

The Tasmania Project

Share your experience during COVID-19.

Photo: Tourism Tasmania and Chris Crerar.

How Tasmanians are spending their time while they 'stay home, save lives' during the pandemic.

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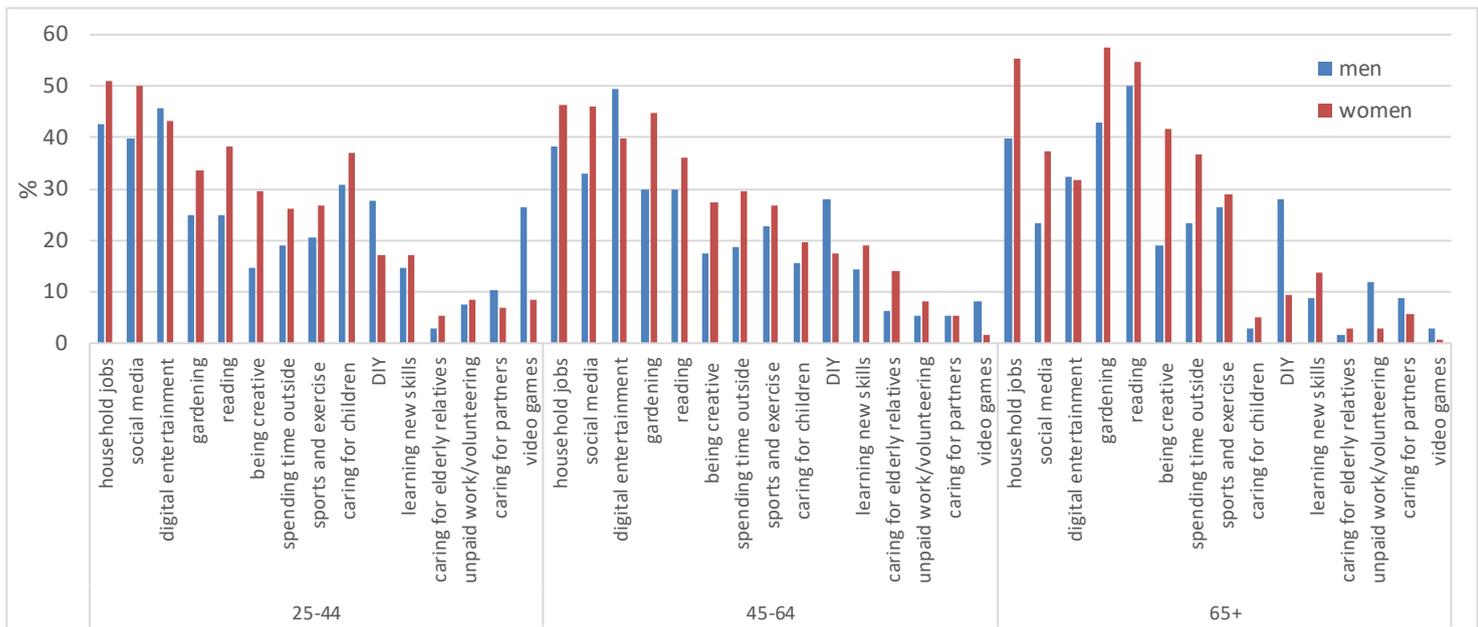
Many Tasmanians are taking the opportunity of having more time at home during the pandemic to do more household chores, particularly women. Others are spending more time on social media or other forms of entertainment, while others report enjoying spending time walking (often with their dog) and cooking for pleasure as well as caring for others.

The Tasmania Project found that nearly two thirds of people were enjoying a slower pace of life and that they were adapting well to this new way of living. This is reflected in how people are spending their time during the pandemic. Almost half had already tried new activities and were appreciating the extra time they have to spend with their family.

Many respondents reported that they feel content often or most of the time (52%) and happy (55%) with very few reporting they felt sad (15%), lonely (15%) or angry (8%).

Key findings

- The top three activities all ages are doing more of during the pandemic are household jobs, engaging in social media and enjoying digital entertainment such as TV, digital networks or live streaming.
- Many also report that life has not changed all that much.
- Men and women are spending their time differently during the pandemic, as are different age groups.
- While men report they are spending more time doing household chores and engaging in social media, more women report they are too.
- Compared with men, more women are spending more time gardening, reading, being creative and spending time outdoors.
- Compared with women, more men are spending more time enjoying digital entertainment, DIY activities and video games.
- Many older people are spending more time doing household chores, gardening and reading, particularly older women. Older men are also spending more time undertaking DIY projects at home.



How respondents are spending their time compared with prior to the pandemic, percentage, The Tasmania Project

Around the home

Staying home and saving lives during the pandemic has provided both men and women across all age groups to spend more in and around their homes and in their immediate area. This has provided the opportunity for people to spend more time on household chores and gardening, particularly for women, and DIY projects, particularly for men.

Older men and women report spending more time reading and gardening than younger age groups.

People report spending time painting their house, doing jigsaw puzzles and playing board games, cooking for pleasure, knitting and crochet, catching up on the to-do list, studying and catching up on personal affairs as well as much needed rest.

Digital entertainment

Younger age groups have been spending more time engaging with social media, particularly women aged 25 to 44, and enjoying digital entertainment such as TV and live streaming, particularly men aged 45 to 64. Men have also been spending more time playing video games, more so for those aged 25 to 44. These digital entertainment activities also included listening to pod casts, using the computer, doing research, watching the news including COVID-19 updates and other online activities.

Activity

While people are spending more time in and around the home, many are also being active; either spending time outdoors and doing sports and activities, women more so than men, for all age groups. Many people report walking for no reason and to no particular destination, but just for enjoyment, and often with their dog.

Creativity

Women, especially those 65 or older, have been enjoying spending more time being creative, including doing more arts, crafts, music and writing. Men's creativity is being expressed through more time doing DIY projects.

Caring

Men and women across all age groups report spending more time caring for others, whether they are caring for children, elderly or their partner or those living with disability as well as looking out for their neighbours.

Those aged 25 to 44 in particular report spending more time caring for children, women more so than men. Those aged 45 to 64, the sandwich generation, were spending more time caring for both children and elderly people, again, women more so than men.

Where next?

The opportunity to spend more time at home during the pandemic has enabled people to readjust their lives and spend more time in and around their homes doing not just chores that previously haven't been done, but also being active and creative. People have more time to themselves and are enjoying a slower pace of life; they are generally happy and content.

As Tasmania moves into the recovery phase of the pandemic, and restrictions are eased, people may start to consider how they return to 'normal' and pre-COVID ways of life, or whether they maintain the changes in their lives, and what their 'new normal' may be.

The Tasmania Project – approach, method and limitations

The Tasmania Project includes a range of approaches and methods to understand how Tasmanians are experiencing and adapting to life during the time of the COVID-19 pandemic.

See a more detailed explanation of the Project's approach and method [here](#).

