

A Review of Earlier Works on Time Poverty Around the World: A Period From 2000 to 2018

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Abstract: Women's empowerment and gender equality have become prominent issues in global development discourse and practice. The equal share of opportunities in different professions has led professionals such as development agencies, donors, corporations and non-governmental organisations to view women as crucial actors in solving poverty and a host of other social and economic problems, and not just victims of poverty. Women's empowerment is not only a concerned with increasing wealth and income but is also related to the idea of how women use their time. In this respect, they lag behind in some aspects of life, one of which is time poverty. Time poverty means having less time than others because of personal commitments or unpaid housework. Extensive literature in this field was studied to analyse the term 'time poverty' broadly.

Keywords: Gender, Unpaid Work, Time Poverty

INTRODUCTION

There was a time when males were quite dominant in the society and continually exploited women. Men controlled every law and custom according to their interests and willingness. However, over a period of time, and because of societal advances, women protested against male domination. They also demanded equality inside and outside the home. After years of struggle, they succeeded and started working by teaming up with men. A basic assumption is that increasing women's income improves their family's health, well-being and food security, as they would use this increase for family development and growth (Chant, 2016).

Women empowerment and gender equality have become prominent issues of global development discourse and practice. Equal share of

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opportunities in the professional sphere led professionals such as development agencies, donors, corporations and non-governmental organisations to view women as crucial actors in solving poverty and a host of other social and economic problems, and not just as victims of poverty (Cornwall & Edwards, 2010; Prügl, 2015). However, this was not the end, but it was only the beginning of a long journey because there is still a long way to go. A woman working outside does not mean that she is now equal to her male colleagues. Drawing on the literature on time poverty (Bardasi & Wodon, 2010; Noh & Kim, 2015; Arora, 2015), women empowerment is not only a function of increasing wealth and income but is also related to the idea of how women use their time. In this way, they are behind in some aspects of life, one of which is time poverty.

Time poverty means having less time than others because of certain commitments or unpaid household work. Time is a scarce resource, and women often lack independence and autonomy over time and its use, increasing time poverty (Bardasi & Wodon, 2010; Chant, 2010; Noh & Kim, 2015). People experience time poverty, especially in the paid labour market or when doing unpaid household work for long hours. They have less time for rest or leisure (Bardasi & Wodon, 2010). If we take a closer look at the Indian lifestyle, we find that men are responsible for earning money while women have to stay home to do household chores. Women perform their duties without receiving any fixed sum of money. In the more advanced Indian society, men and women, both earn money to get more facilities in their lives. However, the saddest part of life is that women still do odd jobs around the house. Women often indulge in domestic work, care work, and subsistence farming, etc., which are unpaid work, according to social and cultural norms. It also helps to define and produce a rigid gendered division of labour in which women disproportionately work in areas that are often invisible and unrecognised in patriarchy (Bardasi & Wodon, 2010; Grassi et al., 2015). Women work double shifts (one is a job and another is around the house) compared to men. Time poverty among women is mainly due to their triple workload in the productive, reproductive and social spheres (Grassi et al., 2015: VI). They have less time to rest or take care of themselves. Because of this unequal work distribution, men have more money while women suffer from financial inequality.

Time poverty is a multidimensional phenomenon that focuses on human well-being in multiple aspects, such as illness, low literacy rate, inadequate housing facilities, gender discrimination, insufficient means to improve life, etc. Equality means that men and women must have equal responsibilities and rights. This idea of equality considers their income or consumption and their ability to make decisions, including how they manage their time

(Bardasi & Wodon, 2006). Suppose women earn money in addition to unpaid household work. In this case, men should also have the same responsibility and help women fulfill family responsibilities. The problem of time poverty and income inequality can be addressed by improving their thinking. Time use and time poverty studies are interested in understanding women's compromises over an inappropriate amount of time in coerced circumstances (Blackden & Wodon, 2006). As in the Western culture, Indian males should also change their way of thinking and contribute to household chores along with their work or business. Indian women also have the right to have enough time for their personal affairs. Due to working hours and family commitments, women have less time and money and are overburdened. Sociological approaches suggest understanding time poverty as an emerging social inequality that results from being overwhelmed by the interaction of work and family relationships.

In contrast, less attention is paid to free time distribution (Epstein & Kalleberg, 2004). Globally, women perform the vast majority of domestic chores, including housekeeping and childcare; even when employed part-time or full-time, the time women spend on unpaid care work is more than double that of men (Kulshreshtha & Singh, 2005). However, the latter is largely unreported in the System of National Accounts (SNA) accounting framework; although households derive significant benefits from these activities, it has not yet been considered a part of their economic contribution to the family income. When men provide help and share family responsibilities, both have enough time for personal happiness.

THE CRUX OF EARLIER LITERATURE

In 2000, **Bittman and Wajcman** collected data from the Multinational Time Budget Data Archive and Australian Bureau of Statistics 1992 by the time diary method. The study revealed that the real work difference was minimal after combining the paid and unpaid work of men and women. Still, there was a difference in their free time that revealed a paradoxical situation in the study. Women's time poverty was more significant than men's because their childcare responsibility was disproportionate. The study explored that qualitative techniques only captured women's free time, and a time use survey was the best source to calculate the leisure time. The article suggested that a gender gap in leisure should be considered for policymaking by governments because it would decrease the potential of women's work efficiency.

Further in 2005 **Sayer** presented his work on a secondary data basis from time diary data of the years 1965, 1975, and 1998 to check the time use trends and differences based on gender. A significant part of women's work

was household work like cooking, cleaning, and daily care of the child. Men's contribution to household activities had also increased from 1965 to 1998. Women's paid work had increased during the period, but their unpaid work remained the same as earlier, and the reason behind this was that men avoided unpaid work. He had focused on the broader area of research as compared to earlier studies because the earlier studies focused only on unpaid work. Still, this study included the time used for paid work, unpaid work, leisure time, and gender differences. Education had affected women's paid work and also their marriage decisions and decrease in fertility rate. After marriage, a mother's responsibility had decreased due to an increase in father-child care time, but the mother's time had not decreased significantly. The study also expressed that technological advancements and frequency of 'eating out' had also reduced the unpaid work burden on women. Due to unpaid work restrictions, limited opportunity for paid work to be left for women, and indices of dissimilarity in time use had declined by 13.2 points. The study had suggested that women and men needed time to narrow the gender gap.

Harvey and Mukhopadhyay, in the year 2007, elucidated time and poverty under their study titled "When twenty four hours is not enough: Time Poverty of working parents" by using LIM measurement and GSS 1992 and 1998. The study mainly targeted the deprived group as working parents, single parents and double parents with one or more children. They revealed that it was approximately 45% of Canada's GDP if we evaluated unpaid work through market price. This study was needed to redefine the money poverty threshold by adding the real value in money, in terms of time deficit. The study also emphasised that free time was essential for one's health. Men dominated the paid work, females dominated the unpaid work, and committed and contracted work is considered productive work but one lay in the domain of paid work and the other in the unpaid one. The main problem faced in this study was the category of activity because few activities lay in more than one activity. Time had been subtracted from 24 hours to calculate the minimum required time for leisure. If market work and related activities surpass the minimum required time, we considered a household time as poor. The employed single parents had found time poor; for that reason, they allocated their time by spending money on market services. The study's core finding was that single non-employed parents simultaneously faced time and income poverty.

In 2007, Medeiros et al. examined the gender inequalities in allocating time to paid and unpaid work among urban adults in Bolivia with the help of a 2001 household survey. They found that the role of paid workers compared to unpaid workers was significantly larger among Bolivia's urban

adults. The study tried to explain the inequalities among genders but mainly focused on inequalities within women's groups as well as within the men's group. On an average, the number of Bolivians engaged in unpaid work for less time is more than fewer Bolivians engaged in paid work for more time. The average four-hour gap had been found between men's and women's workforce during a week; on an average, the number of unpaid work done by women was significantly large. Paid work had more importance in Bolivia as compared to unpaid work. The trade-off between paid and unpaid work showed less time left for unpaid work after devoting much time to paid work. It had concluded that gender was an apex variable, but it could not explain the reason for less or more work done by some people than others. The study had focused on a few aspects of time allocation; it had not examined families' demographic composition and class structure.

Bardasi and Wodon had explained the no choice except to work for long hours in Guinea and described the new definition of time poverty in 2010. They relied on the data of a 2002-03 survey of Guinea. They revealed the time poverty gap between rural and urban, male and female, and how to distribute their time between paid and unpaid activities. The disproportionate engagement of women in unpaid activities and household labour had been explored in the study by using decent working time as per updated guidelines of ILO. They also considered a new definition of time poverty, not only based on working hours but also by broadening up the term by addition of consumption poverty and extending the area of time poverty by redefining through need or choice. The study depicted the relationship of time poverty with education, demographic variables, religion, and the number of infants, child-adult, and senior people. Dummy variable was used for disabled people, geographical, and single women as household heads and estimated separate regression for males and females. The impact of marital status as the probability of more time poor than single women had been found, and differences were also found according to different religions. Education was also indirectly correlated with time poverty; that is why time poverty was greater in rural areas than in urban areas. The study had provided a new and broader picture of poverty through time, which was good for the policy implication in developing countries. Some aspects had been left out due to the unavailability of data, like child care, and care for older and disabled persons considered as secondary activities and as limitations of the study.

In 2010, Abdourahman used time-use data collected from household questionnaire, individual questionnaire, dairy and millennium development goals and correlated with time poverty, a major issue as a

second gender. The study analysed the distribution of social roles between men and women and their impacts on accomplishing the millennium development goals. Women's working part was larger than that of men if we added both paid and unpaid work, but women's larger part of unpaid work went un-estimated. As a single hand but playing multiple roles, women devoted longer hours than men; the main reason was the patriarchal foundation. In South Africa, women shared work almost double that of men in non-marketable production. The technologies had a positive correlation with female workforce participation due to being a time-saving function. It had examined the linkage between monetary poverty, time poverty, and gender equity. The millennium development goals correlated with time poverty through different indicators of MDGs, showing a positive correlation between education, lower fertility, and lower infant mortality. The main focus of the study was to estimate the real value of unpaid work and incorporate it into national accounting through social accounting matrices. The infrastructure contributed significantly to heal time poverty in women by reducing the time burden. To achieve this, the government must take up steps to increase public investment in these areas. The study also defined that the actual data estimated with the calculation of unpaid work promoted the success ratio of government policies and programs which reduced feminisation poverty across the continent.

Spinney and Millward had focused on time poverty and income inequality using data from Statistics Canada's General Social Survey on time use (GSS-TU) in 2010. They had explored the different types of time, like contracted time related to paid work or educational trailing, committed time, which was allied with unpaid work, necessary time, which was related to self-care, and leisure time left after the rest time deduction. They had revealed the gap between time poverty and income poverty and found that income poverty was less than time poverty. Due to their involvement in the structured and unstructured schedule, the time poor and time rich person were surveyed. However, no gap had been found in the use of recreational activity between time-poor and time-rich. They had also expressed that engagement in physical activity was hurdled by income and time deprivation. The study also showed the gap between GDP per capita and economic well-being because GDP per capita did not reflect the opportunity cost of free time during a computation.

Kalenkoski et al. in 2011 presented their work "Time poverty thresholds and rates for the U.S. population," which identified the time poverty and discretionary time using the multivariate regression technique. The study used data from a time-use survey of America from 2003-2006. The study exposed that due to the increased number of children;

less discretionary time was left to individuals. It had been reduced by 35 minutes. Time poverty thresholds were developed in this study which was able to find out who was time poor and computed the same within subgroups in the population. Lack of discretionary time constraints the individuals to engage in welfare-improving activities like education and leisure.

In 2012, a case study of Pakistan was conducted by Najam-us-Saqib and Arif (2012), and they used a time-use survey in 2007, covering diary records by most female subjects. The study had categorised them as working and non-working and focused on unpaid family helpers and self-employed. The study found that male time patterns were the same in rural and urban areas, whereas women spent more time working in rural areas than in urban areas due to a lack of basic facilities or infrastructure. The majority of female workers spend three hours more on committed work, which was considered unpaid work. The incidence of time poverty was much higher among females in all categories of work except professional and service workers.

Another study in this area conducted by Chatizitheochari and Arber showed that daily work and personal care activities would provide participation opportunities in leisure and social life in their discussion in 2012. The study relied on the data of the U.K. Time Use Survey 2000 that focused on the age group of 20-60 years, on their one weekday and one weekend day. The multivariate logistic regression model, R square, t-test, and log-likelihood had been used for analysing time poverty. They had revealed that only twenty percent of male and female workers were considered time-poor, but the gender gap was quite slender. The occupation and family structure, like shift workers, unsocial hours of work, and marital status, had been affected by time poverty. The unskilled workers, a mother with a child and other care responsibilities, had been influenced by time poverty. It also depicted that time-poor cases in the context of men and women. It also classified the time quality as pure free time, contaminated free time, and fragmentation of free time. The study clarified exacerbated quality of free time for women as compared to men to their domestic responsibilities.

Antonopoulos et al. in 2012 studied the 'Interlocking of time and income deficits: Revisiting poverty measurement informing policy response by exploring valid reasons for accounting for time deficits'. The study covered Argentina, Chile, and Mexico and used SNA 1993 and LIMTIP to find income gaps and time deficits. They were concerned about poverty level time in household production and looked over sufficient time to achieve that through adult members. They also identified time deficits as poverty

coax. The study depicted the improvement in the availability of jobs and prominent pay with working length in a day. The nexus of income and unpaid work was linked implicitly only by time. The study revealed that the intensity of poverty was greater than that revealed by statistical analysis. Employed household respondents had a time deficit greater than the non-employed ones, and the incidence of time deficit was greater among income poor than income non-poor in all these countries. Single-headed households commenced (found) a higher poverty rate than married couples. The poor women are out-passing the poor men in all these countries, leading to the face of poverty which was more feminised. Employment and household time bind were explored as double-time suffering variables among women who faced time deficits. Double deprivation of time and income poverty was robust in women. The women worker was a wounded combination of both time and income poverty. Employed women suffered more time poverty than unemployed ones.

After a gap of an year, Merz and Rathjen used Amartya Sen's Capability Approach for real leisure time which was related to well-being, CES Utility Function for substitution between money and time which gave a true picture of time/income substitution, Value Judgment to find out satisfaction of life, and Multinomial logit for each interdependent multidimensional poverty regimes. They had focused on real leisure time and related it to time poor. It was revealed that the individual level, leisure time and income were less than the median, and net equivalence income was considered time and income poor. Some people were income-poor or time-poor, but some were facing both. Time and income poverty were associated with many variables like gender, age, education, occupation, working hours, nationality, family structure, and region. It also explored that women were more time and income-poor due to the other household obligations. The working hours as paid and unpaid work also diminished the real leisure time. The study combined the two dimensions of poverty, time and income, and used them separately in earlier literature.

Gahagan and Tamene had expressed their view on Time poverty among students of Jigjiga University in 2016. The study had used FGT's headcount index of time poverty, probit model, and recursive regression to eliminate the infringement of the OLS assumption, which was calculated through STATA 10. The study had used its time poverty line of 4.4 hours relatively. The estimates of the probit regression model revealed a positive relationship between study time and time poverty and between students' academic performance and time poverty. The study had found that the CGPA scores increased by 0.064 points by increasing an extra hour of study time. Internet use negatively affected study time; using Facebook for an additional 1 hour

reduced one-third of study time and increasing the time for religious activities, also increased poverty. The study had depicted that time poverty and contracted time move in the same direction and due to increased study time by 1 hour, time poverty increased by 8 per cent points. The study also expressed time poverty as study year, like final year students are more time-poor than junior students.

In 2016 Rose used Australian work, 2010 and life index. She collected data through interviews with 18 women who were related to different occupations. Thematic coding process had been used. She had focused on employed mothers and how they managed their time. Under her study, 69.4 per cent of employed mothers felt time-poor and pressed compared to 58 per cent of employed fathers. Women used their resources efficiently with the help of multitasking methods, but it simultaneously increased the time pressure. The time pressure will remain the brunt issue for policymakers, so they must reconsider the flexibility of a father's job timings, and the caring responsibilities must be re-distributed between men and women.

Zacharias used LIMTIP and the official poverty line based on income or consumption in 2017. He had used data of employed persons by country, sex, weekly hours of employment and average. The study had concentrated on Argentina, Chile, Ghana, Korea, Mexico, Tanzania and Turkey and riveted the incidence of time deficit of employed individuals. The study had revealed that job hours did not have much effect on both sexes, but women also bore unpaid work hours greater than men, and the official poverty line ignored the time deficit. It was possible that everyone's time-poor household may or may not be time-poor, which meant time-poor on a household level. The study found that middle-income groups trade off time deficits, decreasing their expenditure or debt. The study showed that the gap between men and women was poor at the household level, whether their income and consumption share were high or low. The proportion of women in income and time poverty was higher than men due to a double bind. The study highlighted that an integrated perspective like full employment, decent work, and pay equity was necessary to achieve the target of sustainable development goals.

In 2018, Liangshu Qi and Xiao-yuan Dong used the China time use survey and household income project of 2008 to figure the time poverty and comparison between men and women. The study revealed that time poverty concerned women who earned low wages, married, and lived with children due to their care responsibilities, low wage standard, and, over time work. It had depicted that women worked 8.7 hours more per week than men workers with a gender gap of 18.7 percentage points.

CONCLUSION AND SUGGESTIONS

The study tries to establish the relationship through 18 years in the field of women's studies and mainly focuses on the work of gender unpaid work. It is a major reason for higher time poverty among women than among men. In a nutshell, we can say that majority of the studies show the cause of time poverty and also put out a valuable suggestion as mentioned below:

1. Structural and normative changes like work-family policies must be taken up to fill the gender gap between paid and unpaid time use.
2. Future research must consider the temporal-spatial background and time poverty due to more working hours but low wages.
3. The government must remove the hurdle of physical activity participation by reducing time and income poverty.
4. To generate awareness among men and women about fair distribution of their responsibilities and focus on female unpaid family helpers who are monetarily poor. It must be considered to eliminate working long hours by improving education and minimum wage provision by the government.
5. Time poverty analysis should cover more areas than multidimensional poverty and other attributes of poverty. It is also suggested that time and incomes are both considered in economic and social policymaking.
6. To tackle women's stress and time poverty, men must share the family's responsibility.
7. To achieve sustainable development goals, the governments of the World should undertake serious steps.
8. The government must provide affordable care services to low-income families through balanced growth in working time and increasing minimum wage standards.

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