

The daily life

Year 2014

The Time Use Survey measures the amount of time people spend performing various daily activities on an average day of the year. In 2014 the average day of the population in Italy was as follows: 48.7% of 24 hours was dedicated to personal care (sleeping, eating and other care), 8.8% to paid work, 3.6 % to study, 12.6% to household work, 21% to free time and 5.2% to travel. Compared to 2002-2003 the main changes related to the decrease in time spent in paid work and the growth of free time.

In the last decade the share of young people aged 15-24 years who studied grew, while the share of those who worked decreased. The percentage of young people aged 15-24 involved on an average day in training activities rose from 44.7% in 2003 to 54.5% in 2014, while only 13.5% in paid work (it was 22 %). Young people aged 15-24 earned 23' per day to free time (from 5h10' to 5h33').

In the female population it was confirmed, from childhood on, more household work and less free time than their peers. The difference began to emerge between 11 and 14 years (+13' for girls dedicated to household work than their peers), up to 59' between 15 and 24 years. Household work at the expense of free time: 53' less for girls aged 15-24 compared to boys.

In the last five years the time spent on paid work by adults between 25 and 64 years decreased by 19' per day, both due to the decrease of people who on an average day dedicated time to paid work (from 50.2% in 2009 to 47.6% in 2014), and also to the reduction of time devoted by employed people to paid work, decreased on an average day from 5h44' to 5h23'.

Compared to the 2009 the time spent by 25-64 years men in household work increased (+12' every day), 1h50' on an average day of 2014. Even if limited, this is a significant acceleration compared to the basic trends: previously the male contribution in carrying out those activities in fact increased by only 17 'in twenty years. The increase observed in the last five years was due to the employed (+11' per day), while the contribution of unoccupied was stable.

For women, on the contrary, the trend to reduce the time dedicated to household work was still continuing (from 5h21' to 5h13' among women aged 25-64). In the last five years the decline was observed for the first time also for "young elderly" (65 to 74 years) who recovered in free time: -10' household work, + 13' of free time.

There were positive signs for gender equality among couples of parents both occupied with mother between 25 and 44 years, for which the difficulties of reconciliation of life grew with greater intensity. The asymmetry index of household work fell for the first time below the 70% share in 2014: 67.3% of the couple's family labor was born by women, with a decline of 5 points compared to 2009 (71.9%).

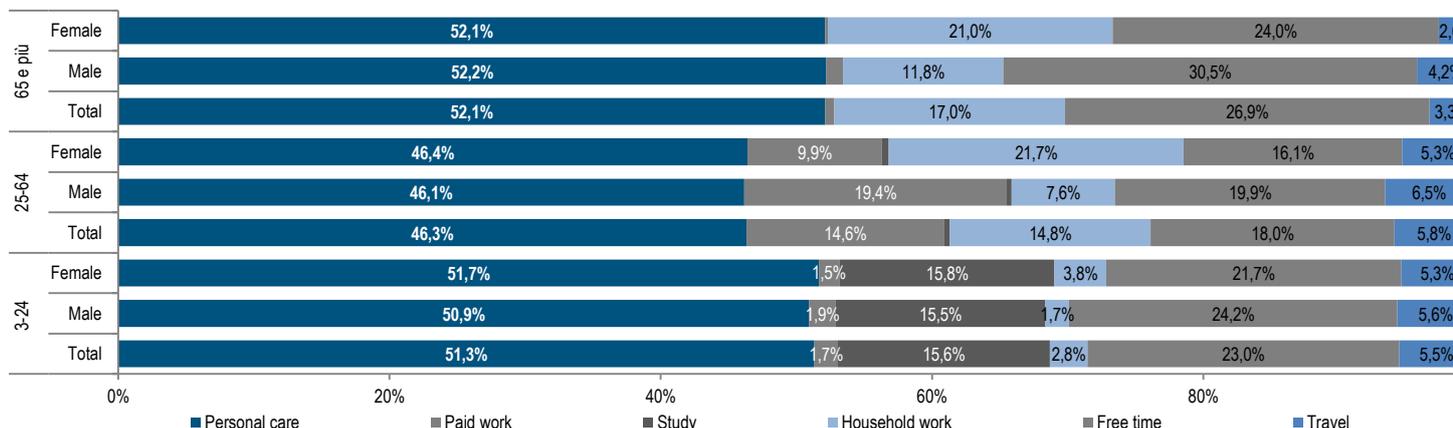
Couples who were closest to equitability on household work workloads between partners were those with children of 3-5 years (64.7%), those in which the woman had a degree (65.3%) and young couples belonging to the Millennial generation (63.8%). The gender asymmetry in household work improved in the North and Centre areas, while it remained still at stake 74% in the South, where gender stereotypes were still strong, even with the new generations.

The free time increased in all age groups, ranging from 18% of the average day of adults to 26.9% of the elderly. Its composition by activity changed with the stage of life and gender, but watching television remained the main free time activity for everyone. Exceptions were children up to 10 years, who preferred to play, and young people between 15 and 24 who preferred social life activities.

In the last five years the time spent using the PC or the Internet increased a lot in all the age groups: the young males between 15 and 24 were those who dedicated more time to ICT (58.1% of them used ICT for 2h04' per day, they were 41% in 2009 when they spent 1h43' per day), but the participants to those activities were also growing among adults (from 10.2% to 23.9%) and elderly (from 1.9% to 6.4%).

For the first time, the Time Use Survey measures the level of enjoyment associated with daily times with reference to a scale ranging from -3 (not at all enjoyable) to +3 (very enjoyable). Work and study were the less enjoyable activities (respectively 1.01 and 0.60). Free time was more enjoyable, but it decreased gradually with age (from 2.29 among people aged 11-24 to 1.80 among those aged 65 and over): the cultural activities, sports and outdoor activities, social life, all made more enjoyable the day, much more than watching television, though this is the most widely free time activity practiced by all.

FIGURE 1.– PERCENTAGE HOURS/DAY IN MAIN ACTIVITIES CARRIED OUT ON AN AVERAGE DAY BY POPULATION AGED 3 YEARS AND OVER BY AGE CLASS AND SEX. Year 2014



For more details please refer to the Italian version

Detailed main activities carried out by the population aged 15 years and over by age class
<http://dati.istat.it/index.aspx?queryid=7074>

Main activities carried out by the population 3-14 years old by age class:
<http://dati.istat.it/index.aspx?queryid=6955>
 Time series are available at database I.stat:

Contact persons:

Tania Cappadozzi (cappadoz@istat.it)

ph. +39 06 4673.7578

Manuela Micheleni (mamichel@istat.it)

ph. +39 06 4673.7576

Istat – National Institute of Statistics

Viale Liegi, 13 – Rome 00198 Italy