

University of Groningen

Adulthood in progress: a life course investigation of work-family trajectories and mental health in young adults

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DOI:

[10.33612/diss.1241392713](https://doi.org/10.33612/diss.1241392713)

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Document Version

Publisher's PDF, also known as Version of record

Publication date:

2025

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Machů, V. (2025). *Adulthood in progress: a life course investigation of work-family trajectories and mental health in young adults*. [Thesis fully internal (DIV), University of Groningen]. University of Groningen. <https://doi.org/10.33612/diss.1241392713>

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Propositions accompanying the dissertation

**Adulthood in progress: a life course investigation of work-family trajectories
and mental health in young adults**

by Vendula Machů

1. Women's work and family experiences in young adulthood are still shaped by societal expectations about gender roles. (this thesis)
2. The prolonged education-to-work transition reflects both opportunity and risk for young adults. (this thesis)
3. Prolonged inactivity takes a harder toll on women than on men, underlining the need for gender-sensitive labour market policies. (this thesis)
4. Combining parenthood with employment can benefit young women's mental health, challenging traditional role strain theories. (this thesis)
5. A life course perspective is needed to highlight how early mental health problems influence work and family experiences, ultimately shaping later health outcomes. (this thesis)
6. Assessing work status in binary terms misses the complexity of work and non-work activities. (this thesis)
7. The same event will not have the same impact on individuals at different life stages or from different cohorts. (Centre LIVES, *Life course glossary*, 2021)
8. Whether multiple social roles are a blessing or burden for people's mental health seems to depend on the characteristics of the social roles. (Oomens, S. et al, *International Journal of Law and Psychiatry*, 2007)
9. You could say that Europe remains divided, not by an iron curtain but a wage curtain. (Saša Uhlová, *the Guardian*, 2024)
10. Women are overworked not because feminism gave women the right to work outside the house but because patriarchy gave men the privilege to not work inside the house. (Farida D., 2024)
11. The ultimate hidden truth of the world is that it is something that we make and could just as easily make differently. (David Graeber, *The Utopia of Rules: On Technology, Stupidity, and the Secret Joys of Bureaucracy*, 2015)