

Volunteers, helpers and socialisers: social capital and time use

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Summary

The networks and accepted standards of behaviour (for example, not parking in a disabled space or giving up your seat on a crowded bus for someone more in need) that people enjoy are increasingly referred to as 'social capital'. The government is considering how social capital can contribute to a range of beneficial outcomes including economic growth, educational achievement, reduced crime and better health. Analysis of diaries that people have completed about how they spend their time offers a new way of measuring social capital. Results from the UK 2000 Time Use Survey (TUS) are used in this report to look at three particularly important aspects of social capital: time spent volunteering (formal participation), time spent helping others or providing informal care (informal involvement) and social time with friends and family (informal sociability). This report describes the characteristics of adults (aged 16 and over) who do these activities, where they do them and who they do them with.

The key findings are:

- Volunteering, helping and socialising take up a relatively small part of the average day of all adults - 4 minutes are spent volunteering, 8 minutes helping others and 44 minutes socialising as a main activity.
- People aged 45 and over are more likely than other age groups to volunteer or help other people.
- Of those who report socialising, men tend to have more uninterrupted social time than women.
- Volunteers, helpers and socialisers spend more time than the population overall with others in the community.

Other findings are:

- During week days, women have less 'free time' than men, yet still spend slightly more time socialising and helping.
- Adults report being alone in their household for over 2 hours a day on average. Women, people aged 65 and over, households that do not own a car and the unemployed spend more time home alone.
- On any given day, around half of people do no volunteering, helping or socialising. This tends to be more common for employed people on weekdays and for men at weekends.

Introduction and background

What is social capital?

Despite becoming a key policy and research topic over the last decade, social capital remains an imprecise concept. Some argue that social capital is the social connections between people¹ or that it is a resource that emerges from people's social ties², while others have claimed that trust³ and engagement in civil society⁴ are better ways of defining the concept. The Office for National Statistics (ONS) proposes taking the Organisation for Economic Co-operation and Development's definition of social capital which is 'networks together with shared norms, values and understandings that facilitate co-operation within or among groups'⁵. The government is interested in social capital because it can potentially encourage economic growth⁶, educational achievement⁷, reduced crime⁸ and better health⁹.

The main types of social capital are: 'bonding' social capital (such as strong bonds among family members or ethnic groups); 'bridging' social capital (weaker but broader bonds across, for example, ethnic groups); and 'linking' social capital (between people with different levels of power such as different social classes). Bonding social capital is deemed to be important for 'getting by' whereas bridging and linking are particularly good for 'getting ahead'. These distinctions have policy implications. For example, bridging social capital is important for unemployed people as more find employment through friends and personal contacts than through any other single route¹⁰. A detailed discussion of definition and measurement issues surrounding social capital is contained in the ONS social capital literature review¹¹.

The significance of time use

Official measures of poverty and quality of life have traditionally concentrated on work, education, health, housing and environment¹². The amount of free time that people have is increasingly being recognised as an important

quality of life indicator^{13,14}. Research indicates that people feel their free time has become scarcer and more hurried¹⁵, especially in the case of women who often juggle work, family and leisure^{16,17}.

Surveys which measure how people use their time highlight alternative ways of measuring well-being and quality of life. For instance, some people may be deemed to be 'money rich, but time poor'. They are monetarily wealthy but have little time away from work to devote to leisure or other activities. Although a standard economic measure of well-being would classify this individual as being 'better off', time use data can help highlight alternative measures of quality of life, such as how 'busy' a person is or how much leisure time they enjoy.

Using the UK 2000 Time Use Survey

The collection of data through time use diaries offers different ways of measuring some aspects of social capital. Time use studies are unique as they ask about events and actions that occur in the course of everyday life, yet they are an under-utilised tool in the measurement of social capital. At a basic level, we can use the data to illustrate the amount of time spent on activities such as sport, civic participation, going to social clubs and pubs and visiting friends, all of which have been described as 'pursuits associated with social capital'¹⁸. The UK 2000 TUS cannot be used to measure all facets of social capital, but it can help us identify people who volunteer, help or socialise. These groups are the main focus of this report and are defined as follows:

Volunteers - formal participation

Involvement in formal organisations is usually regarded as a useful indicator of community involvement⁴. The time use diaries can be analysed to measure how much time people spend doing volunteer work or attending meetings which are connected to this work. The work must be conducted through a formal organisation or group and the individual typically

works free of charge or receives a minor fee for expenses.

Helpers - informal involvement

Another important aspect of civic engagement is informal volunteering or helping. This type of activity takes place outside an organisational context and tends to be done on an individual basis, such as helping a neighbour. People who recorded completing these kind of activities on any given day are referred to in this report as helpers.

Socialisers - informal sociability

Informal sociability is important in building and sustaining social networks¹⁸. In this report we have defined socialising as time spent visiting friends or relatives, time spent together with others at special occasions, as well as social activities such as going to the pub. In line with previous work⁴, telephone conversations with friends or family and socialising with household members within the household are not included, although it is recognised that these are important factors in creating and maintaining social networks.

Who people do social capital activities with

In the TUS, people were asked whether the daily activities that they did were completed with someone else present. This 'co-presence' information means that other, less obvious, activities could emerge as strong scenes of face-to-face interaction which generate or maintain social networks (for example, parents talking to other parents at the school gates). The underlying assumption is that it is reasonable to measure the interaction that arises from 'co-presence' and count this time as informal social time.

The co-presence approach is based on previous studies¹⁹ which examined how contextual information can be used to describe where and with whom people interact. Two aspects of information are collected for each time-slot:

'social circle' and 'social space'. Firstly, people's 'social circle' is determined. This can be defined as time with family, friends, or other acquaintances. Since social circles are often interrelated and multiple interactions occur, it is important to treat this classification flexibly. Secondly, 'social space' is established as either the household space, workplace space, or community space (such as social or recreational clubs, church, community organisations, and houses of friends or family).

Figure 1 illustrates that using these two pieces of information we can examine different kinds of social capital. Time spent with household members can potentially create bonding social capital while time spent with a range of people, particularly in the community, is more likely to create bridging social capital. The final section of this report demonstrates that certain people spend more time in some places than others and consequently build up different sorts of social capital. Unfortunately, the TUS does not have detailed information about time spent in the workplace since diarists were not asked to complete the 'co-presence' question when at work. This means we may be missing a key area for the creation and maintenance of social capital.

This report describes the characteristics of adults who do social capital activities, where they do them and who they do them with.

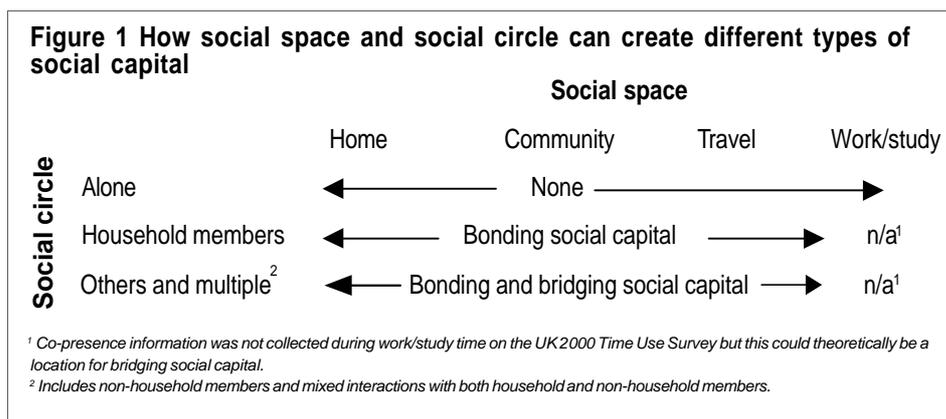
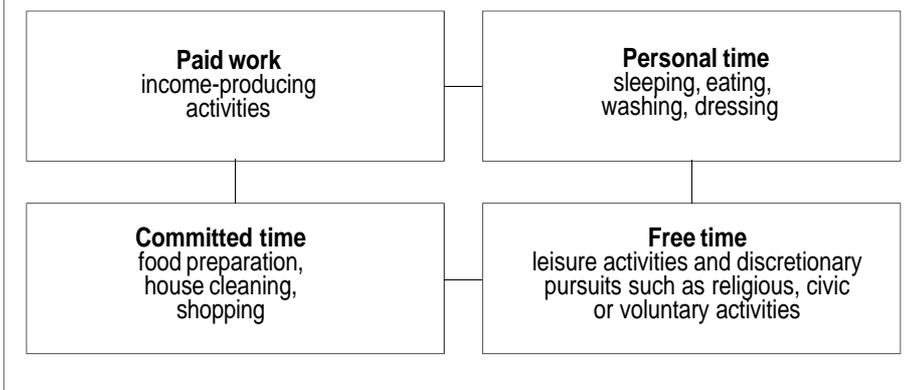


Figure 2 The four main types of time use



Findings

The time spent with friends and family

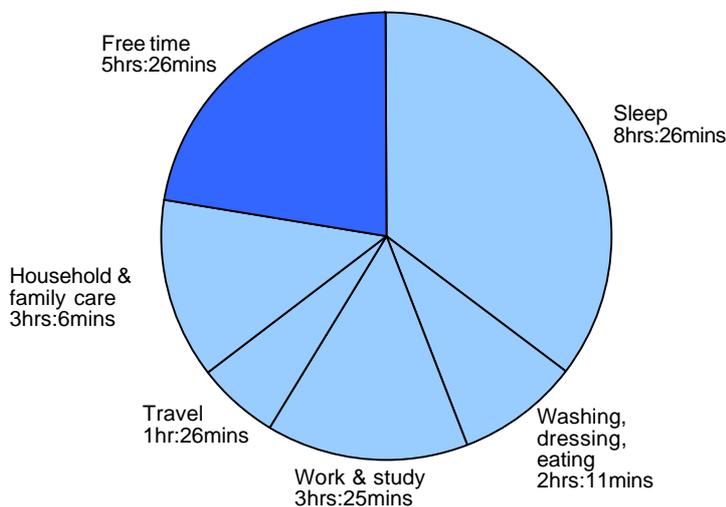
People's lives are complicated but it is possible to distinguish categories of time that are fundamentally different in character. Figure 2 highlights the four main types of activity that are usually identified¹³.

Figure 3 shows the average amount of time that adults spend on main activities throughout the day. More detailed results are presented in Appendix A. These estimates come from the time use diaries that people completed for both weekdays and weekend days. On an average day, adults have around five and a half hours of 'free time'. This part of the day is referred to as 'all free time' throughout this report. Of this 'free time', three-quarters of an hour is spent on what we term socialising (Figure 4).

The other social capital activities which can be identified from time use diaries are volunteering and helping. These activities take up a relatively small amount of the average day of all adults: 4 minutes and 8 minutes respectively. Other types of leisure activities (such as going to the cinema, theatre, sports events) are not included as social capital activities because we cannot be sure – from this information alone – if the activity was completed in the presence of others. This is explored later on in this report.

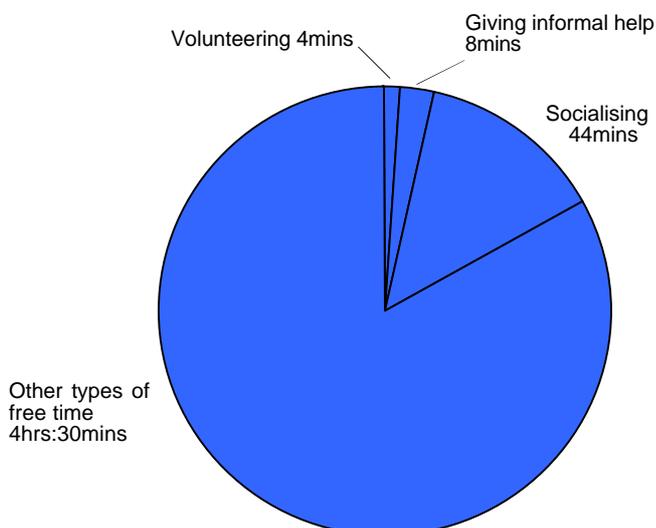
Not everyone has the same amount of free time; neither do they undertake the same of sort of social capital activities that occur within it. Diaries provide just a 'snapshot' of a certain day so when we use them to measure volunteering or helping we may be missing people who do these activities less frequently. Respondents to the TUS were asked additional questions (which are not unique to diaries) such as their level of participation in the past four weeks.

Figure 3 Average time spent on main activities per day¹



¹ Information is for main activity only, weekdays and weekends combined.
Source: UK 2000 Time Use Survey

Figure 4 Average time spent on free time activities per day¹



¹ Information is for main activity only, weekdays and weekends combined.
Source: UK 2000 Time Use Survey

Unsurprisingly, more people reported volunteering, helping or socialising in the past four weeks than on any given diary day (Table 5). This fact should be kept in mind when considering the results in this report.

Overall, on any given day, just over four in ten adults are socialisers, fewer than one in ten are helpers and even fewer are volunteers. These rates vary according to age. It is more common for people at either end of the age spectrum to report socialising than people in the middle categories (Table 6). Around half of young people (aged 16-24), and older people, (aged 65 and over), spend time socialising but only two-fifths of 25-64 year olds record this activity.

The amount of free time people have

Different people use their time in various ways. Throughout the week, women record having slightly less free time than men, yet proportionally spend more time socialising and helping (Table 7). There is no statistically significant difference in the time spent volunteering.

As we would expect, the average amount of free time increases at the weekend. The free time gap between men and women widens at the weekend with men gaining proportionally more time compared to women - men have nearly 2 hours more free time, women have around 1 hour 15 minutes more. A higher amount of time is spent on socialising. However, the difference between men and women, when it comes to spending time socialising, is no longer statistically significant at the weekend.

Other factors, such as region, car ownership, and employment status show strong associations with social capital activities when controlling for other variables. More detailed results are presented in Appendix B. During the week, people who live in a household without a car have more free time and spend more of it socialising but not volunteering or helping.

Table 5 Proportion of adults who volunteer, help or socialise over different time periods¹

	Percentages					
	In the past four weeks ²			On the diary day ³		
	Men	Women	All	Men	Women	All
Volunteering	11	13	12	3	3	3
Helping	27	33	31	7	11	9
Socialising ⁴	80	87	83	38	47	42

¹ Information is for main activity only, for weekends and weekdays combined.

² Using the individual questionnaire.

³ Using the time use diaries.

⁴ Taken from range of leisure activities in individual questionnaire; taken from sociable activities in diary.

Source: UK 2000 Time Use Survey

Table 6 Proportion of adults reporting free time activities per day¹, by age

	Percentages				
	16-24	25-44	45-64	65 and over	All
Volunteering	1	2	4	5	3
Helping	6	7	13	12	9
Socialising	47	38	41	50	42
All free time	99	99	99	100	99

¹ Information is for main activity only, for weekends and weekdays combined.

Source: UK 2000 Time Use Survey

Table 7 Average time spent on free time activities per day, by gender¹

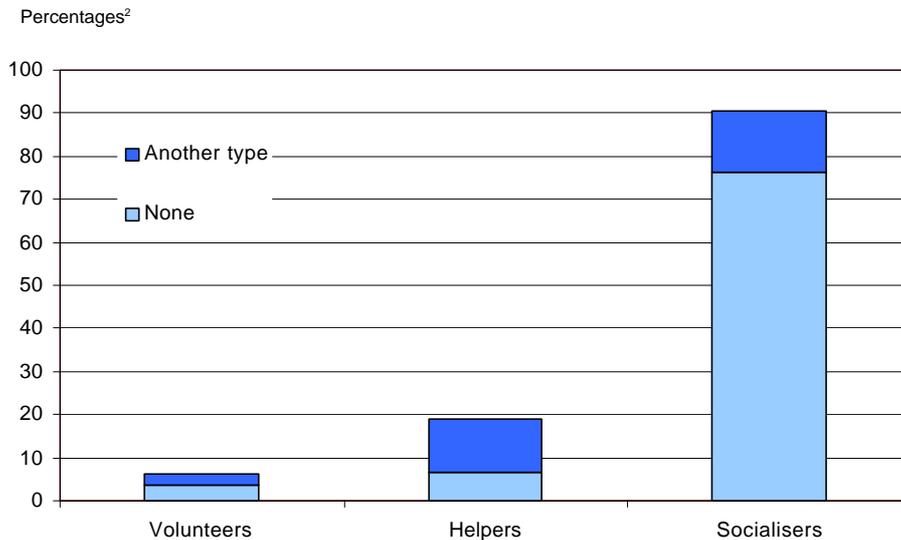
	Hours:minutes per day			
	Volunteering	Helping	Socialising	All free time
Weekdays				
Men	4mins	6mins	32mins	5hrs:02mins
Women	4mins	9mins	38mins	4hrs:55mins
Significance ²	ns	**	**	*
Weekend days				
Men	2mins	8mins	1hr:07mins	7hrs:00mins
Women	3mins	11mins	1hr:05mins	6hrs:09mins
Significance ²	ns	*	ns	**

¹ Information is for main activity only.

² Differences between means tested using T-test, ** p<0.001 very significant, * p<0.05 significant, ns=not significant.

Source: UK 2000 Time Use Survey

Figure 8 Volunteers, helpers and socialisers, by whether they do other social capital activities¹

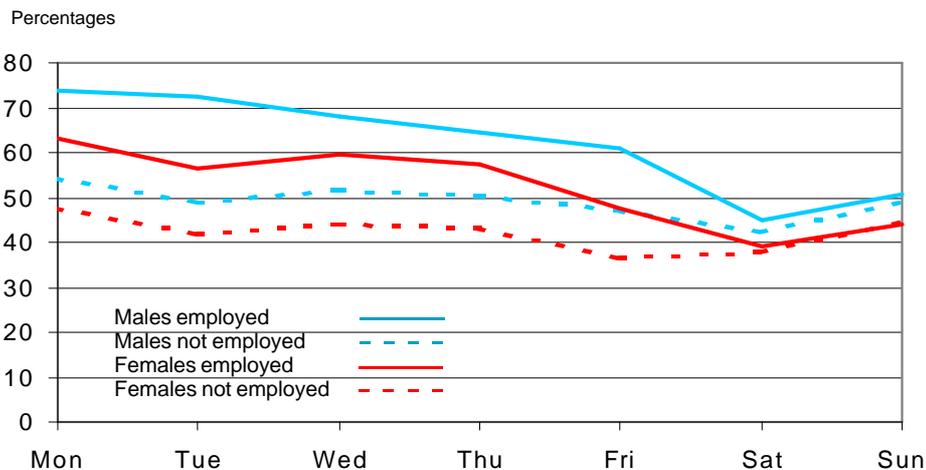


¹ Information is for main activity only, weekdays and weekends combined. Each bar represents the proportion of volunteers, helpers or socialisers who report doing either just that activity or any of the other two activities in the same day.

² Percentage of adults who do any social capital activity (n=9789).

Source: UK 2000 Time Use Survey

Figure 9 Proportion of people who do no volunteering, helping or socialising, by day of week¹



¹ Information is for main activity only.
Source: UK 2000 Time Use Survey

Unemployed people spend significantly more time than employed people volunteering, helping and socialising on weekdays but not weekends. Household income, the presence of a child in the household or the living arrangements (for example, single, cohabiting, married) of the household were not generally found to be significantly related to socialising, volunteering or helping.

Different kinds of free time activities

The preceding analysis has demonstrated that certain people are more likely to be volunteers, helpers or socialisers. But, for example, do socialisers also help and/or volunteer? And who are the people who do none of these activities? Previous work⁴ has suggested that people who are involved in formal community affairs do not spend as much informal time with friends and acquaintances, and vice versa.

Analysis of the TUS suggests that things are not this straight forward. Figure 8 presents the proportions of volunteers, helpers and socialisers according to whether they reported doing other social capital activities as well. For instance, of the people who said that they volunteered, just under half reported also helping or socialising in the same day. A greater proportion of helpers (two-thirds) said they also did volunteering or socialising. Yet just over one-fifth of socialisers said that they volunteered or helped. Advanced analysis also shows that a very weak association exists between the chances of somebody volunteering, helping or socialising.

More importantly perhaps, many people are not taking part in these activities. On any given day, 53 per cent of adults do no socialising, volunteering or helping. The overall pattern varies over the week (Figure 9). During weekdays, employed men and women are the least likely to do any volunteering, helping or socialising. Non-participation declines from a peak on a Monday to a low point on Saturday, and employed women end the week being more participative than non-

employed men. On Sunday, the difference between employed and non-employed women is very small. This suggests that employment has a profound impact on people's capacity to socialise, volunteer or help during the week. Whereas, during the weekend, gender is a more important factor.

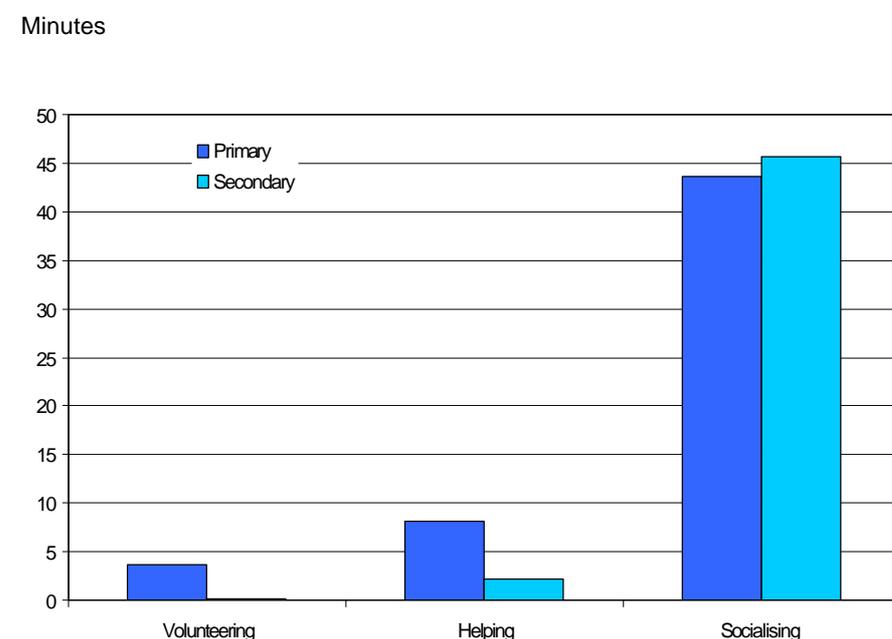
Hidden volunteering, helping and socialising

On first viewing, the amounts of time spent volunteering, helping and socialising may seem very small. However, it is possible to unlock hidden socialising, helping and volunteering by looking at another aspect of time use diaries. People often undertake more than one activity at a time and by ignoring these 'simultaneous' activities we may miss many daily activities²⁰ such as somebody who listens to the radio at the same time as doing household chores. The UK 2000 TUS diary collected information about people's main (primary) activity and also what else they were doing at the same time (secondary activity).

Secondary activity is supplemental and cannot simply be added to the overall estimates given in the previous section. A very small amount of volunteering and helping is uncovered using secondary activities (Figure 10). Socialising, on the other hand, accounts for an average of 46 minutes each day as a secondary activity. This is due to the way the data were collected and because many people do not view socialising as a main activity. Therefore, socialising tends to be recorded behind what else people are doing as their main activity even if they are sedentary activities, such as watching television.

Data on primary and secondary activities can also be used to consider the character of socialising. Leisure time which is free from other constraining activities is very different from time with distracting accompanying activities¹⁵ (for example, leisure time while looking after children)

Figure 10 Average time spent on free time activities throughout the whole week



Source: UK 2000 Time Use Survey

and is an important aspect of work-life balance¹⁴. For the results in the remainder of this section, we explore 'simultaneous' activities during the evening hours of the average day (6pm to midnight). This approach is widely used²⁰ as this part of the day is thought to be least dictated by non-family, external pressures (such as school, work, shopping) and more likely to be used as a person wishes.

Table 11 illustrates the types of activities that are completed in combination with socialising. Over two-thirds of diaries have no evidence of socialising between 6pm and midnight. Over a fifth of diaries report simple, unaccompanied socialising which is uninterrupted by other factors. Few diaries contained evidence of intense socialising, where one form of sociability is combined with another in the same time slot (for example, in the pub with friends and family at the same time and location as a family special occasion).

Table 11 Socialising while doing other activities¹

Main activity	Secondary activity	Percentage of diary days
Socialising	No activity	21
Socialising	Personal care	15
Socialising	Travel	5
Socialising	Household and family care	5
Socialising	Socialising	-
Socialising	Other free time	11
No socialising	No socialising	68

¹ Between 6pm and midnight on weekdays and weekends combined.

Source: UK 2000 Time Use Survey

Table 12 The average time socialisers spend doing other activities¹, by gender

Combinations of main and secondary activity	Hours: minutes per day		
	Men	Women	Significance ²
Socialisers			
Socialising with no other activity	1hr:39mins	1hr:26mins	**
Socialising with personal care	1hr:05mins	55mins	**
Socialising with household and family care	35mins	34mins	ns
Socialising with other free time	1hr:34mins	1hr:19mins	**

¹ Between 6pm and midnight on weekdays and weekends combined.

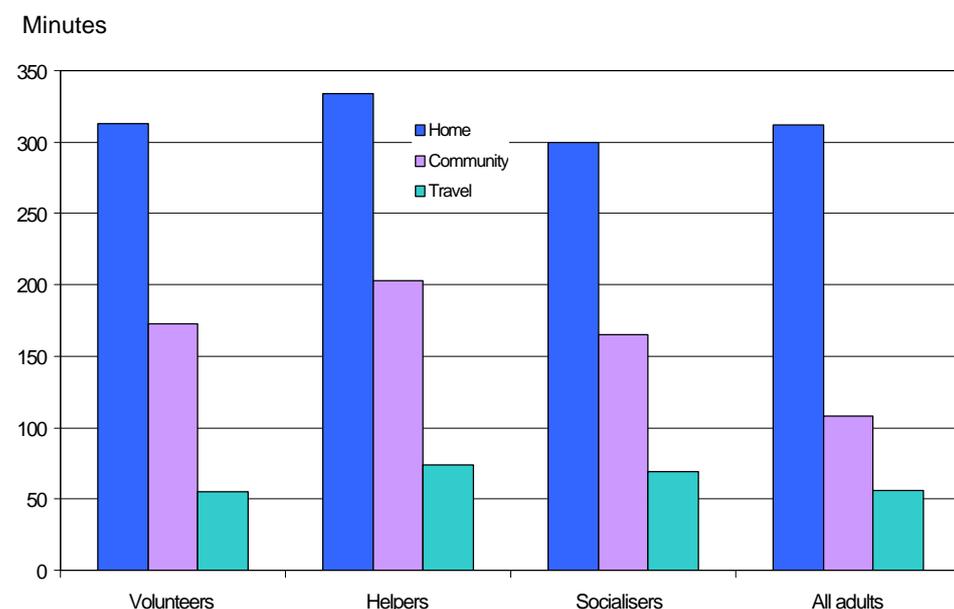
² Differences between means tested using T-test, ** p<0.001 very significant, * p<0.05 significant, ns=not significant.

Source: UK 2000 Time Use Survey

One-seventh of diaries contain reports of socialising combined with personal care. Most people combined eating with sociability in this category. One-tenth of diaries show evidence of socialising being interspersed with other types of free time activities, such as watching the television or other leisure activities. A relatively small proportion of cases (5 per cent) show household and family care activities being combined with sociability (Table 11). This is an alternative way of examining previous evidence¹⁵ which indicated that domestic responsibilities and care can intrude on leisure time.

Overall, therefore, socialising is a fragmented activity. Further differences in the character of socialisers emerge when we consider gender differences. This report has already suggested that women spend more time socialising than men on weekdays (see Table 7 on page 5). However, men who socialise enjoy higher amounts of uninterrupted sociability than women (Table 12). Of the adults who report socialising with no other secondary activities, men spend an average of 13 minutes more than women on pure socialising between 6pm and midnight. This evidence suggests that, when considering sociability, it is important to look at measures of quality and not just quantity.

Figure 13 Average time per day spent with others, by location¹



¹ Information is for main activity only on weekdays and weekends combined.

Source: UK 2000 Time Use Survey

Where do people get together?

An objective of this report is to examine where and with whom people do activities. From information in the time use diaries that people completed, it is possible to tell where the person was and if anyone was present during their daily activities. As a source of face-to-face interaction, relevant activities are those that occur with other household members in the household or the community (bonding social capital) and also activities that occur with non-household people both in the household and the community (bonding and bridging social capital). We are also interested in the people who report being alone in different locations.

Overall, the amount of time that adults spend with each other in the home is roughly consistent – about 5 hours a day (Figure 13). As we might expect, people who volunteer, help or socialise tend to spend more time than the general population with others in the community (social or recreational clubs, church, restaurants, houses of friends or relatives). Helpers spend the most time with others at home, in the community and travelling. They spend an average of just under 3.5 hours each day with others in the community, which is double the amount for all adults. A more detailed breakdown of the information in Figure 13 is given in Appendix C.

The weekend has a strong influence on where people spend their time with other people. On average, adults spend 1 hour and 10 minutes longer during the weekend than in the week both at home and in the community (Table 14). Correspondingly, 2.5 hours less is spent in unrecorded locations such as bed, workplace or place of study. The amount of time spent travelling on weekends is roughly equal to that on weekdays, but during the weekend it is more likely to be spent with household members or other people.

A more detailed breakdown is given in Appendix D. The analyses show that there are significant differences for gender, age and employment status. Women spend more time than men alone and with other household members in the home. People, aged 65 and over, spend more time alone in the home than younger people. This contrasts with the earlier finding that helpers and volunteers, who tend to be older (aged 45 and over), spend more time in the community with others (Figure 13).

Employment status has an important role in determining where people get together during different days of the week (Figure 15). Throughout the whole week, adults who are not employed spend more time at home with other

Table 14 Average time spent with others¹, by location

	Hours:minutes per day				
	Home	Community	Travel	Unknown ²	Total
Weekday					
Alone	2hrs:21mins	13mins	45mins	1min	3hrs:20mins
Household	4hrs:10mins	17mins	26mins	-	4hrs:53mins
Others and multiple ³	43mins	1hr:11mins	24mins	9mins	2hrs:25mins
Not known ⁴	35mins	4mins	9mins	12hrs:35mins	13hrs:23mins
Total	7hrs:48mins	1hr:45mins	1hr:44mins	12hrs:43mins	24hrs:00mins
Weekend day					
Alone	2hrs:17mins	12mins	27mins	-	2hrs:56mins
Household	5hrs:01mins	32mins	39mins	1min	6hrs:13mins
Others and multiple ³	1hr:02mins	2hrs:08mins	33mins	3mins	3hrs:46mins
Not known ⁴	40mins	4mins	6mins	10hrs:16mins	11hrs:06mins
Total	9hrs:00mins	2hrs:56mins	1hr:45mins	10hrs:19mins	24hrs:00mins

¹ Information is for main activity only.

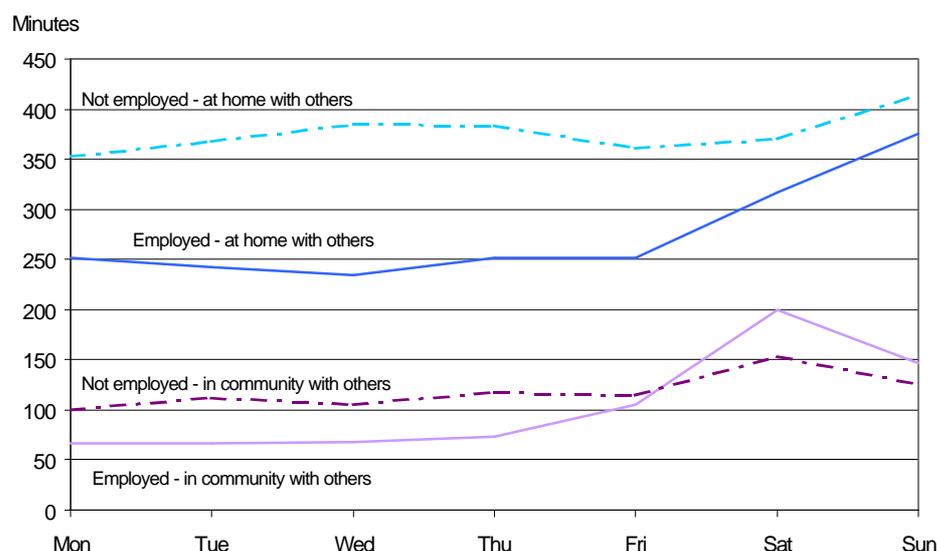
² Time spent sleeping, working, studying or missing data.

³ Includes non-household members and mixed interactions with both household and non-household members.

⁴ Time when the co-presence column was not completed.

Source: UK 2000 Time Use Survey

Figure 15 Where adults get together during the week¹, by employment status



¹ Information is for main activity only.

Source: UK 2000 Time Use Survey

people than employed adults do, with a peak of nearly 7 hours on a Sunday. People who are not employed also spend more time than employed people during weekdays in the community with other people but on a weekend this reverses and it is employed people who spend more time in the community with others.

Summary

This report has described who volunteers, helpers and socialisers are and how they spend their time. During the week, people aged 45 and over, and people not in employment are more likely to volunteer or help. Women spend more time helping than men. These portraits are backed up when we consider hidden socialising and where people get together. The overall picture is confounded by the impact of the weekend which makes factors such as employment status less important.

The findings have revealed that certain people are disconnected from volunteering, helping and socialising. We cannot be sure if this is through individual choice or not. Whether someone volunteers, helps or socialises is not necessarily related to where and with whom people spend their time. The other exclusionary issue is quality of free time – women spend more time socialising overall yet men report more of the sort of socialising which is less interrupted by other activities. These findings are particularly important in light of national²¹ and regional²² policy initiatives (for example, the promotion of volunteering and the community sector).

We should be cautious when making conclusions about volunteering, helping and socialising based on time use data. The boundaries between many activities are blurred and we have already illustrated that many people do the same types of activities. Time use diaries may miss infrequent activities such as voluntary activity or unintentional or accidental interactions, such as bumping into neighbours or someone in the street. Such episodes may seem inconsequential

to the diarist yet it has been suggested²³ that these 'casual contacts' breed a sense of familiarity and lead to trust, which is another important aspect of social capital. Despite this, it is suggested that measures of social capital derived from time use diaries tend to provide higher estimates of time spent than results from other forms of surveys¹⁴ due to the nature of the survey instruments.

The UK 2000 TUS is the first major survey of its kind in the United Kingdom. A simple, 'light' diary exercise is planned in 2003 and another main survey is planned for some time after 2005. Although major changes in time use do not occur over short periods, it will still be of interest to look at how the benchmarks for participation and sociability set out in this report have changed during that time.

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Technical annex

The UK 2000 Time Use Survey (TUS)

The TUS collected information using various instruments but the most unique source of data is the time use diary. The diary is designed to record what people were doing, where they were and whether they were with somebody during 24 hour periods. This approach allows us to identify three important social capital activities: time spent volunteering (formal participation), time spent helping others or providing informal care (informal involvement) and social time with friends and family (informal sociability). People completed their diaries using their own words which means that volunteering, helping or socialising will only appear where the person felt it was important enough for them to mention.

The time use diary, often referred to as a time budget diary, is divided into 10 minute periods throughout the day. Diaries which failed to account for 30 minutes or less of the day were omitted from this analysis. Results in this report are for adults aged 16 and over only.

A random sample of households in the UK obtained responses from 6,500 households (61 per cent) for the UK 2000 TUS and 11,700 individuals within those households completed

21,000 diaries – 2 per individual, 1 weekday and 1 weekend day. The net diary response rate (household response rate multiplied by the diary response rate) was 45 per cent. Weights have been applied to account for non-response but sampling variability should be borne in mind with these results. Additional results and background information about the UK 2000 TUS can be accessed via <http://www.statistics.gov.uk/timeuse>

Co-presence

The diaries used on the UK 2000 TUS contained a 'Were you with anybody?' column which allowed the respondent to indicate if each activity was conducted with somebody else present. The question has five categories (1) Alone or with people you don't know; (2) Children aged up to 9 living in your household; (3) Children aged 10 to 14 living in your household; (4) Other household members; (5) Other persons that you know. This information was merged with data about the locations of activities to produce the information presented in the final sections of this report.

The survey instructions state explicitly that to be with someone does not necessarily mean that you actually did that activity together, but simply that you are in the same place, for example, in the same house, shop or on the

same bus. Additionally, respondents were not asked to complete this question when they were at work, place of study or asleep.

Significance testing

A range of standard statistical techniques have been adopted to check whether the relationships in this report are 'statistically significant'. By this, it is meant that the probability that the relationship observed is not due to chance, arising from the particular sample of individuals, but can be expected at least 99 or 95 per cent of the times the relationship is calculated. T-tests were used when we had two levels of an independent variable (eg. male/female, own car/does not own car) and we wanted to test how they differ on a continuous variable (time). Analysis of Variance (ANOVA) is an extension of the independent groups t-test, and compares whether the average values of one variable differ significantly across a range of categories of another variable (such as age).

More advanced techniques have been used to test whether, for example, a woman's greater time spent socialising can be explained by other factors. Logistic regression was the technique used for this purpose. The results of these logistic regressions have been used to determine the importance of factors.

Appendix A Time spent on main activities¹

	Average in minutes	Average in hours:minutes	Percentage of the day
Sleep	506	8 hrs: 26 mins	35
Washing, dressing, eating	131	2 hrs: 11 mins	9
Work and study	205	3 hrs: 25 mins	14
Travel	86	1 hr: 26mins	6
Household and family care	186	3 hrs: 6 mins	13
All free time	326	5 hrs: 26 mins	23
Volunteering	4	4mins	-
Helping	8	8 mins	1
Socialising	44	44mins	3
All other remaining free time	270	4 hrs: 30 mins	19
Total	1440	24 hrs: 0 mins	100

¹ Information is for main activity only, weekends and weekdays combined.
Source: UK 2000 Time Use Survey

Appendix B Average time spent on free time activities, by socio-economic characteristics ¹

	<i>Hours:minutes per day</i>			
	Volunteering	Helping	Socialising	All free time
Age - Weekday				
16-24	1mins	5mins	53mins	4hrs:55mins
25-44	2mins	4mins	29mins	3hrs:58mins
45-64	5mins	12mins	31mins	5hrs:00mins
65 and over	8mins	10mins	40mins	7hrs:16mins
Significance ²	F=25.1, p<0.001	F=38.2, p<0.001	F=57.7, p<0.001	F=649.5, p<0.001
Age - Weekend day				
16-24	2mins	7mins	1hr:30 min	6hrs:44mins
25-44	2mins	6mins	1hr:06mins	5hrs:59mins
45-64	4mins	15mins	59mins	6hrs:34mins
65 and over	4mins	10mins	56mins	7hrs:48mins
Significance ²	ns	F=12.5, p<0.001	F=16.9, p<0.001	F=71.7, p<0.001
Car ownership - Weekday				
Household owns car	4mins	8mins	32mins	4hrs:39mins
Household does not own car	3mins	6mins	46mins	6hrs:12mins
Significance ³	ns	p<0.05	p<0.001	p<0.001
Car ownership - Weekend day				
Household owns car	3mins	10mins	1hr:05mins	6hrs:24mins
Household does not own car	2mins	8mins	1hr:10mins	7hrs:16mins
Significance ³	ns	ns	ns	p<0.001
Region - Weekday				
North	3mins	11mins	38mins	5hrs:14mins
Midlands	4mins	7mins	35mins	4hrs:56mins
Eastern	3mins	5mins	32mins	4hrs:43mins
London and South East	5mins	5mins	34mins	4hrs:46mins
South West	6mins	9mins	30mins	4hrs:52mins
Wales	3mins	8mins	37mins	5hrs:19mins
Scotland	3mins	10mins	34mins	5hrs:16mins
Northern Ireland	-	9mins	48mins	4hrs:53mins
Significance ²	F=2.49, p<0.05	F=7.68, p<0.001	F=3.60, p<0.001	F=8.81, p<0.001
Region - Weekend day				
North	2mins	10mins	1hr:12mins	6hrs:40mins
Midlands	1min	13mins	1hr:08mins	6hrs:39mins
Eastern	4mins	8mins	58mins	6hrs:21mins
London and South East	3mins	8mins	1hr:01mins	6hrs:29mins
South West	4mins	7mins	1hr:04mins	6hrs:33mins
Wales	5mins	6mins	1hr:02mins	6hrs:47mins
Scotland	4mins	9mins	1hr:01min	6hrs:37mins
Northern Ireland	4mins	16mins	1hr:46mins	6hrs:35mins
Significance ²	ns	ns	F=3.98, p<0.001	ns
Employment status - Weekday				
Employed	3mins	5mins	30mins	3hrs:53mins
Not in employment	7mins	13mins	44mins	6hrs:49mins
Significance ³	p<0.001	p<0.001	p<0.001	p<0.001
Employment status - Weekend day				
Employed	3mins	9mins	1hr:08mins	6hrs:04mins
Not in employment	3mins	10mins	1hr:03mins	7hrs:21mins
Significance ³	ns	ns	ns	p<0.001

¹ Information is for main activity only.

² One-way ANOVA test, ns=not significant.

³ T-test difference between independent means, ns=not significant.

Source: UK 2000 Time Use Survey

Appendix C Average time where volunteers, socialisers and helpers get together with others ¹

Hours:minutes per day

	Home	Community	Travel	Unknown ²	Total
Volunteers					
Alone	3hrs:05mins	15mins	42mins	1min	4hrs:03mins
Household	4hrs:31mins	20mins	28mins	1min	5hrs:20mins
Others and multiple ³	42mins	2hrs:33mins	28mins	7mins	3hrs:50mins
Not known ⁴	38mins	5mins	6mins	9hrs:58mins	10hrs:48mins
Total	8hrs:56mins	3hrs:13mins	1hr:44mins	10hrs:07mins	24hrs:00mins
Helpers					
Alone	2hrs:18mins	18mins	37mins	1min	3hrs:14mins
Household	4hrs:04mins	25mins	32mins	1min	5hrs:01min
Others and multiple ³	1hr:29mins	2hrs:58mins	41mins	4mins	5hrs:12mins
Not known ⁴	33mins	5mins	8mins	9hrs:46mins	10hrs:32mins
Total	8hrs:25mins	3hrs:46mins	1hr:59mins	9hrs:51mins	24hrs:00mins
Socialisers					
Alone	2hrs:26mins	14mins	39mins	1min	3hrs:19mins
Household	3hrs:52mins	24mins	31mins	-	4hrs:46mins
Others and multiple ³	1hr:08mins	2hrs:21mins	39mins	7mins	4hrs:15mins
Not known ⁴	32mins	4mins	8mins	10hrs:56mins	11hrs:40mins
Total	7hrs:57mins	3hrs:03mins	1hr:57mins	11hrs:04mins	24hrs:00mins
All adults					
Alone	2hrs:19mins	13mins	40mins	1min	3hrs:13mins
Household	4hrs:24mins	21mins	29mins	-	5hrs:14mins
Others and multiple ³	48mins	1hr:27mins	27mins	6min	2hrs:48mins
Not known ⁴	36mins	4mins	8mins	11hrs:56mins	12hrs:44mins
Total	8hrs:08mins	2hrs:05mins	1hr:44mins	12hrs:03mins	24hrs:00mins

¹ Information is for main activity only, weekends and weekdays combined.

² Time spent sleeping, working, studying or missing data.

³ Includes non-household members and mixed interactions with both household and non-household members.

⁴ Data not supplied.

Source: UK 2000 Time Use Survey

Appendix D Average time spent on activity settings, by socio-economic characteristics ¹

Hours:minutes per day

Gender	Men	Women	Significance ²
At home, alone	2hrs:02mins	2hrs:37mins	p<0.001
At home, with household members	4hrs:07mins	4hrs:42mins	p<0.001
At home, with others/multiple ⁴	39mins	57mins	p<0.001
In community, alone	13mins	13mins	ns
In community, with household members	19mins	24mins	p<0.001
In community, with others/multiple ⁴	1hr:26mins	1hr:28mins	ns
Travelling, alone	46mins	34mins	p<0.001
Travelling, with household members	26mins	32mins	p<0.001
Travelling, with others/multiple ⁴	25mins	28mins	p<0.05

Age	16-24	25-44	45-64	65 and over	Significance ³
At home, alone	1hr:21mins	1hr:30mins	2hr:25mins	4hr:52mins	F=739.5, p<0.001
At home, with household members	3hrs:12mins	4hrs:27mins	4hrs:37mins	3hrs:00mins	F=93.5, p<0.001
At home, with others/multiple ⁴	43mins	41mins	52mins	1hr:01mins	F=23.4, p<0.001
In community, alone	10mins	12mins	15mins	14mins	F=9.0, p<0.001
In community, with household members	14mins	24mins	23mins	18mins	F=13.4, p<0.001
In community, with others/multiple ⁴	2hrs:10mins	1hr:22mins	1hr:17mins	1hr:21mins	F=87.3, p<0.001
Travelling, alone	39mins	42mins	44mins	31mins	F=38.2, p<0.001
Travelling, with household members	19mins	35mins	32mins	21mins	F=56.8, p<0.001
Travelling, with others/multiple ⁴	41mins	25mins	22mins	22mins	F=52.6, p<0.001

Car ownership	Household owns car	Household does not hold car	Significance ²
At home, alone	1hr:52mins	4hrs:03mins	p<0.001
At home, with household members	4hrs:39mins	3hrs:31mins	p<0.001
At home, with others/multiple ⁴	45mins	59mins	p<0.001
In community, alone	12mins	15mins	p<0.05
In community, with household members	24mins	13mins	p<0.001
In community, with others/multiple ⁴	1hr:26mins	1hr:33mins	p<0.05
Travelling, alone	40mins	42mins	p<0.05
Travelling, with household members	33mins	17mins	p<0.001
Travelling, with others/multiple ⁴	26mins	28mins	ns

Employment status	Employed	Not in employment	Significance ²
At home, alone	1hr:35mins	3hrs:36mins	p<0.001
At home, with household members	3hrs:54mins	5hrs:16mins	p<0.001
At home, with others/multiple ⁴	40mins	1hr:1min	p<0.001
In community, alone	12mins	14mins	p<0.001
In community, with household members	21mins	23mins	ns
In community, with others/multiple ⁴	1hr:22mins	1hr:35mins	p<0.001
Travelling, alone	46mins	31mins	p<0.001
Travelling, with household members	30mins	30mins	ns
Travelling, with others/multiple ⁴	27mins	26mins	ns

¹ Information is for main activity only for weekends and weekdays combined.

² T-test difference between independent means.

³ One-way ANOVA test.

⁴ Includes non-household members and mixed interactions with both household and non-household members.

Source: UK 2000 Time Use Survey