



*Time Use Changes
in Finland through
the 2000s*

Hannu Pääkkönen and Riitta Hanifi

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Foreword

This publication examines time use in Finland and changes that have taken place in it. The information in the publication is mainly based on diary data collected for Statistics Finland's Time Use Surveys in 1979, 1987–1988, 1999–2000 and 2009–2010.

The 2009–2010 Time Use Survey was conducted by a project team. The project consisted of Project Manager Hannu Pääkkönen and two researchers, Iiris Niemi and Riitta Hanifi, who were all responsible for planning and implementing the survey. Pirjo Hyytiäinen was involved in the survey as a computer expert and Paavo Väisänen as an expert on methodology. The survey data were collected by Statistics Finland's interviewers. The field work was organised by Eeva Raippalinna and Tuula Tiainen, while Ulla Hannula acted as Project Secretary.

The authors of the publication text are Hannu Pääkkönen, who wrote the sections on structure and rhythms of time use and changes in gainful employment and domestic work, Riitta Hanifi, who was responsible for the chapters on time use in different seasons and changes in free time, and Paavo Väisänen, who produced the Appendix on sampling design and weights. The tables were processed by Raija Kannusmäki, Asta Leinonen and Reijo Saukkonen. The final layout of the publication was done by Marita Potila, and the publication was translated into English by Liisa Honkasaari.

Data collection for the survey was jointly funded by the Social Insurance Institution, the National Consumer Research Centre, the Central Union for Child Welfare, the Ministry of Transport and Communications, the Ministry of Education and Culture, the Family Federation, the Finnish Broadcasting Company, the Ministry of the Environment and Statistics Finland.

Helsinki, May 2012

Riitta Harala
Director, Social Statistics

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Abstract

Statistics Finland has carried out four nation-wide Time Use Surveys at approximately ten-year intervals. Data for the most recent survey were collected in 2009–2010. The previous surveys date back to 1979, 1987–1988 and 1999–2000.

The respondents kept a diary of their time use with an accuracy of 10 minutes over two 24-hour periods. In addition to the time spent on various activities, the survey also examined the rhythms of time use that follow the time of the day, day of the week and seasons.

The division of time Finnish people use for sleeping, having meals, gainful employment, studying, domestic work and free time has changed little over three decades. The greatest change in the last decade was a reduction in the amount of time spent on gainful employment and an increase in the amount of free time due to the economic recession. The amount of time spent on studying in the autumn also went down compared to the late 1970s and 1980s. On the other hand, the amount of time spent on sleeping and domestic work has remained unchanged at the national level.

Over three decades, changes have occurred in the daily and weekly rhythms of time use. Finnish people keep later hours: they now go to bed clearly later than in 1979. On Saturdays, they start doing domestic work later than in previous decades, and on Sundays, they take their outdoor exercise later in the day.

Saturdays and Sundays have become more similar in terms of time use. Differences between Saturdays and Sundays in doing domestic work have been reduced, as people now do less domestic work on Saturdays than before. As recently as in the late 1980s, people had more free time on Sundays than on Saturdays, whereas the amount of free time is now almost equal on both days.

Data collection covering the entire year also allows an examination of the seasonal rhythms of time use. The amount of time spent on gainful employment is the greatest in the autumn and the smallest in the summer. In the summer, on the other hand, people spend more time on domestic work than in the other seasons, in particular on different types of construction and repair work including gardening. In the winter, people are more likely to spend their free time at home than in the summer. In the summer, people engage in exercise and social interaction and attend cultural and entertainment events, while in the winter, they spend their time at a computer, watch television and read. In the summer, they also sleep and rest the most. However, they generally spend the least time on gainful employment and domestic work in the winter.

As a result of the economic recession coinciding with the survey period, less time was spent on gainful employment in 2009–2010 than in the previous two survey periods. The annual working time was some ten per cent shorter than a decade earlier. The number of days off work increased, and the share of long working days diminished. Excluding farmers and female upper-level employees, the working times of all socio-economic groups were reduced. Men continue to spend more time on gainful employment than women do. However, the differ-

ence between men and women in the time spent on gainful employment was smaller for wage and salary earners, while it was larger for own-account workers.

The differences between men and women in the time spent on domestic work have also been diminishing over three decades. Women do less domestic work, while men do more. An equalisation between the sexes has also taken place in the type of domestic work done. Men increasingly take part in traditional 'women's domestic work', while women take part in 'men's domestic work'. The share of men in time spent on housekeeping work has increased, and that of women has decreased. Regarding home maintenance work, the opposite is true: men have reduced their share, while women have increased theirs.

Young people do less domestic work. Young men and women do less domestic work than previously. In families with children, both fathers and mothers spend more time caring for their children than in the late 1980s.

The total work load comprising gainful employment and domestic work decreased in the 2000s, as the time spent on gainful employment declined, in particular for men. The total work load of women now exceeds that of men.

Less than one half of the respondents had experienced a shortage of time. Those in working life or caring for their own household and parents of young children now experience a shortage of time more frequently, while students experience time shortages less frequently than before.

The amount of free time increased by one hour a week in the 2000s. On average, Finnish people now have 47 hours of free time per week at their disposal. Men continue to have more free time than women do.

Women have decreased the time they spend watching television over the last ten years, whereas the time spent by men on this activity has remained unchanged. Those aged 65 or over are the group spending the most time watching television. This group now also spends more time reading than ten years previously. In total, the amount of time spent on reading books and papers has gone down since the late 1980s. The time used for sports and outdoor exercise and socialising has remained the same as ten years ago.

The greatest change affecting free time over the last decade has been the rapid spread of using computers. Men continue to spend more time at the computer than women do. The group that spends the most time using a computer is children and young people.

The basic features of time use are rather slow to change. Over three decades, however, gradual evening out of gender differences in time use can be observed. Nevertheless, men continue to spend more time on gainful employment than women do, and they have more free time than women do. Women, on the other hand, continue to do the majority of domestic work. These trends in time use can also be observed in other industrialised countries (Fisher & Robinson 2011; Giminez-Nadal & Sevilla-Sanz 2011).

Background and implementation of the survey

Background of the survey

This publication presents the results of Statistic Finland's Time Use Survey that studies the time use of Finnish people from the late 1970s till the 2000s. The Time Use Survey is a sample survey, in which the participants kept accurate records of their time use for two 24-hour periods. For example, the survey looks at working time, time spent on domestic work, sleeping and having meals, free time activities as well as how people spend time together and where the activities take place. It also examines how the time of the day, day of the week and seasons affect the rhythms of time use.

Statistics Finland has carried out four national time use surveys at approximately ten-year intervals. The most recent survey dates back to 2009–2010. The previous surveys were carried out in 1979, 1987–1988 and 1999–2000. Data for the first survey were collected in September–November, and the survey covered those aged 10–64 years. The later surveys were conducted over 12-month periods, and they targeted those aged 10 or over.

Similarly to the previous survey, the Time Use Survey of 2009–2010 was harmonised at the EU level (Eurostat 2009). Some 20 European countries carried out a harmonised time use survey for the first time at the turn of the millennium. The same number of countries will also conduct a survey in 2008–2013. Following Eurostat's recommendation, the data for the last two Time Use Surveys in Finland were collected by household. In the first two surveys, samples consisting of individuals were used.

The results of the previous Time Use Surveys indicated that the division of time use into sleeping, having meals, gainful employment, studying, domestic work and free time has changed little from the late 1970s till the 2000s. The amount of time spent on study has been diminishing somewhat from one decade to the next. More time was spent on gainful employment in autumn 1987 than in autumn 1979 and 1999. The amount of time spent on domestic work and free time showed a slight increase in the 1990s. The daily rhythms of life have become later. (Niemi & Pääkkönen 2001.)

After the previous survey, changes have taken place in the Finnish population and labour force structure in the 2000s that have a bearing on time use. The ageing of the population continues, family size has become smaller and the share of those living alone has increased. At the end of 2008 and the beginning of 2009, the economic recession hit Finland, continuing throughout the period during which the data were collected.

Significant changes also took place in the availability of services and home technology in the 2000s. Sunday opening of shops became more widespread from the beginning of 2001. The share of households that own a computer almost doubled from the previous survey. The number of Internet connections

almost tripled, while broadband subscriptions became more widespread. (Consumer Survey, Statistics Finland.) The use of computers has changed not only free time but also shopping behaviour and our ways of using services. Digital television replaced conventional broadcasts. At the same time, the number of channels on offer went up. The penetration of mobile phones practically covers the entire population.

Implementation of the survey

The data for the survey were collected through interviews and by means of time use diaries distributed to the respondents. The members of a household aged 10 or over kept a record of their time use on one weekday and one Saturday or Sunday. Those at work also kept a weekly record of the time they spent on gainful employment over seven days. The interview part of the survey focused on information on employment, study, voluntary work and free time activities.

Eurostat's guidelines allow the use of nationally compiled interview questions as well as the addition of national time use categories to the basic classification frame. However, the format of the diary that was used is fully harmonised.

Data for the survey were collected between April 2009 and May 2010. The sample comprised the members aged 10 or over in 4,499 households. The interviews were computer-aided face-to-face or telephone interviews. They were conducted by interviewers working for Statistics Finland around Finland. Data collection for the survey was jointly funded by the Social Insurance Institution, the National Consumer Research Centre, the Central Union for Child Welfare, the Ministry of Transport and Communications, the Ministry of Education and Culture, the Family Federation, the Finnish Broadcasting Company, the Ministry of the Environment and Statistics Finland.

A diary was kept by 3,795 people, and their time use records covered 7,480 days. The diary was acceptably returned by 41 per cent of them. In the previous survey, the rate of response for the diaries was 52 per cent. In previous surveys, where the samples consisted of individuals, the response rates were clearly higher. Weighting was used to adjust for nonresponse bias. The weights were standardised to correspond with data obtained from population statistics and various registers. For a more detailed description of the weights, see Appendix 1.

The respondents wrote in their diaries a freely worded description of what they were doing with an accuracy of 10 minutes. It was possible to record two simultaneous activities in the diary. Time spent together with other members of the household and acquaintances was also recorded. The location where the activity took place was determined in connection with data classification. For an example of the diary pages, see Appendix 3 of this publication.

The data were coded and stored on file at Statistics Finland. Main and secondary activities were classified into 146 categories. The classification of time use used in 2009-2010 can be broken down into 26 categories employed in 1979, into 82 categories employed in 1987-1988 and into 132 categories employed in 1999-2000 that are comparable. In addition, individual activities are comparable. For the conversion key of the classifications, see Appendix 2.

Structure and rhythm of time use

Basic structure of time use

In this chapter, time use will be divided into six main classes: 1) sleep, 2) meals and other personal care, 3) gainful employment, 4) study, 5) domestic work and 6) free time.

The classification of activities is based on how binding they are in terms of time use. Travel relevant to each activity is also included in the main time use classes, for example, travelling to and from work or school and travel associated with free time activities.

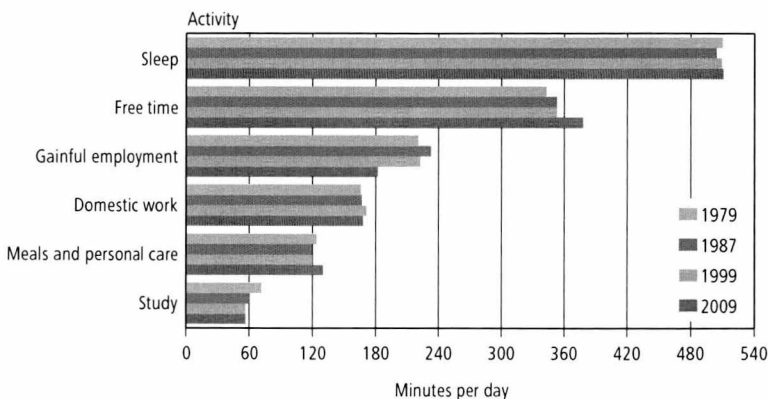
Apart from housekeeping, domestic work also embraces home maintenance, childcare, shopping and helping other households. In the Time Use Survey, free time comprises the part of the day that remains after deducting the time spent on sleeping, having meals, washing and dressing, gainful employment and domestic work, and studying. It mainly includes watching television, reading, socialising, sports and outdoor exercise as well as various hobbies. For the structure of the time use classification, see Appendix 2.

This chapter examines changes in the basic structure of time use. The data concern the time use of the age group 10–64 in the autumn. Changes in gainful employment, domestic work and free time will be described separately in dedicated chapters that focus on time use throughout the year and population aged 10 or over.

The division of time use into sleeping, having meals, gainful employment, studying, domestic work and free time has remained rather stable over three decades. The greatest change is a reduction in the amount of time spent on gainful employment and an increase in the amount of free time due to the economic recession. There was also a change in the amount of time spent on study, which diminished compared to the late 1970s and 1980s. The time spent on sleeping and domestic work has remained practically unchanged over three decades. On the other hand, people now spend slightly more time on having meals and personal care than in the 1980s and 1990s.

Figure 1

Time use of population aged 10–64 in autumn 1979, 1987, 1999 and 2009, minutes per day



The most significant difference in time use between men and women was recorded in domestic work. From 1979, the time spent on domestic work by women has decreased by a quarter of an hour. Men, on the other hand, have increased the time they spend on domestic work by more than twenty minutes.

Figure 2

Time use of men aged 10–64 in autumn 1979, 1987, 1999 and 2009, minutes per day

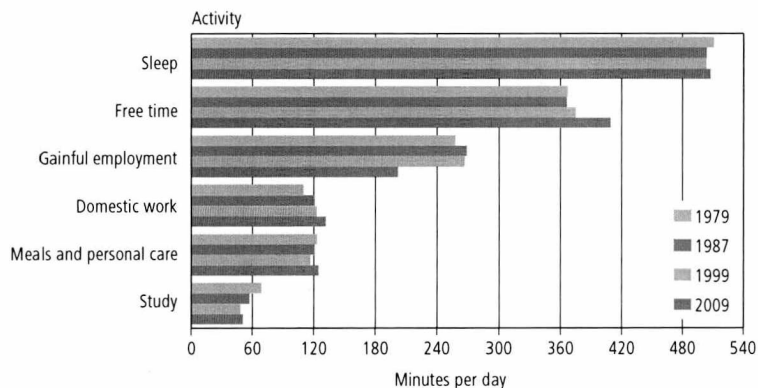
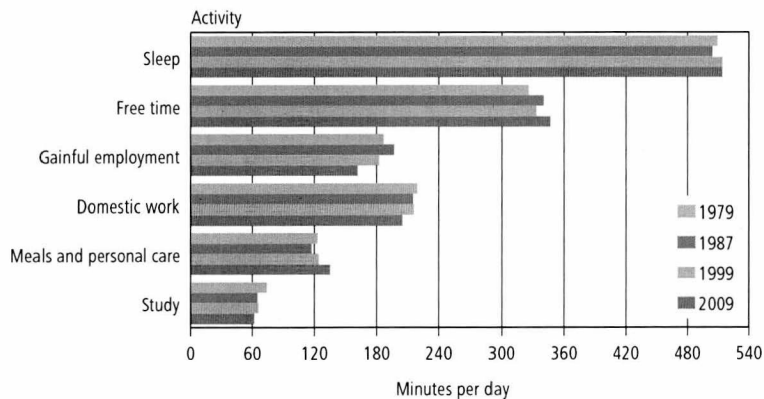


Figure 3

Time use of women aged 10–64 in autumn 1979, 1987, 1999 and 2009, minutes per day



Changes in the weekly rhythm

No change has taken place in the time spent sleeping on weekdays. On Saturdays and Sundays, on the other hand, people sleep in longer than in the late 1980s.

The time spent on gainful employment diminished in the autumn, both on weekdays and during the weekend. The impact of the recession on gainful employment is reflected in the time use, especially in the autumn. When looking at the time use over the entire year, the change in working time is not quite as significant.

The difference between Saturdays and Sundays in doing domestic work diminished further. Both women and men do less domestic work on Saturdays.

Figure 4

Time use of population aged 10–64 on weekdays in autumn 1987, 1999 and 2009, minutes per day

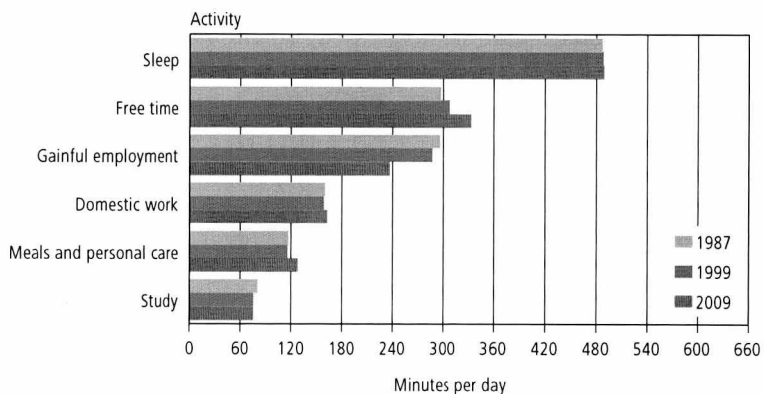


Figure 5

Time use of population aged 10–64 on Saturdays in autumn 1987, 1999 and 2009, minutes per day

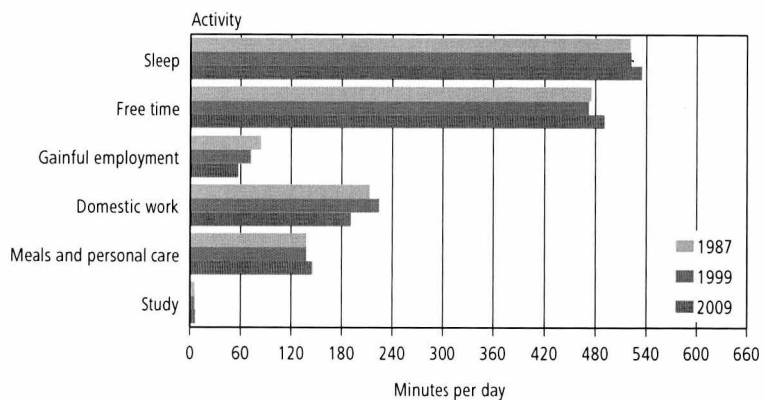
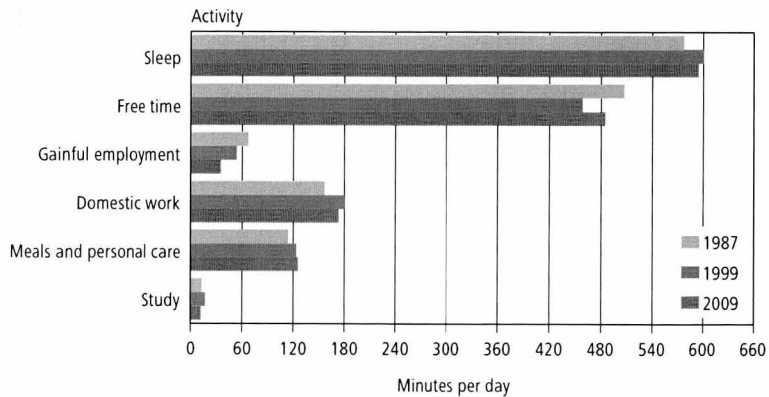


Figure 6

Time use of population aged 10–64 on Sundays in autumn 1987, 1999 and 2009, minutes per day



The slight increase in shopping on Sundays seems to be reflected as a reduction in the time spent on this activity on Saturdays. The amount of free time is now almost equal on Saturdays and Sundays. As recently as in the late 1980s, people had more free time on Sundays than on Saturdays.

Changes in the daily rhythm

The rhythms of life have become later over three decades. People now go to bed clearly later than in 1979, and similarly wake up later in the morning. The greatest change in the time of going to bed already took place in the 1980s. In autumn 1979, one half of those aged 10–64 were already in bed by 10.10 p.m. on weekdays, whereas in 2009, only one out of three in this age group was asleep at that time. The trend of getting up later on weekdays and Saturdays has continued in the 2000s.

Figure 7

Sleeping rhythm of population aged 10–64 on weekdays in autumn 1979, 1987, 1999 and 2009, percentage

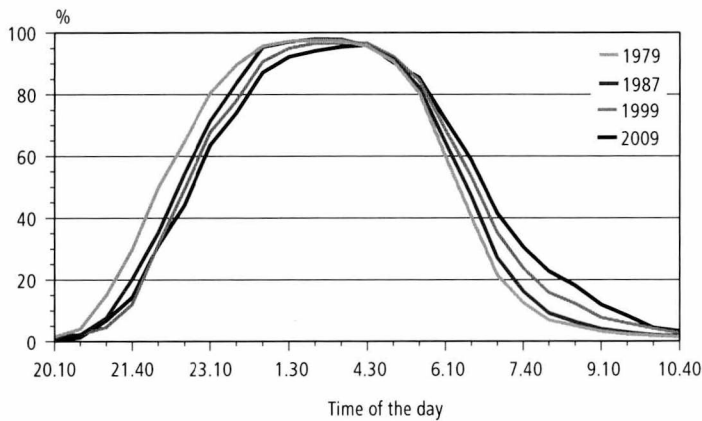


Figure 8

Daily rhythms of gainful employment and studies of population aged 10–64 on weekdays in autumn 1979, 1987, 1999 and 2009, percentage

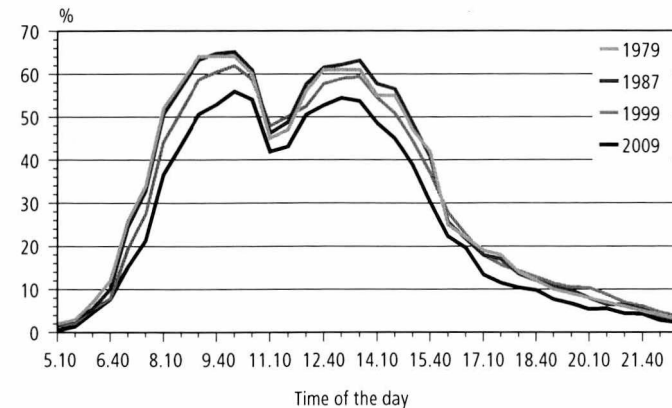
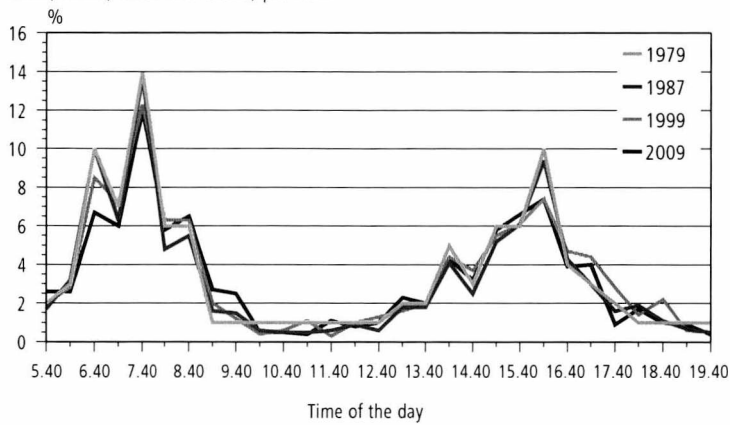


Figure 9

Daily rhythms of travel to/from work or school of population aged 10–64 on weekdays in autumn 1979, 1987, 1999 and 2009, per cent



On Saturdays, people start doing domestic work later than in previous decades. On Sundays, similarly, they take their outdoor exercise later. The emphasis of exercising has clearly moved to the afternoon on Sundays.

The structure of gainful employment has remained similar in its daily rhythms over thirty years. Figure 8 shows a combination of the shares of population aged 10–64 that were working and studying on weekdays in the autumn. The shorter hours of working and studying are reflected in the fact that the shares of those at work or study in the morning and afternoon fall behind the figures in autumn 1979 and 1987. The most common time for taking a lunch break is at 11 a.m. The peak time for travel to work on weekdays continues to be 7.30 a.m., while travel from work is busiest immediately after 4 p.m.

Summary

Only minor changes have taken place in the basic structure of time use in Finland over three decades. The clearest change in the last decade was a reduction in the amount time spent on gainful employment and an increase in the amount of free time due to the economic recession. The amount of time spent studying also diminished compared to the late 1970s and 1980s. On the other hand, the time used for sleeping and domestic work has remained unchanged on the level of total population. The difference in time spent of domestic work between men and women has diminished, however, in the last three decades, as women do less domestic work while men do more.

Although no change has been recorded in the average time spent sleeping, people now go to bed later and wake up later in the morning than in the late 1970s. On Saturdays and Sundays, people sleep in longer than in the late 1980s.

Some changes have taken place in the weekly rhythms of time use. The difference between Saturdays and Sundays in doing domestic work diminished further. People do less domestic work on Saturdays. As recently as in the late 1980s, people had more free time on Sundays than on Saturdays, whereas the amount of free time now is almost equal on both days.

Time use in different seasons

The seasons set the stage for our time use. As variations of both temperatures and day length are particularly dramatic in Finland, this is also reflected in our time use. Finnish people mainly take their annual leave in the summer months. This chapter looks at variations in time use in different seasons, or in the spring (March-May), summer (June-August), autumn (September-November) and winter (December-February).¹ Figures 10 and 11 show how the changing seasons affect all areas of time use.

Figure 10

Time use of men aged 10 or over by season in 2009–2010, minutes per day

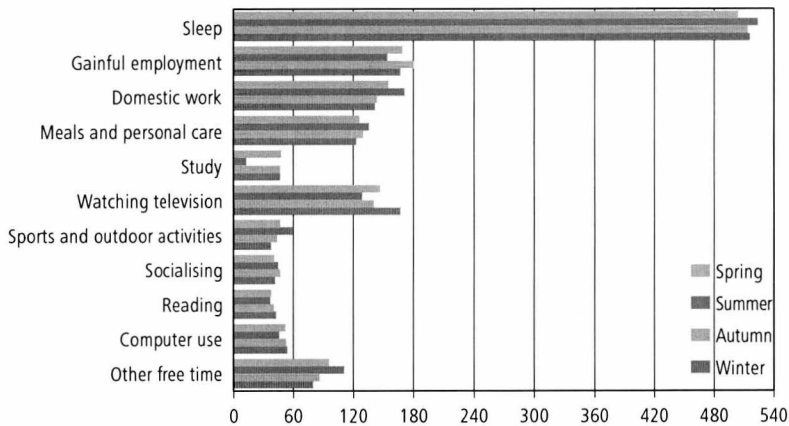
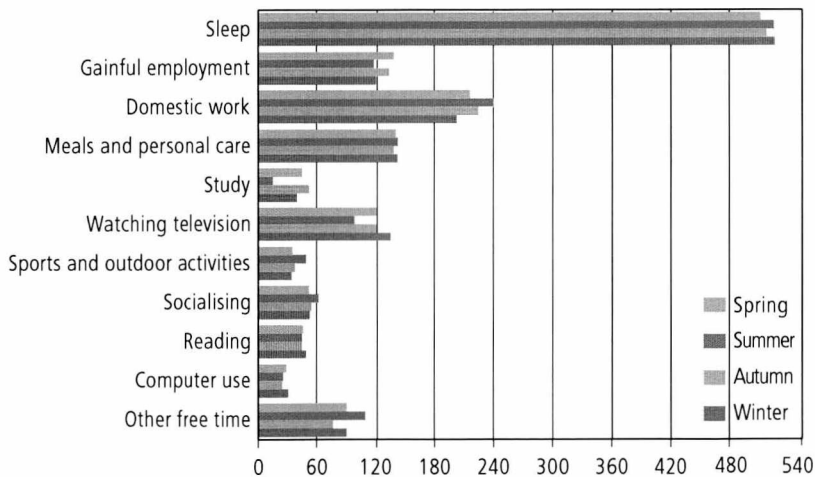


Figure 11

Time use of women aged 10 or over by season in 2009–2010, minutes per day



¹ The survey data for summer and autumn were collected in 2009, for winter in 2009–2010, and for spring mainly in May 2009 and March–April 2010.

Sleep

The seasons have an impact on the number of hours we sleep at night. We sleep the least in the spring and the most in the summer. During the holiday months, we sleep on average more than during the working months. This difference is particularly obvious for men; in the summer, they sleep 20 minutes more than in the spring, and the difference has been increasing since the 1980s (Niemi & Pääkkönen 1992, 6). Women sleep almost an equal length of time in the summer and in the winter, whereas in the spring they sleep some fifteen minutes less than in the summer and winter.*)

On average, women sleep for seven minutes a day more than men do. However, age plays a more significant role in the time we spend sleeping than gender. Children (aged 10–14) sleep the most at night, or on average 9 hours 47 minutes. The middle aged (45–54 age group) sleep the least (8 hours 15 minutes), while in the older age groups, the number of hours spent sleeping again starts to increase.

Figure 12

Time spent sleeping of population aged 10 or over in different seasons by gender in 2009–2010, minutes per day

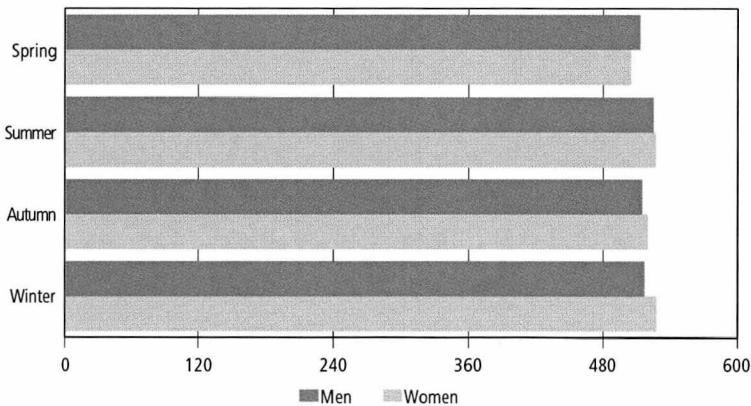
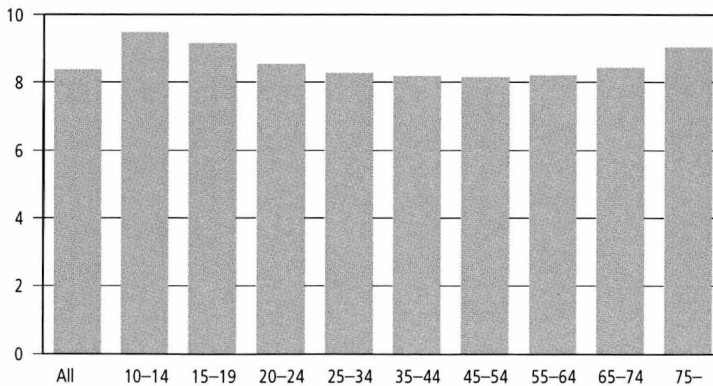


Figure 13

Time spent sleeping of population aged 10 or over by age in 2009–2010, minutes per day



*) Translation error corrected on 27 September 2012.

Gainful employment

The time spent on gainful employment naturally varies with the seasons. At the level of the entire population, the most time is spent on gainful employment in the autumn and the least time in the summer. However, gender also has a bearing on the annual rhythm of working. Both men and women work the least in the summer. This is natural, as the summer is the most important holiday season in Finland. Winter holidays seem to affect the time spent on gainful employment for women more than for men, as the time spent on gainful employment by women is almost the same in the summer and in the winter. Men, too, work longer hours in the spring and autumn than in the winter and summer. Men work the longest hours in the autumn and women in the spring. In total, men spend more time on gainful employment than women do in all seasons.

The share of those taking their holidays in the summer is by far the highest: 45 per cent of annual holidays taken by the employed concentrate on July. An-

Figure 14

Time spent on gainful employment of population aged 10 or over in different seasons by gender in 2009–2010, minutes per day

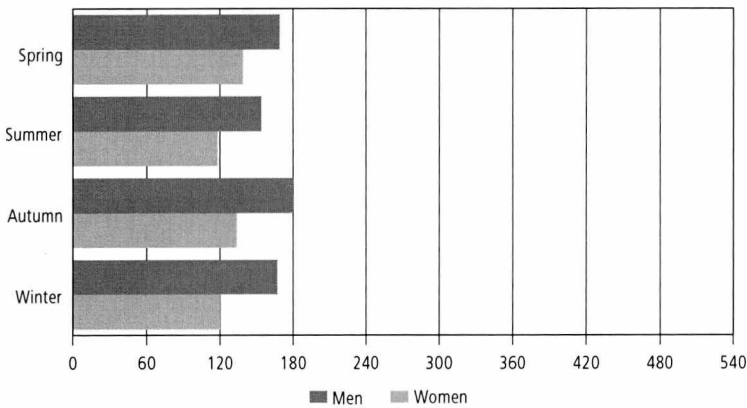
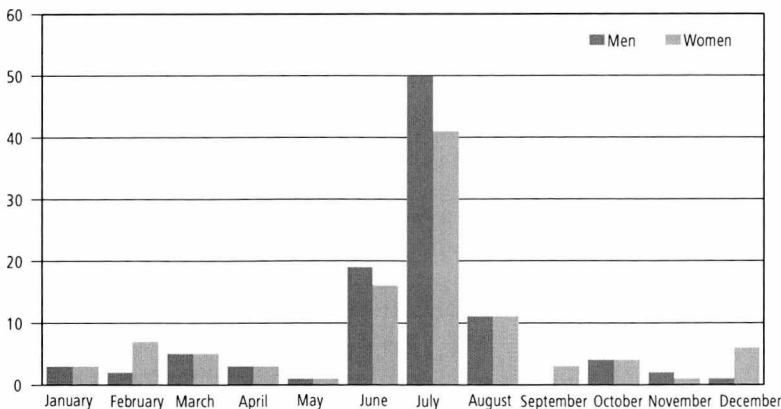


Figure 15

Distribution of annual leave days of the employed aged 10 or over between different months in 2009–2010, per cent



nual leave taken by women is divided over different months more evenly than that of men. One half of employed men take their annual leave in July. Women take school holiday times into account more than men all year round; women are considerably more likely to take holidays in December and February than men.

Domestic work

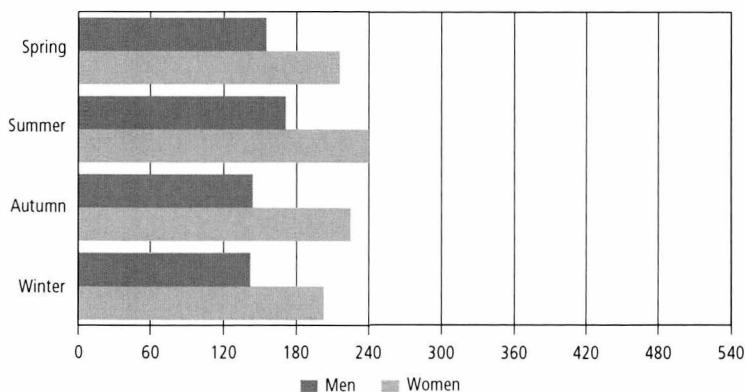
We will now look at the impact of seasons on time used for domestic work. Domestic work embraces housekeeping and home maintenance work, childcare, shopping and services, helping another household and travel related to these activities. The most time is spent on domestic work in the summer and the least in the winter. The differences between spring and autumn are minor, although women do more domestic work in the autumn than in the spring, whereas men do more domestic work in the spring than in the autumn.

The most time is spent on domestic work, including food preparation and cleaning, in the summer. Men in particular engage in domestic work in the summer more than at any other time. People also do more repair, construction and maintenance work in the summer than at any other time of the year. This work also includes gardening, the peak time for which naturally is the summer. Various types of repairs are typically jobs for men, and men engage in this type of work more than women. However, women do more repair work in the summer than at other times of the year, too.

Although men generally spend the most time on domestic work in the summer, caring for children is the exception; slightly surprisingly, men spend more time caring for children in the winter than at other times of the year. There are no clear differences in the time spent caring for children for women, and they thus do not spend more time on childcare in the summer than in other seasons.

People spend the most time shopping in the summer and the least in the winter. The effect of Christmas on shopping is thus not reflected in time use. Men in particular concentrate their shopping in the summer. Women do the

Figure 16
Time spent on domestic work of population aged 10 or over in different seasons by gender in 2009–2010, minutes per day



least shopping in the winter, and men, too, go shopping less in the winter than in the spring or summer. Men spend the least time shopping in the autumn.

By far the most time spent assisting another household is recorded for the summer. Women spend more time helping others than men in the summer and winter, whereas in the spring and autumn men and women spend equal amounts of time providing help. Interview data indicate that the most typical activities in which people provide help for others are childcare, shopping and services, food preparation and cleaning. Similar differences come up in the content of help provided by men and women as in domestic work in general.

The total amount of time people spend on gainful employment and domestic work is usually the smallest in the winter. Differences between other seasons in the total amount of time spent on gainful employment and domestic work together are not great. Women's combined time use on gainful employment and domestic work is greater than that of men in all seasons.

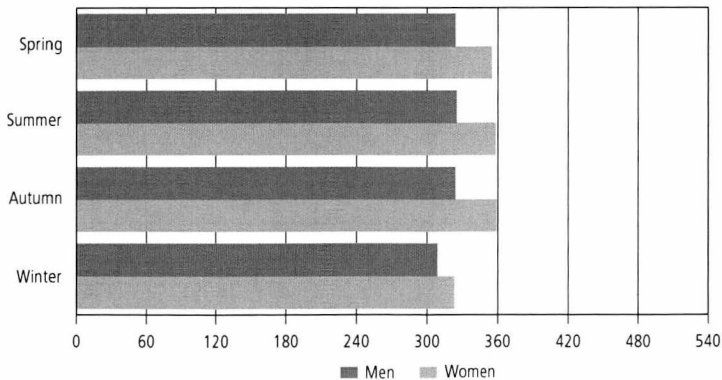
Table 1

Time use of population aged 10 or over on domestic work in different seasons in 2009–2010, minutes per day

	Food preparation	Other domestic work	Repairs and maintenance	Childcare	Shopping and services	Other domestic work
	Min/vrk					
Both genders						
Spring	30	47	33	16	39	21
Summer	30	50	43	18	41	27
Autumn	28	50	28	19	38	22
Winter	28	47	23	19	37	21
Men						
Spring	20	23	43	10	37	21
Summer	20	25	55	10	38	25
Autumn	18	24	36	12	32	21
Winter	19	23	33	14	34	17
Women						
Spring	39	71	24	22	41	19
Summer	38	73	31	25	44	29
Autumn	37	75	20	26	44	23
Winter	36	69	12	24	39	24

Figure 17

Total time spent on gainful employment and domestic work of population aged 10 or over in different seasons in 2009–2010, minutes per day



Free time

In the Time Use Survey, free time refers to the proportion of a day that remains once the total time used for sleeping, meals, gainful employment, domestic work and full-time studies has been deducted.

People spend the most time on sports and outdoor activities in the summer and the least in the winter. In this respect, there was no difference between men and women, while men take 10 minutes more exercise a day than women. Men spend more time on free-time sports and outdoor activities than women in all seasons. By far the most popular type of exercise is walking.

The busiest time for socialising is in the summer. In this survey, socialising embraces socialising with family members, friends and acquaintances at home or in cafés or restaurants as well as telephone conversations.

Table 2

Time spent on free time activities of population aged 10 or over in different seasons in 2009–2010, minutes per day

	Spring	Summer	Autumn	Winter
Free-time study	2	1	3	1
Participatory activities	10	7	7	8
Culture and entertainment	8	10	6	7
Socialising	55	65	59	58
Sports and outdoor activities	45	59	45	40
Watching television	134	114	131	151
Computer use	40	36	38	42
Reading	42	41	43	46
Handicrafts	3	2	4	5
Resting	17	23	14	14

People spend the most time taking part in activity in organisations and religious activities in the spring. Otherwise the time use on activity in organisations is more or less the same in different seasons.

People spend clearly the most time watching television in the winter and the least in the summer. They also spend the most time at a computer in the winter. Reading is the most popular in winter and the least popular in the summer. Books are read slightly more in the winter than in other seasons. In the summer, people cut down on time spent reading newspapers in particular.

It is also possible to spend free time doing nothing in particular. People clearly spent the most time resting in the summer. On the other hand, it is possible that in the other seasons, people to some extent rest while watching television.

Summary

A holiday season that is associated with certain times of the year and seasons has an impact on time use. The amount of time spent on gainful employment is the greatest in the autumn and the smallest in the summer. On the other hand, people do more domestic work in the summer than at other times of the year, in particular different types of construction and repair work, which also includes garden work. In the winter, people are more likely to spend their free time at home than in the summer. In the summer, people engage in exercise and social interaction and attend cultural and entertainment events, while in the winter, they spend their time at a computer, watch television and read. In the summer, they also sleep and rest the most. However, the total amount of time spent on gainful employment and domestic work is generally the smallest in the winter.

Changes in gainful employment

In the Time Use Survey, time spent on main and secondary jobs and the daily time spent on commuting is included under the bracket of gainful employment. In addition to work done at the workplace, the working time includes work taken home and overtime. Meal breaks are deducted from the working time, while coffee breaks at the workplace are included. For own-account workers, all activities associated with the enterprise are considered part of the working time, including using services.

This chapter will first look at changes in the structure of labour force on the basis of the Labour Force Survey data. We will then discuss the results of the Time Use Survey as regards changes in the length of the working day and annual working time.

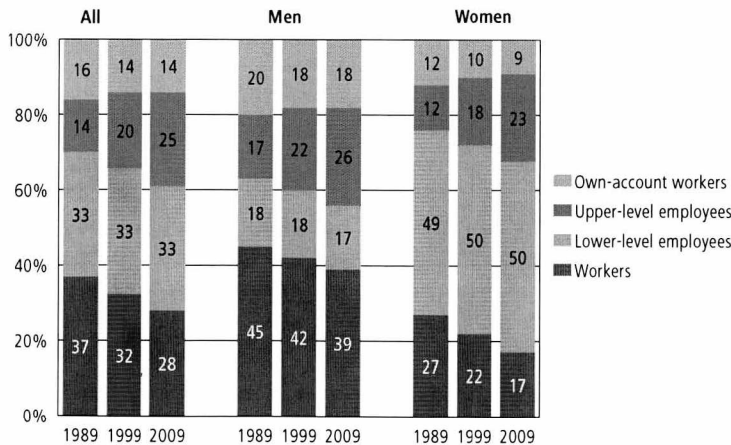
Labour force structure

Changes in the structure of the population and labour force have a bearing on changes in the amount of time spent on gainful employment. According to the Labour Force Survey carried out by Statistics Finland, the employment rate of those aged 15–64, or the share of the employed in this age class, was slightly higher in 2009 (68 per cent) than in 1999 (66 per cent). The employed are now older than ten or twenty years ago: the employment rate of those aged 55–64 in particular has gone up noticeably. The unemployment rate, or the share of the unemployed in the labour force, was higher in 1999 (10 per cent) than in 2009 (8 per cent).

The shares of wage and salary earners and own-account workers in the employed were similar in 1999 and 2009: the share of wage and salary earners was

Figure 18

The employed aged 15–74 by socio-economic group in 1989, 1999 and 2009, percentage



Source: Labour Force Survey, Statistics Finland

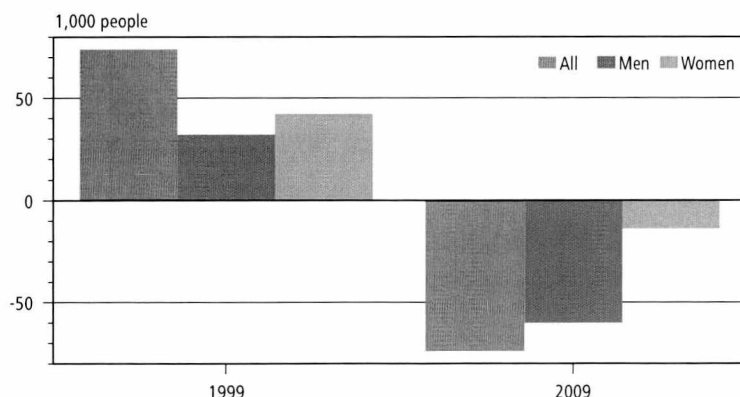
86 per cent and that of own-account workers 14 per cent of the employed. The composition of the group of own-account workers has changed, however. The number of farmers has been halved since 1989; in 2009, they only numbered 70,000. The emphasis in the group of wage and salary earners is increasingly on employees. The share of upper-level employees in the employed went up by four percentage points compared to 1999. The share of workers in the employed reduced by the same rate.

The share of those working part time in wage and salary earners has increased since the late 1990s, although the change is minor. The share of those working part time in wage and salary earners was 13 per cent in 2009, whereas this share in 1999 was 12 per cent. Part-time work has become more common for both men and women. The most typical reason for doing part-time work in the group of wage and salary earners is studying. Other key reasons for part-time employment were caring for children or family members, health reasons and part-time pensions. In 2009, 17 per cent of wage and salary earners aged 55–64 worked part time. (Official Statistics of Finland (OSF): Labour Force Survey.)

While the employment rate was higher and the unemployment rate lower in 2009 than ten years previously, the economic cycles were moving in opposite directions in these periods. In 1999, the economy was booming, whereas from spring 2009 till spring 2010, the recession progressed rapidly. The number of the employed went down and that of the unemployed went up from the previous year throughout the survey period. Layoffs became more wide-spread, and the number of those on a shortened working week increased (Official Statistics of Finland (OSF): Labour Force Survey). As we can see in Figure 19, the adverse effects of the recession affected the employment of men more than that of women.

Figure 19

Change in the number of the employed from the previous year in 1999 and 2009, population aged 15–74, 1,000 people



Source: Labour Force Survey, Statistics Finland

Working day length

On average, the employed spent approximately half an hour a day less on gainful employment than ten years previously. The number of days off went up, and the share of long working days went down (Table 3). One reason for this was the fact that part-time work became more common and doing overtime became less frequent. In the previous decade, the trend in working time was the opposite: during that period, long working days became more common (Niemi & Pääkkönen 2001).

Of all days of the year, 58 per cent were working days, whereas ten years previously, this rate was 64 per cent. On working days, the employed spent 7 hours 24 minutes on gainful employment, whereas the working day length ten years previously was 7 hours 35 minutes. Additionally, those who travelled to and from their workplace spent 49 minutes on the daily commutes. The time spent commuting was almost the same as ten years previously (47 minutes).

Although working times in general became shorter, this change did not affect all population groups the same way. The working time of men was reduced more than that of women. The reduction in working time affected those doing part-time work more than those in full-time employment. The working time of parents in families with children reduced less than that of others.

The share of work done at home in all gainful employment went down in the 1990s and 2000s. Part of the reason for this was the reduction in the number of farmers.

Annual working time

The data for the Time Use Survey are gathered over a 12-month period, allowing the calculation of the average annual working time of the employed. Annual and sick leave days are deducted from the working time. Those on maternity, paternity or parental leave are included in the employed, and their days of absence thus shorten the average annual working time. Those who have been laid off or who are on childcare leave or absent for some other reason for over three months are not regarded as employed, and consequently their absences do not affect the average working time. Hours worked at main and secondary jobs are

Table 3

Length of working days of the employed and their percentage distribution (including main and secondary jobs and travel to/from work) in 1999–2000 and 2009–2010, percentage

Hours per day	Both genders		Men		Women	
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010
Not at work	36	42	32	38	40	45
Under 4	6	5	6	6	6	5
4–6	8	7	7	7	9	8
7–8	26	25	25	24	28	27
9–10	17	15	20	17	14	12
11+	7	5	11	8	4	2
Total, percentage	100	100	100	100	100	100
Hours:minutes for those at work	8:13	8:04	8:37	8:25	7:44	7:41

Table 4

Annual working time of the employed ¹⁾ at main and secondary jobs by gender and socio-economic group in 1987–1988, 1999–2000 and 2009–2010, hours per year

Socio-economic group	Men					Women				
	Time			Change		Time			Change	
	Hours/year			Hours/year		Hours/year			Hours/year	
	1987–1988	1999–2000	2009–2010	1999–1987	2009–1999	1987–1988	1999–2000	2009–2010	1999–1987	2009–1999
Total	2,014	1,995	1,752	-19	-243	1,539	1,545	1,399	6	-146
Own-account farmer	2,446	2,415	2,452	-31	37	1,551	1,728	.	177	.
Other own-account worker	2,208	2,293	2,032	85	-262	1,618	1,758	1,375	140	-383
Upper-level employee	1,886	1,971	1,734	85	-237	1,509	1,448	1,460	-61	12
Lower-level employee	1,813	1,855	1,527	42	-329	1,509	1,582	1,405	73	-176
Worker	2,056	1,916	1,685	-140	-231	1,582	1,490	1,302	-92	-189

1) Daily average of time spent on gainful employment (excluding daily travel to/from work) of the employed multiplied by 365.

included in the annual working time in this calculation, whereas daily travel to and from work is not. The calculated annual working time is obtained by multiplying the average for the daily working hours of the employed by 365.

The annual working time of the employed was on average 1,576 hours in 2009–2010, whereas in 1999–2000 it was 1,776 hours. The annual working time was thus 201 hours (11 per cent) shorter than a decade earlier.

The annual working time of men remains longer than that of women, whereas this difference diminished among wage and salary earners in the 1990s and 2000s. For own-account workers, on the other hand, the difference between men and women in annual working time increased in the 2000s. Part-time work and family leaves reduce the annual working time of women more than that of men.

The time spent on gainful employment by male farmers has remained nearly unchanged throughout the period under scrutiny. Of the various socio-economic groups, they spend the most time on gainful employment. For all other socio-economic groups, the working time of men has become shorter in the 2000s.

Women's annual working time remained unchanged for upper-level employees. For other socio-economic groups, the annual working time decreased in the 2000s. For female workers, the working time has continued to reduce throughout the monitoring period. As the working time of female own-account workers has become shorter, socio-economic differences have evened out among employed women.

Summary

As a result of the economic recession, less time was spent on gainful employment in 2009–2010 than in the previous two decades. The annual working time was some 10 per cent shorter than a decade earlier. The number of days off increased, and the share of long working days diminished.

Excluding own-account farmers and female upper-level employees, the working time reduced for all socio-economic groups. Men continue to spend more time on gainful employment than women. The difference between men and women in the time spent on gainful employment reduced for wage and salary earners, while it increased for own-account workers.

Changes in domestic work

Domestic work embraces housekeeping and home maintenance work, childcare, shopping and services, helping other households and travel related to these activities. This chapter examines time use on domestic work by population group. The total amount of time spent on gainful employment and domestic work together is also added up to look at the length of the total workload in various stages in family cycle.

Domestic work can be made easier by various types of household appliances. As late as in the 2000s, household appliances were still becoming more widespread in Finnish homes. In 2009, nearly all respondents already had a microwave oven in their homes (93 per cent). It is becoming as common an appliance as a washing machine and a freezer. Ten years previously, the share of microwave oven owners was slightly lower, or 86 per cent. In 2009, 71 per cent of the respondents had a dishwasher, whereas in 1999, only 58 per cent owned one.

The time spent on domestic work can be reduced by purchasing services. Help provided by other households also reduces the need to do the work personally. At the end of this chapter, we will examine how common it is to replace domestic work by purchasing services and how much help is received from other households.

Gender and domestic work

In 2009–2010, Finnish people spent on average 3 hours 8 minutes a day on domestic work. This figure has hardly changed since 1999–2000 and 1987–1988. Women spend 3 hours 41 minutes a day on domestic work, while this figure for men is 2 hours 33 minutes. The time spent on domestic work by women has reduced by some 10 minutes over 20 years, while men's time use on domestic work has increased by nearly 20 minutes. Over the same period, the share of women in all domestic work has decreased from 63 per cent to 59 per cent.

Table 5

Time spent on domestic work of population aged 10 or over by gender in 1987–1988, 1999–2000 and 2009–2010, hours and minutes per day

	Hours:minutes per day			Change	
	1987–1988	1999–2000	2009–2010	1999–1987	2009–1999
Both genders	3:04	3:10	3:08	+0:06	–0:02
Men	2:15	2:27	2:33	+0:12	+0:06
Women	3:50	3:47	3:41	–0:03	–0:06
Share of women, percentage	63	61	59		

Content of domestic work

The content of domestic work shows to a great extent the same division throughout the 30-year period. The amount of time spent on shopping and services, helping another household and pet care and gardening has, however, increased slightly compared to the late 1980s. The time spent on childcare has increased in families with children from the late 1980s on.

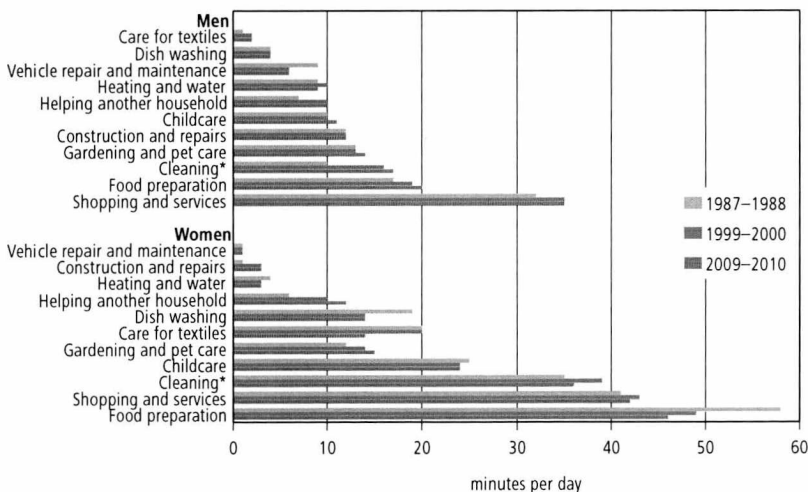
Women spend more time than men on food preparation, shopping and services, cleaning, childcare, care for textiles and dish washing. Men, on the other hand, spend more time on repairs and maintenance. Women and men spend more or less equal amounts of time helping other households, caring for pets and gardening.

In terms of content, the types of domestic work done by men and women have become more similar in that the time spent on food preparation has decreased for women while it has increased for men. Over two decades, women have reduced the time they spend on dish washing and caring for textiles, while they have increased the time used for helping other households, pet care and gardening.

Women did the majority of housekeeping work (68 per cent) in 2009–2010, while men did the majority of maintenance work (63 per cent). However, the increased equality in the content of domestic work is reflected in the fact that women's share in housekeeping work and men's share in maintenance work have reduced in the 2000s.

Figure 20

Time spent by men and women aged 10 or over on different types of domestic work in 1987–1988, 1999–2000 and 2009–2010, minutes per day



* The data from 1987–1988 are not fully comparable.

Age and domestic work

Men aged less than 20 continued to reduce the amount of time they spend on domestic work in the 2000s. Excluding shopping and services, young men spent less time on all types of domestic work than this age group did ten years previously. Men aged 20–44, on the other hand, are doing more domestic work. The amount of time spent on domestic work by those aged 55 and over increased in the 1990s, and it has remained more or less at the same level in the 2000s.

Young women, too, reduced the time they spend on domestic work in the 2000s. This applies to the age group 15–24. Women aged 45–64 have reduced the time they spend on domestic work throughout the 20-year period. Women older than this, on the other hand, were doing more domestic work in the 2000s. In other age groups, the changes are insignificant. In addition to those aged 65–74, women in the age bracket for starting a family, or the age group 25–34, spend more time than any other group on domestic work.

Figure 21

Time spent on domestic work by men aged 10 or over by age in 1987–1988, 1999–2000 and 2009–2010, minutes per day

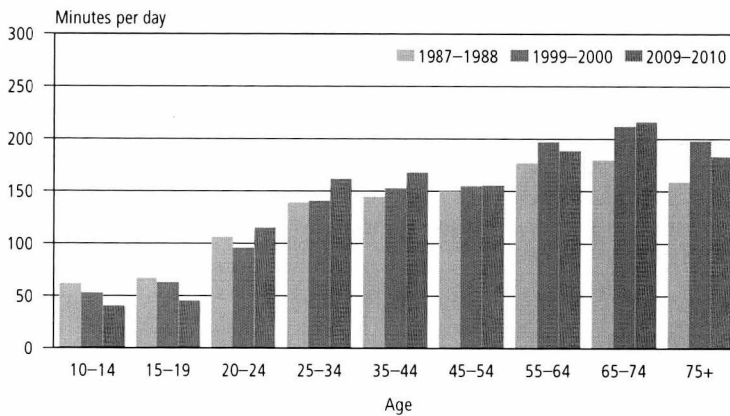
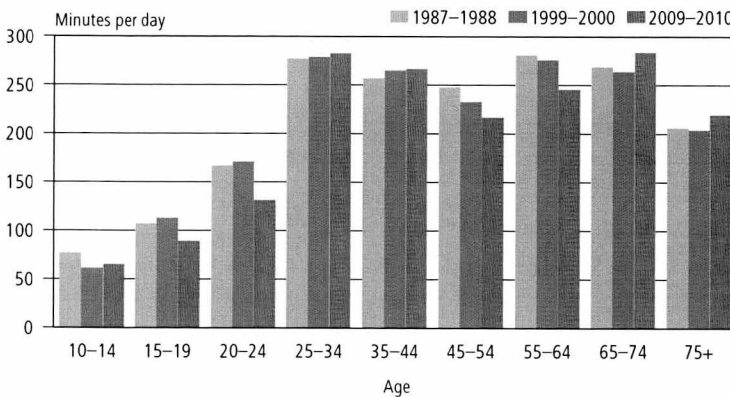


Figure 22

Time spent on domestic work by women aged 10 or over by age in 1987–1988, 1999–2000 and 2009–2010, minutes per day



Domestic work and stage in family cycle

Of all population groups, parents of children under the school age spend the most time on domestic work. This applies to both mothers and fathers. Women in families with children and women in a relationship who had no children aged under 18 did less domestic work than before. Single mothers, on the other hand, increased the time they spend on domestic work in the 1990s and 2000s.

Men in a relationship now engage in domestic work more than in the late 1980s. The most obvious increase in the amount of time spent on domestic work was recorded for fathers of children under the school age.

The time spent on childcare increased in families with children compared to the late 1980s. Parents of children under the school age spend half an hour a day more on childcare than in the late 1980s. Mothers spend clearly more time on childcare than fathers. Mothers of children under the school age spent 2 hours 44 minutes a day on childcare as their main activity, while this figure for fathers was 1 hour 21 minutes. In addition, mothers spent 32 minutes and fathers 12 minutes a day on childcare as a secondary activity while doing something else.

Women continue to clock in more than one half of the total time spent on domestic work by the spouses in families of different types (Table 7). The shares of women in domestic work have diminished, however, in all stages of family cycle.

Table 6

Time spent on childcare in families with children by gender and stage in family cycle in 1987–1988, 1999–2000 and 2009–2010, hours and minutes per day

	Hours:minutes per day					
	Men			Women		
	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010
Married or cohabiting:						
Youngest child aged under 7	0:45	1:00	1:21	2:14	2:27	2:44
Youngest child aged 7–17	0:05	0:08	0:10	0:11	0:13	0:14
Single parent	.	.	.	0:33	0:52	1:16

Table 7

Time spent by married or cohabiting women on domestic work as a proportion of the spouses' total time used for domestic work by stage in family cycle in 1987–1988, 1999–2000 and 2009–2010, per cent

	%		
	1987–1988	1999–2000	2009–2010
Aged under 45, no children	60	59	57
Youngest child aged 0–6	69	67	62
Youngest child aged 7–17	63	60	58
Aged over 44, no children	62	58	57

Employment and domestic work

Employed men are doing more domestic work. Unemployed and retired men and male students, on the other hand, reduced the time spent on domestic work in the 2000s, the difference being the most obvious for unemployed men (a reduction of 26 minutes).

Women are doing less domestic work, excluding those on old-aged pension. Similarly to men, the group of women having reduced the time spent on domestic work the most is unemployed women (59 minutes). The group of the unemployed included a larger number of young people in 2009 than in 1999, and these included fewer parents of young children.

Figure 23

Time spent on domestic work by men aged 10 or over by main activity in 1987–1988, 1999–2000 and 2009–2010, minutes per day

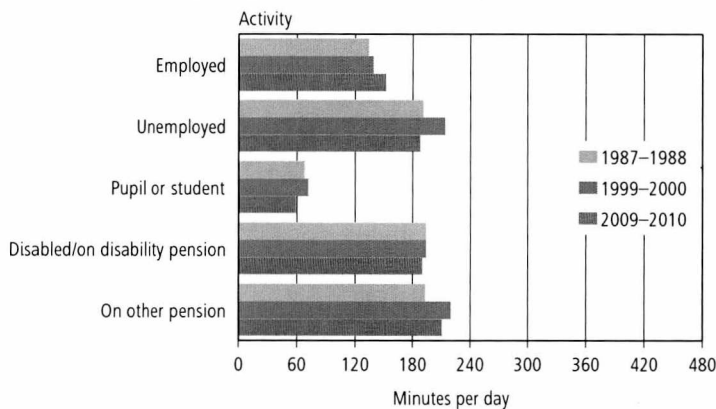
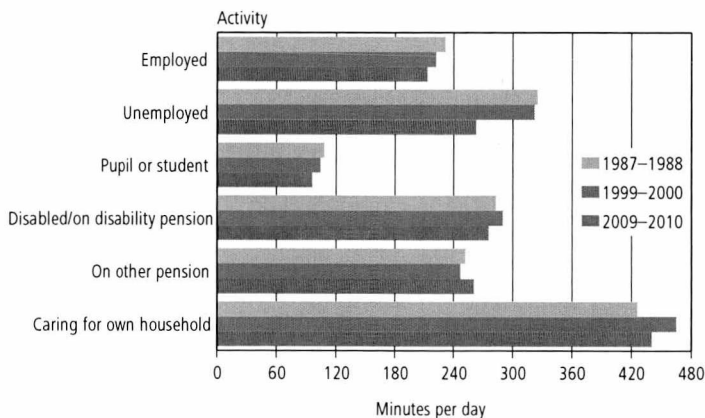


Figure 24

Time spent on domestic work by women aged 10 and over by main activity in 1987–1988, 1999–2000 and 2009–2010, minutes per day



Socio-economic group and domestic work

There was an increase in the amount of time spent by employed men on domestic work in all socio-economic groups excluding farmers. Upper-level employees now engage in domestic work clearly more than any other group of employed men.

Of all socio-economic groups, female farmers spent the most time on domestic work in the late 1980s and 1990s. In the data for 2009–2010, however, their number is too low to provide reliable data. After a dip at the turn of the millennium, the amount of time spent on domestic work by other female own-account workers returned to the same figures as in the late 1980s. In other socio-economic groups, women slightly reduced the amount of time they spend on domestic work.

When we compare the amount of time spent on domestic work by men and women in various socio-economic groups, we see that the shares of men and women are the most similar in the group of upper-level employees. The amount of time men in this group spent on domestic work was 80 per cent of the time spent by women in 2009–2010. The time spent by male lower-level employees and workers on domestic work was 71 per cent of the time use of women in the same groups. This share for men is the lowest among own-account workers: the time spent on domestic work by male own-account workers was less than 60 per cent of that of their female counterparts. Due to the small size of the data set in 2009–2010, comparing male and female farmers was not possible. Previously, this group exhibited the most uneven division of labour (Niemi & Pääkkönen 2001, 29).

Table 8

Time spent on domestic work by the employed by gender and socio-economic group in 1987–1988, 1999–2000 and 2009–2010, hours and minutes per day

	Men					Women				
	Hours:minutes per day			Change		Hours:minutes per day			Change	
	1987–1988	1999–2000	2009–2010	1999–1987	2009–1999	1987–1988	1999–2000	2009–2010	1999–1987	2009–1999
Own-account farmers	1:56	2:03	1:47	+0:07	–0:16	5:12	5:08	.	–0:04	.
Other own-account workers	2:02	1:58	2:21	–0:04	+0:23	4:02	3:17	4:03	–0:45	+0:46
Upper-level employees	2:29	2:26	2:51	–0:03	+0:25	3:45	3:40	3:34	–0:05	–0:06
Lower-level employees	2:27	2:19	2:26	–0:08	+0:07	3:46	3:38	3:26	–0:08	–0:12
Workers	2:09	2:25	2:33	+0:16	+0:08	3:40	3:47	3:35	+0:07	–0:12
All employed, total	2:14	2:19	2:33	+0:05	+0:14	3:51	3:42	3:33	–0:09	–0:09

Table 9

The share of time spent on domestic work by employed men compared to that of women by socio-economic group in 1987–1988, 1999–2000 and 2009–2010, percentage

	1987–1988	1999–2000	2009–2010
Own-account farmers	37	40	.
Other own-account workers	50	60	58
Upper-level employees	66	66	80
Lower-level employees	65	64	71
Workers	59	64	71
All employed, total	58	63	72

Total work load

The total work load is obtained by adding up the time spent on gainful employment and domestic work. It describes a person's total work input, both paid and unpaid. The total work load in Finland diminished in the 1990s and 2000s. In the last decade, the total work load of men reduced more than that of women. The reason for this was a reduction in the time men spend on gainful employment, even if they spend more time on domestic work. The total work load of women (41 hours a week) is now longer than that of men (38 hours). Previously, the total work loads of men and women were fairly equal.

There are considerable variations in the total work load in various stages in family cycle. For both men and women, the work load is at its greatest when they are parents of children under the school age. At that time, gainful employment is emphasised in the total work load of men, while domestic work dominates that of women. The smallest work load was recorded for those aged under 45 living with their parents; this group spends less time on both gainful employment and domestic work than others.

Table 10

Total work load of population aged 10 or over by gender in 1987–1988, 1999–2000 and 2009–2010, hours per week

	Hours per week								
	All			Men			Women		
	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010
Gainful employment	23	20	17	28	24	20	19	16	15
Domestic work	22	22	22	16	17	18	27	26	26
Total	45	42	39	44	41	38	45	42	41

Figure 25

Total work load of men aged 10 or over by stage in family cycle in 1987–1988, 1999–2000 and 2009–2010, hours per week

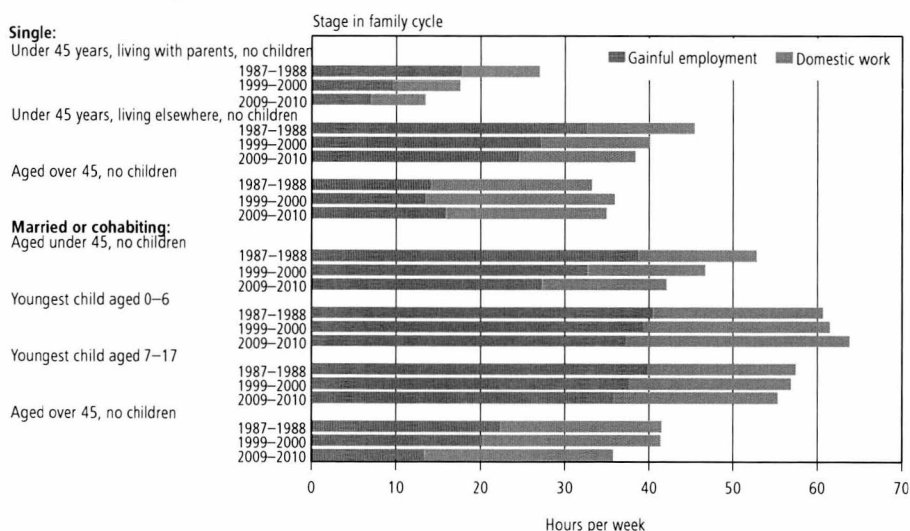
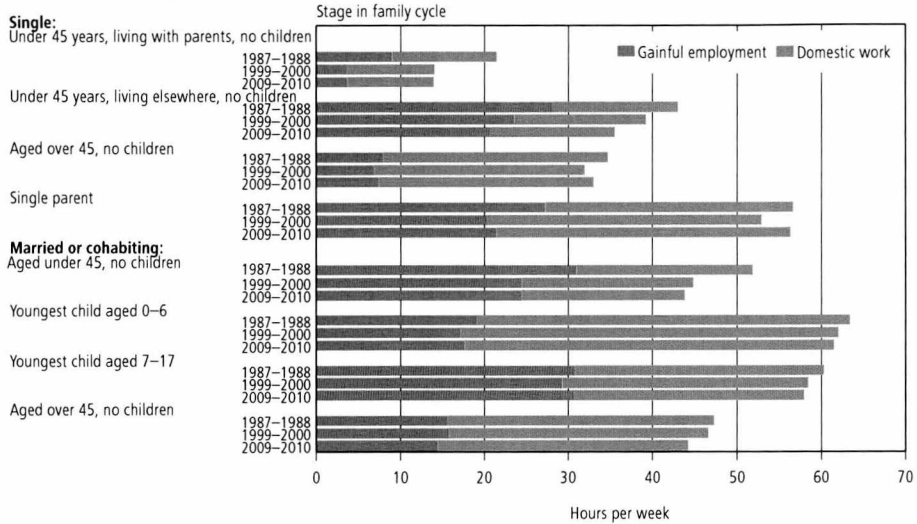


Figure 26

Total work load of women aged 10 or over by stage in family cycle in 1987–1988, 1999–2000 and 2009–2010, hours per week



The amount of time spent on gainful employment by men has diminished in all stages in family cycle, excluding men aged over 45 living alone. The time spent on domestic work by fathers of children under the school age increased, resulting in an increase in their total work load in the 2000s.

For women, the reduction in the total work load was less significant than for men. The total work load was reduced for women aged under 45 living alone, and for women aged over 45 in a relationship with no children living at home. The work load of single parents in terms of gainful employment and domestic work increased in the 2000s.

Shortage of time

How are changes in the total work load reflected in experiences of adequacy of time? In the Time Use Survey, shortage of time has been included since the late 1980s by asking the respondents, "Are there things that you would like to do on ordinary weekdays but which you have to give up because of a lack of time?" The question was put to those who felt rushed at least from time to time.

Since the late 1980s, 40 per cent of the respondents have experienced a shortage of time. Changes have taken place in how the shortage of time is experienced, however, in various population groups. Schoolchildren under the age of 15 experience a shortage of time less frequently than in the previous decades. This may be a result of a reduction in the time spent on studies, leaving more time for other activities. On the other hand, those in working life and those caring for their own household experience a shortage of time more frequently. The trend has been similar for men and women. Parents of young children also experience a shortage of time more frequently. Three out of four parents of children under the school age feel they cannot do everything they would like to on weekdays because of a shortage of time.

Table 11

The share of population aged 10 and over having experienced a shortage of time by main activity, stage in family cycle and gender in 1987–1988, 1999–2000 and 2009–2010, per cent

"Are there things that you would like to do on ordinary weekdays but which you have to give up because of a shortage of time?"
Percentage of those responding "Yes"

	%					
	Men			Women		
	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010
All	38	37	36	43	42	44
Employed	49	53	56	59	61	64
Unemployed	18	12	16	21	17	22
Student	35	34	27	48	46	39
Retired	4	8	6	7	8	12
Caring for own household	.	.	.	45	52	59
Other	46	9	22	44	34	57
Single						
Under 45 years, living with parents, no children	33	27	22	42	39	37
Under 45 years, living elsewhere, no children	45	42	46	58	56	60
Aged over 45, no children	6	14	19	11	14	19
Single parent	.	.	.	56	52	72
Married or cohabiting						
Aged under 45, no children	46	56	51	53	59	60
Youngest child aged 0–6 years	61	65	74	72	70	78
Youngest child aged 7–17 years	49	56	57	60	60	60
Aged over 45, no children	24	25	22	34	30	33

Help received and purchasing of services

The time spent on domestic work can be reduced by purchasing services. Households also help each other without pay as neighbourly help. The interviews conducted for the Time Use Survey indicate that 49 per cent of the respondents had received help in household-related work from a friend, relation, neighbour or other private person in the last four weeks in 2009. In the same period, 27 per cent of the respondents had purchased household-related services from a company, municipality or organisation. (Official Statistics of Finland (OSF): Time Use Survey.)

The most typical example was receiving help in childcare (12 per cent of the respondents). Services had the most frequently been purchased for car or bicycle maintenance (12 per cent of the respondents) and cleaning (6 per cent). Those caring for their own household were the group having received the most help. Services had the most typically been purchased by those with a high level of education, own-account workers and upper-level employees.

Summary

The time spent on domestic work by women has diminished and that spent by men increased in the last three decades. A slight equalisation between the genders has also taken place in the type of domestic work done. The share of men in time used for housekeeping work has increased, similarly to the time spent on home maintenance by women. Men thus increasingly take part in traditional 'women's domestic work', while women take part in 'men's domestic work'. Both fathers and mothers spend more time on childcare than in the late 1980s.

Young men and women do less domestic work than previously. Men engage in domestic work more as they age. Women spend the most time on domestic work at the ages for starting a family and retirement.

The total work load consisting of gainful employment and domestic work diminished in the 2000s, as the time spent on gainful employment decreased, in particular for men. The total working time of women now exceeds that of men.

One half of the respondents had received help in household work by a private individual in the last four weeks in 2009, while 27 per cent had purchased domestic work related services for their household. The most typical area in which help was received was childcare. Services were the most frequently purchased for servicing a car or a bicycle.

A shortage of time had been experienced by 40 per cent of the respondents. Those in working life, those caring for their own household and parents of young children now experience a shortage of time more frequently, while students experience time shortages less frequently than before.

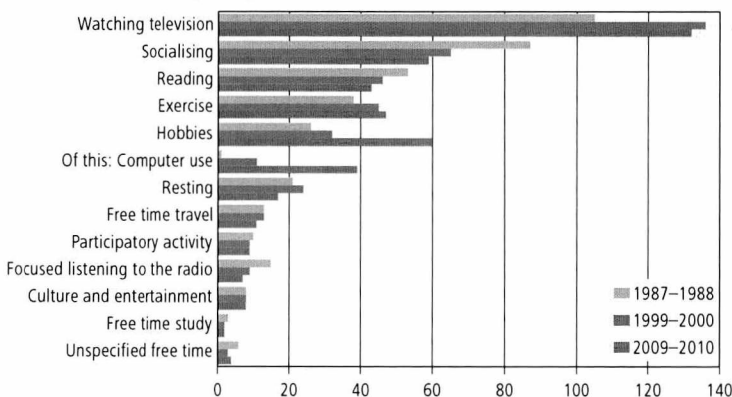
Changes in free time

Free time is defined as the proportion of a day that remains once the total time used for sleeping, having meals, washing and dressing, gainful employment, domestic work and full-time studies has been deducted. In 2009–2010, Finnish people on average had 6 hours 40 minutes of free time a day. The amount of free time has increased by an hour a week during the last ten years, and by a total of two hours since the 1990s.

The education level has a strong correlation with the amount of free time. Those with a high level of education have less free time than those with a low level. Additionally, those with a lower level of education have increased their amount of free time over the last ten years, whereas for highly educated women in particular, the amount of free time had decreased over the last decade.

Figure 27

Distribution of free time of population aged 10 or over by activity in 1987–1988, 1999–2000 and 2009–2010, minutes per day



As hobbies in this study are regarded handicrafts, various creative arts including playing music or visual arts, using a computer for free time purposes, various games, listening to music and correspondence. The amount of time spent using a computer has increased considerably in the last ten years, while in other respects, there has been little change in the time spent on hobbies.

Watching television

Although the offer of television channels expanded significantly in the early 2000s by the introduction of digital broadcasts, the time spent watching television did not increase during the 2000s. As late as in the 1990s, watching television increased considerably. Women have reduced the time they spend watching television in the last ten years. People watch television for 2 hours 12 minutes a day as a main activity, and 14 minutes a day as a secondary activity while doing something else. In other words, the total time spent watching television is 2

hours 26 minutes a day. Women watch television exactly two hours a day as a main activity, and 16 minutes as a secondary activity. There has been no change in the amount of time spent watching television by men. Men watch television for 2 hours 26 minutes a day as a main activity and 11 minutes as a secondary activity. This amount is the same as ten years ago. People spend the most time watching television in the winter and the least in the summer.

Young people and young adults (aged 10–44 years) watch television less, while the middle aged and the aged watch more than before. The group that spends the most time watching television is those aged 65 or over. They watched television for slightly more than three hours a day. Those aged 15–24 spend the least time watching television, or 1 hour 39 minutes a day. When examined by socio-economic group, workers spent the most time watching television, which was also true ten years ago.

Figure 28

Time spent watching television as main activity of population aged 10 or over by gender and age in 1987–1988, 1999–2000 and 2009–2010, minutes per day

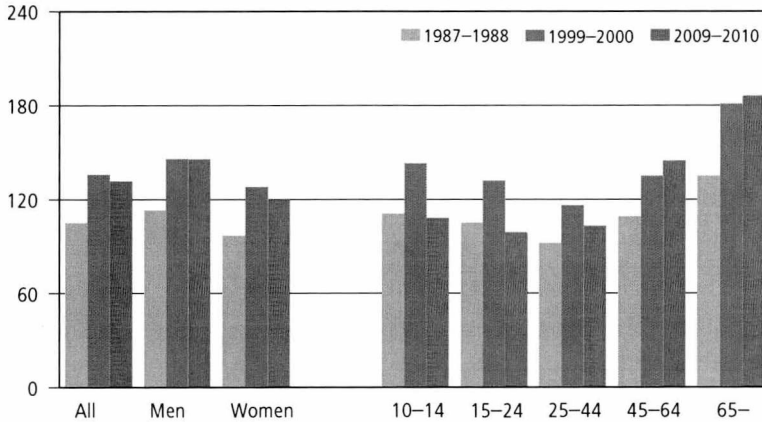


Table 12

Watching television as main activity of population aged 10–64 by gender and day of the week in autumn 1979, 1987, 1999 and 2009

	Hours:minutes per day				Change Minutes per day		
	1979	1987	1999	2009	1987–1979	1999–1987	2009–1999
Weekdays							
All	1:04	1:27	1:56	1:55	+23	+29	–1
Men	1:13	1:36	2:08	2:09	+23	+32	+1
Women	0:55	1:18	1:45	1:41	+23	+27	–4
Saturdays							
All	2:04	2:18	2:38	2:18	+14	+20	–20
Men	2:08	2:27	2:55	2:38	+19	+28	–17
Women	2:01	2:09	2:22	1:59	+8	+13	–23
Sundays							
All	1:46	2:14	2:53	2:44	+28	+39	–9
Men	1:58	2:32	3:19	2:58	+34	+47	–39
Women	1:35	1:55	2:29	2:29	+20	+34	0

Figure 29

Watching television as main activity of population aged 10–64 on weekdays in autumn 1979, 1987, 1999 and 2009, percentage

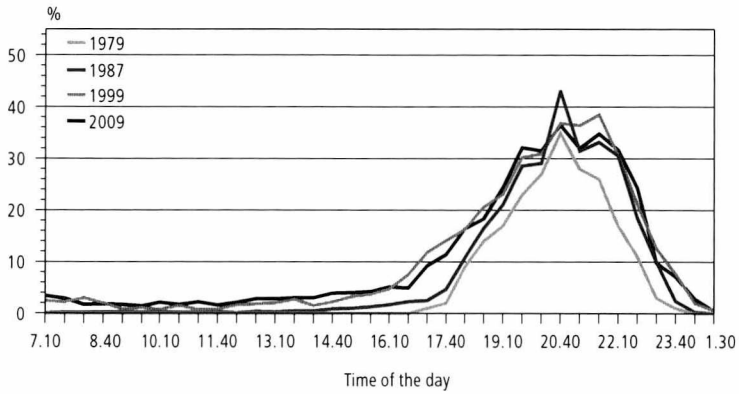


Figure 30

Watching television as main activity of population aged 10–64 on Saturdays in autumn 1979, 1987, 1999 and 2009, percentage

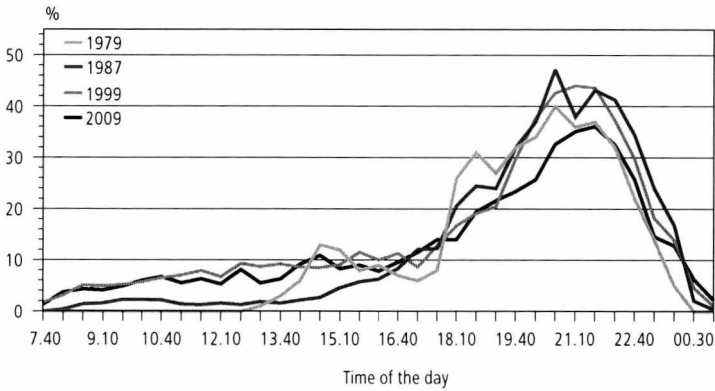
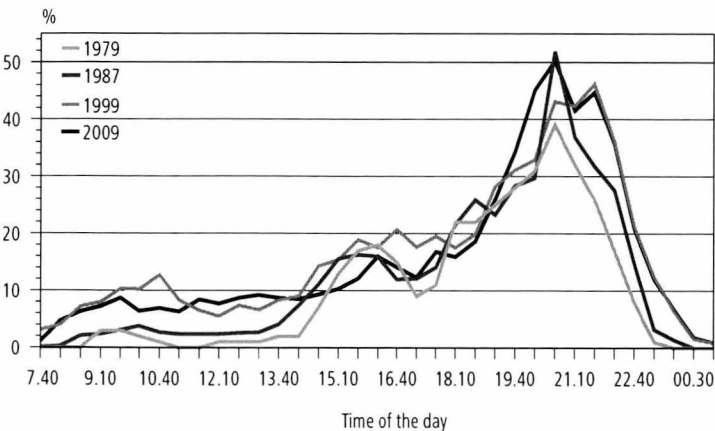


Figure 31

Watching television as main activity of population aged 10–64 on Sundays in autumn 1979, 1987, 1999 and 2009, percentage



On weekends, people watch less television than ten years ago. In the autumn, those aged 10–64 watched television for 20 minutes less on Saturdays than ten years ago. The time spent watching television on Sundays has decreased by 10 minutes. On weekdays, the time spent watching television has remained more or less unchanged. People watch television later in the evening than they did in the late 1980s. Compared to the late 1990s, the differences are minor.

Socialising

In the Time Use Survey, socialising embraces socialising with family members, friends and acquaintances at home or in cafés or restaurants as well as telephone conversations. Socialising refers to the time spent on the actual socialising, and thus such activities as having a meal together are not included.

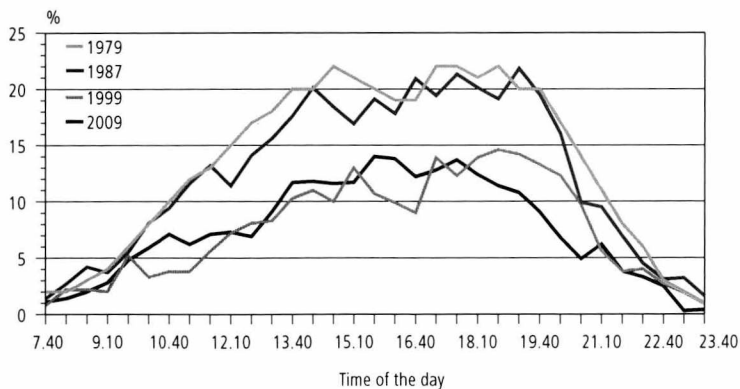
Table 13

Time spent on socialising of population aged 10–64 by gender and day of the week in autumn 1979, 1987, 1999 and 2009

	Hours:minutes per day				Change Minutes per day		
	1979	1987	1999	2009	1987–1979	1999–1987	2009–1999
Weekdays							
All	0:56	0:56	0:42	0:42	0	-14	0
Men	0:54	0:50	0:40	0:41	-4	-10	+1
Women	0:59	1:03	0:44	0:43	+4	-19	-1
Saturdays							
All	1:48	1:45	1:35	1:31	-3	-10	-4
Men	1:53	1:41	1:42	1:20	-12	+1	-22
Women	1:44	1:48	1:29	1:42	+14	-19	+13
Sundays							
All	1:53	1:44	1:03	0:57	-9	-41	-6
Men	1:49	1:33	1:01	0:54	-16	-32	-7
Women	1:56	1:56	1:05	1:00	0	-51	-1

Figure 32

Socialising of population aged 10–64 on Sundays in autumn 1979, 1987, 1999 and 2009, percentage



The time spent socialising with family or friends has changed little over the last ten years. In the 1990s, there was a clear drop in socialising, and even over the last ten years, a slight declining trend can be observed. The changes are not major, however. Saturday currently is the busiest day for socialising, and this was already true ten years ago. Interestingly, however, men now socialise less and women socialise more on Saturdays.

The time put down for telephone conversations has remained more or less the same ever since the late 1980s, regardless of the entry into the market of mobile phones. As mobiles are mainly used for short calls only, these are frequently not entered in the Time Use Survey diary, in which time use is recorded with an accuracy of 10 minutes.

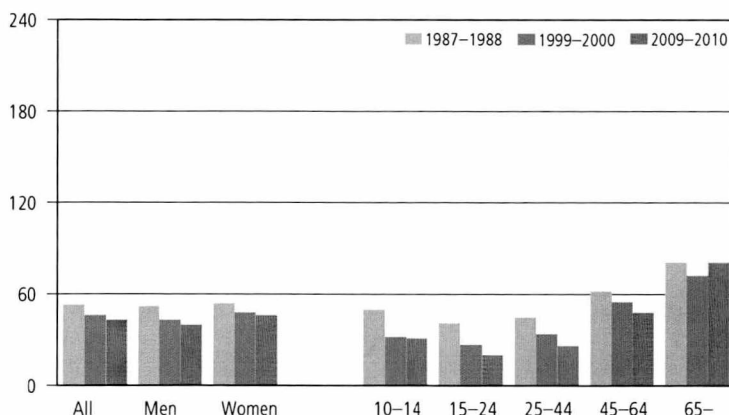
Reading

The time used for reading books and papers has remained more or less unchanged over the last ten years. From the 1980's on, however, reading as main activity has reduced its share by some 10 minutes. At the moment, 43 minutes a day are spent on reading books and papers as a main activity, while some 10 minutes a day are used for reading as a secondary activity. Reading books and papers also includes online reading, if this has been mentioned. Reading does not include reading books or papers at the workplace.

There has been a reduction in reading papers in particular, whereas no change was recorded in reading books. Women read books more than men, while men read newspapers slightly more. The eldest and the youngest respondents had not reduced the time they spent reading. Those aged 65 or over now spend more time reading than ten years previously. In an examination by socio-economic group, workers read less than the other groups.

Figure 33

Time spent reading of population aged 10 or over by gender and age in 1987–1988, 1999–2000 and 2009–2010, minutes per day



The interviews conducted for the Time Use Survey indicate that of those aged 15–24, 83 per cent followed online papers or news services on the Internet. Of unemployed Internet users, 77 per cent engaged in this activity. Of the age group 15 or over, only 10 per cent did not follow online or printed newspapers. (Official Statistics of Finland (OSF): Time Use Survey.)

Sports and outdoor activities

People spend an almost equal amount of time on sports and outdoor activities now as ten years ago, or 46 minutes a day. From the late 1970s on, women have increased the time they spend on sports and outdoor activities. Most of all, they have increased their time spent on walking for exercise, outdoor activities in the

Table 14

Time spent on sports and outdoor activities of population aged 10–64 by gender and day of the week in autumn 1979, 1987, 1999 and 2009

	Hours:minutes per day				Change Minutes per day		
	1979	1987	1999	2009	1987–1979	1999–1987	2009–1999
Weekdays							
All	0:24	0:26	0:28	0:34	+2	+2	+6
Men	0:30	0:32	0:30	0:36	+2	-2	+6
Women	0:18	0:20	0:27	0:32	+2	+7	+5
Saturdays							
All	0:42	0:39	0:41	0:47	-3	+2	+6
Men	1:00	0:50	0:52	0:52	-10	+2	0
Women	0:27	0:27	0:30	0:43	0	+3	+13
Sundays							
All	1:02	0:53	0:53	0:49	-9	0	-4
Men	1:21	1:03	1:06	0:52	-18	+3	-14
Women	0:44	0:42	0:40	0:47	-2	-2	+7

Figure 34

Time spent on exercise of population aged 10 or over by gender and age in 1987–1988, 1999–2000 and 2009–2010, minutes per day

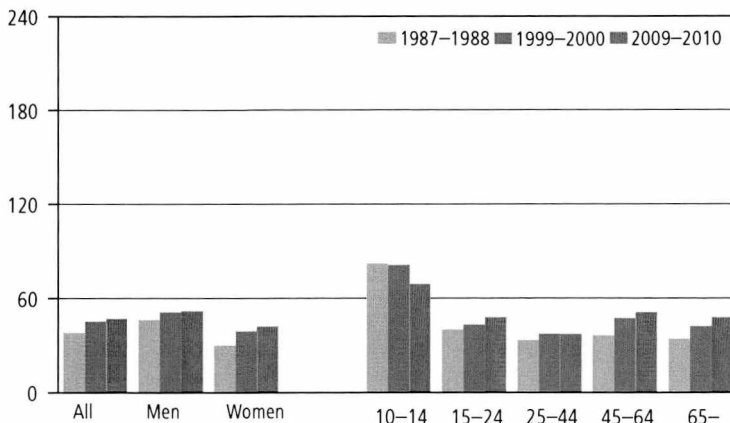
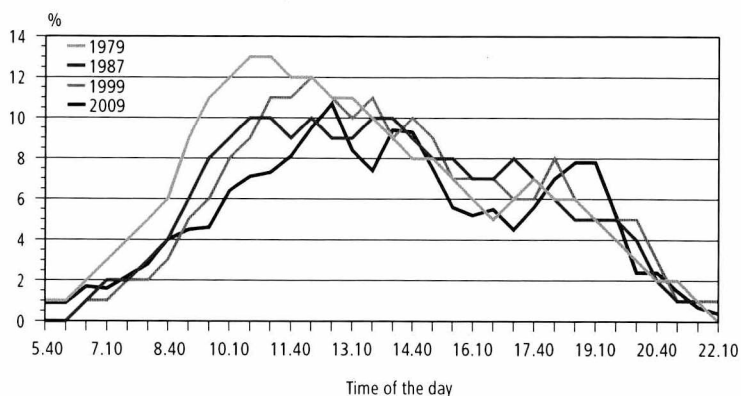


Figure 35

Sports and outdoor activities of population aged 10–64 on Sundays in the autumn 1979, 1987, 1999 and 2009, percentage



nature including picking berries and mushrooms, and exercise classes and visiting the gym. Men spend 10 minutes more time on exercise and outdoor activities a day than women, or 51 minutes. The time men spend on cycling and playing ball games increased, while the time spent hunting and fishing decreased.

The group that spends the most time exercising was children (aged 10–14), even if the time spent on exercise by this group has diminished in the last ten years. The most typical activities for children are ball games, swimming, skiing and skating.

Especially on Sundays, people engage in exercise and outdoor activities considerably later in the evening than ten years ago. As recently as in the late 1970s, people mainly took exercise in the mornings, whereas today the peak of exercising is in the afternoon and the evening.

Computers

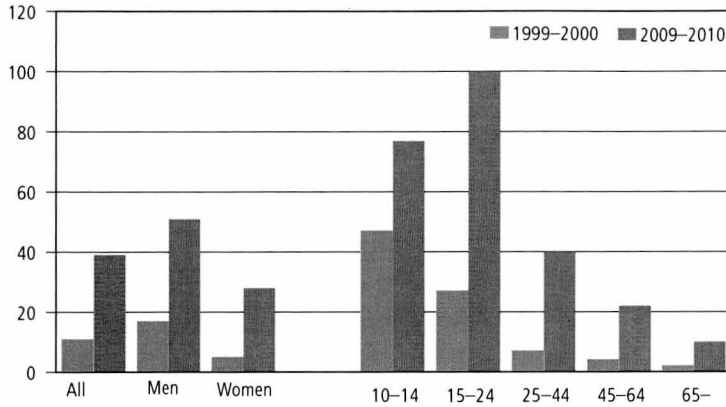
Using computers has become more widespread over the last ten years. Currently, 80 per cent of the respondents had a computer in their home, while as recently as ten years ago, less than one half of the respondents had a computer. In 2009–2010, people spent 39 minutes a day at the computer, whereas ten years ago this figure was 11 minutes. This time does not include using a computer for studying, for example, or conducting business related to domestic work, such as online shopping. Some 10 minutes a day of these activities were recorded in the diaries.

Men spend more time using a computer than women. Men spent 51 minutes a day at the computer and women 28 minutes. The largest share of this time is spent looking for information, or 12 minutes.

The group to use a computer the most is those aged less than 25. They spend the most time looking for information and playing games.

Figure 36

Free time spent at a computer of population aged 10 or over by gender and age in 1999–2000 and 2009–2010, minutes per day



Handicrafts

The amount of time spent on handicrafts has remained the same over the ten-year period. The time spent on handicrafts as the main activity by women was almost halved from the late 1980s to the late 1990s (see Niemi & Pääkkönen 2001, 42). At the moment, the time spent by women on handicrafts as the main or secondary activity totals 12 minutes a day. The share of women who did handicrafts on the day of the survey is seven per cent.

The share of those engaging in handicrafts increases with age. The group to spend the most time doing handicrafts was women aged 65 or over, of whom 13 per cent had been doing handicrafts on the day of the survey, and the time they spent on handicrafts was a total of 20 minutes. Ten years ago, less than one out of five women aged 65 or over had been doing handicrafts on the day of the survey.

Other free time

The amount of time used for participatory activities remained unchanged in the 2000s. Seven per cent of the population aged over 10 took part in activity in organisations or religious activities on the day of the survey. There was no difference between men and women.

Six per cent of the population also attended cultural or entertainment events on the day of the survey. This amount is roughly the same as ten years ago. The shares of women and men in attending cultural or entertainment events were equal.

People do not usually attend cultural events or take part in organisational activities on a daily basis. In this case, a better research method than the diary is an interview in which the respondent is asked about his or her participation in these activities over a period longer than a day. Information gathered in interviews conducted for the Time Use Survey indicates that the most popular

cultural events were concerts and cinemas, which one half of the respondents aged 10 or over had attended over a period of one year. Less than one out of three of the respondents had taken part in voluntary work through organisations in the month preceding the survey. (Official Statistics of Finland (OSF): Time Use Survey.)

Summary

The amount of free time increased by one hour a week in the 2000s. People in Finland now on average have 6 hours and 40 minutes of free time per day at their disposal. Men have more free time than women, or seven hours a day.

The time spent watching television by women has decreased over the last ten years, whereas this time for men has remained unchanged. The group to spend the most time watching television is those aged 65 or over. This group now also spends more time reading than ten years previously. In total, the time spent on reading books and papers has diminished since the late 1980s. The amount of time used for sports, outdoor exercise and socialising remains the same as ten years ago.

Using a computer has become more widespread over the last ten years. Men spend more time using a computer than women. The most time using a computer is spent by children and young people.

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Guide to reading the tables

The time use diaries asked what the respondent was mainly doing and what else he or she may have done at the same time. For example, they would enter as the main activity in the diary "had breakfast" and as a simultaneous activity "read the paper". The tables attached to the publication describe the main activity. The different tables show the time use classification with different levels of accuracy.

Tables 1–4 describe time use with 82 *classes*, with age and gender as the background variables. Tables 5–11 describe time use with 26 *classes*. In Tables 5–7, the background variable is main activity, in Tables 8 and 9 socio-economic group and in Tables 10–11 stage in family cycle. The most accurate data on time use are found in Table 12 with 132 *classes* and with gender as the background variable.

The tables generally give the time use *as an average per person*, regardless if a person had taken part in the activity in question or not. For example, those aged 10 or over on average spend 46 minutes a day exercising (Table 12).

The share of those who took part in an activity is shown as a percentage (in some of the tables), indicating how many of the respondents took part in the activity in question on one day. For example, 45.4 per cent exercised. This figure shows how many respondents had exercised on that day and not, for example, how many engage in exercise in general, or how many exercise every day. The percentage figure concerns a certain day that cannot be converted into a weekly figure, for example. The percentage figures in the Total row of the activity group show how many had taken part in at least one of the activities in the group.

The tables show the averages for all days of the week. Based on the "time spent on the activity by all respondents in 24 hrs" data in a table of this type, the time use on an activity in a week or even a year can be calculated by multiplying the daily average by 7 or 365.

The columns of the tables give *the numbers of the population and survey days*. The first figure is an estimate concerning the size of the entire population group. It has been calculated using a weight on the basis of those who responded. The number of survey days gives the number of observations, or the number of daily data on which the results of the column are based. The majority of the respondents gave the data for two days in the survey.

The number of observations affects the reliability of results. Columns with less than 50 survey days were considered unreliable, and their data have thus been omitted from the tables.

The Appendices containing the tables in the publication can also be accessed in StatFin, the statistical database of Statistics Finland.

Symbols used in the tables

Magnitude less than one half of unit employed	"0", "0,0"
Data not available or too uncertain for presentation	."

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1 Time use of population aged 10 or over (82 classes) by gender in 1987–1988, 1999–2000 and 2009–2010

All days of the week

Activity	Both genders						Men		
	Hours:minutes per day			Percentage that took part in the activity			Hours:minutes per day		
	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010
01 Gainful employment	3:05	2:34	2:14	43.0	34.5	30.4	3:47	3:10	2:33
02 Time connected with gainful employment	0:01	0:01	0:01	6.1	5.0	5.1	0:01	0:01	0:01
03 Travel to/from work	0:15	0:13	0:12	33.0	28.3	25.2	0:17	0:15	0:13
01–03 Gainful employment, total	3:21	2:48	2:27	43.3	35.0	31.1	4:06	3:26	2:48
04 Preparing food	0:33	0:31	0:29	65.3	65.7	65.7	0:16	0:18	0:19
05 Baking, preserving	0:05	0:04	0:05	7.1	6.0	7.0	0:01	0:01	0:01
06 Dish washing	0:12	0:09	0:09	39.6	36.1	35.6	0:04	0:04	0:04
07 Cleaning	0:23	0:28	0:27	47.6	59.3	57.7	0:10	0:16	0:17
08 Laundry, ironing	0:08	0:10	0:07	19.5	24.2	19.8	0:01	0:02	0:02
09 Producing textiles	0:03	0:01	0:01	2.8	1.5	1.1	0:00	0:00	0:00
10 Care for textiles	0:00	0:00	0:00	1.5	1.5	1.7	0:00	0:00	0:00
11 Heating and water	0:06	0:06	0:06	14.3	12.5	12.7	0:09	0:10	0:09
12 Construction and repairs	0:07	0:07	0:07	5.6	6.5	6.6	0:12	0:12	0:12
13 Gardening and pet care	0:12	0:14	0:14	21.7	22.7	22.9	0:13	0:13	0:14
14 Vehicle repair and maintenance	0:05	0:03	0:03	6.8	5.5	5.9	0:09	0:06	0:06
15 Help to a family member	0:01	0:01	0:01	2.7	2.2	2.2	0:01	0:01	0:01
16 Help to other households	0:06	0:10	0:11	6.7	9.4	10.5	0:07	0:10	0:10
17 Other domestic work	0:04	0:04	0:05	15.7	11.7	14.6	0:04	0:04	0:05
18 Travel related to domestic work	0:04	0:05	0:05	11.0	10.4	11.5	0:06	0:05	0:06
04–18 Household upkeep and maintenance, total	2:10	2:13	2:11	86.3	87.0	87.5	1:32	1:42	1:47
19 Physical care and supervision of child	0:10	0:09	0:09	14.9	13.1	11.6	0:04	0:04	0:05
20 Reading and playing with child	0:04	0:04	0:04	8.5	6.9	6.7	0:03	0:03	0:03
21 Outdoors with child	0:01	0:02	0:01	2.2	2.3	2.1	0:01	0:01	0:01
22 Other childcare	0:01	0:01	0:02	1.3	2.7	3.4	0:00	0:01	0:01
23 Travel related to childcare	0:02	0:02	0:02	5.9	5.9	5.9	0:01	0:01	0:01
19–23 Childcare, total	0:18	0:17	0:18	18.3	16.5	14.8	0:10	0:10	0:11
24 Shopping	0:17	0:22	0:21	45.3	46.7	45.5	0:15	0:19	0:19
25 Commercial and administrative services	0:05	0:04	0:05	15.1	11.2	10.2	0:04	0:04	0:04
26 Unspecified services	0:02	0:01	0:01	4.2	1.7	1.3	0:02	0:01	0:01
27 Travel related to shopping and services	0:13	0:12	0:12	41.7	33.8	33.4	0:11	0:11	0:11
24–27 Shopping and services, total	0:37	0:39	0:39	52.9	51.8	50.3	0:32	0:35	0:35
04–27 Domestic work, total	3:04	3:10	3:08	92.0	91.9	92.2	2:15	2:27	2:33
28 Sleep	8:28	8:35	8:38	99.9	99.9	100.0	8:24	8:30	8:34
29 Meals	1:16	1:20	1:23	99.4	99.1	98.8	1:19	1:22	1:24
30 Washing and dressing	0:33	0:30	0:33	93.1	86.9	86.7	0:28	0:24	0:25
31 Sauna	0:09	0:09	0:10	21.9	21.6	22.6	0:10	0:11	0:11
32 Sick in bed	0:03	0:03	0:02	1.8	1.1	1.1	0:03	0:03	0:02
33 Other personal care	0:01	0:03	0:06	5.1	13.4	24.9	0:01	0:03	0:06
34 Travel related to personal care	0:02	0:02	0:02	7.8	6.8	6.2	0:02	0:03	0:02
28–34 Personal care, total	10:32	10:43	10:54	100.0	100.0	100.0	10:28	10:35	10:45

All days of the wee

Percentage that took part in the activity			Women Hours:minutes per day			Percentage that took part in the activity			Activity	
1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010		
49.7	40.3	33.4	2:26	2:02	1:55	36.8	29.4	27.7	01	Gainful employment
6.6	5.0	4.1	0:01	0:01	0:01	5.6	5.0	6.0	02	Time connected with gainful employment
38.2	32.0	26.5	0:12	0:12	0:11	28.2	25.0	23.9	03	Travel to/from work
50.0	40.8	33.8	2:39	2:15	2:08	37.0	29.9	28.7	01-03	Gainful employment, total
48.7	51.8	53.8	0:49	0:42	0:38	80.7	77.8	77.0	04	Preparing food
1.2	1.6	2.1	0:09	0:07	0:08	12.5	9.9	11.5	05	Baking, preserving
16.7	18.1	20.2	0:19	0:14	0:14	60.9	52.0	50.1	06	Dish washing
25.2	42.3	45.0	0:35	0:39	0:36	68.5	74.2	69.7	07	Cleaning
4.4	8.5	7.3	0:14	0:16	0:11	33.5	38.0	31.5	08	Laundry, ironing
0.1	0.1	0.1	0:05	0:03	0:02	5.3	2.7	2.0	09	Producing textiles
0.4	0.6	0.5	0:01	0:01	0:01	2.5	2.3	2.8	10	Care for textiles
16.4	16.7	16.9	0:04	0:03	0:03	12.4	8.8	8.7	11	Heating and water
9.9	10.4	9.8	0:01	0:03	0:03	1.6	3.1	3.6	12	Construction and repairs
19.8	19.8	20.6	0:12	0:14	0:15	23.4	25.2	25.0	13	Gardening and pet care
12.2	9.3	10.0	0:01	0:01	0:01	1.8	2.1	2.0	14	Vehicle repair and maintenance
2.3	2.1	1.3	0:01	0:01	0:02	3.1	2.3	3.1	15	Help to a family member
6.2	8.0	8.5	0:06	0:10	0:12	7.3	10.6	12.4	16	Help to other households
14.2	9.7	12.1	0:04	0:04	0:06	17.1	13.3	17.1	17	Other domestic work
14.9	12.0	12.8	0:02	0:04	0:05	7.3	9.0	10.2	18	Travel related to domestic work
78.3	79.7	83.0	2:44	2:41	2:35	93.7	93.5	91.8	04-18	Household upkeep and maintenance, total
10.3	8.7	8.6	0:15	0:14	0:13	19.2	16.9	14.3	19	Physical care and supervision of child
6.7	5.3	5.5	0:05	0:04	0:04	10.3	8.3	7.9	20	Reading and playing with child
1.4	1.2	1.2	0:02	0:02	0:02	2.9	3.2	2.9	21	Outdoors with child
0.8	1.5	2.2	0:01	0:02	0:02	1.8	3.8	4.5	22	Other childcare
5.1	4.7	4.3	0:02	0:02	0:03	6.6	6.9	7.3	23	Travel related to childcare
15.1	12.9	12.0	0:25	0:24	0:24	21.4	19.6	17.3	19-23	Childcare, total
39.5	42.5	42.3	0:19	0:24	0:23	50.7	50.4	48.5	24	Shopping
14.4	9.2	9.4	0:05	0:05	0:05	15.8	13.1	10.9	25	Commercial and administrative services
4.2	1.8	1.4	0:02	0:01	0:01	4.1	1.6	1.3	26	Unspecified services
37.5	29.8	29.6	0:14	0:13	0:13	45.6	37.3	36.9	27	Travel related to shopping and services
47.7	48.3	47.5	0:41	0:43	0:42	57.8	54.9	53.0	24-27	Shopping and services, total
86.9	86.8	89.2	3:50	3:47	3:41	96.4	96.7	95.1	04-27	Domestic work, total
99.9	99.9	100.0	8:31	8:39	8:41	100.0	100.0	99.9	28	Sleep
99.4	99.0	98.4	1:13	1:19	1:23	99.5	99.2	99.1	29	Meals
90.9	81.7	81.6	0:37	0:36	0:40	95.1	91.5	91.4	30	Washing and dressing
23.2	23.7	25.2	0:09	0:08	0:08	20.6	19.8	20.2	31	Sauna
1.5	0.8	1.0	0:04	0:03	0:02	2.1	1.4	1.3	32	Sick in bed
3.8	13.3	25.6	0:02	0:03	0:06	6.3	13.6	24.2	33	Other personal care
10.6	9.2	6.9	0:01	0:01	0:01	5.2	4.7	5.5	34	Travel related to personal care
100.0	100.0	100.0	10:36	10:49	11:02	100.0	100.0	100.0	28-34	Personal care, total

1 Time use of population aged 10 or over (82 classes) by gender in 1987–1988, 1999–2000 and 2009–2010 (continued)

All days of the week										
Activity	Both genders						Men			
	Hours:minutes per day			Percentage that took part in the activity			Hours:minutes per day			
	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	
35	Studying at school or university	0:25	0:26	0:25	7.8	8.6	8.6	0:26	0:26	0:27
36	Homework	0:07	0:07	0:07	7.6	7.0	6.9	0:07	0:06	0:06
37	Travel to/from school or university	0:04	0:04	0:05	7.7	8.5	8.5	0:04	0:04	0:05
38	Free time study	0:03	0:02	0:02	3.5	1.4	1.3	0:03	0:02	0:01
39	Travel related to free time study	0:00	0:00	0:00	0.9	0.6	0.4	0:00	0:00	0:00
40	Unspecified study	0:00	0:00	0:00	0.0	0.0	0.0	0:00	0:00	0:00
35–40	Study, total	0:39	0:39	0:38	13.3	12.0	12.1	0:39	0:38	0:39
41	Activity in organisations	0:04	0:05	0:05	3.7	4.2	4.1	0:05	0:06	0:06
42	Religious activity	0:03	0:02	0:02	3.5	2.8	2.1	0:02	0:01	0:01
43	Travel related to activity in organisations	0:02	0:02	0:01	4.4	3.5	3.0	0:02	0:02	0:01
41–43	Participatory activities, total	0:10	0:09	0:08	7.0	6.9	6.0	0:09	0:09	0:09
44	Outdoor activity, walking	0:13	0:17	0:18	21.5	25.1	26.2	0:12	0:15	0:16
45	Other physical exercise	0:14	0:18	0:19	18.3	22.8	22.9	0:19	0:22	0:23
46	Hunting, fishing, picking mushrooms	0:06	0:05	0:05	4.1	3.2	3.9	0:09	0:07	0:06
47	Sports related activities	0:01	0:02	0:01	3.0	4.4	3.8	0:01	0:02	0:02
48	Travel related to outdoor activity	0:04	0:04	0:04	8.7	9.7	10.8	0:05	0:05	0:05
44–48	Sports and outdoor activity, total	0:38	0:45	0:47	39.1	44.8	46.0	0:46	0:51	0:52
49	Sports events	0:02	0:01	0:01	1.4	1.0	0.8	0:03	0:02	0:02
50	Cinema	0:01	0:01	0:01	0.6	0.6	0.4	0:01	0:01	0:00
51	Theatre, concerts, museums	0:01	0:02	0:02	0.8	1.1	1.3	0:01	0:01	0:01
52	Library	0:01	0:01	0:01	2.2	2.9	1.9	0:01	0:01	0:01
53	Other entertainment and culture	0:01	0:01	0:02	1.2	1.3	1.2	0:02	0:01	0:02
54	Travel related to entertainment and culture	0:02	0:02	0:02	4.9	4.4	3.6	0:03	0:02	0:02
49–54	Entertainment and culture, total	0:08	0:08	0:08	6.0	6.8	5.8	0:09	0:08	0:08
55	Reading newspapers	0:20	0:15	0:14	53.7	39.2	33.6	0:22	0:16	0:15
56	Reading periodicals	0:08	0:04	0:03	18.1	8.5	7.5	0:07	0:03	0:03
57	Reading books	0:16	0:12	0:12	20.7	16.4	17.0	0:13	0:09	0:10
58	Unspecified reading	0:09	0:15	0:14	25.1	32.3	30.1	0:10	0:14	0:13
55–58	Reading, total	0:53	0:46	0:43	77.1	66.3	60.1	0:52	0:43	0:40
59	Listening to radio	0:15	0:09	0:07	26.2	15.7	11.3	0:16	0:09	0:07
60	Watching television	1:45	2:16	2:12	81.0	85.8	83.1	1:53	2:26	2:26
59–60	Radio and television, total	1:59	2:25	2:19	85.6	88.1	85.0	2:08	2:35	2:33
61	Socialising with family	0:11	0:07	0:06	26.1	18.8	16.3	0:10	0:06	0:05
62	Visiting	0:26	0:20	0:19	27.7	21.0	18.7	0:25	0:20	0:18
63	Receiving visitors	0:15	0:09	0:09	21.1	14.6	13.0	0:12	0:07	0:07
64	Telephone conversations	0:06	0:07	0:07	24.5	25.2	22.1	0:03	0:04	0:03
65	Socialising in a café or restaurant	0:08	0:05	0:04	6.2	3.6	2.9	0:10	0:07	0:05
66	Other socialising	0:08	0:08	0:06	13.9	12.4	10.7	0:08	0:08	0:05
67	Travel related to socialising	0:13	0:09	0:09	29.1	19.9	18.8	0:13	0:09	0:09
61–67	Socialising, total	1:27	1:05	0:59	72.2	63.0	59.7	1:22	1:01	0:53

All days of the week

Women						Activity					
Percentage that took part in the activity			Hours:minutes per day			Percentage that took part in the activity					
1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010			
7.8	8.6	9.2	0:25	0:26	0:23	7.7	8.6	8.0	35	Studying at school or university	
7.1	6.3	6.5	0:08	0:08	0:07	8.0	7.7	7.1	36	Homework	
									37	Travel to/from school or university	
7.8	8.2	8.9	0:04	0:04	0:05	7.6	8.8	8.1			
3.4	1.4	0.9	0:03	0:02	0:02	3.6	1.3	1.7	38	Free time study	
0.6	0.5	0.3	0:00	0:00	0:00	1.2	0.7	0.5	39	Travel related to free time study	
0.0	0.0	0.0	0:00	0:00	0:00	0.0	0.0	0.1	40	Unspecified study	
13.1	11.4	11.9	0:39	0:40	0:38	13.3	12.6	12.4	35-40	Study, total	
4.0	4.5	4.2	0:04	0:05	0:04	3.4	4.0	4.0	41	Activity in organisations	
2.0	1.6	1.5	0:04	0:03	0:02	4.8	4.0	2.7	42	Religious activity	
									43	Travel related to activity in organisations	
4.1	3.1	3.0	0:02	0:02	0:01	4.7	4.0	3.0			
6.0	5.9	5.6	0:10	0:09	0:08	8.0	7.7	6.4	41-43	Participatory activities, total	
19.4	22.2	22.4	0:14	0:18	0:20	23.4	27.7	29.8	44	Outdoor activity, walking	
19.8	24.1	23.7	0:10	0:14	0:15	16.9	21.6	22.1	45	Other physical exercise	
									46	Hunting, fishing, picking mushrooms	
6.1	4.5	4.6	0:03	0:03	0:04	2.3	2.1	3.4			
3.8	5.4	4.8	0:01	0:01	0:01	2.1	3.6	3.0	47	Sports related activities	
									48	Travel related to outdoor activity	
11.2	11.1	12.0	0:02	0:03	0:04	6.3	8.5	9.6			
40.3	44.6	44.4	0:30	0:39	0:42	38.0	45.0	47.6	44-48	Sports and outdoor activity, total	
1.8	1.2	1.2	0:01	0:01	0:01	1.0	0.7	0.5	49	Sports events	
0.6	0.5	0.3	0:01	0:01	0:01	0.6	0.7	0.5	50	Cinema	
0.5	0.9	0.8	0:01	0:02	0:02	1.0	1.3	1.7	51	Theatre, concerts, museums	
2.0	2.7	1.6	0:01	0:01	0:01	2.4	3.1	2.2	52	Library	
1.1	1.2	1.3	0:01	0:01	0:02	1.2	1.4	1.2	53	Other entertainment and culture	
									54	Travel related to entertainment and culture	
5.0	4.1	3.6	0:02	0:02	0:02	4.9	4.7	3.6			
5.9	6.5	5.4	0:07	0:08	0:08	6.1	7.0	6.1	49-54	Entertainment and culture, total	
54.4	39.5	32.7	0:18	0:14	0:13	52.9	38.9	34.5	55	Reading newspapers	
15.4	6.6	5.9	0:09	0:04	0:04	20.7	10.2	9.0	56	Reading periodicals	
15.1	12.3	12.4	0:19	0:14	0:15	25.9	20.0	21.3	57	Reading books	
25.6	29.6	26.1	0:08	0:16	0:15	24.6	34.7	33.8	58	Unspecified reading	
75.3	62.3	54.0	0:54	0:48	0:46	78.8	69.7	65.9	55-58	Reading, total	
26.2	14.9	10.6	0:14	0:08	0:06	26.3	16.4	11.9	59	Listening to radio	
81.8	85.6	82.9	1:37	2:08	2:00	80.3	86.0	83.2	60	Watching television	
86.3	88.0	84.7	1:51	2:16	2:06	84.9	88.2	85.3	59-60	Radio and television, total	
24.0	15.7	13.6	0:11	0:08	0:06	28.0	21.5	18.9	61	Socialising with family	
26.0	20.1	17.2	0:27	0:20	0:19	29.2	21.8	20.1	62	Visiting	
15.8	11.3	10.1	0:19	0:11	0:10	26.1	17.5	15.7	63	Receiving visitors	
14.6	14.7	12.2	0:09	0:11	0:10	33.7	34.4	31.4	64	Telephone conversations	
									65	Socialising in a café or restaurant	
7.8	4.3	3.3	0:06	0:04	0:04	4.7	3.0	2.6			
13.5	11.6	9.2	0:08	0:07	0:06	14.2	13.1	12.0	66	Other socialising	
29.0	19.8	18.3	0:13	0:09	0:09	29.2	20.0	19.2	67	Travel related to socialising	
65.9	55.2	50.1	1:33	1:09	1:05	78.1	70.0	68.7	61-67	Socialising, total	

1 Time use of population aged 10 or over (82 classes) by gender in 1987–1988, 1999–2000 and 2009–2010 (continued)

Activity		All days of the week								
		Both genders						Men		
		Hours:minutes per day			Percentage that took part in the activity			Hours:minutes per day		
		1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010
68	Handicrafts	0:07	0:04	0:03	7.8	4.1	3.8	0:01	0:00	0:00
69	Playing a musical instrument, drawing, etc:	0:03	0:04	0:05	5.4	5.3	6.3	0:03	0:04	0:04
70	Computing	0:01	0:11	0:39	1.5	12.1	42.0	0:02	0:17	0:51
71	Parlour games and play	0:04	0:03	0:03	5.1	4.4	3.8	0:05	0:04	0:04
72	Solo games and play	0:02	0:03	0:05	5.4	6.3	9.2	0:02	0:02	0:04
73	Gambling	0:01	0:00	0:00	1.6	1.3	1.3	0:01	0:00	0:01
74	Records and cassettes	0:04	0:04	0:03	7.9	6.2	4.8	0:05	0:04	0:03
75	Correspondence	0:01	0:01	0:00	2.8	2.1	0.9	0:00	0:00	0:00
76	Other hobbies	0:02	0:02	0:02	3.1	2.4	2.2	0:02	0:02	0:03
77	Travel related to hobbies	0:00	0:01	0:01	1.4	2.1	1.8	0:00	0:01	0:01
68–77	Hobbies, total	0:26	0:32	1:02	31.5	34.0	56.3	0:22	0:35	1:12
78	Resting	0:21	0:24	0:17	35.6	40.7	32.1	0:21	0:25	0:18
79	Travelling	0:09	0:11	0:10	6.2	8.5	6.4	0:08	0:11	0:10
80	Driving for pleasure	0:04	0:02	0:02	4.4	1.9	1.8	0:06	0:02	0:02
81	Unspecified free time activity	0:06	0:03	0:04	15.6	10.3	11.5	0:07	0:03	0:04
78–81	Other free time activity, total	0:40	0:40	0:33	50.7	51.9	43.5	0:42	0:40	0:35
41–81	Free time activity, total	6:21	6:29	6:40	99.7	99.3	99.5	6:29	6:42	7:01
82	Unspecified time use	0:02	0:11	0:13	1.6	11.4	12.0	0:02	0:11	0:14
01–82	Total	24:00	24:00	24:00	100.0	100.0	100.0	24:00	24:00	24:00
Size of population		4,348,000	4,451,000	4,664,000				2,091,000	2,080,000	2,259,000
Number of survey days		15,352	10,561	7,480				7,405	4,910	3,521

All days of the wee

Women									Activity	
Percentage that took part in the activity			Hours:minutes per day			Percentage that took part in the activity				
1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010		
0.7	0.2	0.1	0:13	0:07	0:07	14.4	7.5	7.3	68	Handicrafts
									69	Playing a musical instrument, drawing, etc.
4.9	4.9	5.9	0:04	0:04	0:05	5.9	5.7	6.6	70	Computing
2.5	16.7	45.5	0:00	0:05	0:28	0.5	8.1	38.7	71	Parlour games and play
5.4	4.3	3.5	0:03	0:03	0:03	4.8	4.5	4.2	72	Solo games and play
4.3	4.2	6.8	0:03	0:04	0:05	6.3	8.0	11.4	73	Gambling
1.9	1.8	1.7	0:00	0:00	0:00	1.3	0.8	0.8	74	Records and cassettes
8.7	6.1	4.8	0:03	0:04	0:03	7.1	6.2	4.7	75	Correspondence
1.0	0.7	0.2	0:02	0:01	0:01	4.4	3.3	1.5	76	Other hobbies
2.8	2.3	2.6	0:01	0:01	0:01	3.3	2.5	1.9	77	Travel related to hobbies
1.6	2.8	1.7	0:00	0:01	0:01	1.3	1.5	1.8	68-77	Hobbies, total
25.6	32.5	55.9	0:30	0:29	0:53	37.0	35.2	56.8		
34.2	38.4	32.5	0:22	0:24	0:16	36.9	42.7	31.7	78	Resting
6.2	8.6	6.8	0:10	0:11	0:10	6.3	8.4	6.0	79	Travelling
5.9	2.3	2.6	0:02	0:02	0:01	2.9	1.5	1.1	80	Driving for pleasure
16.7	9.7	10.9	0:05	0:03	0:04	14.6	10.8	12.0	81	Unspecified free time activity
51.4	49.7	43.9	0:39	0:40	0:31	50.2	53.9	43.1	78-81	Other free time activity, total
99.2	98.9	99.2	6:13	6:18	6:20	99.7	99.7	99.7	41-81	Free time activity, total
1.6	11.8	11.9	0:02	0:11	0:12	1.6	11.0	12.1	82	Unspecified time use
100.0	100.0	100.0	24:00	24:00	24:00	100.0	100.0	100.0	01-82	Total
			2,257,000	2,371,000	2,405,000					Size of population
			7,947	5,651	3,959					Number of survey days

2 Time use of population aged 10 or over (82 classes) by age in 1987–1988, 1999–2000 and 2009–2010

Both genders. All days of the week

Activity	Hours:minutes per day									
	Age									
	10–14 years			15–24 years			25–44 years			
	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	
01	Gainful employment	0:06	0:02	0:04	2:24	1:33	1:25	4:27	3:58	3:36
02	Time connected with gainful employment	0:00	0:00	0:00	0:01	0:01	0:01	0:02	0:02	0:02
03	Travel to/from work	0:00	0:00	0:00	0:13	0:10	0:09	0:22	0:20	0:20
01–03	Gainful employment, total	0:06	0:02	0:04	2:38	1:45	1:35	4:51	4:20	3:58
04	Preparing food	0:04	0:04	0:03	0:13	0:13	0:13	0:32	0:29	0:26
05	Baking, preserving	0:02	0:01	0:01	0:03	0:02	0:02	0:04	0:03	0:03
06	Dish washing	0:02	0:01	0:01	0:05	0:03	0:03	0:11	0:09	0:08
07	Cleaning	0:11	0:14	0:12	0:15	0:20	0:15	0:24	0:29	0:28
08	Laundry, ironing	0:01	0:01	0:00	0:04	0:04	0:02	0:09	0:11	0:08
09	Producing textiles	0:01	0:00	0:00	0:01	0:01	0:00	0:03	0:01	0:01
10	Care for textiles	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:01	0:00
11	Heating and water	0:01	0:01	0:00	0:02	0:01	0:01	0:05	0:03	0:03
12	Construction and repairs	0:02	0:03	0:01	0:03	0:02	0:02	0:08	0:09	0:10
13	Gardening and pet care	0:05	0:05	0:03	0:04	0:04	0:05	0:10	0:09	0:12
14	Vehicle repair and maintenance	0:02	0:01	0:01	0:07	0:04	0:03	0:05	0:03	0:03
15	Help to a family member	0:02	0:00	0:00	0:01	0:01	0:00	0:01	0:00	0:00
16	Help to other households	0:06	0:02	0:04	0:06	0:07	0:07	0:05	0:08	0:11
17	Other domestic work	0:02	0:01	0:02	0:02	0:01	0:02	0:04	0:04	0:06
18	Travel related to domestic work	0:02	0:01	0:00	0:03	0:04	0:04	0:04	0:04	0:06
04–18	Household upkeep and maintenance, total	0:42	0:35	0:29	1:10	1:06	1:00	2:06	2:03	2:05
19	Physical care and supervision of child	0:01	0:01	0:01	0:05	0:07	0:02	0:22	0:24	0:31
20	Reading and playing with child	0:03	0:00	0:01	0:02	0:03	0:02	0:09	0:09	0:12
21	Outdoors with child	0:00	0:00	0:00	0:00	0:01	0:00	0:03	0:05	0:04
22	Other childcare	0:00	0:00	0:00	0:00	0:00	0:00	0:01	0:03	0:05
23	Travel related to childcare	0:00	0:00	0:00	0:00	0:00	0:01	0:04	0:04	0:06
19–23	Childcare, total	0:06	0:02	0:02	0:08	0:11	0:05	0:38	0:45	0:57
24	Shopping	0:11	0:13	0:11	0:18	0:21	0:16	0:18	0:23	0:22
25	Commercial and administrative services	0:02	0:01	0:01	0:04	0:03	0:03	0:04	0:04	0:04
26	Unspecified services	0:01	0:00	0:01	0:02	0:01	0:00	0:02	0:01	0:01
27	Travel related to shopping and services	0:07	0:06	0:07	0:12	0:12	0:10	0:13	0:13	0:13
24–27	Shopping and services, total	0:21	0:21	0:21	0:36	0:37	0:30	0:37	0:42	0:39
04–27	Domestic work, total	1:09	0:57	0:52	1:54	1:54	1:35	3:21	3:30	3:41
28	Sleep	9:40	9:41	9:47	8:54	9:04	9:05	8:09	8:22	8:23
29	Meals	1:07	1:10	1:11	1:05	1:12	1:14	1:13	1:16	1:21
30	Washing and dressing	0:28	0:29	0:31	0:36	0:35	0:36	0:31	0:29	0:32
31	Sauna	0:07	0:07	0:08	0:08	0:06	0:06	0:10	0:10	0:10
32	Sick in bed	0:03	0:03	0:03	0:02	0:02	0:03	0:03	0:02	0:03
33	Other personal care	0:00	0:01	0:03	0:01	0:02	0:05	0:01	0:03	0:05
34	Travel related to personal care	0:01	0:01	0:01	0:03	0:03	0:02	0:02	0:02	0:02
28–34	Personal care, total	11:26	11:31	11:44	10:48	11:04	11:10	10:10	10:23	10:36
35	Studying at school or university	2:42	2:22	2:36	1:21	1:35	1:35	0:05	0:08	0:06
36	Homework	0:31	0:22	0:16	0:25	0:28	0:29	0:03	0:05	0:05
37	Travel to/from school or university	0:20	0:20	0:23	0:12	0:15	0:19	0:01	0:02	0:01

Both genders. All days of the week

						Activity	
45-64 years			65+				
1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010		
3:16	3:19	3:02	0:12	0:11	0:07	01	Gainful employment
0:01	0:01	0:02	0:00	0:00	0:00	02	Time connected with gainful employment
0:14	0:17	0:16	0:00	0:01	0:01	03	Travel to/from work
3:31	3:37	3:20	0:12	0:12	0:07	01-03	Gainful employment, total
0:43	0:38	0:33	0:57	0:49	0:45	04	Preparing food
0:07	0:06	0:05	0:07	0:06	0:08	05	Baking, preserving
0:15	0:11	0:10	0:24	0:16	0:17	06	Dish washing
0:26	0:30	0:29	0:30	0:35	0:35	07	Cleaning
0:10	0:12	0:09	0:10	0:11	0:08	08	Laundry, ironing
0:03	0:02	0:01	0:05	0:03	0:02	09	Producing textiles
0:01	0:00	0:00	0:01	0:01	0:01	10	Care for textiles
0:11	0:09	0:09	0:10	0:12	0:13	11	Heating and water
0:10	0:08	0:08	0:03	0:08	0:08	12	Construction and repairs
0:18	0:20	0:17	0:21	0:22	0:24	13	Gardening and pet care
0:05	0:04	0:05	0:01	0:03	0:03	14	Vehicle repair and maintenance
0:02	0:01	0:01	0:01	0:02	0:02	15	Help to a family member
0:09	0:15	0:14	0:06	0:11	0:09	16	Help to other households
0:06	0:06	0:06	0:05	0:06	0:06	17	Other domestic work
0:05	0:06	0:07	0:02	0:05	0:04	18	Travel related to domestic work
2:52	2:47	2:36	3:02	3:09	3:05	04-18	Household upkeep and maintenance, total
0:01	0:01	0:01	0:01	0:00	0:00	19	Physical care and supervision of child
0:00	0:01	0:01	0:01	0:00	0:00	20	Reading and playing with child
0:00	0:00	0:00	0:00	0:00	0:00	21	Outdoors with child
0:00	0:01	0:01	0:00	0:00	0:00	22	Other childcare
0:00	0:01	0:01	0:00	0:00	0:00	23	Travel related to childcare
0:03	0:03	0:05	0:01	0:00	0:00	19-23	Childcare, total
0:17	0:23	0:22	0:15	0:21	0:25	24	Shopping
0:05	0:06	0:06	0:07	0:04	0:06	25	Commercial and administrative services
0:03	0:01	0:01	0:03	0:02	0:01	26	Unspecified services
0:14	0:12	0:13	0:13	0:11	0:13	27	Travel related to shopping and services
0:39	0:42	0:41	0:39	0:38	0:45	24-27	Shopping and services, total
3:34	3:32	3:23	3:42	3:47	3:51	04-27	Domestic work, total
8:14	8:13	8:18	8:50	8:51	8:52	28	Sleep
1:23	1:23	1:25	1:33	1:35	1:35	29	Meals
0:32	0:29	0:31	0:36	0:32	0:36	30	Washing and dressing
0:10	0:11	0:11	0:09	0:08	0:09	31	Sauna
0:03	0:04	0:01	0:05	0:03	0:03	32	Sick in bed
0:02	0:03	0:06	0:05	0:07	0:09	33	Other personal care
0:02	0:02	0:02	0:01	0:01	0:01	34	Travel related to personal care
10:25	10:25	10:34	11:19	11:17	11:26	28-34	Personal care, total
0:01	0:01	0:01	0:00	0:00	0:00	35	Studying at school or university
0:00	0:01	0:01	0:00	0:00	0:00	36	Homework
0:00	0:01	0:00	0:00	0:00	0:00	37	Travel to/from school or university

2 Time use of population aged 10 or over (82 classes) by age in 1987–1988, 1999–2000 and 2009–2010 (continued)

Both genders. All days of the week

Activity	Hours:minutes per day									
	Age									
	10–14 years			15–24 years			25–44 years			
	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	
38	Free time study	0:02	0:01	0:02	0:04	0:03	0:01	0:03	0:02	0:01
39	Travel related to free time study	0:01	0:00	0:00	0:01	0:00	0:00	0:00	0:00	0:00
40	Unspecified study	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
35–40	Study, total	3:36	3:04	3:17	2:02	2:22	2:24	0:12	0:17	0:14
41	Activity in organisations	0:03	0:05	0:02	0:03	0:03	0:04	0:04	0:05	0:05
42	Religious activity	0:01	0:01	0:04	0:02	0:02	0:01	0:03	0:01	0:01
43	Travel related to activity in organisations	0:01	0:01	0:01	0:01	0:01	0:01	0:02	0:02	0:01
41–43	Participatory activities, total	0:05	0:07	0:06	0:06	0:06	0:06	0:09	0:08	0:07
44	Outdoor activity, walking	0:07	0:07	0:06	0:10	0:11	0:10	0:11	0:14	0:15
45	Other physical exercise	1:00	0:58	0:51	0:19	0:22	0:27	0:11	0:14	0:15
46	Hunting, fishing, picking mushrooms	0:03	0:04	0:03	0:04	0:02	0:03	0:06	0:03	0:02
47	Sports related activities	0:03	0:03	0:02	0:02	0:02	0:02	0:01	0:02	0:01
48	Travel related to outdoor activity	0:08	0:09	0:07	0:05	0:06	0:06	0:03	0:04	0:04
44–48	Sports and outdoor activity, total	1:22	1:21	1:09	0:40	0:43	0:48	0:33	0:37	0:37
49	Sports events	0:02	0:01	0:03	0:03	0:01	0:01	0:02	0:01	0:02
50	Cinema	0:01	0:00	0:00	0:02	0:03	0:02	0:01	0:01	0:00
51	Theatre, concerts, museums	0:00	0:01	0:00	0:00	0:03	0:02	0:01	0:01	0:01
52	Library	0:02	0:01	0:01	0:01	0:02	0:01	0:01	0:01	0:00
53	Other entertainment and culture	0:03	0:01	0:07	0:01	0:01	0:01	0:01	0:01	0:02
54	Travel related to entertainment and culture	0:03	0:03	0:03	0:03	0:03	0:02	0:02	0:02	0:03
49–54	Entertainment and culture, total	0:12	0:08	0:13	0:11	0:13	0:09	0:08	0:09	0:09
55	Reading newspapers	0:03	0:01	0:01	0:09	0:04	0:02	0:17	0:10	0:07
56	Reading periodicals	0:15	0:07	0:08	0:08	0:04	0:02	0:05	0:03	0:02
57	Reading books	0:23	0:11	0:13	0:17	0:10	0:10	0:15	0:09	0:08
58	Unspecified reading	0:09	0:14	0:10	0:07	0:10	0:06	0:07	0:12	0:09
55–58	Reading, total	0:50	0:32	0:31	0:41	0:27	0:20	0:45	0:34	0:26
59	Listening to radio	0:03	0:03	0:02	0:06	0:04	0:01	0:07	0:02	0:02
60	Watching television	1:51	2:23	1:48	1:45	2:12	1:39	1:32	1:56	1:43
59–60	Radio and television, total	1:54	2:26	1:50	1:51	2:16	1:40	1:39	1:58	1:45
61	Socialising with family	0:11	0:07	0:07	0:08	0:06	0:06	0:13	0:10	0:09
62	Visiting	0:24	0:26	0:23	0:31	0:30	0:29	0:26	0:20	0:16
63	Receiving visitors	0:08	0:05	0:04	0:12	0:07	0:06	0:13	0:07	0:08
64	Telephone conversations	0:02	0:03	0:01	0:05	0:07	0:05	0:06	0:07	0:06
65	Socialising in a café or a restaurant	0:02	0:00	0:00	0:17	0:11	0:13	0:09	0:08	0:07
66	Other socialising	0:30	0:25	0:16	0:14	0:14	0:14	0:05	0:06	0:05
67	Travel related to socialising	0:16	0:10	0:11	0:21	0:15	0:17	0:12	0:10	0:10
61–67	Socialising, total	1:33	1:15	1:02	1:48	1:30	1:30	1:25	1:08	1:00
68	Handicrafts	0:03	0:00	0:00	0:04	0:01	0:01	0:04	0:01	0:02
69	Playing a musical instrument, drawing, etc.	0:12	0:11	0:16	0:07	0:06	0:07	0:02	0:04	0:04
70	Computing	0:12	0:47	1:17	0:03	0:27	1:40	0:00	0:07	0:40
71	Parlour games and play	0:22	0:19	0:20	0:06	0:06	0:04	0:03	0:01	0:02
72	Solo games and play	0:09	0:05	0:11	0:02	0:02	0:01	0:01	0:01	0:02
73	Gambling	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
74	Records and cassettes	0:08	0:09	0:04	0:14	0:12	0:09	0:02	0:02	0:03
75	Correspondence	0:02	0:01	0:00	0:02	0:01	0:00	0:01	0:00	0:00

Both genders. All days of the week

						Activity	
45-64 years			65+				
1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010		
0:03	0:02	0:02	0:01	0:01	0:02	38	Free time study
0:00	0:00	0:00	0:00	0:00	0:00	39	Travel related to free time study
0:00	0:00	0:00	0:00	0:00	0:00	40	Unspecified study
0:04	0:05	0:04	0:01	0:01	0:02	35-40	Study, total
0:06	0:06	0:06	0:05	0:07	0:08	41	Activity in organisations
0:04	0:02	0:01	0:07	0:05	0:03	42	Religious activity
0:03	0:01	0:01	0:03	0:03	0:01	43	Travel related to activity in organisations
0:12	0:09	0:08	0:15	0:15	0:12	41-43	Participatory activities, total
0:16	0:21	0:23	0:20	0:23	0:23	44	Outdoor activity, walking
0:09	0:13	0:14	0:07	0:11	0:14	45	Other physical exercise
0:07	0:07	0:07	0:05	0:06	0:07	46	Hunting, fishing, picking mushrooms
0:00	0:02	0:01	0:00	0:00	0:01	47	Sports related activities
0:03	0:03	0:05	0:01	0:02	0:03	48	Travel related to outdoor activity
0:36	0:47	0:51	0:34	0:42	0:48	44-48	Sports and outdoor activity, total
0:01	0:01	0:01	0:00	0:02	0:01	49	Sports events
0:00	0:00	0:00	0:00	0:00	0:00	50	Cinema
0:01	0:01	0:02	0:00	0:01	0:02	51	Theatre, concerts, museums
0:01	0:01	0:00	0:00	0:01	0:01	52	Library
0:01	0:01	0:01	0:01	0:00	0:01	53	Other entertainment and culture
0:02	0:02	0:02	0:01	0:02	0:01	54	Travel related to entertainment and culture
0:06	0:06	0:07	0:03	0:06	0:05	49-54	Entertainment and culture, total
0:27	0:20	0:16	0:38	0:31	0:32	55	Reading newspapers
0:08	0:04	0:03	0:12	0:05	0:06	56	Reading periodicals
0:15	0:14	0:13	0:18	0:16	0:18	57	Reading books
0:12	0:18	0:16	0:14	0:20	0:26	58	Unspecified reading
1:02	0:55	0:48	1:21	1:12	1:21	55-58	Reading, total
0:20	0:09	0:07	0:52	0:26	0:19	59	Listening to radio
1:49	2:15	2:25	2:15	3:01	3:06	60	Watching television
2:10	2:24	2:32	3:07	3:27	3:25	59-60	Radio and television, total
0:09	0:06	0:04	0:08	0:03	0:03	61	Socialising with family
0:25	0:17	0:18	0:25	0:14	0:15	62	Visiting
0:17	0:10	0:08	0:28	0:17	0:14	63	Receiving visitors
0:08	0:07	0:07	0:09	0:12	0:10	64	Telephone conversations
0:04	0:03	0:02	0:01	0:01	0:00	65	Socialising in a café or a restaurant
0:05	0:04	0:03	0:05	0:05	0:03	66	Other socialising
0:11	0:06	0:08	0:08	0:07	0:05	67	Travel related to socialising
1:18	0:52	0:51	1:24	0:58	0:49	61-67	Socialising, total
0:09	0:05	0:04	0:20	0:11	0:07	68	Handicrafts
0:03	0:02	0:03	0:01	0:03	0:03	69	Playing a musical instrument, drawing, etc.
0:00	0:04	0:22	0:00	0:02	0:10	70	Computing
0:02	0:02	0:02	0:01	0:02	0:01	71	Parlour games and play
0:02	0:04	0:04	0:04	0:05	0:11	72	Solo games and play
0:01	0:00	0:01	0:01	0:01	0:01	73	Gambling
0:01	0:01	0:02	0:02	0:01	0:01	74	Records and cassettes
0:01	0:01	0:01	0:02	0:01	0:01	75	Correspondence

2 Time use of population aged 10 or over (82 classes) by age in 1987–1988, 1999–2000 and 2009–2010 (continued)

Both genders. All days of the week

Activity	Hours:minutes per day								
	Age			15–24 years			25–44 years		
	10–14 years								
	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010
76 Other hobbies	0:04	0:06	0:04	0:02	0:01	0:03	0:01	0:01	0:01
77 Travel related to hobbies	0:01	0:03	0:02	0:01	0:01	0:01	0:00	0:00	0:01
68–77 Hobbies, total	1:13	1:42	2:14	0:41	0:59	2:06	0:14	0:20	0:55
78 Resting	0:09	0:16	0:15	0:10	0:14	0:10	0:13	0:15	0:12
79 Travelling	0:09	0:10	0:12	0:09	0:15	0:12	0:10	0:12	0:08
80 Driving for pleasure	0:06	0:02	0:04	0:14	0:06	0:02	0:02	0:01	0:02
81 Unspecified free time activity	0:09	0:05	0:11	0:06	0:02	0:04	0:04	0:03	0:04
78–81 Other free time activity, total	0:34	0:33	0:42	0:39	0:36	0:28	0:29	0:31	0:25
41–81 Free time activity, total	7:41	8:05	7:46	6:37	6:50	7:07	5:22	5:42	5:24
82 Unspecified time use	0:01	0:20	0:17	0:02	0:06	0:09	0:02	0:06	0:07
01–82 Total	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00
Size of population	316,000	302,000	299,000	707,000	609,000	652,000	1,585,000	1,440,000	1,268,000
Number of survey days	1,685	808	506	2,644	1,855	967	5,984	3,177	1,914

Both genders. All days of the week

						Activity	
45–64 years			65+				
1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010		
0:02	0:01	0:02	0:01	0:01	0:02	76	Other hobbies
0:01	0:01	0:00	0:00	0:00	0:01	77	Travel related to hobbies
0:22	0:20	0:41	0:32	0:26	0:38	68–77	Hobbies, total
0:24	0:23	0:16	1:12	0:58	0:35	78	Resting
0:08	0:11	0:12	0:06	0:06	0:09	79	Travelling
0:01	0:01	0:01	0:01	0:01	0:01	80	Driving for pleasure
0:07	0:03	0:03	0:08	0:02	0:04	81	Unspecified free time activity
0:40	0:38	0:31	1:27	1:08	0:48	78–81	Other free time activity, total
6:26	6:11	6:29	8:41	8:16	8:07	41–81	Free time activity, total
0:02	0:08	0:10	0:06	0:28	0:27	82	Unspecified time use
24:00	24:00	24:00	24:00	24:00	24:00	01–82	Total
1,065,000	1,394,000	1,573,000	675,000	707,000	872,000	Size of population	
3,955	3,394	2,779	1,084	1,327	1,314	Number of survey days	

3 Time use of men aged 10 or over (82 classes) by age in 1987–1988, 1999–2000 and 2009–2010

Activity		Hours:minutes per day								
		Age								
		10–14 years			15–24 years			25–44 years		
		1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010
01	Gainful employment	0:05	0:04	0:02	2:46	1:51	1:22	5:14	4:46	4:20
02	Time connected with gainful employment	0:00	0:00	0:00	0:01	0:01	0:01	0:02	0:02	0:03
03	Travel to/from work	0:00	0:00	0:00	0:13	0:11	0:08	0:25	0:22	0:23
01–03	Gainful employment, total	0:05	0:04	0:02	3:00	2:03	1:30	5:40	5:10	4:46
04	Food preparation	0:02	0:04	0:03	0:08	0:08	0:12	0:16	0:17	0:18
05	Baking, preserving	0:01	0:01	0:01	0:00	0:01	0:00	0:01	0:01	0:00
06	Dish washing	0:01	0:01	0:01	0:02	0:01	0:02	0:04	0:04	0:04
07	Cleaning	0:07	0:10	0:08	0:07	0:12	0:10	0:10	0:16	0:17
08	Laundry, ironing	0:00	0:00	0:00	0:01	0:01	0:01	0:02	0:03	0:02
09	Producing textiles	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
10	Caring for textiles	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
11	Heating and water	0:02	0:02	0:01	0:03	0:01	0:01	0:07	0:04	0:03
12	Construction and repairs	0:04	0:04	0:01	0:05	0:03	0:03	0:13	0:15	0:16
13	Gardening and pet care	0:04	0:05	0:03	0:04	0:02	0:03	0:10	0:07	0:09
14	Vehicle repair and maintenance	0:04	0:01	0:01	0:14	0:09	0:05	0:09	0:05	0:06
15	Help to a family member	0:03	0:00	0:00	0:01	0:01	0:00	0:00	0:00	0:00
16	Help to other households	0:07	0:02	0:03	0:06	0:06	0:07	0:06	0:08	0:14
17	Other domestic work	0:02	0:01	0:03	0:02	0:01	0:02	0:03	0:04	0:04
18	Travel related to domestic work	0:02	0:01	0:00	0:04	0:04	0:04	0:06	0:05	0:07
04–18	Household upkeep and maintenance, total	0:39	0:32	0:25	0:55	0:50	0:50	1:28	1:29	1:41
19	Physical care and supervision of child	0:01	0:00	0:00	0:01	0:01	0:01	0:09	0:10	0:15
20	Reading and playing with child	0:03	0:00	0:00	0:01	0:00	0:01	0:07	0:08	0:09
21	Outdoors with child	0:00	0:00	0:00	0:00	0:00	0:00	0:02	0:02	0:02
22	Other childcare	0:00	0:00	0:00	0:00	0:00	0:00	0:01	0:02	0:03
23	Travel related to childcare	0:00	0:00	0:00	0:00	0:00	0:00	0:03	0:03	0:03
19–23	Childcare, total	0:04	0:01	0:01	0:02	0:01	0:02	0:20	0:25	0:32
24	Shopping	0:09	0:14	0:06	0:13	0:16	0:13	0:15	0:18	0:18
25	Commercial and administrative services	0:01	0:01	0:01	0:03	0:02	0:04	0:04	0:03	0:03
26	Unspecified services	0:01	0:00	0:00	0:02	0:01	0:01	0:03	0:01	0:01
27	Travel related to shopping and services	0:06	0:06	0:06	0:10	0:10	0:09	0:11	0:11	0:10
24–27	Shopping and services, total	0:18	0:20	0:14	0:28	0:28	0:26	0:33	0:33	0:32
04–27	Domestic work, total	1:03	0:53	0:40	1:25	1:19	1:19	2:21	2:27	2:45
28	Sleep	9:48	9:39	9:50	8:56	9:09	9:06	8:03	8:18	8:19
29	Meals	1:06	1:12	1:13	1:07	1:12	1:15	1:17	1:16	1:19
30	Washing and dressing	0:23	0:21	0:24	0:28	0:24	0:24	0:27	0:23	0:25
31	Sauna	0:07	0:07	0:09	0:08	0:07	0:06	0:11	0:11	0:10
32	Sick in bed	0:02	0:03	0:04	0:03	0:01	0:02	0:04	0:01	0:02
33	Other personal care	0:00	0:01	0:03	0:01	0:02	0:06	0:01	0:03	0:05
34	Travel related to personal care	0:01	0:01	0:02	0:03	0:04	0:01	0:03	0:03	0:02
28–34	Personal care, total	11:27	11:24	11:45	10:46	10:59	11:01	10:06	10:14	10:22
35	Studying at school or university	2:37	2:17	2:46	1:25	1:39	1:38	0:05	0:06	0:06
36	Homework	0:27	0:22	0:15	0:23	0:24	0:26	0:02	0:04	0:04
37	Travel to/from school or university	0:20	0:18	0:24	0:11	0:15	0:19	0:01	0:01	0:01
38	Free time study	0:01	0:01	0:01	0:04	0:03	0:00	0:03	0:03	0:01
39	Travel related to free time study	0:00	0:00	0:00	0:01	0:00	0:00	0:00	0:00	0:00
40	Unspecified study	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
35–40	Study, total	3:25	2:57	3:26	2:03	2:22	2:23	0:11	0:14	0:12

All days of the week

						Activity	
45-64 years			65+				
1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010		
3:47	3:50	3:13	0:25	0:18	0:12	01	Gainful employment
0:02	0:01	0:01	0:00	0:00	0:00	02	Time connected with gainful employment
0:15	0:18	0:17	0:01	0:01	0:01	03	Travel to/from work
4:04	4:10	3:31	0:25	0:19	0:13	01-03	Gainful employment, total
0:21	0:24	0:24	0:28	0:26	0:26	04	Food preparation
0:01	0:01	0:01	0:01	0:01	0:02	05	Baking, preserving
0:05	0:05	0:04	0:09	0:07	0:07	06	Dish washing
0:10	0:17	0:20	0:15	0:23	0:20	07	Cleaning
0:02	0:02	0:03	0:04	0:02	0:01	08	Laundry, ironing
0:00	0:00	0:00	0:00	0:00	0:00	09	Producing textiles
0:00	0:00	0:00	0:01	0:01	0:00	10	Caring for textiles
0:15	0:15	0:13	0:13	0:24	0:22	11	Heating and water
0:19	0:13	0:13	0:08	0:18	0:18	12	Construction and repairs
0:20	0:19	0:16	0:28	0:27	0:30	13	Gardening and pet care
0:09	0:08	0:09	0:03	0:06	0:06	14	Vehicle repair and maintenance
0:01	0:01	0:01	0:02	0:02	0:01	15	Help to a family member
0:10	0:12	0:10	0:04	0:16	0:07	16	Help to other households
0:07	0:05	0:05	0:06	0:07	0:08	17	Other domestic work
0:07	0:07	0:08	0:04	0:06	0:05	18	Travel related to domestic work
2:05	2:08	2:07	2:07	2:46	2:34	04-18	Household upkeep and maintenance, total
0:01	0:01	0:01	0:02	0:00	0:00	19	Physical care and supervision of child
0:00	0:01	0:01	0:02	0:00	0:00	20	Reading and playing with child
0:00	0:00	0:00	0:00	0:00	0:00	21	Outdoors with child
0:00	0:01	0:01	0:00	0:00	0:00	22	Other childcare
0:01	0:01	0:01	0:00	0:00	0:00	23	Travel related to childcare
0:03	0:04	0:06	0:03	0:00	0:00	19-23	Childcare, total
0:15	0:21	0:21	0:17	0:24	0:27	24	Shopping
0:05	0:05	0:05	0:08	0:05	0:08	25	Commercial and administrative services
0:03	0:02	0:01	0:02	0:03	0:01	26	Unspecified services
0:12	0:12	0:12	0:15	0:10	0:13	27	Travel related to shopping and services
0:36	0:40	0:40	0:42	0:42	0:49	24-27	Shopping and services, total
3:44	3:52	2:52	2:52	3:28	3:23	04-27	Domestic work, total
8:14	8:04	8:13	8:47	8:49	8:48	28	Sleep
1:28	1:26	1:25	1:44	1:42	1:40	29	Meals
0:28	0:23	0:24	0:38	0:27	0:29	30	Washing and dressing
0:10	0:12	0:14	0:09	0:11	0:12	31	Sauna
0:02	0:07	0:01	0:03	0:02	0:04	32	Sick in bed
0:01	0:04	0:07	0:04	0:05	0:10	33	Other personal care
0:02	0:03	0:02	0:01	0:01	0:02	34	Travel related to personal care
10:26	10:19	10:26	11:25	11:18	11:24	28-34	Personal care, total
0:00	0:02	0:01	0:00	0:00	0:00	35	Studying at school or university
0:00	0:00	0:00	0:00	0:00	0:00	36	Homework
0:00	0:01	0:00	0:00	0:00	0:00	37	Travel to/from school or university
0:03	0:03	0:01	0:02	0:01	0:02	38	Free time study
0:00	0:00	0:00	0:00	0:00	0:00	39	Travel related to free time study
0:00	0:00	0:00	0:00	0:00	0:00	40	Unspecified study
0:04	0:06	0:03	0:02	0:01	0:02	35-40	Study, total

3 Time use of men aged 10 or over (82 classes) by age in 1987–1988, 1999–2000 and 2009–2010 (continued)

All days of the week

Activity	Hours:minutes per day									
	Age									
	10–14 years			15–24 years			25–44 years			
	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	
41	Activity in organisations	0:02	0:02	0:01	0:02	0:03	0:04	0:05	0:06	0:05
42	Religious activity	0:01	0:01	0:05	0:02	0:01	0:02	0:02	0:01	0:01
43	Travel related to activity in organisations	0:01	0:01	0:01	0:01	0:01	0:01	0:01	0:02	0:01
41–43	Participatory activities, total	0:04	0:04	0:07	0:05	0:06	0:06	0:08	0:09	0:07
44	Outdoor activity, walking	0:06	0:06	0:06	0:07	0:10	0:07	0:10	0:11	0:12
45	Other physical exercise	1:21	1:18	1:00	0:25	0:30	0:35	0:14	0:16	0:19
46	Hunting, fishing, picking mushrooms	0:04	0:07	0:02	0:06	0:03	0:04	0:09	0:05	0:03
47	Sports related activities	0:01	0:02	0:01	0:02	0:01	0:02	0:01	0:02	0:01
48	Travel related to outdoor activity	0:09	0:11	0:07	0:06	0:07	0:07	0:05	0:05	0:05
44–48	Sports and outdoor activity, total	1:42	1:44	1:15	0:47	0:52	0:55	0:38	0:40	0:40
49	Sports events	0:03	0:00	0:03	0:02	0:02	0:00	0:03	0:02	0:02
50	Cinema	0:01	0:00	0:00	0:02	0:02	0:02	0:00	0:01	0:00
51	Theatre, concerts, museums	0:00	0:00	0:00	0:00	0:05	0:00	0:01	0:01	0:01
52	Library	0:01	0:01	0:00	0:01	0:01	0:01	0:01	0:01	0:00
53	Other entertainment and culture	0:04	0:01	0:06	0:02	0:01	0:01	0:01	0:02	0:03
54	Travel related to entertainment and culture	0:04	0:01	0:01	0:03	0:03	0:01	0:03	0:02	0:04
49–54	Entertainment and culture, total	0:13	0:03	0:11	0:10	0:14	0:06	0:09	0:09	0:11
55	Reading newspapers	0:03	0:01	0:01	0:11	0:03	0:01	0:19	0:12	0:07
56	Reading periodicals	0:18	0:09	0:09	0:09	0:02	0:02	0:04	0:03	0:01
57	Reading books	0:14	0:07	0:11	0:11	0:05	0:09	0:13	0:07	0:07
58	Unspecified reading	0:07	0:09	0:07	0:07	0:08	0:06	0:08	0:11	0:07
55–58	Reading, total	0:42	0:25	0:28	0:39	0:18	0:17	0:45	0:33	0:21
59	Listening to radio	0:02	0:02	0:02	0:08	0:03	0:00	0:08	0:02	0:02
60	Watching television	1:59	2:26	1:46	1:53	2:19	1:38	1:44	2:12	2:00
59–60	Radio and television, total	2:01	2:28	1:49	2:01	2:22	1:38	1:52	2:14	2:03
61	Socialising with family	0:10	0:06	0:08	0:07	0:04	0:05	0:12	0:08	0:07
62	Visiting	0:21	0:23	0:19	0:29	0:33	0:30	0:26	0:20	0:15
63	Receiving visitors	0:05	0:03	0:03	0:08	0:05	0:03	0:10	0:06	0:07
64	Telephone conversations	0:01	0:01	0:01	0:03	0:03	0:03	0:04	0:04	0:03
65	Socialising in a café or a restaurant	0:01	0:00	0:00	0:17	0:11	0:13	0:11	0:11	0:08
66	Other socialising	0:30	0:23	0:12	0:13	0:16	0:14	0:06	0:07	0:04
67	Travel related to socialising	0:15	0:08	0:07	0:20	0:14	0:17	0:13	0:10	0:10
61–67	Socialising, total	1:23	1:05	0:50	1:37	1:27	1:26	1:22	1:06	0:53
68	Handicrafts	0:01	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
69	Playing a musical instrument, drawing, etc.	0:07	0:06	0:08	0:06	0:06	0:09	0:02	0:05	0:04
70	Computing	0:20	1:13	1:35	0:05	0:46	2:09	0:01	0:12	0:52
71	Parlour games and play	0:25	0:20	0:20	0:06	0:07	0:04	0:03	0:02	0:02
72	Solo games and play	0:09	0:04	0:12	0:02	0:01	0:01	0:01	0:01	0:01
73	Gambling	0:00	0:00	0:00	0:01	0:00	0:00	0:00	0:01	0:00
74	Records and cassettes	0:06	0:08	0:04	0:18	0:13	0:07	0:03	0:03	0:03
75	Correspondence	0:00	0:00	0:00	0:01	0:00	0:00	0:00	0:00	0:00
76	Other hobbies	0:05	0:06	0:06	0:01	0:01	0:06	0:02	0:02	0:02
77	Travel related to hobbies	0:01	0:03	0:01	0:01	0:02	0:01	0:00	0:01	0:02
68–77	Hobbies, total	1:14	2:01	2:26	0:41	1:16	2:36	0:12	0:25	1:06

All days of the week

Activity

45-64 years			65+				
1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010		
0:08	0:08	0:07	0:07	0:08	0:09	41	Activity in organisations
0:02	0:01	0:01	0:04	0:03	0:01	42	Religious activity
0:02	0:01	0:02	0:04	0:03	0:01	43	Travel related to activity in organisations
0:12	0:10	0:10	0:15	0:14	0:11	41-43	Participatory activities, total
0:17	0:20	0:20	0:27	0:25	0:25	44	Outdoor activity, walking
0:10	0:16	0:17	0:13	0:12	0:19	45	Other physical exercise
0:11	0:10	0:08	0:10	0:08	0:10	46	Hunting, fishing, picking mushrooms
0:01	0:03	0:02	0:01	0:01	0:02	47	Sports related activities
0:04	0:04	0:06	0:03	0:01	0:04	48	Travel related to outdoor activity
0:42	0:52	0:53	0:54	0:47	1:01	44-48	Sports and outdoor activity, total
0:02	0:01	0:02	0:01	0:04	0:01	49	Sports events
0:00	0:00	0:00	0:00	0:00	0:00	50	Cinema
0:01	0:01	0:01	0:00	0:01	0:02	51	Theatre, concerts, museums
0:00	0:01	0:00	0:00	0:01	0:01	52	Library
0:01	0:01	0:01	0:01	0:00	0:01	53	Other entertainment and culture
0:03	0:01	0:02	0:01	0:02	0:01	54	Travel related to entertainment and culture
0:07	0:06	0:06	0:04	0:08	0:06	49-54	Entertainment and culture, total
0:30	0:23	0:18	0:47	0:35	0:37	55	Reading newspapers
0:07	0:03	0:02	0:09	0:04	0:06	56	Reading periodicals
0:14	0:12	0:10	0:14	0:14	0:14	57	Reading books
0:15	0:17	0:15	0:16	0:20	0:26	58	Unspecified reading
1:05	0:55	0:46	1:27	1:13	1:23	55-58	Reading, total
0:25	0:11	0:10	0:58	0:31	0:17	59	Listening to radio
2:00	2:25	2:47	2:13	3:10	3:23	60	Watching television
2:25	2:36	2:57	3:11	3:42	3:39	59-60	Radio and television, total
0:09	0:05	0:04	0:13	0:03	0:03	61	Socialising with family
0:24	0:15	0:20	0:21	0:15	0:11	62	Visiting
0:13	0:08	0:07	0:26	0:15	0:12	63	Receiving visitors
0:04	0:04	0:04	0:03	0:04	0:04	64	Telephone conversations
0:06	0:04	0:03	0:04	0:01	0:00	65	Socialising in a café or a restaurant
0:04	0:05	0:03	0:06	0:05	0:03	66	Other socialising
0:11	0:06	0:08	0:07	0:07	0:05	67	Travel related to socialising
1:12	0:48	0:47	1:21	0:51	0:38	61-67	Socialising, total
0:01	0:01	0:00	0:06	0:00	0:00	68	Handicrafts
0:03	0:02	0:03	0:03	0:04	0:04	69	Playing a musical instrument, drawing, etc.
0:00	0:05	0:28	0:00	0:03	0:16	70	Computing
0:02	0:01	0:02	0:01	0:02	0:02	71	Parlour games and play
0:02	0:03	0:03	0:05	0:03	0:11	72	Solo games and play
0:01	0:01	0:01	0:02	0:00	0:01	73	Gambling
0:02	0:02	0:04	0:03	0:01	0:01	74	Records and cassettes
0:00	0:00	0:00	0:01	0:01	0:01	75	Correspondence
0:03	0:01	0:02	0:00	0:02	0:03	76	Other hobbies
0:01	0:01	0:00	0:00	0:01	0:01	77	Travel related to hobbies
0:15	0:17	0:43	0:21	0:17	0:38	68-77	Hobbies, total

3 Time use of men aged 10 or over (82 classes) by age in 1987–1988, 1999–2000 and 2009–2010 (continued)

All days of the week

Activity	Hours:minutes per day								
	Age			15–24 years			25–44 years		
	10–14 years								
	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010
78 Resting	0:10	0:14	0:13	0:12	0:13	0:12	0:13	0:16	0:12
79 Travelling	0:09	0:10	0:15	0:07	0:15	0:11	0:10	0:13	0:09
80 Driving for pleasure	0:10	0:02	0:06	0:21	0:05	0:03	0:03	0:01	0:03
81 Unspecified free time activity	0:11	0:04	0:09	0:06	0:02	0:05	0:05	0:02	0:03
78–81 Other free time activity, total	0:39	0:30	0:43	0:45	0:36	0:31	0:32	0:32	0:27
41–81 Free time activity, total	7:59	8:21	7:48	6:45	7:11	7:36	5:38	5:48	5:47
82 Unspecified time use	0:02	0:20	0:19	0:02	0:07	0:11	0:02	0:06	0:08
01–82 Total	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00
Size of population	162,500	146,000	152,000	335,000	277,000	320,000	822,000	716,000	626,000
Number of survey days	881	382	260	1,213	830	446	2,992	1,495	886

All days of the week

						Activity	
45-64 years			65+				
1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010		
0:27	0:25	0:17	1:19	1:03	0:38	78	Resting
0:06	0:09	0:10	0:03	0:09	0:11	79	Travelling
0:02	0:01	0:02	0:01	0:01	0:01	80	Driving for pleasure
0:08	0:03	0:03	0:12	0:03	0:05	81	Unspecified free time activity
0:43	0:39	0:33	1:34	1:16	0:55	78-81	Other free time activity, total
6:41	6:23	6:55	9:07	8:26	8:31	41-81	Free time activity, total
0:02	0:10	0:13	0:07	0:28	0:27	82	Unspecified time use
24:00	24:00	24:00	24:00	24:00	24:00	01-82	Total
532,000	671,000	789,000	240,000	270,000	372,000	Size of population	
1,928	1,621	1,333	391	582	596	Number of survey days	

4 Time use of women aged 10 or over (82 classes) by age in 1987–1988, 1999–2000 and 2009–2010 (continued)

All days of the week

Activity	Hours:minutes per day								
	Age			15–24 years			25–44 years		
	10–14 years			1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010
01 Gainful employment	0:07	0:00	0:06	2:05	1:18	1:29	3:37	3:11	2:53
02 Time connected with gainful employment	0:00	0:00	0:00	0:01	0:02	0:02	0:01	0:02	0:01
03 Travel to/from work	0:00	0:00	0:00	0:12	0:09	0:10	0:19	0:18	0:18
01–03 Gainful employment, total	0:07	0:00	0:06	2:18	1:30	1:41	3:57	3:30	3:12
04 Food preparation	0:05	0:04	0:03	0:18	0:17	0:15	0:51	0:41	0:35
05 Baking, preserving	0:03	0:02	0:02	0:05	0:03	0:04	0:09	0:06	0:05
06 Dish washing	0:03	0:01	0:01	0:07	0:05	0:03	0:18	0:14	0:12
07 Cleaning	0:16	0:17	0:16	0:22	0:26	0:20	0:38	0:42	0:39
08 Laundry, ironing	0:01	0:01	0:00	0:07	0:06	0:02	0:17	0:19	0:13
09 Producing textiles	0:01	0:00	0:01	0:03	0:02	0:01	0:06	0:02	0:01
10 Caring for textiles	0:00	0:00	0:00	0:00	0:00	0:00	0:01	0:01	0:01
11 Heating and water	0:00	0:01	0:00	0:01	0:01	0:01	0:03	0:02	0:02
12 Construction and repairs	0:01	0:01	0:01	0:01	0:01	0:01	0:02	0:03	0:04
13 Gardening and pet care	0:07	0:06	0:03	0:05	0:05	0:06	0:11	0:11	0:15
14 Vehicle repair and maintenance	0:00	0:00	0:00	0:02	0:01	0:01	0:01	0:01	0:01
15 Help to a family member	0:01	0:00	0:00	0:01	0:00	0:00	0:01	0:00	0:01
16 Help to other households	0:04	0:03	0:04	0:06	0:07	0:08	0:03	0:08	0:08
17 Other domestic work	0:02	0:01	0:01	0:02	0:02	0:03	0:04	0:04	0:08
18 Travel related to domestic work	0:01	0:02	0:01	0:03	0:03	0:05	0:02	0:04	0:05
04–18 Household upkeep and maintenance, total	0:46	0:38	0:33	1:22	1:19	1:09	2:47	2:36	2:28
19 Physical care and supervision of child	0:02	0:01	0:01	0:09	0:12	0:04	0:36	0:37	0:47
20 Reading and playing with child	0:04	0:01	0:02	0:03	0:05	0:03	0:11	0:11	0:14
21 Outdoors with child	0:00	0:00	0:00	0:01	0:02	0:00	0:05	0:07	0:06
22 Other childcare	0:00	0:00	0:00	0:00	0:00	0:01	0:02	0:04	0:06
23 Travel related to childcare	0:01	0:00	0:01	0:01	0:01	0:01	0:05	0:06	0:08
19–23 Childcare, total	0:07	0:02	0:03	0:14	0:19	0:08	0:57	1:05	1:21
24 Shopping	0:13	0:13	0:16	0:22	0:25	0:18	0:21	0:27	0:25
25 Commercial and administrative services	0:02	0:02	0:01	0:04	0:04	0:03	0:05	0:06	0:06
26 Unspecified services	0:02	0:00	0:02	0:02	0:01	0:00	0:01	0:02	0:01
27 Travel related to shopping and services	0:08	0:06	0:08	0:14	0:14	0:11	0:14	0:15	0:15
24–27 Shopping and services, total	0:24	0:21	0:28	0:43	0:44	0:33	0:42	0:50	0:46
04–27 Domestic work, total	1:17	1:01	1:05	2:19	2:22	1:50	4:26	4:31	4:35
28 Sleep	9:31	9:42	9:44	8:52	9:00	9:03	8:15	8:26	8:26
29 Meals	1:09	1:08	1:09	1:03	1:11	1:12	1:10	1:16	1:22
30 Washing and dressing	0:34	0:36	0:38	0:43	0:45	0:48	0:35	0:35	0:40
31 Sauna	0:07	0:06	0:06	0:07	0:04	0:06	0:09	0:09	0:10
32 Sick in bed	0:04	0:03	0:02	0:01	0:03	0:03	0:03	0:03	0:04
33 Other personal care	0:00	0:01	0:03	0:01	0:02	0:04	0:01	0:02	0:06
34 Travel related to personal care	0:01	0:01	0:01	0:02	0:03	0:02	0:01	0:02	0:02
28–34 Personal care, total	11:26	11:38	11:42	10:50	11:08	11:18	10:14	10:32	10:49
35 Studying at school or university	2:48	2:26	2:26	1:17	1:32	1:32	0:05	0:10	0:05
36 Homework	0:36	0:22	0:17	0:27	0:31	0:31	0:03	0:06	0:06
37 Travel to/from school or university	0:21	0:22	0:22	0:12	0:15	0:20	0:01	0:02	0:02
38 Free time study	0:02	0:00	0:02	0:04	0:03	0:02	0:04	0:02	0:02
39 Travel related to free time study	0:01	0:00	0:00	0:01	0:00	0:00	0:01	0:00	0:00
40 Unspecified study	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
35–40 Study, total	3:48	3:11	3:08	2:00	2:22	2:25	0:13	0:21	0:16

All days of the week

Activity

45-64 years			65+				
1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010		
2:45	2:51	2:51	0:06	0:07	0:02	01	Gainful employment
0:01	0:01	0:02	0:00	0:00	0:00	02	Time connected with gainful employment
0:12	0:15	0:16	0:00	0:00	0:00	03	Travel to/from work
2:58	3:07	3:09	0:06	0:07	0:03	01-03	Gainful employment, total
1:06	0:51	0:43	1:09	1:04	0:59	04	Food preparation
0:13	0:11	0:09	0:10	0:09	0:13	05	Baking, preserving
0:26	0:16	0:16	0:30	0:21	0:24	06	Dish washing
0:42	0:42	0:39	0:37	0:43	0:45	07	Cleaning
0:18	0:20	0:14	0:12	0:16	0:12	08	Laundry, ironing
0:06	0:03	0:02	0:08	0:04	0:03	09	Producing textiles
0:02	0:01	0:01	0:01	0:01	0:02	10	Caring for textiles
0:07	0:04	0:05	0:09	0:04	0:06	11	Heating and water
0:01	0:04	0:04	0:00	0:02	0:02	12	Construction and repairs
0:17	0:21	0:18	0:17	0:19	0:20	13	Gardening and pet care
0:00	0:01	0:01	0:00	0:01	0:01	14	Vehicle repair and maintenance
0:02	0:01	0:02	0:01	0:02	0:03	15	Help to a family member
0:09	0:17	0:19	0:06	0:08	0:10	16	Help to other households
0:06	0:06	0:07	0:05	0:05	0:05	17	Other domestic work
0:03	0:05	0:06	0:02	0:04	0:04	18	Travel related to domestic work
3:38	3:23	3:05	3:25	3:23	3:28	04-18	Household upkeep and maintenance, total
0:02	0:01	0:01	0:00	0:00	0:00	19	Physical care and supervision of child
0:01	0:00	0:00	0:00	0:00	0:00	20	Reading and playing with child
0:00	0:00	0:00	0:00	0:00	0:00	21	Outdoors with child
0:00	0:01	0:01	0:00	0:00	0:00	22	Other childcare
0:00	0:01	0:02	0:00	0:00	0:00	23	Travel related to childcare
0:02	0:03	0:04	0:00	0:00	0:00	19-23	Childcare, total
0:20	0:25	0:23	0:14	0:20	0:24	24	Shopping
0:06	0:06	0:06	0:07	0:04	0:05	25	Commercial and administrative services
0:03	0:01	0:01	0:04	0:02	0:01	26	Unspecified services
0:15	0:13	0:13	0:12	0:11	0:13	27	Travel related to shopping and services
0:43	0:44	0:43	0:37	0:36	0:43	24-27	Shopping and services, total
4:23	4:10	3:53	4:03	3:59	4:11	04-27	Domestic work, total
8:15	8:22	8:22	8:51	8:53	8:56	28	Sleep
1:17	1:20	1:25	1:28	1:31	1:31	29	Meals
0:36	0:34	0:37	0:36	0:34	0:41	30	Washing and dressing
0:10	0:10	0:09	0:08	0:07	0:08	31	Sauna
0:04	0:01	0:01	0:07	0:04	0:03	32	Sick in bed
0:02	0:03	0:05	0:05	0:08	0:09	33	Other personal care
0:01	0:01	0:01	0:00	0:00	0:01	34	Travel related to personal care
10:25	10:30	10:42	11:16	11:16	11:28	28-34	Personal care, total
0:01	0:01	0:01	0:00	0:00	0:00	35	Studying at school or university
0:00	0:01	0:01	0:00	0:00	0:00	36	Homework
0:00	0:00	0:00	0:00	0:00	0:00	37	Travel to/from school or university
0:03	0:02	0:03	0:01	0:01	0:02	38	Free time study
0:00	0:00	0:00	0:00	0:00	0:00	39	Travel related to free time study
0:00	0:00	0:00	0:00	0:00	0:00	40	Unspecified study
0:04	0:04	0:06	0:01	0:01	0:02	35-40	Study, total

4 Time use of women aged 10 or over (82 classes) by age in 1987–1988, 1999–2000 and 2009–2010 (continued)

All days of the week

Activity	Hours:minutes per day									
	Age									
	10–14 years			15–24 years			25–44 years			
	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	
41	Activity in organisations	0:03	0:08	0:02	0:04	0:02	0:03	0:04	0:04	0:05
42	Religious activity	0:01	0:02	0:02	0:02	0:03	0:01	0:04	0:01	0:01
43	Travel related to activity in organisations	0:02	0:01	0:01	0:01	0:01	0:01	0:02	0:01	0:02
41–43	Participatory activities, total	0:06	0:11	0:04	0:07	0:06	0:05	0:09	0:07	0:07
44	Outdoor activity, walking	0:09	0:08	0:07	0:12	0:13	0:13	0:12	0:16	0:17
45	Other physical exercise	0:38	0:40	0:43	0:14	0:16	0:18	0:09	0:12	0:12
46	Hunting, fishing, picking mushrooms	0:01	0:01	0:03	0:02	0:01	0:01	0:03	0:01	0:01
47	Sports related activities	0:06	0:05	0:03	0:02	0:02	0:03	0:01	0:01	0:01
48	Travel related to outdoor activity	0:06	0:07	0:06	0:04	0:05	0:05	0:02	0:04	0:03
44–48	Sports and outdoor activity, total	1:00	1:00	1:01	0:34	0:36	0:41	0:26	0:34	0:34
49	Sports events	0:01	0:02	0:03	0:03	0:01	0:01	0:01	0:01	0:01
50	Cinema	0:00	0:01	0:00	0:02	0:03	0:03	0:01	0:01	0:01
51	Theatre, concerts, museums	0:00	0:02	0:00	0:01	0:03	0:03	0:01	0:01	0:02
52	Library	0:02	0:02	0:01	0:01	0:02	0:01	0:00	0:01	0:00
53	Other entertainment and culture	0:02	0:02	0:07	0:01	0:01	0:01	0:02	0:01	0:02
54	Travel related to entertainment and culture	0:03	0:04	0:05	0:03	0:03	0:03	0:02	0:03	0:02
49–54	Entertainment and culture, total	0:09	0:12	0:16	0:12	0:13	0:12	0:07	0:08	0:07
55	Reading newspapers	0:02	0:01	0:01	0:08	0:05	0:02	0:14	0:08	0:07
56	Reading periodicals	0:12	0:06	0:06	0:07	0:05	0:02	0:07	0:03	0:02
57	Reading books	0:34	0:14	0:15	0:23	0:15	0:11	0:17	0:11	0:10
58	Unspecified reading	0:10	0:18	0:12	0:06	0:11	0:07	0:06	0:13	0:11
55–58	Reading, total	0:58	0:39	0:34	0:44	0:35	0:22	0:45	0:34	0:30
59	Listening to radio	0:04	0:04	0:01	0:05	0:04	0:01	0:06	0:02	0:01
60	Watching television	1:42	2:20	1:50	1:38	2:06	1:40	1:20	1:40	1:26
59–60	Radio and television, total	1:47	2:24	1:51	1:43	2:11	1:41	1:25	1:42	1:27
61	Socialising with family	0:12	0:08	0:06	0:10	0:07	0:07	0:15	0:12	0:11
62	Visiting	0:28	0:28	0:28	0:33	0:27	0:29	0:26	0:20	0:18
63	Receiving visitors	0:11	0:06	0:04	0:15	0:08	0:08	0:17	0:08	0:10
64	Telephone conversations	0:03	0:05	0:01	0:07	0:10	0:06	0:09	0:09	0:09
65	Socialising in a café or a restaurant	0:04	0:01	0:00	0:16	0:12	0:13	0:06	0:05	0:05
66	Other socialising	0:30	0:26	0:20	0:15	0:13	0:15	0:05	0:06	0:06
67	Travel related to socialising	0:18	0:11	0:14	0:22	0:16	0:17	0:12	0:10	0:10
61–67	Socialising, total	1:45	1:25	1:14	1:58	1:33	1:34	1:29	1:10	1:08
68	Handicrafts	0:06	0:01	0:00	0:07	0:01	0:02	0:09	0:02	0:03
69	Playing a musical instrument, drawing, etc.	0:16	0:17	0:24	0:07	0:07	0:05	0:02	0:03	0:03
70	Computing	0:02	0:23	0:59	0:01	0:11	1:13	0:00	0:03	0:28
71	Parlour games and play	0:19	0:17	0:19	0:06	0:06	0:04	0:02	0:01	0:03
72	Solo games and play	0:09	0:06	0:10	0:03	0:02	0:01	0:02	0:02	0:02
73	Gambling	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
74	Records and cassettes	0:09	0:10	0:03	0:10	0:12	0:10	0:01	0:02	0:02
75	Correspondence	0:05	0:03	0:00	0:04	0:03	0:00	0:01	0:00	0:00
76	Other hobbies	0:02	0:05	0:01	0:02	0:01	0:01	0:01	0:01	0:00
77	Travel related to hobbies	0:01	0:02	0:03	0:00	0:01	0:01	0:00	0:00	0:00
68–77	Hobbies, total	1:09	1:23	2:01	0:40	0:44	1:38	0:18	0:14	0:43

All days of the week

Activity

45-64 years

65+

1987-1988

1999-2000

2009-2010

1987-1988

1999-2000

2009-2010

0:04	0:05	0:04	0:04	0:07	0:07	41	Activity in organisations
0:05	0:02	0:01	0:08	0:07	0:04	42	Religious activity
0:03	0:01	0:01	0:03	0:02	0:01	43	Travel related to activity in organisations
0:12	0:08	0:06	0:14	0:15	0:12	41-43	Participatory activities, total
0:16	0:22	0:26	0:17	0:23	0:21	44	Outdoor activity, walking
0:08	0:11	0:12	0:05	0:11	0:11	45	Other physical exercise
0:04	0:04	0:05	0:03	0:04	0:05	46	Hunting, fishing, picking mushrooms
0:00	0:01	0:00	0:00	0:00	0:00	47	Sports related activities
0:02	0:03	0:03	0:01	0:02	0:02	48	Travel related to outdoor activity
0:29	0:41	0:48	0:25	0:39	0:39	44-48	Sports and outdoor activity, total
0:01	0:01	0:01	0:00	0:01	0:00	49	Sports events
0:00	0:00	0:00	0:00	0:00	0:00	50	Cinema
0:01	0:02	0:02	0:00	0:01	0:02	51	Theatre, concerts, museums
0:01	0:00	0:01	0:00	0:01	0:01	52	Library
0:01	0:01	0:01	0:01	0:00	0:01	53	Other entertainment and culture
0:02	0:02	0:02	0:01	0:02	0:01	54	Travel related to entertainment and culture
0:05	0:07	0:07	0:03	0:05	0:05	49-54	Entertainment and culture, total
0:23	0:17	0:15	0:35	0:29	0:28	55	Reading newspapers
0:09	0:04	0:04	0:12	0:06	0:06	56	Reading periodicals
0:16	0:16	0:17	0:19	0:18	0:21	57	Reading books
0:10	0:18	0:16	0:12	0:20	0:25	58	Unspecified reading
0:58	0:56	0:51	1:19	1:12	1:20	55-58	Reading, total
0:16	0:08	0:05	0:49	0:23	0:20	59	Listening to radio
1:38	2:06	2:02	2:15	2:55	2:54	60	Watching television
1:54	2:13	2:07	3:04	3:19	3:15	59-60	Radio and television, total
0:09	0:06	0:04	0:06	0:03	0:03	61	Socialising with family
0:26	0:18	0:16	0:27	0:14	0:18	62	Visiting
0:20	0:11	0:10	0:29	0:19	0:15	63	Receiving visitors
0:11	0:11	0:11	0:11	0:16	0:14	64	Telephone conversations
0:02	0:01	0:02	0:00	0:01	0:00	65	Socialising in a café or a restaurant
0:05	0:03	0:03	0:04	0:04	0:02	66	Other socialising
0:10	0:06	0:08	0:09	0:06	0:05	67	Travel related to socialising
1:23	0:57	0:55	1:25	1:03	0:57	61-67	Socialising, total
0:17	0:08	0:09	0:26	0:18	0:12	68	Handicrafts
0:03	0:02	0:03	0:01	0:02	0:03	69	Playing a musical instrument, drawing, etc.
0:00	0:02	0:16	0:00	0:01	0:05	70	Computing
0:01	0:02	0:02	0:01	0:02	0:01	71	Parlour games and play
0:02	0:04	0:04	0:03	0:06	0:11	72	Solo games and play
0:01	0:00	0:00	0:00	0:01	0:01	73	Gambling
0:01	0:01	0:01	0:02	0:02	0:01	74	Records and cassettes
0:01	0:01	0:01	0:02	0:02	0:01	75	Correspondence
0:01	0:01	0:01	0:01	0:01	0:02	76	Other hobbies
0:01	0:01	0:01	0:00	0:00	0:01	77	Travel related to hobbies
0:28	0:23	0:39	0:36	0:33	0:38	68-77	Hobbies, total

4 Time use of women aged 10 or over (82 classes) by age in 1987–1988, 1999–2000 and 2009–2010 (continued)

All days of the week

Activity	Hours:minutes per day								
	Age								
	10–14 years			15–24 years			25–44 years		
	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010	1987–1988	1999–2000	2009–2010
78 Resting	0:09	0:18	0:16	0:09	0:14	0:08	0:12	0:15	0:11
79 Travelling	0:10	0:11	0:09	0:11	0:14	0:14	0:10	0:12	0:07
80 Driving for pleasure	0:02	0:02	0:03	0:07	0:06	0:01	0:01	0:01	0:01
81 Unspecified free time activity	0:07	0:05	0:14	0:06	0:03	0:03	0:04	0:03	0:05
78–81 Other free time activity, total	0:28	0:36	0:42	0:33	0:37	0:25	0:27	0:31	0:24
41–81 Free time activity, total	7:22	7:50	7:43	6:31	6:35	6:39	5:06	5:00	5:01
82 Unspecified time use	0:00	0:19	0:16	0:02	0:05	0:07	0:02	0:05	0:06
01–82 Total	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00
Size of population	154,000	156,000	147,000	372,000	332,000	332,000	763,000	724,000	642,000
Number of survey days	804	426	246	1,431	1,025	521	2,992	1,682	1,028

All days of the week

Activity

45-64 years			65+				
1987-1988	1999-2000	2009-2010	1987-1988	1999-2000	2009-2010		
0:21	0:21	0:14	1:09	0:54	0:32	78	Resting
0:09	0:13	0:13	0:07	0:05	0:08	79	Travelling
0:01	0:01	0:01	0:01	0:02	0:00	80	Driving for pleasure
0:06	0:03	0:03	0:06	0:02	0:03	81	Unspecified free time activity
0:37	0:37	0:30	1:23	1:03	0:43	78-81	Other free time activity, total
6:06	6:02	6:03	8:30	8:09	7:49	41-81	Free time activity, total
0:02	0:07	0:08	0:05	0:27	0:27	82	Unspecified time use
24:00	24:00	24:00	24:00	24:00	24:00	01-82	Total
533,000	723,000	784,000	435,000	437,000	500,000	Size of population	
2,027	1,773	1,446	693	745	718	Number of survey days	

5 Time use of population aged 10 or over (26 classes) by main activity in 1987–1988, 1999–2000 and 2009–2010

Both genders. All days of the week

Activity	Hours:minutes per day							
	Total		Employed		Not employed		Unemployed	
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010
01 Gainful employment	2:35	2:15	4:52	4:19	0:10	0:07	0:08	0:13
02 Travel to and from work	0:13	0:12	0:25	0:24	0:01	0:01	0:01	0:01
01–02 Gainful employment, total	2:48	2:27	5:17	4:43	0:11	0:07	0:09	0:14
03 Housekeeping	1:30	1:24	1:21	1:14	1:39	1:34	2:10	1:47
04 Maintenance	0:24	0:25	0:24	0:24	0:25	0:27	0:33	0:37
05 Other housework	0:15	0:17	0:12	0:18	0:18	0:16	0:28	0:20
06 Childcare	0:15	0:16	0:17	0:22	0:13	0:10	0:14	0:10
07 Shopping and services	0:27	0:26	0:26	0:25	0:28	0:28	0:37	0:25
08 Travel related to domestic work	0:18	0:20	0:19	0:21	0:18	0:18	0:26	0:24
03–08 Domestic work, total	3:10	3:08	3:00	3:03	3:21	3:13	4:28	3:44
09 Sleeping	8:35	8:38	8:14	8:18	8:57	8:58	8:46	8:57
10 Meals	1:20	1:23	1:17	1:19	1:23	1:28	1:20	1:27
11 Washing and dressing	0:47	0:53	0:46	0:51	0:49	0:54	0:40	0:51
09–11 Personal care, total	10:43	10:54	10:18	10:28	11:09	11:20	10:46	11:15
12 School or university	0:33	0:32	0:02	0:08	1:05	0:57	0:06	0:06
13 Travel to/from school or university	0:04	0:05	0:01	0:01	0:08	0:08	0:02	0:00
14 Free time study (incl. related travel)	0:02	0:02	0:03	0:02	0:02	0:02	0:02	0:04
12–14 Study, total	0:39	0:38	0:05	0:11	1:15	1:07	0:10	0:10
15 Participatory activity	0:07	0:07	0:06	0:05	0:09	0:09	0:06	0:06
16 Sports and outdoor activities	0:40	0:43	0:35	0:37	0:47	0:49	0:48	0:57
17 Entertainment and culture	0:06	0:06	0:05	0:06	0:07	0:06	0:07	0:03
18 Reading	0:46	0:43	0:39	0:32	0:53	0:54	1:00	0:50
19 Listening to radio	0:09	0:07	0:04	0:03	0:14	0:11	0:11	0:06
20 Watching television	2:16	2:12	1:52	1:50	2:42	2:36	3:17	2:45
21 Socialising with family	0:07	0:06	0:08	0:06	0:06	0:05	0:07	0:06
22 Socialising with friends	0:49	0:44	0:42	0:41	0:57	0:48	1:01	0:58
23 Hobbies	0:31	1:01	0:17	0:43	0:46	1:20	0:36	1:40
24 Other free time	0:27	0:21	0:18	0:15	0:37	0:28	0:33	0:19
25 Travel related to free time	0:31	0:30	0:29	0:29	0:32	0:31	0:32	0:33
15–25 Free time activity, total	6:29	6:40	5:14	5:27	7:48	7:55	8:18	8:23
26 Unspecified	0:11	0:13	0:07	0:08	0:16	0:18	0:09	0:13
01–26 Total	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00
Size of population	4,451,000	4,664,000	2,290,000	2,366,000	2,161,000	2,298,000	272,000	258,000
Number of survey days	10,561	7,480	5,490	3,975	5,071	3,505	562	312

Both genders. All days of the week

Student	Activity								
	Caring for own household		Disabled/on disability pension		On other pension				
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010	
0:22	0:12	0:07	0:00	0:04	0:03	0:01	0:03	01	Gainful employment
0:02	0:01	0:01	0:00	0:00	0:00	0:00	0:00	02	Travel to and from work
0:24	0:13	0:09	0:00	0:05	0:03	0:01	0:03	01–02	Gainful employment, total
0:37	0:29	2:56	2:28	2:02	1:51	2:13	2:08	03	Housekeeping
0:10	0:07	0:20	0:17	0:38	0:35	0:34	0:37	04	Maintenance
0:06	0:08	0:21	0:13	0:24	0:16	0:23	0:21	05	Other housework
0:04	0:04	2:47	3:09	0:02	0:01	0:00	0:00	06	Childcare
0:21	0:18	0:38	0:40	0:36	0:37	0:29	0:33	07	Shopping and services
0:12	0:12	0:29	0:31	0:21	0:21	0:17	0:20	08	Travel related to domestic work
1:29	1:17	7:32	7:18	4:05	3:41	3:56	4:00	03–08	Domestic work, total
9:12	9:19	8:37	8:35	8:53	8:34	8:48	8:50	09	Sleeping
1:13	1:15	1:19	1:33	1:29	1:39	1:35	1:35	10	Meals
0:47	0:48	0:41	1:03	1:09	1:00	0:51	0:57	11	Washing and dressing
11:12	11:23	10:38	11:11	11:31	11:13	11:13	11:22	09–11	Personal care, total
2:59	2:59	0:01	0:01	0:00	0:00	0:00	0:00	12	School or university
0:22	0:26	0:00	0:00	0:00	0:01	0:00	0:00	13	Travel to/from school or university
0:03	0:01	0:01	0:00	0:03	0:03	0:02	0:02	14	Free time study (incl. related travel)
3:23	3:26	0:02	0:01	0:03	0:03	0:02	0:02	12–14	Study, total
0:07	0:06	0:07	0:10	0:09	0:13	0:13	0:11	15	Participatory activity
0:51	0:50	0:27	0:35	0:45	0:54	0:45	0:46	16	Sports and outdoor activities
0:08	0:09	0:05	0:09	0:10	0:02	0:05	0:05	17	Entertainment and culture
0:31	0:25	0:35	0:33	0:52	1:00	1:14	1:18	18	Reading
0:03	0:01	0:06	0:02	0:22	0:20	0:24	0:17	19	Listening to radio
2:12	1:46	2:04	1:33	3:05	3:09	3:02	3:08	20	Watching television
0:06	0:06	0:15	0:15	0:04	0:04	0:03	0:03	21	Socialising with family
1:03	0:52	0:51	0:37	0:53	0:54	0:51	0:42	22	Socialising with friends
1:18	2:18	0:18	0:35	0:27	1:03	0:27	0:41	23	Hobbies
0:18	0:20	0:22	0:21	0:51	0:35	0:56	0:35	24	Other free time
0:43	0:38	0:24	0:26	0:26	0:37	0:23	0:23	25	Travel related to free time
7:20	7:29	5:35	5:15	8:04	8:50	8:23	8:09	15–25	Free time activity, total
0:11	0:12	0:05	0:14	0:13	0:11	0:25	0:24	26	Unspecified
24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	01–26	Total
775,000	721,000	128,000	92,000	167,000	175,000	797,000	1,037,000		Size of population
2,211	1,151	312	148	374	253	1,552	1,615		Number of survey days

6 Time use of men aged 10 or over (26 classes) by main activity in 1999–2000 and 2009–2010

All days of the week

Activity	Hours:minutes per day							
	Total		Employed		Not employed		Unemployed	
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010
01 Gainful employment	3:11	2:34	5:28	4:48	0:15	0:06	0:08	0:10
02 Travel to and from work	0:15	0:13	0:26	0:25	0:01	0:00	0:01	0:01
01–02 Gainful employment, total	3:26	2:48	5:53	5:13	0:16	0:07	0:09	0:10
03 Housekeeping	0:51	0:53	0:46	0:49	0:58	0:58	1:19	1:15
04 Maintenance	0:32	0:32	0:30	0:30	0:34	0:35	0:39	0:46
05 Other housework	0:14	0:15	0:11	0:17	0:19	0:13	0:34	0:13
06 Childcare	0:09	0:10	0:13	0:17	0:03	0:02	0:06	0:10
07 Shopping and services	0:24	0:24	0:22	0:22	0:27	0:27	0:32	0:22
08 Travel related to domestic work	0:17	0:18	0:18	0:19	0:17	0:18	0:24	0:22
03–08 Domestic work, total	2:27	2:33	2:19	2:33	2:38	2:33	3:34	3:08
09 Sleep	8:30	8:34	8:09	8:14	8:57	8:57	8:39	8:47
10 Meals	1:22	1:24	1:19	1:17	1:26	1:31	1:21	1:29
11 Washing and dressing	0:43	0:47	0:42	0:44	0:45	0:50	0:37	0:48
09–11 Personal care, total	10:35	10:45	10:10	10:15	11:08	11:18	10:37	11:05
12 School or university	0:32	0:33	0:02	0:04	1:10	1:06	0:07	0:05
13 Travel to/from school or university	0:04	0:05	0:00	0:01	0:08	0:09	0:02	0:00
14 Free time study (incl. related travel)	0:03	0:01	0:03	0:01	0:03	0:02	0:02	0:05
12–14 Study, total	0:38	0:39	0:05	0:05	1:21	1:17	0:11	0:10
15 Participatory activity	0:07	0:07	0:06	0:05	0:09	0:10	0:07	0:06
16 Sports and outdoor activities	0:46	0:47	0:36	0:39	0:58	0:56	0:56	1:00
17 Entertainment and culture	0:06	0:06	0:05	0:05	0:08	0:06	0:09	0:04
18 Reading	0:43	0:40	0:36	0:28	0:51	0:53	1:02	0:45
19 Listening to radio	0:09	0:07	0:04	0:04	0:15	0:11	0:14	0:06
20 Watching television	2:26	2:26	2:03	2:04	2:55	2:50	3:41	3:04
21 Socialising with family	0:06	0:05	0:07	0:05	0:04	0:05	0:04	0:04
22 Socialising with friends	0:46	0:39	0:39	0:37	0:55	0:40	1:14	0:58
23 Hobbies	0:34	1:11	0:18	0:50	0:55	1:33	0:36	1:49
24 Other free time	0:27	0:22	0:18	0:16	0:39	0:30	0:42	0:22
25 Travel related to free time	0:31	0:31	0:30	0:30	0:33	0:33	0:33	0:45
15–25 Free time activity, total	6:42	7:01	5:24	5:44	8:22	8:27	9:18	9:04
26 Unspecified	0:11	0:14	0:08	0:10	0:16	0:19	0:11	0:23
01–26 Total	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00
Size of population	2,080,000	2,259,000	1,173,000	1 188 000	907,000	1,072,000	137,000	135,000
Number of survey days	4,910	3,521	2,750	1,900	2,160	1,621	261	157

All days of the week

Student	Activity							
	Caring for own household		Disabled/on disability pension		On other pension			
1999-2000	2009-2010	1999-2000	2009-2010	1999-2000	2009-2010	1999-2000	2009-2010	
0:29	0:09	.	.	0:09	0:02	0:03	0:04	01 Gainful employment
0:02	0:01	.	.	0:00	0:00	0:00	0:00	02 Travel to and from work
0:31	0:10	.	.	0:09	0:02	0:03	0:05	01-02 Gainful employment, total
0:24	0:20	.	.	1:13	1:21	1:24	1:18	03 Housekeeping
0:12	0:08	.	.	0:49	0:33	0:53	0:55	04 Maintenance
0:05	0:06	.	.	0:19	0:15	0:28	0:18	05 Other housework
0:03	0:02	.	.	0:00	0:01	0:01	0:00	06 Childcare
0:17	0:13	.	.	0:34	0:37	0:33	0:37	07 Shopping and services
0:11	0:10	.	.	0:18	0:23	0:21	0:22	08 Travel related to domestic work
1:12	0:59	.	.	3:14	3:10	3:40	3:31	03-08 Domestic work, total
9:17	9:24	.	.	8:45	8:24	8:45	8:47	09 Sleep
1:13	1:16	.	.	1:29	1:47	1:42	1:39	10 Meals
0:37	0:39	.	.	1:32	1:04	0:47	0:55	11 Washing and dressing
11:06	11:19	.	.	11:47	11:16	11:15	11:21	09-11 Personal care, total
2:52	3:10	.	.	0:01	0:00	0:00	0:00	12 School or university
0:20	0:27	.	.	0:00	0:00	0:00	0:00	13 Travel to/from school or university
0:02	0:01	.	.	0:05	0:01	0:02	0:01	14 Free time study (incl. related travel)
3:14	3:38	.	.	0:06	0:01	0:02	0:01	12-14 Study, total
0:07	0:07	.	.	0:08	0:17	0:13	0:12	15 Participatory activity
1:04	0:56	.	.	0:58	0:58	0:51	0:55	16 Sports and outdoor activities
0:07	0:07	.	.	0:18	0:02	0:06	0:06	17 Entertainment and culture
0:24	0:22	.	.	0:48	1:07	1:17	1:17	18 Reading
0:02	0:02	.	.	0:27	0:28	0:27	0:16	19 Listening to radio
2:19	1:45	.	.	3:17	3:24	3:12	3:30	20 Watching television
0:05	0:06	.	.	0:04	0:05	0:04	0:03	21 Socialising with family
0:58	0:41	.	.	0:53	0:50	0:43	0:32	22 Socialising with friends
1:40	2:42	.	.	0:28	0:58	0:17	0:41	23 Hobbies
0:17	0:18	.	.	0:48	0:37	1:01	0:39	24 Other free time
0:41	0:36	.	.	0:21	0:38	0:26	0:26	25 Travel related to free time
7:45	7:42	.	.	8:31	9:24	8:37	8:37	15-25 Free time activity, total
0:12	0:12	.	.	0:12	0:07	0:23	0:25	26 Unspecified
24:00	24:00	.	.	24:00	24:00	24:00	24:00	01-26 Total
363,000	369 000	8,000	1 443	80,000	113 000	309,000	445 000	Size of population
999	570	20	2	176	152	675	730	Number of survey days

7 Time use of women aged 10 or over (26 classes) by main activity in 1999–2000 and 2009–2010

All days of the week

Activity	Hours:minutes per day							
	Total		Employed		Not employed			
	1999–2000	2009–2010	1999–2000	2009–2010	Total		Unemployed	
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010
01 Gainful employment	2:03	1:56	4:14	3:50	0:07	0:07	0:08	0:17
02 Travel to and from work	0:12	0:11	0:24	0:22	0:01	0:01	0:01	0:01
01–02 Gainful employment, total	2:15	2:08	4:38	4:13	0:08	0:08	0:09	0:18
03 Housekeeping	2:04	1:53	1:58	1:40	2:09	2:05	3:02	2:23
04 Maintenance	0:17	0:19	0:17	0:18	0:18	0:19	0:26	0:28
05 Other housework	0:16	0:19	0:14	0:18	0:17	0:20	0:22	0:29
06 Childcare	0:21	0:22	0:22	0:27	0:21	0:17	0:23	0:09
07 Shopping and services	0:30	0:29	0:30	0:28	0:29	0:29	0:41	0:28
08 Travel related to domestic work	0:19	0:21	0:20	0:22	0:18	0:19	0:28	0:26
03–08 Domestic work, total	3:47	3:41	3:42	3:33	3:52	3:48	5:22	4:23
09 Sleep	8:39	8:41	8:20	8:23	8:56	8:58	8:54	9:09
10 Meals	1:19	1:23	1:15	1:20	1:22	1:25	1:19	1:24
11 Washing and dressing	0:51	0:58	0:51	0:58	0:52	0:58	0:43	0:54
09–11 Personal care, total	10:49	11:02	10:26	10:41	11:10	11:22	10:56	11:27
12 School or university	0:34	0:31	0:03	0:12	1:01	0:49	0:05	0:07
13 Travel to/from school or university	0:04	0:05	0:01	0:02	0:08	0:07	0:01	0:00
14 Free time study (incl. related travel)	0:02	0:03	0:02	0:03	0:02	0:02	0:02	0:03
12–14 Study, total	0:40	0:38	0:06	0:17	1:11	0:58	0:09	0:10
15 Participatory activity	0:07	0:06	0:05	0:05	0:09	0:08	0:04	0:05
16 Sports and outdoor activities	0:36	0:39	0:33	0:36	0:38	0:42	0:40	0:55
17 Entertainment and culture	0:06	0:06	0:05	0:06	0:06	0:06	0:05	0:02
18 Reading	0:48	0:46	0:41	0:37	0:54	0:56	0:59	0:55
19 Listening to radio	0:08	0:06	0:04	0:02	0:12	0:10	0:07	0:07
20 Watching television	2:08	2:00	1:40	1:35	2:33	2:23	2:52	2:25
21 Socialising with family	0:08	0:06	0:09	0:07	0:07	0:05	0:11	0:08
22 Socialising with friends	0:52	0:50	0:45	0:45	0:59	0:54	0:48	0:57
23 Hobbies	0:28	0:52	0:16	0:36	0:40	1:08	0:35	1:30
24 Other free time	0:27	0:20	0:18	0:13	0:35	0:27	0:24	0:16
25 Travel related to free time	0:30	0:28	0:29	0:27	0:31	0:28	0:31	0:20
15–25 Free time activity, total	6:18	6:20	5:03	5:10	7:24	7:27	7:17	7:39
26 Unspecified	0:11	0:12	0:05	0:06	0:16	0:17	0:08	0:03
01–26 Total	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00
Size of population	2,371,000	2,405,000	1,118,000	1,179,000	1,254,000	1,226,000	136,000	123,000
Number of survey days	5,651	3,959	2,740	2,075	2,911	1,884	301	155

All days of the week

Student	Activity								
	Caring for own household		Disabled/on disability pension		On other pension				
	1999-2000	2009-2010	1999-2000	2009-2010	1999-2000	2009-2010	1999-2000	2009-2010	
0:16	0:15	0:03	0:00	0:00	0:04	0:00	0:02	01	Gainful employment
0:02	0:02	0:01	0:00	0:00	0:00	0:00	0:00	02	Travel to and from work
0:18	0:17	0:05	0:00	0:00	0:04	0:00	0:02	01-02	Gainful employment, total
0:48	0:38	3:01	2:30	2:47	2:46	2:44	2:45	03	Housekeeping
0:07	0:06	0:20	0:14	0:28	0:40	0:22	0:23	04	Maintenance
0:07	0:10	0:22	0:13	0:29	0:17	0:20	0:24	05	Other housework
0:05	0:05	2:56	3:12	0:04	0:00	0:00	0:00	06	Childcare
0:24	0:22	0:38	0:40	0:38	0:36	0:26	0:30	07	Shopping and services
0:13	0:14	0:28	0:31	0:24	0:18	0:15	0:19	08	Travel related to domestic work
1:44	1:36	7:45	7:20	4:50	4:36	4:07	4:21	03-08	Domestic work, total
9:09	9:14	8:40	8:37	9:01	8:51	8:49	8:52	09	Sleep
1:13	1:14	1:18	1:31	1:28	1:23	1:30	1:32	10	Meals
0:56	0:58	0:42	1:02	0:48	0:53	0:53	0:59	11	Washing and dressing
11:18	11:26	10:40	11:11	11:16	11:07	11:12	11:22	09-11	Personal care, total
3:05	2:47	0:01	0:01	0:00	0:00	0:00	0:00	12	School or university
0:23	0:26	0:00	0:00	0:00	0:01	0:00	0:00	13	Travel to/from school or university
0:03	0:02	0:01	0:00	0:00	0:05	0:01	0:02	14	Free time study (incl. related travel)
3:31	3:14	0:02	0:01	0:01	0:07	0:01	0:02	12-14	Study, total
0:08	0:04	0:05	0:10	0:09	0:04	0:14	0:10	15	Participatory activity
0:39	0:43	0:26	0:32	0:33	0:47	0:41	0:39	16	Sports and outdoor activities
0:09	0:10	0:05	0:09	0:02	0:01	0:04	0:04	17	Entertainment and culture
0:38	0:27	0:35	0:33	0:54	0:47	1:12	1:18	18	Reading
0:04	0:01	0:05	0:02	0:17	0:05	0:22	0:18	19	Listening to radio
2:07	1:46	2:00	1:34	2:54	2:41	2:56	2:51	20	Watching television
0:08	0:07	0:15	0:15	0:05	0:03	0:03	0:02	21	Socialising with family
1:07	1:02	0:52	0:38	0:53	1:00	0:56	0:50	22	Socialising with friends
0:58	1:54	0:18	0:35	0:27	1:12	0:33	0:41	23	Hobbies
0:19	0:21	0:21	0:21	0:53	0:30	0:52	0:33	24	Other free time
0:44	0:39	0:21	0:25	0:31	0:37	0:22	0:22	25	Travel related to free time
6:59	7:15	5:23	5:14	7:39	7:47	8:14	7:49	15-25	Free time activity, total
0:11	0:12	0:04	0:14	0:13	0:19	0:25	0:24	26	Unspecified
24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	01-26	Total
412,000	352,000	120,000	90,000	87,000	62,000	488,000	592,000		Size of population
1,212	581	292	146	198	101	877	885		Number of survey days

8 Time use of employed men (26 classes) by socio-economic group in 1999–2000 and 2009–2010

All days of the week

Activity	Hours:minutes per day					
	Socio-economic group					
	Total		Own-account farmer		Other own-account worker	
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010
01 Gainful employment	5:28	4:48	6:37	6:43	6:17	5:34
02 Travel to and from work	0:26	0:25	0:06	0:02	0:21	0:21
01–02 Gainful employment, total	5:53	5:13	6:43	6:45	6:38	5:56
03 Housekeeping	0:46	0:49	0:37	0:34	0:40	0:51
04 Maintenance	0:30	0:30	0:26	0:16	0:28	0:29
05 Other housework	0:11	0:17	0:19	0:24	0:06	0:07
06 Childcare	0:13	0:17	0:13	0:04	0:10	0:18
07 Shopping and services	0:22	0:22	0:15	0:16	0:20	0:20
08 Travel related to domestic work	0:18	0:19	0:12	0:12	0:14	0:16
03–08 Domestic work, total	2:19	2:33	2:03	1:47	1:58	2:21
09 Sleep	8:09	8:14	7:55	8:10	8:07	8:15
10 Meals	1:19	1:17	1:33	1:28	1:24	1:15
11 Washing and dressing	0:42	0:44	0:28	0:32	0:44	0:44
09–11 Personal care, total	10:10	10:15	9:55	10:10	10:15	10:14
12 School or university	0:02	0:04	0:03	0:07	0:03	0:02
13 Travel to/from school or university	0:00	0:01	0:00	0:00	0:01	0:00
14 Free time study (incl. related travel)	0:03	0:01	0:00	0:00	0:06	0:01
12–14 Study, total	0:05	0:05	0:03	0:07	0:10	0:03
15 Participatory activity	0:06	0:05	0:05	0:09	0:07	0:03
16 Sports and outdoor activities	0:36	0:39	0:27	0:24	0:21	0:37
17 Entertainment and culture	0:05	0:05	0:05	0:03	0:06	0:08
18 Reading	0:36	0:28	0:33	0:31	0:30	0:29
19 Listening to radio	0:04	0:04	0:12	0:05	0:03	0:08
20 Watching television	2:03	2:04	1:56	1:47	2:04	1:59
21 Socialising with family	0:07	0:05	0:04	0:04	0:09	0:05
22 Socialising with friends	0:39	0:37	0:36	0:35	0:35	0:30
23 Hobbies	0:18	0:50	0:16	0:33	0:17	0:43
24 Other free time	0:18	0:16	0:26	0:18	0:15	0:21
25 Travel related to free time	0:30	0:30	0:20	0:12	0:23	0:20
15–25 Free time activity, total	5:24	5:44	5:02	4:41	4:49	5:23
26 Unspecified	0:08	0:10	0:14	0:30	0:09	0:04
01–26 Total	24:00	24:00	24:00	24:00	24:00	24:00
Size of population	1,173 000	1,188,000	70,000	57,000	140,000	165,000
Number of survey days	2,750	1,900	200	113	324	269

All days of the week

						Activity	
Upper-level employee		Lower-level employee		Worker			
1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010		
5:24	4:45	5:05	4:11	5:15	4:37	01	Gainful employment
0:30	0:28	0:27	0:24	0:27	0:28	02	Travel to and from work
5:54	5:13	5:32	4:36	5:42	5:06	01–02	Gainful employment, total
0:48	0:52	0:45	0:41	0:48	0:51	03	Housekeeping
0:30	0:34	0:28	0:22	0:32	0:30	04	Maintenance
0:09	0:13	0:12	0:17	0:11	0:23	05	Other housework
0:19	0:28	0:10	0:16	0:13	0:10	06	Childcare
0:21	0:24	0:24	0:28	0:24	0:19	07	Shopping and services
0:19	0:20	0:20	0:22	0:17	0:19	08	Travel related to domestic work
2:26	2:51	2:19	2:26	2:25	2:33	03–08	Domestic work, total
8:03	8:08	8:21	8:16	8:10	8:15	09	Sleep
1:18	1:26	1:21	1:13	1:15	1:12	10	Meals
0:44	0:45	0:40	0:47	0:42	0:43	11	Washing and dressing
10:04	10:19	10:22	10:17	10:07	10:11	09–11	Personal care, total
0:03	0:02	0:04	0:05	0:01	0:05	12	School or university
0:00	0:00	0:01	0:01	0:00	0:01	13	Travel to/from school or university
0:03	0:01	0:03	0:01	0:02	0:00	14	Free time study (incl. related travel)
0:07	0:03	0:07	0:06	0:03	0:06	12–14	Study, total
0:07	0:09	0:08	0:03	0:05	0:04	15	Participatory activity
0:39	0:40	0:40	0:40	0:40	0:39	16	Sports and outdoor activities
0:04	0:05	0:05	0:08	0:04	0:04	17	Entertainment and culture
0:47	0:33	0:35	0:28	0:34	0:24	18	Reading
0:04	0:02	0:03	0:02	0:04	0:04	19	Listening to radio
1:50	1:49	2:05	2:14	2:10	2:16	20	Watching television
0:10	0:08	0:07	0:06	0:06	0:04	21	Socialising with family
0:35	0:31	0:41	0:45	0:43	0:42	22	Socialising with friends
0:18	0:43	0:18	1:11	0:18	0:50	23	Hobbies
0:18	0:16	0:18	0:14	0:19	0:15	24	Other free time
0:31	0:31	0:36	0:40	0:31	0:31	25	Travel related to free time
5:22	5:27	5:34	6:30	5:33	5:52	15–25	Free time activity, total
0:07	0:07	0:06	0:05	0:09	0:14	26	Unspecified
24:00	24:00	24:00	24:00	24:00	24:00	01–26	Total
261,000	310,000	211,000	213,000	478,000	432,000	Size of population	
612	562	488	310	1,101	628	Number of survey days	

9 Time use of employed women (26 classes) by socio-economic group in 1999–2000 and 2009–2010

All days of the week

Activity	Hours:minutes per day					
	Socio-economic group					
	Total		Own-account farmer		Other own-account worker	
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010
01 Gainful employment	4:14	3:50	4:44	.	4:49	3:46
02 Travel to/from work	0:24	0:22	0:04	.	0:21	0:19
01–02 Gainful employment, total	4:38	4:13	4:48	.	5:10	4:05
03 Housekeeping	1:58	1:40	3:33	.	1:46	1:49
04 Maintenance	0:17	0:18	0:20	.	0:16	0:23
05 Other housework	0:14	0:18	0:11	.	0:13	0:18
06 Childcare	0:22	0:27	0:26	.	0:17	0:49
07 Shopping and services	0:30	0:28	0:22	.	0:27	0:22
08 Travel related to domestic work	0:20	0:22	0:16	.	0:18	0:21
03–08 Total for domestic work	3:42	3:33	5:08	.	3:17	4:03
09 Sleep	8:20	8:23	7:40	.	8:33	8:15
10 Meals	1:15	1:20	1:27	.	1:13	1:20
11 Washing and dressing	0:51	0:58	0:38	.	0:49	0:52
09–11 Personal care, total	10:26	10:41	9:44	.	10:34	10:28
12 School or university	0:03	0:12	0:00	.	0:07	0:00
13 Travel to/from school or university	0:01	0:02	0:00	.	0:01	0:00
14 Free time study (incl. related travel)	0:02	0:03	0:00	.	0:00	0:00
12–14 Study, total	0:06	0:17	0:00	.	0:09	0:00
15 Participatory activity	0:05	0:05	0:05	.	0:04	0:10
16 Sports and outdoor activities	0:33	0:36	0:26	.	0:31	0:27
17 Entertainment and culture	0:05	0:06	0:02	.	0:08	0:03
18 Reading	0:41	0:37	0:32	.	0:37	0:32
19 Listening to radio	0:04	0:02	0:04	.	0:04	0:03
20 Watching television	1:40	1:35	1:49	.	1:26	1:53
21 Socialising with family	0:09	0:07	0:11	.	0:10	0:08
22 Socialising with friends	0:45	0:45	0:28	.	0:43	0:35
23 Hobbies	0:16	0:36	0:11	.	0:16	0:35
24 Other free time	0:18	0:13	0:15	.	0:12	0:14
25 Travel related to free time	0:29	0:27	0:09	.	0:32	0:34
15–25 Free time activity, total	5:03	5:10	4:11	.	4:43	5:12
26 Unspecified	0:05	0:06	0:09	.	0:07	0:12
01–26 Total	24:00	24:00	24:00	.	24:00	24:00
Size of population	1,118,000	1,179,000	38,000	16,000	74,000	76,000
Number of survey days	2,740	2,075	119	43	179	134

All days of the week

						Activity	
Upper-level employee		Lower-level employee		Worker			
1999-2000	2009-2010	1999-2000	2009-2010	1999-2000	2009-2010		
3:58	4:00	4:20	3:51	4:05	3:34	01	Gainful employment
0:25	0:26	0:25	0:22	0:22	0:19	02	Travel to/from work
4:23	4:27	4:45	4:13	4:26	3:53	01-02	Gainful employment, total
1:44	1:38	1:58	1:36	2:03	1:42	03	Housekeeping
0:20	0:18	0:14	0:17	0:22	0:21	04	Maintenance
0:16	0:14	0:14	0:20	0:13	0:18	05	Other housework
0:31	0:37	0:20	0:20	0:17	0:22	06	Childcare
0:29	0:28	0:32	0:30	0:31	0:27	07	Shopping and services
0:21	0:19	0:20	0:23	0:20	0:24	08	Travel related to domestic work
3:40	3:34	3:38	3:26	3:47	3:35	03-08	Total for domestic work
8:14	8:13	8:23	8:28	8:20	8:32	09	Sleep
1:16	1:29	1:13	1:18	1:17	1:12	10	Meals
0:53	0:55	0:51	1:02	0:53	0:56	11	Washing and dressing
10:23	10:37	10:27	10:48	10:29	10:40	09-11	Personal care, total
0:03	0:03	0:02	0:16	0:01	0:18	12	School or university
0:01	0:01	0:00	0:02	0:01	0:03	13	Travel to/from school or university
0:04	0:03	0:02	0:03	0:02	0:04	14	Free time study (incl. related travel)
0:08	0:07	0:05	0:22	0:04	0:25	12-14	Study, total
0:05	0:05	0:06	0:05	0:03	0:02	15	Participatory activity
0:36	0:38	0:32	0:37	0:35	0:31	16	Sports and outdoor activities
0:07	0:07	0:05	0:06	0:04	0:07	17	Entertainment and culture
0:54	0:39	0:40	0:38	0:34	0:29	18	Reading
0:03	0:02	0:03	0:02	0:06	0:04	19	Listening to radio
1:34	1:30	1:37	1:32	1:56	1:42	20	Watching television
0:11	0:10	0:09	0:07	0:05	0:04	21	Socialising with family
0:45	0:45	0:45	0:44	0:46	0:51	22	Socialising with friends
0:18	0:35	0:15	0:35	0:14	0:43	23	Hobbies
0:16	0:12	0:18	0:13	0:19	0:17	24	Other free time
0:34	0:27	0:29	0:27	0:25	0:23	25	Travel related to free time
5:22	5:10	5:00	5:06	5:06	5:15	15-25	Free time activity, total
0:04	0:05	0:05	0:04	0:08	0:12	26	Unspecified
24:00	24:00	24:00	24:00	24:00	24:00	01-26	Total
236,000	302,000	547,000	588,000	214,000	190,000		Size of population
552	568	1,333	1020	539	296		Number of survey days

10 Time use of men aged 10 or over (26 classes) by stage in family cycle in 1999–2000 and 2009–2010
All days of the week

Activity	Hours:minutes per day							
	Stage in family cycle							
	Aged under 45, single, no children, living:				Single parent		Married or cohabiting:	
	With parents		Elsewhere				Aged under 45, no children	
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010
01 Gainful employment	1:16	0:56	3:32	3:14	.	.	4:19	3:33
02 Travel to and from work	0:06	0:04	0:20	0:17	.	.	0:21	0:21
01–02 Gainful employment, total	1:22	1:00	3:52	3:31	.	.	4:40	3:54
03 Housekeeping	0:23	0:18	0:49	0:40	.	.	0:37	0:40
04 Maintenance	0:16	0:10	0:18	0:17	.	.	0:21	0:23
05 Other housework	0:05	0:06	0:13	0:24	.	.	0:12	0:20
06 Childcare	0:00	0:01	0:00	0:00	.	.	0:02	0:01
07 Shopping and services	0:14	0:11	0:20	0:20	.	.	0:28	0:25
08 Travel related to domestic work	0:10	0:08	0:12	0:17	.	.	0:21	0:19
03–08 Domestic work, total	1:08	0:55	1:51	1:58	.	.	2:00	2:07
09 Sleep	9:15	9:20	8:29	8:38	.	.	8:40	8:38
10 Meals	1:11	1:14	1:15	1:15	.	.	1:14	1:22
11 Washing and dressing	0:34	0:41	0:46	0:37	.	.	0:40	0:49
09–11 Personal care, total	11:01	11:15	10:31	10:30	.	.	10:34	10:49
12 School or university	2:12	2:29	0:28	0:40	.	.	0:24	0:25
13 Travel to/from school or university	0:16	0:22	0:02	0:06	.	.	0:03	0:03
14 Free time study (incl. related travel)	0:02	0:01	0:08	0:00	.	.	0:01	0:02
12–14 Study, total	2:29	2:52	0:39	0:46	.	.	0:28	0:30
15 Participatory activity	0:05	0:07	0:01	0:04	.	.	0:07	0:05
16 Sports and outdoor activities	1:07	0:57	0:36	0:37	.	.	0:39	0:45
17 Entertainment and culture	0:05	0:06	0:12	0:10	.	.	0:10	0:04
18 Reading	0:23	0:24	0:33	0:21	.	.	0:33	0:23
19 Listening to radio	0:04	0:02	0:04	0:06	.	.	0:03	0:00
20 Watching television	2:28	1:51	2:30	1:52	.	.	2:17	2:10
21 Socialising with family	0:04	0:05	0:00	0:00	.	.	0:11	0:08
22 Socialising with friends	0:58	0:41	1:22	1:04	.	.	0:46	0:43
23 Hobbies	1:34	2:35	0:39	1:49	.	.	0:32	1:23
24 Other free time	0:20	0:21	0:19	0:13	.	.	0:14	0:13
25 Travel related to free time	0:40	0:37	0:46	0:44	.	.	0:41	0:41
15–25 Free time activity, total	7:46	7:44	7:02	7:00	.	.	6:12	6:35
26 Unspecified	0:14	0:14	0:05	0:15	.	.	0:05	0:05
01–26 Total	24:00	24:00	24:00	24:00	.	.	24:00	24:00
Size of population	375,000	389,000	211,000	219,000	13,000	14,000	218,000	198,000
Number of survey days	1,102	678	255	152	24	12	511	280

All days of the week

								Activity	
				Single, over 45,					
Youngest child aged 0-6		Youngest child aged 7-17		Aged over 45, no children		no children			
1999-2000	2009-2010	1999-2000	2009-2010	1999-2000	2009-2010	1999-2000	2009-2010		
5:14	4:54	5:00	4:41	2:42	1:46	1:44	2:05	01	Gainful employment
0:23	0:26	0:22	0:25	0:12	0:09	0:11	0:11	02	Travel to and from work
5:37	5:19	5:22	5:06	2:54	1:55	1:56	2:16	01-02	Gainful employment, total
0:45	0:55	0:51	0:56	0:59	1:08	1:47	1:21	03	Housekeeping
0:33	0:35	0:37	0:42	0:50	0:50	0:27	0:27	04	Maintenance
0:08	0:11	0:19	0:15	0:23	0:18	0:14	0:12	05	Other housework
1:00	1:21	0:08	0:10	0:00	0:00	0:01	0:00	06	Childcare
0:22	0:24	0:28	0:23	0:29	0:33	0:27	0:26	07	Shopping and services
0:22	0:22	0:23	0:23	0:19	0:21	0:16	0:17	08	Travel related to domestic work
3:10	3:48	2:45	2:48	3:01	3:11	3:12	2:43	03-08	Domestic work, total
8:13	8:11	8:03	8:09	8:22	8:32	8:19	8:11	09	Sleep
1:18	1:19	1:22	1:26	1:33	1:34	1:31	1:22	10	Meals
0:39	0:44	0:39	0:42	0:47	0:52	0:59	0:52	11	Washing and dressing
10:10	10:14	10:04	10:16	10:41	10:58	10:49	10:26	09-11	Personal care, total
0:12	0:07	0:03	0:01	0:00	0:01	0:07	0:00	12	School or university
0:01	0:00	0:00	0:00	0:00	0:00	0:02	0:00	13	Travel to/from school or university
0:00	0:00	0:04	0:01	0:03	0:02	0:01	0:00	14	Free time study (incl. related travel)
0:14	0:08	0:07	0:02	0:04	0:04	0:09	0:00	12-14	Study, total
0:08	0:04	0:12	0:10	0:10	0:10	0:05	0:06	15	Participatory activity
0:27	0:29	0:37	0:32	0:49	0:52	0:48	0:56	16	Sports and outdoor activities
0:07	0:06	0:05	0:08	0:04	0:04	0:05	0:05	17	Entertainment and culture
0:26	0:16	0:42	0:32	1:02	1:04	1:06	0:54	18	Reading
0:02	0:00	0:04	0:02	0:14	0:10	0:31	0:21	19	Listening to radio
1:55	1:34	2:03	2:24	2:43	2:53	2:45	3:32	20	Watching television
0:13	0:12	0:10	0:07	0:05	0:05	0:00	0:00	21	Socialising with family
0:35	0:32	0:31	0:24	0:35	0:33	0:51	0:41	22	Socialising with friends
0:13	0:36	0:16	0:39	0:16	0:44	0:18	0:39	23	Hobbies
0:14	0:15	0:25	0:23	0:42	0:29	0:43	0:28	24	Other free time
0:24	0:22	0:26	0:19	0:26	0:29	0:19	0:29	25	Travel related to free time
4:44	4:26	5:33	5:39	7:06	7:35	7:32	8:13	15-25	Free time activity, total
0:06	0:05	0:09	0:08	0:14	0:18	0:22	0:23	26	Unspecified
24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	01-26	Total
257,000	244,000	232,000	203,000	579,000	713,000	196,000	280,000	Size of population	
635	394	697	480	1,431	1,279	255	246	Number of survey days	

11 Time use of women aged 10 or over (26 classes) by stage in family cycle in 1999–2000 and 2009–2010

All days of the week

Activity	Hours:minutes per day							
	Stage in family cycle							
	Aged under 45, single, no children, living:				Single parent		Married or cohabiting:	
	With parents		Elsewhere				Aged under 45, no children	
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010
01 Gainful employment	0:27	0:27	3:05	2:41	2:39	2:47	3:10	3:10
02 Travel to and from work	0:04	0:04	0:17	0:16	0:16	0:17	0:20	0:20
01–02 Gainful employment, total	0:31	0:32	3:22	2:57	2:54	3:04	3:30	3:30
03 Housekeeping	0:39	0:34	0:59	0:55	2:19	2:01	1:32	1:11
04 Maintenance	0:07	0:06	0:10	0:16	0:08	0:14	0:13	0:24
05 Other housework	0:06	0:09	0:19	0:16	0:15	0:17	0:10	0:19
06 Childcare	0:02	0:02	0:00	0:00	0:52	1:16	0:01	0:00
07 Shopping and services	0:23	0:23	0:29	0:22	0:36	0:29	0:36	0:29
08 Travel related to domestic work	0:12	0:13	0:17	0:18	0:28	0:40	0:22	0:22
03–08 Domestic work, total	1:29	1:27	2:14	2:07	4:39	4:58	2:54	2:45
09 Sleep	9:19	9:24	8:25	8:29	8:28	8:25	8:52	8:48
10 Meals	1:10	1:10	1:14	1:23	1:10	1:26	1:15	1:16
11 Washing and dressing	0:53	0:56	0:59	1:10	0:58	0:56	0:51	1:02
09–11 Personal care, total	11:23	11:30	10:38	11:03	10:36	10:47	10:58	11:06
12 School or university	2:39	2:30	1:18	1:11	0:19	0:13	0:41	0:44
13 Travel to/from school or university	0:21	0:23	0:08	0:11	0:02	0:02	0:06	0:06
14 Free time study (incl. related travel)	0:03	0:02	0:01	0:00	0:02	0:05	0:03	0:04
12–14 Study, total	3:02	2:56	1:28	1:22	0:23	0:20	0:50	0:54
15 Participatory activity	0:09	0:05	0:04	0:06	0:08	0:08	0:02	0:03
16 Sports and outdoor activities	0:42	0:46	0:41	0:39	0:37	0:22	0:30	0:38
17 Entertainment and culture	0:09	0:12	0:08	0:03	0:05	0:08	0:06	0:05
18 Reading	0:39	0:28	0:41	0:33	0:37	0:35	0:33	0:27
19 Listening to radio	0:05	0:01	0:04	0:01	0:02	0:03	0:03	0:01
20 Watching television	2:13	1:47	1:43	1:23	1:47	1:04	2:09	1:45
21 Socialising with family	0:07	0:07	0:01	0:00	0:06	0:11	0:13	0:08
22 Socialising with friends	1:07	1:02	1:22	1:16	0:51	1:01	0:52	0:52
23 Hobbies	1:05	1:54	0:29	1:32	0:22	0:44	0:20	0:56
24 Other free time	0:21	0:21	0:15	0:12	0:16	0:06	0:17	0:18
25 Travel related to free time	0:45	0:42	0:47	0:40	0:32	0:25	0:38	0:28
15–25 Free time activity, total	7:23	7:24	6:13	6:26	5:23	4:46	5:44	5:43
26 Unspecified	0:12	0:11	0:05	0:06	0:05	0:05	0:04	0:02
01–26 Total	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00
Size of population	329,000	320,000	157,000	166,000	100,000	91,000	223,000	216,000
Number of survey days	1,035	609	313	119	178	97	550	334

All days of the week

								Activity	
Married or cohabiting:				Single, over 45,					
Youngest child aged 0-6		Youngest child aged 7-17		Aged over 45, no children		no children			
1999-2000	2009-2010	1999-2000	2009-2010	1999-2000	2009-2010	1999-2000	2009-2010		
2:14	2:18	3:51	4:01	2:04	1:52	0:54	0:59	01	Gainful employment
0:13	0:14	0:20	0:22	0:11	0:10	0:05	0:05	02	Travel to and from work
2:27	2:32	4:11	4:23	2:15	2:03	0:59	1:03	01-02	Gainful employment, total
2:32	2:06	2:29	2:06	2:45	2:33	2:15	2:12	03	Housekeeping
0:14	0:13	0:19	0:20	0:28	0:26	0:19	0:18	04	Maintenance
0:10	0:12	0:14	0:18	0:23	0:26	0:19	0:22	05	Other housework
2:27	2:44	0:13	0:14	0:00	0:00	0:00	0:00	06	Childcare
0:32	0:31	0:33	0:31	0:30	0:32	0:27	0:27	07	Shopping and services
0:29	0:29	0:21	0:25	0:18	0:18	0:15	0:19	08	Travel related to domestic work
6:24	6:15	4:09	3:53	4:24	4:15	3:34	3:39	03-08	Domestic work, total
8:27	8:21	8:15	8:19	8:30	8:28	8:44	8:54	09	Sleep
1:17	1:23	1:17	1:20	1:26	1:31	1:22	1:23	10	Meals
0:43	0:58	0:53	0:54	0:50	0:56	0:52	1:00	11	Washing and dressing
10:28	10:43	10:24	10:33	10:47	10:55	10:59	11:17	09-11	Personal care, total
0:10	0:05	0:05	0:06	0:00	0:01	0:00	0:00	12	School or university
0:01	0:01	0:01	0:00	0:00	0:00	0:00	0:00	13	Travel to/from school or university
0:01	0:01	0:04	0:05	0:02	0:02	0:01	0:03	14	Free time study (incl. related travel)
0:13	0:07	0:09	0:12	0:02	0:03	0:02	0:03	12-14	Study, total
0:05	0:05	0:06	0:06	0:08	0:06	0:11	0:09	15	Participatory activity
0:21	0:24	0:38	0:34	0:36	0:42	0:40	0:42	16	Sports and outdoor activities
0:05	0:04	0:05	0:07	0:04	0:05	0:05	0:05	17	Entertainment and culture
0:29	0:24	0:41	0:33	0:57	1:00	1:15	1:14	18	Reading
0:01	0:01	0:03	0:01	0:11	0:06	0:22	0:21	19	Listening to radio
1:31	1:14	1:36	1:39	2:18	2:21	2:50	2:39	20	Watching television
0:16	0:16	0:14	0:12	0:05	0:05	0:01	0:00	21	Socialising with family
0:43	0:41	0:38	0:32	0:41	0:40	1:00	0:56	22	Socialising with friends
0:12	0:27	0:13	0:28	0:24	0:40	0:31	0:38	23	Hobbies
0:16	0:14	0:22	0:16	0:31	0:22	0:49	0:28	24	Other free time
0:24	0:24	0:25	0:21	0:24	0:24	0:23	0:25	25	Travel related to free time
4:24	4:13	5:02	4:50	6:19	6:31	8:07	7:37	15-25	Free time activity, total
0:05	0:10	0:05	0:09	0:13	0:12	0:20	0:21	26	Unspecified
24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	01-26	Total
280,000	251,000	269,000	206,000	601,000	678,000	412,000	477,000		Size of population
694	438	807	530	1,488	1,375	586	457		Number of survey days

12 Time use of population aged 10 or over (132 classes) by gender in 1999–2000 and 2009–2010

All days of the week

Activity	Both genders				Men	
	Hours:minutes per day		Percentage taking part in the activity		Hours:minutes per day	
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010
001–132 Total	24:00	24:00	100.0	100.0	24:00	24:00
001–013 Personal care, total	10:43	10:54	100.0	100.0	10:35	10:45
001–003 Sleep, total	8:38	8:40	99.9	100.0	8:33	8:36
001 Sleep	8:31	8:34	99.9	100.0	8:26	8:31
002 Staying awake at night	0:04	0:04	9.6	10.7	0:04	0:03
003 Sick in bed	0:03	0:02	1.1	1.1	0:03	0:02
004–009 Meals, total	1:20	1:23	99.1	98.8	1:22	1:24
004 Meals at home	0:22	0:23	71.5	71.1	0:22	0:23
005 Meals at the workplace	0:05	0:05	18.0	17.5	0:06	0:05
006 Meals at a restaurant	0:03	0:03	6.7	6.8	0:04	0:03
007 Meals in another household	0:02	0:03	6.9	7.7	0:02	0:03
008 Meals elsewhere	0:01	0:03	3.7	6.4	0:02	0:03
009 Coffee and snack	0:45	0:46	94.5	93.6	0:46	0:46
010–013 Other personal care, total	0:45	0:50	93.2	94.5	0:40	0:45
010 Washing and dressing	0:30	0:33	86.9	86.7	0:24	0:25
011 Bathing in sauna	0:09	0:10	21.6	22.6	0:11	0:11
012 Other personal care	0:03	0:06	13.4	24.9	0:03	0:06
013 Travel related to personal care	0:02	0:02	6.8	6.2	0:03	0:02
014–017 Gainful employment, total	2:48	2:27	35.0	31.1	3:26	2:48
014–015 Main and secondary job, total	2:34	2:14	34.5	30.4	3:10	2:33
014 Working time at main and secondary jobs	2:27	2:11	34.3	30.4	2:58	2:29
015 Travel to/from main or secondary job	0:07	0:03	3.4	2.2	0:12	0:04
016 Other time connected with work	0:01	0:01	5.0	5.1	0:01	0:01
017 Daily travel to/from work	0:13	0:12	28.3	25.2	0:15	0:13
018–022 Study in total	0:39	0:38	12.0	12.1	0:38	0:39
018–020 School or university, total	0:37	0:37	10.9	11.1	0:36	0:38
018 Classes and lectures	0:26	0:25	8.6	8.6	0:26	0:27
019 Homework	0:07	0:07	7.0	6.9	0:06	0:06
020 Travel related to study	0:04	0:05	8.5	8.5	0:04	0:05
021–022 Free time study, total	0:02	0:02	1.4	1.3	0:03	0:01
021 Free time study	0:02	0:02	1.4	1.3	0:02	0:01
022 Travel related to free time study	0:00	0:00	0.6	0.4	0:00	0:00
023–066 Domestic work, total	3:10	3:08	91.9	92.2	2:27	2:33
023–028 Food preparation, total	0:44	0:43	69.2	69.8	0:23	0:25
023 Food preparation	0:19	0:18	45.0	45.8	0:10	0:11
024 Preparing coffee and snacks	0:12	0:11	53.7	51.3	0:08	0:08
025 Baking	0:03	0:02	4.2	3.7	0:00	0:00
026 Dish washing	0:09	0:09	36.1	35.6	0:04	0:04
027 Preserving	0:01	0:02	2.3	3.8	0:01	0:01
028 Other food preparation	0:00	0:00	0.4	0.4	0:00	0:00

All days of the week

Percentage taking part in the activity		Women Hours:minutes per day		Percentage taking part in the activity		Activity
1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010	
100.0	100.0	24:00	24:00	100.0	100.0	001–132 Total
100.0	100.0	10:49	11:02	100.0	100.0	001–013 Personal care, total
99.9	100.0	8:42	8:43	100.0	99.9	001–003 Sleep, total
99.8	100.0	8:34	8:36	100.0	99.9	001 Sleep
7.7	8.1	0:05	0:05	11.4	13.2	002 Staying awake at night
0.8	1.0	0:03	0:02	1.4	1.3	003 Sick in bed
99.0	98.4	1:19	1:23	99.2	99.1	004–009 Meals, total
69.4	70.6	0:22	0:23	73.4	71.7	004 Meals at home
19.6	17.9	0:05	0:05	16.6	17.2	005 Meals at the workplace
7.5	7.5	0:03	0:03	6.1	6.1	006 Meals at a restaurant
6.5	6.7	0:03	0:03	7.3	8.7	007 Meals in another household
5.1	8.1	0:01	0:02	2.5	4.8	008 Meals elsewhere
93.6	92.6	0:45	0:47	95.3	94.5	009 Coffee and snack
90.3	92.5	0:49	0:56	95.7	96.3	010–013 Other personal care, total
81.7	81.6	0:36	0:40	91.5	91.4	010 Washing and dressing
23.7	25.2	0:08	0:08	19.8	20.2	011 Bathing in sauna
13.3	25.6	0:03	0:06	13.6	24.2	012 Other personal care
9.2	6.9	0:01	0:01	4.7	5.5	013 Travel related to personal care
40.8	33.8	2:15	2:08	29.9	28.7	014–017 Gainful employment, total
40.3	33.4	2:02	1:55	29.4	27.7	014–015 Main and secondary job, total
39.8	33.3	2:00	1:53	29.4	27.7	014 Working time at main and secondary jobs
5.0	2.6	0:02	0:02	1.9	1.7	015 Travel to/from main or secondary job
5.0	4.1	0:01	0:01	5.0	6.0	016 Other time connected with work
32.0	26.5	0:12	0:11	25.0	23.9	017 Daily travel to/from work
11.4	11.9	0:40	0:38	12.6	12.4	018–022 Study in total
10.2	11.1	0:38	0:35	11.5	11.2	018–020 School or university, total
8.6	9.2	0:26	0:24	8.6	8.0	018 Classes and lectures
6.3	6.5	0:08	0:07	7.7	7.1	019 Homework
8.2	8.9	0:04	0:05	8.8	8.1	020 Travel related to study
1.4	0.9	0:02	0:03	1.3	1.7	021–022 Free time study, total
1.4	0.9	0:02	0:02	1.3	1.7	021 Free time study
0.5	0.3	0:00	0:00	0.7	0.5	022 Travel related to free time study
86.8	89.2	3:47	3:41	96.4	95.1	023–066 Domestic work, total
54.9	58.2	1:04	0:59	81.8	80.7	023–028 Food preparation, total
27.6	32.1	0:27	0:23	60.2	58.7	023 Food preparation
41.6	40.4	0:15	0:14	64.3	61.6	024 Preparing coffee and snacks
0.6	0.6	0:05	0:04	7.3	6.5	025 Baking
18.1	20.2	0:14	0:14	52.0	50.1	026 Dish washing
1.0	1.5	0:02	0:03	3.5	5.9	027 Preserving
0.3	0.2	0:00	0:00	0.5	0.5	028 Other food preparation

12 Time use of population aged 10 or over (132 classes) by gender in 1999–2000 and 2009–2010 (continued)

All days of the week						
Activity	Both genders				Men	
	Hours:minutes per day		Percentage taking part in the activity		Hours:minutes per day	
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010
029–033 Housekeeping, total	0:39	0:39	64.9	64.0	0:31	0:33
029 House-cleaning	0:16	0:16	40.0	36.8	0:08	0:08
030 Tidying the garden	0:04	0:05	6.5	7.6	0:05	0:06
031 Heating and water	0:06	0:06	12.5	12.7	0:10	0:09
032 Organisation tasks	0:12	0:11	40.3	40.0	0:09	0:09
033 Other maintenance	0:00	0:00	1.7	1.3	0:01	0:00
034–037 Care for textiles, total	0:11	0:08	25.4	21.0	0:03	0:02
034 Laundry	0:07	0:05	21.0	17.6	0:02	0:02
035 Ironing	0:02	0:01	6.6	4.2	0:00	0:00
036 Producing textiles	0:01	0:01	1.5	1.1	0:00	0:00
037 Other care for textiles	0:00	0:00	1.5	1.7	0:00	0:00
038–040 Gardening and pet care, total	0:09	0:09	18.2	17.6	0:08	0:07
038 Gardening	0:06	0:06	8.2	7.2	0:05	0:05
039 Pet care	0:03	0:03	10.6	10.6	0:02	0:02
040 Other gardening and pet care	0:00	0:00	1.1	1.0	0:00	0:00
041–046 Construction and repairs, total	0:12	0:12	13.5	14.1	0:21	0:21
041 House construction and renovations	0:02	0:02	1.0	0.8	0:04	0:03
042 Home renovations	0:02	0:03	1.7	1.7	0:04	0:05
043 Producing and repairing household fixtures	0:02	0:02	3.9	4.1	0:04	0:04
044 Vehicle maintenance	0:03	0:03	5.5	5.9	0:06	0:06
045 Other construction and repairs	0:00	0:00	0.2	0.2	0:00	0:00
046 Travel related to household upkeep	0:02	0:02	3.5	3.7	0:02	0:02
047–051 Shopping and services, total	0:39	0:39	51.8	50.3	0:35	0:35
047 Daily goods	0:10	0:11	34.7	35.4	0:09	0:10
048 Other goods	0:11	0:10	20.9	18.0	0:10	0:09
049 Commercial and administrative services	0:04	0:05	11.2	10.2	0:04	0:04
050 Other services	0:01	0:01	1.7	1.3	0:01	0:01
051 Travel related to services	0:12	0:12	33.8	33.4	0:11	0:11
052–057 Childcare, total	0:17	0:18	16.5	14.8	0:10	0:11
052 Physical care and supervision of child	0:09	0:09	13.1	11.6	0:04	0:05
053 Reading and playing with child	0:04	0:04	6.9	6.7	0:03	0:03
054 Escorting a child	0:01	0:01	2.4	2.6	0:01	0:01
055 Outdoors with child	0:02	0:01	2.3	2.1	0:01	0:01
056 Other childcare	0:00	0:00	0.3	0.9	0:00	0:00
057 Travel related to childcare	0:02	0:02	5.9	5.9	0:01	0:01
058–059 Help to adult family member, total	0:02	0:02	4.2	4.0	0:02	0:01
058 Help to an adult family member	0:01	0:01	2.2	2.2	0:01	0:01
059 Travel related to helping an adult family member	0:01	0:01	2.2	2.2	0:01	0:01
060–064 Help to other households, total	0:12	0:14	11.3	12.1	0:12	0:13
060 Maintenance as help for neighbours	0:02	0:02	2.4	2.4	0:02	0:02
061 Construction and repairs as help for neighbours	0:02	0:02	1.1	1.2	0:03	0:03
062 Childcare as help for neighbours	0:02	0:02	2.0	2.3	0:01	0:01
063 Other help for neighbours	0:04	0:05	5.4	6.4	0:04	0:03
064 Travel related to helping neighbours	0:02	0:03	5.2	6.1	0:02	0:03

All days of the week

Percentage taking part in the activity		Women Hours:minutes per day		Percentage taking part in the activity		Activity	
1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010		
52.0	55.0	0:45	0:44	76.3	72.5	029–033	Housekeeping, total
21.4	22.6	0:24	0:23	56.3	50.1	029	House-cleaning
8.0	9.0	0:03	0:04	5.2	6.2	030	Tidying the garden
16.7	16.9	0:03	0:03	8.8	8.7	031	Heating and water
30.4	32.3	0:14	0:14	49.0	47.3	032	Organisation tasks
1.5	1.2	0:00	0:00	1.9	1.3	033	Other maintenance
9.1	7.7	0:19	0:14	39.7	33.5	034–037	Care for textiles, total
7.3	6.5	0:12	0:09	33.1	28.0	034	Laundry
1.6	1.2	0:04	0:02	11.0	7.0	035	Ironing
0.1	0.1	0:03	0:02	2.7	2.0	036	Producing textiles
0.6	0.5	0:01	0:01	2.3	2.8	037	Other care for textiles
13.6	13.7	0:11	0:11	22.3	21.2	038–040	Gardening and pet care, total
6.1	6.1	0:07	0:06	10.0	8.3	083	Gardening
7.4	7.4	0:04	0:05	13.5	13.6	039	Pet care
1.1	1.0	0:00	0:00	1.1	1.0	040	Other gardening and pet care
19.9	20.8	0:05	0:04	7.8	7.7	041–046	Construction and repairs, total
1.7	1.3	0:00	0:01	0.4	0.4	041	House construction and renovations
2.6	2.8	0:01	0:01	0.9	0.7	042	Home renovations
6.2	5.8	0:01	0:01	1.8	2.5	043	Producing and repairing household fixtures
9.3	10.0	0:01	0:01	2.1	2.0	044	Vehicle maintenance
0.4	0.3	0:00	0:00	0.0	0.0	045	Other construction and repairs
3.8	4.6	0:01	0:01	3.1	2.8	046	Travel related to household upkeep
48.3	47.5	0:43	0:42	54.9	53.0	047–051	Shopping and services, total
30.2	32.7	0:11	0:12	38.6	38.0	047	Daily goods
19.8	17.3	0:13	0:11	21.8	18.6	048	Other goods
9.2	9.4	0:05	0:05	13.1	10.9	049	Commercial and administrative services
1.8	1.4	0:01	0:01	1.6	1.3	050	Other services
29.8	29.6	0:13	0:13	37.3	36.9	051	Travel related to services
12.9	12.0	0:24	0:24	19.6	17.3	052–057	Childcare, total
8.7	8.6	0:14	0:13	16.9	14.3	052	Physical care and supervision of child
5.3	5.5	0:04	0:04	8.3	7.9	053	Reading and playing with child
1.3	1.7	0:01	0:01	3.4	3.5	054	Escorting a child
1.2	1.2	0:02	0:02	3.2	2.9	055	Outdoors with child
0.2	0.5	0:00	0:00	0.4	1.2	056	Other childcare
4.7	4.3	0:02	0:03	6.9	7.3	057	Travel related to childcare
5.0	3.8	0:01	0:02	3.4	4.1	058–059	Help to adult family member, total
2.1	1.3	0:01	0:02	2.3	3.1	058	Help to an adult family member
3.4	2.7	0:00	0:01	1.2	1.6	059	Travel related to helping an adult family member
10.2	10.4	0:12	0:15	12.2	13.8	060–064	Help to other households, total
2.0	2.0	0:02	0:02	2.7	2.8	060	Maintenance as help for neighbours
2.0	2.0	0:00	0:00	0.2	0.3	061	Construction and repairs as help for neighbours
1.2	1.3	0:03	0:03	2.8	3.3	062	Childcare as help for neighbours
3.8	4.5	0:05	0:06	6.8	8.2	063	Other help for neighbours
5.4	6.2	0:02	0:03	5.1	6.1	064	Travel related to helping neighbours

12 Time use of population aged 10 or over (132 classes) by gender in 1999–2000 and 2009–2010 (continued)

All days of the week

Activity	Both genders				Men	
	Hours:minutes per day		Percentage taking part in the activity		Hours:minutes per day	
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010
065–066 Other domestic work, total	0:04	0:05	10.4	13.6	0:04	0:04
065 Household finances and planning	0:02	0:03	8.1	10.7	0:02	0:03
066 Unspecified domestic work	0:01	0:01	2.6	3.2	0:01	0:01
067–131 Free time, total	6:29	6:40	99.3	99.5	6:42	7:01
067–069 Activity in organisations and voluntary work, total	0:05	0:04	2.9	2.8	0:06	0:04
067 Activity in organisations	0:03	0:03	2.1	2.3	0:03	0:03
068 Voluntary work in an organisation	0:02	0:01	0.9	0.5	0:02	0:01
069 Travel related to activity in organisations and voluntary work	0:01	0:00	1.4	0.8	0:01	0:00
070–072 Participatory activities, total	0:04	0:04	4.5	3.9	0:03	0:04
070 Participatory activity in organisations	0:01	0:02	1.5	1.5	0:01	0:02
071 Religious activity	0:02	0:02	2.8	2.1	0:01	0:01
072 Travel related to participatory activity	0:01	0:01	2.2	2.2	0:01	0:01
073–078 Entertainment and culture, total	0:08	0:08	6.8	5.8	0:08	0:08
073 Cinema	0:01	0:01	0.6	0.4	0:01	0:00
074 Theatre, concerts, museums	0:02	0:02	1.1	1.3	0:01	0:01
075 Library	0:01	0:01	2.9	1.9	0:01	0:01
076 Sports events	0:01	0:01	1.0	0.8	0:02	0:02
077 Other entertainment and culture	0:01	0:02	1.3	1.2	0:01	0:02
078 Travel related to entertainment and culture	0:02	0:02	4.4	3.6	0:02	0:02
079–086 Socialising, total	1:05	0:59	63.0	59.7	1:01	0:53
079 Socialising with family	0:07	0:06	18.8	16.3	0:06	0:05
080 Receiving visitors	0:09	0:09	14.6	13.0	0:07	0:07
081 Visiting	0:18	0:17	20.1	17.7	0:18	0:16
082 Parties	0:02	0:02	1.0	1.3	0:02	0:02
083 Socialising in a café or a restaurant	0:05	0:04	3.6	2.9	0:07	0:05
084 Telephone conversations	0:07	0:07	25.2	22.1	0:04	0:03
085 Other social interaction	0:08	0:06	12.4	10.7	0:08	0:05
086 Travel related to socialising	0:09	0:09	19.9	18.8	0:09	0:09
087–099 Sports and outdoor activities, total	0:43	0:46	44.1	45.4	0:49	0:51
087 Walking	0:12	0:13	18.0	18.9	0:11	0:11
088 Running, jogging	0:01	0:01	1.4	1.6	0:01	0:01
089 Cycling	0:02	0:02	2.6	2.2	0:03	0:02
090 Ball games	0:03	0:04	3.3	3.5	0:06	0:07
091 Exercise classes and the gym	0:03	0:04	7.8	9.7	0:03	0:04
092 Water sports	0:02	0:02	4.2	4.0	0:02	0:02
093 Skiing, skating	0:02	0:02	2.2	1.9	0:02	0:03
094 Hunting, fishing	0:03	0:02	2.5	1.9	0:06	0:04
095 Picking berries or mushrooms	0:01	0:02	0.8	2.1	0:01	0:02
096 Walking a dog	0:05	0:05	7.8	8.0	0:04	0:05
097 Other exercise	0:03	0:02	3.3	2.8	0:03	0:02
098 Sports related activities	0:02	0:01	4.4	3.8	0:02	0:02
099 Travel related to physical exercise	0:04	0:04	9.7	10.8	0:05	0:05

All days of the week

Percentage taking part in the activity		Women Hours:minutes per day		Percentage taking part in the activity		Activity	
1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010		
8.7	11.0	0:04	0:05	11.8	16.0	065–066	Other domestic work, total
6.9	8.8	0:03	0:04	9.2	12.5	065	Household finances and planning
1.8	2.4	0:01	0:02	3.3	4.0	066	Unspecified domestic work
98.9	99.2	6:18	6:20	99.7	99.7	067–131	Free time, total
3.4	2.7	0:04	0:03	2.5	2.9	067–069	Activity in organisations and voluntary work, total
2.4	2.2	0:02	0:02	1.9	2.4	067	Activity in organisations
1.2	0.6	0:01	0:01	0.7	0.4	068	Voluntary work in an organisation
1.6	0.9	0:00	0:00	1.3	0.8	069	Travel related to activity in organisations and voluntary work
3.1	3.5	0:05	0:04	5.7	4.3	070–072	Participatory activities, total
1.3	1.7	0:01	0:01	1.7	1.3	070	Participatory activity in organisations
1.6	1.5	0:03	0:02	4.0	2.7	071	Religious activity
1.6	2.2	0:01	0:01	2.7	2.2	072	Travel related to participatory activity
6.5	5.4	0:08	0:08	7.0	6.1	073–078	Entertainment and culture, total
0.5	0.3	0:01	0:01	0.7	0.5	073	Cinema
0.9	0.8	0:02	0:02	1.3	1.7	074	Theatre, concerts, museums
2.7	1.6	0:01	0:01	3.1	2.2	075	Library
1.2	1.2	0:01	0:01	0.7	0.5	076	Sports events
1.2	1.3	0:01	0:02	1.4	1.2	077	Other entertainment and culture
4.1	3.6	0:02	0:02	4.7	3.6	078	Travel related to entertainment and culture
55.2	50.1	1:09	1:05	70.0	68.7	079–086	Socialising, total
15.7	13.6	0:08	0:06	21.5	18.9	079	Socialising with family
11.3	10.1	0:11	0:10	17.5	15.7	080	Receiving visitors
19.3	16.3	0:18	0:17	20.9	19.0	081	Visiting
0.9	1.1	0:02	0:03	1.1	1.5	082	Parties
4.3	3.3	0:04	0:04	3.0	2.6	083	Socialising in a café or a restaurant
14.7	12.2	0:11	0:10	34.4	31.4	084	Telephone conversations
11.6	9.2	0:07	0:06	13.1	12.0	085	Other social interaction
19.8	18.3	0:09	0:09	20.0	19.2	086	Travel related to socialising
43.6	43.6	0:39	0:41	44.6	47.0	087–099	Sports and outdoor activities, total
16.1	15.5	0:12	0:14	19.6	22.2	087	Walking
1.9	1.9	0:01	0:01	0.9	1.4	088	Running, jogging
3.0	2.5	0:01	0:01	2.3	1.9	089	Cycling
5.4	5.8	0:01	0:01	1.4	1.4	090	Ball games
6.5	8.9	0:03	0:04	9.0	10.5	091	Exercise classes and the gym
3.7	3.3	0:02	0:03	4.6	4.6	092	Water sports
2.3	2.5	0:02	0:01	2.0	1.3	093	Skiing, skating
3.9	3.2	0:01	0:01	1.2	0.8	094	Hunting, fishing
0.6	1.6	0:01	0:03	1.0	2.6	095	Picking berries or mushrooms
6.3	7.5	0:06	0:06	9.1	8.5	096	Walking a dog
3.5	2.3	0:03	0:03	3.1	3.2	097	Other exercise
5.4	4.8	0:01	0:01	3.6	3.0	098	Sports related activities
11.1	12.0	0:03	0:04	8.5	9.6	099	Travel related to physical exercise

12 Time use of population aged 10 or over (132 classes) by gender in 1999–2000 and 2009–2010 (continued)

All days of the week						
Activity	Both genders				Men	
	Hours:minutes per day		Percentage taking part in the activity		Hours:minutes per day	
	1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010
100–114 Hobbies and games, total	0:29	1:00	31.2	55.4	0:32	1:10
100 Visual arts	0:01	0:02	2.0	2.5	0:01	0:01
101 Performing arts	0:02	0:02	3.0	3.1	0:03	0:03
102 Creative writing	0:00	0:00	0.6	0.9	0:00	0:00
103 Handicrafts	0:04	0:03	4.1	3.8	0:00	0:00
104 Correspondence	0:01	0:00	2.1	0.9	0:00	0:00
105 Using a computer to find information	0:01	0:12	2.8	20.2	0:02	0:16
106 Using a computer to communicate	0:00	0:05	1.7	14.3	0:00	0:05
107 Other or unspecified computer use	0:03	0:12	3.1	14.6	0:04	0:15
108 Computer games	0:06	0:09	7.1	8.0	0:11	0:15
109 Parlour games and play	0:03	0:03	4.4	3.8	0:04	0:04
110 Communal games and play outdoors	0:01	0:01	1.4	1.4	0:02	0:01
111 Solo games and play	0:03	0:05	6.3	9.2	0:02	0:04
112 Gambling	0:00	0:00	1.3	1.3	0:00	0:01
113 Other hobbies and games	0:02	0:02	2.4	2.2	0:02	0:03
114 Travel related to hobbies	0:01	0:01	2.1	1.8	0:01	0:01
115–119 Reading, total	0:46	0:43	66.3	60.1	0:43	0:40
115 Reading newspapers	0:15	0:14	39.2	33.6	0:16	0:15
116 Reading periodicals	0:04	0:03	8.5	7.5	0:03	0:03
117 Reading an unspecified newspaper/periodical	0:08	0:06	18.6	15.7	0:08	0:06
118 Reading books	0:12	0:12	16.4	17.0	0:09	0:10
119 Other reading	0:07	0:08	16.7	17.2	0:06	0:07
120–121 Watching television and recordings, total	2:16	2:12	85.8	83.1	2:26	2:26
120 Watching television	2:12	2:07	85.3	80.9	2:21	2:20
121 Watching recordings	0:04	0:06	5.3	5.9	0:05	0:06
122–124 Listening to radio and music, total	0:12	0:10	20.9	15.4	0:13	0:10
122 Listening to radio	0:09	0:07	15.7	11.3	0:09	0:07
123 Listening to recordings	0:01	0:01	1.5	1.0	0:01	0:01
124 Unspecified listening to radio and music	0:03	0:02	4.8	3.8	0:03	0:02
125–127 Resting and relaxing, total	0:24	0:17	40.7	32.1	0:25	0:18
125 Resting	0:14	0:10	26.2	19.1	0:15	0:11
126 Relaxing indoors	0:06	0:04	15.5	11.8	0:06	0:04
127 Relaxing outdoors	0:04	0:03	8.3	7.0	0:04	0:03
128 Travelling	0:11	0:10	8.5	6.4	0:11	0:10
129 Driving for pleasure	0:02	0:02	1.9	1.8	0:02	0:02
130 Filling in a time use diary	0:03	0:02	10.2	9.1	0:02	0:02
131 Unspecified free time activity	0:00	0:02	0.1	2.7	0:00	0:02
132 Unspecified time use	0:11	0:13	11.4	12.0	0:11	0:14
Size of population	4,451,000	4,664,000			2,080,000	2,259,000
Number of survey days	10,561	7,480			4,910	3,521

All days of the week

Percentage taking part in the activity		Women Hours:minutes per day		Percentage taking part in the activity		Activity	
1999–2000	2009–2010	1999–2000	2009–2010	1999–2000	2009–2010		
29.8	54.8	0:26	0:51	32.4	55.9	100–114	Hobbies and games, total
1.3	1.6	0:02	0:02	2.6	3.4	100	Visual arts
3.4	3.8	0:02	0:02	2.7	2.5	101	Performing arts
0.3	0.5	0:00	0:01	0.9	1.3	102	Creative writing
0.2	0.1	0:07	0:07	7.5	7.3	103	Handicrafts
0.7	0.2	0:01	0:01	3.3	1.5	104	Correspondence
3.6	24.5	0:01	0:09	2.0	16.1	105	Using a computer to find information
1.9	12.3	0:00	0:06	1.6	16.2	106	Using a computer to communicate
4.7	15.6	0:01	0:09	1.6	13.7	107	Other or unspecified computer use
10.4	11.4	0:02	0:04	4.3	4.7	108	Computer games
4.3	3.5	0:03	0:03	4.5	4.2	109	Parlour games and play
1.9	1.4	0:01	0:01	1.0	1.3	110	Communal games and play outdoors
4.2	6.8	0:04	0:05	8.0	11.4	111	Solo games and play
1.8	1.7	0:00	0:00	0.8	0.8	112	Gambling
2.2	2.6	0:01	0:01	2.5	1.9	113	Other hobbies and games
2.8	1.7	0:01	0:01	1.5	1.8	114	Travel related to hobbies
62.3	54.0	0:48	0:46	69.7	65.9	115–119	Reading, total
39.5	32.7	0:14	0:13	38.9	34.5	115	Reading newspapers
6.6	5.9	0:04	0:04	10.2	9.0	116	Reading periodicals
18.5	14.4	0:07	0:06	18.6	16.9	117	Reading an unspecified newspaper/periodical
12.3	12.4	0:14	0:15	20.0	21.3	118	Reading books
13.6	14.1	0:08	0:09	19.5	20.1	119	Other reading
85.6	82.9	2:08	2:00	86.0	83.2	120–121	Watching television and recordings, total
85.1	81.0	2:04	1:54	85.4	80.8	120	Watching television
5.7	5.6	0:03	0:06	4.9	6.1	121	Watching recordings
20.4	14.5	0:12	0:09	21.4	16.1	122–124	Listening to radio and music, total
14.9	10.6	0:08	0:06	16.4	11.9	122	Listening to radio
1.4	1.1	0:01	0:01	1.6	1.0	123	Listening to recordings
4.8	3.8	0:03	0:02	4.9	3.8	124	Unspecified listening to radio and music
38.4	32.5	0:24	0:16	42.7	31.7	125–127	Resting and relaxing, total
24.9	19.8	0:14	0:09	27.4	18.4	125	Resting
13.7	11.4	0:06	0:04	17.1	12.2	126	Relaxing indoors
8.6	6.9	0:04	0:03	8.1	7.0	127	Relaxing outdoors
8.6	6.8	0:11	0:10	8.4	6.0	128	Travelling
2.3	2.6	0:02	0:01	1.5	1.1	129	Driving for pleasure
9.6	8.3	0:03	0:02	10.8	9.9	130	Filling in a time use diary
0.1	2.9	0:00	0:02	0.1	2.4	131	Unspecified free time activity
11.8	11.9	0:11	0:12	11.0	12.1	132	Unspecified time use
		2,371,000	2,405,000				Size of population
		5,651	3,959				Number of survey days

Appendix 1

Sampling design and weighting procedures of the Finnish Time Use Survey 2009–2010

Paavo Väisänen

The sample

The Time Use Survey is based on a household sample, the survey units of which are households and persons aged 10 or over at the time of the survey. Single-stage cluster sampling was used as the sampling design. The sample was drawn from Statistics Finland's statistical register of population, which was formed on the basis of the national Population Register. The register does not contain information on households, and the household-dwelling units were thus used instead for the selection. The household-dwelling unit was formed of persons who had the same domicile code in the register. In most cases, a household-dwelling unit comprises one household, and household-dwelling units were consequently used to target the data collection to households.

In total, 4,499 households comprising 11,504 individuals, of whom 9,987 were aged ten or over, were drawn for the Time Use Survey sample. The household sample was drawn from individuals aged 15 or over as a systematic sample, and the household-dwelling unit into which the sampled individual belonged was included in the sample. All individuals in the household-dwelling unit concerned were then also picked into the sample. The inclusion probability of a household depends on the number of individuals in the household's sampling frame, or in this case, persons aged 15 or over. The population of the survey is the household population, and persons living in institutions and conscripts were rejected from the sample as part of register overcoverage. Because of the updating lag of the Register, the sample contained some deceased or emigrated persons, who were also classified as overcoverage. The number of households in the overcoverage was 98 (2.2 per cent), the removal of which brought the number of households in the final sample down to 4,401, within which nonresponse amounted to 1,787 (40.6 per cent) households. The final sample contained 9,745 people. A total of 2,614 households responded, amounting to 59.4 per cent of the sample. The households who responded comprised 5,558 individuals, including 33 persons who were family members not contained in the target population of the survey. These were rejected from the sample together with the households that were part of overcoverage. The number of individuals who belonged to the target population in the households that responded was 5,525, within which nonresponse amounted to 4.5 per cent. In connection with the interview, 586 persons who had moved away were removed from the sample. A total of 177 individuals had moved from households not included in the sample into ones that were included, and these were added to the sample.

Collection of data from substitute respondents was allowed in the Time Use Survey in cases where the target person could not be reached. No questions related to free time were put to the substitute respondent, but the data that were collected were accepted as interview data, and the persons were issued with diaries to fill in. The data of 546 persons were collected from substitute respondents. Of these, 234 kept a diary for at least one day. Of the 331 individuals who could not be interviewed, 14 filled in the diaries. In total, 7,480 diaries were obtained.

In earlier Time Use Surveys, data collection was mainly based on face-to-face interviews, during which the interviewer gave guidance in filling in the diary. In the interest of cost savings, some of the interviews for the 2009–2010 survey were conducted on the telephone. The sample was divided into telephone and face-to-face interviews by a random process, ensuring that the final data would contain equal numbers of telephone and face-to-face interviews. In connection with a face-to-face interview, guidance was given in filling in the diary. In preliminary estimates it was assumed that giving the instructions over the telephone would have an adverse effect on diary quality, and consequently, the impact of the interview method on the nonresponse rate and diary keeping was analysed based on the data.

According to the survey design, equal numbers of households were allocated to each week of the year, which were further portioned out to weekdays so that the number of households was the same for each weekday. In a random process, the weekday was associated with a Saturday or a Sunday that fell either to the previous or following weekend. The data collection was scheduled to take place over a period of 52 weeks, starting from week 17 in 2009 and amounting to a total of 365 survey days.

Nonresponse

Collecting data from all households and persons that were part of the sample was not possible. This is referred to as nonresponse. The response and nonresponse rates are some of the quality indicators for sample surveys. A good respondent rate reflects a high reliability of the study. Four types of nonresponse occur in the Time Use Survey: 1) cluster nonresponse, 2) unit nonresponse, 3) missing diaries, where one or both diaries are missing, and 4) item nonresponse, where answers to one or more variables are missing at the household or individual person levels, or a diary is only partially filled in. Unit nonresponse is measured by its ratio to the final sample. The ratio can be calculated directly from the sample, or as weighted, using the expression (Särndal et al., 1992)

$$\tilde{P}_k = \frac{\sum_k 1/\pi_i}{\sum_s 1/\pi_i}$$

where k is the nonresponse group, s is the sample and π_i is the inclusion probability of household u_i . The weighted share is an estimate for the share of the population that will remain as nonresponse.

Table 1

Household sample by response and nonresponse rate and interview method

	%		
	Face-to-face interview	Telephone interview	Total
Responded	57.9	61.9	59.4
Refused	27.5	24.4	25.3
Could not be contacted	11.4	10.7	11.1
Other	3.2	3.1	3.2
Total	62.4	37.5	100

The response rates of households were higher for telephone interviews than for face-to-face interviews. Classified by the major region, the response rate was the lowest in Northern Finland and Greater Helsinki. The major regions were employed as a calibration variable used to adjust for nonresponse bias in the survey results.

The total share of unit nonresponse and nonresponse of persons in households was 46.7 per cent of the sample.

Table 2

Response rates by major region, weighted per cent

	Greater Helsinki	Other Southern Finland	Western Finland	Eastern Finland	Northern Finland
Respondents	53	61	68	64	44

Table 3

Diary response

Diary response	Number	%
Both diaries filled in	3,685	37.8
Only first diary filled in	85	0.9
Only second diary filled in	25	0.3
No diaries filled in	1,410	14.5
Nonresponse	4,540	46.6

Diaries were issued to 5,525 persons. Persons who had responded to the interview, or whose data had been collected from a substitute respondent, or who had kept a diary for at least one day were classified as having responded. Under this definition, the number of respondents amounted to 5,205. As weighted, 40 per cent of the proxy interviewed persons returned both diaries and in addition, three per cent returned one diary.

Table 4

Diary response by level of education, per cent

Diary response	Lower secondary level	Upper secondary level	Tertiary level
Both diaries filled in	33	40	49
First diary filled in	1	1	1
Second diary filled in	0	0	0
No diaries filled in	17	16	12
Unit nonresponse	3	2	2
Household nonresponse	45	41	35
Total	100	100	100

Information on unemployment was received from the register of jobseekers. In the group of unemployed jobseekers, only 30 per cent of persons in the sample returned a diary, while this share for other persons was 40 per cent.

The response rate for diary keeping was seven percentage points higher for the group of persons with upper secondary education than for the group with lower secondary education. The difference between those with tertiary education and those with lower secondary education was 16 percentage points. Approximately one half of this difference was due to household nonresponse. Unemployment derived from the register of jobseekers and the level of education found in the education register were included in the calibration procedure to adjust these distributions to correspond with the register data.

Impact of telephone and face-to-face interviews on diary keeping

In the previous Time Use Surveys conducted in 1979, 1987–1988 and 1999–2000, the data were collected in face-to-face interviews, but in the interest of cost savings, some of the interviews for the 2009–2010 survey were conducted on telephone. The sample was divided into telephone and face-to-face interviews by a random process. Changing the interview method was allowed if completing the interview otherwise proved impossible.

Table 5
Randomised method of interview and realised method

Randomised interview method	Realised interview			Total
	Household nonresponse	Face-to-face	Telephone	
Face-to-face	2,765 28.4 %	2,042 21.0 %	1,264 13.0 %	6,071 62.3 %
Telephone	1,455 14.9 %	294 3.0 %	1,922 19.7 %	3,671 37.7 %
Total	4,220 43.3 %	2,336 24.0 %	3,186 32.7 %	9,742 100.0 %

The majority of interviews were conducted following the mode indicated by the draw. However, a telephone interview was a more suitable mode for the target persons, as 62 per cent of the persons in households for whom a face-to-face interview was indicated were interviewed as planned, while this rate for the telephone interviews was 87 per cent.

Table 6
Diary response by interview mode (weighted with the inclusion probability weight), per cent

Diary response	Face-to-face	Telephone
Both diaries filled in	73.6	64.0
First diary filled in	0.9	0.9
Second diary filled in	1.3	0.6
No diaries filled in	22.5	29.2
Individual interview nonresponse	1.8	5.3
Total	100.1	100.0

The non-response of telephone and face-to-face interviews was analysed on the basis of background variables. The level of care taken when filling in the diaries was assessed based on the number of episodes and secondary activities. The way the activities were recorded was also studied by examining the diaries.

If an activity is not recorded, the missing episode is treated as item non-response in the diary, which cannot be detected at a later date based on the diary. By analysing the number of episodes we can produce estimates of how intensively the diary was filled in. A diary with a great number of episodes has been filled in more carefully than one containing fewer episodes, although the number of episodes is also influenced by an individual's characteristics and habits. Typically, the number of episodes was higher on days off than on working days, and the first diary contained on average more episodes than the second. The average number of episodes for diaries for which guidance was given face to face was 26.9, while this figure for diaries where guidance was given on the telephone was 26.8.

The response rate for diaries where guidance was provided face-to-face was greater than that of households interviewed over the telephone. This may be due to interaction between the interviewer and the individual keeping the diary, and it may be easier to motivate individuals to keep a diary in a face-to-face meeting. Another explanation for the higher rate of diary response is relevant to the higher household nonresponse rate of face-to-face interviews, which has deselected persons who would also have been unlikely to keep a diary.

No significant differences were found in the quality of diaries for which guidance had been given on the telephone or face to face, but the advantage of the telephone interview was a smaller total nonresponse rate (Väisänen 2011). No differences in recording the activities and compliance with the instructions for filling in the diary were observed between diaries for which guidance had been given on the telephone and face-to-face (Okkonen 2012).

Completing missing activity data

In some diaries, the activity for a certain time of the day had not been filled in. If the person had filled in the diary for most of the day, it was accepted as part of the data, and the missing activities were given the activity code 999. Using a model, it was possible to predict that some of the 999 codes refer to time spent sleeping. If the first entries of the diary start with getting dressed and having breakfast, the time from 4 a.m. till waking up was recorded as sleep. Sleep in the evening was modelled using a regression model where the dependent variable was the duration of sleep in the evening, and the independent variables sleep in the morning, gender, age classes by 5-year intervals, day of the week, working day and day off. The model predicted the duration of sleep in the evening, which was rounded up to the nearest 10 minutes. If the last episode was coded as missing, sleep in the evening calculated from the model was imputed. If the last missing episode was shorter than the sleep predicted by the model, the entire missing time period was imputed to sleep. On the other hand, if the duration of the last episode was greater than the sleeping time predicted by the model,

the duration calculated in the model was imputed. The difference between the durations of the model and the missing data remained as a missing activity. The starting time of sleep was calculated in arrears from 4 a.m.

Weights

Weights are coefficients used in estimation to expand the sample to apply to the entire population. The weights are calculated in several steps that take into account the survey and sampling design and nonresponse adjustment. Using a calibration technique, the weights are also benchmarked to correspond with the data in population statistics and registers. In the weighting, the same "representativeness" is allocated to days of the week and months in the sense that calculated at the unit level, the sums of the weights are the same. The sample was standardised so that the sample size of each day of the week and month is constant. The number of respondents for the days of the week and at the monthly level vary depending on the nonresponse rate and transferred targets. The size of the population grows month by month. If the weighting is done monthly, the months in the latter part of the year will be "overrepresented" in the data, and for this reason, the population size as at the end of 2009 was selected for the weighting, eliminating differences in the representativeness by month, and monthly balancing was used to preserve the representativeness of each time period regardless of the number of responses. The population size corresponds with the household population size, which was obtained by subtracting institutional population, or the so-called 900 group, contained in the register from the residential population. Conscripts were not part of the population for this survey, and the estimated annual average numbers of conscripts were subtracted from the age groups of the conscripts.

Household and individual weights

The inclusion probability of the household included is obtained according to the sampling design by the expression

$$P(u_i \in S) = \frac{n_s m_i}{M}$$

where S is a sample of households that has been drawn from the population, n_s is the sample size, m_i is the sample size, M is the total number of the household population aged 15 or over. The expression is an approximation from which the second and higher order inclusion probabilities are dropped as they are so small that they can be omitted to simplify calculations.

The household-dwelling units included in the Time Use Survey were drawn from Statistics Finland's statistical register covering the entire population, in which persons are sorted to the order of their domicile codes. The sampling method was systematic sampling, where the starting point was drawn in the first selection interval. The advantage of this method is obtaining a sample with the

correct geographical distribution. The inclusion probability weight is the inverse value of the above expression

$$w_{HT,i} = \frac{M}{n_S m_i}.$$

The weight was calculated for the household, and following the sampling design, all members of the household had the same weight. This weight was used to calculate the response rates and nonresponse distributions.

In the nonresponse group, the inclusion probability weight was adjusted by the naive correction that was based on the response frequencies. The conditional probability that the household belongs to the response group R , when it is selected into the sample S is estimated with the proportion

$$P(u_i \in R | u_i \in S) = \frac{n_R}{n_S}.$$

The drawing of the sample and nonresponse were independent events, and thus the probability of a household belonging to the respondent group is the product of the inclusion probability and the conditional probability of response

$$P(u_i \in R) = P(u_i \in S)P(u_i \in R | u_i \in S)$$

and we thus obtain the nonresponse adjusted inclusion probability weight

$$w_{HT,i} = \frac{M}{n_R m_i}.$$

The weights $w_{HT,i}$ were standardised using a method based on calibration estimators, in which a linear distance function was employed. The calibrated weights are calculated to be as close as possible to the original inclusion probability weights while producing the true values for the marginal counts of the calibration variables. The estimator of total for variable y can be presented in the form (Deville, Särndal & Sautory 1993)

$$\hat{t}_{yCal} = \sum_{i \in S} g_i w_{HT,i} y_i$$

in which g_i is the calibration weight. In case of the linear distance function, the calibration estimator is the same as the generalised regression estimator, which can be given in the form

$$g_i = 1 + \left(\sum_U x_i - \sum_S \frac{M}{m_i} x_i \right)' \left(\sum_S \frac{x_i x_i'}{p_i} \right)^{-1} x_i \frac{x_i}{c}$$

where x_i is the calibration variable vector and c a constant, which frequently is 1 but which can also receive other values.

In the Time Use Survey, the calibration vector was formed by age and gender groups, region, type of municipality, education and taxable income. In the same calibration process was included standardisation of the month and day of the

week, as well as inclusion in the Jobseekers' Register in the month in question. The calibration vector was

$$(Z_{11}, Z_{12}, \dots, Z_{1F}, Z_{21}, \dots, Z_{2L}, \dots, Z_{31}, \dots, Z_{3E}, Z_{41}, \dots, Z_{4N}, Z_{51}, \dots, Z_{5Q}, Z_{61}, \dots, Z_{6M}, Z_{71}, \dots, Z_{7K}, Z_8).$$

Table 7
Calibration vector

Calibration variable	Variable classes
Z_{11}	Combined gender and age classes, F=14
Z_{21}	Person was in the Jobseekers' Register, L=3
Z_{31}	Major region, E=5
Z_{41}	Education level, N=3
Z_{51}	Municipality group, Q=3
Z_{61}	Month, M=12
Z_{71}	Day of the week, K=7
Z_{81}	Taxable income in the tax register of 2009.

The classes of these variables were converted into binary variables where the variable value is 1 when the person is part of the class, and 0 in other cases. Totals per each household were calculated for the binary variables, which were used as variables in the calibration process $x_i' = (x_{i1}, \dots, x_{i29})'$. By this method, all members of a household are given the same weight, producing true values for the point estimates of calibration variable frequencies (Alexander 1987).

The calibration was carried out using Calmar2 software (Sautori & Guennec 2005). The calibration produced some large weights for subsets with only very few respondents.

Diary weights

Not all members of a household kept a diary, or they only kept it for one day, and the weight based on the inclusion probability is therefore extended to apply to the survey population by the ratio expression

$$w_{ExHTp} = \frac{w_{HTp,i} M_{10+}}{\sum w_{HTp,i}}$$

where M_{10+} is the population size and $w_{HT,i}$ is the inclusion probability weight of an individual.

The diary basic weight w_{pi} is 5/7 for weekdays and 2/7 for Saturdays and Sundays. The number of diaries returned varies by the week and day of the week under scrutiny. If the person could not be contacted before the drawn date, the interviewer was allowed to postpone the diary keeping to the same days of the week in the following week. Because of these transfers, the diary weights of all members of a household are not the same. If all members kept a diary on the same days, the household members have the same diary weights. The diary weights were calibrated similarly to the individual weights. The estimator for the total duration of an activity \hat{t}_{pi} thus is

$$\hat{t}_{py} = \sum_i g_i w_{p,i} w_{HT,i} y_i$$

In the Time Use Survey, the durations are analysed as averages for the population or for those who took part in an activity, in which case the total above is divided by an estimate of the number of persons obtained using the estimator

$$\hat{t}_{N_{vp}} = \sum_i g_i w_{p,i} w_{HT,i} d_{vp,i}$$

where $d_{vp,i}$ is 1 when a person belongs to the subgroup to be analysed on the day of the week under scrutiny, and otherwise 0.

Standard errors

Due to the complex sampling and estimation design, no analysis program was available for calculating standard errors. Deriving an expression for an analytic standard error estimator is a demanding task. For these reasons, approximates for standard errors were calculated using the SUDAAN program, which takes into account intra-class correlation between household members included in the sampling design. Calibration estimators adjust for the non-response bias in the survey results, while they usually also reduce standard errors for variables that have linear correlations with calibration vector variables. The figures calculated with SUDAAN do not take into account the effect of calibration estimators, and thus the standard errors obtained are conservative approximates for standard errors in line with the estimation design.

If all members of a household take part in an activity and they spend time together, the survey variables show intra-class correlation for the household. Persons may have habits and routines that are repeated from one day to the next. The rhythms of sleep and meals may be the same regardless of the day of the week, in which case the two diaries of the person display intra-class correlation. However, free time during the weekend differs from everyday life at least in case of the employed, thus reducing intra-class correlation. Design effects were calculated for the variables, based on which the clustering of variables in the household sample can be evaluated. Design effects *DEFF* measure the efficiency of the sampling design. *DEFF* is the proportion of variance obtained for the data by a design-based calculation and variance of simple random sampling. From the sample calculated estimate of *DEFF* is (Kish 1965)

$$deff = \frac{\hat{V}_D(\hat{\theta})}{\hat{V}_{SRS}(\hat{\theta})}$$

where $\hat{V}_d(\hat{\theta})$ is a variance estimator calculated based on the sampling design used for the estimated parameter θ and $\hat{V}_{SRS}(\hat{\theta})$ is the estimator based on simple random sampling for the same parameter. The *Deff*-numbers are greater for activities where all the family joins in, usually varying between 1.8–2.5. The *deff* values for solo activities usually vary between 1.0–1.5. Age and gender classifications differentiate the duration of the activities, and thus the *deff* values are smaller when examined separately than the totals for the entire material. For

example, the deff value for the activity 'relaxing outdoors' was 2.1 for the entire material, while when examined by gender, the deff value for men was 1.3 and for women 2.0.

Table 8

Standard errors and DEFF coefficients for activity durations in a 26-class categorisation of activities for the entire material

Activity	Estimate	Standard error	Relative standard error	Deff
1 Gainful employment	134.8	3.44	0.03	1.8
2 Travel to/from work	12.4	0.43	0.03	1.8
01-02 Gainful employment, total	147.1	3.72	0.03	1.8
3 Domestic work	83.9	1.43	0.02	1.9
4 Maintenance	25.3	1.08	0.04	2.1
5 Other domestic work	17.0	0.90	0.05	2.1
6 Childcare	15.9	1.14	0.07	2.8
7 Shopping and services	26.5	0.72	0.03	1.7
8 Travel related to domestic work	19.5	0.58	0.03	2.0
03-08 Domestic work, total	188.1	2.67	0.01	2.1
9 Sleep	517.8	1.83	0.00	2.0
10 Meals	83.3	0.85	0.01	2.4
11 Washing and dressing	52.6	0.79	0.02	2.0
09-11 Personal care, total	653.7	2.09	0.00	2.0
12 School or university	31.9	1.80	0.06	2.3
13 Travel to/from school or university	4.7	0.34	0.07	2.0
14 Free time study (incl. related travel)	1.8	0.28	0.15	1.5
12-14 Study, total	38.4	2.07	0.05	2.3
15 Participatory activity	6.8	0.54	0.08	1.6
16 Sports and outdoor activities	42.7	1.18	0.03	2.2
17 Entertainment and culture	5.8	0.48	0.08	1.6
18 Reading	43.2	1.13	0.03	2.6
19 Listening to radio	6.7	0.60	0.09	3.1
20 Watching television	132.4	2.26	0.02	2.7
21 Socialising with family	5.6	0.32	0.06	2.1
22 Socialising with friends	44.4	1.34	0.03	2.0
23 Hobbies	61.3	1.74	0.03	2.4
24 Other free time	21.3	0.75	0.04	2.2
25 Travel related to free time	29.6	1.18	0.04	1.9
15-25 Free time activity, total	399.9	3.47	0.01	2.2
26 Unspecified	12.8	1.07	0.08	2.5

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Appendix 2

Conversion key for activity classifications

26 categories		82 categories		132 categories	
GAINFUL EMPLOYMENT					
01	Gainful employment	01	Gainful employment	014	Working time, main and secondary job
		02	Time connected with gainful employment	015	Travel to and from work, main and secondary job
02	Travel to and from work	03	Travel to and from work	016	Other time connected with employment
				017	Daily travel to and from work
01–02	Gainful employment, total	01–03	Gainful employment, total	014–017	Gainful employment, total
DOMESTIC WORK					
03	Housekeeping	04	Food preparation	023	Food preparation
				024	Preparing coffee and snacks
		05	Baking, preserving	028	Other food preparation
		06	Dish washing	025	Baking
		07	Cleaning	027	Preserving
				026	Dish washing
		08	Laundry, ironing	029	House-cleaning
				032	Organisation tasks
		09	Producing textiles	034	Laundry
		10	Care for textiles	035	Ironing
		11	Care for textiles	036	Producing textiles
				037	Other care for textiles
				031	Heating and water
04	Maintenance	12	Construction and repairs	041	House construction and renovations
				042	Home renovations
				043	Making and repairing household fixtures
		13	Gardening and pet care	045	Other construction and repairs
				030	Tidying the garden
				038	Garden maintenance
				039	Pet care
		14	Vehicle repair and maintenance	040	Other gardening and pet care
				044	Vehicle maintenance
05	Other domestic work	15	Helping a family member	058	Helping an adult family member
		16	Helping another household	060	Maintenance as help for neighbours
				061	Construction and repairs as help for neighbours
				062	Childcare as help for neighbours
				063	Other help for neighbours
		17	Other domestic work	033	Other maintenance
				065	Household finances and planning
				066	Unspecified domestic work
06	Childcare	19	Physical care and supervision of child	052	Physical care and supervision of child
		20	Reading and playing with child	053	Reading and playing with child
		21	Outdoors with child	055	Outdoors with child
		22	Other childcare	054	Escorting child
				056	Other childcare
07	Shopping and services	24	Shopping	047	Daily goods
				048	Other goods
		25	Commercial and administrative services	049	Commercial and administrative services
		26	Unspecified services	050	Other services

Appendix 2 (continued)

26 categories		82 categories		132 categories	
08	Travel related to domestic work	18	Travel related to domestic work	046	Travel related to household upkeep
				059	Travel related to helping an adult family member
		23	Travel related to childcare	064	Travel related to helping neighbours
		27	Travel related to shopping and services	057	Travel related to childcare
				051	Travel related to services
03–08	Domestic work, total	04–27	Domestic work, total	023–066	Domestic work, total
PERSONAL CARE					
09	Sleep	28	Sleep	001	Sleep
				002	Staying awake at night
10	Meals	29	Meals	004	Meals at home
				005	Meals at the workplace
				006	Meals at a restaurant
				007	Meals in another household
				008	Meals elsewhere
				009	Coffee and a snack
11	Washing, dressing	30	Washing and dressing	010	Washing and dressing
		31	Sauna	011	Bathing in sauna
		32	Sick in bed	003	Sick in bed
		33	Other personal care	012	Other personal care
		34	Travel related to personal care	013	Travel related to personal care
09–11	Personal care, total	28–34	Personal care, total	001–013	Personal care, total
STUDY					
12	School or university	35	Studying at a school or university	018	Classes and lectures
		40	Unspecified study	018	Classes and lectures
		36	Homework	019	Homework
13	Travel related to study	37	Travel to/from school or university	020	Travel related to school or university
14	Free time study (incl. related travel)	38	Free time study	021	Free time study
		39	Travel related to free time study	022	Travel related to free time study
12–14	Study, total	35–40	Study, total	018–022	Study, total
FREE TIME					
15	Participatory activity	41	Activity in organisations	067	Work in organisations
				068	Voluntary work in organisations
				070	Participatory activity in organisations
		42	Religious activity	071	Religious activity

Appendix 2 (continued)

26 categories	82 categories	132 categories	
16 Sports and outdoor activities	44 Outdoor activity, walking	087 Walking 096 Walking a dog 088 Running, jogging 089 Cycling 090 Ball games 091 Exercise classes and the gym 092 Water sports 093 Skiing, skating 097 Other exercise (partly 44 and 46)	
	45 Other physical exercise	110 Other exercise (partly 44 and 46) 094 Hunting, fishing 095 Picking berries or mushrooms 098 Sports related activities	
	46 Hunting, fishing, picking mushrooms		
	47 Sports related activities		
	17 Entertainment and culture	49 Sports events	076 Sports events
		50 Cinema	073 Cinema
		51 Theatre, concert, museum	074 Theatre, concert, museum
		52 Library	075 Library
		53 Other entertainment and culture	077 Other entertainment and culture
	18 Reading	55 Reading newspapers	115 Reading newspapers
56 Reading periodicals		116 Reading periodicals	
57 Reading books		118 Reading books	
58 Unspecified reading		117 Reading unspecified newspapers/periodicals 119 Other reading	
19 Listening to radio		59 Listening to radio	122 Listening to radio
	20 Watching television	60 Watching television	120 Watching television 121 Watching recordings
21 Watching recordings		61 Socialising with family	079 Socialising with family
22 Socialising with friends	62 Visiting	081 Visiting 082 Parties (partly 63)	
	63 Receiving visitors	080 Receiving visitors	
	64 Telephone conversations	084 Telephone conversations	
	65 Telephone conversations	083 Socialising in a café or a restaurant	
	66 Other socialising	085 Other socialising	
	23 Hobbies	68 Handicrafts	103 Handicrafts
69 Playing a musical instrument, drawing, etc.		100 Visual arts 101 Performing arts 102 Creative writing	
		70 Computing	105 Using a computer to find information 106 Using a computer to communicate 107 Other or unspecified computer use 108 Computer games
			109 Parlour games and play
			111 Parlour games and play
		71 Parlour games and play	112 Gambling
72 Solo games and play		123 Listening to recordings	
73 Gambling		124 Unspecified listening to radio and music	
74 Playing records or cassettes		104 Correspondence	
75 Playing records or cassettes		113 Other hobbies and games	
76 Other hobbies			

Appendix 2 (continued)

26 categories		82 categories		132 categories	
24	Other free time	78	Resting	125	Resting
				126	Relaxing indoors
				127	Relaxing outdoors
		81	Unspecified free time	130	Filling in a time use diary
				131	Unspecified free time
25	Travel related to free time	43	Travel related to activity in organisations	070	Travel related to activity in organisations and voluntary work
				072	Travel related to participatory activities
		48	Travel related to physical exercise	099	Travel related to physical exercise
		54	Travel related to physical exercise and culture	078	Travel related to entertainment and culture
		67	Travel related to socialising	086	Travel related to socialising
		77	Travel related to hobbies	114	Travel related to hobbies
		79	Travelling	128	Travelling
		80	Driving for pleasure	129	Driving for pleasure
15–25	Free time, total	41–81	Free time, total	067–131	Free time, total
UNSPECIFIED					
26	Unspecified	82	Unspecified time use	132	Unspecified time use

Appendix 3



AJ09K

Interviewer

Telephone

Household

Member

Interviewer

Time Use Survey 2009–2010

Diary

Every day is different. Please record in this diary how you used your time on:

_____ / _____

and

_____ / _____

Diary filled in by:

Please keep the diary with you and fill it in several times during the day.

Time, a.m.	<h2 style="margin: 0;">What were you doing?</h2> <p style="margin: 0;">Record your main activity for each 10-minute period, starting from 07.00 to 10.00 am.</p> <p style="margin: 0;">Please only include one main activity on each line. Distinguish between travel and the activity that is the reason for travelling. Do not forget the mode of transportation.</p>
07:00–07:10	
07:10–07:20	
07:20–07:30	
07:30–07:40	
07:40–07:50	
07:50–08:00	
08:00–08:10	
08:10–08:20	
08:20–08:30	
08:30–08:40	
08:40–08:50	
08:50–09:00	
09:00–09:10	
09:10–09:20	
09:20–09:30	
09:30–09:40	
09:40–09:50	
09:50–10:00	

What else were you doing?	Were you alone or together with somebody you know? Please tick the box with an X or a vertical line					
Record the most important parallel activity. Also write down if you used a computer or the Internet for your main or parallel activity.	Alone	With members of my household				With other persons that I know
		With my spouse	With my mother or father	With children aged under 10	With other family members	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The publication describes changes that have taken place in the time use of Finnish people over three decades. How much time do we spend sleeping, on gainful employment, doing domestic work and on free time activities? The publication looks at changes in time use in various population groups, for example, by gender, age, stage in family cycle and socio-economic group. The survey data consist of accurate time use diaries kept by Finnish respondents aged 10 or over in 1979, 1987–1988, 1999–2000 and 2009–2010.

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