



Analyzing the Daily Time:

What We Can Know About Well-Being Across Demographic Groups

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Meeting of the CIS Statistical Committee “Statistical view of society through the prism of generations” (June 2026, Minsk)

Time Use Surveys in the CIS Countries: New Perspectives on the application of NTTA Methodology



"Regular" answers from time use survey

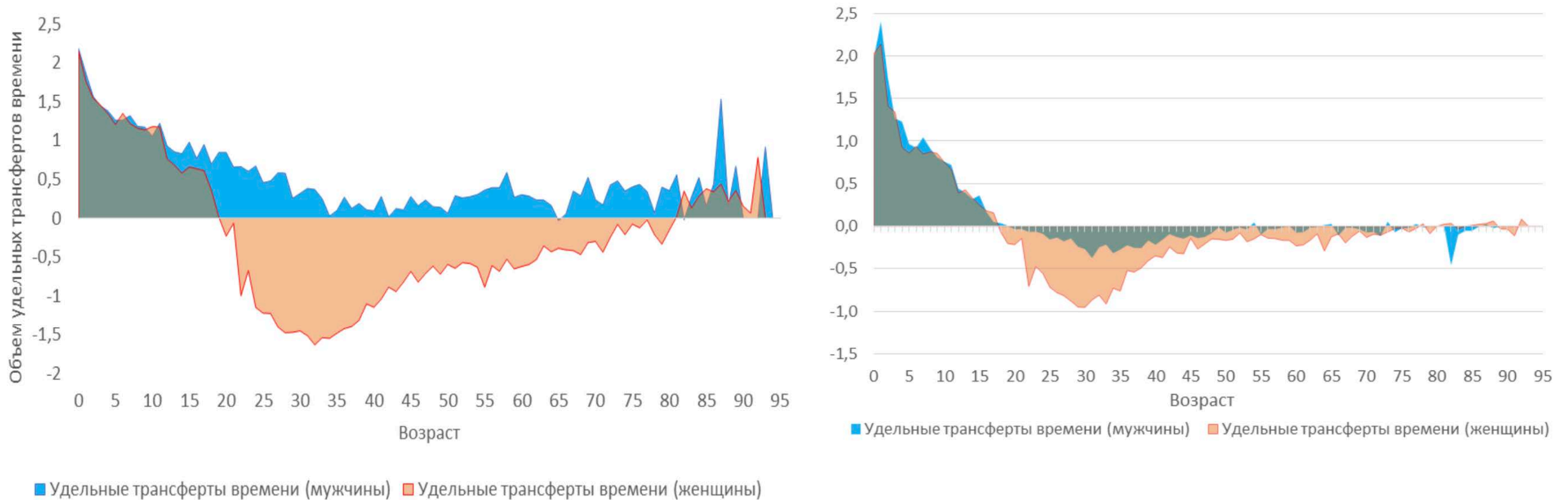
- ***What activities do*** children, the elderly, the employed population, women, men, urban and rural residents ***spend their time on?***



- ***Gender inequality*** in time spent on unpaid care and domestic work

More fine-tuning – time transfers according to NTTA

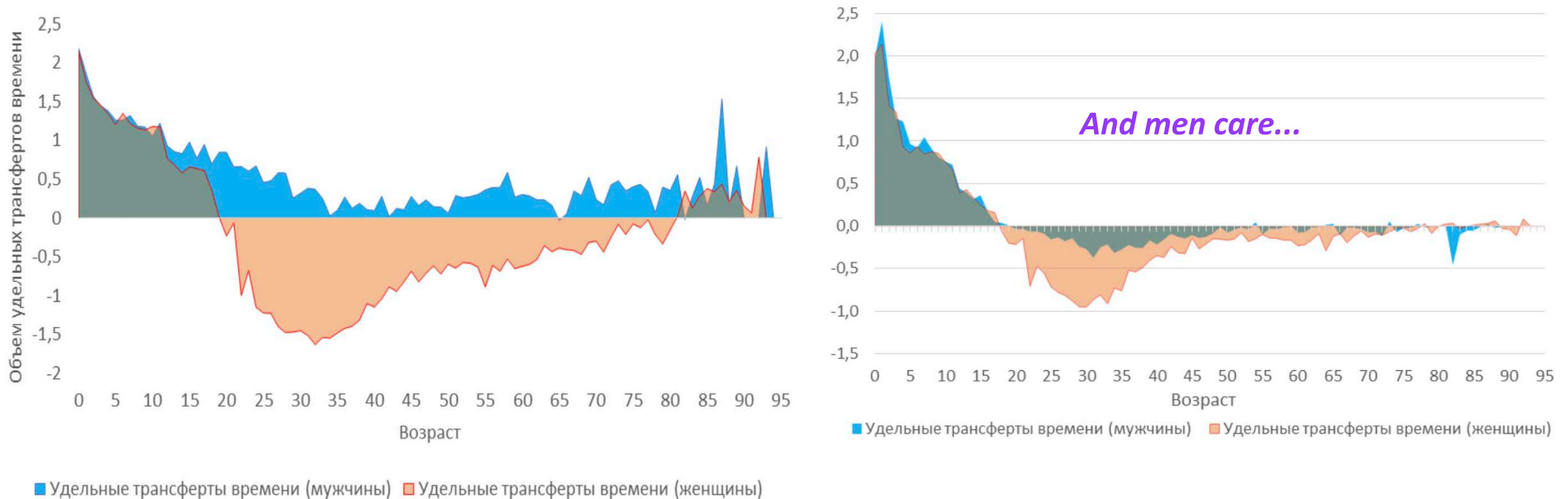
Who receives or gives more and when?



Age-sex distribution profiles of net time transfers spent on (a) housekeeping, (b) caring for loved ones, hours per day per representative of the age-sex group, 2014, Russia (Kalabikhina, Shaikenova, 2019a)

NTTA

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Who gives time to whom?

Matrix of intergenerational and intergender transfers

		Потребители (мужчины)					Потребители (женщины)				
		0-19	20-39	40-59	60-79	80+	0-19	20-39	40-59	60-79	80+
Производители (мужчины)	Возраст										
	0-19	14,8	11,4	18,6	1,1	0,2	13,5	19,4	17,6	2,6	0,7
	20-39	23,3	2,4	4,4	1,9	0,1	21,9	32,3	10,0	3,3	0,3
	40-59	15,7	8,6	0,4	0,8	0,3	14,5	13,5	39,8	5,0	1,4
	60-79	5,8	8,5	3,2	0,0	0,0	4,9	8,6	18,9	48,8	1,3
	80+	2,5	3,8	11,3	1,3	0,0	3,8	5,0	13,8	33,8	25,0
Производители (женщины)	0-19	15,7	12,8	16,0	1,6	0,1	12,4	20,8	16,8	3,4	0,5
	20-39	26,8	25,5	8,3	1,8	0,1	25,4	1,8	6,8	3,3	0,2
	40-59	15,1	14,4	34,4	5,8	0,4	13,9	11,0	0,5	3,1	1,5
	60-79	8,5	10,1	11,8	37,6	2,1	8,2	12,1	7,1	0,5	1,9
	80+	7,9	7,3	20,3	6,2	14,1	4,5	7,9	21,5	9,6	0,6

Frequency distribution matrix of time transfers from producers to consumers of time transfers, %, 2014, Russia
(Kalabikhina, Shaikenova, 2019a)

Who do women give more time to? *Older women - to older men*

	Возраст	Потребители (мужчины)					Потребители (женщины)				
		0-19	20-39	40-59	60-79	80+	0-19	20-39	40-59	60-79	80+
Производители (мужчины)	0-19	14,8	11,4	18,6	1,1	0,2	13,5	19,4	17,6	2,6	0,7
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Who do men give more time to?

Reciprocity: Older men - to older women

		Потребители (мужчины)					Потребители (женщины)				
		0-19	20-39	40-59	60-79	80+	0-19	20-39	40-59	60-79	80+
Производители (мужчины)	Возраст										
	0-19	14,8	11,4	18,6	1,1	0,2	13,5	19,4	17,6	2,6	0,7
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	60-79	5,8	8,5	3,2	0,0	0,0	4,9	8,6	18,9	48,8	1,3
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“Invisible” work as a % of GDP

- ✓ Women generate almost 3 hours more time transfers per day than men
- ✓ Women aged 20 to 80 are the producers of household services for all family members
- ✓ Including housework, women's 8-hour workday in the labor market can be extended by almost 40% each day
- ✓ Let's also consider men...

✓ADD 25.3% of GDP (20 trillion rubles/year, 2014)

✓21% of GDP for housekeeping +

✓4.3% of GDP for care (0.5 hours/day)

Methods: by average salary, by alternative salary by education

For comparison: from 24% in Latvia to 57% in Germany [Giannelli, Mangiavacchi, Piccoli 2011]

(Kalabikhina, Shaikenova, 2019a)

What (and by how much) narrows the gender gap in housework?

NARROWS

- Employment F
- Income F
- Flexible work schedule F (weekends)
- Health F and M
- Presence of other household members
- Small number of living rooms
- Dishwasher, car, and other time-saving equipment (example: -33 minutes)
- Small town size

WIDENS/DOES NOT NARROW

- Part-time work F
- Children and their age (but having many children does not widen (!))

(Kalabikhina, Shaikenova, 2019b)

Weekdays and Weekends: How Roles Change, or "Two Faces in One Woman"

[Coltrane 2000]: Economic and sociocultural motives for the division of labor in the family

- On weekdays, economic motives drive the gender division of labor in housekeeping and caregiving (egalitarianism). "More work at job place means less work at home."
- On weekends, sociocultural motives drive the gender division of labor in housekeeping and caregiving. "I have to compensate for my role as a mother and wife." "Split personality."
- Furthermore, the higher the level of employment and education of women, the more they try to compensate.
- Fatigue, destruction of the best human capital

(Kalabikhina, Shaikenova, 2019b)



Twice Poor: Who Experiences a Time and Money Shortage, or the Vicious Circle of Poverty

- Lack of free time – 20-37% of Russian residents (various methods)
- Poverty – 15% (2014)
- Money and time shortages – 3.5% of households (young families with children and others)
- Teenagers in large families (!)
- 4 groups by type of deficit – different approaches in social policy
- *Don't look for a second job, look for one well-paid job!* When moving from a population group with relatively low levels of paid employment to a group with high levels of such employment, incomes do not increase proportionally to the increased time spent working. In particular, even doubling the time spent on paid work does not lead to a significant increase in average income per family member.

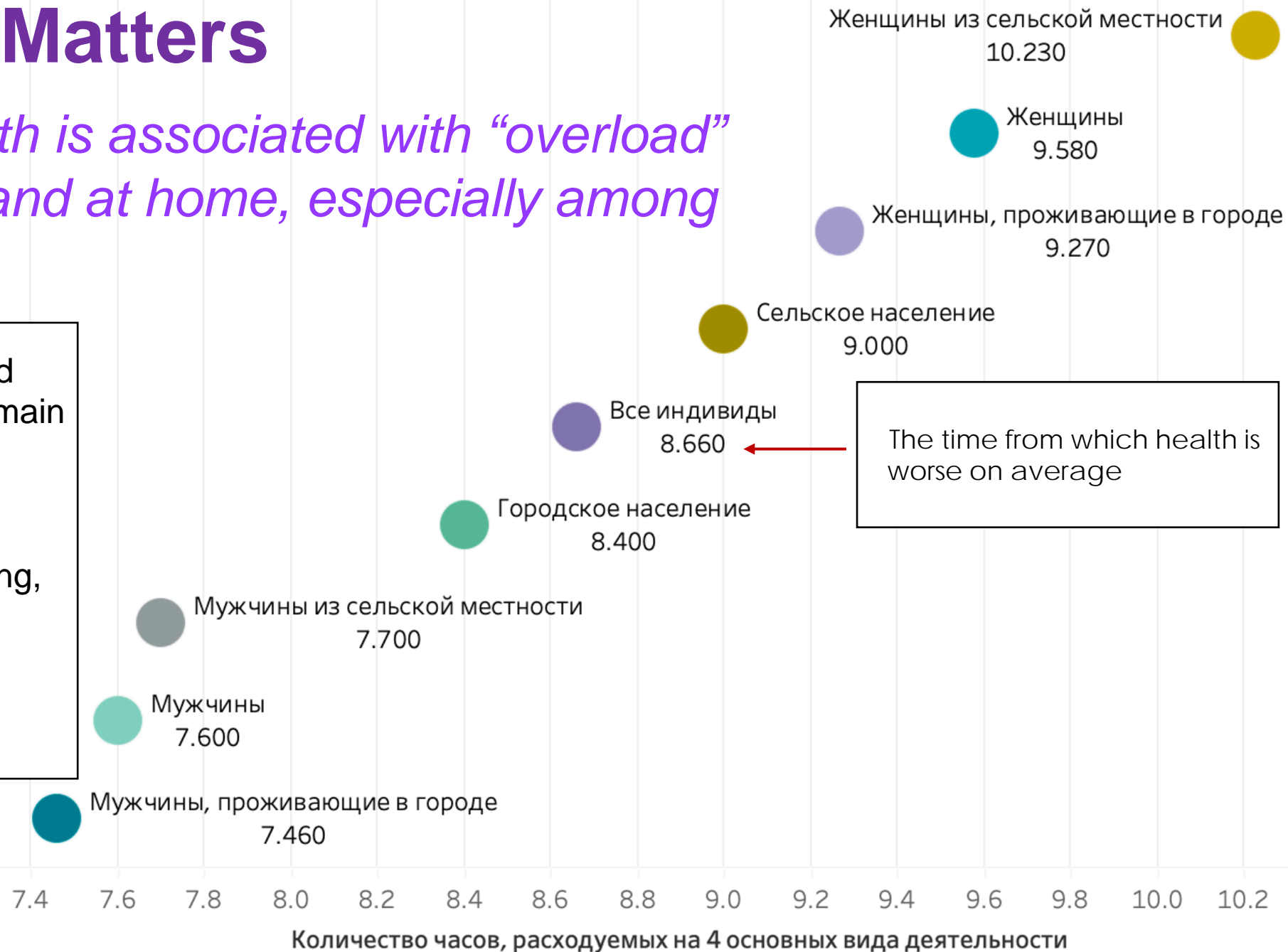
(Kalabikhina, Shamsutdinova, 2023)

Health: Time Matters

Relatively poor health is associated with “overload” in the labor market and at home, especially among urban men

The linkage between health and time allocation across the four main activities* is nonlinear.

*Paid and unpaid employment (for own final use), housekeeping, childcare



The time from which health is worse on average

A person's overall well-being* is linked to the distribution of time during the day

- Paid employment – Nonlinear (\cap), max ~ 5-6 working hours
- Childcare – Nonlinear (\cup), min ~ 5-6 hours
- Leisure – Nonlinear (\cap), max ~ 1-2 hours
- Housekeeping – Negative (-)

(Bashkirova, Kalabikhina (head), 2025)

Work well, but no more than 5-6 hours a day;

Rest well, but no more than 1-2 hours;

*Domestic routines degrade overall well-being,
while caregiving, if it's a major part of your life, improves it.*

We can see that these relationships differ by gender, age, and family type.

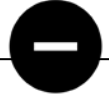
*Well-being is measured through income, health, and education indicators

My wife works a lot at home and at work, I am not a well-off person

The linkage between the level of well-being and the distribution of a partner's time in married couples:

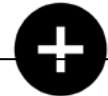


Men

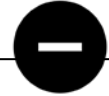


- Wife's time for personal hygiene and grooming*
- Wife's time for leisure* (10%)

- Wife's time for work*
- Wife's time for housekeeping*
- Wife's time for childcare*



Women



- Husband's time for work*

Other variables

*Regarding time for sleep

(Bashkirova, Kalabikhina head, Moscow State University, 2026)

Well-being in married couples: an open question even today

- *More egalitarian time allocation between spouses is associated with higher levels of well-being for both partners*
- *A high average workload of major activities in a couple is associated with lower levels of well-being for both partners*

Do larger households reduce the gender gap in time spent on various activities?

What is a large household: 5+ people

INDICATOR	REDUCES	INCREASES
<u>Number of generations</u>		
<u>Number of married couples</u>		
<u>Number of children</u>		

Involved Fatherhood and Housework: Responding to the Shock of the Pandemic – "Helpers"

- *Men are still only helping with all types of care and housework, not taking overall responsibility for any activity*
- *Offline shopping (going to stores) is the biggest contribution men made during the pandemic in Russia*

(Kalabikhina, Rebrey, 2020)

Analyzing the daily time...

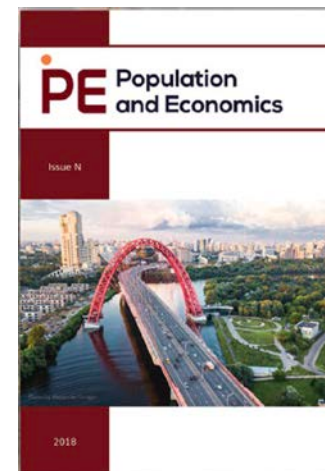
- **Who gives whom** time in the household over a lifetime? A matrix of intergenerational and intergender transfers
- **Who receives or gives more and when** – in childhood, adolescence, adulthood, old age?
- Estimation of **the "invisible" work** to a market economy as a % of GDP – up to ¼!
- **What narrows the gender gap** in housework? Help for policymakers
- Weekdays and weekends: how roles change, or "**two faces in one woman**"
- **Twice poor**: who experiences a shortage of time and money, or the vicious circle of poverty. **A second job is not a solution**
- **Health and well-being in general: does time matter**, does overwork make us sick and poor?
- **My wife works a lot at home and at work, I am not a well-off person**. Well-being in married couples: an open question even today
- **Large households reduce the gender gap** in time spent on housework. BUT not always
- **Involved fatherhood** and housework: responding to the shock of the pandemic – "**helpers**"
- **Different shocks** and our daily time
- **Behavioral patterns** of different generations: childbirth, health, consumption, leisure, digital...
- Flexible work schedules, hybrids, part-time work, remote work – **salvation or a trap for well-being?**
- **The cost of care for different people** – what are we losing and what are we gaining?

Open resources

WELCOME!

Magazine
Population and Economics
(Scopus)

A Telegram channel about our work
and the work of our partners



Demography textbook



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