

# What *participating* can mean for *you*



You can influence Government decisions, be involved in a valuable community service and provide a voice for your family and community.

## **Busy?**

We'll be happy to talk to you at any time and place that suits you. For most people the interview takes around 35 minutes.

## **What about COVID-19?**

This year, due to COVID-19 restrictions, we are offering telephone interviews, and in some circumstances, face to face interviews. Your interviewer will contact you by phone to arrange the most appropriate option.

## **Feel uncomfortable with the questions?**

You only need to answer the questions you feel comfortable answering.

## **Not really interested?**

Your contribution to this study influences decisions made by communities and the Government that affect you.

## **Your answers are valuable!**

You represent 1,000 other Australians and you are the voice of people in your age group.

## **Worried about privacy?**

All the information you provide us is protected by strict guidelines and the law (Privacy Act, 1988).

Your rights are protected by Australian law.

Access to your identifying information will be restricted to only those who need it to administer and conduct the study.



## **Your feedback**

Every year, we receive comments from people like you. Here are just a few:

"Keep up the good work! You are helping change Australia for the better."

"Thank you for the opportunity to participate. I look forward to hearing about the insights you gather."

"Having recently moved to Australia, I am glad there are surveys like this to keep track on changing situations and populations across the country."

## **Our thanks to you**

As a thank-you for your participation, you will receive a \$40 gift after your interview. You will receive an additional \$20 after you have completed and returned the Self-Completion Questionnaire, either as hardcopy or an online survey. If we interview you via telephone, we will offer your thank-you gift as your choice of E-gift card, EFTPOS card or charitable donation.

## **Contact us**

If you have any questions we would like to hear from you.  
Free call 1800 656 670  
email: [hilda@roymorgan.com](mailto:hilda@roymorgan.com)  
website: [www.livinginaustralia.org](http://www.livinginaustralia.org)

LIVING  
IN AUSTRALIA  
HILDA



# THE 2020 LIVING IN AUSTRALIA STUDY

*Helping shape our future*

[www.livinginaustralia.org](http://www.livinginaustralia.org)

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# Why is my participation so important to the HILDA Study?

This year, more than any other year, is dominated by change – the short-term impacts of the global coronavirus (COVID-19) crisis are substantial. The long-term impacts are still unknown; fortunately, the Living In Australia study is one of the few global studies that will be able to answer key questions about the depth of this crisis' impact.

Therefore, your participation this year is critical, it is the only way we can understand how Australian households have been affected by this change to everyday life. As part of your participation, we will ask questions about your experience with the coronavirus crisis, as well as about your education, skills and abilities, along with many questions you will be familiar with from previous years.

Due to the coronavirus crisis, your interviewer will contact you by phone in the next few weeks to arrange a time for the personal interview. In some circumstances, a face-to-face interview may be possible.

This year is notable for another important reason: we celebrate a significant milestone - the 20th anniversary of the HILDA study.

Once again, we would like to thank you for your ongoing support to the HILDA study. We hope you continue to enjoy your contribution to making a difference in the lives of all Australians.

Thank you.



## The pursuit of wellbeing

While our income, health and relationships all contribute to our level of life satisfaction, the work we do also plays a part.

"We're social beings and so social standing is very much associated with employment," says Professor Roger Wilkins, Deputy Director of the Melbourne Institute. "I think it speaks to the idea that we need a purpose and that employment gives us a sense of purpose and usefulness."

"The (HILDA) data suggests that if you've got the choice between an extra 10 per cent of income or maintaining good quality relationships, you should do the latter, because that will make you happier than working yourself to death for the extra income."

But he also points out that at the other end of the scale, people on low incomes or facing financial stress report lower levels of life satisfaction.

ABC News, 23/08/2020

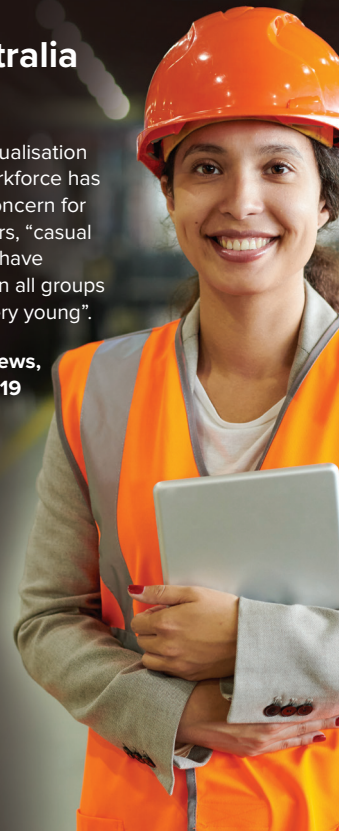
## Employment in Australia is changing

The most recent HILDA report found that the number of Australians in paid work continues to rise, particularly for women where the employment rate rose to 71 per cent, the highest reported in the history of the survey.

The types of employment are also changing, with fixed-term contracts gaining popularity among most age groups, most noticeably among workers aged between 25 and 34 years.

While casualisation of the workforce has been a concern for many years, "casual contracts have declined in all groups but the very young".

Mirage News,  
30/07/2019



## Why managers need to trust

During the first few weeks of the COVID lockdown, many Australians started working from home and many managers discovered "their remote workers were as productive as ever and the virtual office ticked over happily".

But the question remains, "will high COVID-era productivity translate to high productivity when the crisis is over? Common sense suggests it will not given that in recent weeks Australians have missed the distraction of business coffees and lunches, after-work gym sessions and visits to the pub. In other words, did we all work hard because there was nothing else to do beyond baking and Netflix?"

Mark Wooden, the Director of the annual Household, Income and Labour Dynamics in Australia survey says that the HILDA data shows that less than 2 percent of employees have traditionally worked from home most of the time. This figure grew from about 1 percent in 2006 to 1.6 a decade later.

After COVID, this number will grow, "but the jury is still out on whether remote employment will become de rigueur for knowledge workers any time soon".

The Australian, 06/06/2020



## Job insecurity and your personality

Job insecurity has been an issue for many Australians in contract-based, casual and gig economy work. A recent study using HILDA data, "suggests job insecurity over a prolonged period can actually change your personality. And that could make a significant difference to your life and wellbeing down the track".

The study examined workers who experienced job insecurity over several consecutive years and found that over time they became less emotionally stable, less agreeable and less conscientious. These 3 personality traits are most

associated with healthy personality growth.

"As we age and mature, we generally become more emotionally stable, more agreeable and more conscientious. Our research shows chronic job insecurity can stunt this emotional growth, interrupting the healthy mellowing of our personalities."

The Conversation,  
23/09/2020



The Living In Australia study is also known in the media as the Household, Income and Labour Dynamics in Australia (HILDA) study. Data from the study is used for a wide range of research, including these articles.