



2011 POPULATION AND HOUSING CENSUS

2009-2010 Time Use Survey

(Basic results)

Within the period October 2009 – October 2010, the National Statistical Institute conducted the fifth whole-year Time Use Survey.

The survey is a part of the 2011 Population and Housing Census Programme. The survey methodology and tools follow the recommendations and requirements for the Harmonized European Time Use Surveys, which is a prerequisite for production of comparable results.

Persons over age of 10 years are covered. Sample size is 3 132 households and 5 503 persons are interviewed.

Interviewed persons fill in a diary for one week and one weekend day, household and individual questionnaire and employed persons – weekly schedule of time worked also. Recorded activities are classified according to the harmonized list of activities.

Main activity groups used are as follows: personal care, employment, education, household and family care, voluntary work and help, leisure, travel, filling in the diary and unspecified.

Time spent on main activities within the period October 2009 – October 2010

Activity	Hours and minutes per participant			Participants – %		
	Total	Male	Female	Total	Male	Female
PERSONAL CARE	12:20	12:30	12:10	100,0	100,0	100,0
EMPLOYMENT	07:14	07:18	07:08	32,9	38,5	28,0
EDUCATION	05:33	05:32	05:34	6,0	6,2	5,9
HOUSEHOLD AND FAMILY CARE	03:54	02:49	04:40	87,6	78,9	95,0
VOLUNTARY WORK AND HELP	02:13	02:12	02:14	5,1	5,0	5,3
LEISURE	04:30	04:58	04:05	98,2	98,4	97,9
TRAVEL	01:13	01:15	01:11	79,0	84,1	74,6
FILLING IN DIARY, UNSPECIFIED	00:38	00:37	00:39	4,3	4,6	4,1

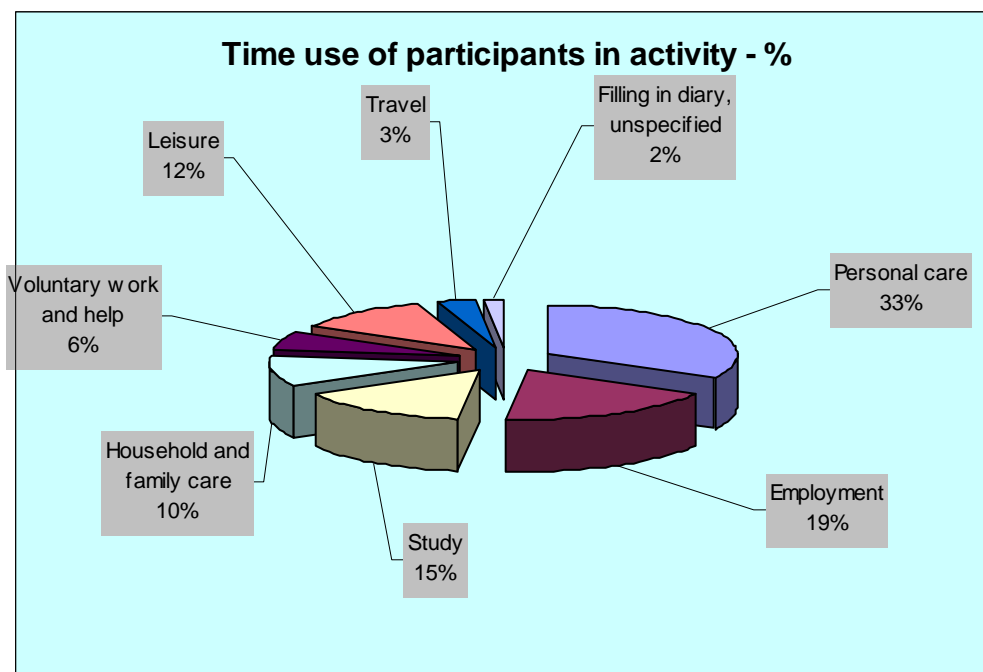
The following indicators are used in presentation of the survey results:



- mean time per participant (hours and minutes) – **mean time spent by a participating persons** on a given activity;
- share of persons participating in a given activity (percentage) – share of **persons who have performed given activity** during the surveyed day.

Results concerning participants are presented.

Biggest is the share of activities spent on personal care (33%), followed by employment (19%), education (15%), leisure (12%), household and family care (10%), different types of travel, voluntary work and help.



Employment

Time spent on formal and informal job is included. Lunch breaks and interruptions of work are excluded. As **informal employment** are classified activities on agricultural production not only for own use, but for sale also; temporary or accidental job; household upkeep done for another household for payment; help in family business or farm; gathering scrap, begging, etc.

- Employed persons (formal and informal employment) spend 7:19 hours on main and second job (7:25 hours for men and 7:13 hours for women).



- Longest is the duration of work per day within the age group 20 – 49 years 7:39 hours and shortest – 4:36 hours within the age group 65 and over.
- Within the period 2001-2002 the average time spent on employment is 7:51 hours or the decrease of 32 minutes is observed.
- The average time spent on employment within the period 2001-2002 in Belgium is 7:17 hours, in Estonia - 7:58 hours, in France - 7:26 hours, in Germany - 7:05 hours, in Latvia - 8:08 hours, in Slovenia - 7:25 hours, in Sweden - 7:27 hours.

Informal employment

7% unemployed, 0.9% of students and 4.2% of retired persons have been engaged with activities classified as informal employment.

- unemployed persons have spent nearly 3 hours on informal employment;
- students – 4:45 hours;
- retired persons – 3:49 hours;
- within the period 2001-2002 the informal employment lasted more – 5:34 hours.

Study

Time spent on classes and lectures, on homework and free time study are included.

- persons who attend school or university spent 5:17 hours on classes and lectures and 2:12 hours on homework;
- persons up to 19 years of age spent longest time on study - 5:59 hours; followed by 20 - 24 years old - 4:59 hours;
- 2:26 hours per day spent on free time study persons up to 19 years and those aged 20 to 24 years - 3:04 hours.

Personal care

On personal care are spent 12:20 hours on average, distributed as follows:

- on sleep – 9:14 hours (38.5 % of 24-hours day);
- on eating – 2:08 (8.9 % of 24-hours day);



- on washing, dressing and other personal care - 58 minutes (4.0 % of 24-hours day).

The duration of time spent on personal care depends mainly on the age, the physical and health status, the duration and character of labour and social activity.

- ✓ most time on sleep spent persons over 65 years of age - 10:14 hours and persons up to 19 years of age - 9:33 hours.
- ✓ least time on sleep spent persons aged 20 - 49 years - 8:35 hours.
- ✓ rural residents sleep more than urban ones – 9:20 and 9:11 hours respectively.

Compared to the 2001-2002 survey, the changes in the duration of time spent on personal care are insignificant because they are not influenced by external factors, remain comparatively the same and are determined by necessities of a body to recover.

Household and family care

People spent considerable amount of time on household and family care. The following are included: food preparation, dish washing, cleaning, gardening and pet care, shopping and services, making and care for textiles, household management, childcare and others.

95% of female and 78.9% of male have spent some time on household and family care.

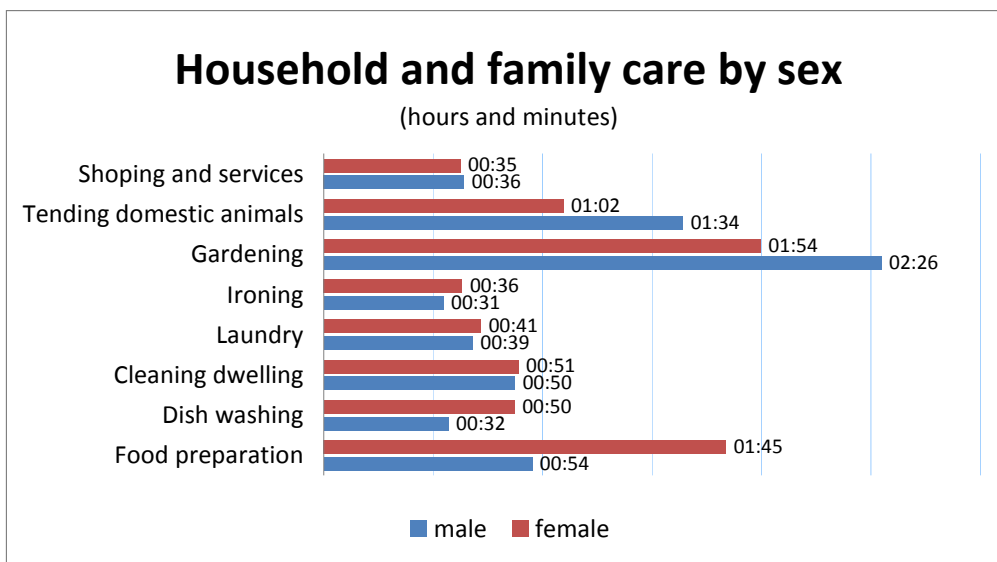
- Time spent on household and family care is 3:25 hours on average.
- Compared to the period 2001-2002, a decrease of 28 minutes is observed.
- The household and family care within the period 2001-2002 last 3:53 hours or more compared to number of European countries: Belgium – 3:20 hours, France – 3:31 hours, Germany – 3:20 hours, Latvia – 2:58 hours, Lithuania – 3:25 hours, Slovenia – 3:49 hours, Sweden – 3:06 hours.

Women spent almost twice more time on household and family care than men: 4:27 and 2:14 hours per average day respectively.

There are considerable differences in household activities performed by women and men and their duration. Amongst doers of household and family care:



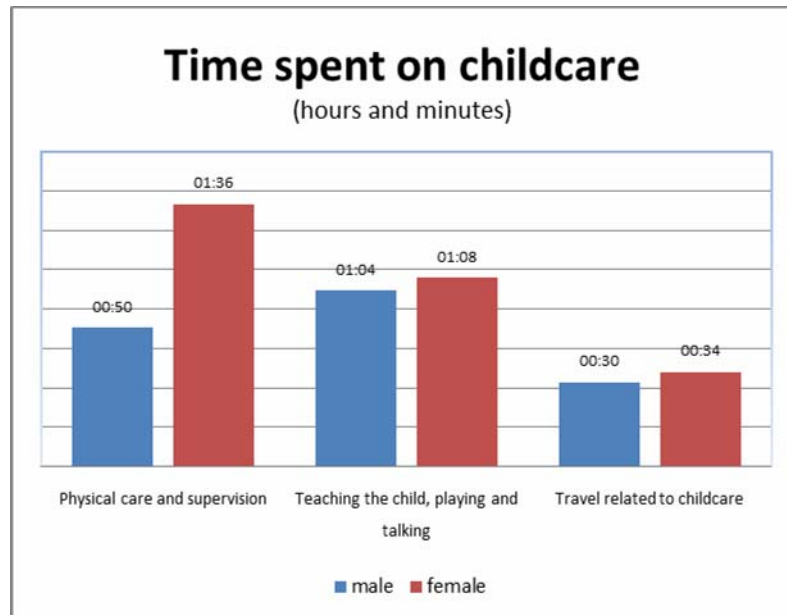
- 85.1% of women and 33.7% of men spent time on food preparation. Women spent on food preparation 1:45 hours, men - 54 minutes.
- On average 79.8% of women spent 50 minutes on dish washing, compared to 23.3% of men who spent on the same activity 32 minutes.
- 22.8% of men and 58.3% of women spent almost the same time - 50 minutes on cleaning the dwelling.
- 17.6% of women and 2.5% of men did laundry; 6% of women and 0.2% of men – ironing.
- Men spent time mainly on heating and water - 59 minutes, gardening – 2:27 hours, tending domestic animals - 1:34 minutes, shopping - 37 minutes.



Childcare is part of the household and family care.



Households with children spent on childcare 2 and a half hour on average, distributed as follows:



- Teaching the child, reading, playing and talking with child – 1:07 hours daily almost equal for men and women.
- Physical care and supervision take on average 1:25 hours and the women spent more time on such activities – 1:36 hours per day, compared to 51 minutes for men.
- Within the period 2001-2002 teaching the child, reading, playing and talking with child took the same time, while the physical care and supervision less – 1:16 hours.

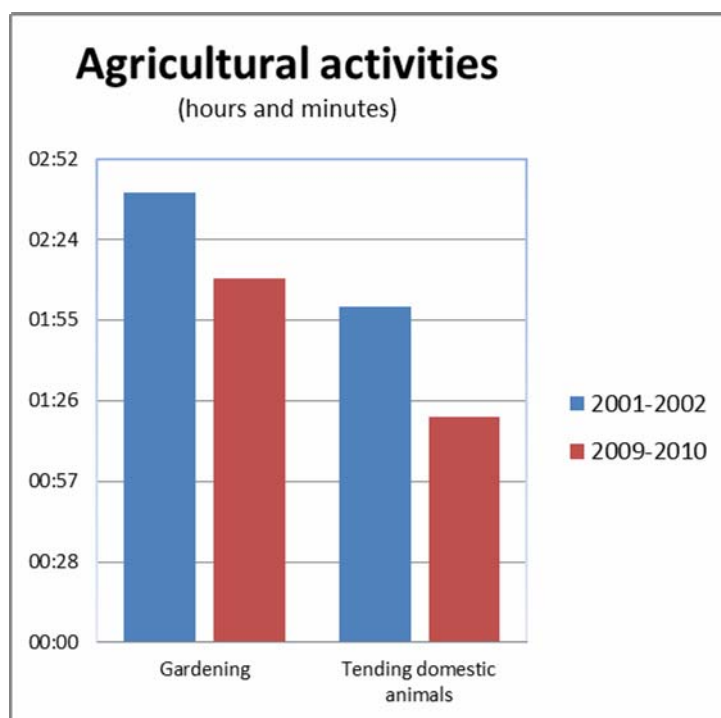
There are activities that are not performed by great number people, but that take considerable time of persons engaged with them. Such are the following:

- handicraft and producing textiles on which 6% of persons spent 1:46 hours per day;
- care for pets (5% of interviewed persons) - 25 minutes per day;
- walking the dog (2% of interviewed persons) - 56 minutes per day.

Tending domestic animals and gardening (for private use only, not for sale) are two other elements of the household and family care.



- persons **engaged with gardening** spent 2:10 hours on average on it (2:27 hours – men and 1:55 hours – women);
- **tending domestic animals** takes to doers 1:21 hours (1:34 to men and 1:03 to women);
- decrease of 31 minutes is observed in time spent on gardening compared to the period 2001-2002 and of 39 minutes – in time spent on tending domestic animals.



No matter the decrease observed, the time spent on gardening and tending domestic animals in Bulgaria is still 2 to 3 times longer compared to the most European countries. Gardening in Bulgaria took 2:41 hours during the period 2001-2002, 2:10 hours in Estonia, 2:27 hours in Latvia, 2:07 hours in Slovenia, while in France the time spent on gardening is 1:40 hours, in Finland - 1:09 hours, in Germany - 1:25 hours, in Sweden - 1:04 hours.

Tending domestic animals in Bulgaria took 2 hours per day, in Estonia - 1:40 hours, in Latvia - 1:38 hours, in Slovenia - 1:50 hours, while in France - 57 minutes, in Germany - 1:05 hours, in Sweden - 56 minutes.



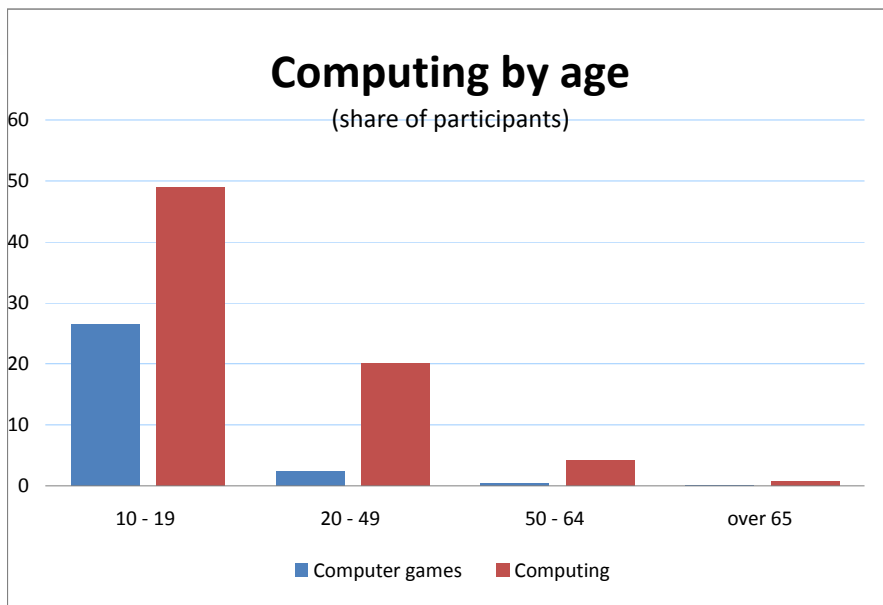
Leisure

Almost everyone (98 % of the interviewed) spent time on watching TV, reading books, walking, sports, games, computing and other.

- *Average time spent on leisure activities* is 4:25 hours;
- Most time on leisure activities spent persons aged 10 - 19 years (nearly 6 hours) and persons aged 65 and over (5:15 hours) and least – persons aged 20 - 49 years (3:45 hours);
- During the leisure time people mainly watch TV – 2:43 hours per day; socialize with family or with friends - 36 minutes; walk - 12 minutes per day.

Compared to the period 2001-2002, a considerable increase of the time spent on computing is observed - 12.2% of persons spent 1:37 hours per day on computing. If the time spent on computer games is added - 1:39 hours per participant - the conclusion could be done that the computing as a whole became an everyday activity and takes the second place within the leisure time, after watching TV.

- Most time on computing and computer games is spent by the youngest (up to 19 years of age) - 49% of them spent on computing 1:57 hours and 26.5% spent on computer games 1:44 hours daily.
- 20% of persons aged 20 - 49 years spent 1 and a half hour on computing and 2.3% of them spent 1:31 hours on computer games.
- Persons aged 50 - 64 years spent less time on computing and computer games - about 1:14 hours on both activities and the share of participating persons is low - 0.5% for computer games and 4.2% for computing.
- 0.7% of persons aged 65 and over also spent time on computers - 1:18 hours for computing and 1 hour for computer games.



21% of men and 15 % of women spent time on sports and outdoor activities.

- Persons who are engaged with sports spent 2 hours per day on it.
- 1:33 hours are spent on walking and hiking and on entertainment and culture also.
- Hobbies and games take 1 and a half hour per day (arts, collecting, solo and parlour games, gambling and others).
- Reading books takes 1:20 hours per day and reading periodicals - 50 minutes. 4% of interviewed have read books and 15.3% - periodicals.

Travel

All travels are included in the travel time. 79% of interviewed persons have traveled during the diary day and the average time spent on a travel is 1:13 hours.

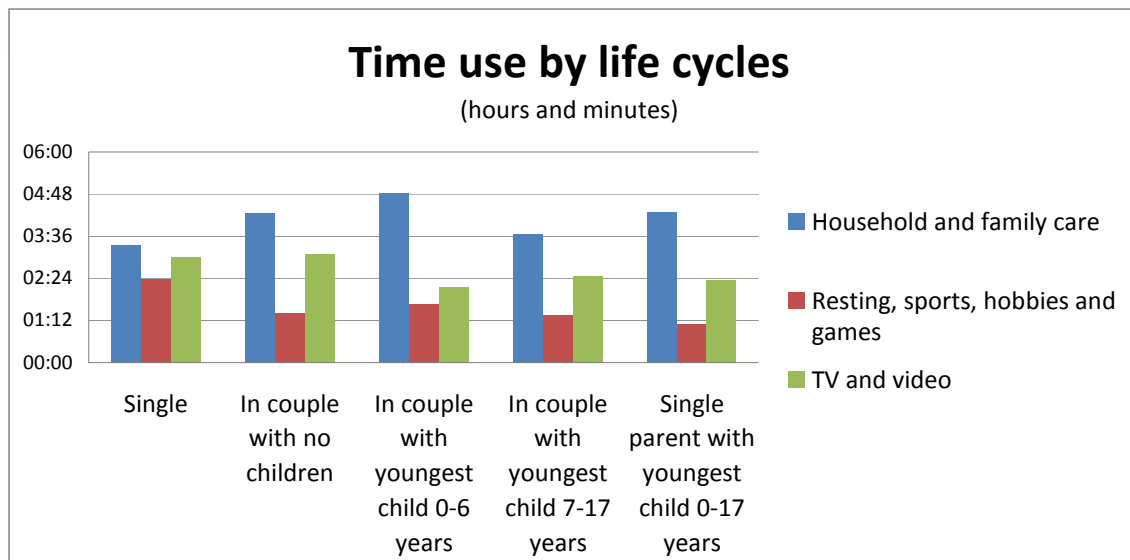
- On travel to/from work people spent 1:05 hours per day and students – 1:07 hours.
- Next in duration are travels connected to domestic and family care – 56 minutes per day and connected to leisure – 53 minutes.
- Travels connected to shopping and services took 36 minutes.
- Travels connected to childcare – 33 minutes.



Life cycles

Time use is strongly influenced by the family situation, by presence of children in the family.

- Most time on employment - 7:31 hours - spent persons living in couple with the youngest child aged 7 to 17 years and least - single parents with the youngest child less than 17 years of age – 6:47 hours.
- Most time on domestic and family care spent persons living in couple with the youngest child under 6 years - 4:49 hours per day, followed by single parents with the youngest child less than 17 years of age - 4:17 hours and least - persons living alone or in their parents household - 3:21 hours.
- Most time on sleep spent persons living alone or in their parents household - 9 hours and a half and least - persons living in couple with the youngest child aged 7 to 17 years - 8:24 hours.
- Leisure time lasts less for persons with children -3 and a half hours per day and most for persons living alone or in their parents' household - over 5 hours.
- Most time on watching TV spent persons living alone or in their parents' household and those living in couple, but without children - more than 3 hours per day and less - families with children below 6 years - a little bit more than 2 hours.



Time use by months and days of the week

Depending on the activity performed, there are some differences in the way people spent their time during the different months. For example, although relatively constant, the time spent on sleep, eating and other personal care vary within the year. Most time is spent on sleep in May - 9:24 hours and least in November - 9:03 hours. TV is watched most time in November, January and February - more than 3 hours and least time in August and September - about 2:40 hours.

On week days people sleep half an hour less than in Saturday and Sunday and spare almost half an hour less for eating and other personal care. On weekend days the leisure time is about 40 minutes more.

Employment last most in June, July and August - more than 7 and a half hours and less in February - 6:38 hours.

In addition to the activities performed by great number of people, there are activities that are performed by small number of persons, but that consume considerable time. Such are:

- informal help to other households (help in construction and repairs, in employment and farming, in care for own children living in another



household, in other childcare, help to an adult of another household) - 2:14 hours per day;

- organizational work (work done for or through an organization) - 1:33 hours per day;
- visits and fests - 1:24 hours;
- participatory activities (attending meetings and other organizational activities, religious activities, voting and others) - 1:15 hours.

1. Compared to the 2001-2002 period, the share of time spent on employment within the 24-hours increase from 7.2 to 9.9%, but the duration of time spent on main or second job decrease from 7:51 hours to 7:19 hours.

2. No matter the decrease of time spent on domestic and family care its share within the 24-hours and compared to the other European countries remains still high.

3. Time spent on agricultural activities as part of the domestic and family care activities decrease. Time spent on gardening decrease from 2:41 hours to 2:10 hours and on tending domestic animals from 2 hours to 1:21 hours.

4. Increase of the leisure time of people is observed and changes in its structure. Time spent on computers increases considerably – form 1:32 hours as a total in the period 2001-2002 to 3:16 hours in 2009-2010 period.

Time use data could be used for:

- characterizing of the national peculiarities in time use and comparisons with other countries;
- complementing of the economic analyses with estimates on household production;
- revealing gender differences in time use and elaboration of policies aiming elimination of inequality;

- elaboration of programmes for optimization of the transport and communal services, opening of childcare establishments, sport and entertainment facilities and others;
- elaboration of programmes assisting inclusion of adolescents and young people into the social life.

Time Use Survey data is published on the NSI web site, under the 2011 Census section:

<http://www.nsi.bg/census2011/pagebg2.php?P2=159>.