

Main findings on the new wave of Time-use Survey in Finland

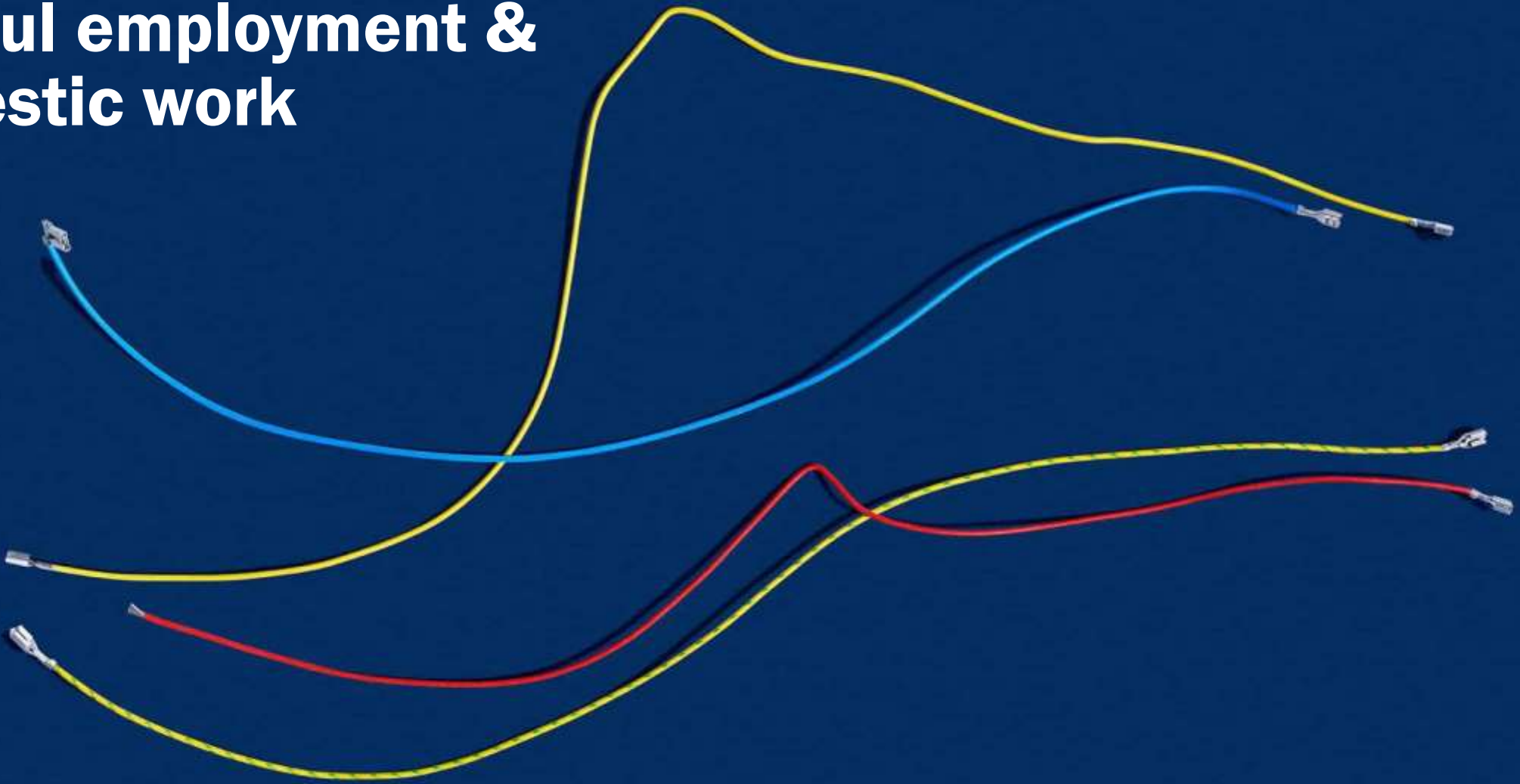
Juha Haaramo,
22 October 2024 Barcelona, Time Use Week 2024

Time use surveys of Statistics Finland

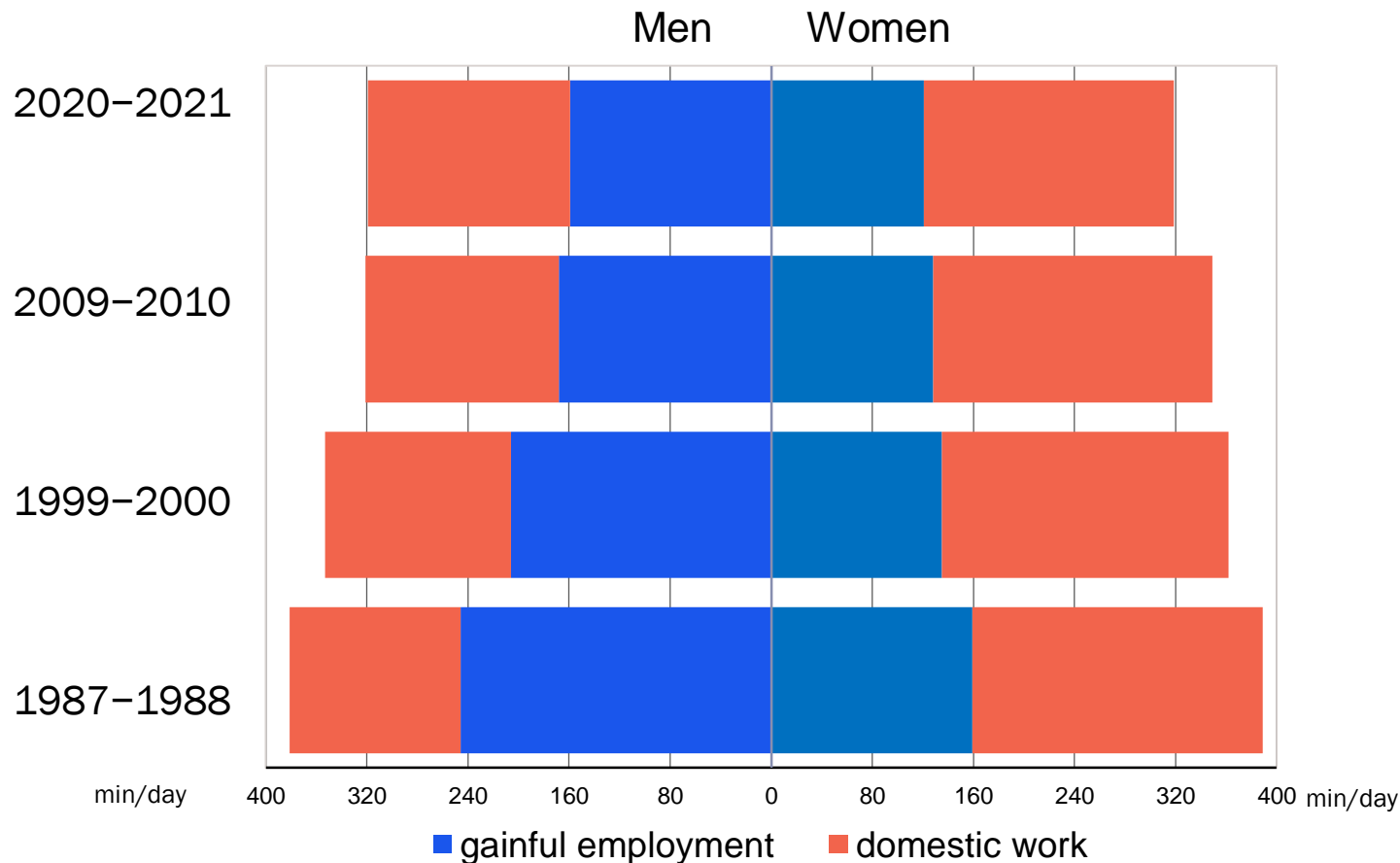
1. September – November 1979, 10–64 yo
 - 6 000 persons, 12 000 diary days (Paper diary)
2. April 1987 – March 1988, 10 yo+
 - 7 700 persons, 15 300 diary days (Paper diary)
3. March 1999 – February 2000, 10 yo+ HH sample
 - 5 300 persons, 10 500 diary days, **HETUS** (Paper diary)
4. April 2009 – May 2010, 10 yo+ HH sample
 - 3 800 persons, 7 480 diary days, **HETUS** (Paper diary)
5. September 2020 – September 2021, 10 yo+ HH sample
 - 4 374 persons, 8 186 diary days, **HETUS** (Web & paper diary)
 - **COVID years**



Gainful employment & domestic work

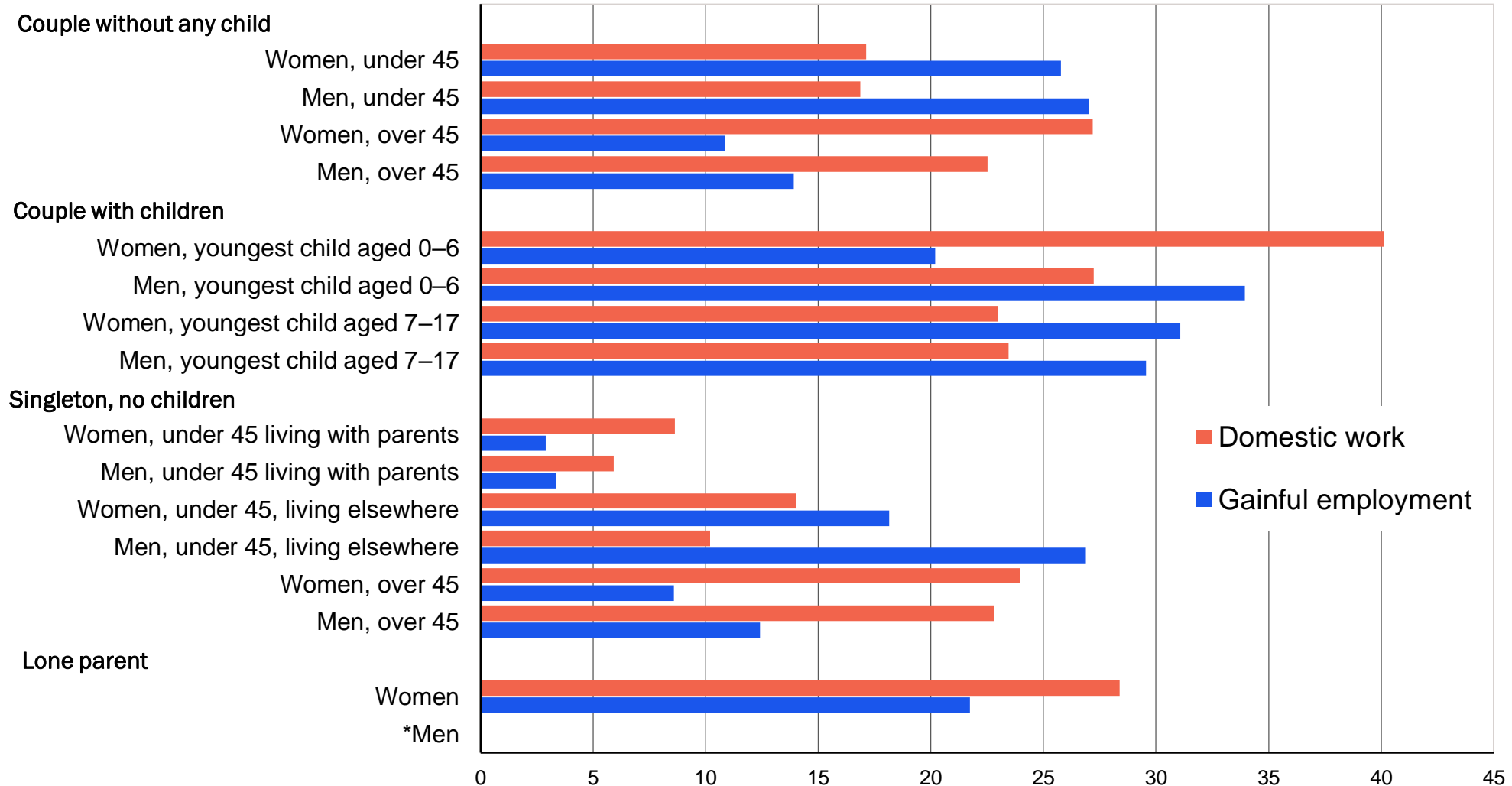


Time used by men and women on domestic work and gainful employment in 1987 to 2021, 10 yo+



- For the very first time, the total working time is equal for men and women
- The total working time has decreased for both men and women
- Men still do more gainful work, women do more domestic work

Total work input of women and men by stage in family cycle 2020–2021, hours/week

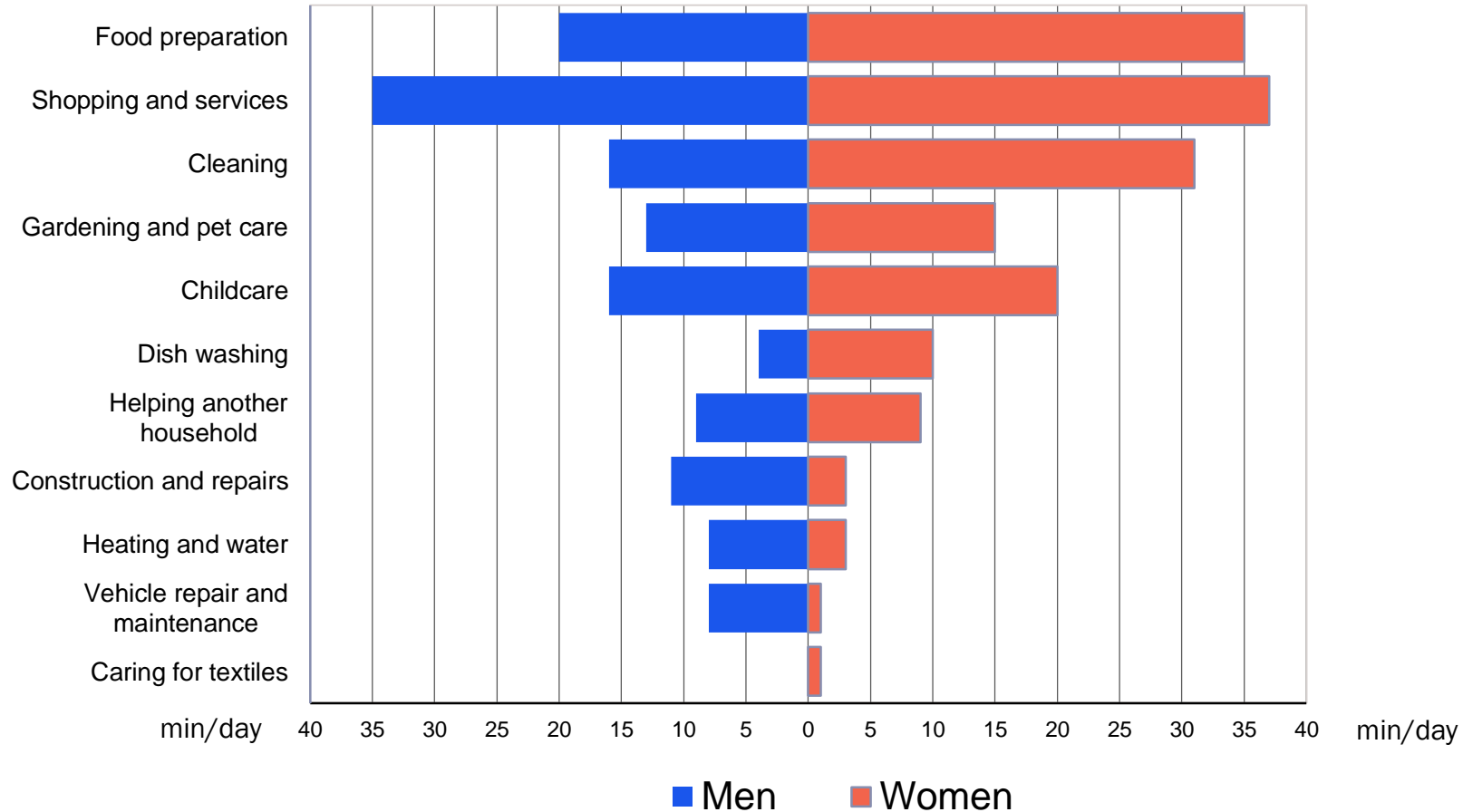


Note: no children= no children under aged 18

*the information is subject to the confidentiality rule



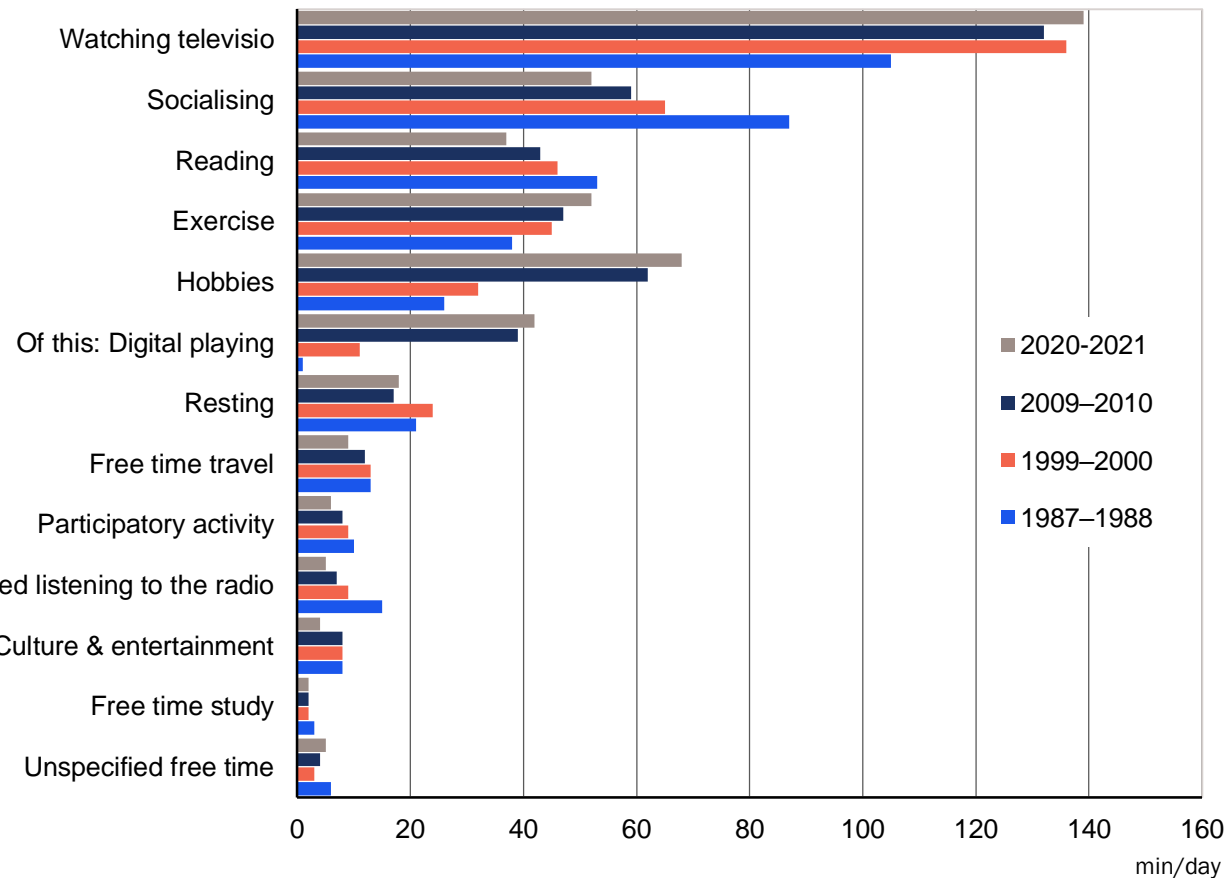
Time used by men and women on domestic work 2020–2021, 10 yo+



Time use in free time

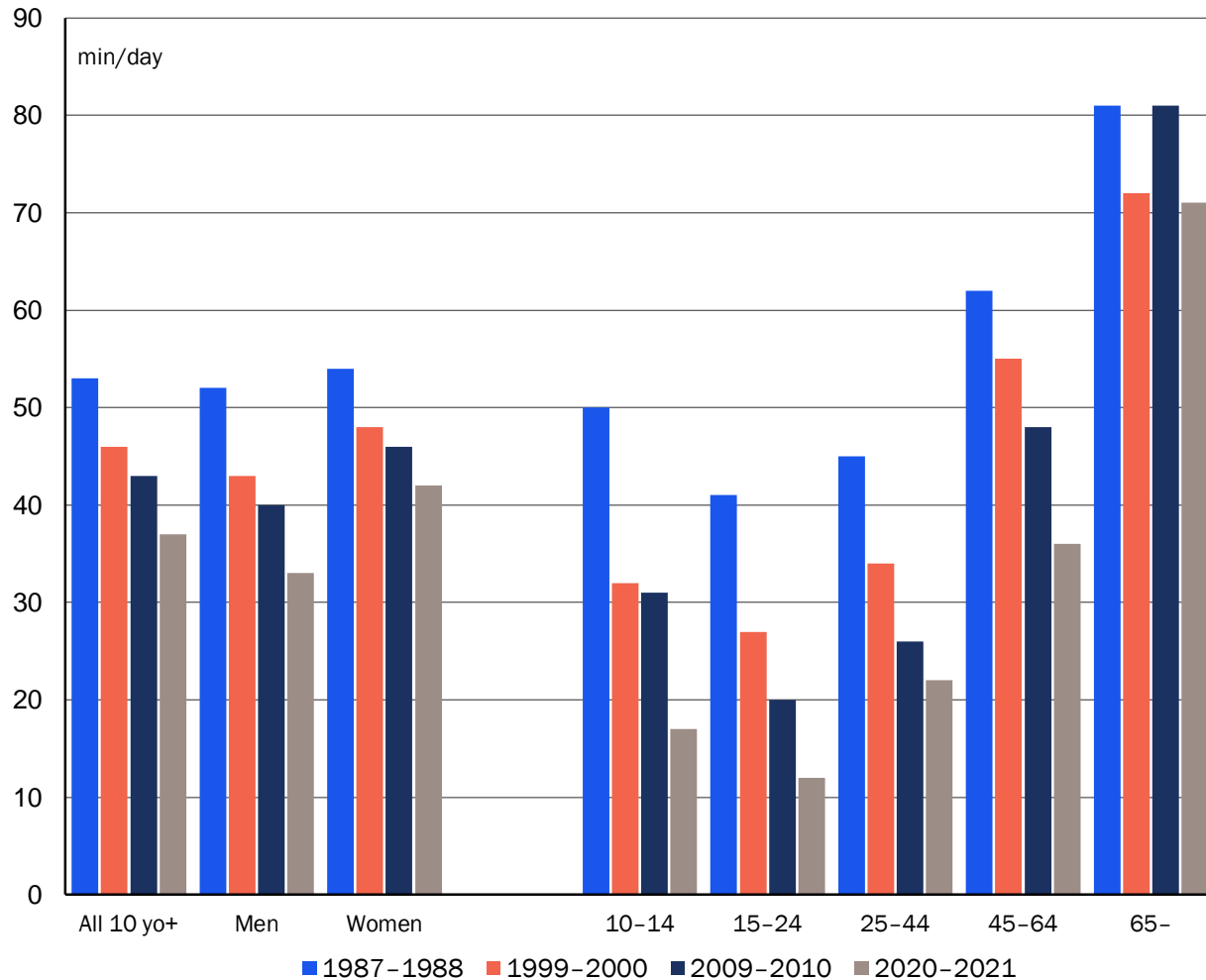


Time use in free time 1987–2021, 10 yo+



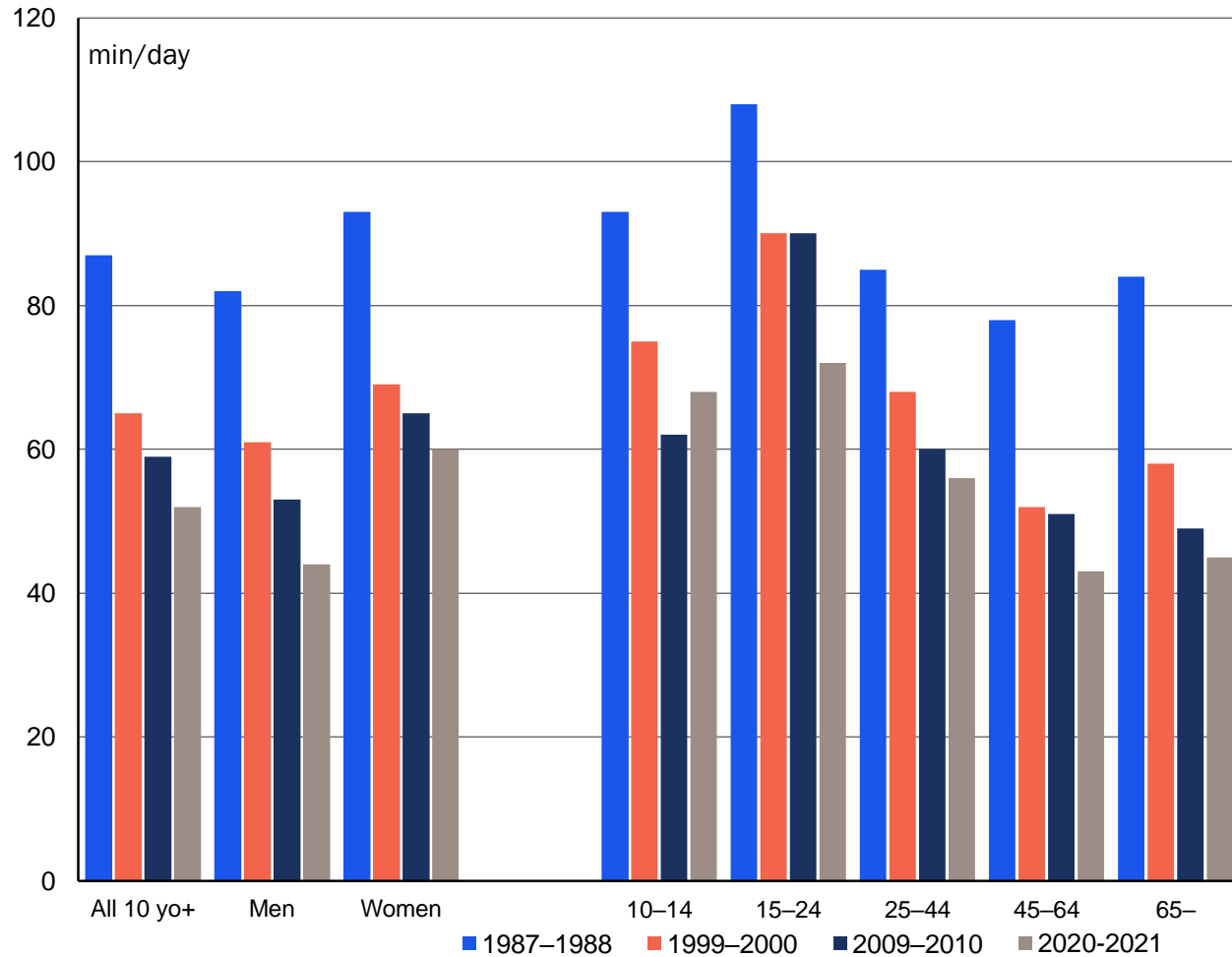
- Finns had an average of 6 hours 33 minutes of free time per day
- The amount of free time has not changed much in the last 10 years. Since the 1990s, the amount of free time has increased
- Men had 6 hours 47 minutes of free time per day, women 6 hours 20 minutes

Time spent reading 1987–2021



- Reading includes reading books and magazines, E-books and, also listening to audiobooks
- The time spent reading has decreased for both men and women and in almost all age groups
- 37 minutes a day were spent reading
- Young men aged 10-24 read the least, 9 minutes a day
- Newspaper reading has decreased from 20 minutes to 6 minutes for the entire population from 1987 to 2021
- The time spent reading books has remained quite the same throughout the 21st century. At the level of the entire population, 13 minutes a day were spent reading books

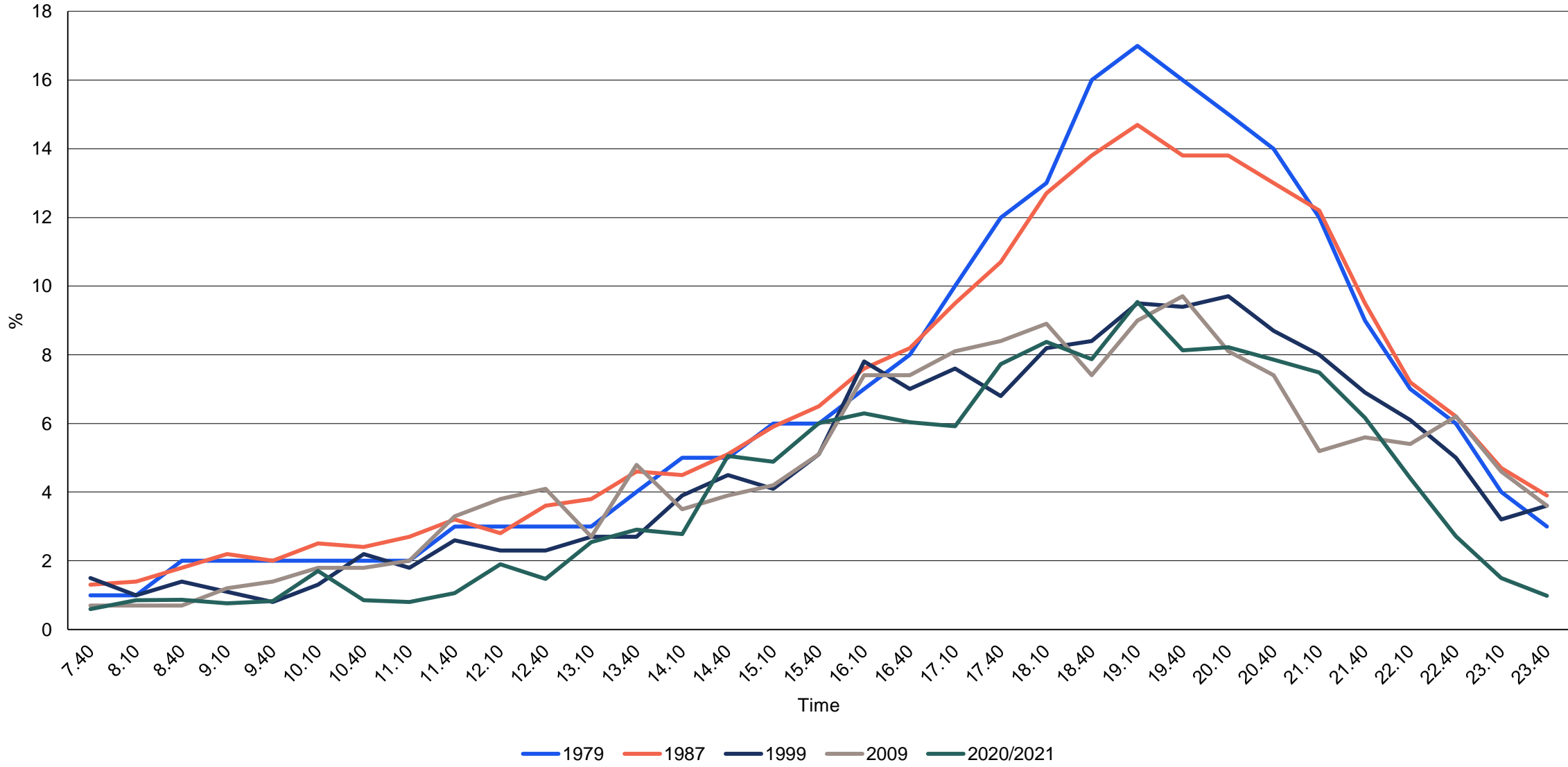
Time spent socializing 1987–2021



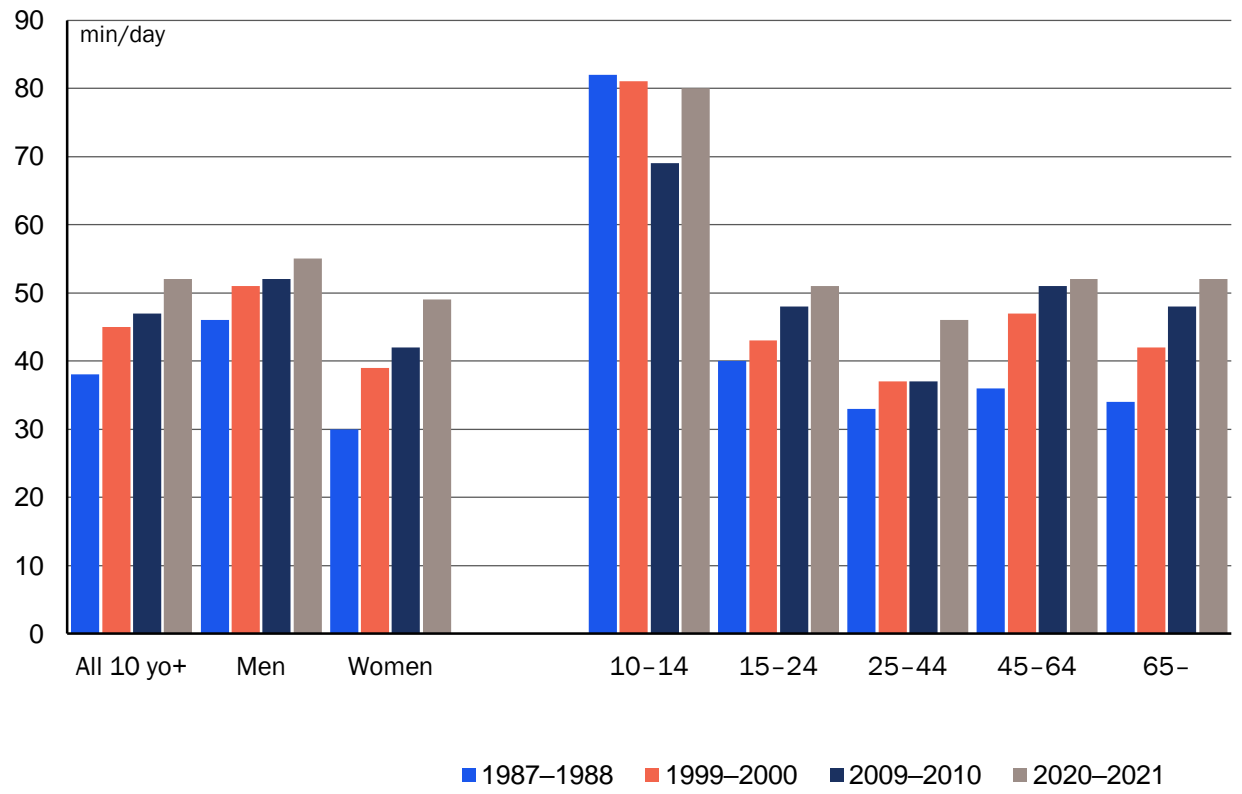
- 52 minutes a day were spent on social interaction
- The time spent socializing with family or acquaintances has decreased for both men and women and in almost all age groups
- Women spent more time socializing than men
- When looked at by age group, 45–64-year-olds spent the least amount of time on social interaction



Social interaction on weekdays in autumn 1979–2021, 10–64 yo



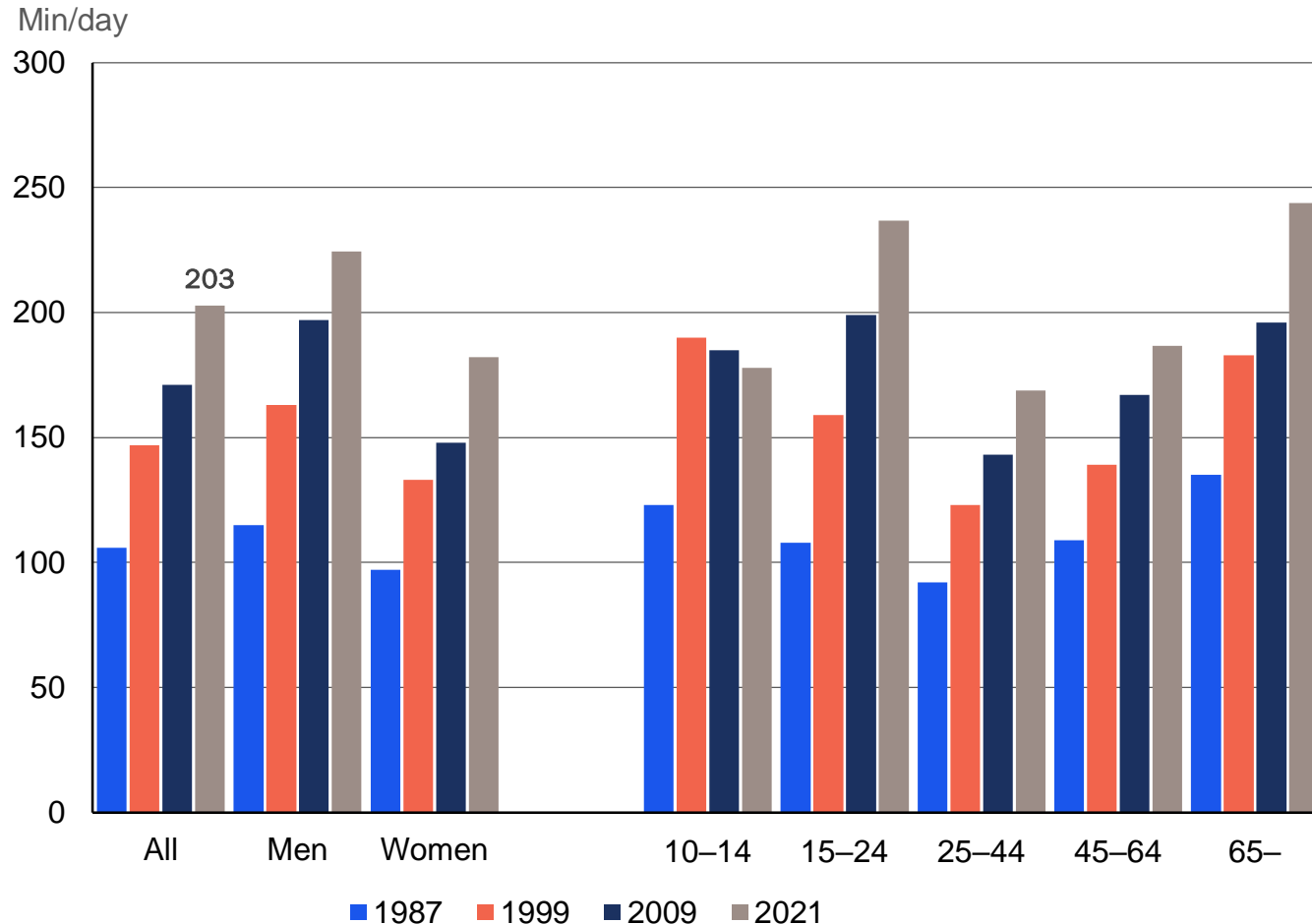
Time spent on exercise and outdoor activities 1987–2021



- Time spent on exercise and outdoor activities has increased for both men and women and in almost all age groups
- 52 minutes a day were spent on exercise and outdoor activities
- It's gratifying that the youngest age group is actively involved in exercise

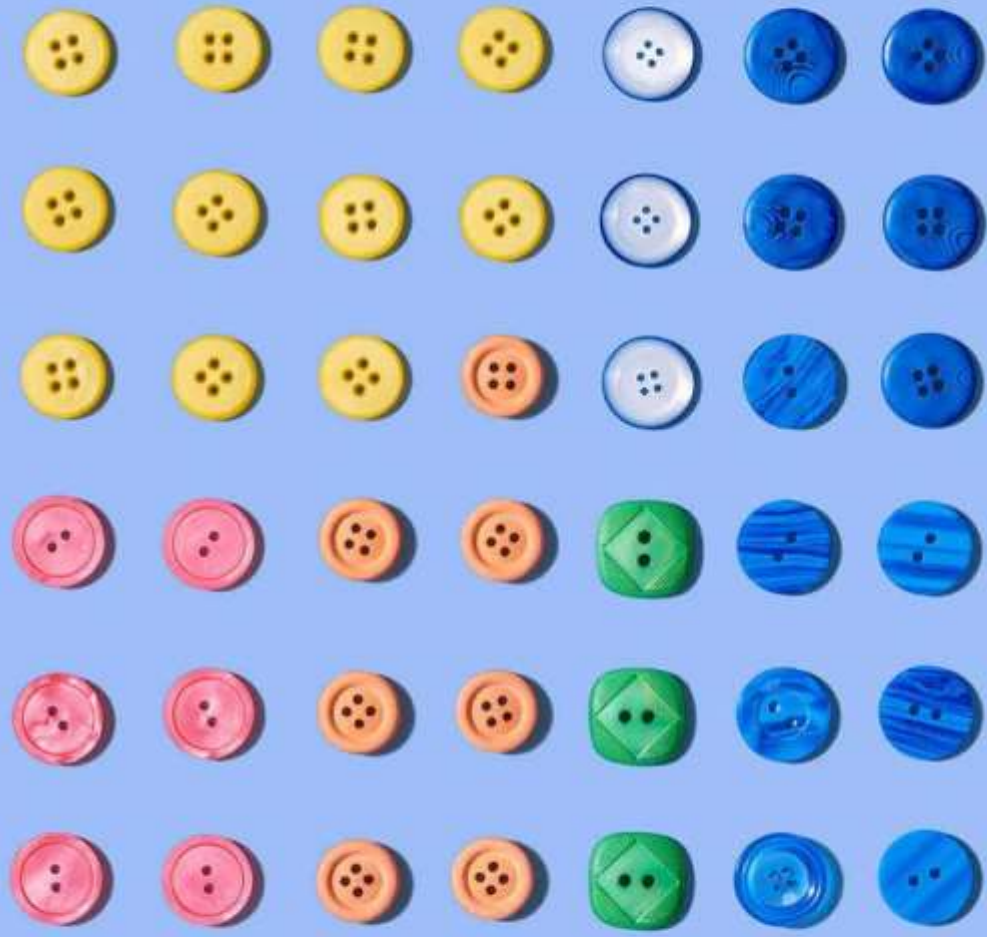


Leisure screen time as on main activity on an average day in 2020–2021

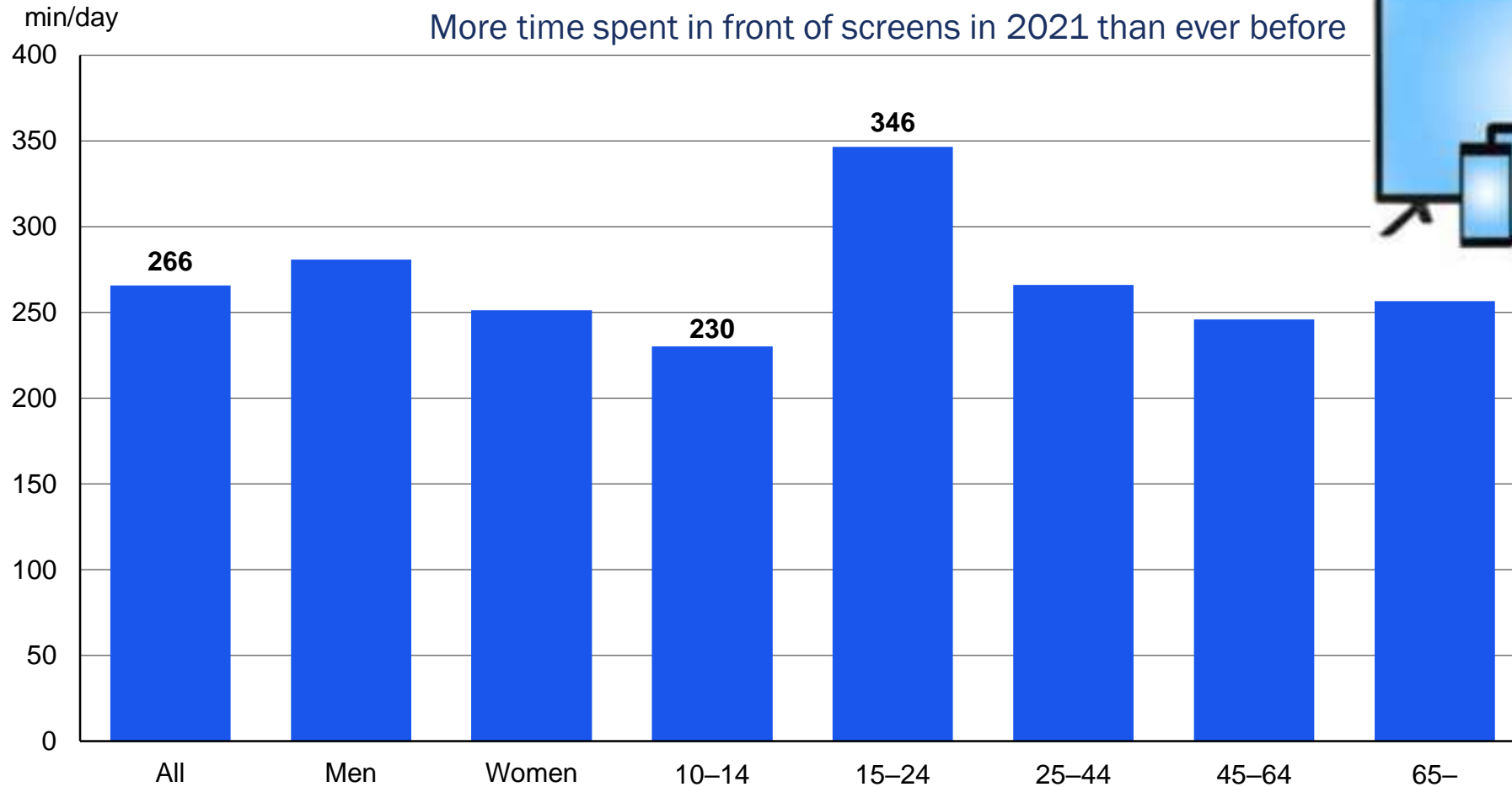


- Men spent more than three times as much time as women on digital gaming and almost twice as much time on basic computer use than women.
- Women spent about twice as much time as men on social media and other communication.
- Watching television accounted for the most screen time among all over 24 and women over 14

Total Screen Time

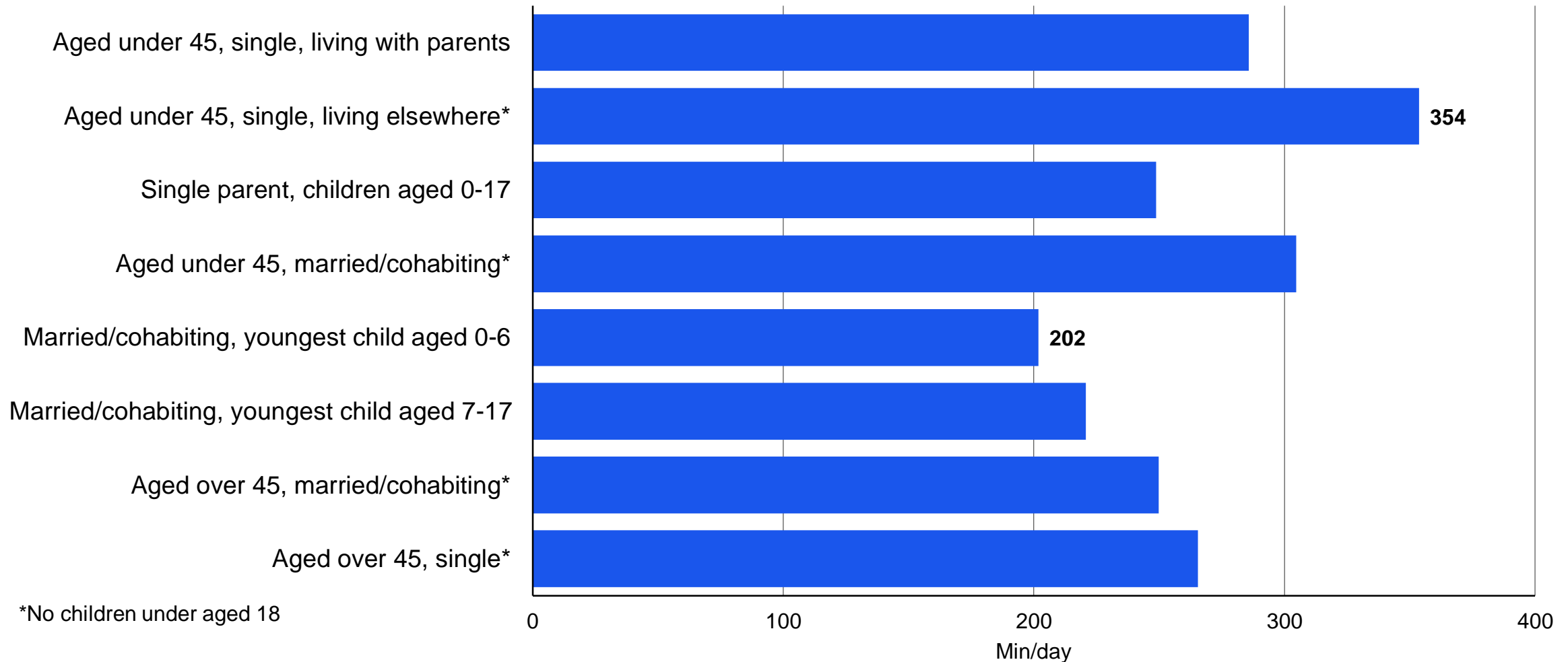


Average daily total screen time in 2020–2021



Source: Statistics Finland, time use

Average daily total screen time in 2020–2021 according to stage in family cycle, persons 10 yo+



Changes in time use during the COVID years

• TIME INCREASED

- Morning sleeping (weekdays)
- Eating at home
- Childcare (men)
- Personal care (washing, body maintenance etc.)
- Shopping daily consumer goods
- Screen time
- Hobbies (incl. Digital gaming)
- Physical exercise
- Study (girls)
- Socializing (10-14 yo)

• TIME DIMINISHED

- Gainful employment
- Eating at work
- Travel to/from work
- Household work (women)
- Childcare (women)
- Other shopping and services
- Reading
- Attending cultural events
- Socializing (15 yo+)



Thank You



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