

District Level Mapping of Sustainable Development Goal (SDG) 5: Trend Analysis of Time Use Pattern by Women (2020-2022)

Insight Snapshot

This policy brief aims to analyse the trends in women's time use patterns over the years 2020 to 2022, focusing on district-level variations. The policy brief draws upon various variables related to time distribution among women in different activities from the Centre for Monitoring Indian Economy (CMIE) dataset. The variables used include the time spent per day on activities like work done for the employer, work done for the household and its members, work done as unpaid volunteers, work done as an unpaid trainee, other self-activities, indoor entertainment, outdoor sports, religious activities, travel, and time spent with friends. By analysing this extensive dataset, the study aims to identify and visualize temporal and geographic patterns and trends, thereby contributing to a comprehensive understanding of how women utilize their time.

Background Context

In an era where gender parity and inclusivity stand as imperatives, the pursuit of Sustainable Development Goal (SDG) 5, which aims to amplify the voices and agency of women and girls globally, commands our attention. Central to this goal is Target 5.4 – Recognize and value unpaid care and domestic work by providing public services, infrastructure, and social protection policies and promoting shared responsibility within the household and the family as nationally appropriate. Effectively integrating policy actions to achieve target 5.4 requires an understanding of how women allocate their time among various daily activities and how this allocation varies over time. Moreover, these patterns also exhibit variations at the district level, further underscoring the significance of this understanding. To facilitate informed policy formulation and targeted interventions, it is imperative to scrutinize district-level data that elucidate the allocation of women's time across diverse tasks on a day-to-day basis. The primary objective of this policy brief is to delve into the temporal distribution trends exhibited by women during the period spanning from 2020 to 2022, as well as focus on district-level dynamics. Through this policy brief, we aim to provide insights into women's daily time utilization patterns, shedding light on the reality of their lives.

Key Findings:

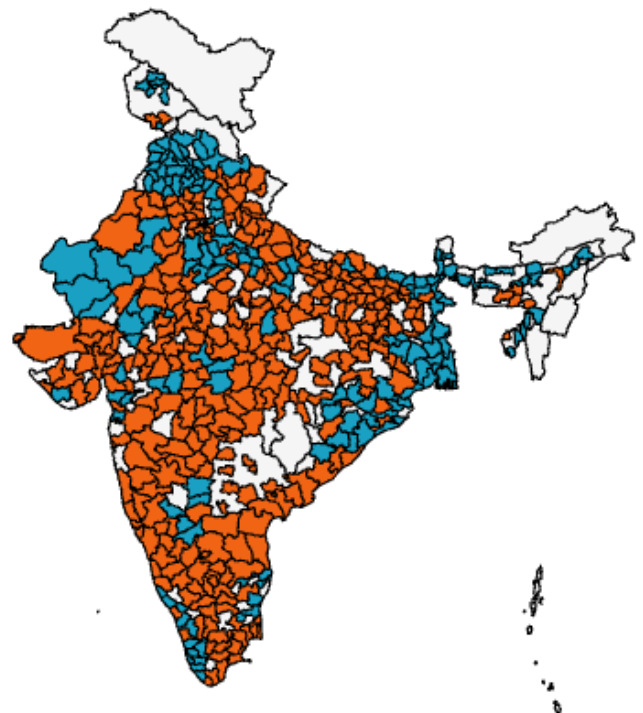
Time spent on work done for the household and its members:

Time allocation to household and family responsibilities underwent a minor change over the years. Women dedicated 4.7 hours per day in 2020, marginally declining by 0.5 hours in 2022. It was observed that in 2022, women's time allocation for household and member-related work varied across districts. In districts like Sonipat, Panipat, Rohtak, Bhiwani, and Sirsa (Haryana), women dedicated 0.5 to 1.6 hours to such tasks. Conversely, a substantial contrast was observed in other districts, such as Badgam, Baramulla, Ganderbal, Anantnag, and Bandipore (Jammu & Kashmir), where women spent over 10 hours on work done for the household and its members

Time spent on other self-activities:

The average time spent on other self-activities was consistent throughout the three consecutive years examined, at 13.01 hours per day. In districts such as Sonipat, Panipat, Rohtak, and Bhiwani in Haryana, as well as Varanasi in Uttar Pradesh, women dedicated a substantial amount of time—ranging from 18 to 19.7 hours—to various other self-activities. Conversely, in districts like Badgam, Dhaulpur (Rajasthan), Baramulla, Ganderbal, and Anantnag (Jammu & Kashmir), women allocated only 8 hours to similar activities.

District Performance at National Level



[Time spent by women on household and its members \(in hours per day\)](#)
[Click to access the dashboard]

Time spent on learning:

Women's time spent on learning showed an upward trend across the observed years. Women's time to learn increased by 0.1 hours per day in 2022 from 0.7 hours per day in 2020. In 2022, the time allocations differed at the district level. In districts like Guna, Chhatarpur, Morena (Madhya Pradesh), Dibrugarh (Assam), and Hamirpur (Himachal Pradesh), women spent a mere 0.1 to 0.2 hours per day on learning. In contrast, districts like Ri Bhoi (Meghalaya), Karauli, Baran, Kota, and Alwar (Rajasthan) showed higher learning engagement, with women dedicating 1.8 to 2.1 hours daily to learning.

Time spent on work done for employer:

The allocation of time for work done for employers showed an increase. Women spent 6.6 hours daily in 2020, which increased by 0.5 hours, reaching 7.1 hours in 2022. In 2022, women in 44 districts needed to allocate more time to work for employers. In contrast, women in Shrawasti (Uttar Pradesh) dedicated 9.5 hours, while those women in Muktsar (Punjab), Bharatpur (Rajasthan), Sangrur (Punjab), and Wayanad (Kerala) devoted 8.8 to 8.5 hours per day to work done for their employers.

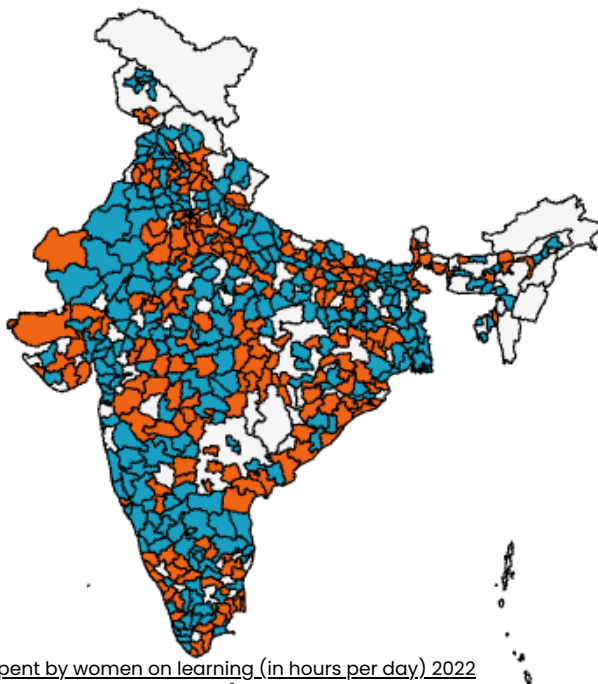
Time spent on religious activities:

Women's commitment to religious activities experienced a slight change. In 2020, 0.5 hours per day was devoted to religious activities. However there was a minor rise by 0.1 hours in 2022. It was observed that in 2022, women in districts such as Bagalkot and Gadag (Karnataka), Thrissur and Idukki (Kerala), and Koppal (Karnataka) allocated minimal time (0.005 to 0.079 hours per day) for religious activities. Whereas, women in districts like Bandipore, Ganderbal, Baramulla, and Anantnag (Jammu & Kashmir), as well as Srinagar (Jammu & Kashmir), demonstrated a significantly higher commitment to religious pursuits, dedicating 1.9 to 2.02 hours daily.

Time spent on work done as unpaid volunteers:

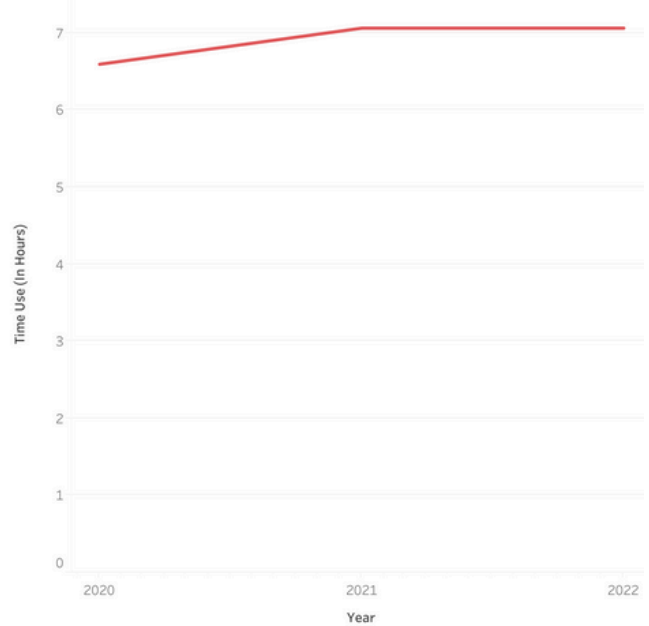
In 2020, women dedicated 0.03 hours daily to unpaid volunteering, followed by a reduction of 0.01 hours in 2022. Across 204 districts, it was observed that women did not allocate time to unpaid volunteer activities. However, in Pratapgarh (Rajasthan), Chamarajanagar (Karnataka), Sonipat (Haryana), Panipat (Haryana), and Bidar (Karnataka), women engaged in unpaid volunteer work, dedicating 0.3 to 0.5 hours.

District Performance at State Level



[Time spent by women on learning \(in hours per day\), 2022](#)
[\[Click to access the dashboard\]](#)

Trends Over Time (Line Graph)



[Time spent by women on work done for employers \(in hours per day\)](#). [\[Click to access the dashboard\]](#)

Time spent on work done as an unpaid trainee:

The analysis highlights a gradual increase in women's engagement as unpaid trainees. In 2020, women contributed 0.01 hours daily, which increased to 0.02 hours in 2021 and saw no change in 2022 as well. Diversity can be observed in women's participation in unpaid training activities across districts. Women in Bidar (Karnataka), Sonipat (Haryana), Panipat (Haryana), Hanumangarh (Rajasthan), and Solan (Himachal Pradesh) dedicated time to work as unpaid trainees, with durations ranging from 0.3 to 0.6 hours per day. However, women in Akola (Maharashtra), Alirajpur (Madhya Pradesh), Ambala (Haryana), Amravati (Maharashtra), and Amreli (Gujarat) did not engage in such unpaid trainee work.

Time spent on travel:

The time distribution for travel displayed a noticeable trend. In 2020, women allocated 0.2 hours per day for travel; an incremental increase of 0.1 hours daily was observed in 2022. The time distribution among women on daily travel differed across districts, Bilaspur (Himachal Pradesh), Dhaulpur (Rajasthan), Kishanganj (Bihar), Latehar (Jharkhand), and Mandsaur (Madhya Pradesh), women did not engage in daily travel. Whereas women in districts like Betul (Madhya Pradesh), Kanpur Dehat (Uttar Pradesh), Hoshangabad (Madhya Pradesh), Jaintia Hills (Meghalaya), and Subarnapur (Odisha) spent over an hour traveling on a daily basis.

Time spent on indoor entertainment:

Over the span of 2020 to 2022, a shift was observed in women's engagement with indoor entertainment. Women spent 2.9 hours daily on indoor entertainment in 2020, which decreased by 0.2 hours in 2022. Significant differences are observed in women's time allocated to daily indoor entertainment across districts. For instance, women in Sonipat and Panipat in Haryana, as well as Bharatpur in Rajasthan and Gonda in Uttar Pradesh, allocated less than an hour (0.5 to 0.9 hours) to indoor entertainment. In contrast, women in Thrissur (Kerala), Kolkata (West Bengal), Ernakulam, and Idukki (Kerala) dedicated over 5 hours (5.2 to 5.8 hours) daily on indoor entertainment.

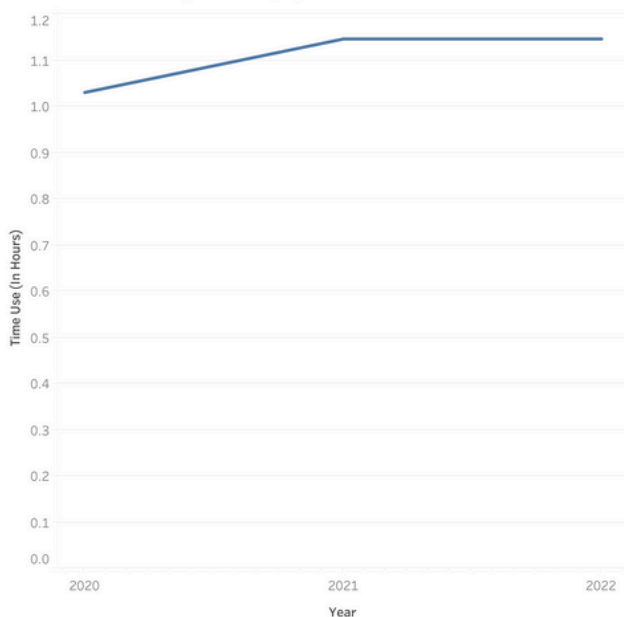
Time spent with friends:

Women's interactions with friends showed an increase. In 2020, women spent 1.03 hours daily; this saw a rise of 0.12 hours, reaching 1.15 hours in 2022. In 13 districts, women did not allocate any time to spend with friends. However, in districts like Adilabad and Warangal (Telangana), Ajmer (Rajasthan), Jagatsinghpur, and Kendujhar (Odisha), women dedicated higher amounts of time, ranging from 2.7 to 2.9 hours to socializing with friends.

Time spent on outdoor sports:

A notable increase in women's engagement in outdoor sports can be seen, rising from 0.18 hours daily in 2020 to 0.2 hours daily in 2021 and 2022. Districts like Kannauj and Hathras in Uttar Pradesh (1.38 hours each), Samastipur and Begusarai in Bihar (1.34 and 1.11 hours, respectively), and Kurukshetra in Haryana (1.08 hours) showed higher involvement of women in outdoor sports in 2022. Conversely, in 25 districts, including Alappuzha in Kerala, Badgam in Jammu & Kashmir, Ballia in Uttar Pradesh, Chirang, Dhubri, and Goalpara in Assam, women reported no time spent in outdoor sports activities.

Trends Over Time (Line Graph)



[Time spent by women with friends \(in hours per day\).](#)
[\[Click to access the dashboard\]](#)

Future insights

The analysis of time use data provides valuable insights into time spent on various activities by women. It was interesting that women's engagement in personal activities maintained a steady allocation of approximately 13 hours daily. Variations in the variables were evident across different districts, emphasising the localised nature of time allocation. The difference was particularly apparent in time spent on activities like unpaid trainee work, with friends, and outdoor sports, where some districts displayed engagement while others did not. This highlights the importance of considering district-level variation when framing policies to address gender disparities.

The government of India has introduced various policies for increased engagement of women and girls in private spheres as well, such as the National Rural Livelihood Mission (NRLM) (2011) provided with financial support and training to engage in income-generating activities and entrepreneurship, Pradhan Mantri Ujjwala Yojana (PMUY) to provide free LPG connections to women living below the poverty line in order to reduce the time engaged with traditional cooking methods, Skill India Mission (2015) to enable them to enter the workforce, Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) and many others. These initiatives reflect the government's commitment to fostering women's engagement in various spheres. The findings in the policy brief provide valuable insights for policymakers and stakeholders to design targeted interventions that promote gender equity and tailored development strategies.

Metrics and Measures

SDG target	Indicator (in hours per day)	Data set
SDG 5.4 – Recognize and value unpaid care and domestic work through the provision of public services, infrastructure and social protection policies and the promotion of shared responsibility within the household and the family as nationally appropriate.	Time spent on work done for household and its members	Centre for Monitoring Indian Economy (CMIE) dataset
	Time spent on other self activities	
	Time spent on learning	
	Time spent on work done for employer	
	Time spent on religious activities	
	Time spent on work done as unpaid volunteers	
	Time spent on work done as unpaid trainee	
	Time spent on travel	
	Time spent on indoor entertainment	
	Time spent with friends	
	Time spent on outdoor sports	