



TITLE: Feeling the squeeze: Employed mothers perceptions of time pressure

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Start text of Abstract Here (*no more than 200 words with no figures or tables*): Finding enough time to meet work and family commitments poses immense challenges for employed women with children. This study investigates this issue by examining the time pressure experiences of 18 employed mothers (partnered and single) who worked across a range of occupations and employment hours. Women's accounts show a link between time poverty (not have sufficient time for necessary or discretionary tasks) and perceptions of time pressure. Further, when women engage in emotion or organisation work meeting needs of the family, time was perceived as having greater weight or 'temporal density'. Women found reduced paid work hours, workplace flexibility, and help from husbands mitigated time pressure. Yet, when the boundaries between paid work and family became blurred, and when women multi-tasked across work and home domains, time pressure intensified. This study contributes a unique time pressure model that maps the complex interrelationships between time demands, time use strategies, temporal perceptions, and time pressure supports across work, home and community contexts.

Key Words: time pressure, time poverty, temporal density, employed mothers, wellbeing