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LIFE STYLES AND LEISURE PARTICIPATION

by

Hamish Alan McInnes

A Doctoral Thesis

Submitted for the award of the degree of
Doctor of Philosophy
of the Loughborough University of Technology

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ABSTRACT

The objectives of this research are twofold; firstly, to provide a more complete appraisal of leisure participation than hitherto available, and secondly, to see whether or not leisure life styles can be identified on the basis of people's behaviour.

Leisure life styles of individuals are poorly understood. Research to date has concentrated on specific activities or the use of facilities. It has been almost wholly descriptive in nature. This thesis aims to examine individual leisure behaviour with particular reference to the neglected sphere of informal and home based leisure.

Data were collected using time-space activity diaries and questionnaires, permitting both quantitative and qualitative analysis. Two main methodological approaches were employed; cluster analysis and biographical analysis. A clustering technique was used to identify life style groups on the basis of people's activities, and to see whether social profile variables were good predictors of leisure activity.

Biographical analysis of individuals' behaviour was used to shift the emphasis from the aggregate characteristics of the whole sample to the particular behaviour of individuals and households. Adapted from the principles of time geography, this was used to illustrate contrasting types of life styles.

Initial investigations into participation habits confirmed that involvement in most activities was similar to that found in other surveys. Leisure was an important component of the life style, and was primarily social in nature and home-based. There was a degree of similarity across social groups. Diversity of life styles was apparent in the range of minority activities that reflected people's leisure preferences.

Further analysis revealed that life style groups based on people's behaviour could be identified, and that they cut across conventional social profile divisions. However, some social profile variables, particularly gender, were predictors of behaviour to an extent.

Life styles described by leisure activities existed, but only for some pursuits and not for others. Some were homogeneous in composition, whilst others were made up of a diverse range of individuals.

It can be concluded that leisure life styles were identified on the basis of people's behaviour, and future research into the understanding of how people spend their leisure time should acknowledge the uniqueness and diversity of individuals.

CONTENTS

Abstract		
Table of Contents		
List of Tables		
List of Figures		
Acknowledgements		
Chapter 1	**Leisure Behaviour - Research to Date**	1 - 28
Chapter 2	**Aims and Methodology**	29 - 59
Chapter 3	**The Environment of Leisure Opportunity**	60 - 98
Chapter 4	**Leisure Participation Patterns**	99-164
Chapter 5	**Life Styles and Social Profiles**	165 - 228
Chapter 6	**Life Styles and Leisure Activities**	229 - 320
Chapter 7	**Summary and Conclusions**	321 - 343
References		
Appendix 1	**Data Collection Techniques**	
Appendix 2	**Diary Coding Schedules**	
Appendix 3	**Interviewers' Instructions**	

LIST OF TABLES

Chapter 2

2.1 Nottingham: Population Characteristics of Survey Wards, 1981
2.2 Survey Response
2.3 Survey Response by House Type

Chapter 3

3.1 Housing Types in Great Britain, 1947-1985
3.2 Households and Household Size in Great Britain, 1951-1985
3.3 Household Types in the United Kingdom, 1961-1983
3.4 Dissatisfactions with House and Garden
3.5 Dissatisfactions with Immediate Surrounds

Chapter 4

4.1 Personal Profile Characteristics of the Diary Sample
4.2 Socio-economic Profile Characteristics of the Diary Sample
4.3 Participation Rates in Main Activities
4.4 Top 10 Activities by % of Total Events
4.5 Duration of Events by Activity
4.6 Top 10 'Work' Activities
4.7 Top 10 'Duty' Activities
4.8 Top 10 'Personal Care' Activities
4.9 Top 10 'Leisure' Activities
4.10 Main Activities by Sex
4.11 Main Activities by Age
4.12 Main Activities by Occupational Status
4.13 Main Activities by Car Ownership
4.14 Main Activities by Household Type

Chapter 5

5.1 Formation of Cluster Groups in Analysis of Whole Sample and All Activities
5.2 Formation of Cluster Groups in Analysis of Whole Sample with Selected Activities
5.3 Formation of Cluster Groups in Analysis of Females
5.4 Formation of Cluster Groups in Analysis of Males
5.5 Formation of Cluster Groups in Analysis by Age
5.6 Formation of Cluster Groups in Analysis of Age by Gender
5.7 Formation of Cluster Groups in Analysis of Occupational Status
5.8 Formation of Cluster Groups in Analysis by Employment Status
5.9 Formation of Cluster Groups in Analysis of Occupational Status by Gender
5.10 Formation of Cluster Groups in Analysis by Car Ownership
5.11 Formation of Cluster Groups in Analsyis of Car Ownership by Gender
5.12 Formation of Cluster Groups in Analysis of Household Type
5.13 Formation of Cluster Groups in Analysis of Household Type by Gender

Chapter 6

6.1 Activity Types
6.2 Formation of Cluster Groups in Analysis of Individuals Entertaining at Home
6.3 Formation of Cluster Groups in Analysis of Gardeners
6.4 Formation of Cluster Groups in Analysis of Individuals Listening to the Radio or Records
6.5 Formation of Cluster Groups in Analysis of Book Readers
6.6 Formation of Cluster Groups in Analysis of Newspaper Readers
6.7 Formation of Cluster Groups in Analysis of Television Viewers
6.8 Formation of Cluster Groups in Analysis of Video Viewers
6.9 Formation of Cluster Groups in Analysis of Pub Goers
6.10 Formation of Cluster Groups in Analysis of Sports Players
6.11 Formation of Cluster Groups in Analysis of Individuals Visiting Friends and Relatives
6.12 Formation of Cluster Groups in Analysis of Walkers

LIST OF FIGURES

Chapter 1

1.1 An individual's path in time-space

1.2 Time-space prisms

Chapter 2

2.1 Location of Sample Areas Within Nottingham

2.2 Major Leisure Opportunities in the City of Nottingham

2.3 Leisure Opportunities in the Surrounding Area

Chapter 3

3.1 Stock of Dwellings : By Tenure

3.2 Characteristics of Wards Used For Sampling

3.3 House Type and Household Size

3.4 House Type and Household Composition

3.5 Availability of Living Space

3.6 Availability of Sleeping Space

3.7 Availability of Servicing Space

3.8 Availability of Ancillary Space

3.9 Availability of Outdoor Space and Outbuildings

3.10 Ownership of Equipment

3.11 Leisure Opportunities in and near the Sample Areas

Chapter 4

4.1 Location of activities

4.2 Location of out of home activities

4.3 Location of events: variations by social groups

4.4 The social context of activity

4.5 The social context of events: variations by social groups

4.6 Perceptions of events
4.7 Location of activity types
4.8 The social context of activity types
4.9 Location of time use
4.10 The social context of time use
4.11 Perceptions of time use
4.12 Perceptions of activities
4.13 Variations in leisure activities by sex
4.14 Variations in selected leisure activities by age
4.15 Variations in selected leisure activities by occupational status
4.16 Variations in selected leisure activities by car ownership
4.17 Variations in selected leisure activities by household type

Chapter 5

5.1 A Simple Dendrogram
5.2 Time Space Diagrams
5.3 Time Space Paths
5.4 Tree Diagram: Whole Sample/All Activities
5.5 Distribution of Clusters: Whole Sample/All Activities
5.6 Person A
5.7 Person B
5.8 Person C
5.9 Person D
5.10 Tree Diagram: Whole Sample/Selected Activities
5.11 Distribution of Clusters: Whole Sample/Selected Activities
5.12 Person E
5.13 Person F
5.14 Distribution of Clusters: Females
5.15 Distribution of Clusters: Males
5.16 Person G
5.17 Person H
5.18 Person I
5.19 Person J
5.20 Person K
5.21 Person L
5.22 Person M

5.23 Persons N and O

Chapter 6

6.1 Social Composition : Entertaining at Home
6.2 Distribution of Clusters: Entertaining at Home
6.3 Person AA
6.4 Person BB
6.5 Social Composition : Gardening
6.6 Tree Diagram: Gardening
6.7 Distribution of Clusters: Gardening
6.8 Person CC
6.9 Social Composition : Non-watching of television
6.10 Social Composition : Listening to radio and records
6.11 Distribution of Clusters: Listening to Radio and Records
6.12 Person DD
6.13 Social Composition : Reading books
6.14 Tree Diagram: Reading Books
6.15 Distribution of Clusters: Reading Books
6.16 Person EE
6.17 Person FF
6.18 Social Composition : Reading newspapers
6.19 Tree Diagram: Reading Newspapers
6.20 Distribution of Clusters: Reading Newspapers
6.21 Person GG
6.22 Social Composition : Watching television
6.23 Tree Diagram: Watching Television
6.24 Distribution of Clusters: Watching Television
6.25 Person HH
6.26 Social Composition : Watching videos
6.27 Distribution of Clusters: Watching Videos
6.28 Person II
6.29 Social Composition : Going to church
6.30 Person JJ
6.31 Social Composition : Going to the pub
6.32 Tree Diagram: Going to the Pub
6.33 Distribution of Clusters: Going to the Pub

6.34 Person KK
6.35 Person LL
6.36 Social Composition : Playing sports
6.37 Distribution of Clusters: Playing Sports
6.38 Person MM
6.39 Social Composition : Visiting the theatre or cinema
6.40 Social Composition : Visiting towns and cities, the countryside or, places of interest
6.41 Social Composition : Visiting friends and relatives
6.42 Tree Diagram: Visiting Friends and Relatives
6.43 Distribution of Clusters: Visiting Friends and Relatives
6.44 Persons NN and OO
6.45 Social Composition : Going for walks
6.46 Distribution of Clusters: Going for walks
6.47 Person PP
6.48 Person QQ

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CHAPTER 1 LEISURE BEHAVIOUR - RESEARCH TO DATE

Introduction

What is leisure? Leisure is different things to different people, encompassing a host of different activities and pursuits. Leisure has increasingly become an important and integral part of human life.

Leisure impinges upon our attitudes, beliefs, habits, and behaviour, indeed all the aspects of our everyday life styles. The variety of leisure implies a huge diversity in our life styles. Yet, these life styles are neither adequately described, nor plausibly explained. This represents a glaring omission in our understanding of human behaviour.

The study of leisure behaviour presents a considerable range of enquiry. Research to date has generated a wealth of descriptive information which provides a valuable data base, but does not, in itself, explain the reasons for particular types of leisure behaviour. The character of leisure behaviour is complex and varied, and many potentially fruitful areas of research remain largely untouched. This research aims to pursue one such area, focusing on leisure in the context of time and space use.

By way of introduction this chapter sets out a rationale for leisure studies, by considering the meanings of leisure, and charting its growth and significance in modern society. There follows an appraisal of research in the field to date, and finally an outline of the methods of time-geography and their application to studies of leisure behaviour, which forms the basis of this research.

The Meaning of Leisure

Even the basic definition of leisure is controversial and complex due to its diverse nature. The character of leisure varies with time and place, and between individuals, such that "leisure has no precise boundaries" (Roberts, 1981). Yet definitions are important, to provide researchers with workable bounds to the subject. Investigations into leisure, its role in society, and the manifestations of people's leisure behaviour demand a definition of the basic phenomenon.

There are numerous approaches to the definition of leisure. Many are so-called 'residual' definitions, which treat leisure as a "left-over" part of life. This style of definition considers leisure according to various criteria, the most common being time.

Leisure is seen as free or spare time, "time free from both occupational and family duties" (Dumazedier, 1974). However as Meyersohn (1968) argues "not all free time is leisure, although all leisure occurs during free time". Defining leisure as time is both simple and useful as it permits quantification. It is, however, questionable that leisure can be compartmentalised precisely in temporal terms. For example, gardening or reading need not always be leisure, and time is rarely completely free from obligation of one sort or another such as earning a living, pleasing the family or helping the neighbours.

Others define leisure as activity. Leisure is an "activity that one is not compelled to do in order to earn a living or fulfil obligations" (Glasser, 1970). As with time, leisure as activity is a simple notion, yet a list of leisure activities would be worthlessly long, and impossible to define, for different people view the same activity differently. For example, to different people walking may be "leisure, work, maintenance, or therapy" (Kelly, 1982).

Leisure is commonly distinguished from work-like activity and other obligations (Parker, 1971), but given that some form of constraint and expectation is to be found in almost all situations, it is useful to adopt Roberts' (1978) assertion that leisure is "relatively freely undertaken non-work activity". Most residual definitions have considered leisure in relation to work. Roberts (ibid.) argues that to understand leisure in contemporary society, it must be seen partly as "the obverse of work", although this is a limited notion. Leisure and work may be indistinguishable; there is leisure in work, such as social chatting with workmates at lunchtime, and work as leisure, as for the professional sportsman. Thus the boundaries between work and non-work are often too blurred to be of practical use.

Leisure as non-work compartmentalises work and leisure. Some writers instead propose the notion of complementary or compensatory leisure. Wilensky (1960) suggests that leisure possesses a compensatory element and also a 'spillover' such that it is influenced by attitudes to work.

Work may extend into leisure, whereby individuals use non-working time for activities that are relevant to their occupations, for example, 'talking shop', extra studying, or business contacts on the golf course. The notion of spillover is recognised by, amongst others, Roberts (1978) and Kelly (op.cit.), and is claimed to be more pervasive than compensation in contemporary work-leisure relationships. Parker (1972) proposes the notion of 'extension' where the

boundaries between work and leisure are unclear.

The residual definitions provide simple and quantifiable expressions of leisure, yet under closer examination they are more complex than may first appear. Time cannot be so easily compartmentalised, and the difference in perceptions between individuals is obscured. Questions remain unanswered with regard to the degree of freedom which people actually have in time which is free from obligation; the mechanisms of choice; and the different meanings to different people of particular activities at given times or locations. As Kelly (op.cit.) puts it, "leisure is not in the time or the action, but in the actor". Considerations have therefore emerged of leisure as a quality rather than a quantity, deriving from the perceptions and experiences of the individual. Freedom is a pervasive theme in all philosophies of leisure, but not just in a negative sense: it is more than just non-obligation and the ability to choose. Psychologists, in particular Neulinger (1974, 1981), have linked this freedom of choice to intrinsic satisfaction; "to leisure is to engage in an activity for its own sake" (Neulinger, 1974). Choice and motivation are the essential elements of leisure, an argument that emphasises the importance of the meanings of leisure. "When leisure is defined as...the meaning of activity, then it may be almost anything, anywhere and anytime for someone" (Kelly, op.cit.). For example, sport may be career to some and leisure to others, a meal may be basic subsistence or a special celebratory occasion.

It must be accepted, then, that leisure has different meanings and provides different experiences. De Grazia (1962) suggested that "leisure refers to a state of being", and Dumazedier (op.cit.) referred to an "existential reality".

However, leisure is not simply a perception or attitude in isolation. Rather it is an attitude towards a given activity or circumstance of a particular individual at a given place and time. It is the context and quality of the activity as perceived, chosen and experienced by the individual that makes up the character of leisure. There can be no clear-cut definitions of leisure. Stockdale (1985) identified major attributes of leisure as freedom of choice, relaxation and enjoyment, but recognised an abundance of different meanings, benefits and drawbacks, which if found in the same individual would be contradictory.

No single phrase adequately describes leisure or takes into account its inherent diversity. In the context of the present study we conclude that it is wrong to set out with an arbitrary definition. Instead it is important to let people define leisure for themselves.

It is important at this stage to distinguish between leisure and recreation. Recreation may be defined in the same way as leisure, although as Roberts (1978) suggests, "recreation is a narrower concept than leisure". It differs from leisure in that it generally refers to structured activity

whereby recreation activities are part of leisure, but not all of it. Kelly (op.cit.) defines recreation as "leisure activity with social purposes and organisation".

Leisure and People

Though the concept is elusive, the scale, significance and diversity of leisure are undeniable; "by any measure (leisure) involves a large proportion and diverse range of human behaviour" (Glyptis, 1981). Yet leisure does not exist in isolation. Leisure must be considered as a social phenomenon, in that it is related to, although not necessarily determined by, social roles, and systems. The meaning of leisure activity can often only really be understood in terms of the broader activity patterns and social systems in which it is set (Rapoport and Rapoport, 1975). Roberts (1975) argues that "individuals do not so much engage in ad hoc miscellanies of activities as develop wider systems of leisure behaviour".

He goes on to propose that uses of leisure be considered as "arising from various types of social network" (ibid.) which are systems of social relationships rooted in the family, work, education and locality. In research carried out in Merseyside in 1972, Roberts (ibid.) found that 84 per cent of all leisure occasions were spent with household members, relatives, or friends, thus stressing the social character of leisure behaviour.

One of the most influential social milieux for leisure experiences is the family, which has a pivotal role in forming and structuring an individual's social networks. It is of particular significance in the context of home based leisure behaviour, which accounts for some four-fifths of all leisure (Dower, 1965). In particular, the family is of crucial initial importance as the context where people learn to play and first develop leisure interests.

Leisure interests are likely to change through the life-cycle. Sillitoe (1969) offered the idea of 'domestic age' to combine chronological age with domestic and familial responsibilities. The Rapoports (op.cit.) have described shifts in leisure interest and behaviour, which are associated with progression through the family life-cycle. They suggest that underlying people's behaviour patterns are basic preoccupations which change through the course of the life-cycle. These preoccupations are manifest in interests, which in turn may be channelled into various activities.

For young children the family is pre-eminent, with almost all activities dependent upon and under the jurisdiction of parents, but gradually both formal and informal introductions to leisure emerge, from school and from friends and family during school years. Adolescence heralds a dramatic change, as young people tend to withdraw from the family and home. Peers and friends become

the dominant social partners, and out of home activities usurp home based pursuits: adolescence is virtually synonymous with "going out with friends" (Roberts, 198:., domestic age proceeds to marriage and parenthood, and with it a return to a home based, centred way of life, especially for women, as family responsibilities and domesticity replace independence and freedom. Family recreations such as countryside trips and visits to relatives take on greater significance, and time spent at home greatly increases.

Home based leisure becomes the norm, being particularly child-centred. Lightened domestic responsibilities in middle age afford opportunities for new or expanded leisure, which evidence suggests is increasingly spent at home (ibid.). For the elderly and retired, for whom there are considerable amounts of free time, most leisure is spent at home, as they are subject to constraints limiting their leisure opportunities such as ill health, low income, lack of mobility and transport, waning interests and 'sports illiteracy' (Rodgers, 1977). The notion of sports illiteracy refers to the elderly who take little part in any form of active recreation partly because they were never, even in youth, participants in sport. By never having been exposed to sport, they are in a sense "illiterate". Such a notion can be broadened to that of 'leisure illiteracy' whereby particular social backgrounds result in individuals never having been exposed to certain types of leisure.

The family is thus the basic social grouping and it has a crucial impact on leisure behaviour which varies according to life-cycle patterns. Apart from the family there are other important social systems with ramifications for the explanation of leisure behaviour, including neighbours, schoolfriends, and work colleagues.

Each provides social networks and groups in which individuals can choose to spend their leisure. Any attempts to explain leisure behaviour must therefore consider the social networks to which individuals belong.

The Growth of Leisure

Explanations of contemporary leisure behaviour require an element of historical context, and the growth of leisure must be charted against a background of societal change. In pre-industrial society, work and leisure were bound together; leisure was "embedded in life, rather than a separate part of it" (Parker, 1976). However, the advent of industrialism caused their disengagement, and the industrial society that emerged possessed features of change of fundamental importance to leisure. Work became more formalised both in location and timing, as the growth of towns and factories altered the organisation of society.

By 1834 the Bank of England recognised only 4 holidays in the year, compared with 47 in 1761 (Patmore, 1983) and the average working week of the mid-nineteenth century exceeded 70 hours. An outstanding feature of the industrial society was the prevalence of a pervasive puritanism, referred to as the Protestant Work Ethic.

It was essentially a Calvinist philosophy spread through non-conformist churches, successfully imposing upon society the morality of work and the need to earn one's leisure and enjoyment. The work ethic characterised early industrial society, underpinning the capitalist system, and giving divine sanction to the exploitation of labour. The resultant ethos equated leisure with idleness and pleasure with misspent time, an attitude that still dies hard today (ibid.), attested by 'idle beggar' descriptions of the unemployed.

Reaction against the Protestant Work Ethic first emerged in the mid-nineteenth century as shorter working hours and growing affluence widened the range of leisure opportunities. Standards of living rose as a consequence of technological innovation and social reform. Home based leisure activities such as reading or playing music became more widely available through, for example, the introduction of the upright piano, gas lighting, and the abolition of the Paper Tax in 1861 (Cherry, 1984). Out of home a new range of sports developed, with rules and governing bodies, including the Football Association in 1863 and the Rugby Football Union in 1871 (Patmore, op.cit.).

The containment of work has been discussed in detail by a number of authors (Parker, 1976; Roberts, 1981; Patmore, op.cit.). The working week has been shortened by the work-free weekend, the working year by an increase in paid holidays, and the working life by continued education and early retirement (Table 1.1).

Shorter working hours and increased affluence were not the only reasons for the growth of leisure; accelerating government involvement in leisure provision also contributed. At national level, provision for leisure has been "inherently responsive" (Patmore, op.cit.).

The proliferation of post-war legislation for the countryside, although initially a response to public assertion of the "right to roam", emerged as a reaction to a dramatic and potentially disastrous recreational surge, as access to car ownership made recreation demand larger in scale and more widespread in impact. The evolution of legislation relating to leisure, and in particular the countryside, has been charted by writers such as Gilg (1978) and Patmore (1970, 1983). The role of government has grown considerably and is reflected in a complex pattern of departments and agencies. "Historically separate problem-solving issues have epitomised the field" (Travis, 1979).

Therefore, separate government responses led to a multi-sectoral government structure. Key agencies in the leisure field include The Sports Council, set up in 1965 (given executive status in 1972), The Countryside Commission (1968), the Tourist Boards (1969), and earlier the Arts Council of Great Britain (1946). In addition there are other statutory agencies whose function is other than leisure provision yet which nevertheless are significant contributors, including The Forestry Commission set up in 1919, The Nature Conservancy (1949) and the Regional Water Authorities (1973). Much of this government interest was generated in the 1960s and 1970s as a fragmented response to evident need (Patmore, 1983) and included the introduction of a ministerial post, the Minister of State for Sport and Recreation in 1974.

At regional level, Regional Councils for Sport and Recreation were established in 1976, but due to limited funding their role has been only advisory. This period also witnessed the growth of specialist recreation and leisure departments in local authorities. Formal provision for leisure first appeared as the almost accidental by-product of legislation drawn up to meet particular social problems and health and sanitation needs in the late-nineteenth century; Public Health Act, 1875; Open Spaces Acts, 1887,1890,1906. The contemporary emphasis of local authority leisure departments relates very closely to this historic legacy with the focus on baths, parks and libraries. The complicated and fragmented pattern of provision is further compounded by the vast number of voluntary organisations involved in leisure activity, and the increasing involvement of the private sector.

Leisure has become a major sector of the national economy, employing over eight per cent of the nation's workforce (Chairmen's Policy Group, 1983). The Henley Centre estimated that some 376,000 people were employed in sport-related economic activity in 1986 (Henley Centre for Forecasting, 1986). This is more than in the mainstream sectors of agriculture, and energy supply.

Major areas of employment include pubs, restaurants, hotels, clubs, gambling, and sport and recreation. Between 1960 and 1980, there has been a 36 per cent increase in the number of people employed in the 'leisure industries' in Britain (Chairmen's Policy Group, op.cit.).

In addition there is a growing leisure profession, with the Institute of Leisure and Amenities Management (ILAM) becoming its own professional body. Furthermore, recreation management and leisure studies courses in higher education establishments are training people for this new profession.

The growth of leisure though is not just shown by the dramatic increase in government and commercial sector involvement in leisure provision but also in the amount of time and diversity of activities comprising leisure. The home plays host to a wide range of activities, both passive and

active, but by far the most pervasive is watching television which takes up over 35 per cent of all leisure time (Martin and Mason, 1984). Television is almost ubiquitous, being watched by between 94 and 98 per cent of the population (Central Statistical Office, 1986; Martin and Mason, op.cit.). In the winter of 1987 men watched, on average, 25 $^1/_2$ hours, and women 30 $^3/_4$ hours of television each week (Central Statistical Office, 1988). Other activities such as gardening (44 per cent), listening to records and tapes (63 per cent), and D.I.Y. (37 per cent) also feature prominently (Office of Population Censuses and Surveys, 1987). These participation figures are taken from the General Household Survey which records the percentage of adults participating at least once in the four weeks before interview. Out of home activities such as visits to recreation facilities and sports participation (tennis 1.1 per cent, soccer 2.7 per cent) show much lower levels of participation, being undertaken by minority groups in the population (ibid.). Paradoxically, these minority pursuits have received most attention by researchers (see below). There has been little research into changing patterns of leisure behaviour over time.

However research by Gershuny and Thomas (1980) using time-budget data, shows that the total amount of time devoted to leisure increased by almost 14 per cent between 1961 and 1974/5. Problems of definition and reliability of data abound, but it is clear that the home is the prime venue for leisure, accommodating some 70 per cent or more of all leisure time (Patmore, 1983; Martin and Mason, op.cit.).

Overall measures of participation mask variations within activities. For example, there was rapid growth in outdoor sport and recreation in the 1960s, but this gave way to a new interest in indoor sport in the 1970s. There were only 27 indoor sports centres in Britain in 1972, but over 1000 by 1988 (Sports Council, 1988). Walking is by far the most popular 'sporting' activity; some 19 per cent of people having walked at least 2 miles in the four weeks before interview in the General Household Survey of 1985 (Office of Population Censuses and Surveys, op.cit., whilst many sports do not even register 1 per cent (Patmore, 1983).

Leisure participation is increasing both in terms of time spent and activities engaged in, but it is important to acknowledge that "most leisure activities are essentially minority activities" (Veal, 1984). Home based and social activities are much more popular than the more active pursuits such as sport or visits to cultural events. It is worth considering Roberts' assertion that "thinking of leisure in terms of participation in sports and other out of home activities is misleading. Leisure is more typically spent less actively, at home watching television" (Roberts, 1975).

One further index of the growth of leisure worthy of comment is the increase in leisure spending. Leisure Consultants (1980) estimated that leisure spending was over a fifth of all consumer expenditure, at £30 bn in 1980. By 1985, estimates had risen to £49 bn (Martin and Mason, 1986). There has been rapid growth in the acquisition of home entertainment products, with almost 31 per cent of all households in Great Britain owning a video cassette recorder by the end of 1985 (Office of Population Censuses and Surveys, op.cit.). In addition to home entertainment, the late 1970s/early 1980s witnessed increased spending on holidays abroad.

However, in terms of leisure spending, the focus of leisure in the early 1980s was very firmly in the home. In absolute terms the bulk of spending remains in the home, but recent evidence suggests a shift in emphasis towards greater spending outside the home in pubs, eating places, and on tourism, as the demand for home entertainment products has levelled out (Martin and Mason, 1986).

This large volume of consumer spending, added to some £1500 million public sector funding (Chairmen's Policy Group, op.cit.; Central Statistical Office, 1987), is clear evidence of the growth of a major industry in the U.K. . However, leisure is not only growing, but changing in nature too. The brief details of spending, participation and provision outlined above are testament to the dynamic and changing nature of leisure. Britain, in keeping with other Western countries, is experiencing a period of dramatic societal change, and widespread demographic, economic and social change has implications for the future prospects for leisure.

Leisure and Society

The implications for leisure of changes in society have been documented elsewhere, most notably by The Sports Council (1982), The Chairmen's Policy Group (op.cit.), and The Sports Council (1988). However, a brief description is relevant to the present purpose. The population of the U.K. having grown almost continuously until the early 1970s, has stabilised at around 56 million (Central Statistical Office, 1988), and is not predicted to grow much over the next fifteen to twenty years. However the structure of the population is altering, with a reduction in the numbers of young people and a growth in the elderly and 'very old' age groups (Central Statistical Office, 1986).

Household structure and family structure are undergoing dramatic change, as households have increased rapidly in number but shrunk in size. Between 1971 and 1981 the total number of households in Great Britain increased by 6.5 per cent whilst the population increased by less than

1 per cent; the average size of households dropped from 2.89 to 2.71 people over the same period, and now stands at 2.60 (Central Statistical Office, 1988). Dominant trends include fewer adults living with parents, couples having fewer children, more people living alone, more single-parent families, and older people living longer. For example, the proportion of one person households in Great Britain has risen sharply from 17 per cent in 1971 to 24 per cent in 1986 (Central Statistical Office, 1988).

At the same time the geographical distribution of the population is changing, with inner city decline, and growth in new towns, rural areas, and the new areas of high technology growth like Reading and Bracknell.

Recent decades have witnessed significant economic change particularly in the structure of employment. Increased mechanisation, obsolescence and overseas competition have led to a shrinkage of the labour force employed in the primary and secondary sectors. A growth in tertiary employment, including leisure services, is now being increasingly offset by technological change within it, in which the microprocessor is taking over from traditional manpower. There has also been a trend towards more married women seeking paid employment; however, many of the types of jobs currently being undertaken by women may well be the most vulnerable to technological displacement in the future (Sports Council, 1982).

The climate of change has continued to extend the problem of unemployment; yet its impact is far from even, both geographically and socially. In June 1988, the level of unemployment for the U.K. was 8.3 per cent of the labour force, but ranged from 16.6 per cent in Northern Ireland down to 5.4 per cent in the South East (Department of Employment, 1988). Unemployment has grown dramatically over the past two decades, yet has abated somewhat in recent years. However, the chronic elements are being exacerbated, such as that amongst school leavers, the unskilled, the handicapped, and ethnic minority groups.

There has also been substantial social change, and whilst there have been improvements in levels of income, material resources, health and physical well-being, large numbers of people are constrained by the lack of these resources. The housing stock has been considerably improved as new homes have been built and many older ones renovated. More and more people now own their own homes, the number of owner-occupants trebling from 4 million in 1951 to over 13 million in 1984 (Central Statistical Office, 1986). Housing amenities have also improved, through better insulation and heating, gardens, and provision of extra space. (A more detailed appraisal of housing change will be given in Chapter 3).

Access to transport has changed radically as personal mobility has been enhanced by rising levels of car ownership; by 1985, 62 per cent of households had access to a car (Office of Population Censuses and Surveys, op.cit.). By contrast, for those who depend on public transport, mobility has been reduced by rising costs and cuts in services.

Modern society is characterised by change; change that "has been reflected not so much in growth as in structure" (Chairmen's Policy Group, op.cit.). The result is a so-called 'post-industrial' society, which has fundamental implications for leisure. The post-industrial thesis is well documented by authors such as Bell (1973) and Galbraith (1977), while Dumazedier (op.cit.) proclaims a society of leisure.

Proponents of this 'leisure age' cite not only increases in the amount of time available for leisure, but also the breakdown of the Protestant Work Ethic and its replacement by values and attitudes geared to leisure. The work ethic may be declining but it is doing so only gradually.

Although work and leisure appear to be becoming fused more closely, social attitudes have not changed as rapidly as the environment in which they have been formed. This creates what Smith and Simpkins (1980) refer to as a 'culture lag', as attested by the very real stigma attached to the state of being unemployed.

Nevertheless, the average leisure time of working people has become greater than their working time, and over a quarter of the population, including the retired and unemployed, have even more free time than those in work (Chairmen's Policy Group, op.cit.). The growth of leisure, however, is characterised by growth in inequality and division. Leisure providers will increasingly need to take account of those who are constrained in their access to leisure opportunities.

The home will continue to grow as a major focus for leisure (Henley Centre for Forecasting, 1984), both through definite choice and through inability to take part in out of home activities because of constraints such as lack of income and mobility. Although there are shifts in emphasis in leisure spending towards out of home leisure (Martin and Mason, 1986), the bulk of leisure activities and leisure time will remain in the home.

Leisure Research - Past Approaches

The case for leisure research rests on the role it can play in examining the contribution of leisure to the quality of life as people adapt to the forces of social change (Sports Council/Economic and Social Research Council, 1985). The dramatic growth of leisure has, to a certain extent, been matched by progress in leisure research. As a field of study however, leisure and recreation research is relatively new, having emerged in its own right as recently as the 1960s (Patmore, 1978; Collins, 1981). Prior to that, interest was (and still is) very sporadic, and embedded in the work of separate academic disciplines, such as geography, economics or sociology; yet "there is nothing uniquely geographical, economic or sociological about leisure behaviour, but individual disciplines have addressed the field independently" (Glyptis, op.cit.).

The emphasis of early research focused on recreation, and in particular, outdoor recreation. Much of the impetus for this work came from the expansion in government involvement in leisure and recreation in the 1960s. The stimulus and funding for research were provided by official agencies with a strong emphasis on recreation, and which were concerned with planning and management issues. One of the first tasks was to provide a full description of the existing stock of provision for recreation (Owens, 1984) and geographers were the first to become involved. The geographer's main interest lay in the relationship between the land and leisure (Patmore, 1970), concerned particularly with the spatial distribution of leisure activities, resources and facilities (Coppock, 1982).

Accordingly much of the early work in the field was of a fact-finding nature to provide inventories of resources. Although there has been no comprehensive evaluation of recreational land similar to the Outdoor Recreation Resources Review Commission Report (1962) in the U.S.A. or the Canada Land Inventory (1969), there has been a significant, though fragmented, process of data collection.

Geographers have contributed a plethora of studies at individual sites, most especially in the countryside (Burton,T.L., 1966; Glyptis, 1979). Similarly, geographers have played a major role in providing information about participation through survey techniques, although there is little that is uniquely geographical in such surveys (Patmore and Rodgers, 1972).

Thus, participation surveys became a widely used tool in describing people and their leisure activities (British Travel Association/University of Keele, 1967, 1969; Sillitoe, op.cit.). Participation surveys will be examined more closely below, but it is important at this stage to note their centrality to the field of leisure studies.

The pre-eminence of outdoor recreation was maintained by the early investigations of economists looking at leisure (Clawson and Knetsch, 1966). Economics has not yet played a strong role in leisure studies (Vickerman, 1983) mainly because of the difficulties posed by the diversity of leisure. For example, a concert or play is consumed as it is produced; the recreational journey may include items such as travel costs, admissions costs and food costs, and hence standard consumption-production equations are confounded.

Concern for demand and resource allocation led economists to consider the most tangible forms of leisure resources which were mainly applicable in outdoor recreation sites. However, greater emphasis on intangible resources and cost-benefit-analysis in recent economic analysis research (ibid.) may lead to a better understanding of the economics of leisure. It is salutary to note that until Gratton and Taylor (1985) looked at the economics of sport and recreation, there had been little economics-based research since the late 1960s (the work of Vickerman being the exception).

Further evidence of the focus on outdoor recreation includes attempts to assess the recreational carrying capacity of resources, stemming from concern about possible overuse of the countryside in the mid-1960s. Growing pressures on, and conflicting uses of, scarce resources led ecologists and geographers alike to adopt the notion of physical or ecological carrying capacity. As a management tool it was limited, and consideration of individuals' perceptions and motives led Burton,R.J.C., (1974) to propose the idea of perceptual capacity. Capacity is conditioned not by the physical dimensions of a site, or by its ability to withstand the physical impact of recreation use, but by the user's own perception (Patmore, 1983). However, despite "its intuitive appeal, when put into practice carrying capacity is one of the most difficult concepts to refine" (ibid.).

Recreational carrying capacity is difficult to define because it has a variety of meanings and may be understood in different situations and by different people in totally different ways (ibid.). It is a fundamental concept, yet difficult to assess. Perceptual capacity may vary for different activities on the same site, for example, the lone angler as opposed to the speed-boat racers. Equally, the same activity can bring about differing responses from different people, for example, walking in the countryside all alone or rambling in an organised group. As Patmore (ibid.) remarks, "there is, indeed, no single recreational carrying capacity".

Although much of the work was carried out at the behest of commissioning agencies (Countryside Commission, 1977; British Travel Association/ University of Keele, 1967, 1969), a number of independent studies have been instigated, including examination of recreational travel patterns. Analyses of the so-called 'journey to play' have revealed that participants do not always seek to take the shortest route, and that the trip itself is often a key element of the recreational experience (Patmore and Rodgers, op.cit.).

The bulk of the early research then, focused firmly on the countryside and outdoor recreation, led by geography with its long-established commitment to rural land use studies (Owens, op.cit.). Awareness of leisure in an urban context focused on sports and active recreation, concerned with demand for facilities and catchment areas (Birch, 1971; Collins, 1977).

However, gradually the emphasis shifted away from resources and facilities, towards people and their behaviour. The focus was still mainly on recreation and active uses of leisure, through the examination of participation patterns. Participation surveys, were used to provide a fundamental data base and they have been applied in many ways and on many different scales. Generally, such surveys are either home based, resource or facility based, or a combination of these. At national level, the work of the British Travel Association/University of Keele (1967, 1969) and Sillitoe (op.cit.) were pioneering examples of the large scale home based surveys. Similarly, at regional level, Patmore and Rodgers (op.cit.) and the Countryside Commission (op.cit.) provided major leads.

Meanwhile, there were numerous site and facility-based studies (Burton, op.cit.; North West Sports Council, 1977; Sports Council, 1978); whilst agencies such as the Natural Environment Research Council (1971) have made surveys of participation for individual activities. In addition, a limited number of leisure questions have appeared in the General Household Survey (1973, 1977, 1980, 1983, 1986), a nationwide survey containing questions on a wide range of topics including housing conditions, health and education. With regard to leisure, respondents are asked to report activities (from prompt cards) engaged in during the 4 weeks before interview. Interviewing takes place 4 times during the year to avoid problems of seasonality. A measure of frequency of participation is also achieved by asking respondents on how many times they took part in each activity recorded.

Despite providing a basic knowledge of leisure patterns, these surveys do have a number of limitations. Comparisons are made difficult by variations in design, analysis and purpose of the surveys. Furthermore, there are problems of sample size; even the 20,000 plus of the General Household Survey cannot generate statistically reliable subsamples for many of the minority pursuits that make up people's leisure. Nevertheless, surveys provide important data on numbers and types of participants, frequency of participation, and the types of activities undertaken. Their purpose is to describe rather than explain; and it has been found that participation was related to interdependent profile characteristics of the population, notably age, sex, social class, income, car ownership, and education. However, it is inadequate to claim that these attributes are determinants of leisure behaviour, as stated in the Report of the 1973 General Household Survey (Office of Population Censuses and Surveys, 1976). These attributes are only indicative of leisure

behaviour which is rooted in an individual's circumstances and opportunities. To explain the behaviour of an individual, account must be taken not only of these profile factors, but also the values, motivations and preferences of the individual, given the constraints and opportunities facing him. Profile analysis in itself, is insufficient in explaining the leisure behaviour of an individual. Further consideration will be given to the problems of explaining leisure behaviour later in this chapter, but it is worth examining the role of sociology and, to a lesser extent, psychology in the development of leisure studies.

Greater emphasis on people and behaviour attracted the interest of these disciplines. Sociologists gradually shifted from their reformist stance where leisure was seen as a social problem (Parry, 1983) towards a new 'sociology of leisure' (Parker, 1976; Roberts, 1978, 1981). Age, gender and social class - the major variables of social division - have frequently been considered by leisure sociologists in attempts to explain differences in leisure behaviour. Class differences based on income and education have long been held as a major explanatory force for variation in behaviour, yet authors such as Roberts (1981) describe the breakdown of class divisions and their decreasing role in understanding contemporary leisure behaviour.

Gender differences have, until recently, received less attention, although exceptions of note include Young and Willmott (1973) and Talbot (1979). As yet little has been written on the ways in which gender roles linked to work or family affect leisure behaviour patterns (Deem, 1982; Green, Hebron and Woodward, 1987). However, age and family life-cycle influences have attracted attention (Rapoport and Rapoport, op.cit.).

Various sociological studies have given "greater weight and emphasis either to class or to gender or to life-cycle" (Parry, op.cit.). The development of a sociology of leisure in the late 1960s/early 1970s (Parker, 1976; Roberts,1981) has led to the gradual integration of these elements, which is crucially important in assisting explanations of leisure behaviour patterns.

Psychology has started to show an interest in leisure. Contributions have been scarce and piecemeal, but new emphasis on experiential phenomena like the quality of life and life satisfactions within mainstream psychology added impetus to the psychologist's interest in leisure studies (Ingham, 1986, 1987). The bulk of their input to the field has centred on theoretical considerations of motivation (Ruskin and Shamir, 1984) and the satisfactions gained from leisure behaviour and experiences (Haworth and Millar, 1986). Much psychology attempts to find evidence for commonalities across individuals (Ingham, 1986), but there is also concern for variation between individuals, primarily in terms of age and sex.

However there are dangers of implied causality and of variation in terminology. Studies that have encouraged respondents to define leisure for themselves indicate age and gender differences, but require adequate replication or confirmation over time to fully justify results.

Increasingly, psychologists are addressing both theoretical and practical leisure issues. Authors including Iso-Ahola and Mannell (1984) have looked at the psychological constraints on behaviour, whilst Neulinger (1983) has recently considered the links between leisure and mental well-being (Ingham, 1987). Jahoda (1979, 1981) has considered the psychological effects of unemployment in relation to leisure, arguing that leisure cannot replace employment as the latter uniquely provides the necessary conditions for good psychological health (Ingham, 1987).

However, the importance of giving serious consideration to how the activity and/or experience is perceived by the participant is the recurrent theme stressed by most leisure psychologists. Leisure is, necessarily, a multi-disciplinary subject and accordingly the research effort has been fragmented. The emphasis of early research was firmly on outdoor recreation and the countryside. This was primarily because most study was sponsored by provider agencies and their concerns were (and still are) focused on the most immediately pressing planning and management issues. As a consequence there has been virtually no research into home based leisure or informal urban recreation. Leisure cannot be adequately encompassed within geography or sociology or psychology, nor is it the product of age or sex or social class; rather it is all of these together, varying in character according to time and place and from one individual to another.

Leisure Research - Current Trends

By the mid-1970s, leisure and recreation research had "come of age" (Patmore and Collins, op.cit.) as a result of the dramatic upsurge of interest amongst social scientists supported in the main by government agencies responsible for leisure provision. There was however, "a mass of case study and empirical analytic work, perhaps stronger in its detail than as a total structure" (Rodgers, 1977), as coordination of research effort remained weak.

In 1974, the Countryside Recreation Research Advisory Group (CRRAG), whose constituent members were the major providers of leisure research funds at the time, joined with the Social Science Research Council (SSRC) to look at the current recreation research trends and priorities. Meanwhile, the Sports Council was developing a rapidly expanding research programme, but found itself constrained by "an inadequate academic and intellectual base" (Rodgers, 1982). Accordingly, the Sports Council proposed a joint initiative with SSRC, which resulted in a Joint Working Party being formed in 1978. The Working Party concluded that "previous research in the

leisure and recreation field had been pragmatic and fragmented, restricted in the main to specific problem-orientated projects lacking general application and sound theoretical bases, and constrained by disciplinary boundaries" (Sports Council/Economic and Social Research Council, op.cit.). It argued the case for further investment in the field to give it coherence and a firmer theoretical base, and as a result, the SSRC/SC Joint Panel was established for a five year period.

The Panel's task was to "nourish the stronger academic and intellectual development of leisure research while also serving the needs of policy and management" (Rodgers, 1982). The dominance of agency-funded research provided large data banks, but was limited to specific purposes rather than a response to the ideas developed by researchers.

Academic fragmentation meant that much work was ad hoc and 'local' in nature, and data collection was often seen as more important than data analysis (Social Science Research Council/Sports Council, 1978). Accordingly, the Panel set out to fund research that would help to build the core of general theory, rather than add to the periphery of case-study and problem-specific work.

A series of state-of-the-art reviews (SOTARs) were commissioned, both to inform and to identify the extent of research interest and capability in the field. Twenty-six reviews were commissioned embracing a wide range of issues, and all but three have been published. The SOTARs were used in the planning of the Panel's research programme, as well as being valuable pieces of work in their own right.

In total, twelve major projects were commissioned. Four related to work and leisure, two looked at the institutions of leisure provision, and four at the concepts and measurement problems relating to leisure behaviour. The other two projects examined leisure and gender and leisure and the home, two previously neglected but significant topics.

The work of the Panel constitutes the most significant and current development in leisure and recreation research. However, at the end of its 5-year life-span, there remain several issues untackled. There is, as yet, little interest in the field on the part of central government other than the general participation surveys of the 1960s and 1970s, and agencies continue to avoid theoretical research. In addition there is little funding in a field that is inherently expensive, and research grants are scarce. Disciplinary and geographical fragmentation of researchers endures, despite the establishment of the Leisure Studies Association.

Gaps in research remain, and a number of areas of neglect can be identified. The growth of leisure has been seen in the context of rapid and dramatic social change. Changes in the demographic, economic and social fabric of society must be taken into account in future investigations seeking to explain people's leisure behaviour.

Good descriptions of leisure activities and patterns are invaluable, but for leisure research to advance, description must progress towards explanation. This is not to discount the role of descriptive research, and much remains to be done, as there is still a surprising dearth of even basic data on some aspects of leisure participation (Patmore and Collins, op.cit.). Adequate data on regional variations in recreation activity are scarce, and there is even less data on trends in participation over time (although the General Household Survey is becoming an exception). Accordingly, attempts to predict and forecast future change are based on shaky foundations.

There are specific topics too, which have received peculiarly scant attention. There is no good comprehensive study of leisure in an urban context (ibid.) in contrast to the wealth of data on rural recreation. Economists have yet to address in any major or coherent form, the economics of leisure and recreation, particularly the significant but less tangible range of informal leisure activities (Gratton and Taylor, 1987).

Very little research attention has yet been devoted to leisure and the home, despite the fact that "most leisure time and much leisure spending are consumed within the home and garden" (Glyptis, 1984a). It is salutary to note the extent of research in the leisure field in areas such as leisure and work, class, the family, sport, the countryside, and tourism, and yet the "relative exclusion of a focus on the dwelling and its physical attributes" (Cherry, 1982). Areas of particular interest include the association between use and design of dwellings, the relationship between leisure and the family life-cycle, and the range and use of household leisure possessions (Cherry, 1984). It is worth noting that the SC/ESRC Joint Panel recognised that "the project which fills the biggest empirical gap in knowledge about leisure behaviour concerns leisure and the home" (Sports Council/Economic and Social Research Council, op.cit.).

However, descriptive research must lead to explanatory research, and a crucial omission in leisure research to date is the relative lack of understanding of perceptions, motivations and experiences in even the most popular leisure pursuits (Patmore and Collins, op.cit.). Little is known about why people participate in given activities, and the experiences and satisfactions that ensue. As Hecock (1984) comments, "for too long...leisure researchers have been overly concerned with the manifestations of leisure - parks, activities, flows, attendances - without understanding their motivations and meanings, and how these differ among individuals over time". There is surely vast potential for psychological and sociological investigations of leisure behaviour.

Leisure behaviour studies though, beckon a multi-disciplinary approach. All too often leisure is only examined in part, and rarely does it escape isolation and removal from the other areas of "life with which it is intimately connected" (Glyptis, 1984a). Leisure is an integral part of people's lives and to attempt explanation of its importance and role it must be examined in the fuller context of people's overall life-styles.

A so-called 'life style' approach has rarely been applied to leisure research (Glyptis, 1981 being a notable exception) yet it offers much to those who seek to explain leisure behaviour.

Kelly (1982, 1983) offers insights into the diversity of leisure meanings with expressions of leisure which hint at the significance of such a life style approach to leisure studies. "If leisure is personal freedom...then we need to know about individual people", "if leisure is social interaction...then we need to know about groups", "if leisure takes place in time and space, then we need to know about personal timetables (and) the inter-relationships of social schedules" and "if leisure patterns change with the rest of society, then we need to know about...composite life styles" (ibid.).

For the purposes of this research, 'life style' is defined as the aggregate pattern of day-to-day activities which make up an individual's way of life. As such, it is taken to include all types of activity regardless of their nature, including both work and leisure, personal hygiene and chores. A 'life style approach' to the study of leisure behaviour considers all the interrelated elements of an individual's normal pattern of life. It affords the study of leisure in its own right and in relation to the other components of the life style. Furthermore, leisure behaviour can be placed contextually according to time, place, social setting, and perception.

It is in this light that the application of the new concept of time-geography can provide a methodological approach previously untested in the field of leisure studies. A time-geographical framework treats both the individual and the environment as a whole, considering the interactions of populations and their activity systems. Different activities impose different demands upon participants with respect to the amounts of time and space required, the distribution of time and space, and the degree of control that exists over timing and locating participation. In addition to these constraints arising from the availability of activities, there are also life style constraints on the individual, such as work and family commitments. The interaction of the two sets of constraints combine together to regulate the opportunities for leisure participation. These basic premises of time-geography are directly suited to the integrative nature of the life style approach outlined above.

The Role of Time-Geography in Geographical Research

To explain the significance of time-geography, it is important to look at the changing emphases in geographical research in general, before going on to describe the main time-geographical principles and methods.

"The geographer is identified not so much by what he studies but by how he studies it" (Lloyd and Dicken, 1972). Within the sphere of human geography, it is evident that the interests of the geographer coincide with those of other academic disciplines. Lloyd and Dicken (ibid.) suggest that the essence of the geographical approach is that it is 'spatial'. They argue that the fundamental concern is with the ways in which human activities are arranged on the earth's surface, and the processes which lead to such spatial patterns. It is inferred then, that it is space that distinguishes economic geography from economics, social geography from sociology, historical geography from history and so on.

The actual term 'space' has only come to be widely used since the late 1950s. Prior to that, the same notion was referred to as area or region or place, although none of these are exactly synonymous with space. However, the roots of human geography stretch back much farther. The prevalent geographical philosophy of the late nineteenth century was one of 'environmental determinism' whereby the physical environment was assumed to limit and determine resultant human activity. This dominant and long-held standpoint gradually gave way to a more holistic ideology in which activity and environment were integrated together. The decline in interest in the control exerted by the physical environment was matched by a new interest in the "geographical, or spatial, organising activities of societies and individuals" (Wise, 1973). Regionalisation was the basic structure through which this approach could be applied. Thus the primary focus of geographical concern between the 1930s and 1950s was what Hartshorne (1961) called 'areal differentiation' with the emphasis on differences, rather than similarities between places.

However, dissatisfaction with this approach gathered momentum in the late 1950s, and the emphasis shifted away from how phenomena are located, towards why they are located as they are. Attention switched not only to spatial patterns, but also to the processes which produce them, as it was recognised that activity patterns were the end product of a multitude of human decisions. Human geography thus took on the characteristics of a behavioural science, "the geographical viewpoint being spatial" (Berry, 1964); the primary concern, the spatial dimension of human systems. The emergence of a 'behavioural geography' is well attested by the work of Hagerstrand (1967) into decision-making by individuals and groups, and the development of 'mental maps' to show individuals' perceptions of the environment (Gould and White, 1974).

The spatial idea was further consolidated by the adoption of a systems approach to human geography. The 1960s were a boom period for systems geography as the so-called 'quantitative revolution' swept through most of the new geographical research. Such an approach facilitated the interrelation of geography to other sciences, improved methods of problem solving, and provided a means of evaluating processes. In short, it enabled geographers to adopt a more dynamic stance in their research. Human geography profited from advances in statistical methods and techniques which permitted "more exact measurement of spatial distributions" (Wise, op. cit.). Accordingly there was considerable research into what became known as spatial or locational analysis, (Haggett, 1965 - Locational Analysis in Human Geography, Lloyd and Dicken, 1972 - Location in Space).

There were increasing attempts to identify a spatial order of regularities, consistent with the search for a theoretical grounding for the subject. The main areas of interest lay in describing patterns, identifying the correlation between different patterns, and finding measures of accessibility and centrality. The period could be accurately described as one of model-building. The earlier work of Christaller (1966) and his Central Place Theory, like Von-Thunen's with regard to agricultural land use and Weber's (1929) study of industrial location were all widely publicised in this period.

The development of the geographer's interest in leisure and recreation has already been outlined. The major participation surveys (see above) carried out in the late 1960s and 1970s were consistent with the geographical preoccupation with collecting data on activity patterns and the use of resources and facilities.

However, as the concept of space became well-established, so it gradually became realised that the spatial dimension was not, in itself, sufficient. It lacked the dynamism necessary to explain processes adequately, and whilst patterns of behaviour are unequivocally spatial, the processes forming them are not necessarily so. As a result, the emphasis of research shifted to accommodate the development of processes in space, the triggering forces, and the mechanisms of change. A temporal dimension was introduced which represented a sort of cumulative development in space, and thus time provided the dynamism that was previously missing.

Janelle, writing in 1968, recognised the paucity of attempts to conceptualise the manner by which the spatial arrangements of man's establishments change over time. He therefore took the well-founded Central Place Theory and simply incorporated a temporal dimension. Given the uniformity of transportation implicit in the isotropism assumption, then spatial patterns would exhibit the geometric regularity that the theory proposes. However, as speed and costs are far from uniform, claims of static and formal patterns of spatial organisation may be refuted. Janelle

argued that spatial patterns were phenomena evolving in the realm of 'time-space'.

Physics does not always accept distance as a valid parameter for describing the relationship between points in space, rather they are seen as velocities at which the distance between the points changes. This is roughly equivalent to a sort of 'time-rate' at which people or places approach each other in time-space, and Janelle developed the idea of time-space convergence, a "time-rate change of time, analogous to velocity" (Janelle, ibid.) which forms the basis of the geographical notion of man's 'shrinking world'. He also recognised the complementary relationship between space and time, a view reinforced by Ullman (1973) who argued for the substitutability of time and space, despite the fact that space is "passive and concrete" whereas time is "active and mental".

Bird (1980) suggested that without time, space is static. Movement is change in space, and change is movement through time. Thus he identified the substitutability of the two using such surrogates as 'here and now', and 'nowhere and never'.

The temporal dimension provides a new light in which to understand geographical processes, but developments do not end there. As Wise (op.cit.) suggested, "a major problem for research is to employ new methods to link analyses of present spatial problems with analyses of changes in patterns through time...it is necessary to work both in the time dimension and in the spatial dimension".

A Time-Geographical Framework

More recently there has been increased concern for the time dimension in its own right. Time, like space, can serve as a descriptive framework for human activity and interaction. From this realisation has issued the new concept of time-geography, "a way of finding conceptual coherence in the geographer's understanding of the world all the way from home to globe and from day to lifetime" (Hagerstrand, 1975a).

A time-geographical framework treats the individual and society as a whole, looking at all the interactions of the population and activity systems in a given area. Activities occupy both time and space, and it is time-space allocation that underpins all the processes of human time allocation to activities. Human time is seen as a finite resource. Activities require resources that are fragmented in space and time, which, if they are to be utilised effectively, means that space has to be overcome through movement. Carlstein, Parkes, and Thrift (1978b) recognise the increasing concern for conservation of the environment that developed in the late 1970s and the extra

significance attached to resource management. The time-geographic model put forward by Hagerstrand and his colleagues at the University of Lund, attempts to come to terms with resource allocation and utilisation through a spatial-temporal matrix.

Hagerstrand - A Time-Geographic Model

When Abler, Adams and Gould (1971) wrote of "meshing space and time", they were thinking mainly of spatial diffusion theory as formulated in its modern dynamic fashion by Torsten Hagerstrand. Hagerstrand has furthered his research into building up a more comprehensive time-space-structured theory, together with his collaborators at Lund, Lenntorp, Martensson and Carlstein.

Time-geography can be seen as "an approach, an origin and a place to start anew" (Carlstein, Parkes and Thrift, 1978a). The approach uses a basic model of reality that contains some elements which geography cannot and should not neglect; elements which have for too long been dealt with only cursorily in social science. Of course, time-geography does not claim to have incorporated all the important elements of reality, but what has been included is fundamental (Thrift, 1977).

Hagerstrand (1975b) summarised some basic conditions affecting human life and society which gave the limits to possible organisational forms. These are as follows :

(i) the indivisibilty of the human being (and of many other entities living and non-living);
(ii) the limited length of each human life (and many other entities living and non-living);
(iii) the limited ability of the human being (and many other indivisible entities) to take part in more than one task at a time;
(iv) the fact that every task (or activity) has a duration;
(v) the fact that movement between points in space consumes time;
(vi) the limited packing capacity of space; (the term 'packing capacity' refers to the amount of people or objects that can be physically accommodated in a given space).
(vii) the limited outer size of terrestrial space (whether we look at a farm, a city, a country or the Earth as a whole); and
(viii) the fact that every situation is inevitably rooted in past situations.

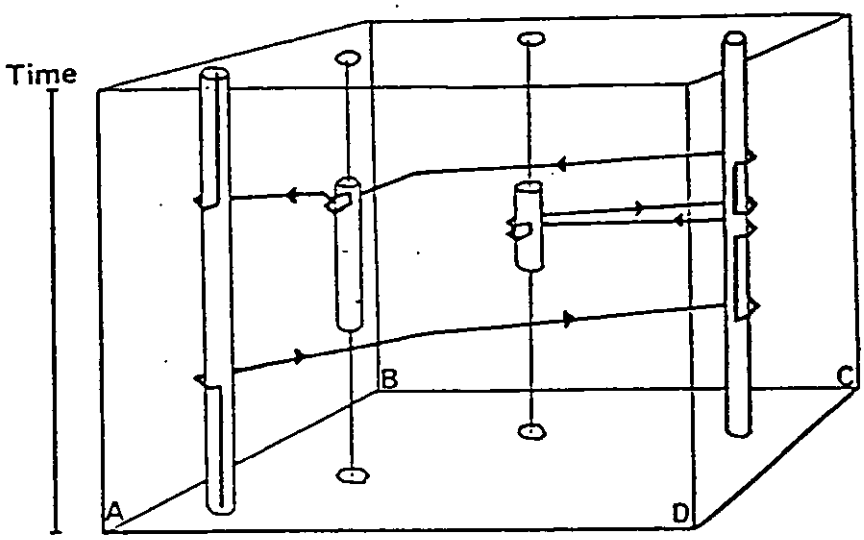
He goes on to state that, "the interaction between these fundamental conditions could be and ought to be the object of precise theoretical research...the criteria for a good socio-technical organisation are not to be found along the spatial cross-section but along the time-axis and in the

particular sequence of events which makes up the life of each individual human being. It is the biographies of people that should count" (ibid.). Essentially, the time-geographic approach is based on modelling individuals in populations as 'trajectories' or 'paths' in a three-dimensional coordinate system where two dimensions represent geographic space and the third dimension time. Hagerstrand envisages a situation where every individual or indivisible entity is surrounded by an 'environment structure' representing a pattern of resource and activity alternatives. Geographic space is represented by a plane which is inhabited by a human population, although the concept could be generalised to include other organisms and objects. The population living in an area has several sets of 'stations' serving its needs, such as dwellings, work-places, and shops. These stations are represented as points located on the plane, and are constrained by the fact that their geographic position remains constant. Such stations are clearly located in space, but they can also be located in terms of their time coordinates, describing for instance hours of work and opening times. Individuals describe paths over time which interact and form 'activity bundles'; all constituting a web or texture of paths with a very complicated structure. Carlstein, Parkes and Thrift (1978a) refer to Lexis and Becker who saw "each individual as a life-time in time from birth to death". This was modified by Hagerstrand to that of 'life-path' in 'time-space', which could be viewed in all temporal and spatial scales. Individuals can be visualised as wandering over continuous paths starting at a 'birth-point' and ending at a 'death-point', varying in time from day-paths through week-paths and year-paths to life-paths. The individual's path must be continuous and unequivocally defined at every point in time, as a person cannot cease to exist and later reappear, nor can anybody be at two or more places at the same time. When the individual is stationary in geographical space, then the path is parallel to the time axis, whilst movement or travel deflects the path away from the vertically-defined time axis (Figure 1.1).

The variety and number of individuals can produce a complex interaction of movement. Accordingly the time-space representation is a complicated structure of behavioural patterns, set within the context of the basic conditions affecting human life and society.

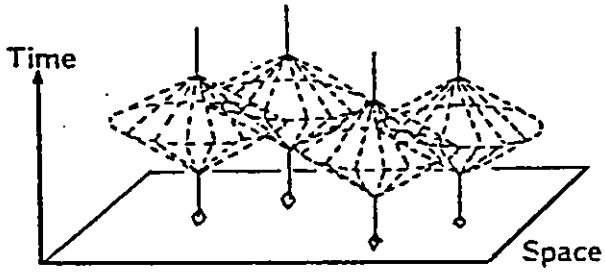
These conditions introduce the notion of constraints, of which Hagerstrand identifies three types; capability, coupling, and authority. They concern human capacity to perform given activities, the need to interact with others to do so, and the controls and rules of the time-space region in which they are set. The first of these is readily illustrated by the fact that humans are indivisible, and hence cannot be in two place at once. Further, they have only a limited ability to perform more than one activity at any one time, and through restrictions on speed of movement man's ability to use space and time is constrained. In addition to these capability constraints, are coupling constraints which concern the need for people to coordinate and interact with others to form 'activity bundles'. There are limits to where, when, and for how long an individual must come into contact with other individuals or objects; for example, facility opening hours. Authority constraints

Figure 1.1 An individual's path in time-space



The movements of the individual in space and time are depicted as a continuous and indivisible path.
ABCD represents geographical space.

Figure 1.2 Time-space prisms



Stations in space as centres for prisms.

constitute the third category and are essentially comprised of the legislative and institutional framework. the concept of a 'domain' applies here as a time-space entity within which things and events are subject to the control of a given individual, group, or law. It includes all norms, rights, duties, and laws of society.

Within these sets of constraints, an individual can only move outward within a time-space 'cone' which is circumscribed by their sum effect. Given the assumption that an individual must reach a destination, the potential action-space is delimited graphically as a time-space prism, (Figure 1.2). Thus the time-geographic model sets limits on human activity. Time-geography is not an isolated field, rather an approach based on certain fundamental conditions of life. Such conditions have all too often been neglected despite the fact that they can hardly be denied.

Time-geography enables geographers to move away from their "overly strong emphasis upon the cross sectional view" of human phenomena (Pred, 1977). It represents a desire to develop a contextual rather than a compositional integrative approach to human activities and experience. The compositional approach concerns form and structure, whereas a contextual slant poses questions about process and structure. As Pred (ibid.) succinctly summarises, "time-geography is a challenge to stop taking distance itself so seriously. Space and time are universally and inseparably wed to one another". Time-geography provides a valuable new direction for geographical research, yet to date empirical applications have been few.

Applications of Time-Geography to Leisure Behaviour Studies

It has become clear that leisure behaviour comprises a field that beckons many different social science disciplines. As outlined previously, geographers have been at the forefront of leisure studies, primarily through the proliferation of participation surveys in the early 1970s. However, the geographical focus has remained somewhat static, and new approaches in recreational geography have been rare in the 1980s. Despite the development of "leisure and recreation specialists", the geographer can continue to advance recreation research, by adapting geographical techniques to problems concerning leisure behaviour.

Behavioural geographers have developed convincing models of human activity in their bid to explain phenomena, the most effective of which are the models of consumer choice and shopping behaviour. Writers such as Huff (1963), and Wilson (1971) have taken gravity model interpretations as a basis for the identification of spatial rules of behaviour, whilst Rushton (1968) employed the revealed preference model in an attempt to disentangle the relative influences of individual behaviour and the structure of the environment. Further developments led Cadwallader

(1981) to postulate a cognitive gravity model recognising the differences in individual perceptions and awareness. However, such models are essentially static descriptions, and lack any real degree of dynamism. Clearly if an effective model of consumer behaviour can be achieved, then it should be possible to produce a similar model of leisure behaviour. The methods of time-geography as developed by Hagerstrand, which stress the basic constraints of life and society as well as an emphasis on the significance of the individual can be married to the holistic life style approach to provide a new direction to explain leisure behaviour. It is a different tool with which to try and combat the absence of explanatory theory in leisure studies.

The notion of constraints that is central to the time-geographic model, is particularly significant with regard to leisure behaviour. There are a great many factors which affect a person's participation, and Rodgers (1977) provides a succinct summary of the restrictions in the context of sport; "To pass from the potentially active population into actual participation a person is helped by some basic sports literacy, and may have to acquire a specific sports skill. He must have a certain minimum of personal motivation and he is likely to become a participant if there are active sportsmen within his circle of social contacts. He must be aware of sports opportunities in the community: whether he takes advantage of them might depend on his own evaluation of the social 'images' of particular sports.

There must be adequate facilities within acceptable travelling distance (and access by public transport if he has no car). He must have enough free-time to take part in the sport he chooses, and the cost of participation must not be excessive". There is then a complex structure of barriers to participation, and it is worth observing that Rodgers (ibid.) goes on to state that "If any single factor is negative, he (the individual) may join not the participating population but the passive".

The summary of restrictions outlined above, can be looked at in terms of constraints as itemised by Hagerstrand. Individual behaviour is set within a pattern of constraints such that there is a complex time-space allocation process continually at work in explaining any activity. The time-geographic model identifies these constraints, and applied to leisure behaviour will provide an insight into people's life styles.

Different leisure activities impose different demands upon participants. For example, a round of golf requires more time than an average game of squash. Similarly, reading a book can be completed over a number of periods of time, whilst watching a television programme requires one single portion of time. However, it is worth noting in the context of television, the development of video cassette recorders which permit a 'time-shifting' facility. Different types of behaviour will be affected by their time-needs and the time-availability of potential participants. Control over timing is also significant, where for example, visits to the pub are circumscribed by licensing hours, but

drinking at home has no time limits.

There are also constraints of location, mobility, and the life styles of individuals. Commitments to work may be paramount in this context, but family commitments and social duties are also relevant.

By identifying the pattern of constraints and opportunities facing individuals, it is possible to assess the extent to which individuals 'find the time' to overcome constraints or reallocate commitments. Each individual follows a trajectory or path in time-space, and by following such a path, it is possible to construct what Hagerstrand terms 'life biographies'. Such biographies, which follow spatial developments along the temporal axis enable the portrayal of leisure life styles for individuals and groups, which may go some way towards explaining leisure behaviour. Some initial piloting of this method, for descriptive purposes, has been undertaken by Glyptis, McInnes and Patmore (1987).

These life style biographies are of substantial importance in attempting to illustrate individuals' patterns of behaviour. Better understanding of our leisure life styles requires, not only the identification of life style patterns, but also a suitable and comparable mode of depiction. Time geographic techniques afford this illustrative medium by placing people's leisure activities in a framework of time and space; the fundamental framework in which all behaviour takes place.

Summary

Leisure is an expanding sphere of human activity yet the leisure life styles of individuals are poorly understood. Leisure and recreation research to date has concentrated on specific activities or the use of facilities and resources. It has been almost wholly descriptive in nature. This present research, by contrast, aims to examine and explain the nature and extent of individual leisure behaviour with particular reference to the neglected sphere of informal leisure, particularly leisure in the home, using the previously untested techniques of time-geography. Time-geographical applications to leisure behaviour provide a new direction in leisure research, exploring the importance of time and space in behavioural decisions and patterns of activity.

CHAPTER 2 AIMS AND METHODOLOGY

Introduction

Survey evidence has shown that people spend well over half of their leisure time in and around the home (Gershuny and Thomas, op.cit.; Henley Centre for Forecasting, 1984). Improvements to the home such as central heating and double glazing, and the proliferation of labour-saving devices for cooking, cleaning, and home repairs have resulted in more time being spent in the home. Similarly, there have been increases in the amount of free time brought about by the reduction in working time, and in the growth of equipment and services for leisure at home such as video cassette recorders and take-away food products, which have compounded the effect. Despite this prevalence of the home as a venue for leisure, research effort has focused on the smaller share of leisure time that people spend away from the home.

Thus, in 1982, the Sports Council/Social Science Research Council Joint Panel on Recreation and Leisure Research (hereafter referred to as the Panel) identified the omission from leisure research of any adequate account of contemporary home based leisure. As a result, the Panel commissioned a project in 1983 to investigate the significance of the home as a venue for leisure activity. The project was to be empirical and exploratory in nature. The first task was to establish a factual data base on the use of the home for leisure; and then secondly to identify the academic implications for the understanding of leisure behaviour, and the practical implications for housing design and related social policy.

A number of specific objectives were developed for the research, as follows :

"To examine -

(a) the influence of home and garden size and layout on patterns of home based leisure activity;
(b) the equipment and services available in the home and garden for leisure activity, and their influence, if any, on leisure lifestyles;
(c) the patterns of leisure behaviour in and around the home of individuals and households, in terms of types of activities and the time spent on them;
(d) individual and family social roles and contexts, and their influence on the leisure choices of individuals as well as the leisure patterns of the whole household.

To draw conclusions on -

(e) the importance of the home as a venue for leisure across different housing types, and across households of varying size and structure;
(f) the activities comprising home based leisure;
(g) the types of housing and household which enhance or restrict leisure opportunities;
(h) the patterns of leisure decision-making in different types of household."

(Glyptis, McInnes and Patmore, op.cit.).

As the project was developed, so less emphasis was attached to objectives (d) and (h), as it became apparent that a proper understanding of leisure choices and decision-making would require more detailed investigation than that permitted within the scope of a single enquiry.

The focus of the commissioned project was therefore, the leisure use of the home. This present thesis aims to extend the Panel project by using both home based and out of home data for a biographical investigation of leisure behaviour. The home and its immediate neighbourhood may be seen as a 'leisure resource' providing for a wide-ranging set of leisure activities. The home though, is not of primary concern, rather the research aims to examine and explain the nature and extent of individual and household leisure behaviour, having reference to the neglected sphere of leisure in the home.

Most recent contributions to leisure research have been either resource-based or demand-based, and have tended to focus on particular activities or facilities in order to develop user or market profiles of participants. As such, leisure is generally treated in isolation, rather than as as integral part of the diverse set of activities pursued by an individual. However, "leisure cannot be isolated from its life style context" (Glyptis, 1979). Little is known of the total package of activities that make up an individual's use of leisure time, nor of the interactions and contexts of those activities within the daily routine. Existing research has scarcely considered the relationship of leisure to the life style in general (Glyptis, 1981 is a notable exception).

The objectives of this research are therefore to describe, and tentatively explain, the spatial and temporal patterns of leisure behaviour within the life style, thus identifying the leisure life styles of individuals and households. By adopting the principles and techniques of time-geography, the aim is to identify life style patterns, and hence develop biographical illustrations of leisure behaviour. The research therefore sets out to advance both the academic understanding of leisure behaviour, and the methodological applications of time-geography.

Data Collection

The Panel project was essentially a broad based empirical enquiry set up to meet the objectives outlined above. Accordingly, a wide range of descriptive information was required concerning the characteristics of the house and household. The main areas of interest included the organisation and use of the home and the equipment that it contains; individuals' satisfactions and dissatisfactions with various aspects of the home; and the activity patterns of individuals and households, with particular emphasis on their leisure pursuits.

Data was collected not just on leisure, but on 'non-leisure' too, thus permitting the examination of leisure time and activities within the broader context of life style. Similarly, although the focus of enquiry was home based, activities and time spent outside the home were examined too. Furthermore, there was concern not just with individuals, but with households as corporate entities, the activities and "interests of whose members may converge, diverge or conflict" (Glyptis, McInnes and Patmore, op.cit.).

To satisfy the objectives of the Panel brief, a wide range of data was collected pertaining to either households or to individuals.

(a) Information pertaining to households :

(i) characteristics of the dwelling - including size, type and number of rooms; room function; and provision of amenities.
(ii) characteristics of the household - including size and composition; tenure; and length of residence.
(iii) possession of leisure equipment and labour-saving devices - such as audio-visual equipment, D.I.Y. tools, and kitchen appliances.

(b) Information pertaining to individuals :

(i) activity patterns - including range, duration, timing, location and social context of activities; and perceptions of the nature of activities.
(ii) degree of enjoyment (satisfaction with) of home based activities.
(iii) satisfaction and dissatisfaction with the home - including likes and dislikes; desire to move house; and aspirations for house type.

This wide-ranging data base was necessary in order to examine the role of the home as an environment of opportunity for leisure, so as to assess the extent to which the physical resources of space and facilities in the home are used. In the same way it was important to generate a large amount of descriptive information on leisure participation patterns, both at the aggregate and individual levels. Attempts to develop life style patterns and models of leisure behaviour using time-geographical techniques, require detailed information concerning the timing, location and social context of all activities, which is essential in identifying the constraints and opportunities that limit human behaviour.

Survey methods

The sheer volume and diversity of the data required presented a methodological problem as no single approach would adequately satisfy the requirements. The information pertaining to the household could best be obtained using a conventional interview survey, but that pertaining to the individual required a more immediate account. Attempts to monitor everyday routine behaviour must consider a number of potential methodological pitfalls. For example, it is highly unlikely that a single day's events would be representative of a person's overall life style, so any survey would need to look at activities carried out over a number of days. However, individuals' recall of events over lengthy periods is extremely unreliable (Hedges, 1986). In the context of home based leisure, where the focus is on routine and commonplace occurrences, it is most probable that recall by individuals would be at its least effective, given the tendency for the more unusual and infrequent events to remain uppermost in the mind. Furthermore, any extra information required including the timing and duration of activities and the presence of other individuals would significantly overburden the respondent.

The most efficient means of obtaining the required data was to employ a number of different approaches; structured interview questionnaires, time-budget diaries, and semi-structured interviewing.

An initial interview questionnaire was administered to any adult (over 16 years of age) who could speak on behalf of the household. This was not therefore necessarily the formal 'head of household' as defined by the Office of Population Censuses and Surveys. By adopting this variation it was hoped to avoid an over-representation of male respondents in the sample. All other members of the household were classified according to their relationship to the initial respondent. Time-budget diaries were then given to all members of the household (over 12 years of age) who were willing to fill them in. These two surveys did not address all the issues, and thus a

follow-up questionnaire interview was directed at all the diarists. Finally, for a small sample of respondents there was an additional semi-structured interview to explore less tangible issues such as satisfactions and aspirations within the home (see below for a detailed account of the fieldwork and survey implementation).

The Questionnaires

The questionnaire approach has been widely used in leisure and recreation research, being the primary tool of the many participation surveys of the 1960s and 1970s (British Travel Association/University of Keele, 1967, 1969; Patmore and Rodgers, op.cit.; Office of Population Censuses and Surveys, 1976). Indeed, the technique dominates most forms of empirical social investigation with "nine out of ten social surveys (using) a questionnaire of some kind" (Moser and Kalton, 1971). Not surprisingly therefore, there is a considerable volume of literature on the design and implementation of interview surveys (Oppenheim, 1966; Moser and Kalton, op.cit.), and consequently a number of general procedures regarding questionnaire design and content, and the wording and ordering of questions. However, "question designing is not...a matter of applying theoretical rules" (ibid.) and, ultimately, each questionnaire depends on the circumstances and purpose of the individual survey. It is for this reason that pilot surveys play such a "crucial role in questionnaire construction" (ibid.) (see below with regard to fieldwork implementation).

Both questionnaires are shown in Appendix 1, but it is important to examine their design with regard to the aims of the research. The pilot survey confirmed the effectiveness of the general approach in obtaining the information required and the final versions of the questionnaires took into account issues regarding content and structure which had emerged from the piloting.

The first main topic of the head of household questionnaire focussed on the characteristics of the dwelling. This provided fundamental data necessary to assess the physical resource of the home. The number, size and functions of all rooms including outbuildings and outdoor space such as garages and gardens were recorded, plus details of power points, central heating and double-glazing.

Emphasis then shifted to the characteristics of the household whereby profile information was sought for all members of the household, both adults and children. Standard profile indices of age, sex, and employment status and type were obtained, as well as the age of completion of full-time education where appropriate, after-tax income, any disabilities, and the relationship of each individual to the respondent.

The third area of investigation was that of home equipment, in particular the ownership and use of leisure equipment. A comprehensive list was compiled including labour-saving kitchen appliances, audio visual electronic equipment and D.I.Y. and crafts tools. In addition, an inventory was taken of sports equipment, musical instruments, toys and games, as well as motor vehicles, bicycles, and pets. There was also a section relating to household services such as home-helps and gardeners, household deliveries including newspapers, mail order services and take-away food products. Questions were also asked about the hobbies of each member of the household, and their propensity to entertain friends or relatives in the home.

The next section dealt with alterations made to the home, requesting details on type and purpose, as well as how the work was funded and by whom it was undertaken. Information on all D.I.Y. work carried out both inside and outside the home was also included in this section.

The fifth set of questions concerned issues of satisfaction or dissatisfaction with the home. Included in this were reasons for liking or disliking particular features of the home, desire to move house, and aspirations for future housing and home equipment. In addition, the head of household questionnaire sought reference information to assist in classifying respondents. This included date of interview, interviewer, area, location of dwelling with respect to other local facilities, and type and age of dwelling.

Thus, the head of household questionnaire was a lengthy investigation of the characteristics of the home and the household. The questions were designed to generate answers as straightforward as possible, given the complexity and volume of data required. Lengthy questionnaires tend to alienate an interviewee who may either not complete or inaccurately complete the details. To lessen the risk of non-completion or incorrect responses, questioning and form completion were both carried out by interviewers. Although time consuming (between 45 minutes and 2 hours), trained interviewers provide increased reliability to the results as well as permitting on-the-spot explanations to the interviewee.

Design conventions were adhered to in as much as general questions preceded specific ones so filtering response to the required degree of detail, and factual questions preceded those of attitude or opinion. In addition, the more sensitive topics such as age and income were not placed at the beginning of the questionnaire, so that a refusal to respond to these particular topics did not lessen the worth of the whole questionnaire.

A similar procedure was followed for the post-diary interview questionnaire (also termed Schedule 3) in terms of design and structure; the final format after the pilot work appears in Appendix 1. The reference section was omitted from this schedule, apart from the number given to each respondent. The opening section of Schedule 3 focussed on diarists' previous housing history, including types of houses previously lived in, the tenure, location, number of bedrooms, length of residence, and the reasons for moving from each one. In addition to the house lived in as a child from birth, provision was made for information on up to twelve possible houses lived in since the completion of full-time education.

The large number of subsequent houses were included to allow for respondents who were, or had been, in the Forces or working for the Diplomatic service or companies overseas, and hence more likely to have moved house frequently. Also relating to housing history was a short section on satisfaction and dissatisfaction with previous homes.

The next stage of the questionnaire concerned a leisure activities profile, and sought information on leisure pursuits both inside and outside the home, paying attention not only to frequency of participation, but also to the social context of events. The questions on leisure activities were included to take account of all those activities that individuals participated in, but which may have been excluded from the time-space diary records because of the duration of the diary period.

Finally, there was a section on satisfaction with various aspects of the home and garden. This section was only applicable to those diarists that were not also 'heads of households' as there was no need to duplicate information.

Both questionnaires were fundamentally concerned with eliciting information on the characteristics of the house and household, thereby providing an inventory of the physical resource of the home and the potential for use of that resource. As such most of the information required was most appropriately gleaned by structured interview techniques.

However, the specific objectives of the research meant that data was also required on the detailed patterns of leisure behaviour, in and around the home, of individuals and households. Particular emphasis was placed on the activities comprising home based leisure, as well as the duration, timing, location, and social context of such activities.

Clearly, such a detailed account of individuals' activities required an equally detailed data collection technique. A time-budget diary was used for this purpose. The time-budget, or time-space, diary was used as the central part of the data collection procedure, as it was of

fundamental importance to this research to get information on people's activity patterns.

The time-space diary

Time use studies and activity accounting have become powerful analytical instruments and monitoring devices. In the main this has been through the application of time-budgets, which are essentially "systematic records of a person's use of time over a given period" (Young and Willmott, op.cit.). The time-budget diary, as it is called, provides a systematic account of time use with details on timing of activities, their duration and their sequence. As such "it can be distinguished clearly from the literary diary which excludes the temporal exactness" (Glyptis, McInnes and Patmore, op.cit.).

The rationale behind the use of time-budgets in social science research has been a quest for precision in the accounting of time and other resources which require numerical specification of the relative duration, frequency and temporal location of activities. Although not a new device, the application of time-budget diaries has been restricted by methodological problems. Gershuny and Thomas (op.cit.) review the development of the technique in social science research both in the United States and in Europe and the U.K.. "The time-budget is ostensibly a behavioural approach to social and planning research" (Gutenschwager, 1973), and with increased research interest in leisure behaviour in recent years, a number of studies have employed time-budget diaries (British Broadcasting Corporation Audience Research Department, 1965, 1968; Young and Willmott, op.cit.; Haworth and Millar, op.cit.).

Individuals are treated as totalities as far as their activities over a given time period are concerned. Accordingly "their behavioural integrity is preserved" (Gutenschwager, op.cit.) and the whole pattern of activities can be assessed, not just an isolated part. Diaries provide an inventory of behavioural patterns in time and space. Furthermore, patterns are directly comparable and compatible with others, both for the same individual, and between different individuals.

There are a number of advantages to be gained from using time-budgets in social science research, as the technique is conceptually very simple. The "primary advantage of time-budgets is their sheer comprehensiveness" (Young and Willmott, op.cit.), as they accommodate all the informal activities that are rarely accounted for by questionnaire interviewing. This is of particular relevance here, with the focus of attention being on the everyday and routine activities that people participate in at home. An overall picture of an individual's actions may be drawn up which is fundamental in examining leisure lifestyles.

Secondly, duration may, in itself, be a "criterion of the importance of different activities" (ibid.), and as such is a most useful measure. However, it must be acknowledged that the quantitative conception of time tends to ignore the significance of most activity, such that "a moment of awe in religion or ecstasy in love...is treated as equal to a moment of riding on a bus, shovelling coal, or eating beans" (De Grazia, op.cit.).

Diaries also provide information on the sequencing and scheduling of events which is often very important with regard to the opportunities available for participation in a given activity. Activities are rarely undertaken in isolation, in that a particular pursuit may only be possible if scheduled into the routine in accordance with another activity, for example, playing squash in the middle of the day during the lunch-break at work.

Furthermore, the time-budget, by providing an on-going account of time use, allows respondents to record activities as they occur. Rather than ask the respondent to recall activities done at some point in the past, a continuous record is kept as activities are undertaken. Clearly this has the advantage of being less dependent on memory, so preserving accuracy and detail that is invariably lost in other types of survey approach. In the case of ordinary, routine activities such as many of those carried out at home, this is especially useful. Related to such issues of response are the benefits that accrue from using a diary format instead of a conventional questionnaire layout.

Whilst maintaining a standardised monitoring device for all the sample, form-filling can be presented in the "guise of the more familiar (and perhaps more pleasurable) activity of diary writing" (Glyptis, McInnes, and Patmore, op.cit.), and this may encourage slightly more careful and assiduous attention from the respondent.

However, the technique is "fraught with methodological complexities" (Gutenschwager, op.cit.), and problems of diary design and its subsequent implementation must be surmounted. (The question of implementation will be looked at in detail in a later section). The actual design of the diary is a problem, for clearly, it must not be so formidable as to discourage the respondent, but on the other hand, it has to be sufficiently expansive, both in layout and instruction, to make its completion reasonably straightforward. In this context, the work of Burton, T.L. (1971) and Young and Willmott (op.cit.) is fruitful in providing guidance on matters of design. There will inevitably be differences in people's degree of commitment to diary completion; and boredom, forgetfulness, and inaccurate recall may all contribute to poor or spoilt response. In addition, there is no opportunity for the interviewer to influence response other than by the attached instructions for

diarists. That respondents are free to fill in the diary in their own time and without interference is basically advantageous in eliminating biased response, but as Young and Willmott (ibid.) recognise, this very freedom permits respondents to edit diary entries and omit potentially valuable information. In particular this may be the case with the ordinary, unexceptional activities which the respondent subconsciously assumes to be of trivial consequence. Omission of these 'trivial' events can lead to quite sizeable amounts of 'lost time' during the course of the day.

Attempts to alleviate this problem generally involve the subdivision of the diary into time intervals. Division of the day into set periods provides a useful frame of reference for respondents; without them, there is the opportunity to lose track of parts of the day, and activities of short duration may be omitted. Time intervals, it is argued, give such activities a certain significance in the context of the time period that is chosen, rather than being seen as insignificant in the context of the full day.

Accordingly, this would increase the probability of such activities being included in the diary record. On the other hand, respondents are susceptible to suggestion and it is possible that, with time intervals, they will make the duration of activities correspond broadly with the duration of the time interval. Ultimately, the decision of whether or not to use time intervals, and if so, for what duration, depends on the specific requirements of the research, and the preference of the individual researcher. The B.B.C. Audience Research Department study (1965) used half-hour intervals, Robinson and Converse (1966) used one-hour intervals, whilst Chapin and Hightower (1966) did not use them at all.

For this research it was decided that time intervals would be employed, primarily to provide some framework for response, which might be helpful if respondents failed to fill in the diary at regular times throughout the day. The layout of the diary is shown in Appendix 1. Two different time intervals were selected; quarter-hour intervals for home based activities and one-hour periods for those out of the home. One of the objectives of the research was to derive detailed activity patterns for individuals within the home.

To encourage respondents to make a full record, short time intervals were deemed most appropriate for eliciting records of the common and routine activities undertaken in the home which do not last very long and are often 'lost' using other survey techniques. Out of home activities tend to last longer, and as they were of less immediate interest than home based pursuits, one-hour time intervals were used.

Another important issue of concern is the length of time for which the diary is kept. It could be maintained for one day, several days, a full week, or even longer. The problem is one of attaining a

satisfactory response. The longer the period for which contacts are requested to keep the diary, the greater the number of people who are likely to drop out and become non-respondents. However, over a long time period the quality of response becomes more satisfactory in terms of representativeness and validity.

In this research, a balance was struck by asking respondents to keep the diary for a three day period; Saturday, Sunday and a weekday. With the focus on leisure time and activities, the weekend was given priority, whilst each weekday was hoped to be representative of the others.

The content of the diary is yet another area of concern. Clearly, the diary must provide the researcher with the information required, but there is a limit to how much can be expected of a respondent. In this context it is worth briefly examining the appropriate columns in the diary in relation to the needs of the survey (Appendix 1). The diary was compiled in booklet form with double pages corresponding to survey days. Following an initial page of instructions to diarists on how to fill in the diary there was a specimen diary page for guidance. Interviewers were directed to talk through the specimen with diarists as a further guide in a bid to ensure a satisfactory response.

Each of the three double pages representing the three survey days was subdivided into fifteen-minute time bands, and into two general sections, 'at home' and 'away from home'. Every activity was to be recorded against the relevant time band and according to its location, at, or away from, home. For each event respondents were asked to record with whom they took part; in the case of home based activities they also recorded which room or part of the house was used, and for out of home pursuits they gave the distance travelled and mode of transport used.

Thus, the information derived permits the identification of the amount of time devoted to leisure activities, both in their own right, and in relation to other activities. Furthermore, it can be seen whether or not such pursuits are done alone or in the company of others, and where they take place.

One final item of information was sought for each activity, which was much more qualitative in nature. Respondents were asked to describe whether they regarded the activity as work, leisure, duty, personal care, or what. The inclusion of this question provided an indication of peoples' attitudes towards what they did and hence provided some illumination of their behaviour patterns.

For example, if leisure is seen as recuperative and compensatory to work as Dumazedier (op.cit.) suggests, then it may be interesting to note whether 'leisure' activities appear after 'work' ones as a kind of relaxation. Similarly, Kelly (1982) has argued the importance of leisure meanings (Chapter 1), and so in this fashion it is possible to identify instances where the same activity may mean different things to different people, or indeed to the same person at different times. Accordingly, respondents were allowed to define leisure for themselves rather than be subjected to the preconceived definitions of researchers.

Realisation of the variation in leisure meanings poses additional methodological problems of interpretation. There is a considerable need for interpretation by the respondent, interviewer and coder as to what precisely constitutes an activity, how it should be named, when it begins and ends (Gutenschwager, op.cit.). The issues involved in coding a time-budget diary will be examined in more detail later, but a number of points are relevant here. Respondents themselves are, "simply by decoding what they record, 'coding' their behaviour" (Young and Willmott, op.cit.), and this is then 'recoded' by the researcher. Another problem surrounds multiple activities; how for example does one code having a cup of tea in front of the television while waiting for the dinner to be ready ? (Appendix 2). It was decided that a classification system would be used for activities. However one of the major problems with activity coding is the lack of consistency across different surveys which makes most classifications unique to each particular piece of research. The problem in this case was the unusual emphasis on home based activities. Accordingly that used previously by Gershuny and Thomas (op.cit.) was initially selected and then updated to include examples of indoor activities.

There was the additional complication of coding the data so as to make it suitable for the desired levels of analysis to be carried out. The project brief required analysis not only of types of activity, but of different individuals and households, so the data had to be coded in such a way as to be compatible with both. In brief, this was achieved by itemising every single event for each individual, which, although time consuming and indeed space consuming in terms of computer resources, was the only way of organising the data both on individuals and activities.

The diary then provides a framework for respondents to give a quantitative and qualitative breakdown in temporal and spatial terms of their daily routine. Use of diaries is normally restricted to an interest in time allocation, hence the term 'time-budget' diary; however, space may be of equal concern as it is here, and so it is perhaps more appropriate to think in terms of a 'time-space' diary. Activities, and use of time and space can therefore be considered in a spatio-temporal matrix which forms the basic frame of reference in the biographical approach of time-geography.

Time-budget, or time-space, diaries have proved to be successful tools in the recreation and leisure field in the past, the research by Burton, T.L. (1971) and Gershuny and Thomas (op.cit.) attesting their worth. For the purposes of this research, the time-space diary forms the focal point of the methodology, being fundamental to the techniques of time-geography. Furthermore it can be used as a key tool for providing a holistic lifestyle approach to the examination of leisure behaviour patterns. In the context of the Panel project, with the focus on home based leisure, the diary forms just one part of the methodological structure, complementing the more conventional interview questionnaire techniques.

The semi-structured Interview

In addition to the 'fact-finding' techniques described above, a more qualitative approach was adopted to examine the importance of the home and household in individuals' leisure lifestyles.

The technique chosen was essentially a 'conversation-style' semi-structured interview between the interviewer and a member of the household (see below for sampling procedure). As with structured interview techniques, there are many guidelines and procedural rules applying to informal interviews (Young and Willmott, op.cit.; Dixon and Leach, 1978b). Ideally the interview should appear as a conversation between the interviewer and the respondent, whilst in reality it is a "carefully controlled outcome of a long process of design and preparation" (ibid.). It is very important to plan the interview carefully in advance, and most commentators recommend the use of a 'shopping list' of topics to be covered. Not only does such a list remind the interviewer of the issues to be investigated, but it helps in structuring the conversation and keeping the respondent from ranging too far from the point of discussion. At all times it is vital to keep the flow of the conversation going, whereby there is a rapport between interviewer and respondent.

However, there are a number of dangers inherent in such an approach, not least of which is the possibility of directing a respondent into giving a particular answer. An inexperienced interviewer can, quite unwittingly, bias the response by asking leading questions, or by nodding and offering reinforcement to respondents' comments. Probing requires a skill as it is difficult to remain impartial. The problem is knowing when an answer is insufficient and could be expanded, and how to obtain a more detailed answer, without prejudicing the response.

In addition to problems of design and conduct, there are also drawbacks at the analysis stage. Recording information from semi-structured interviews is problematical because of the rapid effects of 'memory decay'. This can be offset by using tape recorders and/or note taking. A tape recorder can be very intimidating at first, though after a while its effects tend to be minimised (ibid.), and indeed can help both interviewer and interviewee to concentrate. However, there is then the attendant need to transcribe recordings which may be very time consuming. For this research, tape recording was augmented by note taking.

There is also the question of how to code or analyse information that does not really lend itself to quantification. Furthermore, it can prove difficult to supply evidence for conclusions from qualitative data because the type and quality of information may vary greatly between respondents.

However, semi-structured interviewing, though fraught with the difficulties of implementation, can be advantageous in providing qualitative and explanatory data that would otherwise be lost in more structured questionnaires. Generally the interview can be longer than 'normal' direct questioning and through more relaxed conversation can elicit measures of attitudes and opinions from interviewees.

The qualitative enquiries carried out for this research were undertaken by two trained interviewers, and a tape recorder was used with the consent of the interviewee whilst notes were taken by one of the interviewers.

The following topics were selected as the main areas of discussion :

(i) time spent in the home - including reasons for spending very large or small amounts of time at home;
(ii) the use of different parts of the home - including which activities in each part; the reasons why; by whom; and who dictates usage patterns;
(iii) home based activities - including particular likes and dislikes;
(iv) alterations to the home - including previous or intended changes, and the reasons why;
(v) the effect of domestic and leisure equipment on the use of rooms;
(vi) household interactions - including which spaces are used by individuals and which are communal; and why;
(vii) meanings of leisure - including peoples' views on the role of the home as a venue for leisure.

Accordingly, the interviews explored people's attitudes and opinions on their home, and how it is used, with the emphasis on their leisure behaviour.

The semi-structured interview technique was primarily employed to glean additional information on individuals' use of the home. However, several respondents offered comments concerning their leisure behaviour in general,as well as their particular leisure preferences. These are of more central importance to the present research with its focus on patterns of behaviour.

The methodological approach is therefore multifaceted and diverse in nature. The wide range of information required dictated a package of survey tools. Quantitative data pertaining to the home and household was collected using questionnaire surveys, and quantitative data pertaining to the activity patterns of individuals and households was collected using time-space diaries. Additional, more qualitative information was gleaned from conversation-style semi-structured interviewing.

The sample

Having set up a programme of research as outlined above, one of the most crucial considerations prior to implementation of the fieldwork is the sampling procedure. The use of sampling techniques in social science enquiries has been well documented; Moser and Kalton, op.cit.; Hammond and McCullagh, 1974; and Dixon and Leach, 1978a. Nevertheless, a brief description of general sampling procedures is warranted in the context of this research.

Sampling may be defined as "the selection of part of an aggregate of material to represent the whole aggregate" (Burton,T.L., 1971). For mathematical purposes, the aggregate is referred to as a 'population'. A population consists of all the elements or possible measures whose characteristics are to be described. A sample is used as a substitute for the population. This is generally because it is easier and more convenient to collect data from a sample than from the population as a whole; the sample being less costly, less time consuming, and less demanding on manpower.

The validity of a sample survey in its ability to accurately mirror the characteristics of the population from which it is drawn depends upon the method of sample selection. The major problem involved in sampling is ensuring that the sample forms a reliable sub set of the population. The aim is to make the sample 'representative' of the whole, whereby any variance in the population is reflected as closely as possible in the sample. If this is not the case, then any inferences made about the

population from the sample results are unlikely to be reliable. Thus great care must be taken to avoid bias in the sample.

The ideal situation entails a totally random selection whereby each individual has an equal probability of being chosen. Under such conditions it is possible to estimate population characteristics from sample attributes. It is also possible to measure the precision of such estimates or 'standard error' according to statistical theory (Moser and Kalton, op.cit.). However, genuinely random sampling requires a complete record of all the individuals in the population from which the selection is to be made.

Such a record , or sampling framework, is rarely available, and it is more common to have a systematic or stratified sampling framework, in which the population is divided into a number of strata or groups before making a random sample from each stratum (ibid.). One advantage of a stratified sample is that it ensures that each part of the population is represented with a sample of sufficient size for comparisons to be made between groups.

Such sampling is based on randomness and probability; however, an alternative to random sampling is quota sampling which involves selecting predetermined numbers of respondents who satisfy particular criteria. Quota sampling though does not permit the measurement of standard errors for sample results as it lacks the basic requirement of randomness. Another problem is gaining representativeness within quotas. For example, a quota of people aged 65 and over could be filled with those aged between 65 and 70, so that the very old are under-represented (ibid.). However, quota sampling is generally cheaper, less time-consuming and more convenient to administer than random sampling.

A full discussion of sampling techniques is beyond the requirements of this enquiry (Kish, 1965; Moser and Kalton, op.cit.; and Taylor and Dunning, 1977).

Most commonly, social science investigations are forced to compromise their sampling procedures, restricted by resources of time, money, and labour, and by the nature of the data to be collected and the objectives of the survey. The design of "any empirical study must reach a practical compromise between breadth and depth of enquiry" (Glyptis, 1979). The present project was constrained in its design by resource limitations of finance and time which precluded a large, national scale survey, and also limited the depth of enquiry into the major variables of housing and household type. The research was therefore illustrative rather than exhaustive, and given the major concern with the home as a venue for leisure and household use of the resources of the home, the major sampling criterion was housing type.

Quotas were sought of five of the most rapidly expanding housing types; investigation of all types being impractical. Consequently the five categories were selected as follows :

(i) owner-occupied detached houses;
(ii) owner-occupied semi-detached houses;
(iii) local authority rented semi-detached houses;
(iv) owner-occupied traditional terraced houses;
(v) local authority rented high and medium rise flats.

Almost two thirds of the British housing stock is comprised of semi-detached and terraced housing; (respectively 31 per cent and 29 per cent in 1985; Office of Population Censuses and Surveys, 1987). High rise flats were selected because they offer a distinctly different style of home environment, generally with less space indoors and rarely any garden or outdoor space. Similarly, detached housing offers a marked contrast, generally with considerably more space, both in and out of the home, than the other housing types.

Owner-occupancy has increased dramatically from 29 per cent to 61 per cent of the U.K. housing stock between 1951 and 1985 (Office of Population Censuses and Surveys, 1987). However, there is still a sizeable proportion of households renting from local authorities; some 28 per cent in 1984 (Central Statistical Office, 1986).

Therefore, the five housing types selected were chosen to represent the major contemporary types of homes and tenure types, and also "those most strongly emergent" in the current U.K. housing stock. Within each of these housing types, it was intended that sufficiently large samples would be obtained to encompass the most common and most rapidly growing household types,including:

(i) single persons;
(ii) couples with dependent children;
(iii) adult couples;
(iv) single parent families.

It was decided to select a mixture of the typical household types for each house type, in order to see whether or not a similar 'resource' is used differently by different sorts of occupants. The traditional married couple household with one or two dependent children now accounts for only 24 per cent of households in the U.K., compared with 30 per cent in 1961 (Central Statistical

Office, 1986). A further 27 per cent are married couples without children; their proportion of the total has remained fairly constant over the last twenty years. However, two household types contrast markedly with this picture, showing dramatic growth since 1961. Single person households account for some 23 per cent of households, whilst single parent families make up another 8 per cent (Sports Council, 1988).

Thus the overall sample was dictated by dominant and emerging housing types. Consequently a quota was set for each subsample according to house type, and within that quota it was considered that there would be a sufficient representation of the selected household types.

In addition to the sampling selection, there is also the question of sample size to be considered. Dixon and Leach (1978a) give a simple explanation of how to calculate sample size on the basis of standard error. However, such precision is only feasible for random samples. With a quota sample as used here, selection of sample size can really only be based on the practical considerations of limited resources and anticipated methods and detail of analysis.

Thus a basic sample of 100 households for each housing type was arbitrarily selected. This, in fact, was only for four of the categories, as the decision to sample owner-occupied detached houses was taken at a later stage in the project, 50 households only being selected for the detached houses.

Implementation of fieldwork

A small pilot survey was conducted in Loughborough to test the draft versions of the diary and questionnaires. It was administered among twelve households in contrasting house types. Initially, the interviewer contacted an adult member of the household willing to speak on its behalf. The Schedule 1 questionnaire was then conducted with the head of household. Obviously with a questionnaire lasting about an hour, it would not always be possible to conduct it on first contact, so the interviewer might have to arrange an alternative time. On completion of this interview, the respondent was asked if he or she and other members of the household (aged over 12) would be prepared to fill in a diary. The interviewer then explained to each diarist how to fill in the diary form and arranged a convenient time to collect them. The Schedule 3 questionnaire was then conducted with all diarists in the household at the time of collecting the diaries.

The pilot confirmed the need for a three-stage package of survey techniques and also highlighted a number of problems and pitfalls. In most cases it was necessary to make repeated visits to households, especially to contact diarists and to conduct the post-diary interview. Accordingly it was clear that the "sample inevitably became progressively more self-selecting" (Glyptis, McInnes and Patmore, op.cit.). Generally, the head of household also completed an activity diary, but it was difficult to persuade all the other members of the household, particularly in the larger households, to take part in the diary survey.

The pilot survey also revealed the difficulties of eliciting information on decision-making and leisure choices. Both the length of the overall survey, and the need for greater in-depth probing to identify mechanisms of choice and decision-making, conspired to limit the effectiveness of the interviews on these issues. Consequently, as indicated earlier, less emphasis was attached to decision-making and choice in the main survey.

Finally, it was clear that the fieldwork would be time consuming, particularly when undertaken in the larger houses and amongst the larger households. Also, well-trained interviewers would be required to carry out the fieldwork, given the level of intrusion on respondents' privacy and time.

For the main survey printed cards were delivered to all households in the survey areas prior to fieldwork, explaining that a survey was taking place, its purpose, its sponsors, and who was conducting it. Also, it stated that an interviewer may call a few days later. This system was adopted to notify potential respondents of the impending survey as it would be impractical to arrive unannounced due to the complexity of the interviewing. Also, it would help to reassure people that the survey had 'official status', particularly important given the detailed questioning into household possessions and routines.

Fieldwork was carried out in 1984, and 1985, by seven experienced interviewers recruited and trained by the researchers. However, well over half of the fieldwork was carried out by just two of the interviewers. In an effort to limit the variability between them, each conducted some interviews in all the housing types.

The sampling procedure adopted meant that each interviewer was allocated a route to follow within each sampling area and was instructed to call at every second house along the route until the required quota of households was reached. If no-one was at home, then that house was recorded as a 'non-contact' to be tried again later if, after finishing the route, the full quota had not yet been met.

In addition to recording non-contacts, interviewers also kept records of non-response (ie. an unwillingness to complete the interview, despite contact), and the number of visits made to each address. After completing the head of household interviews and leaving diaries for self-completion, interviewers were requested to make up to 3 calls to collect them; likewise, up to 3 further calls to conduct the post-diary interviews. Each interviewer was given a letter of introduction to show to respondents, and in addition to the survey documents, was equipped with a map, a tape measure (for room sizes), contact and response recording sheets, checklist cards for domestic and leisure equipment, and a booklet of instructions (Appendix 3).

The final element of fieldwork entailed semi-structured interviewing. Ten diarists were selected, two each from the five different house types. The selections were based on the level of satisfaction revealed in the head of household interview; thus of the two diarists for each house type, one was generally 'satisfied', the other generally 'dissatisfied'. The interviews were conducted by the researcher and an interviewer, and generally lasted between one and two hours. Each diarist was asked if they objected to the use of a tape recorder; in the event none did, although some were rather hesitant at first. The tape recordings, which were later transcribed, were augmented by note taking. At the end of the interview, the interviewee was given a gift token as a measure of appreciation for cooperation in a lengthy interview process.

The study area

The fieldwork was undertaken in selected areas of Nottingham; a location conveniently close to Loughborough where the research team was based. Loughborough, itself, was ruled out as a possible study town because of its skewed socio-economic profile. Although not chosen to be 'typical' in any sense, Nottingham offers a variety of house types and household compositions, and a social class profile similar to that of England and Wales as a whole.

For example, in terms of household size and structure, Nottingham reflects the national trends of increasing single person, and single-parent households. Similarly it has a cross-section of house types, although the proportion of council housing is unusually high, and owner-occupation correspondingly low (50 per cent and 38 per cent locally compared with 31 per cent and 56 per cent nationally), (Central statistical Office, 1985; Nottingham City Council Planning Department, 1981).

The use of the home for leisure was of paramount concern, and thus it was advantageous to minimise the variation in the range of out of home leisure opportunities available to the sample.

Accordingly, the local environment should be similar for each house type, and homogeneous within housing types. As a result, the areas selected were fairly compact and close together, situated to the west and north-west of Nottingham (Figure 2.1). The six areas selected were as follows :

i) Area1 Owner-occupied semi-detached houses in West Bulwell (mainly three-bedroomed and between 10-12 years old);

ii) Area 2 Owner-occupied terraced houses in East and West Bulwell (traditional two-storey Victorian terraces, mainly two- or three-bedroomed);

iii) Area 3 Local authority rented medium-rise flats in West Bulwell (known locally as the Broxtowe flats, they also contained some maisonettes);

iv) Area 4 Local authority rented semi-detached houses in Strelley and Aspley (which also included some 'blocks of four', and occasional properties that have been sold to occupants);

v) Area 5 Local authority rented high-rise flats in the Victoria Centre, in the centre of Nottingham (in Park Ward and directly above the Victoria Shopping Centre);

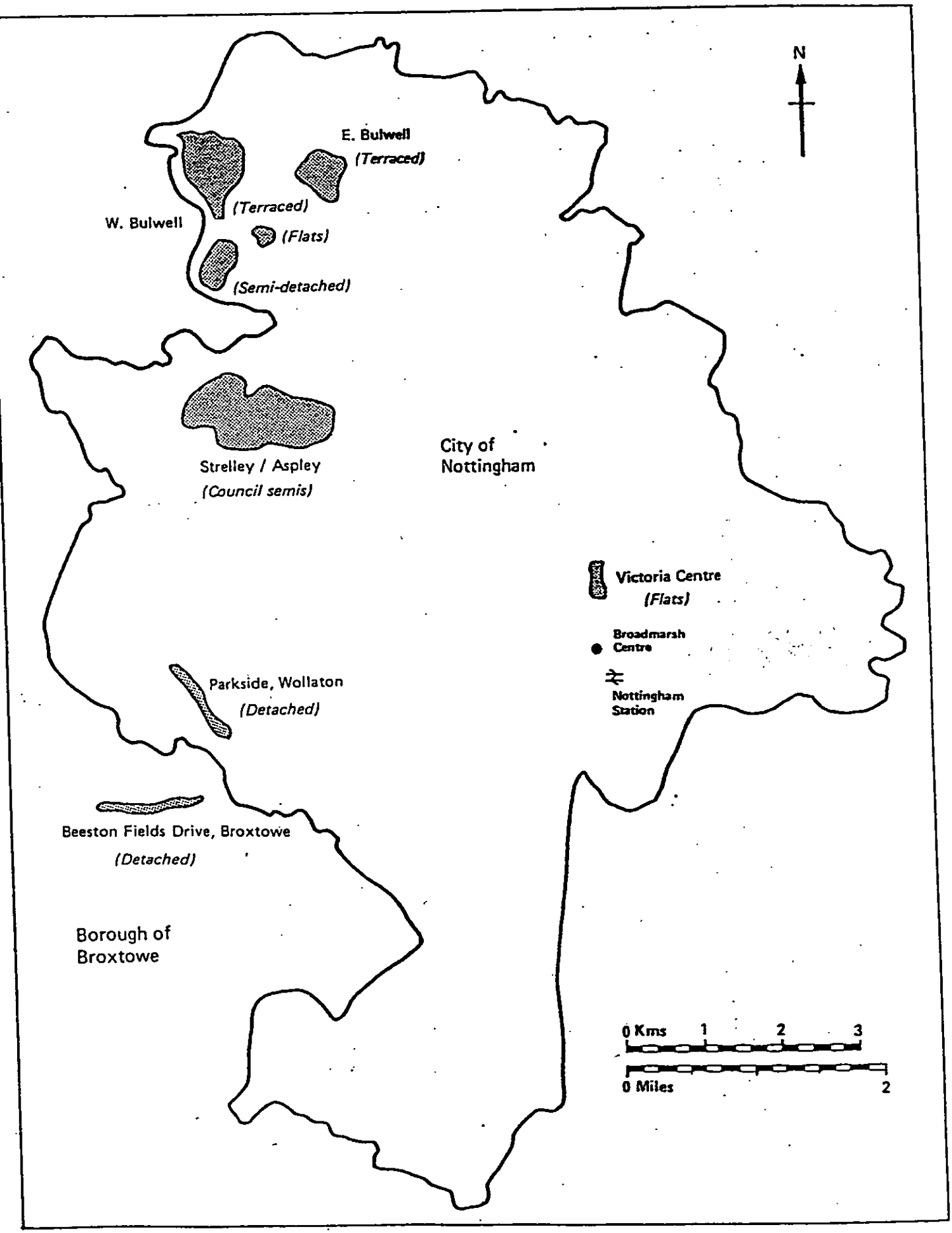
vi) Area 6 Large owner-occupied detached houses in Parkside, Wollaton and just to the west of the city boundary in Beeston Fields Drive, Broxtowe (mostly four- or five-bedroomed).

The final area, that containing the detached housing, was added when the fieldwork in all the other areas had been completed; primarily to see if activity patterns differed significantly for those living with fewer constraints of space. From a preliminary analysis of the results from the first five areas, it had become evident that occupants were generally dissatisfied with their homes. This dissatisfaction manifested itself in a desire to move house, and aspirations towards bigger and 'better' homes in 'better' neighbourhoods, with more space and extra equipment.

Accordingly it was deemed appropriate by the researchers and the project Steering Group to extend the survey to cover a small sample of large detached houses where one might expect these criteria to be met.

A breakdown of demographic characteristics for the sample wards is shown in Table 2.1, however it must be recognised that sampling was limited to specificareas within wards, and hence the detailed character of the sample areas may not entirely reflect the character of the ward as a whole.

Figure 2.1 Location of sample areas within Nottingham



Source : Glyptis, McInnes, and Patmore (1987), Fig. 3.1 .

'able 2.1 Nottingham: population characteristics of survey wards

	City of Nottm	Bulwell West	Strelley	Aspley	Wollaton	Park	Bulwell East
mple areas		1,2,3,	4	4	6	5	2
81 population	272,141	12,594	9,724	10,798	11,145	8,270	9,818
e structure (%)							
4	8.6	9.0	7.0	5.6	4.5	4.2	4.7
15	18.5	20.5	21.2	16.2	15.1	10.0	14.4
-24	13.6	14.9	15.6	11.9	11.9	23.3	13.0
-44	22.3	27.9	20.8	20.8	23.8	27.4	22.3
-64	24.9	15.5	21.3	21.6	28.2	21.5	22.8
+	12.4	12.2	14.3	24.0	16.4	13.5	22.7
employment (%)	11.9	12.6	18.7	11.2	4.9	12.5	8.2
erage household size	2.63	2.76	3.05	2.51	2.58	2.21	2.45
enure (%)							
ner-occupied	37.5	27.9	9.9	16.6	64.1	34.7	42.3
uncil	49.7	66.8	88.9	82.8	22.7	33.7	46.0
using Association	3.0	1.0	----	0.1	9.9	5.8	1.5
ivately Rented	9.0	4.3	1.2	0.5	3.3	25.9	10.2
ar ownership	44.5	41.4	37.7	36.6	67.8	44.5	40.6
% of households)							
one parent households (%)	3.1	5.6	3.8	2.2	1.9	1.3	1.0
ingle person households (%)	25.9	22.1	19.7	26.8	20.0	37.5	27.6
ensioner households (%)	25.3	22.1	25.6	37.7	25.8	20.2	34.7

ource: data from Nottingham City Council, 1981 Census Ward Factsheets

The main leisure opportunities in the City of Nottingham and its surrounding area are shown in Figures 2.2 and 2.3 (Glyptis, McInnes and Patmore, op.cit.). The City has some 900 hectares of public open space, 12 swimming pools, 16 sport and recreation grounds and 84 playing fields. There are three major indoor sports centres, and another 7 which provide for limited public use. In addition, there are three athletics tracks, three 18-hole golf courses, a race course, a greyhound stadium, as well as an ice stadium and a ten-pin bowling alley. There is also the National Water Sports Centre run by the Sports Council at Holme Pierrepont next to Colwick Park. Other countryside recreational opportunities including Sherwood Forest, Rufford Country Park, Clumber Park and the Peak District National Park, all within 50 kms of the city.

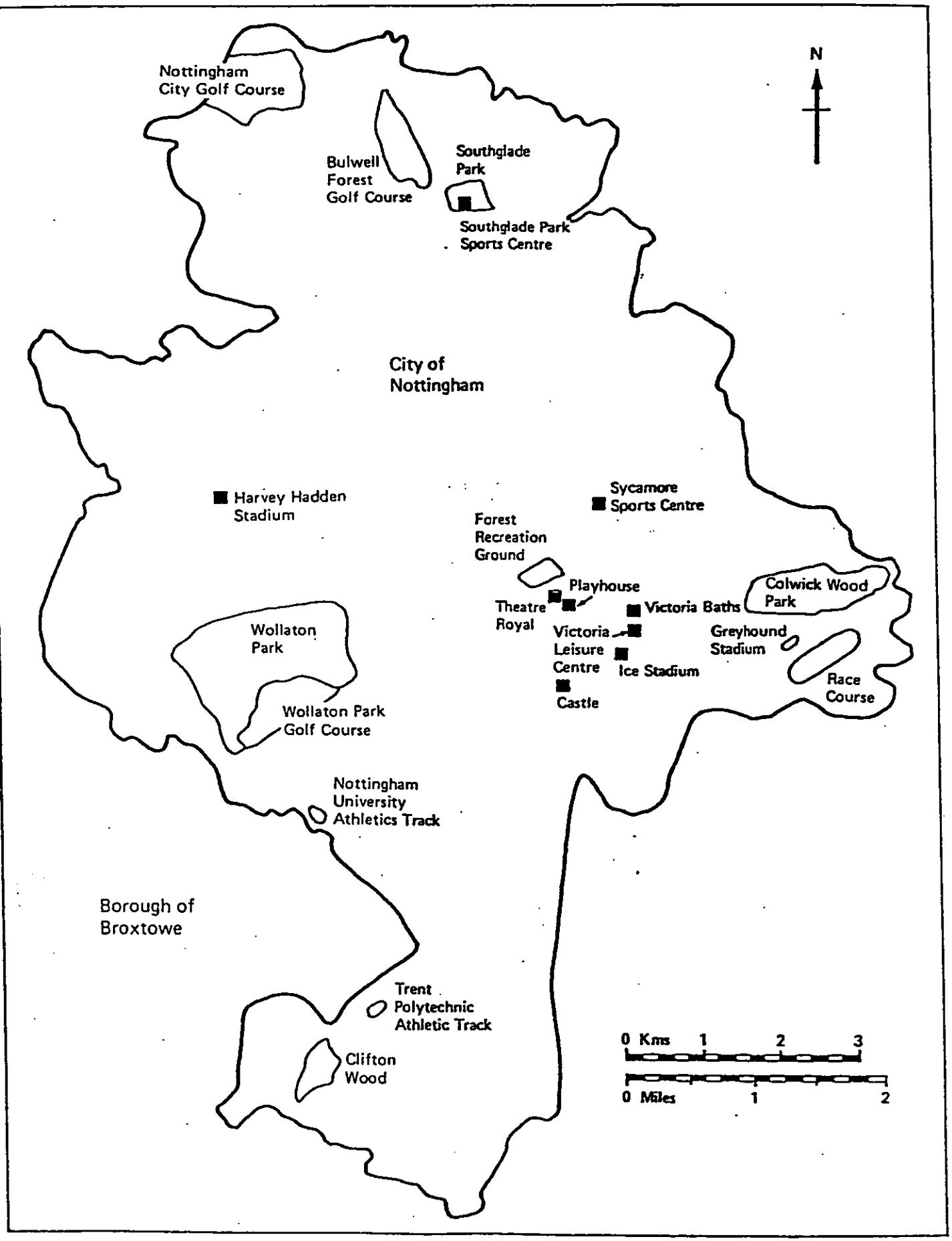
The data

The bulk of the fieldwork was carried out over a period of six months in 1984, with the exception of the sample of detached housing and the qualitative semi-structured interviewing which took place in early 1985. Overall, some 822 households were contacted of which 523 completed the 'head of household' questionnaire. This represents a response rate of 64 per cent which is rather low, however it must be borne in mind that the interview was both complicated and lengthy, taking on average one hour to complete (up to 2 hours in the larger houses).

These 523 households yielded 1,027 individuals as potential diarists, of whom 502 (49 per cent) agreed to participate in the diary stage of the survey. Four hundred and sixty individuals returned completed diaries which represents some 92 per cent of those agreeing to do so. Such a completion rate for the diaries was excellent, comparing favourably with other time-budget surveys of similar duration and complexity. However, it proved difficult to obtain multiple diaries from the same household, with only 21 per cent of all households yielding two diaries, and only 2 per cent providing more than two. Therefore it was difficult to examine the way in which groups and larger households experienced "life in the same physical setting" (Glyptis, McInnes and Patmore, op.cit.). Some 436 diarists completed the post-diary interview, which represents a response rate of 95 per cent of those who were eligible to do so.

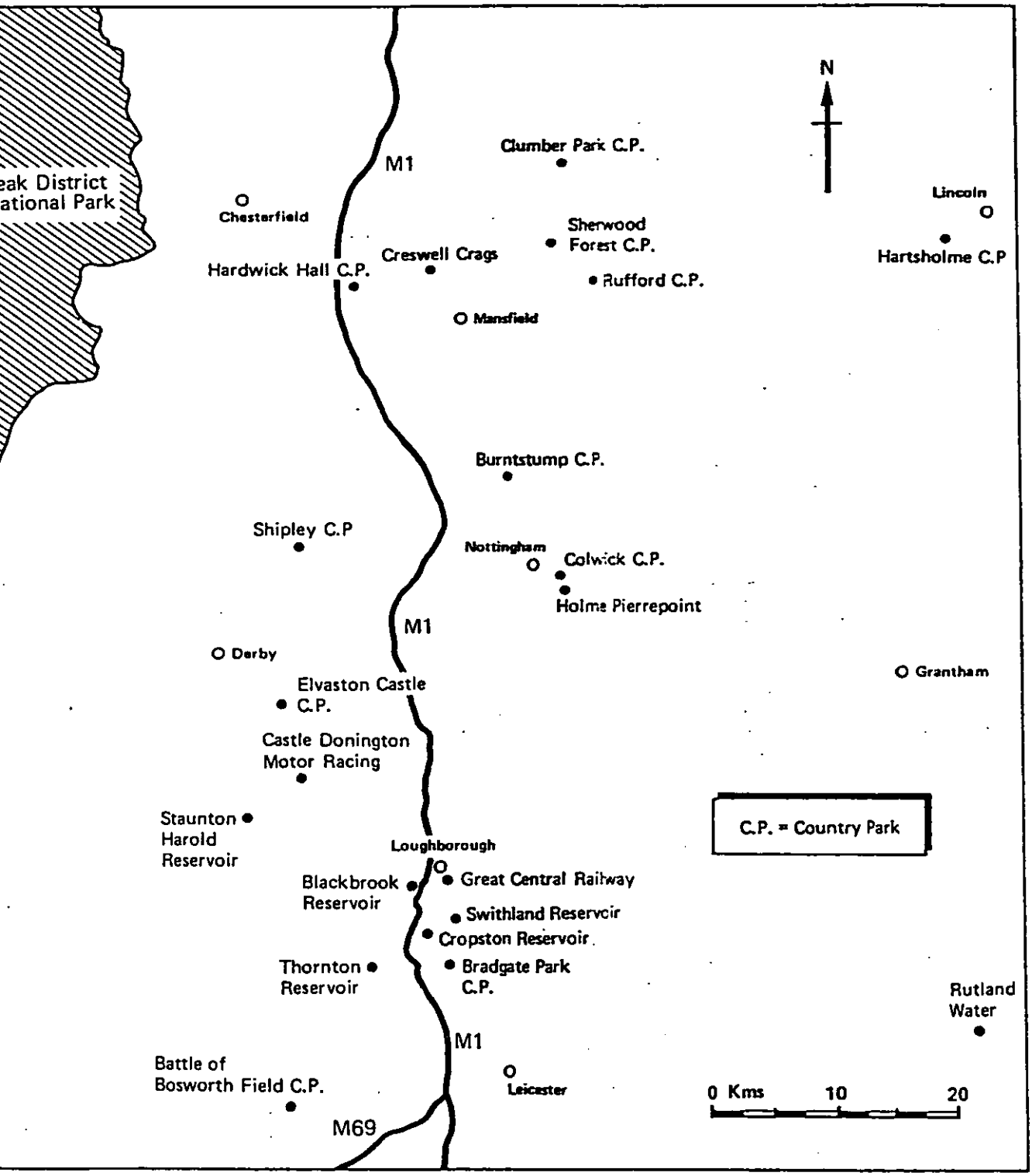
Overall, these response rates are fairly satisfactory considering the complexity of the survey package and the degree of detail sought on aspects of the home and household. The survey was a complicated package of techniques which placed considerable demands on the time and patience of respondents. Given this complexity and the fact that no incentives were offered for participation, (except for the ten follow-up interviewees) then both the rate and quality of

Figure 2.2 Major leisure opportunities in the City of Nottingham



Source : Glyptis, McInnes, and Patmore (1987), Fig. 3.3 .

gure 2.3 Leisure opportunities in the surrounding area



Source: Glyptis, McInnes, and Patmore (1987), Fig.3.4 .

response were high (Table 2.2). To illustrate the scale of the fieldwork involved in the project it is worth noting that the interviewers made a total of 3,647 visits to households, 2,557 to arrange and conduct the head of household interviews, 627 to deliver and collect diaries, and 463 to complete the post-diary interviews.

There was little variation in response between the different house types; ranging from 58 per cent in the local authority rented flats to 70 per cent in the terraced houses (Table 2.3). There was however quite a variation in the response of those offering diaries, ranging from 57 per cent in the terraced to 84 per cent in each of the detached and council semi-detached areas. The diary completion rate though was very successful overall (92 per cent); with 81 per cent in the terraced houses being lowest, compared with 100 per cent in the detached.

Analysis

Given the diverse nature of the information sought, the coding schedules for both the questionnaires were lengthy, but nonetheless fairly straightforward in design. The pilot survey was useful in eliciting likely responses to those questions which, potentially at least, had many possible answers; for example, reasons for liking or disliking various aspects of the home.

The profile data for the diary analysis was coded in the same way both for simplicity and for ease of comparison of data for each individual. The activities classification was a modified version of that used by Gershuny and Thomas (op.cit.) with greater emphasis on home based activities (Appendix 2).

However, there were additional problems in coding the time-space diaries because of the need to analyse the data according to individuals, activities, and events. This was solved by entering every single event (separate incident of an activity) undertaken by an individual as a separate record on the computer. A lengthy editing process made it possible to set up the data file allowing analysis to focus on activities and events by treating each record separately, and on individuals by combining every record for each diarist.

This process was undertaken to allow three important descriptors of activity to be considered. Firstly, the number of individuals participating in a given activity can be identified, so as to give the overall participation rates. Secondly, the number of events can be examined to calculate the number of occurrences of a given activity. Thirdly, the amount of time allocated to particular activities can be identified. Each of these descriptors will be used in the results as appropriate.

Table 2.2 Survey Response

1. Head of Household Interview

	Households
Contacts	822
Interviews Completed	523 (63.6%)

2. Diary Survey

	households	(Individuals in) % previous entry	households interviewed	% previous entry
Completed interview	523		1027	
Offered diaries	348	66.5	502	48.9
Completed diaries	327	94.0	460	91.6
Completed post-diary interview	315	96.3	436	94.8

3. Diaries per Household

			Households with diarists		
	Offered	%	Completed	%	Diaries completed
None	175	33.4	196	37.5	
1	206	39.4	209*	40.0	209
2	128	24.5	109	20.8	218
2+	14	2.7	9	1.7	33
Head of Household interviews	523	100.0	523	100.0	460

* This figure includes the households which offered two or more diaries but only completed one.

Source: Glyptis, McInnes and Patmore, (1987), Table 3.2.

Table 2.3 Survey Response by House Type

			Semis				
	All	Detached	O-O	Council	Terraced	Flats	Other
Households contacted	822	79	222	133	184	160	146
Completed interviews	523	50	141	81	128	93	30
Response rate, %	63.6	64.9	63.5	60.9	69.6	58.1	65.2
Households offering diaries	348	42	83	68	73	68	14
Response rate, %	66.5	84.0	58.9	84.0	57.0	73.1	46.7
Individuals offering diaries	502	53	156	85	113	100	24
Individuals completing diaries	460	53	131	77	92	85	22
Completion rate, %	91.6	100.0	84.0	90.6	81.4	85.0	91.7

Source: Glyptis, McInnes and Patmore, (1987), Table 3.3.

This enquiry does not merit the detailed examination of the computing packages employed in the analysis of the data. However, it is useful to briefly mention the techniques that were used. The computational analysis was carried out at Loughborough University of Technology using the Honeywell Multics Computer System. Due to the diverse and complex nature of the data, there was a considerable amount of 'editing' to be done. This was achieved primarily through use of the Multics text editor, 'Emacs'.

By far the most appropriate package for analysis was the 'Statistical Package for the Social Sciences' (SPSS). This is an integrated system of computer programs designed specifically for the analysis of social science data. Consequently it is well equipped to deal with extensive data files with large numbers of variables. The SPSS programs were used specifically for the generation of frequencies, and crosstabulations between variables.

An additional program, 'CLUSTAN', was employed for association analysis. This program was not available at Loughborough, so its use required access to the University of Manchester Regional Computer Centre (UMRCC).

Most of the data from this survey is descriptive and can be presented in tables, graphs and charts. In addition to the descriptive data, there was also the more qualitative data gleaned from the semi-structured interviews. This was in the form of transcribed notes and was used primarily as illustrative material.

However, examination of individuals' activity patterns requires a more rigorous investigation than a mere descriptive commentary on participation habits. A life style approach attempts to classify people according to their activity patterns, and thus identify life style groups. Accordingly some form of classification technique was required to identify life style groups. In order to look at the aggregate pattern of people's life styles, a clustering technique, namely association analysis was employed.

Association analysis is a simple clustering technique used to divide all the individuals in one sample group into subgroups. The basic principle involves a division of the data set into those individuals who possess, and those who lack, some single specified attribute (Everitt, 1974; Johnston, 1976 for greater detail).

For the purposes of this research, the association analysis was based on whether or not individuals participated in various activities, so as to produce life style groups of people based on associated activities. A fuller account of the use of this technique is explained in Chapter 5.

In addition, there was a further method of diary interpretation which called upon the principles of time-geography. Essentially, this involved the construction of time-space diagrams, as introduced in Chapter 1. Ideally, these biographies of movement through time and space should be depicted in three dimensions. However, in practice, it is more appropriate to create an approximation in two dimensions. This is nonetheless an accurate depiction of the life style in both context and detail, yet is more readily drawn and interpreted. The biographies of individuals were thus plotted on a simple diagram of time and location. A fuller explanation of the use of this biographical analysis can be found in Chapter 5.

There were then a variety of techniques used to represent and analyse the data, each tailored to the specific nature of the data produced by the different survey methods. The account of these techniques in this chapter provides a complete picture of the overall approach, whereas each particular technique is explained more fully as it is applied.

Summary

The research was, by necessity, empirical and exploratory, the main aim of the Panel project being to examine the role of the home as a venue for leisure, which hitherto had received scant attention. This thesis sets out to examine the leisure life styles of individuals and households groups.

Given the paucity of previous data, and the diverse and complex nature of the information to be attained, a variety of survey methods were used. The package of research tools employed provides a broad base of data, both quantitative and qualitative in nature, which is used to identify leisure behaviour patterns within the context of overall daily routines.

It is intended that through the application of the complementary techniques of cluster analysis and biographical analysis, it will be possible to identify and define life style groups formed on the basis of people's leisure behaviour patterns.

CHAPTER 3 THE ENVIRONMENT OF LEISURE OPPORTUNITY

Introduction

Leisure is an integral part of people's lives, and to attempt explanation of its importance it should be considered in the wider context of people's overall life styles. A life style approach enables leisure to be examined in its own right, and in relation to other constituents of everyday behaviour such as work, going to school, domestic duties, and so on. Yet life styles cannot be understood in isolation. Behavioural patterns must be seen in the context of their physical and social environments, for the relationship between individuals and their environment is likely to have considerable impact on their patterns of activity.

Time-geographers have recognised that all human activities occur within a framework bounded by the finite resources of space and time. These limits create an environment in which opportunities for participation in leisure are regulated, to a varying extent, by sets of constraints. In particular these include the basic and fundamental conditions affecting human life and society as outlined by Hagerstrand in 1975 (Chapter 1), and, importantly, the availability of given leisure opportunities. The ensuing pattern of activities, or life style, is therefore in large measure, influenced by the effects of the environment of constraints and opportunities.

Day to day life in and around the home is likely to be affected by the number and type of people in the household. For example, the routine behaviour of the single person is likely to be significantly different from that of a married couple with young children, or the life style of an elderly couple compared with a household of young students. The activities of individuals and the interactions between different people will all be affected; the household being a 'social milieu' for leisure activity.

Equally, leisure behaviour is also likely to be influenced by the character of the dwelling, the availability of space, the presence and positioning of basic amenities, and the possession of labour-saving and other leisure-related equipment. The home is a leisure resource which can accommodate a wide range of leisure pursuits, with "a major influence on a household's leisure (being) the size, quality and setting of their home" (Chairmen's Policy Group, op.cit.).

The natural and man-made environment outside the home can provide a rich and diverse resource for leisure activity. A considerable amount of leisure activity takes place at purpose-built or adapted facilities, and at land and water resources with a primary use other than recreation

(Glyptis, 1984b). The local neighbourhood around the home typically provides a wide range of leisure opportunities including parks and open spaces, sports facilities, libraries, arts and entertainments, clubs and pubs, and the countryside. Likewise, on a wider scale, the neighbouring city and region provide for an even greater range of leisure opportunities.

However, most leisure time is spent at home (Martin and Mason, 1986), therefore it is appropriate to consider the home as a leisure centre (Glyptis, 1984b) whose resources combine to condition the life styles, and, in particular, the leisure content of those life styles, for the individuals in the household.

This chapter therefore, aims to examine the environment of leisure opportunities, both within and outside the home and household. The first part of the chapter focusses on the social and historical context of the home and household, examining the developments and trends in housing type and design, housing amenities, and household size and composition. The emergence of out of home leisure provision was briefly charted in Chapter 1, and it is important to do likewise for home based leisure opportunities, given the prominence of the home as a venue for informal leisure. Secondly, attention is drawn to the Nottingham homes, with particular emphasis on the availability of rooms, spaces, and amenities, as well as domestic equipment and services. In addition, this section will examine the characteristics of the Nottingham households, considering the implications of household size and structure in relation to house type and design.

To complete the examination of the home based leisure environment, a section on individuals' own perceptions of their homes is included. Finally, there is consideration of the out of home leisure opportunities, which are addressed on two scales; firstly the local neighbourhood environment concerning those facilities very near to the home for each of the sample areas, and, secondly, the wider context of the City of Nottingham and its surrounding region.

Homes and Households

Social and Historical Context

Others have examined the social and historical evolution of home development and design in greater detail (Cherry, 1982; Patmore, 1983), however it is important to look at home design as it affects activities in the home.

The home can potentially constitute a leisure centre of almost limitless opportunities, although this is not always the case, as homes vary enormously in their stock of amenities and equipment. The immediate availability of space, both indoor and outdoor, as well as basic amenities such as heating and lighting provide a ready environment for many forms of leisure activity. However, no two homes are the same, and its use for leisure depends on the availability of space, the design and layout of rooms, the equipment contained in the home, and the individuals that make up the household. All of these factors may vary, with the result that the leisure uses of the home can be many and varied.

Housing types, tenure, and amenities, as well as household size and composition have all shown considerable change in the present century. The U.K. housing stock has altered dramatically, particularly in the post-war period. There are now over 22 million dwellings in the U.K., 51 per cent of which have been constructed since the Second World War (Central Statistical Office, 1988).

In addition to a dramatic rate of construction, there have also been significant developments in housing form. Although more recently, since 1970, there has been little change, both the inter-war and post-war eras witnessed great changes in the character of British housing. The major feature of this change was the decline of the traditional terraced house, with a corresponding expansion of semi-detached houses and high-rise flats (Table 3.1). Post-war clearance of Victorian and Edwardian terraces led to new estates of semi-detached properties as well as new waves of high-rise flats in the cities.

The changing face of the housing stock has been matched by a dramatic tenurial revolution (Figure 3.1). Owner-occupancy has sharply increased at the expense of rented property. From less than a third of all dwellings in 1950, the owner-occupied sector of the housing stock rose to 61 per cent by 1985 (Office of Population Censuses and Surveys, 1987). This rise was paralleled by an overall decline in the rented sector, although there was actually an increase in the amount of local authority rented property, which now constitutes almost a third of the U.K. housing stock.

Table 3.1 Housing Types in Great Britain, 1947-1985

Housing Type	1947	1980	1985
		(% of total)	
Flats and Tenements	12	21	20
Terraced	45	30	29
Semi-detached	30	32	31
Detached	13	17	19

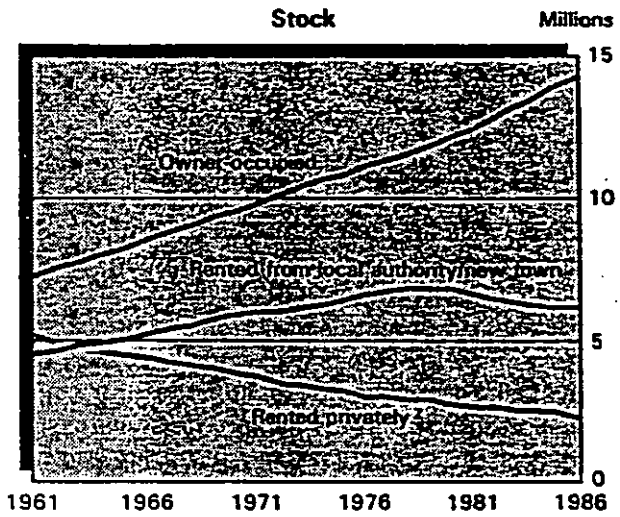
Data from Social Trends 1, (1970), Social Trends 12, (1982), and General Household Survey 1985, (1987).

Table 3.2 Households and Household Size in Great Britain, 1951-1985

	1951	1961	1971	1981	1985
Number of Households (000s)	14558	16189	18317	19492	
Household Size (% of total)					
1 person	11	12	18	22	24
2 persons	27	30	32	32	33
3 persons	25	23	19	17	17
4 persons	19	19	17	18	17
5 persons	10	9	8	7	6
6 or more persons	8	7	6	4	2
Average Household Size (no. of persons)	3.21	3.09	2.89	2.71	2.56

Data from Social Trends 1, (1970), Social Trends 16, (1986), and General Household Survey 1985, (1987).

Figure 3.1 Stock of dwellings: by tenure



Source: Central Statistical Office, (1988) Social Trends 18, Fig. 8.1

The real 'victim' of the change has been private rented accommodation which has been reduced from 53 per cent of all dwellings in 1950 to only 11 per cent by 1984 (Central Statistical Office, 1986).

Thus, after periods of great change there is now an element of stability in the basic pattern of housing types in the United Kingdom. Furthermore, the changes in house type have been matched by a significant tenurial revolution towards a nation of home owners.

Not only has house type been subject to change, but house design and layout have also altered significantly, with the effect that there are now a great many different basic housing shells in the current housing stock.

Victorian terraces were the most common urban dwelling by 1914, most of them fundamentally the same, being compact units based on two rooms upstairs and two rooms downstairs (the two-up-two-down). Traditional terraced properties were tightly packed, unlike their Georgian predecessors which were situated in spacious squares or on wide, tree-lined avenues. Private outdoor space for residents of terraced houses was limited to a tiny backyard or occasionally a small front garden.

Suburban sprawl as a result of the dense packing of rapidly growing cities, heralded a move away from the city for those people with sufficient affluence and mobility. Firstly public transport, and then, more significantly, the private car meant that the home and the work-place need not be in close proximity. Hence the suburbanisation process led to low density housing on the outskirts of towns and cities in the form of detached and semi-detached houses. This geographic shift, and architectural progress, ran concurrently with changes in tenure. Thus, two types of semi-detacheds developed, some for the local authority rented sector, others for owner-occupancy. Detached houses remained exclusively for private ownership.

Essentially there was little difference between the two types of semis in terms of design. Generally, there were two storeys. Upstairs generally contained two or three bedrooms, however,occasionally downstairs layout would vary, with a kitchen being combined with a living room to constitute a kitchen-diner, or two living rooms being combined as a single through room. It is interesting to note that council tenants often make such alterations to their homes on being offered the chance to buy the house outright from the local authority.

Council semis differed slightly from those privately owned, in that the design emphasis was on bedroom and storage needs compared with greater attention being paid to ground floor reception rooms in owner-occupied semis. Out of home, the contrast was more apparent, with private semis and detacheds having more outdoor space and more individually distinct plots than the council estates, which focussed more on communal space.

High-rise flats have been the most recent addition to the housing stock, having developed initially out of the tenement buildings of Scotland and the North East in the 1930s. The most rapid development in the construction of flats has taken place since the war as a response to slum clearance, land shortage and spiralling land values in the cities, and new architectural styles (Cherry, 1982). Despite the dreams and visions of architects such as Le Corbusier, who was at the forefront of high-rise flat development, their progress has now been curtailed due to social and financial problems, which were exacerbated by structural failures such as that at Ronan Point in East London in 1968. Allied to changing house designs and improved space standards has been the increasingly widespread availability of basic amenities. Major improvements have occurred since 1951: for example, the proportion of households in Great Britain entirely without a fixed bath fell from 37.6 per cent in 1951 to 1.9 per cent in 1981 (Central Statistical Office, 1986). Yet there is nonetheless a sizeable minority who remain in substandard housing without adequate shelter or warmth.

However, developments in lighting and heating have had perhaps the most profound impact on housing standards in the twentieth century. Cherry (1984) rightly acknowledges the important breakthrough in Victorian times brought about by the incandescent gas mantle (1887), yet the most significant improvements have come as a result of electric lighting in the present century.

Similarly, heating standards have been raised by the development of central heating. In 1971, only 34 per cent of households in Britain possessed central heating, yet by 1985, the proportion had increased to 69 per cent (Office of Population Censuses and Surveys, 1987).

Central heating and electric lighting have brought warmth and light to all parts of the house, thereby increasing potential usage of the whole home. This provides far greater flexibility to choose where to locate activities, which has significant implications for individual and group leisure behaviour, and indeed activity patterns in general.

Housing developers have rarely considered leisure activities and needs as a priority in designing homes. However the Parker Morris Report (Central Housing Advisory Committee, 1961), which was primarily concerned with space and heating standards, nevertheless acknowledged that "the home has to provide for an extremely wide range of activities". Its follow-up report, "Homes for the

Future" (Institute of Housing/Royal Institute of British Architects, 1983) considered the growth in leisure as an important social trend to be taken into account in setting housing standards. The report stressed the need for storage space to accommodate the increasing possession of household fittings and appliances, and for flexibility of design to accommodate the "increases in aids to living and leisure" (ibid.).

The proliferation of household appliances and equipment has been fostered by the rapid post-war development of electric labour-saving devices for the home. By 1985, 95 per cent of households in Great Britain possessed a refrigerator, 81 per cent a washing machine, and 60 per cent a deep freeze (Office of Population Censuses and Surveys, 1987). Electric power has now become a "prime prerequisite for the mechanisation of domestic tasks" (Glyptis, McInnes and Patmore, op.cit.). In addition to labour-saving appliances which ease domestic burdens in the home, there has been a dramatic growth in the availability of electric and electronic leisure equipment. By 1985, 98 per cent of homes in Britain had a television set (86 per cent, a colour one), and 31 per cent possessed a video cassette recorder (VCR) (Office of Population Censuses and Surveys, 1987). The abundance of home computers, video games, audio equipment, and musical instruments add to the electronic inventory of the home. As Cherry (1984) concludes, "electronic revolutions in the home have fundamentally changed our leisure patterns".

The home also contains a wealth of other leisure-related items such as toys, games, books, newspapers and magazines, D.I.Y. equipment, garden furniture, even swimming pools and snooker tables.

It is little wonder then, that Glyptis (1984b) describes the home as a well-equipped leisure centre, and the "Homes for the Future" report recognised the fact that the home provides a diverse environment for leisure activity: "leisure time may be spent inside or outside the home, but with the growth of D.I.Y., gardening and many other hobbies, clearly the dwelling provides a great deal more than a place to eat and sleep".

Attention has been drawn to the development of home design and layout, because of the importance of the home as a potential leisure centre, and the frequent neglect of the home in research concerning leisure provision and activity.

There have been equally dramatic changes in household characteristics in Great Britain, particularly since 1950. Demographic and social changes have combined to produce a great variety of household types and sizes.

In the early part of the twentieth century both the birth and death rates declined sharply, and have now stabilised at a low level. Lower rates allied to increased life-expectancy have resulted in an increasingly ageing population. The proportion of old and very old people has increased; over 11 per cent of the population are now aged over 65 compared with only 5.5 per cent in 1951 (Central Statistical Office, 1985).

The total number of households in Britain has risen rapidly from 14 million in 1951 to some 20.8 million thirty years later, and this increase is expected to continue with a projected additional 2.4 million households in Great Britain by the end of the century (Central Statistical Office, 1988).

At the same time as the rise in the number of households, the average household size has been declining. From an average of 3.21 in 1951, household size has dropped to 2.56 in 1985, and projections for England and Wales reach only 2.44 by 2001 (Central Statistical Office, 1988), (Table 3.2).

Cherry (1982) identified the trend towards an increasingly skewed household structure with an emphasis on smaller, ageing households. Part of this shift can be attributed to the "decline of the extended family as the household nucleus" (Patmore, 1983). More of the young and the very old now live alone, and the conventional nuclear family - a married couple with dependent children - now accounts for less than a third of all households in Britain. The number of single person households has more than doubled since 1951, from 11 per cent of the total in 1951 to 25 per cent in 1984. Meanwhile the proportion of larger households has declined; 18 per cent of households had 5 or more members in 1951 compared with only 9 per cent in 1984 (Central Statistical Office, 1986), (Table 3.2).

Glyptis (1984b) has identified a number of salient reasons for the emergence of an increasing number of smaller households, which include the growing prominence of single parent families, a greater number of one person households especially amongst the elderly and retired, fewer adults remaining in the parental home, fewer family homes containing elderly, dependent relatives, and a trend towards fewer children per family.

These social and demographic trends have all combined to produce an increasingly diverse and fragmented pattern of households (Table 3.3). Such variety in household types is likely to have some influence on individual and household activity patterns, as household size and structure clearly combine to affect the opportunities available to members of the household and the commitments incumbent upon them.

Table 3.3 Household Types in the United Kingdom, 1961-1983

	(% of total)			
	1961	1971	1981	1983
No Family				
One Person	11	18	22	24
Two or more Persons	5	4	5	3
One Family				
Married couple only	26	27	26	27
Married couple with dependent children	38	35	31	30
Married couple with independent children	10	8	8	8
Single Parent with at least 1 dependent child	2	3	5	5
Single Parent with independent children	4	4	4	4
Two or more Families	3	1	1	1

Data from Social Trends 15, (1985).

Source: Glyptis, McInnes and Patmore,(1987), Table 2.5.

The Nottingham homes and households

Household characteristics

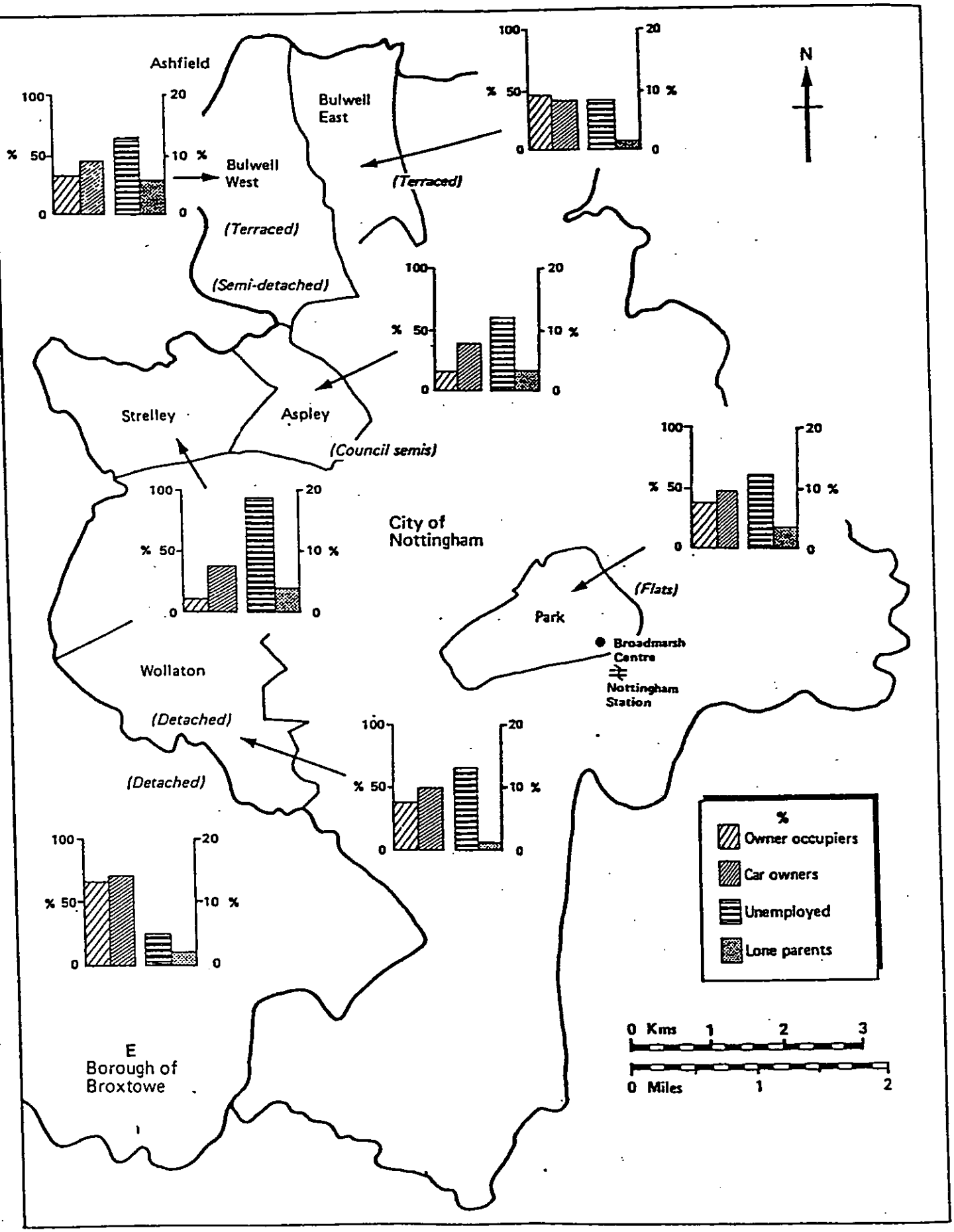
The basic demographic data for the wards which include the sample areas are shown in Table 2.1 and Figure 3.2. These areas were not selected to be representative of national population characteristics, yet the households in the Nottingham sample conformed closely to the national pattern for the U.K. (Figures 3.3 and 3.4). However, single person households were substantially underrepresented at 14 per cent of the sample, compared to 24 per cent nationally. This shortfall was mainly accounted for by the sampling selection of house types, which omitted some of those homes most likely to accommodate single people, such as maisonettes, starter homes, and bungalows.

The relationship between household size and house type was somewhat blurred, for although the smaller households generally occupied the smaller houses, the larger dwellings did not necessarily accommodate larger households. Single people tended to live in the smallest properties, particularly the terraces and flats. Very rarely did they occupy the largest houses (2 per cent only of the detached houses were single person households). Two person households were evenly spread across all but the detached houses, although of this group, the single parent families were concentrated in the terraces and flats accounting for 14 per cent of each type. Three and four person households were mainly found in the detached or owner-occupied semi-detacheds; nevertheless as many as 13 per cent of the terraced houses contained households of 5 people or more.

There is, therefore, evidence to suggest that house size and household size are not necessarily closely matched. This has particularly important implications for household activity patterns. Large households in relatively small houses may face problems regarding space allocation and competing claims for limited amounts of space. Accordingly leisure choices and opportunities may be constrained. By the same token, the single and two person households in the larger houses have greater amounts of space, but this may prove to be a burden to manage.

Even this initial exploration thus suggests that the home environment can generate both constraints and opportunities which are likely to influence leisure behaviour in the home.

Figure 3.2 Characteristics of wards used for sampling



Source : Glyptis, McInnes, and Patmore (1987), Fig. 3.2 .

Figure 3.3 House type and household size

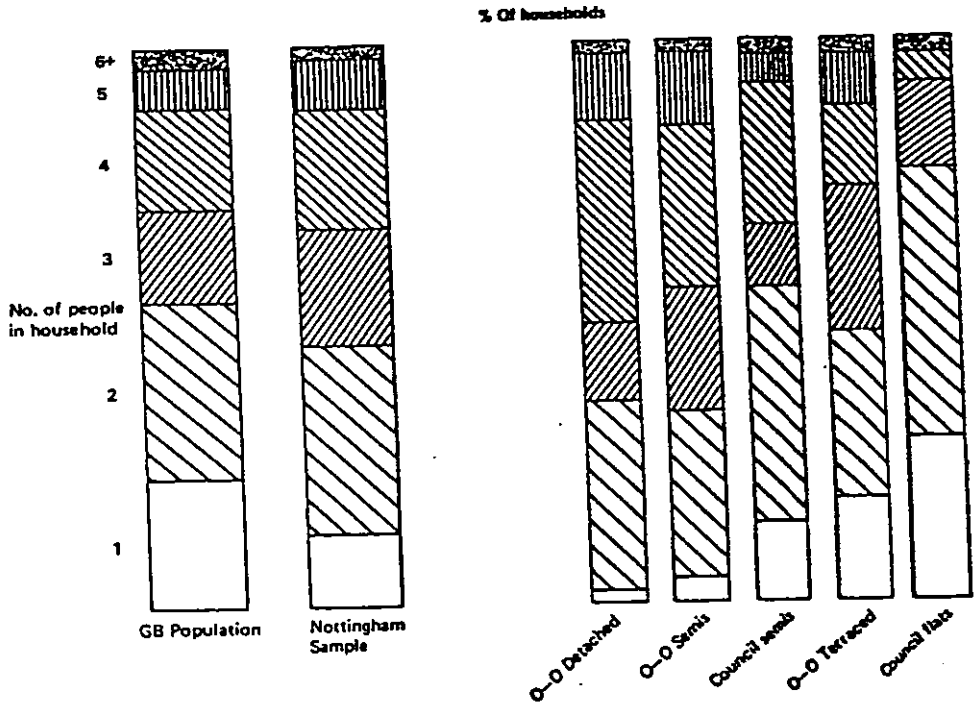
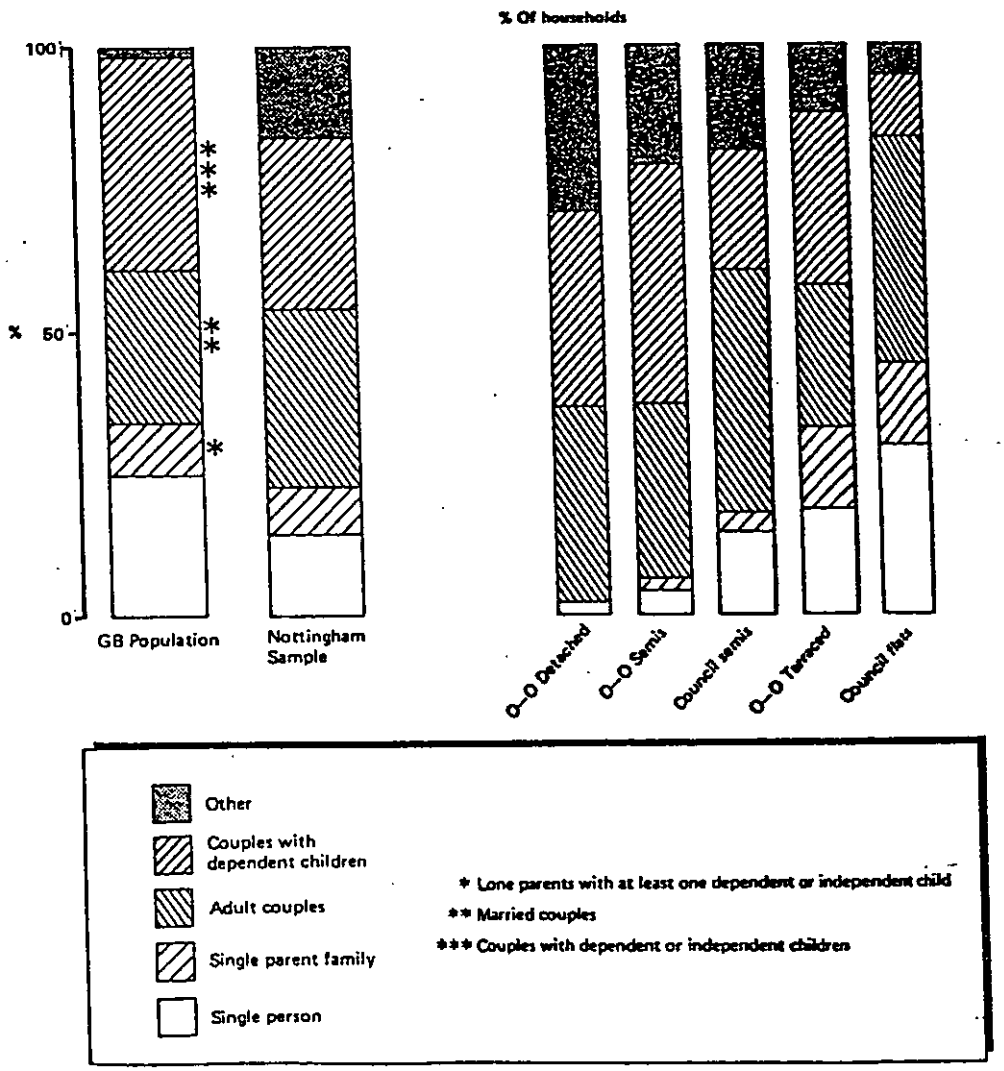


Figure 3.4 House type and household composition



Source: Glyptis, McInnes and Patmore, (1987), Figs. 4.1 and 4.2.

The Homes

Life in the home is not merely a product of house size and household composition. House size is an approximate correlate for available activity space, but house design, layout and basic domestic amenities can crucially enhance or reduce the potential of that space for actual use. Physical space is one of the fundamental resources that the home provides, but the internal division and distribution of that space influences people's behaviour. This is apparent from the convenient division of the interior of the home into some five categories of space: living, sleeping, servicing (food preparation, personal care, etc.), specialised (study, hobbies, etc.), and ancillary (attics, cellars), as well as some form of outdoor space attached to most homes (Glyptis, McInnes and Patmore, op.cit.).

This classification affords an appropriate framework in which to examine the availability of space and its implications for individual and household activity patterns.

Living Space

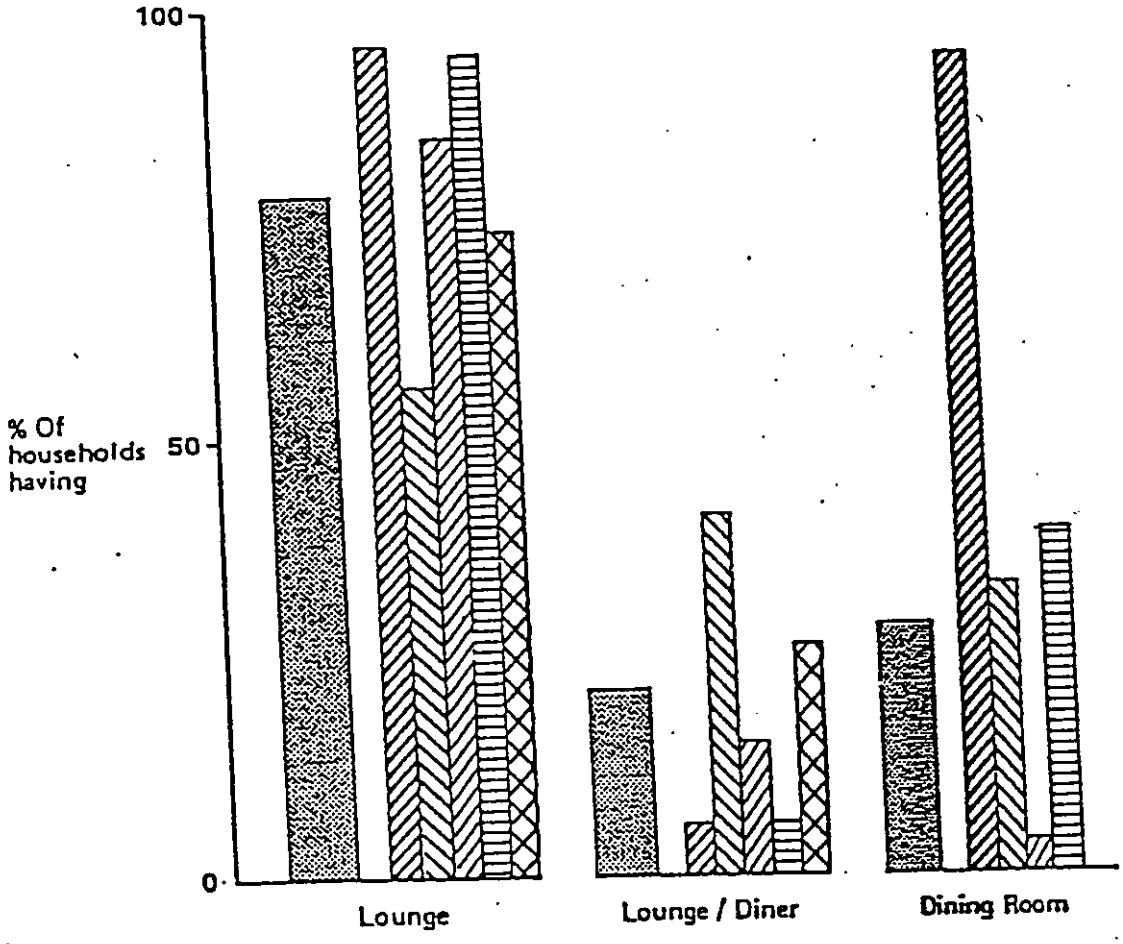
The main area of living space was undoubtedly the lounge, which was present in 78 per cent of homes, the remainder having a lounge-diner. It is often difficult to distinguish between the two, however, other than as different nomenclature used by respondents (Figure 3.5). Lounge-diners were, on the whole, larger than lounges, often as a result of two downstairs rooms having been converted into one.

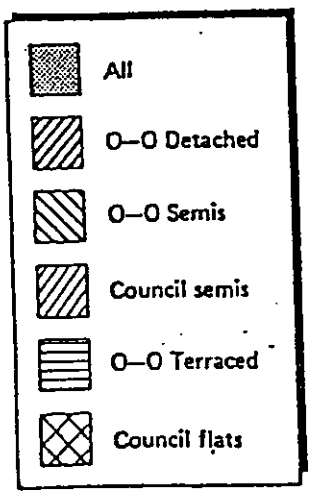
Living rooms were generally the largest downstairs rooms, indeed often the largest rooms in the house. Some 49 per cent of lounges were at least 15 feet long, whilst 93 per cent of lounge-diners were of that size. Separate lounge space was most common in the detached and terraced houses, and markedly less frequent in the owner-occupied semis (only 56 per cent of which had separate lounges), where the single through-room was more often found.

Separate dining space in the form of a dining room was much less widespread, found in less than a third of the houses. Only in the detached houses were they the norm, whilst in the council sector they were conspicuous by their absence. Only 4 per cent of council semis, and none of the flats had dining rooms.

The largest living rooms were found, not surprisingly, in the detached houses. The smallest were in the terraces and council semis, with 84 and 64 per cent of lounges in these types respectively being less than 15 feet long.

Figure 3.5 Availability of living space





Source: Glyptis, McInnes and Patmore, (1987) Fig. 4.3

Sleeping Space

Whilst, with the exception of dining rooms, living space was available in a similar form in all house types, bedroom space varied quite markedly (Figure 3.6). As many as 57 per cent of the sample had three or more bedrooms; however this varied from all of the detached houses through to only 8 per cent of the flats.

Two and three bedroomed properties were the most common; 35 and 49 per cent respectively. The former were particularly prevalent in the terraces and council flats, whilst the majority of the semis, of both tenures, had three bedrooms. The house types most at variance with the norm were the flats, a quarter of which had only one bedroom, and the detacheds, of which 58 per cent had 4 or more.

The largest bedrooms were generally in the largest houses. However bedrooms in the flats were often over 12 feet in length, but as mentioned above, the flats generally had fewer rooms.

Bedroom space highlights the basic disparity in available space across different house types. This is well attested by the fact that houses are so often described in terms of the number of bedrooms that they have, for example, a three-bedroomed semi or a four bedroomed detached.

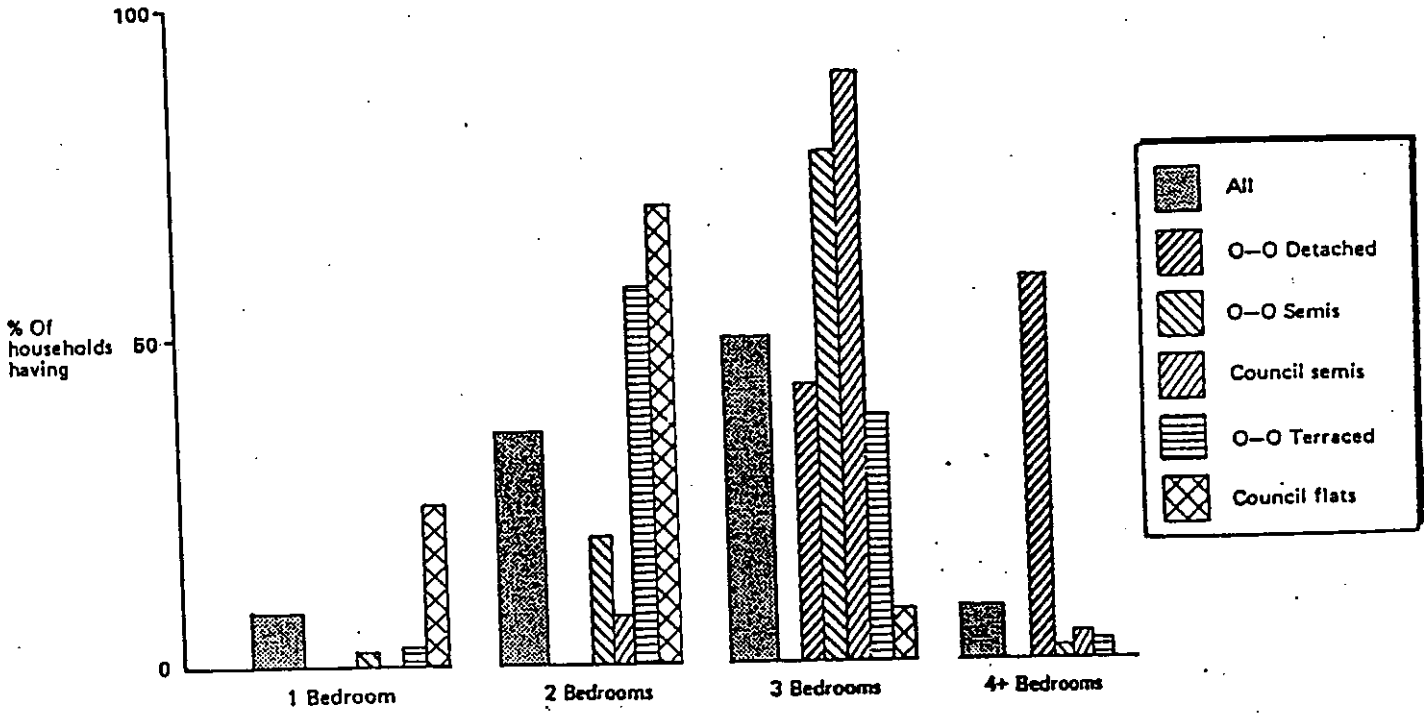
Servicing Space

Servicing space within the home can overlap with living space. For example, food preparation is, for many people, carried out in the same room as dining (Figure 3.7). Some 22 per cent of the sample had this arrangement, taking the form of a kitchen-diner; this was particularly in evidence in the council flats (32 per cent of which had kitchen-diners). Separate kitchens were the norm throughout, but they were most prevalent in the detached houses and council semis.

Kitchen size was generally small, with the notable exception of the detached houses where some 71 per cent of kitchens were in excess of 12 feet long compared with a sample average of only 39 per cent.

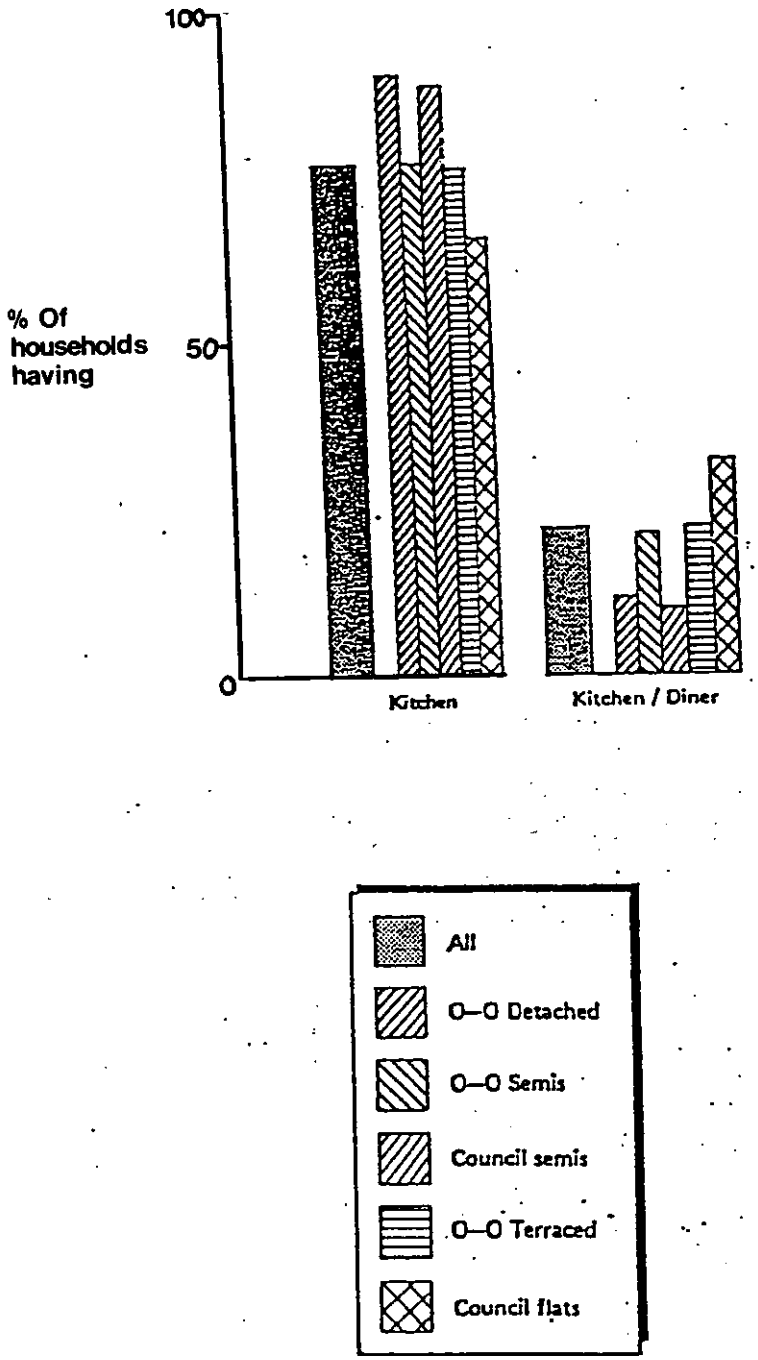
The smaller homes, particularly the terraces and council flats, had the least amounts of separated space, and frequently combined related functions into one room. The same was true of bathroom and toilet facilities. Separate bathrooms and toilets were most common in the detacheds and council semis. Only the largest homes had more than one toilet.

Figure 3.6 Availability of sleeping space



Source: Glyptis, McInnes and Patmore, (1987), Fig.4.4 .

Figure 3.7 Availability of servicing space



Source : Glyptis, McInnes and Patmore, (1987). Fig. 4.2

Specialised Space

Specialised space is much more difficult to identify, because rooms that are used mainly as living rooms or bedrooms are often used as specialised spaces at certain times, whilst not actually being defined as such. Thus, for example, a spare bedroom may be used occasionally as a study or a hobby room. The room types described here refer to the nomenclature used by heads of households, and therefore may differ from a description based on actual room use by the members of the household. Only 2 per cent of heads of households reported using their main bedroom as a study, however, this rose to 4 per cent of second bedrooms for households having at least two bedrooms, and 9 per cent of third bedrooms for those having at least three such rooms. Studies, or rooms used for study, were generally the exception, although some fifteen of the 50 households in the detached houses used their third bedrooms for study.

Ancillary Space

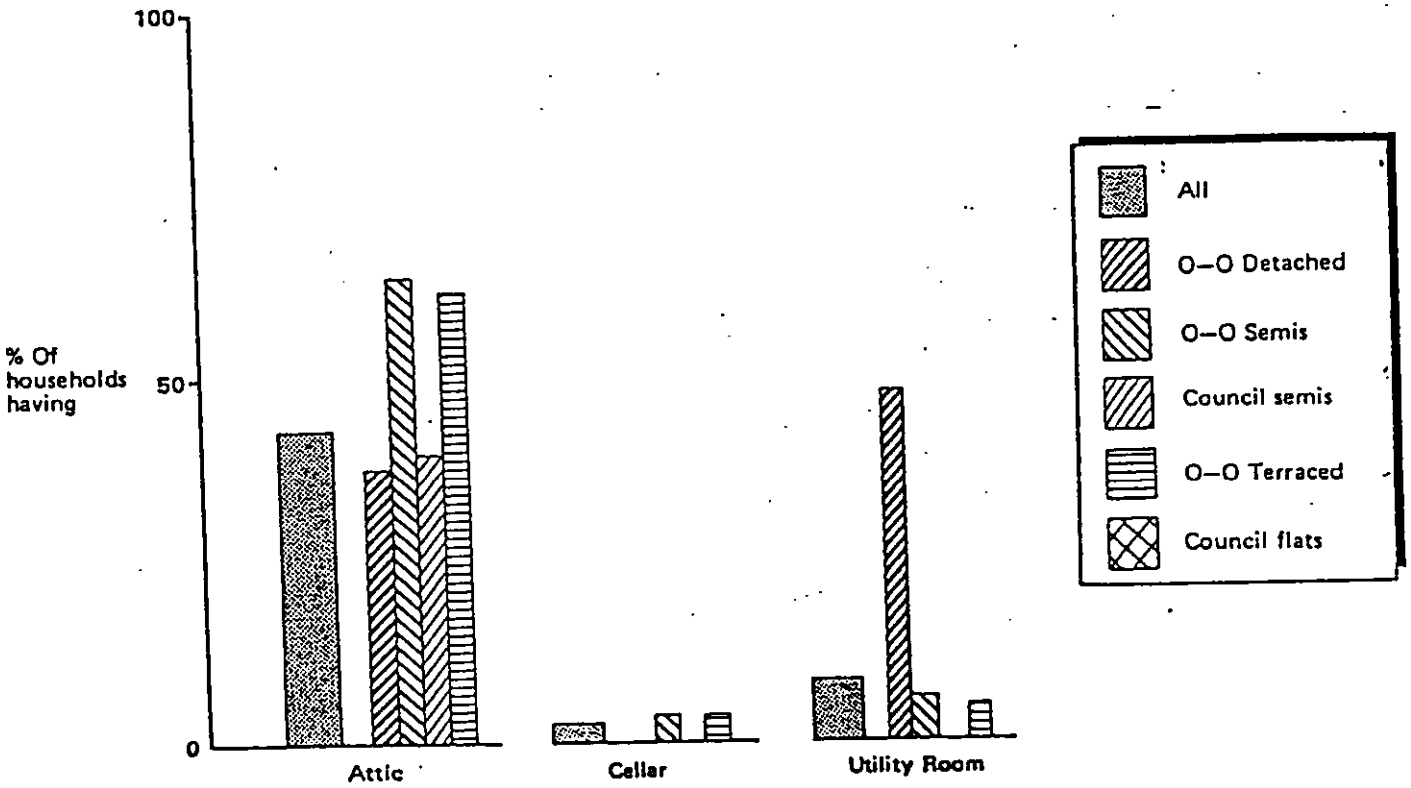
The provision of supplementary space for storage, such as attics, cellars, and utility rooms, was available to a minority of homes in the Nottingham sample (Figure 3.8). Almost half (43 per cent) had an attic, though they were primarily to be found in the owner-occupied semis and terraces. Their presence and use would be most expected in the smallest houses which do not have any separate storage space in the main part of the house.

Cellars and utility rooms were very scarce (only 3 and 9 per cent of homes respectively had them). Older properties, such as the terraces and smaller semi-detacheds, were most likely to have a cellar. Utility rooms were mainly found in the detached houses, where almost half the homes (48 per cent) had one. The council flats, significantly, had none of this ancillary space, thus highlighting the pattern whereby the larger homes possessed extra specialist space over and above the basic allocation, whilst the smallest homes were further deprived of space.

Outdoor Space

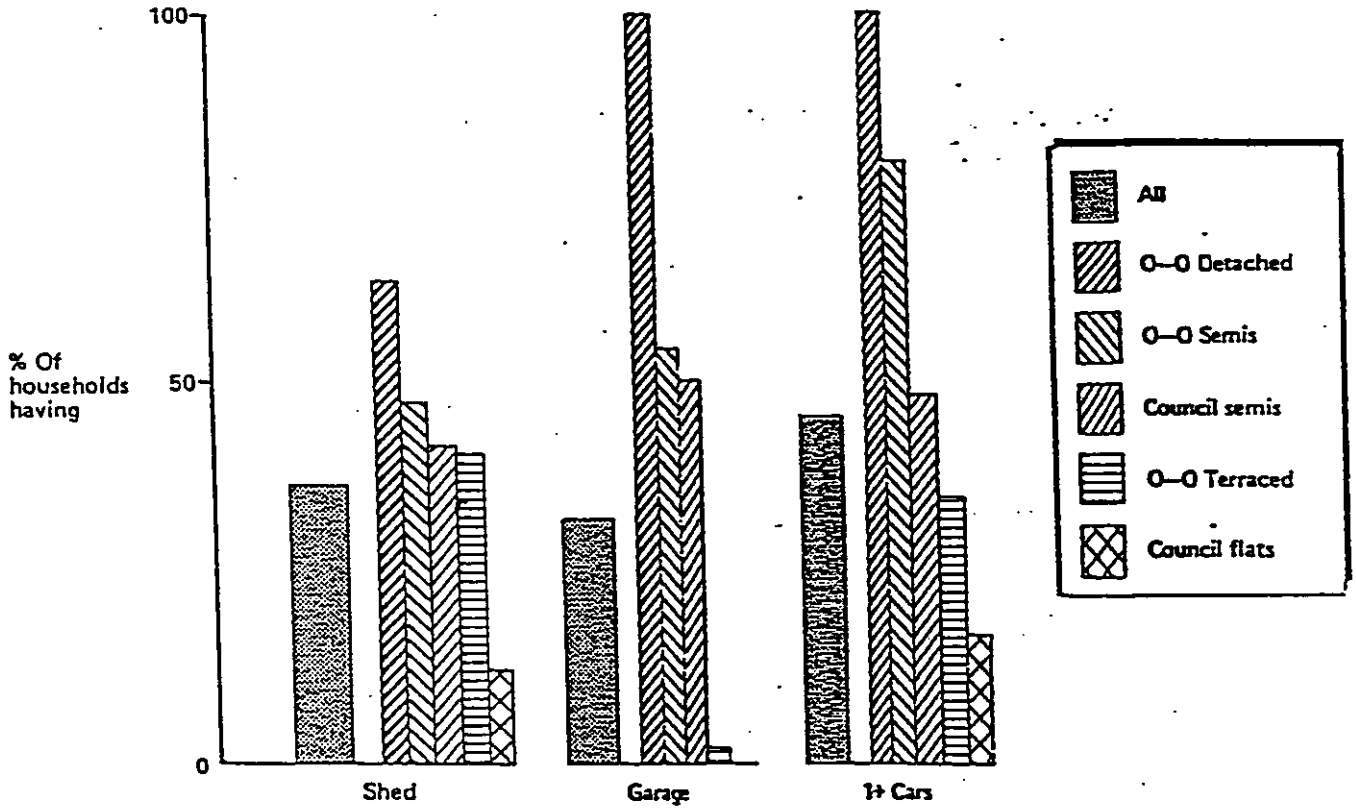
The most striking, and least surprising, finding with regard to outdoor space and facilities, was its significant lack in the council flats. At the other extreme the detached houses had by far the greatest amounts of garden space, and other outdoor facilities such as sheds, greenhouses, and garages (Figure 3.9).

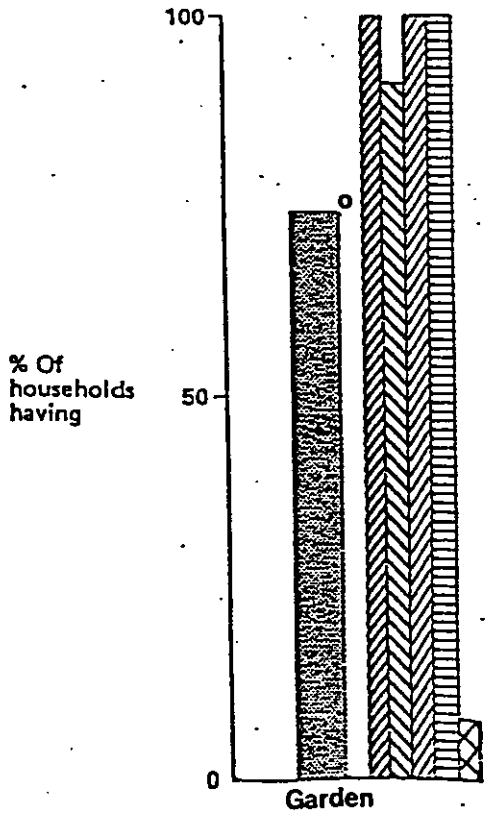
Figure 3.8 Availability of ancillary space



Source : Glyptis, McInnes and Patmore, (1987) Fig. 4.5

Figure 3.9 Availability of outdoor space and buildings





Source: Glyptis, McInnes and Patmore, (1987), Figs. 4.6 and 4.7 .

Three-quarters of the sample overall had a garden. However, this disguises the fact that virtually all homes had gardens except for the flats, where only 8 per cent had access to private garden space. The amount of garden space varied enormously. In the detached houses, 88 per cent of gardens were over 40 feet long, compared with 33 per cent in the owner-occupied semis, 18 per cent in the council semis, and only 5 per cent in the terraces.

Garden sheds were available to 37 per cent of the homes, and even to as many as 12 per cent of the flats. Garages, meanwhile, were provided for just under a third of homes, but none at all of the flats, and only 2 per cent of the terraces. The most inadequate provision of garage space appeared in the owner-occupied semis and terraces. Eighty per cent of the former had cars, yet only 55 per cent had a garage, whilst 33 per cent of the latter had cars, but only 2 per cent had a garage. By contrast, all the detached houses had garages, and indeed all the households owned at least one car.

Clearly, the availability of space in the home, and its design and layout, varied enormously across different house types. Overall, the largest homes offered, not only the most space, but also the greatest specialisation of space. At the other extreme, the smallest homes were typified by "combination and compromise" of functions (Glyptis, McInnes and Patmore, op.cit.).

For example, in the flats and terraces there was normally a separate cooking or living space, but not both. Similarly, the bathroom and toilet were generally combined in the smaller houses. Houses with the most indoor space also had the most outdoor space; in no way did the latter compensate for a lack of the former.

The detached houses had more space, and more specialised space, both indoors and out. The semis had slightly fewer rooms and less specialised space, although there were variations according to tenure. The local authority semis had more space, but fewer amenities, whilst the owner occupied sector revealed less space but greater attention to comfort and surroundings. The terraces were slightly worse off with smaller rooms, and the flats were by far the worst off, particularly for outdoor space.

Thus, the size of the home and its resources of space, both indoors and out, varied both with house type and tenure. Therefore, different individuals and households face different opportunities and constraints in and around the home, and these are likely to affect their patterns of activity.

Facilities in the Home

In addition to rooms and spaces, other facilities in the home affect its comfort and versatility as a resource, notably heating, double glazing, and the availability of power points. Central heating affords "the possibility of comfortable, year-round use of all rooms" (Glyptis, McInnes and Patmore, op.cit.), but only 43 per cent of the Nottingham sample homes had full or partial central heating, compared with a national figure of 69 per cent (Office of Population Censuses and Surveys, 1987). Within the sample there were substantial variations between house types. Full central heating was the norm in the detached houses, but this was not the case in other house types. Two-thirds of owner-occupied semis, a third of terraces, and some 39 per cent of flats had partial central heating, whilst the council semis were less well off with only 21 per cent availability. Equally there were variations from room to room within the home, with central heating more frequently installed in bedrooms than other rooms. Thus, partial central heating was most commonly found in the rooms previously unheated by gas or electric fires. Central heating in rooms other than the lounge and bedrooms was rare; the detacheds being the only house type to have substantial central heating of the kitchen (83 per cent).

A second, but less pervasive feature of improving standards in the home, also contributing to better insulation, has been the availability of double glazing. With only 11 per cent of the households overall having any form of double glazing, it was very much a minority possession. However, as with central heating, its availability varied according to house type. Thirty per cent of the detached houses had double glazing, compared with hardly any in the local authority rented sector (1 per cent in the council semis and none at all in the flats). Generally living rooms were more likely to be double glazed than bedrooms.

Mention has already been made of the "electronic revolution" and its implications for domestic tasks and leisure activities. There has been a proliferation of electronic gadgetry in the home (see below), but its potential use depends to a great extent on the availability of power points. Major variations existed from room to room, or according to the age of the dwelling.

There was much less variation between different house types. Provision of power points in kitchens and lounges was most generous in the owner-occupied semis and council flats, whilst the older council semis were the least likely to have three or more sockets per room.

This was mainly a function of the age of the dwelling, as the owner-occupied semis and the council flats were built during the 1960s and 1970s when there was much greater awareness of the wish to use a wide range of gadgets. Provision in bedrooms was more a function of house size, with three or more power points in the main bedroom most common in the detached houses.

Many of the homes in the Nottingham sample failed to meet the Parker Morris 'desirable' standards of power point provision (Central Housing Advisory Committee, op.cit.), which, in some cases, have been updated by the 'Homes for the Future' report (Institute of Housing/Royal Institute of British Architects, op.cit.). With regard to provision in the main (or only) bedroom, some two-thirds of the Nottingham homes fell short of the Parker Morris recommendation of three power points. The same was true for provision in lounges and living rooms, although provision in kitchens was far better (less than a third failing to meet the Parker Morris standard).

Equipment and services

The furnishings, equipment, and services within the home constitute part of it basic resource, often having a powerful influence on the character of the home. An inventory of the major labour-saving devices and leisure equipment is important in assessing the potential of the home as a leisure centre (Figure 3.10).

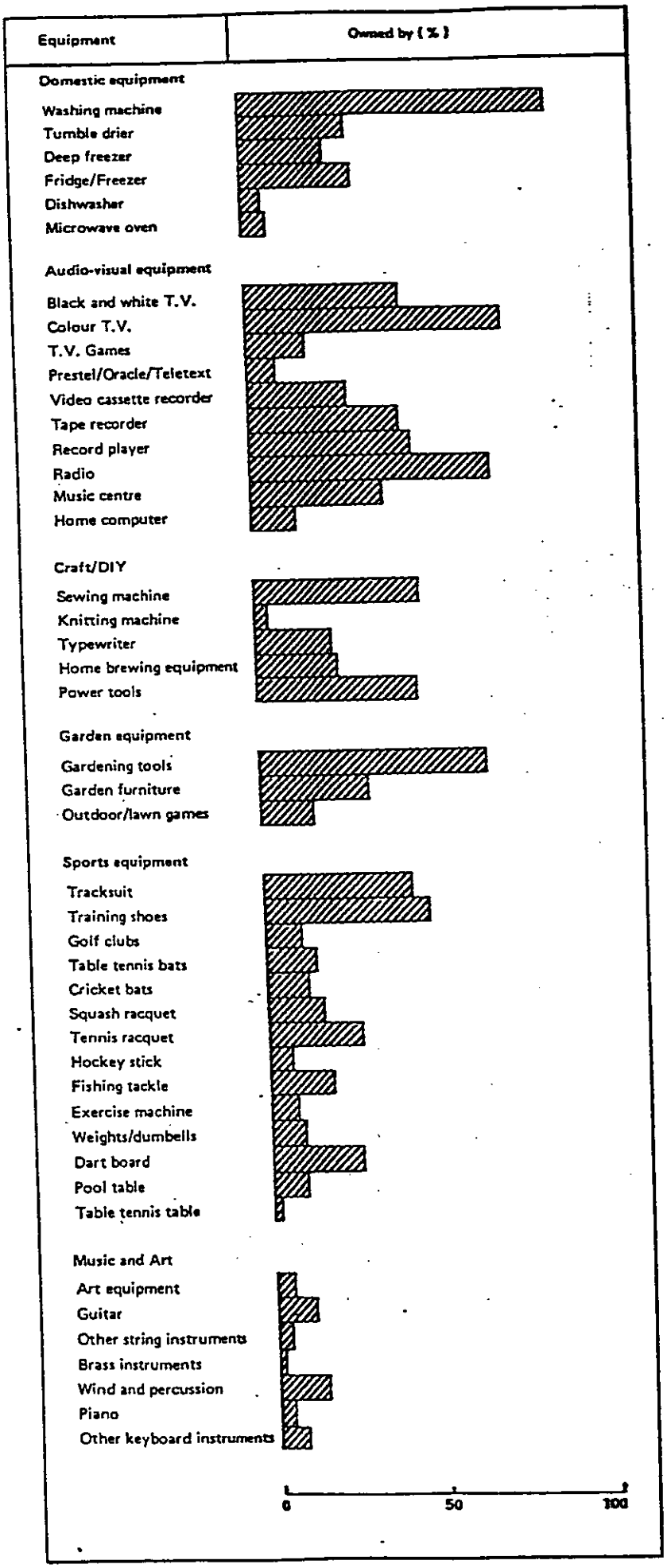
Ownership of the major domestic appliances varied markedly between different items. For example, there was almost ubiquitous possession of washing machines (93 per cent) and either a fridge or fridge/freezer (99 per cent), compared with the comparatively rare microwave oven (8 per cent) and dishwasher (7 per cent).

Not surprisingly, there were variations between different house types, with ownership greatest in the detacheds. Furthermore, such variations were most dramatic for the less common and specialist appliances such as dishwashers (62 per cent of detacheds compared with 3 per cent or less in all the other house types). The council flats were the least well supplied with basic domestic equipment; indeed only two-thirds possessed a washing machine compared with more than 89 per cent in other house types.

There were also variations in the ownership of domestic appliances by household type, with single person households and single parent families generally having fewer items, particularly the more specialist items. For example, only a quarter of these households owned a food and drink mixer compared with nearly half of other household types. By contrast, the larger households, particularly couples with dependent children, tended to have the greatest range of equipment.

It is not clear to what extent lack of ownership in the smaller house types was due to lack of space, or other factors, most notably income and social class. The possibilities for division of domestic labour, were greatest among the largest households, yet paradoxically, these households

Figure 3.10 Ownership of equipment



Source: Glyptis, McInnes, and Patmore (1987), Fig. 4.11 .

contained the most labour-saving devices.

A similar pattern emerged with ownership of the major items of leisure equipment, a list dominated by audio-visual and electronic appliances. Seventy-nine per cent of homes had colour televisions, whilst at least half the sample had a black and white set. Three-quarters of homes had a radio, and 22 per cent had two or more. Similarly, most houses had either a record player, a tape recorder or some sort of music centre. This was very much in keeping with national levels of ownership of these appliances.

Video cassette recorders (VCRs) were less widespread, however, found in just 39 per cent of homes; though this was nonetheless greater than the national average of 31 per cent in 1985 (Central Statistical Office, 1988). Only 19 per cent of homes owned video games, and only 14 per cent possessed a home computer. Again ownership levels were highest in the detached houses, and lowest in the council semis and flats. The relationship between ownership of equipment and tenure suggests that disposable income was perhaps more relevant to the quantity of home appliances than house type (although house type does in part reflect income). Household type may have been more significant, ownership of VCRs and TV games being highest amongst families with children.

Home based leisure equipment was not, however, restricted to audio-visual and electronic appliances, but encompassed a wide range of equipment and accessories. Craft and hobby related items showed much lower levels of ownership, such as sewing machines (51 per cent), knitting machines (4 per cent), and car maintenance tools (30 per cent). Garden tools were more widespread and found in almost two-thirds of homes. The dual role of the home as both leisure centre and a place of work is well illustrated by activities such as gardening and D.I.Y.. Ownership of power tools and garden implements, therefore, may be indicative of more than just leisure activity or at least the potential for leisure activity. The extent of this overlap in function will become clearer as individuals' activities and perceptions are examined.

Not surprisingly, the council flats had least garden tools and the largest houses had most. Similarly, the larger housholds tended to be better equipped; the singles and single parent families were less likely to have garden equipment.

Ownership of sports equipment varied considerably, ranging from half the sample owning a tracksuit (47 per cent) or training shoes (52 per cent) to some 9 per cent having an exercise cycle and 11 per cent possessing weights. Ownership of tracksuits and training shoes may be a reflection of the vogue of sports clothes as fashionwear, whilst the ownership of exercise cycles and weights may be examples of a small and dedicated minority interest in sport (Glyptis, McInnes

and Patmore, op.cit.). Generally, ownership of sports equipment was low, except in the detached houses, in which high levels of ownership were shown, not only for income-related items such as golf clubs, but also more readily available items like dart boards and tennis racquets. Apart from income, two factors appeared to be important in this respect: space and household composition. Firstly, the larger the home the greater its inventory of sports equipment (although this relates to income), and secondly, the presence of children in a household is likely to encourage ownership of sports equipment.

Musical instruments and art equipment were not particularly widespread. For example, only 5 per cent of homes owned a piano, although as many as 40 per cent of the detached houses did so. This was as much a reflection of space availability as any other factor. Other, electronic, keyboards were more popular in the semis, reflecting both the spread of the electronic leisure boom and the reduced space requirements of modern keyboard instruments.

A complete inventory of toys and games would be almost endless, but nevertheless such equipment must be considered as part of a home's leisure resources. The spectrum of items ranged from bicycles owned by 61 per cent of households, cuddly toys (51 per cent) and model cars (49 per cent) to books (36 per cent), radios and televisions (20 per cent) and musical instruments (8 per cent). There was little variation across house types or income groups.

The equipment resource of the home may be complemented by a range of external services bought in. These include domestic helps such as cleaners and gardeners, delivery or subscription services brought to the door, and services available for collection like take-away food and off-sales of alcohol.

Window cleaners were the most commonly employed type of domestic help used by 47 per cent of households, with little variation across house types except that virtually none of the council flats used them. Other types of domestic help were rare indeed, apart from in the detached houses where as many as 36 per cent of households employed a gardener.

Use of delivery services reflected marked income variations, as many as 90 per cent of detached households taking delivery of newspapers as opposed to only 13 per cent in the flats. Book, record, and video clubs were subscribed to by only a minority of households, although conventional libraries were used by over half the sample.

Take-away food establishments and off-licences were used at least weekly by a quarter of households, with little variation across house types, but with markedly less frequency by single people.

Therefore, it may be concluded that those households with the greatest amounts of space also had more extensive inventories of labour-saving appliances and leisure equipment, and were more likely to employ external services in the home, (although there is a strong correlation with income).

However, the range of domestic leisure equipment contained in the home is broad indeed, and many items were almost universally owned across the whole sample. Differences were most clearly evident in the ownership of 'luxury' labour-saving devices like dishwashers and microwaves. The same was true of the more expensive leisure equipment, particularly in the expanding range of audio-visual goods. Children's toys showed less social selectivity, with little variation in ownership levels between different house types. Thus, it may be concluded that the home is a very "well equipped centre for leisure and domesticity" (Glyptis, McInnes and Patmore, op.cit.).

Perceptions of the Home Environment

The discussion so far indicates a wide range of house and household types, offering contrasting resources of indoor and outdoor space, and varying stocks of leisure and labour-saving equipment. In other words, the physical environment of the home varies enormously from house to house. However, there is another dimension to the home environment which concerns people's own appraisals of their homes. The 'perceived environment' is almost as important as the physical environment itself. People differ in their needs and expectations of space, and their resourcefulness in using it. For example, what may be an abundance of storage space to one person may be perceived as an acute shortage by another. What constitutes a constraint to one person, therefore, may be opportunity to another. One possible measure of this 'perceived environment' can be taken as the expressed satisfactions and dissatisfactions of members of the household.

The Home

Over half of the heads of households interviewed (55 per cent) expressed a desire to move house, which suggests a considerable degree of dissatisfaction. Such feelings were most acute in the council flats, where as many as 72 per cent wanted to leave their present home. By contrast, three-quarters of those in the detached houses did not wish to move. With regard to household type, by far the most dissatisfied were the single parents, three-quarters of whom wanted to move house.

Clearly, desire to move is a product not only of "the push of discontent, but of the pull of future ambition" (Glyptis, McInnes and Patmore, op.cit.). Nonetheless, such strong feelings suggest considerable dissatisfaction with the home. Respondents were asked whether they liked, disliked, or felt indifferent towards various aspects of their present homes. The results are represented in terms of their expressed dissatisfaction (Table 3.4).

It is possible to calculate an 'index of dissatisfaction' based on the average of the proportion of households that were dissatisfied with each of the elements. From this calculation it is clear that the overall level of discontent was not as high as that suggested by the numbers wishing to move house. Nevertheless, on average, almost a third of households were generally dissatisfied with their homes.

There was very little difference according to house type, although residents of the detached houses were appreciably more content than others with their homes. Storage problems were the prime source of discontent, even in the detacheds where as many as 40 per cent of heads of households were dissatisfied. Room size was a more acute problem than the number of rooms, especially in the owner-occupied semis, so reinforcing this overall concern over the amount of available space.

It has already been shown that the amount of available outdoor space was least in the terraces and council flats, and this was reflected by a strong expression of dissatisfaction, particularly in the flats.

Variations according to household type were more distinct, with dissatisfaction particularly great in those households with children. Single parent families were by far the most dissatisfied, and those households with children were twice as discontented as those without. This confirmed the significance of space, or rather the lack of it, as those households most in need of space expressed the greatest levels of discontent.

Table 3.4 Dissatisfactions with house and garden

	% of households					
	All	O-O Detached	O-O Semis	Council Semis	O-O Terraced	Council Flats
a) by house type						
umber of rooms	27	16	28	29	36	13
ize of rooms	38	14	52	39	38	36
ayout of rooms	28	22	22	28	48	33
torage space	54	40	55	54	55	48
ndoor space for play	29	8	33	42	29	15
ize of garden	28	10	25	29	39	36
ayout of garden	22	14	16	17	31	34
utdoor space for play	18	-	17	8	28	42
INDEX OF DISSATISFACTION	30.5	16	31	31	38	32

	% of households				
	All	Single Person	Single parent families	Adult couples	Couples with Dependent children
(b) by household type					
Number of rooms	27	24	26	21	33
Size of rooms	38	28	39	34	53
Layout of rooms	28	27	53	29	37
Storage space	54	31	68	47	70
Indoor space for play	29	4	55	15	47
Size of garden	28	30	50	20	33
Layout of garden	22	20	50	16	26
Outdoor space for play	18	15	55	14	31
INDEX OF DISSATISFACTION	30.5	22	50	25	41

Source : Glyptis, McInnes, and Patmore (1987), Table 4.8 .

The Environment around the Home

Table 3.5 shows the level of dissatisfaction expressed by respondents over various aspects of the local surroundings of their homes. The overall index of dissatisfaction was slightly less for the local environment than for the home itself, however the uniformity of feeling across different house types was not as apparent. Again, the occupants of the detached houses were significantly more content than the occupants of other house types, indeed with an index of only 5.5 per cent it was clear that they were actually fairly happy with their lot.

By sharp contrast, almost a third of households in the council flats were distinctly unhappy. Among the aspects with which they were most dissatisfied were poor acoustics, security, views from the house, and the local neighbourhood. Generally these were the issues of most concern to the occupants of the other house types, although a lack of recreation facilities was cause for concern in almost 40 per cent of homes.

There was less contrast between household types, environmental factors varying more according to location than household composition. However, families with children were generally less content than those without, particularly with regard to play space; over half of the couples with children (52 per cent) were concerned about the availability of recreational facilities in the local neighbourhood.

The general level of dissatisfaction indicated the extent of the constraints that the home environment exerted upon individuals. Whether or not these constraints actually existed was of less importance than the fact that they were perceived to do so. Thus, different individuals were confronted by differing opportunities for activity by the same environment. Generally, the larger households, and those with children, felt most constrained by the lack of space in the home and the dearth of facilities nearby. Similar views were expressed by the occupants of the smaller homes. However there was no simple relationship between dissatisfaction and house or household type.

Table 3.5 Dissatisfactions with immediate surrounds

	% of households					
	All	O-O Detached	O-O Semis	Council Semis	O-O Terraced	Council Flats
(a) by house type						
Acoustics	42	10	38	21	43	63
Security	32	14	30	26	21	58
Privacy of house	18	2	20	15	22	10
Privacy of garden	32	2	29	24	53	40
Views from house	37	6	23	31	53	52
Location of shops/services	20	6	41	14	7	15
Location of schools	7	4	9	11	12	1
Location of workplace	9	-	9	3	12	9
Traffic noise	25	10	12	25	31	35
Neighbours	13	2	9	14	18	14
Neighbourhood	32	6	16	35	33	56
Availability of recreation facilities	39	10	50	44	38	29
Public open space	25	-	32	19	24	33
INDEX OF DISSATISFACTION	25.4	5.5	24.4	20.9	28.2	32.5

	% of households				
	All	Single Person	Single parent families	Adult couples	Couples with dependent children
(b) by household type					
Acoustics	42	48	42	33	36
Security	32	45	28	25	31
Privacy of house	18	5	10	15	25
Privacy of garden	32	38	47	28	37
Views from house	37	40	35	35	33
Location of shops/services	20	8	5	19	27
Location of schools	7	8	8	4	12
Location of workplace	9	3	11	7	12
Traffic noise	25	21	50	25	25
Neighbours	13	15	21	8	7
Neighbourhood	32	53	50	29	23
Availability of recreation facilities	39	18	18	27	52
Public open space	25	24	29	19	10
INDEX OF DISSATISFACTION	25.4	24.8	27.2	21.1	27.7

Source: Glyptis, McInnes, and Patmore (1987), Table 4.9 .

Leisure Opportunities Outside the Home

The dwelling cannot be divorced from its local environment, as the services and facilities in the surrounding area contribute to the resource of the home, not so much as an activity centre but as an activity base. The home is a focus for activity, but proximity to local resources and facilities enhances the range of leisure opportunities available to members of the household.

The six study areas chosen were outlined in the preceding chapter, and the main leisure opportunities, both in the city and its surrounding region, were highlighted in Figures 2.2 and 2.3. It is important here to consider the wide range of resources and facilities available in greater detail as part of the environment of leisure opportunity.

Leisure opportunities outside the home can be addressed on two levels; firstly, looking at the immediate locality around the home, and secondly, looking at the wider areas of the city and its surrounding region.

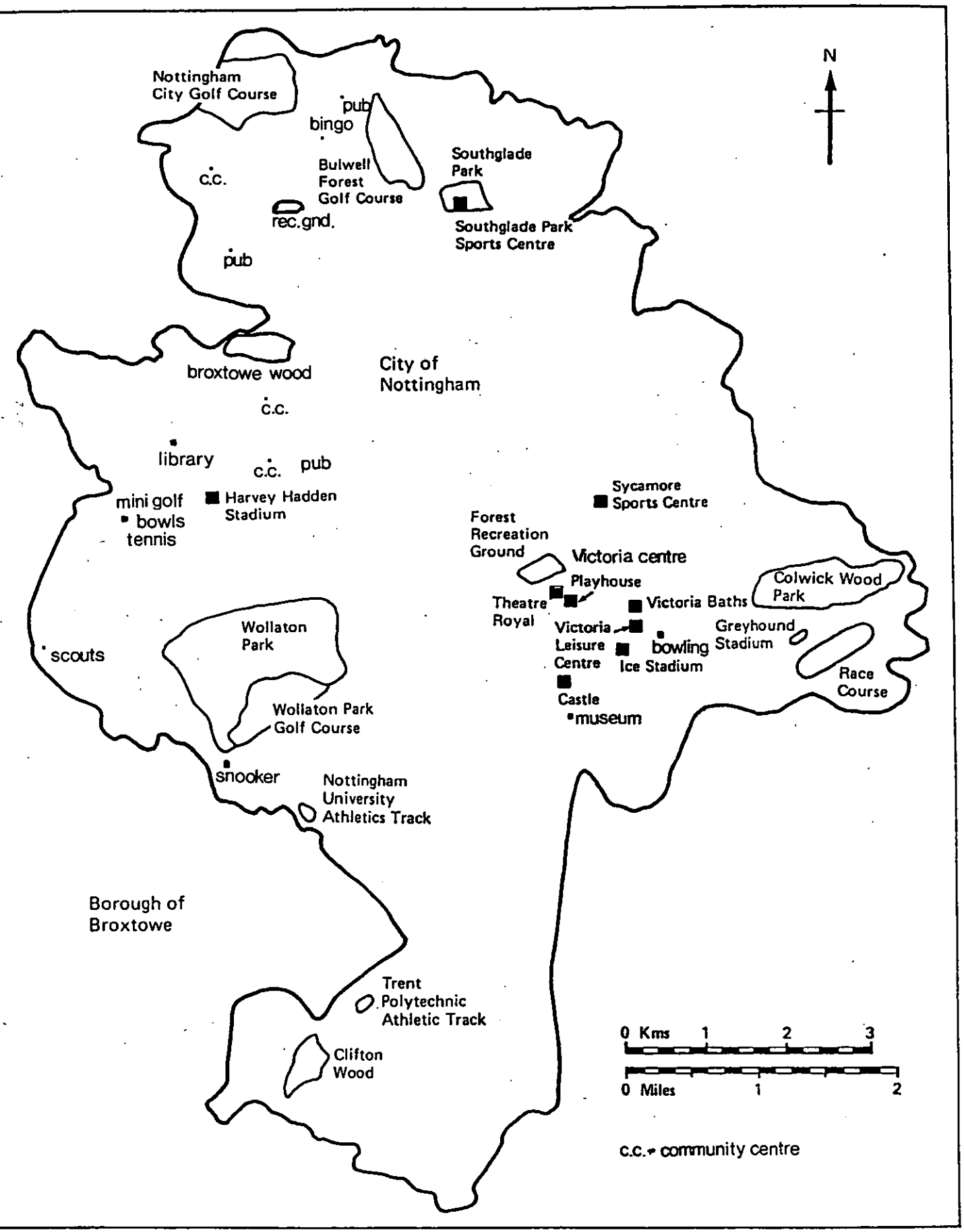
Leisure Opportunities at the Local Scale

Although there are six study areas, three of them, the owner-occupied semis in West Bulwell, the owner-occupied terraces in East and West Bulwell, and the local authority rented flats in West Bulwell (the Broxtowe flats) are so close that they really share the same range of local opportunities. None of the houses in these areas are more than one mile from the main town centre of Bulwell, the East Bulwell terraces actually being in the central area. To the north of this area is a large public open space incorporating a municipal Nottingham City Golf Course. A similar area with a municipal golf course is available to the east at Bulwell Forest, and although nearer to the terraces, is still within 2 miles of the semi detacheds in Apollo Drive (Figure 3.11).

The area is also served by a number of other purpose built sports facilities, including the Ken Martin Swimming Pool on Hucknall Lane, the Hempshill Lane Recreation Ground, and the Southglade Park Sports Hall.

The latter is one of the largest multi-purpose indoor sports centres in Nottingham and is situated about one mile away from the area of terraced houses in East Bulwell. There are also a number of children's play areas, particularly near the new semi detached houses where there are a lot of young families.

Figure 3.11 Leisure opportunities in and near the sample areas



Source: Glyptis, McInnes and Patmore, (1987), Fig. 3.3 .

The area immediately around the semi detached housing in Apollo Drive and Irwin Drive does not cater particularly well for social entertainments. Apart from a pub which is about half a mile away, near the Broxtowe flats, there is very little else. However, the terraces in West Bulwell fare somewhat better, with both a pub and a community centre in the area. The East Bulwell terraces are far better off, primarily through being located in the main shopping area and adjacent to the main A6002 road. In addition to numerous pubs, there are also a number of small cafes, and a bingo and social club.

Generally then, this area to the north west of the City of Nottingham is well served at the local level for sports and other outdoor recreational facilities, and the older housing in East Bulwell is also well served by social and entertainment venues.

The second distinct area includes the council semis in Strelley and Aspley, again to the west of the City. The immediate surrounds are not particularly well endowed with outdoor recreation space, apart from Broxtowe Wood and the Strelley Recreation Ground. However, to the south of Strelley Road/Aspley Lane, and within one mile of the housing areas, are a number of playing fields, parks, and sports facilities. Bilborough Park contains a mini golf course, a bowling green and tennis courts, and is immediately adjacent to the Harvey Hadden Stadium which caters for athletics and cycling.

This area is also well endowed with social and entertainment facilities, particularly along the main roads, Broxtowe Lane, and Strelley Road/Aspley Lane. As well as a number of pubs, these main roads also contain shopping parades with small cafes and take away food outlets, and a couple of bookmakers. There is also the County Library on Strelley Road, with a major retail superstore next to it. The estates of council semis in Strelley and Aspley have a regular street lay out which encloses most of the houses into a tightly defined area. These compact estates are well served by community centres and youth clubs. For example, Denton Green, in Strelley, contains a Resource and Nearly-New Centre as well as the Broxtowe Family Centre right in the middle of the estate. Thus, households in the council semis in Strelley and Aspley are well provided for in terms of recreational and social facilities near to the home.

The Wollaton and Broxtowe areas which include the detached houses are located more to the south and west of the City, indeed Beeston Fields Drive in Broxtowe is just outside the City boundary. Parkside immediately borders onto Wollaton Park which is by far the largest open space in Nottingham. The park contains a private golf course, numerous playing fields, a boating lake, a deer park, and the old Elizabethan Wollaton Hall and museum. In a similar way, Beeston Fields Drive borders the large open space of Beeston Fields Golf Course. Thus, both these roads are located next to open spaces offering sporting and outdoor recreation opportunities. In addition,

these detached properties are very close to the Nottingham University site, which offers a wide range of sporting and entertainment facilities, some of which are available to the general public.

Situated next to large expanses of open space, both these roads are relatively distant from corner shops and local community centres. However, they are both particularly well catered for with pubs. In addition, the Lenton Abbey Snooker and Social Club is near Parkside on the junction with the A52, and the local scout troop have their headquarters on nearby Wollaton Vale.

Thus, as might be expected, the detached houses are served by a wide range of disparate social and leisure facilities, although 'corner shop' local facilities are not so common.

The final area includes the Victoria Centre high rise flats. These are situated in the centre of the City, and, not surprisingly, they are not particularly close to much open space other than a couple of small recreation grounds and public parks. However, Colwick Park Country Park is less than two miles to the east of the city centre and hence, within potentially easy access of the Victoria flats. Furthermore this is the best situated area with regard to the water sports centre at Holme Pierrepont which is just outside the city boundary, about 3 miles away. Other sports facilities in the city centre include the Victoria Leisure Centre, the Ten Pin Bowling Centre and the Ice Rink. In addition there is a broad range of arts and entertainments facilities on offer in the centre of Nottingham. These include the Theatre Royal and the Nottingham Playhouse, both within half a mile of the Victoria Centre, and the Palais Ballroom on King Edward Street. Nottingham Castle and museum are also less than half a mile from the Centre, thereby reinforcing the variety of cultural opportunities in the city centre.

The Victoria Centre itself also contains a diverse range of social opportunities. In addition to four pubs and a food court containing five different cafes, there is also a social club, a bookmakers, and a box office for tickets for the local theatres and concert halls. These facilities are all located within the Centre, and are therefore within easy access of the residents of the flats.

Thus, the areas to the north and west of the city are reasonably well provided for by small scale outdoor leisure facilities and open space play areas, the Strelley/Aspley area is similarly provided for by these types of outdoor facilities, and the Wollaton and Beeston Fields areas are particularly well suited to parkland and outdoor recreation. However, the city centre area of the Victoria flats is best catered for with a wide range of sporting facilities (both indoor and out) and opportunities for the arts and entertainments.

Leisure Opportunities in the Surrounding Area

At the local scale within the City of Nottingham, there is widespread provision for sport, both indoor and outdoor. There are three major indoor sports centres catering for a wide range of activities such as badminton, basketball, keep-fit, squash, and swimming. In addition, there are other more specialised indoor facilities, some offering a limited range of dry sports, others solely for swimming. Besides some 84 playing fields there are 16 sport and recreation grounds which accommodate pursuits such as bowls, cricket and football, and tennis. Other purpose-built outdoor facilities include three athletics tracks, including the Harvey Hadden Stadium in Bilborough which accommodates a 500 metre cycle track and is of regional significance. There are also three 18-hole golf courses, as well as a number of pitch and putt areas. Nottingham can also boast the largest ten-pin bowling alley in Europe with some 48 lanes split over two levels, and an indoor bowls centre at Bilborough which has 8 rinks and is of international standard. In addition, the Nottingham Ice Rink is available both for public participation and for spectator events; being the home base of the ex-World ice dance champions Torvill and Dean.

To the east of the city boundary is Holme Pierrepont Country Park, containing the National Water Sports Centre. It caters for a large number of water sports including rowing, sailing, canoeing and powerboat racing, as well as having a separate lagoon for water-skiing. A little further afield, there is provision for stock car racing and speedway at Long Eaton, as well as motor racing and cycling at Donington Park.

The City of Nottingham is well endowed with spectator sports, with two football teams, Nottingham Forest and Notts County. Nottinghamshire County Cricket Club is based at Trent Bridge Cricket Ground, which is also a much used venue for test match cricket.

The ice rink is the home of the Nottingham Panthers ice hockey team as well as being the venue for ice-skating spectaculars and speed-skating events. Holme Pierrepont is also used frequently for spectator events, and was host to the World Rowing Championships in 1986. Nearby Colwick Park is another scene of much sporting action with Nottingham Race Course within its compass, which is used for both flat and national hunt racing. Immediately adjacent to the race course is the greyhound stadium.

However, the scope of leisure and recreation opportunities available in the Nottingham area goes beyond sporting facilities. There are considerable opportunities for countryside recreation in the region. Within a range of 50 kms. from Nottingham there are 12 country parks; Battle of Bosworth Field, Bradgate Park, Burntstump, Clumber Park, Colwick, Elvaston Castle, Hardwick Hall, Hartsholme, Holme Pierrepont, Rufford, Sherwood Forest, and Shipley. Furthermore, the

boundary of England's first National Park, the Peak District, lies within a 50 kms. range of Nottingham. These parks facilitate a wide spectrum of leisure activities in the countryside, including going for a walk, having a picnic and taking part in informal sport. Other countryside features in the region include the rock outcrops of Cresswell Crags, and the inland water resources and reservoirs of Rutland Water, Cropston, Swithland and Staunton Harold. In addition there are a number of historic buildings and places of interest to visit around Nottinghamshire and its neighbouring counties. Notable amongst these are Chatsworth House and Haddon Hall in the Peak District, Belvoir Castle, Burghley House, Newstead Abbey, and Lincoln Cathedral.

Within the city itself, there are also a number of places of historic interest, including the seventeenth century mansion of Nottingham Castle, and the museum in the Elizabethan Wollaton Hall. Wollaton Park not only contains the Hall, but also covers some 500 acres of parkland and gardens. Nottingham also claims to have the nation's oldest pub, Ye Olde Trip to Jerusalem Inn, a favourite haven for visitors to Nottingham.

There is also an extensive new facility situated within Sherwood Forest, called Center Parcs. This is more a tourist attraction than a leisure opportunity for local residents, as it only caters for members and guests as residents of the Holiday Village. Essentially, the Village is an enclosed complex which includes indoor and outdoor sports, health and beauty treatments, shops and services, restaurants, and residential villas. This facility is unique in Britain, although a second is planned for Thetford in East Anglia to be opened in 1989.

The diversity of leisure opportunities is broadened further by the city centre facilities for the arts and entertainments. Major venues include the Theatre Royal and Nottingham Playhouse, as well as the more recently completed Royal Centre complex which is a popular venue for plays, concerts, exhibitions, and indoor spectator sports.

Thus, the facilities for sport, both participant and spectator, the theatres and art venues, the places of historical importance, and the extensive countryside, provide Nottingham with a rich and diverse environment of leisure opportunities.

Summary

"In order to place leisure in proper perspective it must be appraised in the overall context of life style" (Glyptis, McInnes and Patmore, op.cit.). Life style encompasses all the interrelated elements of an individual's way of life, and therefore, examination of leisure behaviour requires not only an account of people's activity patterns, but the placing of those patterns into the context of the environment in which they occur.

The potential use of the home as a leisure centre is crucially affected by its physical space, those who live in it, and its inventory of basic domestic and leisure equipment. It is clear from examination of the houses and households of the Nottingham sample that the activity space of the home varies dramatically not only between different house and household types but within them as well.

The environment of leisure opportunity offered by the home is also, in part, conditioned by the opportunities available for leisure behaviour in the areas surrounding the home. Again, with regard to the Nottingham sample, different locations have differing access to resources and facilities, and thus the range of out of home opportunities varies from household to household.

The extent to which this range and diversity of environment, both in home and out, affects actual behaviour patterns will be addressed in the following chapter.

CHAPTER 4 LEISURE PARTICIPATION PATTERNS

Introduction

Leisure, however defined, is a significant component of people's overall life styles. The term 'life style' may be taken to encompass all the particular attitudes, beliefs, habits, and behaviour associated with an individual or group. However, it is difficult to incorporate all these facets within a single research project, especially attitude or motivation, which defy simple observation and recording. People's behaviour, on the other hand, is much more readily observed. Our behavioural patterns are the manifest outcome of choices rooted in a complex environment of opportunities and constraints, and are influenced by our attitudes, motivations, beliefs, habits and experiences. Thus, for convenience and ease of application, life style can be taken to be the "aggregate pattern of day-to-day activities that make up our way of life" (Chapter 1).

A life style approach to leisure studies considers the total package of activities and experiences making up the normal routine. It therefore permits the study of leisure in its own right and in relation to other components of the life style with which it is closely connected such as the family, work, and education.

The previous chapter considered the physical and social contexts in which leisure activity takes place, with particular emphasis on the homes and households of the Nottingham sample areas. It is now appropriate to study the type and nature of the leisure activities recorded by the Nottingham sample.

In an attempt to explain an individual's leisure behaviour rather than merely describe it, contextual life style considerations must be taken into account to provide a proper perspective on the scale of leisure activity, and its interrelationships with other domains of everyday life. Life style incorporates more than a description of patterns, it considers the circumstances and processes that form those patterns. Accordingly it is possible to partly explain our leisure behaviour in terms of the factors, personal, social, and environmental, that are involved in shaping our activity patterns.

However, a fundamental precursor of explanation is description, and it is important to try and describe leisure activity patterns with reasonable accuracy. Without good description there is no firm basis from which to explain activity patterns (Glyptis, 1984a). Therefore, basic participation data are essential to our understanding of leisure behaviour.

The main sources of data on leisure activity patterns are the major participation surveys carried out since the late 1960s (British Travel Association/University of Keele, 1967, 1969; Patmore and Rodgers, op.cit.; Countryside Commission, op.cit.; Office of Population Censuses and Surveys (General Household Survey - 1973, 1977, 1980, 1983, 1986)). The proliferation of these surveys has been primarily a response to the need for basic data for planners and recreation managers. Most surveys have identified the number of participants in various activities and their frequency of participation over a defined period. In addition they have identified the type of participants through social profile variables such as age, gender, and social class.

It is widely recognised that those most likely to engage in leisure activities are young and male, in non-manual employment, in the higher income groups, and car owners (Sillitoe, 1960; Young and Willmott, op.cit.; Rodgers, 1977). By the same token it is possible to deduce the 'profile' of "non-participants". They tend to be "above 44 in age, to be women and especially housewives, to be drawn from the lower social groups and to have left school early, to be non-drivers living within the inner areas of the cities and conurbations" (Patmore and Rodgers, op.cit.). To these characteristics can be added the more recently identified disadvantaged groups that are unemployed, or from ethnic minority groups. These broad brush descriptions tend to be reasonably accurate generalities. However, they can lead us to assume that all individuals within a particular profile group conform to the activity patterns of the group, which is not necessarily the case. For example, not all teenagers comply with the behaviour patterns typical of or 'average' for this group of young people. Thus, what is true in aggregation is not always true of the individual.

Particular profile groups are highly heterogeneous and there are strong intercorrelations between different profile factors. Moreover, participant profiles and leisure activities are merely statistical associations and should not be interpreted as cause and effect (Glyptis, 1984a). Failure to recognise this fact may produce unreliable explanations of people's leisure behaviour.

One of the aims of this thesis is to explore new forms of aggregate analysis in order to identify life style characteristics based on people's behaviour. This will be done using a clustering technique to identify whether or not life style groups can be determined on the basis of individuals' activities, and whether or not such analysis confirms social profile variables as good predictors of leisure activity.

In addition, it is also the intention of this research to examine leisure behaviour at the level of the individual. Thus the level of analysis may be shifted from the aggregate identification of characteristics associated with social profile groups to individuals. The profile characteristics of the population are not exactly "determinants" of leisure behaviour, they are only indicative of it; leisure

behaviour is rooted in the circumstances and opportunities of the individual. Individual or 'biographical' analysis allows examination of the totality and process of life style and the place of leisure within it. The shift of focus towards the individual enables a more qualitative description of those individuals that are illustrative of given life style groups as identified earlier by aggregate analysis.

Thus, the focus of attention will combine both aggregate and individual analysis of people's leisure behaviour to identify and describe leisure life styles. These two complementary approaches will form the basis of Chapters 5 and 6. However, it is important to look first of all at participation in more conventional ways, both to see how typical the Nottingham sample is of national participation patterns, and to establish the connections between behaviour and social profile characteristics. Conventional aggregate analysis allows us to establish the overall scale and nature of activity, as well as identifying the variations and similarities in behaviour patterns between the major social divisions in society such as age, gender, and social class.

Although not selected to be representative of social characteristics, it was expected that the Nottingham sample would exhibit participation habits that conform to the basic profile distinctions that are known to exist elsewhere (Burton,T.L., 1971; Patmore and Rodgers, op.cit.).

Unlike other participation surveys which focus mainly on out of home pursuits, the data recorded here incorporated activities within the home, and thus afford analysis of a more complete package of activities. Given this breadth, the opportunity can be taken to examine the profile variations in home based and passive activities as well as outdoor recreation.

Therefore this chapter describes, in aggregate terms, the scale and nature of participation in the Nottingham sample, with particular emphasis on the linkages between participation patterns and social profile variables.

Participation data

The major elements of participation to be considered were the type and range of activities undertaken, their location and social context, and their duration and timing. Participation was considered in relation to a range of interdependent profile characteristics, namely age, gender, employment status, car ownership and household type. The results presented in this chapter were based on analysis of the time-space diaries for the sample of 460 diarists. The diaries provided a record of time and space use over a three day period, including a weekend. They also record the location and social context of activities, as well as diarists' own perceptions of their

activities as work, leisure, duty or whatever. Thus they differed from most other participation surveys which adopted pre-determined lists of 'leisure' activities. All events lasting 15 minutes or more were included. No activities were excluded from consideration.

Several events comprised two activities being carried out simultaneously (most commonly watching television and another activity, such as knitting or eating). For the purposes of analysis in such cases, the time period was counted as one event, although both activities were considered separately in the examination of individual pursuits.

The time-space diaries provided information that enabled participation patterns to be described in three ways, having identified all the activities in which respondents participated. Firstly, for each activity it was possible to measure the frequency of participation in order to provide a record of the number of events undertaken by each individual and by the whole sample. Secondly, the amount of time allocated to each activity could be calculated, again for each individual and for the sample as a whole. Finally, the diaries also enabled investigation of the number of individuals participating in each activity.

The activity classification used was based on that employed by Gershuny and Thomas (op.cit.), (Chapter 2). The classification of activities was hierarchical, firstly by location, ie. home or away, and secondly by type within location (Appendix 2). The categories chosen were purely a coding device, not a 'definitive' ordering of activities to be used as a basis for analysis.

It must be acknowledged however, that there were a number of diary deficiencies which should be taken into consideration in analysing and interpreting the data. Having a minimum duration for each event was an obvious limitation of the diary technique (Chapter 2). It meant that there was inevitably an element of "lost time". Many of the ordinary and unexceptional activities lasting less than 15 minutes may have been omitted as respondents were told not to record them.

However, the focus of this research was not one of time-budgetting or time allocation per se, but of patterns of behaviour, patterns of time use, and the activity content of life styles. Thus it was considered unnecessary to have every minute of time accounted for (although nonetheless it was hoped that only a minimum would be "lost"); rather it was deemed more important to have a 'full' account of the main events making up the daily routine. Furthermore it was considered more important to have a reasonable record over three days than an exact record for just one day.

Similarly, the setting of a 15 minute time interval for activities within the home possibly resulted in a number of activities being "expanded" to fill the time interval. Activities such as making cups of tea probably lasted just a few minutes, and certainly not the full 15 minutes of the diary time interval.

Another potential contributor to the amount of "lost time" was the decision to code the duration of all events lasting over 8 hours as an average of 9 hours. This was primarily for ease of coding and calculation, and it was assumed that the majority of long duration activities would cluster towards 8 hours rather than, say, 12 hours. However, the amount of time devoted to sleep and, possibly, paid employment, events of which might have lasted over 540 minutes, may have been underestimated. However, it is unlikely to have affected other activities.

The primary focus of the research was on home based activities. The resulting diary design was therefore dictated by the overriding need to obtain accurate and detailed information on patterns of time and space use within the home. Accordingly some out of home activity may have been omitted from the diary records. For example, reports of travel to various venues were often subsumed within the activity undertaken at that venue.

Primarily as a result of methodological considerations surrounding diary design and response (Chapter 2), the diary period was limited to three days. As the main interest of the research was the use of leisure time, two of the three days were a weekend. Therefore work-leisure relationships should be assessed with caution due to the low representation of paid employment as a result of including only one "weekday" in the diary period.

Finally it must be remembered that the original survey was designed for the purposes of the 'Leisure and the Home' project (Glyptis, McInnes and Patmore, op.cit.) and hence the basic sampling frame was constructed on house type. The relatively low sample sizes in a number of social profile groups, for example single persons or children under 16 years of age, was primarily as a result of not setting quotas according to these divisions. This must be taken into consideration in analysing the results by social groups.

Characteristics of diarists

The survey produced a sample of 460 diarists, drawn from 327 households. It would have been useful in providing a more complete picture of behaviour to obtain diaries from everyone living in the same household; however, this proved difficult. Thirty six per cent of households yielded more than one diary. The personal and socio-economic profile characteristics of the diary sample are shown in Tables 4.1 and 4.2.

Table 4.1 Personal Profile Characteristics of the Diary Sample

AGE	%
12 - 15	4
16 - 19	7
20 - 24	19
25 - 29	15
30 - 44	29
45 - 50	5
51 - 59	7
60 +	14
	100

SEX	%
Male	4
Female	58
	100

Table 4.2 Socio-economic Profile Characteristics of the Diary Sample

OCCUPATIONAL STATUS

	%
Manual Unskilled	2
Manual Semiskilled	7
Manual Skilled	13
Non-manual Clerical	10
Non-manual Managerial	9
Non-manual Professional	3
Unemployed	15
School	5
Further Education	5
Retired	8
Full-time Housewife	18
Part-time employment	5
	100

CAR OWNERSHIP

	%
0 Cars	43
1 Car	46
2 Cars +	11
	100

HOUSEHOLD TYPE

	%
Single Person	15
Single Parent Family	9
Married Couple	34
Couple with Children	35
Other	7
	100

Women outnumbered men by a ratio of 7:5; a proportion in keeping with the sample for the head of household questionnaire. This is not unduly surprising given the fact that heads of households were taken as any responsible adult able to respond on behalf of the rest of the household. More often than not the initial interview contact was with a woman.

With regard to age groups, almost half the sample were drawn from the age range 25 to 44. The relatively low proportion of younger people resulted from the cut-off age limit for the survey of 12 years of age. At the other end of the age scale there were relatively few diarists in the upper middle-aged groups, although a sizeable proportion were aged over 60 years. Employment status is a major socio-economic indicator, and Table 4.2 shows that 44 per cent of the sample were in full-time employment, with a further 5 per cent employed part-time. In other words over half the sample were not in employment; 15 per cent were unemployed. The remainder included full-time housewives, those in full-time education, and the retired. The unemployment rate was marginally higher than the Nottingham average (9.9 per cent in the Nottingham travel-to-work area in September 1988; Department of Employment, 1988).

With regard to car ownership, some 58 per cent of diarists came from households with at least one car (12 per cent owning two or more). Such a proportion was consistent with national figures, but was far in excess of the 44.5 per cent average for the City of Nottingham (Nottingham City Council Planning Department, 1981).

One final profile characteristic worthy of inclusion is that of household type. It is a variable that is not usually examined in leisure participation surveys but was of particular interest here. As outlined in Chapter 1, the family or household group is perhaps the most important social setting for leisure behaviour, and thus merits inclusion in any basic analysis of leisure participation. In addition, with the current rapidity of change in household structure and composition, the variations in household types may have a significant impact on behaviour patterns.

Four main types of household were identified, of which by far the most numerous were married couples without children (34.1 per cent) and couples with dependent children (35.4 per cent). Two other household types accounted for almost a quarter of the sample with single person households underrepresented (15 per cent) and lone parent households overrepresented (8.5 per cent) when compared with the Nottingham averages.

The basic indicators of behaviour

The 460 diary records produced a total of 21,948 events, an average of 48 events per person and 16 events per day per person. These events comprised 119 different activities. Whilst this represents a wide variety of activities across the whole sample, it must be noted that individual diaries revealed much less variety, containing on average only 15 different activities, thereby hinting at some level of specialisation in the normal routines of individuals. However, averages can disguise underlying contrasts, and the number of different activities actually ranged from 4 to 29 per person. In terms of events the variation was even more dramatic ranging from 5 to 105 events per person over the diary period.

The activity patterns of women were more fragmented than those of men with, an average of 51 events per diary for women compared with 43 events per diary for men. Whilst women accounted for 58 per cent of the sample, some 62 per cent of events recorded were by women.

Age differences were less clear. The younger age groups tended to have the least fragmented activity patterns, with those aged under 25 years of age averaging some 41 events per diary compared with 51 events per diary on average for all those aged over 25 years of age. In terms of the range of activities undertaken, the greatest variety was displayed by the middle aged (30-59 years) whilst the younger age groups again revealed most specialisation.

The coding schedule inherited from the original project (Chapter 2) meant that it was difficult to accurately describe social class because occupational groups were merged with employment status. However, it was nonetheless clear that occupational status revealed a number of stark differences in the average number of events per diary. The variations according to occupational status were far greater than for any other social profile variable. Whilst the average was 48 events per diary, those in full-time employment registered far fewer events per person than those not in jobs; only 43 compared to 55. Even within employment types there were contrasts, with non-manual workers recording more events than manual workers.

Of those not in employment, the retired (68 events per person) and housewives (65 events) both recorded fragmented life styles. By far the most fragmented life styles, though, were recorded by those in part-time employment (78 events per person). These three groups between them comprised less than a third of the total sample, yet accounted for some 41 per cent of all events recorded.

Generally those in employment, of whatever type, recorded fewer events than their non-employed counterparts, although the "unemployed" conformed very much to the overall

average (46 events per diary). Schoolchildren did not pursue as many activities as those in further education. Whilst the scale of this variation was not great (14 activities per diary for schoolchildren compared with 17 for those in further education), it nonetheless hints at the differences in life style that might exist between different social groups.

Car ownership, on the other hand, appeared to have little or no effect on overall activity patterns. Car owners displayed marginally more fragmented patterns of activities than non-car ownwers. Diarists from households with two or more cars, however recorded more events and more activities than those from households without a car or with just one car.

Analysis by household type revealed sharp variations in the recorded number of events. Both single people and single parent families registered very few events per diary revealing less fragmented life styles (averaging 22 and 28 respectively). On the other hand married couples averaged 40 events per diary whilst couples with children recorded 53 events on average, over twice as many as single people. People living alone only accounted for 7 per cent of events, yet comprised 15 per cent of the sample. The presence of children may explain a considerable part of the fragmentation of activity displayed by couples with children, yet this was, somewhat surprisingly, not replicated for single parent families.

Overall therefore, diarists displayed quite specialised patterns of behaviour in terms of the number of different activities that they pursued. Furthermore there was little variation across different social groupings. On the other hand, in terms of the number of events undertaken diarists revealed much more diversity. This heterogeneity was evidenced more clearly according to certain social profile groups than others. Occupational status and household type, in particular, and to a lesser extent gender, were all indicative of quite sharp contrasts in behaviour, whereas age and car ownership appeared to have much less impact.

Contexts of behaviour

Adequate description of participation requires not only an inventory of activities and how often people take part in them, but also contextual information on the location and social circumstances of those activities. The following section examines these fundamental contexts of behaviour, as well as exploring the relationships of location and social context with selected social profile variables.

Location of activity

There was a fairly even spread of the 119 activities between those based at home (51 per cent) and those out of home (49 per cent). However the range of activities indicated that averages can disguise underlying variations, with the number of activities per person out of home ranging from none at all to twelve, and those at home from 2 to 22.

However in terms of the actual number of events recorded, the home was strongly dominant (Figure 4.1). Some 86 per cent of all events occurred in the home. Furthermore, out of home activity was very local in nature. Thirty six per cent of out of home events were undertaken within a mile of home (Figure 4.2).

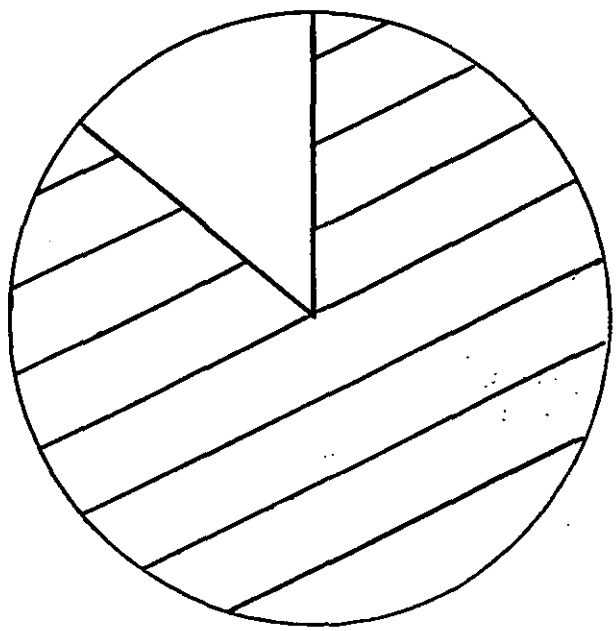
A longer diary period may have brought about greater representation of out of home activity, particularly through the inclusion of more trips away from home which tend to be carried out very infrequently even if the majority of people do occasionally take part. Maintaining the diary period as three days, but focusing on three weekdays rather than a weekend would have enhanced the significance of out of home activity through the inclusion of more instances of paid employment but would have diminished the opportunity to look at the range of leisure activity undertaken. Nevertheless, the majority of events were located in, or near to, the home.

Variations according to social groups

The division between events in and out of the home is evident for all social groups in Figure 4.3. There were very few variations and the general picture confirms the dominance of the home in all life styles .

The activities undertaken by women were generally more home centred than those of men with 87 per cent of all events recorded by women being at home compared with 81 per cent for men. Men were overrepresented in out of home activities, although still leading home based life styles.

Figure 4.1 Location of activities

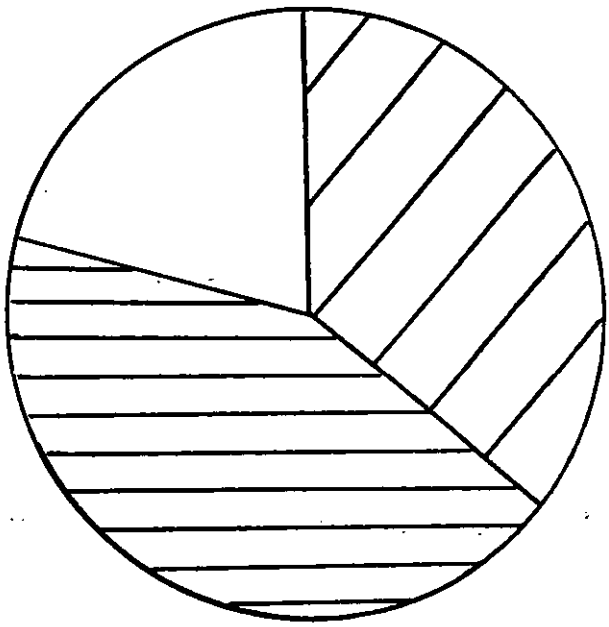


(% of events)

Home based events

Out of home events

Figure 4.2 Location of out of home activities



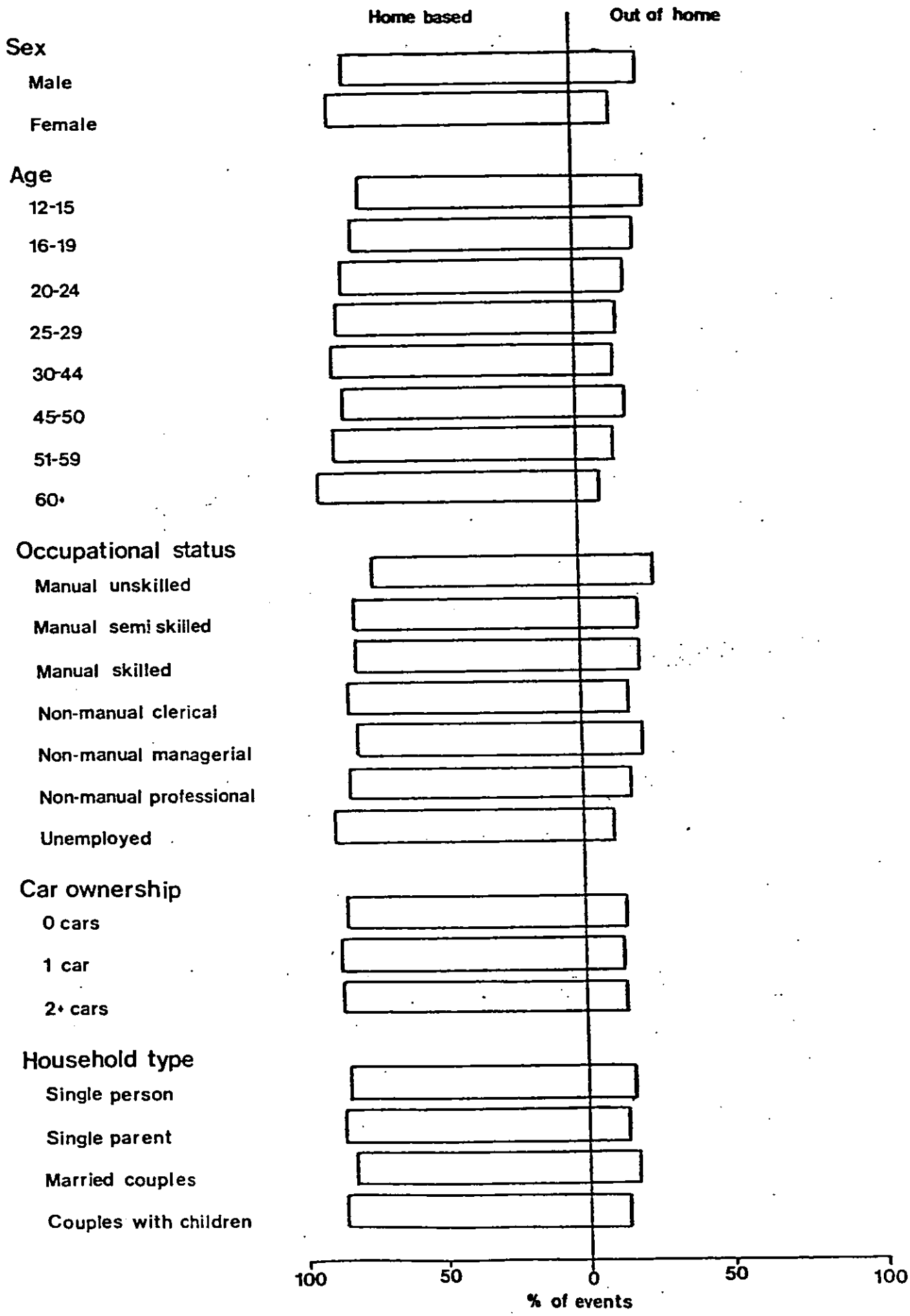
(% of events)

<1 mile from home

1-5 miles

>5 miles

Figure 4.3 Location of events: variations by social groups



Similarly there were marginal variations in the location of activity across different age groups. Young people, particularly those of school age, were less home centred than any other groups. Not unexpectedly, they were most oriented towards social and sporting activities out of the home.

At the other end of the age scale, those aged over 60 were very much overrepresented in home based activities (91 per cent of events recorded by this group were at home). Despite a slight increase in the amount of home based activity with age, there was very little variation across the other age groups between these two extremes.

For the majority of occupational groups there was little variation in the location of events, with home based activities prevalent for all groups. This was particularly the case for the unemployed and full-time housewives and also for the retired. Out of home activities were overrepresented amongst those groups in employment and those at school or in further education, although primarily as a result of going to work, school, or college. The unemployed were much more home based in their activity patterns than those in employment. Furthermore there were marginal differences between those in manual jobs and those in non-manual employment, with the former taking part in more out of home activities.

Increased out of home activity would be expected of car owners given the greater levels of mobility and personal freedom that the car affords. Other participation surveys, notably Patmore and Rodgers (op.cit.), have shown that access to a car significantly enhances trip making away from the home. Surprisingly, however, car ownership did not significantly affect the location of activity; the life styles of both car owners and non car owners were equally dominated by home based activity.

Instances of travel may have been subsumed within the activity connected with the journey. It might be expected that those without cars would be more likely to record travel as a separate activity because of the potentially greater inconvenience caused through not having a car. However that was not the case. Journeys to work were underrepresented amongst non car owners, and travel to social and entertainment activities were more frequently recorded by those with cars.

All four household types revealed home based activity patterns. Married couple households were the only group to be overrepresented in out of home activities. Single parent families, and to a lesser extent couples with children were more home based in their life styles, presumably because of the ties of children.

Single people, like married couples, did not have such commitments and thus might be expected to spend more time away from the home. However many of the single person households comprised pensioners who led particularly home based life styles.

The same general pattern was revealed with regard to the distance travelled to out of home pursuits, with married couples most strongly represented in activities furthest from home. All the other household types exhibited predominantly local spheres of activity, particularly single people and single parent families. The single parent families, as well as being the most home centred were also the most strongly tied to the local environment around the home.

Thus, everyday routine activity patterns were not only common to all social groups, but also strongly dominated by the home. This prevalence of home based activity however, did vary in degree, mainly according to age and household type. These marginal variations suggest an element of life cycle influence on the location of activity patterns, at the two extremes of the age scale, which on the evidence so far would appear to be more significant than either gender or occupational status.

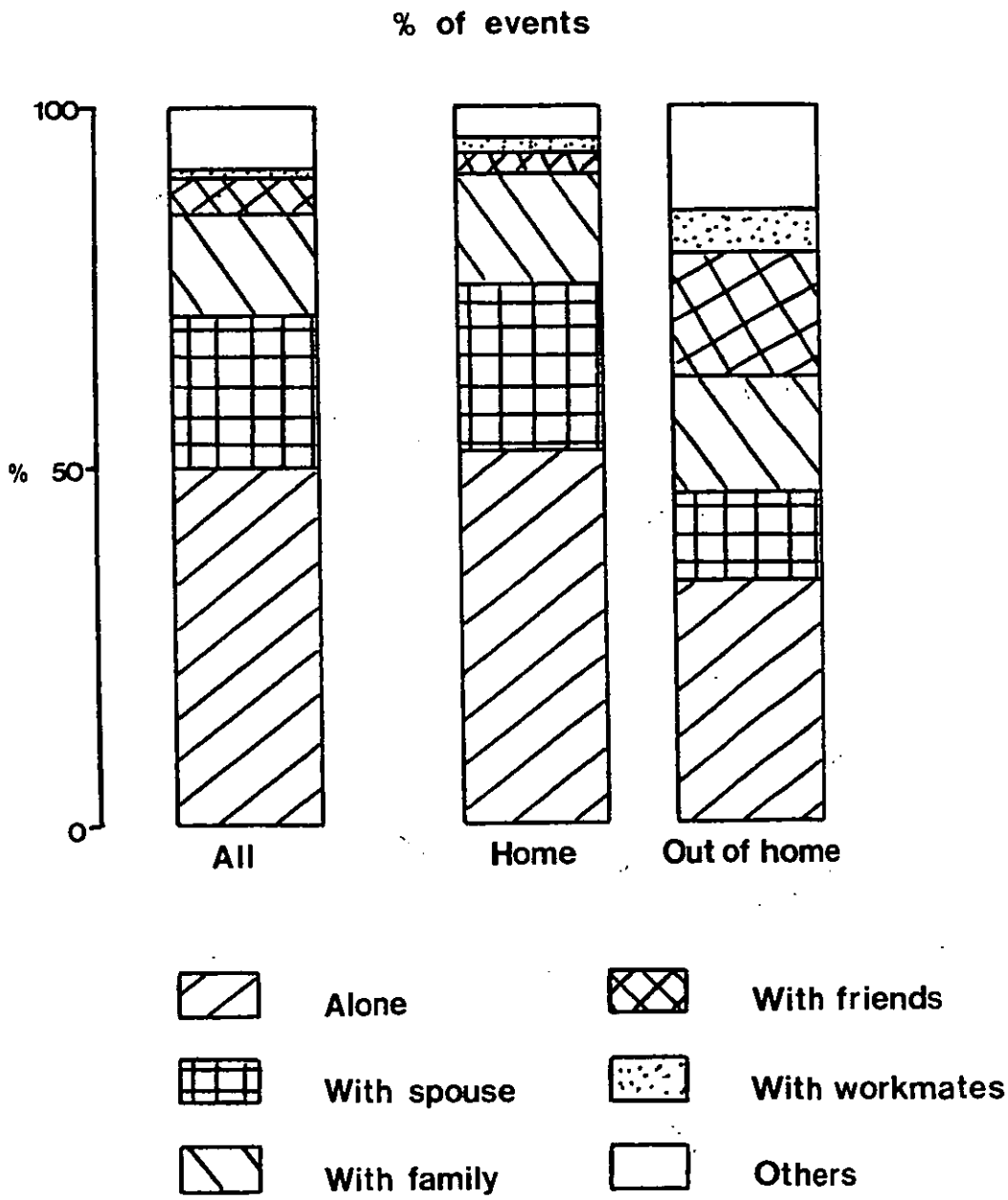
Social context of activities

An adequate description of people's activity patterns should include consideration of whether or not activities are undertaken in groups or alone. Whilst much activity takes place alone, so equally many activities require or benefit from companionship. There are innumerable permutations of social groups, but the main social partners are spouse, family, friends, and workmates. Given the extensive range of activities that people participate in, there is clearly scope for a great many different social settings. It is important therefore to consider the social context of activities in order to identify the relationship between the social and solitary components in the life style.

Solitary activity accounted for half of all events recorded, over twice as many as any other social context (Figure 4.4). Activities undertaken with husband or wife were the second most common, accounting for a further 22 per cent. Other immediate family, primarily children, accounted for 15 per cent of events, and activities undertaken with friends a further 5 per cent.

Time spent at home was particularly dominated by either solitary or spouse-centred activity, whilst that spent away from home had greater amounts of activity carried out with children, with friends, and with work colleagues. The less frequently pursued activities out of home, whilst still predominantly solitary or spouse-centred (46 per cent of events out of home), were more likely to be socially oriented with people outside the immediate family.

Figure 4.4 The social context of activity



Variations according to social groups

People of all types displayed predominantly solitary patterns of behaviour. However, as Figure 4.5 shows, there were a number of variations between groups. The most marked differences related to age, occupational status, and household type, whilst sex and car ownership generally revealed little variation. Such differences become clearer on further investigation of the nature of the social context of activities.

With regard to age, the most marked distinction was between the very young (12-15 years) and the very old (60 plus). The former spent as much as 58 per cent of events in the company of others, whilst the latter undertook some 60 per cent of events alone. Family activity was greatest for those aged 25-44, which reflects a strong life cycle influence. Activities with friends were generally less common than those with the family, but were nonetheless overrepresented among the younger age groups and showed a distinct decline with age. Solitary activity was greatest for those over 60 years, but was also surprisingly common amongst those aged 16-24. The latter may partly be explained by the greater number of single people in this age band. The absence of a partner would reduce the amount of time spent in the company of others, particularly in the light of the dominance of home based activity. There was a particularly strong correlation between age and events undertaken with a partner, with those in middle age and beyond especially highly represented.

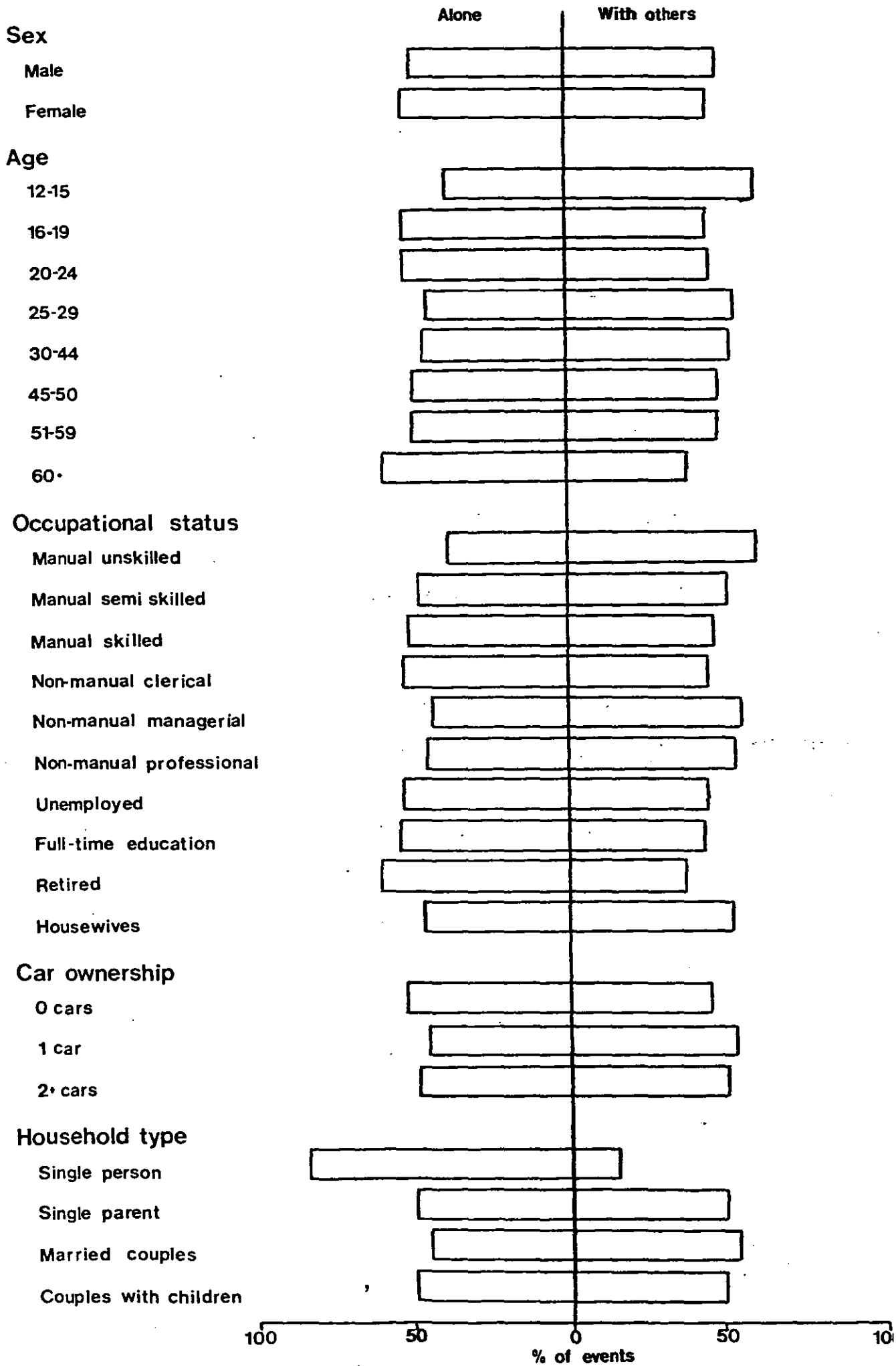
Although no clear pattern emerged, there were also a number of differences in the social context of behaviour across different occupational groups. Generally, those in employment undertook fewer solitary events than those not in employment. To what extent this was related to being employed is unclear. However, those in employment were overrepresented in out of home activities, which tended to be more 'social' in nature than those at home (Figure 4.5).

Solitary activity was very much the norm for the retired (60 per cent of events) and, surprisingly, students (58 per cent). Group activities, particularly events undertaken with the family, were correspondingly lower for these groups, although spouse-centred activity was high amongst the retired, and activities with friends featured prominently for students.

Family activities were most highly represented amongst the unemployed, housewives, and those in part-time employment. In the cases of the unemployed and housewives this coincided with an above average proportion of events based at home.

Activities with friends were overrepresented amongst those still in education, with school or college and places of work generally facilitating more activities with friends. The 'social' nature of

Figure 4.5 The social context of events: variations by social groups



events for the student groups was closely related to an above average proportion of out of home events.

Social group variations, as illustrated above, were further confirmed by variations across different household types (Figure 4.5). Single people were considerably overrepresented in solitary activity, some 84 per cent of all recorded events being alone. Other household types conformed very much to the average with respect to solitary activity. Married couples, on the other hand, not surprisingly, featured prominently in pursuits undertaken with spouse, and to a certain extent with friends. Activities with a partner were few amongst single parent families and single people. Again, not surprisingly, family-centred activities were generally the preserve of the couples with children and, in particular, the single parents.

Looking at the social context of activities according to sex revealed only marginal variations. However, such differences hinted at a certain element of division of labour. Women participated in far more 'family' type activities than men, indicating distinct gender differences in child care and other activities with children. Three quarters of all events undertaken with the family were recorded by women. Men on the other hand were slightly overrepresented in spouse-centred activity and activities with friends. The latter corresponds with the less home-centred life styles pursued by men.

Car ownership, once again, as with the location of activity, revealed very little impact on people's behaviour patterns.

Thus, although solitary activity dominated the routines of the majority of people, there were nonetheless variations in the social context of activities, primarily due to life cycle and household influences. Marriage, and the presence of children were especially important in affecting how much of the life style was spent alone or in company. Single people, particularly the elderly, tended to pursue a very solitary existence. Marriage and children heralded a shift of emphasis towards social activity, either with spouse or with the whole family. Equally, there were marked differences in the level and nature of companionship at the two extremes of the age scale. Occupational status had a greater impact on the social context of activity than on its location, whilst gender and car ownership again revealed little influence.

Perceptions of activities

The difficulties involved in trying to define leisure were outlined in Chapter 1. No single phrase adequately describes leisure or takes into account its inherent diversity. As Kelly (1982) suggested, "(leisure)...may be almost anything, anywhere and anytime for someone". The current research therefore did not adopt a standard definition of leisure, rather it allowed individuals to define leisure as they perceived it.

Accordingly respondents were asked to describe how they regarded each activity that they carried out. For every activity that they recorded, diarists were asked to describe in an adjacent column how they perceived it. The diary instructions were written as follows:

"...we would like to know whether you think of each activity that you do as either leisure, work, duties or personal care."

Providing guidelines for respondents to aid completion of the diaries, often creates the problem of influencing the way in which they respond. The use of just four labels may be deemed to be limiting, therefore it was important to encourage flexibility and freedom of response. Therefore interviewers additionally encouraged respondents to use any other descriptions that they felt were more appropriate.

This question was added to the diaries to provide an indication of people's attitudes towards what they did and thereby enhance the description of their behaviour patterns. Identifying those activities, or those incidents of activities, described as leisure facilitated investigation of how leisure 'fitted into' the overall package of activities and use of time as seen by respondents. Thus it would be possible to consider not only different types of activity in their own right, but also the relationship between them (for example work and leisure), within the overall life style.

The results described below refer to those activities for which at least 20 events were recorded. For the purposes of statistical integrity there should be at least 100 occurrences to warrant the use of percentages. However, to make use of as many as possible of the 119 activities recorded, the cut-off has been set at 20 events. Therefore, interpretation of the results of some of the less frequently recorded activities should be cautious.

Almost all events (99 per cent) were described in terms of the four activity labels: work, leisure, duties, and personal care (Figure 4.6). The division of events showed a fairly even split between leisure, duties, and personal care activities, each accounting for almost a third of the total. Work only accounted for 5 per cent of the total events.

The predominant location for all activity was the home, being the venue for 85 per cent of all events. However, not unexpectedly, this dominance varied for different types of activity (Figure 4.7). Duties and personal care activities were almost entirely located in the home; those that were not were mainly carried out by people visiting friends or relatives, or occasionally at places of employment. By contrast, work events were more prevalent away from the home. This is not entirely surprising, although as many as 38 per cent of work events were located in the home.

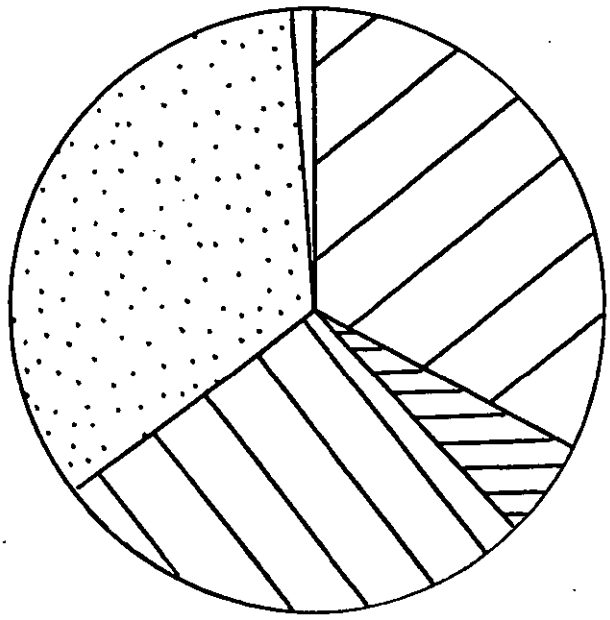
Leisure was very much a home based pursuit, 74 per cent of all leisure occurring at home. This compares with the work of Gershuny and Thomas (op.cit.), who found that virtually 70 per cent of leisure time was home based. Whilst the actual amount of out of home leisure was relatively small (8 per cent of all events), its prominence in terms of all out of home activity was quite significant, accounting for 56 per cent of all the events that took place out of home.

The social context of activity also varied dramatically. Just over half of all events were solitary occurrences (Figure 4.8). Work and duties were very much solitary activities, two thirds of all events being undertaken alone. Likewise over half of all personal care events occurred alone, although they were also the most spouse-centred type of activities. Leisure pursuits were the least solitary, only a third of leisure events occurring alone. Thus, they were the most socially oriented activities, both with spouse and family and, especially, with friends. Of all events carried out with friends, some 71 per cent were recorded as leisure. The next most popular social milieu for leisure activity was the family; 39 per cent of family events being recorded as leisure. Only 22 per cent of solitary events were described as leisure.

Variations by social groups

Respondents' perceptions of activities varied considerably between social groups. With a few notable exceptions, the representation of work and personal care activities was fairly consistent across all groups. However, there was a far greater degree of variation in the amounts of leisure and duties recorded.

Figure 4.6 Perceptions of events



(% of events)

Leisure

Work

Duties

Personal Care

Other

Figure 4.7 Location of activity types

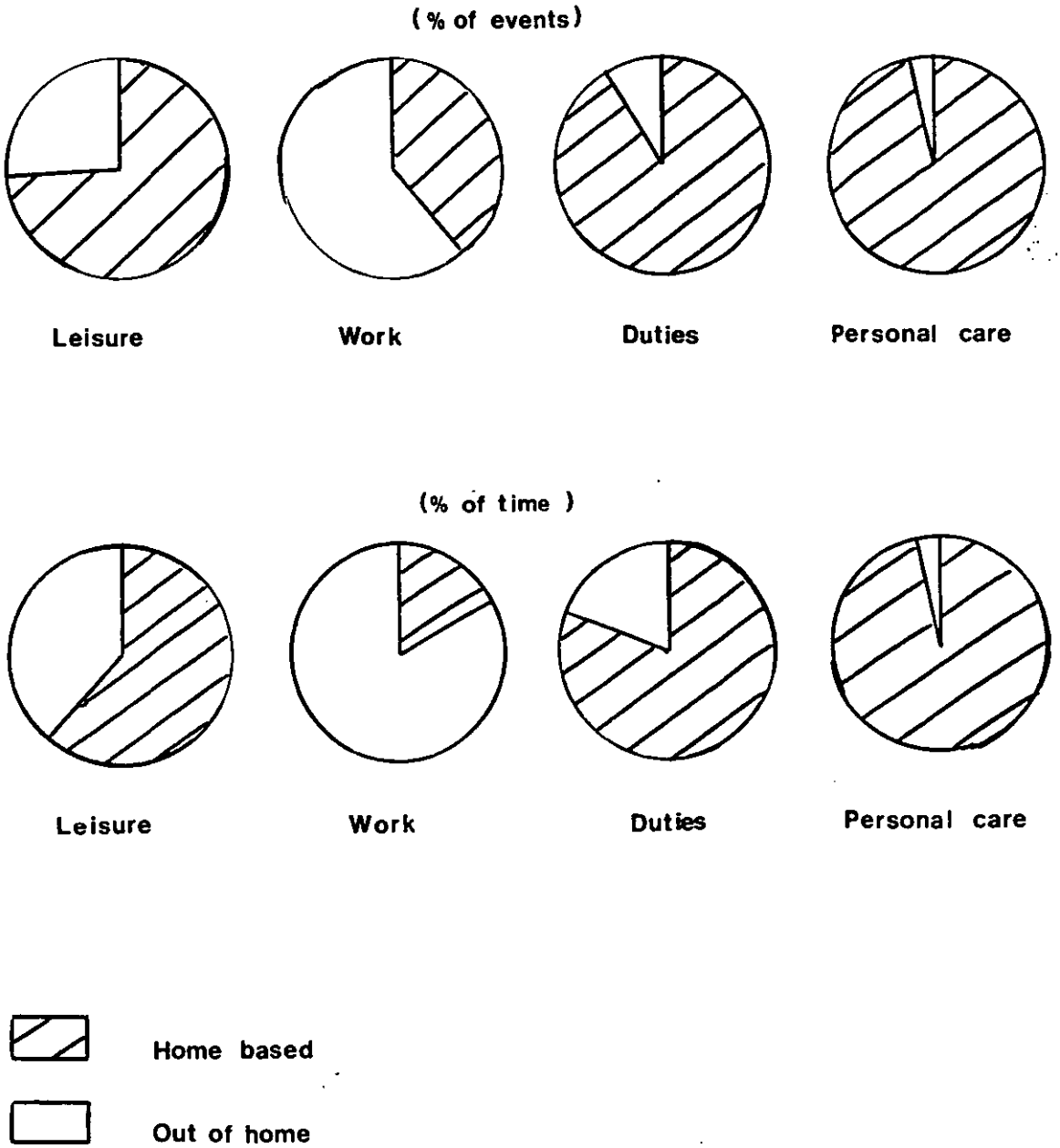
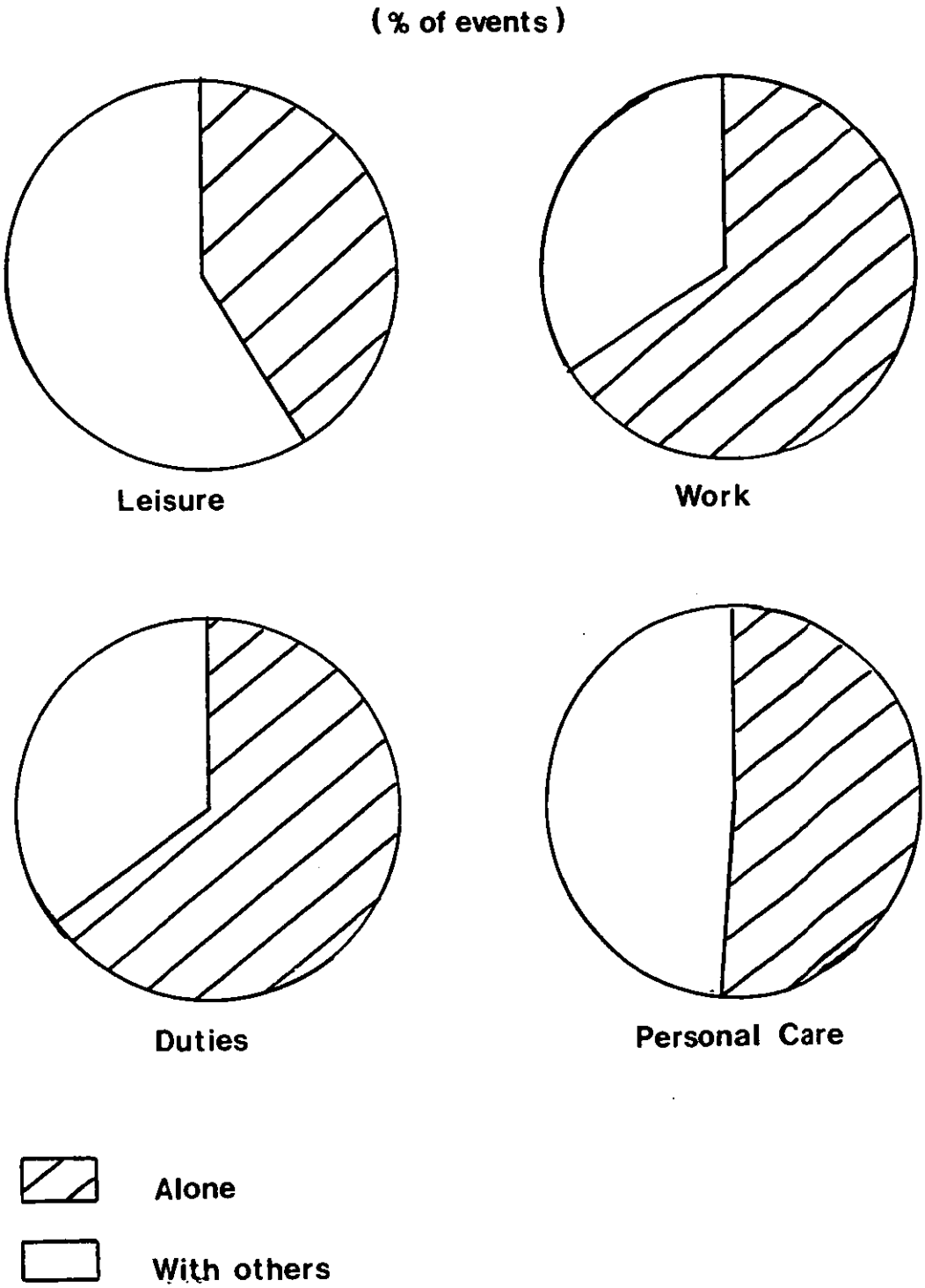


Figure 4.8 The social context of activity types



Variations according to gender reflected this general trend, with men being overrepresented in leisure events (39 per cent of all events) yet distinctly underrepresented in duties (16 per cent). By contrast, women, whose leisure activity was much less than that of men (30 per cent of events), were overrepresented in duties (33 per cent). As indicated above, duties were almost totally located within the home, and this overrepresentation of duties for women corroborates the earlier finding that women undertake more home based events.

Comparison across age groups also revealed a number of distinct differences in the perceived nature of the activities that people undertook. The younger age groups, particularly those at school and college, were highly overrepresented in 'leisure' activities with 41 per cent of all events for those aged under 19 being perceived as leisure. As with the sex divisions, there was a strong negative correlation between leisure and duty events, and therefore the younger ages were most clearly underrepresented in duties.

Domestic responsibilities would be likely to be less for these age groups than for others, and it is worth noting that the age groups most highly represented in duties were those aged 25 to 29 and 30 to 44. These age bands cover the life cycle phases generally associated with domestic establishment, marriage and child rearing, with their obvious impact on chores and duties. Other variations across age groups were marginal; for example the over 60s were least represented in 'work' events, and 12 to 15 year olds and 45 to 50 year olds were overrepresented in personal care events. In these last two cases there does not appear to be any particular reason why personal care activities should be overrepresented, and it should be recognised that sample sizes in both instances were small ($N_{12\text{-}15}=19$, $N_{45\text{-}50}=22$).

Occupational status also gave rise to some variation, although there was no real difference according to type of employment with manual and non-manual workers remarkably similar in their types of activity. Divergence was more apparent between those in employment and those not. As expected, those with jobs were more strongly represented in work events, and this was especially the case for unskilled manual workers (17 per cent of all events seen as work compared with an overall average of 6 per cent, although again the sample size for this group was very small, $N_{unskilled}=8$). By contrast, the unemployed and retired pursued the least work events. Again the leisure-duty dichotomy was clearly in evidence whereby those occupational groups with the greatest amounts of leisure activity performed fewer duties and vice versa.

Those still at school (41 per cent of events seen as leisure) and those in further education (43 per cent of events) were by far the most 'leisured' groups, contrasting dramatically with housewives (28 per cent of events described as leisure) and part-time workers (27 per cent of events) who were the least 'leisured' and significantly overrepresented in duties.

As with the other parameters of participation examined so far, individuals' perceptions of activities were apparently not influenced in any way by car ownership. However, perceptions of activity did vary according to household type, particularly as a result of the presence or otherwise of children in the household. Single people and married couples both engaged in more leisure events, and correspondingly less duties, than their counterparts with children. Single parent families undertook by far the most duties (37 per cent of events seen as duties), and had the least leisure. The same general trend was true of couples with children although not to the same extent. Thus the presence of children in the household had the effect of reducing leisure, and to a certain extent personal care activities, whilst dramatically increasing the amount of duties and chores.

The four main activity-types identified - (leisure, work, duties, and personal care) - accounted for the vast majority of events undertaken. The home was the dominant location for all types, particularly duties and personal care. By contrast work events occurred predominantly out of home. Leisure activity was mainly home based, although a significant proportion took place outside the home.

Work and duties were especially solitary in nature, in sharp contrast with leisure which was much more socially oriented, with two thirds of all leisure events occurring in the company of others.

Social group differences existed, particularly in respect of the amount of leisure and duties. Age, occupational status, and household type were more significant profile discriminators than gender, and car ownership had virtually no impact at all. Overall, the amounts of work and personal care activities were fairly consistent across all groups, with a few exceptions such as low levels of work for the retired and unemployed. On the other hand there were quite considerable variations in the amounts of leisure and duty events recorded, with the two seemingly inversely related.

The duration of activities

Recording the number of events is an important measure for describing participation, however it must be remembered that events can vary enormously in duration. Therefore, it is appropriate to describe the scale of participation, not only in terms of the number of events, but also in terms of the amount of time spent on various activities.

Although 85 per cent of events recorded were home based, they only accounted for 76 per cent of the total time (Figure 4.9). Out of home activity tended to last longer than that at home. The average duration of each event was some 75 minutes, though there was a marked variation according to venue; home based activity averaged 67 minutes per event whilst events away from home averaged 123 minutes. Clearly the range of time spent on each event varied enormously, from the lower limit of 15 minutes to 8 hours and more. Home based pursuits were generally briefer than those away from home, with some 58 per cent of activities at home lasting half an hour or less compared with only 27 per cent of those elsewhere.

Figure 4.10 shows the social context of time use. Time spent alone accounted for the largest share (39 per cent), followed by time with spouse (31 per cent). The total amount of time spent with friends or work colleagues was only 11 per cent. However, events carried out with workmates generally lasted longer than any others (an average of 197 minutes), whilst events with friends averaged almost 2 hours (119 minutes). Thus although relatively little time in total was allocated to friends and colleagues, each event was of a greater than average duration.

The value for workmates may have been slightly underestimated by taking an average figure for events over 8 hours. However, only 29 per cent of work events were actually full-time paid employment; many more were shorter activities undertaken at home (41 per cent lasting less than half an hour).

Activities spent with friends and colleagues were also more likely to be located away from home. Furthermore such out of home events were generally of greater duration than those at home. This was particularly the case for activities with workmates, the average duration of events at home being 34 minutes compared with 222 minutes away from home. This confirmed the general trend for out of home events to last longer than those at home.

Spouse centred activity accounted for a third of all time use, and each event lasted on average 110 minutes. There was little difference in the duration of events according to location. The duration of out of home events undertaken alone or with family or with friends all far exceeded the duration of home based events. Almost a third of all events carried out with husband or wife were occasions of sleep. Obviously this was a primarily home based activity which tended to last for long periods at a time.

Thus, events carried out with workmates, friends, and spouse were of above average duration, mainly because of the relatively high amount of time spent out of home. By contrast, events with the family and time spent alone were generally of much shorter duration. The average amount of

Figure 4.9 Location of time use

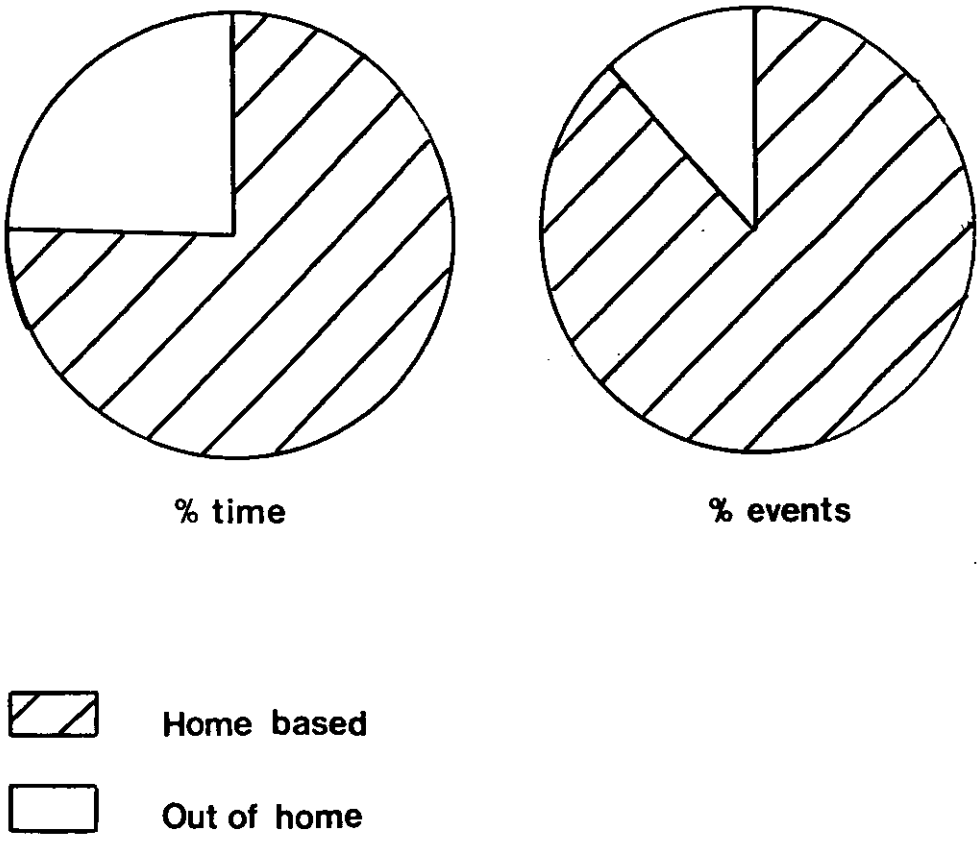
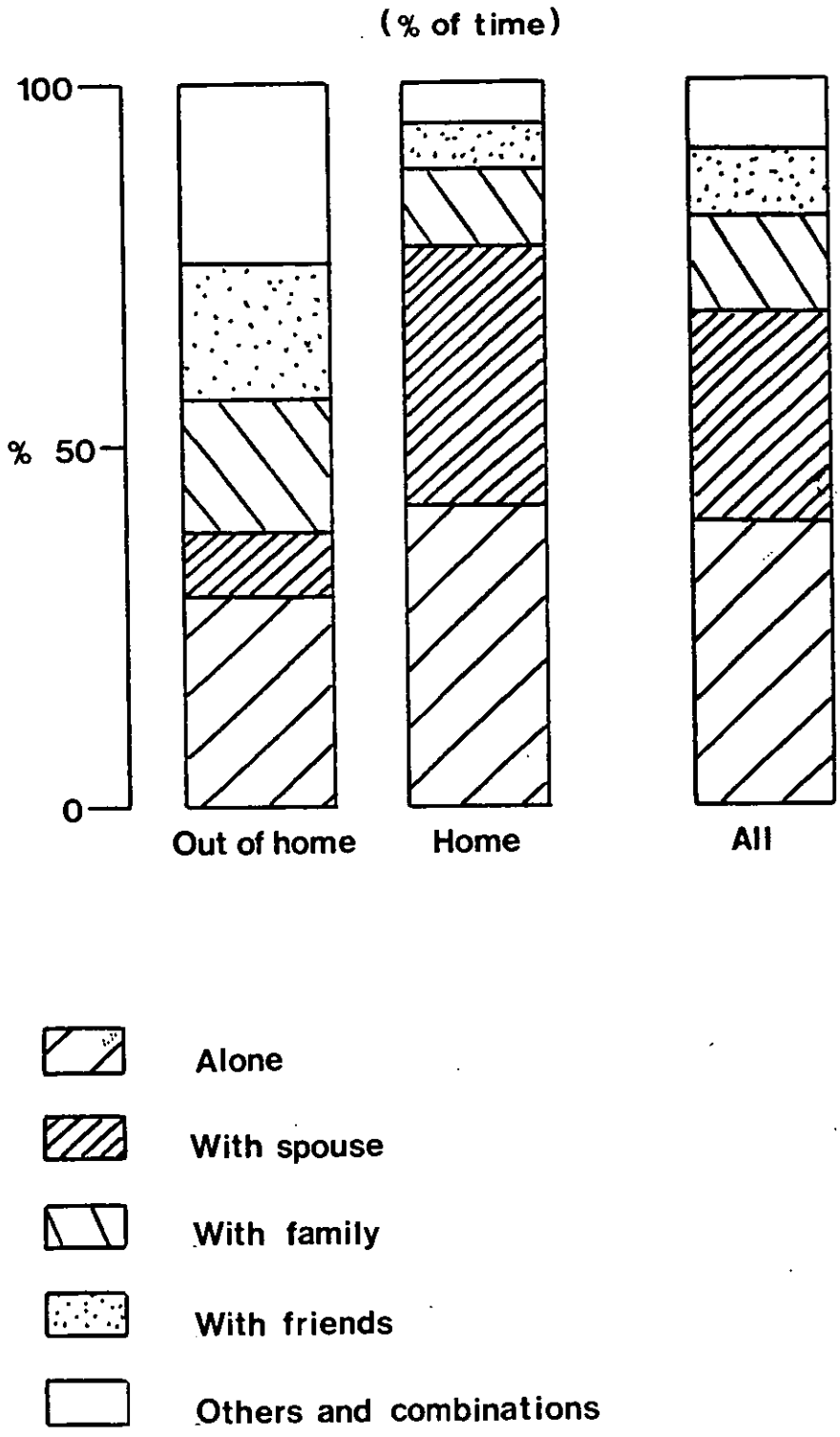


Figure 4.10 The social context of time use



time per event with the family was only 56 minutes, although it varied according to location. At home, family events lasted on average only 43 minutes whereas away from home the average was 120 minutes.

Much the same was true of solitary activity, with lone events lasting on average 59 minutes. Similarly, whilst home based events carried out alone lasted 53 minutes, out of home events lasted 106 minutes. Solitary activity accounted for a sizeable proportion (38 per cent) of total time, but comprised a large number of relatively short events. Almost two thirds of all events undertaken alone lasted less than half an hour. Group activity on the other hand was made up of fewer events but each one of greater duration, only 46 per cent of events lasting less than 30 minutes. Furthermore, family groups differed from non family groups. For the former, 49 per cent of events lasted less than 30 minutes, but for the latter it was only 34 per cent.

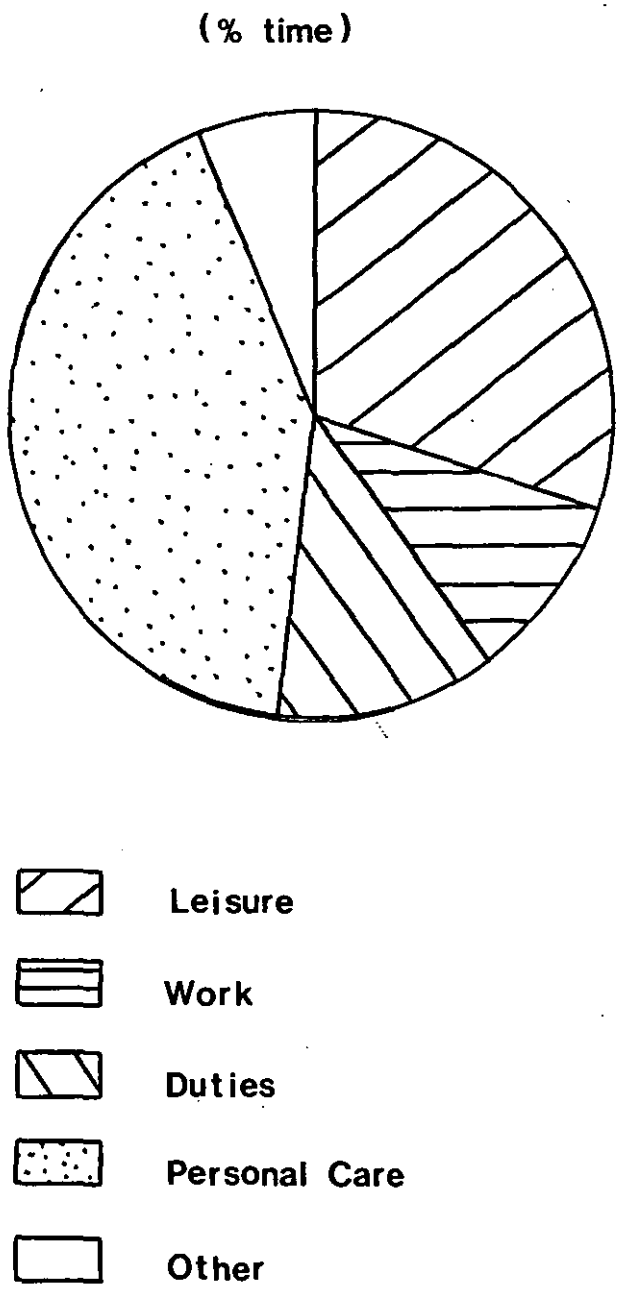
Consideration of the duration of events is complementary to the description of the location and social context of participation. In addition it provides an extra dimension to the description of the perception of activities (Figure 4.11). Analysis of time use revealed that two types of activity dominated our behaviour with over three quarters of all time being allocated to personal care and leisure.

Personal care activities lasted on average 93 minutes, including by far the greatest proportions of the 'longer' events. Three quarters of all events lasting over 6 hours were described as personal care. However, some 40 per cent of events lasting less than half an hour were also personal care, suggesting that some were very time consuming, others very brief.

Whilst a quarter of all events recorded were described as duties, only 11 per cent of the total time was described as such. Thus duties were many in number but short in duration. Duty-like activity is often compared to work, but the two are not the same. Distinguishing between the two revealed that duties were seen as jobs or tasks of relatively short duration compared to work which was a more lengthy, but less frequently undertaken task (generally taken to be paid employment). Work events were few in number but lasted much longer. Duties tended to be very much of short duration; 70 per cent of all duty events lasted for 30 minutes or less, their average duration being 32 minutes.

Work type activities, not surprisingly, lasted longer than any other type, on average 123 minutes per event. Despite accounting for only 9 per cent of total time use, work events lasted on average over 30 minutes more than personal care events which accounted for some 42 per cent of the total time. Although 41 per cent of all work events lasted less than half an hour, the majority of such events were single incidents of lengthy duration.

Figure 4.11 Perceptions of time use



The average amount of time spent on leisure activities was 82 minutes per event. This equates to an average of 404 minutes leisure time per diarist per day which is almost an hour more than the average value of 348 minutes produced by the BBC study of 1974-75 (British Broadcasting Corporation, 1978). Some of this difference may well be explained by different definitions of leisure.

Leisure events were much shorter than their work counterparts, yet the average amount of leisure time per diarist per day was 4 times that of work. Whilst many leisure events lasted under 30 minutes (34 per cent), some 38 per cent lasted between 1 and 4 hours; almost two thirds of all events lasted that long.

The average leisure event in the home lasted 63 minutes, whilst out of home the average was over twice as long (136 minutes). Generally therefore, leisure events in the home occurred frequently and for brief duration. Leisure away from home, on the other hand, was more sporadic but prolonged.

Thus some activities were undertaken comparatively often yet took up very little time, for example household duties like cooking and washing. On the other hand a number of activities which were much more irregularly undertaken, such as sports participation and going to parties, took up far greater amounts of time per event.

Most routine, everyday activities, apart from sleep and paid employment, occurred frequently but for short time periods. By contrast, the more discretionary and leisure-type activities occurred less often but for longer.

The activities undertaken

Participation rates for the major activities are shown in Table 4.3. For most activities these were similar to those reported in major participation surveys, including the 1983 General Household Survey (Office of Population Censuses and Surveys, 1985). Direct comparisons between different surveys can be misleading, as the present research had a brief reference period of just three days compared with the month-long period of the G.H.S., and the yearly basis of the Henley Centre research (Henley Centre for Forecasting, 1982). In addition, the G.H.S. smooths out seasonal variations through year-round fieldwork. Furthermore, national participation habits may not be mirrored exactly in any particular survey area. Despite these differences, the results in Nottingham largely reinforced most other findings on participation patterns.

Table 4.3 Participation rates in main activities

Home based Activities		% taking part > once	Number of events
Housework	Cooking	80	1792
	Washing up	72	1291
	Indoor cleaning	57	661
	Laundry	26	227
	Gardening	25	185
	Ironing	23	120
	DIY	10	93
	Looking after pets	10	104
	Home repairs	4	28
	Outdoor cleaning	3	11
Child Care	Care of children	21	392
	Indoor games with children	13	110
	Care of babies	12	370
	Reading to children	4	26
	Outdoor games with children	3	12
	Babysitting	1	4
Personal Care	Personal hygiene	99	2680
	Personal care to adults	3	15
	Medical care	1	5
	Praying	1	14
Eating	Meals, snacks	99	2839
	Tea, coffee	61	737
	Alcoholic drinks	3	21
Sleeping	Asleep	100	2325
	Resting, relaxing	26	225
	Dozing, napping	4	20
Passive Entertainment	Television	93	1938
	Radio	14	120
	Records, cassettes	10	82
	Video	8	53
Work/Study/Hobbies	Newspapers	38	371
	Books, magazines	36	397
	Correspondence	11	71
	Knitting/sewing	10	83
	Car/motorbike maintenance	8	59
	Study, homework	7	71
	Computer/video games	4	28
	Crosswords	4	38
	Work brought home	4	39
	Physical exercise	4	31
	Playing with pets	2	12
	Supervising homework	2	8
	Craft, art, pottery	1	9
	Playing piano	1	8
	Other musical instruments	1	7
Social Activities	Talking, chatting	25	217
	Entertaining friends/relatives	22	156
	Playing games	5	35

Out of home Activities		% taking part > once	Number of events
Work	Work (paid employment)	42	330
	Babysitting	2	8
	Second job	1	8
	Seeking employment	1	5
	Overtime	0.2	1
Education	School/College/Training	7	53
Shopping	Shopping	77	561
	Medical care	4	23
	Administration (bills)	4	16
	Errands for others	3	23
	Hairdresser	2	10
	Medical care for children	2	11
Civic Activities	Church	7	39
	Social organisations	2	11
	Religious organisations	1	5
	Charitable organisations	1	4
Active Leisure	Walking	14	87
	Other leisure outings	9	71
	Walking the dog	8	90
	Individual sports	5	32
	Visiting towns/cities	5	26
	Watersports	4	22
	Taking children to leisure	4	23
	Racquet sports	3	15
	Going for a drive	3	14
	Team sports	2	19
	Museums/exhibitions	2	10
	Visiting countryside	2	12
	Visiting places of interest	2	9
	Library	2	11
	Other informal sports	1	5
Entertainment	Visiting friends/relatives	55	402
	Pub	35	286
	Restaurant/cafe	10	52
	Social, night club	5	28
	Watching sport	3	16
	Parties	3	22
	Cinema	2	10
	Theatre, concert	1	4
	Bingo	1	4

Source : Glyptis, McInnes, and Patmore (1987), Table 5.1 .

The most frequently pursued activities were, not surprisingly, the necessities of everyday living - sleeping, eating and personal hygiene. Between them they accounted for some 36 per cent of all diary events. The next most prominent activities were those mainly concerned with servicing functions such as cooking, washing up, indoor cleaning, and shopping.

Many home based pursuits, particularly a wide range of housework-related activities, had high rates of participation (cooking 80 per cent, washing up 72 per cent, and indoor cleaning 57 per cent).

Child care was also prominent, appearing amongst the top ten home based activities by proportion of events accounted for (Table 4.4). However, like a number of other activities, participation in child care is likely to be closely connected with social profile variables, such as age and family life cycle.

Other activities that may be affected in this way include paid employment, going to school, and, to a certain extent, some forms of entertainment which are restrained by lack of income, such as watching video cassettes or going to the theatre.

The only prominent out of home pursuits, in terms of the number of people participating at least once, were shopping (77 per cent), visiting friends and relatives (55 per cent), paid employment (42 per cent), and visits to the pub (35 per cent), (Table 4.3). Generally participation in these activities would appear to be rather lower than usual.

For example, the 1983 G.H.S. (ibid.)recorded 54 per cent of people going out for a drink at the pub. Similarly visits to friends and relatives also seemed to be conspicuously fewer than usual. However, it is illustrative of the problems of direct comparison that the G.H.S. combines visits to friends and relatives with entertaining them at home, hence a participation rate of 92 per cent (ibid.).

Some other activities were probably underrepresented in the Nottingham study, such as talking and chatting, drinks of tea and coffee, and most incidences of travel. In the case of talking or having a drink it was most likely to be as a result of drawbacks in the diary technique which made it difficult to fully encompass all the more routine activities. Talking, particularly to spouse and family, would probably seem so 'natural' an activity that it would be largely overlooked.

Table 4.4 Top 10 Activities by % of Total Events

Home Based		% of total home based events
1	Meals, snacks	15
2	Personal Hygiene	14
3	Asleep	12
4	Watching Television	10
5	Cooking	9
6	Washing Up	7
7	Tea, Coffee	4
8	Indoor Cleaning	4
9	Reading Books	2
10	Care of Children	2
		79

Out of Home		% of total out of home events
1	Shopping	19
2	Visits to Friends, Relatives	14
3	Paid Employment	11
4	Travel to/from Work	10
5	Pub	10
6	Travel to/from Social Events	8
7	Walking the Dog	3
8	Walking	3
9	Taking Children to/from School	3
10	Other Leisure Outings	2
		83

Source: Glyptis, McInnes and Patmore,(1987), Table 5.2.

Closer examination of the characteristics of participation of the Nottingham sample can be illustrated by classifying activities according to type, ie. work, duties, personal care, and leisure.

Although just under half the sample (49 per cent) were in full or part time employment, only 42 per cent of people recorded taking part in paid employment during the diary period. There were very few instances of overtime or second jobs, and only 1 per cent of people recorded seeking employment, although 15 per cent were unemployed. Work brought home was recorded by 4 per cent of people, and study and homework by 7 per cent (9 per cent were in full-time education).

Duties and chores have already been seen to be common activities, cooking, washing up, and indoor cleaning being the most frequently undertaken domestic chores. Out of home, such activities were less common, shopping being the only prominent chore-like activity of any note.

Personal hygiene, eating, and sleeping were by far the most prominent personal care activities, and these were participated in by alomst everybody in the sample.

Leisure activities are more difficult to define and consequently include a much broader range of pursuits. Watching television was by far the most widespread of the activities generally acknowledged as leisure pursuits. With 93 per cent having watched television at least once during the diary period, it far outstripped other leisure activities, although participation was lower than that recorded by the G.H.S. (98 per cent in 1983, ibid.).

After watching television the most frequently pursued activities were reading newspapers (38 per cent) and reading books and magazines (36 per cent). Hobbies or specialist interests such as walking, sports participation, going to the cinema, listening to records, and knitting and sewing all had low participation rates.

The 1983 G.H.S. (ibid.) recorded 18.6 per cent of adults participating in walking and rambling compared with just 14 per cent in the Nottingham sample, and 63 per cent having listened to records or tapes nationwide compared with only 10 per cent in Nottingham.

Some of these activities, particularly those out of home, are generally undertaken fairly infrequently. Consequently the low participation rates may be partly explained by the relatively short diary period which would underrepresent those activities that are not pursued very often.

Thus, despite carrying out fieldwork across different parts of the year, activities like trips to the countryside which are affected by seasonal variations and are rather infrequently undertaken

might have been omitted because of the short diary period. Social activities featured prominently both in and out of the home. After shopping, visits to friends and relatives had the highest participation rate outside the home (55 per cent). Other social pursuits like talking and chatting, and entertaining friends and relatives at home were undertaken by a quarter of the sample.

It has already been indicated that leisure plays a prominent part in individuals' lives; over a third of all time use (36 per cent) was seen as leisure. However, the term "leisure" accommodates a particularly diverse set of activities.

Active leisure pursuits, if defined as "all active out of home leisure activities ranging from sport through countryside visits, to drives and informal outings" (and excluding passive entertainment such as watching sport or going to the cinema) (McInnes and Glyptis, op.cit.) assumed very little prominence in people's activity patterns. Only 2.5 per cent of events could be classed as 'active leisure', which represented only 11 per cent of the leisure events. This does, though, disguise the amount of time devoted to active pursuits.

While there were very few of them, they nonetheless lasted longer than other forms of leisure. For example, sport only accounted for 0.5 per cent of events yet over 80 per cent of these events lasted more than 90 minutes, the average duration of all leisure events being 83 minutes.

Thus, participation in leisure covered a wide range of different pursuits, and reflected sharp variations in the scale of activity from the almost universal television viewing to the occasional and rare participation in sport.

The social context of activities

As we have seen, solitary activity was very much centred around the home. Most prominent in this category were duties, work, and personal care activities such as work brought home, ironing, washing, and personal hygiene. Most leisure activities were much more social in nature. Physical exercise at home and letter writing were exceptions, both being described as leisure on a significant number of occasions yet being primarily solitary activities.

Spouse-centred activity focused around routine home based pursuits such as sleeping, watching television, drinks of tea and coffee, and eating meals. Also prominent were more passive and relaxing activities like crosswords, resting, and having alcoholic drinks. Out of home, spouse-centred pursuits were less common although church attendance, and going to the theatre and concerts were popular.

Family activities displayed a strong element of trip making. Visits to various places including the countryside, towns and cities, and to friends and relatives were all strongly represented. Interestingly, activities that were manifestly child-related such as child and babycare, reading to children, playing with children, and supervising homework were most likely to be recorded as being undertaken alone or with the child rather than with spouse or family. This suggests a certain element of division of labour within families, which is confirmed by the sex differences outlined above whereby women were strongly overrepresented in family and childcare activities. It must also be noted that such a division of labour, whether freely chosen or imposed, is not available to single parent families.

Activities with friends were prominent out of home especially if they involved active leisure and recreation, or going places. Thus social and entertainment pursuits like going to the pub, restaurants, and night clubs were generally undertaken with friends, as were most sports, visits to towns and cities, and going for drives.

Other social groups, such as other relatives or workmates were generally of less prominence. However, one obvious exception was paid employment which was, not surprisingly, largely undertaken with workmates and colleagues.

Work and duties were the least likely events to be done with friends, and were very much more solitary in nature. This is reflected in the types of activities generally undertaken alone. They included work brought home, study and homework, and correspondence, and most domestic chores such as ironing, laundry, indoor cleaning, and looking after pets.

Leisure was quite markedly a more social experience than work, duties, or personal care. As many as 41 per cent of all leisure events were undertaken with spouse or family. Only one third of leisure events were alone, compared with half of personal care and two thirds of work and duties (Figure 4.8). Only 11 activities were never undertaken alone, but 7 of these were predominantly perceived as leisure: visits to museums, countryside visits, informal sports, going to the cinema, bingo, and parties both at home and away.

Activities with friends were dominated by leisure, some 71 per cent of all events with friends being described as leisure. The type of leisure activities most commonly pursued with friends included visits to night clubs, cinemas, pubs, and restaurants, watching sport and playing racquet sports. Clearly there was a strong link between social and entertainment activities, leisure, and the company of friends; for many people the three being common factors.

The duration of activities

Table 4.5 shows the average duration of the main activities, both at home and away. There were few surprises in the order of activities. As expected, the longest home based activity was sleep (270 minutes per event on average), whilst the lengthiest out of home activity was paid employment (309 minutes). Other than sleeping, the prominent home based activities were either leisure oriented, like watching television (90 minutes), watching videos (90 minutes), or playing games (87 minutes); or alternatively 'mixed type' activities such as D.I.Y. (114 minutes), home repairs (98 minutes), or dozing and napping (91 minutes).

The only really prominent work activity at home was work brought home, events lasting on average 110 minutes. Duties such as indoor cleaning, ironing, and laundry all tended to be much shorter in duration.

Away from home, apart from paid employment, the lengthiest events were mainly leisure activities. For example, parties, individual sports, team sports, and visits to towns and cities all lasted on average well over 3 hours. Few forms of out of home leisure can be undertaken for short periods, particularly active leisure and recreation.

Thus sports participation, which did not feature very highly in terms of participation rates or numbers of events, figured much more prominently in terms of the amount of time actually devoted to the activity. The briefest leisure activities away from home were walks, walking the dog, and visits to cafes, although the average time spent walking the dog (51 minutes) was more than on most forms of home based leisure.

The pattern that emerged from this aggregate appraisal of people's activities revealed that despite the variety of different activities recorded by the whole sample, individuals tended to pursue a much more restricted range, with a package of basic activities underlying the everyday routines of most people.

Diversity in life styles was only really apparent in the wide range of minority activities that constituted people's leisure. Leisure constituted a third share of people's time and, confirming the findings of other participation surveys, those pursuits that involved physical activity and going places attracted a far smaller proportion of people than more passive activities based at home.

So far the discussion has focussed primarily on types of activities and not the actual activities themselves. The following section looks at individual activities, as perceived by the diarists themselves under each of the four main labels; work, duties, personal care, and, finally leisure.

Table 4.5 Duration of Events by Activity

Home Based	Ave. duration per event (mins)	Out of Home	Ave. duration per event (mins)
Asleep	270	Work	309
D.I.Y.	114	Parties	239
Work brought home	110	Individual Sports	204
Home Repairs	98	Visiting towns, cities	201
Dozing, napping	91	School, college	198
Household Admin.	90	Team Sports	192
Television	90	Receptions	184
Video	87	Watching Sport	174
Playing Games	87	Visiting friends	172
Car Maintenance	85	Social, night clubs	170
Gardening	81	Drive	167
Outdoor games with kids	79	Visits to Countryside	163
Entertaining friends	78	Social Organisations	161
Records, cassettes	77	Water Sports	153
Study, homework	75	Pub	134
Computer games	67	Racquet Sports	133
Knitting, sewing	61	Medical Care	121
Personal care to Adults	59	Church	116
Radio	57	Restaurant, cafe	106
Resting, relaxing	54	Medical Care for kids	97
Indoor Cleaning	50	Taking Kids to Leisure	97
Indoor games with kids	47	Shopping	94
Praying	47	Walking	84
Ironing	46	Other Physical Exercise	77
Reading Books	46	Repair Services	68
Outdoor Cleaning	44	Library	67
Talking, chatting	40	Walking the Dog	51
Reading Newspapers	33	Paying Bills	50
Physical Exercise	32	Travel to/from Sports	40
Laundry	31	Travel to/from Social	40

Source: Glyptis, McInnes and Patmore,(1987), Table 5.3.

The activity most frequently described as "work" was work brought home, being described as such on 97 per cent of all occasions of that activity (Table 4.6). By contrast, study and homework were only described as work on 37 per cent of occasions, being also seen as leisure, and duty, and even on one occasion as personal care.

Both overtime and second jobs were entirely seen as work but there were only a few instances of each. However, some 94 per cent of normal paid employment was described as work (interestingly 3 per cent as leisure). The only other major out of home work activity apart from travel to place of employment, was attendance at school and college (described as work on 65 per cent of occasions).

Respondents referred to those pursuits commonly identified as "housework" more as duties than as work. Thus, after work brought home and homework, the most work oriented activity was DIY (24 per cent). There were, however, no real surprise inclusions in the list of activities regarded as work, as Table 4.6 shows.

Duties were very much home based, with 8 of the top 10 activities described as duties being located there (Table 4.7). Dominant amongst these were the basic domestic tasks of washing up, laundry, ironing, and indoor cleaning. Similarly, other pursuits commonly considered as household duties, such as cooking, and looking after pets, were generally seen as chores. However, home repairs and D.I.Y. were not as widely regarded as duties, some people describing them as work, others as leisure. Likewise, gardening was only recorded as duty on 19 per cent of occasions. On the other hand, some activities perhaps more normally associated with leisure were quite often described as duties. Car maintenance (54 per cent of events seen as duties) and letter-writing (25 per cent as duties) were two such examples. Also, 15 per cent of knitting and sewing events were described as duties.

Out of home activities perceived as duties were far fewer in number, with taking children to school the most common (78 per cent of occasions recorded as duties). The only other significant duties away from home were all distinctly task-oriented; errands for others, shopping, and repairs and services, with, respectively, 62 per cent, 57 per cent, and 42 per cent of events described as duties. Of those activities more normally considered to be leisure, the only one to stand out as a duty was walking the dog, 13 per cent of events being seen as duties.

Personal care activities were almost exclusively home based, with the only prominent out of home pursuit being visits to restaurants and cafes (12 per cent of occasions seen as personal care). (Over half of trips to the hairdresser were described in this way, but there were too few of them to draw any sound conclusion). The basic essentials of living such as sleeping (92 per cent of

Table 4.6 Top 10 'Work' Activities

	Activity	% *
1	Work brought home	97
2	Paid Employment	94
3	Travel to/from Work	89
4	School/College	65
5	Study, homework	37
6	Travel to/from Education	33
7	D.I.Y.	24
8	Car Maintenance	16
9	Taking Children to/from School	13
10	Indoor Cleaning	10

* % of events of that activity described as work.

Table 4.7 Top 10 'Duty' Activities

	Activity	% *
1	Washing Up	90
2	Laundry	87
3	Ironing	87
4	Indoor Cleaning	85
5	Care of Children	78
6	Taking Children to/from School	78
7	Care of Babies	77
8	Cooking	76
9	Errands for others	62
10	Home Repairs	58

* % of events of that activity described as duty

events), personal hygiene (89 per cent), and eating (74 per cent) were most frequently described as personal care activities (Table 4.8). That not all sleeping and personal hygiene was seen in this way was perhaps a little surprising. Some 6 per cent of sleeping was described as leisure, and 2 events were even seen as work! Similarly, 4 personal hygiene events were described as work. Whilst three quarters of all meals were described as personal care, only a third of non-alcoholic drinks were similarly described, revealing perhaps a more leisurely attitude towards cups of tea and coffee than to meals and snacks.

It was interesting to note that 52 per cent of physical exercise events at home were described as personal care; the remainder were seen as leisure. This perhaps reflects a growing awareness of health and fitness whereby physical exercise is undertaken as a means of promoting healthy living.

The activities most commonly described as leisure are listed in Table 4.9, showing both at home and away from home locations. Water sports, going to night clubs, and going to parties were always described as leisure, as were the home based activities of listening to records and cassettes, playing games, and having alcoholic drinks. Activities commonly considered as leisure were, in the main, considered as such by the majority of respondents.

Exceptions included those previously mentioned such as physical exercise at home, car maintenance, knitting and sewing, and going to restaurants and cafes. Prominent leisure pursuits like watching television and videos, reading books and magazines, and doing crosswords were generally seen as leisure, and likewise, watching and playing sports, and trips to the pub.

In addition, a number of activities not always described as leisure were recorded as such by diarists on a fairly significant scale. In particular, certain child care activities were seen as leisure, namely indoor games with children (94 per cent of events) and reading to children (67 per cent). Moreover, subsistence activities like drinks of tea and coffee (44 per cent of events) and resting and relaxing (73 per cent) were also deemed to be leisure on many occasions. Seventy four per cent of gardening events were recorded as leisure.

Almost every activity recorded was seen as leisure on at least one occasion; only 8 activities were completely non-leisure: overtime, second jobs, paying bills, going to the launderette, participation in political organisations, personal medical care at home, praying, and work brought home. This range of pursuits considered as leisure, either by the majority or by just a few, hints at both the significance and the diversity of leisure in people's life styles.

Table 4.8 Top 10 'Personal Care' Activities

	Activity	% *
1	Sleep	92
2	Personal Hygiene	89
3	Meals, snacks	74
4	Physical Exercise at Home	52
5	Tea, coffee	37
6	Resting, relaxing	24
7	Care of Babies	15
8	Care of Children	14
9	Cooking	13
10	Restaurants, cafes	12

* % of events of that activity described as personal care

Table 4.9 Top 10 'Leisure' Activities

	Activity	% *
1	Water Sports	100
2	Social and Night Clubs	100
3	Parties	100
4	Records	100
5	Playing Games	100
6	Alcoholic Drinks	100
7	Pub	99
8	Individual Sports	97
9	Travel to/from Leisure Events	97
10	Crosswords	97

* % of events of that activity described as leisure

In addition, a comparison of diarists' own perceptions of activities, revealed that there were differences in leisure meanings from one person to another. This is amply illustrated by instances of the same activities having different meanings.

Figure 4.12 shows diarists' perceptions of different activities, contrasting those that are clearly perceived in the same way on the majority of occasions with those that are more "mixed" in their description. Gardening (74 per cent of events), resting and relaxing (73 per cent), reading to children (67 per cent), letter writing (65 per cent), and going to church (54 per cent) were predominantly seen as leisure; however each had sizeable proportions of events described in other ways.

Almost a fifth of gardening was deemed duty; likewise a third of reading to children and a quarter of correspondence. Relaxation was also personal care, whilst church going was duty to some yet on almost a third of occasions it was described in other ways: devotion, worship, need, and spiritual care.

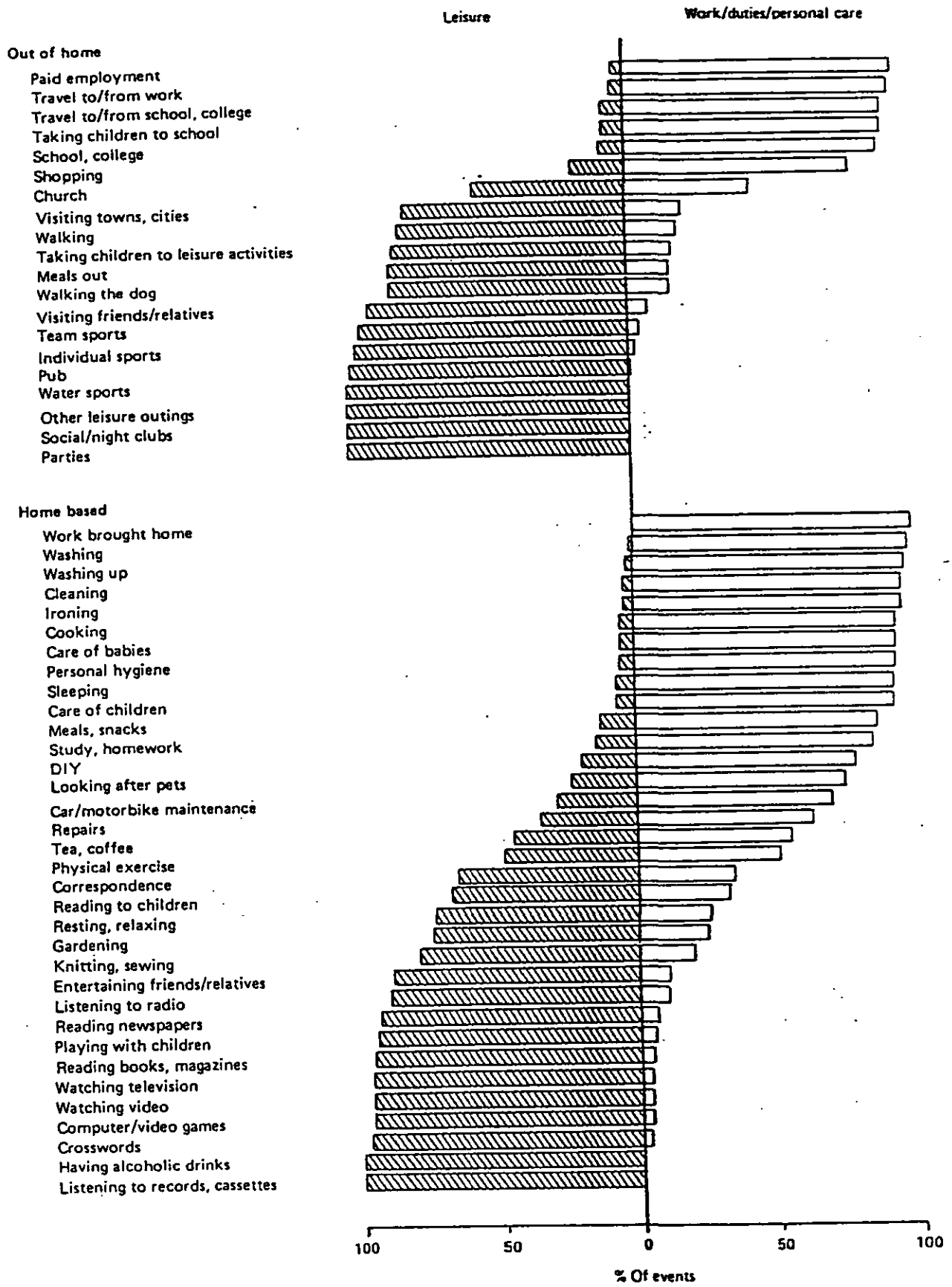
Generally, work oriented activities were almost universally seen as work. The only real exceptions were study and homework which quite clearly meant different things to different people: 37 per cent work, 28 per cent duties, 14 per cent leisure, and 20 per cent other.

Two other activities which were also perceived in quite different ways have already been mentioned; D.I.Y. and car maintenance. Both were primarily regarded as duties, yet significant proportions were seen as work and as leisure. In the case of D.I.Y., work type activity was more common, but for car maintenance it was more frequently leisure.

Three other activities were quite distinctly split between being duty or leisure: home repairs, looking after pets, and shopping. The last of these was mainly duty (57 per cent of events) but 30 per cent of events were leisure. Some 17 shopping events were described as personal care. In this case the varying perceptions probably reflect different types of shopping; for example, duty to purchase everyday essentials and leisure to buy luxury items.

The reasons for these differences in the perceptions of activities probably lie in a complex interaction between the function and purpose of activity, the context and environment in which it occurs, and the moods and experiences of the individual. The present survey did not attempt to explore the underlying motivations and experiences of individuals. However, the diaries did reveal instances where the same activity was described in different ways by the same individual on different occasions.

Figure 4.12 Perceptions of activities



Source : Glyptis, McInnes, and Patmore (1987), Fig. 5.9 .

Respondent No. 5000 -

Weekday	5:45-6:00pm	Cooking	Flat mate	Leisure
Saturday	7:30-7:45pm	Cooking	Alone	Work

Respondent No. 0320 -

Weekday	9:00-12:00pm	Cleaning church	Alone	Work
Saturday	9:30-1:00pm	Cutting grass at church	Friends	Leisure

Respondent No. 3380 -

Sunday	3:00-4:00pm	Gardening	Alone	Duty
Sunday	6:00-6:30pm	Gardening	Alone	Leisure

Respondent No. 4991 -

Weekday	4:30-4:45pm	Shopping	Alone	Duty
Saturday	11:00-12:00pm	Shopping	Partner	Leisure

Thus timing, venue and companionship can all be seen as factors involved in affecting the way in which activities are perceived. The total package is more than simply the sum of the particular activities that are undertaken, it is all the activities plus the social and physical circumstances in which they occur, as well as the attitudes and perceptions of individuals.

Social profile variations

Having outlined, at an aggregate level, the main indicators of behaviour and the various contexts in which such behaviour takes place, it is important now to consider whether or not there are any major variations in activity patterns according to social profile groups.

Most participation surveys have found that leisure participation is related to social profile variables. It is not the intention here to duplicate such findings, yet the following section sets out to identify the results that confirm the basic distinctions between social groups as well as any contradictions whereby profile groups obscure patterns of behaviour. The profile variables considered were:

(a) gender
(b) age
(c) occupational status
(d) car ownership
(e) household type

(a) Gender

For both sexes just ten activities accounted for three-quarters of all events, and 8 of the top ten were the same for both (Table 4.10). These included the essential living and servicing activities outlined above, with the addition of watching television. Indoor cleaning and child care featured prominently for women to confirm gender stereotypes. Women were overrepresented in activities concerned with servicing the home and family. Paid employment and work brought home were prominent pursuits amongst men.

Traditional gender differences were emphasised by the activities in which there was most variation between the sexes. Knitting and sewing, ironing, child care, and indoor cleaning were most strongly overrepresented amongst women, whilst for men, individual sports, car maintenance, listening to records, and D.I.Y. were most prevalent (Figure 4.13).

These differences served to confirm that women were very much more burdened with duties and chores, whereas men tended to lead more leisured life styles, despite a stronger representation in work-like activities. A simple index shows the overrepresentation of duties amongst women. By considering those activities most strongly represented in terms of the number of events, for women, 81 per cent of events of the top 5 activities were described - by women - as duties compared with only 16 per cent of events of the top 5 activities for men - as described by men. The leisure-duty dichotomy was further exemplified with 49 per cent of events seen as leisure for men, yet only 19 per cent for women.

However, some leisure events were of equal importance to both sexes, for example, visits to friends and relatives, crosswords, and playing games. Nevertheless, most leisure activities were male dominated, including pub-going and most forms of audio-visual entertainment.

Thus, in terms of the normal routine of activities the life styles of men and women appeared to be very similar, both pursuing the same basic range of activities. However, sex differences did exist. It was mainly the 'leisure' type activities which represented minority pastimes that were most indicative of life style variation between the sexes.

(b) Age

Activity patterns were highly consistent across all the age groups, with five activities - eating, personal hygiene, sleeping, cooking, and television - accounting for over half the events recorded in each group. Indeed, traditional profile indicators would suggest quite marked

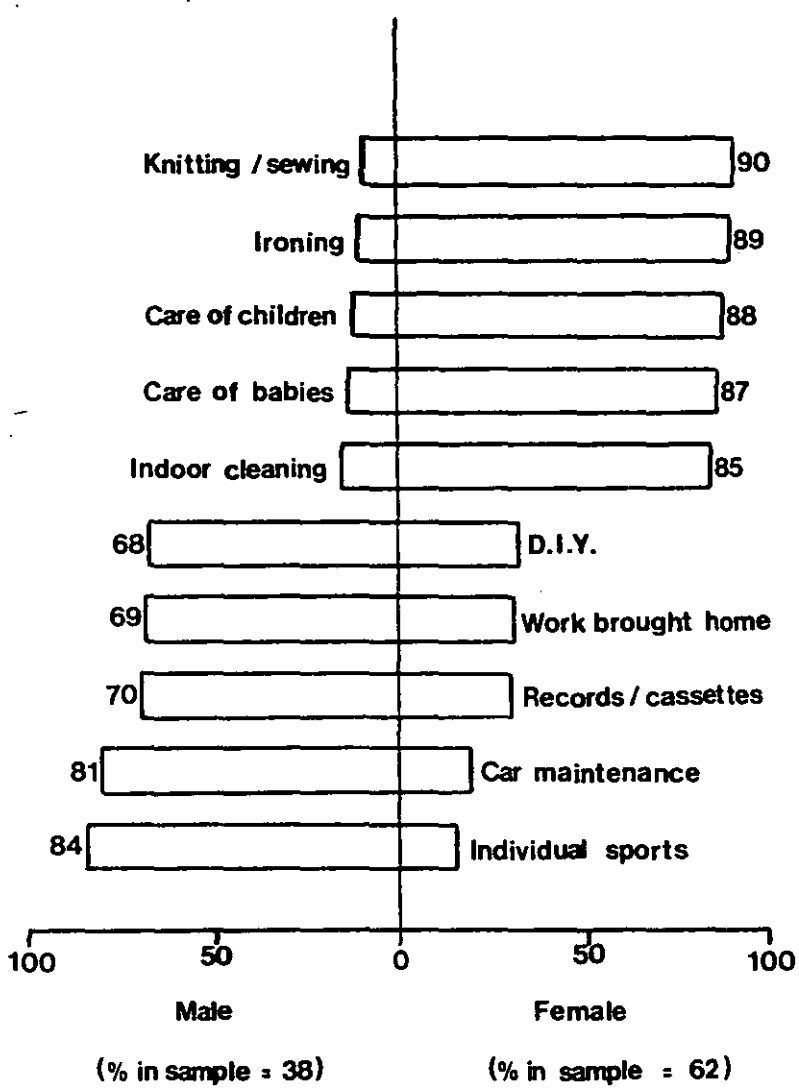
Table 4.10 Main Activities by Sex

Top 10 Activities by Proportion of Events Accounted For

	Men	%	Women	%
1	Meals, snacks	14.1	Meals, snacks	12.5
2	Personal Hygiene	13.0	Personal Hygiene	11.9
3	Sleep	12.6	Cooking	10.3
4	Television	11.5	Sleep	10.2
5	Cooking	5.9	Television	8.0
6	Washing Up	4.0	Washing Up	7.2
7	Tea, coffee	3.6	Indoor Cleaning	4.2
8	Work	3.6	Tea, coffee	3.9
9	Shopping	3.5	Shopping	2.7
10	Reading Newspapers	2.5	Care of Children	2.6

Source: Glyptis, McInnes and Patmore,(1987), Fig.5.2.

Figure 4.13 Main variations by sex



differences in behaviour according to age, yet the most pervasive finding here is the similarity shown throughout the life cycle.

This is particularly the case for all those aged over 30, everyday life appearing to be remarkably similar, showing very little variation in terms of the main activities undertaken (Table 4.11).

Young people were the least home-centred, and also the most frequent participants in social and entertainment activities. They were also the most highly represented in sports activities, although some of that participation may be attributable to the school curriculum.

Visiting friends and relatives, and travel to social functions featured prominently for teenagers but not for older age groups. In the case of the young adult age bands (20-24, and 25-29) child and baby care was more in evidence. This confirms traditional views on the life cycle effects on behaviour. These age groups are generally widely regarded as containing the 'nest-building' phase when child-centred activity takes on unparallelled significance.

Examination of those activities in which particular age groups were under or overrepresented revealed more readily apparent differences in life styles. For the teenagers, education, as expected, was a dominant force with travel to school, school, and homework all featuring highly. There was a strong social emphasis to the activity patterns of those in their early twenties with visits to friends, eating out, and going to the pub popular. The activities of the 25-29 year olds and 30-44 year olds showed an overwhelming focus on child-centred behaviour, ranging from baby care to reading and playing games with children to taking them to school.

The onset of middle age reflected a more passive quality to peoples' lives with car maintenance, crafts, and D.I.Y. popular activities. Retirement brought about an even greater emphasis on home based pursuits as travel and family activities receded from prominence. The 60 plus age group tended to follow a very passive life style with activities such as gardening, listening to the radio, and reading particularly in evidence.

Looking at people's leisure activities in closer detail revealed a number of differences according to age as Figure 4.14 shows. For example, reading books and magazines (4.14a) was popular amongst both the young and the elderly, yet less so for young adults and the middle aged.

In sharp contrast, taking part in physical exercise at home (4.14b) was the preserve of those aged 25 to 44 with much lower representation amongst the young and old. Gardening (4.14c) proved to be different again, with a steady increase in participation with age. Television watching (4.14d) was very much a universal activity, with a marginal overrepresentation amongst the young,

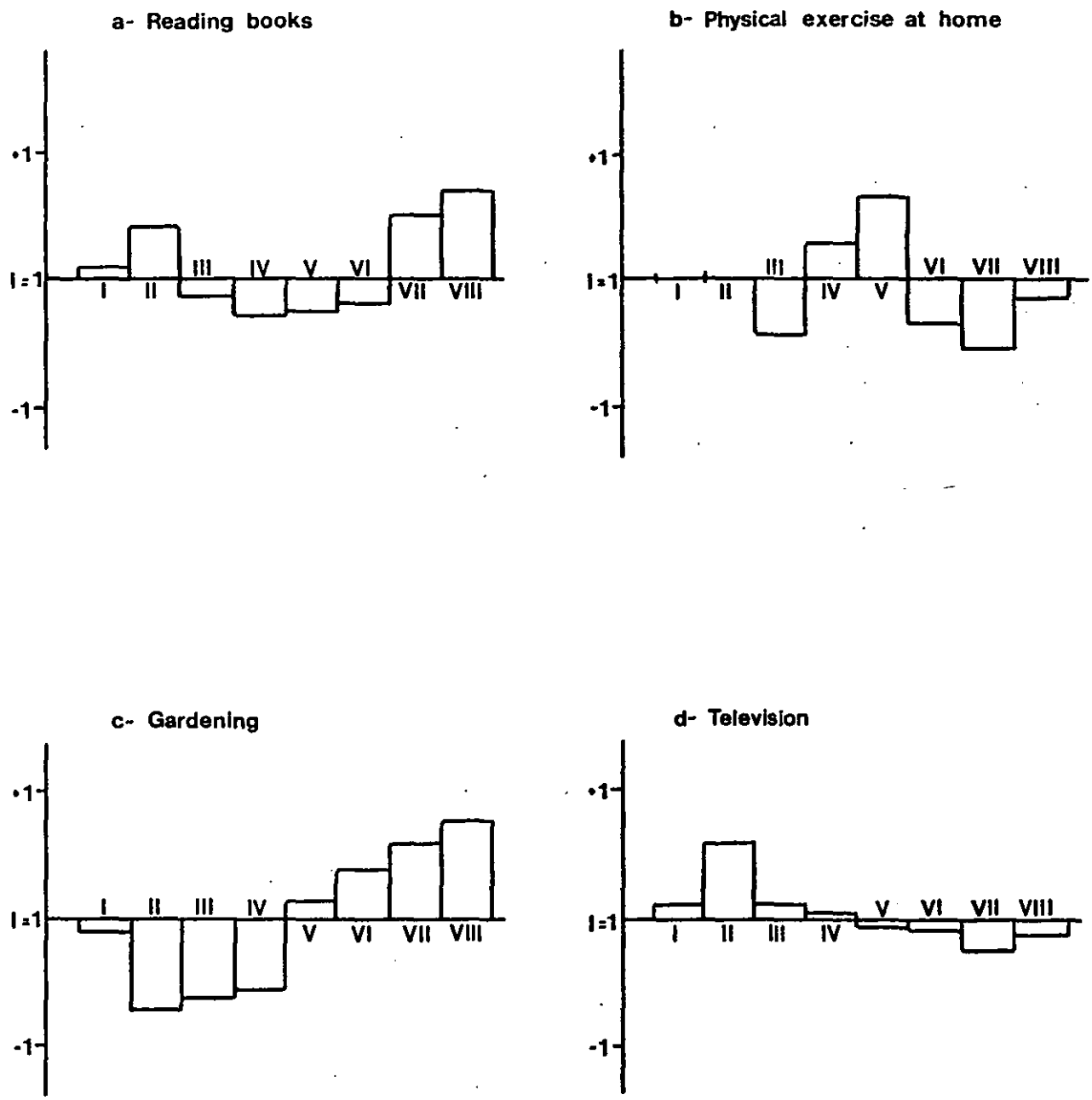
Table 4.11 Main activities by age

Top 10 Activities by Proportion of Events Accounted For

Rank	12 - 15	%	16 - 19	%	20 - 24	%	25 - 29	%	30 - 44	%	45 - 50	%	51 - 59	%	60+	%
1	Meals, snacks	16	Personal hygiene	15	Personal hygiene	14	Meals, snacks	12	Meals, snacks	13	Meals, snacks	14	Meals, snacks	13	Meals, snacks	14
2	Sleep	14	Meals, snacks	13	Meals, snacks	12	Personal hygiene	11	Personal hygiene	12	Personal hygiene	12	Personal hygiene	13	Personal hygiene	11
3	Personal hygiene	13	Television	13	Sleep	11	Sleep	10	Sleep	10	Sleep	11	Sleep	10	Sleep	11
4	Television	11	Sleep	11	Television	10	Television	9	Cooking	9	Cooking	10	Cooking	9	Cooking	9
5	School	4	Cooking	6	Cooking	8	Cooking	9	Television	8	Television	8	Television	6	Television	8
6	Cooking	3	Washing up	4	Washing up	5	Washing up	6	Washing up	6	Washing up	6	Washing up	6	Washing up	8
7	Travel to/from education	3	Travel to/from social/entertain.	3	Care of babies	4	Care of children	4	Tea, coffee	4	Tea, coffee	4	Tea, coffee	5	Tea, coffee	7
8	Visiting friends/relatives	3	Visiting friends/relatives	2	Visiting friends/relatives	3	Care of babies	3	Indoor cleaning	3	Indoor cleaning	3	Indoor cleaning	4	Indoor cleaning	4
9	Other leisure outings	3	Tea, coffee	2	Indoor cleaning	3	Indoor cleaning	3	Care of childrem	3	Reading newspapers	3	Reading books	3	Reading books	3
10	Reading books	2	Reading books	2	Shopping	3	Shopping	3	Shopping	3	Shopping	2	Shopping	2	Shopping	3

Source : Glyptis, McInnes, and Patmore (1987), Fig. 5.3 .

Figure 4.14 Variations in selected leisure activities by age



Index $I = \frac{\text{\% of events}}{\text{\% of diarists}}$

I >1 indicates overrepresentation of diarists

I-	12-15	V-	30-44
II-	16-19	VI-	45-50
III-	20-24	VII-	51-59
IV-	25-29	VIII-	60+

however, as expected there was a fairly even distribution across all age groups.

Thus, whilst there were differences in the amount of leisure participation between different ages, there were also differences in the type of activities comprising that participation. Therefore, despite similarities in patterns of overall behaviour there were nonetheless differences in detail particularly with regard to people's leisure behaviour.

As with gender, there was very little variation in the everyday patterns of behaviour across different age groups. The basic package of activities showed remarkable consistency, although life cycle variations were nonetheless apparent. Much of the variation that did exist was child related, with the presence or otherwise of children a potent factor in affecting the life style. However the most significant diversity in life styles was most clearly defined in terms of the less frequently pursued activities.

(c) Occupational status

The basic trend was one of similarity of behaviour across different occupational groups with the same basic activities of living and servicing comprising the major element of people's behaviour patterns. However some variations did emerge, both between those in employment and those not, and between those in different types of employment. Not surprisingly, paid employment and travel to and from work were prominent activities for those with jobs. For those in education this element of the life style was taken by attendance at school or college.

From examination of the top ten activities in terms of number of events (Table 4.12), the unemployed seemed to compensate for the lack of work, not by filling their time with 'leisure' activities but rather with more servicing functions such as washing up, child care, shopping, and cleaning.

Furthermore, as might be expected, the home was the dominant venue for activity for the unemployed, more so than any other group apart from housewives.

There was little difference between those in manual employment and those in non-manual jobs, although visits to the pub were rather more frequent for those in the less skilled jobs, whilst reading books and work brought home were common activities for those in managerial and professional employment. To a certain extent this confirms the divisions by employment status outlined in other participation surveys (Young and Willmott, op.cit.).

Table 4.12 Main activities by occupational status

Top 10 Activities by Proportion of Events Accounted For*

Rank	Unskilled manual	%	Semi-skilled manual	%	Skilled manual	%	Clerical non-manual	%	Managerial non-manual	%	Professional non-manual	%	Unemployed	%	School	%	Further education	%	Other training	%	Full-time housewives	%
1	Sleep	18	Personal hygiene	14	Personal hygiene	14	Personal hygiene	13	Personal hygiene	13	Meals, snacks	15	Meals, snacks	13	Meals, snacks	16	Personal hygiene	15	Meals, snacks	14	Cooking	11
2	Meals, snacks	12	Meals, snacks	13	Meals, snacks	14	Meals, snacks	12	Meals, snacks	13	Personal hygiene	12	Personal hygiene	12	Sleep	14	Meals, snacks	11	Personal hygiene	10	Personal hygiene	11
3	Personal hygiene	12	Sleep	12	Sleep	12	Sleep	10	Sleep	11	Sleep	12	Television	12	Personal hygiene	14	Television	9	Television	9	Meals, snacks	10
4	Television	9	Television	11	Television	9	Cooking	8	Television	8	Television	9	Sleep	10	Television	11	Sleep	9	Sleep	9	Sleep	10
5	Work	9	Cooking	7	Cooking	8	Television	9	Cooking	7	Cooking	6	Cooking	7	School	4	Cooking	8	Cooking	8	Washing up	8
6	Travel to/from work	5	Washing up	5	Washing up	5	Washing	7	Washing up	4	Work	4	Washing up	6	Cooking	3	Reading books	4	Washing up	8	Television	7
7	Cooking	5	Travel to/from work	4	Travel to/from work	4	Washing up	6	Tea, coffee	4	Washing up	4	Tea, coffee	3	Reading books	2	Visits to friends/relatives	3	Reading newspapers	4	Care of babies	5
8	Washing up	5	Tea, coffee	3	Tea, coffee	4	Travel to/from work	4	Travel to/from work	3	Tea, coffee	3	Care of children	3	Leisure outings	2	Study	3	Reading books	4	Indoor cleaning	5
9	Tea, coffee	3	Pub	3	Work	3	Tea, coffee	4	Work	3	Reading books	3	Shopping	3	Travel to/from school	2	Washing up	3	Indoor cleaning	3	Tea, coffee	4
10	Pub	3	Work	3	Shopping	3	Work	4	Shopping	3	Care of babies	3	Indoor cleaning	3	Visits to friends/relatives	2	Shopping	3	Shopping	3	Care of children	4
No. of diarists	5		23		51		41		37		14		60		18		23		51		106	
No. of events	281		1173		2473		2038		1655		656		2877		920		995		2373		4957	

* Note small number of diarists in some categories

Source : Glyptis, McInnes, and Patmore (1987), Fig. 5.4 .

Full-time housewives displayed a particularly distinctive pattern of activities, cooking accounting for the largest share of events. Domesticity and servicing activities, and child care dominated their life styles, although it was perhaps surprising that shopping did not figure in the top ten activities.

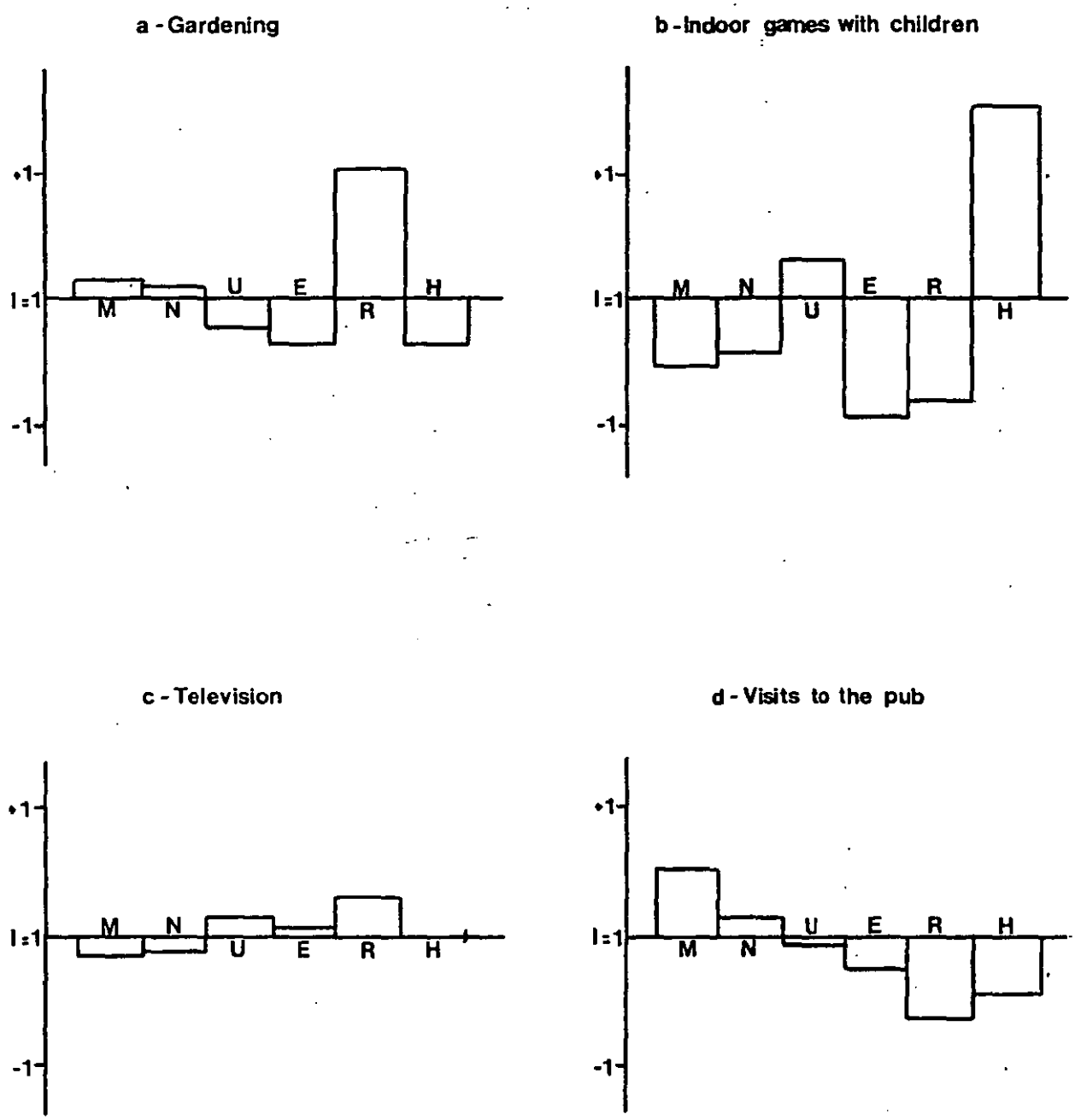
Examination of those activities in which each group was under or overrepresented gives the best indication of the differences in behaviour patterns according to occupational status. The amount of work-like activity provides the most obvious contrast between those in employment and those not. Furthermore, non-manual workers were more strongly represented in activities described as work than were manual workers. However, for all groups in employment, work and travel to and from work featured prominently. Significantly, professional and managerial workers were dramatically overrepresented in their amounts of work brought home; although comprising only 11 per cent of the sample these two groups accounted for 57 per cent of events of work brought home.

Those not in employment tended to spend more time at home and this was reflected in the main activities that they undertook. The retired and full time housewives spent most time at home, the retired engaging in passive activities like doing crosswords and listening to the radio, whilst much of the housewives' time was taken up with child and baby care and games with children.

The most leisured groups, in terms of the activities in which they were most strongly overrepresented, were the retired and the unemployed; respectively 72 per cent and 54 per cent of the top five most frequently recorded events were described as leisure. Such perceptions of activity were based on the views of the groups concerned. Those in manual employment were more strongly represented in leisure activities than those in non-manual employment. The unemployed, as indicated above, tended to fill much of their time with duties and chores rather than leisure activities, yet they were nonetheless most strongly overrepresented in leisure pursuits.

The differences in people's life styles are best illustrated by considering a number of specific leisure activities (Figure 4.15). For example, gardening, (Figure 4.15a) which was previously shown to increase in representation with age, was a prominent pursuit particularly for the retired and also for those in employment. Along with low representation amongst schoolchildren, this confirms the age relationship, yet housewives were conspicuously low in their participation in gardening. By contrast, housewives were very much overrepresented in playing games with children in the home (Figure 4.15b). Schoolchildren and students, and the retired hardly participated at all, primarily as a result of their position in the life cycle rather than any predisposition as a result of their occupational status. There was little variation across occupational groups in television watching (Figure 4.15c), those in employment watching slightly less television than

Figure 4.15 Variations in selected leisure activities by occupational groups



M- manual
N- non-manual
U- unemployed
E- education
R- retired
H- housewives

other groups. Visits to the pub (Figure 4.15d) generated a different pattern again, with both the unemployed and those in jobs overrepresented whilst those at school, the retired and housewives were underrepresented. For the full time education group it is more appropriate to divide the group into schoolchildren and students, the former making very rare visits to the pub whilst the latter were rather more frequent visitors.

Therefore the pattern that emerges when considering the influence of occupational status on people's behaviour suggests little variation on a routine everyday level yet quite marked variation when looking at the less frequently undertaken leisure activities.

With regard to everyday activities there was little evidence to indicate that social class was such a strong predictor of behaviour as some of the literature would suggest. Once again, as with age and sex, the basic pattern was one of consistency and similarity across different social groups.

(d) Car ownership

There was very little difference in the activity patterns of car owners and non car owners (Table 4.13). This was perhaps contrary to expectation which might suggest that car owners, with greater access and mobility out of the home, would engage in more out of home activities.

This was not the case, both groups carrying out over 80 per cent of all their activities within the home. Non car owners appeared as likely to participate in out of home events as car owners, being highly overrepresented in walking the dog and in travelling to and from social and entertainment functions.

There was little variation in life style as a result of having access to a car. Non car owners were overrepresented in leisure activities such as going to various forms of entertainment and playing games. Looking at the top 5 activities in terms of the proportion of total events accounted for showed that car owners, whilst underrepresented in leisure activities, did not undertake more duties, but rather they did more work like activities such as work brought home and study.

Focussing on leisure activities again reveals variations between groups, although to what extent such variation is related to car ownership is unclear. Figure 4.16 shows that car owners did more gardening (Figure 4.16a) than non car owners, yet they both watched similar amounts of television (Figure 4.16b). On the other hand, car owners watched more videos (Figure 4.16c) than non car owners, yet diarists from two car households were very much underrepresented.

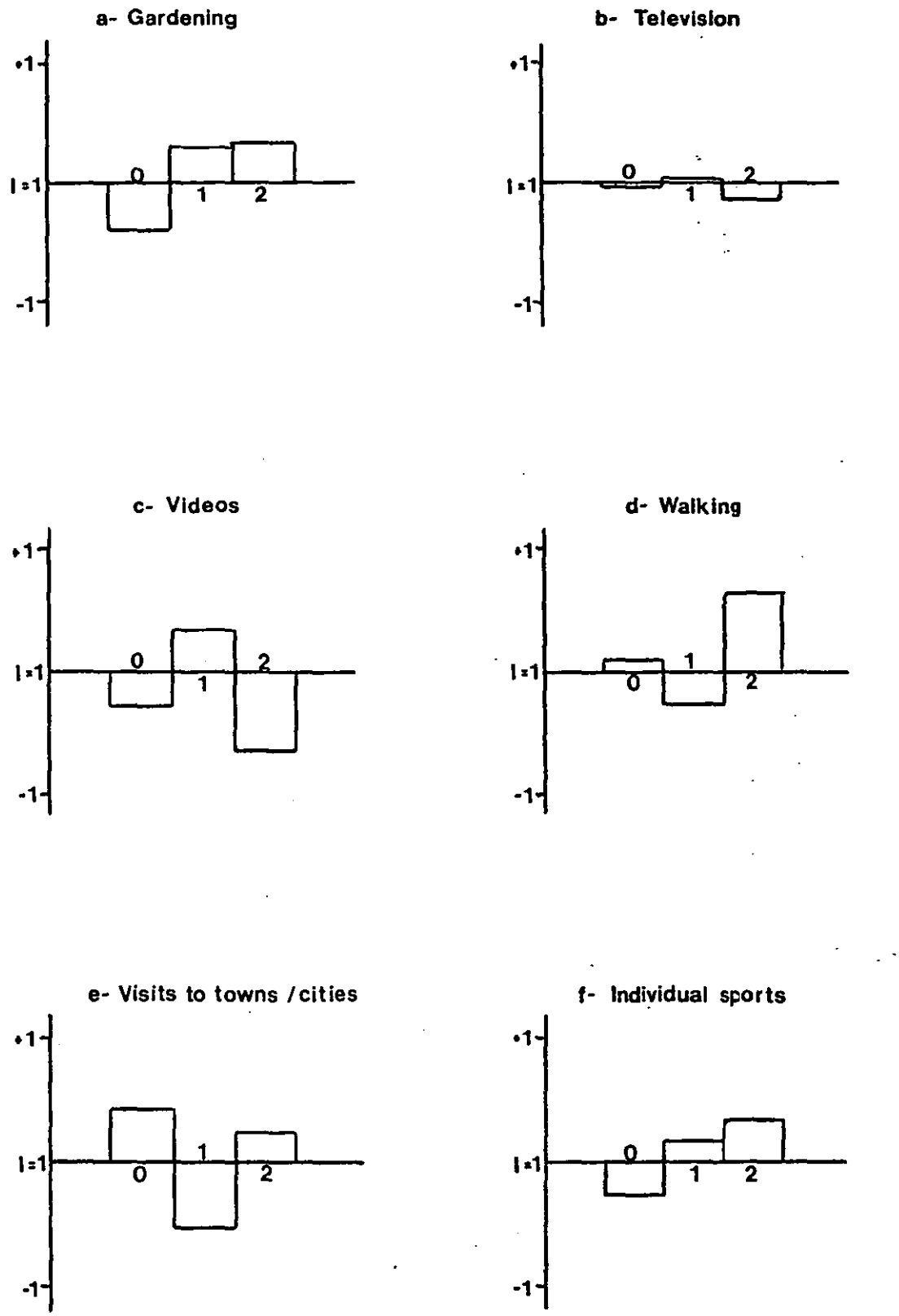
Table 4.13 Main activities by car ownership

Top 10 Activities by Proportion of Events Accounted For

Rank	Non car owners	%	One car in household	%	Two or more cars in household	%
1	Meals	13	Meals	13	Meals	12
2	Personal hygiene	12	Personal hygiene	12	Sleep	10
3	Sleep	11	Sleep	11	Personal hygiene	9
4	Television	9	Washing up	9	Cooking	8
5	Cooking	8	Television	9	Television	7
6	Washing up	6	Cooking	8	Washing up	6
7	Tea, coffee	4	Tea, coffee	3	Tea, coffee	5
8	Indoor cleaning	3	Indoor cleaning	3	Indoor cleaning	3
9	Shopping	3	Shopping	2	Reading books	3
10	Care of babies	2	Care of children	2	Reading newspapers	2

Source: Glyptis, McInnes, and Patmore (1987), Fig. 5.5.

Figure 4.16 Variations in selected leisure activities by car ownership



A similar contradiction emerges with two out of home leisure activities, walking and visits to towns and cities (Figure 4.16d and e). Access to just one car seems to indicate low participation compared with having either two cars or none at all.

However, car ownership has often been suggested as a factor involved in sports participation, and although the sample here is small, that would appear to be confirmed (Figure 4.16f), with an increase in participation in individual sports for car owners.

Therefore, although car ownership appears to have very little impact on everyday behaviour, there are nonetheless some slight variations in leisure. However, the basic similarity and consistency of behaviour patterns was once again the most pervasive theme of the findings although tempered by the recognition that individuals' leisure choices vary dramatically.

(e) Household type

As Table 4.14 shows there was once again a pattern of similarity across the different groups, with little difference in the major activities undertaken by each of the household types. Child care activities were, not surprisingly, well in evidence for those households with children; but otherwise the essentials of living and servicing were most prominent.

The significance of children in affecting the life style was dramatically apparent when households were compared according to those activities in which they were most strongly under- or overrepresented. Child care, playing with children, and transporting children to various activities were uppermost in the patterns of single parent families and couples with children. Equally these households were also heavily engaged in servicing functions including cooking, meals, and washing up.

By contrast, the prominent activities amongst the childless households were distinctly different, being more solitary in nature, even for adult couples, and included individual sports, work brought home, and letter writing.

Single people were overrepresented in active leisure pursuits such as walking the dog, and physical exercise at home, all of which were distinctly underrepresented amongst couples with children. Single people were also more inclined to talk and chat.

The most leisured groups according to the types of activities in which they were most strongly represented were the single people and the married couples, thereby reinforcing the effect on

Table 4.14 Main Activities by Household Type

Top 10 Activities by Proportion of Events Accounted For

Rank	Single Persons	%	Single Parents	%	Married Couples	%	Couples+Children	%
1	Meals	13	Meals	14	Meals	13	Meals	13
2	Personal Hygiene	12	Personal Hygiene	12	Personal Hygiene	13	Personal Hygiene	11
3	Sleep	11	Sleep	10	Sleep	11	Sleep	10
4	Cooking	8	Cooking	9	Television	8	Television	9
5	Television	7	Television	9	Cooking	8	Cooking	9
6	Washing Up	6	Washing Up	7	Washing Up	6	Washing Up	6
7	Indoor Cleaning	4	Child Care	5	Tea, coffee	5	Baby Care	3
8	Tea, coffee	4	Indoor Cleaning	4	Reading Books	3	Child Care	3
9	Shopping	3	Tea, coffee	4	Shopping	3	Indoor Cleaning	3
10	Reading Books	3	Shopping	3	Indoor Cleaning	2	Tea, coffee	3

life styles that children impose. Those households with children showed correspondingly higher proportions of duty-like activities.

Examination of a selection of leisure activities shows clear cut differences in people's leisure behaviour patterns. Figure 4.17a shows the popularity of gardening amongst couples, whilst Figure 4.17b indicates greater amounts of television watching amongst couples and particularly those with children. Listening to the radio (Figure 4.17c) revealed a different pattern, being overrepresented in households without children. By contrast, visits to the pub (Figure 4.17d) were mainly by couples without children, those with children making fewer visits. Similarly participation in individual sports (Figure 4.17e) was dominated by diarists from adult couple households.

Thus, although the basic set of activities comprising the normal routine was much the same for most household types, there was evidence of variation in the more discretionary activities. At this level of analysis, the single most important reason for variance was undoubtedly the presence or otherwise of children in the household. Additionally, there was further indication that leisure choices varied within household types according to the social profile divisions of individuals.

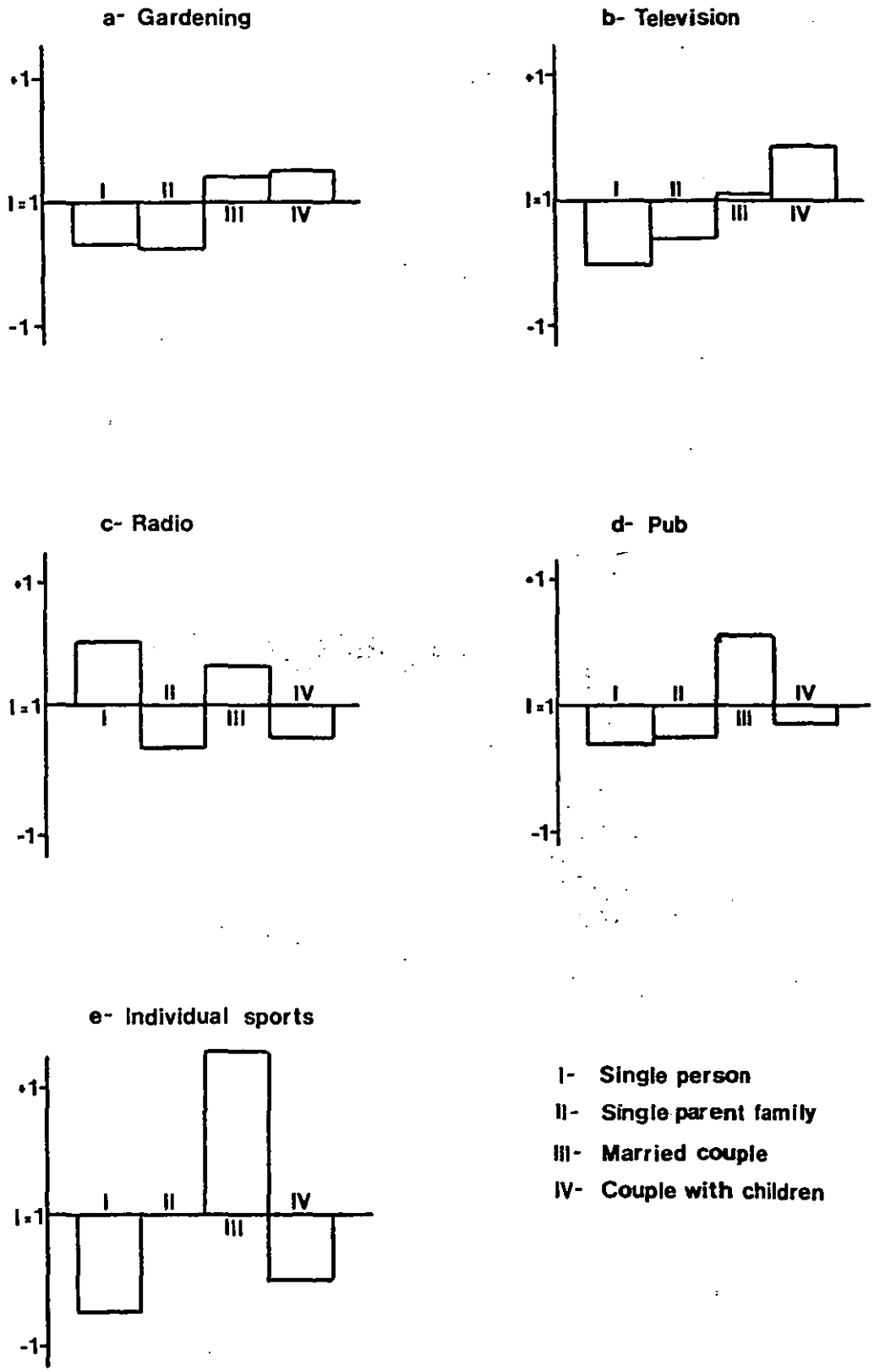
Summary

Analysis of the participation patterns of the diarists in the Nottingham sample revealed a varied and extensive range of activities. However the variety displayed at the aggregate level masked a considerable degree of specialisation in the life styles of individuals.

Leisure, was clearly an important component of the life style, occupying over a third of all time and events. The wide range of leisure pursuits recorded suggests that leisure is not only a significant part of the life style, but also that there is considerable diversity in leisure interests. There are clear differences in leisure meanings whereby activities are perceived differently by different individuals and also by the same individual on different occasions according to timing, venue and companionship.

Three quarters of all leisure time was home based, and leisure activities in the home were generally frequent and of brief duration. Watching television, listening to records and reading were all prominent, as were social and entertainment pursuits. Leisure activities, especially out of the home, were very much social events. These events were generally more sporadic but for longer duration, such as visits to the countryside or parties at friends' houses. Active leisure, particularly sport, received very little prominence in individuals' life styles, with most forms of

Figure 4.17 Variations in selected leisure activities by household type



leisure being passive and entertainment based.

The importance of the home as a venue was even more forcefully demonstrated for other forms of activity. Life styles in general were dominated by home based activity, 85 per cent of all events, and almost all personal care and duty events occurring at home. Work type activity was the only major exception to this overall pattern.

In addition to the preeminence of the home, there was a remarkable degree of consistency and similarity of activity patterns across different social groups. The basic activity package was much the same for all individuals. However, beyond the necessities of living and the servicing functions of life in the home, there was a great diversity of pursuits. Gender differences were discernible, particularly in families where child care was significant.

Age differences were reflected more in family life cycle variations whereby the presence or otherwise of children in the household was perhaps the most crucial factor. Accordingly, household type was significant for the same reasons. Other social profile variables such as car ownership and occupational status appeared to have very little impact on the character of life styles.

Diversity of life styles existed, although it was most apparent in the wide range of minority activities that constituted people's leisure preferences.

This is of fundamental relevance to our understanding of people's leisure life styles. The results gleaned so far from the 'conventional' participation questionnaires and the time space diaries suggest that people lead remarkably similar life styles, yet hint also at considerable specialisation in the leisure behaviour of the individual. The fact that differences existed at all, and in particular with regard to minority leisure activities indicates the possible existence of 'leisure types' shaped around particular groups of activities.

The following two chapters therefore shift the focus of the analysis away from social profile aggregates to the individual to see whether or not it is possible to identify life style patterns based on individuals' participation in leisure activities.

CHAPTER 5 LIFE STYLES AND SOCIAL PROFILES

Introduction

Conventional aggregate analysis of participation data by social group divisions does not adequately clarify or identify life style variations. The preceding chapter identified differences in behaviour according to social groups, in particular, age, sex, and household groupings. On the other hand, much less variation was apparent with regard to occupational status and car ownership. However, the overall pattern of behaviour in terms of the most frequently undertaken activities was one of similarity and consistency across all social groups, yet with considerable diversity apparent in the range of people's leisure activities.

Accordingly, this chapter and the next set out new forms of analysis in an attempt to shift the focus away from social profile groups to identify life style characteristics based on individuals' behaviour. The analysis will be developed along two complementary paths. Firstly, people's behaviour will be examined in aggregate terms to see whether or not life styles can be defined by activities, in particular leisure activities, and whether or not such life style groups are related to conventional social profile discriminators. Secondly, the focus of analysis will shift onto the individual, in order to qualitatively describe those individuals that are illustrative of given life style groups as identified by the aggregate analysis.

The life style approach has been recognised elsewhere in this thesis, but it is important to reiterate that life style has been taken to be the 'aggregate pattern of day-to-day activities that make up an individual's way of life'.

The concept of life style provides a fundamentally different approach to examining leisure behaviour. Firstly, the "individual is treated as a behavioural entity" (Glyptis, 1984a) whereby all the activities undertaken by an individual are considered as a linked package. This is in sharp contrast to more conventional approaches which tend to consider people in terms of a single activity, for example, the squash player, or the gardener. The notion of life style therefore, places leisure within the broader context of life as a whole, and accordingly maintains recognition of the relationships between leisure and other areas of human behaviour such as work, chores, personal care, and so on.

In addition, a life style approach acknowledges the uniqueness of the individual. Thus, not all the individuals in a given social profile group will necessarily behave in the same way. All members of

the over-60 age group are not identical in their patterns of behaviour, and neither are all women, or all car owners, yet in conventional investigations they are assumed to be so.

The life style approach attempts to classify people according to their activity patterns, and thus identifies 'life style groups' which are types of people with similar patterns of behaviour.

In order to identify life style groups based on aggregate analysis of people's participation habits, a classification technique is required. The two most widely used classification methods are factor analysis and cluster analysis. The former technique requires the number of groups to be identified to be specified in advance of analysis. Cluster techniques, on the other hand, do not require such specification in advance, and continue to subdivide a data set into even smaller groups according to the bounds of statistical significance.

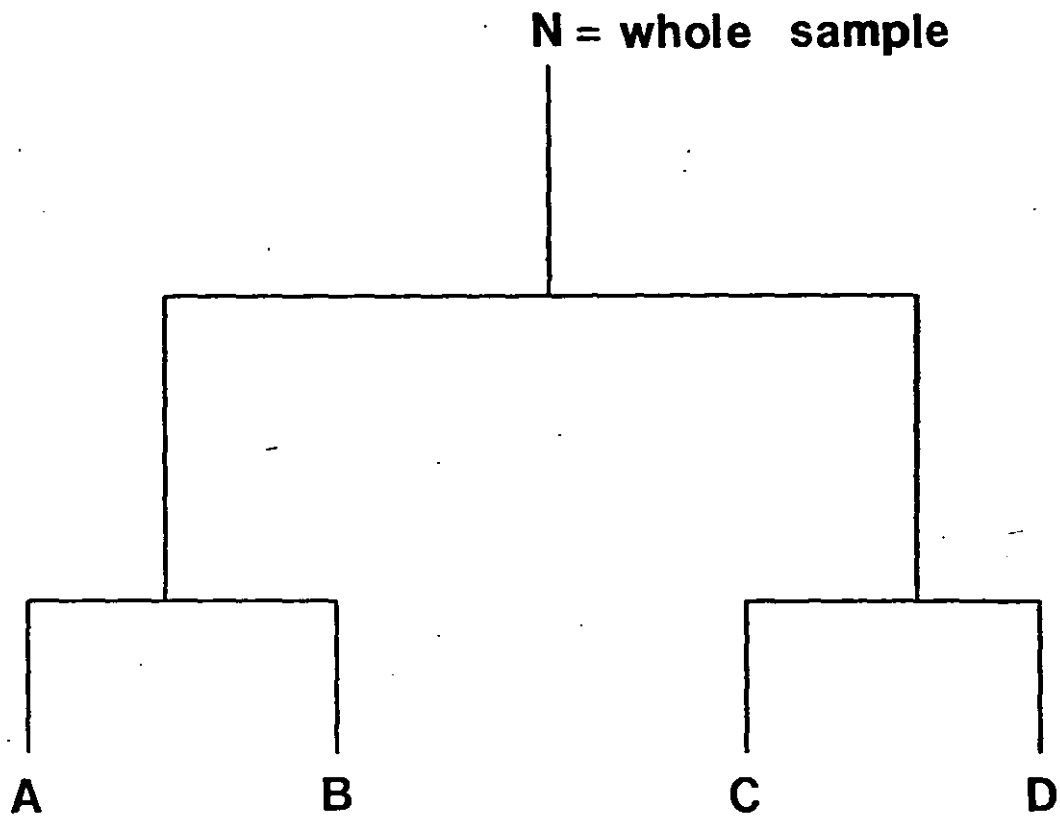
However, the particular application of cluster analysis used in this research, CLUSTAN 1B, (see Chapter 2) did not facilitate the advance specification of a cut-off based on statistical significance. Accordingly, a trial and error method was applied on the initial analyses to ascertain an appropriate number of divisions to be calculated in subsequent analyses.

Factor analysis is prone to a certain degree of subjectivity, partly overcome by cluster analysis, although the initial choice of coding system itself imposes a bias in the clustering procedure. Furthermore, cluster analysis, despite its greater potential for objectivity, can ultimately lead to an almost limitless range of groups or clusters.

Clustering techniques seek to separate data into constituent groups, thereby grouping together individuals on the grounds of some common attribute(s). A full review of the many clustering techniques is not appropriate to this thesis (see Everitt, 1974), however it is important nonetheless to briefly outline the procedures involved. Hierarchical clustering techniques involve individuals being classified into groups, and the process of classification being repeated at different levels. Such techniques can be subdivided into agglomerative methods and divisive methods. The former "proceed by a series of successive fusions of the N entities (individuals) into groups" (Everitt, 1974), (this author's parentheses), whilst the latter "partition the set of N entities successively into finer partitions" (ibid.).

Agglomerative methods ultimately reduce the data to a single cluster containing all the individuals, whilst divisive methods reduce the entire data set into N groups each containing a single individual. The results of both forms of clustering may be presented as a dendrogram, or tree diagram, which represents the linkages between groups of individuals (Figure 5.1).

Figure 5.1 A simple dendrogram



4 clusters : A,B,C and D

The technique employed in this analysis was a monothetic divisive method, namely association analysis. It is a simple technique so termed monothetic as it is applied to binary data. The basic principle involves a division of the data set into those individuals who possess, and those who lack, some single specified attribute. For example, a data set could be divided according to sex, whereby males were separated from females, or similarly according to activity whereby those that went swimming were distinguished from those that did not.

The most common divisive criterion is to divide the data on that attribute that produces the maximum chi-square value. In other words, dissimilarity between two clusters formed by one division is maximised in terms of the selected criterion, so that one cluster contains all the entities that possess a given attribute whilst the other cluster contains the entities that do not possess that attribute.

All the analysis was carried out using the CLUSTAN 1B package provided by the University of Manchester Regional Computer Centre (UMRCC). The analyses were batch jobs accessed to UMRCC via the Joint Academic Network (JANET).

The initial thrust of the analysis focussed on the whole sample of individuals, with a varying range of activities according to the number of participants, and the type of activities themselves. Subsequent analyses considered specific subsets of the sample, both in terms of social group divisions and activity divisions. For example, it was possible to consider all the unemployed, or all the over-60s, or all the women, and so on. Equally, it was possible to look at subsamples based on activity groups, such as all the sports players, the countryside visitors, or the D.I.Y. enthusiasts.

Thus, the cluster analysis technique was employed firstly, to identify whether or not life style groups can actually be determined on the basis of people's activity patterns, and then, secondly, to see whether such analysis confirms the well established notions of social profile variables as good predictors of leisure activity, or whether the situation is more complicated.

The second element of the investigation involved the shift of analysis from the aggregate characteristics of the whole sample to the particular behaviour of individuals. This shift of emphasis is significant, not just in the context of leisure behaviour, but to the total package of behaviour that makes up the overall life style.

A logical progression in leisure research is to adopt this approach that recognises both the uniqueness of the individual and the total package of activities that constitute the individual's normal routine or life style.

Qualitative description of individuals that are illustrative of life style groups is facilitated by the principles and tools of time-geography which Thrift (op.cit.) describes as the "physicalist approach to society". A physicalist philosophy asserts that all phenomena can be described in terms of space and time; two basic elements that are seen by time-geographers as the fundamental resources for human activity.

The time-geographical framework is thus a three-dimensional matrix for plotting the movement or 'biography' of individuals through time and space (see Chapter 1 for a more detailed appraisal of the principles of time-geography).

This biographical analysis facilitates a deliberate focus on the individual, and permits examination of the totality of the life style as well as the role of leisure within it. Such an approach can be used to identify individual activity spaces and activity packages, individual paths over space and time, and the interactions or couplings of different individuals in time and space.

These important facets of individuals' life styles are best illustrated by graphical representation, similar to that used in time-geographical applications (Thrift, ibid.; Carlstein, Parkes and Thrift, 1978a). Ideally, movement through time and space is most accurately depicted in three dimensions. However, in practice, such representation would be complex and laborious to construct and interpret. It is therefore more appropriate to create an approximation in two dimensions which is still an accurate depiction of the life style in content and detail, yet is more readily drawn up and interpreted.

Generally such a diagram would contain two axes, one measuring time, the other measuring space. However, 'space' is commonly associated with an element of distance, whereby the 'space'-axis would represent a continuous distance-based scale. In two dimensions such a scale can be misleading, and furthermore, with the focus of attention on activities in and around the home, distance itself is of less consequence than particular locations. Thus it is proposed to illustrate life styles on a simple plot of time and location (Figure 5.2).

The two extreme time-space paths that are theoretically possible are shown in Figure 5.3a and 5.3b, where, firstly, the individual is constantly in the same location, and secondly, where the individual is never in the same place twice and is always moving on to a new destination. In reality, an individual's life style will approximate to some middle ground between the two (Figure 5.3c) whereby different periods of time are spent in a number of locations, each of which may be visited more than once and for varying lengths of time. This basic graph of time and location will be used to illustrate people's life styles.

Figure 5.2 Time Space Diagram

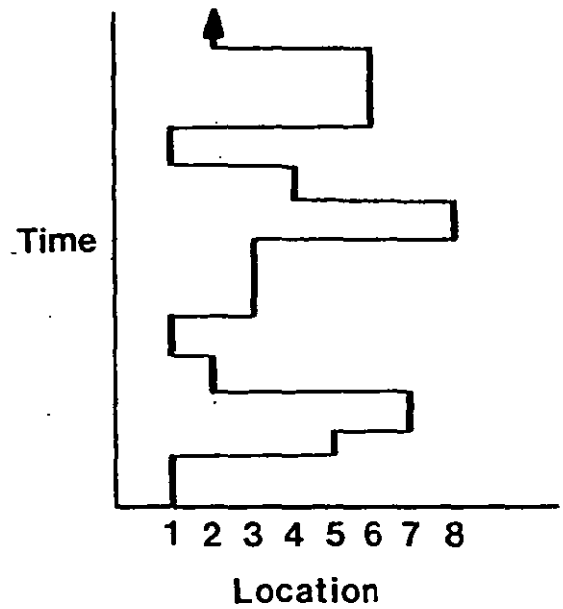
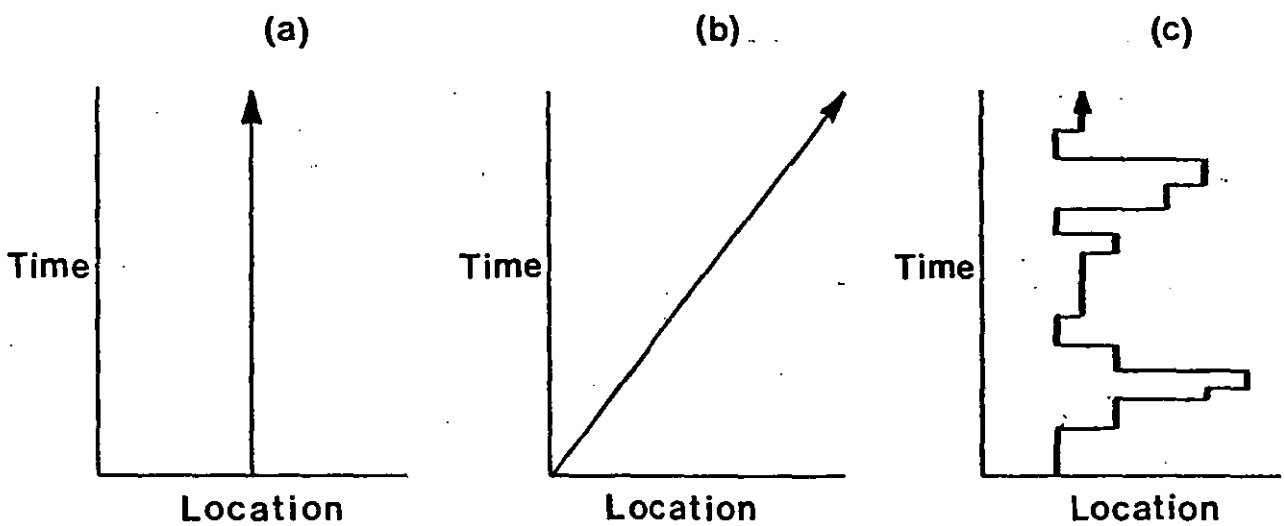


Figure 5.3 Time-Space Paths



Source ; Glyptis, McInnes and Patmore; 1987

In the report that follows, the two techniques will be intermixed rather than treated separately. The consideration of social aggregates is complementary to that of the individual. Accordingly, the material will be split between the next two chapters. Chapter 5 considers an analysis of the whole sample followed by an investigation of life styles according to social profiles. Chapter 6 will then consider life styles according to activity types.

Analysis of the whole sample

Cluster analysis techniques proceed to subdivide a data set until a given level of statistical significance has been reached. As indicated above, in the case of the CLUSTAN 1B package, it was not possible to set such a stopping criterion in advance. As a result, each of the analyses carried out in this research were ceased after a given number of divisions. This number varied according to the sample size for each analysis, but was calculated according to trial and error estimations based on the initial analysis of the whole sample.

The first analysis undertaken provided a general examination of the whole sample of 457 individuals, and considered all activities recorded within the three-day period of the time-space diaries. Activities that were almost ubiquitous, such as sleep, eating meals, and personal hygiene were omitted. Similarly, those activities with a particularly low frequency of events (ie. less than 30) were also excluded on the grounds of statistical reliabilty. However, it must be acknowledged that for those individuals concerned, these minority activities may be of central importance to their life styles. Examples of such activities include gambling, arts and crafts, and playing musical instruments.

Figure 5.4 shows the sheer diversity and complexity of the resultant tree diagram. The number of significantly different cluster groups generated by the analysis demonstrates the diversity in individuals' life styles. Some 100 clusters were produced, only 6 of which contained more than 10 individuals (Figure 5.5). However, these 6 groups accounted for over 70 per cent of the sample. Eighty clusters contained only one person.

The main criterion for cluster formation was indoor cleaning, whilst many of the subsequent divisions were also based on domestic chore activities, such as shopping and washing up (Table 5.1). Such activities are indicative of gender-related factors. However, the fact that there are only two sexes, yet six major clusters, shows that gender is not the sole discriminator in shaping activity patterns. Age and life cycle factors also combined to distort the effects of gender in describing life style groups.

Figure 5.4 Tree Diagram : Whole sample / all activities

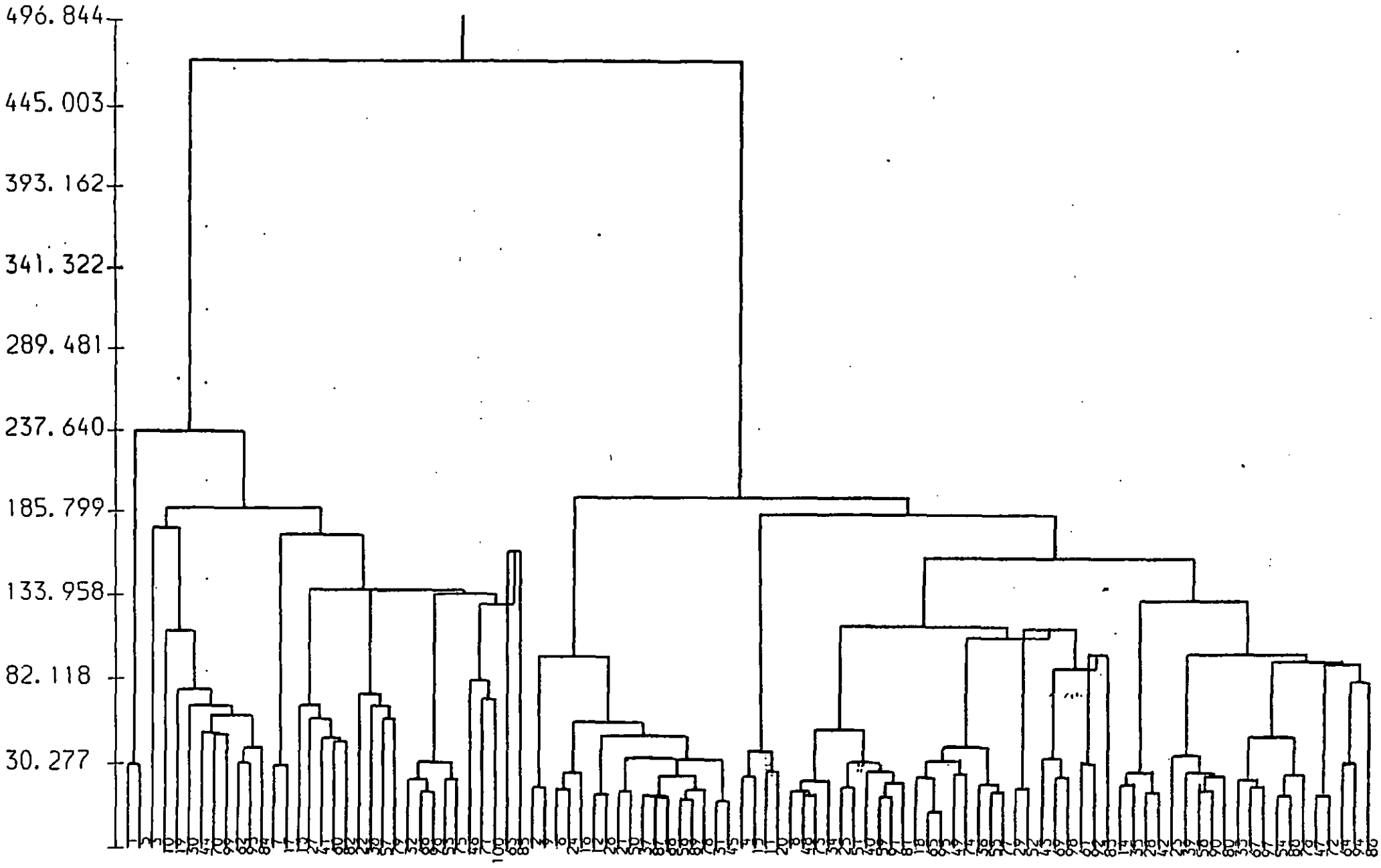


Figure 5.5 Distribution of clusters : Whole sample/all activities

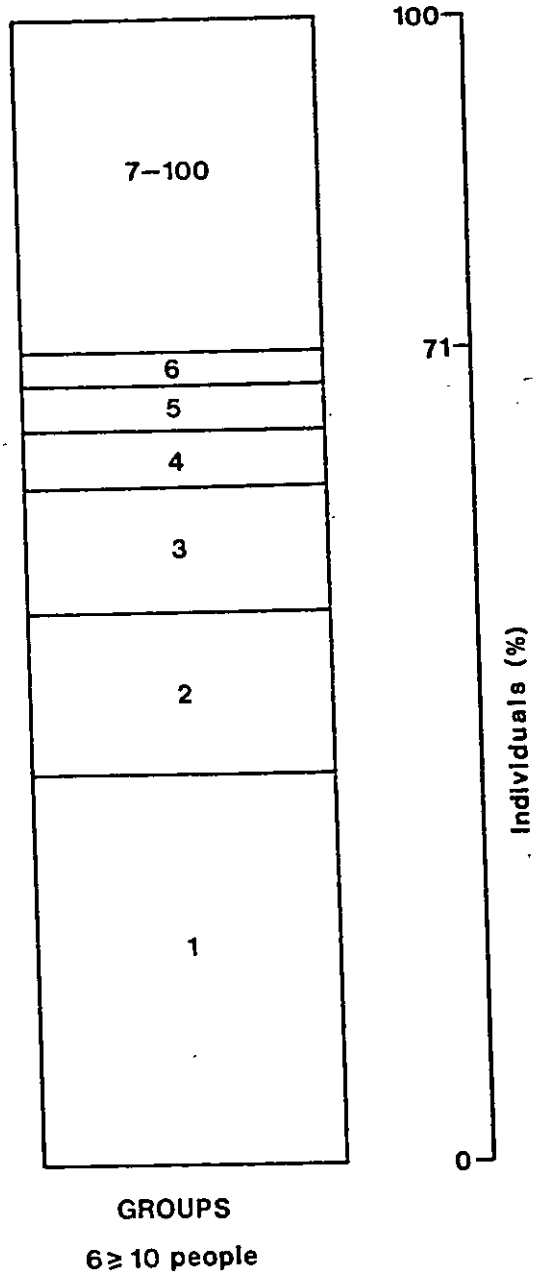


Table 5.1 Formation of Cluster Groups in Analysis of Whole Sample and All Activities

Indoor Cleaning Restaurants 20	Indoor Cleaning Correspondence 22	Indoor Cleaning Indoor Games with Children Child Care 15
(None) 52	Washing Up 65	Indoor Cleaning 157

For example, one group which may be conveniently labelled as 'young mothers', was predominantly female and drawn from the 20-44 years age band. This was the smallest of the main clusters, containing only 15 individuals, but the most distinctive in profile. The personal and social profile characteristics of its members were reflected in the activity patterns of the group. Activities were clearly influenced by children, and accordingly, pursuits such as indoor cleaning, child care, and indoor games with children were all prominent.

It is appropriate here to consider a shift in focus towards the individual, as a qualitative illustration of the life style characteristics of the group. As indicated above, the 'young mothers' were a particularly distinctive group in terms of their personal and social profile characteristics.

Person A is typical of the group in this respect, being aged 20-24, and a housewife and mother with two young children (Figure 5.6). The diagram shows quite clearly the busy and fragmented nature of her life style. Life was very hectic, particularly on the weekday and Saturday. The bulk of her activity focussed on baby-related duties, such as feeding and changing the baby. This proved to be the major focussing activity of the day, occurring up to five times each day, disrupting sleep and breaking up other day-time activities. The majority of such activity was described as duty, and it was not surprising that over 50 per cent of her time in the three day diary period was given over to duties. This compares with an average of 27 per cent for this life style group, and an average of 11 per cent over the sample as a whole. Clearly, this young mother spent a great deal of time in looking after her family and home.

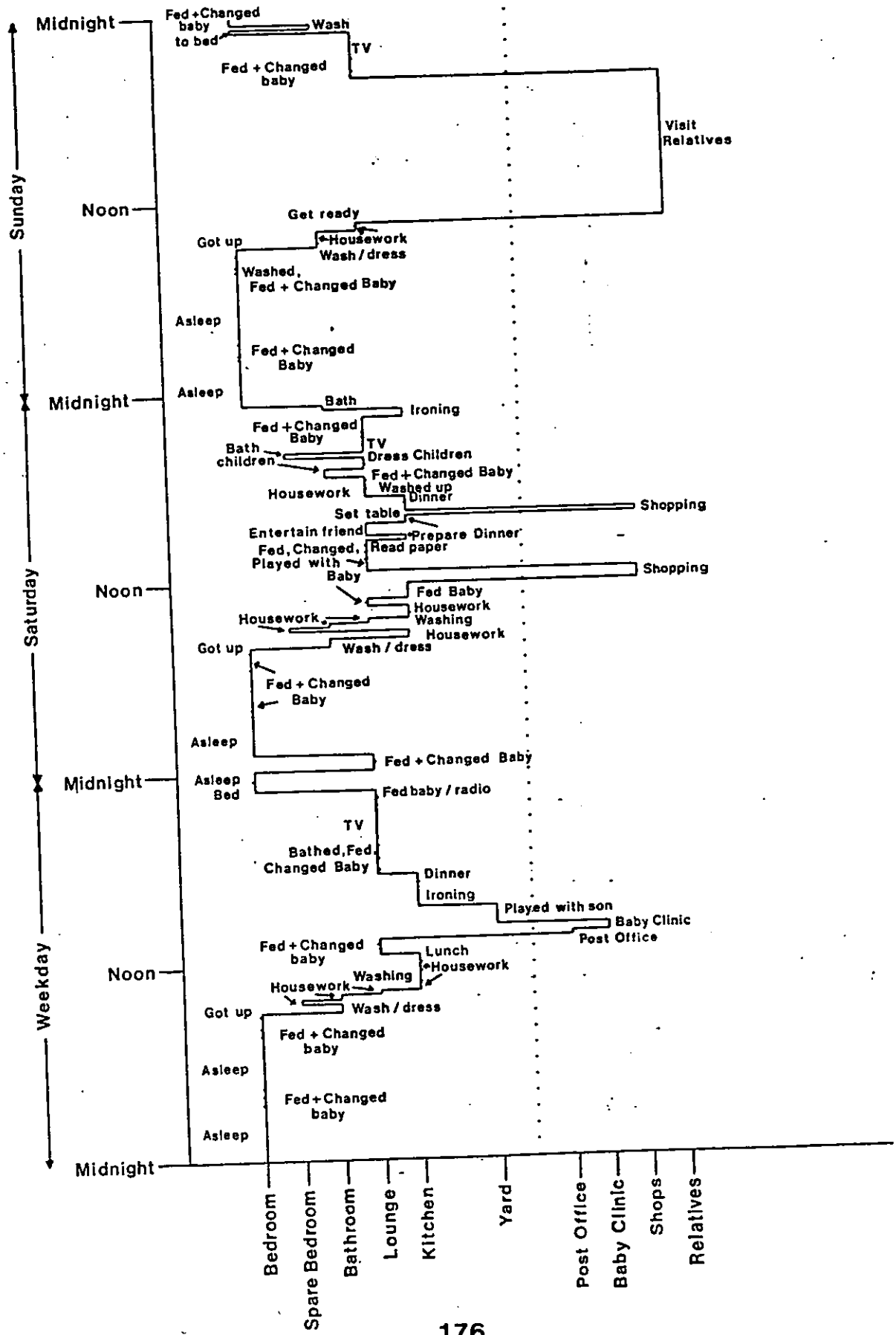
Although her time was very fragmented, the location of most of her activity was quite limited. Most of her time was spent at home, in particular in the lounge and kitchen. Apart from visiting relatives on Sunday afternoon, her only excursions out of the home were short trips to the shops, or to the baby clinic. Again, the nature of these activities reinforced the life style pattern based upon household or family duties.

Despite this overrepresentation of domestic tasks, she did nonetheless have some leisure time. About a quarter of her time was spent in leisure activity, just under the average for the cluster group (28 per cent), although considerably less than the average for the whole sample (36 per cent). The bulk of her leisure time involved a visit to relatives; the remainder comprising short blocks of time spent watching television or reading the newspaper. Again, such activity was interrupted by attending to the needs of the baby. Thus, the life style of this young mother was frantic and busy, and was almost totally dominated by the needs of her young family.

By contrast, a second group, containing some 22 individuals, which could be labelled as 'married women without children', were conspicuously free from the influences and constraints of children.

Figure 5.6

Person A



Spanning a wider age range, and including more people living in married couple only households rather than households with children, this group did not take part in nearly as many child-related activities. The focus was much more on household duties and administrative activities.

The presence, or otherwise, of children in the household clearly had a significant effect on life style patterns. This can be illustrated by comparing the biography of the young mother of the previous life style group with a married woman from a childless household.

Person B is fairly typical of this second cluster group, being aged 45-50, working in part-time employment, and married without dependent children living in the household (Figure 5.7). The diagram shows a similarly busy, though slightly less fragmented, pattern of behaviour which is different from that of the 'young mother' in Figure 5.6 in a number of respects.

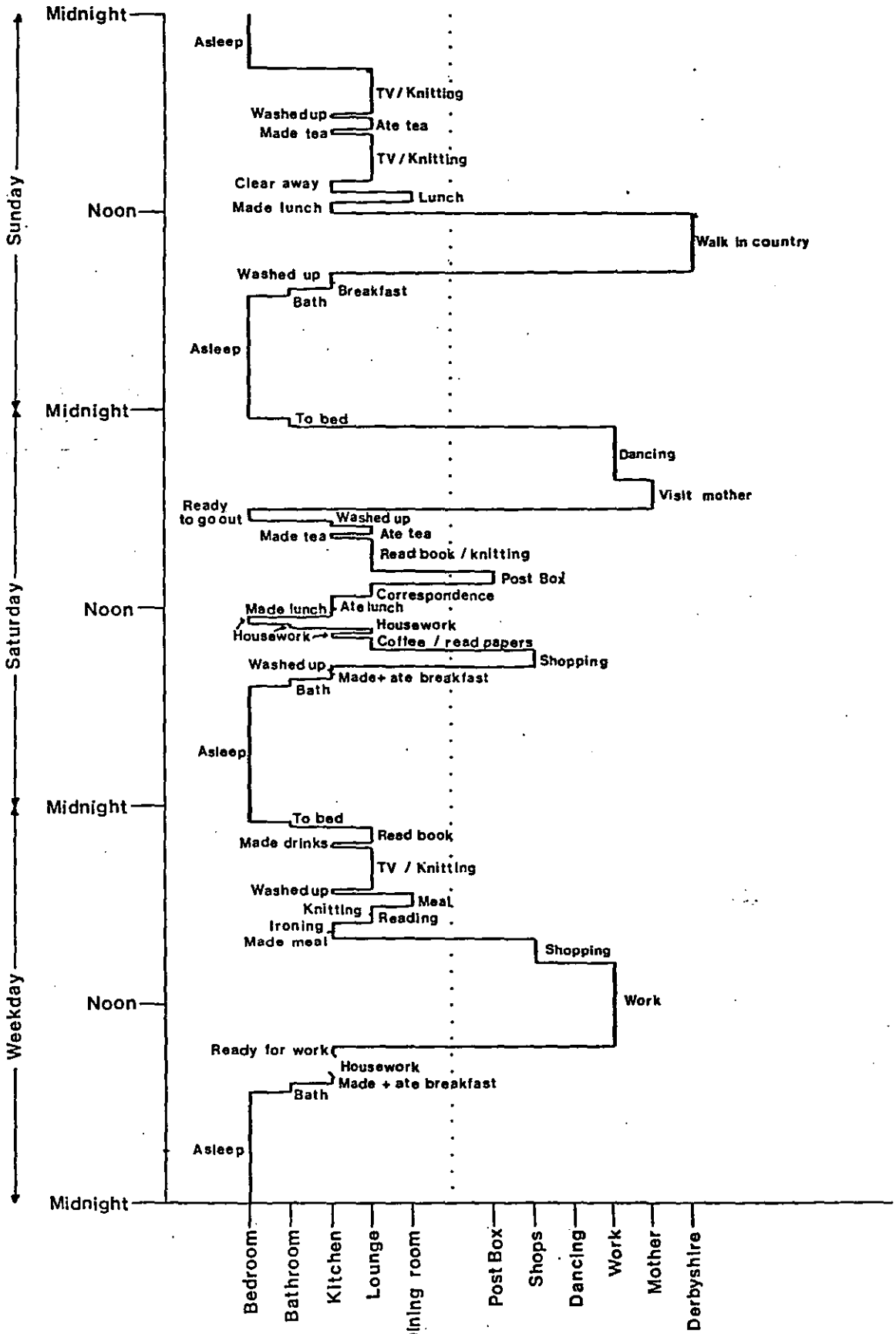
Firstly, although only accounting for some 5 hours, paid employment imposed a certain structuring to time and space use during the weekday. Furthermore, it can be seen that the shape of the time-space biography differed quite markedly on each of the three diary days. This was in sharp contrast to Person A whose life style pattern was much more rigorously and routinely defined from day-to-day by the demands of looking after a young baby. There was, therefore, no major activity or 'bundle' of activities which acted as a pivot or focus for the life style.

Not surprisingly, a second main difference concerned the content of the activity packages. Although both individuals led busy life styles, the type and nature of activities that they undertook differed quite sharply. Child-centred activities did not feature at all for Person B, yet she nonetheless recorded a significant proportion of household duties. These mainly included domestic chores such as cooking, cleaning, washing, and ironing. However, it is worth noting that, although these duties were many in number, they occupied only 15 per cent of her time. Whilst about average for the group as a whole, and just less than average for the whole sample, it was much less than the corresponding value amongst the 'young mothers'.

The relatively low proportion of time spent on duties was offset by a greater amount of time spent participating in leisure activities. These included a wide range of home-based leisure pursuits, in particular, knitting, reading, watching television, and writing letters. It is interesting to note the recurrent package of knitting and watching television which occurred on three occasions in the afternoon and evening.

This greater involvement in leisure activities was reflected by the location of activity. The majority of her time, in keeping with the norm for the whole sample, was spent at home, particularly in the lounge and kitchen. The dining room, for example, was only used twice in the diary period, on

Figure 5.7 Person B



both occasions for major meals. However, there was a greater representation of out of home activity. Apart from her work, and two trips to the shops, she also participated in a number of leisure activities away from home. These included visiting her mother, going dancing with her husband on Saturday night, and a walk in the countryside on Sunday morning. Thus, the life style of this married woman was less hectic and more varied than her counterpart with young children. Also. it was more leisured, with the absence of children presumably creating greater opportunities for more leisure activity.

One further group, who might be termed 'tradtional males' were of particular note. This cluster, containing 52 individuals, was predominantly male and drawn from the 20-44 years age range. In addition, there was a noticeably strong overrepresentation of manual workers, particularly those in semiskilled manual jobs. Examination of the activities that they took part in, highlighted traditional male pursuits, such as work, travel to and from work, and trips to the pub. Household domestic chores were conspicuous by their absence, for example, cooking, washing up, and indoor cleaning.

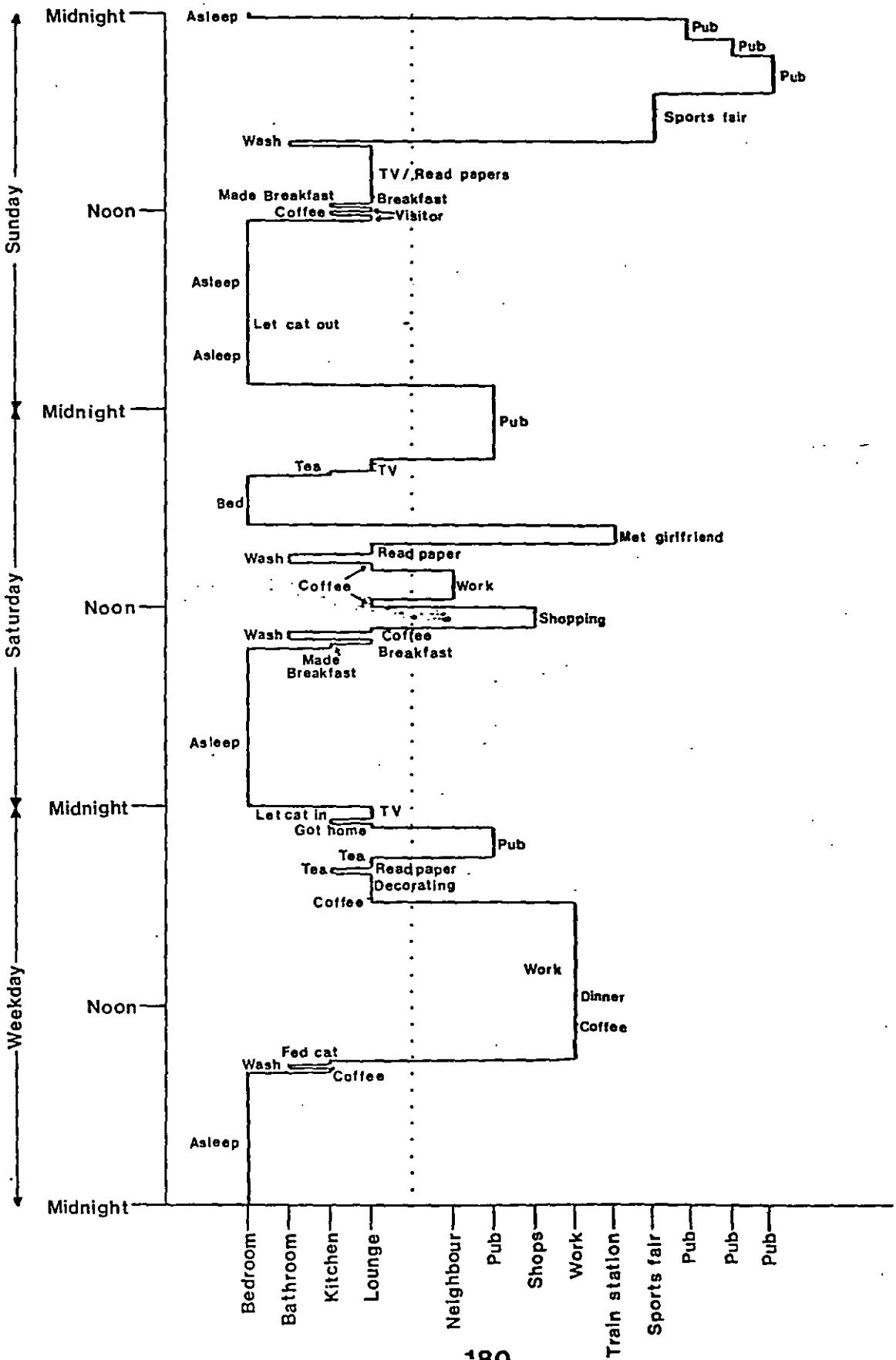
The life style portrayed by Person C, a young single man aged 16-19 working in a clerical job, was in sharp contrast to the two previous examples (Figure 5.8). Although manifestly not as busy as Person A or Person B, in terms of the fragmentation of events and activities, the most striking difference was the amount of time he spent out of the home. Over one third (38 per cent) of all his time over the three day diary period was spent away from home.

Work was the major contributor to this pattern, particularly on the weekday, but also on Saturday afternoon. However, he also participated in a sizeable number of out of home leisure events. These included meeting his girlfriend, going to a fair, as well as some 5 visits to the pub.

This out of home leisure component was coupled with the social nature of his life style; most non-work time out of the home was spent with his girlfriend. This confirmed the earlier finding with regard to the 'social' nature of the activity patterns of young single people.

His home based activity focussed primarily on the lounge, with eating meals, snacks, watching television, and reading the newspapers all prominent activities. Sunday was a particularly 'relaxed' day, as he slept in until midday. His slumber was broken by the visit of a friend for a chat and a cup of coffee. Thereafter the day was given over to leisure, both at home and away. Generally then, living alone imposed few constraints on this young man, and meant that he lived a changeable and flexible life style. Household duties and chores were conspicuous by their absence, whilst leisure activities prevailed both in home and out. Some 49 per cent of his time was spent in leisure activities, which was much higher than the group average of 32 per cent.

Figure 5.8 Person C



Person C, therefore, conformed to the 'traditional male' life style pattern, exhibiting a strongly leisure-based package of activities, and a less rigorously organised life style compared to the domestically-burdened mothers and housewives.

A further example of the life style of the 'traditional male' is depicted by the biography shown in Figure 5.9. However, the life style revealed by Person D was somewhat different to that illustrated above.

The contrast was primarily as a result of age and occupational status; Person D being aged over 60 years old, married, and retired. Leisure was an integral part of his life style, indeed over half (51 per cent) of his time was spent in leisure pursuits. Exemplifying the stereotype of the 'traditional male', he recorded no duties or household chores whatsoever. His life style was very much one of leisure and personal care activities.

However, the nature of his leisure varied from the previous individual, Person C, who led a busy social life both in and out of the home. Person D led a far more solitary existence, which is interesting given that he was part of a married couple, whereas Person C was single and living alone.

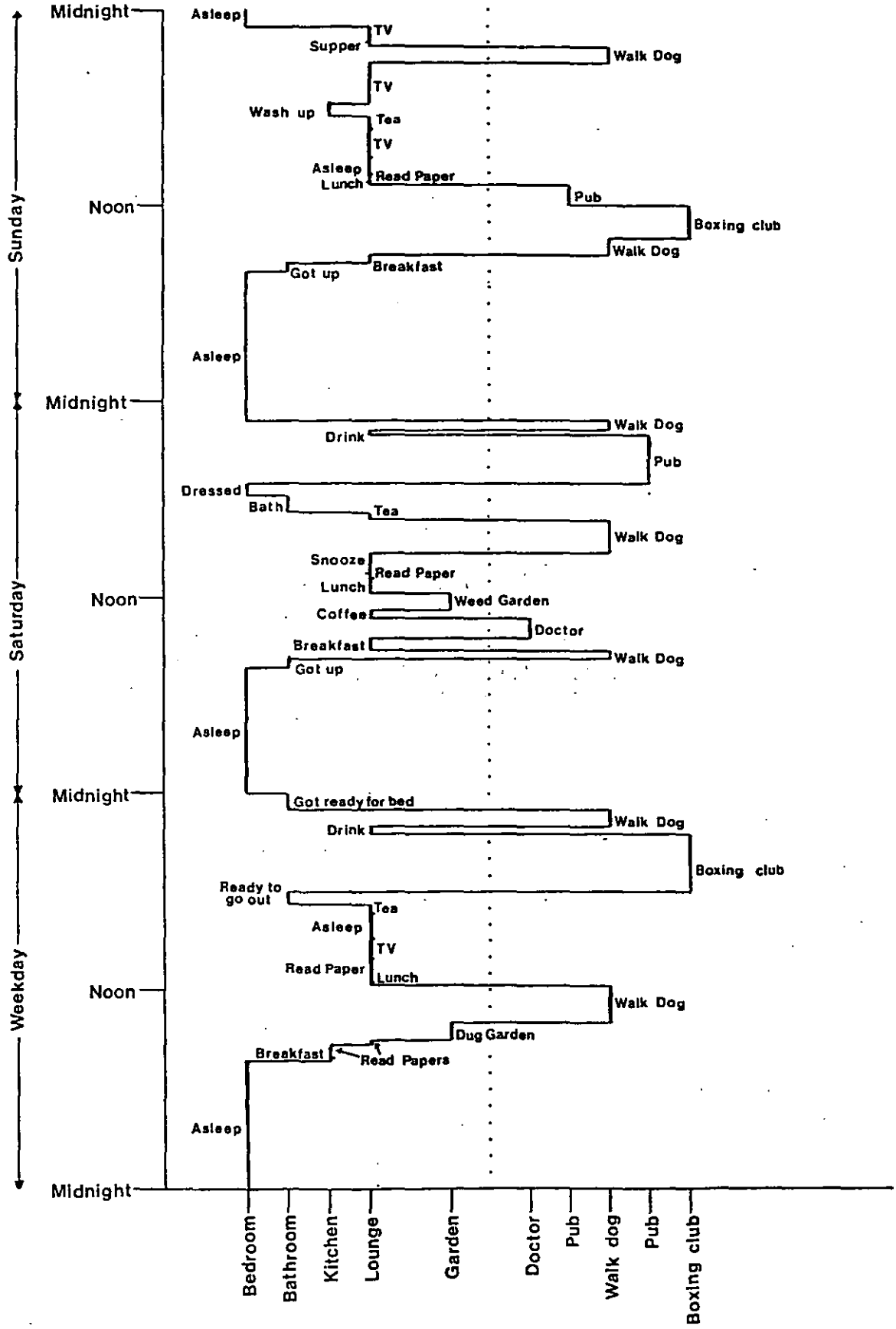
The main leisure pursuit, which was also very much a focal point of the life style, was walking the dog. This occurred two or maybe three times each day, generally at the same time. Other prominent leisure activities included visiting the pub, going to the boxing club, and watching television and reading the newspaper. The latter two pursuits were common afternoon and evening activities, often interspersed with a short sleep or snooze.

Thus, this 'traditional male' led a very leisured existence encompassing a fairly wide range of leisure-based activities, both at home and away. Household chores were noticeably missing from his routine.

Thus, gender was clearly an important factor in the formation of these cluster groups, yet age and life cycle were also significant discriminators. This initial analysis therefore highlighted two important findings; firstly, the diversity and complexity of life styles, and, secondly, to confirm the established strength of gender as a social profile predictor of behaviour.

However, there were variations within these social groups, and this first analysis described life style variations, with little hint of life styles being defined primarily in terms of distinctive leisure activities.

Figure 5.9 Person D



Second Analysis of the Whole Sample - Selected Activities

Accordingly, a second general analysis was carried out, exactly as the first, but omitting those activities most obviously related to profile characteristics, such as paid employment or child care, in an attempt to identify leisure life styles.

Again, the overall pattern was one of diversity and complexity in the range of life styles (Figure 5.10). Some 100 clusters were produced, only 6 of which contained more than 10 individuals (Figure 5.11). These six main clusters accounted for just two-thirds of the sample. Seventy-three groups contained only one individual.

It must be noted that the exclusion of the profile-related activities resulted in a reduction of the sample size to 455 individuals. Two people, therefore, only participated in the most ubiquitous activities of eating, sleeping, or washing, or those relating to the profile characteristics as outlined above.

The major groups formed were similar to those in the first analysis, and the influence of gender was again readily apparent. Thus, activities such as indoor cleaning, washing up, and shopping were all prominent in cluster formation (Table 5.2).

However, there was one group that differed, in that it was defined in terms of a leisure-related activity, namely gardening. This was the first instance of a life style group being defined in terms of a shared leisure interest, and although primarily composed of men, this group came from a diversity of social backgrounds. The age range was wide, as was the distribution of occupational groups, although four of the thirteen people were unemployed.

Apart from gardening, the other activities undertaken by this group were those that were common to all groups, ie. the necessities of servicing the household. Therefore, whilst similar to the other groups in many respects, this group was significantly different in containing members of diverse social groups who shared gardening as a common activity.

Having identified a distinctly leisure-based life style, it was appropriate to look at the 'gardeners' in more detail. The frequency and amount of participation in gardening varied enormously from person to person. The average amount of time devoted to gardening in the three-day diary period was only 4 hours, yet one elderly man spent over 13 hours gardening. Gardening occupied over 40 per cent of his leisure time, yet for most, it filled only 10-15 per cent.

Figure 5.10 Tree Diagram : Whole sample / selected activities

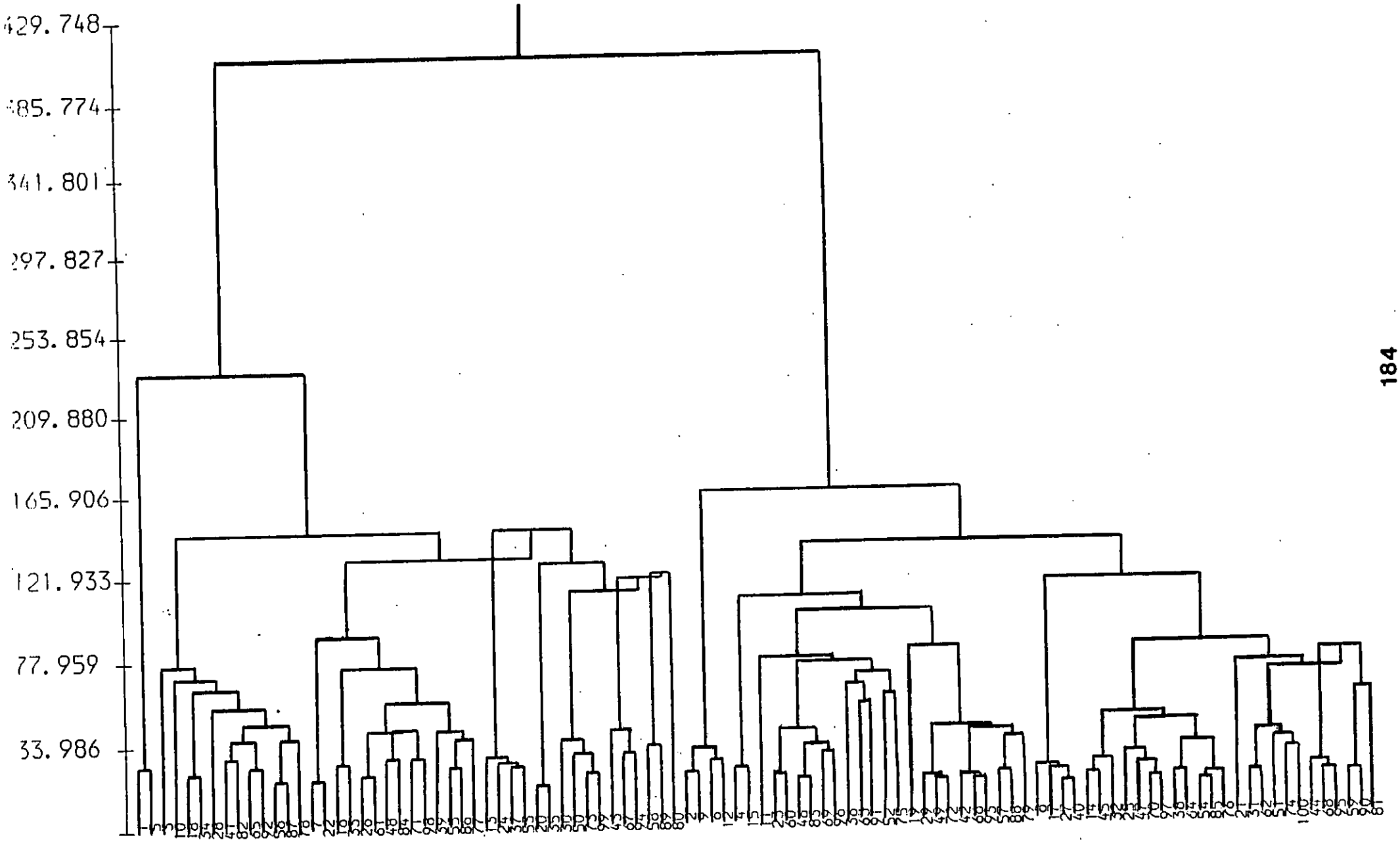


Figure 5.11 Distribution of clusters : Whole sample / selected activities

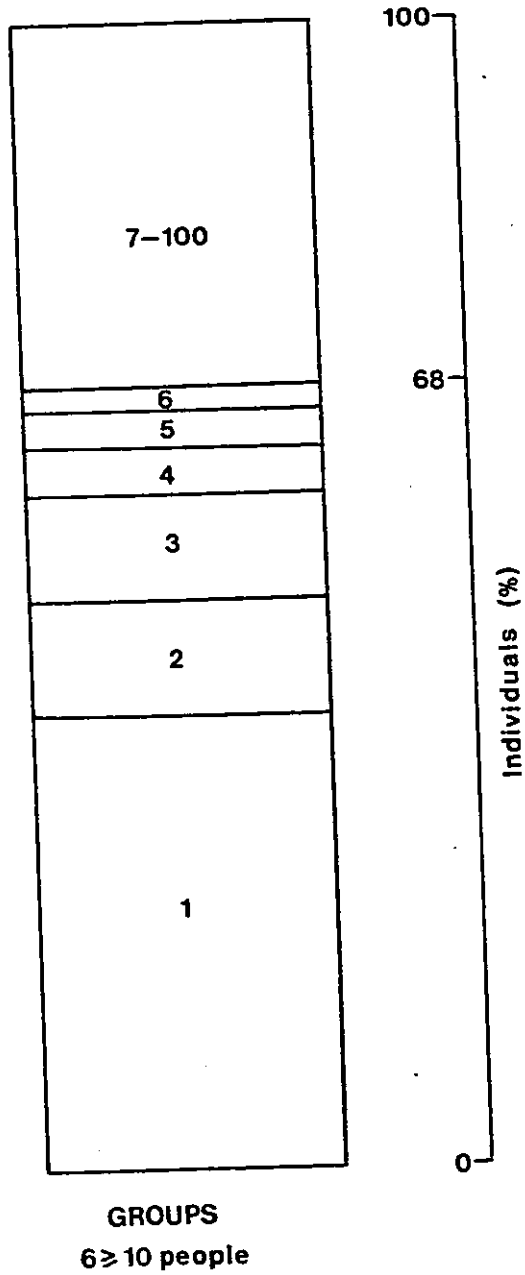


Table 5.2 **Formation of Cluster Groups in Analysis of Whole Sample with Selected Activities**

Washing Up Shopping 18	Washing Up 11	Indoor Cleaning 177
(None) 43	Cooking Washing Up Shopping 45	Gardening 13

Gardening also meant different things to different people. Some 74 per cent of gardening events were described as leisure, yet the sizeable remainder were seen as duty or chore. Generally, the most frequent and committed participants viewed gardening as leisure, those participating less often perceiving it more as a chore.

The common shared activity of this life style group was gardening, yet even within such a small and specialised group, the life styles of individuals varied considerably. Figure 5.12 shows the biography of Person E, an elderly, skilled manual worker, referred to above. Gardening was clearly very important to him, occupying almost a fifth of his time, and some 40 per cent of his leisure time. He indulged in some form of activity in the garden on 7 separate occasions during the course of the diary period.

This was in sharp contrast to Person F who was also a skilled manual worker, although aged between 30 and 44, and with children in the household (Figure 5.13). He only spent half an hour gardening during the entire diary period, an event which occupied just 2 per cent of his leisure time. For him, gardening was clearly nowhere near as important as it was for Person E.

Person F's main interest was fishing, and it was this that took up the greatest proportion of his leisure time. Actually fishing and preparing to go fishing, took up two-thirds of his leisure time. There were also other leisure-based pursuits carried out with his family such as walking in the countryside and going to the pub.

Person F spent much more time away from the home than did Person E, whose time was so much devoted to being in the garden. Thus, neither led particularly hectic life styles, with little fragmentation of activity. Neither led particularly routine or regular life styles, although for both of them, employment imposed a certain element of structuring; in the case of Person F, on the Saturday as well as on the weekday.

Therefore, it is important to recognise that even within a life style group based on one single leisure activity, and encompassing only a few members, the life styles of the individuals that make up that group can vary enormously in content.

This group of 'gardeners' demonstrated that it was possible to identify leisure life style groups, formed on the basis of a shared leisure-related activity, and that removal of activities closely related to profile characteristics revealed life styles less stringently influenced by social profiles. However, gender could still be seen as a strong predictor of behaviour, therefore it was considered appropriate to investigate life style groups within gender groups, to examine men and women separately.

Figure 5.12 Person E

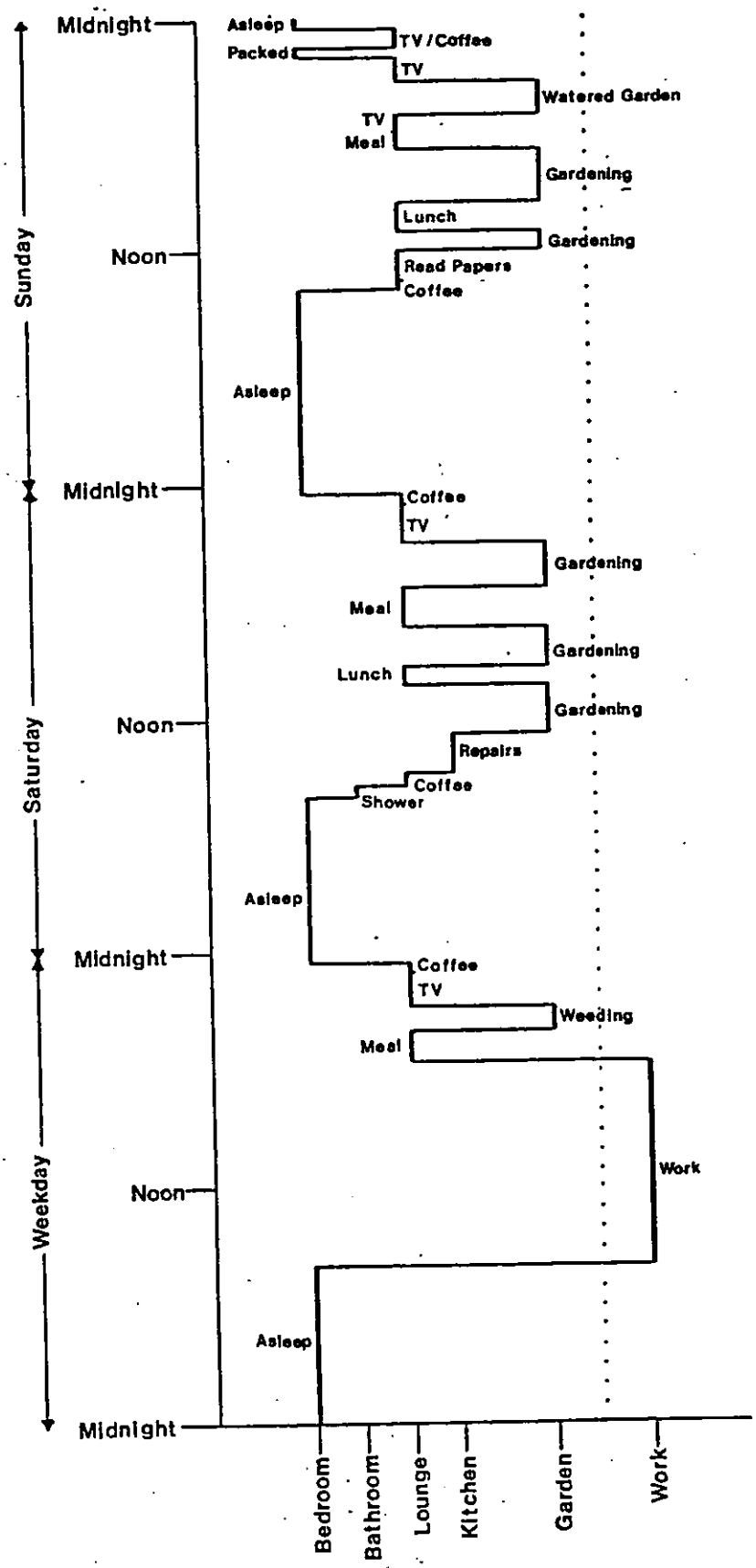
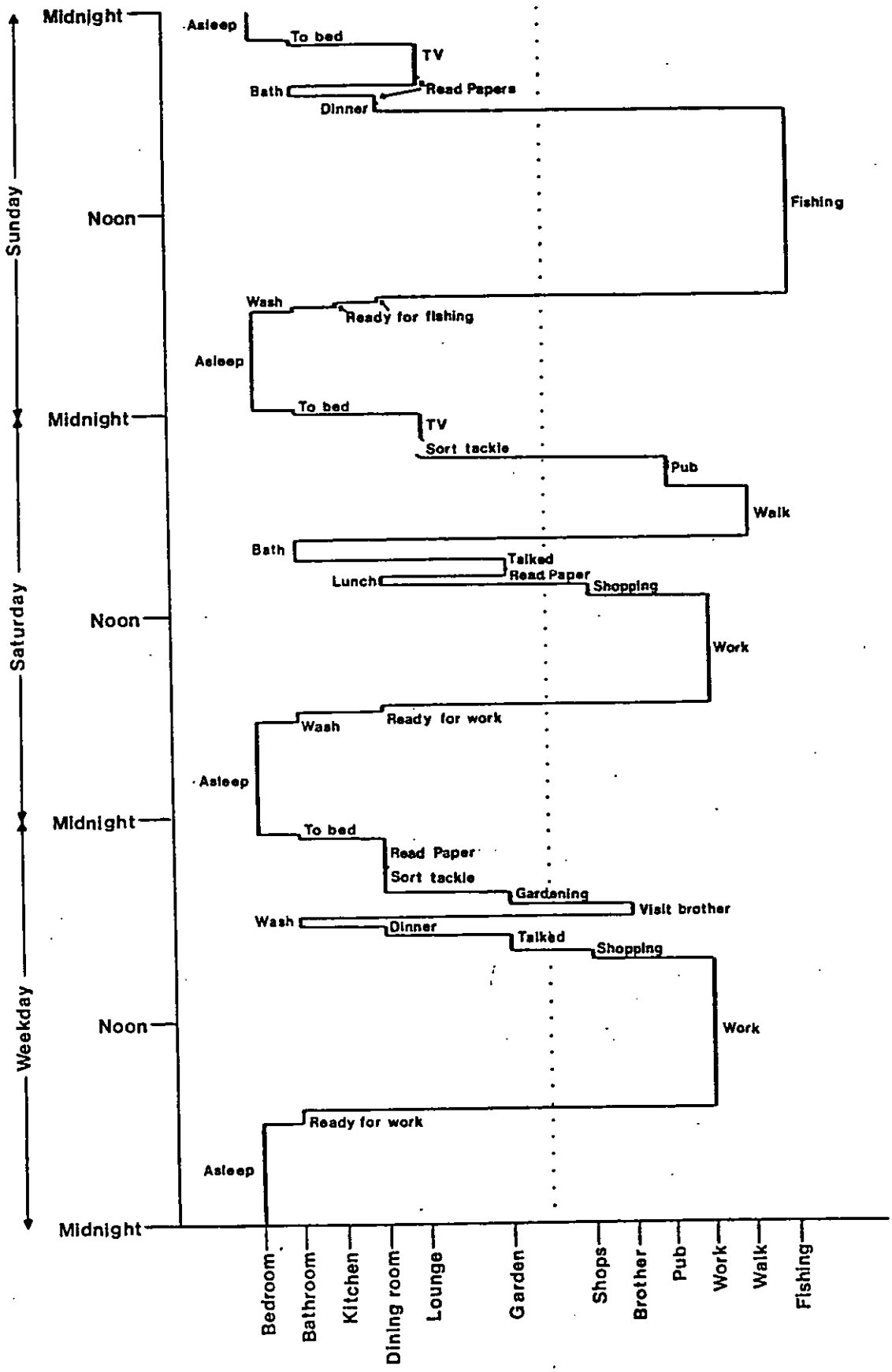


Figure 5.13 Person F



Analysis by gender groups

The whole sample was subdivided into two groups according to gender, (N_{male}=191, N_{female}=263). In keeping with the overall analyses, the activity range excluded all those activities of low frequency of occurrence, and those that were almost ubiquitous, as outlined previously.

Some 100 significant cluster groups were generated amongst the sample of women, only four of which contained more than 10 people. However, these four groups accounted for 56 per cent of the sample. As many as 87 clusters contained just one person, thereby reiterating the diversity of individuals' life styles (Figure 5.14).

A similar pattern was apparent amongst the men; ninety cluster groups being produced, only three of which contained more than 10 people. Seventy-seven clusters contained only one person (Figure 5.15). Thus there was little difference between the sexes in terms of the diversity and complexity of the life styles they displayed.

Four main cluster groups were identified amongst women, predominantly defined by the range of household domestic chores that they undertook (Table 5.3). Cooking was the major discriminating activity, and was represented in all four groups. Two groups, however, were also partly defined by additional activities related to leisure. One group also undertook gardening, and drinks of tea and coffee, which were commonly seen as social, leisure-oriented events. Reading newspapers was a characteristic activity of another group, again a predominantly leisure-related pursuit.

A number of smaller, yet nonetheless significant, groups emerged mainly of two types, those with a leisure aspect and those with the emphasis on domestic chores. One small group again focussed on gardening, whilst another was described by cooking, indoor cleaning, shopping, and correspondence.

Person G, a middle aged woman between 30 and 44, married with one child, and working in a clerical job, was typical of the 'leisured' cluster group (Figure 5.16). Her life style was fairly busy, and much of her time was spent away from home. There was no central or focussing activity in her biography, although employment obviously imposed a certain structure to the weekday. The remainder of her time was spent undertaking a large number of varied activities, both in home and out, both leisure and chore.

Figure 5.14 Distribution of clusters : Females

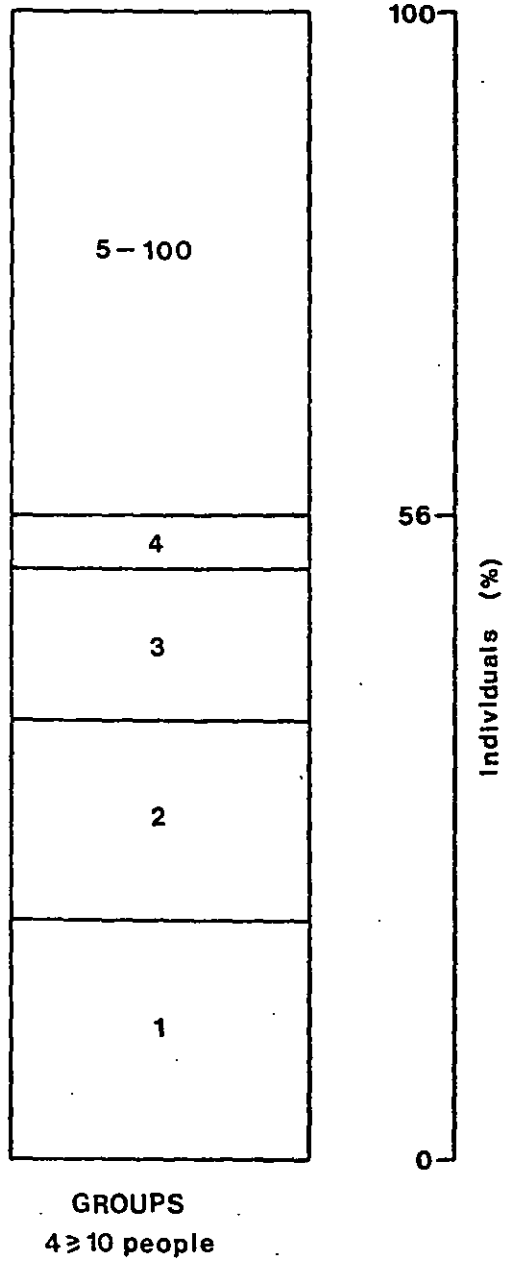


Figure 5.15 Distribution of clusters : Males

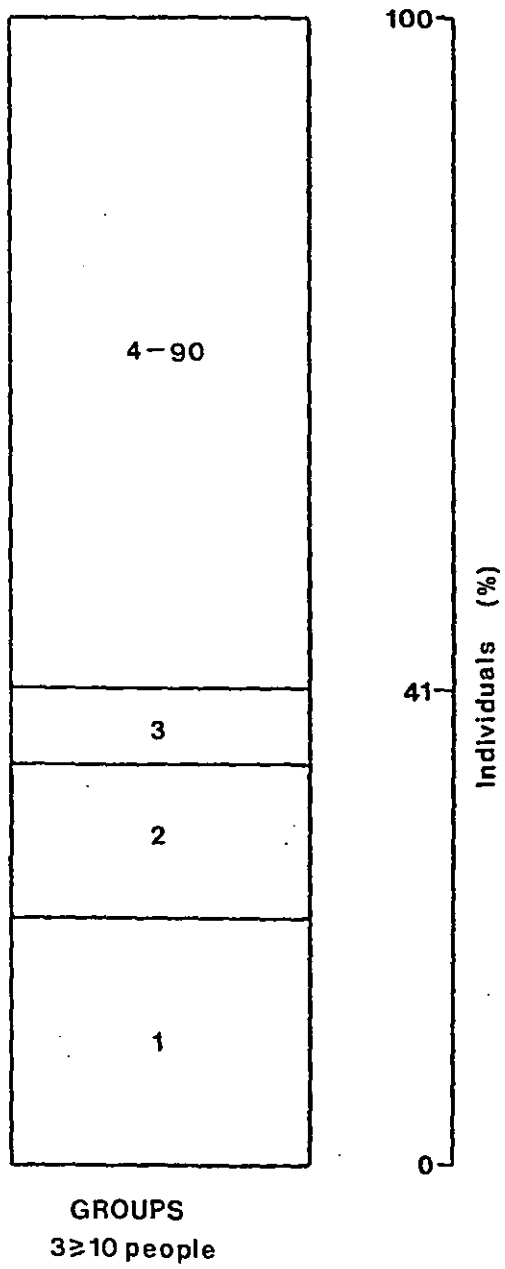


Table 5.3 Formation of Cluster Groups in Analysis of Females

Cooking Gardening Tea,Coffee	Walking Cooking Washing Up Reading Newspapers
Cooking Laundry	Shopping Cooking Indoor Cleaning Correspondence
Cooking Washing Up Reading Newspapers	
Cooking	Cooking Gardening

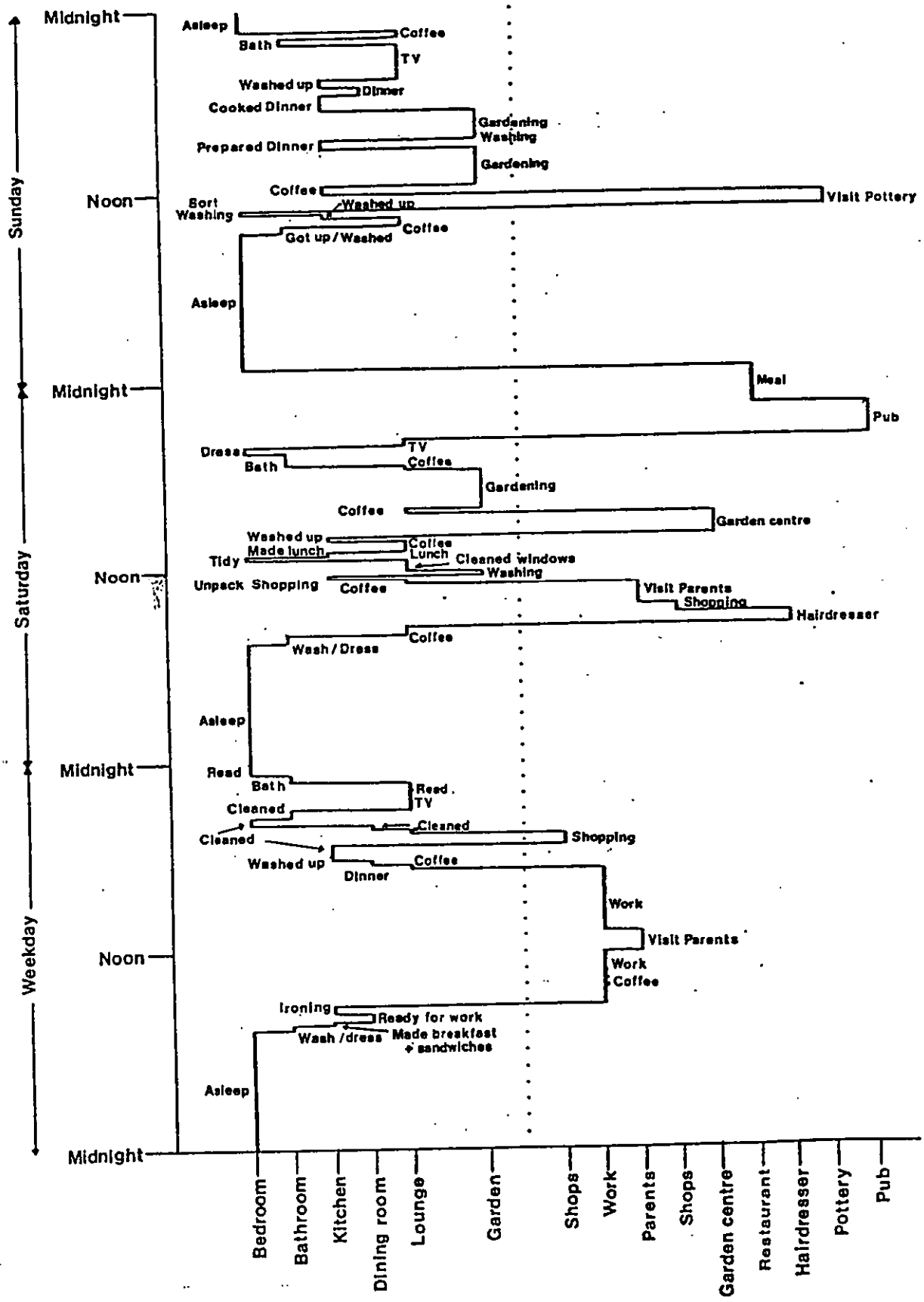
4 clusters > 10 people 3 clusters 4-10 people

Table 5.4 Formation of Cluster Groups in Analysis of Males

Visits to Friends Pub Television	Tea,Coffee Radio
Television	Visits to Friends Television
Shopping Washing Up	Washing Up

3 clusters > 10 people 3 clusters 4-10 people

Figure 5.16 Person G



Her ties to the home were not nearly as strong as those of Person A, the young mother illustrated in Figure 5.6. Accordingly, more of her time was spent away from home, and much of this was of a leisure-related nature. Some 29 per cent of her time was spent involved in leisure pursuits, which was also the average for the group as a whole. Out of home leisure activities included going to the hairdresser, the pub, and a restaurant, as well as visits to a pottery, to the garden centre, and to see her parents. Indeed, she visited her parents on two occasions in the middle of the day, the first of which was during her lunch-break from work.

Thus, she participated in a wide range of leisure activities, mostly lasting for only a short duration. At home, apart from reading and watching television, the most prominent leisure activity in her biography was gardening. She undertook three separate gardening events, plus the trip to the garden centre, which between them accounted for 39 per cent of all her leisure time. Clearly, gardening was a particularly significant activity, especially at the weekend where the bulk of both afternoons was given over to it.

The other defining activity of the cluster group was drinks of tea and coffee. Person G recorded some 10 events of stopping for a drink of coffee, all of them described as personal care activities. Accordingly, the day at home was frequently broken up by short coffee breaks before and after other major activities (see Saturday in particular).

Duty-like tasks such as cooking, washing up, and ironing also featured quite prominently in the everyday activity package, making up a most varied life style, although one based predominantly on leisure-related activities.

Therefore, although it was possible to identify a leisure-defined life style amongst women, it nonetheless proved to be busy and hectic, and still included a quite pronounced representation of household chores.

Only three major clusters were notable amongst men, yet two of them were clearly defined according to leisure activities (Table 5.4). The first was very much a leisure dominated life style with the main activities being trips to the pub, watching television, and visiting friends and relatives. The second group was also leisure defined, although less stringently so, being based solely on watching television.

The third group was defined according to domesticity. These distinctions were apparent amongst the smaller clusters as well, two groups sharing leisure activities in common, the other being based on domestic tasks.

The leisure-based life style amongst women may be compared and contrasted with a similarly defined life style amongst men (Figure 5.17). Person H, a married man aged between 30 and 44, and employed as a skilled manual worker, was typical of the life style group identified amongst men that was defined by going to the pub, watching television, and visiting friends and relatives.

Comparison of the two time-space diagrams revealed a much less busy pattern of behaviour for Person H, as indicated by fewer events over the three days. Each spent a considerable amount of time out of the home, but the married woman (Person G) undertook many more activities within the home. This difference between the genders was illustrated by the amount of duties and chores that they undertook. Person H only spent 7 per cent of his time doing household tasks, whereas Person G occupied twice as much of her time in duties and chores.

The difference was even more pronounced with respect to the amount of leisure time that they enjoyed. Although Person G led a leisured life style, only 29 per cent of her time was given over to leisure activities. By contrast, Person H spent over half (51 per cent) of his time involved in leisure pursuits.

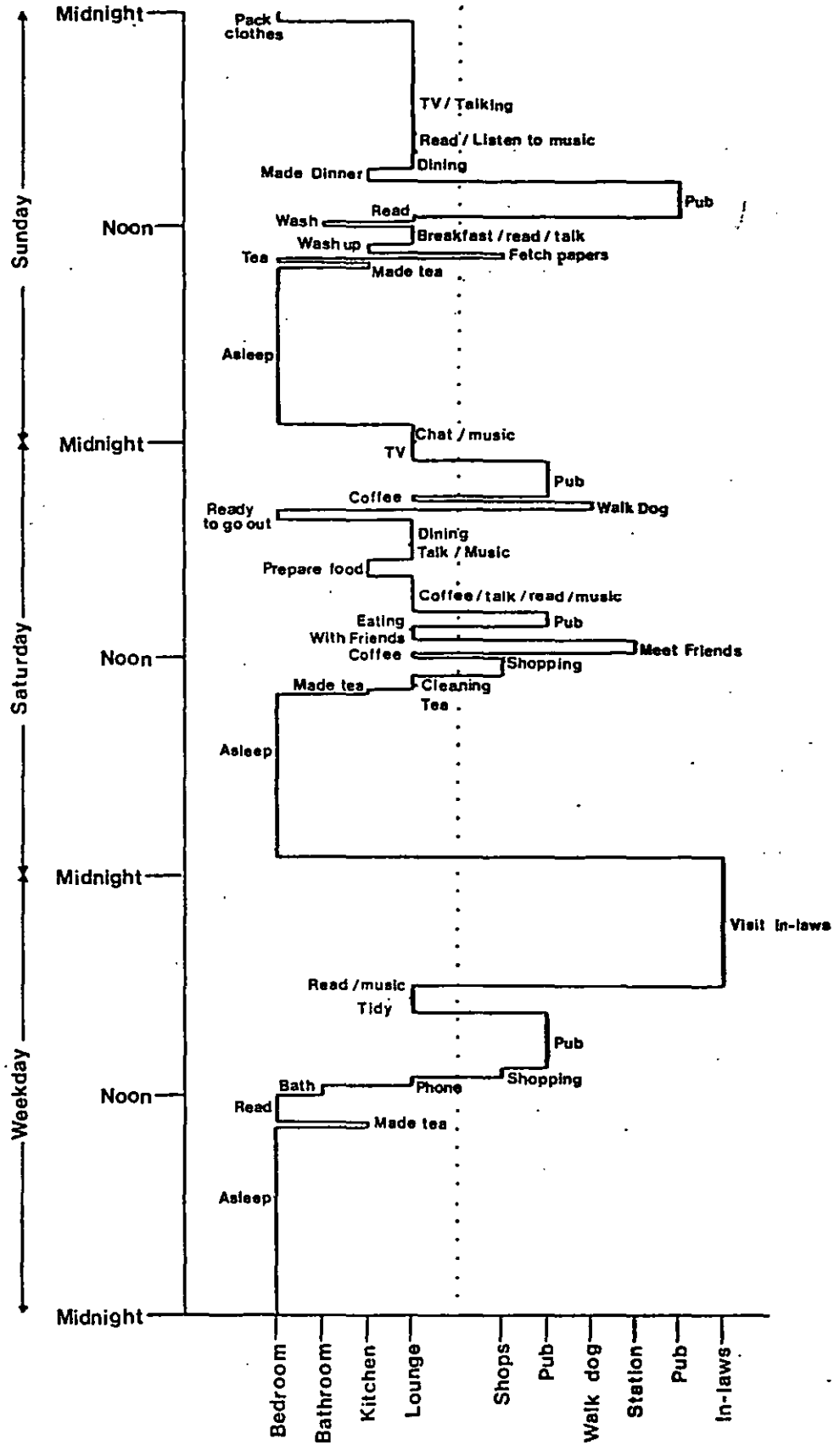
The nature of the leisure life style varied in content as well, with the man, not surprisingly, undertaking a different range of leisure activities. Going to the pub, watching television, and visiting friends and relatives were the three leisure activities on which this cluster group was defined, and between them they accounted for a third of all Person H's leisure time, forming a strong focus to the life style. With the exception of watching television, these leisure pursuits tend to be highly social in nature. However, even watching television proved to be a particularly social activity, with its occurrences being linked to talking or chatting with friends.

The lounge was the single most important venue for home-based activity, again facilitating the social leisure activities that were the feature of this individual's life style. Other rooms in the house were less frequently used, mainly reflecting the relative dearth of household chores.

Accordingly, these two individuals, Person G and Person H, portrayed two life styles similar in nature yet different in content and balance. The life style of the woman, although defined by leisure pursuits was, nonetheless, influenced by the needs of household tasks. These were far less in evidence amongst males, as shown by the highly-leisured life style of Person H.

Thus there were differences, both between and within the sexes. Both men and women displayed diverse life styles. Generally, life style groups were fashioned, only in part, by leisure activities, and more often by household chores. Important differences existed between the sexes, with leisure being more influential in defining life styles for men than for women.

Figure 5.17 Person H



Analysis by age groups

For this second social profile analysis, the whole sample was subdivided into eight age groups. The sample sizes of four of these groups were particularly small, such that the cluster analysis when applied to these samples generated only single entity clusters. Thus, for the 12-15, 16-19, 45-50, and 51-59 age groups, there were no significant clusters of more than one person. This of course tends to reinforce the overall pattern of diversity of life styles, but in part may be attributable to unreliably small sample sizes.

This diverse and complicated situation was also revealed amongst the other four age groups. Almost 90 per cent of all the clusters in these subsamples contained only one individual, thereby again drawing attention to the seemingly unique life style of the individual.

Focussing primarily on these four age groups, 20-24, 25-29, 30-44, and 60+, the results indicated that there were no discernible differences of note between age groups (Table 5.5). Domestic chore activities, particularly cooking and indoor cleaning, were by far the most influential discriminators in cluster formation for all age groups. Leisure pursuits were not nearly as prominent in shaping life styles as they had been amongst gender types.

Nevertheless, age, or probably more accurately, life cycle position, did play a role in defining life style groups. For example, the three major clusters generated in the 25-29 age band all contained individuals from households and families with children. Thus, in addition to the prominent activities concerned with cleaning and washing, child-centred activities such as child care and indoor games with children also featured for this group. The ties and constraints of children seemed to be more closely linked to women than to men, as was demonstrated by the life style groups generated amongst the 20-24 years age group.

All three groups were defined mainly in terms of domestic tasks, however two of the groups which were predominantly female were also primarily drawn from households with children. The third group, in which nobody came from a household with children, was split evenly between the two sexes. Therefore, whilst in activity terms, domesticity and household duties were apparently universal in forming cluster groups, examination of profile characteristics linked gender and life cycle quite closely as factors shaping life styles.

The 30-44 age group was largest in number, and revealed the greatest number of significant cluster groups. Life styles for this age range were all defined by domestic chores, although two of the smaller groups were partly defined according to leisure activities. One of these involved listening to the radio, the other visiting friends and relatives.

Table 5.5 Formation of Cluster Groups in Analysis by Age

20-24	25-29	30-44	60+
Cooking Indoor Cleaning	Shopping Television	Cooking Washing Up	Visits to Friends Washing Up Indoor Cleaning
Cooking Indoor Cleaning Resting,relaxing	Indoor Cleaning Laundry	Indoor Cleaning Laundry	Washing Up Reading Newspapers
	Indoor Cleaning Cooking	Indoor Cleaning	Washing Up
Indoor Cleaning Entertaining at home		Indoor Cleaning Radio	
		Visits to Friends Indoor Cleaning Laundry	
		(None)	

* all clusters of > 2 people

An illustration of the life style group based on listening to the radio and indoor cleaning is shown in Figure 5.18. The diagram shows the biography of Person I, a single parent mother aged between 30 and 44, and employed in a clerical job.

Her life style was much less frantic than that of the young mother illustrated earlier (Person A). By contrast, with slightly older children, her package of activities was more wide-ranging, and less constrained by looking after young children.

In common with most of the individuals highlighted so far, most of her time at home was spent between the kitchen and the lounge. The former was the primary location for the bulk of household duties such as cooking and washing up. Some 19 per cent of her time was given over to carrying out duties and chores, compared to a group average of only 15 per cent. The lounge played host to a greater range of pursuits including most meals, listening to the radio, and watching television and videos.

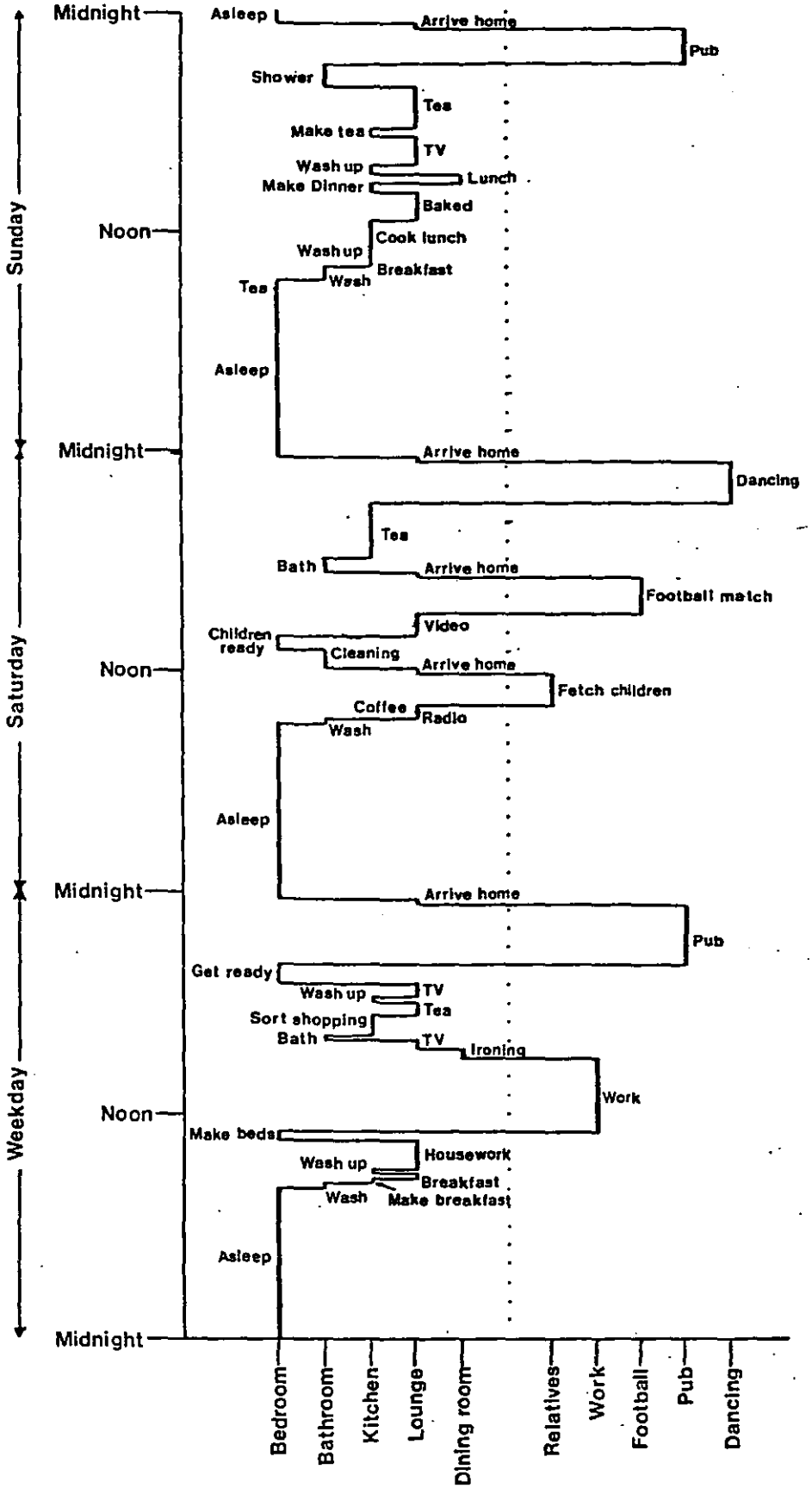
Whereas Person I was overrepresented in duties compared with the rest of the cluster group, she was decidedly underrepresented in leisure activities; only 26 per cent of her time spent was spent in leisure pursuits compared with a group average of 37 per cent. Interestingly, listening to the radio was one of the two defining activities for this cluster group, yet Person I only listened once for just 15 minutes during the entire diary period. The other defining activity, indoor cleaning, did not fare that much better with just three events of three hours duration in total.

This apparent 'mis-match' with the general construction of the group, may be explained by the fact that the group only contained four individuals: two men and two women. Person I and the other woman took part in significantly more duties than the two men, who were conspicuously overrepresented in leisure activities. This suggests a further influence of gender in shaping life style patterns rather than age.

Person I, however, did participate in a number of leisure activities, particularly away from home. These included two trips to the pub, going to a football match on Saturday afternoon, and going out dancing on Saturday evening. Socially-oriented leisure activities were in fact a feature of the life style, especially on each evening.

Thus Person I was a good example to show how gender influences cut across age groups to affect the way in which life style groups were formed. Age, therefore, did not appear to be as significant as gender in shaping life styles, although life cycle in conjunction with gender was of certain significance, particularly in the case of women with children.

Figure 5.18 Person I



Analysis by gender within age groups

The next level of investigation centred on gender differences within age groups. Sample size mitigated against carrying out analyses for certain subgroups, thus only the four age groups examined above were considered.

Two particularly interesting points emerged. First of all, there was, once again, no discernible difference in the type of life styles of people from different age groups. Secondly, there were differences between men and women within age groups. That there were no differences between age groups confirmed the earlier finding that age was not particularly significant in shaping life style patterns. The differences that existed within age groups revealed more clusters amongst women than men, and a greater emphasis on leisure-based life styles for men, again reiterating the findings of the earlier analysis based purely on gender groups. Table 5.6 illustrates these distinctions between the sexes. Almost without exception the cluster groups identified amongst women were formed on the basis of domestic chore activities, including cooking, washing up, indoor cleaning, and laundry. Men, by contrast, revealed life styles fashioned by leisure-related pursuits such as watching television, gardening, and visiting friends and relatives.

Analysis on the individual level again illustrates the diverse nature of people's life styles, and the distinctive pattern of life styles according to gender differences. One of the cluster groups formed amongst men comprised only four individuals, and was defined on the basis of one shared activity, namely D.I.Y..

Figure 5.19 shows the biography of Person J, a married man aged between 30 and 44, and working in a manangerial occupation. The initial impression portrayed by the diagram gives a busy life style, radically different between the weekday and the weekend. Saturday and Sunday followed a distinctive path, much different from the work-influenced pattern of the weekday.

The major facet of the weekend was the amount of time devoted to D.I.Y., the defining activity of the cluster group. Some 9 separate events of D.I.Y. were recorded, occupying 22 per cent of the whole diary period. Significantly, all of this activity was perceived as work, rather than as leisure, or even duty. Thus, with this major focussing activity of the life style being perceived as work, it was not surprising that leisure was underrepresented. He only spent 18 per cent of his time engaged in leisure activities, compared with the cluster group average of 31 per cent.

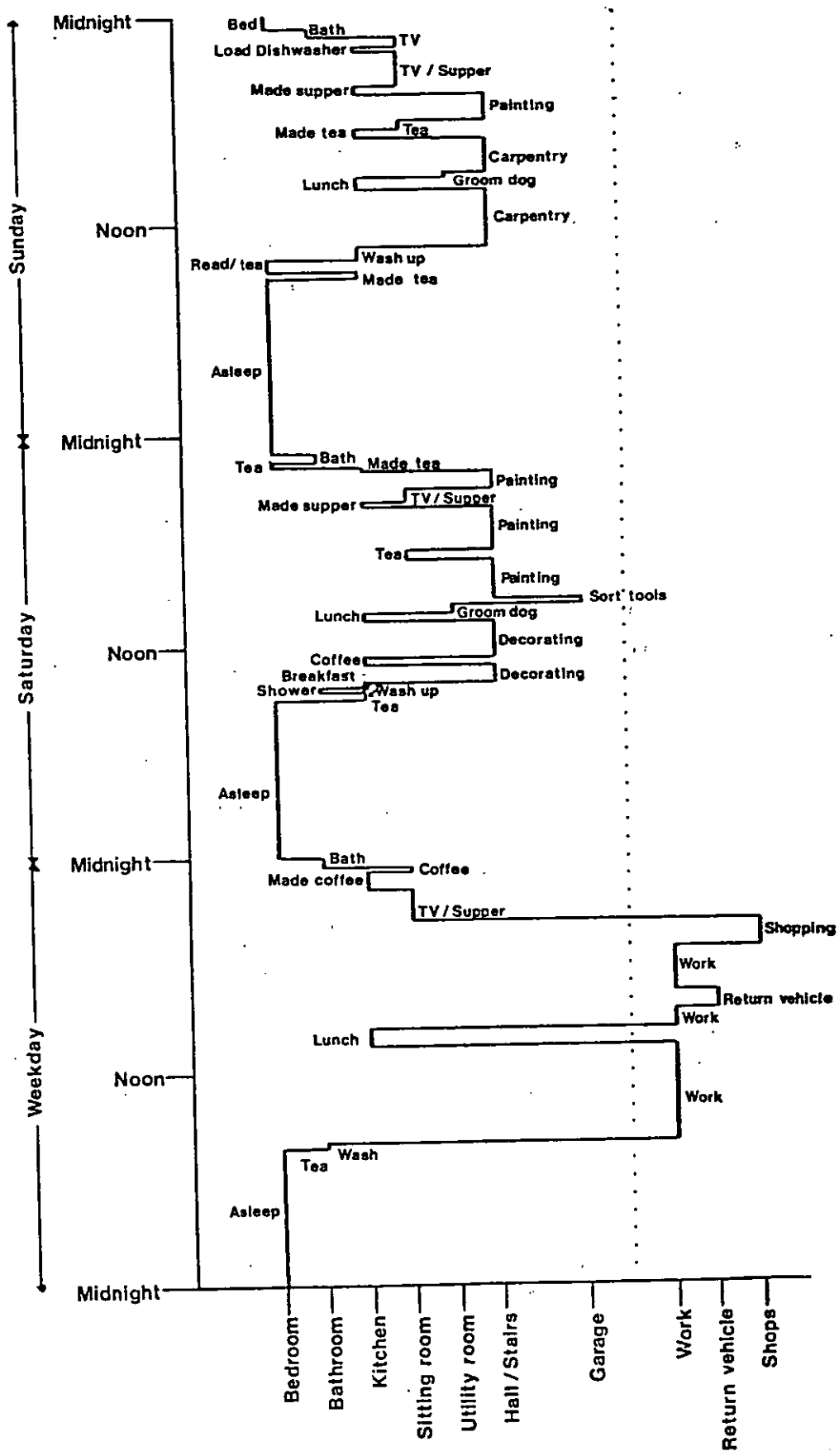
The leisure activities that he did participate in were almost entirely located within the home, as indeed were most of his activities, with the exception of paid employment, and some shopping for D.I.Y. materials. Clearly the home was very important to Person J, as not only did he spend a lot of

Table 5.6 **Formation of Cluster Groups in Analysis of Age by Gender**

20-24 MALE	20-24 FEMALE
	Cooking Washing Up Laundry Cooking Washing Up
25-29 MALE	**25-29 FEMALE**
Visits to Friends Television	Washing Up Laundry Television Indoor Cleaning Television
30-44 MALE	**30-44 FEMALE**
D.I.Y. (None)	Shopping Visits to Friends Cooking Laundry Shopping Cooking Indoor Cleaning Laundry Cooking
60+ MALE	**60+ FEMALE**
Cooking Gardening Tea,Coffee	Visits to Friends Washing Up Indoor Cleaning Washing Up

* all clusters of >2 people

Figure 5.19 Person J



time within it, but also a lot of attention to improving it. Reading books and watching television were most prominent amongst his leisure pursuits.

It was perhaps surprising then to describe a male life style that underrepresented leisure time, yet was defined by an activity that is frequently regarded as leisure. The perception of D.I.Y. as work almost certainly offset the shortfall, for Person J was also underrepresented in duties around the home. Household chores and tasks were conspicuously absent from his routine, in keeping with those of most other male biographies described previously.

Thus, gender was perhaps a better guide to behaviour than age, yet in this case, neither was a strong predictor of behaviour; the single defining activity of the cluster group being a better descriptor of the life style of the members of the group.

Analysis by gender within age groups therefore reinforced the role of gender as a social profile predictor of behaviour, and accordingly plays down the significance of age and life cycle factors. There were, then, little differences between age groups, but some important differences within age groups according to gender.

Analysis by occupational status groups

The third social profile group to be examined concerned occupational status, which was classified according to manual and non-manual types of employment, unemployment, and being retired, or being a full-time housewife.

Yet again, the initial impression was one of diversity and complexity in the range and pattern of life styles. In the case of three groups, manual unskilled, non-manual managerial, and non-manual professional, all the significant clusters that were produced consisted of only one person. This was primarily due to the small sample sizes in these subgroups, but nonetheless it is important to appreciate that each of these groups were divided into significant clusters, thereby reinforcing the diversity of the resultant pattern of life styles.

There were no clear cut relationships between different occupational groups, although the life styles of the retired seemed to be more related to leisure activities than those of any other occupational group (Table 5.7). Looking first at those in employment, there were an equal number of manual and non-manual workers (N=91). Both groups produced a sizeable number of significantly different cluster groups, the majority of which contained only one person. However, the sample of manual workers generated four clusters of more than two people compared with

Table 5.7 **Formation of Cluster Groups In Analysis of Occupational Status**

MANUAL UNSKILLED	NON-MANUAL CLERICAL
	Cooking
MANUAL SEMI-SKILLED	**NON-MANUAL MANAGERIAL**
Shopping Tea,Coffee Pub	
MANUAL SKILLED	**NON-MANUAL PROFESSIONAL**
Home Repairs (None)	
HOUSEWIVES	**UNEMPLOYED**
Visits to Friends Cooking Indoor Cleaning Reading Books Cooking Indoor Cleaning Resting, Relaxing Visits to Friends Cooking Indoor Cleaning Cooking Indoor Cleaning Cooking Indoor Cleaning Gardening Cooking	Washing Up Indoor Cleaning
	RETIRED
	Visits to Friends Television Television

* all clusters of >2 people

only one cluster of a similar size amongst the non-manual workers (Table 5.8). The predominant discriminating activity in defining life styles amongst both groups was cooking, although two of the manual worker groups were partly defined by leisure-based pursuits.

Examination of particular employment groups revealed no clear relationships either between or within groups. It is worth noting that manual semiskilled workers generated a leisure-related life style group in keeping with conventional wisdom, as was indicated by trips to the pub. This was not the case with the unemployed, a sample of 63 individuals being divided into some 56 significantly different clusters, only one of which contained more than two people. This one group was described by domestic chores, namely washing up and indoor cleaning.

Again, the main conclusion to be drawn is one of diversity of life style and the uniqueness of the individual. Thus, conventionally defined social groups can be misleading as predictors of behaviour, as they can mask underlying variability in the life styles of the individuals contained in those groups. The unemployed serve as a good example. The unemployed are frequently assumed to be a homogeneous group, and are taking as such when used as a 'target' group for policy and provision. However, the unemployed do in fact reveal a wide and diverse range of life styles; not all unemployed people behave in the same way or participate in the same range of activities.

Accordingly, our understanding of people's behaviour requires greater awareness of the significance of the individual before we can make generalised assumptions about groups such as the unemployed.

Diversity of life style was also readily apparent amongst the elderly and retired; 29 significantly different cluster groups being generated from a sample of 44 individuals. However, two major clusters were formed, both being defined on the basis of leisure-related activities (Table 5.7).

It is interesting to note the comparison between this group and the over-60s, which did not produce leisure-based life styles. This would suggest that, in this particular case, occupational status was more influential in defining leisure-based life styles than age. The two leisure activities highlighted in these clusters were watching television and visiting friends and relatives. These activities are fairly widespread leisure pursuits, however, they do confirm the established notion of potentially greater amounts of leisure with the onset of retirement.

The leisure-based life styles of the elderly and retired can be illustrated by considering one of the cluster groups defined by leisure activities. One such group, containing five individuals, was defined according to a shared participation in watching television and visiting friends and relatives.

Table 5.8 **Formation of Cluster Groups in Analysis by Employment Status**

MANUAL EMPLOYMENT	NON-MANUAL EMPLOYMENT
Visits to Friends Cooking Ironing	Cooking
Walking Cooking	
Shopping	
Cooking	

* all clusters of >2 people

Figure 5.20 depicts the biography of one individual chosen from this particular group. Person K, a retired woman, aged over 60 years old, and living alone without access to a car, was fairly typical of the group in terms of her profile characteristics.

Most of her time was spent within the home, particularly in the lounge and kitchen. Time spent elsewhere in the home was primarily given over to sleeping or personal hygiene which took place in the bedroom and bathroom respectively.

Her life style was focussed mainly around domestic activities, either household duties or leisure pursuits in the home. The kitchen was the main venue for duties which included general housework, preparing and eating meals, and washing up. The lounge was almost exclusively a leisure centre. Drinks of tea and coffee, reading the newspaper, reading books, doing crosswords, knitting, and watching television all featured prominently in a wide-ranging package of home-based leisure activities. Indeed watching television was recorded on six occasions during the diary period, accounting for some 12 per cent of her total time.

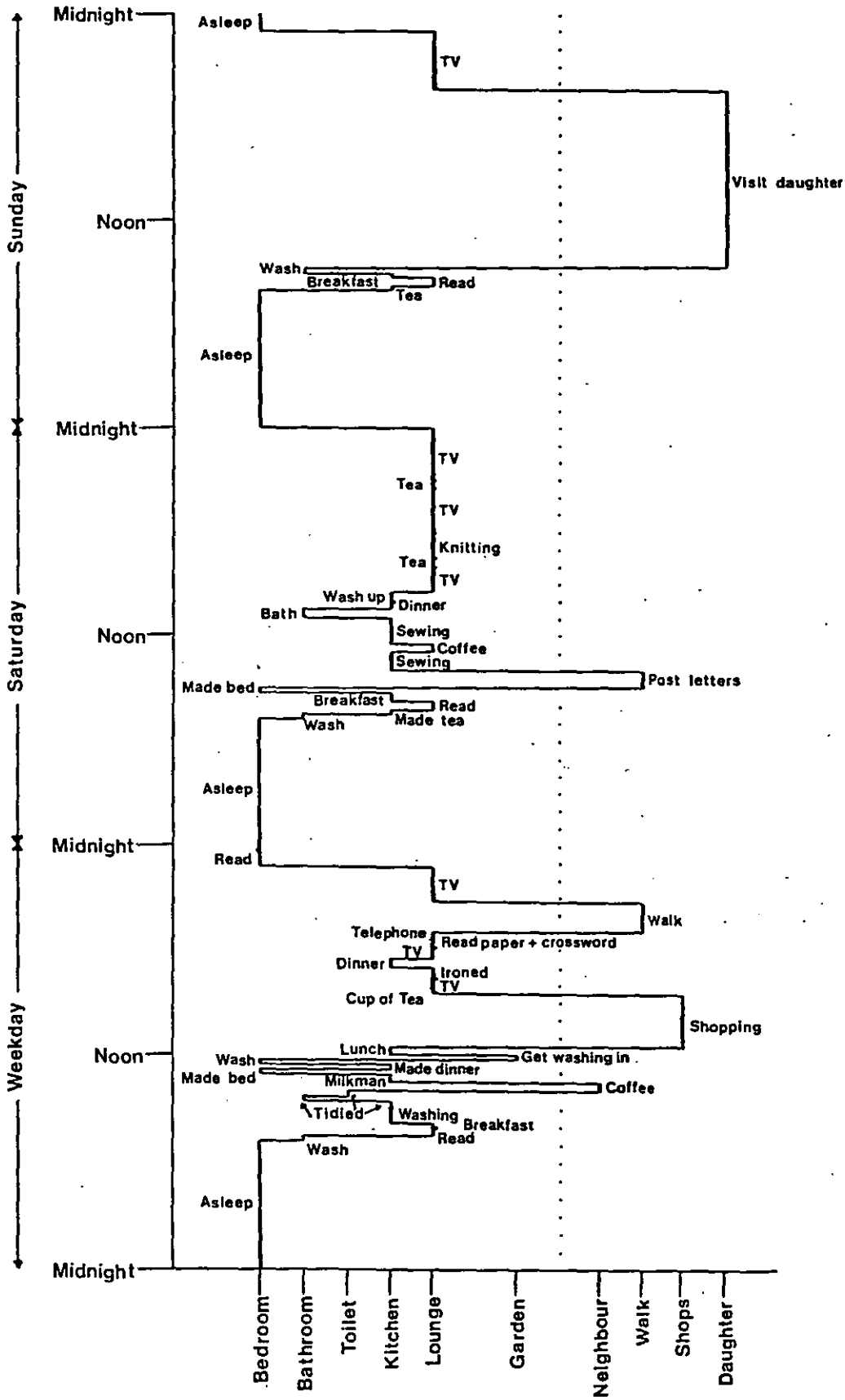
Her home-based leisure activities took place primarily in the lounge, and most of these activities were also carried out alone. However, the solitary nature of her life style in the home was somewhat offset by the more social flavour to her out of home activities. The main out of home event was a visit to her daughter on Sunday, which lasted for most of the day. In addition, she also visited friends and neighbours for a chat or a drink of coffee.

In total she spent almost 12 hours at friends and relatives. Thus, together, the two activities defining the life style group, namely watching television and visiting friends and relatives, occupied over a quarter (28 per cent) of her total time, and the great majority of her leisure time.

Thus, the life style of this retired woman was leisured, not only in terms of the type of activities that she undertook, but also in terms of the number of different events over the diary period. Both the pace and content of her life style was fashioned by leisure.

One final occupational group is worth separate examination, namely the full-time housewives. Although the largest subgroup (N=92), the resultant pattern of clusters did not contain as many single person groups as might have been expected on the basis of cursory examination of the other subgroups. This suggests that, contrary to the pattern of diversity that has hitherto dominated, the life styles of housewives are less wide ranging and more distinctly grouped together. However, six major clusters were defined without a great deal of differentiation between their defining attributes. Cluster formation was either on the basis of domestic chores, or on a combination of chores and a leisure activity (Table 5.7). An example of the former was a group of

Figure 5.20 Person K



13 people whose shared activities were cooking and indoor cleaning. This contrasted with another group of just 5 people who also did cooking and indoor cleaning, but, in addition, took part in reading books and visiting friends and relatives.

Therefore, as with age groups, occupational status was not a distinct predictor of people's behaviour, although there were sufficient differences within some of the groups to suggest that other factors, in conjunction with occupational status, were influential in shaping life style patterns.

Analysis by gender within occupational status groups

Having already identified the influence of gender as a predictor of behaviour, it was appropriate to go on to consider the role of gender within occupational status groups. A further analysis was therefore implemented to consider the effects of gender within selected occupational status groups. With sample size again mitigating against carrying out the analysis on all groups, the employed groups were combined together to form two samples, those in manual employment and those in non-manual employment. Two other groups were considered, namely the unemployed, and the retired. Full-time 'housewives' were omitted on the basis that all but one were female.

Comparison of non-manual workers revealed no distinct difference between the sexes. Both subsamples produced a very diverse range of life styles: 39 groups from 43 men, and 40 groups from 48 women. The sizeable clusters that were generated were similar for both sexes, being based very firmly on domestic activities (Table 5.9).

Manual workers on the other hand provided a somewhat different picture. The difference between the sexes was sharp in as much as there were no distinct clusters of more than two women, yet six clusters of more than two men. Diversity of life style was therefore perhaps more readily observed amongst female manual workers, however the sample size was much smaller for women than for men.

Amongst male manual workers, the resultant pattern of life styles was particularly interesting. All six clusters contained a strong element of leisure in their defining range of activities. Three of the groups were described according to both domestic and leisure-based pursuits, for example, a group of four men who did cooking and washing up, as well as watching television and reading newspapers. By contrast, another group undertook mainly leisure activities, including home repairs, watching television, and reading newspapers.

Table 5.9 **Formation of Cluster Groups in Analysis of Occupational Status by Gender**

NON-MANUAL MALE	NON-MANUAL FEMALE
Shopping	Cooking Washing Up Cooking
MANUAL MALE	**MANUAL FEMALE**
Cooking Washing Up Television Reading Newspapers Home Repairs Television Reading Newspapers Shopping Visits to Friends Cooking Television Reading Newspapers Television Cooking Television Television	
UNEMPLOYED MALE	**UNEMPLOYED FEMALE**
	Shopping Washing Up Indoor Cleaning
RETIRED MALE	**RETIRED FEMALE**

* all clusters of >2 people

The strongly leisure-based life styles of male manual workers can be illustrated by looking at an individual from this last group (Figure 5.21). Person L is a 30-44 year old male manual worker who is married with children. His life style was fairly typical of the cluster as a whole, although he did, in fact, lead the least leisured way of life. Some 35 per cent of his time was spent involved in leisure activities compared with a group average of 45 per cent. The amount of time he spent doing household duties was low (9 per cent), which was below average for the sample as a whole.

Examination of the biography of Person L revealed an irregular pattern of behaviour in terms of routine or sequencing of events. However, it was given some sense of routine by daily episodes of decorating in the lounge. Generally, he was not particularly 'busy' in terms of the fragmentation of his time and space use. His time was split between home and out of home activity on each of the three days of the diary. The weekday departure was to his place of work, whilst the Saturday excursions were to execute duties, namely shopping and visiting the hospital. On the Sunday, the nature of his out of home activity varied again, this time including leisure pursuits involving going to the park with his family, and visiting his parents.

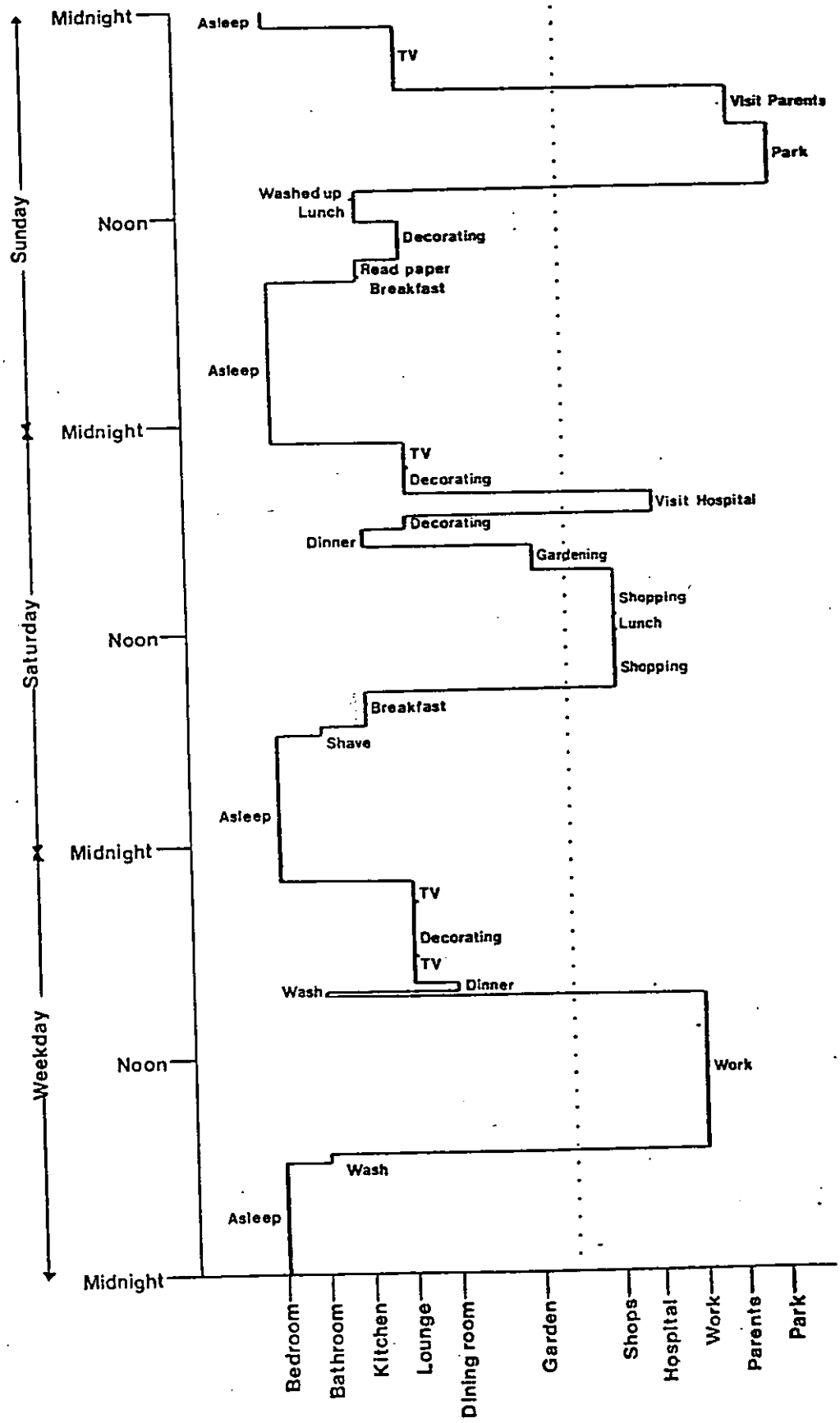
Home-based activity was focussed very much in the lounge. It was the location of all eight events of decorating and watching television. These two activities, which were defining activities for this life style group, occupied over a fifth of his total time (21 per cent), and some 60 per cent of his leisure time. Clearly, these two activities were important in his daily routine, being the major focus of attention each afternoon and evening. The other defining activity, reading newspapers, was far less prominent, only occurring on one occasion for an hour on Sunday morning.

Thus Person L's routine did not involve a highly fragmented pattern of activities, rather it was centred around two main leisure interests which structured the latter parts of each day. This very much confirmed the earlier finding that life styles amongst men were more closely defined by leisure pursuits. Furthermore, it served to reinforce the established social class predictors of activity associated with manual employment.

The somewhat surprising diversity of the unemployed, was borne out again in this analysis, with the unemployed of both sexes showing a diverse range of single person cluster groups. The only sizeable cluster group to emerge included three unemployed women who shared shopping, indoor cleaning, and washing up in common; as much a product of gender as occupational status.

Subdividing the retired by gender did not illuminate the findings with regard to the leisure-based life styles they displayed as a whole. Both sexes generated predominantly single person cluster groups.

Figure 5.21 Person L



Thus, with the exception of male manual workers, there was no clear pattern of life styles according to gender and occupation. That there was such a distinct relationship between the two with regard to leisure life styles amongst male manual workers highlights two important points. Firstly, leisure activities can be seen to be significant in shaping life styles. Secondly, conventional social profile predictors of behaviour are valid, but to a sharply varying degree both across and within different social profile characteristics.

Analysis by car ownership groups

The fourth social profile group to be investigated was car ownership. Three categories were considered with regard to car ownership, those who did not possess or have access to a car, those with one car, or those with two or more cars. The inclusion of two or more cars was specifically to take into account those households where leisure opportunities would not be restricted as a result of the only car being committed to regular use, particularly for going to work.

As with the other social profile groups, the most striking feature of the cluster analysis on car ownership groups was the range and diversity of life styles across car owners and non-car owners alike. In that respect there was very little difference between the two. However, in terms of the number of major cluster groups of more than two people, there was a quite distinct difference between the three categories (Table 5.10). All three groups produced a diverse range of significant clusters, yet non-car owners generated 3 major groups, single car owners produced 9 such groups, whilst individuals with two or more cars failed to produce any clusters of more than two people.

The most distinctive life styles were formed amongst those with one car. However, for both groups, cluster groups were based on a mixture of leisure and domestic chore activities, as well as purely domestic task activities. In the case of the car owners, two groups were identified solely on the basis of leisure activities, namely watching television, and going to the pub.

In both of these two instances, the individuals comprising these clusters were predominantly male which reinforces the earlier conclusions about the relationship between gender and leisure activities; males revealing more leisure-based life styles. This also reconfirms the results of the aggregate analysis of participation data carried out in the preceding chapter.

Generally, therefore, there was little influence on behaviour patterns as a result of car ownership. The variations that did occur were more closely related to gender differences, although those with cars revealed slightly more leisure-based life styles.

Table 5.10 Formation of Cluster Groups in Analysis by Car Ownership

0 CARS	1 CAR	2 OR MORE CARS
Church	Visits to Friends	
Cooking	Washing Up	
Visits to Friends	Paying Bills	
Cooking	Indoor Cleaning	
Records		
	Shopping	
Cooking	Pub	
	Washing Up	
	Gardening	
	Tea, Coffee	
	Shopping	
	Washing Up	
	Tea, Coffee	
	Television	
	Washing Up	
	Indoor Cleaning	
	Shopping	
	Pub	
	Washing Up	
	Tea, Coffee	
	Pub	
	Television	

* all clusters of >2 people

Analysis by gender within car ownership groups

Examination of car ownership groups again revealed life styles influenced in part by gender. Accordingly, it was considered appropriate to investigate the role played by gender factors within car ownership groups.

Diversity of life styles was again the main feature of the results, particularly in the case of the households with two or more cars. For this category, the analysis generated solely single person clusters for both men and women, although it must be noted that in both cases sample size was fairly small (N_{male}=27, N_{female}=37).

For the other two categories, a number of important differences did exist between the sexes. As with the earlier analyses, the male subgroups generated a greater proportion of significant cluster groups of only one person (Table 5.11). Thus women, both car owners and non-car owners alike, tended to display more distinctive life styles that embraced a sizeable number of people.

Generally, these distinctive life styles amongst women were described according to domestic chore activities, such as cooking, shopping, and indoor cleaning. The life styles of the male subgroups tended to reveal a greater leisure aspect through activities including car maintenance, gardening, watching television, and trips to the pub. The greater orientation towards leisure-related life styles for men was totally in keeping with the results of previous analyses.

However, there were somewhat unexpected differences between car owners and non-car owners. It is generally accepted that car owners are more predisposed towards leisure pursuits than non-car owners. The increased personal mobility afforded by car ownership is assumed to permit access to a greater range of opportunities for leisure.

Contrary to this widely held assumption, the current analysis revealed a pattern showing more leisure-based life styles amongst non-car owners (Table 5.11). This is also contrary to the pattern shown by the analysis on car ownership groups as a whole. The indication therefore is that gender again played an important role in distinguishing leisure life styles. However, whilst not producing any purely leisure defined life style groups, three of the four main clusters amongst female non-car owners did involve an element of leisure in their formation.

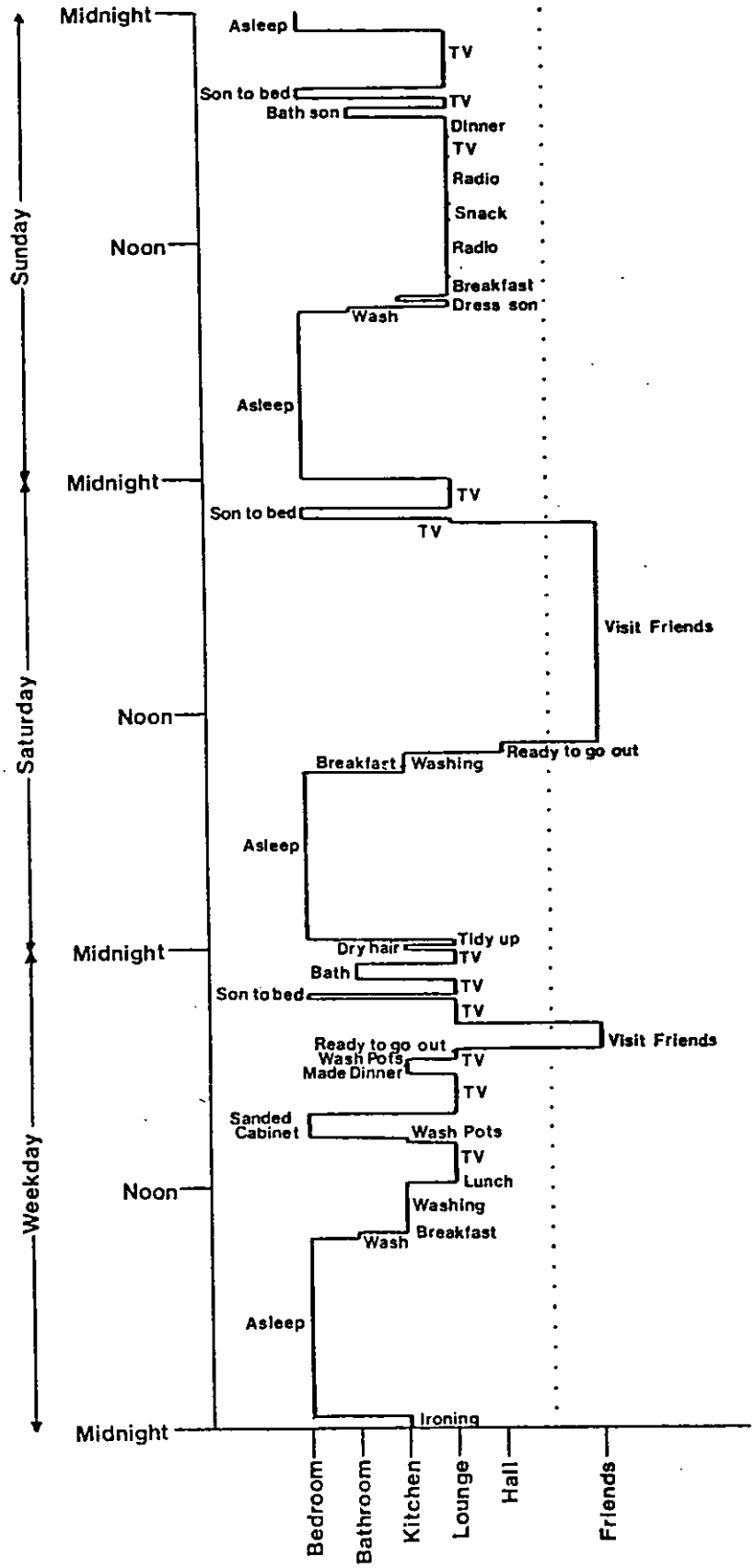
Person M is a young housewife and mother, aged between 20 and 24 with no access to a car. The time-space biography of her life style is shown in Figure 5.22. Out of home activity was conspicuously rare, being comprised of just two visits to friends. One of those visits, however, did

Table 5.11 Formation of Cluster Groups in Analysis of Car Ownership by Gender

0 CARS - MALE	0 CARS - FEMALE
Pub Television Tea, Coffee	Cooking Resting, Relaxing Television
Pub Television	Shopping Cooking Entertaining Friends
Cooking Gardening	Cooking Television
Cooking	Shopping Cooking
1 CAR - MALE	**1 CAR - FEMALE**
Shopping Washing Up Car Maintenance	Shopping Cooking Laundry Tea, Coffee
Cooking Washing Up	Cooking Indoor Cleaning
Cooking	Tea, Coffee
Washing Up	Cooking Indoor Cleaning
(None)	Cooking Tea, Coffee

* all clusters of >2 people

Figure 5.22 Person M



occupy the most of Saturday and was spent in the company of her husband and son. Significantly both these trips were made by bicycle, the distance away from home being less than 5 miles. This confirmed the general assumption that not having access to a car severely restricts out of home activity.

It is also generally assumed that non-car ownership constrains leisure opportunities, but this was manifestly not the case for Person M. She spent almost half (45 per cent) of her time engaged in leisure pursuits, which was far greater than the group average of 29 per cent. She was also overrepresented amongst the group in terms of duties, 11 per cent of her total time as opposed to 7 per cent for the group as a whole.

This was reflected in the pattern of her behaviour which was very strongly home-based. Her general behaviour was fragmented in time but not in space. Most activity occurred in the lounge, but although she spent long periods of time in the one room, she changed activity often, sometimes returning to the previous activity (see Sunday on Figure 5.22).

The leisure focus of her life style was exemplified by the activities she did in the lounge. These included watching television, listening to the radio, as well as housework, and eating meals. Watching television was, by far, the single most important activity in her routine. She recorded some 11 separate events, which accounted for 13 hours of her time, some 40 per cent of all her leisure time. The other defining activity of the cluster group, cooking, was far less prominent. She only mentioned it on four occasions, in total accounting for only $1^3/_4$ hours.

Thus, Person M was typical of the stereotype non-car owner with respect to the location of her activity, only venturing out of the home on two occasions. However, she was not underrepresented in leisure activity, spending a great deal of her home-based time participating in leisure activities, particularly watching television.

Thus the main leisure activities of these clusters amongst women included watching television, and entertaining friends at home, which are perhaps more widespread generally than the distinctive life style activities amongst the men, which included gardening and trips to the pub, as well as watching television.

Thus, somewhat surprisingly, the life styles of women revealed strong aspects of leisure behaviour, although not as marked as those of men. Furthermore, the life styles of non-car owners, of both sexes, were more clearly defined according to leisure activities than those of car owners.

Analysis by household type

The fifth and final social group division to be considered in the cluster analysis was that of household type. With the emphasis of data collection being on the total package of leisure activities, including home-based leisure, the household was clearly one of the most significant social milieux for leisure behaviour, and hence warranted particular attention. Four categories were adopted, as with the previous analyses of household type in this thesis; single persons, single parent families, married couples, and couples with dependent children.

Again, the initial feature of the resultant pattern of cluster groups was the diversity of life styles; a large number of significantly different groups being produced for each household type. There was a marked difference between subgroups in terms of the number of sizeable cluster groups (Table 5.12). Single people and single parents each only generated one life style group of more than two people. However, their respective sample sizes were low. Nonetheless, single parent families are often considered as a homogeneous group in much the same way as the unemployed, yet 23 individuals were divided into 21 significantly different cluster groups. This reinforces the need for caution in interpreting or predicting the behaviour of groups constructed on the basis of social profile characteristics.

With much larger sample sizes, the other two subgroups generated considerably more cluster groups, and also far more groups of more than two people (Table 5.12). Nevertheless, a diversity of life styles was still the prominent feature of both groups, with over 50 per cent of individuals falling into single person cluster groups in both cases.

The major discriminating activities in cluster formation were, once again, domestic tasks such as shopping, and cooking, although a number of leisure activities also figured prominently in cluster formation. This was particularly the case amongst married couples, who, as expected, revealed more leisure-oriented life styles than couples with dependent children. Without the constraints of looking after children, it would be expected that married childless couples would have more opportunities for leisure, and this was corroborated by the pattern of life styles that emerged.

In all, four major life styles, based purely on leisure-related activities were identified (Table 5.12). These activities included reading books, listening to the radio, entertainments both at home and at friends' houses, and drinks of tea and coffee.

One interesting feature of these groups concerns their gender composition. All the previous analyses have produced a fairly strong relationship between leisure and gender, whereby men have been much more leisure-oriented in their life styles. However, in the case of these four

Table 5.12 Formation of Cluster Groups in Analysis of Household Type

SINGLE PERSONS	SINGLE PARENT FAMILIES
Indoor Cleaning	Shopping Visits to Friends Indoor Cleaning
MARRIED COUPLES	**COUPLES WITH CHILDREN**
Shopping Pub Cooking Washing Up	Shopping Ironing Visits to Friends Television
Visits to Friends Tea, Coffee Reading Books	Shopping Pub Cooking
Cooking Washing Up	Shopping Cooking Indoor Cleaning
Laundry Ironing Tea, Coffee	Visits to Friends
Radio	Shopping Cooking Tea, Coffee
Shopping Pub Cooking	Shopping Cooking Indoor Cleaning
Cooking	Shopping Cooking
Entertaining Friends at Home	
Reading Books	
(None)	

* all clusters of >2 people

leisure-based life styles amongst married couples, two of the groups are predominantly female. This is quite significant as, hitherto, life styles groups have been tentatively defined according to leisure activities yet always influenced by gender factors. These groups are examples of life styles defined solely by leisure activities.

In order to illustrate the life styles of individuals from a married couple, it is appropriate to consider both partners as shown in Figure 5.23. Person N is aged between 25 and 29 and is a full-time housewife, whilst her husband, Person O, is aged between 30 and 44 and works in a managerial occupation.

This couple provide an interesting example of a married couple who have been grouped together in a cluster group on the basis of their behaviour patterns, in this case the common shared activity of reading books.

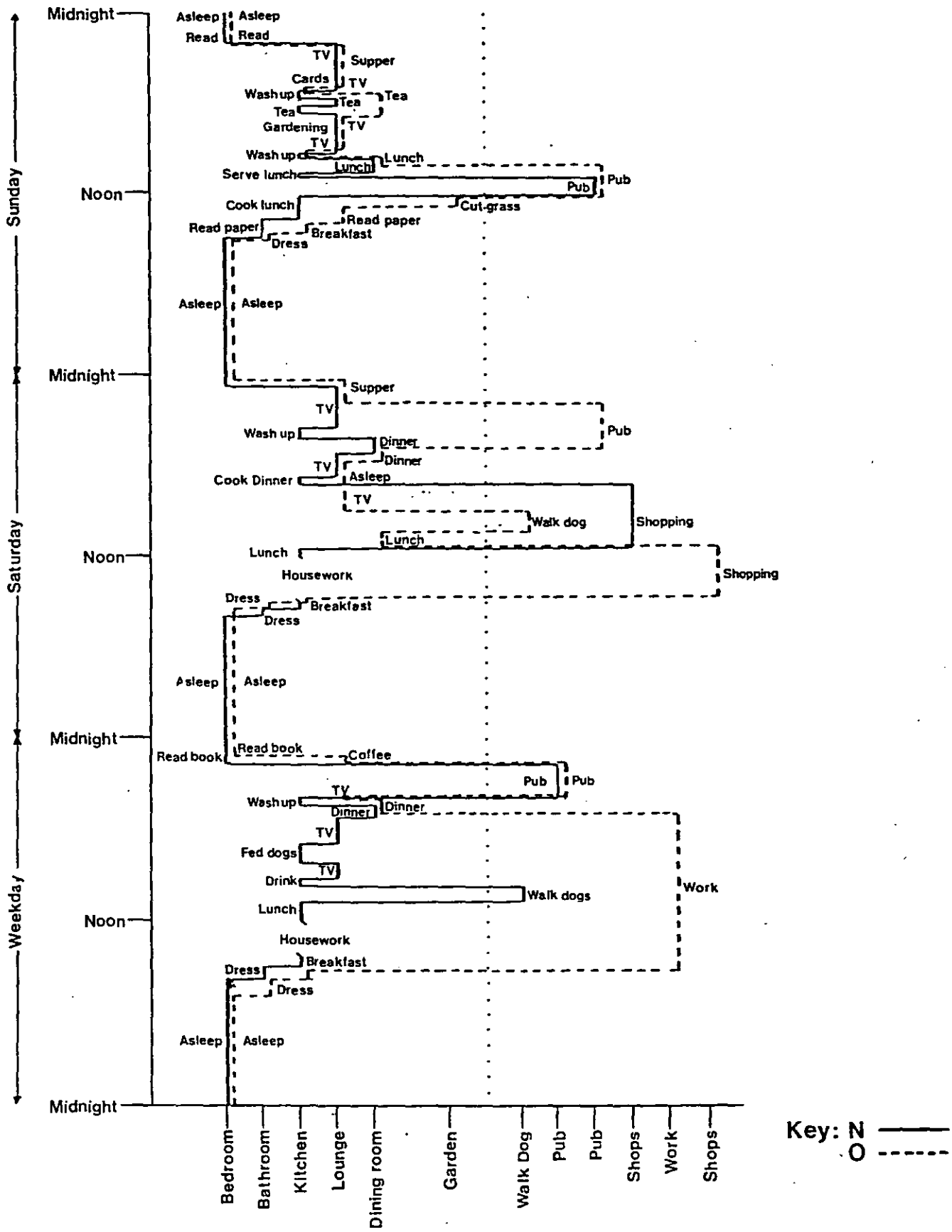
At first glance, the biographies depicted in the time-space diagram in Figure 5.23 suggest that this couple lead quite separate life styles. Much of their activity would appear to be done separately from each other. For example, on the weekday, their paths do not cross much, although this is not particularly surprising as the husband goes out to work during the day. However, on Saturday, they hardly carried out any joint activities, apart from sleeping and eating. Their behaviour on Sunday proved to be rather more in tandem, as they spent much more of their time together.

It was perhaps significant that their joint activities, other than sleeping and eating, tended to be leisure pursuits. These included watching television, reading books, and going to the pub. They both spent about a third of their time (28 and 29 per cent respectively) on leisure pursuits. However, their representation in duties differed quite markedly. Person N, spent some 23 per cent of her time carrying out household chores, as opposed to only 10 per cent by her husband. This was reflected in the time-space diagram which showed frequent departures from the lounge into the kitchen to undertake chores while her husband remained in the lounge (see Sunday on Figure 5.23).

Their main leisure pursuits were the same; reading books, watching television, and going to the pub. Reading books, which was the common defining activity of this group, was only recorded on two separate occasions by each of them, both prior to going to sleep at night, and only for short duration.

It is interesting therefore to note that this couple were grouped together on the basis of their behaviour, yet reading books, which was the one discriminating activity, was relatively unimportant. The remainder of their life styles revealed busy patterns of behaviour, both in home

Figure 5.23 Persons N and O



and out, with their interactions in space and time being for either personal care or leisure activities. Thus, this couple displayed similar life styles in terms of their leisure pursuits, thereby confirming the hypothesis that people can be grouped together on the basis of their leisure behaviour.

Analysis by gender within household type

The final level of analysis concerning social group divisions entailed the subdivision of household type groups by gender. In the case of single persons and single parent families, sample sizes were very small and rendered analysis almost fruitless. However, diversity of life styles, as reflected by the number of significantly different cluster groups, was again the principle finding. The two major clusters to be produced were both defined according to domestic chore activities (Table 5.13).

The differences between married couples without children and those with children were again apparent. The presence of children in the household was reflected in the defining activities of the life style groups, where duties and chores such as cooking, laundry, and shopping were all prominent.

As Table 5.13 shows, the life style groups of married couples without children were much more leisure-oriented. Division into gender groups also reaffirmed the relationship between gender and leisure, with more leisure-based life styles amongst men than amongst women.

Thus, taking into account the low sample sizes involved with two of the categories, it can be seen that there was a relationship between household type and life style formation. Married couples without children had the most distinctive life styles based on leisure-related activities.

Gender was again an influential factor in associating men and leisure activities, although in the case of married couples, it was clear that leisure activity itself, rather than gender, played an important role in defining life style groups.

Table 5.13 Formation of Cluster Groups in Analysis of Household Type by Gender

SINGLE PERSON - MALE	SINGLE PERSON - FEMALE
Indoor Cleaning	
SINGLE PARENT - MALE	**SINGLE PARENT - FEMALE**
	Shopping Indoor Cleaning
MARRIED COUPLES - MALE	**MARRIED COUPLES - FEMALE**
Visits to Friends Washing Up Television Washing Up Reading Books	Shopping Indoor Cleaning Gardening Reading Books Indoor Cleaning (None)
COUPLES WITH CHILDREN - MALE	**COUPLES WITH CHILDREN - FEMALE**
Washing Up (None)	Shopping Cooking Laundry Cooking Laundry Reading Newspapers Entertaining Friends at Home Cooking Laundry Shopping Cooking Cooking

* all clusters of > 2 people

Summary

This chapter then, examines the application of cluster analysis techniques to participation data, to see whether or not life style groups could be identified on the basis of activity packages, and whether or not such groups confirmed social profile variables as accurate predictors of leisure activity. Furthermore, by using the techniques of time-geography, it also examines the particular behaviour patterns of individuals within these life style groups.

There are a number of important issues to be borne in mind when considering the results and their implications. Firstly, the clustering technique grouped together people on the basis of similarities in their patterns of behaviour. However, a life style cluster defined by one or more leisure activities need not contain individuals whose life styles are dominated by leisure. For example, a person may be in a life style group defined by gardening, which he regards as leisure, but some 90 per cent of his time might be chores or work. Thus it is not always valid to comment on the "leisured" life style of an individual in a cluster group defined on leisure activities.

A second point to note regarding the identification of life styles concerns the way in which they were formed. Cluster groups were formed on the basis of the quantity of participation. In other words, the basis for the analysis was whether or not a person participated in a given activity. In the case of the biographies, quantity was again prominent, as the amount of participation was of interest. However, this does not tell us anything about the quality of experience, which is undoubtedly an integral part of the life style. For example, there is no way of knowing from the present data whether or not 5 minutes gardening is more or less enjoyable than 2 hours beer drinking in the pub. Yet, the quality of the leisure experience may be crucial to the identification of people's life styles. A final consideration in discussing the limitations of the analysis is that, in reality, profile variables are all interrelated. Accordingly, it would have been better to have related the cluster analysis techniques, not to age, sex, and occupation in turn, but to composite social groups. Unfortunately, limits of sample size and computing capacity make a mutivariate profile analysis very difficult. The ACORN (A Classification Of Residential Neighbourhoods) classification is an example of a multivariate technique of classification, which has been shown to be a useful life style discriminator with regard to participation in sports activities (Shaw, 1984). However, ACORN was set up to classify neighbourhood types and summarise the diversity in recreational environments, not as a means of analysing recreational variations. Nonetheless, it points to the potential significance of the holistic life style concept, realising that there are a great many interrelated factors involved in participation in leisure activities.

Despite the limitations outlined above, there were nevertheless a number of important results to emerge from this stage of the cluster and biographical analysis. The first point to note was the sheer number of significantly different cluster groups. For example, to extract 100 such groups from the initial sample of 457 individuals implies a very diverse and complicated pattern of life styles.

Secondly, the initial analysis of all individuals and all activities, strongly confirmed gender as a social profile predictor of behaviour, as all the major cluster groups were formed on the basis of gender-related activities.

However, the picture was more complicated, as differences existed within gender groups. At the initial level of analysis life style groups formed primarily according to sex, were also distorted by age and life cycle factors, particularly having children in the household. Again, this reconfirmed the merits of social profile analysis, whilst recognising the complexity of life styles.

Thirdly, having identified the role of gender in shaping activity patterns, subsequent analyses considered each of the main social profile variables in turn, and controlled for gender within each of them. The recurrent theme throughout was that leisure-based life styles could be identified, although more clearly and more frequently amongst men rather than women. Age, occupational status, and car ownership did not appear to have any significant effect on defining life style groups. Household type was more prevalent, in as much as individuals from households with children often displayed distinctly different life styles to those from households without children.

Leisure life styles could be identified which cut across social profile divisions; activities such as gardening, watching television, reading books, and visiting friends and relatives all bringing together individuals from different social groups. These leisure life styles were complicated, and not only did they vary from one group to another, but also from individual to individual within the group.

Grouping together individuals on the basis of social profiles implies a level of homogeneity between members that did not always exist, and groups can often be better identified by activity types. The next chapter will therefore focus on the cluster analysis of individuals within activity types, rather than within social profile groups.

CHAPTER 6 LIFE STYLES AND LEISURE ACTIVITIES

Introduction

The previous chapter introduced the complementary techniques of cluster analysis and biographical analysis to identify life style characteristics based on people's behaviour. The clustering technique focussed attention on aggregates, whilst the biographical technique considered individuals. This new approach was developed to see whether or not life styles could be defined by activities, in particular leisure activities, either at the level of social aggregates or individuals.

The initial analysis of the whole sample generated 100 significantly different cluster groups, implying a very diverse and complicated pattern of life styles. This diversity was again evident in subsequent analyses of the whole sample using a restricted range of activities. Nevertheless, a number of sizeable clusters, or life styles, did emerge. These clusters, based on people's behaviour, confirmed that it was possible to identify life style groups according to activity patterns.

Previous participation surveys have demonstrated the relationship between leisure participation and social profile variables. Accordingly certain profile groups have been positively linked to likely participation in leisure pursuits, others to non-participation. It is widely recognised that those most likely to engage in leisure activities are young and male, in non-manual employment, in the higher income groups, and car owners (Sillitoe, op.cit., Rodgers, 1977).

The influence of gender was confirmed by the initial analysis. All the major life style groups were formed on the basis of gender-related activities. Age and life cycle factors were of slightly less significance, although they were influential in highlighting differences within genders. Meanwhile car ownership appeared to have no impact on leisure patterns.

Each of five social profile variables was analysed in turn, and although there were some differnces, the recurrent theme was one of consistency and similarity. Leisure based life styles were identified regardless of social profile variation. However, it must be stressed that gender was important. Leisure life styles were more clearly and frequently defined amongst men than women.

Cluster analysis indicated that individuals from different social groups were "linked together" on the basis of a shared participation in leisure activities. However, biographical analysis of individuals within these life style groups revealed certain differences. Despite being grouped together on

the basis of a common package of activities, individuals nonetheless revealed different life styles. Differences concerned the scale of participation, the sequencing of events, as well as differing perceptions of the nature of their participation in particular activities.

Thus, the analysis so far has indicated that leisure life styles can be identified. Furthermore, they cut across social profile divisions, thereby compromising the established notions of social profiles as predictors of leisure behaviour. Leisure life styles were not simply defined. They were complicated and diverse, and varied both between groups, and between individuals within groups.

It is insufficient, however, to conclude that complicated leisure life styles exist, without considering the logical progression that the social profile analysis has suggested, namely analysis by activity types. The results generated by the analysis so far have pointed to people's life styles being more complicated than has commonly been assumed. This chapter therefore, will focus attention on the analysis of individuals' life styles within activity types rather than social groups.

Activity Groups

Some fourteen activities were selected for this next stage of the analysis, each being activities that were regarded by most participants as leisure (Table 6.1). An additional 'activity' was included to make the total fifteen. As television viewers encompassed such a large proportion of the sample (94 per cent), it was considered appropriate to examine "non-viewers" of television, who it might be supposed led a distinctive life style.

There were eight home-based activities: entertaining friends at home; gardening; not watching television; listening to the radio or records; reading books; reading newspapers; watching television; and watching videos. The seven out of home activities were going to church; going to the pub; playing sports; visits to the theatre or cinema; visits to the countryside, towns, and places of interest; visits to friends and relatives; and going for a walk.

These activities were selected primarily on the grounds of being the most frequently recorded leisure pursuits over the three day diary period. Other leisure activities with a very low frequency of events were excluded on the grounds of statistical reliability, though, ideally, it would have been important to include them. In the case of four of the activity types, two or more separate activities were combined, both to increase sample size and to combine activities of an apparently similar nature. Thus, individual sports, team sports, racquet sports, and water sports were grouped together. Similarly, going to the cinema with going to the theatre. Visits to the countryside were

Table 6.1 Activity Types

HOME BASED	OUT OF HOME
Entertaining at home	Church
Gardening	Pub
Non-viewing of Television	Sports
Radio and Records	Theatre and Cinema
Reading Books	Visits to Towns, Countryside, Places of Interest
Reading Newspapers	Visits to Friends and/or Relatives
Watching Television	Walking
Watching Videos	

grouped with visits to towns, and to places of interest. Finally, within the home, listening to the radio was bracketed with listening to records.

One other activity warrants particular mention, namely going to church. Although perhaps not always considered as a leisure activity, it was regularly reported as such by diarists, and it was considered appropriate to examine the church-goers as a particular group as they might lead a distinctive life style.

As a result, the fifteen activities were considered in turn in the same way as the social profile variables had been in the previous stage of the analysis (Chapter 5).

Home-based activities

Analysis of individuals entertaining friends at home

The first activity-based analysis to be considered concerned those individuals who entertained friends and relatives. Some 99 diarists recorded such an event on at least one occasion. The social profile characteristics of this group are depicted in Figure 6.1.

The number of significantly different cluster groups generated by the analysis demonstrated the diversity in individuals' life styles. Some 50 clusters were produced, only five of which contained more than two individuals (Figure 6.2). These five groups accounted for just over half the sample (51 per cent). Forty-one out of the fifty clusters contained only one person.

Initial subdivision of the sample was based on praying at home, although only one person actually recorded an event of praying. Subsequent divisions revealed a strong leisure content (Table 6.2). Of the five main cluster groups identified, four were formed solely on the basis of leisure pursuits, the other being defined according to household duties. The leisure discriminators included going to the pub, watching television, walking the dog, and occasions of talking or chatting informally.

Closer examination of the individuals comprising these five groups revealed some interesting contrasts. The previous analyses had demonstrated the stong links between gender and leisure pursuits, with men more closely associated with leisure-defined life styles than women. However, of the four life style groups defined on the basis of leisure activities, not one was dominated by men.

Key to all diagrams showing social profile characteristics.

(Figures 6.1; 6.5; 6.9; 6.10; 6.13; 6.18; 6.22; 6.26; 6.29; 6.31; 6.36; 6.39; 6.40; 6.41; 6.46)

Scale of the y axis is shown in number of diarists.

Top left - Gender

M - male F - female

Top right - Age

Groups as indicated;

12-15, 16-19, 20-24, 25-29,
30-44, 45-50, 51-59, 60+

Centre - Occupation

MU - manual unskilled MSS - manual semiskilled

MS - manual skilled

NMC - non-manual clerical

NMM - non-manual managerial

NMP - non-manual professional

UN - unemployed SCH - school

FE - further education

RET - retired

HSE - housewife PT - part-time

Bottom left - Car Ownership

As indicated;

0cars, 1 car, 2+ cars

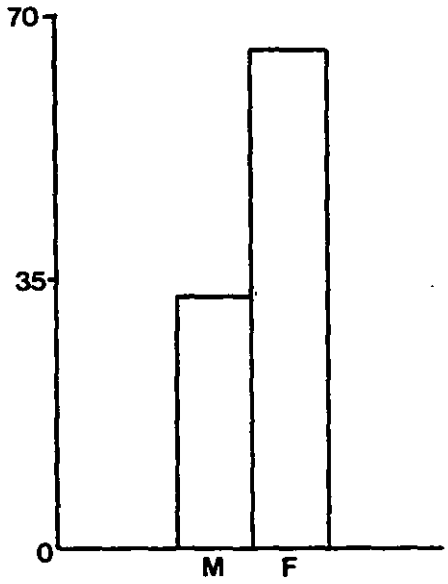
Bottom right - Household Type

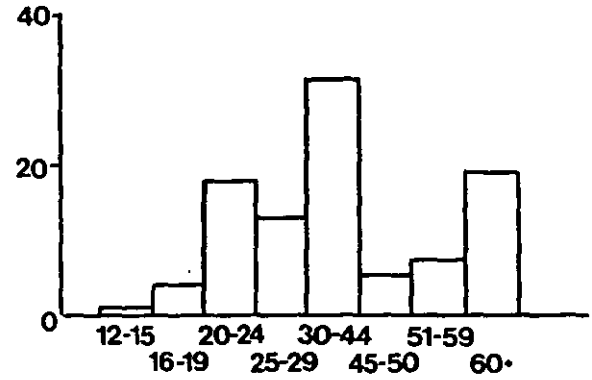
SP - single person SPF - single parent family

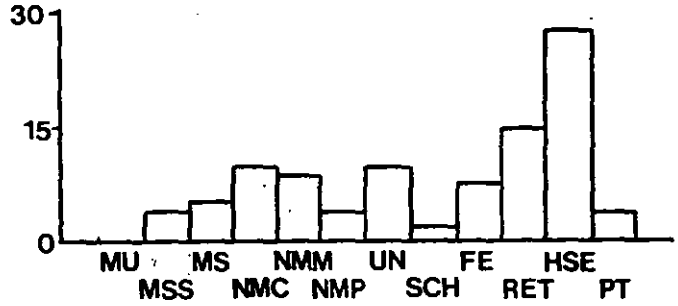
MC - married couple CC - couple with children

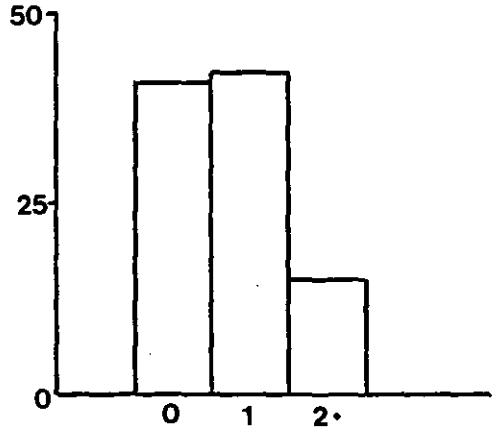
O - other

Figure 6.1 Social composition : Entertaining at home









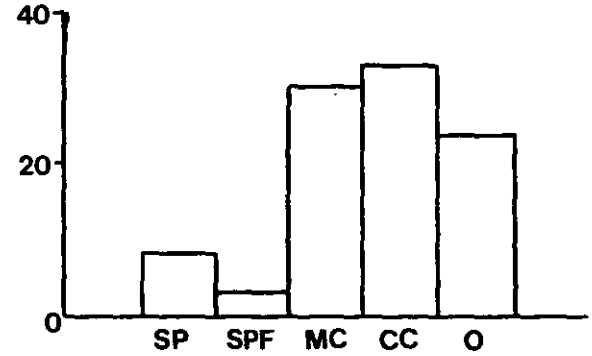


Figure 6.2 Distribution of clusters : Entertaining at home

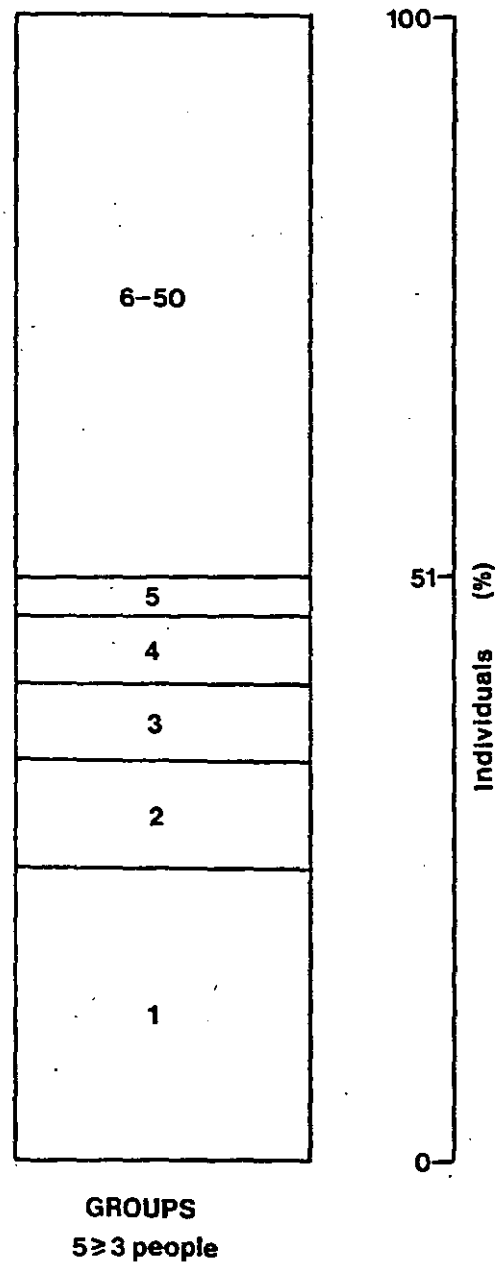


Table 6.2 Formation of Cluster Groups in Analysis of those Individuals Entertaining at Home

Pub Television	Walk Dog Chatting	Television	Chatting	Washing Up Ironing
7	3	25	9	6

* Numbers refer to number of individuals in each cluster group.

Table 6.3 Formation of Cluster Groups in Analysis of Gardeners

Car Maintenance Resting/relaxing	Pub Indoor Cleaning	Car Maintenance	Indoor Cleaning	(None)
3	6	6	11	20

For example, the cluster formed solely on watching television was two-thirds female in composition. Similarly, the group defined by chatting was also made up predominantly of women. Both these clusters comprised individuals from a wide range of social backgrounds.

This was especially true of the cluster group defined by going to the pub and watching television. Split between the sexes and covering a wide age range, this group also encompassed a range of occupational types, and a range of household types. Thus, a strong leisure life style was identified cutting across conventional social profile divisions.

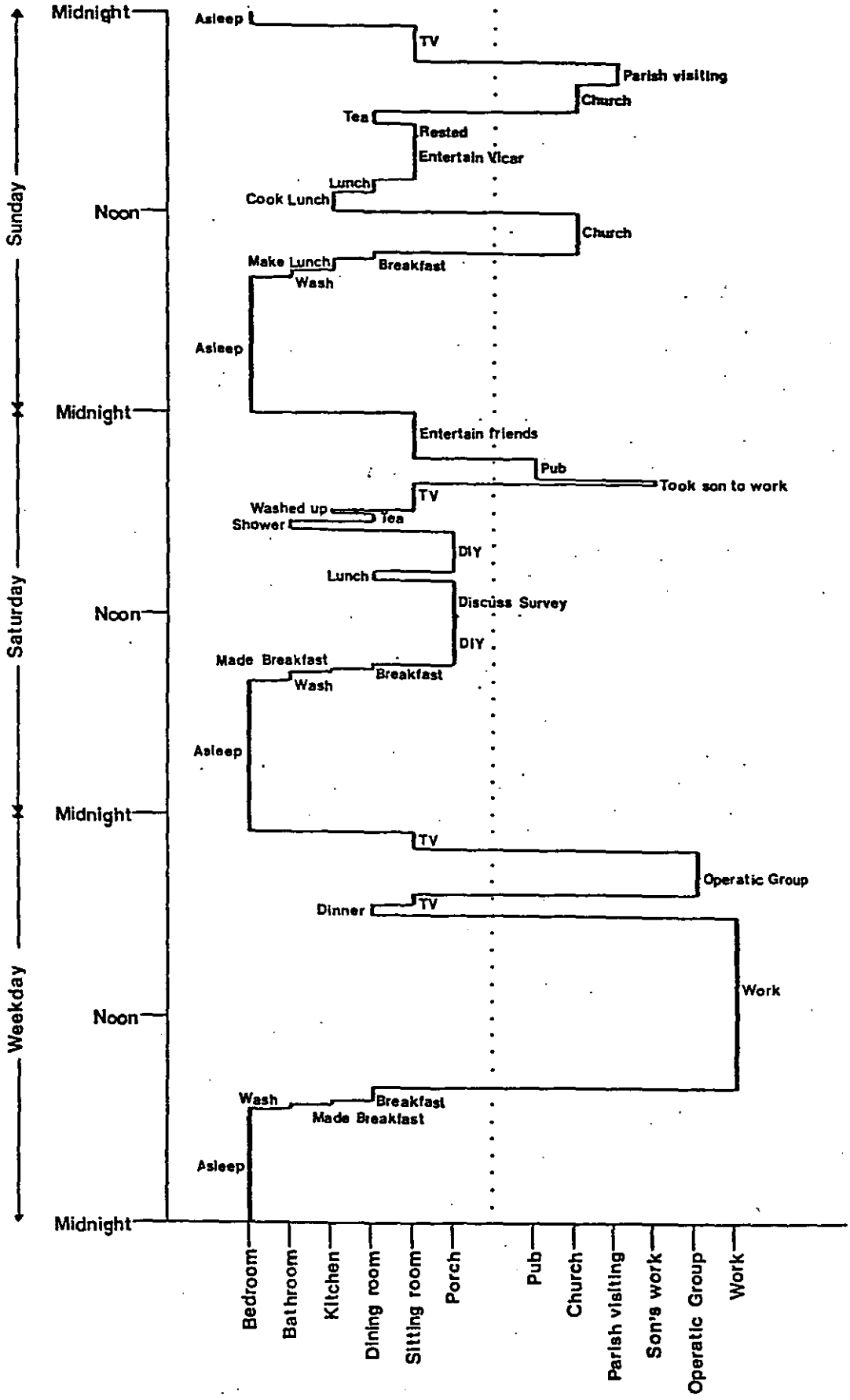
By contrast, the other cluster group defined by domestic chores confirmed social group predictors, particularly those of gender and life cycle. The group was comprised solely of women, most of whom were young mothers and either unemployed or full-time housewives.

A shift in focus towards the individual, provides a qualitative illustration of the life style characteristics of a particular group. As indicated above, people entertaining their friends at home tended to pursue life styles defined mainly by leisure activities. Perhaps the most distinctive of these was the cluster group based on trips to the pub and watching television.

This cluster covered a wide range of social backgrounds, however Person AA may be taken as illustrative of the group, being male, aged 45-50 years, and working in non-manual employment (Figure 6.3). The diagram shows a reasonably busy routine in terms of the fragmentation of space and time. Closer examination of the detail of his activities revealed the emphasis of his leisure pursuits. Almost a third of his time (31 per cent) was spent undertaking leisure activities, compared with an average of 34 per cent for the subgroup as a whole. However, Person AA's representation in duty or chore events was much lower than average, only 2 per cent compared with the subgroup figure of 16 per cent.

The main leisure activities recorded by Person AA included going to the pub, watching television, taking part in an operatic group, and, of course, entertaining friends at home. The two discriminating activities for the subgroup, going to the pub and watching television, only accounted for some 26 per cent of his leisure time, compared with a group average of nearer 40 per cent. Entertaining friends accounted for a further 27 per cent, therefore almost half of his leisure time was spent in activities other than those on which the cluster group was defined. Apart from the operatic group on the weekday evening, the remainder of his leisure time was given over to D.I.Y. on the Saturday. Another significant theme in his life style, apart from the leisure pursuits, was his commitment to the church. This was particularly time consuming on the Sunday. In addition to two visits to church, he also spent the afternoon with his wife entertaining the vicar, and in the evening he went visiting in the parish after the church service.

Figure 6.3 Person AA



Accordingly, although leading a life style that revealed considerable leisure activity, his everyday routine indicated distinctive themes. The weekday was dominated by work, yet in the evening there was both home based and out of home leisure. On the Saturday, paid employment was replaced by D.I.Y. at home, with the evening again a mixture of home and out of home leisure activity. Finally, Sunday was very much a day of rest and religion, with going to church and church-related activities dominating the life style.

By way of contrast, it is worth considering another individual from the same cluster group, to indicate the variety exhibited even within the same life style. Person BB, the wife of Person AA, was also aged between 45 and 50 years and worked in a clerical job (Figure 6.4). (They are depicted separately, as the intention is to highlight them as individuals, rather than as a couple).

The diagram shows a fairly busy routine, where a considerable amount of time was spent away from home. Apart from work, this was mainly in the form of a large number of visits or trips of fairly short duration.

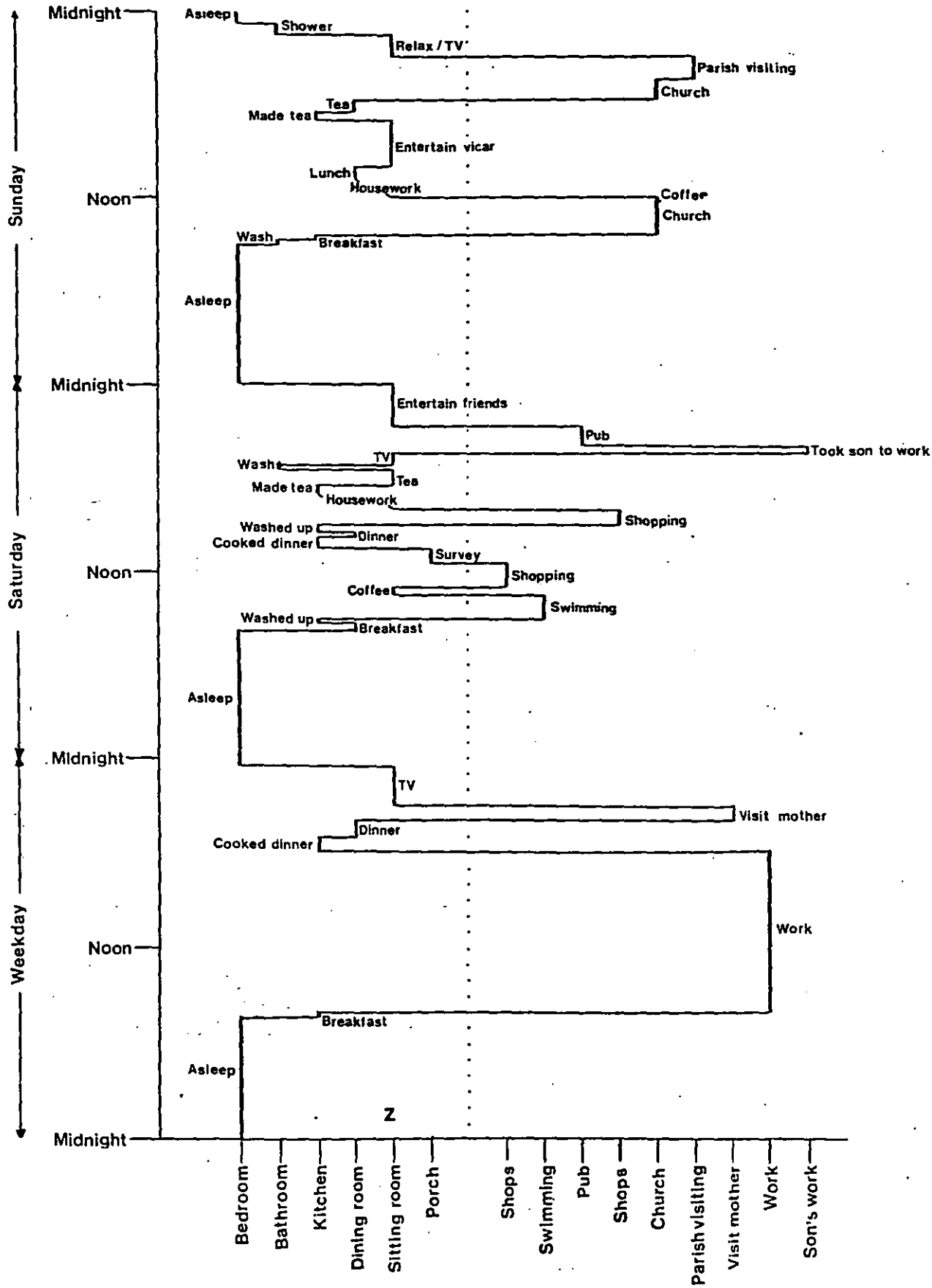
Only one-fifth of her time was given over to leisure pursuits, whereas almost a third (28 per cent) was spent carrying out chores and duties. This reflected an overrepresentation in household chores compared with the rest of the cluster group, and a corresponding underrepresentation in leisure activities.

Her main leisure pursuits included going to the pub, watching television, and entertaining friends. Together, these three activities accounted for some 82 per cent of all her leisure time. Thus, it was interesting to contrast her with Person AA in this respect; the three discriminating activities of this cluster group were far more significant in her life style than that of her husband.

The pattern of her day was similar to that of her husband, although differing slightly in content. The weekday was dominated by work, with leisure at night as well as a duty-call to her mother when her husband went to his operatic group. Sunday was given over to church-related activities and relaxation. Her routine was again similar to that of her husband on the Saturday, with trips to the shops, and an hour and a half's swim replacing the D.I.Y. that he carried out.

Thus, it can be seen that two people drawn from the same life style group, revealed patterns of behaviour with quite different contents and emphases. Both life styles revealed an element of socially-oriented leisure behaviour, yet the man was much more strongly involved in leisure pursuits than the woman. Furthermore, although both individuals were grouped together on the basis of a few common leisure activities, the importance of these varied considerably. Once again, the man (Person AA) revealed a more diverse leisure life style.

Figure 6.4 Person BB



Thus, people entertaining their friends at home tended to lead life styles defined also by other leisure pursuits. In particular, these other leisure activities tended to be of a strong social nature, in keeping with home entertainments. In addition, these leisure activities were more influential in grouping together individuals than established social profile variables such as age and sex.

Analysis of gardeners

The second major activity type to be considered for analysis was gardening. It must be pointed out that these 'gardeners' differed from the gardening life style group identified in the previous chapter. This sample includes all individuals who recorded an event of gardening, whereas in Chapter 5, the life style group contained only some of those who did gardening, depending on which other activities they also undertook. The social composition of the sample of 'gardeners' is shown in Figure 6.5.

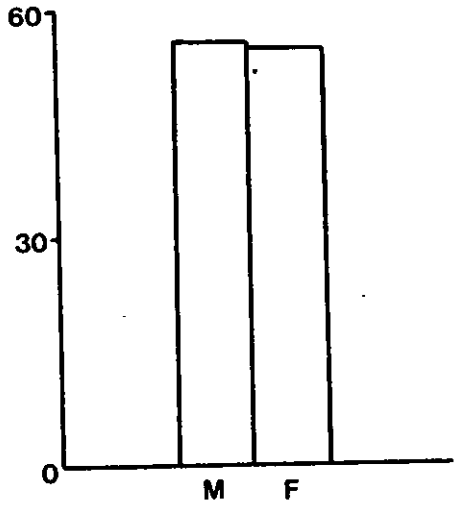
The cluster analysis technique again generated a particularly diverse and complicated pattern of life styles (Figure 6.6). Some seventy significantly different cluster groups were produced from the 112 individuals who had recorded at least one gardening event. Sixty-four of those seventy clusters contained only one person, demonstrating the diversity of life styles. However, five main life style groups were identified, accounting for 41 per cent of the sample (Figure 6.7).

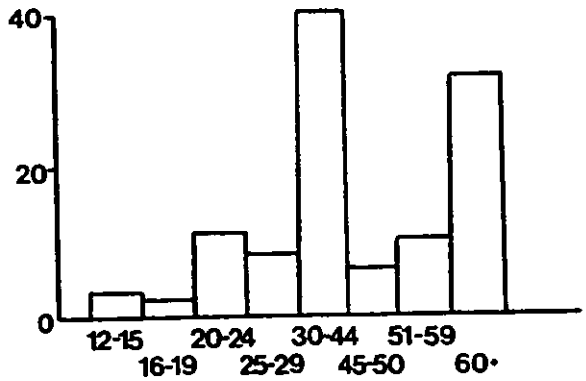
There were a number of important differences between the gardeners and the previous sample of 'home entertainers'. Firstly, fewer life style groups of gardeners were defined according to leisure activities. Going to the pub was the only major leisure pursuit to be included amongst the list of discriminating activities (Table 6.3).

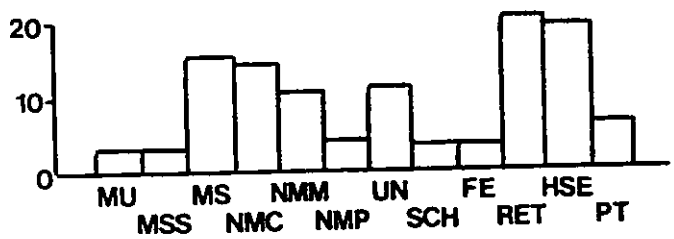
Car maintenance is often assumed to be a leisure activity, yet it was only described by diarists as leisure on 29 per cent of occasions; more often it was perceived as duty. Likewise, resting and relaxing was generally perceived as leisure, although a quarter of all events were described as personal care (Chapter 4). Thus, leisure pursuits were not as strong in determining life style groups amongst the gardeners.

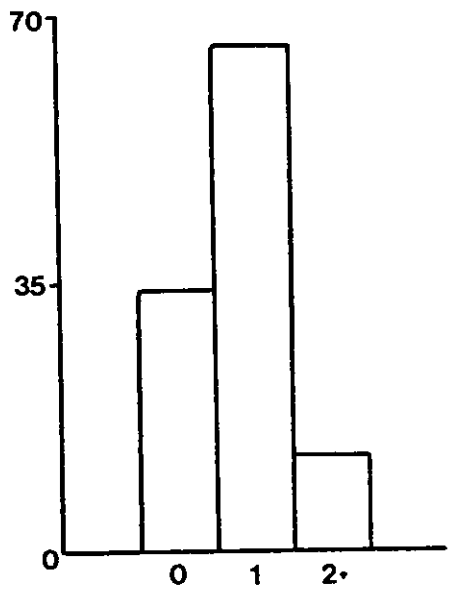
The second main difference between the gardeners and 'home entertainers' concerned the profile characteristics of the members of the life style groups. Whereas the life styles of the 'home entertainers' cut across social profiles, bringing together people from diverse social backgrounds, the life styles of the gardeners revealed more rigid foundations in particular social profile groups.

Figure 6.5 Social composition: Gardening









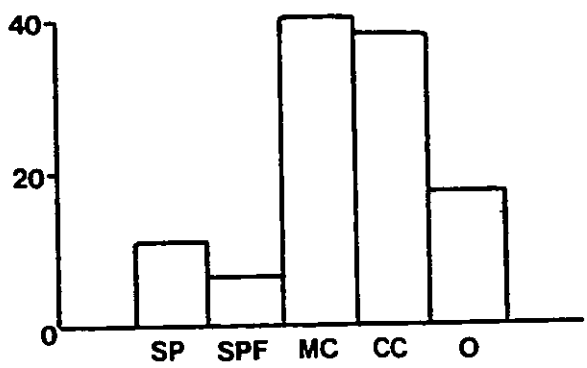


Figure 6.6 Tree Diagram: Gardening

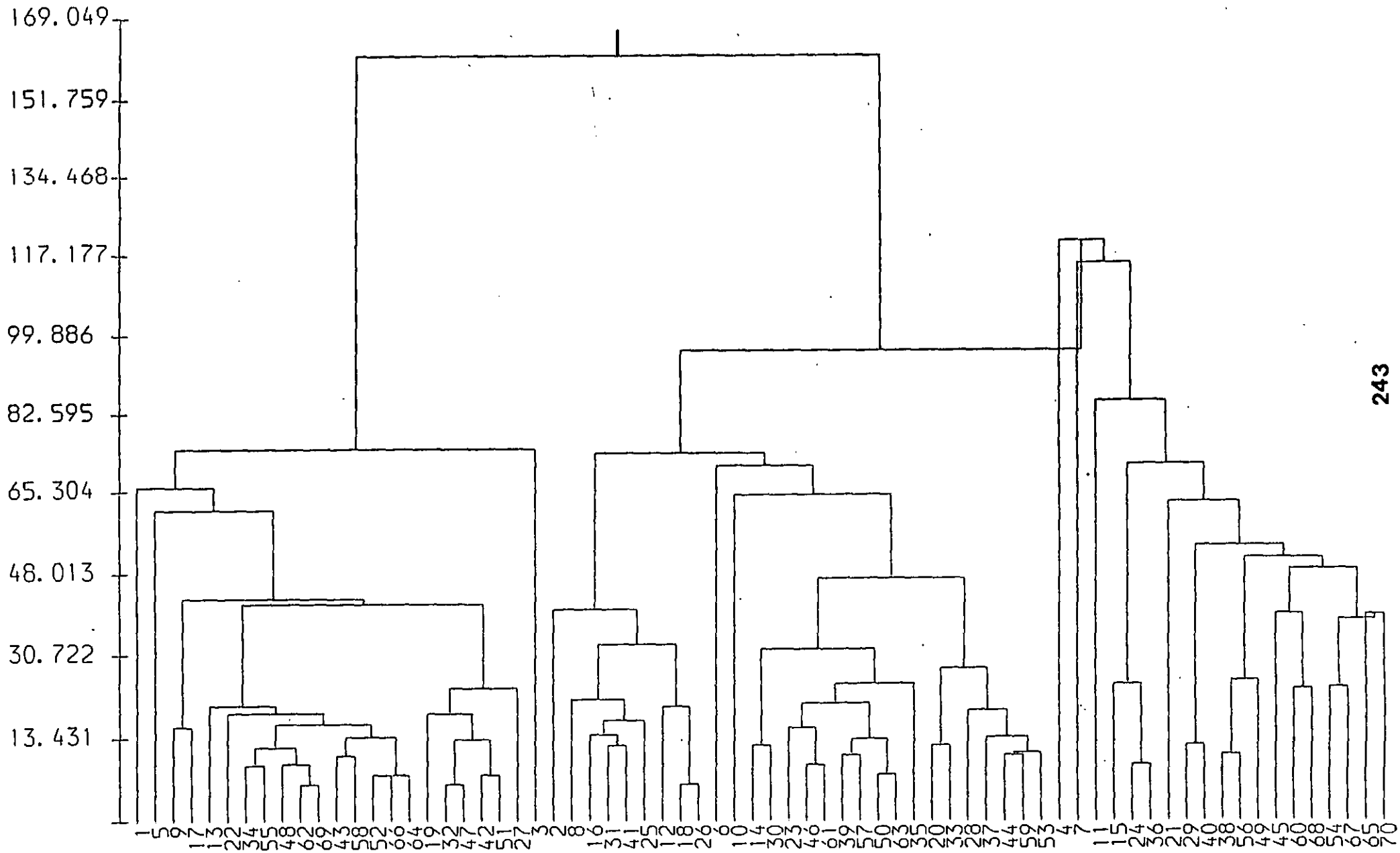
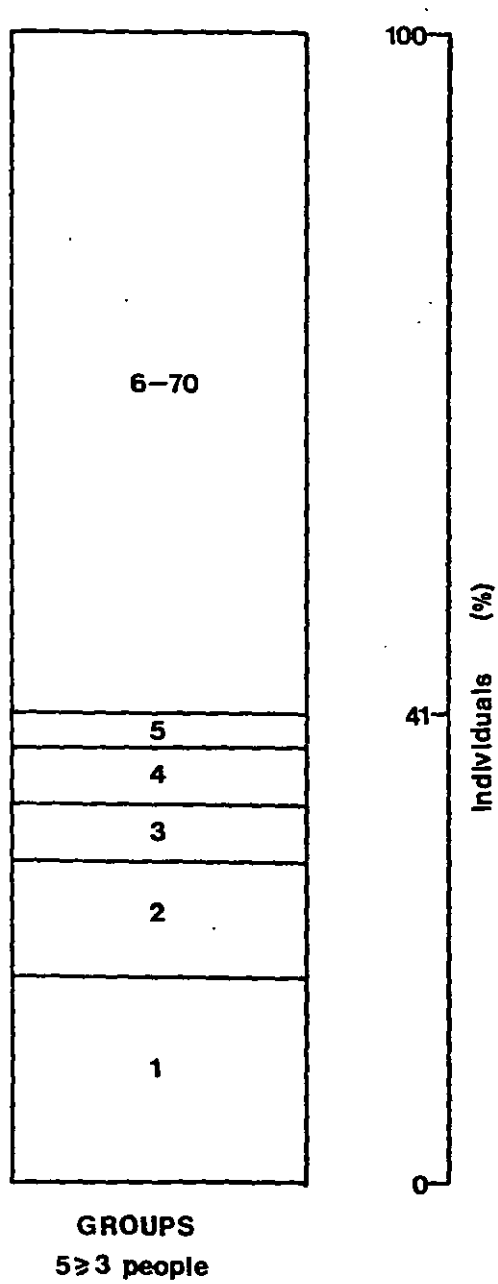


Figure 6.7 Distribution of clusters : Gardening



For example, three of the five groups were comprised of mainly one gender; a surprising exception being the cluster defined according to indoor cleaning which was equally divided between the sexes. Another surprising result concerning gender was that the group sharing pub going as a discriminating activity was mainly female. However, this group was also made up primarily of young middle aged married women with no children. As the gender-based analyses of the previous chapter showed, these women were more likely to engage in out of home leisure pursuits than those with children.

Further confirmation of the strength of social profile factors was the male dominance of the life style group formed solely on car maintenance, an activity commonly considered to be undertaken primarily by men. These two main differences between the gardeners and the 'home entertainers' were not unrelated. Where life style groups were not strongly defined according to leisure activities, social profile variables, particularly gender, seemed to be more influential. This has been a recurrent theme throughout each stage of the analysis. However, leisure life styles generally have been associated with men and members of households without dependent children.

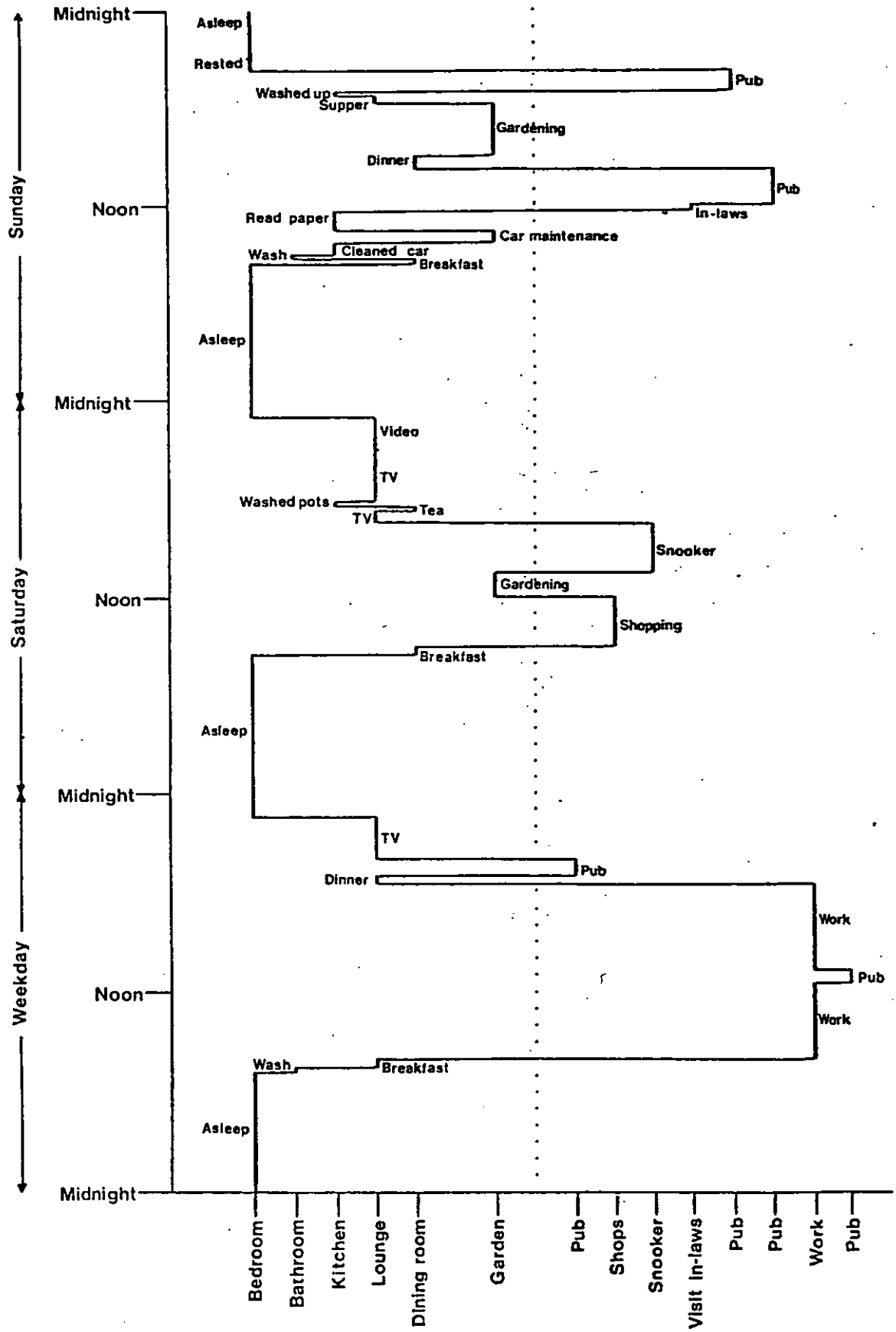
To illustrate the life styles of individual gardeners, it is appropriate to consider an individual drawn from one of these life style groups. Person CC, who was male, aged between 30 and 44 years, and working in part-time employment, was a member of the cluster group described by car maintenance, and resting and relaxing.

Figure 6.8 reveals a life style showing considerable diversity in space use, but little fragmentation of time use. A fairly large proportion of time (30 per cent) was spent away from home, and with the exception of work, this time was all described as leisure. Activities included playing snooker, shopping, visiting the in-laws, and four visits to pubs.

Much home based time was spent in leisure activity, including gardening, watching television, watching videos, and car maintenance. Therefore, it was not surprising that Person CC was overrepresented in leisure pursuits compared with the rest of this cluster group. Some 34 per cent of his time was spent on leisure as opposed to the group average of 28 per cent. This was mirrored by a correspondingly low participation in household chores, only 5 per cent of his time given over to tasks such as washing up.

The two leisure activities on which this cluster was based, car maintenance and resting and relaxing, were not particularly significant in Person CC's routine, accounting for only 9 per cent of all his leisure time. Gardening, however, was much more important, occupying some 20 per cent of his leisure. None of these however, took up as much time as trips to the pub, which accounted for 22 per cent of his leisure time.

Figure 6.8 Person CC



Therefore, it can be seen that Person CC revealed a traditional male life style, dominated by leisure activities, particularly going to the pub. Despite being a married man with a young child, he nonetheless spent little time at home carrying out household duties.

Thus, gardening, which is often a fairly solitary leisure pursuit, did not reveal life style groups that were particularly related to other leisure activities. This compared quite dramatically with the socially-oriented 'home entertainers' who generated a number of leisure-based life styles, which moreover, were also particularly social in nature, including activities such as pub going and chatting with friends.

Analysis of "non-viewers" of television

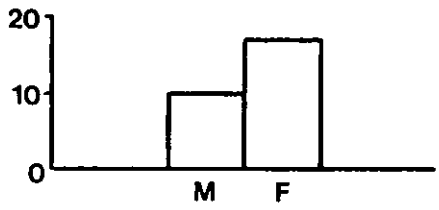
The third home-based activity type to be considered was different from all the others, in that it concerned, not those individuals participating in a given activity, rather those that did not so. Television viewing was, by far, the most widely recorded leisure pursuit, some 94 per cent of diarists recording at least one event. Accordingly, with such high participation, it was possible that those individuals not watching television pursued distinctly different life styles.

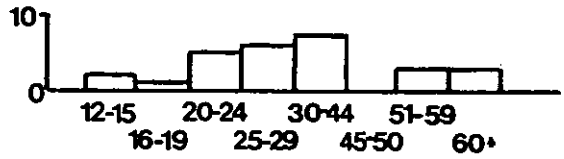
Unfortunately, the sample size of non-viewers was very small (27 people). Figure 6.9 shows the social profile characteristics of this group. The cluster analysis separated these 27 individuals into 26 significantly different cluster groups. Despite the low sample size, this result nonetheless hinted once more at the remarkable diversity of people's life styles.

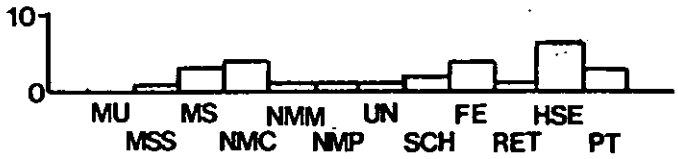
Many of the discriminating activities in cluster formation were leisure-related, including reading books, reading newspapers, listening to records, looking after pets, and visits to friends and relatives. Thus, although these people did not participate in the most widespread leisure activity of watching television, they did nevertheless pursue other leisure activities.

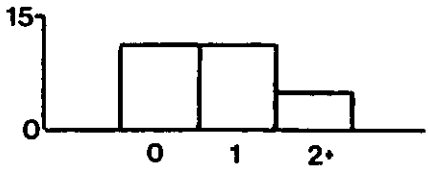
Furthermore, although non-viewers were clearly a minority group, they could not be regarded as a homogeneous group on the basis of their not watching television. In the previous chapter it was shown how groups, such as the unemployed, which are often considered as a homogeneous mass, actually revealed constituent members who were very different in their patterns of behaviour. As such, it was concluded that researchers needed to exercise caution in interpreting group data based on social profile characteristics. The same caution should be exercised in considering groups based on activity types. Non-viewers, despite being a minority group displayed a wide range of very diverse life styles, thereby reiterating the uniqueness of individuals.

Figure 6.9 Social composition: Non-watching of television









Analysis of individuals listening to the radio or listening to records

The fourth home based activity type was a composite group, whereby listening to the radio was combined with listening to records. It was considered appropriate to link them together as the nature of the two activities was fairly similar. Individually, these two leisure pursuits revealed particularly low participation rates. However, when combined they produced a sample size of 99 people. Figure 6.10 shows the social profiles of these individuals.

This proved to be a particularly diverse group of people, the 99 individuals forming some 91 significantly different cluster groups (Figure 6.11). As many as 87 of these groups contained only one person. Furthermore, only one major life style group was identified, containing just six people (Table 6.4).

Four discriminating activities combined to define this one sizeable life style group. These were a mixture of domestic duties and leisure pursuits, namely indoor cleaning and washing up, listening to the radio, and drinks of tea and coffee. It was interesting to note that listening to the radio was the initial discriminating activity in the cluster analysis of this group, thereby, indicating that radio listeners, in themselves, formed a distinctive life style group.

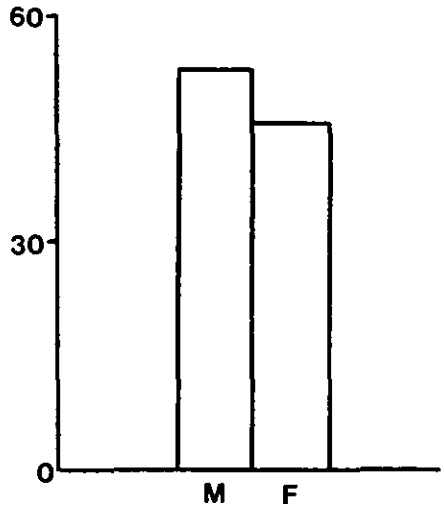
In terms of profile characteristics, this subgroup was fairly uniform in its composition. With regard to age and sex, it was comprised mainly of young women. Two of the group, both single parent mothers, had children. Only one person had access to a car. Even greater profile uniformity was shown in relation to occupational status. None of the group were employed, four people being registered unemployed. Thus, contrary to previous analyses which revealed that occupational status had very little impact on behavioural patterns, in the case of this group it appeared to be more influential. However, caution must be exercised in interpreting results based on such small samples.

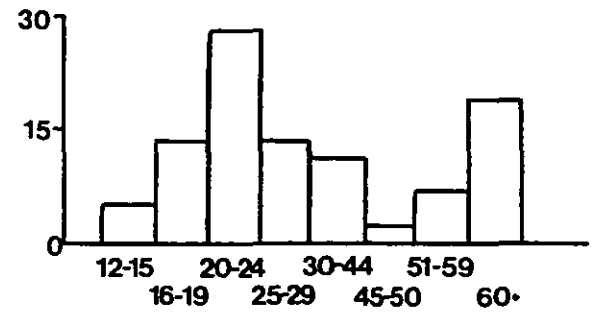
This confirmed the finding that social profile variables were more accurate predictors of people's life styles in cases where the dominant activities were not leisure pursuits.

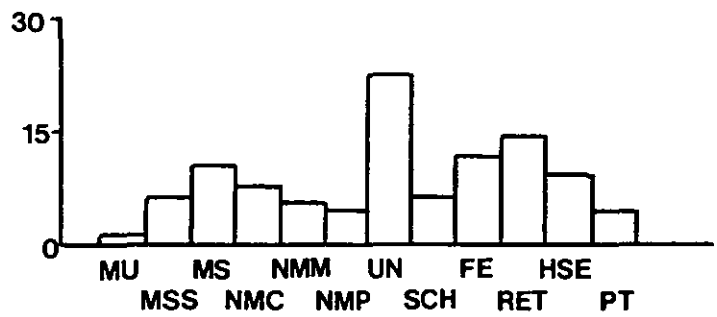
Although members of the cluster group was very similar in terms of social profile characteristics, one individual stood out partly because of his age, and also because of disability. Person DD was aged over 60 years, retired, and single. He was also disabled through multiple sclerosis, and lived in the high rise flats in the city centre of Nottingham.

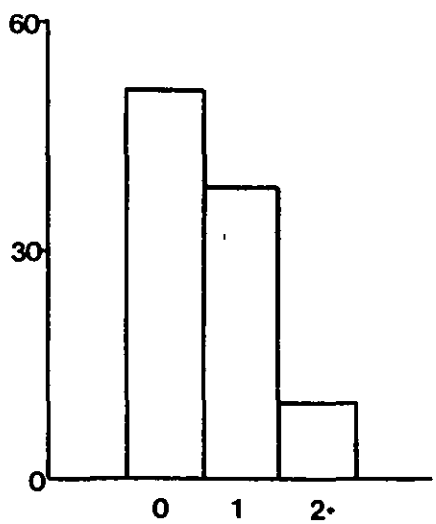
Figure 6.12 reveals a life style pattern dominated by the home, which has been shown to be the norm for single, elderly people, but this was exacerbated by Person DD's disability. His only

Figure 6.10 Social composition: Listening to radio and records









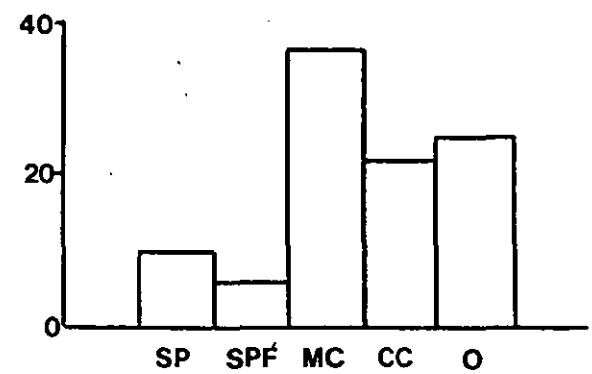


Figure 6.11 Distribution of clusters : Listening to radio and records

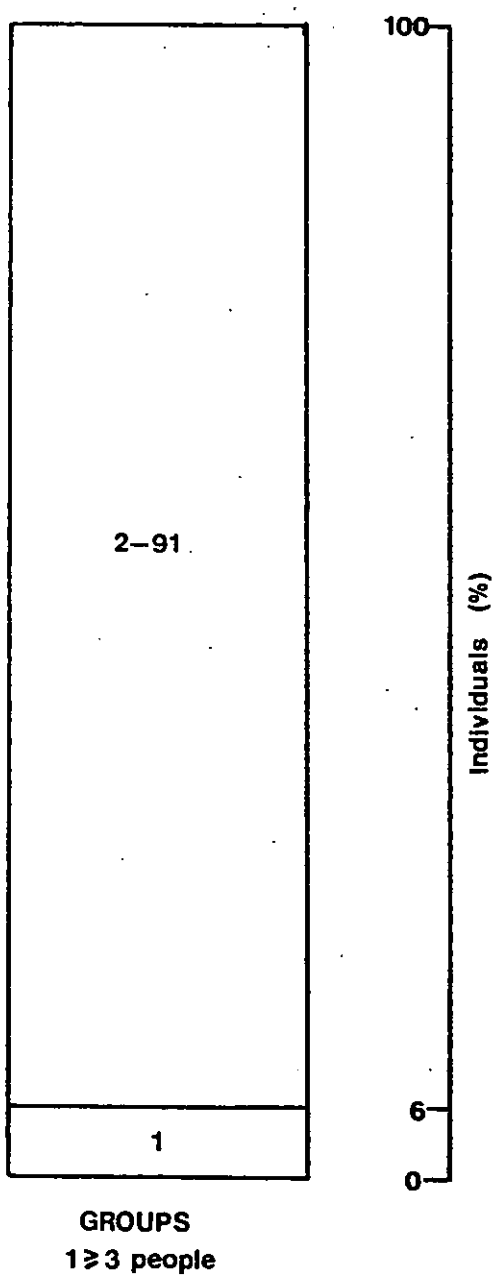
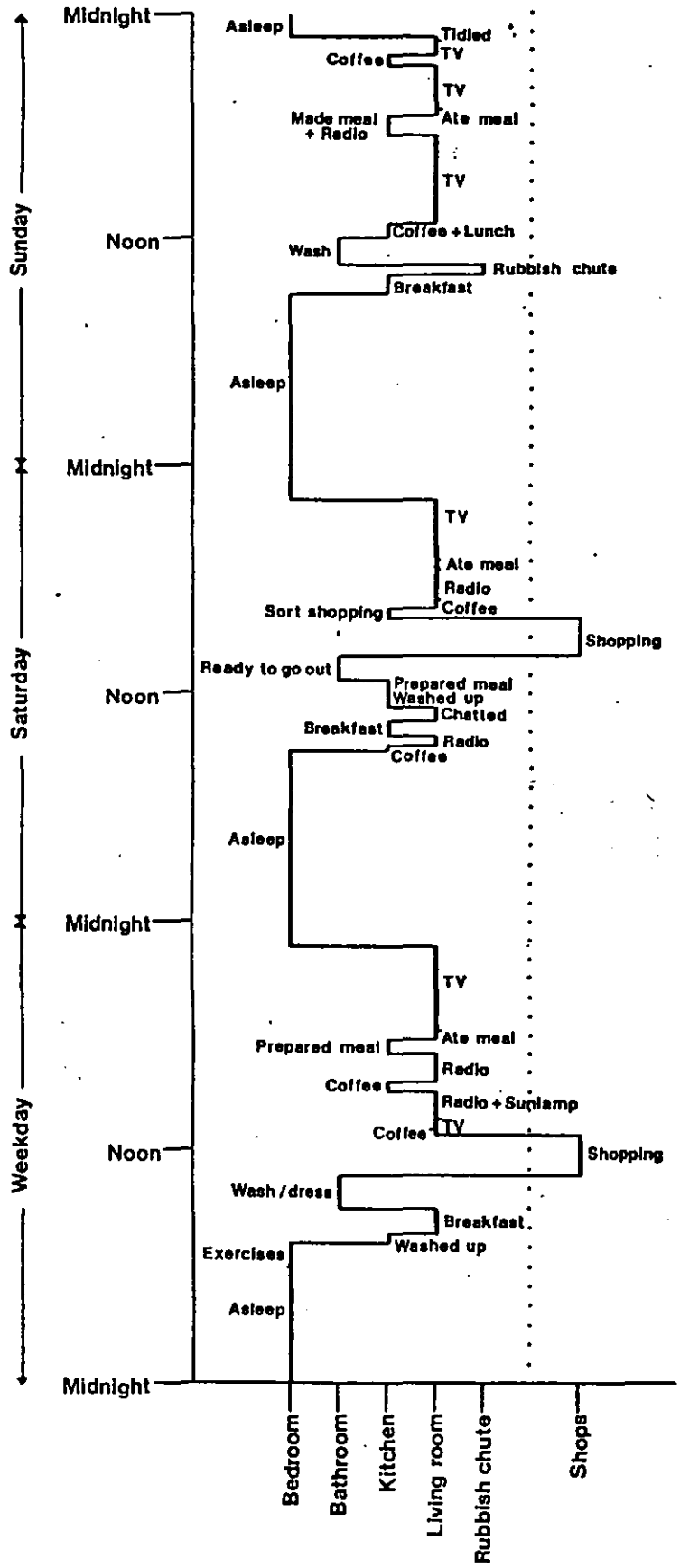


Table 6.4 **Formation of Cluster Groups in Analysis of Individuals Listening to the Radio or Records**

Washing Up
Indoor Cleaning
Tea, Coffee
Radio
6

Figure 6.12 Person DD



excursions out of the flat over the whole diary period were two trips to the local shops, and a visit to the communal rubbish chute in the block of flats. Accordingly, his daily routine, although fragmented in time use, was limited very much to the kitchen and living room of his flat.

In terms of the amount of time given over to leisure and duties, Person DD was very much typical of the cluster as a whole, 31 per cent of his time involved in leisure and 17 per cent in household duties. Listening to the radio was an integral part of his leisure life style, being recorded on five occasions, and accounting for almost a quarter of his leisure time. However, watching television was by far the most significant leisure activity, accounting for some 70 per cent of his leisure. Despite this significance of the television, listening to the radio was still nonetheless important, and much more so than for other members of this life style group, for whom it only occupied about 4 or 5 per cent of their leisure time. One other significant factor relating to Person DD's life style was his remarkable degree of solitude. In total, only an hour in three days was spent in the company of others, including a visit from his home help.

The cluster technique revealed a life style group defined on the basis of chores and tasks, which contained members from quite distinctive social profile backgrounds.

The conclusion to be drawn therefore, would confirm the merits of social profile analysis in predicting behaviour, yet closer inspection of the individuals revealed one person who was slightly different in profile from the others yet similar in behaviour. Person DD may not have been typical of all radio listeners, yet nonetheless his inclusion in these biographical analyses was important. Once again, the uniqueness of the individual cannot be ignored.

Analysis of individuals reading books

The next activity type to be considered was reading books. One hundred and sixty three people recorded instances of book reading (Figure 6.13 shows the social composition of this group). Initial examination of the results of the cluster analysis revealed the diversity of life styles (Figure 6.14). Some 100 significantly different cluster groups were generated from a sample size of 163 individuals. Eighty six of the cluster groups contained only one person (Figure 6.15). However, unlike many of the previous examples, there were many more cluster groups of more than two people. The largest twelve groups accounted for some 45 per cent of the total sample. Generally, these clusters comprised between three and six individuals, only two having more than ten people in them.

Figure 6.13 Social composition: Reading books

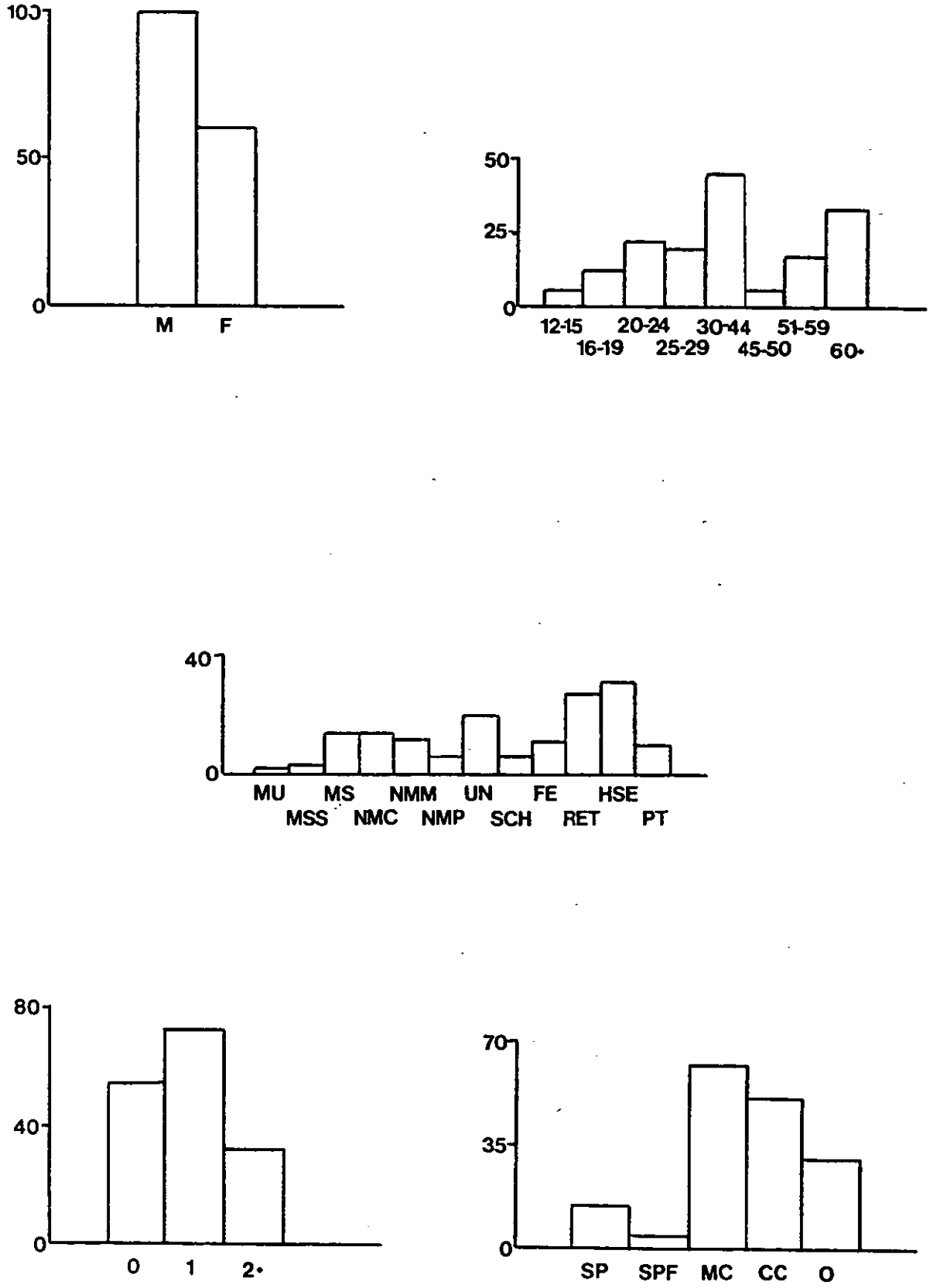


Figure 6.14 Tree Diagram: Reading Books

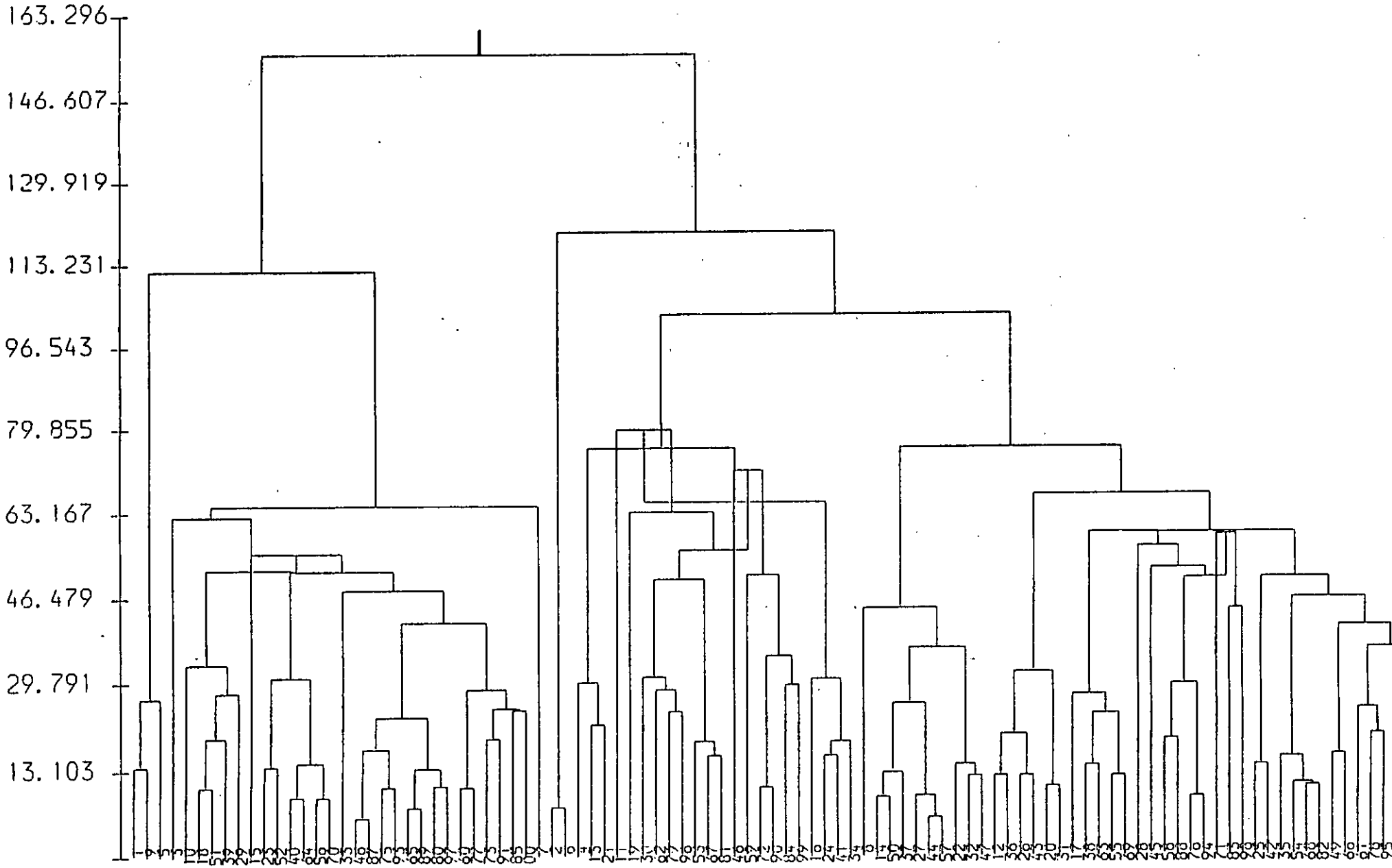
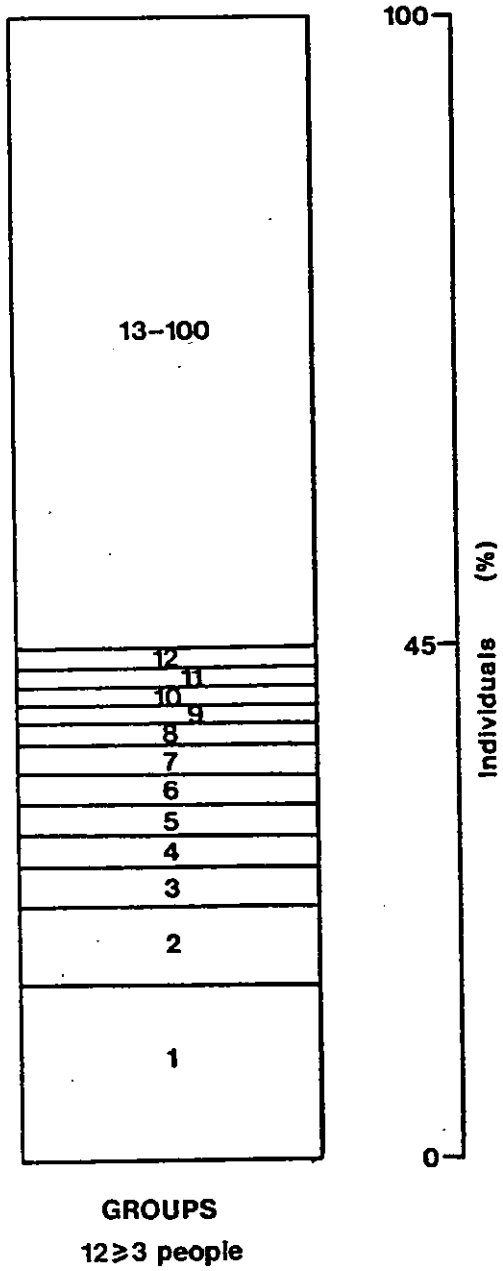


Figure 6.15 Distribution of clusters : Reading books



With so many distinctive cluster groups, it was inevitable that there would be a wider range of discriminating activities, and accordingly the nature of each of the groups varied considerably (Table 6.5). Three of the clusters were distinctly leisure-based, being defined according to gardening, going to the pub, and drinks of tea and coffee. A further two clusters were defined purely on the basis of duties or chores, one being indoor cleaning, the other being shopping and laundry. The remaining seven life style groups were based on a combination of leisure activities and domestic chores.

Focussing, firstly, on the leisure-based life styles revealed no clear relationship between the groups. Groups were based on a variety of activities, although drinks of tea and coffee featured on more than one occasion. Equally, the profiles of group members differed between each group. For example, two groups revealed a mixed set of people in terms of social backgrounds. On the other hand, one group of six individuals, defined by gardening and tea and coffee, were all men of middle to upper ages, of whom four were not in full-time paid employment. This particular subgroup confirmed the association of men with leisure-defined life styles, yet the four groups sharing visits to the pub (a traditionally male pastime) as a discriminating activity, were mainly composed of women.

Illustrative of the cluster of men brought together on the basis of gardening and drinks of tea and coffee, was Person EE, an unemployed man aged between 45 and 50 years old (Figure 6.16). The absence of employment removed an important structuring element from his routine, although each day was regularly punctuated by two or three excursions away from home.

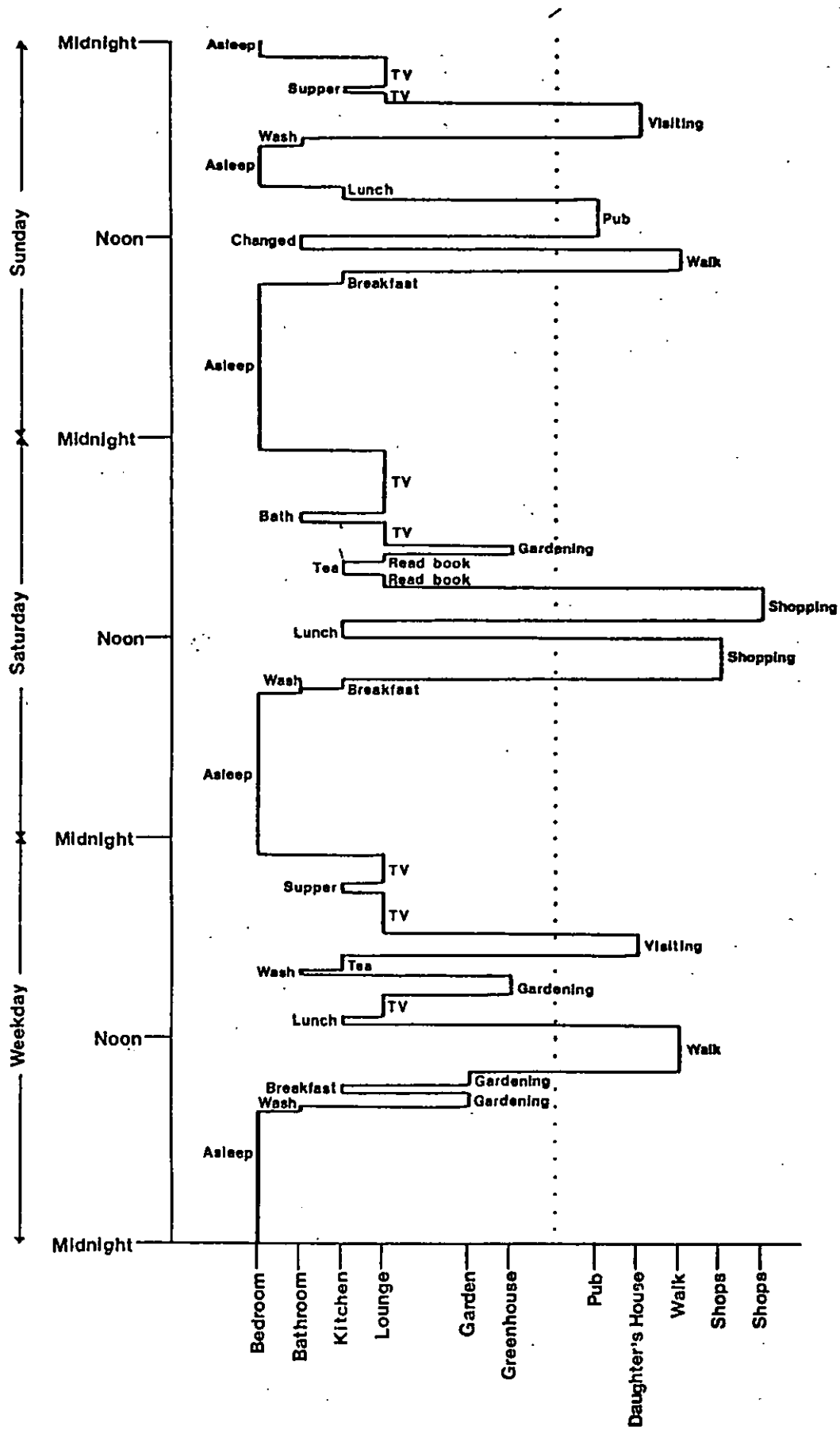
Although unemployment releases large amounts of time free from work, it does not necessarily mean greater quantities of leisure time. However, some 42 per cent of Person EE's time was devoted to leisure pursuits, which was more than the average for the group as a whole (40 per cent). Household duties and chores showed a corresponding underrepresentation, with only 4 per cent of his time given over to such tasks.

The two discriminating activities for this cluster were gardening and drinks of tea and coffee. The latter was often referred to as a leisure pursuit, however Person EE recorded his two events as duty and personal care. Gardening, on the other hand, was perceived as leisure on all four occasions that it took place. Despite this frequency of occurrence, particularly on the weekday, gardening still only accounted for 10 per cent of his leisure time. By far the most popular leisure pursuit was, not surprisingly, watching television which occupied almost half of his leisure time (46 per cent).

Table 6.5 **Formation of Cluster Groups in Analysis of Book Readers**

Shopping Walking Pub Laundry 3	Gardening Tea,Coffee 6	Shopping Laundry Entertaining at home 4	Walking Indoor Cleaning Tea,Coffee 3	Shopping Laundry Pub 3	Pub 3
Tea,Coffee 4	Pub Cooking Tea,Coffee Chatting 4	Shopping Visits to friends Laundry 3	Indoor Cleaning Chatting 25	Cooking Laundry 11	Shopping 4

Figure 6.16 Person EE



Other leisure activities included going for a walk, visiting relatives, going to the pub, and reading books. The last of these, which was the overall defining activity of the subsample, was relatively unimportant in that he only recorded two events totalling an hour and a quarter (4 per cent of his leisure time).

Thus, Person EE pursued a life style based on a wide range of leisure pursuits, both at home and away, although most of his time was spent at home, in particular watching television. In contrast with the group of men-only gardeners, the majority of groups defined by both leisure pursuits and duties were predominantly composed of women and were more clearly defined in terms of social profile variables than the leisure-based clusters. For example, one group of four women sharing laundry, shopping, and entertaining at home, were all aged between 30 and 44, all had children, and with the exception of one who had a part-time job, none were in paid employment.

However, another group of four individuals, also grouped together on the basis of leisure and chore activities, was comprised of people from a variety of social profile groups. The two men were both skilled manual workers who owned cars, whilst the two women had no access to a car, and one was a professional person, whilst the other was in full-time education.

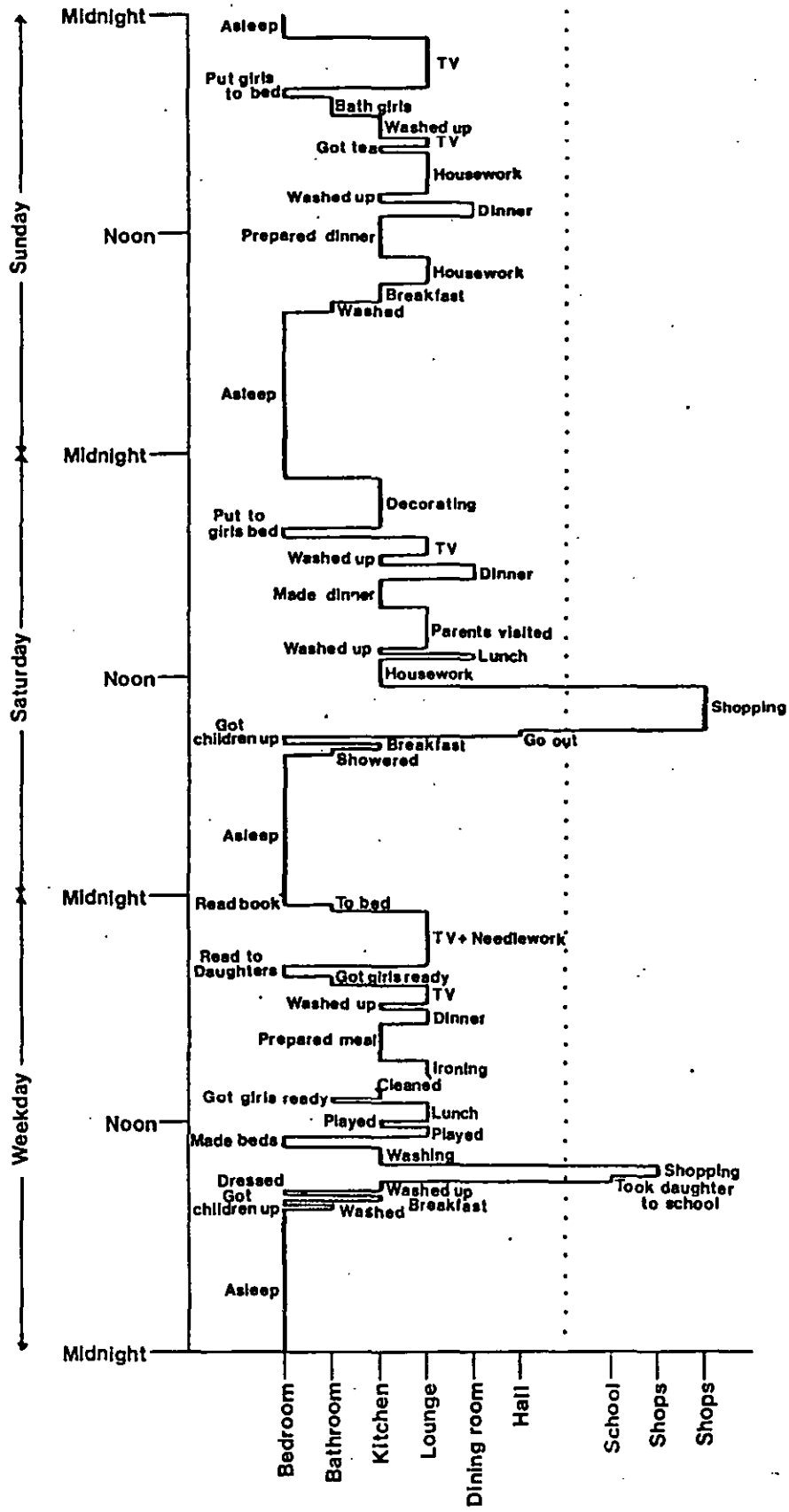
Person FF provides an interesting contrast with Person EE, although both individuals were drawn from the overall sample of book readers. The previous illustration depicted the biography of a man taken from a male-only cluster group formed on the basis of leisure activities. By contrast, Person FF was taken from a women-only cluster group formed on a mix of leisure activities and domestic chores.

Figure 6.17 shows the life style of Person FF, a married housewife and mother, aged between 30 and 44 years. The most striking feature of her biography was the amount of time spent at home, only three and a quarter hours being spent away from home during the three day diary period.

Another striking feature of her life style was the busy nature of her time at home. Not only was her life style fragmented in terms of time use, but also in terms of space use within the home. The bulk of her activity took place in the kitchen and lounge, and closer examination of the nature of this activity revealed the prominence of household duties.

Some 44 per cent of all her time was described in terms of duties and chores, compared with a subgroup average of 32 per cent. Accordingly, her leisure time was dramatically reduced, with only 19 per cent of her time given over to leisure pursuits. Clearly, not only was Person FF different to Person EE, but the two life styles from which they were drawn differed dramatically too. Both clusters were taken from those who read books, yet the male-only group was far more

Figure 6.17 Person FF



'leisured' than the group of women. This confirmed the gender influence in leisure life styles identified in the previous chapter, as well as highlighting the diversity in individual's life styles. Entertaining at home was one of the discriminating activities of this cluster group, yet only 16 per cent of Person FF's leisure time was accounted for by this activity. By far the most frequently recorded leisure activity was watching television which occupied two-thirds of her leisure time.

Thus, most of Person FF's routine was dominated by duties and chores carried out at home. These included cooking, washing up, housework, and child care. There was little respite from this busy routine, watching television in the late evening on each day being the only relaxation at the end of an otherwise hectic life style.

These two individuals, Person EE and Person FF, provide a good illustration of the diversity of life styles apparent even within a small sample of people with at least one common activity, in this case reading books.

Book readers, produced a number of significantly different and disparate life style groups based on a variety of leisure and other activities. Some of the more leisure-oriented people undertook social leisure activities, whilst others engaged in more solitary pursuits. Generally though, individuals reading books were a particularly diverse group of people, whose life styles varied enormously from person to person.

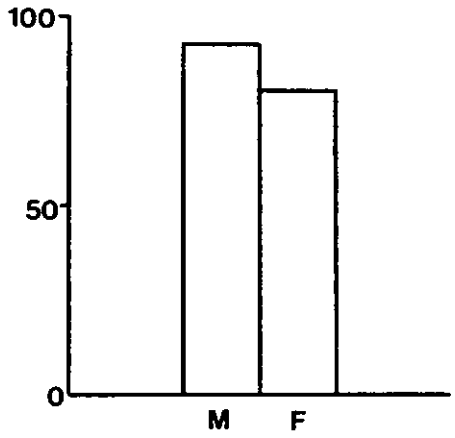
Analysis of individuals reading newspapers

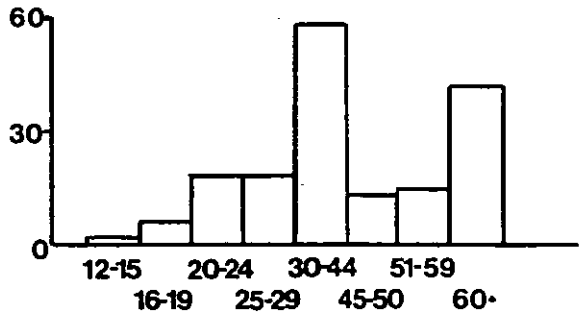
The sixth home-based activity type to be analysed was reading newspapers. Some 173 individuals recorded such an event on at least one occasion. Figure 6.18 illustrates the social composition characteristics of this group.

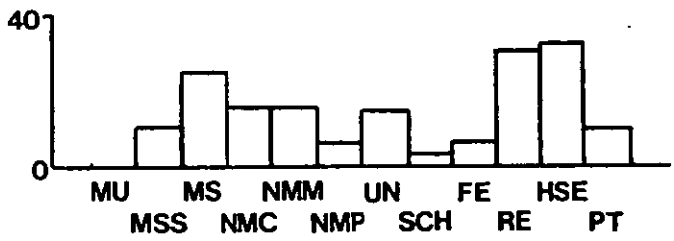
Diversity of life styles was amply illustrated by the generation of 99 significantly different cluster groups from these 173 individuals (Figure 6.19). Only seven of these groups contained more than two individuals, but between them they accounted for 43 per cent of the sample (Figure 6.20). As many as 86 of the 99 clusters contained only one person.

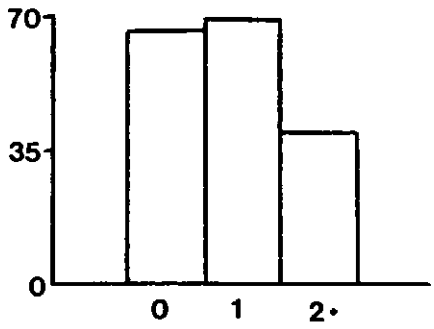
Initial subdivision of the sample was based on indoor cleaning, and subsequent divisions revealed a strong element of domestic chores and duties (Table 6.6). Activities included cooking, laundry, shopping, and washing up. Despite this prevalence of household tasks in defining life style groups, a number of the clusters were also partly defined according to leisure. Prominent amongst these were trips to the pub, visits to friends and relatives, and watching television.

Figure 6.18 Social composition: Reading newspapers









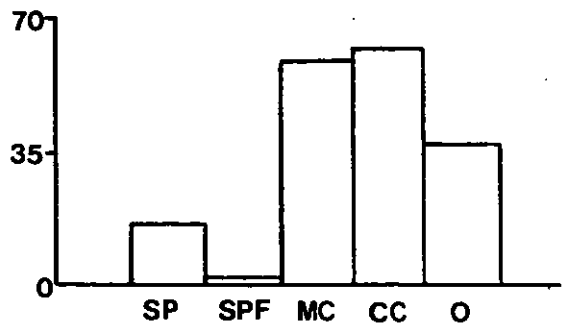


Figure 6.19 Tree Diagram: Reading Newspapers

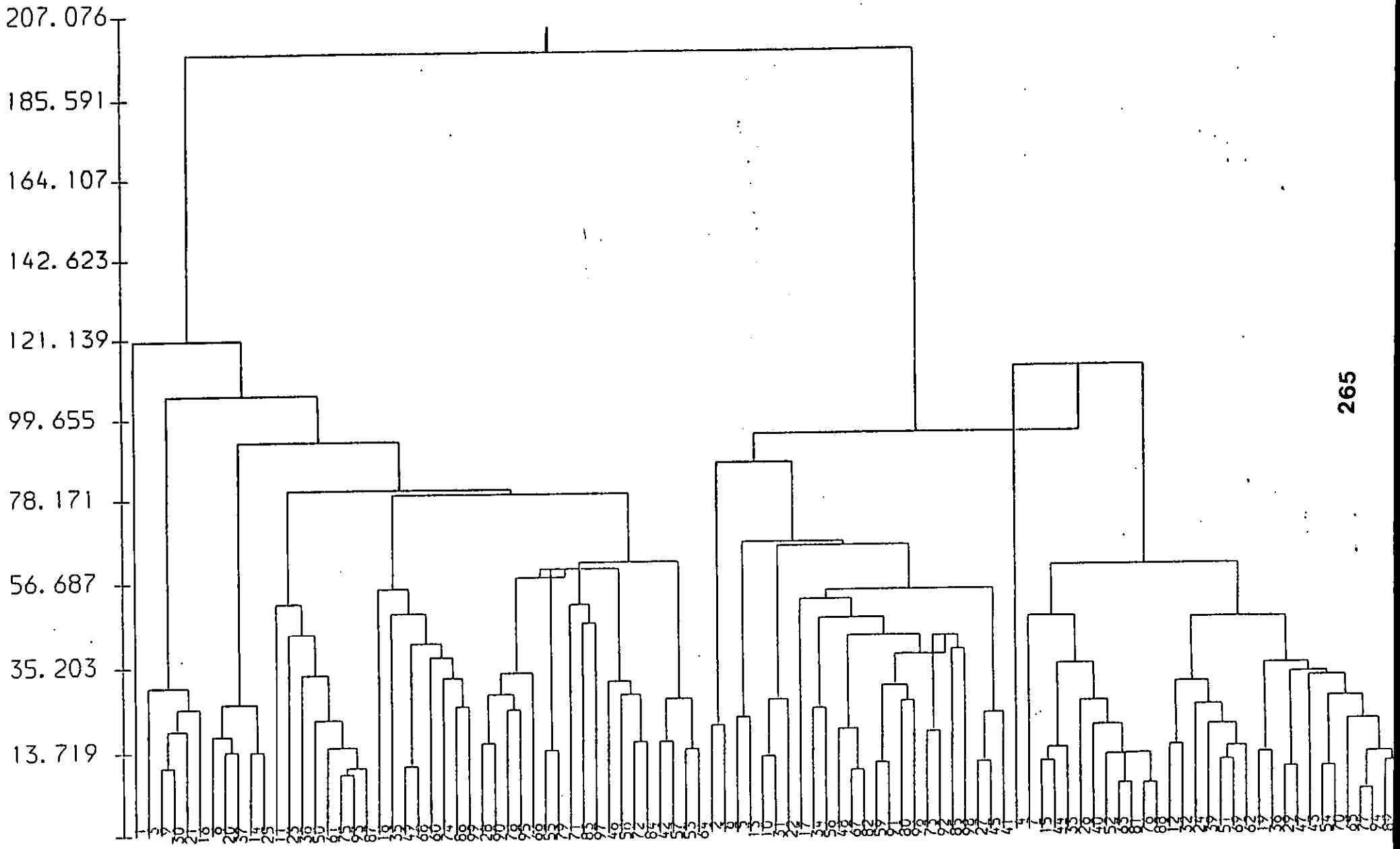


Figure 6.20 Distribution of clusters : Reading newspapers

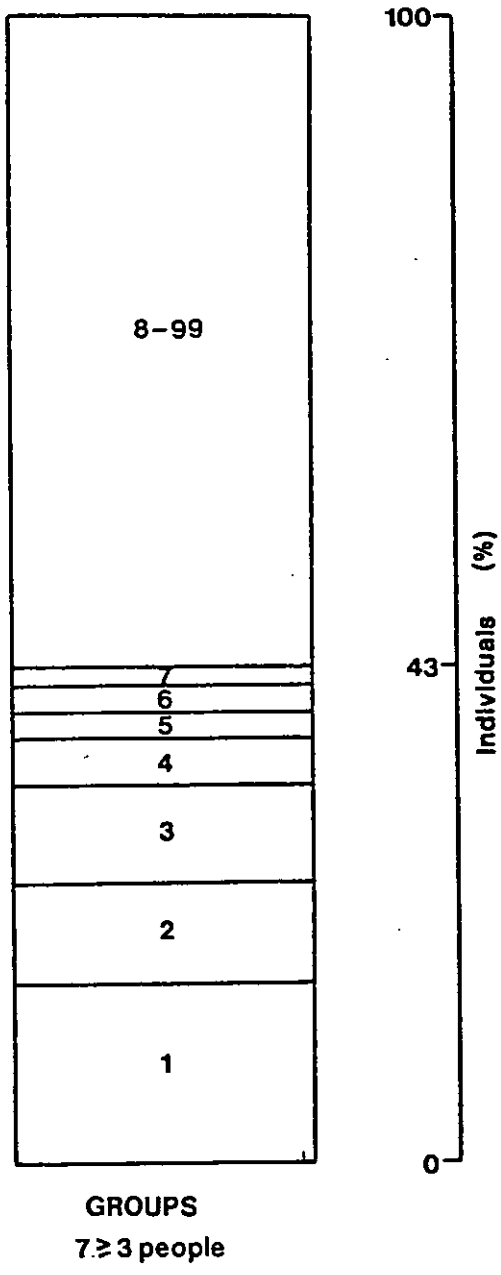


Table 6.6 Formation of Cluster Groups in Analysis of Newspaper Readers

Cooking Washing Up Indoor Cleaning Resting,Relaxing Television Correspondence 4	Shopping Visits to Friends Pub Washing Up 3	Indoor Cleaning Laundry Tea,Coffee 15	Shopping Pub Washing Up 7
Washing Up Indoor Cleaning Television 27	Shopping Washing Up 15	Indoor Cleaning Laundry 4	

Closer examination of the profile characteristics of members of these groups revealed clusters strongly represented by one sex or the other, but rarely both together. With so many groups being defined according to household duties it would be expected that the majority of clusters would be composed of women. This was not always the case. The two groups in particular in which men were overrepresented were the clusters sharing visits to the pub as one of their discriminating activities. This confirmed the gender influence of particular leisure activities, such as going to the pub, being more prevalent amongst males.

For example, the group of seven individuals who shared shopping, washing up, and going to the pub as their defining activities, contained six men, all aged between 30 and 44 years, all in full-time employment, and, with the exception of one man, all married without children. Accordingly, this was a group of men who undertook household tasks, but still managed to fit leisure pursuits into their routines. By contrast, the subgroup of 15 individuals whose defining activities were indoor cleaning, laundry, and drinks of tea and coffee, were predominantly married women with children, most of whom were not in employment. Again, this life style group confirmed gender influences, with women pursuing domestic task filled lives, punctuated by short episodes of home-based leisure activities.

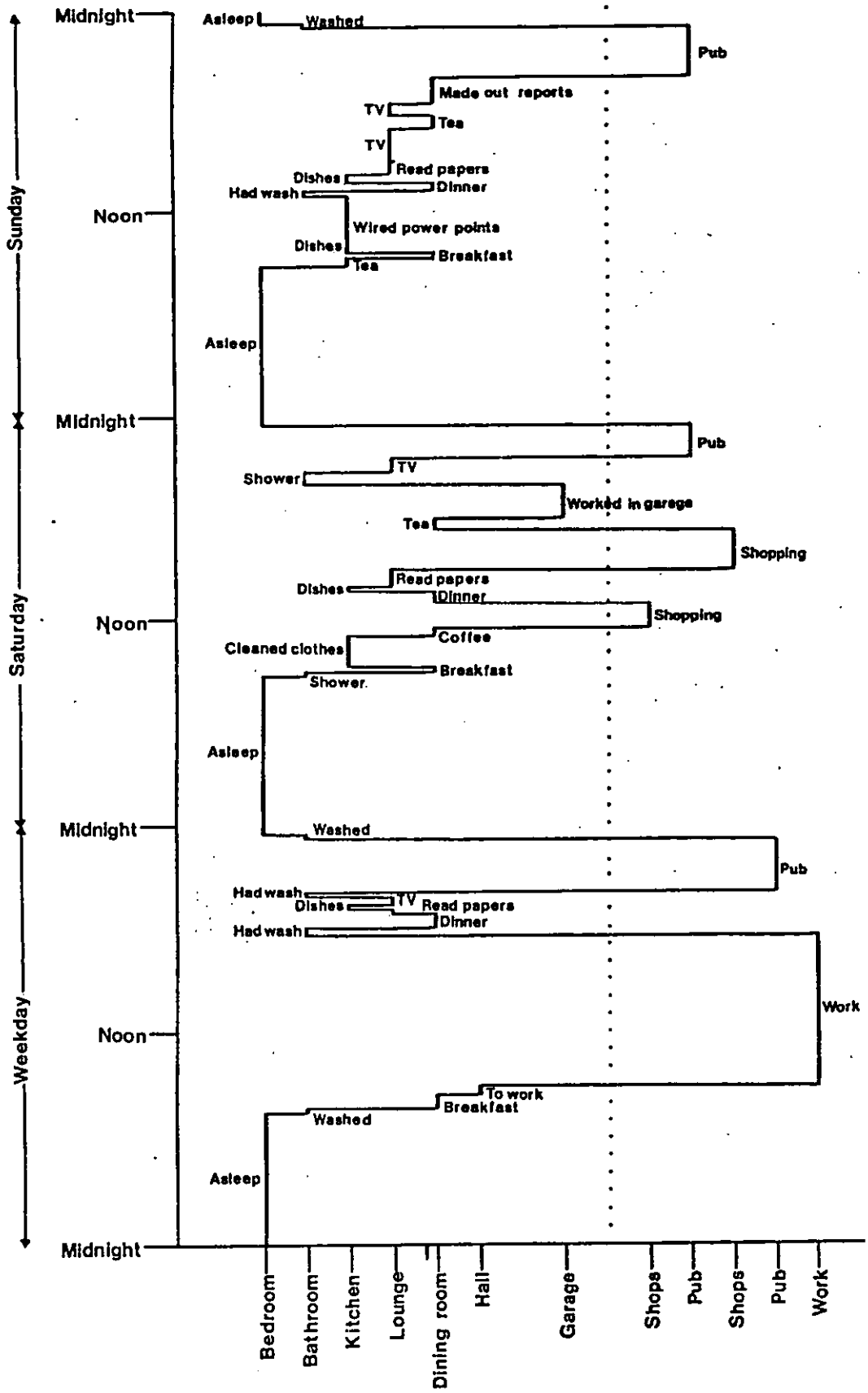
To illustrate the life styles of members of the first subgroup who went shopping, did the washing up, and visited the pub, it is appropriate to consider the biography of Person GG, a man aged between 30 and 44 years, working in a skilled manual job (Figure 6.21). The diagram revealed a somewhat fragmented life style, more so in terms of space use than time use.

Much of his time was spent away from home (30 per cent of his total time), although he only recorded three different out of home activities. Apart from paid employment, he went shopping twice on the Saturday, and took a trip to a pub each evening. His use of the home was quite extensive, with home bsed activities occurring mainly in the kitchen, lounge, and dining room.

Person GG did not spend much time on leisure activity, only a quarter of all his time being involved with leisure pursuits compared with a third of total time for the cluster as a whole. This was matched by a corresponding overrepresentation in duties, 17 per cent of total time as opposed to 8 per cent for the cluster average. Much of this activity concerned household chores, including washing up, laundry, and home repairs to the kitchen.

The one leisure activity amongst the list of discriminating activities was going to the pub, and this proved to be a significant element of Person GG's leisure time. He visited a pub each evening, with friends and relatives, and this accounted for exactly half of all his leisure time. In this respect he was not so typical of the cluster group, as the pub was a far less significant source of leisure for

Figure 6.21 Person GG



other members of the group (on average, some 21 per cent of total leisure time). Watching television was his other main leisure activity, generally preceeding trips to the pub each evening.

Reading newspapers, the defining activity of the whole of this subsample, was an activity undertaken on just one occasion each day. Separate events were of short duration and only accounted for just over 10 per cent of his leisure time. This was, however, greater than that of any other member of the cluster group.

Thus, Person GG displayed a life style split between leisure and chore. Going to the pub was his main source of leisure, and indeed his sole leisure outlet away from home. His home life was more task-centred than that of most men, apart from single people, despite the fact that he did not live alone.

Newspaper readers, therefore, led life styles that were less clearly defined by leisure activities than those of book readers. More often, their life styles were defined by a number of domestic chores and the occasional leisure pursuit. Accordingly, profile variables were more in evidence in determining the structure and composition of the life style groups.

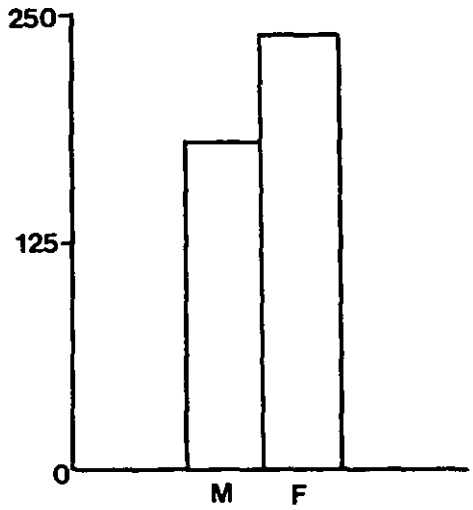
Analysis of television viewers

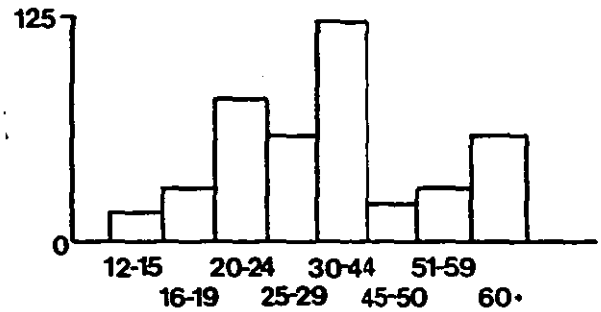
By far the largest activity group to be considered were the television viewers. With a participation rate of 94 per cent, some 428 diarists recorded at least one event of watching television. The social profile characteristics of the group are shown in Figure 6.22. Again, the diversity of individuals' life styles was the initial impression drawn from the cluster analysis, as the resultant tree diagram amply illustrates (Figure 6.23).

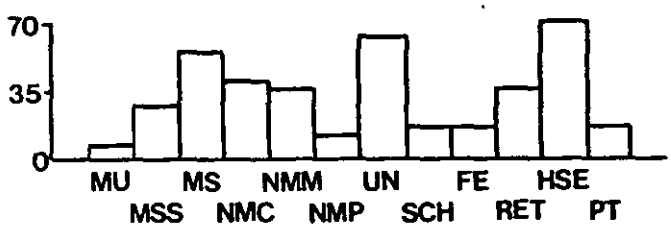
Some 100 cluster groups were generated, 79 of which contained just one person. However, there were fourteen clusters containing more than two people, which together accounted for as many as 78 per cent of the whole sample (Figure 6.24). The three largest of these groups accounted for 60 per cent of individuals, indicating a measure of polarity in the pattern of life styles. A few groups therefore were very large, whilst the majority contained between three and ten people only.

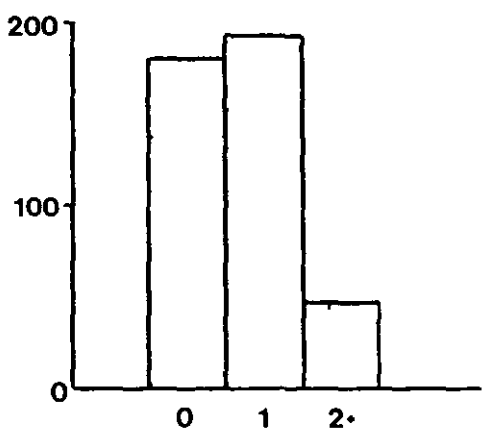
Not one of these fourteen main life style groups was defined purely on the basis of leisure activities (Table 6.7). However, half of them were defined jointly on duties and leisure pursuits. The initial cluster formation was carried out on the basis of indoor cleaning, a domestic chore which appeared in the list of discriminating activities for nine of the groups. Other duties to feature

Figure 6.22 Social composition: Watching television









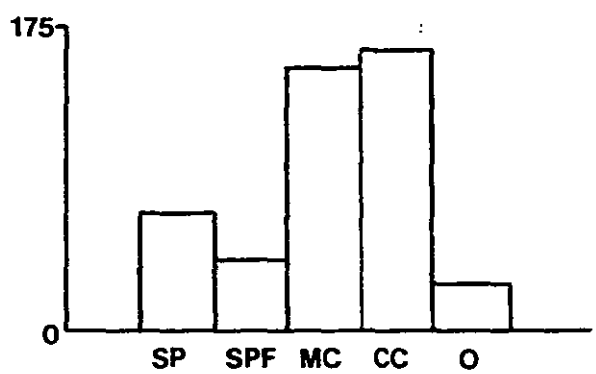


Figure 6.23 Tree Diagram: Watching the television

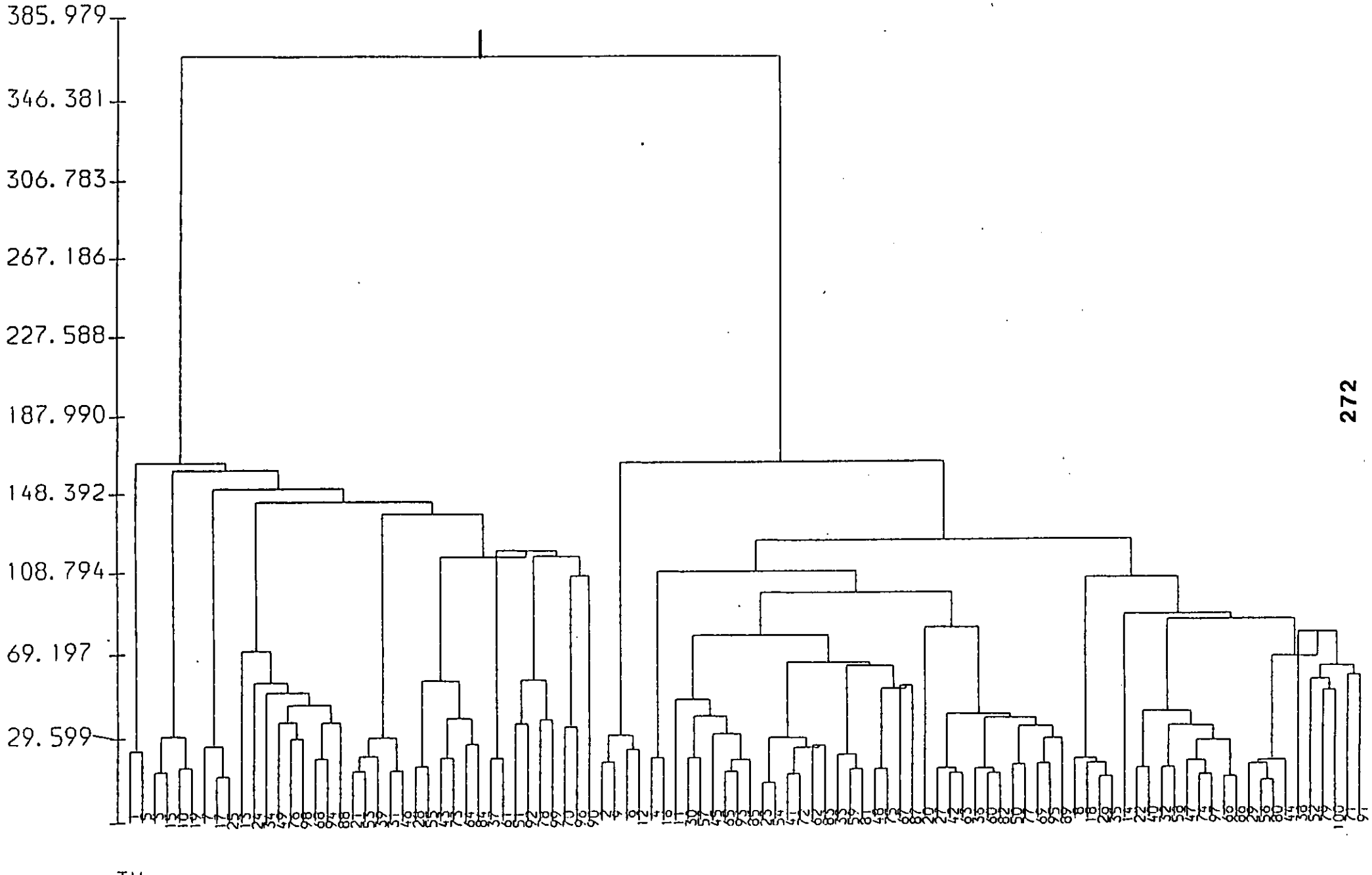


Figure 6.24 Distribution of clusters : Watching television

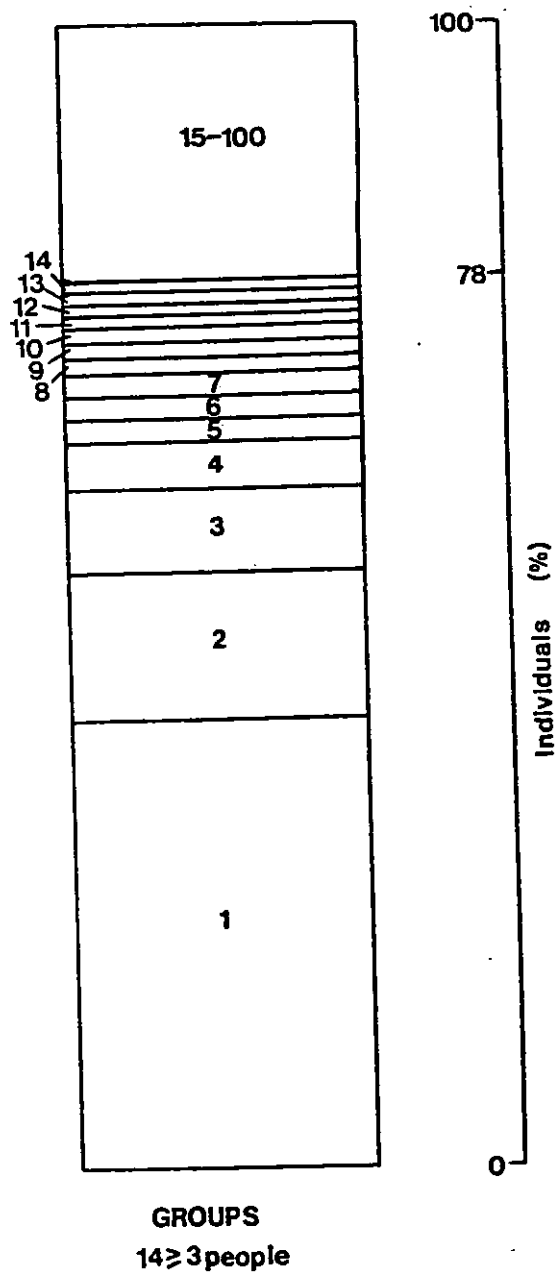


Table 6.7 Formation of Cluster Groups in Analysis of Television Viewers

Indoor Cleaning Reading Books Reading Papers Correspondence 3	Restaurants Indoor Cleaning Laundry Reading Books 4	Shopping Washing Up Ironing 6	Errands Indoor Cleaning 4	Shopping Washing Up 55
Restaurant Indoor Cleaning 9	Washing Up 8	Indoor Cleaning 168	(None) 32	Cooking 19
Indoor Cleaning Reading Papers Correspondence 7	Indoor Cleaning Records 6	Restaurant Indoor Cleaning Reading Books 5	Indoor Cleaning Correspondence 9	

prominently included shopping and washing up. The most common leisure activities were reading books, reading newspapers, correspondence, and visits to restaurants and cafes.

The two largest groups were both defined solely on duties; indoor cleaning, and shopping and washing up respectively. The size of these groups (N_1=168, N_2=55) and their discriminating activities were similar to the results produced when the whole sample was first analysed (see Chapter 5). Accordingly, in terms of profile characteristics, the overriding feature of both clusters was the dominance of women, reiterating the effects of gender in describing life styles. Given the large sample size, it was not surprising that this analysis of television viewers mirrored the overall analysis.

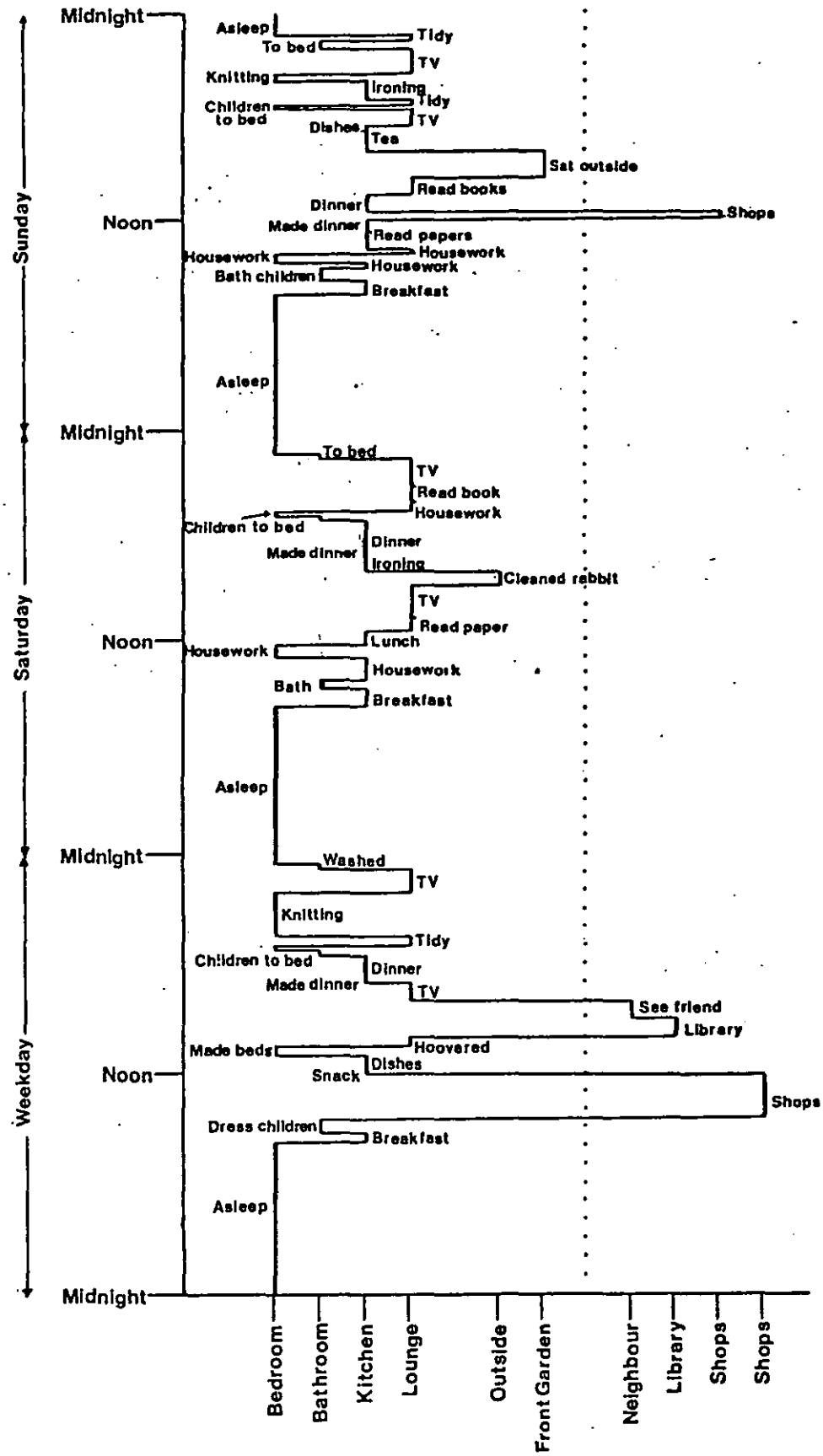
Four other cluster groups were defined solely according to domestic chore activities. These produced some interesting contrasts with regard to the profile characteristics of their members. For example, one subgroup of six people which was based on ironing, shopping, and washing up, was comprised solely of women. All except one were aged between 20 and 29 years and were non-working mothers, the other being a retired married woman.

Illustrative of this subgroup was Person HH, an unemployed woman aged between 25 and 29 years, and the mother of two young children. Figure 6.25 shows the diagrammatic representation of her life style, and the most striking features of her routine were, firstly, the small amount of time spent outside the home, and, secondly, the highly fragmented nature of her home based activity.

In total, she only spent five hours away from home over the three days, two of the four events being trips to the shops. In sharp contrast, her home based routine was particularly busy, with most of her time spent in attending to the children and the home. Thus, it was not surprising that over a quarter of all her time was taken up by domestic chores and duties. These included cooking and washing up, housework, and ironing.

Members of this cluster group were highly represented in duties, and this was matched by a roughly equal proportion of time devoted to leisure, although this was lower than the average for the whole sample. Some 25 per cent of Person HH's time was spent in leisure pursuits, the pre-eminent activity being watching television. She spent 9 hours in total watching television, which represented 48 per cent of all her leisure time. Her other leisure activities included knitting, reading books, reading newspapers, and visiting friends. Each of these was recorded on one or two occasions, but generally for a short duration.

Figure 6.25 Person HH



Although there was no distinct pattern to her life style in terms of sequencing or regularity of events, the general routine was one of duties and chores during the day followed by periods of leisure after the children had been put to bed. Time was available in the late evening for relaxation and participation in her chosen leisure pursuits such as knitting, reading, and watching television. Accordingly, the life style of Person HH exemplified the task-filled routines of married women with young children; home based and with busy, fragmented patterns of time use.

The subgroup that Person HH was drawn from was considerably different in nature from a cluster of eight men whose sole shared activity was washing up. Covering a wide age span, all but one of the group was employed, and only two came from households with children. Another subgroup, based on cooking, comprised some 19 members, 15 of whom were men. On the other hand, a fourth group formed according to chores, although smaller (4 people), provided a more diverse background, both with regard to age and sex.

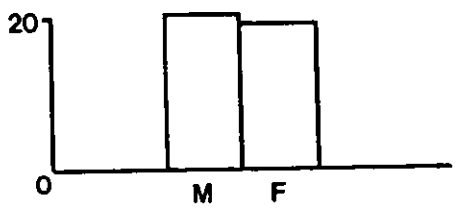
Thus, there was no distinct pattern of chore-based life styles amongst television viewers. Some were closely related to profile variables, particularly gender, others less so. Equally, of those that were related to gender, two of the groups contained predominantly men, contrary to expectation. Previous analyses showed that life styles most strongly linked to leisure pursuits showed greater representation of a variety of social backgrounds. This was the case for the majority of subgroups jointly defined by leisure and chores, which was illustrated by a cluster of five individuals brought together by a shared common participation in indoor cleaning, reading books, and visits to restaurants and cafes. Although mainly young people, one retired man was included. Similarly, two of the five were single, another two married, and the other, a young girl, was still at school.

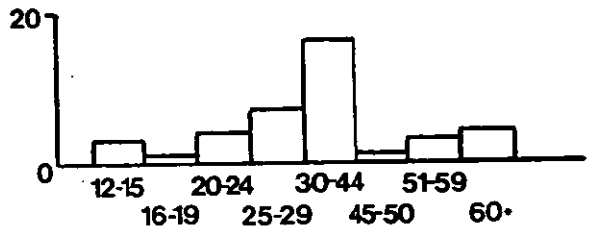
Thus, television viewers, rather predictably, produced a series of life style groups similar to those of the whole sample. None were solely based on leisure pursuits, and generally, the pattern of life styles was shaped around domestic chores. Gender was seen to be particularly influential, especially with regard to those groups described entirely by household duties. Those life styles with a greater element of leisure in their formation revealed composition from a broader range of social backgrounds.

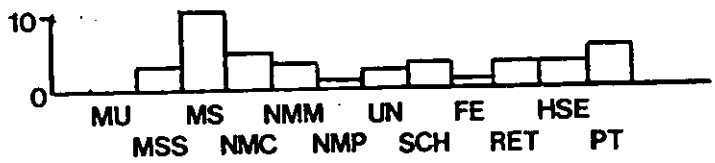
Analysis of video viewers

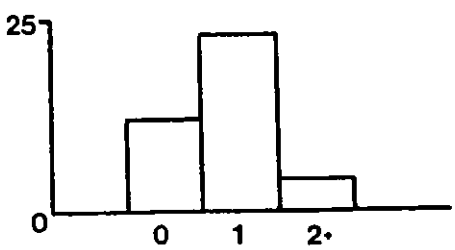
The final home-based activity type considered was video viewing, recorded at least once by 9 per cent of diarists. Figure 6.26 shows the social profile characteristics of the group of 39 video viewers. Nonetheless, the cluster technique generated 29 significantly different life style groups from these 39 individuals. As many as 26 clusters contained only one person, although the two

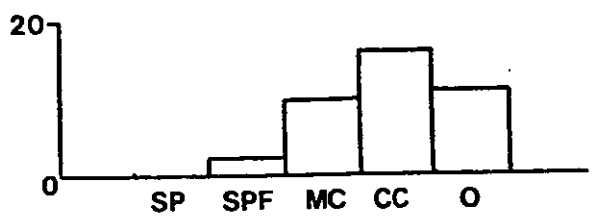
Figure 6.26 Social composition: Watching videos











largest groups accounted for almost a third (11 people) of the sample between them (Figure 6.27).

One of these main clusters was formed solely on watching television, the other on watching tlevision along with indoor cleaning and shopping (Table 6.8). Both, therefore, had an element of leisure in their formation, in contrast to the more chore-like life styles of television viewers. Interestingly, television viewing was linked to watching videos, which, in the case of the group formed solely according to watching television suggested a life style ruled by the cathode ray tube! With regard to the profile characteristics of both groups, it was once again shown that life styles described by leisure activities cut across social profile groups. For example, the seven television viewers spanned a range of ages, and both sexes. Equally, their occupations varied enormously, three in full-time manual employment, one unemployed, another a housewife, and another at school. Even household type varied, with three of the group coming from households with children, one being a single mother.

Person II serves as a useful illustration of an individual drawn from this leisure-defined cluster group of video watchers. He was a young married man aged between 20 and 24 years, and employed as a semiskilled manual worker. Figure 6.28 shows the diagrammatic representation of his biography, revealing a fairly 'simple' life style in terms of the fragmentation of space and time use.

The amount of time spent away from home was the first and most striking feature of this diagram. Some 54 per cent of his total time was spent out of the home. This included an overnight stay at a friend's house, but even allowing for this, there was still a particularly high proportion of out of home activity. This was perhaps somewhat surprising for a life style defined on the basis of a home based leisure pursuit. (Note that one of the two events of watching videos occurred at the friend's house).

Leisure was particularly important in the life style of Person II, with some 40 per cent of his time being spent on leisure activities. Watching television was the discriminating activity for this cluster group, and this accounted for 29 per cent of his leisure time, and together with watching videos, these two activities occupied just over half of all his leisure. However, the most dominant leisure activity in his life style was an out of home activity, namely going to the pub. Trips to the pub were recorded on six separate occasions, taking up almost 40 per cent of Person II's leisure time.

With such a high representation in leisure pursuits, it was not surprising that duties should be underrepresented. Only 2 per cent of his time was spent in chores, which was similar to the group average of only 3 per cent.

Figure 6.27 Distribution of clusters : Watching videos

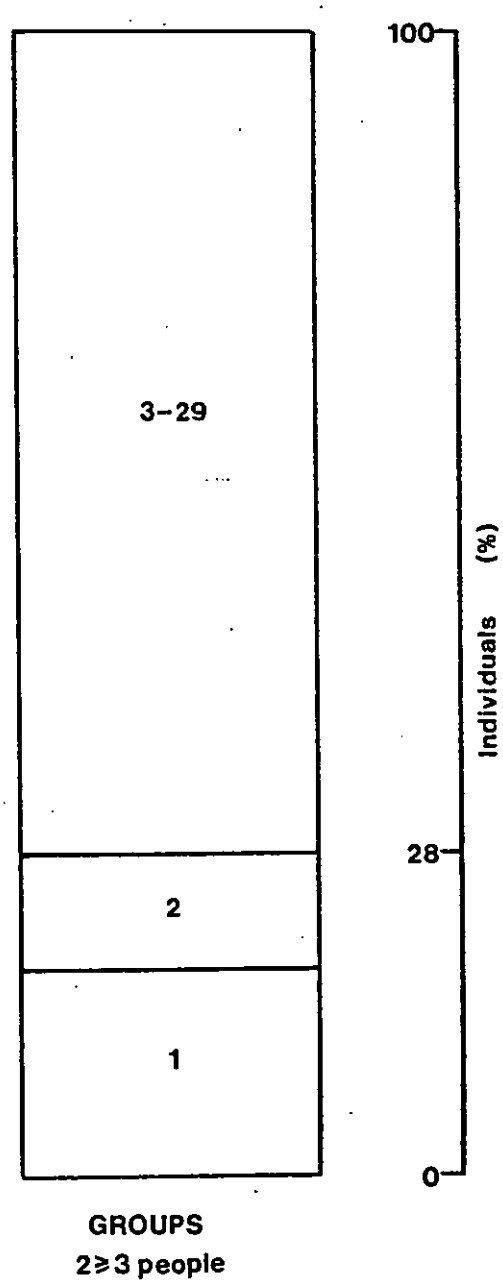


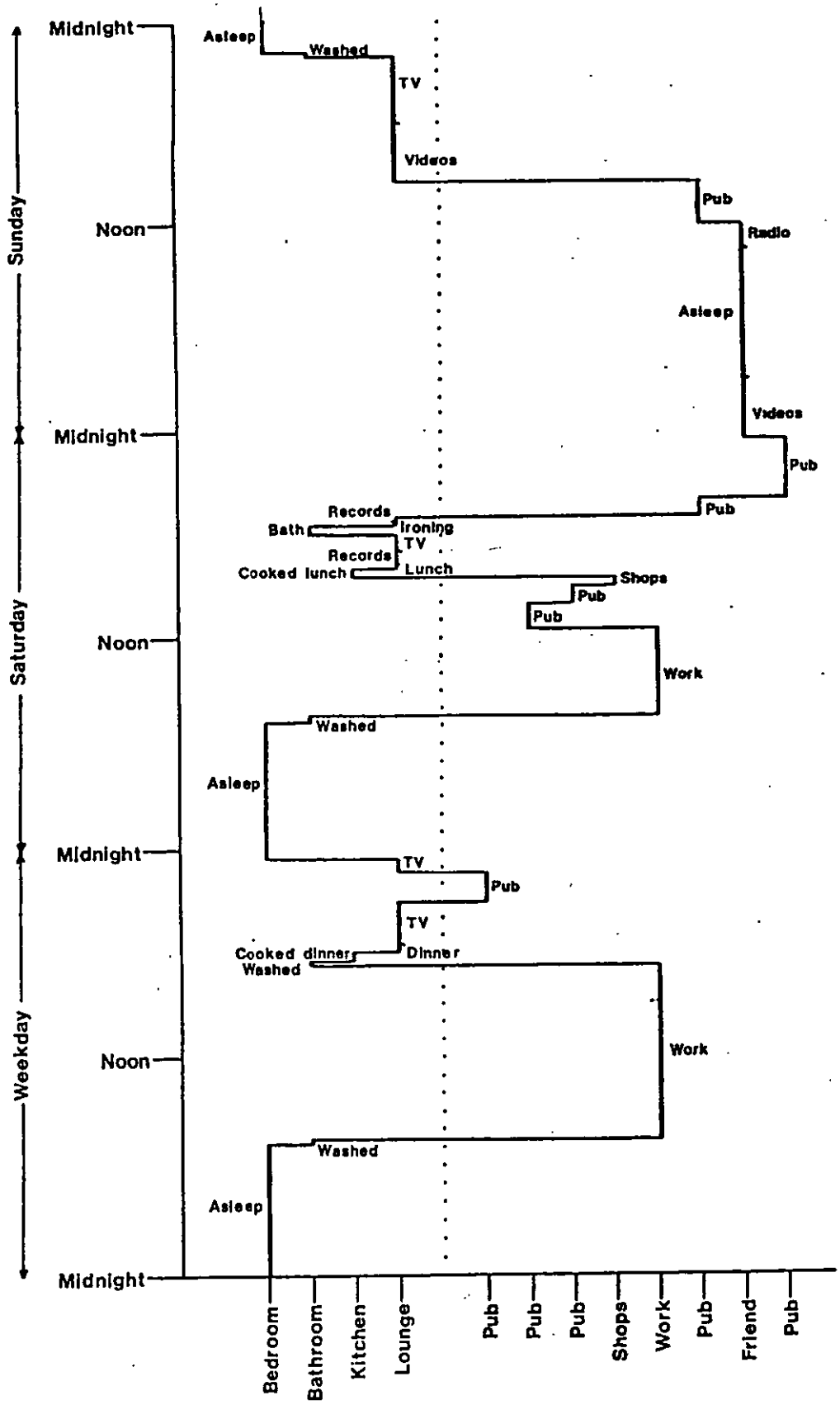
Table 6.8 Formation of Cluster Groups in Analysis of Video Viewers

Shopping Indoor Cleaning Television 4	Television 7

Table 6.9 Formation of Cluster Groups in Analysis of Pub Goers

Shopping Gardening Television 4	Washing Up Indoor Cleaning Knitting,Sewing 7	Television Video 3	Gardening Television 3
Television Walking 4	Washing Up Indoor Cleaning 44	Television 29	

Figure 6.28 Person II



Video viewers generally displayed life styles dominated by home based leisure, particularly watching television and watching videos. Person II was typical of the norm in this respect, but also displayed a considerable degree of out of home leisure, dominated by trips to the pub.

Although a minority group, video viewers nonetheless displayed a strong diversity of life styles. However, in contrast to television viewers, they revealed life styles more strongly described by leisure, in particular combining watching videos with watching television.

Out of home activities

Seven out of home activities were selected for analysis, namely going to church, going to the pub, playing sports, trips to the theatre or cinema, visits to friends and relatives, trips to towns, the countryside, or places of interest, and going for a walk.

Analysis of individuals going to church

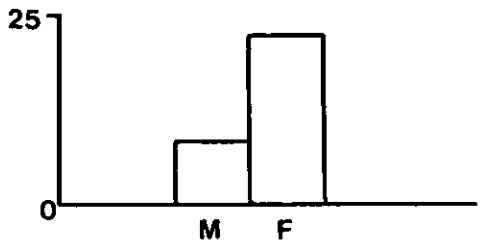
The first out of home activity type to be considered was going to church. It must be noted that this activity was somewhat different from the others. Going to church is not as widely regarded as a leisure pursuit as compared with watching television, going to the pub, or visiting friends and relatives. However, some 54 per cent of all events of going to church were described by diarists as leisure, thereby justifying its inclusion in this analysis of leisure activities. Furthermore, it was feasible that church-goers might exhibit a particularly distinctive life style in terms of their patterns of leisure behaviour.

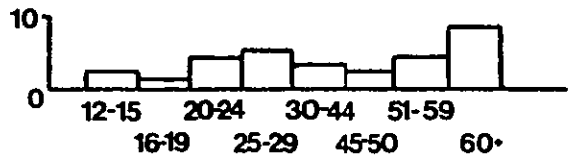
However, going to church was only recorded by 7 per cent of the sample. Figure 6.29 shows the social profiles of the 30 people that went to church. The cluster technique once again indicated the degree of diversity in people's life styles, as the thirty individuals who recorded at least one event of going to church were divided into some twenty-nine significantly different cluster groups.

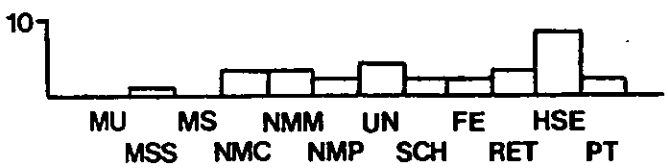
The initial cluster formation was carried out on the basis of looking after pets. Subsequent divisions were based on going for a drive, ironing, listening to records, indoor cleaning, and shopping. Clearly, these activities covered a wide range of both domestic chores and leisure pursuits.

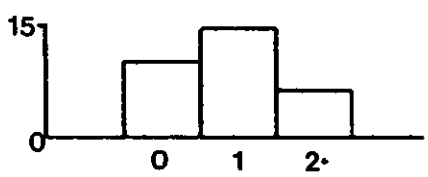
Thus, despite the small sample size, it is fair to conclude that the life styles of church-goers were diverse, as individuals took part in a wide range of different activities.

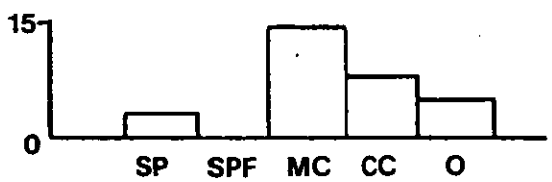
Figure 6.29 Social composition: Going to church











Although no major life style groups were identified, a biographical illustration of a church-going diarist is nevertheless a valid contribution to reiterate the importance of the individual rather than social aggregates. Person JJ may be taken as illustrative of the sample of church-goers, although not necessarily as representative of them. Figure 6.30 depicts the biography of a full-time housewife with two young children, living in a terraced house. The diagram shows a reasonably busy routine in terms of the fragmentation of space and time, which was common to all three days. Most of her activity was home based as one would expect of a housewife and mother, yet a sizeable proportion of her time (over one-fifth) was spent away from home. Almost all her out of home time was given over to leisure pursuits, with the exception of an emergency visit to the hospital with her son.

Leisure was quite prominent in her life style, accounting for just under a third of her time. Her leisure activities were almost all social in nature, involving friends and/or relatives. Watching television only occupied an hour of her time over the three days.

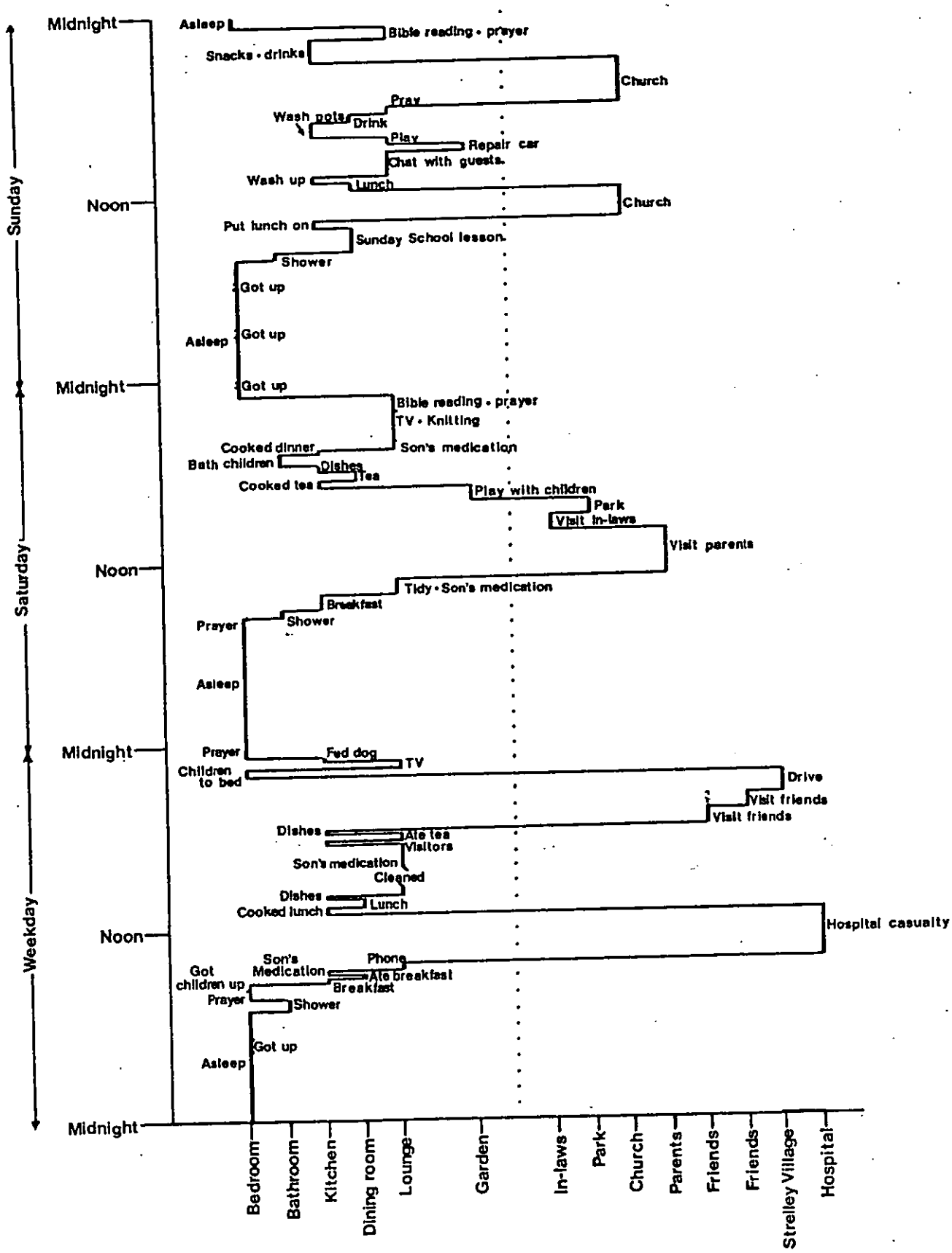
Perhaps surprisingly for a housewife and mother, she spent more time on leisure activities than on duties. Other women with these constraints that have already been illustrated tended to spend most of their time on domestic and family chores. However, Person JJ still carried out many domestic chores around the home, although they did not last for very long. These included preparing meals, washing up, cleaning, and attending to the children.

In terms of the scheduling of her activity, it was interesting to note that leisure activities on the weekday were primarily in the evening, as the daytime was given over to various duties and tasks. By contrast, at the weekend, her leisure time was much more evenly distributed during the day.

As an individual being used to illustrate church-going, it is clear that going to church and other religious activities were very prominent in the life style of Person JJ. Just under 8 hours (11 per cent) of her total time was given over to religion, and a quarter of all her leisure time was spent in two visits to church on Sunday.

It is worth noting that going to church was perceived as leisure, whilst prayer at home and bible reading was perceived as personal care. An additional religious activity, namely a Sunday School lesson, was described as spiritual leisure. Clearly, going to church and related religious activities were very important to Person JJ. A time of prayer was set aside for 15 minutes every morning on getting up and every evening before bed. Bible reading was included in the evenings at the weekend. Thus, religion was not only important in terms of the amount of time devoted to it, but also in the way it was scheduled in her daily routine.

Figure 6.30 Person JJ



Analysis of individuals going to the pub

The second out of home activity type to be analysed was going to the pub. Some 160 individuals (35 per cent of the sample) recorded at least one trip to the pub. Figure 6.31 shows the social profile characteristics of the pub goers. The cluster analysis generated a diverse set of life styles as Figure 6.32 shows. Seventy-three significantly different cluster groups were produced, sixty-six of which contained just one person. However, seven groups contained at least two people and, between them, they accounted for 59 per cent of all pub-goers (Figure 6.33).

Initial division of the sample was based on indoor cleaning. However, many of the subsequent divisions were based on leisure activities, including gardening, watching television, and watching videos. Accordingly, four of the seven major clusters were based solely on leisure pursuits, and a further two defined, in part, by leisure activities, only one subgroup being described purely in terms of duties (Table 6.9).

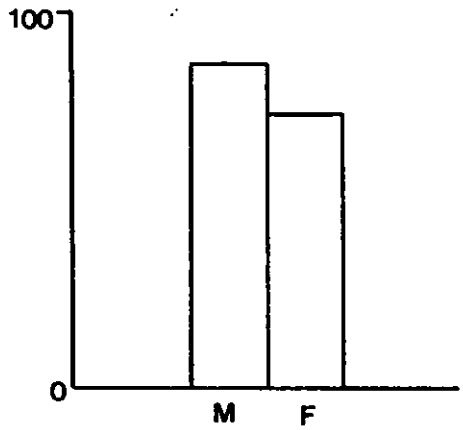
Going to the pub is a traditionally male activity. Thus it was not surprising that an examination of profile characteristics revealed that five of the seven cluster groups were predominantly comprised of men. It was also significant to note that these five groups were also the life styles most strongly described by other leisure activities.

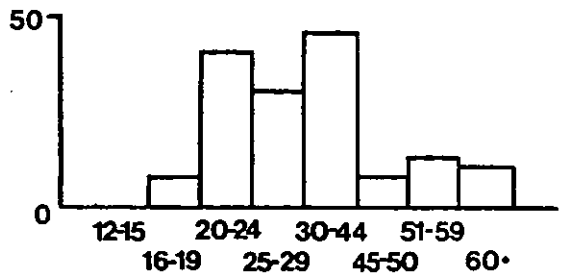
The largest cluster group, defined by indoor cleaning and washing up, contained forty-four individuals, thirty-six of whom were women. This was the only group defined totally by domestic duties. The other subgroup primarily described by duties was based on indoor cleaning, washing up, and knitting and sewing. Although smaller in size, this cluster was also made up primarily of women.

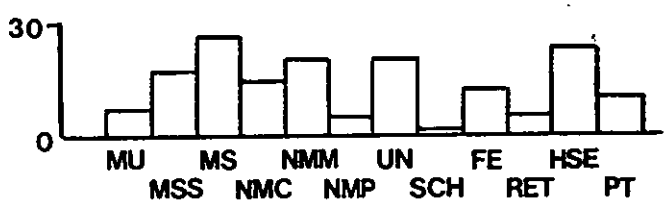
The other large cluster, containing twenty-nine people who were grouped together by watching television, was predominantly male (21 out of 29). The four remaining clusters were much smaller, containing only 3 or 4 individuals, although mainly, but not exclusively, men. However, in terms of other social profile variables, these clusters tended to cover a wide range of characteristics. Thus, they embraced wide age ranges, both car owners and non-car owners, and different types of households. One subgroup, that based on watching television and going for walks, differed slightly from the others in as much as only two members were employed, whereas full employment was the norm in the other groups.

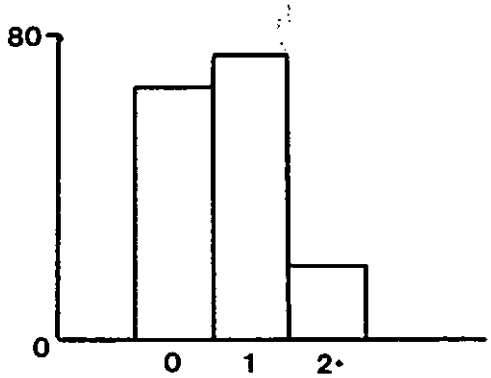
To illustrate the life style of an individual drawn from this cluster it is appropriate to consider Person KK. He was a married man with two children, aged between 30 and 44 years, and employed in a skilled manual job.

Figure 6.31 Social composition: Going to the pub









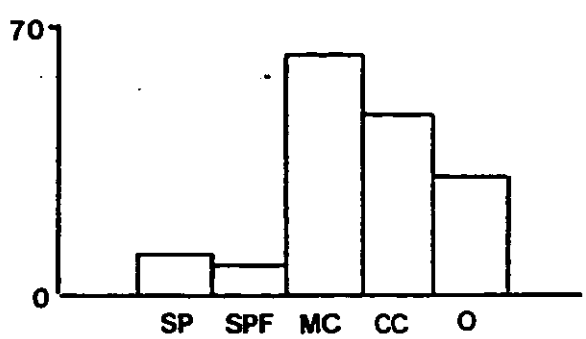


Figure 6.32 Tree Diagram: Going to the Pub

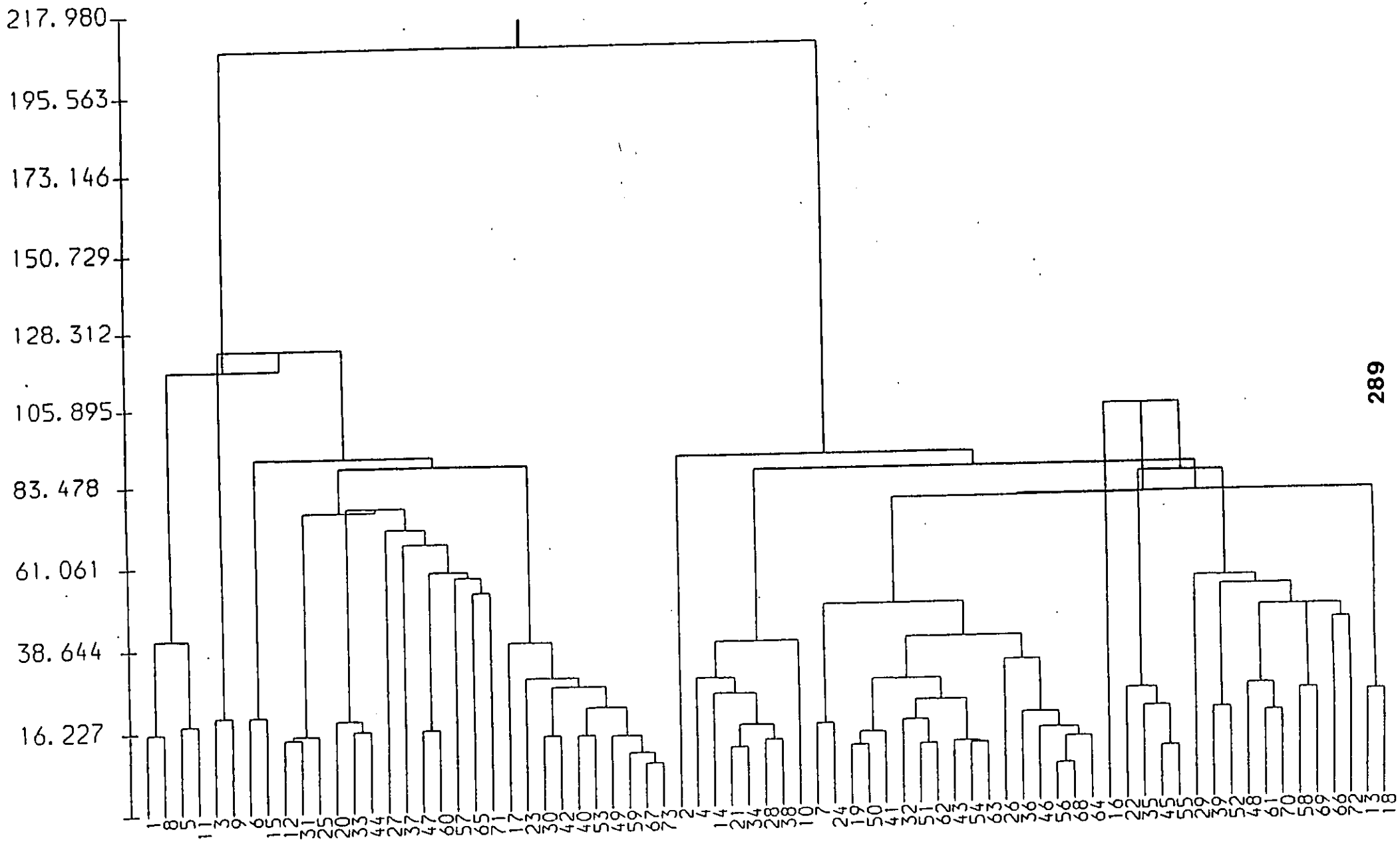


Figure 6.33 Distribution of clusters : Going to the Pub

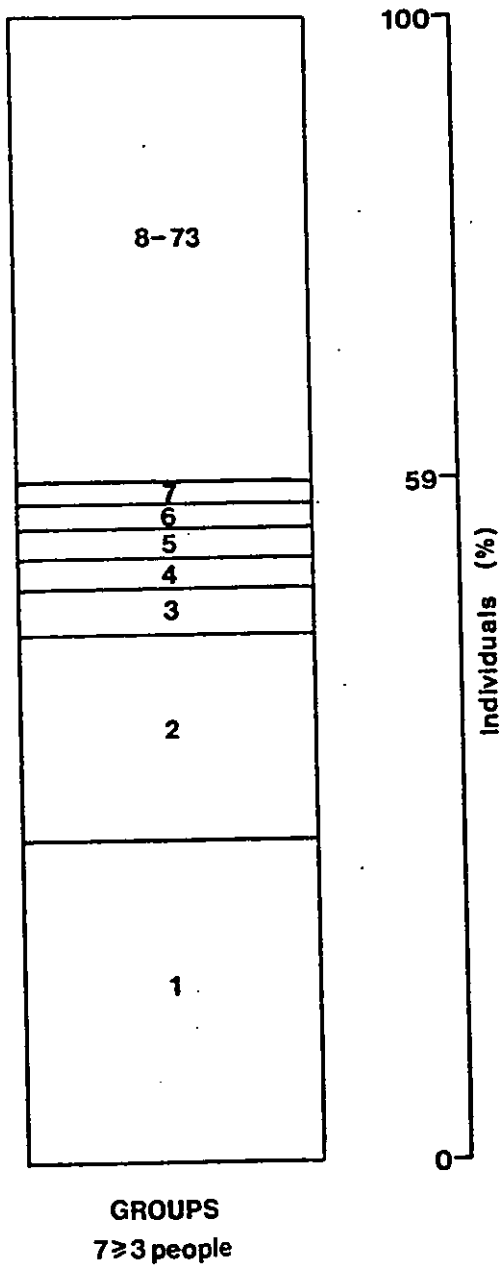


Figure 6.34 depicts the biographical representation of his life style. Clearly, a considerable proportion of his time was spent out of the home (45 per cent). Despite the fragmented nature of his movements, his life style was not particularly hectic, a number of events such as working, going for walks, and fishing all lasting a fairly long time. In addition, the diagram shows that there was no particular sequence or regularity to his routine, although paid employment imposed an element of structure to his life style, both on the weekday and on Saturday.

This group of pub goers, based on the leisure pursuits of watching television and going for walks, revealed life styles dominated by leisure behaviour. Person KK was no exception, some 41 per cent of his time being spent on leisure, and only 1 per cent on duties and chores. Watching television and going for walks only accounted for 27 per cent of his leisure time. Clearly, other leisure pursuits were of greater significance. By far the most influential leisure activity in his life was fishing, which occupied over half of his leisure time (53 per cent). Other prominent leisure activities included gardening, a trip to the pub, and a visit to see his brother.

Going to the pub only occurred on one occasion, taking up just 6 per cent of his leisure time. Thus, although leading a predominantly leisure-based life style, the three leisure activities on which the life style was formed were relatively insignificant in the routine of Person KK.

In contrast to Person KK, it is worth considering another individual drawn from the same cluster group. Person LL, an unemployed married man aged between 45 and 50 years, revealed a life style similar to that of Person KK, in that his routine was not particularly busy (Figure 6.35). The shape of the diagram differed from the previous example, in that his space use was not as fragmented. With no employment to attend, most of his daily routine was home based. Each day, however, revealed a fairly similar pattern, whereby the morning was generally spent at home, followed by an afternoon walk, and an evening visit to the pub before returning home. This regularity of movements is shown quite clearly in Figure 6.35.

Person LL's life style contained a considerable proportion of leisure activity (44 per cent). Furthermore, he did not record any activities that he described as duty. The main leisure activities that he recorded were going for walks, going to the pub, and watching television. He cited five occasions of watching television, and going for walks on three occasions. Between them, these two discriminating activities accounted for 52 per cent of all his leisure time. This was in sharp contrast to Person KK, for whom these activities were much less significant. Person LL also spent a large amount of time at the pub, which if added to the time spent watching television and going for walks, occupied over three quarters of his total leisure time (77 per cent).

Figure 6.34 Person KK

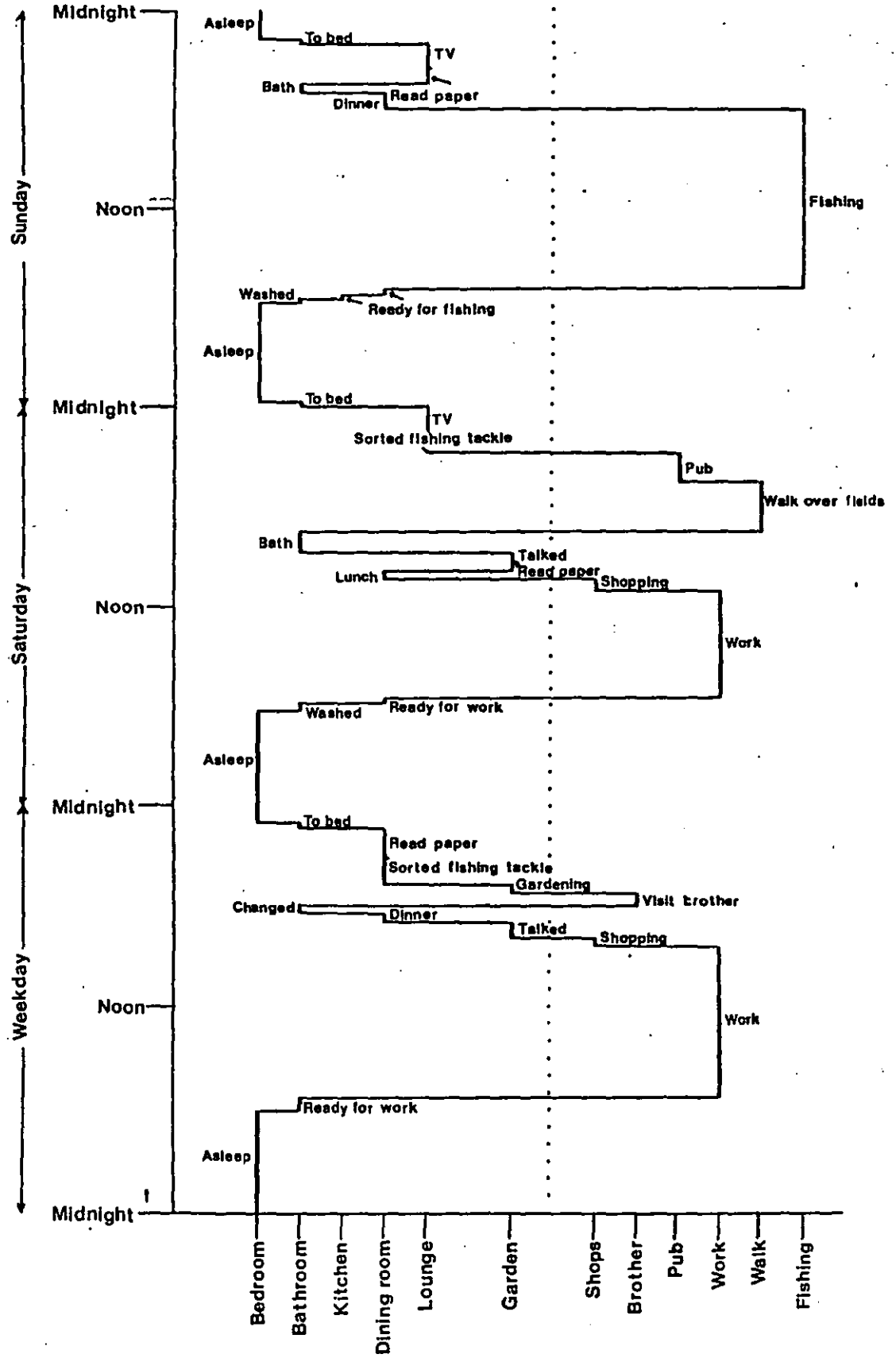
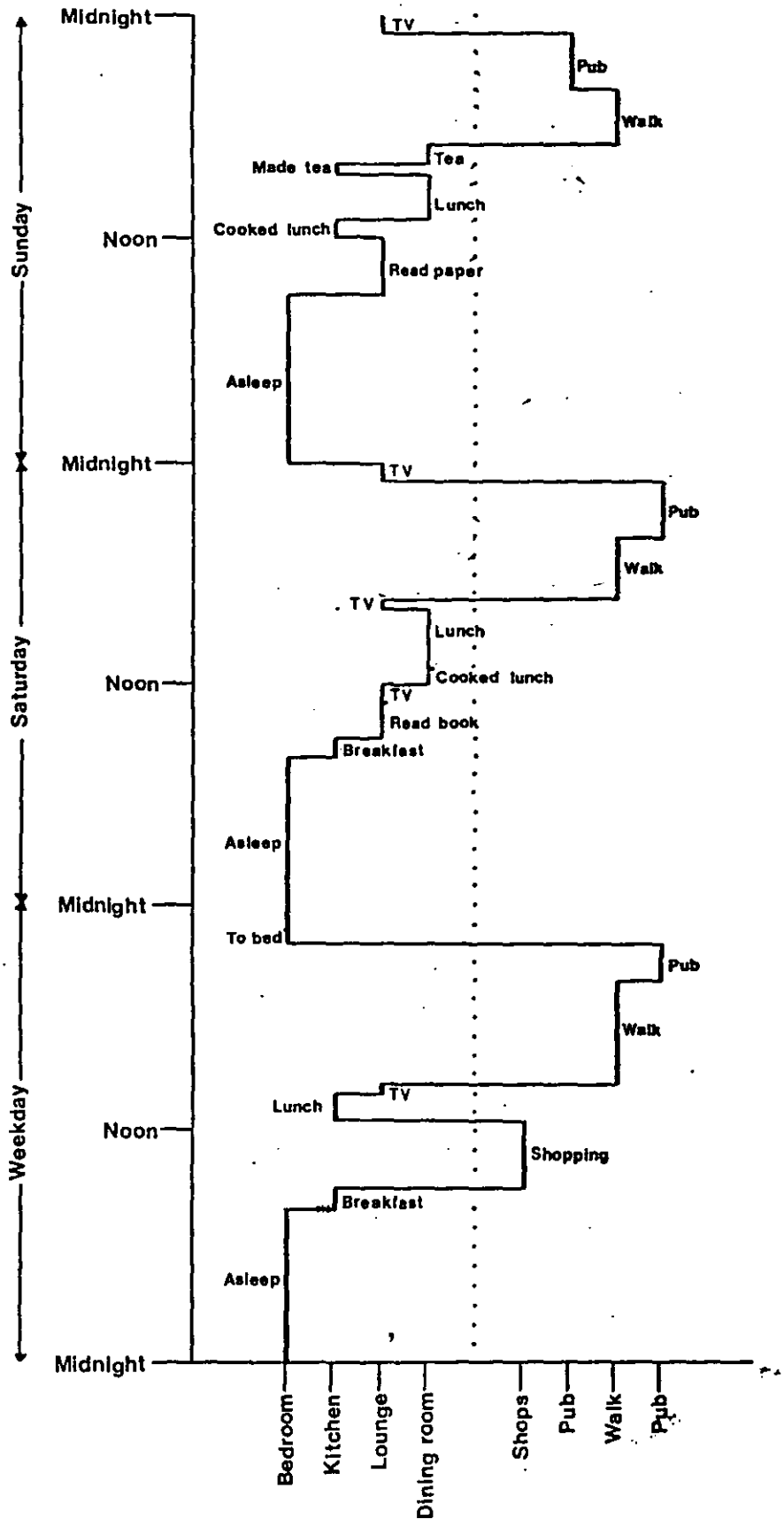


Figure 6.35 Person LL



Thus, if taken together, these two individuals provided an interesting contrast. Both were drawn from the same leisure-defined cluster group of pub goers, and both displayed fairly similar patterns of behaviour. However, they revealed sharply contrasting life styles in terms of the significance of those leisure activities on which they were grouped together. Therefore, the clustering technique brought these individuals together on the basis of common activities, yet the relative importance of these activities, and hence their emphasis within the life style, varied dramatically.

Going to the pub, therefore, was an activity shared by both sexes, although more appreciably by men. Furthermore, it was closely associated with other leisure activities, both in the home and out. Thus, the analysis of pub-goers confirmed the merits of analysis according to both social profile variables and activity types. Gender influences were shown to be fairly significant in shaping life style patterns, although equally, it was evident that groups of leisure pursuits could be as significant in defining life styles.

Analysis of sports participants

The third activity type to be considered was participation in sport. The original activity classification divided sports into four distinct categories, individual sports, team sports, racquet sports, and water sports. For the purposes of the cluster analysis, however, it was more appropriate to consider the four different types together. This was for two main reasons.

First of all, to see whether sports players in general displayed particular life style patterns, and secondly, because the sample sizes for each of the four types were too small when considered separately. The social profiles of all sports players are shown in Figure 6.36.

Accordingly, the total sample of sports participants was sixty-four individuals, who were divided into some sixty cluster groups. All but one of these groups contained only one person, just one group of five people being the exception (Figure 6.37). Thus, it would seem that sports players were a very disparate group of people, each revealing distinctly different life styles.

The initial criterion for cluster formation was water sports, thereby separating out water sports participants from other forms of sport at the first possible stage. Many subsequent divisions were also based on leisure activities, suggesting that sports players, although generally pursuing very individual life styles, also displayed particularly leisure-oriented patterns of behaviour.

Figure 6.36 Social composition: Playing sports

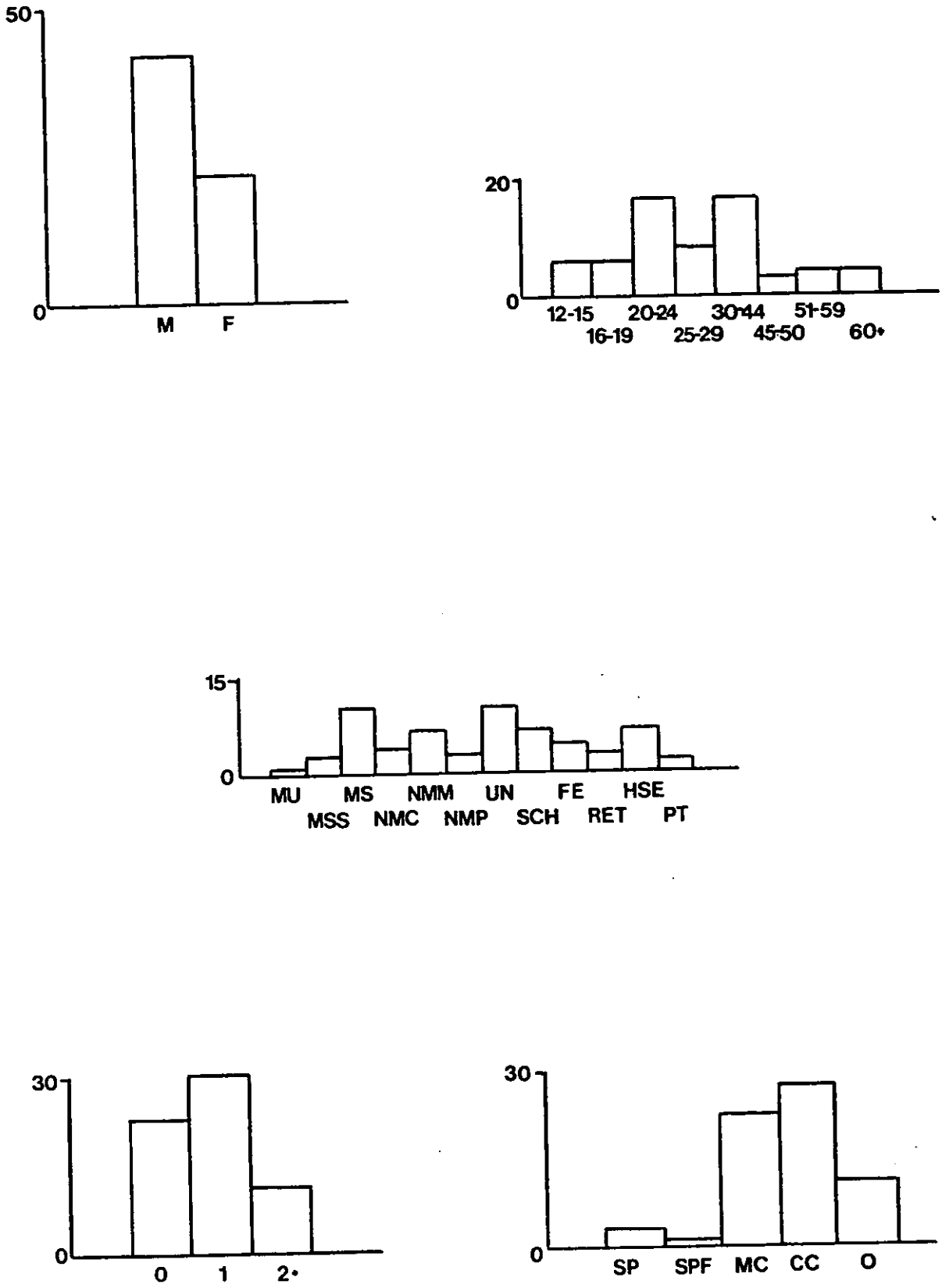
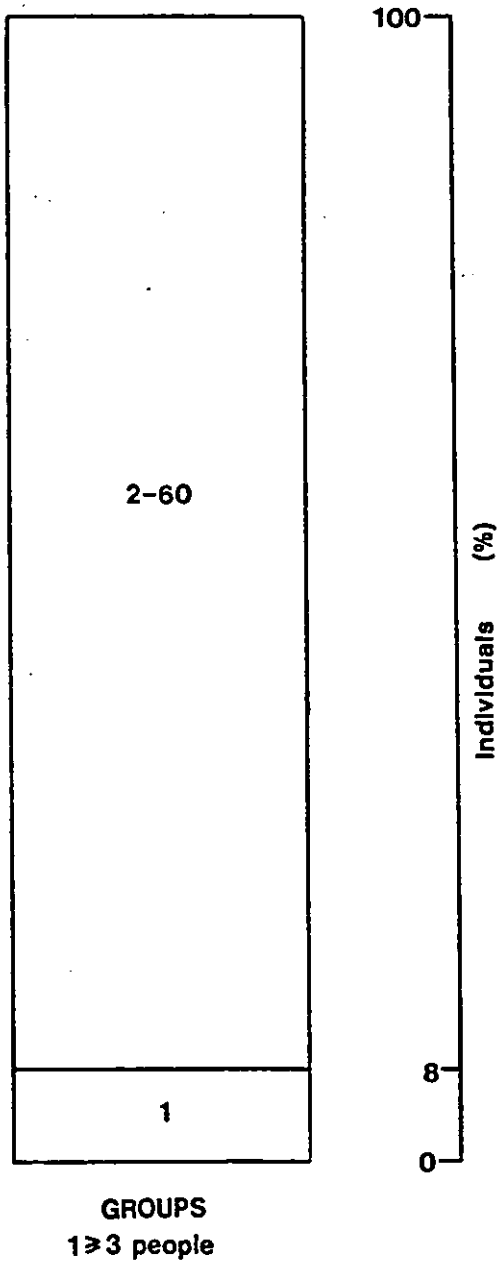


Figure 6.37 Distribution of clusters: Playing sports



The one major life style group to be identified, was described on the basis of a mixture of leisure and chore, namely individual sports and washing up (Table 6.10). With regard to their profile characteristics, the members of this group were generally young, apart from a retired woman. However, they were split between the sexes, two of the five being women. None of the five had dependent children.

To illustrate the life styles of sports participants, it is appropriate to consider an individual selected from this one major life style group. The biography of Person MM, a married woman without children, aged between 25 and 29 years, and working in a skilled manual job, is depicted in Figure 6.38.

The shape of the diagram reveals a life style which took Person MM away from home on a number of occasions, and for lengthy periods of time. Just over half of the diary period was spent away from home. Consequently, her behaviour was more fragmented in terms of space use than that of time.

It might be expected that a group of sports participants would show life styles governed by leisure behaviour, yet this cluster group was no more 'leisured' than the average for the whole sample. Person MM, did however, reveal a greater than average proportion of leisure time (39 per cent of her time being devoted to leisure pursuits). She did not record very many duties, only 6 per cent of her time being given over to chores. These included cooking, washing up, and indoor cleaning.

However, much of her time was spent on leisure pursuits, and these primarily took place out of the home. It is often assumed that sport takes on particular significance in the life of sports players, and in the case of Person MM, this was a justifiable assumption. She recorded five separate sporting events, totalling some eighteen and a half hours. This represented two-thirds of all her leisure time (66 per cent). The two activities that she recorded were skating and 'training', and it is fair to presume that the training was related to the skating. Skating was clearly very important to her way of life, with a competition forming the culmination of the week's efforts. It also permeated her home based leisure, with time set aside to prepare and sharpen her skates.

This central position of sport in her life style was atypical of the group. The other four members only recorded one sporting event each, and this never accounted for more than a quarter of their leisure time. The other sports recorded were bowling, jogging, shooting, and snooker. Interestingly, it was individual sports, rather than team, racquet, or water sports that were singled out as discriminating in forming this cluster. The five members of the cluster all recorded instances of just the one sport, and not a range of sports, be they individual or otherwise.

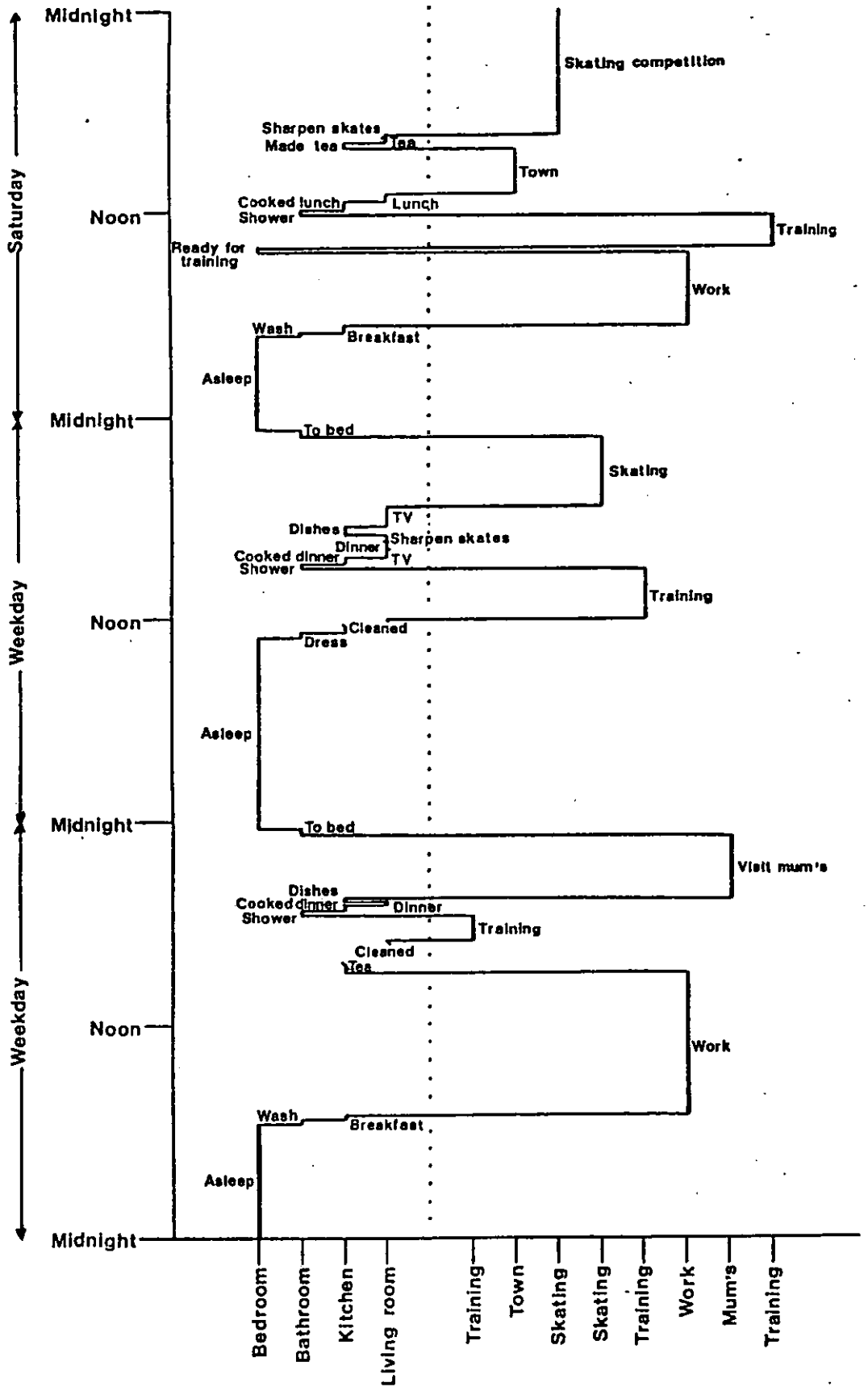
Table 6.10 Formation of Cluster Groups in Analysis of Sports Players

Individual Sports Washing Up 5

Table 6.11 Formation of Cluster Groups in Analysis of Individuals Visiting Friends and Relatives

Shopping Cooking Reading Books Entertaining at Home Talking 3	Cooking Video 3	Cooking Ironing Reading Papers 10	Cooking Talking 16	Cooking Ironing 25
Cooking 64	(None) 9	Pub Cooking Records Talking 3	Shopping Cooking Reading Papers 21	Shopping Cooking Entertaining at Home Talking 3

Figure 6.38 Person MM



For Person MM then, skating was the dominant activity in her leisure life style , and other activities, leisure or otherwise were all fitted around this sporting interest (paid employment was an exception).

Other research (McInnes, 1984) considering the time-space biographies of a group of club athletes showed the importance of sport in their life styles. For those in employment, work and sport were the two main influences on their patterns of behaviour. For those not in employment, the impact of sport was even greater. Person MM therefore, confirmed this significance of sport in the life style of sports players, although that was not the case for the other members of the cluster group.

Generally, therefore, this life style group confirmed the established notions of male (particularly young male) participation in sports. However, the overall impression of the analysis on sports players indicated a diversity in life styles that was perhaps less expected, given the strength of conventional notions of the role of social profile variables as predictors of participation in sport.

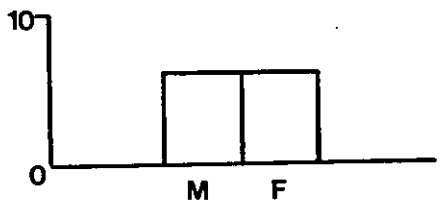
Analysis of individuals visiting the theatre or cinema

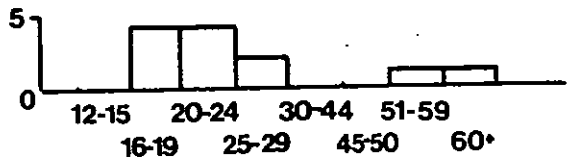
The next out of home activity type to be considered was yet another composite group. In this case, going to the theatre was combined with trips to the cinema. The participation rates in these two activities were very low, and even when combined together, only twelve individuals had recorded at least one event of either activity. Figure 6.39 shows the social composition of this combined group.

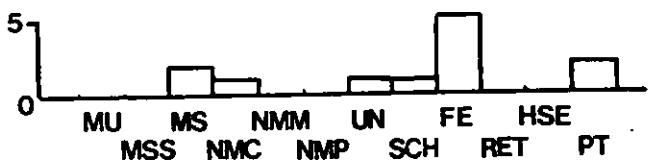
Not surprisingly, therefore, the cluster technique generated twelve significantly different cluster groups, each containing just one person. Although this indicated a diversity of life styles, it was really impossible to conclude with any conviction on the basis of such a small sample.

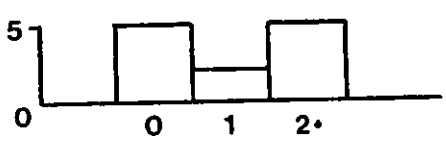
The initial cluster formation was based on visits to museums, an activity not hitherto recorded on the list of discriminating activities. The inclusion of visiting museums was significant in this context, being an activity that was similar in nature to theatre-going. Cinema-going was also brought out as a discriminating activity, which suggests some degree of interest in 'the arts' as a basis for life style definition. Other divisions of the sample however, indicated a disparate pattern of behaviour, activities including shopping, doing errands for others, going to church, and drinks of alcohol at home.

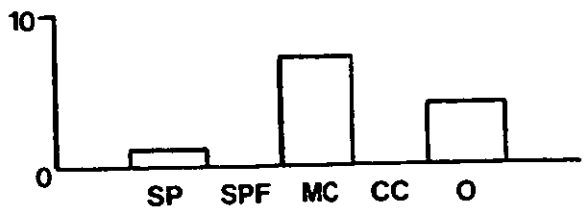
Figure 6.39 Social composition: Visiting the theatre or cinema











However, the limits of sample size make it impossible to draw any further conclusions on the life styles of theatre and cinema-goers.

Analysis of individuals visiting towns and cities, visiting the countryside, or visiting places of interest

The fifth out of home activity type to be considered for cluster analysis was also a composite group of pursuits. The three activities combined together were visits to towns and cities, visits to the countryside, and visits to places of interest. Each of these had been coded separately in the initial analysis, and had revealed particularly low participation rates. Like the previous example of theatre and cinema-goers, it was felt that these three activities could be grouped together for good sample reasons. The social characteristics of this combined group are illustrated in Figure 6.40.

However, even when combined together, only thirty-seven people recorded at least one event of any of these activities. The cluster analysis produced some thirty-six significantly different cluster groups. Thus, despite the low sample size, visitors to towns, the countryside, or places of interest all revealed very diverse patterns of behaviour.

The initial cluster formation was based on going to the library, whilst subsequent divisions were generally formed on the basis of out of home leisure-related pursuits. These included visiting towns and cities, visiting the countryside, going for walks, and going to night clubs. Other prominent activities included going to the hairdresser and looking after pets.

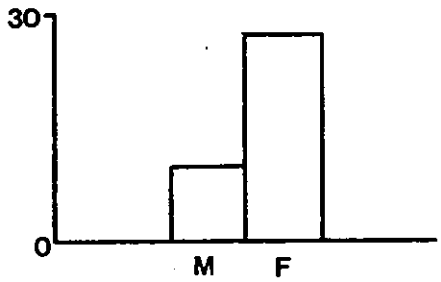
It is worth noting that two of these discriminatory activities, visits to towns, and visits to the countryside, were also two of the three activities on which this sample group was based.

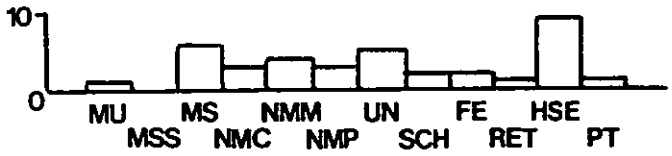
However, beyond an initial conclusion of diversity in life styles, and a hint at the presence of out of home leisure life styles, the sample size was unfortunately too small to make any further conclusion on this group.

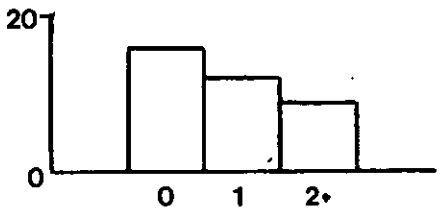
Analysis of individuals visiting friends and relatives

The sixth out of home activity type to be considered was also the largest in terms of sample size. Some 250 individuals made at least one visit to friends and/or relatives during the three day diary period. Figure 6.41 shows the social profile characteristics of this group. The diversity of life styles was again apparent as the tree diagram in Figure 6.42 shows.

Figure 6.40 Social composition: Visiting towns and cities, the countryside, or places of interest







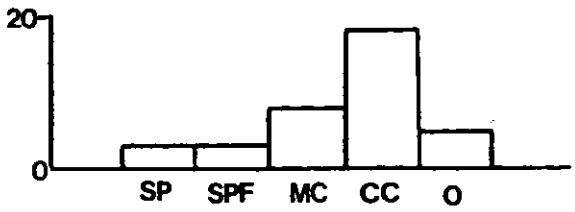


Figure 6.41 Social composition: Visiting friends and relatives

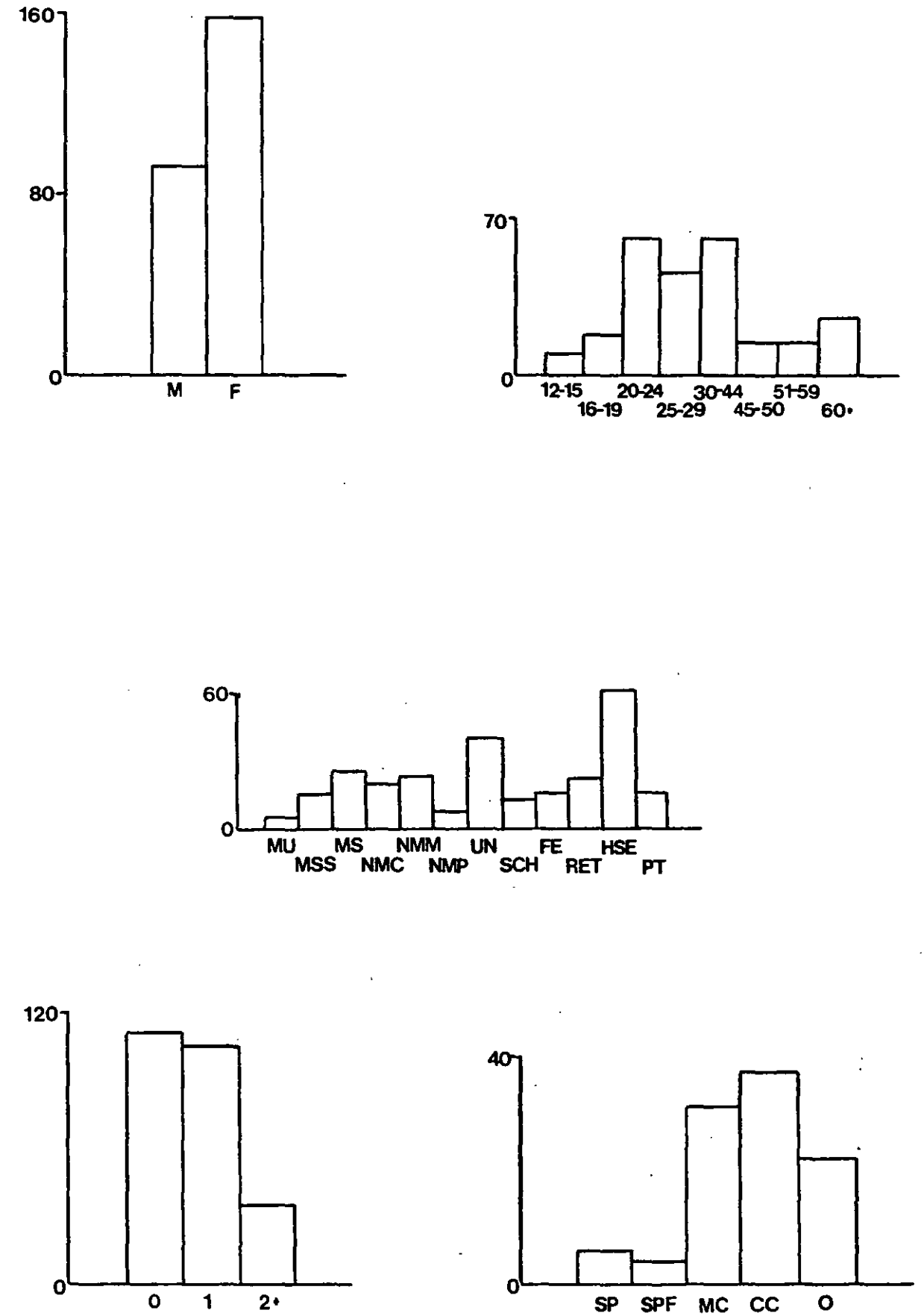
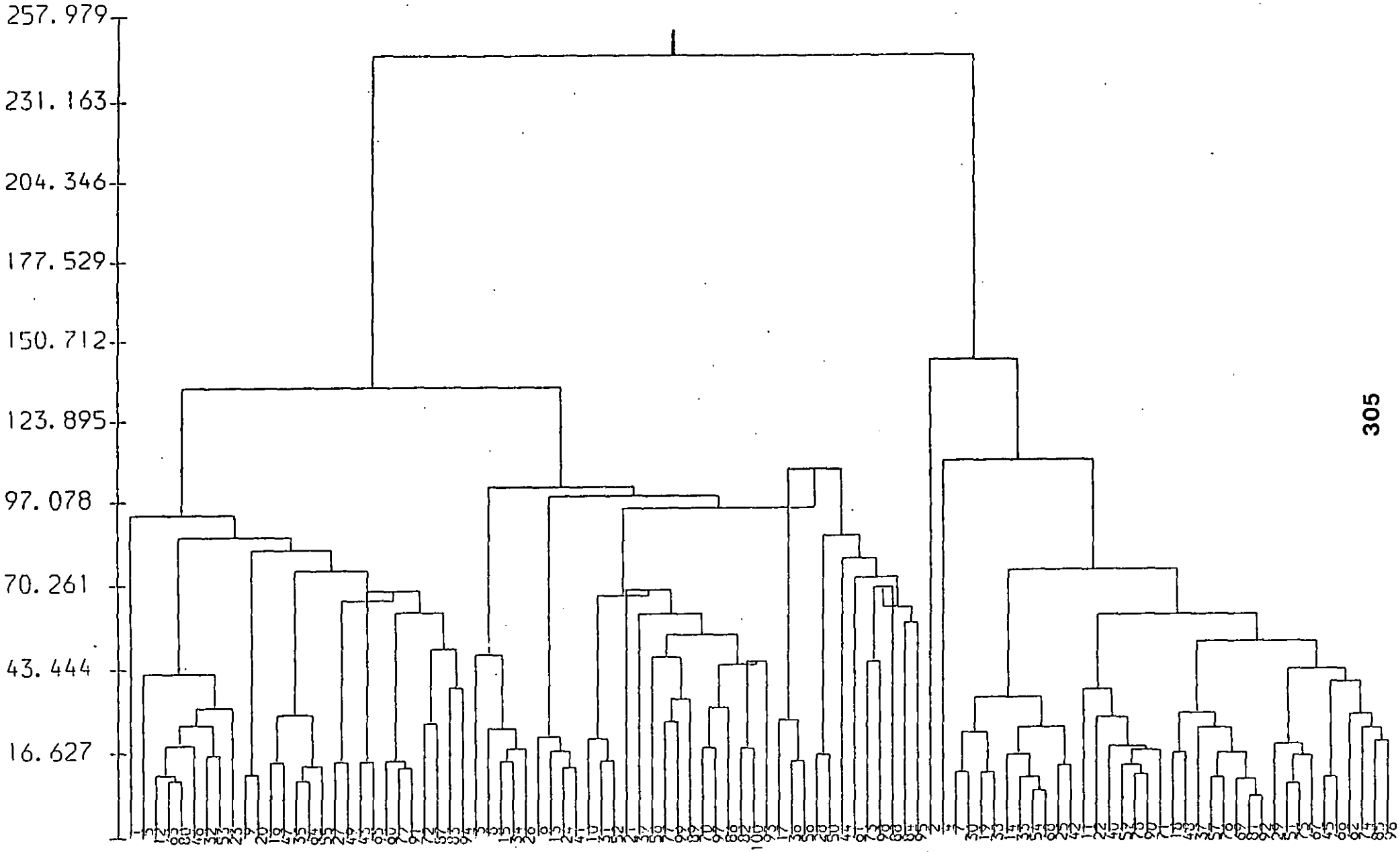


Figure 6.42 Tree Diagram: Visiting friends and relatives



Some 99 significantly different cluster groups were generated, eighty-five of which contained only one person (Figure 6.43). However, there were also ten groups containing three or more individuals, which together, accounted for some sixty-three per cent of the sample.

The initial criterion for cluster formation was cooking, which appeared as a discriminating activity for nine of the ten major clusters (Table 6.11). Other prominent activities included shopping, ironing, and chatting with friends.

None of these groups were defined solely according to leisure pursuits, although seven of them were partly described by leisure activities and partly by domestic chores. The main leisure activities included reading newspapers, chatting with friends, and entertaining friends at home.

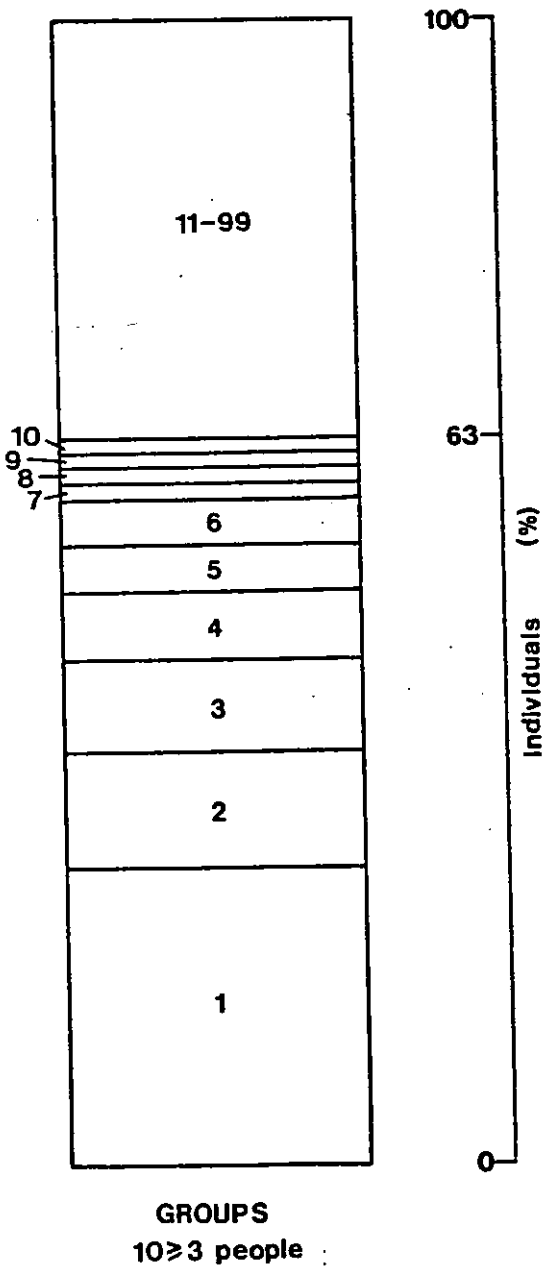
The two clusters defined purely in terms of duties were both predominantly composed of women. Likewise, the groups described mainly by duties, also tended to be primarily women. By contrast, those groups based mainly on leisure activities were more mixed in composition, or composed primarily of men.

For example, the subgroup of ten people who shared cooking, ironing, and reading newspapers, were particularly distinct in their profile characteristics. Although covering a wide age range, eight of the group were women, only one was employed, and five were mothers with children. Their life styles were described by the range of household chores that they undertook.

By contrast, another subgroup, defined by a shared participation in cooking, shopping, and reading newspapers, was far less distinct in terms of profile characteristics. Eleven of the twenty-one members of this group were women. There was a polarity of ages, with six people being aged over 60 years, whilst nine were aged under 30 years. Similarly, with regard to employment status, only ten were employed. Thus, this cluster, although based primarily on domestic tasks, was far more diverse in its social composition than the other group formed according to similar behavioural attributes.

The two groups formed primarily on the basis of leisure activities were much smaller, each containing only three people. The group based on cooking, going to the pub, listening to records, and chatting with friends, were all young men in full-time employment. Similarly, the group based on shopping, cooking, reading books, entertaining at home, and chatting with friends, were also young and employed, yet only one of them was male.

Figure 6.43 Distribution of clusters: Visiting friends and relatives



To illustrate this cluster group, it is appropriate to consider a married couple, who were linked together in the same life style group on the basis of their common patterns of behaviour. The life styles of Person NN and Person OO are depicted in Figure 6.44. Both were aged under 44 years and employed in skilled manual employment. Person NN was female.

By far the most striking feature of the diagram was the amount of time that they spent together. Over the entire diary period of three days only about eight hours were spent apart. Equally dramatic was the fragmentation of their activity, both in time and space, as their life styles were particularly busy. This made the amount of time that they spent together all the more remarkable, as such a high degree of fragmentation, particularly in space use, would be expected to produce more separate patterns of behaviour.

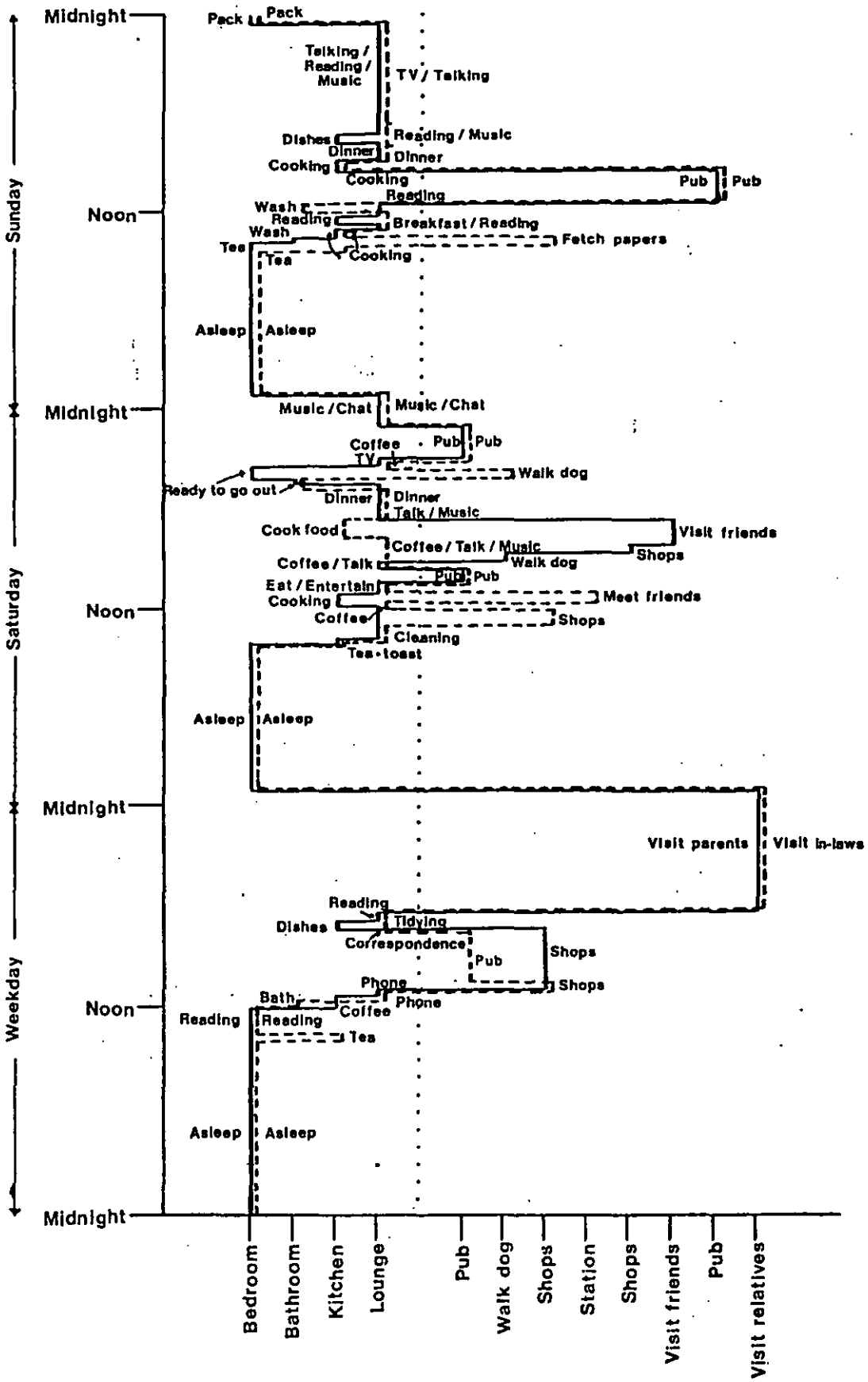
Although both were in employment, neither recorded an event of going to work during the diary period. This was reflected in the high amounts of leisure activity that they both recorded. Some 45 per cent of Person NN's time was given over to leisure, whilst her husband recorded even greater amounts (51 per cent of his time being allocated to leisure). This was matched by a low representation in duties, although Person NN recorded more than the cluster average (11 per cent as opposed to 8 per cent).

Closer examination of the detail of their life styles revealed a wide range of leisure pursuits, most of which were noticeably 'social' in nature. These included visiting friends and relatives, going to the pub, and entertaining friends. Furthermore, home based activities such as watching television and listening to music were invariably described alongside chatting with friends.

The three leisure activities used to describe this life style group were all particularly significant in the leisure life styles of this couple. Entertaining at home was recorded on at least seven occasions, and instances of chatting with friends almost as often. Allowing for a certain degree of overlap in these two activities, they nonetheless occupied about two-thirds of their leisure time. Reading books also accounted for at least 10 per cent of their leisure time.

Clearly, this couple provide an extraordinary example of two people sharing the same life style. Their behaviour was such that they were almost inseparable over the three days. Not only did they spend the majority of their time together in the same place doing the same activities, but also they perceived the nature of these activities to be similar. Their life styles were dominated by leisure activities, the vast majority of which were social in nature. The socially-oriented activities used to define the life style group were especially important in the life styles of this couple.

Figure 6.44 Persons NN and OO



In general then, both of the clusters whose life styles were dominated by leisure pursuits, revealed particularly 'social' leisure activities. In keeping with the sample-defining activity of visits to friends and relatives, which is a social leisure activity, the life styles of these individuals tended to be social in nature.

Therefore, visiting friends and relatives proved to be an activity undertaken by a large number of people. Accordingly it produced a wide range of diverse life styles, only some of which were based on other leisure pursuits. However, these leisure life styles tended to be particularly social in nature, rather than solitary pursuits.

Analysis of individuals going for walks

The final out of home activity type to be considered was going for walks. Figure 6.45 shows then social composition of this group. Walking was recorded by sixty-six individuals, and the resultant clustering procedure generated some fifty-five significantly different cluster groups (Figure 6.46). Fifty-two of these clusters contained only one person, yet just one main group accounted for 15 per cent of the sample.

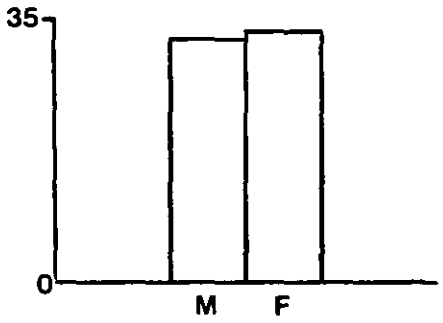
The ten people in this one cluster were combined on the basis of a shared participation in cooking and visiting friends and relatives (Table 6.12). In terms of the social profile composition of the group, its members came from a wide range of social backgrounds. There was a split between the sexes, with six women and four men. Only three of the group were employed, and four of the women were housewives. The group also covered a wide age range, from 20 to over 60 years.

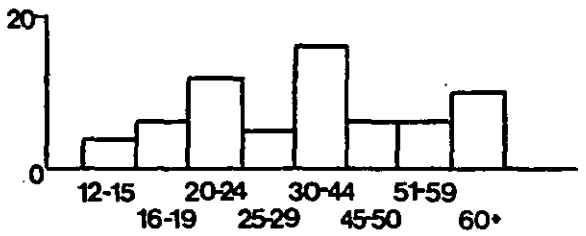
The individual life styles of members of this cluster group may be illustrated and contrasted by looking at two people with varying social backgrounds. Figure 6.47 shows the life style of Person PP, a 20 year old housewife with a young baby.

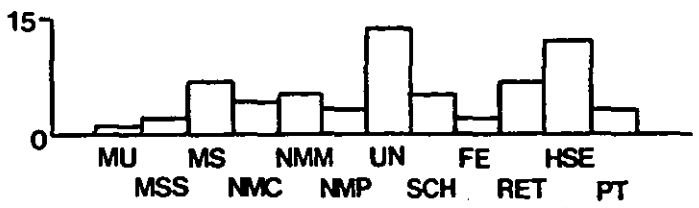
Her life style was not particularly hectic in terms of the fragmentation of time use, which was perhaps surprising given the 'typical' life styles of young mothers revealed in Chapter 5. However, more typical was the prominence of home based activity, with only one excursion away from the home each day.

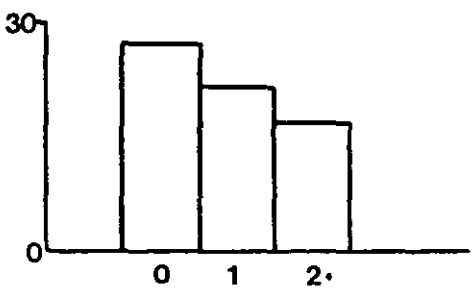
Person PP's home based activity was a combination of leisure and chore. She recorded some 35 per cent of her time as leisure, which was average for the group. However she spent a greater than average amount of time on household duties (20 per cent). This, though, disguised the fact that she did not record particularly many tasks, rather that they each lasted a fairly long time. These

Figure 6.45 Social composition: Going for walks









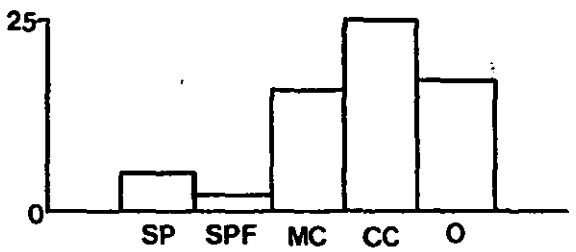


Figure 6.46 Distribution of clusters : Going for walks

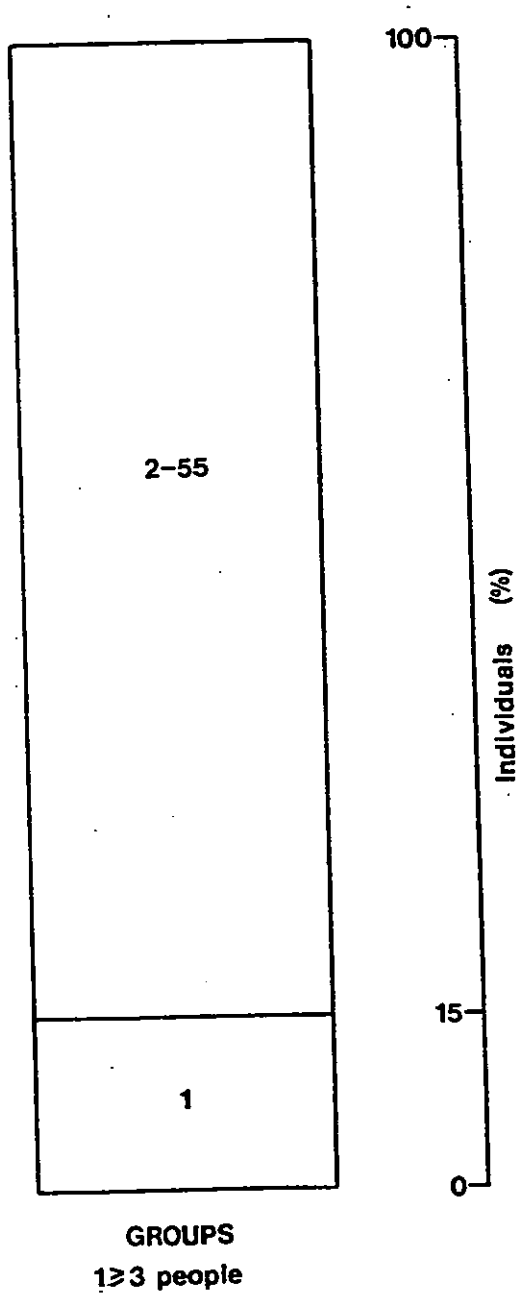
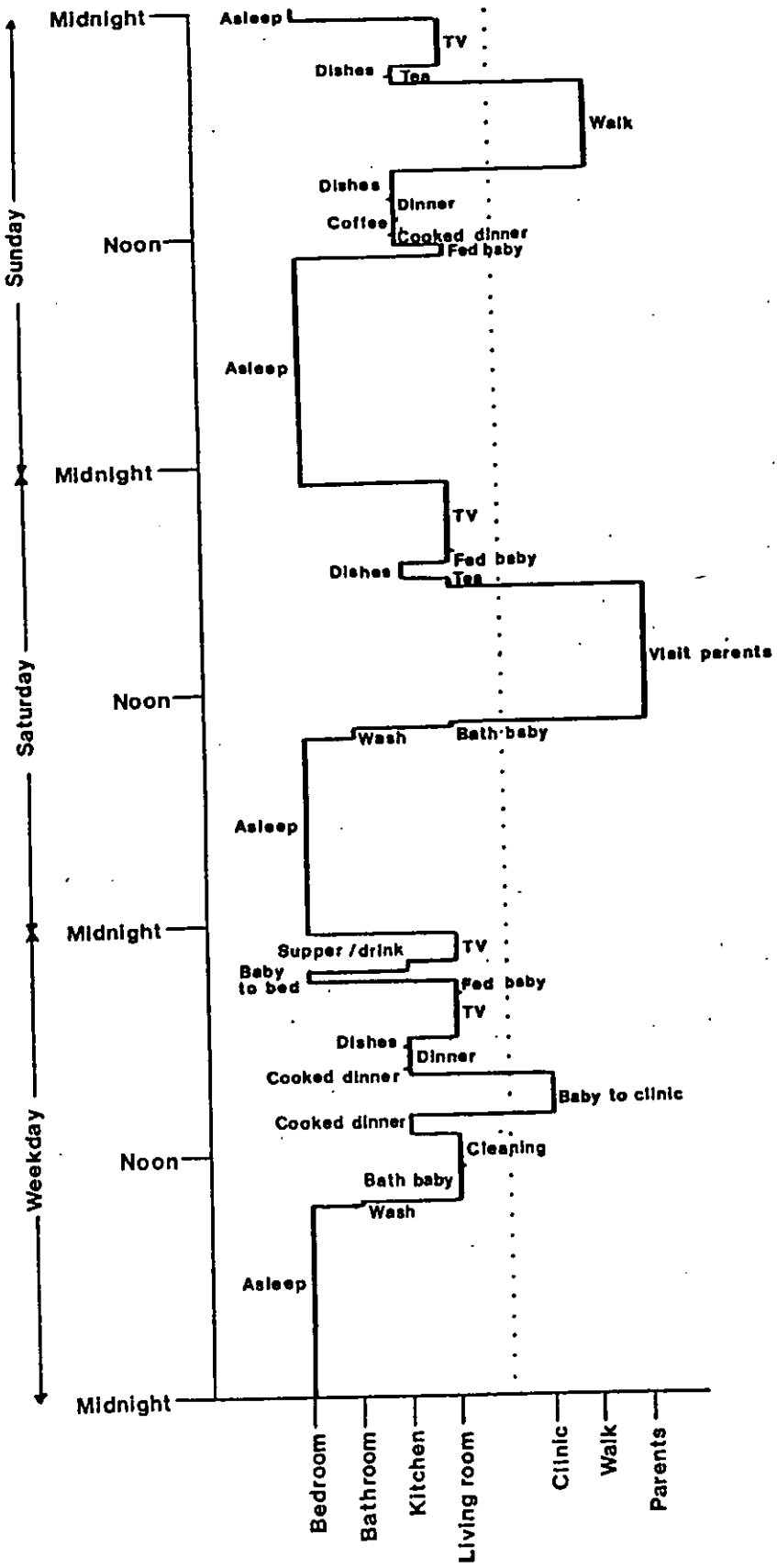


Table 6.12 **Formation of Cluster Groups in Analysis of Walkers**

Visits to Friends,Relatives
Cooking
10

Figure 6.47 Person PP



duties included cooking and washing up, cleaning, and looking after the baby.

The most frequently recorded leisure pursuit was watching television. However, most of her leisure took place away from home. The three events out of home were all described as leisure. One of these was a two hour trip with the baby to the clinic. The other two were the discriminating leisure activities of visiting friends and relatives, and going for walks. Between them these two activities occupied 42 per cent of her leisure time. Thus, although she made few journeys out of home, they were nevertheless significant sources of leisure.

Therefore, Person PP's life style was split between the traditional house-bound routine of the young mother, and out of home leisure activities. Although only visiting her parents once and going for a walk once, these two leisure activities were relatively important to her life style.

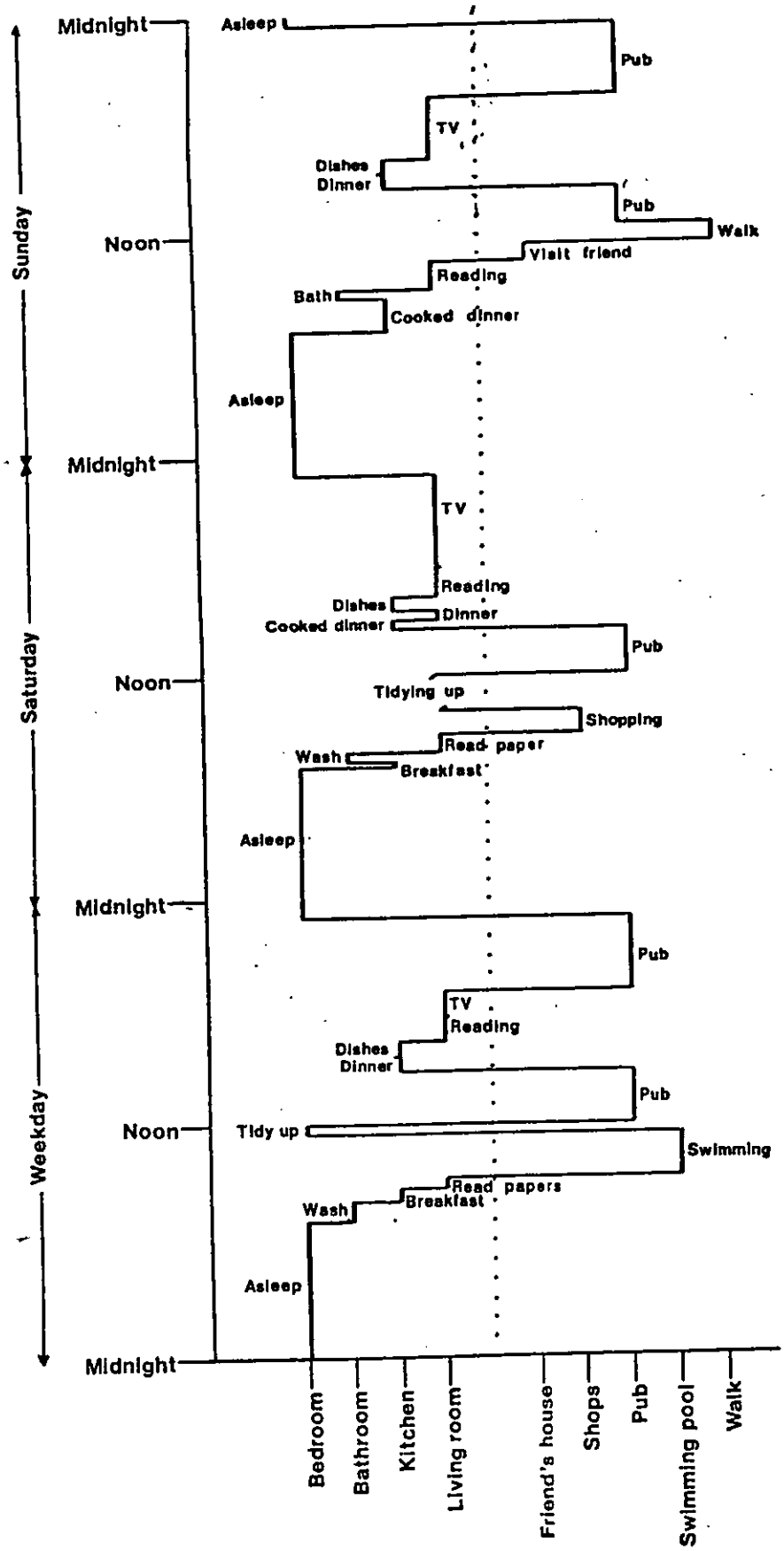
It is useful to consider another individual, Person QQ, as an interesting contrary to Person PP. The life style of Person QQ, a single unemployed man, aged between 45 and 50, is shown in Figure 6.48. He did not lead a particularly hectic or busy routine as the lack of fragmentation in the biographical 'path' indicated. Much of his time, though, was spent away from home (31 per cent). Within the home his use of space was fairly limited, the bulk of his activity taking place in the living room.

Person QQ led a particularly leisure-filled life style, 46 per cent of his time being spent on leisure pursuits. This was considerably more than the group average of 35 per cent, and was mirrored by a low representation in domestic duties (3 per cent), which included cooking, washing up, and shopping.

By contrast, his leisure was much more widespread and varied, including reading books, reading newspapers, watching television, going for a walk, going swimming, trips to the pub, and visiting friends. Clearly, the lack of paid employment was compensated for by a wide range of leisure activities. Furthermore, the bulk of this leisure activity took place away from home.

Visiting friends and relatives was only recorded once, as was going for a walk. Thus, the two discriminating activities of this cluster group were not especially important for Person QQ. Only 6 per cent of his leisure time was given to these two activities. This made a sharp contrast with Person PP, for whom these activities were significant. Two other leisure pursuits were far more important for Person QQ, namely watching television and going to the pub. He recorded three events of watching television (30 per cent of all his leisure time), and five trips to the pub (48 per cent of his total leisure).

Figure 6.48 Person QQ



Therefore, these two individuals may be contrasted to show how two people drawn from the same life style group based on common activities actually revealed distinctly different life styles. Not only did they differ in terms of the balance of leisure and chores, but also in respect of the significance of the discriminating activities in their life styles.

Thus, the cluster, based on both leisure and chores, identified a life style that cut across social profile groups, thereby reinforcing the strength of behavioural analysis as a means of defining life styles.

Summary

Analysis of individuals based on social profiles indicated that leisure life styles could be identified which cut across social profile divisions. The combination of cluster analysis and biographical analysis revealed that these leisure life styles were complicated, and varied not only from one group to another, but from individual to individual within each group. Therefore, it was appropriate to extend the analysis to consider the life styles of individuals within activity types, rather than within social profile groups.

Consideration of activity types provided the basis for a potentially more sensitive measure of the variation in leisure life styles than the conventional social and demographic indicators. Shaw (op.cit.) discussed the application of the ACORN classification to recreational activities in a similar attempt to overcome conventional uni-dimensional measures such as age or gender. The technique proved not only to be multi-dimensional, but useful as a life style discriminator with respect to participation in recreation. However, it must be acknowledged that ACORN is a classification of small areas, not of individuals or households. Thus attempts to infer information about individual behaviour from small area data may be invalid. The data in the present research overcomes this problem, thus we can draw conclusions on the nature of people's behaviour.

The first point to note was that, yet again, individuals pursued very disparate and diverse life styles. This was the case in each of the activity types analysed. No matter how large or small the sample there were always a considerable number of significantly different single person clusters.

The previous chapter highlighted the merits of social profile analysis in predicting people's behaviour. Initial analysis of the overall sample had indicated that social profile characteristics, particularly gender, were indeed good indicators of individuals' patterns of behaviour. This was, however, proved to be less so when analysis was focussed purely on samples drawn from particular social profile groups.

Turning attention to activity types revealed that social profile variables were not particularly influential in determining leisure life styles, as life style groups embraced individuals from a wide range of social backgrounds. However, it must be acknowledged that their effect varied in impact between different activities and also between life style groups within activity types. Social profile variables were more accurate predictors of behaviour in cases where the discriminating activities of the life style group were unrelated to leisure activities.

Gender was by far the most influential of the major social profile variables, and it was generally the case that life styles described by duties and chores were associated with women, whilst leisure defined life styles were associated with men. There were of course exceptions, such as the cluster group of women who went to the pub, thereby reinforcing the notion that social profile analysis is not the only answer to predicting individuals' behaviour.

The relative unimportance of social profile variables in describing leisure behaviour has implications for leisure marketing procedures. A rigid segmentation of the 'leisure market' based on socio-demographic characteristics would appear to be unwise. Activity classifications may prove to be more applicable. For example, subgroups of the population may be targetted on the basis of their behaviour, such as gardeners or video viewers.

Thirdly, it might have been assumed that analysis of individuals within activity types would lead to very distinctive and narrowly defined life styles. This would certainly have been the case if one or maybe two activities really were totally 'determinant' in describing life styles. However this was manifestly not the case. There were differences both between activity types and within activity types.

For example, entertaining at home, going to the pub, and visits to friends and relatives all revealed predominantly leisure based life styles. Furthermore, as each of these is normally a particularly social activity it was not surprising that the life styles of individuals in these groups were especially social in nature.

By contrast, reading newspapers and gardening, which are far more solitary leisure pursuits displayed life styles that were much less clearly defined according to leisure. In the case of those that read newspapers, the main life style groups were defined by duties and chores. However, these too may be contrasted with the wide range of life styles that were produced amongst book readers. There were a great many significant cluster groups, some strongly leisure based others, much less so. Finally, there were other activity types, such as non-viewing of television or church going which generated no particular pattern of life styles whatsoever, rather just a diverse range of unique individuals.

Fourthly, and perhaps most significantly, the overall impression drawn from the biographical analysis of individuals was the uniqueness and individuality of different people. For example, the two people drawn from the book readers, Person EE and Person FF, were very different in their patterns of behaviour, one being very leisure-oriented, the other concerned with domestic duties.

Even within the same life style group however, individuals differed in the content and emphasis of their life styles. The cluster group of sports players revealed one person for whom her sport was of central importance to her routine, yet for all the other members of the group sport was of secondary consideration. This was, though, in sharp contrast to the couple who visited friends and relatives (Person MM and Person NN) who lived almost identical and inseparable lives.

Knowledge of participation habits is of fundamental interest to the leisure manager. The uniqueness and individuality of different people is significant to managers and providers of leisure goods and facilities. Accordingly, it cannot be assumed that specific sectors of the population will behave in the same way when faced with a particular recreational opportunity. The life style analysis carried out in this research highlighted the fact that groups of people are not homogeneous, and that different people, even those with similar interests, can exhibit quite different life styles.

One final consideration concerns the concept of a "leisure typology". The analysis has indicated that social profile variables are not entirely satisfactory in defining life style groups. Furthermore, analysis by activity types has shown that life styles are both complicated and diverse. Yet, nonetheless, it has been demonstrated that leisure life styles do exist.

A "leisure typology", if such a concept was simply identified, would indeed be extremely useful to leisure providers, and also an invaluable contribution to future leisure research projects. However, the reality of the situation, as evidenced by these results, is one of compromise. Leisure types are valid constructs, yet not universally so across all leisure activities or for all groups of people. In certain cases, such as going to the pub, the life styles of individuals revealed considerable similarity as well as a distinctly leisure based focus. By contrast, reading books, and watching television, were activity types that displayed life styles of much greater diversity. Some life styles were leisure defined, others chore and task defined. A leisure typology is a valid notion, but one which must be applied with care.

Thus, it can be concluded that social profile analysis only hinted at life style characteristics, although it was more appropriate in cases where life styles were not described by leisure pursuits. Analysis based on activity types provided a more detailed and accurate account of individuals' behaviour, yet really served to highlight the remarkable uniqueness of the individual and the diversity of life styles that existed which were beyond the reach of conventional social profile analysis.

CHAPTER 7 SUMMARY AND CONCLUSIONS

Introduction

The purpose of this final chapter is twofold. First of all, it includes a summary of the research from its objectives through to its findings. This section incorporates a brief account of the technical aspects of the research such as the nature of the data and and the methodologies that were applied. The results are then summarised according to three broad areas; firstly, the leisure environment both in home and out, secondly, the scale and nature of activity, and thirdly, the identification of leisure life styles.

The second role of this chapter is to draw conclusions on the results of the research, and to consider both their practical and theoretical implications. The framework used in the summary is adopted once again with regard to the understanding of individuals' leisure behaviour, and to practical and policy implications. There then follows a section assessing the contributions of this thesis to the field of leisure studies, with related recommendations for further work.

Summary

Aims of the study

This study of the leisure behaviour of individuals and households was undertaken for two reasons: firstly to provide a more complete appraisal of leisure participation habits than hitherto available; and secondly to see whether or not leisure life styles could be identified on the basis of people's behaviour. The former, in producing an inventory of people's activities, was an essential precursor of the latter.

In addition to the examination of leisure life styles, the study also set out to see whether or not the well established notions of social profile variables as good predictors of leisure behaviour were confirmed, or whether the situation was more complicated. Thus, leisure behaviour may not be merely an expression of social profiles, but rather it may be affected by other factors such as location, social context, or the type and nature of the leisure activities themselves.

The data

The data were collected initially for the E.S.R.C./Sports Council funded project into 'Leisure and the Home'. However, in this present research they were analysed more fully to provide a detailed investigation of individuals' leisure life styles. The nature and scope of the data permitted examination of participation habits in a wide range of activities, encompassing work and leisure, solitary and social settings, and in home and out of home locations.

The home is an important leisure resource, and an integral part of the leisure environment, yet its significance as a leisure resource has received little acknowledgement by most leisure researchers; notable exceptions include Travis and Cherry (1981), Cherry (1982), and Glyptis and Chambers (1982). Previous research has focused mainly on outdoor recreation, yet this is only part of the overall package of leisure behaviour. Therefore there is a clear rationale for including home based leisure in an investigation of overall life styles. The comprehensive range of data made it possible to look at people's participation in the overall context of the total life style, rather than considering their leisure behaviour in isolation, as has been the case in most leisure research to date.

Method

The survey was designed specifically for the 'Leisure and the Home' project. It was undertaken in selected areas of Nottingham during late 1984 and 1985. The sampling criterion was house type, and five types were chosen, either because of their current prominence, or their growing importance in the U.K. housing stock.

i) owner-occupied detached houses
ii) owner-occupied semi-detached houses
iii) owner-occupied traditional terraces
iv) council-rented semi-detached houses
v) council-rented high-rise flats

The survey comprised both structured and semi-structured interviews, as well as time space diaries. Detailed questionnaires were administered by trained interviewers to heads-of-households to establish factual information about their dwellings, their households, and their ownership of home and leisure equipment. Time space diaries, covering a three day period, were filled in by individuals to provide information on their activity patterns in and out of the home. Follow-up interviews were then carried out with all the diarists to obtain more information about

their satisfaction or dissatisfaction with home life. Ten households were revisited at a later date in order to carry out qualitative, semi-structured interviews about how they organised their homes and household routines.

A sample of 523 individuals responded to the head-of-household questionnaires (representing a response rate of 64 per cent of all those approached). Four hundred and sixty people subsequently took part in the diary survey. Of those offering diaries, 436 (95 per cent) took part in the follow up interview questionnaire.

Analysis

A variety of techniques was employed to consider people's participation habits. The first stage of the analysis was a conventional descriptive examination of participation habits at the aggregate level. In addition, the analysis included a consideration of the relationship of the aggregate participation patterns to a series of social profile divisions. The five social profile indicators were as follows:

i) age
ii) gender
iii) occupational status
iv) car ownership
v) household type

The next stage of the work set out new forms of analysis in an attempt to shift the focus away from conventional social profile analysis to identify life style characteristics based on individuals' behaviour.

Two main methodological approaches were employed; cluster analysis and biographical analysis. A classification technique was required in order to identify life style groups based on the aggregate analysis of people's participation habits. Cluster analysis is one of the most widely used classification methods in social science research (Stockdale, 1987), and the particular procedure selected for this research was association analysis. The clustering technique was adopted to see whether or not life style groups could be determined on the basis of 'clusters' of people sharing similar patterns of behaviour.

The other main element of the investigation involved the shift of emphasis in the analysis away from the aggregate characteristics of the whole sample to the particular behaviour of individuals.

To illustrate people's life styles, a biographical depiction of individuals' activities in time and space was adapted from the principles of time-geography. Accordingly, it was possible to consider people as unique individuals, as well as examining leisure within the total package of activities that make up individuals' life styles.

The Leisure Environment

The Home

The size of the home and its resources varied across house type and tenure, although all homes had certain resources in common. Not surprisingly, the largest homes had the largest number of rooms. The detached houses, for example, commonly had both living and dining rooms, utility rooms, and more than one toilet. This amount of room space was rare amongst other house types.

Semi-detached properties generally possessed less space, particularly those in the owner-occupied sector. Multi-purpose rooms were common with functions combined to produce rooms such as lounge-diners. The council-rented semis had more indoor space, but fewer household amenities in terms of heating and fittings, and certainly less garden and private outdoor space.

The terraced houses were mainly two or three-bedroomed, and room size was similar to that in the owner-occupied semis. Most had gardens, although mainly at the rear. Very few had garages, the bulk of terraced construction being in an era when few households owned a car.

The council flats generally provided least space, most combining functions in multi-purpose kitchen-diners or lounge-diners. None had private garden space, and very few had access to communal outdoor space.

House size and household size were not evenly matched. For example, few detached houses contained large households. Thus the amount of space per person was considerably greater than in other house types. At the other end of the housing scale, although the council flats mainly accommodated small households, per capita space was still severely limited. The larger households were most commonly found in the owner-occupied semis where overall space was restricted.

The households with most space also had most equipment. This was particularly the case in the detached houses. The underlying factor was income, although it was not clear to what extent

households acquired gadgets and equipment because space was available to store them, or because the larger homes required more gadgetry to service their needs. Nevertheless, the most affluent households had the largest homes and the greatest range of appliances. Conversely, those with least space had least equipment.

Some equipment, such as refrigerators and washing machines, were widely available. By contrast, dishwashers and microwave ovens were less common. With regard to leisure appliances, televisions and audio equipment were found in almost all homes. However, only a third of households possessed a video cassette recorder, and just 14 per cent owned a home computer.

The relationship between house size, household size, and the home's resources was reflected in the general level of dissatisfaction with the home expressed by diarists. The main cause of dissatisfaction was the lack, or perceived lack of space. The larger households were most constrained by a lack of space, particularly those with children, where there was little indoor space for play. Furthermore, the opportunities to provide extra space through alterations or extensions were greatest in the detached houses where per capita space was greatest. Opportunities to create extra space were particularly limited within the council-rented sector.

Outside the Home

The sample areas were all well catered for in terms of leisure and recreation opportunities. At the most immediate and local scale, the Victoria Centre flats, situated in the city centre, were most favourably located next to sporting, entertainment, and cultural opportunities. However, the other study areas, whilst unable to rival the extensive range of facilities in the city centre, were all in close proximity to local sports facilities and entertainment venues.

The Bulwell areas to the north and west of the the city were well provided for by small scale outdoor leisure facilities and open space play areas, as was the Strelley/Aspley area. The Wollaton and Beeston Fields areas were particularly well suited to parkland and outdoor recreation.

On a wider scale, Nottingham has a rich and diverse environment of leisure opportunities. The city centre provides cultural opportunities of national importance, including the Theatre Royal, and the Nottingham Playhouse. Equally, sporting venues in Nottingham are of national significance, including Trent Bridge Cricket Ground, the Ice Rink, and the National Water Sports Centre at Holme Pierrepont. The adjoining countryside also provides numerous opportunities for outdoor recreation and leisure, with the Peak District National Park as well as twelve country parks within 50kms of the city centre.

Thus, the physical and man-made environment in Nottingham and its surrounding region, offers a wide and diverse range of opportunities for leisure. The home also provides an additional resource for leisure opportunities, although it is rarely considered as such. The potential use of the home as a leisure centre varies according to its physical space, those who live in it, and the equipment and appliances that it contains. The Nottingham sample revealed sufficient variety in the basic resource to propose considerable implications for the leisure behaviour of individuals and households. Variable access to out of home opportunities further complicated the leisure environment.

There was then, a varied and diverse environment of leisure opportunity, both in the home and away. This complex mosaic of opportunites and constraints was the contextual backcloth in which individuals' leisure life styles were identified.

The Scale and Nature of Activity

Participation was identified according to three important descriptors of activity; firstly the number of individuals taking part in a particular activity, in order to show overall participation rates; secondly the number of events recorded, to indicate the frequency of participation; and thirdly the amount of time allocated to particular activities, to describe the scale of participation.

As many as 119 different activities were recorded by diarists suggesting that, on the whole, the activity patterns of the sample were very varied. However, the life styles of individuals were much more specialised, containing on average only 15 different activities, of which 11 were home based. The most common home based pursuits were sleeping, eating, personal hygiene, cooking, and watching television, whilst out of home, shopping, paid employment, and visiting friends and relatives were most widespread.

The scale and nature of leisure participation is frequently described in association with social profile variables. It is believed that some groups, notably women, the elderly, the unemployed, and non car owners, participate in fewer leisure activities than the population in general (Patmore and Rodgers, op.cit., Rodgers, 1977, Green, Hebron and Woodward, op.cit.). Participation in leisure and recreation is limited as a result of various constraints, such as lack of income, domestic and family responsibilities, poor mobility, and lack of access to personal transport.

However, the most notable finding amongst the Nottingham sample was the specialised and consistent nature of activity patterns across all social groups. The common activities outlined above tended to dominate the lives of everybody, regardless of social background. Yet there was

a diversity in activity patterns revealed by the wide range of minority pursuits, particularly leisure activities, that people took part in. Such activities illustrated the distinctions between different life style groups.

For example, sport was very much a minority pursuit, but young people participated far more than others. Gender was also instrumental in highlighting certain differences, with women leading more fragmented life styles than men and revealing a greater emphasis on domestic and child centred activities. Such distinctions were reiterated by household type, with the presence of children greatly increasing the fragmentation of activity. Car ownership, on the other hand, and to a lesser extent occupational status, revealed few differences in behaviour patterns.

Thus the basic indicators of behaviour showed specialised and consistent activity patterns in terms of everyday routines. However, there was diversity in behaviour with regard to participation in minority pursuits.

The location of activity

The home was the dominant location for all activity, some 86 per cent of all events taking place at home. Furthermore, there were few variations across social groups, but the home was particularly prevalent for women, the elderly and the retired, and housewives. Out of the home, the immediate environment predominated, with most routine activity, including shopping, visiting friends, and trips to the pub, occurring within a mile of the home.

The social context of activity

Solitary activity was most common, even for those people living in large households. The home in particular was a venue for solitary activity such as domestic chores. Leisure activities, such as watching television or eating meals were either undertaken alone or with the family. Away from the home, activities were more likely to be carried out with friends. This was very much the case for leisure activities such as playing sport, going to the pub, and going to restaurants, all of which were markedly 'social' pursuits.

Social profile divisions existed primarily at the extremes of the age scale whereby young people were generally 'social participants' and elderly people were 'solitary participants'. Single people, perhaps not surprisingly, also revealed very solitary life styles. Whilst gender did relate to the location of activity, it had no effect on the social context of behaviour.

Perceptions of activities

Leisure accounted for a third of all events and was primarily home based and social in nature. In keeping with the findings of other social surveys, the young, men, those in education, and those without children were overrepresented in leisure activities. By contrast, women, the middle aged, and people with family and domestic commitments were least likely to take part in leisure activities, most of their time being given over to domestic chores and duties.

However the same activity was perceived very differently by different participants, and even perceived differently at different times by the same people. Activities most commonly described as leisure were playing with children, watching television, listening to the radio and records, reading, and entertaining friends and relatives. By contrast, gardening, car maintenance, and D.I.Y. revealed more varied perceptions, being leisure for some and work for others.

The Identification of Leisure Life Styles

The identification and examination of life style groups was based on an aggregate analysis of people's participation habits. This was carried out by using cluster analysis as a classification technique and biographical analysis to illustrate individuals' life style characteristics.

The sheer number of significantly different cluster groups that emerged from the first analysis of the whole sample implied a very diverse and complicated pattern of life styles. This diversity was reinforced by subsequent analyses when a reduced range of activities was taken into consideration. However, a number of sizeable clusters, or life style groups, did emerge, confirming that it was possible to identify such groups according to people's behaviour.

Previous participation surveys have highlighted the importance of social profile variables as crucial predictors of behaviour. The initial cluster analysis confirmed that gender was indeed important, as all the major cluster groups were formed on the basis of gender related activities.

Gender was not the sole influence however, as differences existed within genders, thereby complicating the picture and hinting at the influence of other factors. Gender related groups were also affected by age and life cycle considerations, particularly the presence of children in the household.

Subsequent analyses considered each of the main social profile variables in turn, and controlled for gender within each of them. Age, occupational status, and in particular, car ownership did not appear to have any significant effect on defining life style groups. Household type was more influential, in that there was often a distinction between those households with children and those without.

However, the recurrent theme of all the analyses according to social profile variables was that leisure based life styles could be identified, and that they were more clearly and frequently defined amongst men rather than women. The significance of this finding was that leisure life styles based on people's behaviour cut across social profile divisions. Certain leisure activities such as gardening, reading books, visiting friends and relatives, and watching television all produced clusters of individuals from different social groups.

Closer inspection of these life style groups revealed that not only did life styles vary from one group to another, but also from individual to individual within the groups, thereby reinforcing the diversity and complexity of the overall pattern of life styles.

The combination of cluster analysis and biographical analysis demonstrated that leisure life styles could be identified, and although complicated and not clearly defined, their identification required a wider consideration than that offered solely by social profile analysis.

Extension of the analysis to consider the life styles of individuals within activity types, rather than within social profile groups, reinforced the finding that individuals pursued very disparate and diverse life styles. Furthermore, it was revealed that social profile variables were not particularly influential in determining leisure life styles. The effect of social profile divisions varied in impact between different activities and also between the life style groups within activity types. For example, the life style clusters of people entertaining at home cut across social backgrounds. By contrast, pub goers were divided into clusters that were strongly related to gender, whilst the one significant cluster of radio listeners was related to occupational status.

Within activity types there was again variation in the impact of social profile divisions. Book readers exemplified the diversity of life styles, some clusters being strongly related to gender and occupational status, others cutting across social backgrounds.

Gender was, again, the most influential of the social profile variables, such that most of the life styles described by duties and chores were associated with women, whilst leisure defined life styles were associated with men. The other social profile variables that were considered all revealed little or no effect on behaviour patterns.

In addition to the varying influence of social profile factors, the nature of the life style groups also varied according to different activities. For example, visiting friends and relatives, and going to the pub, both displayed predominantly leisure based life style groups. Gardening and reading newspapers, on the other hand, did not produce nearly such distinctive leisure life styles. Furthermore, book readers produced a diversity of life styles based on a wide range of other activities, some chore and some leisure.

Thus the pattern of leisure life styles that emerged demonstrated the complexity and diversity of people's behaviour, and highlighted the uniqueness and indivduality of different people. Even in cases when people from disparate social backgrounds were clustered on the basis of shared participation in various activities, they often differed in the content and emphasis of their life styles.

Accordingly, the extent to which a "leisure typology", or classification based on leisure activities can be created is subject to question, and the evidence produced from this research would serve to suggest that there are activities and sets of circumstances in which such a concept is valid, and others where it is not. Overall, there are leisure life styles, such as that described by gardening, and there are domestic chore life styles. Equally, there are male life styles and female life styles. Neither distinction accommodates everyone, nor are the two exclusive, as overlaps and commonalities do exist. Life styles are therefore complicated and diverse, and both social profiles and behaviour characteristics are essential elements in defining them.

Conclusions

The overall aim of this thesis was to examine individuals' leisure life styles. A consideration of 'life styles' permits leisure to be understood in a wider context of total life experience rather than in isolation. It thus provides a research focus that has hitherto been rarely explored in leisure studies.

Three distinct stages were developed in the structure of the research: firstly, an assessment of the environment of leisure opportunity, both within the home and outside; secondly, a description of patterns of behaviour based on conventional aggregate analysis of participation habits; and thirdly, the identification of the life style characteristics of individuals through the application of both cluster analysis and biographical analysis to their patterns of activity.

Thus, conclusions may be drawn pertaining to each of these three stages, considering both the academic implications, and the practical implications for managers and policy makers.

The Understanding of Individuals' Leisure Behaviour

The environment of leisure opportunity

Leisure opportunities exist in the home as well as in the natural and man-made environment outside. As yet, the realisation of this fact has received little attention in the design briefs of most leisure research. A notable exception was the commissioning of the 'Leisure and the Home' project by the Economic and Social Research Council/Sports Council Panel, from which this thesis was developed.

The survey confirmed the importance of the home as the prime location for most human activity. Over four-fifths of all activities took place there. Furthermore, the home was the prime venue for leisure activity, with three-quarters of all leisure events being home centred. Although some of this activity was formal, such as dinner parties for friends, much of it was spontaneous and informal and frequently undertaken alone, such as reading newspapers or watching television whilst relaxing for ten minutes.

The home therefore provided a very diverse resource for leisure behaviour, and was used as such by a substantial number of people, and for considerable amounts of time. However, the range, flexibility, and accessibility of the resource available to individuals varied from person to person. Opportunities for leisure and recreation reflect an increasingly polarised society (Sports Council, 1988), and this was also the case within the home. The largest homes contained the most leisure equipment and labour-saving devices, as well as the greatest amounts of space per person. The smallest homes, particularly the council flats and those containing larger families, had least.

The home has rarely been considered as a leisure environment (Glyptis, 1984b is an exception). The diversity in home design and layout, as well as physical space and resources, means that home based leisure is set in an environment of considerable opportunity. However, understanding of home based leisure, which is such a fundamental component of people's leisure life styles, must readily acknowledge the imbalances and inequalities in the home environment.

Although the majority of leisure events occurred within the home, out of home opportunities were still important. Most of the activities away from home were of longer duration, tended to be

pre-planned, and were more likely to be in the company of family or friends. However, despite the rich and varied set of leisure opportunities in Nottingham and its surrounding region, the most popular out of home leisure activity was visiting friends and relatives. Indeed only three other leisure activities were undertaken on at least one occasion by 10 per cent or more of the sample; going to the pub, going for walks, and visits to restaurants.

Nottingham possesses many cultural and artistic centres, yet just one per cent of respondents attended the theatre. Similarly, despite attractive countryside in the region, only two per cent of people made trips to the countryside during the diary period.

It could be concluded then, that the people of Nottingham are unable, uninterested, or unwilling to avail themselves of the wide range of out of home recreational opportunities in the region. However, in this respect they are little different from the rest of the nation. Participation data for the sample conform to national levels of involvement in out of home leisure activities.

Rather, conclusions should consider the scale and magnitude of home based and informal leisure. Most leisure activity was either home based or, if away from home, within a short distance. This finding reaffirmed previous enquiries, emphasising the importance of the home as a venue for leisure.

The leisure environment was full of opportunities both at home and away. The wide range of outdoor and out of home facilities and resources was complemented by an equally wide range of opportunities for leisure within the home. However, the size of the home and its resources varied across house type and tenure, and house size and household size were not evenly matched. Thus, the opportunities for leisure presented to the people of Nottingham were not the same, nor were they evenly distributed. Such inequality and variety may have significant implications for individuals' patterns of behaviour.

The activities comprising leisure behaviour

Leisure is different things to different people. Participation surveys provide a basic information source of fundamental importance to researchers, leisure planners, and managers. The conventional form of analysis produces aggregate statistics, ie. how many people take part in certain activities, how often people participate. Analysis of such aggregate participation data often relates participation in leisure activities to social profile variables such as age, gender, and social class. Thus it is often concluded that leisure behaviour is caused by, or at least dependent on, social profile divisions (Office of Population Censuses and Surveys, 1976).

Analysis of the participation patterns of the diarists in the Nottingham sample revealed a varied and extensive range of activities. However, the variety displayed at the aggregate level masked a considerable degree of specialisation in the life styles of individuals. Leisure comprised over a third of all time and events, clearly an important component of the life style. Not only did leisure occupy a prominent role in people's lives, it also embraced a broad range of pursuits. Leisure meanings varied from person to person, and for the same individual according to the context of time, place, and social setting. Virtually all activities were regarded as leisure by some respondents in some circumstances.

Home based leisure was primarily undertaken alone or with the family. The most frequently cited activities included watching television, reading books and newspapers, as well as entertaining friends, knitting and sewing, and listening to audio equipment. Other activities less commonly regarded as leisure included car maintenance, D.I.Y., and gardening. Even paid employment was regarded as leisure on one occasion. There were also substantial amounts of resting and relaxing, and 'doing nothing in particular'.

Out of home leisure proved to be more social, and although much more sporadic, events were generally of longer duration. Popular activities included going to the pub, going for walks, and visits to friends and relatives. Active leisure, particularly sport, received very little prominence in individuals' activity patterns. Most forms of leisure away from home were passive and entertainment based.

Thus, the participation survey confirmed the emphasis of contemporary leisure patterns. Firstly, leisure was a prominent part of people's lives. Secondly, individuals took part in a wide range of leisure pursuits. Thirdly, with the exception of watching television which was almost universal, the bulk of these leisure pursuits were minority pastimes undertaken by only a small proportion of the population. Fourthly, leisure was predominantly a social phenomenon; however, within the home, leisure was often a solitary pastime undertaken spontaneously and for short duration. Out of home leisure revealed far less fragmentation in both timing and location.

Each of these findings is of particular significance to the understanding of leisure behaviour, particularly to the identification of leisure life styles. It has become clear that leisure was of varying importance to different people, and that within aggregates there was great variation between individuals.

The aggregate patterns of leisure activity revealed a remarkable degree of consistency and similarity for people of all social groups. The basic activity package was much the same for all individuals.

Thus, relating the findings on patterns of activity to the environment of leisure opportunity, it can be seen that, despite a diverse environment, the overall patterns of behaviour were very consistent. Therefore, it may be concluded that the leisure environment had little effect on people's behaviour. However, within social aggregates there were distinct differences in the behaviour of individuals. Less tangible aspects of the leisure environment may be more important in affecting leisure choices. For example, household relationships, social profiles, and personal attitudes may be more influential than the physical environment.

Five social profile variables were examined, yet the only really discernible differences were according to gender. In particular, men were overrepresented in 'leisure' activities, whilst women were overrepresented in duties and chores. This confirms the work of Green, Hebron and Woodward (op.cit.) which stressed the importance of gender as a major division structuring leisure experiences. Age and household type revealed slight variations, primarily because of child rearing. Social class was represented by occupational status, which was shown to have no impact on leisure patterns whatsoever.

Nevertheless, there were differences in individuals' life styles. Beyond the necessities of living and servicing the home and household, there was a diverse range of minority activities that constituted people's leisure preferences. Accordingly, examination of these minority leisure activities revealed as much variation within social groups as between them. Thus, activity patterns varied between different respondents, although little of this variation was due to conventional social profile divisions.

These findings are significant in the context of understanding life styles, for they conflict with conventional classifications of behaviour based on social groups. It is tempting to assume that what is true of the group as a whole will be true of every individual within it. However, the homogeneity implicit in such an assumption was not displayed by the analysis of this sample.

Green, Hebron and Woodward (op.cit.) reiterated this conclusion with regard to gender differences. They found unequivocally that women are not a homogeneous group, being subdivided by social class, age, marital status, and position in the family life cycle. This prompts the suggestion that, whilst social profile variables taken in isolation are not necessarily accurate predictors of leisure behaviour, different variables do impinge upon one another, and hence, a composite multivariate classification such as ACORN (Shaw, op.cit.) may be more appropriate.

However, the fact that there was as much variation within social groups as between them, suggests that there is more behind people's activity patterns than characteristics borne out of social divisions.

Leisure Life Styles

Most leisure participation surveys treat leisure activity separately, however, participation in one activity may be highly intercorrelated with particpation in others. The concept of life style, which attempts to classify people according to their activity patterns, acknowledges this potential interrelationship of activities.

The aggregate analysis of participation habits revealed a remarkable degree of similarity in people's basic activity packages, even across different social groups. However, this consistency was offset by diversity in leisure behaviour amongst individuals regardless of social background. The results suggest a considerable specialisation in the leisure behaviour of the individual, which may indicate the existence of 'leisure types' shaped around particular groups of activities.

The results of the conventional aggregate analysis of people's behaviour supported the claims of life style analysis to identify types of people with similar patterns of behaviour, and so provide a fuller description of everyday leisure patterns than can be achieved by conventional survey analysis.

The clustering technique employed in this research revealed that life style groups could be identified on the basis of individuals' behaviour. Leisure life styles, based on activities such as gardening, reading books, and watching television, were identified. Furthermore, they were found to cut across social profile divisions. Thus, the fact that conventional aggregate analysis did not partition people according to social groups, was reinforced by cluster analysis which further discounted social profiles in favour of groups based on types of activities. The homogeneity implicit in grouping people together according to social profiles did not always exist, and often groups were better identified by activity profiles.

However, the picture was by no means a simple one, because activity profiles or life style groups were also complicated. Whilst differences existed between life styles, there were also differences within them, as a result of the uniqueness of individuals. The biographical analysis of individuals' activity patterns revealed the uniqueness of life style characteristics of individuals, as time and space use varied from person to person within the same life style group.

The depiction of individuals' life styles on time space diagrams is both innovative and informative. The biographies were used primarily to illustrate individual life styles, however they do afford comparative study between different people, as well as tentative explanations of leisure patterns.

As illustrations of individuals' behaviour, the biographies showed both the similarities and differences in leisure patterns. For example, Persons AA and BB, the married couple cited as examples in Chapter 6, were both grouped together in the same life style cluster. Their biographies showed similar behaviour patterns, or 'shape', yet the make-up of their routines varied in content and emphasis. Both life styles revealed a strong element of socially-oriented leisure, yet the man (Person AA) had a more extensive and diverse leisure life style.

Other contrasts can be identified quite easily, such as life styles based mainly at home (Person E) or away (Person II), or those with highly fragmented routines (Person A) against those with less busy patterns (Person CC).

The biographies also reveal indications of activity scheduling and time-space allocation. For example, religious activity was particularly prominent in the life style of Person JJ, and it was clearly scheduled into her routine through morning and evening prayer. A less regimented, yet nevertheless prominent, scheduling was displayed by Person LL. Each evening he went for a walk followed by a visit to a pub. Thus, by identifying routines, the biographical analysis helped to define the basis for individuals' leisure life styles.

Thus, there are three significant findings of academic importance. Firstly, leisure life styles based on shared participation in particular activities were identified. Secondly, such life styles need not reflect conventional social profiles. Thirdly, even within life style groups, there may be enormous variation between individuals.

Leisure behaviour must therefore be understood in the context of life styles and at the level of the individual. The picture is too complicated to propose a clearly defined leisure typology, for such a classification would be too much of an approximation to be of practical value. Leisure types do exist, however, being shaped around particular clusters of activities. As such they are valuable <u>indicators</u> of people's behaviour. They are only indicators, though, and not predictors. Social profile groups are reasonable indicators, but have been shown in this research to be of limited accuracy when compared to life style groups.

The two approaches must be seen as complementary to each other. Leisure cannot be defined easily in terms of one activity or another, and similarly life styles are more varied and complicated than socioeconomic profiles can identify. Yet despite this tentative evidence towards an intuitively convenient leisure typology, the uniqueness and diversity of individuals counterbalances the academic desire to classify people according to their leisure activities. The biographical analysis of individuals confirmed the complexity of the role of leisure in the overall context of total life style.

Practical and Policy Implications

The environment of leisure opportunity

Leisure activity was shown to be predominantly home based. Furthermore, much out of home leisure was located within only a short distance of the home. Whilst generally reaffirming previous enquiries, such findings have important implications for policy makers, planners, and facility managers.

Individuals undertook far more home based leisure, than out of home pursuits. Thus managers and planners of out of home facilities and sites must find ways of making their centres more attractive. It is not clear from the current survey to what extent people were actually rejecting opportunities away from home, or positively choosing home based pursuits. The research did not explore in great detail the decision making processes of individuals. However, it was clear that leisure opportunities within the home are increasing in quantity and quality. Basic amenities and fittings have improved, and there are now far more labour-saving devices and leisure appliances available in the home. As a result the role of the home as a leisure centre is expanding.

Not all homes, however, provided the same quantity or quality of resources. House builders, architects, and planners must acknowledge the potential of the home as a multi purpose resource so as to match their product to the consumer. The majority of people in the Nottingham sample were dissatisfied with some aspects of their home, therefore greater adaptability in house design would allow people to change their homes to meet their changing needs and aspirations. It would be particularly useful to compare the considerations which people take into account in selecting their homes with their activity patterns. As Glyptis, McInnes, and Patmore (op.cit.) observed, the house that "they (people) experienced as occupiers often seemed very different from the house they saw on inspection".

The activities comprising leisure behaviour

The nature and scale of leisure activity as evinced by the survey of people's participation habits (including both questionnaires and the time space diaries), served to reaffirm the emphasis of contemporary leisure patterns. Leisure was primarily home based, much of it was social in nature especially with family and friends, and it included a wide range of different activities.

However, these leisure patterns have a number of practical implications for those responsible for planning, providing, and managing out of home leisure facilities. Firstly, the propensity to

participate in groups particularly the family group, is significant. Activities and facilities could be tailored to accommodate the family. In the case of active leisure pursuits, especially sport, the incorporation of a social element in the provision of facilities would possibly encourage more widespread participation. Increased participation in sport may well emerge from those groups currently underrepresented, notably the young and women (Sports Council, 1988). Both these groups may well be encouraged to take up sport if it fulfilled a greater social role. This is a point that should be considered by both providers and managers of sports facilities.

Another important point to emerge from the analysis of participation patterns was the wide range of often very disparate activities that constitute people's leisure. Many leisure pursuits are very much minority pastimes, and therefore may not prove to be cost-effective in either their provision or their operation. This suggests two important considerations for providers and managers. Firstly, there is an obvious need to be appraised of people's leisure preferences. With such a wide range of leisure interests, it is important to be able to identify with the potentially very small market that may be available for any one leisure activity. Secondly, the flexibility and adaptability of resources may be vital to extend their use and ensure their viability. For example, a sports centre gymnasium can accommodate numerous different activities, either simultaneously or at different times. Such multi-purpose provision may be paramount for the survival of a facility and can also have spin-off effects in introducing participants in one activity to another.

The multiple use of a resource may present a problem; the many and diverse uses of the countryside being a particular example. The countryside offers a wide range of leisure and recreational opportunities, many of which are in conflict both with landscape conservation and with each other, such as fishing and power-boat racing. Management must be wary of the potential for such conflicts whilst still attempting to maximise the satisfactions of all the various minority interests.

The practical implications of the scale and nature of leisure participation are not solely of interest to providers and managers of out of home facilities and resources. The majority of leisure participation occurred within the home, and encompassed a very wide range of different pursuits. Manufacturers of domestic appliances and leisure equipment for use within the home must acknowledge the variability of the home. There is an increasingly large inventory of household equipment, yet the amount of space available for its use and storage varied dramatically between house types. The use of audio and visual equipment was particularly prominent in people's everyday routines. This has important ramifications for house design, which must accommodate greater demands on electricity power points. Also, the use of such equipment can often be in conflict with other activities, therefore provision for its use should be more widespread throughout the home rather than limited to one room.

Another significant aspect of the changing patterns of home usage, concerns the growth of 'home shopping'. This encompasses a number of manifestations. As indicated above there are expanding markets for household leisure appliances. The growth of D.I.Y. and home improvements also provides a large market, as many people like to develop and change their home and garden. One other element is actually shopping from home, via mail order catalogues and television information networks. Producers can now 'get into' their customers homes to sell their products.

Working at home is one further area that should be considered. Many people now work at home rather than going into an office. The design implications are numerous as space and amenities should be flexible and adaptable to the needs of the job. In larger homes a separate study may be provided, whilst in smaller homes other rooms need to be convertible, if only for short periods of time.

Leisure life styles

The identification of life style groups based on people's leisure activities has obvious academic importance. Furthermore, of particular academic significance is the fact that such life styles cut across social profile divisions, and hence call into the question the conventional notions regarding the relationship between leisure participation and social profile variables.

However, there are also practical implications and conclusions to be drawn from these findings. Intuitively it is convenient to classify people according to their social groupings, as such groups are fairly straightforward to identify. Thus, if activity and behaviour is related to social profiles, it would be easy to identify distinct segments within the 'leisure market'.

However, these results suggest that it would be unwise to impose such a rigid segmentation. It is tempting to assume that individuals within a group will all behave in the same way, but the life style analysis carried out in this research, especially the biographical analysis of individuals, cautions against such an assumption.

Providers cannot assume that specific sectors of the population will behave in the same way when faced with a particular recreational opportunity. Personal and socioeconomic factors may indicate likely participants, but the picture is more complicated and may be affected by motivations, preferences, awareness, circumstances, and social and physical contexts. For example, sport can provide a variety of different opportunities. For some it provides, exercise, for others competition, and for others it is social intercourse (Glyptis, 1979). Therefore, providers and managers must be

aware of the variation in life styles and also the difference in leisure meanings.

The biographical analysis of individuals reiterated the differences in leisure meanings, indicating that leisure really is different things to different people. Accordingly, leisure practitioners must be aware not only of the wide range of activities that make up people's lives, but also the different roles that leisure can fulfil within the overall life style.

Life style analysis has shown the value, as well as the pitfalls, of trying to generate a leisure typology. If leisure types can be formed, then such a classification may be of use to leisure providers. Market segmentation on the basis of social profile groups, could be replaced by life style divisions. The limiting nature of uni-dimensional social profile groups has been overcome in certain circumstances by a multivariate classification, such as the ACORN classification of recreational neighbourhoods. The concept is relevant here, however ACORN refers to small area analysis, rather than an analysis of individuals or households. The life style analysis used in this research takes on both a multivariate and individual perspective.

In reality it is more appropriate to consider life style groups as complementing rather than replacing social profiles. For some activities it was shown that life style groups based on clusters of pursuits was the best way of grouping people together. Target marketing by facility managers or equipment manufacturers could benefit by identifying types of users in this way.

A leisure typology cannot be guaranteed to classify all people into a small number of mutually exclusive and homogeneous groups. Accordingly such a system must be applied with care. Life style analysis should be seen as complementary to social profile analysis to help leisure practitioners identify and reach their markets.

Contributions to Leisure Studies

The findings of this research are primarily of academic and theoretical significance. Designed and carried out as a piece of academic research, it is not surprising therefore, that there are fewer practical implications for the leisure practitioner. However, the research has contributed to the discipline of leisure studies in a number of ways.

Firstly, by considering the importance of the home as a venue for leisure activity, the data collected here facilitated a detailed account of informal and passive leisure, which is often omitted from conventional leisure participation surveys. In addition, it provided a complete account of home based activity which has hitherto been ignored by most research. The Sports

Council/Economic and Social Research Council Joint Panel recognised that the Panel project concerning leisure and the home (on which this thesis was based) filled "the biggest empirical gap in knowledge about leisure behaviour" (Sports Council/Economic and Social Research Council, op.cit.).

Secondly, data were collected on a very wide range of activities which permitted a detailed investigation of the total activity packages which make up individuals' everyday routines. This is of particular significance to leisure studies as leisure can be considered in relation to other aspects of the life style. The role of leisure in people's lives has been a focus of thought considered by both Kelly (1983) and by Stockdale (1985). Also, the relationships between different leisure activities can be recognised. Unlike most leisure surveys, activities could be considered as part of an overall package rather than in isolation.

The data collection methods and the analytical package used in the research are also of particular significance. The wide range of data was collected by using a combination of structured and semi-structured interview questionnaires as well as time space diaries. These methods have all been applied to leisure research before, yet their packaging together provided a breadth of information, both quantitative and qualitative in nature. They are not without their problems in terms of design and implementation, yet the advantages to be gained from their use outweigh any methodological disadvantages. Similarly, cluster analysis has been applied to leisure participation data in the past. However, previous enquiries have tended to focus on limited activity groups, in particular outdoor recreation. In this case, the clustering technique was applied to a wide spectrum of activities, and incorporated work, chores, and personal care activities, as well as leisure. This meant that the life style groups that emerged were based on all activities, so providing a more accurate depiction of life style characteristics. Again there are drawbacks in the use of the technique, and interpretation of life styles must acknowledge the statistical limitations of cluster analysis.

Time-geography has considered conceptually the biographical analysis of individuals, however the technique has rarely been applied in the leisure context. Furthermore, the biographical analysis focused on individuals, whilst the cluster analysis concentrated on aggregates. The combination of aggregate analysis to identify life style clusters and the subsequent biographical analysis to illustrate individuals from within clusters provided a new focus to leisure participation studies. This approach has helped to produce a better understanding of the leisure life styles of individuals.

Comparisons may be drawn with the work of Hedges (op.cit.) on 'Personal Leisure Histories' which attempted to explain the variation between individuals in their patterns of participation by reconstructing their lifetime participation in sport. Researchers must start to consider individual differences in leisure attitudes and activities.

Recommendations for Further Work

This thesis has not set out to resolve all the issues and questions surrounding people's leisure participation patterns. It's aims have been to provide greater insights into the ways in which people spend their time with a particular emphasis on their patterns of leisure behaviour. It has produced a number of interesting findings regarding people's life styles which are of value to leisure researchers. Accordingly, there are several directions for future enquiry on the basis of this thesis.

The findings outlined above revealed that leisure life styles could be identified on the basis of people's leisure activities. Furthermore, these life style groups cut across social profile groups thereby calling into question the conventional notions of the relationship between leisure participation and social profile divisions. As such the research was primarily descriptive. Leisure participation patterns were described in much fuller and complete terms, yet there was little indication as to why such life styles were formed. It was seen that perceptions of leisure varied from person to person, and also for the same person at different times or in different settings. However, the reasons for life style clusters being formed as they were could only be explained in terms of context and illustration. The research took no account of decision making processes.

Future research into decision making and motivations and preferences would be of considerable benefit to our understanding of leisure behaviour. The Sports Council/Economic and Social Research Council Joint Panel (op.cit.) identified the need to consider "the 'actors' and their attitudes". For example, there was much detail about short and spontaneous activities in the home, yet it was not possible to ascertain whether or not these activities were carried out merely to fill in time between other activities. Leisure studies could derive useful insights into people's leisure life styles through the development of a social psychological approach as propounded by Kelly (1983) and Ingham (1987).

Kelly argued for the consideration of 'role identity' to explain leisure. This is a style of behaviour that people adopt which may be more important to individuals than the activities themselves. For example, social interactions may be more important then the leisure activities that facilitate them.

Another direction for future research would be to concentrate on time use and time allocation processes. Time constrains leisure activity, yet it also provides opportunity for leisure. The balance between 'filling time' and 'finding the time' could be addressed in order to better understand the processes involved in selecting activities, as well as the timing and sequencing of leisure. Consideration of time use would provide a renewed interest in leisure studies for the geographer through increased applications of time-geography. Time allocation could also be linked to the wider debate on decision making processes, which would enhance the explanation of leisure behaviour patterns.

The consideration of time offers another potentially fruitful line of enquiry. Hedges (op.cit.) has expressed the value of "looking at people's participation as a whole, rather than purely on a current basis". In other words he has advocated a continued rather than snapshot view of leisure. The notion of personal leisure histories may be used in combination with a detailed time-space diary to explore in considerable depth the changing nature of people's life styles. The biographical analysis used here could be extended over a lifetime, and the longitudinal approach would aid explanation of the life style by adding a dynamic element to the analysis.

Finally, the life style approach, in permitting the focus to shift from social aggregates to individuals, can be used to explore the reasons for inequality in leisure opportunities. Green, Hebron and Woodward (op.cit.) identified the constraints affecting women's participation in leisure. They also highighted the importance and relevance of situating any study of leisure in its broader social and historical context. This research has taken such an approach and included home based and informal leisure. In accommodating such a wide range of activity, the results have indicated that differences existed between individuals, which go beyond social group variations. Detailed life style analysis of closely defined groups of individuals may identify the aspects of inequality in leisure which cannot be attributed to conventional social profile variables, as hinted in this research by leisure types.

The role of leisure in people's life styles is an important one, which varies enormously from person to person. Different activities receive different emphasis from different people and according to different contexts. Social profile characteristics, especially gender, are reasonably accurate predictors of leisure activity. However, leisure activities are often better descriptors of the way in which people spend their lives. The two approaches must be seen as complementary, but more importantly, the uniqueness and diversity of individuals must be acknowledged by leisure researchers and practitioners alike, in order to understand how people spend their leisure time.

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APPENDIX 1 DATA COLLECTION TECHNIQUES

INTERVIEW SCHEDULE 1

LEISURE AND THE HOME.

HEAD OF HOUSEHOLD INTERVIEW

FIRST EXPLAIN PURPOSE OF ENQUIRY

Reference No. [1] [2] [3] [4] [5] 0 [6] 1

Reference Sheet

1. Date of Interview [ ] [ ] [ ] [ ] [ ]

Q1. [7]

2. Interviewer [ ]

Q2. [8]

3. Area

Nottingham		London	
1. Strelley	[ ]	5. Islington	[ ]
2. Aspley	[ ]	6. Camden	[ ]
3. West Bulwell	[ ]	7. Haringey	[ ]
4. Inner City	[ ]		

Q3. [9]

4. Location of dwelling

Q4A. [10]

A. Estate
1. Yes [ ]
2. No [ ]

B. Nearest shop
1. Up to 100 yards [ ]
2. >100 yards - ½ mile [ ]
3. >½ - 1 mile [ ]
4. >1 mile [ ]

Q4B. [11]

C. Leisure facilities within ½ mile
1. None [ ]
2. Pub [ ]
3. Leisure Centre [ ]
4. Playground [ ]
5. Park [ ]
6. Other [ ]

specify.....

.....

Q4C. [12] [13] [14] [15] [16] [17]

D. Special considerations (e.g. near noisy factory railway line, school, etc.).....

.....

.....

Q4D 18 19 20 21

5. Type of dwelling

Q5. 22 23 24

Traditional Terrace	☐	go to Qn 5a
Modern Terrace	☐	
Semi Detached	☐	
High Rise flat	☐	which floor? ☐
Low Rise flat	☐	which floor? ☐
Other (specify)	☐	.....
		.....

go to Qn 5b

5(a) If Terrace or Semi-Detached, how many storeys?

Q5A 25

1	☐
2	☐
3	☐
>3	☐

5(b) Age of dwelling

Q5B 26

Under 3 years old	☐
3 - 10 years old	☐
11 - 20 years old	☐
21 - 30 years old	☐
31 - 50 years old	☐
Over 50 years old	☐
Don't know	☐

Interview schedule

Q6. 27 [ ]

6. Tenure

Could you tell me whether you are

OUTRIGHT OWNER	[ ]
MORTGAGOR	[ ]
COUNCIL TENANT	[ ]
PRIVATE TENANT	[ ]
HOUSING ASSOCIATION	[ ]
OTHER	[ ]

Specify.....
.....

7. Characteristics of dwelling

(a) Could you tell me how many rooms you have in this house/flat

(b) And the sizes of the rooms?

(c) What each room is used for?

(d) How, if at all, is each room heated?

(e) Do you have double glazing in any/all rooms?

(f) How many electricity power points you have in each room and whether you have added any more?

ANSWERS TO BE RECORDED BY INTERVIEWER ON CHARTS OVERLEAF

Codes for type of heating

CO	Full oil central heating
CG	Full gas central heating
CE	Full electric central heating
PO	Partial oil central heating
PG	Partial gas central heating
PE	Partial electric central heating
G	Gas fire
E	Electric fire
P	Paraffin heater
SF	Solid fuel

7(a) No. of Bedrooms

No. [ ]

Upstairs=U

Down-stairs=D

	U/D	Size (ft/ins)	Power Points Original	Power Points Added	Double Glazing	Heating
1						
2						
3						
4						

Functions of Bedrooms (including No. of children/adults using or sleeping in them).

1	
2	
3	
4	

7(b) Lounge or Lounge/Diner

No.	U/D	Shape	Size	Power Points Original	Power Points Added	Double Glazing	Heating

Functions of Lounge or Lounge/Diner (including who uses)

[ ]

7(c) Dining Room

No.	U/D	Shape	Size	Power Points Original	Power Points Added	Double Glazing	Heating

Functions of Dining Room (including who uses)

[ ]

1	2	3	4

5	6
0	2

BEDROOM 1

7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24
25		

BEDROOM 2

26	27	28
29	30	31
32	33	34
35	36	37
38	39	40
41	42	43

BEDROOM 3

44	45	46
47	48	49
50	51	52
53	54	55
56	57	58
59	60	61

1	2	3	4

5	6
0	3

BEDROOM 4

7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24

LOUNGE

25	26	27	28
29	30	31	32
33	34	35	36
37	38	39	40
41	42	43	44

LOUNGE/DINER

45	46	47	48
49	50	51	52
53	54	55	56
57	58	59	60
61	62	63	64

64

REF. NO.

1	2	3	4

5	6
0	4

Q7c. DINING ROOM

7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24	25	26

Q7d KITCHEN

27	28	29	30
31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46

46

Q7e. KITCHEN/DINER

REF NO.

1	2	3	4				
5 0	6 5	7	8	9	10		
11	12	13	14				
15	16	17	18				
19	20	21	22	23	24	25	26

7(d) Kitchen

No.	U/D	Shape	Size	Power Points Original	Power Points Added	Double Glazing	Heating

Functions (including who uses)

7(e) Kitchen/Diner

No.	U/D	Shape	Size	Power Points Original	Power Points Added	Double Glazing	Heating

Functions of Kitchen/Diner (including who uses)

7(f) Utility Room

No.	U/D	Shape	Size	Power Points Original	Power Points Added	Double Glazing	Heating

Functions of Utility Room (including who uses)

7(g) Corridor/Hall

No.	U/D	Shape	Size	Power Points Original	Power Points Added	Double Glazing	Heating

Functions (including who uses)

7(h) Landing

No.	U/D	Shape	Size	Power Points Original	Power Points Added	Double Glazing	Heating

Functions (including who uses)

Q7f.

UTILITY ROOM

27	28	29	30
31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46

Q7g.

CORRIDOR/HALL

47	48	49	50
51	52	53	54
55	56	57	58
59	60	61	62
63	64	65	66

66

Q7h

LANDING

1	2	3	4

5	6
0	6

7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24	25	26

7(i) Attic

No.	Shape	Size	Power Points Original	Power Points Added	Double Glazing	Heating

Functions (including who uses)

7(j) Cellar

No.	Shape	Size	Power Points Original	Power Points Added	Heating

Functions (including who uses)

7(k) Toilet

No.	U/D	Shared	Power Points Original	Power Points Added	Heating

Functions

7(l) Bathroom without Toilet

No.	U/D	Shared	Power Points Original	Power Points Added	Double Glazing	Heating

Functions

7(m) Bathroom with Toilet

No.	U/D	Shared	Power Points Original	Power Points Added	Double Glazing	Heating

Functions

7i. ATTIC

27	28	29
30	31	32
33	34	35
36	37	38
39	40	41
42	43	44
45		

7j. CELLAR

46	47	48
49	50	51
52	53	54
55	56	57
58	59	60
61	62	

7k. TOILET

63	64	65
66	67	68
69	70	71
72	73	

ref. no.

1	2	3	4

5 0	6 7

7l. BATHROOM WITHOUT TOILET

7	8	9
10	11	12
13	14	15
16	17	18

7m. BATHROOM WITH TOILET

19	20	21
22	23	24
25	26	27
28	29	30

7n) OTHER ROOM (1)

31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46
47	48		

7n. OTHER ROOM (2)

49	50	51	52
53	54	55	56
57	58	59	60
61	62	63	64
65	66		

66

7o. GARAGE

ref no.

1	2	3	4
5 0	6 8		

7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23			

7p SHED

24	25	26	27
28	29	30	31
32	33	34	35
36	37	38	

7(n) Other Rooms

	Specify	U/D	Size	Shape	Power Points Original	Power Points Added	Double Glazing	Heating
1								
2								

Functions (including who uses)

1	
2	

7(o) Garage

No.	Size	Power Points Original	Power Points Added	Heating

Functions (including who uses)

7(p) Shed

No.	Power Points Original	Power Points Added	Heating

Functions (including who uses)

7(q) Greenhouse

No.	Size	Functions (including who uses)

7(r) Garden/Yard (ring as applicable)

Total size

	Functions (including who uses)
Flowers	
Vegetables	
Lawn	
Patio	
Pond etc.	
Other (specify	

7Q GREENHOUSE

39	40	41	42
43	44	45	46

7R. GARDEN

47	48	49	50
51	52	53	54

7s.

7(s) Car port Yes ☐ No ☐ [55]

7t

7(t) Outside toilet Yes ☐ No ☐ [56]

8. Do you have (i) Loft insulation Yes ☐ No ☐ [57]

(ii) Cavity wall insulation Yes ☐ No ☐ [58]

8i

8ii

9. Household Composition

(a) How many adults (aged 16+) live in this house/flat ☐

(b) How many children (under 16) live in this house/flat ☐

(c) Could you tell me for each person their

(i) age

(ii) what job they do, if they are employed

(iii) age of completing their full time education

(iv) relationship to yourself

(v) after tax income

(vi) whether they are disabled in any way

ANSWERS TO BE RECORDED BY INTERVIEWER ON CHART:

A ADULTS/MEN

	AGE	OCCUPATION	EDUCATION AGE	RELATION SHIP	AFTER TAX INCOME	DISABILITY
1						
2						
3						
4						

SECOND LOUNGE

1	2	3	4
5 0	6 9		
7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24	25	26

SECOND DINING ROOM

27	28	29	30
31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46

SECOND UTILITY ROOM

47	48	49	50
51	52	53	54
55	56	57	58
59	60	61	62
63	64	65	66

SECOND CORRIDOR/HALL

1	2	3	4

5 1	6 0

7	8	9	10
	12	13	14
15	16	17	18
19	20	21	22
23	24	25	26

THIRD CORRIDOR/HALL

27	28	29	30
31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46

SECOND TOILET

47	48	49	50
51	52	53	54
55	56	57	

THIRD TOILET

58	59	60	61
62	63	64	65
66	67	68	

68

1	2	3	4

5 1	6 1

SECOND BATHROOM WITHOUT TOILET

7	8	9	10
11	12	13	14
15	16	17	18

SECOND BATHROOM WITH TOILET

19	20	21	22
23	24	25	26
27	28	29	30

30

	2	3	4

1	2

HOUSEHOLD COMPOSITION

FIRST ADULT MAN

9	10	11	12
13	14	15	16
17	18	19	

SECOND ADULT MAN

20	21	22	23
24	25	26	27
28	29	30	

THIRD ADULT MAN

31	32	33	34
35	36	37	38
39	40	41	

FOURTH ADULT MAN

42	43	44	45
46	47	48	49
50	51	52	

FIFTH ADULT MAN

53	54	55	56
57	58	59	60
61	62	63	

SIXTH ADULT MAN

64	65	66	67
68	69	70	71
72	73	74	

1	2	3	4
5	6		
1	3		

FIRST ADULT WOMAN

7	8	9	10
11	12	13	14
15	16	17	

SECOND ADULT WOMAN

18	19	20	21
22	23	24	25
26	27	28	

THIRD ADULT WOMAN

29	30	31	32
33	34	35	36
37	38	39	

FOURTH ADULT WOMAN

40	41	42	43
44	45	46	47
48	49	50	

FIFTH ADULT WOMAN

51	52	53	54
55	56	57	58
59	60	61	

SIXTH ADULT WOMAN

62	63	64	65
66	67	68	69
70	71	72	

ADULTS/WOMEN

	AGE	OCCUPATION	EDUCATION AGE	RELATION SHIP	AFTER TAX INCOME	DISABILITY
1						
2						
3						
4						

B. CHILDREN

		AGE	RELATIONSHIP	DISABILITY
1.	M/F			
2.	M/F			
3.	M/F			
4.	M/F			
5.	M/F			
6.	M/F			

Duration of Residence

10(a)How long have you (and your family) lived in this house/flat?

One year or less [ ]
>1 - 5 years [ ]
6 -10 years [ ]
} — Go to Qn. 11

>10 years [ ] — Go to Qn. 10(b)

10(b)If more than 10 years:

Have you always lived here? Yes [ ] No [ ]

If 'No' go to Qn. 11; if 'Yes' go to Qn 14.

1	2	3	4
5 1	6 4		

B. CHILDREN

FIRST CHILD

7	8	9	10

SECOND CHILD

11	12	13	14

THIRD CHILD

15	16	17	18

FOURTH CHILD

19	20	21	22

FIFTH CHILD

23	24	25	26

SIXTH CHILD

27	28	29	30

10a. [31]

10b [32]

11. (a) What type of house did you live in before moving to this one?

(b) How many bedrooms did it have?

(c) Was it owned or rented?

a. Type

b. No. of bedrooms

Type		No. of bedrooms
Traditional terrace		
Modern terrace		
Semi detached		
Low rise flat		
High rise flat		
Detached		
Bungalow		
Bedsit		
Other		

Specify.....

c. Tenure

Council	
Mortgaged	
Owned outright	
Private rented	
Other	

Specify.....

12. Why did you decide to move from your previous home? (more than one answer acceptable).

Change of job	
To be nearer to job	
To get bigger house	
To get smaller house	
To get better recreation facilities	
To get better schools	
Neighbourhood	
Better location	
Marriage	
Divorce	
Other	

Explain.....

.....

Specify.....

11a. 33

11b 34

11c 35

36 37 38 39 40 41 42 43 44 45 46

13. Do you prefer the previous house/flat or your present one?

prefer previous	☐	Go to Qn. 13(a)
prefer present	☐	
indifferent	☐	Go to Qn. 14

13(a) Could you explain why you prefer than one?.....

.....

.....

13. [47]

13.A. [48] [49] [50] [51] [52] [53]

53

HOME EQUIPMENT

[1] [2] [3] [4]

We would now like to ask you some questions about the ownership and use of leisure equipment in the home, including whose decision it was to obtain it.

[5] 1 [6] 5

14. Could you tell me if you, or other members of your household, have any of the following appliances? If so, which, if any are used at least once a week, and whose decision was it to buy it in the first place? (show card)

	Owned	Used Weekly	Whose decision to Purchase
Washing machine	☐	☐	.....
Tumble drier	☐	☐	.....
Refrigerator	☐	☐	.....
Deep freezer	☐	☐	.....
Fridge/Freezer	☐	☐	.....
Dish washer	☐	☐	.....
Food/drink mixer	☐	☐	.....
Microwave oven	☐	☐	.....

14

7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24
25	26	27
28	29	30

15. Do you, or other members of your household, have any of these items? If so, which, if any, are used at least once a week, and whose decision was it to buy it in the first place? (Show card).

	No.	Head phones	Used Weekly	Whose decision to purchase
Black & White television				.....
Colour television				.....
Prestel/Oracle/Teletext				.....
Video Cassette Recorder				.....
Tape recorder				.....
Record player				.....
Radio				.....
Music Centre				.....
Home computer				.....
T.V. Games				.....
Telephone				.....
Home movie equipment (any of cine camera, projector etc.)				.....
Video Film making equipment				.....

16. Do you, or other members of your household have any musical instruments? If so, are they used weekly, and whose decision was it to buy them?

Specify	Used Weekly	Decision to Buy
1.....		.....
2.....		.....
3.....		.....
4.....		.....

15.

31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46
47	48	49	50
51	52	53	54
55	56	57	58
59	60	61	62
63	64	65	66
67			

67

1	2	3	4
5	6		

1 6

7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24	25	26
27	28	29	30
31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46
47	48	49	50
51			

16.

	53	54	55
	57	58	59
	61	62	63
	65	66	67
	69	70	71

71

17. Do you or other members of your household have any board games. If so, which if any are used at least weekly?

			Used weekly
1.	Scrabble		
2.	Chess		
3.	Backgammon		
4.	Monopoly		
5.	Draughts		
6.	Snakes + Ladders		
7.	Mastermind		
8.	Other		
9.	.....		
10.	.....		
11.	.....		

18(a) Do you yourself have any special home based interests or hobbies? If so, what are they and which room (or outbuildings, garden) do you use while doing them? Also record frequency and companion

Hobby/Interest	Frequency	Company	Room/Area/Outbuilding used

Frequency Codes

1. Once a week or more
2. Once a month or more
3. Once a year or more
4. Less than once a year

Companion Codes

1. Alone
2. Family (from household)
3. Other family
4. Friends
5. Family + friends
6. Varies

Q 17.

Q 18a.

54

18(b) Does anyone else in this house/flat have any special home-based interests or hobbies? If so, who; what hobbies; where done?

Person (identified by relationship to head of household)	Hobby/Interest	Room used

19. Do you or other members of your household have any of these items? If so, which, if any, are used at least once a week, and whose decision was it to buy them in the first place?

		Used weekly	Whose decision to buy
Sewing machine			.....
Knitting machine			.....
Typewriter			.....
Home brewing equipment			.....
Power tools			.....
Car maintenance tools			.....
Gardening tools			.....
Garden furniture			.....
Outdoor/Lawn games			.....

1	2	3	4
5 1	6 8		
7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24	25	26
27	28	29	30
31	32	33	34
35	36		

Q 19.

37	38	39	40
41	42	43	44
45	46	47	48
49	50	51	52
53	54	55	56
57	58	59	60
61	62	63	

63

20. Do you or other members of your household have any items of sports equipment? If so, which, if any, are used at least once a week?

		Used weekly	Whose decision to buy
Track suit (for sports use)			
Training shoes (for sports use)			
Golf clubs			
Table tennis bats			
Cricket bats			
Squash racquets			
Tennis racquets			
Hockey sticks			
Fishing tackle			
Exercise cycle/rowing machine			.....
Weights/dumbells			.....
Dart board			.....
Pool table/Snooker table			.....
Table tennis table			.....
Others (specify).....			.....
.....			

21. Do you have any other items of home leisure equipment not previously listed? If so, please specify, and state whether item(s) used at least once a week.

Item	Used weekly	Whose decision to buy
.....		.....
.....		.....
.....		.....

IF NO CHILDREN IN HOUSEHOLD GO TO QUESTION 23.

1	2	3	4
5 1	6 9		
Q 20.			
7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24	25	26
27	28	29	30
31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46
47	48	49	50
51	51		
Q 21			
1	2	3	4
5 2	6 0		
7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24		

22(a) IF THERE ARE CHILDREN IN THE HOUSEHOLD

Could you please give me a list of the toys and leisure equipment that yourchildren have? Also state whether the items are used at least once a week.

Item	M.	F.	Both	Used weekly
.....				
.....				
.....				
.....				
.....				
.....				
.....				
.....				
.....				
.....				
.....				
.....				
.....				
.....				
.....				

F= Female

M= Male

22(b) Do your children have any particular toys or hobbies which occupy much of their time?

Hobbies/Toys	Male/Female/Both
.....	.....
.....	.....
.....	.....

22a.

25	26	27	28
29	30	31	32
33	34	35	36
37	38	39	40
41	42	43	44
45	46	47	48
49	50	51	52
53	54	55	56
57	58	59	60
61	62	63	64
65	66	67	68
69	70	71	72
73	74	75	76
77	78	79	80

1	2	3	4
5 2	6 1		

Q-22b.

7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24		

22(c) What do your children spend most of their time doing in the home? (Probe for details of activities and companions).

Activities	Companions	Male/Female/Both
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

22(d) Are there any particular parts of the house or garden where your children spend a lot of time?

Parts of Home	Male/Female /Both
.....	.....
.....	.....
.....	.....
.....	.....

23. Do you, or other members of your household own any cars, motorcycles, bicycles or caravan? If so, please state how many

	No.	Used by adults	children
Car			
Motorcycle			
Bicycle			
Caravan			
Boat (specify type)			

24. Do you have any pets? If so, please specify type and number

	No.	
Dog		
Cat		
Bird		
Rabbit		
Mouse/Hamster/Guinea pig		
Fish		
Other		specify..... .....

22c.

25	26	27	28
29	30	31	32
33	34	35	36
37	38	39	40
41	42	43	44
45	46	47	48
49			

22d.

50	51	52	53
54	55	56	57
58	59	60	61
62	63	64	65
66	67	68	69
70	71	72	73
74	75	76	77

23.

1	2	3	4
5 2	6 2		
7	8	9	10
11	12	13	14
15	16		

24

17	18	19	20
21	22		

25. Do you have any newspapers or magazines delivered to your house?

	Daily	Weekly	Monthly
Newspapers			
Magazines			

26. Are you, or is anyone in your household, a member of any of these? (show card)

- Book club
- Record club
- Video club
- Library (books)
- Record library
- Video library

27. Do you, or does anyone in your household, buy take away food for eating at home? If so, how often?

- Never
- Once a year or less
- About every 2 or 3 months
- About once a month
- Once a week or more

28. Do you, or does anyone in your household purchase beer, wine or spirits for drinking at home? If so, how often.

- Never
- Once a year or less
- About every 2 or 3 months
- About once a month
- Once a week or more

25.

23	24

26

25	26	27	28
29	30	31	

27

32

28

33

29. Do you, or does anyone in your household, make any purchases through mail order catalogues? If so, how often?

- Never ☐
- Less than once a year ☐
- About once a year ☐
- Several times a year ☐
- Monthly or more often ☐

30(a) How often do you, or members of your household, see some of your next door neighbours to speak to?

- Never ☐
- Less than once a month ☐
- About once a month ☐
- About once a week ☐
- Most days ☐
- Every day ☐

30(b) Do you or other members of your household entertain friends or relatives in your home? If so, who do you entertain; how often; who invites them?

Who (Friends, neighbours, colleagues, relatives) Specify	How often	Host/Hostess

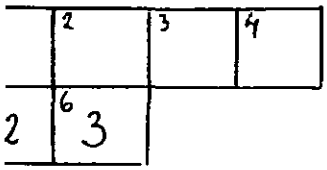
29. 34

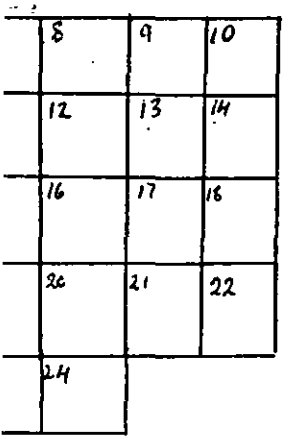
30a. 35

30b.

36	37	38	39
40	41	42	43
44	45	46	47
48	49	50	51
52	53	54	55
56	57	58	59
60	61	62	63
64	65	66	67
68	69	70	71

) b (continued)





31. Do you, or members of your household, regularly use or employ any services or help in the home or garden? If so, please specify

Meals on wheels	
Home help	
District Nurse	
Paid housekeeper - Resident	
- Non Resident	
Gardener	
Window cleaner	
Other	Specify.....
	.....

31.

25	26
27	28
29	30
31	32

Alterations to house/flat

32. Have you yourself made, or have you had made, any structural alterations or conversions to your house/flat since moving in? If yes, please specify

(a) Type of alteration
(b) Purpose of making the alteration
(c) Whether self financed or with grant aid
(d) Whether you carried out the work yourself or employed others.

ANSWERS TO BE RECORDED BY INTERVIEWER ON CHART BELOW

Type of alteration	Purpose	Source of finance	Work done by

32.

33	34	35
36	37	38
39	40	41
42	43	44
45	46	47
48	49	50
51	52	53
54	55	56
57	58	59
60	61	62
63	64	65
66	67	68
69	70	71
72		

33. Have you made any alterations or additions to the garden or outhouses? If 'Yes' please specify

(a) Type of alteration
(b) Purpose of making the alteration
(c) Whether you carried out the work yourself or employed others.

ANSWERS TO BE RECORDED BY INTERVIEWER ON CHART BELOW

Type of alteration	Purpose	Work done by

34. Have you or other members of your household undertaken any DIY work in this house/flat? If so, please specify.

Interior	Painting		
	Wallpapering		
	Wall tiling		
	Floor tiling		
	Shelving		
	Cupboards		
	Plastering		
	Other		Specify.....
Exterior	Roofing		
	Painting		
	Window replacement		
	Doors		
	Walls		
	Other		Specify.....

1	2	3	4
5 2	6 4		

33.

7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24		

34.

25	26	27	28
29	30	31	32
33	34	35	36
37	38		

Garden

Vegetable garden	
Flower garden	
Patio	
Garden walls	
Fencing	
Other garden	

specify.....

Satisfaction with house/garden

35. Could you tell me all the things which you like or dislike about living in this house/flat? (probe for sufficient detail). And why you like or dislike these particular features.

	L=Like D=Dislike	Reason
Number of rooms		
Size of rooms		
Layout of rooms		
Storage space in the house		
Indoor space for children's play		
Physical maintenance		
Cost of maintenance		
Acoustics		
Security		
Size of garden		
Layout of garden		
Maintenance of garden		
Cost of garden maintenance		
Privacy of garden		
Outdoor space for children's play		
Garage		
Shed and outbuildings		

39	40	41	42
43	44		

44

1	2	3	4
5 2	6 5		
7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24	25	26
27	28	29	30
31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46
47	48	49	50
51	52	53	54
55	56	57	58
59	60	61	62
63	64	65	66
67	68	69	70
71	72	73	74
75	76		

35 (Continued)

1	2	3	4
5 2	6 6		

7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24	25	26
27	28	29	30
31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46
47	48	49	50
51	52	53	54
55	56	57	58
59	60	61	62
63	64	65	66
67	68	69	70
71	72	73	74
75	76		

	L=Like D=Dislike	Reason
Privacy of house		
Views from house		
Location of shops/ services		
Location of schools		
Location of workplace		
Traffic noise		
Neighbours		
Neighbourhood		
Availability of recreation/entertain-ment facilities		
Availability of public open space		
Other (specify)		

36. Do you have any wish to move from your present house/flat?

Yes ☐ No ☐

If 'Yes' what type of house would you like to move to, and why?

Type		No. of bedrooms	Reason
Traditional terrace			
Modern terrace			
Semi detached			
Low rise flat			
High rise flat			
Detached			
Bungalow			
Other (specify)			

1	2	3	4
5 2	6 7		
7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24	25	26
27	28	29	30
31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46
47	48	49	50
51	52	53	54
55	56	57	58
59	60	61	62
63	64	65	66
67	68	69	70
71	72	73	74
75	76		

36.

1	2	3	4
5 2	6 8		
7	8	9
10	11	12
13	14	15
16	17	18

37. If you could alter your present house/flat in any way, what would you do, and why?

Alteration	Reason
.....	.....
.....	.....
.....	.....
.....	.....

38. If, whilst living here, you could have one extra item of equipment or service to make life at home more enjoyable what would you choose, and why?

Extra item	Reason
.....	.....

37.

19	20	21	22
23	24	25	26
27	28	29	30
31	32	33	34

38.

35	36

Ref. | | | |

DIARY

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THE SPORTS COUNCIL AND THE ECONOMIC AND SOCIAL RESEARCH COUNCIL

HOW TO FILL IN THE DIARY

Thank you for agreement to fill in the diary. We should be grateful if you would keep a diary for 3 days, on the first weekday, Saturday and Sunday after receiving the diary. This booklet contains an example diary to show you how to fill in the diary, and a double page of diary space for each of the 3 days for you to write down details of what you have done on each of those days. Each diary day is divided into two parts: **"At Home"** and **"Out of Home"**.

For activities done at home:

— **Activity.** Write in this first column the activities you do through the day. Please record one activity separately on each line next to the time of day you have done the activity.

— **With whom.** If someone else is doing the same activity with you, please write in who it was. For example, if you are watching television with your son you should write 'son' in this column. Other examples are with husband/wife, daughter, sister, mother, father, friend, flatmate, lodger, brother and uncle etc.

— **Which part of home: room/space.** We would then like you to write down whereabouts in the home/garden you did the activity, for example, lounge, kitchen, bedroom, bathroom, garden, garage, shed, greenhouse, etc.

— **"Work", "leisure" or what?** In this column we would like to know whether you think of each activity that you do as either leisure, work, duties or personal care (such as having a bath, sleeping). Please fill in this column for **every** activity that you write down.

For activities out of home

Activity or purpose of visit
In this column we would like you to write down either what you did or where you went. For example, shopping, work (paid employment), swimming, to the pub, club, church etc.

How far from home. In this column please state roughly how far from home you went. Either, put the actual distance, or use the relevant category: Less than one mile/1-5 miles,/over 5 miles from home.
Mode of travel: then write down whether you went on foot, by car, train, bus, bicycle or motorcycle.
Then **with whom** and **"work", "leisure" or what?** columns are to be filled in, in the same way as for the **'at home'** section of the diary.

Please try to fill in the diary at several times during each day, as it is easy to forget things if you leave them all to the end of the day.

)ON

DIARY CODE

AT HOME

	ACTIVITY	WITH WHOM	ROOM-SPACE	WORK, LEISURE OR WHAT?
15				
30				
45				
)0				
15				
30				
45				
)0				
15				
30	PREPARED LUNCH	DAUGHTER	KITCHEN	DUTIES
45	↓	↓	↓	↓
)0	HAD LUNCH	DAUGHTER	KITCHEN	PERSONAL CARE
15	↓	↓	↓	↓
30	HOUSEWORK	ALONE	LOUNGE	DUTIES
45	↓	↓	↓	↓
)0	↓	↓	↓	↓
15	GARDENING	ALONE	GARDEN	LEISURE
30	↓	↓	↓	↓
45	↓	↓	↓	↓
)0	↓	↓	↓	↓
15	COOKED SUPPER	ALONE	KITCHEN	DUTIES
30	↓	↓	↓	↓
45	↓	↓	↓	↓
)0	HAD SUPPER	SON & DAUGHTER	DINING ROOM	PERSONAL CARE
15	↓	↓	↓	↓
30	WASHED UP	SON	KITCHEN	DUTIES
45	WATCHED T.V.	HUSBAND	LOUNGE	LEISURE
)0	↓	↓	↓	↓
15	↓	↓	↓	↓
30	↓	↓	↓	↓
45	↓	↓	↓	↓
)0	HAD A SHOWER	ALONE	BATHROOM	PERSONAL CARE
15	↓	↓	↓	↓
30				
45				
)0				
5				
30				
45				
)0				
5				
30	READ A BOOK	ALONE	LOUNGE	LEISURE
5	↓	↓	↓	↓
)0	↓	↓	↓	↓
5	↓	↓	↓	↓
30	GOT READY FOR BED	ALONE	BATHROOM	PERSONAL CARE
5	ASLEEP	↓	BEDROOM	↓
)0	↓	↓	↓	↓

AWAY FROM HOME

ACTIVITY OR PURPOSE OF VISIT	HOW FAR FROM HOME	MODE OF TRAVEL	WITH WHOM	WORK, LEISUR OR WHAT?
CAME HOME FROM WORK	5 MILES	BUS	WORKMATE	WORK
WENT TO THE PUB	2 MILES	CAR	HUSBAND + FRIEND	LEISUR
↓	↓	↓	↓	↓

DON

WEEKDAY

DIARY CODE

	AT HOME				AWAY FROM HOME				
	ACTIVITY	WITH WHOM	ROOM-SPACE	WORK, LEISURE OR WHAT?	ACTIVITY OR PURPOSE OF VISIT	HOW FAR FROM HOME	MODE OF TRAVEL	WITH WHOM	WORK, LEISURE OR WHAT?
15									
30									
45									
00									
15									
30									
45									
00									
15									
30									
45									
00									
15									
30									
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15									
30									
45									
00									
15									
30									
45									
00									

ON

SATURDAY

DIARY CODE

AT HOME

	ACTIVITY	WITH WHOM	ROOM-SPACE	WORK, LEISURE OR WHAT?
15				
30				
35				
00				
5				
30				
45				
00				
5				
30				
45				
00				
5				
30				
45				
00				
5				
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45				
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30				
45				
00				
5				
30				
45				
00				

AWAY FROM HOME

ACTIVITY OR PURPOSE OF VISIT	HOW FAR FROM HOME	MODE OF TRAVEL	WITH WHOM	WORK, LEISURE OR WHAT?

DON

SUNDAY

DIARY CODE

	AT HOME				AWAY FROM HOME				
	ACTIVITY	WITH WHOM	ROOM-SPACE	WORK, LEISURE OR WHAT?	ACTIVITY OR PURPOSE OF VISIT	HOW FAR FROM HOME	MODE OF TRAVEL	WITH WHOM	WORK, LEISURE OR WHAT?
15									
30									
45									
00									
15									
30									
45									
00									
15									
30									
45									
00									
15									
30									
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00									
15									
30									
45									
00									
15									
30									
45									

INTERVIEW SCHEDULE 3

HOUSING CAREER

Reference No.

LINE No. 0 1

PROFILE REF.

Introduction

We would like to know what type of houses you have lived in during your life up to the present, and your reasons for moving from each one to the next.

SECTION 1

1. What type of house did you live in as a child, from birth?

2. How many bedrooms did the house have?

		No. of bedrooms
1. Traditional terrace		
2. Modern terrace		
3. Semi detached		
4. Detached		
5. High rise flat		
6. Low rise flat		
7. Bungalow		
8. Bedsit		
9. Other		

3. Could you tell me whether your parents/supporters were:

1. Council tenants
2. Private tenants
3. Mortgagors
4. Outright owners
5. Other (specify) .....
6. Don't know

4. Where did you live?

City/town/village.....

County.....

5. How long did you live in this house?

One year or less
>1 - 5 years
6 - 10 years
>10 years
Always

Go to question 6

Go to section 3

6. Why did you move from this house?.....

.....

Go to Section 2.

Q1.

Q2

Q3.

Q4.

Q5.

Q6.

ref. no. 1 2 3 4 5 6

SECTION 2

A. HOUSE NUMBER [ ] (i.e. first, second, 3rd etc.)

B. What type of house did you move to after completion of full time education.

1. House type.....No. of bedrooms [ ]

2. Tenure

1. Living with parents [ ]
2. Council tenant [ ]
3. Private tenant [ ]
4. Mortgagor [ ]
5. Outright owner [ ]
6. Other (specify) [ ] .....

} → Go to question 5

3. If mortgagor or outright owner :

a) Did you receive financial assistance from your parents or other relatives Yes [ ] No [ ]

b) If yes:

Did you receive a gift of money [ ]
inherited money [ ]
inherited house [ ]
other (specify) [ ] .....

4. Where was this house?

City/town/village.....

County.....

5. How long did you live in this house?

One year or less [ ]
>1 - 5 years [ ]
6 - 10 years [ ]
>10 years [ ]

} → Go to question 6

Always (since previous move). [ ] → Go to Section 3

6. Why did you move from this house.....

.....

.....

.....

.....

(If question 6 applicable, then fill in a further Section 2 form).

A. 7 8

B 1. 9 10

B 2. 11

3. A. 12

3B. 13

4 14 15 16 17 18

5. 19

6. 20 21 22 23 24 25 26 27 28

The preceeding page of the interview schedule was repeated up to 12 times to accommodate numerous house changes by respondents.

hf. no.

1	2	3	4
5 1	6 4		

SECTION 3

1. Which house did you most like living in, and why?

   (i) House number (first, second, third etc) [ ]

   (ii) Why did you like it best?.....

   .....

   .....

   .....

Q1.
(i)

7	8

(ii)

9	10	11	12
13	14	15	16
17			

2. Which house did you least like living in, and why?

   (i) House number [ ]

   (ii) Why did you like it least?.....

   .....

   .....

   .....

   .....

Q2.
(i)

18	19

(ii)

20	21	22	23
24	25	26	27
28			

28

ref. no.

1	2	3	4
5 1	6 5		

SECTION 4

LEISURE ACTIVITIES PROFILE

OUTSIDE THE HOME

Q1.

7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24	25	26
27	28	29	30
31	32	33	34

1. We would like to know what sorts of leisure activities you do outside the home, and how often.
   How often do you go to:(show card):
   Who do you usually go with.

	Frequency	Company
Historic places of interest		
Pub		
Club (specify).....		
Cinema		
Theatre		
Concert		
Bingo		
Restaurant		
Dancing/disco		
Sport spectating (not on TV)		
Visit parks and gardens		
The seaside		
Visit friends		
Visit relatives		

Frequency Codes

1. Once a week or more
2. Once a month or more
3. Once a year or more
4. Less than once a year

Leave blank if never

Companion Codes

1. Alone
2. Family (from household)
3. Other family
4. Friends
5. Family and friends
6. Varies

Q2.

35	36	37	38

2. How often do you take part in sporting activities?

	Frequency	Company
Racquet sports (specify).....		
.....		
.....		
Water sports (specify).....		
.....		
.....		

	Frequency	Company
Other individual sports (specify).....		
.....		
.....		
Team sports (specify).....		
.....		
.....		

Frequency Codes
1. Once a week or more
2. Once a month or more
3. Once a year or more
4. Less than once a year

Leave blank if never

Companion Codes
1. Alone
2. Family(from household)
3. Other family
4. Friends
5. Family and friends
6 Varies

IN THE HOME

If Head of Household go to Qn. 4

3. Do you yourself have any special homebased interests or hobbies? If so, what are they and which room (or outbuildings/garden) do you use while doing them?

Hobby/Interest	Type of Company	Frequency	Room/Area/ Outbuildings used

Frequency Code
1. Once a week or more
2. Once a month or more
3. Once a year or more
4. Less than once a year

Leave blank if never

Company Code
1. Alone
2. Family(from household)
3. Other family
4. Friends
5. Family and friends
6. Varies

4. With respect to your present home, do you have a place in and around the home where you go to get away from it all?

Yes ☐ No ☐

If yes, which room/outbuildings/garden?.....

.....

* For all except Head of Household complete Section 5.

39 40 41 42

Q3.

43 44 45 46
47 48 49 50
51 52 53 54
55 56 57 58
59 60 61 62
63 64 65 66
67 68 69 70
71 72

72

REF. NO.

1 2 3 4
5 1 6
7 8 9 10
11 12 13 14
15 16 17 18
19 20 21 22
23 24

Q4.

25 26 27

REF. No. 1 2 3 4 5 1 6 7

QS. 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76

76

REF. NO. 1 2 3 4 5 1 6 8 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

SECTION 5

Satisfaction with house/garden

1. Could you tell me all the things which you like or dislike about living in this house/flat? (probe for sufficient detail). And why you like or dislike these particular features.

	L=Like D=Dislike	Reason
Number of rooms		
Size of rooms		
Layout of rooms		
Storage space in the house		
Indoor space for children's play		
Physical maintenance		
Cost of maintenance		
Acoustics		
Security		
Size of garden		
Layout of garden		
Maintenance of garden		
Cost of garden maintenance		
Privacy of garden		
Outdoor space for children's play		
Garage		
Shed and outbuildings		

SECTION 5 (CONTINUED)

27	28	29	30
31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46
47	48	49	50
51	52	53	54
55	56	57	58
59	60	61	62
63	64	65	66
67	68	69	70
71	72	73	74
75	76		

76

	L=Like D=Dislike	Reason
Privacy of house		
Views from house		
Location of shops/ services		
Location of schools		
Location of workplace		
Traffic noise		
Neighbours		
Neighbourhood		
Availability of recreation/entertainment facilities		
Availability of public open space		
Other (specify)		

2. Do you have any wish to move from your present house/flat?

Yes ☐ No ☐

If 'Yes' what type of house would you like to move to, and why?

Type		No. of bedrooms	Reason
Traditional terrace			
Modern terrace			
Semi detached			
Low rise flat			
High rise flat			
Detached			
Bungalow			
Other (specify)			

1	2	3	4
5 1	6 9		
7	8	9	10
11	12	13	14
15	16	17	18
19	20	21	22
23	24	25	26
27	28	29	30
31	32	33	34
35	36	37	38
39	40	41	42
43	44	45	46
47	48	49	50
51	52	53	54
55	56	57	58
59	60	61	62
63	64	65	66
67	68	69	70
71	72	73	74
75	76		76

1	2	3	4
5 2	6 0		
Q2.			
7	8	9	10
11	12	13	14
15	16	17	18

3. If you could alter your present house/flat in any way, what would you do, and why?

Alteration	Reason
.....	.....
.....	.....
.....	.....
.....	.....

4. If, whilst living here, you could have one extra item of equipment or service to make life at home more enjoyable what would you choose, and why?

Extra item	Reason
.....	.....

3.

19	20	21	22
23	24	25	26
27	28	29	30
31	32	33	34

4.

35	36

36

APPENDIX 2 DIARY CODING SCHEDULES

LEISURE AND THE HOME

DIARY

CODING INSTRUCTIONS FOR DIARIES

ACTIVITY CLASSIFICATION

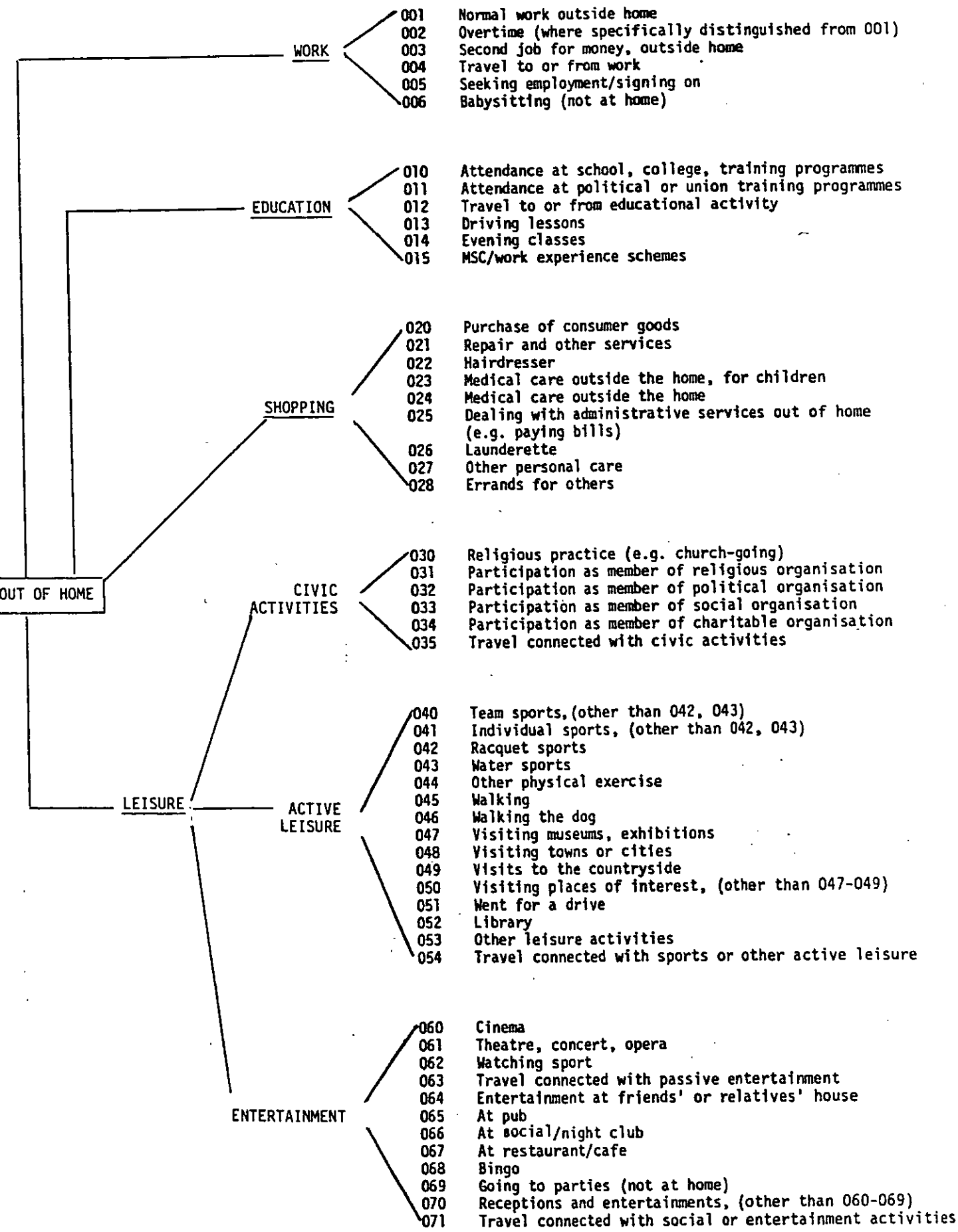
(According to a revised version of the classification of Gershuny and Thomas).

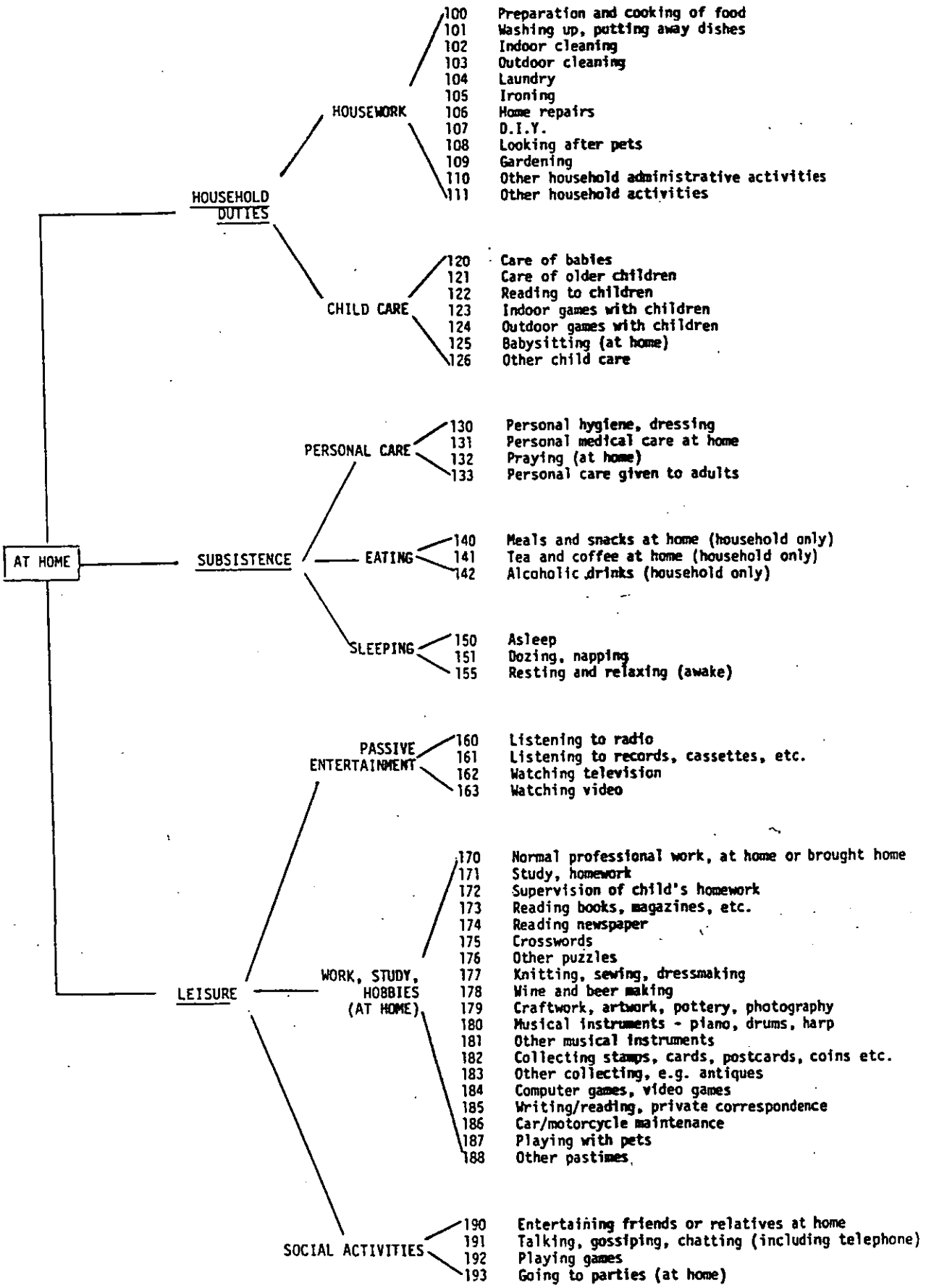
Out of Home = 001 - 099
At Home = 100 - 199

SITUATION

(Changes in first digit as below);

Out of Home	Main Activity and Listening	= 2
	Main Activity and Viewing	= 3
At Home	Main Activity and Listening	= 4
	Main Activity and Viewing	= 5
Out of Home type Activity done at Home		= 6
At Home type Activity done Out of Home		= 7


OUT OF HOME
WORK
001 Normal work outside home
002 Overtime (where specifically distinguished from 001)
003 Second job for money, outside home
004 Travel to or from work
005 Seeking employment/signing on
006 Babysitting (not at home)
EDUCATION
010 Attendance at school, college, training programmes
011 Attendance at political or union training programmes
012 Travel to or from educational activity
013 Driving lessons
014 Evening classes
015 MSC/work experience schemes
SHOPPING
020 Purchase of consumer goods
021 Repair and other services
022 Hairdresser
023 Medical care outside the home, for children
024 Medical care outside the home
025 Dealing with administrative services out of home (e.g. paying bills)
026 Launderette
027 Other personal care
028 Errands for others
LEISURE
CIVIC ACTIVITIES
030 Religious practice (e.g. church-going)
031 Participation as member of religious organisation
032 Participation as member of political organisation
033 Participation as member of social organisation
034 Participation as member of charitable organisation
035 Travel connected with civic activities
ACTIVE LEISURE
040 Team sports, (other than 042, 043)
041 Individual sports, (other than 042, 043)
042 Racquet sports
043 Water sports
044 Other physical exercise
045 Walking
046 Walking the dog
047 Visiting museums, exhibitions
048 Visiting towns or cities
049 Visits to the countryside
050 Visiting places of interest, (other than 047-049)
051 Went for a drive
052 Library
053 Other leisure activities
054 Travel connected with sports or other active leisure
ENTERTAINMENT
060 Cinema
061 Theatre, concert, opera
062 Watching sport
063 Travel connected with passive entertainment
064 Entertainment at friends' or relatives' house
065 At pub
066 At social/night club
067 At restaurant/cafe
068 Bingo
069 Going to parties (not at home)
070 Receptions and entertainments, (other than 060-069)
071 Travel connected with social or entertainment activities


AT HOME
HOUSEHOLD DUTIES
HOUSEWORK
100 Preparation and cooking of food
101 Washing up, putting away dishes
102 Indoor cleaning
103 Outdoor cleaning
104 Laundry
105 Ironing
106 Home repairs
107 D.I.Y.
108 Looking after pets
109 Gardening
110 Other household administrative activities
111 Other household activities
CHILD CARE
120 Care of babies
121 Care of older children
122 Reading to children
123 Indoor games with children
124 Outdoor games with children
125 Babysitting (at home)
126 Other child care
SUBSISTENCE
PERSONAL CARE
130 Personal hygiene, dressing
131 Personal medical care at home
132 Praying (at home)
133 Personal care given to adults
EATING
140 Meals and snacks at home (household only)
141 Tea and coffee at home (household only)
142 Alcoholic drinks (household only)
SLEEPING
150 Asleep
151 Dozing, napping
155 Resting and relaxing (awake)
LEISURE
PASSIVE ENTERTAINMENT
160 Listening to radio
161 Listening to records, cassettes, etc.
162 Watching television
163 Watching video
WORK, STUDY, HOBBIES (AT HOME)
170 Normal professional work, at home or brought home
171 Study, homework
172 Supervision of child's homework
173 Reading books, magazines, etc.
174 Reading newspaper
175 Crosswords
176 Other puzzles
177 Knitting, sewing, dressmaking
178 Wine and beer making
179 Craftwork, artwork, pottery, photography
180 Musical instruments - piano, drums, harp
181 Other musical instruments
182 Collecting stamps, cards, postcards, coins etc.
183 Other collecting, e.g. antiques
184 Computer games, video games
185 Writing/reading, private correspondence
186 Car/motorcycle maintenance
187 Playing with pets
188 Other pastimes
SOCIAL ACTIVITIES
190 Entertaining friends or relatives at home
191 Talking, gossiping, chatting (including telephone)
192 Playing games
193 Going to parties (at home)

GERSHUNY + THOMAS

Time Budget

Activity Codes

(a) OUT OF HOME

MAL WORK OUTSIDE HOME
RTIME (WHERE SPECIFICALLY DISTINGUISHED FROM 001)
IND JOB FOR MONEY, OUTSIDE HOME
TING OR INTERRUPTION DURING WORK TIME
E AT WORK, BEFORE STARTING OR AFTER STOPPING, JOB
L AT WORKPLACE
, COFFEE, ETC. AT WORK
L OR SNACKTIME AT WORK, NOT KNOWN IF FOOD EATEN
VEL TO OR FROM WORK, BY CAR
TO, NOT BY CAR
TO, MEANS UNKNOWN
VEL DURING WORK (WHERE SPECIFICALLY DISTINGUISHED
N 001)

L TIME ATTENDANCE AT SCHOOL OR COLLEGE; STUDY IS
N ACTIVITY
T TIME ATTENDANCE AT COURSE OR TRAINING PROGRAMME
ENDANCE AT OCCASIONAL LECTURES
ENDANCE AT POLITICAL OR UNION TRAINING PROGRAMME
VEL TO OR FROM EDUCATIONAL ACTIVITY, BY CAR
TO, NOT BY CAR
TO, MEANS UNKNOWN
VING LESSON

CHASE OF EVERYDAY CONSUMER GOODS
CHASE OF DURABLE CONSUMER GOODS
AIR AND OTHER SERVICES
SONAL CARE OUTSIDE HOME, E.G. HAIRDRESSER
ICAL CARE OUTSIDE HOME
ICAL CARE OUTSIDE HOME, FOR CHILDREN
TING, QUEUING, FOR THE PURCHASE OF GOODS AND SERVICES
LING WITH ADMINISTRATIVE SERVICES OUT OF HOME
G. PAYING BILLS)
ER SHOPPING ETC.
VELLING, CONNECTED WITH SHOPPING
VELLING, CONNECTED WITH PERSONAL SERVICES

IGIOUS PRACTICE AND ATTENDING RELIGIOUS CEREMONIES
TICIPATION AS A MEMBER OF A PARTY, UNION
ENTARY ACTIVITY AS AN ELECTED OFFICIAL OF A SOCIAL
POLITICAL ORGANISATION
TICIPATION IN MEETINGS OTHER THAN 080 or 081
-PAID COLLECTIVE CIVIC ACTIVITY
TICIPATION IN RELIGIOUS ORGANISATIONS
TICIPATION IN FACTORY COUNCILS
TICIPATION IN OTHER ORGANISATIONS
ER PARTICIPATION ACTIVITIES
VEL CONNECTED WITH CIVIC ACTIVITIES

YING SPORT, OR OTHER PHYSICAL EXERCISE
ES
~~TING, FISHING, ETC.~~
ITING MUSEUMS, EXHIBITIONS
ITING TOWNS OR CITIES
ITING PLACES OF INTERESTS OTHER THAN 083, 084
ER LEISURE ACTIVITIES
VEL CONNECTED WITH SPORTS OR OTHER ACTIVE LEISURE

MOVIES
THEATRE, CONCERT, OPERA
CIRCUS
CHING SPORT
VEL CONNECTED WITH PASSIVE ENTERTAINMENT
ERTAINMENT AT FRIENDS OR RELATIVES' HOUSE WITH FOOD
TO, WITHOUT FOOD, OR FOOD NOT MENTIONED
PUB
SOCIAL CLUB
NIGHT CLUB
RESTAURANT
TEA-ROOM
EPTIONS AND ENTERTAINMENTS, OTHER THAN 070-081
VEL CONNECTED WITH SOCIAL OR ENTERTAINMENT
IVITIES

VEL ACCOMPANYING CHILDREN
VEL ACCOMPANYING ADULTS

ANNOT BE CLASSIFIED

SITUATION	FIRST DIGIT BECOMES
OUT OF HOME	MAIN ACTIVITY & LISTENING
	MAIN ACTIVITY & VIEWING
AT HOME	MAIN ACTIVITY & LISTENING
	MAIN ACTIVITY & VIEWING

OUT-OF-HOME TYPE ACTIVITY DONE AT HOME

GERSHUNY + THOMAS

PARATION AND COOKING OF FOOD
ING UP, PUTTING AWAY DISHES
OOR CLEANING
OOR CLEANING
NDRY IRONING
AIR OR UPKEEP OF CLOTHES, SHOES
ER REPAIRS AND HOME OPERATIONS
T AND WATER SUPPLY UPKEEP
KING AFTER PETS
DENING
ER HOUSEHOLD ACTIVITIES (E.G. PAPERWORK)

E OF BABIES
E OF OLDER CHILDREN
DING OF STORIES, NON-SCHOOL BOOKS, CONVERSATION
E CHILDREN
OOR GAMES AND MANUAL INSTRUCTION
DOOR GAMES AND WALKS
ER CHILD CARE

RSONAL HYGIENE, DRESSING
RSONAL MEDICAL CARE AT HOME
AYING (AT HOME)
RSONAL CARE GIVEN TO ADULTS

ALS AND SNACKS AT HOME (HOUSEHOLD ONLY)
A AND COFFEE AT HOME (HOUSEHOLD ONLY)
COHOLIC DRINKS (HOUSEHOLD ONLY)

GHT SLEEP (THE MAIN SLEEP OF THE DAY,
HEDULED DAYTIME SLEEP
P - UNSCHEDULED, DURING NORMAL WAKING HOURS

ISTENING TO RADIO
ATCHING TELEVISION
ISTENING TO RECORDS, ETC.
LAXING REFLECTING, THINKING, ETC.

ERAL PROFESSIONAL WORK, AT HOME OR BROUGHT HOME
ADING SCIENTIFIC REVIEWS, BOOKS FOR PERSONAL
STRUCTION
HER STUDY
ADING BOOKS
ADING REVIEWS, PERIODICALS, PAMPHLETS, ETC.
ADING NEWSPAPER
CHNICAL HOBBIES, COLLECTIONS
TISTIC CREATION (POTTERY, SCULPTURE, PAINTING,
TERATURE, ETC.)
NITTING, SEWING, DRESSMAKING
AYING A MUSICAL INSTRUMENT
ITING PRIVATE CORRESPONDENCE
HER PASTIMES

NTERTAINING FRIENDS OR RELATIVES AT HOME, WITH FOOD
ITTO, WITHOUT FOOD, OR FOOD NOT MENTIONED
ALKING, GOSSIPING (INCLUDING TELEPHONE)
LAYING GAMES

Time Budget

Activity Codes

(b) At home

APPENDIX 3 INTERVIEWERS' INSTRUCTIONS

LEISURE AND THE HOME

INTERVIEWERS INSTRUCTIONS

IR NOTTINGHAM INTERVIEWS: knock on every other door in the streets of the areas designated for interviews

IR LONDON INTERVIEWS: knock on every door in the streets of the areas designated for interviews.

ITRODUCTIONS

. Explain that the Sports Council and Economic and Social Research Council are funding a project on leisure and the home which is being conducted by Loughborough University of Technology in the Department of Physical Education and Sports Science.

. Explain that you have been employed to conduct interviews within certain households in the district which have been randomly selected, and would like to ask the householder some questions about leisure in the home such as how satisfied they are with the design of their house in relation to the leisure activities and interests that they pursue in the home. State that the interview will take about ¾ of an hour.

. Point out that many changes have taken place in people's everyday lifestyles in the home, including the introduction of television, video, computer games, hifi; and in house design itself. These changes make certain demands on the home so that the results of this survey will have implications for architects, housebuilders, providers of leisure equipment and will hopefully help to make beneficial changes to the home as a place to live.

. If the householder is reluctant to be interviewed after gentle persuasion then do not try to force them. However, if the householder claims that he/she cannot spare the time, or that it is inconvenient at that particular time, then ask them when it would be convenient and try to arrange a time suitable to you both to meet again for the interview.

. Point out to the householder that he/she is not obliged to answer <u>any</u> questions that he/she does not wish to.

It is important to keep the flow of the interview going, as in a normal conversation. If the respondent does not quite understand some of the questions, then ask them in a slightly different way in order to clarify the meaning of the question. If the respondent is reluctant to answer a question, then pass on to the next one. If the respondent cannot remember or decide upon the answer to the question, then go back to it later and try again.

Assure the respondent that all information will be treated with complete anonymity and in the strictest confidence. Returns from any particular household will simply be added to everyone else's and there will be no separate identification or analysis of particular individuals or addresses.

ARIFICATION OF CERTAIN QUESTIONS AND HOW TO FILL IN THE QUESTIONNAIRES

ASE 1. HEAD OF HOUSEHOLD INTERVIEW

estion 7 CHARACTERISTICS OF DWELLING:

SIZE OF ROOMS If the respondent is not sure of the size of certain rooms in the house, then please measure them.

FUNCTION OF ROOMS (including who uses them). If a room has been designed for one purpose (for example, a dining room) but is used for another purpose (for example, a bedroom) or vice versa, then define it by its original purpose and describe its present use under the function section. With respect to who uses the room in question, please probe for the person(s) who use the room. If all members of the household use the room, also ask who - if anyone- uses the room most frequently and for what purpose. If only one person uses the room, also ask for what purpose.

GARDEN/YARD. A garden is defined by whether it contains soil, flowers, vegetables, lawn and patio. The outside space allocated to the house is defined as a yard if there are no flowers, vegetables, lawn or patio, but simply a hard surfaced (for example, concrete) space for hanging washing and for storing bicycles etc.

Under OTHER ROOMS can be listed such rooms as a conservatory, specifically designed for such use. If bedrooms or dining rooms, for example, are converted into say a playroom, photographic darkroom etc., then place under bedroom, dining room etc. category and describe their use under function category.

Question 9 HOUSEHOLD COMPOSITION

In EDUCATION section note down the age at which each adult householder finished their full time education. This will vary according to their present age (those over the age of 40 will have been entitled to leave school at an earlier age than those who are younger), and according to whether they did or did not go on to do further education such as college or university.

In AFTER TAX INCOME column note down either their weekly or monthly after tax income and write W or M after to indicate whether it is weekly or monthly.

In RELATIONSHIP column, write down the relationship of the person (e.g. son, daughter, uncle, cousin) to the head of household, that is, the person being interviewed.

Question 12 WHY DID YOU DECIDE TO MOVE FROM YOUR PREVIOUS HOME?

In some cases respondents may give more than one reason for moving homes, in which case indicate all the reasons they give.

Questions 14-20 HOME EQUIPMENT

Show respondents the cards containing lists of the relevant leisure and household equipment while asking them the questions on ownership, weekly use and which member of the household decided to buy the home equipment. If the equipment was given as a gift, write down 'gift'. Tick the used weekly column if the equipment is used at least once a week.

For question 16 under ownership of musical equipment section, write down the type of musical instrument under specify column (for example, piano, guitar etc.)

For question 18a under home based interests or hobbies, consult the frequency codes and companion codes for noting down how often the person does the activity, and with what type of companions. The same applies for 18b.

estion 22a CHILDREN'S TOYS AND LEISURE EQUIPMENT. State whether the user(s) of each item are male, female or both.

estion 22d Under PARTS OF HOME column, note down which rooms are used, for example, lounge, attic etc. or outside areas such as garden, shed etc.

estion 35 Please run through the list of categories one by one starting with the number of rooms, followed by size of rooms etc. When completed, ask the respondent if there are any other aspects of the home which have not been covered in the list that the respondent particularly likes or dislikes and again note reasons.

ASE 2. DIARIES

1. When the head of household interview has been completed ask the respondent whether he/she and the rest of the adult members of the household (over the age of 13) would be prepared to fill in a diary for three days in order to give us an idea of the different sorts of leisure and behaviour patterns that people have in the home, and to see how much and for what purposes certain rooms are used.

2. Show the respondent the diary booklets and explain how they are to be used and filled in, referring to the sample page.

3. State that you will come back and collect the diaries after the week-end if the respondent is willing to participate.

4. If the respondent is willing to accept the diaries and to persuade all adult members of the household to keep diaries, then explain that you would like to arrange to collect the completed diaries on a day when all the diary keepers (or most of them) are at home so that you can ask some further questions about their own views on the design and layout of rooms in the house, and on the sorts of leisure activities they participate in regularly.

5. A number of callbacks to the same house may be necessary in order to collect the diaries and conduct the phase 3 interviews.

ASE 3. HOUSING CAREER

1. SECTION 1 and 2. Ask the Section 1 questions of all diary keepers concerning the sort of house they lived in from birth.

2. Then go to Section 2 to ask respondents what sort of house they first lived in as an independent adult, after completion of their full time education. Full time education is completed at different ages for different people, depending on whether they did or did not go on to further education. In all cases the question depends on either when they first obtained an income of their own or independently of their parents/guardians or when they got married.

3. Then repeat Section 2 questions for houses that the respondents then moved to, noting down the house sequence number for each Section 2 sheet filled in. It is envisaged that a large number of Section 2 questionnaires will be filled in for those respondents who have moved house frequently.

4. For those respondents who were in (a) the Forces (b) Diplomatic service (c) any companies overseas or (d) dependents of a, b, c, then note down Forces/Dip or Overseas, and interview as in Section 2 for those homes they have lived in for more than 18 months.

5. When Section 2 is completed up to the present house lived in, then go to Section 3.

6. After completion of Section 3, then ask the questions on Section 4 on Leisure activities profile. Leave the categories blank if respondents never take part in the listed activities. Consult the frequency codes where applicable, as above.

7. Satisfaction with house/garden. See instructions for question 35 on head of household interview.

8. NON RESPONSES TO QUESTIONS Where questions are not answered, for any reason, by the respondent, then write N/R beside the question to show this.

9. REFUSAL TO BE INTERVIEWED ETC. Please ensure that your Fieldwork Record is completed for every household; it is essential that we know how many households, and how many individuals within households, are non-respondents.

Good luck.

Sue Glyptis and Deborah Chambers,
Department of Physical Education and Sports Science,
Loughborough University of Technology,
Loughborough.

Loughborough 263171 ext. 661 OR 230133 FOR Deborah Chambers Day/Evenings

SAMPLING AND FIELDWORK SEQUENCE

SEQUENCE OF AREAS

1. WEST BULWELL - O-O SEMIS
2. WEST BULWELL - O-O TERRACED
3. STRELLEY/ASPLEY COUNCIL SEMIS
4. WEST BULWELL HIGH RISE
5. INNER CITY HIGH RISE

Each person will interview in several areas. Each should start with 1, then work through in order to higher nos. CONSULT D.C. BEFORE MOVING ON.

2 interviewers will not cover high rise flats; the other 5 will do some interviews in each housing type.

SUGGESTED ALLOCATION OF INTERVIEWERS AND INTERVIEWS TO AREAS SHOWN OVERLEAF.

MAPS, STARTING POINT AND SUGGESTED ROUTE TO BE PROVIDED.

SAMPLING PROCEDURE

Go to every 2nd house.

If no-one in, make a note, and go to next 2nd house etc.

If you run out of houses before getting the required number of interviews start again from the first address with a non-contact, and keep working through the original non-contacts until the required number of interviews is achieved.

NO CONTACT/NON RESPONSE

Two fieldwork sheets will be provided, and should be filled in during fieldwork:

(a) Non contact sheet

Simply note here the addresses visited where no-one was in at the time of the first visit, and the date of that visit. You may need to go back to some of these addresses later. If there is still no-one in, again the date should be noted; if there is someone in, complete sheet (b).

(b) Response record

This sheet should be completed for all addresses at which a contact is established, and should give the dates on which visits are made and documents completed.

Please note: these records are intended to be an accurate guide to survey response, not a means of terrorising interviewers!

CALL-BACKS

It is suggested that, after leaving diaries for self-completion, you make up to 3 calls to collect them, and up to a further 3 calls to obtain the phase III interviews.

EQUIPMENT

You will be issued with:

(i) Letter of introduction
(ii) 3 survey documents - H.O.H. interviews
- diaries
- diarist interviews
(iii) Checklist cards
(iv) Non contact sheets and response records
(v) Tape measure
(vi) List of project staff
(vii) Maps

NON CONTACT SHEET

Interviewer: .....

Area: 1 2 3 4 5

ADDRESS	VISIT 1 DATE	VISIT 2 DATE	VISIT 3 DATE	VISIT 4 DATE	

B) RESPONSE RECORD INTERVIEWER: _ _ _ _ _ _ _ _ _ _ _ _ _ AREA : 1 2 3 4 5

TREET	FLAT NO. + FLOOR NO. OR HOUSE NO.	NO. OF CALLS	HEAD OF HOUSEHOLD INTERVIEW CONDUCTED	NO. OF ADULTS IN HOUSEHOLD	NO. OFFERING TO FILL IN DIARIES	NO. OF CALLS FOR DIARIES	NO. OF DIARIES COMPLETED	NO. OF CALLS FOR SCHEDULE 3	NO. OF DIARISTS INTERVIEWED FOR SCHEDUL

INTERVIEWS ARE BEING CONDUCTED IN YOUR AREA FOR A SURVEY ON LEISURE IN THE HOME

by the Department of Physical Education and Sports Science Loughborough University on behalf of the Sports Council and Economic and Social Research Council.

Your household may be approached for interviewing which, if you wish, will give you an opportunity to answer interesting and relevant questions concerning your level of satisfaction with the design and size of your home, the area you live in and types of leisure interests you partake in around the home. This survey will help to formulate policy changes in house design, leisure equipment and the fulfilment of present day leisure needs for the home.

S1. Question 14 *Card 1*

Washing machine
Tumble drier
Refrigerator
Deep freezer
Fridge/Freezer
Dish washer
Food/drink mixer
Microwave oven

S1. Question 15 *Card 2*

Black & White Television
Colour Television
Prestel/Oracle
Video Cassette Recorder
Tape recorder
Record player
Radio
Music Centre
Home computer
T.V. Games
Telephone
Home movie equipment
(any of cine camera, projector, etc)

Video film making equipment

S1. Question 19 *Card 3*

Sewing machine
Knitting machine
Typewriter
Home brewing equipment
Power tools
Gardening tools
Garden furniture
Outdoor/lawn games

S1. Question 26 *Card 4*

Book club
Record club
Video club
Library (books)
Record library
Video library

S4. Question 1 *Card 5*

HISTORIC PLACES OF INTEREST
PUB
CLUB
CINEMA
THEATRE
CONCERT
BINGO
RESTAURANT
DANCING/DISCO
SPORT SPECTATING
VISITING PARKS AND GARDENS
THE SEASIDE
VISITING FRIENDS
VISITING RELATIVES