

19 July 2006

Coverage

Great Britain

Theme

Social and welfare

We spent less time doing housework in 2005 than in 2000

People in Great Britain spent an average of 142 minutes per day on housework in 2005 – 30 minutes per day less than in 2000, according to a new report* by the Office for National Statistics.

The 2005 Time Use Survey found that 77 per cent of men and 92 per cent of women spent some time each day doing housework, compared with 86 per cent of men and 96 per cent of women in 2000.

In 2005, people spent more time looking after their children (an average of 24 minutes per day compared with 20 minutes in 2000), even though a smaller proportion of people spent any time on childcare.

The overall pattern of time use was similar in 2005 and 2000, with sleeping, working as a main job and watching TV occupying over half the day between them. On average, people spent less time in 2005 on eating and drinking, washing and dressing, doing housework, reading and participating in sport than they did in 2000. People spent more time sleeping and resting, looking after children in the household, socialising and participating in hobbies and games.

The 2005 Time Use Survey presents the results of a time use diary that was completed by participants in the National Statistics Omnibus Survey. The results were compared with the data collected in the UK 2000 Time Use Survey.

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* *The Time Use Survey, 2005 - How we spend our time*
Office for National Statistics ISBN 1 85774 631 7

Available free on the National Statistics website:

<http://www.statistics.gov.uk//StatBase/Product.asp?vlnk=12962>

Other findings include:

- The distribution of activities varied during the week. At the weekend, both men and women spent more time sleeping and participating in leisure activities and men spent more time on domestic work.
- Women in all economic categories spent longer on domestic work than men. Women who worked full time spent 151 minutes on domestic work compared with 113 minutes spent by men who worked full time.
- Men were more likely than women to travel for work-related reasons. Women's travel was more concerned with domestic tasks such as shopping. Men used private cars more than women (64 per cent of men had a trip in a private car on the diary day, compared with 59 per cent of women).
- Men have more access to free time than women ("free time" being the time left over after sleep, personal care, meals, paid work, domestic work, study and travel have been allowed for) – on average, men have 30 minutes more free time per day than women, although this is to some extent compensated for by the extra 20 minutes women spend sleeping on average.
- Both men and women have less free time if there are children in the household. Men aged 16-49 with children of pre-school age have 231 minutes free time compared to 348 minutes for those with no dependent children.
- Men aged 16-49 with young children (0-4 years) in the household do more paid work, more domestic work and have less sleep than men of the same age with no children in the household. Women aged 16-49 with young children spend less time in paid work and more time in domestic work than other groups aged 16-49.
- Time spent reading is strongly related to age. Those aged 65 and over read the most – for about an hour a day compared with about ten minutes for those aged 16-24.

BACKGROUND NOTES

1. A breakdown of the time spent on main activities is attached, secondary activities (that is, where two activities are taking place at the same time) were collected and where appropriate are presented in the report.
2. Additional tables for Time Use Survey data in 2005 will subsequently be added to the ONS website and the micro data will be made available via the data archive based at Essex University.
3. The UK 2000 Time Use Survey was used to produce comparable totals for Great Britain. An article titled 'Review of the UK 2000 Time Use Survey' has also been published today which provides a summary of the impetus behind collecting time use data and reports on the key lessons learned on the way the survey was organised and carried out and outlines the subsequent use made of the data.
<http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=12962>
4. Details of the policy governing the release of new data are available from the press office.
5. **National Statistics** are produced to high professional standards set out in the National Statistics Code of Practice. They undergo regular quality assurance reviews to ensure that they meet customer needs. They are produced free from any political interference. © Crown copyright 2006.

Time spent on main activities with rates of participation by sex, 2005

Great Britain

Main Activity	Male	Female	All
	Average minutes per person per day % of people participating in activity*		
Sleep	484 100%	498 100%	491 100%
Rest	43 50%	48 52%	46 51%
Personal care ie wash/dress	40 91%	48 93%	44 92%
Eating & drinking	85 97%	79 97%	82 97%
Cooking, washing up	27 57%	54 81%	41 70%
Cleaning, tidying	13 21%	47 54%	31 38%
Washing clothes	4 6%	18 30%	11 19%
Repairs and gardening	23 15%	11 12%	17 13%
Pet care	6 11%	7 14%	7 13%
Shopping, appointments	27 32%	40 42%	34 37%
Caring for own children	15 11%	32 21%	24 16%
Caring for other children	7 5%	10 7%	9 6%
Caring for adults in own household	2 2%	1 2%	1 2%
Caring for adults other household	2 2%	3 2%	2 2%
Paid work	211 46%	132 33%	170 39%
Voluntary work	3 10%	3 15%	3 12%
Formal education	11 4%	11 4%	11 4%
Recreational study	4 2%	4 2%	4 2%
Watching TV & Video	170 82%	145 78%	157 80%
Reading	23 26%	26 30%	24 28%
Sport & outdoor activities	13 12%	7 8%	10 10%
Spending time with family/friends at home	42	57	50

	27%	38%	33%
Going out with friends/family	28	21	24
	16%	12%	14%
Contact with friends/family	7	9	8
	12%	19%	15%
Entertainment and culture	5	5	5
	3%	4%	3%
Hobbies	22	17	19
	15%	13%	14%
Attending religious and other meetings	3	3	3
	2%	4%	3%
Using computer	15	7	11
	15%	7%	11%
Travel	92	82	87
	88%	84%	86%
Other specified/ not specified	13	15	14
	10%	10%	10%
<hr/>			
Total	1440	1440	1440
<hr/>			
<i>Total number of persons in sample</i>			
- <i>weighted</i>	2385	2556	4941
- <i>unweighted</i>	2238	2703	4941

Note: The participation rate is the proportion of people who spent anytime on the activity during their diary day.

Average time by those who participated in the activity = (average time per day for all people / proportion of people who participated in the activity) * 100