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**Bakalářská práce**

**New Millennium Lifestyle Change on the British Isles**

**Helena Valentová**

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**Západočeská univerzita v Plzni**  
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**Bakalářská práce**

**New Millennium Lifestyle Change on the British Isles**

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Čestné prohlášení: Prohlašuji, že jsem práci zpracovala samostatně a použila jen uvedených pramenů a literatury.

Plzeň, červenec 2017

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## **Poděkování**

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Velké poděkování patří také mé rodině a přátelům, kteří při mně stáli po celou dobu mého studia a podporovali mě.

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# 1. INTRODUCTION

Great Britain is widely known for its specificity and uniqueness. It is one of the largest state units in human's history and one of the most developed countries in the world. Due to the Industrial Revolution, Great Britain has also become a highly technologically developed country. Over the years a large number of nations and cultures have arrived in Great Britain, which has had a significant impact on the life of the local inhabitants and the population in Great Britain has begun to increase rapidly.

The aim of the thesis is to explore the most significant changes in family life and its different arrangements at the end of the 20<sup>th</sup> and at the beginning of the 21<sup>st</sup> century. The most striking differences will be described and compared.

**The Theoretical Background** chapter is focused on a general view of British households while aiming to compare the changes in their diverse arrangements in the 21<sup>st</sup> century with that in the second half of the 20<sup>th</sup> century. Some driving forces are described, such as the attitude of women towards family, changes in employment, household arrangement, or even the role of pensioners in the family. Also a short overview of the situation in the Czech Republic is outlined. In the next chapter **The Practical Part** various data from the theoretical part depicting Czech and British households are compared. Its aim is to determine the differences between the two nations and find out whether the differences are caused by the same driving force. One of the subchapters called **The Method** provides information about the research tool which was used. In the last chapter **The Conclusion** the most important findings are restated.



## 2. THEORETICAL PART

### 2.1 CHANGING WOMEN SOCIAL STATUS

In the first half of the twentieth century women were supposed to cook, wash, clean, take care of children and look after the household. On the contrary, men were supposed to support their families financially. The situation changed after the beginning of the Second World War, when many women went to work „in the fields and factories, but afterwards they were encouraged to return to their domestic roles as wives and mothers. The birth rate rose sharply and large families became fashionable. But at the same time there were indications of domestic unhappiness.“ [1] Except looking after the household, women also wanted to be involved in the working process. „Since then divorces quadrupled from 8,000 per year pre-war to 32,000 in 1950, and continued to rise.“ [2] The following picture depicts how the divorce rate changed from 1950 to 2014. [3]

**GRAPH 1 DIVORCE RATES FOR MEN AND WOMEN 1950 TO 2014 [4]**

Figure 2: Divorce rates for men and women, 1950 to 2014

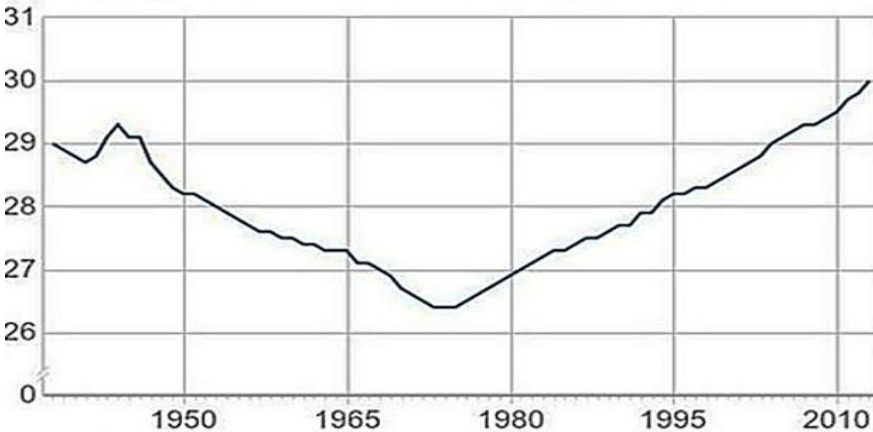


#### 2.1.1 TIME TO START FAMILY

In 1950 the average number of children per family was 2.19. However, at the end of the 20<sup>th</sup> century it was only 1.76. The number of births decreased due to changes of women’s social status.

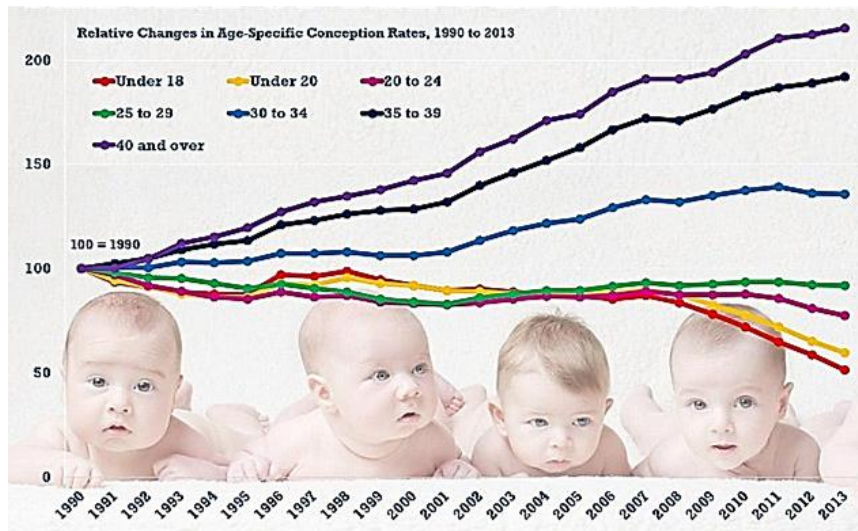
Women became more involved in the working process and gained an opportunity to independently decide about future of their life, including having a choice of getting married and having children. This change resulted in occurrence of smaller families than it was common before. Arbitrary divorces were very common and people lived on their own, which led to birth of many single parent households. Currently, people do not rush to have children and rather tend to delay it. [3] Now „the trend towards older motherhood is continuing-with the average age of mothers in England and Wales reaching 30 for the first time.“ [5] What is interesting, more than ever the most appropriate age for women to give birth to the first child is considered 30-34, for several reasons. The most important one is health, mental as well as physical. According to some authors, women in this age range have far fewer problems than women who enter motherhood for example at the age of 18. The second major factor is social security. Such women have worked for several years, have stable work, career, and are financially secured. [6] [7]

**GRAPH 2 AVERAGE AGE OF WOMEN BIRTH [8]**



In this graph it can be seen how the average age of women giving birth has increased since about 1950. It follows that the age of delivering the first child is now truly the highest in this century.

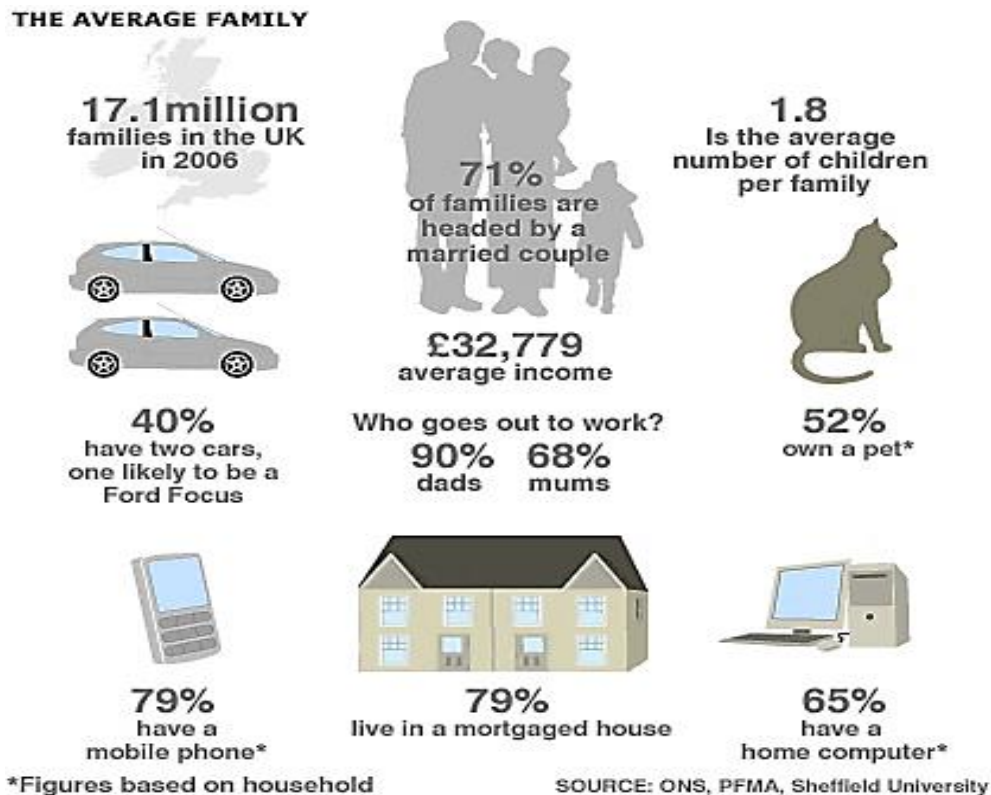
**GRAPH 3 THE RISE OF THE OLDER MOTHER [9]**



This graph shows the average age of mothers who deliver their first child from 1990 to 2013. It is obvious that the number of women who decided to have a baby after they are 40 years old has grown rapidly. However, although this age may bring some risks and many doctors do not recommend it, it is still a trend. The age of 35-39 has also been fairly popular with women. On the contrary, the number of women who have children before they are 20 or 18 has declined in this century. The factors which affect the age of entering motherhood after 40 years of age are „increased participation in higher education, increased female participation in the labour force, the increasing importance of a career, the rising opportunity costs of childbearing, labour market uncertainty, housing factors, instability of partnerships“. [10]

## 2.2 FACTS ABOUT BRITISH FAMILIES

PICTURE 1 BASIC FACTS ABOUT FUNCTIONAL FAMILIES IN THE 21<sup>ST</sup> CENTURY [11]

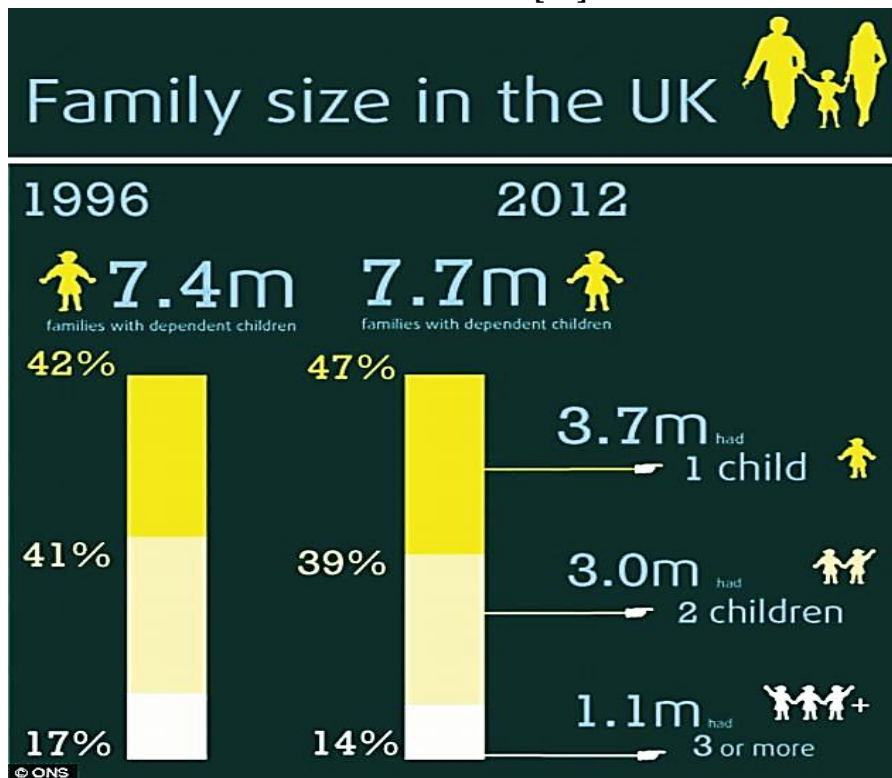


### 2.2.1 THE MAIN DIVISION OF FAMILIES WITH CHILDREN

Families with children can be divided into three main groups, which are based on the number of children. There are families with one child, two children and the last group consists of families with three and more children.

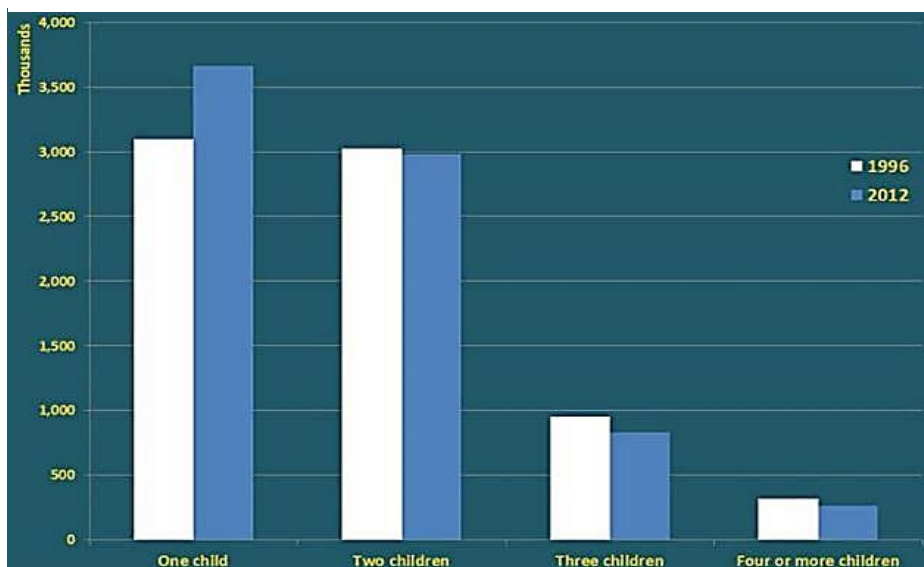
Nowadays the families with just one child predominate in Great Britain, making approximately one half of all British families. The main reason to have just one child is usually a financial situation. The second, also fairly widespread group is families with two children. This groups makes 39 % of all British families. The last group, which makes only 14 % of all British families, is families with three and more children. The groups are shown in the pictures below.

**PICTURE 2 DIVISION OF FAMILIES ACCORDING TO THE NUMBER OF CHILDREN [12]**



In this picture the years 1996 and 2012 are compared. Apparently, families with one child predominated in last century as well as in the current one. The number of such families made 42 % of all families in the UK in 1996, increasing to 47 % in 2012. On the contrary, the number of families with two children declined from 41 % to 39 % within the same period. Similarly, the number of families with three and more children decreased from 17 % to 14 %.

**GRAPH 4 COMPARISON OF FAMILIES IN THE 20<sup>TH</sup> AND 21<sup>ST</sup> CENTURY [13]**

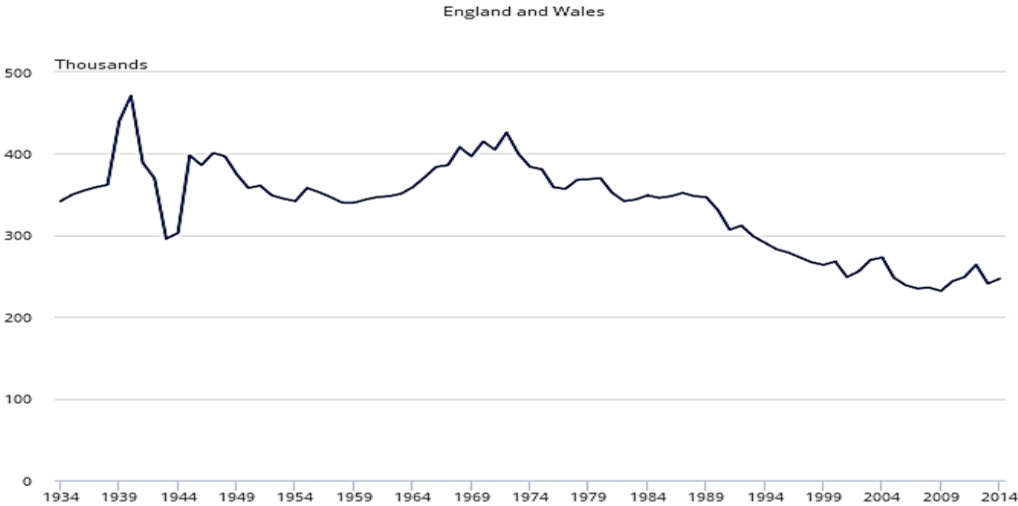


Another graph studies the same phenomenon from the point of view of the total quantity. It is obvious that the results are the same, which means the number of families with one child increased while the number of families with two and more children slightly decreased in 2012 in comparison with the year 1996.

**2.2.2 ATTITUDE TO MARRIAGE**

In the current century not only the age for childbirth has increased but also the age for wedding. At the end of last century the average age for marriage was 25 or less but recently it has increased to 30. Another interesting thing is that even in 1981 at least a half of wedding ceremonies took place in the church. Today people do not do that much, the main reason is decline in interest in religion. In last century marriage was relatively common but the world has changed so marriage lost its value. Now marriage is on the lowest level, „fewer people are getting married than at any time in more than 100 years.“ [14] Many couples live together for several years, even with children but without getting married. In last century formal marriage was important, especially for women. It was a symbol of their specific social status. Although marriage does not seem to be crucial today, it is still quite important for men, which was admitted by more than a half of men in Great Britain. In a survey, in which 500 men participated, 85 % of them confirmed that marriage is really important for them. [15] [16]

**GRAPH 5 NUMBER OF MARRIAGES, 1934 TO 2014 [17]**



Source: Office for National Statistics

The graph depicts a decreasing number of marriages between the years 1934 and 2014. It has been falling rapidly especially since the 1990<sup>th</sup>. The number of married couples is now on the lowest level in the last 25 years.

### **2.2.3 FAMILIES WITH CHILDREN**

Families with one child are the most common and the most widespread around the United Kingdom. The reason why many families have only one child is entering motherhood at an older age. Another important factor is a financial situation-children costs are relatively high nowadays. However, to have only one child is considered selfish in today's society and such families are often criticised. Basic costs for child have increased in the sphere of childcare and education, especially because nowadays they are given more emphasis than ever before. „The costs have increased by 58 % since 2003 with education and childcare being the biggest expenditure for parents.“ [18].

The second most widespread group of families in the UK are families with two children. Such families are considered as ideal. The parents who decide to have two children claim that the reason for such an arrangement is that the only child could feel lonely. Although the costs for children are not low, two children are still financially manageable. Besides that, for parents an expectation of another offspring is not so difficult because they already know what they can expect. Although each child is different, they already know a few tricks that work and they can help themselves. [19] [20]

Although the trend of today's society is to have a baby as late as possible, a trend from past century to have a big family is returning to Great Britain, which means to have three or more children. Now in Great Britain people have the biggest families in Europe. Such big families last appeared in 1970. It means that more women want to have a big family than women in the previous generation. The trend is in contrast with the general today's trend. [21]

Some families cannot have their own children for many different reasons. In this case they take advantage of adopting children. From the point of view of age of adopted children it can be assumed that people prefer to adopt children aged one to four to newborn babies. There were 34 % of adopted children aged one to four in 1998 while in 2011 it was already 62 %. Another interesting fact is that before 1999 more boys than girls were adopted but after 1999 the situation changed and girls were more adopted than boys. [22]

#### **2.2.4 UNMARRIED COUPLES WITH CHILDREN**

Nowadays in Great Britain there are quite a lot of unmarried couples who have children. The number of such children is almost 44 % while in 1970 it was only 12 %, which means the number has increased dramatically. Most children born to unmarried couples are in the north-east of England and in Wales - in Wales it is 55 % and in the north-east of England it is 52 %. Children born to married couples are predominant but the total number of unmarried couples with children has doubled in comparison with the year 1996. [23]

#### **2.2.5 SINGLE PARENT FAMILIES**

Great Britain counts among countries with a large number of single parent families. About a quarter of households are single parent and a vast majority of these families are mothers. Living as a single parent may be really hard and if they do not have their own place to live, it is quite a big challenge. They must be very careful with mortgages, they must think more about their income and expenses because they do not have responsibility just for themselves but also for their children. One of possible ways of housing and at the same time the most common trend in this century is single parent flat sharing. One of the reasons for sharing home is a financial situation as this practice may save the single parent a significant amount of money. To find a share house is quite difficult for a mother with a child because room-mates do not want to share house with children. Primarily for this reason the trend of single parent flat sharing has arisen. [24] [25]

„Renting a room in a shared house wasn't the fast track to domestic bliss either. Responding to advertisements, I experienced the mobile phone equivalent of having a heavy door slammed in my face. Sorry, we're not interested in letting the room to someone with a child, was the standard reply.“ [26]

For children it is much better to live with only one of the parents than with both parents in an unhappy, dysfunctional family. „Children who live with a single parent are no less happy than those who live with mum and dad.“ [27] Quality of relationship which a child has with their parents is much more important than family composition. In addition, families with only one parent are not extraordinary today and children do not see this situation negatively. „The family relationship is more important than the type of family. Staying together for the children but fighting all the time and shouting at the children, not having fun together, not sitting down to eat dinner is not going to be good for a child's happiness.“ [28]



### **2.2.6 COUPLES WITHOUT CHILDREN**

In the previous century children were a necessary part of a satisfied, happy and fully-fledged life. Now most couples without children are happier than those who have children. One reason is that they spend more time together in comparison with those who have children. Also the couples without children have more money and more possibilities.

Despite the many possibilities which are offered today, many women in Great Britain do not have children at all. The reasons for that can be divided into several categories. In the first category there are women who have never wanted children. In the second category belong those who had been thinking about children but eventually decided not to have them. In the third category there are women who want a baby later but they do not have a partner. Finally, in the last category there are women who cannot have children for health reasons [29] [30]

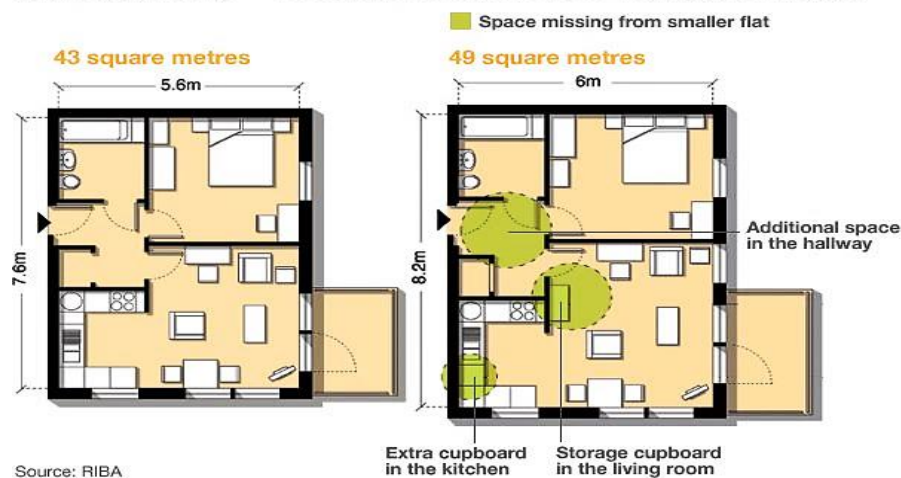
### **2.3 HOW A SINGLE PERSON LIVES**

The British were known to love privacy and to be obsessed by large houses and beautiful gardens. However, it is not true anymore. Recently the British have become one of the nations with the smallest home in comparison with other countries. One of the main reasons for that is that they do not have enough money for bigger flats and the costs for flat and services have also been constantly rising. Also the prices of houses are high, many young families cannot afford to buy a house so they must take a mortgage or choose a cheaper variant flat. This is one of the reasons why the number of houses has decreased.

The following picture shows a typical one bedroom flat in the UK. Too little space for furniture was stated as the biggest problem of such a flat. However, compared with the previous years people are now enjoying a higher living standard. [31]

### PICTURE 3 ONE BEDROOM HOME [32]

**A one-bed home - 43 square metres versus 49 square metres**



#### 2.3.1 YOUNG PEOPLE LIVING WITH PARENTS AND REASONS FOR THAT

The number of adults of 20-34 years of age has dramatically increased recently. In 1996 it was 2.6 million persons but now the number is 3.35 million. Now 25 % people of this age range live with their parents. One of the main reasons is the importance of education. Young people frequently study up to 26 years of age or even longer and do not often have enough financial means. [33]

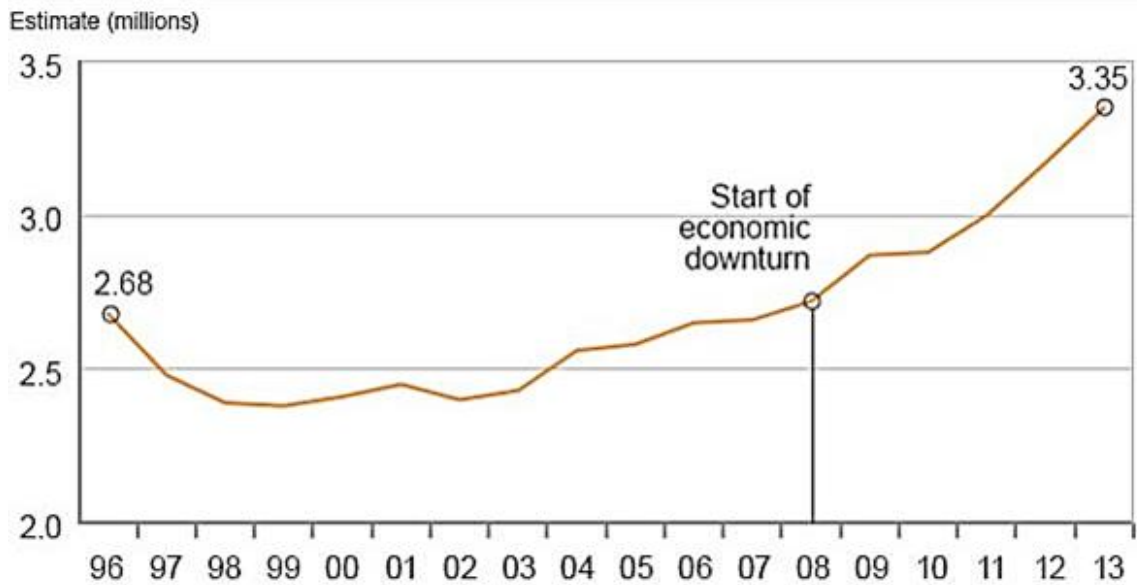
Here are some quotations of some young people living with their parents. „James Barker, 25, has lived with his mother in Pinner, north-west London, since April 2012.

I moved in with my mum as a stop-gap between flats, after moving about constantly after university.

It was meant to be short-term, but it developed from there, partly for financial reasons-I suddenly had a lot of disposable income and it became quite comfortable.

Out of my friendship group, about a quarter has spent time at home since uni. Rents are so high, especially in London. People are spending half their wages on rent so living at home is the only solution.“ [34]

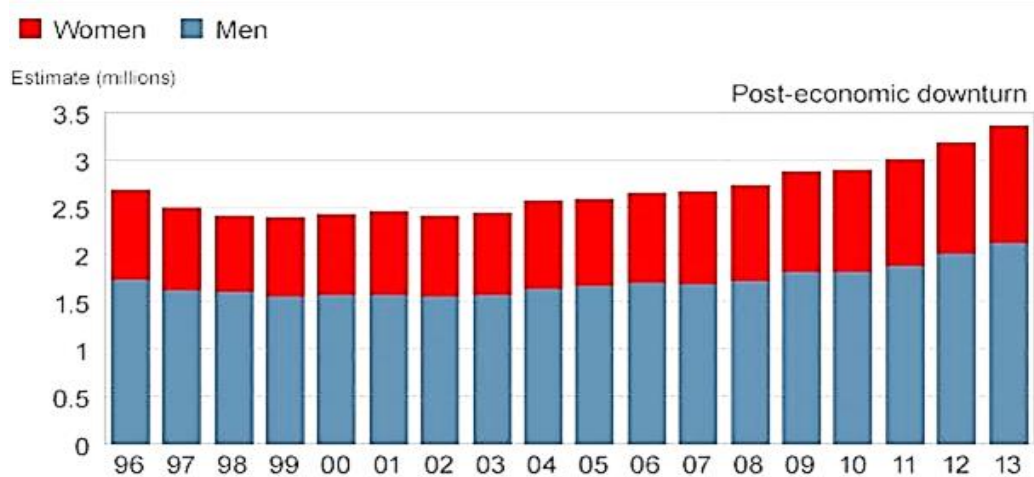
**GRAPH 6 ADULTS AGED 20-34 LIVING WITH THEIR PARENTS, 1996-2013 [35]**



Source: Labour Force Survey, Office for National Statistics

This graph shows that the number of young people living with their parents has increased rapidly compared with the previous century.

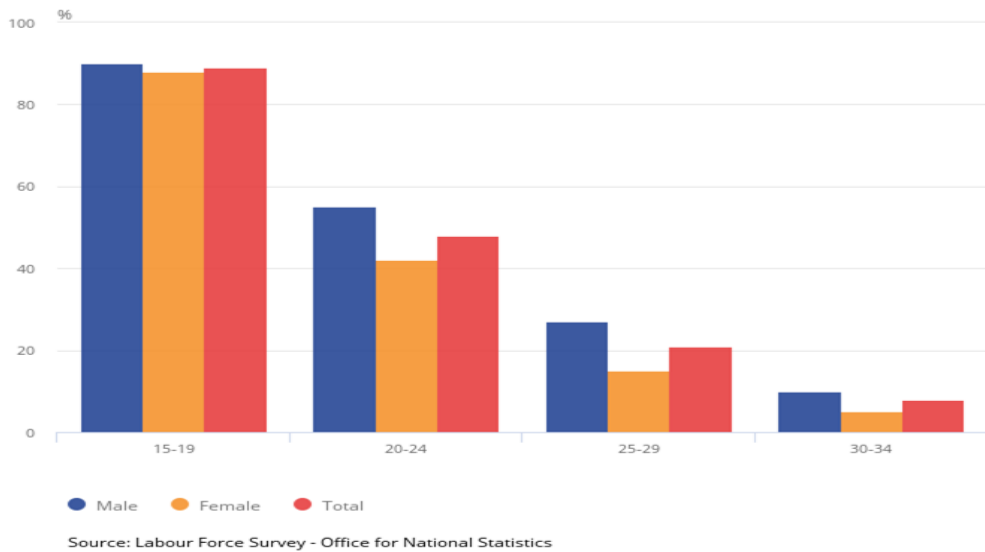
**GRAPH 7 MORE YOUNG MEN THAN WOMEN LIVE WITH THEIR PARENTS, 1996-2013 [36]**



Source: Labour Force Survey, Office for National Statistics

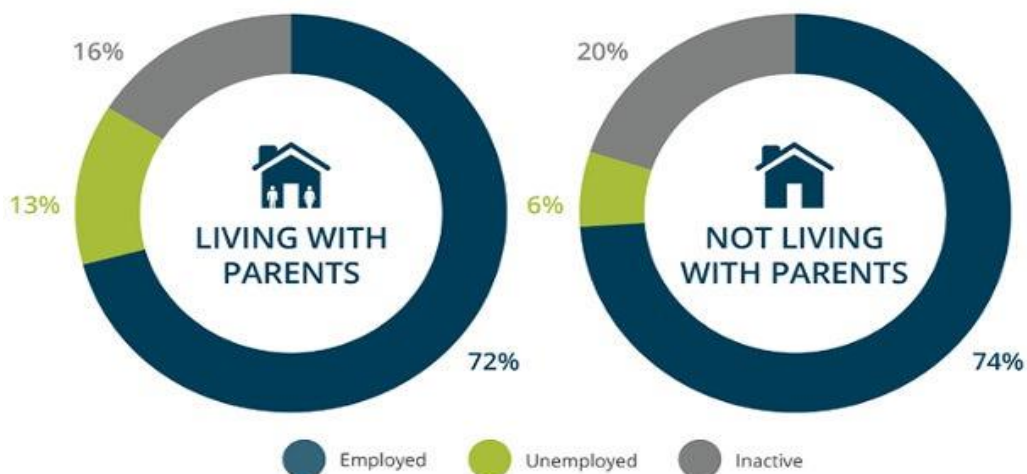
The graph shows that more men than women live with their parents.

**GRAPH 8 PERCENTAGE OF YOUNG ADULTS WHO ARE LIVING WITH THEIR PARENTS BY AGE [37]**



Apart from education, another reason why adults live with their parents is unemployment. Now more young people than ever are unemployed and do not have enough money to provide for themselves. The following graphs show those who live with their parents and those who live alone. The number of employed people is almost identical in both cases – 72 % and 74 %. This implies that for many people living with their parents is simply comfortable. Unemployed people make 6 % of those who live on their own. That is about a half compared with those living at their parents’ place (13 %). 16 % of people live with their parents just because they are lazy or inactive but compared with those who live alone and are inactive, the number is slightly smaller.

**GRAPH 9 ADULTS LIVING WITH PARENTS [38]**



## 2.4 PENSIONERS HOUSEHOLDS

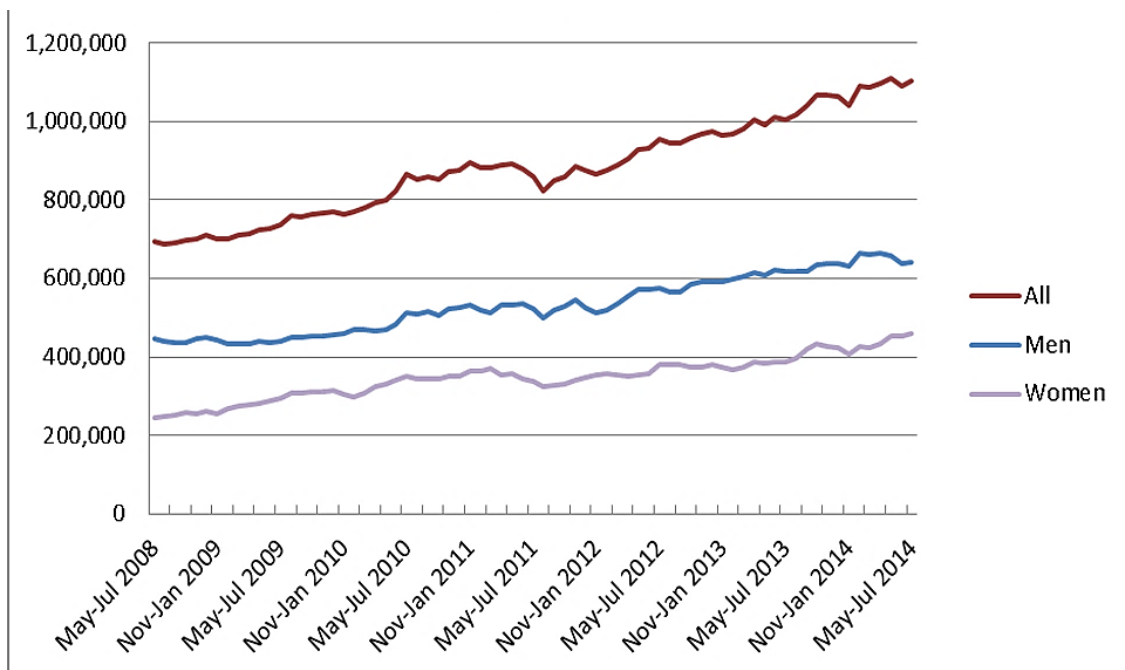
### 2.4.1 GENERAL VIEW ON PENSIONERS HOUSEHOLDS

Although in Great Britain there are many pensioners who enjoy their retirement, the situation of pensioners depend on many factors. The main factor is their financial situation as well as some other factors such as the fact whether they own their home, where they worked whole life, how high income they had, whether they are alone or have a family. The next important factor is how much money the pensioners have saved. Many of them just live on retirement.

Therefore there are groups of pensioners who even do not have to work but still they work at least part-time. They do not only work for financial reasons but also because they want to be with people. Many surveys also indicate that pensioners are £20 a week better off' on average than employed people. However, there are also retirees who, unfortunately, do not have a very good financial situation and live in poverty. The number of pensioners who currently live in poverty is 16 %, which makes 1.9 million people. 8 % of pensioners live in absolutely poverty.

„The main driver of pensioner income growth has been the arrival of successive new waves of pensioners, who are more likely to work, own their home and have generous private pension wealth than any previous generation.“ [39] The current situation is much better than it was at the beginning of the 21<sup>st</sup> century. [40] [41]

**GRAPH 10 65+EMPLOYMENT LEVELS [42]**



#### **2.4.2 POSSIBILITIES OF 21<sup>ST</sup> CENTURY DELIVERING SERVICES**

There are some senior citizens who do not have serious health problems but cannot or do not want to cook, have difficulties shopping or carrying the shopping home. Such people can use food delivery services which are carried out directly to their homes. Pensioners can choose from at least two main dishes. The employees of such a food delivery company have to have social feeling since they do not only deliver food but also partly take care of the clients. They check if the pensioners are feeling well, if they are safe or whether they have other problems. Sometimes they simply have a small chat with the pensioners to provide them with a social contact. Another advantage is that the senior citizens can lend some books, DVDs, CDs and audio tapes. They tell the employees what items they are interested in and the staff then bring them for them to choose from. [43] [44]

#### **2.4.3 SENIORS LIVING IN RETIREMENT HOMES**

The pensioners whose self-support is reduced, for example due to age, or whose situation requires regular assistance, have the possibility of accommodation in retirement homes. These homes are specially equipped for retirees to make them feel good. They offer their residents many leisure time activities which they can engage in with their friends of the same age so as not to feel lonely. Such activities may include dancing, bingo or using a library, they can participate in various activities which the home offers, they can attend regular church service and fulfill their spiritual and religious needs. Many retirement homes also offer activities related to gardening since reasonable amount of manual work and staying in fresh air also make the elderly well and healthy.

If they just want to take a rest, they can spend time in a common room with their friends and have a cup of tea or coffee, or read books, magazines or newspaper. Retirement home services in general are at a very high level in Great Britain. [45]

#### **2.4.4 THE ROLE OF GRANDPARENTS IN THE 21<sup>ST</sup> CENTURY**

In today's hurried time grandparents help their children with looking after grandchildren more than ever before. They mainly help their children (mostly those who are divorced or those who are classified as single parents). However, many grandparents help their children even when the child is brought up by both parents. They look after them when their parents are at work, which is especially true for pre-school children. For example, they often pick up the children from kindergarden. In this situation a changing trend of work shifts has a big impact. People

have longer shifts than before, which means they spend more time at work and do not have enough time for their families. As a result, grandparents often take care of their grandchildren instead enjoying peaceful retirement. A typical role of grandparents they used to have has disappeared. In the past children travelled to their grandparents for a visit at weekends and on holidays while their grandparents were looking forward to them and spoiled them as they could. Today many of them have a completely different role. However, the fact that relatives other than parents take care of children is not extraordinary today. Children's grandparents and relatives who help parents to take care of children and do not have paid work are entitled for National Insurance credit.

Because of an increasing number of grandparents who look after a child, an association was founded in UK called The Grandparents Association. Its purpose is to provide help for grandparents so that they do not feel lonely among younger mothers and also to offer them advice and help as for looking after the children. The association is really fast-growing. Another association which is available is Parenting plus. The association is intended mainly for parents or grandparents of toddlers around the age of two. The association helps the adults with everyday routines from nutritive questions to free time related questions.

Since children spend a lot of time with their grandparents, there may be some difficulties to distinguish the roles of parents and grandparents. In some cases, a mother may be afraid that her role might be overtaken by a grandmother. Children should differentiate when they are just for a visit and when they are at home. They must have respect. Besides that, for grandparents many questions arise related to childcare. For example how long children can watch TV, how much sweets they can eat or what they should be allowed to do [46] [47]

#### **2.4.5 THE ROLE OF GRANDPARENTS LIVING IN LONG DISTANCE**

In the United Kingdom there are many families who live far from their adult children and their grandchildren. Some grandparents even live abroad. But even the fact that grandparents live far away does not reduce their value, they still play an important role for their families and the families lack them. Those grandparents who are really interested in their grandchildren are still informed and know everything what they want to know about them. Today's time offers many ways to be connected. Many grandparents are also able to use modern facilities that have become part of their everyday life. There are various types of technologies to connect them with their families, such as emails, skype or mobile phones. Due to these technologies grandparents and children do not lose contact with each other and can feel they are together.

Although letters are not sent so much today as they have been replaced by emails and other modern means of communication, not only grandchildren will appreciate when a letter, a postcard or a surprise package comes to them. [48]

Example: „Understanding your grandchildren's normal day-to-day lives is crucial,” says Val, who has three long-distance grandchildren from two different sons. „When you're interested in the children, it makes the parents want to tell you about what they're doing. I get pictures and videos all the time, like seeing Oliver's new lace-up shoes for school. It's good to get told things that you would know if you lived next door, not just the big stuff.“ [49]

#### **2.4.6 GRANDPARENTS SUPPORTING GRANDCHILDREN**

Grandparents love their grandchildren and want to support them not only mentally but also financially. They want to make their children and grandchildren's lives as easy as possible. About fifteen percent of grandparents financially support their grandchildren during their university studies, for example help them with cost of living. Almost half of those who support their grandchildren state, that they usually pay the debts or simply everyday costs for their financially supported grandchildren. The typical amount which grandparents said they were paying out to their younger relatives was £2,496. [50]

### **2.5 GENERAL VIEW ON BRITISH HOUSEHOLDS**

#### **2.5.1 COMPARING MULTI-FAMILY HOUSEHOLD**

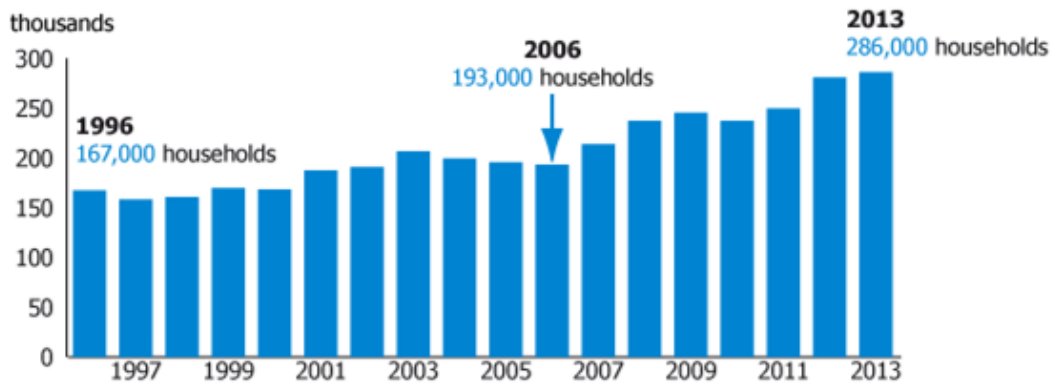
The number of families living together with their parents and other relatives is rising. One of the reasons is a big financial burden and as a result more than 100,000 families live in multi-family households now. „There has been a 29 per cent increase in the number of multi-family households since 2001 – up to 1,262,000 in 2010.“ [51]



## GRAPH 11 MULTI-FAMILY HOUSEHOLD [52]



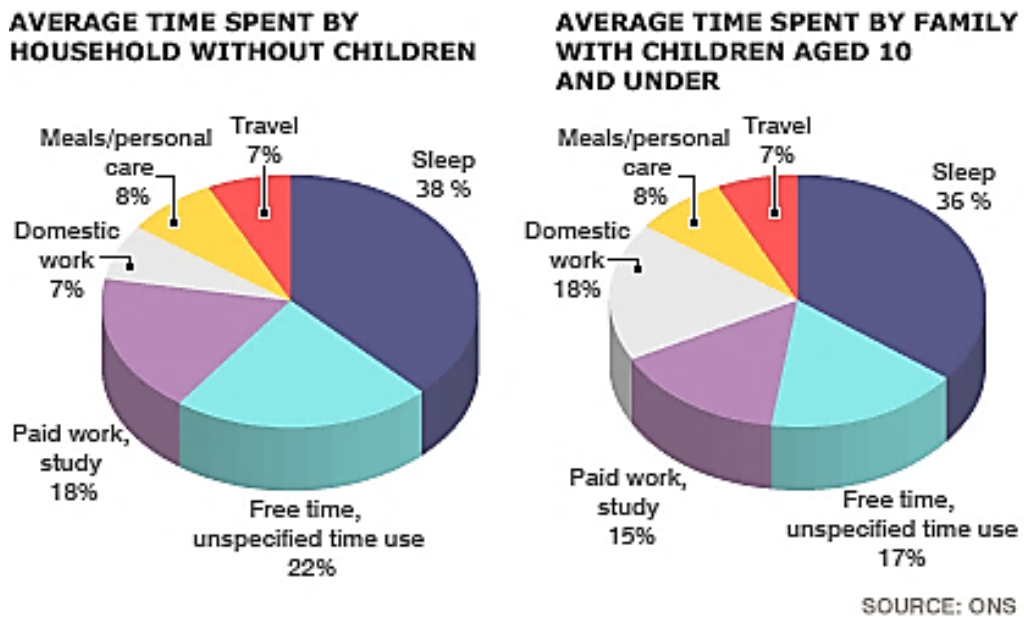
Multi-family households have been increasing, particularly since 2006



However multi-family households still only represent 1% of all households

In this graph there are official figures for multi-family households. It can be seen how the attitude to multi-family households changed during the years 1997 and 2013. In 1997 the number of multi-family households began to increase constantly. In 2006 there were 193,000 such households in Great Britain, which means about 26,000 more than in 1997. From 2006 the number increased rapidly to 286,000 in 2013, which means that the number increased by about 93,000. This trend was mainly typical for last century but now it is returning. Because of this trend people buy their own homes at an older age. „The average age for a first-time buyer is now 31.“ [53] In addition to a large financial advantage, there are other benefits of such an arrangement. In one household three different generations live together so for the parents it is much easier to take care of their children and the grandparents can have a close contact with their grandchildren.

**GRAPH 12 COMPARING AVERAGE TIME SPENT BY HOUSEHOLD WITHOUT CHILDREN AND WITH CHILDREN AGED 10 AND UNDER [54]**



This graph describes the differences in the average time spent by households with children and without children. The most significant difference is the one depicting domestic work. It follows that the time spent by domestic work is more than twice as long in households with children. Another relatively significant difference is in the amount of free time, which is smaller by 5 % in households with children. The other monitored items, such as meals, travel, sleep or paid work or study, are almost the same or there is only a minor difference between both types of households.

### 2.5.2 HOW IS ATTITUDE TO COOKING CHANGING

Today British cuisine is influenced by many foreign recipes, which are available on the internet. In the last century already, the British began to watch cooking shows and became more interested in cooking. In this century British cuisine has significantly improved. As a result, some British chefs are now praised all over the world and can be seen on TV practically daily. Although the British are obsessed by cooking shows, famous chefs and books and magazines about cooking, they actually spend much less time cooking than watching programmes about cooking. Now one of the biggest motivations for cooking is putting photos of the meals on Facebook, Twitter, Instagram and other social networks. People could watch many cooking shows in last century already. As early as in 1950, they were able to watch television images,

but only in this century, thanks to social networks that have many cooking sites, cooking has become so popular.

In the United Kingdom, dinner is the main meal of the day. However, compared with the previous century people do not cook much nowadays. In 1980 people spent cooking approximately one hour a day, now they only spend about a half of that time, just thirty minutes. Unfortunately, a survey in which 4,000 households participated showed that also eating habits have worsened. Many households replaced quality dinner with fastfood dinner, which is now the most common way of eating in British households, followed by off-the-shelf ready meals.

Where are now women getting inspiration for cooking?

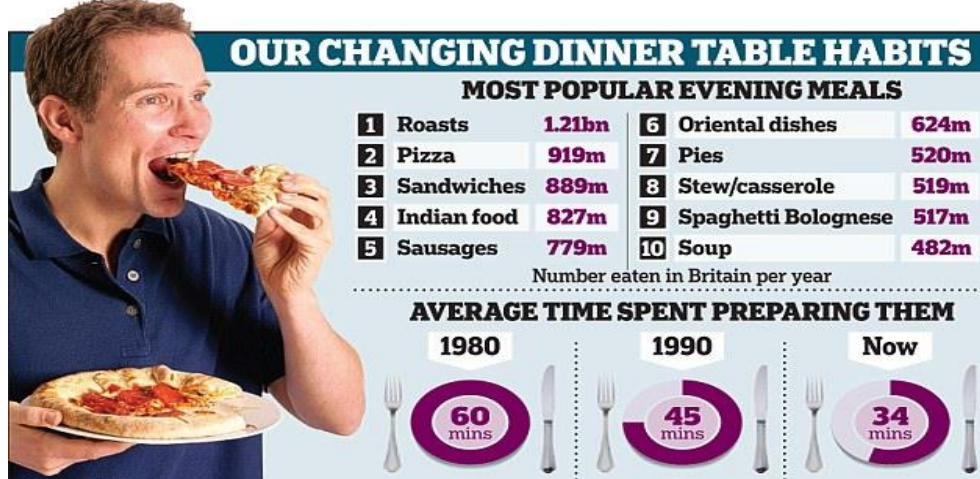
Despite the above mentioned cooking programs most British draw inspiration from their parents, friends or grandparents. For British the traditional „Sunday roast is STILL the nation's favourite dish“. [55]

Today's generation also share their cooking experiences with friends, usually on Twitter, Facebook or Instagram. [56] [57]

**„THE MOST POPULAR TV FOOD PROGRAMM [58] “**

1. The Great British Bake-Off
2. Masterchef
3. Come Dine with Me
4. Saturday Kitchen
5. The Hairy Bikers Cookbook
6. Sunday Brunch
7. Dinner Date
8. Jamie and Jimmy's Friday Night Feast
9. This Morning's food section
10. Cake Boss

„PICTURE 4 CHANGING ATTITUDE TO COOKING “ [59]



The picture shows that in 1980 it took almost 60 minutes for people to prepare dinner. Already in 1990 the number of minutes necessary for preparing food decreased to 45 minutes and today it is only 34 minutes. One reason for this is today's hurried time. People work long hours, a lot of them must take care of children and at the end of the day they are tired and want to spend as little time as possible by cooking. The three most often prepared types of dinner are roasts, pizza and sandwiches, as their advantages is quick preparation. It is also often cheaper to order the food than to cook it. The main reason is food prices, which are constantly growing. Food prices are shown in the table below and are compared with the 1982 prices. [59]

**„TABLE 1 CHANGING PRICE OF GROCERIES“ [60]**

<b>Everyday goods</b>	<b>Price in 1982</b>	<b>Price in 2012</b>	<b>% change</b>
Draught lager, per pint	73p	£3.18	336%
Bread, white loaf, sliced,	37p	£1.24	235%
Apples, per kilo	68p	£1.75	157%
Milk, pasteurised, per pint	20p	46p	130%
Sausages, per kg	£1.59	£4.40	177%
Butter, per 250g	50p	£1.38	176%
Carrots, per kg	35p	86p	146%
Sugar, per kg	44p	98p	123%
Coffee, instant, per 100g	97p	£2.68	176%
Eggs, per dozen	73p	£2.82	286%

### **2.5.3 EATING OUT**

Another important change occurred in going to restaurants. In contrast with past century, the British eat out quite often nowadays. In the eighties, going to a restaurant was reserved for special events. Now eating out is nothing extraordinary anymore. At the weekends young people meet for dinner and families with children meet for a weekend brunch. People also eat in restaurants with their colleagues. An average British spends 25 % of their income in restaurants. Besides that, today's generation eats out twice as often as those who are now 55 years old. On the other hand, the older people prefer to have an expensive and delicious meal from time to time to a cheaper one but more often. [61]

### **2.5.4 THE BRITISH – THE NATION OF PET LOVERS**

The British are widely known as pet lovers. More than a half of British households own a dog or a cat. For the British they are not just animals but more like family members. They often treat them as their own children. They also buy them some rather luxurious items, such as toys. In general, people are willing to spend fortune for their pets. An average amount spent for pet-

related items is around £70 a month. „In 2014 it was estimated that 13 million (46 % of) households have pets. The pet population stands at around 65 million.“ [62]

Dogs have always been considered the best friends of a man but nowadays cats are also very popular. For comparison, in British households there are 7.5 million cats and 6.1 million dogs. In 1979 there were 4.9 million cats. The main reason why people started „to prefer cats is lifestyles change, becoming increasingly urban and busy, so do people's ideas of a perfect pet.“ [63]

Reasons why some people prefer cats to dogs are the following:

Most people (57 %) state as the main reason that cats are peaceful. 49 % of people mentioned their independence as the main advantage. They do not need the same care as dogs. 46 % of people prefer them because they are clean. [64]

„Cats have outnumbered dogs in Britain since 1992 but their decline and the growth of dogs mean they are about to lose their crown.“. [65]

### **2.5.5 HOW MUCH TIME A FAMILY SPEND TOGETHER**

In today's hurried time a family do not spend much time together. Parents work long shifts and most of them come home from work exhausted. But despite this great strain parents spend more time with their children than they did in last century. Since 1974 mothers' quality time spent with their children has risen from fifteen minutes a day to an hour and fathers' quality time has risen from five minutes to 35 minutes over the same period. What plays an important role is the parents' level of education. Better educated parents help their children with their homework more often than those with a lower level of education. A family spend most time together at the weekend because most of them do not have to go to work and children do not go to school. However, although the amount of time spent together has increased, still it is not very big.

The most common ways how a family spend their time together is watching a film, having a meal, watching TV, taking part in outdoor activities or sport, playing a board game, cooking or baking, playing video games, putting all their gadgets to one side, sitting down to discuss their week and making plans for the coming week.

The most common activity a family does together is watching TV. When watching TV each family member is often doing other activities. Somebody is reading books or magazines, playing computer games, someone is eating or just relaxing after a long day. 65 % parents complain that their children do not spend enough time with their grandparents. Families often plan to go on at least one joint holiday so that they can spend more time together. [66]

### **„REASONS FOR NOT GETTING ENOUGH QUALITY FAMILY TIME“ [67]**

Top ten reasons for not getting enough quality time

1. Myself or my partner work long hours
2. We spend our evenings/weekend keeping up with household chores
3. The children are at school when I'm not working
4. The children are often watching TV
5. Myself or my partner work anti-social hours
6. The children are often playing computer games
7. The children are at an age where they don't really want to spend time with us
8. The children are often out with friends
9. The children spend their evenings studying
10. We spend a lot of time at various sports/after school clubs separately

### **„THE TOP 10 MOST COMMON WAYS FAMILIES SPEND TIME TOGETHER“ [68]**

1. Watching a film
2. Having a meal
3. Watching TV
4. Taking part in outdoor activities or sport
5. Playing a board game
6. Cooking or baking
7. Playing video games
8. Putting all our gadgets to one side
9. Sitting down to discuss our week
10. Making plans for the coming week

## **2.6 A BRIEF INSIGHT INTO FAMILY LIFE IN THE CZECH REPUBLIC**

After the Second World War the number of marriages and birthrate started to rise in the Czech Republic, Great Britain as well as in many other European countries. The Czech Republic counted among the countries with a high birthrate. A lot of these marriages were later divorced especially because they had been entered as a consequence of a pregnancy at a relatively young age.

Already in the 1970<sup>th</sup> the average age for entering into marriage started to rise. Apart from this, also illegitimate children started to be born. In that period „considering political and economical conditions the family was perceived as the main area of self-realization“. [69]

### **2.6.1 THE CURRENT SOCIETY'S APPROACH TO FAMILY LIFE**

Not only in Great Britain but also in the Czech Republic the approach of the society to family life has changed in this century. In the Czech Republic the change started after the November revolution in 1989 when education started to be valued. People therefore study longer which prolongs the educational process and influences the average age for starting a family. There is also so called „generation Y“, also known as „millennials“, which has a strong influence on the current situation. Millennials are people born between 1982 and 1996 who grew up in the world of online technologies and cannot imagine the world without them. Education and career is of great importance for them which changes their attitude to family life. The age when they find their first job has risen and as a result the age when they buy their own home and start a family has risen too. [70]

An important factor for deciding about marriage is a housing problem. Rents are rising so renting a flat or taking a mortgage is not always affordable. Not having their own place to live, people enter into marriage at an older age. There are some other factors which influence the average age for starting a family, such as a possibility to work or study abroad which helps people to gain a lot of professional and language experience.

Also the average age until which the young Czech live at their parents' place has increased. Women start to live on their own at the age of 25.7, men at the age of 27.8.

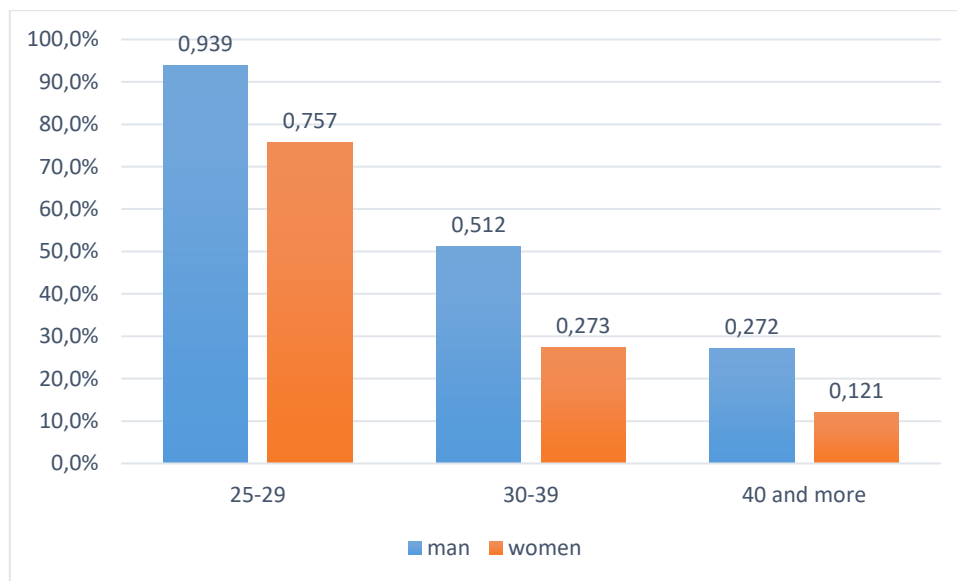
Besides that, the tolerance of unmarried couples has increased in comparison with last century. The main reason for people to get married is the birth of a child, so that the family situation stabilizes. Although nowadays children are born to older parents, it does not mean that they are not desired. Only 13 % of women and 28 % of men can imagine their lives without children. More detailed description of an average age of a woman giving birth to the first child is analyzed in the Practical part. [71], [72].

### **2.6.2 THE NUMBER OF CHILDLESS PEOPLE IN THE CZECH REPUBLIC**

The graph depicts a number of childless respondents according to age in the 21<sup>st</sup> century



**GRAPH 13 CHILDLESS RESPONDENTS ACCORDING TO AGE [73]**



The graph shows that in all age categories childless men predominate childless women. In general, a majority of respondents between 25 and 29 years of age are childless, specifically 93.9 % of men and 75.7 % of women. At the age of 30-39 the number of childless men is almost a half lower than in the previous group while the number of childless women falls significantly to only 27.3 %. In the age group 40 years and over there are 21.5 % childless men and only 12.1 % of childless women. This age group, however, is unlikely to have a child in the future. If they decide to have one, they as well as the child may be exposed to certain health risks.

### **2.6.3 THE ROLE OF THE ELDERLY IN THE FAMILY**

The grandparents' role has changed in this century in comparison with the previous one and their help is not taken for granted as it used to be. Nowadays the elderly have many hobbies and take advantage of the new possibilities which the new century is bringing. Of course they still love their children and grandchildren and are willing to help them as much as they can. As mentioned in the table below, many pensioners still go to work even though they do not have to. Their main reason for this is a financial help they can offer their children

On average, a grandmother spends nine hours a week looking after her grandchildren while a grandfather spends five hours doing that. Most often parents need help with children aged 3-4. In general, the most frequent activity grandparents do is picking their grandchildren up from kindergarten. About 30 % of grandparents look after their grandchildren more intensively and 65 % of them help with a childcare despite their changed status in family life. [74]

#### 2.6.4 FINANCIAL SITUATION OF CZECH PENSIONERS AGED 65 AND MORE

Czech pensioners are currently doing relatively fine in comparison with some other countries. Their financial situation is improving, which is, however, influenced by many factors, for example if they live with a spouse, if they own the flat they are living in or how high their pension is. This is confirmed by AČCKA (Czech Travel Agencies Association), which sells 25 % package holidays to pensioners on average. Czech pensioners want to fully enjoy their holiday and are willing to pay more than other clients. [75,76]

**TABLE 2 WHY PENSIONERS GO TO WORK [77]**

Group of respondents	Respondents over 15 years of age	Respondents over 60 years of age
The reason why pensioners work		
want to improve children's situation ♣	44	38
are glad to be useful ♣	28	32
the pension does not cover adequate cost of living ♣	28	30
enjoy work, cannot be without it	25	30
need to be among people ♣	25	26
want to be able to afford something more ♣	23	20
are bored	9	7
want to save money ♣	7	4
are irreplaceable at work ♣	6	9
another reason ♣	2	2
does not know ♣	1	1

## **3. PRACTICAL PART**

### **3.1 THE PURPOSE OF THE RESEARCH**

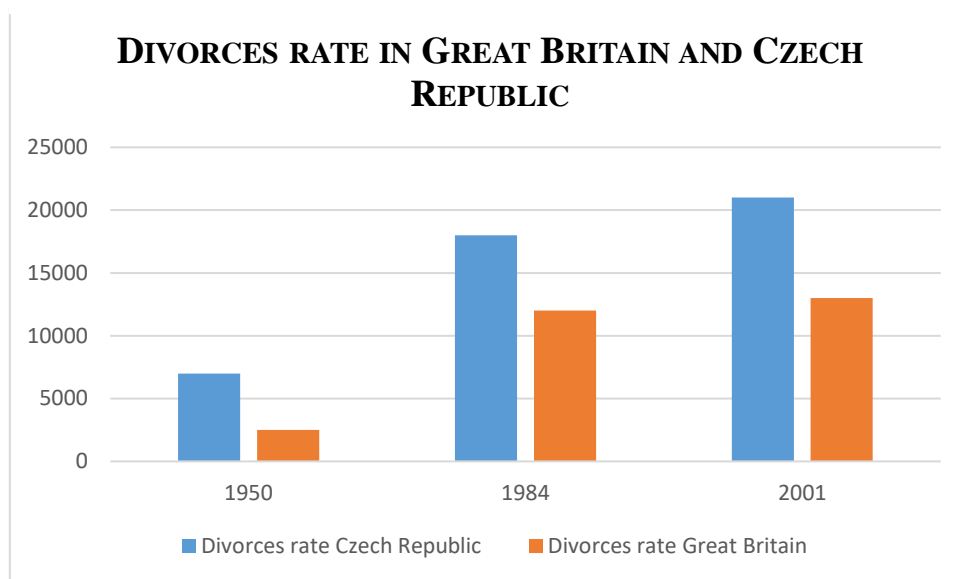
In the theoretical part of this bachelor thesis the current family situation on the British Isles was described and compared with the situation at the end of past century. The aim of the practical part is to compare some changes related to human values in family life on the British Isles with the situation in the Czech Republic to see if the life has changed only in Great Britain or also in the Czech Republic, and describe potential differences. Some reliable sources were used to gather data, such as Český statistický úřad, Sociologický ústav Akademie věd ČR, v.v.i., ČSÚ, EUROSTAT with British reliable source Office for National Statistics. Divorce rates from 1950 up to present will be compared. The year 1950 is significant in the area of divorce because in this period people began to be getting divorced and the number of divorces has begun to increase. This fact has had a strong impact on the current situation of family arrangement. Then attitude to marriage will be compared as well as a woman's average age to give birth to the first child because this is another important factor for the establishment of a family. Next, a number of single parent families and singles will be compared.

#### **3.1.1 METHOD**

In this thesis the comparative research method has been used. This method is one of the most frequently used ones in social research and therefore has been chosen for the purpose of this thesis. It is essential especially in social sciences, where attitudes, behaviour and values of various groups and individuals are compared. The method is not only used in the practical part but also partially in the theoretical part since some aspects of the new millennium are being compared with those of the previous century. In the practical part it is used to compare the British aspects with the Czech ones. On the basis of the comparison some conclusions will be drawn, which will further be described and commented on in more detail. [78]

### 3.1.2 COMPARISON- 1 DIVORCE RATE

GRAPH 14 DIVORCE RATES



This graph has been compiled according to the data of *Český statistický úřad (ČSÚ)*, in English it is *Czech statistical office* (see Appendix 1). This data is compared with the data from the Theoretical part of this thesis, Chapter 1.1: Changing women social status, Graph 1.

In this diagram the number of marriages which ended in divorce is compared. The first data is from the year 1950. This post war year is important because then the divorce began to be legal. In this year in the Czech Republic there were 7,000 divorced marriages. In Great Britain the number of divorces was 2,500, many times lower than in the Czech Republic.

At the end of the 20<sup>th</sup> century, namely in 1984, the number of divorces has increased. In the Czech Republic there were 18,000 marriages which ended in divorce and in Great Britain it was 12,000 marriages.

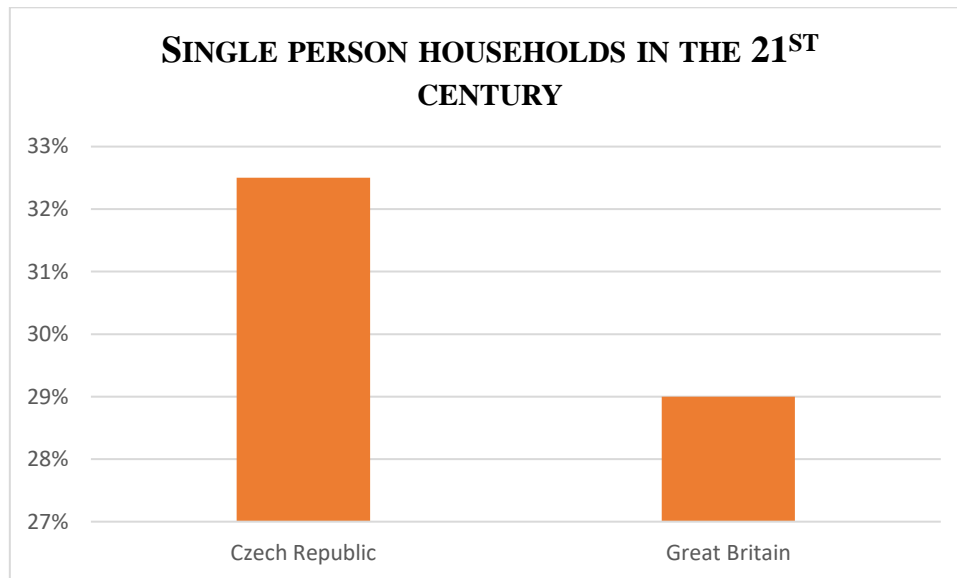
At the beginning of the 21<sup>st</sup> century, in 2001, the divorce rate in the Czech Republic also increased, but not as rapidly as it was before. The rate made 21,000. In Great Britain this rate made 13,000.

From this graph follows, that the number of marriages which ended in divorce is higher in the Czech Republic than in Great Britain.

The main reasons for the divorce in 1950 was a women changing social status, the desire of women to get involved in the work process as was mentioned in the theoretical part.

### 3.1.3 COMPARISON- 2 NUMBER OF SINGLE PERSON HOUSEHOLDS IN THE UNITED KINGDOM AND IN THE CZECH REPUBLIC

GRAPH 15 SINGLE PERSON HOUSEHOLDS IN THE 21<sup>ST</sup> CENTURY



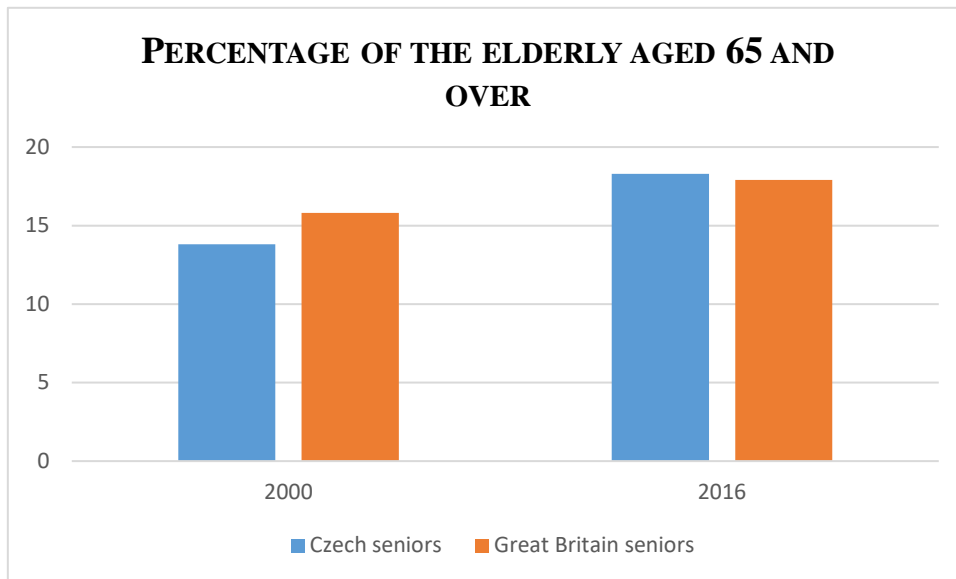
**This graph has been compiled according to the data of ČSÚ (see Appendix 2). This data is compared with the data obtained from the Office for National Statistics (see Appendix 3).**

The data for the United Kingdom were gained from the Office for National Statistics <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/families/bulletins/familiesandhouseholds/2013-10-31>

In the United Kingdom 29 % of households are considered as single person households while in the Czech Republic it is 32.5 %. Thus, almost a third of all households in both the United Kingdom and the Czech Republic are formed by single persons and it can be observed that the rate is similar. The rate is relatively high because pensioners households are included as well, and some pensioners live on their own.

### 3.1.4 COMPARISON-3 REPRESENTATION OF ELDERLY CITIZENS IN POPULATION

**GRAPH 16 PERCENTAGE OF THE ELDERLY AGED 65 AND OVER**

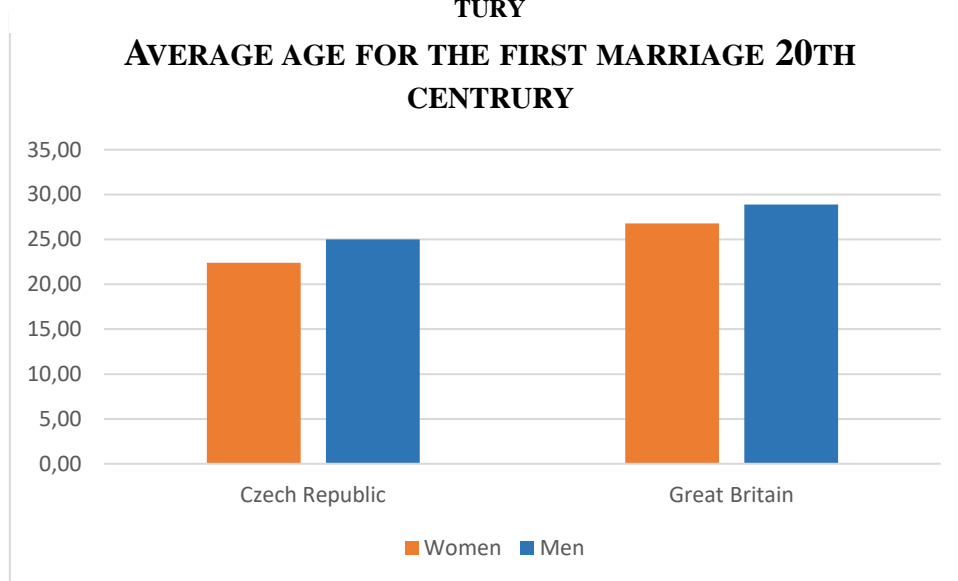


#### **See Appendix 4**

In this diagram the representation of the elderly aged 65 and over in the population in the years 2000 and 2016 is compared. The graph shows that in 2000 the percentage in Great Britain was bigger (15.8 %) than in the Czech Republic (13.8 %) while in the year 2016 it was almost the same in both countries (17.9 % in Great Britain and 18.3 % in the Czech Republic). The percentage has increased in both countries.

### 3.1.5 COMPARISON- 4 AVERAGE AGE FOR THE FIRST MARRIAGE

**GRAPH 17 AVERAGE AGE FOR THE FIRST MARRIAGE IN THE 20<sup>TH</sup> CENTURY**

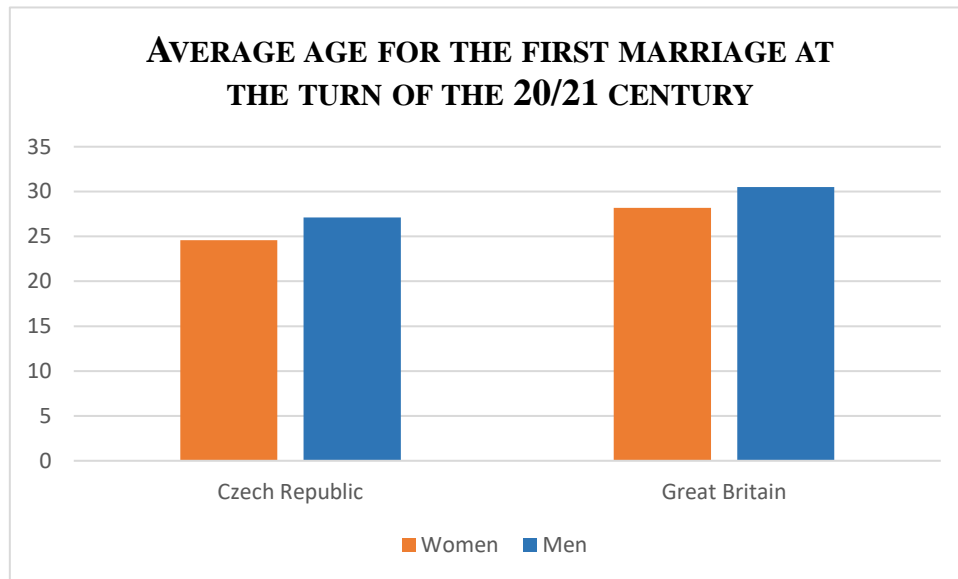


#### **See Appendix 5 Average age when entering into the first marriage**

This graph depicts the data about people's attitude to marriage as it shows the age when men and women decided to enter into marriage in 1995. In the Czech Republic the women's average age was 22.4 years while the men's average age was 25. In Great Britain women first decided to get married at age of 26.8 and men at the age of 28.9. It follows that the average age of entering into marriage for the first time was significantly higher in Great Britain than in the Czech Republic both at men and women in both years compared. However, in both countries it is women who tend to get married at a younger age compared with men. The difference between the women and men's ages is 2.6 years in the Czech Republic and 2.1 years in Great Britain and they are thus comparable.

### 3.1.6 COMPARISON -5 AVERAGE AGE FOR THE FIRST MARRIAGE

**GRAPH 18 AVERAGE AGE WHEN ENTERING INTO THE FIRST MARRIAGE AT THE TURN OF THE 20/21 CENTURY**



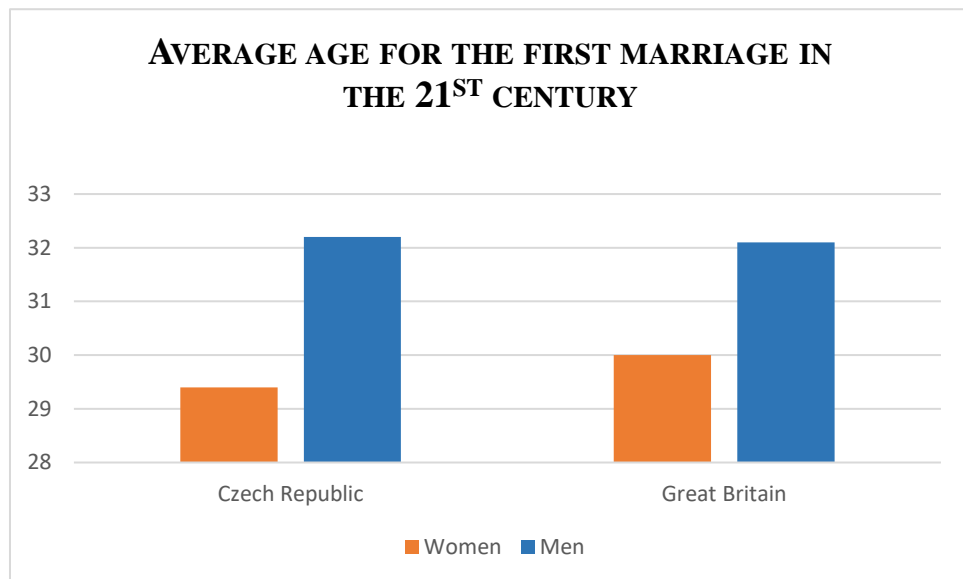
#### **See Appendix 5**

In this graph the average age for entering into marriage in the year 2000 is compared. In the Czech Republic the women's average age was 24.6 years and the men's average age was 27.1 years. On the British Isles the numbers were 28.2 for women and 30.5 for men. We can see that the rates between the men and women's age as well as the rates between the countries are similar to those in the previous graph. The only difference is that people entered into marriage for the first time later, both men and women and both in the Czech Republic and Great Britain.



### 3.1.7 COMPARISON- 6 AVERAGE AGE FOR THE FIRST MARRIAGE

**Graph 19 AVERAGE AGE FOR THE FIRST MARRIAGE IN THE 21<sup>ST</sup> CENTURY**



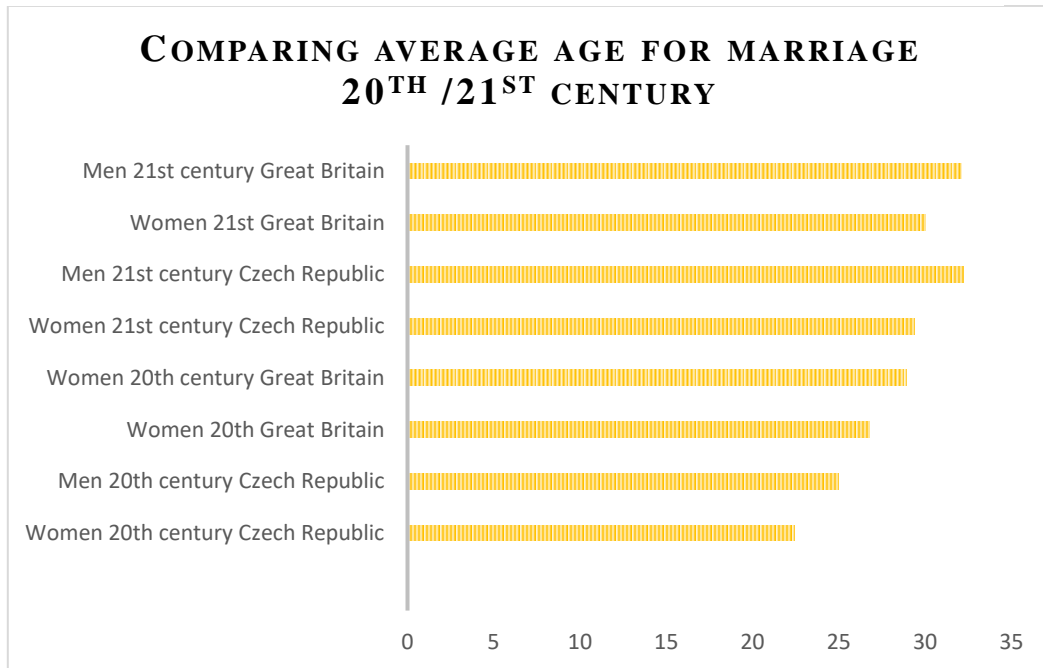
#### **See Appendix 5**

In this graph the average age for entering into marriage for the first time in 2010 is compared. In the Czech Republic the women's average age was 29.4 years while the men's was 32.2 years. On the British Islands the women's average age was 30.0 and the men's age was 32.1. From this diagram it is apparent that the average age for entering into marriage for the first time has increased in both countries since last century. It can be assumed that the main reason is that people do not consider marriage a prerequisite for a happy relationship. They can live together happily for many years without getting married. Other reasons include the young people's emphasis on education and career. As a result, marriage as well as having children is often postponed. In all three compared periods young people in the Czech Republic entered into marriage by approximately four years earlier than young people in Great Britain. This finding corresponds with the one in the theoretical part describing the age for entering into marriage for the first time in Great Britain in this century, which has increased.

### 3.1.8 COMPARISON 7 COMPARING AVERAGE AGE FOR MARRIAGE 20<sup>TH</sup> /21<sup>ST</sup> CENTURY

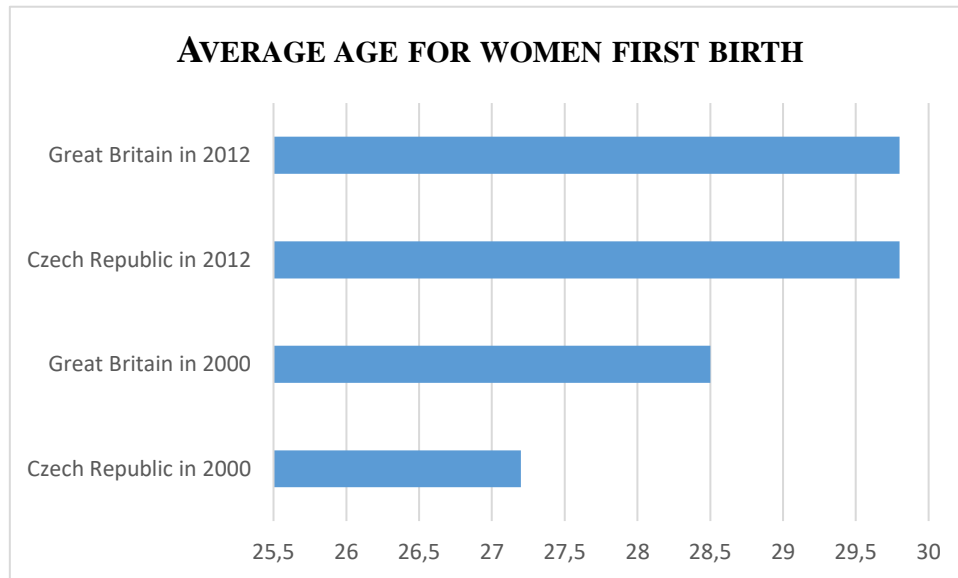
For illustration, all the figures from the previous three graphs have been put into one graph. It is clearly demonstrated that the average age for entering into marriage for the first time has been constantly growing.

**GRAPH 20 COMPARING AVERAGE AGE FOR MARRIAGE 20<sup>TH</sup>/21<sup>ST</sup> CENTURY**



### 3.1.9 COMPARISON -8 AVERAGE AGE FOR WOMEN FIRST BIRTH

**GRAPH 21 AVERAGE AGE FOR WOMEN FIRST BIRTH**



**See Appendix 6 International surveys-mean age of women at childbirth**

**Source: Eurostat, 29/ 09 /2014**

In this diagram the average age for women delivering the first child is depicted. In 2000 the average age for the first birth was 28.5 in Great Britain and in the Czech Republic it was 27.2. It means that on average women became a parent 1.3 years earlier than in Great Britain. In 2012 the average age for the first birth was 29.8 in Great Britain and the same in the Czech Republic. Compared with the beginning of the 21<sup>st</sup> century the average age for the first birth in both countries has increased. In Great Britain it was by 1.3 years and in the Czech Republic it was by 2.6 years.

The average age for delivering the first child have increased both in the Czech Republic and Great Britain because women began to be interested in higher education and in careers. This situation corresponds to the theoretical part of the point No 2.2. Time to start a family.

### 3.1.10 COMPARISON 9

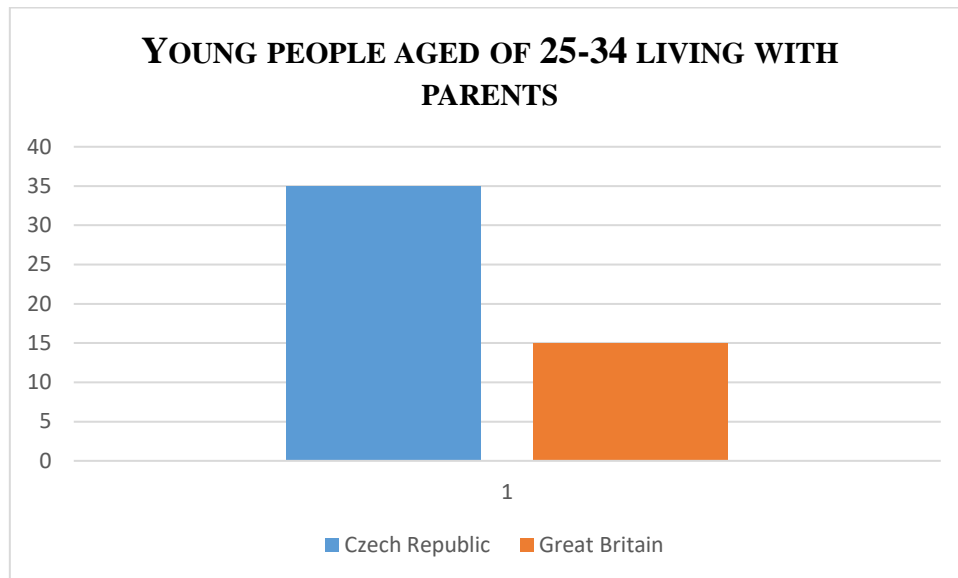
#### EXPLANATION WHY SOME PEOPLE TODAY HAVE OR WANT FEWER CHILDREN THAN THEY USED TO HAVE. [79]

<b>The most common reasons</b>	<b>Number (%)</b>
Cost of living	66
Problem with housing	46
Fear of lowering the standard of living	41
Fewer children can be better devoting	34
Uncertain international situation	27
Women want to Maintain – increase qualification	22
Fear of limiting social and cultural activities	16

As mentioned above, many young persons live with their parents because they can not afford to have their own home. This is also the reason why they do not have children or have fewer children than it was common before. Another important reason is that people now work longer shifts, are tired after work and think they do not have enough time to take care of children. Also in the Czech Republic the importance of education has increased, which plays an important role in gaining independence and starting a family at an older age. The reasons why people have fewer children than ever before are comparable with the practical part, situation in Great Britain.

### 3.1.11 COMPARISON-10

**GRAPH 22 YOUNG PEOPLE AGED 25–34 LIVING WITH PARENTS**



**This graph has been compiled according to the data from Eurostat. See Appendix 7.**

The graph depicts the percentage of young people at the age of 25–24 living with their parents. It shows that it is 35 % of Czech young people while it is only 15 % of British young people, which is 20 % less. This is a noteworthy difference.

One of the main reasons why young people live with their parents is financial insecurity. As already mentioned, a lot of young people study at university until about 26 years of age and therefore become independent only after this age.

## **3.2 FINAL RESEARCH REPORT**

The aim of this research was to compare a development of family situations in Great Britain and in the Czech Republic. In 1950 in both countries a boom in divorces started, the main reason for which was a changing women social status, specifically their desire to enter working process, make a career or gain better education. There were much more divorces in the Czech Republic than in Great Britain. Since then the whole family approach has changed. There has been an increasing demand for education and careers. Getting married and starting a family has not been in the first place anymore. This has shifted the average age for the first marriage in the 21<sup>st</sup> century compared with past century in both countries. In the previous century the Czech were getting married for the first time at a younger age than the British while in the 21<sup>st</sup> century the ages are comparable. Consequently, the age for women to deliver their first child has increased in both countries.

Due to the new attitudes young people also tend to live longer with their parents in both countries. However, this number is higher in the Czech Republic.

Another phenomenon which was looked into was a percentage of single person households, which are often made up of pensioners. What is interesting, the number of pensioners is much higher in Great Britain and still the number of single person households is lower there than in the Czech Republic. This applies for both this and past centuries.

## 4. CONCLUSION

The objective of this bachelor thesis was to introduce the current family situation on the British Isles and compare it with that in the 20<sup>th</sup> century. Mainly quality British press was chosen as a basis for the research, such as BBC, The Guardian and Telegraph, as they provide reliable information.

At the beginning of the theoretical part some changes related to women social status were described because they had a strong impact on the further development of a family situation. Second, marriages and divorces were looked at, namely the age for getting married for the first time and the number of divorces. For today's society the marriage is not of such a big importance and is not a prerequisite of a decent and happy relationship as it was in past century.

Third, families were compared from the point of view of number of children. It was found out that nowadays families with only one child predominate in Great Britain while in last century it was families with two children. The main reason why most families only have one child is the financial situation. Families with two children are second most common as they are still financially manageable.

Next, some facts about British households were compared, especially those related to their diverse arrangements. For example, in the current century the number of young adults living with their parents has risen, especially due to a longer time the young people spend studying at university.

Then the situation of pensioners was looked into, especially their role as grandparents.

Another area examined in the thesis was differences in the attitude to cooking. It was found out that in today's hurried time people do not have enough time to cook and only spend a half of time cooking in comparison with past century. Today fast food is preferred, however, nowadays the British eat at a restaurant more often than ever.

In the practical part British and Czech families in both 20<sup>th</sup> and 21<sup>st</sup> centuries were compared from the point of view of the topics researched in the Theoretical part. It follows that Czech people get married for the first time and also enter motherhood at a younger age than people on the British Isles.

It was stated that the situation in British as well as Czech households is developing in the same direction, even from the same driving force. It was the social status of women which began to change in the last century, high demands of women on education and careers and thus less

emphasis on the family at an earlier age. However, the whole society has evolved and not only women have high demands on careers and education. Today's time offers people many options.



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## **8. ABSTRACT**

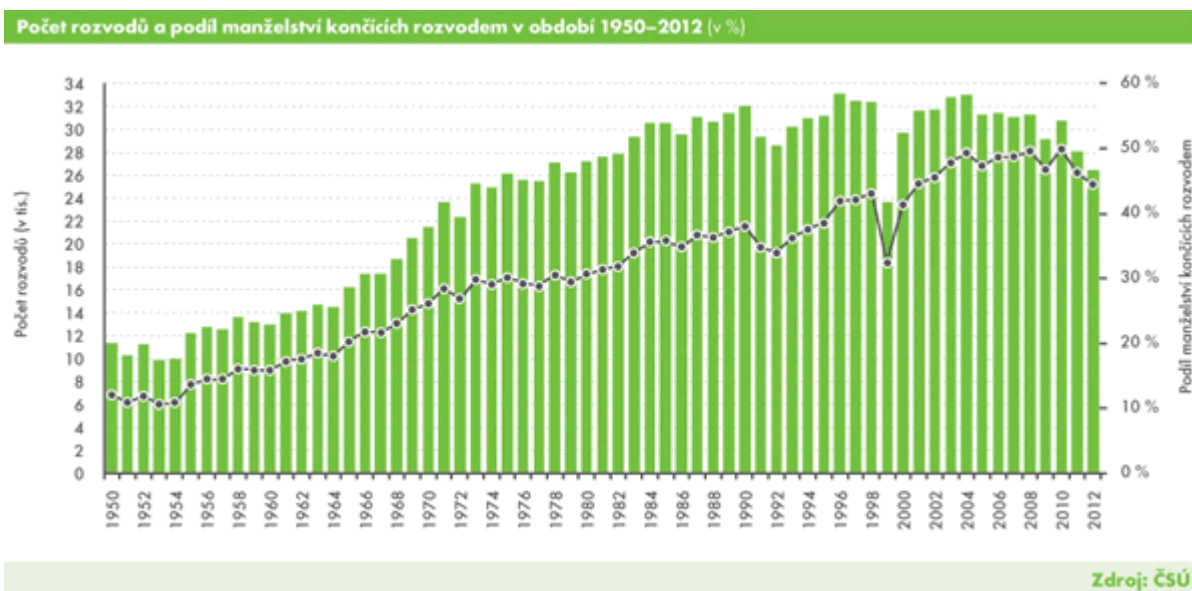
This bachelor thesis is called New millennium lifestyle change on the British Isles and is focused on British households and their diverse arrangements. The aim of the thesis is to compare the current situation with that at the end of last century. It is divided into two main parts. The theoretical part describes the changes that occurred in British families between these two periods. In the practical part the aspects researched in the theoretical part are compared for British and Czech households. The aim of the practical part is to compare the changes between the two nations in both centuries and to find out whether they are caused by the same driving force.

## 9. RESUMÉ

Tato bakalářská práce se nazývá Změny životního stylu na Britských ostrovech v novém tisíciletí a je zaměřena na britské domácnosti a jejich různá uspořádání. Cílem této práce je porovnat současnou situaci se situací na konci minulého století. Je rozdělena na dvě hlavní části. Teoretická část popisuje změny, ke kterým došlo v britských domácnostech mezi těmito dvěma obdobími. V praktické části jsou porovnávány aspekty zkoumané v teoretické části, a to pro britské a české domácnosti. Cílem praktické části je porovnat změny mezi těmito dvěma národy v obou stoletích a zjistit, zda jsou způsobeny stejnou hnací silou.

## 10. APPENDICES

**Appendix I:** Počet rozvodů a podíl manželství končících rozvodem v období 1950-2012 (v %). Available from: <https://www.czso.cz/csu/czso/0b00225862>



**Appendix II:** ING. ŠKRABAL, Josef, Odbor statistiky obyvatelstva ČSÚ, 7 březen 2017 [online]. Available from:

[https://www.czso.cz/csu/czso/jake\\_je\\_slozeni\\_domacnosti\\_v\\_cr20130307](https://www.czso.cz/csu/czso/jake_je_slozeni_domacnosti_v_cr20130307)

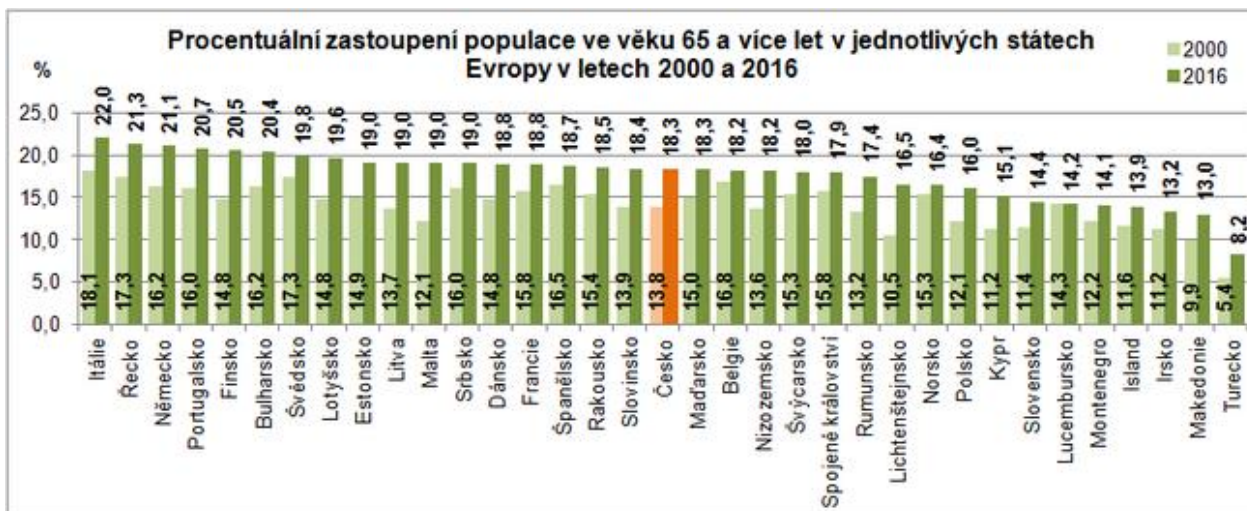
**Appendix III:** KNIPE, Emily. Families and households 2013. 31 October 2013, [online]. Available from:

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/families/bulletins/familiesandhouseholds/2013-10-31>



**Appendix IV:** Český statistický úřad, Senioři. Available from:

<https://www.czso.cz/csu/czso/seniori> <https://www.czso.cz/csu/czso/seniori>



**Appendix V:** 1 - 9. Mezinárodní srovnání - průměrný věk při uzavření prvního manželství

VI. Mezinárodní srovnání - průměrný věk matek při narození dítěte

International surveys - mean age of women at childbirth

Pramen / Source: Eurostat, 29/ 09 /2014

**Appendix VI.** Mezinárodní srovnání-průměrný věk matek při narození dítěte

International surveys-mean age of women at childbirth

Pramen / Source: Eurostat, 29/ 09 /2014

**Appendix VII:** Hypoindex. Potvrzeno. Mladým se od rodičů nechce. Žije s nimi až 50 % mužů do 29 let, Available from: <https://www.hypoindex.cz/clanky/potvrzeno-mladym-se-od-rodicu-nechce-zije-s-nimi-az-50-muzu-do-29-let/>

### Mladí ve věku 25–34 let žijící s rodiči (2012)

