



THE AUSTRALIAN NATIONAL UNIVERSITY

Time pressure and health: Gender and life course dimensions

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Starting points

Time is a resource for health

Time (like other resources) is patterned

Gender is one axis of the patterning

What is time pressure and how is it measured?

Contested concept

Multiple ways to measure

- time diaries

- activity sampling devices

- employment surveys (paid work hours)

- time use surveys

- general social surveys (1 or 2 questions on time)

What contributes to time pressure?

Too much to do in the time available (by definition)

Lack of control over disposition of time

Combining paid and substantial unpaid work responsibilities

Multitasking

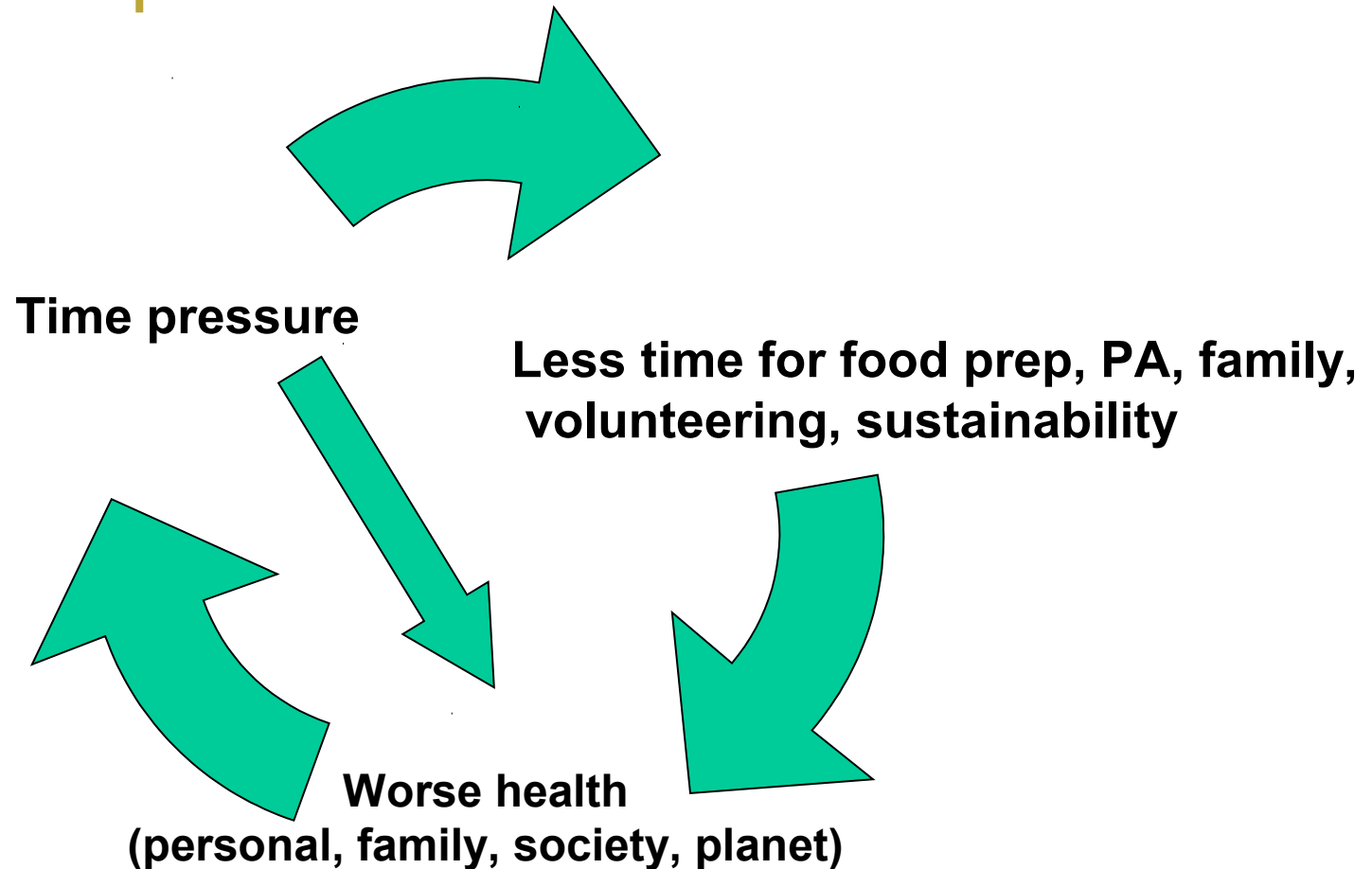
Fragmentation

Lack of free time

Doing 'invisible' work

Resisting/contesting gender norms

How is time pressure linked to health?



Time to be sick?

Health → time

Poor health

Disability

Convalescence

Who is time pressured?

Everyone in the 21st Century?

“Busyness grows with affluence” (Greenfeld 2005: 319)

People in mid-life

Married women

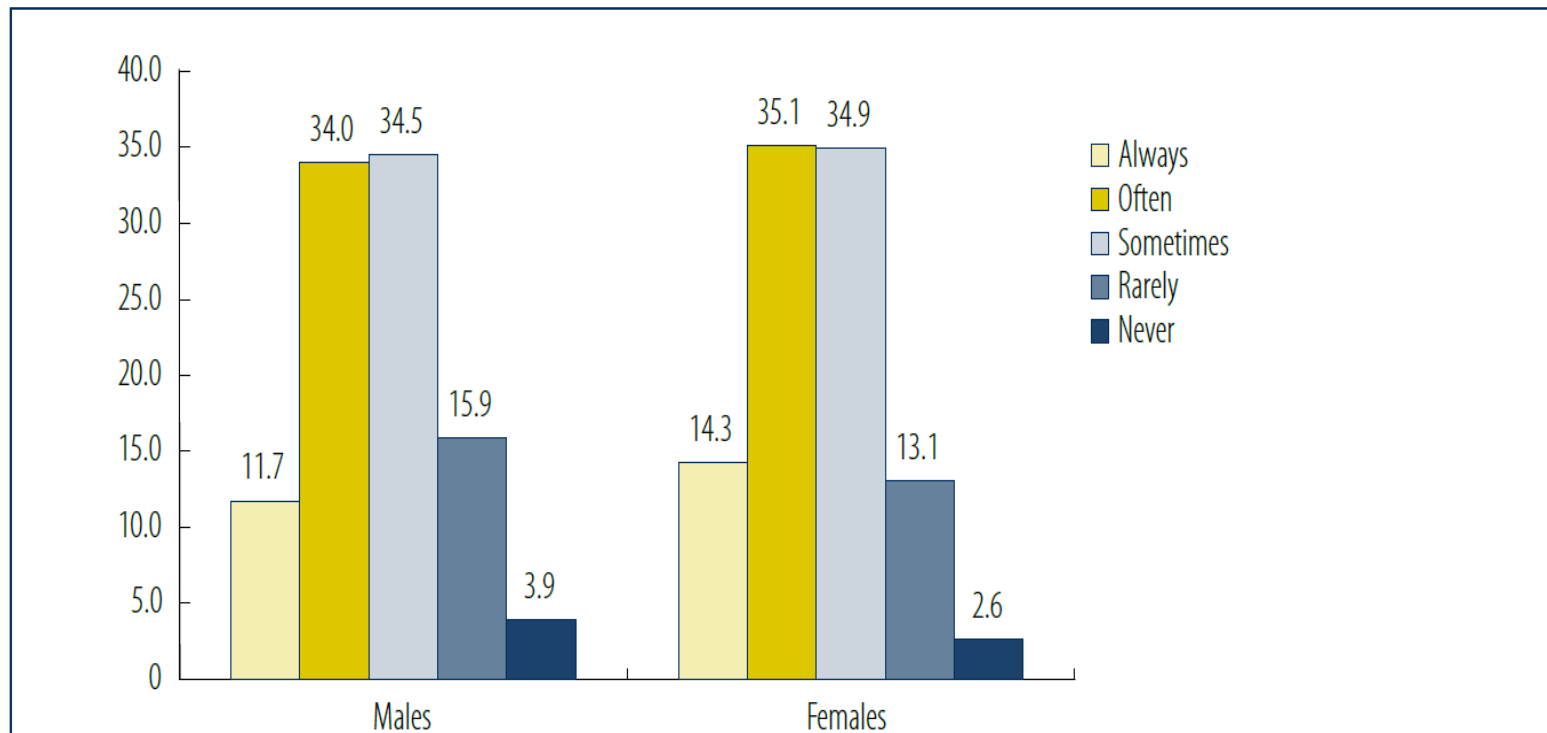
Parents

Women

Parents + women = Mothers

Rushed or pressed for time

The majority of men (80%) and women (84%) at least sometimes felt they were rushed or pressed for time—around 13% said they always were and 35% often were, with another 35% sometimes rushed or pressed for time. Females experienced slightly more time pressure than males overall (see Figure 1).



Note: Excludes 223 men and 206 women who had missing information on this question.

Source: Australian Time Use Survey (ABS, 2006)

Figure 1. Perceptions of being rushed or pressed for time, males and females, 2006

Total paid and unpaid work time by sex and parental status

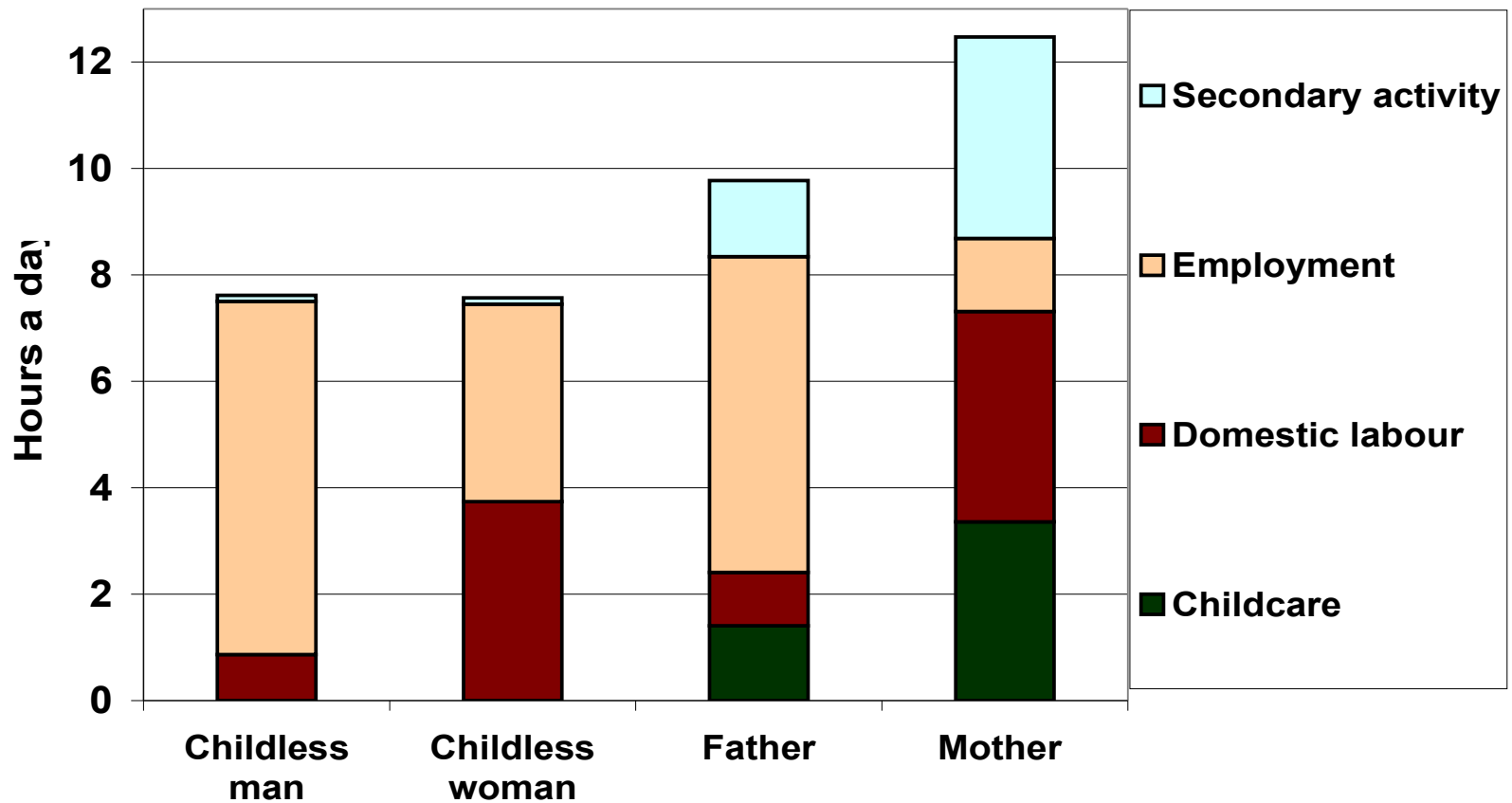


Table 3: Proportion of mothers and fathers of children aged 0-4 years who report being 'always' or 'often' rushed or pressed for time by household labour force status in 1997 and 2006

Household type	Fathers		Mothers	
	1997	2006	1997	2006
Male breadwinner	0.46	0.67	0.60	0.67
One-and-a-half earner	0.67	0.75	0.73	0.80
Dual fulltime earner	0.53	0.78	0.79	0.93

Source: ABS Time Use Survey 1997, 2006

Notes: Population weights applied

Percentage who “always” or “often” feel rushed or pressed for time by sex, employment status and school stage of youngest child

School stage of youngest child	Employment status			
	Male	Female		
	Full time	Full time	Part time	Not employed
N/A (no children)	39	50	33	15
Pre-school	53	71	73	54
Primary school	63	70	72	48
Early high school	51	72	52	21

Source: 1997 Australian Time Use Survey

Female → time pressure → poor health

Sexual division of labour

Caring work