

Catalogue no. 89-647-X

# General Social Survey - 2010

## Overview of the Time Use of Canadians



July 2011



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# General Social Survey - 2010

## Overview of the Time Use of Canadians

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- . not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0<sup>s</sup> value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- p preliminary
- r revised
- x suppressed to meet the confidentiality requirements of the *Statistics Act*
- E use with caution
- F too unreliable to be published

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## Introduction

This publication provides a snapshot of initial results of the General Social Survey 2010 on time stress and well-being.

The General Social Survey (GSS) collects data on social trends in order to monitor changes in Canadian society over time and provide information on specific social issues of current or emerging interest.

The core content of the 2010 GSS was time use. This was the fifth time GSS focused on time use.

Time use estimates in this publication are based on information reported in the time use diary portion of the survey. This diary provides a detailed record of participation in a wide variety of daily activities, as well as the time devoted to them, where these activities took place, and the social relationships of the respondent. Also, for the first time, the 2010 GSS collected information on simultaneous activities, i.e. those that are performed at the same time as a primary activity. The questionnaire collected additional information on perceptions of time, time devoted to unpaid work, well-being, paid work and education, cultural and sports activities, transportation, and numerous socio economic characteristics.

In addition to providing a portrait of the time use of Canadians, this publication compares recent data with information obtained from a similar survey conducted in 1998. It presents the number of hours dedicated to paid work, unpaid work, education activities, personal care, and periods of free time and leisure. As well, some key facts are shown on the time spent on both primary and simultaneous childcare activities and respondents' perceptions of time.

For more information about the survey methodology or data quality, please consult the section at the end of this publication.

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## Highlights

### Paid work and related activities

- In 2010, Canadians who participated in paid work and related activities spent, on average, 8 hours 12 minutes on these activities on the diary day. Of this total, 7 hours 38 minutes were spent on paid work, and the rest (1 hour 5 minutes) on commuting to and from work, and other related activities.
- Men spent 14 minutes less per day on paid work and related activities in 2010 than in 1998. In contrast, the amount of time women spent on such activities remained stable between the two survey years at just over 7 hours and 40 minutes per day. In 2010, men spent, on average, 8 hours 36 minutes on paid work and related activities, 53 minutes longer than women.
- Men remained more likely than women to spend time on paid work and related activities. Nonetheless, the gap between the sexes continued to narrow. In 1998, 51% of men spent time on these activities on the diary day, compared with 36% of women, a difference of 15 percentage points. In 2010, these proportions were 49% for men and 39% for women, a 10 percentage point difference.

### Unpaid work activities

- Canadians who performed unpaid work such as household work, childcare, and civic and voluntary activities, reported spending 4 hours 4 minutes on these activities in 2010, an increase of 8 minutes from 1998.
- Among those who did unpaid work, men increased their time on these activities by 15 minutes between 1998 and 2010, while the situation of women remained nearly the same. In 2010, women spent, on average, 4 hours 38 minutes on unpaid work, 1 hour and 13 minutes more than men.
- In 2010, women were more likely than men (91% versus 81%) to have done household work on the diary day. The average length of time men spent doing household work increased from 2 hours and 51 minutes per day in 1998 to 3 hours and 4 minutes in 2010. For women, the average duration remained unchanged at 4 hours and 15 minutes per day.
- The proportion of Canadians who participated in most unpaid work activities was similar in the two survey years, with the exception of cooking and housekeeping. The percentage of those who reported cooking decreased from 74% in 1998 to 65% in 2010, while the proportion of Canadians who did housekeeping fell from 41% to 36% between the two survey years.

## Childcare activities

- Respondents who took care of children spent, on average, 2 hours and 31 minutes a day on child care in 2010, an increase of 21 minutes from 1998.
- In 2010, parents with children 12 or under spent an average of 2 hours 5 minutes a day providing primary childcare. Primary childcare is defined as care that is done as a main activity, such as physical care of children or reading to or talking with them. When adding on time spent caring for children while performing another activity, the duration of childcare totalled 3 hours 31 minutes a day.
- Younger children require more attention, and the survey results reflect that. In 2010, parents with children aged 0 to 4 spent 2 hours 49 minutes of their day taking care of them as a main activity. When counting other activities done at the same time, parents spent 4 hours 52 minutes a day on this age group. In comparison, the average time for parents whose youngest child was between 5 and 12 was 1 hour 16 minutes as a primary activity and 1 hour 59 minutes if added to other activities done at the same time.
- Regardless of the child's age, women spent more than twice as much time on their care as did men. For example, the total time women spent on children aged 0 to 4 was 6 hours 33 minutes per day. For men, the corresponding duration was 3 hours 7 minutes.
- These differences between men and women were only partly attributable to more men working full time. Women with young children who worked full time (30 or more hours a week) spent a total of 5 hours 13 minutes a day on childcare. In comparison, men in the same situation spent 2 hours 59 minutes taking care of their children.

## Education and related activities

- Increasing numbers of young people are pursuing a postsecondary education. In 1998, 38% of people aged 15 to 24 took part in education-related activities on the diary day, a proportion that rose to 43% in 2010. Those among this age group who were engaged in education-related activities on the diary day spent, on average, 6 hours 28 minutes a day on these activities in 2010.



## Leisure and personal time

- Canadians reported 13 minutes of additional sleep time from 1998 to 2010, bringing the average number of hours spent on daily sleep to 8 hours 18 minutes.
- The proportion of people who took part in social activities declined from 66% in 1998 to 59% in 2010. People spent less time socializing with friends and relatives, including face-to-face and telephone conversations and restaurant meals. In particular, the time spent on socializing outside the home dropped between the two survey periods by 29 minutes, to 2 hours 9 minutes in 2010.
- The proportion of Canadians who reported watching television on the diary day declined over the 12 year period from 77% to 73%. In 2010, those who did watch television spent 2 hours and 52 minutes doing so, similar to 1998.
- In contrast to the trend in TV watching, the proportion of Canadians reporting using computers (excluding using a computer while doing paid work) for such things as email, on-line social networking, and searching for information increased nearly five-fold between 1998 and 2010, from 5% to 24%. In 2010, computer users spent an average of 1 hour and 23 minutes on the computer on the diary day. Computer use increased significantly across all age groups. In 2010, the age group with the highest proportion of computer users continued to be 15- to 24-year-olds (at 32%). This group spent, on average, 1 hour and 41 minutes a day using the computer.
- Video game use is also on the rise. The proportion of people reporting playing video games on the diary day doubled, from 3% in 1998 to 6% in 2010. The amount of time spent playing video games increased from 1 hour 48 minutes to 2 hours 20 minutes between 1998 and 2010.

## Time stress

- In general, Canadians seem to be experiencing less time stress. In 2010, 34% of people aged 15 and over reported feeling trapped in a daily routine, down from 39% in 1998. The proportion of people who felt they had no time for fun declined from 38% to 29%.
- During this period, there were fewer people who reported that they wanted to slow down in the coming year, and fewer who described themselves as workaholics. Fewer also reported being concerned about not spending enough time with family and friends, or wanting to spend more time alone.
- These declines may be due to the fact that the 55 plus age group has become a larger part of the Canadian population over the years and in general, people this age tend to feel less stressed by time pressures than their younger counterparts. For example, in 2010, about 31% of people aged 35 to 44 described most days as quite stressful or extremely stressful, the highest proportion of any age group (data not shown). This compares with 27% of 45- to 54-year-olds, 24% of 25- to 34-year-olds and 17% for those in the 55-to-64 age group.

**Table 1.1**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by sex, Canada, 2010**

Activity group	Population			Participants			Participation rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	hours and minutes						percentage		
<b>Total work<sup>1</sup></b>	<b>7:46</b>	<b>7:39</b>	<b>7:54</b>	<b>8:04</b>	<b>8:03</b>	<b>8:04</b>	<b>96</b>	<b>95</b>	<b>98</b>
<b>Paid work and related activities</b>	<b>3:37</b>	<b>4:15</b>	<b>3:00</b>	<b>8:12</b>	<b>8:36</b>	<b>7:43</b>	<b>44</b>	<b>49</b>	<b>39</b>
<b>Unpaid work<sup>2</sup></b>	<b>3:34</b>	<b>2:50</b>	<b>4:17</b>	<b>4:04</b>	<b>3:25</b>	<b>4:38</b>	<b>88</b>	<b>83</b>	<b>92</b>
<b>Personal care activities</b>	<b>10:45</b>	<b>10:34</b>	<b>10:56</b>	<b>10:45</b>	<b>10:35</b>	<b>10:56</b>	<b>100</b>	<b>100</b>	<b>100</b>
<b>Free time activities</b>	<b>5:27</b>	<b>5:46</b>	<b>5:10</b>	<b>5:42</b>	<b>6:00</b>	<b>5:24</b>	<b>96</b>	<b>96</b>	<b>96</b>
<b>1. Paid work and related activities</b>	<b>3:37</b>	<b>4:15</b>	<b>3:00</b>	<b>8:12</b>	<b>8:36</b>	<b>7:43</b>	<b>44</b>	<b>49</b>	<b>39</b>
Paid work	3:11	3:43	2:41	7:38	7:56	7:15	42	47	37
Activities related to paid work (includes commuting)	0:25	0:32	0:19	1:05	1:13	0:55	39	43	34
<b>2. Household work and related activities</b>	<b>3:11</b>	<b>2:29</b>	<b>3:53</b>	<b>3:42</b>	<b>3:04</b>	<b>4:15</b>	<b>86</b>	<b>81</b>	<b>91</b>
Cooking/washing up	0:42	0:27	0:55	1:04	0:50	1:14	65	54	75
Housekeeping	0:38	0:20	0:56	1:46	1:32	1:52	36	22	49
Maintenance and repair	0:10	0:16	0:05	2:44	2:49	2:28	6	10	3
Other household work	0:25	0:26	0:24	1:24	1:35	1:15	30	27	33
Shopping for goods and services	0:48	0:41	0:54	1:53	1:48	1:57	42	38	46
Child care	0:28	0:18	0:39	2:31	1:55	2:55	19	16	22
<b>3. Civic and voluntary</b>	<b>0:23</b>	<b>0:21</b>	<b>0:24</b>	<b>2:16</b>	<b>2:17</b>	<b>2:15</b>	<b>17</b>	<b>15</b>	<b>18</b>
<b>4. Education and related activities</b>	<b>0:36</b>	<b>0:34</b>	<b>0:37</b>	<b>5:22</b>	<b>5:31</b>	<b>5:15</b>	<b>11</b>	<b>10</b>	<b>12</b>
<b>5. Sleep, meals and other personal activities</b>	<b>10:45</b>	<b>10:34</b>	<b>10:56</b>	<b>10:45</b>	<b>10:35</b>	<b>10:56</b>	<b>100</b>	<b>100</b>	<b>100</b>
Night sleep	8:17	8:11	8:22	8:18	8:12	8:23	100	100	100
Meals (excl. restaurant meals)	1:02	1:04	1:00	1:12	1:13	1:10	86	87	85
Other personal activities	1:27	1:20	1:34	1:36	1:29	1:42	91	89	92
<b>6. Socializing including restaurant meals</b>	<b>1:37</b>	<b>1:32</b>	<b>1:41</b>	<b>2:44</b>	<b>2:43</b>	<b>2:45</b>	<b>59</b>	<b>57</b>	<b>62</b>
Restaurant meals	0:17	0:17	0:17	1:29	1:27	1:32	19	20	18
Socializing (in homes)	1:07	1:02	1:12	2:21	2:24	2:19	48	43	52
Other socializing	0:13	0:13	0:12	2:09	2:10	2:08	10	10	10
<b>7. Television, reading and other passive leisure</b>	<b>2:29</b>	<b>2:39</b>	<b>2:20</b>	<b>3:08</b>	<b>3:19</b>	<b>2:58</b>	<b>79</b>	<b>80</b>	<b>79</b>
Watching television	2:06	2:17	1:55	2:52	3:03	2:41	73	75	71
Reading books, magazines, newspapers	0:20	0:18	0:23	1:26	1:29	1:25	24	20	27
Other passive leisure	0:03	0:03	0:02	1:04	1:16	0:52	4	4	4
<b>8. Sports, movies and other entertainment events</b>	<b>0:08</b>	<b>0:08</b>	<b>0:09</b>	<b>2:20</b>	<b>2:08</b>	<b>2:32</b>	<b>6</b>	<b>6</b>	<b>6</b>
<b>9. Active leisure</b>	<b>1:13</b>	<b>1:27</b>	<b>0:59</b>	<b>2:22</b>	<b>2:42</b>	<b>2:01</b>	<b>51</b>	<b>54</b>	<b>49</b>
Active sports	0:30	0:37	0:23	1:54	2:12	1:34	26	28	25
Computer use	0:20	0:23	0:17	1:23	1:32	1:14	24	25	23
Video games	0:09	0:14	0:04	2:20	2:40	1:38	6	9	4
Other active leisure	0:14	0:13	0:15	2:05	2:06	2:04	11	10	12

1. Includes activity groups 1 to 4.

2. Includes activity groups 2 to 3.

**Note:** Average time spent is the average over a 7-day week.

**Source:** Statistics Canada, General Social Survey, 2010.

**Table 1.2**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by sex, Canada, 1998**

Activity group	Population			Participants			Participation rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	hours and minutes						percentage		
<b>Total work<sup>1</sup></b>	<b>7:47</b>	<b>7:47</b>	<b>7:48</b>	<b>7:58</b>	<b>8:03</b>	<b>7:54</b>	<b>98</b>	<b>97</b>	<b>99</b>
<b>Paid work and related activities</b>	<b>3:39</b>	<b>4:32</b>	<b>2:47</b>	<b>8:21</b>	<b>8:50</b>	<b>7:41</b>	<b>44</b>	<b>51</b>	<b>36</b>
<b>Unpaid work<sup>2</sup></b>	<b>3:36</b>	<b>2:44</b>	<b>4:25</b>	<b>3:56</b>	<b>3:10</b>	<b>4:36</b>	<b>91</b>	<b>87</b>	<b>96</b>
<b>Personal care activities</b>	<b>10:26</b>	<b>10:14</b>	<b>10:38</b>	<b>10:26</b>	<b>10:14</b>	<b>10:38</b>	<b>100</b>	<b>100</b>	<b>100</b>
<b>Free time activities</b>	<b>5:46</b>	<b>5:58</b>	<b>5:34</b>	<b>5:56</b>	<b>6:08</b>	<b>5:43</b>	<b>97</b>	<b>97</b>	<b>97</b>
<b>1. Paid work and related activities</b>	<b>3:39</b>	<b>4:32</b>	<b>2:47</b>	<b>8:21</b>	<b>8:50</b>	<b>7:41</b>	<b>44</b>	<b>51</b>	<b>36</b>
Paid work	3:17	4:04	2:30	7:42	8:10	7:04	43	50	35
Activities related to paid work (includes commuting)	0:22	0:27	0:17	0:57	1:00	0:52	39	45	32
<b>2. Household work and related activities</b>	<b>3:15</b>	<b>2:24</b>	<b>4:03</b>	<b>3:36</b>	<b>2:51</b>	<b>4:15</b>	<b>90</b>	<b>85</b>	<b>95</b>
Cooking/washing up	0:46	0:27	1:05	1:02	0:42	1:17	74	63	85
Housekeeping	0:41	0:19	1:02	1:41	1:29	1:46	41	22	59
Maintenance and repair	0:10	0:15	0:04	2:30	2:42	1:59	6	9	4
Other household work	0:24	0:26	0:22	1:19	1:37	1:05	30	27	33
Shopping for goods and services	0:48	0:41	0:54	1:52	1:46	1:57	43	38	47
Child care	0:26	0:17	0:35	2:10	1:48	2:24	20	16	24
<b>3. Civic and voluntary</b>	<b>0:21</b>	<b>0:20</b>	<b>0:22</b>	<b>1:55</b>	<b>1:58</b>	<b>1:53</b>	<b>18</b>	<b>17</b>	<b>19</b>
<b>4. Education and related activities</b>	<b>0:33</b>	<b>0:31</b>	<b>0:35</b>	<b>6:12</b>	<b>6:01</b>	<b>6:21</b>	<b>9</b>	<b>9</b>	<b>9</b>
<b>5. Sleep, meals and other personal activities</b>	<b>10:26</b>	<b>10:14</b>	<b>10:38</b>	<b>10:26</b>	<b>10:14</b>	<b>10:38</b>	<b>100</b>	<b>100</b>	<b>100</b>
Night sleep	8:04	7:58	8:11	8:05	7:59	8:11	100	100	100
Meals (excl. restaurant meals)	1:06	1:07	1:04	1:12	1:13	1:10	92	92	91
Other personal activities	1:16	1:09	1:24	1:20	1:13	1:27	95	94	96
<b>6. Socializing including restaurant meals</b>	<b>1:55</b>	<b>1:51</b>	<b>1:59</b>	<b>2:54</b>	<b>2:59</b>	<b>2:49</b>	<b>66</b>	<b>62</b>	<b>70</b>
Restaurant meals	0:17	0:19	0:16	1:33	1:35	1:31	19	20	18
Socializing (in homes)	1:19	1:13	1:24	2:22	2:28	2:18	55	49	61
Other socializing	0:19	0:20	0:18	2:38	2:42	2:34	12	12	12
<b>7. Television, reading and other passive leisure</b>	<b>2:44</b>	<b>2:52</b>	<b>2:35</b>	<b>3:11</b>	<b>3:19</b>	<b>3:04</b>	<b>85</b>	<b>87</b>	<b>84</b>
Watching television	2:12	2:22	2:02	2:50	2:59	2:42	77	80	75
Reading books, magazines, newspapers	0:26	0:24	0:27	1:20	1:18	1:22	32	30	34
Other passive leisure	0:06	0:06	0:06	1:08	1:09	1:08	9	9	9
<b>8. Sports, movies and other entertainment events</b>	<b>0:10</b>	<b>0:10</b>	<b>0:10</b>	<b>2:41</b>	<b>2:35</b>	<b>2:47</b>	<b>6</b>	<b>6</b>	<b>6</b>
<b>9. Active leisure</b>	<b>0:58</b>	<b>1:05</b>	<b>0:50</b>	<b>2:24</b>	<b>2:37</b>	<b>2:11</b>	<b>40</b>	<b>41</b>	<b>39</b>
Active sports	0:29	0:35	0:22	2:00	2:16	1:42	24	26	22
Computer use	0:05	0:08	0:03	1:52	1:58	1:40	5	7	3
Video games	0:03	0:04	0:02	1:48	2:01	1:27	3	3	2
Other active leisure	0:21	0:19	0:23	2:17	2:25	2:11	15	13	18

1. Includes activity groups 1 to 4.

2. Includes activity groups 2 to 3.

**Note:** Average time spent is the average over a 7-day week.

**Source:** Statistics Canada, General Social Survey, 1998.

**Table 2**

**Average time spent per day on child care activities, for the population aged 15 and over with children aged 12 years or under, by primary and simultaneous activities, sex, child's age group and employment status, Canada, 2010**

Respondent's child's age group and employment status	Primary activities			Primary and simultaneous activities		
	Both sexes	Male	Female	Both sexes	Male	Female
	hours and minutes					
<b>Children 12 years old or under</b>	<b>2:05</b>	<b>1:23</b>	<b>2:43</b>	<b>3:31</b>	<b>2:18</b>	<b>4:34</b>
Full time work	1:38	1:20	2:04	2:44	2:14	3:28
Part time work	2:39	1:21 <sup>E</sup>	2:50	4:42	2:25 <sup>E</sup>	5:01
Other	3:23	1:58	3:45	5:38	3:10	6:16
<b>Youngest child is less than 5 years old</b>	<b>2:49</b>	<b>1:51</b>	<b>3:45</b>	<b>4:52</b>	<b>3:07</b>	<b>6:33</b>
Full time work	2:13	1:46	3:02	3:46	2:59	5:13
Part time work	3:20	F	3:38	6:09	2:41 <sup>E</sup>	6:43
Other	4:25	2:51	4:46	7:36	4:42 <sup>E</sup>	8:15
<b>Youngest child is 5 to 12 years old</b>	<b>1:16</b>	<b>0:48</b>	<b>1:38</b>	<b>1:59</b>	<b>1:18</b>	<b>2:32</b>
Full time work	1:00	0:46	1:17	1:37	1:16	2:02
Part time work	1:47	F	1:53	2:54	2:00 <sup>E</sup>	3:01
Other	2:01	1:04 <sup>E</sup>	2:18	2:59	1:37 <sup>E</sup>	3:25

**Note:** Average time spent is the average over a 7-day week.

**Source:** Statistics Canada, General Social Survey, 2010.

**Table 3.1**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 2010**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes	hours and minutes	percentage
<b>15 to 24</b>			
<b>Total work<sup>1</sup></b>	<b>6:59</b>	<b>7:30</b>	<b>93</b>
<b>Paid work and related activities</b>	<b>2:39</b>	<b>7:20</b>	<b>36</b>
<b>Unpaid work<sup>2</sup></b>	<b>1:35</b>	<b>2:16</b>	<b>70</b>
<b>Personal care activities</b>	<b>11:03</b>	<b>11:03</b>	<b>100</b>
<b>Free time activities</b>	<b>5:57</b>	<b>6:12</b>	<b>96</b>
<b>1. Paid work and related activities</b>	<b>2:39</b>	<b>7:20</b>	<b>36</b>
Paid work	2:20	7:04	33
Activities related to paid work (includes commuting)	0:19	0:55	34
<b>2. Household work and related activities</b>	<b>1:24</b>	<b>2:05</b>	<b>67</b>
Cooking/washing up	0:18	0:42	44
Housekeeping	0:12	1:17	16
Maintenance and repair	0:03 <sup>E</sup>	2:17 <sup>E</sup>	2 <sup>E</sup>
Other household work	0:08	0:56	14
Shopping for goods and services	0:35	1:48	33
Child care	0:08	2:25	5
<b>3. Civic and voluntary</b>	<b>0:11</b>	<b>1:41</b>	<b>11</b>
<b>4. Education and related activities</b>	<b>2:45</b>	<b>6:28</b>	<b>43</b>
<b>5. Sleep, meals and other personal activities</b>	<b>11:03</b>	<b>11:03</b>	<b>100</b>
Night sleep	8:58	8:59	100
Meals (excl. restaurant meals)	0:48	1:00	80
Other personal activities	1:17	1:23	93
<b>6. Socializing including restaurant meals</b>	<b>2:03</b>	<b>3:05</b>	<b>67</b>
Restaurant meals	0:19	1:29	21
Socializing (in homes)	1:24	2:35	54
Other socializing	0:20	2:12	15
<b>7. Television, reading and other passive leisure</b>	<b>1:50</b>	<b>2:39</b>	<b>70</b>
Watching television	1:38	2:30	65
Reading books, magazines, newspapers	0:10	1:15	13
Other passive leisure	0:03 <sup>E</sup>	0:57 <sup>E</sup>	5 <sup>E</sup>
<b>8. Sports, movies and other entertainment events</b>	<b>0:14</b>	<b>2:51</b>	<b>8</b>
<b>9. Active leisure</b>	<b>1:50</b>	<b>2:58</b>	<b>62</b>
Active sports	0:39	2:17	28
Computer use	0:32	1:41	32
Video games	0:27	2:44	16
Other active leisure	0:12	1:46	12

**Table 3.1**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 2010 (continued)**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes	hours and minutes	percentage
<b>25 to 34</b>			
<b>Total work<sup>1</sup></b>	<b>8:44</b>	<b>8:58</b>	<b>97</b>
<b>Paid work and related activities</b>	<b>4:22</b>	<b>8:27</b>	<b>52</b>
<b>Unpaid work<sup>2</sup></b>	<b>3:52</b>	<b>4:22</b>	<b>89</b>
<b>Personal care activities</b>	<b>10:23</b>	<b>10:23</b>	<b>100</b>
<b>Free time activities</b>	<b>4:53</b>	<b>5:07</b>	<b>95</b>
<b>1. Paid work and related activities</b>	<b>4:22</b>	<b>8:27</b>	<b>52</b>
Paid work	3:49	7:50	49
Activities related to paid work (includes commuting)	0:33	1:10	47
<b>2. Household work and related activities</b>	<b>3:37</b>	<b>4:09</b>	<b>87</b>
Cooking/washing up	0:40	1:01	65
Housekeeping	0:35	1:45	33
Maintenance and repair	0:08 <sup>E</sup>	2:30	5 <sup>E</sup>
Other household work	0:18	1:13	24
Shopping for goods and services	0:43	1:49	40
Child care	1:12	3:06	39
<b>3. Civic and voluntary</b>	<b>0:15</b>	<b>1:56</b>	<b>13</b>
<b>4. Education and related activities</b>	<b>0:30</b>	<b>4:27</b>	<b>11</b>
<b>5. Sleep, meals and other personal activities</b>	<b>10:23</b>	<b>10:23</b>	<b>100</b>
Night sleep	8:15	8:15	100
Meals (excl. restaurant meals)	0:53	1:03	83
Other personal activities	1:15	1:23	90
<b>6. Socializing including restaurant meals</b>	<b>1:45</b>	<b>2:52</b>	<b>61</b>
Restaurant meals	0:17	1:30	19
Socializing (in homes)	1:17	2:30	51
Other socializing	0:11	2:13	9
<b>7. Television, reading and other passive leisure</b>	<b>1:51</b>	<b>2:34</b>	<b>72</b>
Watching television	1:37	2:27	66
Reading books, magazines, newspapers	0:12	1:20	15
Other passive leisure	F	1:30	F
<b>8. Sports, movies and other entertainment events</b>	<b>0:07</b>	<b>2:11</b>	<b>6</b>
<b>9. Active leisure</b>	<b>1:09</b>	<b>2:17</b>	<b>51</b>
Active sports	0:30	1:56	26
Computer use	0:20	1:18	26
Video games	0:10 <sup>E</sup>	2:34	6 <sup>E</sup>
Other active leisure	0:10	2:00	8

**Table 3.1**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 2010 (continued)**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes	hours and minutes	percentage
<b>35 to 44</b>			
<b>Total work<sup>1</sup></b>	9:48	9:55	99
<b>Paid work and related activities</b>	<b>5:15</b>	<b>8:33</b>	<b>61</b>
<b>Unpaid work<sup>2</sup></b>	<b>4:21</b>	<b>4:40</b>	<b>93</b>
<b>Personal care activities</b>	<b>10:05</b>	<b>10:06</b>	<b>100</b>
<b>Free time activities</b>	<b>4:06</b>	<b>4:22</b>	<b>94</b>
<b>1. Paid work and related activities</b>	<b>5:15</b>	<b>8:33</b>	<b>61</b>
Paid work	4:40	7:52	59
Activities related to paid work (includes commuting)	0:35	1:06	54
<b>2. Household work and related activities</b>	<b>3:57</b>	<b>4:17</b>	<b>92</b>
Cooking/washing up	0:48	1:08	70
Housekeeping	0:41	1:41	41
Maintenance and repair	0:09 <sup>E</sup>	2:40	6 <sup>E</sup>
Other household work	0:22	1:17	29
Shopping for goods and services	0:47	1:47	44
Child care	1:10	2:24	49
<b>3. Civic and voluntary</b>	<b>0:24</b>	<b>2:12</b>	<b>18</b>
<b>4. Education and related activities</b>	<b>0:13</b>	<b>3:23</b>	<b>6</b>
<b>5. Sleep, meals and other personal activities</b>	<b>10:05</b>	<b>10:06</b>	<b>100</b>
Night sleep	7:56	7:57	100
Meals (excl. restaurant meals)	0:57	1:07	85
Other personal activities	1:13	1:21	90
<b>6. Socializing including restaurant meals</b>	<b>1:19</b>	<b>2:24</b>	<b>55</b>
Restaurant meals	0:13	1:15	17
Socializing (in homes)	0:57	2:09	44
Other socializing	0:10	1:53	8
<b>7. Television, reading and other passive leisure</b>	<b>1:46</b>	<b>2:22</b>	<b>75</b>
Watching television	1:33	2:16	68
Reading books, magazines, newspapers	0:11	1:05	17
Other passive leisure	0:02 <sup>E</sup>	0:53	3 <sup>E</sup>
<b>8. Sports, movies and other entertainment events</b>	<b>0:08</b>	<b>1:48</b>	<b>7</b>
<b>9. Active leisure</b>	<b>0:53</b>	<b>1:55</b>	<b>46</b>
Active sports	0:26	1:44	25
Computer use	0:17	1:13	23
Video games	0:04	1:49	3
Other active leisure	0:07	1:35	7

**Table 3.1**  
**Average time spent per day on various activities, for the population and participants**  
**aged 15 and over, by age group, Canada, 2010 (continued)**

Age group and activity group	Population	Participants	Participation
	hours and minutes		rate
			percentage
<b>45 to 54</b>			
<b>Total work<sup>1</sup></b>	<b>8:53</b>	<b>9:03</b>	<b>98</b>
<b>Paid work and related activities</b>	<b>5:07</b>	<b>8:39</b>	<b>59</b>
<b>Unpaid work<sup>2</sup></b>	<b>3:39</b>	<b>4:01</b>	<b>91</b>
<b>Personal care activities</b>	<b>10:23</b>	<b>10:23</b>	<b>100</b>
<b>Free time activities</b>	<b>4:44</b>	<b>4:59</b>	<b>95</b>
<b>1. Paid work and related activities</b>	<b>5:07</b>	<b>8:39</b>	<b>59</b>
Paid work	4:32	8:00	57
Activities related to paid work (includes commuting)	0:35	1:06	53
<b>2. Household work and related activities</b>	<b>3:16</b>	<b>3:39</b>	<b>89</b>
Cooking/washing up	0:44	1:05	68
Housekeeping	0:47	1:56	40
Maintenance and repair	0:13	2:42	8
Other household work	0:28	1:17	36
Shopping for goods and services	0:49	1:50	45
Child care	0:15	1:40	15
<b>3. Civic and voluntary</b>	<b>0:22</b>	<b>1:53</b>	<b>20</b>
<b>4. Education and related activities</b>	<b>0:07</b>	<b>2:45</b>	<b>4</b>
<b>5. Sleep, meals and other personal activities</b>	<b>10:23</b>	<b>10:23</b>	<b>100</b>
Night sleep	7:57	7:58	100
Meals (excl. restaurant meals)	1:02	1:10	88
Other personal activities	1:24	1:32	92
<b>6. Socializing including restaurant meals</b>	<b>1:24</b>	<b>2:27</b>	<b>57</b>
Restaurant meals	0:17	1:29	19
Socializing (in homes)	0:55	2:06	44
Other socializing	0:12	2:27	8
<b>7. Television, reading and other passive leisure</b>	<b>2:11</b>	<b>2:44</b>	<b>80</b>
Watching television	1:51	2:33	73
Reading books, magazines, newspapers	0:18	1:16	23
Other passive leisure	0:02 <sup>E</sup>	0:57	4 <sup>E</sup>
<b>8. Sports, movies and other entertainment events</b>	<b>0:09</b>	<b>2:35</b>	<b>6</b>
<b>9. Active leisure</b>	<b>1:00</b>	<b>2:09</b>	<b>46</b>
Active sports	0:29	1:55	25
Computer use	0:16	1:17	21
Video games	0:04 <sup>E</sup>	1:58	3 <sup>E</sup>
Other active leisure	0:10	2:07	8



**Table 3.1**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 2010 (continued)**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes	hours and minutes	percentage
<b>55 to 64</b>			
<b>Total work<sup>1</sup></b>	<b>7:18</b>	<b>7:31</b>	<b>97</b>
<b>Paid work and related activities</b>	<b>3:20</b>	<b>7:57</b>	<b>42</b>
<b>Unpaid work<sup>2</sup></b>	<b>3:55</b>	<b>4:18</b>	<b>91</b>
<b>Personal care activities</b>	<b>10:46</b>	<b>10:46</b>	<b>100</b>
<b>Free time activities</b>	<b>5:55</b>	<b>6:09</b>	<b>96</b>
<b>1. Paid work and related activities</b>	<b>3:20</b>	<b>7:57</b>	<b>42</b>
Paid work	2:56	7:18	40
Activities related to paid work (includes commuting)	0:23	1:08	35
<b>2. Household work and related activities</b>	<b>3:21</b>	<b>3:44</b>	<b>90</b>
Cooking/washing up	0:46	1:05	70
Housekeeping	0:45	1:50	41
Maintenance and repair	0:14	2:37	9
Other household work	0:38	1:36	40
Shopping for goods and services	0:55	1:58	47
Child care	0:02 <sup>E</sup>	1:50 <sup>E</sup>	2 <sup>E</sup>
<b>3. Civic and voluntary</b>	<b>0:34</b>	<b>2:51</b>	<b>20</b>
<b>4. Education and related activities</b>	<b>0:03<sup>E</sup></b>	<b>2:19</b>	<b>2<sup>E</sup></b>
<b>5. Sleep, meals and other personal activities</b>	<b>10:46</b>	<b>10:46</b>	<b>100</b>
Night sleep	8:05	8:07	100
Meals (excl. restaurant meals)	1:10	1:18	89
Other personal activities	1:30	1:41	90
<b>6. Socializing including restaurant meals</b>	<b>1:32</b>	<b>2:38</b>	<b>58</b>
Restaurant meals	0:18	1:33	19
Socializing (in homes)	1:04	2:16	47
Other socializing	<b>0:10</b>	<b>1:58</b>	<b>8</b>
<b>7. Television, reading and other passive leisure</b>	<b>3:05</b>	<b>3:32</b>	<b>87</b>
Watching television	2:36	3:13	81
Reading books, magazines, newspapers	0:26	1:22	31
Other passive leisure	0:04	1:07	6
<b>8. Sports, movies and other entertainment events</b>	<b>0:06</b>	<b>2:20</b>	<b>4</b>
<b>9. Active leisure</b>	<b>1:12</b>	<b>2:19</b>	<b>52</b>
Active sports	0:29	1:47	28
Computer use	0:20	1:22	25
Video games	0:06	1:58	5
Other active leisure	0:16	2:11	13

**Table 3.1**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 2010 (continued)**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes	hours and minutes	percentage
<b>65 to 74</b>			
<b>Total work<sup>1</sup></b>	<b>5:08</b>	<b>5:22</b>	<b>96</b>
<b>Paid work and related activities</b>	<b>0:49</b>	<b>6:13</b>	<b>13</b>
<b>Unpaid work<sup>2</sup></b>	<b>4:17</b>	<b>4:33</b>	<b>94</b>
<b>Personal care activities</b>	<b>11:32</b>	<b>11:32</b>	<b>100</b>
<b>Free time activities</b>	<b>7:19</b>	<b>7:24</b>	<b>99</b>
<b>1. Paid work and related activities</b>	<b>0:49</b>	<b>6:13</b>	<b>13</b>
Paid work	0:44	5:59	12
Activities related to paid work (includes commuting)	0:05	0:52	9
<b>2. Household work and related activities</b>	<b>3:41</b>	<b>3:59</b>	<b>93</b>
Cooking/washing up	0:50	1:10	71
Housekeeping	0:48	1:48	44
Maintenance and repair	0:22	3:35	10
Other household work	0:40	1:41	40
Shopping for goods and services	1:01	2:02	50
Child care	0:01 <sup>E</sup>	1:26 <sup>E</sup>	2 <sup>E</sup>
<b>3. Civic and voluntary</b>	<b>0:36</b>	<b>2:48</b>	<b>21</b>
<b>4. Education and related activities</b>	<b>0:02<sup>E</sup></b>	<b>2:08<sup>E</sup></b>	<b>1<sup>E</sup></b>
<b>5. Sleep, meals and other personal activities</b>	<b>11:32</b>	<b>11:32</b>	<b>100</b>
Night sleep	8:24	8:25	100
Meals (excl. restaurant meals)	1:22	1:30	91
Other personal activities	1:46	1:59	89
<b>6. Socializing including restaurant meals</b>	<b>1:50</b>	<b>3:00</b>	<b>61</b>
Restaurant meals	0:22	1:45	21
Socializing (in homes)	1:15	2:34	48
Other socializing	0:14	2:04	11
<b>7. Television, reading and other passive leisure</b>	<b>4:00</b>	<b>4:19</b>	<b>93</b>
Watching television	3:14	3:46	86
Reading books, magazines, newspapers	0:42	1:43	41
Other passive leisure	0:04	1:05	6
<b>8. Sports, movies and other entertainment events</b>	<b>0:07</b>	<b>2:04</b>	<b>5</b>
<b>9. Active leisure</b>	<b>1:22</b>	<b>2:25</b>	<b>56</b>
Active sports	0:33	1:49	30
Computer use	0:18	1:20	22
Video games	0:06	1:42	6
Other active leisure	0:25	2:13	19

**Table 3.1**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 2010 (concluded)**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes	hours and minutes	percentage
<b>75 and over</b>			
<b>Total work<sup>1</sup></b>	<b>3:51</b>	<b>4:15</b>	<b>91</b>
<b>Paid work and related activities</b>	<b>0:12<sup>E</sup></b>	<b>3:31</b>	<b>6<sup>E</sup></b>
<b>Unpaid work<sup>2</sup></b>	<b>3:39</b>	<b>4:03</b>	<b>90</b>
<b>Personal care activities</b>	<b>12:33</b>	<b>12:33</b>	<b>100</b>
<b>Free time activities</b>	<b>7:34</b>	<b>7:41</b>	<b>99</b>
<b>1. Paid work and related activities</b>	<b>0:12<sup>E</sup></b>	<b>3:31</b>	<b>6<sup>E</sup></b>
Paid work	0:10 <sup>E</sup>	3:49	5 <sup>E</sup>
Activities related to paid work (includes commuting)	0:01 <sup>E</sup>	0:47 <sup>E</sup>	3 <sup>E</sup>
<b>2. Household work and related activities</b>	<b>3:15</b>	<b>3:42</b>	<b>88</b>
Cooking/washing up	0:55	1:19	69
Housekeeping	0:48	1:49	44
Maintenance and repair	0:06 <sup>E</sup>	2:16	5
Other household work	0:36	1:43	35
Shopping for goods and services	0:49	2:04	40
Child care	F	x	x
<b>3. Civic and voluntary</b>	<b>0:24</b>	<b>2:40</b>	<b>15</b>
<b>4. Education and related activities</b>	<b>F</b>	<b>x</b>	<b>x</b>
<b>5. Sleep, meals and other personal activities</b>	<b>12:33</b>	<b>12:33</b>	<b>100</b>
Night sleep	8:44	8:45	100
Meals (excl. restaurant meals)	1:24	1:30	94
Other personal activities	2:24	2:38	91
<b>6. Socializing including restaurant meals</b>	<b>1:32</b>	<b>2:45</b>	<b>55</b>
Restaurant meals	0:14	1:35	15
Socializing (in homes)	1:05	2:28	44
Other socializing	0:13	2:14	10
<b>7. Television, reading and other passive leisure</b>	<b>4:45</b>	<b>5:06</b>	<b>93</b>
Watching television	3:45	4:16	88
Reading books, magazines, newspapers	0:54	2:00	45
Other passive leisure	0:06	1:14	8
<b>8. Sports, movies and other entertainment events</b>	<b>0:05<sup>E</sup></b>	<b>2:21<sup>E</sup></b>	<b>3<sup>E</sup></b>
<b>9. Active leisure</b>	<b>1:13</b>	<b>2:31</b>	<b>48</b>
Active sports	0:22	1:31	24
Computer use	0:10	1:39	10
Video games	0:04 <sup>E</sup>	1:48	3 <sup>E</sup>
Other active leisure	0:37	2:32	24

1. Includes activity groups 1 to 4.

2. Includes activity groups 2 to 3.

**Note:** Average time spent is the average over a 7-day week.

**Source:** Statistics Canada, General Social Survey, 2010.

**Table 3.2**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 1998**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes	hours and minutes	percentage
<b>15 to 24</b>			
<b>Total work<sup>1</sup></b>	<b>7:12</b>	<b>7:30</b>	<b>96</b>
<b>Paid work and related activities</b>	<b>2:46</b>	<b>7:32</b>	<b>37</b>
<b>Unpaid work<sup>2</sup></b>	<b>1:52</b>	<b>2:18</b>	<b>81</b>
<b>Personal care activities</b>	<b>10:25</b>	<b>10:25</b>	<b>100</b>
<b>Free time activities</b>	<b>6:23</b>	<b>6:35</b>	<b>97</b>
<b>1. Paid work and related activities</b>	<b>2:46</b>	<b>7:32</b>	<b>37</b>
Paid work	2:28	7:03	35
Activities related to paid work (includes commuting)	0:18	0:53	33
<b>2. Household work and related activities</b>	<b>1:40</b>	<b>2:06</b>	<b>80</b>
Cooking/washing up	0:23	0:37	62
Housekeeping	0:18	1:21	23
Maintenance and repair	0:04 <sup>E</sup>	1:49	4 <sup>E</sup>
Other household work	0:07	0:52	14
Shopping for goods and services	0:35	1:46	33
Child care	0:13	2:28	9
<b>3. Civic and voluntary</b>	<b>0:12</b>	<b>1:42</b>	<b>12</b>
<b>4. Education and related activities</b>	<b>2:33</b>	<b>6:45</b>	<b>38</b>
<b>5. Sleep, meals and other personal activities</b>	<b>10:25</b>	<b>10:25</b>	<b>100</b>
Night sleep	8:31	8:31	100
Meals (excl. restaurant meals)	0:50	0:58	86
Other personal activities	1:04	1:07	96
<b>6. Socializing including restaurant meals</b>	<b>2:41</b>	<b>3:33</b>	<b>76</b>
Restaurant meals	0:18	1:24	22
Socializing (in homes)	1:50	2:52	64
Other socializing	0:32	2:51	19
<b>7. Television, reading and other passive leisure</b>	<b>2:16</b>	<b>2:48</b>	<b>81</b>
Watching television	1:57	2:38	74
Reading books, magazines, newspapers	0:10	1:05	15
Other passive leisure	0:09	1:14	12
<b>8. Sports, movies and other entertainment events</b>	<b>0:15</b>	<b>3:05</b>	<b>8</b>
<b>9. Active leisure</b>	<b>1:11</b>	<b>2:44</b>	<b>43</b>
Active sports	0:39	2:24	27
Computer use	0:07	2:01	6
Video games	0:09 <sup>E</sup>	2:11	7 <sup>E</sup>
Other active leisure	0:15	2:08	12

**Table 3.2**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 1998 (continued)**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes		percentage
<b>25 to 34</b>			
<b>Total work<sup>1</sup></b>	<b>9:08</b>	<b>9:15</b>	<b>99</b>
<b>Paid work and related activities</b>	<b>5:01</b>	<b>8:33</b>	<b>59</b>
<b>Unpaid work<sup>2</sup></b>	<b>3:43</b>	<b>4:03</b>	<b>92</b>
<b>Personal care activities</b>	<b>9:55</b>	<b>9:55</b>	<b>100</b>
<b>Free time activities</b>	<b>4:57</b>	<b>5:10</b>	<b>96</b>
<b>1. Paid work and related activities</b>	<b>5:01</b>	<b>8:33</b>	<b>59</b>
Paid work	4:31	7:53	57
Activities related to paid work (includes commuting)	0:30	0:56	53
<b>2. Household work and related activities</b>	<b>3:30</b>	<b>3:51</b>	<b>91</b>
Cooking/washing up	0:42	0:57	74
Housekeeping	0:36	1:34	39
Maintenance and repair	0:10	2:40	6
Other household work	0:17	1:07	25
Shopping for goods and services	0:46	1:46	44
Child care	0:58	2:32	38
<b>3. Civic and voluntary</b>	<b>0:14</b>	<b>1:32</b>	<b>15</b>
<b>4. Education and related activities</b>	<b>0:23</b>	<b>5:27</b>	<b>7</b>
<b>5. Sleep, meals and other personal activities</b>	<b>9:55</b>	<b>9:55</b>	<b>100</b>
Night sleep	7:55	7:56	100
Meals (excl. restaurant meals)	0:58	1:05	89
Other personal activities	1:02	1:06	95
<b>6. Socializing including restaurant meals</b>	<b>1:53</b>	<b>3:00</b>	<b>63</b>
Restaurant meals	0:17	1:31	19
Socializing (in homes)	1:13	2:23	51
Other socializing	0:23	3:11	12
<b>7. Television, reading and other passive leisure</b>	<b>2:04</b>	<b>2:32</b>	<b>81</b>
Watching television	1:46	2:25	73
Reading books, magazines, newspapers	0:14	1:07	21
Other passive leisure	0:03	0:53	6
<b>8. Sports, movies and other entertainment events</b>	<b>0:10</b>	<b>2:28</b>	<b>7</b>
<b>9. Active leisure</b>	<b>0:51</b>	<b>2:19</b>	<b>37</b>
Active sports	0:28	2:06	22
Computer use	0:07	1:53	6
Video games	0:02	1:30	3
Other active leisure	0:13	2:01	11

**Table 3.2**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 1998 (continued)**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes	hours and minutes	percentage
<b>35 to 44</b>			
<b>Total work<sup>1</sup></b>	<b>9:21</b>	<b>9:25</b>	<b>99</b>
<b>Paid work and related activities</b>	<b>4:59</b>	<b>8:37</b>	<b>58</b>
<b>Unpaid work<sup>2</sup></b>	<b>4:13</b>	<b>4:28</b>	<b>95</b>
<b>Personal care activities</b>	<b>10:00</b>	<b>10:00</b>	<b>100</b>
<b>Free time activities</b>	<b>4:39</b>	<b>4:49</b>	<b>97</b>
<b>1. Paid work and related activities</b>	<b>4:59</b>	<b>8:37</b>	<b>58</b>
Paid work	4:29	7:56	57
Activities related to paid work (includes commuting)	0:30	0:57	52
<b>2. Household work and related activities</b>	<b>3:54</b>	<b>4:10</b>	<b>93</b>
Cooking/washing up	0:54	1:08	79
Housekeeping	0:46	1:39	46
Maintenance and repair	0:12	2:23	8
Other household work	0:24	1:13	33
Shopping for goods and services	0:49	1:51	45
Child care	0:49	1:55	42
<b>3. Civic and voluntary</b>	<b>0:20</b>	<b>1:38</b>	<b>20</b>
<b>4. Education and related activities</b>	<b>0:09</b>	<b>4:24</b>	<b>4</b>
<b>5. Sleep, meals and other personal activities</b>	<b>10:00</b>	<b>10:00</b>	<b>100</b>
Night sleep	7:53	7:53	100
Meals (excl. restaurant meals)	1:04	1:09	93
Other personal activities	1:03	1:07	95
<b>6. Socializing including restaurant meals</b>	<b>1:36</b>	<b>2:32</b>	<b>63</b>
Restaurant meals	0:15	1:29	17
Socializing (in homes)	1:07	2:06	53
Other socializing	0:13	2:11	10
<b>7. Television, reading and other passive leisure</b>	<b>2:06</b>	<b>2:31</b>	<b>84</b>
Watching television	1:44	2:20	74
Reading books, magazines, newspapers	0:18	1:01	29
Other passive leisure	0:04	1:07	7
<b>8. Sports, movies and other entertainment events</b>	<b>0:09</b>	<b>2:20</b>	<b>6</b>
<b>9. Active leisure</b>	<b>0:48</b>	<b>2:21</b>	<b>34</b>
Active sports	0:27	2:09	21
Computer use	0:04	1:37	4
Video games	0:02 <sup>E</sup>	1:25	2 <sup>E</sup>
Other active leisure	0:15	2:10	11

**Table 3.2**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 1998 (continued)**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes	hours and minutes	percentage
<b>45 to 54</b>			
<b>Total work<sup>1</sup></b>	<b>8:39</b>	<b>8:44</b>	<b>99</b>
<b>Paid work and related activities</b>	<b>4:49</b>	<b>4:36</b>	<b>56</b>
<b>Unpaid work<sup>2</sup></b>	<b>3:44</b>	<b>4:00</b>	<b>93</b>
<b>Personal care activities</b>	<b>10:14</b>	<b>10:14</b>	<b>100</b>
<b>Free time activities</b>	<b>5:06</b>	<b>5:14</b>	<b>97</b>
<b>1. Paid work and related activities</b>	<b>4:49</b>	<b>4:36</b>	<b>56</b>
Paid work	4:20	7:50	55
Activities related to paid work (includes commuting)	0:30	1:00	49
<b>2. Household work and related activities</b>	<b>3:18</b>	<b>3:36</b>	<b>92</b>
Cooking/washing up	0:49	1:03	77
Housekeeping	0:50	1:52	44
Maintenance and repair	0:10	2:32	7
Other household work	0:28	1:13	37
Shopping for goods and services	0:50	1:50	46
Child care	0:12	1:46	11
<b>3. Civic and voluntary</b>	<b>0:26</b>	<b>2:02</b>	<b>21</b>
<b>4. Education and related activities</b>	<b>0:06<sup>E</sup></b>	<b>4:58<sup>E</sup></b>	<b>2<sup>E</sup></b>
<b>5. Sleep, meals and other personal activities</b>	<b>10:14</b>	<b>10:14</b>	<b>100</b>
Night sleep	7:48	7:49	100
Meals (excl. restaurant meals)	1:07	1:12	93
Other personal activities	1:18	1:21	97
<b>6. Socializing including restaurant meals</b>	<b>1:36</b>	<b>2:32</b>	<b>63</b>
Restaurant meals	0:19	1:46	18
Socializing (in homes)	1:05	2:05	52
Other socializing	0:12	2:19	9
<b>7. Television, reading and other passive leisure</b>	<b>2:33</b>	<b>2:58</b>	<b>86</b>
Watching television	2:01	2:39	76
Reading books, magazines, newspapers	0:28	1:11	39
Other passive leisure	0:04	0:53	8
<b>8. Sports, movies and other entertainment events</b>	<b>0:10</b>	<b>2:44</b>	<b>6</b>
<b>9. Active leisure</b>	<b>0:47</b>	<b>2:07</b>	<b>37</b>
Active sports	0:24	1:46	23
Computer use	0:05 <sup>E</sup>	1:47	4 <sup>E</sup>
Video games	0:01 <sup>E</sup>	1:18 <sup>E</sup>	2 <sup>E</sup>
Other active leisure	0:17	2:05	13

**Table 3.2**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 1998 (continued)**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes		percentage
<b>55 to 64</b>			
<b>Total work<sup>1</sup></b>	<b>6:42</b>	<b>6:50</b>	<b>98</b>
<b>Paid work and related activities</b>	<b>2:36</b>	<b>8:17</b>	<b>31</b>
<b>Unpaid work<sup>2</sup></b>	<b>4:04</b>	<b>4:23</b>	<b>93</b>
<b>Personal care activities</b>	<b>10:44</b>	<b>10:44</b>	<b>100</b>
<b>Free time activities</b>	<b>6:33</b>	<b>6:39</b>	<b>98</b>
<b>1. Paid work and related activities</b>	<b>2:36</b>	<b>8:17</b>	<b>31</b>
Paid work	2:21	7:36	31
Activities related to paid work (includes commuting)	0:15	1:00	25
<b>2. Household work and related activities</b>	<b>3:32</b>	<b>3:52</b>	<b>91</b>
Cooking/washing up	0:55	1:12	77
Housekeeping	0:49	1:54	43
Maintenance and repair	0:14	2:48	8
Other household work	0:37	1:40	37
Shopping for goods and services	0:54	2:04	44
Child care	F	x	x
<b>3. Civic and voluntary</b>	<b>0:32</b>	<b>2:30</b>	<b>21</b>
<b>4. Education and related activities</b>	<b>0:02<sup>E</sup></b>	<b>x</b>	<b>x</b>
<b>5. Sleep, meals and other personal activities</b>	<b>10:44</b>	<b>10:44</b>	<b>100</b>
Night sleep	8:00	8:01	100
Meals (excl. restaurant meals)	1:15	1:20	94
Other personal activities	1:28	1:33	95
<b>6. Socializing including restaurant meals</b>	<b>2:00</b>	<b>3:01</b>	<b>66</b>
Restaurant meals	0:20	1:46	18
Socializing (in homes)	1:23	2:31	55
Other socializing	0:18	2:29	12
<b>7. Television, reading and other passive leisure</b>	<b>3:17</b>	<b>3:39</b>	<b>90</b>
Watching television	2:33	3:11	80
Reading books, magazines, newspapers	0:38	1:26	44
Other passive leisure	0:06	0:59	11
<b>8. Sports, movies and other entertainment events</b>	<b>0:09<sup>E</sup></b>	<b>3:27</b>	<b>4<sup>E</sup></b>
<b>9. Active leisure</b>	<b>1:07</b>	<b>2:35</b>	<b>43</b>
Active sports	0:28	1:57	24
Computer use	0:05 <sup>E</sup>	1:56 <sup>E</sup>	4 <sup>E</sup>
Video games	F	2:04 <sup>E</sup>	F
Other active leisure	0:33	2:35	21



**Table 3.2**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 1998 (continued)**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes	hours and minutes	percentage
<b>65 to 74</b>			
<b>Total work<sup>1</sup></b>	<b>4:42</b>	<b>4:57</b>	<b>95</b>
<b>Paid work and related activities</b>	<b>0:29</b>	<b>5:51</b>	<b>8</b>
<b>Unpaid work<sup>2</sup></b>	<b>4:12</b>	<b>4:28</b>	<b>94</b>
<b>Personal care activities</b>	<b>11:23</b>	<b>11:23</b>	<b>100</b>
<b>Free time activities</b>	<b>7:54</b>	<b>7:56</b>	<b>100</b>
<b>1. Paid work and related activities</b>	<b>0:29</b>	<b>5:51</b>	<b>8</b>
Paid work	0:27	5:37	8
Activities related to paid work (includes commuting)	0:03 <sup>E</sup>	0:51	6 <sup>E</sup>
<b>2. Household work and related activities</b>	<b>3:37</b>	<b>3:54</b>	<b>93</b>
Cooking/washing up	0:57	1:14	77
Housekeeping	0:52	1:45	49
Maintenance and repair	0:09	2:20	6
Other household work	0:39	1:38	39
Shopping for goods and services	1:00	2:00	50
Child care	F	x	x
<b>3. Civic and voluntary</b>	<b>0:35</b>	<b>2:26</b>	<b>24</b>
<b>4. Education and related activities</b>	<b>F</b>	<b>x</b>	<b>x</b>
<b>5. Sleep, meals and other personal activities</b>	<b>11:23</b>	<b>11:23</b>	<b>100</b>
Night sleep	8:16	8:16	100
Meals (excl. restaurant meals)	1:24	1:29	95
Other personal activities	1:44	1:49	95
<b>6. Socializing including restaurant meals</b>	<b>1:53</b>	<b>2:46</b>	<b>68</b>
Restaurant meals	0:17	1:32	19
Socializing (in homes)	1:19	2:19	57
Other socializing	0:18	2:21	12
<b>7. Television, reading and other passive leisure</b>	<b>4:34</b>	<b>4:51</b>	<b>94</b>
Watching television	3:30	3:57	89
Reading books, magazines, newspapers	0:53	1:44	50
Other passive leisure	0:11	1:24	13
<b>8. Sports, movies and other entertainment events</b>	<b>0:05<sup>E</sup></b>	<b>2:10<sup>E</sup></b>	<b>4<sup>E</sup></b>
<b>9. Active leisure</b>	<b>1:22</b>	<b>2:38</b>	<b>52</b>
Active sports	0:29	1:42	29
Computer use	0:03 <sup>E</sup>	2:18 <sup>E</sup>	2 <sup>E</sup>
Video games	F	x	x
Other active leisure	0:49	2:47	29

**Table 3.2**  
**Average time spent per day on various activities, for the population and participants aged 15 and over, by age group, Canada, 1998 (concluded)**

Age group and activity group	Population	Participants	Participation rate
	hours and minutes	hours and minutes	percentage
<b>75 and over</b>			
<b>Total work<sup>1</sup></b>	<b>3:40</b>	<b>3:54</b>	<b>94</b>
<b>Paid work and related activities</b>	<b>0:05<sup>E</sup></b>	<b>3:11<sup>E</sup></b>	<b>3<sup>E</sup></b>
<b>Unpaid work<sup>2</sup></b>	<b>3:35</b>	<b>3:49</b>	<b>94</b>
<b>Personal care activities</b>	<b>12:20</b>	<b>12:20</b>	<b>100</b>
<b>Free time activities</b>	<b>7:58</b>	<b>8:00</b>	<b>100</b>
<b>1. Paid work and related activities</b>	<b>0:05<sup>E</sup></b>	<b>3:11<sup>E</sup></b>	<b>3<sup>E</sup></b>
Paid work	0:05 <sup>E</sup>	3:48 <sup>E</sup>	2 <sup>E</sup>
Activities related to paid work (includes commuting)	F	x	x
<b>2. Household work and related activities</b>	<b>3:14</b>	<b>3:31</b>	<b>92</b>
Cooking/washing up	1:02	1:18	80
Housekeeping	0:48	1:41	48
Maintenance and repair	0:08 <sup>E</sup>	3:12 <sup>E</sup>	4 <sup>E</sup>
Other household work	0:34	1:41	34
Shopping for goods and services	0:42	1:54	37
Child care	0:00	x	x
<b>3. Civic and voluntary</b>	<b>0:20</b>	<b>1:51</b>	<b>18</b>
<b>4. Education and related activities</b>	<b>F</b>	<b>x</b>	<b>x</b>
<b>5. Sleep, meals and other personal activities</b>	<b>12:20</b>	<b>12:20</b>	<b>100</b>
Night sleep	8:38	8:38	100
Meals (excl. restaurant meals)	1:29	1:34	95
Other personal activities	2:14	2:19	96
<b>6. Socializing including restaurant meals</b>	<b>1:50</b>	<b>2:41</b>	<b>68</b>
Restaurant meals	0:13	1:34	14
Socializing (in homes)	1:20	2:18	58
Other socializing	0:17	2:34	11
<b>7. Television, reading and other passive leisure</b>	<b>5:12</b>	<b>5:23</b>	<b>97</b>
Watching television	3:53	4:14	92
Reading books, magazines, newspapers	1:06	2:00	55
Other passive leisure	0:13	1:35	14
<b>8. Sports, movies and other entertainment events</b>	<b>F</b>	<b>1:59<sup>E</sup></b>	<b>F</b>
<b>9. Active leisure</b>	<b>0:54</b>	<b>1:55</b>	<b>47</b>
Active sports	0:17	1:14	23
Computer use	F	x	x
Video games	F	x	x
Other active leisure	0:35	2:00	29

1. Includes activity groups 1 to 4.

2. Includes activity groups 2 to 3.

**Note:** Average time spent is the average over a 7-day week.

**Source:** Statistics Canada, General Social Survey, 1998.

**Table 4.1**  
**Perceptions of time for the population aged 15 and over, by age group, Canada, 2010**

Perceptions of time	Age group							
	15 and over	15 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65 to 74	75 and over
	percentage							
Do you plan to slow down in the coming year?	19	13	16	21	22	23	16	20
Do you consider yourself a workaholic?	25	22	29	31	28	23	18	14
When you need more time, do you tend to cut back on your sleep?	46	63	60	59	45	31	20	15
At the end of the day, do you often feel that you have not accomplished what you had set out to do?	41	34	46	48	46	40	29	35
Do you worry that you don't spend enough time with your family or friends?	36	34	47	53	41	27	14	10
Do you feel that you're constantly under stress trying to accomplish more than you can handle?	34	35	41	47	40	27	15	10
Do you feel trapped in a daily routine?	34	33	41	46	40	28	15	15
Do you feel that you just don't have time for fun any more?	29	20	36	43	38	23	11	11
Do you often feel under stress when you don't have enough time?	54	65	66	69	59	41	22	16
Would you like to spend more time alone?	22	19	30	35	24	15	9	7

**Note:** The percentages represent the proportion of persons who answered "yes" to the questions on perceptions of time.

**Source:** Statistics Canada, General Social Survey, 2010.

**Table 4.2**  
**Perceptions of time for the population aged 15 and over, by age group, Canada, 1998**

Perceptions of time	Age group							
	15 and over	15 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65 to 74	75 and over
	percentage							
Do you plan to slow down in the coming year?	25	22	25	26	30	32	20	16
Do you consider yourself a workaholic?	27	21	32	34	31	25	16	11
When you need more time, do you tend to cut back on your sleep?	50	66	62	58	47	31	21	13
At the end of the day, do you often feel that you have not accomplished what you had set out to do?	47	48	53	51	49	43	37	29
Do you worry that you don't spend enough time with your family or friends?	41	43	54	52	40	23	17	13
Do you feel that you're constantly under stress trying to accomplish more than you can handle?	37	38	45	46	38	27	18	15
Do you feel trapped in a daily routine?	39	40	48	47	40	30	20	19
Do you feel that you just don't have time for fun any more?	38	32	50	48	40	27	17	15
Do you often feel under stress when you don't have enough time?	57	66	71	66	59	42	26	16
Would you like to spend more time alone?	25	24	35	32	26	16	8	6 <sup>E</sup>

**Note:** The percentages represent the proportion of persons who answered "yes" to the questions on perceptions of time.

**Source:** Statistics Canada, General Social Survey, 1998.

## Methodology

The target population for the GSS was persons 15 years of age and over residing in Canada, excluding the following two groups:

1. Residents of Yukon, Nunavut and the Northwest Territories
2. Full-time residents of institutions

All survey respondents were contacted and interviewed by a land-based telephone. Households without land-based telephones were therefore excluded. In 2010, the proportion of households without telephone service was estimated at 1.1% (Residential Telephone Service Survey [RTSS], December 2010). Interviews were not conducted by cell phone, thus eliminating all individuals who had only cellular service. This group represents 13% of the population (RTSS, December 2010). Survey estimates were weighted to account for persons without telephones.

Data for Cycle 24 of the GSS were collected from January to December 2010 in six samples of two months each. The sample was evenly distributed over the 12 months and selected using the Elimination of Non-Working Banks technique, a Random Digit Dialling (RDD) method. Since time use differs each day of the week, the sample was distributed uniformly across all seven days. Each telephone number was therefore assigned to a "designated day". Cases were eligible for collection for two days following the designated day.

The response rate for Cycle 24 of the GSS was 55.2%. This was based on the 15,390 respondents who provided usable information in their diary.

## Data limitations

It is worth noting that the figures appearing in this publication are estimates based on data collected from a small fraction of the population (roughly one person in 1,800) and are subject to error. There are two types of errors: sampling errors and non-sampling errors.

Sampling error is the difference between an estimate derived from the sample and the one that would have been obtained from a census using the same data collection methods for the entire population. The size of the sampling error can be estimated from the survey results and an indication of the magnitude of this error is given for the estimates in this report. If the estimated sampling error is greater than 33% of the estimate, it is considered too unreliable to publish and the symbol "F" is printed in table cells where this occurs. Although not considered too unreliable to publish, estimates with an estimated error between 16.6% and 33.3% are marked "qualified" and used with caution. These are identified with an "E".

All other types of errors, such as coverage, response, processing and non-response errors, are non-sampling errors. It is difficult to identify and evaluate the scope of many of these errors.

Coverage errors arise when there are differences between the target population and the surveyed population. Households without a telephone represent part of the target population that was excluded from the surveyed population. To the extent that this excluded population differs from the rest of the target population, the estimates will be biased. Since these exclusions are infrequent, one would expect the introduced biases to be small. However, since there are correlations between a number of questions asked on this survey and the groups excluded, the biases may be more significant than the small size of the groups would suggest.

Similarly, to the extent that the non-responding households and persons differ from the rest of the sample, the estimates will be biased. Non-response could occur at several stages in this survey. There are two stages of data collection: collection at the household level and at the individual level. As such, some non-response occurred at both levels. Non-response also occurred at the level of individual questions.

For most questions, the response rate was high, with non-response indicated in the data files. While refusal to answer specific questions was very low, accuracy of recall and the ability to answer certain questions completely can be expected to affect some of the results presented. The criteria for accepting a time use diary were stringent, requiring respondents to report at least 20 out of 24 hours of activities. Time use episodes for which activity details were not stated are shown as "residual time".

## **Glossary of terms**

### **Diary day (reference day)**

A diary day corresponds to a continuous 24-hour period beginning at 4:00 a.m. and for which respondents have reported their activities.

### **Primary activities**

A primary activity is the main activity a respondent was doing at a given time. Data on primary activities were collected from 4:00 a.m. to the same time the following day, thus the time declared by each respondent represents 24 hours.

### **Simultaneous activities**

These are activities that are performed at the same time as the primary activity. Respondents could report up to three simultaneous activities and the time dedicated to each one. The question on simultaneous activities was not asked in the case of certain primary activities, such as personal care, education, paid work or religious observance.

### **Average time**

Average activity times are calculated for a 24-hour day over a 7-day week. In the case of paid work, which is normally considered over a 5-day period, a simple conversion translates activities to a 5-day average. It is simply a matter of multiplying the daily average by seven to obtain the weekly total, then dividing that by five to find the 5-day average.

### **Average time spent on the activities**

Average (in hours and minutes) obtained when the estimated total daily time spent on the activity is divided by the total number of persons in the target population.

### **Average time spent per participant**

Average (in hours and minutes) obtained when the estimated total daily time spent on the activity is divided by the number of persons who reported that activity.

### **Paid work and related activities**

This includes all the functions associated with paid work, including commuting to and from work as well as other related activities, such as looking for work.

### **Unpaid work**

These non-labour market activities include housework and related activities (including shopping and child care) as well as social support, community activities and volunteering.

### **Personal care**

This includes three primary activities: sleep (night-time or essential), meals (aside from meals or snacks in restaurants or with persons who are not members of the household) and other personal care (washing, dressing, resting or napping).

**Free time or leisure**

This includes the rest of the 24-hour day, the time that is not dedicated to paid or unpaid work, education or personal care. The use of free time is at the discretion of the individual. Leisure activities fall into three categories: social activities (at home, at a restaurant, in a bar, etc.), passive leisure (primarily at home: watching television, reading, listening to music) and active leisure (primarily away from home: attending or participating in recreational or sports activities).

**Employment status**

Part-time work includes persons who usually worked less than 30 hours per week.

Full-time work includes persons who usually worked 30 hours or more per week.