



# Adolescents' Well-being from Time Balance Perspective

## A Comparison of Hungary and South Korea



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# Introduction

## ➤ Study Goal:

- Comparative analysis of the Hungarian and Korean adolescents' well-being from time-use perspective.
- Adolescents' time use in their everyday lives: *study, sleep, personal care, and leisure*.
- Adolescents' well-being when compared to time balance of employed adults in both Hungary and South Korea

## ➤ Target group – Teenage at school

## Adolescents' Well-being

- **Most common factors related to the well-being of adolescents according to prior studies:**
  - Gender
  - Marital status of parents
  - Family structure
  - Parents' education
- **Attention has been paid to how time use of the youth is related to parental and family characteristics** (Huysmans et al., 2004; Ignace et al., 2005; Bianchi and Robinson, 1997; Hofferth and Sandberg, 2001; Wight et al., 2009)
- **No research on the overall level of well-being among adolescents in terms of balance of their time use.**

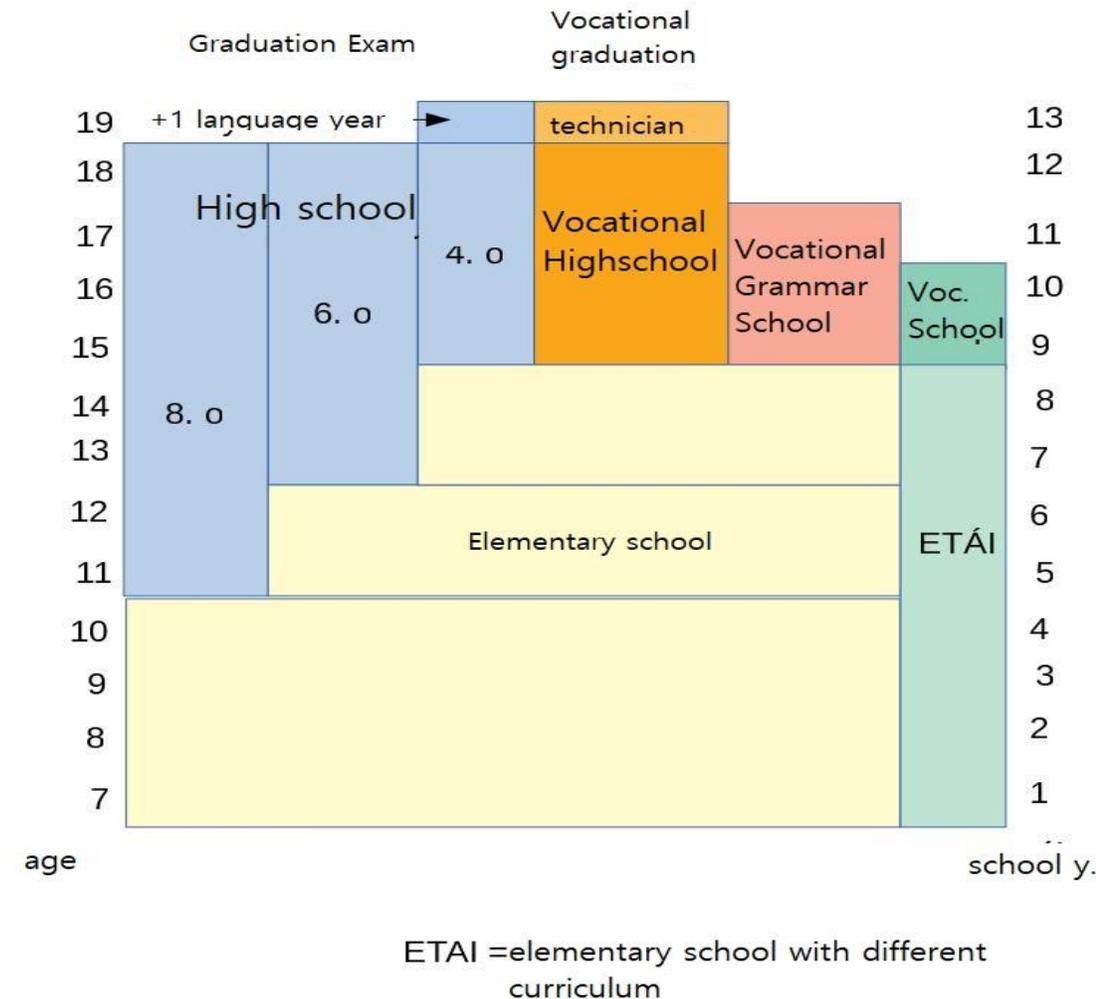
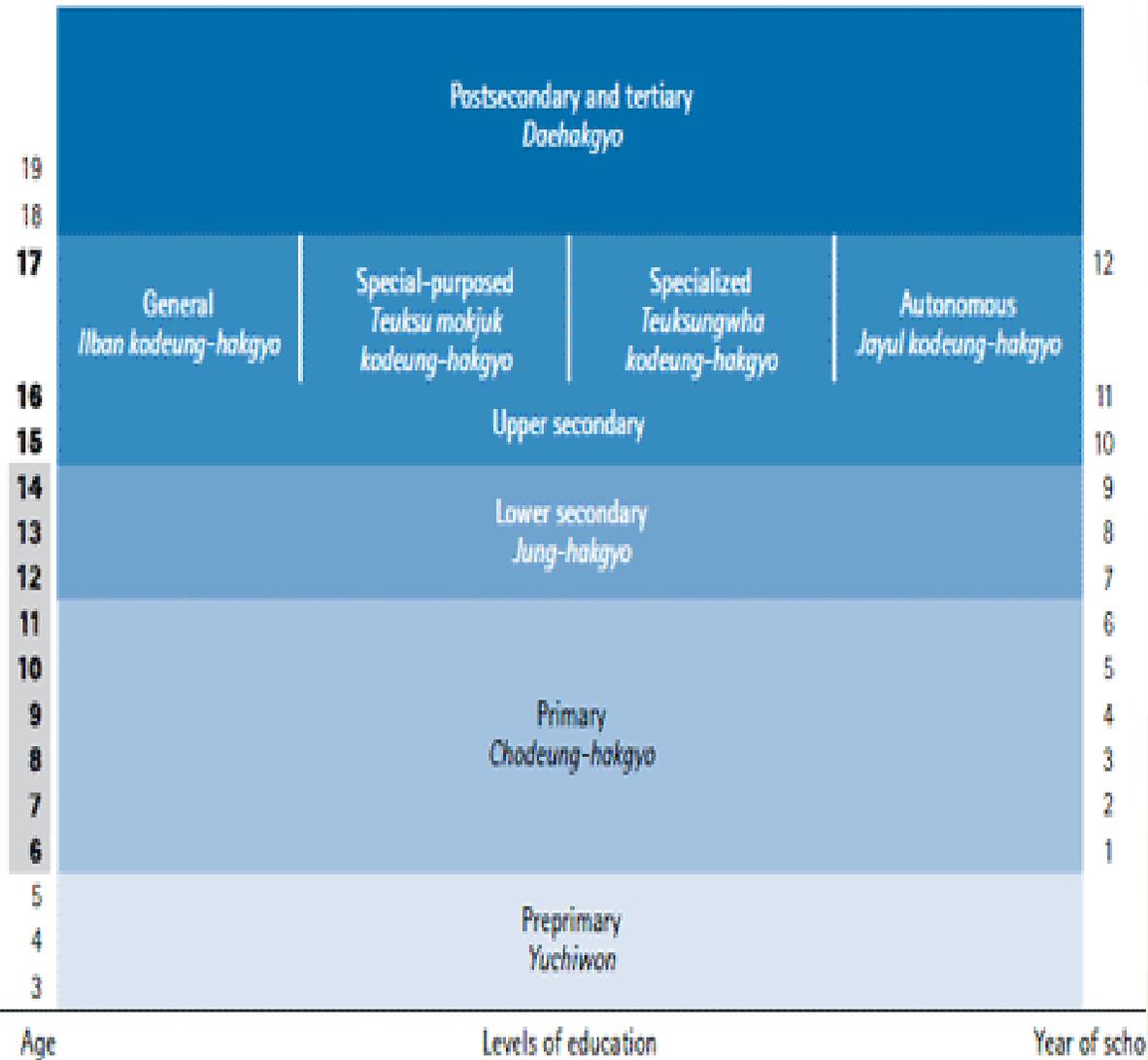
## Data

- Hungarian Time Use Survey 2009/2010
  - Representative sample
  - Surveyed throughout the year
- Target group: 10-19 year olds (latter still in some kind of high-school)
  - 311 Elementary / 321 High-school students
  - **Total : 632**
- Korean Time Use Survey 2014
  - Representative sample
  - Surveyed through 3 seasons
- Target group: 10-19 year olds, who are students
  - Elementary / Middle / High-school
  - **Total: 44,836 time diaries**

# Variables

	Hungarian Time Use Survey	Korean Time Use Survey
<b>Study</b>	<ul style="list-style-type: none"> <li>• 'tanul' – study</li> <li>• activity 1802 (travel to/from school)</li> </ul>	<ul style="list-style-type: none"> <li>• Study time</li> </ul>
<b>Unpaid</b>	<ul style="list-style-type: none"> <li>• 'Shazt' – all kinds of housework</li> <li>• 'gyermell' – childcare</li> <li>• 'vasarlas1' – shopping, use of services</li> </ul>	<ul style="list-style-type: none"> <li>• Housework</li> <li>• Care works</li> <li>• Shopping</li> </ul>
<b>Personal care</b>	<ul style="list-style-type: none"> <li>• 'alvas' - Sleep</li> <li>• 'etkezes' - Meals</li> <li>• 'higienia' – Grooming etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Sleep</li> <li>• Meal</li> <li>• Self-care and grooming</li> </ul>
<b>Leisure</b>	<ul style="list-style-type: none"> <li>• 'sztev' - Social, religious, fitness, TV, internet etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Religious, organized, social, fitness, hobby, tv internet etc.</li> </ul>

# Korean and Hungarian Education System

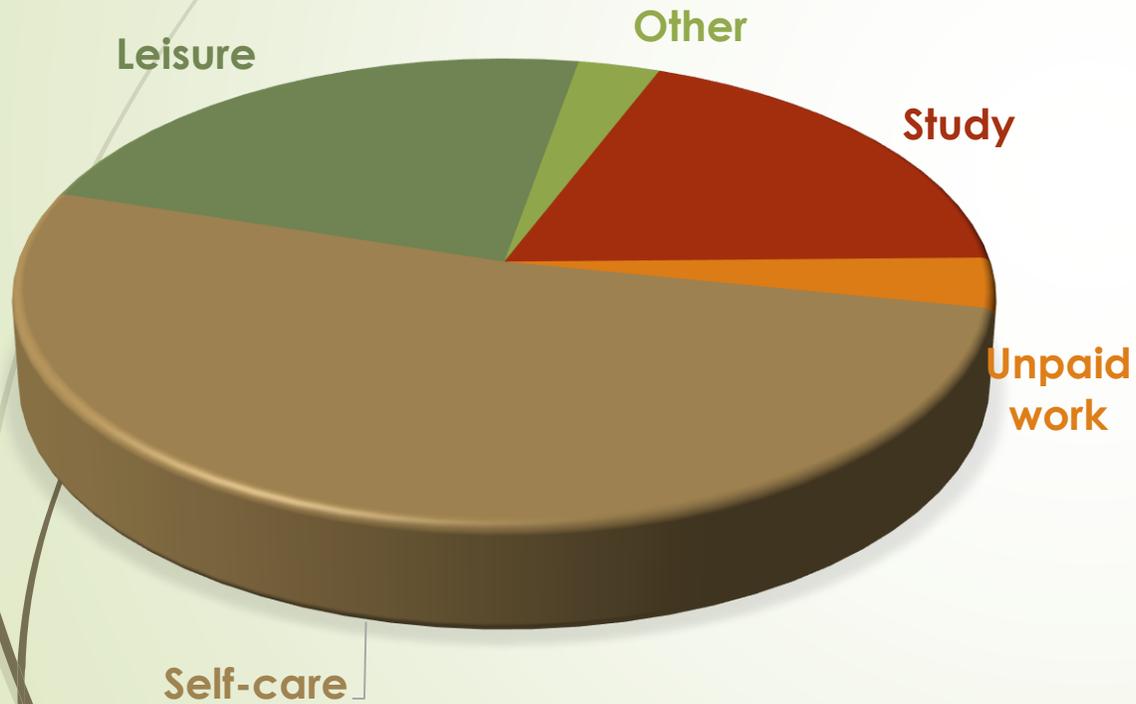


## Time for Study, Unpaid work, Personal Care and Leisure

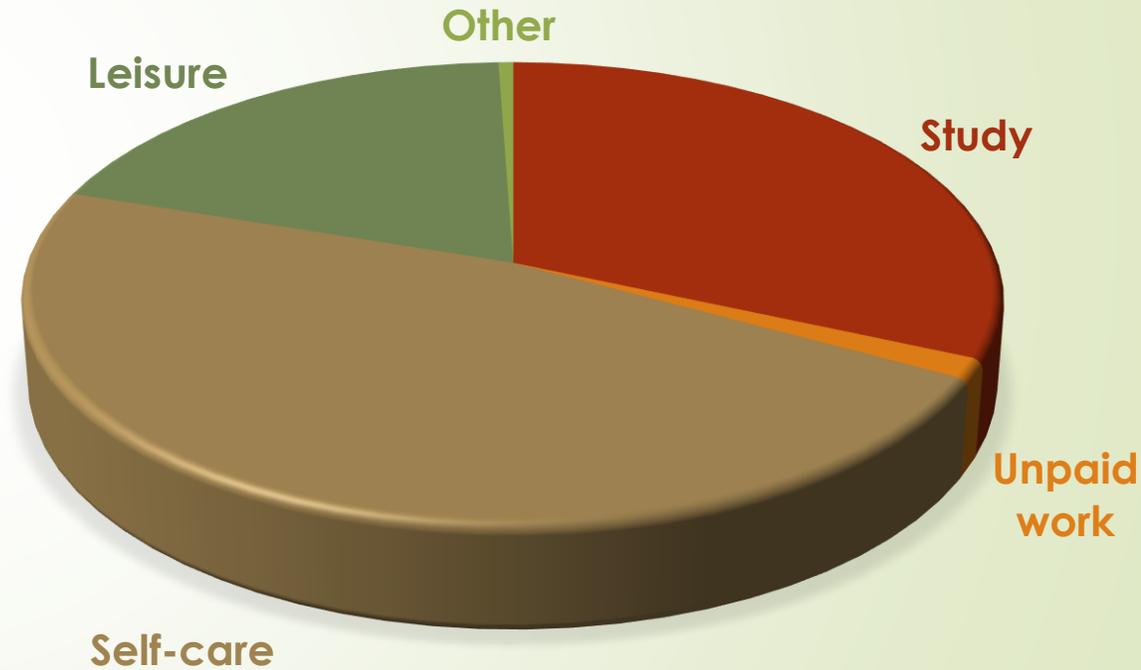
	Hungary				Korea			
	Study	Unpaid work	Personal care	Leisure	Study	Unpaid work	Personal care	Leisure
<b>Total</b>	4:32	0:50	12:26	5:28	7:35	0:20	11:19	4:38
<b>Male</b>	4:29	0:36	12:18	5:47	7:27	0:14	11:16	4:56
<b>Female</b>	4:35	1:05	12:36	5:07	7:45	0:28	11:23	4:18
<b>Elementary</b>	4:14	0:44	12:49	5:35	6:06	0:22	12:12	5:19
<b><i>Middle</i></b>					7:32	0:21	11:25	4:40
<b>High</b>	4:49	0:56	12:05	5:22	8:32	0:20	10:42	4:11
<b>City</b>	4:40	0:43	12:26	5:30	7:42	0:20	11:17	4:34
<b>Town</b>	4:20	1:00	12:27	5:26	6:53	0:25	11:31	5:01

# Structure of Daily Life for Hungarian and Korean Adolescents

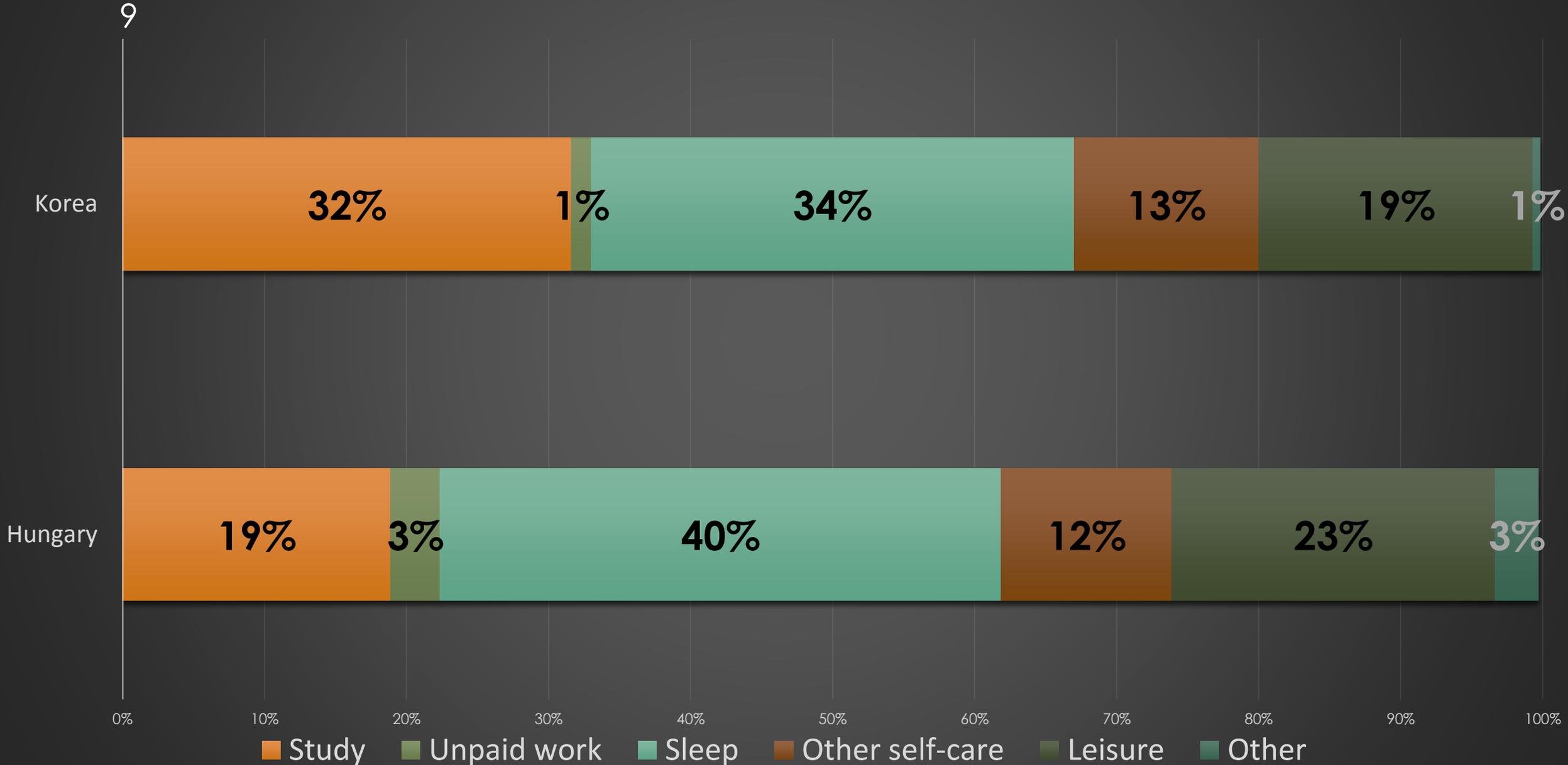
## HUNGARY



## KOREA



# Structure of Daily Life for Hungarian and Korean Adolescents



# Gender Differences in Study Time

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## HUNGARY

275

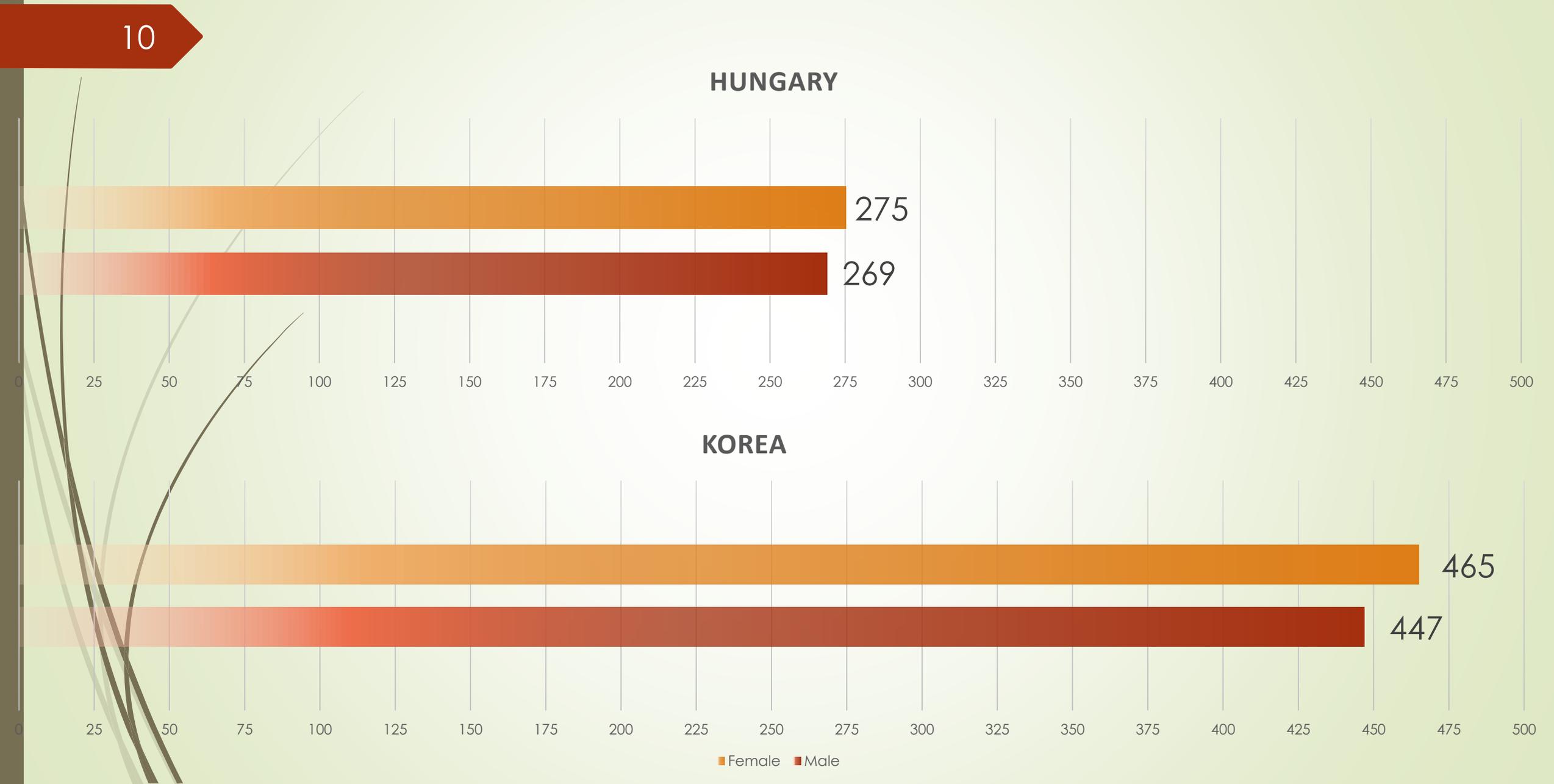
269

## KOREA

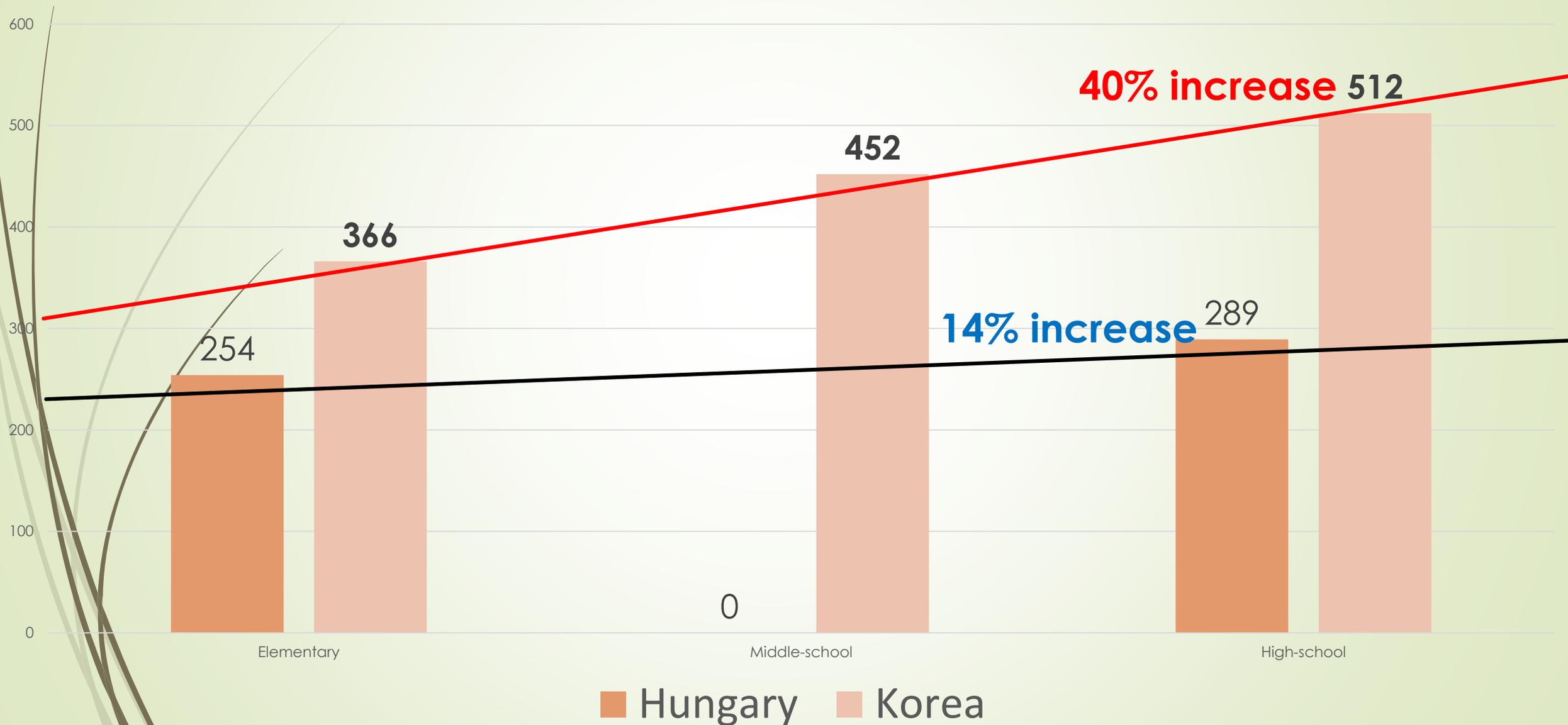
465

447

Female Male



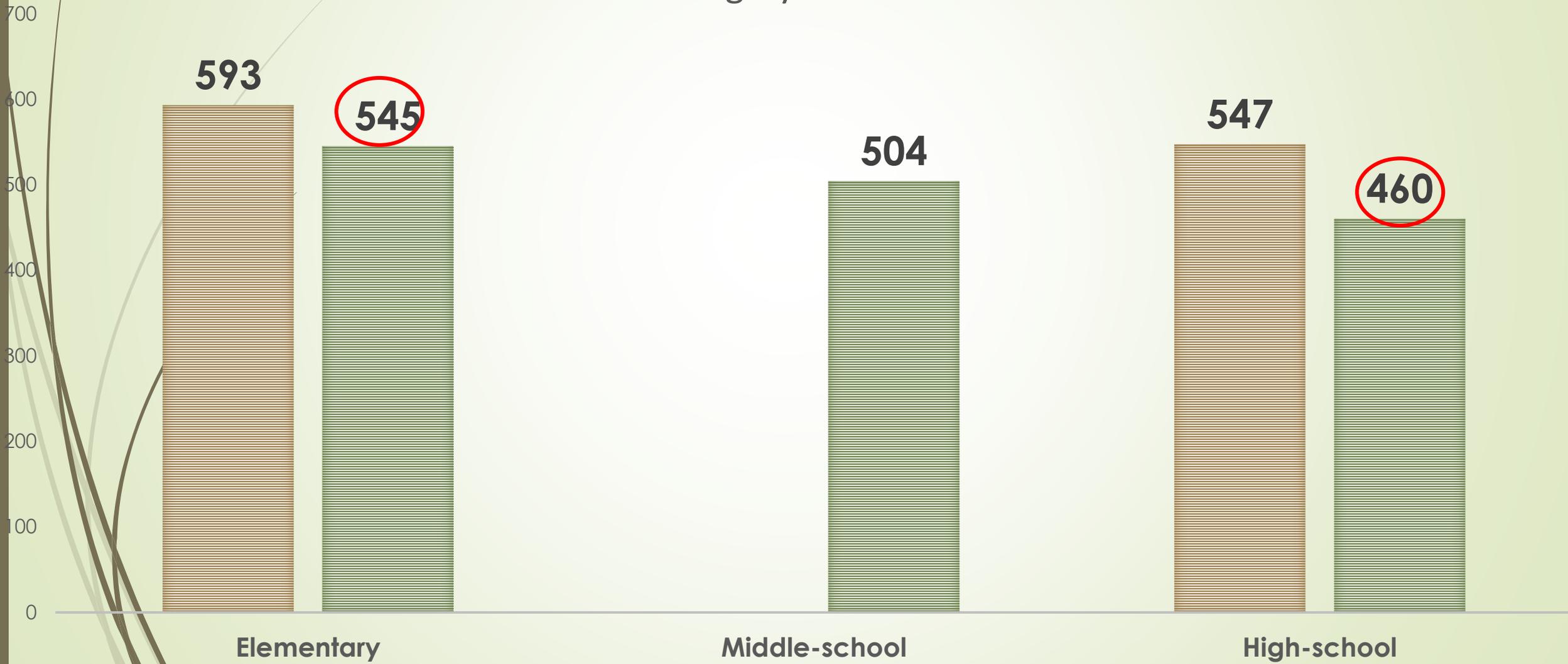
# Increasing study time by school type in both Hungary and South Korea, but different rate of increase of study time



# Sleep Duration by School Type

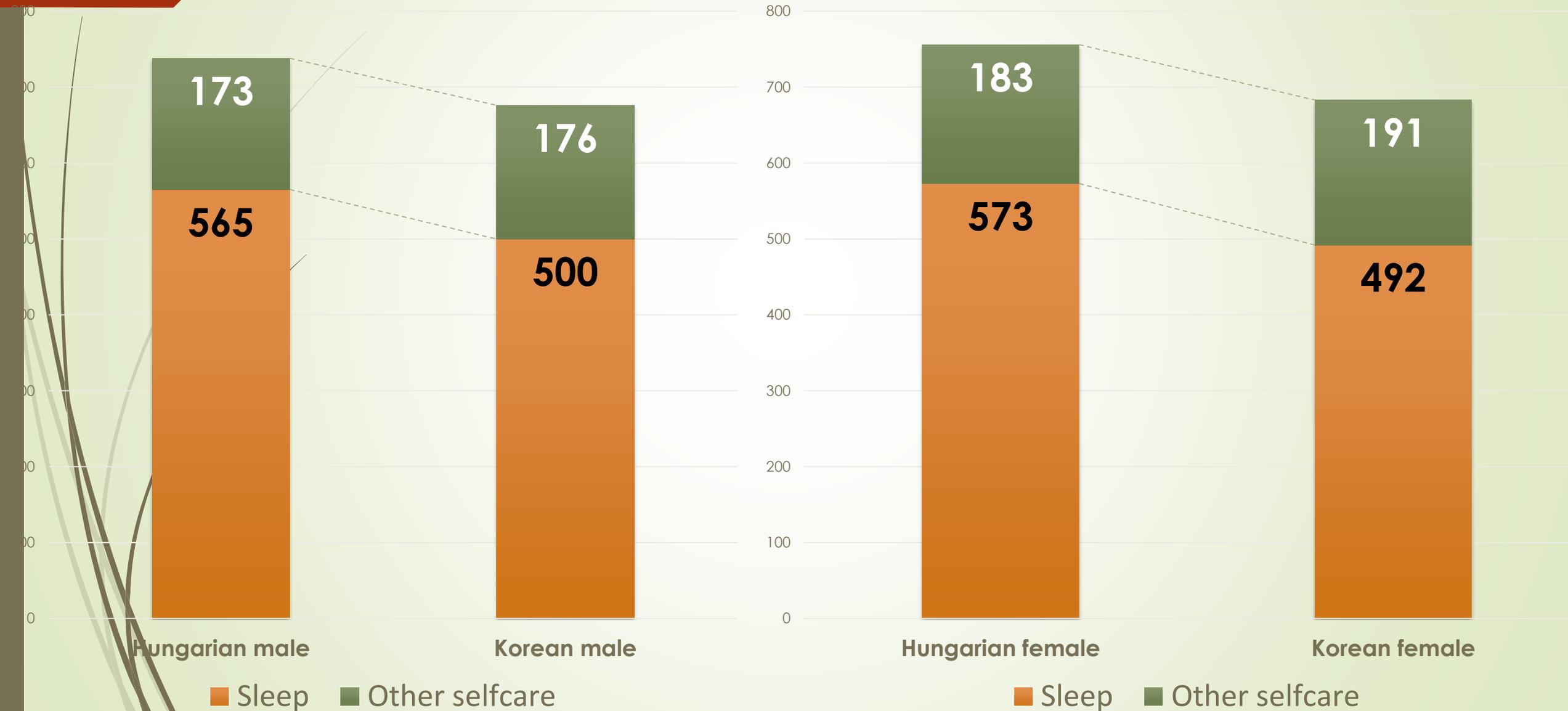
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■ Hungary ■ Korea



# Personal Care and Sleep by Gender

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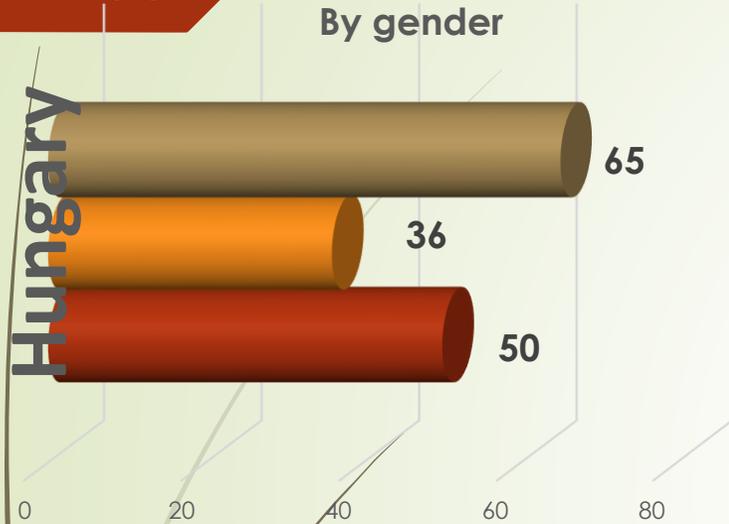
# Adolescents' Contribution to Unpaid Work

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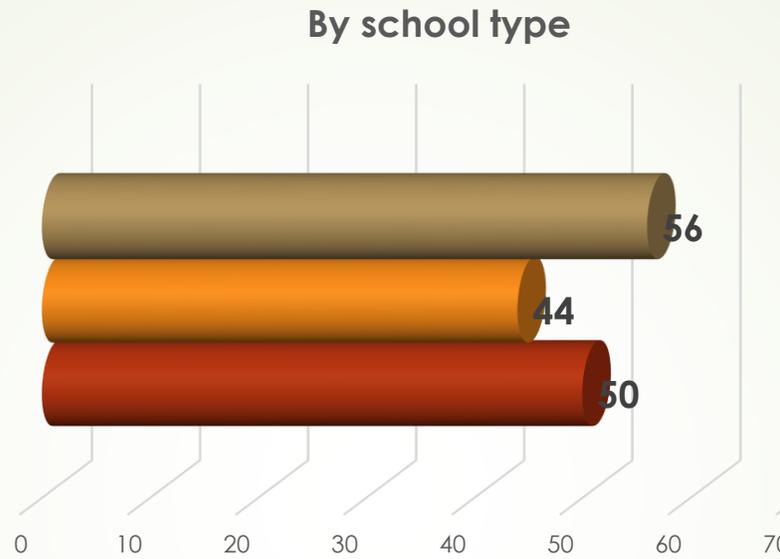
Hungary

Korea

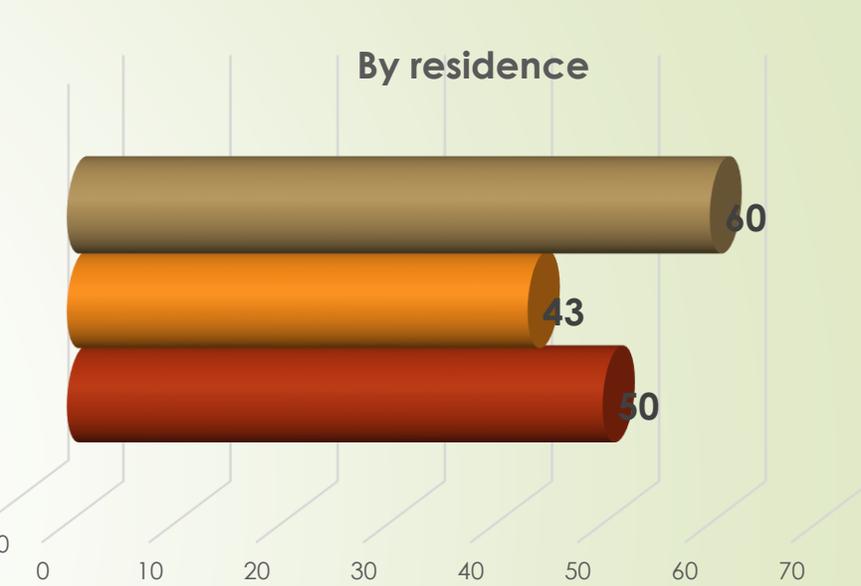
By gender



By school type



By residence



Female Male Total

High-school Elementary Total

Town City Total

# A closer look at the leisure time of adolescents

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	Hungary					Korea				
	Social	TV	Internet	Sports	Total Leisure	Social	TV	Internet	Fitness	Total Leisure
<b>Total</b>	1:08	1:43	0:21	0:24	5:28	1:04	1:10	0:10	0:14	4:38
<b>Male</b>	1:05	1:43	0:24	0:33	5:47	0:58	1:06	0:08	0:15	4:56
<b>Female</b>	1:12	1:43	0:17	0:14	5:07	1:10	1:13	0:13	0:13	4:18
<b>Elementary</b>	0:59	1:56	0:10	0:29	5:35	0:57	1:26	0:04	0:17	5:19
<b>Middle</b>						1:04	1:11	0:13	0:12	4:40
<b>High-school</b>	1:17	1:30	0:31	0:19	5:22	1:11	0:52	0:15	0:13	4:11
<b>City</b>	1:12	1:39	0:21	0:20	5:30	1:05	1:02	0:11	0:15	4:34
<b>Town</b>	1:02	1:49	0:21	0:30	5:26	1:04	1:17	0:11	0:13	5:01

# Adolescent Leisure (total)

16

Korea

64

70

10

14

120

278

Hungary

68

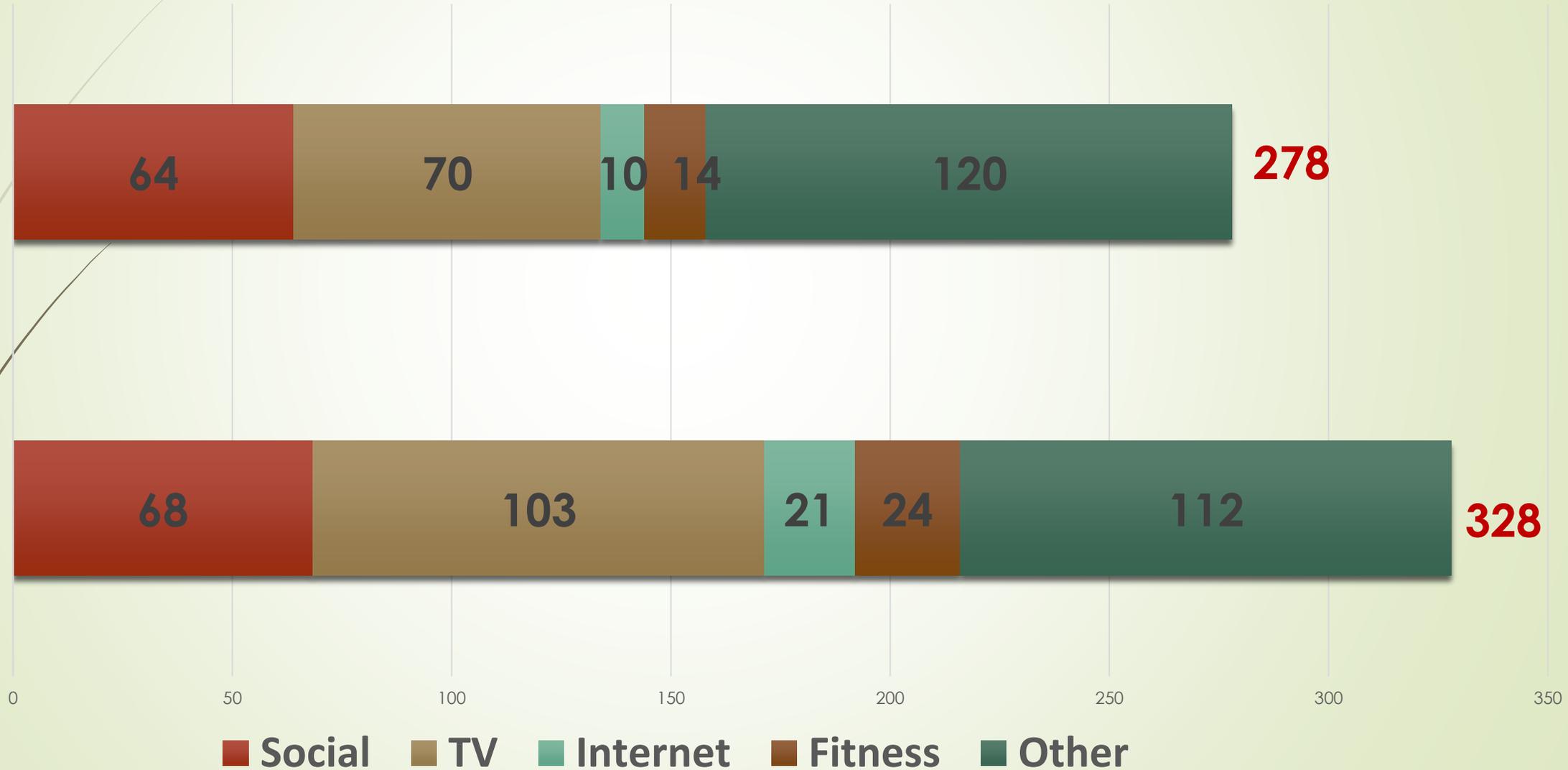
103

21

24

112

328



# Calculation of Adolescent Life Balance Ratio

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The mean paid work (+ travel to work) time, self-care time sleep time, free time are calculated for adults aged 20-59, who have done at least 1 hour of paid work the past week

Adults	Paid work	Free time	Personal care	Sleep
Total	424.0	252.3	671.5	464.1
20s	428.5	265.5	693.7	483.1
30s	426.6	231.1	673.9	471.8
40s	424.8	249.0	664.6	456.9
50s	418.1	268.2	665.0	454.8



Adults	Personal care/Paid work	Sleep/Paid work	Free time / Paid work
Total	158.4	109.5	59.5
20s	161.9	112.7	62.0
30s	158.0	110.6	54.2
40s	156.5	107.6	58.6
50s	159.0	108.8	64.1

The ratio of the follows for adults are calculated:

personal care / paid work; sleep / paid work; free time / paid work

	Personal care/ Paid work	Sleep/ Paid work	Free time / Paid work
Total	100	100	100
20's	102.2	103.0	104.1
30's	99.7	101.0	91.0
40's	98.8	98.3	98.5
50's	100.4	99.4	107.8

# Korean Adolescents' Life Balance

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Adults		Personal care/ Paid work	Sleep/ Paid work	Free time/ Paid work
Total		100	100	100
	20's	102	103	104
	30's	100	101	91
	40's	99	98	99
	50's	100	99	108
Students		Personal care/ study	Sleep/ study	Free time/ study
Total	Elementary	127	136	147
	Middle	96	102	104
	High-school	<b>79</b>	<b>82</b>	<b>82</b>

Adults		Personal care/ Paid work	Sleep/ Paid work	Free time/ Paid work
Male	20's	93	95	98
	30's	90	91	86
	40's	93	93	98
	50's	95	94	108
Female	20's	112	111	111
	30's	124	125	104
	40's	109	108	100
	50's	110	109	107
Students		Personal care/ study	Sleep/ study	Free time/ study
Male	Elementary	127	138	153
	Middle	96	103	113
	High-school	<b>81</b>	<b>85</b>	<b>92</b>
Female	Elementary	126	135	139
	Middle	96	100	96
	High-school	<b>78</b>	<b>79</b>	<b>73</b>

# Hungarian Adolescents' Life Balance

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Adults		Personal care/ paid work	Sleep/ Paid work	Free time/ Paid work
<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>
	20's	105	107	120
	30's	103	104	100
	40's	94	94	89
	50's	101	100	101
Students		Personal care/ study	Sleep/ study	Free time/ study
<b>Total</b>		<b>154</b>	<b>164</b>	<b>214</b>
	Elementary	169	183	234
	High-school	140	148	198

Adults		Personal care/ paid work	Sleep/ Paid work	Free time/ Paid work
Male	20's	101	101	124
	30's	95	95	102
	40's	91	90	94
	50's	93	90	101
Female	20's	111	114	114
	30's	115	118	97
	40's	96	98	84
	50's	110	109	101
Students		Personal care/ study	Sleep/ study	Free time/ study
Male		153	165	229
	Elementary	173	188	263
	High-school	138	147	203
Female		154	163	198
	Elementary	166	178	206
	High-school	142	150	191

# Conclusion and Discussion

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- First trial of comparison between Hungary, Post-Socialist country and South Korea, newly industrialized country
- Big differences in adolescents' daily life between Hungary and South Korea
- Korean adolescents are more squeezed in their life for study.
- Female adolescents in Korea are likely spend more time for study and less time for sleep than male adolescents.
- No such big differences by gender in Hungary
- Korean adolescents' well-being in terms of time balance is so low for those who are in high school.
- Preparing for entrance to university, especially so-called a few of "prestigious" universities, Korean high school students are suffering from a great extent of time imbalance in their daily life.

**Thank You!**