



## **Married only at the weekends? A study of the amount of time spent together by spouses.**

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### **Abstract**

Studies of time use generally concentrate on the amount of time spent by each member of a household on various activities (sleep, paid work, housework, childcare, leisure and so on), and typically comparisons are made between men and women

While this is interesting and valuable, time use data can be used more flexibly than that. The aim of this paper is to study the time that spouse's daily spend together on shared activities. We look at the total amount of time spouses spend together and how this is allocated among different types of activity. We look at the split between weekdays and weekend, and investigate how shared time is influenced by household characteristics, including employment status, social class and household composition.

On average couples spend about 2 ½ hours a day together. There is wide variation in this figure. The time spent together on weekdays is much lower than at weekends (2hrs compared to 3 ½ hrs). The presence of children *decreases* the amount of time couples spend together, falling from about 2 ½ hrs on a weekday for couples without children, to about 1 ¼ hours on a weekday for couples with children. Unsurprisingly, retired couples spend longer together, while those in full-time work spend less time together. And interestingly, cohabiting couples spend about half an hour less per day together than married couples. The most common shared activity for most groups is TV watching, accounting for about a third of all shared time together (about an hour per day), followed by eating together (about half an hour per day).

## **Introduction**

The aim of this paper is to study the time that spouse's daily spend together on shared activities, that is, the amount of time couples spend together carrying out the **same** activities. Note that this does not include, for instance, the time couples spend together in the same house doing **different** activities. As well as being an interesting topic in itself, this has a current relevance to the examination of work-life balance. The well-being of a relationship can be related to the amount and type of interaction between the partners.

Sections 1 and 2 first set the context. Section 1 looks at travel patterns for all adults, then Section 2 looks at the travel patterns just for those adults who live as couples (we include married and co-habiting couples).

Section 3 then looks at the shared time of couples. It looks at the total amount of time couples spend together and how this is allocated among different types of activity. It describes the split between weekdays and weekend, and investigates how shared time is influenced by household characteristics, including employment status, educational qualifications, social class and household composition.

## **Methodology**

The data source was the UK 2000 Time Use Survey. This was conducted on behalf of a funding consortium consisting of the ESRC and a number of government departments.

The UK 2000 Time Use Survey was the first time that a major survey of this type had been conducted in the UK. The main aim of the Survey was to measure the amount of time spent by the UK population on various activities. The Survey was designed to achieve a representative sample of the population in the UK. The data collected included 6,500 household interviews, 11,700 interviews with individuals within those households, and 21,000 diaries recording people's use of time in 10 minute time slots across a whole day. Each person in a selected household aged 8 or over was asked to complete two time use diaries, one for a specified weekday, and another for a specified weekend day. For each 10 minute time slot the respondent described the main activity they carried out, any secondary activity, where the activity was carried out, and who it was carried out with.

The Time Use Survey was designed, where possible, to provide results comparable with other European studies as part of a wider Harmonised European Time Use Survey (HETUS).

Appendix 1 contains further details of the Time Use Survey.

## 1 Time use patterns - all adults

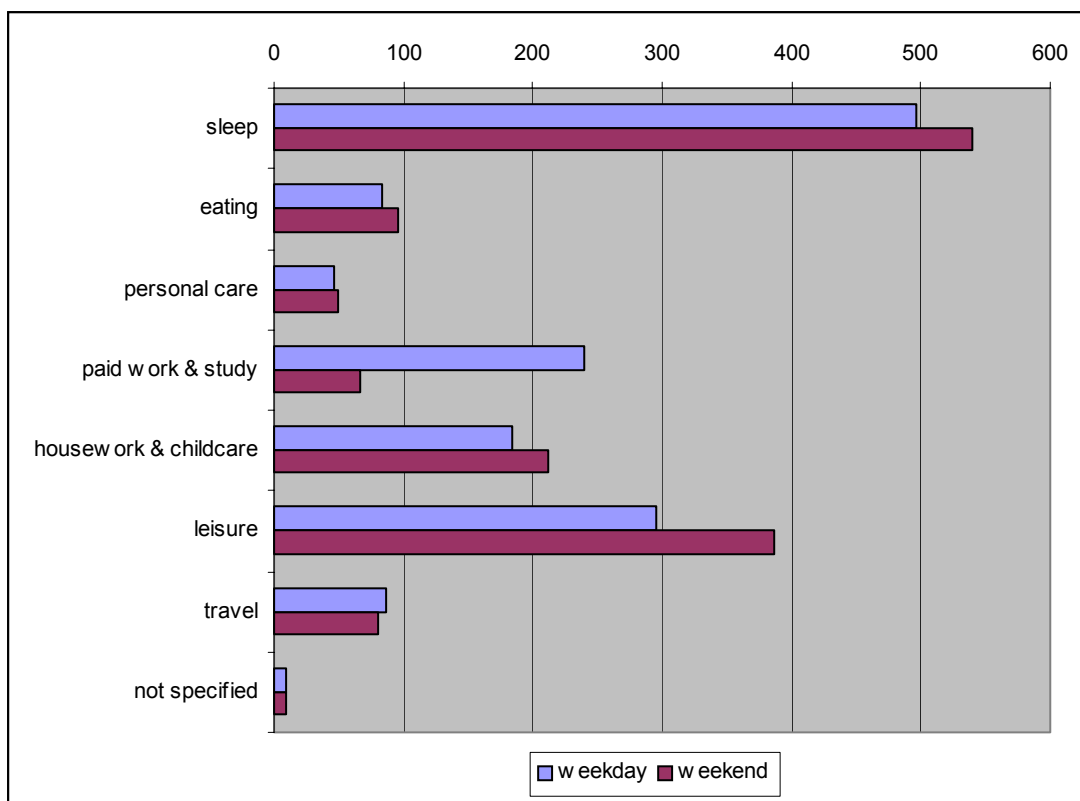
**Table 1.1: Time spent on activities, all adults (minutes per day)**

	<b>Total time (hours and minutes)</b>	<b>Percentage total time</b>
Sleep	8 hr 28 mins	35
Eating	1 hr 27 mins	6
Personal care (wash, dress)	47 mins	3
Paid work & study	3 hr 11 mins	13
Housework & childcare (incl shopping)	3 hr 12 mins	13
Leisure	5 hr 21 mins	22
- social life & entertainment	- 1 hr 25 mins	- 6
- sport	- 14 mins	- 1
- hobbies & games	- 21 mins	- 1
- watching TV	- 2 hr 28 mins	- 10
- other leisure	- 52 mins	- 4
Travel	1 hr 25 mins	6
Not specified	9 mins	1
<b>TOTAL TIME</b>	<b>1440</b>	<b>100</b>

*Source: UK 2000 Time Use Survey; base = 17,537 adult diary days*

About a third of the day is spent sleeping (8hrs 28mins). During the remaining hours, leisure takes up most time (approx 5 hours), followed by about 3 hrs for housework & childcare, and also about 3 hours for paid work/study. The most prevalent leisure activity is watching television, at about 2 ½ hours per day. The amount of time in paid work may seem low, but this average includes weekends and those not in paid work.

**Figure 1.2: Time spent on activities, all adults (minutes per day), weekday and weekend**



Source: UK 2000 Time Use Survey; base = 17,537 adult diary days

The largest differences between weekday and weekend are for paid work, which averages about 4 hrs per day for weekdays, and just over an hour at weekends.

At the weekend people spend the time not at paid work catching up on other activities.

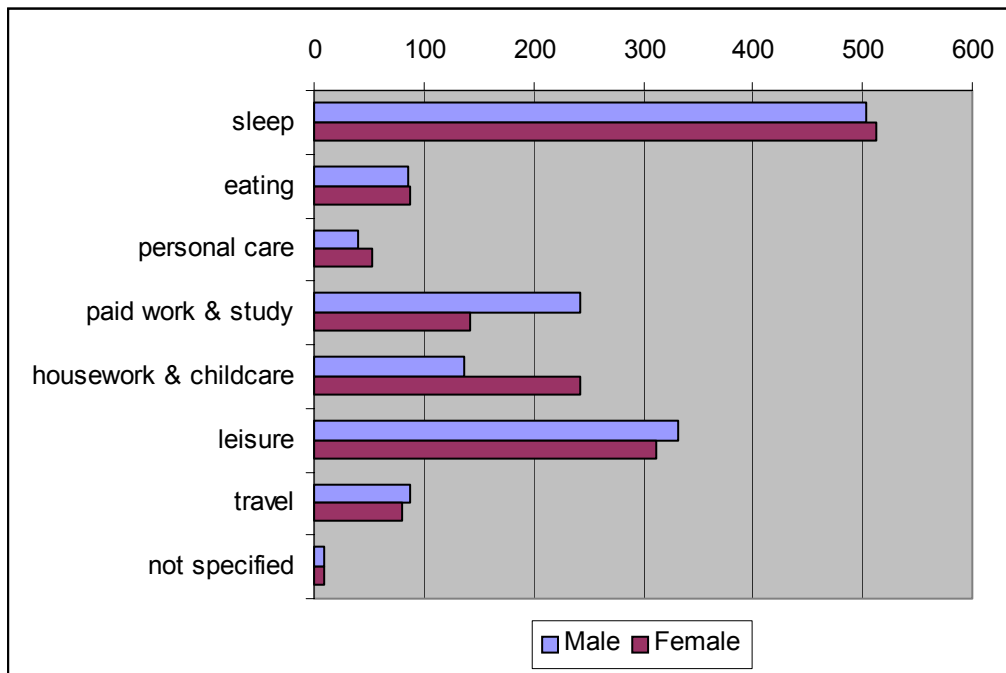
People are catching up on their sleep. They get on average about 45 mins more sleep a night at the weekend (8hrs 16 mins during the week compared to 8hr 59 mins at the weekend).

People are also catching up on their leisure time, which increases by about 1 ½ hrs per day at the weekend (see also table in Appendix 2). There is about an extra 45 minutes on social activities and entertainment (eg spending time with friends or family, visiting the cinema) and about an extra 20 minutes watching TV - which is already the largest part of leisure - which increases to 2hr 44 mins per day. There is also about an extra quarter of an hour spent on sports and hobbies.

People are also catching up on their housework, and spending about an extra half an hour per day on housework at the weekend.

There is also a little less travelling at the weekend (which falls from 86 mins to 80 mins), and a little more time spent eating (increasing from 83 mins to 96 mins).

**Figure 1.3: Time spent on activities, all adults (minutes per day), by sex**



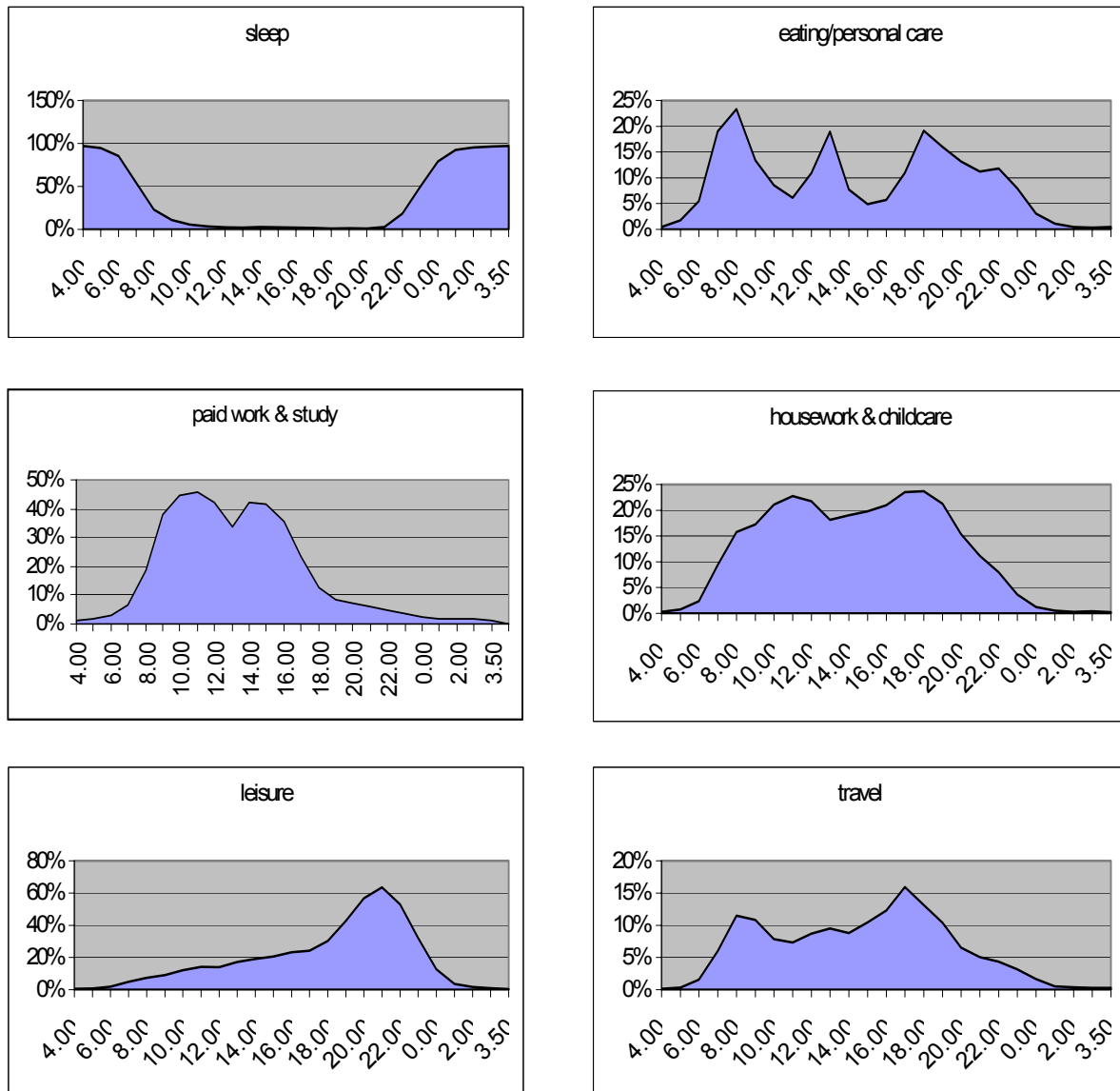
*Source: UK 2000 Time Use Survey; base = 17,537 adult diary days*

The time spent by men and women on most activities is similar - except for the time spent on paid work/study and housework/childcare (see also table in Appendix 3). Men are in paid work for on average 101 minutes per day more than women, but that is almost exactly matched by the 106 minutes more women spend on housework and childcare. Men spend slightly more time on leisure - more time watching TV and on sport and hobbies, but less on social life. There are smaller differences in the amount of time spent sleeping and on personal care.

## Distribution of activities over the day

We can also look at when people carry out activities. The figures below show the distribution of activities over the day for each of the main activity groups, for weekdays.

**Figure 1.4: Activities by time of day (percentage adults), all adults, weekdays**



Source: UK 2000 Time Use Survey; base = 17,537 adult diary days

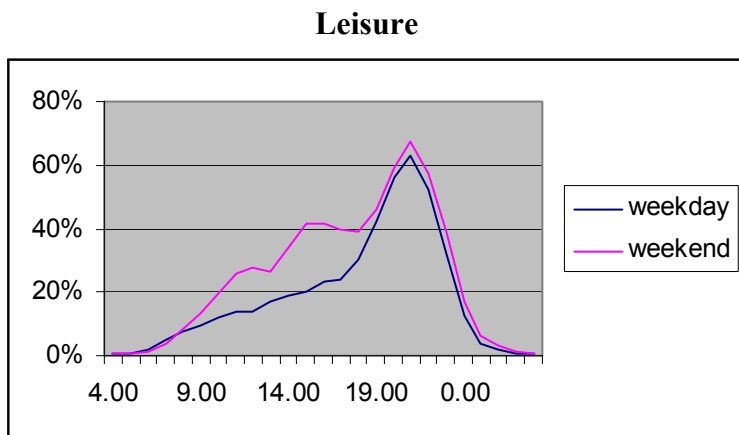
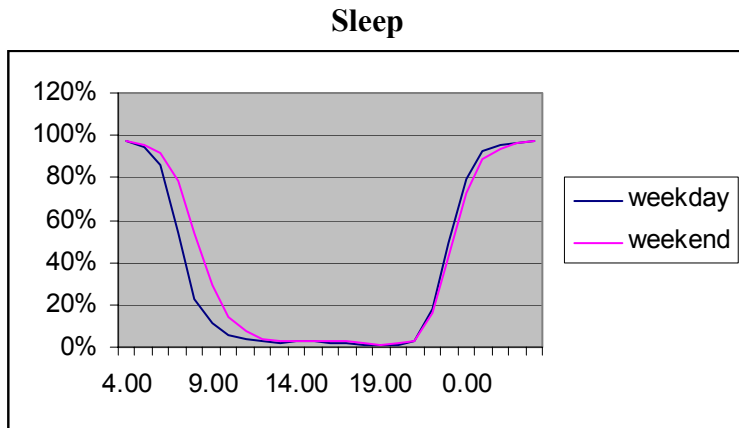
The figures above start at 4 am and cover 24 hours, so the mid-point is 4 pm.

We see that the patterns over the day follow expectations, which is encouraging for the reliability of the data. Sleep shows its characteristic pattern, with almost 100% asleep at 4 am, and almost no-one asleep at 4 pm. Eating/personal care has three peaks, corresponding to meal times. Paid work has a dip in the middle of the day for lunch, as does housework. Leisure has an evening peak. Travel has morning and early evening peaks, but is quite solid over the hours in between. Note that at one time travel had separate peaks in the evening for coming home from work and going out for the evening, but these have now coalesced into one peak.

## Distribution of activities over the day - weekday and weekend compared

The amount of time spent asleep and on leisure activities increased at the weekend. The figures below look in more detail at these, and compare the times each of these occur on weekdays and at weekends.

**Figure 1.5: Activities by time of day (percentage people), all adults, weekdays and weekends**



Source: UK 2000 Time Use Survey; base = 17,537 adult diary days

**Sleep** - bedtime is about the same at weekends and weekdays, but at weekends more people are getting up later.

**Leisure** - at weekends the proportion people carrying out leisure activities in the evening is about the same as during the week, but at weekends more people are carrying out leisure activities during the day.

## 2 Time Use patterns of adult couples

We now focus in from all adults to look at the time-use patterns of just those adults living as part of a couple. We include married and cohabiting couples.

### Weekday and weekend compared

**Table 2.1: Time spent on activities, adults in couples (minutes per day), weekday/ weekend**

Activity	Weekday	Weekend	Total week	Difference (weekend minus weekday)
Sleep	493	537	506	44
Eating	82	98	87	16
Personal care (wash, dress)	45	48	46	3
Paid work & study	261	73	207	( - 188 )
Housework & childcare (incl shopping)	184	220	194	36
Leisure	278	373	305	95
- social life & entertainment	66	111	79	45
- sport participation	12	19	14	7
- hobbies & games	19	25	21	6
- watching TV	136	158	141	22
- other leisure	45	60	50	15
Travel	88	81	86	( - 7 )
Not specified	9	9	9	0
<b>TOTAL TIME</b>	<b>1440</b>	<b>1440</b>	<b>1440</b>	

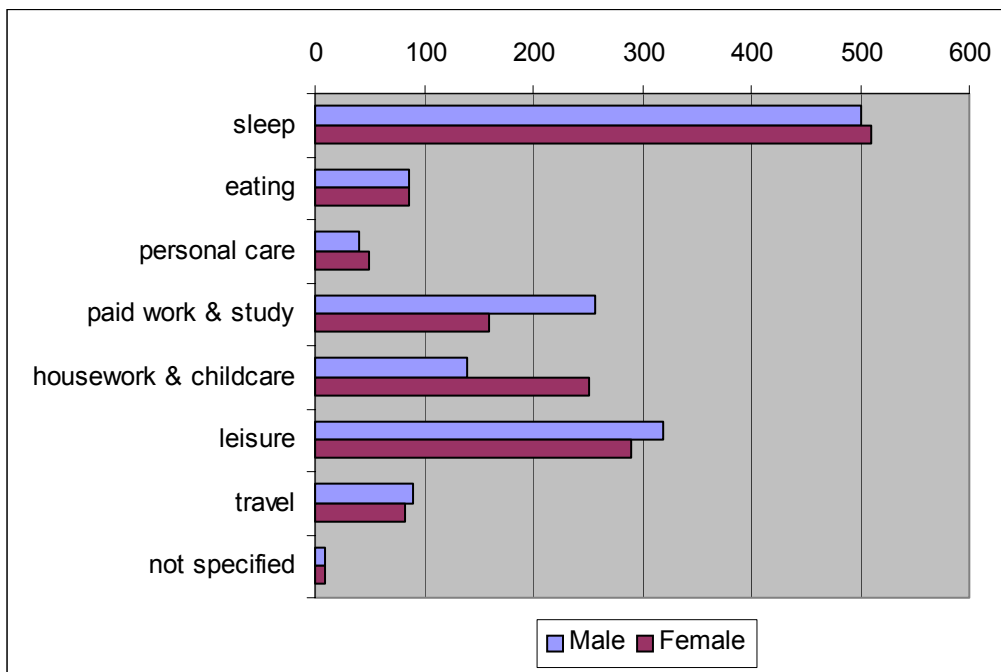
*Source: UK 2000 Time Use Survey; base = 12,480 adult diary days*

The figures are little different from those for all adults (see Figure 1.2 and Appendix 2).

For adults living as part of a couple, the main difference between weekdays and weekends is that there is over 3 hours less work per day at the weekends. That time is used for extra sleep at the weekend (+ 44 mins), extra housework (+ 36mins) and extra leisure (+ 95 mins). This extra leisure time is mainly spent on social activities and entertainment (+ 45 mins) and on watching TV (+ 22 minutes).

## Activities by males and females in couples

**Table 2.2: Time spent on activities, adults in couples (minutes per day), by sex**



*Source: UK 2000 Time Use Survey; base = 12,480 adult diary days*

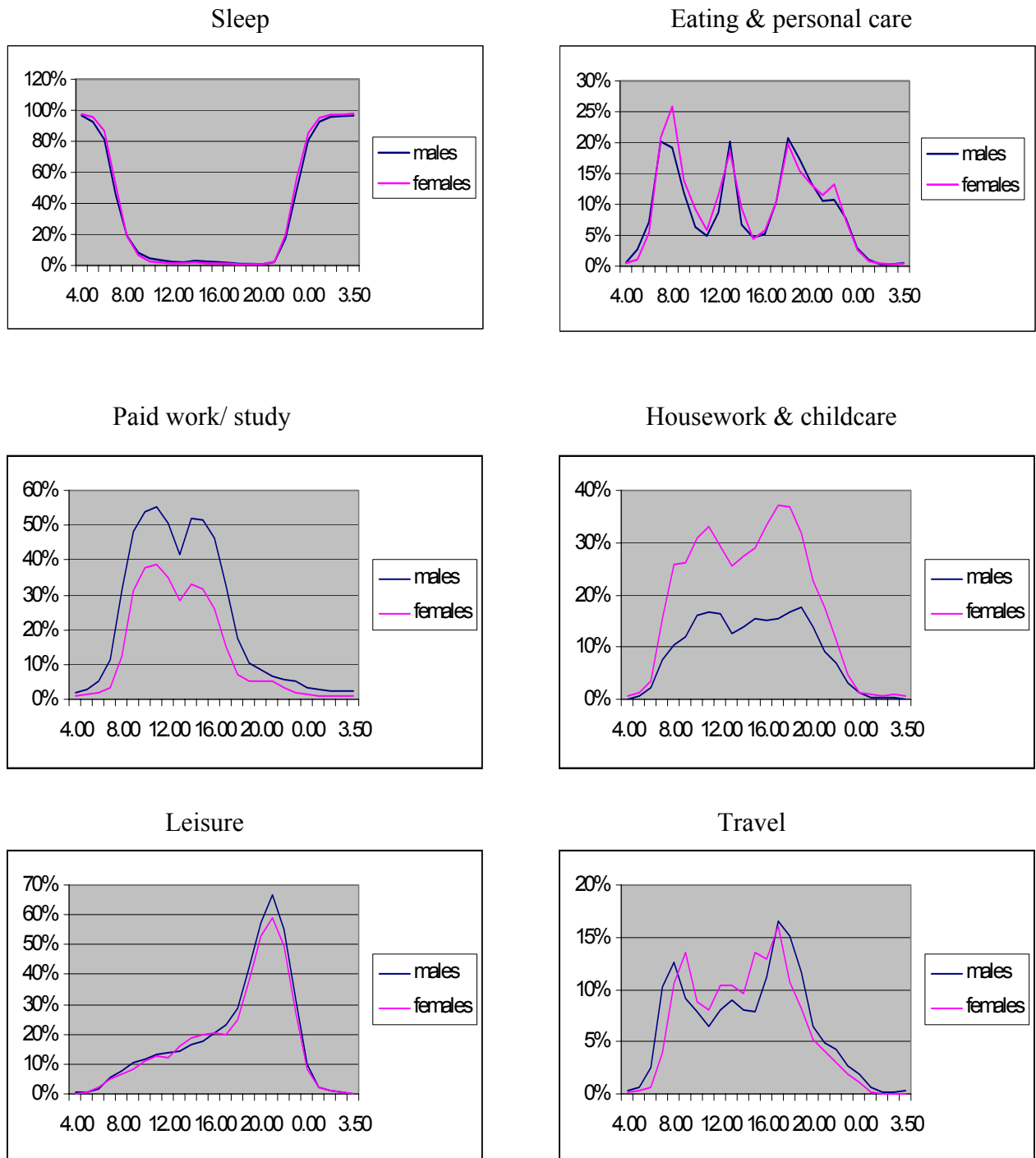
Again the figures are very similar to those for all adults. Men are in paid work for on average 97 minutes per day longer than women, and women do about two hours (112 minutes) more housework & childcare per day than men.

Men spend more time on leisure - more time watching TV and on sport and hobbies, but less time on social activities (see also table in Appendix 4). There are small differences in the amount of time spent sleeping, on personal care and on travel.

## Distribution of activities over the day - males and females in couples compared

The charts below show when men and women carried out activities.

**Figure 2.3: Activities by time of day (percentage males/females), all adults, weekdays**



Source: UK 2000 Time Use Survey; base = 12,480 adult diary days

The figures above start at 4 am and cover 24 hours, so the mid-point is 4 pm.

Overall the day charts for men and women within couples are very similar to those for all adults.

Men and women have similar activity patterns over time. The shapes of the charts are similar, but the extent of participation varies.

**Sleep:** men and women are very closely matched on this: very similar proportions get up at the same time and go to bed at the same time.

**Personal care (washing & dressing):** men and women have very similar patterns, with a greater proportion of women engaging in this activity in the morning, and a slightly greater proportion late in the evening.

**Paid work/ study:** men and women have very similar patterns to time use, with more males in paid work than females at all times of the day.

**Housework and childcare:** this is carried out by almost twice as many women as men at all times of the day.

**Leisure:** men and women have very similar patterns of behaviour, except in the evening, when more a slightly greater proportion of men participate in leisure activities than women.

**Travel:** note the slight shift in the peak periods of travel for men and women. In the morning, a greater proportion of men travel earlier, and in the evening, a greater proportion of men travel later, while during the day the proportion of women travelling is greater than men. This is not unexpected.

None of these charts is showing any surprises, and they do reassure us that the data appears to reliably reflect time use patterns. We have shown how men and women have similar patterns of time use. The next section goes further, and looks at how much and what couples are actually doing together.

### 3 Shared time-use patterns of adult couples

We now move from examining the time-use of individuals who live as part of a couple, to the shared time-use of couples ie looking at what couples are doing together.

#### 3.1 Total time shared

**Table 3.1: Time spent together on shared activities, adults in couples (minutes per day), total/ weekday/ weekend**

Activity	Weekday	Weekend	Total week	Difference (Weekend minus weekday)
Sleep *	Not asked	Not asked	Not asked	Not apply
Eating	27	41	30	14
Personal care (wash, dress)	4	6	5	2
Paid work & study *	Not asked	Not asked	Not asked	Not apply
Housework & childcare (incl shopping)	18	38	24	20
Leisure	70	111	80	41
- social life & entertainment	11	30	16	19
- sport participation	2	4	3	2
- hobbies & games	2	4	2	2
- watching TV	51	64	54	13
- other leisure	4	8	5	4
Travel	7	14	9	7
<b>TOTAL TIME</b>	<b>126</b>	<b>210</b>	<b>150</b>	<b>84</b>

*Source: UK 2000 Time Use Survey; base = 4,996 shared diary days*

\* Note that the time use survey did not ask who the person was with when the activities were sleeping or paid work/study.

Couples spend about 2 ½ hours (150 minutes) together on shared activities per average day.

The main shared activity is watching television, which averages almost an hour a day (54 minutes) and accounts for about a third of all shared time together. Other shared activities are eating together (30 minutes) and housework (24 minutes). Social activities & entertainment together average about a quarter of an hour (16 minutes) per day. In terms of the quality of the shared time together, we note that television watching can be regarded as a passive rather than an active way of sharing time together.

The mean of 150 minutes shared time hides a substantial number of people who share very little time with their partners. The median figure is for just 100 minutes shared per day, while for **a quarter** of the sampled days couples shared activities for 10 minutes or less.

#### **Weekday/ weekend**

Shared time together increases from about 2 hours on weekdays (126 minutes) to about 3 ½ hours (210 minutes) at weekends.

Couples do more of everything together at weekends. The most popular shared activity at weekends, as during the week, is watching television. At weekends couples watch television together for about a quarter of an hour (13 minutes) more each day than during the week.

Amongst leisure activities the greatest increase in shared time at weekends is not in TV watching but is in social activities and entertainment (at an extra 19 minutes spent together). At weekends more time is also spent doing housework together (an extra 20 minutes) and more time is spent eating together (14 minutes more).

### **Saturday and Sunday**

In previous sections, when describing time use patterns over the week, we have combined Saturday and Sunday and made weekday/ weekend comparisons. This has been sensible, as it turns out that time-use patterns on Saturday and Sunday are quite similar. Now, with so much shared time-use being at the weekends, we have looked at Saturday and Sunday separately (see table in Appendix 5).

It also turns out that the patterns for shared time-use are similar on Saturdays and Sundays. First, there is very little difference between the total amount of time spent together on Saturdays and Sundays, at about 3 ½ hours on each day (209 minutes on Saturday, and 211 minutes on Sunday).

The amount of time spent together on specific activities is also about the same: about 40 minutes on eating, and about the same on housework, about 15 minutes on travel and just under 2 hours on leisure. On Sunday a little more time is spent watching TV (an extra 11 minutes), and on Saturdays a little more time is spent on social activities and entertainment (an extra 9 minutes).

### **3.2 Proportion of time shared**

We have looked at the absolute amount of time spent on shared activities, now we look at shared time in the context of all time spent on activities.

Couples spend far more time NOT doing things together than doing things together. Only a small proportion of a person's time is shared with their partner. Excluding sleep and paid work, each person spends a fifth (20%) of their time with their partner doing the same activities (see table in Appendix 6).

Even for the most popular shared activities, more time is spent doing these apart than together: 39% of television watching is spent together, 35% of the time spent eating is spent together, 23% of sport and 21% of social activities are spent together. The activities most likely to be carried out apart are housework, hobbies, personal care and travel, with about 90% of the time a person spends on each of these spent without their partner.

Looking at men and women separately, the proportion of each person's time which is spent on shared activities with their partner is about the same, at about a fifth of their total time. Looking at specific activities, the largest differences are where there are differences in the total time spent on an activity. Thus a greater proportion of women's time spent on sport is shared (30% of their time, compared to 18% of men's time), and a greater proportion of men's time spent on housework is shared (16% of the time they spend on housework, compared to 9% for women).

### 3.3 Shared time and household characteristics

Shared time averages 150 minutes per person. We look here at how that figure - for the total amount of shared time - varies with household characteristics.

**Table 3.3: Time spent together on shared activities, adults in couples, by household type**

Variable	Person category	Total shared time per day (minutes)
	<b>All adult couples</b>	<b>150</b>
<b>Children</b>	With child 0 - 16 yrs	103
	No children	179
<b>Children</b>	With child 0 - 2 yrs	105
	With child 3 - 4 yrs	106
	With child 5 - 9 yrs	95
	With child 10 - 15 yrs	99
	With any child 0 – 15 yrs	103
<b>Providing care (for sick, disabled or elderly)</b>	Male provides care	171
	Male DOES NOT provide care	147
	Female provides care	167
	Female DOES NOT provide care	145
	Both male & female provide care	183
<b>Married/ cohabit</b>	Couple married	154
	Couple cohabit	123
<b>Age</b>	Both aged 16 - 24 yrs	N/A*
	Both aged 25 - 34 yrs	126
	Both aged 35 - 44 yrs	99
	Both aged 45 - 64 yrs	153
	Both aged 65 yrs or more	250
<b>Social class (of both )</b>	Managerial and professional occupations	142
	Intermediate occupations	135
	Routine and manual occupations	147
<b>Education level</b>	Both with A-levels or above	130
	Both with O-levels or below	143
	Both with no qualifications	162
<b>Annual income (gross household)</b>	Under £10,000	199
	£10,000 - £20,000	148
	£20,000 - £34,000	128
	£34,000 or more	138
<b>Employment</b>	Both in full-time paid work	120
	Male full-time, female part-time	117
	Male full-time, female looks after home	113
	Both retired	260

<b>Working hours</b>	Men - up to 29 hours per week	160
<b>(usual hours)</b>	Men - 30 - 39 hours per week	135
	Men - 40 - 49 hours per week	118
	Men - 50 - 59 hours per week	120
	Men - 60 hours or more per week	121
	Men - NOT WORK	222
	Women - up to 29 hours per week	127
	Women - 30 - 39 hours per week	122
	Women - 40 - 49 hours per week	120
	Women - 50 hours or more per week	124
	Women - NOT WORK	188
<b>Region</b>	England	153
	- North	144
	- Midlands	169
	- Eastern	153
	- London & South East	146
	- South West	170
	Scotland	140
	Wales	136
	Northern Ireland *	106

Source: UK 2000 Time Use Survey; base = 4,996 shared diary days

\* small cell size

## Children

The presence of children has a large effect on the amount of time couples spend together on shared activities. Couples without children spend on average about 3 hours a day together (177 minutes), while couples with children spend over an hour a day less together (103 minutes). This comprises 78 minutes per day together during the week, and 166 minutes together per day at the weekend.

We also looked at the effect of the presence of children in different age groups, and that showed that the age of the child didn't really matter. The presence of a child of any age had a similar effect, reducing the amount of time couples shared together to about 100 minutes. What has not happened, is that as a child gets older parents are able to share more time together.

## Care responsibilities

We looked at those providing care for sick, disabled or elderly people, either living with them or living elsewhere. Interestingly, while caring for **children** results in less shared time together (see above), caring for the sick & elderly results in more shared time together. Men and women carers spend about 3 hours together on shared activities, compared with about 2 ½ hours for those without caring responsibilities. This holds true for situations where just one person in the couple is the carer, as well as when both people are carers. It may be thought that these figures can be explained because carers are elderly, caring for their spouse, and would spend more time together anyway. However this is not so. Just over 80% of

carers are under 65, and only 10% care for a spouse or partner. Most caring is for parents, parents-in-law or other relatives.

### **Married/ cohabit**

Married people spend more time together than cohabiting people - about 2 ½ hours per day compared to 2 hrs. The difference is because of age. Married people are more likely to be older than cohabiting people - there are very few retired people cohabiting. Within the same age group, married and cohabiting couples have similar amounts of shared time.

### **Age**

Couples in most age groups spend about 2 to 2 ½ hours per day together, and this increases to over 4 hrs per day for couples aged over 65 years (who have passed the state retirement age). However, something interesting is happening with couples aged 35-44 years - they spend less time together than couples in any other age group, at just over 1 ½ hours per day.

### **Social class**

We have compared categories where both members of the couple have the same occupational status. There is little difference between social groups, with the highest social group spending about the same time together as the lowest.

### **Education level**

Those with the highest qualifications spend least time together on shared activities, at just over 2 hours per day. Those with no qualifications (there is a large proportion of elderly in this group) spend the most shared time together, at over 2 ½ hours.

### **Annual income**

Those in most income groups spend about 2 to 2 ½ hours together per day. The lowest earners - those earning under £10,000 per year - spend almost 3 ½ hours together. This is a reflection of the number of retired couples in that category.

### **Employment**

We looked at combinations of full-time and part-time employment for each partner. It is not surprising that when both partners are in full-time paid work they get to spend only about two hours per day together. However, if the woman is in part-time paid work, or is not in paid work at all, the amount of time together is hardly affected, and remains at about two hours per day. Not working at all is the key to sharing more time together - retired couples spend about 4 ½ hours together per day on shared activities.

As employment and children have such great effects on shared time, we also looked at the combination of working full-time and having children to see if the amount of shared time reduced further - but it did not. Couples with children who both worked full-time still had about 2 hrs per week shared time.

### **Working hours**

There are interesting patterns here. For working men, at first as their working hours increase they spend less time with their partners. But then beyond 40 hours per week the amount of shared time barely changes with increased hours, bottoming out at about 2 hours per week, even for men working over 60 hours per week. The story for working women is different. They average about 2 hrs shared time per day with their partners irrespective of the number of hours they work. For instance, women working under 29 hours per week average 127 minutes per day shared time, while those working over 50 hours average 124 minutes.

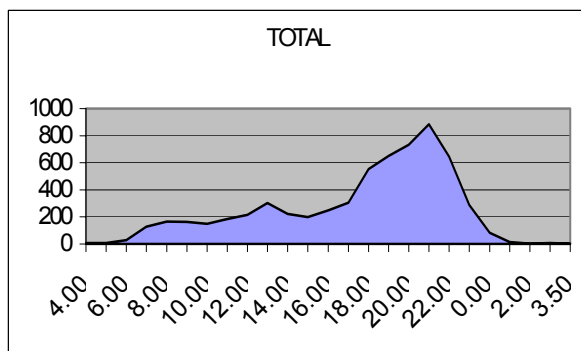
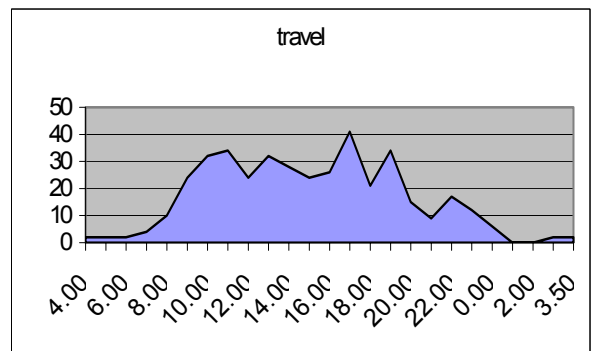
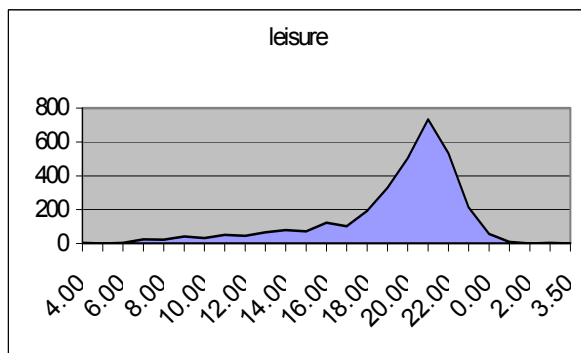
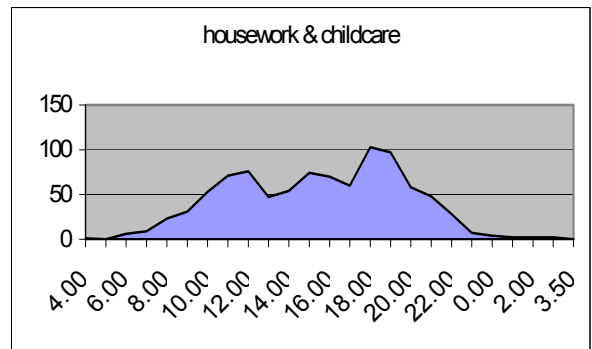
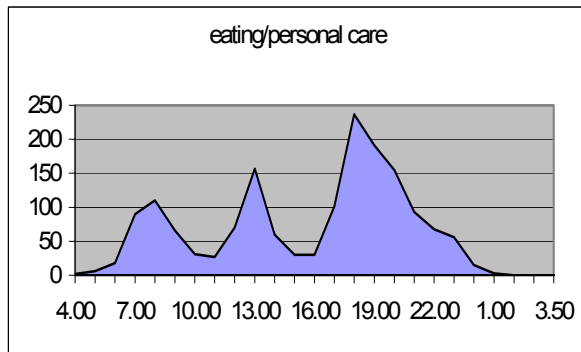
### **Region**

The countries and regions of the UK all average about 2 ½ hours shared time per day. The sample size for Northern Ireland is too small to produce a reliable estimate.

### 3.4 Distribution of shared activities over the day

The charts below show the distribution of shared activities over an average weekday.

**Table 3.4: Shared activities by time of day (number of couples), weekdays**



Source: UK 2000 Time Use Survey; base = 4,996 shared diary days

The time-use patterns for shared activities are similar to those for the activities themselves.

We see that for eating & personal care the time at which most couples are together corresponds to meal times.

For housework and childcare there is solid sharing throughout the day, with three peak periods. The peak time for sharing housework is in the evening at about 7pm. There is also a slightly lower peak for sharing late morning (11am - 12am), which corresponds to the morning peak for all housework activity. However, shared housework has a third peak at 3pm, which housework overall does not have.

Shared leisure activities peak in the evening, very much as all leisure activities themselves do. Overall, because leisure represents over half of all shared time, the time-use pattern for all shared time closely resembles that for shared leisure time, which peaks in the evening.

Shared travel patterns tell an interesting story. The day-time pattern for shared travel is similar to the pattern for all travel, but in the evening the picture is more complicated. Whereas for all travel we have one evening peak, for shared travel we have three. We noted earlier how the wide peak for all travel in the evening now combines work trips and evening leisure trips. For shared travel these are still separate. The first peak represents the journey from work, the second the journey to a leisure activity, and the third the journey from the leisure activity.

## **4 Conclusion**

Couples spend on average about 2 ½ hours per day on shared activities together. There is more shared time at the weekends: during weekdays shared time averages about 2 hours per day, increasing to about 3 ½ hours per day at weekends.

The main shared activity might be regarded as a passive one - watching television. Shared time watching television averages almost an hour a day and accounts for about a third of all shared time together. Other prominent shared activities are eating together and housework which each average about half an hour a day each. Social activities & entertainment together average about a quarter of an hour per day.

The single factor which most reduces the amount of shared time together is the presence of children - of any age. Couples without children average about 3 hours per day on shared activities while couples with children average just over 1 ½ hours per day. The age of the child has little effect - the presence of a child of any age means that shared time averages about the same, at just over 1 ½ hours per day. Children particularly squeeze the amount of shared time couples have during weekdays. Those with children share activities for on average 78 minutes on a weekday.

When either or both partners are in paid work, the average amount of shared time together is lower than the overall average. However the effects of employment are not straightforward. When both partners are in full-time paid work they get to spend about two hours per day on shared activities together, but if the woman is in part-time paid work, or is not in paid work at all, the amount of time together is hardly affected, and remains at about two hours per day. This is borne out by the working hours data. No matter how many hours the woman works, the amount of time spent with her partner on shared activities is about two hours per day. Similarly for the man working full time, as his hours increase from 40 to 50 to over 60 hours, the amount of shared time is static at about two hours.



## **Appendix 1: Summary of the UK 2000/01 Time-Use Survey**

### **Background**

The UK 2000 Time Use Survey was conducted on behalf of a funding consortium consisting of: the Economic and Social Research Council; the Department of Culture, Media and Sport; the Department for Education and Skills; the Department of Health; the Department of Transport, Local Government and the Regions; and the Office for National Statistics.

The main aim of the survey was to measure the amount of time spent by the UK population on various activities. The UK 2000 Time Use Survey is the first time that a major survey of this type has been conducted in the UK and as such will provide an opportunity to inform a cross-section of policy areas as well as having interest for academia, social research centres and the advertising and retail sector.

The Time Use Survey was designed, where possible, to provide results comparable with other European studies as part of a wider Harmonised European Time Use Survey.

### **Sample design and fieldwork**

The Survey was designed to achieve a representative sample of the population of households and individuals in the UK. The survey comprised only private households and the household members living in those households. The 52 week year was divided into 13 fieldwork months (this was later extended to 15 months) each of which covered a nationally representative sample.

The primary sampling unit consisted of postcode sectors divided into five Government Office Region combinations. Within these postcode sectors account was taken of the population density and the social-economic group of the head of the household. For cost-effectiveness reasons the sample was allocated using a cluster design.

Selected household heads or their partners completed a household questionnaire. All individuals aged 8 or over in the sampled household were asked to complete an individual questionnaire, two one-day diaries and a one week work and education time sheet. An equal distribution of week and weekend days was required for the diaries so household members were given a randomly selected combination of days which minimised the gap between the two diary days.

The household and individual questionnaires were mainly used to gather background information and demographics. The diaries record primary and secondary activities as well as information on the respondent's location, and who they were with at the time. The one week worksheet recording time spent in work and full time education over the week the diaries were completed in.

The project was managed by the Office for National Statistics on behalf of the consortium. The fieldwork was carried out under contract by IPSOS-RSL between June 2000 and September 2001, an extension of three months over the planned project. This was deemed necessary to help boost the response rate by way of a telephone and mail re-issue procedure which began in May 2001.

## Response rates

The overall net diary response rate was 45 per cent. Whilst the response rates to the individual questionnaire and the diaries were relatively high the lower level of response at the household level meant that the net diary response rate was lower than expected (Figure A1). Diary surveys put a high burden on the respondent, and as such the response rates are comparable with other European countries which achieved net diary response rates ranging between six and fifty per cent.

**Figure A1: Response rates for each survey element**

Survey element	Number sampled	Number achieved	Response rate
A. Household questionnaire	10,500	6,500	61%
B. Individual questionnaire	14,400	11,700	81%
C. Diaries	28,800	21,000	73%
<b>D. Net diary rate</b>		<b>A * C</b>	<b>45%</b>

Source: ONS

## Data weighting and quality assurance

Three sets of weights have been added to the data:

- **non-response weight** corrects for biases in the results caused by particular groups in the population not responding to the survey;
- **calibration weight** ensures that proportions of the sample in each age, gender and region category are the same as in the population as a whole; and
- **seasonality weight** corrects the data so that each season of the year and day type are correctly represented in the sample.

The weights ensure the reliability of the data given the relatively low response rate.

Following receipt of the final data set, the data was quality assured by the Time Use Survey Branch and Household Satellite Accounts Branch of the Office for National Statistics, and the Economic and Social Research Council.

## Accessing the data

Members of the public, academia and other organisation may access the data via the UK Data Archive at Essex University. This can be found at <http://www.data-archive.ac.uk/>. The web product can be found at <http://www.statistics.gov.uk/timeuse/>

## Appendix 2: Time spent on activities - all adults - weekday & weekend compared

Activity	Weekday <i>(mins per day)</i>	Weekend <i>(mins per day)</i>	Difference (Weekend minus Weekday) <i>(mins per day)</i>
Sleep	496	539	43
Eating	83	96	13
Personal care (wash, dress)	46	49	3
Paid work & study	240	67	( - 173 )
Housework & childcare (incl shopping)	184	212	28
Leisure	295	387	92
- social life & entertainment	73	115	42
- sport	13	19	6
- hobbies & games	19	26	7
- watching TV	142	164	22
- other leisure	48	63	15
Travel	86	80	( - 6 )
Not specified	9	9	0
<b>TOTAL TIME</b>	<b>1440</b>	<b>1440</b>	

Source: UK 2000 Time Use Survey; base = 17,537 adult diary days

### Appendix 3: Time spent on activities per day - all adults - male and female compared

Activity	Male <i>(mins per day)</i>	Female <i>(mins per day)</i>	Difference (M minus F) <i>(mins per day)</i>
Sleep	504	513	( - 9 )
Eating	86	88	( - 2 )
Personal care (wash, dress)	41	52	( - 11 )
Paid work & study	243	142	101
Housework & childcare (incl shopping)	137	243	( - 106 )
Leisure	332	311	21
- social life & entertainment	76	94	( - 18 )
- sport	18	11	7
- hobbies & games	26	16	10
- watching TV	161	137	24
- other leisure	51	53	( - 2 )
Travel	88	81	7
Not specified	9	10	( - 1 )
<b>TOTAL TIME</b>	<b>1440</b>	<b>1440</b>	

Source: UK 2000 Time Use Survey; base = 17,537 adult diary days

#### Appendix 4: Time spent on activities - all adults in couples - male and female compared

Activity	Male <i>(mins per day)</i>	Female <i>(mins per day)</i>	Difference (M minus F) <i>(mins per day)</i>
Sleep	500	511	( - 11 )
Eating	87	87	0
Personal care (wash, dress)	41	50	( - 7 )
Paid work & study	256	159	97
Housework & childcare (incl shopping)	139	251	( - 112 )
Leisure	320	289	21
- social life & entertainment	73	86	( - 13 )
- sport	18	11	7
- hobbies & games	26	15	11
- watching TV	154	129	25
- other leisure	49	48	1
Travel	89	83	6
Not specified	9	10	( - 1 )
<b>TOTAL TIME</b>	<b>1440</b>	<b>1440</b>	

Source: UK 2000 Time Use Survey; base = 12,480 adult diary days

**Appendix 5: Time spent together on shared activities - adults in couples - Saturday & Sunday compared (minutes per day)**

Activity	Saturday <i>(mins per day)</i>	Sunday <i>(mins per day)</i>	Difference (Sunday minus Saturday) <i>(mins per day)</i>
Sleep	Not asked	Not asked	Not apply
Eating	38	43	5
Personal care (wash, dress)	6	6	0
Paid work & study	Not asked	Not asked	Not apply
Housework & childcare (incl shopping)	40	35	- 5
Leisure	109	114	5
- social life & entertainment	35	26	- 9
- sport participation	4	5	1
- hobbies & games	4	4	0
- watching TV	59	70	11
- other leisure	7	9	2
Travel	15	13	- 2
<b>TOTAL TIME</b>	<b>209</b>	<b>211</b>	<b>2</b>

Source: UK 2000 Time Use Survey; base = 4,996 shared diary days

## Appendix 6: Proportion of time spent by couples in shared activities together (minutes per day)

Activity	Total time spent on activity (minutes)			Total shared time	Proportion of total time on activity which is shared (%)		
	Male	Female	ALL		Male	Female	Average Male/Female
Sleep	495	506	500	Not asked	Not apply	Not apply	Not apply
Eating	88	89	89	31	35	35	35
Personal care (wash, dress)	42	49	45	5	12	10	11
Paid work & study	247	145	196	Not asked	Not apply	Not apply	Not apply
Housework & childcare (incl shopping)	154	274	214	24	16	9	11
Leisure	318	285	302	81	25	28	27
- social life & entertainment	70	83	77	16	23	19	21
- sport	17	10	13	3	18	30	23
- hobbies & games	24	15	20	2	8	13	10
- watching TV	154	129	141	55	36	43	39
- other leisure	53	48	51	5	9	10	10
Travel	87	82	84	9	10	11	11
Not specified	9	10	10	0	Not Apply	Not Apply	Not Apply
<b>TOTAL: EXCL SLEEP &amp; PAID WORK</b>	<b>688</b>	<b>789</b>	<b>744</b>	<b>150</b>	<b>22</b>	<b>19</b>	<b>20</b>
<b>TOTAL TIME</b>	<b>1440</b>	<b>1440</b>	<b>1440</b>	<b>150</b>			

Source: UK 2000 Time Use Survey; base = 4,996 shared diary days