

# Wad a worry

» Money top  
of the list for  
Irish concerns

» Family, work  
& health fears  
revealed as well

BY **LIZ FARSACI**

**MONEY tops the list of worries for Irish people this year, a survey revealed yesterday, ahead of health**

**and relationship concerns.**

Women are more likely than men to worry about cash and family, while men



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are more likely to worry about health and work – and lose sleep over romantic relationships.

Joe Charles, head of proposition at Royal London which commissioned the survey, said money, health and family have dominated the list of worries for Irish people for the past four years in which the survey has been conducted.

He added: “While there have been notable changes to the results of the survey over the past four years, unsurprisingly, money has topped the list of worries consistently for the Irish public.

“Health comes second while family follows at third.”

And while finances are a top concern already this year, a significant number of people worry less about money than they did in 2018.

Cash – or lack of it – stands out as the biggest source of worry for 39% of those who took part in the national survey conducted by iReach.

However, this is down from 46% in 2018. The gender divide is clearly seen in money woes, as women (44%) are more worried about money than their male counterparts (34%).

The older one gets, the less worry there is around finances, with 44% of 18-34-year olds and 41% of 35 to 54-year olds worrying about money. This compares with just 23% of those aged 55 or older.

Around 36% of people are concerned with making improvements to their health, up 4% from last year.

### IMPROVEMENTS

But at 22%, men are more likely to fret about their health compared with just 16% of women.

However, women are prioritising their health for 2019, with 41% saying they are going to make improvements in this area, up from 35% in 2018, and compared to 29% of men.

Women worry more about family, with 17% concerned with these issues compared with 14% of men.

Men, meanwhile are worried about work, with 15% focusing their concerns on their jobs, compared with 10% of women. At 7%, men also lose more sleep over romantic relationships than women do, compared with 4% of women.



