

Time Use in Scotland 2020: A Gender Analysis of the ONS Online Time Use Survey

An Experimental Official Statistics publication for Scotland

Equality, Poverty and Social Security

Acknowledgement

The Scottish Government would like to thank the Office for National Statistics for the use of their data, analytical services and support over the course of our work on this topic.

Contents

1. KEY FINDINGS.....	4
2. TIME USE, PARTICIPATION AND HOW TO USE THIS REPORT.....	7
3. RESULTS.....	9
3.1 PAID WORK.....	9
Working from home.....	10
Working away from home.....	10
3.2 UNPAID WORK.....	11
Housework/cooking.....	12
Travel.....	12
Household management.....	12
Developmental childcare.....	13
Non-developmental childcare.....	13
Study.....	14
Other unpaid work.....	15
3.3 FREE-TIME.....	15
Leisure/ social activities.....	16
Other leisure activities.....	16
3.4 PERSONAL CARE.....	17
Personal Fitness.....	17
Sleep.....	18
4. METHODOLOGY.....	19
5. GLOSSARY.....	22

1. Key findings

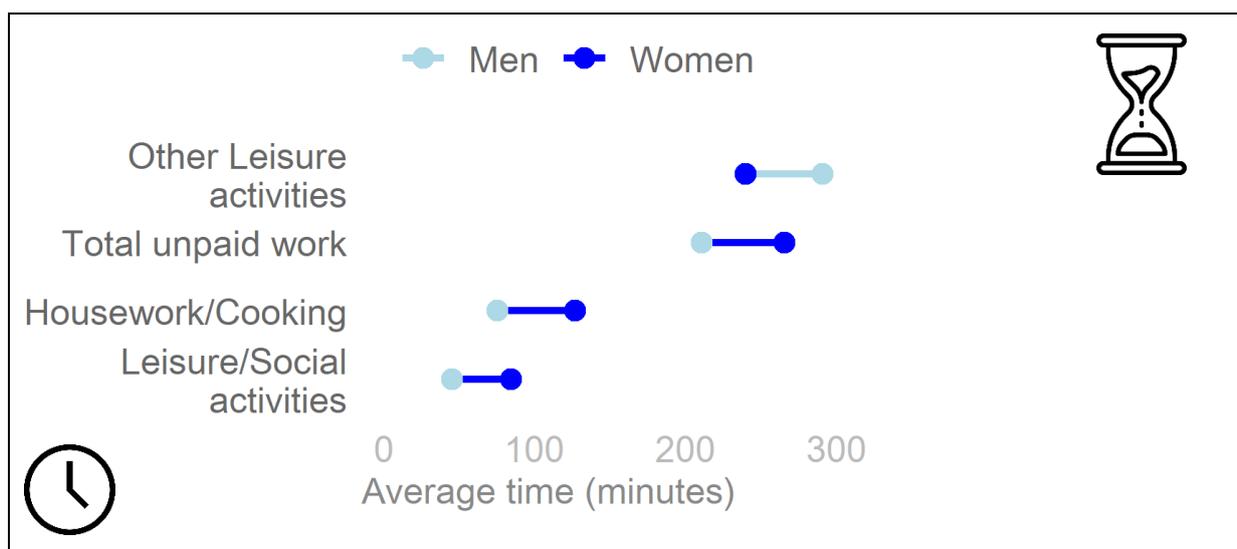
This report analyses the Scottish component of the 2020 Online Time Use Survey (OTUS) with a focus on gender differences. The Scottish sample was made up of 556 people, and 917 diary days. 317 participants were women (a total of 520 diary days) and 239 were men (397 diary days). Data were weighted in order to correct for differences in sample size between men and women, and to ensure they reflect the profile of the Scottish population.

Participants filled in online time use diaries detailing their daily activities. The main activities analysed in this report are:

- **Paid work** which includes working from home and away from home for monetary reward
- **Unpaid work** which includes a number of activities: housework/cooking; household management; childcare; travel; study and other unpaid work
- **Free-time** which includes a range of social, leisure, cultural and entertainment activities, such as watching the television, or hiking
- **Personal care** which includes activities which a person does for themselves, such as sleeping or eating

Key Findings

Figure 1: Time spent on selected activities* by gender, 2020



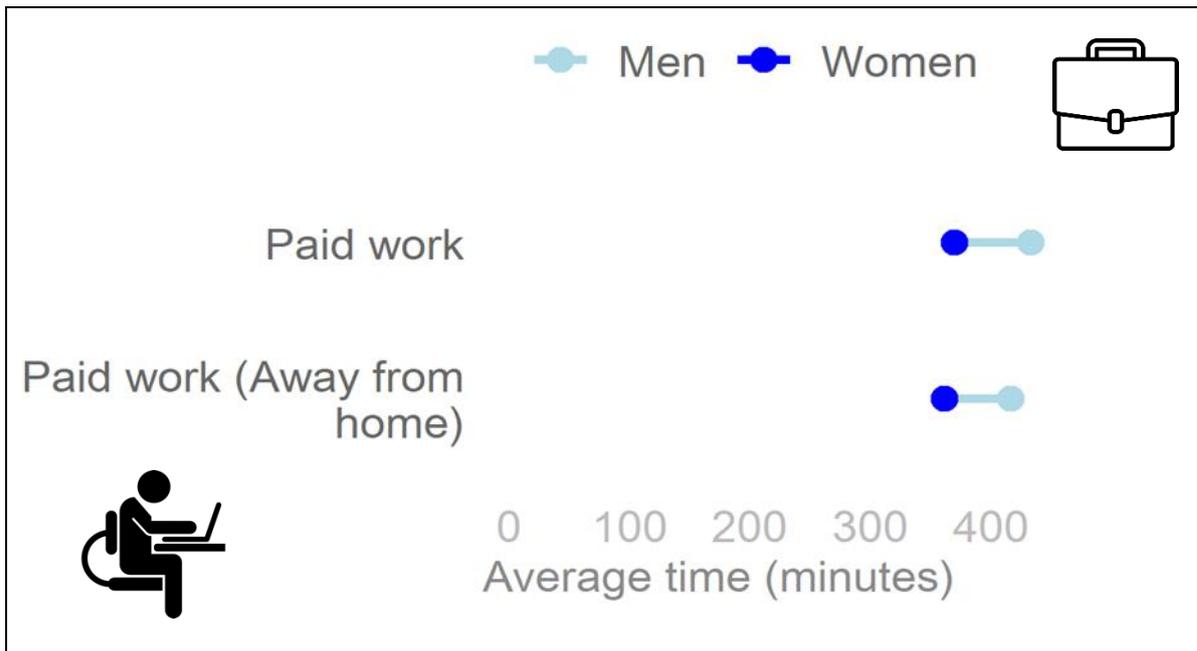
*activities selected are those where women and men spent significantly different amounts of time (total sample)

As demonstrated in the above chart, there were a number of statistically significant¹ differences in time use between men and women:

- Women spent more time on:
 - **Unpaid work overall**: on average, per day, women spent 266 minutes (4 hours 26 minutes) on unpaid work, while men devoted 211 minutes (3 hours 31 minutes).
 - **Housework/cooking**: within the unpaid work category, women spent more time on housework/cooking, with an average of 127 minutes (just over 2 hours) per day, compared to men who spent 75 minutes (1 hour 15 minutes) per day .
 - **Leisure/social activities**: that is leisure activities which often have a social element, for example telephoning, texting, emailing or writing letters with friends and family. Women spent an average of 85 minutes (1 hour 25 minutes) per day on these activities, compared to men who spent 46 minutes per day.
- Men spent more time on:
 - **'Other leisure activities'**: that is leisure activities which have less of a social element, for example browsing the internet. Men spent significantly more time than women on these activities - an average of 291 minutes (just under 5 hours) a day, compared to an average of 240 minutes (just under 4 hours) a day for women.

¹ Statistical significance testing is used to determine how certain we are that differences seen in the survey are due to real-world gender differences. Significance testing was done at the 95% level, which means that there is a less than 1 in 20 chance that if there was no actual gender difference, that we would see a difference in the analysis through random chance. In figures 3-6 statistically significant findings are shown in blue, and non-significant findings in orange.

Figure 2: Time spent on selected activities* by gender, 2020



*** activities selected are those where women and men spent significantly different amounts of time (includes only the proportion of sample working on a given day)**

- Men also spent more time on:
 - **Paid work:** amongst the proportion of the sample who worked on a given day, men spent significantly more time in paid work overall - with an average of 433 minutes (7 hours 13 minutes) per working day, compared to women, who took part in paid work for an average of 370 minutes (6 hours 10 minutes) a day. Men spent significantly more time in **work away from home** specifically. An average of 417 minutes (just under 7 hours) per day compared to 361 minutes (6 hours) per day for women.

2. Time use, participation and how to use this report

This report describes the way that time was spent in Scotland in 2020. The focus is on the ways time use differed by gender², and we expect to publish further analysis focusing on other population characteristics, and the ways these characteristics intersected with each other, in 2021.

This data provides an update to the 2014/15 Time Use Survey by Centre for Time Use, University of Oxford, a Scotland-specific analysis of which was published by the [Scottish Government](#) in March 2019. These 2020 findings will be an important contribution to the wider policy context of gender equality. OTUS will also provide important insights into how time was spent in Scotland during the COVID-19 lockdown and subsequent restrictions, and how this time use varied depending on population characteristics, e.g. age, disability. However, this context should be borne in mind when drawing conclusions about societal trends using the 2020 OTUS. Any changes might be due to the restrictions which were placed on daily life in 2020, and wider trends cannot be assessed until there is post-pandemic time use data available.

The 2020 OTUS also serves a specific purpose in aiding the development of a new Gender Equality Index being created by the Scottish Government. The Index has been developed through a working group which includes a range of different women's organisations. The domains being developed, which comprise of around 6-8 statistical indicators each, are: work; money; time; knowledge; health and power, as well as two satellite domains focusing on violence against women and women's health. This report will inform the findings of the time domain.

This report is published under the label "Experimental Official Statistics" because these statistics are new and still subject to testing in terms of their volatility and ability to meet customer needs. We invite feedback on the content and presentation of this report in order to improve future releases.

The 2020 OTUS utilised pre-coded activity options, allowing respondents to select the relevant activity from an activity list rather than completing time use diaries in their own words. Further details about the 2020 Online Time Use Survey's design will be discussed in the methodology chapter of this report.

Participants in the time use survey recorded their activities at ten minute intervals in time use diaries provided by the researchers. They were asked to provide completed diaries on two randomly allocated days which included, by

² As respondents were asked to self-identify their sex, we have reported this as gender, and have therefore used the terms men and women.

design, one weekday and one weekend day. Throughout this report, time is reported in average minutes and hours per day. These averages are useful as they give a good indication of a group's time taken up by a type of activity, but it should be recognised that this average will include people that do not engage in certain types of activities on a given day. For example, developmental childcare when averaged across the sample will include people who do not have children. Therefore, average time use should not be confused with the average amount of time taken to do an activity, as there are differences between the two definitions.

Average time use depends on two factors: the number of people participating in an activity on a given day and the amount of time spent participating in that activity. These factors are combined to give a figure for average time use for the population group. Activities that everyone participates in for a short time may look similar to activities that are very time consuming for a smaller sub-group of people. Again, this can be exemplified by looking at developmental childcare. Amongst the entire Scottish sample in 2020 the average time spent on this activity was 15 minutes per day. This looks similar to the time spent by the sample on, for example, household management. However, in actuality for those with children the time spent on developmental childcare was substantially higher than the time spent on household management. This is why for relevant activities (childcare, paid work and study) it is important to consider time use amongst only the population taking part in the activity, rather than just the whole sample.

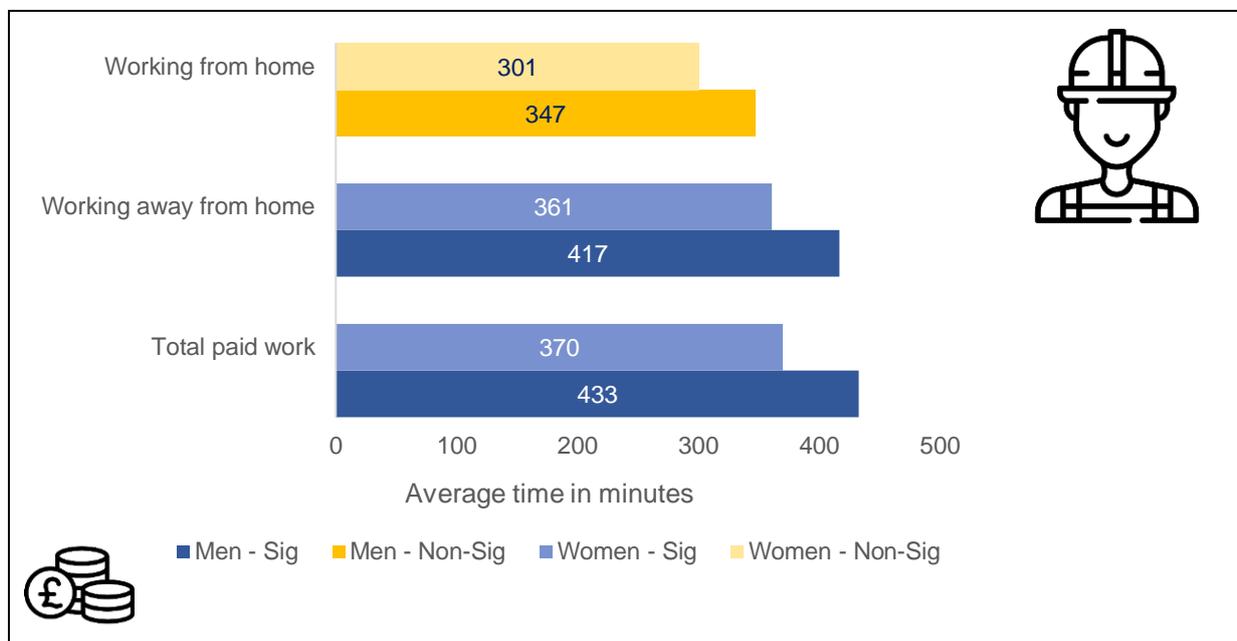
In this report, the percentage of diary days where the activity took place is reported as well as average time spent on an activity. This is a useful measurement as it can serve to show how patterns in time use differ between people. For example, while women spent significantly less time on 'other leisure activities' compared to men, they did so on a similar percentage of days - 95% of diary days compared to 98% for men.

'Significant' differences refer to differences between two groups which are statistically significant (see chapter 4 for more details). Comparing time use in this way provides a powerful descriptive tool for analysing how time use differs between groups within the population. While this report does not offer an analysis of *why* these differences in time use emerge, it provides a framework for informing future analysis and indicate directions for further research. Where a finding is not statistically significant, it does not necessarily mean that there is no relationship present and should not be interpreted as evidence that time use on a relevant activity was equal between women and men. Rather, it should be seen as an area for further research, especially given the relatively small Scottish sample size for the 2020 OTUS.

3. Results

3.1 Paid work

Figure 3: Time spent on paid work by gender*, 2020



*** average time for respondents working on a given day, but not for the total sample**

In 2020, of men and women who worked on a given day, men spent significantly more time than women in overall paid work, and specifically in work away from home. There was no significant difference between men and women in time spent in work from home.

Paid work is a combination of working away from home and working from home for monetary reward.

In 2020, the ways that paid work was carried out changed a lot as a result of the COVID-19 pandemic and the subsequent restrictions. Those who were able to work from home, and who usually work from offices, were asked to do so. While many others, including those working in bars and restaurants and in the retail sector, were placed on furlough. That is to say that their work places were closed, or capacity reduced, and they were placed on temporary paid leave. As a result, the 2020 OTUS may show lower average time spent on paid work across the whole sample than might be expected, and work taking place on a lower percentage of diary days.

In addition, it should also be noted that time use is averaged across the 7 day week, and as such average time use per day may appear lower than if it were averaged across a 5 day working week.

In 2020, the average time a person spent on paid work was 152 minutes (just over 2 hours 30 minutes) per day. Focusing on gender, men spent an average of 166 minutes (1 hour 46 minutes) per day on paid work, compared to 138 minutes (2 hours 18 minutes) for women. Paid work took place on 38% of diary days for men and 37% of diary days for women.

The above figure refers to the average time spent on paid work across the whole sample, some of whom do not participate in paid work. It may be more useful to consider only the proportion of the sample who worked on a given day. Amongst this group the average time spent on paid work was 402 minutes (6 hours 42 minutes) per day. Men who worked on a given day spent significantly more time on this activity – an average of 433 minutes (7 hours 13 minutes) per day - compared to women, who took part in paid work for an average of 370 minutes (6 hours 10 minutes) a day.

Working away from home

Working away from home includes working in locations outside of the home, such as undertaking delivery or taxi activities, working in a shop or restaurant or working in an office.

In 2020, the average time a person spent working away from home was 91 minutes (1 hour 31 minutes) per day. Men spent 103 minutes (1 hour 43 minutes) a day working away from home, while women worked away from home for 79 minutes (1 hour 19 minutes) a day. This difference was not significant. Paid work away from home took place on 25% of diary days for men, and 22% of diary days for women.

Amongst only those who took part in paid work away from home, the average time spent on this activity was 391 minutes (6 hours 29 minutes) a day). Men spent significantly more time working away from home than women – an average of 417 minutes (just under 7 hours) per day compared to 361 minutes (6 hours) per day for women.

Working from home

Working from home includes working either from home or cafés (although working from cafés was not possible during the lockdown that was in place during wave one fieldwork), selling things online, or showing people around your home to sell it. In the context of the 2020 OTUS, it also includes people who would normally work from offices undertaking work from home, as was necessary for many during the COVID-19 lockdown and subsequently.

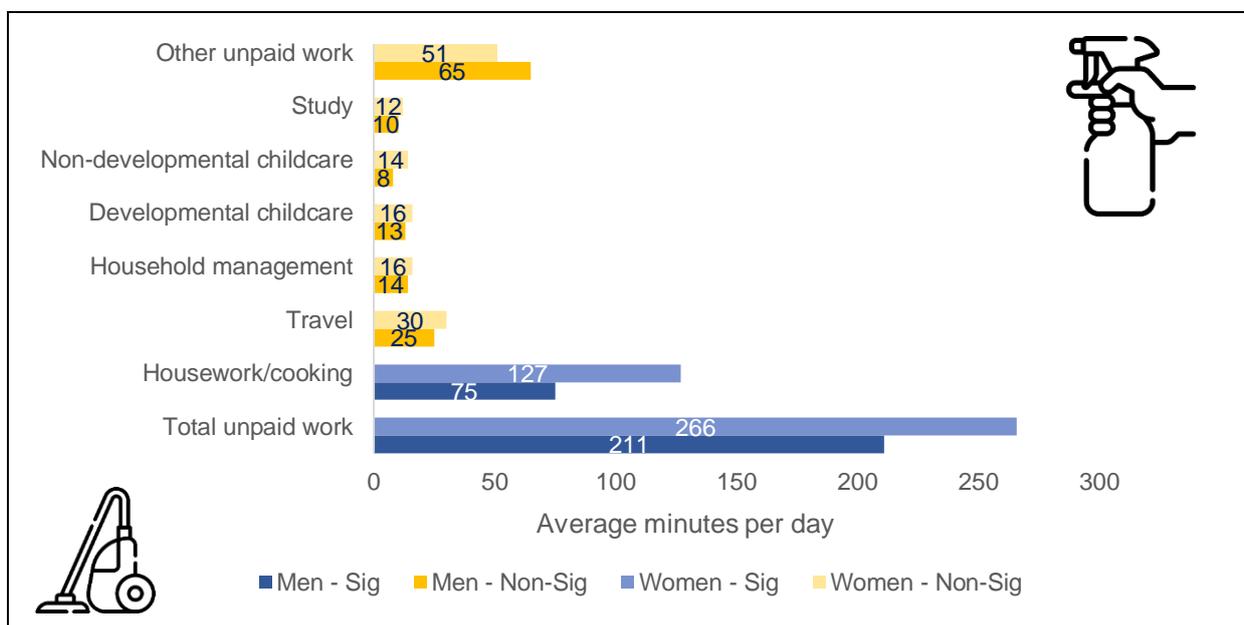
In 2020, the average time spent working from home amongst the total sample was 61 minutes per day. There was no significant difference in the amount of paid work from home carried out by men and women. On average men did 63 minutes of paid work from home per day, while women did 59 minutes per

day. Paid work from home took place on 18% of diary days for men and 20% of diary days for women.

The average time spent on working from home amongst only those in the sample who took part in this activity was 323 minutes (5 hours 23 minutes) per day. Men spent slightly more time on paid work from home – an average of 347 minutes (5 hours 47 minutes) per day, compared to women who spent an average of 301 minutes (just over 5 hours) per day on paid work from home. These differences were not statistically significant.

3.2 Unpaid work

Figure 4: Time spent on unpaid work* by gender, 2020



*** these figures show average minutes for the whole sample**

In 2020, women spent significantly more time than men on unpaid work overall and housework/cooking. There were no significant differences between men and women in time spent on travel; household management; developmental childcare; non-developmental childcare; study and other unpaid work.

Unpaid work is a combined variable, meaning that it incorporates a range of other activities which are also reported on separately within this study. The seven components of unpaid work are: housework/cooking; household management; developmental childcare; non-developmental childcare; travel; studying and other unpaid work. These activities are discussed individually in subsequent sections of this report.

Considering the combined variable of ‘unpaid work’, the average time a person spent on these activities was 238 minutes (3 hours 58 minutes) per

day. Women did significantly more unpaid work than men. On average, per day, women spent 266 minutes (4 hours 26 minutes) on unpaid work, while men devoted 211 minutes (3 hours 31 minutes). 99% of diary days involved unpaid work for women, compared to 91% for men.

Housework/cooking

The 'housework/cooking' variable includes activities concerned with domestic work, for example: making food and drinks; cooking or washing up; cleaning, hoovering, tidying house; ironing, washing or mending clothes.

The average amount of time a person spent on housework/cooking in 2020 was 101 minutes (1 hour 41 minutes) per day. Women did significantly more housework/cooking than men. Women spent an average of 127 minutes (just over 2 hours) per day on these activities, compared to men who spent 75 minutes (1 hour 15 minutes) per day on housework/cooking.

Housework/cooking took place on 93% of diary days for women, and 71% of diary days for men.

Travel

The 'travel' activity comprises of travel/ transport, e.g. walking, driving. It includes travel for leisure, such as going on holiday or day trips, and commuting to and from work.

In 2020, during the COVID-19 lockdown, travel was restricted to within a five mile radius of a person's place of residence. In addition, with many workers working from home or on furlough time spent on commuting was drastically reduced. These factors are likely to have had an impact on the average time spent on travel per day in 2020.

In 2020, the average amount of time spent on travel was 28 minutes per day. Women spent an average of 30 minutes per day on travel, compared to men who spent 25 minutes a day on this activity. These differences were not significant. Travel took place on 36% of diary days for women and 39% of diary days for men.

Household management

'Household management' as a variable combines the following activities: banking, errands, appointments and food and drink shopping.

The average amount of time a person spent on household management in 2020 was 15 minutes per day. There was no significant difference in the amount of time spent on household management between men and women. On average, per day, women spent 16 minutes on household management while men devoted 14 minutes to this activity. Household management took place on 26% of diary days for women and 22% of diary days for men.

Developmental childcare

‘Developmental childcare’ includes activities that influence physical, language, thought and emotional changes in children which help their development. Examples include: reading, playing with, or helping children with homework. In the 2020 OTUS developmental childcare could also include scenarios where it was the primary (or main) activity - the only activity taking place – or situations where developmental childcare was a secondary activity. For example, looking after the child while they, or you, are doing another activity.

Developmental childcare is particularly important to consider in the context of the 2020 OTUS because during the COVID-19 lockdown schools and nurseries were closed (except for those children whose parents are key workers). As a result many parents and carers were required to home school their children – a form of developmental childcare.

Considering the whole sample population in 2020, the average amount of time a person spent on developmental childcare was 14 minutes per day. There was no significant difference in the average amount of time per day that women and men spent on developmental childcare (16 minutes and 13 minutes respectively).

Given that the above figures refer to the whole sample, many of whom will not have children, it may be more useful to consider only the proportion of the sample who have children. This can be considered both in terms of situations where developmental childcare is the main activity taking place and where it is the secondary activity taking place.

The average time spent on developmental childcare as a main activity amongst this population was 51 minutes. Both men and women with children spent an average of 51 minutes per day on developmental childcare as a main activity. Developmental childcare took place on 48% of diary days for men with children and 39% for women with children.

The average time spent on developmental childcare for people with children in a primary or secondary setting was 63 minutes per day. Women with children spent an average of 66 minutes per day on either primary or secondary childcare, compared to 59 minutes per day for men with children.

Non-developmental childcare

‘Non-developmental childcare’ includes activities such as feeding, washing, dressing or preparing meals for children. In the 2020 OTUS non-developmental childcare could include scenarios where it was the primary (or main) activity – the only activity taking place - or situations where developmental childcare was a secondary activity. For example looking after the child while they, or you, are doing another activity.

Considering the whole sample population in 2020, the average time spent on non-developmental childcare was 11 minutes per day. Women spent slightly more time on this activity - an average of 14 minutes per day on non-developmental childcare and men devoted 8 minutes.

Again, in the context of non-developmental childcare it is more useful to consider only the sample population who have children. Amongst this population the average time spent on non-developmental childcare as a main activity was 44 minutes per day. Women with children did an average of 49 minutes of non-developmental childcare per day, while men did an average of 36 minutes a day. Non-developmental childcare as a main activity took place on 43% of diary days for women with children, and on 33% of diary days for men with children.

The average time spent on non-developmental childcare in either a primary or secondary scenario amongst those with children was 69 minutes per day. Amongst women with children taking part in either primary or secondary childcare the average time spent was 81 minutes (1 hour 21 minutes) per day, compared to 53 minutes per day for men. However, this difference was not statistically significant, likely because the sample recorded as taking part in secondary non-developmental childcare was relatively small.

When considering average time spent on non-developmental childcare among the sample population with children, it should be noted that this average includes children of all ages. Parents and carers with older children are likely to spend less time on non-developmental childcare than those with younger children, and this will affect the average time spent on these activities.

Study

The activity 'study' is made up of the following activities: attending formal education, lectures, classes, university (not for leisure); taking a course for fun, and studying, revising or homework time. It should be noted that studying includes activities carried out directly by the respondent and doesn't include, for example, helping a child with homework.

In 2020, the average amount of time a person spent on study was 11 minutes per day. There was no statistically significant difference in the time spent on studying between men and women. Women spent an average of 12 minutes per day studying compared to 10 minutes for men.

Amongst only the proportion of the sample who took part in study the average time spent on this activity was 166 minutes (2 hours 46 minutes) per day. Women spent slightly more time on study than men - an average of 206 minutes (3 hours 26 minutes) per day, compared to men who studied for an average of 135 minutes (2 hours 15 minutes) per day.

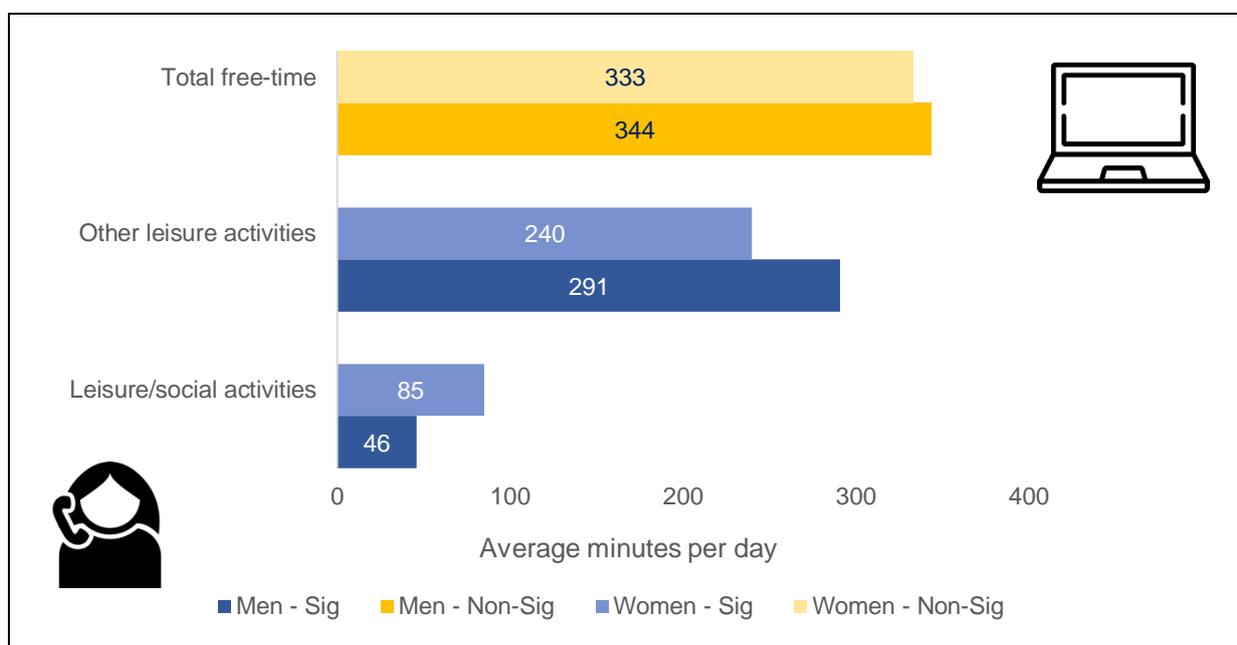
Other unpaid work

'Other unpaid work' includes activities which a person could choose to pay someone else to do, but do for themselves or other for free. Examples include: DIY, gardening, pet care, repairing and maintaining or making household goods, or vehicles and browsing things to buy later.

The average amount of time spent on other unpaid work per day was 58 minutes. Men spent slightly more time on 'other unpaid work' - an average of 65 minutes per day while women spent 51 minutes per day on these activities. However, these differences were not significant. 'Other unpaid work' took place on 46% of diary days for men, compared to 44% of diary days for women.

3.3 Free-time

Figure 5: Time spent on free-time* by gender, 2020



***these figures show average minutes for the whole sample**

In 2020, women spent significantly more time than men on leisure/social activities (e.g. telephoning, texting, emailing or writing letters with friends and family), while men spent significantly more time than women on other leisure activities (e.g. browsing the internet). There were no significant differences between men and women in time spent on total free-time.

'Free-time' is made up of a range of social, leisure, cultural and entertainment activities. When allocating codes in the free-time category it was decided not to include social, leisure, cultural and entertainment activities which took place while looking after children.

In 2020, the average time a person spent on free-time per day was 339 minutes (5 hours 39 minutes) per day. There was no significant difference in free-time between men and women. On average, per day, men spent 344 minutes (5 hours 44 minutes) on free-time, compared to women who spent 333 minutes (5 hours 33 minutes) on free-time.

As will be discussed in more detail below, on average, women spend more time on 'leisure/social activities', whereas men spend more time on 'other leisure activities'.

Leisure/social activities

'Leisure/social activities' is made up of leisure activities which often have a social element. Examples include: socialising, spending time with friends, family, neighbours and colleagues; telephoning, texting, emailing or writing letters with friends and family; playing team sports, and playing other sports and exercising, including hiking. This activity category also includes cultural activities: such as visits to the cinema, theatre, concerts, sporting events, museums, galleries and the library, and health and wellbeing activities including meditating, having a massage, spa or well-being treatment.

The average time a person spent on leisure/social activities in 2020 was 65 minutes per day. Women spent significantly more time on leisure/ social activities, spending an average of 85 minutes (1 hour 25 minutes) per day on these activities, compared to men who spent 46 minutes per day on leisure/social activities. Leisure/ social activities took place on 61% of diary days for women and on 45% of diary days for men.

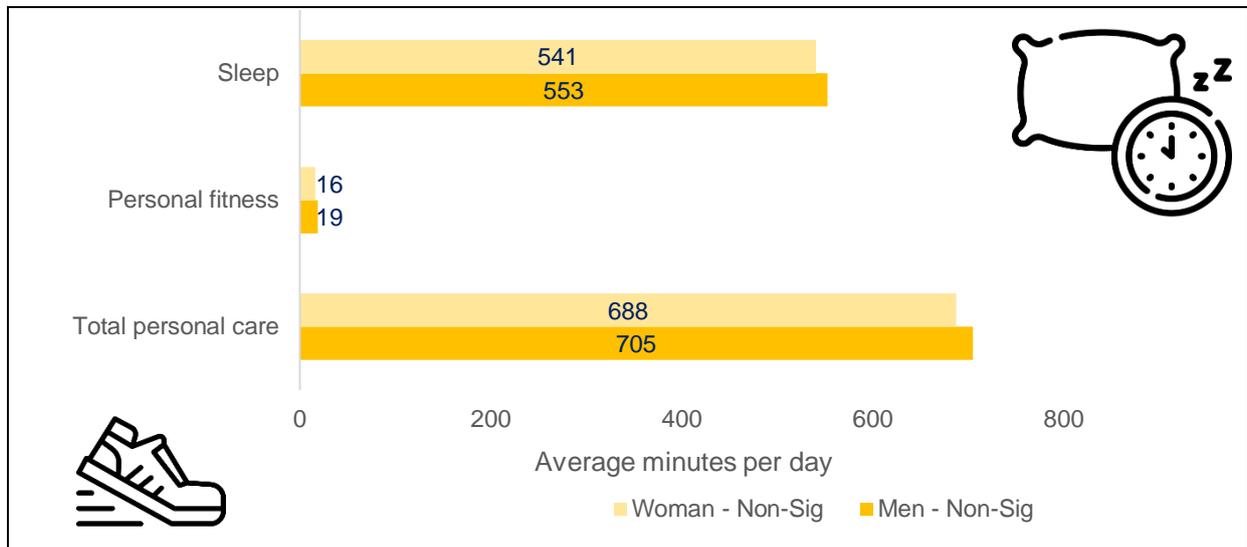
Other leisure activities

The 'other leisure activities' category includes leisure activities which do not have as much of a social element, for example: browsing the internet, watching TV, Blu-ray or DVDs, streaming TV or videos on the internet for entertainment (e.g. Netflix, Now TV or Youtube), listening to music, podcasts, audiobooks, or playing games/ computer gaming.

In 2020, the average time a person spent on other leisure activities was 265 minutes (4 hours 25 minutes) per day. Men spent significantly more time on other leisure activities - an average of 291 minutes (4 hours 51 minutes) a day, compared to an average of 240 minutes (4 hours) a day for women. Other leisure activities took place on 98% of diary days for men, and 95% for women.

3.4 Personal Care

Figure 6: Time spent on personal care by gender*, 2020



* these figures show average minutes for the whole sample

In 2020, there were no significant differences in the time spent on personal care between men and women. Men and women spent similar amounts of time on personal fitness and sleep.

The activity 'personal care' includes activities which a person does for themselves. This includes personal fitness, such as running or going to the gym; eating, snacking and drinking; showering and getting ready, as well as sleeping.

In 2020, the average time a person spent on personal care activities was 696 minutes (11 hours 36 minutes) per day. There was no significant difference in the time spent on personal care between men or women. Men spent, on average, 705 minutes (11 hours 45 minutes) a day on personal care and sleep, while women spent 688 minutes (11 hours 28 minutes) a day on personal care activities.

Personal fitness

'Personal fitness' includes running or jogging; gym, fitness, and exercise classes, and other health or wellbeing activities. Specifically, these are exercises which are often done alone for specific health benefits.

It is important to note that during the fieldwork for the 2020 OTUS there were a number of restrictions in place which limited the forms of exercise which could be participated in. During the COVID-19 lockdown individuals were only allowed to take part in one form of personal fitness a day. These exercises included walking, running and cycling but there was a 5 mile limit on where

people could go during their exercise. Restrictions on physical activities remained in place throughout the second wave of fieldwork, but were gradually eased. For example, gyms and swimming pools reopened in Scotland in September 2020.

The average time a person spent on personal fitness per day in 2020 was 17 minutes. There was no significant difference between men and women in the time spent on exercise. Men spent an average of 19 minutes per day on personal fitness, while women did these activities for an average of 16 minutes

Sleep

In 2020, the average time spent sleeping was 547 minutes (9 hours 7 minutes) per day. There was no significant difference in time spent sleeping between men and women. Men slept for an average of 553 minutes (9 hours 13 minutes) per day, while women slept for 541 minutes (9 hours 1 minute) a day.

Again, the context of the 2020 OTUS should be noted here. Restricted access to alternative activities as a result of the COVID-19 pandemic may mean that these figures do not represent typical sleeping patterns.

4. Methodology

The 2020 Online Time Use Survey was commissioned by ONS and gathered by NatCen Social Research. This was a UK wide survey, within which the Scottish Government commissioned a Scottish booster sample to enable breakdowns of sub groups within Scotland. The 2020 OTUS was developed to be as comparable to the Harmonised European Time Use Survey (HETUS) guidelines as possible, helping to ensure its compatibility across time.³

Data collection

Fieldwork for the 2020 OTUS was carried out in two waves. Wave one ran from 28th March to 26th April 2020, and wave two commenced on 5th September and ended on 11th October 2020. The first wave took place during the COVID-19 lockdown and the second wave took place during the subsequent restrictions. The survey used a multi-stage stratified probability (random) sample. The Scottish component of the 2020 OTUS drew on the ScotCen Panel (NatCen in the rest of the UK) for responses. This panel is made up of 4,000 people aged 16 and over living in England, Scotland and Wales who were invited to take part after completing the British or Scottish Social Attitudes surveys.

The total Scottish sample size for the 2020 OTUS was 556 people, and 917 diary days. Broken down by gender, 317 participants were women (a total of 520 diary days) and 239 were men (397 diary days). Data were weighted to be representative of the population, taking into account age, ethnicity, gender, employment and tenure. Weighting also factored in differences between workdays and weekends.

Within a participating household, each respondent was asked to complete the same diary days, including one weekday and one weekend day. Respondents filled in what they were doing at ten minute intervals during the day, using pre-coded options provided to them via an activities list. Diary entries were then recorded by the participants online where possible, or were contacted over the phone by interviewers who recorded diary information on participants' behalf. Research by Reg Gatenby⁴ found that pre-coded diaries were comparable to self-completion diaries, with minor issues only arising at the detailed code level, due to differences in interpretation of the codes.

The activities reported here combine a number of different codes from the original time use survey under single headings. For example, the activity

³ The HETUS guidelines can be found here: <https://ec.europa.eu/eurostat/web/products-manuals-and-guidelines/-/KS-GQ-19-003>

⁴ Reg Gatenby, *Comparison of time use data from pre-coded diaries and fully-written diaries*, London: Office for National Statistics, 2003

'housework/cooking' combines a large number of codes concerned with domestic work, i.e. 'making food and drinks, cooking or washing up', 'cleaning, hoovering, tidying house', 'washing up' and 'ironing, washing or mending clothes'. For a full list of the codes used for each activity, please see the data tables accompanying this report.

This report and interpreting the results

When interpreting the results of the 2020 OTUS it is important to keep in mind that the fieldwork took place during the UK's national lockdown and thereafter during periods of restrictions as a result of COVID-19. These restrictions are likely to have had an impact on how time was used in Scotland. Any future comparisons with the 2020 OTUS should situate findings in this context, always keeping in mind that differences might be due to the COVID-19 lockdown and restrictions, and not necessarily down to larger societal trends.

The findings presented here relate to the average number of minutes per day spent on an activity. This is worked out as (the average time per day for all people divided by the proportion of people who participated in the activity) multiplied by 100. The amount of time spent per day on an activity might be lower than expected when compared to a hypothetical person's activity. For example in Scotland in 2020 the average amount of time spent on paid work was 152 minutes, or 2 hours 32 minutes. However, this must be understood as the amount of time spent across the whole Scottish sample, not just the proportion of the Scottish sample participating in paid work on a given day.

The sum of all the averaged activities when broken down by gender add up to 24 hours (or 1,440 minutes). However, when looking at developmental and non-developmental childcare amongst the proportion of the sample with children there were some cases where a respondent was doing both forms of childcare at the same time (e.g. helping with homework whilst making lunch for their child). In these cases the activity was double counted in both the developmental and non-developmental categories, and has resulted in these categories totalling to just over 24 hours.

The number of diary days where an activity takes place is provided as a percentage. This percentage is included for an activity where it appears useful and to add further clarification. Full data for the diary day percentages for each category can be found in the data tables accompanying this report.

Establishing significance

Statistical significance testing is used to determine how certain we are that differences seen in the survey are due to real-world gender differences. Significance testing was done at the 95% level, which means that there is a less than 1 in 20 chance that if there was no actual gender difference, that we

would see a difference in the analysis through random chance. Where our results show a difference that is not statistically significant, there may still be a real-world difference, but it was not possible to tell using the existing data.

The statistical test used was a Mann-Whitney U test. This tests for whether a women typically does a given activity for more/less time than a typical man. The Mann-Whitney test was used due to average times being influenced by both the time spent on an activity and the proportion of women and men doing the activity. Due to this, the data are not parametrically distributed and hence a non-parametric test such as the Mann-Whitney U test was needed.

5. Glossary

Paid work

Paid work is a combination of working away from home and working from home for monetary reward.

Working away from home

Working away from home includes working in locations outside of the home, such as undertaking delivery or taxi activities, working in a shop or restaurant or working in an office.

Working from home

Working from home includes working either from home or cafés and selling things online or showing people around your home to sell it. In the context of the 2020 Time Use Survey it also includes people who would normally work from offices undertaking work from home, as was necessary for many during the COVID-19 lockdown and subsequently.

Unpaid work

Unpaid work is a combined variable, meaning that it incorporates a range of other activities which are also reported on separately within this study. The seven components of unpaid work are: housework/cooking; travel; household management; developmental childcare; non-developmental childcare; study and other unpaid work.

Housework/cooking

The 'housework/cooking' activity includes activities concerned with domestic work, for example: making food and drinks, cooking or washing up; cleaning, hoovering, tidying house; washing up and ironing, washing or mending clothes.

Travel

The 'travel' activity comprises of travel/ transport, e.g. walking, driving. It includes travel for leisure, such as going on holiday, day trips, and commuting to and from work.

Household management

'Household management' includes running errands and going to appointments (for example going to the bank) and food/drink shopping. It does not include leisure shopping, for example clothes shopping.

Developmental childcare

‘Developmental childcare’ includes activities that influence physical, language, thought and emotional changes in children which help their development. Activities include: reading, playing with, or helping children with homework. In the 2020 OTUS developmental childcare could also include scenarios where it was the primary (or main) activity - the only activity taking place - as well as situations where developmental childcare was a secondary activity. For example looking after the child while they, or you, are doing another activity.

Non-developmental childcare

‘Non-developmental childcare’ includes activities such as feeding, washing, dressing or preparing meals for children. In the 2020 OTUS non-developmental childcare could include scenarios where it was the primary (or main) activity - the only activity taking place - as well as situations where developmental childcare was a secondary activity. For example looking after the child while they, or you, are doing another activity.

Study

The activity of ‘study’ is made up of the following activities: attending formal education, lectures, classes, university (not for leisure); taking a course for fun, and studying, revising or homework time. It should be noted that studying includes activities carried out directly by the respondent and doesn’t include, for example, helping a child with homework.

Other unpaid work

‘Other unpaid work’ includes activities which a person could choose to pay someone else to do, but do for themselves or other for free. Examples include: DIY, gardening, pet care, repairing and maintaining or making household goods, or vehicles and browsing things to buy later.

Free-time

‘Free-time’ is made up of a range of social, leisure, cultural and entertainment activities. When allocating codes in the free-time category it was decided not to include social, leisure, cultural and entertainment activities which took place while looking after children.

Leisure/social activities

‘Leisure/social activities’ is made up of leisure activities which have a social element. Examples include: socialising, spending time with friends, family, neighbours and colleagues; telephoning, texting, emailing or writing letters with friends and family; playing team sports, and playing other sports and exercising, including hiking. This activity category also includes cultural

activities: such as visits to the cinema, theatre, concerts, sporting events, museums, galleries and the library, and health and wellbeing activities including meditating, having a massage, spa or well-being treatment.

Other leisure activities

The 'other leisure activities' category includes leisure activities which do not have as much of a social element, for example: browsing the internet, watching TV, Blu-ray or DVDs, streaming TV or videos on the internet for entertainment (e.g. Netflix, Now TV or Youtube), listening to music, podcasts, audiobooks, or playing games/ computer gaming. It doesn't include looking after a child while doing an 'other leisure activity'.

Personal Care

The activity 'personal care' includes activities which a person does for themselves. This includes personal fitness, such as running or going to the gym; eating, snacking and drinking; showering and getting ready, as well as sleeping.

Personal fitness

'Personal fitness' includes running or jogging, gym, fitness, and exercise classes, and other health or wellbeing activity. Specifically, these are exercises which are often done alone for specific health benefits.

An Experimental Official Statistics publication for Scotland

Official and National Statistics are produced to high professional standards set out in the Code of Practice for Official Statistics. Both undergo regular quality assurance reviews to ensure that they meet customer needs and are produced free from any political interference.

Experimental Statistics: data being developed

These statistics are currently being developed and have been published to involve users and stakeholders in their development, and to build in quality and understanding at an early stage. We welcome feedback on the content and presentation in order to improve future releases.

Correspondence and enquiries

For enquiries about this publication please contact:

Scottish Government Equality Analysis Team, Telephone: 0131 244 7571

e-mail: social-justice-analysis@gov.scot

For general enquiries about Scottish Government statistics please contact:

Office of the Chief Statistician, Telephone: 0131 244 0442,

e-mail: statistics.enquiries@gov.scot

How to access background or source data

The data collected for this statistical / social research publication:

- are available in more detail through statistics.gov.scot
- are available via supporting Excel files published with this report, and via the UK data service
- may be made available on request, subject to consideration of legal and ethical factors.
- cannot be made available by Scottish Government for further analysis as Scottish Government is not the data controller.

Complaints and suggestions

If you are not satisfied with our service or have any comments or suggestions, please write to the Chief Statistician, GR, St Andrews House, Edinburgh, EH1 3DG, Telephone: (0131) 244 0302, email statistics.enquiries@gov.scot

If you would like to be consulted about statistical collections or receive notification of publications, please register your interest at www.gov.scot/scotstat

Details of forthcoming publications can be found at www.gov.scot/statistics

ISBN 978-1-80004-447-0

Crown Copyright

You may use or re-use this information (not including logos) free of charge in any format or medium, under the terms of the Open Government License. See:

<http://www.nationalarchives.gov.uk/doc/open-government-licence/>

Produced for The Scottish Government by APS Group Scotland, 21 Tennant Street, Edinburgh EH6 5NA
PPDAS788906 (12/20)