



L-Università ta' Malta  
Faculty for Social Wellbeing

# A Study about 'The perceived effect of traffic on our wellbeing' amongst the Maltese Population

FEBRUARY 2023



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 Sagalytics

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## **We need to stop and think**

The Faculty for Social Wellbeing has embarked on another important topic, namely that of investigating the impact of traffic on the quality of life as people go about their day-to-day life. The study has revealed some very important facts that we feel need to be addressed expediently. Travelling and the excessive pressure this is creating on our wellbeing, needs to be addressed through policy and political actions. From our end we have provided scientific and empirically-based data that should help with any decision making.

**Prof. Andrew Azzopardi**

Dean

Faculty for Social Wellbeing



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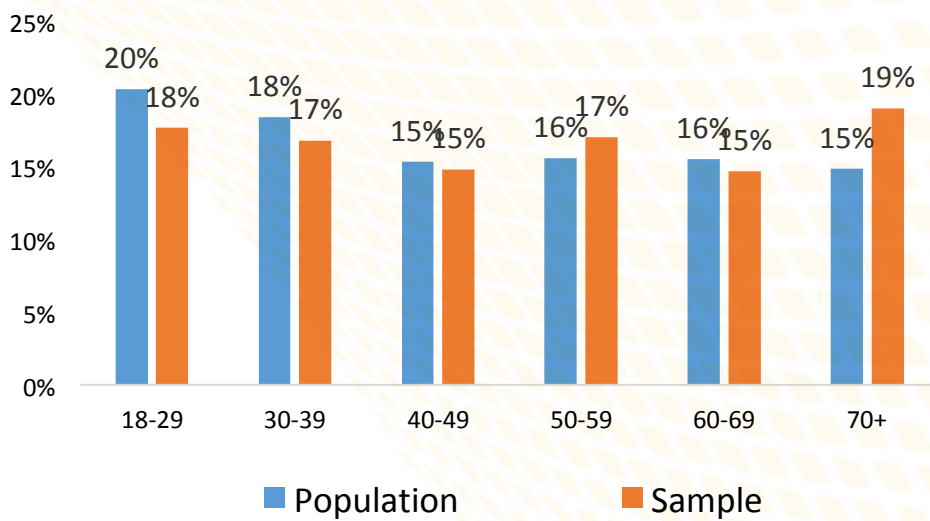




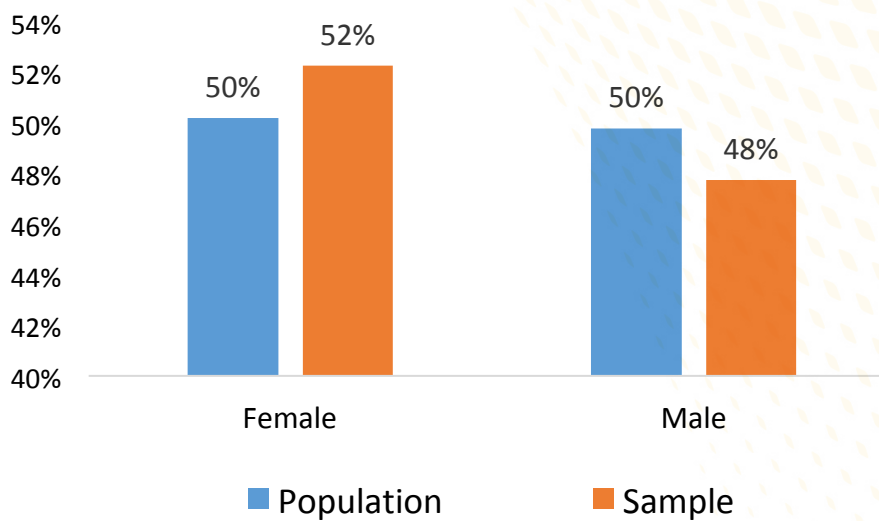


- The survey was carried out through telephone interviews
- A sample size of 400 individuals was collected amongst the Maltese population (Age: 18 years of age and above)
- Level of confidence: 95%
- Confidence interval: +/- 4.9%
- The sample was stratified based on gender, districts and age
- The data was collected during February 2023.

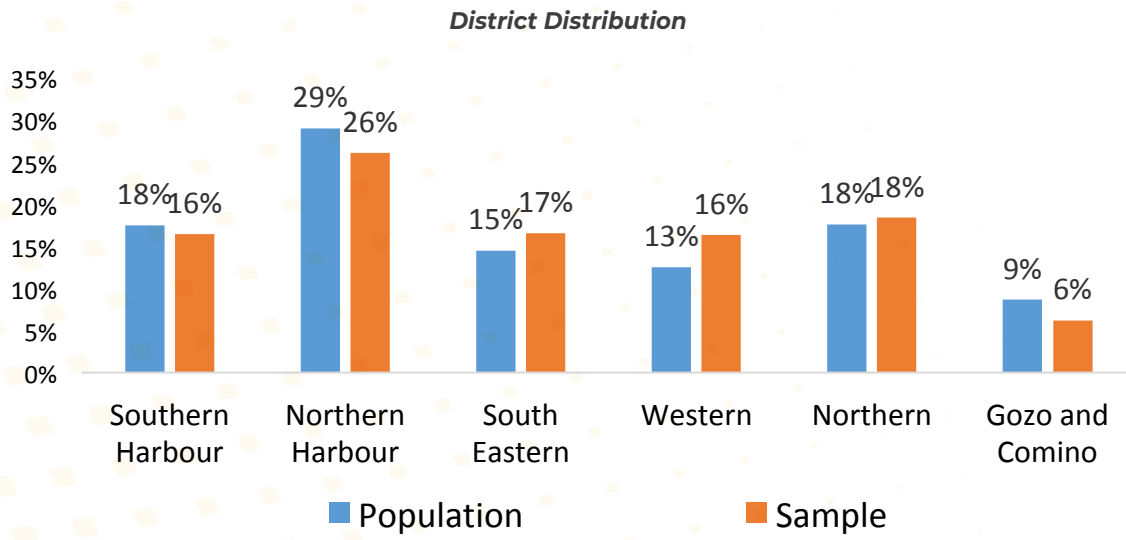
**Age Distribution**



**Gender Distribution**



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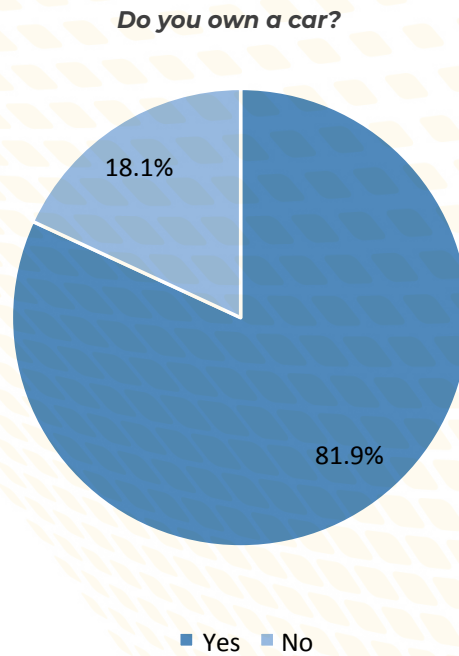






## SECTION 2.1 – DO YOU OWN A CAR?

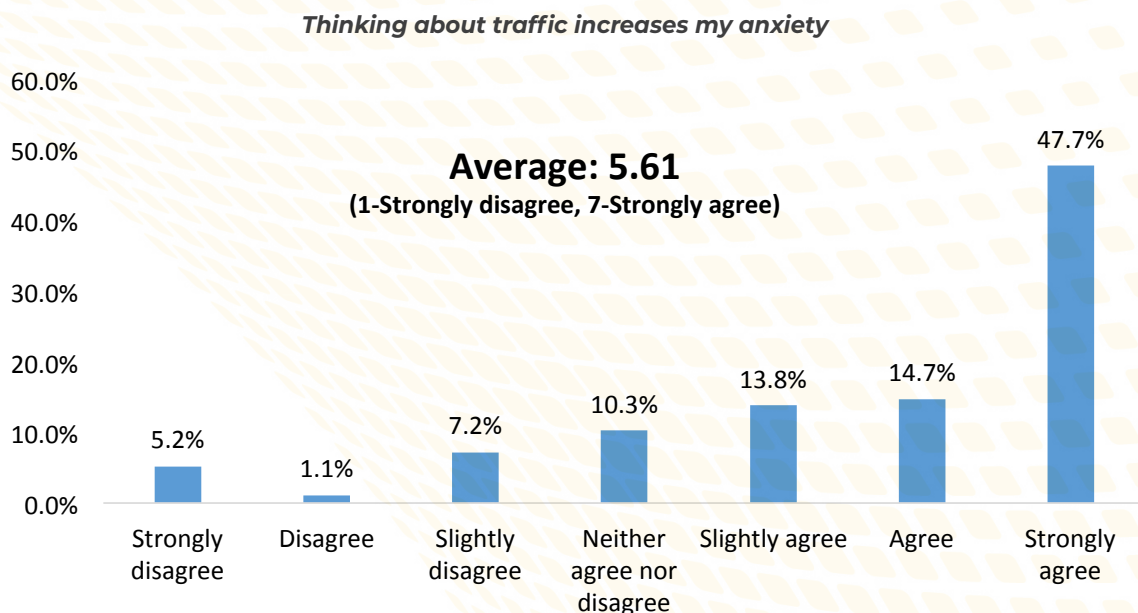
- 81.9% of the respondents own a car.





### 3.1 RESULTS – THINKING ABOUT TRAFFIC INCREASES MY ANXIETY

47.7% of the respondents claimed that they 'Strongly agree' that 'thinking about traffic increases their anxiety'. This is followed by those who claimed that they 'agree' with 14.7%.



Own a car?	Average	Status	Average
Yes	5.59	Fulfilling domestic tasks	6.03
No	5.70	Full-time employed	5.47
Grand Total	5.61	Not working	4.78
		Part-time employed	6.31
		Retired	5.44
		Self-employed	6.16
		Student	6.12
		Grand Total	5.61
District	Average	Gender	Average
Gozo and Comino	5.77	Female	5.95
Northern	5.48	Male	5.25
Northern Harbour	5.44	Grand Total	5.61
South Eastern	5.71		
Southern Harbour	5.58		
Western	5.91		
Grand Total	5.61		
Level of Education	Average		Average
Primary school level	5.39	18-29	5.28
Secondary school level	5.63	30-39	5.53
Trade School	6.21	40-49	5.84
Post-secondary level (Sixth Form, MCAST)	5.89	50-59	5.87
Tertiary level (University or equivalent)	5.50	60-69	5.97
Post-graduate Level (MA or PhD or studying for)	5.47	70+	5.32
Grand Total	5.61		

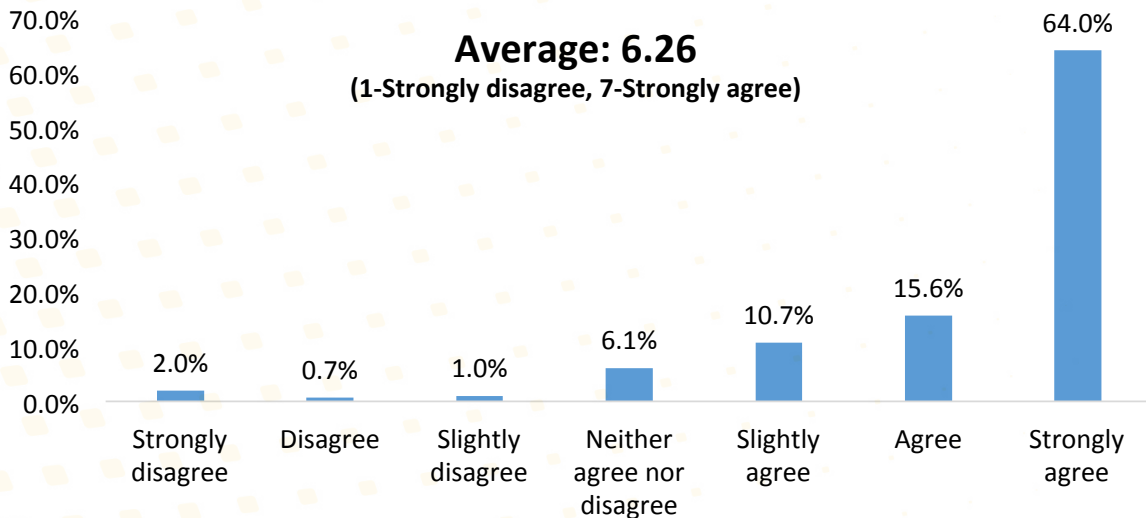


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### 3.2 RESULTS – I WORRY WHEN I HEAR ABOUT THE FREQUENCY OF SERIOUS ROAD ACCIDENTS HAPPENING

! 64.0% of the respondents claimed that they 'Strongly agree' that they 'worry when they hear about the frequency of serious road accidents happening'. This is followed by those who claimed that they 'agree' with 15.6%.

*I worry when I hear about the frequency of serious road accidents happening*

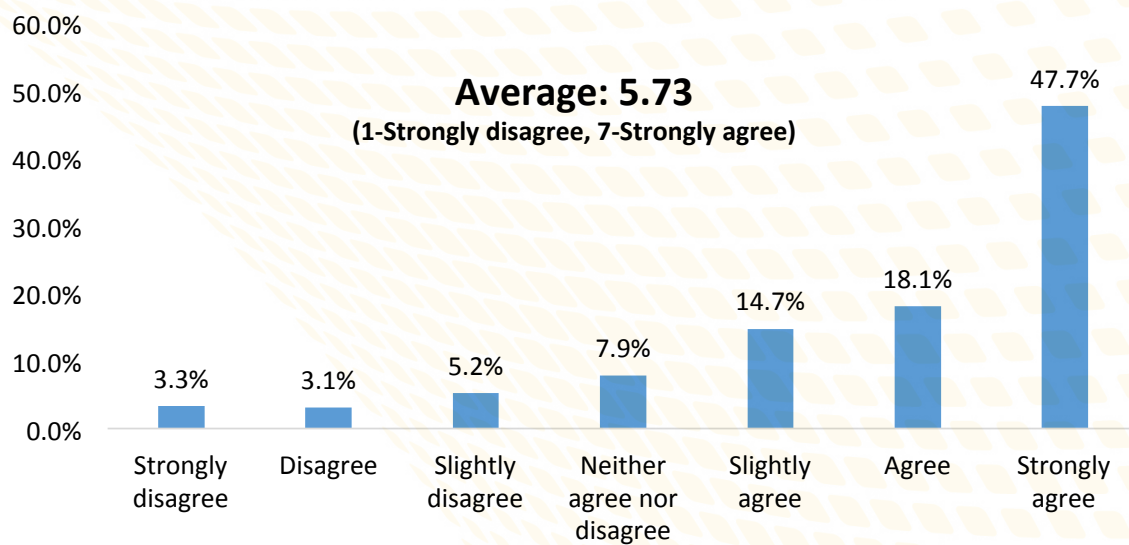


Own a car?	Average	Status	Average
Yes	6.22	Fulfilling domestic tasks	6.52
No	6.35	Full-time employed	6.20
Grand Total	6.26	Not working	6.72
		Part-time employed	6.54
		Retired	6.32
District	Average		
Gozo and Comino	6.38	Self-employed	6.21
Northern	6.02	Student	5.27
Northern Harbour	6.34	Grand Total	6.26
South Eastern	6.23		
Southern Harbour	6.25	Gender	<b>Average</b>
Western	6.38	Female	6.53
Grand Total	6.26	Male	5.95
		Grand Total	6.26
Level of Education	Average		
Primary school level	6.61		<b>Average</b>
Secondary school level	6.41	18-29	5.81
Trade School	6.64	30-39	6.06
Post-secondary level (Sixth Form, MCAST)	5.89	40-49	6.34
Tertiary level (University or equivalent)	6.10	50-59	6.53
Post-graduate Level (MA or PhD or studying for)	6.20	60-69	6.62
Grand Total	6.26	70+	6.26

### 3.3 RESULTS – I AM AFRAID OF ARRIVING LATE TO IMPORTANT APPOINTMENTS IF I GET STUCK IN TRAFFIC

! 47.7% of the respondents claimed that they 'Strongly agree' that they 'are afraid of arriving late to important appointments if they get stuck in traffic'. This is followed by those who claimed that they 'agree' with 18.1%.

*I am afraid of arriving late to important appointments if I get stuck in traffic*

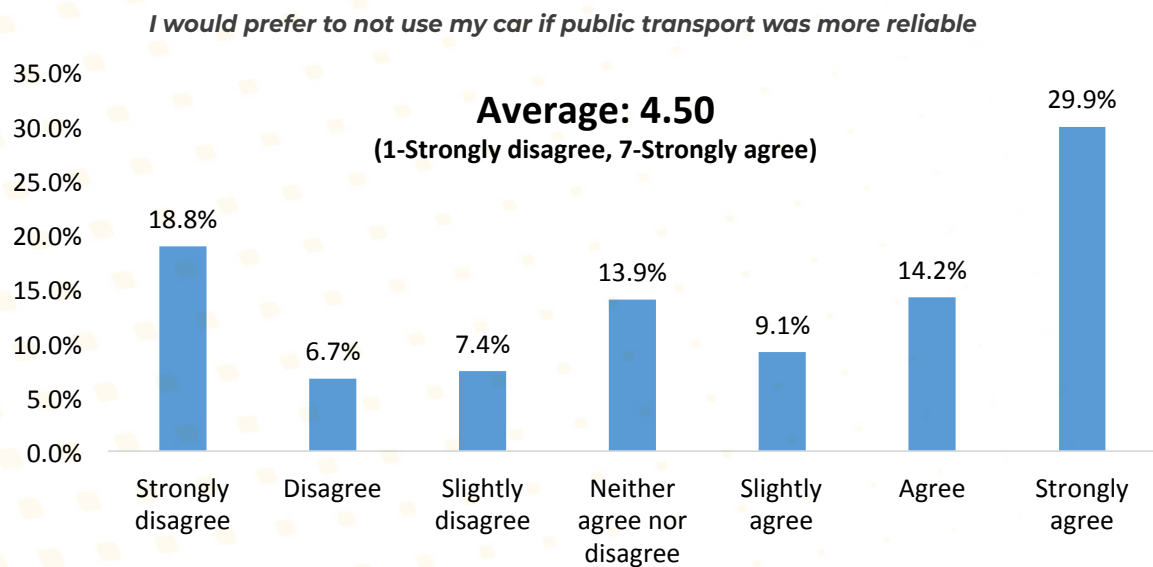


Own a car?	Average	Status	Average
Yes	5.76	Fulfilling domestic tasks	5.67
No	5.52	Full-time employed	5.62
Grand Total	5.73	Not working	6.56
		Part-time employed	5.54
		Retired	5.77
		Self-employed	6.14
		Student	5.58
		Grand Total	5.73
District	Average	Gender	Average
Gozo and Comino	4.79	Female	5.97
Northern	5.81	Male	5.45
Northern Harbour	5.73	Grand Total	5.73
South Eastern	5.92		
Southern Harbour	5.47		
Western	6.02		
Grand Total	5.73		
Level of Education	Average		
Primary school level	5.87		
Secondary school level	5.77	18-29	5.53
Trade School	5.85	30-39	5.88
Post-secondary level (Sixth Form, MCAST)	5.62	40-49	5.93
Tertiary level (University or equivalent)	5.71	50-59	5.44
Post-graduate Level (MA or PhD or studying for)	5.63	60-69	6.09
Grand Total	5.73	70+	5.59

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### 3.4 RESULTS – I WOULD PREFER TO NOT USE MY CAR IF PUBLIC TRANSPORT WAS MORE RELIABLE

! 29.9% of the respondents claimed that they 'Strongly agree' that they 'would prefer to not use their car if public transport was more reliable'. This is followed by those who claimed that they 'strongly disagree' with 18.8%.

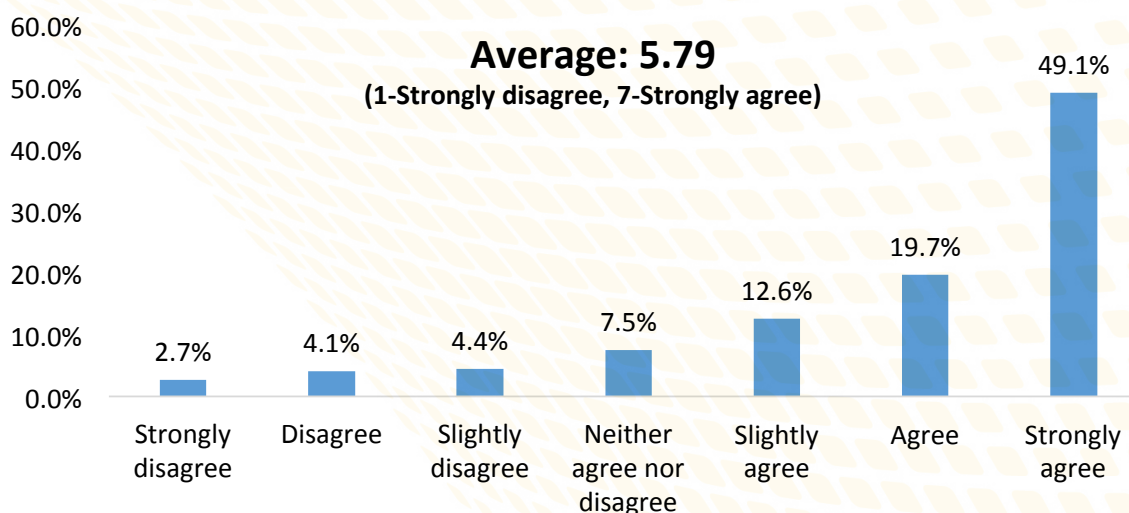


Own a car?	Average	Status	Average
Yes	4.39	Fulfilling domestic tasks	4.75
No	4.84	Full-time employed	4.27
Grand Total	4.50	Not working	4.22
		Part-time employed	4.23
		Retired	4.97
		Self-employed	4.18
		Student	4.00
		Grand Total	4.50
District	Average	Gender	Average
Gozo and Comino	4.18	Female	4.74
Northern	4.81	Male	4.24
Northern Harbour	4.74	Grand Total	4.50
South Eastern	3.90		
Southern Harbour	4.22		
Western	4.78		
Grand Total	4.50		
Level of Education	Average		Average
Primary school level	5.15		
Secondary school level	4.17	18-29	3.72
Trade School	5.55	30-39	4.41
Post-secondary level (Sixth Form, MCAST)	4.03	40-49	4.60
Tertiary level (University or equivalent)	4.83	50-59	4.56
Post-graduate Level (MA or PhD or studying for)	4.66	60-69	4.73
Grand Total	4.50	70+	4.99

### 3.5 RESULTS – I WASTE A LOT OF TIME IN TRAFFIC WHICH COULD BE PUT TO BETTER USE

! 49.1% of the respondents claimed that they 'Strongly agree' that they 'waste a lot of time in traffic which could be put to better use'. This is followed by those who claimed that they 'agree' with 19.7%.

*I waste a lot of time in traffic which could be put to better use*



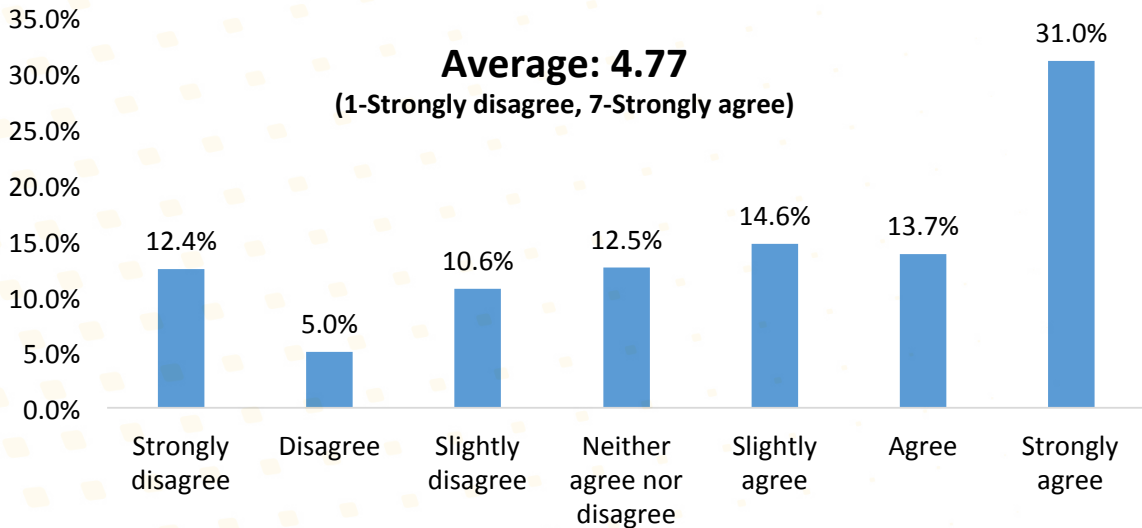
Own a car?	Average	Status	Average
Yes	5.78	Fulfilling domestic tasks	6.00
No	5.77	Full-time employed	5.64
Grand Total	5.79	Not working	5.56
		Part-time employed	5.85
		Retired	5.87
		Self-employed	6.21
		Student	5.27
		Grand Total	5.79
District	Average	Gender	Average
Gozo and Comino	5.25	Female	6.03
Northern	5.49	Male	5.51
Northern Harbour	5.79	Grand Total	5.79
South Eastern	5.93		
Southern Harbour	5.95		
Western	6.00		
Grand Total	5.79		
Level of Education	Average		Average
Primary school level	5.81		
Secondary school level	5.91	18-29	5.39
Trade School	5.97	30-39	6.05
Post-secondary level (Sixth Form, MCAST)	5.89	40-49	5.72
Tertiary level (University or equivalent)	5.61	50-59	5.67
Post-graduate Level (MA or PhD or studying for)	5.57	60-69	6.09
Grand Total	5.79	70+	5.84

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### 3.6 RESULTS – THE TIME I SPEND IN TRAFFIC HAS AN EFFECT ON MY MOOD FOR THE REST OF THE DAY

! 31.0% of the respondents claimed that they 'Strongly agree' that 'the time they spend in traffic has an effect on their mood for the rest of the day'. This is followed by those who claimed that they 'slightly agree' with 14.6%.

*The time I spend in traffic has an effect on my mood for the rest of the day*

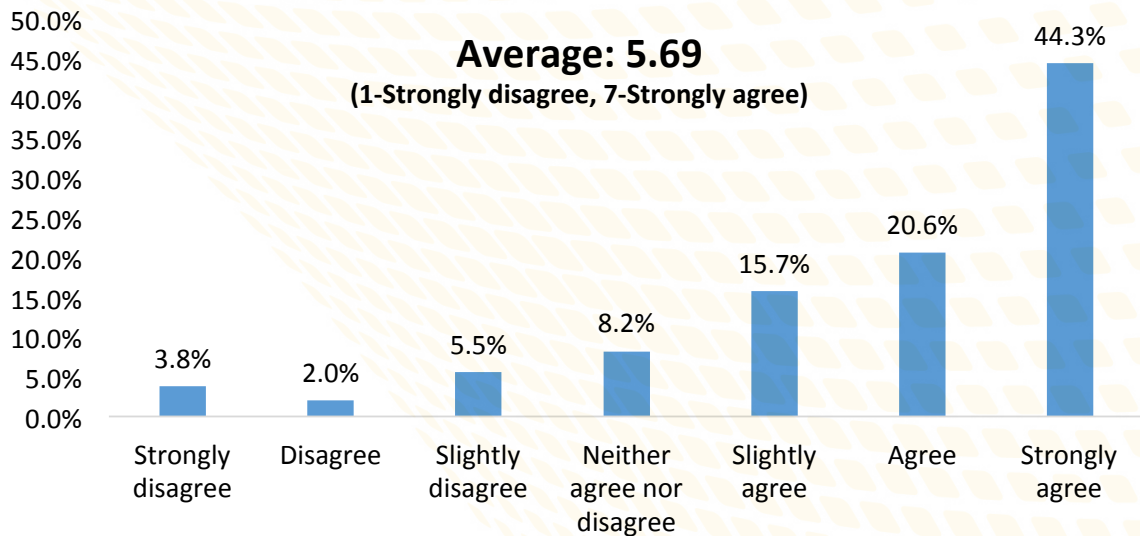


Own a car?	Average	Status	Average
Yes	4.70	Fulfilling domestic tasks	4.59
No	5.01	Full-time employed	4.57
Grand Total	4.77	Not working	3.72
		Part-time employed	5.38
		Retired	4.90
		Self-employed	5.65
		Student	5.27
		Grand Total	4.77
District	Average	Gender	Average
Gozo and Comino	4.25	Female	4.89
Northern	4.80	Male	4.65
Northern Harbour	4.53	Grand Total	4.77
South Eastern	4.67		
Southern Harbour	4.95		
Western	5.26		
Grand Total	4.77		
Level of Education	Average		
Primary school level	4.79		
Secondary school level	4.89	18-29	4.67
Trade School	4.27	30-39	4.87
Post-secondary level (Sixth Form, MCAST)	4.28	40-49	4.51
Tertiary level (University or equivalent)	4.83	50-59	4.75
Post-graduate Level (MA or PhD or studying for)	4.99	60-69	5.32
Grand Total	4.77	70+	4.59

### 3.7 RESULTS – I WORRY ABOUT THE AMOUNT OF EMISSIONS IN THE ATMOSPHERE DUE TO THE NUMBER OF CARS ON THE ROAD

! 44.3% of the respondents claimed that they 'Strongly agree' that 'they worry about the amount of emissions in the atmosphere due to the number of cars on the road'. This is followed by those who claimed that they 'slightly agree' with 20.6%.

*I worry about the amount of emissions in the atmosphere due to the number of cars on the road*



Own a car?	Average	Status	Average
Yes	5.67	Fulfilling domestic tasks	5.86
No	5.78	Full-time employed	5.51
Grand Total	5.69	Not working	6.89
		Part-time employed	5.85
District	Average	Retired	5.91
Gozo and Comino	6.02	Self-employed	5.98
Northern	5.33	Student	4.33
Northern Harbour	6.04	Grand Total	5.69
South Eastern	5.30	Gender	Average
Southern Harbour	5.72	Female	5.99
Western	5.76	Male	5.36
Grand Total	5.69	Grand Total	5.69
Level of Education	Average		Average
Primary school level	6.03		
Secondary school level	5.89	18-29	5.36
Trade School	5.45	30-39	5.63
Post-secondary level (Sixth Form, MCAST)	5.28	40-49	5.08
Tertiary level (University or equivalent)	5.56	50-59	5.94
Post-graduate Level (MA or PhD or studying for)	5.68	60-69	6.25
Grand Total	5.69	70+	5.87

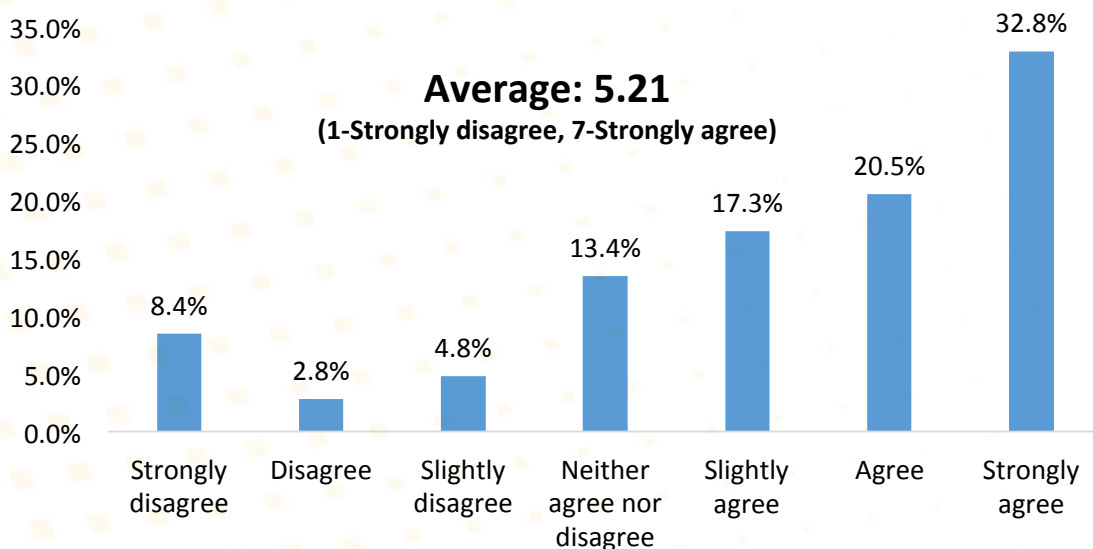


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### 3.8 RESULTS – I DO NOT THINK THERE IS AN EASY SOLUTION TO THE PROBLEMS CAUSED BY THE NUMBER OF CARS ON THE ROAD

! 32.8% of the respondents claimed that they 'Strongly agree' that 'they do not think there is an easy solution to the problems caused by the number of cars on the road'. This is followed by those who claimed that they 'agree' with 20.5%.

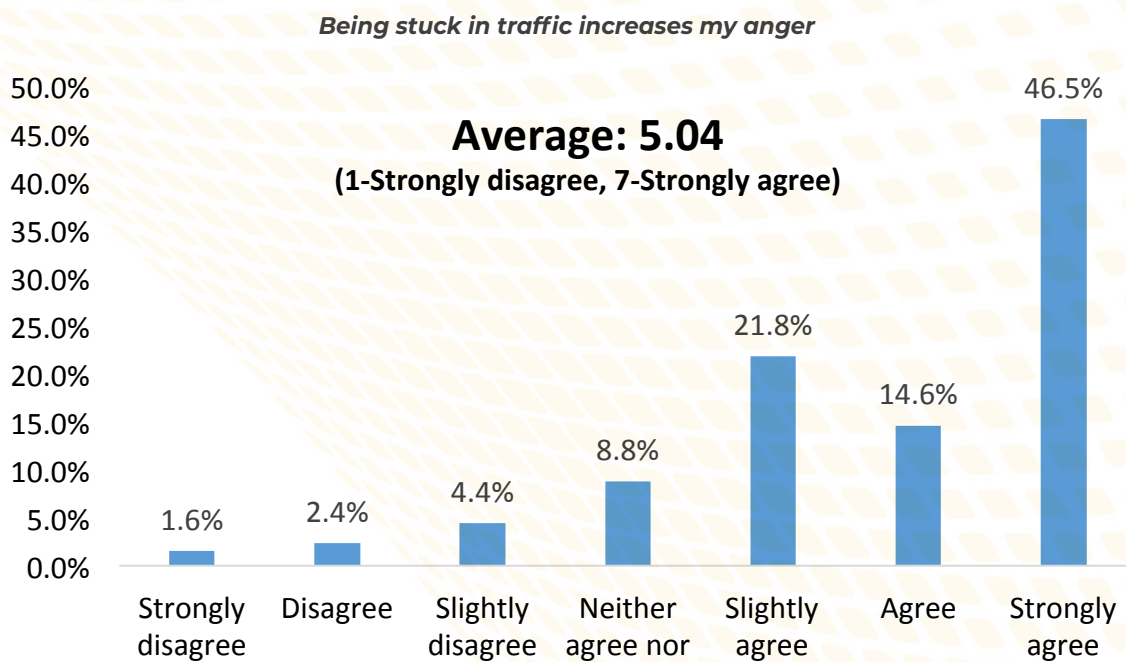
*I do not think there is an easy solution to the problems caused by the number of cars on the road*



Own a car?	Average	Status	Average
Yes	5.10	Fulfilling domestic tasks	5.74
No	5.79	Full-time employed	4.91
Grand Total	5.21	Not working	5.56
		Part-time employed	7.00
		Retired	5.50
		Self-employed	4.81
		Student	5.15
		Grand Total	5.21
District	Average	Gender	Average
Gozo and Comino	4.89	Female	5.24
Northern	5.52	Male	5.19
Northern Harbour	5.43	Grand Total	5.21
South Eastern	5.09		
Southern Harbour	5.01		
Western	4.95		
Grand Total	5.21		
Level of Education	Average		Average
Primary school level	5.79		
Secondary school level	5.47	18-29	5.16
Trade School	3.70	30-39	5.32
Post-secondary level (Sixth Form, MCAST)	4.88	40-49	4.97
Tertiary level (University or equivalent)	4.87	50-59	4.53
Post-graduate Level (MA or PhD or studying for)	5.66	60-69	5.74
Grand Total	5.21	70+	5.54

### 3.9 RESULTS – BEING STUCK IN TRAFFIC INCREASES MY ANGER

46.5% of the respondents claimed that they 'Strongly agree' that 'Being stuck in traffic increases their anger'. This is followed by those who claimed that they 'slightly agree' with 21.8%.



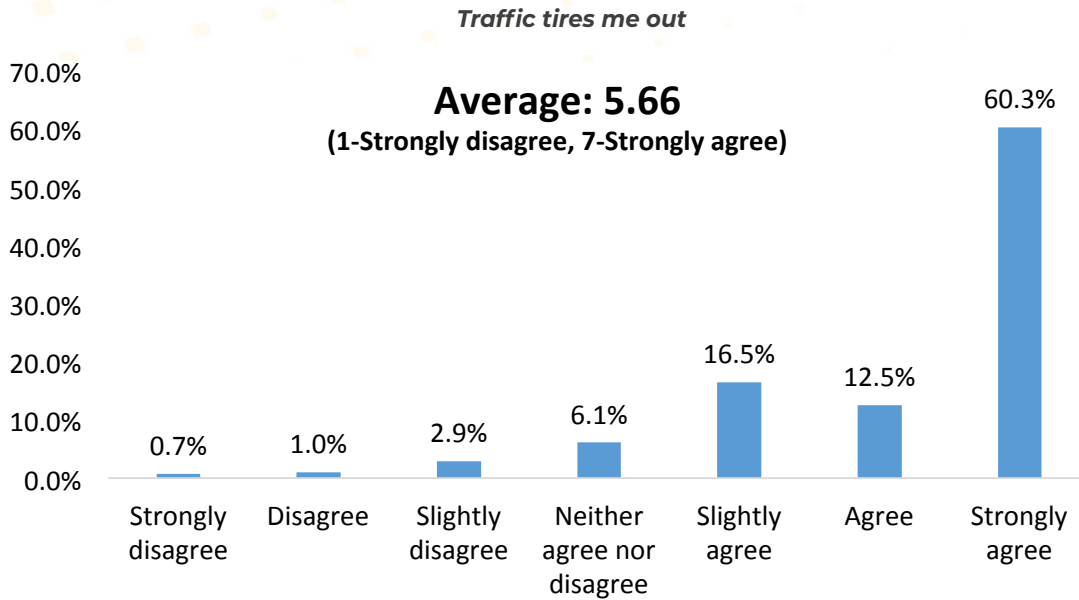
Own a car?	Average	Status	Average
Yes	4.97	Fulfilling domestic tasks	5.27
No	5.36	Full-time employed	4.85
Grand Total	5.04	Not working	3.39
		Part-time employed	6.23
		Retired	4.86
		Self-employed	6.26
		Student	5.39
		Grand Total	5.04
District	Average	Gender	Average
Gozo and Comino	4.98	Female	5.27
Northern	4.84	Male	4.79
Northern Harbour	4.93	Grand Total	5.04
South Eastern	5.20		
Southern Harbour	5.04		
Western	5.30		
Grand Total	5.04		
Level of Education	Average		Average
Primary school level	5.39		
Secondary school level	5.20	18-29	4.90
Trade School	4.39	30-39	5.24
Post-secondary level (Sixth Form, MCAST)	4.87	40-49	4.82
Tertiary level (University or equivalent)	4.71	50-59	5.22
Post-graduate Level (MA or PhD or studying for)	5.46	60-69	5.18
Grand Total	5.04	70+	4.90



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### 3.10 RESULTS – TRAFFIC TIRES ME OUT

60.3% of the respondents claimed that they 'Strongly agree' that 'traffic tires them out'. This is followed by those who claimed that they 'slightly agree' with 16.5%.

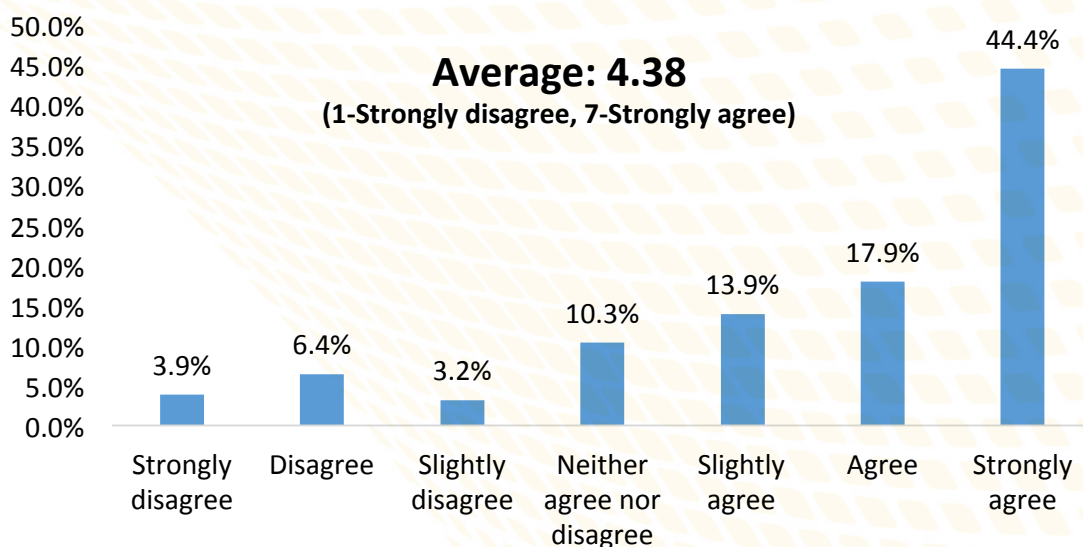


Own a car?	Average	Status	Average
Yes	5.65	Fulfilling domestic tasks	5.77
No	5.62	Full-time employed	5.37
Grand Total	5.66	Not working	6.00
		Part-time employed	5.69
		Retired	5.68
		Self-employed	6.61
		Student	6.12
		Grand Total	5.66
District	Average	Gender	Average
Gozo and Comino	5.46	Female	5.99
Northern	5.66	Male	5.29
Northern Harbour	5.50	Grand Total	5.66
South Eastern	5.74		
Southern Harbour	5.63		
Western	5.91		
Grand Total	5.66		
Level of Education	Average		Average
Primary school level	5.61		
Secondary school level	5.73	18-29	5.59
Trade School	5.33	30-39	5.74
Post-secondary level (Sixth Form, MCAST)	5.13	40-49	5.50
Tertiary level (University or equivalent)	5.73	50-59	5.55
Post-graduate Level (MA or PhD or studying for)	5.99	60-69	6.04
Grand Total	5.66	70+	5.57

### 3.11 RESULTS – I SOMETIMES PREFER NOT TO GO OUT, DUE TO THE THOUGHT OF TRAFFIC/PARKING DIFFICULTIES

44.4% of the respondents claimed that they 'Strongly agree' that 'sometimes they prefer not to go out, due to the thought of traffic/ parking difficulties'. This is followed by those who claimed that they 'agree' with 17.9%.

#### *I sometimes prefer not to go out, due to the thought of traffic/parking difficulties*



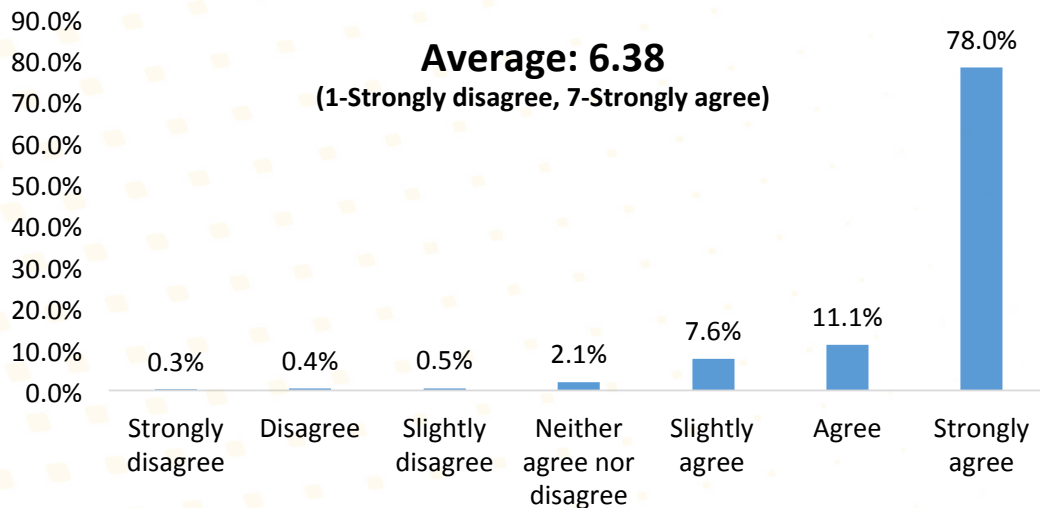
Own a car?	Average	Status	Average
Yes	4.35	Fulfilling domestic tasks	4.81
No	4.45	Full-time employed	4.01
Grand Total	4.38	Not working	3.83
		Part-time employed	5.62
		Retired	5.01
		Self-employed	4.58
		Student	2.12
		Grand Total	4.38
District	Average	Gender	Average
Gozo and Comino	3.89	Female	4.51
Northern	4.29	Male	4.24
Northern Harbour	4.84	Grand Total	4.38
South Eastern	4.31		
Southern Harbour	4.08		
Western	4.28		
Grand Total	4.38		
Level of Education	Average		Average
Primary school level	4.65		
Secondary school level	4.66	18-29	3.44
Trade School	5.24	30-39	4.02
Post-secondary level (Sixth Form, MCAST)	3.53	40-49	4.26
Tertiary level (University or equivalent)	4.42	50-59	4.56
Post-graduate Level (MA or PhD or studying for)	3.90	60-69	5.23
Grand Total	4.38	70+	4.83

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### 3.12 RESULTS – I FEEL THAT TRAFFIC HAS INCREASED CONSIDERABLY IN THE LAST TWO OR THREE YEARS

! 78.0% of the respondents claimed that they 'Strongly agree' that 'they feel that traffic has increased considerably in the last two or three years'. This is followed by those who claimed that they 'agree' with 11.1%.

*I feel that traffic has increased considerably in the last two or three years*



Own a car?	Average	Status	Average
Yes	6.31	Fulfilling domestic tasks	6.84
No	6.64	Full-time employed	6.05
Grand Total	6.38	Not working	7.00
		Part-time employed	6.69
		Retired	6.74
		Self-employed	6.28
		Student	6.00
		Grand Total	6.38
District	Average	Gender	Average
Gozo and Comino	6.50	Female	6.52
Northern	6.08	Male	6.22
Northern Harbour	6.39	Grand Total	6.38
South Eastern	6.27		
Southern Harbour	6.53		
Western	6.59		
Grand Total	6.38		
Level of Education	Average		Average
Primary school level	6.68		
Secondary school level	6.67	18-29	5.91
Trade School	6.55	30-39	6.05
Post-secondary level (Sixth Form, MCAST)	6.28	40-49	6.37
Tertiary level (University or equivalent)	6.40	50-59	6.42
Post-graduate Level (MA or PhD or studying for)	5.24	60-69	6.83
Grand Total	6.38	70+	6.73







# Questionnaire

## Questionnaire - The perceived effect of traffic on our wellbeing

### Information and Consent:

I am [researcher to insert first name] calling from [researcher to state company] on behalf of the Faculty for Social Wellbeing at the University of Malta. We are conducting research on people's perceptions of traffic and the effect of traffic in Malta.

Acceptance to participate in this study implies that you:

- Are over 18 years of age;
- Are participating in a short questionnaire of 5-10 minutes, that is being conducted via telephone;
- Your participation and all responses will remain anonymous. No identifying details (such as your name, telephone number, etc.) will be kept; thus, neither you nor your responses can be identified. Additionally, no one will know whether or not you participated in this study;
- Understand that your participation is completely voluntary - you may choose to participate or not. You may withdraw your participation at any time during the telephone call. However please be aware that once the telephone call is terminated, since this an anonymous questionnaire and we do keep records of telephone numbers or other identifying details, you will no longer be able to withdraw your participation.

Do you wish to participate in this study?

By agreeing to participate, you agree that you (a) have understood the above information, (b) voluntarily participate in this study, and (c) are at least 18 years of age.

If you have any questions about this research study, please contact the Faculty for Social Wellbeing on telephone number 23540 2693.

Thank you. Your participation is greatly appreciated.

# Questionnaire

**Section One: Demographic Questions**

1. Please state your age. (Researcher to tick correct box)

18-29	
30-39	
40-49	
50-59	
60-69	
70+	

2. What is your gender? (Researcher to tick correct box)

Male	
Female	
Prefer not to say	
Other	

3. Where do you live? (Researcher to tick correct box)

Gozo and Comino Region		
Northern Harbour Region	Birkirkara; Gżira; Ғal Qormi; Ғamrun; Msida; Pembroke; San Ġwann; Santa Venera; St Julian's; Swieqi; Ta' Xbiex; Tal-Pietà; Tas-Sliema.	
Southern Harbour Region	Cospicua; Fgura; Floriana; Ғal Luqa; Ғaž-Żabbar; Kalkara; Marsa; Paola; Santa Luċija; Senglea; Ғal Tarxien; Valletta; Vittoriosa; Xghajra	
South Eastern Region	Birżebbuġa; Gudja; Ғal Ġhaxaq; Ғal Kirkop; Ғal Safi; Marsaskala; Marsaxlokk; Mqabba; Qrendi; Żejtun; Żurrieq	





# Questionnaire

Western Region	Ħad-Dingli; Ħal Balzan; Ħal Lija; Ħ'Attard; Ħaż-Żebbuġ; Iklin; Mdina; Mtarfa; Rabat; Siġġiewi	
Northern Region	Ħal Għargħur; Mellieħa; Mġarr; Mosta; Naxxar; St Paul's Bay	

4. Do you own a car? (Researcher to tick correct box)

Yes	
No	

5. What is your level of education? (Researcher to tick correct box)

Primary school level	
Secondary school level	
Post-secondary level (Sixth Form, MCAST)	
Tertiary level (University or equivalent)	
Post-graduate Level (MA or PhD or studying for)	

6. What is your employment status?

Part-time employed	
Full-time employed	
Self-employed	
Retired	
Not working (please elaborate)	
Other (please elaborate)	



**A Study about 'The perceived effect of traffic on our wellbeing' amongst the Maltese Population**

# Questionnaire

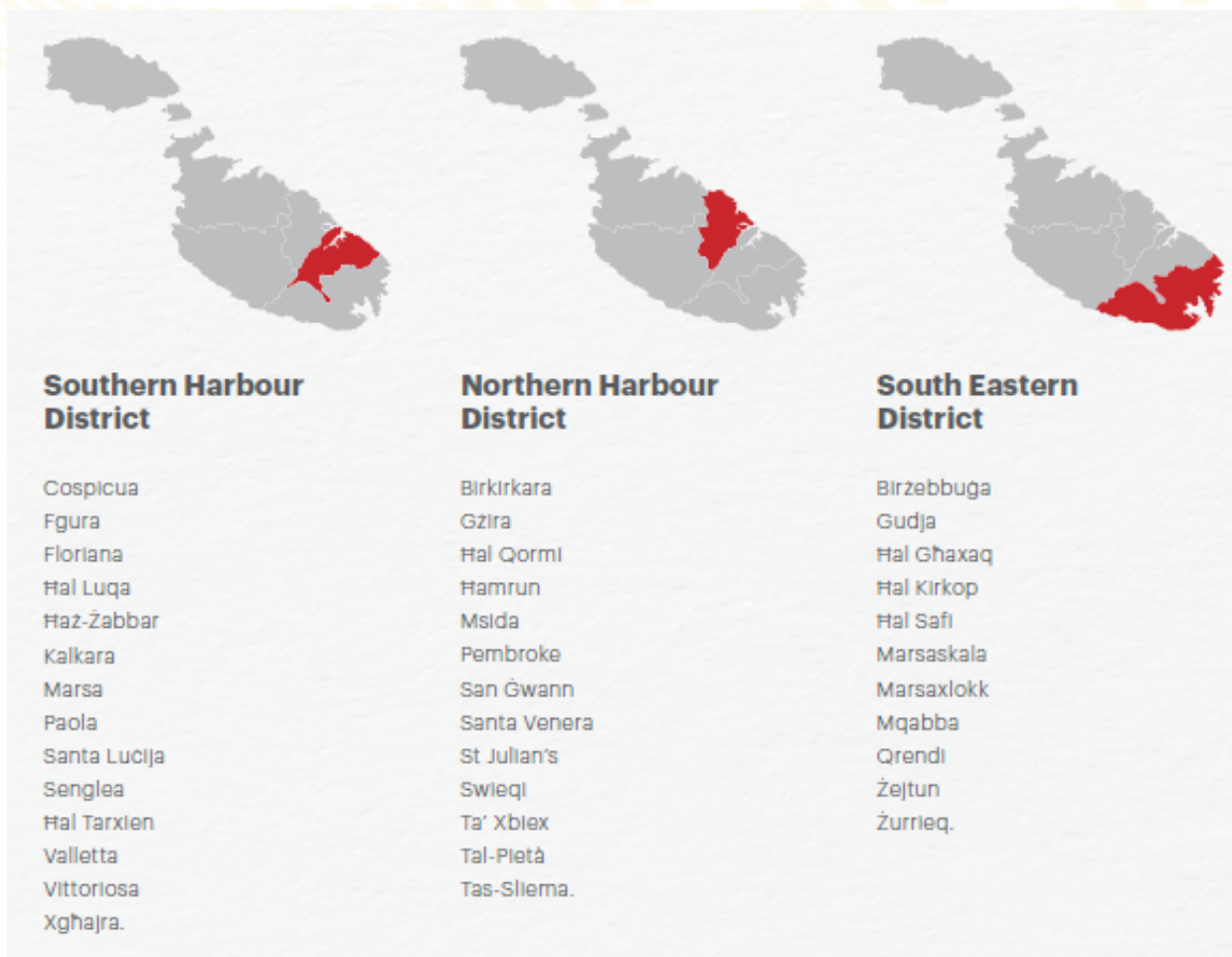
**Section Two: Traffic Questions**

No.	Question	Likert Scale						
		Strongly disagree	Disagree	Slightly Disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
1	Thinking about traffic increases my anxiety							
2	I worry when I hear about the frequency of serious road accidents happening							
3	I am afraid of arriving late to important appointments if I get stuck in traffic							
4	I would prefer to not use my car if public transport was more reliable							
5	I waste a lot of time in traffic which could be put to better use							
6	The time I spend in traffic has an effect on my mood for the rest of the day							
7	I worry about the amount of emissions in the atmosphere due to the number of cars on the road							
8	I do not think there is an easy solution to the problems caused by the number of cars on the road							
9	Being stuck in traffic increases my anger							
10	Traffic tires me out							
11	I sometimes prefer not to go out, due to the thought of traffic/parking difficulties.							
12	I feel that traffic has increased considerably in the last two or three years.							

*Thank you for your participation*



# Maltese Districts



## Maltese Districts

