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General Social Survey on Time Use

Overview of the Time Use of Canadians

2005



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2005

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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 ^s	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 report presents a brief overview of the time use information collected in Cycle 19 of the General Social Survey (GSS). The General Social Survey has two principal objectives: first to gather data on social trends in order to monitor changes in Canadian Society over time, and second, to provide information on specific social issues of current or emerging interest. The core content for the 2005 GSS was time use. This was the fourth GSS with time use as the core content. Cycle 2 in 1986, Cycle 7 in 1992 and Cycle 12 in 1998 also focussed on time use.

Time is precious and the decisions people make about dividing their time between work, family and leisure have implications for their own happiness and the welfare of others. Statistics Canada conducts its Time Use Survey with a particular interest in the time spent doing unpaid activities, such as child care, care for seniors, volunteering and household work. Policy makers need time-use information to shape decisions on child tax benefits, pension plans and health care programs. Employers also use the information to identify working conditions that balance employees' work and family obligations, such as flexible work schedules.

Time use estimates in this report are based on the information reported in the one-day time use diary portion of the survey. The diary provides a comprehensive accounting of participation in, and time spent on, a wide variety of day-to-day activities. In addition, information was collected on the location where these activities occurred (e.g., at home, at work, etc.) and the social contacts (for non-personal care activities), i.e., who the respondent was with - spouse, children, family, friends. The questionnaire collected additional information on perception of time, time spent on child care and other unpaid work, well-being, paid work and education, cultural and sports activities, social networks and trust, transportation as well as many socio-economic characteristics.

The target population included all people aged 15 and over, except full-time residents of institutions and residents of the Yukon, Nunavut and the Northwest Territories. Data was collected in each month from January to December 2005. Over this period, a total of 19,597 people were successfully interviewed, yielding a response rate of 59%. For further information on methods and data quality, see the section at the end of this report.

Questions or comments pertaining to this report should be addressed to:

Dissemination and Client Services,
Aboriginal and Social Statistics Division,
Statistics Canada, 7th Floor, Section C1, Jean Talon Building,
170 Tunney's Pasture Driveway,
Ottawa, Ontario, K1A 0T6
E-mail: sasd-dssea@statcan.ca
Telephone: (613) 951-5979
FAX: (613) 951-4378

Table 1.1
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex, Canada, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Total work²	7.9	7.8	7.9	8.2	8.3	8.1	96	95	98
Paid work & related activities	3.9	4.7	3.1	8.6	9.1	7.9	45	51	40
Unpaid work³	3.4	2.7	4.2	4.1	3.4	4.7	85	79	90
Personal care	10.6	10.4	10.8	10.6	10.5	10.8	100	100	100
Free time	5.5	5.7	5.3	5.7	6.0	5.5	95	96	95
1. Paid Work and related activities	3.9	4.7	3.1	8.6	9.1	7.9	45	51	40
Paid work	3.5	4.2	2.8	7.9	8.4	7.3	44	50	38
Activities related to paid work	0.0	0.0	0.0	0.7	0.8	0.7	5	6	5
Commuting	0.4	0.4	0.3	0.9	1.0	0.8	40	45	35
2. Household work and related activities	3.1	2.3	3.8	3.7	3.1	4.3	83	77	90
Cooking/washing up	0.7	0.4	0.9	1.1	0.8	1.2	62	51	73
Housekeeping	0.7	0.3	1.0	1.9	1.7	2.0	35	19	50
Maintenance & repair	0.2	0.3	0.1	2.9	3.1	2.6	7	10	4
Other household work	0.4	0.4	0.4	1.6	1.7	1.4	26	23	29
Shopping for goods & services	0.8	0.6	0.9	2.0	2.0	2.1	37	31	43
Child care	0.4	0.3	0.5	2.3	1.8	2.7	17	14	20
3. Civic and voluntary activities	0.3	0.3	0.4	2.4	2.4	2.4	15	13	16
4. Education and related activities	0.6	0.5	0.6	5.8	6.1	5.7	10	9	11
5. Sleep, meals and other personal activities	10.6	10.4	10.8	10.6	10.5	10.8	100	100	100
Night sleep	8.3	8.2	8.4	8.3	8.3	8.4	100	100	100
Meals (excl. restaurant meals)	1.0	1.0	1.0	1.2	1.2	1.2	86	87	86
Other personal activities	1.3	1.2	1.4	1.4	1.4	1.5	88	86	90
6. Socializing including restaurant meals	1.7	1.7	1.8	2.9	3.0	2.9	58	55	61
Restaurant meals	0.3	0.3	0.3	1.5	1.5	1.6	17	19	16
Socializing (in homes)	1.2	1.1	1.3	2.5	2.6	2.5	47	43	52
Other socializing	0.2	0.3	0.2	2.2	2.3	2.2	11	11	10

Table 1.1 (concluded)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex, Canada, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	2.5	2.6	2.4	3.2	3.3	3.1	80	81	80
Watching television	2.1	2.2	1.9	2.8	2.9	2.7	74	76	72
Reading books, magazines, newspapers	0.4	0.3	0.4	1.5	1.5	1.5	25	23	28
Other passive leisure	0.1	0.1	0.1	1.4	1.5	1.3	5	5	5
8. Sports, movies and other entertainment events	0.2	0.2	0.1	2.9	3.0	2.9	5	5	5
9. Active leisure	1.1	1.3	0.9	2.4	2.7	2.1	45	47	43
Active sports	0.5	0.6	0.4	2.0	2.3	1.7	25	26	24
Other active leisure	0.6	0.7	0.5	2.1	2.2	2.0	29	30	27

1. Averaged over a 7-day week.

2. Includes activity groups 1 to 4.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 1.2
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex, Newfoundland and Labrador, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Total work²	7.6	7.4	7.8	7.9	7.8	8.0	96	94	97
Paid work & related activities	3.1	3.7	2.5	8.3	8.8	7.6	37	42	32
Unpaid work³	4.0	3.1	4.9	4.5	3.7	5.2	89	84	93
Personal care	10.5	10.4	10.7	10.5	10.4	10.7	100	100	100
Free time	5.9	6.3	5.5	6.2	6.7	5.7	95	94	96
1. Paid Work and related activities	3.1	3.7	2.5	8.3	8.8	7.6	37	42	32
Paid work	2.8	3.4	2.3	7.8	8.3	7.1	36	41	32
Activities related to paid work	0.0 ^E	0.0 ^E	F	0.6	0.5	0.6 ^E	6 ^E	9 ^E	4
Commuting	0.2	0.2	0.2	0.6	0.6	0.6	33	38	29
2. Household work and related activities	3.7	2.9	4.5	4.2	3.5	4.9	87	83	92
Cooking/washing up	0.7	0.4	1.0	1.2	0.8	1.5	61	53	69
Housekeeping	0.8	0.3	1.4	2.1	1.7	2.2	40	17	62
Maintenance & repair	0.4	0.6	0.2 ^E	3.4	3.5	3.1 ^E	12	18	6 ^E
Other household work	0.5	0.6	0.3	1.6	1.9	1.2	29	31	27
Shopping for goods & services	0.8	0.6	0.9	2.0	1.8	2.2	37	32	42
Child care	0.5	0.3 ^E	0.6	2.5	2.3	2.7	19	15 ^E	23
3. Civic and voluntary activities	0.3	0.3 ^E	0.4	2.0	1.7	2.2	18	16 ^E	20
4. Education and related activities	0.5	0.5 ^E	0.5	6.3	6.3	6.2	8	9 ^E	7
5. Sleep, meals and other personal activities	10.5	10.4	10.7	10.5	10.4	10.7	100	100	100
Night sleep	8.1	7.9	8.3	8.1	8.0	8.3	100	100	100
Meals (excl. restaurant meals)	1.0	1.1	1.0	1.2	1.2	1.1	88	88	88
Other personal activities	1.4	1.4	1.4	1.6	1.6	1.6	84	82	86
6. Socializing including restaurant meals	1.9	1.7	2.0	3.0	3.1	3.0	62	54	69
Restaurant meals	0.2	0.2	0.2	1.1	1.1	1.2	15	17	13
Socializing (in homes)	1.4	1.3	1.6	2.7	2.8	2.6	53	44	61
Other socializing	0.3	0.3 ^E	0.3	2.0	1.9	2.0	13	14 ^E	13

Table 1.2 (concluded)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex, Newfoundland and Labrador, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	2.7	3.0	2.4	3.3	3.7	3.0	81	82	80
Watching television	2.3	2.7	2.0	3.0	3.4	2.6	77	79	76
Reading books, magazines, newspapers	0.3	0.2	0.3	1.7	1.6	1.7	16	15	17
Other passive leisure	0.1 ^E	0.1 ^E	0.1 ^E	1.5	1.7 ^E	1.3 ^E	6 ^E	7 ^E	5 ^E
8. Sports, movies and other entertainment events	0.1 ^E	F	0.1 ^E	2.0	2.5 ^E	1.8 ^E	4 ^E	3	6 ^E
9. Active leisure	1.2	1.5	1.0	2.7	3.0	2.3	46	49	44
Active sports	0.6	0.8	0.4	2.3	2.8	1.7	25	28	21
Other active leisure	0.7	0.7	0.6	2.2	2.4	2.1	29	29	30

1. Averaged over a 7-day week.

2. Includes activity groups 1 to 4.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 1.3
Average time spent¹ on various activities for the population aged 15 years and over and participants showing participation rate by sex, Prince Edward Island, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Total work²	8.0	8.1	7.9	8.3	8.6	8.1	96	94	97
Paid work & related activities	4.0	5.0	3.1	8.7	9.2	8.0	46	54	38
Unpaid work³	3.6	2.8	4.3	4.2	3.5	4.7	86	80	92
Personal care	10.4	10.3	10.5	10.4	10.3	10.5	100	100	100
Free time	5.6	5.6	5.7	6.0	6.1	5.9	94	92	97
1. Paid Work and related activities	4.0	5.0	3.1	8.7	9.2	8.0	46	54	38
Paid work	3.7	4.6	2.9	8.3	8.8	7.6	45	53	38
Activities related to paid work	0.0	0.1 ^E	0.0 ^E	0.4	0.5 ^E	0.3 ^E	9	11 ^E	7 ^E
Commuting	0.2	0.3	0.2	0.6	0.6	0.5	42	49	35
2. Household work and related activities	3.2	2.4	3.9	3.8	3.2	4.3	85	77	92
Cooking/washing up	0.6	0.4	0.9	1.1	0.8	1.2	60	46	73
Housekeeping	0.8	0.3 ^E	1.2	2.2	1.9	2.2	36	17 ^E	53
Maintenance & repair	0.3	0.5 ^E	0.2 ^E	3.4	3.5	3.3 ^E	10	14 ^E	6 ^E
Other household work	0.4	0.5 ^E	0.3	1.5	2.0	1.1	28	24 ^E	31
Shopping for goods & services	0.7	0.5	0.8	1.8	1.6	1.9	37	29	44
Child care	0.4	0.3 ^E	0.5	2.1	1.9	2.3	19	14 ^E	23
3. Civic and voluntary activities	0.4	0.4 ^E	0.4	2.1	2.2	2.1	18	17 ^E	19
4. Education and related activities	0.4	0.3 ^E	0.5 ^E	5.0	F	5.4 ^E	8	F	9 ^E
5. Sleep, meals and other personal activities	10.4	10.3	10.5	10.4	10.3	10.5	100	100	100
Night sleep	8.1	8.0	8.2	8.1	8.0	8.2	100	100	100
Meals (excl. restaurant meals)	1.0	1.0	1.0	1.1	1.1	1.1	88	88	88
Other personal activities	1.3	1.3	1.3	1.5	1.5	1.6	85	86	83
6. Socializing including restaurant meals	1.8	1.6	1.9	2.9	2.9	2.9	60	55	65
Restaurant meals	0.2	0.2 ^E	0.2 ^E	1.2	1.3	1.2	18	18 ^E	18 ^E
Socializing (in homes)	1.3	1.1	1.4	2.6	2.6	2.6	48	42	55
Other socializing	0.3	0.3 ^E	0.3 ^E	2.1	2.2 ^E	2.1	13	13 ^E	14 ^E

Table 1.3 (concluded)
Average time spent¹ on various activities for the population aged 15 years and over and participants showing participation rate by sex, Prince Edward Island, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	2.5	2.5	2.5	3.1	3.1	3.1	80	80	81
Watching television	2.1	2.2	1.9	2.8	2.9	2.8	73	76	70
Reading books, magazines, newspapers	0.4	0.2	0.5	1.5	1.4	1.5	25	18	32
Other passive leisure	0.0 ^E	F	0.0 ^E	0.8 ^E	F	0.9 ^E	3 ^E	F	5 ^E
8. Sports, movies and other entertainment events	0.3 ^E	0.3 ^E	0.2 ^E	3.1	3.4 ^E	2.9 ^E	8 ^E	8 ^E	9 ^E
9. Active leisure	1.2	1.3	1.0	2.7	3.0	2.3	44	42	45
Active sports	0.5	0.5 ^E	0.4	2.1	2.4	1.9	21	21 ^E	22
Other active leisure	0.7	0.8	0.6	2.4	2.6	2.1	30	30	30

1. Averaged over a 7-day week.

2. Includes activity groups 1 to 4.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 1.4
Average time spent¹ on various activities for the population aged 15 and over and participants
showing participation rate by sex, Nova Scotia, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Total work²	8.0	8.2	7.7	8.2	8.6	7.9	96	95	98
Paid work & related activities	3.6	4.2	3.0	8.3	9.0	7.6	43	47	39
Unpaid work³	3.7	3.3	4.1	4.3	4.0	4.6	86	83	89
Personal care	10.4	10.1	10.6	10.4	10.1	10.6	100	100	100
Free time	5.7	5.7	5.7	5.9	5.8	5.9	97	98	96
1. Paid Work and related activities	3.6	4.2	3.0	8.3	9.0	7.6	43	47	39
Paid work	3.2	3.8	2.7	7.7	8.3	7.1	42	46	38
Activities related to paid work	0.0 ^E	0.0 ^E	0.0 ^E	0.6	0.5 ^E	0.6	7 ^E	6 ^E	7 ^E
Commuting	0.3	0.4	0.2	0.8	0.8	0.7	37	42	33
2. Household work and related activities	3.4	3.0	3.7	3.9	3.6	4.2	85	82	89
Cooking/washing up	0.6	0.4	0.8	1.0	0.8	1.1	61	51	70
Housekeeping	0.7	0.4	1.1	1.8	1.6	1.9	39	22	56
Maintenance & repair	0.3	0.5 ^E	0.1 ^E	3.2	3.4	2.5 ^E	9	15 ^E	4 ^E
Other household work	0.5	0.6	0.4	1.7	2.1	1.3	32	31	34
Shopping for goods & services	0.8	0.7	0.8	2.0	2.0	2.0	38	34	42
Child care	0.4	0.3	0.5	2.5	2.4	2.6	17	14	19
3. Civic and voluntary activities	0.4	0.4	0.4	2.1	2.1	2.0	19	17	21
4. Education and related activities	0.6	0.7 ^E	0.6	6.8	7.7	6.0	9	9 ^E	10
5. Sleep, meals and other personal activities	10.4	10.1	10.6	10.4	10.1	10.6	100	100	100
Night sleep	8.0	7.9	8.1	8.0	7.9	8.1	100	100	100
Meals (excl. restaurant meals)	1.0	1.0	1.0	1.2	1.2	1.1	85	87	84
Other personal activities	1.4	1.2	1.6	1.6	1.4	1.8	86	82	91
6. Socializing including restaurant meals	1.7	1.5	1.9	2.8	2.8	2.8	61	54	68
Restaurant meals	0.2	0.2	0.3	1.2	1.2	1.2	20	18	21
Socializing (in homes)	1.3	1.0	1.5	2.5	2.4	2.6	51	44	58
Other socializing	0.2	0.2 ^E	0.2 ^E	1.8	2.2	1.5	11	11 ^E	11 ^E

Table 1.4 (concluded)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex, Nova Scotia, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	2.7	2.9	2.4	3.2	3.4	3.1	83	87	80
Watching television	2.3	2.5	2.0	3.0	3.1	2.8	76	81	72
Reading books, magazines, newspapers	0.4	0.3	0.4	1.4	1.4	1.4	26	23	29
Other passive leisure	0.1 ^E	0.1 ^E	0.0 ^E	1.5	1.7 ^E	1.2 ^E	4 ^E	4 ^E	3 ^E
8. Sports, movies and other entertainment events	0.1 ^E	0.1 ^E	0.2 ^E	2.7	2.6 ^E	2.8 ^E	5 ^E	4 ^E	6 ^E
9. Active leisure	1.2	1.2	1.1	2.4	2.6	2.3	48	46	50
Active sports	0.5	0.5	0.4	2.0	2.5	1.7	22	20	25
Other active leisure	0.7	0.7	0.7	2.1	2.1	2.1	34	33	34

1. Averaged over a 7-day week.

2. Includes activity groups 1 to 4.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 1.5
Average time spent¹ on various activities for the population aged 15 years and over and participants showing participation rate by sex, New Brunswick, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Total work²	7.8	7.6	7.9	8.2	8.1	8.2	96	94	97
Paid work & related activities	3.6	4.4	2.8	8.5	9.0	7.9	42	49	35
Unpaid work³	3.8	2.9	4.6	4.4	3.7	5.0	85	77	92
Personal care	10.6	10.4	10.7	10.6	10.4	10.7	100	100	100
Free time	5.6	6.0	5.3	5.8	6.1	5.5	97	97	97
1. Paid Work and related activities	3.6	4.4	2.8	8.5	9.0	7.9	42	49	35
Paid work	3.3	4.0	2.5	8.0	8.5	7.4	41	47	34
Activities related to paid work	0.1 ^E	F	0.0 ^E	0.7	0.8	0.5	8 ^E	9	8 ^E
Commuting	0.3	0.3	0.2	0.7	0.8	0.6	37	42	32
2. Household work and related activities	3.3	2.5	4.2	4.0	3.3	4.6	83	74	91
Cooking/washing up	0.7	0.4	0.9	1.1	0.9	1.2	59	44	73
Housekeeping	0.8	0.3	1.2	2.0	1.9	2.0	39	17	61
Maintenance & repair	0.2	0.4 ^E	F	2.9	2.8	3.2 ^E	8	12 ^E	3
Other household work	0.5	0.6	0.4	1.7	2.3	1.3	30	28	32
Shopping for goods & services	0.8	0.5	1.0	1.9	1.7	2.1	39	30	47
Child care	0.4	0.2	0.6	2.4	1.8	2.7	17	13	21
3. Civic and voluntary activities	0.4	0.4 ^E	0.5	2.2	2.2	2.2	19	18 ^E	21
4. Education and related activities	0.5	0.4 ^E	0.5	6.7	6.8 ^E	6.6	7	5 ^E	8
5. Sleep, meals and other personal activities	10.6	10.4	10.7	10.6	10.4	10.7	100	100	100
Night sleep	8.2	8.1	8.2	8.2	8.2	8.2	100	99	100
Meals (excl. restaurant meals)	1.0	1.0	1.0	1.1	1.2	1.1	88	88	88
Other personal activities	1.4	1.2	1.6	1.6	1.5	1.7	88	85	91
6. Socializing including restaurant meals	1.5	1.4	1.6	2.5	2.4	2.6	61	59	64
Restaurant meals	0.2	0.2	0.2	1.2	1.1	1.3	17	19	15
Socializing (in homes)	1.1	1.0	1.2	2.2	2.2	2.2	52	47	56
Other socializing	0.2 ^E	0.2 ^E	0.2 ^E	2.1	1.8	2.3	9 ^E	10 ^E	9 ^E

Table 1.5 (concluded)
Average time spent¹ on various activities for the population aged 15 years and over and participants showing participation rate by sex, New Brunswick, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	2.9	3.2	2.6	3.5	3.8	3.2	83	84	82
Watching television	2.5	2.9	2.2	3.2	3.6	2.9	78	81	76
Reading books, magazines, newspapers	0.3	0.3	0.4	1.5	1.4	1.5	23	19	27
Other passive leisure	0.0 ^E	F	0.0 ^E	1.4 ^E	F	1.0 ^E	3 ^E	F	3 ^E
8. Sports, movies and other entertainment events	0.1	0.1 ^E	0.2 ^E	2.7	2.5 ^E	2.9 ^E	6	5 ^E	6 ^E
9. Active leisure	1.1	1.2	0.9	2.4	2.7	2.1	44	45	44
Active sports	0.4	0.5	0.3	1.9	2.2	1.5	23	23	23
Other active leisure	0.6	0.7	0.5	2.2	2.4	2.1	28	29	27

1. Averaged over a 7-day week.

2. Includes activity groups 1 to 4.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 1.6
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex, Quebec, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Total work²	7.6	7.6	7.5	7.9	8.0	7.7	96	95	98
Paid work & related activities	3.5	4.4	2.7	8.4	8.9	7.7	42	49	35
Unpaid work³	3.6	2.8	4.3	4.1	3.5	4.7	86	80	92
Personal care	10.8	10.5	11.1	10.8	10.5	11.1	100	100	100
Free time	5.7	5.9	5.4	5.9	6.1	5.7	97	97	96
1. Paid Work and related activities	3.5	4.4	2.7	8.4	8.9	7.7	42	49	35
Paid work	3.2	3.9	2.4	7.7	8.2	7.1	41	48	34
Activities related to paid work	0.0	0.0	0.0 ^E	0.6	0.6	0.7	7	8	6 ^E
Commuting	0.3	0.4	0.3	0.9	0.9	0.9	36	43	30
2. Household work and related activities	3.2	2.5	4.0	3.8	3.2	4.3	85	78	92
Cooking/washing up	0.7	0.4	0.9	1.1	0.8	1.2	63	51	74
Housekeeping	0.7	0.3	1.1	2.0	1.8	2.0	36	19	52
Maintenance & repair	0.3	0.4	0.1	3.2	3.3	3.0	9	13	5
Other household work	0.4	0.4	0.4	1.6	1.9	1.4	24	21	27
Shopping for goods & services	0.8	0.7	1.0	2.1	2.0	2.1	41	35	46
Child care	0.4	0.2	0.5	2.2	1.7	2.6	16	13	19
3. Civic and voluntary activities	0.3	0.3	0.4	2.7	2.7	2.8	12	11	13
4. Education and related activities	0.5	0.4	0.5	5.7	5.6	5.9	8	7	9
5. Sleep, meals and other personal activities	10.8	10.5	11.1	10.8	10.5	11.1	100	100	100
Night sleep	8.3	8.1	8.5	8.3	8.1	8.5	100	100	100
Meals (excl. restaurant meals)	1.3	1.3	1.3	1.4	1.4	1.4	90	90	89
Other personal activities	1.2	1.1	1.3	1.3	1.2	1.4	88	86	91
6. Socializing including restaurant meals	1.9	1.8	1.9	3.2	3.2	3.1	59	57	61
Restaurant meals	0.3	0.3	0.3	1.7	1.7	1.7	17	19	15
Socializing (in homes)	1.3	1.3	1.4	2.7	2.8	2.7	48	44	52
Other socializing	0.2	0.2	0.2	2.3	2.2	2.4	11	11	10

Table 1.6 (concluded)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex, Quebec, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	2.5	2.6	2.4	3.1	3.1	3.1	81	82	79
Watching television	2.1	2.2	1.9	2.8	2.8	2.7	74	77	72
Reading books, magazines, newspapers	0.4	0.3	0.4	1.5	1.4	1.6	24	20	27
Other passive leisure	0.1	0.1 ^E	0.1	1.4	1.7	1.2	6	6 ^E	6
8. Sports, movies and other entertainment events	0.2	0.2	0.2	3.5	3.9	3.3	5	5	5
9. Active leisure	1.1	1.4	0.9	2.5	2.8	2.2	45	48	42
Active sports	0.5	0.7	0.4	2.1	2.4	1.8	26	28	24
Other active leisure	0.6	0.7	0.5	2.3	2.5	2.0	26	27	24

1. Averaged over a 7-day week.

2. Includes activity groups 1 to 4.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 1.7
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex, Ontario, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Total work²	8.0	7.9	8.1	8.3	8.3	8.3	96	95	97
Paid work & related activities	4.0	4.8	3.3	8.6	9.2	8.0	47	52	42
Unpaid work³	3.3	2.5	4.1	4.0	3.2	4.6	84	78	89
Personal care	10.6	10.5	10.7	10.6	10.5	10.7	100	100	100
Free time	5.4	5.6	5.1	5.7	5.9	5.4	95	95	95
1. Paid Work and related activities	4.0	4.8	3.3	8.6	9.2	8.0	47	52	42
Paid work	3.6	4.2	3.0	7.9	8.4	7.4	45	51	40
Activities related to paid work	0.0	0.1 ^E	0.0	0.9	1.0	0.7	5	5 ^E	4
Commuting	0.4	0.5	0.3	1.0	1.0	0.9	41	46	37
2. Household work and related activities	3.0	2.2	3.7	3.6	2.9	4.2	82	76	88
Cooking/washing up	0.7	0.4	0.9	1.1	0.8	1.2	63	52	73
Housekeeping	0.7	0.3	1.0	1.9	1.7	2.0	35	20	49
Maintenance & repair	0.2	0.2	0.1	2.6	2.7	2.2	6	9	3
Other household work	0.4	0.3	0.4	1.4	1.5	1.3	26	23	29
Shopping for goods & services	0.7	0.6	0.8	2.0	2.0	2.1	35	29	41
Child care	0.4	0.3	0.6	2.5	2.0	2.8	18	15	20
3. Civic and voluntary activities	0.3	0.3	0.4	2.3	2.3	2.3	15	12	17
4. Education and related activities	0.6	0.6	0.7	5.8	5.9	5.7	11	10	12
5. Sleep, meals and other personal activities	10.6	10.5	10.7	10.6	10.5	10.7	100	100	100
Night sleep	8.3	8.3	8.3	8.3	8.3	8.3	100	100	100
Meals (excl. restaurant meals)	1.0	1.0	1.0	1.2	1.1	1.2	85	85	86
Other personal activities	1.3	1.3	1.4	1.5	1.4	1.6	89	87	91
6. Socializing including restaurant meals	1.7	1.7	1.7	3.0	3.1	2.8	57	55	59
Restaurant meals	0.3	0.3	0.3	1.5	1.4	1.5	17	18	16
Socializing (in homes)	1.2	1.2	1.2	2.5	2.8	2.4	47	42	51
Other socializing	0.3	0.3	0.2	2.4	2.6	2.1	11	11	10

Table 1.7 (concluded)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex, Ontario, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	2.5	2.6	2.4	3.1	3.2	3.1	80	80	80
Watching television	2.1	2.2	1.9	2.8	2.9	2.7	74	75	72
Reading books, magazines, newspapers	0.4	0.3	0.4	1.5	1.4	1.5	26	24	29
Other passive leisure	0.1	0.1	0.1	1.4	1.4	1.3	5	5	4
8. Sports, movies and other entertainment events	0.1	0.1	0.1	2.9	2.8	3.0	5	5	5
9. Active leisure	1.0	1.2	0.9	2.3	2.5	2.0	45	47	44
Active sports	0.5	0.5	0.4	1.9	2.1	1.6	24	25	23
Other active leisure	0.6	0.6	0.5	2.0	2.1	1.9	29	31	27

1. Averaged over a 7-day week.

2. Includes activity groups 1 to 4.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 1.8
Average time spent¹ on various activities for the population aged 15 years and over and participants showing participation rate by sex, Manitoba, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Total work²	7.7	7.7	7.7	8.0	8.0	7.9	97	96	97
Paid work & related activities	3.7	4.4	3.1	8.3	8.8	7.6	45	50	41
Unpaid work³	3.5	3.0	4.1	4.1	3.6	4.5	87	83	91
Personal care	10.6	10.5	10.6	10.6	10.5	10.6	100	100	100
Free time	5.7	5.7	5.7	5.9	6.0	5.9	96	96	96
1. Paid Work and related activities	3.7	4.4	3.1	8.3	8.8	7.6	45	50	41
Paid work	3.4	4.1	2.8	7.8	8.2	7.1	44	49	39
Activities related to paid work	0.0 ^E	F	0.1 ^E	0.8	0.6 ^E	0.9	6 ^E	5	8 ^E
Commuting	0.3	0.3	0.3	0.8	0.8	0.7	38	42	35
2. Household work and related activities	3.1	2.5	3.7	3.7	3.2	4.1	86	80	91
Cooking/washing up	0.7	0.5	0.9	1.1	1.0	1.2	64	54	73
Housekeeping	0.7	0.4	1.0	1.9	1.5	2.1	36	25	47
Maintenance & repair	0.2 ^E	0.3 ^E	0.1 ^E	2.8	3.1	2.0 ^E	6 ^E	9 ^E	4 ^E
Other household work	0.5	0.5	0.5	1.7	1.8	1.6	28	26	30
Shopping for goods & services	0.7	0.7	0.8	2.0	2.0	1.9	38	34	41
Child care	0.4	0.2	0.5	2.2	1.8	2.4	17	13	20
3. Civic and voluntary activities	0.4	0.4	0.4	2.4	2.3	2.4	16	18	15
4. Education and related activities	0.4	0.4 ^E	0.5	5.3	6.2 ^E	4.8	8	6 ^E	11
5. Sleep, meals and other personal activities	10.6	10.5	10.6	10.6	10.5	10.6	100	100	100
Night sleep	8.3	8.3	8.3	8.3	8.3	8.3	100	100	100
Meals (excl. restaurant meals)	0.9	1.0	0.9	1.1	1.2	1.1	84	87	82
Other personal activities	1.3	1.2	1.4	1.5	1.4	1.5	89	86	92
6. Socializing including restaurant meals	1.9	1.7	2.1	3.1	2.9	3.2	62	59	65
Restaurant meals	0.3	0.3	0.3	1.7	1.6	1.8	17	19	15
Socializing (in homes)	1.3	1.2	1.5	2.6	2.5	2.7	52	48	55
Other socializing	0.3	0.2 ^E	0.3 ^E	2.1	1.9	2.3	13	11 ^E	15 ^E

Table 1.8 (concluded)
Average time spent¹ on various activities for the population aged 15 years and over and participants showing participation rate by sex, Manitoba, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	2.7	2.8	2.5	3.3	3.5	3.2	79	80	79
Watching television	2.3	2.4	2.1	3.1	3.2	2.9	73	75	71
Reading books, magazines, newspapers	0.4	0.3	0.4	1.4	1.4	1.4	25	23	26
Other passive leisure	0.1 ^E	0.1 ^E	0.0 ^E	1.2	1.5 ^E	0.9 ^E	4 ^E	4 ^E	4 ^E
8. Sports, movies and other entertainment events	0.1 ^E	0.1 ^E	0.1 ^E	2.3	2.4 ^E	2.2 ^E	5 ^E	4 ^E	6 ^E
9. Active leisure	1.0	1.1	1.0	2.4	2.5	2.2	43	44	43
Active sports	0.4	0.4	0.4 ^E	2.2	2.2	2.1	21	20	21 ^E
Other active leisure	0.6	0.7	0.5	2.0	2.1	1.9	29	31	28

1. Averaged over a 7-day week.

2. Includes activity groups 1 to 4.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 1.9
Average time spent¹ on various activities for the population aged 15 years and over and participants showing participation rate by sex, Saskatchewan, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Total work²	8.1	8.4	7.9	8.4	8.6	8.1	98	97	98
Paid work & related activities	4.1	5.1	3.0	8.8	9.3	8.1	46	55	38
Unpaid work³	3.4	2.6	4.2	4.0	3.3	4.7	84	79	90
Personal care	10.6	10.4	10.7	10.6	10.4	10.7	100	100	100
Free time	5.3	5.2	5.4	5.6	5.6	5.6	95	93	96
1. Paid Work and related activities	4.1	5.1	3.0	8.8	9.3	8.1	46	55	38
Paid work	3.7	4.7	2.8	8.4	8.9	7.6	45	53	37
Activities related to paid work	0.0 ^E	0.0 ^E	0.0 ^E	0.8	0.9 ^E	0.6 ^E	4 ^E	5 ^E	4 ^E
Commuting	0.3	0.3	0.2	0.7	0.7	0.7	39	44	34
2. Household work and related activities	3.0	2.2	3.8	3.6	2.8	4.2	83	77	89
Cooking/washing up	0.6	0.4	0.9	1.0	0.7	1.3	63	54	71
Housekeeping	0.6	0.3	1.0	1.9	1.5	2.0	33	18	48
Maintenance & repair	0.2	0.3 ^E	0.1 ^E	3.2	3.7	2.4 ^E	8	9 ^E	6 ^E
Other household work	0.5	0.5	0.6	1.9	1.9	1.8	28	24	32
Shopping for goods & services	0.6	0.5	0.8	1.8	1.7	1.9	35	29	40
Child care	0.3	0.2 ^E	0.4 ^E	2.2	1.8	2.6	14	13 ^E	15 ^E
3. Civic and voluntary activities	0.4	0.4 ^E	0.4	2.6	2.9	2.4	16	15 ^E	18
4. Education and related activities	0.7	0.7 ^E	0.7	6.8	7.4	6.3	10	9 ^E	11
5. Sleep, meals and other personal activities	10.6	10.4	10.7	10.6	10.4	10.7	100	100	100
Night sleep	8.4	8.3	8.5	8.4	8.3	8.5	100	100	100
Meals (excl. restaurant meals)	1.0	1.0	0.9	1.2	1.2	1.1	83	85	81
Other personal activities	1.2	1.1	1.3	1.4	1.3	1.5	87	85	90
6. Socializing including restaurant meals	1.8	1.6	1.9	2.9	2.9	3.0	60	57	63
Restaurant meals	0.3	0.3	0.2	1.5	1.6	1.4	18	20	17
Socializing (in homes)	1.2	1.0	1.4	2.5	2.3	2.6	49	44	54
Other socializing	0.3	0.3 ^E	0.2 ^E	2.4	2.3	2.4	12	14 ^E	10 ^E

Table 1.9 (concluded)
Average time spent¹ on various activities for the population aged 15 years and over and participants showing participation rate by sex, Saskatchewan, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	2.4	2.4	2.3	3.1	3.1	3.1	77	77	76
Watching television	2.0	2.1	1.9	2.8	2.9	2.8	71	73	70
Reading books, magazines, newspapers	0.3	0.2	0.4	1.4	1.3	1.5	20	16	24
Other passive leisure	0.1	0.1 ^E	0.1 ^E	1.1	1.0 ^E	1.1 ^E	6	6 ^E	5 ^E
8. Sports, movies and other entertainment events	0.2 ^E	0.2 ^E	0.2 ^E	2.9	3.3 ^E	2.5 ^E	6 ^E	5 ^E	6 ^E
9. Active leisure	1.0	1.0	1.0	2.3	2.3	2.4	43	43	42
Active sports	0.4	0.4	0.4	1.9	1.9	1.8	22	21	24
Other active leisure	0.6	0.6	0.6	1.9	1.8	2.0	30	32	28

1. Averaged over a 7-day week.

2. Includes activity groups 1 to 4.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 1.10
Average time spent¹ on various activities for the population aged 15 years and over and participants showing participation rate by sex, Alberta, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Total work²	8.5	8.5	8.5	8.8	8.9	8.7	97	95	98
Paid work & related activities	4.5	5.3	3.7	8.9	9.3	8.2	51	57	45
Unpaid work³	3.3	2.5	4.2	4.0	3.3	4.6	82	75	90
Personal care	10.5	10.3	10.6	10.5	10.4	10.6	100	100	100
Free time	5.0	5.2	4.8	5.4	5.7	5.2	93	92	94
1. Paid Work and related activities	4.5	5.3	3.7	8.9	9.3	8.2	51	57	45
Paid work	4.0	4.8	3.3	8.3	8.8	7.7	49	54	43
Activities related to paid work	0.0 ^E	0.0 ^E	F	0.9	0.9	0.8 ^E	4 ^E	5 ^E	4
Commuting	0.4	0.5	0.3	0.9	0.9	0.8	45	51	40
2. Household work and related activities	3.0	2.2	3.8	3.7	3.0	4.3	81	73	89
Cooking/washing up	0.6	0.4	0.8	1.0	0.8	1.2	57	45	69
Housekeeping	0.6	0.3	0.9	1.9	1.8	2.0	32	17	47
Maintenance & repair	0.2	0.3	0.1 ^E	2.9	3.3	2.2 ^E	6	8	4 ^E
Other household work	0.4	0.4	0.5	1.7	1.8	1.6	26	21	31
Shopping for goods & services	0.7	0.6	0.9	2.0	2.0	2.0	36	30	43
Child care	0.4	0.3	0.6	2.3	1.8	2.6	18	14	23
3. Civic and voluntary activities	0.4	0.3	0.4	2.3	2.5	2.2	15	13	17
4. Education and related activities	0.7	0.7	0.7	6.1	7.0	5.5	11	10	13
5. Sleep, meals and other personal activities	10.5	10.3	10.6	10.5	10.4	10.6	100	100	100
Night sleep	8.3	8.3	8.3	8.4	8.4	8.4	100	100	100
Meals (excl. restaurant meals)	0.9	1.0	0.9	1.1	1.1	1.1	84	84	84
Other personal activities	1.2	1.0	1.4	1.4	1.2	1.5	87	84	90
6. Socializing including restaurant meals	1.5	1.4	1.6	2.7	2.8	2.7	56	52	60
Restaurant meals	0.3	0.3	0.2	1.5	1.4	1.6	17	20	15
Socializing (in homes)	1.0	0.9	1.2	2.3	2.4	2.3	44	37	52
Other socializing	0.2	0.3	0.2 ^E	2.5	2.6	2.4	10	11	8 ^E

Table 1.10 (concluded)
Average time spent¹ on various activities for the population aged 15 years and over and participants showing participation rate by sex, Alberta, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	2.3	2.4	2.3	3.0	3.1	2.9	78	77	78
Watching television	1.9	2.1	1.8	2.7	2.9	2.5	71	72	70
Reading books, magazines, newspapers	0.3	0.3	0.4	1.4	1.3	1.6	23	20	27
Other passive leisure	0.0 ^E	0.0 ^E	0.1 ^E	1.4	1.2 ^E	1.5 ^E	3 ^E	3 ^E	4 ^E
8. Sports, movies and other entertainment events	0.2	0.2 ^E	0.2 ^E	2.8	2.6	3.2	6	6 ^E	5 ^E
9. Active leisure	1.0	1.3	0.8	2.4	2.8	1.9	43	44	41
Active sports	0.5	0.6	0.4	2.2	2.7	1.7	22	22	22
Other active leisure	0.5	0.7	0.4	1.9	2.2	1.6	28	30	26

1. Averaged over a 7-day week.

2. Includes activity groups 1 to 4.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 1.11
Average time spent¹ on various activities for the population aged 15 years and over and participants showing participation rate by sex, British Columbia, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Total work²	7.8	7.7	7.9	8.1	8.1	8.1	96	95	97
Paid work & related activities	3.8	4.5	3.2	8.4	8.9	7.9	45	51	40
Unpaid work³	3.4	2.6	4.2	4.0	3.3	4.6	84	78	90
Personal care	10.6	10.5	10.8	10.6	10.5	10.8	100	100	100
Free time	5.6	5.8	5.4	5.8	6.0	5.6	96	96	96
1. Paid Work and related activities	3.8	4.5	3.2	8.4	8.9	7.9	45	51	40
Paid work	3.4	4.0	2.9	7.8	8.1	7.4	44	49	39
Activities related to paid work	0.0 ^E	F	0.0 ^E	0.7	0.9	0.6	5 ^E	5	4 ^E
Commuting	0.4	0.5	0.3	0.9	1.0	0.8	40	45	35
2. Household work and related activities	3.1	2.3	3.8	3.7	3.0	4.2	83	77	89
Cooking/washing up	0.6	0.4	0.9	1.0	0.8	1.2	64	54	74
Housekeeping	0.6	0.3	0.9	1.9	1.7	2.0	33	20	46
Maintenance & repair	0.2	0.2 ^E	0.1 ^E	2.9	2.9	2.9 ^E	5	7 ^E	4 ^E
Other household work	0.5	0.5	0.5	1.7	1.9	1.6	28	24	32
Shopping for goods & services	0.8	0.7	0.9	2.1	2.1	2.0	38	33	42
Child care	0.4	0.2	0.5	2.3	1.5	2.7	16	13	19
3. Civic and voluntary activities	0.3	0.3	0.4	2.4	2.4	2.4	14	12	16
4. Education and related activities	0.5	0.5	0.5	5.6	6.0	5.3	9	9	10
5. Sleep, meals and other personal activities	10.6	10.5	10.8	10.6	10.5	10.8	100	100	100
Night sleep	8.4	8.4	8.5	8.5	8.5	8.5	100	100	100
Meals (excl. restaurant meals)	1.0	1.0	1.0	1.1	1.1	1.1	86	87	86
Other personal activities	1.2	1.1	1.3	1.4	1.3	1.5	87	85	89
6. Socializing including restaurant meals	1.5	1.4	1.7	2.7	2.6	2.8	57	54	60
Restaurant meals	0.3	0.3	0.3	1.5	1.5	1.5	18	18	18
Socializing (in homes)	1.1	1.0	1.2	2.4	2.4	2.4	45	41	48
Other socializing	0.2	0.2	0.2	1.9	1.7	2.1	11	11	11

Table 1.11 (concluded)
Average time spent¹ on various activities for the population aged 15 years and over and participants showing participation rate by sex, British Columbia, 2005

Activity Group	Population			Participants			Participation Rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	2.7	2.9	2.5	3.2	3.4	3.1	83	84	82
Watching television	2.1	2.3	2.0	2.8	3.0	2.7	74	76	73
Reading books, magazines, newspapers	0.5	0.5	0.5	1.6	1.7	1.6	30	29	31
Other passive leisure	0.1	0.1 ^E	0.1	1.3	1.4	1.3	5	5 ^E	5
8. Sports, movies and other entertainment events	0.1	0.1 ^E	0.1 ^E	2.6	3.0	2.2	5	5 ^E	5 ^E
9. Active leisure	1.2	1.4	1.1	2.5	2.7	2.3	49	51	47
Active sports	0.6	0.7	0.5	2.0	2.3	1.7	27	28	27
Other active leisure	0.7	0.7	0.6	2.1	2.2	2.1	31	34	29

1. Averaged over a 7-day week.

2. Includes activity groups 1 to 4.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 2.
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex and age group, Canada, 2005

Activity group	Population			Participants			Participant rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Age 15 to 24									
Total work²	7.3	6.8	7.8	7.8	7.5	8.1	94	91	96
Paid work and related activities	3.1	3.1	3.1	7.7	8.2	7.3	40	39	42
Unpaid work³	1.6	1.2	2.0	2.5	2.0	2.8	65	59	71
Personal care	10.7	10.7	10.7	10.7	10.7	10.7	100	100	100
Free time	6.0	6.5	5.4	6.2	6.7	5.6	97	97	96
1. Paid work and related activities	3.1	3.1	3.1	7.7	8.2	7.3	40	39	42
Paid work	2.8	2.8	2.7	7.2	7.8	6.8	38	36	40
Activities related to paid work	0.1 ^E	0.1 ^E	0.0 ^E	1.0	1.3	0.7	6 ^E	6 ^E	6 ^E
Commuting	0.3	0.3	0.3	0.8	0.8	0.8	37	35	39
2. Household work and related activities	1.4	1.1	1.8	2.3	1.9	2.6	62	57	69
Cooking/washing up	0.3	0.2	0.3	0.7	0.6	0.7	40	36	44
Housekeeping	0.2	0.1	0.4	1.7	1.5	1.7	15	8	21
Maintenance and repair	0.1 ^E	0.1 ^E	F	2.4	2.6	2.0 ^E	3 ^E	4 ^E	2
Other household work	0.1	0.1 ^E	0.2	1.4	1.6	1.2	11	9 ^E	12
Shopping for goods and services	0.5	0.4	0.7	2.0	2.0	2.0	27	21	33
Child care	0.2	0.1 ^E	0.3	2.7	1.9	3.1	6	3 ^E	8
3. Civic and voluntary activities	0.2	0.2	0.2	1.9	2.0	1.8	9	8	11
4. Education and related activities	2.6	2.5	2.8	6.8	6.9	6.7	39	36	42
5. Sleep, meals and other personal activities	10.7	10.7	10.7	10.7	10.7	10.7	100	100	100
Night sleep	8.9	9.0	8.8	8.9	9.0	8.8	100	100	100
Meals (excl. restaurant meals)	0.8	0.7	0.8	1.0	0.9	1.0	77	79	76
Other personal activities	1.1	1.0	1.2	1.2	1.1	1.3	89	86	93
6. Socializing including restaurant meals	2.4	2.4	2.3	3.4	3.5	3.3	70	70	70
Restaurant meals	0.2	0.3	0.2	1.4	1.4	1.3	18	18	19
Socializing (in homes)	1.7	1.8	1.7	2.9	3.0	2.8	61	60	62
Other socializing	0.4	0.4	0.3	2.3	2.6	2.1	16	15	17

Table 2. (continued)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex and age group, Canada, 2005

Activity group	Population			Participants			Participant rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	1.9	2.0	1.8	2.6	2.8	2.5	73	72	73
Watching Television	1.7	1.8	1.6	2.5	2.6	2.3	68	69	66
Reading books, magazines, newspapers	0.2	0.1	0.2	1.2	1.3	1.1	13	10	16
Other passive leisure	0.0	0.0 ^E	0.1 ^E	1.1	1.3	1.0	4	4 ^E	5 ^E
8. Sports, movies and other entertainment events	0.2	0.2	0.2	3.1	2.9	3.2	7	7	7
9. Active leisure	1.5	1.9	1.1	2.8	3.2	2.3	54	60	48
Active sports	0.6	0.8	0.4	2.5	2.7	2.0	25	30	20
Other active leisure	0.9	1.1	0.7	2.3	2.6	2.0	39	43	35
Age 25 to 34									
Total work²	9.0	8.8	9.2	9.3	9.2	9.3	97	95	99
Paid work and related activities	5.0	6.1	4.0	8.9	9.3	8.3	57	65	48
Unpaid work³	3.5	2.4	4.7	4.2	3.0	5.1	85	78	93
Personal care	10.2	10.0	10.4	10.3	10.1	10.4	100	100	100
Free time	4.8	5.2	4.4	5.1	5.5	4.7	94	95	94
1. Paid work and related activities	5.0	6.1	4.0	8.9	9.3	8.3	57	65	48
Paid work	4.5	5.4	3.6	8.1	8.5	7.7	56	64	47
Activities related to paid work	0.0	0.0 ^E	0.1 ^E	0.7	0.6	0.8	7	8 ^E	6 ^E
Commuting	0.5	0.6	0.4	0.9	0.9	0.9	52	59	44
2. Household work and related activities	3.3	2.1	4.5	3.9	2.8	4.8	85	77	93
Cooking/washing up	0.6	0.4	0.8	1.0	0.8	1.1	61	50	72
Housekeeping	0.7	0.4	1.0	1.9	1.7	2.0	35	20	49
Maintenance and repair	0.2	0.2	0.1 ^E	2.6	2.6	2.6	6	8	4 ^E
Other household work	0.3	0.2	0.3	1.2	1.3	1.1	21	18	25
Shopping for goods and services	0.7	0.5	0.9	1.9	1.7	2.0	37	30	44
Child care	0.9	0.4	1.4	2.8	1.9	3.2	32	22	43
3. Civic and voluntary activities	0.3	0.2	0.3	2.2	2.4	2.1	12	10	13

Table 2. (continued)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex and age group, Canada, 2005

Activity group	Population			Participants			Participant rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
4. Education and related activities	0.4	0.4	0.4	4.9	5.5	4.4	8	7	9
5. Sleep, meals and other personal activities	10.2	10.0	10.4	10.3	10.1	10.4	100	100	100
Night sleep	8.2	8.1	8.3	8.3	8.2	8.4	100	99	100
Meals (excl. restaurant meals)	0.9	0.9	1.0	1.1	1.1	1.1	83	82	85
Other personal activities	1.1	1.0	1.1	1.2	1.1	1.3	87	86	89
6. Socializing including restaurant meals	1.7	1.8	1.7	3.0	3.2	2.9	57	55	59
Restaurant meals	0.3	0.3	0.3	1.5	1.5	1.5	18	19	17
Socializing (in homes)	1.2	1.2	1.3	2.7	2.9	2.5	46	41	50
Other socializing	0.2	0.3	0.2 ^E	2.3	2.4	2.2	10	12	9 ^E
7. Television, reading and other passive leisure	1.9	2.0	1.7	2.5	2.7	2.4	74	76	73
Watching Television	1.7	1.8	1.5	2.4	2.6	2.2	69	71	66
Reading books, magazines, newspapers	0.2	0.1	0.2	1.2	1.2	1.2	15	12	18
Other passive leisure	0.0	0.1 ^E	0.0 ^E	1.2	1.3	0.9	3	4 ^E	3 ^E
8. Sports, movies and other entertainment events	0.1	0.1 ^E	0.2	2.8	2.6	3.0	5	4 ^E	6
9. Active leisure	1.0	1.3	0.8	2.4	2.7	2.0	43	47	40
Active sports	0.5	0.6	0.5	2.2	2.5	2.0	24	24	24
Other active leisure	0.5	0.7	0.3	1.9	2.1	1.5	27	31	22
Age 35 to 44									
Total work²	9.6	9.6	9.6	9.8	9.8	9.7	98	98	99
Paid work and related activities	5.4	6.5	4.4	9.0	9.6	8.2	60	67	53
Unpaid work³	4.0	3.1	4.9	4.4	3.6	5.2	90	85	95
Personal care	10.1	9.9	10.3	10.1	9.9	10.3	100	100	100
Free time	4.3	4.4	4.1	4.5	4.7	4.4	94	94	94

Table 2. (continued)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex and age group, Canada, 2005

Activity group	Population			Participants			Participant rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
1. Paid work and related activities	5.4	6.5	4.4	9.0	9.6	8.2	60	67	53
Paid work	4.9	5.8	3.9	8.3	8.9	7.5	59	65	52
Activities related to paid work	0.0	0.1 ^E	0.0	0.7	0.8	0.5	6	7 ^E	6
Commuting	0.5	0.6	0.4	1.0	1.0	0.9	54	60	48
2. Household work and related activities	3.7	2.8	4.6	4.2	3.3	4.9	89	83	94
Cooking/washing up	0.7	0.5	1.0	1.1	0.8	1.2	68	57	80
Housekeeping	0.8	0.3	1.2	2.0	1.6	2.1	39	22	56
Maintenance and repair	0.2	0.3	0.1 ^E	3.2	3.2	3.0	7	10	5 ^E
Other household work	0.4	0.4	0.4	1.4	1.6	1.2	26	23	30
Shopping for goods and services	0.7	0.6	0.9	1.9	2.0	1.9	38	30	46
Child care	0.9	0.7	1.1	2.2	1.9	2.4	41	35	47
3. Civic and voluntary activities	0.3	0.3	0.3	2.2	2.4	1.9	14	12	15
4. Education and related activities	0.2	0.1 ^E	0.2	3.5	3.8 ^E	3.4	5	3 ^E	7
5. Sleep, meals and other personal activities	10.1	9.9	10.3	10.1	9.9	10.3	100	100	100
Night sleep	8.0	8.0	8.1	8.0	8.0	8.1	100	100	100
Meals (excl. restaurant meals)	1.0	1.0	1.0	1.2	1.1	1.2	88	89	87
Other personal activities	1.1	1.0	1.2	1.2	1.1	1.4	88	86	90
6. Socializing including restaurant meals	1.4	1.3	1.4	2.6	2.6	2.6	52	49	56
Restaurant meals	0.2	0.2	0.2	1.5	1.4	1.6	16	18	15
Socializing (in homes)	0.9	0.8	1.0	2.2	2.3	2.1	42	37	46
Other socializing	0.2	0.2	0.2	2.3	2.0	2.6	9	9	8
7. Television, reading and other passive leisure	1.9	2.1	1.8	2.4	2.6	2.3	79	80	77
Watching Television	1.7	1.9	1.5	2.3	2.5	2.1	73	75	70
Reading books, magazines, newspapers	0.2	0.2	0.2	1.2	1.2	1.1	19	17	21
Other passive leisure	0.0	0.0 ^E	0.0 ^E	1.1	1.2 ^E	1.1	3	3 ^E	3 ^E

Table 2. (continued)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex and age group, Canada, 2005

Activity group	Population			Participants			Participant rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
8. Sports, movies and other entertainment events	0.2	0.2	0.2	2.7	3.1	2.4	6	5	7
9. Active leisure	0.8	0.9	0.7	2.1	2.3	1.9	38	38	38
Active sports	0.4	0.5	0.4	2.0	2.3	1.8	22	20	23
Other active leisure	0.4	0.4	0.3	1.7	1.8	1.6	22	23	21
Age 45 to 54									
Total work²	8.8	8.8	8.9	9.0	9.1	9.0	98	97	99
Paid work and related activities	5.1	6.0	4.3	8.8	9.4	8.2	58	63	53
Unpaid work³	3.6	2.7	4.4	4.1	3.4	4.7	87	80	94
Personal care	10.3	10.2	10.5	10.4	10.2	10.5	100	100	100
Free time	4.8	5.0	4.7	5.1	5.3	5.0	94	94	94
1. Paid work and related activities	5.1	6.0	4.3	8.8	9.4	8.2	58	63	53
Paid work	4.6	5.4	3.9	8.1	8.5	7.6	57	63	52
Activities related to paid work	0.0	0.0 ^E	0.0 ^E	0.7	0.7	0.8	6	7 ^E	6 ^E
Commuting	0.5	0.6	0.4	0.9	1.0	0.8	51	56	46
2. Household work and related activities	3.2	2.4	3.9	3.7	3.1	4.2	86	78	94
Cooking/washing up	0.7	0.5	1.0	1.1	0.9	1.2	67	54	79
Housekeeping	0.7	0.4	1.1	1.9	1.8	1.9	37	20	55
Maintenance and repair	0.3	0.4	0.1	3.0	3.2	2.3	9	13	6
Other household work	0.5	0.4	0.5	1.6	1.7	1.5	29	23	36
Shopping for goods and services	0.8	0.6	0.9	2.0	1.9	2.1	39	31	46
Child care	0.2	0.2	0.3	1.8	1.5	2.1	12	11	13
3. Civic and voluntary activities	0.4	0.3	0.5	2.3	2.1	2.5	18	15	20
4. Education and related activities	0.1 ^E	0.1 ^E	0.1 ^E	3.5	3.3 ^E	3.5	3 ^E	3 ^E	4 ^E

Table 2. (continued)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex and age group, Canada, 2005

Activity group	Population			Participants			Participant rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
5. Sleep, meals and other personal activities	10.3	10.2	10.5	10.4	10.2	10.5	100	100	100
Night sleep	8.1	8.0	8.1	8.1	8.0	8.1	100	100	100
Meals (excl. restaurant meals)	1.1	1.1	1.0	1.2	1.2	1.2	88	88	88
Other personal activities	1.2	1.1	1.3	1.4	1.3	1.4	89	87	91
6. Socializing including restaurant meals	1.4	1.3	1.5	2.6	2.6	2.6	54	50	58
Restaurant meals	0.3	0.3	0.3	1.6	1.4	1.7	18	19	17
Socializing (in homes)	1.0	0.9	1.1	2.3	2.4	2.2	42	36	48
Other socializing	0.2	0.2	0.2 ^E	2.0	1.9	2.1	9	9	8 ^E
7. Television, reading and other passive leisure	2.3	2.5	2.2	2.9	3.0	2.8	81	82	79
Watching Television	2.0	2.1	1.8	2.7	2.8	2.6	73	76	70
Reading books, magazines, newspapers	0.3	0.3	0.4	1.3	1.3	1.3	25	23	27
Other passive leisure	0.1	0.1 ^E	0.1 ^E	1.3	1.3	1.2	5	5 ^E	4 ^E
8. Sports, movies and other entertainment events	0.2	0.2 ^E	0.1 ^E	3.4	3.8	3.0	5	6 ^E	4 ^E
9. Active leisure	0.9	1.0	0.8	2.2	2.4	1.9	41	41	42
Active sports	0.4	0.5	0.4	1.8	2.2	1.5	23	22	25
Other active leisure	0.5	0.5	0.4	1.9	2.0	1.8	24	25	23
Age 55 to 64									
Total work²	7.3	7.5	7.2	7.6	7.8	7.3	97	96	98
Paid work and related activities	3.3	4.4	2.3	8.4	8.9	7.6	40	49	31
Unpaid work³	4.0	3.1	4.8	4.4	3.8	5.0	89	82	96
Personal care	10.7	10.4	10.9	10.7	10.4	10.9	100	100	100
Free time	6.0	6.1	5.9	6.2	6.2	6.1	97	98	96
1. Paid work and related activities	3.3	4.4	2.3	8.4	8.9	7.6	40	49	31
Paid work	3.0	3.9	2.1	7.7	8.1	7.1	39	48	29
Activities related to paid work	0.0	0.0 ^E	0.0 ^E	0.6	0.6	0.5	5	6 ^E	4 ^E
Commuting	0.3	0.4	0.2	1.0	1.0	0.9	33	42	25

Table 2. (continued)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex and age group, Canada, 2005

Activity group	Population			Participants			Participant rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
2. Household work and related activities	3.5	2.7	4.2	4.0	3.3	4.5	87	80	94
Cooking/washing up	0.8	0.5	1.1	1.1	0.8	1.3	68	55	80
Housekeeping	0.8	0.4	1.2	2.0	1.9	2.1	42	23	60
Maintenance and repair	0.3	0.4	0.2	3.1	3.1	2.9	10	14	6
Other household work	0.6	0.6	0.7	1.7	1.8	1.6	36	31	41
Shopping for goods and services	0.9	0.7	1.1	2.2	2.1	2.2	42	35	48
Child care	0.0 ^E	0.0 ^E	0.0 ^E	1.5 ^E	1.2 ^E	1.8 ^E	2 ^E	2 ^E	2 ^E
3. Civic and voluntary activities	0.5	0.4	0.6	2.7	2.6	2.7	19	16	22
4. Education and related activities	0.0 ^E	F	0.0 ^E	2.8 ^E	2.8 ^E	2.8 ^E	2 ^E	2	2 ^E
5. Sleep, meals and other personal activities	10.7	10.4	10.9	10.7	10.4	10.9	100	100	100
Night sleep	8.1	7.9	8.3	8.1	7.9	8.3	100	100	100
Meals (excl. restaurant meals)	1.2	1.2	1.1	1.3	1.3	1.3	89	90	89
Other personal activities	1.4	1.3	1.5	1.6	1.5	1.7	88	87	89
6. Socializing including restaurant meals	1.7	1.7	1.8	2.9	2.9	2.9	59	56	62
Restaurant meals	0.3	0.3	0.3	1.7	1.7	1.8	18	20	15
Socializing (in homes)	1.2	1.1	1.3	2.5	2.6	2.5	48	42	54
Other socializing	0.2	0.2	0.2	2.0	2.1	1.9	10	10	9
7. Television, reading and other passive leisure	3.1	3.1	3.0	3.5	3.6	3.5	86	86	86
Watching Television	2.4	2.6	2.3	3.1	3.2	3.0	78	79	76
Reading books, magazines, newspapers	0.6	0.5	0.6	1.5	1.4	1.6	37	34	40
Other passive leisure	0.1	0.1 ^E	0.1 ^E	1.4	1.3	1.4	5	6 ^E	5 ^E
8. Sports, movies and other entertainment events	0.1	0.1 ^E	0.1 ^E	2.8	2.6	3.0	4	4 ^E	4 ^E
9. Active leisure	1.1	1.2	1.0	2.3	2.5	2.2	47	49	45
Active sports	0.5	0.6	0.4	1.8	2.0	1.6	26	28	25
Other active leisure	0.6	0.7	0.6	2.2	2.2	2.1	29	30	28

Table 2. (continued)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex and age group, Canada, 2005

Activity group	Population			Participants			Participant rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
Age 65 and over									
Total work²	4.5	4.4	4.5	4.8	4.8	4.8	93	91	95
Paid work and related activities	0.4	0.7	0.2	5.1	5.4	4.4	9	13	5
Unpaid work³	4.0	3.7	4.3	4.4	4.2	4.6	92	89	94
Personal care	11.9	11.7	12.0	11.9	11.7	12.0	100	100	100
Free time	7.6	7.8	7.5	7.8	8.0	7.6	98	98	98
1. Paid work and related activities	0.4	0.7	0.2	5.1	5.4	4.4	9	13	5
Paid work	0.4	0.6	0.2	5.3	5.5	5.0	7	12	4
Activities related to paid work	0.0 ^E	F	F	0.7 ^E	0.9 ^E	F	1 ^E	1	F
Commuting	0.0	0.0	0.0 ^E	0.7	0.6	0.7	4	7	2 ^E
2. Household work and related activities	3.5	3.2	3.8	3.9	3.7	4.1	90	87	93
Cooking/washing up	0.9	0.6	1.2	1.3	1.0	1.4	71	58	81
Housekeeping	0.9	0.4	1.2	2.0	1.7	2.1	43	25	58
Maintenance and repair	0.2	0.4	0.0 ^E	2.9	3.0	2.3	7	14	2 ^E
Other household work	0.7	0.8	0.5	1.9	2.2	1.6	36	38	34
Shopping for goods and services	0.9	0.9	0.9	2.2	2.2	2.2	41	44	39
Child care	F	F	F	F	F	F	F	F	F
3. Civic and voluntary activities	0.5	0.5	0.5	2.9	2.8	3.0	17	17	16
4. Education and related activities	F	F	F	3.1 ^E	2.9 ^E	3.4 ^E	1	1	1
5. Sleep, meals and other personal activities	11.9	11.7	12.0	11.9	11.7	12.0	100	100	100
Night sleep	8.6	8.5	8.7	8.6	8.5	8.7	100	100	100
Meals (excl. restaurant meals)	1.4	1.4	1.3	1.5	1.5	1.5	93	94	92
Other personal activities	1.9	1.8	2.0	2.2	2.2	2.2	86	83	89
6. Socializing including restaurant meals	1.8	1.6	1.9	3.1	3.0	3.1	58	53	61
Restaurant meals	0.2	0.3	0.2	1.6	1.5	1.6	15	18	14
Socializing (in homes)	1.3	1.0	1.4	2.7	2.7	2.7	46	39	53
Other socializing	0.3	0.3	0.3	2.4	2.5	2.4	11	11	11

Table 2. (concluded)
Average time spent¹ on various activities for the population aged 15 and over and participants showing participation rate by sex and age group, Canada, 2005

Activity group	Population			Participants			Participant rate		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	(Hours per day)			(Hours per day)			(Percent)		
7. Television, reading and other passive leisure	4.5	4.7	4.3	4.9	5.1	4.7	92	93	92
Watching Television	3.4	3.7	3.2	4.0	4.2	3.8	85	87	84
Reading books, magazines, newspapers	1.0	0.9	1.0	2.0	1.9	2.1	49	48	50
Other passive leisure	0.2	0.2 ^E	0.1	1.8	2.0	1.6	9	9 ^E	8
8. Sports, movies and other entertainment events	0.1	0.1 ^E	0.1 ^E	2.6	2.5	2.7	3	4 ^E	3 ^E
9. Active leisure	1.3	1.4	1.2	2.5	2.7	2.4	51	52	49
Active sports	0.5	0.7	0.3	1.7	2.0	1.4	29	34	25
Other active leisure	0.8	0.7	0.8	2.4	2.3	2.5	32	30	34

1. Averaged over a 7-day week.

2. Includes activity groups 1 to 4.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 3.
Average time spent¹ on selected activities by the population aged 15 and over by sex and role group, Canada, 2005

Role group	Work				Personal care		
	Total	Paid work and related activities	Unpaid work ³	Education and related activities	Total	Sleep	Free time
	(Hours per day)						
Male²							
Age 15 to 17, unmarried student	6.2	0.6 ^E	0.8	4.8	11.0	9.2	6.8
Age 18 to 24, unmarried student	7.5	1.3 ^E	1.0	5.2	10.6	8.9	5.9
Age 18 to 24, employed full-time, unmarried	7.7	6.4	1.2	F	10.3	8.6	6.0
Age 25 to 44, employed full-time, lone parent	10.0	6.7	3.3	0.0	9.4	7.8	4.6
Age 25 to 44, employed full-time, married parent	10.6	7.4	3.1	F	9.7	7.8	3.7
Age 25 to 44, not employed or a student, married parent	7.4	1.1 ^E	6.0	F	10.8	8.3	5.8
Age 25 to 44, employed full-time, married non-parent	9.0	6.6	2.3	F	10.3	8.2	4.7
Age 25 to 44, employed full-time, unmarried non-parent	8.5	6.6	1.9	F	9.7	8.0	5.7
Age 45 to 64, employed full-time, married parent	10.0	7.3	2.6	F	9.8	7.8	4.2
Age 45 to 64, employed full-time, married non-parent	9.3	6.8	2.4	F	10.2	7.8	4.5
Age 45 to 64, employed full-time, unmarried non-parent	9.2	6.8	2.3	F	9.7	7.7	5.1
Age 45 to 64, not employed or a student, married non-parent	4.4	0.3 ^E	4.1	0.0	11.2	8.4	8.4

Table 3. (continued)
Average time spent¹ on selected activities by the population aged 15 and over by sex and role group, Canada, 2005

Role group	Work				Personal care		Free time
	Total	Paid work and related activities	Unpaid work ³	Education and related activities	Total	Sleep	
(Hours per day)							
Age 45 to 64, not employed or a student, unmarried non-parent	3.8	0.6 ^E	3.2	F	11.3	8.7	8.9
Age 65 and over, not employed or a student, married non-parent	4.1	0.1 ^E	4.0	F	11.8	8.5	8.1
Age 65 and over, not employed or a student, living alone	3.3	0.1 ^E	3.2	F	12.0	8.5	8.7
Female²							
Age 15 to 17, unmarried student	7.6	1.0 ^E	1.0	5.5	11.0	8.9	5.5
Age 18 to 24, unmarried student	8.1	1.4	1.7	5.0	10.8	8.9	5.1
Age 18 to 24, employed full-time, unmarried	8.7	6.7	1.7	0.3 ^E	10.4	8.5	5.0
Age 25 to 44, employed full-time, lone parent	10.9	6.6	4.3	F	9.7	7.9	3.4
Age 25 to 44, not employed or a student, lone parent	7.2	F	6.6	F	11.1	8.8	5.7
Age 25 to 44, employed full-time, married parent	10.5	5.6	4.7	0.1 ^E	10.2	8.1	3.4
Age 25 to 44, employed part-time, married parent	9.5	2.9	6.3	F	10.5	8.0	4.1
Age 25 to 44, not employed or a student, married parent	8.9	0.4 ^E	8.3	0.1 ^E	10.6	8.4	4.5

Table 3. (concluded)
Average time spent¹ on selected activities by the population aged 15 and over by sex and role group, Canada, 2005

Role group	Work				Personal care		Free time
	Total	Paid work and related activities	Unpaid work ³	Education and related activities	Total	Sleep	
(Hours per day)							
Age 25 to 44, employed full-time, married non-parent	9.4	6.3	3.0	0.1 ^E	10.4	8.3	4.2
Age 25 to 44, employed full-time, unmarried non-parent	8.8	6.3	2.3	0.2 ^E	10.3	8.1	4.9
Age 45 to 64, employed full-time, married parent	10.0	5.7	4.3	F	10.3	8.1	3.7
Age 45 to 64, employed full-time, married non-parent	9.6	5.9	3.6	0.1 ^E	10.4	8.0	4.1
Age 45 to 64, employed full-time, unmarried non-parent	9.5	6.1	3.3	F	10.1	7.8	4.4
Age 45 to 64, not employed or a student, married non-parent	5.8	0.3 ^E	5.5	F	11.3	8.6	6.9
Age 45 to 64, not employed or a student, unmarried non-parent	5.3	0.1 ^E	5.1	F	11.2	8.6	7.5
Age 65 and over, not employed or a student, married non-parent	4.9	F	4.9	F	12.0	8.7	7.1
Age 65 and over, not employed or a student, living alone	3.7	0.1 ^E	3.6	F	12.0	8.7	8.2
Age 65 and over, not employed or a student, living with others	4.3	F	4.2	F	12.2	9.1	7.5

1. Averaged over a 7-day week.

2. Parent - i.e. those with never married children aged less than 19, who live at home. Non-parent - i.e. those without never married children aged less than 19 living at home.

3. Includes activity groups 2 and 3.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 4.1
Average time spent¹ at various locations for the population aged 15 and over by sex, Canada, 2005

Location of Activity	Total	Male	Female
	(Hours per day)		
At respondent's home	16.5	15.9	17.2
At work place	3.2	3.8	2.6
At someone else's home	0.8	0.8	0.8
At another place	2.2	2.2	2.2
Restaurant or bar	0.3	0.3	0.2
Place of worship	0.1	0.0	0.1
Grocery store	0.1	0.1	0.2
Other store or mall	0.3	0.2	0.3
School	0.4	0.4	0.4
Outdoors away from home	0.3	0.4	0.3
Other locations	0.8	0.8	0.8
In transit	1.2	1.3	1.2
As an automobile driver	0.8	0.9	0.6
As a passenger in an automobile	0.2	0.1	0.3
Walking	0.1	0.1	0.1
Taking bus or other public transit	0.2	0.1	0.2

1. Averaged over a 7-day week.

Source: Statistics Canada, General Social Survey, 2005

Table 4.2
Average time spent¹ at various locations for the population aged 15 and over by sex, Newfoundland and Labrador, 2005

Location of Activity	Total	Male	Female
	(Hours per day)		
At respondent's home	16.9	16.3	17.4
At work place	2.7	3.3	2.1
At someone else's home	1.0	0.9	1.1
At another place	2.3	2.4	2.2
Restaurant or bar	0.2	0.2	0.2
Place of worship	0.1	0.1 ^E	0.1 ^E
Grocery store	0.1	0.1 ^E	0.2
Other store or mall	0.3	0.2	0.4
School	0.3	0.4 ^E	0.3 ^E
Outdoors away from home	0.4	0.5 ^E	0.3
Other locations	0.9	1.0	0.9
In transit	1.1	1.1	1.1
As an automobile driver	0.7	0.8	0.6
As a passenger in an automobile	0.3	0.1 ^E	0.4
Walking	0.1	0.1	0.1
Taking bus or other public transit	0.1 ^E	0.1 ^E	F

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 4.3
Average time spent¹ at various locations for the population aged 15 and over by sex, Prince Edward Island, 2005

Location of Activity	Total	Male	Female
	(Hours per day)		
At respondent's home	16.2	15.6	16.7
At work place	3.6	4.5	2.7
At someone else's home	0.9	0.8	1.0
At another place	2.1	1.9	2.3
Restaurant or bar	0.2	0.3 ^E	0.2
Place of worship	0.1 ^E	F	0.1 ^E
Grocery store	0.1	F	0.2
Other store or mall	0.2	0.1 ^E	0.3 ^E
School	0.2 ^E	F	0.3 ^E
Outdoors away from home	0.3 ^E	0.5 ^E	0.2 ^E
Other locations	0.9	0.8	1.1 ^E
In transit	1.2	1.2	1.2
As an automobile driver	0.9	1.0	0.7
As a passenger in an automobile	0.2	0.1 ^E	0.3
Walking	0.1	0.1 ^E	0.1 ^E
Taking bus or other public transit	F	F	F

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 4.4
Average time spent¹ at various locations for the population aged 15 and over by sex, Nova Scotia, 2005

Location of Activity	Total	Male	Female
	(Hours per day)		
At respondent's home	16.4	15.7	17.0
At work place	3.1	3.6	2.6
At someone else's home	0.9	0.9	0.9
At another place	2.3	2.4	2.2
Restaurant or bar	0.2	0.2	0.2
Place of worship	0.1 ^E	F	0.0 ^E
Grocery store	0.1	0.1	0.1
Other store or mall	0.3	0.2 ^E	0.3
School	0.5 ^E	0.6 ^E	0.4 ^E
Outdoors away from home	0.3	0.3 ^E	0.3
Other locations	0.9	0.9	0.9
In transit	1.3	1.4	1.2
As an automobile driver	0.8	1.0	0.7
As a passenger in an automobile	0.3	0.2 ^E	0.3
Walking	0.1	0.1 ^E	0.1
Taking bus or other public transit	0.1 ^E	0.1 ^E	0.1 ^E

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 4.5
Average time spent¹ at various locations for the population aged 15 and over by sex, New Brunswick, 2005

Location of Activity	Total	Male	Female
	(Hours per day)		
At respondent's home	16.8	16.2	17.3
At work place	3.0	3.7	2.3
At someone else's home	1.0	0.9	1.1
At another place	2.1	2.1	2.1
Restaurant or bar	0.2	0.2	0.2
Place of worship	0.1 ^E	F	0.1 ^E
Grocery store	0.1	0.1	0.1
Other store or mall	0.3	0.2 ^E	0.4
School	0.3	0.2 ^E	0.3
Outdoors away from home	0.3	0.4 ^E	0.2
Other locations	0.9	0.9	0.8
In transit	1.2	1.2	1.2
As an automobile driver	0.8	1.0	0.7
As a passenger in an automobile	0.3	0.1 ^E	0.4
Walking	0.1	0.0 ^E	0.1
Taking bus or other public transit	0.0 ^E	0.0 ^E	0.0 ^E

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 4.6
Average time spent¹ at various locations for the population aged 15 and over by sex, Quebec, 2005

Location of Activity	Total	Male	Female
	(Hours per day)		
At respondent's home	16.8	16.0	17.6
At work place	2.9	3.6	2.2
At someone else's home	0.9	0.9	1.0
At another place	2.2	2.2	2.1
Restaurant or bar	0.3	0.4	0.3
Place of worship	0.0 ^E	0.0 ^E	0.0 ^E
Grocery store	0.1	0.1	0.2
Other store or mall	0.3	0.2	0.4
School	0.3	0.3	0.4
Outdoors away from home	0.3	0.4	0.2
Other locations	0.8	0.8	0.7
In transit	1.2	1.3	1.1
As an automobile driver	0.7	0.9	0.5
As a passenger in an automobile	0.2	0.1	0.3
Walking	0.1	0.1	0.1
Taking bus or other public transit	0.2	0.2	0.2

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 4.7
Average time spent¹ at various locations for the population aged 15 and over by sex, Ontario, 2005

Location of Activity	Total	Male	Female
	(Hours per day)		
At respondent's home	16.4	15.8	17.0
At work place	3.3	3.9	2.8
At someone else's home	0.8	0.8	0.8
At another place	2.2	2.2	2.2
Restaurant or bar	0.3	0.3	0.2
Place of worship	0.1	0.1 ^E	0.1
Grocery store	0.1	0.1	0.2
Other store or mall	0.3	0.2	0.3
School	0.4	0.4	0.4
Outdoors away from home	0.3	0.4	0.3
Other locations	0.8	0.8	0.7
In transit	1.3	1.3	1.2
As an automobile driver	0.8	1.0	0.6
As a passenger in an automobile	0.2	0.1	0.3
Walking	0.1	0.1	0.1
Taking bus or other public transit	0.2	0.2	0.2

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 4.8
Average time spent¹ at various locations for the population aged 15 and over by sex, Manitoba, 2005

Location of Activity	Total	Male	Female
	(Hours per day)		
At respondent's home	16.7	16.4	17.0
At work place	3.2	3.7	2.7
At someone else's home	0.8	0.6	0.9
At another place	2.2	2.1	2.3
Restaurant or bar	0.3	0.3	0.3 ^E
Place of worship	0.1 ^E	0.1 ^E	F
Grocery store	0.2	0.2	0.2
Other store or mall	0.3	0.2	0.3
School	0.3	0.3 ^E	0.3 ^E
Outdoors away from home	0.3	0.3 ^E	0.3 ^E
Other locations	0.7	0.7	0.8
In transit	1.1	1.1	1.1
As an automobile driver	0.7	0.9	0.6
As a passenger in an automobile	0.2	0.1 ^E	0.3
Walking	0.1	0.1 ^E	0.1
Taking bus or other public transit	0.1	0.1 ^E	0.1 ^E

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 4.9
Average time spent¹ at various locations for the population aged 15 and over by sex, Saskatchewan, 2005

Location of Activity	Total	Male	Female
	(Hours per day)		
At respondent's home	16.5	16.0	17.0
At work place	3.2	3.8	2.5
At someone else's home	1.0	0.8 ^E	1.1
At another place	2.3	2.2	2.3
Restaurant or bar	0.3	0.3	0.2
Place of worship	0.0 ^E	0.0 ^E	0.1 ^E
Grocery store	0.1	0.1 ^E	0.1
Other store or mall	0.3	0.2 ^E	0.4
School	0.4	0.4 ^E	0.4
Outdoors away from home	0.2	0.2 ^E	0.3 ^E
Other locations	0.9	1.0	0.9
In transit	1.1	1.1	1.0
As an automobile driver	0.8	0.9	0.6
As a passenger in an automobile	0.2	0.1 ^E	0.3
Walking	0.1	0.1 ^E	0.1
Taking bus or other public transit	0.0 ^E	F	F

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 4.10
Average time spent¹ at various locations for the population aged 15 and over by sex, Alberta, 2005

Location of Activity	Total	Male	Female
	(Hours per day)		
At respondent's home	16.1	15.4	16.8
At work place	3.7	4.3	3.1
At someone else's home	0.6	0.6	0.7
At another place	2.3	2.4	2.1
Restaurant or bar	0.3	0.3	0.2
Place of worship	0.1 ^E	0.1 ^E	0.0 ^E
Grocery store	0.1	0.1	0.1
Other store or mall	0.3	0.2	0.3
School	0.5	0.5	0.4
Outdoors away from home	0.3	0.3 ^E	0.2
Other locations	0.8	0.9	0.8
In transit	1.2	1.3	1.2
As an automobile driver	0.8	0.9	0.7
As a passenger in an automobile	0.2	0.1	0.3
Walking	0.1	0.1	0.1
Taking bus or other public transit	0.1	0.1	0.1

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 4.11
Average time spent¹ at various locations for the population aged 15 and over by sex, British Columbia, 2005

Location of Activity	Total	Male	Female
	(Hours per day)		
At respondent's home	16.7	16.2	17.3
At work place	3.2	3.8	2.6
At someone else's home	0.7	0.7	0.7
At another place	2.2	2.2	2.2
Restaurant or bar	0.3	0.3	0.3
Place of worship	0.0	0.0 ^E	0.1 ^E
Grocery store	0.1	0.1	0.2
Other store or mall	0.3	0.3	0.3
School	0.3	0.3 ^E	0.3
Outdoors away from home	0.4	0.4	0.3
Other locations	0.7	0.7	0.7
In transit	1.2	1.2	1.2
As an automobile driver	0.8	0.9	0.7
As a passenger in an automobile	0.2	0.1	0.3
Walking	0.1	0.1	0.1
Taking bus or other public transit	0.1	0.2 ^E	0.1

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 5.1
Average time spent¹ with household and non-household members for the population aged 15 and over by sex, Canada, 2005

Social contact during activity	Total	Male	Female
	(Hours per day)		
Alone	6.4	6.5	6.3
With household members:	5.5	5.3	5.7
Spouse or partner	3.4	3.5	3.2
Child(ren) under age 15	1.4	1.0	1.7
Parent(s) or parent(s)-in-laws	0.3	0.3	0.3
Other members including children age 15 and over	0.5	0.4	0.5
With persons outside the household	5.0	5.2	4.8
Respondent's child(ren) under age 15	0.1	0.1	0.1
Respondent's child(ren) age 15 and over	0.1	0.1	0.2
Parent(s) or parent(s)-in-laws	0.2	0.2	0.3
Other relative(s)	0.6	0.5	0.7
Friend(s)	1.5	1.6	1.4
Other person(s)	2.5	2.8	2.2
With household members only	4.5	4.3	4.7
With persons outside the household only	4.7	4.9	4.4
Social contact not applicable to activity (includes sleep)	9.1	9.0	9.3

1. Averaged over a 7-day week.

Source: Statistics Canada, General Social Survey, 2005

Table 5.2
Average time spent¹ with household and non-household members for the population aged 15 and over by sex,
Newfoundland and Labrador, 2005

Social contact during activity	Total	Male	Female
	(Hours per day)		
Alone	5.8	6.0	5.6
With household members:	6.0	5.8	6.2
Spouse or partner	3.8	4.1	3.5
Child(ren) under age 15	1.5	1.2	1.9
Parent(s) or parent(s)-in-laws	0.2	0.1 ^E	0.3 ^E
Other members including children age 15 and over	0.5	0.4 ^E	0.5
With persons outside the household:	5.9	5.9	5.9
Respondent's child(ren) under age 15	0.1 ^E	F	F
Respondent's child(ren) age 15 and over	0.2 ^E	0.1 ^E	0.3 ^E
Parent(s) or parent(s)-in-laws	0.4	0.4 ^E	0.3 ^E
Other relative(s)	1.0	0.6	1.4
Friend(s)	1.7	2.0	1.5
Other person(s)	2.5	2.7	2.2
With household members only	5.0	4.9	5.2
With persons outside the household only	5.3	5.3	5.2
Social contact not applicable to activity (includes sleep)	8.9	8.6	9.1

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 5.3
Average time spent¹ with household and non-household members for the population aged 15 and over by sex,
Prince Edward Island, 2005

Social contact during activity	Total	Male	Female
	(Hours per day)		
Alone	5.9	5.8	6.0
With household members:	5.7	5.8	5.6
Spouse or partner	3.3	3.9	2.7
Child(ren) under age 15	1.7	1.2	2.1
Parent(s) or parent(s)-in-laws	0.2 ^E	F	0.2 ^E
Other members including children age 15 and over	0.5	0.5 ^E	0.6 ^E
With persons outside the household:	6.0	6.2	5.8
Respondent's child(ren) under age 15	F	F	F
Respondent's child(ren) age 15 and over	0.1 ^E	F	0.2 ^E
Parent(s) or parent(s)-in-laws	0.3 ^E	0.3 ^E	0.3 ^E
Other relative(s)	0.8	0.5 ^E	1.0
Friend(s)	1.5	1.5	1.5
Other person(s)	3.2	3.8	2.7
With household members only	4.6	4.6	4.6
With persons outside the household only	5.6	5.8	5.3
Social contact not applicable to activity (includes sleep)	8.8	8.5	9.0

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 5.4
Average time spent¹ with household and non-household members for the population aged 15 and over by sex, Nova Scotia, 2005

Social contact during activity	Total	Male	Female
	(Hours per day)		
Alone	6.2	6.1	6.3
With household members:	5.4	5.4	5.3
Spouse or partner	3.4	3.7	3.2
Child(ren) under age 15	1.2	1.1	1.4
Parent(s) or parent(s)-in-laws	0.2	0.1 ^E	0.2 ^E
Other members including children age 15 and over	0.5	0.5 ^E	0.6
With persons outside the household:	5.7	5.8	5.5
Respondent's child(ren) under age 15	F	F	F
Respondent's child(ren) age 15 and over	0.2	F	0.3 ^E
Parent(s) or parent(s)-in-laws	0.3	0.2 ^E	0.3 ^E
Other relative(s)	0.6	0.5 ^E	0.7
Friend(s)	1.6	1.6	1.6
Other person(s)	2.9	3.2	2.6
With household members only	4.6	4.5	4.6
With persons outside the household only	5.3	5.5	5.1
Social contact not applicable to activity (includes sleep)	8.8	8.6	8.9

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 5.5
Average time spent¹ with household and non-household members for the population aged 15 and over by sex,
New Brunswick, 2005

Social contact during activity	Total	Male	Female
	(Hours per day)		
Alone	6.2	6.2	6.2
With household members:	5.3	5.0	5.6
Spouse or partner	3.3	3.6	3.1
Child(ren) under age 15	1.2	0.8	1.7
Parent(s) or parent(s)-in-laws	0.2 ^E	0.2 ^E	0.3 ^E
Other members including children age 15 and over	0.5	0.5	0.6
With persons outside the household:	5.4	5.6	5.1
Respondent's child(ren) under age 15	0.1 ^E	F	0.2 ^E
Respondent's child(ren) age 15 and over	0.2 ^E	F	0.2 ^E
Parent(s) or parent(s)-in-laws	0.3 ^E	0.3 ^E	0.4 ^E
Other relative(s)	0.8	0.6 ^E	0.9
Friend(s)	1.4	1.6	1.2
Other person(s)	2.6	2.9	2.3
With household members only	4.6	4.3	4.8
With persons outside the household only	5.0	5.3	4.7
Social contact not applicable to activity (includes sleep)	9.0	8.8	9.1

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 5.6
Average time spent¹ with household and non-household members for the population aged 15 and over by sex, Quebec, 2005

Social contact during activity	Total	Male	Female
	(Hours per day)		
Alone	6.1	6.3	6.0
With household members:	5.9	5.6	6.1
Spouse or partner	3.7	3.9	3.6
Child(ren) under age 15	1.4	1.1	1.7
Parent(s) or parent(s)-in-laws	0.3	0.3	0.4
Other members including children age 15 and over	0.4	0.4	0.4
With persons outside the household:	4.9	5.1	4.7
Respondent's child(ren) under age 15	0.1 ^E	F	0.1 ^E
Respondent's child(ren) age 15 and over	0.1	0.1 ^E	0.2
Parent(s) or parent(s)-in-laws	0.3	0.2	0.4
Other relative(s)	0.5	0.4	0.6
Friend(s)	1.4	1.5	1.3
Other person(s)	2.5	2.9	2.1
With household members only	4.8	4.6	5.0
With persons outside the household only	4.6	4.9	4.4
Social contact not applicable to activity (includes sleep)	9.2	8.9	9.5

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 5.7
Average time spent¹ with household and non-household members for the population aged 15 and over by sex, Ontario, 2005

Social contact during activity	Total	Male	Female
	(Hours per day)		
Alone	6.6	6.6	6.5
With household members:	5.3	5.0	5.6
Spouse or partner	3.2	3.4	3.1
Child(ren) under age 15	1.3	1.0	1.6
Parent(s) or parent(s)-in-laws	0.3	0.3	0.3
Other members including children age 15 and over	0.5	0.4	0.6
With persons outside the household:	4.9	5.2	4.7
Respondent's child(ren) under age 15	0.1	0.1 ^E	0.1
Respondent's child(ren) age 15 and over	0.1	0.1 ^E	0.1
Parent(s) or parent(s)-in-laws	0.2	0.2	0.2
Other relative(s)	0.6	0.5	0.6
Friend(s)	1.5	1.6	1.5
Other person(s)	2.4	2.7	2.1
With household members only	4.4	4.2	4.6
With persons outside the household only	4.6	4.9	4.3
Social contact not applicable to activity (includes sleep)	9.1	9.0	9.3

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 5.8
Average time spent¹ with household and non-household members for the population aged 15 and over by sex, Manitoba, 2005

Social contact during activity	Total	Male	Female
	(Hours per day)		
Alone	6.3	6.3	6.2
With household members:	5.5	5.7	5.3
Spouse or partner	3.3	3.7	3.0
Child(ren) under age 15	1.5	1.3	1.6
Parent(s) or parent(s)-in-laws	0.3	0.2 ^E	0.3 ^E
Other members including children age 15 and over	0.5	0.6 ^E	0.3 ^E
With persons outside the household:	5.2	5.1	5.4
Respondent's child(ren) under age 15	0.1 ^E	F	F
Respondent's child(ren) age 15 and over	0.1 ^E	F	0.1 ^E
Parent(s) or parent(s)-in-laws	0.3 ^E	0.2 ^E	0.3 ^E
Other relative(s)	0.7	0.6	0.7
Friend(s)	1.5	1.5	1.5
Other person(s)	2.6	2.7	2.5
With household members only	4.5	4.5	4.4
With persons outside the household only	4.9	4.7	5.0
Social contact not applicable to activity (includes sleep)	9.2	9.0	9.3

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 5.9
Average time spent¹ with household and non-household members for the population aged 15 and over by sex, Saskatchewan, 2005

Social contact during activity	Total	Male	Female
	(Hours per day)		
Alone	6.7	6.7	6.7
With household members:	5.0	4.8	5.3
Spouse or partner	3.0	3.2	2.8
Child(ren) under age 15	1.3	1.0	1.5
Parent(s) or parent(s)-in-laws	0.3 ^E	0.2 ^E	0.3 ^E
Other members including children age 15 and over	0.5	0.4 ^E	0.6 ^E
With persons outside the household:	4.9	5.1	4.7
Respondent's child(ren) under age 15	0.1 ^E	F	F
Respondent's child(ren) age 15 and over	0.1 ^E	F	0.1 ^E
Parent(s) or parent(s)-in-laws	0.2 ^E	0.2 ^E	0.3 ^E
Other relative(s)	0.7	0.5	0.9
Friend(s)	1.4	1.5	1.4
Other person(s)	2.4	2.8	2.0
With household members only	4.2	4.0	4.4
With persons outside the household only	4.6	4.8	4.3
Social contact not applicable to activity (includes sleep)	9.2	9.0	9.4

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 5.10
Average time spent¹ with household and non-household members for the population aged 15 and over by sex, Alberta, 2005

Social contact during activity	Total	Male	Female
	(Hours per day)		
Alone	6.3	6.3	6.4
With household members:	5.5	5.3	5.7
Spouse or partner	3.2	3.4	3.0
Child(ren) under age 15	1.5	1.1	1.9
Parent(s) or parent(s)-in-laws	0.3	0.3 ^E	0.3 ^E
Other members including children age 15 and over	0.5	0.4	0.6
With persons outside the household:	5.2	5.5	4.9
Respondent's child(ren) under age 15	0.1 ^E	F	0.2 ^E
Respondent's child(ren) age 15 and over	0.1 ^E	F	0.1 ^E
Parent(s) or parent(s)-in-laws	0.1	0.1 ^E	0.2 ^E
Other relative(s)	0.6	0.5	0.8
Friend(s)	1.4	1.6	1.3
Other person(s)	2.7	3.1	2.3
With household members only	4.4	4.2	4.7
With persons outside the household only	4.8	5.2	4.4
Social contact not applicable to activity (includes sleep)	9.1	9.0	9.3

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Table 5.11
Average time spent¹ with household and non-household members for the population aged 15 and over by sex, British Columbia, 2005

Social contact during activity	Total	Male	Female
	(Hours per day)		
Alone	6.6	6.8	6.5
With household members:	5.3	5.1	5.6
Spouse or partner	3.2	3.4	3.1
Child(ren) under age 15	1.4	1.0	1.7
Parent(s) or parent(s)-in-laws	0.3	0.3	0.2
Other members including children age 15 and over	0.5	0.4	0.6
With persons outside the household:	4.6	4.7	4.5
Respondent's child(ren) under age 15	0.1 ^E	F	0.1 ^E
Respondent's child(ren) age 15 and over	0.1 ^E	0.0 ^E	0.1 ^E
Parent(s) or parent(s)-in-laws	0.2	0.1 ^E	0.2 ^E
Other relative(s)	0.5	0.5	0.6
Friend(s)	1.4	1.4	1.4
Other person(s)	2.4	2.6	2.2
With household members only	4.4	4.2	4.6
With persons outside the household only	4.3	4.5	4.2
Social contact not applicable to activity (includes sleep)	9.3	9.1	9.4

1. Averaged over a 7-day week.

^E use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005

Methods

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

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

In the survey, all respondents were contacted and interviewed by land-line (non-cellular) telephone. Households without land-line telephones were therefore excluded; in 2005, persons living in such households represented less than 5% of the target population. Survey estimates have been adjusted (i.e., weighted) to account for persons without telephones.

Data for Cycle 19 of the GSS were collected in 11 monthly samples from January to November 2005 with data collection for the November sample extending until mid-December. The sample was evenly distributed over the 11 months and was selected using the Elimination of Non-Working Banks technique of Random Digit Dialling (RDD). Since people's activities differ by the day of the week, a sample that was representative of each day of the week was required. Each telephone number was therefore assigned a "designated day".

Cases were eligible for collection for 2 days following the designated day. The response rate for Cycle 19 was 58.6%. This was based on the 19,597 respondents for whom usable diary information was obtained.

Data Limitations

The figures which appear in this report are estimates based on data collected from a small fraction of the population (roughly one person in 1,300) and are subject to error. The error can be divided into two components: sampling error and non-sampling error.

Sampling error is the difference between an estimate derived from the sample and the one that would have been obtained from a census that used the same procedures to collect data from every person in the 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% of the related estimate should be "qualified" and used with caution. These are identified with an 'E'.

All other types of errors, such as coverage, response, processing, and non-response, are non-sampling errors. Many of these errors are difficult to identify and quantify.

Coverage errors arise when there are differences between the target population and the surveyed population. Households without telephones represent a 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 small, one would expect the biases introduced 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.

Individuals residing in institutions were excluded from the surveyed population. The effect of this exclusion is greatest for people aged 65 and over, for whom the proportion excluded is around 7%.

To the extent that the non-responding households and persons differ from the rest of the sample, the estimates will be biased. The overall response rate for the survey was 58.6%. Non-response could occur at several stages in this survey. There were two stages of information collection: at the household level and at

the individual level. As such, some non-response occurred at the household level, some at the individual level. Non-response also occurs 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 ability to answer some questions completely can be expected to affect some of the results presented. Criteria for accepting a time use diary were stringent, requiring the reporting of information about at least 20 of the 24 hours. Time use episodes for which activity details were refused or not stated are shown as "Residual" time.

Glossary of terms

Activities

Information on each of the respondent's activities during a 24-hour period were collected. The diary day began at 4:00 a.m. and ended at 4:00 a.m. the following day. Only the primary activity was identified for any period during the day. The only exception to this was for child care. The respondent was also asked to identify all of the time periods during the diary day when they were also taking care of their children.

Average time

Activities are averaged for a 24-hour day, over a 7-day week. For activities like paid work which are normally considered over a 5-day period, a simple conversion will reconstruct activities to a 5-day average. Multiply the daily average by 7 for a weekly average and divide by 5. For example, a paid workday of 5.7 hours (averaged over 7 days) will convert to an 8.0 hour day (averaged over 5 days).

Average time spent

Average time (in hours) obtained when the estimated total daily time spent per day on the activity is divided by the estimated total number of persons in a given population.

Average time spent per participant

Average time (in hours) obtained when the estimated total daily time spent per day on the activity is divided by the estimated total number of persons who reported at least one occurrence of that activity on their diary.

Diary day

A diary day is a continuous 24-hour period commencing at 4:00 a.m. for which respondents reported their activities.

Free time or leisure time comprises the residual of the 24-hour day, time that is not allocated to either paid work, unpaid work, or personal care. It is time over which individuals have the most discretion. Leisure was classified into three components: socializing (in homes, restaurants, bars, etc.), passive leisure (primarily at home: television, reading and listening to music) and active leisure (predominantly out of home: attending and participating in entertainment/sports events).

Paid work and related activities include all functions directed toward market activity including commuting to and from work, and other related activities including looking for employment.

Personal care includes three main activities: sleep (night or essential sleep), meals (excluding those at restaurants or with people from outside the household), and other personal care (washing, dressing, relaxing, naps).

Role groups have been defined to represent the more prevalent situations in which people find themselves over the life cycle. The groups are based on age, sex, employment status, marriage/living arrangements, and parenthood. These are factors that have a major impact on lifestyle.

Student refers to persons whose main activity the previous week was going to school, whether or not they also worked for pay.

Employed full-time refers to persons whose main activity was not "going to school" and who were employed fulltime (30 or more hours per week).

Employed part-time refers to persons whose main activity was not "going to school" and who were employed part-time (fewer than 30 hours per week).

Married refers to married or cohabiting persons.

Unmarried refers to never-married, divorced, separated or widowed persons who were not cohabiting. Those with children are referred to as **lone parents**.

Parent refers to respondents with any never-married children aged less than 19 living with them.

Total work is an aggregate of both market and non-market activity. It is composed of three subgroups: paid work, unpaid work and education and related activities.

The total work concept should be used with caution. Many time use experts argue that due to collection problems, paid work and unpaid work are incompatible concepts and should not be aggregated. Part of household management, emotional work and secondary child care are missing from unpaid work, creating an under-measure. In contrast, all time spent at paid work is counted as work. Unlike unpaid work, coffee breaks and other activities such as socializing or down time are included. The total work estimate may be upwardly biased. Thus a comparison of the “total work” burden between role groups will also be upwardly biased in favour of individuals who spend more time at paid work.

Unpaid work includes all work directed toward non-market oriented activity. It comprises household work and related activities (including shopping and child care), as well as social support, civic and voluntary activities.