

Making Life Better

Both Men And Women Resolve To Tackle Disorganization In 2020; Women Report Feeling More Stressed By Its Effects

Gender, Generation + Organization in the New Year

January 2020 is GO Month



1,200 men and women surveyed by the National Association of Productivity & Organizing Professionals (NAPO) say they are resolving to get organized in the New Year. Disorganization was shown to impact women more according to the survey.



Many people feel a need to get more organized for the New Year.

(NAPS)—If you're ever determined to finally streamline your office "to do's" and make a dent in your inbox, or committed to finding a way to keep the kids' toys out of the way of unwary feet, you're not alone. A recent national survey of more than 1,200 individuals conducted by the National Association of Productivity and Organizing Professionals (NAPO) for its annual Get Organized & Be Productive campaign revealed that a full 31 percent of respondents are putting "getting organized" on their list of New Year's resolutions. While the data shows both genders on board with this idea, it also showed that for women, the ramifications may be more significant.

GO Month evolved as recognition that many view the fresh start implied by a new year as the time to finally tackle the disorganization in their lives—at home and on the job. The survey was designed to probe how feelings of disorganization impact men and women.

"People have different levels of tolerance for disorganization in their lives, and what is acceptable for one person may be intolerable for another," NAPO Executive Director Jennifer Pastore Monroy, CAE observed. "This was particularly true for women."

What The Survey Showed

While half of all respondents said

that when they feel disorganized, they find it hard to concentrate on current projects, more female respondents reported feeling stressed from feeling out of control of their environment than did men. Specifically:

- Thirty-six percent of women said that looking at how organized or disorganized their home is, they feel stressed or completely stressed compared to only 22 percent of men
- More than half of women respondents (53.7 percent) report disorganization leaves them unable to concentrate on the work at hand, vs only 45 percent of men.
- 35.5 percent of women vs 22 percent of men wished at some time for someone to come in and organize their home.

Monroy's advice to help streamline one's environment? "Don't wait until you feel out of control to tackle the stressors in your life. Having a professional organizer or productivity expert to help look at things with fresh eyes can encourage new day-to-day behaviors to create the needed change, whether you are a man or a woman."

Learn More

For further facts and tips, visit www.napo.net.