Sick of your Job? – Health Effects of Non-Optimal Employment Situations

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Abstract

In an empirical study based on data from the German Socio-Economic Panel, the effect of job quality on individual health is analyzed. Identifying different levels of non-optimal job situations, including job satisfaction and security, skill and working hours mismatch, it can be shown that there are severe effects on the individual health situation to be observed. This can be shown for objective and subjective health measures as well as health-damaging behavior like smoking. Applying panel models, an instrumental variable approach and regressions focusing on plant closures as exogenous variation in the labor market situation, negative causal effects of bad job characteristics on individual health are identified.

JEL classifications: I14; J24

Keywords: Individual Health; Educational Mismatch; Job Satisfaction

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