

# COVID-19

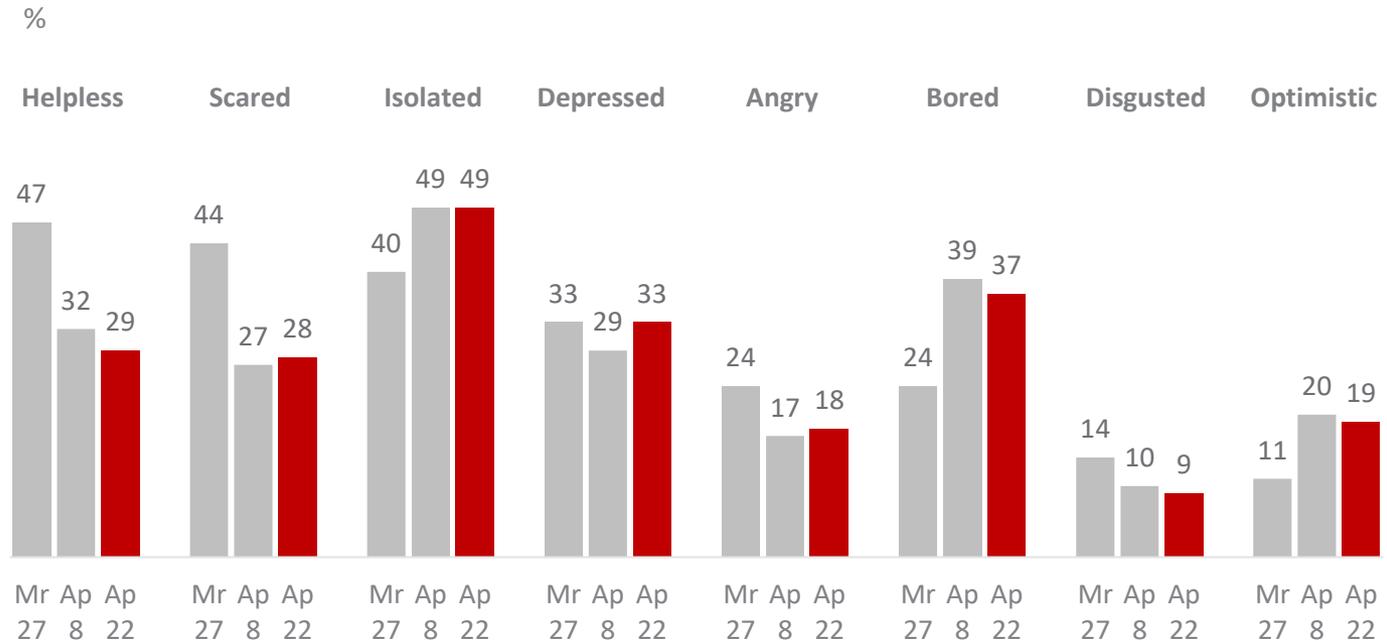
How are people feeling, and how are relationships faring at home: better or worse?



# The things people are *feeling*\*\*

- Two weeks ago, after more stringent 'social distancing' measures were put in place, there were marked changes in the feelings/ emotions Australians were experiencing – with fear and helplessness giving way to **boredom** and more heightened feelings of **isolation**, along with some green shoots of optimism.
- However the most recent fortnight has seen no further substantive change, with boredom and isolation remaining the most prevalent feelings/ emotions.

Feelings in past week because of COVID-19 situation

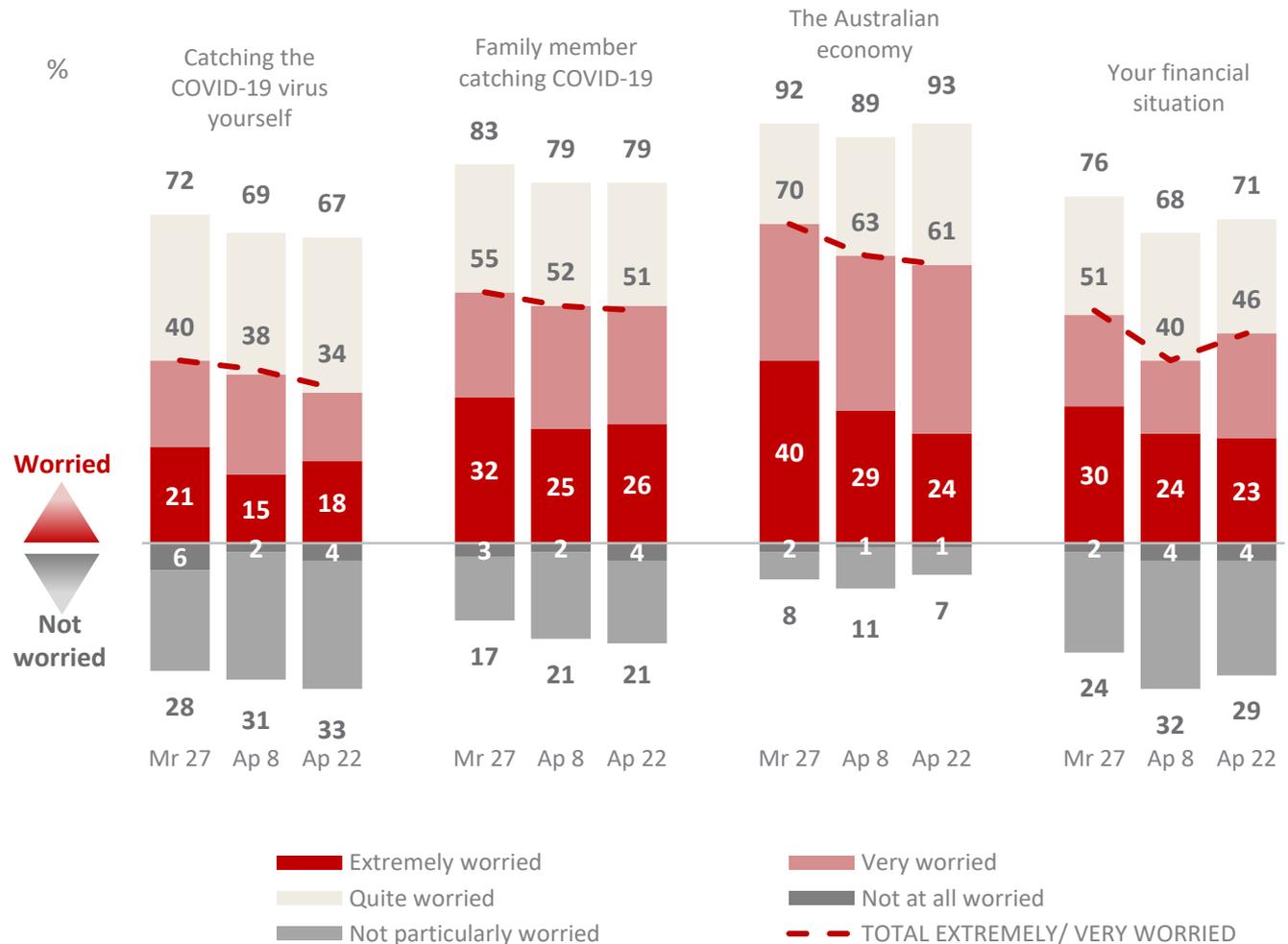


*Methodology: Conducted nationally online over the period April 21-22, 2020, among a sample of 304 people aged 18 years and over. Results were post-weighted to reflect the population distribution for age, sex and area*

\*\* Question: The COVID-19 situation has affected Australia and Australians in many ways. In the past week, which of these have you felt because of the COVID-19 situation?

# The economy remains the greatest concern

How worried or not are people about\*\* ...



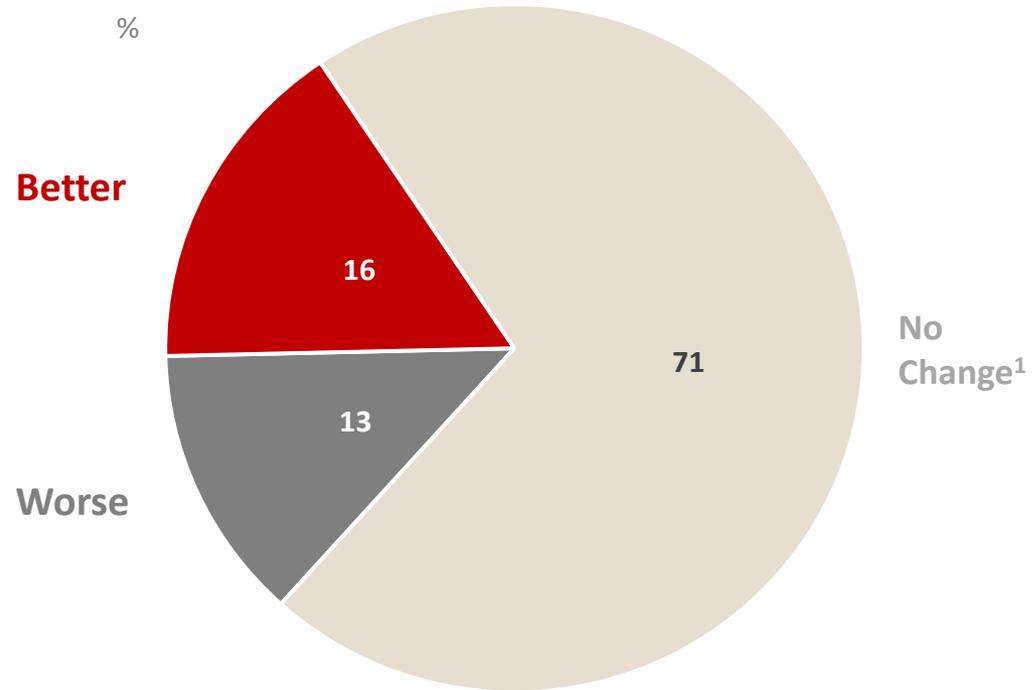
\*\* Question: As a result of the COVID-19 situation, to what extent are you personally worried or not about each of the following?

The last four weeks have seen a subtle decline in the number of Australians who are extremely or very worried about they, or a family member contracting the COVID-19 virus, or about the economy or their personal financial situation.

Nonetheless many Australians remain worried, at least to some degree, on all fronts – and it is the economy which continues to be of concern to the most people: 61% are extremely or very worried about it.

## How relationships are faring at home\*\*

- OmniPoll's previous COVID-19 survey found that the vast majority of Australians, 86%, are spending more time at home than usual.
- So in what way, if any, is that having an impact on relationships?
  - Around 70% of Australians report that relationships between the people in their household have **not changed**
  - The balance of 30% are evenly divided between those who feel relationships have become **better**, and those who feel they have become **worse**.



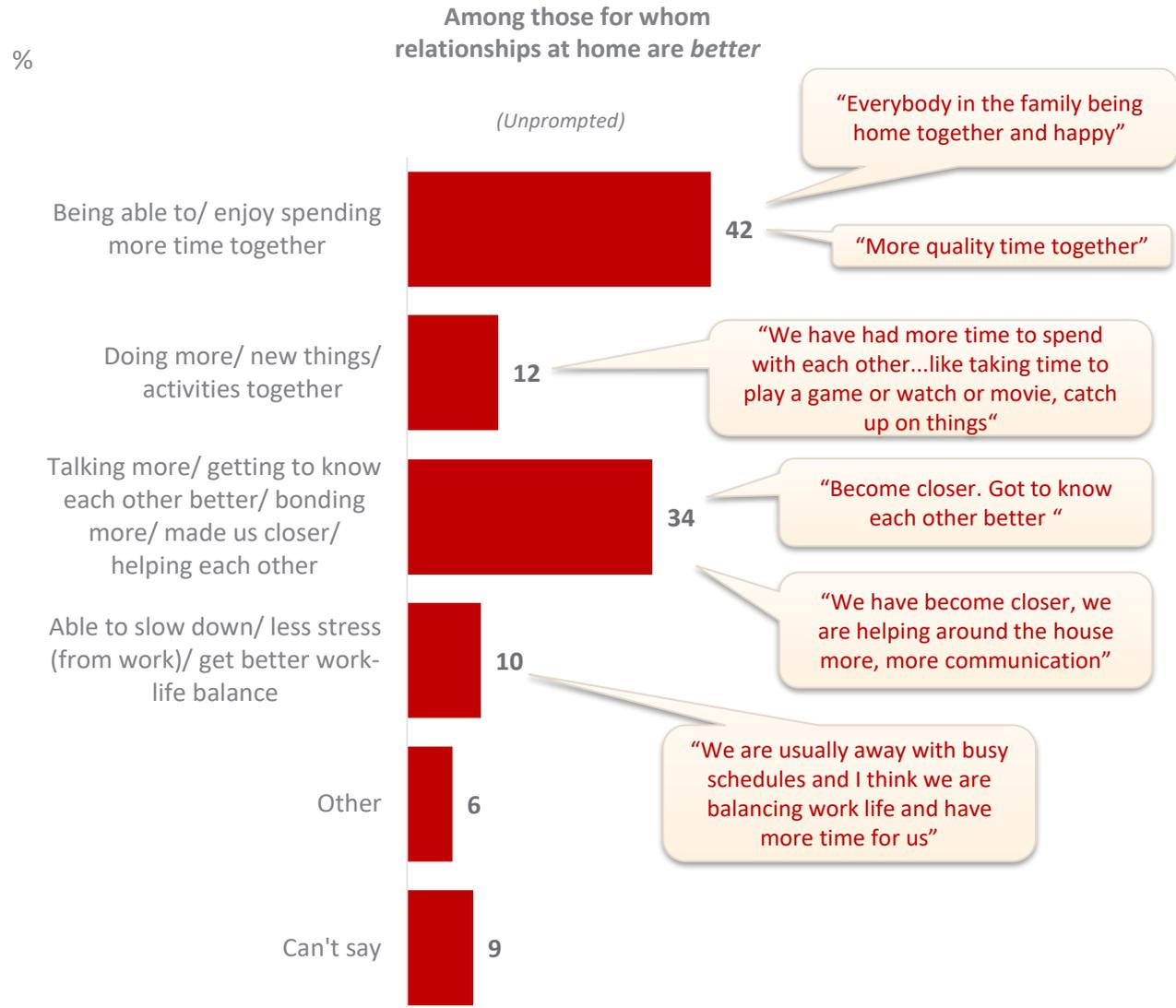
1. Includes those who live alone

\*\* Question: With greater "social distancing" restrictions at the moment, a large majority of Australians are **currently spending more time at home**.

How, if at all, has this affected **relationships** between the people **in your household**? Overall, would say relationships in your household have become **better**, **worse**, or has there been **no change** for you?

# Why are relationships *better* at home? \*\*

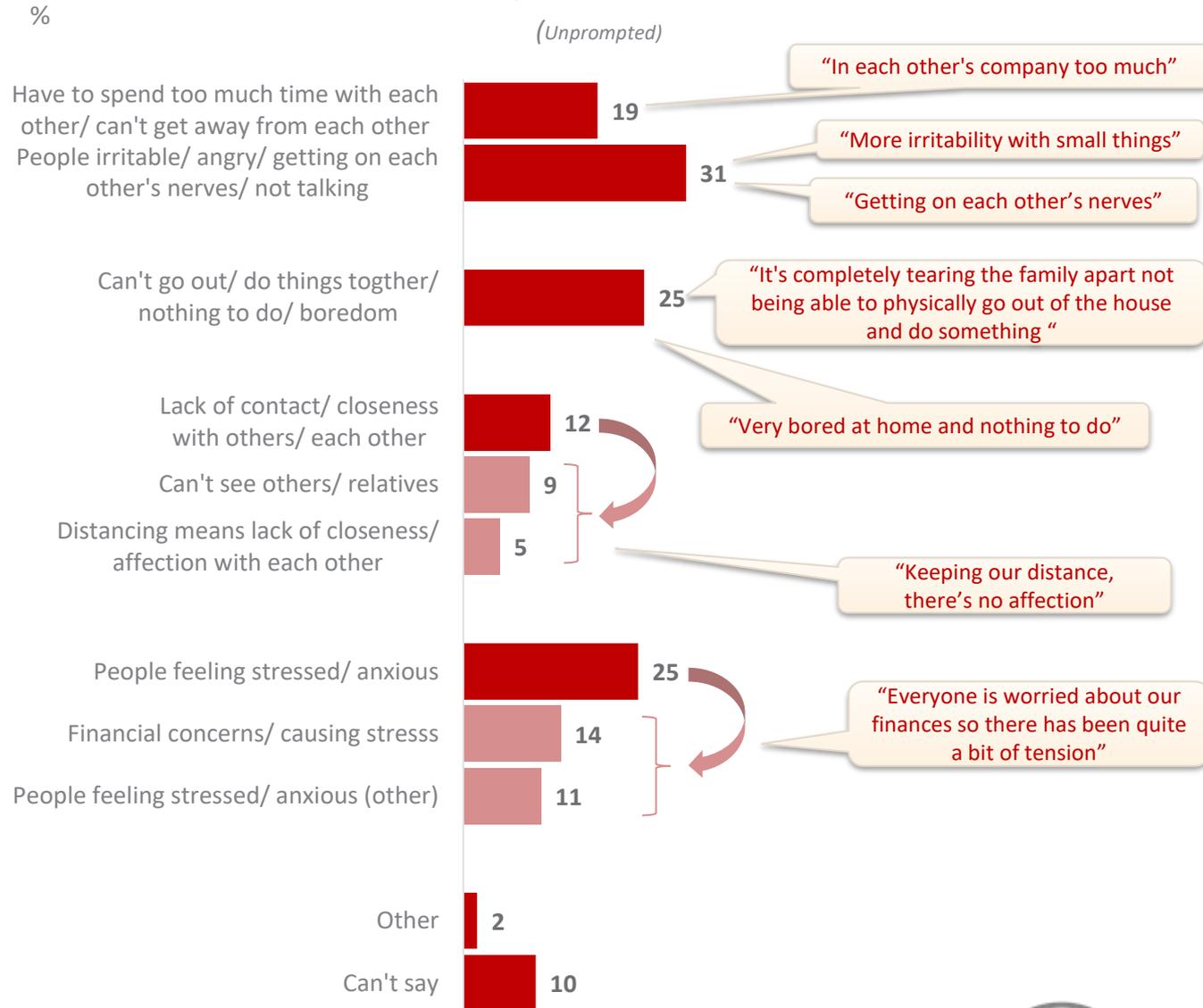
- For many, simply being able to enjoy spending more time together, or to do more things together has improved relationships at home.
- About a third say people are talking more, getting to know each other better and bonding, including helping each other more.
- For some, there is less stress from work and the ability to strike a better work/ life balance.



\*\* Question: Please describe in what way, and why, relationships in your household have become (better/ worse) in your household.

# Why are relationships worse at home? \*\*

Among those for whom relationships at home are worse



\*\* Question: Please describe in what way, and why, relationships in your household have become (better/worse) in your household.

- On the flip side, confinement at home has made some people feel they can't get away from other household members, leading to people being irritable; not talking with each and getting on each other's nerves.
- Boredom and the inability for families to go out and do things together is contributing to tension.
- Financial concerns are also fueling anxiety and stress for some, while lack of contact or closeness with others (from outside the home or between people at home) is affecting relationships for others.