

# 2009 Time Use Survey

## 1. Time Use of Major Groups

### 1) Time Use of People Aged 10 and Over

- People aged 10 and over spent 10 hours and 53 minutes per day on personal indispensable activities such as sleeping, eating and washing, which occupied 45.3 percent of a day.
- People aged 10 and over spent 8 hours and 7 minutes on obligatory activities such as work, household care, study, and commute, which occupied 33.8 percent of a day.
- People aged 10 and over spent 5 hours and 1 minute on leisure activities, which occupied 20.9 percent of a day.

### 2) Time Use of People Aged 20 and Over

- People aged 20 and over spent 10 hours and 53 minutes on personal indispensable activities. They spent 7 hours and 48 minutes on sleeping, 1 hour and 47 minutes on eating, and 1 hour and 18 minutes on other personal care, respectively.
- People aged 20 and over spent 7 hours and 56 minutes on obligatory activities. Females (8 hours and 7 minutes) spent 22 minutes on obligatory activities more than males (7 hours and 45 minutes).
- People aged 20 and over spent 5 hours and 11 minutes on leisure activities. Males (5 hours and 22 minutes) spent 22 minutes on leisure activities more than females (5 hours).
- In 2009, people aged 20 and over spent 19 minutes on personal indispensable activities more than 2004.

### 3) Time Use of Students

- Students spent 10 hours and 49 minutes on personal indispensable activities. They spent 7 hours and 57 minutes on sleeping, 1 hour and 35 minutes on eating, and 1 hour and 17 minutes on other personal care, respectively.
- Students spent 9 hours and 1 minute on obligatory activities. They spent 6 hours and 39 minutes on study, and 1 hour and 40 minutes on commute, respectively.
- Students spent 4 hours and 10 minutes on leisure activities. High school students spent 3 hours and 10 minutes on leisure activities. Middle school students spent 4 hours and 1 minute on leisure activities. Elementary school students spent 4 hours and 30 minutes on leisure activities. University students spent 5 hours and 5 minutes on leisure activities.

- In 2009, students spent 15 minutes on personal indispensable activities more than 2004. They spent 15 minutes on personal indispensable activities more than 2004 due to the increase in other personal care (12 minutes). They spent 15 minutes on obligatory activities more than 2004 due to the increase in study (16 minutes). They spent 29 minutes on leisure activities less than 2004.

#### **4) Time Use of the Elderly**

- The elderly aged 65 and over spent 11 hours and 34 minutes on personal indispensable activities, which accounted for 48.2 percent of a day. They spent 8 hours and 20 minutes on sleeping.
- The elderly spent 5 hours and 14 minutes on obligatory activities. Females (5 hours and 39 minutes) spent 1 hour more than males (4 hours and 39 minutes) because females spent 3 hours and 13 minutes on household care, while males 1 hour and 1 minute.
- The elderly spent 7 hours and 12 minutes on leisure activities, which accounted for 30 percent of a day. Males (7 hours and 48 minutes) spent 1 hour and 1 minute more than females (6 hours and 47 minutes).
- In 2009, the elderly spent more hours on personal indispensable activities, while they spent less hours on obligatory activities and leisure activities compared to 2004.

#### **5) Time Use of Dual and Non-dual Income Households**

- Wives in dual income households spent 14 minutes on personal indispensable activities less than wives in non-dual income households. Husbands in dual income households spent 6 minutes on personal indispensable activities less than husbands in non-dual income households.
- Wives in dual income households spent 2 hours and 26 minutes on obligatory activities more than wives in non-dual income households. Husbands in dual income households spent 10 minutes on obligatory activities more than husbands in non-dual income households.
- Wives in non-dual income households (5 hours and 37 minutes) spent 2 hours and 12 minutes on leisure activities more than wives in dual income households (3 hours and 25 minutes).

#### **6) Time Use of the Employed**

- The employed aged 15 and over with a 5-day work week scheme (1 hour and 47 minutes) spent 4 hours and 12 minutes on Saturday work less than the employed with a 6-day work week scheme (5 hours and 59 minutes).

## 2. Time Use by Major Activities

### 1) Personal Indispensable Activities

#### ① Sleeping

- People aged 10 and over went to bed at 11:37 p.m on weekdays, at 11:41 p.m. on Saturdays and at 11:20 p.m. on Sundays, respectively.
- People aged 10 and over got up at 6:42 a.m. on Mondays, at 6:50 a.m. on weekdays, and at 7:35 a.m. on Sundays.
- The elderly and farm households went to bed and got up one hour earlier than people aged 10 and over and non-farm households.

#### ② Eating

- People aged 10 and over ate breakfast and lunch on weekdays earlier than on weekends. Mealtimes were longer on weekends than on weekdays.
- Females ate breakfast and lunch later than males, while females ate dinner earlier than males.

### 2) Obligatory Activities

#### ① Work

- People aged 20 and over spent 4 hours and 28 minutes on weekdays on work.
- 47.7 percent and 31.7 percent of people worked on Saturdays and on Sundays, respectively.
- Compared to 5 years ago, the percentage of persons who worked for 7 days per week showed a decrease.

#### ② Household Care

- 50.9 percent, 61.4 percent and 68.2 percent of males aged 20 and over spent their time on household care on weekdays, on Saturdays and on Sundays, respectively. They spent 1 hour and 7 minutes on household care on weekdays. They spent 1 hour and 28 minutes on Saturdays. They spent 1 hour and 36 minutes on Sundays.
- 92 to 95 percent of females aged 20 and over spent 4 hours or so on household care.
- Compared to 5 years ago, the percentage of males who spent their time on household care showed an increase.
- Wives with preschoolers spent more time on household care than wives without preschoolers.

#### ③ Study

##### (1) Study by school level

- High school students spent the longest hours on study, followed by middle school student, elementary students and university students.

- In terms of extracurricular classes, elementary school students spent 3 hours and 6 minutes, the longest. Middle school students spent 3 hours and 1 minute. High school students spent 1 hour and 39 minutes.
- Elementary school and middle school students spent 16 minutes and 19 minutes more than five years ago. High school and university students spent 33 minutes and 37 minutes more than five years ago.

(2) Self-development of university students

- 11.2 percent of university students (including graduate students) spent more than 10 minutes on self-development regardless of school curriculum.
- 8.0 percent and 14.7 percent of male and female university students spent their time on self-development.

(3) Self-development of non-students

- 6.5 percent of non-students spent more than 10 minutes on self-development.
- 5.9 percent and 7.0 percent of male and female non-students spent their time on self-development.
- The percentage of people who spent their time on self-development increased by 1.5%p from 5 years ago.

④ Commute

(1) Commute of the employed

- On weekdays, the employed aged 20 and over spent 1 hour and 26 minutes on commute to work. The employed males (1 hour and 37 minutes) spent 26 minutes more than the employed females (1 hour and 11 minutes).
- On weekdays, the employed with less than 36 hours' work spent 53 minutes, while the employed with more than 36 hours' work spent 1 hour and 33 minutes.

(2) Commute of students

- On weekdays, students spent 1 hour and 20 minutes moving around due to study.
- University students spent 1 hour and 26 minutes, followed by middle school students (1 hour and 21 minutes), high school students (1 hour and 17 minutes) and elementary school students (1 hour and 12 minutes).

### 3) Leisure Activities

① Watching TV

- People aged 10 and over spent 1 hour and 49 minutes watching TV on weekdays, 2 hours and 23 minutes on Saturdays, and 2 hours and 52 minutes on Sundays.
- On weekdays, females spent 14 minutes watching TV more than males. Meanwhile, on Sundays, males spent 13 minutes watching TV more than females.
- On weekdays and weekends, people spent less time on watching TV and the percentage of people watching TV showed a drop compared to 5 years ago.

- People spent more time on watching TV on Sundays than on weekdays and on Saturdays.

## ② Reading a newspaper

- On weekdays, 13.7 percent of people aged 10 and over read a printed newspaper for more than 10 minutes a day. On Saturdays and on Sundays, 13.1 percent and 9.1 percent of them read a printed newspaper for more than 10 minutes a day, respectively. They read a newspaper for 36 to 37 minutes on average.
- The percentage of people reading a newspaper showed a decrease compared to 5 years ago. People spent almost the same time on reading a newspaper

## ③ Using a PC for leisure

- People aged 10 and over used a PC for information query, computer games and socializing for 25 minutes on weekdays, 38 minutes on Saturdays, and 40 minutes on Sundays.
- Males in their teens and twenties used a PC for leisure the most. 60.5 percent of males in their teens and twenties used a PC for 1 hour and 42 minutes on weekdays. 73.9 percent of them used a PC for 2 hours and 24 minutes on Saturdays. 76.3 percent of them used a PC for 2 hours and 32 minutes on Sundays.
- Computers are most widely used for information query, followed by computer games and socializing (e-mail and chatting).

## ④ Culture, sports and hobbies

- People aged 10 and over spent 1 hour and 10 minutes on weekdays, 1 hour and 41 minutes on Saturdays, and 1 hour and 44 minutes on Sundays on culture, sports and hobbies, respectively.
- About 4 percent of people aged 10 and over spent their time on watching cultural events on weekends. About 30 percent of them spent their time on sports and leisure activities. About 60 percent of them spent their time on hobbies and other leisure activities.
- 11.3 percent of people aged 10 and over read books for more than 10 minutes on weekdays. 13.2 percent of them read books on Saturdays. 14.1 percent of them read books on Sundays. They read books for 59 minutes on weekdays, 1 hour and 10 minutes on Saturdays, and 1 hour and 11 minutes on Sundays.
- 16.5 percent of people took a walk on weekdays. 18.6 percent of people took a walk on Saturdays. 20.2 percent of people took a walk on Sundays. They took a walk for 1 hour and 20 minutes or so on average.