



UNIVERSITY of the
WESTERN CAPE

CHILDREN'S
WORLDS



INTERNATIONAL SURVEY OF CHILDREN'S WELL-BEING (ISCWeB)



The Relation between Children's Time-Use, Daily Activities and Their Subjective Well-Being



SHAZLY SAVAHL

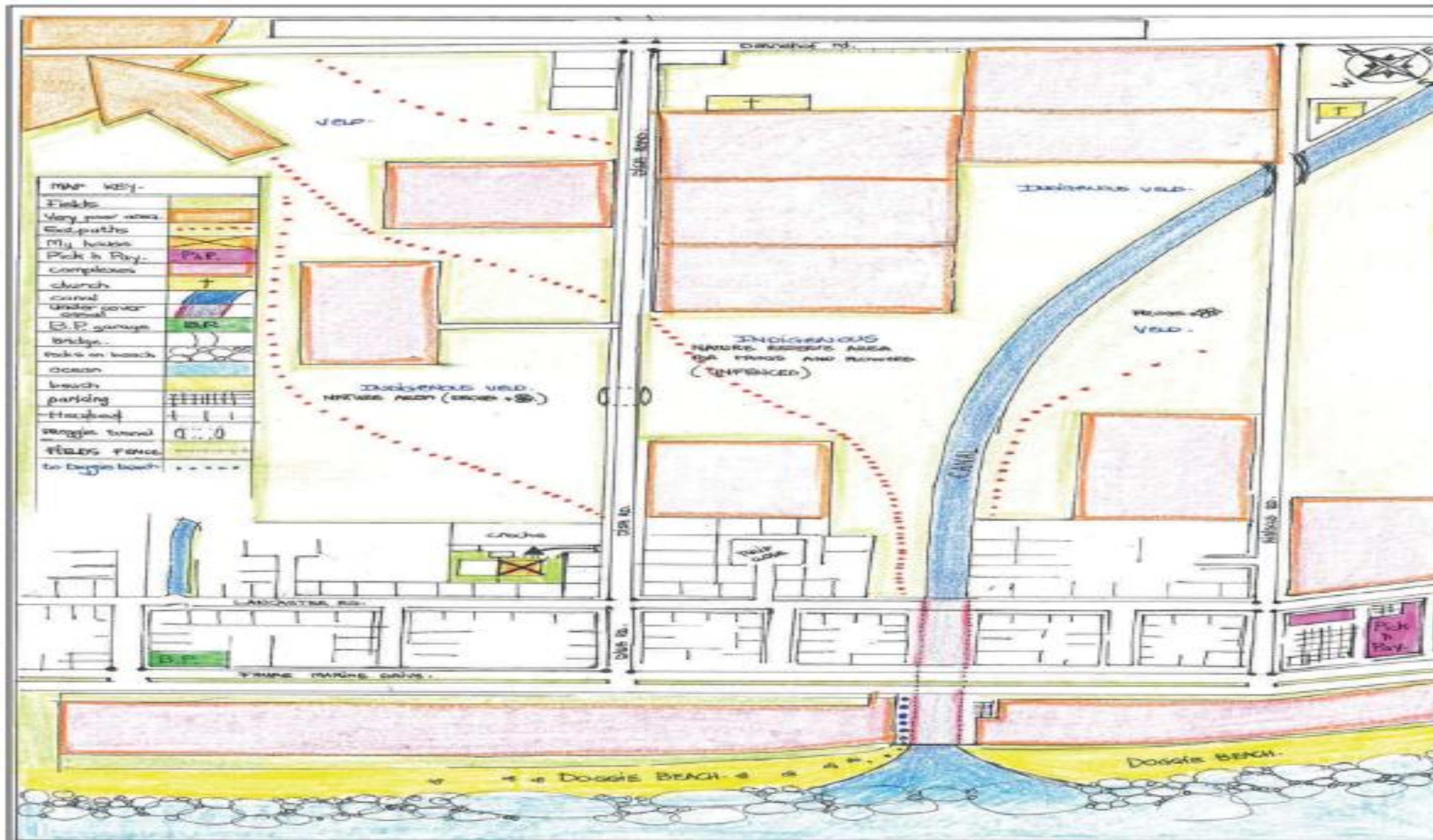
CENTRE FOR INTERDISCIPLINARY STUDIES OF CHILDREN, FAMILIES AND SOCIETY



**JACOBS
FOUNDATION**

Our Promise to Youth

Community Mapping Exercise





Children's Time-Use and Subjective Well-Being

- **Children's time has become a contested issue, vigorously debated by policy-makers.**
- **Children's 'time use' is conceptualised as a framework to explore the structure of children's daily lives, and is considered to be one of the key areas within childhood studies**
- **Gwyther Rees notes an important distinction in relation to the terminology of 'time use' versus 'participation in daily activities'. 'Time-use' refers to the quantity of time, while 'participation' refers to the frequency of participation in daily activities**
- **Time management was instituted within schools as a moral 'value' for children.**
- **Children's time-use and daily activities have always been important themes in the Children's Worlds Study.**
- **In the current wave of the Survey, we asked 14 questions about specific activities that children engage in, and two important questions regarding:**
 - **'Satisfaction with how you use your time'**
 - **'Satisfaction with your free time'**

Time-Use Items

How often do you usually spend time doing the following things when you are not at school?

	Never	Less than once a week	Once or twice a week	Three or four days a week	Five or six days a week	Every day
Helping out around the house (household chores)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking care of brothers or sisters or other family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Working with family (e.g. family business, family farm)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doing other work (not with family) for money or food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doing extra classes / tuition when not at school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doing homework and studying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Going to religious places or services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Time-Use Items

And how often do you usually spend time doing the following things when you are not at school?

	Never	Less than once a week	Once or twice a week	Three or four days a week	Five or six days a week	Every day
Watching TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Playing sports or doing exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relaxing, talking or having fun with family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Playing or spending time outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using social media (on a computer, tablet or phone)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Playing electronic games (on a computer or other device)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doing nothing or resting (apart from sleeping at night)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Country	Help around the house	Caring for siblings/ others	Working with family	Other work for money/ food	Doing extra classes/ tuition	Doing homework	Going to religious place	Watching TV	Playing sports/ exercise	Spending time with family	Playing outside	Using social media	Playing electronic games	Doing nothing/ resting
Albania	3.34 (.06)	3.60 (.07)	1.55 (.07)	0.46 (.04)	1.90 (.06)	4.72 (.03)	1.18 (.07)	4.37 (.04)	3.87 (.05)	4.37 (.04)	3.97 (.04)	2.78 (.07)	3.18 (.08)	1.14 (.06)
Algeria	3.35 (.05)	3.34 (.05)	1.31 (.09)	0.77 (.06)	1.68 (.09)	4.19 (.04)	2.59 (.11)	3.71 (.09)	2.76 (.06)	3.96 (.06)	2.32 (.08)	1.97 (.10)	2.56 (.09)	1.99 (.06)
Brazil	3.14 (.15)	2.06 (.07)	0.80 (.09)	0.41 (.03)	0.89 (.08)	3.50 (.07)	1.53 (.14)	3.87 (.06)	2.61 (.12)	3.38 (.07)	2.93 (.07)	3.80 (.04)	3.54 (.03)	2.94 (.08)
Sri Lanka	3.86 (.10)	2.26 (.12)	2.10 (.11)	1.25 (.13)	2.18 (.10)	4.21 (.11)	2.55 (.10)	3.73 (.01)	3.37 (.07)	4.16 (.06)	3.84 (.08)	1.88 (.09)	1.89 (.07)	2.37 (.11)
Taiwan	2.92 (.05)	2.51 (.05)	1.09 (.05)	0.26 (.03)	2.18 (.08)	4.01 (.01)	0.99 (.05)	3.59 (.05)	3.23 (.06)	3.30 (.05)	2.90 (.05)	2.85 (.09)	3.30 (.06)	2.27 (.06)
Greece	3.06 (.09)	3.02 (.08)	0.81 (.07)	0.28 (.08)	2.40 (.06)	4.64 (.03)	1.99 (.09)	3.74 (.07)	3.75 (.08)	3.84 (.06)	3.75 (.06)	3.09 (.09)	2.80 (.08)	1.87 (.09)
Hungary	2.78 (.06)	2.28 (.07)	1.05 (.06)	0.53 (.04)	2.29 (.07)	4.25 (.03)	1.01 (.07)	3.62 (.05)	2.76 (.05)	3.41 (.04)	3.27 (.06)	3.74 (.07)	2.91 (.06)	2.87 (.04)
Indonesia	2.47 (.02)	2.16 (.02)	1.38 (.02)	1.09 (.03)	1.58 (.03)	3.57 (.04)	3.23 (.03)	2.85 (.04)	2.21 (.02)	2.93 (.03)	2.57 (.02)	2.14 (.05)	2.07 (.04)	0.87 (.02)
Italy	2.33 (.05)	2.13 (.05)	0.47 (.04)	0.36 (.04)	0.62 (.03)	4.04 (.06)	1.24 (.04)	3.65 (.05)	2.82 (.05)	3.31 (.06)	2.70 (.05)	3.20 (.10)	3.25 (.06)	1.49 (.05)
Malaysia	3.16 (.13)	2.73 (.13)	1.02 (.09)	0.84 (.08)	1.20 (.08)	3.91 (.08)	2.82 (.12)	4.50 (.04)	3.17 (.09)	3.84 (.08)	3.38 (.12)	2.58 (.12)	2.81 (.14)	2.01 (.13)
Malta	3.09 (.07)	2.89 (.07)	1.50 (.07)	0.92 (.07)	1.25 (.07)	4.37 (.04)	2.36 (.06)	3.63 (.08)	3.20 (.07)	4.05 (.08)	3.12 (.09)	3.81 (.12)	3.92 (.09)	2.04 (.12)
Namibia	3.77 (.06)	3.13 (.08)	2.35 (.10)	1.27 (.11)	1.60 (.09)	4.21 (.04)	2.43 (.06)	3.61 (.09)	3.31 (.05)	3.75 (.06)	3.52 (.05)	2.52 (.12)	2.85 (.08)	2.46 (.08)
Nepal	3.89 (.08)	3.42 (.07)	2.95 (.07)	1.64 (.11)	1.80 (.13)	3.99 (.07)	2.23 (.09)	2.97 (.08)	2.98 (.08)	3.61 (.06)	2.66 (.11)	1.86 (.09)	1.38 (.09)	1.73 (.07)
Norway	2.72 (.04)	1.76 (.06)	0.58 (.04)	0.71 (.04)	0.52 (.03)	3.74 (.08)	1.17 (.06)	3.42 (.04)	2.84 (.05)	3.37 (.04)	3.10 (.05)	3.63 (.09)	3.24 (.06)	1.98 (.05)
Poland	3.24 (.04)	2.68 (.05)	2.08 (.06)	0.49 (.03)	1.86 (.05)	4.37 (.03)	2.19 (.06)	3.89 (.05)	3.41 (.03)	3.72 (.04)	3.63 (.04)	3.10 (.06)	3.48 (.04)	2.71 (.06)
Vietnam	3.84 (.08)	2.98 (.06)	1.50 (.13)	0.90 (.09)	1.78 (.17)	4.50 (.07)	1.07 (.07)	3.55 (.09)	2.67 (.08)	3.42 (.08)	1.51 (.05)	1.45 (.11)	1.92 (.16)	1.65 (.08)
Spain	3.21 (.04)	2.70 (.05)	0.92 (.04)	0.80 (.04)	0.94 (.03)	4.24 (.04)	0.71 (.04)	3.81 (.04)	3.26 (.03)	3.76 (.03)	3.32 (.04)	3.53 (.05)	2.85 (.05)	1.97 (.04)
Switz	2.80 (.06)	2.50 (.12)	0.97 (.06)	0.65 (.06)	0.55 (.05)	3.77 (.06)	0.89 (.05)	3.13 (.07)	2.89 (.05)	3.37 (.06)	3.76 (.06)	2.43 (.12)	2.32 (.07)	1.96 (.06)
Wales	2.65 (.04)	2.23 (.06)	0.83 (.06)	0.67 (.05)	0.65 (.05)	2.10 (.06)	0.59 (.09)	3.35 (.06)	3.19 (.06)	3.55 (.06)	3.45 (.06)	3.96 (.07)	3.59 (.06)	2.14 (.06)

Time-Use Items

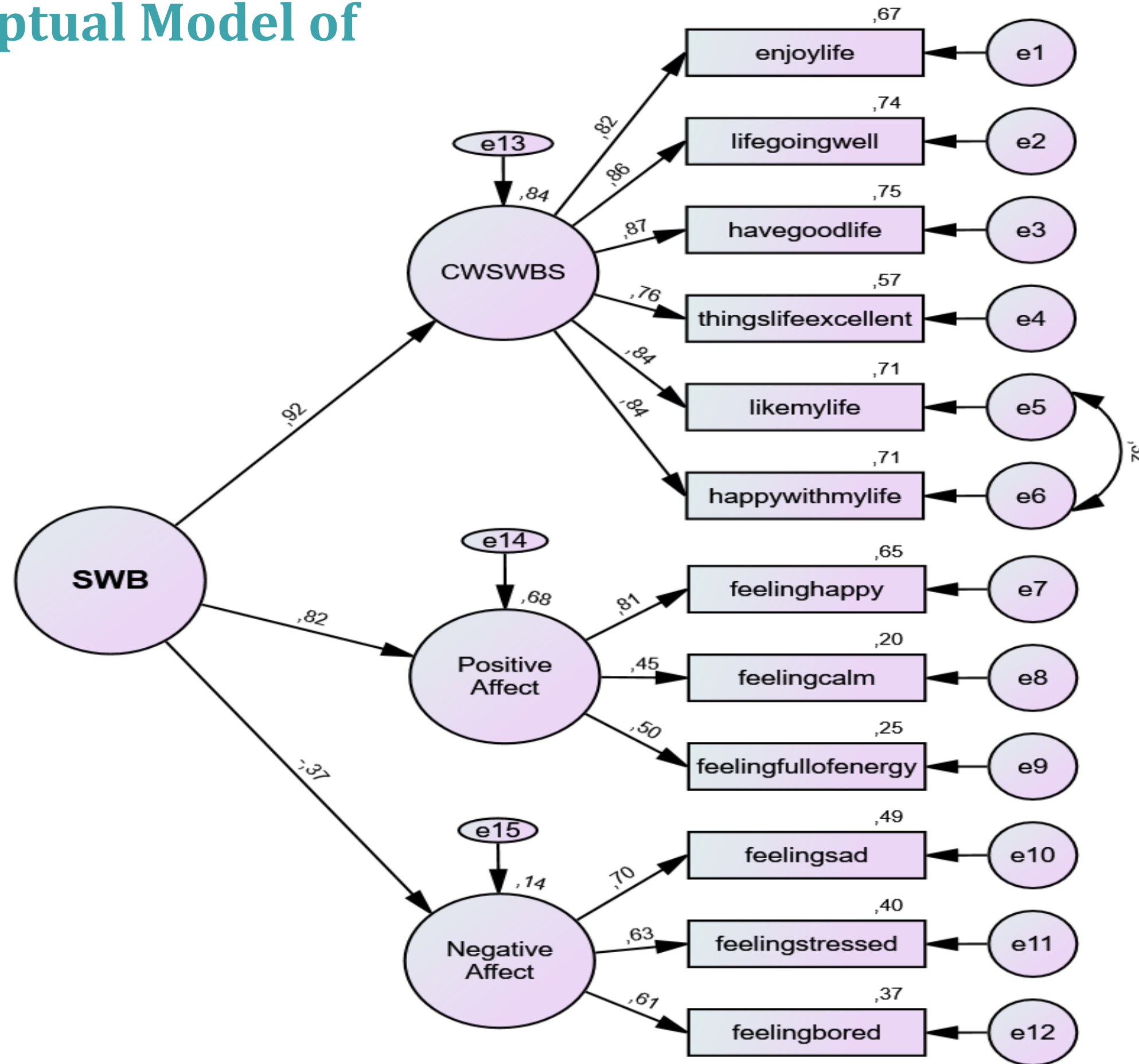
How satisfied are you with how you use your time?

Not at all satisfied										Completely satisfied	
0	1	2	3	4	5	6	7	8	9	10	

How satisfied are you with how much free time you have to do what you want?

Not at all satisfied										Completely satisfied	
0	1	2	3	4	5	6	7	8	9	10	

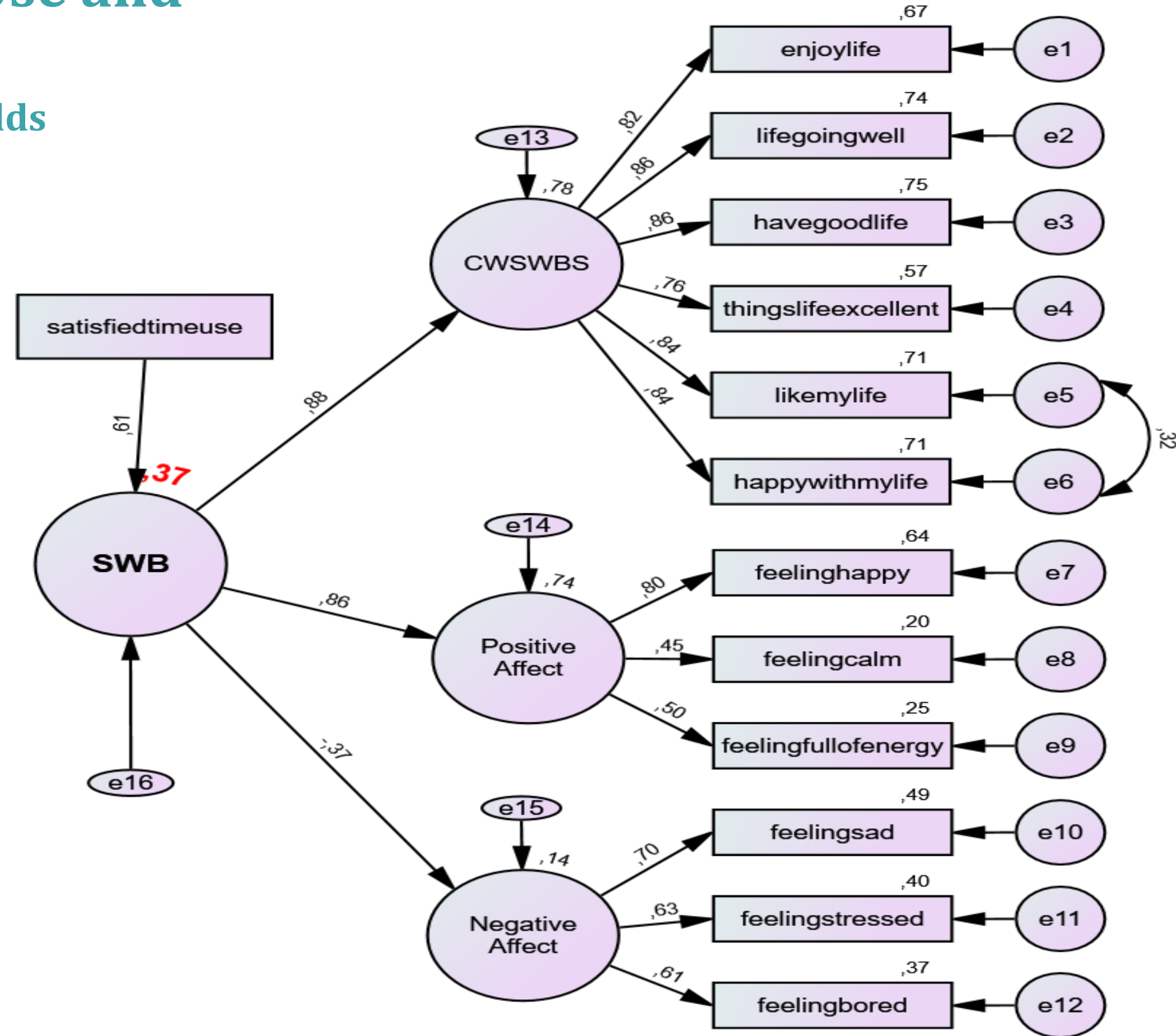
Hierarchical Conceptual Model of Children's SWB



CHI=4206,580;CFI=,992;RMSEA=,030;

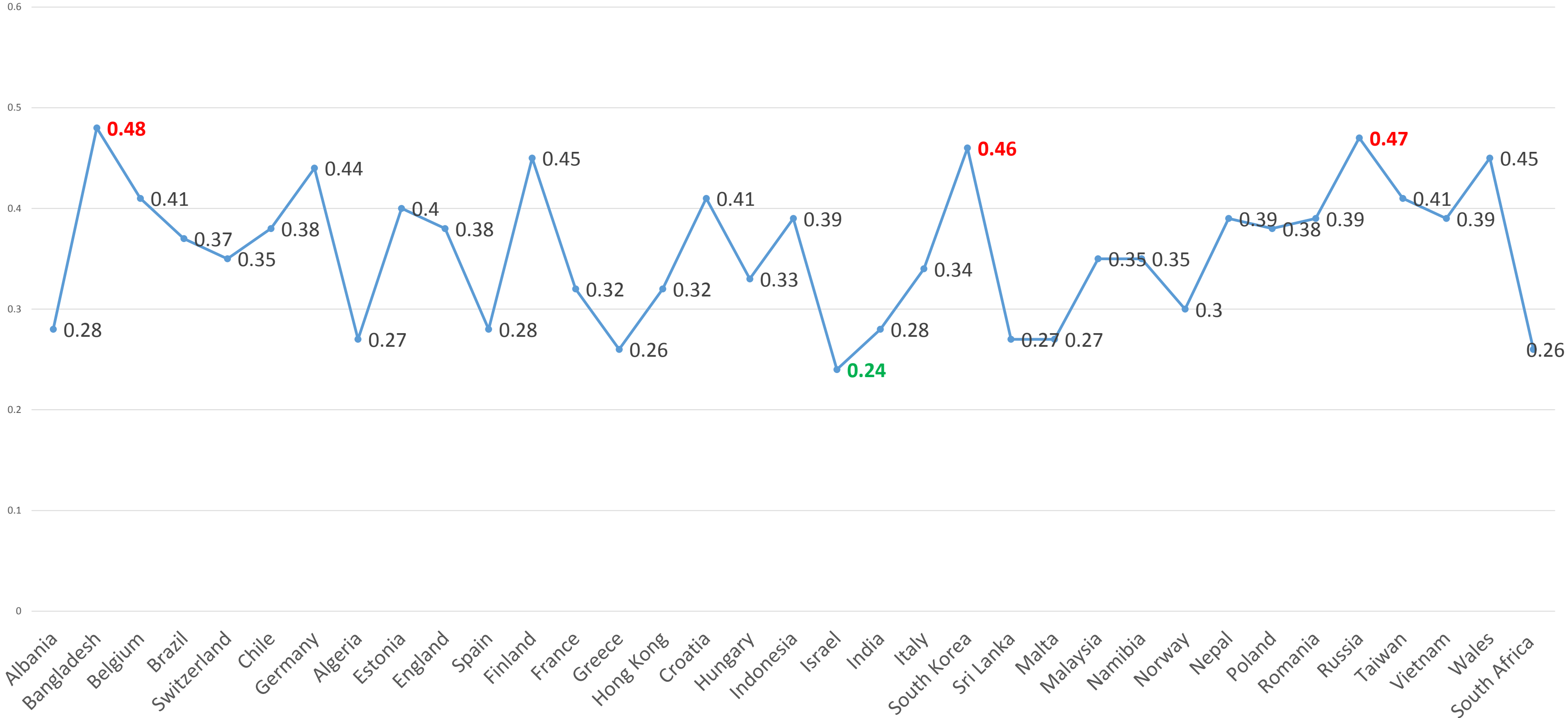
Satisfied with Time-Use and Children's SWB

35 Countries 10- and 12-Year-Olds



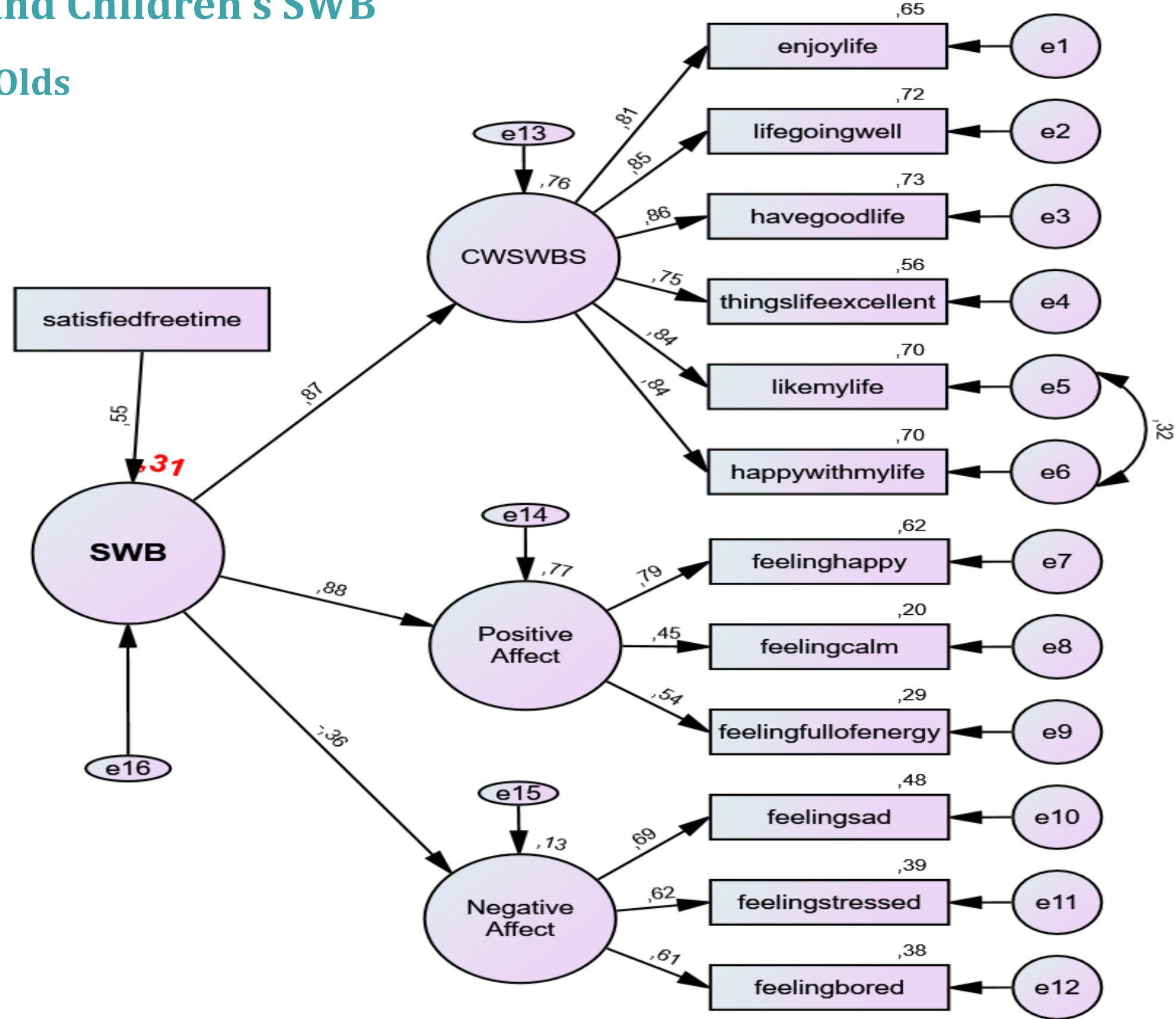
CHI=4748,709;CFI=,992;RMSEA=,029;

Satisfied with Time-Use - SWB (R-Squared)



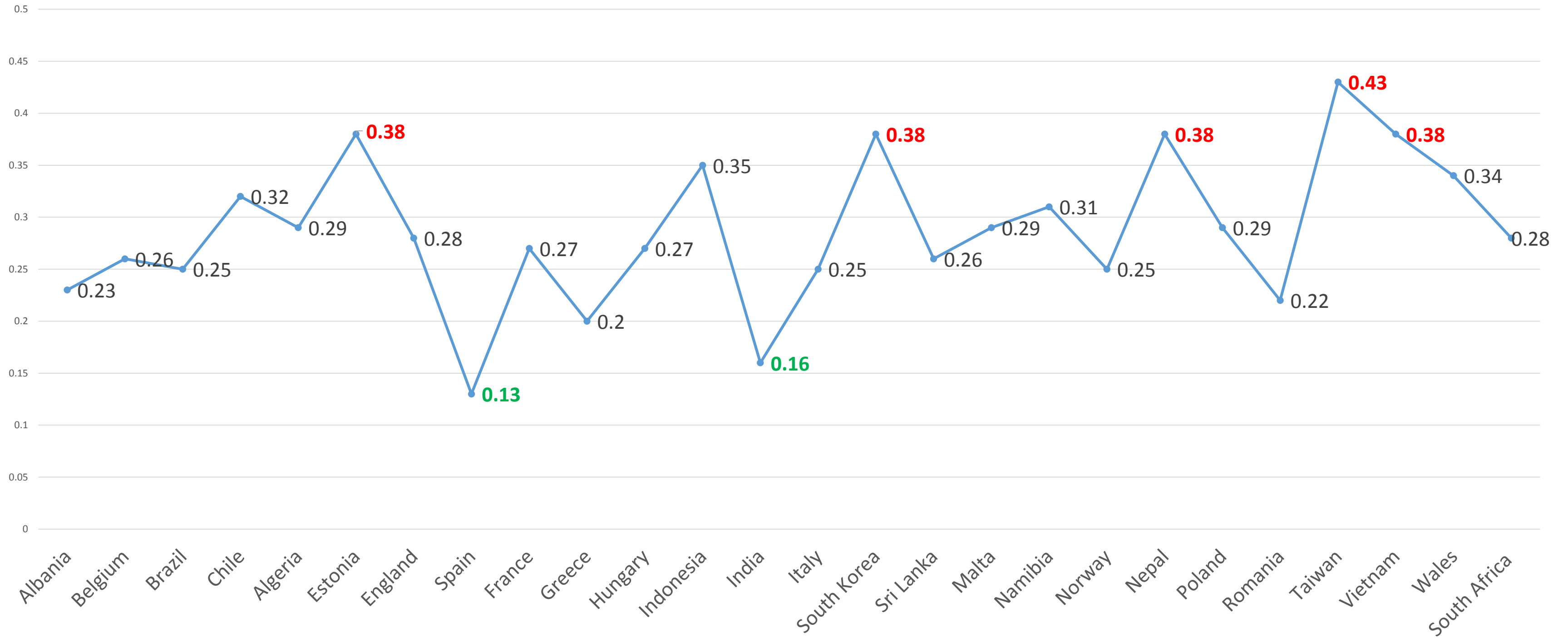
Satisfied with Free-Time and Children's SWB

26 Countries 10- and 12-Year-Olds



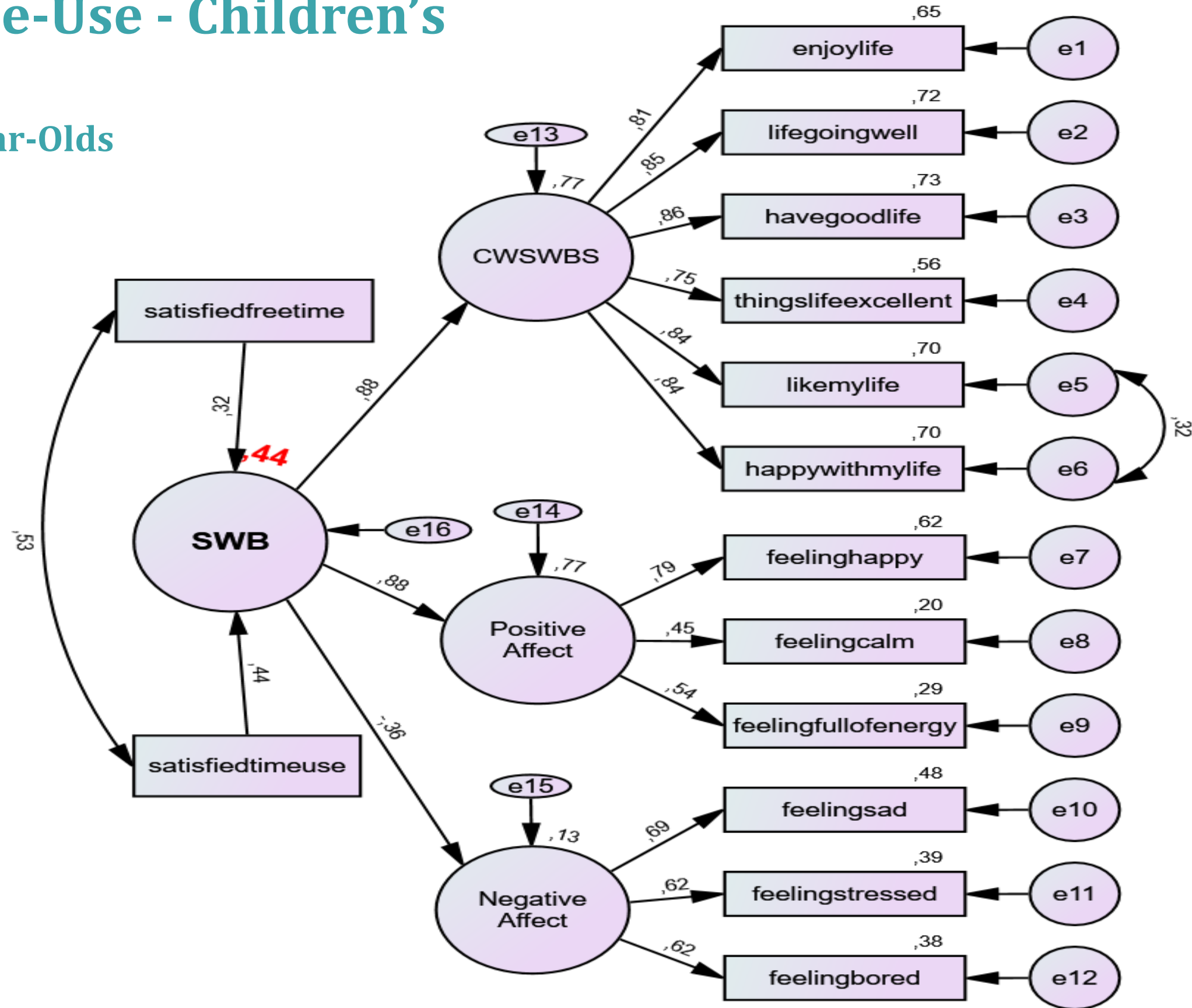
CHI=4037,178;CFI=,991;RMSEA=,030;

Satisfied Free Time - SWB (R-Squared)



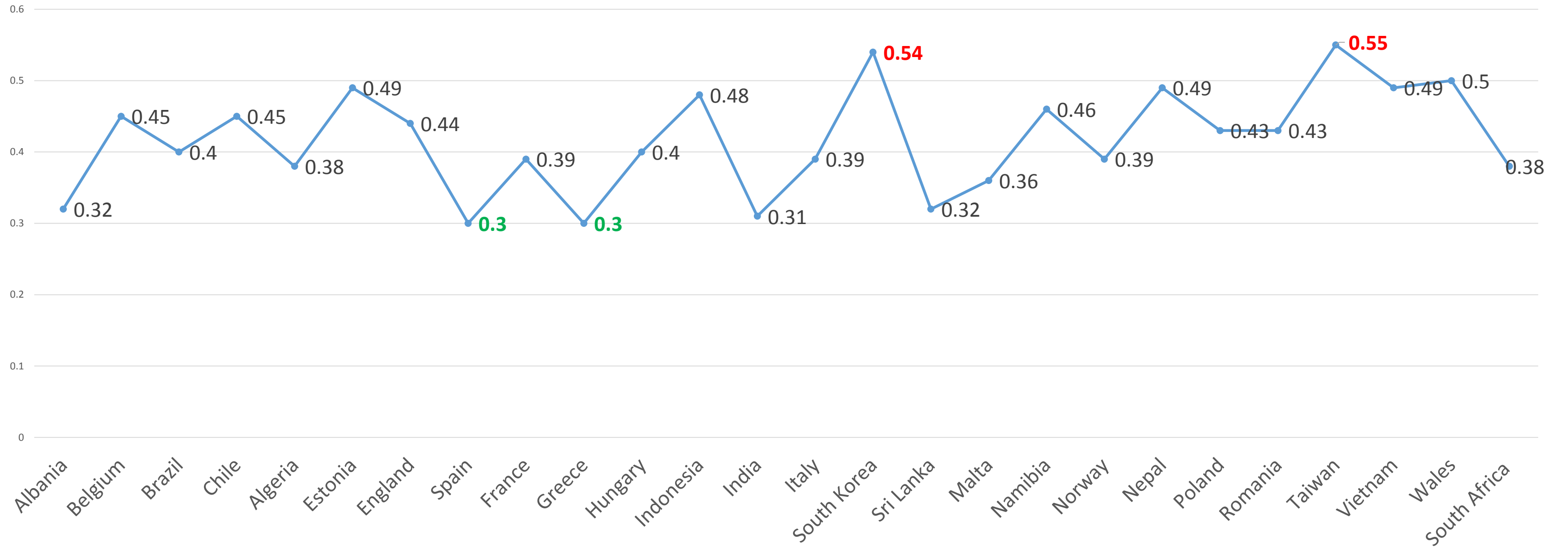
Satisfied with Time-Use - Children's SWB (SMC)

26 Countries 10- and 12-Year-Olds



CHI=4227,759;CFI=,992;RMSEA=,028;

Satisfied time-use/free-time - SWB (SMC)



Results

- Overall, the analysis is suggesting that the individual items on time-use, and the combination of the two items are significantly contributing to the variation in children's SWB for the overall pooled sample for both age groups.
- Results were significant in all countries.
- Some countries scored higher in term in of its contribution:
 - South Korea, Taiwan, Wales and Estonia
- While others scored lower:
 - Spain, Italy, Greece and India

Results

- We then conducted a regression analysis with all the time-use items and Overall Life Satisfaction (Satisfaction with Life as a whole) as the dependent variable. We conducted a multiple linear regression to determine whether the variables presented with a curvilinear relation to OLS, and a quadratic (squared) term of this variable added. We found that the variables were linearly related. Our results showed that:

- Spending time with the family
- Playing outside
- And doing homework

Were the strongest predictors of Overall Life Satisfaction.

- So it would seem that what made me happy in my childhood, is pretty similar to what makes most other children happy around the world, decades later. Now that's something isn't it?

Conclusion

To conclude, I offer the following:

- First, could we agree to include the items on satisfaction with how you use your time and satisfaction with your free-time in future waves of data collection
- Second, given that in-country variations are more significant than between country variations, we ask individual country teams to consider investing in research on children's time-use and SWB in individual country contexts. In particular, we recommend a focus on unpacking the dynamics of the relation between children's time-use and SWB (antecedents, mediators and moderators).
- Third, spread the word that parents and families should spend more time with their children, it will contribute substantially to their happiness.
- Fourth, spend time with your children.