

THE USE OF TIME BY MEN AND WOMEN IN PORTUGAL

Policy Brief

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Introduction

This policy brief presents the first results of the research project *National Survey on Time Use by Men and Women (Inquérito Nacional aos Usos do Tempo de Homens e de Mulheres)*, carried out by the Centre for Studies for Social Intervention (*Centro de Estudos para a Intervenção Social, CESIS*) in partnership with the Commission for Equality in Labour and Employment (*Comissão para a Igualdade no Trabalho e no Emprego, CITE*).

The aim of this project is to collect and analyse data on how men and women in Portugal use their time, especially with regard to paid work and unpaid care work. The diagnosis thereby made shall enable us to, among other things, raise awareness of the need to have a balanced distribution of unpaid care work between women and men, as well as formulate public policy recommendations concerning the articulation of working, family and personal life, as a tool to promote gender equality.

Our research comprises a quantitative component, of extensive nature, and a qualitative component, of intensive nature. Understood as complementary, these two components have informed one another throughout the various stages of the project.

On the one hand, a national time use survey was conducted with a representative sample of the population living in Portugal (mainland Portugal and the two autonomous regions of Madeira and Azores). The survey covered a total number of 10,146 respondents aged 15 years or over. It was applied by *Consulmark – Estudos de Mercado e Trabalho de Campo, Lda.*, under the close guidance of the CESIS.

On the other hand, 50 in-depth interviews were carried out with men and women in various parts of Portugal (Lisbon, Oporto, Faro, Covilhã, Madeira and Azores). For selection purposes, we chose to interview men and women who were employed at the time of the interview and had at least one child below the age of 15. Most of the men and women interviewed lived in a context of different-sex dual-earner couple; a few of the women lived in single-parent households.

01.

Paid working time

While the patterns of women's and men's participation in paid work have gradually approximated one another, they still show considerable asymmetries. The results of the National Survey on Time Use by Men and Women in Portugal (*Inquérito Nacional aos Usos do Tempo de Homens e de Mulheres*, hereafter INUT, 2015) confirm the persistence of such asymmetries and enable us to examine them from a time use perspective.

Time and organisation of paid work

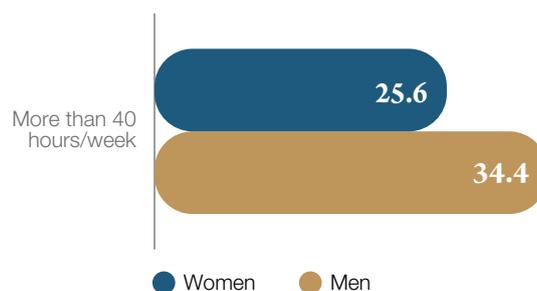
For the large majority (92.2%) of those in employment, paid work is organised on a full-time basis.¹ Resorting to part-time work is nevertheless more frequent among women, as 10.4% of women state that they work part-time comparing with 4.8% of men.

In contrast, long working hours – over 40 hours a week – still affect almost one in every three workers, and men in particular: 34.4% of men comparing with 25.6% of women state that they normally work more than 40 hours a week in their main remunerated activity.

The time spent by men on their main remunerated activity is longer than what women spend on theirs. On average, men spend 42 hours and 55 minutes on this activity while women spend 40 hours and 47 minutes, meaning 2 hours and 8 minutes less.

PAID WORK	Refers to remunerated activities carried out in the context of the labour market.
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Figure 1. People working more than 40 hours per week in their main remunerated activity by sex (%)

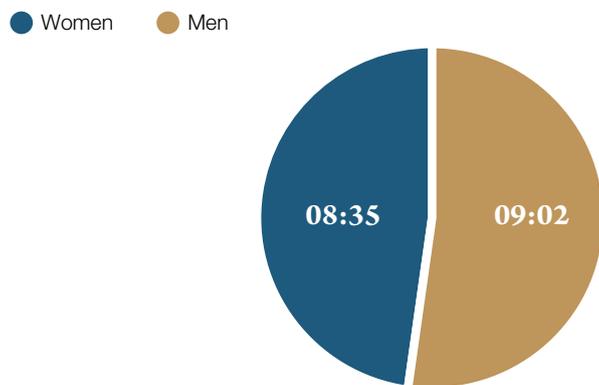


Source: INUT, 2015

¹ The results of the INUT, 2015 showed that 4,170 respondents were in employment, of whom 2,206 were women and 1,964 were men.

However, the total time spent on paid work is not limited to the main remunerated activity: it is necessary to take into consideration also the time spent on any secondary remunerated activity (if this is the case) and the time spent moving to and from work. Our analysis, be it based on quartiles or average durations, shows that the time spent on paid work by men, although higher, does not stand very much above the time spent by women. On average, the total paid work time of men is 9 hours and 2 minutes per day while women's is 8 hours and 35 minutes per day. The gender gap therefore stands at 27 minutes with respect to paid work.

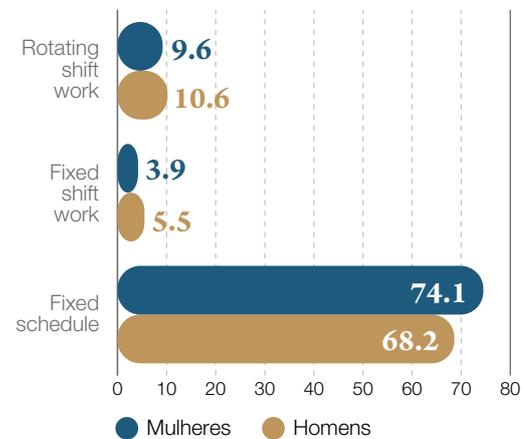
Figure 2. Average paid working time by sex (hours:minutes)



Source: INUT, 2015.

The manners in which paid work is organised are especially relevant for their impact on the articulation of paid work with family and personal life. Fixed schedules are the predominant mode of organising the working time, both for men (68.2%) and for women (74.1%). Although far less frequently, the second most common mode is shift work: 13.5% of women and 16.1% of men state that they do shift work, particularly rotating shift work. Other ways of organising the working time that might contribute to an improved articulation with family and personal life, such as continuous working day or flexible schedules, are experienced by very small numbers of women and men.

Figure 3. Main modes of working time organisation by sex (%)



Fonte: Inquérito Nacional aos Usos do Tempo, 2015.

I start feeling tired on Wednesday. Sometimes we're sitting down to have dinner and I already have to make a big effort. [...] Only those who do shift work know how this is like: we go to bed at midnight because we've just put the child to bed, she doesn't sleep at all, and at 5 o'clock in the morning we have to get up. I understand very well that after a while people start having doubts about their own capabilities because this happened to me too. We get to work and we hear: 'Check these numbers again, are these the right numbers? Please do check them again...' And the employer doesn't want to know about you being tired. It's very complicated.

Marisa,
40 years old, biparental,
daughter aged 5 years

Interpenetration of paid work and family and personal life

Questioned about their preferences if they were free to choose the length of their working week and bearing in mind the need to earn their living, 46.1% of men and 43% of women state that they would choose to keep their current number of working hours. Paid work therefore seems to be highly valued by both men and women.

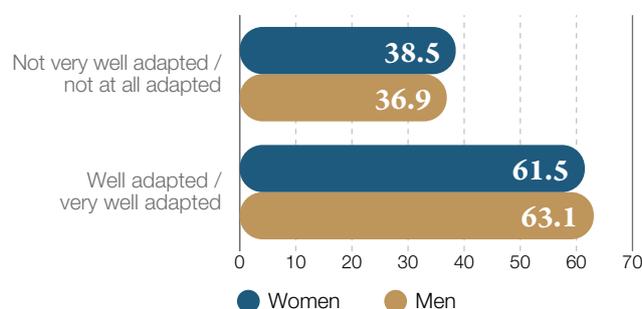


My wife nags me a bit sometimes because I dedicate too much of myself to my professional life. But I tell her: don't forget one thing, this is where our earnings come from, the earnings for our home. She respects that. I like to do many things at home but I'm also very much dedicated to my job. Very much, 100%. Body and soul.

Gabriel,
28 years old, biparental,
daughter aged 6 years

Still, almost four people in every ten – 38.5% of women and 36.9% of men – state that their working schedule is not very well adapted, or not at all adapted, to their family, personal or social commitments beyond the job.

Figure 4. Perception on how well the working schedule is adjusted to family, personal or social commitments by sex (%)

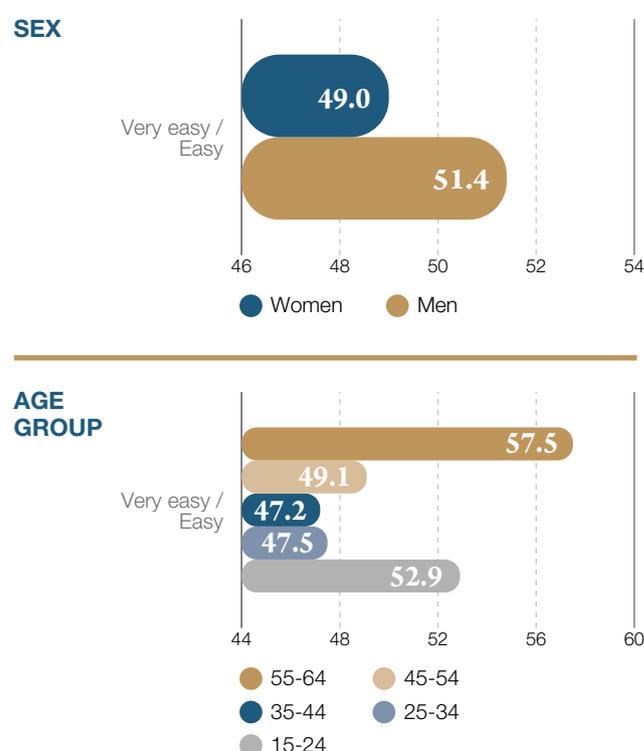


Source: INUT, 2015.

The people – especially the women – living in households with children below the age of 15 are those who classify in a most negative manner the adaptation of their working schedule to family, personal and social commitments.

Nevertheless, more than half of the men (51.4%) and almost half of the women (49%) consider that it is easy or very easy to take off one or two hours during their working time to deal with personal or family affairs. This perception is however less evident in the age group between 25 and 44 years, the stage of life in which family constraints tend to be felt more acutely.

Figure 5. Perception on how easy it is to take off one or two hours during the working time to deal with personal or family affairs by sex and age group (%)

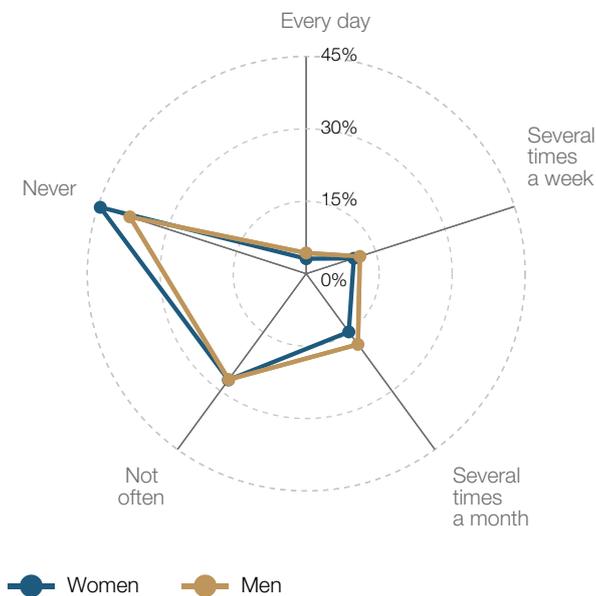


Source: INUT, 2015.

Paid work often overflows its 'banks'. First of all, it requires in many cases an investment of time that goes beyond the working schedule formally arranged. Considering the last 12 months,² as many as 34% of men and 28.3% of women have worked at least several times per month during their free time to fulfil demands of their paid work.

² Whenever we refer to the last 12 months, this means the 12 months before the survey was applied to the person at stake.

Figure 6. Frequency of working during free time to fulfil demands of paid work in the last 12 months by sex (%)



Source: INUT, 2015.

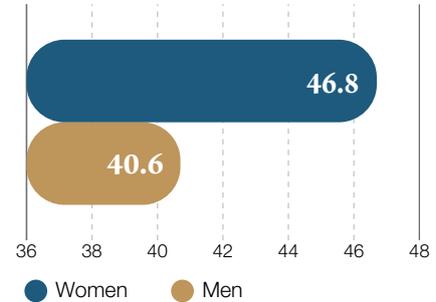


I'm a subchief now, so I must draw up timetables [for other employees]. This is usually something I have to do at home. I can't manage to do it at work. They're always calling me, or some other thing comes up, and so I end up doing it at home, often on Sunday evenings, when everyone has gone to bed.

Filipa,
32 years old, biparental,
son aged 14 years
and daughters aged 5 and 1 years

Besides the time effectively spent on professional activities, it is important to take into consideration other forms of interpenetration between paid work and family and personal life, namely in more subjective respects. Almost half of the women (46.8%, comparing with 40.6% of men) state that, during the last 12 months, they continued to think about their paid work beyond their working time. At the opposite end of the scale, a larger percentage of men (59.4%, comparing with 53.2% of women) state that during the same period they rarely or never had to think about their job when they were not working.

Figure 7. People who continued to think about their paid work when they were not working in the last 12 months by sex (%)³



Source: INUT, 2015.



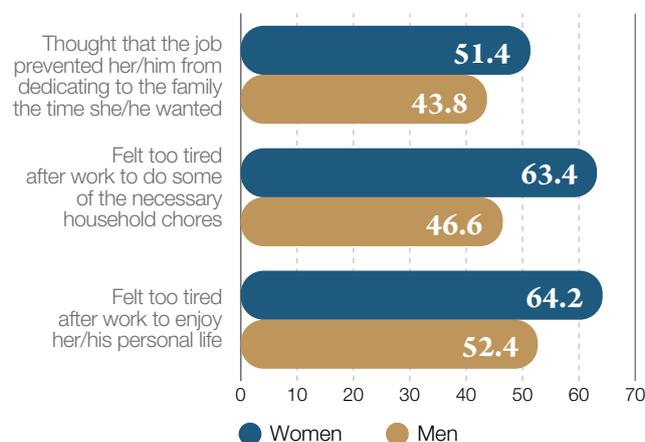
I don't like to... but we always take problems home with us. Sometimes the nurse from the health centre asks us to send a student's report, sometimes I'm at home and I get a call from the school director asking where this or that document is, or asking me to come to school right away. Even if we don't want to, we can't manage to switch off. We always take work home with us, always. In our job [teaching], it's impossible not to take work home with us. At the weekend, that's when I try not to do anything.

Rosa,
40 years old, single parent,
daughter aged 7 years

Paid work has stronger implications for family and personal life in the case of women. More women than men state that, at least sometimes during the last 12 months, they have felt so weary after a day of work that they were unable to do some household chores (63.4% comparing with 46.6% of men) or unable to enjoy their personal life (64.2% comparing with 52.4% men). Also, more women than men feel that paid work prevents them from dedicating to the family as much as time as they would like (51.4% comparing with 43.8% of men).

³ These percentages are the outcome of aggregating the following categories of answers: 'always', 'more often than not', and 'sometimes'.

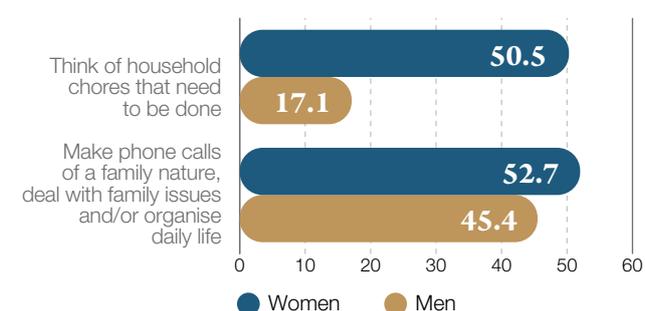
Figure 8. People who consider that paid work had implications on their family and personal life in the last 12 months by type of implication and sex (%)⁴



Source: INUT, 2015.

The incursion of family life into professional life is also more evident among women. At the workplace, it is the women who more often think about the household chores that need to be done, for example what to cook for dinner (50.5% comparing with only 17.1% of men), or sort out any issue related with family or daily life (although the gender gap here is substantially narrower: 52.7% of women comparing with 45.4% of men).

Figure 9. People who usually do simultaneous activities of family and domestic nature while at the workplace by sex (%)



Source: INUT, 2015.

I started out as a clerk. Thus, I have worked my way up from the bottom and built my career. I became an auditor; I graduated from university, which allowed me to become financial manager. I worked for 17 years at an economic group, when I left I was a tenured manager, and I left only when I was invited to leave because... I didn't want to say this publicly so as not to create more disturbances... but I left because I had a son with a disability, because this started causing some problems to the way I managed my time. I was always available to work and they thought that, because I had a child with a disability, they wouldn't be able to dispose of my time as they used to. I think that they were the ones who felt uncomfortable with it, not me.

Noémia,
53 years old, biparental,
son aged 15 years

⁴ These percentages are the outcome of aggregating the following categories of answers: 'always', 'more often than not', and 'sometimes'.

02. Household chores and care work

Families are, still today, spaces of inequality. The men's degree and type of participation in household chores, but also in caregiving, are not sufficient to ensure that the time for unpaid work is evenly distributed between men and women.

Another element requiring attention is the capacity to externalise household chores.

Besides common practices, it is also worth analysing the perceptions of fairness or unfairness concerning the distribution of household chores, which are also gendered.

Household chores and care work – shared times?

Considering all respondents and using the last working day as our reference,⁵ the average time spent on household chores and care work exposes a strong gender gap, in particular with regard to household chores. Comparing with men, women spend – on a daily basis – 55 minutes more in care work⁶ and 1 hour and 12 minutes more in household chores.⁷ The average total time of unpaid work on a daily basis is 4 hours and 23 minutes for women, while for men it is 2 hours and 38 minutes, that is, 1 hour and 45 minutes less.

UNPAID WORK

Refers to chores and responsibilities in the context of private households without any financial remuneration. It comprises household chores (commonly called housework) and care work (caring for children, young people or adults in need).

HOUSEHOLD CHORES

'preparing food: cooking, setting the table, dish washing, etc.'; 'cleaning: tidying, dusting, making beds, putting out the garbage, etc.'; 'caring for textiles: laundry, ironing, etc.'; 'gardening, including tending indoor and outdoor plants/vegetables'; 'tending domestic animals'; 'repairs at home'; 'shopping'; 'commercial and administrative services: paying the rent, paying bills, communicating with insurance companies and banks, etc.'; 'help to other households: repairs, gardening, animal tending, etc.'

CARE WORK

'physical care provided to own child, grandchild or other child below 15 years of age: feeding, washing, etc.'; 'teaching own child, grandchild or other child below 15 years of age: helping with homework, studying or other school tasks'; 'reading, playing and talking with own child, grandchild or other child below 15 years of age'; 'accompanying own child, grandchild or other child below 15 years of age to activities, daily or not: sports, music, scouts, cinema, parties, doctors, etc.'; 'helping an adult household member who is dependent or has a disability'; and 'informal help to other households: caring for a child, helping an adult person who is dependent or has a disability...'

5 Whenever we refer to the last working day, this means the last working day before the survey was applied to the person at stake.

6 Considering all activities classified as care work in the survey.

7 Considering all activities classified as household chores in the survey.

Figure 10.1. Average time of unpaid work on the last working day by sex – care work (hours:minutes)

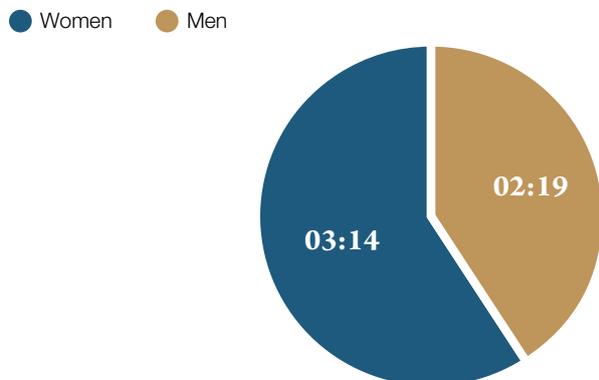


Figure 10.2. Average time of unpaid work on the last working day by sex – household chores (hours:minutes)

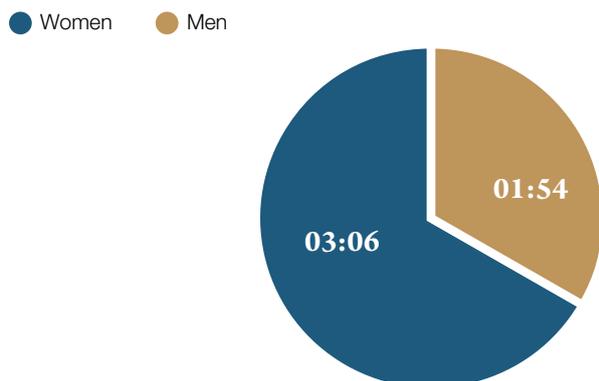
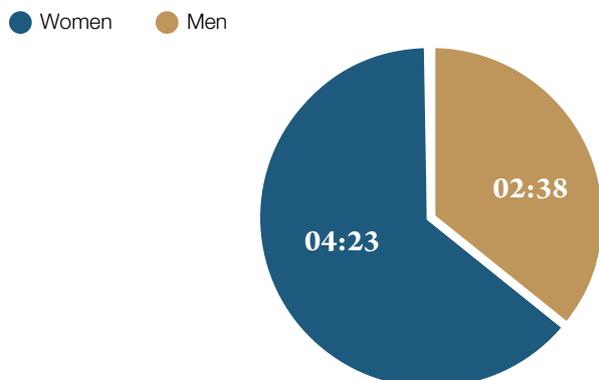


Figure 10.3. Average time of unpaid work on the last working day by sex – total (hours:minutes)

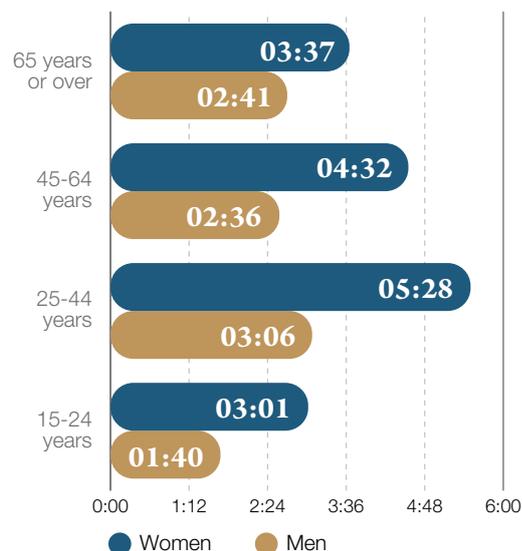


Source: INUT, 2015

A quartile analysis confirms the gender gap in unpaid work time with regard to both care work and household chores. This same analysis shows that, on working days, 25% of the men in employment spend at least 3 hours and 40 minutes on unpaid work, while 25% of the women in employment spend at least 5 hours and 55 minutes.

Still considering unpaid work as a whole (household chores and care work), an analysis by age group shows that, on average, it is in the group between 25 and 44 years old that both women and men dedicate more time to unpaid work on a weekday.

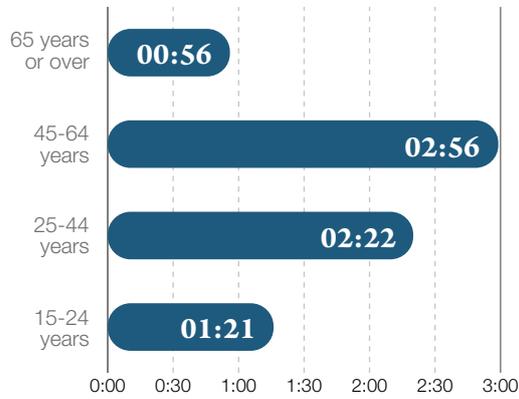
Figure 11. Average time of unpaid work according to age group on the last working day by sex (hours:minutes)



Source: INUT, 2015.

In all the age groups, women spend more time than men on tasks related with care work and housework. The largest gender gap is found in the age group from 45 to 64 years.

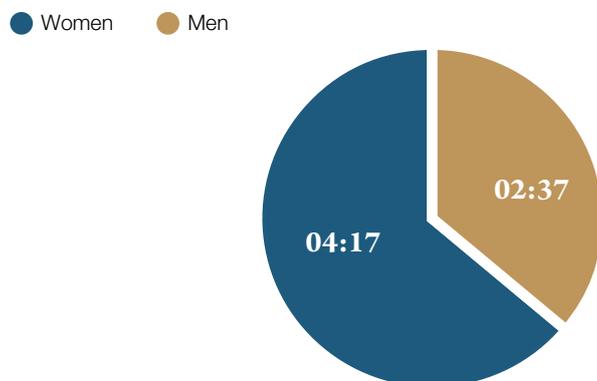
Figure 12. Gender gap in the average time spent on unpaid work on the last working day according to age group – extra time spent by women (hours:minutes)



Source: INUT, 2015.

Restricting the examination to people in employment, we observe that the average time spent on unpaid work on the last working day is 4 hours and 17 minutes for women and 2 hours and 37 minutes for men. This means a slight reduction in the amount of unpaid work comparing with the results for all respondents, in particular among employed women. The gender gap considering only people in employment is also slightly lower, at 1 hour and 40 minutes.

Figure 13. Average time spent on unpaid work by people in employment on the last working day by sex (hours:minutes)



Source: INUT, 2015.

A quartile analysis confirms the gender gap in the time spent on unpaid work by men and women in employment. On working days, 25% of the men in employment spend at least 3 hours and 40 minutes on unpaid household work, while 25% of the women in employment spend at least 5 hours and 50 minutes.

The average total working time for people in employment, that is, considering both paid work (results presented in the previous section) and unpaid work on the last working day, is thus greater among women: men spend a total of 11 hours and 39 minutes per day on these different forms of work, while women spend 12 hours and 52 minutes per day. This means that the working day for women is on average 1 hour and 13 minutes longer than it is for men.

PEOPLE IN EMPLOYMENT

People holding a job; people doing unpaid work in a family business, company or farm; paid trainees or apprentices.

Figure 14.1. Average daily time spent on unpaid and paid work by men in employment (hours:minutes)

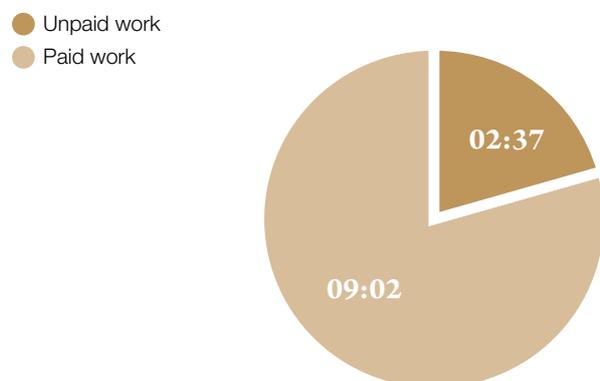


Figure 14.2. Average daily time spent on unpaid and paid work by women in employment (hours:minutes)

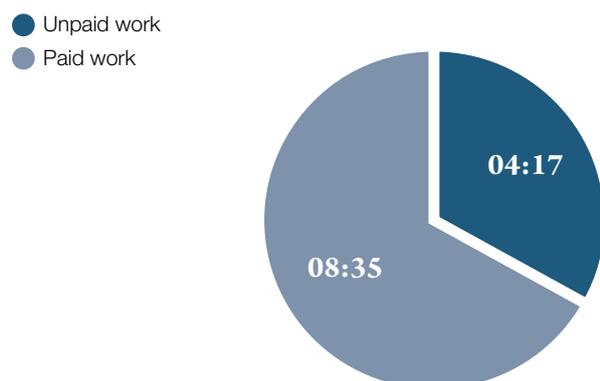
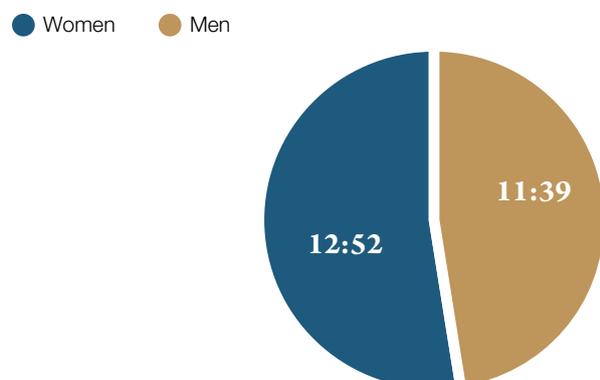


Figure 14.3. Average daily total time spent on unpaid and paid work by people in employment (hours:minutes)



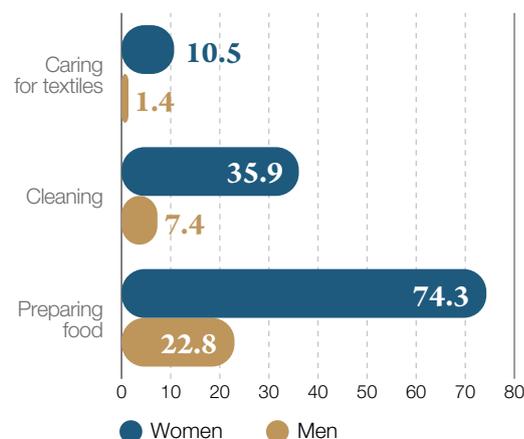
Source: INUT, 2015.

A quartile analysis confirms the gender gap in average daily time spent on (paid and unpaid) work. Strikingly, 25% of men have a total working day of at least 13 hours while 25% of women have a total working day of at least 14 hours and 45 minutes.

Some characteristics of paid work were examined in detail in the previous section. It is now important to shed light on some aspects of unpaid work, often rendered invisible, and question to what extent this type of work is shared between men and women.

With regard to household chores, and focusing first on the typical routine tasks performed at home (preparing food, cleaning, doing the laundry), we observe that they are still fundamentally ensured by women.⁸ This high degree of feminisation is especially apparent with respect to textiles (washing, ironing, etc.): 10.5% of women and only 1.4% of men state that they carry out these chores every day for an hour or more. As to cleaning (tidying, dusting, making the beds, putting out the garbage, etc.), the gender gap is also evident: there is a difference of nearly 29 percentage points between women and men stating that they dedicate to it an hour or more every day. Concerning the preparation of food (cooking, but also setting the table, dish washing, etc.), a large majority of women (74.3%) state they do these tasks every day for at least one hour, comparing with only 22.8% of men.

Figure 15. People who carry out routine household chores every day for an hour or more by sex (%)



Source: INUT, 2015.

⁸ This analysis is based on the numbers of respondents who state that they carry out a given type of chore every day for an hour or more, regardless of the exact amount of time spent on it.



My husband didn't know how to cook, for example. He would take care of some things in the kitchen but only for himself. He didn't know how to set the laundry machine on. When he took a bath, he would leave his clothes lying on the floor. Some adaptations were required here. But he wasn't used to it. He never folded a single piece of clothing. Nothing! We had this conversation several times when we started living together: if we want to be with each other, we have to help each other. I think that things are much better now than at the beginning. Also because I do a lot of the chores before he comes home.

Raquel,
32 years old, biparental,
daughter aged 2 years



Ironing, my husband doesn't do it; I do the ironing. Dusting, he does it sometimes, but generally I'm the one doing it. Basically, what he does when he is home is... if we use some mugs at breakfast, he washes the mugs right away, things like that. He vacuums the floor so that I don't have to do it later in the afternoon. It's the basic, more superficial stuff, what's on the surface. If there's a doll lying in the middle of the living room, he takes it and puts it in the children's room. It's like that, that's what he does. Now, the rest, in practice the rest it's me. Cooking: he also cooks. Thank God he knows how to cook. It depends though. In his day off, he'll usually cook the dinner. If I'm at home, then I'll do it. He helps me, but in practice it's me.

Filipa,
32 years old, biparental,
son aged 14 years
and daughters aged 5 and 1 years

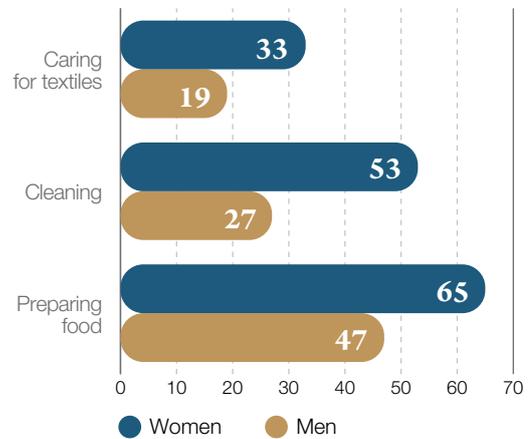


I think the ideal arrangement would be, in fact, to share and do all things evenly. I may have some duties and the other person other duties, but there must be a balance. I think this is not always possible, sometimes owing to the lives that people have as regards their job and even where they work. A lot of my women friends have everything shared and there's none of that stress, there's none of that fatigue.

Alexandra,
51 years old, biparental,
daughters aged 17 and 14 years

On working days, the average time spent on routine household chores is also greater among women. The gender gap stands at 26 minutes in cleaning, 18 minutes in preparing food, and 14 minutes in caring for the textiles.

Figure 16. Average time spent on routine household chores on the last working day by sex (minutes)



Source: INUT, 2015.



Washing the clothes, that's my wife. Hanging them out to dry and getting them in again, I can do it. But I've more or less delegated this to her because I think she knows how to do it better. Whenever I hang the clothes to dry she says that I did it wrong, that I stretch everything out... it has to be done in a particular manner, I don't know why ... so I leave things to her. Cooking, that's me. As to cleaning the house, I admit that I could do more to help than what I do, but I also help; I dust, I vacuum, I do everything, a real housewife.

Rogério,
42 years old, biparental,
daughter aged 9 years
and son aged 1 year



If someone takes 5 minutes to iron a shirt – I'm speaking about my wife here – and I take 15 minutes and even so it's not well ironed... I'm not being sexist, I'm merely trying to explain: the shirt isn't ironed well, it takes me a lot more time, and three times the amount of electricity is consumed. If I can replace this chore with another – for example: tonight you iron and I'll make the dinner and wash up –, then we've got an agreement. I think this is the ideal system.

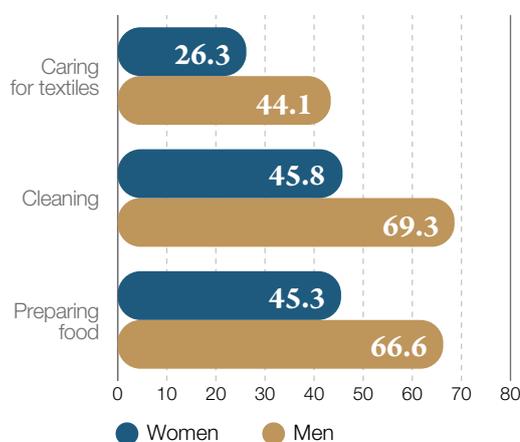
Carlos,
36 years old, biparental,
daughter aged 16 years
and son aged 10 years

An additional remark must be made in the case of clothes: half of the few men who do perform tasks of this sort do it only for themselves. In other words, they only take care of their own clothes, while 74% of women take care of both their own and other people's clothes, thus ensuring the overall care of the family's clothing.

With regard to cleaning and preparing food, the gender gap in the number of people doing it only for their own benefit is small – 0.6 and 2.7 percentage points, respectively. In any case, it is again men who more often perform these household chores only for themselves.

Of all the routine household chores, caring for the textiles is the one respondents tend to share the least with other people. In all of the chores examined, women share it in a lesser percentage than men.

Figure 17. People who usually share the routine household chores with other people according to the type of chore by sex (%)

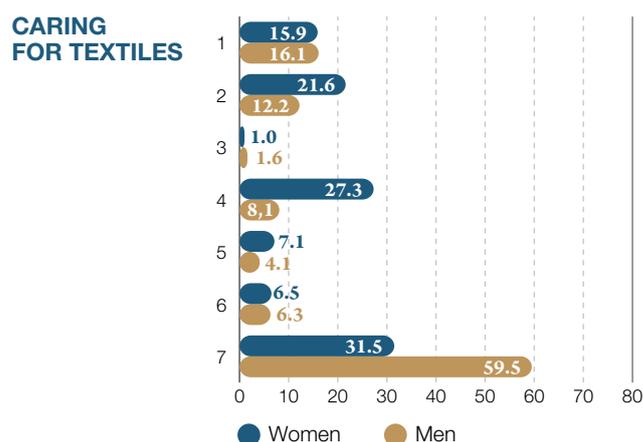
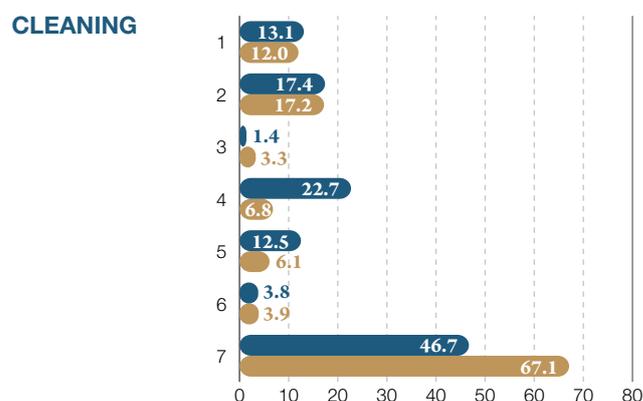
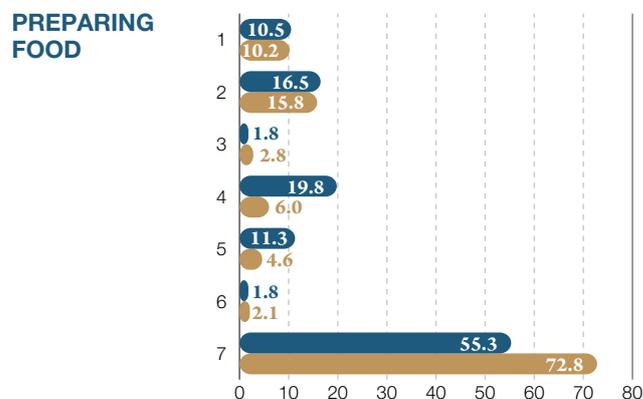


Source: INUT, 2015.

The person with whom household chores are shared the most often – regardless of the kind of chore – is the spouse/partner. Children come next, especially daughters, and then ancestors, especially mothers. Women, more often than men, turn to their daughters or their own mothers for help.

Resorting to a domestic worker – by both men and women – is more frequent in the case of caring for textiles and cleaning.

Figure 18. People who usually share the routine household chores with other people according to the relationship between them by sex (%)



- 1 – Other people
- 2 – Mother
- 3 – Father
- 4 – Daughter
- 5 – Son
- 6 – Domestic worker
- 7 – Spouse/partner

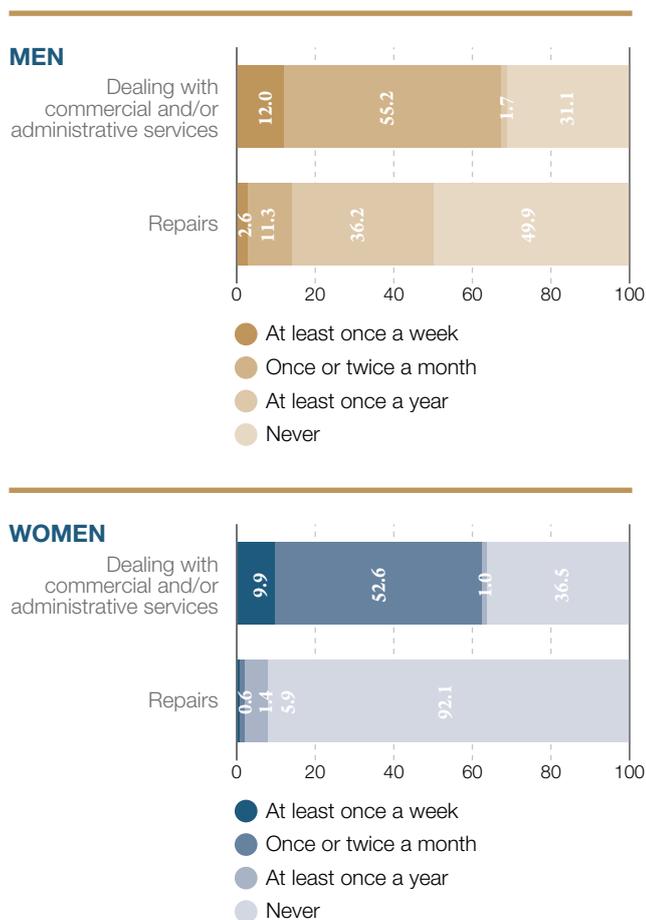
Source: INUT, 2015.

Turning our attention to other household chores, we observe that shopping is also a task more often performed by women. Men nonetheless participate more in this task than in the previous ones: 74% of women and 59% of men say that they do the shopping at least once a week.

Another type of household chore, of a more sporadic nature, registers a greater participation by men: dealing with commercial and/or administrative services (paying the rent, paying bills, communicating with insurance companies or banks, etc.). This is done at least once a week by 12% of men comparing with 9.9% of women. On the other hand, the male presence is still clearly predominant with regard to repairs of dwelling or equipment. The figures for people stating they never do repairs at home are illustrative: 92% of women comparing with 50% of men.

A brief reference should be made to care work related with co-resident adults requiring special care for reasons of illness, age or disability.⁹ This type of care is provided by only a small proportion of women and even a smaller proportion of men: 96.7% of men and 93.8% of women state that they never do it.¹⁰ Nevertheless, among the people who do spend time on providing care to co-resident adults requiring special care for reasons of illness, age or disability, women stand out: 4.3% of women, comparing with 2% of men, state that do it for at least one hour every day.¹¹ This suggests a considerable feminisation of care work with regard to adults requiring special care.

Figure 19. Frequency of doing sporadic household chores by sex (%)



Source: INUT, 2015.

9 The provision of care to children will be examined in the next section.

10 The provision of care to adult people in circumstances of dependence or incapacity shall deserve a more detailed analysis in an upcoming publication of our project, namely considering the ageing trend of the Portuguese society.

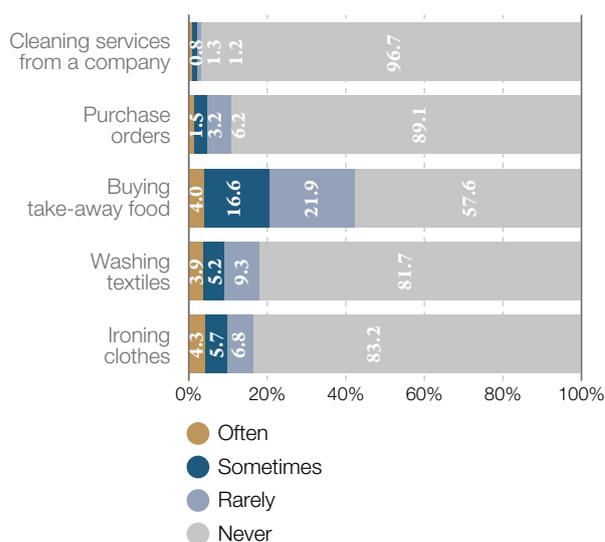
11 This analysis is based on the numbers of respondents stating that they do these types of chores every day for an hour or more, regardless of the exact time spent on them.

Externalising household chores

Externalising the household chores by paying someone outside the household to do them is accessible only to a small number of people. It should also be noted that externalising such tasks does not solve the asymmetries in the domestic sexual division of labour; it can actually contribute to make it wider.

A large majority of people state that they never resort to any external service to support household chores. Among the people who do so, the most frequent case is buying ready-to-eat food. Other frequent cases relate to washing and ironing textiles; however, only 4% of the respondents state that they often seek those external services.

Figure 20. Households resorting to external services to support household chores according to the type of service (%)



Source: INUT, 2015.

On the other hand, 7% of the respondents state that a domestic worker exists in their household. Among these households, 5.9% employ a domestic worker for less than 8 hours (i.e. one working day) a month; 34.5% between 8 and 16 hours a month; 33.5% between 17 and 32 hours a month; and 26.1% for 33 or more hours a month.



My partner is the one who usually cooks. He really enjoys cooking and I'm not especially fond of it. So when it comes to the kitchen it's mostly for him to deal with it. Then we have a person who comes twice a week to do the heavier cleaning, because we simply don't have the time to do it. The laundry, it's either me or my mother; my partner doesn't interfere much with it.

Patrícia,
39 years old, biparental,
son aged 3 years



We have external help. There were times when we didn't have it, and the house was very dirty. Because the criteria and the expectations with respect to cleaning didn't coincide: my husband thought it wasn't necessary to clean the counters, it wasn't necessary to sweep the floor... I didn't like being the one who always had to do the sweeping. Fortunately we were able to have a domestic employee and now we have her help, and our life as a couple is much more peaceful; it prevents a lot of quarrelling.

Ilda,
46 years old, biparental,
daughters aged 13 and 12 years
and son aged 9 years

Defining and supervising the tasks performed by the domestic worker is a responsibility clearly marked by gender: 75.9% of women comparing with 45.1% of men state that they personally assume responsibility for it. On the other hand, 28% of men state that their domestic worker's tasks are defined and supervised by their wife/partner, comparing with only 6.9% of women who state that their husband/partner takes control.¹²

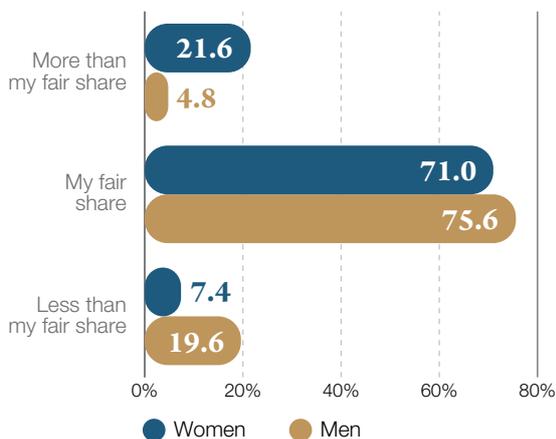
12. An overwhelming majority (99.1%) of the respondents who live with their partner state that this partner is of different sex, thus our usage of the terms applying to different-sex couples here.

Perceptions of fairness/ unfairness concerning the distribution of household chores

Asymmetries in the distribution of tasks at home do not necessarily translate into equivalent perceptions of fairness or unfairness. Still, we can observe that women express feelings of unfairness more often than men.

About seven women in every ten consider that their share of household chores corresponds to what is fair. The same opinion is a little bit more common among men, as 75.6% of them express it. In contrast, 21.6% of women – comparing with only 4.8% of men – consider that they do more than their fair share. On the other hand, almost 20% of men acknowledge their awareness of the fact that they do less than their fair share (comparing with 7.4% women who express this opinion).

Figure 21. Perception of fairness/unfairness regarding one's own share of household chores by sex (%)



Source: INUT, 2015.



It's unfair because very often I leave the household chores to her. Even if I know I could give her a little help... but I don't do it. Well, there are some days when I don't feel like it. [...] I accept and divide the domestic chores with her naturally, no problem about it. Even though sometimes I end up being unfair because I just don't go ahead with it. Do you get it? For example, I should have helped her a little more with that cleaning but I didn't do it, I dropped it and went off to watch a football match. I only did a little bit.

Tiago,
29 years old, biparental,
daughter aged 2 years



The first thing is: the man has to understand that the woman is not only a woman, she is a human being. We are people, we have feelings too, concerns, we also need our leisure. Therefore, I think that men should be a little more aware that their wives need help with the children and with the house, it's not only them who need to relax, we also need to relax. [...] The ideal thing would be for men to put themselves in our shoes and think a little bit about what we could split fifty-fifty... the children, the house, the cleaning, everything... not only paying the bills. Just now I was remembering that my father never helped my mother in any of these things... but... I didn't feel it, but my mother must have felt it, now I'm thinking that maybe my mother felt it...

Palmira,
38 years old, single parent,
daughter aged 5 years
and son aged 11 months

Attention should be paid to the fact that feelings of doing more than their fair share are more prevalent among women who live in households with children below 15 years old (27.2% comparing with 19.5%, respectively). This is not observed among men in the same circumstances. Therefore, the feelings of unfairness with regard to the distribution of household chores as expressed by women seem to be amplified by the existence of children.

03. Motherhood and fatherhood

The conditions and practices in which motherhood and fatherhood are exercised make up one of the key dimensions of an effective equality between women and men.

Who cares for the children, to what extent are care activities shared and how do parental responsibilities interweave with paid work – despite a growing ‘demand’ by men for their right to fatherhood, these are issues that still reflect the persistence of gender inequalities.

Who cares for the children?

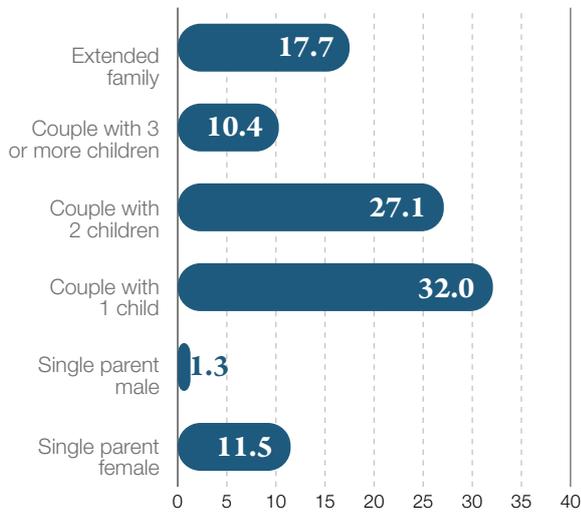
The children covered in our survey live mostly in households where there is only one child. This is the case of 67% of the households in which a minor under 15 years old lives; in 26.4% of the households there are two children, while in 6.5% there are three or more children.¹³

With regard to family typology, among households with children the predominant case is that consisting of a couple with one or more children (69.5%). Complex families represent 17.7% of the households with children. The relative weight of single-parent households headed by a woman, 11.5%, should also be underscored.

CHILD	<p>Refers to boys and girls under the age of 15 years.</p> <p>For analytical purposes, the following sub-groups have been considered: under the age of three; between three and five years old; between six and 14 years old.</p>
HOUSEHOLD	<p>Sociological concept designating a group of people living as the same address (common residence criterion) and who may share resources and activities (functional criterion). A household can be composed of a single person, several unrelated people, or various people connected by blood or relationship.</p>
EXTENDED FAMILY HOUSEHOLD	<p>Households composed of a family nucleus and other relatives, also called ‘extended families’. The concept also comprises households consisting of two or more family nuclei.</p> <p>According to Statistics Portugal (<i>Instituto Nacional de Estatística</i>, INE), the family nucleus is a set of two or more people belonging to the same family where there is a relationship of marriage, civil partnership, or between parents and offspring. This translates into three possibilities: a couple without children, a couple with one or more children, or a mother or a father with one or more children.</p>

¹³ The results of the survey concerning households with children refer to 2,223 respondents, which represents 21.9% of the total number of respondents.

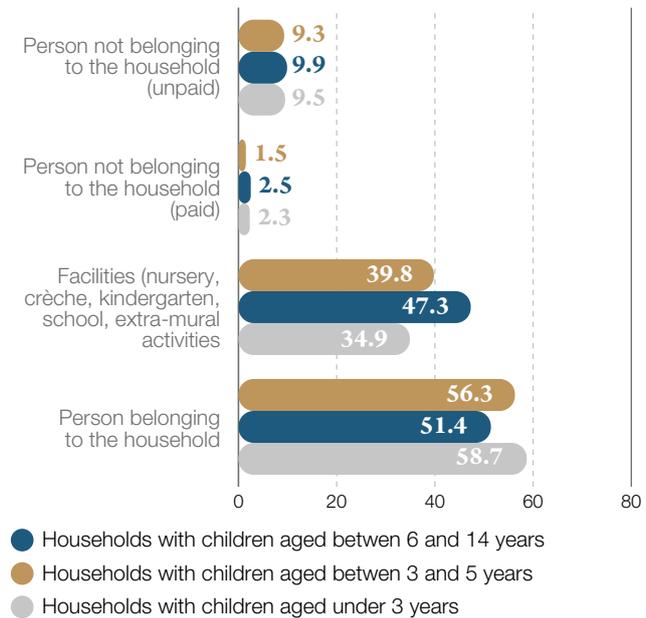
Figure 22. Households with children by type of family (%)



Source: INUT, 2015.

In more than half of the households with children, childcare is provided by people belonging to the household; this means that during the day children are usually taken care by people who live with them. This is especially the case regarding children under the age of three. Resorting to a nursery or a crèche occurs in the case of about one third of the children below three years old; extra-mural activities or similar services/facilities after classes cover more than four in every ten children who attend a pre-primary or basic school.

Figure 23. Main types of childcare according to the child's age (%)



Note: The percentages are not mutually exclusive as there are households indicating more than one usual way of providing childcare, be it with respect to the same child or different children.

Source: INUT, 2015.

The interviews conducted during our project show how the daily practices of childcare are influenced by a variety of factors including the child's age, the household's composition, the help from relatives, the vicinity and the cost of childcare facilities and the possibility of hiring a childminder or a domestic employee.



My children always went to a crèche. Later they attended a private school until the 4th grade. Even when they were bigger and didn't have any class in the afternoon, they used to go to my parents'. Or to their extra-mural activities. [...] They stayed with my parents until they were about two and a half years old. Their grandparents took care of them. Afterwards, when they were already at the nursery school, my parents used to go and fetch them very early... at 4 pm, 4.30 pm... and they would stay with them until I fetched them.

Josefina,
48 years old, biparental,
son aged 15 years
and daughter aged 13 years

Considering only the adult persons in the household who usually look after children during the day, we can observe that they are mostly women – and in most of the cases they do it alone, without the help of another adult. The feminisation of caregiving in family daily life is especially apparent when it comes to smaller children, those under three years old. The participation of men, although still low in comparison with women's, increases when children are aged between three and five years, be it in cases in which they provide childcare on their own or share it with an adult woman. The cases in which an adult male in the household is the only person who usually looks after a child below the age of three is almost negligible.

Figure 24. Adults in the household who usually look after children under three years old according to the sex of the caregiver (%)

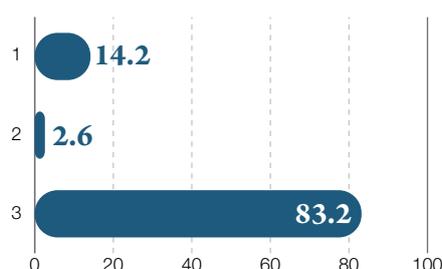
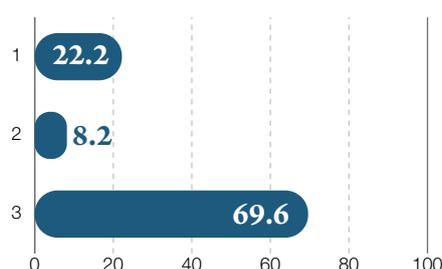


Figure 25. Adults in the household who usually look after children between three and five years old according to the sex of the caregiver (%)



- 1 – Two adults in the household of both sexes
- 2 – Only one adult in the household – man
- 3 – Only one adult in the household – woman

Source: INUT, 2015.



When my second daughter was born, my whole life was focused on my children and my job. In fact, there was a time when I moved around like... a zombie. Because my husband was away from [name of town]. When they were still very small, babies, I recall moments when I couldn't take it any more... we'd arrive by car, one of them was sleeping, I'd go up to the flat and put him inside leaving the other one in the car... then I'd go down and fetch her... sometimes I met a neighbour who asked me if I needed any help. [...] Being a mother and having the kind of job I had was a huge challenge... I could have had a breakdown. I could have ended up mad. Because, in fact, there were moments in which I felt I was at the very limit.

Ilda,
46 years old, biparental,
daughters aged 13 and 12 years
and son aged 9 years

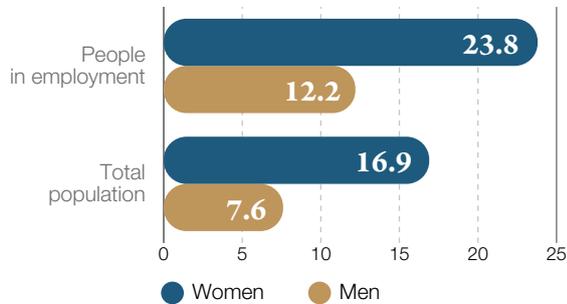
Caring for the children – shared times?

Care work with children is still clearly feminised; however, this gender asymmetry is not as strong as it is in the case of household chores, a field in which men seem to be more unwilling to enter.

About 17% of women, comparing with only 7.6% of men, state that they provide physical care (feeding, washing, etc.) to children (their own child, grandchild or other child) every day for an hour or more. This gender gap, of about 9.3 percentage points, rises to 11.6 percentage points when considering only men and women in employment.¹⁴

¹⁴ This analysis is based on the numbers of respondents who state that they carry out this type of chore every day for an hour or more, regardless of the exact amount of time spent on it.

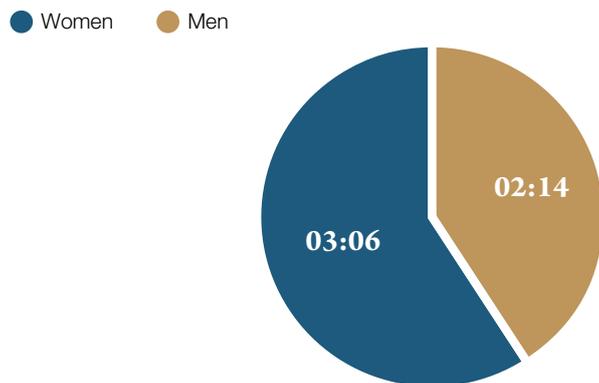
Figure 26. People providing physical care (feeding, washing, etc.) to children¹⁵ every day for an hour or more by sex (total population and people in employment) (%)



Source: INUT, 2015.

Expanding our understanding of care,¹⁶ men and women spend on average different times on childcare. Taking the last working day as a reference point, the average time spent by women on all of the tasks considered is 52 minutes longer than the time spent by men.

Figure 27. Average time spent on childcare¹⁷ on the last working day by sex (hours:minutes)



Source: INUT, 2015.

¹⁵ This can include children who are not the respondent's children; they can be grandchildren or other children.

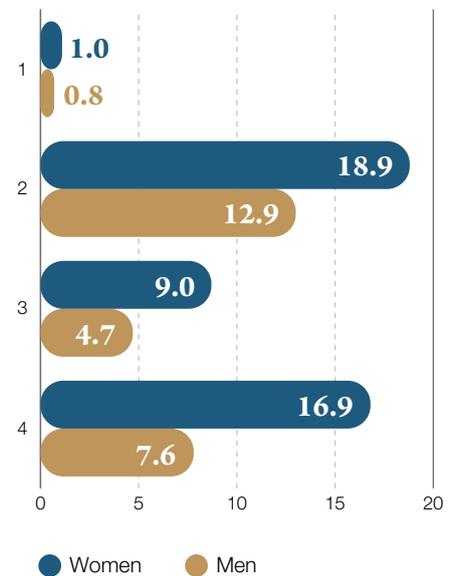
¹⁶ This calculation includes the following tasks: 'physical care: feeding, washing, etc.'; 'teaching: helping with homework, studying or other school tasks'; 'reading, playing and talking'; 'accompanying to activities, daily or not: sports, music, scouts, cinema, parties, doctors, etc.'

¹⁷ This can include children who are not the respondent's children; they can be grandchildren or other children.

A quartile analysis confirms the gender gap in time spent on childcare. During working days, 25% of men dedicate at least 3 hours to childcare, whereas 25% of women dedicate at least 4 hours.

Looking closer into the different types of care provided, we can conclude that the widest gender gap concerns physical care – feeding children, washing children, etc.. In contrast, the gender gap is narrower in activities more associated with leisure such as reading, playing and talking with children.

Figure 28. People providing childcare¹⁸ every day for an hour or more according to the type of care by sex (%)



- 1 – Accompanying to activities, daily or not: sports, music, scouts, cinema, parties, doctors, etc.
- 2 – Reading, playing and talking
- 3 – Teaching: helping with homework, studying or other school tasks
- 4 – Physical care: feeding, washing, etc.

Source: INUT, 2015.

¹⁸ This can include children who are not the respondent's children; they can be grandchildren or other children.



I think we should share. Both of us should drop by the school to fetch the children. Both of us should get up earlier if necessary. I think this should be divided on a daily basis: if one of us takes them, the other should be careful enough to go and fetch them; and the following day we swap, and there you have it. I think that both should be involved. But this is not what I do.

Ilda,
46 years old, biparental,
daughters aged 13 and 12 years
and son aged 9 years

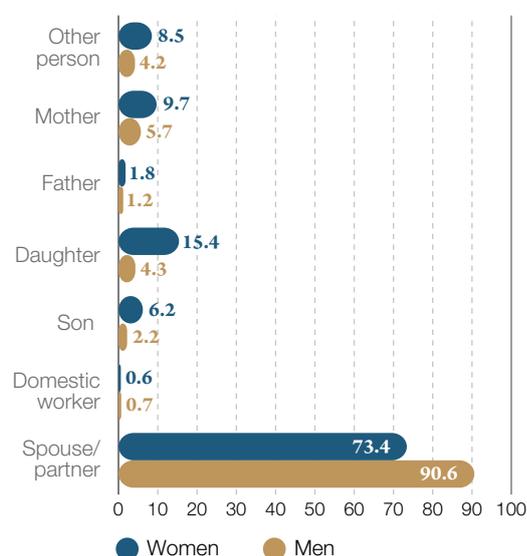


When her father can't, or when he has his day off, I make it easier on him. We have to help each other, right? I also understand. And since her father has a lot of responsibilities at work, I'm a nice girl about it. I care about my daughter more than anything else. She could stay with me all the time, I wouldn't mind.

Rosa,
40 years old, single parent,
daughter aged 7 years

Childcare is often provided with the simultaneous participation of other person(s). The possibility to share it is not available to everybody, though. Women are the ones mainly stating that they do not share the provision of physical care to children with anyone else – 33.9% of women comparing with 11.1% of men. Among the people who can count on sharing these tasks, a large majority of them do it with their spouse/partner. It is mostly men who provide childcare with the simultaneous participation of the other member of the couple. The matrilineal nature of family networks for childcare provision also stands out when we observe that women resort mainly to the assistance of a daughter or their own mother when necessary.

Figure 29. People providing physical care (feeding, bathing, etc.) to children¹⁹ who usually share these tasks with other person(s) according to this person's relationship with the respondent by sex (%)



Source: INUT, 2015.



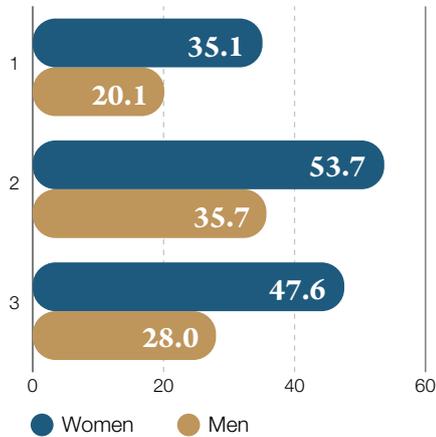
We don't want to abuse the grandparents' good-will to look after the grandchildren... I don't like that very much... only once in a while. My mother-in-law, now and then, if there's some occasion when she has to mind one of my children... We don't like to ask them very often, I don't like asking them because I don't want to overburden them.

Rogério,
42 years old, biparental,
daughter aged 9 years
and son aged 1 year

Childcare is often provided while performing household chores at the same time. A feminised pattern is also observed in this respect, since many more women than men state that they respond simultaneously to these two kinds of unpaid work demand.

¹⁹ This can include children who are not the respondent's children; they can be grandchildren or other children.

Figure 30. People usually providing care to children²⁰ while performing household chores according to the type of care by sex (%)



- 1 – Accompanying to activities, daily or not: sports, music, scouts, cinema, parties, doctors, etc.
 2 – Reading, playing and talking
 3 – Teaching: helping with homework, studying or other school tasks

Source: INUT, 2015.



While the baby is sleeping I always cook his soup, I do the most urgent tasks... I don't want them to always see me cleaning, doing the housework, and think: 'When is she going to interact with us?' [Before the baby was born] I had some more time to play with my older daughter... even if I was cooking dinner, dinner was always cooking while I played with her a little and chatted with her about school. But I don't have that time now, time is very short. Now I must change her little brother's nappies while I ask her how school went...

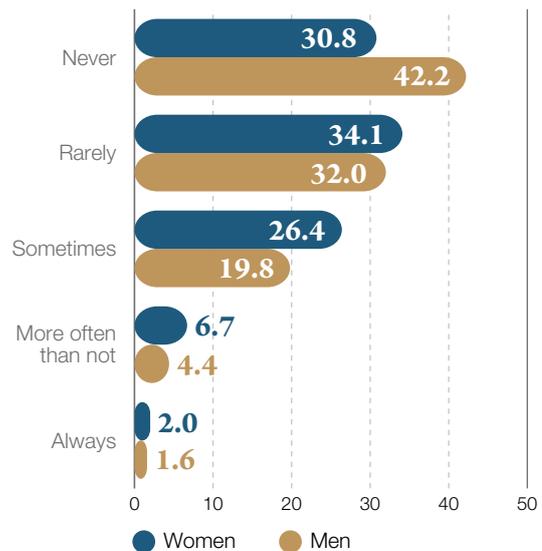
Palmira,
38 years old, single parent,
daughter aged 5 years
and son aged 11 months

Parental responsibilities and paid work

The implications of parental responsibilities on paid work are especially felt by women.

Most of the respondents in employment state that they have not experienced any difficulty in focusing on their paid work due to family responsibilities over the last 12 months. This is more the case of men – 74.2%, comparing with 64.9% of women. In contrast, more than one woman in every three – comparing with 25.8% of men – have experienced this particular difficulty at least sometimes in the last 12 months.

Figure 31. Frequency of difficulty in focusing on paid work due to family responsibilities in the last 12 months by sex (%)

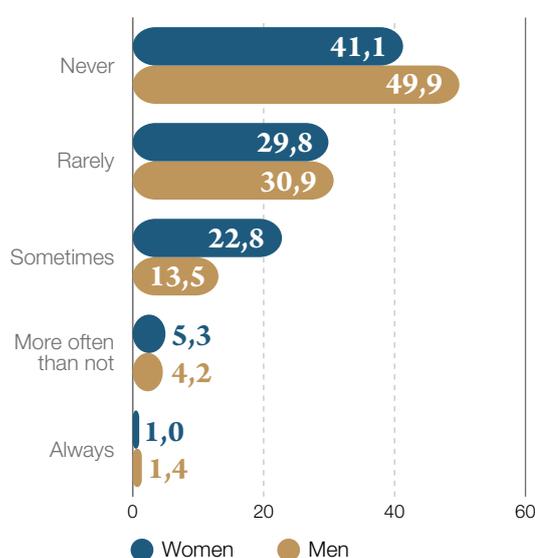


Source: INUT, 2015.

²⁰ This can include children who are not the respondent's children; they can be grandchildren or other children.

Considering the last 12 months, women are again those who more often consider that their family responsibilities prevent them from dedicating the necessary time to paid work. The differential between men and women who state that they had this perception at least a few times stands at 10 percentage points.

Figure 32. Frequency of thinking that family responsibilities prevented oneself from dedicating the necessary time to paid work in the last 12 months by sex (%)



Source: INUT, 2015.

Some days I have this feeling... I always have appointments with the kids and sometimes there are things from work that I must leave half way through. I'm focusing on writing a report or something else, and suddenly I have to go and pick up one of the kids. Well, not always, but sometimes, now and again, I feel that it interferes with work.

Josefina,
48 years old, biparental,
son aged 15 years
and daughter aged 13 years



I worked for many years in a place where flexible schedules, freedom and legal compliance regarding leaves of absence for childcare... this was all very complicated. I'll try and explain it the best I can: unfortunately in our society people are like masks, that is, companies tell the workers they have such rights but in reality they don't have them, because the company arranges a way to stop the worker from progressing in his career by applying a series of manoeuvres that deny the worker the use of the rights. When I was working at that place, it was quite complicated in this respect, so it was always my wife... things were easier at her job, and so during the last eight years it has always been my wife who takes care of the situation whenever one of our children gets sick.

Carlos,
36 years old, biparental,
daughter aged 16 years
and son aged 10 years

Very few people in employment refer that they have been absent from paid work for some time during the last week²¹ so that they could take care of children (excluding cases of respondents who are on parental leave). Nevertheless, most of the people who signal this reason for missing work are women (seven women and three men).

Likewise, when considering respondents who are unemployed and housewives/househusbands, 'not having anyone who can take care of the minor children' (generally speaking but including also those who are sick or have a disability) is a reason almost exclusively presented by women²² to explain why they have not actively sought work in the last four weeks.²³

21 Whenever we refer to the last week, this means the week before the survey was applied to the person at stake.

22 Only two men out of 768 respondents gave this reason.

23 Whenever we refer to the last four weeks, this means the four weeks before the survey was applied to the person at stake.

The interviews clearly illustrate that the birth of children, in particular the birth of the first child, is often a key point for the definition of strengthening of gender asymmetries. Even if, in most cases, both members of the couple kept on working on a full-time basis (and even if they assume an equitable sharing of the responsibility for the family's livelihood), the dedication and availability to the family and to paid work is far from distributed in a balanced manner, starting by the very way in which parental leaves are used. In practice, it is typically the mother's duty to ensure the child's well-being during the first few months of life while the father, if present, plays a role of breadwinner together with an ancillary function ('helping') in the provision of either physical or emotional care.

The opinions of the interviewees range from the acceptance of some differences in parental roles to demands for full equality at work and in the family. In both cases, nonetheless, dissatisfaction is expressed with regard to the duration and distribution of maternity and paternity leaves; both among women and men, we find the general acknowledgement that the present situation contributes to the women's overload.



Men's leaves, paternal leaves, should be longer. [...] Those 11 days fly past in an instant, and afterwards how are they supposed to help the mother in this difficult work? I don't have any problem saying this, in fact I think women should talk and share more among themselves after a baby is born, because I've noticed with workmates of mine that when they're home alone, without any help from their partner who's at work, disturbances start to come up.

Marisa,
40 years old, biparental,
daughter aged 5 years



I'd bet on both the man and the woman staying at home for some six months, because the woman also goes through enormous changes and then suddenly she finds herself under pressure and sometimes she's not up to facing the challenge on her own; she has to go through everything alone. I think the most serious accusation women can make against men is something that really happens: I have to bear the child for nine months and then I'm here with the child and the man's life carries on normally, isn't it so?

Carlos,
36 years old, biparental,
daughter aged 16 years
and son aged 10 years



*i: In your opinion, should men, as much as women, enjoy the parental leave due to them after a child has been born?
I: My husband was afraid to take the leave. But I know a lot of good people who have done it. They swapped: the woman took less time and the man took more. But I think this can only happen when the man is very secure. I think in this case my husband wasn't very secure. He anticipated a number of problems if he would take the leave.*

Raquel,
32 years old, biparental,
daughter aged 2 years



To my mind, sharing the parental leave should be compulsory and that's it! Compulsory because I think it helps bring stability to the labour market. We would stop having what currently happens in job interviews with respect to women; these issues would become normal. Therefore, I do think there should be a break from work, yes. When a child is born, the task is very demanding for both parents.

Patrícia,
39 years old, biparental,
son aged 3 years

04. Time and territory

Women's and men's time use must be understood in the light of the distinct territorial contexts they live in. In particular, metropolitan areas entail specific constraints such as those pertaining to geographical distance and time required for moving between the different spaces upon which their daily lives are structured.

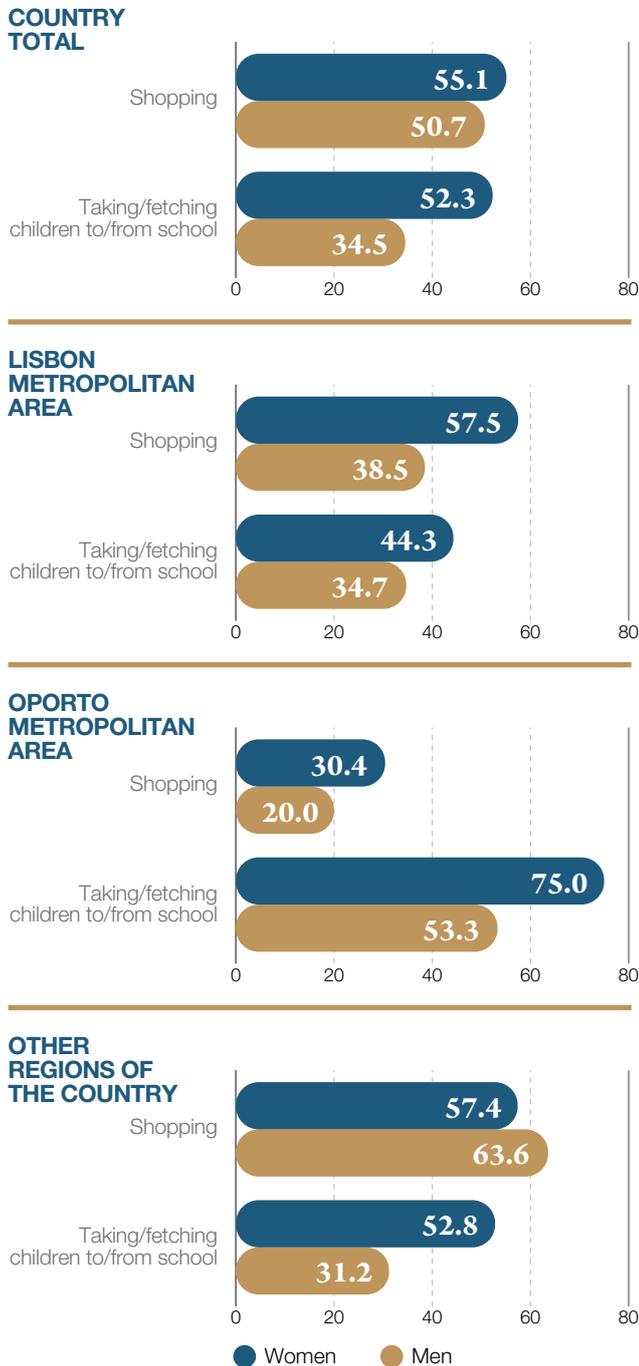
Moving between home and work

As expected, the time usually required to go from home to work and back from work to home – considering, of course, only the respondents in employment – varies across territorial regions.

Commuting times are especially long in the Lisbon Metropolitan Area (LMA), above all for men. A quartile analysis shows that 25% of the people in this region take over 45 minutes to complete their home-work-home trajectory, the average time being 39 minutes for men and 37 minutes for women. In the daily life of people living in the Oporto Metropolitan Area (OMA), average times stand at about 25 minutes for men and 24 minutes for women. The gender gap is slightly wider in the other regions of the country, where men spend on average 23 minutes going to and from work while women spend 20 minutes. Considering the country as a whole, the means are 28 minutes for men, 26 minutes for women.

More often in the case of women (12.3%) than men (7.9%), trajectories to and from work are usually employed to perform other tasks. Women who do not live in the metropolitan areas refer more frequently to the fact that they use commuting itineraries to do other things (13.3%).

Figure 33. Main activities undertaken on the way to and from work according to country region by sex (%)



Source: INUT, 2015.

The tasks most often performed to take advantage of the home-work-home trajectory consist in taking or fetching children to or from the crèche, kindergarten or school (the gender gap is particularly clear in this regard), and shopping. Considering the various regions under study, we can observe that taking/fetching the children is more significant in the OMA, while in the LMA and in the rest of the country it is more common to do the shopping. With the exception of shopping when living out of the metropolitan areas, more women than men take advantage of the journey to and from work to pick up the children from the crèche, kindergarten or school and to do the shopping.

Simultaneous activities at home

The LMA is where the time spent at home is most clearly characterized by the simultaneous performance of different activities and tasks. Comparing with other regions in the country, both women and men in the LMA show a greater tendency to carry out other activities while doing the household chores. Except for 'reading, listening to radio/music or watching television', which are done at the same time as household chores in all country regions to a similar degree, all activities²⁴ are more frequently mentioned by people living in the LMA.

Regardless of the country region, with the exception of activities related with studies and paid work in the OMA, women undertake other activities while doing the household chores more often than men, thus combining various times and roles.



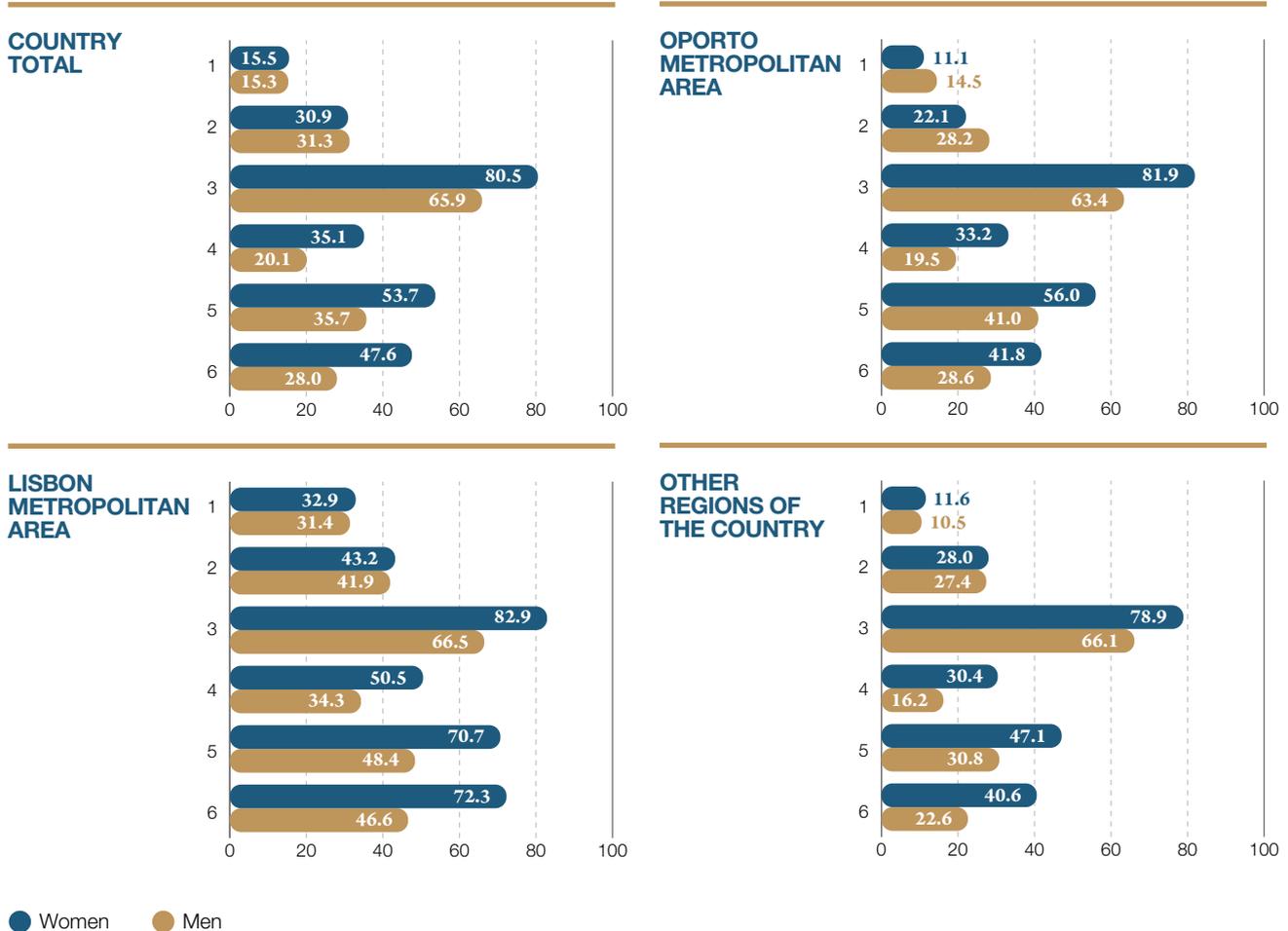
I must always be very focused and distribute the tasks, 'Do this', 'Do that', and hope that my husband doesn't get distracted. I don't know if it's because he's a man or for some other reason, he's very easily distracted. For example, he goes off to the garage to fetch a bottle of olive oil, off he goes ready to please, but on the way he finds his son's bicycle that either has a flat tyre or it's something else, the chain's off...

Noémia,
53 years old, biparental,
son aged 15 years

Considering the different types of activity undertaken while performing household chores, studying and/or dealing with issues related to studying, as well as making phone calls and/or handling issues related with paid work, we find that either the share of men who do them is higher than the women's (in the OMA) or gender differences are small. In contrast, tasks related to the provision of care to own children, grandchildren or other children are much more often done simultaneously with household chores by women than by men, in any of the regions under analysis.

24 Apart from the activities mentioned here, the Survey also gave the categories 'caring for adults who are ill or disabled'. However, the low number in relative terms of respondents stating that they do this sort of caregiving when multi-tasking, does not allow us to correctly analyse the data according to regions.

Figure 34. People who carry out other activities while doing household chores according to the type of simultaneous activity and country region by sex (%)



- 1 – Studying and/or making phone calls / dealing with issues related to studying
 2 – Making phone calls / dealing with issues related with paid work
 3 – Reading, listening to music, watching television
 4 – Helping with the homework of children, grandchildren other children
 5 – Reading to, playing or talking with children, grandchildren other children
 6 – Providing physical care (feeding, washing) to children, grandchildren other children

Source: INUT, 2015.



If my husband is working, normally I start making the dinner. While it is cooking, I take my two daughters and put them in the bathtub, taking a bath. School homework is done next while I finish off preparing dinner. If my other son has any doubts about his homework, I also have to give him a bit of help. If my husband is at home, he gives me some assistance: he makes the dinner while I give them [children] a bath. I'm quietly helping the middle child with her homework and I also help the older boy. I tidy up whatever needs to be tidied up. I do the laundry. Set the washing machine to wash. Or I collect the washing in if I have something hanging up to dry. Then we have dinner.

Filipa,
32 years old, biparental,
son aged 14 years
and daughters aged 5 and 1 years

The clash of times?

When going about their daily lives and responsibilities, men and women may feel that their activities and the ways in which they organize their time collide with the timetables of either their spouse/partner or services and facilities.

The LMA stands out for having the largest proportion of people who feel difficulties in articulating their daily activities (paid work, household chores, childcare, etc.) with the timetables of the context around them.

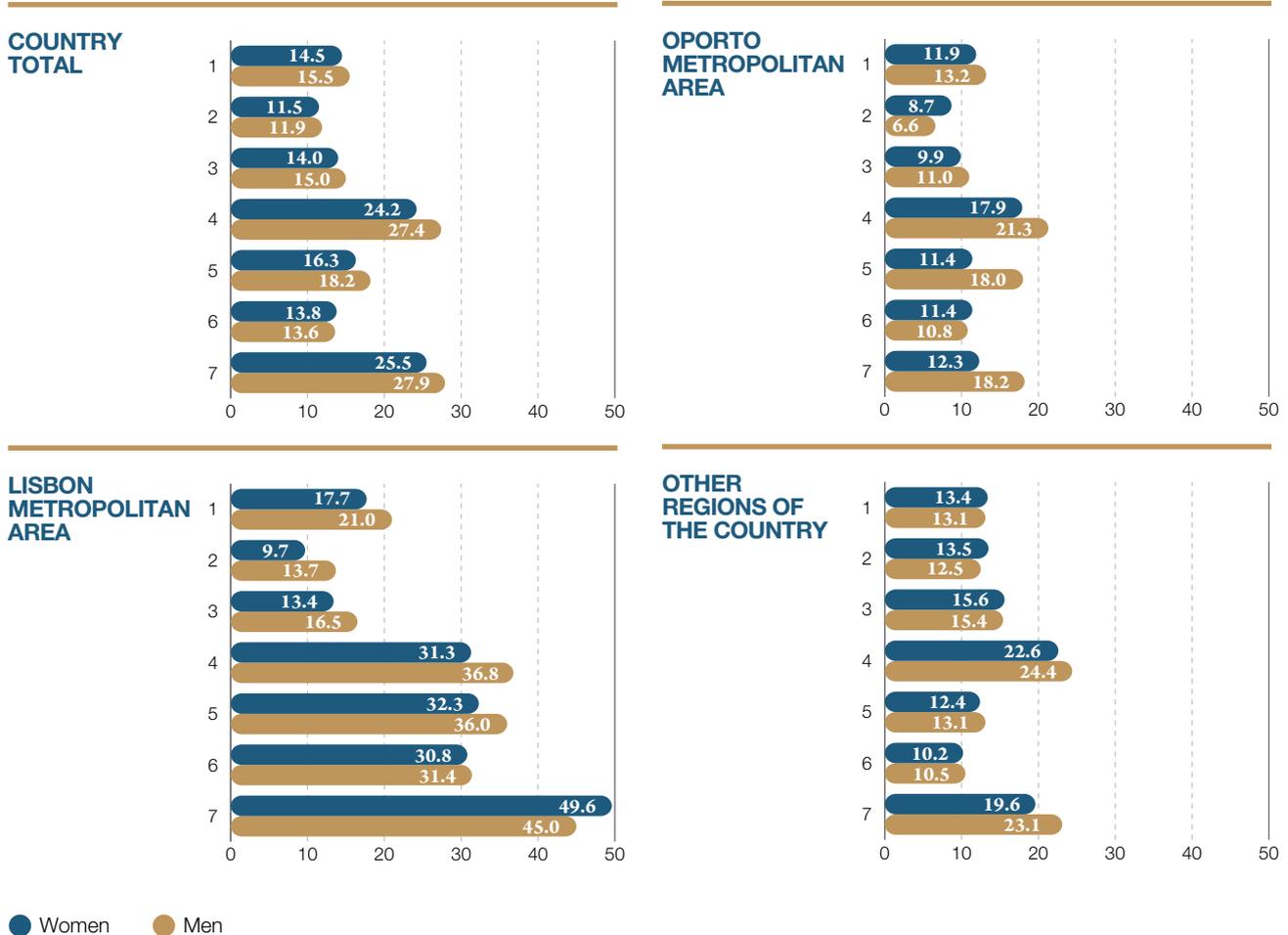
The 'clash' signalled by many people living in the LMA, especially women, occurs mostly with their spouse's / partner's paid work time schedule. In the OMA and in the other regions of the country, more men than women refer to incompatibilities caused by their wife's / partner's paid work schedules.

The opening hours of various services, such as post offices, tax offices or banks, are referred as causing one of the biggest clashes with daily occupations in the OMA, mostly among men. Men in the rest of the country also refer to this kind of incompatibility more often than women.

Furthermore, there are difficulties in combining daily activities with school timetables and the opening hours of other kinds of facilities such as nurseries. School timetables are especially mentioned by men, whereas no substantial gender difference can be observed when it comes to complaining about the timetables of childcare facilities.

Men, particularly in the LMA, refer more often than women to the opening hours of leisure and cultural facilities (swimming pools, libraries, gymnasiums) as 'clashing' with their other activities.

Figure 35. People considering that, in a normal day, their daily activities ‘clash’ with the timetables of either their spouse/partner or services according to country region by sex (%)



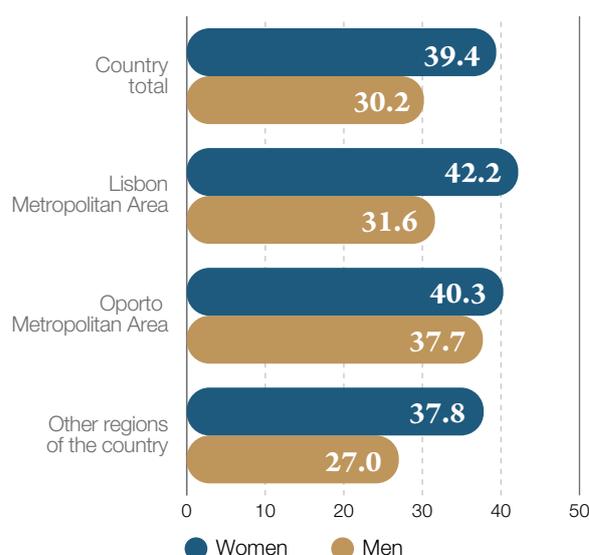
- 1 – Opening hours of leisure and cultural facilities (swimming pool, library, gymnasium, etc.)
- 2 – Timetables of public transports
- 3 – Opening hours of commercial establishments
- 4 – Opening hours of administrative services (post office, tax office, banks, etc.)
- 5 – School timetables of children, grandchildren or other children
- 6 – Kindergarten, crèche or childminder timetables for children, grandchildren, other children
- 7 – Spouse's / partner's paid work time schedules

Source: INUT, 2015.

Perceptions about time

Even though, as mentioned above, women generally undertake simultaneous activities more often than men, they also express a greater agreement – in all of the territorial contexts under consideration – with the statement ‘In my daily life, I rarely have time to do the things I really like’. Once again, women living in the LMA are the ones who most express this mismatch between time and the possibility of dedicating it to gratifying, pleasurable activities: more than 42 in every 100 women living in the LMA state that they rarely have time to do the things that they would really like to do.

Figure 36. People agreeing with the statement ‘In my daily life, I rarely have the time to do the things I really like’ according to country region by sex (%)²⁵

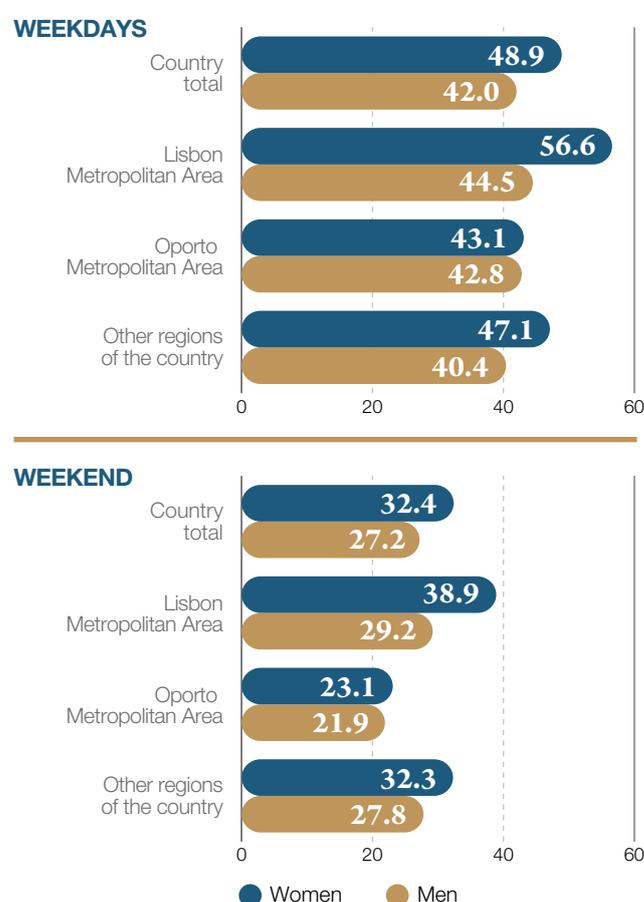


Fonte: Inquérito Nacional aos Usos do Tempo, 2015.

The notion that during weekdays time is not enough to do what they would like to do is expressed by 43% of the women in the OMA and 47% of the women in other regions of the country. In the LMA, nearly 57% of the women – comparing with nearly 45% men – express this opinion. Considering the whole country, almost half of the women (48.9%) and 42% of the men state they do not have enough time to do all the things that they would like to do during the weekdays.

Although with lower values, the perception of lacking time is also experienced on the weekend.²⁶ Again, women in all regions of the country consider more often than men that they do not have enough time to do everything that they would like to do during the weekend. Almost one third of the women (32.4%) in the country, comparing with 27% of men, feel that time is not enough.

Figure 37. People considering that they do not have enough time to do everything they wanted to do during weekdays and the weekend days according to country region by sex (%)²⁷



Source: INUT, 2015.

²⁵ These percentages are the outcome of aggregating two positions in the answering scale: ‘I totally agree’ and ‘I agree’.

²⁶ Or on rest days, whenever these do not coincide with the weekend.

²⁷ These percentages are the outcome of aggregating three positions in a scale of five: ‘Yes, everyday’; ‘Yes, often’ and ‘Yes, sometimes’.

Both during weekdays and weekends, it is the women in paid employment who most express these time constraints.

It is thus unsurprising that the majority of people, be it men or women, but more often among the latter, state that they rarely or never experience having free time and not knowing how to use it. This happens more often to men than to women in the OMA and especially in the non-metropolitan regions of the country.



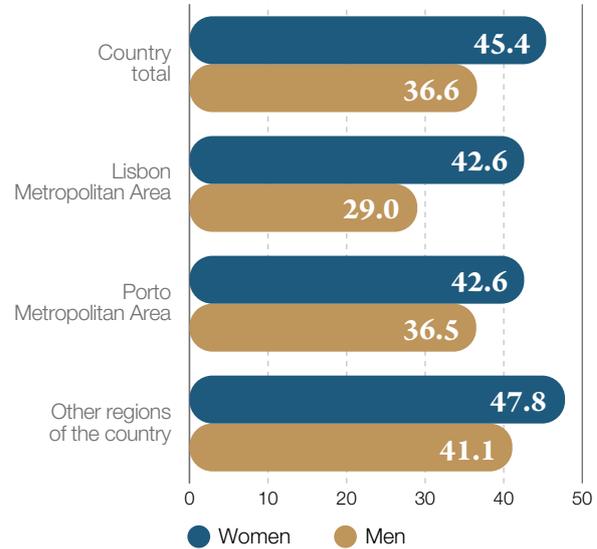
i: Do you have enough time for yourself?

I: Time for myself... that's clearly what I gave up. And this left me somewhat unbalanced. [...] Reading, craftworks, I like to keep my hands busy, from needle work to gardening... All of these things, going to the cinema, watching television – all of these things were left behind.

Ilda,
46 years old, biparental,
daughters aged 13 and 12 years
and son aged 9 years

Difficulties in managing time may give rise to situations of stress, mainly expressed through feelings of being in a 'hurry'. Regardless of the country region, women experience these feelings (every day or often) more than men. In the whole country, 45.4% of women and 36% of men state that they are in a hurry. Interestingly, the percentage of people with this feeling reaches the highest value among women not living in a metropolitan area; and the lowest among men living in the LMA.

Figure 38. . People feeling that they are in a hurry every day or often according to country region by sex (%)²⁸



Source: INUT, 2015.



Everything rushes by. We live in a hurry with everything, it's a daily stress... We have to do everything quickly in the morning. We have to eat quickly, wash quickly, go to work quickly. Even our daily routine at work is stressful, also because every minute counts. We have timetables for everything. Then we have to fetch the children in a hurry, do the homework in a hurry, make dinner in a hurry. [...] We miss a space of our own. I don't know, taking a day off and go out, have lunch at a restaurant, go to the cinema. That's good for us. Having one day only for ourselves, being with our friends, being by ourselves in silence... only us, with nothing to do.

Filipa,
32 years old, biparental,
son aged 14 years
and daughters aged 5 and 1 years

²⁸ These percentages are the outcome of aggregating two positions in the answering scale: 'Every day' and 'Often'.

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