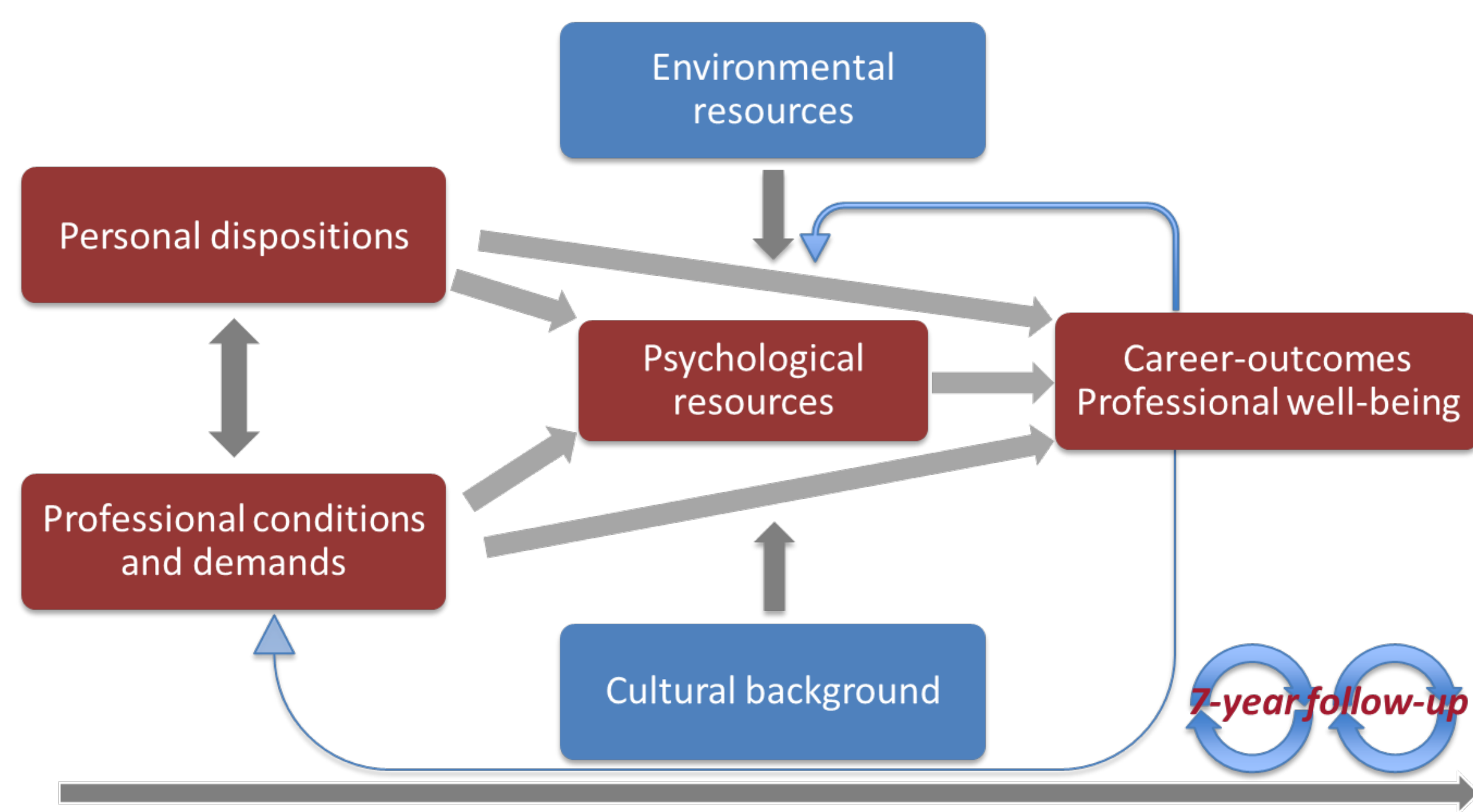


# Professional Paths Survey: A 7-year longitudinal study of working adults in Switzerland

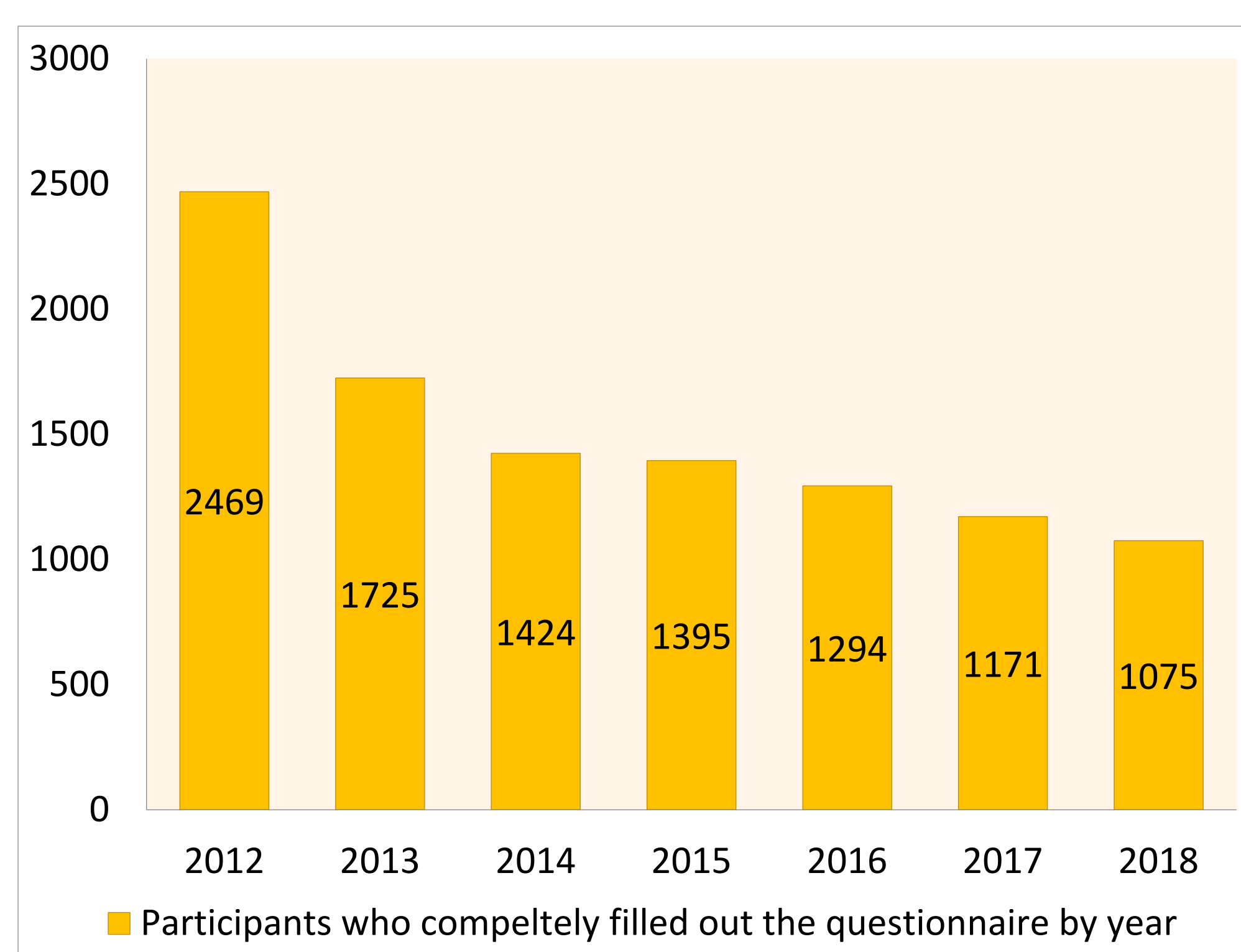
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## Aims of the study

The aim of the project is to study the direct and moderating effects of individual characteristics, cultural background, contextual factors and other resources on individuals' professional trajectories, career development, and well-being using a 7-year longitudinal design.

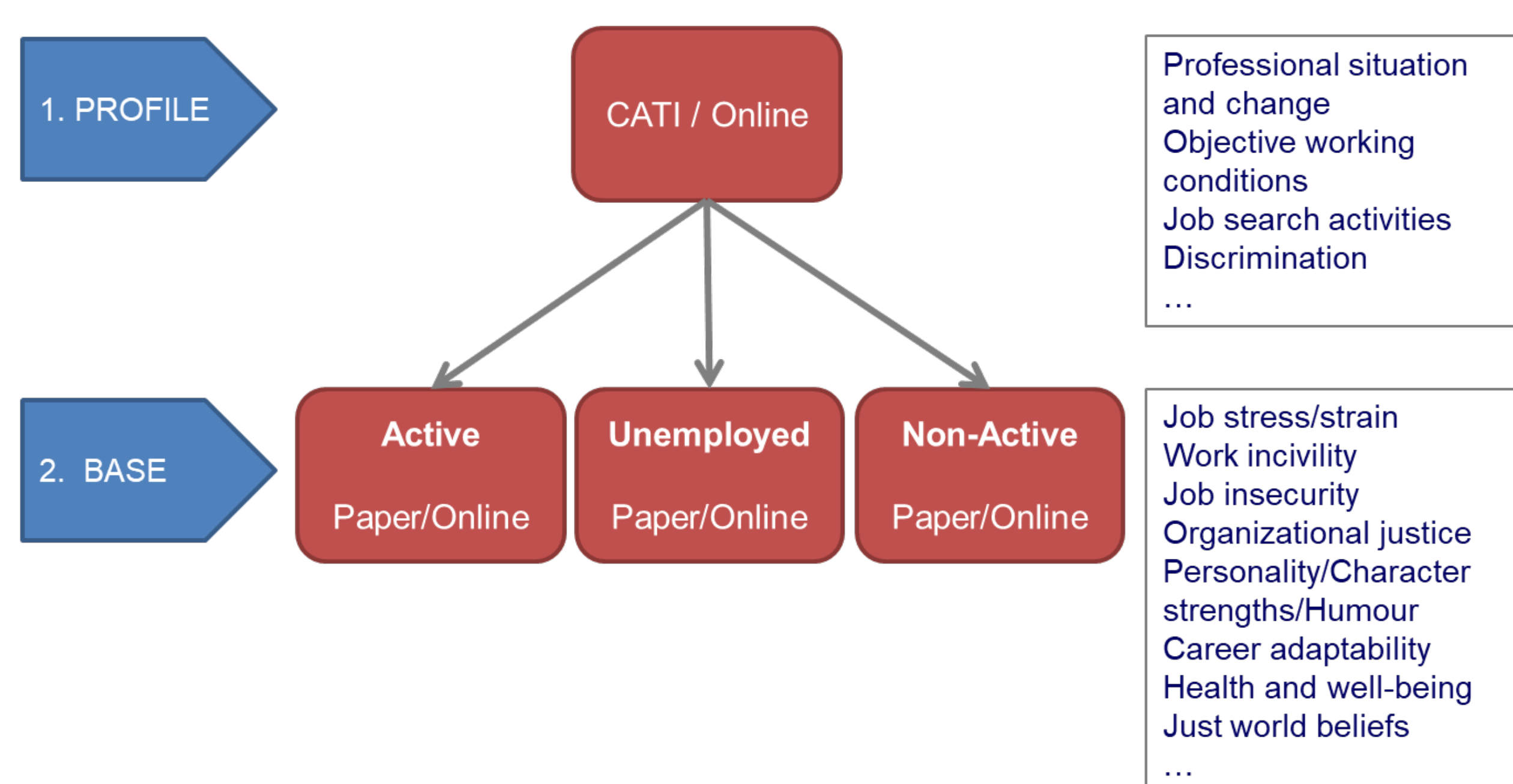


## Dataset



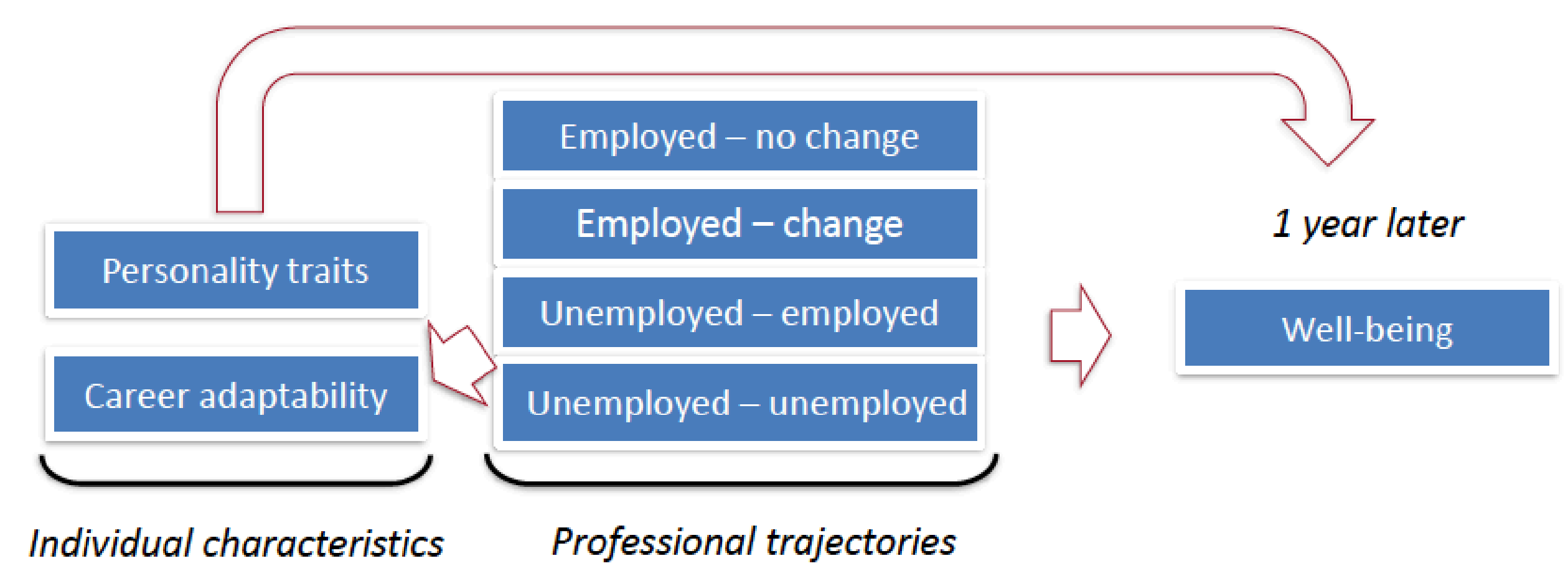
## Design & Procedure

In 2012, a representative sample of employed and unemployed adults living in Switzerland (aged between 25 and 55) was drawn based on a random sample from the Swiss Federal Statistics Office and the State Secretariat for Economic Affairs. Sampling was targeted at the two largest linguistic areas in Switzerland, namely, the German- and French-speaking regions, and was representative in terms of age, gender, professional situation, and nationality. Before each measurement occasion, individuals received a letter inviting them to complete the questionnaire (each mid-January from 2012 to 2018). The survey consisted of two steps. The participants completed the first part by a computer-assisted telephone interview or as an online questionnaire. The main aim of this part was to determine the professional situation of the participant and remained the same each year. The second part was completed via a paper-pencil method or as an online questionnaire and assessed various work-related aspects and personal resources and was slightly different from year to year.

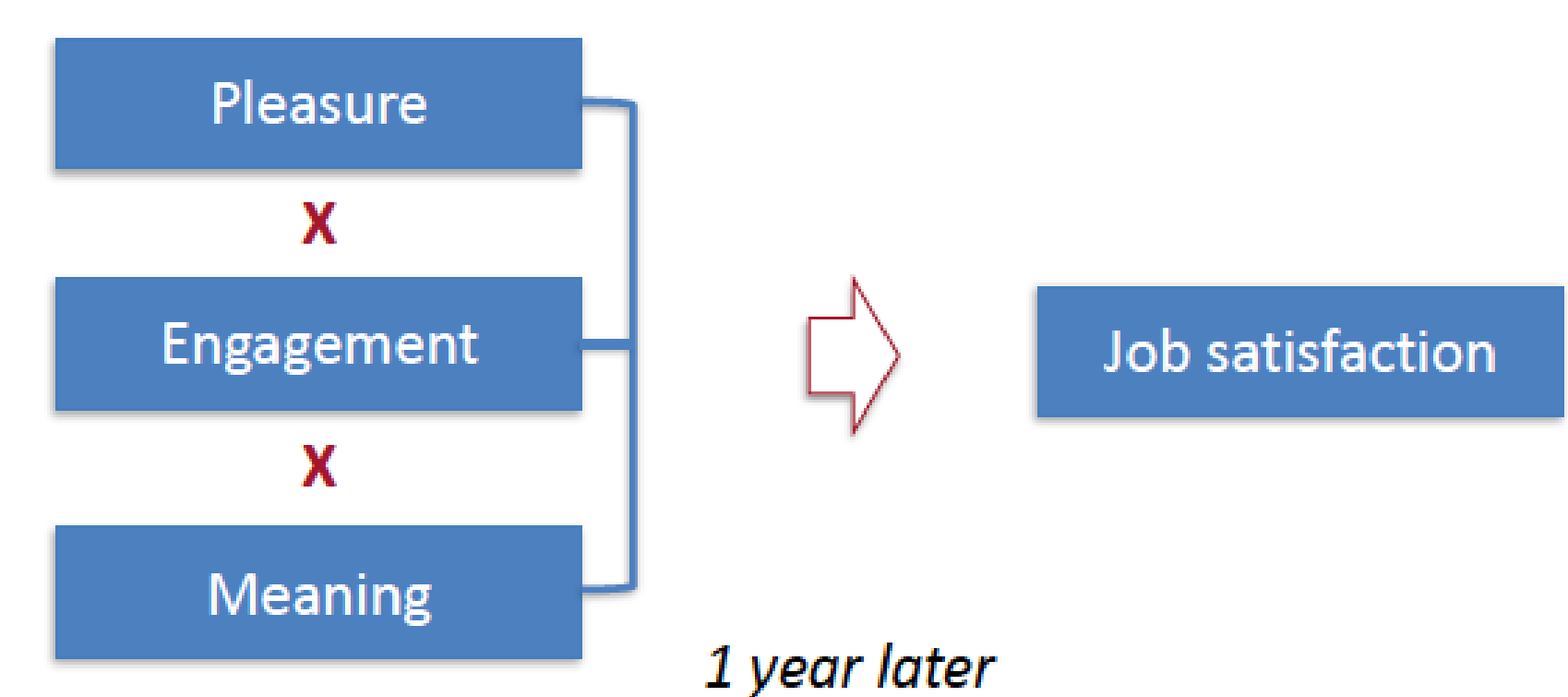


## Examples of research

(1) Employed individuals had higher life satisfaction and self-rated health than unemployed individuals. Different professional situations corresponded to varying levels of career adaptability, suggesting it may be a precursor for career changes (Johnston, Maggiori, & Rossier, 2016).

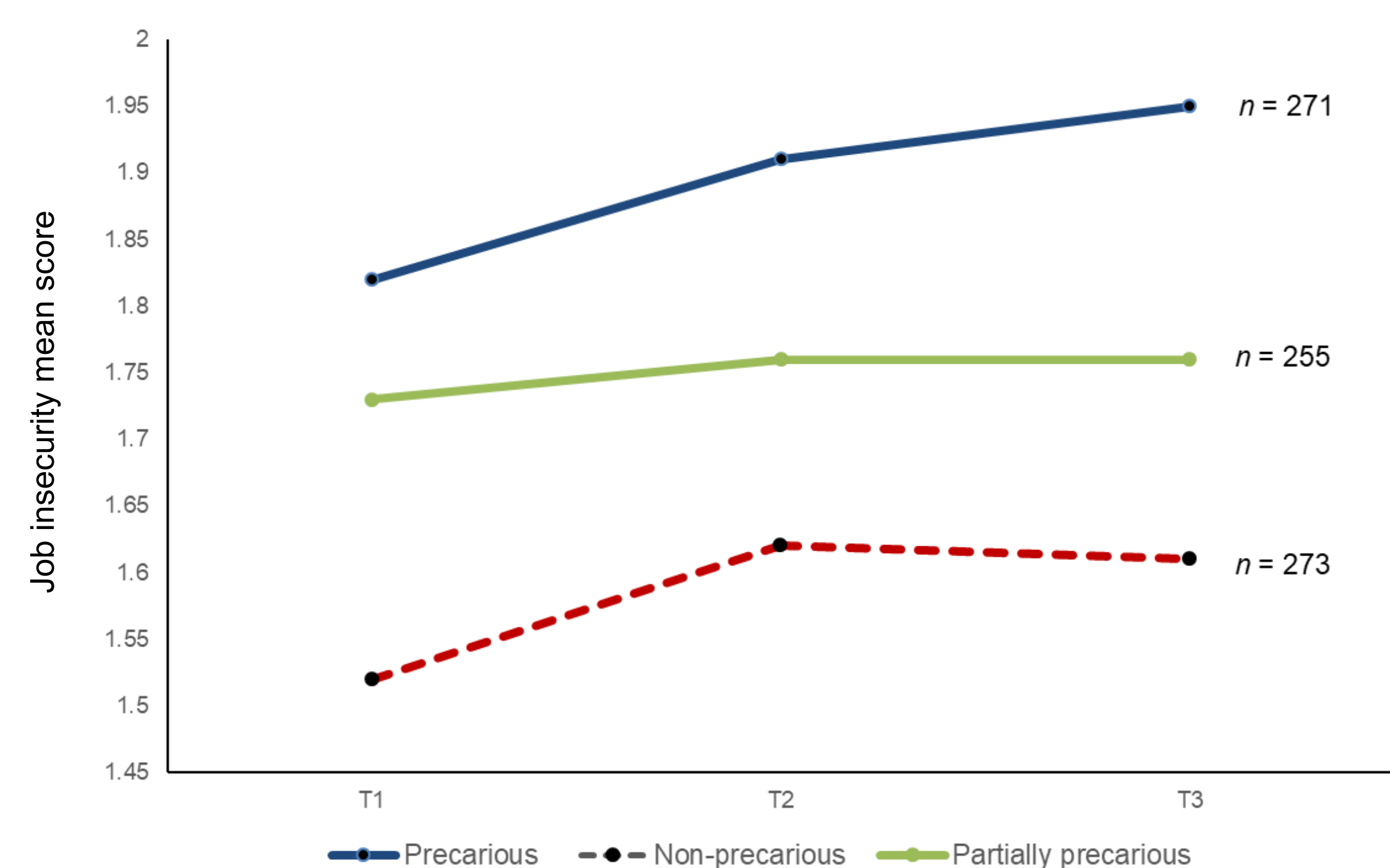


(2) The interaction of the three aspects of orientation to happiness (i.e., pleasure x engagement x meaning), predicted job satisfaction significantly even when controlling for background variables and personality. Therefore, people who are high in the three simultaneously enjoy the highest job satisfaction (Martinez-Marti & Ruch, 2016).



(3) The highest levels of job insecurity and the most pronounced growth trend among employees was found in the precarious profile (defined as a combination of low perceived employability and high financial difficulties). Moreover, different career adaptability facets played differing roles in predicting job insecurity (Urbanaviciute, Udayar, Maggiori, & Rossier, 2018).

### The role of career adaptability in the levels of job insecurity



## Potential of the data

The current longitudinal data set offers a number of possibilities for further analyses. First, it includes a variety of indicators related to working conditions and employees' optimal functioning at work. Hence, it can be used for the analysis of work-related well-being and its change over time. Notably, we have oversampled unemployed people at the first measurement occasion, which allows for investigating the impact of unemployment on well-being and the quality of life. Furthermore, the study includes a range of personal resources and individual difference variables (such as personality) that may be of interest to psychologists working on this topic. Last but not least, the data collected in the Professional Paths study may be subject to interdisciplinary analyses. In addition to subjective indicators of well-being, it contains a number of objective variables describing the professional situation, family and immigration background, as well as socio-economic status that may be used in analyzing the determinants of career trajectories over the life course.