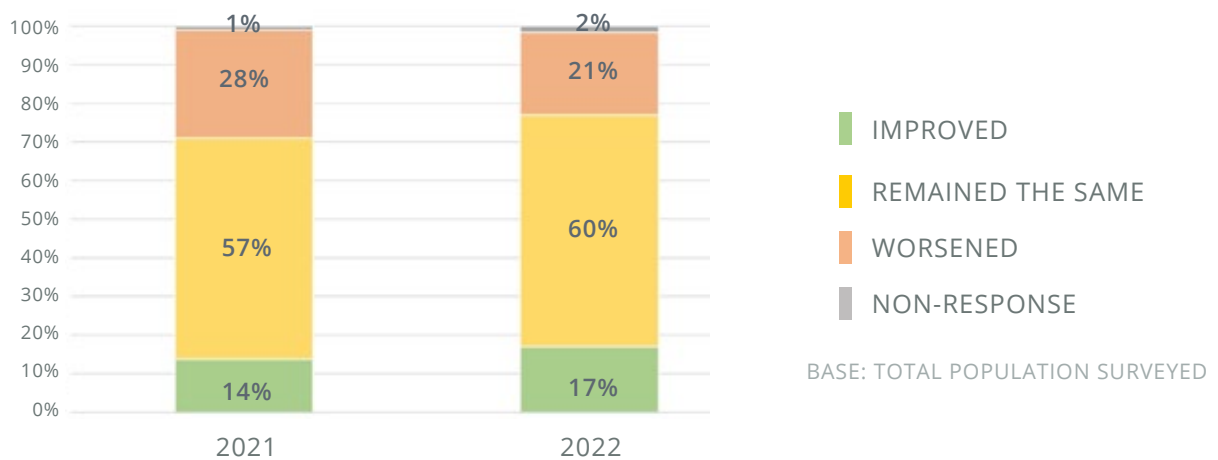
## ASSESSMENT ON PHYSICAL CONDITION

- How would you describe your physical condition?



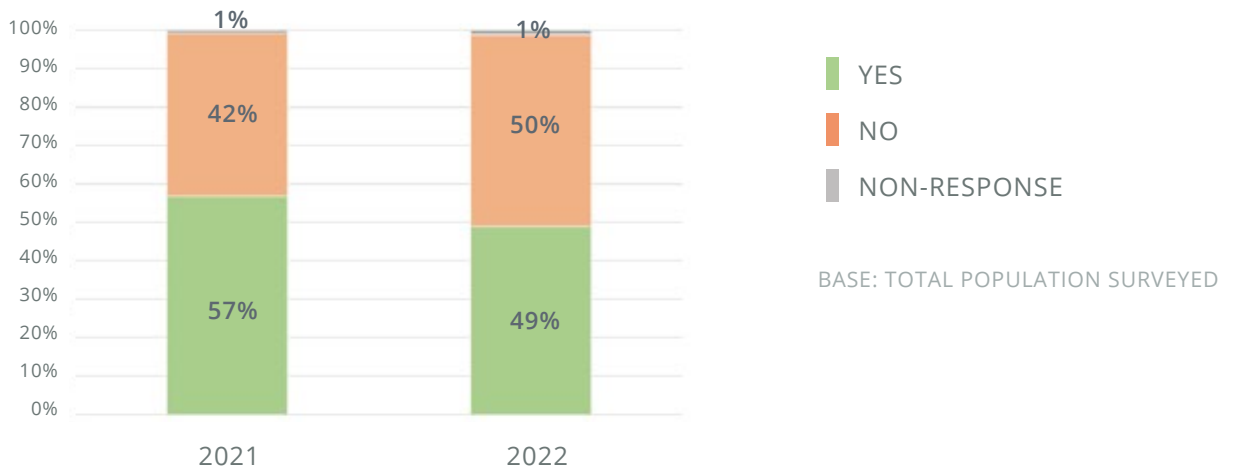
## RETROSPECTIVE ASSESSMENT ON PHYSICAL CONDITION

- Considering your situation before the beginning of the pandemic, would you say your physical condition...?

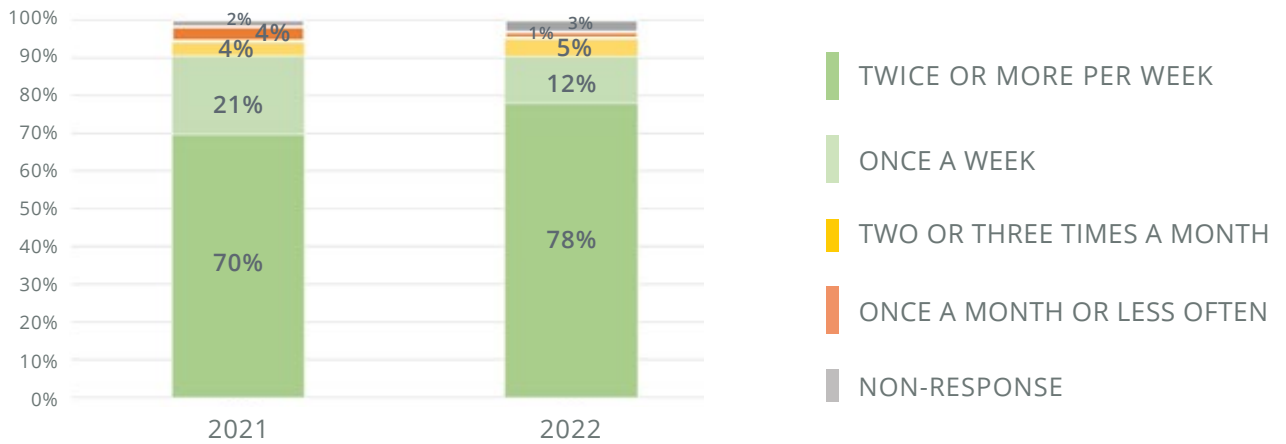


## EXERCISING OR DOING PHYSICAL ACTIVITY

- In the last month, have you trained or done any physical activity?



- How often do you do physical activity?

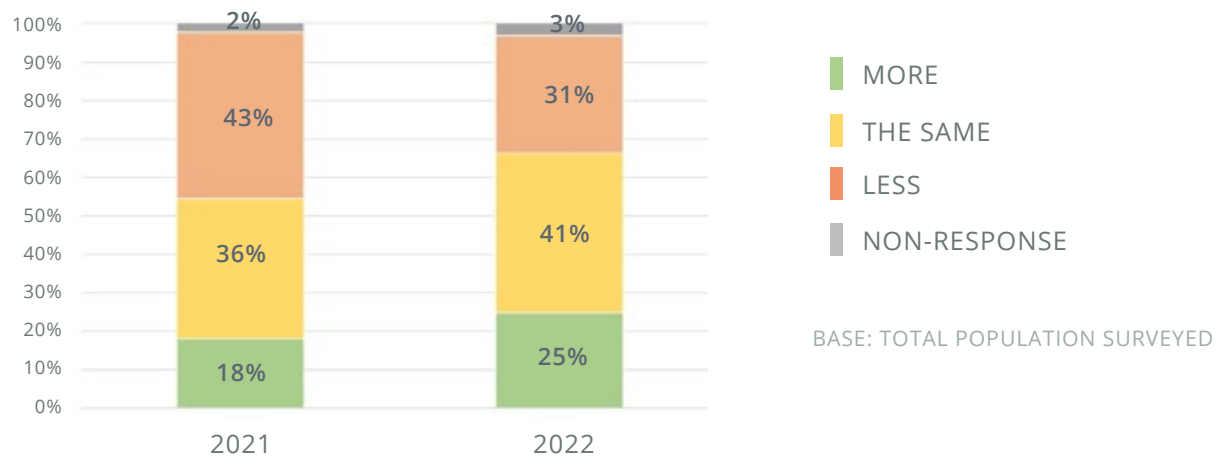


BASE: ONLY THOSE WHO ANSWERED THAT DO PHYSICAL ACTIVITY.

NOTE: percentages may not add up to 100% because some figures were discarded (rounding) in the decimal expression of some numbers.

## EXERCISING OR DOING PHYSICAL ACTIVITY

- Compared to life before the pandemic, would you say that you do more, less or the same amount of physical activity?



## IMPACT OF THE PANDEMIC ON THE PHYSICAL WELL-BEING

An indicator was created to identify the percentage of surveyed people that suffered any type of physical impact due to the pandemic (state of health, nutrition and diet, physical condition, and physical activity)



BASE: TOTAL POPULATION SURVEYED

# 48%

said, in 2021, that suffered some level of negative impact on his/her physical well-being since the beginning of the pandemic.

# 52%

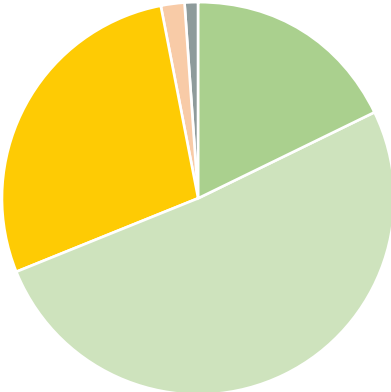
said, in 2022, that suffered some level of negative impact on his/her physical well-being since the beginning of the pandemic.



# EMOTIONAL WELL-BEING

## PERCEPTION OF QUALITY OF LIFE IN GENERAL

■ How would you describe your quality of life in general?



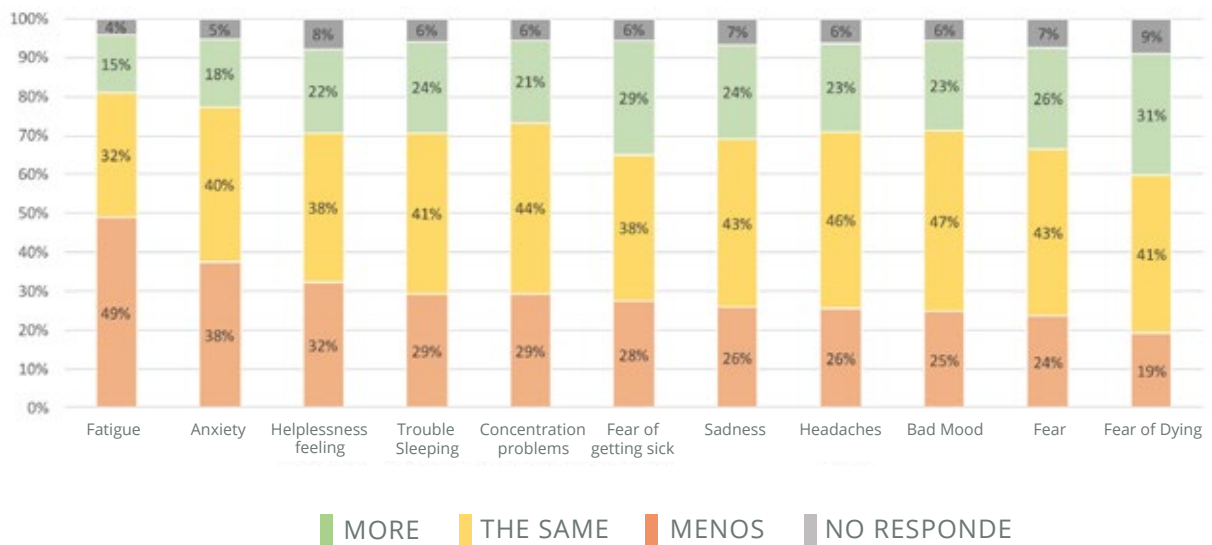
18%	VERY GOOD	2%	BAD
51%	GOOD	0%	VERY BAD
28%	FAIR	1%	NON-RESPONSE

BASE: TOTAL POPULATION SURVEYED



## RETROSPECTIVE IMPACT ON EMOTIONAL ASPECTS

- Please indicate if you suffer any of the following indicators more, the same or less since the beginning of the pandemic.

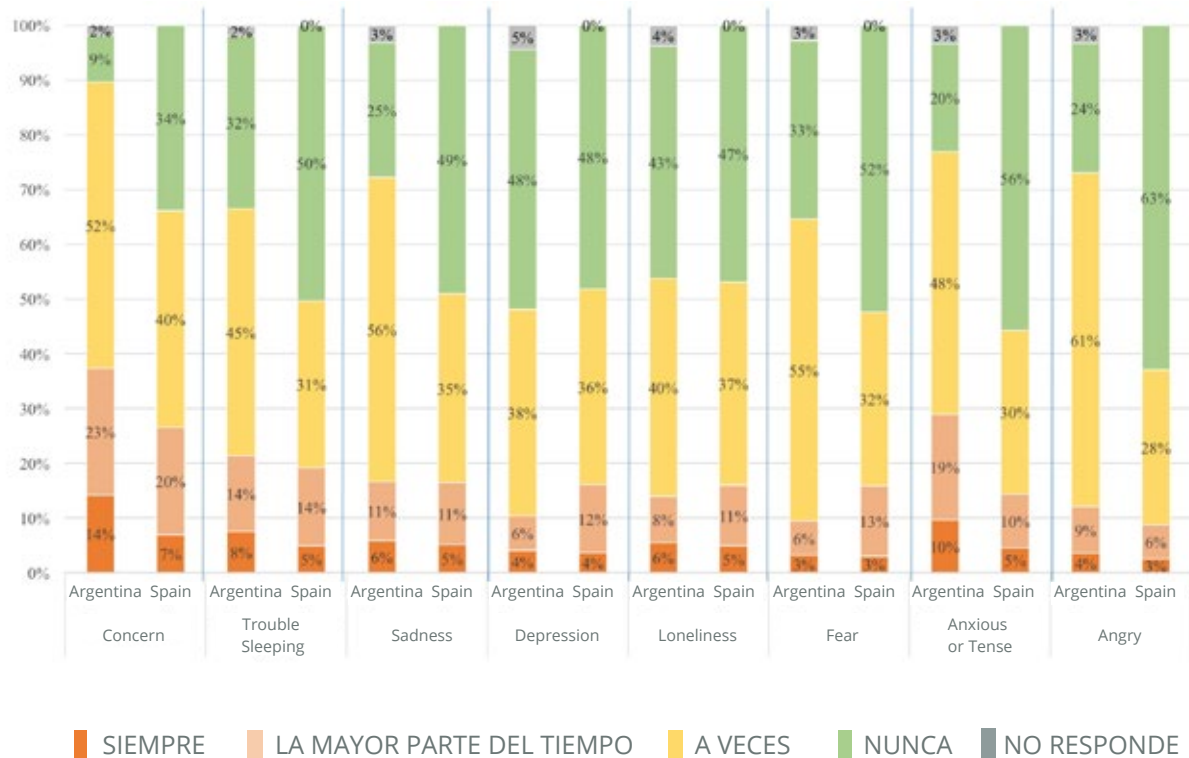


BASE: TOTAL POPULATION SURVEYED

NOTE: percentages may not add up to 100% because some figures were discarded (rounding) in the decimal expression of some numbers.

## EMOTIONAL WELL-BEING COMPARED WITH SPAIN

- Please indicate how often do you suffer any of the following indicators:



BASE: TOTAL POPULATION SURVEYED

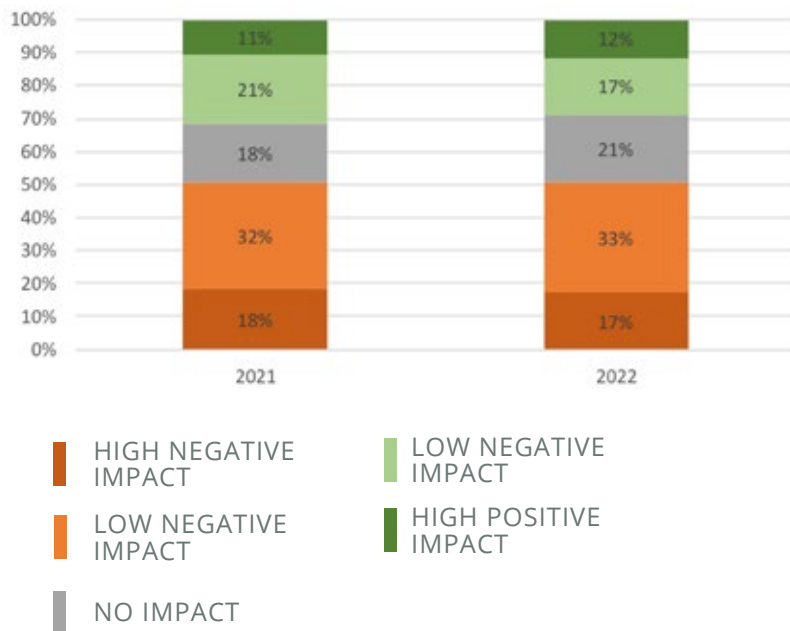
NOTE: percentages may not add up to 100% because some figures were discarded (rounding) in the decimal expression of some numbers.





## THE IMPACT OF THE PANDEMIC ON THE EMOTIONAL WELL-BEING

An indicator was created that permits identifying the percentage of respondents who suffered some emotional impact because of the pandemic (fatigue, anxiety, sadness, etc.).



50%

said that suffered some level of negative impact on his/her emotional well-being since the beginning of the pandemic, both in 2021 and 2022.

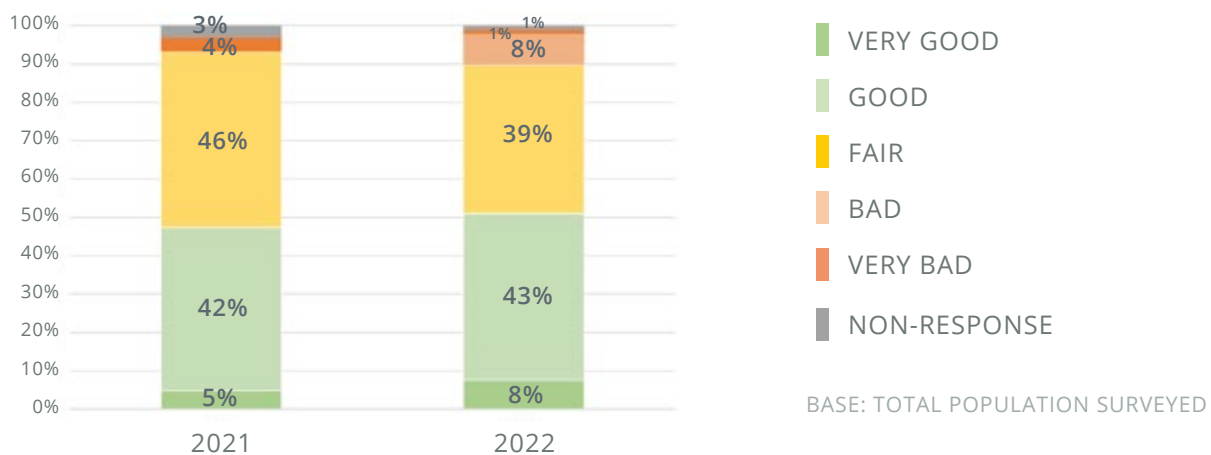
BASE: TOTAL POPULATION SURVEYED



## MATERIAL WELL-BEING

### ASSESSMENT ON THE FAMILY ECONOMIC SITUATION

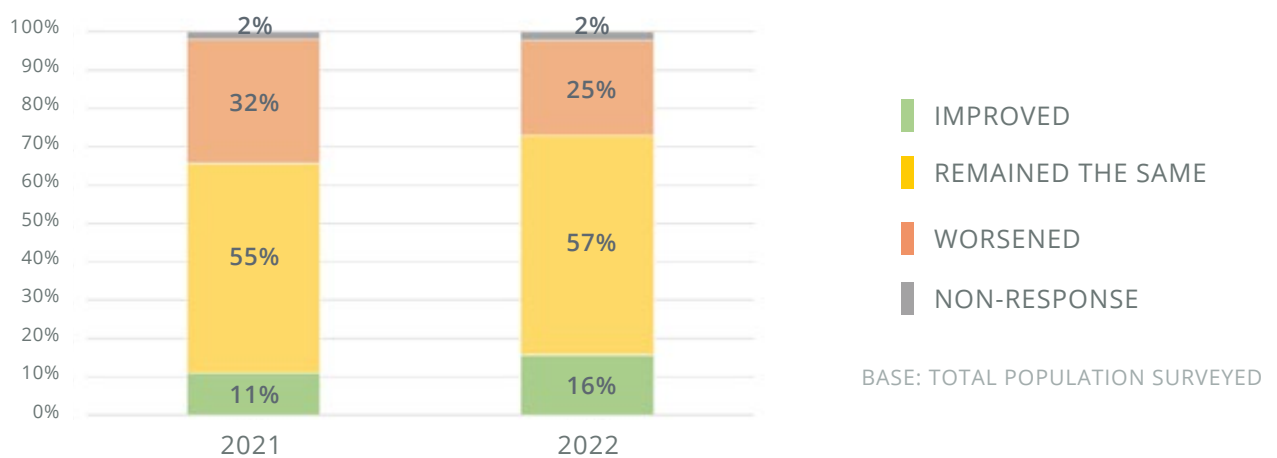
■ How would you describe your personal and family economic situation?





## ASSESSMENT ON THE FAMILY ECONOMIC SITUATION

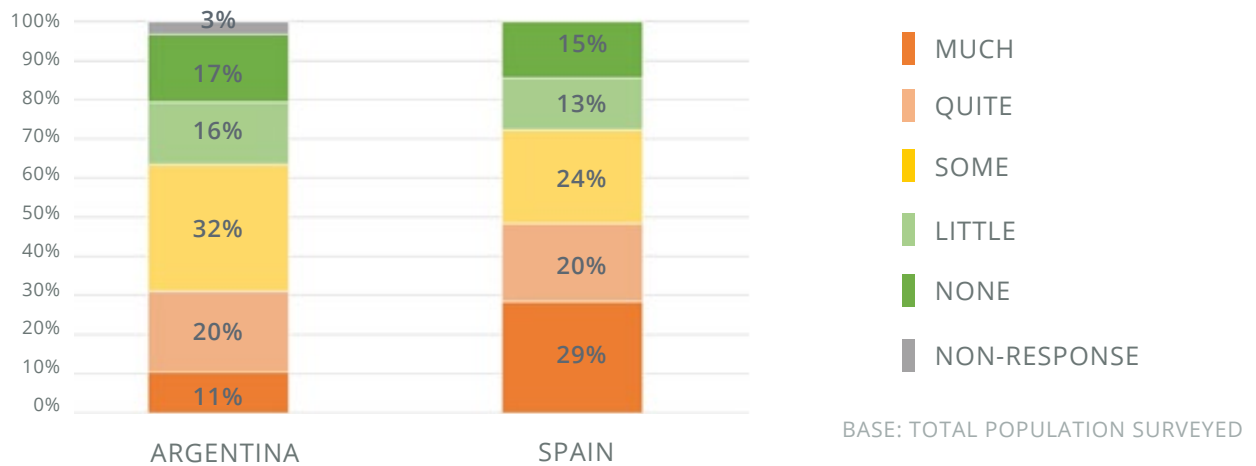
- Considering your situation before the beginning of the pandemic, would you say your personal and family economic situation...?





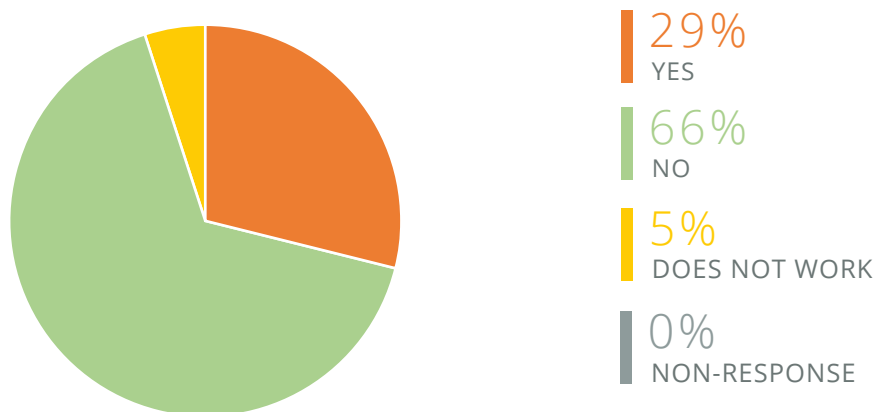
## DIFFICULTY TO MAKE ENDS MEET

- At your home, would you say that you have much, quite, some, little or none difficulty to make ends meet?



NOTE: percentages may not add up to 100% because some figures were discarded (rounding) in the decimal expression of some numbers.

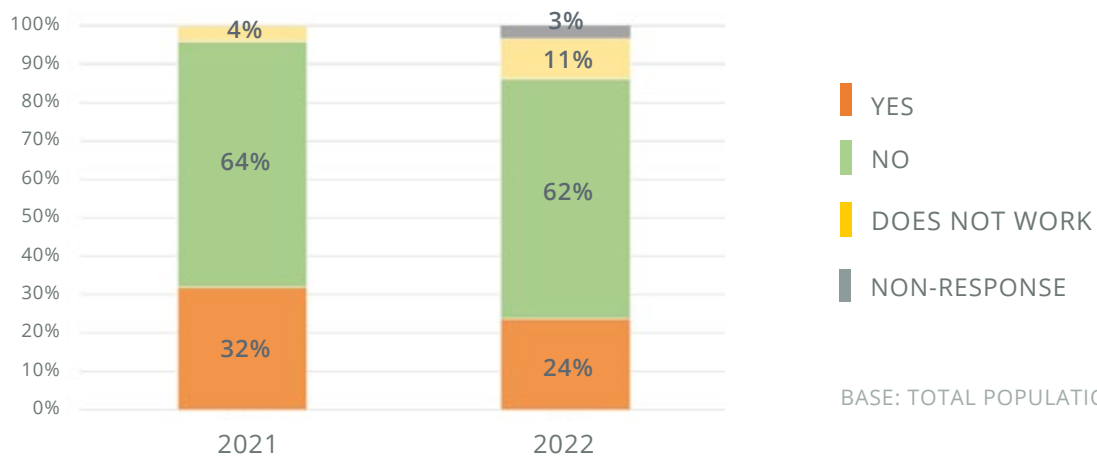
- Does your family have any financial debt like a bank or a family loan, or other?





## JOB LOSS DURING THE PANDEMIC

- During the pandemic did you or any of the relatives that live with you loss their job?

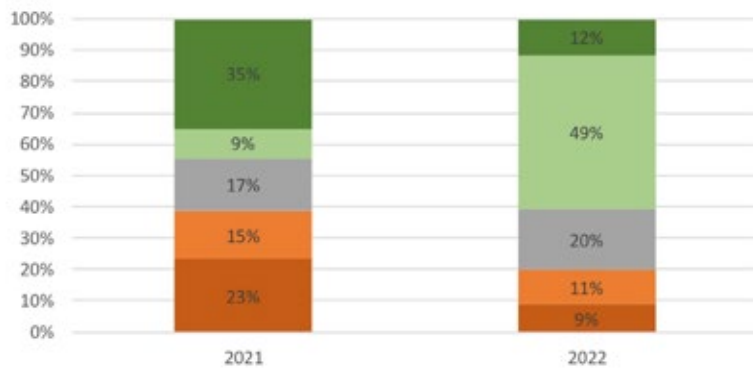


BASE: TOTAL POPULATION SURVEYED



# THE IMPACT OF THE PANDEMIC ON THE MATERIAL WELL-BEING

An indicator was created that permits identifying the percentage of respondents who worsened their economic situation because of the pandemic.



- HIGH NEGATIVE IMPACT
- LOW NEGATIVE IMPACT
- NO IMPACT
- LOW POSITIVE IMPACT
- HIGH POSITIVE IMPACT

# 38%

said, in 2021, that suffered some negative material impact since the beginning of the pandemic.

# 20%

said, in 2022, that suffered some negative material impact since the beginning of the pandemic.

BASE: TOTAL POPULATION SURVEYED

NOTE: percentages may not add up to 100% because some figures were discarded (rounding) in the decimal expression of some numbers.



## CONCLUSIONS

BASED ON THE MAIN RESULTS OF THE RESEARCH ABOUT THE IMPACT OF THE PANDEMIC ON QUALITY OF LIFE THE CONCLUSIONS ARE PRESENTED BELOW

- 1** **52%** of the respondents said that suffered some negative impact on their physical well-being since the pandemic, either on their state of health, nutritional diet, physical condition or on the physical activity that they do. This situation does not improve compared to last year, on the contrary, a slight deterioration is observed (in 2021, the result was 48%).

- 2 Regarding the emotional well-being, **5 out of 10** respondents indicated that suffered anxiety, sadness, fear, concentration problems, headaches, bad mood, fatigue, or trouble sleeping since the beginning of the pandemic. In 2021 this figure was the same. There is no change observed in the emotional aspect among the Argentines.
- 3 Coming back to normal improved the economical aspect. In 2021, 38% of the respondents said to had suffered a negative impact on their economy during the pandemic. This year the result was **20%**.





## DATA SHEET



### Studied population:

People of 18 years of age or older.



### Type of survey:

In person.



### Methodology:

Random sampling in areas where the Argentine Red Cross has presence.



### Sample characteristics:

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



### Number of surveys:

1715 cases.



### Statistical error:

Statistical error is not calculated because it is not a probabilistic sample. As an informative data, a probabilistic sample with this number of surveys has a +/- 2.4% margin of error for a trust level of 95%.



### Date of the field operation:

April 2022.



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# QUALITY OF LIFE



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