

Spillover and Crossover of Work- and Family-Related Negative Emotions in Couples

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ABSTRACT

This paper investigates the interaction of the work and family domain in a detailed manner. Two different aspects of interaction are considered: spillover and crossover effects of work and family in couples. Furthermore, both directions of the work family interaction are respected: work-to-family and family-to-work. Data were obtained from 56 couples (n=112), both of whom were working at least 40 % and had at least one child aged under 13. In line with expectations, spillover effects were found for men's and women's domain specific strain even if same domain stressors were controlled for. Contrary to expectations, however, crossover effects were not found within the family domain. Possibly, men and women take different aspects of the family into consideration, leading to independent strain reactions with respect to the family. Cross domain crossover effects were found for one's traditional gender domain. Thus, men's work strain is related to women's family strain, even if one's same domain stressors are controlled for. The traditional gender role domain seems to exert a stronger influence but, in turn, seems to be more vulnerable than the non-traditional domain.

Keywords

Crossover – Emotional Transmission – Family Stress – Job Stress – Psychological Strain – Spillover – Work-Family Conflict