



# 2019 Time Use Survey

## ◆ People aged 10 and over

People spent 11 hours and 34 minutes on necessary activities, 7 hours and 38 minutes on obligatory activities and 4 hours and 47 minutes on leisure activities.

### ○ (Necessary time)

Compared with 2014, time spent on necessary activities such as sleeping, eating/drinking and personal health care increased by 20 minutes to 11 hours and 34 minutes.

- Compared with 2014, time spent sleeping increased by 13 minutes to 8 hours and 12 minutes. Time spent on eating/drinking decreased by 1 minute to 1 hour and 55 minutes. Time spent on personal care such as personal health care, hygiene and grooming increased by 9 minutes to 1 hour and 27 minutes.

### ○ (Obligatory time)

Compared with 2014, time spent on obligatory activities (employment, study, household work, etc.) decreased by 19 minutes to 7 hours and 38 minutes.

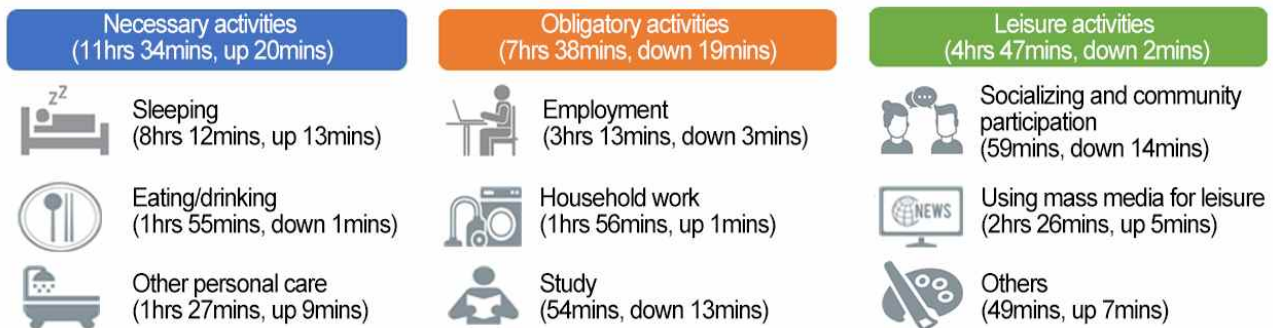
- Compared with 2014, time spent on employment-related activities dropped by 3 minutes to 3 hours and 13 minutes. Time spent on household work rose by 1 minute to 1 hour and 56 minutes. Time spent on study declined by 13 minutes to 54 minutes.

### ○ (Leisure time)

Compared with 2014, time spent on leisure activities decreased by 2 minutes to 4 hours and 47 minutes.

### < Average time spent on primary activities per day for all persons aged 10 and over >

(Up/down from 2014)



People aged 10 to 19 spent the most time sleeping, while 50-to 59-year-olds spent the least time sleeping.

- **(Sleeptime)**

People aged 10 to 19 spent the most time sleeping (8 hours and 43 minutes). This figure was followed by those aged 20~29 (8 hours and 27 minutes), those aged 60 and over (8 hours and 18 minutes), those aged 30~39 (8 hours and 14 minutes), those aged 40~49 (7 hours and 57 minutes) and those aged 50~59 (7 hours and 48 minutes).

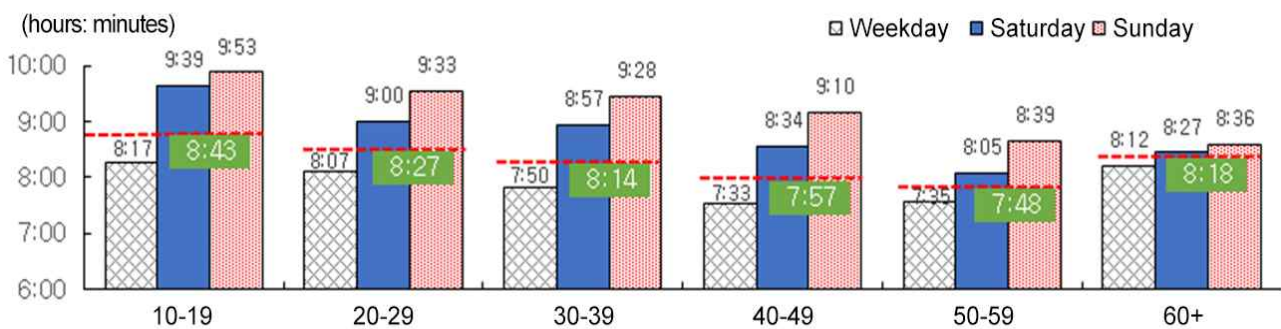
- **(Bedtime)**

People went to bed earliest at 23:17 p.m. on Sundays and latest at 23:32 p.m. on Fridays. These figures were 0 to 7 minutes earlier than in 2014.

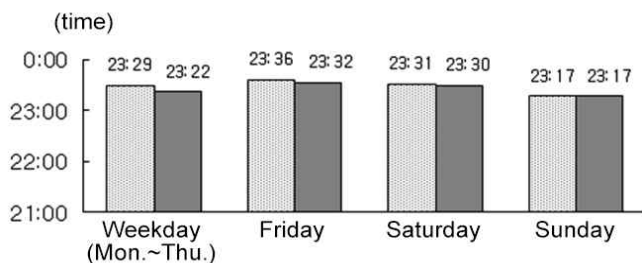
- **(Wake-up time)**

People woke up earliest at 6:55 a.m. on weekdays and latest at 7:46 a.m. on Sundays, 51 minutes later than on weekdays.

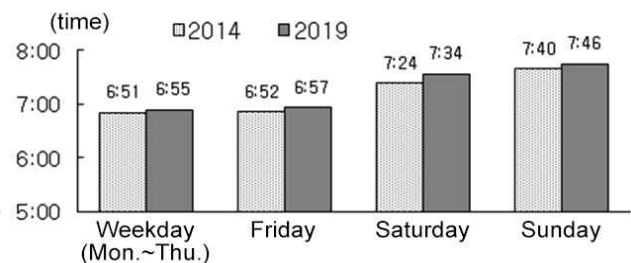
< Sleeptime by age group and day of the week >



< Bedtime by day of the week >



< Wake-up time by day of the week >



People spent the shortest time eating breakfast on weekdays and the longest time eating dinner on Saturdays.

- **(Mealtime)**

People spent the shortest time eating breakfast on weekdays (25 minutes) and the longest time eating dinner on Saturdays (39 minutes).

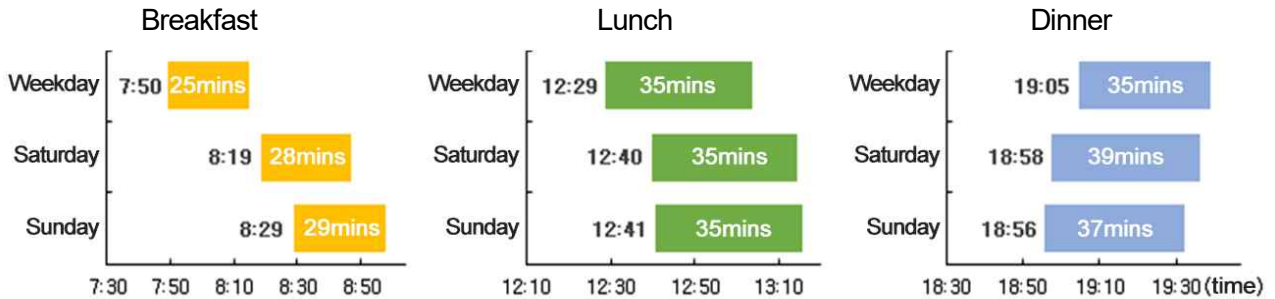
- **(Breakfast time)**

People started breakfast at 7:50 a.m. on weekdays, 29 minutes later than on Saturdays and 39 minutes later than on Sundays.

- **(Dinner time)**

People had the earliest dinner at 6:56 p.m. on Sundays and the latest dinner at 7:05 p.m. on weekdays.

**< Mealtime and length of meals by day of the week >**



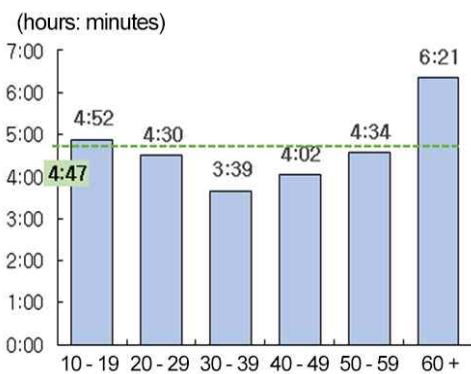
People aged 60 and over spent the most time on leisure activities, while those aged 30~39 spent the least time on leisure activities.

o **(Leisure activities)**

People aged 60 and over spent the most leisure time of 6 hours and 21 minutes. This figure was followed by those aged 10~19 (4 hours and 52 minutes), those aged 50~59 (4 hours and 34 minutes), those aged 20~29 (4 hours and 30 minutes), those aged 40~49 (4 hours and 2 minutes) and those aged 30~39 (3 hours and 39 minutes).

- People aged 39 and less spent their time on leisure activities such as media use, socializing and games/play. People aged 40~49 spent their time on activities such as media use, socializing, and sports and outdoor activities. People aged 50 and over spent their time on activities such as media use, sports and outdoor activities, and socializing.
- In all age groups, media use occupied the most leisure time. In particular, people aged 40 and over spent their time watching live TV, which accounted for 70 percent of media use.

**< Average time spent on leisure activities per day by age group >**



**< Ranking of leisure activities and average leisure time by age group >**

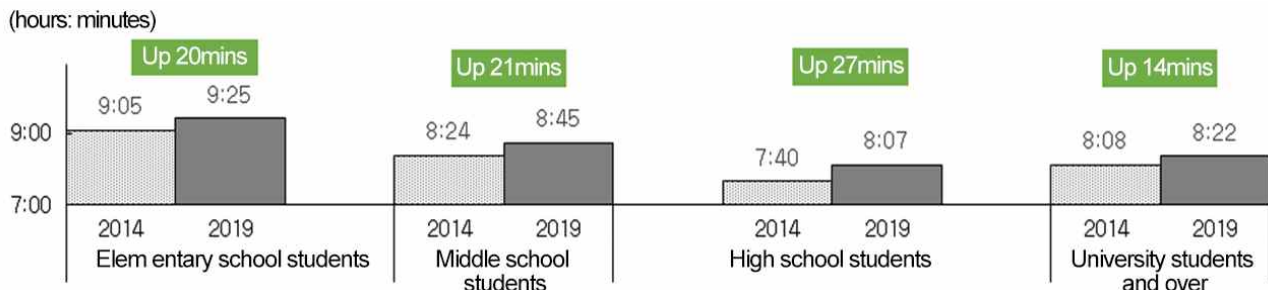
Ranking	10-19	20-29	30-39	40-49	50-59	60+
1	Media use					
	(1:50)	(1:48)	(1:47)	(2:13)	(2:30)	(3:32)
2	Games/play (1:21)	Games/play (0:46)	Socializing (0:31)	Socializing (0:31)	Sports and outdoor activities (0:35)	Sports and outdoor activities (0:45)
3	Socializing (0:45)	Socializing (0:45)	Games/play (0:24)	Sports and outdoor activities (0:24)	Socializing (0:34)	Socializing (0:43)
4	Sports and outdoor activities (0:18)	Sports and outdoor activities (0:22)	Sports and outdoor activities (0:20)	Games/play (0:12)	Activities related to Rest (0:13)	Activities related to Rest (0:21)
5	Others (0:13)	Others (0:14)	Community participation (0:09)	Activities related to Rest (0:11)	Religious activities (0:12)	Religious activities (0:19)

◆ **Students**

Elementary school students spent the most time of 9 hours and 25 minutes sleeping, while high school students spent the least time of 8 hours and 7 minutes sleeping.

- Elementary school students spent the most time of 9 hours and 25 minutes sleeping, followed by middle school students (8 hours and 45 minutes), university students (including graduate students) (8 hours and 22 minutes) and high school students (8 hours and 7 minutes). Compared with 2014, sleeptime increased by 14 to 27 minutes in all school levels.

### < Sleptime of students >



High school students spent the most time of 6 hours and 44 minutes on study, while university students (including graduate students) spent the least time of 3 hours and 29 minutes.

#### ○ (Study)

High school students spent an average of 6 hours and 44 minutes on study. This figure was followed by middle school students (5 hours and 57 minutes), elementary school students (4 hours and 46 minutes) and university students (including graduate students) (3 hours and 29 minutes).

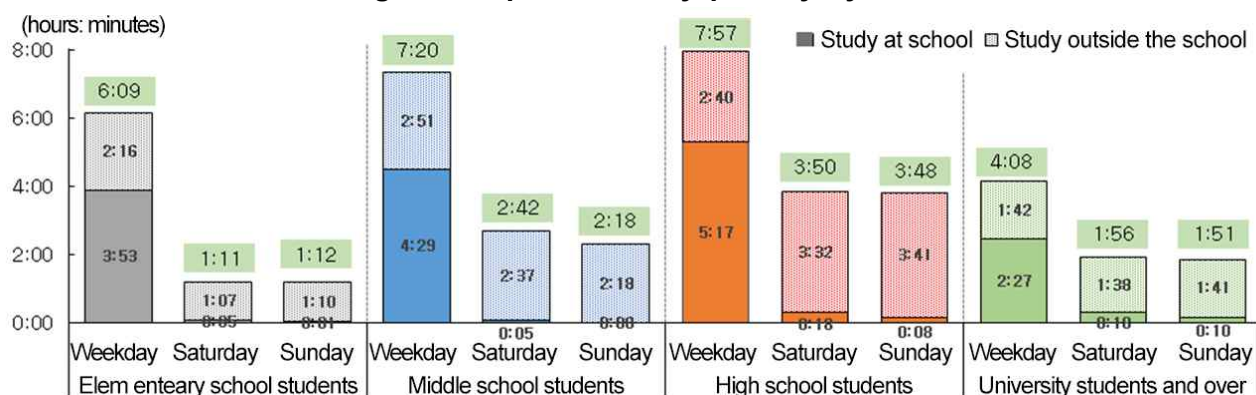
- On weekdays, high school students spent the most time of 7 hours and 57 minutes studying.
- As for the gap of study time between on weekdays and on weekends, elementary school students recorded the highest gap of 5 hours.
- Compared with 2014, study time dropped by 25 to 50 minutes in all school levels. This decrease resulted from the drop in attendance at classes.

#### ○ (Study outside the school)

High school students spent the most time of 2 hours and 57 minutes studying outside the school. This figure was followed by middle school students (2 hours and 45 minutes), elementary school students (1 hour and 57 minutes) and university students (including graduate students) (1 hour and 41 minutes).

- On weekdays, middle school students spent the most time of 2 hours and 51 minutes studying outside the school. This figure was followed by high school students (2 hours and 40 minutes), elementary school students (2 hour and 16 minutes) and university students (including graduate students) (1 hour and 42 minutes).
- The amount of time high school students spent studying outside the school on weekends was 1 hour more than that on weekdays.
- Compared with 2014, time spent studying outside the school by middle and high school students increased by 4 minutes and 41 minutes, respectively.

### < Average time spent on study per day by students >



## ◆ Household work of adults aged 19 years and over

The gender gap of household work time recorded 2 hours and 17 minutes in 2019, decreasing by 22 minutes from 2014.

### ○ (Men)

The percentage of men doing household work and their time recorded an increase compared with 2014.

- On weekdays, 60.8% of men did household work, rising by 8.4%p from 2014.
- On Saturdays, 70.0% of men did household work, rising by 8.2%p from 2014. On Sundays, 72.5% of men did household work, rising by 4.6%p from 2014.
- Compared with 2014, the amount of time men spent on household work on weekdays increased by 9 minutes to 48 minutes. Time spent by men who engaged in household work increased by 5 minutes to 1 hour and 19 minutes.
- On weekends, men spent 1 hour and 17 minutes or so on household work. Time spent by men who engaged in household work was 1 hour and 48 minutes or so.

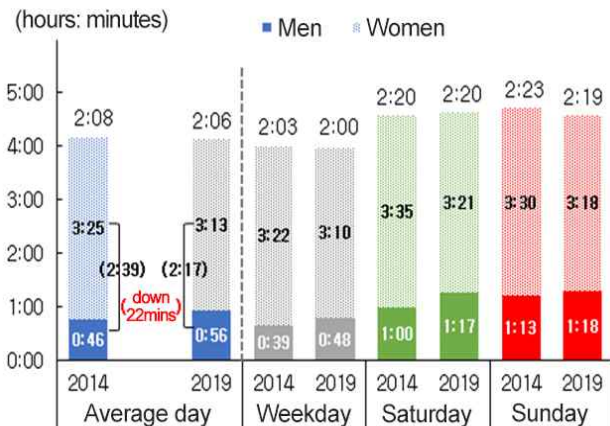
### ○ (Women)

The percentage of women doing household work on weekdays and weekends stood at 92% or so. This percentage changed by less than 1%p. Time women spent on household work decreased by 11 to 16 minutes compared with 2014.

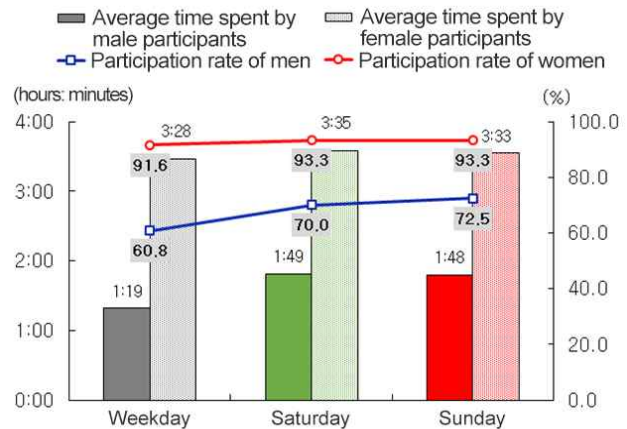
- Compared with 2014, the amount of time women spent on household work on weekdays decreased by 12 minutes to 3 hours and 10 minutes. Time spent by women who engaged in household work decreased by 14 minutes to 3 hours and 28 minutes.
- The difference in time women spent on household work between on weekdays and on weekends was less than 10 minutes.



**< Average time spent on household work per day by day of the week and sex >**



**< Percentage of people engaging in household work and average time spent per day by participants >**



**Compared with 2014, household work time of husbands recorded an increase in both dual income and single income households.**

- Compared with 2014, time spent on household work by husbands of dual income and single income households increased by 7 to 20 minutes. The amount of time spent on household work by wives of dual income and single income households decreased by 3 to 19 minutes.
- As for the gap of household work time between husbands and wives, the wives of the single income households recorded the lowest gap of 37 minutes. The husbands of the single income households recorded the highest gap of 4 hours and 48 minutes.

**The participation rate of married couples engaging in household care was highest at the timeslot of 6:00-6:59 p.m.**

- The participation rate of married couples engaging in household care was high at the timeslots of 7:30-7:59 a.m. and 5:30-7:59 p.m..
- At the timeslot of 6:30-6:59 p.m., the highest percentage of married couples participated in household care. 43.5% of wives engaged in household care. This share was 4.4 times higher than that of husbands engaging in household care (10.0%).

**◆ Employment of people aged 15 and over**

**People spent 4 hours and 3 minutes on working (including seeking employment). This figure dropped by 3 minutes from 2014.**

- People aged 15 and over spent 4 hours and 3 minutes working (including seeking employment). This figure dropped by 3 minutes from 2014.
- The percentage of people aged 15 and over engaging in work on weekdays stood at 60.6% in 2019, up 0.7%p from 2014. Their average time spent working fell by 11 minutes to 6 hours and 41 minutes.

On Saturdays, employed persons observing the 6-day workweek system worked 4 hours and 19 minutes more than those observing the 5-day workweek system. On Sundays, employed persons observing the 6-day workweek system worked 1 hour and 21 minutes more than those observing the 5-day workweek system.








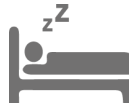




- Employed persons observing the 6-day workweek system spent 6 hours and 2 minutes working on Saturdays and 2 hours and 32 minutes on Sundays.
- Employed persons observing the 5-day workweek system spent 1 hour and 43 minutes working on Saturdays and 1 hour and 11 minutes on Sundays.

Average time spent by persons engaging in commute on weekdays recorded 1 hour and 16 minutes.

- Compared with 2014, time spent on commute to and from work on weekdays dropped by 1 minute to 1 hour and 16 minutes in 2019.
- The commute time of Seoul, Gyeonggi, Incheon and Busan was 15 minutes, 12 minutes, 9 minutes and 3 minutes longer than that of the nation.

### ◆ Top ranking activities by time of the day

Unit (%)

	Early morning (06:00~08:59)	Morning (09:00~11:59)	Early afternoon (12:00~13:59)	Afternoon (14:00~17:59)	Evening (18:00~20:59)	Night (21:00~23:59)
Weekday	 Sleeping (32.3)	 Employment <sup>1</sup> (20.7)	 Eating meals (22.4)	 Employment <sup>1</sup> (18.8)	 Eating meals (15.3)	 Sleeping (34.4)
	Personal hygiene (8.4)	Employment <sup>2</sup> (8.5)	Employment <sup>1</sup> (12.5)	Employment <sup>2</sup> (9.4)	Watching live TV (14.2)	Watching live TV (15.7)
	Eating meals (8.1)	Study at school (6.8)	Employment <sup>2</sup> (7.2)	Watching live TV (5.8)	Personal hygiene (5.8)	Personal hygiene (6.7)
Saturday/ Sunday	 Sleeping 48.9 / 54.5	 Sleeping 11.9 / 13.2	 Eating meals 19.5 / 19.6	 Watching live TV 10.2 / 12.2	 Watching live TV 17.9 / 20.5	 Sleeping 33.5 / 37.6
	Eating meals 7.0 / 6.5	Watching live TV 10.1 / 12.0	Watching live TV 7.8 / 9.5	Sleeping 7.3 / 8.4	Eating meals 17.4 / 16.7	Watching live TV 17.0 / 17.0
	Personal hygiene 6.7 / 6.2	Employment <sup>1</sup> (6.1) / Eating meals(6.9)	Sleeping 5.9 / 6.1	Employment <sup>2</sup> (6.1) / Eating meals(4.5)	Personal hygiene 5.3 / 5.4	Personal hygiene 6.5 / 6.6

1. Employment in corporations, government and non-profit institution
2. Employment in household enterprises to produce goods

### ◆ Awareness of time use

In 2019, 54.4% of people felt time-crunched, down 5.1%p from 2014.

- 54.4% of people felt time-crunched in their daily lives, falling by 5.1%p from 2014.
- 52.2% of people feeling time-crunched wanted to reduce their time at work.

**One of three people was satisfied with their housework-sharing and leisure time.**

- 34.4% of people were satisfied with their housework-sharing. Whereas, 15.2% of them were dissatisfied.
- 32.2% of people were satisfied with their leisure time. Whereas, 24.4% of them were dissatisfied.

**7 of 10 people objected to the gender role of 'Men for work and women for home'.**

- 72.8% of people objected to the gender role of 'Men for work and women for home'. It was a 8.5 percentage point increase from 2014.

**◆ The most enjoyable activities**

**Regardless of days of the week, the most enjoyable activities were eating meals, face-to-face socializing and watching live TV.**

- Regardless of days of the week, eating meals took the first ranking of the most enjoyable activity, which was followed by face-to-face socializing and watching live TV.
- On weekdays, commute from work took the fourth ranking of the most enjoyable activity, which was followed by eating and drinking. On Saturdays, eating and drinking took the fourth ranking of the most enjoyable activity, which was followed by sleeping. On Sundays, sleeping took the fourth ranking of the most enjoyable activity, which was followed by attending religious meetings and gatherings.
- The other enjoyable activities were walking/strolling, video/audio calls and purchasing goods offline.

Ranking	Average day	Weekday	Saturday	Sunday
1	Eating meals	Eating meals	Eating meals	Eating meals
2	Face-to-face socializing	Face-to-face socializing	Face-to-face socializing	Face-to-face socializing
3	Watching live TV	Watching live TV	Watching live TV	Watching live TV
4	Eating snack and drinking non-alcoholic beverages	Commuting from work	Eating snack and drinking non-alcoholic beverages	Sleeping
5	Walking/strolling	Eating snack and drinking non-alcoholic beverages	Sleeping	Attendance at religious meetings/gatherings
6	Commuting from work	Personal exercises	Walking/strolling	Eating snack and drinking non-alcoholic beverages
7	Sleeping	Walking/strolling	Purchasing goods offline	Walking/strolling
8	Personal exercises	Sleeping	Watching video	Purchasing goods offline
9	Video and audio calls	Video and audio calls	Personal exercises	Watching video
10	Purchasing goods offline	Personal hygiene	PC games	PC games