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by  
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# Gender Differences in Life Satisfaction and Social Participation

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## **Abstract:**

This paper deals with the effects of social participation activities on life satisfaction. Using the German General Social Survey (ALLBUS) for 2010, I present gender specific differences for several social activities, such as club memberships of political, welfare, health or more leisure time orientated groups. These activities have different impacts on male or female satisfaction. While sports and civic engagements improve only female life satisfaction, men are more affected by charity organizations or leisure time activities, such as hobbies. It is an interesting result that political activities and trade unions have no, or even negative effects on life satisfaction.

*Keywords:* Subjective Well-Being, Social Participation, German General Social Survey (ALLBUS)

*JEL Classification:* D60, I31, O52, Z13

## 1. Introduction

In Germany millions of individuals are members of clubs and associations. Literately Germany is a club nation. Roundabout 580.000 different associations exist in 2011 (NPO 2011). For example the federal statistics office reveals 91.000 sports clubs with 24 million members nationwide. Roundabout 7 million of these sportsmen are members of a local football club (Statistisches Bundesamt 2011). But why are there so many members? From a social scientist's point of view, a membership is like an investment in social capital.<sup>1</sup> Any investments should bring some utility. Hence individuals may get non-monetary benefit such as of joy and satisfaction from being a part of a strong community with similar thoughts and beliefs. If this assumption is right, any club membership should bring some increase in life satisfaction.

*- insert Table I around here -*

Table I shows age and gender specific participation rates for voluntary work in Germany: taken from the ALLBUS 2012 data: 3.9 percent of males and 2.4 of females volunteer, every day, while 18.2 percent of the males and 14.8 percent of the females volunteer once a week. However 52 percent of the males and 57 percent of the females never volunteer. The most work is done by the youngest individuals and the elderly, while the working age and the oldest age have the lowest participation shares.

In this paper I try to analyze if and how a membership of a social activity organization affects the personal life satisfaction. Some of them are political or welfare activities, others are more leisure time orientated. Some of them have direct effects on personal living conditions, such as parental organization, while others have long run idealistic topics, such as peace and nature. But they have all in common that a membership is voluntary, costs time and money to participate and may involve voluntary work, as well. These are the different organizations in the date an individual may attend: a cultural society, a sports club, a hobby society, a charity organization, a human rights organization, a nature protection association, a health club, a parents association, a senior association, a citizen initiative, another association, a union or a political party. It is obvious that these organized groups differ in their goals, but in general there are comparable. However it is a limitation of the analysis that I do not have information about the intensity of participation and the dimension of membership fees, so I understand pure membership as proxy for participation.

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<sup>1</sup> See Gannon and Roberts (2012) for an economical discussion of the sociological concept of social capital.

I use the German General Social Survey (ALLBUS) for 2010 and present marginal effects of binary probit estimations for life satisfaction. There are strong gender differences in the results. While sport, welfare or parental activities affects only female life satisfaction, males are more affected by classical hobbies. As an interesting result political activities such as a political party or a union membership have none or even negative effects,. The results may be interpreted in that way, that activities or memberships with influence in local fields with own responsibility and personal interest in a short of time, may be more satisfying than activities with more idealistic tasks and long run results, such as protecting nature or human rights.

This paper is organized as follows: after introduction, the second section shows findings, from the relevant literature. In the third section, I describe the data set and the used estimation model. In the fourth section, I discuss the results. In the fifth section, I present some a concluding remarks.

## **2. Literature Review**

Sociologists know the importance of participation for decades. Phillips (1967) shows for the U.S. that social participation and voluntary work lead to higher life satisfaction. Using UK data, Kroll (2011) analyzes the effects of civic engagement and voluntary work on life satisfaction. Women and especially mothers participate more often than men in civic commitment. Meier and Stutzer (2008) show with German SOEP panel data that pro social behavior, such as voluntary work, is more often done by intrinsic motivated individuals. This intrinsic volunteers report higher levels of life satisfaction, than volunteers with extrinsic goals in life. Not only voluntary work, but also spending money affects life satisfaction. Aknin et al. (2013) present results from four studies worldwide, that individuals receive psychological benefit from spending money to charity organizations. They report that pro social behavior increase life satisfaction. In an experimental design Aknin et al. (2012) show that individuals who remember past giving feel more satisfied and will spend money in the future.

Lelkes (2010) use 2006 EU-SILC, and 2004 and 2006 European Social Survey both European cross country data sets to show that voluntary activities are common especially in the Scandinavian countries and the Netherlands. On one hand social activities such as acting with friends and relatives, or charity work increases life satisfaction significant. On the other hand the absence from any social participation lowers life satisfaction. Social isolation is especially a problem for the oldest ages.

Barker and Martin (2011) show in a literature review that politics and life satisfaction interact. By sharing equal ideas and believes, political organizations can increase satisfaction of their members and participants.<sup>2</sup> Frey and Stutzer (2000) present clear evidence that democracy in itself increases satisfaction. Concerning trade unions there is mixed evidence in the literature. Rodriguez-Pose and von Berlepsch (2013) use data of the European Social Surveys for 23 countries and present evidence, that political activities, such as working for a party or campaigning have mixed effects on satisfaction, while union membership affects satisfaction positive. Humpert and Krüger (2012) show with German SOEP data that job satisfaction is not negative affected by a union membership.<sup>3</sup>

In general, sports activities have a great influence on health and life satisfaction. Downward and Rasciute (2011) use 2005 UK data to show positive frequency and duration effects of sports on life satisfaction. They find clear evidence that activities with individual interaction, such as team sports, lead to higher satisfaction. With the same data set the authors show that even simple activities, such as walking or cycling can affect health and life satisfaction positively (Rasciute and Downward 2010). For Germany Heady et al. (2010) present results from the German SOEP data that clearly show for both sexes, that not only sports activities, but also social interaction, such as meeting and helping friends, relatives or neighbors, increase satisfaction. With the same data set Becchetti et al. (2008) show that attending social meetings and cultural events, are as positive as participation in sports and voluntary work.

Bruno and Fiorillo (2013) use the Italian sub sample taken from the 2006 EU-SILC data, to show that volunteers have an 3.7 percent higher annual income than non-volunteers. They use the information if an individual has worked voluntary for a charity organization in the last 12 months.

### **3. Data and Method**

I use the 2010 wave of the German General Social Survey (ALLBUS), a social-economic cross-section data set provided by the GESIS Group (GESIS 2011). Although the 2012 wave has a direct question on volunteering, I use the 2010 wave because here I have information about several different kinds of participation.

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<sup>2</sup> Scarrow (1994) discuss a set of seven more or less important points why individuals may join a political party. In fact the most important one is, that only party member could turn into future party candidates. The other six points may be done by non-registered party followers as well.

<sup>3</sup> In Germany political parties and unions have lost high numbers of members over time. See Van Bietzen et al. (2012) for a discussion of party members and Fitzenberger et al. (2011) for union members.

The data includes 2,827 individuals with roundabout 1,000 variables. For my analysis I limit the data to 2,128 individuals. There are two samples, separated for males and females. So I observe 1,077 men and 1,051 women. The question concerning life satisfaction is a proxy for economic utility. It is asked like that.

*“And now a general question. All things considered,  
how satisfied are you with your life as a whole these days?”*

For the dependent variable I collapse the scale from 0 to 10 into a binary scale. The dummy is zero (not satisfied) when satisfaction is reported from 0 to 7, and one (satisfied) if it is reported from 8 to 10. It is not an unusual procedure to recode the longer scale into a binary variable. This is used e.g. in papers by Fleming and Kler (2008) or Kassenboehmer and Haisken-DeNew (2009).

The main independent variables are dummy variables which are one if the individual is member of one of the social groups. Otherwise the dummy variable is zero. The variables are the following: Memberships of a cultural society, a sports club, a hobby society, a charity organization, a human rights organization, a nature protection association, a health club, a parents association, a senior association, a citizen initiative, another association, a union or a political party.

I control for a set of variables like age groups, health status, family formation, employment situation, home ownership, being born in Germany, presence or absence of children and household income. I analyze individuals in the age of 18 to 89 years. The reference group is the youngest age category 18-29. The other groups are: 30-44 years, 45-59 years, 60-74 years and 75-89 years. In reference to good health, I present effects of fair and bad health conditions. The type of family formation is controlled, as follows. While status married is used as a reference, other characteristics are separated, widowed, divorced, and single. The employment status is used as follows: full time employment, part time employment, marginal employed, and non-employed. The last category includes the unemployment and pensioners. Home ownership is a dummy variable for owning a house or a flat, or not. It captures wealth effects. Being born in Germany is a proxy for non-migration.

The information of children is used, as well. Relative to no children, the categories are children at home, or children not at home. This is a proxy for having younger or older children. To analyze income effects, I use monthly household income in Euros. Individuals without any household income are excluded from the analysis. Finally, I control for the German federal states. The reference state is Hamburg. Here the Saarland and Rhineland-Palatinate, as well as the Eastern and

Western parts of Berlin are aggregated.

The most of these controls are typical variables in life satisfaction estimations. I do not discuss their directions and refer to book chapters or paper such as Argyle (1999), Blanchflower (2009) or Humpert (2013). The descriptive statistics separated for males and females are presented in table II.

- insert Table II around here -

For the regressions I use a simple probit estimation technique with ALLBUS sample weights. Because of the binary information on life satisfaction I am able to present marginal effects of the coefficients. Keeping all constant, this is the percentage change when a dummy turns from zero to one. In other words the direct membership effect on life satisfaction. The general estimation equation is like that:

$$life\ satisfaction_i = a_0 + a_1 membership + X_i b + E_i$$

For every individual  $i$  the life satisfaction is regressed on specific dummies of social participation activities and on a vector of individual social-economic characteristics. Epsilon describes the residuum.

#### **4. Estimations and Results**

The first result is that obviously men and women differ in their benefits from social participation activities. The descriptive statistics show that 30 percent of the males and 26 percent of the females are members of sports clubs. This is the highest share of all kinds of organizations. The next highest shares are union memberships, where 17 percent of males and 9.5 percent of females participate. Concerning classical hobbies, 14 percent of men and 7 percent of women are member of hobby societies. Cultural societies are joined by 11 percent of the males and 14 percent of the females. The residual category of other associations has shares of 10.5 percent of males and 6 percent of females, respectively. Charity organizations are joined by 8.5 percent of the men and 10 percent of the women.

All other kinds of activities and associations have much lower shares. Concerning nature protection societies, 6 to 7 percent of the population is associated with these organizations. It is an interesting fact, that only 3 to 5 percent of both sexes are members of political parties, health clubs, parental or senior association. The lowest shares are recognized in human rights and citizen associations, these



are 1 to 2 percent.

This section turns to the regression in table III and IV. Over all, only a small number of memberships lead to significant effects on life satisfaction. The results of the probit estimations of binary life satisfaction are the following. The tables have thirteen columns for the different social participation activities. The last column shows the results for all thirteen activities together. Table III shows the marginal effects for males.<sup>4</sup>

*- insert Table III around here -*

The membership of a hobby club increase male life satisfaction increase significant by 10 percent. A charity organization has a positive and significant effect of 9 percent. All other activities and organizations have no statistical effect on male life satisfaction.

In the estimation with all social participation activities together, the effects remain, but the membership in a nature protection organization turn into significance, as well. In this specification, a hobby club membership increase satisfaction by 10 percent, while a charity organization membership increases satisfaction by 9 percent. Now the membership in a nature protection association led to a 9 percent increase in satisfaction. All other organizations have no effects.

*- insert Table IV around here -*

Table IV shows the results for female life satisfaction. There is a statistical significant effect of a sports club membership. Women have an increase in life satisfaction by 6 percent. Additionally women have strong positive effects in life satisfaction by memberships of a parental organization and a citizen initiative. Parental organizations increase satisfaction by 12.5 percent and citizen initiatives by 15 percent. The membership in a trade union has a significant negative effect on satisfaction. Female union members suffer from a decrease in satisfaction in terms of 10 percent. All other memberships have no effect on life satisfaction.

In the estimation with all social participation activities together supports these results. The membership in a sports club increase female satisfaction by 5.5 percent. Parental organizations increase satisfaction by 12 percent and citizen initiatives by 15 percent. Union member have a decrease in satisfaction by 11 percent.

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<sup>4</sup> Dependent variables have the typical directions of satisfaction estimations. Full results are presented in tables AI and AII.

It is obvious that intrinsic activities, such as the membership of a political party, or a human rights organization have no effects on life satisfaction, while more direct activities, such as sports or hobbies have positive effects.

## **5. Conclusion**

In this paper I try to analyze if and how a membership of a social activity organization affects the personal life satisfaction. Some of them are political or welfare activities, others are more leisure time orientated. The different organizations are the following: a cultural society, a sports club, a hobby society, a charity organization, a human rights organization, a nature protection association, a health club, a parents association, a senior association, a citizen initiative, another association, a union or a political party. It is obvious that these organized groups differ in their goals, but in general there are comparable.

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## Tables

Table I: Age and Gender Differences - Volunteering in Leisure Time

	Every Day	Once a Week	Once a Month	Less often	Never	Total
<b>Gender</b>						
Male	3.90%	18.15%	10.12%	15.94%	51.89%	100%
Female	2.36%	14.80%	10.48%	15.32%	57.03%	100%
Total	3.13%	16.47%	10.30%	15.63%	54.47%	100%
<b>Age</b>						
18-29 Years	2.17%	19.23%	10.87%	22.24%	45.48%	100%
30-44 Years	3.77%	12.65%	12.11%	16.69%	54.78	100%
45-59 Years	3.38%	18.42%	10.03%	15.81%	52.36%	100%
60-74 Years	3.05%	17.01%	10.66%	12.06%	57.23%	100%
75-89 Years	2.77%	12.11%	4.50%	8.30%	72.32%	100%
Total	3.13%	16.47%	10.30%	15.63%	54.47%	100%

Source: ALLBUS 2012 (GESIS 2013)

Table II: Descriptive Statistics

Variable	Male					Female				
	Observation	Mean	Std. Dev.	Min	Max	Observation	Mean	Std. Dev.	Min	Max
Life Satisfaction	1,077	0.7168	0.4508	0	1	1,051	0.7288	0.4448	0	1
Age 30-44	1,077	0.2470	0.4315	0	1	1,051	0.2379	0.4260	0	1
Age 45-59	1,077	0.3027	0.4596	0	1	1,051	0.2797	0.4491	0	1
Age 60-74	1,077	0.2256	0.4182	0	1	1,051	0.2502	0.4334	0	1
Age 75-89	1,077	0.0761	0.2653	0	1	1,051	0.1018	0.3025	0	1
Born in Germany	1,077	0.8570	0.3502	0	1	1,051	0.8516	0.3557	0	1
House Owner	1,077	0.5738	0.4948	0	1	1,051	0.5138	0.5000	0	1
Fair Health	1,077	0.2748	0.4466	0	1	1,051	0.2769	0.4477	0	1
Bad Health	1,077	0.1504	0.3576	0	1	1,051	0.1770	0.3818	0	1
Secondary School	1,077	0.3389	0.4736	0	1	1,051	0.3606	0.4804	0	1
O-Level	1,077	0.3278	0.4696	0	1	1,051	0.3701	0.4831	0	1
Advanced Certificate	1,077	0.0715	0.2578	0	1	1,051	0.0428	0.2025	0	1
A-Level	1,077	0.2461	0.4309	0	1	1,051	0.2131	0.4097	0	1
Part Time Work	1,077	0.0251	0.1564	0	1	1,051	0.1836	0.3874	0	1
Marginal Work	1,077	0.0241	0.1536	0	1	1,051	0.0790	0.2698	0	1
No Work	1,077	0.3454	0.4757	0	1	1,051	0.4206	0.4939	0	1
Culture Society	1,077	0.1133	0.3171	0	1	1,051	0.1370	0.3440	0	1
Sports Club	1,077	0.3027	0.4596	0	1	1,051	0.2569	0.4371	0	1
Hobby Society	1,077	0.1383	0.3454	0	1	1,051	0.0714	0.2575	0	1
Charity Organization	1,077	0.0854	0.2796	0	1	1,051	0.1009	0.3013	0	1
Human Rights Organization	1,077	0.0093	0.0960	0	1	1,051	0.0162	0.1262	0	1
Nature Association	1,077	0.0594	0.2365	0	1	1,051	0.0733	0.2607	0	1
Health Club	1,077	0.0399	0.1959	0	1	1,051	0.0552	0.2285	0	1
Parents Association	1,077	0.0241	0.1536	0	1	1,051	0.0476	0.2130	0	1
Senior Association	1,077	0.0241	0.1536	0	1	1,051	0.0219	0.1464	0	1
Citizens Initiative	1,077	0.0158	0.1247	0	1	1,051	0.0114	0.1063	0	1
other Association	1,077	0.1049	0.3066	0	1	1,051	0.0561	0.2303	0	1
Union	1,077	0.1718	0.3774	0	1	1,051	0.0951	0.2936	0	1
Political Party	1,077	0.0511	0.2202	0	1	1,051	0.0266	0.1611	0	1
Separated	1,077	0.0241	0.1536	0	1	1,051	0.0200	0.1400	0	1
Widow	1,077	0.0362	0.1869	0	1	1,051	0.1361	0.3430	0	1
Divorced	1,077	0.0752	0.2639	0	1	1,051	0.1304	0.3369	0	1
Single	1,077	0.2656	0.4418	0	1	1,051	0.2160	0.4117	0	1
Kids out of Home	1,077	0.2433	0.4293	0	1	1,051	0.2521	0.4344	0	1
Kids at Home	1,077	0.4457	0.4973	0	1	1,051	0.4995	0.5002	0	1
Hamburg	1,077	0.0139	0.1172	0	1	1,051	0.0114	0.1063	0	1
Lower Saxony	1,077	0.0724	0.2593	0	1	1,051	0.0847	0.2785	0	1
Bremen	1,077	0.0037	0.0609	0	1	1,051	0.0095	0.0971	0	1
North Rhine Westphalia	1,077	0.1662	0.3724	0	1	1,051	0.1541	0.3613	0	1
Hesse	1,077	0.0650	0.2466	0	1	1,051	0.0676	0.2511	0	1
Rhineland-Palatinate/Saarland	1,077	0.0501	0.2183	0	1	1,051	0.0352	0.1844	0	1
Baden-Wuerttemberg	1,077	0.0947	0.2929	0	1	1,051	0.0980	0.2975	0	1
Bavaria	1,077	0.1402	0.3474	0	1	1,051	0.1846	0.3881	0	1
Berlin	1,077	0.0288	0.1673	0	1	1,051	0.0352	0.1844	0	1
Brandenburg	1,077	0.0585	0.2348	0	1	1,051	0.0561	0.2303	0	1
Mecklenburg-Western Pomerania	1,077	0.0511	0.2202	0	1	1,051	0.0400	0.1960	0	1
Saxony	1,077	0.0845	0.2783	0	1	1,051	0.0676	0.2511	0	1
Saxony Anhalt	1,077	0.0734	0.2608	0	1	1,051	0.0685	0.2527	0	1
Thuringia	1,077	0.0631	0.2433	0	1	1,051	0.0561	0.2303	0	1
HH Income	1,077	2,582.12	1,543.96	90	10,000	1,051	2,263.90	1,515.89	150	17,000

Table III: Life Satisfaction – Male

Culture Society	0.03616 (0.04165)																0.02706 (0.04319)	
Sports Club		0.00300 (0.03167)																-0.01830 (0.03218)
Hobby Society			0.10023*** (0.03099)															0.10151*** (0.03072)
Charity Organization				0.08593** (0.04280)														0.08647** (0.04361)
Human Rights Organization					-0.10994 (0.20023)													-0.24268 (0.21405)
Nature Association						0.07482 (0.05167)												0.09392** (0.04422)
Health Club							0.08347 (0.05444)											0.07947 (0.05467)
Parents Association								0.07102 (0.08460)										0.07246 (0.07341)
Senior Association									-0.04371 (0.10296)									-0.10686 (0.11188)
Citizens Initiative										-0.02547 (0.12117)								-0.12927 (0.13563)
other Association											-0.05072 (0.04706)							-0.06412 (0.04925)
Union												0.01373 (0.03575)						0.00955 (0.03613)
Political Party													0.02333 (0.06906)					0.02469 (0.06538)
Pseudo R2	0.2325	0.2320	0.2382	0.2347	0.2324	0.2335	0.2332	0.2327	0.2321	0.2320	0.2328	0.2321	0.2321	0.2321	0.2481			

Source: ALLBUS 2010, Probit Estimation with marginal Effects, \* p<0.05,\*\* p<0.01,\*\*\* p<0.001, N=1077. Controls not reported



Table IV: Life Satisfaction – Female

Culture Society	0.04735 (0.03789)																	0.02853 (0.03995)
Sports Club		0.05819* (0.03051)																0.05458* (0.03019)
Hobby Society			0.03598 (0.05074)															0.02772 (0.05229)
Charity Organization				0.05035 (0.04137)														0.03156 (0.04546)
Human Rights Organization					-0.01885 (0.13026)													-0.09703 (0.17176)
Nature Association						0.02013 (0.04949)												0.01004 (0.05608)
Health Club							0.02615 (0.05534)											-0.00147 (0.06166)
Parents Association								0.12578*** (0.04437)										0.11806** (0.04754)
Senior Association									0.02171 (0.07842)									-0.03818 (0.09756)
Citizens Initiative										0.14873*** (0.05067)								0.14800*** (0.04744)
other Association											0.01934 (0.05806)							0.01407 (0.05818)
Union												-0.09787* (0.05323)						-0.10726* (0.05544)
Political Party																		0.08121 (0.05894)
Pseudo R2	0.2161	0.2178	0.2153	0.2160	0.2149	0.2150	0.2150	0.2185	0.2149	0.2163	0.2150	0.2178	0.2157	0.2281				

Source: ALLBUS 2010, Probit Estimation with marginal Effects, \* p<0.05, \*\* p<0.01, \*\*\* p<0.001, N=1051. Controls not reported





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