Inequalities in Subjective Well-Being using Life Satisfaction and Evaluated Time Index

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BACKGROUND

Methods of measuring subjective well-being:
1. Time as an additional dimension of human well-being
2. Expenditure on activities, time spent on activities, and their evaluation.
3. Employment, high education and high income predict higher life satisfaction, but lower Evaluated Time Index.

RESULTS

Most and least enjoyed activities

<table>
<thead>
<tr>
<th>Social games</th>
<th>Cycling (recreational)</th>
<th>Computer games</th>
<th>Going to cinema</th>
<th>Reading books</th>
<th>Individual games (cards, hazard etc.)</th>
<th>Walking</th>
<th>Reading to, playing with children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main work</td>
<td>Home cleaning</td>
<td>Cleaning utility rooms (e.g. cellar)</td>
<td>School / university classes</td>
<td>Personal services</td>
<td>Sales and administrative services</td>
<td>Ironing</td>
<td>Heating the house, delivering water</td>
</tr>
<tr>
<td>Homework, learning at home</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Evaluated time depending on time of the day

<table>
<thead>
<tr>
<th>Hour</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evaluated Time Index</td>
<td>0.0</td>
<td>0.5</td>
<td>1.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

Evaluated time depending on the place of the activity

<table>
<thead>
<tr>
<th>Restaurant, cafe</th>
<th>Other’s house</th>
<th>Other place</th>
<th>Hotel</th>
<th>Not specified</th>
<th>Location</th>
<th>Home</th>
<th>Second, weekend home</th>
<th>Sport, entertainment arena</th>
<th>Shopping mall, shop, public office</th>
<th>Work place or school</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evaluated Time Index</td>
<td>0.0</td>
<td>0.2</td>
<td>0.4</td>
<td>0.6</td>
<td>0.8</td>
<td>1.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

OBJECTIVES

1) What is the activity- and person-related level in SWB using evaluated time?
2) What is the correlation between evaluated time and life satisfaction, and
3) What are the demographic, social and economic inequalities in SWB using life satisfaction and evaluated time?

SAMPLE & METHODS

Data
Polish Time Use Survey (TUS) carried out in 2013. The study was conducted on a representative, random sample of Polish population aged 10 years and over. This study, we restricted the sample to persons aged 15 years and over, and total sample size was 39 962.

Measures:
Activities were recorded in a diary using 10-minute slots. For each slot, respondents were asked to describe circumstances of the activity and assess whether the time was pleasant (1), neutral (0) or unpleasant (-1).

Evaluated Time Index: average per person / activity

Methods:
OLS regression for ETI and ordered probit regression for life satisfaction

REFERENCES