

**THE EFFECTS OF TIME USE AND TIME
PRESSURE ON CHILD-PARENT
RELATIONSHIPS**

RESEARCH REPORT

**SUBMITTED TO:
HEALTH CANADA**

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EXECUTIVE SUMMARY

The objectives of this research project were to contribute to a better understanding of the time use dimension of the parent-child relations in the context of current social trends, as these affect Canada and other highly industrialised countries. A majority of the data for the analyses presented in this study were taken from Canadian national time use surveys conducted between 1981 and 1998, in particular the General Social Survey (GSS) administered by Statistics Canada in 1998-1999 (n=10,749).

Several major questions are addressed in the report:

- (1) How have the *changes* in the labour market, the family structure, and the overall pace of life affected the lives of Canadians at the behavioural and emotional levels over the past twenty years?
- (2) How did the changing conditions in the labour market and the workplace affect *parent-child relationships* and, in particular, the allocation of parental time to child care?
- (3) How are parent-child relationships influenced by the families' division of labour and parents' demographic and social economic circumstances?
- (4) How are parent-child relationships impacted upon by new arrangements in the workplace, such as part-time work, flex-time, tele-commuting, and shift-work?
- (5) How have the social and economic changes of the past twenty years behaviourally and emotionally affected the lives of Canadian *adolescents*?
- (6) How does the Canadian situation compare with that in other countries? and, finally,
- (7) What are some of the social and policy implications of the observed trends?

Some of the following findings are presented and discussed in the report:

- Canadians' paid workloads changed little over the 1986 to 1998 period, but their unpaid workload has increased over this period by over 25%.
- The combined loads of paid and unpaid work of employed Canadian parents have increased during the 1981 to 1998 period by 18%.

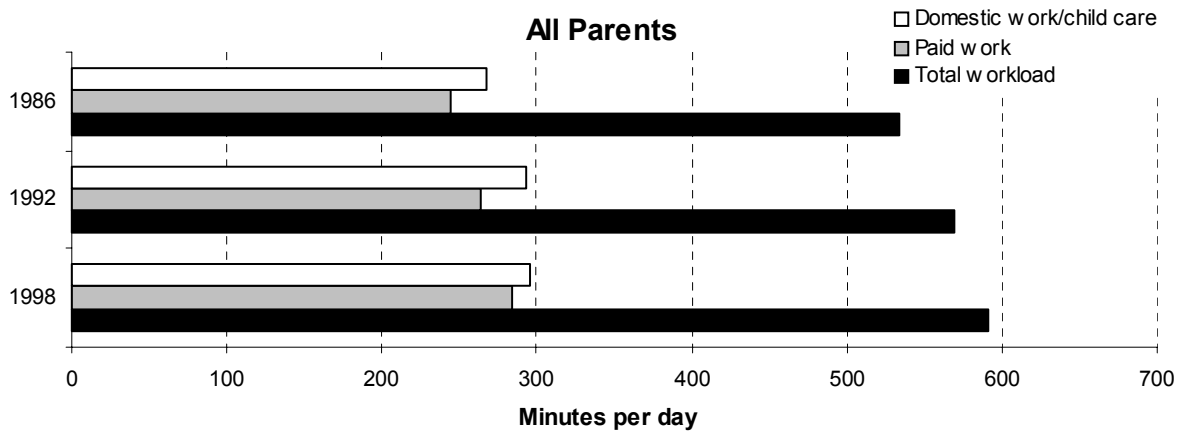
- Levels of perceived time pressure or “time crunch” have increased between 1992 and 1998 for the entire Canadian population, but have increased more so for parents than non parents.
- During the period from 1986 to 1998 the “gender gap” between men’s and women’s combined loads of paid and unpaid work has narrowed, but women continue to carry a larger portion of domestic work and child care, and report considerably higher levels of time pressure than men.
- Employed Canadian parents with children under the age of 18 have raised their contribution to child care during the period from 1986 to 1998 by over 50%.
- Additional time spent in child care has been provided primarily at the expense of personal needs and sleep. The amount of time adults and adolescents spend eating at home has steadily declined over the 1981 to 1998 period.
- Gains in child care time were “asymmetrically” distributed across children of different ages. Parent-child contact time with children under the age of 5 has risen by 13% between 1986 and 1998, but dropped by more than 50% for parents with teenagers (12-18 years).
- The amount of parental child care is strongly dependent on children’s age. Physical child care declines significantly after children reach the age of 6. Social and emotional contacts drop dramatically when children become teenagers. Parents with children in the 12 to 18 age group report only 11 minutes of total child care time and 2 minutes in socialising and monitoring children.
- The percentages of employed parents “very satisfied” with their lives and feeling “very happy” have declined between 1986 and 1998 by over 18%, compared to a decline of approximately 11% for the entire surveyed population. The declines were stronger for parents with teenage children than for parents of pre-schoolers.
- In spite of higher overall workloads, university graduate parents spend more time in direct child care and in the presence of children than parents with lower education.
- Single mothers’ compressed time schedules, greater dependence on the job, and constrained financial resources contribute to a heightened sense of time pressure among this group.
- A lower percentage of adolescents from lone-parent families report feeling “very happy”.
- Mothers working part-time report lower levels of perceived time pressure and feel more satisfied with their work-family balance than mothers working full-time, and feel happier than mothers working full-time or mothers staying at home.

- Fathers and mothers working long hours spend the same or a greater amount of time with their children than do parents working regular hours, but report a higher sense of time pressure and perceived stress, and lower levels of satisfaction with their balance of work-family life and life in general.
- Flex-time does not necessarily mean less work, but it appears to make the work and the life after work hours more satisfying.
- Tele-commuting is better suited to the needs of women than men. Women working out of home report longer hours of paid work, but less time pressure, more time for child care, and are more satisfied with the work-family balance than women tied to the workplace.
- Night shifts for men and women come at an emotional cost. They are associated with high levels of time pressure, low satisfaction with work-family balance, and less sleep.
- The evening shifts are almost as trying as night shifts for mothers. Women working evening shifts report fewer hours of paid work than women working regular day shifts, but put longer hours into domestic work and child care, and record extremely high levels of time pressure.
- Canadian adolescents aged 15 to 19 spent somewhat less time in school related activities and reported having more free time in 1998 than in 1986.
- Social leisure and watching television are the two dominant leisure activities among Canadian adolescents. The share of social leisure as part of adolescents' free time has increased significantly between 1986 and 1998, while watching television appears to have peaked in the 1980s and changed little since then.
- The level of physically active leisure and outdoor participation reported by adolescents rose significantly between 1986 and 1998.
- Girls are more confident of their parents' trust than boys, but are more concerned about being misunderstood and are more likely to feel that too much is expected of them. As well, girls have more pronounced negative emotional experiences (self-esteem, life satisfaction) than those reported by boys and even adult employed women.
- There is evidence of early *socialisation of* adolescents into a *gendered division of work and family obligations*. Teenage girls living at home spend double the boys' time helping parents with domestic work, but half the boys' amount in paid work.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (1)

CANADIANS' WORKLOADS ARE RISING



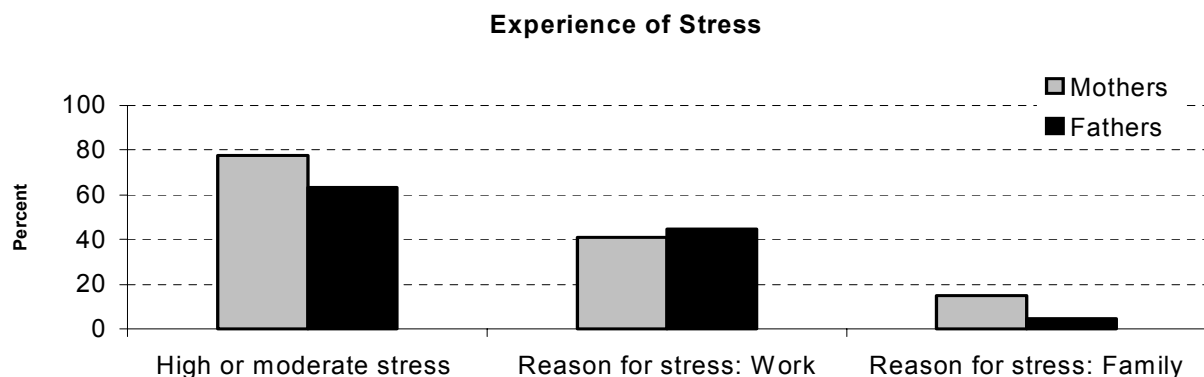
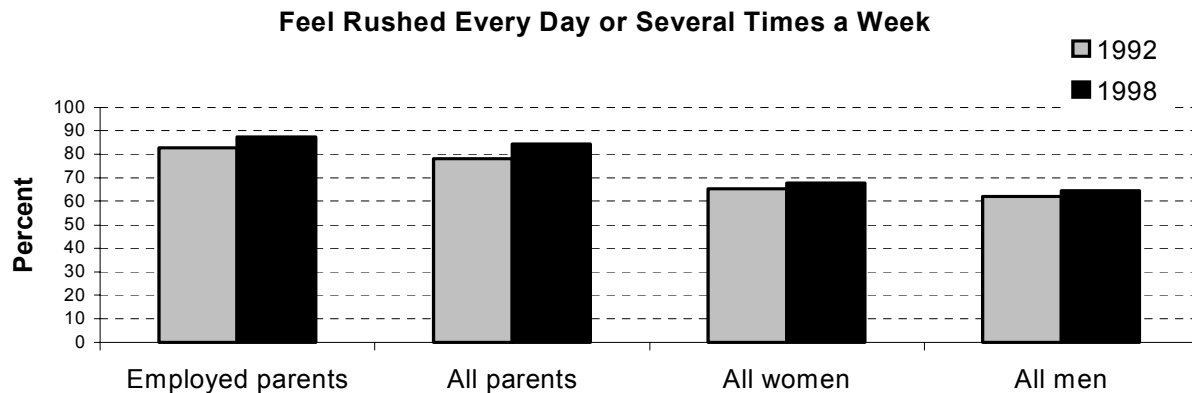
Analyses of Canadian time use data, collected from 1986 to 1998, demonstrate that while paid workloads of *employed* Canadians have changed little over the past decade, growing numbers of dual-earner families added to the families' combined load of paid and unpaid work. The time that Canadians put into domestic work and family care has risen through the 1980s and the 1990s. In 1986, employed parents with a child under the age of 12 reported 3.1 hours of domestic work per day. In 1998, this figure rose to 4.0 hours. As a result, *Canadians'* daily load of paid and unpaid work in 1998 was almost one hour longer than in 1986. For *employed* parents with children under the age of 12, the combined load of paid and unpaid work increased by half an hour, from 9.9 hours in 1986 to 10.4 hours in 1998.

Data from the 1986, 1992, and 1998 Canadian GSS. Parents with a child under the age of 12.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (2)

HIGHER WORKLOADS MAY BE AT THE ROOT OF INCREASES IN TIME CRUNCH AND STRESS



A higher proportion of dual-earner families and higher overall workloads may be at the root of the elevated levels of subjectively perceived “time crunch” and stress reported by Canadians (particularly employed parents) in the late 1990s. The number of Canada’s employed parents with a child under the age of 12 reporting feeling rushed every day or several times a week increased from 83 percent in 1992 to 87 percent in 1998. Over 62 percent of employed fathers and 75 percent of employed mothers with children under the age of 12, surveyed in 1998, reported experiencing high or moderate levels of stress, a considerably higher proportion than among general population. Symptomatically, work was identified as the main source of stress by over 40 percent of employed parents with children under the age of 12.

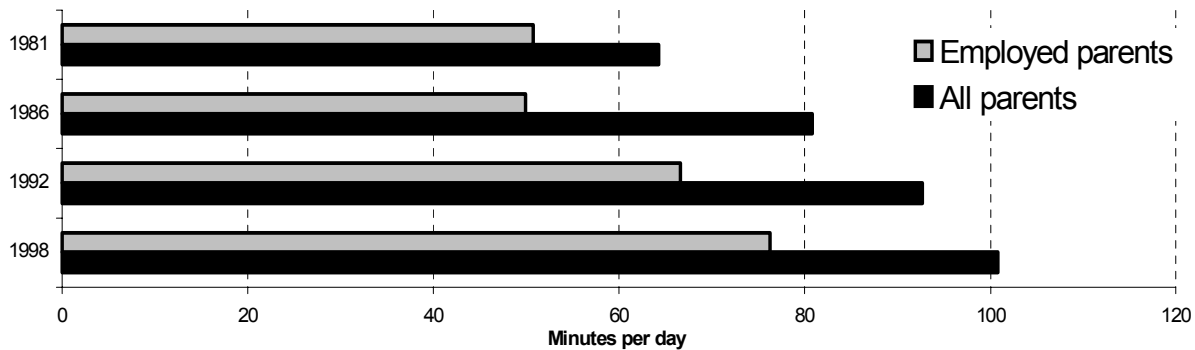
Data from the 1992 and 1998 Canadian GSS. Employed parents with a child under the age of 12.

Fact Sheet

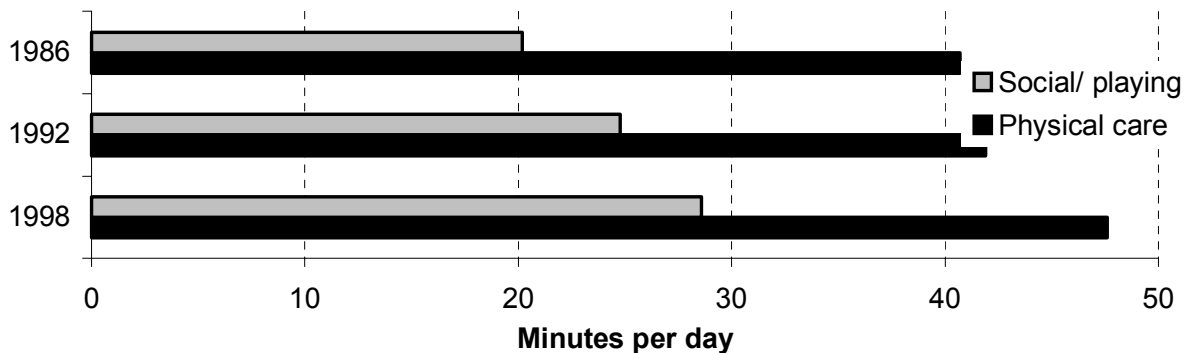
The effects of time use and time pressure on child-parent relationships (3)

CANADIAN PARENTS ARE INCREASING CHILD CARE TIME

Total Care of Children Under the Age of 12



Social and Physical Care of Children Under the Age of 12



Analyses of Canadian time use trends from 1981 to 1998 show that Canadian parents, in spite of their increased workloads and heightened sense of time pressure, have *increased* rather than decreased their contribution to child care during the observed period. For *all parents* with children under the age of 12, child care involvement has risen between 1986 and 1998 by close to 20 percent, and for the *employed* parents with children of this age it has risen by over 50 percent. Among employed parents with children under the age of 12, the amounts of both physical and non-physical (social and emotional) child care were considerably higher in 1998 than they were in 1986, while the amount of total parent-child contact time remained the same or declined slightly.

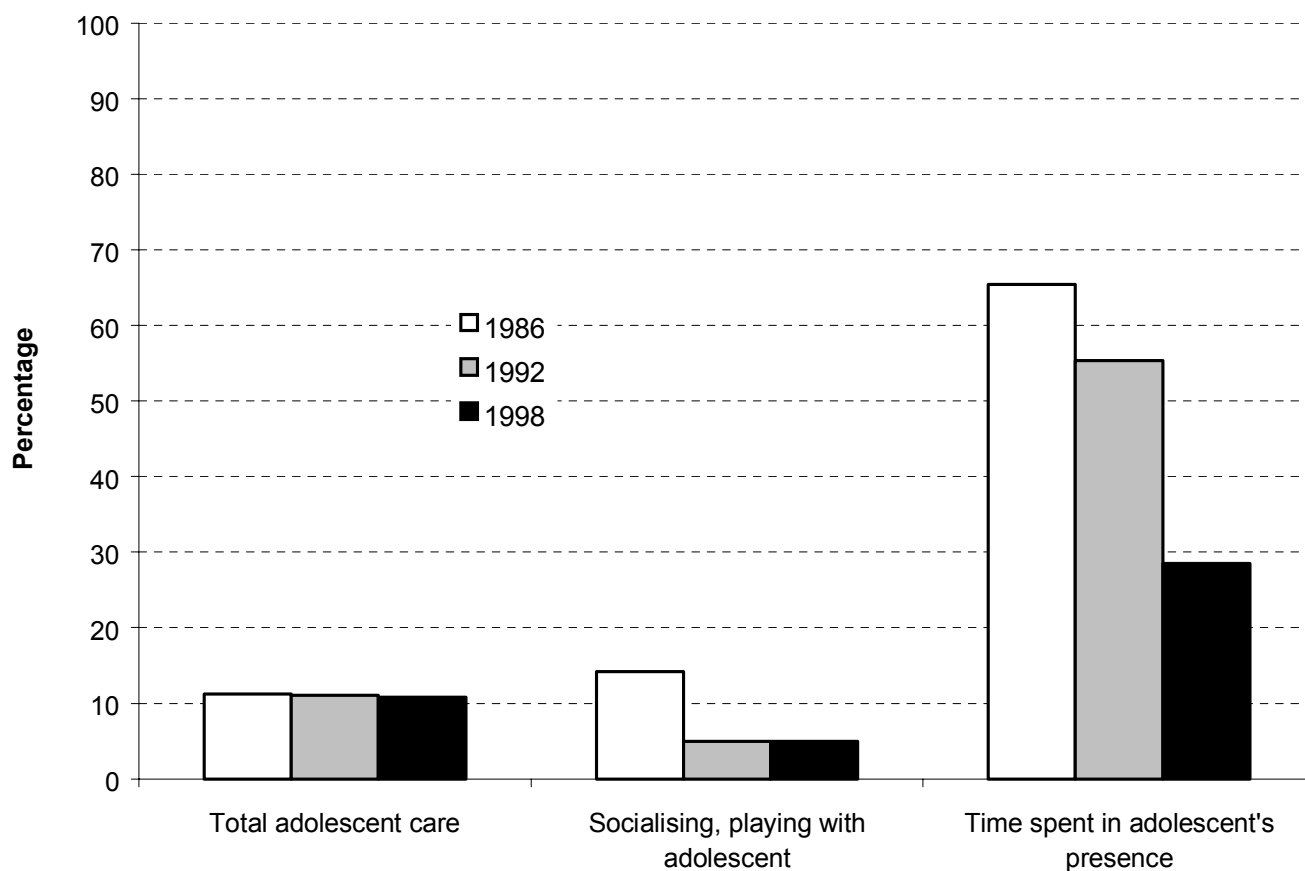
Data from the 1998 Canadian GSS. Employed parents with a child under the age of 12.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (4)

ASYMMETRICAL DISTRIBUTION OF CHILD CARE MEANS MORE TIME FOR PRE-SCHOOLERS, LESS FOR TEENS

Parents' Time with Teenagers as a Percentage of Time Spent with Pre-schoolers



Analyses of Canadian time use data show that parental childcare is distributed unevenly across children of different ages. Small children receive much more parental care and attention than teenagers. Our analyses show that pre-schoolers have gained more parental care and attention over the past two decades, while teenage adolescents may have seen their share of parental care shrunk both in relative and absolute terms.

Data from the 1998 Canadian GSS. Employed parents with a child aged 12-18.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (5)

SATISFACTION WITH LIFE HAS DECREASED, PARTICULARLY AMONG EMPLOYED PARENTS WITH TEENS



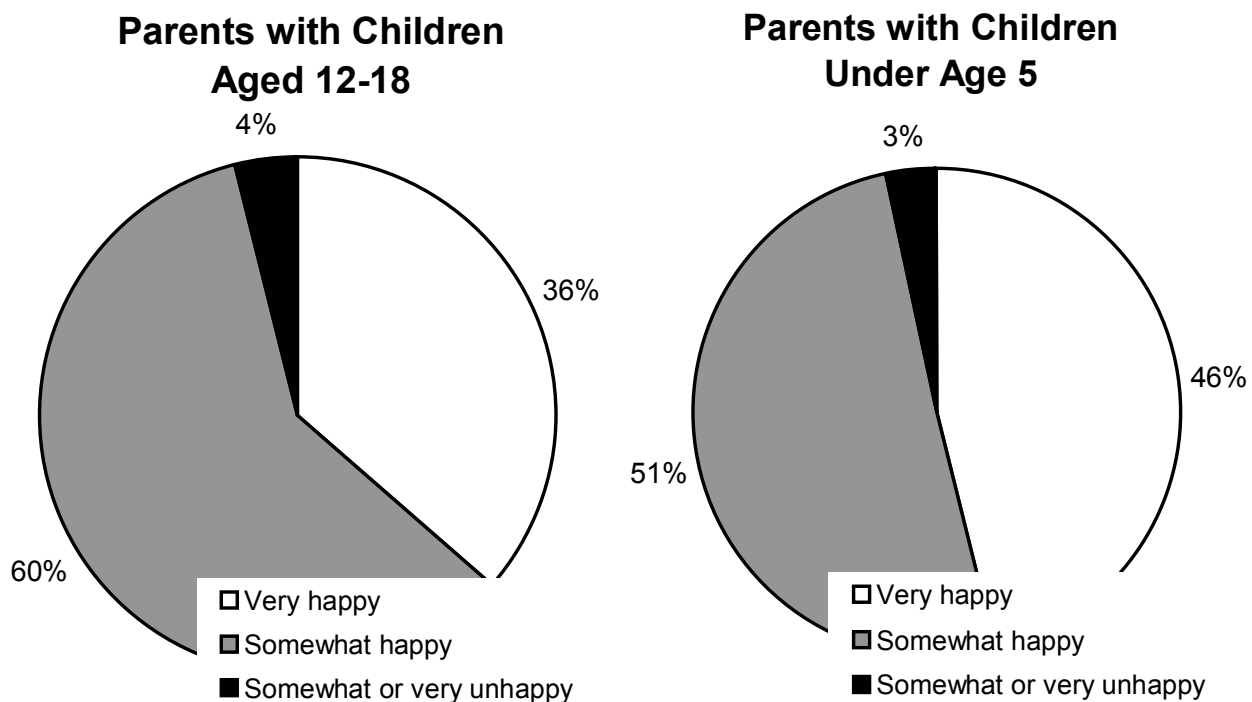
The period between 1986 and 1998 has been marked by a decline in Canadians' reported levels of life satisfaction and satisfaction with the way they spend their time. The life satisfaction levels among *employed parents*, a group exposed to higher than average work and time pressures, have fallen between 1986 and 1998 more than for the rest of Canada's population. In 1986, 53 percent of employed parents with children under the age of 18 reported being "very satisfied" with their lives. In 1998, this figure has fallen to 35 percent, compared to a decline from 47 to 36 percent for the entire surveyed population. Levels of self-assessed health reported by employed parents in 1998 were lower than those reported in 1992, and the percentage of employed parents who reported having sleeping problems increased from 13 percent in 1992 to 23 percent in 1998.

Data from the 1986 and 1998 Canadian GSS.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (6)

PARENTS OF TEENAGERS LESS HAPPY THAN THOSE WITH YOUNGER CHILDREN



The emotional costs of the communication gap between parents and teenagers are considerable. Multivariate analyses of Canadian 1998 General Social Survey time use data indicate that, in spite of experiencing fewer time pressures, employed parents of grown-up children report feeling less happy than employed parents with younger children. Parenting of small children, while associated with heavier parental workloads, may offer emotional awards that are missing at the later stages of child development. The double jeopardy of parenthood may be too little time when children are young and too little communication when they grow older.

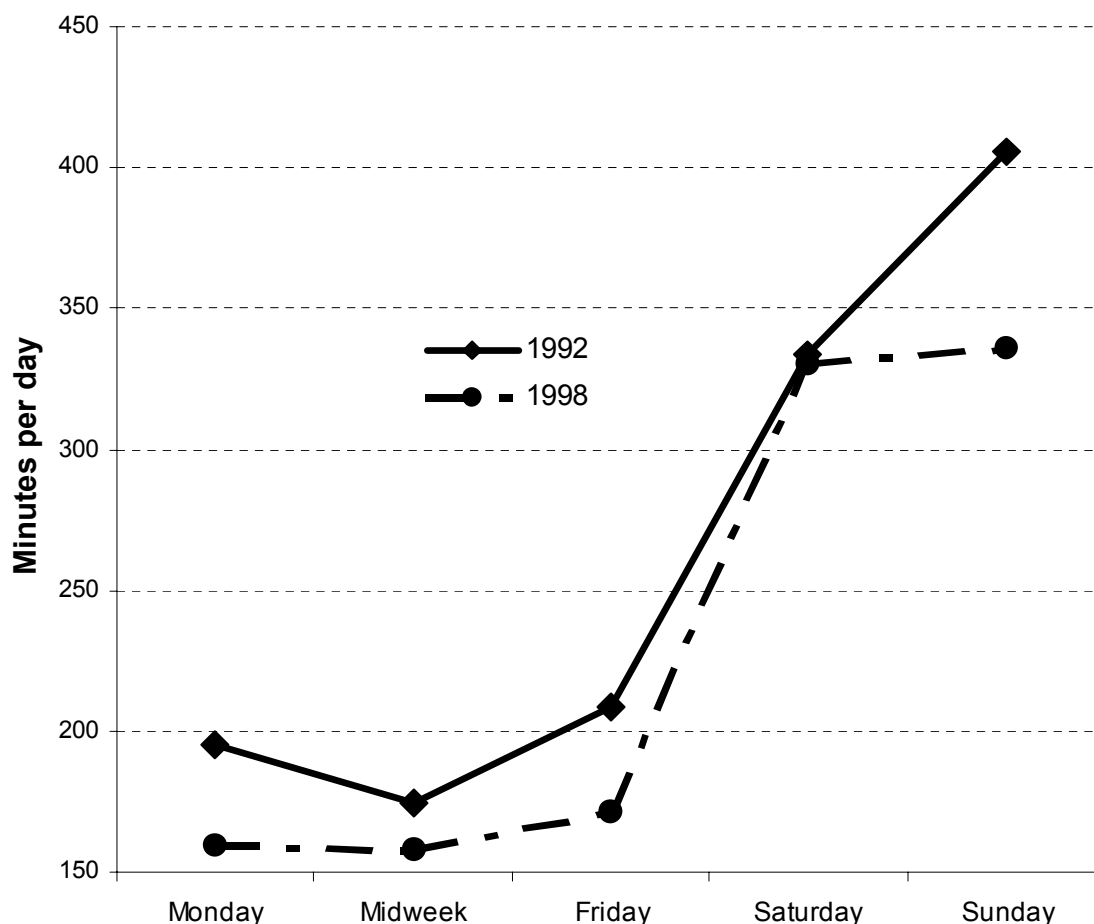
Data from the 1998 Canadian GSS. Employed parents.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (7)

THE SPEEDING UP OF SUNDAY

Trends in Parent-Child Contact Time Across the Week



Analyses of time use and daily experiences demonstrate that Sundays may have ceased to serve the function of the holy day, but continue to play an important role as emotional “anchors” in family life. A comparison of the distribution of time use on different days of the week in 1992 and 1998 show, however, that the amount of parent-contact time on Sundays has *declined* between 1992 and 1998 *more* than on the other days of the week. This may have been precipitated by the “de-synchronisation” of our working and service arrangements, conflicting shift work schedules, increased demand for adolescent part-time work on weekends, and Sunday shopping.

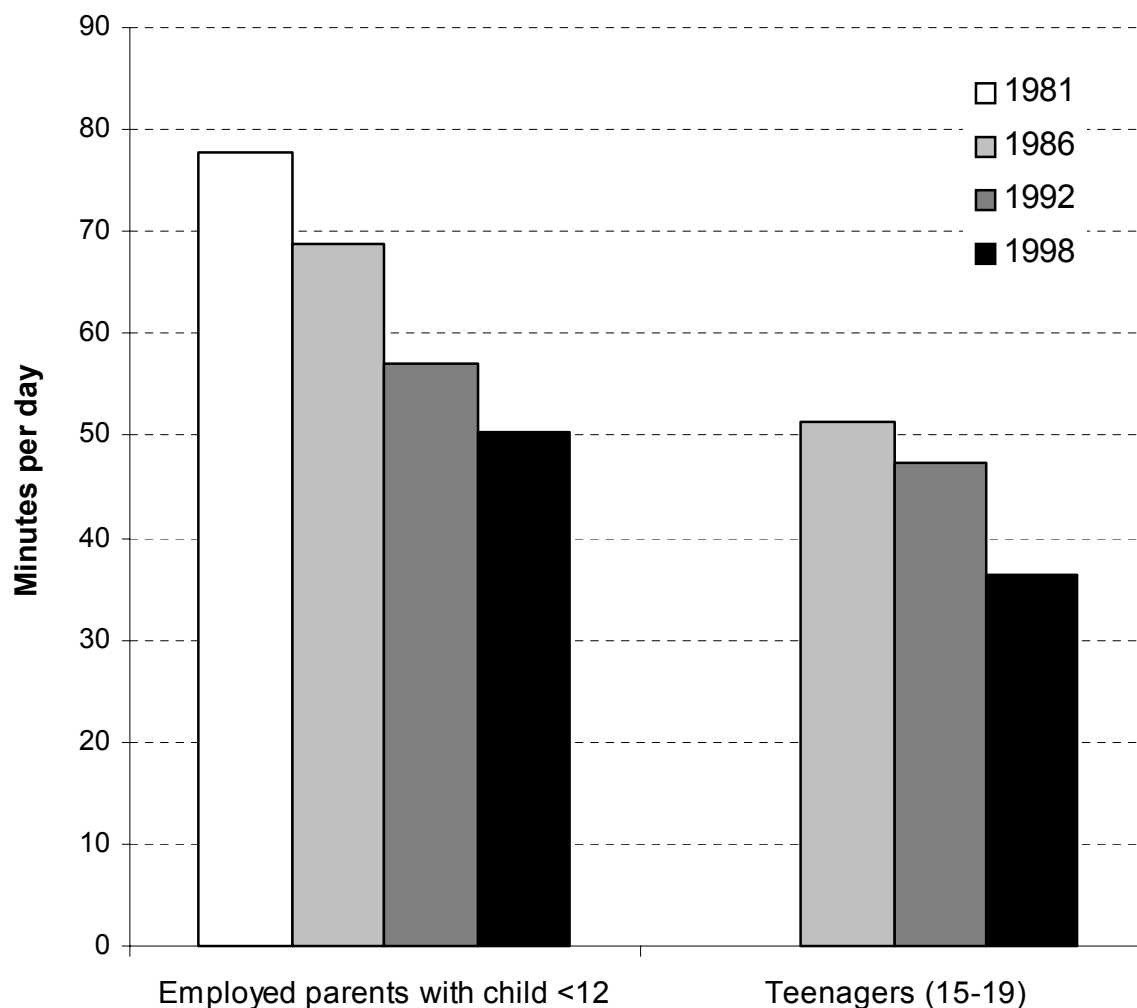
Data from the 1992 and 1998 Canadian GSS. Employed parents with a child under the age of 18.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (8)

A DECLINE IN FAMILY MEALS

Time Spent in Meals at Home



Present-day society seems to be preoccupied with making our life arrangements more flexible, but may be missing the point of having some time areas collectively “designated” for communication and family rituals. According to the U.S. Council of Economic Advisors (2000), common family meals are associated with positive emotional outcomes in parent-child relationships. The amount of time spent in meals at home in Canada has, however, steadily declined over the 1981 to 1998 period for adults, and the same finding was confirmed by the analyses of the time use trends among adolescents.

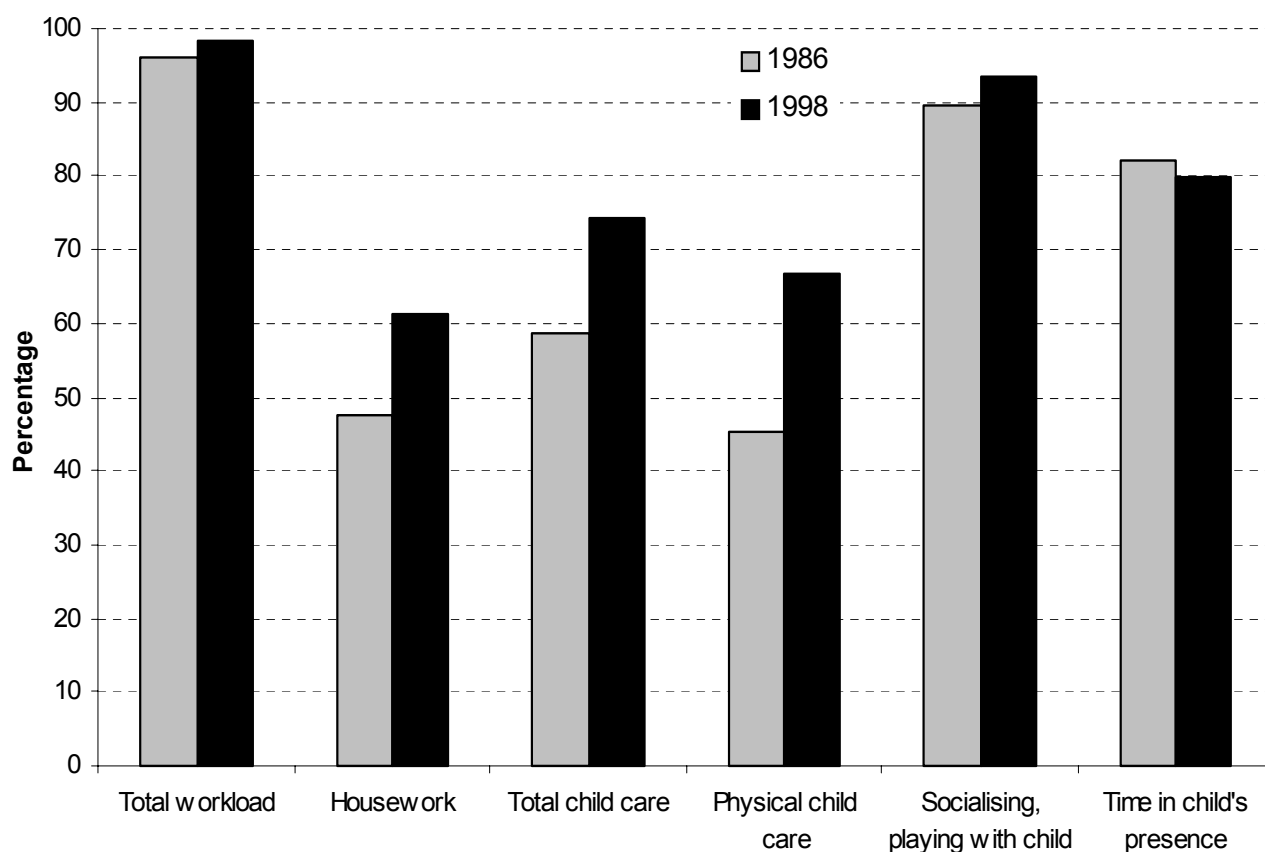
Data from 1981, 1986, 1992 and 1998 Canadian GSS. Employed parents with a child under the age of 12 / Teens aged 15-19.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (9)

THE GENDER GAP IN WORK AND FAMILY RESPONSIBILITIES

Men's Participation as a Percentage of the Time Women Spend



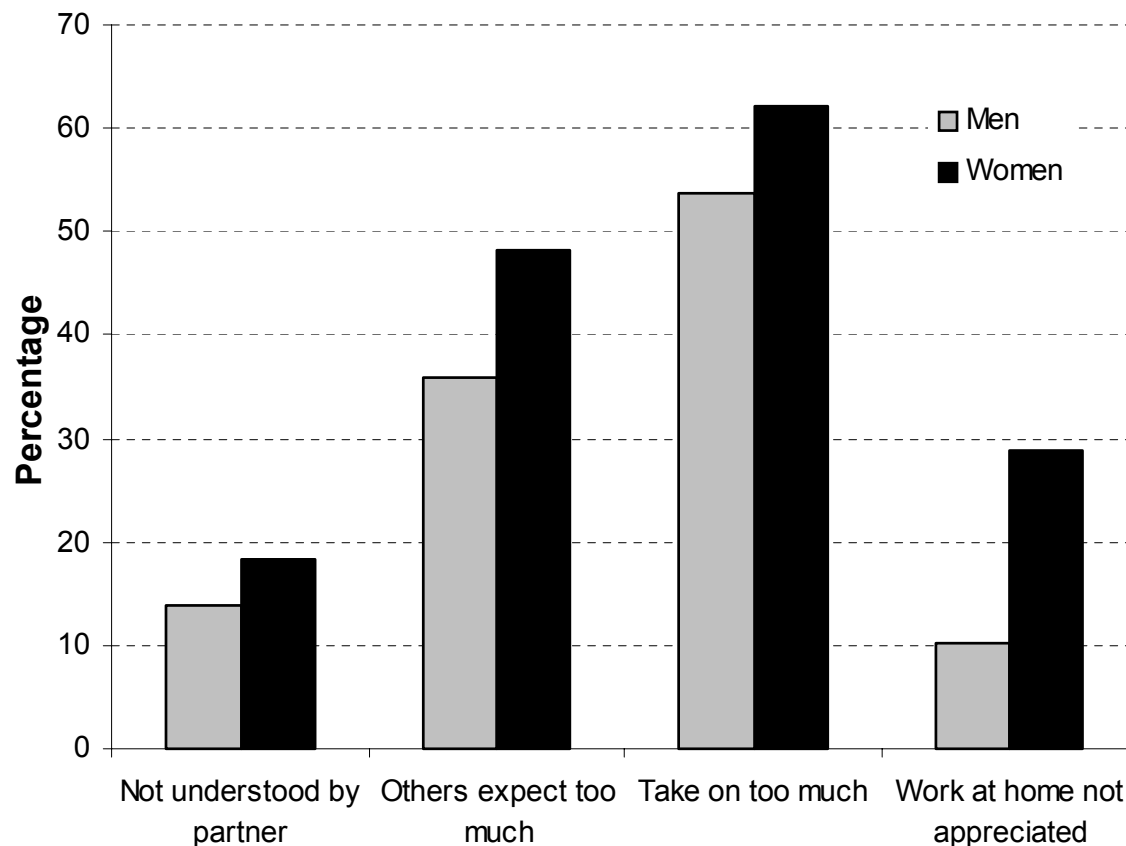
Balancing the family's division of paid and unpaid work is not only a matter of *gender justice*, but an important condition of good parent-child relationships. While the gap between men's and women's total workloads may have narrowed over the past twenty years, the composition of their combined workloads is still far from balanced. Employed women shoulder a considerably greater share of domestic work and child care than men and, in general, report feeling less in control over their time than men.

Data from the 1986 and 1998 Canadian GSS. Employed parents with a child under the age of 18.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (10)

THE EMOTIONAL COSTS OF THE GENDER GAP IN WORK AND FAMILY RESPONSIBILITIES



Gender disparities in the division of paid and unpaid work spill over into family's emotional life, and colour inter-spousal as well as parent-child relationships, resulting in frustration, anger, or more commonly, emotional withdrawal. Symptomatically, in 1994, over 18 percent of employed married Canadian women with a child under the age of 11 said that they were not understood by their partners, and 48 percent said that others expected too much of them. The respective figures for men were 14 and 36 percent. Women are also more likely to feel that they are taking on too much, and that their work around the house is not appreciated. Achieving a better behavioural and emotional balance in the family remains one of the main objectives in maintaining and improving parent-child relationships.

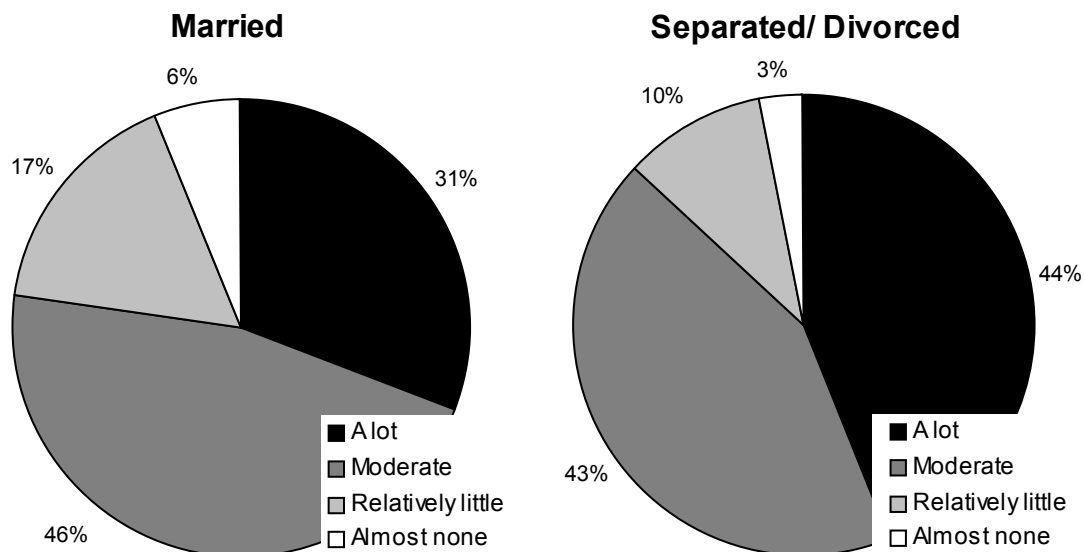
Data from the 1994 Canadian NPHS. Employed, married parents with a child under the age of 11.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (11)

DIVORCE AND SEPARATION ARE LINKED TO HIGHER WORKLOADS, PERCEIVED TIME PRESSURE, AND STRESS

Experience of Stress



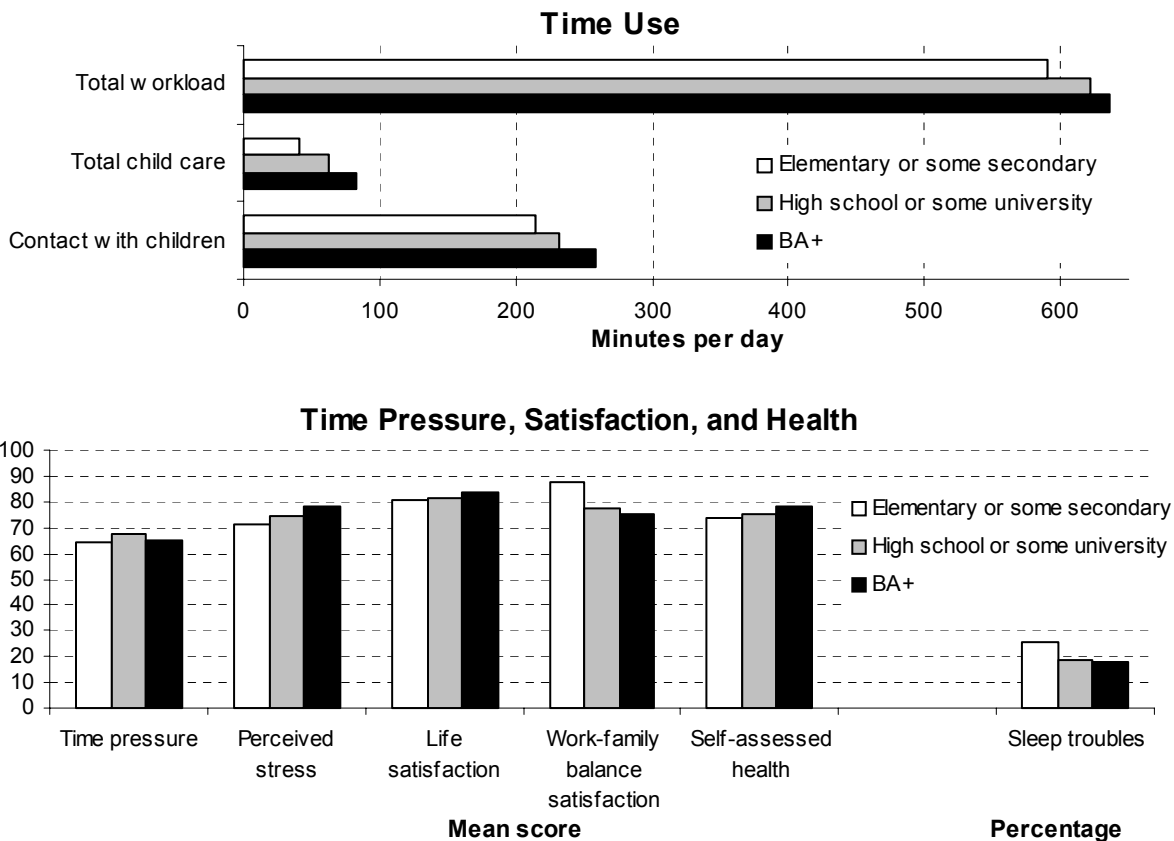
Divorced mothers face greater problems in juggling their work, financial, and family responsibilities than do married women. The total workload of divorced and separated mothers is *10.8 hours* per day and higher than that of employed married mothers. Separated and divorced mothers report higher levels of perceived time pressure and stress, more frequent symptoms of time crunch, and lower levels of self-reported health than married mothers. Over 33 percent of divorced/separated mothers with children under the age of 12 report having sleeping problems compared to 24 percent of employed married mothers.

Data from the 1998 Canadian GSS. Employed mothers with a child under the age of 12.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (12)

THE IMPACT OF PARENT'S EDUCATION ON TIME USE, TIME PRESSURE, SATISFACTION, AND HEALTH



Parents' higher educational levels benefit parent-child relationships. In spite of higher overall workloads, university graduate parents spend more time in direct child care and in the presence of children than parents with elementary or high school education. Compared to lower educated families, a greater proportion of parental care in families with higher education is spent in social and emotional contacts with children. Higher overall workloads and higher aspirations of the university and high school educated parents may account for higher levels of perceived stress and lower satisfaction with the work-family balance than those reported by parents with elementary education. Notably, however, parents with university and high school education report higher levels of overall life-satisfaction, self-assessed health, and fewer sleep troubles than parents with less than a complete secondary education.

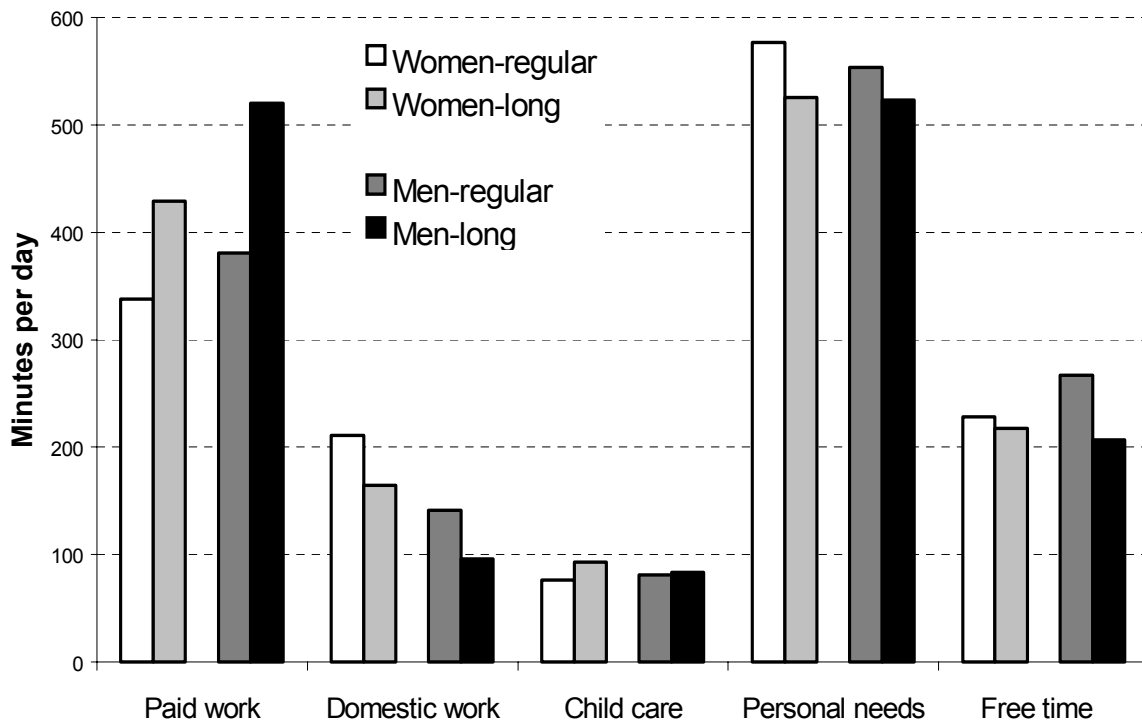
Data from 1998 Canadian GSS. Employed parents with a child under the age of 15.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (13)

THE COSTS OF JUGGLING HIGH WORKLOADS AND PARENTING

Parents Working Regular and Long Hours



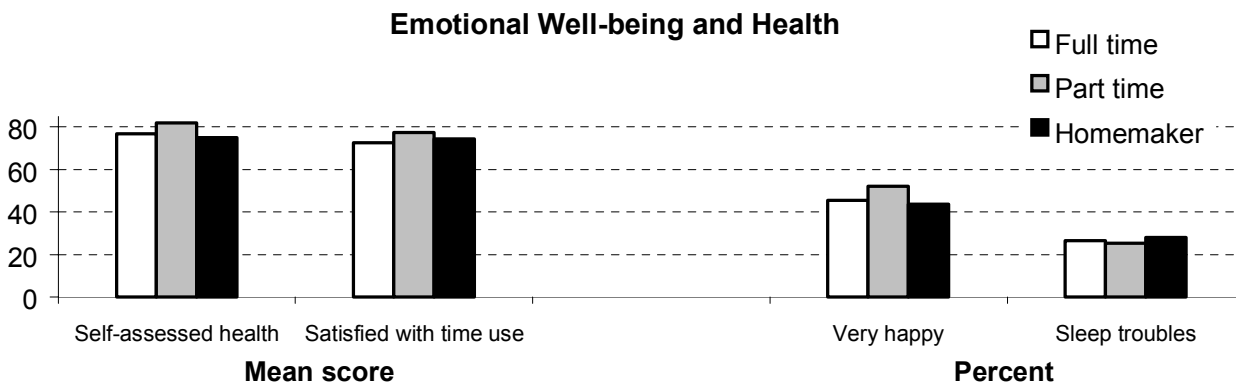
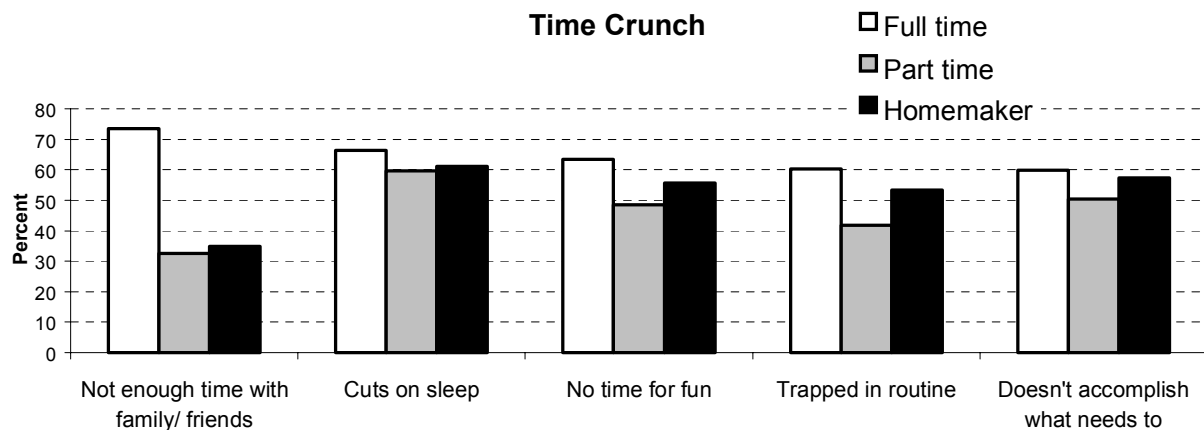
Our analyses show that, surprisingly, parents working *long hours* (50.1 hrs/wk or more for men and 45.1 hrs/wk or more for women) report similar or higher amounts of child care as parents working “*regular hours*” (35 to 50 hrs/wk for men; 30 to 45 hrs/wk for women). This is, however, done at a cost. The child care effort of fathers and mothers working long hours is predicated on their willingness to cut short on personal needs (sleep and meals) and free time, and in the case of men, on their wives’ greater contribution to household work and responsibilities. Findings indicate that high paid workloads resulting from a stiffened competition in the upscale job market, carry serious physical and emotional hazards for employed parents.

Data from the 1998 Canadian GSS. Employed parents with a child under 5 (for men) and under 15 (for women).

Fact Sheet

The effects of time use and time pressure on child-parent relationships (14)

THE BENEFITS OF PART-TIME WORK



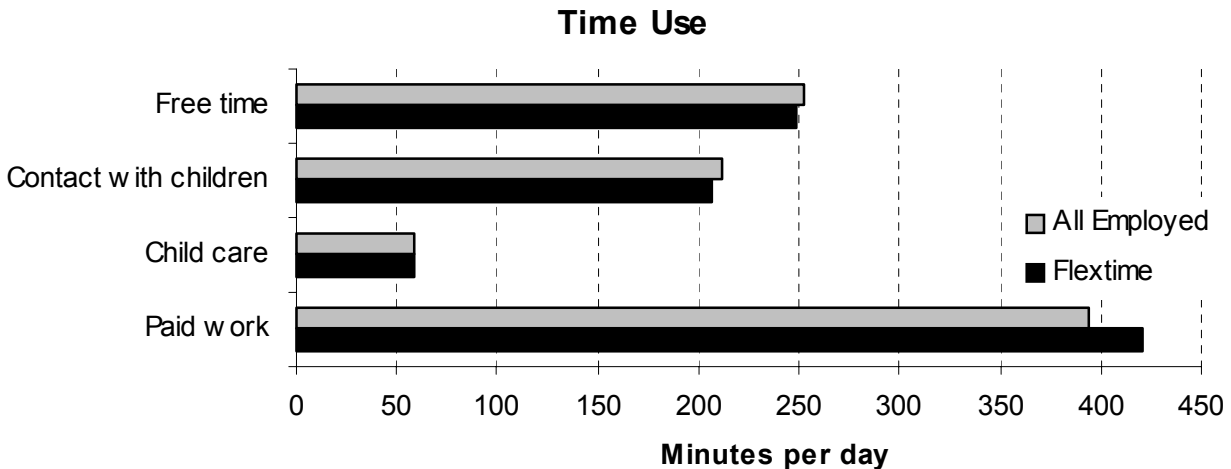
Part-time work offers certain advantages, particularly for women. Part-time employed mothers with children under the age of 5 worry less than those working full-time or homemakers about not spending enough time with family and friends, and are less likely to cut back on sleep to save time. They less frequently report not having time for fun or that they feel trapped in daily routine and not able to accomplish at the end of the day what they had to. More part-time employed mothers report feeling “very happy” and show greater satisfaction with time use, as well as higher self-assessed health and fewer sleeping problems than those working full-time or at home. Part-time employment seems to be associated by mothers with pre-schoolers with a more positive emotional evaluation of life and work-family balance than full-time employment or homemaker status.

Data from the 1998 Canadian GSS. Mothers with a child under the age of 5.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (15)

FLEXTIME: POPULAR AND EFFECTIVE



Flex-time has been welcomed by both employees and employers and is presently the most widespread alternative work schedule arrangement in Canada. In spite of *longer working hours* and *fewer hours of free time*, flex-time workers report *lower levels of time pressure* and *higher levels of job and life satisfaction* than do their “non-flex” counterparts. On balance, access to flex-time work schedules probably offers employees the clearest net benefit of all alternative work arrangements. While it does not bring shorter hours of work, it seems to make the experience of work and after-work hours more agreeable.

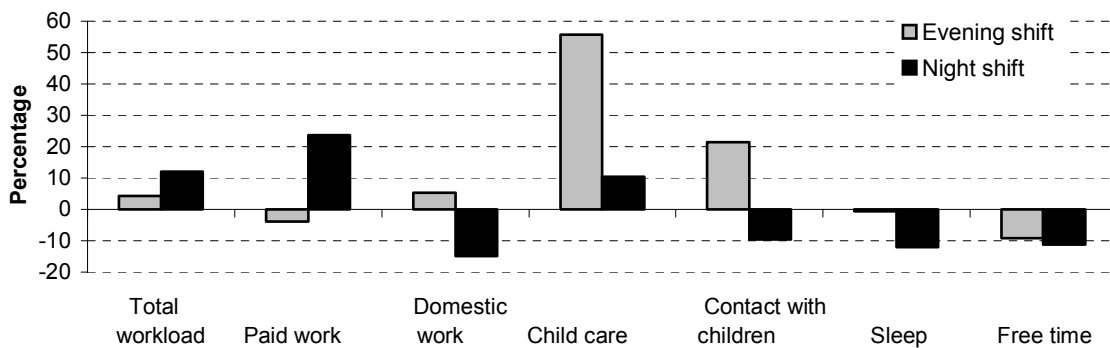
Data from the 1998 Canadian GSS. Parents with children under the age of 18.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (16)

THE PERILS OF SHIFT WORK

Time Spent in Selected Activities by Night and Evening Shift Workers Compared to that Spent by Day Workers



Health Indicators: The Experience of Female Day and Evening Shifters



Men and women working night shifts report some of the highest levels of time pressure, and their satisfaction with the balance of work and family life is alarmingly low. Working night shifts gives women more time for child care, but deprives both men and women of sleep. Evening shifts are almost as trying as night shifts for mothers. Women working evening shifts report fewer hours of paid work than women working regular day shifts, but they put longer hours into domestic work and record extremely high levels of time pressure (78 points out of 100). Like women “night-shifters,” mothers working evening shifts allocate more time to child care than day-shift mothers, but pay for this with sleepless nights (42%) and considerable psychological strain.

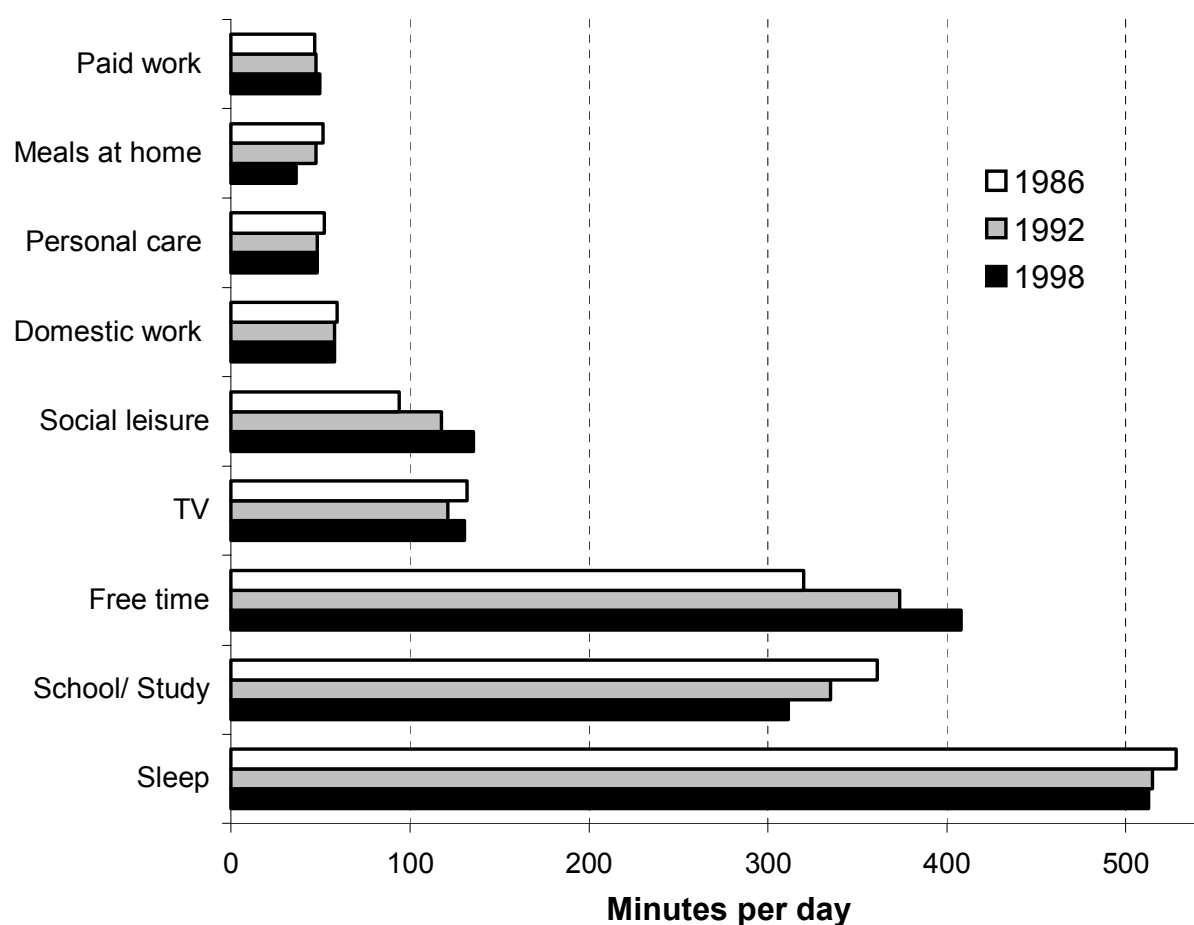
Data from the 1998 Canadian GSS. Employed parents with a child under the age of 18.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (17)

CANADIAN TEENS' TIME USE FROM 1986 TO 1998

Time Use



The amount of time Canadian adolescents spend sleeping, in school related activities, and meals at home declined over the period of 1986 to 1998. During this period their involvement in free time, particularly social leisure, increased notably. Little changes were experienced in the time spent watching television, performing domestic and paid work, and in personal care.

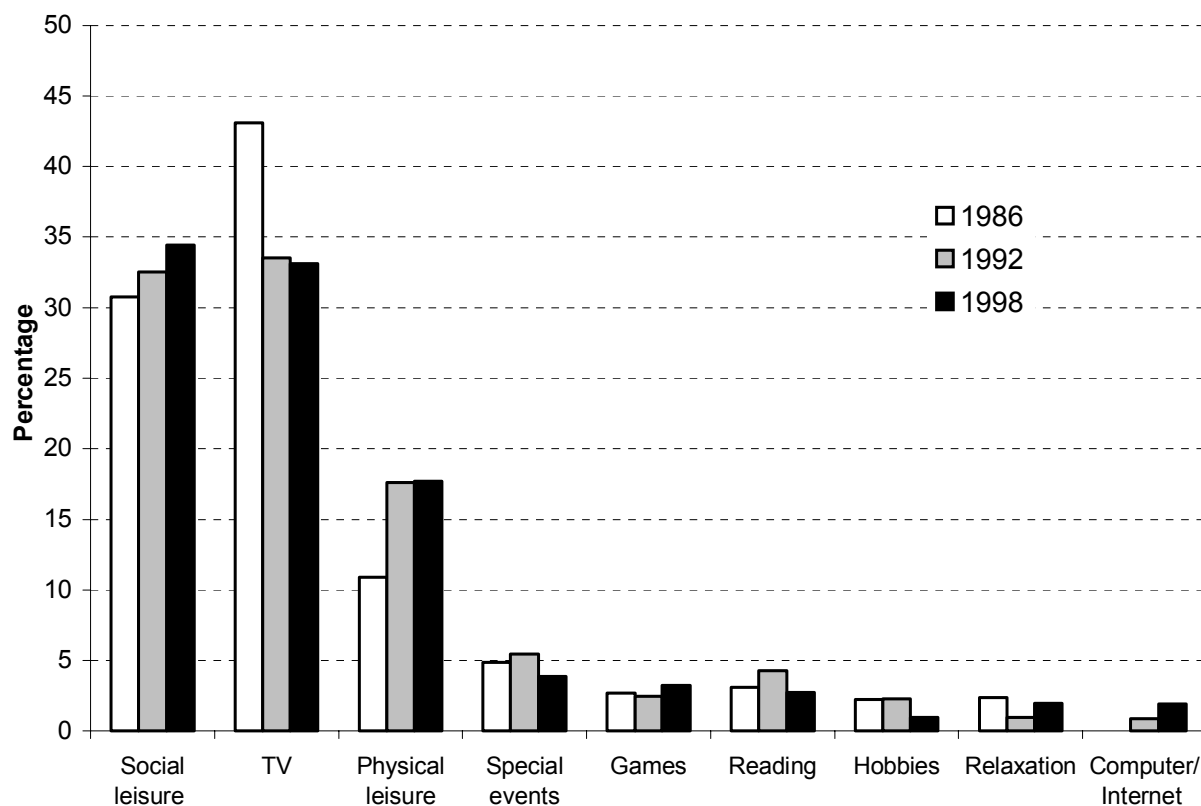
Data from the 1986, 1992 and 1998 Canadian GSS. Students living at home aged 15-19.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (18)

HOW ADOLESCENTS ARE SPENDING THEIR FREE TIME, 1986-1998

**Percentage of Free Time Spent in Selected Activities by Adolescents;
1986-1998**



Much of adolescents' free time is divided between two groups of leisure activities - social leisure (primarily, contacts with peers), and watching television. The amount of social leisure has increased during the past 10 to 15 years in absolute terms and as a share of adolescents' free time. The share of television viewing as a free time activity, on the other hand, may have declined in the 1990s. This finding should not be interpreted as a sign of the declining role of mass media in the lives of adolescents, since much mass media consumption occurs today as a secondary or background activity (listening to music, watching TV while eating). An encouraging trend in adolescents' time use is that their participation in physically active leisure, sports and outdoor activities has risen considerably in the 1990s.

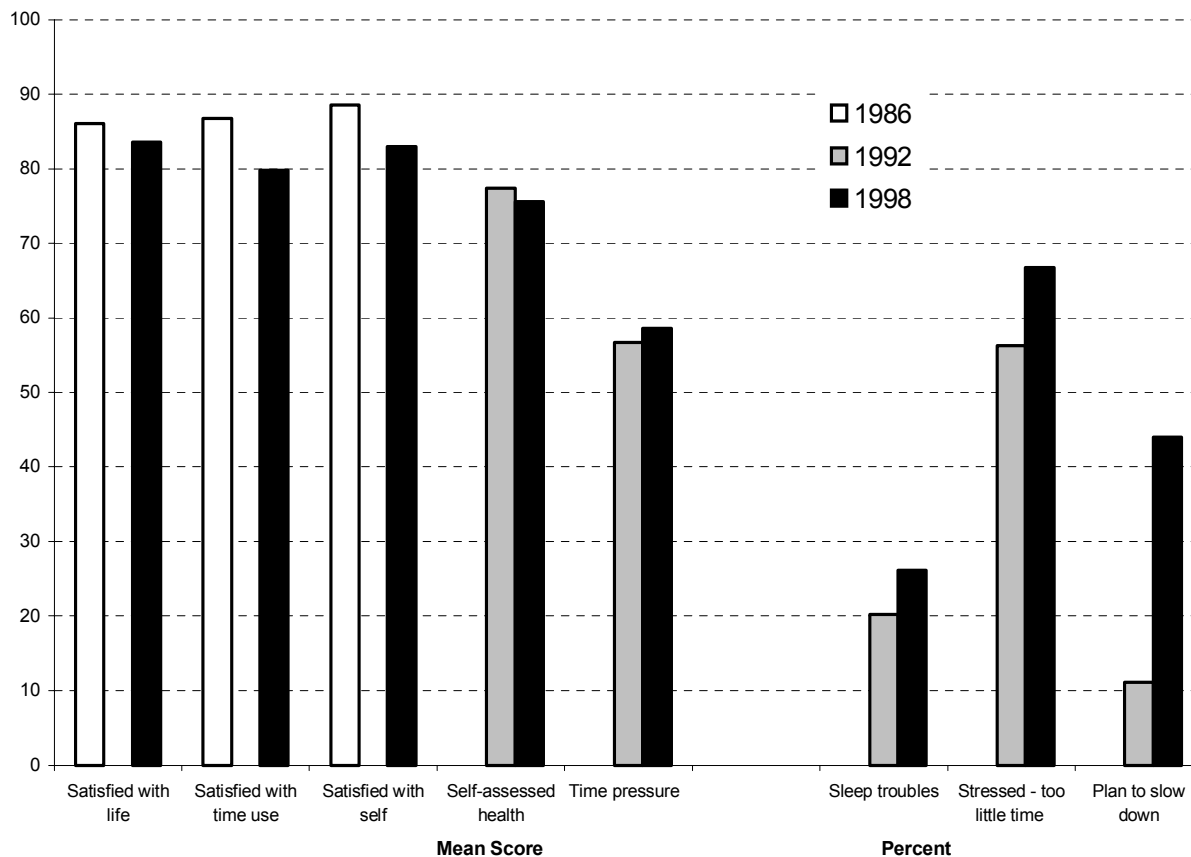
Data from the 1986, 1992 and 1998 Canadian GSS. Students living at home aged 15-19.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (19)

THE ADOLESCENT EMOTIONAL EXPERIENCE

Life Satisfaction, Self-assessed Health, and Time Crunch



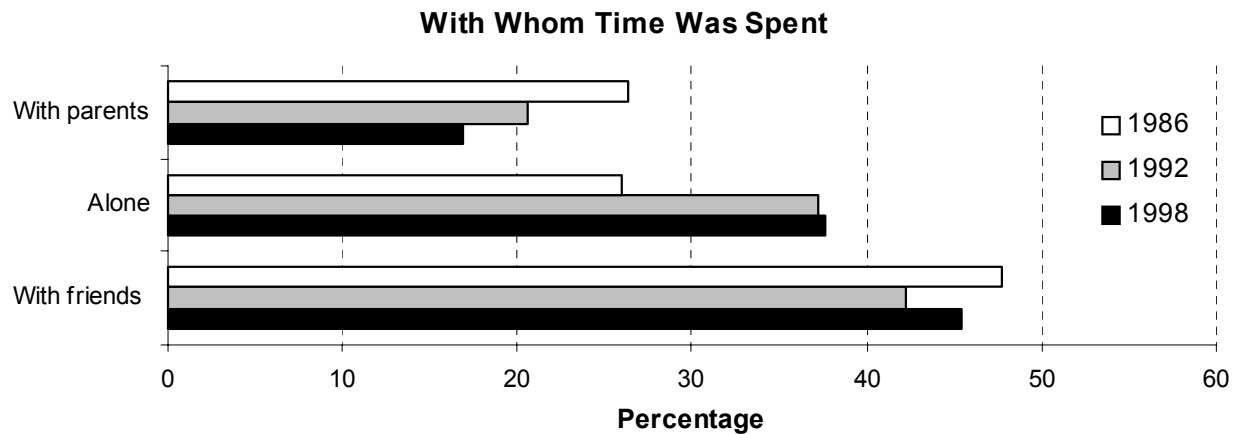
A comparison of the 1992 and 1998 GSS findings shows that adolescents' levels of time pressure have increased between the two surveys. Adolescents surveyed in 1998 felt more rushed and time-stressed than their counterparts in 1992. As well, they reported lower levels of self-assessed health and a greater frequency of sleeping problems. While in 1992 only 14 percent of the surveyed adolescents said that they planned to slow down in the future, this figure has risen to 44 percent in 1998. A comparison with life satisfaction data collected as part of the 1986 GSS shows that adolescents in 1998 felt less satisfied with their lives, their self-esteem, and the way they spent time than did adolescents in 1986.

Data from the 1986, 1992 and 1998 Canadian GSS. Students living at home aged 15-19.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (20)

ADOLESCENTS SPENDING LESS TIME WITH PARENTS



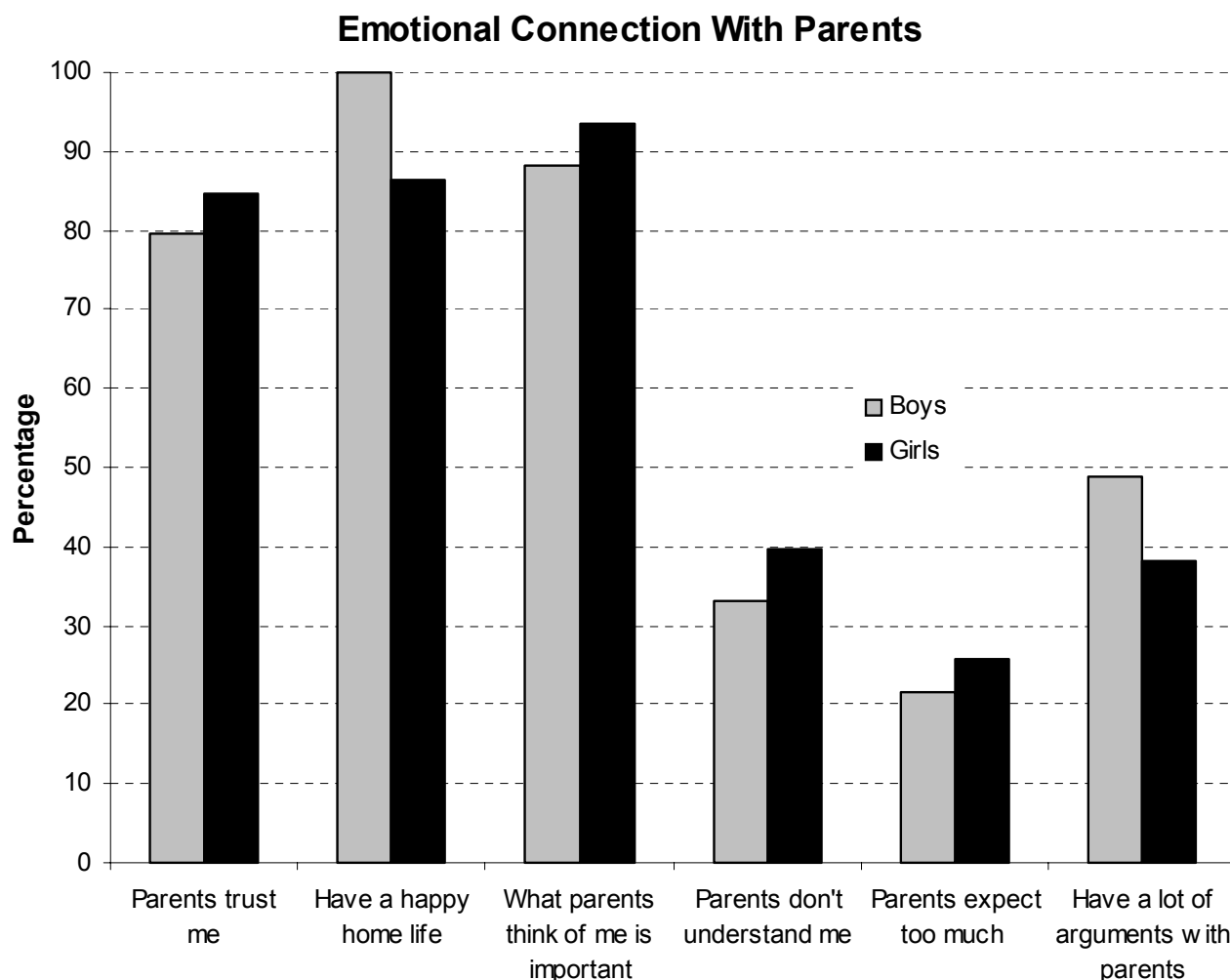
Perhaps the most critical finding in our analyses of adolescents' time use concerns an apparent widening of the "generation gap" in adolescent-parent relationships across time and as a function of children's progression of age. Analyses show that the amount of adolescent-parent contact time has fallen from 3.3 hours per day in 1986, to 2.5 hours in 1992, and 2.0 hours in 1998. Adolescents clearly enjoy contacts with peers more than with parents. In 1998, almost 50 percent of adolescents said that their most enjoyed activities involved friends and peers, compared to only 12 percent who cited activities that occurred in the presence of their parents (13 percent in 1992). Girls spend more time than boys in the presence of parents, and appear to enjoy parents' company more than boys, but the percentages for both genders are low.

Data from the 1998 Canadian GSS. Students living at home aged 15-19.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (21)

THE EMOTIONAL GAP BETWEEN PARENTS AND ADOLESCENTS IS DIFFERENT FOR BOYS AND GIRLS



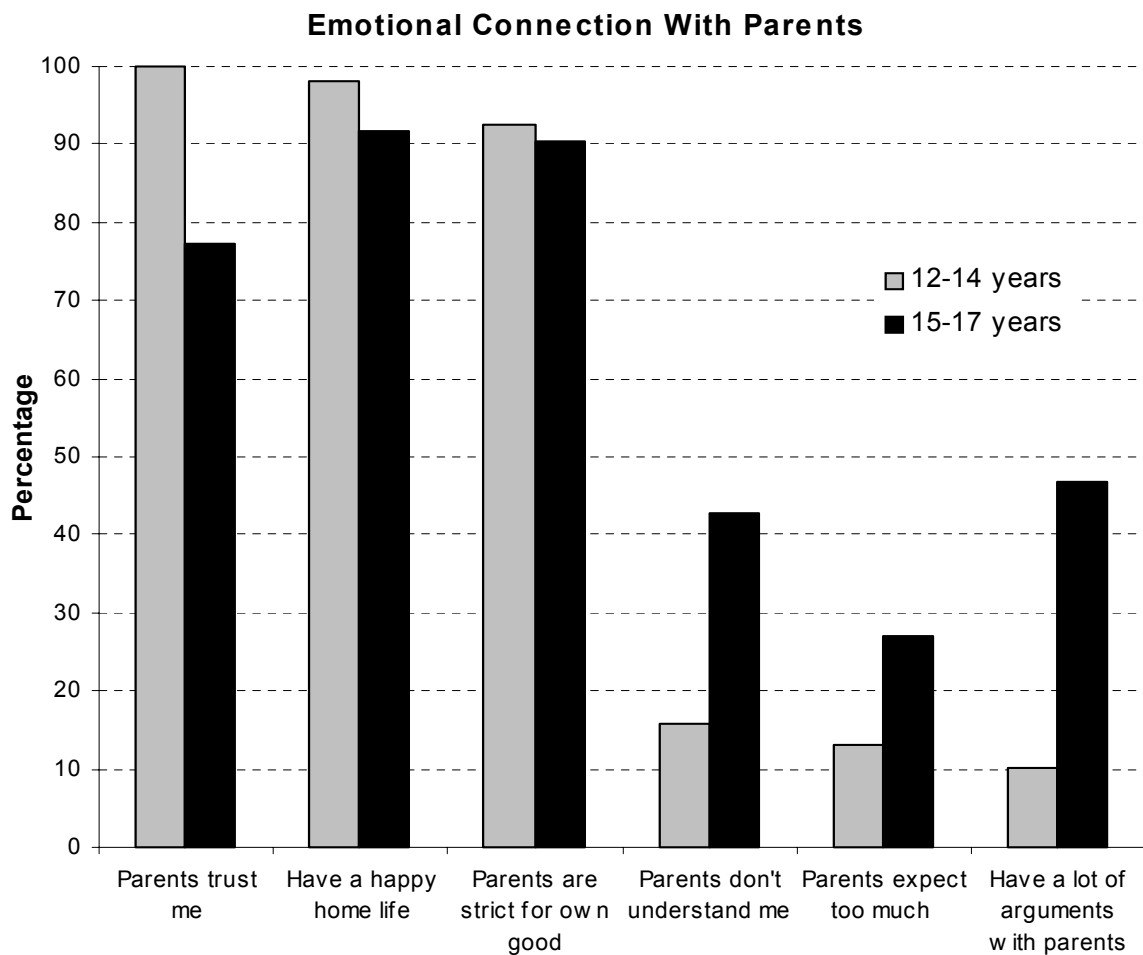
Differences in boys' and girls' emotional states affect their relationships with parents. According to data collected as part of the 1994 National Population Health Survey, 15 to 19 year old boys argue with their parents more frequently than do girls of the same age, but feel, nevertheless, happier than girls at home. Girls may be more confident of their parents' trust, but are more concerned about being misunderstood, what their parents think of them, and are more likely to feel that too much is expected of them.

Data from the 1994 Canadian NPHS. Students living at home aged 15-19.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (22)

THE EMOTIONAL GAP BETWEEN PARENTS AND ADOLESCENTS WIDENS WITH AGE



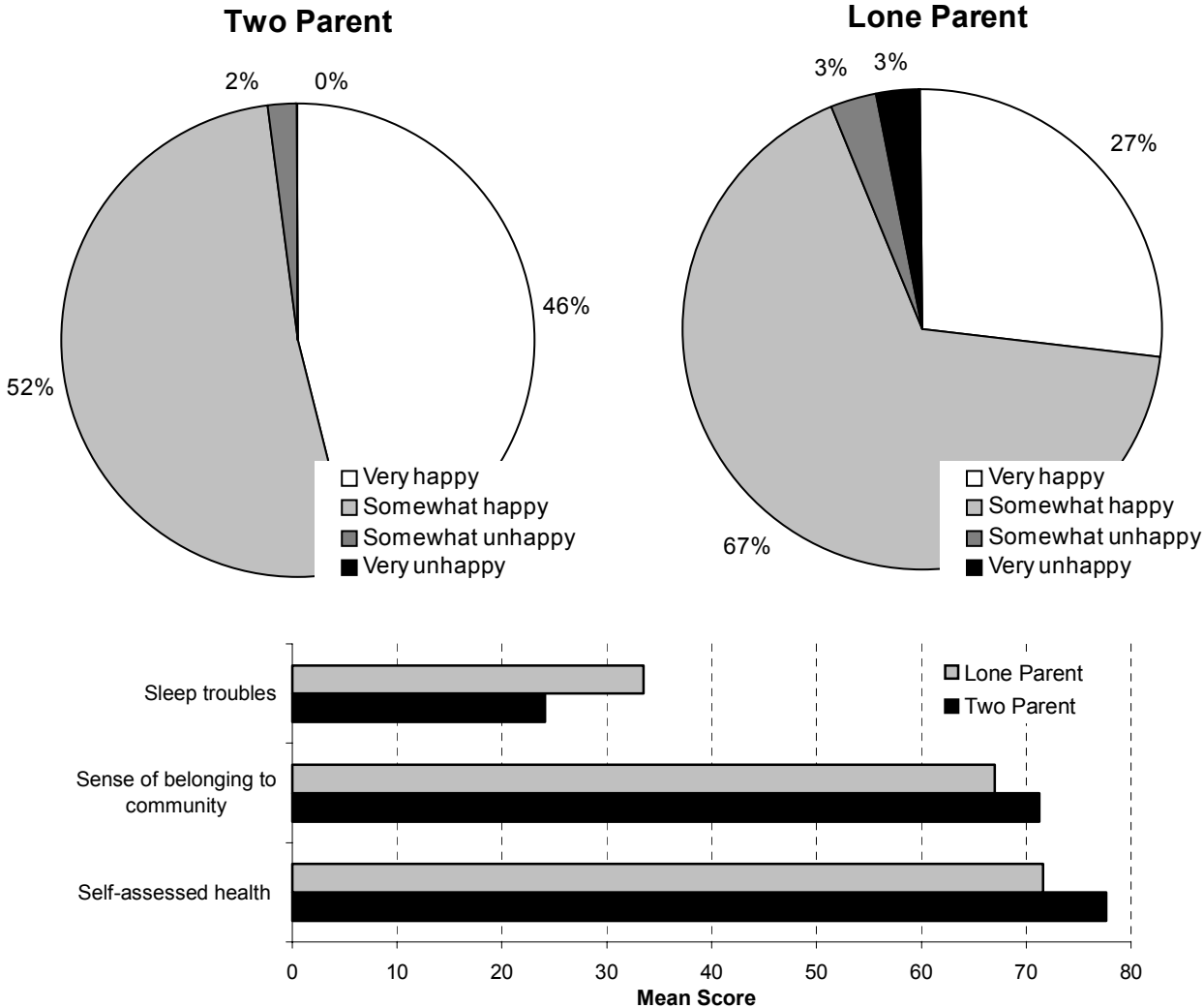
Analyses suggest that the emotional gap between adolescents and parents widens with the age of the adolescent. Teenagers in the 15 to 17 age group report a great deal of emotional bondage with their parents, with over 90 percent of these adolescents reporting that they are happy at home, value the opinions of their parents, and think that parents are strict with them for their own good. These data also show, however, that adolescents' concerns about being misunderstood by parents rise almost three-fold, and the number of arguments with parents four-fold, during the transition from the 12 to 14 to the 15 to 17 age groups.

Data from the 1994 Canadian NPHS. Students living at home aged 15-19.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (23)

CHILDREN IN LONE PARENT FAMILIES



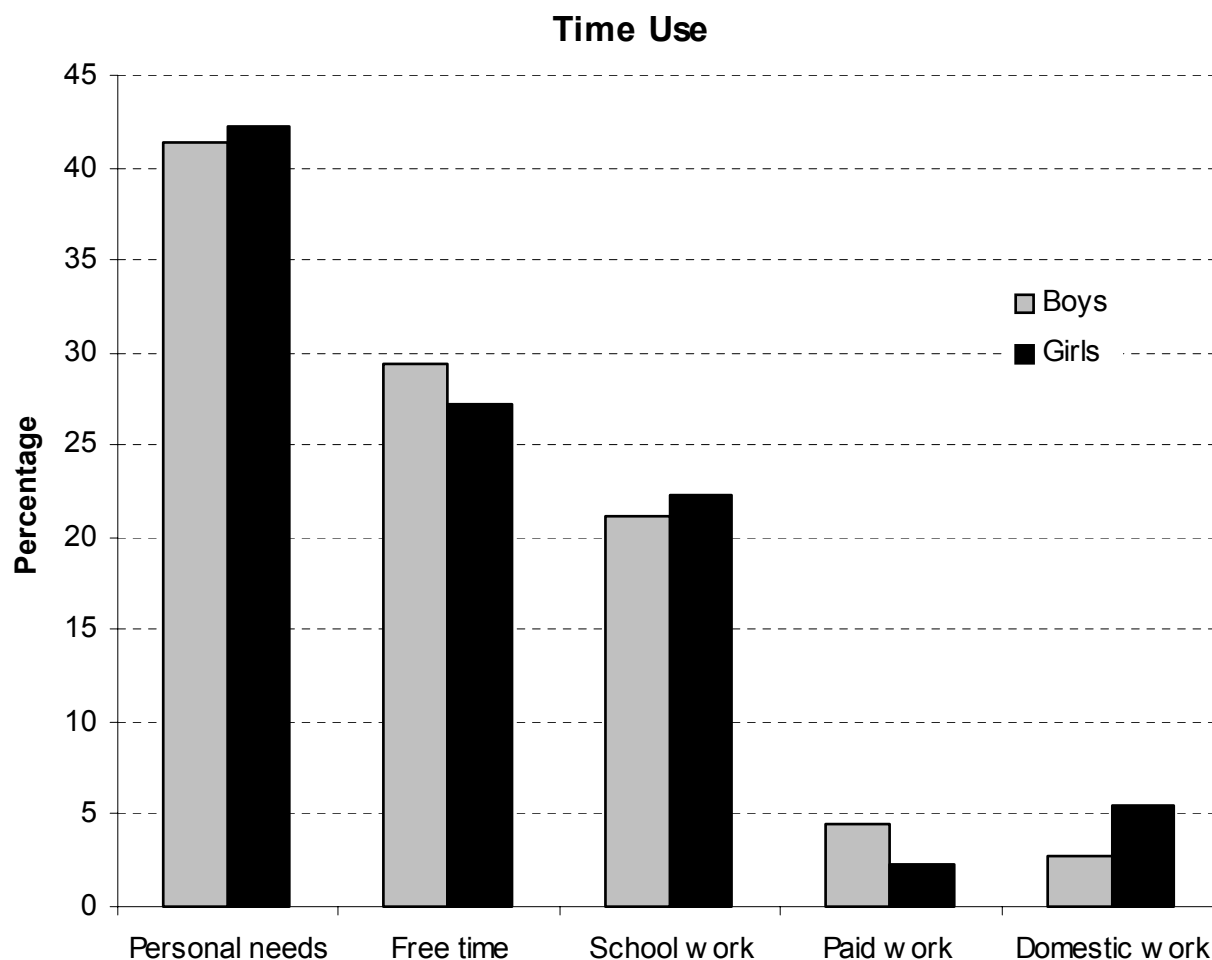
Canadian time use and health survey data put in doubt suggestions that single parenthood is of little importance for parent-child relationships. Analyses show that time use of children in two-parent families is more structured than it is in single-parent families and that children living in lone-parent families feel less happy and healthy, have more sleeping problems, and are less integrated into the community life than children living in two-parent families.

Data from the 1998 Canadian GSS. Students living at home aged 15-19.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (24)

EVIDENCE OF THE GENDERED DIVISION OF WORK AND TIME USE FOUND IN ADOLESCENCE



Our analyses demonstrate that adolescents are socialised early into a gendered division of *work* and *family obligations*. Girls aged 15 to 19, living with their parents and attending school, spend double the boys' time helping parents with domestic work, but report half the boys' amount of paid work. In total, girls' combined load of school, domestic and paid work amounts to 7.2 hours per day, compared to boys' 6.8 hours. Similar to the situation among adults, male teens enjoy more free time than female teens.

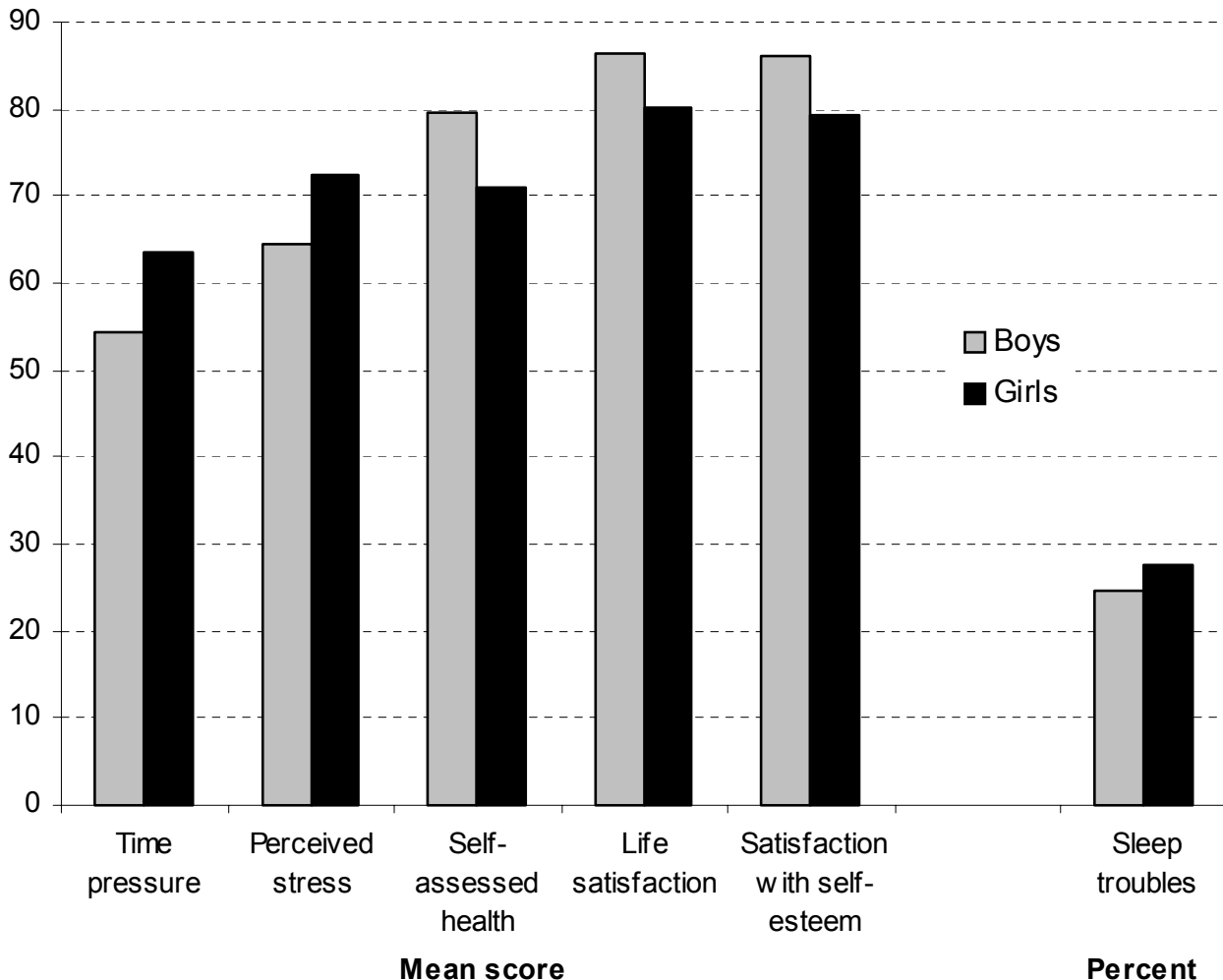
Data from the 1998 Canadian GSS. Students living at home aged 15-19.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (25)

THE EMOTIONAL HEALTH OF ADOLESCENT GIRLS A CONCERN

Measures of Mental and Physical Health



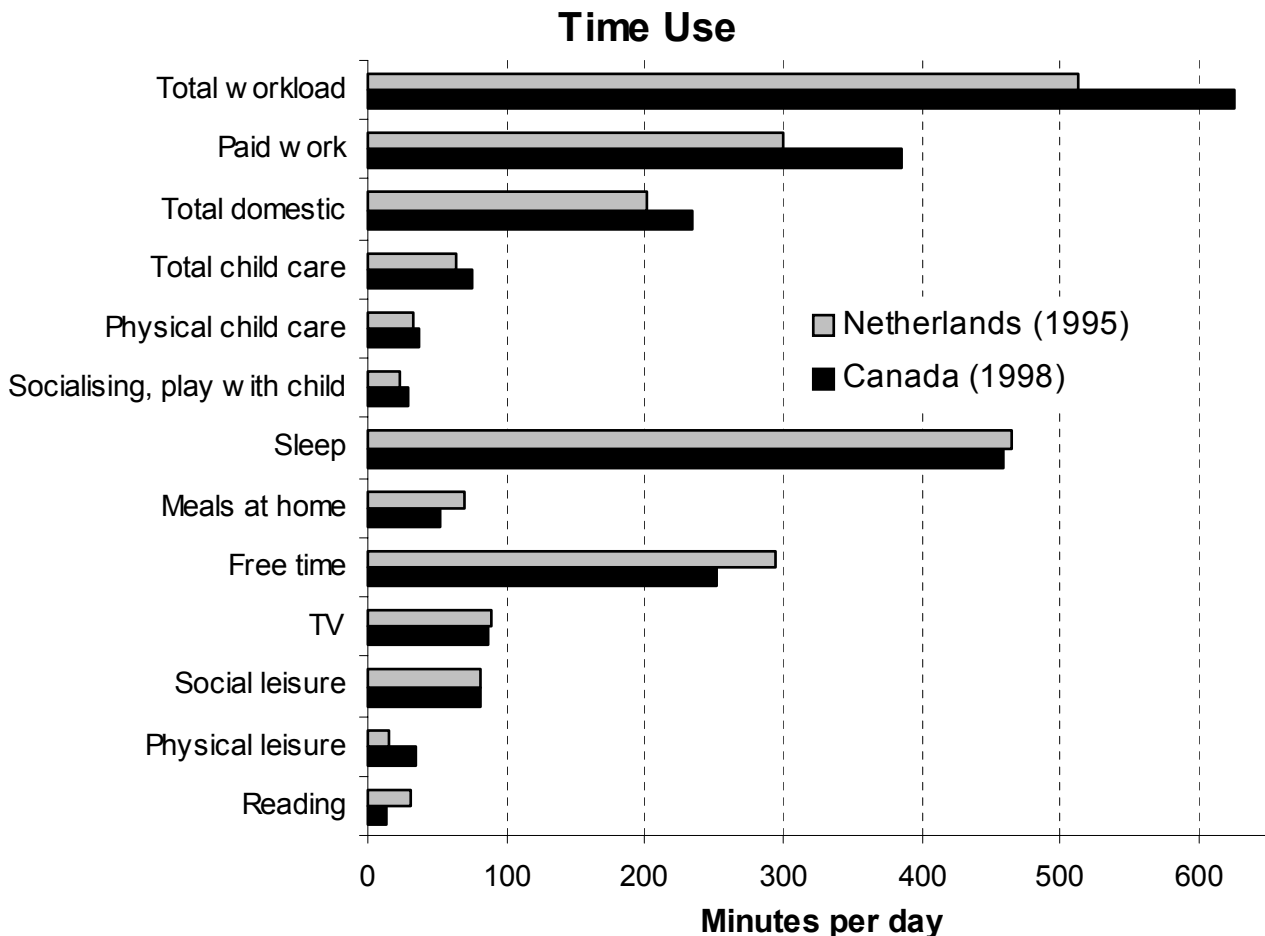
Our analyses show that adolescent girls in the 15 to 19 age group may be more emotionally vulnerable today than they were in the 1980s. Girls surveyed in 1998 reported higher levels of time pressure and stress, and were less satisfied with their life, self-esteem, and the way they spent time than boys. As well, they assessed their health lower than the boys, and reported having more difficulty falling asleep. The most surprising finding is, however, that girls' levels of life satisfaction and satisfaction with their self-esteem were in 1998 lower than those reported by adult employed women, who face considerably greater work challenges and time pressures.

Data from the 1998 Canadian GSS. Students living at home aged 15-19.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (26)

INTERNATIONAL COMPARISONS: PARENT'S TIME USE IN CANADA AND THE NETHERLANDS



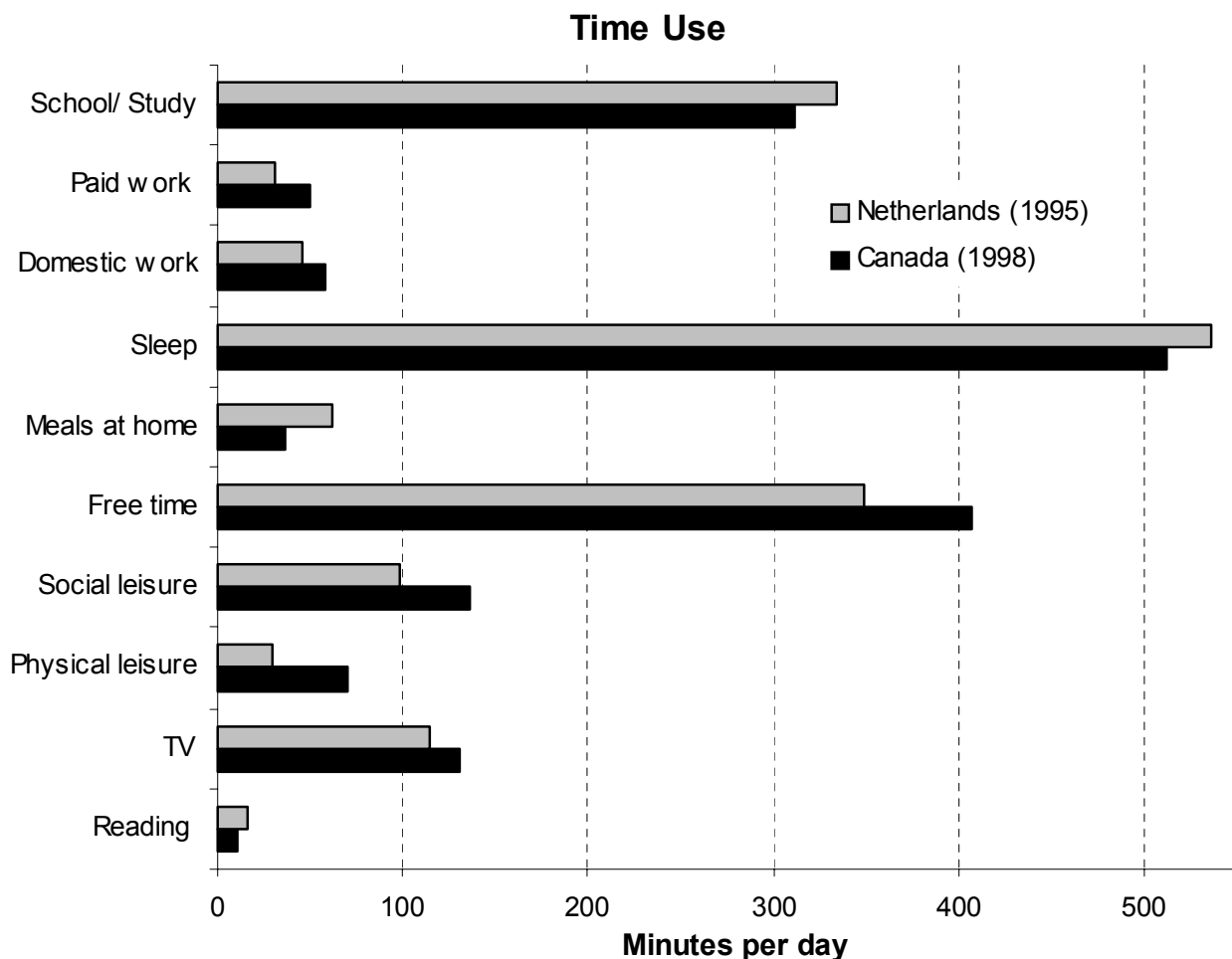
Comparisons of Dutch and Canadian time use data demonstrate a number of differences in the use of time by employed parents in the two countries. Canadian parents report higher total workloads. They spend, on average, almost an hour and a half more in paid work, and more than a half hour longer in domestic work than their counterparts in the Netherlands. Canadian parents spend about 10 minutes more per day in child care than Dutch parents, with this extra time equally divided over physical and social care. Dutch parents spend slightly more time sleeping and almost 20 minutes more in meals at home, and report around 45 minutes more free time per day than employed parents in Canada. In both countries, more than half of all free time is spent watching TV and engaging in social contacts. Dutch parents spend less time in physically active leisure, but more time reading than Canadian parents.

Data from Canadian 1998 GSS and 1995 Dutch TUS Survey. Employed, married parents with children under the age of 12.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (27)

INTERNATIONAL COMPARISONS: HOW TEENS ARE SPENDING THEIR TIME IN CANADA AND THE NETHERLANDS



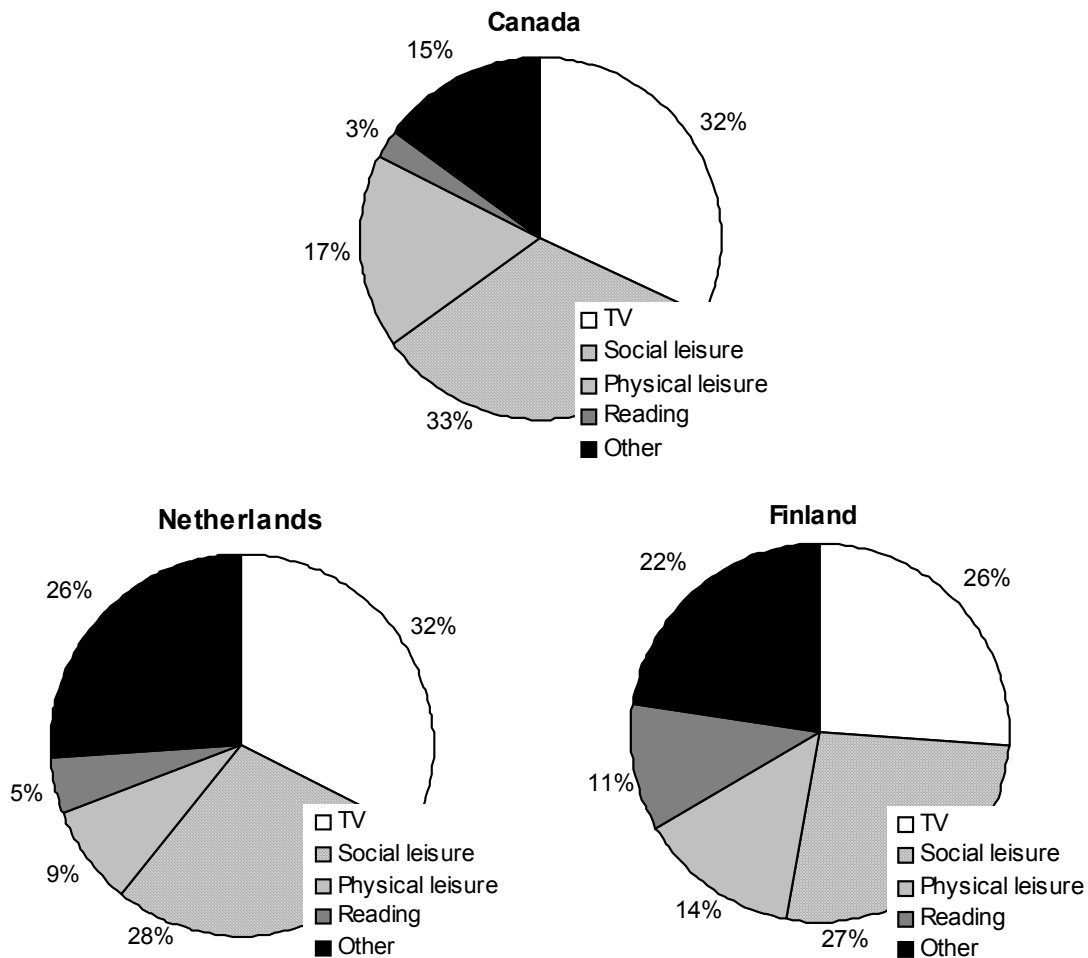
A comparison of Canadian and Dutch time use data shows that teenagers in the Netherlands spend 20 minutes *more* per day attending school and doing school homework, but approximately 20 minutes *less* in paid work, and 10 minutes *less* in domestic work than their Canadian peers. Canadian adolescents, aged 15 to 19 and attending school, have nearly an hour more free time per day than their peers in the Netherlands, and spend more time watching television, engaging in physical leisure and socialising with friends. Dutch teens, on the other hand, report longer sleep, almost 30 minutes more per day in meals at home, and more reading.

Data from the 1998 Canadian GSS and 1995 Dutch TUS Survey. Students living at home aged 15-19.

Fact Sheet

The effects of time use and time pressure on child-parent relationships (28)

ADOLESCENT USE OF FREE TIME IN CANADA, THE NETHERLANDS, AND FINLAND



A comparison of Canadian, Dutch, and Finnish time use data suggests that the two most popular free time activities among teens in these countries are watching television and socialising. Each one of these activities occupies between one quarter to one third of all adolescents' free time. Canadian adolescents spend a greater share of their free time socialising and watching television than their peers in the Netherlands, and particularly Finland. There are a number of other differences among the countries. Physical leisure occupies a larger proportion of free time in the Canadian teen's life than it does among teens in the Netherlands and in Finland. As well, Finnish teens report spending two to almost three times the amount of time reading than adolescents in the two other countries.

Data from Canadian 1998 GSS, 1995 Dutch TUS Survey, and 1987 Statistics Finland time use data. Students aged 15-19.