CAN'T GET NO SATISFACTION:

Examining the relationship between commuting and overall life satisfaction

Lesley Fordham Dea van Lierop Ahmed M. El-Geneidy School of Urban Planning, McGill University



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 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

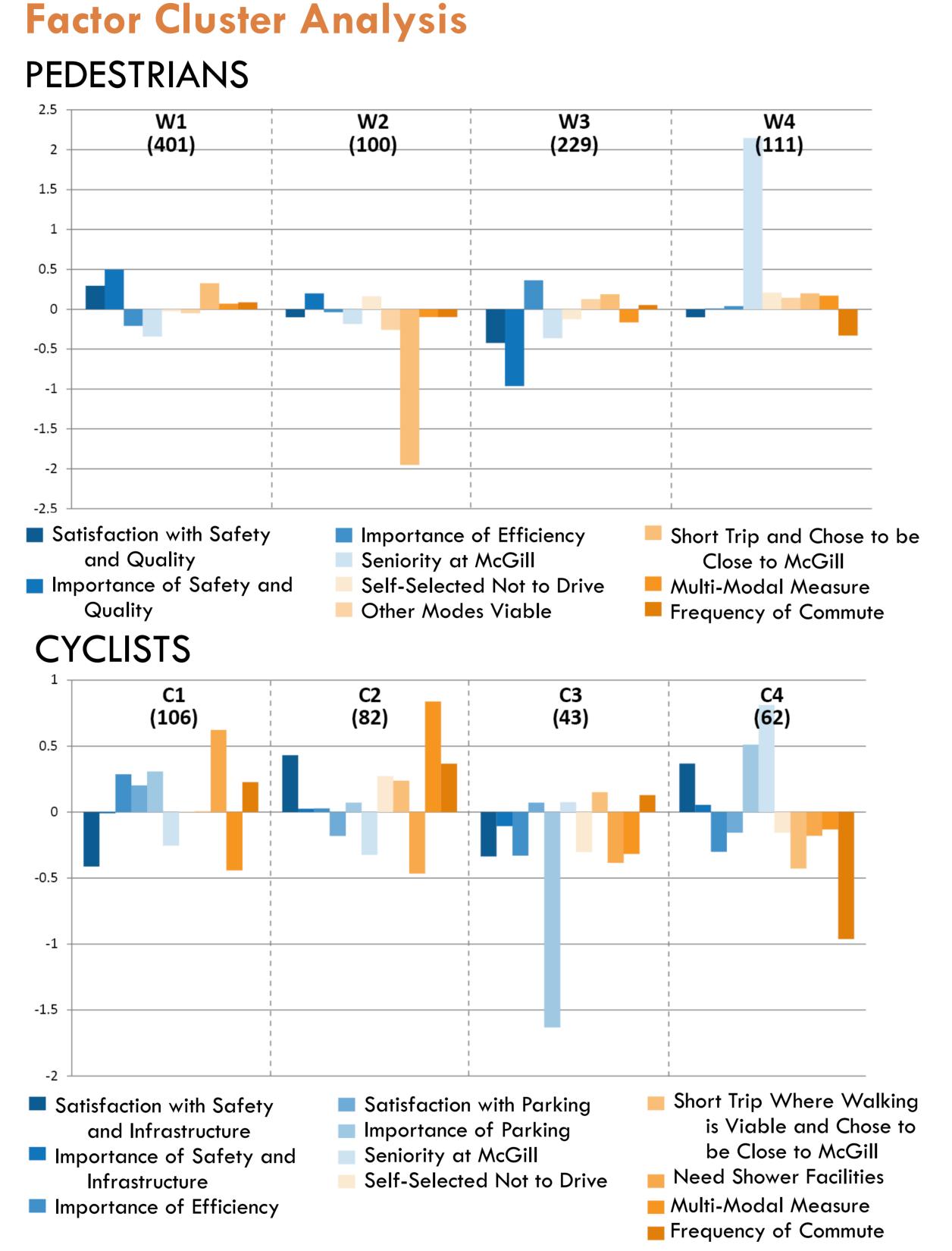
2015/2016 McGill University Commuter Survey

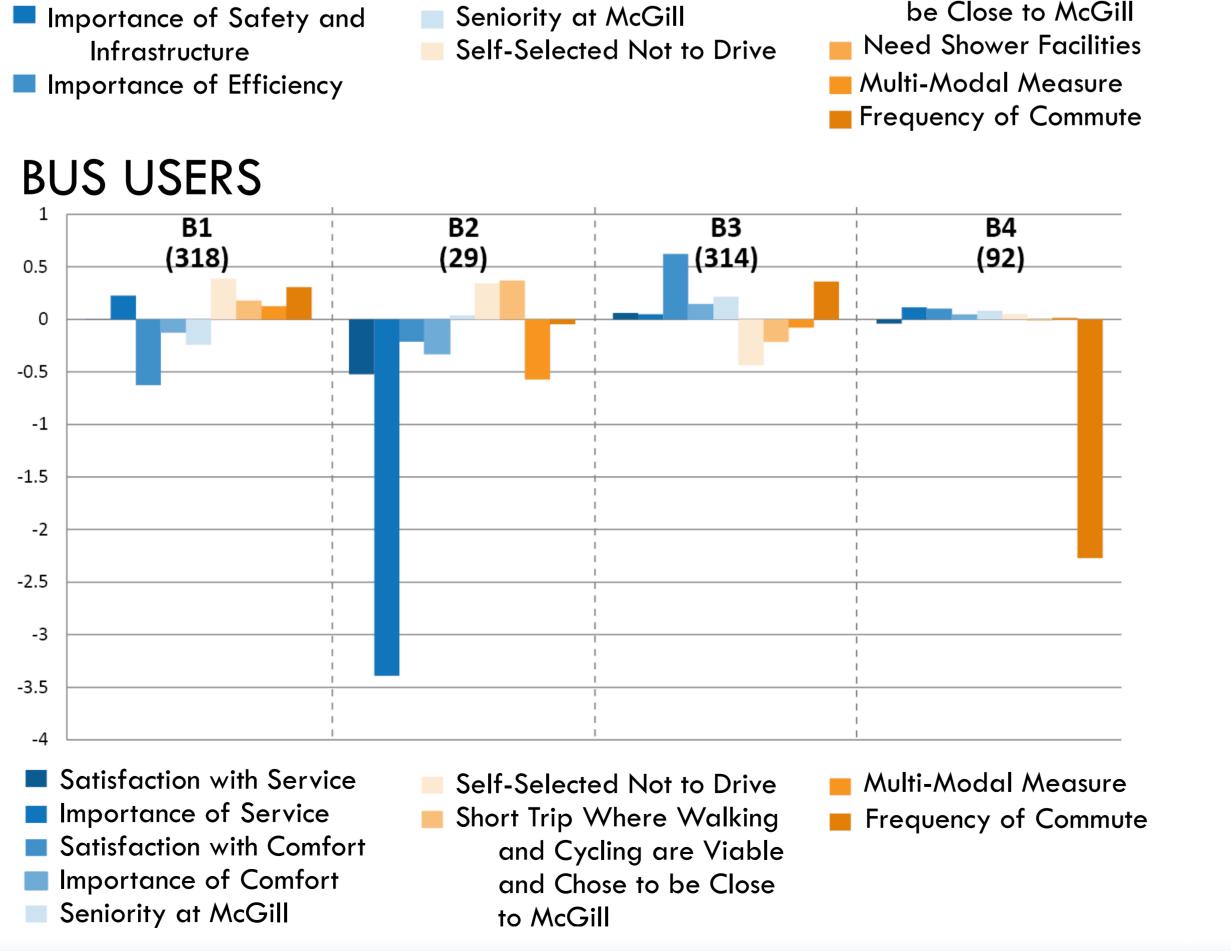
- McGill University in Montreal, Canada
- Online travel behavior survey
- Commuting habits of Faculty, Staff and Students
- Personal characteristics and trip characteristics
- Trip satisfaction, life satisfaction and the impact of commuting on like satifaction

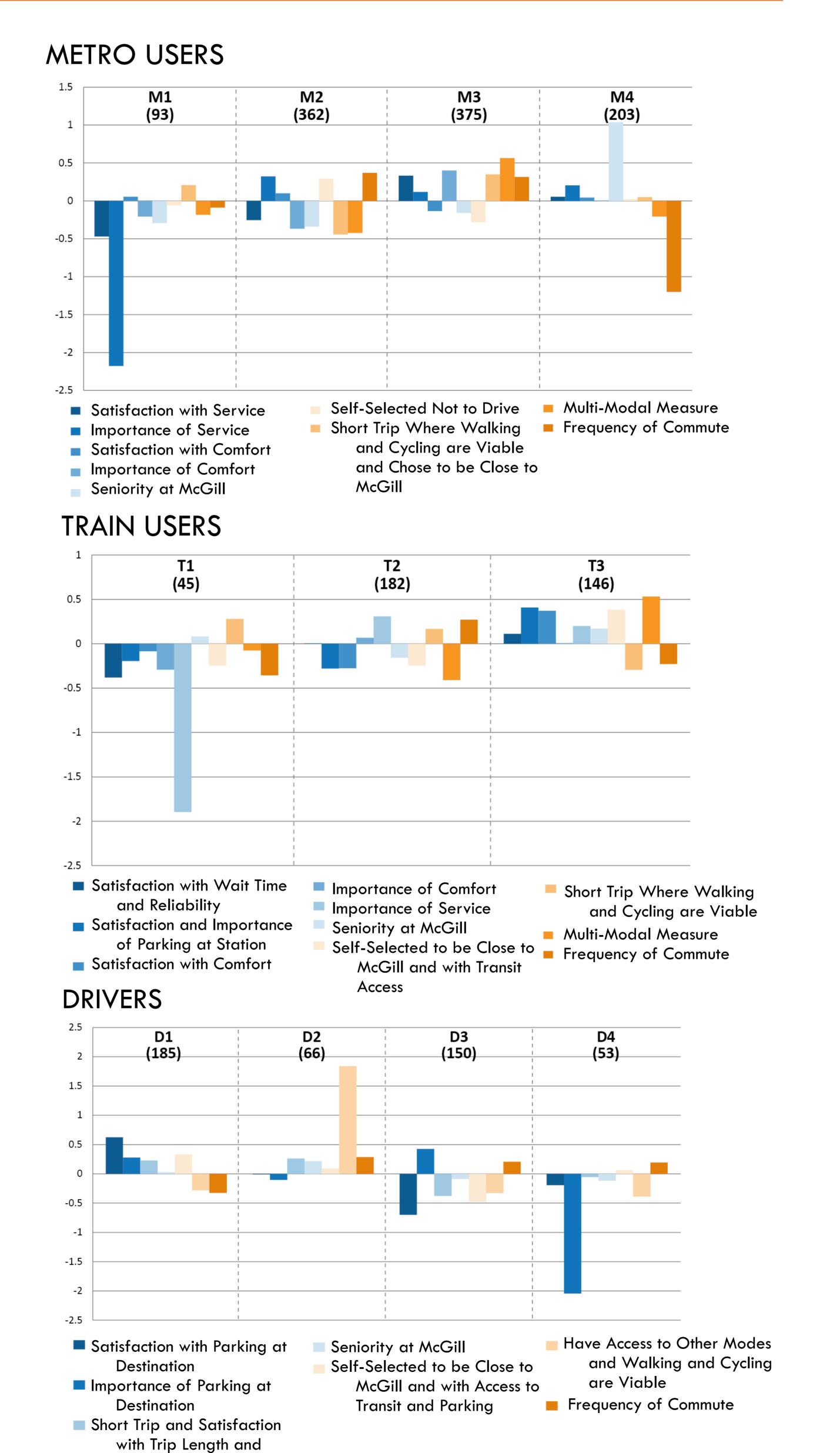
Pedestrians	Cyclists	Bus Users
841	293	753

Metro Users	Train Users	Drivers
1033	373	454

METHODOLOGY

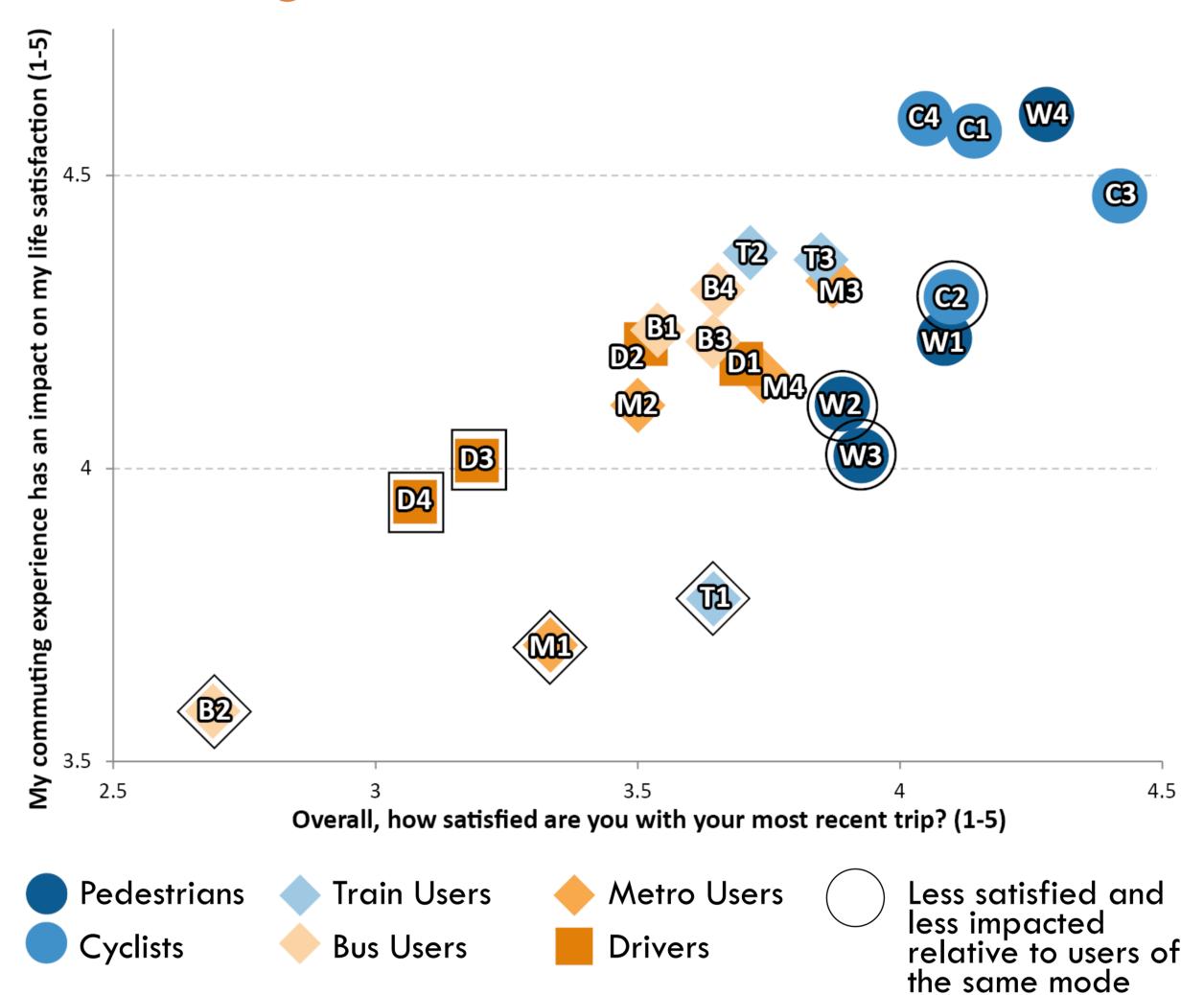






RESULTS

Trip Satisfaction and the Impact of Commuting on Life Satisfaction



- Clusters that show overall high trip satisfaction also show that their commuting experience impacts their life satisfcation
- 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

Relatively Less Satisfied Clusters

- O Some clusters exhibit less trip satisfaction relative to users of the same mode
- These clusters also have less access to and use fewer modes
- This effect appears to be mitigated by self selection strategies

RECOMMENDATIONS

Improve the Multi-Modal Experience

Planners and policy makers can increase satisfaction among those who are relatively less satisfied by implementing strategies that provide access to multi-modal trips that are more reasonable, flexible, and

Encourage multi-modal trips that include more walking and cycling with the following strategies:

Integrated fare payment systems

Bicycle and car parking at transit hubs

Multi-modal route finding systems

Investments in walking and cycling infrastructure

These strategies could result in:

- An increase in mode share for walking and cycling
- Allowing users to express their modal preference and improve their trip satisfaction

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