

At least I can enjoy more time with my family?: The impact of co-presence on the 'pleasantness' of activities before and after the GFC in America

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By working faithfully eight
hours a day, you may
eventually get to be a boss and
work twelve hours a day

- Robert Frost



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Time and wellbeing

- Emotions, happiness and time are interconnected.
- Subjective wellbeing (SWB) increasingly recognised as an alternative indicator of personal and societal progress (as opposed to GDP, HDI, etc)
- However, there are disconnects between conventional and SWB measures – Easterlin’s paradox – with various suggestions related to adaptation/ homeostasis: (Brickman and Campbell 1971; Andrews and Withey 1976; Inglehart; Cummins)
- However, there are other arguments that life-domain measures do not capture all the relevant social and emotional aspects of SWB



Generalised and hedonic wellbeing

- Distinction between 'life-domain/generalised' vs 'emotional/hedonic' wellbeing
 - How happy/satisfied are you with your life (etc) in general? (Easterlin, Oswald, Helliwell etc)
 - How much time do you spend doing enjoyable activities? (Kahneman and Krueger, Juster, Robinson, Gershuny)
- Kahneman and Krueger lead the field in this area
 - They suggest (1997, 2006, Krueger and Schkade 2007) that 'real-time' methods, such as measuring time and affect through time diaries, are better for capturing SWB and avoiding such biases of recall, moods and question-order effects in surveys



Who you work with – current literature

- Sparse literature over a long period, mostly USA-focussed
- Drucker 1953, Sociologist - nature of employment in the USA had shifted post-war so that most jobs, where low-status or senior management, involved assumptions of working for the good of an organisation rather than for a person, and structured status hierarchies with the good of a non-person at the heart shaped relations between people at work. Drucker also observed that “basic work of research [into social relations at work] still has to be done”
- Lieber 2011, Human resources - dangers of social media use by employees, which risk violating employment , copyright, defamation, fair trade, & securities & exchange laws, National Labor Relations Act, Americans With Disabilities Act, Fair Credit Reporting Act, Health Insurance Portability and Accountability Act, Uniform Trade Secrets Act, Uniform Trade Secrets Act – privacy in private life in decline



Who you work with – current literature

- Hochschild – emotions managed at work
- Flett 2012 – employees can manage stress of concealing elements of their identity which may cause stigma if known by co-workers
- Eakin & MacEachen 1998 – strained relations in the workplace associated with the experience of & reaction to illness & injury at work
- Wilton, Páez, & Scott 2007 – social interaction with colleagues has subtle influence on decision to switch from working primarily in an office to primarily telecommuting
- Significant research into sexual & racial harassment at work, responses to bullying behaviours
- Very little research on time with colleagues where time or activities outside work with colleagues outside workplace are central focus



Who you work with – co-presence in diaries

- Limited stylised estimates of time in psychology literature
- Payne et al 2008 – employees starting a new job spend more time with their mentors and more time training with colleagues where new employees perceived imbalance – either that they owed more to their employer than they should expect from the job or that the job owed them more than they owed the employer – used stylised estimates of time in training & with mentor
- Work colleagues present introduced in time-use diary surveys from Szalai 1965-66 study, included in many time use surveys from USA, including 1975-76, 1994-95, 1998-01, PATS (2006) & ATUS (2003-12)
- One of least analysed elements of diary data
- Most time use literature looks at time with spouse, time with children, and time with any other people in leisure or to estimate child care



The US context – 2006 to 2010

- GFC and change of government (Obama)
- Expect work to be more unpleasant – recession puts pressure on people
- Or might be more grateful for work!
- What about colleagues – more or less pleasant company in recession?
- What about the informal economy – has there been a shift to domestic and care activities, are these more valued?
- What about leisure and time with friends – more of the fun stuff, or cant afford to get out anymore?
- We use 2006 & 2010 converted into the Multinational Time Use Study for ease of comparison of the two surveys



Data Structure: An Example Diary

Time	Main Activity	Where	Who with	Happy	Sad	Stressed	U-index
12 to 7am	Sleeping	Home	Partner	5.3	0.2	0.3	0.0
7 to 7.30	Showering	Home	Alone	4.6	1.5	1.8	0.0
7.30 to 8am	Eating breakfast	Home	Partner	4.0	1.5	1.5	0.0
8 to 9am	Commuting	Train	Strangers	3.3	4.0	4.0	1.0
9am to 12 midday	Working	At work	Colleagues	4.3	2.0	2.5	0.0
12 to 1	Eating lunch	At work	Alone	5.3	1.0	1.0	0.0
1 to 5 pm	Working	At work	Colleagues	3.5	2.0	4.0	1.0
5 to 6.30pm	Drinking socialising	Pub	Friends	5.9	0.5	0.5	0.0
6.30 to 7pm	Cooking	Home	Partner	4.0	2.0	2.0	0.0
7 to 7.30pm	Eating dinner	Home	Partner	4.6	2.0	2.0	0.0
7.30 to 9pm	Watching TV	Home	Partner	4.6	2.0	2.0	0.0
9 to 9.30	Reading	Home	Partner	4.0	1.5	1.5	0.0
9.30 to 12	Sleeping	Home	Partner	4.6	2.0	2.0	0.0

Proportion of PATS episodes where negative emotion rating > positive rating = **Around 20%**



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2006 Diary Data - PATS

- Princeton Time and Affect Survey (Kahneman, Krueger)
 - Time diaries gathered for previous day (Phone interview) - sample - 5,574 male affect-episodes, 6,331 female affect-episodes
 - Emotion ratings asked of 3 random 15-minute spells per day
 - 6 measures of emotion, each rated on a 0-6 scale:
 - Positive - happy, interested
 - Negative - pain, sad, stressed, tired
 - U-index calculated (unpleasantness) – any episode where negative emotion ratings outweigh positive emotion ratings (conservative approach to measuring unpleasantness – will have fewer unhappy episodes – **around 20%**)



2010 Diary Data – American Time Use Survey

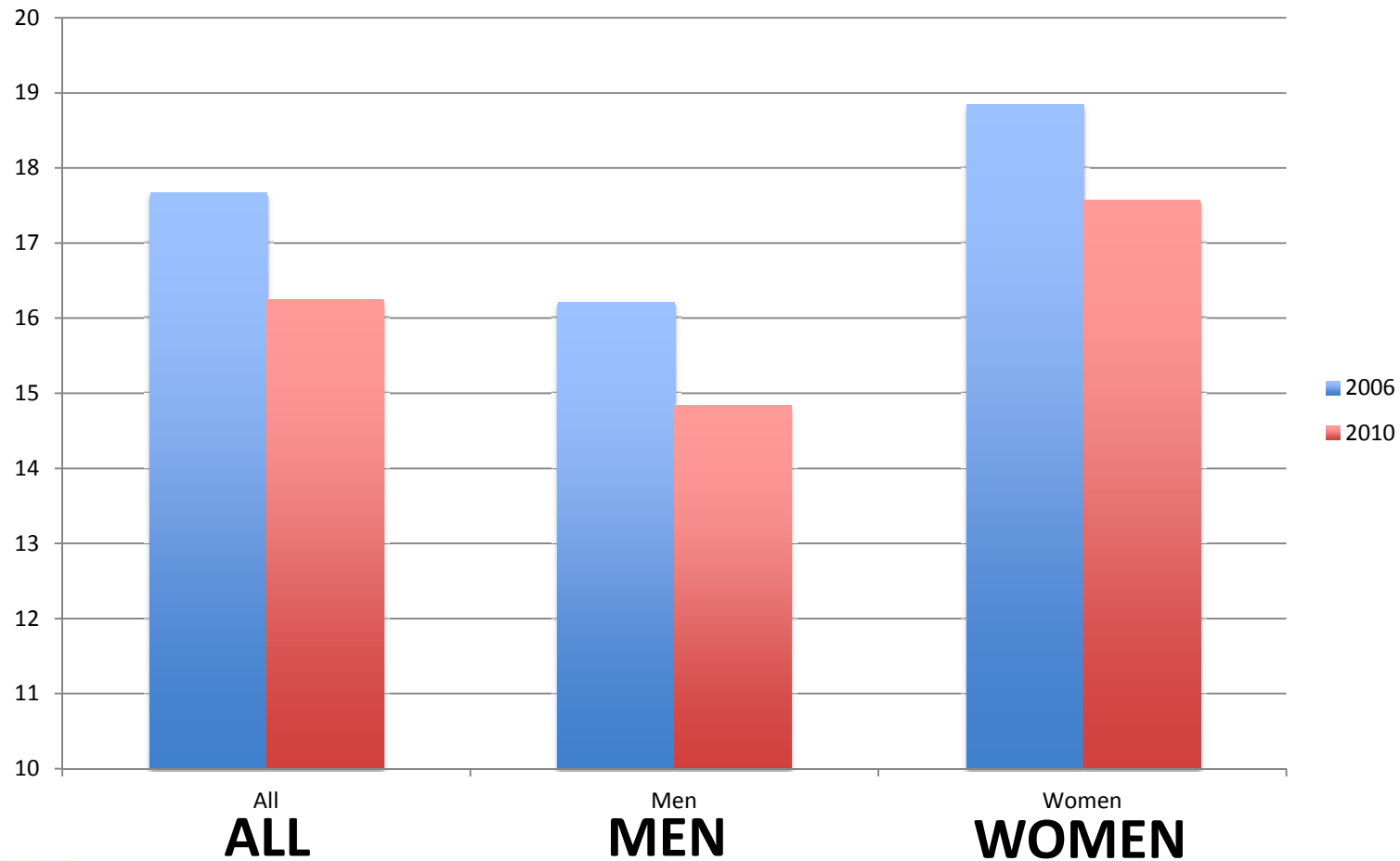
- Collected by Bureau of Labor Statistics, sub-sample of Current Population Survey collected after 8th & final CPS wave
- Collected annually since 2003
- Emotions asked of 3 random episodes in 2010
- We use 2006 ATUS for comparison of change in total co-presence time (collected in same year as PATS) & 2010 (both the full diary and the 3 episode emotion supplement)
- We are still testing differences in data collection methods between PATS (15 min) and ATUS (episode)



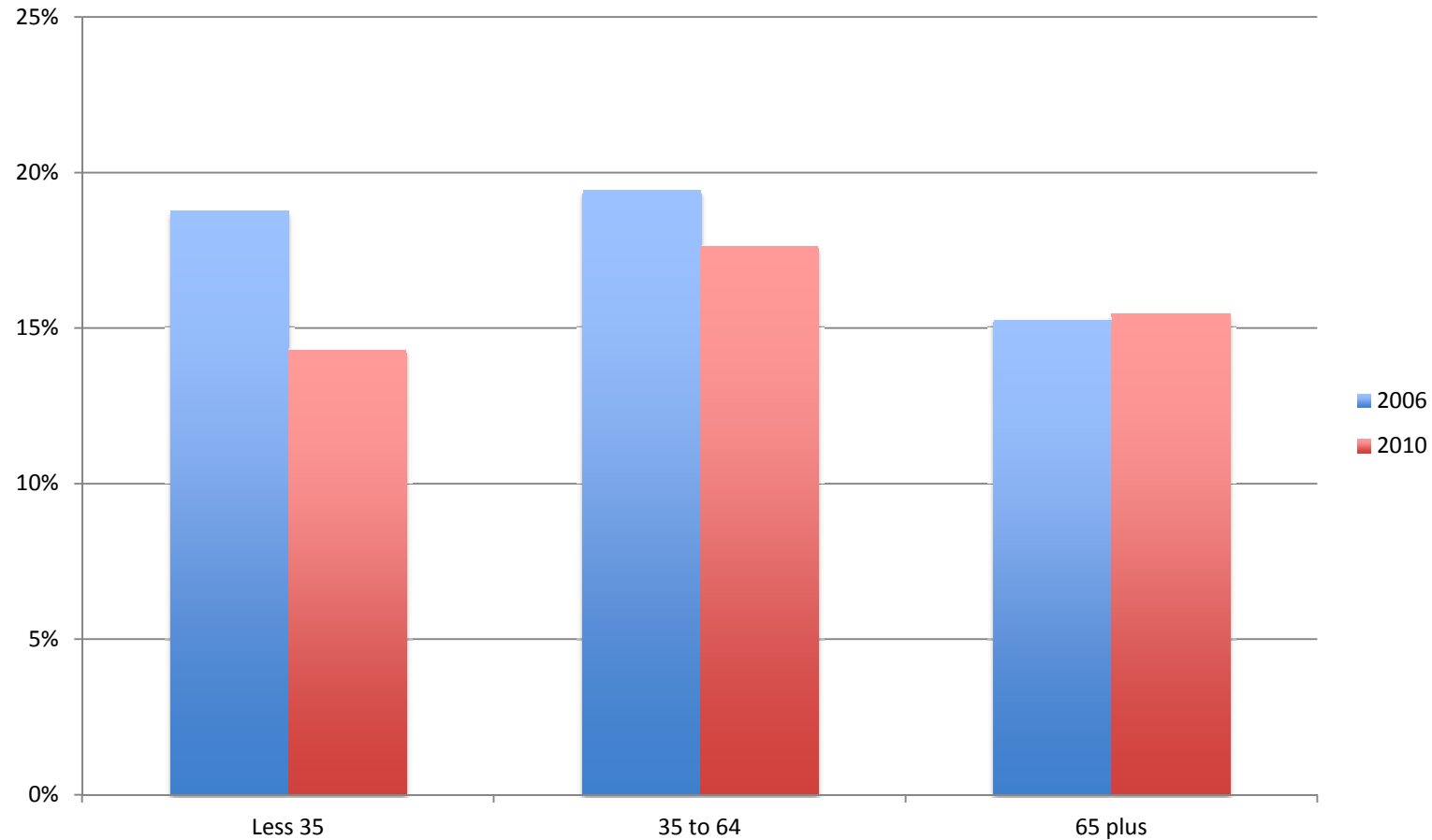
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% Unpleasant Time in America, 2006 & 2010



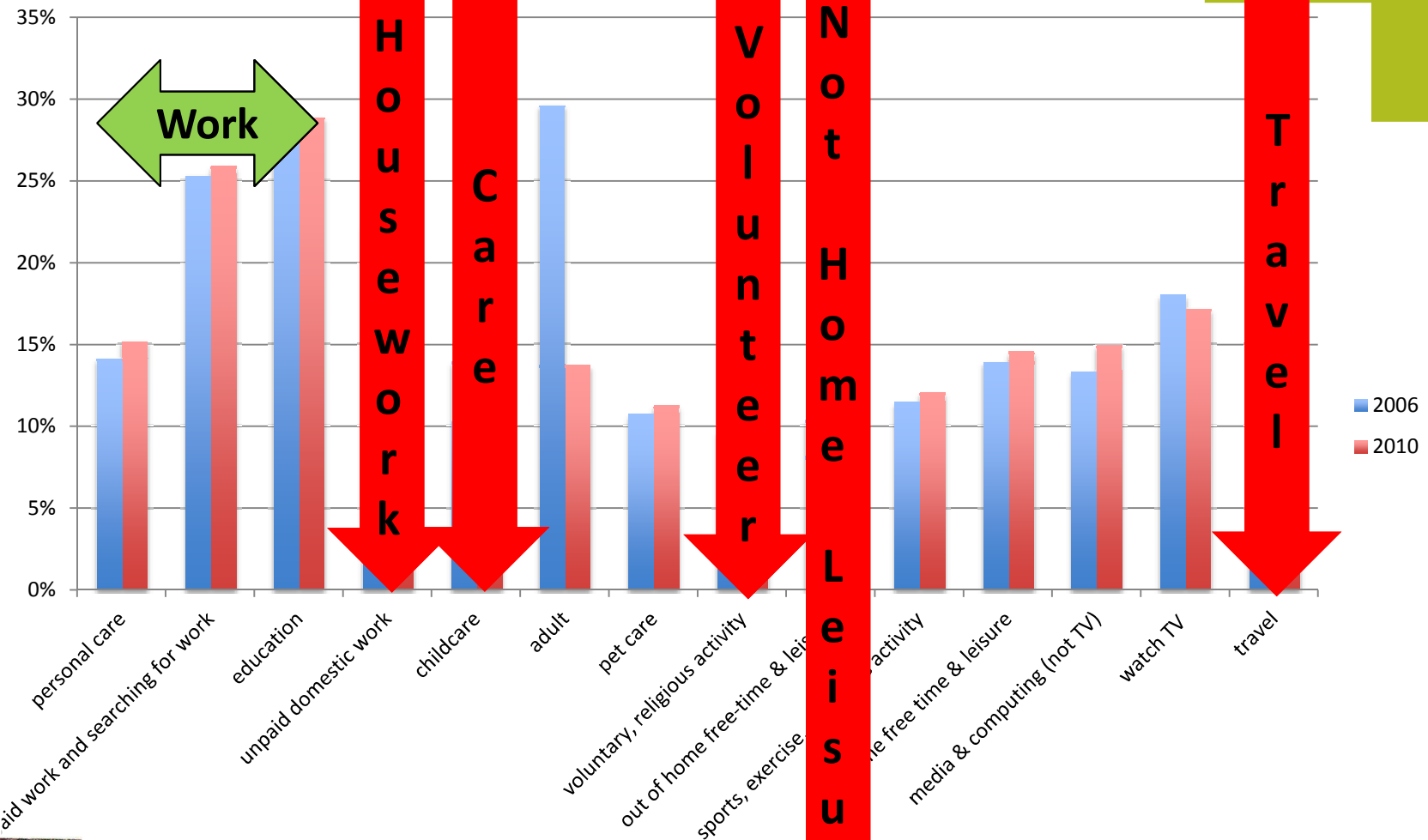
% Unpleasant Time by Age, 2006 & 2010



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% Unpleasant Time by Activities, 2006 & 2010



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Time with others in 2006 & 2010 full diary ATUS

- No change in who else is present during most broad domains of activity between 2006 & 2010
- For women & men increase of 5 minutes per day in personal care time alone
- Women do 4 minutes less unpaid domestic production alone and with children only but 4 minutes more with spouse, and all do more unpaid work with work colleagues
- Women & men do less child care alone, more child care with others, including work colleagues



Time with others in 2006 & 2010 full diary ATUS

- Women & men have 2-3 minutes more religious & voluntary activity alone
- Men double out-of-home leisure with colleagues, women increase out of home leisure alone & with spouse & child
- Men & women increase TV time alone & with either spouse or children, no change in TV with both spouse & children or with others



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OLS Minutes Per Day With Colleagues in leisure activities

- Controlling for sex, age, day, employment of diarist, and state-level employment variables
- **More time with colleagues**
- Diarists who worked at least 90 minutes on diary day
- Higher general work hours
- Work as education professional or in construction
- Live in a state with a higher level of unemployment averaged over the year of the diary
- When the diarist is not a US citizen



OLS Minutes Per Day With Colleagues in leisure activities

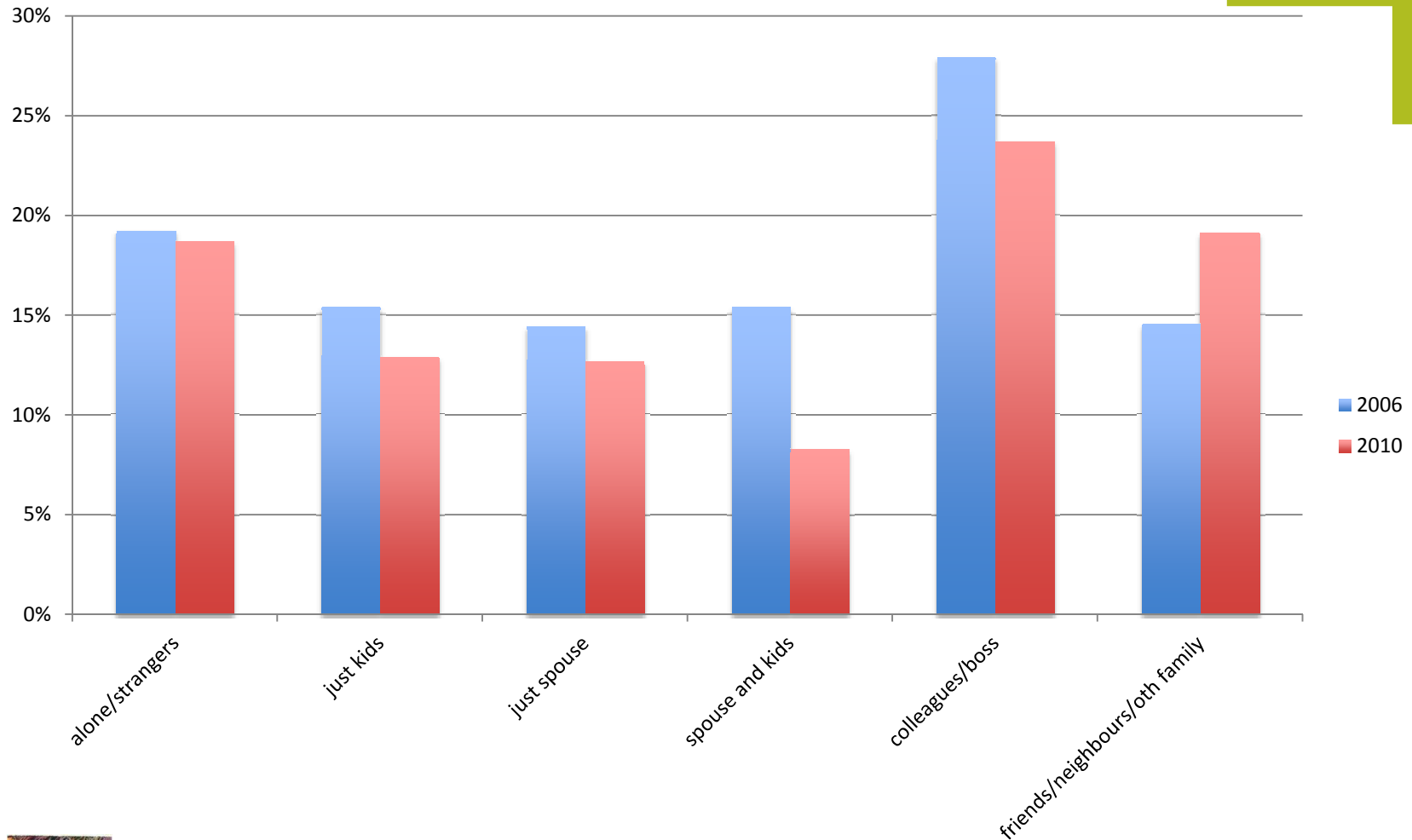
- **Less time with colleagues**
- Work as a manager or are self-employed
- In top 20% or bottom 20% of income range
- More children aged <18 in household
- Older worker
- Drop of around 1.5 minutes from 2006 to 2010
(coefficient small and marginally significant)



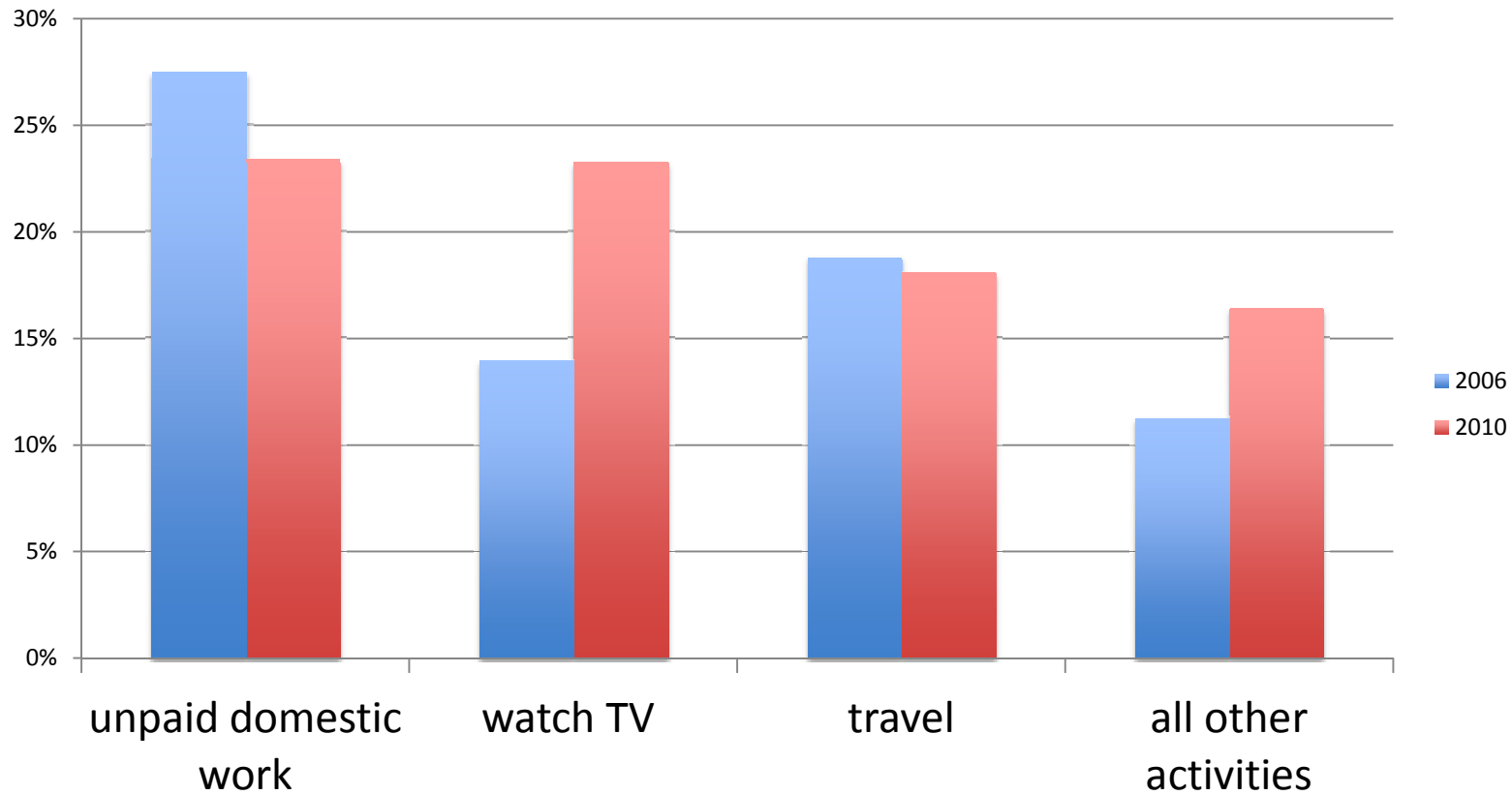
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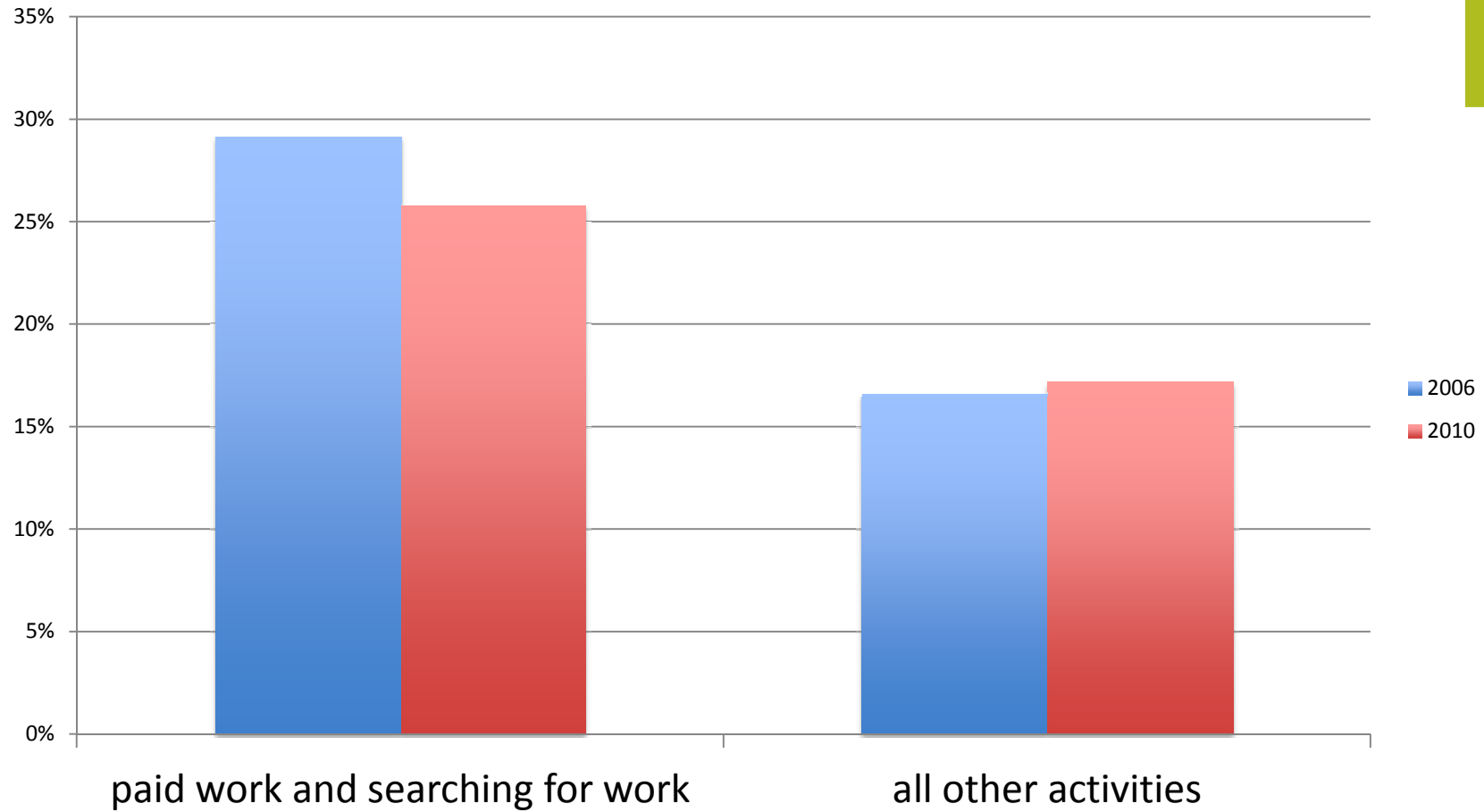
% Unpleasant Time by who with, 2006 & 2010



% Unpleasant Time by Activities with friends, neighbours etc, 2006 & 2010



% Unpleasant Time by Activities, 2006 & 2010



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Preliminary Conclusions

- Unpleasant time in the US has declined (though design effects may contribute)
- Particularly declined for young people
- Declined for housework, care, volunteering, out home leisure and travel, but NOT work
- Time with others:
 - family more pleasant (domestic work more fun with partner around!)
 - colleagues more pleasant
 - BUT friends/neighbours less pleasant (shift to more TV and personal care, less going out)
- **Overall** – seems to be a shift away from going out and enjoying leisure to staying in and committing to family time, and a certain appreciation in working with colleagues (as opposed to being unemployed), consistent with the theory of shifting from formal to informal economy in times of recession.
- What is interesting is that this seems to be a more enjoyable pattern of activities!

