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**The
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6. The Use of Leisure

Since the early 1950's the number of hours worked each week (including any overtime) by the average adult male manual worker fell only very slightly—from approximately 48 hours to 47 hours. In spite of this modest change there has, in fact, been an appreciable increase in the amount of leisure enjoyed by the average worker. This has come about in two main ways: in part because for half the working population Saturday morning work has been ended, and in part because with the shift in occupations a larger proportion of the employed population is working the white collared workers' 35-hour week and relatively fewer are employed at the manual operatives' 47-hour week. This latter change also means that more people are in jobs where three weeks of paid holiday, rather than two weeks, is widespread.

In January 1962 Research Services Ltd., interviewed a sample of 1,250 respondents designed to represent the total population aged 16 or over throughout Great Britain. The questions asked for a detailed account of each respondent's activities during the two complete days preceding the interview. In this time-budget the day was divided into half-hour segments and the interviewer recorded for each person his or her main activities during each segment. These activities, apart from the main subdivision into 'home' and 'outside the home', were coded into 34 specific categories.

Home and away

In mid-winter on the average day (including Saturdays and Sundays), three-quarters of all adults (i.e. persons aged 16 and over) are out of bed before 8.15 a.m. and three-quarters of them return to bed at 10.30 p.m. or later. The average adult's $15\frac{1}{2}$ hours out of bed on the

average day is divided into 9.6 hours spent at home and 6.0 hours outside the home.

The time budgets of men and women are sharply different. On the average day, men spend 8.2 hours outside the home, and this is exactly double the amount of time spent by women. Differences related to age of respondent are quite striking for men and very striking for women.

Among young men (i.e. those aged 16 to 24) nearly 10 hours are spent away from home on the average day and this is 60 per cent higher than the 'absenteeism' of middle-aged and old men (i.e. those aged 55 or more). Among young women 7½ hours a day is spent away from home, whereas the older women go out for only 3 hours a day. Moreover, this sharp decline in absenteeism among women starts very early in their life—in fact, within a year or two after marriage, so that young women in their late twenties and early thirties rarely manage to be outside the home for as much as 4 hours on the average day.

Table 19. General allocation of time out of bed on average day (in hours)

Respondents	At Home Hrs.	Away from Home Hrs.	Total Hrs.	In Bed Hrs.	Home time as % of all time up %	Time away from home as % of full 24 hours %
Men:						
Aged 16-24	5.8	9.9	15.7	8.3=24	36	41
25-54	7.1	8.7	15.8	8.2	45	36
55 & over	9.3	6.2	15.5	8.5	60	26
All men	7.5	8.2	15.7	8.3	48	34
Women:						
Aged 16-24	7.9	7.5	15.4	8.6	51	31
25-54	12.1	3.6	15.7	8.3	77	15
55 & over	11.9	3.0	14.9	9.1	80	12
All women	11.4	4.1	15.5	8.5	74	17
All:						
Mon. to Fri.	9.3	6.6	15.9	8.1	59	28
Sat. & Sun.	10.3	4.6	14.9	9.1	69	19
All days	9.6	6.0	15.6	8.4	62	25

There is, of course, a considerable difference between the weekend pattern and behaviour during the five weekdays. At weekends the average person spends two hours

less outside the home each day, and almost all this gain is divided equally between an extra hour in bed and an extra hour watching television, taking a nap in an arm-chair and reading.

Time at Home

All adults

On the average day, and for the average adult, a handful of activities account for a very large part of the 9·6 waking hours spent at home. Eating and preparing meals take up 2 hours 40 minutes (28 per cent of the total); watching television and listening to the radio occupy another 2 hours 25 minutes; housework takes 1½ hours, washing and dressing another 30 minutes. That leaves 2½ hours for all the other activities that make up British domestic life—knitting and sewing, looking after the children, washing clothes, etc. The time devoted to what might be called creative activities (small handicraft jobs, hobbies, studying and gardening) together amount to only 19 minutes a day; appreciably more time (32 minutes) is spent on reading (the number of newspapers and magazines read by the average British citizen is the highest in the world).

The gradual extension of the five-day working week throughout industry makes possible for more and more work people two distinctive living styles—one for working days and one for the weekend.

Weekdays and weekends

At the weekend the average citizen spends an extra hour each day in bed and then still finds himself with an extra waking hour at his disposal—a total of 10 hours 18 minutes at home. In spite of this extra leisure, a little less time is spent on housework and knitting, child care, laundry, etc. As a result, an extra 1¼ hours is spent watching television, reading and resting. The creative activities, however, also benefit; at the weekend an additional 12 minutes a day is spent on them, thus bringing the total to 27 minutes; much of this addition is taken up with gardening.

Table 20. Waking time spent at home: all adults

	Weekdays		Weekend Days	
	Hrs.	Mins.	Hrs.	Mins.
Eating and preparing meals	2	38	2	40
Television and Radio	2	12	2	58
Housework	1	34	1	17
Washing and dressing		29		34
Knitting, sewing, child care, laundry		49		27
Handicrafts, hobbies, study, gardening		15		27
Reading		30		40
Resting (i.e. nothing)		37		57
All other activities		14		18
Total	9	18	10	18

Men and women

Between the two sexes (and the figures relate to average behaviour over the whole seven days of the week) the outstanding difference is in the amount of waking time each sex spends at home each day; for men the figure is 7 hours 30 minutes, but for women it is as high as 11 hours 24 minutes—an extra four hours almost. In fact, by spending less time than the average male on the creative pursuits and on reading, the average woman is able, as compared with the average man, to spend each day an extra $4\frac{3}{4}$ hours on preparing meals, housework, knitting, sewing, child care and doing the laundry. Her consumption of television and radio, however, is hardly affected.

Table 21. Time spent at home: men and women

	Men		Women	
	Hrs.	Mins.	Hrs.	Mins.
Eating and preparing meals	1	54	3	17
Television and Radio	2	27	2	23
Housework		22	2	28
Washing and dressing		34		27
Knitting, sewing, child care, laundry		4	1	17
Handicrafts, hobbies, study, gardening		31		7
Reading		45		22
Resting (i.e. nothing)		39		45
All other activities		14		18
Total	7	30	11	24

Age groups

The survey divided the population into three age groups: those aged 16 to 24—and these are either unmarried or, if married, are often still without children;

the second group (aged 25 to 54) is made up almost entirely of married people and usually their households contain young children; the third group (aged 55 and over) is made up of people who almost invariably have no dependent children and who, for the most part, have retired from going out to work. Between the three groups there are considerable differences in the amount of waking time spent at home. For the youngest group it is 6 hours 54 minutes; for the middle group it is 9 hours 44 minutes (nearly three hours more); and for the oldest group, waking time spent at home is 10 hours 45 minutes.

Table 22. Time spent at home: age groups

	16—24		25—54		55 and over	
	Hrs.	Mins.	Hrs.	Mins.	Hrs.	Mins.
Eating and preparing meals	1	53	2	46	2	49
Television and Radio	1	52	2	25	2	44
Housework		39	1	37	1	43
Washing and dressing		41		29		26
Knitting, sewing, child care, laundry		26		52		30
Handicrafts, hobbies, study, gardening		26		17		17
Reading		17		27		50
Resting (i.e. nothing)		22		36	1	08
All other activities		18		15		18
Total	6	54	9	44	10	45

The domestic activities of the youngest group are highly concentrated; well over half their time at home is devoted to eating and preparing meals and to watching television. They spend very few minutes, compared with their elders, on housework and resting, but in spite of the relatively small amount of time they spend in the house they take appreciably longer than their elders over washing and dressing and the creative activities; on these last they average almost half an hour a day.

Of the approximately additional three hours spent in the home by the next age group (25 to 54) over 80 per cent goes on domestic tasks—preparing meals, housework, knitting, sewing, looking after children and doing the laundry.

The oldest age group, compared with the middle group, spends an additional hour at home (apart from sleeping),

and this additional home leisure is almost equally divided between the three main passive pursuits—resting, reading and watching television.

The power of television

Very broadly, it would seem from these figures of time spent at home by various sections of the population that contemporary British home life is heavily concentrated on the traditional domestic activities. By and large, people at home are now doing more comfortably and spaciously what they have always done. Even in the middle of winter very little time is allocated by the average person to pursuits likely to exercise and satisfy any sense of craftsmanship or specialised intellectual curiosity. The one major addition to the traditional pattern is the large amount of time spent on watching television and this is mainly a replacement of the time previously spent listening to radio.

Time Away from Home

All adults

One-quarter of the average citizen's daily twenty-four hours is spent outside the home and four of these six hours is taken up with work and travel (largely travel to and from work). Gregarious social activities (visiting friends and sitting in public houses or clubs) occupy one hour a day.

Table 23. Waking time away from home: all adults

	Weekdays		Weekend days		All days	
	Hrs.	Mins.	Hrs.	Mins.	Hrs.	Mins.
At work	4	14	1	28	3	26
Travelling		34		30		33
Visiting		32	1	03		40
Shopping		22		30		24
Pub or Club		10		18		12
Cinema, theatre, dancing		7		11		8
Meals out		13		4		10
A walk		4		10		6
Active sport		*		4		1
Classes, school, college		8		*		6
All other activities		12		18		14
Total	6	36	4	36	6	00

*Less than .5%

There is, of course, a sharp contrast between weekday and weekend absenteeism from the home. On weekdays the number of hours is more than $6\frac{1}{2}$, but nearly three-quarters of this is accounted for by work and travel.

On Saturdays and Sundays, little more than $4\frac{1}{2}$ hours a day is spent outside the home, and less than half of this is taken up by work and travel. Compared with weekdays, the amount of time spent on visiting friends, sitting in pubs, attending cinemas and dances, taking a walk or participating in sports is doubled and comes to $1\frac{3}{4}$ hours a day.

Men and women

The average man spends one-third of his daily twenty-four hours outside the home—double the amount spent by the average woman. The main explanation for this is the obvious one—the man puts in $6\frac{1}{2}$ hours a day at work and in travelling, while these activities take up less than two hours of the woman's time. The former also spends more time sitting in public houses, going for a walk, participating in sports and pursuing formal education.

Table 24. Time away from home: men and women

	Men		Women	
	Hrs.	Mins.	Hrs.	Mins.
At work	5	35	1	32
Travelling		42		24
Visiting		36		44
Shopping		9		38
Pub or club		19		7
Cinema, theatre, dancing		7		8
Meals out		14		6
A walk		8		4
Active sport		3		—
Classes, school, college		6		5
All other activities		13		18
Total	8	12	4	6

Age groups

As between the three age groups we have the biggest range and variation in time spent away from home. Young people (i.e. those aged 16 to 24) spend more than half their waking hours (55 per cent in fact) outside the home. This high amount of absenteeism (over $8\frac{1}{2}$ hours a day) is largely explained by the $5\frac{1}{4}$ hours spent at work and in

travelling, but also, compared with their elders, they are much more gregarious, take more part in active sports and are still often concerned with formal education—at least part-time.

With marriage and parenthood, absenteeism from the home is sharply reduced—in part, because many women give up work and this reduces the average time spent on work and travel by an hour each day, but also because there is a sharp cut back in gregarious activities and an almost complete elimination of any time spent on formal education.

The oldest age group, despite its release from parental home ties shows no inclination to spend more time outside the home. In fact, because many of them have given up going out to work, they are outside the house for less than 4½ hours a day—and nearly two-thirds of this time is spent on work and travel.

In general then, one can say that, apart from the young, the British citizen in winter spends little time outside his home and what time he does spend is very largely demanded by the necessity of working for a living and getting to work. These compulsions affect men much more than women. Only younger adults devote a majority of their waking hours to activities outside the home and there meet their fellow-citizens on anything like an expansive scale outside the work situation.

Table 25. Time away from home: age groups

	16—24		25—54		55 and Over	
	Hrs.	Mins.	Hrs.	Mins.	Hrs.	Mins.
At work	4	20	3	42	2	21
Travelling		57		30		23
Visiting	1	00		36		38
Shopping		18		25		25
Pub or club		18		12		11
Cinema, theatre, dancing		23		6		3
Meals out		20		9		6
A walk		6		5		7
Active sport		6		*		1
Classes, school, college		33		1		—
All other activities		15		16		12
Total	8	36	6	02	4	27

*Less than 0.5%.

The cultural upsurge

Any broad picture of the use of time inevitably obscures in averages the details of the leisure activities that attract comparatively small minorities. But without these details the account would be seriously defective. For example, in recent years, thanks largely to the patronage and participation of younger people who have enjoyed wider and more secondary education than their parents, there has been a marked upsurge in interest in all the arts—music, drama, ballet, opera, painting—at both the professional and amateur level, both in audiences and performers. The drama schools and art schools are full to overflowing. There are thousands of amateur dramatic societies, with an active membership of some half a million. Membership of the National Federation of Music Societies has risen to over 850 societies. The National Federation of Gramophone Societies has some 350 affiliated groups and in 1963 of the 85 million gramophone records bought approximately 12 million were of classical music.

New outdoor interests

There is a comparable expansion in minority amateur sports. Over a million people now play golf, fishing has become the most popular of all country sports and sailing has greatly widened its popularity over the past ten years; there are some 1,200 riding schools in Britain and about 50 new schools are opened each year. Similarly, the popularity of mountaineering has greatly increased in recent years; the number of clubs devoted to mountaineering is now over 140 and has doubled over the past six years. Unorganised rambling, camping and fell-walking have all had a remarkable growth in the past ten years.

For the time being all these cultural and outdoor activities remain essentially the interests of small minorities; but they are primarily the activities of relatively young people who have received full-time education beyond the present minimum school-leaving age of 15. With higher material standards of living, more leisure, more young people, and more higher secondary education their numbers will certainly increase over the next decade.