

A study on the care work effects on parents' bedtime in South Korea

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Intro(1)

- This paper is about health inequality depends on gender.

Intro(2)

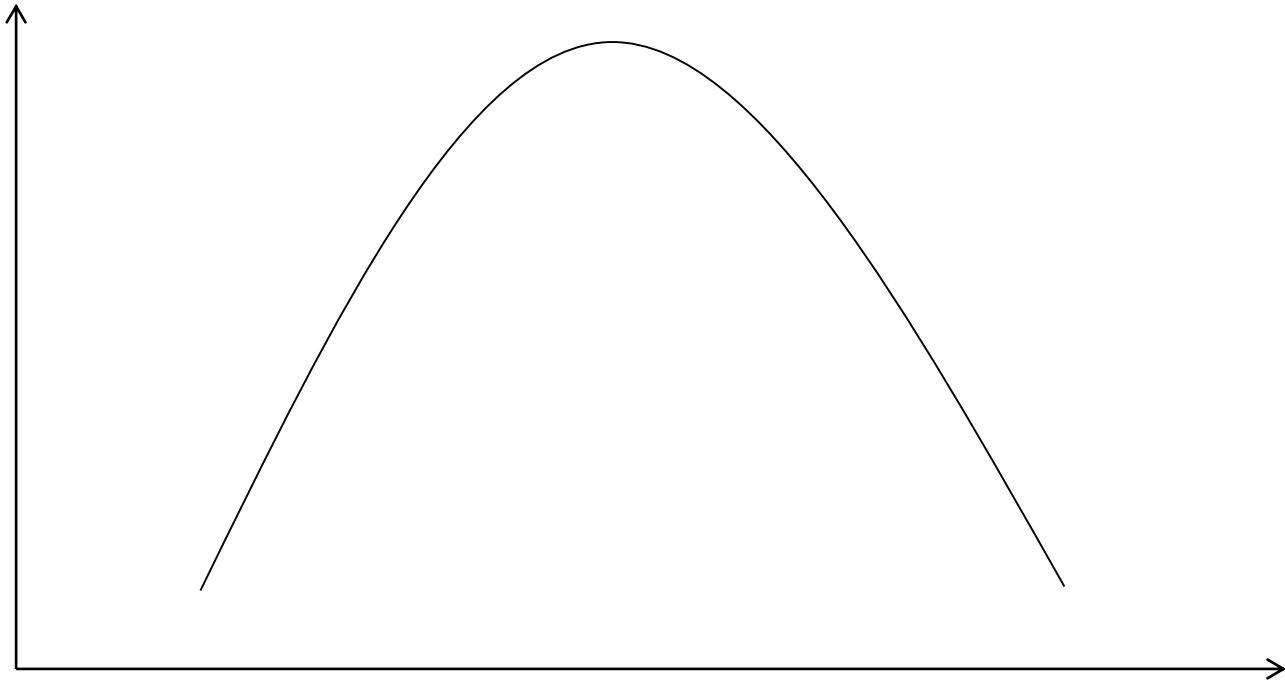
- There are many factors that influence our health.
 - amounts of time doing sleep, low level stress, appropriate exercise and brain activity, enough nourish, regular life, not smoke and not alcohol, hygiene, body temperature, social networks...

Intro(3)

- Today, I focus on amounts of time doing sleep.

Intro(4)

level of health



amounts of time do sleeping

Intro(5)

- Most researchers have interested in relations between amounts of time doing sleep and health.

Intro(6)

- A few sociologists reports what factors affects amounts of time doing sleep.
 - Ailshire, J. and Burgard, S. (2012)
 - Burgard, S. (2011)
 - Burgard, S. and Ailshire, J. (2009)
 - Seun-Eun Cha and Ki-Soo Eun (2014)
 - etc

Previous studies review(1)

- Gender
- Age
- Job and Income
- Race
- Network
- etc

Previous studies review(2)

- Mechanism
 - Most people should get up at certain times for going to office.
 - The factors keep people awake at night.
 - The later people go to bed, the less they do sleep.

Previous studies review(3)

- Why do not researchers have interested in bedtime time slot? I prefer to analyze bed time.
 - Advantage 1 : amounts of time doing sleep depend on bedtime

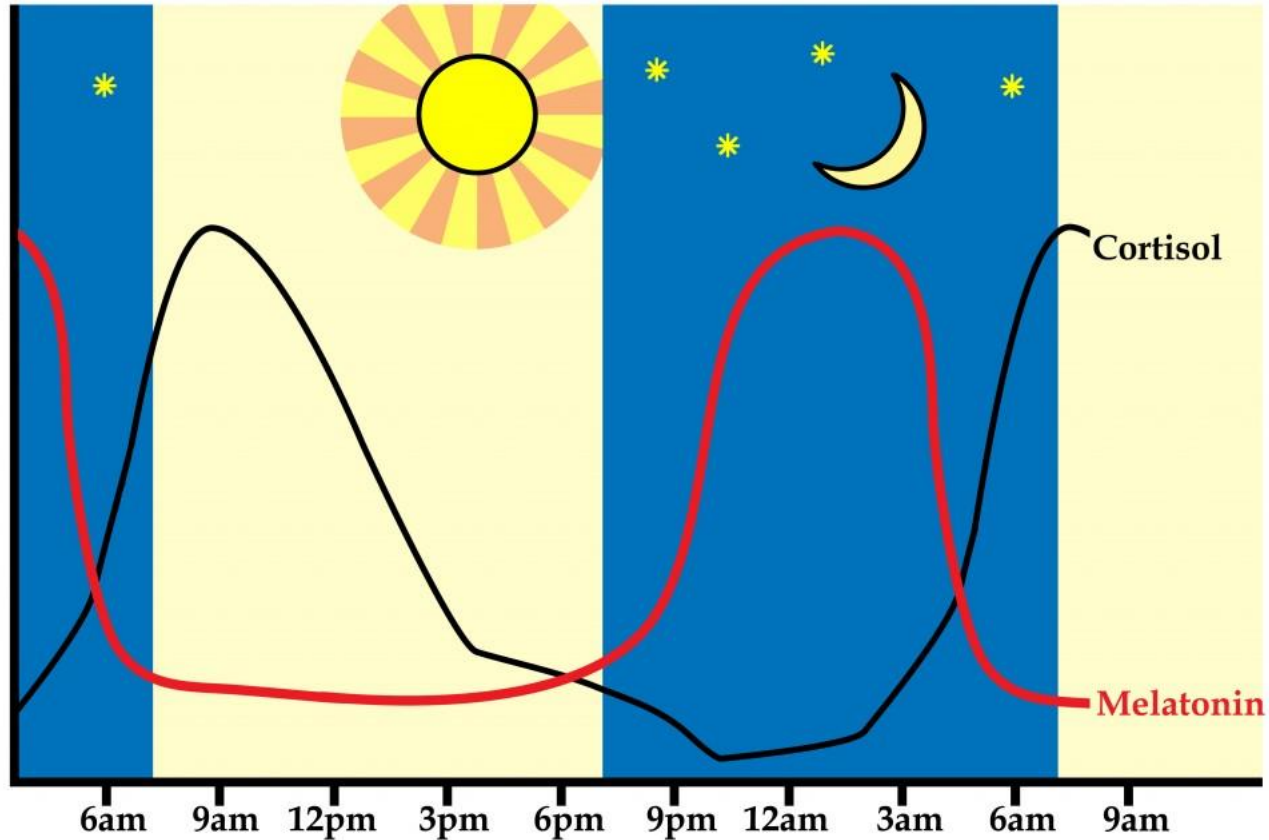
Previous studies review(4)

- Why do not researchers have interested in bedtime time slot?
 - Advantage 2 : Sleeping time slot is very important factor to health because body secretes melatonin and cortisol well when people sleep at night not daytime.

Previous studies review(5)

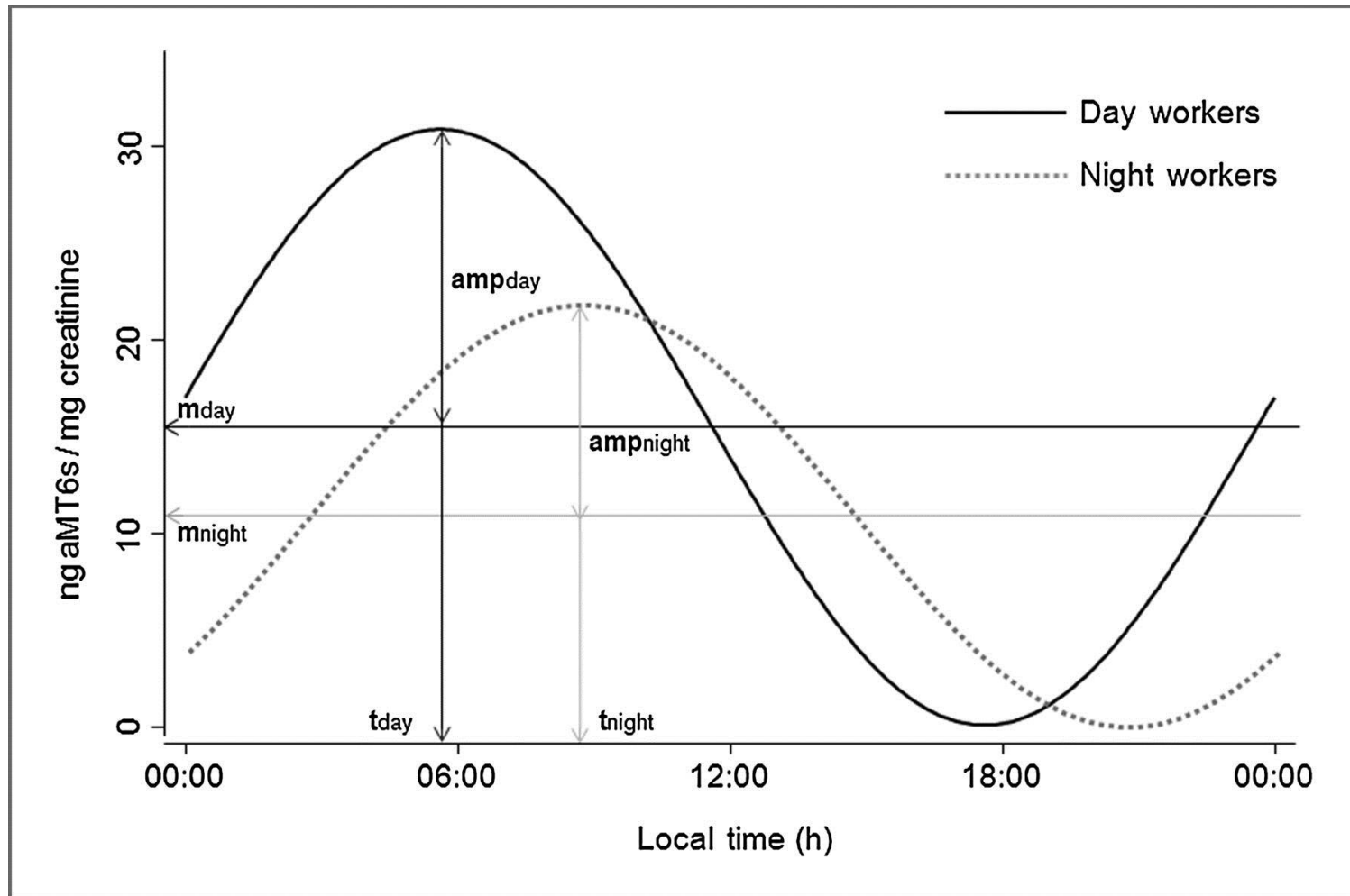
- Melatonin strengthen immunity.
- Cortisol get rid of stress.

Previous studies review(6)



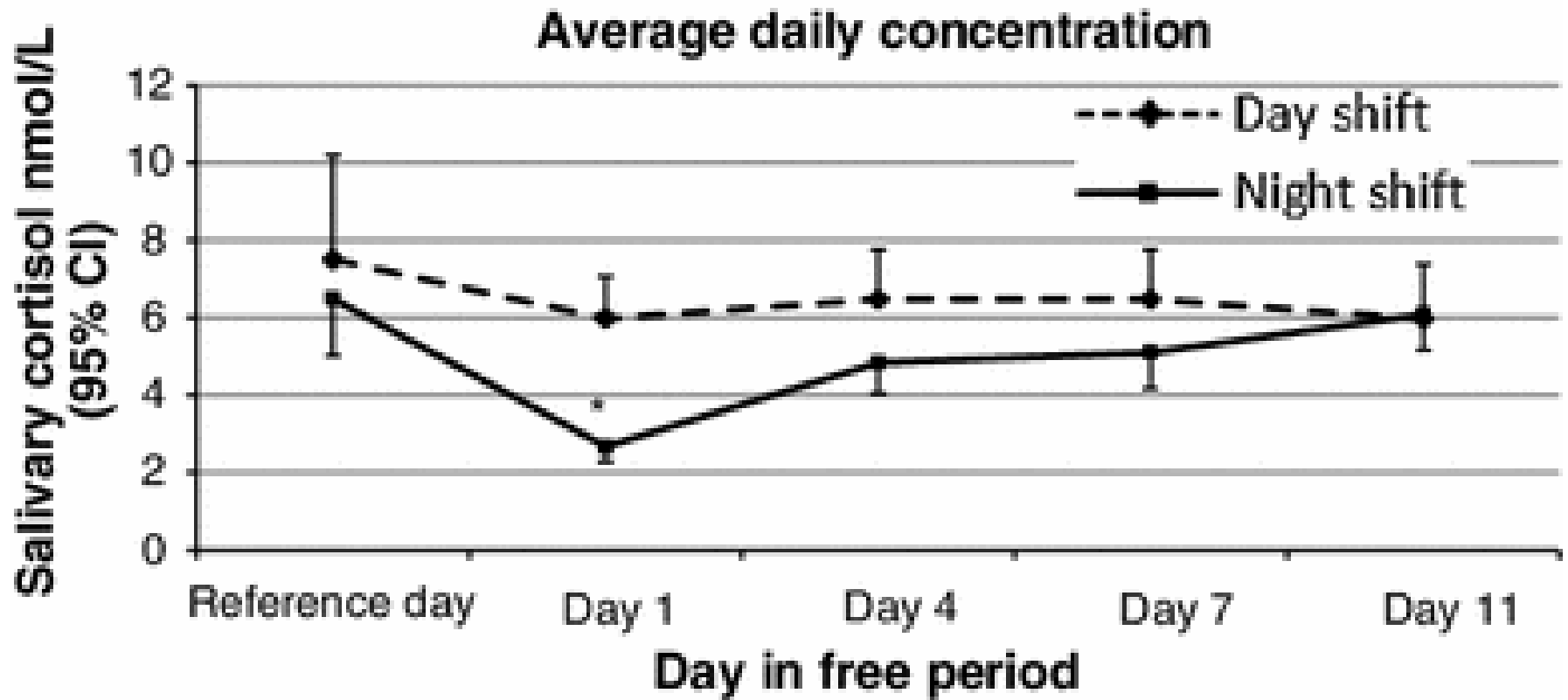
citation : <https://www.crossfitbloomfield.com/2018/07/09/lifestyleguidelines-energy/melatonin-and-cortisol/>

Previous studies review(7)



citation : <http://cebp.aacrjournals.org/content/23/7/1176.figures-only>

Previous studies review(8)



citation : <https://link.springer.com/article/10.1007/s00420-014-0954-5>

Research Question(1)

- Then, I find what factors affect bedtime.
- analyze whom?
 - people who stay up late because of unreasonable cause
 - Who?

Research Question(2)

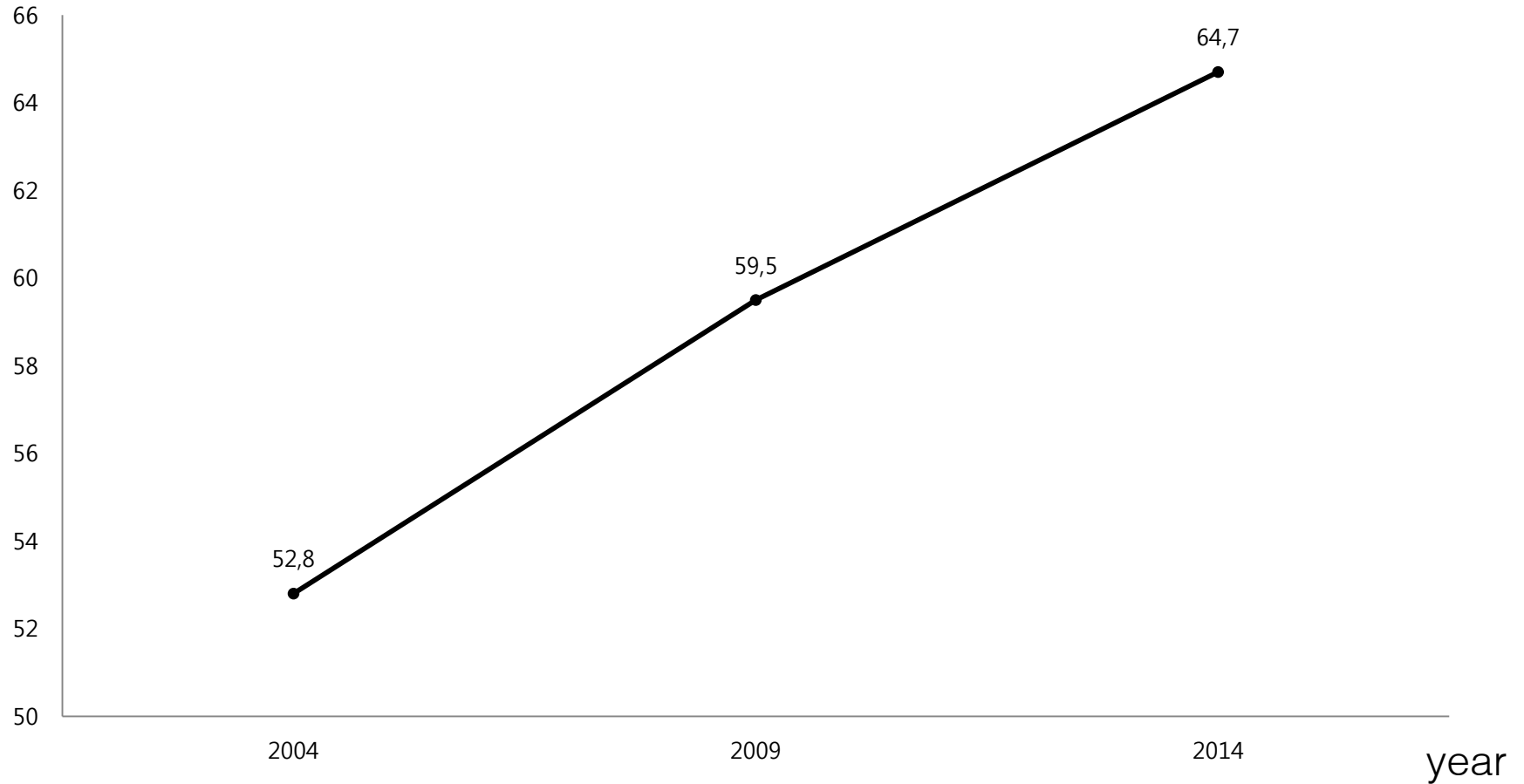
- In South Korea, work-life balance is very hot issues.
- Second shift : Women still take care of most of the household and child care responsibilities despite their entrance into the labor force.

Research Question(3)

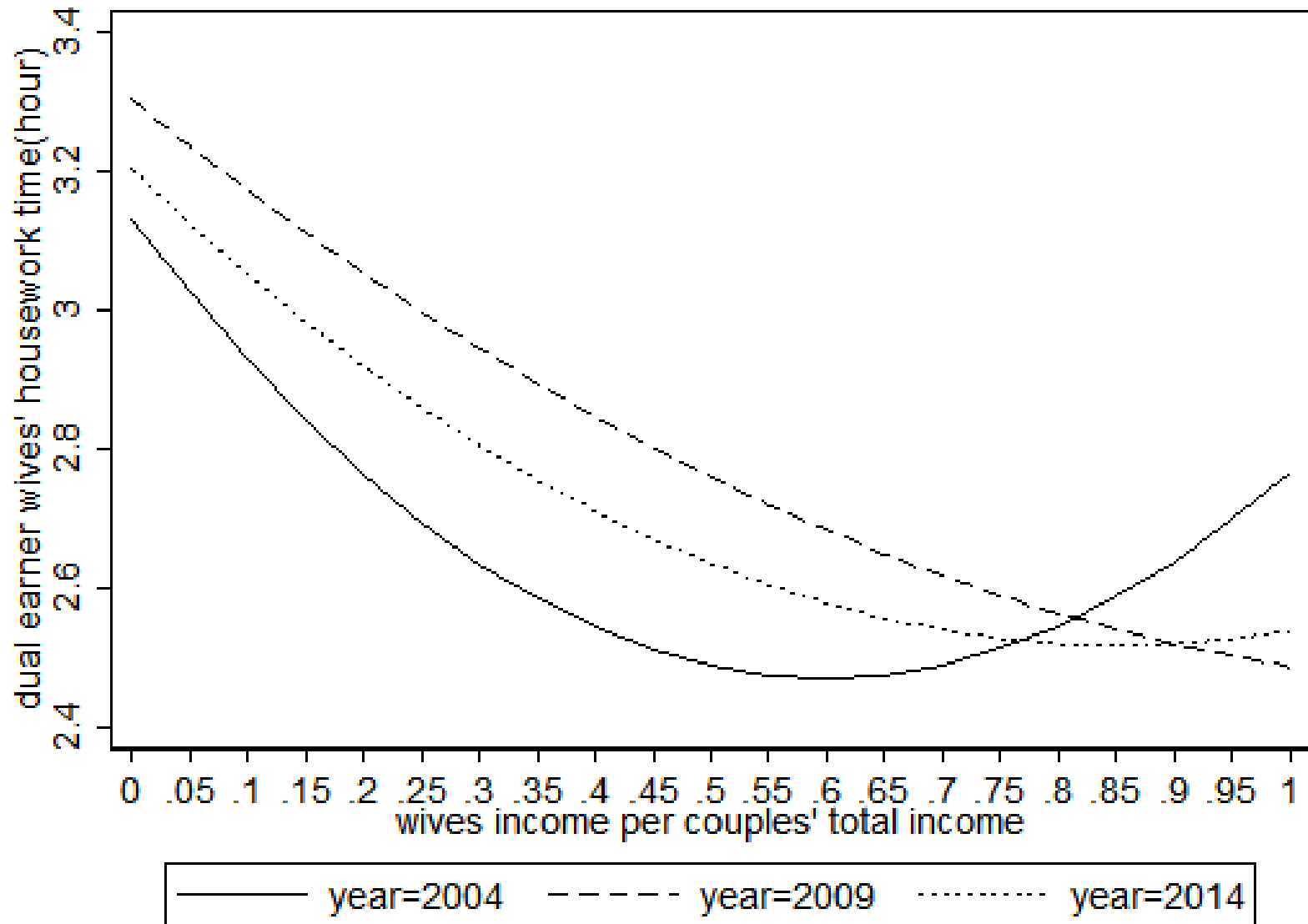
- However, dual earner husbands do housework more than they did in the past.

Research Question(4)

dual earner husbands'
predicted housework time(minute)



Research Question(5)



Research Question(6)

- My question is whether dual earner husbands' doing housework makes their spouse's bedtime advanced or not.

Research design(1)

- Korean Time Use Survey, 2004/2009/2014
- unit of analysis
: dual earner couples(husband and wives personally)

Research design(2)

first day

첫째 날

time slot

		1. 주로 한 행동	2. 행위장소/이동수단	3. 함께 한 사람	4. 동시에 한 행동	
		주된 행동을 10분 간격으로 기입합니다.	0.본인 집 1.직장·학교 2.남의 집 3.식당,주점 4.기타 장소	5.걸어서 6.자전거 7.개인교통 8.공공교통 9.기타교통	1. 혼자 2.배우자 3.만10세미만 (손)자녀 4.만10세이상 (손)자녀 5.부모 9.기타 아는 사람	주로 한 행동과 동시에 다른 행동을 한 경우 기입합니다.
001	새벽 0시	00:00				
002	10	00:10	main activity	location	with whom	simultaneous activity
003	20	00:20				
004	30					
005	40	⋮				
006	50	⋮				

Research design(3)

- method : event history(cox's proportional hazard model & parametric model for robustness check)
- dependant variable :
 - everyone experience event(=sleep)
 - duration between 20:00 and when people go to bed.

Research design(3)

- key variable :
 - gender(male=1, female=0)
 - their children(under 20 years old)'s latest bedtime
(duration between 20:00 and when they go to bed)
 - husband housework time
 - year

Research design(5)

- control variable :
 - personal and spouse characteristics
 - age, schooling-year, gender equality, job, paidwork time, leisure activity
 - couple characteristics
 - couples' total income, wives income rate per couples' total income, weekend

Result(1)

- Reporting control variable effect skip.

Result(2)

		model 1	model 2	model 3
children's duration		-0.053*** (0.005)	-0.060*** (0.006)	0.026*** (0.002)
gender(ref=female)				
	male	-0.032 (0.032)	-0.055 (0.034)	-0.001 (0.011)
male × children's duration			0.015* (0.008)	-0.007** (0.003)
year(ref=2004)				
	2009	0.077** (0.024)	0.078** (0.024)	-0.023** (0.008)
	2014	0.127*** (0.023)	0.127*** (0.023)	-0.036*** (0.008)
husbands' housework time		-0.058* (0.024)	-0.056* (0.024)	0.080** (0.026)
	log-likelihood	-122432.7	-122430.8	-6264.0
	N	14,240	14,240	14,240

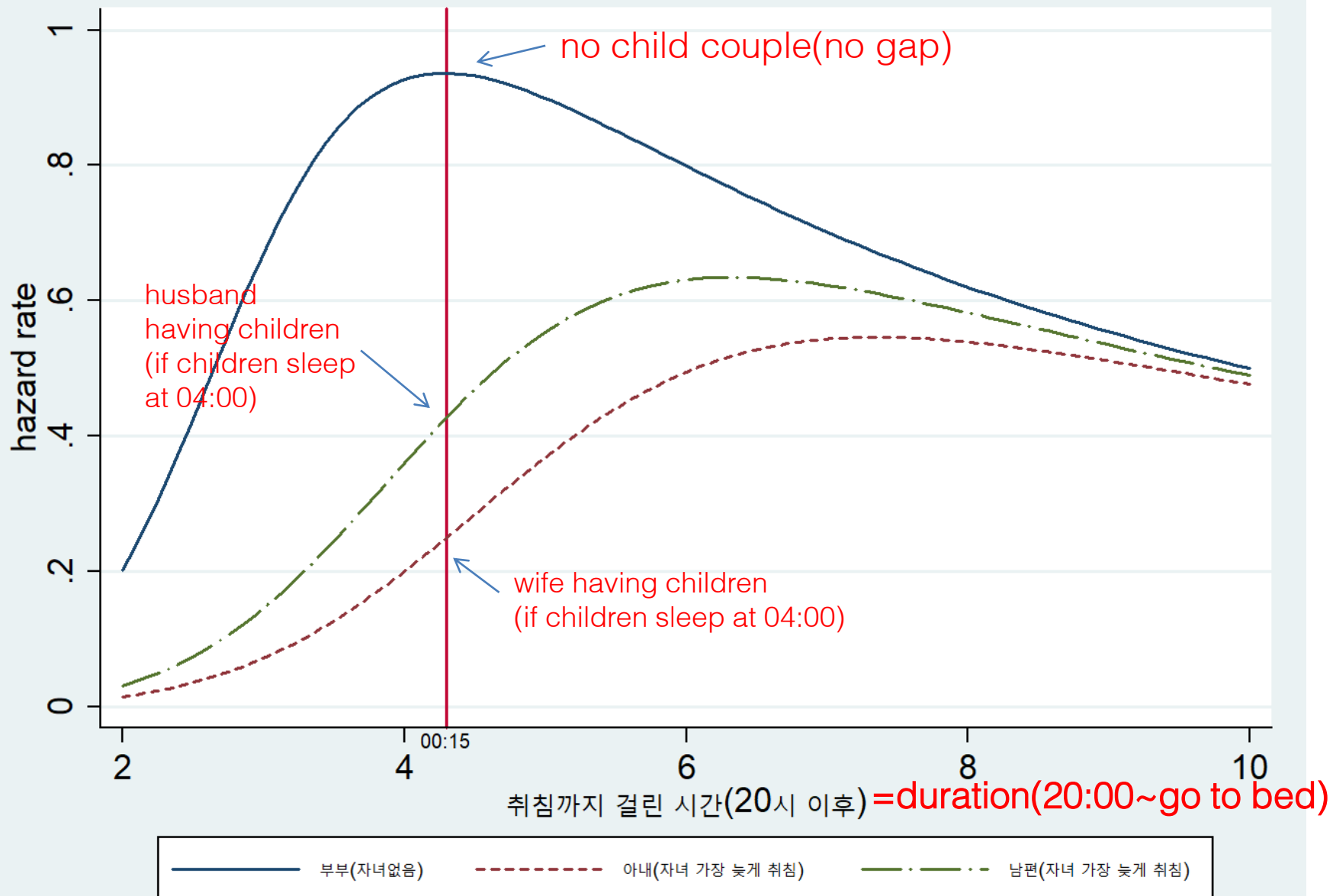
Result(3)

- If couples do not have children under 20 years old, they go to bed simultaneously.
- If couples have children under 20 years old, there is interaction effect between gender and the latest children's bedtime.

Result(4)

- The later children sleep, the later parent sleep in order to care their children.
- Also, there is gender gap.

Result(5)



Result(6)

- Dual earner couples sleep earlier than in the past.
- However, there is not interaction between year and gender.

Result(7)

- The more husband do housework, the later couple sleep later.
- Probably, husband do housework much more when they are too busy.
- There is no interaction between husband housework time and others.

- conclusion : Husbands' doing housework does not affect wives' bedtime. Dual earner wives still experience discrimination. Mothers' care work makes themselves unhealthy by staying up at night.

Fin

- Bedtime -> Subjective health

