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Days of our lives: time use and
transitions over the life course

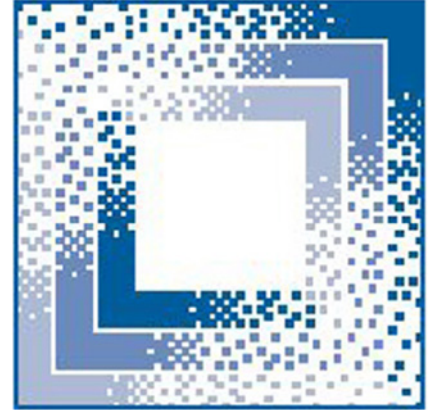
Work, parenthood and the experience of time scarcity

1998, no. 1

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Housing, Family and Social Statistics Division

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- .. not available for a specific reference period
- ... not applicable
- ^P preliminary
- ^r revised
- x suppressed to meet the confidentiality requirements of the *Statistics Act*
- ^E use with caution
- F to unreliable to be published

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Work, parenthood and the experience of time scarcity

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Work, parenthood and the experience of time scarcity

People in the family formation life stage are the focus of much concern about the negative impact of time scarcity on well-being.¹ A distinct time squeeze surfaces after making the transitions to marriage and parenthood (Fast et al. 2001). This is particularly evident for full-time employed mothers, who report high levels of severe time crunch² (Statistics Canada 2000; Frederick 1995). It is suggested that higher levels of time stress may be related to increased role complexity as people strive to meet the competing demands of paid work and family responsibilities. Beaujot (2000) summarizes this challenge as follows: “[f]amilies have a firm interest in maximizing income through the paid work activities of their members, but this investment brings various forms of stress that have to be resolved through accommodations, especially when families also have high needs for unpaid work” (p. 162).

In an attempt to better understand the relationship between work, parenthood and time scarcity, this study explores how the transition to parenthood affects time use and time scarcity. Using the 1998 General Social Survey (GSS) on time use, this study compares the experiences of women and men in answering the following questions: How does the transition to parenthood affect time use and the division of labour? How do work and parenthood affect experiences of time scarcity?

Literature review

The ongoing division of labour by sex is well-documented, with women doing more unpaid work than men, despite increased female labour market participation (Statistics Canada 1995 and 2000, Clark 2001, Waring 1988). Women also tend to be primarily responsible for unpaid work including child care; even when both parents hold full-time jobs, mothers still perform significantly more child care than fathers and spend more time with their children, particularly during the early years of childbearing (Marshall 1993, Shaw 1991, Yeung et al. 2001, Silver 2000, Bryant and Zick 1996, Sanchez and Thomson 1997). Nonetheless, American research suggests that men are more likely to be involved in child care if they are younger, have positive attitudes about women’s involvement in the labour market and spend relatively fewer hours on paid work (Aldous et al. 1998, NICHD 2000, Kaufman and Uhlenberg 2000). Unpaid work also continues to be gendered, with routine housework like cooking, house cleaning and laundry often done by women, and occasional chores such as household maintenance, car repairs and yard work often done by men. Similarly, child care also appears to be gendered, with fathers doing less “custodial” or “routine” work related to caring for children, and spending more time in play or leisure-type activities (Bittman 1996, Nock and Kingston 1988, Yeung et al. 2001, Zuzanek 2001).

However people allocate their time in a 24-hour day to meet income and caregiving needs, parents are working more while still devoting considerable time to their children. Parents spent about an hour more per day on total work in 1998 than in 1986 by cutting back on self-care, such as time spent eating, sleeping, washing and dressing (Fast et al. 2001). As dual-earner families have become more common, the parent–child time and its potential impact on child outcomes have emerged as questions of inquiry (O’Brien and Jones 1999). In spite of increased workloads and stress levels, parents, employed mothers included, have not decreased their parenting time (Zuzanek 2001, Bianchi 2000). The resulting time squeeze appears to be experienced differently by women and men. Frederick and Fast (2001) found that men were less likely to be severely time crunched if they spend less time working for pay. An American study found that fathers feel that the time pressures of work make it hard to increase family time and that “men were acutely aware of their desire to spend more time with their children” (Daly 1996, p. 16). This is supported by qualitative Canadian research that suggests that the biggest source of stress for new fathers was the sense of being pulled in two directions by their paid work and family responsibilities. New mothers felt they had no time for themselves, felt trapped and struggled to feel they had accomplished something with their day (Fox 1997).

¹ Personal and work stress have been found to be predictive of health problems. See Statistics Canada, 2001. “Stress and well-being,” *Health Reports*, Catalogue no. 82-003-XIE, vol. 12, no. 3.

² Severe time crunch is defined as answering “yes” to seven out of a series of 10 questions about perceptions of time.

This study attempts to build on existing Canadian research by analyzing severe time stress in more detail, focusing on the experience of new parents and testing the validity of American findings in the Canadian context. Severe time crunch is a commonly used indicator of time scarcity in Canada. This study considers not only the broad indicator, but also trends in the components in an attempt to deepen our understanding of how time scarcity is experienced by women and men. While most studies of time use and time scarcity have categorized parents by the age of youngest child, this study focuses on the experience of married or cohabiting people who have recently experienced the transition to parenthood, that is, all children in the household are under age 5. This approach eliminates the effect of the presence of older children, whose need for care is quite different from that of pre-school-aged children and who may assist with care of younger siblings. The focus on the parenthood transition also permits an analysis of the effect of parenthood on time use and time scarcity by sex as well as an examination of gender differences both before and after the transition. Because the relationship between time scarcity and paid work is of particular interest, the analysis excludes people whose main activity is going to school.

Methodology

The study population consists of married and cohabiting people aged 20 to 44. In the absence of longitudinal time use data, the paper compares a group of people who are not parents to a group of parents. The parent group

Data and methods

This series of articles explores the effect of life course transitions on time use and quality of life. In order to examine the effect of a life transition, the study population for each article was divided into two distinct groups: those who had experienced the transition being studied (post-transition group), and those who had not (pre-transition group). In the absence of longitudinal data, there is no way of knowing whether those who had not experienced a particular life course transition ever will experience it.

This study uses data from Statistics Canada's 1998 General Social Survey (GSS) on time use.¹ This was Canada's third national time use survey.² The target population for the 1998 GSS was people aged 15 and over residing in Canada, excluding residents of the territories and full-time residents of institutions. The sample was selected using the elimination of non-working banks technique of random digit dialing.³ Respondents in the sample were assigned a day of the week or "designated day", and were asked to describe chronologically what they did on the day following the designated day. Trained interviewers then coded activities into a detailed classification system. The survey was conducted using Computer Assisted Telephone interviewing from February 1998 to January 1999 and an attempt was made to obtain an interview with one randomly selected person from each household. The final response rate was 78%, yielding a total of 10,749 respondents with usable time use diary information.

The day is divided into four main activities: paid work, unpaid work, self-care and leisure.⁴ The average time spent per day on each activity is estimated over a seven-day week, and these means and other descriptive statistics are based on weighted data. Differences reported in the analysis are significant at the <0.5 level, unless otherwise specified.

¹ The GSS is an ongoing annual survey program at designed to monitor changes in the living conditions and well being of Canadians over time, and to fill data gaps by providing information on social policy issues of current or emerging interest. Each year, the nationally representative survey focuses on a different core topic, time use being one of five core areas.

² The other surveys took place in 1986 and 1992.

³ Statistics Canada estimates that less than 2% of the target population of households do not have a telephone. Survey estimates were adjusted to account for people without telephones.

⁴ See Appendix A for detailed activity codes.

is restricted to people whose children were all under age 5 at the time of the survey.³ People are considered to be employed full-time if they usually work for pay 30 or more hours per week, and part-time if they usually work less than 30 hours per week. People who are considered to be not employed include those whose main activity in the past seven days was looking for work, household work/caring for child, retired, maternity/paternity leave⁴ or long-term illness. The 1998 GSS collected employment status of the respondent's spouse or common-law partner, but sample sizes were not sufficient to further divide the study population by spouse's employment status.

Table 1: Sample sizes for parenthood transition groups

	Women	Men	Total
Respondents aged 20-44			
Living with a spouse, no children	386	342	728
Living with a spouse, all children aged <5	255	248	503
Total	641	590	1231

Source: Statistics Canada, General Social Survey, 1998

Table 2: Sample sizes, people in parenthood transition living with a spouse by employment status

		Full-time	Part-time	Not employed	Total
Sex	Respondents aged 20-44				
Women	Living with a spouse, no children	286	46	54	386
	Living with a spouse, all children aged <5	99	45	111	255
	Total	385	91	165	641
Men	Living with a spouse, no children	316	8	18	342
	Living with a spouse, all children aged <5	218	4	26	248
	Total	534	12	44	590

Source: Statistics Canada, General Social Survey, 1998

Time scarcity is defined as the perception that one does not have enough time (Douthitt 2000). This paper uses three broad indicators of time scarcity:⁵

1. feeling rushed every day;
2. experiencing a lot of stress in the past two weeks; and
3. severe time crunch, as measured by answering "yes" to seven out of a series of 10 questions about perceptions of time.

³ This analysis does not control for number of children under age 5 in the household. Approximately 60% of mothers and fathers in the study population had only one child, and the remaining 40% had two children. Women employed part-time or who were not employed were more likely than full-time employed mothers to have two children under 5.

⁴ A very small percentage of recent parents were on maternity/paternity leave at the time of the survey. Maternity/paternity leave is included in the "other" category along with long term illness. Just 5% of women and 2% of men aged 20 to 44 with all children under age 5 reported their main activity in the past seven days as "Other".

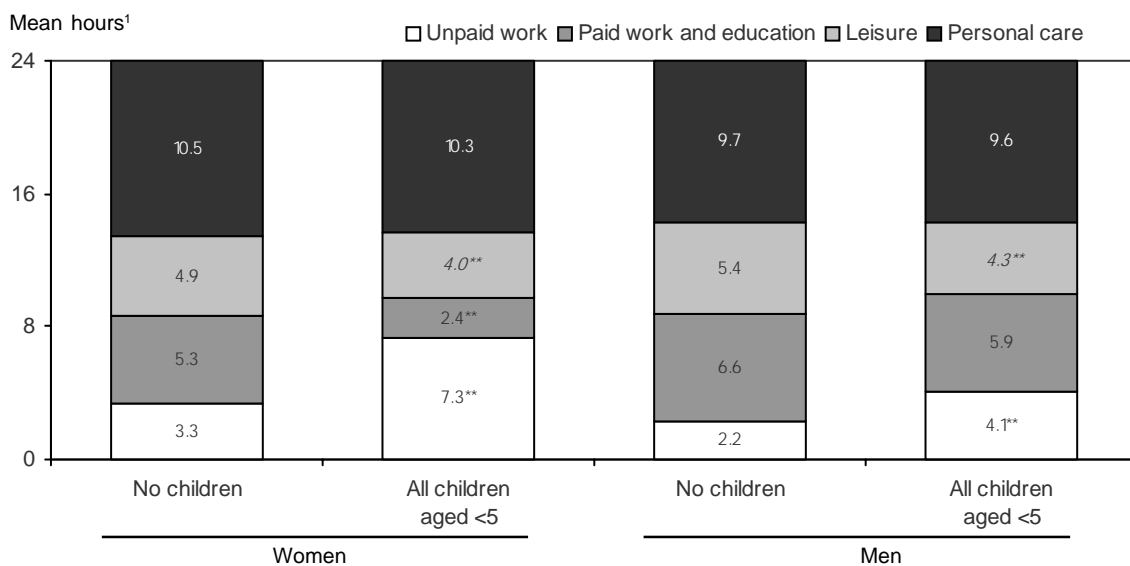
⁵ See Appendix B for details about survey questions.

Results

1. Parenthood and time use

Parenthood brings an increase in total work and a decrease in leisure time for people living in relationships. New parents spend about an hour more per day on paid and unpaid work combined than their counterparts without children. Both before and after parenthood, women and men do about the same amount of total work. However, the arrival of a child signals an intensification of the gendered nature of work. In the aggregate, new mothers devote four extra hours per day to unpaid work than women without children, compared to a two-hour average increase for fathers. Mothers also cut back on paid work time, but fathers do not.⁶ This extra work time comes at the expense of leisure activities, as parenthood eliminates the leisure time gap between women and men without children.

Chart 1: Time spent on daily activities, people aged 20-44 living with a spouse



¹ Averaged over a seven-day week

Note: Italicized figures not significantly different for women and men in same group

** <0.05 compared to group with no children for each sex

Source: Statistics Canada, General Social Survey, 1998

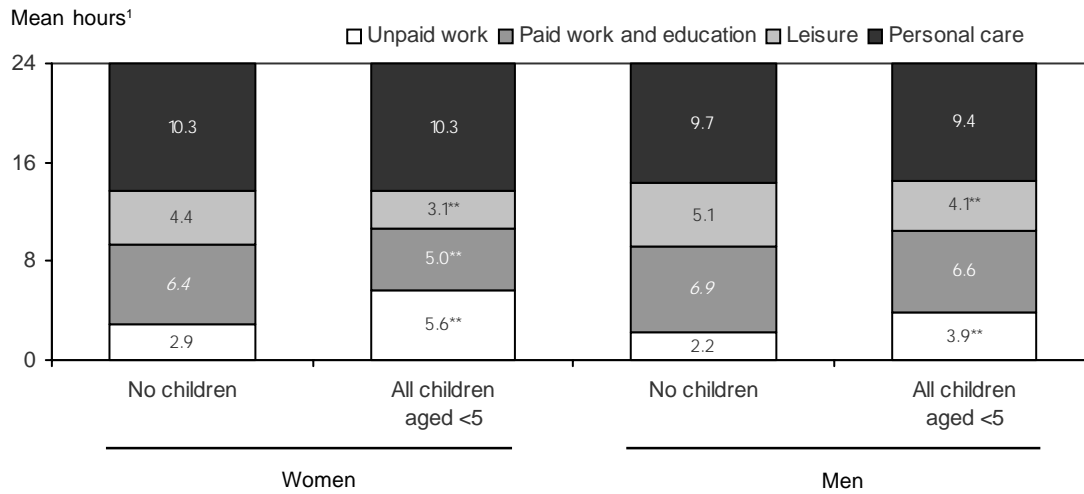
The dramatic shift in women's time from paid to unpaid work reflects the fact that mothers continue to maintain primary responsibility for looking after their families (Statistics Canada 2000, Status of Women 1997). Mothers are far more likely than fathers to work for pay part-time, to interrupt their employment or to be absent from work because of personal or family responsibilities (Statistics Canada 2000, Fast and Da Pont 1997). Although the majority of mothers, even those with young children, are now employed and evidence confirms the strong labour force attachment of women,⁷ Canadians continue to hold contradictory attitudes about maternal employment (Ghulam 1997).

The intensification of the gendered division of work is observed even among the full-time employed population. Before parenthood, the time devoted to paid and unpaid work by women and men is not significantly different. The substitution of unpaid work for paid work among women means that full-time employed mothers work for pay an hour and a half less per day than men, and devote about an hour and a half more to unpaid work. A distinct "double shift" emerges for new mothers who are employed full-time. These women split their work time quite evenly

⁶ The paid work time of men with and without children is not significantly different.

⁷ Research based on longitudinal data found that over 80% of women who were employed before becoming parents returned to employment within one year of childbirth (Marshall 1999).

Chart 2: Time spent on daily activities, full-time employed people aged 20 to 44 living with a spouse



¹ Averaged over a seven-day week

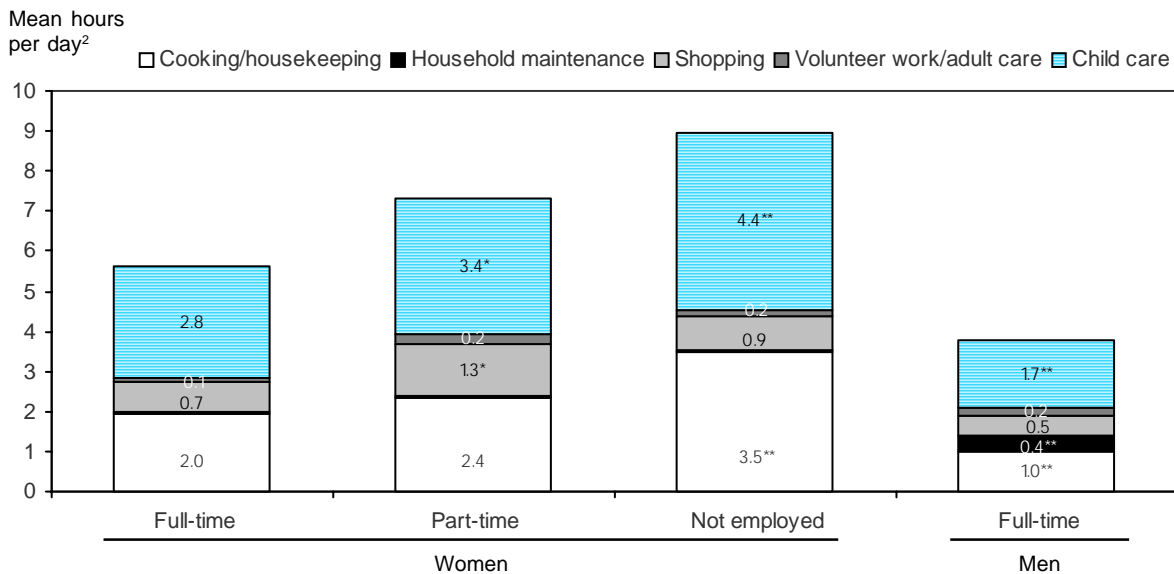
Note: Italicized figures not significantly different for women and men in same group

** <0.05 compared to group with no children for each sex

Source: Statistics Canada, General Social Survey, 1998

between paid and unpaid work, working for pay five hours a day in addition to a five-hour unpaid work shift. They also have an hour less leisure time each day than men, but sleep about a half an hour more each night — 8.0 hours for mothers versus 7.5 hours for fathers.

Chart 3: Time spent on unpaid work by employment status, parents¹ aged 20 to 44 living with a spouse



¹ All children aged <5

² Averaged over a seven-day week

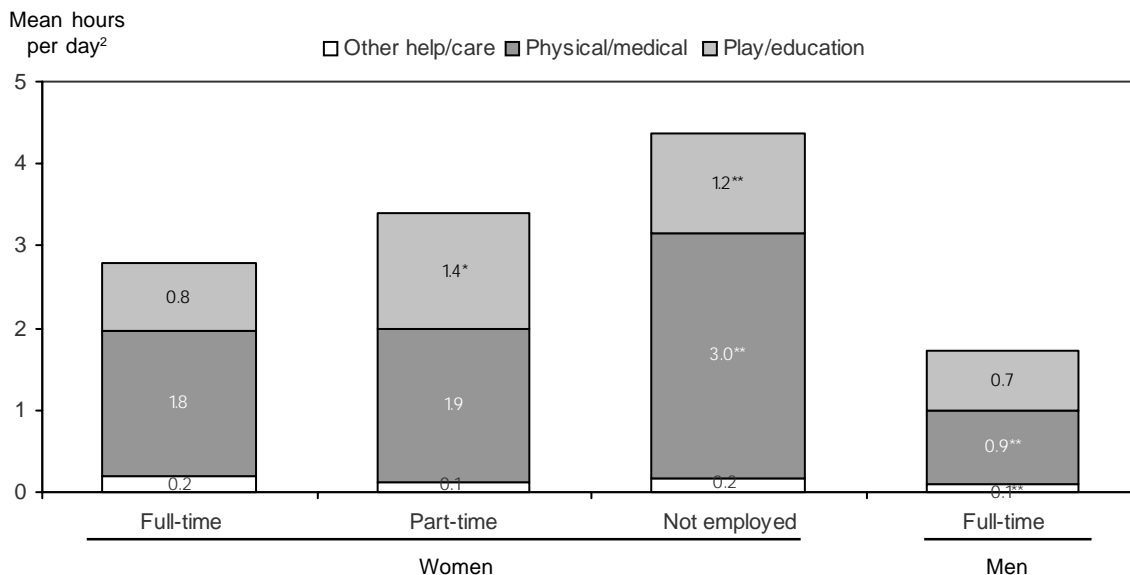
** <0.05, * <0.10 compared to full-time employed mothers

Source: Statistics Canada, General Social Survey, 1998

Since women alter their paid work time after parenthood but men do not, we turn now to an analysis of the unpaid work of new parents — full-time employed mothers with all children under age 5 are compared to mothers who are employed part-time, mothers who are not employed and fathers who are employed full-time. In addition to total work being gendered, with mothers doing more unpaid work than fathers, unpaid work tasks are also gendered. Full-time employed mothers devote one hour more per day than fathers to routine domestic chores such as cooking, housekeeping, and other domestic work and spend an hour more on primary-activity child care. On the other hand, fathers spend a half an hour more on household maintenance work per day. It should be noted, however, that the average time spent on daily household maintenance includes activities that, unlike cooking and washing the dishes, do not tend to be done every day. Fully 95% of full-time employed new mothers and 72% of fathers cooked on any given day while just 3% of mothers and 12% of fathers did any household maintenance. This supports the notion that household maintenance tasks are more discretionary, flexible with respect to scheduling and may be less tedious than routine household tasks that must be done each day (Coltrane 2000, Aldous et al. 1998). The time full-time employed parents spend shopping does not differ by sex.

Not surprisingly, new mothers who work for pay part-time or who are not employed devote more time to primary-activity child care than full-time employed mothers. It is interesting to note, however, that mothers employed full- or part-time do about the same amount of routine domestic work (cooking, housekeeping, other domestic work).

Chart 4: Time spent on child care, by employment status, parents¹ aged 20 to 44 living with a spouse



¹ All children aged <5

² Averaged over a seven-day week

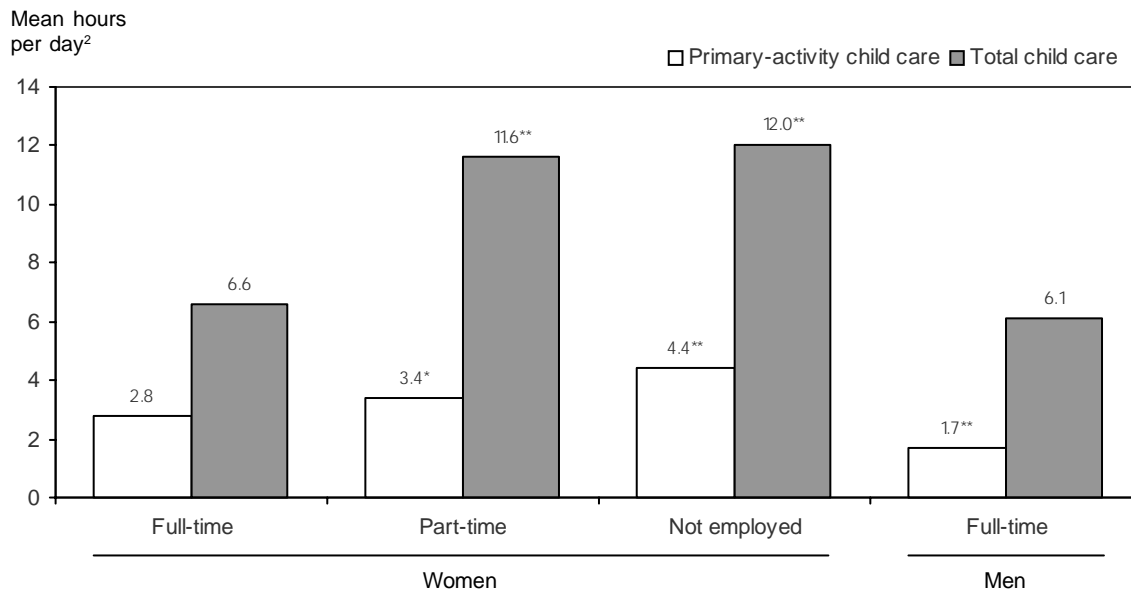
** <0.05, * <0.10 compared to full-time employed mothers

Source: Statistics Canada, General Social Survey, 1998

Primary-activity child care work is also gendered. Although full-time employed mothers and fathers spend about the same amount of time each day teaching, playing, reading and talking with their children, women do more physical child care, such as looking after infants or bathing and putting children to bed. Like routine domestic work, part-time and full-time employed mothers perform about the same amount of physical child care. The extra time part-time employed mothers devote to child care is spent playing with and educating the children.

However, primary-activity child care includes only a portion of time parents devote to their children. In theory, parents are responsible for their children 24 hours a day, seven days a week, what Luxton (1980) refers to as the “production time” of child care. Recognizing these limitations, the 1998 GSS collected a supplementary child care diary for children under 15 that measured time spent looking after household children even if the respondent was doing something else at the same time.

Chart 5: Total child care time by employment status, parents¹ aged 20 to 44 living with a spouse



¹ All children aged <5

² Averaged over a seven-day week

** <0.05, * <0.10 compared to full-time employed mothers

Source: Statistics Canada, General Social Survey, 1998

Primary-activity child care accounts for less than half of total child care time of new parents, regardless of sex and employment status. Although total child care time is similar for full-time employed mother and fathers (6.6 and 6.1 hours per day respectively), mothers spend more of their total care time on primary-activity care — 42% compared to 28%. Total child care time is also similar for part-time employed mothers and mothers who are not employed.

2. Parenthood and time scarcity

The transition to parenthood appears to be associated with an increase in two of the three measures of time scarcity for women, but not for men. Despite the fact that some women reduce the time devoted to paid work upon parenthood, mothers are more likely to say they feel rushed every day and to be severely time crunched than women without children. Parenthood does not appear to affect the percentage of women and men in relationships who report that they were very stressed in the two weeks preceding the survey. Although stress may be due to a lack of time, this question did not specifically define stress in this way. Consequently, it may not be a particularly robust indicator of time scarcity *per se*.

Men are quite likely to feel rushed on a daily basis and to be severely time stressed, even before parenthood, and men without children are more likely than women to report these forms of time scarcity. The arrival of children increases these kinds of time stress for women such that they reach the levels reported by men.

Table 3: Measures of time scarcity, people aged 20 to 44 living with a spouse

		Rushed every day	Severely time crunched	Very stressed in past 2 weeks
		%		
Sex				
Women	No children	39	18	17
	All children aged <5	57 **	30 **	22
Men	No children	48	25	20
	All children aged <5	55	26	20

** <0.05 compared to group with no children for each sex

Note: Italicized figures not significantly different for women and men in same group

Source: Statistics Canada, General Social Survey, 1998

Table 4: Measures of time scarcity, parents¹ aged 20 to 44 living with a spouse

		Rushed every day	Severely time crunched	Very stressed in past 2 weeks
		%		
Sex	Employment status			
Women	Full-time	69	41	24
	Part-time	56	24 **	18
	Not employed	46 **	23 **	22
Men	Full-time	60 **	24 **	20

¹ All children aged <5

** <0.05 compared to full-time employed mothers with all children aged <5

Source: Statistics Canada, General Social Survey, 1998

Combining motherhood and a full-time job clearly contributes to feelings of severe time crunch. Four out of 10 new mothers who work for pay on a full-time basis answered “yes” to seven out of the 10 questions about perceptions of time crunch. They are nearly twice as likely as likely as full-time employed fathers and other mothers to be severely time crunched. They were also slightly more likely than fathers to say they felt rushed every day. Cutting back to a part-time paid work schedule does not appear to make a difference, however, on the percentage of employed mothers who feel rushed.

After parenthood, women are more likely to answer “yes” to the following five of the 10 time crunch questions:

1. When you need more time, do you tend to cut back on your sleep?;
2. Do you feel trapped in a daily routine?;
3. Do you feel that you just don't have time for fun any more?;
4. Do you often feel under stress when you don't have enough time?; and
5. Would you like to spend more time alone?

Most striking is the dramatic increase in the percentage of women who say they would like to spend more time alone after becoming a parent. It nearly triples from 22% to 61%, and is significantly higher than the figure for fathers at 33%. Both before and after parenthood, women are more likely than men to want more solitary time. Mothers are also more likely than fathers to experience stress as a result of time scarcity, that is, to say they often feel under stress when they don't have enough time. Mothers' lack of time alone may be related to their involvement in child care. In addition to doing more primary activity and physical child care, and having less leisure, full-time employed mothers spend a larger share of their leisure time with their children than do fathers (Silver 2000).

Table 5: Percentage of people aged 20 to 44 responding "yes" to time crunch questions

Ten time crunch questions	People living in relationships			
	Women		Men	
	No children	All children aged <5	No children	All children aged <5
	%			
Plan to slow down?	28	28	25	23
Workaholic?	25	21	36	31
Cut back on sleep?	51	63 **	61	63
Don't accomplish everything in a day?	53	57	49	47
Not enough time for family/friends?	50	47	55	66 **
Constantly under stress?	40	43	41	46
Trapped in daily routine?	44	53 **	43	45
No time for fun?	39	57 **	50	51
Stressed, not enough time?	67	76 **	65	66
Want more time alone?	22	61 **	29	33

** <0.05 compared to group with no children for each sex

Note: Italicized figures not significantly different for women and men in same group

Source: Statistics Canada, General Social Survey, 1998

The only significant change for men is that recent fathers are more apt to worry that they don't spend enough time with family and friends. They are significantly more likely than mothers to report this concern — 65% versus 47%. Both before and after parenthood, men are more likely than women to describe themselves as workaholics. Men without children are also more likely than women to say they tend to cut back on sleep when they need more time and that they feel they don't have time for fun anymore. However, since the prevalence of these two kinds of time scarcity increase with motherhood, mothers become equally likely as fathers to experience them.

Table 6: Percentage of parents aged 20 to 44 living with a spouse responding "yes" to time crunch questions

Ten time crunch questions	Parents all children aged <5 by employment status			
	Women			Men
	full-time	part-time	not employed	full-time
	%			
Plan to slow down?	37	32	17 **	23 **
Workaholic?	26	21	15	29
Cut back on sleep?	63	62	64	61
Don't accomplish everything in a day?	59	58	54	45 **
Not enough time for family/friends?	73	31 **	28 **	67
Constantly under stress?	49	39	39	44
Trapped in daily routine?	53	48	54	42
No time for fun?	60	50	56	49 **
Stressed, not enough time?	80	89	66 **	64 **
Want more time alone?	61	61	60	32 **

** <0.05 level compared to full-time employed mothers

Source: Statistics Canada, General Social Survey, 1998

Employment, either full- or part-time, is associated with larger shares of mothers reporting that they plan to slow down in the coming year and that they often feel stressed due to lack of time. It is only when women work for pay full time that they are just as likely as fathers to worry about spending enough time with family and friends.

Working for pay does not appear to be the only factor contributing to feelings of time crunch among mothers. Some time crunch components are equally high for mothers (and higher than for fathers), regardless of employment status:

1. At the end of the day they often feel they have not accomplished what they set out to do;
2. Feel they don't have time for fun anymore; and
3. Feel they would like to spend more time alone.

Mothers who work for pay full-time are also more likely than fathers to plan to slow down in the coming year and to frequently feel as if they haven't accomplished all that they had set out to do by day's end.

Summary

The transition to parenthood for married or cohabiting people aged 20 to 44 heralds more work and an intensification of the gendered division of labour. Women cut back on paid work, by reducing full-time hours, by working for pay part-time or by interrupting their employment. This creates a "double shift" of paid and unpaid work for full-time employed mothers. Parenthood does not, however, result in a significant change in men's paid work time. A child does bring more unpaid work for both parents, and this work is also gendered. Mothers do more routine domestic work (such as cooking and housekeeping) than fathers, and more physical child care. Even though total child care time is similar for full-time employed mothers and fathers, a greater share of these women's care time is devoted to primary-activity child care.

Two broad measures of time scarcity, feeling rushed every day and being severely time crunched, intensify upon parenthood for women, but not for men. A significantly greater share of new mothers than women without children answer affirmatively to five out of the 10 time crunch components. In contrast, the only component that is higher after fatherhood is worry about spending enough time with family and friends. Full-time employment appears to be associated with the particularly high prevalence of severe time crunch among new mothers. However, working for pay does not appear to be the only contributing factor. Three time crunch components are high for mothers — and significantly higher than for fathers — regardless of employment status. Particularly striking is the dramatic increase in the percentage of women who say they want more time alone after parenthood.

These findings point to the importance of deepening our understanding of the experience of time scarcity. What factors contribute to time stress? A relatively recent transition to parenthood certainly increases women's time stress. Does the number or age of children make a difference? It also necessary to move beyond hours spent in paid work and "role complexity" explanations if we want to understand why some time crunch components are high for mothers regardless of employment status. Men appear to be just as time-poor before and after parenthood. Is paid work the main factor behind men's time scarcity? Are fathers who reduce paid work hours less likely to worry about a lack of time for family and friends? And although forms of family and parental leave are available to both women and men, in practice, women are more likely to use them, reinforcing the division of labour (Statistics Canada 2000, Brandth and Kvande 2001, Daly 1996). Are parents who use these policies less time crunched? Certain forms of work arrangements like flex-time and telework are also thought to be as "family-friendly". Some of these do seem to reduce time stress (Fast and Frederick 1996), but further research needs to be done into the availability of these arrangements and the effect on time stress for new parents.

Given the expectation of gender equality with respect to earning and caring in families (Joshi 1998, Eichler 1997) and the persistent division of labour, it comes perhaps as no surprise that the experience of time scarcity among recent parents is also gendered. Time use surveys are an ideal tool for further exploration of the links between social reproduction, economic production and quality of life for both women and men.

Appendix A

Detailed Activity Codes

A. PAID WORK AND EDUCATION

1. Paid Work

011	Work for Pay at Main Job
012	Work for Pay at Other Job(s)
021	Overtime Work
022	Looking for Work
023	Unpaid Work in a Family Business or Farm
030	Travel During Work
040	Waiting/Delays at Work
070	Coffee/Other Breaks
080	Other Work Activities
832	Hobbies Done For Sale or Exchange
842	Domestic Home Crafts Done For Sale or Exchange

2. Education

500	Full-Time Classes
511	Other Classes (Part-Time)
512	Credit Courses on Television
520	Special Lectures: Occasional
530	Homework: Course, Career/Self-Development
550	Breaks/Waiting for Class
580	Other Study

3. Commuting

090	Travel: To/From Work
590	Travel: Education
893	Travel: Hobbies & Crafts for Sale

B. UNPAID WORK

4. Cooking/Washing Up

101	Meal Preparation
102	Baking, Preserving Food, Home Brewing, etc.
110	Food (or Meal) Cleanup

5. Housekeeping

120	Indoor Cleaning
130	Outdoor Cleaning
140	Laundry, Ironing, Folding
151	Mending/Shoe Care
152	Dressmaking and Sewing

6. Maintenance and Repair

- 161 Interior Maintenance and Repair
- 162 Exterior Maintenance and Repair
- 163 Vehicle Maintenance
- 164 Other Home Improvements

7. Other Household Work

- 171 Gardening/Grounds Maintenance
- 172 Pet Care
- 173 Care of House Plants
- 181 Household Management
- 182 Stacking and Cutting Firewood
- 183 Other Domestic/Household Work, n.e.s.
- 184 Unpacking Groceries
- 185 Packing and Unpacking Luggage and/or Car
- 186 Packing and Unpacking for a Move of the Household
- 190 Travel: Domestic Work

8. Shopping for Goods and Services

- 301 Groceries
- 302 Everyday Goods and products (Clothing, Gas, etc.)
- 303 Take-out Food
- 304 Rental of Videos
- 310 Shopping for Durable Goods
- 320 Personal Care Services
- 331 Financial Services
- 332 Government Services
- 340 Adult Medical and Dental Care (Outside Home)
- 350 Other Professional Services (Lawyer, Veterinarian)
- 361 Automobile Maintenance and Repair Services
- 362 Other Repair and Cleaning Services
- 380 Other Shopping and Services
- 390 Travel: Shopping for Goods and Services

9. Child Care

- 200 Child Care (Infant to 4 Years Old)
- 211 Putting Children to Bed
- 212 Getting Children Ready for School
- 213 Personal Care for Children of the Household
- 220 Helping/Teaching/Reprimanding
- 230 Reading/Talking/Conversation with Child
- 240 Play with Children
- 250 Medical Care - Household Child
- 260 Unpaid Babysitting
- 281 Help and Other Care - Household Children
- 291 Travel: Household Child

10. Adult Care

271	Personal Care - Household Adults
272	Medical Care - Household Adults
282	Help and Other Care - Household Adults
292	Travel: Household Adults

11. Civic and Voluntary Activity

800	Coaching
600	Professional, Union, General Meetings
610	Political, Civic Activity
620	Child, Youth, Family Organizations
630	Religious Meetings, Organizations
651	Fraternal and Social Organizations
652	Support Groups
660	Volunteer Work, (Organizations)
671	Housework and Cooking Assistance
672	House Maintenance and Repair Assistance
673	Unpaid Babysitting
674	Transportation Assistance
675	Care for Disabled or Ill
676	Correspondence Assistance
677	Unpaid Help for a Business or Farm
678	Other Unpaid Help
680	Other Organizational, Voluntary and Religious Activity
691	Travel: Civic & Voluntary Activity
892	Travel: Coaching

C. SELF CARE**12. Night Sleep**

450	Night/Essential Sleep
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13. Meals (excl. Restaurant Meals)

050	Meals/Snacks at Work
430	Meals/Snacks/Coffee at Home
431	Meals/Snacks/Coffee at Another Place (excl. Restaurants)
540	Meals/Snacks/Coffee at School
642	Meals/Snacks/Coffee at Religious Services
661	Meals/Snacks/Coffee at Place of Volunteer Work

14. Other Personal Activities

400	Washing, Dressing
410	Personal Medical Care at Home
411	Private Prayer, Meditation and Other Informal Spiritual Activities
460	Incidental Sleep, Naps
470	Relaxing, Thinking, Resting, Smoking
480	Other Personal Care or Private Activities
492	Travel: Other Personal Activities

- 640 Religious Services/Prayer/Bible Readings
- 692 Travel: Religious Services

D. LEISURE

15. Socializing

- 060 Idle Time Before/After Work
- 440 Restaurant Meals
- 491 Travel: Restaurant Meals
- 701 Professional Sports Events
- 702 Amateur Sports Events
- 711 Pop Music, Concerts
- 712 Fairs, Festivals, Circuses, Parades
- 713 Zoos
- 720 Movies, Films
- 730 Opera, Ballet, Theatre
- 741 Museums
- 742 Art Galleries
- 743 Heritage Sites
- 751 Socializing with Friends/Relatives (No Meal)
- 752 Socializing with Friends/Relatives (With Meal)
- 753 Socializing with Friends/Relatives (Non-residential or institutional)
- 754 Socializing with Friends/Relatives (Institutional, e.g. Hospital, Nursing Home)
- 760 Socializing at Bars, Clubs (No Meal)
- 770 Casino, Bingo, Arcade
- 780 Other Social Gatherings (Weddings, Wakes)
- 791 Travel: Sports and Entertainment Events
- 792 Travel: Socializing (Between Residences)
- 793 Travel: Other Socializing
- 950 Talking, Conversation, Phone

16. Watching Television

- 911 Watching Television (Regular Scheduled TV)
- 912 Watching Television (Time-shifted TV)
- 913 Watching Rented or Purchased Movies
- 914 Other Television Watching

17. Other Passive Leisure

- 900 Listening to the Radio
- 920 Listening to CDs, Cassette Tapes or Records
- 931 Reading Books
- 932 Reading Magazines, Pamphlets, Bulletins, Newsletters
- 940 Reading Newspapers
- 961 Reading Mail
- 962 Other Letters and Mail
- 980 Other Media or Communication
- 990 Travel: Media and Communication

18. Active Sports

801	Football, Basketball, Baseball, Volleyball, Hockey, Soccer, Field Hockey
802	Tennis, Squash, Racquetball, Paddle Ball
803	Golf, Miniature Golf
804	Swimming, Waterskiing
805	Skiing, Ice Skating, Sledding, Curling, Snowboarding
806	Bowling, Pool, Ping-pong, Pinball
807	Exercises, Yoga, Weightlifting
808	Judo, Boxing, Wrestling, Fencing
809	Rowing, Canoeing, Kayaking, Windsurfing, Sailing (Competitive)
810	Other Sports
811	Hunting
812	Fishing
813	Boating
814	Camping
815	Horseback Riding, Rodeo, Jumping, Dressage
816	Other Outdoor Activities/Excursions
821	Walking, Hiking, Jogging, Running
822	Bicycling
891	Travel: Active Sports

19. Other Active Leisure

560	Leisure and Special Interest Classes
831	Hobbies Done Mainly for Pleasure
841	Domestic Home Crafts Done Mainly for Pleasure
850	Music, Theatre, Dance
861	Games, Cards, Puzzles, Board Games
862	Video Games, Computer Games
863	General Computer Use (Excluding Surfing the Net or Playing Games)
864	Surfing the Net (As a Leisure Activity)
871	Pleasure Drives as a Driver
872	Pleasure Drives as a Passenger in a Car
873	Other Pleasure Drives, Sightseeing
880	Other Sport or Active Leisure
894	Travel: Other Active Leisure

20. Residual Time

001	Missing Gap in Time
002	Refusals

Appendix B

Time scarcity indicators

I. Feeling rushed every day

A2. How often do you feel rushed? Would you say it is...

Every day?

A few times a week?

About once a week?

About once a month?

Less than once a month?

Never?

II. Experiencing a lot of stress in past two weeks

D3 During the past two weeks, would you say that you experienced a lot of stress, a moderate amount of stress, relatively little stress or no stress at all?

III. Time crunch indicator component questions:

D1 Now I would like to ask you some questions on your outlook towards your use of time.

D2a Do you plan to slow down in the coming year?

D2b Do you consider yourself a workaholic?

D2c When you need more time, do you tend to cut back on your sleep?

D2d At the end of the day, do you often feel that you have not accomplished what you had set out to do?

D2e Do you worry that you don't spend enough time with your family or friends?

D2f Do you feel that you're constantly under stress trying to accomplish more than you can handle?

D2g Do you feel trapped in a daily routine?

D2h Do you feel that you just don't have time for fun anymore?

D2i Do you often feel under stress when you don't have enough time?

D2j Would you like to spend more time alone?

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