

Research Brief:

How Do Volunteers Find the Time?: Evidence from the American Time Use Study

July 2008

Key Findings



- **Volunteers, on average, are about as busy as others, yet they make the time to serve others.** In a typical day, the largest difference in how time is spent between recent volunteers (who have volunteered for an organization within the past year, according to the last volunteering survey they completed), former volunteers (who have volunteered with an organization, but not within this timeframe) and lifelong non-volunteers is in how much television they each watch.
- **Volunteers trade off more than an hour a day of TV watching, on average, to engage in service.** On average, recent volunteers watch approximately 15 hours of television per week, compared to approximately 21 hours for former volunteers and 23 hours for non-volunteers. These differences add up over the course of a typical year: 325 more hours of TV watching, or nearly two full weeks each year, between former volunteers and recent volunteers, and 436 more hours of TV watching for non-volunteers compared to recent volunteers.
- **The time use data show that recent volunteers from ages 25 to 55 overall spend substantially more time caring for children than either former volunteers or non-volunteers do.** In a typical day, 29 percent of recent volunteers spend time on child care, compared with 17 percent for former volunteers and 19 percent of non-volunteers. However, counting only those adults who report spending any time caring for children, former volunteers spend more time on this activity – about 738 hours per year, on average – than either non-volunteers (657 hours) or recent volunteers (673 hours).
- **The results also suggest that volunteers do not make time for volunteering by simply trading paid work for unpaid work.** Recent volunteers are more likely than either former volunteers or non-volunteers to spend time working for pay, though non-volunteers who work have slightly longer work weeks, on average (39 hours versus 36 hours for both former and recent volunteers).
- **Compared to former volunteers and non-volunteers, recent volunteers are almost three times more likely to engage in any community organizational activity.** Community organizational activities include formal and informal volunteering, religious and spiritual activities, group participation, and a variety



of other civic activities. On average, recent volunteers spend about 218 hours per year engaged in such activities, compared to 78 hours for non-volunteers and only 50 hours for former volunteers.

- **In a typical day, recent volunteers tend to be more socially connected and interact with others.** For instance, recent volunteers spend 78% of their mealtime hours eating with other people, compared to about 70% for non-volunteers and former volunteers.

In 2007, 60.8 million Americans volunteered 8.1 billion hours to address the nation's most challenging needs and participated in activities such as mentoring children of incarcerated parents, cleaning watersheds to help the environment, working in religious organizations to distribute food to families in need, and providing other services necessary to the nation's health. Volunteering is a core staple of American democracy and a key asset in solving some of today's most pressing problems. The benefits of volunteering go beyond the community where the work is being done, however; it also affects the person providing the service. To summarize the conclusions of several studies, "Good health is preserved by volunteering; it keeps healthy volunteers healthy."¹

Given the benefits of volunteering, both to the community and the individual, why is it that more individuals don't volunteer to serve with organizations? According to the brief *Volunteering in the United States, 2003*, by far the most common reason given by people who volunteered at one point but quit is "a lack of time."² Since the demands on an individual's time can be overwhelming in today's society, it would make sense that some people have time to volunteer while others do not. But is it true? Is volunteer service merely a matter of having the time available?

This report extends current research on volunteering by examining, for the first time, the differences between the activities in a typical day for people who have recently volunteered with organizations and people who have not. Several thousand former respondents to the Current Population Survey's (CPS) Supplement on Volunteering also filled out time diaries for the American Time Use Survey (ATUS) for a randomly selected day. By tracking how much time they spent on different activities in a 24-hour period, we find that a typical day for a recent volunteer is similar in many ways to a typical day for a lifelong non-volunteer, or a former volunteer who has not served anywhere in several years. Despite these similarities, there are some significant differences that may explain how volunteers find the time to serve.

American Time Use Survey: Background

The American Time Use Survey (ATUS), which was first conducted in 2003, is sponsored by the Bureau of Labor Statistics and conducted by the U.S. Census Bureau (Bureau of Labor Statistics 2005).³ ATUS respondents were interviewed only once and reported their activities for the 24-hour period from 4 a.m. on the day before the interview until 4 a.m. on the day of the interview—their "diary day." If respondents reported doing more than one activity at a time, they were asked to identify which activity was primary. Activities were then grouped into 12 main categories and 17 subcategories for analysis (Bureau of Labor Statistics 2005).

¹ Wilson, John. "Volunteering." *Annual Review of Sociology*, Vol. 26, pp. 215-240, 2000.

² Only older adults, age 65 and over, were more likely to cite a different reason: "health or medical problems." See Table 7, "Volunteering in the United States, 2003," Bureau of Labor Statistics. Available at http://www.nationalservice.gov/pdf/volunteer_study_03.pdf.

³ Bureau of Labor Statistics brief, "TIME-USE SURVEY—FIRST RESULTS ANNOUNCED BY BLS." Reissued January 12, 2005. Available at http://www.bls.gov/news.release/archives/atus_09142004.pdf.

Since all ATUS respondents are selected from CPS households that have completed their scheduled eight monthly surveys, about a third of all ATUS respondents come from households whose members have also taken the CPS supplement on volunteering. This allows researchers to identify CPS volunteers and non-volunteers who have also completed ATUS diaries between 2003 and 2006. The results presented here are based on about 3,500 time diaries completed by ATUS respondents who were also CPS volunteers, and almost 5,300 diaries completed by CPS non-volunteers, creating a total sample for this study of about 8,800.⁴ Since the ATUS is administered between two and four months after the CPS rotation is completed, there is a time lag of between two and seven months between the CPS volunteer survey and the ATUS survey.

The remainder of the brief will highlight some important differences between volunteers and non-volunteers, to illustrate how volunteers find the time to serve, and how different their typical day is from a non-volunteer's typical day. The results reported here take advantage of a question that was posed to non-volunteers from 2003 through 2005: "Have you **ever** volunteered through or for an organization?" We use the volunteer questions on the CPS survey to divide respondents into three main categories:

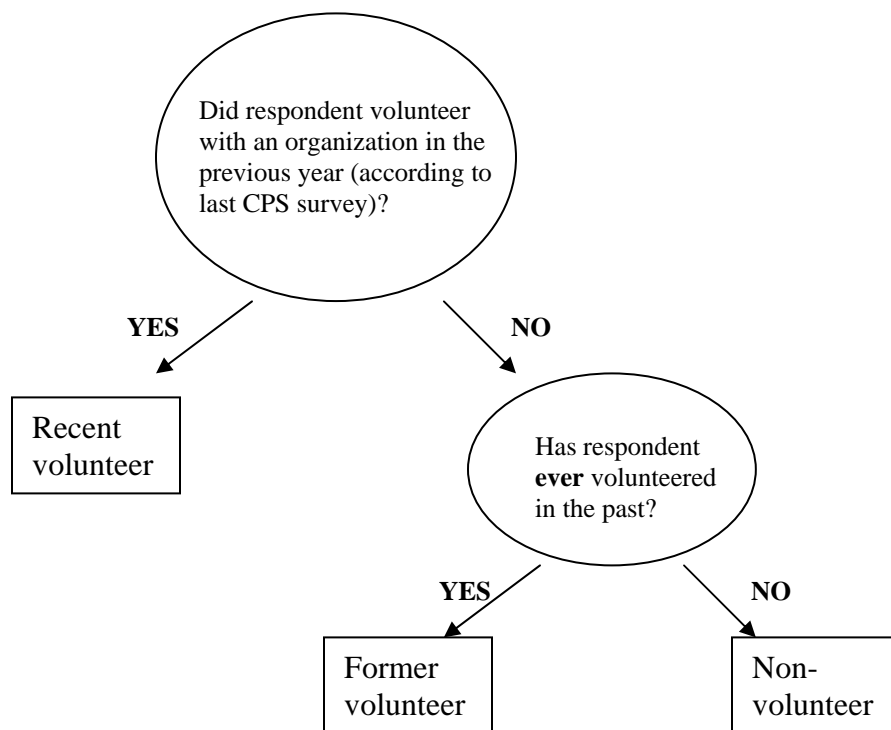
- *Recent volunteers* are adults who said, on the last CPS survey they completed,⁵ that they had volunteered with an organization within the past year.
- *Former volunteers* are adults who did not volunteer in the past year, according to the last CPS survey, but have volunteered prior to that.
- *Non-volunteers* are adults who have never volunteered with an organization.

Figure 1 illustrates how the CPS volunteer questions help us identify these three groups of ATUS respondents. While most previous research has focused on the differences between volunteers and non-volunteers, the "middle group" of former volunteers provides an interesting basis of comparison for both groups. On one hand, former volunteers may share at least some of the same motivations as recent volunteers, since they both have volunteered their time with one or more organizations. On the other hand, former volunteers may be more similar to non-volunteers, in that both groups may face constraints on their time that prevent them from volunteering. Comparing a typical day for all three groups should increase our understanding of how much the decision to volunteer is shaped by time constraints and other life obligations.

⁴ Altogether, from 2003 through 2006, about 6,600 time diaries are available for ATUS respondents who were also CPS volunteers, and about 11,900 diaries are available for CPS non-volunteers. We limited the analysis to adults, ages 16 and older, who gave consistent answers to the CPS question S12, a follow-up question for non-volunteers used on the 2003 through 2005 surveys, when they answered the question in each year.

⁵ By design, any household selected for participation in the September CPS Volunteer Supplement survey is also part of the survey sample the following September. See CPS Technical Paper #66, "Design and Methodology," for more details on the CPS sampling strategy. (<http://www.census.gov/prod/2006pubs/tp-66.pdf>)

Figure 1: Volunteer Status of ATUS Respondents



In a typical day, recent volunteers, former volunteers, and non-volunteers spend about the same amount of time on many activities – such as housework, household management, and shopping for goods and services – but the single largest difference is in how much TV they watch.

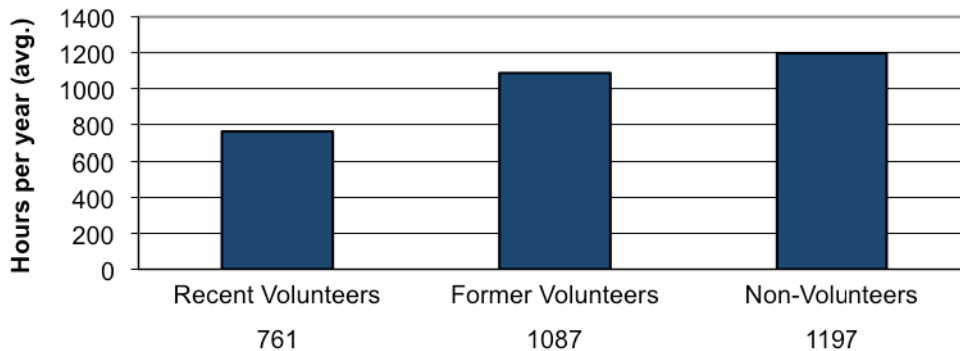
Historically, previous studies of time use divide a typical day into three main categories: paid work, unpaid work, and leisure time.⁶ The ATUS uses a much finer classification of activities to describe the main differences between a volunteer's typical day, a former volunteer's typical day, and a non-volunteer's typical day. Table A-1 in the Appendix contains information about how these three groups of ATUS respondents spend a typical 24-hour period. For the most part, the differences in time use are not large, but small differences can add up: A difference of ten minutes spent on an activity in a typical day is equal to a difference of over sixty hours per year. Compared to non-volunteers, recent volunteers tend to spend more time on working and work-related activities, on unpaid work within the household, and on caring for children and other household members. They also spend more time than nonvolunteers engaged in

⁶ See, for example, Reuben Gronau, 1977, "Leisure, Home Production, and Work: The Theory of the Allocation of Time Revisited," *Journal of Political Economy* (Vol. 85 #4), pp. 1099-1123, and John W. Graham and Carole A. Green, 1984, "Estimating the Parameters of a Household Production Function with Joint Parameters," *Review of Economics and Statistics* (Vol. 66 #2), pp. 277-283. However, Peter Kooreman and Arie Kapteyn (1987, "A Disaggregated Analysis of the Allocation of Time Within the Household," *Journal of Political Economy* (Vol. 95 #2), pp. 223-249) develop a model where unpaid work and leisure are divided into seven subcategories, which together contain many of the activity categories used in the ATUS.

organizational, civic and religious activities.⁷ For many time-use categories, former volunteers may be located between recent volunteers and non-volunteers in terms of time spent on the activity.⁸

Generally speaking, two main activities account for the largest differences in time use: watching television and personal care activities (namely sleeping). As Table A-2 in the Appendix shows, recent volunteers are less likely to spend any time watching TV on a typical day; 23 percent of recent volunteers watched no television on Diary Day, compared to 16 percent of former volunteers and 15 percent of non-volunteers. Overall, as seen in Table A-1, former volunteers are much more similar to non-volunteers in their TV-watching habits than they are to recent volunteers. On a typical day, recent volunteers watch 53 minutes less television than former volunteers do, and 72 minutes less than non-volunteers. Annually, as Figure 2 illustrates, former volunteers spend about 1,087 hours watching television on average, compared to about 1,197 hours for non-volunteers and 761 hours for recent volunteers. This difference amounts to almost two full weeks between recent and former volunteers, and 2½ weeks between recent volunteers and non-volunteers.

Figure 2: Time Spent Watching TV



Besides watching less television overall, recent volunteers are also more likely to find ways to make television watching a social activity. As seen in Table A-4 in the Appendix, when adults who have volunteered recently do watch television, they spend about 60 percent of their TV-watching time with others. Meanwhile, when former volunteers and non-volunteers watch television, they spend slightly more than half of the time (53% for non-volunteers, 51% for former volunteers) watching with other people. Even among people who live alone – who watch much more television, on average, than those who live with others – there are important differences between recent volunteers, on one hand, and former volunteers and non-volunteers, on the other hand.⁹ Those who live alone may have fewer of the natural interactions that exist

⁷ The ATUS subcategory “Volunteering (organizational and civic activities),” which the Bureau of Labor Statistics (BLS) uses in published ATUS research, does not yield a measure of volunteering that is consistent with the CPS measure. While the ATUS volunteering category includes many activities that are also contained on the CPS September survey, the ATUS makes no attempt to determine whether these activities are done through an organization. Meanwhile, the CPS only counts these activities as volunteering if they are performed by “formal” volunteers (volunteers who serve through or with an organization).

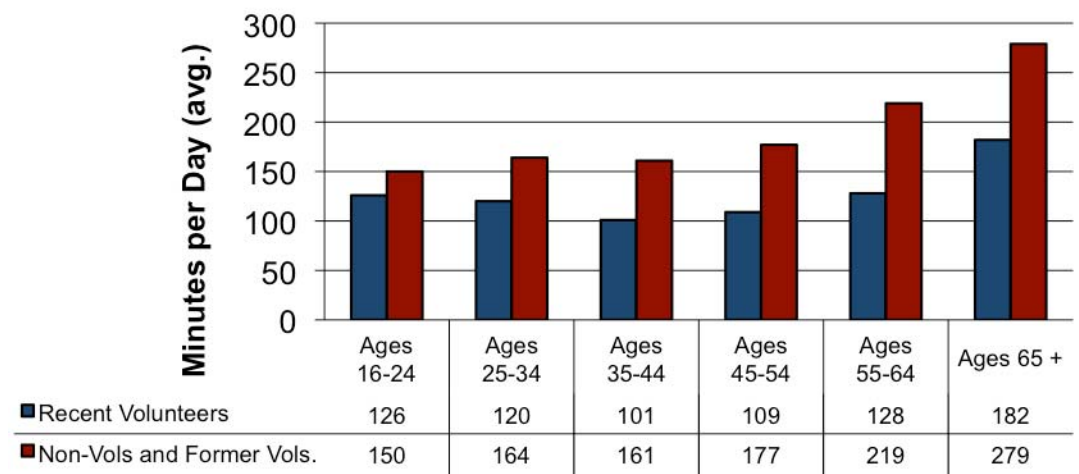
⁸ For many activities – such as purchasing goods and services – former volunteers spend more time on these activities than either of the other groups does, on average. For other activities – such as educational activities – former volunteers spend less time than any other group.

⁹ Due to sample size limitations, the subgroup analysis presented here compares recent volunteers to all other ATUS respondents (former volunteers and non-volunteers) combined. For subgroups defined by composition of the household (living alone versus living with others) and age ranges, there frequently are not enough former volunteers in the subgroup sample to generate reliable statistics. Tables containing complete time-use comparisons for all household-composition and age subgroups are available on the Volunteering in America website. (www.VolunteeringInAmerica.gov)

in households with multiple residents, and may often feel socially isolated and disconnected – effects which may be stronger among older adults. However, recent volunteers who live alone watch about 87 fewer minutes of television per day, on average – or about 530 hours less annually – compared to all others (former volunteers and non-volunteers combined) who live alone.

Within every age group, recent volunteers watch less TV, on average, than everyone else, but this average difference in time spent watching TV increases steadily with age. In fact, as Figure 3 shows, the difference is more than twice as large among the over-65 age group as it is among the 16-24 age group. Volunteers under age 25 spend about 24 fewer minutes per day watching television than non-volunteers in the same age group. However, among older adults, age 65 and over – the age group that benefits the most from staying active and engaged in their communities – this difference is more than 97 minutes per day, on average. Recent research suggests that volunteering, an active lifestyle, and strong social networks all work to promote good health, especially among older Americans; Figure 3 is an effective illustration of how these healthy habits can complement one another.

Figure 3: Time Spent Watching TV by Age Group



Recent volunteers spend at least as much time caring for children and working for pay as former volunteers and non-volunteers do. This suggests that they find time to volunteer despite facing at least as many demands on their time as others.

Given the demands of parenting, it would be natural to expect that individuals with childrearing responsibilities would have less time to volunteer. On the contrary, in the U.S. as a whole, adults whose children are living at home are much more likely to volunteer with an organization.¹⁰ Parents may be more likely to volunteer because they have a natural connection to organizations where their children participate in activities, such as schools, soccer leagues, and community youth organizations.

On average, as Table A-1 in the Appendix shows, recent volunteers spend about 196 hours per year on child care, compared to about 128 hours per year for non-volunteers, and about 124 hours per year for former volunteers. With the exception of young adults (ages 16 to 24), this difference is positive for most parents with children living at home: on average, recent

¹⁰ The national volunteer statistics taken from the CPS show that the volunteer rate for adults living with their children (age 18 or younger) is between ten and 13 percentage points higher than that of non-parents.

volunteers aged 25 to 64 spend more time on child care than all other adults.¹¹ However, there are important differences between former volunteers and non-volunteers. As seen in Figure 4, 29 percent of recent volunteers spend time on child care, compared with 17 percent for former volunteers and 19 percent of non-volunteers; these differences are consistent with the differences in national volunteer rates for parents and other adults. However, as Figure 5 shows, former volunteers who spend at least some time caring for children spend *more* time on child care on average – about 738 hours per year – than either non-volunteers (657 hours) or recent volunteers (673 hours). This suggests that at least some former volunteers may have decided to give up volunteer service, at least temporarily, to devote more time to the responsibilities of parenthood.

Figure 4: Percent of Respondents Who Spent Time Caring for Children

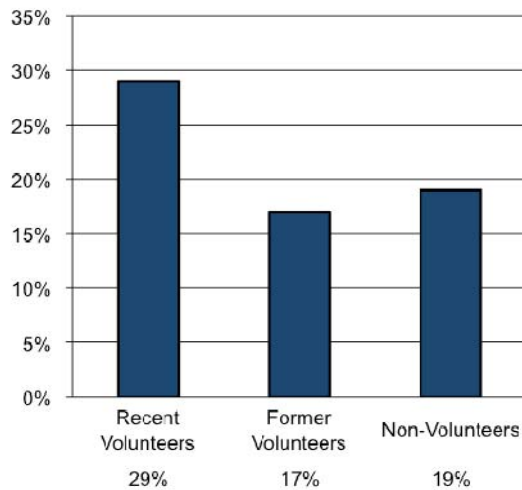
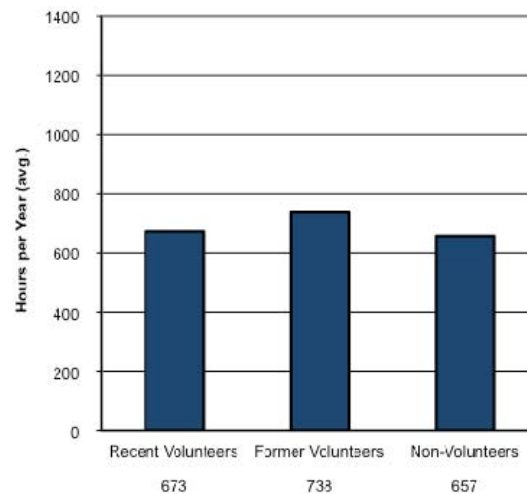


Figure 5: Hours/Year Spent on Child Care (Parents and Caregivers Only)



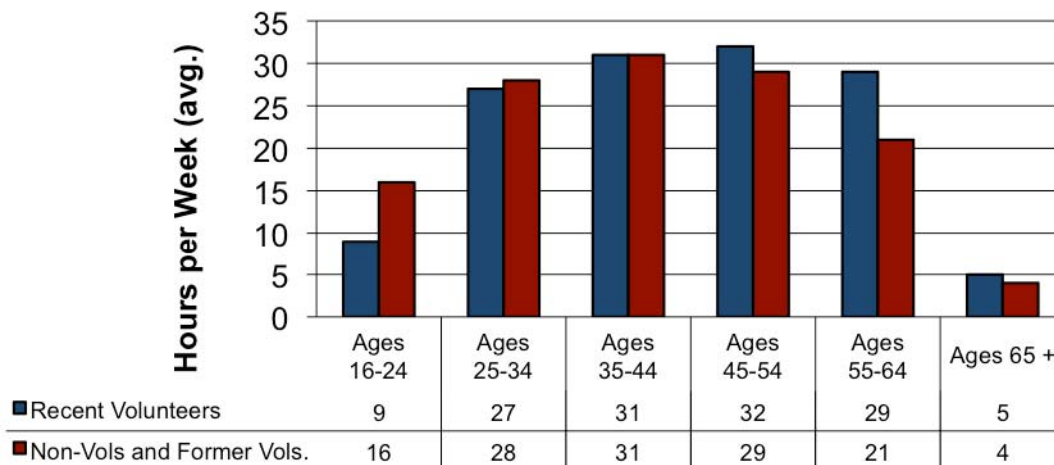
The time-use data also sheds more light on the differences in work schedules among volunteers, former volunteers and non-volunteers. According to national statistics from the CPS, the employed are much more likely to volunteer than the unemployed are, and part-time workers have higher volunteer rates than full-time workers do. Overall, as seen in Table A-1, non-volunteers spend slightly less time working (21 hours per week) than either recent volunteers or former volunteers, both of whom work about 23 hours per week. These results – which contain people who are unemployed or out of the labor force, who worked zero hours and thus lower the average hours worked for all groups – support the idea that volunteers are people who find the time to fit in volunteer service, despite their work schedules. However, a different story emerges when we consider the work schedules of only those people who spent at least some time working. Table A-3 shows that non-volunteers actually work slightly more hours, on average, than either recent volunteers or former volunteers. Assuming a five-day work week, non-volunteers average about 39 hours of work per week, while the work weeks of volunteers and former volunteers are each about 36 hours long, on average.

Still, the time-use results broken down by age groups show that many volunteers – especially older volunteers – are not making time to volunteer by cutting down on their work hours. The

¹¹ Because of sample size limitations, comparisons within age groups are between two groups: recent volunteers, on one hand, and former volunteers and non-volunteers combined. See note 9 above.

difference in work hours between recent volunteers and everyone else varies widely across age groups. On average, young adults (age 16-24) who have volunteered recently spend about seven hours less per week working for pay, on average, than former volunteers and non-volunteers do. The same is true for adults aged 25 through 44: recent volunteers work slightly fewer hours per week than either former volunteers or non-volunteers, though this difference is much smaller – less than an hour per week, on average.¹² This trend is actually reversed for those in the “older” midlife age group, ages 45-54 – where recent volunteers work about 2.6 *more* hours per week than others. For those aged 55-64, the difference is even larger: recent volunteers work about seven hours *more* than everyone else in this age group. This suggests that older Baby Boomers, and older adults in the workforce in general, have found a way to balance working for pay with volunteering, without simply trading paid work for unpaid work.

Figure 6: Hours Worked Per Week by Age Group

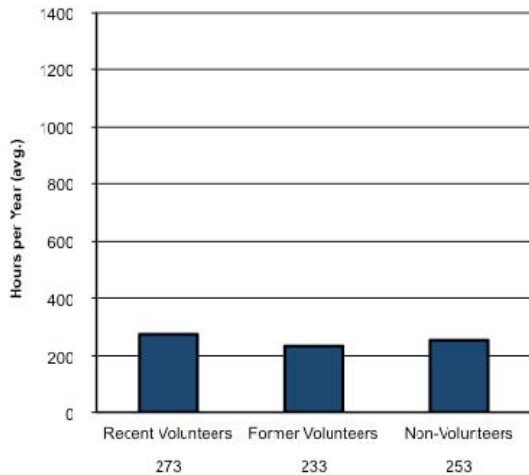
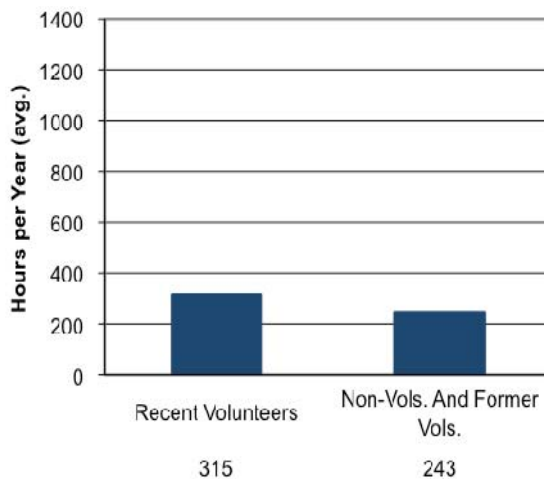


Volunteers are more socially connected than non-volunteers and former volunteers. Those who drop out of volunteering also tend to spend less time on civic and community activities across the board.

Finally, the ATUS data shows that volunteers tend to spend more time on social interaction and civic and association activities than former volunteers and non-volunteers do. As seen in Figure 7, recent volunteers spend a little more time socializing and communicating with others – about 273 hours per year – than either former volunteers (233 hours) or non-volunteers (253 hours) do. Figure 8 shows that this difference is even larger for adults age 65 and older, the group for whom social interaction can have significant positive effects on health and well-being, according to recent research.¹³ Older adults who volunteer spend about 315 hours per year socializing with others, compared to about 243 hours for former volunteers and non-volunteers combined – an annual difference of over 70 hours. The overall results suggest that recent volunteers spend more time interacting with others than either former volunteers or non-volunteers – in other words, that they spend more time on an activity that builds both social capital and good health.

¹² In fact, as seen in Figure 6, the difference for the 35-44 age group rounds to zero hours per week. In Figure 6, recent volunteers aged 35-44 work about 30.5 hours, while former volunteers and non-volunteers work about 31.0 hours per week, on average.

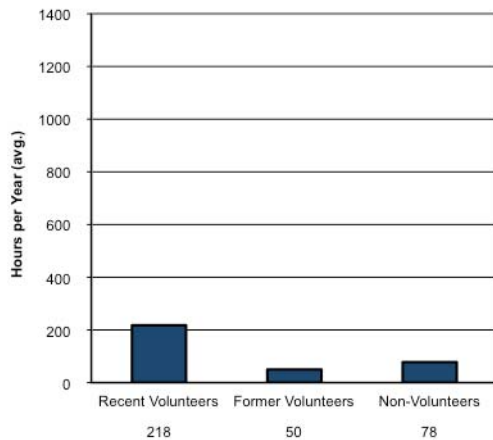
¹³ See the recent report by CNCS: Grimm, Robert J., *et al.* May 2007. Corporation for National and Community Service, Office of Research and Policy Development. *The Health Benefits of Volunteering: A Review of Recent Research*, Washington, DC 20525. Available at http://www.nationalservice.gov/pdf/07_0506_hbr.pdf.

Figure 7: Hours/Year Spent Socializing with Others**Figure 8: Hours/Year Spent Socializing with Others, Older Adults (65+) Only**

Recent volunteers also tend to be more social while involved with activities like eating, drinking, and watching television than former volunteers and non-volunteers do. Meal times are also key opportunities to connect with others and strengthen social networks, and having stronger social ties to more people increases the ties of residents to their communities. Table A-4 shows that those who have volunteered recently spend about 78 percent of their mealtime hours in the company of others, while former volunteers and non-volunteers only spend about 70 percent of those hours with other people. And, as mentioned above, volunteers are more likely than non-volunteers or former volunteers to watch television with other people – to make it a social event rather than a solitary one.

The ATUS category, “organizational, civic, and religious activities,” includes volunteering with an organization, as well as religious and spiritual activities, group participation, and a variety of other civic activities, such as serving on jury duty; making a court appearance; attending a town hall meeting or community zoning hearing; meeting with a public official; and participating in a government survey.¹⁴ On average, as seen in Figure 9, recent volunteers spend about 218 hours per year engaged in such activities, compared to 78 hours for non-volunteers and only 50 hours for former volunteers. This result suggests that when former volunteers stop serving with organizations, they tend to spend less time on organizational activities across the board – less time, in fact, than those who have never volunteered at all.

¹⁴ The activities in this published category are classified under the ATUS heading “Government Services and Civic Obligations.” Other activities classified can be found in the published category “Purchasing Goods and Services.” See the 2006 ATUS activity lexicon, with examples (<http://www.bls.gov/tus/lexiconwex2006.pdf>), for more details about these and other activities.

Figure 9: Organizational, Civic, and Religious Activities

Conclusion

Often public perceptions of the lives of volunteers are substantially different from reality. The American Time Use Survey allows researchers access to richly detailed information about the typical day of people who have recently volunteered, people who used to volunteer, and people who have never volunteered. Perhaps surprisingly, the biggest differences among these three groups are found in time spent on such discretionary activities as personal care and television watching. On average, a typical day looks fairly similar for members of all three groups, except that recent volunteers watch considerably less TV and sleep somewhat less each year.

This suggests that recent volunteers are not just people with fewer demands on their time than everyone else. As a group, recent volunteers spend more time on child care and paid work than non-volunteers or former volunteers do, and about as much time on other activities such as housework, education, and purchasing goods and services. Generally speaking, they are at least as busy as non-volunteers (those who have never volunteered at all) and former volunteers (those who used to serve with organizations, but have not done so in more than a year). Non-volunteers who work tend to work more hours per week, and former volunteers who are parents spend more time caring for children, but these differences are not large enough to account for the time that volunteers spend serving with organizations during a typical year. These results shed new light on the common claim of many non-volunteers: that they don't have time to serve. This may be true for certain individuals, but on the whole, the time constraints of people who volunteer are not very different from those who have not volunteered, or no longer do so.

Dividing respondents into three groups, as we do here, also allows us to identify former volunteers, which prompts the question: What motivates volunteers to keep serving? The results of the "organizational, civic, and religious activities" section underscore the importance of this question, since former volunteers, having dropped out of volunteer service with an organization, seem to drop out of other aspects of civic life as well. This suggests that individuals with a stronger "civic network" are more likely to stay volunteering and may even suggest that when people drop out of volunteering they actually withdraw from all forms of community and social engagement.

The ATUS results also illustrate that volunteers are more likely to be social – talking more with friends and family – and generally more involved in civic activities other than volunteering. With this in mind, organizations that focus on social networking may enjoy key advantages in managing and retaining volunteers. Nonprofit organizations need to promote a social environment for volunteers by having volunteers interact with other volunteers, staff, and/or those being served; as these results suggest, both the organizations and the volunteers will reap the benefits of this strategy.

Appendix: Volunteer Time Use Graphs – Time Use Comparisons for:

- **Recent Volunteers:** individuals who have volunteered with an organization for the last year
- **Former Volunteers:** individuals who have volunteered in the past, but not the last year
- **Non-Volunteers:** individuals who have never volunteered

Table A-1

For all survey respondents, the table below shows the average time (in hours and minutes) spent on each activity in a typical day, and the differences between each group.

Activity	Group = All Respondents			Average Hours (hrs and minutes)			Average Hours Differences		
	Volunteers	Former Volunteers	Non-Volunteers	(Volunteers) - (Non-Volunteers)	(Volunteers) - (Former Volunteers)	(Former Volunteers) - (Non-Volunteers)			
Personal care activities	9:09	9:24	9:44	-0:35	-0:16	-0:19			
Sleeping	8:19	8:40	8:58	-0:38	-0:20	-0:18			
Eating and drinking	1:19	1:20	1:10	0:10	-0:01	0:11			
Household activities	1:55	1:55	1:44	0:11	-0:00	0:11			
Housework	0:37	0:40	0:36	0:01	-0:03	0:04			
Food preparation and cleanup	0:36	0:33	0:33	0:03	0:03	0:00			
Lawn and garden care	0:05	0:04	0:06	-0:00	0:01	-0:01			
Household management	0:13	0:11	0:07	0:06	0:01	0:04			
Purchasing goods and services	0:51	0:54	0:45	0:06	-0:03	0:09			
Consumer goods purchases	0:27	0:29	0:24	0:03	-0:02	0:05			
Professional and personal care services	0:05	0:05	0:05	0:01	0:00	0:01			
Caring for and helping household members	0:41	0:26	0:28	0:14	0:16	-0:02			
Caring for and helping household children	0:32	0:20	0:21	0:11	0:12	-0:01			
Caring for and helping non-household members	0:13	0:14	0:14	-0:01	-0:01	0:00			
Caring for and helping non-household adults	0:04	0:05	0:05	-0:01	-0:00	-0:00			
Working and work-related activities	3:37	3:37	3:15	0:22	-0:00	0:22			
Working	3:17	3:17	2:58	0:19	-0:00	0:19			
Educational activities	0:34	0:16	0:30	0:04	0:18	-0:14			
Attending class	0:20	0:06	0:18	0:01	0:13	-0:12			
Homework and research	0:12	0:09	0:09	0:03	0:03	0:00			
Organizational, civic, and religious activities	0:36	0:08	0:13	0:23	0:28	-0:05			
Religious and spiritual activities	0:11	0:04	0:07	0:04	0:07	-0:03			
Organizational and civic activities	0:21	0:03	0:04	0:17	0:18	-0:01			
Leisure and sports	4:39	5:20	5:38	-0:59	-0:41	-0:18			
Socializing and communicating	0:45	0:38	0:42	0:03	0:07	-0:03			
Watching television	2:05	2:59	3:17	-1:12	-0:53	-0:18			
Participating in sports, exercise, and recreation	0:15	0:12	0:12	0:03	0:03	0:00			
Telephone calls, mail, and e-mail	0:15	0:12	0:09	0:06	0:03	0:03			
Other activities, not elsewhere classified	0:10	0:11	0:10	-0:00	-0:01	0:01			

Note: The subcategory “Organizational and civic activities” is entitled “Volunteering (organizational and civic activities)” in ATUS research published by the Bureau of Labor Statistics. It contains a variety of volunteering activities, both formal (done through an organization) and informal, as well as other activities such as serving on jury duty; making a court appearance; attending a town hall meeting or community zoning hearing; meeting with a public official; and participating in a government survey.

Table A-2

The table below shows the average percentage of individuals who were involved in each activity during a typical day, and the differences between each group. The table includes all survey respondents.

Activity	Percentage who Participate			Percentage Point Differences		
	Volunteers	Former Volunteers	Non-Volunteers	(Volunteers) - (Non-Volunteers)	(Volunteers) - (Former Volunteers)	(Former Volunteers) - (Non-Volunteers)
Personal care activities	100.0%	100.0%	100.0%	0.0%	0.0%	0.0%
Sleeping	100.0%	100.0%	99.9%	0.1%	0.0%	0.0%
Eating and drinking	98.4%	97.5%	96.9%	1.5%	1.0%	0.6%
Household activities	80.3%	78.3%	69.8%	10.5%	2.0%	8.6%
Housework	40.4%	42.6%	33.6%	6.8%	-2.2%	9.0%
Food preparation and cleanup	59.8%	55.8%	49.0%	10.9%	4.0%	6.9%
Lawn and garden care	4.4%	4.2%	4.6%	-0.2%	0.3%	-0.5%
Household management	22.9%	18.7%	14.2%	8.7%	4.2%	4.5%
Purchasing goods and services	49.0%	50.4%	41.4%	7.5%	-1.5%	9.0%
Consumer goods purchases	44.2%	45.0%	37.9%	6.3%	-0.8%	7.1%
Professional and personal care services	11.0%	10.2%	7.6%	3.4%	0.8%	2.6%
Caring for and helping household members	33.0%	21.8%	23.9%	9.0%	11.1%	-2.1%
Caring for and helping household children	29.1%	16.8%	19.5%	9.6%	12.3%	-2.7%
Caring for and helping non-household members	15.2%	16.5%	12.9%	2.4%	-1.3%	3.6%
Caring for and helping non-household adults	9.0%	10.6%	8.5%	0.4%	-1.6%	2.1%
Working and work-related activities	47.4%	47.1%	39.9%	7.6%	0.3%	7.2%
Working	45.9%	45.5%	38.3%	7.6%	0.4%	7.2%
Educational activities	11.4%	5.4%	8.6%	2.8%	5.9%	-3.2%
Attending class	7.5%	3.1%	6.3%	1.2%	4.3%	-3.1%
Homework and research	7.1%	4.3%	5.5%	1.6%	2.8%	-1.2%
Organizational, civic, and religious activities	24.8%	7.6%	8.9%	15.9%	17.2%	-1.3%
Religious and spiritual activities	11.7%	5.4%	6.8%	4.9%	6.3%	-1.4%
Organizational and civic activities	16.4%	3.4%	2.6%	13.8%	13.0%	0.8%
Leisure and sports	96.3%	97.3%	96.6%	-0.3%	-1.0%	0.7%
Socializing and communicating	43.7%	38.7%	37.8%	5.9%	5.0%	0.9%
Watching television	77.2%	84.0%	85.0%	-7.8%	-6.8%	-1.0%
Participating in sports, exercise, and recreation	18.9%	15.2%	12.1%	6.8%	3.7%	3.1%
Telephone calls, mail, and e-mail	33.0%	30.6%	21.3%	11.8%	2.4%	9.3%
Other activities, not elsewhere classified	13.2%	14.0%	10.9%	2.3%	-0.9%	3.2%

Note: The subcategory “Organizational and civic activities” is entitled “Volunteering (organizational and civic activities)” in ATUS research published by the Bureau of Labor Statistics. It contains a variety of volunteering activities, both formal (done through an organization) and informal, as well as other activities such as serving on jury duty; making a court appearance; attending a town hall meeting or community zoning hearing; meeting with a public official; and participating in a government survey.

Table A-3

The table below shows the average time (in hours and minutes) spent on each activity during a typical day, and the differences between the groups. This table includes only those participants that engaged in each activity.

Activity	Average Hours (hrs and minutes)			Average Hours Differences		
	Volunteers	Former Volunteers	Non-Volunteers	(Volunteers) - (Non-Volunteers)	(Volunteers) - (Former Volunteers)	(Former Volunteers) - (Non-Volunteers)
Personal care activities	9:09	9:24	9:44	-0:35	-0:16	-0:19
Sleeping	8:20	8:40	8:58	-0:39	-0:20	-0:18
Eating and drinking	1:21	1:22	1:12	0:09	-0:02	0:11
Household activities	2:23	2:27	2:29	-0:06	-0:04	-0:02
Housework	1:32	1:34	1:46	-0:15	-0:02	-0:12
Food preparation and cleanup	1:00	0:59	1:07	-0:07	0:01	-0:08
Lawn and garden care	1:56	N too small	1:59	-0:04	N too small	N too small
Household management	0:55	1:01	0:49	0:06	-0:07	0:12
Purchasing goods and services	1:44	1:48	1:49	-0:05	-0:03	-0:01
Consumer goods purchases	1:01	1:05	1:03	-0:02	-0:03	0:02
Professional and personal care services	0:50	0:54	1:01	-0:11	-0:04	-0:07
Caring for and helping household members	2:06	1:57	1:55	0:10	0:08	0:02
Caring for and helping household children	1:51	2:01	1:48	0:03	-0:11	0:13
Caring for and helping non-household members	1:28	1:27	1:51	-0:23	0:01	-0:24
Caring for and helping non-household adults	0:48	0:45	0:59	-0:11	0:03	-0:14
Working and work-related activities	7:38	7:42	8:10	-0:32	-0:04	-0:28
Working	7:09	7:13	7:44	-0:35	-0:04	-0:30
Educational activities	4:58	4:59	5:48	-0:50	-0:01	-0:49
Attending class	4:22	N too small	4:49	-0:28	N too small	N too small
Homework and research	2:49	3:27	2:42	0:07	-0:38	0:45
Organizational, civic, and religious activities	2:25	1:48	2:24	0:01	0:37	-0:36
Religious and spiritual activities	1:33	1:17	1:48	-0:15	0:17	-0:32
Organizational and civic activities	2:06	N too small	2:22	-0:17	N too small	N too small
Leisure and sports	4:50	5:29	5:50	-1:01	-0:39	-0:21
Socializing and communicating	1:43	1:39	1:50	-0:07	0:04	-0:11
Watching television	2:42	3:33	3:52	-1:09	-0:50	-0:19
Participating in sports, exercise, and recreation	1:19	1:20	1:39	-0:19	-0:01	-0:18
Telephone calls, mail, and e-mail	0:46	0:40	0:42	0:04	0:07	-0:03
Other activities, not elsewhere classified	1:15	1:21	1:32	-0:17	-0:06	-0:12

Note: The subcategory “Organizational and civic activities” is entitled “Volunteering (organizational and civic activities)” in ATUS research published by the Bureau of Labor Statistics. It contains a variety of volunteering activities, both formal (done through an organization) and informal, as well as other activities such as serving on jury duty; making a court appearance; attending a town hall meeting or community zoning hearing; meeting with a public official; and participating in a government survey.

Table A-4

The table below shows the average percentage of hours that individuals spent engaged in the activity with others, during a typical day, and the differences between each group. The table includes all survey respondents.

Activity	Group = All Respondents			Activity Percentage with Others			Percentage Point Differences		
	Volunteers	Former Volunteers	Non-Volunteers	(Volunteers) - (Non-Volunteers)	(Volunteers) - (Former Volunteers)	(Former Volunteers) - (Non-Volunteers)			
Personal care activities	0.4%	0.4%	0.4%	0.0%	0.0%	0.0%			
Sleeping	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%			
Eating and drinking	78.2%	70.4%	70.4%	7.9%	7.8%	0.1%			
Household activities	40.3%	30.0%	35.8%	4.5%	10.4%	-5.8%			
Housework	33.2%	23.5%	32.2%	1.0%	9.8%	-8.8%			
Food preparation and cleanup	47.8%	39.3%	44.1%	3.8%	8.6%	-4.8%			
Lawn and garden care	27.3%	23.7%	25.6%	1.7%	3.6%	-1.9%			
Household management	38.4%	29.5%	31.8%	6.6%	8.9%	-2.3%			
Purchasing goods and services	55.3%	59.2%	61.8%	-6.6%	-3.9%	-2.7%			
Consumer goods purchases	60.3%	63.5%	66.9%	-6.6%	-3.3%	-3.4%			
Professional and personal care services	48.9%	61.5%	60.1%	-11.2%	-12.6%	1.4%			
Caring for and helping household members	93.3%	91.7%	93.6%	-0.3%	1.6%	-1.9%			
Caring for and helping household children	98.0%	96.5%	98.8%	-0.8%	1.4%	-2.3%			
Caring for and helping non-household members	84.4%	81.0%	87.0%	-2.7%	3.4%	-6.0%			
Caring for and helping non-household adults	91.7%	84.5%	92.3%	-0.6%	7.2%	-7.8%			
Working and work-related activities	1.6%	1.5%	1.9%	-0.3%	0.1%	-0.4%			
Working	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%			
Educational activities	52.2%	35.8%	41.0%	11.2%	16.4%	-5.2%			
Attending class	63.1%	60.1%	55.7%	7.4%	3.0%	4.4%			
Homework and research	36.4%	21.5%	12.4%	24.0%	14.8%	9.1%			
Organizational, civic, and religious activities	73.5%	63.1%	72.5%	1.0%	10.4%	-9.4%			
Religious and spiritual activities	80.9%	70.6%	83.0%	-2.1%	10.3%	-12.4%			
Organizational and civic activities	72.3%	53.3%	55.6%	16.7%	19.0%	-2.3%			
Leisure and sports	62.0%	55.3%	56.7%	5.3%	6.7%	-1.4%			
Socializing and communicating	99.0%	99.1%	98.8%	0.2%	-0.2%	0.4%			
Watching television	59.6%	51.3%	53.3%	6.3%	8.3%	-2.0%			
Participating in sports, exercise, and recreation	61.9%	60.0%	62.7%	-0.8%	1.9%	-2.7%			
Telephone calls, mail, and e-mail	18.1%	13.9%	18.1%	-0.1%	4.2%	-4.2%			
Other activities, not elsewhere classified	34.8%	32.9%	32.3%	2.5%	1.9%	0.6%			

Note: The subcategory “Organizational and civic activities” is entitled “Volunteering (organizational and civic activities)” in ATUS research published by the Bureau of Labor Statistics. It contains a variety of volunteering activities, both formal (done through an organization) and informal, as well as other activities such as serving on jury duty; making a court appearance; attending a town hall meeting or community zoning hearing; meeting with a public official; and participating in a government survey.

Table A-5

The table below shows the average percentage of hours that individuals spent engaged in the activity outside of the home, during a typical day, and the differences between each group. The table includes all survey respondents.

Activity	Group = All Respondents			Activity % Outside the Home			Percentage Point Differences		
	Volunteers	Former Volunteers	Non-Volunteers	(Volunteers) - (Non-Volunteers)	(Volunteers) - (Former Volunteers)	(Former Volunteers) - (Non-Volunteers)			
Personal care activities	0.2%	0.1%	0.1%	0.1%	0.1%	0.0%			
Sleeping	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%			
Eating and drinking	45.2%	45.3%	39.7%	5.5%	-0.2%	5.6%			
Household activities	7.0%	8.0%	8.5%	-1.6%	-1.1%	-0.5%			
Housework	2.3%	2.6%	3.3%	-1.0%	-0.3%	-0.7%			
Food preparation and cleanup	2.5%	1.4%	3.0%	-0.5%	1.1%	-1.6%			
Lawn and garden care	1.4%	7.0%	4.2%	-2.9%	-5.7%	2.8%			
Household management	8.8%	7.1%	13.7%	-4.9%	1.7%	-6.6%			
Purchasing goods and services	97.2%	97.1%	97.7%	-0.5%	0.1%	-0.6%			
Consumer goods purchases	98.1%	98.8%	98.3%	-0.3%	-0.7%	0.5%			
Professional and personal care services	94.9%	96.2%	94.9%	0.0%	-1.3%	1.3%			
Caring for and helping household members	35.5%	26.5%	27.6%	7.8%	9.0%	-1.2%			
Caring for and helping household children	20.1%	12.3%	13.6%	6.5%	7.8%	-1.3%			
Caring for and helping non-household members	79.9%	74.5%	75.5%	4.3%	5.4%	-1.1%			
Caring for and helping non-household adults	89.6%	85.9%	86.4%	3.3%	3.8%	-0.5%			
Working and work-related activities	88.7%	90.8%	95.7%	-7.0%	-2.0%	-4.9%			
Working	88.6%	91.3%	96.0%	-7.4%	-2.7%	-4.7%			
Educational activities	69.0%	56.3%	74.6%	-5.5%	12.7%	-18.2%			
Attending class	98.4%	98.7%	99.1%	-0.7%	-0.3%	-0.4%			
Homework and research	17.1%	22.0%	17.7%	-0.6%	-4.9%	4.3%			
Organizational, civic, and religious activities	81.7%	82.1%	87.2%	-5.5%	-0.4%	-5.1%			
Religious and spiritual activities	93.0%	87.3%	89.5%	3.5%	5.7%	-2.2%			
Organizational and civic activities	71.9%	65.7%	77.3%	-5.4%	6.2%	-11.6%			
Leisure and sports	26.4%	20.3%	21.3%	5.1%	6.2%	-1.0%			
Socializing and communicating	58.8%	54.9%	62.2%	-3.3%	4.0%	-7.3%			
Watching television	4.3%	4.0%	4.4%	-0.2%	0.3%	-0.5%			
Participating in sports, exercise, and recreation	83.3%	81.8%	86.1%	-2.9%	1.4%	-4.3%			
Telephone calls, mail, and e-mail	4.3%	5.2%	5.3%	-1.0%	-0.9%	-0.1%			
Other activities, not elsewhere classified	28.0%	24.0%	31.5%	-3.5%	4.0%	-7.5%			

Note: The subcategory “Organizational and civic activities” is entitled “Volunteering (organizational and civic activities)” in ATUS research published by the Bureau of Labor Statistics. It contains a variety of volunteering activities, both formal (done through an organization) and informal, as well as other activities such as serving on jury duty; making a court appearance; attending a town hall meeting or community zoning hearing; meeting with a public official; and participating in a government survey.