



Pensioners and their Time Use: A Case Study of District Rahimyar Khan, Pakistan

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The main objective of the study is to find out how the retired people spend their time. A survey study was conducted in District Rahimyar Khan, Pakistan. Statistical analysis was done using R programming. Results revealed that average time spent on most of the activities is influenced by gender and education. Most of the daily life activities like eating, time spent with family and physical exercise/sports are affected by the interaction of education and gender.

Key words: *Time Use, Pensioners, Retirement, Life style.*

Introduction

Time has a great influence on every aspect of human's life. Our daily routine and experiences are also measured in respect of time. That is the main reason why the topic of time use is of great significance. Time use methodologies are related to the people's lifestyle. The foremost concern of time use survey is to have a clearer view about how people spend their time. It also offers an exclusive point of view about behaviors of people, their actual living standards, family, personal, social and work life. Time use study gives a clear picture about the activities in which usually people are involved i.e. what, where and with whom they perform those activities.

Time use is an approach apt to contributing analytical statistics for a wide range of causes, scoping from community based development to tricky hypothetical issues. It gives facts and figures which are evident gain of likings, conclusions, viewpoints and surrounding aspects. Time use study is not only about the duration of work but is an exclusive source of documentation on allocation of hours covering all the day. Data from time use survey can be used to inspect, explain and associate people's apparent behaviors. By using time use technique, one can study and analyze the human being's use of time.

Time use study offers a frame about the actual standard of living, thus allowing actual and consistent foundation on which conclusions can be made. By giving the appropriate data about people doings, time use research produces vital information for knowing human nature and behavior and then using it as a guide for planning and developing policies.

Time use research has attracted attention of a number of developing countries. These developing countries had several time use studies in order to improve economy as well as statistics for labor forces. In 2007, Pakistan had its first time use survey in association with Federal Bureau of Statistics and Ministry of Finance.

The person who retires from government department avails the facility of pension. Accounts Office in every district of Pakistan is liable of paying pension to retirees every month. A person who normally spends 7-8 hours outside his home performing job, after reaching superannuation age has to stay mostly at home. So after retirement, retirees involve themselves in various social and religious activities in order to kill boredom. Involving in different activities gives meaning to their life or else he might be surrounded by depression.

After retirement, life of a person changes significantly. Some studies reveal that after retirement, people start to lose their social acquaintances as well as their perception regarding life's purpose. But for some people retirement is an opportunity to do all those things, for which they never did because of their busy schedules during employment.

Some people get more happiness even from the ordinary daily routine activities. Some of retirees start doing part time job. It is all about the priorities regarding leisure activities and self-contentment. People do what they like and with what they are satisfied with.

A successful retired person balances his/her leisure over various other activities. A difference should be understood between fulfilling the activities and the time filling activities. Time filling activities are done just to pass the time, whereas fulfilling activities is regarding those activities which a person didn't do because of busy schedules during employment.

According to Merz (2002) time use is actually about aspects of group of distinct activities and life styles. It is used to improve conventional, specific perspectives, personnel contribution, spare time and social work. Rosenkoetter and Garris (2001) studied about pre-retirement planning, by considering two groups, i.e. who planned for their retirement and who did not plan for their retirement. They inferred that the group of people who did financial planning for their retirement was mainly involved in social activities. Post-retirement activities were cognate with contentment in life.

Punyakaew et al. (2019) conducted a study that intended to find out the time use of people ages 60 years residing in a village of Thailand. They found that most of the time spent by

older people was in resting and sleeping. Ana et al. (2013) conducted a survey based study in Novi, Zagreb to find out the satisfaction of retired people regarding their leisure time. They concluded that most of the respondents who easily adjusted with their retirement had a low level of satisfaction with their leisure time, whereas respondents who faced difficulty in adjustment with retirement, their contentment with leisure time was high. Retirees who easily adjusted liked to participate in religious activities and watching TV. People having difficulty in adjusting with retirement were found to be involved in reading and sports activities.

Sprod et al. (2017) conducted a study to figure out the changes in daily time use after retirement and how they vary according to demographic and social attributes. 124 people were interviewed before retiring and then they were again interviewed after their retirement in third, sixth and twelfth month. It was seen that after retirement more time was spent in watching television and less amount of time was spent on physical activities. Sakhawat et al. (2015) had thrown light on the daily life of retirees and how they spend their time. They gathered data using snowball sampling technique from district Chakwal, Pakistan by drawing a sample of 103 respondents. They inferred that mostly retired people were suffering from health issues and liked to spend time with family by staying at home. Retirees had restricted their social circle.

Wetzel and Huxhold (2016) explored the relationship of physical health and leisure activities with retirement. Retirees having low education level had low level of leisure activity as well as lower health levels than retired people having more education. Changes in physical health were not predicted by activity level. Those who had less education were keen about their health levels. Retirees having poor health were likely to have reduction in their leisure activity. Cowgill and Baulch (1962) carried out their research in Wichita, Kansas, US to investigate how older people consumed their leisure time. The results showed that aged residents of Wichita got almost 5 hours available for leisure every day and mostly that time was utilized in activities like reading, home hobbies and watching television. Seasonal variation was also seen in activities, home hobbies adopted in summer and spring while in winters watching television became prominent.

Cha (2018) examined the relation between Korean aged citizens' life satisfaction and their time spent on leisure activities, along-with the factors influencing them. It was discovered that a prominent sum of time utilized for outdoor activities increased the value of life satisfaction. There was a contrast found in utilization of time between young and old people belonging to different occupational groups. Older people living with their spouses, having good health conditions and higher educational level were more satisfied with their life. Chang et al. (2014) had tried to analyze the effects of leisure activities on health and social relationships for old age people by using data from 2006 and 2010 of U.S. Health and Retirement Study. In this study encouraging social relationships was significant and had a beneficial effect on the involvement in leisure activities. The involvement in leisure activities was directly related to the health in older age i.e. more involvement resulted in better health.

Most of the people aged 65 years or above spent more hours on watching television as compared to young, but they did not enjoy watching television as young people. Lower satisfaction in life was linked with greater TV watching (Depp et al., 2010).

By utilizing data of 7,875 retired people having age 60 years or more taken from Survey of Health, Ageing and Retirement in Europe, Nimrod and Shrira (2014) tried to explore the link between involvement in leisure and later life happiness changes with time or not. Their results illustrated that the relationship between life's quality and leisure increased as time increased. There was a decline seen in quality of life over time for inactive respondents. Velarde and Herrmann (2014) employed data from German Time Use Survey to enquire about how time use related with food changes after retirement. It was noted that time use related to food changed after retirement.

Retired spouses increased their participation in household work and helping partners in work. Retired females led to an increase in involvement in male's tasks (Szinovacz, 2000). The pensioners identified Internet as most useful, a leading source and full service shop of information. Older women seemed to be more involved with computers than older men (Nycs, Bader and Klimaszewski, 2014).

The foremost purpose of Dosman et al. (2006) was to figure out the variations in the association with productive activities of retired and employed people; factors impacting time allocation. Telephonic interviews were conducted for this purpose in Canada. The findings suggested that after retirement people continued to get involved in productive activities. It was also seen that respondents who reduced their productive activity were likely to have greater life expectancy than others who did not.

Agahi and Parker (2005) analyzed the changes in older Swedish resident's participation in leisure, over a time period of 10 years. The data was taken in 1992 and 2002 from people having age 77 years or more. It was observed that level of involvement in leisure activities was greater in late years. Women in later year were mostly involved in physical activities only. Most of the activities in which Swedish people participated were cultural and social. It was also seen that in 1992 health conditions were better, and in 2002 it got worse.

Novak and Vute (2013) in their study aimed to determine the preferred activities of women aged 65 years or above and including those women in several recreational and social activities. A sample of 32 women was taken from the two towns of Slovenia, named as Kamnik and Domžale in 2006 and 2011. Their findings showed that the most of respondents spend their leisureliness in watching TV, gardening, meeting relatives and reading.

Lahti et al. (2011) gathered a baseline data by questionnaire based survey in 2000-2002 from 40-60 years old workers residing in the city of Helsinki, Finland. In 2007 a follow up survey

was carried out among baseline respondents. They found that for the people who retired in old age, there was a significant increase in the amount of time spent for physical activities whereas no such significant increase was seen in the disabled retirees or those who were still employed.

Weagley and Huh (2004) deduced from 1995 survey of Consumer Expenditure that in elucidating leisure expenditures retirement was a major variable. There was a variation seen in the types of leisure expenditure. People having more income were involved in active leisure, while people having low income belonged to passive leisure group. Chilvers, Corr, and Singlehurst (2010) explored the professional lives of 90 well and fit older (60-85 years) residents of UK, through 24 hour time period activities. It was inferred from this study that the aged healthy residents of UK used to devote less time for their passive activities and sleep, whereas other people of the similar age group spent their time in hobbies, social activities and shopping. Older occupational people were the group of diverse, as there was a bulk of diversity seen in their activities.

Krahe (2011) conducted a study in Port Macquarie (New South Wales, Australia) based on 7 day time use diary from 116 retired people to discover the effects of participation in leisure activities on retirees. It was deduced from their results that males retirees participated in passive leisure activities whereas in social leisure activities female retirees were seen significant active. Retirement and life satisfaction were not influenced by participation in leisure. Retired females were more satisfied with their health as compared to retired males.

According to Kent and Stewart (2007) time use of older Americans was highly affected by age. Their study was based on data taken from American Time Use Survey (ATUS). Hours of work decreased as age increased, whereas time spent on various activities like sleeping, sports and leisureliness increased by age. For working men, time spent on doing household work increased with age, while for nonworking males a decline was seen in time for doing household work with respect to age.

Using data from time use survey conducted in nine countries (Finland, Germany, Netherlands, Canada, the United States, Japan, the United Kingdom, Italy, Sweden) Gauthier and Smeeding (2003) aimed to show variation at country level in older adult's time use and the changes that occur with increasing age in their time use. They concluded that with the passage of time, amount of period for paid work decreased. Time spent on personal and leisure activities increased with age. There was no dissimilarity seen in activities through the countries, but there were differences in their use of time. McKenna et al. (2007) gathered data from 195 respondents using cross sectional design interviews. They found that respondents spent 8.4 hours per day on sleep, 4.5 hours per day on self-contained leisure, 2.7 hours per day on social leisureliness, while remaining time spent on various basic and helpful activities. As age increased, participants used to spend most of their time in loneliness. Henning, G. et al. (2020) stated that changes in leisure activities purely associated with retirement.

Material and Method

A survey comprised of 131 sample size was conducted in District Rahimyar Khan, Pakistan. List of pensioners was taken from District Accounts Office, Rahimyar Khan. Face to face interviews with retirees were conducted. To gather data about respondent's profile, a questionnaire comprising of demographic and socio-economic characteristics was used. Information about activities done in a day was collected using 24 hour time period diary. The time in time diary started from 12.00 am and ended at 11.59 pm with interval of 30 minutes. Time diary is the most commonly used methodology for gathering time use data when sample size is large. It provides most reliable estimates.

Statistical Analysis

Data was analyzed for significance of educational level and gender differences among time spent on various activities in a day using Analysis of Variance (ANOVA) in R programming.

Results

Table 1. Characteristics of Respondents

Characteristics	Percentage
Gender	
Men	87.7
Women	12.3
Educational Level	
Illiterate	16.8
Primary	8.4
Middle	2.3
Matric	9.2
Intermediate	18.3
Bachelors	29.8
Masters	15.2
Marital Status	
Married	90
Divorced	0.8
Widow/Widower	9.2
Retirement after attaining superannuation age	
Yes	83.2
No	16.8
Health Status	
Good	40.5
Average	47.3
Poor	12.2
Suffering from stress	

Yes	24.4
No	75.6

Findings of the study indicated that the percentage of the male respondents were 87.7, while female respondents were 12.3 of the sampled population. Table 1 shows the distribution of the demographical characteristics of retirees. The study results suggest that less than 17% of participants were illiterate as compared to 29.8% of respondents with the Bachelor's degree. As displayed in Table 1, 90 percent of the retirees are married, whereas less than 1 percent are divorced. 83.2% of the targeted population got their retirement after attaining the age of superannuation, while the rest of 16.8% took the pre-retirement. Health indicators specified by the sampled respondents were above the satisfactory level and accumulatively 88% retirees had good health after the retirement.

Table 2. Analysis of Variance (ANOVA) for Impact of Educational level and Gender on time spent on various groups of activities

SOV	Df	Resting/Sleeping		Personal Care		Eating	
		MS	P	MS	P	MS	P
Education	6	11480.531	0.495	619.327	0.001	659.881	0.040
Gender	1	12.299	0.975	464.080	0.078	924.353	0.076
Education Gender	5	11169.916	0.497	187.622	0.278	799.176	0.021
SOV	Df	Physical exercise or playing sports		Spending time With Friends		Spending time With Family	
		MS	P	MS	P	MS	P
Education	6	1114.138	0.000	14926.677	0.000	505993.07	0.000
Gender	1	73.489	0.589	22389.232	0.003	33033.494	0.194
Education Gender	5	36.015	0.982	294.435	0.987	4788.524	0.940
SOV	Df	Outing		Using Internet		Religious activities	
		MS	P	MS	P	MS	P
Education	6	132.15	0.490	6901.047	0.002	29849.770	0.000
Gender	1	35.28	0.623	673.342	0.549	27.742	0.941
Education Gender	5	24.92	0.973	302.631	0.976	6024.408	0.317
SOV	Df	Housework		Shopping		Social Work	
		MS	P	MS	P	MS	P
Education	6	254.413	0.611	690.605	0.002	266.620	0.033
Gender	1	59179.247	0.000	1212.179	0.012	19.876	0.674
Education Gender	5	394.672	0.332	229.991	0.300	32.570	0.917
SOV	Df	Watching TV		Reading books/newspaper etc		Part Time Job	
		MS	P	MS	P	MS	P
Education	6	130995.86	0.000	23740.575	0.000	2182.911	0.325
Gender	1	22340.767	0.155	455.019	0.729	516.962	0.599
Education Gender	5	9261.819	0.518	402.724	0.991	352.244	0.966

Analysis of Variance was applied to check whether the level of education, gender and their interaction affects the average time spent on various groups of activities. Both effects i.e

education level and gender along-with interaction of education level and gender have no significant impact on time spent on resting/sleeping, outing and part time jobs. For $\alpha < 0.05$, education and gender interaction has statistically significant impact on eating time, time spent with family and on physical exercise/sports. Table 2 shows that time consumed for personal care, friends, social networking/internet religious activities, house work, shopping, social work, watching TV and reading books have no association with the interaction of education and gender of retirees.

The outcome for time spent with friends and on shopping shows significant results for the individual effects of education and gender. The results in above table revealed that education has significant effect on time spent on personal care, eating, social networking/Internet, religious activities, social work, watching TV and reading books while, gender has significant effect on time spent with family, physical exercise/sports and house work.

Gender has no association with the time spent personal care, eating, social networking, religious activities, social work, watching TV and reading books. Both male and female retirees spend equal amount of time on aforesaid activities. Individual effect of education level has insignificant influence on the time spent with family, physical exercise/sports and house work.

Discussion

The results of the present study precisely explore the nature of routine spent by the retirees in the District of Rahimyar Khan, Pakistan. The focus of the current study was on the significance of education and gender wise comparison of time spent on various activities.

In the study, 83.2% of the respondents were literate, falling into various educational levels and 16.8% of retired people were illiterate. A huge gap between the literacy levels among the respondents is alarming in term of spending the time throughout the day. Illiterate people tend to be less productive once leave their respective institutions. Lack of educational exposure further hampers their creative abilities to start up a new part-time work. Thus, many less qualified retirees end up being trapped in the vicious cycle of boredom and dormant productivity. However, the literate retirees take advantage of their education and try to keep working and resulting in an increase in their revenues.

83.2% of the respondents retired after attaining the age of superannuation. Health-related issues serve as one of the catalysts in taking pre-retirement. Prevalence of communicable diseases in Southern Punjab is at a shocking level due to poor health infrastructure, inconsistent health information reporting and compromised health care delivery. Mostly retired people have diabetes, arthritis pain and cardiac disease. Level of stress is correlated with the educational attainment, as an illiterate retiree is most likely to be stressed if he is not receiving timely primary services or unable to cover up the expenses due to thin budget.



Applying Analysis of Variance suggested a strong effect of education on time spent on personal care, eating, social networking, friends, religious activities, shopping, social work, watching TV and reading activities. No effect of gender was found on the time invested on activities related to sleeping/resting, personal care, eating, outing, social networking, religion, social work, watching TV, reading books and part time jobs. Most of the daily life activities like eating, time spent with family and physical exercise/sports are affected by the interaction of education and gender.



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