



Measuring Well Being and Social Progress: The Value of Time Use Data

Man Yee Kan

Department of Sociology
Centre for Time Use Research
University of Oxford

man-yee.kan@sociology.ox.ac.uk
<http://users.ox.ac.uk/~sant0822>

Time, Well Being and Social Progress

Time allocation: a central element of well-being

- policies aim to promote healthy lifestyles, reduce time stress, improve work-life balance

Time as resources shared by everyone, all countries

- useful for comparative research

Activity and affect:

- More recent time diary studies ask about respondent 's level of enjoyment when undertaking activities

Measuring Time Use

- **Questionnaire-items (stylised)** - Recalled 'usual' 'normal' weekly working hours or housework hours, taking less account of atypical hours/days
- **Experience-sampling method (ESM)** – accurate for generating population average estimates, but intrusive, and burdensome, lack of contexts of activities
- **Diary studies** – accurate, recording timing as well as duration of events, give the **context** (with whom, where, and sequences of events) of activities

Morning Time, am	What were you doing? <i>Please record your main activity for each 10-minute period.</i>	What else were you doing? <i>Write in the most important activity you were doing at the same time</i>	Where were you? <i>e.g. At home, at friends, in car, on bus, train, cycling, walking</i>	Were you with anybody? <i>Please mark the boxes. See example on page 3.</i>				
	<i>Enter one main activity on each line.</i>	<i>e.g. Looking after children, listening to the radio or having a drink</i>		Alone or with people you don't know	Children up to 9 living in your household	Children aged 10 to 14 living in your household	Other household members	Other persons that you know
7:00 - 7:10	Sleeping			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7:10 - 7:20	↓			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7:20 - 7:30	Had a shower		At home	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7:30 - 7:40	Made breakfast		↓	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7:40 - 7:50	Ate breakfast	Read newspaper	↓	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7:50 - 8:00	Did washing up		↓	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
8:00 - 8:10	Got my son dressed	Talked with my son	↓	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
8:10 - 8:20	Walked to school with son	↓	Walking	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8:20 - 8:30	Dropped son off at school	↓	↓	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8:30 - 8:40	Walked to bus stop		↓	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8:40 - 8:50	Travel by bus to work	Read newspaper	On the bus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8:50 - 9:00	↓	↓	↓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9:00 - 9:10	↓	↓	↓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9:10 - 9:20	Walked from bus stop to main job		Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9:20 - 9:30	↓		↓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9:30 - 9:40	↓		↓	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9:40 - 9:50	Main job			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9:50 - 10:00	↓			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Time Diary Data Archive

- **Multinational Time Use Study**

<http://www.timeuse.org/mtus/surveys>

- **ATUS-X**

<http://www.atusdata.org/index.shtml>

- **HETUS table generator**

<https://www.h2.scb.se/tus/tus/>

- **Time use studies worldwide**

<http://www-2009.timeuse.org/information/studies/>

MTUS Episode File

- Austria 1992 (2008-09 coming)
- Australia 1974 (1987, 1992, 1997, 2006 coming)
- Finland (1979, 1987, 1999 coming)
- France 1998-99 (1966, 1974-75, 1986, 2009-10 coming)
- Germany 1991-92 (2000-01)
- Israel 1991-92
- Netherlands 1975, 1980, 1985, 1990, 1995, 2000, 2005
- South Africa (2000, 2010 coming)
- Spain 2002-03 (2009-10 coming)
- UK 1974-75, 1983-87, 1995, 2000-01, 2005 (1961 coming)
- USA 1965-66, 1975-76, 1985, 1992-95, 2003-09

MTUS File – Other Countries

Belgium, Bulgaria, Canada, Denmark, Estonia

Germany, Hungary, Italy, Norway

Slovenia, Sweden

South Africa

China – Upcoming (hopefully)

Republic of Korea – Upcoming

India - Upcoming

Domains of Well Being and Social Progress

- Caring work (adult care, childcare, valuation, time cost)
- Lifestyle and Leisure (types, physical activity, quality)
- Education (study time, reading time, parental involvement)
- Environment (transport modes, time at/outside home)
- Paid work (hours of work, scheduling)
- Sleep and rest (duration, deprivation)
- Unpaid work (women's total economic contribution, gender equality)
- Volunteering (civic participation, formal and informal types)
- Co-presence (family members, friends)

Well Being Measures

- Total time
- Participation
- Timing over the day, season or year
- Patterns during the day
- Time together
- Affect associated with activities, patterns

Well Being and Social Progress: Gender convergence in unpaid domestic labour

liberal regimes:

- UK, the USA, Canada and Australia
- ***modified breadwinner gender ideology***, women ***both*** paid work & caring roles

social democratic nordic regimes:

- Denmark, Norway, Finland, Sweden
- ***dual earner family model***, high employment rate of both women and men

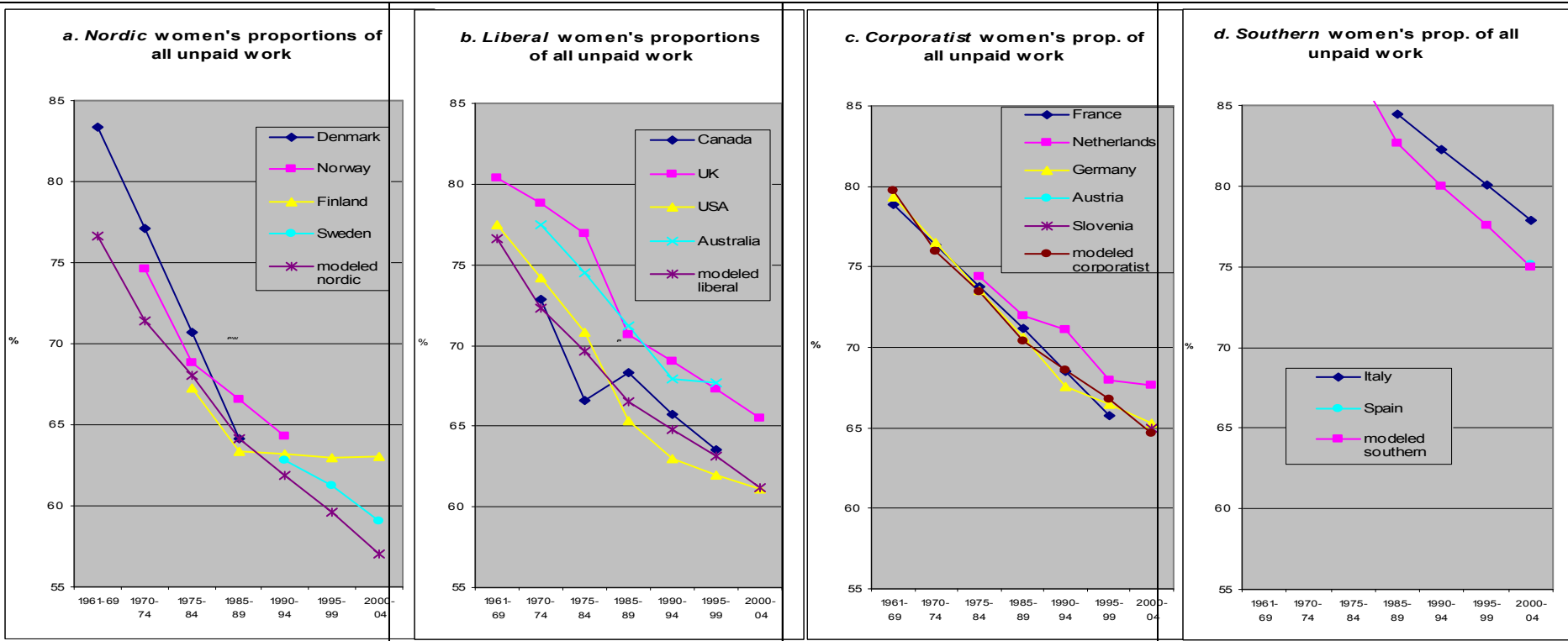
conservative/corporatist regimes:

- Netherlands, France, Germany, Austria
- ***weak familist gender ideology***, men primary breadwinners, women carers

southern regime:

- Spain, Italy and Israel
- ***traditional familist gender ideology***, *stronger* emphasis on women's family role

Women's proportion of all unpaid work (men and women aged 20-59)



Concluding Remarks

- Time diary data useful for the investigation of the quality of life, well being and social progress
- Time use research is essential for policy evaluation
- More information on time use resources:
www.timeuse.org