

Changes in the use of time 1993-2003 in the Autonomous Community of the Basque Country (Spain)

Jesús R. Marcos

27-29 October, Rome, Italy

Introduction

In keeping with the objective of setting out new methodologies for the analysis and comparison of information related to time use research, we will try to summarise, on the one hand, the means of gathering the information and on the other, the main results obtained from Eustat statistics on this subject.

We should first state that Eustat, in this case a pioneer in official Spanish statistics, began its research into time use –Time Estimation Survey EPT-, with a survey in 1992-1993, with the objective of repeating it at five-yearly intervals. The third collection of data closed at the start of summer 2003.

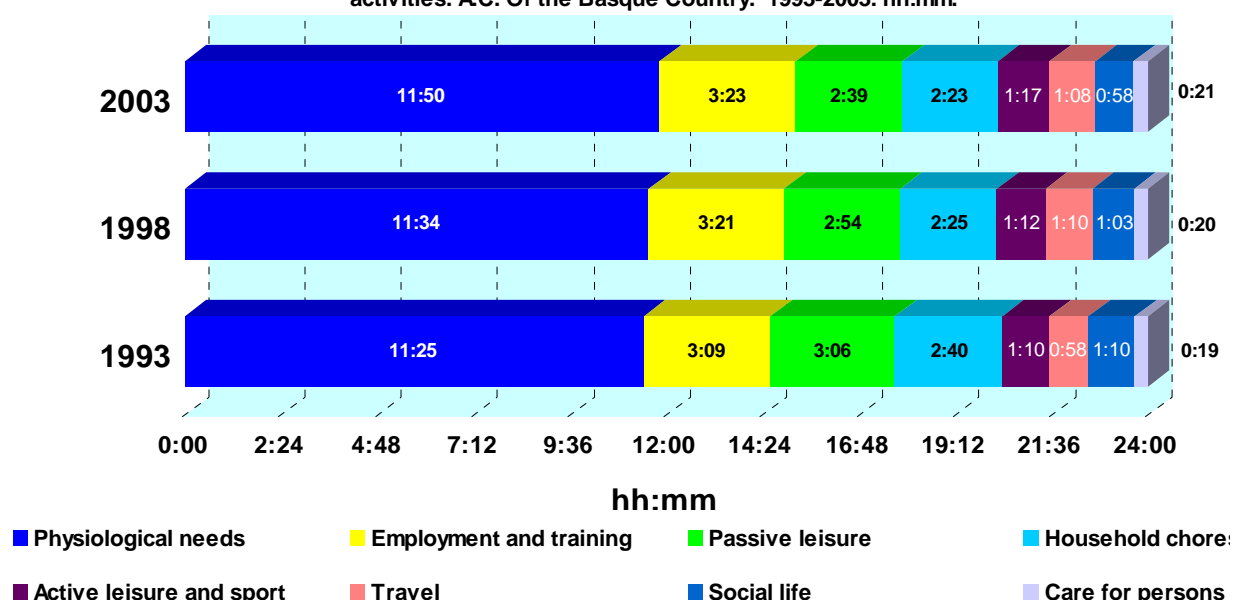
There then follows a summary of the changes in the distribution of time during the ten-year period 1993-2003, bearing in mind the main population characteristics and adding a brief appendix containing the methodology and quality indicators of the survey.

1. Evolution in the structure of time use 1993-2003

There follows a presentation of the main changes detected in time use during the period 1993-2003 via the three surveys carried out by Eustat. For the moment we will concentrate on the major activity groups.

There are three types of indicators habitually used in the analysis of time use: *average social time* –average amount of time that the population dedicates to a particular activity-, *average time per participant* – average time dedicated to a particular activity by the population that carries out this activity- and the *participation rate* –percentage of people that carry out a particular activity.

Graph 1 Evolution of the average social time of the population aged 16 and over according to activities. A.C. Of the Basque Country. 1993-2003. hh:mm.



Source: Eustat, EPT-1993-2003

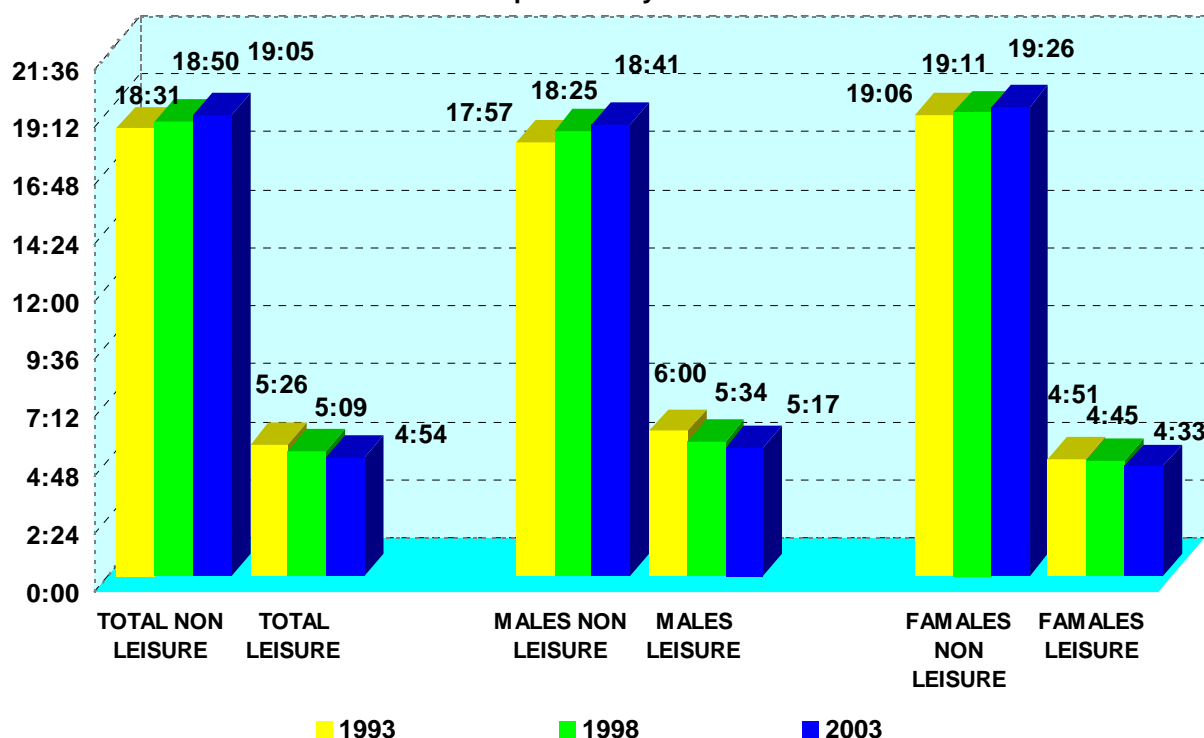
Depending on how the analysis is focused, one or other of the measurements is used, bearing in mind that average social time brings us closer to generic social types –more appropriate to learn about the structure of time use- whereas if we consider the time dedicated by participants, we are approaching a description of the behaviour of specific groups or social collectives.

In Graph 1 we can see the distribution and the evolution of time use of the major activities on an average day by an average person from the three surveys carried out by Eustat.

We can put together the activities with which we distribute time into two main groups: on one side those associated with the production and reproduction of vital conditions – physiological needs, work and education, household work, travel and care of people in the home- and on the other, those related to leisure –whether it be active or passive and time dedicated to social life. We can see that the first group took up four-fifths of daily time in 2003, in total 19 hours and 5 minutes. It is not only the group with the greatest

weight, but also the one that, during the last decade, has not stopped growing: by 19 minutes between 1993 and 1998 and another 15 minutes between this date and 2003. At first sight, with these first results in our hand, it seems contradictory to claim that we are heading towards a leisure society.

Graph 2 Average time for the population aged 16 and over by activity, sex and period.
A.C. of the Basque Country. 1993-2003.hh:mm.



Source: Eustat, EPT-1993-2003

If we analyse the evolution from the viewpoint of gender, the tendency to increase time dedicated to activities not included in the area of leisure is the same for both men and women, although with a different intensity: men added 44 minutes between 1993 and 2003 and for women it was less than half this figure –20 minutes. This difference in the evolution of intensity disguises and shortens the distances between the sexes: in 1993 women dedicated, on average, 1 hour and 9 minutes more to work –remunerated or otherwise- and other social reproduction activities, than did men; this gap has closed since this time and in 1998 and 2003 was around 45 minutes.

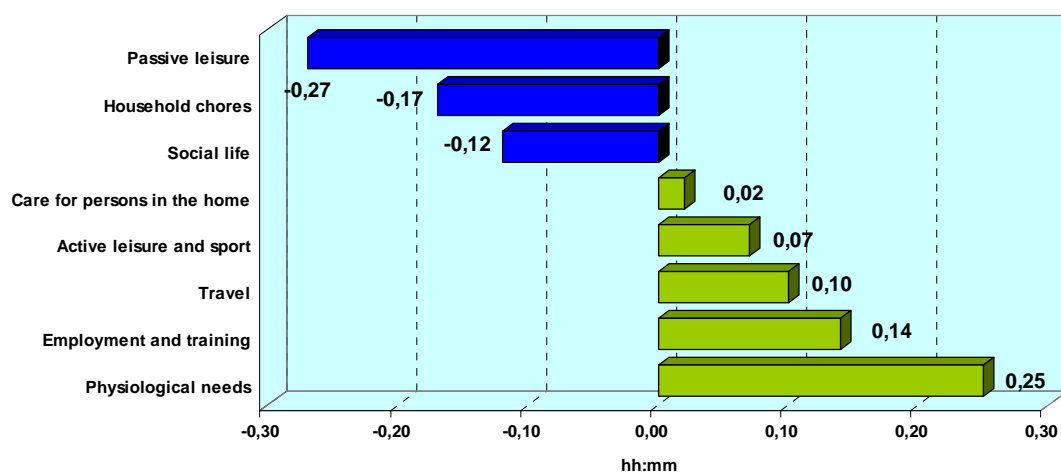
In Sweden ¹all leisure activities (passive or active) increased by some 15 minutes in the 90s, also growing by 13 in Norway.²

¹ www.scb.se/amne/befolkningeng.asp/

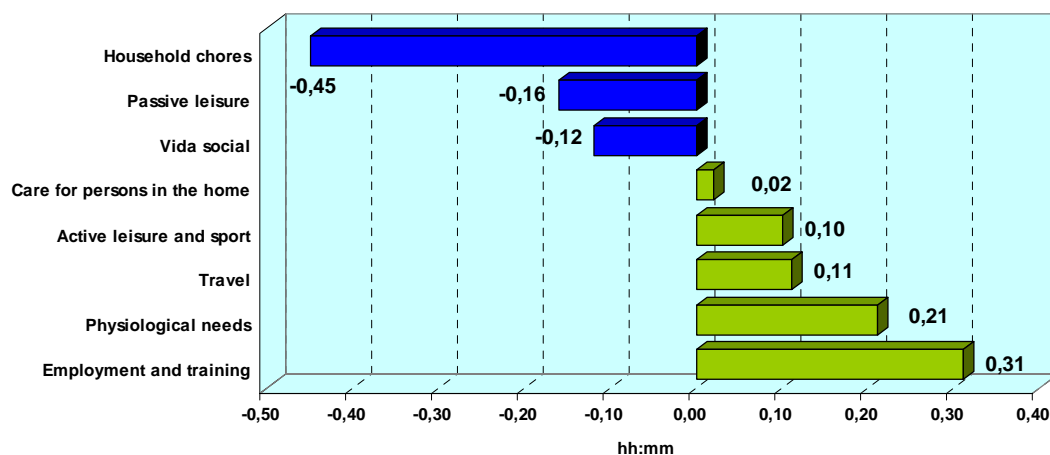
Klas Rydenstam. Time Use Among the Swedish Population, Changes in the 1990s. Statistics Sweden. Paper prepared for the IATUR conference in Lisbon, October 2002.

² Odd Frank Vaage. Changes in work time and leisure in Norway 1971-2000. Statistics Norway. Paper prepared for the IATUR conference in Lisbon, October 2002.

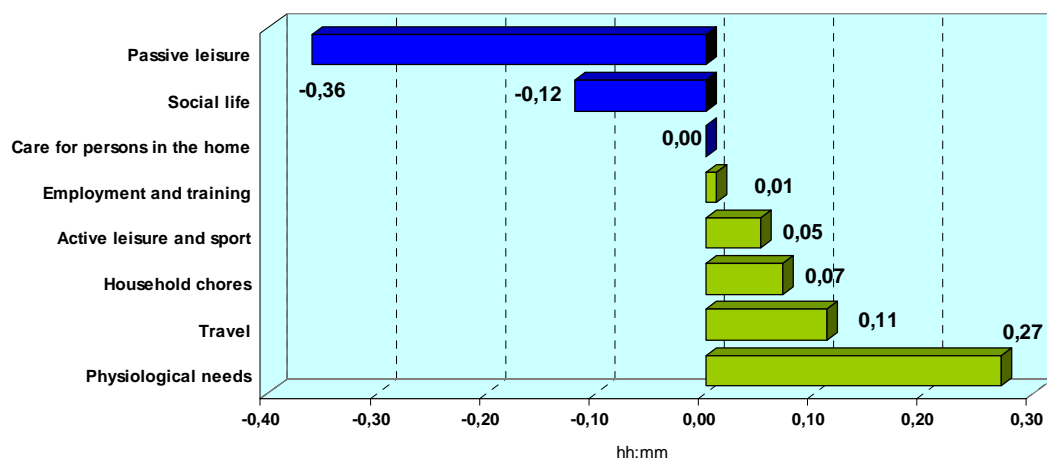
Graph 2A Evolution of average social time for the population aged 16 and over by activities. A.C. of the Basque Country. 1993-2003. hh:mm.



Graph 2B Evolution of average social time for women aged 16 and over by activities. A.C. of the Basque Country. 1993-2003. hh:mm.



Graph 2C Evolution of average social time for males aged 16 and over by activities. A.C. of the Basque Country. 1993-2003. hh:mm.



However, to support this initial statement, we need to specify the variations in the various types of activities. Here we see that the first group among those with appreciable growth is found within the category of physiological needs, with 25 minutes more. Within this group are activities such as sleep, personal care, meals and medical care. Later we will look at the distribution and changes of these component parts in greater detail.

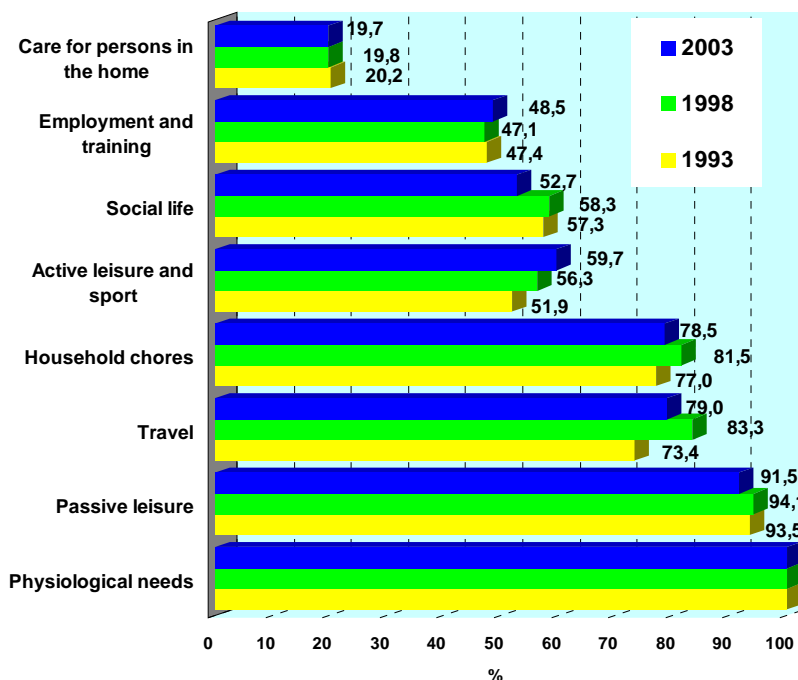
Time given to work and education also increased by 14 minutes, 12 of which were added between 1993 and 1998. The percentage of the population that participated in these activities did not vary substantially over the ten-year period: from 47.4% in 1993 to 48.5% in 2003. This does not mean that there was no variation among the population with relation to activity among those aged 16 or over.

Travelling accounted for an extra 10 minutes and care of people in the home another 2.

Four in five people underwent some kind of journey. During the decade under study, this proportion increased by almost five points. The increase in activity, especially among women, the boom of commerce in large stores, the improvement of means of transport and the greater distance from the place of residence to the production or training centres, could explain these variations.

On the one hand, one in five people dedicated part of their time to looking after other people in the home, a proportion that has not changed over the last 10 years. The ageing society could lie behind the fact that this balance is virtually nil: there are fewer youngsters to look after but there are more elderly.

Graph 3 Evolution of the population of participants aged 16 and over by activity. A.C. of the Basque Country. 1993-2003. (%)



Source: Eustat, EPT-93-03

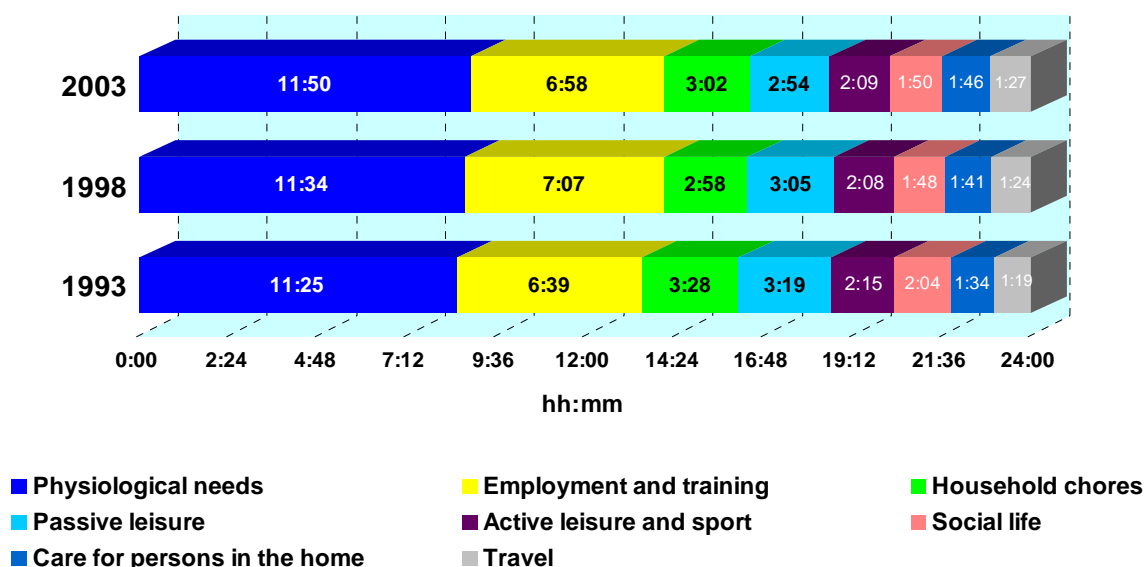
Evolution of the make up of the family could also have its part to play in the development of the above-mentioned activities

Time dedicated to unpaid housework, on the other hand, underwent a fall of 17 minutes. This decrease is not unrelated to the slight increase in the participation rate: from 77% in 1993 to 78,5% in 2003. The figure offered for 1998 –81.5%- does not seem, given its intensity, very acceptable.

If we focus on the area of leisure, there was an outstanding loss of 27 minutes for the group of activities that make up what is known as passive leisure: reading, watching TV, games, attending shows or doing nothing. This loss is shared symmetrically between the various available surveys: 12 minutes between 1993 and 1998 and 15 between that year and 2003. Time dedicated to social life also fell by 12 minutes, while time dedicated to sport, going for walks and what is known as information and communication technology (computing, the Internet, etc.) increased by 7 minutes, five of them in the last five years.

Variations in the proportions of participants in the activities included in the area of leisure seem to be more important than in the non-leisure ones. We can thus see that active leisure and sport acquired the greatest number of new participants; in ten years it gained almost 8 per cent, going from 52 to nearly 60% participation rate. Passive leisure, on the other hand, lost 2 points -from 93.5 to 91.5%. The other group to lose numbers was activities related to social life. In 1993 57.3% dedicated some time to these activities, 4.6 per cent more than in 2003.

Graph 4 Evolution of the average use time per participant of the population aged 16 and over according to activities. A.C. of the Basque Country. 1993-2003. hh:mm



Source: Eustat, EPT-1993-2003

Although the average time per participant is simple to obtain (quotient of the average social time divided by the proportion of participants), we include graph 4, where this other indicator of time use is shown.

We can see how time dedicated to work and training grew by 28 minutes from 1993 to 1998 and came to around 7 hours in 2003. Unpaid housework underwent a decrease of half an hour during the first period, totalling an average of three hours per day.

Time given over to the care of third parties in the home grew more gradually: 7 minutes during the first five years and 5 during the second, coming to an hour and three-quarters.

Travelling also tended towards taking up more time for those involved: travelling grew by 5 minutes between 1993 and 1998 and another 3 between that year and 2003, when it accounted for one and a half hours per day (1:27).

Active leisure and sports, to which its participants dedicated 2 hours and 9 minutes, fell by 6 minutes in 10 years, although the loss of time dedicated to passive leisure is more striking: 25 minutes in 10 years, accounting for 2 hours and 54 minutes per day in 2003. Social life also lost intensity among those affected: they went from dedicating 2 hours 4 minutes in 1993 to 1 hour 50 minutes 10 years later.

Having spoken thus far of average social times, due to the intensity of the variations identified, we can affirm that an appreciable change is taking place as regards the structuring of time among the residents of the A.C. of the Basque Country, as well as changes in the distribution of different types of leisure and in their participation rates. Through the distribution of time per participant and the breakdown of activities, we will endeavour to reach possible explanations.

2. Physiological needs: new habits

As we have stated, this is the group of activities that occupied the most average social time between 1993 and 2003, 25 minutes. Among physiological needs, we include sleep, personal care, medical care, meals –either in the home or outside- and entertaining –meals, drinks, etc.- in the houses of friends or family, or in one's own home with friends or family.

Within these six major groups, the one that varied the most during the ten-year period 1993-2003 was eating out, increasing by 17 minutes, representing 39 minutes per day by 2003. Among men the increase was 19 minutes (dedicating an average of 44 minutes per day) and only 13 among women (34 minutes). These increases were mainly due to the increase in the participation rate in this activity: while in 1993 just over one in three people ate out –34.9%- ten years later, over half did so –53.4%-.

60% of men and 47% of women stated that they took part in this activity in 2003.

The main reason for this increase could be the increase in female activity rates and the distances between the workplace and the home. The most affected, as we have seen from the participation rates, were men; in this case, as well as the aforementioned distance being possibly greater, we could add that many did not share the responsibility for the chores associated with cooking. These variations did not mean changes in the time dedicated to meals in the home, which stood at an hour and a half per day throughout the period.

On average we dedicated eight and three quarter hours a day to sleep, a figure which grew by 8 minutes in 10 years (6 for men and 9 for women). It seems plausible to state that part of this increase was linked with the ageing of the population, a phenomenon in which women carry more weight, since they have a longer life expectancy.

The other activities in this area underwent slighter, counteracting variations: 3 minutes more were dedicated to personal care, although from the point of view of gender, this meant 6 more for men and only 1 more for women. The gap in this activity went from 7 minutes in 1993 to only 2 in 2003, which could be read as meaning that these days there are no significant differences between the sexes: 48 minutes for men and 50 for women.

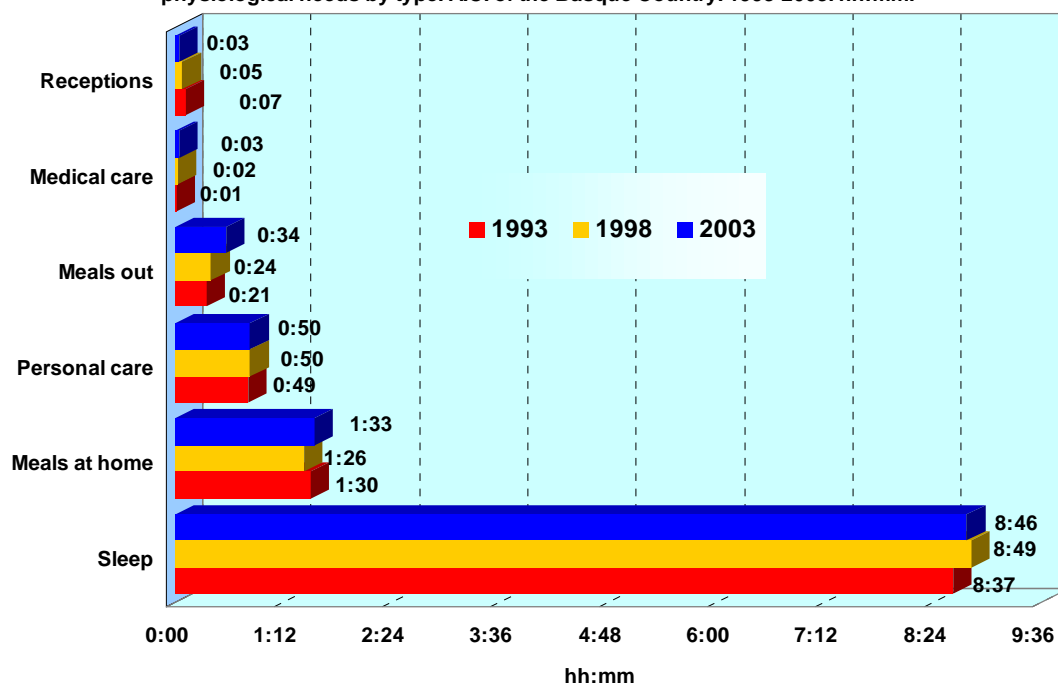
Medical care, which took up 1 minute per day in 1993, rose to 2, due to the doubling of the participation rate: from 1.8% in 1993 for men, it increased to 4% in 2003; in the case of women it went from 2.3% to 4.8%.

These increases are counteracted by the 1-minute decrease in the time spent on meals at home and the 3-minute drop in time spent on meals entertaining or visiting. In the case of the latter, it was reduced by half: from 6 minutes in 1993 to 3 in 2003. The participation rate fell from 7.9% to 4.3%. This seems to be linked to the aforementioned decrease in the activities included in the section on social life, where 12 minutes were lost in the ten-year reference period.

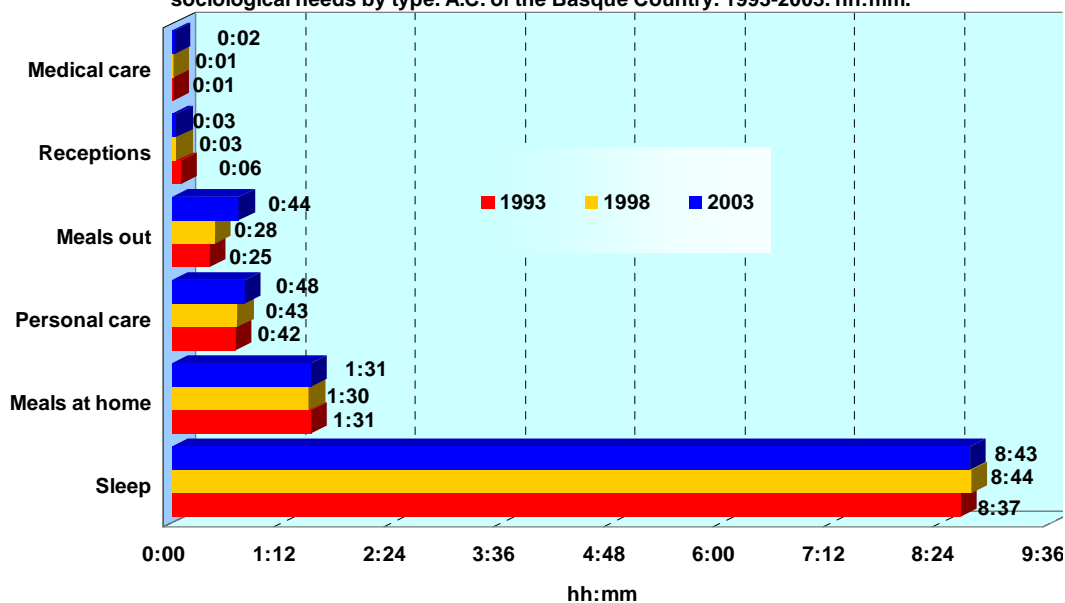
To conclude this section, we should stress that the intensity of the increase in average social time dedicated to physiological activities in the A.C. of the Basque Country seems quite acute if compared with the Swedish and Norwegian cases.

As a reference we have the 10-minute increase detected in Sweden between 1990 and 2001 (population aged between 20 and 64),³ and the 6-minute decrease for the Norwegian population aged between 16 and 74.

Graph 5M Evolution of average social time for women aged 16 and over dedicated to physiological needs by type. A.C. of the Basque Country. 1993-2003. hh:mm.



Graph 5V Evolution of average social time for males aged 16 and over dedicated to sociological needs by type. A.C. of the Basque Country. 1993-2003. hh:mm.



Source: Eustat, EPT-1993-2003

3 Work time and study time

The average social time given to work and study grew by 14 minutes over the ten-year reference period; we will go on to see the balances from which this proceeds and whether or not they are symmetrical as regards gender.

It is the time dedicated to the principal job that occupied the greatest rise in this section: growing by 22 minutes –13 between 1993 and 1998 and 9 between this year and 2003. The average time in 2003 came to 2 hours 43 minutes.

If we analyse the changes and distributions by sex, we can see that whereas time in the main job increased by only 5 minutes for men, for women this rise was 43 minutes –28 for the first five-year period. This difference in intensity as regards evolution was mainly due to the increase of the female participation rate in paid work: while men increased barely 2 points over the ten years, for women the increase was almost 10.

Even so, the average working day for men was 7 hours 32 minutes, and 6 hours 23 minutes for women. For working men, their day was reduced by 8 minutes in 10 years and for employed women it grew by 25. It seems that here too, the gender gap is closing, going from a 1 hour 42 minute difference in 1993 to one of 1 hour 9 minutes in 2003. However, this circumstance could be read in two ways; women, on one hand, have access to jobs that are more homogenous to those of men, or, on the other, that women are less likely to have access to working days that improve their possibilities of reconciling work and family life.

The weight of secondary jobs was reduced by half, going from 10 minutes social time to 5 during the ten-year reference period, mainly due to the fall in participation rates: from 5.3% of the population aged 16 or over in 1993 to 2.9% in 2003. This means that people employed in this type of work dedicated 3 hours 7 minutes to it in 1993 and 13 minutes less 10 years later. Trends as regards gender are not too similar to those observed in the principal job: working men dedicated 12 minutes less in 2003 than in 1993 –3 hours and 7 minutes- and the participation rate went from 7.2% to 3.7%. Women occupied in secondary jobs worked 45 minutes less in these jobs, making a figure of 1 hour 52 minutes in 2003. It is probably the increase of the principal working day that is responsible for the decrease of disappearance of these jobs among some groups of women. In 2003 only 2.7% stated that they had one, compared to 4.5% in 1993.

To conclude this sub-section on work, we should add that 3.3% of employed men took 30-minute work breaks, a period that has not varied, taking into account only 1993 and 2003. Women dedicated 5 to 6 minutes more to work breaks than men.

14.3% of the population aged 16 or over –1 in 7- carried out some activity related to education in 1993, point five per cent more than in 2003. The vast majority, practically 9% in both years, followed official courses of study. It must be remembered that if, on one hand, the size of younger generations has reduced, on the other there was an increase in education rates for the ages covered in the surveys.

If we look at official studies, we can see a downward trend in the time dedicated to education, from 1 minute between 1993 and 1998 and 7 between that year and 2003, arriving at a daily average of 4 hours 52 minutes. On one hand, males increased their time -24 minutes in 10 years making the average for 2003 5 hours and 7 minutes-, while

on the other, females lost a daily average of 35 minutes, with an average of 4 hours 38 minutes per day. The gap, however, stayed at 29-30 minutes. We would have to investigate further into the types of studies (non-technical/ technical degrees, work-orientated courses/baccalaureates), as well as in the study habits themselves, to explain these differences.

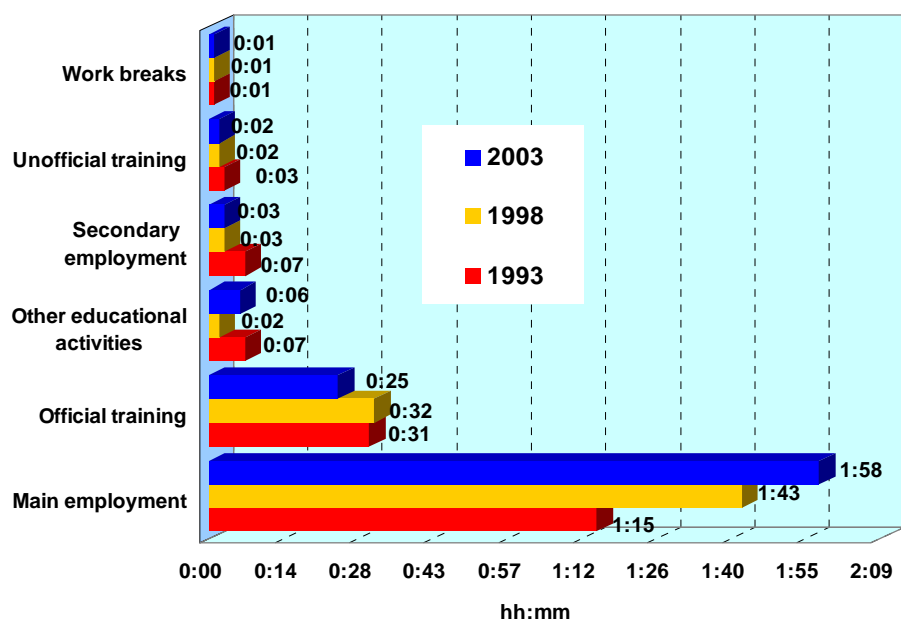
The diminished time given to official education, as well as being influenced by the type of studies and how they change with time, could be explained by the existence of other competing activities, such as the time dedicated to transport, or the mixed use or otherwise, according to purpose, of information technology.

This reduction of time in official education courses is more marked in the field of unofficial education: from 2 hours 9 minutes for those involved in 1993, in 2003 the figure was reduced to almost half: 1 hour 7 minutes. At the beginning of the period, 2% of the population stated that they followed this type of activity and by the end it was 1.3%. Although these are not highly relevant percentages, they seem to confirm the trend. The loss in this case closed the gap between men and women: from 42 minutes in 1993 to 30 in 2003. In this year, those males who stated that they carried out this type of studies dedicated 1 hour 40 minutes per day.

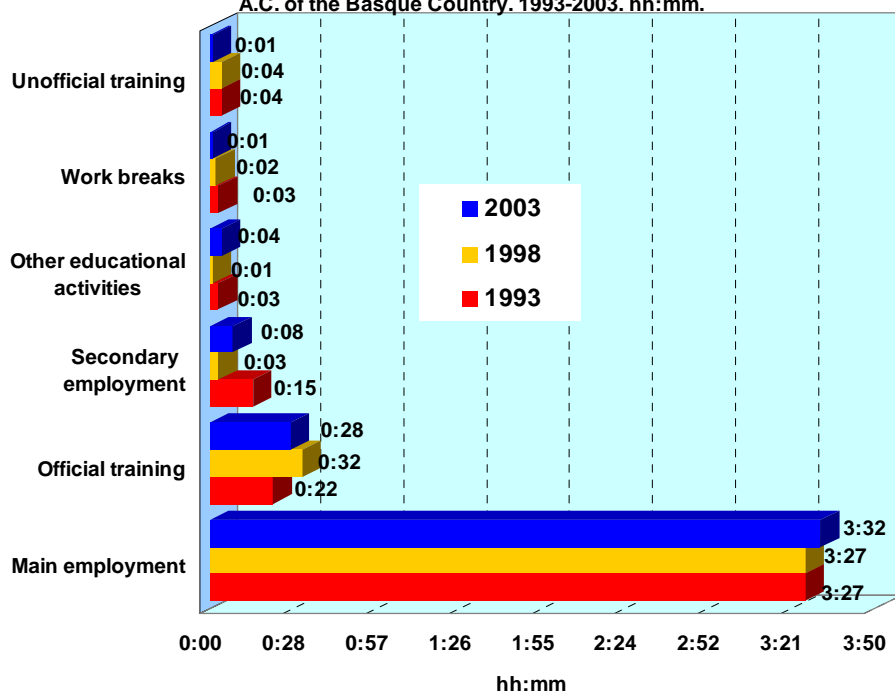
Other activities related to education, such as sports classes, non-professional arts activities, etc., followed by 3% of the population aged 16 or over in 1993 and by 3.6% in 2003, accounted for 2 hours and 20 minutes per day, 7 more than in 1993. In 1993, female participants in these activities dedicated 33 minutes more than male ones, with 2 hours 25 minutes. The difference in 2003 reduced to 19 minutes.

To summarise, we could say that the balance of 14 minutes of average social time gained by the work and education section is based, on the one hand, on an increase of 22 minutes in the time dedicated to the principal job –especially in the case of women, who added 43 minutes compared to 5 for men, increasing their participation rate by 10 points in 10 years- and 1 minute in minor educational activities. On the other hand, it stems from the loss of 5 minutes in secondary jobs (7 for men and 4 for women), of 2 minutes in unofficial and 1 in official education.

Graph 6M Evolution of average social time for females aged 16 and over dedicated to employment and training by type.
A.C. of the Basque Country. 1993-2003. hh:mm.



Graph 6V Evolution of average social time for males aged 16 and over dedicated to employment and training by type.
A.C. of the Basque Country. 1993-2003. hh:mm.



Source: Eustat, EPT-1993-2003

could also have its effect, as well as changes in the perception and evaluation of cleaning itself.

Following the 8 minutes lost in cleaning, it is also worth noting the 5 related to food preparation. From 1 hour 1 minute per day in 1993 it fell to 56 minutes in 2003. The percentage of people carrying out these tasks hardly varied, rising from 60 to nearly 61%. The evolution as regards the sexes seems to be moving towards a balance: in 1993 33% of men took part in these chores and in 2003 it was 7 points more; women went from 87% to 81% in the latter period. Since these activities are linked with vital needs, a substitution effect seems to have taken place, in which men have to complete what women, having assumed other tasks or responsibilities, cannot do.

The average time dedicated to washing, ironing, repairs and preparation of clothes also lost weight over the 10 years, dropping from 15 to 12 minutes. Women dedicated 6 minutes less –22 in 2003–, while there was a 1-minute increase for men –reaching 2 in 2003. In 1993, 44% of women carried out these tasks compared to 36% in 2003, whereas men went from 3.6% to 7.1%. Explanations for the evolution of the tasks connected with clothes as regards time would not be dissimilar from those related to cleaning.

Shopping also lost weight in the routine of residents aged 16 or over in the A.C. of the Basque Country: they dedicated 2 minutes less in 2003 than they had 10 years earlier. From 25 minutes per day it fell to 23.

Within this section, as well as daily shopping, we include the purchase of consumer durable goods, leisure goods, maintenance or the activity simply identified as ‘going shopping’.

Women went from 37 to 30 minutes, and as we have seen in other household activities, men increased the time dedicated to this activity by 1 sole minute: from 13 to 14 minutes. The participation rate lowered slightly: from 41.7% to 40.4%. However, among women, it amounted to 6 per cent, reaching 50%, while for men there was less than 1 per cent increase.

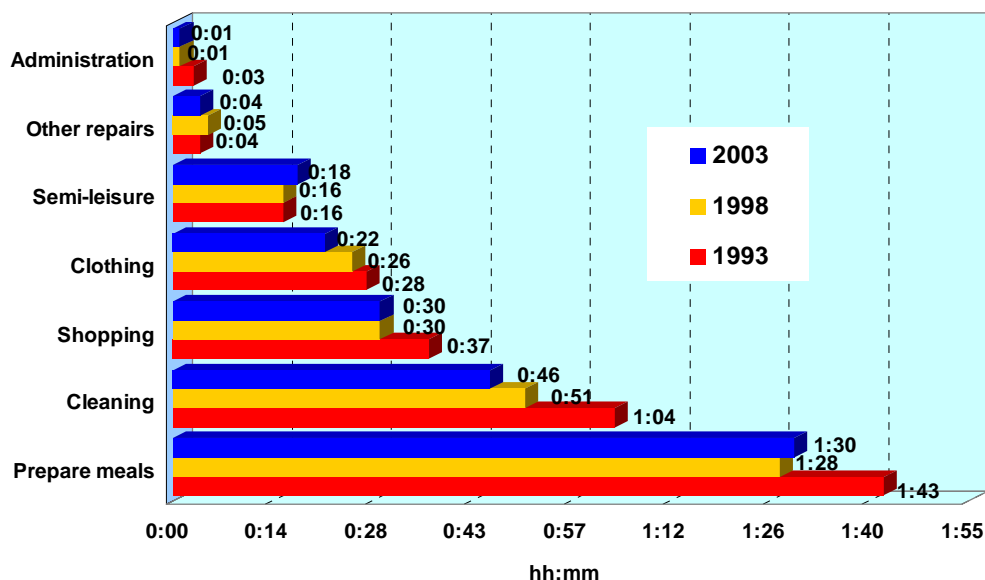
Changes in the trade structure in recent years –large stores becoming more widespread–, as well the concentration of this activity on specific days –inevitably in the case of women and/or men employed in paid activities– could partly explain the shortening of time detected. At present, although it exists, one could not state that commerce or purchases through the Internet have a decisive influence.

The administration needed in a well-run household took up 3 minutes per day in 1993, which had become 1 by 2003. This decrease could also be seen in the participation rates: from 4.3% to 2.1%. It remained steady for men –around 4%– and halved for women: from 4.3% in 1993 to 2.1%.

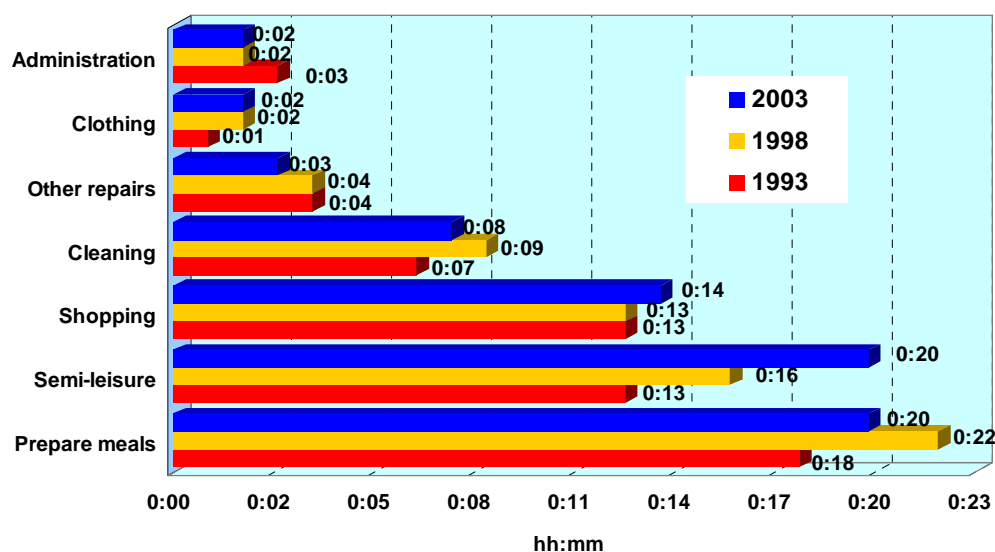
More than the reduction of the importance and number of administrative acts to perform –probably just the opposite–, it seems that this reduction could be due to mechanisation –whether this be on the part of banks, other private companies, public offices or administration in general – of the habitual administrative tasks, such as encashments and payments, notifications, etc. Additionally, the fact that searching and applying for work has been included in this section could have influenced the fall, since there was a

substantial reduction in unemployment during the stated period: in 1993 the Eustat Survey on the Population in Relation to Activity –PRA- gave a total of 222,500 unemployed, while in 2003, it was ‘only’ 84,400.

Graph 7M Evolution of average social time for females aged 16 and over dedicated to household chores by type. A.C. of the Basque Country. 1993-2003. hh:mm.



Graph 7V Evolution of average social time for males aged 16 and over dedicated to household chores by type. A.C. of the Basque Country. 1993-2003. hh:mm.



Source: Eustat, EPT-1993-2003

Two groups of household activities, difficult to classify, but a feature of everyday life, still need to be specified. On the one hand there are those identified as semi-leisure: repairs, clothes-making, sewing, knitting, painting, gardening, pet care etc., and on the other, activities such as providing heating, making household accounts, removals, etc.

This last group showed a zero balance over the 10 years, staying at an average of 4 minutes. It occupied 15.4% of the reference population, 2.5 per cent more than in 1993, without any noticeable differences in the sexes.

Among all the household activities, the semi-leisure group was the only one to experience an appreciable increase: from 15 minutes in 1993 it rose to 19 in 2003, a more notable increase for men –from 13 to 20 minutes- than women –from 16 to 18-. However, the participation rate increased the same, just over 3 per cent, coming to 20% of women and 16% of men in 2003.

We might speculate that DIY, an activity that has traditionally had little impact on Basque society, could have boosted this increase, also linked with the rapid growth of construction and forming families in recent years.

We could thus conclude that the need for a new distribution of time due to the mass incorporation of women into paid employment has meant that the household activities that have diminished most seem to be those that are least necessary –cleaning and care of clothing. The preparation of meals also lost weight, but this is where there seemed to have been a clear substitution of those responsible; in some cases the participation of women fell by 6 points and that of men rose 7. In almost all the sections dealt with, men increased their time by 1 or 2 minutes every year, except in semi-leisure where they reached 7.

This very slight reduction in distances between genders did not affect, on the whole, the distribution of household chores: although in both cases the main activity was the preparation of meals (women dedicate 1 hour 10 minutes more per day than men, 15 minutes less than in 1993), the second for women was still cleaning, compared to semi-leisure for men. Clothing comes in fourth place for women and in sixth for men.

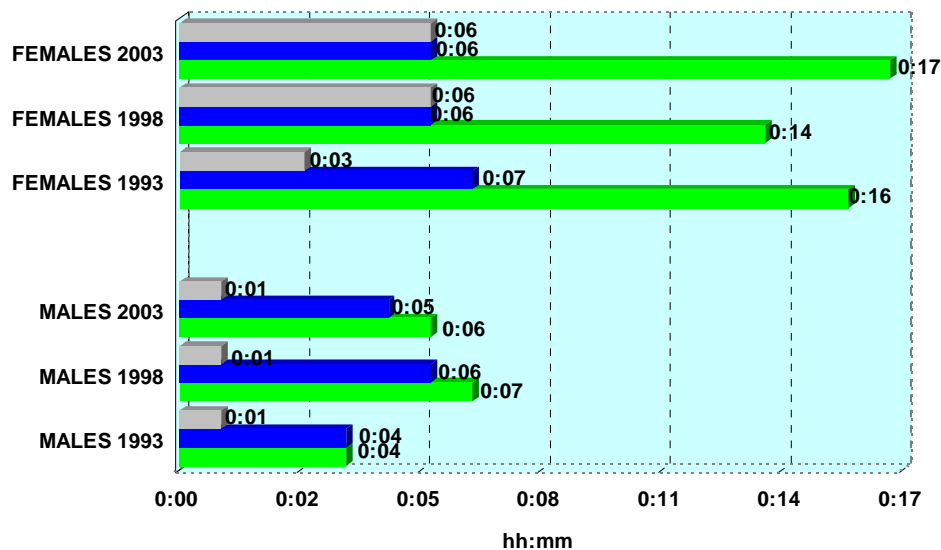
If we consider Norwegian and Swedish research, the trend in other European countries, as regards the loss in weight of household tasks, coincides in this case with the results of the Basque EPT. In Norway they lost 13 minutes; in Sweden it was 10 minutes less for men and 40 for women.⁴

5. Care of people in the home

Activities related to the care of people in the home increased 2 minutes from 1993 to 2003. The average social time for men stayed at 12 minutes, while for women it fell from 27 to 29 minutes. We can conclude from these figures that the solidarity of men with younger and older generations did not vary over the 10-year period, if we understand this as time spent in the home looking after children or the elderly. This section does not include looking after relatives or other people in homes other than one's own.

⁴ See notes 9 and 10

Graph 8 Evolution of average social time for the population aged 16 and over dedicated to care for persons in the household by type of care and sex. A.C. of the Basque Country. 1993-2003.hh:mm.

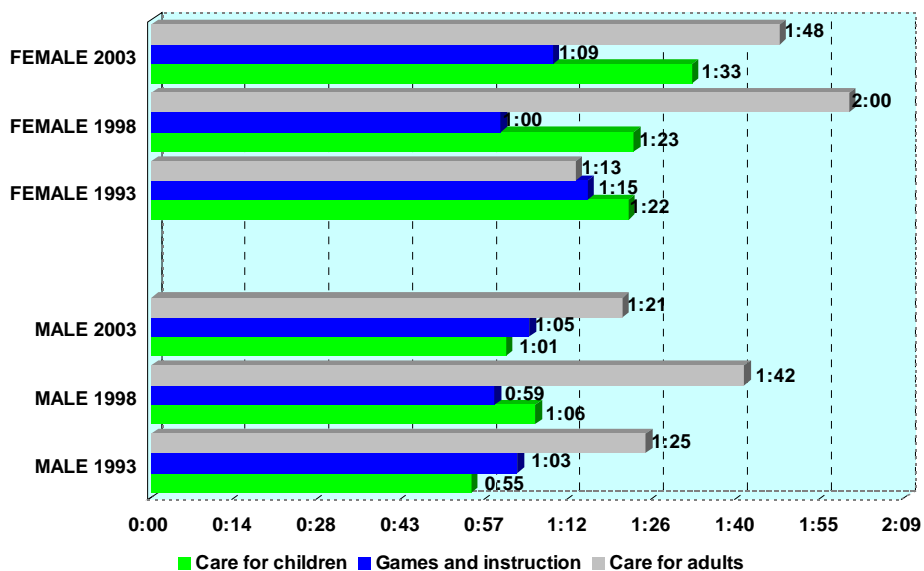


■ Care for children ■ Games and education ■ Care for adults

Source: Eustat, EPT-1993-2003

However, this data could be slightly erroneous if we did not take into consideration the evolution of the participation rate. For men, it fell by 1.4 per cent –1 in 7, 14.6% in 2003, carried out some of these tasks- and for women 1.8 –one in four-. If the population that carries out these tasks gets smaller and the average social time does not vary, then that of the participant must.

Graph 8B Evolution of average time per participant for the population aged 16 and over dedicated to caring for persons in the home by type of care and sex. A.C. of the Basque Country. 1993-2003.hh:mm.



Source: Eustat, EPT-1993-2003

As regards the type of people who were helped, we can see that in the case of child care, (looking after new-born babies, care of children in general, taking them to the doctor, etc.) as has been observed with the preparation of meals, there was a substitution effect. The participation of men increased, from 7.3% to 9.8%, between 1993 and 2003, and that of women lowered, from 19.5% to 18.3%. The men in question dedicated 6 minutes more –making 1 hour 1 minute per day- and the women 11 –1 hour 3 minutes per day. As was the case in the whole group, the participation rate for men increased –2.6 per cent- and that of women fell –1.2 points.

In 2003, men who played with children, inside or outside the home or helped them with homework, as was the case with other similar activities, dedicated 1 hour 5 minutes, 2 minutes more than in 1993. Women lost 6 minutes.

It is in the section on care of adults (personal or medical care, etc.) where we find the greatest variations. On average, the population that cared for adults increased the time it dedicated by 27 minutes over the 10 years, reaching a daily average of 1 hour 43 minutes. In 1993 it was only 1.3% of the population, whereas in 2003 it rose to 3.9%.

Nevertheless, this growth was not symmetrical as regards gender: men maintained their participation rate at 1.2% and dedicated 4 minutes less. Women increased their rate by 1.4 per cent –in 2003 5.6% of women did this task- and time by 35 minutes. The gap between men and women doubled in size: it went from 12 minutes in 1993 to 27 in the most recent survey.

This figure shows us that despite the reduction in the birth rate, in the size of families, slightly more time was dedicated to children, especially by men –possibly explained by the substitution theory- and a lot more was dedicated to adults –especially elderly people. In the case of the latter, not only did male support not increase, it decreased, meaning that they only with their children did they show a little more solidarity.

6. Time dedicated to travelling

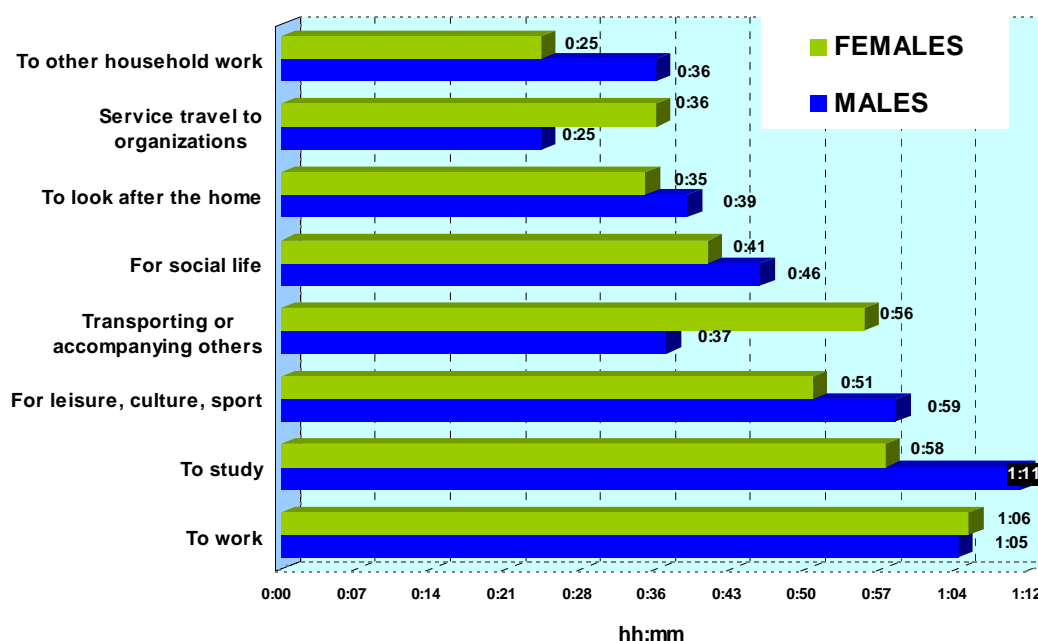
Time spent travelling to the workplace, the place of study, to go shopping, for leisure or for other reasons also increased by 10 minutes average social time. Men dedicated on average 11 minutes more than women, a difference that time did not diminish. In 2003 the population aged 16 or over dedicated 1 hour and 8 minutes to journeys. The rate of people obliged to travel, or those who simply wished to, varied considerably: from 79.7% to 84.1% in the case of men and especially among women: it went from 65.8% to 74.1%.

However, the above-mentioned evolution could be slanted by adapting codes concerning journeys. In the first two EPT surveys, journeys were put into four main groups: work and education, to accompany someone and other journeys and waiting time, specifying the means of transport. In those corresponding to 2002-2003, adapted to Eurostat proposals, a greater disaggregation of types of travel was made, as we will see later. The homogenisation of these codes is still pending.

We can, however, compare the time taken in travelling to the workplace and place of study: it almost doubled over the 10 years: from 16 to 30 minutes. The participation rate

went from 27.6% to 43.5%. The rise was greater for women, going from 17.5% in 1993 to 36.2% 10 years later. For men it rose 13.5 points to come to 51.5%.

Graph 9B Distribution of average time per participant of the population aged 16 and over for travel according to sex. A.C. of the Basque Country.2003. hh:mm.



Source: Eustat, EPT-1993-2003

For 2003, in relation to the distribution of time by mobility of the population and sex, appreciable differences can be seen. Given the influence of the participation rate, average times per participant will be used.

Men dedicated more time to travelling for study reasons (13 minutes more), for leisure or sports (8 more), for social life (5 more) and travelling related to the care of the home (4 more).

There was also a sizeable difference in journeys made to help in other households (11 minutes more), although we should point out its little representativity, given the scarcity of the numbers obtained, below 2% of the total.

Women spent more time on journeys accompanying other people (children, adults, the sick, etc.) than men (19 minutes), and also in the area of travel related to services for various organisations (11 minutes more). This latter case should also be treated with care, given the scarcity of the sample.

We could conclude that the gender gap is also present in these activities, except in the case of travel for work where an increase of one minute was registered and to which the

working population dedicated 1 hour 5 minutes per day. Whether this may be because of different types of study, implying different locations, because of the availability or otherwise of one's own vehicle, or because women are designated specific tasks in the home (accompanying children to school, to the doctor etc.), gender differentiation is clearly visible.

Looking into the participation rates confirms the differences: 19.6% of men made journeys related to leading their social life, compared to 17.1% of women. For leisure activities the figure was 33.9% for men and 29.3% for women.

Conversely, 12.5% of women made journeys to accompany a third party compared to 8.1% of men. Travelling for purchases, maintenance or other activities connected with the care of the home, involved 22.9% of women, compared to 15.4% of men. As we have seen in this section, men dedicated a little more time to this. The explanation could lie in the type of distances and routes. It seems likely that shorter trips –for light shopping, etc.- were made more by women, while the larger purchases –weekly or monthly- were made by men, requiring the use of a vehicle.

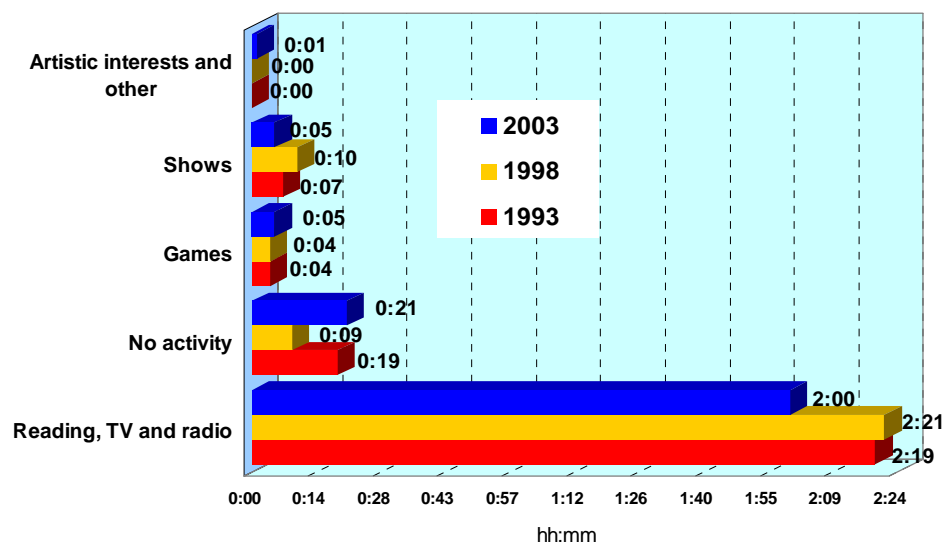
7. The decline of passive leisure.

As mentioned at the beginning of the section, if we put together the groups of activities associated with free time and leisure, the loss of weight over recent years is evident: 32 minutes. However, we need to dwell on what types of activities are losing social relevance and which are not. We will begin with the former.

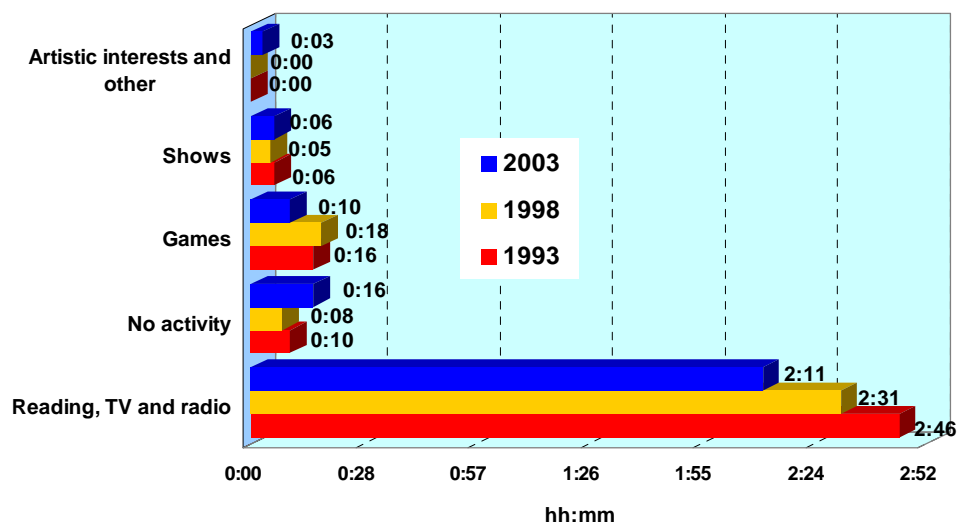
Passive leisure includes activities such as reading, watching television or listening to music, going to shows, playing games and doing nothing whatsoever. Although the labelling of the group of activities is always controversial, the aim is to differentiate this type of leisure from that which implies a clear physical activity.

All the major groups of activities of passive leisure lost weight, except the so-called 'Non-activity', which includes relaxing, thinking, etc. activities that are not clearly defined or that do not have an immediate result. This section gained 4 minutes daily average over the 10-year period; 6 for men and 2 for women. However, women were the most enthusiastic in this type of leisure: in 2003 they dedicated 21 minutes to it, 5 more than men. Their participation rate came to 27.3%, almost 3 points higher than men.

Graph 10M Evolution of average social time for women aged 16 and over dedicated to passive leisure by type. A.C. of the Basque Country. 1993-2003. hh:mm.



Graph 10V Evolution of average social time for males aged 16 and over dedicated to passive leisure by type. A.C. of the Basque Country. 1993-2003. hh:mm.



Source: Eustat, EPT-1993-2003

The section to suffer the greatest decrease was that dedicated to audio-visual media and reading: as much as 28 minutes of average social time, going from an average of 2 hours 33 minutes in 1993 to 2 hours 5 minutes in 2003. Men, who had been the ones to spend most time on this section lost the most, with 35 minutes less –in 1993 they dedicated 2 hours 46 minutes. Women reduced their time by 19 minutes. From the 27

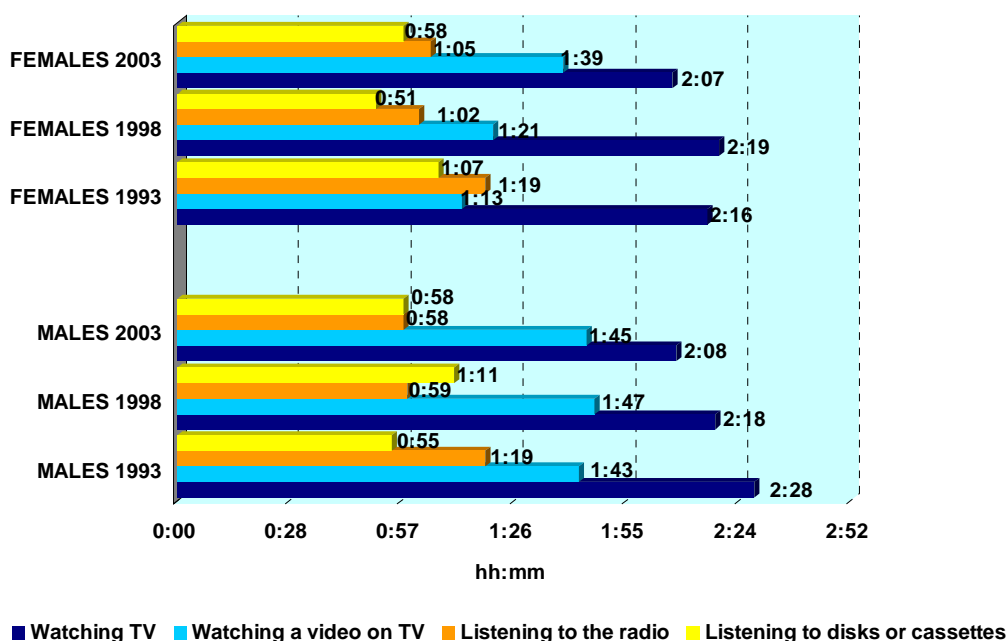
minutes' difference between the sexes in favour of men, as had been the case in 1993, it became 11 in 2003.

Participation rates also fell appreciably: from 89.5% in 1993 to 84.5 in 2003. The rates and the fall were symmetrical as regards gender.

Shows and games also lost weight in average time –1 minute in the case of the former and 4 in that of the latter– and in user rates –from 5.4% to 4.3% in the first case and 11% to 7.1% in the second.

It is worth noting that women increased their time dedicated to shows by 1 minute.

Graph 10B1 Evolution of average time per participant of the population aged 16 and over dedicated to audiovisual activities according to sex.
A.C. of the Basque Country. 1993-2003. hh:mm.



Source: Eustat, EPT-1993-2003

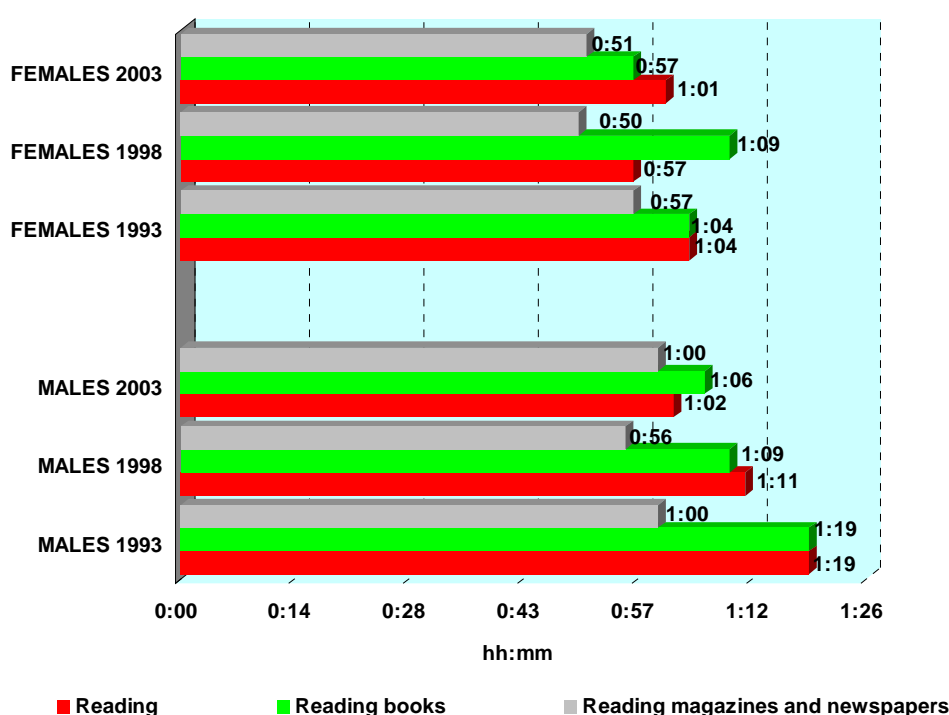
Before continuing with the data, we should remember that activities such as watching television or listening to the radio or music can often be done at the same time as others such as reading, sewing, eating, etc. In these cases they are then considered secondary activities and thus cannot be added to the overall average number of hours. We need, then, to tabulate them separately. Therefore, analysing the time dedicated exclusively to these activities from the point of view of the main activity means or could mean an underestimation if we wish to come close to something like audience ratings.

Within a large category of media, we could differentiate between audio-visual and written. Of approximately 28 minutes lost, 21 corresponded to the first sub-section mentioned, and among all the media the most affected was television with a loss of 19 minutes in 10 years. Radio as the main activity also lost minutes, while watching videos gained 1 and listening to music on disc or cassette did not vary.

As regards gender, it was men who most decreased the time given to audio-visual media: 29 minutes between 1993 and 2003 compared to 16 for women. These different losses closed the distances: from 20 minutes in favour of men in 1993 to 7 in 2003. This diminishing of the distances was more evident in the case of the time dedicated to TV: from 15 minutes in 1993 it became a difference of 4 ten years later.

The rate of people who watched TV also fell substantially: it went from 82.4% to 77.2%; the distance between the sexes stayed at around 3 points, - in 2003 78.1% of men said they habitually watched TV compared to 75.6%.

Graph 10B2 Evolution of average time per participant of the population aged 16 and over dedicated to reading according to sex. A.C. of the Basque Country. 1993-2003. hh:mm.



Source: Eustat, EPT-1993-2003

Listening to the radio also lost importance as the main activity, decreasing by 3 minutes average social time, 5 in the case of men and 3 for women. The participant rate fell from 8.9% to 6.6%.

If we look at the average daily time spent by those who watched television, it came to 2 hours 7 minutes in 2003, 15 less than in 1993. In this case we could say that equality of the sexes was achieved, since only 1 minute separated men and women, compared to 12 10 years earlier. However, watching videos is where there was the greatest closing of the distances: from 30 minutes in 1993 to 6 minutes in 2003. The very limited participation rate –between 1 and 1.9%- plays down the importance of this evolution.

As for those who listened to the radio, they did so for 1 hour y 19 minutes in 1993, whereas in 2003 this went down to 1 hour 1 minute. From this perspective, women are the ones who dedicated the most time to it: in 2003 1 hour 5 minutes, 7 minutes more than men.

The reduction in the average social time dedicated to reading –5 minutes in 10 years-, also contributed to the reduction in passive leisure. The 2003 average stood at 21 minutes. The difference between the sexes was only 3 minutes –men dedicated 22 minutes per day-, bearing in mind that in 1993 it was 10 minutes.

The rate of readers increased for books over the 10-year period –from 5.7% to 8.2%-. In this case the proportion to rise the most was that of women: 2.5 per cent, coming to 8.8%. The rate of male readers increased by 1 point and stands at at 6.1%. In this case the gap is unfavourable for men.

Analysing the data for reading by type and for those who carry out this activity, through the average time per participant, we come across an appreciable fall in the time dedicated to reading books –falling from 1 hour 10 minutes to 1 hour 1 minute in 2003- and reading in general –from 1 hour 12 minutes to 1 hour 1 minute. Therefore we have more readers but they dedicate less time to reading.

Newspaper and magazine readers went from dedicating 58 minutes per day to 56, a fall that could be attributed to habitual women readers –they read 6 minutes less over the 10-year period-, while men maintained the same time as 1993 –1 hour per day.

Reading in general, without specifying what, also suffered important losses: 11 minutes, dropping to 1 hour 1 minute in 2003. In this case it was men who had the greatest influence on this fall: 17 minutes less, compared to 3 for women. Therefore there was only a 1-minute distance in this type of reading. The participation rate for women rose to 11.5%, compared to 8.1% for men.

In conclusion, we could say that the latest changes in economic and social structure – access for women to the paid labour market and better training-, seem to have meant, on the one hand, more egalitarian access to activities included in what is known as passive leisure, and on the other, to have obliged men to give up part of the time they dedicated to this activity. Reading, if we exclude newspapers and magazines, is becoming increasingly a female activity, giving rise to a gender gap contrary to the habitual one.

Nor could changes in the audio-visual world be ignored: the spread of quality or pay television, the increased offer of magazines for women, etc. Even so, there are still some differences: it appears that the men who habitually read newspapers or magazines have more time available for this activity than women.

8. Active leisure and the appearance of the Information Society

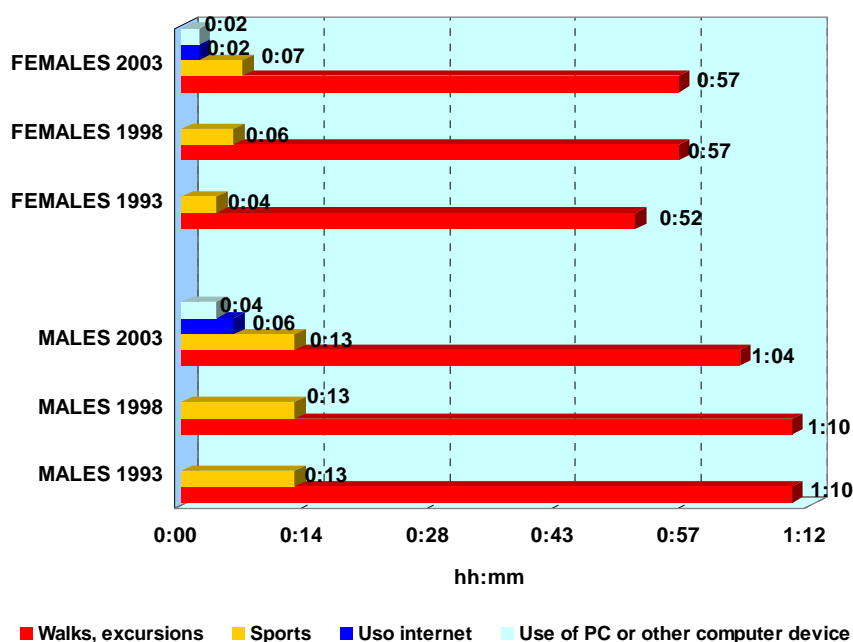
Within active leisure we find sports, going for walks and outings, hunting and fishing and in 2003 activities related to the Information Society were included, such as using the computer and especially surfing on the Internet.

If the activities included in passive leisure diminished in weight, these ones gained 7 minutes average social time in 10 years -10 in the case of women and 5 in that of men. The gender gap fell from 24 minutes in favour of men in 1993 to 19 in 2003.

59.7% of people stated that they carried out one of the above-mentioned activities, 8 points more than in 1993, although the gender difference stayed at just over 2 points.

Given the inrush of activities associated with computers into the habits of much of the population, as well as the greater exactitude of the codes in the 2003 survey, it was necessary to differentiate them from the rest, with the aim of better evaluating the evolution.

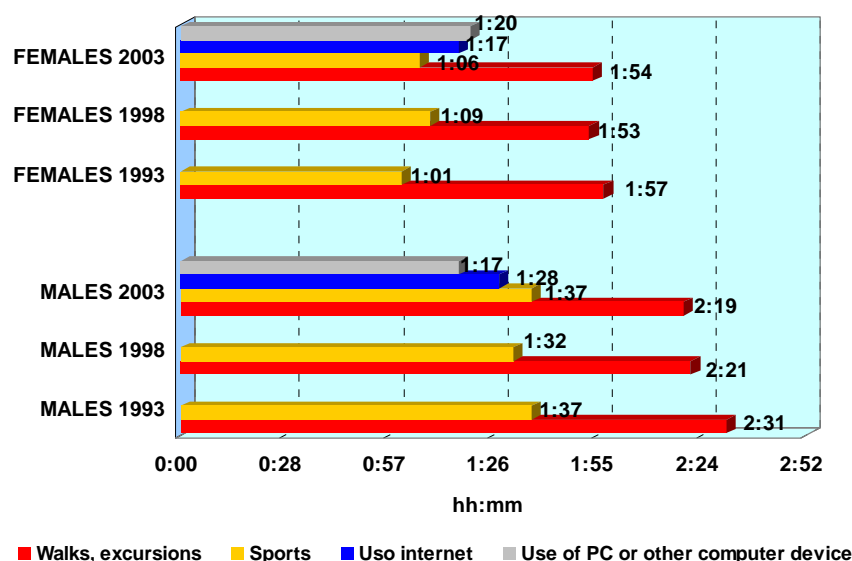
Graph 11 Evolution of average social time for the population aged 16 and over dedicated to active leisure and sport by type and sex. A.C. of the Basque Country. 1993-2003. hh:mm.



Source: Eustat, EPT-1993-2003

In this way we can see that the real increase in active leisure comes from adding these activities. On one hand, going for walks decreased by 1 minute and on the other, there was an increase, also of 1 minute, in the average social time dedicated to sport. The 7 minutes balance came from the 4 minutes of Internet connection and another 3 spent using the computer or other related elements.

Graph 11B Evolution of average time per participant of the population aged 16 and over dedicated to active leisure and sport by type and sex. A.C. of the Basque Country. 1993-2003. hh:mm.



Source: Eustat, EPT-1993-2003

Such reduced movements hide more important gender variations; women increased their daily sports practices by 3 minutes (although they still had 6 to go to reach the 13 minutes spent by men), while among men the time they dedicated did not vary over the 10-year period. The participation rate rose by 4 points for women and remained unchanged for men (10.6% for the former and 13.4 % for the latter in 2003).

As regards going for walks or outings, women dedicated 5 minutes more than in 1993, while men decreased by 6. In 2003 they dedicated an average of 1 hour 4 minutes per day, whereas for women it was 57 minutes. More significant was the increase in the number of women who carried out these activities: from 44.4% in 1993 to 50% in 2003, surpassing the proportion of men, which stood still at 46%.

The average social time for use of the computer in 2003, the only year in which it was set apart, took 3 minutes per day from other activities –four in the case of men and 2 in that of women-, and the use of the Internet another 4 minutes –6 for men and 2 for women-. It is notable that with the birth of this new type of activity an appreciable gender gap has also appeared.

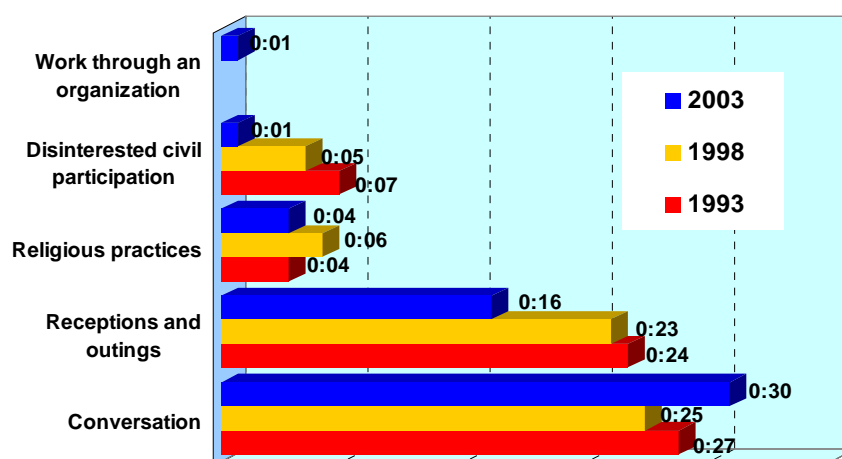
If we analyse time use from the perspective of the participants, in the case of the new technologies, we can observe a slightly longer time in the use of the computer by women than by men –1 hour 20 minutes for women and 3 less for men-, whereas in the case of connections to the Internet the opposite is true: male Internet users dedicated 1 hour 28 minutes and female ones 11 minutes less. These distances can be explained by the fact that these new habits are less widespread among women.

Therefore, rather than a greater weight for active leisure, the positive balance originated in the new activities associated with information technology. This is not to deny that in this section a closing of the gender gap has been noticed once more in traditional activities.

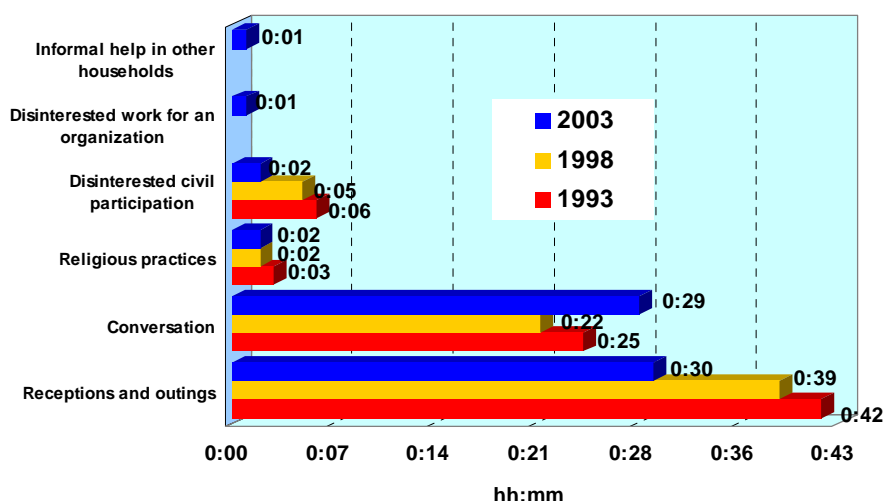
9. The evolution of time dedicated to social life

The group of activities included in the section on social life show, as was the case with passive leisure, a negative balance. They took another 12 minutes from leisure as a whole, as well as almost 4 per cent of participants in the activity between 1993 and 2003.

Graph 12M Evolution of average social time for women aged 16 and over dedicated to social life by type.
A.C. of the Basque Country. 1993-2003. hh:mm.



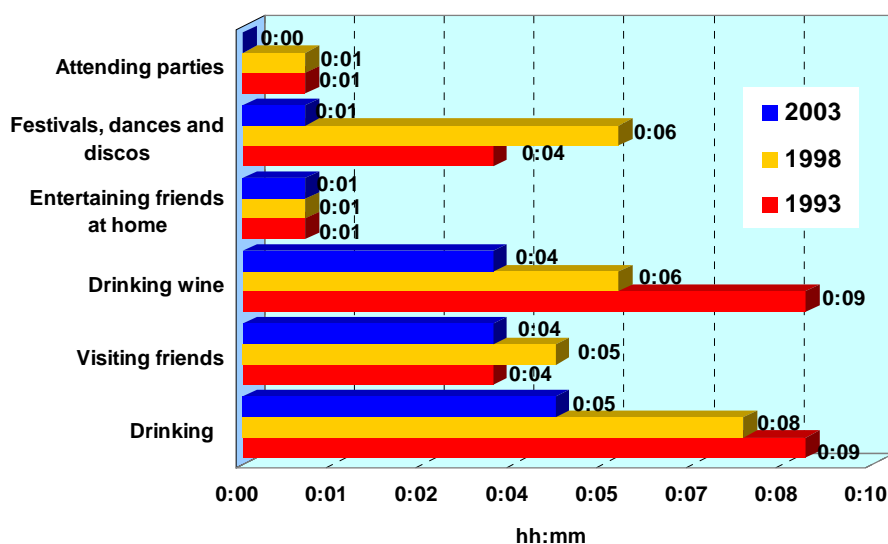
Graph 12V Evolution of average social time for males aged 16 and over dedicated to social life by type.
A.C. of the Basque Country. 1993-2003. hh:mm.



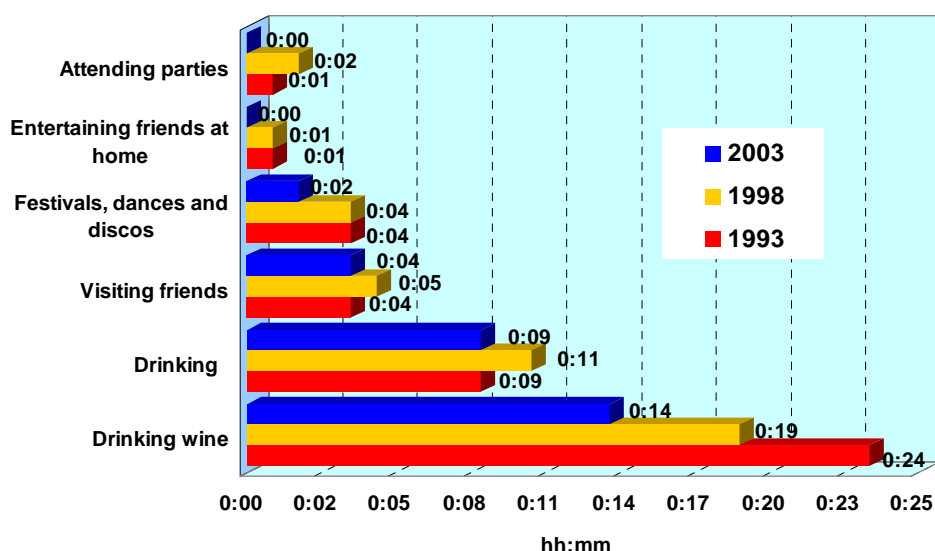
Source: Eustat, EPT-1993-2003

The reduction was the same for both sexes, which implies that the distance remained the same: in 2003 women dedicated 52 minutes to this section, 12 minutes less than men. The distance between the sexes also widened as regards participation rates. In 1993 it was 1 per cent and increased in 2003 to just over 4. The rate for men was 54.7% while for women it was 50.5%.

Graph 12BM Evolution of average social time for females aged 16 and over dedicated to receptions and outings by type. A.C. of the Basque Country. 1993-2003. hh:mm.



Graph 12BV Evolution of average social time for males aged 16 and over dedicated to receptions and outings by type. A.C. of the Basque Country. 1993-2003. hh:mm.



Source: Eustat, EPT-1993-2003

The loss of weight of social life came fundamentally from the 10-minute decline in the activities that come under the heading of 'Entertaining and going out': visiting or entertaining friends, going out for drinks, attending parties, etc. Men lost 12 minutes and women 8. Women dedicated almost half the time that men did: 30 minutes for the latter in 2003 and 16 for women. 23.1% of men were participants compared to 13.9% of women.

Given the importance of this reduction in time, it is worth breaking down the type of activities included therein.

Going out for a few glasses of wine, going out late-night drinking, along with going to dances or discotheques appear as activities in decline: the former lost 7 minutes and each one of the others lost 2, coming to 9, 7 and 2 minutes daily average respectively. Entertaining or visiting friends remained unchanged. The changes as regards gender are significant: men spent 10 minutes less drinking wine, although they started out with an average of 24 minutes. Women spent 5 less, beginning with 9. Going out late-night drinking was reduced to 4 minutes for women, starting out as 9 in 1993. Men remained unchanged with 9 minutes.

The fall in the participation rates in these leisure activities are also evident: from 22.9% of men who went out for a few glasses of wine in 1993 this changed to 13.1%; for women it went from 7.7% to 3.6%.

To continue with other groups of activities related to social life, we should mention the loss of 1 minute in religious practices, going from 4 to 3 minutes' daily average. This minute was lost among men. The participation rate fell by 2.4 per cent, coming to 4.9%. Women doubled the percentage of men: 6.6% in the first case and in 2003.

Participation in political parties and unions and in other organisations also fell substantially, between 3 and 4 minutes, if we include under the proper heading of disinterested civil participation, voluntary work in other organisations or through organisations and helping informally in other households. The participation rate also reduced by half, going from 7.5% to approximately 3.6%.

Only time dedicated to conversation (by telephone, in person) seems to lessen the negative balance of the section; in ten years the daily average went from 27 minutes to 30. Men spoke for 4 minutes more and women 3, with a 1-minute difference in favour of women. While the participation rate of women hardly varied over the 10 years – around 40%-, that of men increased by almost 6 points, coming in 2003 to 38.7%.

On the one hand we can identify trends as to changes in deeply-rooted habits among the population – going out to drink wine or for late-night drinks-, to which we could add the loss of weight in the routines of the residents of the A.C. of the Basque Country as regards acts and relations originating in civil and religious participation. On the other, there was an increase in the need to communicate, in conversation, or perhaps this is a way to substitute part of the human communication lost with the changes in customs. This situation is also not unrelated to the widespread phenomenon of the mobile telephone.

Appendix: Methodology and quality indicators

TABLE 2 METHODOLOGY (EPT-Eustat 2002-03)

1 Area of survey:	Autonomous Community of the Basque Country.
2 Population range:	Families (749,911) and Population aged 10 or over (1,906,989) resident in family households.
3 Frequency:	FIVE-YEARLY 1992-3, 1997-8, 2002-3.
4 Commencement date:	1992
5 Type of operation:	Sampled.
6 Size of sample:	5,016 households -- 5,016 people.
7 Sample distribution:	Provinces
8 Sampling design:	Three-stage: 1- Selection of sections by proportional stratified system. 2- Selection of household by systematic sampling with equal probability. 3- Selection of a person to complete the journal in the household random/with KISH table.
9 Sampling field:	Population Register.
10 Substitution:	Yes.
11 Weekly distribution:	Working days, Fridays, Saturdays and Sundays.
12 Selection of day:	random by section, 3 journals for working days, 3 for Friday, 3 for Saturday and 3 for Sunday.
13 Period of survey:	Autumn 2002 - Spring 2003.
14 Means of collection:	mixed (journal completed by participant, rest of questionnaires and journal checked by surveyor).
15 Participants:	one person of 18 or over responsible for household information. one person of 10 or over responsible for completing the journal.(*).
16 Post stratification	Raking Ratio (Macro CALMAR - SAS -) Region(9), Sex and days, Sex and age.
17 Population settlement:	15 Feb 2003. Population projections 2010 Eustat. Base 1996.

(*) In 1992-3 and 1997-8 people of 16 or over.

TABLE 3. QUESTIONNAIRES AND CONTENT (EPT-Eustat 2002-03)

A FAMILY QUESTIONNAIRE (*)	
Identification:	Address, housing and questionnaire key, survey period, household telephone no., principal or substitute, identification of researcher, date of survey.
Others:	Kish Table (Order of the household in the round X n° of individuals in the family, order n°, name and age of subject, instructions.
Family characteristics:	Order of individual and of family group, type of nuclear family, referee and relationship with this person, family representative.
Personal characteristics:	Name, surnames, sex, marital status, place and date of birth, studies in progress/qualifications, relation to activity, profession, physical or mental disorders, situation of residence.
B1 JOURNAL	
Identification:	Address, housing and questionnaire key, survey period, principal or substitute, name and surnames of subject, reference day and month to complete the journal.
Others:	Day and time of revision/collection of journal, identification of researcher, contact telephone n°. Explanations and examples of completion.
Time record:	Grid of times (from 0:00 to 24:00), at 5 minute intervals, place, text of main and secondary activities and company.
B2 CODING BOOK	
Identification:	Address, housing and questionnaire key, survey period, principal or substitute, date of journal, day of the week, state of journal (complete, with doubts, etc.).
Content:	order n° of the activity, time interval, place, main activity (text), secondary activity (text), company, purpose, coding fields
Characteristics of day:	type of working day and timetable for employed, weather, exceptional characteristics of day.
X ROUTE MAP	
Identification:	Address, housing and questionnaire key, survey period, principal or substitute.
Situation and following of the sample:	Location, situation and use of the dwelling, result of first interview, n° of family questionnaires, day of questionnaire, date of collection and result of completion of questionnaire B, justification for interview not carried out, contacts and visits by the interviewer, identification of interviewee, relationship to referee, household telephone number, agents' identification, situation and result of inspection.
(*) In the first survey an individual questionnaire was added with questions about activity, and use of time by waged, farm workers, domestic activity, leisure, etc. It was eliminated in following surveys	

Summary

If we accept that it is possible to make two major groups of activities that differentiate those that are necessary for the production and reproduction of vital and social conditions on one side and on the other those that the individual chooses and can change at will –leisure- then we can conclude that the first group shows an upward growth trend in the A.C. of the Basque Country.

The *non-leisure* group, which occupied four-fifths of average daily time of people in 2003, grew by 34 minutes over the last 10 years, 44 in the case of men and 20 in that of women. This difference in gender evolution allowed the distance between the sexes to close: women in 1993 dedicated 69 minutes more than men; in 2003 it was only 45.

Within the non-leisure activities, those grouped together as physiological needs grew by 25 minutes, work and education by 14 minutes, journeys by 10 minutes and care of people by 2. Only time dedicated to housework decreased -17 minutes.

If we analyse *leisure* activities, passive leisure –basically dedicated to audio-visual media, reading etc.- lost 27 minutes, and social life 12. Sports and activities included in active leisure, on the other hand, grew by 7 minutes.

This evolution, which is, after all, a balance between various social aggregates, hides highly contrasting changes as regards sex.

Independent of the level of one or other sex in the various activities, we can see that trends for men and women were homogenous as regards physiological needs, journeys, active leisure and sports (where only a greater increase for men stood out) and social life.

There was a huge contrast in the case of work and education: women gained 31 minutes compared to only 1 for men. In housework, women worked 45 minutes less and men increased by 7. Time spent on the care of other people was unchanged for men, whereas for women they spent 2 minutes more. As regards passive leisure, although the trend is shared, men lost 36 minutes compared to only 16 for women.

There were three activity times that were affected by the variation in participation rates: social life went from 57.3% to 52.7%, journeys from 73.4% to 79% and active leisure from 51.9% to 59.7%.

We will review the variations, analysing the activities with greater disaggregation.

Within the section on *physiological needs* an increase can be seen of 25 minutes, meals out marking the pattern of the evolution with 17 minutes more, along with the 8-minute increase in sleep. The mass entrance of women in the labour market and ageing –also more marked in the case of women–, could be behind these changes. In other activities, although changes have been noticed, they are not important ones as regards their weight in the evolution. Worth mentioning is the loss of 3 minutes in meals when entertaining or visiting.

Among the activities included in the section on *work and education*, where there was an increase of 14 minutes, there was an outstanding increase of 22 minutes in the principal job; this stemmed mainly from women who increased by 43 minutes compared to 5 for men. The secondary job reduced its weight by half over the 10-year period, going from 10 to 5 minutes' daily average.

Official education lost 1 minute and unofficial lost 2, but other educational activities (sports or art classes, etc.) increased by 1 minute.

In this case we should stress that the average working day for those in work (average time per participant) in 2003 was 7 hours 32 minutes for men –8 minutes less than in 1993– and 6 hours 23 minutes for women –25 minutes more.

Unpaid household work was the only non-leisure section where its social relevance decreased, if we can measure that by the average times. 17 minutes were lost over the 10 years, a balance resulting from the heavy loss among women of 45 minutes (18% less), and a slight increase among men, 7 minutes more.

Cleaning chores were the most affected, since 8 minutes less were dedicated to them (18 less for women and 1 more for men), as well as those connected with care of clothing, which lost another 7 minutes. Preparation of meals also lost weight, 5 minutes less. In these chores the participation rates for women lowered and those of men rose, in some cases such as the preparation of meals, in compensation, although very hesitantly. Less time was also dedicated to shopping and administration (2 minutes less in the case of the former; 7 less for women and 1 more for men).

The only increase was one of 4 minutes among the activities connected with DIY, repairs, gardening, pet care, etc. (this was 7 in the case of men). The slight decrease of the gender gap in these activities does not seem to break the clear division of chores in the home.

Care of people in the home, another aspect of housework, but directly associated with people, increased by 2 minutes of average social time. If we differentiate the care of children from that of adults, the evolution shows a contrast once more: on average, men dedicated 2 minutes more to caring for children (6 in the case of those who carry out the activity) and 1 more in playing with them or helping them with school work. Women only increased the time given to care by 1 minute (11 for those that carry it out), but lost 1 in games and school support (6 for mothers).

In the care of adults, traditional male insolidarity was confirmed: the average time (1 minute) did not vary, although the participants in the activity lost 4 minutes over the 10 years. Women had to double their support: they went from 3 to 6 minutes meaning an increase for those that carried out this activity of 35 minutes per day.

The final category of activities included in so-called non-leisure comes in the section on *travel and journeys*. They added 10 minutes to non-leisure time. This evolution was greatly influenced by the increase in the participation rates: 4.4 points to reach 84.1% of men in 2003 and 8.3 points for women, to reach 74.1%. Journeys to the workplace and place of study doubled their average social time, going from 16 to 30 minutes.

As regards sex there were no differences noted in travelling to the workplace, although there were in travelling to the place of study –(13 minutes more for men that carried out this activity)- journeys connected with leisure or sport (8 more) and those related to social life (5 more). The greater availability of self-owned vehicles and/or the length of the distances travelled could be behind these differences.

Passive leisure, the consumption of audio-visual media, reading, games, or doing nothing lost over half an hour in 10 years, 32 minutes less, mainly attributable to the first two activities –20 minutes less-; women reduced by 19 minutes and for men it came to 35. Only the act of doing nothing acquired greater weight, increasing by 4 minutes on average -6 for men and 2 for women, who were the most enthusiastic in this activity, dedicating 21 minutes per day to it, 5 more than men.

If we overlook the passive leisure activities with the least weight and review the consumption of audio-visual media as the main activity –not simultaneously with another one -, we can see how it lost 15 minutes in 10 years, to come to 2 hours 7 minutes. Over this period, the distances between the sexes, in favour of men, practically disappeared.

Radio listeners dedicated, also as an exclusive activity, 18 minutes less than in 1993, with women the ones that decreased the least: 14 minutes compared to 21 for men, although they were more enthusiastic, dedicating 7 minutes more than men.

Less time was also dedicated to reading –5 minutes less per day-, although there was a slight increase in the rates of readers, especially women, who clearly bettered that of men. By type of reading the only clear predominance was that of men in newspapers and magazines.

The 7-minute increase in *active leisure*, which includes activities such as going for walks, outings, sports and the new ones associated with information and communication technology –the Internet, computers, video games, etc.- basically corresponded to these last-named. Going for walks and outings diminished by 1 minute and time dedicated to sport increased by 1. We could say that the population spent an average of 5 minutes connected to the Internet and another 3 with the computer or other computing elements.

Women headed the increase of time in going for walks or outings –5 minutes more- and they spent 3 more on sports. No variation was detected in sports for men and in the former activity they lost 6 minutes.

Male Internet users dedicated 11 minutes more to the net –1 hour and 28 minutes- than women, who spent 3 minutes more on the computer –1 hour 20 minutes-, measured in time per participant.

Both men and women gave up 12 minutes in 10 years of gregarious, relational activities, of *social life*. The most affected were entertaining friends and visiting, which

lost 10 minutes. If we go into greater detail, we could say that the losses were concentrated in going out for drinks and going to dances or parties. Entertaining or visiting friends remained largely unchanged.

The negative balance of this type of activity was tempered by the increase in the time dedicated to conversation, which went from 27 to 30 minutes per day. Men spoke for 4 minutes more and women 3, with only a minute separating them –in favour of women.

1 minute of time spent on religious practices was lost (among men) and an appreciable loss was also experienced in the participation in political parties, societies, non-profit making organisations, etc. of between 3 and 4 minutes. It seems that in the end, the need for communication, normally found in or satisfied by habits that are losing support – going for drinks, dances, etc.- had to be recovered or maintained through conversation.