

**15 July 2010**

## **2009-2010 Time Use Survey** *Results preview*

### **Main results**

- Participation in social and recreational activities decreases, while time dedicated to computers (social networks, use of search engines, computer games, etc.) increases. Almost 30% of persons carry out activities related to hobbies and computers (as compared with 17.3% in 2003). 57% participate in social and recreational activities (64.4% in 2003).
- As a whole, females dedicate two-and-a-quarter more hours than males do to household chores. Nevertheless, in seven years, males have lessened this difference by 45 minutes.
- The time dedicated to the media (watching television, listening to the radio, reading the press) increases, reaching three hours daily.

### **Participation in activities, and time spent on them**

In the last seven years, a significant transfer has taken place from social and recreational activities towards computers (social networks, search engines, etc.). In 2009, almost 30% of persons carried out activities related to computers for one hour and 52 minutes a day (in 2003, 17.3% had spent an average of one hour and 45 minutes on said activities). 57% participated in social and recreational activities for one hour and 43 minutes (in 2003, 64.4% had carried out this type of activity for two hours and three minutes).

Not everybody participates the same in the performance of everyday activities. Except in the *Personal care* section (eating, sleeping, hygiene), most activities presented significant differences in terms of the percentage of persons carrying them out during the day. Moreover, the daily average time spent on these activities by persons carrying them out was also different.

Thus, 38.6% of males (10 years old and over) performed paid work, and dedicated an average of almost eight hours to it, as compared with 28.6% of females, who in addition, worked one hour and 20 minutes less than males.

Conversely, 92.2% of females performed household chores and were responsible for childcare, the elderly and dependent persons (for almost four-and-a-half hours), as compared with 74.4% of males (whose average time spent was two-and-a-half hours).

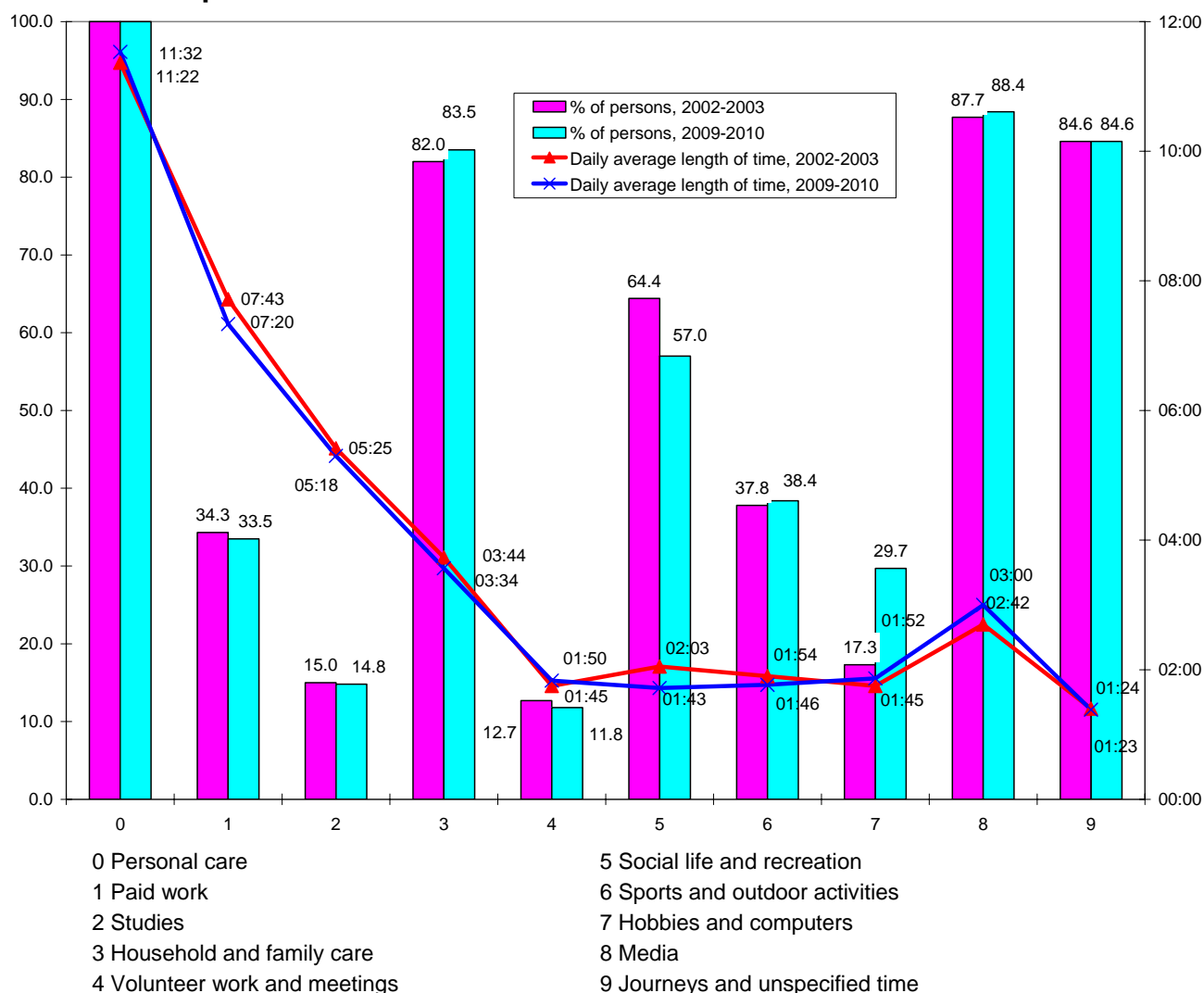
Given the above results, there were more males who participated in free time activities, and for more time, especially in *Sports and outdoor activities*, and in *Hobbies and computers*.

In those activities in which the participation of both sexes was practically the same, such as socialising or the *Media* (*reading the press, watching television, listening to the radio, etc.*), males spent more time than females.

## Percentage of persons who carry out the activity during the day, and daily average length of time dedicated to the activity by said persons. 2009-2010

Main Activities	Total persons		Males		Females	
	% of persons	Daily average length of time	% of persons	Daily average length of time	% of persons	Daily average length of time
0 Personal care	100.0	11:32	100.0	11:35	100.0	11:29
1 Paid work	33.5	7:20	38.6	7:54	28.6	6:35
2 Studies	14.8	5:18	14.4	5:27	15.1	5:09
3 Household and family care	83.5	3:34	74.4	2:28	92.2	4:25
4 Volunteer work and meetings	11.8	1:50	9.1	2:01	14.4	1:43
5 Social life and recreation	57.0	1:43	56.0	1:49	58.1	1:38
6 Sports and outdoor activities	38.4	1:46	41.8	1:57	35.1	1:33
7 Hobbies and computers	29.7	1:52	36.0	2:02	23.6	1:37
8 Media	88.4	3:00	87.7	3:08	89.0	2:51
9 Journeys and unspecified time	84.6	1:23	87.4	1:25	82.0	1:21

## Percentage of persons who carry out the activity during the day, and daily average length of time dedicated to the activity by said persons, according to the results previews of 2002-2003<sup>1</sup> and 2009-2010



### Activities on an average day

The structure of the distribution of activities on an average day presented differences with regard to the survey conducted in the years 2002-2003. Thus, some weight was lost in both the time spent on *Paid work* (13 minutes) and the time spent on *Studies* (seven minutes). Nevertheless, we must remember that job hunting is an activity that was included in the *Paid work* group.

<sup>1</sup> The comparison is made with the preview data from the 2002-2003 Survey, and not with the final results, for the purpose of using the same reference period (first 6 months of collection).

Conversely, there was more free time, which was fundamentally dedicated to the *Media* (18 minutes more) and to *Hobbies and computers* (14 minutes more).

The increase in the time used in these individual leisure activities, together with a greater attention paid to *Personal care* (10 minutes more), translated to a decrease in socialising (celebrations, spending time with friends, performances, exhibitions, etc.), on which persons spent 21 minutes less daily.

### Distribution of activities on an average day

Figures in hours and minutes

Main activities	2002-2003 Preview	2009-2010 Preview
Personal care (eating, sleeping, etc.)	11:22	11:32
Paid work	2:40	2:27
Studies	0:54	0:47
Household and family care (household upkeep, shopping, childcare, etc.)	2:57	2:59
Volunteer work and meetings	0:13	0:13
Social life and recreation	1:20	0:59
Sports and outdoor activities	0:43	0:41
Hobbies and computers	0:19	0:33
Media	2:21	2:39
Journeys and unspecified time	1:12	1:10

### Activities on an average day, by sex

Although as a whole, males worked one hour more than females, the dedication of the latter to the household and family exceeded that of males by two hours (four hours as compared with almost two hours for males).

**Females had almost one hour less free time than males.** This difference was distributed throughout all of the leisure activities. Females had social and recreational lives that lasted four minutes less than those of males, practiced sports 16 minutes less, spent time on their hobbies or surfing the web 21 minutes less, and focused on the media (reading the press, listening to the radio, watching television) 12 minutes less.

### Distribution of activities on an average day, by sex.

2009-2010. Figures in hours and minutes

Main activities	Males	Females
Personal care	11:35	11:29
Paid work	3:03	1:53
Studies	0:47	0:47
Household and family care	1:50	4:04
Volunteer work and meetings	0:11	0:15
Social life and recreation	1:01	0:57
Sports and outdoor activities	0:49	0:33
Hobbies and computers	0:44	0:23
Media	2:45	2:33
Journeys and unspecified time	1:14	1:07

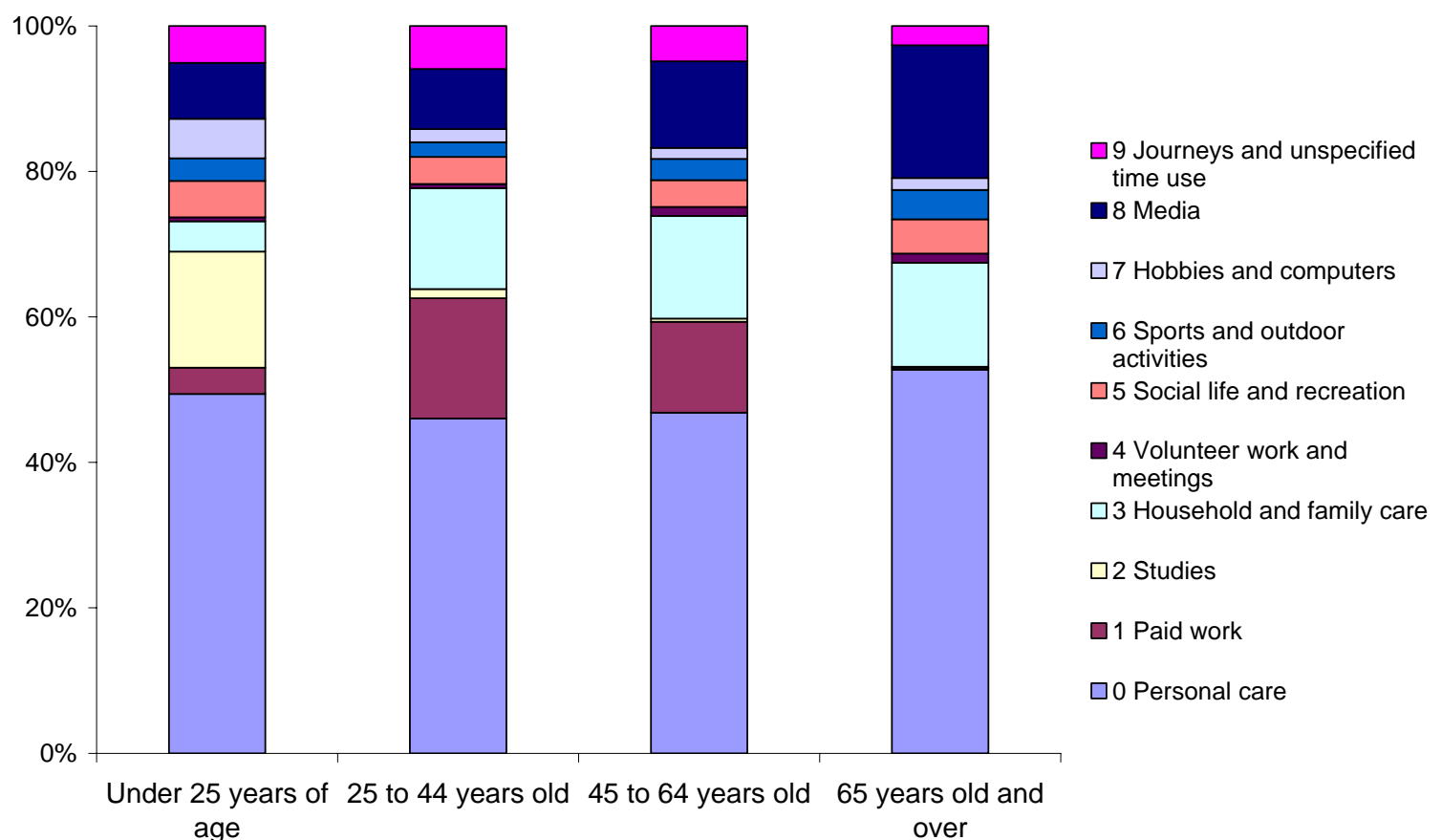
Worth noting was that the time agreed at work or in studies, by females, remained the same as compared with the results preview of 2002-2003. Thus, they spent half-an-hour less on household chores and almost a quarter-of-an-hour more on leisure.

Conversely, males decreased the time agreed at work and in studies by more than half-an-hour. Of this time, 20 minutes were used to increase their dedication to household chores. In the last seven years, males have reduced the difference with females in terms of the time dedicated daily to household chores by 45 minutes.

### Activities on an average day, by age group

Persons under 25 years of age were characterised by the time spent on *Studies* (three hours and 50 minutes) and the lack of time dedicated to household chores (one hour). In addition, they spent one hour and 18 minutes on *Hobbies and computers*, almost twice the time recorded seven years ago.

### Distribution of activities on an average day, by age group. 2009-2010



In contrast, persons aged 25 to 64 years old were characterised by the time spent on *Paid work* and on housework (around seven hours as a whole). As age increased, it was observed that the time spent in paid work decreased, and therefore, they could spend more time on the *Media*.

Persons aged 65 years old and over had the most free time, almost seven hours, of which more than four were dedicated to the *Media*.

### Activities on an average day, by relationship with economic activity

Considering the distribution of activities on an average day, according to the relationship with economic activity, employed persons were logically those who dedicated the most time to activities related to *Paid work* (almost five-and-a-half hours)<sup>2</sup>, with an hour's difference existing between businesspersons (six hours and 11 minutes) and employees (five hours and 13 minutes).

Students dedicated the most time to studies (almost five hours), though worth noting was the half-an-hour spent on this activity by unemployed persons.

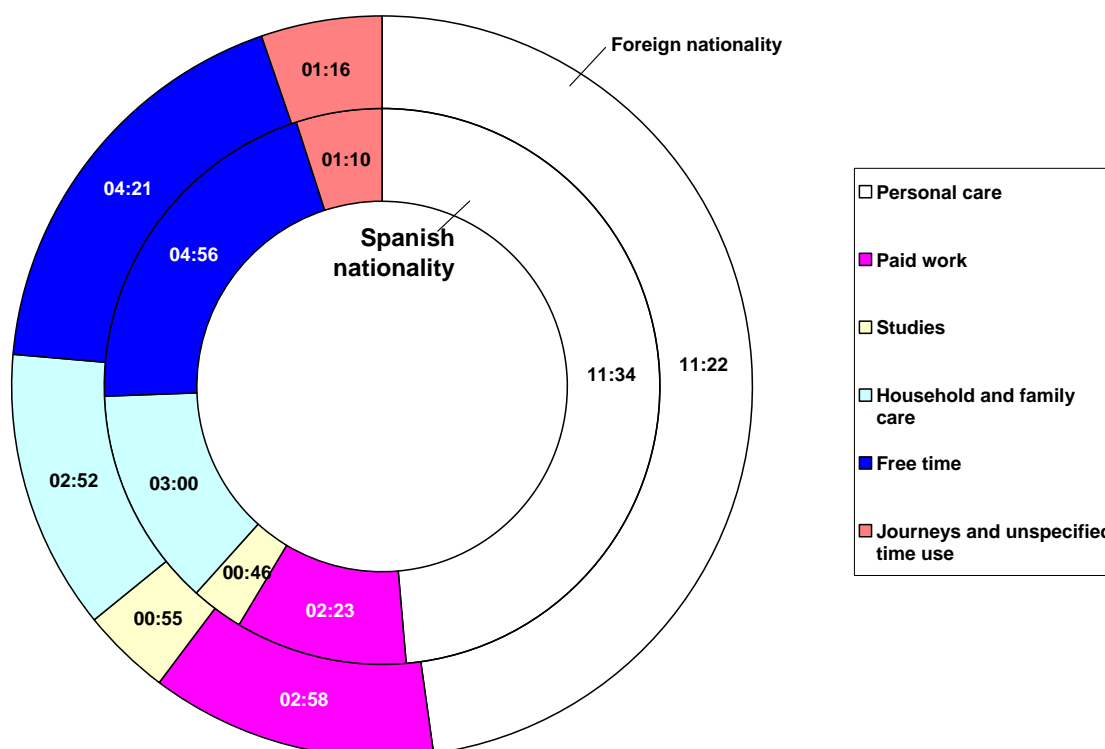
The highest number of hours spent on household chores (*Household and family care* activities) corresponded to those persons dedicated to housework (more than six hours). **Unemployed persons dedicated almost four hours to housework.**

Retired persons had the most leisure time available (more than seven hours), and essentially spent it on the *Media*.

### Activities on an average day, by nationality

Without considering the different age structure of Spaniards and foreign nationals, in the distribution of activities on an average day, we observed that **foreign citizens spent half-an-hour more on paid work than Spaniards**. This difference was recovered fundamentally in free-time activities.

### Distribution of activities on an average day, by nationality 2009-2010. Figures in hours and minutes

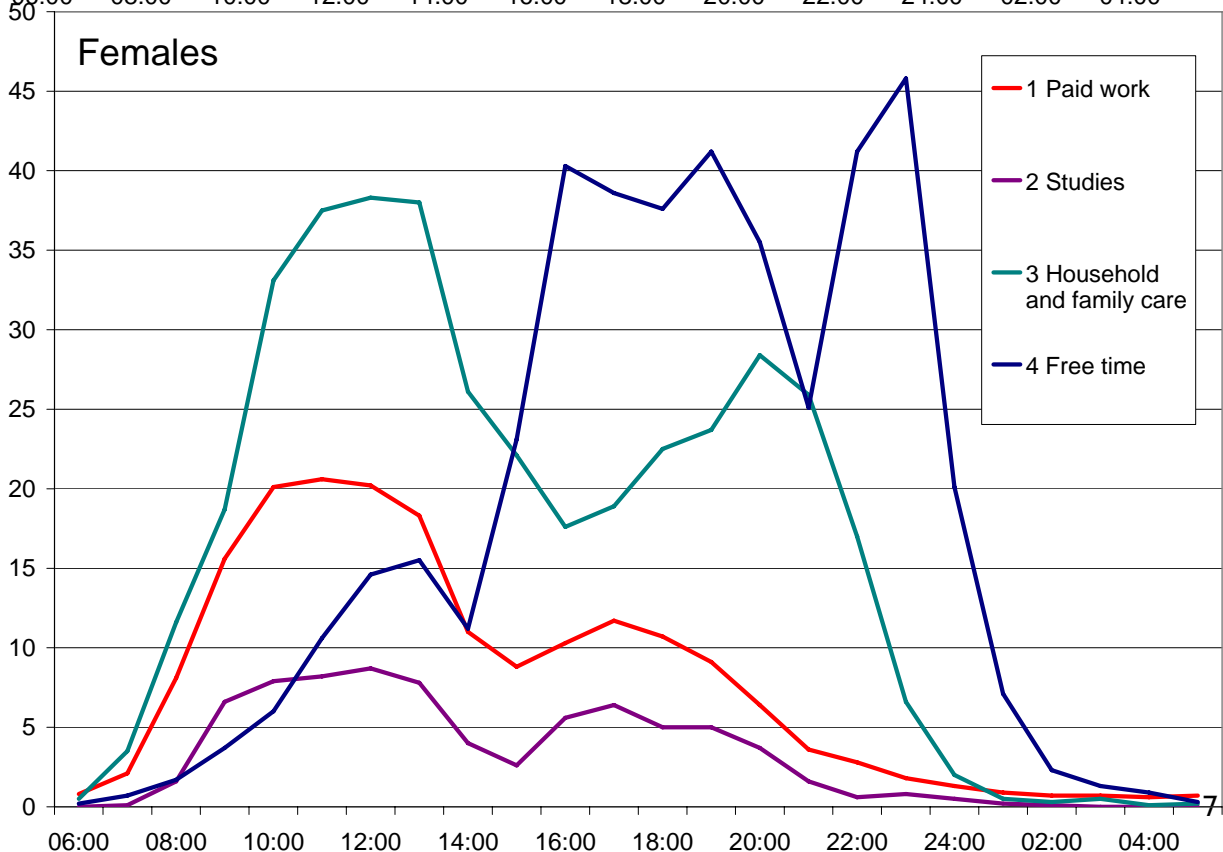
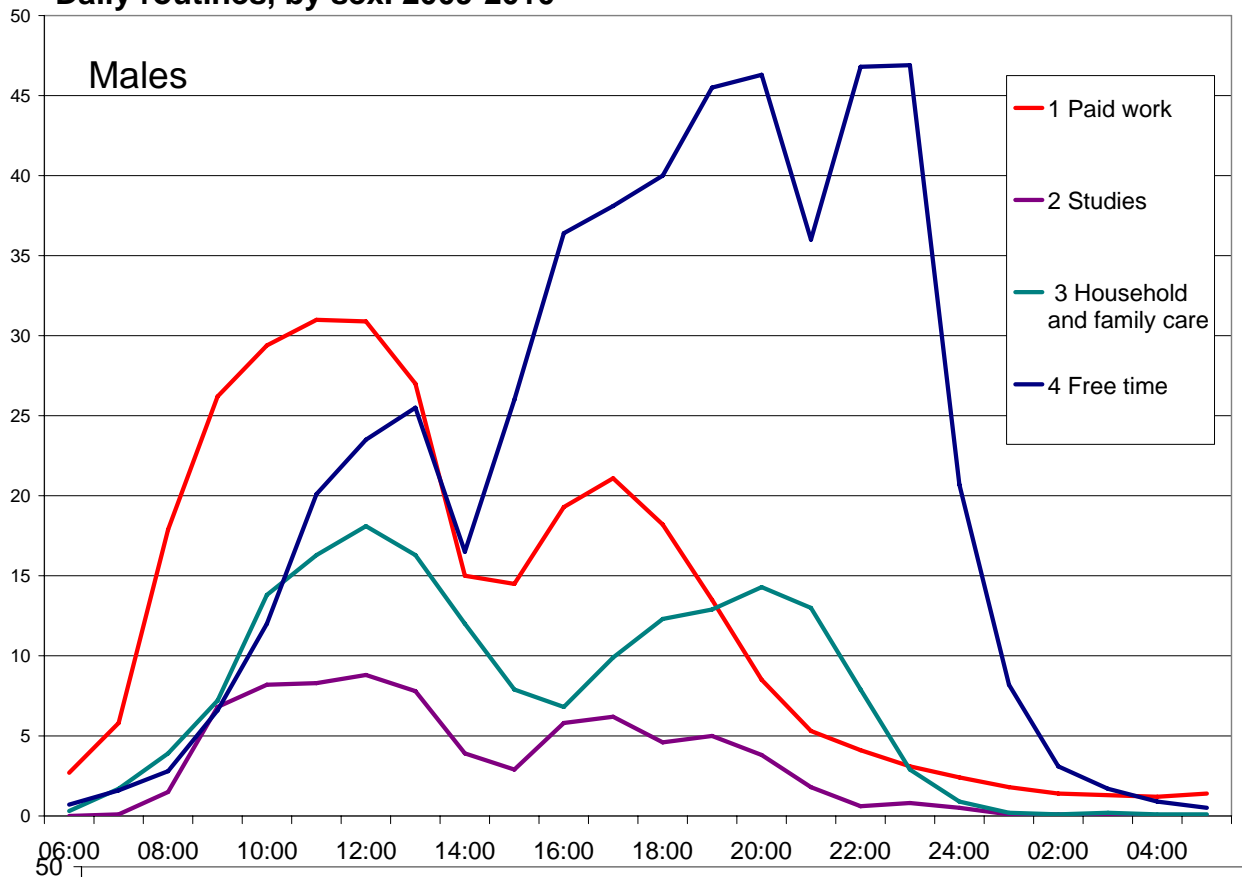


<sup>2</sup>We must remember that the calculation of the average day includes those employed persons who filled out the diary on a weekend.

## Daily routines

Daily routines are measured through the percentage of persons who carry out the same main activity at the same time of day.

### Daily routines, by sex. 2009-2010



It was observed that, from 10 a.m. to 10 p.m., except between 4 p.m. and 6 p.m., household chores (*Household and family care activities*) were performed by a high percentage of females. Between 4 p.m. and 6 p.m., the *Media* was followed by a high percentage of females, which decreased progressively until dinnertime, to recover after 10 p.m.

Conversely, males, from 8 a.m. to 7 p.m. (except lunchtime, between 2 p.m. and 4 p.m.) presented to highest percentages in paid work. Throughout the afternoon, they gradually joined free-time activities, reaching a peak at 9 p.m. and after 10 p.m.

*Personal care* increased between 2 p.m. and 4 p.m., for both males and females, coinciding with lunchtime and naptime.

### **Other variables studied**

The Time Use Survey studies many other variables. Among them, worth noting are the following aspects:

Persons 65 years old and over, widowed and retired persons needed the most time for their *Personal care*.

Household chores were performed with the same intensity on workdays and at weekends. Males spent somewhat more time on Saturdays and Sundays, when females decreased their homemaking responsibilities by five minutes.

The higher the level of household income, the less time the members spent on household chores.

Volunteer activities and help to other households were carried out, fundamentally, by widowed and elderly persons. Students, young and single persons participated little in these activities.

Although socialising and recreational activities presented very similar participation percentages, regardless of the variable analysed, widowed and retired persons sought entertainment or recreation and spent time together slightly more. Unemployed persons were also of note in this aspect, though in this case, it was difficult to distinguish pure social relationships from speaking to relatives and friends regarding job searches.

Bearing in mind that walking and strolling are considered to be sports and outdoor activities, retired persons and persons aged 65 years old and over were those who practiced sports the most.

Reading, watching television and listening to the radio were almost as universal as eating or sleeping.



## **Methodological note**

Today, the INE is presenting the results preview of the 2009-2010 Time Use Survey, whose data corresponds to 9,542 persons aged 10 years old and over, who filled out a diary of activities on a pre-established specific day of the week throughout the last quarter of 2009 and the first quarter of 2010. Therefore, until one year has elapsed from the time of the survey, it will not be possible to consider the results to be final. These will be published in July 2011.

The main objective of this survey is to obtain primary information so as to ascertain the dimension of unpaid work carried out by households, the distribution of family responsibilities of the household, the participation of the population in cultural and leisure activities, the time use of certain social groups (young, unemployed, elderly persons, etc.) for the purpose of being able to formulate family and gender-equality policies, and to estimate the satellite accounts of the household sector.

In Comunidad Foral de Navarra, the survey is conducted in partnership with the Statistics Institute of Navarra (IEN), with which a partnership agreement has been signed.

The comprehensiveness directive of the calculation of GDP requires member countries of the EU to implement statistical operations of this type, which enables compiling of the satellite accounts for the household sector. In this sense, the time use survey has a harmonised methodology available at the heart of Eurostat.

This is a non-periodical survey aimed at a survey of some 11,000 dwellings, approximately, which collects information regarding the daily activities of persons through filling out personal diaries and household and individual questionnaires. In order to be represented, every day of the year, on a stratum and Autonomous Community level, the sample is distributed uniformly throughout. Nonetheless, the sample is strengthened at the weekend on considering that on those days, there is less variability in the behaviour of the population.

The activity diary is the most characteristic tool of the survey. All household members aged 10 years old and over must fill it out on a selected day. The diary time sheet covers 24 consecutive hours (from 6 a.m. to 6 a.m. the following day) and is divided into 10-minute intervals. In each one of them, the informant must write down his or her main activity, the secondary activity performed at the same time (as applicable), and place he/she is at the time, whether he/she is alone or accompanied by other persons at the time, and whether or not he/she uses a computer or the Internet in the activities described.

These activities are encoded according to a harmonised list of activities from Eurostat, which considers 10 large groups: personal care, paid work, studies, household and family care, volunteer work and meetings, social life and recreation, sports and outdoor activities, hobbies and computers, the media, and journeys and unspecified time use. For greater detail in the list of activities, see the annex at the end of this note.

This statistical research allows for obtaining information regarding the percentage of persons who carry out an activity during the day, the daily average time (in hours and minutes) spent on a activity by the persons carrying it out, the distributions of activities

on an average day<sup>3</sup>, by type of day, and the percentage of persons who carry out the same activity at the same time of day (daily routines).

These indicators can be broken down, if the sample so permits, according to the type of day of the week, or according to the quarter of the year. Regarding the variables related to the person, the data may be classified by sex, age, level of studies attained, marital status, relationship with economic activity and professional situation, occupation, level of income and type of household in which he/she lives, etc. Likewise, the study will also allow for obtaining the main indicators for each of the Autonomous Communities, by sex and by age.

## List of activities of the Time Use Survey

### **0 PERSONAL CARE**

- 01 Sleeping
- 02 Eating and drinking
- 03 Other personal care

### **1 PAID WORK**

- 11 Main work and secondary work
- 12 Work-related activities (including job search)

### **2 STUDIES**

- 20 Unspecified studies
- 21 Primary school, secondary school or university
- 22 Free-time studies

### **3 HOUSEHOLD AND FAMILY CARE**

- 30 Unspecified activities for the household and family
- 31 Planning meals
- 32 Household upkeep
- 33 Tailoring and care for clothing
- 34 Gardening and pet care
- 35 Construction and repairs
- 36 Purchases and services
- 37 Running the household
- 38 Childcare
- 39 Helping adult family members

### **4 VOLUNTEER WORK AND MEETINGS**

- 41 Volunteer work for an organisation
- 42 Informal help for other households
- 43 Participatory activities

### **5 SOCIAL LIFE AND RECREATION**

- 51 Social life
- 52 Entertainment and culture
- 53 Passive leisure

### **6 SPORTS AND OUTDOOR ACTIVITIES**

- 61 Physical exercise
- 62 Productive exercise
- 63 Sports-related activities

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<sup>3</sup> The distribution of activities, of a group, on an average day, is calculated as the sum of daily times (in minutes) dedicated to each activity by all persons (P) aged 10 years old and over of this group, divided by the total time, in minutes, available for these persons (24x60xP). The results obtained are presented in hours and minutes.

**7 HOBBIES AND COMPUTERS**

71 Arts and hobbies

72 Computers

73 Games

**8 MEDIA**

81 Reading

82 Watching television, DVDs or videos

83 Listening to the radio or recordings

**9 JOURNEYS AND UNSPECIFIED TIME USE**

Journeys with a purpose

Auxiliary codes