Examining the relationship between commuting and overall life satisfaction

**ABSTRACT**

Commuting to work and school can be viewed as an unpleasant and necessary task. However, some people enjoy their commutes, and trip satisfaction can have a positive impact on overall life satisfaction.

**PURPOSE**

To analyze the relationship between individuals’ satisfaction with their commuting trips and their reported overall life satisfaction.

Using a Factor-Cluster analysis, the study reveals that there is a relationship between trip satisfaction and the impact of commuting on an overall life satisfaction.

The findings suggest that building well-connected multi-modal networks that incorporate active transportation can improve the travel experience of all commuters.

**DATA**

2015/2016 McGill University Commuter Survey

**RESULTS**

Factors that show overall high trip satisfaction also show that their commuting experience impacts their life satisfaction.

As trip satisfaction decreases, respondents assign a lower level of association between commuting and life satisfaction.

Active transportation users report the highest trip satisfaction, highest impact of commuting on life satisfaction, and highest overall life satisfaction.

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