



Minnesota Population Center

UNIVERSITY OF MINNESOTA

Time for Each Other:
Work and Family Constraints among Couples

Sarah Flood
Research Associate, Minnesota Population Center
University of Minnesota

Katie Genadek
Research Associate, Minnesota Population Center
University of Minnesota

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Abstract: Spousal interaction is an important component of marital quality, but researchers know little about couples' shared time. We investigate: 1) relationships between single vs. dual-earner status and time with one's spouse, 2) family life stage differences in time with a spouse, and 3) individual well-being when with one's spouse. We use data from the American Time Use Survey (2003-2010), including the 2010 Well-Being Module. We find that men in dual-earner arrangements spend less time with their wives than those in single-earner arrangements and that on work days, men and women spend substantially less time with a spouse than on non-workdays. Parents spend less time together than non-parents, and parents of children under one spend more time alone together than parents whose youngest children are school age, but substantially less exclusive spousal time. Significantly, men and women report being happier when spending time with their spouse, regardless of the activity.

Time for Each Other:

Work and Family Constraints among Couples

Time together for American couples appears to be increasingly scarce as married individuals juggle the demands of work and parenthood. These competing demands often translate into couples feeling like they don't spend enough time together (Bianchi et al., 2006; Roxburgh, 2006). There is evidence that parents have maintained high levels of commitment to their children by spending less time with one another (Sayer et al., 2004; Bianchi et al., 2006) and that overall spousal interaction has decreased over time (Amato et al., 2003; Dew, 2009). Yet, our understanding of the time couples spend together is limited. In this paper, we investigate the time couples spend together – both exclusively with each other and with others – along with the effects of work and family on time spent together, and how their time together is related to their emotional well-being.

Marriage as an institution has undergone a transformation such that marriages today tend to be more "individualistic" with greater emphasis on personal fulfillment rather than spousal and parental roles (Cherlin 2004, 2009). Despite this trend, comparisons of marital quality in 1980 and 2000 show similar levels of marital happiness and divorce proneness, along with less conflict and marital problems in 2000 compared to 1980 (Amato et al., 2003; Amato, 2010). Of five dimensions of marital quality, only marital interaction – that is, how often respondents jointly engaged in five daily activities – declined between 1980 and 2000 (Amato et al., 2007), which is consistent with research using time diary data showing declines in the time couples spent alone together between 1975 and 2003 (Dew, 2009). However, time diary estimates of leisure shared with a spouse (and potentially others) show a slight increase between 1965, 1975,

and 2003, on average (Voorpostel et al., 2009). In short, the evidence about changes in couples' shared time is mixed, and we know little about how couples feel during their shared time compared to their time apart (Amato et al., 2007; Dew, 2009), except that leisure activities shared with a partner are more enjoyable than those done without a partner (Sullivan, 1996).

With the increase in women's labor force participation, there was a dramatic increase in dual-earner families during the second half of the 20th century (Jacobs & Gerson, 2001). However, information about how much time individuals in dual-earner couples – the dominant family form in the early 21st century (Raley et al., 2006) – have for their spouse is scarce. Dual-earner couples have two work lives to negotiate, and there is potential for non-overlapping work schedules; evidence shows that dual-earner couples spend less time together than single-earner couples (White, 1983), though the differences are modest, at around about 30 minutes per day (Kingston & Nock, 1987). Furthermore, without a member of the couple at home to manage the family and household, there are additional, potentially competing, demands on time for housework and childcare. In addition to differences between dual-earner and single-earner couples, there is also a gendered difference in reported time spent together. Husbands in dual-earner couples report less shared leisure time with their wives than husbands in single-earner arrangements, while women in dual-earner couples report slightly more time with their husbands than women in single-earner arrangements (Voorpostel et al., 2009).

Understanding couples' shared time, the ways in which work and family arrangements shape that time, and how individuals perceive the time they share is important for several reasons. First, couples make “constrained choices” (Bird and Rieker, 2008) about how to meet work demands and the expectations they have for marriage and parenthood. Following Daly (2001), we argue that quantifying couples' shared time and the ways work and family

arrangements are related to it promotes understanding of the effects of large-scale social, demographic, and cultural changes on individual lives. Second, we know that couples, especially parents, often feel rushed (Mattingly & Sayer, 2006) and feel like they lack time for one another (Nomaguchi et al., 2005) despite evidence that couples try to coordinate their activities (Sullivan, 1996; Hamermesh, 2002). Using a unique new data source capturing momentary assessments of well-being during activities, we can assess individuals' emotional state when they are actually *with* their spouses as opposed to when they are not with them, thereby contributing to literature on shared time with one's spouse and well-being.

THEORETICAL PERSPECTIVES AND PREVIOUS RESEARCH

In the competition for scarce resources, work and parenthood often take precedence over time with a spouse (Wight et al., 2008; Voorpostel et al., 2009; Daly, 2001). Work and family are “greedy” institutions (Coser & Coser, 1974), both with high demands and intensive time commitments, requiring “devotion” from participants (Blair-Loy, 2003) and forcing individuals to make “constrained choices” about how to allocate time and energy (Bird and Rieker 2008). Both men and women are experiencing intensive job demands (Williams, 2001; Moen and Roehling, 2005), with the boundaries between work and home increasingly blurred (Moen, Kelly, & Lam 2013). At the same time, research on “intensive parenting” (Hays 1996), “family devotion” (Blair-Loy 2003), and “concerted cultivation” (Lareau, 2003) indicated heightened parenting demands.

Work and parenting demands appear to be related to subjective perceptions of time. Feeling time pressures has negative consequences for well-being (Roxburgh, 2012; Moen, Kelly, & Lam, 2013), especially for parents’ family and life satisfaction (Nomaguchi et al., 2005). Mattingly and Sayer (2006) found that women in 1998 felt more rushed than women did in 1975

and that married mothers were 2.2 times as likely as single non-mothers to feel rushed. Similarly, both men and women who work long hours feel greater time pressures than those who work less (Jacobs & Gerson, 1998), and individuals in dual-earner arrangements feel more rushed in daily life (Mattingly & Sayer, 2006). High work demands, in particular, are associated with feelings of insufficient time with spouses (Bianchi et al., 2006; Roxburgh, 2006; Nomaguchi et al., 2005), though other research shows positive effects of women's economic resources on marital happiness (Rogers & DeBoer, 2001).

To what extent are feelings of time pressure – especially feelings related to insufficient time with one's spouse – reflected in couples' shared time? Dual-earner couples spend less time together than single-earner couples (Kingston & Nock, 1987; Barnet-Verzat et al., 2010), and this is particularly common among couples who work different shifts (Presser, 2000; Wight et al., 2008). There is also evidence that marital interaction is lower in couples where the wife works long hours (Amato et al, 2007). In addition to work demands, parenting demands are also associated with less time for individuals to spend with their spouse. Comparing parents to non-parents, Dew (2009) finds that couples with children spend substantially less time alone with their spouses. Similarly, shared leisure time with a spouse is drastically lower among parents than among non-parents (Hill, 1988; Barnet-Verzat et al., 2010). Barnet-Verzat and colleagues (2010:476) find that parents spend 36 minutes fewer, on average, in shared leisure with their spouses than with non-parents.

A life course perspective emphasizes the importance of family life stage in the form of social relationships throughout an individual's life and consideration of how experiences are shaped not just by individual characteristics, but also by those with whom they are connected, which is referred to as "linked lives" (Elder et al., 2003; Moen and Hernandez, 2009). Spousal

and parental relationships are key throughout the life course, affecting and being affected by individual life courses. For example, individuals who work long hours feel like they do not get enough time with their spouse, but spouse's employment characteristics mediate the relationship between individual work hours and perceptions of time (Nomaguchi et al., 2005). Similarly, while parents of young children are found to spend the least amount of leisure time together of parents, differences between parents and non-parents narrow as children age (Kalmijn & Bernasco, 2001; Barnet-Verzat et al., 2010). These findings suggest that spouse characteristics and the stage of parenthood are key drivers of shared spousal time.

Husbands' and wives' accounts of their marriages are often different, leading Bernard (1982) to suggest that every marriage has two marriages – "his" and "hers" – with men faring better than women in most dimensions. Gendered interpretations of time spent together are quite common in the literature (Amato et al., 2007; Gager & Sanchez, 2003; Kingston & Nock, 1987; Voorpostel et al., 2009), with women typically reporting less shared time with their husbands than men report with their wives (Claxton & Perry-Jenkins, 2008). Women who felt that they lacked time with their spouse also experienced more psychological distress than men (Nomaguchi et al., 2005). Consistent with the literature, Roxburgh (2006) finds that men would like to have more time with their wives, while women would like more quality time with their husbands rather than simply more time together. Similarly, mothers compared to fathers report more disagreements with their spouse following the transition to parenthood (Nomaguchi and Milkie, 2003).

This paper draws on a constrained choice framework, a life course emphasis on linked lives and family life stage, and gendered interpretations of time to understand how time spent with a spouse in the United States is related to work and family obligations as well as to

individual well-being. While recent literature has focused on time alone with spouses and shared leisure time (Dew, 2009; Barnet-Verzat et al, 2010; Voorpostel et al., 2009), we take a broader look at time with spouse to include any time spent with spouse in a given day as well as time spent exclusively with the spouse alone. Drawing on data from the American Time Use Survey (ATUS), including new data about subjective well-being, this paper examines the time couples spend together, both in the company of others and alone with one another, and the happiness, meaningfulness, and stress felt during time spent with one's spouse relative to time alone or with others. This paper further examines how socio-demographic factors encourage or limit spousal contact and individuals' subjective interpretations of shared spousal time. We address the following specific questions: How much time do couples spend together? How do work and family demands affect the time couples have for one another? How happy, meaningful, and stressful is the time men and women spend together relative to time they are apart?

DATA

We use integrated American Time Use Survey (ATUS) data (Hofferth et al, 2013) to examine the time couples spend together, and investigate the effects of work and family demands (time together analysis), and to compare subjective well-being during time couples spend together and apart (well-being analysis). The ATUS is a time diary study of a nationally representative sample of Americans. ATUS data are collected using a computer assisted telephone interview (CATI), and the respondents report the activities they engaged in over a 24-hour period from 4:00 a.m. of a specified day until 4:00 a.m. of the following day, as well as where, when, and with whom activities were done. Data are collected all days of the week, and weekends are oversampled. Sample weights correct for the survey design such that aggregating across different days of the

week results in a representative picture of average time use among the population. Our results are based on pooled cross-sections from 2003 to 2010.

ATUS sample members are invited to complete the survey following exit from the Current Population Survey (CPS). The CPS is a monthly household survey of the civilian, non-institutionalized population. One individual aged 15 or older per former CPS participating household was randomly selected to report their activities over one 24 hour period as part of the ATUS during the two to five months following their exit from the CPS.

We have two sets of analyses in this paper, and we describe the measures, analytic strategy, and results in the sections that follow. The first analysis – the *time together* analysis – is of the time individuals spend with their spouse on an average day and relationships between time with a spouse, paid work, and family life stage. The second analysis – the *well-being* analysis – uses individual reports of activity-level subjective well-being to assess how individuals feel about the time they spend with their spouse.

The *time together* analysis draws on a subsample of 2003 to 2010 ATUS respondents. The 2003 to 2010 ATUS data include daily diary entries of 112,038 civilians age 15 and older. Though the data may not typify any one respondent's daily activities, aggregations of the data are representative of the American population. We restrict our sample to married respondents with a spouse in the household at the time of the ATUS interview ($N = 57,585$) who were age 25 to 64 ($N = 48,539$) and who were in single- or dual-earner relationships ($N = 45,786$). In addition, we draw on linked CPS data to incorporate socio-demographic variables for ATUS respondents' spouses, including race and education.

Analyses of time diary data typically focus on the total amount of time individuals spend in a given activity (e.g. work, leisure, sleep). The richness of the ATUS data extends beyond

what people do, however, and can give us insight into patterns of social interaction, including marital interaction. Like other time use research, our study examines heterogeneity in how people spend time. In our *time together* analysis, we examine factors affecting both time with one's spouse as well as time with one's spouse and no one else.

For our *well-being* analysis, we use data from the 2010 well-being module of the ATUS, which was funded by the National Institute on Aging and collected momentary assessments of subjective well-being for up to three activities randomly selected from each respondent's time diary. The 2010 well-being module of the ATUS collected information from 12,829 ATUS respondents about 38,085 activities. Restricting the sample to married individuals ages 25 to 64 in single- or dual-earner relationships yields a sample of 18,487 activities. For each of up to three activities per person, respondents were asked to report on a seven point scale how sad, tired, and happy they were during the activity; how much pain and stress they felt during the activity; and how meaningful the activity was to them. Our focus is on the happiness, stress, and meaningfulness of activities. Each momentary assessment is measured on a seven point scale (0-6), with a zero indicating that the respondent was not happy or did not experience stress during the activity and a six indicating that the respondent was very happy or very stressed during the activity. For meaningfulness a 0 indicates that the activity was not very meaningful to the respondent and a 6 indicates that the activity was very meaningful.

TIME TOGETHER ANALYSIS

Measures

We have two dependent variables for our *time together* analysis. *Total shared time* is a continuous measure of the total minutes per day spent during non-work, non-sleep, and non-personal activities with one's spouse regardless of who else, if anyone, was present. *Exclusive*

spousal time is a subset of total shared time, which includes the total minutes per day respondents spent with *only* their spouses. These measures do not include time spent working, sleeping, grooming, or in personal care because “with whom” information is not collected for these activities in the ATUS during the entire 2003-2010 period.

Key Independent variables. *Couple-level work status* is a dichotomous variable. Dual-earner couples are those in which both work for pay; single-earner couples are those in which either the husband or wife (but not both members of the couple) works for pay and is the omitted category in the regression analyses. *Life stage*, which is used to capture variation in the time demands of parents and nonparents, is coded into nine dichotomous variables based on the age of the respondent and the age of the respondent’s youngest own child in the household. For those without children in the home, we differentiate between couples in which the wife is age 45 or younger and those in which the wife is over 45. Nine life stage categories include: no children and wife 45 or under, no children and wife over 45, youngest child in the household age 1 or under, age 2, ages 3-5, ages 6-9 (reference), ages 10-13, ages 14-17, and 18 or older. We also control for diary day work to show the effect of being in a dual vs. single-earner arrangement net of work-related time use. The *workday* measure indicates whether the respondent did any paid work on the diary day. We also estimated three additional sets of models controlling for 1) the respondent’s minutes of paid work on the ATUS diary day; 2) the respondent’s and spouse’s number of hours per week usually spend in paid work; and 3) the respondent’s and spouse’s usual weekly work hours coded into 1-34 hours per week, 35-44 hours per week, and 45+ hours per week. Results (available upon request) were very similar; therefore we opted for the current measure of whether the respondent work on the diary day or not.

Control variables. *Age* is coded into eight dichotomous variables each of which represents one five-year age group between 25 and 64. The reference category for the regression analyses is 25 to 29 year olds. *Race* is coded as four dichotomous variables: white, non-Hispanic (reference); black, non-Hispanic; other, non-Hispanic; and Hispanic. Asians comprise 71% of the other, non-Hispanic category in our sample. *Education* is coded into four dichotomous variables: less than high school (reference in regression analyses), high school degree, some college, and college degree or more. Race and education of the spouses have identical coding schemes to the corresponding ATUS respondent measures. We also include controls for whether the diary day was *holiday* or non-holiday (reference) and the *year* of ATUS participation as binary variables for 2003 (reference) to 2010.

Analytic Strategy

We first estimate the total time shared with one's spouse, on average, and exclusive spousal time (with one's spouse only). Weekdays and weekends are considered separately because of the ways in which the typical work week structures daily life. Given the gendered nature of daily life and the reporting differences in time together by men and women (Amato et al., 2007; Gager & Sanchez, 2003; Kingston & Nock, 1987; Voorpostel et al., 2009), we also estimate models separately for husbands and wives. Descriptive analyses are followed by ordinary least squares (OLS) regression estimates of the relationship between couple-level work status, family life stage, and the daily time individuals spend with their spouse as well as controls for individual and spousal characteristics.

Descriptive Results

Sample Characteristics. Table 1 provides a description of the full sample as well as by gender and day of the week (weekday versus weekend). Sixty-four percent of the sample are members

of dual-earner couples, and the remaining 36% are members of single-earner couples. About one third of the sample does not live with children; of those, one-third are in couples where the wife is 45 or under and two-thirds are in a couple where the wife is over 45 (possibly with grown children). Parents of children ages 1-2 represent only 4% of the sample; the remaining parents in the sample are about evenly distributed, with 10% each in the other categories based on the age of the youngest co-resident child.

Total and Exclusive Spousal Time. Table 2 shows the number of minutes men and women spend together with their spouse on weekends and on weekdays in both total and exclusive spousal time by earner status and family life stage. Columns 1-4 of Table 2 show that dual-earner and single-earner men and women report spending less total time with their spouses on weekdays than on weekends, and women report less time with their husbands than husbands report with their wives. Single-earners spend more time in exclusive spousal time than individuals in dual-earner couples on weekdays, but reports are very similar on weekends. In terms of family life stage, men's and women's total shared time is slightly u-shaped on both weekends and weekdays, with total time together lowest among parents of school age children (ages 6-9, 10-13, and 14-17) and higher among parents of children under 5 and 18 or older as well as among those without co-resident children. Exclusive spousal time is much lower for parents than non-parents, and family life stage differences in exclusive spousal time are more pronounced than differences in total shared time (columns 5-8 of Table 2). We also see that exclusive spousal time is lower on weekdays than on weekends for both men and women and that men report more exclusive time together than women.

Analytic Results

Our first research question examines the effects of work and family demands on the total time shared with one's spouse and time with a spouse only (exclusive spousal time). Results from OLS regressions for men's and women's total shared time with spouses are in Table 3, and Table 4 shows results for exclusive spousal time. We estimated separate models for each set of work controls shown in Table 1 (available upon request), but present only the results controlling for whether the respondent worked on the ATUS diary day because results are largely similar regardless of the work measure included.

Total Shared Time. We find that dual-earner men spend 13.5 and 15.5 minutes less total shared time with their wives than single-earner men on weekdays and weekends (Columns 1 and 2 of Table 3), respectively. Results for women in columns 3 and 4 of Table 3 show no differences in total time spent with one's husband by single- versus dual-earner status. However, the small differences in total shared time with a spouse between dual- and single-earner men and insignificance of the couples' earning arrangement for women is partially explained by the negative association between working for pay on the diary day and spending time with one's spouse. Men who work on weekdays spend 153 minutes fewer with a spouse (almost 2.5 hours) than men who do not work on the diary day, and weekend work is associated with almost 3 hours less time (178 minutes) spent with his wife when compared to not working on the diary day (Columns 1 and 2 of Table 3). The findings for women are similar, yet smaller in magnitude. Women who work on the dairy day spend 1.5 and 2 hours less with their spouse on weekdays and weekends (90 minutes and 131 minutes, respectively). In summary, working for pay on the diary day has a much bigger effect on an individuals' time shared with a spouse than belonging to a single- or dual-earner couple. However, net of the more proximate measure of work, men in

dual-earner arrangements still spend less time with their wives, perhaps the result of coordinating two work schedules or “dividing and conquering” outside of paid work.

The relationships between family life stage and an individual’s time shared with a spouse observed in the Table 2 descriptive results – that total shared time is lower among parents compared to non-parents – generally persist in multivariate models (Table 3). Men and women without co-resident children and parents of children under one spend more time with their spouse on weekends and weekdays than parents whose youngest co-resident child is over age one. Fathers of children under one spend about 21 minutes more with their spouse on weekdays (column 1) and 57 minutes more on weekends (column 2) than parents whose youngest children are ages 6 to 9. However, fathers whose youngest children are 3 to 18 do not have significantly different amounts of time shared with their spouse on weekdays compared to fathers whose youngest child is 6 to 9 years old. On weekends, fathers whose youngest child is two or under spend more time with their wives than fathers of 6 to 9 year olds, but there are no differences for other fathers.

Results in time spent with husbands for married women show more variation by the age of the youngest child compared to the patterns observed for men. Mothers of children under age one spend 16 and 46 minutes more with their husbands on weekdays and weekends, respectively, than mothers whose youngest children are 6 to 9 (Table 3, columns 3 and 4). We also find that women with children 10 and older share more time with their spouse than mothers of children ages 6 to 9. On weekdays, women whose youngest child is between the ages of 10 and 13 spend 13 minutes more together with their spouse compared to women whose youngest children are aged 6 to 9, and mothers whose youngest child is 14 to 17 share 32 more minutes with their husband on weekdays. Mothers of co-resident adult children (ages 18+) spend over an hour more

with their spouse on weekdays. Mothers' time with their husbands on weekends are less affected by family life stage than on weekdays. We find the largest difference in total time shared with a spouse compared to mothers whose youngest child is 6 to 9 is among women over the age of 45 without children in the home (81 minutes more for women 45+ without co-resident children on weekends and weekdays) followed by women 45 or under without co-resident children in the home at just over an hour more per day.

Exclusive Spousal Time. Table 4 contains estimates of exclusive spousal time (time spent with a spouse and no one else) for men and women on weekends and weekdays. On weekdays, dual-earner men spend 13 fewer minutes alone with their wives than single-earner men, controlling for working on the diary day and demographic characteristics (shown in Column 1). However, there is no statistically detectable difference in exclusive spousal time between dual- and single-earner men on weekends or between women on either weekdays or weekends (Columns 2-4). Rather, working on the day the diary for both men and women on weekends and weekdays has a much larger effect on exclusive spousal time than single- versus dual-earner status. On days that men work, they spend just over an hour less with their wives than on days they do not work for pay (79 minutes of weekdays and 69 minutes on weekends); similarly, women spend 42 and 45 minutes less alone with their husbands on weekdays and weekends, respectively, when they do paid work on the diary day.

We also find that both men and women who are parents spend less time in exclusive spousal time on weekdays and weekends than non-parents (see Table 4). Among fathers, those with infants spend the most total shared time (Table 3) with their wives on weekdays and weekends, but the least time alone with their wives (18 minutes less on both weekdays and weekends than fathers of 6 to 9 year olds). Mothers of infants also spend about 18 minutes less in

exclusive spousal time than mothers of children 6 to 9 on both weekdays and weekends (columns 3 and 4 of Table 4). However, for both mothers and fathers, time spent alone with a spouse is higher with nearly every subsequent family life stage. By the time parents' youngest co-resident children are 18 and older, both men and women are spending nearly an hour or more alone with their spouses on both weekdays and two hours more with their spouse on weekends than parents of children 6 to 9. Non-parents spend nearly two hours more alone together on weekdays than parents whose youngest children are 6 to 9, and over three and a half hours more alone together on weekends. Exclusive spousal time for individuals without co-resident children is greater than exclusive spousal time for parents in all groups.

WELL-BEING ANALYSIS

While there is a positive association between marital interaction and happiness (e.g., Amato et al., 2003), suggesting that time shared with a spouse is important for an individual's well being, there is limited evidence regarding the quality of the time that couples actually spend together (Sullivan, 1996). The time together analyses just described show differences in total shared time and exclusive spousal time at various life stages, with parents generally spending less time with their spouse than non-parents. And while paid work is negatively associated with an individual's time with their spouse (either in total shared or exclusive spousal time), being in a dual-earner couple seems to matter only for men after accounting for whether the respondent worked for pay on the diary day. In the following analyses we address our third research question about how individuals feel about time spent with a spouse compared to time away from a spouse using the 2010 well-being module of the ATUS.

Measures

Recall that with the ATUS time diaries, respondents were asked how they felt during three randomly selected activities (see ‘Data’ section for more information). We focus on three activity-level measures of affect (or subjective well-being): happiness, meaningfulness, and stress. The variables *happy*, *meaningful*, and *stress* are measured as a seven point scale (0-6), and we recoded them into dichotomous variables indicating the respondent was *very happy* (5-6), the activity was *very meaningful* (5-6) and whether or not the respondent experienced *any stress* during the activity (>0) because there is substantial heaping within the seven point scale.

Analytic Strategy

We perform individual fixed effects and activity-level logit analyses to compare well-being during activities with and without spouses. The individual fixed effect method is a within-person analysis that contrasts well-being during time spent with and without a spouse for individuals who reported *at least one* activity with their spouse and one activity without their spouse. The within-person analysis is possible because respondents reported affect information for three activities, thus we analyze whether individuals are happier, more stressed, and if activities are more meaningful when they are with their spouse compared to when they are not with their spouse. In this application, fixed effect models fully account for the individual’s characteristics, and we include a broad indicator for the activity performed when affect was measured for the individual. With the fixed effects analysis, we have greater confidence in the causal impacts of spousal presence on activity-level well-being. However, despite the appeal of the within-person fixed effect model, the sample of respondents includes only those with variation in affect (the dependent variable) – for example, one (or more) activity where the respondent reported being *very happy* and one (or more) activity where the respondent reported being less than *very happy*.

Estimates for the independent variable of interest – with spouse – are calculated based on the respondents whose sampled activities are *both* with and without the spouse. This requirement of the fixed effect model to have variation on the dependent variable coupled with the limited number of observations on the dependent variable (only three activities were selected for respondents to report their affect) may result in sample selection bias.

As a robustness check of the individual fixed effect analyses, we also estimate well-being using activity-level logit models with the affect measures (happy, meaningful, stress) as dependent variables and the presence of the spouse during the activity as the key independent variable. This approach allows us to include activities from all married individuals even if their subjective well-being is the same across all activities sampled. Because most individuals contribute more than one activity to the analysis, we cluster the standard errors on the person. All models estimated include the full set of controls used in the time together analyses.

Descriptive Results

Table 5 shows men's and women's subjective well-being rating of activities with a spouse (total shared), with a spouse only (exclusive spousal time), and not with a spouse (see 'Data' section for these differentiations). The top panel of Table 5 shows the average activity-level happy, meaningfulness, and stress ratings on the 0-6 scale. The bottom panel of Table 5 shows the proportion of activities where respondents report being very happy, feeling the activities were very meaningful, and experiencing stress during activities. These dichotomous measures are used in the multivariate analyses. During more than 60% of the activities with a spouse, both men and women report being very happy. Among activities done alone with a spouse, just over half of the activities are rated as being very happy or very meaningful, and the proportion of the activities when not with a spouse for which respondents report being very happy is slightly lower for men

(.54) though meaningfulness is rated slightly higher not with the spouse compared to with the spouse and with the spouse only. The percentage of the sample experiencing any stress during activities when a spouse is present is a little over 40%; however when a spouse is not present, 56% of activities are reported as being stressful.

Analytic Results

The estimates of subjective well-being during activities done with one's spouse versus not with one's spouse are in Table 6. The upper panel shows the individual level fixed effect results. The coefficients shown are odds ratios indicating the odds of the individual rating the activity as very happy, very meaningful, or experiencing any stress when with their spouse compared to not with their spouse. For the sample of respondents with variation in their happiness across the three randomly selected activities and that had activities selected when they were with their spouse and without, activities performed with the spouse elicit greater happiness than activities not with the spouse, regardless of the activity. The results in Column 1 of Table 6 show that women are 1.5 times as likely to report being very happy when they are with their spouse than when they are not, and men are 1.9 times as likely to report being very happy when they are with their spouse (Column 4). The activity-level logit analysis presented in the lower panel of Table 6 confirms this result, showing that, on average, women are 1.3 times as likely to report being very happy during activities with their spouses compared to activities not performed with spouses. Men, on average, are 1.6 times as likely to be very happy when doing activities with their spouse than when they are not with their spouse. These activity-level results do not account for within-person variation (as do the individual fixed effects logit results), but they do control for the activity as well as controls in the time together analyses (see above). The differences in coefficients between the activity-level logit and fixed effects models are expected

because the sample in the activity-level logit is larger and comprised of different people than the fixed effects analysis.

The results for meaningfulness (in Columns 2 and 5 of Table 6) are similar to the happiness results. Women and men find activities with their spouse 1.4 and 1.6 times as meaningful as activities performed without their spouse, respectively (upper panel of Table 6). Broadening the sample and performing the full sample activity-level logit analysis leads to the same conclusions – activities done with a spouse are more meaningful (OR=1.4 for women and OR=1.2 for men) than activities done when their spouse is not present, on average (columns 2 and 5 in lower panel of Table 6).

Finally, the fixed effect and activity-level logit results for stress show different results for men and women. In the fixed effects model, being with a spouse does not affect the stress level for women, though the presence of a spouse is significant in the activity-level logit model, with women being 25% less likely to report stress when with their spouse compared to during activities done without the spouse. By contrast, being with one's spouse reaches statistical significance in the individual level fixed effects model for men, indicating that men are .74 times as likely to report any stress in activities when their spouse is present compared to when their spouse is not present while controlling for the activity. The stress results for men in the cross-sectional logit analysis are not significant. Despite the difference in statistical significance for stress across the two types of models for both men and women, the results are in the same direction, suggesting that time spent with a spouse may be less stressful than time without a spouse.

DISCUSSION

We set out to examine the effects of work and family demands on spouses' total shared time and their exclusive spousal time (with one another but no one else) using nationally representative time diary data from the American Time Use Survey, comparing as well married men's and women's subjective well-being during the time spent with and without their spouses. We find that men in dual-earner couples spend less total shared time with their wives and have less exclusive spousal time than do men in single-earner couples, which is consistent with previous research (Voorpostel et al., 2009; Kingston & Nock, 1987). However, being in a dual-earner arrangement does not affect total shared or exclusive spousal time for women after accounting for the effects of working on the diary day, life stage, and other demographic characteristics. The dual-earner status effects on shared and exclusive spousal time for men but not women provide suggestive evidence that men and women interpret their time differently (Sullivan, 1996). Specifically, it may be that the days feel more harried or stressful when women work for pay resulting in their feeling like they have less time with their spouses. By contrast, the additional effect of being in a dual-earner arrangement for men net of whether paid work is performed that day, suggests that men in dual-earner arrangements actually do have less time with their wives.

Family life stage and linked lives – especially the presence of children – affect individuals' time shared with their spouse and their exclusive spousal time in particular. In terms of exclusive spousal time, differences between parents and non-parents are dramatic, and this is consistent with previous research documenting the dampening effect of children on spouses' alone time (Dew, 2009; Kalmijn & Bernasco, 2001) and the sacrifice of time with a spouse and oneself as a strategy to preserve time with children despite mothers' greater participation in the labor force (Wight et al., 2008). Yet, we add to previous research by showing variations in

exclusive spousal time by the age of the youngest child and weekend/weekday differences. We find suggestive evidence that exclusive spousal time gradually increases as children age, though longitudinal data are required to say for certain.

We also provide a more complete story about the total time men and women spend with their spouses than previous research (Dew, 2009; Barnet-Verzat et al., 2010; Kalmijn & Bernasco, 2001). We find that parents spend less time together overall than non-parents (though they still spend a considerable amount of time together), and the differences between parents and non-parents in total shared time are not nearly as pronounced as the differences in exclusive spousal time. Yet, men with co-resident infants report spending the same amount of time with their wives on weekdays as men who do not have co-resident children – on the order of about 20 minutes per day. By contrast, on weekdays, mothers of children under one report spending more time with their husbands than mothers whose youngest children are 6 to 9, but about 50 minutes less per day with their husbands than women without co-resident children. This 50 minute difference between mothers of infants and women without co-resident children is juxtaposed against the nearly identical reports of time with the spouse by men with infants and without co-resident children. We also find some evidence that mothers' shared time with a spouse begins to creep closer to the level of non-parents on weekdays when children are as young as age ten. But, when mothers no longer have infants but before their children are ages 10 to 13, they report the least time with their spouse compared to mothers of infants and older children as well as women without co-resident children.

Our use of new ATUS well-being data underscores the importance of understanding the factors that promote or hinder individuals spending time with their spouse. Men and women are happier and find more meaning in time spent with a spouse than when the spouse is not present,

suggesting the relevance of shared spousal time for married individuals' well-being. Our findings are robust, as evidenced by consistent results for happiness and meaningfulness using two different modeling strategies – one leveraging within-individual differences and the other comparing all activities with a spouse compared to those without a spouse – and controlling for the actual activity performed and the full set of controls in the time together analyses.

This research is not without limitations. First, the American Time Use Survey data are cross-sectional, so the differences we observe between parents with children of different ages suggest that parents may spend more time together as their children age, though longitudinal data would be necessary to examine changes in couples' shared and exclusive spousal time allocation as children age. Second, because data are only collected for one person per household about one day per week, we assume that the men who report on weekends and weekdays are similar at the population level. Third, data are collected at the individual level, so we are relying on one member of the couple's report about the time spent with his or her spouse. Couple-level data would allow us to better understand gender differences in shared and exclusive spousal time. Perhaps there are certain activities that men report doing with their wives that women do not interpret as being done with their husbands. With couple-level data, one could assess the overlap between couples' reports of shared activities and the presence of others (e.g. Lesnard, 2008). Fourth, marital survivorship is also a concern. Parents of older children either have survived the early years of parenthood and are still married, or we are observing remarriages; unfortunately we are not able to distinguish between these groups in the ATUS. To the extent that couples stay together because they spend time together and vice versa, selection must be acknowledged.

Despite the limitations of these data, our work shows the importance of considering individuals' time both in full and exclusively with their spouse as well as how shared time is

related to work and family demands and suggests directions for future research. We find that differences between parents and non-parents are much smaller for total shared time than for exclusive spousal time, which highlights the value in considering both forms of spousal time. We also show that while work demands are related to the time individuals spend with their spouse, the more proximate measure of working on the diary day has a stronger association with time spent with a spouse than being in a single-earner or dual-earner arrangement. A comparison of total shared time with a spouse and exclusive spousal time over time in the U.S. as well as cross-nationally would help us understand the extent to which the patterns we observe are emergent and/or U.S. specific or common across time and place and the extent to which work and family life stage operate similarly in different contexts. Our findings also indicate that, net of work and family responsibilities, individuals experience greater happiness and meaningfulness when they are with their spouse as opposed to not. Future research might focus on differentiating between the activities individuals do with their spouses that are especially meaningful (or not) or provide more (or less) happiness. In short, future work on couples' shared time, which is a key component of marital quality, will strengthen our understanding of large-scale social and demographic patterns on individual lives.

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Table 1. Weighted Means/Percentages of couple-level characteristics; work-related controls; respondent and spouse demographic, and diary day characteristics.

	Full Sample	Weekdays				Weekends						
		Men		Women		Men		Women				
		<i>Couple-level Characteristics</i>				<i>Work-Related Controls</i>						
Work Status												
Dual Earner	64%	63%		64%		63% ^d		65% ^d				
Single Earner	36%	37%		36%		37% ^d		35% ^d				
Life Stage												
No children, wife<=45	11%	11%		11%		12%		11%				
Youngest child 1 or under	10%	11% ^b		10% ^b		10%		10%				
Youngest child age 2	4%	5%		4%		5%		5%				
Youngest child age 3-5	10%	11% ^b		10% ^b		11%		10%				
Youngest child age 6-9	11%	11%		11%		11%		11%				
Youngest child age 10-13	9%	9%		10%		10%		9%				
Youngest child age 14-17	9%	8%		9%		9%		9%				
Youngest child age 18+	11%	11%		11%		11%		12%				
No children, wife>45	23%	22% ^b		25% ^b		21% ^d		24% ^d				
Diary Day Work Commitments												
Engaged in Paid Work	59%		82% ^{ab}		---	61% ^{bc}		---				
Minutes Spent in Paid Work	271.90		420.92 ^{ab}		---	270.77 ^{bc}		---				
Usual Weekly Work Hours	34.89	32.92	42.29 ^b	26.30 ^b	27.41 ^b	39.67 ^b	42.35 ^d	26.23 ^d	27.77 ^d			
Long Usual Weekly Hours												
Non-working	17%	20%	8% ^b	30% ^b	27% ^b	11% ^b	8% ^d	30% ^d	26% ^d			
1-34 hours/week	13%	12%	5% ^b	18% ^b	20% ^b	6% ^b	5% ^d	18% ^d	20% ^d			
35-44 hours/week	40%	45%	42% ^b	40% ^b	38% ^b	50% ^b	42% ^d	40% ^d	39% ^d			
45+ hours/week	30%	23%	44% ^b	13% ^b	15% ^b	33% ^b	45% ^d	12% ^d	16% ^d			
Demographic Characteristics												
Age	43.98	44.25	44.53 ^b	42.68 ^b	43.53 ^b	45.94 ^b	44.33 ^d	42.49 ^d	43.41 ^d			
Education									45.70 ^d			
Less than High school	9%	9%	10% ^b	9% ^b	8% ^b	10% ^b	10% ^d	9% ^d	8% ^d			
GED/HS Degree	29%	28%	30%	28%	29%	28%	29%	27%	28%			
Some College	25%	26%	24% ^b	27% ^b	27% ^b	25% ^b	24% ^d	28% ^d	27% ^d			
College/Advanced Degree	36%	36%	36%	36%	37%	37%	36%	36%	36%			
Race												
White, non-Hispanic	74%	74%	73%	73% ^b	75%	75% ^b	73% ^d	73% ^d	75% ^d			
Black, non-Hispanic	7%	7%	7%	6%	7%	7%	8% ^d	7%	6% ^d			
Other, non-Hispanic	6%	6%	5% ^b	6%	6% ^b	5%	5%	6% ^d	6% ^d			
Hispanic	14%	14%	14% ^b	15% ^b	13% ^b	13% ^b	14% ^d	15% ^d	13% ^d			
Number of Observations	45,786	10,662		12,048		10,815		12,261				

Source : Authors' caluculations from 2003-2010 ATUS data obtained from ATUS-X (Hofferth et al, 2013). Sample includes all married respondents between the ages of 25 and 64, with at least one spouse working.

Notes: ^aCharacteristics of men who respond on weekdays are significantly different from men who respond on weekends ($p<.05$). ^bCharacteristics of men who respond on weekdays are significantly different from women who respond on weekdays ($p<.05$). ^cCharacteristics of women who respond on weekdays are significantly different from women who respond on weekends ($p<.05$). ^dCharacteristics of men who respond on weekends are significantly different from women who respond on weekends ($p<.05$).

Table 2. Weighted Average of Total Shared Time and Exclusive Spousal Time on Diary Day (in Minutes), by Day of Week (N=45,786).

	Total Shared Time				Exclusive Spousal Time			
	Weekday		Weekend		Weekday		Weekend	
	Men	Women	Men	Women	Men	Women	Men	Women
Couple-level Work Status								
Dual Earner	189 ^a	179	410 ^b	393	109	106	193 ^d	183
Single Earner	230	228	439 ^b	420	128	124	192	186
Life Stage								
No children, wife<=45	220	217	473	446	186	178	347	320
Youngest child 1 or under	222 ^a	202	473 ^b	446	58	52	82	73
Youngest child age 2	205	196	453 ^b	417	56	57	82	78
Youngest child age 3-5	192 ^a	176	417 ^b	386	62	55	86 ^d	73
Youngest child age 6-9	190 ^a	167	394 ^b	367	70 ^c	61	92	84
Youngest child age 10-13	192 ^a	168	389 ^b	364	78 ^c	65	110	103
Youngest child age 14-17	179	178	388 ^b	356	91	89	171 ^d	143
Youngest child age 18+	193	207	379	383	134	132	225	218
No children, wife>45	220	220	424	428	186	180	321	312

Source : Authors' caluculations from 2003-2010 ATUS data obtained from ATUS-X (Hofferth et al, 2013). Sample includes all married respondents between the ages of 25 and 64, with at least one spouse working.

^aMen's and women's reports of total shared time on weekdays is significantly different (p<.05).

^bMen's and women's reports of total shared time on weekends is significantly different (p<.05).

^cMen's and women's reports of exclusive spousal time on weekdays is significantly different (p<.05).

^dMen's and women's reports of exclusive spousal time on weekends is significantly different (p<.05).

Table 3. OLS Models of Total Shared Time on Weekdays and Weekends for Men and Women, 2003-2010.

	Men		Women			
	Weekday		Weekend			
	(1)	(2)	(3)	(4)		
Dual Earner	-13.53 ** (4.35)	-15.44 * (6.20)	1.02 (5.37)	0.35 (6.03)		
Life Stage						
No children, wife<=45	21.67 * (8.60)	73.50 *** (12.44)	65.12 *** (8.24)	67.35 *** (12.06)		
Youngest child 1 or under	20.59 ** (7.95)	57.36 *** (10.80)	16.11 * (7.00)	46.09 *** (10.29)		
Youngest child age 2	7.97 (9.38)	43.60 *** (13.22)	9.82 (8.19)	23.93 (12.34)		
Youngest child age 3-5	-1.42 (6.99)	16.47 (9.77)	1.12 (6.08)	5.40 (9.25)		
Youngest child age 10-13	0.64 (7.34)	10.90 (10.38)	13.02 * (6.51)	8.08 (9.99)		
Youngest child age 14-17	-15.52 (8.28)	10.04 (12.08)	32.12 *** (7.58)	10.58 (11.29)		
Youngest child age 18+	2.22 (9.82)	1.38 (14.77)	64.79 *** (11.45)	42.82 ** (14.18)		
No children, wife>45	19.43 * (8.77)	48.48 *** (12.81)	80.73 *** (9.77)	81.42 *** (13.35)		
Work-Related Controls						
Respondent--Workday	-153.26 *** (7.65)	-178.49 *** (5.76)	-89.37 *** (5.67)	-131.34 *** (6.19)		
Respondent Characteristics						
Age						
30-34	-5.78 (9.98)	7.72 (13.59)	2.80 (7.57)	-12.56 (10.62)		
35-39	-8.44 (9.56)	-1.74 (13.26)	-2.32 (7.29)	-22.48 * (11.09)		
40-44	-26.25 ** (9.78)	-8.62 (13.77)	-10.00 (8.00)	-49.57 *** (11.84)		
45-49	-12.36 (10.55)	-39.37 ** (14.72)	-21.97 * (9.30)	-51.98 *** (13.32)		
50-54	-15.21 (11.34)	-32.45 * (16.20)	-40.00 *** (11.23)	-54.22 *** (15.84)		
55-59	-20.73 (12.36)	-47.32 ** (17.67)	-37.38 ** (12.48)	-53.72 ** (17.57)		
60-64	-25.09 (13.10)	-32.74 (19.52)	-14.17 (13.83)	-31.08 (19.65)		
Education						
GED/HS Degree	12.10 (9.18)	2.85 (13.13)	10.83 (9.43)	-0.59 (13.29)		
Some College	20.27 * (9.46)	8.49 (13.67)	1.62 (9.58)	-3.88 (13.63)		
College/Advanced Degree	25.14 ** (9.43)	25.21 (13.85)	2.46 (9.83)	8.02 (14.28)		
Race						
Black, Non-Hispanic	-40.71 ** (15.23)	2.28 (27.05)	-41.90 * (16.49)	-17.56 (27.10)		
Other, Non-Hispanic	-12.78 (11.18)	-52.60 ** (16.53)	-20.43 * (10.11)	-23.51 (16.14)		
Hispanic	13.35 (9.40)	3.74 (13.61)	-13.44 (9.79)	9.41 (13.80)		

Table 3 cont'd. OLS Models of Total Shared Time on Weekdays and Weekends for Men and Women, 2003-2010.

Spouse Characteristics

Education

GED/HS Degree	-20.53	*	1.99	0.33	17.75			
	(10.14)		(13.33)	(8.27)	(11.77)			
Some College	-22.98	*	-16.54	-1.87	14.45			
	(10.28)		(13.75)	(8.46)	(12.26)			
College/Advanced Degree	-24.20	*	3.22	14.32	44.54	***		
	(10.55)		(14.08)	(8.72)	(12.66)			
Race								
Black, Non-Hispanic	-15.93		-99.31	***	-1.75	-89.08	***	
	(15.78)		(27.90)		(16.67)	(25.96)		
Other, Non-Hispanic	8.04		31.01	*	-12.36	34.02		
	(10.56)		(15.46)		(10.54)	(17.97)		
Hispanic	-17.24		-4.19		7.05	8.40		
	(9.95)		(13.83)		(10.60)	(13.86)		
Constant	348.23	***	484.14	***	219.09	***	403.77	***
	(15.71)		(20.45)		(11.95)		(17.52)	

Model Fit

F	23.93	***	39.79	***	23.93	***	39.79	***
N	10,662		10,815		12,048		12,261	

Source : Authors' caluculations from 2003-2010 ATUS data obtained from ATUS-X (Hofferth et al, 2013).

Notes : Reference categories are single-earner status, youngest child ages 6 to 9, non-workday diary respondent has less than a high school degree, respondent is white, spouse has less than a high school degree, spouse is white. Models also control for year (2003 is reference) and whether the diary was collected on a holiday (non-holiday is reference) (results available upon request).

Standard errors in parentheses

* p<0.05, ** p<0.01, *** p<0.001

Table 4. OLS Models of Exclusive Spousal Time on Weekdays and Weekends for Men and Women, 2003-2010.

	Men		Women	
	Weekday	Weekend	Weekday	Weekend
	(1)	(2)	(3)	(4)
Dual Earner	-13.13 *** (3.43)	-8.70 (5.16)	-0.56 (4.19)	-4.82 (4.76)
Life Stage				
No children, wife<=45	112.24 *** (7.12)	248.33 *** (10.75)	123.55 *** (6.88)	232.28 *** (9.89)
Youngest child 1 or under	-17.55 *** (4.86)	-17.91 ** (6.30)	-17.87 *** (3.90)	-17.39 ** (5.49)
Youngest child age 2	-17.19 ** (5.42)	-14.38 * (7.24)	-12.44 ** (4.36)	-10.46 (6.14)
Youngest child age 3-5	-9.76 * (4.57)	-7.09 (5.49)	-8.83 ** (3.39)	-12.77 ** (4.69)
Youngest child age 10-13	7.58 (4.97)	20.48 ** (6.29)	8.30 * (3.93)	20.97 *** (5.60)
Youngest child age 14-17	18.57 *** (5.61)	79.57 *** (8.83)	35.19 *** (5.22)	64.03 *** (7.33)
Youngest child age 18+	58.05 *** (7.85)	127.51 *** (11.88)	79.26 *** (8.71)	140.98 *** (11.05)
No children, wife>45	102.02 *** (6.97)	220.37 *** (10.54)	126.03 *** (7.54)	226.92 *** (10.20)
Work-Related Controls				
Respondent--Workday	-78.90 *** (5.94)	-69.10 *** (4.64)	-41.72 *** (4.42)	-45.05 *** (4.94)
Respondent Characteristics				
Age				
30-34	3.10 (7.21)	-5.13 (10.78)	2.30 (5.52)	-3.82 (7.72)
35-39	-1.41 (6.84)	-8.72 (10.38)	-2.56 (5.05)	-1.15 (8.04)
40-44	-10.79 (7.20)	-8.49 (11.08)	-2.83 (5.97)	-7.06 (9.12)
45-49	-4.03 (7.95)	-14.13 (12.03)	-7.62 (6.82)	-12.74 (10.15)
50-54	-0.83 (8.75)	-16.75 (13.57)	-15.79 (8.65)	-11.55 (12.60)
55-59	2.29 (9.84)	-12.70 (15.31)	-10.06 (9.86)	-15.48 (13.93)
60-64	2.18 (10.62)	1.11 (17.07)	1.45 (11.31)	16.58 (16.98)
Education				
GED/HS Degree	15.23 * (6.58)	-6.21 (10.95)	10.01 (7.40)	4.32 (9.88)
Some College	22.88 *** (6.88)	-4.23 (11.39)	7.48 (7.55)	11.11 (10.12)
College/Advanced Degree	19.95 ** (7.05)	-6.65 (11.63)	3.17 (7.88)	13.20 (10.55)
Race				
Black, Non-Hispanic	-19.72 (12.50)	-5.34 (20.75)	-9.42 (13.24)	13.58 (16.79)
Other, Non-Hispanic	-9.77 (8.39)	-14.07 (12.23)	-10.83 (8.66)	-24.60 (12.63)
Hispanic	2.63 (7.44)	-24.20 * (10.48)	-10.09 (7.79)	-9.00 (9.64)

Table 4 cont'd. OLS Models of Exclusive Spousal Time on Weekdays and Weekends for Men and Women, 2003-2010.

Spouse Characteristics					
Education					
GED/HS Degree	-8.81 (7.46)	14.55 (10.92)	3.82 (6.49)	17.19 (9.26)	
Some College	-7.91 (7.81)	-1.23 (11.26)	5.75 (6.73)	11.02 (9.63)	
College/Advanced Degree	-6.72 (8.01)	10.14 (11.67)	17.33 (7.19)	* (9.89)	18.86
Race					
Black, Non-Hispanic	4.38 (12.92)	-46.97 (21.33)	*	-13.82 (13.47)	-51.09 ** (15.80)
Other, Non-Hispanic	-0.83 (8.56)	6.28 (11.42)		-9.88 (8.88)	22.51 (15.03)
Hispanic	-12.73 (8.04)	-10.31 (10.69)		3.30 (8.59)	-12.39 (9.65)
Constant	144.90 *** (11.61)	146.48 *** (16.40)		79.80 *** (8.88)	90.31 *** (12.50)
<i>Model Fit</i>					
F	37.47 ***	60.33 ***		42.74 ***	75.18 ***
N	10,662	10,815		12,048	12,261

Source : Authors' caluculations from 2003-2010 ATUS data obtained from ATUS-X (Hofferth et al, 2013).

Notes : Reference categories are single-earner status, youngest child ages 6 to 9, non-workday diary respondent has less than a high school degree, respondent is white, spouse has less than a high school degree, spouse is white. Models also control for year (2003 is reference) and whether the diary was collected on a holiday (non-holiday is reference) (results available upon request).

Standard errors in parentheses

* p<0.05, ** p<0.01, *** p<0.001

Table 5. Weighted average happiness, meaningfulness, and stressfulness during activities when married people are with their spouse, with only their spouse, or not with their spouse.

	With Spouse		With Spouse Only		Not With Spouse	
	Men (1)	Women (2)	Men (3)	Women (4)	Men (5)	Women (6)
Rating (0-6)						
Happy	4.62	4.63	4.48	4.45	4.35	4.51
Meaningful	4.47	4.64	4.24	4.42	4.57	4.70
Stress	1.03	1.18	1.12	1.20	1.55	1.68
Dichotomous						
Very Happy (5-6)	0.62	0.62	0.58	0.58	0.54	0.58
Very Meaningful (5-6)	0.59	0.64	0.52	0.58	0.63	0.66
Any Stress (>=1)	0.42	0.42	0.44	0.41	0.56	0.56
N	2,528	2,616	995	1,090	4,206	5,051

Source : Authors' calculations from 2010 ATUS well-being module data obtained from ATUS-X (Hofferth et al, 2013).

Notes : 'Happy', 'Meaningful' and 'Stress' were reported by respondents for the given activity on a 0-6 scale. 'Very Happy', 'Very Meaningful', and 'Any Stress' are dichotomous measures created from the 0-6 scale; 'Very Happy' indicates 'Happy' was reported as a 5 or 6, 'Very Meaningful' indicates 'Meaningful' was reported as 5 or 6 and 'Any Stress' indicates 'Stress' was reported from 1-6. 'With Spouse Only' is a subset of 'With Spouse' and includes activities where the only other person present was the respondent's spouse.

Table 6. Odds Ratios of well-being while with spouse compared to when not with spouse.

	Women			Men		
	Very Happy (1)	Very Meaningful (2)	Any Stress (3)	Very Happy (4)	Very Meaningful (5)	Any Stress (6)
Individual Fixed Effects Logit						
With Spouse	1.591 *** (0.162)	1.402 *** (0.138)	0.833 (0.087)	1.943 ** (0.214)	1.610 *** (0.166)	0.738 ** (0.086)
N Activities	3253	3579	3116	2844	3102	2595
N Respondents	1089	1198	1044	955	1041	869
Chi-Squared	170.7	188.4	188.5	226.4	190.8	262.3
Log likelihood	-1110	-1220	-1050	-927	-1040	-819
Activity-Level Logit						
With Spouse	1.321 *** (0.135)	1.449 *** (0.151)	0.746 ** (0.075)	1.598 *** (0.166)	1.241 * (0.134)	0.904 (0.097)
N Activities	7667	7667	7667	6734	6734	6734
Pseudo R-squared	0.068	0.070	0.111	0.062	0.052	0.106
Chi-Squared	200.6	200.4	264.6	180.2	181.9	224.8

Source : Authors' calculations from 2010 ATUS well-being module data obtained from ATUS-X (Hofferth et al, 2013).

Notes : Reference category is not with spouse during activity. Individual Fixed Effect models include seven category activity measure as control variables. The Activity Level Logit models include control variables for: dual-earner status, life stage, age category, education, race, spouse's education, spouse's race, and seven category activity measure. The models allow for non-independent errors within groups defined by the individual respondent.

Standard errors in parentheses.

*p<.05; **p<.01; ***p<.001