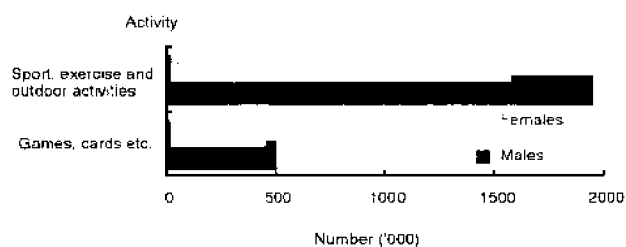


**Table 5. Average Time Spent on Active Leisure Activities
as a Main Activity by Participants
(Minutes per day)**

Activity	Males	Females	Persons
<i>Sport exercise and outdoor activities</i>	116	84	102
Sport (organised)	154	120	144
Going for a walk, walking for exercise	54	48	51
Playing, informal sport	110	96	107
Fishing, bushwalking, other outdoor	130	99	115
Voluntary administration and support for sport & outdoor activities	114	112	113
Sport, exercise and outdoor activities nes	122	45	115
<i>Games, cards etc.</i>	84	80	82
Card, paper, and board games, other parlour, pinball	79	69	74
Computer games, computing as leisure activity	94	74	87
Games of chance, gambling	66	96	80

**Figure 4. Number of Participants In Sport, Exercise and Outdoor Activities
and Games, Cards etc. as a Main Activity, Males and Females.**



Abbreviations

nfd not further described
nes not elsewhere specified

For further information on Time Use, see the following ABS publications

How Australians Use Their Time, 1992 (4153.0)
Time Use Survey Australia 1992, Users Guide (4150.0)
*Information Paper: Time Use Pilot Survey, Sydney,
May-June 1987* (4111.1)

- for further information about the Time Use Survey and the availability of statistics from it contact Elizabeth Davis on Canberra (06) 252 7430.
- for information about the availability of culture/leisure statistics contact Roger Mables on Adelaide (08) 237 7449.



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Catalogue No. 4173.0

How Australians Use Their Leisure Time

In February 1994 the Australian Bureau of Statistics published the results of the first nation-wide Time Use Survey in Australia which was conducted in 1992. (Catalogue No. 4153.0 How Australians Use Their Time, 1992.) The study shows how people allocate their time to a range of pursuits including recreational, cultural, religious and leisure activities.

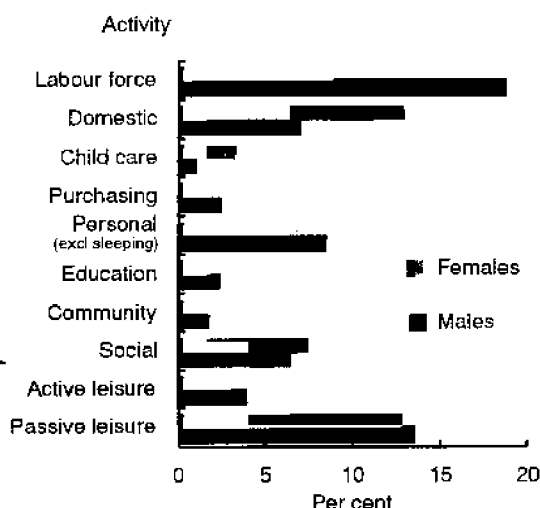
Respondents were asked to complete a diary describing their activities for two days. They were required to complete the details on their main activity as well as any other activity they were engaged in at the same time (e.g. cooking and listening to the radio at the same time).

The daily allocation of time was classified into a number of classifications within the following ten broad categories; Labour Force, Domestic, Child care, Purchasing, Personal, Education, Community, Social Life and Entertainment, Active Leisure and Passive Leisure.

Time Spent On Main Activities – All Persons

Australians spent the largest part of their day (43.3%) on personal care, (which included sleeping, 34.7%), followed by labour force activities (13.7%), passive leisure (13.2%), domestic activities (10.0%) social life and entertainment (6.9%), active leisure (3.5%), purchasing (3.1%), child care and education both accounted for 2.2 per cent and community accounted for 1.8 per cent.

Figure 1. Proportion of Time Spent on Main Activities, Males and Females.



Australians spent an average of 5 hours and 41 minutes per day engaged in social life and entertainment and leisure activities. They accounted for just under one-quarter (23.7%) of their day.

There were distinct differences in the amount of time spent on some of the activities for males and females, as shown in Figure 1. Males spent a larger proportion of their day on labour force activities and females spent a larger proportion on domestic, child care and purchasing. Males also spent proportionally more of their day on active and passive leisure activities. On average males spent 17.4 per cent of their day (250 minutes) engaged in these activities compared to 16.1 per cent (232 minutes) for females. Conversely, females tended to spend slightly more time on social life and entertainment activities.

Table 1. Average Time Spent on Main Culture /Leisure Activities (Minutes per day)

Activity	Males	Females	Persons
Religious activities	5	6	6
Social life and entertainment	92	108	100
Socialising	70	84	77
Visiting entertainment and cultural venues	4	5	4
Sports events	3	2	2
Associated travel – Social	16	17	17
Active leisure	56	46	51
Sport, exercise and outdoor activities	35	20	27
Games, cards etc.	6	6	6
Hobbies, arts, crafts etc.	4	11	8
Holiday travel, driving for pleasure	5	5	5
Associated travel (excl. holiday)	6	4	5
Passive leisure	194	186	190
Reading	23	23	23
Watching TV or videos	120	96	108
Listening to radio, CDs etc.	6	4	5
Relaxing, thinking etc.	32	39	36
Talking (incl. phone)	12	21	16
Writing/reading own correspondence	2	3	2

The most popular main culture/leisure activity was watching television and video. Australians spent an average of 108 minutes per day engaged in this activity, as shown in Table 1. Socialising was the next most popular activity (77 minutes), followed by relaxing and thinking (36 minutes) and sport, exercise and outdoor activities (27 minutes).

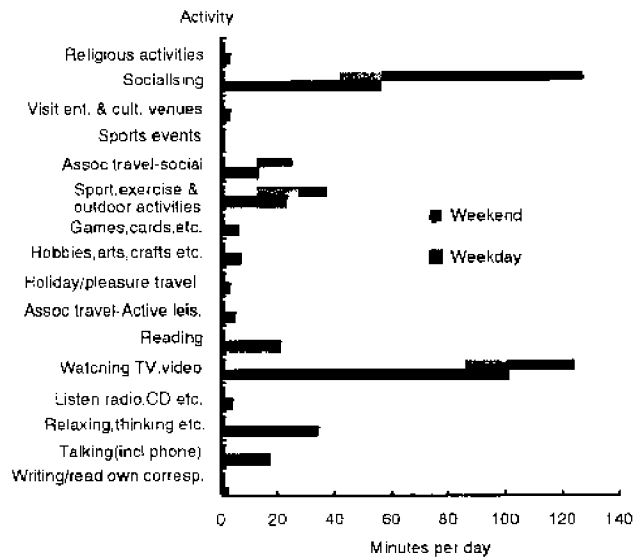
Females tended to spend proportionally more time engaging in less physically active activities such as socialising, hobbies, arts and craft etc, relaxing, thinking etc, and talking (including phone). Males spent proportionally more time

engaging in sport, exercise and outdoor activities, and watching TV or videos.

The average time spent on reading was the same for both males and females (23 minutes). Reading books and magazines was more popular for females (9.2 minutes per day) when compared to males (6.6 minutes per day), whereas males spent more time reading newspapers (11 minutes) than females (7.2 minutes).

Not surprisingly, there were noticeable differences in the patterns of time use for weekdays and weekends. For weekends, the amount of time spent on labour force activities decreased and as expected the amount of time spent on religious, social life and entertainment and leisure activities increased. On weekdays, an average of 4 hours 59 minutes was spent on religious, social life and entertainment and leisure activities collectively, compared to 7 hours 43 minutes on weekends (see figure 2). All culture and leisure activities showed a greater amount of time spent on weekends than weekdays, with the exception of talking (including phone).

Figure 2. Average Time Spent on Main Culture/Leisure Activities, Weekday and Weekend, All Persons.



Managing More Than One Activity at a Time – All Persons

When activity entries (including simultaneous activities e.g. exercising and listening to the radio at the same time) were aggregated, there was by definition, a general increase in the

time spent on all activity groups, but this was particularly noticeable for passive leisure activities. Of all the passive leisure activities, listening to the radio, and watching television recorded the largest differences in time spent (see table 2). Few people actually listened to the radio as a primary activity, but it was commonly referred to in conjunction with other activities. As a main activity, an average of four minutes per day was spent listening to the radio, however when all activities were aggregated, an average of one hour and forty minutes per day was spent listening to the radio.

Table 2. Average Time Spent on Passive Leisure for Main Activity and All Activities, All Persons (Minutes per day)

Activity	Main activity	All activities
Reading books (other than studying)	7	10
Reading magazines	1	3
Reading newspapers	9	16
Reading nfd	6	12
Watching & listening to the TV	103	172
Watching videos	4	6
Listening to music etc nfd	1	12
Listening Radio	4	101
Listening to records, tapes, CDs	1	7
Relaxing, thinking, resting	35	47
Telephone communication	8	8
Written communication	2	2

Average Time Spent on Activities – Participants

Presenting information by participants gives a more realistic picture of the amount of time people who actually did the activity spent on it during the two day survey period. Differences between all persons and participants show most markedly in activities where only a small proportion of the population took part. Averages on a per person basis for the total population, significantly under-represent the actual time spent on such activities by the participants (*i.e.* only those involved). For example, Table 1 indicates that 2 minutes per day for all persons was spent on attending a sports event, but for people who attended, the average time per participant was 150 minutes (see Table 3).

Table 3 provides data on the average time spent by participants on the broad culture and leisure activities.

Table 4 shows the average time participants spent on visiting specific entertainment and cultural venues and engaging in activities of hobbies, arts and crafts, etc.

Table 3. Average Time Spent on Main Culture /Leisure Activities by Participants (Minutes per day)

Activity	Males	Females	Persons
Religious activities	126	93	106
Social life and entertainment	189	187	188
Socialising	151	151	151
Visiting entertainment and cultural venues	119	110	114
Sports events	159	139	150
Associated travel-Social	44	46	45
Active leisure	145	119	132
Sport, exercise and outdoor activities	116	84	102
Games, cards etc.	84	80	82
Hobbies, arts, crafts etc.	112	107	109
Holiday travel, driving for pleasure	125	122	123
Associated travel-Active leisure (excl. holiday)	39	38	39
Passive leisure	207	194	200
Reading	68	63	65
Watching TV or videos	159	135	147
Listening to radio, CDs etc.	53	44	49
Relaxing, thinking etc.	61	63	62
Talking (incl. phone)	33	39	37
Writing/reading own correspondence	56	41	45
Associated travel-Passive leisure	17	23	21

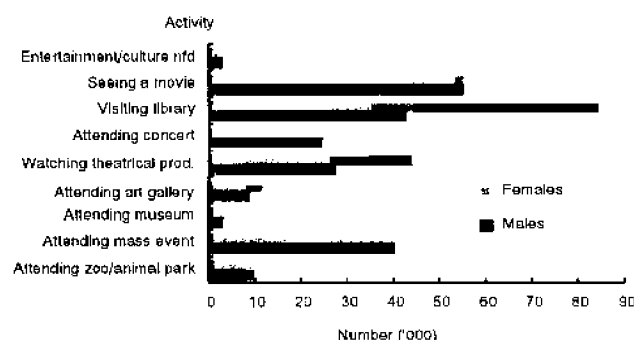
Table 4. Average Time Spent Visiting Cultural Venues and on Art/Craft Activities as a Main Activity, by Participants (Minutes per day)

Activity	Males	Females	Persons
Visiting entertainment and cultural venues	119	110	114
Entertainment/culture nfd	80	17	56
Seeing a movie	132	140	136
Visiting a library	45	33	37
Attending a concert	145	129	136
Watching a theatrical production	131	143	138
Attending an art gallery	57	75	67
Attending a museum	65	73	71
Attending mass events	164	158	161
Attending zoos and animal parks	107	192	157
Hobbies, arts, crafts etc.	112	107	109
Hobbies nfd	92	121	101
Hobbies (technical and collecting)	142	37	123
Arts	132	77	95
Crafts (excl clothes making)	132	113	115
Performing music, drama, dancing etc.	83	69	77
Voluntary admin for hobbies, arts, crafts & performing arts	100	105	104
Hobbies, arts, crafts etc. nes	119	84	105

The amount of time spent visiting entertainment and cultural venues and engaging in hobbies, arts and crafts varied with participants spending an average of 37 minutes visiting a library and just over an hour (67 minutes) attending an art gallery. The amount of time spent seeing a movie, attending a concert and watching a theatrical production are generally dictated by the duration of the event and all these activities tended to occupy the same amount of time, approximately 2 and one quarter hours. Participants generally spent nearly two hours engaging in hobbies, arts and craft.

Figure 3 shows the number of male and female participants in each of these activities. It should be noted that the numbers of participants represent the average number of people who participated in a day.

Figure 3. Number of Participants Attending Entertainment and Cultural Venues as a Main Activity, Males and Females.



Participation differences between males and females varied considerably, according to the activity. Generally more females attended entertainment venues than males. Three times as many females as males attended a museum per day and almost double the number of females as males visited a library. Interestingly, even though half as many males as females visited a library, males spent 12 minutes more in the library.

Substantially more females (697,600) participated in hobbies, arts, crafts etc. than males (258,300).

Table 5 shows the average time spent on specific sport, exercise and outdoor activities, and games, cards etc.

With the exception of games of chance, gambling, on average males spent more time engaged in these active leisure activities than females.

Figure 4 provides details on the number of participants in sport, exercise etc. and games etc. Overall, more males than females participated in both of these activities.