

The Effect of Weekly Working Hours on Life Satisfaction

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Abstract: This paper exploits changes in the length of the full-time workweek in the German public sector over time and across federal states to identify the effect of weekly working hours on self-reported life satisfaction. Using the official length of the full-time workweek as an instrument for hours actually worked, we find that an additional hour of work decreases the life satisfaction of full-time working men significantly, while it leaves the life satisfaction of female full-timers unchanged. We also find suggestive evidence that the effect of hours worked on life satisfaction is not linear, but increasingly negative in the working time of individuals.