



INSTITUTO NACIONAL DE ESTATÍSTICA
PORTUGAL

do INE

DESTAQUE

Press Release

June 19, 2000

TIME USE 1999



As the result of a pioneer initiative within Portugal, in conjunction with international experience in the same area, INE now releases the first results of its "Time Use Survey- 1999".

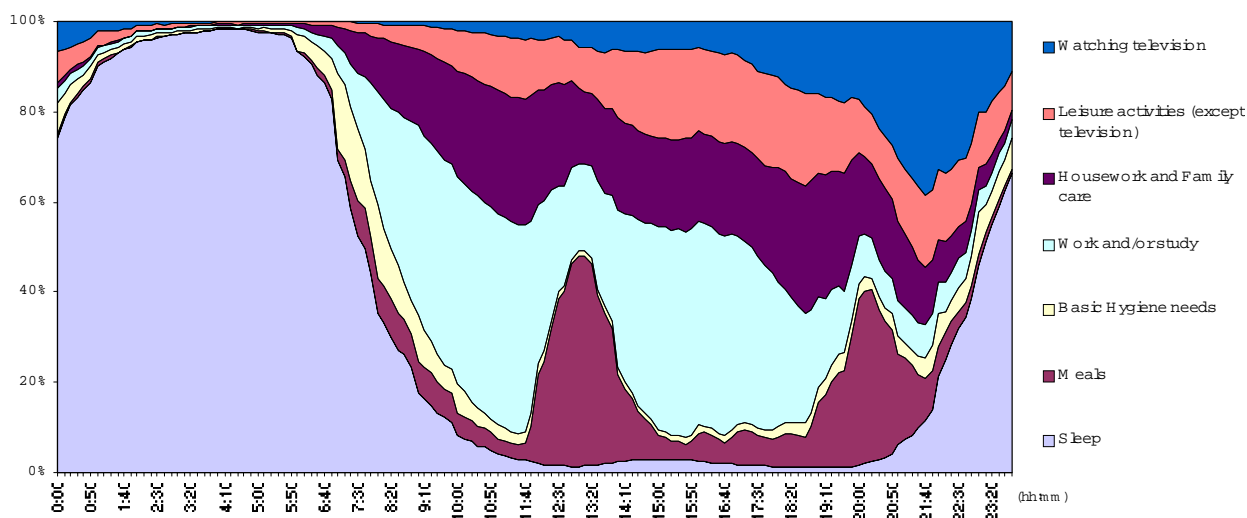
This new statistical operation was carried out in partnership with a wide range of public and private companies: IMPRESA – SGPS, SA; The Institute for Employment and Vocational Training; The Committee for Equal Work and Employment Conditions; The Bank of Portugal; The Institute for Cinema, Audio-visuals and Multimedia; Modelo Continente - SGPS, SA; CP – Caminhos de Ferro Portugueses, EP; Rede Ferroviária Nacional – REFER, EP; Metropolitano de Lisboa. INE also received support from the Social Sciences Institute of the Universidade Técnica de Lisboa and from the Observatory of Cultural Activities.

The information was gathered using a sample of approximately 10,000 people, during the last quarter of 1999. The data was collected through personal interviews and the respondents were asked to answer some questions and to fill in a time use diary, broken in 10 minutes blocks. The results provide us with answers to such questions as:

- How do the Portuguese occupy their time, and how long do they spend on each activity;
- How children and the elderly occupy their time;
- How men and women divide household work and childcare between them;
- What people do during their lunch break;
- How much time people have for leisure activities and what they do with this time.

HOW THE PORTUGUESE OCCUPY THEIR TIME

Profile of an average day



FROM MIDNIGHT TO 7 A.M.
– PORTUGAL SLEEPS, AND THAT'S NOT ALL

At midnight, approximately three-quarters of the population aged six and over is asleep, while 7% are getting ready for sleep or to go out. A fair number of people choose to relax during this time (14%), mainly in front of the television. During this period, 3.1% of the population are still working or studying and 1.2% are doing housework or taking care of the family (their own or other people's).

This pattern of activity continues until 6 in the morning, with an increase in the proportion of those going to sleep and a decrease in other activities.

FROM 7 A.M. TO NOON
– THE ALARM RINGS... IT'S TIME TO WAKE UP, GET READY FOR WORK OR SCHOOL, OR TAKE CARE OF HOUSEWORK

From 7 a.m. on, everything changes: Portugal begins to wake up and the time spent on other activities increases – such as personal hygiene and taking care of the family, with approximately 6% of the population already working, studying or on their way to work or school.

At 8 a.m., only one third of the population is still asleep (35%), while the rest of the population divides its time equally working, studying in the classroom or at home as well as doing housework. Leisure activities occupy roughly 4% of the population.

Up until noon, professional work / studying and housework, which includes not only taking care of the house and family but also household pets, repairs, shopping, gardening, etc., occupy approximately 70% of the population; during this same period, more than 10% of the population is engaged in leisure activities.

FROM NOON TO 2 P.M.
– WE'RE OUT TO LUNCH

This is lunchtime; the proportion of people who "sit down to eat" has begun to increase, and at 1 p.m. almost half the population has stopped to eat. The rest continue doing paid work or studying, or

doing unpaid work. About 15% of the population is involved in leisure activities.

FROM 2 P.M. TO 7 P.M.
– ACTIVE AGAIN, WITH EXCEPTIONS

Professional employment and caregiving for household members continue to be the activities occupying over 50% of the population, until 6.30 p.m. Between 2 p.m. and 4 p.m. some of the population takes a nap. The afternoon is also occupied with non-work related activities such as reading, social calls, going to the cinema, outings, etc. By 4.30 p.m., television has occupied at least 7% of the population, and this percentage continues to increase until 7 p.m. when it is twofold.

FROM 7 P.M. TO 8.30 P.M.
– IT'S FAMILY TIME

This is the time of day when the family gets together while preparing dinner, having dinner, carrying out other housework or simply socialises, while television also increases its "audience" – between seven and eight thirty at night the proportion of Portuguese watching television rises from 16% to 24%. Work and / or study activities start to decrease, although approximately 8% of the population continues to be occupied by these activities.

FROM 8.30 P.M. TO 10 P.M.
– MOST GO TO BED EARLY, BUT MANY STAY UP TO WATCH TELEVISION

Over thirty percent of the population can be found in front of the television, while the number of people going to bed slowly increases. Even so, approximately 7% is still "at the table" or "is having coffee". Taking care of the family and doing housework continue to occupy 10% of the population.

FROM 10 P.M. TO MIDNIGHT
– THE KEYWORD IS SLEEP...

At 10 p.m. 21% of the population is already “sleeping” and this proportion increased rapidly, until an hour later more than twice this number are asleep. Leisure activities are set aside, with the exception of watching television, and at 11.30 p.m. 16% of the population is still awake and in front of the television.

Average duration of activities, for the population aged 6 and over, by Employment Status and Gender

	Employed		Unemployed		Student		Housewife	Retired		Other non-active		Total
	Male	Female	Male	Female	Male	Female	Female	Male	Female	Male	Female	
PERSONAL CARE	10:57	10:46	12:39	11:45	11:50	12:02	11:39	13:06	12:41	12:40	12:36	11:32
Sleep	8:09	8:11	9:05	8:57	9:08	9:13	8:49	10:00	9:49	9:26	9:37	8:45
Meals	1:56	1:43	2:10	1:49	1:54	1:57	1:52	2:08	1:51	2:09	1:59	1:54
Other personal care	0:50	0:50	1:22	0:57	0:47	0:51	0:57	0:57	1:00	1:05	1:00	0:53
PROFESSIONAL WORK AND STUDY	7:33	5:53	0:15	0:28	5:09	5:24	0:34	0:36	0:13	0:36	0:10	4:38
Professional Work	6:42	5:10	0:08	0:11	0:16	0:11	0:31	0:33	0:12	0:02	0:06	3:14
Study and training	0:08	0:07	0:06	0:08	4:50	5:11	0:00	0:00	0:00	0:26	0:03	1:02
Commuting	0:42	0:35	0:00	0:09	0:01	0:01	0:03	0:02	0:00	0:08	0:01	0:21
HOUSE WORK AND FAMILY CARE	0:54	3:57	2:08	5:58	0:22	1:00	7:21	2:08	5:19	1:26	4:51	2:42
Housework	0:20	3:00	0:51	4:16	0:10	0:46	5:50	0:46	4:23	0:35	3:53	1:55
Shopping	0:09	0:17	0:12	0:37	0:06	0:08	0:20	0:18	0:16	0:12	0:24	0:14
Care of children and adults	0:07	0:27	0:03	0:54	0:01	0:02	0:36	0:07	0:11	0:03	0:21	0:14
Construction, Repairs and maintenance	0:04	0:01	0:16	0:00	0:01	0:00	0:01	0:12	0:00	0:07	0:00	0:03
Gardening, and caring for pets	0:10	0:10	0:43	0:11	0:03	0:02	0:32	0:43	0:27	0:27	0:11	0:15
CIVIC DUTY AND VOLUNTARY WORK	0:09	0:13	0:20	0:49	0:13	0:10	0:33	0:22	0:36	0:08	0:38	0:17
Informal support to other families	0:03	0:04	0:08	0:38	0:00	0:01	0:22	0:10	0:15	0:03	0:31	0:07
SOCIALISING	0:46	0:30	2:03	0:40	0:55	0:58	0:31	1:11	0:53	2:15	0:39	0:47
Socialising	0:43	0:27	1:57	0:40	0:49	0:54	0:31	1:09	0:50	2:12	0:33	0:44
Parties	0:02	0:00	0:05	0:00	0:04	0:02	0:00	0:01	0:00	0:03	0:04	0:02
Phone calls	0:00	0:01	0:00	0:00	0:01	0:00	0:00	0:00	0:01	0:00	0:01	0:00
LEISURE ACTIVITIES	2:30	1:42	4:50	2:26	3:58	2:53	2:27	5:26	3:24	5:19	3:34	2:52
Outings	0:10	0:06	0:19	0:09	0:07	0:04	0:15	0:45	0:41	0:27	0:20	0:14
Reading	0:10	0:07	0:34	0:08	0:05	0:06	0:05	0:23	0:07	0:18	0:03	0:09
Radio/ Music	0:03	0:02	0:08	0:00	0:05	0:06	0:01	0:10	0:04	0:18	0:02	0:04
Television and video	1:43	1:17	3:05	1:55	2:13	1:57	1:59	3:12	2:23	2:56	2:45	1:56
Sports, Hobbies and Games	0:22	0:08	0:42	0:13	1:26	0:37	0:04	0:54	0:07	1:18	0:21	0:27
TRAVEL OTHER THAN COMMUTING	1:07	0:55	1:37	1:44	1:28	1:28	0:50	1:05	0:48	1:27	1:28	1:07
Unspecified time use	0:01	0:00	0:04	0:05	0:01	0:01	0:00	0:01	0:01	0:05	0:00	0:01

Sleeping, eating and personal care take up half the day

Almost half the day is spent on *keeping the “machine” in good working order* - sleeping, night sleep or just taking a nap, hygiene, eating and drinking, including snacks, take up an average of almost 12 out of every 24 hours.

Paid work takes up about 3 hours a day, a figure which naturally increases when focusing on the employed population, for which the average number of hours is 6 hours and 42 minutes for men and 5 hours and 10 minutes for women.

Studying / training, which in general occupies 1 hour a day, increases sharply for students, on average, 5 hours.

Housework and caring for the family, which occupies the population as a whole for an average of nearly 3 hours a day, shows large differences when analysed in terms of the work status of the population. Housewives are found on one extreme, involved in such activities on average 7 hours and 21 minutes, whereas students can be found at the opposite extreme, with females spending only an average of 1 hour and men an average of 22 minutes.

The time left over

If we include socialising (as a principal activity) between members of the family or between the family and people outside the family in the remaining time, we find that this activity occupies an average of approximately 47 minutes a day. This average rises particularly with regards the male population (excluding employed males and students).

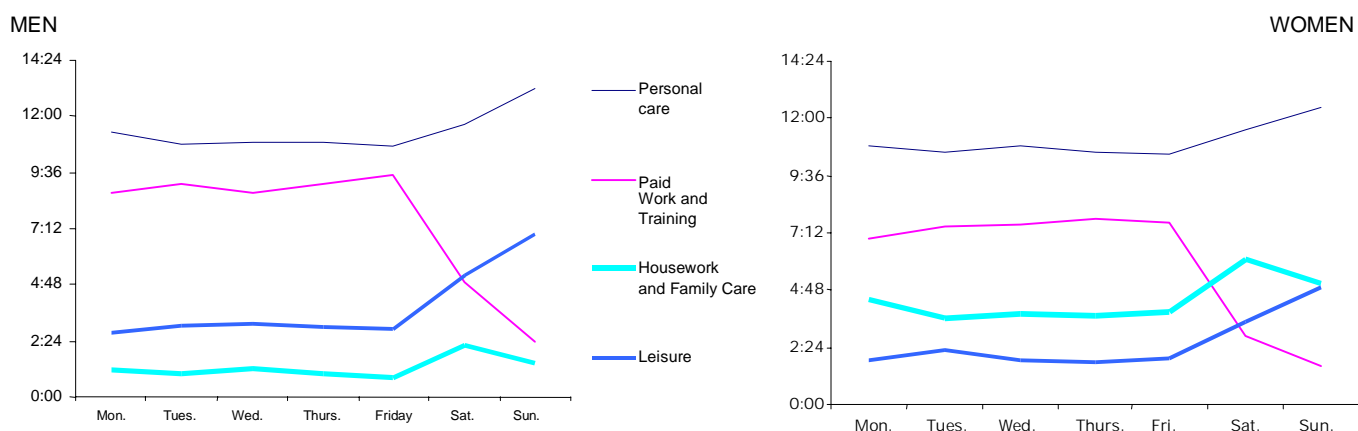
Leisure, which includes such a wide range of activities as going to the cinema or to the theatre, reading, listening to music, watching television, practising sports or just “doing nothing”, occupies 13% of the day, or, in other words, 3 hours. Television is the activity that takes up the most time – during these three hours, “watchng television”, as a principal activity, represents approximately 62% of all leisure time. This figure rises, when the amount of time spent watching television while carrying out another main activity, such as “eating meals”, is added.

The week versus the weekend – a different pace...

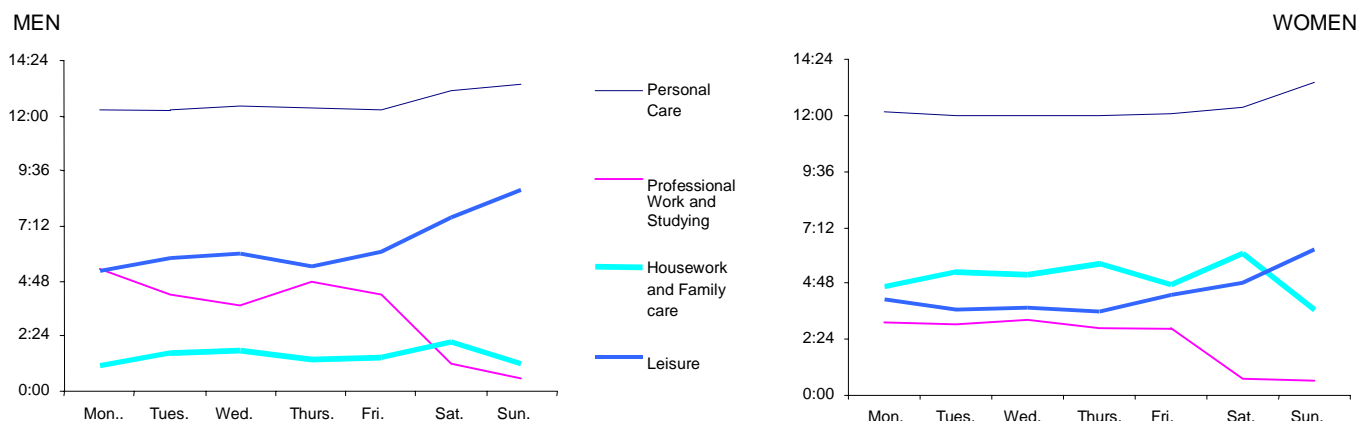
The daily pace of the active population (employed) is set by its professional life, which takes up an average of one third of the day. There is no significant change in the pattern during the week, but as soon as Saturday comes around, the time spent on paid work decreases to about half and on Sunday only takes up 2 hours.

Although the average profile for the five weekdays is about the same, Monday is different. Not only is less time spent on paid work / training, but more time is spent on personal care and housework. The other weekdays are more similar to one another – as if Monday were a period of transition from the weekend to “work”.

Average time spent daily on activities by the employed population



Average time spent daily on activities by the non-working population



From Friday on, the pace changes: the time spent on sleeping, meals and hygiene increases to a total of 11 and a half hours on Saturday and is at its highest on Sunday, when almost 13 hours are spent on these activities. Families, especially women, take advantage of Saturday to do the housework. The amount of time spent on leisure activities also increases on Saturday, but is far greater on Sunday, particularly amongst men.

And what about those who are not working: do they have different paces for during the week and on the weekend?

Just like the active population, the non-working population undergoes a change in pace that is very similar to the active population. However, unlike the employed population, more hours are spent on “paid work / studying” (with greater emphasis on studying) on Monday than on the other weekdays.

Time spent on housework versus leisure on a Sunday shows that the non-working man spends eight times as much time on leisure than on housework, whereas women spend only two and a half more hours relaxing.

The excessive workload of working women

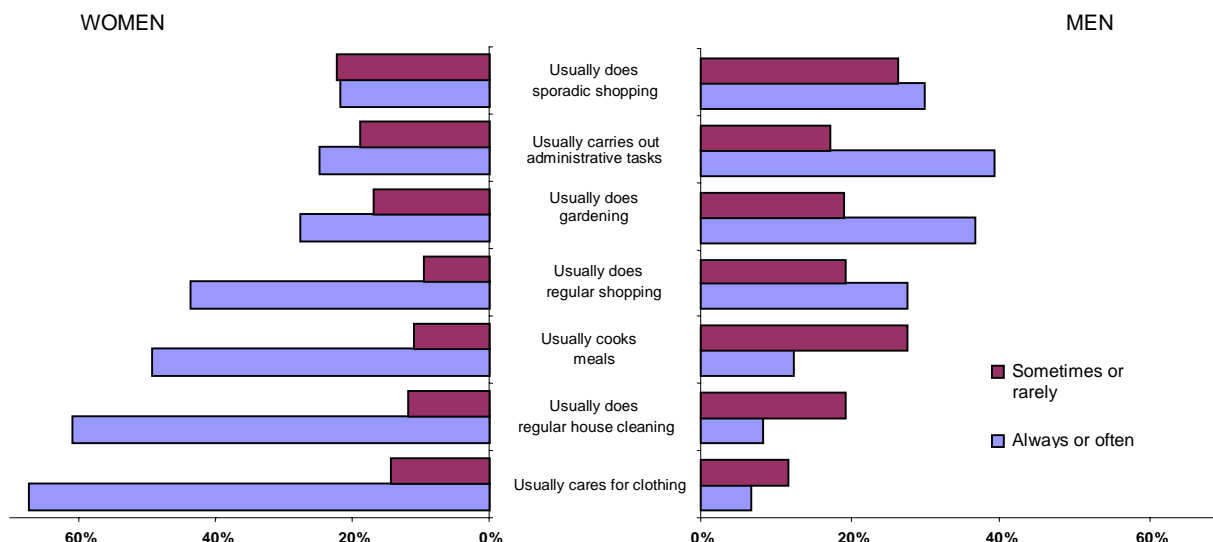
On weekdays, men spend an average of 9 hours on paid work (including commuting time), whereas women spend 7 and a half hours.

However, active men spend only one hour per day on housework, whereas active women spend four hours; therefore, in addition to an average paid workload of seven and a half hours, the active woman also has a 4-hour domestic workload.

These are the average figures for the week. On the weekend paid work is in part replaced by housework, particularly where women are concerned. There is a difference of nearly 2 hours between the paid / unpaid workload of men and women, which increases to 2 hours and 49 minutes more for women on Sunday. These hours are spent almost exclusively on leisure.

Indeed, and analysing who does what within the family and taking into account only the working population, it is easy to see that the tasks on which the family routine is based are performed by women – preparing meals, cleaning the house, laundry and clothes care and regular shopping, are all done mostly by women.

Frequency of household work done by the working population

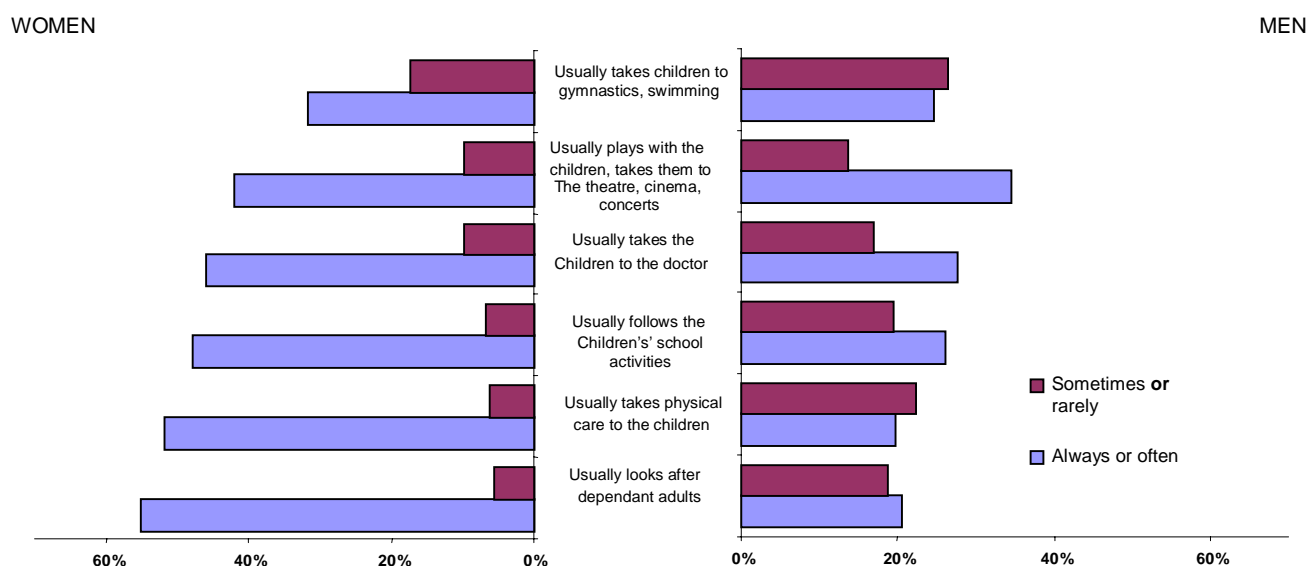


The proportion of men who “always” or “often” take care of such “outdoor” activities as administrative tasks, gardening and sporadic shopping increases.

Women are also more involved in childcare and caring for dependent adults, particularly in terms of *physical care* and *following school activities*. The proportion of women who “always” and “often” carry out these activities is almost three times greater in terms of *physical care* and is twice as large in terms of *following school activities*. The frequency with which men “always” or “often” participate in housework is greatest in activities related to “taking the children to the doctor” and “playing with the children, taking the children to the cinema, theatre, concerts, etc.”

Dependent adults are mostly cared for by women, with 55% stating that they do this “always” or “often”.

Frequency of family care, in the working population

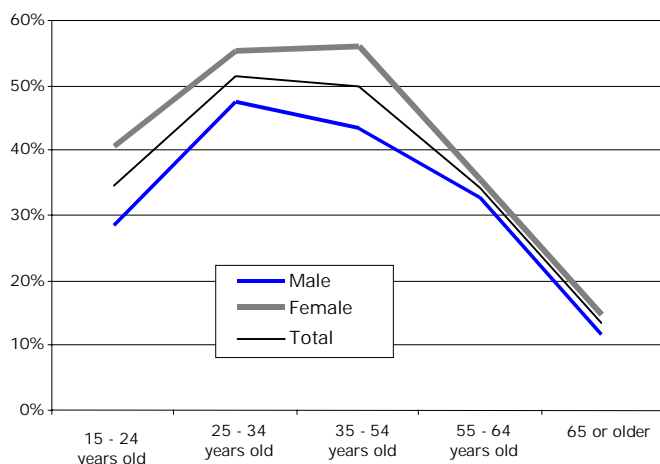


Hurrying – a new life-style

Over one third of the population aged 15 and over can be said to feel some form of stress, which in this context means the feeling of being in a hurry “every day” or “often” (38.6%). If we add the number of Portuguese who “sometimes” be in a hurry, then over half the population (54%) has a hurried life-style in one way or another.

However, this feeling does not affect the population in the same way, and it follows or reflects the life cycle: of those aged between 15 and 24, one in every three indicated they hurried (every day or often); among those aged 25 to 54, this proportion is one out of every two, this can be considered the adult age group, a time when people are usually a part of the working population and have family responsibilities; from this age onwards, the curve reverses, falling to 34% for those aged 55 to 64 and drops to 13% for those aged 65 or older.

Population that hurries every day or often, by age group and gender



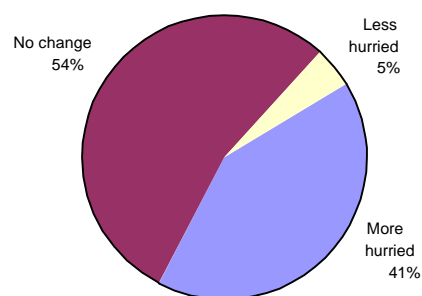
This feeling of “being in a hurry” not only affects more women than men, it also starts earlier and continues for a much longer time: among those aged 15 to 24, 29 out of every 100 young men said they led a hurried life; among young women of this age, this number rose to 41 out of every 100; in the next age group (25 to 54 years old), 45% of the male population and 56% of the female population are affected. This same trend can be observed in the upper age groups (33%

versus 36% for the 55 to 64 year old age group and 12% versus 15% for those aged 65 or older).

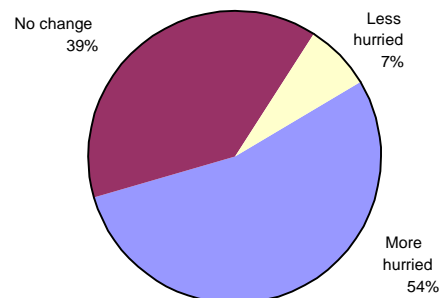
This feeling of “being in hurry” began to increase three years ago, since 64% of the population currently have a more hurried life than they did five years ago, but fewer feel they have a more hurried life now than they had three years ago.

Regarding the future, most (66%) stated that they have no intention of slowing down, in other words, hurrying is already a part of today’s life-style.

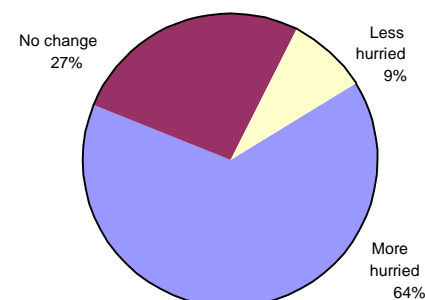
Compared to last year



Compared to 3 years ago



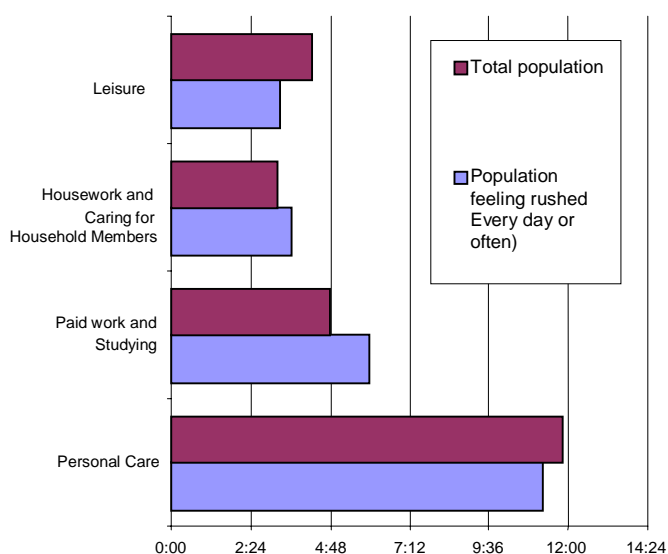
Compared to 5 years ago



Does this population spend its 24 hours very differently from the population in general?

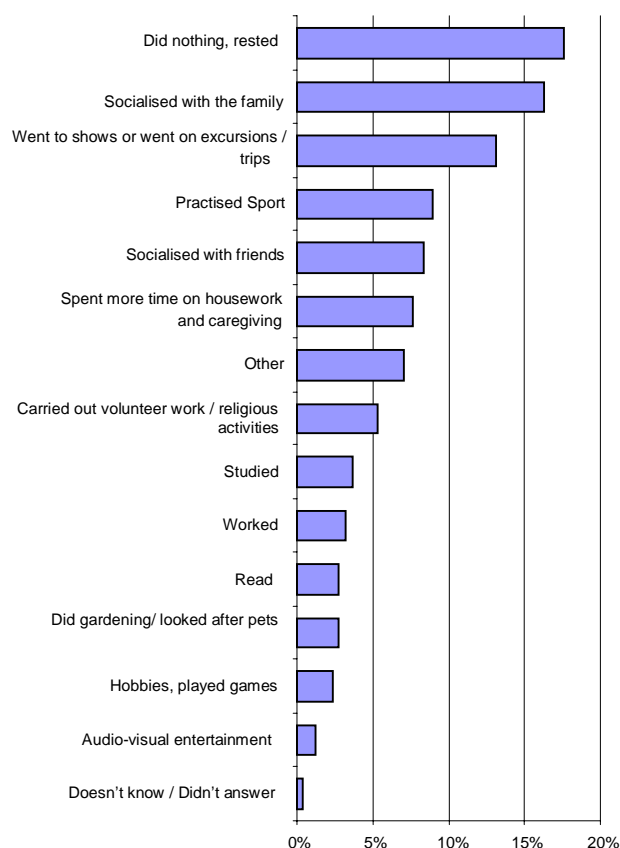
In fact, the Portuguese who hurry (every day or often) not only do paid work or study one hour more per day, they also spend more time on housework and caring for household members; which is why such basic needs as sleeping and eating take up less time and, more importantly, the rest of their free time is also reduced by exactly one hour; it is therefore no wonder that they feel stressed.

Structure of the average duration of the daily activities of the population



The principal activities chosen to occupy free time among those who feel rushed (every day or often) are “doing nothing” (18%), “socialising with the family” (16%) and “socialising with friends”, which all together represent 25%. Leisure activities in the form of live shows, trips, excursions, etc, account for 13% of people’s preferences.

Free-time occupation

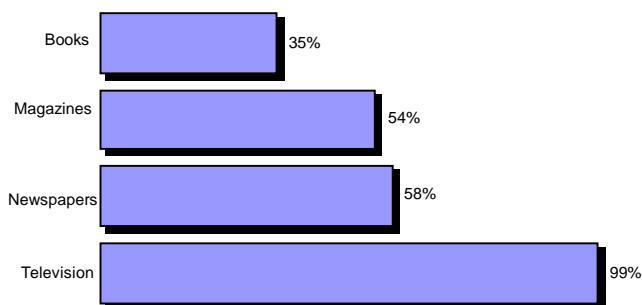


600,000 people forgo television

Almost every household (97%) has at least one television set; one out of every five households has at least three television sets; one out of every 6 households has cable television and practically one out of every two households also has a video.

It is therefore no surprise that watching television is the number 1 way of occupying leisure time among the Portuguese; whatever their age or sex, most of the population watches television “every day” or “often”; only 6% can say no to the box, claiming that they “don’t watch television” or “rarely watch television”.

Leisure “at home”

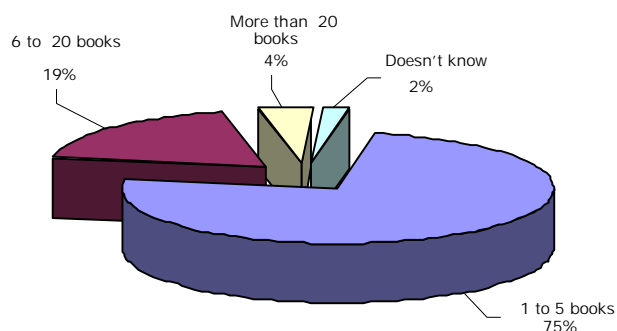


Although almost the entire population watches television “every day” or “often”, the time spent in front of the screen varies, with women spending less time than men do.

Whereas watching television is the number 1 leisure activity amongst the Portuguese, reading newspapers and magazines rank 2nd and 3rd respectively; 58% of the population aged 15 and over read newspapers, and 54% read magazines. Women have a preference for magazines whilst men prefer newspapers.

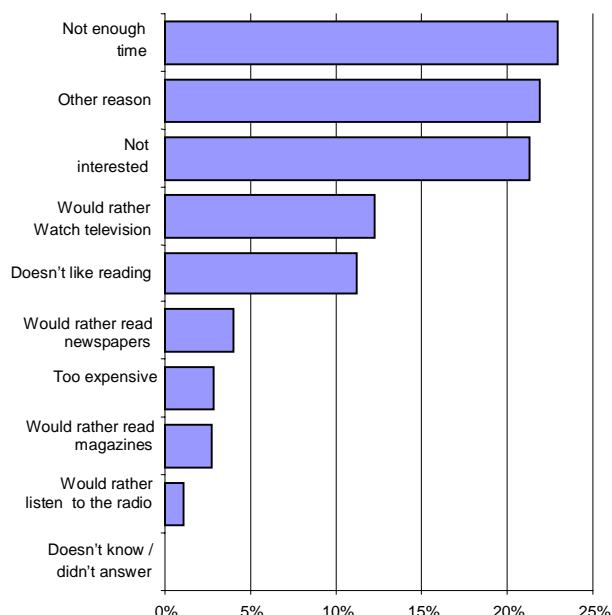
Reading books is the least preferred activity: only one out of three people said they had read at least one book over the previous twelve months, and of those that read books, 74% had read between one and five books; it follows that not only is the percentage of those who read very low, but that the proportion of the population that reads regularly is particularly low.

Population aged 6 and over by number of books read in the past 12 months



“Lack of time” and “lack of interest”, are the main reasons quoted for not reading. Although not included among the reasons, we must not forget that part of the population does not read because it is poorly educated.

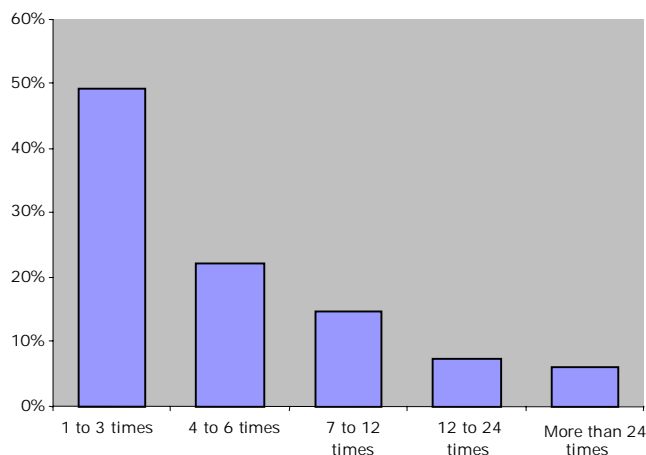
Population aged 6 and over who didn't read any books in the past year, according to reason for not reading



So far, we have been concerned with leisure “at home”. But what about outings to see live shows and go to the cinema or even practise sports?

Going to the cinema was the choice of 32% of the population observed, which means that 1 out of every 3 people went to the cinema at least once over the 12 months preceding the survey. However, of those who said they had gone to the cinema, almost half had gone only between 1 and 3 times; only 14% went somewhat frequently (12 or more times).

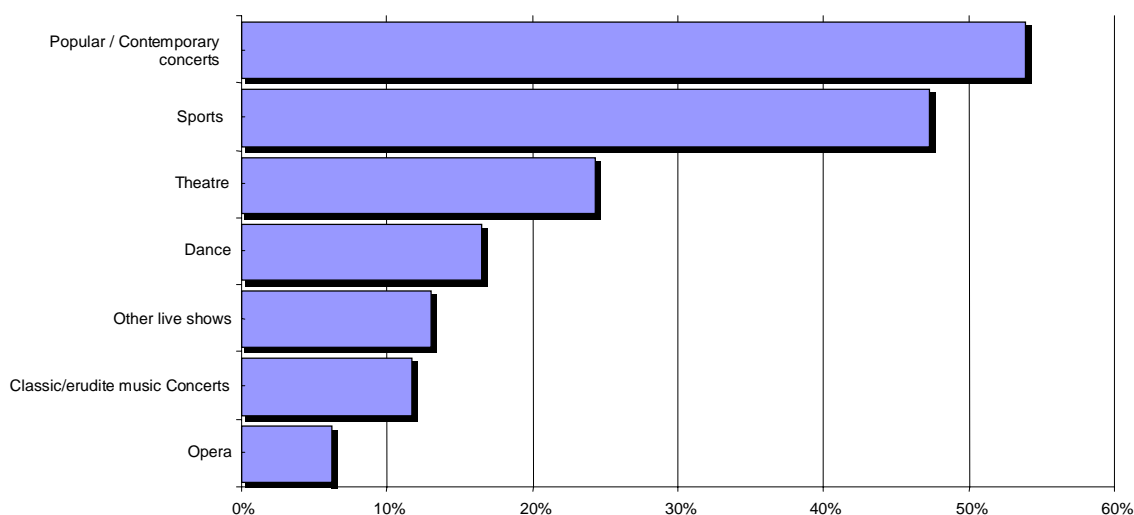
Population aged 6 or older, according to the number of times they went to the cinema, In the previous 12 months



The main reason given for this behaviour is “*lack of time*” (28%) followed by “*prefer to watch television*” (22%). However, although not specifically mentioned, the lack of cinemas within easy access of the population is probably another reason (69% of the country’s cinemas and 75% of the cinema-goers are to be found in the North and in the Lisbon and Tagus Valley regions). In this case too, reading trouble (subtitles) may lead some to stay away from the cinema. The ticket price keeps 13% of the population away from the cinema.

Although going to the cinema is the choice of one third of the population, live shows are sought by at least 44% of the population. More than half of those who went to a show of this type went to popular, modern or contemporary music concerts; sports events are ranked 2nd (47%), followed by the theatre (24%).

Population aged 6 and over, according to type of show seen in the previous 12 months



Watching a sports event and actually practising a sport are entirely different matters. Indeed, only 30% of the population interviewed claimed to have practised some type of sport in the twelve months prior to the survey. The favourite events of those practising some form of sport are ball games, cycling and swimming.