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## Providing Care for Adults and Time Poverty - Evidence from Time Use Survey in Poland

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## Motivations for research (1):

- The **ageing society in Poland** is becoming a new demographic challenge, especially now, when baby boomers are reaching a retirement age.
- Over last 25 years life expectancy in Poland increased from **66 to 74 years for men**, and from **75 to 82 for women**.
- At the same time the group 75+ represents 80% of long-term care patients.
- We observe a substantial **increase of caring needs**, and as a result the rise of number of informal caregivers.



## Motivations for research (2):

- Previous empirical studies indicate that informal care providers experience decline in subjective well-being and deterioration in quality of life, with both psychological and physical health effects. (*Jones D., and Peters T., (1992); Pinquart M., & Sorenses S.,(2003).*)
- Leisure is a mediating factor for overall psychological health, and stressful experiences (*Coleman D.,& Iso-Ahola S.,1990; Bedini et al.,2017*)
- Care givers have different perceptions of their entitlement to leisure (*Bedini L.,& Guinan, D.,(1996).*)



## Research questions:

- Are there any time difference in leisure participation of informal care providers versus comparison group?
- Which form of leisure participation is most affected by the informal care?
- Does the reduction of frequency of leisure participation is voluntary or not?



## Theoretical framework:

- Time poverty, concept used for the first time to identify those households, whose availability levels of time are not sufficient to lead to **non-poverty standard of living**; closely related to income poverty (*Vickery, 1977*).
- But also: defined as '**discretionary time**', left after time spent in paid and unpaid work and personal care. (*Goodin et al, 2008*)
- Bittman (*2004*) restricts defines time poverty relative to the **overall distribution of leisure time**, setting a threshold at 50 per cent of the median (19 hours and 15 minutes per week for Australia in 1998).



## Data:

The Time Use Survey, conducted:

- by Central Statistical Office in Poland, between January 1 and December 31, 2013 in cooperation with Eurostat;
- on a representative sample of 28209 households; covered persons aged 10 and more being members of selected households;
- during two days, i.e. one weekday (Monday-Friday) and one the week-end day (Saturday or Sunday);
- respondents recorded performed activities, main and secondary, describing them freely in fixed 10-minute time intervals.



## Indicators:

Dependent variables, time spent on (in minutes):

- Sleep
- Activities related to sport
- Hobbies
- Social life

Independent variable of interest :

- Binary: providing a care on adult person in the household

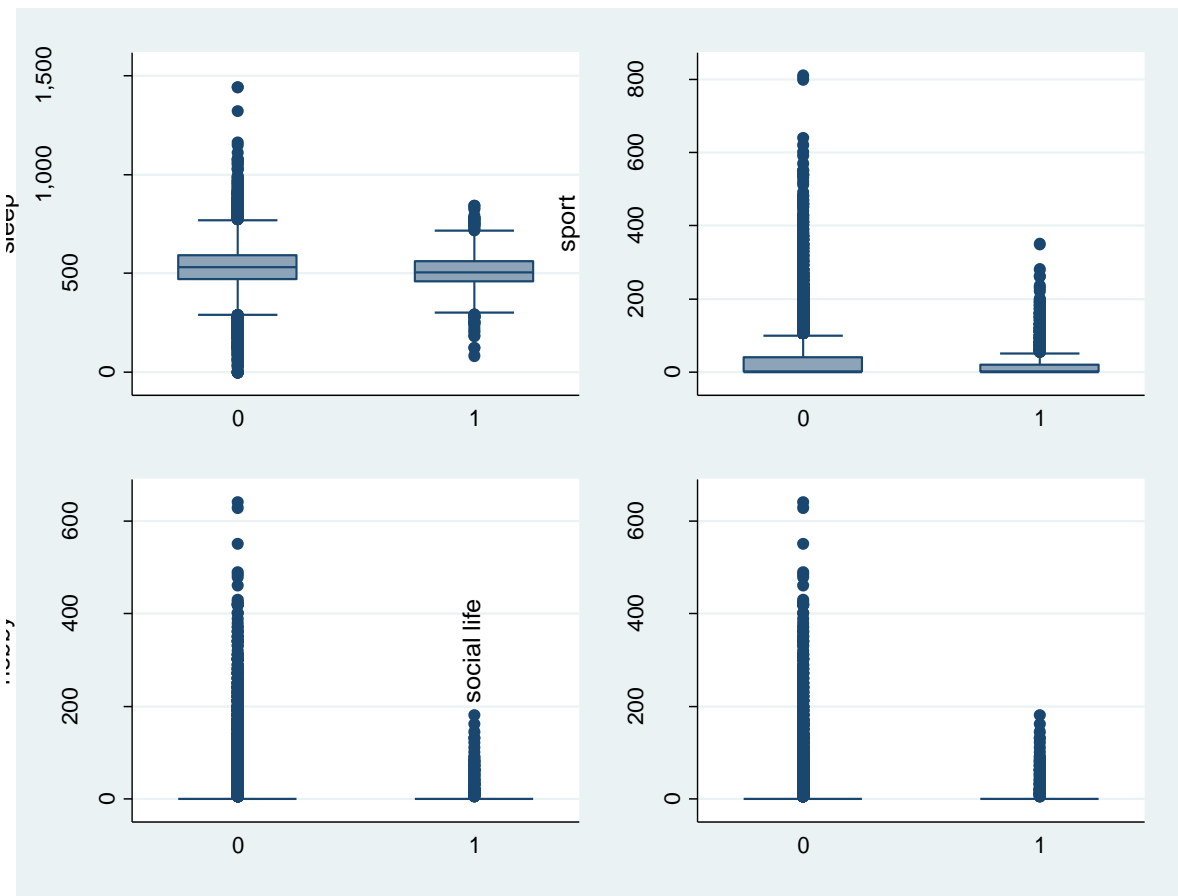
Other control variables:

- Gender, age, education, time spent at work, income level, having kid aged 0-6 years old.





## Descriptive results:



Care providers (n=1682)			
	Mean	Std, Dev,	Max
Social life	48,9	62,7	670
Sleep	506,1	87,5	840
Sport	17,5	38,0	350
Hobby	2,3	13,2	180
Other (n=37285)			
	Mean	Std. Dev.	Max
Social life	51	71	830
Sleep	528	97	1440
Sport	27	50	810
Hobby	5	26	640



## Results of analysis:

### Regression (1): Time spent on leisure and rest by care provision

	Sleep	Sport	Hobby	Social life
Care provider	-29.159 <sup>***</sup> (2.318)	-9.327 <sup>***</sup> (1.237)	-2.141 <sup>***</sup> (0.638)	-2.486 (1.746)

### Regression (2): Willingness to spent more time of leisure and rest

	Sleep	Sport	Hobby	Social life
Care provider	0.304 <sup>***</sup> (0.059)	0.323 <sup>***</sup> (0.055)	0.344 <sup>**</sup> (0.054)	0.422 <sup>***</sup> (0.052)

Standard errors in parentheses: \* p<0.05, \*\* p<0.01, \*\*\* p<0.001

Regression (1): controls for time spent in paid work, income level, gender, age, education, children age 0-6 in hh.

Regression (2): controls for time spent in paid work, income level, gender, age, overall well-being.



## Summary and discussion

Our empirical analysis, confirmed that :

- Care providers sleep less, have less time for sport and hobbies
- However we do not found significant difference in regards to time spent on social life
- In respect to all analysed forms of leisure care providers are expressing deficit of time spent on their free time activities

Further research would investigate if there are significant gender differences in time, and willingness to spent more time one leisure, and to which extent they arise from carrying for household member, or person living outside the household.

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