



31st August 2006

AMENDMENT

The Time Use Survey, 2005

"Production errors have been corrected in this article. The correct figures relate only to 'voluntary work for or on behalf of an organisation, charity or sports club'. The incorrect figures included 'those caring for adults and children outside household and attending religious meetings', which might also be considered as voluntary activities. The 'average minutes per person per day' shown for voluntary work are correct and correspond to the corrected participation rates.

Originally published on 19 July 2006, the following incorrect figures for 'voluntary work' have now been corrected in this release:

Table 2.1 and Table 5.13

<i>Sex</i>	<i>Men</i>	<i>Women</i>	<i>All</i>
<i>Voluntary work</i>	10%	15%	12%
<i>Amended to</i>	2%	2%	2%

Table 5.14

<i>Age</i>	<i>16-24</i>	<i>25-44</i>	<i>45-64</i>	<i>65+</i>	<i>All</i>
<i>Voluntary work</i>	9%	13%	13%	14%	12%
<i>Amended to</i>	1%	2%	2%	3%	2%

Table 5.15

Age youngest child (16-49 only)

	<i>0-4</i>	<i>5-10</i>	<i>11-14</i>	<i>none</i>	<i>All</i>
<i>Voluntary work</i>	22%	19%	9%	5%	11%
<i>Amended to</i>	3%	3%	0%	1%	2%

Table 5.16

	<i>Weekday</i>	<i>Weekend</i>	<i>All</i>
<i>Voluntary work</i>	12%	15%	12%
<i>Amended to</i>	2%	2%	2%

ONS apologises for any inconvenience caused."

An amended version is attached.

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The Time Use Survey, 2005

How we spend our time

**A report on research using the ONS Omnibus Survey
produced on behalf of the Economic and Social
Research Council (ESRC), Department of Culture, Media
and Sport (DCMS), Department for Education and Skills
(DfES), Department of Health (DH), Department for
Transport (DfT), Office for National Statistics (ONS)**

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July 2006

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About the Office for National Statistics

The Office for National Statistics (ONS) is the government agency responsible for compiling, analysing and disseminating economic, social and demographic statistics about the United Kingdom. It also administers the statutory registration of births, marriages and deaths in England and Wales. The Director of ONS is also the National Statistician and the Registrar General for England and Wales.

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Conventions and symbols

Presentation of data

A percentage may be quoted in the text for a single category that is identifiable in the tables only by summing two or more component percentages. In order to avoid rounding errors, the percentage has been recalculated for the single category and therefore may differ by one percentage point from the sum of the percentages derived from the tables.

The row or column percentages may add to 99 per cent or 101 per cent because of rounding.

0 per cent in the tables indicates that fewer than 0.5 per cent of respondents gave this answer. Instances where no answers for a particular response were given are indicated in the tables by '-'.

Sampling error

Since the data in this report were obtained from a sample of the population, they are subject to sampling error. The Omnibus survey has a multi-stage sample design, and this has been taken into account when identifying statistically significant differences in the report.

Any differences mentioned in the report are statistically significant at the 95 per cent confidence level, unless otherwise stated.

Appendix A6 shows the sampling errors associated with the mean amount of time spent on different activities.

Definition of economic activity

This report uses the ILO definition of economic activity derived from the Omnibus classificatory questions. The definition of full and part time work is based on people's self-assessment of their employment status.

Interpreting the data

Care needs to be taken when interpreting time use data. All of the data presented in this report are the average minutes per person per day spent on an activity for the group being analysed. In table 2.1 for example the 170 minutes (almost 3 hours) per day spent in paid work will appear low to those who work full time, but this is an average across the whole Great Britain population, so includes everyone who for whatever reason does not work. The figures are also an average for the whole week so including both weekdays and weekends. Participation rates giving the percentage of people who took part in that activity on their diary day have been included and from the paid work example in table 2.1, 39 per cent of people carried out some paid work on their diary day. From this we can deduce that just for those that worked the average time working per day is 436 minutes (7hrs and 16 minutes). The formula for this calculation, given as a footnote

to the tables is 'Average time by those who participated in the activity =
(average time per day for all people / proportion who participated) x 100.

Summary

This report presents the results of a pre-coded time use diary carried out in 2005 as part of the National Statistics Omnibus Survey. The Omnibus diary results are compared with the data collected in the UK 2000 Time Use survey. This report is based on data collected in Great Britain on behalf of a funding consortium made up of the Economic and Social Research Council (ESRC), Department of Culture, Media and Sport (DCMS), Department for Education and Skills (DfES), Department of Health (DH), Department for Transport (DfT) and Office for National Statistics (ONS).

The key findings are outlined below.

How did we spend our time in 2005?

(Chapter 2)

- The three main activities carried out by people in Great Britain in 2005 were sleeping, working in their main job and watching TV and videos/DVDs or listening to music.
- Overall, these three activities accounted for more than half the day (13 hours and 38 minutes out of the 24 hours available).
- About a third of the day was spent sleeping.

At the weekend time not spent at work or in school is taken up by extra sleep and an increase in domestic work and leisure activities. During the week distinct peaks can be identified in eating breakfast, lunch and an evening meal. The vast majority of free time during the week is in the evening, with this being more spread out for the weekend as time spent working lessens.

Figures S.1 and S.2

Figure S.1 The distribution of activities on weekdays

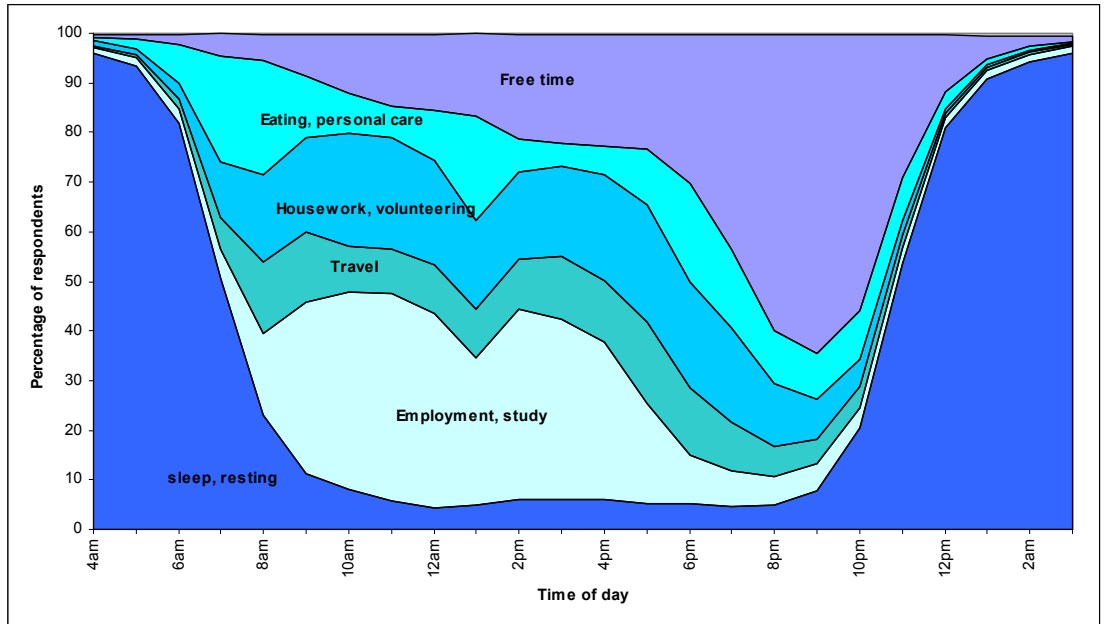
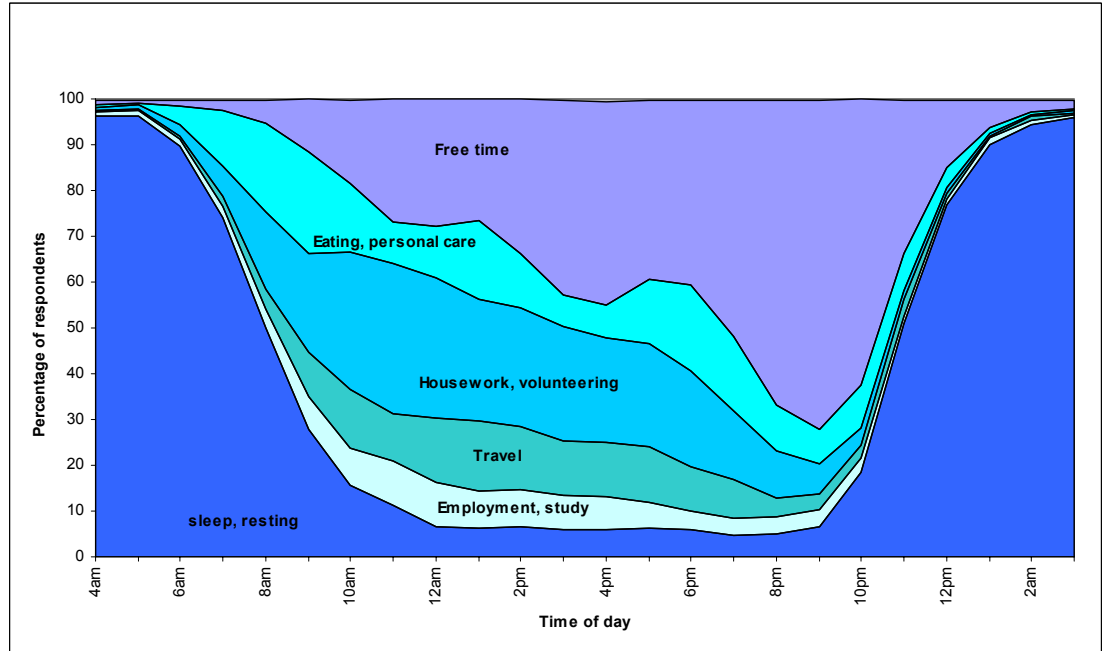


Figure S.2 The distribution of activities on weekends



Has the way we spend our time changed since 2000?

(Chapter 3)

- Generally, the pattern of time use was very similar in the two surveys, with over half the day spent sleeping, working in a main job and watching TV.
- In 2005, there was less time on average spent eating and drinking, washing and dressing, doing housework, reading and participating in sport.
- Conversely, there was more time spent sleeping and resting, looking after children in the household, socialising and participating in hobbies and games.

Time use by different groups of people

(Chapters 4 and 5)

- Overall, women carry out about two thirds of the domestic tasks— women spend on average 178 minutes a day on domestic tasks compared with 100 minutes among men.
- Women in all economic categories spend longer on domestic work than men – for example, women who work full time spend 151 minutes on domestic work compared with 113 minutes spent by men who work full time.
- Men tended to work longer hours in their paid job than women on average – among those who worked on their diary day, men spent 459 minutes per day in paid work compared with an average of 400 minutes among women (this includes part time workers).
- Travel related to employment was more evident among men, while women's trips were more concerned with domestic tasks such as shopping. Men used the private car more than women (64 per cent of men had been in a trip in a private car in their diary day compared with 59 per cent of women).
- Men were more likely than women to watch TV or listen to the radio and to take part in other leisure activities (sport, entertainment, hobbies and using the computer). Women were more likely than men to spend time reading or with other people.

1: Methodology

Background

The aim of time use surveys is to be able to examine how people spend their time on a typical day and to be able to explore differences between groups of people. The data can help inform on a wide range of topics including the labour market in terms of patterns and hours of work; household satellite accounts in looking at unpaid work; travel times; and patterns and participation in sport and leisure. In 2000 the UK's first official time use survey was carried out which is commonly known as the UK 2000 TUS. This was a household survey where a household questionnaire was completed and then within each household, individuals aged eight or over completed an individual questionnaire, two 24 hour diaries and a one week work and full time education sheet. Whilst providing a wealth of information which can be used for a wide variety of purposes, a survey of this form places a heavy burden on respondents and is expensive to carry out. A review of the UK 2000 TUS is available on the National Statistics website.

The UK 2000 TUS enables us to look at use of time during 2000, but has the use of time changed since then? In order to measure this without carrying out a further large scale survey it was necessary to develop a less burdensome and cheaper method. A pre-coded diary was therefore collected as part of the National Statistics Omnibus survey in 2005. This work was sponsored by the same funding consortium as the UK 2000 TUS:

Economic and Social Research Council (ESRC)

Department of Culture, Media and Sport (DCMS)

Department for Education and Skills (DfES)

Department of Health (DH)

Department for Transport (DfT)

Office for National Statistics (ONS).

Development of the pre-coded diary

The diary used in 2005 has evolved over the last ten years. A pre-coded diary developed by the University of Essex Time Use team was first used on the NS Omnibus survey in May 1995. The purpose of this original diary was to test whether time use data could be collected successfully in this form and on a survey such as the NS Omnibus. Results were used in the initial estimates of household production (unpaid work) by the ONS, this work was later extended to a full household satellite account. The household satellite accounts (HHSA) measure and value unpaid work which falls outside the production boundary and is not therefore included in the National Accounts.

In May 1999 the Department for Transport funded a new collection of an Omnibus based pre-coded diary. This largely followed the 1995 format but with extra detail added to try to identify the mode and to some extent the purpose of travel. The intention here was to be able to compare time use data with equivalent travel data collected as part of the National Travel Survey (Noble B et al, 2000)¹.

During 2000 it was agreed by the time use co-funders that the most efficient way to identify key changes in the way people spend their time would be to use a pre-coded diary. Therefore, while the UK 2000 TUS was still in the field, a pre-coded time use diary was collected, once again via the NS Omnibus survey. This diary was similar in format to the 1995 and 1999 versions but there were two significant changes - data were collected in 10 minute time blocks rather than 15 minute and secondary activities were also collected. This made the diary more comparable with the UK 2000 TUS. The NS Omnibus diary was administered during July 2001 to enable comparison with the results of the UK 2000 TUS for precisely the same time period. Differences between these two quite different data collection instruments are summarised in Appendix A1. The full results were presented to the International Association of Time Use Researchers (IATUR) conference in 2003.² As a result of this comparison work refinements were made to the pre-coded diary for use in 2005.

Survey design

Appendix A2 compares the designs of the UK 2000 TUS with the 2005 NS Omnibus survey diary and Appendix A3 has example diary pages. In essence, the Omnibus was an interviewer administered diary with 30 pre-coded activity descriptions, while the full-scale TUS was a self-completion diary with the respondent writing in descriptions of activities which were subsequently coded.

Survey coverage

The UK 2000 TUS was carried out in Great Britain and Northern Ireland, while the NS Omnibus survey was carried out in Great Britain only. Comparisons presented in the results chapters are therefore only for Great Britain.

Respondents aged eight and upwards and all members of the household were included in the UK 2000 TUS. The Omnibus only includes those aged 16 and over and only one household member. Comparisons

¹ Noble B , Dickson M, Gershuny J and Fugeman D (2000) Using Omnibus surveys to investigate travel, *Transport Trends 2000*, Article 7 pp55-68 The Stationery Office; London

² <http://www.vub.ac.be/TOR/iatur/abstracts/view-paper.php?id=58>

presented in this report are based on all UK 2000 TUS household members aged 16 and over.

Field periods

The UK 2000 TUS was in the field from June 2000 to September 2001 (15 months) and the data was adjusted as part of the weighting process to make it representative of a 12 month period.

The pre-coded Omnibus diary was collected in four waves of the NS Omnibus survey in February, June, September and November 2005. The months had been chosen to cover all seasons as the use of time does vary according to the season and weather. The main holiday periods of Easter, August and Christmas were also avoided as the interest is in the typical day. This does therefore need to be remembered in terms of the balance between work/study time and holiday/leisure time. It should also be noted that there is a problem with both survey methods in getting diaries completed if respondents are on holiday. However, as holidays are increasingly spread throughout the year, particularly amongst those without school age children, this should be less of an issue than it may have once been. Comparisons presented here use the entire 12 months from the UK 2000 TUS and the four months from 2005.

Weighting

The net diary response rate for the UK 2000 TUS was 45 per cent. The data were weighted to 2001 census population totals to compensate for non-response, and the weighting also included adjustments to ensure that days of the week and months of the year were equally represented.

The diary response rate for the four months on the Omnibus was 59 per cent (Appendix A4). The NS Omnibus survey has a weighting system which adjusts for the unequal probability of an individual being selected dependent on the number of people aged 16 or over in the household. Each NS Omnibus month was weighted to population totals and adjusted to ensure that days of the week were equally represented. The four separate months were then combined and the weight divided by 4.

Comparison between 2000 and 2005

The 2005 Omnibus diary was specifically designed to produce results which could be compared with the 2000 diary to identify any changes in the way time is used. However, we are always endeavouring to improve and develop the diary instrument so some changes were made from the 2001 Omnibus diary. Appendix A5 shows how the UK 2000 TUS coding maps to the 2005 Omnibus diary. There are some key points which should be noted when comparing data from 2000 and 2005.

Sleep / rest

A new code was added to the Omnibus diary for rest. Although there was a separate resting code in the UK 2000 TUS it would depend on the wording

used by the respondent in their diary whether rest was coded as rest or sleep. Rest and sleep should therefore be examined together in any analysis.

Child / adult care

There are continuing difficulties in measuring childcare and adult care, in that only 'active' care is picked up by the diary either as primary or secondary activity. However, it is noted that ideally it would be useful to know when an adult is responsible for a child as this responsibility in for example having to be at home with a child does impact on the adults use of time.

There is a difference in the way childcare is coded in 2000 and 2005. In 2000 childcare relates to care of children in the household. So an absent parent would record care of their children as care of children in another household. In 2005 care is recorded as care of 'own' children (including step/foster/adopted children) regardless of whether they live in the same household. Care of other children is recorded separately.

Travel

Five more clearly defined travel purpose codes were included in the 2005 Omnibus diary rather than the three purposes used in the 2001 Omnibus diary, as the latter were not well enough defined to be used consistently. The new purpose codes are more comparable with the UK 2000 TUS and the National Travel Survey. It should be noted that as with most time use research, travel here is considered as a primary activity and anything done whilst travelling is a secondary activity.

Playing sports, exercising

There are difficulties in the recording of walking and jogging as in some instances this will be seen as travel and in others as exercise. This should be remembered when comparing results.

Pet care

Walking the dog is another item which can overlap with both travel and exercise. When thinking about physical activity it needs to be remembered that the code for 'sport and exercise' does not include all physical activity.

Computer use

Use of a computer has been one of the most rapidly expanding activities in the past 20 years and therefore potentially has the most impact on changing peoples' use of time. The use of the internet enables people to do many of the tasks they might have otherwise done in different ways or not at all. Examples include grocery shopping, researching activities or hobbies, booking tickets for events or holidays, banking and keeping in touch with friends via e-mail or instant messaging. In the 2005 diary we attempted to use the primary and secondary activities to record both what

the computer is being used for (as the primary activity) and the fact that a computer is used (as the secondary activity). In this analysis where a purpose was recorded it has been taken to be the primary activity, therefore when looking at computer use the secondary activity must be examined. However, there are problems with recording the purpose of computer use in that within a 10 minute period on the internet someone may do a whole range of different things which the time slots on the diary would not pick up.

Location

One important addition to the 2005 Omnibus diary in comparison with the 2001 version was the addition of a location code. This only shows whether someone was at home or elsewhere rather than the more extensive options in the UK 2000 TUS. Nevertheless this information is very important particularly in terms of analysing paid employment and patterns of eating out as opposed to eating at home. The 2005 diary also has the advantage over the main UK 2000 TUS in that location is recorded across the whole 24 hour period including during sleep, study and work.

There was a high level of missing information on the location codes, and so some imputation was carried out. These imputations reduced the percentage of missing values on location from about 28 per cent to three per cent.

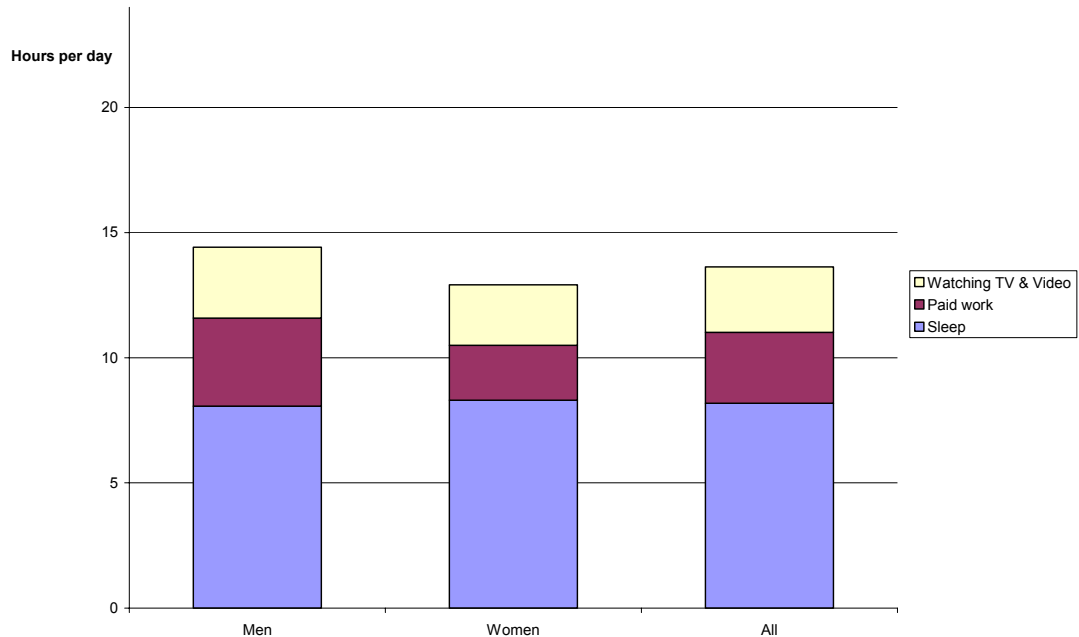
2: How did we spend our time in 2005?

The 2005 Omnibus Survey diary collected time use information for thirty different activity categories. The percentage of people who participated in each activity and the average amount of time (in minutes) spent participating are shown in detail in table 2.1

In 2005, the three main activities carried out by people in Great Britain were sleeping, working in their main job and watching TV and videos/DVDs or listening to music. Overall, these three activities accounted for more than half the day (13 hours and 38 minutes out of the 24 hours available). About a third of the day was spent sleeping.

Figure 2.1 and Table 2.1

Figure 2.1 Time spent on sleeping, paid work and watching TV, by sex, 2005



Over an hour was spent on travel (87 minutes) and over an hour was spent eating and drinking (82 minutes). Between half an hour and an hour was spent on each of the following: spending time with friends and family at home (50 minutes), resting (46 minutes), personal care (44 minutes), cooking and washing up (41 minutes), shopping and appointments (34 minutes) and cleaning and tidying (31 minutes).

Sleeping was recorded on the diary by 100 per cent of people, and the majority of people spent time eating and drinking (97 per cent), on personal care (92 per cent), travelling (86 per cent), watching TV (80 per cent), cooking and washing up (70 per cent) and resting (51 per cent). A smaller percentage of people spent time in paid employment (39 per cent),

cleaning and tidying (38 per cent), shopping and attending appointments (37 per cent) and spending time with friends and family at home (33 per cent).

There were some differences between men and women: men were more likely than women to spend time in paid employment and on the computer and conversely women were more likely than men to spend time on domestic work activities and caring for children and spending time with friends and family at home. These differences are looked at in more detail in later chapters.

Location

Table 2.2 shows the location that was recorded (or imputed) for the primary activities. Overall, 70 per cent of time was spent at home and 27 per cent of time was spent away from home.

Over 95 per cent of the time spent sleeping, washing and dressing, doing housework, watching TV, reading and using the computer took place at home. Some activities took place away from home by definition, for example travel and entertainment and culture. Paid work, voluntary work, formal education, shopping and appointments, sports and exercise and attending religious and political meetings also tended to take place away from home.

Table 2.2

Table 2.1 Time spent on main activities with rates of participation by sex, 2005

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

2: How did we spend our time in 2005?

The Time Use Survey, 2005

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%
Total	1440	1440	1440

<i>Total number of persons in sample</i>			
- <i>weighted</i>	2385	2556	4941
- <i>unweighted</i>	2238	2703	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 2.2 Time spent on main activities by location, 2005

Great Britain				
Main activity	Home	Away	Missing	All
Average minutes per person per day				
Sleep	476	15	0	491
Rest	40	4	2	46
Personal care i.e. wash/dress	42	2	0	44
Eating & drinking	59	16	7	82
Cooking, washing up	40	1	0	41
Cleaning, tidying	30	1	0	31
Washing clothes	11	0	0	11
Repairs and gardening	16	1	0	17
Pet care	4	2	1	7
Shopping, appointments	4	30	0	34
Caring for own children	20	2	3	24
Caring for other children	6	2	1	9
Caring for adults in own household	1	0	0	1
Caring for adults other household	1	1	0	2
Paid work	15	133	21	169
Voluntary work	1	2	1	3
Formal education	2	7	2	11
Recreational study	2	1	0	4
TV & Video/DVDs, radio, music	152	5	0	157
Reading	24	1	0	24
Sport & outdoor activities	3	5	2	10
Spending time with family/friends at home ¹	21	23	6	50
Going out with friends/family	0	24	0	24
Contact with friends/family	7	1	1	8
Entertainment and culture	0	5	0	5
Hobbies	12	6	2	19
Attending religious and other meetings	1	2	1	3
Using computer	10	0	0	11
Travel	0	87	0	87
Other specified/ not specified	4	4	2	10
Not specified				4
Total	1003	382	50	1440
Percentage of all time	70%	27%	4%	100%
<i>Total number of persons in sample</i>				
				4941
				4941

¹ this also includes time spent at other people's homes.

3: Has the way we spend our time changed since 2000?

As discussed in the first chapter, the 2005 Omnibus survey responses can be matched to those used in the UK 2000 TUS as shown in the box below.

Comparing time use codes: 2000 and 2005	
2000 Category	2005 code
Sleep	1
Resting	2
Eating and drinking	4
Personal care	3
Employment	11
Study	12 13
Housework excl childcare	5 6 7 8 9 17 19
Childcare of own household members	15
Voluntary work & meetings	14 16 18 27
Social life (not resting)	23 24 25
Entertainment & culture	26
Sports and outdoor activities	22
Hobbies and games	28 29
Reading	21
Watching TV and Video/DVDs	20 (coded together in 2005)
Listening to radio and music	
Travel	41-99
Other /not specified	30

Table 3.1 shows the time spent on main activities in 2000 and 2005 in Great Britain³. Generally, the pattern of time use was very similar in the two surveys, with over half the day spent sleeping, working in a main job and watching TV.

In 2005, there was less time on average spent eating and drinking, washing and dressing, doing housework, reading and participating in sport. Conversely, there was more time spent sleeping and resting, looking after children in the household, socialising and participating in hobbies

³ It should be noted that the UK 2000 TUS tables available at <http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=9326&Pos=1&ColRank=1&Rank=272> refer to the United Kingdom.

and games. These changes could be due to differences in the data collection methods used in the two surveys and are looked at in more detail below.

Table 3.1

Sleeping and resting

It was noted in the Methodology chapter that 'sleeping' and 'resting' may have been coded differently in 2000 and 2005 and that they should be examined together. The combined time spent sleeping and resting in 2005 (537 minutes) was significantly higher than that in 2000 (530 minutes). The difference was narrowed slightly if resting as a secondary activity was taken into account, as six minutes were attributed to this in 2000 and only three minutes in 2005.

Table 3.2

Paid employment

There were no statistically significant differences in the percentages of men and women in different age groups who participated in paid employment on their diary day between 2000 and 2005.

Although the average amount of time spent per day in paid employment had fallen slightly from 174 minutes in 2000 to 170 minutes in 2005, the decrease was not statistically significant. However, when looking at men and women separately, the amount of time spent in paid employment decreased by 15 minutes per day over the time period among men, but remained about the same among women.

Looking at different age groups, the only statistically significant change was among men aged 25-44: the average amount of time spent in paid employment fell from 319 minutes in 2000 to 294 minutes in 2005. Among women there were no statistically significant changes.

Table 3.3

Housework and childcare

Overall, people were less likely to spend time on housework in 2005 than in 2000. For example, in 2000 86 per cent of men and 96 per cent of women spent some time on housework compared with 77 per cent of men and 92 per cent of women in 2005.

Although this reduction was seen in all age groups (with the exception of women aged 16-24 where there was no statistically significant change), the decrease among men tended to be bigger than that among women.

The amount of time spent on housework as a main activity decreased between 2000 and 2005 among both men and women but the amount of time spent on housework as a secondary activity remained the same over the time period.

This decrease occurred across all age groups for men and women (with the exception of women aged 16-24).

Table 3.4

The amount of time spent on childcare as a main activity has increased significantly since 2000 among men but although women's time showed an increase this was not a statistically significant change. However, the amount of time spent on childcare as a secondary activity has significantly increased among women from 20 minutes in 2000 to 32 minutes in 2005. It should be noted that this increase may reflect the way in which the activities were coded – in 2005 the interviewer may have specifically prompted for secondary activities such as childcare.

Table 3.5

Leisure activities

Table 3.1 shows that the percentage of people who spent some of their diary day on socialising with friends, family or neighbours had decreased from 60 per cent in 2000 to 50 per cent in 2005. The amount of time spent on socialising increased from 56 minutes a day in 2000 to 82 minutes per day in 2005. Combining these two trends, the amount of time spent socialising for only those people who spent time on their diary day socialising had therefore increased from 93 minutes in 2000 to 164 minutes in 2005.

3: Has the way we spend our time changed since 2000?

The Time Use Survey, 2005

Table 3.1 Time spent on main activities with rates of participation by sex, 2000 and 2005

Great Britain						
Main activity	Men		Women		All	
	2000	2005	2000	2005	2000	2005
	Average minutes per person per day % of people participating in activity ¹					
Sleep	503	484	513	498	508	491
	100%	100%	100%	100%	100%	100%
Resting	19	43	25	48	22	46
	29%	50%	39%	52%	34%	51%
Eating & drinking	86	85	88	79	87	82
	97%	97%	98%	97%	98%	97%
Personal care i.e. wash/dress	41	40	52	48	47	44
	94%	91%	97%	93%	96%	92%
Employment	226	211	127	132	174	170
	47%	46%	32%	33%	39%	39%
Study	15	14	16	14	16	14
	6%	5%	6%	6%	6%	6%
Housework excl childcare	128	101	215	180	173	142
	86%	77%	96%	92%	91%	85%
Childcare (of own household members)	11	15	28	32	20	24
	14%	11%	24%	21%	20%	16%
Voluntary work & meetings	14	15	18	20	16	17
	13%	10%	18%	15%	16%	12%
Social life	51	77	61	87	56	82
	53%	46%	66%	54%	60%	50%
Entertainment & culture	6	5	6	5	6	5
	5%	3%	6%	4%	6%	3%
Sport & outdoor activities	18	13	11	7	14	10
	17%	12%	13%	8%	15%	10%
Hobbies & games	27	37	16	23	21	30
	26%	28%	22%	19%	24%	24%
Reading	29	23	28	26	28	24
	42%	26%	45%	30%	43%	28%
Watching TV & Video/DVDs ²	161	170	137	145	148	157
	87%	82%	87%	78%	87%	80%
Listening to radio and music ²	8	8	7	8	8	8
	15%	15%	15%	15%	15%	15%
Travel	88	92	81	82	85	87
	89%	88%	87%	84%	88%	86%
Other specified/ not specified	9	13	10	15	9	14
	26%	10%	32%	10%	29%	10%
Total	1440	1440	1440	1440	1440	1440
	100%	100%	100%	100%	100%	100%
<i>Total number of persons in sample</i>						
- weighted	8150	2385	8906	2556	17056	4941
- unweighted	7535	2238	9031	2703	16566	4941

¹ The participation rate is the proportion of people who spent any time 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

² watching TV/video/DVDs and listening to radio and music were coded together in 2005

Table 3.2 Time spent on sleeping and resting as main and secondary activities with rates of participation by sex, 2000 and 2005

Great Britain				
Activity	Main activity		Secondary activity ²	
	2000	2005	2000	2005
Average minutes per person per day % of people participating in activity ¹				
Sleep				
Men	503 100%	484 100%	0 0%	1 1%
Women	513 100%	498 100%	0 0%	1 1%
All	508 100%	491 100%	0 0%	1 1%
Resting - time out				
Men	19 29%	43 50%	6 11%	3 4%
Women	25 39%	48 52%	6 14%	3 5%
All	22 34%	46 51%	6 13%	3 4%
<i>Total number of persons in the sample (weighted)</i>				
Men	8150	2385	8150	2385
Women	8906	2556	8906	2556
All	17056	4941	17056	4941
<i>Total number of persons in the sample (unweighted)</i>				
Men	7535	2238	7535	2238
Women	9031	2703	9031	2703
All	16566	4941	16566	4941

¹ The participation rate is the proportion of people who spent any time 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

²It should be noted that main and secondary activity time should not simply be added together as this implies more than 24hours being available

Table 3.3 Time spent on paid employment with rates of participation by age and sex, 2000 and 2005

Great Britain						
Paid employment	Men		Women		All	
	2000	2005	2000	2005	2000	2005
	Average minutes per person per day % of people participating in activity ¹					
Age group						
16-24	199	162	154	145	176	154
	43%	39%	37%	36%	40%	38%
25-44	319	294	177	180	246	235
	64%	62%	43%	44%	53%	53%
45-64	241	243	141	158	190	200
	51%	52%	37%	40%	44%	46%
65 and over	17	27	7	5	11	15
	6%	8%	2%	2%	4%	5%
All	226	211	127	132	174	170
	47%	46%	32%	33%	39%	39%
<i>Total number of persons in the sample (weighted)</i>						
16-24	1119	352	1171	349	2290	702
25-44	3084	847	3203	889	6287	1736
45-64	2538	759	2616	781	5155	1540
65 and over	1409	427	1915	537	3324	964
All	8150	2385	8905	2556	17056	4941
<i>Total number of persons in the sample (unweighted)</i>						
16-24	1016	194	1288	217	2304	411
25-44	2774	723	3428	962	6202	1685
45-64	2495	762	2755	828	5250	1590
65 and over	1250	559	1560	696	2810	1255
All	7535	2238	9031	2703	16566	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 3.4 Time spent on housework with rates of participation by age and sex, 2000 and 2005

Great Britain						
Housework	Men		Women		All	
	2000	2005	2000	2005	2000	2005
	Average minutes per person per day % of people participating in activity ¹					
Age group						
16-24	54	42	94	101	74	71
	66%	60%	83%	83%	74%	72%
25-44	101	90	199	176	151	134
	84%	77%	97%	92%	90%	85%
45-64	144	110	252	199	199	155
	90%	78%	98%	96%	94%	87%
65 and over	215	156	266	211	244	187
	97%	88%	98%	95%	98%	92%
All	128	101	215	180	173	142
	86%	77%	96%	92%	91%	85%
<i>Total number of persons in the sample (weighted)</i>						
16-24	1119	352	1171	349	2290	702
25-44	3084	847	3203	889	6287	1736
45-64	2538	759	2616	781	5155	1540
65 and over	1409	427	1915	537	3324	964
All	8150	2385	8905	2556	17056	4941
<i>Total number of persons in the sample (unweighted)</i>						
16-24	1016	194	1288	217	2304	411
25-44	2774	723	3428	962	6202	1685
45-64	2495	762	2755	828	5250	1590
65 and over	1250	559	1560	696	2810	1255
All	7535	2238	9031	2703	16566	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 3.5 Time spent on housework and childcare as main and secondary activities with rates of participation by sex, 2000 and 2005

Great Britain				
Activity	Main activity		Secondary activity ²	
	2000	2005	2000	2005
	Average minutes per person per day % of people participating in activity ¹			
Housework				
Men	128	101	5	6
	86%	77%	19%	12%
Women	215	180	13	12
	96%	92%	34%	19%
All	173	142	9	9
	91%	85%	27%	15%
Childcare (of own household members)				
Men	11	15	8	10
	14%	11%	11%	6%
Women	28	32	20	32
	24%	21%	19%	13%
All	20	24	14	21
	20%	16%	15%	10%
<i>Total number of persons in the sample (weighted)</i>				
Men	8150	2385	8150	2385
Women	8906	2556	8906	2556
All	17056	4941	17056	4941
<i>Total number of persons in the sample (unweighted)</i>				
Men	7535	2238	7535	2238
Women	9031	2703	9031	2703
All	16566	4941	16566	4941

¹ The participation rate is the proportion of people who spent any time 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

² It should be noted that main and secondary activity time should not simply be added together as this implies more than 24 hours being available

4: Time use by different groups of people: broad categories of activities

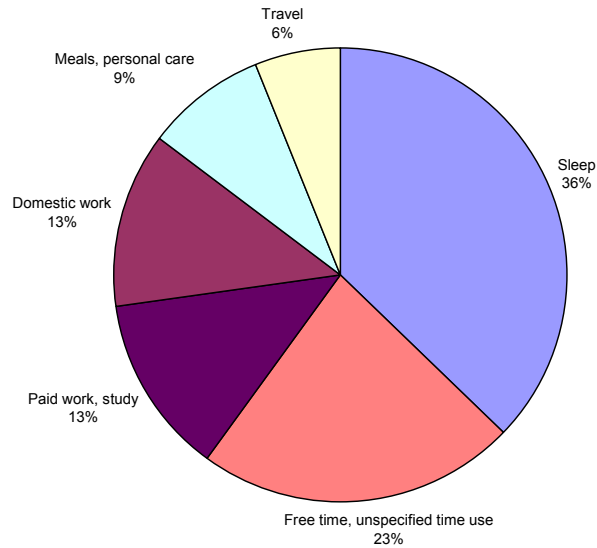
This chapter groups activities into six main categories in order to compare time use structure for different groups of people.

Category	includes
Sleep	sleeping, resting
Meals, personal care	eating and drinking, washing and dressing
Free time, unspecified time	all other kinds of activities eg, socialising and entertainment, sports and outdoor activities, hobbies and games, reading, watching TV and video/DVDs or listening to music, as well as unspecified time use
Paid work, study	work for paid job, education and courses
Domestic work	housework and other household tasks, caring for children in own household, volunteer work and meetings, helping other households
Travel	

Figure 4.1 shows that on average, over a third of the day was spent sleeping, a fifth was spent on free time, 13 per cent was spent on paid work, 13 per cent on domestic work, 9 per cent was spent on meals and personal care and the remaining 6 per cent was spent on travelling.

Figure 4.1

Figure 4.1 Percentage of day spent on main grouped activities, 2005



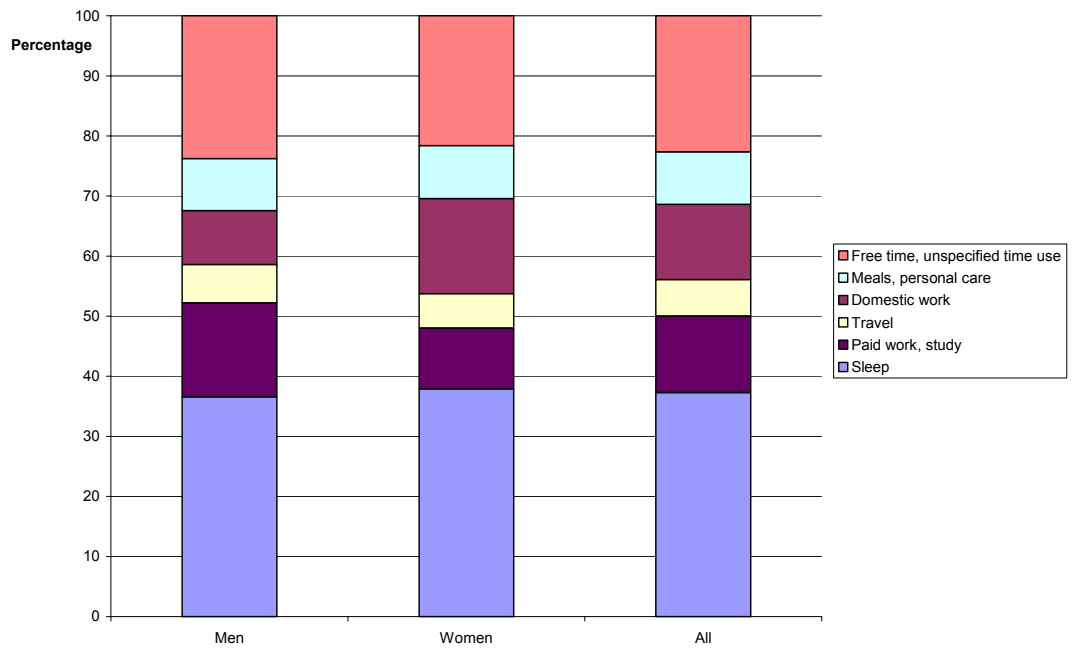
Sex and age

Women spend on average more time on domestic work (228 minutes) than on paid work (146 minutes). In comparison, men spend more time on paid work (225 minutes) than on domestic work (129 minutes). If paid and domestic work are combined into one measure of work, it can be seen that women still spend 20 minutes more on average per day on work.

Compared to men, women spend more time sleeping and more time on domestic work, and less time on the other activities, particularly paid work and study and leisure activities.

Table 4.1 and Figure 4.2

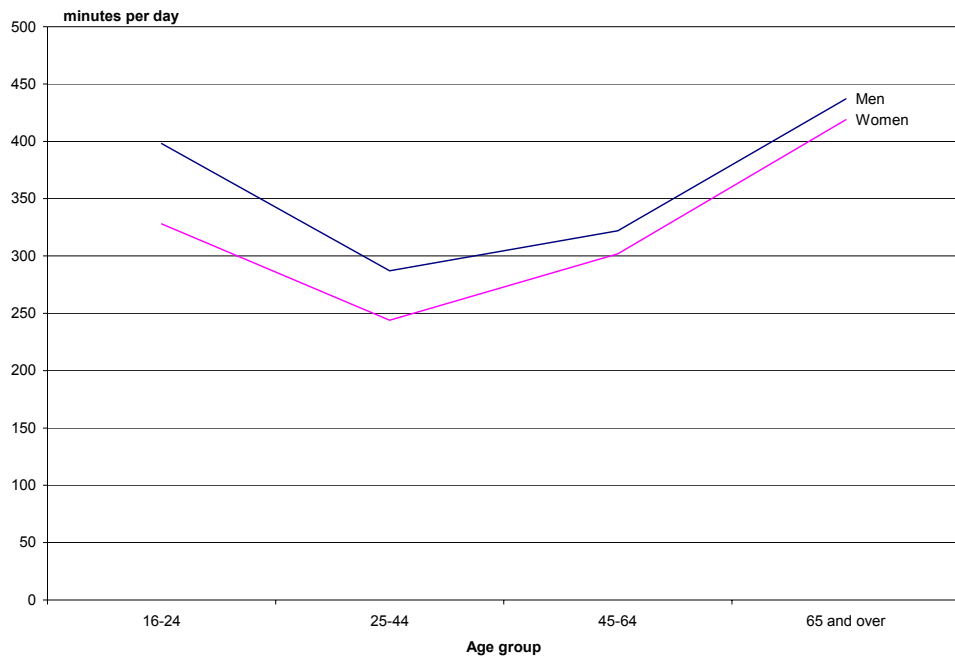
Figure 4.2 Time use daily structure by sex, 2005



This difference between men and women in their access to leisure time remains substantial throughout the life-course. It is slightly compensated for by (younger) women's extra time devoted to sleep, eating and personal care. But nevertheless, women *overall* still have more work (paid work plus unpaid domestic work plus travel) time than men in the earlier part of the life-course (437 minutes compared with men's 392 for the youngest group, 549 minutes compared with men's 530 for the 25-44 age group).

Figure 4.3

Figure 4.3 Free time by age and sex, 2005



The gender difference may reflect men's and women's partnership status (whether marriage or cohabitation). Men and women in partnerships have similar totals of work and leisure time, with men overall having a little more work time than women. The gender difference in overall work time between men and women is apparent mainly among those who are not currently in partnerships, the difference being largest for those aged 25-44. The women in this category are more likely than otherwise equivalently placed men to have responsibility for young children (and to have lower financial resources), and have therefore to devote extra time *both* to childcare *and* to paid work.

Table 4.3

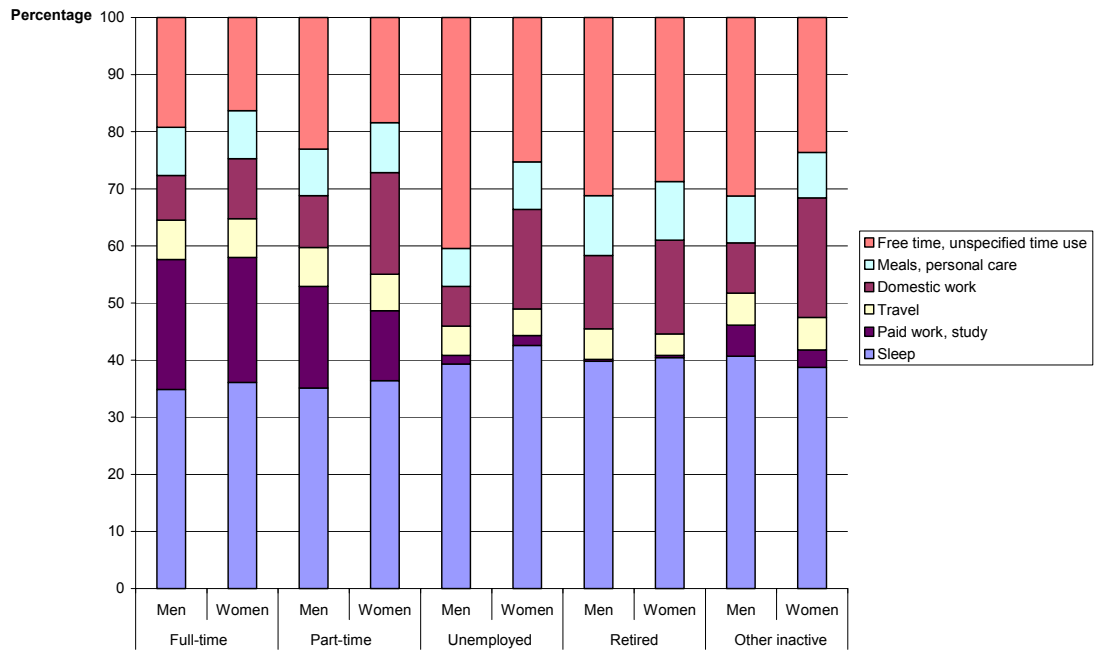
Economic activity status

Time use varies among women in different employment groups. For example, women working full-time spend twice as much time on paid work as domestic work (315 and 151 minutes a day respectively), compared to women who work part time who spend longer on domestic work (256 minutes) than on paid work (177 minutes).

Women in all economic categories spend longer on domestic work than men – for example, women who work full time spend 151 minutes on domestic work compared with 113 minutes spent by men who work full time.

Figure 4.4 and Table 4.4

Figure 4.4 Time use daily structure by sex and economic activity, 2005



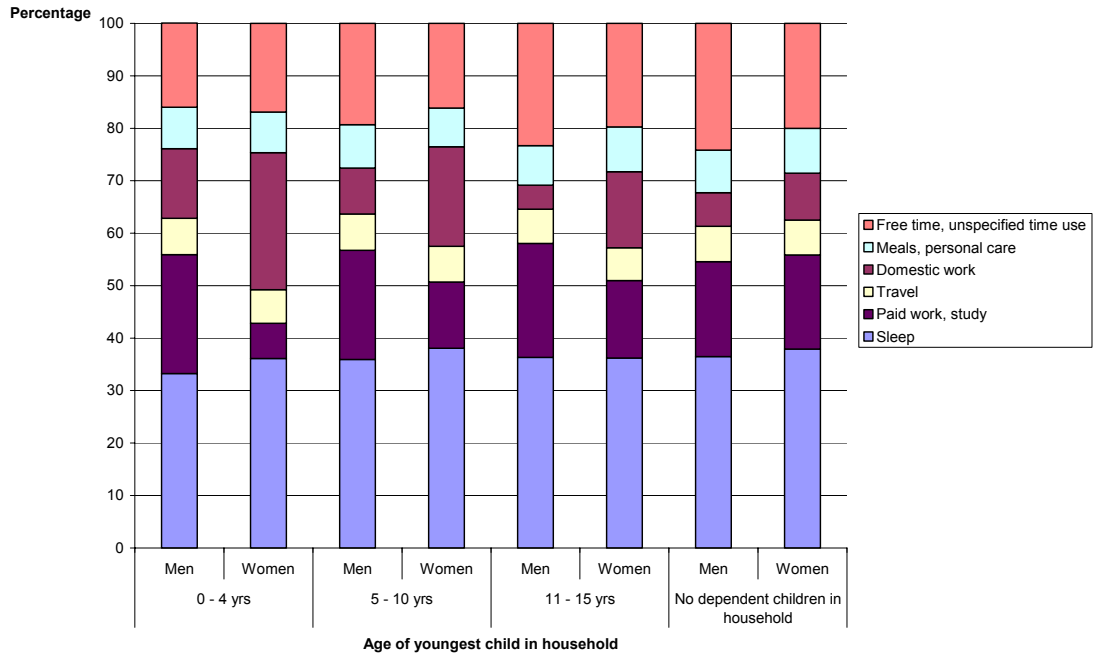
Presence of children in the household

Among both men and women aged 16-49, those with pre-school children in the household slept the least. Although overall women aged 16-49 tended to sleep longer than men aged 16-49, the difference was only statistically significant among those with pre-school children or with no children in the household.

Men aged 16-49 with children worked longer hours than those with no children in the household – 326 minutes a day among men with pre-school children compared with just over 261 minutes per day among men with no children in the household. Among women aged 16-49, it was those with no dependent children who worked the most hours.

Figure 4.5 and Table 4.5

Figure 4.5 Time use daily structure by presence and age of children in the household and sex, people aged 16-49, 2005



Weekdays and weekends

As expected, the distribution of activities varies during the week with individuals spending more time sleeping, participating in leisure activities and doing domestic work at the weekend than during the week. Conversely, people spend less time travelling and in paid work or studying at the weekend.

Both men and women spend more time at weekends sleeping and doing leisure activities compared with weekdays, and men as a whole spent more time on domestic work at weekends than they do during the week.

Figure 4.6 and Table 4.6

Figure 4.6 Time use structure on weekdays and weekends by sex, 2005

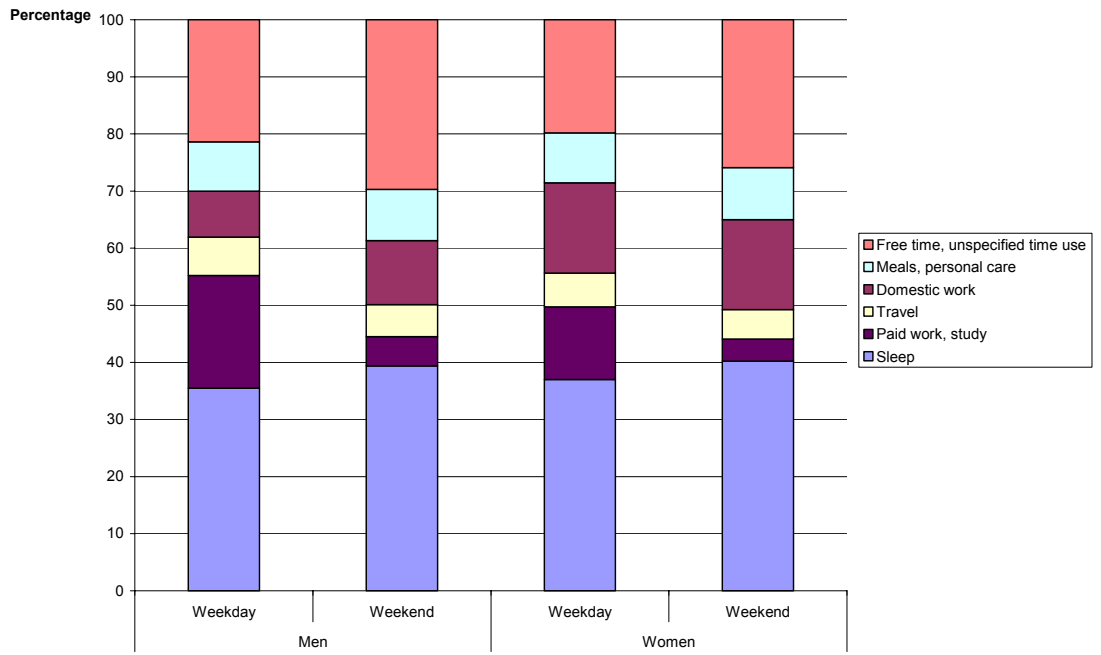


Table 4.1 Time spent on main activity by sex, 2005

Great Britain			
Main activity	Men	Women	All
Average minutes per person per day			
Sleep	527	546	537
Meals, personal care	125	127	126
Free time, unspecified time use	342	311	326
Paid work, study	225	146	184
Domestic work	129	228	180
Travel	92	82	87
Total	1440	1440	1440
<i>Total number of persons in sample</i>			
- weighted	2385	2556	4941
- unweighted	2238	2703	4941
Category	includes		
<i>Sleep</i>	sleeping, resting		
<i>Meals, personal care</i>	eating and drinking, washing and dressing		
<i>Free time, unspecified time</i>	all other kinds of activities eg volunteer work and meetings, helping other households, socialising and entertainment, sports and outdoor activities, hobbies and games, reading, TV & Video/DVDs, radio, music, as well as unspecified time use		
<i>Paid work, study</i>	work for paid job, education and courses		
<i>Domestic work</i>	housework and other household tasks, caring for children in own household		
<i>Travel</i>			

Table 4.2 Time spent on main activity by age and sex, 2005

Great Britain					
Main activity	Age group				All
	16-24	25-44	45-64	65 and over	
Average minutes per person per day					
Men					
Sleep	541	506	518	573	527
Meals, personal care	109	117	128	150	125
Free time, unspecified time use	398	287	322	437	342
Paid work, study	232	302	245	30	225
Domestic work	63	131	132	174	129
Travel	97	97	95	76	92
Total	1440	1440	1440	1440	1440
Women					
Sleep	557	530	533	586	546
Meals, personal care	118	117	130	148	127
Free time, unspecified time use	328	244	302	419	311
Paid work, study	218	190	162	6	146
Domestic work	130	265	229	228	228
Travel	89	94	84	53	82
Total	1440	1440	1440	1440	1440
All					
Sleep	549	518	525	580	537
Meals, personal care	113	117	129	149	126
Free time, unspecified time use	364	264	313	426	326
Paid work, study	225	245	203	17	184
Domestic work	96	200	181	205	180
Travel	93	96	89	63	87
Total	1440	1440	1440	1440	1440
<i>Total number of persons in sample</i>					
<i>Men</i>					
- weighted	352	847	759	427	2385
- unweighted	194	723	762	559	2238
<i>Women</i>					
- weighted	349	890	781	537	2556
- unweighted	217	962	828	696	2703
<i>all</i>					
- weighted	702	1736	1540	964	4941
- unweighted	411	1685	1590	1255	4941

Table 4.3 Time spent on paid work, domestic work and travel by whether married or cohabiting, age and sex, 2005

Great Britain					
Paid work, study, domestic work, travel	Age group				All
	16-24	25-44	45-64	65 and over	
Average minutes per person per day					
Married/cohabiting					
Men	..	577	491	290	483
Women	473	561	482	309	485
Single, divorced, widowed					
Men	379	379	410	..	378
Women	431	526	494	..	464
<i>Total number of persons in sample</i>					
Married/cohabiting					
<i>Men</i>					
- weighted	30	590	605	312	1537
- unweighted	22	453	519	318	1322
<i>Women</i>					
- weighted	72	618	612	251	1553
- unweighted	50	570	542	225	1387
Single, divorced, widowed					
<i>Men</i>					
- weighted	307	141	48	13	509
- unweighted	152	84	41	13	290
<i>Women</i>					
- weighted	270	211	54	33	567
- unweighted	155	279	65	31	530

.. Bases too low to show estimate

4: Time use by different groups of people: broad categories of activities

The Time Use Survey, 2005

Table 4.4 Time spent on main activity by sex and economic activity, 2005

Great Britain						
Main activity	Economically active			Economically inactive	All	
	Full-time	Part-time	Unemployed ¹	Retired	Other inactive	
Average minutes per person per day						
Men						
Sleep	502	506	566	573	586	527
Meals, personal care	121	117	96	151	118	125
Free time, unspecified time use	277	332	582	449	450	342
Paid work, study	328	256	22	5	78	225
Domestic work	113	131	100	185	127	129
Travel	99	98	74	77	81	92
Total	1440	1440	1440	1440	1440	1440
Women						
Sleep	520	524	613	582	558	546
Meals, personal care	121	126	120	147	115	127
Free time, unspecified time use	235	265	364	414	340	311
Paid work, study	315	177	25	6	44	146
Domestic work	151	256	251	237	301	228
Travel	98	92	67	54	82	82
Total	1440	1440	1440	1440	1440	1440
All						
Sleep	509	519	588	579	568	537
Meals, personal care	121	124	107	149	116	126
Free time, unspecified time use	262	281	482	428	378	326
Paid work, study	323	196	23	5	56	184
Domestic work	126	227	170	216	240	180
Travel	99	93	70	63	82	87
Total	1440	1440	1440	1440	1440	1440
<i>Total number of persons in sample</i>						
<i>Men</i>						
- weighted	1417	188	79	446	254	2385
- unweighted	1219	155	69	578	216	2238
<i>Women</i>						
- weighted	763	610	68	644	471	2556
- unweighted	733	593	59	823	495	2703
<i>All</i>						
- weighted	2180	798	147	1090	725	4941
- unweighted	1952	748	128	1401	711	4941

¹ Sample size low for unemployed - treat results with caution

Table 4.5 Time spent on main activity by sex and presence and age of children in the household, 2005

Great Britain, people aged 16-49					
Main activity	Age of youngest child in household			No dependent child in household	All
	0 - 4 yrs	5 - 10 yrs	11 - 15 yrs		
Average minutes per person per day					
Men					
Sleep	479	517	523	525	515
Meals, personal care	114	119	108	117	116
Free time, unspecified time use	231	278	336	348	316
Paid work, study	326	300	313	261	284
Domestic work	191	126	66	92	111
Travel	100	100	94	97	98
Total	1440	1440	1440	1440	1440
Women					
Sleep	520	548	521	546	537
Meals, personal care	112	107	123	123	118
Free time, unspecified time use	243	232	284	288	266
Paid work, study	97	182	213	258	200
Domestic work	376	273	209	129	224
Travel	92	98	90	96	95
Total	1440	1440	1440	1440	1440
All					
Sleep	503	535	522	535	526
Meals, personal care	113	112	116	120	117
Free time, unspecified time use	238	252	307	319	291
Paid work, study	192	232	257	260	241
Domestic work	299	210	146	109	169
Travel	95	99	92	97	96
Total	1440	1440	1440	1440	1440
<i>Total number of persons in sample</i>					
<i>Men</i>					
- weighted	248	192	160	801	1402
- unweighted	201	146	101	661	1109
<i>Women</i>					
- weighted	348	255	201	661	1465
- unweighted	362	287	182	568	1399
<i>all</i>					
- weighted	596	447	361	1461	2866
- unweighted	563	433	283	1229	2508

Table 4.6 Time spent on main activity on weekdays and weekends by sex, 2005

Great Britain			
Main activity	Weekday	Weekend	All
Average minutes per person per day			
Men			
Sleep	511	567	527
Meals, personal care	124	129	125
Free time, unspecified time use	308	428	342
Paid work, study	284	74	225
Domestic work	116	161	129
Travel	97	81	92
Total	1440	1440	1440
Women			
Sleep	533	579	546
Meals, personal care	126	131	127
Free time, unspecified time use	285	373	311
Paid work, study	183	56	146
Domestic work	228	227	228
Travel	85	74	82
Total	1440	1440	1440
All			
Sleep	522	573	537
Meals, personal care	125	130	126
Free time, unspecified time use	296	400	326
Paid work, study	232	64	184
Domestic work	174	195	180
Travel	91	78	87
Total	1440	1440	1440
<i>Total number of persons in sample</i>			
<i>Men</i>			
- weighted	1713	672	2385
- unweighted	1622	616	2238
<i>Women</i>			
- weighted	1822	735	2556
- unweighted	1943	760	2703
<i>All</i>			
- weighted	3534	1407	4941
- unweighted	3565	1376	4941

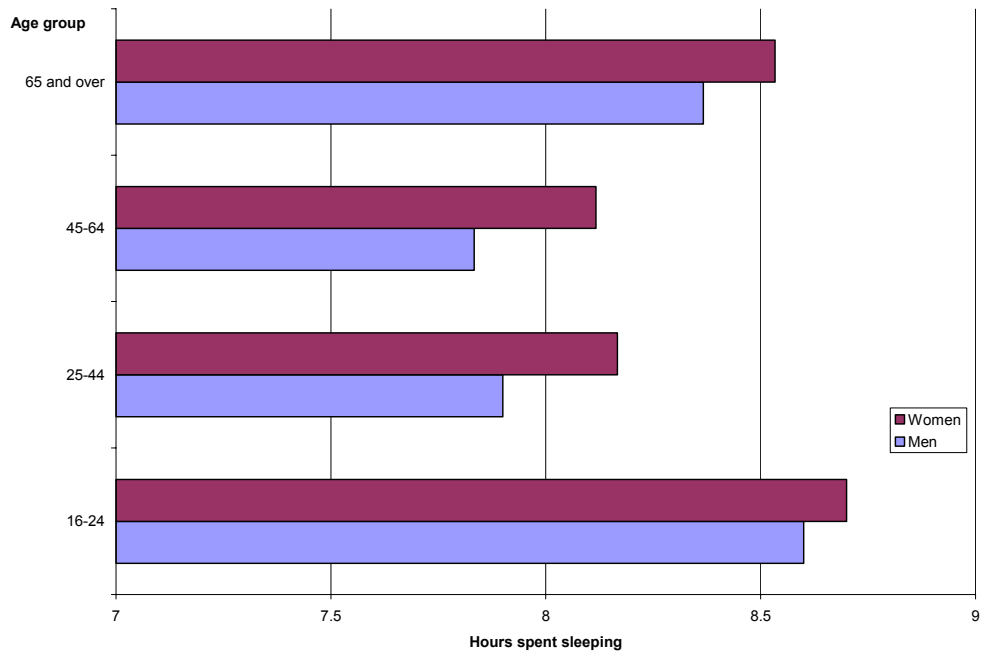
5: Time use by different groups of people: specific activities

Sleep and rest

It was the youngest and oldest age groups who spent the most time sleeping – among both men and women. Resting increased with age: those aged 16-24 spent 30 minutes a day on average resting compared with 73 minutes among those aged 65 and over. Among those aged 16-49, men living with pre-school children sleep less than both women living with pre-school children and men living in a household with no dependent children.

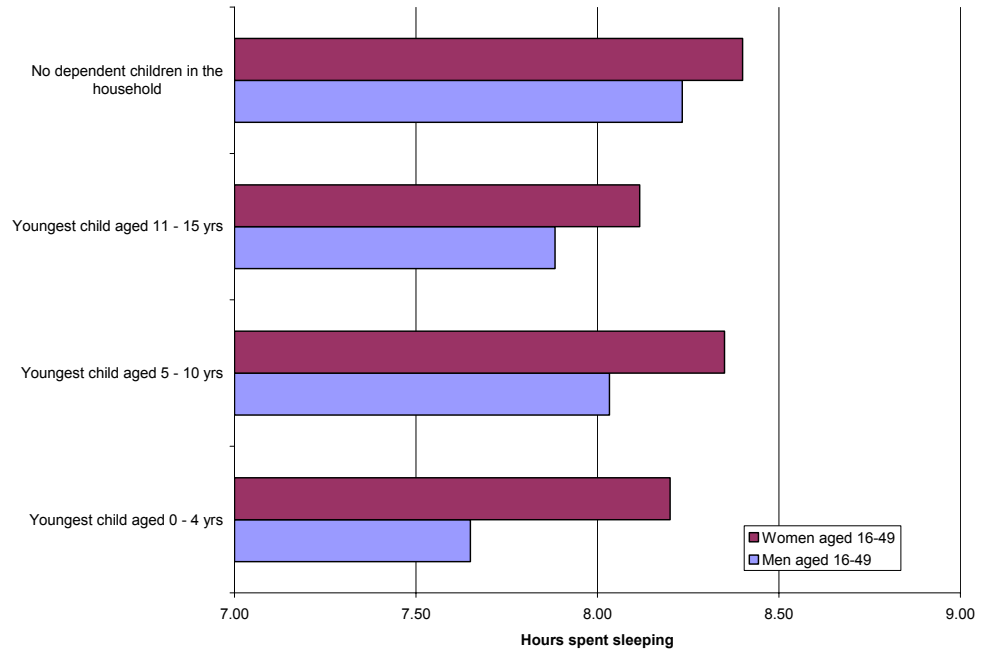
Figures 5.1 and 5.2 and Tables 5.1 and 5.2

Figure 5.1 Time spent sleeping by age and sex, 2005



Note: an origin of 7 hours has been used in this chart to illustrate differences in time spent sleeping

Figure 5.2 Time spent sleeping by presence and age of children in the household and sex, 2005



Note: an origin of 7 hours has been used in this chart to illustrate differences in time spent sleeping

Housework and caring for others

Domestic work tends to be carried out by women, by people in older age groups, by people with dependent children and at the weekend.

Overall, women carry out about two thirds of the housework– women spend on average 178 minutes a day on housework compared with 100 minutes among men. Women also spend 12 minutes a day doing housework as a secondary activity, compared with 6 minutes for men.

While overall 92 per cent of women do some housework per day, compared with just over three quarters of men (77 per cent), the pattern is different for individual activities. Women spend more time than men cooking and washing up, cleaning and tidying, washing clothes and doing shopping. DIY repairs and gardening are however male-dominated. About a third of people shop or use some services on an average day, and women and older people do so more often than men and younger people.

Among those aged 16-49, people with pre-school children spent the most time on housework: 147 minutes per day on average as a main activity, compared with 98 minutes among those with no dependent children in the household.

Figure 5.3 and Tables 5.3 to 5.5

Figure 5.3 Time spent on housework by sex, 2005

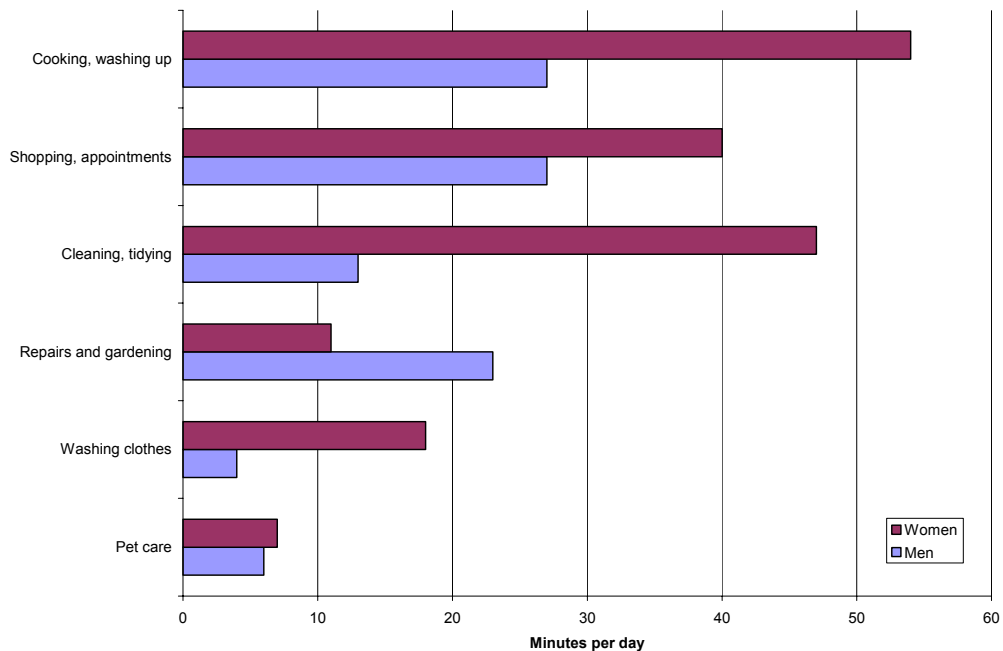
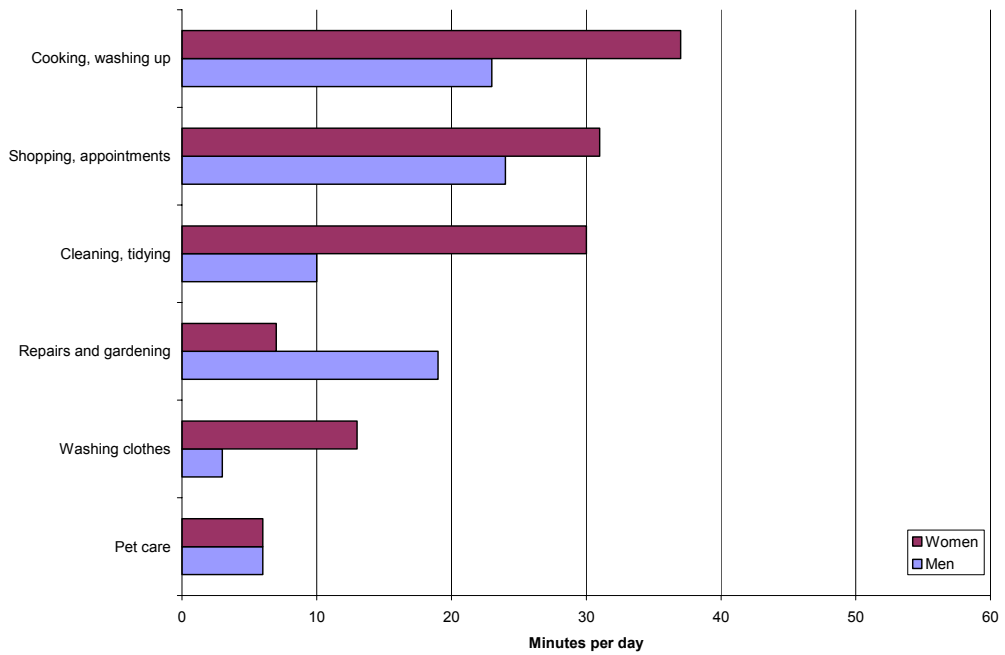


Table 5.6 shows that women who work full time are more likely than men who work full time to participate in domestic activities. For example, 42 per cent of women who work full time clean and tidy compared with only 17 per cent of men full time workers.

Figure 5.4 and Table 5.6

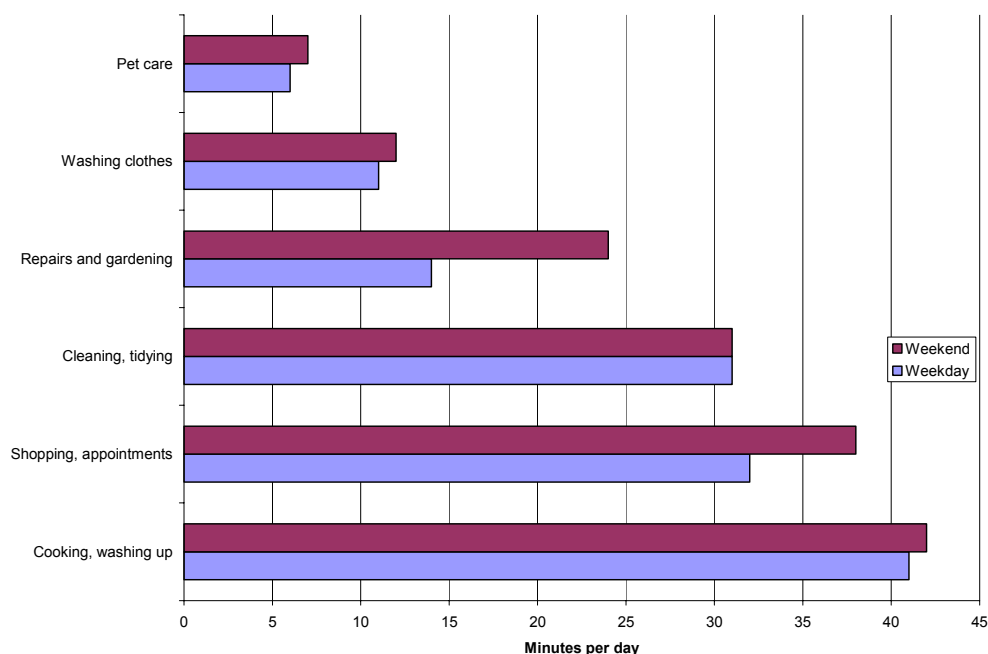
Figure 5.4 Time spent on housework for full time workers by sex, 2005



Although overall people spend more time at the weekend than during the week on domestic tasks (154 minutes compared with 135 minutes on weekdays), the difference was due to more time being spent on repairs and gardening and shopping and appointments at the weekend.

Figure 5.5 and Table 5.7

Figure 5.5 Time spent on housework on weekdays and weekends, 2005

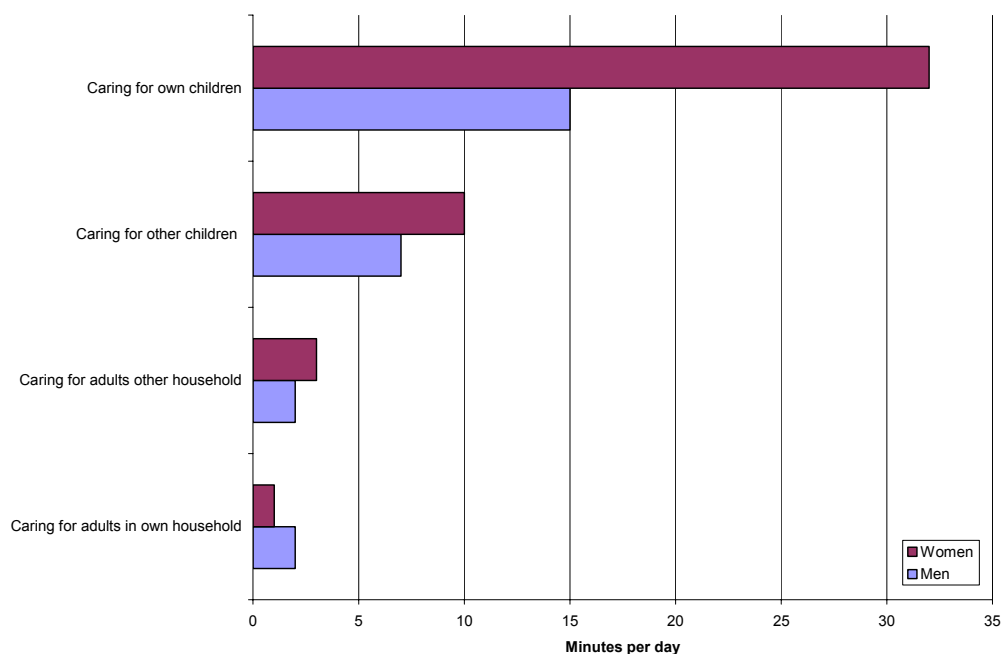


People spent 36 minutes on average per day caring for children and adults as a main activity, and a further 30 minutes as a secondary activity. Women tended to spend longer than men (46 minutes and 26 minutes respectively). This difference was largest for caring for their own children: women tended to spend twice as long as men doing so (32 and 15 minutes respectively).

Men spent ten minutes on average a day looking after children as a secondary activity compared to 30 minutes among women. Among men, 36 per cent of all secondary childcare time is spent alongside leisure time, and 26 per cent of the secondary childcare is carried out whilst doing housework. Among women these percentages are 30 per cent and 35 per cent respectively. (Table not shown).

Figure 5.6 and Table 5.8

Figure 5.6 Time spent on caring activities by sex, 2005

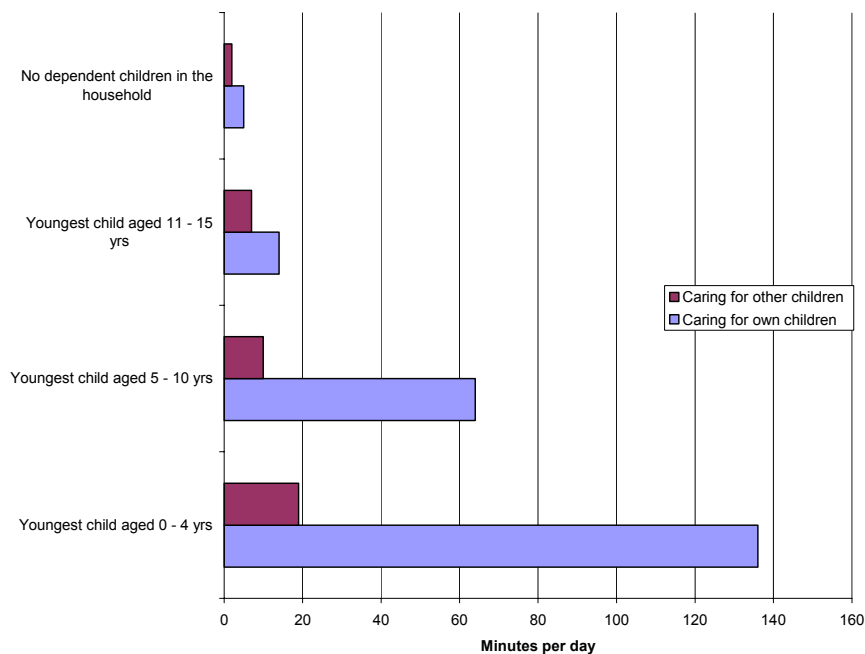


The pattern of care varied among people of different ages and with different age children, variables that are themselves related. People aged 25 to 44 spent the longest time per day caring for their own children – on average, they spent 54 minutes caring for their own children as a main activity and a further 46 minutes as a secondary activity. Unsurprisingly, those with pre-school children spent the longest time caring for their children, both as a main and secondary activity.

Figure 5.7 and Tables 5.9 and 5.10

Looking at unpaid care for children in other households, it was people aged 45-64 who spent the most time on it.

Figure 5.7 Time spent caring for children by presence and age of children in the household, 2005



The amount of time spent on looking after children as a main activity was no different at weekends than during the week, however, people spent twice as long on average at weekends looking after their children as a secondary activity – 32 minutes compared with 17 minutes on average on weekdays.

Tables 5.11 and 5.12

Work and education

Nearly half of men (46 per cent) and a third of women (33 per cent) participated in paid work on their diary day. Men tended to work longer hours than women on average – looking only at people who worked on their diary day, men spent 459 minutes per day working compared with an average of 400 minutes among women.

Women were more likely than men to participate in voluntary work (15 per cent of women and 10 per cent of men did so on their diary day). There were no differences in participation in formal and recreational education.

Those aged 25 to 64 were the most likely to have worked on their diary day, and those aged 16-24 were the most likely to have taken part in formal education. Rates of participation varied similarly by age of the youngest person in the household. People aged 16-49 with pre-school or primary

school aged children were more likely to have taken part in voluntary work – 22 per cent compared with only five per cent of those aged 16-49 with no children in the household.

Compared to the weekend, an additional 154 minutes were spent in the main job and an additional 14 minutes were spent in formal education during the week.

Tables 5.13 to 5.16

Travel

Information was collected in the diary about both the purpose of the journey and the means of transport. Overall, the majority of people (86 per cent) did some travelling during their diary day, and spent on average 87 minutes travelling.

About a fifth of travel (18 minutes) was commuting to paid employment, and 11 minutes was for domestic trips such as shopping. Five minutes of travelling was for pure enjoyment with no other purpose and five minutes was escorting someone else. The rest of the travelling time (43 minutes) was travel for other purposes - for example to the cinema or to visit friends. Comparing men and women, travel related to employment was more evident among men, while women's trips are more concerned with domestic tasks such as shopping.

Table 5.17

Three fifths of all travel (52 of the 87 travel minutes per day) was carried out by car or van, and a further fifth (17 minutes) was walking or jogging. Only 10 minutes was spent on public transport.

Men use the private car more than women (64 per cent of men had been in a trip in a private car in their diary day compared with 59 per cent of women).

Table 5.18

Leisure activities

Leisure activities are shown in tables 5.19 and 5.20 grouped into four main categories. Men were more likely than women to watch TV or listen to the radio and to take part in other leisure activities (sport, entertainment, hobbies and using the computer). Women were more likely than men to spend time reading or with other people.

Figure 5.8 and Table 5.19

Figure 5.8 Time spent on leisure activities by sex, 2005

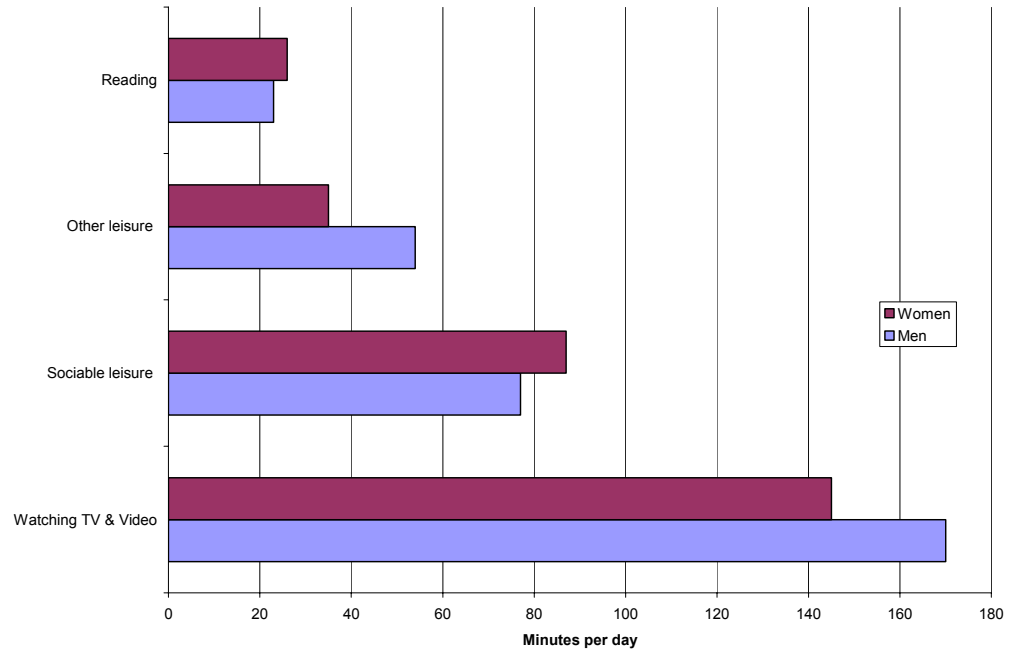
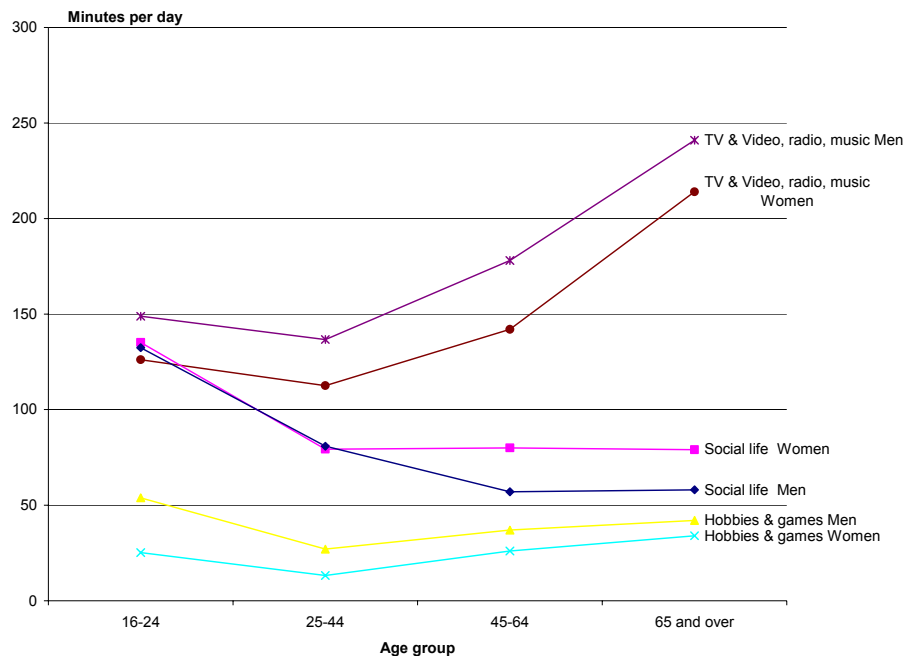


Table 5.20 shows that leisure time varies substantially by sex and age. Throughout the full age range men watched substantially (20-40 minutes) more television per day. Time devoted to social life is very similar for men and women in the two youngest age groups, but the pattern alters with age and beyond age 45 women devoted more time than men to visiting friends and being visited. Men devoted more time to hobbies and games; younger men in particular spend twice as much time as do women to this sort of leisure (54 minutes compared with 25 for the 16-24 age group, 27 compared with 13 for the 25-44 group).

Table 5.20 and Figure 5.9

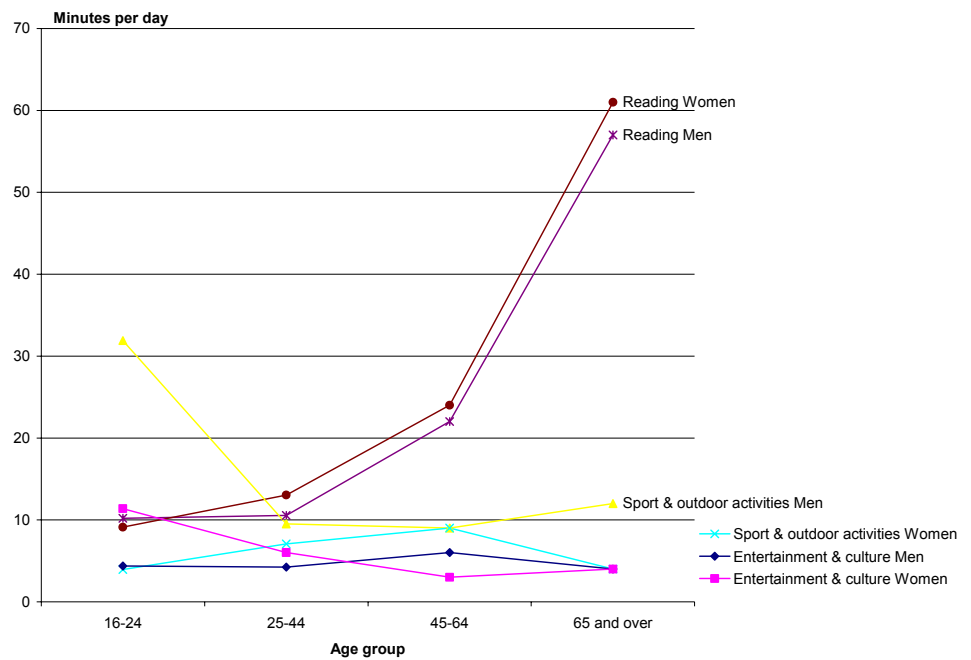
Figure 5.9 Time spent on major leisure activities by age and sex, 2005



Other leisure activities also show a strong differentiation by sex. Sport and other outdoor exercise time, among the youngest group, was overwhelmingly male, though this gender difference almost disappears amongst those aged 25 to 64.

Table 5.20 and Figure 5.10

Figure 5.10 Time spent on other leisure activities by age and sex, 2005



Amongst young people, women spent much more time than men in entertainment and cultural activities (i.e. cinema, theatre, concerts etc), though this difference dwindles for older age-groups. Reading was less strongly gendered and although women seem to do a little more than men the difference was not statistically significant. Time spent reading is however strongly and positively related to age, with the oldest age-group devoting more than an hour per day to this activity, compared with about 10 minutes among the youngest age group.

Table 5.20

Not surprisingly, those who work spent less time on leisure activities than the unemployed or economically inactive. Retired people were twice as likely as others to spend time reading and spent nearly three times as long doing so (57 minutes per day compared with 20 minutes among other economically inactive people).

Table 5.21

Use of computers

Computer use was recorded in the diaries either as a primary activity or as a secondary activity. The tables shown above recoded computing as a secondary activity and coded the purpose as the primary activity. This means that a substantial part of all computer usage is hidden in tables constructed from primary activities only. In this section only we therefore use some different table construction methods to illustrate the part that computers play in daily life. Computer use is brought to the foreground by

treating all mentions of computer use *as if they are the primary activities*. This of course has the effect of reducing time attributed to other activities.

There has been a considerable growth in the use of computers over the 5 year period. On any given day in 2000, around 12 per cent of the population used a computer outside their workplace (workplace use is not recorded in the diaries). By 2005, some 16 per cent of the population were doing so each day. Computing time increased from an average of 12 minutes per day in 2000 to 20 minutes per day in 2005 (table not shown).

Table 5.22 shows the difference between the non-users and the users of computers on any diary day. The amount of computing time spent by users has increased markedly from 96 minutes per day in 2000 to 120 minutes per day in 2005. In 2000 computer users spent less time in paid work, unpaid housework and social life than non-users. By 2005, the difference between user and non-user paid work had disappeared, but the users watched substantially less television. In both survey years, computer use is associated with extra study time.

Table 5.22

Just over half of all daily computer use has computing as a primary activity with no secondary activity registered. Table 5.23 shows the association of the remaining 55 minutes of secondary computing time with its respective primary activity. Thirty three per cent of all secondary computing time is devoted to paid work (mostly at home), 15 per cent to hobbies and games, and 13 per cent each to social life (email, chat-rooms) and to watching or listening to video/DVDs or music media.

Instead of adding this secondary computing time to primary computing, it might instead be added to the appropriate primary purpose as shown in the final column of Table 5.23. The estimate of paid work time in 2005 rises from an average of 167 minutes per day to 185 minutes; comparing this total with the equivalent for non-users (in Table 5.22) we see that the users in total did more paid work than the non-users. Similar comparisons reduce, but do not eliminate, the differences between non-users and users social life and media time. To maintain the 1440 minute day, the computing time added in to its primary purposes must also be subtracted from the computing total, which reduces, as a result, to an average of just over one hour per day (64 minutes).

Table 5.23

Table 5.1 Rates of participation and time spent on sleeping and resting as main activity by age and sex, 2005

Great Britain					
Main activity	Age group				All
	16-24	25-44	45-64	65 and over	
Average minutes per person per day % of people participating in activity ¹					
Men					
Sleeping	516 100%	474 100%	470 100%	502 100%	484 100%
Resting	25 46%	32 45%	47 51%	71 62%	43 50%
Women					
Sleeping	522 100%	490 100%	487 100%	512 100%	498 100%
Resting	35 51%	40 47%	46 52%	74 63%	48 52%
All					
Sleeping	519 100%	482 100%	479 100%	507 100%	491 100%
Resting	30 48%	36 46%	47 51%	73 63%	46 51%
<i>Total number of persons in sample</i>					
Men					
- weighted	353	847	759	427	2385
- unweighted	194	723	762	559	2238
Women					
- weighted	349	889	781	537	2556
- unweighted	217	962	828	696	2703
All					
- weighted	702	1736	1540	964	4941
- unweighted	411	1685	1590	1255	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 5.2 Rates of participation and time spent on sleeping and resting as main activity by sex and presence and age of children in the household, 2005

Great Britain, people aged 16-49					
Main activity	Age of youngest person in household			No dependent child in household	All aged 16-49
	0 - 4 yrs	5 - 10 yrs	11 - 15 yrs		
Average minutes per person per day % of people participating in activity ¹					
Men					
Sleeping	459 100%	482 100%	473 99%	494 100%	484 100%
Resting	20 36%	35 55%	51 63%	30 44%	32 46%
Women					
Sleeping	492 100%	501 100%	487 100%	504 100%	498 100%
Resting	28 43%	47 49%	33 48%	42 50%	39 48%
All					
Sleeping	478 100%	493 100%	481 100%	499 100%	491 100%
Resting	25 40%	42 52%	41 55%	36 46%	35 47%
<i>Total number of persons in sample</i>					
Men					
- weighted	248	192	160	801	1402
- unweighted	201	146	101	661	1109
Women					
- weighted	348	255	201	661	1464
- unweighted	362	287	182	568	1399
All					
- weighted	596	447	361	1461	2865
- unweighted	563	433	283	1229	2508

¹ The participation rate is the proportion of people who spent any time 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

Table 5.3 Rates of participation and time spent on housework by whether main or secondary activity and sex, 2005

Great Britain			
Activity	Men	Women	All
	Average minutes per person per day % of people participating in activity ¹		
Cooking, washing up			
Main activity	27 57%	54 81%	41 70%
Secondary activity	2 5%	3 8%	3 7%
Cleaning, tidying			
Main activity	13 21%	47 54%	31 38%
Secondary activity	1 1%	3 4%	2 2%
Washing clothes			
Main activity	4 6%	18 30%	11 19%
Secondary activity	0 1%	3 4%	2 2%
Repairs and gardening			
Main activity	23 15%	11 12%	17 13%
Secondary activity	0 0%	0 1%	0 1%
Pet care			
Main activity	6 11%	7 14%	7 13%
Secondary activity	2 3%	2 4%	2 3%
Shopping, appointments			
Main activity	27 32%	40 42%	34 37%
Secondary activity	2 3%	2 3%	2 3%
Any housework			
Main activity	100 77%	178 92%	140 85%
Secondary activity	6 12%	12 19%	9 15%
<i>Total number of persons in sample</i>			
- weighted	2384	2556	4941
- unweighted	2238	2703	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 5.4 Rates of participation and time spent on housework by whether main or secondary activity and age group, 2005

Great Britain					
Activity	Age group				All
	16-24	25-44	45-64	65 and over	
	Average minutes per person per day % of people participating in activity ¹				
Cooking, washing up	20 51%	41 71%	42 71%	56 78%	41 70%
Cleaning, tidying	17 20%	30 37%	33 39%	40 50%	31 38%
Washing clothes	5 9%	12 20%	13 22%	11 19%	11 19%
Repairs and gardening	3 2%	13 9%	21 17%	28 24%	17 13%
Pet care	2 6%	6 12%	8 16%	8 14%	7 13%
Shopping, appointments	24 27%	31 36%	37 40%	40 43%	34 37%
Any housework					
Main activity	70 71%	133 84%	154 87%	183 92%	140 85%
Secondary activity	4 9%	12 17%	10 17%	8 16%	9 15%
<i>Total number of persons in sample</i>					
- weighted	701	1737	1539	963	4941
- unweighted	411	1685	1590	1255	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 5.5 Rates of participation and time spent on housework by whether main or secondary activity and presence and age of children in the household, 2005

Great Britain, people aged 16-49					
Activity	Age of youngest person in household			No dependent child in household	All aged 16-49
	0 - 4 yrs	5 - 10 yrs	11 - 15 yrs		
	Average minutes per person per day % of people participating in activity ¹				
Cooking, washing up	48 75%	44 72%	34 65%	27 61%	35 66%
Cleaning, tidying	37 46%	35 40%	34 35%	20 26%	28 33%
Washing clothes	14 22%	14 22%	12 21%	7 14%	10 18%
Repairs and gardening	10 8%		9 8%	10 7%	10 8%
Pet care	3 7%	4 12%	8 15%	5 11%	5 11%
Shopping, appointments	35 35%	31 35%	29 31%	28 34%	30 34%
Any housework					
Main activity	147 85%	139 85%	127 83%	98 79%	118 82%
Secondary activity	14 19%	13 19%	8 13%	7 13%	10 15%
<i>Total number of persons in sample</i>					
- weighted	596	447	361	1461	2866
- unweighted	563	433	283	1229	2508

¹ The participation rate is the proportion of people who spent any time 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

Table 5.6 Rates of participation and time spent on housework for people who work full time by sex, 2005

Great Britain - full time workers			
Main activity	Men	Women	All
	Average minutes per person per day % of people participating in activity ¹		
Cooking, washing up	23 55%	37 74%	28 61%
Cleaning, tidying	10 17%	30 42%	17 26%
Washing clothes	3 5%	13 24%	7 12%
Repairs and gardening	19 12%	7 7%	15 10%
Pet care	6 12%	6 13%	6 12%
Shopping, appointments	24 28%	31 34%	27 30%
Any housework	86 73%	125 88%	99 78%
<i>Total number of persons in sample</i>			
- weighted	1417	762	2180
- unweighted	1219	733	1952

¹ The participation rate is the proportion of people who spent any time 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

Table 5.7 Rates of participation and time spent on housework by whether main or secondary activity and age on weekdays and weekends, 2005

Great Britain			
Activity	Weekday	Weekend	All
	Average minutes per person per day % of people participating in activity ¹		
Cooking, washing up	41 70%	42 69%	41 70%
Cleaning, tidying	31 38%	31 36%	31 38%
Washing clothes	11 19%	12 18%	11 19%
Repairs and gardening	14 13%	24 15%	17 13%
Pet care	6 13%	7 12%	7 13%
Shopping, appointments	32 37%	38 37%	34 37%
Any housework			
Main activity	135 84%	154 86%	140 85%
Secondary activity	9 16%	10 14%	9 15%
<i>Total number of persons in sample</i>			
- weighted	3534	1406	4941
- unweighted	3565	1376	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 5.8 Rates of participation and time spent on caring for others by whether main or secondary activity and sex, 2005

Great Britain			
Activity	Men	Women	All
	Average minutes per person per day % of people participating in activity ¹		
Caring for own children			
Main activity	15	32	24
	11%	21%	16%
Secondary activity	10	32	21
	6%	13%	10%
Caring for other children			
Main activity	7	10	9
	5%	7%	6%
Secondary activity	5	7	6
	2%	4%	3%
Caring for adults in own household			
Main Activity	2	1	1
	2%	2%	2%
Caring for adults other household			
Main Activity	2	3	2
	2%	2%	2%
Any care			
Main Activity	26	46	36
	17%	28%	23%
Secondary activity	17	41	30
	8%	17%	12%
<i>Total number of persons in sample</i>			
- weighted	2385	2556	4941
- unweighted	2238	2703	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 5.9 Rates of participation and time spent on caring for others by whether main or secondary activity and age, 2005

Great Britain					
Activity	Age group				All
	16-24	25-44	45-64	65 and over	
Average minutes per person per day % of people participating in activity ¹					
Caring for own children					
Main Activity	15	54	9	1	24
	10%	35%	7%	1%	16%
Secondary activity	23	46	6	1	21
	7%	21%	4%	0%	10%
Caring for other children					
Main Activity	8	9	9	8	9
	4%	9%	5%	4%	6%
Secondary activity	1	7	10	3	6
	1%	4%	4%	2%	3%
Caring for adults in own household					
Main Activity	1	0	1	4	1
	1%	1%	2%	3%	2%
Caring for adults other household					
Main Activity	1	1	4	3	2
	1%	1%	3%	3%	2%
Any care					
Main Activity	26	64	23	16	36
	14%	40%	15%	9%	23%
Secondary activity	24	55	18	6	30
	7%	23%	8%	3%	12%
<i>Total number of persons in sample</i>					
- weighted	701	1737	1539	963	4941
- unweighted	411	1685	1590	1255	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 5.10 Rates of participation and time spent on caring for others by whether main or secondary activity and presence and age of children in the household, 2005

Great Britain, people aged 16-49					
Activity	Age of youngest person in household			No dependent child in household	All aged 16-49
	0 - 4 yrs	5 - 10 yrs	11 - 15 yrs		
	Average minutes per person per day % of people participating in activity ¹				
Caring for own children					
Main Activity	136	64	14	5	46
	76%	57%	21%	3%	30%
Secondary activity	106	73	35	2	41
	42%	35%	16%	1%	18%
Caring for other children					
Main Activity	19	10	7	2	8
	17%	13%	7%	2%	8%
Secondary activity	14	10	11	1	7
	9%	6%	5%	1%	4%
Caring for adults in own household					
Main Activity	0	1	1	1	1
	1%	1%	2%	1%	1%
Caring for adults other household					
Main Activity	1	1	2	1	1
	2%	1%	2%	1%	1%
Any care					
Main Activity	157	76	22	10	56
	81%	63%	28%	6%	35%
Secondary activity	119	84	48	5	49
	46%	38%	20%	3%	20%
<i>Total number of persons in sample</i>					
- weighted	596	447	361	1461	2866
- unweighted	563	433	283	1229	2508

¹ The participation rate is the proportion of people who spent any time 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

Table 5.11 Rates of participation and time spent on caring for others by whether main or secondary activity and economic activity, 2005

Great Britain						
Activity	Economically active			Economically Inactive		All
	Full-time	Part-time	Unemployed ²	Retired	Other inactive	
Average minutes per person per day % of people participating in activity ¹						
Caring for own children						
Main activity	19	39	21	2	58	24
	15%	25%	20%	1%	31%	16%
Secondary activity	16	36	24	1	52	21
	9%	16%	10%	1%	17%	10%
Caring for other children						
Main activity	5	13	9	10	12	9
	5%	9%	10%	4%	10%	6%
Secondary activity	5	11	2	3	9	6
	2%	5%	2%	2%	5%	3%
Caring for adults in own household						
Main activity	0	1	4	3	2	1
	1%	2%	1%	2%	2%	2%
Caring for adults other household						
Main activity	1	2	1	5	4	2
	1%	2%	1%	4%	3%	2%
Any care						
Main activity	25	55	35	19	76	36
	19%	33%	26%	10%	40%	23%
Secondary activity	22	48	27	7	64	30
	11%	21%	13%	4%	21%	12%
<i>Total number of persons in sample</i>						
- weighted	2180	798	147	1090	725	4941
- unweighted	1952	748	128	1401	711	4941

¹ The participation rate is the proportion of people who spent any time 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

² Sample size low for unemployed - treat results with caution

Table 5.12 Rates of participation and time spent on caring for others on weekdays and weekends by whether main or secondary activity, 2005

Great Britain			
Activity	Weekday	Weekend	All
Average minutes per person per day % of people participating in activity ¹			
Caring for own children			
Main activity	24 17%	24 15%	24 16%
Secondary activity	17 10%	32 10%	21 10%
Caring for other children			
Main activity	8 6%	10 6%	9 6%
Secondary activity	4 3%	12 4%	6 3%
Caring for adults in own household			
Main activity	2 2%	1 1%	1 2%
Caring for adults other household			
Main activity	2 2%	3 2%	2 2%
Any care			
Main activity	36 23%	38 21%	36 23%
Secondary activity	23 12%	46 13%	30 12%
<i>Total number of persons in sample</i>			
- weighted	3534	1406	4941
- unweighted	3565	1376	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 5.13 Rates of participation and time spent on work and education as main activity by sex, 2005

Great Britain			
Main activity	Men	Women	All
	Average minutes per person per day % of people participating in activity ¹		
Paid work	211 46%	132 33%	170 39%
Voluntary work	3 2%	3 2%	3 2%
Formal education	11 4%	11 4%	11 4%
Recreational study	4 2%	4 2%	4 2%
<i>Total number of persons in sample</i>			
- weighted	2385	2556	4941
- unweighted	2238	2703	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 5.14 Rates of participation and time spent on work and education as main activity by age, 2005

Great Britain					
Main activity	Age group				All
	16-24	25-44	45-64	65 and over	
	Average minutes per person per day % of people participating in activity ¹				
Paid work	154 38%	235 53%	200 46%	15 5%	170 39%
Voluntary work	1 1%	3 2%	4 2%	5 3%	3 2%
Formal education	60 20%	5 2%	1 0%	0 1%	11 4%
Recreational study	11 7%	4 2%	1 1%	1 1%	4 2%
<i>Total number of persons in sample</i>					
- weighted	702	1736	1540	964	4941
- unweighted	411	1685	1590	1255	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 5.15 Rates of participation and time spent on work and education as main activity by presence and age of children in the household, 2005

Great Britain, people aged 16-49					
Main activity	Age of youngest person in household			No dependent child in household	All aged 16-49
	0 - 4 yrs	5 - 10 yrs	11 - 15 yrs		
	Average minutes per person per day % of people participating in activity ¹				
Paid work	180 42%	218 51%	214 50%	234 53%	218 50%
Voluntary work	2 3%	4 3%	0 0%	2 1%	2 2%
Formal education	7 2%	13 6%	40 13%	18 7%	18 6%
Recreational study	5 2%	2 3%	3 3%	8 4%	6 3%
<i>Total number of persons in sample</i>					
- weighted	596	447	361	1461	2866
- unweighted	563	433	283	1229	2508

¹ The participation rate is the proportion of people who spent any time 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

Table 5.16 Rates of participation and time spent on work and education as main activity on weekdays and weekends, 2005

Great Britain			
Main activity	Weekday	Weekend	All
	Average minutes per person per day % of people participating in activity ¹		
Paid work	214 48%	60 17%	170 39%
Voluntary work	3 2%	4 2%	3 2%
Formal education	15 5%	1 1%	11 4%
Recreational study	4 2%	3 1%	4 2%
<i>Total number of persons in sample</i>			
- weighted	3534	1407	4941
- unweighted	3565	1376	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 5.17 Rates of participation and time spent on travelling by purpose of travel and sex, 2005

Great Britain			
Purpose of travel	Men	Women	All
	Average minutes per person per day % of people participating in activity ¹		
Paid work	23 34%	13 25%	18 29%
Shopping	9 22%	13 31%	11 26%
Escorting someone	5 8%	6 11%	5 10%
Exercise or travel for pleasure	6 7%	5 7%	5 7%
Travel for other reasons	46 58%	41 58%	43 58%
All travel	92 88%	82 84%	87 86%
<i>Total number of persons in sample</i>			
- weighted	2385	2556	4941
- unweighted	2238	2703	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 5.18 Rates of participation and time spent on travelling by mode of travel and sex, 2005

Great Britain			
Mode of travel	Men	Women	All
	Average minutes per person per day % of people participating in activity ¹		
Car/van	57 64%	48 59%	52 62%
Walk/jog	16 30%	17 33%	17 31%
Bus/coach	4 8%	7 12%	6 10%
Train/underground	6 5%	3 3%	4 4%
Pedal bicycle	3 3%	1 1%	2 2%
Other	3 4%	2 2%	2 3%
All travel	92 88%	82 84%	87 86%
<i>Total number of persons in sample</i>			
- weighted	2385	2556	4941
- unweighted	2238	2703	4941

¹ The participation rate is the proportion of people who spent any time 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

Table 5.19 Rates of participation and time spent on leisure activities as main activity by sex, 2005

Great Britain			
Leisure activity	Men	Women	All
	Average minutes per person per day % of people participating in activity ¹		
TV & Video/DVDs, radio, music	170 82%	145 78%	157 80%
Reading	23 26%	26 30%	24 28%
Other leisure	54 38%	35 28%	44 33%
Sociable leisure	77 46%	87 54%	82 50%
<i>Total number of persons in sample</i>			
- weighted	2385	2556	4941
- unweighted	2238	2703	4941

¹ The participation rate is the proportion of people who spent any time 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

Category includes

Sociable leisure Spending time with family/friends at home
Going out with friends/family
Contact with friends/family

Other leisure Sport & outdoor activities
Entertainment and culture
Hobbies
Using computer

Table 5.20 Time spent on leisure activities as main activity by age and sex, 2005

Great Britain						
Leisure activity		Age group				All
		16-24	25-44	45-64	65 and over	
Average minutes per person per day						
Social life	Men	132	81	57	58	77
	Women	135	79	80	79	87
Entertainment & culture	Men	4	4	6	4	5
	Women	11	6	3	4	5
Sport & outdoor activities	Men	32	10	9	12	13
	Women	4	7	9	4	7
Hobbies & games	Men	54	27	37	42	37
	Women	25	13	26	34	23
Reading	Men	10	11	22	57	23
	Women	9	13	24	61	26
TV & Video/DVDs, radio, music	Men	149	137	178	241	170
	Women	126	113	142	214	145
All leisure	Men	382	269	309	414	325
	Women	311	231	284	396	293
<i>Total number of persons in sample</i>						
<i>Men</i>						
	<i>- weighted</i>	352	847	759	427	2385
	<i>- unweighted</i>	194	723	762	559	2238
<i>Women</i>						
	<i>- weighted</i>	349	890	781	537	2556
	<i>- unweighted</i>	217	962	828	696	2703
<i>All</i>						
	<i>- weighted</i>	702	1736	1540	964	4941
	<i>- unweighted</i>	411	1685	1590	1255	4941

Table 5.21 Rates of participation and time spent on leisure activities as main activity by economic activity, 2005

Great Britain						
Leisure activity	Economically active			Economically Inactive		All
	Full-time	Part-time	Unemployed ²	Retired	Other inactive	
	Average minutes per person per day % of people participating in activity ¹					
TV & Video/DVDs, radio, music	123 77%	115 73%	232 83%	226 89%	187 83%	157 80%
Reading	13 20%	17 23%	14 19%	57 52%	20 25%	24 28%
Other leisure	38 32%	39 31%	85 42%	50 34%	51 34%	44 33%
Sociable leisure	74 46%	94 55%	127 64%	74 48%	99 55%	82 50%
<i>Total number of persons in sample</i>						
- weighted	2180	798	147	1090	725	4941
- unweighted	1952	748	128	1401	711	4941

¹ The participation rate is the proportion of people who spent any time 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

See notes to Table 5.19

² Sample size low for unemployed - treat results with caution

Table 5.22 Time spent on main activities by whether a computer user, 2000 and 2005

Great Britain				
Main activity	2000		2005	
	Non-computer user	Computer user	Non-computer user	Computer user
Average minutes per person per day				
Sleep	519	526	492	486
Resting	23	15	48	30
Sleep and resting	542	542	540	516
Eating & drinking	89	79	83	76
Personal care i.e. wash/dress	48	42	45	41
Paid work	139	107	167	167
Study	14	38	12	23
Housework excluding childcare	179	131	147	114
Childcare (of household members)	20	18	23	24
Voluntary work & meetings	17	17	17	15
Social life (but not resting)	64	56	85	62
Entertainment & culture	8	7	5	4
Sport & outdoor activities	16	18	9	11
Hobbies & games	11	15	19	13
Reading	28	28	25	21
TV & Video/DVDs, radio, music	157	157	160	135
Travel	83	74	87	88
Computing	0	96	0	120
Other specified/ not specified	22	14	16	10
	1440	1440	1440	1440
	88%	12%	84%	16%
<i>Total number of persons in sample</i>				
- weighted	15459	2095	4127	814
- unweighted	15371	2110	4206	508

Table 5.23 Time spent on main activities and secondary activities-
computer users, 2005

Great Britain - computer users				
Activity	Time spent on primary activity	Time spent on computing as secondary activity	Secondary computing as a percentage of total	Primary plus secondary
Average minutes per person per day				
Sleep	486			486
Resting	30	1	2%	31
sleep and resting	516	1	2%	517
Eating & drinking	76	1	2%	77
Personal care i.e. wash/dress	41			41
Paid work	167	18	33%	185
Study	23	4	7%	27
Housework excluding childcare	114	3	5%	117
Childcare (of household members)	24	4	7%	28
Voluntary work & meetings	15	1	2%	16
Social life (but not resting)	62	7	13%	69
Entertainment & culture	4			4
Sport & outdoor activities	11			11
Hobbies & games	13	8	15%	21
Reading	21			21
TV & Video/DVDs, radio, music	135	7	13%	142
Travel	88			88
computing	120			64
Other specified/ not specified	10	1	2%	12
Total	1440	55	100%	1440
<i>Total number of persons in sample</i>				
- weighted	814			
- unweighted	508			

Appendix A1: July 2001 comparison of 'full-scale TUS' and Omnibus diary

The table below sets out the different characteristics of the UK 2000 TUS and the July 2001 pre-coded NS Omnibus diary.

	Main Time Use survey - 'own words' diary	Omnibus - 'pre-coded' diary 2001
Type of survey	Separate survey solely on Time use	Added to existing Omnibus survey
Fieldwork period	June 2000 - September 2001	'July' 2001 Omnibus (13 July - 9 August)
Sample	Private households	Private households
Coverage	Great Britain and Northern Ireland	Great Britain only
Who completes diary	All aged 14yrs or more (adult diary) and 8-13yrs (child diary)	1 person per hhld aged 16 yrs or more
Number of diary days	2 designated diary days	1 designated day
Descriptions/ pre-coded	respondent writes in descriptions of activity	respondent selects pre-coded activity categories
Activity detail	coded to approx 250 activity codes	33 main codes - plus additional codes for mode & purpose of travel
Self-completion/ interviewer	self completion	with interviewer
Diary/ recall	diaries left with respondent	respondent recalls
Time Periods	10 minute time periods	10 minute time periods
Main & secondary activity	Main & secondary activity for aged 14 or more, main only for	Main & secondary activity recorded

	aged 8-13 yrs.	
Location	Location of activity recorded	Location not recorded
Who with	'Who carried out activity with' recorded	'Who with' not recorded
Coding	Activities are office-coded	Activities are pre-coded
Achieved sample	21,000 diary-days	1500 diary-days
Response rate	Household Qnre: 61% Personal Qnre: 81% Diary: 73% Diary overall 45% (61% x 73%)	Household Qnre: 63% Diary: 89% Diary overall 56% (63% x 89%)
Other data collected	Includes household interview and individual interviews with those aged 8yrs or more.	Diary only - but hhld and personal details available form Omnibus 'core' survey.

The conclusions and recommendations from the 2001 comparison are summarised below together with the modifications made as a result:

- The Omnibus data is a worthwhile data set in its own right and at a broad level would provide an indication of any major changes in time use since the last full survey.
- We are not just comparing a pre-coded (Omnibus) diary with a fully-written (full scale TUS) diary, we are comparing all survey design characteristics, in particular self-completion (full-scale TUS) with interviewer administered (Omnibus).
- The Omnibus (pre-coded) diary provides comparable results with the full-scale TUS (fully written) diary for the main sub-categories of person. Due to the lack of population weighting on the NS Omnibus in 2001 separate categories of people were examined, the key ones being the employed for both weekdays and weekend days and the retired for weekdays.

The Time Use Survey, 2005

- For the retired there is a real difference between the results provided by the NS Omnibus and the full-scale TUS, in that the NS Omnibus data is more representative than that from the full-scale TUS. This is because the NS Omnibus is interviewer administered, rather than self-completion, and more easily gets response from retired people in poor health.
- The Omnibus data should be weighted to account for non-response. Although weighting within the main sub-categories of person made little difference to the results (for each sub-category), the Omnibus as a whole should be weighted so that the whole sample is representative. (Population weighting was subsequently introduced as standard on the NS Omnibus in 2005 and the data presented in this report has therefore been weighted.)
- Some refinement and clarification of the detailed NS Omnibus categories was needed. A clarification and expansion of the travel purpose codes was made for 2005. A location category was added for 2005 to identify whether respondents were at home or elsewhere. This meant that activities codes which tried to pick up locations such as working at home or in the workplace could be simplified. A separate code was added for 'rest/time out'.
- There are limitations in terms of only having around 30 activity codes as activities can only be examined at a broad level. There are some difficulties in matching the codes completely with the 260 available from the full-scale TUS.

Appendix A2: Characteristics of UK 2000 TUS and the 2005 NS Omnibus Survey

	Full-scale Time Use survey - 'own words' diary	Omnibus - 'pre-coded' diary 2005
Type of survey	Separate survey solely on Time use	Added to existing Omnibus survey
Fieldwork period	June 2000 - September 2001	February, June, September and November Omnibus months
Sample	Private households	Private households
Coverage	GB and Northern Ireland	GB only
Who completes diary	All aged 14yrs or more (adult diary) and 8-13yrs (child diary)	1 person per hhld aged 16 yrs or more
Number of diary days	2 designated diary days	1 day (previous day recalled)
Descriptions/ pre-coded	respondent writes in descriptions of activity	respondent selects pre-coded activity categories
Activity detail	coded to approx 250 activity codes	30 main codes - plus additional codes for mode & purpose of travel and location of activity
Self-completion/ interviewer	self completion	with interviewer
Diary/ recall	diaries left with respondent	respondent recalls a previous day
Time Periods	10 minute time periods	10 minute time periods
Main & secondary activity	Main & secondary activity for aged 14 or more, main only for	Main & secondary activity recorded

Appendix A2: Characteristics of UK 2000 TUS and the 2005 NS Omnibus Survey
The Time Use Survey, 2005

	aged 8-13 yrs.	
Location	Location of activity recorded	Location recorded in terms of Home or Elsewhere
Who with	'Who carried out activity with' recorded	'Who with' not recorded
Coding	Activities are office-coded	Activities are pre-coded
Achieved sample	21,000 diary-days	5,000 diary-days
Response rate	Household Qnre: 61% Personal Qnre: 81% Diary: 73% Diary overall 45% (61% x 73%)	Household Qnre: 65% Diary: 91% Diary overall 59% (65% x 91%)
Editing	Fully edited	Fully edited
Weighting for non-response	Yes	Yes, weighted for selection of 1 person per household and for non-response
Other data collected	Includes household interview and individual interviews with those aged 8yrs or more.	Diary only - but hhld and personal details available form Omnibus 'core' survey.

Appendix A3: Example diary page

UK 2000 TUS Diary page

Full-scale TUS diary - extract

Time (min)	What were you doing? <small>Please record your main activity for each 10 minute period. Enter one main activity on each line</small>	What else were you doing? <small>Write in most important activity you were doing at the same time eg looking after children, listening to the radio or having a drink</small>	Where were you? <small>eg at home, at friends in car, on bus, train, cycling, walking</small>	Were you with anybody? <small>Please mark the boxes</small>				
				Alone	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				<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				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.30 - 7.40				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.40 - 7.50				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.50 - 8.00				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.00 - 8.10				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.10 - 8.20				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.20 - 8.30				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.30 - 8.40				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.40 - 8.50				<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"/>

Omnibus 2005 TUS Diary page

Activity groups	Activity codes and descriptions (Also see notes on right hand page)	Early morning			
		6am 30	7am 30	8am 30	9am 30
Personal care	1 Sleeping 1	X-----X			
	2 Resting (doing nothing, 'time out') 2				
	3 Washing, dressing/undressing, etc 3		X-X		
Eating, drinking	4 Eating or drinking/ having a meal (at home or away from home) 4			X X	
	5 Preparing food and drinks, cooking, washing up 5			X	
Housework and other household tasks	6 Cleaning, tidying house 6				
	7 Washing, ironing or mending clothes etc 7				
	8 Maintenance of house, DIY, gardening 8				
	9 Pet care (including walking the dog) 9				
Travel	10 Travelling 10			X-----X	
	10a How you travelled (enter letter - see right page) 10a			WW T-T	
	10b Type of trip (enter letter - see right page) 10b			E P-P	
Work for paid job	11 Work for job (include paid and unpaid overtime and work brought home. Exclude lunch and other breaks) 11				X-----X
Education and courses	12 Formal education 12				
	13 Recreational courses and study 13				
Voluntary work	14 Voluntary work for or on behalf of an organisation, charity or sports club 14				
Caring for children and adults	15 Caring for/looking after and playing with own children 15		●-----●		
	16 Caring for/looking after other children 16				
	17 Helping or caring for adults who live with you 17				
	18 Helping or caring for other adults who don't live with you (not as voluntary or paid work) 18				
Shopping and appointments	19 Shopping (incl. internet shopping), banking (incl internet banking), post-office, appointments with the doctor, dentist, hairdresser, plumber etc. 19				
Leisure	20 Watching TV and videos/DVDs, listening to radio or music 20				
	21 Reading 21			●-----●	
	22 Playing sports, exercising 22				
	23 Spending time with friends, family, neighbours at home or at their homes 23				
	24 Going out with friends, family, neighbours (e.g. to the pub, restaurant etc.) 24				
	25 Contact with friends and family by telephone, text, e-mail, instant message or letter 25				
	26 Visits to cinema, theatre, concerts, sporting events, museums, galleries, historical monuments, library etc. 26				
	27 Attending church, temple, mosque, synagogue, or other religious meetings, praying alone, attending political or other meetings 27				
28 Hobbies and other leisure activities 28					
Computer and internet use	29 Using a computer or accessing the internet - Record what the computer is being used for above e.g. internet shopping or banking code 19, playing games code 28, e-mailing friends code 25 29				
Other	30 Other activities not listed (please write in below) 30				
LOCATION	31 Where were you? At Home (incl. the garden) or Elsewhere. Give for each activity. 31	H - - - -	- - - - -	H E - - - -	- - - - - E
p2		6am 30	7am 30	8am 30	9am 30

Appendix A4: NS Omnibus diary response rate

The diary response in the NS Omnibus in 2005 was 59 per cent which was made up of:

	Feb	June	Sept	Nov	Total	%	%	%
Selected addresses	3000	2010	2016	2014	9040	100		
Ineligible addresses	222	145	175	175	717	8		
Eligible addresses	2778	1865	1841	1839	8323	92		
<i>Refusals</i>		761	468	490	486	2205	26	
<i>Non-Contacts</i>		232	117	124	202	675	8	
<i>Interviews Achieved</i>		1785	1280	1227	1151	5443	65	
<i>Diaries returned/used</i>		1651	1188	1117	985	4941		91
<i>Diary response rate (interviews achieved x diaries used)</i>								59

Appendix A5: Activity code mapping from UK 2000 TUS to NS Omnibus 2005 diary

UK 2000 TUS category (code)	Sub-category (code)	2005 Omnibus code	Comments
SLEEP (01)		1	
EAT (02)		4	
WASH/ DRESS (03)		3	
PAID WORK/ STUDY (1,2)			
	Paid work	11	
	Formal education	12	
	Recreational courses and study	13	
HOUSEWORK & CHILDCARE (3)			
Childcare	of household members (38)	15	Omnibus refers to 'own' children including step/adopted or foster children. Care of 'own' children living elsewhere would also be included here in 2005 but not in 2000
Other housework			
	Food management (31)	5	
	Cleaning (32)	6	
	Wash/ iron (33)	7	
	Repairs/ gardening/ pet care (34,35)	8, 9	Code overlap
	Shopping & services (36, 37)	19	
	Care of adults in own household (39)	17	
LEISURE (4,5,6,7,8)			
Voluntary			
	Formal (organisations) (41)	14	
	Care of children in another household (427)	16	See childcare above
	Help to or care to other adults or households (42 ex427)	18	
	Religious/ other meetings (43)	27	
Social			
	Socialising with friends / relatives (51)	23,24,25	Can be split by at home or elsewhere by location coding
	Entertainment & culture (52)	26	
Resting/ time out (53)		2	
Play sport/ exercise (6)		22	The 2000 coding includes productive sport such as fishing which may have been included as a hobby in 2005
Hobbies and game (7)		28	See sport / exercise
Media			

Appendix A5: Activity code mapping from UK 2000 TUS to NS Omnibus 2005 diary
The Time Use Survey, 2005

	Reading (81)	21	
	TV + Radio (82,83)	20	
TRAVEL (90)		10 etc	Omni has travel codes by means and purpose
COMPUTER USE	In 2000 computer use was coded with its purpose so can be difficult to analyse. Codes exist within shopping, household management and hobbies and games	29	Should mainly be secondary activity with purpose of computer use as the main activity
OTHER ACTIVITIES/ NOT SPEC	994 to 999	30 and -1	Omni & main TUS different: essentially Omni is 'other spec' code 30 and main TUS is 'not spec'.
LOCATION	Various locations coded	31	Home or Elsewhere coded

It should be noted that the UK 2000 TUS coding follows a four digit coding and the code given above is the highest possible. Code 01 is a 2 digit code (i.e. a sub-category of code 0, whilst code 1 is at the first digit level and 427 is a 3 digit code (i.e. a sub-category of 4 and 42)

Appendix A6: Sampling errors

Table A6.1 Time spent on main activities with standard errors by sex, 2005

Great Britain				
Main Activity		Men	Women	All
		Average minutes per person per day		
Sleep	Mean	484	498	491
	Standard error	2.44	2.29	1.66
Rest	Mean	43	48	46
	Standard error	1.74	1.73	1.23
Personal care i.e. wash/dress	Mean	40	48	44
	Standard error	0.72	0.73	0.52
Eating & drinking	Mean	85	79	82
	Standard error	1.35	1.05	0.85
Cooking, washing up	Mean	27	54	41
	Standard error	0.78	1.04	0.68
Cleaning, tidying	Mean	13	47	31
	Standard error	0.75	1.32	0.81
Washing clothes	Mean	4	18	11
	Standard error	0.47	0.77	0.47
Repairs and gardening	Mean	23	11	17
	Standard error	1.51	0.85	0.85
Pet care	Mean	6	7	7
	Standard error	0.53	0.50	0.36
Shopping, appointments	Mean	27	40	34
	Standard error	1.16	1.29	0.88
Caring for own children	Mean	15	32	24
	Standard error	1.19	1.78	1.09
Caring for other children	Mean	7	10	9
	Standard error	1.08	0.95	0.72
Caring for adults in own household	Mean	2	1	1
	Standard error	0.50	0.28	0.28
Caring for adults other household	Mean	2	3	2
	Standard error	0.43	0.51	0.33
Paid work	Mean	211	132	170
	Standard error	5.18	4.12	3.33
Voluntary work	Mean	3	3	3
	Standard error	0.62	0.57	0.42

Appendix A6: Sampling errors

The Time Use Survey, 2005

Formal education	Mean	11	11	11
	Standard error	1.25	1.18	0.86
Recreational study	Mean	4	4	4
	Standard error	0.73	0.72	0.51
TV & Video/DVDs, radio, music	Mean	170	145	157
	Standard error	3.21	2.72	2.10
Reading	Mean	23	26	24
	Standard error	1.12	1.19	0.82
Sport & outdoor activities	Mean	13	7	10
	Standard error	0.93	0.56	0.54
Spending time with family/friends at home	Mean	42	57	50
	Standard error	1.91	2.11	1.43
Going out with friends/family	Mean	28	21	24
	Standard error	1.72	1.39	1.10
Contact with friends/family	Mean	7	9	8
	Standard error	0.73	0.64	0.48
Entertainment and culture	Mean	5	5	5
	Standard error	0.60	0.77	0.49
Hobbies	Mean	22	17	19
	Standard error	1.45	1.09	0.90
Attending religious and other meetings	Mean	3	3	3
	Standard error	0.42	0.41	0.29
Using computer	Mean	15	7	11
	Standard error	0.97	0.67	0.58
Travel	Mean	92	82	87
	Standard error	1.84	1.58	1.21
Other specified/ not specified	Mean	13	15	14
	Standard error	1.18	1.05	0.79
Total		1440	1440	1440
<i>Total number of persons in sample</i>				
	- weighted	2385	2556	4941
	- unweighted	2238	2703	4941