The Swiss Life self-determination barometer is based on the results of a representative online survey conducted by Swiss Life and Bilendi, in which around 1000 people aged 18 to 79 participated from 28 June to 8 July 2021. The figures are rounded.

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Self-determination and financial confidence

Women and financial self-determination

57% of women worry about not having enough money to lead a self-determined life

26% believe that retirement is well planned

38% believe they will be worse off financially at the time of retirement than they are today

Part-time employment complicates pension provision

28% of part-time employees feel that their household is financially secure

22% of part-time employees assume that their pension provision will enable them to lead a self-determined life in old age

Financial knowledge and financial planning increase self-determination

- high level of financial knowledge: 78%
- low level of financial literacy: 50%
- financial planning carried out: 74%
- no financial planning: 55%

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