

Giménez-Nadal, José Ignacio; Molina, José Alberto; Velilla, Jorge

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Should we cheer together? Gender differences in instantaneous well-being during joint and solo activities: An application to COVID-19 lockdowns*

José Ignacio Giménez-Nadal, University of Zaragoza, BIFI and CTUR

José Alberto Molina, University of Zaragoza, BIFI, IZA and GLO

Jorge Velilla, University of La Rioja

Abstract

The COVID-19 pandemic has confined millions in their homes, representing an unprecedented case for spending more time together with family members. This is a challenge for households, given that more time with the partner or children may not necessarily translate into increased well-being. This paper explores subjective well-being in the uses of time for US and UK workers, differentiating between solo activities and activities done with family members, at home and outside the home. Using American and British time use surveys, we compute the instant utility associated with paid work, unpaid work, leisure, and childcare activities. The results show that workers prefer joint leisure to solo leisure, and that significant differences exist between female and male workers for solo and joint market work and housework. Furthermore, we simulate a lockdown situation, which suggests diverging effects of a lockdown in the US and the UK, and on women and men. The conclusions of this paper may help to assess the psychological consequences of COVID-19 lockdowns, beyond the negative economic and labour market consequences.

Keywords: subjective well-being; togetherness; gender difference

JEL codes: D10; J16; J22

* Correspondence to J.I. Giménez-Nadal. Department of Economic Analysis. C/ Gran Vía 2, 50005 Zaragoza, Spain. Email: ngimenez@unizar.es

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1. Introduction

The COVID-19 pandemic spread throughout the world, with serious consequences for daily life, including the confinement of individuals in their homes. This is not to trivialize the devastating death toll, nor the unprecedented damage to the global economy, but this confinement has clear implications for the time allocation decisions of families, as many parents are forced to telework, and take care of their children with no in-person school classes (Del Boca et al. 2020; Sevilla and Smith 2020). Thus, the time spent with spouses/partners, children, and other family members is certain to increase as a consequence of the confinement. This, in turn, will have significant implications for individual well-being, as the time spent with others is preferable to solitude (Kahneman et al. 2004) and loneliness may lead to lower subjective well-being (Hamermesh 2020). However, it is unclear whether or not there is gender symmetry in the changes in well-being. In this context, it is important to examine the potential gender differences in terms of togetherness, well-being, and the time allocation decisions of individuals, which may be of special interest in understanding the impact of confinements on individual daily life.

Since Gary S. Becker's (1965) seminal work on time allocation, many authors in the field of Economics have analyzed the time allocation decisions of individuals in different contexts, including Almudena Sevilla, Jose Ignacio Gimenez-Nadal and Cristina Fernández (2010), Dominique Anxo et al. (2011), Günseli Berik and Ebru Kongar (2013), and Katie Genadek (2018). However, few researchers have focused on the well-being implications of time allocation decisions (Floro and Pichetpongsa 2010), while the question of whether individuals prefer to spend their time alone or with others has been rarely studied (Sevilla, Gimenez-Nadal and Gershuny 2012; Connelly and Kimmel 2015).

Within this framework, this paper analyzes the experienced utility (or instantaneous well-being, as in Kahneman et al. 2004) of male and female workers in the United Kingdom (UK) and the United States (US), focusing on the difference between those activities done alone and those in the presence of other household members, and whether they were at home or not. The analyzed data allow us to identify the experienced utility associated with the daily episodes of paid work, unpaid work, leisure, and childcare, and also which of those episodes correspond to activities done alone, with the partner, with children, and with other family members (e.g., other relatives). We find that women benefit more from the presence of others in their daily activities than do men, as the increase in experienced utility when the activity is done in the presence of

others, in comparison to being alone, is greater for females than for males. This gender difference is limited to market work and housework activities, as males and females experience similar increases in their experienced utility when leisure is done in the presence of others.

We also simulate a lockdown, inspired by Hamermesh (2020), by assuming changes in individual time allocations (e.g., less paid work time, and more leisure time), where such activities take place (at home), and with whom are they done (alone, with the spouse, with children, and/or other relatives). The changes in the experienced enjoyment of individuals under the simulation, compared to the general setting, reveal asymmetric effects for the US and the UK, as the lockdown has different impacts in these countries, in addition to different effects for women and men. Overall, a confinement situation has negative effects on experienced enjoyment among UK individuals, but positive effects for US individuals.

The gendered analysis of experienced utility may help in understanding the possible consequences of confinements caused by the COVID-19 pandemic, beyond the negative consequences on both the economy and the labour market. Women appear more likely to do things alone than men, and to the extent that confinement may mean more time with family members, the confinement itself may imply larger increases in well-being for women. However, the gains from more time with family members may be outweighed by the fact that the COVID-19 outbreak has amplified the need for caring work within the home, not only due to school closures, but also due to the large number of individuals contracting the virus and being quarantined. In a world where women do relatively more unpaid care work than do men (Eaton 2005; Carmichael et al. 2008), this pandemic may have increased the demands on women's time and thus increased the gender imbalance of housework (including care work) time (Aguiar and Hurst 2007; Gimenez-Nadal and Sevilla 2012).

Furthermore, when individuals are sent home as a consequence of job losses, there is a gender asymmetry in how time allocations are redistributed; while women increase the time they devote to housework, men increase the time devoted to personal care and leisure (Beblo and Robledo 2008; Aguiar, Hurst and Karabarbounis 2013; Berik and Kongar 2013; Gimenez-Nadal and Molina 2014; Del Boca et al. 2020; Sevilla and Smith 2020).¹ The gender asymmetry in the

¹ See Michael Burda, Daniel S. Hamermesh and Philippe Weil (2013) for a review of gender, paid work, and time at home.

gains in utility from more time with family members, favoring women, may compensate for the negative consequences of the extra workload for women.

2. Data and variables

We use diary data from the UK Time Use Survey (UKTUS), for the years 2014-2015, and the Subjective Well-being (SWB) module of the American Time Use Survey (ATUS) for the years 2010, 2012 and 2013. Apart from providing information on the socio-demographic characteristics of respondents, these surveys include time use diaries, with information on respondents' activities during the 24 hours of the day, from 4 am to 4 am of the next day. Time use diaries have become a common tool in analyzing individual time allocations and daily behaviors, as they produce more reliable estimates than surveys based on stylized questionnaires. The UKTUS is the official time use survey of the UK and is sponsored by the Centre for Time Use Research, while the ATUS is the official time use survey of the US, and is conducted by the US Bureau of Labor Statistics. The ATUS Well-being modules were fielded from January through December in each year, and the 2015 UKTUS was fielded from April 2014 through March 2015.

The time use categories analyzed are based on Aguiar and Hurst (2007) and Gimenez-Nadal and Sevilla (2012), and we define paid work, unpaid work, childcare, and leisure. Paid work includes those activities related to employment, excluding commuting. Unpaid work time is defined as those activities related to household chores and domestic activities (cooking, setting the table, washing, cleaning, adult care).² Childcare time includes all activities related to the care of children, and includes basic, educational, and supervisory childcare. For leisure time, we consider activities such as watching TV, sports, out-of-home leisure, gardening, pet care, and socializing.

The UKTUS and the SWB module of the ATUS include information at the diary level on the feelings experienced by individuals during their different daily episodes. The two surveys use the Day Reconstruction Method, in which respondents are asked to fill out a diary summarizing episodes of activities for the selected day, and then are asked about their feelings while doing the

² A detailed list of activities and classifications is available upon request.

activities (Kahneman et al. 2004).³ In the ATUS SWB module, respondents are asked to rank three randomly selected episodes lasting at least five minutes, describing the extent to which they were happy, stressed, sad, tired, or felt pain during the activity. Values are recorded on a 7-point scale, with “0” indicating that the respondent “did not experience the feeling at all”, and “6” indicating that a “feeling was extremely strong”. In the UKTUS, respondents answered the question “How much did you enjoy this time?”, with possible answers going from 1 “not at all” to 7 “very much”. Compared to the ATUS SWB module, the UKTUS collects instantaneous well-being information for all episodes in the diary. Although the type of questions used to elicit a respondent’s instantaneous well-being differs across the UK (enjoyment) and the US (happiness) surveys, research suggests that the two types of measure are highly correlated (Knabe et al. 2010).⁴

To minimize the role of time allocation decisions over the life cycle (Gimenez-Nadal and Sevilla 2012), we restrict the samples to individuals between 21 and 65 years old, and we omit individuals who filled-in their diaries on holidays, and individuals not in paid work (as we are interested only in market work time). Given that we analyze information at the episode level, we restrict the sample to time-use episodes of respondents with non-missing information on instantaneous well-being, which leaves us with a sample of 8,612 episodes from 444 women, and 6,930 episodes from 392 men in the UK, and 13,744 episodes from 9,818 women and 12,473 episodes from 9,501 men in the US.

Table 1 shows the average enjoyment and episode duration for the UK, and Table 2 shows the average happiness and episode duration for the US. Among men in the UK, the average enjoyment levels during paid work, unpaid work, childcare, and leisure activities are 4.58, 4.88, 5.71, and 5.78, out of 7, respectively. For women, the equivalent enjoyment levels are 5.00, 4.77, 5.71, and 5.96. Differences between men and women in these enjoyment levels are significant at standard levels in paid work episodes ($p < 0.001$), unpaid work ($p = 0.017$), and leisure ($p < 0.001$), with females reporting higher enjoyment levels while doing paid work and leisure, and lower enjoyment while doing unpaid work. Differences between women and men in terms of enjoyment while doing childcare are not significant. In the case of the US, the average happiness

³ See Sevilla, Gimenez-Nadal and Gershuny (2012) for a review of the different methods in the literature to assess feelings during time use activities.

⁴ All the statistics and results are computed using specific weights computed at the activity level.

scores for men (women) in paid work, unpaid work, childcare, and leisure activities are 3.92 (3.96), 4.10 (4.11), 4.94 (4.68), and 4.56 (4.74), out of 6, respectively. Differences between men and women are not significant for the happiness experienced while doing both paid and unpaid work ($p = 0.335$ and $p = 0.788$, respectively), but men seem to be happier while doing childcare than are women, and women report higher experienced happiness during leisure episodes ($p < 0.001$ in both cases).

The mean duration of episodes of paid work is about 57 minutes for UK women, vs 52 minutes for men, with these being significant at the 90% level ($p = 0.054$). The average duration of unpaid work episodes is 20 minutes for women, and 22 minutes for men, with the difference being significant ($p = 0.017$). For childcare episodes, the average duration is 19 minutes for women, and 22 minutes for men, and the gender difference is significant at standard levels ($p = 0.013$). For leisure episodes, the average duration is 30 minutes for women, and 37 minutes for men, with the difference being highly significant ($p < 0.001$). In the US, the average episode duration is 214 (225) minutes for women's (men's) paid work, 51 (54) minutes for unpaid work, 36 (45) minutes for childcare, and 53 (54) minutes for leisure. Differences between women and men in the duration of these episodes are statistically significant for the periods of paid work ($p = 0.008$), unpaid work ($p = 0.096$), and childcare ($p < 0.001$); but the average duration of leisure episodes is not statistically different for women and men ($p = 0.521$).

The UKTUS and ATUS surveys include information about who was present for all activities, distinguishing between solo activities, activities with the partner/spouse present, activities with children, activities with other family members, and activities with non-family individuals. We use this information to identify joint and solo time uses. Tables 1 and 2 show the percentage of episodes that are done in the presence of someone else, for the 4 activities defined. In the UK, for women's paid work episodes, 1.5 percent are done with the spouse, 0.7 percent with a child, 4.9 percent with other relatives, and 66.1 percent with others. For men, 4.3 percent of the episodes are done with the spouse, 1.5 percent with a child, 6.8 percent with other relatives, and 58.3 percent with others. In the case of unpaid work episodes of women (men), 28.7 percent (35.7 percent) are done with the spouse, 12.6 percent (12.7 percent) with a child, 17.7 percent (15.5 percent) with other relatives, and 9.3 percent (7.8 percent) with others. For childcare episodes, 33.5 percent (54.2 percent) are done with the spouse, 71.2 percent (79.4 percent) with the the child, 26.9 percent (16.6 percent) with other relatives, and 11.2 percent (4.6

percent) with others. For episodes of leisure of women (men), 38.2% (45.5 percent) are done with the spouse, 9.0 percent (12.7 percent) with a child, 17.1 percent (16.2 percent) with other relatives, and 19.0 percent (16.8 percent) with others. For episodes of women (men) in the US, we observe that 3.3, 18.6, 19.2 and 30.4 (3.0, 27.2, 39.0 and 34.5) percent of episodes of paid work, unpaid work, childcare and leisure is done with the spouse, respectively. Similarly, 3.3, 23.9, 90.7 and 29.0 (1.8, 16.9, 93.2 and 24.1) percent are done with a child; 0.7, 3.1, 3.9 and 5.8 (0.2, 2.2, 2.1 and 4.2) percent with other relatives, and 69.2, 8.5, 9.2 and 38.2 (63.9, 8.5, 5.9 and 34.7) percent with others. T-type test p-values for the differences between women and men in these percentages are shown in Tables 1 and 2.

Both the UKTUS and the ATUS surveys allow us to identify where the reported activities take place, differentiating among several locations (e.g., respondent's home, workplace, restaurant, someone else's home, stores, school, or outdoors away from home, among others). We use this information to compute a dummy variable at the episode level, which takes value 1 if activities are done at the respondent's home, and 0 otherwise. Therefore, the variable identifies those activities done at home, versus all the activities not done at home. Tables 1 and 2 show the proportion of paid work, unpaid work, childcare, and leisure activities done at home, for male and female workers in the UK and the US, respectively.

In the UK, women (men) spend about 7.8 (11.0) percent of their paid work episodes at home, with the difference being statistically significant at standard levels. Conversely, females do more unpaid work at home than men, with 86.9 percent of female unpaid work episodes taking place at their home, vs 81.8 percent of males'. The difference is statistically significant at standard levels. Regarding childcare, 88.8 percent of the female episodes, and 86.8 percent of the male episodes are at home, with the gender difference being not significant at standard levels ($p = 0.352$). Similarly, about 75 percent of the leisure episodes are home-leisure episodes, for both men and women, with a non-significant difference between them ($p = 0.784$). The distribution of home and not-at-home episodes in the US is different than in the UK. For instance, about 16 percent of the paid work episodes are at home for both men and women, with this difference not being statistically significant. Women do relatively more unpaid work at home than do men, as 94.7 percent of female episodes of unpaid work are at home, vs 93.3 percent of male episodes, with this difference being significant ($p = 0.022$). Regarding childcare, 77.3 (83.7) percent of the female (male) episodes are at home, with the difference being highly

significant. Finally, there are no gender differences in terms of the percent of leisure episodes done at home (57.1 percent for females, 58.5 percent for males).

The UKTUS and ATUS allow us to examine additional control variables at the individual level, defined analogously for the UK and the US. These variables include: age, formal education, native status, marital status (married or cohabiting or single), household composition (the number of family unit members, and the number of children), and employment status (identifying self-employed workers, and full-time employees). For education, we define three dummies in terms of the maximum level of formal education completed by individuals: primary, secondary, and university education. The surveys allow us to define dummies identifying geographical regions. UK regions include: “North East”, “North West & Merseyside”, “Yorkshire & Humberside”, “East midlands”, “West midlands”, “East of England”, “London”, “South East”, “South West”, “Wales”, “Scotland”, and “Northern Ireland”. US regions include: “Northeast”, “Midwest”, “South”, and “West”.

Summary statistics of the socio-demographic characteristics, and of the total time devoted to the various activities, by the presence of others, are shown in Tables A1 and A2 in the Appendix. For the UK (US), men devote 230, 94, 18 and 298 (286, 52, 27 and 143) minutes to paid work, unpaid work, childcare and leisure, respectively, while women devote 192, 139, 26 and 235 (233, 103, 39 and 136) minutes to these activities. While men devote more time to paid work ($p = 0.024$ in the UK, $p < 0.001$ in the US), women devote more time to unpaid work ($p < 0.001$ in both cases) and childcare ($p = 0.042$ and $p < 0.001$).⁵ Regarding the time devoted to these activities in the presence of others, we observe that most of the time spent in paid work corresponds to paid work with others (i.e., coworkers). For instance, the average minutes per day working with others for women in the UK (US) is about 147 (181) minutes, vs 154 (200) minutes among men. Differences between women and men are not significant in the UK, but highly significant ($p < 0.001$) in the US. For unpaid work, in the UK (US) the average time spent by women doing unpaid work is 42 (19) minutes with the spouse, 15 (26) minutes with children, 25 (3) minutes with other relatives and 14 (8) minutes with others. Among men, the corresponding averages are 35 (16) minutes, 13 (10) minutes, 15 (1) minutes, and 8 (5) minutes.

⁵ It is beyond the scope of this manuscript to analyze gender differences in the average time devoted to the four time use categories, given that much prior research has documented gender differences in the uses of time. Results are available upon request.

For childcare time, women spend about 9 (9) minutes per day doing childcare with the spouse, 7 (2) minutes with other relatives and 3 (5) minutes with others, vs 10 (12), 2(1) and 1 (3) minutes per day among men. In both the UK and the US, a small proportion of the childcare time (about 8 and 3 minutes for UK women and men, and 3 and 2 minutes for their US counterparts) is not spent in the presence of children, as some childcare activities, such as transport related to childcare, are not necessarily done with children. Finally, for leisure time in the UK (US), women spend about 91 (45) minutes per day doing leisure activities with the spouse, 19 (43) with children, 40 (7) with other relatives, and 48 (71) with non-family unit members. Among men, the corresponding minutes per day are 135 (56), 33 (38), 44 (5) and 56 (68). All these differences (p-values for the significance of such differences are shown in Tables A1 and A2 in the Appendix) may indicate that daily behaviors in terms of togetherness and the preference for joint activities are different in the US and the UK.

3. Empirical Strategy

We aim to explore whether the experienced well-being of female and male workers in their daily paid work, unpaid work, childcare, and leisure activities is affected by whether such activities are done alone, or together with others (i.e., joint activities). To do so, we estimate the following linear equation using Ordinary Least Squares:⁶

$$WB_{ij} = \alpha_0 + \alpha_1 J_{ij} + \alpha_2 X_i + \alpha_3 E_{ij} + \alpha_4 T_i + \varepsilon_{ij} \quad (1)$$

where WB_{ij} represents the experienced well-being of individual “i” while doing activity “j” (paid work, unpaid work, childcare, leisure). Equation (1) is estimated separately by gender, and J_{ij} is a vector of dummy variables that identifies whether episode “j” for individual “i” is done with the (married or unmarried) partner, with children, with other household members, or with other non-household members (solo activities are considered the reference category).

⁶ We run two robustness checks. First, we estimate Equation (1) using an ordered logit model. Second, we exclude from the analysis episodes between 12 am and 8 am, to avoid “strange hours” (Hamermesh and Stancanelli 2015). Results indicate that the main conclusions are robust to the model and sample selection, shown in Table A3 and A4 in the Appendix. Finally, we run estimates including an interaction term between the vector of dummy variables J_{ip} , and the dummy that identifies episodes taking place at home, in order to capture whether there is an additional correlation between joint activities, and the experienced satisfaction, if those activities take place at home, or outdoors. These interactions, where not statistically significant, indicate that such an additional effect is not relevant at standard levels. Interaction estimates are available upon request.

X_i is a vector of variables controlling for the socio-demographic characteristics of individual “ i ” (e.g., age, education, living in couple, number of children, etc.). E_{ij} is a vector of episode-level controls that includes the duration of the episode, where the activity took place (e.g., at home vs other locations), if the day is a weekday (vs weekend), and the start time of the activity. T_i is the total time devoted by individual “ i ” to the reference activity during the diary day (paid work, unpaid work, childcare, or leisure) measured in log of minutes per day. Finally, ε_{ij} represents the error terms, and is clustered at the individual level, to take into account the heterogeneity in time allocation decisions as well as inter-personal differences in scales (Ferrer-i-Carbonell and Frijters 2004).

4. Results

Tables 3 and 4 shows the main estimates of Equation (1) in the UK and the US, respectively. Regarding paid work, we observe that in the UK, and in comparison to being alone, women report higher levels of enjoyment during paid work if it is done along with children or with non-family members, while men report lower levels of enjoyment when paid work is done with children. In the case of the US, we find no happiness differences for women when paid work is done with others, in comparison with being alone, while men report higher levels of happiness during paid work when it is done with other family members. When challenged by lockdowns, such as the one caused by COVID-19, implying an increase in teleworking for many workers, and thus more time in paid work in company with the spouse/partner and the children, and less time in the presence of others (both family and non-family members), men in both the UK and the US would be reducing their experienced well-being during paid work time, while women would be increasing their experienced well-being during paid work time. It is also interesting that women in both the UK and the US report higher levels of experienced well-being when paid work is done in the presence of children, which may be a consequence of the “double burden”, or second shift, that they face - especially for those women who work full-time and have children (Gimenez-Nadal and Sevilla 2011). If those women are able to take care of their children while they are working – which would obviously be the case in a ‘lockdown’ situation – the difficulties in balancing work and household responsibilities would be reduced, which would clearly improve women’s well-being. Furthermore, we find that working at home is not correlated with worker experienced enjoyment in a significant way in the UK, nor among US males. Estimates

show that episodes of paid work at home for female workers are correlated with lower happiness, relative to episodes of paid work not at home, which may indicate that women may face higher risks of work interruptions during lockdowns, given the presence of children at home. This last finding is consistent with prior evidence showing that women get more frequent interruptions while teleworking (Adams-Prassl 2020).

Regarding the time devoted to unpaid work, women in the UK and the US report higher enjoyment/happiness during these activities if they are done with the spouse, or in the presence of children or non-family members, in comparison to being alone. The consequences of confinement on the experienced well-being of women while doing unpaid work, with more time with the spouse and children and less time with non-family members, is a priori undetermined. Men in the UK report higher levels of enjoyment during unpaid work when the activity is done with non-family members, while in the US men report higher levels of happiness when the activity is done with the spouse/partner, or with non-family members, in comparison with doing the activity alone. Regarding the location of housework activities, we observe a negative correlation between doing unpaid work at home and experienced enjoyment only for females in the UK, while the remaining coefficients are not significant at standard levels. These results imply that during the confinement of lockdown, men in the UK will obtain lower experienced well-being than in normal circumstances, given that they will spend less time with non-family members. In the case of men in the US, the final effect is undetermined.

In the case of childcare time, women in the UK report higher enjoyment when the activity is done with non-family members, while women in the US report higher levels of happiness when the activity is done with other family members, in comparison to being alone. Given the decrease in the time spent in childcare with other family members, and with non-family members, women will have lower experienced well-being during the lockdown. In the case of men in the UK, we find no differences between the time devoted to childcare with others or alone, while men in the US report higher levels of happiness when the childcare is done with the spouse. The latter finding indicates that men will be better off in terms of experienced well-being during childcare activities, given the increase in the presence of the spouse during childcare activities. Furthermore, there are no differences in the experienced enjoyment depending on whether childcare activities are done at home or outdoors, as the associated coefficients are all not statistically significant at standard levels.

Finally, regarding the time devoted to leisure, we find that both men and women in the UK and the US report higher levels of enjoyment/happiness when the activity is done in the presence of family and non-family members. Given that leisure time with family members will increase during the Covid-19 lockdown, but leisure time with non-family members will decrease, the consequences for the experienced well-being of individuals are undetermined. Furthermore, in the UK both male and female individuals report enjoying their leisure episodes less when they took place at home, therefore contributing to the undetermined result. In the US, the coefficients identifying episodes at home are not significant for women or for men.

5. A lockdown simulation

We now analyze the impact of lockdowns on individual experienced utility, following a similar approach to that in Hamermesh (2020), who simulates a lockdown, and estimates its impact on life satisfaction, using data from the ATUS. The simulation is based on specific changes in time uses of specific respondents of the ATUS diaries, namely married individuals with no children, and singles aged 30 or older with no children. Hamermesh (2020) redefines all the “with whom” variables for married individuals to include the partner, and the same variable to time alone for singles. He also assumes that one third of the paid work time is lost, and spent in leisure activities, and that income is also cut by one third. These assumptions translate into an increase in married couples’ general life satisfaction, but a decrease in that of singles. (See Hamermesh (2020) for further details.)

In our analysis, we follow a comparable simulation, as follows. First, we estimate Equation (1) on real data, from where we get the effect of the presence of others, and/or being at home, on the experienced wellbeing during different activities (paid work, unpaid work, childcare, and leisure). We then change the time spent with partners, with children, and with other relatives, and in the location of episodes, for all the episodes of the samples. For married individuals (without children), all the episodes are redefined as “with the partner”, for individuals with children all the episodes are redefined as “with children”, for individuals who cohabit with relatives other than the partner and children, all the episodes are redefined as “with other relatives”. For singles who live alone, all episodes are redefined as “alone”. Furthermore, all the episodes are computed as if they took place at the respondent’s home. Once the synthetic sample of episodes is created, we predict the enjoyment/happiness arising from these episodes, using

the coefficients obtained from Equation (1) regarding who else is present, being at home, and socio-demographic characteristics.⁷

Table 5 shows the differences in average enjoyment/happiness during the time devoted to paid work, unpaid work, childcare, and leisure for the synthetic episodes (Columns 1, 3, 5 and 7) and for the real episodes (Columns 2, 4, 6, and 8). Positive values refer to increases in experienced enjoyment/happiness induced by the lockdown, while negative values refer to decreases. We also report t-type test p-values for the statistical significance of the estimated differences.

The results for the UK (Panel A) show that, for married individuals with children, the simulated lockdown has a negative impact on the instant enjoyment associated with paid work activities, though it is only statistically significant among men. On the other hand, the lockdown has a positive impact on the instant enjoyment associated with unpaid work, for both women and men. Childcare (leisure) episodes of married women, however, are less (more) enjoyable. For married individuals with children, the lockdown has an opposite effect on women and men, as the former seem to enjoy less their paid work episodes, while the latter enjoy them more. Among single workers with children, the simulation shows that a lockdown has a positive impact on women's enjoyment during paid work episodes, but a negative impact on that of men. The results for single workers without children are the opposite. Finally, single women with children seem to enjoy more their unpaid work activities during a lockdown, while the leisure episodes of single men without children seem less enjoyable during the simulated lockdown.

Panel B shows similar results for the US. The simulated lockdown has a statistically significant impact on married women's experienced happiness while doing paid work activities, but not on married men. However, this impact depends on the presence of children, as it is positive for married women with children, but negative for married women without children. The simulated confinement also has a positive impact on the level of happiness while doing unpaid work and childcare activities of married women and men with children, and on unpaid work episodes of married men (but not women) without children. Leisure episodes also seem more enjoyable for couples with children, and for married men without children. For singles,

⁷ Among the socio-demographic characteristics included as explanatory variables, we include the (log) total time devoted to the activity of reference by the individual. Following Hamermesh (2020), the total time devoted to paid work is reduced by one third, which is spent in more leisure.

the confinement has a positive impact on single men's happiness while doing paid work, but a negative impact on single women without children. On the other hand, single women's happiness while doing unpaid work increases during the simulated lockdown, while that of men seems to be unaffected. Single women with children also enjoy more their childcare episodes during the simulation, while the happiness while doing leisure increases for both single women and men, with and without children.

Table 5 shows that the simulated lockdown has a heterogeneous impact on individual experienced utility, which depends not only on the respondents' gender and household composition, but also on the country analyzed. Overall, taking together all the episodes and activities, the reported enjoyment of women (men) in the UK was 5.33 (5.26) out of 7, and the reported happiness in the US was 4.38 (4.29), out of 6. The simulated lockdown leads to predicted enjoyments of 5.27 for women and 4.96 for men in the UK, and predicted happiness values of 4.56 for US women and 4.69 for US men. These figures indicate a decrease in experienced utility in the UK, and an increase in the experienced utility of US individuals (with all the differences being statistically significant at standard levels).

6. Conclusions

This paper analyzes the potential differences in the experienced wellbeing of women and men in their daily activities, with a focus on the presence of others and being at home, while doing paid work, unpaid work, childcare, and leisure. We use time use diary data from the UKTUS for the years 2014-2015, and the ATUS SWB module for the years 2010, 2012, and 2013, which provide information on the experienced well-being associated with a range of time use episodes. Our results reveal gender differences in the experienced well-being of individuals during paid work, unpaid work, childcare, and leisure activities. Furthermore, our simulation exercise shows that in a lockdown situation the experienced wellbeing of women may increase compared to that of men, given that more time is spent with the spouse/partner and children and less time with other family members and non-family members. This suggests that confinements, such as those generated by the COVID-19 pandemic, may have a differential impact on men and women, as men seem less sensitive to whether their daily activities are done alone, or not.

We report cross-country differences in these relationships, as estimated differences between joint and solo activities are different for men and women in the UK and in the US. In this sense, experienced well-being in the UK seems to be more sensitive to ‘togetherness’ than in the US, suggesting the existence of heterogeneity between countries, as both men and women appear to enjoy the presence of their partner in certain ways, especially while engaged in leisure activities in the UK, while results in the US do not support this conclusion. Hence, the impact of confinement on daily behaviors may affect women and men differentially, depending on the context and the country analyzed. Our simulation exercise supports this argument, as it reveals asymmetric effects on individual experienced utility for the US and the UK, as the lockdown has a different impact in those countries, in addition to different effects for women and men. This suggests that the same measures aimed at improving individuals’ welfare during a pandemic may have different effects in different economies, countries, and regions, and the measures policy-makers contemplate should be studied individually.

Our conclusions must be considered with caution, given that we are assuming that the time devoted to these four activities does not change with confinement. The relative gains in experienced well-being of women, arising from spending more time with family members, may be counteracted by the fact that the COVID-19 outbreak has exacerbated the need for care work within the home, due to school closures and to the significant numbers of people contracting the virus and requiring care at home. The gender asymmetry, favoring women, in the gains in utility from more time spent with family members may compensate for the negative consequences of the extra workload for women in these hard times.

Other limitations include that the data is cross-sectional and, as a consequence, the results cannot be interpreted as causal; we can only report conditional correlations. Furthermore, the analysis focuses on “daily” experienced well-being, which is a measure of instantaneous well-being. As such, the consequences are not applicable to the long run and will likely vanish as the lockdown is lifted (Hamermesh 2020). However, it would be interesting to analyze whether these differences in experienced well-being have any long-term consequences in, for example, an analysis of stress, depression, or mental health problems after the lockdown.

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Table 1. Summary statistics – United Kingdom

	WOMEN		MEN		DIFF.
	Mean	S. Dev.	Mean	S. Dev.	P-value
PAID WORK					
Episode duration	56.835	76.349	51.847	70.658	(0.054)
Enjoyment scale	4.999	1.223	4.584	1.453	(<0.001)
Proportion of episodes with:					
Spouse	1.532	12.288	4.258	20.196	(<0.001)
Children	0.666	8.138	1.496	12.143	(0.024)
Other family members	4.930	21.657	6.789	25.164	(0.025)
Non-family members	66.089	47.356	58.343	49.313	(<0.001)
Proportion of episodes at home	7.795	26.818	11.047	31.357	(0.002)
N. periods		1,501		1,738	
UNPAID WORK					
Episode duration	20.289	19.955	22.047	25.459	(0.009)
Enjoyment scale	4.767	1.583	4.879	1.461	(0.017)
Proportion of episodes with:					
Spouse	28.651	45.221	35.740	47.938	(<0.001)
Children	12.570	33.156	12.709	33.317	(0.891)
Other family members	17.657	38.136	15.453	36.157	(0.053)
Non-family members	9.288	29.031	7.757	26.757	(0.075)
Proportion of episodes at home	86.938	33.704	81.802	38.594	(<0.001)
N. periods		3,446		3,191	
CHILDCARE					
Episode duration	18.964	14.523	21.754	19.571	(0.013)
Enjoyment scale	5.706	1.323	5.705	1.283	(0.992)
Proportion of episodes with:					
Spouse	33.495	47.236	54.154	49.904	(<0.001)
Children	71.197	45.321	79.385	40.517	(0.006)
Other family members	26.861	44.359	16.615	37.279	(<0.001)
Non-family members	11.165	31.519	4.615	21.014	(<0.001)
Proportion of episodes at home	88.835	31.519	86.769	33.935	(0.352)
N. periods		3,047		1,676	
LEISURE					
Episode duration	30.235	31.997	36.606	40.023	(<0.001)
Enjoyment scale	5.955	1.298	5.781	1.270	(<0.001)
Proportion of episodes with:					
Spouse	38.218	48.599	45.534	49.808	(<0.001)
Children	8.996	28.617	12.661	33.258	(<0.001)
Other family members	17.092	37.650	16.233	36.881	(0.348)
Non-family members	19.037	39.265	16.797	37.390	(0.018)
Proportion of episodes at home	75.392	43.079	75.682	42.907	(0.784)
N. periods		618		325	

Note: The sample (UKTUS 2014-2015) is restricted to paid work, unpaid work, childcare, and leisure episodes of individuals between 21 and 65 years old. Time uses are measured in minutes per day. Enjoyment is measured on a 7-point scale, from 1 (“not at all”) to 7 (“very much”). T-test p-values for the differences between women and men in parentheses.

Table 2. Summary statistics – United States

	WOMEN		MEN		DIFF.
	Mean	S. Dev.	Mean	S. Dev.	P-value
PAID WORK					
Episode duration	213.657	148.561	224.903	163.069	(0.008)
Happiness scale	3.964	1.573	3.923	1.571	(0.335)
Proportion of episodes with:					
Spouse	3.331	17.947	2.988	17.030	(0.469)
Children	3.331	17.947	1.832	13.411	(<0.001)
Other family members	0.740	8.573	0.161	4.006	(0.001)
Non-family members	69.161	46.192	63.850	48.051	(<0.001)
Proportion of episodes at home	16.530	37.152	16.131	36.788	(0.690)
N. periods		2,432		3,112	
UNPAID WORK					
Episode duration	51.149	64.063	54.030	70.795	(0.096)
Happiness scale	4.106	1.608	4.095	1.562	(0.788)
Proportion of episodes with:					
Spouse	18.581	38.900	27.169	44.493	(<0.001)
Children	23.860	42.628	16.865	37.452	(<0.001)
Other family members	3.129	17.411	2.158	14.533	(0.024)
Non-family members	8.479	27.860	8.542	27.957	(0.930)
Proportion of episodes at home	94.698	22.410	93.307	24.996	(0.022)
N. periods		4,187		2,271	
CHILDCARE					
Episode duration	35.938	49.765	44.819	60.237	(<0.001)
Happiness scale	4.676	1.408	4.937	1.227	(<0.001)
Proportion of episodes with:					
Spouse	19.235	39.426	39.035	48.804	(<0.001)
Children	90.720	29.023	93.246	25.107	(0.016)
Other family members	3.881	19.319	2.105	14.362	(0.008)
Non-family members	9.168	28.865	5.877	23.530	(0.001)
Proportion of episodes at home	77.334	41.879	83.684	36.967	(<0.001)
N. periods		1,778		1,140	
LEISURE					
Episode duration	53.103	68.181	53.937	69.566	(0.521)
Happiness scale	4.739	1.450	4.560	1.471	(<0.001)
Proportion of episodes with:					
Spouse	30.353	45.983	34.504	47.542	(<0.001)
Children	28.951	45.358	24.084	42.763	(<0.001)
Other family members	5.779	23.337	4.235	20.141	(<0.001)
Non-family members	38.208	48.594	34.723	47.613	(<0.001)
Proportion of episodes at home	57.079	49.501	58.555	49.267	(0.113)
N. periods		5,347		5,950	

Note: The sample (ATUS SWB module 2010-2012-2013) is restricted to paid work, unpaid work, childcare, and leisure episodes of individuals between 21 and 65 years old. Time uses are measured in minutes per day. Happiness is measured on a 7-point scale, from 0 (“not at all”) to 6 (“very much”). T-test p-values for the differences between women and men in parentheses.

Table 3. Estimates in the United Kingdom

VARIABLES	PAID WORK		UNPAID WORK		CHILDCARE		LEISURE	
	Women (1)	Men (2)	Women (3)	Men (4)	Women (5)	Men (6)	Women (7)	Men (8)
WITH:								
With the spouse	-0.635 (0.465)	0.109 (0.385)	0.352*** (0.127)	0.093 (0.138)	-0.136 (0.164)	-0.045 (0.235)	0.292*** (0.084)	0.296*** (0.077)
With children	1.096*** (0.353)	-3.198*** (0.601)	0.152 (0.167)	0.215 (0.196)	-	-	0.115 (0.128)	0.147 (0.149)
With others (family unit)	-0.049 (0.230)	0.125 (0.388)	0.456*** (0.123)	-0.046 (0.146)	0.143 (0.209)	0.184 (0.273)	0.032 (0.146)	0.030 (0.104)
With others (non-fam. unit)	0.375*** (0.126)	-0.013 (0.146)	0.610*** (0.144)	0.384** (0.191)	0.444** (0.199)	0.350 (0.342)	0.266*** (0.087)	0.326*** (0.092)
EPISODE CONTROLS:								
Where: at home	-0.115 (0.287)	0.167 (0.291)	-0.261* (0.134)	-0.020 (0.128)	0.487 (0.346)	0.166 (0.310)	-0.282*** (0.093)	-0.194** (0.087)
Start time 0=4am	0.000* (0.000)	0.000 (0.000)	0.000*** (0.000)	0.000** (0.000)	0.001* (0.000)	0.001*** (0.000)	0.000*** (0.000)	0.000*** (0.000)
Episode duration	-0.002*** (0.001)	-0.002*** (0.001)	-0.001 (0.002)	-0.001 (0.002)	0.014*** (0.005)	0.005 (0.003)	0.002** (0.001)	0.003*** (0.001)
All other controls	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Observations	1,501	1,738	3,047	1,676	618	325	3,446	3,191
R-squared	0.150	0.178	0.098	0.087	0.271	0.345	0.085	0.116

Note: The sample (UKTUS 2014-2015) is restricted to paid work, unpaid work, childcare, and leisure episodes of individuals between 21 and 65 years old. The dependent variable is the subjective enjoyment of episodes, which takes values from 1 (“not at all”) to 7 (“very much”). Robust standard errors, clustered at the individual level, in parentheses. Additional coefficients are available upon request. *** Significant at the 99%; ** significant at the 95%; * significant at the 90%.

Table 4: Estimates in the United States

VARIABLES	PAID WORK		UNPAID WORK		CHILDCARE		LEISURE	
	Women (1)	Men (2)	Women (3)	Men (4)	Women (5)	Men (6)	Women (7)	Men (8)
WITH:								
With the spouse	0.195 (0.251)	-0.417 (0.447)	0.267** (0.108)	0.422*** (0.123)	0.184 (0.112)	0.324*** (0.099)	0.113 (0.114)	0.378*** (0.083)
With children	0.360* (0.193)	-0.006 (0.228)	0.338*** (0.113)	0.048 (0.144)	- (-)	- (-)	0.373*** (0.080)	0.361*** (0.076)
With others (family unit)	0.615 (0.454)	1.748*** (0.319)	0.168 (0.218)	0.120 (0.352)	0.555*** (0.181)	-0.541 (0.451)	0.333* (0.179)	0.277* (0.163)
With others (non-fam. unit)	0.144 (0.111)	0.102 (0.106)	0.553*** (0.133)	0.511** (0.201)	0.258 (0.189)	0.252 (0.219)	0.343*** (0.086)	0.170* (0.091)
EPISODE CONTROLS:								
Where: at home	-0.464*** (0.157)	0.185 (0.148)	-0.005 (0.287)	0.127 (0.201)	-0.041 (0.140)	0.167 (0.185)	-0.051 (0.076)	-0.101 (0.086)
Start time 0=4am	-0.001*** (0.000)	-0.000 (0.000)	-0.000*** (0.000)	-0.000 (0.000)	0.000* (0.000)	-0.000 (0.000)	0.000 (0.000)	0.000* (0.000)
Episode duration	-0.001* (0.000)	-0.001* (0.000)	0.001 (0.001)	-0.001 (0.001)	0.001*** (0.000)	0.000 (0.001)	0.000 (0.000)	0.000 (0.000)
All other controls	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Observations	2,432	3,112	4,187	2,271	1,778	1,140	5,347	5,950
R-squared	0.086	0.029	0.056	0.076	0.083	0.084	0.063	0.067

Note: The sample (ATUS SWB module 2010-2012-2013) is restricted to paid work, unpaid work, childcare, and leisure episodes of individuals between 21 and 65 years old. The dependent variable is the happiness level of episodes, which takes values from 0 (“not at all”) to 6 (“very much”). Robust standard errors, clustered at the individual level, in parentheses. Additional coefficients are available upon request. *** Significant at the 99%; ** significant at the 95%; * significant at the 90%.

Table 5. Lockdown simulation – Difference in experienced utility

	PAID WORK		UNPAID WORK		CHILDCARE		LEISURE	
	Women (1)	Men (2)	Women (3)	Men (4)	Women (5)	Men (6)	Women (7)	Men (8)
A) UNITED KINGDOM								
Married/cohabiting								
With children	-0.070 (0.268)	-2.971*** (<0.001)	0.260*** (<0.001)	0.142** (0.013)	-0.151*** (0.006)	-0.011 (0.873)	0.136*** (<0.001)	0.133 (<0.001)
Without children	-1.350*** (<0.001)	0.338*** (<0.001)	0.111** (0.021)	0.044 (0.446)	-	-	-0.019 (0.645)	0.052 (0.161)
Singles								
With children	0.370*** (<0.001)	-3.559*** (<0.001)	0.161* (0.053)	0.015 (0.925)	0.095 (0.459)	-0.321 (0.519)	0.057 (0.289)	-0.077 (0.345)
Without children	-0.485*** (<0.001)	0.172** (0.042)	0.011 (0.875)	-0.014 (0.856)	-	-	-0.060 (0.141)	-0.122*** (0.006)
B) UNITED STATES								
Married/cohabiting								
With children	0.258*** (<0.001)	0.059 (0.205)	0.378*** (<0.001)	0.262*** (<0.001)	0.246*** (<0.001)	0.297*** (<0.001)	0.221*** (<0.001)	0.441*** (<0.001)
Without children	-0.185** (0.014)	0.095 (0.208)	0.061 (0.278)	0.252*** (0.003)	-	-	0.007 (0.880)	0.240*** (<0.001)
Singles								
With children	0.120 (0.106)	1.509*** (<0.001)	0.262*** (<0.001)	0.027 (0.795)	0.281*** (<0.001)	-0.183 (0.119)	0.387*** (<0.001)	0.308*** (<0.001)
Without children	-0.262*** (<0.001)	0.795*** (<0.001)	0.158*** (0.004)	0.064 (0.268)	-	-	0.130*** (<0.001)	0.120*** (0.001)

Note: The samples (UKTUS 2014-2015, ATUS SWB module 2010-2012-2013) are restricted to paid work, unpaid work, childcare, and leisure episodes of individuals between 21 and 65 years old. Differences computed between the experienced enjoyment/happiness predicted when simulating a lockdown, minus the experienced enjoyment/happiness reported by respondents. Positive values indicate estimated increases in enjoyment while in a simulated lockdown. Lockdown simulation includes: 1) For individuals cohabiting, all the time is assigned to: “with the spouse”. 2) For single individuals, all the time is assigned as: “alone”. 3) For individuals with children, all the time is assigned to: “with children”. 4) All the time is assigned to: “where: at home”. 5) For working individuals, we compute a cut in paid work of 1/3 of the time, which is assigned to leisure (Hamermesh, 2020). T-type test p-values in parentheses. *** Significant at the 99%; ** significant at the 95%; * significant at the 90%.

Appendix

Table A1. Additional summary statistics – United Kingdom

	WOMEN		MEN		DIFF.
	Mean	S. Dev.	Mean	S. Dev.	P-value
TIME USE VARIABLES					
Paid work time	192.140	230.774	229.872	251.244	(0.024)
Paid work with:					
Spouse	2.387	22.166	7.577	42.178	(0.024)
Children	0.676	13.770	2.066	26.347	(0.331)
Other family members	12.590	64.278	12.245	68.898	(0.940)
Non-family members	146.734	210.845	154.235	217.051	(0.613)
Unpaid work time	139.234	113.499	94.260	94.072	(<0.001)
Unpaid work with:					
Spouse	41.734	71.121	35.102	61.855	(0.153)
Children	15.315	47.839	12.602	41.498	(0.384)
Other family members	24.685	60.290	14.668	43.178	(0.007)
Non-family members	14.257	40.999	7.959	29.780	(0.012)
Childcare time	26.396	66.132	18.036	50.012	(0.042)
Childcare with:					
Spouse	8.559	27.902	10.077	29.880	(0.448)
Children	17.950	55.620	15.128	46.685	(0.430)
Other family members	7.095	25.495	2.296	12.401	(0.000)
Non-family members	3.288	17.209	0.765	6.742	(0.007)
Leisure time	234.662	151.649	297.985	185.762	(<0.001)
Leisure with:					
Spouse	91.622	124.064	135.408	148.939	(<0.001)
Children	19.414	55.984	32.730	88.271	(0.009)
Other family members	40.428	75.578	44.158	98.590	(0.537)
Non-family members	48.423	95.467	55.536	103.853	(0.303)
SOCIO-DEMOGRAPHICS					
Age	39.777	12.239	41.916	12.503	(0.013)
Educ.: Primary	0.018	0.133	0.043	0.204	(0.032)
Educ.: Secondary	0.345	0.476	0.306	0.461	(0.237)
Educ.: University	0.637	0.481	0.651	0.477	(0.693)
Being native	0.919	0.273	0.921	0.270	(0.916)
Living in couple	0.628	0.484	0.747	0.435	(<0.001)
Family size	2.899	1.272	3.013	1.288	(0.199)
Number of children	0.718	0.936	0.740	0.977	(0.748)
Full time worker	0.671	0.470	0.893	0.310	(<0.001)
Self-employed worker	0.007	0.082	0.023	0.150	(0.049)
N. individuals	444		392		

Note: The sample (UKTUS 2014-2015) is restricted to individuals with episodes of paid work, unpaid work, childcare, and leisure, between 21 and 65 years old. Time uses are measured in minutes per day.

Table A2. Additional summary statistics – United States

	WOMEN		MEN		DIFF.
	Mean	S. Dev.	Mean	S. Dev.	P-value
TIME USE VARIABLES					
Paid work time	233.451	249.346	285.751	273.925	(<0.001)
Paid work with:					
Spouse	4.638	36.577	4.878	39.757	(0.662)
Children	4.579	38.140	2.919	30.943	(<0.001)
Other family members	0.695	16.721	0.658	16.825	(0.878)
Non-family members	180.890	236.983	200.943	257.894	(<0.001)
Unpaid work time	103.350	119.857	52.464	88.297	(<0.001)
Unpaid work with:					
Spouse	19.036	53.733	15.596	48.671	(<0.001)
Children	25.802	64.845	10.080	36.835	(<0.001)
Other family members	2.973	21.995	1.164	12.580	(<0.001)
Non-family members	8.317	35.294	5.056	27.640	(<0.001)
Childcare time	39.052	81.304	26.977	69.843	(<0.001)
Childcare with:					
Spouse	9.428	37.573	11.584	42.722	(0.002)
Children	35.631	78.359	25.027	67.166	(<0.001)
Other family members	1.526	15.058	0.705	12.060	(<0.001)
Non-family members	4.666	26.348	2.515	20.119	(<0.001)
Leisure time	135.991	124.863	143.252	132.572	(<0.001)
Leisure with:					
Spouse	45.406	88.687	56.478	96.607	(<0.001)
Children	43.193	83.772	38.344	80.154	(<0.001)
Other family members	7.412	38.501	5.397	32.902	(<0.001)
Non-family members	71.328	114.510	67.524	116.094	(0.022)
SOCIO-DEMOGRAPHICS					
Age	41.811	12.031	41.862	11.770	(0.762)
Educ.: Primary	0.011	0.105	0.017	0.129	(<0.001)
Educ.: Secondary	0.417	0.493	0.400	0.490	(0.098)
Educ.: University	0.572	0.495	0.584	0.493	(0.013)
Being native	0.848	0.359	0.819	0.385	(<0.001)
Living in couple	0.508	0.500	0.590	0.492	(<0.001)
Family size	2.936	1.470	3.027	1.557	(<0.001)
Number of children	1.006	1.117	0.986	1.170	(0.246)
Full time worker	0.733	0.442	0.887	0.317	(<0.001)
Self-employed worker	0.077	0.267	0.114	0.318	(<0.001)
N. individuals	9,818		9,501		

Note: The sample (ATUS SWB module 2010-2012-2013) is restricted to individuals with episodes of paid work, unpaid work, childcare, and leisure, between 21 and 65 years old. Time uses are measured in minutes per day.

Table A3: Robustness checks - United Kingdom

VARIABLES	PAID WORK		UNPAID WORK		CHILDCARE		LEISURE	
	Women (1)	Men (2)	Women (3)	Men (4)	Women (5)	Men (6)	Women (7)	Men (8)
ORDERED LOGIT								
With the spouse	-0.745 (0.817)	0.080 (0.743)	0.467*** (0.153)	0.186 (0.194)	-0.250 (0.267)	-0.275 (0.517)	0.469*** (0.145)	0.549*** (0.133)
With children	1.463** (0.577)	-4.661*** (1.288)	0.157 (0.211)	0.313 (0.257)			0.137 (0.211)	0.251 (0.247)
With others (family unit)	-0.002 (0.347)	0.093 (0.752)	0.587*** (0.154)	-0.125 (0.204)	0.203 (0.339)	0.455 (0.416)	0.280 (0.188)	0.071 (0.176)
With others (non-fam. unit)	0.616*** (0.204)	-0.040 (0.228)	0.768*** (0.187)	0.575** (0.281)	0.580 (0.372)	0.285 (0.774)	0.466*** (0.176)	0.626*** (0.174)
All other controls	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Observations	1,501	1,738	3,047	1,676	618	325	3,446	3,191
REDUCED SAMPLE								
With the spouse	-0.185 (0.463)	0.083 (0.414)	0.367*** (0.136)	0.193 (0.145)	-0.096 (0.134)	-0.075 (0.240)	0.276*** (0.089)	0.312*** (0.079)
With children	1.080*** (0.356)	-3.208*** (0.591)	0.185 (0.173)	0.180 (0.207)			0.068 (0.134)	0.108 (0.152)
With others (family unit)	-0.028 (0.219)	0.124 (0.380)	0.488*** (0.126)	-0.036 (0.149)	0.254 (0.190)	0.142 (0.309)	0.025 (0.151)	-0.001 (0.099)
With others (non-fam. unit)	0.339** (0.136)	-0.049 (0.150)	0.649*** (0.143)	0.348* (0.186)	0.337 (0.212)	0.306 (0.338)	0.222*** (0.084)	0.310*** (0.094)
All other controls	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Observations	1,342	1,521	2,831	1,533	527	295	3,253	3,002

Note: The sample (UKTUS 2014-2015) is restricted to market work, leisure, housework, and childcare episodes of individuals between 21 and 65 years old. The dependent variable is the subjective enjoyment of episodes, which takes values from 1 (“not at all”) to 7 (“very much”). Robust standard errors, clustered at the individual level, in parentheses. *** Significant at the 99%; ** significant at the 95%; * significant at the 90%.

Table A4: Robustness checks - United States

VARIABLES	PAID WORK		UNPAID WORK		CHILDCARE		LEISURE	
	Women (1)	Men (2)	Women (3)	Men (4)	Women (5)	Men (6)	Women (7)	Men (8)
ORDERED LOGIT								
With the spouse	0.267 (0.374)	-0.461 (0.503)	0.302** (0.134)	0.511*** (0.152)	0.281* (0.169)	0.512*** (0.179)	0.172 (0.139)	0.537*** (0.122)
With children	0.522* (0.277)	-0.117 (0.270)	0.404*** (0.137)	0.092 (0.175)			0.461*** (0.115)	0.527*** (0.123)
With others (family unit)	1.134 (0.910)	3.503*** (1.223)	0.155 (0.257)	0.342 (0.404)	0.483 (0.336)	-0.951 (0.784)	0.518** (0.261)	0.423* (0.233)
With others (non-fam. unit)	0.183 (0.130)	0.068 (0.123)	0.561*** (0.158)	0.655** (0.260)	0.484* (0.255)	0.510 (0.342)	0.540*** (0.117)	0.272** (0.126)
All other controls	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Observations	2,432	3,112	4,187	2,271	1,778	1,140	5,347	5,950
REDUCED SAMPLE								
With the spouse	0.192 (0.262)	0.100 (0.297)	0.237** (0.116)	0.408*** (0.126)	0.253** (0.112)	0.345*** (0.112)	0.064 (0.124)	0.367*** (0.088)
With children	0.128 (0.230)	-0.370 (0.237)	0.377*** (0.119)	0.049 (0.157)			0.354*** (0.086)	0.349*** (0.079)
With others (family unit)	0.114 (0.439)	1.694*** (0.437)	0.111 (0.244)	0.038 (0.369)	0.433** (0.173)	-0.575 (0.441)	0.354* (0.184)	0.284* (0.169)
With others (non-fam. unit)	0.091 (0.118)	-0.027 (0.124)	0.544*** (0.144)	0.452** (0.210)	0.151 (0.182)	0.321 (0.248)	0.330*** (0.089)	0.193** (0.089)
All other controls	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Observations	1,820	2,140	3,599	1,912	1,449	961	4,805	5,191

Note: The sample (ATUS SWB module 2010-2012-2013) is restricted to market work, leisure, housework, and childcare episodes of individuals between 21 and 65 years old. The dependent variables are the affective results of episodes, which take values from 0 (“not at all”) to 6 (“very much”). Robust standard errors, clustered at the individual level, in parentheses. *** Significant at the 99%; ** significant at the 95%; * significant at the 90%.

Additional Estimates

Table A. Additional estimates in the United Kingdom

VARIABLES	PAID WORK		UNPAID WORK		CHILDCARE		LEISURE	
	Women (1)	Men (2)	Women (3)	Men (4)	Women (5)	Men (6)	Women (7)	Men (8)
Age	0.004 (0.009)	-0.012 (0.013)	-0.001 (0.006)	0.015** (0.006)	-0.080*** (0.017)	-0.035** (0.017)	-0.003 (0.005)	-0.004 (0.004)
Educ.: Secondary	0.096 (0.373)	-0.163 (0.531)	0.474 (0.308)	-0.379 (0.378)	-1.773*** (0.590)	-0.402 (0.882)	0.379 (0.317)	0.150 (0.250)
Educ.: University	0.125 (0.325)	-0.160 (0.508)	0.445 (0.296)	-0.382 (0.365)	-1.736*** (0.473)	0.311 (0.838)	0.367 (0.300)	-0.069 (0.244)
Being Spanish	-0.120 (0.279)	0.196 (0.394)	-0.263 (0.232)	-0.088 (0.236)	0.853 (0.780)	0.193 (0.475)	-0.199 (0.148)	0.066 (0.158)
Living in couple	-0.115 (0.212)	-0.328 (0.289)	-0.198 (0.153)	-0.395** (0.193)	-0.388 (0.264)	-1.693** (0.726)	-0.253** (0.115)	-0.244** (0.122)
Family size	-0.207** (0.089)	0.172* (0.095)	-0.170** (0.067)	0.148** (0.072)	0.239** (0.110)	-0.332 (0.209)	-0.028 (0.053)	0.014 (0.050)
Number of children	0.179 (0.123)	-0.008 (0.151)	-0.093 (0.100)	-0.189* (0.114)	-0.266* (0.136)	-0.017 (0.264)	0.070 (0.081)	-0.108 (0.073)
Full time worker	-0.131 (0.218)	0.466 (0.559)	-0.005 (0.150)	0.041 (0.281)	0.261 (0.209)	0.962** (0.458)	0.122 (0.135)	0.235 (0.174)
Self-employed	-	1.067 (0.916)	-0.764* (0.403)	-0.374 (0.385)	-	1.068 (0.808)	-0.519* (0.281)	-0.232 (0.339)
Weekday	0.001 (0.170)	-0.180 (0.218)	0.083 (0.136)	0.151 (0.153)	-0.267 (0.193)	-0.134 (0.264)	-0.134 (0.150)	-0.015 (0.121)
Log-Paid work time	0.213 (0.172)	-0.119 (0.220)	-	-	-	-	-	-
Log-Unpaid work time	-	-	-0.093 (0.096)	-0.061 (0.080)	-	-	-	-
Log-Childcare time	-	-	-	-	0.030 (0.124)	0.229 (0.149)	-	-
Log-Leisure time	-	-	-	-	-	-	0.208** (0.084)	0.038 (0.087)
Constant	3.312*** (1.256)	5.119*** (1.714)	5.478*** (0.723)	4.336*** (0.778)	6.418*** (1.612)	5.995*** (1.300)	4.840*** (0.580)	5.576*** (0.763)
Region F.E.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Observations	1,501	1,738	3,047	1,676	618	325	3,446	3,191
R-squared	0.150	0.178	0.098	0.087	0.271	0.345	0.085	0.116

Note: The sample (UKTUS 2014-2015) is restricted to paid work, unpaid work, childcare and leisure episodes of individuals between 21 and 65 years old. The dependent variable is the subjective enjoyment of episodes, which takes values from 1 (“not at all”) to 7 (“very much”). Robust standard errors, clustered at the individual level, in parentheses. *** Significant at the 99%; ** significant at the 95%; * significant at the 90%.

Table B: Additional estimates in the United States

VARIABLES	PAID WORK		UNPAID WORK		CHILDCARE		LEISURE	
	Women (1)	Men (2)	Women (3)	Men (4)	Women (5)	Men (6)	Women (7)	Men (8)
Age	0.014*** (0.004)	0.010** (0.004)	0.001 (0.005)	0.007 (0.005)	-0.027*** (0.007)	-0.008 (0.007)	0.004 (0.003)	0.004 (0.003)
Educ.: Secondary	-0.314 (0.446)	-0.286 (0.319)	-0.643 (0.441)	-0.372 (0.263)	-0.742*** (0.207)	-0.390** (0.163)	-0.058 (0.281)	-0.294 (0.202)
Educ.: University	-0.531 (0.445)	-0.472 (0.320)	-0.829* (0.444)	-0.484* (0.280)	-0.733*** (0.215)	-0.672*** (0.181)	-0.282 (0.284)	-0.379* (0.204)
Being Spanish	0.171 (0.129)	-0.221** (0.111)	-0.420*** (0.123)	-0.631*** (0.157)	-0.265* (0.141)	-0.276** (0.138)	-0.034 (0.111)	-0.115 (0.100)
Living in couple	-0.052 (0.092)	0.006 (0.103)	0.000 (0.107)	-0.049 (0.157)	-0.078 (0.145)	0.040 (0.176)	0.056 (0.089)	0.049 (0.097)
Family size	0.091** (0.046)	-0.026 (0.053)	-0.037 (0.061)	-0.015 (0.091)	-0.012 (0.072)	0.008 (0.142)	-0.102 (0.065)	-0.012 (0.056)
Number of children	0.053 (0.063)	0.040 (0.071)	-0.031 (0.083)	0.074 (0.106)	-0.055 (0.084)	0.015 (0.157)	0.094 (0.080)	-0.011 (0.068)
Full time worker	0.387** (0.151)	0.076 (0.132)	0.040 (0.152)	0.292* (0.176)	0.010 (0.170)	-0.178 (0.167)	0.257*** (0.091)	-0.155 (0.099)
Self-employed	-0.335*** (0.119)	0.027 (0.154)	0.165 (0.110)	-0.288 (0.183)	0.073 (0.116)	-0.139 (0.231)	0.124 (0.089)	-0.076 (0.122)
Weekday	-0.047 (0.118)	-0.046 (0.103)	-0.034 (0.094)	-0.102 (0.128)	0.024 (0.103)	0.081 (0.099)	-0.059 (0.084)	-0.106 (0.080)
Log-Paid work time	-0.100 (0.113)	-0.099 (0.132)	-	-	-	-	-	-
Log-Unpaid work time	-	-	-0.055 (0.065)	-0.005 (0.076)	-	-	-	-
Log-Childcare time	-	-	-	-	0.075 (0.073)	0.076 (0.064)	-	-
Log-Leisure time	-	-	-	-	-	-	0.136*** (0.049)	0.146*** (0.050)
Constant	4.514*** (0.790)	4.737*** (0.820)	5.350*** (0.699)	4.848*** (0.643)	5.877*** (0.562)	5.629*** (0.653)	3.876*** (0.434)	3.856*** (0.405)
Region F.E.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Observations	2,432	3,112	4,187	2,271	1,778	1,140	5,347	5,950
R-squared	0.086	0.029	0.056	0.076	0.083	0.084	0.063	0.067

Note: The sample (ATUS SWB module 2010-2012-2013) is restricted to paid work, unpaid work, childcare and leisure episodes of individuals between 21 and 65 years old. The dependent variables is the happiness scale of episodes, which takes values from 0 (“not at all”) to 6 (“very much”). Robust standard errors, clustered at the individual level, in parentheses. *** Significant at the 99%; ** significant at the 95%; * significant at the 90%.