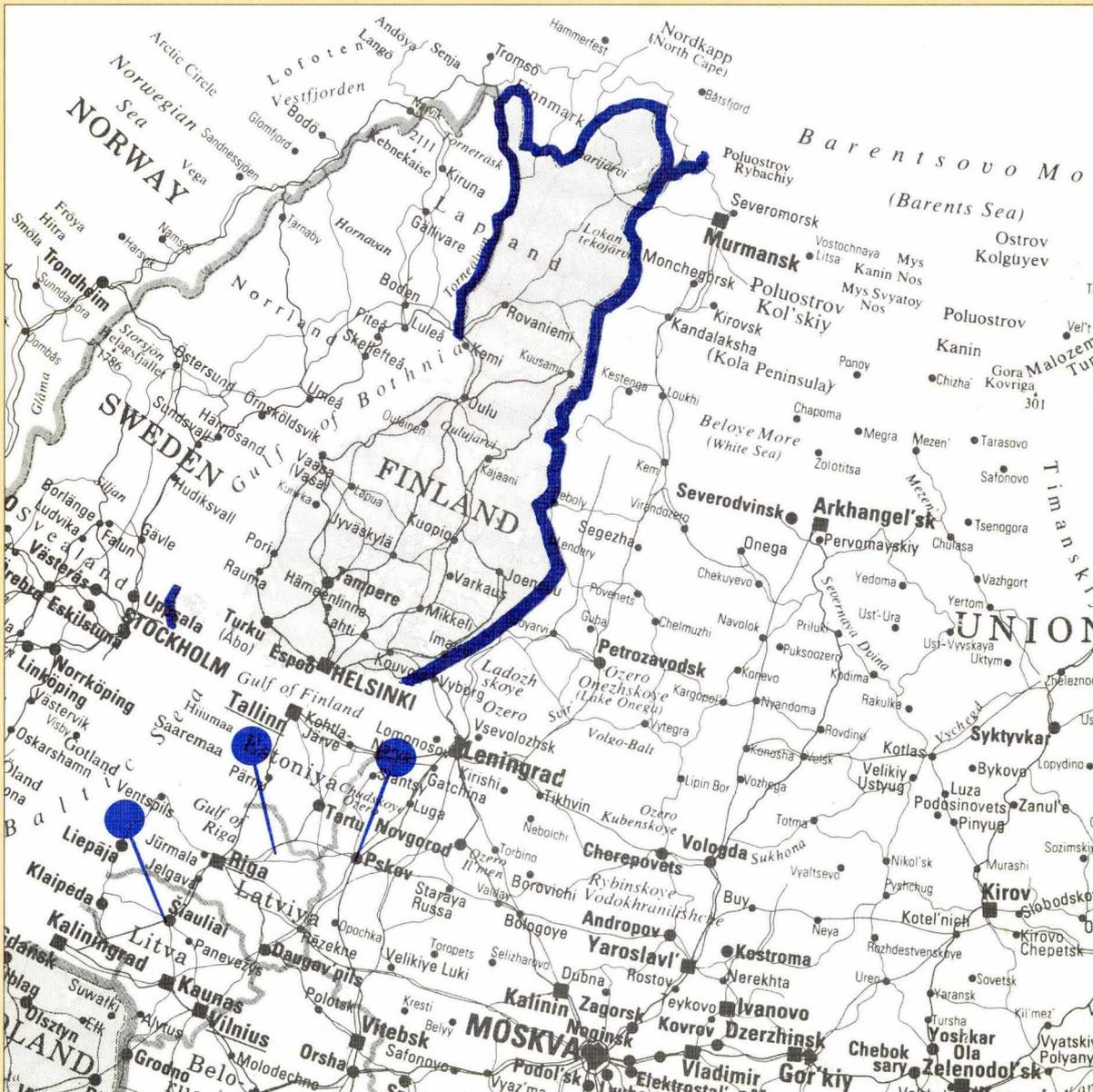


Time use in Finland, Latvia, Lithuania and Russia

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1. Preface

Time use studies have long traditions in the Soviet Union, dating back to the 1920s. The Central Statistical Office of Finland started conducting regular time use surveys in the late 1970s. In 1986, a research group on time-budget studies was established as part of the Working Group in Sociology of the Commission for Scientific and Technical Co-operation between Finland and Soviet Union.

A preliminary plan for a research program involving a comparative study was drawn up during a meeting in Dagomys 1988. The plan was revised in Helsinki at the winter meeting in 1990. A first version of the report was discussed in Moscow at the autumn meeting in 1990. The second version was scrutinized in Helsinki at the spring meeting in 1991.

This is the first comparative study of time use in Finland, Latvia, Lithuania and Russia. The study has been co-ordinated by V.D. Patrushev and Iris Niemi. The participants have previously been involved in comparative studies such as the Soviet-US comparative study and the Finnish-Hungarian comparative study. Professor V.D. Patrushev also participated in the Multinational Comparative Time-Budget Research Project.

Authors of individual chapters are as follows:

The chapters on Structure of Time Use and Time Use Changes in Russia, as well as the Summary were written by Professor V.D. Patrushev

of the Institute of Sociology at the USSR Academy of Sciences in Moscow, who also edited the chapter on Material for the Study.

The chapters on Paid Work and Time Use Changes in Lithuania were written by Dr. Algimantas Mitrikas of the Institute of Philosophy, Sociology and Law at the Lithuanian Academy of Sciences in Vilnius, who also edited the whole chapter on Main Trends in Time Use Changes.

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Iris Niemi and Hannu Pääkkönen did the editing of the whole publication. The language of the manuscript was revised by Bernt Sjöholm. Seija Töyräänvuori and Hilikka Lehikoinen typed the manuscript and Kirsi Palteisto proofread the texts.

2. Material for the Study

Survey sites

In order to compare time use in Finland and in a number of republics of the USSR, we used data from studies conducted in some cities and towns during the winter season. The techniques and the ways of organizing data collection were not coordinated in advance. The methods used in the USSR and in Finland were in conformity with the methods used in the Multinational comparative Time-Budget Research Project (Szalai, 1972).

The study of time use in Finland, carried out in 1987–1988 by the Central Statistical Office, covered all types of municipalities. The data used in the present study are from the study of the urban population, which was carried out from January to March 1988.

Time use studies covering the urban population were conducted in three republics of the USSR – Latvia, Lithuania and the Russian Federation.

The study of time use in Latvia was conducted in February 1987 in the town of Valmiera (population 28 000) by the Institute of Economy. The town's sex and age composition as well as its occupational structure is representative of towns and cities in the Latvian republic.

In Lithuania, the study was carried out by the Institute of Philosophy, Sociology and Law. The study was conducted in the town of Shiauliai (population 144 000) in April 1988, when climatic conditions resembled that of winter. The specific feature of the study was that it only covered the employed population.

In the Russian Federation, the study was conducted by the Institute for Sociology in January–February 1986 in the town of Pskov, situated in the western part of the republic, 270 km to the south-west of Leningrad. The population and occupation structure of the town is representative of medium-size towns. The town had a population of 197 000 at the time of the study.

Sample

For all the different sites under investigation, the total sample used in the comparative analysis was formed from urban residents aged 18 and older, including both the employed and the non-employed. In Lithuania, the sample consisted only of the employed. Excluded from the sample are persons who are in hospital or in prison, and military personnel.

The total sample was 1 861 in Finland, 891 in Latvia, 984 employed persons in Lithuania, and 2 396 persons in Russia.

Data collection

The technique and organization of collection of data on time use were guided by similar general principles. There were, however, certain distinguishing features.

All studies made use of the diary technique. Respondents registered the duration of different types of activity engaged in during twentyfour hours, using special forms. The time intervals used for registering data was 10 minutes in Finland, 5 minutes in Latvia, and 1 minute in Lithuania and in Russia. Data was taken for the current day, not for the previous day or for an average day.

In Finland, respondents were assigned to each day of the time period under observation. Respondents filled in diaries during two successive days. The first day was chosen at random.

In Latvia, every respondent filled in a diary for a whole week (7 consecutive days). No differentiation between work days or days off was made. The day of the week was indicated.

In Lithuania, every respondent filled in a diary for 3 days, including one weekday, Saturday and Sunday. Each day of the week was assigned the same number of respondents.

In Russia, every respondent registered his or her data in a diary during one day of the week. Each day of the week was assigned the same number of respondents.

Some of the specific features of the sampling and data collection procedures followed in different studies rendered it impossible to produce certain tables. There are no tables on time use by the whole urban population of Lithuania, because only employed people were observed. Nor is there any table on time use on working days and days off in Latvia.

Activity classification

Initial activity classifications used differed somewhat from one republic to the other. In Finland, the classification included 141 activity categories, compared to 123 in Latvia, 480 in Lithuania and 197 in Russia. The Multinational Time-Budget Research (Szalai 1972) was used as a basis for grouping the activities into 45 categories (see Appendix 1). These were further grouped into 13 groups:

- 1) paid work
- 2) housekeeping
- 3) child care
- 4) shopping and errands
- 5) private needs
- 6) study
- 7) participation
- 8) culture, entertainment
- 9) social life
- 10) sports and active leisure
- 11) mass media
- 12) passive leisure
- 13) travel during free time.

These represent 4 main groups: paid work, domestic work, private needs and free time.

Due to the specific features of everyday life in the republics under study, we failed to obtain full consistency with regard to some of the activities.

Characteristics of the respondents

For the most part, USSR and Finnish respondents included in the present study show similar socio-demographic characteristics (Appendix table 17).

All studies show an under-representation of men, their share varying from 41 per cent to 43 per cent in the USSR to 46 per cent in Finland. Age structures are also similar across samples, with the exception of Lithuania, where only employed people were involved in the study in Shiauliai. Weight coefficients were used in the case of Finland to offset the effects of sample non-response.

The lowest share of people employed, 70 per cent, is found in the Finnish sample. In Russia, the share is 80 per cent, in Latvia 82 per cent, and in Lithuania 100 per cent. Data on the non-employed population are not comparable in this study. Time use data on the whole population is the subject of greatest interest, but that data is of limited use in studying the time use of the non-employed population. The share of the non-employed is much higher in Finland than in the USSR, and the time use of the non-employed differs considerably from that of the employed.

As far as the level of education is concerned, the most striking difference is observed in Latvian and Lithuanian towns. The share of people with higher education totals one third of all persons studied. This is twice as many as in Finland or Russia.

The share of married people varies only insignificantly. A great difference is seen in the number of children under 18. Finland and Latvia have the highest percentage of families without children. The percentages are 65 per cent in Finland and 57 per cent in Latvia. The corresponding percentage for Russia is 46 per cent and for Lithuania 40 per cent. Lithuania has the greatest share of families with 1-2 children.

The greatest proportion is made up of people employed in different areas of work. The USSR has the highest proportion of people working in industry or in construction. The proportion ranges from 41 to 55 per cent. In Finland, the corresponding number is only 33 per cent. In Finland, the proportion of people employed in culture and public services is 64 per cent, which is much higher than in the USSR. In Pskov, the number is 42 per cent and in Valmiera, 53 per cent.

In Finland, the share of pensioners and disabled people is higher than in the USSR. In the Finnish towns, the share is 18 per cent, compared to 12 per cent in Russia and 16 per cent in Latvia. The share of students is also greater in Finland (8 per cent) than in Russia (4 per cent) or Latvia (2 per cent). The share of house-wives is fairly small both in Finland and in the USSR (1-2 per cent).

What are the living conditions of Soviet and Finnish urban residents? The data of the studies show some differences. Three quarters of the population of Russia live in blocks of flats, compared to one half in the Finnish and Latvian towns. The share of people living in separate or two-flat houses is 36 per cent in the Finnish and Latvian sample compared to 4 per cent in Russia. In Finland, houses are better equipped than in the USSR with regard to conveniences such as sewerage systems, water-supply and central heating. In Finland, people have more household appliances than in the USSR. 35 per cent of Finns studied had micro-wave ovens and 32 per cent had dishwashers. In Russia, only 1 per cent of the people had micro-wave ovens and 6 per cent had dishwashers at home.

Townspeople have better means of transportation in Finland than in the USSR. In Russia, only 19 per cent of the respondents had a car. In Lithuania the number was 43 per cent, and in Finland 74 per cent.

A TV set is a typical cultural attribute. There is a TV set in practically every family in the USSR as well as in Finland. Some families have two sets. In Finland, the proportion of people who have a color TV set (90 per cent) is one and a half to two times higher than the corresponding proportion in the USSR. 42 per cent of the Finnish respondents have video cassette recorders, compared to 1-3 per cent in the USSR. 90 per cent of the people in Finland have an audio cassette recorder, compared to 51-65 per cent in the USSR. This list of devices is far from being complete.

These are the basic data on the structure of population studied, the living conditions and the household and cultural appliances in the USSR and in Finland. These differences should be taken into account when comparing the data on time use of the population in Finland and in the USSR.

3. Results of the Study

3.1. The Structure of Time Use

The total amounts and the proportional shares of time use accounted for by each activity group give an overall picture of the way of life of the urban population in general, as well as that of individual social groups.

Table 1 shows how urban residents (employed and non-employed, men and women) use the time of an average week. As we can see, Soviet citizens over the age of 18 years spend an average of 38 hours a week on paid work and work-related activities. This exceeds the time used by Finnish residents by 13 hours a week. The Soviets also spent about five hours more time each week on domestic work than the Finns do. The total amount of work is 64 hours a week in Pskov (Russia) and Valmiera (Latvia), compared to 46 hours in Finland. In other words, the time spent on the total amount of work in Finland is 18 hours less than in the USSR. Its share of the total amount of weekly hours is about 27 per cent in Finland and about 38 per cent in the USSR.

Two points can be made on the total time spent on paid and domestic work. The first point is that the proportion of paid work is a little smaller in Finland (55 per cent) than in the USSR (60 per cent). Thus, the proportion of domestic work is greater in Finland than in the USSR. The second point is that, however odd it may seem, the figures indicate that people in Finland spend only half as much time on child care as in the USSR.

Time spent on physiological needs (personal care, meals, sleep) does not differ in any significant way between the USSR and Finland. The time spent on physiological needs totals some 10 hours a day on the average, which makes around 70–72 hours a week per person. Sleep accounts for about 8 hours, meals for 1.1 – 1.3 hour and personal care for 0.8 hour.

The amount of free time shows some differences between republics. The amount of free time is 49 hours a week in Finland, 34 hours in Russia, and 32 hours in Latvia.

Table 1. Use of time by urban population in the age of 18 and over. Both sexes

Activity	Hours per week			Per cent of total time use		
	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Russia <i>Pskov</i>	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Russia <i>Pskov</i>
Paid work	25.0	38.0	38.7	14.9	22.6	23.0
Domestic work	20.7	25.9	25.2	12.3	15.4	15.0
Total workload	45.7	63.9	63.9	27.2	38.0	38.0
Sleep	58.0	58.2	56.5	34.5	34.6	33.6
Meals	8.9	8.0	8.1	5.3	4.8	4.8
Personal care	5.6	6.1	5.8	3.3	3.6	3.5
Physiological needs, total	72.5	72.3	70.4	43.2	43.0	41.9
Free time	48.9	31.6	33.6	29.1	18.8	20.0
Unspecified	0.9	0.2	0.1	0.5	0.2	0.1
TOTAL	168.0	168.0	168.0	100.0	100.0	100.0

In Finland, the urban population has twice as much free time as it spends on paid work. In the USSR, the amount of free time available is about 15 per cent less than the time used for paid work.

As a result of shorter time spent on total work, the average urban resident in Finland has 15–17 hours more free time each week than the average urban resident in the USSR.

These considerable structural differences between the USSR and Finland in the allocation of time are caused by two factors. The first factor is the big proportion of non-employed persons of the Finnish urban adult population, as compared

to the USSR. The second factor is the shorter working hours in Finland.

Non-employed persons generally spend considerably more time on domestic work than the employed. In Finland, this excess is more than 0.9 hour a day in the case of men, and 0.1 hour in the case of women. In Russia, the corresponding figures are 1.3 and 2.4 hours.

There are marked differences in the amount of free time. In Finland, employed men have 5.7 hours of daily free time compared to 10.1 hours for non-employed men. The corresponding figures for women are 5.3 and 8.9. Latvia and Russia show a similar picture.

Table 2. Use of time by the employed, by sex

Hours per week

Activity	Employed men				Employed women			
	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pscov</i>	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pscov</i>
Paid work	44.1	48.9	50.4	50.6	33.3	43.1	46.8	45.5
Domestic work	13.7	16.0	16.2	15.1	25.0	28.0	25.1	27.7
Total workload	57.8	64.9	66.6	65.7	58.3	71.1	71.9	73.2
Sleep	56.2	56.6	54.3	54.5	57.5	56.3	54.8	55.3
Meals	8.6	8.2	8.3	8.4	8.1	7.7	7.7	7.7
Personal care	4.9	5.8	4.4	5.4	5.7	6.1	5.5	6.1
Physiological needs, total	69.7	70.6	67.0	68.3	71.3	70.1	68.0	69.1
Free time	39.7	32.5	33.7	34.0	37.8	26.8	27.5	25.7
Unspecified	0.8	0	0.7	0	0.6	0	0.6	0
TOTAL	168.0	168.0	168.0	168.0	168.0	168.0	168.0	168.0

Data on time use by the employed are more readily comparable, because the effect of the different proportions of non-employed persons is eliminated. Still, data are influenced by differences in the industrial structures of Finland and the USSR republics.

As can be seen from table 2, working time and work-related time of the employed population of the USSR towns totals 49–50 hours per week for men and 43–47 hours for women. The corresponding figures for Finland are 44 hours for men and 33 hours for women, which is about 5–6 hours less for men and about 10–14 hours less for women. Employed people in the USSR spend somewhat more time on domestic work as a whole. Men spend two hours more per week in the USSR on domestic work than in Finland, and women spend approximately three hours more each week in the USSR. In the USSR, employed men use some 8 hours more time on total work each week than employed men in Finland. The corresponding figures for women is 14 hours. This great difference in the amount of time used for the total amount of work is due to the differences in normal hours of work. In the USSR, most employees have 41 hour work weeks, whereas the work week in Finland averages 38 hours.

As a consequence of the long hours of work put in by the employed in the USSR (with the exception of Latvia), there is less free time and time spent on physiological needs, as compared to Finland. The actual time spent on activities regarded as physiological needs are the same for employed residents in the USSR and in Finland. Sleep accounts for about 8 hours a day (7.8–8.1 hours). Meals account for a little more than one hour a day (1.1–1.2 hours). The time spent on personal care is a little less than an hour a day (0.6–0.9 hours).

The amount of work has a very great impact on free time. The free time amounts to around 33–34 hours per week for employed men living in the Soviet towns, as compared to 40 hours in Finland. The corresponding numbers for women are 26–29 hours and 38 hours. As a result of the greater total amount of work, employed men in the USSR have 6–7 hours less free time than Finnish employed men have. Employed women in the USSR have 9–12 hours less free time than employed women in Finland.

The conclusion is that the differences observed in the time use structure of the employed population in the USSR and Finland primarily depend on the differences in the actual duration of paid work.

A closer analysis of the data on time use by the employed population during work days shows the same regularities. In the USSR, an employed person spends more time on paid work and on domestic work than an employed person in Finland does. Child care, shopping and errands account for a greater part of time use in the USSR than in Finland. As a result, the total amount of work done during work days amounts to 11.0 hours a day for employed men in Russia, 11.2 hours a day in Lithuania, and 10.3 hours in Finland. The corresponding numbers for employed women are 11.9, 12.0 and 10.5 hours a day.

This restricts the amount of free time available for men in Russia and Lithuania. They appear to have 0.4 hour less free time per day than their counterparts in Finland. Women in Russia and Lithuania have around 1 hour less free time than women in Finland have.

The same holds for the use of time during days off. In the USSR towns, the employed do a greater amount of housework than the employed in Finland do, and their amount of free time is smaller.

Both in the USSR and in Finland, people spend more time on domestic work and on leisure during their days off than during work days.

As pointed out earlier in Chapter 2, the population structure of the employed population in the USSR towns differs from that in Finland. There are differences in the proportions of social groups, such as "blue-collar" workers (industrial and construction workers) and "white-collar workers" (administrative and clerical employees). Differences in conditions of work and in hours worked are reflected in the average time use by the entire sample of employed persons. Data on the use of time are most comparable across those social groups that share similar characteristics. The largest such group of employed persons in all four republics is the group of blue-collar workers in industry and construction. It is thus of special interest to compare the time-use across this specific social group, and to analyse similarities and specific features.

Table 3 presents data on time use by blue-collar workers in industry and construction. Table 4 shows the differences in time use on the average for all employed residents (group A) and for blue-collar workers in industry and construction (group B) in the USSR towns, and compared to the figures for Finland.

Table 3. Use of time by workers in industry and construction.

Hours per week

Activity	Men				Women			
	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
Paid work	48.3	48.3	48.4	50.5	43.7	40.3	48.0	44.1
Domestic work	12.7	15.0	16.9	15.3	20.7	31.1	26.1	30.0
Workload, total	60.6	63.3	65.3	65.8	64.4	71.4	74.1	74.1
Sleep	55.6	57.3	54.2	54.6	54.8	56.4	54.6	54.3
Meals	8.1	7.8	7.7	8.2	7.6	7.8	7.0	7.7
Personal care	4.6	5.4	4.0	5.2	5.3	6.3	5.2	5.9
Physiological needs, total	68.3	70.5	65.9	68.0	67.7	70.5	66.8	67.9
Free time	37.8	34.2	36.2	34.1	35.1	26.1	26.5	26.0
Unspecified	1.3	0	0.6	0.1	0.8	0	0.6	0
TOTAL	168.0	168.0	168.0	168.0	168.0	168.0	168.0	168.0

Table 4. Differences in allocation of time across basic categories of activities in the USSR towns compared to figures for Finland. Averages for all employed people (group A) and for blue collar workers in industry and construction (group B).

Groups of activities	Groups of employed people	Men			Women		
		Latvia Valmiera	Lithuania Shiauliai	Russia Pskov	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
Paid work	A	+ 4.7	+ 6.3	+ 6.4	+ 9.7	+13.6	+12.1
	B	0	+ 0.1	+ 2.2	- 3.4	+ 4.3	+ 0.4
Domestic work	A	+ 2.5	+ 3.2	+ 1.6	+ 3.7	+ 0.1	+ 3.0
	B	+ 2.7	+ 4.2	+ 3.0	+10.4	+ 5.4	+ 9.3
Physiological needs . . .	A	+ 0.9	- 2.7	- 1.4	- 1.2	- 3.3	- 2.2
	B	+ 2.2	- 2.4	- 0.3	+ 2.8	- 0.9	+ 0.2
Free time	A	- 7.2	- 6.0	- 5.7	-11.1	- 10.3	-12.2
	B	- 3.6	- 1.2	- 3.7	- 9.0	- 8.6	- 9.1

As we can see from this table, the differences in working time, including travel, are much smaller for blue-collar workers than for the average employed populations. For example, male workers use 48.3 hours a week on work in Finland, 48.3 hours in Latvia, 48.4 hours in Lithuania, and 50.5 hours in Russia. As a result of the smaller differences in the time used for work, the blue-collar workers in USSR and in Finland also show greater similarities in their amount of free time. This is most clearly noted in the case of men. USSR – Finland differences in the amount of domestic work done by the average worker are much larger, especially in the case of women.

It should be pointed out that differences in the use of time of workers in industry and construction in the USSR and Finnish towns are less significant than for all employed people in general.

There are no great differences in time use by white-collar workers in comparison with blue-collar workers in Latvia, Lithuania and Russia. This is explained primarily by uniform working hours across the USSR, and on the other hand by other similarities in living conditions.

In Finland, white-collar workers have shorter normal working hours as well as actual hours

worked than blue-collar workers have. Consequently, Finnish white-collar workers spend less time on the total amount of work than their Soviet colleagues. Instead, they spend more time on meeting physiological needs and on free time activities.

A comparison of the time use by the non-employed population in Finland, Latvia and Russia shows the same regularities that characterize the employed. More time is spent on domestic work in the USSR than in Finland, particularly as far as women are concerned, and less time is available for free time in the USSR than in Finland.

To take an example, the time spent by non-employed women on total domestic work is 3.7 hours a day in Finland, 6.3 hours in Russia, and 6.8 hours in Latvia. The daily free time of non-employed women amounts to 9.2 hours in Finland, 6.6 hours in Russia, and 5.5 hours in Latvia.

This is an overall picture of time use by the population in small and medium-size towns in the USSR and in Finland.

A more detailed examination of common and specific features in the time used for paid work, domestic work and free time is presented below.

3.2. Paid Work

The time spent on paid work includes time spent on work as well as time spent on different kinds of work-related activities and travels. All these together constitute the full expenditure of working time. The differences between different groups of the urban population are presented below.

Differences in time spent on paid work are analysed for the whole population, and especially for the employed population, where age-specific and status-specific factors can be isolated.

Time spent on paid work by the employed population

Table 5 presents the distribution of time spent on paid work by individual urban residents, both men and women.

The table shows that the time used for paid work by the employed is smallest in Finland and Latvia. Lithuania and Russia form a more homogeneous group, with longer time spent on total paid work. Finnish women spend 10–13 hours, and Finnish men 5–6 hours less time on total paid work than their counterparts in Lithuania and Russia. Time spent directly on work, on work-related activities and on travel, all show the same distribution for both women and men.

The shorter time spent on paid work in Finland as compared to Lithuania, Latvia and Russia can be explained by differences in working time and by the conditions contributing to more effective usage of working time. In addition, certain features of the samples may explain some of the differences. The Finnish sample, for example, includes women on maternal leave. In Finland, women working part-time made up about 12 per

Table 5. Total use of time for paid work by the urban employed population, by sex.

<i>Hours per week</i>				
Activity	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
Men				
Work	40.6	41.8	43.3	43.6
Waiting, delays .	0.2	2.2	1.1	1.8
Travel	3.3	4.9	5.2	5.2
Work total	44.1	48.9	50.4	50.6
Women				
Work	30.0	37.5	41.2	40.0
Waiting, delays .	0.2	1.6	1.3	1.4
Travel	3.1	4.0	4.3	4.1
Work total	33.3	43.1	46.8	45.5

cent of the sample. All this reduces the total amount of time spent on paid work.

Latvian women in the town of Valmiera spend less time on work than women in the Lithuanian town of Shiauliai and the Russian town of Pskov. This may be explained by the special conditions of work at some enterprises of Valmiera where the working day is shorter.

The very short time spent on work-related activities in Finland is due to incompatibilities in the survey methods used in measuring time budgets in Finland on one hand, and in Lithuania, Latvia and Russia on the other hand. In Finland, some of the time use was not differentiated.

Finland stands out also with regard to time spent on travel. Less time is spent in Finland on travel than in Latvia, Lithuania and Russia. In Finland, the population is better supplied with individual means of transport, and the network of transportation functions better. The specific Finnish features include the prevalence of small towns, making for shorter distances between home and work. Differences in time use were also caused by certain incompatibilities in the samples. Town size accounted for differences in work-related travel time in Valmiera, Shiauliai and Pskov. In Valmiera, the smallest of these three towns, travel times are the shortest.

Table 6. Use of time for primary and secondary job by the urban employed population, by age and sex.

<i>Hours per week</i>				
Age	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
Men				
18 - 29	41.7	40.6	40.8	42.6
30 - 49	40.7	42.8	45.2	45.2
50 +	38.4	41.4	43.1	41.7
Women				
18 - 29	31.0	36.6	40.5	40.7
30 - 49	30.7	38.3	41.2	40.0
50 +	26.7	37.1	43.2	38.9

Time spent on paid work according to age

Some particular differences in the time spent on paid work can be noticed when time use is analysed according to the age of the population.

One feature to be noted is that the remaining work time of the Finnish employed population over 50 is considerably shorter than in other age-groups. No corresponding feature can be observed for Latvia, Lithuania or Russia. The opposite trend is observed for Lithuanian women - there women work more the older they get.

The reasons for these differences in time spent on paid work were mentioned earlier. In this case, the significantly shorter time used for paid work by Finnish women over 50 was due to the great number of women in that age group working part-time.

Some special features can be noted with regard to age and the time spent on work-related activities (including time spent on the job before and after actual working hours, as well as travelling between job and home). Finland shows the greatest correlation between age and total time spent on the job. The total time spent on the job, between arrival and departure, rises with increased age. This goes for both Finnish men and women (table 7).

In absolute terms, however, this expenditure is significantly smaller in Finland than in Latvia, Lithuania and Russia. As mentioned before, this was due to incompatibilities in the methods used in doing surveys of time budgets. There are no significant age-related differences in the amount of time used in Valmiera, Shiauliai and Pskov. In the group of men over fifty, there can be observed some decrease in this expenditure of time for Shiauliai and Pskov. The main feature of the distribution of time spent on travel between work and home is that this time use increases with age in all samples, with the exception of the group of Finnish women (table 8).

Time spent on paid work according to socio-economic status

An analysis of differences in time spent on paid work according to socio-economic status is complicated by country-specific features which render different groups of the employed population incomparable. For example, the group "businessmen" is used only in the case of Finland. In some cases, the group "other workers" was not fully comparable. We must thus contain our analysis to the groups of industrial and construction workers, and to administrative and operating staff (and to persons employed in the service and cultural sectors).

In the group of industrial and construction workers, the time spent directly on paid work shows a steady distribution across the samples, with the exception of Latvia. This is, as we mentioned earlier, related to the special conditions of work at the enterprises of Valmiera, including shorter working hours.

The data presented here shows a high degree of correspondence between Finland and Russia on the one hand, and between Latvia and Lithuania

Table 7. Use of time for travel by the employed population, by age and sex.

<i>Hours per week</i>				
Age	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>
Men				
18 - 29	3.2	4.4	4.7	5.1
30 - 49	3.4	5.1	5.6	5.5
50 +	3.5	5.0	5.1	5.0
Women				
18 - 29	3.2	3.4	4.1	4.1
30 - 49	3.3	4.2	4.4	4.2
50 +	2.7	4.2	5.0	4.3

Table 8. Use of time for paid work by workers in industry and construction, by sex.

<i>Hours per week</i>				
Activity	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>
Men				
Work	44.1	40.8	41.4	43.2
Waiting, delays . .	0.5	2.6	2.0	2.0
Travel	3.7	4.9	5.0	5.3
Work total	48.3	48.3	48.4	50.5
Women				
Work	38.8	33.4	41.7	38.7
Waiting, delays . .	0.5	2.6	1.2	1.7
Travel	4.4	4.3	5.1	3.7
Work total	43.7	40.3	48.0	44.1

on the other hand (see Chapter 3.1.). In Finland and in Russia, male and female groups show approximately the same amount of time directly used for work. In Finland, the time spent on the work-related activities and travel is, however, smaller among men. The time spent on all working activities in Russia does not considerably exceed that in Finland. A comparison of Latvia and Lithuania shows a much shorter working time for women in Latvia than in Lithuania. As for men, the situation in Latvia is similar to that in Lithuania.

The same pattern can be seen from table 9, if we compare data for the group of administrative and clerical employees in Finland and Russia on the one hand, and in Latvia and Lithuania on the other hand.

The workload, including all time spent on work, is smaller in Finland than in Russia. The Finnish figures for the employed population include women on maternity leave. Women in Finland spend an average of 33.1 hours per week on total paid work, whereas women in Pskov spend 45.5 hours a week. The corresponding figures for men are 42.3 and 50.1 hours a week in Finland and in Russia, respectively.

In the case of Latvia and Lithuania, the situation is more advantageous in Latvia, where women spend 44.2 hours a week on total paid work, whereas women in Lithuania spend 46.8 hours a week. The corresponding figures for men are 47.6 and 48.3 hours a week in Latvia and in Lithuania, respectively.

A working week consists of five working days in Finland, as compared to six days in many production facilities and in the service sector in the USSR.

Some differences in working time can be seen in examining the distribution of the time spent on paid work with regard to working days and days off. The differences are characteristic of working days (table 10).

Time spent directly on work by men does not differ very much across the samples. The main differences are in the time spent on work-related activities and on travel, time expenditure being at its smallest in Finland and at its largest in Lithuania and in Russia.

Table 9. Use of time for paid work by administrative and clerical employees, by sex.

<i>Hours per week</i>				
Activity	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
Men				
Work	38.7	41.4	42.6	43.5
Waiting, delays ..	0.1	1.4	0.9	1.3
Travel	3.5	4.8	4.8	5.3
Work total	42.3	47.6	48.3	50.1
Women				
Work	29.7	39.2	41.4	40.0
Waiting, delays ..	0.1	1.3	1.3	1.2
Travel	3.3	3.7	4.1	4.3
Work total	33.1	44.2	46.8	45.4

Table 10. Use of time for paid work by the urban employed population on work days, by sex¹⁾.

<i>Hours and minutes per day</i>			
Activity	Finland All towns	Lithuania Shiauliai	Russia Pskov
Men			
Work	8:04	8:12	8:09
Waiting, delays ..	0:02	0:22	0:20
Travel	0:39	1:01	0:59
Work total	8:45	9:35	9:28
Women			
Work	7:13	7:58	7:46
Waiting, delays ..	0:03	0:14	0:16
Travel	0:45	0:52	0:48
Work total	8:01	9:04	8:50

1) Data on Latvia not presented

The differences in time spent directly on work are more significant within the group of women. The average working day is longer in the group consisting of Lithuanian and Russian women. As for the differences in time spent on the work-related activities and travel, these are not as significant for women as for men.

All the differences in the time expenditure during working days are caused by the same circumstances as were mentioned above.

Despite all the differences in the methods used in conducting the time budget surveys, and notwithstanding certain incompatibilities of the samples used, we can state as a general conclusion

on that the most advantageous situation with regard to paid work is found among the employed population in Finland. This is due to Finland's higher level of socio-economic development, including a more efficient use of the working time, a better functioning network of transportation (especially through the provision of individual means of transportation), an optimal system of settling, etc.

Among the differences in paid work, it can be noted that in Finland, there are more pronounced differences in time spent on paid work between women and men as compared to Latvia, Lithuania and Russia.

3.3. Domestic Work

Domestic work includes – in addition to household work – child care, errands and home repairs, as well as related travel. We first analyse the amount of time spent on these activities in different republics. After that we examine how tasks are shared between men and women. Finally, we take an overall look on the total time spent on paid and unpaid work from the point of view of sharing of work between men and women.

The amount of domestic work

Total time spent on domestic work seems to vary between countries (see table 11).

Time spent on domestic work is on the same level in Latvia and Russia. Time spent on domestic work is on a lower level in Finland. Finnish women spend one hour less and Finnish men about ten minutes less time on domestic work than their counterparts in Latvia or Russia. Which domestic activities account for this difference? Table 11 shows how much time is spent on different types of domestic duties.

Less time is spent in Finland on food preparation, on laundry and care of clothes, and on child care. Finns make more use of ready-cooked foods and prepared foodstuffs than people in

Valmiera and Pskov do. This means less time spent on food preparation. In Finland, the percentage of respondents who had a micro-wave oven (35 per cent) was greater than in Pskov (1 per cent) as well as in the other towns.

A washing machine is slightly more common in Finland, where 85 per cent of the persons interviewed had one, than in Pskov (78 per cent) or Shiauliai (74 per cent). The level of automation of the washing machines is not the same, however, in the different republics.

In Russia and in Latvia, people spend more time on child care than people in Finland do. This is in part explained by the number of families with children. In Pskov, 57 per cent of all respondents lived in a family with children, compared to 43 per cent in Valmiera, and 35 per cent in Finland. But we can also see that in Russia, people spend more time than in Finland on helping children with homework and accompanying children outdoors.

There are interesting similarities between the republics. Time spent on washing dishes is the same, despite the fact that a greater proportion of the Finnish respondents had dishwashers (32 per cent) than had, for instance, the respondents in Pskov (6 per cent). Time spent shopping and on errands was almost the same in Latvia and in Finland, and a little longer in Pskov.

Table 11. Use of time for different domestic activities by the adult population, by sex.

Hours and minutes per day

Activity	Finland All towns		Latvia Valmiera		Russia Pskov	
	Women	Men	Women	Men	Women	Men
Food preparation	0:49	0:19	1:02	0:13	1:13	0:23
Washing dishes	0:17	0:06	0:19	0:03	0:16	0:05
Indoor cleaning	0:35	0:12	0:29	0:07	0:24	0:08
Laundry and care of clothes .	0:14	0:02	0:38	0:04	0:33	0:03
Home upkeep	0:02	0:11	0:00	0:05	0:01	0:08
Heating and water	0:02	0:06	0:08	0:17	0:04	0:05
Other household	0:20	0:22	0:15	0:42	0:08	0:19
Child care	0:31	0:19	1:03	0:29	0:58	0:31
Shopping and errands	0:47	0:36	0:45	0:24	0:56	0:38
Domestic total	3:37	2:13	4:39	2:24	4:33	2:20

Domestic work on different days of the week

Saturday is normally devoted especially to domestic work, as we can see from the table below.

In addition to Saturdays, there is a lot of domestic work done on Sundays in Valmiera and Pskov. This is not the case in Finland, where Sunday is more of a day of rest and recreation. In Finland, there is more domestic work being done on weekdays than on Sundays. This may be due to the Christian tradition of work-free Sundays. But in Finland, we notice some changes in the time use on Sundays. In the 1980s, Sundays lost some of its characteristics of a day of rest, and people began doing more household duties than in the late 1970s. We note that differences between days of the week is more obvious for men than for women. Women do a lot of domestic work every day.

The content of domestic work varies somewhat according to the day of the week. Saturday is cleaning day in all four republics. Laundry work is evenly distributed over all days of the week in Finland. In Pskov, laundry work is centered on Saturdays, and in Valmiera it is centered on Saturday and Sunday. Saturday is shopping day in Latvia, Saturday and Sunday in Pskov. Shops

Table 12. Use of time for domestic work, by sex and the day of the week.

Hours and minutes per day

	Finland All towns	Latvia Valmiera	Russia Pskov
Women			
Weekday ...	3:37	4:27	4:07
Saturday ...	4:13	5:33	6:05
Sunday	3:02	4:46	5:11
Men			
Weekday ...	2:13	2:00	1:55
Saturday ...	2:44	3:42	3:28
Sunday	1:45	3:05	3:30

are usually not open on Sundays in Finland or in Latvia.

For men, Saturdays are devoted to repair work, and to heating and water supply. So are Sundays, with the exception of Finland, where Sundays are rather more devoid of duties.

Gainful employment and domestic work

Although we are studying the entire adult population, we will now compare the use of time according to employment status.

Employed women in Latvia and Pskov spend almost half an hour more on domestic work than women in Finland or Lithuania. There are only small differences between men in the different republics. We note, however, that Finnish men do less domestic work than men in the USSR republics do.

Employed spend about twice the time on domestic work on days off than they do on work days. The difference is even more prominent in the case of men in Lithuania and Pskov. No data on this is available from Latvia.

Non-employed people spend a lot of time on domestic work. This holds especially for Latvia and Pskov, and to a lesser extent also for Finland. Non-employed women in Latvia and Pskov spend about three hours more time each day on domestic work than Finnish women do. Non-employed women in Latvia and Pskov spend more time on food preparation and clothes maintenance. Non-employed women in Latvia also spend more time than Finnish non-employed women on child care.

Table 13. Use of time for domestic work, by sex and employment status.

Hours and minutes per day

	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
Employed				
Women	3:34	4:00	3:35	3:57
Men	1:57	2:17	2:19	2:09
Non-employed				
Women	3:42	6:50	..	6:18
Men	2:50	3:21	..	3:31

Family cycle and domestic work

The family cycle is one of the main factors affecting the amount of domestic work.

The phase of life affects women's domestic work in similar ways in all four republics. Mothers of children under school age spend more than 40 hours per week on domestic work. Married women in other stages of family life use more time on domestic duties in Latvia and Pskov, as compared with Finland. The difference is around one hour per day. We notice also that married women spend the same amount of time on domestic work, regardless of whether they have any under-age children or not. Marriage means more domestic work for women. In Finland, married women do some four hours more domestic work than unmarried women. In Latvia and Pskov, the difference is around ten hours.

As for men, they also spend most time on domestic work when they have children of under school age. This can be seen clearest in Finland. In Latvia, we can see that married men without children use as much time on domestic work as fathers with small children. They spend a lot of time on heating and water supply, and on caring for domestic animals.

Table 14. Domestic work by sex and family cycle.

Hours per week

	Finland All towns	Latvia Valmiera	Russia Pskov
Women			
Single, no children . . .	19.8	20.8	23.4
Married, children aged from 0 to 5 or 6 years	44.8	41.6	45.1
Married, children aged 6 or 7 to 17 years	23.9	30.6	31.6
Married, no children ..	23.9	32.4	32.5
Men			
Single, no children . . .	13.9	9.4	12.5
Married, children aged from 0 to 5 or 6 years	20.9	19.1	18.7
Married, children aged 6 or 7 to 17 years	12.5	14.8	16.4
Married, no children ..	15.0	19.3	16.0

Sharing of domestic work

Domestic work is associated with social norms that define what is considered as women's work or men's work. The role of women in industrialized countries traditionally includes household work and child care, and the role of men includes household repairs and yard work.

Domestic work is shared along quite similar lines in Finland, Latvia and Pskov. Care of clothing is almost exclusively handled by women. Women also take care of the major part of the food-related activities, such as food preparation and dish washing. Indoor cleaning is also mainly a female duty.

Men take a somewhat greater part in child care and shopping than in the household work mentioned above. Male-dominated domestic tasks are home renovation, vehicle repairs and maintenance (which is termed "home upkeep" in this study). Heating and water supply is also mainly cared for by men.

Domestic work is shared along somewhat more traditional lines in Latvia and Pskov than in Finland. The republics also differ in the total time that is used for domestic work. Women do 62 per cent of all domestic work in Finland as compared to 66 per cent in Latvia and Pskov, despite the fact Finnish men spend a greater total amount of time on domestic work than Latvian and Pskovite men do. The degree of equality in sharing the burden of domestic work seems to depend on extent to which the women's burden has been reduced. International studies show a long-term trend towards a reduction of the time that women spend on household duties, and an increase in men's participation (See e.g. Gershuny 1988).

Total workload

Total workload is here used to refer to the combined time spent on gainful employment and on domestic work. The most significant question is how paid and unpaid work are stressed in different phases of life.

Total workload by women in Latvia and Pskov exceed that of women in Finland in all family

Table 15. Sharing of different types of domestic work among adults. Time used by women expressed as a percentage (%) of the sum total of time used by men and women

Activity	Finland All towns	Latvia Val- miera	Russia Pskov
Food preparation	72	83	76
Washing dishes	74	86	76
Indoor cleaning	74	81	75
Laundry and care of clothes	88	90	92
Home upkeep	15	0	11
Heating and water	25	32	44
Child care	62	68	65
Shopping and errands . .	57	65	60
Domestic total	62	66	66

phases, the difference being about 10 hours a week. This is mainly due to longer hours of paid work. Despite the fact that Soviet women with small children have reduced working hours, they put in an average of twice as many hours of paid work each week in Latvia and Pskov as do Finnish mothers. We notice a big difference in the work burden of married women with older children and married women without children. These wives are much more burdened in Latvia and Pskov than in Finland. This is due to both paid and unpaid work.

Married men are less burdened than women, because they do less domestic work. But even among married men without children under school age we note a clear difference between the republics. Finnish men do less paid work than men in Latvia or Pskov do. This means a much smaller number of total hours worked.

In sum, we see that the differences between family phases in total workload are more pronounced in Finland than in Latvia or Pskov. The weights of paid and unpaid work show greater variance in Finland according to the life cycle.

Figure 1. Total workloads by family cycle, women

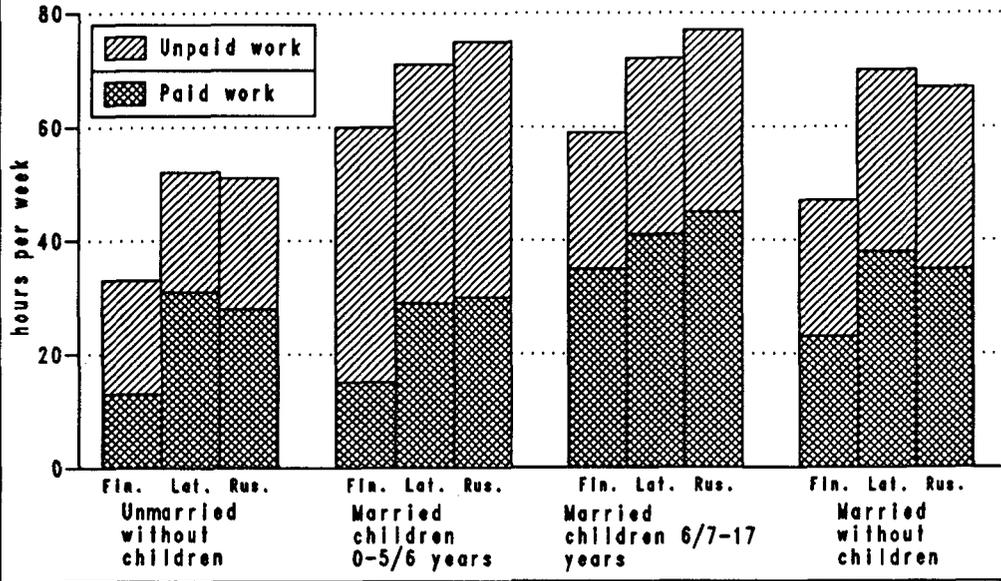
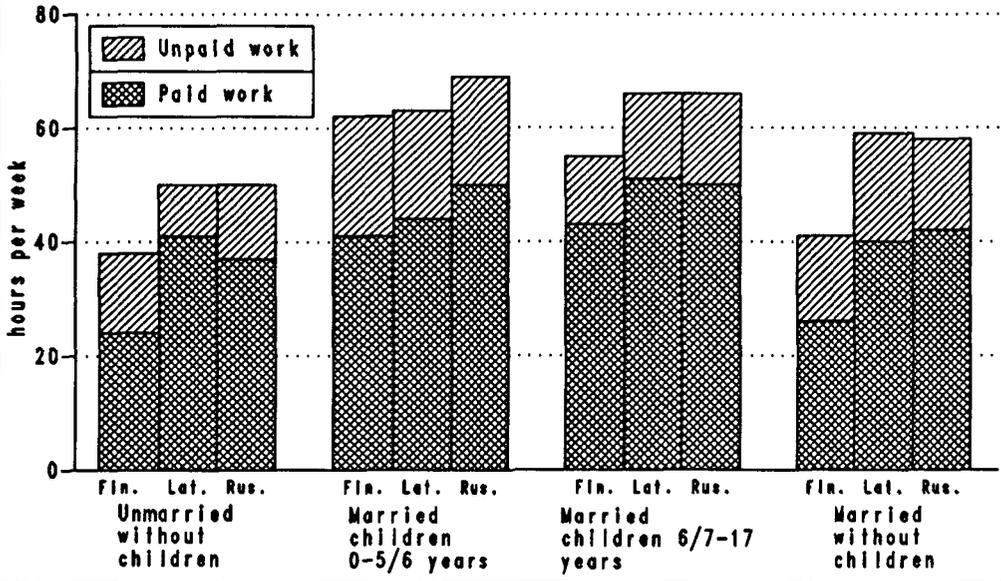


Figure 2. Total workloads by family cycle, men



3.4. Free Time

Free time is one of the most significant conditions affecting the welfare of the population. The more free time a person has in a year, in a week or in a day, the greater opportunities he or she has to relax and restore the ability to work, as well as to exercise the freedom of choice and further his or her personal improvement. The actual employment of these possibilities, however, depends not only on the total amount of free time within a certain period of time. Objective and subjective factors that restrict the choice of activities or the effectuation of intentions also play their part. In analyzing free time, we must specify the differences in the amount of free ti-

me and how it is used to promote an overall and substantial increase in the welfare of the populations of the different republics and within different population groups.

The amount of free time

Finland shows a greater amount of free time in all population groups compared to Latvia, Lithuania and Russia. The difference varies according to character of employment, sex, age and family composition (table 16).

Table 16. The amount of free time of various groups of the urban population.

<i>Hours per week</i>				
Groups of population	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>
Employed men	39.8	32.5	33.7	34.0
age 18-29	38.2	33.6	39.8	36.9
30-49	39.3	31.7	30.3	31.0
50 +	44.3	32.8	32.0	36.4
Employed women	37.8	26.8	27.5	25.7
age 18-29	36.9	29.9	32.7	27.5
30-49	36.8	24.7	25.3	23.9
50 +	41.8	26.7	25.6	26.7
Non-employed				
Men	70.5	53.7	-	60.9
Women	64.2	38.2	-	46.3
Men by family cycle:				
Single	55.5	45.3	45.0	48.2
Married, youngest child under 7	37.1	33.0	31.8	30.8
Married, children aged 7-17 years	40.6	31.3	30.9	33.2
Married, no children	53.7	34.6	33.5	38.8
Women by family cycle:				
Single	60.3	39.4	36.6	40.7
Married, youngest child under 7	35.1	25.7	23.8	25.3
Married, children aged 7-17 years	37.9	25.6	24.6	24.0
Married, no children	46.3	27.3	26.8	29.5

Differences in the use of free time

The main social function of free time, to restore the ability to work and to promote personal improvement and a sense of comfort, can be accomplished only when the individual is free to choose how he or she uses his or her free time. The variety of activities actually available can be assessed in terms of the free time structure.

Despite the existing differences in the amount of free time available, there are striking similarities in the use of free time in all the republics in the study. In all groups, regardless of employment status, age and family cycle, people spend most of their free time on mass media. The rate varies from 2 to 3 fifths among the groups. In terms of the amount spent, activities rank almost identically in all population groups. TV takes first place with 30 to 50 per cent of all free time. This is two thirds of the time spent on mass media. Books and periodicals take second place, followed by, social life, active rest, participatory activities, culture entertainment radio and record playing. Last come studies for employed people. The amount of time spent on each group of activities, and its proportional share of the total free time nevertheless vary somewhat across republics and population groups.

We note that in Finland, where there is more free time, both employed and non-employed people typically spend more time on TV and mass media in absolute terms than in the USSR republics (table 18). These activities nonetheless take up a smaller proportional share of the free time structure than in the USSR republics (table 19). One other characteristic trait of free time use in Finland is that more time is spent on social life, both in relative and in absolute terms. In comparison with the USSR republics, much more time is spent on visits and in pubs, and somewhat more is spent on conversations and letter writing. Visits account for some of the differences in time used for travel. In Finland, the non-employed also take a more active part in social life than residents of the USSR republics under study.

The amount of free time available to employed men in Finland adds up to 24 per cent of the weekly time fund. The corresponding figure for Finnish women is 22 per cent. In the Soviet republics, the figures are 19–20 per cent for men and 15–17 per cent for women. The gap between men's and women's weekly amount of free time is two hours in Finland, which is only a fraction of the sex-related difference in the USSR republics. Men have 8 hours more free time than women in Russia, 6 hours in Latvia, and 7 hours in Lithuania.

The amount of free time varies with age. This holds true for all republics in the study, and for both men and women. In most cases, people have more free time in their youth (below the age of 30) than in their middle age (30–49 years). In that stage of life, free time is usually at its most scarce. The amount of free time increases again after the age of 50.

People who are not engaged in paid work naturally have more free time than the employed population. This holds true for all four republics, but differences in amounts are determined by the varying proportions of young people and pensioners. A comparison would require the use of more compatible groups.

Judging from the family condition and composition, it seems that unmarried persons have the greatest amount of free time at their disposal in all four republics. This goes for both men and women. Married people with no children have 9 to 13 hours less free time each week than the unmarried have. The only exception is that of Finnish married men without children. They have almost the same amount of free time as singles do.

As for married people, there are less clear variations in the amount of free time between families with different family compositions than there is between married people and single people. In Finland, parents with young children have 14 hours less free time than married people without children. The difference is 2 to 8 hours in the Soviet republics, regardless of sex.

Table 17. Use of free time by the employed urban population, by sex.

Hours and minutes per day

Groups of activities ¹⁾	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>
Men				
study	0:05	0:03	0:08	0:06
participatory activities	0:08	0:04	0:08	0:10
culture and entertainment	0:04	0:10	0:12	0:08
social life	0:53	0:24	0:31	0:22
sports and active leisure	0:40	0:38	0:29	0:27
reading	0:50	0:43	0:41	0:49
listening radio and records	0:10	0:11	0:04	0:05
television	2:07	1:51	2:03	2:04
passive leisure	0:18	0:12	0:14	0:22
travel during free time	0:26	0:23	0:19	0:18
Total	5:41	4:39	4:29	4:51
Women				
study	0:07	0:03	0:07	0:07
participatory activities	0:07	0:05	0:05	0:06
culture and entertainment	0:06	0:13	0:14	0:05
social life	1:06	0:31	0:36	0:22
sports and active leisure	0:43	0:27	0:30	0:29
reading	0:47	0:35	0:31	0:29
listening radio and records	0:07	0:11	0:02	0:01
television	1:39	1:17	1:23	1:32
passive leisure	0:16	0:11	0:08	0:06
travel during free time	0:26	0:17	0:20	0:13
Total	5:24	3:50	3:56	3:40

1) See the Appendix Tables for a more detailed classification of free time.

**Table 18. Use of free time by the employed urban population, by sex.
Percentage (%) of the total amount of free time**

Groups of activities	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>
Men				
study	1.5	1.1	2.8	2.1
participatory activities	2.4	1.4	2.8	3.4
culture and entertainment	1.2	3.6	4.1	2.7
social life	15.5	8.6	10.7	7.6
sports and active leisure	11.7	13.6	10.0	9.3
reading	14.7	15.4	14.2	16.8
listening radio and records	2.9	3.9	1.4	1.7
television	37.2	39.8	42.6	42.6
passive leisure	5.3	4.3	4.8	7.6
travel during free time	7.6	8.3	6.6	6.2
Total	100.0	100.0	100.0	100.0
Women				
study	2.2	1.3	3.0	3.2
participatory activities	2.2	2.2	2.1	2.7
culture and entertainment	1.9	5.6	5.9	2.3
social life	20.4	13.5	15.3	10.0
sports and active leisure	13.3	11.7	12.7	13.2
reading	14.5	15.2	13.1	13.2
listening radio and records	2.2	4.8	0.8	0.4
television	30.5	33.5	35.2	41.8
passive leisure	4.9	4.8	3.4	7.3
travel during free time	8.0	7.4	8.5	5.9
Total	100.0	100.0	100.0	100.0

The urban population of Latvia and Lithuania spend more time on culture and entertainment, especially movies, which can be explained by the limited choice offered by television, and by the scarcity of video cassette recorders in the USSR. In Pskov and in Shiauliai, only 1-3 per cent have video cassette recorders compared to 42 per cent in Finland. Finns also have more color TV sets (90 per cent) than Pskovites (40 per cent) and Shiauliaians (67 per cent). Including black-and-white sets, we notice that practically all families have a TV sets.

These features of the free time structure, both those that are common for all the republics under study, and those that are specific for the individual republic, are observed both for men and for women. There are also some common traits as to what activities are preferred by either sex. Despite the fact that women have less free time than men, women in all republics except Russia spend more time than men on culture and entertainment, as well as on social life and handicrafts. Men spend their active leisure predominantly on sports. Mass media accounts for a 6-5 per cent larger share of men's total free time compared to that of women.

In the same way, age-specific differences in free time use are similar across all the republics compared. Studies, culture and entertainment, social life and active sports are all activities that get lesser time with age, whereas the time spent on TV and other mass media, participatory activities and passive leisure increases. In addition to that, both men and women in Finland and women in Latvia spend increasingly longer time doing handicrafts as they grow older. There is a marked decrease in the time spent on socializing and movies. Employed men in Finland reduce the time they spend on visits from 41 to 19 minutes a day on the average as they advance from the young age group to that of the 50+ age group. In Lithuania, the change is from 33 to 12 minutes a day. For women, this age-related decrease is not as clear. Still, it is representative for all four republics. There is a general decrease of cultural mobility and a growing tendency to spend most of the free time at home with increasing age. This can also be seen in the changes in the time spent on travel during free time.

The use of free time can be seen to change from one period of life to the other. We can distinguish between the unmarried and the married, with or without children. Married people with children fall into two categories, those with children under the age of 7, and those with children of ages 7 to 17. Married people without children represent people at different stages of life, those in their early stage of married life and those at a

later stage of married life, as well as childless people of any age. In all of the republics, women with children of school age spend more time on culture and entertainment and active sport than women with children of preschool age. This may mean either that mothers engage in cultural, entertainment and active sport activities together with the children, or that child care no longer prevents them from participating in these activities by themselves.

Married men and women without children naturally have more free time than families with children. They consequently have a more active and varied free time use. Contrary to single people, however, they spend more time on mass media at home. In Finland, married men without children also spend more time on all kinds of active leisure (see appendix 4). People's interests and their needs for different forms of rest and recreation are apt to change in the course of life. This affects the use of free time regardless of the range of activities objectively available, which is the same both for the childless middle-aged couples and for the young people.

There are some differences in the amount and use of free time according to the socio-economic status of employed people (see appendix tables 9-10). It is not possible, however, to find any specific features that would characterize the way workers or any other group uses their time in all of the republics under observation. One may suggest that the age and family cycle composition of these groups has a greater influence on time use than socio-economic status. When we compare similar groups in the four republics, we find that they all display the same features as the cross-section of the employed population of the respective republic.

Free time on workdays and on days off

One of the obstacles in choosing active out-of-home activities is the low degree of concentration of free time. Employed people have an average of 2.5 to 4 hours of free time per workday, and some 6 to 9 hours on days off (table 19).

Differences in the amount of free time available to men and women is greater on days off in Finland and on weekdays in Lithuania. In both republics the males spend most of this difference on TV, and only a small part on active sport. The time spent on social life, culture and entertainment, whether on weekdays or on days off, is the same for employed men and women in all three republics.

Table 19. Use of free time by employed people on workdays and days off, by sex.

Hours and minutes per day

Groups of activities	Finland		Lithuania		Russia	
	Workday	Day off	Workday	Day off	Workday	Day off
Men						
study	0:04	0:08	0:10	0:03	0:06	0:05
participatory activities	0:06	0:13	0:07	0:10	0:11	0:06
culture and entertainment	0:02	0:09	0:08	0:25	0:03	0:22
social life	0:37	1:29	0:15	1:22	0:14	0:46
sports and active leisure	0:28	1:07	0:18	1:00	0:15	1:04
reading	0:39	1:15	0:37	0:53	0:42	1:13
listening radio and records	0:08	0:16	0:02	0:05	0:03	0:12
television	1:41	3:10	1:43	3:05	1:45	3:02
passive leisure	0:12	0:34	0:13	0:19	0:18	0:35
travel during free time	0:14	0:55	0:09	0:45	0:06	0:55
Total	4:11	9:16	3:43	8:07	3:43	8:20
Women						
study	0:06	0:09	0:08	0:04	0:06	0:08
participatory activities	0:05	0:10	0:04	0:06	0:06	0:07
culture and entertainment	0:04	0:09	0:09	0:30	0:03	0:11
social life	0:44	1:36	0:18	1:30	0:12	0:47
sports and active leisure	0:29	1:02	0:19	0:59	0:22	0:49
reading	0:38	0:59	0:28	0:41	0:25	0:42
listening radio and records	0:06	0:09	0:01	0:02	..	0:02
television	1:20	2:04	1:10	2:07	1:15	2:15
passive leisure	0:09	0:26	0:05	0:13	0:11	0:27
travel during free time	0:15	0:41	0:09	0:49	0:06	0:33
Total	3:56	7:25	2:51	7:01	2:46	6:01

As people have more free time on days off than on workdays, men and women in all the republics compared spend more time on all such activities (with the exception of studies) during days off than on workdays. This is true overall, but not in equally for all activities.

This goes to show that people use the greater degree of free time concentration for out-of-home activities which are more time-consuming or which cannot be engaged in after normal work hours. The amount of time spent on travel during free time is 3 to 9 times greater on off days than on workdays.

The greater amount of free time on days off is reflected in a more active free time structure than on workdays.

The share of time spent on mass media decreases from 61–68 per cent on workdays to 50–53 per cent on days off for men, and from 54–60 per cent to 40–49 per cent for women. There is a two-fold or even three-fold increase in the proportion and duration of active leisure, social life, culture and entertainment, as well as in passive leisure.

The differences in time use on work days and on days off are similar across all three republics, though somewhat more accentuated in the Soviet republics than in Finland.

The great correspondence in free time use on days off in the different republics shows that urban residents share similar needs for rest, and that they are ready to satisfy them as soon as they have the means to do so, meaning a sufficient duration of free time and an appropriate place for engaging in the activity. The most easily available means available are undoubtedly TV and periodicals, which are obtainable every day and at home, including late at night. Because it is so easily accessible, this type of recreation seems to be reaching a point of oversupply. This is not the case, however, with active leisure in general or sports in particular. This is the choice priority as proven by the fact that both Russians and Lithuanians spend as much time on active leisure as people in Finland, at least on days off, despite its leaving less time left for other activities, especially social life. On days off, the wish to meet the need for active sport is not restricted by any lack of sports halls, as it is possible to use the day-light hours for outdoor activities, such as skiing, fishing, and hiking.

Free time on different days of the week

We will now take a look at how people divide their time of rest and recreation on different days of the week.

Table 20. Amount of free time of urban population on different days of the week.

<i>Hours and minutes per day</i>			
	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Russia <i>Pskov</i>
Men			
Weekday ...	6:08	3:55	4:27
Saturday	8:53	7:40	7:44
Sunday	9:39	7:27	7:54
Women			
Weekday ...	6:25	3:32	3:45
Saturday	7:37	5:38	5:33
Sunday	8:57	6:08	6:38

Differences between the republics in the way free time is divided between weekdays, Saturday and Sunday follow the same pattern as differences between work days and days off. There are, however, certain specific traits in the array and duration of Saturday and Sunday activities. On Saturdays, men spend more time on sports and reading periodicals than on Sundays, and women spend more time on culture, entertainment and socializing. Men and women in Finland and women in Russia engage more in participatory activities on Sundays than on any other days. In all republics, men and women spend nearly the same amount of time on visits and walks on Sundays. Men and women read more, especially books, on Sunday, and they spend a little more time in front of the TV. That leaves Saturday as the day of choice for engaging in individual leisure activities, mostly of an active sport. These activities are different for men and women. On Sunday, men and women show more parallel activity patterns, more inclined towards different

forms of rest, and less towards activities related to education and self improvement.

Time use varies less from one day of the week to other in Finland, where the amount of free time available on workdays leaves sufficient time for different out-of-home activities. In Finland, the large range of free time activities of all functional types available make it possible to attain the change of activity that is essential for recreation.

Time-consuming activities carried out mostly on days off are noted only for a short average duration, which may be explained by the sporadic character of these activities, or by the small percentage of people engaging in this type of activities.

Regrettably, the different survey methods used make it impossible to make a direct comparison of the activity frequency indices for weekdays.

Activity choice frequencies are available for all four republics for Saturday and Sunday. A comparison of these frequencies does not, however, give us any reason to review our conclusions concerning differences between the republics in the use of free time.

The greater amount of free time available on all days of the week in Finland explain why greater numbers of people engage in free time activities in Finland than in the Soviet republics. This goes for almost all activities, with the exception of culture, entertainment and the reading of books. Frequency indices would, however, be needed to give a better illustration of the way of life.

TV programs are watched daily in all the republics by nearly everybody (79–95 per cent). Other activities are not equally popular. On Sunday, for instance, active sport is practiced by 31 per cent of the men and 19 per cent of the women in Finland, 29 per cent of the men and 20 per cent of the women in Russia, and only 20 per cent of the men and 9 per cent of the women in Latvia. The corresponding numbers for Saturday are nearly the same – in Russia they are even greater. It is possible that the frequency of physically active leisure is determined not only by the objective conditions such as the amount of free time available. Maybe city size influences the motivation to engage in physical exercise and the

wish to get out of town. The city of Pskov, which in this study represents Russia, is many times bigger than Valmiera, which represents Latvia. Differences between the republics in the frequency of walks is greater than differences between the republics in the frequency of active sport.

Sunday walks are noted for a frequency of 46 per cent for men and 37 per cent for women in Finland, making it one of the most favorite forms of spending the time of a day off in Finland. The corresponding frequencies are 24 per cent for men and 25 per cent for women in Russia, and 22 per cent for both men and women in Latvia.

Another Finnish favorite Sunday pastime is visiting or getting together with friends. 53 per cent of all Finnish men and 65 per cent of Finnish women do that on Sundays, compared to 26 per cent of all men and 32 per cent of all women in Latvia, and 24 per cent of all men and 28 per cent of all women in Russia. The relatively great amount of time spent on this activity is thus accounted for by Finnish men and women, and by women in all the republics. The same can be said with regard to the frequency and duration of reading of books and periodicals, participatory activities, hobbies and arts etc., both in different republics and in different groups of population.

This leads us to conclude that, regardless of any differences of degree, the most active leisure activities are not practiced anywhere with sufficient regularity to ensure a permanent positive effect on the health or personal improvement of the population. True, for the younger generations the use of free time is more active and varied (see appendix tables 5–6), but that does not guarantee that today's young generation will keep up this activity throughout their life.

Time use data analysis shows that Finland, with a higher living standard than the Soviet republics, exhibits a higher degree of equality between men and women in the everyday life. Finland also provides greater possibilities to achieve the welfare goals of recreation and personal improvement during the free time. Nevertheless, the four republics share more common features with regard to free time than they exhibit distinctive features. This shows that the needs for rest and recreation are similar in all the republics being compared.

4. Main Trends in Time use Changes

4.1. Finland

The first nationwide study of time use in Finland was carried out in the autumn of 1979. The second time use study covered the period from April 1987 to March 1988. This makes it possible to compare time use data for the autumn of 1987 with data for the autumn of 1979. In this section, we will deal with the changes that have taken place during the 1980s in the time use of the employed population.

According to table 21, the weekly number of hours of gainful employment in the autumn increased somewhat in the 1980s. The increase was 3 per cent for men and 2 per cent for women. In spite of the decrease in the total amount of yearly hours worked brought about by longer annual holidays, there has been an increase in the time used for gainful employment other than in the holiday season. The time used for primary employment increased most of all. More time was also used for supplementary employment and for travelling to and from work.

Employed women used 25 hours a week for domestic work in the autumn of 1987. The figure for men was much lower, only 14 hours per week. The 1980s saw a reduction of the male-female difference in the amount of time devoted to domestic work. Women used less time for domestic work than before, and men used somewhat more. The biggest cuts in women's domestic work occurred in household work, such as cooking and washing up. Both men and women used more time for shopping, errands and child care in 1987 than eight years earlier.

Employed women's total workload, that is, the time used for gainful employment and domestic work, was 62 to 63 hours a week throughout the 1980s. Men's total work total on the other hand

increased from 58 hours to 60 hours a week. This means that the male-female difference in total workload was reduced to three hours per week.

The time used for physiological needs diminished both for men and for women in the 1980s. Less time was devoted to sleep as well as to meals as main activity. It has become increasingly common in Finland to combine meals with some other activity.

Employed women's free time increased by two hours a week in the 1980s. Men's free time remained virtually unchanged. The biggest change in the content of free time was the considerable increase in television viewing. Television viewing increased its share of total free time from 26 per cent to 32 per cent for employed men and from 23 per cent to 28 per cent for employed women. The increase in television viewing brought about a decrease in the time for rest. Other free-time activities showed different patterns of change for men and for women. Employed women used an increasing amount of time for sport and outdoor recreation, reading and socializing. On the other hand men spent the same amount of time on these activities as before, or even less. There was a considerable decrease in knitting and sewing among women in the 1980s.

The changes in time use in Finland in the 1980s can be summed up as follows. There was a growing differentiation between work and leisure. On the one hand, we have a work period of an increasingly intensive nature, and on the other hand we have a longer annual holiday. Domestic work was shared by the men and women on increasingly equal terms. Television viewing increased in relation to total free time.

Table 21. Changes in the time use of the employed population of Finland in 1979 – 1987

Hours per week

Activity	Men			Women		
	1979	1987	Change	1979	1987	Change
Paid work	41.0	42.1	+ 1.1	33.6	34.3	+ 0.7
Travel to and from work	3.0	3.4	+ 0.4	2.7	2.8	+ 0.1
Paid work, total	44.1	45.4	+ 1.3	36.3	37.1	+ 0.8
Housekeeping	3.9	3.9	0	16.7	14.4	- 2.3
Maintenance work	3.5	3.3	- 0.2	1.2	0.9	- 0.3
Other housework	1.4	1.2	- 0.2	1.2	1.1	- 0.1
Child care	1.2	1.4	+ 0.2	3.0	3.5	+ 0.5
Shopping and errands	2.2	2.3	+ 0.1	3.0	3.2	+ 0.2
Travel related to domestic work	1.4	2.1	+ 0.7	1.4	2.2	+ 0.8
Domestic work, total	13.5	14.0	+ 0.5	26.5	25.2	- 1.3
Total workload	57.6	59.5	+ 1.9	62.8	62.3	- 0.5
Sleep	57.2	56.7	- 0.5	57.8	56.9	- 0.9
Meals	9.8	8.9	- 0.9	8.5	7.7	- 0.8
Personal hygiene	4.8	5.1	+ 0.3	5.5	5.6	+ 0.1
Physical needs, total	71.9	70.8	- 1.1	71.8	70.2	- 1.6
Education	0.7	0.6	- 0.1	1.1	0.8	- 0.3
Participative activity	1.2	0.9	- 0.3	0.7	0.7	0
Sport and outdoor recreation	3.9	3.6	- 0.3	2.1	2.3	+ 0.2
Entertainment and culture	0.7	0.6	- 0.1	0.6	0.5	- 0.1
Reading	5.5	5.4	- 0.1	4.8	5.3	+ 0.5
Radio listening	0.8	0.9	+ 0.1	0.5	0.8	+ 0.3
Television	9.7	11.9	+ 2.2	7.5	9.6	+ 2.1
Socializing with family	1.5	1.3	- 0.2	1.4	1.5	+ 0.1
Socializing with friends	6.1	5.7	- 0.4	6.2	6.7	+ 0.5
Hobbies	1.4	1.3	- 0.1	3.0	2.3	- 0.7
Other free-time activities	3.6	1.6	- 2.0	2.8	1.4	- 1.4
Travel related to free time	3.3	3.6	+ 0.3	2.7	3.2	+ 0.5
Free time, total	38.3	37.6	- 0.7	33.3	35.0	+ 1.7
Unspecified use of time	0.4	0.2	- 0.2	0.2	0.4	+ 0.2
TOTAL	168.0	168.0		168.0	168.0	
Number of days studied	3 760	1 554		3 569	1 407	

1) Source: Niemi and Pääkkönen, 1990. The results relate to the time use in the autumn, and are thus not fully compatible with the other tables in this publication. In addition, the activity classification used in this table differs in some respects from that used in this publication.

4.2. Latvia, Valmiera

Time budget studies of comparable structure have been carried out by the Institute of Economy at the Latvian Academy of Sciences in 1971-1973 and in 1987 (Eglite, Zarins et al. 1976; Eglite and Zarins 1990).

In the course of this 15 year period, the total workload has decreased for all age groups of the employed population. This is mainly due to the reduction of the actual work time for people of either sex, and especially for women. At the same time, the time spent on work-related travel has increased. The time spent on shopping and errands remains practically unchanged. The rise in the birth rate has resulted in an increase in the time used for child care. The time spent on housekeeping shows a slight increase for men and a slight decrease for women. The difference between men and women regarding the relative proportions of paid and unpaid work has increased as a consequence. On the other hand, women spend more time on physiological needs than before, and are approaching the time use of men in this respect.

As a result of above mentioned changes, we can observe a certain amount of convergence between the time budgets of men and of women in virtually all age groups, and especially in the younger age groups.

The increase in leisure time for both men and women, and the convergence of the amount of free time available to members of both sexes makes it possible to spend more time out of home. In spite of this, both men and women have reduced the time they spent on education, on participatory activities and on entertainment. At the same time, however, time spent on other activities, chiefly TV, has increased.

The reasons for this rather slow improvement in the activity profile can be found in the slow development of public and socio-cultural services, and the scarce supply of popular consumer goods and books. These are factors characteristic of the period of stagnation of the Soviet economy that coincides with the period of time between the two studies. The result is an increasing prevalence of individually organized activities and popular discontent with the structure of free time.

Questionnaire answers indicate that the activities people wish to devote more time include theatre, visits to relatives and friends, hobbies and movies.

Answers to the question on obstacles that prevent people from engaging in the free time activity of their choice mention lack of time, tiredness, inability to manage one's own time, and the fact that spouses' free time periods do not coincide. The shortage of time is the result of the many interests and the objective difficulties to satisfy these interests within a limited time period. Time spent on domestic work also reduce the time left as free time. Exhaustion due to an excessive amount of domestic work presents an obstacle to engage in free time activities, especially for women.

The process of restructuring of the republic is likely to stimulate a more rapid development of the conditions necessary to bring about a dynamic change in the time use structure. Information about time budgets and the use of time in different social groups and types of families at the initial period of Perestroika may be used as a means for motivating the people engaged in different branches of services.

Table 22. Changes in the use of time by the employed urban population in Latvia in 1972–1987

Hours per week

Activity	Men			Women		
	1972	1987	Change	1972	1987	Change
Paid work	46.4	42.2	- 4.2	44.1	38.1	- 6.0
Travel	4.1	4.9	+ 0.8	3.4	4.0	+ 0.6
Paid work, total¹⁾	54.1	51.7	- 2.4	50.0	45.4	- 4.6
Housekeeping	9.4	9.7	+ 0.3	18.7	17.5	- 1.2
Child care	2.0	3.5	+ 1.5	3.7	4.8	+ 1.1
Shopping and errands	2.5	2.5		5.3	5.2	- 0.1
Domestic work, total	13.9	15.7	+ 1.8	27.7	27.5	- 0.2
Total workload	68.0	67.4	- 0.6	77.7	72.9	- 4.8
Private needs, total	68.5	68.0	- 0.5	66.1	68.0	+ 1.9
including:						
sleep	57.9	56.5	- 1.4	56.1	56.1	
meals	5.3	6.4	+ 1.1	4.8	6.3	+ 1.5
other	5.3	5.1	- 0.2	5.2	5.6	+ 0.4
Education	1.2	0.3	- 0.9	1.3	0.4	- 0.9
Participatory activities	1.1	0.4	- 0.7	0.8	0.5	- 0.3
Culture and entertainment ..	2.0	1.0	- 1.0	2.5	1.1	- 1.4
Social life	3.8	2.7	- 1.1	3.4	3.6	+ 0.2
Sports and active leisure ...	5.2	4.7	- 0.5	2.9	3.6	+ 0.7
Reading	5.7	5.0	- 0.7	4.7	4.1	- 0.6
Television	7.5	13.1	+ 5.6	4.7	8.9	+ 4.2
Radio and music	1.1	1.3	+ 0.2	0.6	1.3	+ 0.7
Passive leisure	0.7	1.4	+ 0.7	0.3	1.2	+ 0.9
Travel during free time	3.0	2.7	- 0.3	2.7	2.0	- 0.7
Free time, total	31.3	32.6	+ 1.3	23.9	26.7	+ 2.8
Unspecified	0.2	-	- 0.2	0.4	-	- 0.4
Number of weeks studied ...	204	340		306	390	

1) including lunch break and others

4.3. Lithuania, Shiauliai

The use of time by the Lithuanian employed population can be compared over a period of time of 14 years from 1974 to 1988. The two studies are comparable with regard to the season of the year and the methods used. The samples for the year 1974 and the year 1988 differ slightly as to the structure of the socio-economic status of the population. Industrial workers accounted for a larger share in 1974. The average level of education has risen considerably during the intervening period. In order to insure cross-sample compatibility we will concentrate on the population at work during the week under observation.

Data on time use changes show that the time spent on paid work has increased somewhat. The total time spent on paid work by employed men and women has increased by 0.6 hours a week. The increase is similar to that for industrial workers, the biggest group of the sample. The widespread practice of supplementary work is one of the reasons for the increase of the actual amount of work done.

The most significant change in the use of time has taken place in the sphere of domestic work. The time spent on domestic work has increased among men and decreased among women, which served to diminish sex differences in domestic work somewhat. This is mainly due to structural changes in the time spent on domestic work. The time spent by men on repair and maintenance work has increased, one reason being the greater number of technical devices available to the families. This is one factor that makes men participate in domestic work. Both men and women, and especially women, have reduced the time they spend on housekeeping. The time spent on child care has also decreased for both men and women.

The changes in the time spent on work, especially domestic work, has brought about a converging of the total amount of work done by either sex. However, there are still great differences in the total amount of work done by either sex. This explains the differences in the amount of free time available for men and for women.

Both men and women have reduced the time they spend on physiological needs. This reduction is mainly due to the lesser time used for sleep.

The decrease in the number of people who combine work and studies has brought about a decrease in the amount of time that the employed spend on studies. This holds true for both men and women.

Within the interval of time between the two studies, the total amount of free time has increased, especially for women. Women still have 6.5 hours less free time per week than men have. The amount of free time has increased not only as a result of the decrease of the total amount of work and in the time spent on physiological needs, but also as a result of the spread of technical devices, such as television, which occupy an increasingly large amount of time. The amount of time spent watching TV has increased significantly in all population groups. In 1974, men spent 31 per cent of their free time watching TV, compared to 43 per cent in 1988. The figures for women are 28 per cent in 1974 and 35 per cent in 1988. The amount of time used for visits to cultural institutions, for socializing and, in the case of men, the time spent on reading, has decreased. Time spent on physical training, on outdoor rest and recreation, and on hobbies has increased. Women spend more time on handicrafts than before.

The changes that have taken place during the time period of 14 years include the following. The difference in the time that men and women spend on domestic work has decreased as a result of women spending less and men spending more time than before on domestic work. The employed spend less time on sleep. The amount of free time of women has increased as they spend less time on domestic work. The amount of time spent in front of the TV set has increased.

Table 23. Changes in the time use of the employed urban population of Lithuania (Shiauliai) 1974-1988¹⁾

Hours per week

Activity	Men			Women		
	1974	1988	Change	1974	1988	Change
Paid work	43.3	43.4	+ 0.1	41.3	41.8	+ 0.5
Activities related to paid work	6.7	7.2	+ 0.5	5.6	5.7	+ 0.1
Paid work, total	50.0	50.6	+ 0.6	46.9	47.5	+ 0.6
Housekeeping	6.4	4.3	- 2.1	17.9	14.2	- 3.7
Maintenance work	1.3	5.9	+ 4.6	0.6	1.4	+ 0.8
Other housework	0.1	0.3	+ 0.2	1.9	0.5	- 1.4
Child care	2.7	1.7	- 1.0	3.4	3.0	- 0.4
Shopping and errands	1.9	3.1	+ 1.2	3.7	4.4	+ 0.7
Travel related to domestic work	1.0	0.7	- 0.3	1.8	1.2	- 0.6
Domestic work, total	13.4	16.0	+ 2.6	29.3	24.7	- 4.6
Total work load	63.4	66.6	+ 3.2	76.2	72.2	- 4.0
Sleep	58.3	54.1	- 4.2	56.4	54.6	- 1.8
Meals	8.2	8.5	+ 0.3	7.0	7.8	+ 0.8
Personal hygiene	5.2	4.3	- 0.9	5.7	5.5	- 0.2
Physical needs, total	71.7	66.9	- 4.8	69.1	67.9	- 1.2
Education	2.3	0.9	- 1.4	1.2	0.8	- 0.4
Participatory activities	0.6	1.0	+ 0.4	0.5	0.6	+ 0.1
Sport and outdoor recreation	2.2	2.9	+ 0.7	1.6	1.8	+ 0.2
Entertainment and culture ...	2.4	1.4	- 1.0	2.3	1.7	- 0.6
Reading	5.8	4.7	- 1.1	3.2	3.7	+ 0.5
Radio listening	0.7	0.4	- 0.3	0.5	0.1	- 0.4
Television viewing	10.0	14.5	+ 4.5	6.3	9.6	+ 3.3
Socializing	6.1	3.7	- 2.4	5.6	4.2	- 1.4
Hobbies	1.1	0.5	- 0.6	0.2	1.6	+ 1.4
Other free-time activities	1.2	1.7	+ 0.5	0.8	0.8	0
Travel during free time x) ...	x	2.1		x	2.4	
Free time, total	32.4	33.8	+ 1.4	22.2	27.3	+ 5.1
Unspecified	0.5	0.7	+ 0.2	0.5	0.6	+ 0.1
TOTAL	168.0	168.0		168.0	168.0	
Number of days studied	2 457	1 164		3 122	1 650	

x Time expenditure of travel included into every activity of free time

1) Concerns the population at work during the week under observation.

4.4. Russia, Pskov

Time budget studies have been carried out in 1965 and in 1986 using similar techniques. This gives us the opportunity to show the changes that have taken place within a 20 year time period. Various factors contributed to these changes: the rise in the educational level and in the level of demand, some improvement in living standards, better satisfaction of household requirements and cultural demands, improved living conditions, etc.

An analysis of the changes in the use of time by residents of Pskov during the 20 year time period has been presented earlier in a number of papers (V.D. Patrushev, 1987 and 1988). The classification of activities used in the 1965 study with regard to Pskov was brought into line with the classification used in this paper.

As can be seen from table 24, there have been no great changes in the average duration of paid work (including breaks and overtime) in the 20 year period. The duration increased by 1 per cent for men, and decreased by 5 per cent for women. This is due to the fact that the normal weekly hours of work, (41 hours a week for most people) have remained unchanged over the past 20 years. Supplementary work was not widespread in 1965, nor was it in 1986. Nevertheless, per capita hours worked decreased by a significant 4.7 hours a week, due to a growing proportion of non-employed people.

The significant improvement of the transportation system in Pskov and other Russian cities during this period has had practically no effect on the time it takes to travel between home and work. This is explained by the growth of the city that has led to longer distances between home and work.

Domestic work takes up a great amount of time, especially women's time. During the 20 year period, there has been only a small reduction in the share of domestic work. The reduction amounts to an average of 3 hours per week. For employed men, the amount of domestic work remained at practically the same level, around 15 hours per week, but for employed women, the amount of domestic work decreased by 8.7 hours a week, which is a considerable reduction. It should be noted that employed women reduced the time they used for all types of activity related to household duties. The 6 hour weekly reduction in household work consists of a 1.5 hour reduction in time spent on cooking, a 1.7 hour

reduction in time spent on cleaning, and a 1.3 hour reduction in time spent on washing up and mending clothes. In addition, there is a 1.7 hour reduction in time spent on child care, and a reduction of almost one hour in time spent on shopping and errands.

As a result of the changes in the amount spent on paid work and on domestic work, the total workload of employed women in Pskov was reduced from 81.9 to 73.2 hours per week, or by almost 9 hours. The workload remained almost unchanged for employed men, at about 65 hours. The reduction of the total workload for women can be regarded as a great social accomplishment. It allows women more time to spend on physiological needs and on free time activities.

Employed women increased the time they spent on physiological needs by 7.5 hours a week. Sleep accounted for the biggest share of this increase (16 per cent). Time spent on meals and personal care also changed.

The amount of free time increased by almost 5 hours a week over the 20 year period. This was the average figure. The increase is much more modest if we look at the employed population. The free time of employed men remained practically unchanged. The free time of employed women increased by 3.3 hours a week. As a result, sex differences have become less prominent. In 1965, the employed women had one third less free time than employed men. In 1986 this difference had been reduced to one quarter. Housewives, pensioners and students have much more free time.

The use of free time has changed very much. Mass media has increased its share by 150 per cent. The time spent on TV increased by a factor of 2.5 to 3. TV accounted for 16 per cent of the free time of the employed men and women in 1965, and as much as 42 per cent in 1986. We should note that this increase was due to a broadening of the TV audience. In 1965, 30-40 per cent of the employed population watched TV. In 1986 the figure was 80-88 per cent. TV crowded out all other forms of mass media. Nowadays, people spend less time on reading and on radio (as a primary occupation).

Another striking change is the considerable reduction in the time spent on education by the employed. This is apparently a result of a reduction in the economy's demand for employees

Table 24. Changes in time use by the employed residents of Pekov over the period 1965-1986

per person, hours per week

Activity	Men			Women		
	1965	1986	Change	1965	1986	Change
Paid work	44.8	45.4	+ 0.6	43.4	41.3	- 2.1
Travel	4.9	5.2	+ 0.3	4.2	4.2	0
Paid work, total	49.7	50.6	+ 0.9	47.6	45.4	- 2.1
Housekeeping and maintenance	7.7	7.2	- 0.5	22.4	16.3	- 6.1
Child care	3.5	3.8	+ 0.3	7.0	5.3	- 1.7
Shopping and errands	4.2	4.1	- 0.1	7.0	6.1	- 0.9
Domestic work, total	15.4	15.1	- 0.3	36.4	27.7	- 8.7
Total workload	65.1	65.7	+ 0.6	84.0	73.2	- 10.8
Sleeping	54.3	54.4	+ 0.2	47.6	55.3	+ 7.7
Meals	9.0	8.4	- 0.6	8.4	7.7	- 0.7
Personal care	5.3	5.4	+ 0.1	5.6	6.1	+ 0.5
Physiological needs, total	68.6	68.3	- 0.3	61.6	69.1	+ 7.5
Study	4.7	0.7	- 4.0	2.2	0.8	- 1.4
Participatory activities	1.4	1.2	- 0.2	0.7	0.7	0
Culture and entertainment	2.7	0.9	- 1.8	2.2	0.6	- 1.6
Socializing	3.2	2.5	- 0.7	2.2	2.5	+ 0.3
Sports and active leisure	3.5	3.1	- 0.4	3.4	2.9	- 0.5
Reading	7.5	5.8	- 1.7	4.1	3.9	- 0.6
Radio	1.4	0.3	- 1.1	0.9	0.1	- 0.8
Television	5.8	14.5	+ 8.7	3.6	10.7	+ 7.1
Music	0.1	0.3	+ 0.2	0	0.1	+ 0.1
Passive rest	1.4	2.6	+ 1.2	1.2	2.1	+ 0.9
Free-time related travel	2.6	2.1	- 0.5	1.9	1.6	- 0.3
Free time, total	34.3	34.0	- 0.3	22.4	25.7	+ 3.3
TOTAL	168.0	168.0		168.0	168.0	
The number of interviewed	1 095	822		1 569	1 089	

with higher qualifications. Less time is spent on visiting cultural establishments, on sports and on other forms of active free time.

These are the changes in the use of time by the inhabitants of Pskov over a period of 20 years. Changes are not very great for employed men, but quite impressive if we look at employed women. The employed women now spend less time on domestic work and have a smaller total work-

load than before. As a result, they have more time to spend on physiological needs and on free time. This can be considered to be a great social achievement, although women still carry a considerable domestic workload as well as total workload. Despite the increased amount of time available for free time, free time activities are nowadays more passive and more home-centered.

4.5. General Remarks on Time Use Changes

Changes in the use of time by the employed population has been studied in the four republics over periods of time ranging from 8 years to 21 years, amounting to 15 years in Latvia (1972 – 1987), 14 years in Lithuania (1974 – 1988), 8 years in Finland (1979 – 1987) and 21 years in Russia (1965 – 1986). Russia (Pskov) has by far the earliest base year of them all. The end of the period is more or less the same for all four republics, which means that it is possible to make comparisons of the trends of change on a comparable basis.

The most important changes in paid work have taken place in Latvia (Valmiera), where we note the largest reduction in working time. The reduction was more than 4 hours per week for men and more than 6 hours per week for women. Women in Pskov had their working time reduced by 2 hours. Comparing only the time use by the employed population, which is a more correct way of making a comparison, we note that there was no significant increase in the amount of time spent on paid work in Lithuania or in Finland. It is significant that in all four republics, there is a slight increase in the time used for activities related to paid work, although this increase did not change the overall level of total time spent on paid work, nor did the change the relative positions of the four republics under study.

The most significant changes in the use of time on domestic work took place among the employed urban population of Lithuania (Shiauliai). Here the time spent on domestic work decreased by 5 hours per week for women. At the same time it increased by 3 hours per week for men. In Russia (Pskov) there was a large reduction (almost 9 hours) in the amount of time that women use for domestic work. But this happened

over a much longer period of time, where the base year was characterized by a large domestic work burden. In Latvia and in Finland, the time spent on domestic work changed only insignificantly, albeit there was some increase for men in Latvia and some decrease for women in Finland.

The most significant changes in the structure of domestic work took place in the time spent directly on housekeeping. There was a lesser change in the amount of time spent on shopping and errands, and on child care.

As a result of the changes in the use of time for domestic work, there are only insignificant differences between the four republics with regard to the time spent on domestic work by either sex. The amount of time spent on domestic work ranges from 14 to 16 hours per week for men, and from 25 to 28 hours per week for women.

The changes in the time spent on paid work and the time spent on domestic work brought about some changes in the total hours worked. There has been a significant decrease in the difference between men and women with regard to the total workload. The most important changes took place in Lithuania and in Russia, where the total workload of women decreased significantly, chiefly through the reduction in the time spent on domestic work. The total workload of men increased somewhat, primarily in Lithuania and in Finland.

At the end of the period we find that the difference between men's and women's workloads has diminished. The total workload has grown more alike in the republics under study, although it is still much smaller in Finland than in the USSR republics.

The changes in the use of time for physiological needs are normally insignificant. However, one of the most characteristic features of this time period is the decrease in the time that is spent on sleep. This is particularly apparent in Lithuania, where the time spent on sleep shows a marked decrease for both men and women, being more than 4 hours a week for men. This was caused by a number of factors, such as the widespread practice of supplementary work, changes in shift work patterns and the time of starting work, late night TV, etc.

There is an increase in free time, especially for women, in Latvia, Lithuania and Russia. In Finland, the amount of free time increased somewhat for women and decreased for men. At the end of the time period, Finnish men and women had more free time than their counterparts in the three USSR republics, as well as the smallest difference between men and women with regard to free time.

The changes in the structure of free time is characterized by one universal trend: the increase in the time that is spent on watching TV. The increase is greatest among women, reaching 9–10 hours a week in all four republics at the end of the time period. Time spent on TV is 13–14 hours a week for men in Latvia, Lithuania and Russia, and almost 12 hours a week for men in Finland. Sex differences in time spent on TV were smallest in Finland, both at the beginning and at the end of the period, with Latvia and Lithuania moving towards the 1979 Finnish level of difference. The proportion of free time occupied by TV is smaller in Finland than in the three USSR republics.

The increase in the time spent watching TV has brought about changes in the structure of the free time use. The time spent on reading and on visits to cultural institutions has decreased. So

has the time used for socializing. On the other hand, women (except in Russia) spend more time on sports and outdoor recreation than before.

We can make the following general points about the changes that have taken place in the use of time during the period.

1. Not all changes related to paid work can be explained by socio-economic factors. Some changes are due to sample-specific features, such as the norms governing the duration of the working day. The increasing prevalence of supplementary work can be classed as one of the socio-economic factors responsible for the increase in work time in Lithuania and in Finland.
2. In all four republics, the changes in the time spent on domestic work were characteristically similar. The amount of time spent on domestic work is rather inflexible, except for those population groups where the amount of time used for domestic work is excessively high. This was proven by the example of Finland, where time spent on domestic work had reached a reasonable level earlier on.
3. There is a tendency towards a reduction of differences in the level of the total workload of men and women. The differences between the sexes are still greater in Latvia, Lithuania and Russia than in Finland.
4. The amount of free time available to women increased especially in Lithuania, Latvia and Russia. Still, these republics lag behind Finland both with regard to the amount of free time and the differences between men and women. TV watching has increased in all four republics, albeit to a lesser extent in Finland.

Table 25. Changes in the time use by the gainfully employed urban population in Finland and in the USSR¹⁾

Hours per week

	Men				Women			
	Finland	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>	Finland	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>
	1979 – 1987	1982 – 1987	1974 – 1988	1965 – 1986	1979 – 1987	1982 – 1987	1974 – 1988	1965 – 1986
1. Paid work	+ 1.1	- 4.2	+ 0.1	+ 0.6	+ 0.7	- 6.0	+ 0.5	- 2.1
2. Activities related to paid work	+ 0.4	+ 0.8	+ 0.5	+ 0.3	+ 0.1	+ 0.6	+ 0.1	0
3. Housekeeping and maintenance	- 0.4	+ 0.3	+ 2.7	- 0.5	- 2.7	- 1.2	- 4.3	- 6.1
4. Child care	+ 0.2	+ 1.5	- 1.0	+ 0.3	+ 0.5	+ 1.1	- 0.4	- 1.7
5. Shopping and errands	+ 0.1	0	+ 1.2	- 0.1	+ 0.2	- 0.1	+ 0.7	- 0.9
6. Domestic work, total (3-5)	+ 0.5	+ 1.8	+ 2.6	- 0.3	- 1.3	- 0.2	- 4.6	- 8.7
7. Total workload (1-5)	+ 1.9	- 0.6	+ 3.2	+ 0.6	- 0.5	- 4.8	- 4.0	-10.8
8. Physiological needs	- 1.1	- 0.5	- 4.8	- 0.3	- 1.6	+ 1.9	- 1.2	+ 7.5
9. Free time	- 0.7	+ 1.3	+ 1.4	- 0.3	+ 1.7	+ 2.8	+ 5.1	+ 3.3
10. Unspecified	- 0.2	- 0.2	+ 0.2	-	+ 0.2	- 0.4	+ 0.1	-

1) In Finland: all employed.

5. Summary

The study of time use is one method of studying people's way of life. This method has gained widespread use in all parts of the world since the mid-1960s, the time of the first comparative time-budget study of the urban population involving 12 countries and directed by professor A. Szalai. The method is used by scientific research institutes, as well as by the national statistical offices in many countries. The period from the 1960s throughout the 1980s saw the collection of a vast amount of facts on the use of time.

The studies have raised two scientific issues with theoretical and practical implications with respect to:

1. The comparison of data on the prevailing conditions of the use of time by the population in different countries.
2. The analysis of trends of change in the use of time by populations in different countries.

There are no simple solutions to these issues. The problem is that while most countries employ the same methods as those used in the comparative study of 1965-1966, authors of different studies have set about to amend the activities classification and sampling methods, as well as the organization of information gathering, to account for the differences in research tasks and in living standards of the population. This creates certain problems with regard to the compatibility of data.

The issues mentioned above form the basis for the joint Soviet and Finnish comparative study of time use by the population of small and medium size towns. Data collected in studies involving the towns in question were processed so as to be functional for the purpose of this study. The fact that the USSR and Finland are neighboring countries with numerous economic, scientific and cultural ties makes it very interesting to compare data on time use in Russian, Latvian, Lithuanian and Finnish towns. The comparison of time use data shows that the urban population in the USSR and in Finland have much in common, as could be expected. Everywhere people

face the same necessities of life - work, satisfaction of everyday needs, study and entertainment. There are, however, certain noteworthy differences in the distribution of time use.

1. The duration of paid work, including work-related activities, in the Soviet towns turned out to be a somewhat longer than in Finland. This is explained in part by shorter normal working hours for white-collar workers in Finland. To a large extent, however, the discrepancy is caused by the lesser time being expended by the Finns on travel between home and work. This in turn is the result of towns in Finland being comparatively small, and distances between home to work being shorter than in the Soviet towns.
2. There are no great differences in the amount and structure of domestic work done by employed men in the USSR and in Finland. Women do a greater amount of domestic work than men. Finnish women spend daily one hour, less time on domestic work than women in the USSR republics. Less time is spent in Finland on food preparation, and on laundry and care of clothing, and on child care. Sharing of domestic work between men and women follows traditional lines more obviously in compared Latvia and in Russia than in Finland.

More domestic work is done on weekends in Latvia and in Russia compared to Finland. In Finland, Sunday is more markedly a day of rest and recreation. The total weekly workload is an average of 18 hours smaller per person in Finland than in the USSR.
3. There are no great differences between time expenditures on physiological needs (sleeping, meals, personal care) in the USSR and in Finland.
4. In Finland, the employed, particularly employed women, have more free time than their Soviet counterparts. This is due to the differences in total hours spent on paid and unpaid work. But there are no great diffe-

rences as to how people use their free time. People in all four republics spend much time on mass media – television, radio and reading. It should be pointed out that Finns prefer socializing and outdoor recreation.

Analysis of the changes over the past 10 to 20 years with regard to the use of time by the population in the towns studied in the USSR and in Finland demonstrate the same general trends.

There have been no significant changes in the actual duration of paid work, including travel between home and work. The time that employed men spend on domestic work is generally speaking unchanged in all four republics. The time that women spend on domestic work has been reduced by 1.3 hour a week in Finland (over a period of 8 years), compared to 6 hours a week in Pskov (over a period of 20 years). The total workload remained unchanged for employed women in Finland, but in the Soviet republics it was significantly reduced, leaving employed women there more time for physiological needs and free time activities.

There appears to be a common tendency with regard to free time. The amount of free time remains almost unchanged for men, whereas it has increased for women in Russia (Pskov) by 3 hours a week (over a period of 20 years) and by 2 hours a week in Finland (over a period of 8

years). At the same time, the free time activities have become more home-centered, primarily due to the increase of time that is spent watching TV.

It should be pointed out that the changes in the use of time that have taken place over the past years have had their greatest effect on women, who have seen an increase in free time due to a reduction in the time spent on domestic work. The time use structure of men remained unchanged. As a result there is a process towards an elimination of the discrepancies in the total workload of employed men and employed women, as well as of the discrepancies in their respective amount of free time. These discrepancies are smaller in Finland than in the USSR.

The analysis carried out in this study presents an overall picture of the how residents of small and medium-size towns in the USSR and Finland actually divide their time between different activities. This picture is undoubtedly in need of further elaboration. A more thorough analysis of common and special features in the way of life of the population of the USSR and Finland would have to include an examination of the values associated with different areas of essential activities (work, domestic work, free time), attitudes towards these activities and how they are satisfied, and under what conditions. All these are issues for further study.

Soviet-Finnish classification

		SZALAI CODE			SZALAI CODE
WORK					
01	Work	00-05	Participation		
02	Waiting, delays	07-08	25	Participatory activities	60-68
03	Travel	09	Culture, entertainment		
01-03	Work total	00-05, 07-09	26	Movies	72
DOMESTIC WORK					
Housekeeping					
04	Food preparation	10	27	Cultural services	73-74
05	Washing dishes	11	28	Mass culture	71
06	Indoor clean	12	29	Sport event	70
07	Outdoor clean	13	26-29	Culture entertainment	70-74
08	Laundry/iron	14	Social life		
09	Clothes upkeep	15	30	Visits	75-76, 78, 87
10	Home upkeep	16	31	Pubs	77
11	Garden/pets	17	32	Conversation, letters	96-97
12	Heating and water	18	30-32	Social life	70-78, 87, 96, 97
13	Other household	19, 42	Sports and active leisure		
04-13	Housekeeping	10-19, 42	33	Active sport	80-81
Child care					
14	Child care	20-28	34	Walks	82
15	Travel	29	35	Handicrafts	84
14-15	Care of children	20-29	36	Hobbies, arts	83, 85-86, 88
Purchasing of goods and services					
16	Shopping	30-31	33-36	Sports and active leisure	80-86, 88
17	Errands	32-38	Mass media		
18	Travel	39	37	Reading books	93
16-18	Purchasing of goods and services	30-39	38	Newspapers	95
04-18	Domestic work total	10-39, 42	39	Magazine, unspecified	94
01-18	Work load total	00-05, 07-39, 42	40	Radio	90
Private needs					
19	Sleep	45-46	41	Television	91
20	Meals	06, 43-44	42	Records	92
21	Other needs	40-41, 48	37-42	Mass media total	90-95
22	Travel	49	Passive leisure		
19-22	Private needs total	06, 40-41, 43-46, 48, 49	43	Resting	42, 98
FREE TIME					
Study					
23	Attend school	50	Travel during free time		
24	Other study	51-58	44	Travel	59, 69, 79, 89, 99
23-24	Study	50-58	23-44	Free time total	42, 50-99
UNSPECIFIED					
			45	Unspecified	
01-45	TOTAL				00-99

1. Use of time by urban population of age 18 and older by sex
2. Use of time by urban population of age 18 and older by type of activity
Males
3. Use of time by urban population of age 18 and older by type of activity
Females
4. Use of time by urban employed population by sex
Participation (%)
5. Use of time by urban employed population by age
Males
6. Use of time by urban employed population by age
Females
7. Use of time by urban population of age 18 and over by family cycle
Males
8. Use of time by urban population of age 18 and over by family cycle
Females
9. Use of time by urban employed population by socio-economic status
Males
10. Use of time by urban employed population by socio-economic status
Females
11. Use of time by urban employed population by type of day
Both sexes
12. Use of time by urban employed population by type of day
Males
13. Use of time by urban employed population by type of day
Females
14. Use of time by urban population of age 18 and older by the day of the week
Both sexes
15. Use of time by urban population of age 18 and older by the day of the week
Males
16. Use of time by urban population of age 18 and older by the day of the week
Females
17. Characteristics of the respondents

1. Use of time by urban population of age 18 and older by sex

Minutes per day

Activities	Both sexes			Males			Females		
	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
WORK									
01 Work.....	195	282	288	242	325	331	154	250	257
02 Waiting, delays...	1	13	11	1	17	13	1	11	9
03 Travel	18	31	32	20	38	40	16	27	27
01-03 Work total.....	214	326	332	263	380	384	171	287	292
DOMESTIC WORK									
<i>Housekeeping</i>									
04 Food preparation	35	41	52	19	13	23	49	62	73
05 Washing dishes..	12	12	11	6	3	5	17	19	16
06 Indoor clean	24	20	17	12	7	8	35	29	24
07 Outdoor clean.....	5	0	1	7	0	2	3	0	1
08 Laundry/iron	8	16	18	2	3	2	13	25	30
09 Clothes upkeep ..	1	8	2	0	1	1	1	13	3
10 Home upkeep.....	6	2	4	11	5	8	2	0	1
11 Garden/pets.....	1	4	1	1	5	1	2	3	1
12 Heating and water.	4	12	4	6	17	5	2	8	4
13 Other household.	15	23	11	14	39	16	15	11	7
04-13 Housekeeping...	111	137	121	78	92	70	140	171	158
<i>Child care</i>									
14 Child care	23	42	42	16	23	27	29	56	53
15 Travel	2	7	5	2	6	4	2	8	5
14-15 Care of children	25	49	47	19	29	31	31	63	59
<i>Purchasing of goods and services</i>									
16 Shopping	18	20	20	15	13	14	21	26	24
17 Errands.....	9	2	7	8	1	7	10	2	6
18 Travel	15	14	22	13	10	17	16	17	26
16-18 Purchasing of goods and services.....	42	36	49	36	24	38	47	45	56
04-18 Domestic work total.....	178	222	216	133	144	140	217	279	273
01-18 Work load total	392	548	548	396	524	524	388	566	565
PRIVATE NEEDS									
19 Sleep	497	499	485	489	496	476	504	500	491
20 Meals.....	76	69	69	79	71	72	74	68	67
21 Other needs	46	46	50	42	44	47	50	48	51
22 Travel	2	7	0	2	8	0	1	6	0
19-22 Private needs total.....	621	620	604	612	619	596	629	621	610
FREE TIME									
<i>Study</i>									
23 Attend school	14	4	4	13	4	4	16	4	4
24 Other study.....	11	3	12	10	3	12	11	4	13
23-24 Study	25	8	17	23	7	15	27	8	17
<i>Participation</i>									
25 Participatory activities.....	12	4	7	12	4	9	11	4	6

1. Cont'd

Minutes per day

Activities	Both sexes			Males			Females		
	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
<i>Culture, entertainment</i>									
26 Movies	1	5	5	0	5	7	1	5	4
27 Cultural services	2	2	0	2	1	0	2	3	1
28 Mass culture	0	3	1	0	3	2	1	4	0
29 Sport event	2	1	0	3	1	0	1	0	0
26-29 Culture, entertainment...	5	12	7	5	11	9	5	12	5
<i>Social life</i>									
30 Visits	42	16	13	34	15	12	48	17	13
31 Pubs	7	2	1	9	1	2	6	2	1
32 Conversation, letters	19	10	11	14	8	10	23	12	12
30-32 Social life.....	68	28	25	57	24	24	78	31	26
<i>Sports and active leisure</i>									
33 Active sport.....	14	10	9	19	19	15	10	4	4
34 Walks	16	9	10	17	10	11	16	8	10
35 Handicrafts.....	13	11	13	0	1	1	24	19	22
36 Hobbies, arts	8	6	2	12	10	3	4	3	2
33-36 Sports and active leisure	51	36	34	48	40	30	54	34	37
<i>Mass media</i>									
37 Reading books...	16	23	28	15	23	33	17	23	24
38 Newspapers.....	26	19	11	29	23	16	24	16	7
39 Magazine, unspecified.....	17	0	4	16	0	5	18	0	3
40 Radio	14	11	2	16	10	3	12	12	1
41 Television.....	125	95	111	137	114	128	115	82	98
42 Records	3	2	2	4	4	3	2	1	1
37-42 Mass media total.....	202	151	157	217	174	188	188	133	135
<i>Passive leisure</i>									
43 Resting.....	26	14	25	26	14	26	26	13	25
<i>Travel during free time</i>									
44 Travel.....	30	19	16	33	24	19	28	16	14
23-44 Free time total..	419	271	288	422	298	320	417	252	265
<i>UNSPECIFIED</i>									
45 Unspecified.....	8	0	1	10	0	0	6	0	1
01-45 TOTAL.....	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY.....	1 861	891	2 396	847	378	936	1 014	513	1 460

2. Use of time by urban population of age 18 and older by type of activity, *Males*

Minutes per day

Activities	Employed				Non-employed		
	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
WORK							
01 Work.....	348	358	371	374	2	38	31
02 Waiting, delays...	2	19	16	15	0	2	1
03 Travel	29	42	45	45	0	3	6
01-03 Work total.....	378	419	432	434	3	42	37
DOMESTIC WORK							
<i>Housekeeping</i>							
04 Food preparation	15	12	10	21	27	19	35
05 Washing dishes..	4	3	2	4	13	4	9
06 Indoor clean	8	6	15	7	20	10	14
07 Outdoor clean....	4	0	2	2	12	0	4
08 Laundry/iron	2	3	3	2	3	1	4
09 Clothes upkeep..	0	1	1	1	0	0	1
10 Home upkeep.....	12	5	26	7	8	9	15
11 Garden/pets.....	1	4	25	1	0	10	3
12 Heating and water.	4	13	4	4	9	47	14
13 Other household..	13	38	3	14	17	47	26
04-13 Housekeeping...	64	85	91	62	110	149	126
<i>Child care</i>							
14 Child care	18	25	14	28	12	5	22
15 Travel	3	6	1	5	1	4	1
14-15 Care of children	22	31	15	32	13	8	24
<i>Purchasing of goods and services</i>							
16 Shopping	12	12	23	13	20	23	17
17 Errands.....	8	1	4	6	10	2	13
18 Travel	11	9	6	16	18	18	31
16-18 Purchasing of goods and services	31	21	33	35	48	44	61
04-18 Domestic work total.....	117	137	139	129	170	201	211
01-18 Work load total	495	556	571	563	173	243	248
PRIVATE NEEDS							
19 Sleep	482	486	465	467	504	585	541
20 Meals.....	74	70	71	72	90	81	73
21 Other needs	39	43	37	46	50	54	54
22 Travel	3	7	1	0	1	17	1
19-22 Private needs total.....	597	605	574	585	645	737	670
FREE TIME							
<i>Study</i>							
23 Attend school	1	0	4	0	39	40	28
24 Other study.....	4	2	4	6	25	7	53
23-24 Study	5	3	8	6	64	47	81
<i>Participation</i>							
25 Participatory activities.....	8	4	8	10	22	4	6

2. Cont'd

Minutes per day

Activities	Employed				Non-employed		
	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Russia <i>Pskov</i>
<i>Culture, entertainment</i>							
26 Movies	0	5	8	6	1	5	12
27 Cultural services	1	1	2	0	4	1	0
28 Mass culture	—	2	2	1	1	11	3
29 Sport event	3	1	0	0	2	1	1
26–29 Culture, entertainment...	4	10	12	8	8	17	15
<i>Social life</i>							
30 Visits	31	15	25	11	38	17	19
31 Pubs.....	9	1	1	2	10	0	1
32 Conversation, letters	13	7	5	9	18	10	20
30–32 Social life.....	53	24	31	22	66	27	40
<i>Sports and active leisure</i>							
33 Active sport.....	18	20	13	15	21	14	16
34 Walks.....	12	8	11	8	28	29	29
35 Handicrafts.....	—	1	1	1	0	0	1
36 Hobbies, arts	9	9	4	3	18	14	6
33–36 Sports and active leisure	40	38	29	27	67	56	52
<i>Mass media</i>							
37 Reading books...	14	21	15	30	16	45	53
38 Newspapers.....	23	22	24	15	44	33	29
39 Magazine, unspecified.....	13	0	2	5	24	0	6
40 Radio	7	7	2	2	35	31	8
41 Television.....	127	112	123	124	160	131	151
42 Records	3	4	2	3	5	7	5
37–42 Mass media total.....	188	166	168	179	284	246	252
<i>Passive leisure</i>							
43 Resting.....	18	12	14	22	45	31	50
<i>Travel during free time</i>							
44 Travel.....	26	23	19	18	50	31	27
23–44 Free time total..	341	279	289	291	604	460	523
<i>UNSPECIFIED</i>							
45 Unspecified.....	7	0	6	0	17	0	0
01–45 TOTAL.....	1 440	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY.....	621	339	408	822	226	39	114

3. Use of time by urban population of age 18 and older by type of activity, *Females*

Minutes per day

Activities	Employed				Non-employed		
	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
WORK							
01 Work.....	257	321	353	343	6	10	4
02 Waiting, delays...	2	14	11	12	0	0	0
03 Travel	27	34	37	36	1	2	1
01-03 Work total.....	285	369	401	390	7	13	5
DOMESTIC WORK							
<i>Housekeeping</i>							
04 Food preparation	45	57	53	66	54	82	94
05 Washing dishes..	16	16	9	13	19	31	25
06 Indoor clean	32	28	34	20	38	35	35
07 Outdoor clean.....	3	0	1	0	5	0	1
08 Laundry/iron	14	23	20	28	12	33	35
09 Clothes upkeep ..	1	11	4	3	1	18	5
10 Home upkeep.....	3	0	3	1	0	0	0
11 Garden/pets.....	3	2	10	1	0	6	2
12 Heating and water.	1	5	2	2	4	16	7
13 Other household..	13	10	5	6	18	14	11
04-13 Housekeeping...	131	152	141	139	152	235	214
<i>Child care</i>							
14 Child care	34	36	25	40	21	122	93
15 Travel	3	8	1	6	1	7	4
14-15 Care of children	37	44	26	45	22	129	97
<i>Purchasing of goods and services</i>							
16 Shopping	22	26	33	23	19	26	26
17 Errands.....	9	2	5	6	11	2	8
18 Travel	15	17	10	24	18	18	33
16-18 Purchasing of goods and services.....	46	44	48	53	48	46	67
04-18 Domestic work total.....	214	240	215	237	222	410	378
01-18 Work load total	500	609	616	627	229	423	383
PRIVATE NEEDS							
19 Sleep	493	483	470	474	519	560	539
20 Meals.....	69	66	66	66	83	75	71
21 Other needs	48	46	46	52	53	51	49
22 Travel	1	6	1	0	0	4	0
19-22 Private needs total.....	611	601	583	592	655	690	660
FREE TIME							
<i>Study</i>							
23 Attend school	2	0	2	1	37	18	14
24 Other study.....	5	3	5	6	20	7	35
23-24 Study	7	3	7	7	57	25	49
<i>Participation</i>							
25 Participatory activities.....	7	5	5	6	17	2	5

3. Cont'd

Minutes per day

Activities	Employed				Non-employed		
	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
<i>Culture, entertainment</i>							
26 Movies	2	6	9	4	1	5	3
27 Cultural services	2	3	4	1	2	1	0
28 Mass culture	1	4	1	0	-	3	0
29 Sport event	1	0	0	0	0	0	0
26-29 Culture, entertainment...	6	13	14	5	3	9	4
<i>Social life</i>							
30 Visits	39	17	30	12	63	19	16
31 Pubs	7	2	2	0	4	0	1
32 Conversation, letters	20	11	4	9	27	14	22
30-32 Social life	66	31	36	22	94	34	39
<i>Sports and active leisure</i>							
33 Active sport	12	4	6	5	7	3	2
34 Walks	13	7	10	7	19	12	16
35 Handicrafts	15	14	12	16	37	37	39
36 Hobbies, arts	3	2	2	1	6	4	3
33-36 Sports and active leisure	43	27	30	29	70	56	60
<i>Mass media</i>							
37 Reading books...	16	20	17	20	19	30	34
38 Newspapers	17	15	12	6	34	19	11
39 Magazine, unspecified	15	0	2	3	23	0	3
40 Radio	6	10	1	0	20	20	2
41 Television	99	77	83	91	139	97	120
42 Records	1	1	1	1	3	1	2
37-42 Mass media total	153	123	116	122	239	167	172
<i>Passive leisure</i>							
43 Resting	16	11	8	16	40	21	52
<i>Travel during free time</i>							
44 Travel	26	17	20	13	29	14	17
23-44 Free time total..	324	230	236	220	550	327	397
<i>UNSPECIFIED</i>							
45 Unspecified	6	0	5	1	7	0	1
01-45 TOTAL	1 440	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY	675	395	576	1 089	339	118	371

4. Use of time by urban employed population by sex, *Participation*¹⁾

(%)

Activities	Males				Females			
	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
WORK								
01 Work	74.2	99.7	99.5	76.0	61.6	97.7	98.4	72.7
02 Waiting, delays...	11.6	80.5	60.5	59.4	11.2	73.4	50.0	57.8
03 Travel.....	64.5	98.8	98.0	75.4	54.0	97.0	98.1	71.3
01-03 Work total.....	74.7	99.7	99.5	76.6	61.8	98.5	98.8	73.1
DOMESTIC WORK								
<i>Housekeeping</i>								
04 Food preparation	57.3	64.3	40.7	63.6	86.4	97.2	89.0	92.0
05 Washing dishes..	19.2	26.0	13.5	26.4	61.2	80.0	50.2	64.9
06 Indoor clean.....	21.5	51.9	51.5	19.9	67.1	96.0	85.9	48.7
07 Outdoor clean.....	10.8	0.0	3.2	2.3	8.1	0.0	1.9	1.3
08 Laundry/iron.....	6.0	15.9	14.0	3.8	38.2	84.8	64.6	36.2
09 Clothes upkeep..	0.1	11.5	8.6	3.3	2.3	58.7	22.2	8.0
10 Home upkeep.....	14.3	8.0	34.6	10.4	4.4	1.0	5.2	0.8
11 Garden/pets.....	4.3	10.9	28.9	1.5	12.5	10.6	16.2	1.1
12 Heating and water.	10.4	35.7	11.3	7.7	5.1	26.8	6.1	5.2
13 Other household.	29.4	76.4	6.4	20.7	24.6	48.1	10.8	18.9
04-13 Housekeeping...	78.3	96.5	90.4	81.6	95.3	99.8	99.3	96.9
<i>Child care</i>								
14 Child care	23.5	51.3	32.4	41.5	32.4	53.4	45.1	47.8
15 Travel.....	11.3	26.8	2.5	11.2	10.6	30.6	4.9	15.5
14-15 Care of children	26.6	53.7	32.4	42.3	33.4	53.9	45.1	47.9
<i>Purchasing of goods and services</i>								
16 Shopping	42.1	74.6	65.2	45.3	59.8	94.9	81.9	67.8
17 Errands.....	18.9	14.2	10.5	9.2	24.5	31.7	16.5	12.7
18 Travel.....	36.6	71.1	34.3	44.2	52.8	88.9	46.0	65.1
16-18 Purchasing of goods and services.....	48.7	78.5	72.6	49.8	69.1	95.7	84.2	71.6
04-18 Domestic work total.....	87.9	98.8	97.6	90.5	98.9	100.0	99.8	98.8
01-18 Work load total	97.3	100.0	100.0	98.7	99.3	100.0	100.0	99.8
PRIVATE NEEDS								
19 Sleep	99.8	100.0	100.0	99.8	100.0	100.0	100.0	100.0
20 Meals	99.5	100.0	99.8	99.8	99.7	100.0	100.0	99.4
21 Other needs.....	93.7	100.0	97.8	99.7	97.6	100.0	99.0	99.8
22 Travel.....	11.7	57.8	1.2	0.9	5.6	55.7	1.4	0.6
19-22 Private needs total.....	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
FREE TIME								
<i>Study</i>								
23 Attend school.....	0.5	0.6	2.7	0.3	0.7	0.5	1.9	0.5
24 Other study.....	5.4	7.7	4.9	5.2	5.8	11.1	5.7	4.2
23-24 Study.....	5.7	8.0	7.1	5.3	6.2	11.1	7.6	4.4
<i>Participation</i>								
25 Participatory activities.....	6.2	20.7	14.0	10.5	5.6	26.1	10.8	8.0

¹⁾In Finland and in Russia: per day
In Latvia: per three days
In Lithuania: per week

4. Cont'd

(%)

Activities	Males				Females			
	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
<i>Culture, entertainment</i>								
26 Movies.....	0.3	26.8	26.7	5.1	1.3	29.6	28.3	3.8
27 Cultural services .	1.4	11.2	5.9	0.1	3.2	17.2	13.5	0.6
28 Mass culture	—	7.4	8.1	1.0	0.6	11.1	7.5	0.2
29 Sport event	2.0	5.0	0.0	0.5	0.9	2.3	0.4	0.1
26–29 Culture, entertainment....	3.7	37.8	33.3	6.5	5.7	44.3	38.7	4.7
<i>Social life</i>								
30 Visits	32.4	55.5	51.2	18.7	40.4	62.8	60.2	11.2
31 Pubs.....	6.9	7.7	3.9	1.4	5.0	13.7	10.8	0.4
32 Conversation, letters	33.2	41.0	19.9	27.6	50.7	57.2	22.6	27.5
30–32 Social life.....	57.8	69.0	61.3	41.8	69.6	80.0	68.4	34.6
<i>Sports and active leisure</i>								
33 Active sport	20.2	44.3	37.0	29.4	17.3	18.7	31.3	23.9
34 Walks	19.4	32.7	31.4	11.7	22.9	39.0	33.7	12.4
35 Handicrafts	—	1.8	1.5	0.8	17.5	41.5	29.3	18.1
36 Hobbies, arts.....	9.3	31.6	9.3	3.5	5.6	13.7	4.7	3.2
33–36 Sports and active leisure	40.5	70.8	59.1	39.2	50.7	73.9	67.7	46.0
<i>Mass media</i>								
37 Reading books....	18.4	59.3	39.0	36.9	26.0	71.9	48.1	32.8
38 Newspapers.....	60.8	80.5	65.7	42.6	55.9	71.9	49.7	21.3
39 Magazine, unspecified.....	34.0	0.0	7.8	9.7	39.6	0.0	11.5	8.5
40 Radio.....	16.6	40.1	8.1	6.5	17.1	48.1	5.9	1.9
41 Television.....	87.4	98.2	95.3	88.5	84.6	97.7	93.8	80.2
42 Records.....	6.3	13.9	6.6	3.9	2.1	12.2	1.9	2.1
37–42 Mass media total	96.2	99.7	97.3	95.0	95.4	99.8	98.1	89.7
<i>Passive leisure</i>								
43 Resting.....	32.4	52.8	35.5	46.2	28.5	48.9	31.6	29.7
<i>Travel during free time</i>								
44 Travel.....	41.1	75.2	56.9	22.2	40.1	72.2	58.9	20.3
23–44 Free time total ...	98.5	100.0	99.8	99.2	99.7	100.0	99.7	98.4
<i>UNSPECIFIED</i>								
45 Unspecified.....	15.6	0	11.0	0.3	13.2	1.3	13.4	0.5
01–45 TOTAL.....	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
FREQUENCY.....	621	339	408	822	675	395	576	1 089

5. Use of time by urban employed population by age, *Males*

Minutes per day

Activities	18-29 years				30-49 years				50 and older			
	Finland All towns	Latvia Valmiera	Lithu- ania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Lithu- ania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Lithu- ania Shiauliai	Russia Pskov
WORK												
01 Work.....	357	348	350	365	349	367	387	387	329	355	369	357
02 Waiting, delays...	1	17	17	15	2	20	15	16	2	18	15	14
03 Travel.....	27	38	40	44	29	44	48	47	30	43	44	43
01-03 Work total.....	385	404	407	424	380	431	450	449	361	415	428	414
DOMESTIC WORK												
<i>Housekeeping</i>												
04 Food preparation	12	9	8	17	16	13	12	24	15	12	7	21
05 Washing dishes..	4	3	3	4	4	2	2	5	2	3	1	3
06 Indoor clean.....	6	7	14	6	10	6	15	6	7	6	16	8
07 Outdoor clean.....	2	0	1	1	4	0	2	2	7	0	3	2
08 Laundry/iron.....	1	4	3	2	2	3	3	1	5	1	1	3
09 Clothes upkeep..	-	2	2	1	0	1	1	1	-	1	2	1
10 Home upkeep.....	11	4	22	4	15	6	25	9	5	3	34	7
11 Garden/pets.....	1	4	12	1	1	3	29	0	2	6	39	2
12 Heating and water.	4	7	5	3	3	13	4	4	8	21	5	7
13 Other household.	14	31	3	9	13	43	4	17	14	38	3	13
04-13 Housekeeping...	53	71	73	48	69	90	97	68	64	92	111	67
<i>Child care</i>												
14 Child care	14	40	20	34	25	26	15	32	-	8	2	13
15 Travel.....	1	10	2	6	5	5	1	6	0	3	-	2
14-15 Care of children	15	50	22	39	30	31	16	37	0	11	2	14
<i>Purchasing of goods and services</i>												
16 Shopping	15	10	16	10	13	11	26	14	8	14	24	17
17 Errands.....	6	1	4	7	8	1	2	6	8	1	7	6
18 Travel.....	13	9	4	13	11	7	7	16	9	11	7	17
16-18 Purchasing of goods and services.....	33	19	24	30	32	20	35	36	25	26	38	40
04-18 Domestic work total.....	102	141	119	117	131	141	148	141	89	129	151	121
01-18 Work load total	487	544	526	541	511	572	598	590	450	544	579	535
PRIVATE NEEDS												
19 Sleep	503	491	466	469	473	479	465	465	479	490	464	469
20 Meals.....	67	67	69	68	73	69	71	72	88	73	79	76
21 Other needs.....	41	42	35	47	38	42	36	46	38	44	40	47
22 Travel.....	4	7	1	0	2	6	1	0	3	7	1	0
19-22 Private needs total.....	615	608	571	583	586	596	573	583	607	615	584	592
FREE TIME												
<i>Study</i>												
23 Attend school.....	1	1	11	0	-	0	1	1	4	0	-	0
24 Other study.....	6	4	7	10	3	2	2	4	5	2	4	2
23-24 Study.....	7	4	18	10	3	2	3	5	9	2	4	2
<i>Participation</i>												
25 Participatory activities.....	6	2	8	8	7	6	7	10	18	4	8	12

5. Cont'd

Minutes per day

Activities	18-29 years				30-49 years				50 and older			
	Finland All towns	Latvia Valmiera	Lithu- ania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Lithu- ania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Lithu- ania Shiauliai	Russia Pskov
<i>Culture, entertainment</i>												
26 Movies.....	1	8	14	14	0	4	5	3	-	5	5	2
27 Cultural services .	1	1	4	0	0	1	2	0	1	2	1	0
28 Mass culture	-	3	3	5	-	1	2	0	-	2	1	0
29 Sport event	4	2	-	1	3	1	-	0	1	0	-	0
26-29 Culture, entertainment....	5	14	21	20	3	8	9	4	3	9	7	2
<i>Social life</i>												
30 Visits	41	17	33	16	31	14	26	10	19	13	12	10
31 Pubs.....	11	2	2	5	9	1	1	0	1	1	0	0
32 Conversation, letters	13	9	7	9	12	6	5	8	13	8	1	10
30-32 Social life.....	65	28	42	30	52	22	32	18	34	21	13	20
<i>Sports and active leisure</i>												
33 Active sport.....	18	19	21	16	19	23	12	13	13	16	7	18
34 Walks	11	11	16	13	12	5	8	5	16	9	8	8
35 Handicrafts	-	0	1	0	-	1	1	1	-	1	0	3
36 Hobbies, arts.....	10	12	7	3	7	8	3	3	17	9	2	0
33-36 Sports and active leisure	39	42	45	32	39	37	24	22	45	35	17	29
<i>Mass media</i>												
37 Reading books....	11	18	12	38	15	21	17	27	15	24	15	29
38 Newspapers.....	16	14	17	9	25	22	21	14	25	30	40	22
39 Magazine, unspecified.....	11	0	1	3	13	0	1	5	18	0	6	5
40 Radio.....	5	7	1	1	5	6	1	2	17	10	3	4
41 Television.....	111	114	115	115	131	113	120	125	140	110	140	134
42 Records.....	7	9	5	7	2	2	1	1	2	1	-	2
37-42 Mass media total	161	162	151	173	192	162	161	174	216	176	204	195
<i>Passive leisure</i>												
43 Resting.....	13	11	24	18	17	11	9	18	32	16	13	34
<i>Travel during free time</i>												
44 Travel.....	31	25	32	25	25	25	15	15	23	17	8	17
23-44 Free time total ...	327	288	341	316	337	272	260	266	380	281	274	313
<i>UNSPECIFIED</i>												
45 Unspecified.....	12	0	2	0	6	0	9	1	3	0	3	0
01-45 TOTAL.....	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY.....	160	98	129	170	362	145	193	425	99	96	79	227

6. Use of time by urban employed population by age, *Females*

Minutes per day

Activities	18-29 years				30-49 years				50 and older			
	Finland All towns	Latvia Valmiera	Lithu- ania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Lithu- ania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Lithu- ania Shiauliai	Russia Pskov
WORK												
01 Work	266	314	347	349	263	328	353	343	229	318	370	333
02 Waiting, delays ...	1	14	10	12	2	14	11	11	2	13	11	12
03 Travel	27	29	35	35	28	36	38	36	23	36	43	37
01-03 Work total	294	357	392	396	293	378	402	390	254	368	424	382
DOMESTIC WORK												
<i>Housekeeping</i>												
04 Food preparation	29	37	35	47	50	62	62	74	48	68	55	75
05 Washing dishes ..	11	12	6	10	17	16	11	14	18	20	6	15
06 Indoor clean	28	23	31	15	33	29	35	22	35	30	37	23
07 Outdoor clean	2	0	0	0	3	0	1	1	3	0	4	0
08 Laundry/iron	8	19	16	20	17	26	24	34	14	23	14	27
09 Clothes upkeep ..	0	11	3	2	1	12	5	4	1	9	1	2
10 Home upkeep	4	0	3	1	2	1	3	1	6	0	1	1
11 Garden/pets	1	1	6	0	3	2	11	0	2	5	17	1
12 Heating and water.	-	2	1	1	2	6	1	2	2	9	4	5
13 Other household.	10	6	4	4	11	12	5	6	21	10	9	8
04-13 Housekeeping...	93	111	105	100	139	165	158	158	150	173	148	158
<i>Child care</i>												
14 Child care	52	54	25	50	37	36	29	44	3	16	8	13
15 Travel	4	14	2	10	4	7	1	5	-	4	1	2
14-15 Care of children	56	67	27	60	41	43	30	49	3	21	9	15
<i>Purchasing of goods and services</i>												
16 Shopping	20	22	26	18	21	28	36	25	28	27	38	25
17 Errands	7	2	6	5	9	2	4	6	13	2	4	8
18 Travel	12	13	9	21	14	19	10	24	19	17	7	28
16-18 Purchasing of goods and services	39	38	41	45	44	48	50	55	61	46	49	61
04-18 Domestic work total	189	216	173	205	224	256	238	261	214	239	206	234
01-18 Work load total	483	573	565	600	517	634	640	651	468	607	630	616
PRIVATE NEEDS												
19 Sleep	516	490	478	481	485	474	463	467	491	487	473	481
20 Meals	70	66	66	65	67	67	69	67	71	64	67	65
21 Other needs	49	48	48	57	48	46	46	50	45	46	47	48
22 Travel	1	6	1	0	1	6	0	0	2	6	0	0
19-22 Private needs total	636	611	593	604	601	593	578	584	610	603	587	595
FREE TIME												
<i>Study</i>												
23 Attend school	6	1	4	1	0	0	1	1	-	0	-	0
24 Other study	6	7	7	10	6	2	4	5	3	1	3	1
23-24 Study	12	8	11	11	6	2	5	6	3	1	3	1
<i>Participation</i>												
25 Participatory activities	2	4	5	5	6	6	6	6	14	3	2	10

6. Cont'd

Minutes per day

Activities	18-29 years				30-49 years				50 and older			
	Finland All towns	Latvia Valmiera	Lithu- ania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Lithu- ania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Lithu- ania Shiauliai	Russia Pskov
<i>Culture, entertainment</i>												
26 Movies.....	1	9	17	9	2	5	6	3	2	4	4	1
27 Cultural services..	2	3	6	1	2	4	3	0	2	3	4	1
28 Mass culture	0	7	2	0	2	3	1	0	-	2	1	0
29 Sport event	2	1	-	0	2	0	0	0	-	0	-	0
26-29 Culture, entertainment....	5	19	25	10	7	12	10	4	4	9	9	2
<i>Social life</i>												
30 Visits	52	21	41	18	35	16	25	9	34	14	22	10
31 Pubs.....	14	5	5	1	6	1	1	0	3	1	0	1
32 Conversation, letters	20	14	6	10	19	10	3	7	24	11	1	11
30-32 Social life.....	87	40	52	29	60	27	29	16	61	26	24	22
<i>Sports and active leisure</i>												
33 Active sport.....	10	3	4	5	14	6	8	5	11	2	4	4
34 Walks	13	7	12	7	14	5	9	7	13	9	9	9
35 Handicrafts.....	14	12	14	14	13	13	12	16	22	18	8	17
36 Hobbies, arts.....	3	4	1	2	2	3	2	1	4	1	2	1
33-36 Sports and active leisure	39	26	31	29	43	26	31	29	48	29	23	31
<i>Mass media</i>												
37 Reading books....	10	21	23	22	16	19	14	20	20	22	19	19
38 Newspapers.....	11	10	8	4	16	14	13	6	25	20	18	9
39 Magazine, unspecified.....	13	0	2	4	13	0	2	3	21	0	3	3
40 Radio.....	4	10	1	0	6	8	1	0	10	12	2	1
41 Television.....	89	80	87	90	95	71	80	89	121	83	87	99
42 Records.....	1	3	1	3	1	1	1	0	0	0	-	0
37-42 Mass media total	128	124	122	122	147	113	111	119	196	137	129	130
<i>Passive leisure</i>												
43 Resting.....	9	10	4	12	21	10	9	15	11	11	12	23
<i>Travel during free time</i>												
44 Travel.....	35	24	30	19	25	15	16	11	19	13	17	10
23-44 Free time total ...	316	256	280	236	315	212	217	205	358	229	219	229
<i>UNSPECIFIED</i>												
45 Unspecified.....	6	0	2	0	6	0	5	1	5	0	4	1
01-45 TOTAL.....	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY.....	152	114	175	248	390	170	331	570	133	111	54	271

7. Use of time by urban population of age 18 and over by family cycle, Males

Minutes per day

Activities	Unmarried, no children			Married, children aged from 0 to 5 or 6 years			Married, children aged from 6 or 7 to 17 years			Married, no children		
	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
WORK												
01 Work	188	295	273	324	324	370	342	373	368	206	295	312
02 Waiting, delays ...	1	18	12	2	16	17	2	22	15	1	13	11
03 Travel	15	38	33	30	36	45	24	46	43	17	34	39
01-03 Work total	205	351	318	356	375	432	367	441	426	224	342	362
DOMESTIC WORK												
<i>Housekeeping</i>												
04 Food preparation	22	11	31	20	13	19	13	13	22	18	12	24
05 Washing dishes ..	8	2	4	5	3	5	4	2	5	7	3	5
06 Indoor clean	12	8	7	12	7	7	10	5	8	12	6	8
07 Outdoor clean	4	0	0	3	0	1	6	0	1	11	0	4
08 Laundry/iron	4	2	1	1	3	3	1	2	3	2	2	2
09 Clothes upkeep ..	-	2	1	0	1	1	-	1	1	0	1	1
10 Home upkeep	9	5	6	15	5	6	10	4	10	11	8	8
11 Garden/pets	0	1	1	2	3	1	1	2	1	2	15	2
12 Heating and water.	3	7	6	6	17	3	9	13	4	7	32	9
13 Other household.	14	23	12	10	39	12	11	47	20	18	44	17
04-13 Housekeeping ...	77	62	69	74	92	58	65	89	75	87	122	80
<i>Child care</i>												
14 Child care	7	3	3	63	39	61	8	12	27	1	7	8
15 Travel	-	1	0	8	10	10	7	1	3	-	4	1
14-15 Care of children	7	4	3	71	49	71	15	13	31	1	11	9
<i>Purchasing of goods and services</i>												
16 Shopping	15	9	12	15	12	11	11	13	15	16	19	17
17 Errands	8	0	7	8	1	7	7	1	5	10	1	8
18 Travel	13	6	16	12	10	14	9	10	15	16	12	24
16-18 Purchasing of goods and services	35	15	35	34	23	32	27	25	35	41	32	48
04-18 Domestic work total	119	81	107	179	163	160	107	127	141	129	165	137
01-18 Work load total	323	432	425	535	539	593	474	568	567	353	508	499
PRIVATE NEEDS												
19 Sleep	505	506	489	469	495	465	488	487	468	486	501	479
20 Meals	76	68	65	75	73	71	78	68	72	83	72	77
21 Other needs	41	38	43	38	45	47	40	44	46	46	46	52
22 Travel	4	8	1	2	6	0	2	5	0	1	15	0
19-22 Private needs total	626	620	598	584	619	583	609	604	587	616	635	607
FREE TIME												
<i>Study</i>												
23 Attend school	32	28	15	11	0	0	2	0	2	1	0	1
24 Other study	25	6	29	1	3	6	8	2	9	4	1	6
23-24 Study	58	34	44	13	3	6	10	2	10	5	1	6
<i>Participation</i>												
25 Participatory activities	21	3	4	6	4	10	9	6	10	10	3	10

7. Cont'd

Minutes per day

Activities	Unmarried, no children			Married, children aged from 0 to 5 or 6 years			Married, children aged from 6 or 7 to 17 years			Married, no children		
	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
<i>Culture, entertainment</i>												
26 Movies.....	1	12	21	-	5	3	1	3	6	-	4	1
27 Cultural services .	2	1	0	0	1	0	1	1	0	3	3	0
28 Mass culture	0	12	8	-	2	1	-	0	0	0	2	0
29 Sport event	2	1	3	6	1	0	1	1	0	2	0	0
26-29 Culture, entertainment....	6	27	31	6	8	4	2	6	7	4	9	1
<i>Social life</i>												
30 Visits	37	21	21	32	13	10	26	15	10	34	14	11
31 Pubs.....	21	3	4	4	1	1	7	0	1	3	2	1
32 Conversation, letters	12	7	15	16	8	7	14	8	8	14	9	12
30-32 Social life.....	70	31	40	53	22	18	46	23	19	52	24	24
<i>Sports and active leisure</i>												
33 Active sport.....	16	24	19	13	17	13	15	25	9	25	17	18
34 Walks	13	15	28	9	10	5	12	5	5	27	12	11
35 Handicrafts.....	0	0	0	-	0	1	-	2	2	-	0	2
36 Hobbies, arts.....	11	17	4	8	10	2	6	7	4	18	7	2
33-36 Sports and active leisure	40	56	51	30	37	21	32	38	21	70	37	33
<i>Mass media</i>												
37 Reading books....	13	28	45	10	23	32	17	21	30	18	24	30
38 Newspapers.....	26	18	9	21	21	14	30	23	15	36	34	24
39 Magazine, unspecified.....	15	0	2	10	0	4	16	0	6	21	0	6
40 Radio.....	19	9	3	4	9	1	9	5	4	22	17	4
41 Television.....	120	107	120	131	120	119	120	107	119	161	113	149
42 Records.....	7	15	9	2	3	2	3	2	2	2	0	1
37-42 Mass media total	200	177	188	177	175	171	195	158	176	261	188	214
<i>Passive leisure</i>												
43 Resting.....	30	21	25	14	13	22	29	11	26	29	16	29
<i>Travel during free time</i>												
44 Travel.....	51	39	34	20	20	11	25	25	17	29	19	16
23-44 Free time total...	476	388	417	318	283	264	348	268	285	460	297	333
UNSPECIFIED												
45 Unspecified.....	15	0	0	4	0	0	9	0	1	10	0	0
01-45 TOTAL.....	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY.....	250	56	113	182	181	226	109	77	261	306	63	307

8. Use of time by urban population of age 18 and over by family cycle, Females
Minutes per day

Activities	Unmarried, no children			Married, children aged from 0 to 5 or 6 years			Married, children aged from 6 or 7 to 17 years			Married, no children		
	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
WORK												
01 Work.....	97	235	210	120	220	226	275	304	338	174	278	260
02 Waiting, delays...	1	10	8	1	9	7	2	16	11	1	11	9
03 Travel.....	11	23	23	12	23	20	24	33	35	20	33	28
01-03 Work total.....	109	269	240	132	252	253	301	353	385	195	322	297
DOMESTIC WORK												
<i>Housekeeping</i>												
04 Food preparation	45	42	60	62	69	77	52	68	83	47	78	86
05 Washing dishes..	14	15	14	21	22	17	20	16	16	19	25	20
06 Indoor clean.....	28	25	22	48	32	20	35	29	26	37	32	29
07 Outdoor clean.....	3	0	1	4	0	0	3	0	1	4	0	1
08 Laundry/iron.....	10	13	25	17	33	38	18	27	32	14	27	30
09 Clothes upkeep..	1	14	3	1	10	2	1	16	4	1	14	5
10 Home upkeep.....	1	0	0	1	1	1	1	0	4	0	1	1
11 Garden/pets.....	2	3	1	1	3	0	2	3	1	2	6	2
12 Heating and water.	2	8	6	2	6	3	2	5	2	4	13	5
13 Other household..	13	11	9	17	10	3	11	12	7	20	11	10
04-13 Housekeeping...	119	129	141	173	186	161	145	177	169	151	204	187
<i>Child care</i>												
14 Child care.....	4	8	5	158	113	160	16	28	41	3	24	20
15 Travel.....	0	1	0	11	16	14	2	2	6	0	5	2
14-15 Care of children	4	9	5	168	129	174	18	29	47	3	29	22
<i>Purchasing of goods and services</i>												
16 Shopping.....	19	23	21	19	25	22	19	31	26	24	26	29
17 Errands.....	11	2	7	8	2	7	9	2	5	11	2	8
18 Travel.....	17	15	26	16	16	24	3	22	25	16	16	33
16-18 Purchasing of goods and services.....	47	39	54	43	43	52	42	55	55	51	44	70
04-18 Domestic work total.....	170	178	200	384	357	387	205	262	271	205	277	278
01-18 Work load total	279	447	440	516	609	640	506	615	656	399	600	575
PRIVATE NEEDS												
19 Sleep.....	501	531	528	500	492	470	491	483	461	515	489	488
20 Meals.....	80	69	67	71	66	66	68	68	67	73	69	69
21 Other needs.....	54	50	54	42	46	48	49	48	50	48	45	53
22 Travel.....	1	5	0	1	6	0	0	8	0	1	4	0
19-22 Private needs total.....	637	655	650	615	611	584	608	606	578	638	607	610
FREE TIME												
<i>Study</i>												
23 Attend school.....	25	16	9	17	0	2	6	0	1	10	0	2
24 Other study.....	16	9	27	11	2	12	7	2	4	7	1	4
23-24 Study.....	41	25	36	28	2	14	13	2	5	16	1	5
<i>Participation</i>												
25 Participatory activities.....	15	3	9	7	4	6	11	5	6	8	5	3

8. Cont'd

Minutes per day

Activities	Unmarried, no children			Married, children aged from 0 to 5 or 6 years			Married, children aged from 6 or 7 to 17 years			Married, no children		
	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
<i>Culture, entertainment</i>												
26 Movies.....	2	8	7	-	5	2	2	4	3	1	3	2
27 Cultural services .	3	4	2	1	2	0	2	4	0	1	2	0
28 Mass culture	1	6	0	0	2	0	0	4	0	1	3	1
29 Sport event	1	1	0	0	0	0	3	1	0	1	0	0
26-29 Culture, entertainment....	6	18	9	1	9	2	7	13	3	3	8	3
<i>Social life</i>												
30 Visits	65	25	23	35	13	10	32	19	6	44	16	11
31 Pubs.....	10	3	1	2	2	0	2	0	0	5	1	1
32 Conversation, letters	26	13	19	24	12	9	19	11	8	22	13	12
30-32 Social life.....	100	41	42	60	27	19	52	30	14	71	30	24
<i>Sports and active leisure</i>												
33 Active sport.....	10	5	6	9	2	3	13	4	4	10	2	5
34 Walks	11	12	15	14	6	6	13	4	8	22	8	10
35 Handicrafts.....	24	25	25	20	19	19	15	9	15	32	23	23
36 Hobbies, arts.....	5	5	4	3	2	0	2	4	1	4	0	1
33-36 Sports and active leisure.....	50	47	50	46	29	28	43	21	27	68	33	39
<i>Mass media</i>												
37 Reading books....	18	38	34	10	16	17	14	19	20	19	16	21
38 Newspapers.....	31	19	8	14	13	6	18	15	6	24	21	9
39 Magazine, unspecified.....	25	0	2	9	0	3	15	0	3	17	0	4
40 Radio.....	19	17	2	3	11	0	6	10	1	11	10	0
41 Television.....	140	83	96	85	83	93	94	74	95	114	88	111
42 Records.....	3	2	2	1	1	1	1	1	0	1	0	1
37-42 Mass media total	235	159	144	121	124	120	148	118	126	186	135	146
<i>Passive leisure</i>												
43 Resting.....	38	20	39	10	10	17	28	14	16	20	9	24
<i>Travel during free time</i>												
44 Travel.....	32	24	21	26	14	11	22	15	9	26	12	9
23-44 Free time total...	517	338	349	301	220	217	325	219	206	397	234	253
<i>UNSPECIFIED</i>												
45 Unspecified.....	7	0	1	9	0	0	2	0	1	6	0	1
01-45 TOTAL.....	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY.....	346	139	359	157	198	270	161	84	288	304	71	343

9. Use of time by urban employed population by socio-economic status, *Males*

Minutes per day

Activities	Administrative and clerical employees				Workers in industry and construction			
	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>
WORK								
01 Work.....	332	355	365	373	378	349	355	370
02 Waiting, delays ...	1	13	8	11	4	22	17	18
03 Travel.....	30	41	41	45	32	42	43	46
01-03 Work total.....	362	408	414	429	414	414	415	433
DOMESTIC WORK								
<i>Housekeeping</i>								
04 Food preparation	14	11	13	19	18	13	9	23
05 Washing dishes ..	4	3	2	4	4	3	2	4
06 Indoor clean.....	12	6	18	6	3	6	14	7
07 Outdoor clean.....	3	0	2	1	5	0	2	1
08 Laundry/iron.....	3	2	4	1	1	3	2	2
09 Clothes upkeep ..	0	2	3	1	-	1	1	1
10 Home upkeep.....	16	2	28	7	10	6	26	7
11 Garden/pets.....	2	5	22	0	2	2	27	1
12 Heating and water.	3	13	5	2	4	11	5	4
13 Other household.	15	45	4	14	12	30	4	14
04-13 Housekeeping ...	71	89	101	54	58	76	92	63
<i>Child care</i>								
14 Child care	20	24	13	28	15	26	15	27
15 Travel.....	5	7	1	4	1	6	2	5
14-15 Care of children	26	30	14	33	16	32	17	31
<i>Purchasing of goods and services</i>								
16 Shopping	13	13	22	13	13	12	26	15
17 Errands.....	8	1	3	8	9	1	4	5
18 Travel.....	11	9	6	14	12	8	6	17
16-18 Purchasing of goods and services	32	24	31	35	34	21	36	37
04-18 Domestic work total.....	128	143	146	122	109	129	145	131
01-18 Work load total	490	551	560	551	523	543	560	564
PRIVATE NEEDS								
19 Sleep	481	476	466	468	477	492	465	468
20 Meals	76	70	75	72	69	67	66	71
21 Other needs.....	42	45	40	49	36	41	34	45
22 Travel.....	3	8	0	0	3	5	0	0
19-22 Private needs total.....	603	598	581	589	585	604	565	583
FREE TIME								
<i>Study</i>								
23 Attend school.....	1	0	2	1	1	0	6	1
24 Other study.....	7	5	5	7	2	1	4	6
23-24 Study.....	8	5	7	8	3	1	10	6
<i>Participation</i>								
25 Participatory activities.....	10	7	11	19	5	3	4	6

9. Cont'd

Minutes per day

Activities	Administrative and clerical employees				Workers in industry and construction			
	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>
<i>Culture, entertainment</i>								
26 Movies.....	1	5	4	3	—	7	11	8
27 Cultural services ..	1	2	3	0	1	1	2	0
28 Mass culture	—	2	2	1	—	2	2	2
29 Sport event	3	1	0	1	4	1	—	0
26–29 Culture, entertainment....	4	10	9	5	4	11	15	11
<i>Social life</i>								
30 Visits	29	17	24	11	31	15	27	11
31 Pubs.....	8	1	1	2	6	2	1	0
32 Conversation, letters	15	8	5	7	10	7	4	11
30–32 Social life.....	53	27	30	20	47	24	32	22
<i>Sports and active leisure</i>								
33 Active sport.....	20	19	20	24	20	22	10	13
34 Walks	12	8	9	8	14	9	15	10
35 Handicrafts.....	—	0	1	4	—	2	1	0
36 Hobbies, arts.....	14	14	5	5	7	9	4	2
33–36 Sports and active leisure	46	42	35	40	41	42	30	25
<i>Mass media</i>								
37 Reading books....	13	24	20	32	16	20	13	32
38 Newspapers.....	27	25	28	18	17	20	24	14
39 Magazine, unspecified.....	14	0	3	7	13	0	2	4
40 Radio.....	6	6	2	1	6	7	1	2
41 Television.....	121	106	113	109	131	123	136	126
42 Records.....	3	3	2	3	4	4	3	3
37–42 Mass media total	184	165	168	171	187	174	179	181
<i>Passive leisure</i>								
43 Resting.....	14	12	6	18	16	13	22	25
<i>Travel during free time</i>								
44 Travel	24	24	24	21	22	24	18	18
23–44 Free time total...	342	291	290	300	326	293	310	292
<i>UNSPECIFIED</i>								
45 Unspecified.....	5	0	9	0	7	0	5	1
01–45 TOTAL.....	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY.....	287	116	154	224	175	110	179	380

10. Use of time by urban employed population by socio-economic status, *Females*

Minutes per day

Activities	Administrative and clerical employees				Workers in industry and construction			
	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>
WORK								
01 Work	255	336	355	343	333	286	357	332
02 Waiting, delays...	1	12	11	10	4	22	10	15
03 Travel.....	28	32	35	37	38	37	44	32
01-03 Work total.....	284	379	401	390	375	345	411	378
DOMESTIC WORK								
<i>Housekeeping</i>								
04 Food preparation	40	54	52	63	43	64	56	71
05 Washing dishes ..	14	15	10	13	15	16	6	14
06 Indoor clean.....	33	27	31	21	27	28	40	18
07 Outdoor clean.....	3	0	0	1	1	0	0	0
08 Laundry/iron.....	14	25	22	27	16	24	19	31
09 Clothes upkeep ..	1	12	5	3	1	9	4	3
10 Home upkeep.....	3	1	4	1	1	0	2	0
11 Garden/pets.....	3	1	6	0	2	3	17	0
12 Heating and water.	1	5	2	1	2	2	1	3
13 Other household.	11	9	5	5	4	11	7	8
04-13 Housekeeping...	123	150	137	135	112	156	152	147
<i>Child care</i>								
14 Child care	36	37	26	40	13	43	23	41
15 Travel.....	4	9	1	7	1	10	1	5
14-15 Care of children	39	46	27	46	15	53	24	46
<i>Purchasing of goods and services</i>								
16 Shopping	22	24	29	21	19	33	39	29
17 Errands.....	8	2	5	6	15	2	4	7
18 Travel.....	14	15	11	22	16	22	5	28
16-18 Purchasing of goods and services	44	40	45	49	51	57	48	64
04-18 Domestic work total.....	206	235	209	231	177	267	224	257
01-18 Work load total	490	615	610	621	552	612	635	636
PRIVATE NEEDS								
19 Sleep	496	479	470	476	470	482	468	465
20 Meals	68	64	67	66	65	67	60	66
21 Other needs.....	50	46	47	53	45	47	45	51
22 Travel.....	1	6	0	0	0	7	-	0
19-22 Private needs total.....	616	595	584	595	580	604	573	582
FREE TIME								
<i>Study</i>								
23 Attend school.....	3	0	2	1	-	0	1	3
24 Other study	6	4	7	10	-	2	1	2
23-24 Study.....	9	4	9	10	-	2	2	5
<i>Participation</i>								
25 Participatory activities.....	7	6	6	8	5	3	3	5

10. Cont'd

Minutes per day

Activities	Administrative and clerical employees				Workers in industry and construction			
	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
<i>Culture, entertainment</i>								
26 Movies.....	2	6	9	4	—	5	7	6
27 Cultural services .	2	4	5	1	1	2	3	0
28 Mass culture	1	4	1	0	—	4	1	0
29 Sport event	2	0	0	0	2	0	—	0
26–29 Culture, entertainment....	6	14	15	6	4	12	11	6
<i>Social life</i>								
30 Visits	39	17	29	15	39	18	33	10
31 Pubs.....	9	2	3	0	3	1	1	1
32 Conversation, letters	23	12	4	9	9	13	3	8
30–32 Social life.....	71	32	36	24	50	32	37	18
<i>Sports and active leisure</i>								
33 Active sport	12	4	7	6	13	5	6	5
34 Walks	13	7	10	6	9	4	9	8
35 Handicrafts	13	14	13	16	14	12	10	16
36 Hobbies, arts.....	4	3	2	2	0	1	1	1
33–36 Sports and active leisure	41	29	32	30	37	23	26	30
<i>Mass media</i>								
37 Reading books....	18	21	19	22	8	17	15	18
38 Newspapers	16	16	13	6	15	12	9	7
39 Magazine, unspecified.....	14	0	2	4	15	0	1	2
40 Radio.....	5	8	1	0	8	11	1	1
41 Television.....	94	74	77	86	117	76	95	103
42 Records.....	1	1	1	1	1	1	0	1
37–42 Mass media total	148	120	113	119	165	117	121	131
<i>Passive leisure</i>								
43 Resting.....	19	7	6	12	10	18	11	17
<i>Travel during free time</i>								
44 Travel.....	28	17	23	14	31	17	16	11
23–44 Free time total ...	329	230	240	223	301	224	227	223
<i>UNSPECIFIED</i>								
45 Unspecified	4	0	6	1	7	0	5	0
01–45 TOTAL.....	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY.....	430	213	374	569	69	89	129	262

11. Use of time by urban employed population by type of day, Both sexes
Minutes per day

Activities	Workday			Day off		
	Finland All towns	Lithuania Shiauliai	Russia Pskov	Finland All towns	Lithuania Shiauliai	Russia Pskov
WORK						
01 Work.....	461	484	477	19	17	16
02 Waiting, delays...	3	17	18	0	1	0
03 Travel	42	56	53	2	1	2
01-03 Work total.....	506	557	548	21	19	18
DOMESTIC WORK						
<i>Housekeeping</i>						
04 Food preparation	22	29	38	45	51	64
05 Washing dishes..	7	5	7	15	8	15
06 Indoor clean	13	18	8	34	47	30
07 Outdoor clean.....	2	1	0	5	2	3
08 Laundry/iron	6	8	11	13	27	30
09 Clothes upkeep ..	0	3	1	0	4	3
10 Home upkeep.....	6	7	2	10	28	8
11 Garden/pets.....	2	7	0	2	42	2
12 Heating and water.	2	2	2	4	6	7
13 Other household.	9	3	5	21	7	22
04-13 Housekeeping...	69	83	75	149	222	183
<i>Child care</i>						
14 Child care	14	19	27	47	24	54
15 Travel	3	1	6	3	1	3
14-15 Care of children	17	20	33	51	25	57
<i>Purchasing of goods and services</i>						
16 Shopping	15	28	15	22	27	27
17 Errands.....	8	4	3	9	4	15
18 Travel	10	9	15	18	7	34
16-18 Purchasing of goods and services.....	33	41	33	49	38	76
04-18 Domestic work total.....	119	144	142	248	285	316
01-18 Work load total	625	701	690	270	304	334
PRIVATE NEEDS						
19 Sleep	457	436	442	542	552	553
20 Meals.....	66	68	69	80	72	69
21 Other needs	41	39	46	48	52	58
22 Travel	2	0	0	2	1	0
19-22 Private needs total.....	566	543	557	672	677	681
FREE TIME						
<i>Study</i>						
23 Attend school	1	3	1	2	1	1
24 Other study.....	4	5	6	6	3	6
23-24 Study	5	8	6	8	4	7
<i>Participation</i>						
25 Participatory activities.....	6	5	8	11	7	7

11. Cont'd

Minutes per day

Activities	Work day			Day off		
	Finland <i>All towns</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>	Finland <i>All towns</i>	Lithuania <i>Shiauliai</i>	Russia <i>Pskov</i>
<i>Culture, entertainment</i>						
26 Movies	1	6	3	2	17	12
27 Cultural services	1	2	0	1	7	1
28 Mass culture	0	1	0	1	3	3
29 Sport event	1	—	0	4	1	1
26–29 Culture, entertainment...	2	9	3	9	28	16
<i>Social life</i>						
30 Visits	21	13	6	61	75	26
31 Pubs	7	1	0	9	4	3
32 Conversation, letters	13	3	6	25	8	17
30–32 Social life	40	17	13	93	87	47
<i>Sports and active leisure</i>						
33 Active sport	11	6	6	22	16	21
34 Walks	7	5	5	23	28	16
35 Handicrafts	4	6	6	13	11	16
36 Hobbies, arts	6	2	2	6	4	2
33–36 Sports and active leisure	29	19	19	64	59	56
<i>Mass media</i>						
37 Reading books...	10	13	20	24	27	39
38 Newspapers	16	17	10	27	16	11
39 Magazine, unspecified	13	2	3	15	3	5
40 Radio	5	1	1	9	1	2
41 Television	92	83	89	151	151	156
42 Records	2	1	1	2	2	5
37–42 Mass media total	138	117	124	229	200	218
<i>Passive leisure</i>						
43 Resting	10	8	14	30	16	31
<i>Travel during free time</i>						
44 Travel	14	9	6	47	47	43
23–44 Free time total..	244	192	193	491	448	424
<i>UNSPECIFIED</i>						
45 Unspecified	6	4	0	7	11	1
01–45 TOTAL	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY	831	938	1 411	465	962	500

12. Use of time by urban employed population by type of day, *Males*

Minutes per day

Activities	Workday			Day off		
	Finland All towns	Lithuania Shiauliai	Russia Pskov	Finland All towns	Lithuania Shiauliai	Russia Pskov
WORK						
01 Work.....	484	492	489	25	23	23
02 Waiting, delays...	2	22	20	1	1	0
03 Travel.....	39	61	59	3	1	3
01-03 Work total.....	525	575	568	28	25	26
DOMESTIC WORK						
<i>Housekeeping</i>						
04 Food preparation	12	9	20	23	15	25
05 Washing dishes..	3	2	3	6	2	6
06 Indoor clean	6	10	4	15	31	15
07 Outdoor clean.....	3	1	1	6	2	5
08 Laundry/iron	1	1	1	3	7	3
09 Clothes upkeep..	0	1	1	-	2	1
10 Home upkeep.....	10	15	5	17	56	14
11 Garden/pets.....	1	12	0	2	63	3
12 Heating and water.	3	3	2	6	9	11
13 Other household.	10	2	7	20	6	36
04-13 Housekeeping...	50	56	43	99	193	118
<i>Child care</i>						
14 Child care.....	14	14	24	29	15	38
15 Travel.....	3	-	5	4	1	4
14-15 Care of children	17	14	29	32	16	42
<i>Purchasing of goods and services</i>						
16 Shopping.....	11	21	10	17	28	25
17 Errands.....	7	3	2	8	5	18
18 Travel.....	9	5	10	15	8	32
16-18 Purchasing of goods and services.....	27	29	22	40	41	74
04-18 Domestic work total.....	94	99	95	172	250	234
01-18 Work load total	619	674	663	200	275	260
PRIVATE NEEDS						
19 Sleep.....	455	434	439	546	551	554
20 Meals.....	70	72	72	83	73	70
21 Other needs	36	34	44	44	46	54
22 Travel.....	3	0	0	3	0	1
19-22 Private needs total.....	564	540	555	676	670	679
FREE TIME						
<i>Study</i>						
23 Attend school	1	5	0	1	1	1
24 Other study.....	3	5	6	7	2	5
23-24 Study.....	4	10	6	8	3	5
<i>Participation</i>						
25 Participatory activities.....	6	7	11	13	10	7

12. Cont'd

Minutes per day

Activities	Workday			Day off		
	Finland All towns	Lithuania Shiauliai	Russia Pskov	Finland All towns	Lithuania Sihauliai	Russia Pskov
<i>Culture, entertainment</i>						
26 Movies	0	5	3	1	18	16
27 Cultural services	1	2	0	1	3	0
28 Mass culture	—	1	0	—	4	6
29 Sport event	1	—	0	7	—	1
26-29 Culture, entertainment...	2	8	3	9	25	22
<i>Social life</i>						
30 Visits	20	11	8	60	71	23
31 Pubs.....	8	0	0	11	3	7
32 Conversation, letters	10	4	6	18	8	17
30-32 Social life.....	37	15	14	89	82	46
<i>Sports and active leisure</i>						
33 Active sport.....	13	10	8	30	24	37
34 Walks.....	6	5	5	27	28	18
35 Handicrafts.....	—	0	0	—	1	5
36 Hobbies, arts	9	3	2	11	7	4
33-36 Sports and active leisure.....	28	18	15	67	60	64
<i>Mass media</i>						
37 Reading books...	8	11	24	28	27	51
38 Newspapers.....	18	24	14	34	23	15
39 Magazine, unspecified.....	13	2	4	13	3	7
40 Radio	5	1	2	12	2	4
41 Television.....	101	103	105	190	185	182
42 Records	3	1	1	4	3	8
37-42 Mass media total.....	148	142	150	281	243	267
<i>Passive leisure</i>						
43 Resting.....	12	13	18	34	19	35
<i>Travel during free time</i>						
44 Travel.....	14	9	6	55	45	55
23-44 Free time total..	251	222	222	556	487	501
<i>UNSPECIFIED</i>						
45 Unspecified.....	6	4	1	8	8	0
01-45 TOTAL.....	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY.....	447	388	619	174	399	203

13. Use of time by urban employed population by type of day, *Females*

Minutes per day

Activities	Workday			Day off		
	Finland All towns	Lithuania Shiauliai	Russia Pskov	Finland All towns	Lithuania Shiauliai	Russia Pskov
WORK						
01 Work.....	433	478	466	15	13	11
02 Waiting, delays...	3	14	16	0	1	0
03 Travel	45	52	48	1	1	1
01-03 Work total.....	482	544	530	16	15	12
DOMESTIC WORK						
<i>Housekeeping</i>						
04 Food preparation	34	44	55	60	75	96
05 Washing dishes..	12	8	10	21	13	21
06 Indoor clean	22	25	12	47	58	42
07 Outdoor clean.....	1	0	0	5	1	1
08 Laundry/iron	11	13	19	20	42	51
09 Clothes upkeep..	1	4	2	0	6	5
10 Home upkeep.....	1	1	0	5	9	3
11 Garden/pets.....	3	3	0	3	28	2
12 Heating and water.	1	1	2	2	4	4
13 Other household.	7	4	4	21	8	11
04-13 Housekeeping...	92	103	104	184	244	234
<i>Child care</i>						
14 Child care	14	22	30	60	31	66
15 Travel	3	1	7	3	1	3
14-15 Care of children	17	23	37	64	32	69
<i>Purchasing of goods and services</i>						
16 Shopping	19	34	20	26	26	30
17 Errands.....	9	5	4	9	3	12
18 Travel	12	11	19	19	6	36
16-18 Purchasing of goods and services	40	50	43	55	35	78
04-18 Domestic work total.....	150	176	184	303	314	381
01-18 Work load total	631	720	714	319	326	394
PRIVATE NEEDS						
19 Sleep	459	438	445	540	553	553
20 Meals.....	61	65	66	78	72	67
21 Other needs	46	43	49	50	57	62
22 Travel	1	0	0	1	0	0
19-22 Private needs total.....	568	546	559	670	682	682
FREE TIME						
<i>Study</i>						
23 Attend school	0	2	1	3	1	2
24 Other study.....	5	6	5	6	3	6
23-24 Study	6	8	6	9	4	8
<i>Participation</i>						
25 Participatory activities.....	5	4	6	10	6	7

13. Cont'd

Minutes per day

Activities	Workday			Day off		
	Finland All towns	Lithuania Shiauliai	Russia Pskov	Finland All towns	Lithuania Shiauliai	Russia Pskov
<i>Culture, entertainment</i>						
26 Movies	1	7	3	3	17	8
27 Cultural services	2	1	0	2	10	2
28 Mass culture	0	1	0	2	3	1
29 Sport event	1	-	0	2	0	0
26-29 Culture, entertainment...	4	9	3	9	30	11
<i>Social life</i>						
30 Visits	22	13	6	61	79	29
31 Pubs.....	6	2	0	8	4	1
32 Conversation, letters	16	3	6	27	7	17
30-32 Social life.....	44	18	12	96	90	47
<i>Sports and active leisure</i>						
33 Active sport.....	9	3	4	17	11	8
34 Walks	8	4	4	20	28	15
35 Handicrafts.....	10	10	12	22	18	26
36 Hobbies, arts	2	2	2	3	2	1
33-36 Sports and active leisure	29	19	22	62	59	49
<i>Mass media</i>						
37 Reading books...	12	14	17	21	27	30
38 Newspapers	13	12	5	21	11	8
39 Magazine, unspecified.....	13	2	3	17	3	4
40 Radio	5	1	0	8	1	0
41 Television.....	80	70	75	124	127	135
42 Records	1	0	1	1	1	2
37-42 Mass media total	124	99	101	192	170	179
<i>Passive leisure</i>						
43 Resting.....	9	5	11	26	13	27
<i>Travel during free time</i>						
44 Travel.....	15	9	6	41	49	33
23-44 Free time total..	236	171	167	445	421	363
<i>UNSPECIFIED</i>						
45 Unspecified.....	5	3	0	7	11	1
01-45 TOTAL.....	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY.....	384	550	792	291	563	297

14. Use of time by urban population of age 18 and older by the day of the week, *Both sexes*

Minutes per day

Activities	Weekday			Saturday			Sunday		
	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
WORK									
01 Work.....	252	356	369	55	102	99	46	92	52
02 Waiting, delays...	1	17	14	1	5	3	0	5	2
03 Travel	23	39	42	5	13	10	4	10	5
01-03 Work total.....	277	412	425	61	120	113	50	106	58
DOMESTIC WORK									
<i>Housekeeping</i>									
04 Food preparation	33	38	48	39	48	65	40	50	58
05 Washing dishes..	11	11	10	13	13	14	16	16	16
06 Indoor clean	23	17	12	32	32	35	20	19	23
07 Outdoor clean.....	4	0	1	7	0	3	5	0	2
08 Laundry/iron	8	13	16	9	22	31	8	20	18
09 Clothes upkeep ..	1	7	2	0	8	2	0	12	5
10 Home upkeep.....	6	2	3	12	4	4	3	4	7
11 Garden/pets.....	2	3	1	1	6	2	1	6	2
12 Heating and water.	4	10	3	7	16	7	3	14	7
13 Other household.	12	18	7	21	32	20	19	36	19
04-13 Housekeeping...	104	120	102	141	182	183	116	177	157
<i>Child care</i>									
14 Child care	22	39	38	26	46	50	23	49	56
15 Travel	3	9	6	1	2	2	2	2	3
14-15 Care of children	25	48	44	27	49	52	24	51	59
<i>Purchasing of goods and services</i>									
16 Shopping	20	20	18	23	33	27	2	8	23
17 Errands.....	12	2	6	5	2	10	1	1	6
18 Travel	17	14	20	16	20	32	3	7	24
16-18 Purchasing of goods and services.....	49	36	44	43	55	69	6	15	53
04-18 Domestic work total.....	178	205	190	212	286	303	146	243	269
01-18 Work load total	455	616	614	273	406	416	196	349	327
PRIVATE NEEDS									
19 Sleep	480	482	465	520	519	516	558	560	558
20 Meals	75	66	70	83	75	68	76	81	68
21 Other needs	43	45	47	64	49	55	45	48	57
22 Travel	2	8	0	1	2	1	2	1	0
19-22 Private needs total.....	600	602	582	667	644	639	680	689	683
FREE TIME									
<i>Study</i>									
23 Attend school	20	5	5	1	3	3	-	1	0
24 Other study.....	12	4	12	6	2	18	10	3	9
23-24 Study	32	9	17	7	5	21	10	4	9
<i>Participation</i>									
25 Participatory activities.....	11	4	8	8	4	5	18	3	7

14. Cont'd

Minutes per day

Activities	Weekday			Saturday			Sunday		
	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
<i>Culture, entertainment</i>									
26 Movies	1	4	4	2	8	7	1	10	12
27 Cultural services	2	1	0	2	4	1	2	6	0
28 Mass culture	0	1	0	1	14	2	2	6	4
29 Sport event	1	0	0	3	1	0	5	3	1
26-29 Culture, entertainment...	3	6	4	8	27	9	10	25	17
<i>Social life</i>									
30 Visits	30	8	7	68	35	23	72	39	32
31 Pubs	6	1	1	14	3	0	6	2	3
32 Conversation, letters	18	9	10	22	14	14	23	15	18
30-32 Social life.....	54	18	18	104	53	37	101	56	53
<i>Sports and active leisure</i>									
33 Active sport.....	13	6	6	17	26	20	19	16	14
34 Walks	13	6	8	21	14	14	30	20	18
35 Handicrafts.....	14	11	12	11	11	13	12	13	16
36 Hobbies, arts	8	5	4	6	11	4	10	4	3
33-36 Sports and active leisure.....	47	28	28	56	62	50	70	54	51
<i>Mass media</i>									
37 Reading books...	15	21	25	14	26	32	25	32	41
38 Newspapers.....	24	19	10	31	20	13	33	18	14
39 Magazine, unspecified.....	17	0	3	20	0	4	18	0	6
40 Radio	13	11	2	12	11	2	17	13	2
41 Television.....	107	82	97	170	117	143	172	138	155
42 Records	2	2	1	2	4	4	4	3	4
37-42 Mass media total.....	179	134	138	250	178	198	269	205	221
<i>Passive leisure</i>									
43 Resting.....	24	12	23	23	17	29	38	17	33
<i>Travel during free time</i>									
44 Travel.....	27	11	9	37	45	34	41	37	39
23-44 Free time total..	377	222	243	492	389	385	556	401	430
<i>UNSPECIFIED</i>									
45 Unspecified.....	8	0	1	8	0	0	7	0	1
01-45 TOTAL.....	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY.....	1 337	891	1 728	258	891	339	266	891	326

15. Use of time by urban population of age 18 and older by the day of the week, *Males*

Minutes per day

Activities	Weekday			Saturday			Sunday		
	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
WORK									
01 Work.....	309	414	416	82	105	121	69	101	65
02 Waiting, delays...	2	22	17	1	5	4	—	6	3
03 Travel	26	48	51	7	14	14	4	10	7
01–03 Work total.....	336	484	484	90	124	139	74	117	74
DOMESTIC WORK									
<i>Housekeeping</i>									
04 Food preparation	19	12	23	17	14	23	21	14	23
05 Washing dishes..	6	2	4	5	3	7	9	4	6
06 Indoor clean	12	5	5	13	12	16	12	8	14
07 Outdoor clean.....	5	0	1	12	0	5	7	0	4
08 Laundry/iron	2	2	2	3	5	2	2	3	4
09 Clothes upkeep..	0	1	1	—	1	1	—	3	2
10 Home upkeep.....	10	5	7	19	8	9	6	7	14
11 Garden/pets.....	1	3	1	0	10	2	2	8	3
12 Heating and water.	5	14	4	10	27	9	5	24	12
13 Other household.	12	30	10	22	59	33	19	63	30
04–13 Housekeeping...	73	74	56	103	138	106	82	133	111
<i>Child care</i>									
14 Child care	16	19	23	21	29	31	14	37	46
15 Travel	3	7	4	2	3	2	3	2	6
14–15 Care of children	19	26	27	23	32	33	17	39	52
<i>Purchasing of goods and services</i>									
16 Shopping	16	11	11	19	29	24	2	6	19
17 Errands.....	11	1	6	5	2	17	1	1	6
18 Travel	15	8	15	15	21	29	3	6	22
16–18 Purchasing of goods and services.....	42	20	31	38	52	70	6	13	47
04–18 Domestic work total.....	133	120	115	164	222	208	105	185	210
01–18 Work load total	469	604	598	254	346	347	179	302	285
PRIVATE NEEDS									
19 Sleep	474	480	456	499	508	502	555	562	564
20 Meals.....	77	68	73	85	76	70	79	82	66
21 Other needs	39	43	45	60	48	55	39	47	52
22 Travel	2	10	0	2	2	1	2	1	0
19–22 Private needs total.....	592	601	575	645	634	628	675	691	681
FREE TIME									
<i>Study</i>									
23 Attend school	17	5	5	2	3	3	—	0	0
24 Other study.....	12	3	12	6	2	13	8	3	10
23–24 Study	29	9	16	8	4	15	8	3	10
<i>Participation</i>									
25 Participatory activities.....	12	4	11	8	5	4	18	5	5

15. Cont'd

Minutes per day

Activities	Weekday			Saturday			Sunday		
	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
<i>Culture, entertainment</i>									
26 Movies	0	3	5	—	8	11	1	11	14
27 Cultural services	2	1	0	1	3	0	1	4	0
28 Mass culture	0	0	0	—	12	5	1	7	7
29 Sport event	1	0	0	2	2	0	9	4	2
26–29 Culture, entertainment...	4	5	5	3	25	16	11	26	23
<i>Social life</i>									
30 Visits	23	6	8	56	37	21	64	37	26
31 Pubs	7	1	1	20	2	1	9	2	8
32 Conversation, letters	13	6	9	17	11	9	17	14	18
30–32 Social life	43	13	18	92	50	31	90	53	52
<i>Sports and active leisure</i>									
33 Active sport	16	10	9	28	55	43	26	31	23
34 Walks	12	7	9	26	15	13	35	21	18
35 Handicrafts	0	0	0	—	1	3	—	1	5
36 Hobbies, arts	12	9	2	9	18	8	15	6	5
33–36 Sports and active leisure	39	26	20	63	90	67	76	59	50
<i>Mass media</i>									
37 Reading books...	12	20	30	14	28	37	27	36	48
38 Newspapers	26	22	15	37	25	19	40	24	21
39 Magazine, unspecified	15	0	4	22	0	8	16	0	7
40 Radio	16	10	3	14	9	2	15	11	4
41 Television	112	100	111	203	134	169	195	167	179
42 Records	3	3	2	3	5	7	6	4	6
37–42 Mass media total	186	155	164	293	201	242	299	243	265
<i>Passive leisure</i>									
43 Resting	25	13	23	24	18	34	37	18	31
<i>Travel during free time</i>									
44 Travel	30	11	9	42	66	57	40	41	37
23–44 Free time total..	368	235	267	533	460	465	579	447	474
<i>UNSPECIFIED</i>									
45 Unspecified	11	0	0	8	0	1	8	0	0
01–45 TOTAL	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY	624	378	689	111	378	120	112	378	126

16. Use of time by urban population of age 18 and older by the day of the week, *Females*

Minutes per day

Activities	Weekday			Saturday			Sunday		
	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Russia <i>Pskov</i>	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Russia <i>Pskov</i>	Finland <i>All towns</i>	Latvia <i>Valmiera</i>	Russia <i>Pskov</i>
WORK									
01 Work.....	204	313	333	32	100	85	26	85	42
02 Waiting, delays...	1	13	11	1	4	3	1	5	1
03 Travel.....	21	33	35	3	12	8	3	9	4
01-03 Work total.....	226	359	380	36	116	95	30	99	46
DOMESTIC WORK									
<i>Housekeeping</i>									
04 Food preparation	46	57	67	58	73	92	56	76	84
05 Washing dishes..	16	18	14	21	21	19	22	25	23
06 Indoor clean	33	26	18	49	47	47	27	28	29
07 Outdoor clean.....	4	0	0	3	0	1	3	0	1
08 Laundry/iron	13	22	26	13	35	50	14	33	27
09 Clothes upkeep ..	1	11	3	0	14	3	0	19	7
10 Home upkeep.....	1	0	0	5	1	1	1	1	2
11 Garden/pets.....	2	3	1	1	4	2	1	4	2
12 Heating and water.	2	8	3	4	8	6	2	7	4
13 Other household.	13	9	5	20	13	12	20	17	11
04-13 Housekeeping...	131	154	137	174	215	233	145	209	190
<i>Child care</i>									
14 Child care	28	54	50	29	59	62	30	58	62
15 Travel	3	10	7	1	2	3	1	2	1
14-15 Care of children	31	65	56	30	61	65	31	60	63
<i>Purchasing of goods and services</i>									
16 Shopping	23	27	22	27	36	28	2	9	26
17 Errands.....	13	2	7	4	3	6	1	0	6
18 Travel	19	19	25	17	19	34	2	7	26
16-18 Purchasing of goods and services.....	55	48	54	48	58	68	6	17	58
04-18 Domestic work total.....	217	267	247	253	333	365	182	286	311
01-18 Work load total	444	626	626	289	450	461	212	384	357
PRIVATE NEEDS									
19 Sleep	485	484	472	538	526	525	560	558	554
20 Meals.....	73	64	67	81	74	66	74	81	70
21 Other needs	47	47	49	67	50	55	49	48	60
22 Travel	1	7	0	0	2	0	1	1	0
19-22 Private needs total.....	606	602	588	686	652	646	684	688	684
FREE TIME									
<i>Study</i>									
23 Attend school	23	5	5	0	2	4	-	1	0
24 Other study.....	12	4	12	5	2	21	11	3	8
23-24 Study.....	35	9	18	5	5	25	11	5	8
<i>Participation</i>									
25 Participatory activities.....	10	5	5	7	3	6	18	2	8

16. Cont'd

Minutes per day

Activities	Weekday			Saturday			Sunday		
	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov	Finland All towns	Latvia Valmiera	Russia Pskov
<i>Culture, entertainment</i>									
26 Movies	1	4	3	5	8	4	2	9	11
27 Cultural services	1	1	0	3	4	1	4	8	0
28 Mass culture	0	1	0	1	15	0	3	6	2
29 Sport event	0	0	0	4	0	0	1	2	0
26-29 Culture, entertainment...	2	7	3	12	28	5	9	25	13
<i>Social life</i>									
30 Visits	36	9	6	79	35	24	78	41	36
31 Pubs.....	6	1	1	10	4	0	3	2	0
32 Conversation, letters.....	21	11	10	26	16	17	29	16	18
30-32 Social life.....	64	21	17	115	54	41	110	59	55
<i>Sports and active leisure</i>									
33 Active sport.....	10	3	4	8	5	5	13	6	7
34 Walks.....	13	4	7	17	13	14	25	20	18
35 Handicrafts.....	25	19	22	20	18	19	22	22	24
36 Hobbies, arts	4	2	2	4	5	2	5	3	2
33-36 Sports and active leisure.....	53	29	34	49	41	40	65	51	52
<i>Mass media</i>									
37 Reading books...	16	21	21	15	24	29	23	29	36
38 Newspapers.....	23	16	7	26	16	9	26	14	9
39 Magazine, unspecified.....	18	0	3	18	0	2	19	0	5
40 Radio	11	12	1	10	13	2	18	14	0
41 Television.....	103	70	86	142	105	126	153	118	137
42 Records	2	1	1	2	2	2	2	2	3
37-42 Mass media total.....	172	119	117	214	161	170	242	176	189
<i>Passive leisure</i>									
43 Resting.....	24	12	22	22	16	27	39	16	35
<i>Travel during free time</i>									
44 Travel.....	24	10	8	32	30	20	42	34	40
23-44 Free time total..	385	212	225	457	338	333	537	368	398
UNSPECIFIED									
45 Unspecified.....	6	0	1	8	0	0	7	0	2
01-45 TOTAL.....	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440	1 440
FREQUENCY.....	713	513	1 039	147	513	219	154	513	200

17. Characteristics of the respondents

per cent

	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
1. Sex				
Male	46	42	41	43
Female	54	58	59	57
	100	100	100	100
N =	1861	891	984	2 396

2.a. Age				
18-24 years ...	16	14	11	16
25-29	10	15	20	14
30-39	22	18	33	23
40-49	21	19	22	17
50-54	8	9	6	7
55-59	7	9	4	8
60-64	7	7	3	5
65 and older ..	8	9	1	9
	100	100	100	100
N =	1861	891	961	2 396

2.b. Employed people by age				
18-29	24	29	31	30
30-49	58	43	55	48
50-64	18	24	13	19
65 +	0	4	1	3
	100	100	100	100
N =	1296	734	961	1 911

3. Type of activity				
Employed	70	82	100	80
Non-employed:	30	18	-	20
<i>of them:</i>				
Pensioners and disabled	18	16	-	12
Homemakers ..	2			
Students	8	2	-	4
Others	2	0	-	3
	100	100	100	100
N =	1861	891	984	2 396

4. Education				
Comprehensive school (9 years) or less	40	34	9	27
Upper secondary education	46	32	60	58
Higher education (university etc.)	14	34	31	15
	100	100	100	100
N =	1861	891	977	2 396

	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
5. Married persons by age group				
18-29	18	25	22	25
30-49	54	43	62	27
50-64	23	47	15	22
65 +	4	5	1	6
	100	100	100	100
N =	1219	624	696	1 695

6. Number of children below 18 years of age				
0	65	57	40	43
1	17	19	30	33
2	14	18	27	19
3	4	5	2	2
4 +	1	1	1	1
	100	100	100	100
N =	1861	791	984	1 045

7. Type of house				
Multi-storeyed building	50	55	..	83
One-family or two-family house	36	36	..	4
Other	14	9	..	13
	100	100	..	100
N =	1861	891	..	2 396

8. Location of house				
City center	23	..	43	43
Other	77	..	57	57
	100	..	100	100
N =	1861	..	903	2 396

9. Amenities				
Drainage system	98	91	92	87
Running water .	98	78	90	90
Central heating	98	..	95	85
Bathroom, shower or sauna	95	51	89	81

10. Garden				
Yes	48	..	32	40
No	52	..	68	60
	100	..	100	100
N =	1859	..	960	2 396

17. Cont'd

per cent

	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
11. Equipment				
Microwave oven	35	1
Dishwasher	32	6
Washing machine	85	..	74	79
Telephone	93	..	61	24
12. Vehicles				
Motorcycle, scooter or moped	7	..	52	13
Car	74	..	43	19
13. Cultural equipment				
Black-and-white television	21	..	52	74
Color-television	90	..	67	40
Videocassette recorder	42	..	3	1
Cassette or tape player	90	..	65	51
Record player	67	..	13	55
Home computer	15
14. Studies (in the case of students)				
At secondary school	22	4
At institution for vocational education	42	23
At institution for higher education	36	72
	100	100
N =	137
15. Industry (differences between countries)				
Industry	27	30	51	42
Construction	6	11	4	12
Services, excluding cultural services	38	36	25	30
Cultural services	26	17	20	12
Other including agriculture hunting, forestry, fishing	4	6	-	4
	100	100	100	100
N =	1296	734	964	1 911

	Finland All towns	Latvia Valmiera	Lithuania Shiauliai	Russia Pskov
16. Work schedule				
Regular daytime working hours	76	66	72	74
2-shift work	9	6	19	12
3-shift work	6	5	2	3
other	8	23	7	11
	100	100	100	100
N =	1166	785	963	..
17. Normal hours worked per week by person employed				
Men				
- 30	4	..	1	..
30-39	50	..	3	..
40 +	46	..	96	..
	100	..	100	..
N =	621	..	250	..
Women				
- 30	10	..	2	..
30-39	62	..	8	..
40 +	28	..	90	..
	100	..	100	..
N =	675	..	326	..

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Time use in Finland, Latvia, Lithuania and Russia

Iiris Niemi – Parsla Eglite – Algimantas Mitrikas –
V.D. Patrushev – Hannu Pääkkönen



The study discusses the everyday life of people in urban Finland, Latvia, Lithuania and Russia. Trends in time used for paid and domestic work, and in free time are compared in different population groups. The study also describes changes in the time use in the republics.

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