



Catalogue no. 89-584-MIE — No. 2

ISSN: 1707-7710

ISBN: 0662-34678-5

Research Paper

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

Transitions to union formation

1998, no. 2

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Published by authority of the Minister
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July 2003

Catalogue no. 89-584-MIE

Frequency: Occasional

ISSN: 1707-7710

ISBN: 0662-34678-5

Ottawa

Cette publication est disponible en français (n° 89-584-MIF au catalogue)

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- ^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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Transitions to union formation

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This paper represents the views of the authors and does not necessarily represent the opinions of Statistics Canada. This research is the result of collaboration between Sandra Franke, Judith Frederick and Nancy Zukewich of Statistics Canada and Dr. Janet Fast of the University of Alberta. The authors would also like to thank Roderic Beaujot, Rosemary Bender, Janet Hagey, Doug Norris, Cynthia Silver and Pierre Turcotte for their insightful comments and Sherry Anne Chapman for her expert research assistance.

Transitions to union formation

Although most people still marry and have children at some point in their lives, the path to family formation in Canada has become more diverse in recent decades. Many people leave home and establish an independent life before entering a conjugal relationship, out of wedlock births have become more common, people are marrying for the first time at older ages, the marriage rate has fallen and people are more likely to remarry (Milan 1998, Rajulton and Ravanera 1995, Statistics Canada 2000, Oderkirk 1994, Belle and McQuillan 1994, Statistics Canada 2001b). However, one of the more notable trends is the increased prevalence of common-law unions, particularly in the province of Quebec and among francophones (Turcotte and Bélanger 1997, Belliveau 1994, Oderkirk 1994 and Silver 2000). In fact, young Canadians are now more likely to begin their conjugal life in a common-law relationship than in a marriage (Le Bourdais et al. 2000). This study explores how the transition to a conjugal union affects time use patterns and quality of life indicators. Using the 1998 General Social Survey (GSS) on time use, the experiences of women and men are compared in answering the following questions: How do transitions to union formation affect time use and in particular the division of labour? Does union formation result in higher levels of time scarcity?¹ What about other measures of well-being?² Does the form of union or labour market status make a difference?

Literature review

Much research on the family formation life stage has focused on the allocation of time to paid and unpaid work. The persistent 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). Robinson (1996) suggests that increased female labour market participation is resulting in greater androgyny in time use patterns, while other research finds that total work becomes more gendered after the transition to marriage (Coltrane 2000, Frederick 1995, Sanchez and Thompson 1997, Beaujot 2000, Kaufman and Uhlenberg 2000, Jacobs and Gerson 2001). There is some evidence that the men have increased the amount of time spent on unpaid work and a growing share of couples are observed to have a more egalitarian work-sharing arrangement (Ferree 1991, Zuzanek 2001, Fast et al. 2001). However, these changes have been small and have not significantly altered the gendered division of labour. Some factors that are thought to contribute to a equal sharing of work between the sexes include making family transitions at older ages, living in a common-law union, having previously lived in a union, increased wives' earnings and egalitarian gender role attitudes of husbands (Pittman and Blanchard 1996, Coltrane 2000).

Unpaid work itself is also gendered, with routine housework (e.g. cooking, house cleaning, laundry or grocery shopping) designated as "female", while occasional household chores (e.g. household maintenance, car repairs and yard care) are designated as "male", with the latter category found to be more flexible with respect to scheduling and less tedious than the former (Coltrane 2000, Aldous et al. 1998). The tendency for women to be responsible for the majority of unpaid work has implications for women's earnings capacity (Drolet 2002, Marshall 2000, Marshall 1993, Shaw 1991). Women have lower incomes than men, are less likely to participate in the labour market and are more likely to live below the low income cut-offs (Statistics Canada 2000, Armstrong and Armstrong 1994 and Status of Women Canada 1995).

With respect to quality of life indicators, women are generally more likely than men to say that they are happy, but also are more likely to be time poor. Being married is related to happiness for both sexes, as is "satisfaction with jobs and with their financial situations, both factors involved in paid work" (Aldous and Ganey 1999: 10). Frederick (1995) found that that the prevalence of severe time crunch among full-time employed people aged 25 to 44 was greater for both married women and mothers, but similar for men who were single, married or fathers. There is, however, a clear research gap with respect to time stress and quality of life indicators that distinguishes common-law unions from marriages.

¹ Time scarcity is defined as the perception of not having enough time (Douthitt 2000).

² See Appendix B for details about survey questions.

Methodology

This study attempts to move beyond a comparison of broad role groups by studying the time use of people who are likely to have recently entered a conjugal union using data from the 1998 GSS on time use.³ The event of union formation generally takes place sometime between the ages of 20 and 44. Despite the diverse paths to family formation, the experiences of people in this age range are similar in that most have already made the transition from school to paid work and most are living in a relationship (Beaujot 2000). In 1998, over three-quarters of these people in this age group were employed in the labour market and about seven in 10 had already experienced their first transition to a conjugal union.⁴ Women were slightly more likely than men to have formed a conjugal union and to have had a child, reflecting the tendency for women to experience these life events earlier than men. However, women were somewhat less likely than men to be employed.

This study of union formation compares getting married with entering a common-law union. In an attempt to capture the respondent's first transition into a conjugal union, the population was restricted to those aged 20 to 34. This was based on average age at first marriage and the fact that people tend to enter their first common-law

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.

³ Since the 1998 GSS did not collect family history data, it is not possible to know if a person is in a first conjugal union. As a result, we rely on current marital status to create the transition groups.

⁴ In 1998, 63% were married or living common-law, while 6% were separated, divorced or widowed. The remaining 31% were single and had never been married. However, in the absence of family history data, we do not know if people who were single, never married at the time of the survey had previously been in a common-law relationship.

relationship at slightly younger ages than when they marry (Statistics Canada 2000). However, married people in this age range are somewhat more likely than cohabiting people to be in their first union.⁵ Parents and people whose main activity was going to school were excluded from the study groups in order to eliminate the effect on time use patterns of the presence of children and the school to paid work transition respectively. The final sample for this analysis includes 1,306 respondents: 616 women and 690 men.

Table 1: Sample sizes for union transition groups

	Sex		Total
	Women	Men	
Respondents aged 20-34¹			
Single never-married, no children	359	481	840
Common-law, no children	119	94	213
Married, no children	138	115	253
Total	616	690	1,306

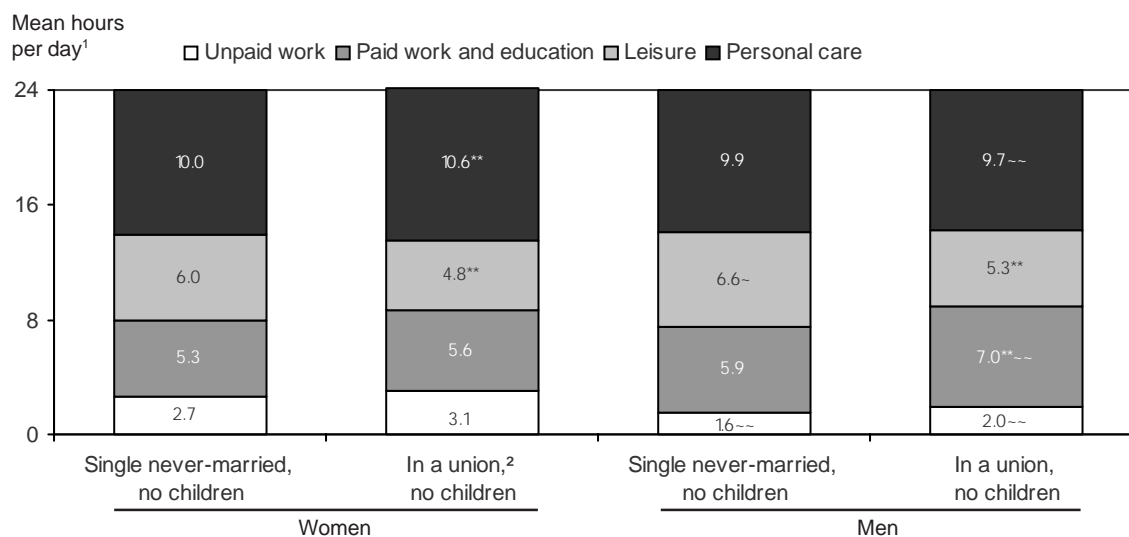
¹ Excludes people aged 20 to 34 who are separated, divorced or widowed, are students, or have a child living in the household

Source: Statistics Canada, General Social Survey, 1998

Daily time allocation

The transition to a conjugal union for people aged 20 to 34 without children is accompanied by a general decrease in leisure time for both women and men. The way this leisure time is reallocated results in a greater gender differentiation in time use patterns. Men living with a partner spent more time on paid work than single men, while women spent more time on personal care. When single, women had about a half an hour less leisure

Chart 1: Time spent on daily activities, people aged 20 to 34



¹ Averaged over a seven-day week

² Includes married and common-law

** <0.05 compared to single never-married group for each sex

~~ <0.05, ~ <0.10 compared to women in the same transition group

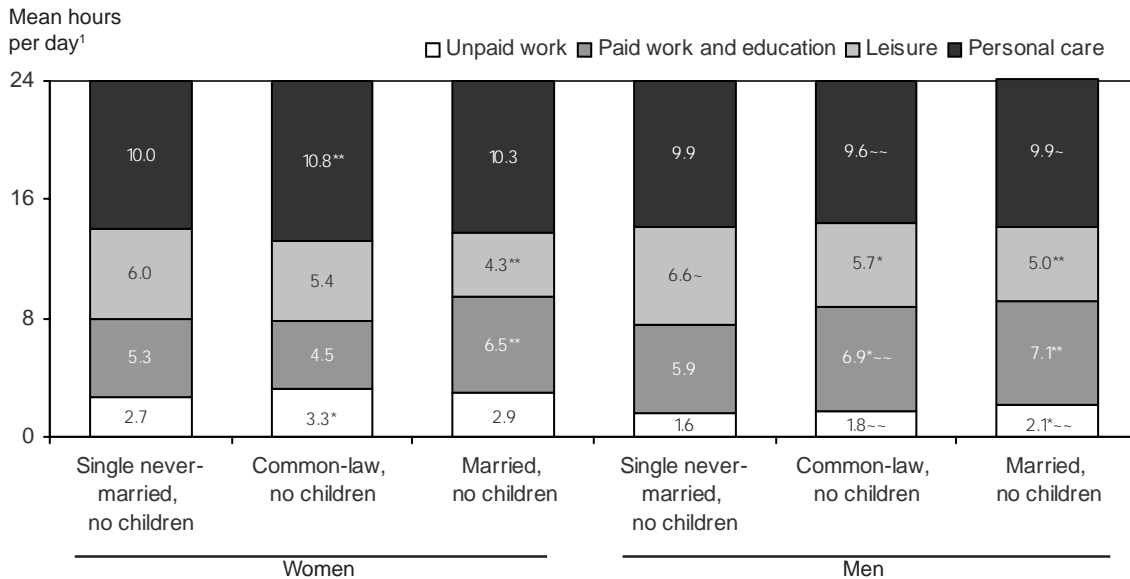
Source: Statistics Canada, General Social Survey, 1998

⁵ GSS Cycle 10 indicated that in 1995, over 80% of people aged 20 to 34 living with a partner were in their first conjugal union. However, almost nine in 10 married people were in their first union, compared to about seven in 10 cohabiting people.

time per day than men⁶ and spent an hour more on unpaid work, but differences in time devoted to paid work and personal care were not significant. After forming a union, leisure time converged for the sexes, but women continued to report an hour more unpaid work time per day, and now also devoted 1.5 fewer hours to paid work and 0.8 more hours to personal care activities.

A somewhat different story emerges when marriages and common-law unions are considered separately. In general, getting married has a greater effect on time allocation than living in a common-law union. The decline in leisure and the increase in paid work is more pronounced for married than for cohabiting men, and for the latter group, the differences are only significant at the 90% level. In addition, married men experience a slight increase in unpaid work time,⁷ consisting mainly of house maintenance and repairs, perhaps reflecting the higher rate of home ownership among married people. The effect of marriage on time use is similar for women; married women aged 20 to 34 without children devoted more hours to paid work than their single counterparts and spent less time on leisure. Time devoted to these activities did not change for cohabiting women, but they did spend more time on personal care and slightly more time on unpaid work⁸ than their single counterparts. Overall, women continued to devote more time than men to unpaid work both before and after union formation.

Chart 2: Time spent on daily activities, people aged 20 to 34



¹ Averaged over a seven-day week
 ** <0.05, * <0.10 compared to single never-married group for each sex
 ~~ <0.05, ~ <0.10 compared to women in the same transition group
 Source: Statistics Canada, General Social Survey, 1998

Paid and unpaid work and labour market status

Time allocation, and especially time devoted to paid and unpaid work is sensitive to the labour market participation. The vast majority of people aged 20 to 34 without children who lived with a partner worked for pay on a full-time basis.⁹ However, the proportion of cohabiting women employed full-time was similar to that of single women,

⁶ Significant at the 90% level.

⁷ Significant at the 90% level.

⁸ Significant at the 90% level.

⁹ Too few men in unions worked part-time or were not employed to produce statistically reliable estimates.

and slightly lower than that of married women. Therefore, different rates of full-time employment may explain the observed differences in time use allocation between cohabiting and married women.

Table 2: Employment status, people aged 20 to 34

Sex	Transition group	Employment status			Total
		Full-time employed	Part-time employed	Not employed	
					%
Women	Single never-married, no children	74	15	11	100
	Common-law, no children	70	17	F	100
	Married, no children	83	F	F	100
Men	Single never-married, no children	82	6	13	100
	Common-law, no children	89	F	F	100
	Married, no children	97	F	F	100

Source: Statistics Canada, General Social Survey, 1998

However, even when controlling for full-time employment status, married women devoted 1.1 more hours per day to total work (paid and unpaid) than single women, while the difference between cohabiting and single women was not significant. This further supports the notion that marriage has a greater impact on time use patterns than common-law relationships. Among those with full-time employment, the total workload was similar for married women and men aged 20 to 34 without children, but slightly greater for cohabiting men than their female counterparts.¹⁰

Table 3: Time spent on total productive activities,¹ full-time employed people aged 20 to 34

Transition group	Sex	Mean hours per day ²
Single never-married, no children	Women	8.7
	Men	8.5
Common-law, no children	Women	8.4
	Men	9.5**~
Married, no children	Women	9.8**
	Men	9.3*

¹ Total productive activities includes paid work, unpaid work and education

² Averaged over a seven-day week

** <0.05, * <0.10 compared to single never-married group for each sex

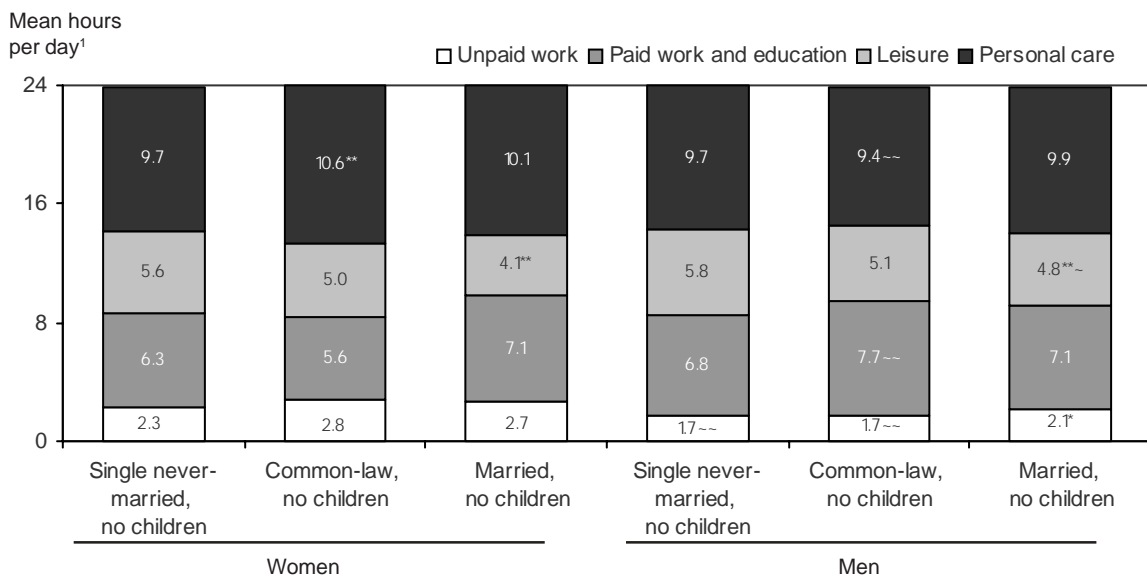
~~ <0.05, ~ <0.10 compared to women in the same transition group

Source: Statistics Canada, General Social Survey, 1998

Nonetheless, an unpaid work gap persists in the aggregate for single and cohabiting people with full-time jobs, although it disappears for married partners. Furthermore, full-time employed common-law women still did significantly less paid work than their male counterparts (2.2 hours per day), suggesting that the division of labour may in fact be less egalitarian in common-law unions than in marriages.

¹⁰ Difference significant only at 90% level.

Chart 3: Time spent on daily activities, full-time employed people aged 20 to 34



¹ Averaged over a seven-day week

** <0.05, * <0.10 compared to single never-married group for each sex

-- <0.05, ~ <0.10 compared to women in the same transition group

Source: Statistics Canada, General Social Survey, 1998

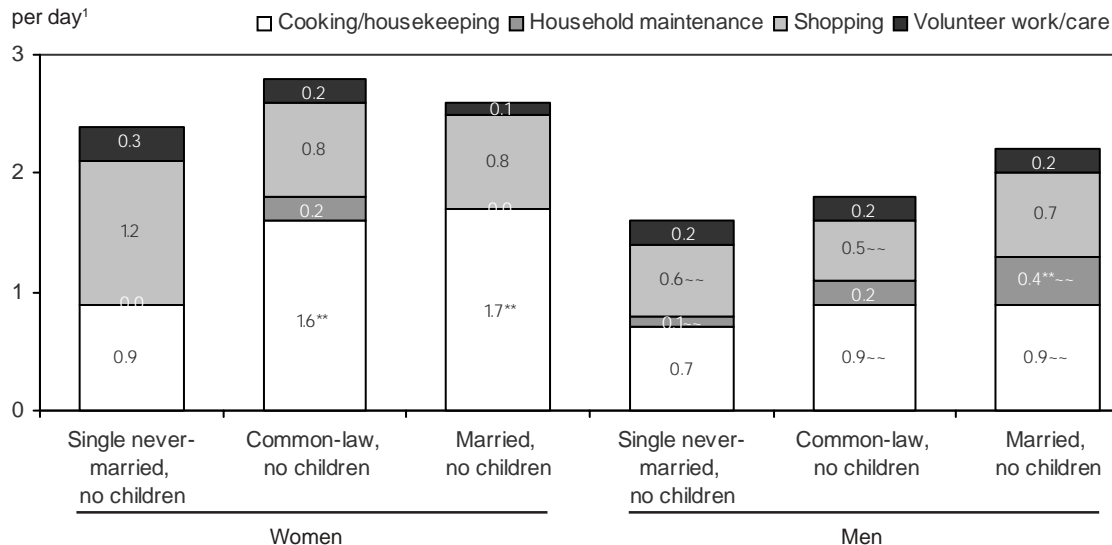
However, simply looking at the amount of time spent each day on aggregate unpaid and paid work does not tell the whole story. Another way of looking at the data is to consider the type of unpaid work done by men and women. Full-time employed married women and men may do the same total amount of unpaid work, but women devoted more time to the “female” tasks of cooking and housekeeping while men did more household maintenance, or “male” unpaid work. Women spending more time on cooking and housekeeping also explains the unpaid work gap for full-time employed common-law partners. Furthermore, women in both types of unions did more cooking and housekeeping than single women. This suggests that that union formation does indeed result in a more gendered distribution of unpaid work.

Table 4: Distribution of unpaid work time, full-time employed people aged 20 to 34

Sex	Transition group	Cooking and housekeeping	Household maintenance	Shopping	Volunteer work and care	Total unpaid work
Women	Single never-married, no children	39	0	50	11	100
	Common-law, no children	58	6	30	6	100
	Married, no children	64	0	30	5	100
Men	Single never married, no children	45	4	37	13	100
	Common-law, no children	51	10	29	10	100
	Married, no children	40	18	35	8	100

Source: Statistics Canada, General Social Survey, 1998

Although the division of time between paid and unpaid work seems to be less egalitarian in common-law unions, the relative distribution of time to different unpaid tasks appears to be more egalitarian than in marriages, even among those employed on a full-time basis. For example, cooking and housekeeping accounted for 39% of the unpaid work time of single women but 45% for single men who were employed full-time. After union formation, cooking and housekeeping grew to account for 58% of unpaid work time for women living common-law and 64%

Chart 4: Time spent on unpaid work, full-time employed people aged 20 to 34Mean hours
per day¹¹ Averaged over a seven-day week

** <0.05 compared to single never-married group for each sex

~~ <0.05, ~ <0.10 compared to women in the same transition group

Source: Statistics Canada, General Social Survey, 1998

for married women. It also grew slightly for cohabiting men to reach 51%, but it fell for married men, dropping to 40% of their unpaid work time. Traditionally “male” tasks, such as home maintenance and repair, occupied a greater share of unpaid work time for men after forming either type of union, and also grew in importance for cohabiting women. Consequently, women and men’s unpaid work time was more evenly distributed between “female” and “male” tasks for those who lived in a common-law relationship than for those who were married.

Leisure

Both women and men spend less time on leisure activities after forming a union, but there was no significant gender difference in the aggregate.¹¹ Once again, the effect was more pronounced for marriage. Married women and men aged 20 to 34 without children reported 1.7 fewer hours of leisure than their single counterparts. Cohabiting men had one hour less leisure, although this was significant only at the 90% level, while the leisure time of cohabiting women was not significantly different from that of single women. This general decline in leisure is mainly due to a reduction in time spent socializing, including visiting and talking with friends and relatives at home, at restaurants, at bars or clubs and attending other social events such as sports games, concerts, movies and the arts. Married and cohabiting men spent 2.0 and 2.2 hours respectively socializing each day, compared to 2.9 hours for single men.¹² Similarly, socializing occupied 1.6 and 2.3 hours in the day of married and cohabiting women respectively, compared with 3.0 hours for single women. This is not surprising as one might expect single people to spend more of their free time out with friends, socializing and meeting new people. Time spent watching television was unaffected by union formation, but accounted for a large part of the day — about two hours — and was not significantly different for women and men in unions. However, compared to single men, other forms of passive leisure, such as reading and listening to the radio, came to occupy a smaller part of the day for cohabiting men but not for their married counterparts. Other passive leisure also fell marginally for women in either form of union.¹³ Finally, getting married was also associated with a slight decrease in time spent participating in sports by both sexes, a decline that was not observed among cohabiting people.

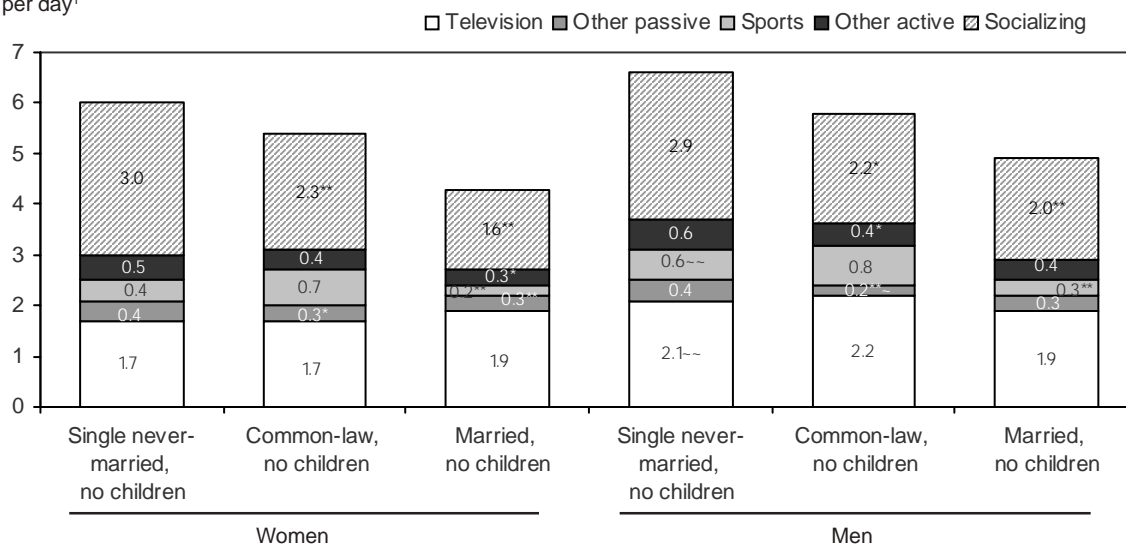
¹¹ When controlling for full-time employment status, married women had about 0.7 fewer hours of leisure per day than men, but this is only significant at the 90% level.

¹² Significant at the 90% level.

¹³ Significant at the 90% level.

Chart 5: Time spent on leisure activities, people aged 20-34

Mean hours per day¹



¹ Averaged over a seven-day week

** <0.05, * <0.10 compared to single never-married group for each sex

-- <0.05, ~ <0.10 compared to women in the same transition group

Source: Statistics Canada, General Social Survey, 1998

Personal care

Time spent on aggregate personal care activities such as sleeping, eating, washing and dressing was affected only by the transition to a common-law union for women. Cohabiting women aged 20 to 34 without children spent more time on personal care than single women. The difference was mainly accounted for by sleep; they slept nearly 40 minutes longer each night (0.7 hours). Although aggregate personal care time was not significantly different for women after marriage, they did devote slightly more time each day to meals. While men's total personal care time did not change after entering a common-law union, some time was shifted from night sleep to meals. In general, women devoted more time to personal care than men did after union formation, but there was no significant gender difference observed among single people.

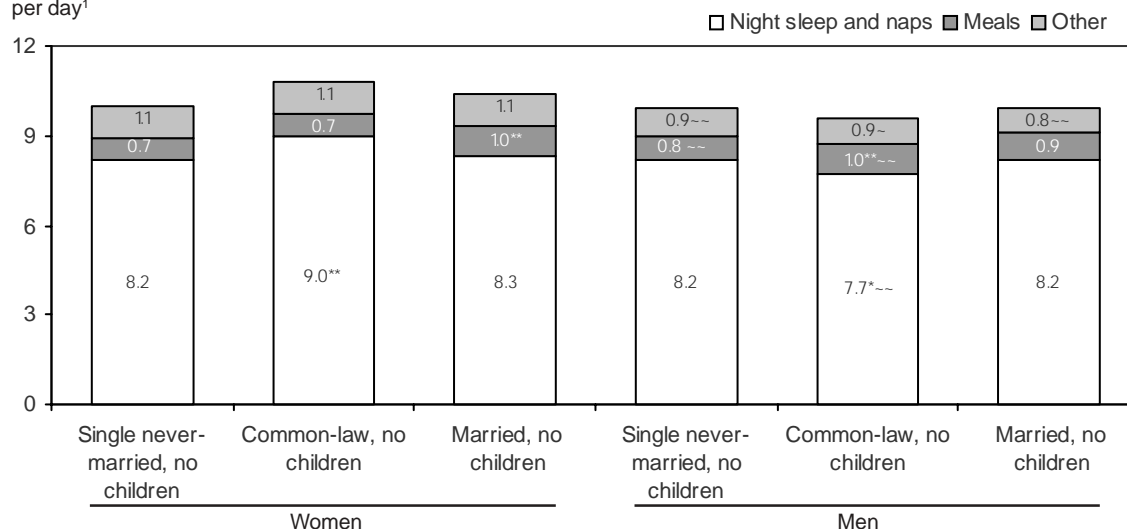
Union formation and well-being

Before entering a union, large shares of women were unhappy and stressed. Single women aged 20 to 34 without children were more likely than men to say they had experienced a lot of stress in the past two weeks, and were less likely to be very satisfied with their self-esteem, with their main activity or with the way they spend their other time.¹⁴

Entering a union, either a marriage or a common-law relationship, was associated with higher rates of happiness and general life satisfaction for women, but this was true of men only after marriage. Marriage also brought other quality of life improvements for women; married women were less likely to be very stressed than single women and larger shares were very satisfied with their self-esteem, with their finances and with their main activity, changes not observed for cohabiting women. For men, though, entering a union brought greater time scarcity. Compared with single men, cohabiting men were more likely to be severely time crunched¹⁵ while married men were more likely to say they were rushed every day.

¹⁴ Other time refers to the time not spent on their main activity.

¹⁵ Significant at the 90% level.

Chart 6: Time spent on personal care, people aged 20 to 34Mean hours
per day¹¹ Averaged over a seven-day week

** <0.05, * <0.10 compared to single never-married group for each sex

-- <0.05, ~ <0.10 compared to women in the same transition group

Source: Statistics Canada, General Social Survey, 1998

Sources of stress

The relationship between time scarcity and quality of life appears to be different for women and men. For instance, men had a higher prevalence of time stress after getting married but were also more likely to be happy and satisfied with life. However, when women's time scarcity lessens, other quality of life indicators also improve. This difference may be related to what people consider to be important stressors in their lives. While the main source of stress for most people in the family formation stage of life was paid work, a large share of unmarried women, either single or cohabiting, also cited financial concerns. The majority of men, regardless of marital status, cited their jobs as their main stressor.

Employment status and time crunch

Full-time or part-time hours of work do not affect the likelihood of severe time crunch for people in unions. However, single men were more likely to be severely time crunched when they worked full-time (20%) than part-time (2%). For young, single women, employment status made no significant difference with regards to time crunch. Furthermore, single women employed part-time were considerably more likely to be time crunched than single men.

Overall, men in either type of union were more likely than single men to say that they had no time for fun anymore. However, cohabiting men appear to feel the effects of time crunch particularly keenly. Large shares of these men felt they don't accomplish what they had set out to do in a day and often felt stressed when they didn't have enough time. They also worried that they don't have enough time for family and friends, yet also wanted more time alone. Married women also felt the effects of time crunch in several ways. Large shares of these women felt that they are workaholics and that they need to slow down. Married women were the most likely to say that they don't have any time for fun anymore, or enough time for family and friends.¹⁶

¹⁶ Significant only at 90% level.

Table 5: Time scarcity and well-being, people aged 20 to 34

Sex	Transition group	Rushed every day	Very stressed last 2 weeks	Severely time crunched	Very happy	Very satisfied with life as a whole
		%				
Women	Single never-married, no children	45	26	23	29	24
	Common-law, no children	37	19	21	49 **	41 **
	Married, no children	41	16 **	18	51 **	46 **
Men	Single never-married, no children	41	16 ~~	17	28	26
	Common-law, no children	41	21	28 *	29 ~~	32
	Married, no children	58 **~~	17	23	52 **	44 **
			Very satisfied with self-esteem	Very satisfied with main activity	Very satisfied with other time	Very satisfied with finances
Women	Single never-married, no children		32	25	21	10
	Common-law, no children		37	32	28	16
	Married, no children		43 **	42 **	17	17 **
Men	Single never-married, no children		42 ~~	33 ~~	28 ~~	13
	Common-law, no children		36	36	15 **~~	16
	Married, no children		50	32	26	21

** <0.05, * <0.10 compared to single never-married group for each sex

~~ <0.05, ~ <0.10 compared to women in the same transition group

Source: Statistics Canada, General Social Survey, 1998

Table 6: Main source of stress, people aged 20 to 34

Sex	Transition group	Paid work	Financial concerns	Family	Other ¹
		%			
Women	Single never-married, no children	56	12	8	24
	Common-law, no children	49	F	F	24
	Married, no children	75 **	F	F	12 **
Men	Single never-married, no children	71	15	F	11
	Common-law, no children	71	F	F	10
	Married, no children	75	F	F	2 **

¹ Other also includes school work, personal health and stress in general

** <0.05, * <0.10 compared to single never-married group for each sex

~~ <0.05, ~ <0.10 compared to women in the same transition group

Source: Statistics Canada, General Social Survey, 1998

Table 7: Severe time crunch, people aged 20 to 34 by employment status

Sex	Employment status	Transition group	Not	Severely
			severely time crunched	time crunched
			%	
Women	Full-time	Single never-married, no children	76	24
		In a union, ¹ no children	81	19
	Part-time	Single never-married, no children	81	F
		In a union, ¹ no children	77	F
Men	Full-time	Single never-married, no children	80	F
		In a union, ¹ no children	74	F
	Part-time	Single never-married, no children	98 ** ~~	F
		In a union, ¹ no children	F	F

¹ Includes married and common-law

** <0.05, * <0.10 compared to single never-married group for each sex

~~ <0.05, ~ <0.10 compared to women in the same transition group

Source: Statistics Canada, General Social Survey, 1998

Table 8: Percentage responding of people aged 20 to 34 responding "yes" to time crunch questions

	Women			Men		
	Single never- married, no children	Common- law, no children	Married, no children	Single never- married, no children	Common- law, no children	Married, no children
Ten time crunch questions	%					
Plan to slow down?	20	27	31 **	18	21	27 *
Workaholic?	28	30	19 **	29	39	36 ~~
Cut back on sleep?	65	55 *	55 *	66	68 ~	62
Don't accomplish everything in a day?	53	52	59	43 ~~	57 **	42 ~~
Not enough time for family/friends?	47	53	58 *	47	61 **	54
Constantly under stress?	46	40	42	36 ~~	38	45
Trapped in daily routine?	48	47	48	41	45	39
No time for fun?	39	35	47	37	54 **~	49 **
Stressed, not enough time?	74	72	70	58 ~~	70 **	58 ~
Want more time alone?	29	19 **	22	22 ~	36 **~~	19

** <0.05, * <0.10 compared to single never-married group for each sex

~~ <0.05, ~ <0.10 compared to women in the same transition group

Source: Statistics Canada, General Social Survey, 1998

Summary

This article set out to explore the relationship between union formation and well-being by studying how the transition to a conjugal union affects time use patterns and quality of life indicators. In an attempt to move beyond a comparison of broad role groups and to control to some extent for age, it focuses on people who were likely to have recently experienced the transition to their first conjugal union. Women and men experience these transitions somewhat differently and in some cases the type of union makes a difference.

When people enter a conjugal relationship, leisure time declines. The way this time is reallocated differs by sex and by type of union, resulting in a greater gender differentiation in time use patterns after union formation. The type of union and labour market status also matters. For instance, the effect on leisure and paid work time is more pronounced after marriage, while the increased personal care time is more pronounced among women living common-law. Most men work for pay full-time before and after union formation, while women are more likely to engage in full-time work after marriage.

Both before and after union formation, women devoted more time to unpaid work than men. Women in unions also spent more time on cooking and housekeeping than single women and men in unions. There is no significant difference between time devoted to paid work for married women and men, but cohabiting women did less paid work and more unpaid work than their male counterparts, suggesting that the division of labour may not be more egalitarian in common-law unions than in marriages. On the other hand, though, the distribution of time to different unpaid work tasks appeared to be more gendered among married people.

With respect to quality of life, entering a conjugal union resulted in greater shares of women who were very happy and satisfied with life, while this was true of men only after marriage. The positive effect on well-being was also more pronounced for marriage among women, since other indicators such as self-esteem and satisfaction with finances also improved. Marriage also heralded a reduction in stress for women but higher levels of time scarcity for men, perhaps related to the increase in paid work time.

In conclusion, the effects of union formation on time use and quality of life tend to be more pronounced for marriages than for common-law unions. However, this may be partly due to age differences, as married people in the study were slightly older on average than those living common-law. There is also evidence that union formation, even among a very young cohort, leads to a more gendered division of labour, with possible long-term implications for women's economic autonomy (Marshall 2000). Future research could provide greater insight into the sharing of paid and unpaid work in common-law unions versus marriages. The large share of stressed and unhappy single women also warrants more study as personal and work stress has been found to be linked to health problems (Statistics Canada 2001a).

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

A. Time scarcity indicators

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?

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?

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?

B. Quality of life indicators

D5. Presently, would you describe yourself as...

Very happy?

Somewhat happy?

Somewhat unhappy?

Very unhappy?

D6B. Please rate your feelings about your job or main activity.

D6C. Please rate your feelings about the way you spend your other time.

D6D. Please rate your feelings about your finances.

D6E. Please rate your feelings about your self-esteem.

D7. Using the same scale, how do you feel about your life as a whole right now?

Very satisfied
Somewhat satisfied
Somewhat dissatisfied
Very dissatisfied

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