

Secondary Education and Professional Training

Activity

# ¿What do we spend our time on?

## Objectives:

To be aware of how we spend time  
To reflect on the importance of unpaid work and its unequal distribution

## Skills developed:

- Processing information and digital competence
- Social and citizen-related

## Time Use Survey 2009-2010

The main objective of this survey is to obtain preliminary information to learn about the dimension of unpaid work carried out in the home, the distribution of family responsibilities in the home, the population's participation in cultural and leisure activities or the time used in special social groups (young people, the unemployed, the elderly, etc.) to make family and gender equality policies and also to estimate the satellite accounts of the household sector.

This statistical research also allows us to obtain information on the percentage of people who perform an activity during the day, the average daily time spent on the task, the distribution of activities on an average day, by type of day (weekday or weekend) and the percentage of people doing the same activity at the same time of day (daily activity rates).

### Main results:

- Participation in 'social life and fun' activities decreases. Only 57.7% of people do this type of activity, which is nine points less than in 2003.
- Time spent on information technology (social networking, searching for information, games...) increases. Almost 30% of people carry out activities related to 'Hobbies and computing', compared to 17.9% in 2003.

- On the whole, **women spend two and a quarter hours more every day than men on housework.** However, in seven years males have reduced this difference by 41 minutes.
- 93.5% of residents in Spain **follow the media**, as a primary or secondary activity, for an average of almost four hours a day, **fifteen minutes more than seven years ago.**

Source: <http://www.ine.es/prensa/np669.pdf>  
<http://www.ine.es/jaxi/menu.do?L=0&type=pcaxis&path=/t25/e447&file=inebase>

## Development of the activity

- Individually, each member of the class will list the activities they perform throughout the day and how much time they spend on each of them.
- The group average will be calculated.
- The results are then compared with the data from the Time Use Survey gathered on these pages.
- Finally, the group will be asked to reflect on and discuss the results obtained.

COD	ACTIVITIES	h. / weekday	h. / holiday
0	Personal care		
1	Paid work		
2	Studies		
3	Home and family		
4	Volunteer work and meetings		
5	Social life and fun		
6	Sports and outdoor activities		
7	Hobbies and computer		
8	Media		
9	Paths and unspecified time		

### Supplementary Material:

Time Use Survey, Eustat  
<http://bit.ly/1jtnvuR>

