

Using time use data to study...



...work/family
balance



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Overview

- ☒ What is work/family balance?
- ☒ How can we measure work/family balance?
- ☒ What can time use data tell us about work/family balance in Canada?

I. What is work/family balance?

- ☒ concept emerged with increased female labour market participation - dual roles
- ☒ related to feelings of time scarcity and role overload
- ☒ not just a women's issue

Why do we care?

- ☒ effect on well-being and productivity
- ☒ growth in non-standard forms of employment and alternative work arrangements
- ☒ aging population and well-being of children

II. How can we measure work/family balance?

- ☒ Paid work characteristics
- ☒ Demographic and family characteristics
- ☒ Perceptions of well-being

Examples of monitoring vehicles

- ☒ Labour market surveys
- ☒ Health surveys
- ☒ Census of the population
- ☒ Time use surveys

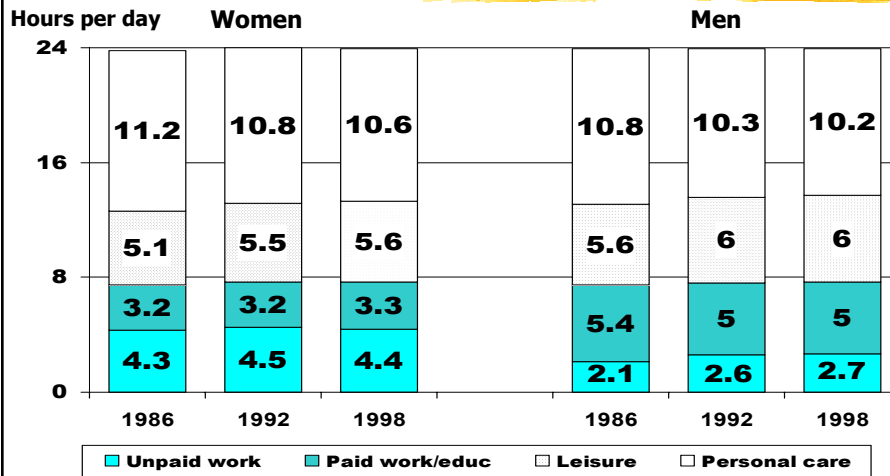
III. What can time use data tell us about work/family balance?

- ☒ Allocation of time to different daily activities, sequencing of events, "family time"
- ☒ Direct measure of satisfaction with work/family balance and reasons for dissatisfaction
- ☒ Measures of well-being
- ☒ Perceptions of time
- ☒ Activities to which people would like to devote more time

1998 General Social Survey (GSS)

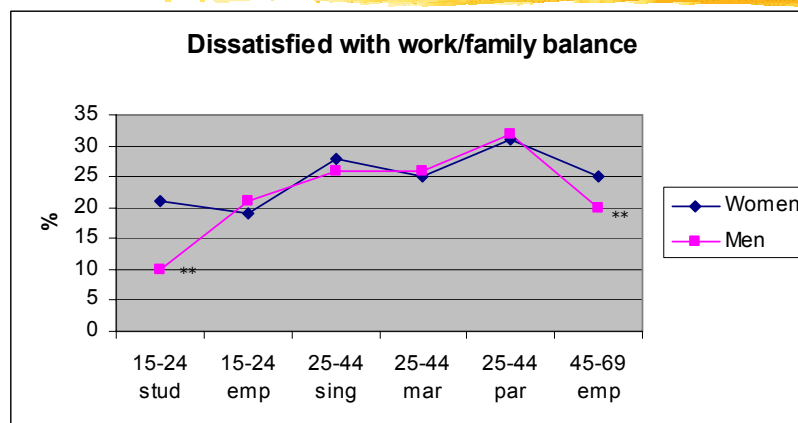
- ☒ Time use diary - previous 24-hour day
- ☒ Telephone interview - private households
- ☒ Canadians aged 15+ years and older
- ☒ Monthly - February 1998 to January 1999
- ☒ 10,749 respondents
- ☒ Response rate of 77.6%

Daily activities from 1986 to 1998



Source: Statistics Canada, General Social Survey, 1998

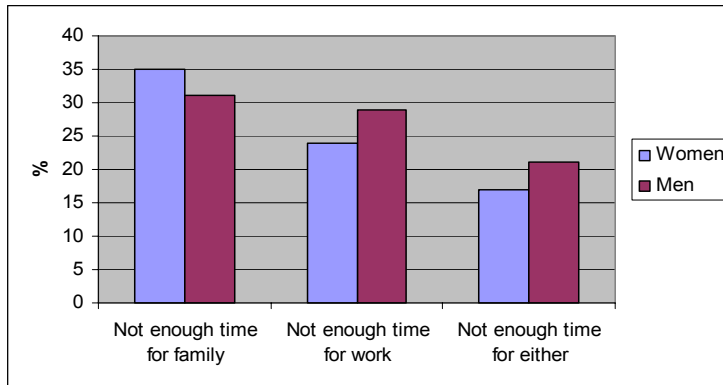
Dissatisfaction with work/family balance over the life course



** <0.05 compared to women

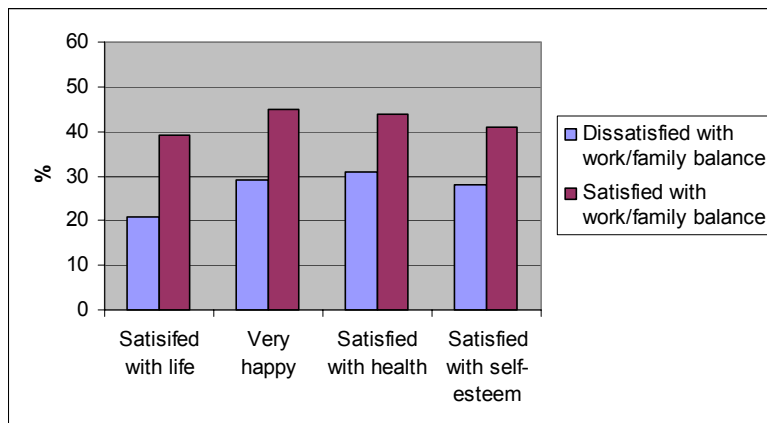
Source: Statistics Canada, General Social Survey, 1998

Reasons for dissatisfaction with work/family balance



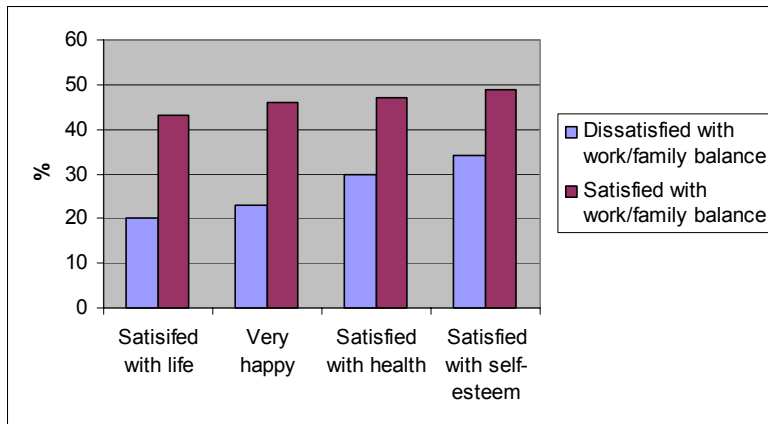
Source: Statistics Canada, General Social Survey, 1998

Measures of health and happiness Women



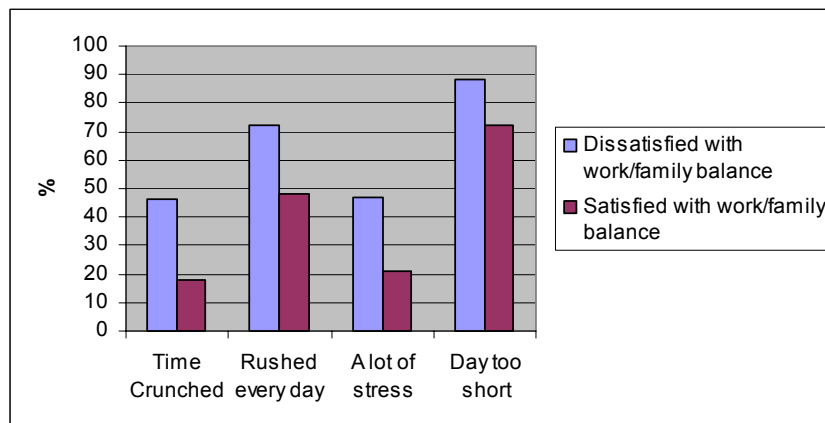
Source: Statistics Canada, General Social Survey, 1998

Measures of health and happiness Men



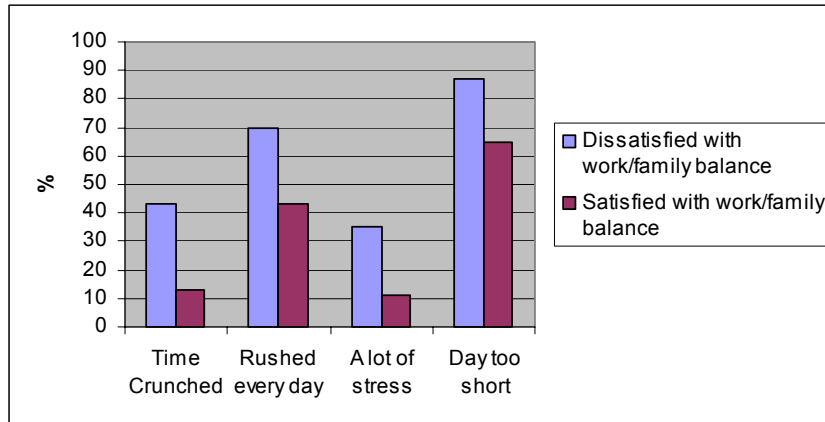
Source: Statistics Canada, General Social Survey, 1998

Measures of time scarcity - Women



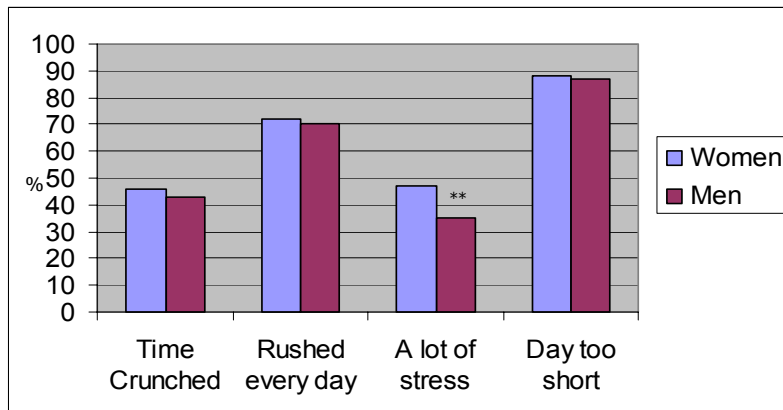
Source: Statistics Canada, General Social Survey, 1998

Measures of time scarcity - Men



Source: Statistics Canada, General Social Survey, 1998

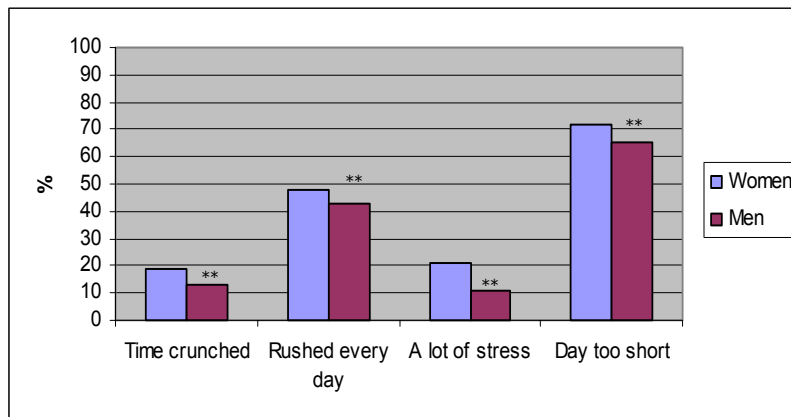
Measures of time scarcity - people dissatisfied with work/family balance



** <0.05 compared to women

Source: Statistics Canada, General Social Survey, 1998

Measures of time scarcity - people satisfied with work/family balance



** <0.05 compared to women

Source: Statistics Canada, General Social Survey, 1998

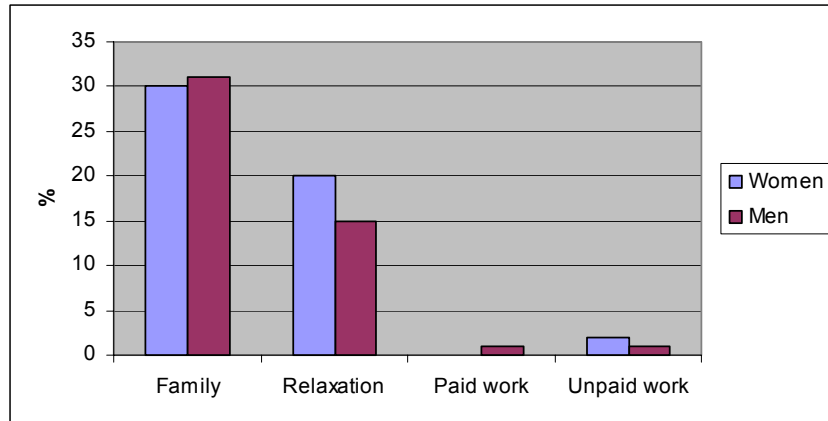
Time crunch questions - parents with all children < 5 years

	Plan to slow down	Don't accomplish everything	No time for fun	Stressed not enough time	Want more time alone	Not enough time for family/friends
Women FT	36%	59%	60%	80%	61%	73%
Women PT	32%	58%	50%	89%	61%	31%**
Women NE	17%**	54%	56%	66%**	60%	28%**
Men FT	23%**	45%**	49%*	64%**	32%**	67%

** <0.05 . * <0.10 compared to full-time employed mothers with all children less than 5

Source: Statistics Canada, General Social Survey, 1998

If I could, I would choose to spend more time on...



Source: Statistics Canada, General Social Survey, 1998

In summary

- Work/family balance is not just a women's issue
- Many current Canadian surveys include objective measures of characteristics of work and family life but few have subjective measures of well-being
- Research should consider the different ways in which women and men experience and balance work and the rest of life