



*Research Group TOR
Department of Sociology
Free University of Brussels
Pleinlaan 2
B-1050 Brussel
E-mail: torgroep@vub.ac.be
<http://www.vub.ac.be/TOR/>*

TOR 2001/45

FLANDERS AROUND THE CLOCK

SOME RESULTS OF THE FLEMISH TIME BUDGET STUDY (TOR '99)

Kim Coppens – Ignace Glorieux – Suzana Koelet*

Maarten Moens – Jessie Vandeweyer

This project is founded by the Flemish Government as part of the Policy Orientated Research Program (Programma Beleidsgericht Onderzoek, PBO 97/3/109).

*** Suzana Koelet is a Ph. D. Candidate of the Scientific Research Fund Flanders**

One week time of 1533 Flemings.

The study 'Time Use of the Flemings' – financed by the Flemish Community (Policy Oriented Research Program 97/3/109) – is the first large-scale timebudget study in Flanders for over thirty years. For this study, 1533 Flemings between the age of 16 and 75 kept a diary during one week. The fieldwork took place between the 15th of April and the 30th of October 1999 (interrupted only between the 15th of July and the 1st of September). The study was performed by the researchgroup TOR (Tempus Omnia Revelat) of the Free University of Brussels.

Apart from their activities and the corresponding starting and ending times, the respondents of the timebudget study (TOR '99) wrote down additional information concerning the place, eventual means of transportation, the presence of others, the conversation partners during the activity and the motivation to carry out the activity. This diary registration of TOR '99 was linked to two questionnaires including socio-demographic variables as well as general indicators on time use and cultural participation. Additionally, respondents were asked their opinion about different social issues.

Time budget research maps out activity patterns and the ways people spend their time in a much more reliable and subtle way than the classic survey-study. Contrary to a questionnaire, which is used to probe in retrospective the frequency and duration of certain activities (for instance: how many hours did you spend watching television yesterday), timebudget research makes it possible to register time use simultaneously. This results in a much more detailed and all-embracing view on activity patterns. In addition, writing down activities in a diary diminishes the effects of social desirability and remembrance.

In this brochure we give a selective, general description of the time use of the Flemings as it emerges from the diaries and additional questionnaires. Technical details have been left out. More detailed information on the sample, the used research instruments and the classification of the activities, can be found in Glorieux, Koelet & Moens (2000). Detailed figures on the time use of the Flemings are reported in Glorieux, Koelet, Moens & Coppens (2001). A more in dept analysis of the differences between men and women and the effect of these backgroundcharacteristics on time use were

discussed in Glorieux, Koelet & Moens (2001). These publications can be downloaded from our website <http://www.vub.ac.be/TOR>. This website also allows you to stay informed about new analyses and publications of the researchgroup TOR.

An average weekday in Flanders

from midnight till 7 a.m.: Flanders sleeps

On an average weekday 89.7% of the Flemish population lies in bed at midnight. The rest (6.9%) is enjoying their time off, mainly by watching television (4.3%), or preparing for bed (1.8%). 1.3% is socialising at this late hour, and 1.5% is working. As time passes by, more and more Flemings go to bed. At 4 a.m. 97% is sound asleep. A few hours later, this changes. While at 6 a.m. 84.3% is still sleeping, at 7 a.m. this percentage has dropped to less than half of the population.

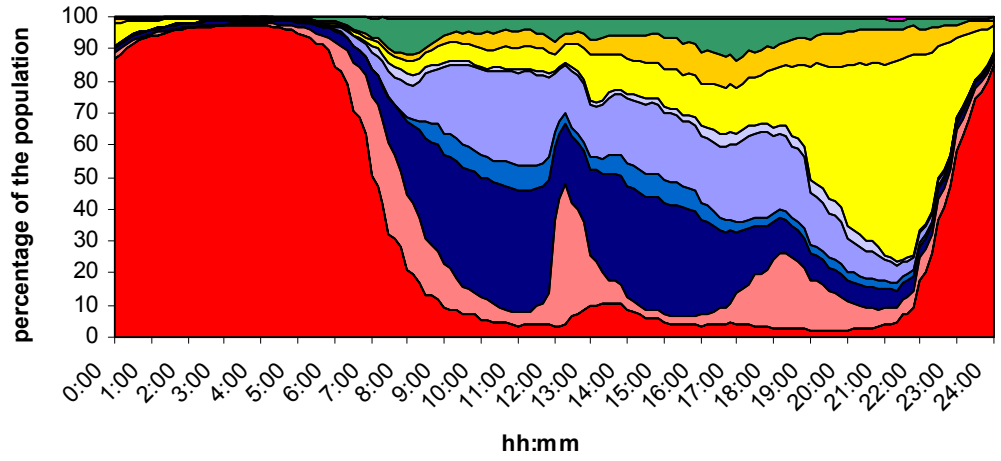
from 7 a.m. till 12 'o clock: the Flemings wake up and go to work, to school or do domestic work

At 7 a.m. half of the Flemish population is awake. Breakfast is relatively spread out between 7 a.m. and 8.30 and reaches its peak around 7.30, when 11.7% of the Flemings is having breakfast. At 8 a.m. the number of Flemings that is awake has risen to 79 %. Already 22.8% is working at that time and 14% is doing the housekeeping or taking care of the children. 11% of the Flemings is at that very moment on their way to work. Most travelling takes place in the morning between 7.40 and 8.20 a.m., when over 10% is on the road. The morning is mainly composed of paid work, domestic work and attending classes. On average, 11 % of the Flemings is free in the morning on weekdays to socialise or for leisure activities.

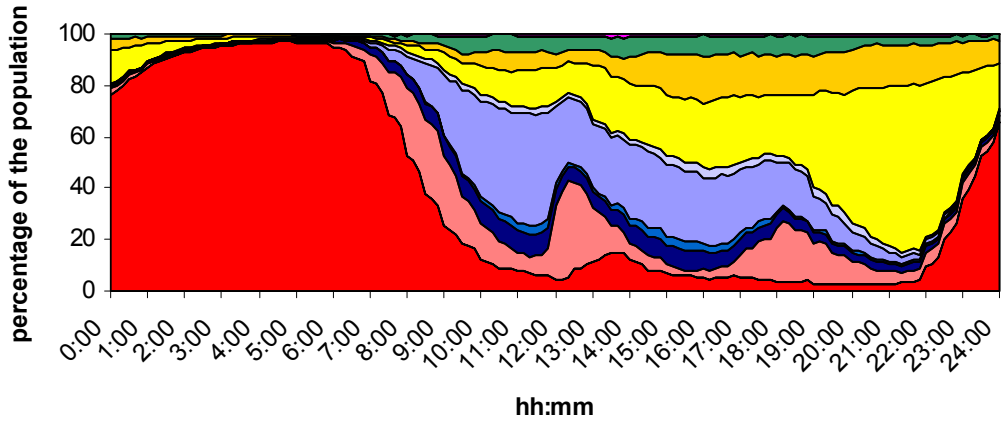
from 12 'o clock till 14 p.m.: lunchtime

At 12 'o clock all lot of activities are suspended: a great number of Flemings are now having lunch. In ten minutes, the amount of people eating increases from 8.3% (11.50) to 31.9% (12 'o clock). This reaches its culmination point at 12.20 p.m when 42.2% of the population is having lunch. After 13 p.m. the number of people eating starts decreasing again and we notice a small revival of the leisure activities.

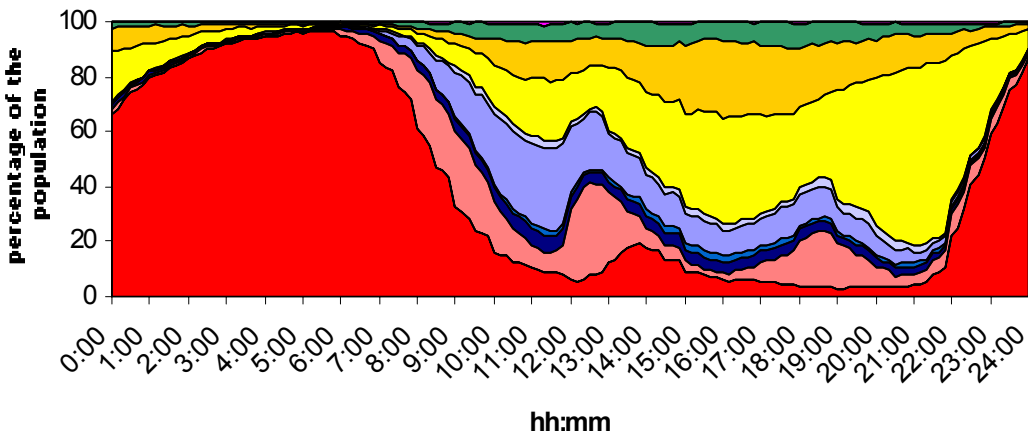
Course of an average weekday



Course of an average Saturday



Course of an average Sunday



- sleeping and resting
- personal care
- work
- education and training
- domestic work
- child care and educating children
- leisure
- social participation
- travelling
- remainder

The rest of the afternoon, there will be a continuous increase of leisure activities. It's striking that more or less 10% of the Flemings between the age of 16 and 75 takes a nap between 13 and 14 p.m..

from 14 till 18 p.m.: on the go again

At 14 p.m. 35% of the population is at work again, 21.6% is doing the housekeeping or taking care of the children and 7.2% is back in school. The rest fills time with non-workrelated activities, such as leisure and socialising. Around 16.30 p.m. school is out and the number of people working gradually decreases. Instead, social participation and leisure activities increase. From 17 p.m. onwards the time dedicated to personal care (personal hygiene, but foremost eating) slowly increases. Rush hour is between 16 and 18 p.m. and reaches its peak (12.9%) at 17 p.m.. Household work keeps increasing till 18 p.m.. Then, dinner is prepared.

from 18 till 22 p.m.: dinner, followed by free time

Dinner is more spread out than lunch and reaches its peak at 18.10 p.m., when 20.8% is eating. After dinner the number of Flemings enjoying their time off greatly increases. A much smaller percentage uses the evening for social contacts, domestic work and taking care of the kids. About 6% is then working and on average 2.5% is attending an evening course or doing their homework. At 21.40 p.m. the percentage of Flemings enjoying their free time is the highest (63%). 50% is then watching television. 9.4% has then already gone to bed and 5% is preparing to do so.

from 22 p.m. till midnight: time for bed

22 p.m. is a turning point. Leisure activities decrease from then on and the number of people sleeping increases. At 23 p.m. more than half (58.3%) of the Flemings is sound asleep.

A regular Saturday

On Saturdays we notice a totally different pattern. For most Flemings, the working week has ended and in the mornings work is replaced by household activities. In the afternoon there is still time for hobbies, going out, leisure and social contacts, but still leisure mainly takes place in the evening.

from midnight till 8 a.m.: sleeping, among other things...

The weekend starts on Friday night. At midnight 76.4% lies in bed, but 17.7% is still out, watching television or doing some other leisure activity. It will take till 1.30 a.m. for 90% of the Flemings to be in bed. Also, it will take them longer to come out of bed compared to a weekday. At 7 a.m. on a Saturday morning only 18.2% of the Flemings is already up.

from 8 a.m. till 12 'o clock: time to do household work

Around 8 'o clock half of the population is up, this is one hour later than on weekdays. At 8.50 a.m. most Flemings (15.3%) have breakfast. After a good night sleep, Saturday morning appears to be the perfect time for domestic work. In the morning we notice an impulse of social and leisure activities, but it will only be in the afternoon that this comes to full bloom.

from 12 'o clock till 14 p.m.: time to eat

On Saturday as well most Flemings (35.6%) eat at 12.20 p.m. Lunch takes place between 12 'o clock and 13.20 p.m.. Thereafter, the number of people eating greatly decreases. On Saturday more people take a nap at midday than on weekdays and the period in which this happens lasts till late afternoon.

from 14 till 18 p.m.: more domestic work, and more time for leisure activities and social participation

On Saturday afternoons a lot of Flemings are still engaged in household work. At 16 p.m. a quarter of the population is doing the housekeeping. An equal amount of Flemings are enjoying their time off reading, enjoying all kinds of leisure, participating in cultural events,... 18% makes time for social activities in associations, does voluntary work or visits family and friends. From 17 p.m. onwards the time spent on personal care (including eating and drinking) increases.

from 18 till 22 p.m.: dinner followed by an increase of leisure activities

From 18 p.m. onwards a great number of Flemings is eating and the culmination point is reached at 18.10 p.m.. At that moment 18% of the Flemings is eating. At 19 p.m. 21.6 % of the population is already watching television. At 21.50 p.m. the culmination point is reached, with 44.4% of the population watching television.

from 22 p.m. till midnight: some, but not all, Flemings go to sleep!

It will take until 23.30 p.m. before half of the Flemings are in bed. At midnight, 34% of the population is still active and is mainly occupied doing leisure activities (18.2%) and socialising (8.7%). After all, they still have the next day off.

A Flemish Sunday.

Sunday is a typical day of rest. Not only do people sleep longer but also there is less domestic work or paid work to be done as compared to the other days. On top of that, Sunday afternoon is usually the day people visit friends and family or socialise in other ways.

from midnight till 8 a.m.: going to bed late and sleeping late....

In the beginning of the night a part of the population is still partying. But as time goes by this decreases. On Sunday people sleep late, at 7 'o clock 84.7% is still in bed.

from 8 a.m. till 12 'o clock: ...sleeping late, household work and socialising

At 8.30 a.m. half of the Flemish population is awake. Nevertheless, it will take till 9.30 a.m. until 75% of the Flemish is up. Most people take breakfast between 9 and 9.30. The rest of the morning is dominated by domestic work (yet to a lesser extent than on Saturday), closely followed by leisure and social participation.

from 12 'o clock till 14 a.m.: lunch, followed by a nap or a break

As on Saturdays eating time on Sundays is centred between 12 'o clock and 13.30 p.m. At 12.30 31% of the Flemings is eating. After lunch on average 15% of them takes a break or a nap, and this draws out further into the afternoon than on Saturdays.

From 14 till 18 p.m.: time off and a remarkable amount of socialising

On average one quarter of the Flemings makes time for social participation activities on a Sunday afternoon, which is much more than on any other day. The main activity is however still related to leisure, including watching television. On Sunday Flemings watch more television than on any other day, during the afternoon about 7% is in front of the television set. From 17 p.m. onwards, more time is dedicated to personal care, in this case mostly eating and drinking.

from 18 till 21.30 p.m. dinner, time off and a decreasing amount of social participation

Dinner reaches its peak at 18.20 p.m. (18.4% of the Flemings is then eating). After dinner the amount of time off increases again. Especially in the early evening there is more television watching (the maximum amount of viewers is reached at 21.20, namely 51.7% of the population), since on a Sunday evening people go to bed earlier again.

from 21.30 till midnight: a good night's rest

From 21.30 onwards the Flemings start going to bed. At 22 p.m. 22% is in bed, at 23 p.m. this has already increased to 59.2%. Finally, at midnight, 88.9% is sleeping. The weekly rhythm announces itself again.

Almost half of the week is dedicated to sleeping, eating and personal care

By far most of the time is spent taking care of the body and providing for oneself. Sleeping, resting, eating and personal care takes up well over 74 hours a week (= 168 hours); this is more than 10.30 hours a day or 44% of the time.

Flemings spend on average almost 20 hours (more or less 12% of the week) on paid work, but of course that number varies greatly in function of the working situation. Working men dedicate about 37.35 hours a week to paid work, working women well over 28 hours. Almost 4 hours a week are dedicated to education, but of course this number is much higher for students who spend more or less 30 hours a week on their study. Female students dedicate more time to their studies (32.38 hours a week) than their male colleagues (28.29).

Average duration of the activities of the Flemish population between the age of 16 and 75, according to their working situation and gender (hours and minutes a week)

	Working		Not working		Student		Retired		Total
	Men (N=471)	Women (N=355)	Men (N=48)	Women (N=178)	Men (N=73)	Women (N=73)	Men (N=159)	Women (N=137)	(N=1496)
WORK	37:35	28:05	4:41	1:29	4:22	2:58	1:29	0:21	19:24
Formal work	36:27	27:20	4:12	1:20	4:03	2:46	1:27	0:18	18:48
Time spent at work, without working	1:03	0:44	0:06	0:01	0:16	0:10	0:01	0:03	0:33
Activities related to unemployment and looking for a job	0:04	0:00	0:21	0:07	0:02	0:02	0:00	0:00	0:03
DOMESTIC WORK	11:46	22:10	17:45	33:29	3:41	6:17	19:19	31:23	18:58
Housework	5:41	17:23	9:28	26:45	1:56	4:07	8:53	25:07	12:58
Odd jobs	4:07	1:31	5:42	2:03	1:04	0:15	6:58	2:46	3:09
Shopping	1:35	2:50	2:10	4:02	0:25	1:24	2:55	3:06	2:25
Visiting/using services	0:22	0:24	0:24	0:37	0:15	0:30	0:32	0:22	0:26
CHILD CARE AND EDUCATING CHILDREN	1:37	3:33	1:26	6:06	0:12	0:57	0:44	1:59	2:27
Child care	0:42	2:13	0:52	4:01	0:10	0:41	0:29	1:25	1:29
Educating children	0:54	1:20	0:34	2:05	0:01	0:16	0:15	0:34	0:58
PERSONAL CARE	14:00	13:46	14:10	14:51	12:51	14:49	16:43	16:30	14:34
Eating and drinking	8:36	7:41	8:50	8:33	8:14	8:37	9:58	9:16	8:35
Dressing, toilet	4:51	5:33	4:46	5:17	4:04	5:43	5:14	5:54	5:13
Receiving professional care	0:32	0:31	0:34	1:00	0:32	0:27	1:30	1:19	0:46
SLEEPING AND RESTING	56:23	57:57	62:51	60:41	61:41	62:52	64:08	64:56	59:40
Sleeping and resting	55:06	56:36	61:40	59:45	59:45	61:24	62:25	62:54	58:15
Relaxing and doing nothing	0:50	1:04	1:00	0:50	1:49	1:19	1:35	1:45	1:08
Making love	0:27	0:15	0:11	0:06	0:06	0:08	0:08	0:17	0:17
EDUCATION AND TRAINING	1:01	0:53	1:20	0:56	28:29	32:38	0:39	0:29	3:48
School	0:15	0:09	0:00	0:09	25:51	30:26	0:03	0:02	2:54
Other education, training, courses...	0:45	0:43	1:20	0:47	2:37	2:12	0:35	0:27	0:54
SOCIAL PARTICIPATION	8:14	9:06	9:11	11:21	7:47	9:52	12:12	12:45	9:45
Participation, civic duties, Organizations,...	1:20	0:43	1:43	1:16	1:08	0:41	2:35	2:27	1:23
Sociale contacts	6:54	8:22	7:27	10:05	6:39	9:11	9:36	10:17	8:21
LEISURE	24:16	18:57	45:23	25:36	33:34	24:54	40:56	30:44	26:42
Hobbies and games	1:13	0:58	2:50	1:36	3:03	1:27	3:33	2:15	1:43
Sports	1:06	0:29	2:01	0:13	2:52	1:31	0:48	0:26	0:54
Recreation	2:13	2:08	5:21	2:33	2:23	2:13	5:46	2:33	2:46
Outdoors	3:11	2:15	5:48	1:20	6:09	3:38	2:58	1:28	2:49
Entertainment and cultural events	1:08	0:52	1:35	0:59	1:14	1:14	0:56	0:39	1:01
TV & video	12:13	9:35	20:17	15:39	12:01	11:21	19:49	20:36	13:48
Listening to music	0:30	0:22	1:21	0:24	1:07	0:56	1:15	0:30	0:38
Reading	1:51	1:47	3:16	2:29	1:26	1:24	5:15	2:07	2:18
New media	0:47	0:26	2:49	0:19	3:15	1:06	0:33	0:07	0:46
TRAVELLING	8:10	7:22	5:36	5:38	7:09	6:39	5:41	3:37	6:48
Travelling to and from work	3:59	2:47	0:30	0:05	2:27	1:47	0:08	0:09	2:11
Travelling related to domestic work	0:22	0:37	0:34	0:42	0:03	0:07	0:56	0:30	0:32
Travelling related to child care and educating children	0:27	0:55	0:22	1:29	0:00	0:00	0:28	0:17	0:38
Travelling related to leisure	1:36	1:14	1:51	1:10	1:13	1:24	1:24	0:59	1:23
Travelling related to family	0:39	0:47	0:38	0:57	0:39	0:15	1:01	0:46	0:45
Other travelling	1:05	0:59	1:39	1:13	2:44	3:03	1:41	0:53	1:19
REMAINDER	4:42	5:55	5:14	7:39	7:45	5:24	5:56	5:04	5:43
Other activities	0:24	0:39	0:27	0:31	0:25	0:29	0:37	0:42	0:32
Undefined time	4:18	5:16	4:47	7:07	7:20	4:55	5:19	4:21	5:11

Flemings dedicate on average 19 hours a week to domestic work. The time spent on the household varies a lot according to working situation and gender. Non working and retired women are at the top of the ladder, they dedicate well over 30 hours a week to household work. Male students are the total opposite. They dedicate less than ½ hour a day to domestic work or a little over 3.30 hours a week. As far as working people are concerned,

women spend more time on the household than men do. Working women spend almost the double amount of time on housekeeping than working men. As far as childcare is concerned we notice the same patterns. On average Flemings spend about 2.30 hours a week on childcare. Non-working women dedicate more time to this (well over 6 hours), male students much less (12 minutes).

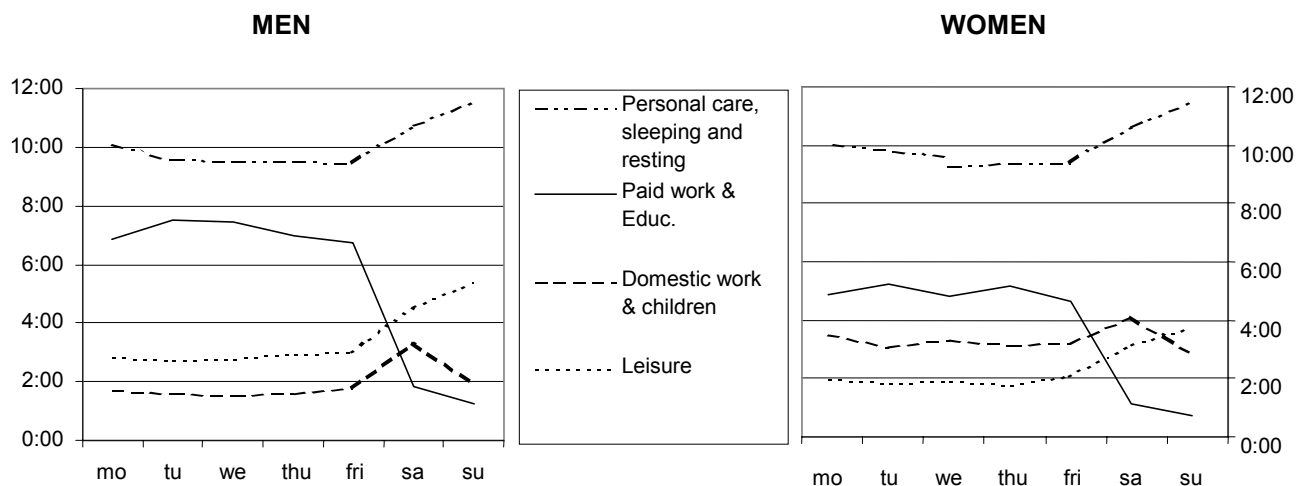
The remaining time

If we bundle social participation and leisure, this leaves the Flemings with an average of 36.30 hours free time a week. Leisure activities take up almost 27 hours. Men have more time off than women do. Non-working men and retired men dedicate the equivalent of a working day to leisure. Non-working men have 2.5 times more time off than working women, who have to manage with less than 20 hours of leisure time a week. Most leisure time is spent watching television. Retired women spend more than 2/3 of their time off watching TV, retired men and working men and women half of their leisure time.

Week and weekend: a different rhythm

The daily rhythm of the active population is determined by work related activities. On weekdays, they take up about 7 hours a day for men and 5 hours a day for women. On Saturdays work related activities drop to less than 2 hours in the case of working men, and on average 1.30 hours in the case of women. Sunday remains predominately a non-working day for working people: the average time spent on working for men and women is just over 1 hour.

Average time spent on four types of activities – working population



The differences between weekdays are minimal. On Monday people sleep a little longer and work a little less than on other days. Part of the population is still in the weekend rhythm. Friday is another exception: a little less working and a little more time off. Still, the difference with other weekdays is rather small. Only Saturday and Sunday are strongly diverse from other days.

On Saturdays the Flemings sleep on average 1.20 hours longer than on weekdays, on Sundays an

Socialising takes up about 10 hours a week. Most of it consists of social contacts (visiting, talking to others, partying,...), but Flemings also dedicate almost 1.30 hours a week to social participation. Flemings are on the move about 1 hour a day or almost 7 hours a week to combine all these activities with one another. Most time goes to commuting (well over 2 hours a week), although travelling for leisure purposes also takes up a large part (almost 1.30 hours a week). Working people and to a lesser extent students, move around more than the rest of the population.

other 40 to 50 minutes are added to this. On Saturdays, working men and women spend remarkably more time on domestic work and child care. For men leisure time increases on Saturday with about 1.30 hours, for women only 1 hour is added.

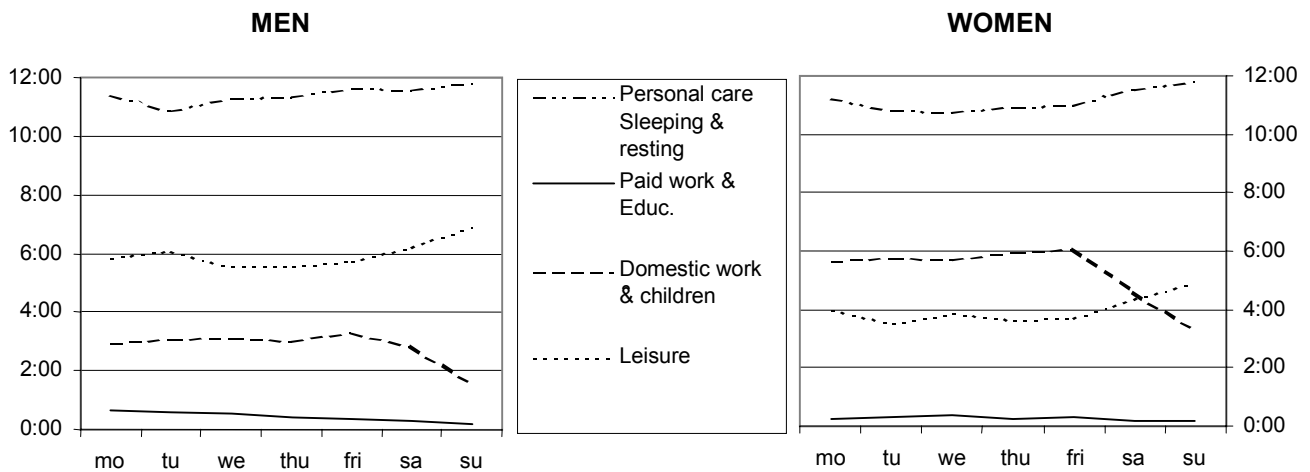
Women have to wait until Sunday before they can spend more time on leisure than on domestic work and the children. On the other hand, during the whole week men have more time to spend on leisure than on the household and the children.

The variation between the different weekdays is just as small when we consider the non-working population. In addition, the difference between

week and weekend is also much less pronounced in their case. Non-working men hardly sleep more during the weekend than during the week. Non-working women do sleep longer on Saturday (about 1.30) and on Sunday (almost 2 hours) than during the week. We have to reinterpret the term ‘non-working’ when talking about non-working women, for during the whole week they spend about 5 to 6 hours a day taking care of the household and the children.

Considering the fact that the non-working population has less catching up to do on Saturdays as far as the household is concerned, their weekend is even more clearly dedicated to leisure. Non-working men have more leisure time than non-working women do. The latter spend more time on the household than on leisure during the working week. On Saturdays the amount of time spent on the household and leisure is equal (about 4.30 hours). Only on Sundays non-working women have more time to spend on leisure than on the household and the children.

Average time spent on four types of activities – non-working population



The traditional rolepattern endures.

Men dedicate on average 27.25 hours a week to paid work (commuting incl.), women ‘work’ on average almost 12 hours less, namely 15.40 hours. As far as the household is concerned, the opposite stands: women dedicate about 25.37 hours a week to domestic work(travelling incl.), men only 13.26 hours, or less than 2 hours a day. In accordance with the traditional rolepattern, women dedicate almost three times more time to childcare and education (travelling with and for the children incl.). Flemish women spend 4.28 hours a week with children, men only 1.42. In total, this rigid distribution of work between the sexes, results in a much heavier workload for women. Women dedicate about 45.46 hours to paid labour, the household and the children, men 42.33. Of course, this workload varies greatly with respect to the working situation.

Weekly time spent on paid work, the household and raising and taking care of the children, according to the gender and the position on the job market (hours and minutes a week)

	N	Paid labour	Household work	Child care & education	Total
Full-time working man	451	41:59	12:13	2:06	56:19
Full-time working woman	201	37:12	18:49	3:47	59:48
Part-time working man	20	31:25	10:53	1:29	43:47
Part-time working woman	150	22:27	27:59	5:23	55:50
Non-working man	281	3:36	15:38	1:03	20:18
Non-working woman	387	1:48	28:11	4:29	34:29

The weekly total workload (paid work, household work & child care) of full-time working women is about 3 hours heavier than that of full-time working men. Full-time working men spend about five hours more on paid work than full-time working women, while full-time working women spend over eight hours more on domestic work and child care than full-time working men. For part-time working men and women the difference in workload is bigger. The workload of part-time working women is 12 hours heavier than that of part-time working men. This last comparison has to be made with caution, for only 20 part-time working men are part of our sample. Not only are part-time working men very exceptional in Flanders, it is clearly also not a choice that leads

to taking on more domestic work. For non-working men and women the difference in workload goes up to more than 14 hours. It is clear that the workload of men depends only exclusively on the degree in which they participate in the job market. The time spent on paid work, doesn't or does hardly influence the amount of time spent on household work or child care. If we take a look at the women, on the other hand, we see that the time spent on different kinds of labour does influence one another: a decrease in the amount of time spent on paid work leads to an increase in time spent on the household and the children, and vice versa.

Self-caring

Although women spend about twice the amount of time on domestic work compared to men, almost all men do contribute to the household. 99% of the women and 95% of the men carried out at least one household chore during the registration week. Still, this does not mean that men and women take care of the household in the same way. To represent the repertoire of domestic work in an insightful way, we can use the concept 'self-caring', as in 'financially self-supporting'.

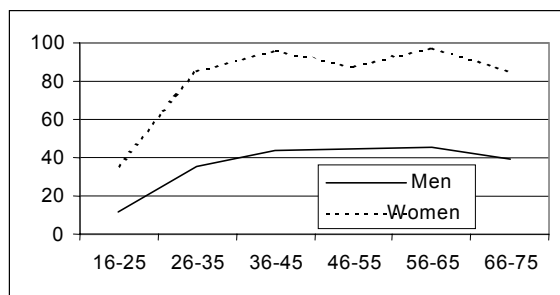
Those people can be called 'self-caring' who spend minimum 15 minutes a week on four out of the five following 'care-activities':

- Cooking and doing the dishes
- Cleaning and tidying up
- Groceries and organisation of the household
- Washing and ironing
- Chores

According to this definition 82% of the women is 'self-caring'. Only 37% of the men dedicated their time during at least one quarter of an hour to four out of the five activities named above. Especially young men under 35 aren't very 'self-caring', but the same goes for young women under 25.

From 25 years onward more than 4/5 of the women dedicate at least one quarter of an hour a week to four out of the five distinguished care-activities. For men between the age of 36 and 65, about 45% is self-caring.

Self-caring according to gender and age (men-women)



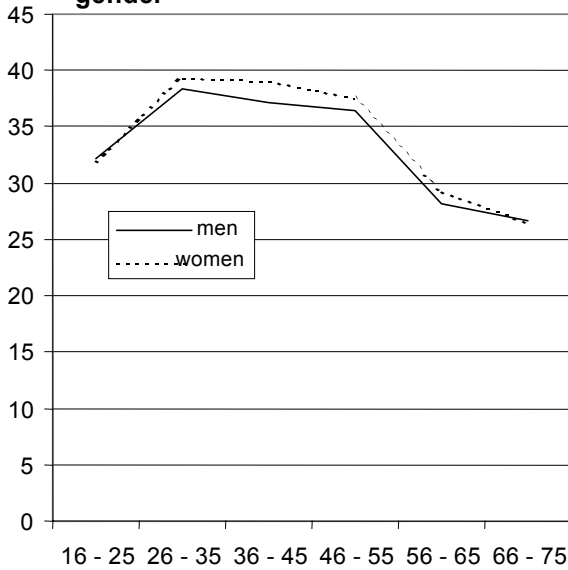
Busy, busy, busy...

15% of the Flemish population between the age of 16 and 75 says that on normal weekdays they generally encounter a moment or period of unusual pressure or stress. But more than half of the population (54%) rarely or never experiences unusual pressure on normal weekdays. In all, the sense of time pressure seems less high than expected. Still, this is not equally spread amongst the population. We composed a scale for time pressure going from 0 to a 100. This scale was made using the answers to the following statements (going from total agreement to total disagreement, on a 5-point scale):

- People expect too much of me
- I never get to catch up on my work
- I never have time for myself
- A day doesn't have enough hours
- I frequently have to cancel made appointments
- I have to do more than I want to
- I don't have time to do the things I want to do
- People expect more from me than I can handle

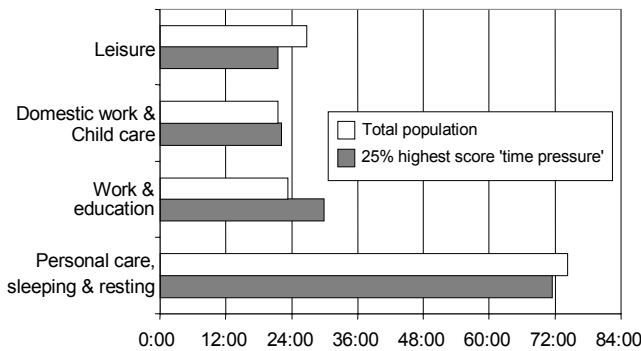
On this scale from 0 to 100, Flemish men score on average 33.2, Flemish women score a little bit higher: 34.8. Although the workload of women is significantly higher than that of men, the difference in terms of the subjectively experienced time pressure is less than expected.

Time pressure according to age and gender



Time pressure is the highest between the age of 26 and 55. At this age, the score for time pressure amongst men and women is around 40. For young people (<26) and elderly people (>55) the score fluctuates around 30.

Comparing the time use of Flemings with a lot of time pressure to that of the total Flemish population



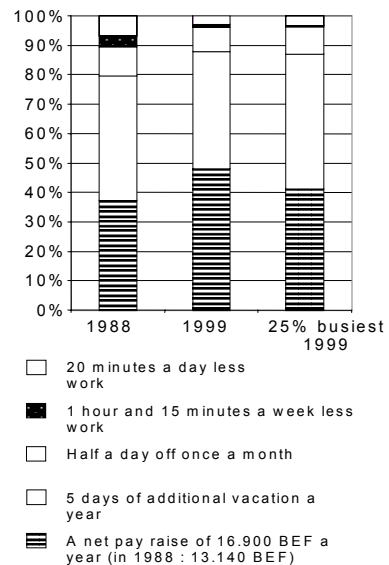
The 25% most pressured people of the Flemish population work more than the rest of the population. They spend on average 6.39 hours more a week on paid work or study than the others. They also dedicate on average 35 minutes more to domestic work and child care. Those who are pressed for time give up 2.48 hours a week of personal care, sleeping and resting and also have 5.19 hours leisure time less than the average population.

The problem of time pressure in Flanders should not be exaggerated however. This becomes clear from the answers of the working population when asked to choose between:

- 20 minutes a day less work
- 1 hour and 15 minutes a week less work
- half a day off once a month
- five days of additional vacation a year
- a net pay raise of 16.900 BEF (approx. € 419) a year

48% of the working population opts for the pay increase and 40% for the additional vacation. The options making the daily pressure a bit more bearable are less popular. Barely 8% prefers half a day off a month, 3% would like to shorten the amount of time they spend daily on work and scarcely 1% opts for working 1.15 hours less a week. Even amongst the 25% that scores the highest in terms of time pressure, the reduction of working time a month, a week or a day isn't really popular. They opt more frequently for the additional vacation (46%) than the pay raise (41%).

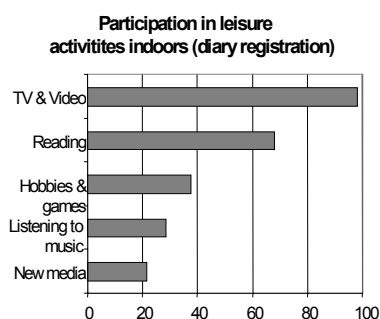
Time or money? (working respondents)



It is remarkable that the percentage that opts for the raise has susceptibly increased compared to 1988. In 1988 38% opted for the pay raise and about 20% opted for the reduction of working time a month, a week or a day.

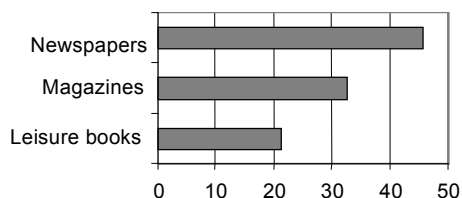
Television dominates the leisure time

Almost every Flemish family (98.5%) owns a television, 32% of them even has several T.V.-sets at home. 85% has a video-recorder, 75% a television with viewers text and 11% of the families are subscribed to pay T.V. . Considering this, it is not surprising that T.V. plays a central role in the leisure time of the Flemings. Almost everybody (98.2%) watched television during the registration week. Those who watched, watched on average 2 hours a day (14.03 hours on 7 days).



Women watch a little less T.V. (13.24 hours spread out over 7 days) than men (14.42). Reading (books, newspapers, magazines,...) comes next on the list of indoor timespending activities. 68% of the respondents did some reading during the reference week and they did this on average almost half an hour a day (3.24 hours spread out over 7 days).

Participation in reading activities (diary registration)

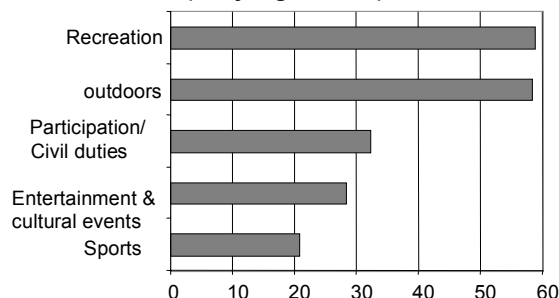


Almost half of the Flemings (46%) reads a newspaper at least once a week, 33% has gone through a magazine during the registration week and 21% has read in a book. Still, over a longer period of time not everybody reads books.

According to the survey, 35% of the respondents did not read a book during the past year. Almost 30% read at least 6 books and a small group of 9% reads more than 20 books a year. 53% of the respondents rarely or never goes to a library, 5% goes regularly. The reasons to visit a library are: lending books (92%), gathering information (57%), consulting catalogues (30%), lending audio-visual materials (29%), reading (16%), lending newspapers or magazines (16%) and consulting the internet (9%).

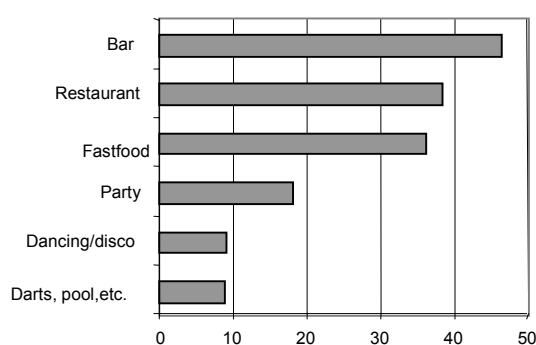
As far as outdoor leisure activities are concerned, 'going out' and 'recreation' are the most popular. 59% of the respondents registered a recreation activity (walking, cycling, going to an amusement park) during the reference week, 58% went out (pub, restaurant, disco,...). Only 21% went in for sports, just as many as those who read a book.

Participation in outdoor leisure activities (diary registration)

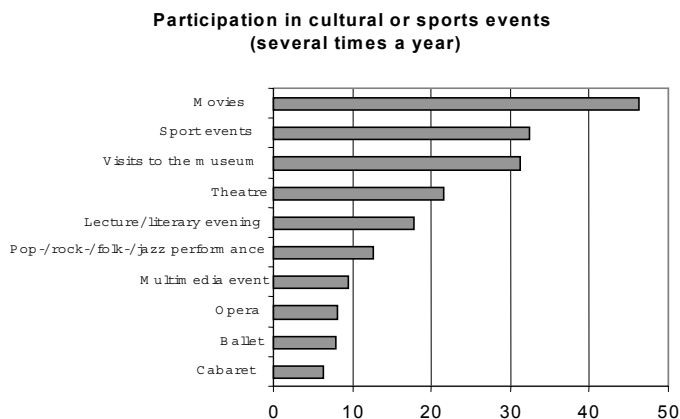


Visiting a pub is the most popular way of going out. 46% of the Flemings goes to a pub at least once a month. 38% goes to a restaurant at least once a month, and 36% to a fastfood restaurant or French Fries stand. Only 9% of the Flemings goes to a dancing or disco every month.

Participation in going out (approx. once a month)



28% of the respondents participated to a cultural or entertainment outdoor activity during the registration week. Going to the movies is the most popular type of activity. More than half of the Flemings goes to the movies more than once a year. Yearly, one on five Flemings attend a theatrical representation by a professional and/or amateur compagnie, and one third of the Flemings attend sports events. Even the more elitist cultural events are (at least according to the answers in the survey) rather popular. 5% says they yearly attend several ballet or opera performances.



References

Glorieux, I., S. Koelet & M. Moens (2000). Technisch verslag bij de tijdsbudgetenquête TOR '99.Veldwerk en responsanalyse. Brussels, Department of Sociology, Research Group TOR, VUB.

Glorieux, I., S.Koelet & M.Moens (2001). Vlaanderen in 10.080 minuten: een tijdsbudgetonderzoek. In: J.Lemaître & H. Vangeel (red.), Vlaanderen gepeild! Brussels, Administration Planning and Statistics.

Glorieux, I., S.Koelet, M.Moens & K.Coppens (2001). Tijdbesteding in Vlaanderen 1988-1999 (tabellenboekje). Brussels, Department of Sociology, Research Group TOR, VUB.