

**CUIDAR**

**STUDY ABOUT TIMES, FORMS, AND SPACES OF CARE WITHIN THE  
HOUSEHOLD DURING THE PANDEMIC**

**JULY 2020 - GENDER REPORT**

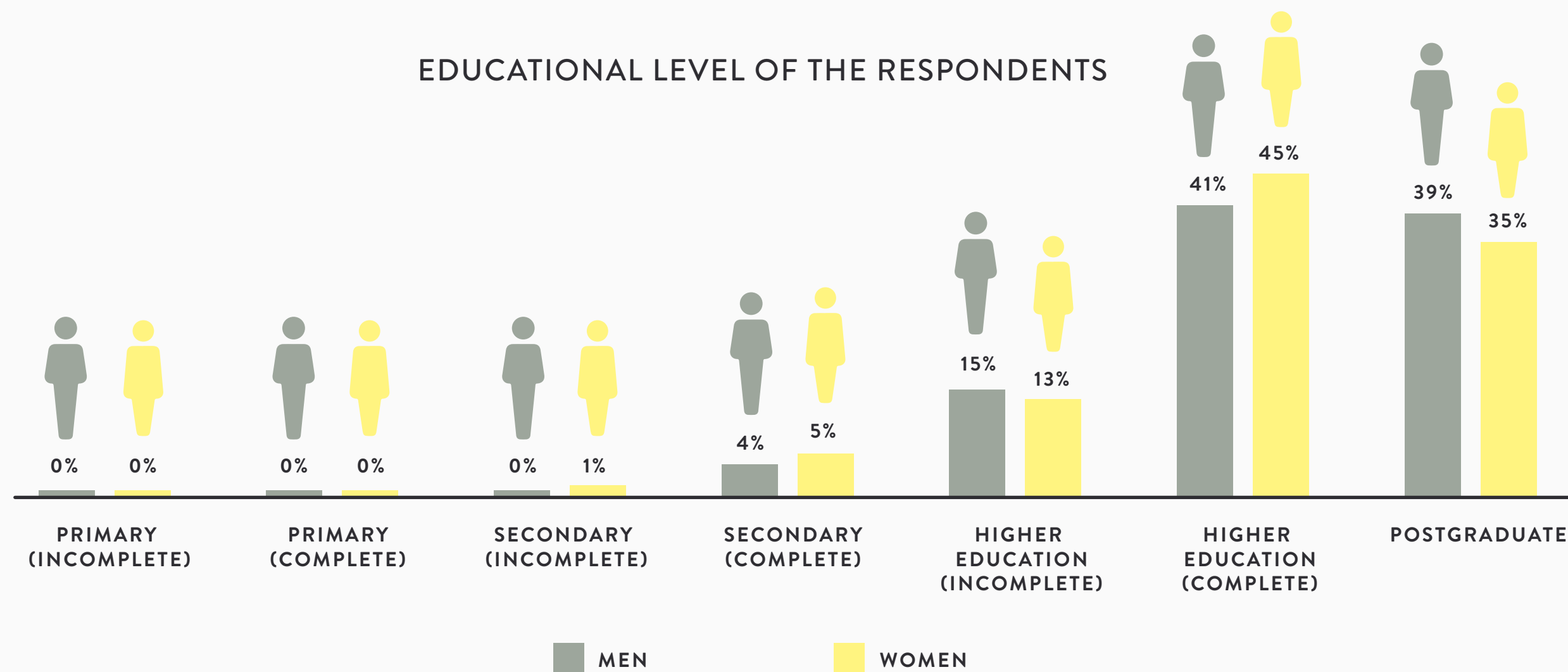
# METHODS

- This report showcases data from the CUIDAR Study, a survey applied in May 2020.
- CUIDAR is an exploratory research on the unpaid care practices that occur within homes, in the context of the pandemic and confinement
- Non-probabilistic sampling (n=2005)
- Online survey applied to the population over 18 years old, within the national territory of Chile
- This report presents some of the most significant data obtained from this study, regarding the women who participated
- During this report, by “children” we refer to those under 12 years old. This decision was made under the assumption that children under that age require for a greater effort when it comes to caring practices

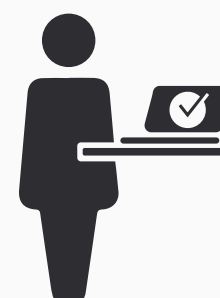
## PARTICIPANTS FROM 146 COUNTIES TOOK PART IN THIS STUDY



# CHARACTERIZATION OF THE RESPONDENTS

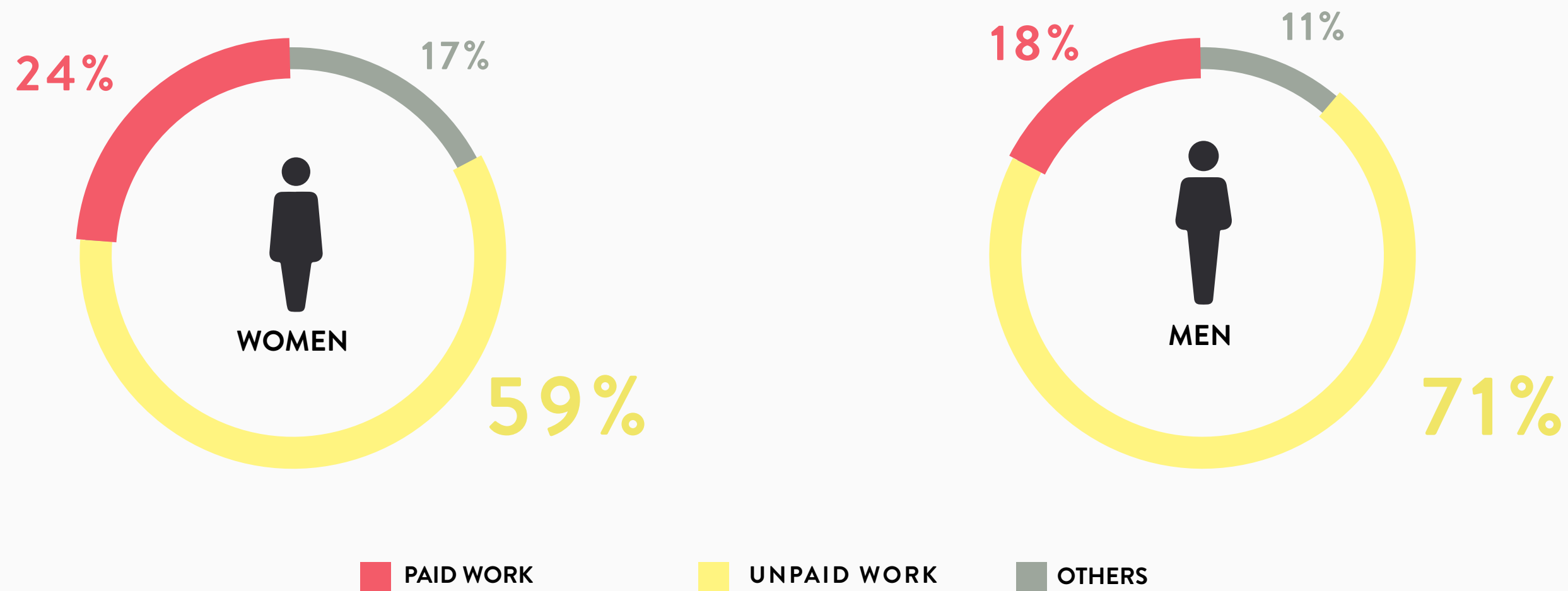


The educational level of the respondents is high. 43% of them stated having higher education studies, while 36% declared having postgraduate studies.



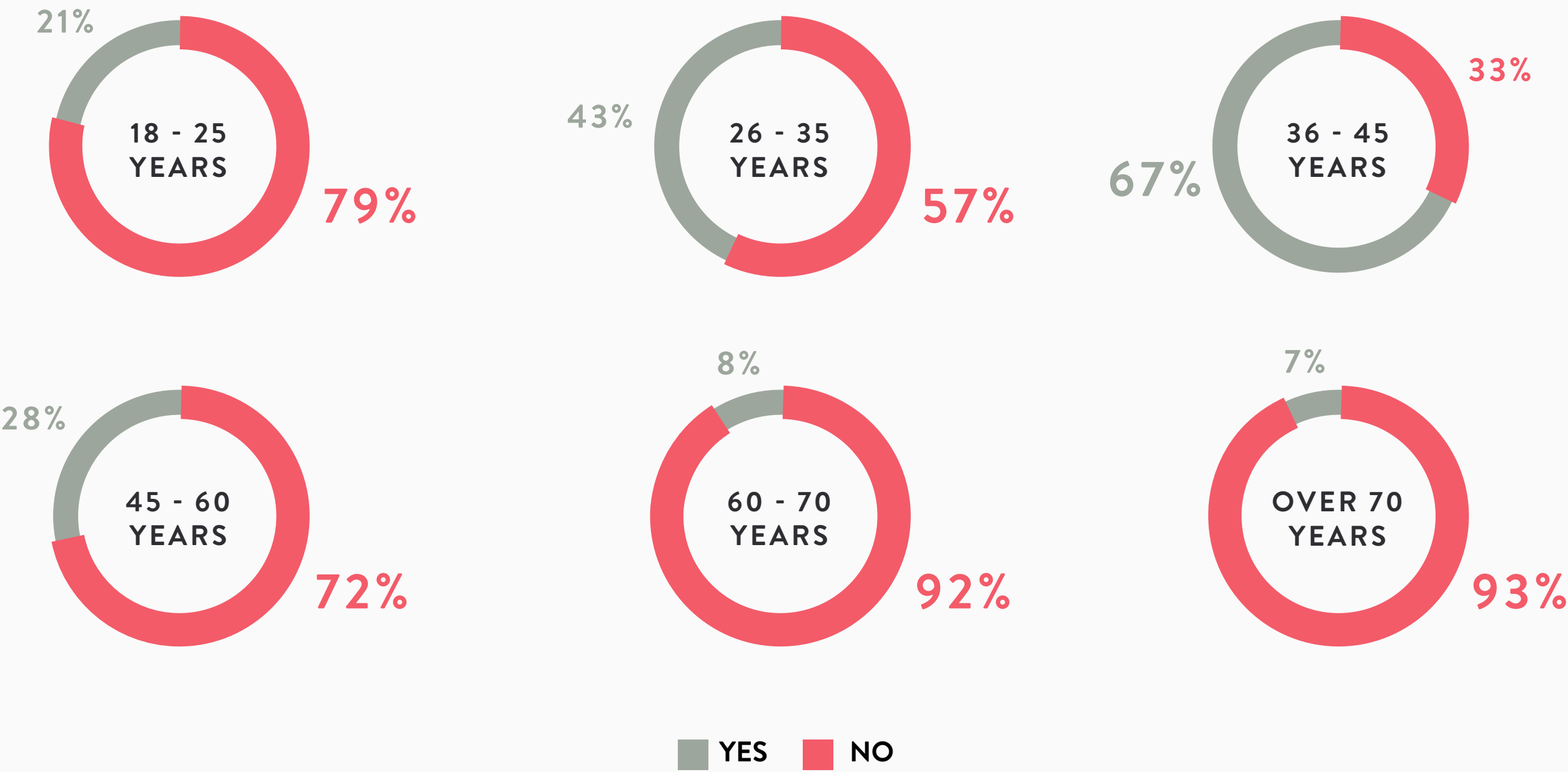
81% of the women who were working were doing so remotely when surveyed.

# EMPLOYMENT SITUATION DURING COVID-19



At a general level, 59% of women and 71% of men are doing paid work at the time of being surveyed.

# CHILDREN AT HOME

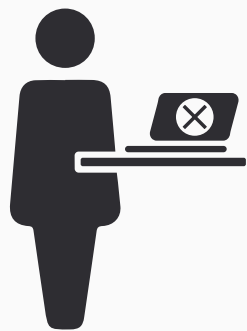
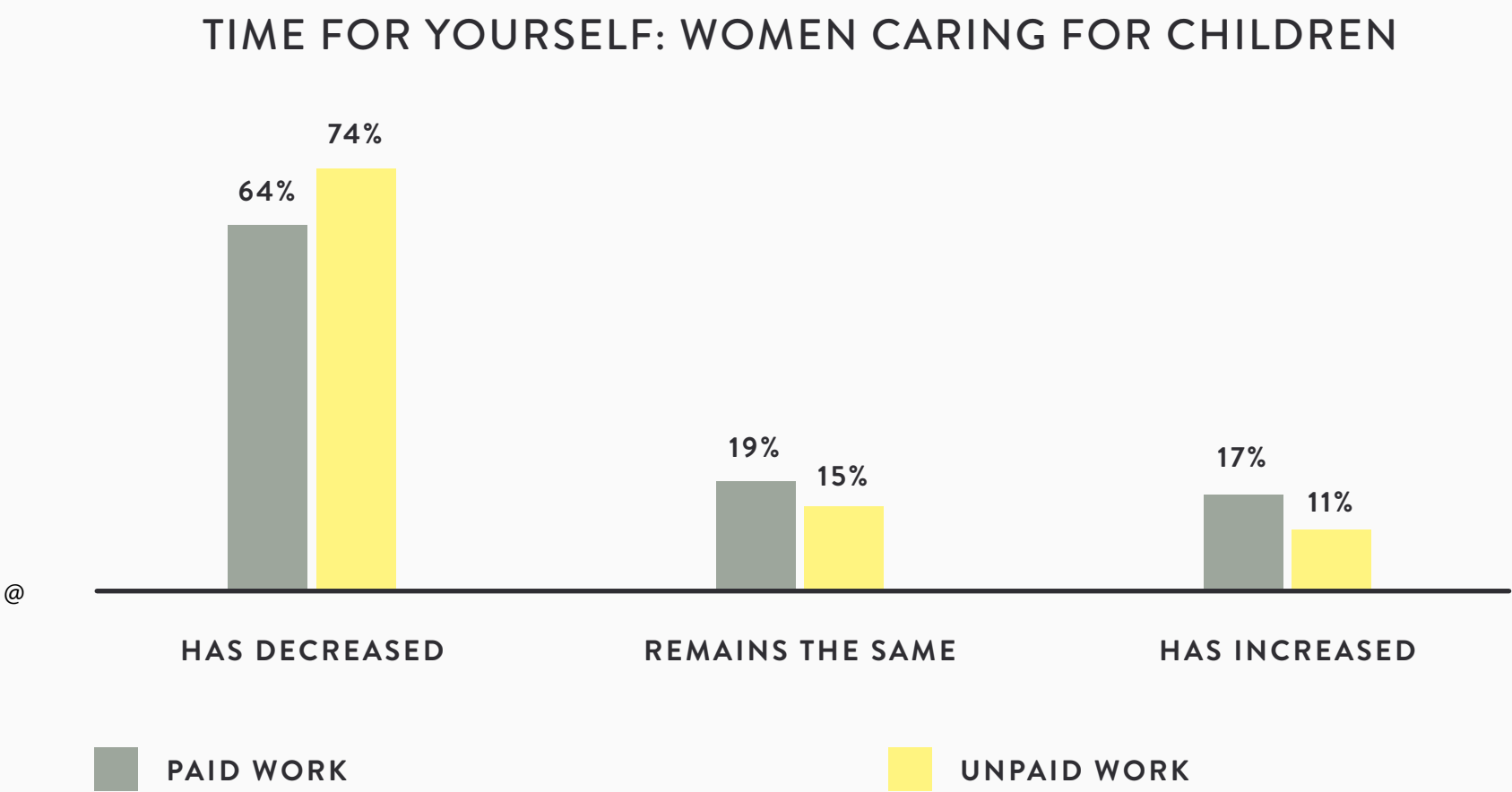


40% of the respondents state currently living with at least one child aged 12 or less. This is more frequent in the surveyed group ranging from 26 to 45 years old.

# TIME PERCEPTION AND DAILY TIME DISTRIBUTION

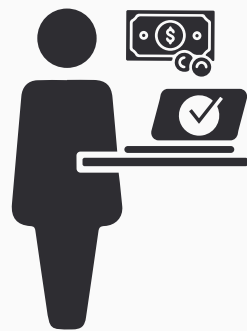


# MODIFICATIONS ON HOW TIME IS DISTRIBUTED



## WOMEN WITH UNPAID WORK

37% of women who are not doing paid work declare a decrease in time for themselves. In the case of women under the same status and living with children under 12 years old at home, their time decreases by 64%.



## WOMEN WITH PAID WORK

54% of women who are currently doing paid work declare a decrease in the time they can dedicate for themselves. In the case of women doing paid work and living with children under 12 years old at home, the decrease reaches 74%.



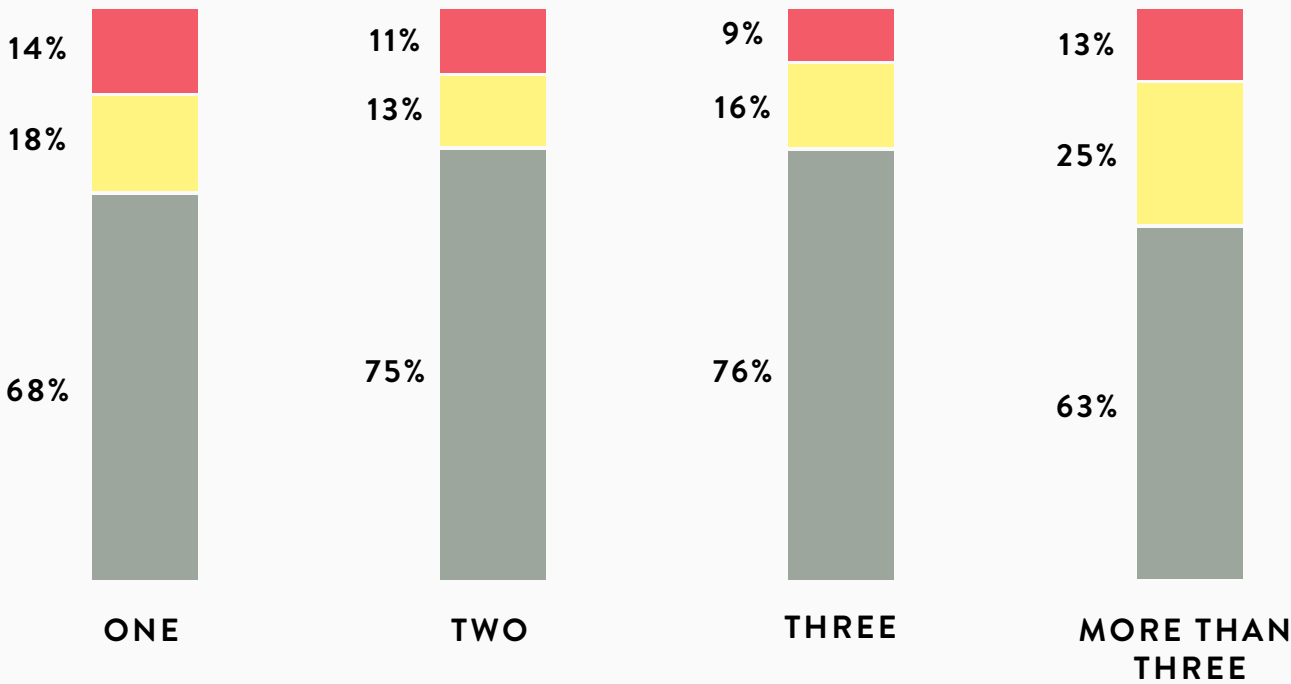
# TIME FOR THEMSELVES AND NUMBER OF CHILDREN



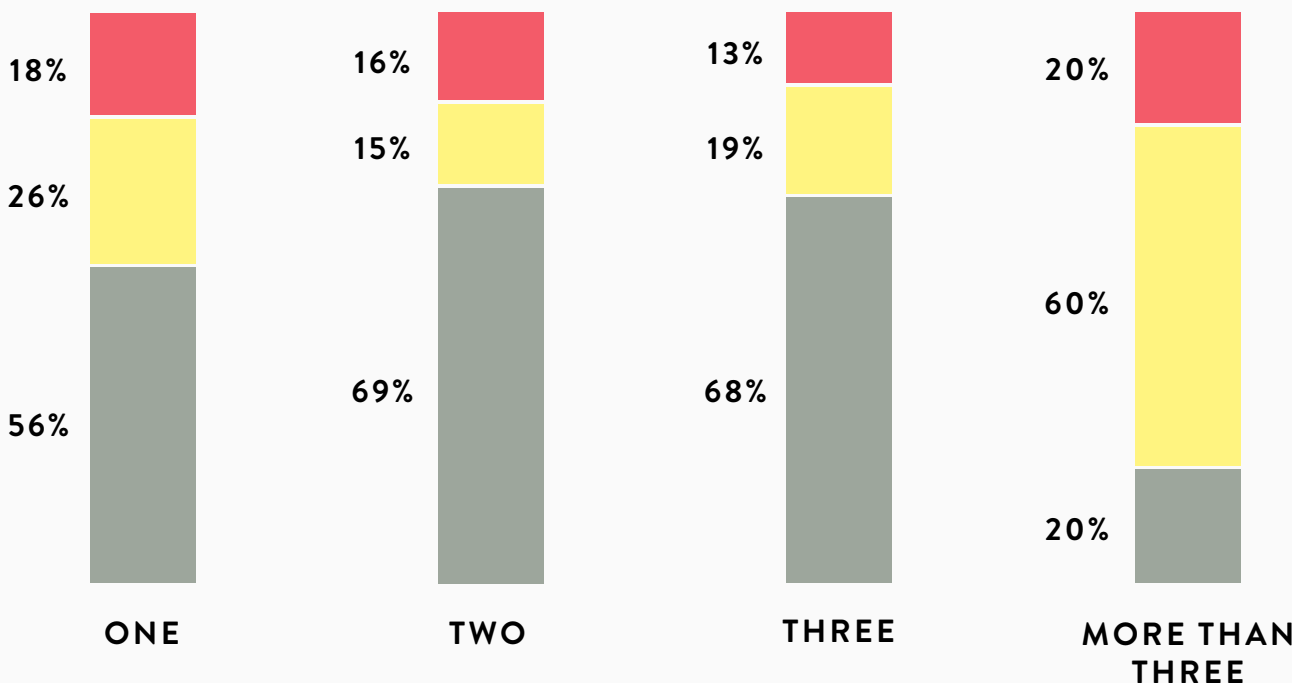
## NUMBER OF CHILDREN AND WORK

Those who are in charge of two to three children declare a bigger decrease in time for themselves- However, the most dramatic decrease in time affects women who are currently working and are in charge of more than three children under 12 years old, for whom there is no reported increase in time for themselves, only a decrease of 86%.

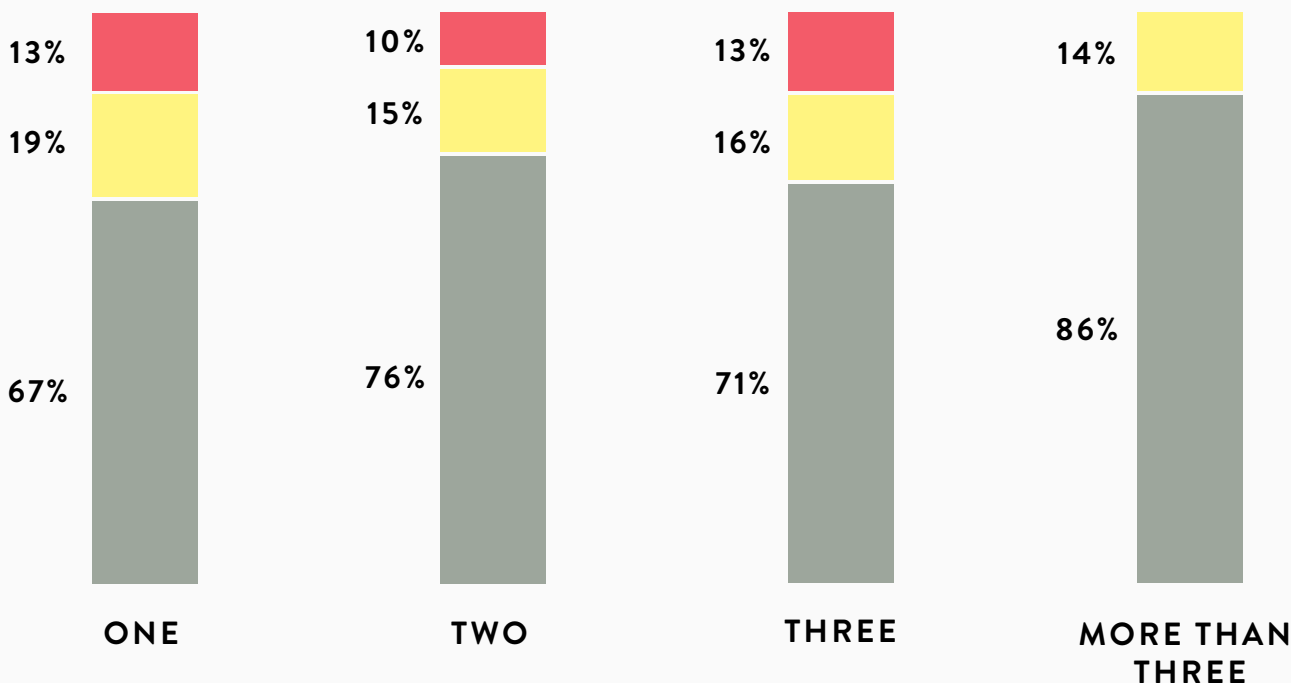
TIME FOR YOURSELF BY NUMBER OF CHILDREN WOMEN



TIME FOR YOURSELF BY NUMBER OF CHILDREN WOMEN WITHOUT PAID WORK DURING THE PANDEMIC



TIME FOR YOURSELF BY NUMBER OF CHILDREN WOMEN WITH A PAID WORK DURING THE PANDEMIC

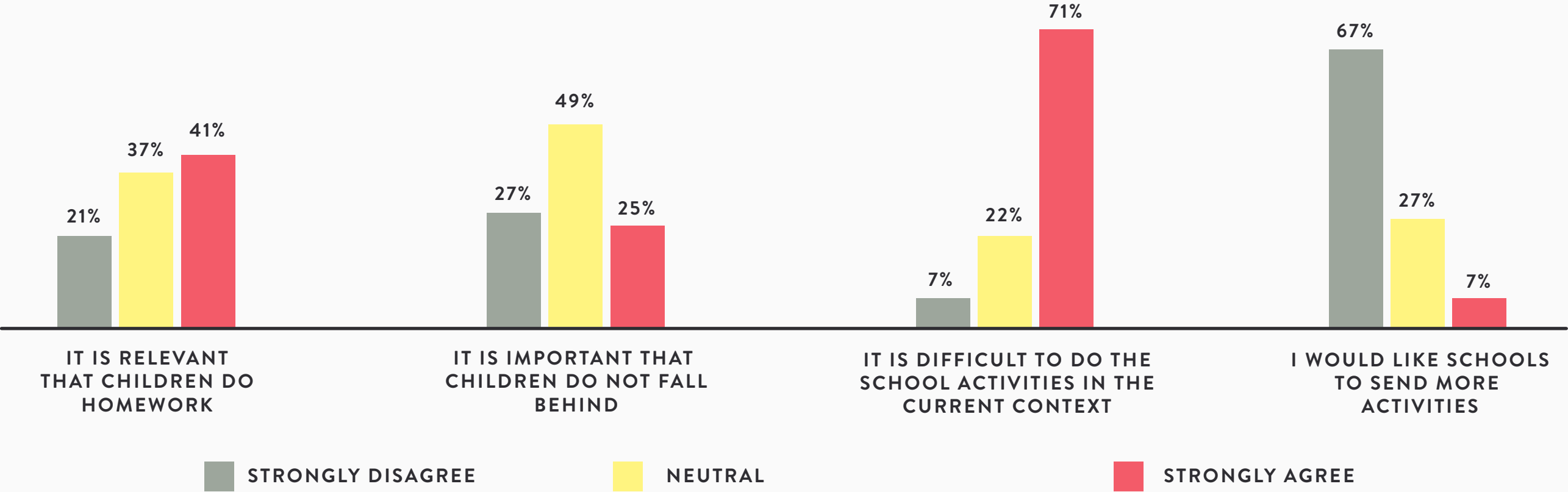


HAS DECREASED      REMAINS THE SAME      HAS INCREASED

# HOW IS TIME PRIORITIZED IN A PANDEMIC?

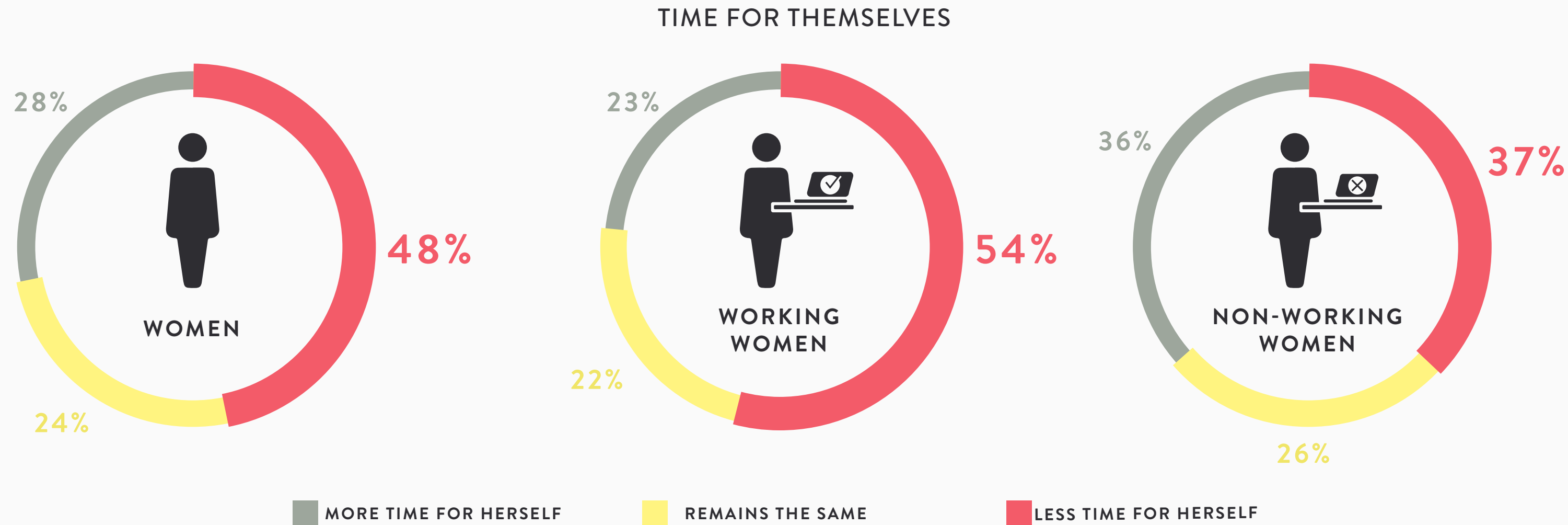
One of the activities that women have had to undertake is fulfilling the online educational activities of the children they take care of. 74% of the children in the survey are cared mainly by their mother or stepmother during the morning shift, and 70% of them are cared for by their mother or stepmother during the afternoon shift.

EVALUATION OF ONLINE EDUCATIONAL ACTIVITIES, FOR WOMEN MAINLY IN CHARGE OF CHILDCARE



**7 out of 10 women in charge of primary care of children at home, simultaneously do paid work.**

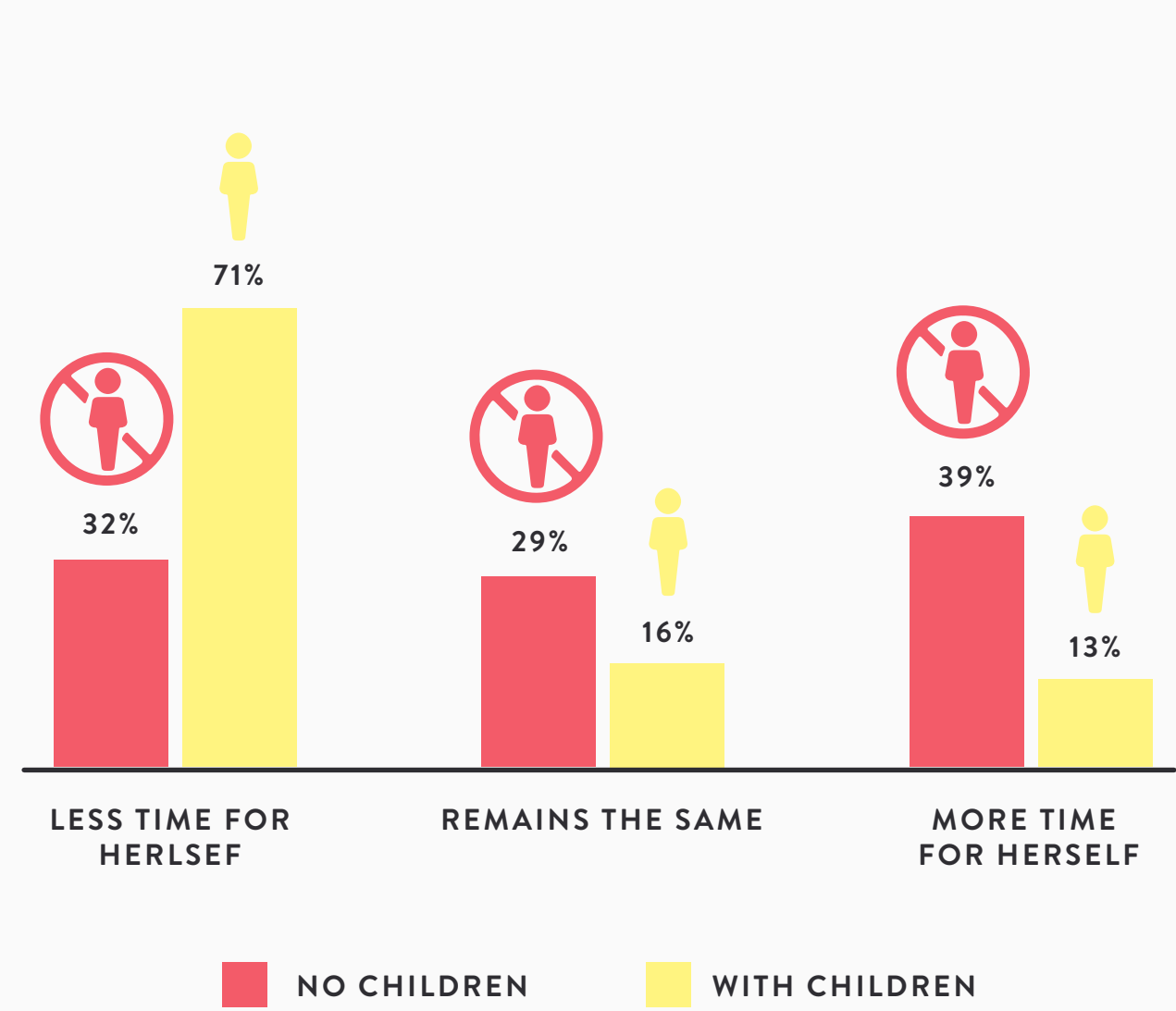
# WOMEN: NO TIME FOR THEMSELVES



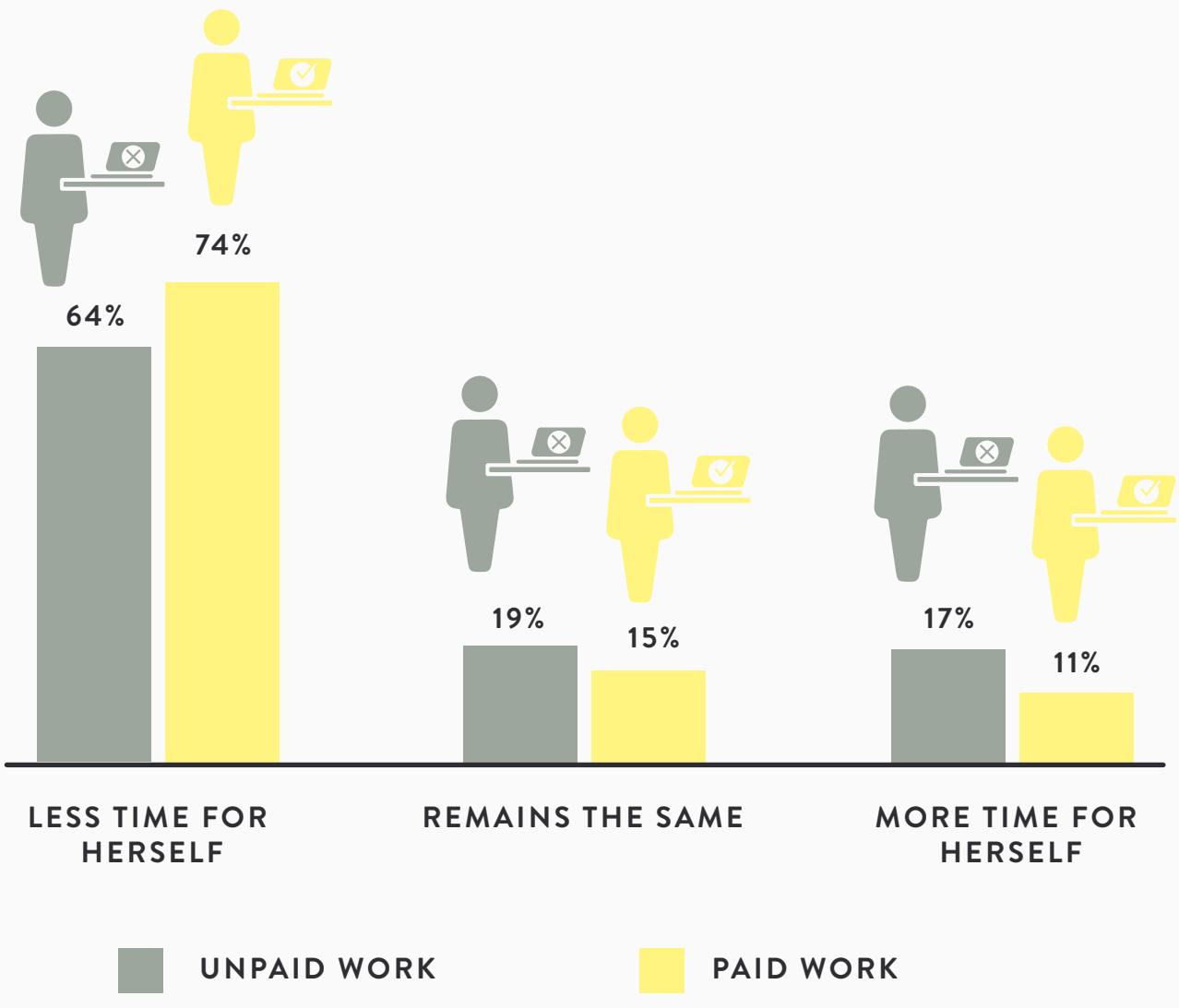
For women in general the time for themselves, in the context of a pandemic, is reduced by 47%. When trying to explain this reduction in time, we can find two strongly related variables: work and childcare. When observing women doing paid work, there is an observed loss of time for them in 54% of cases. In the case of working women that are also taking care of children, the time for them is reduced in a 74% of the cases.

# WOMEN: NO TIME FOR THEMSELVES

WOMEN



WOMEN AS PRIMARY CHILDCARE PROVIDERS

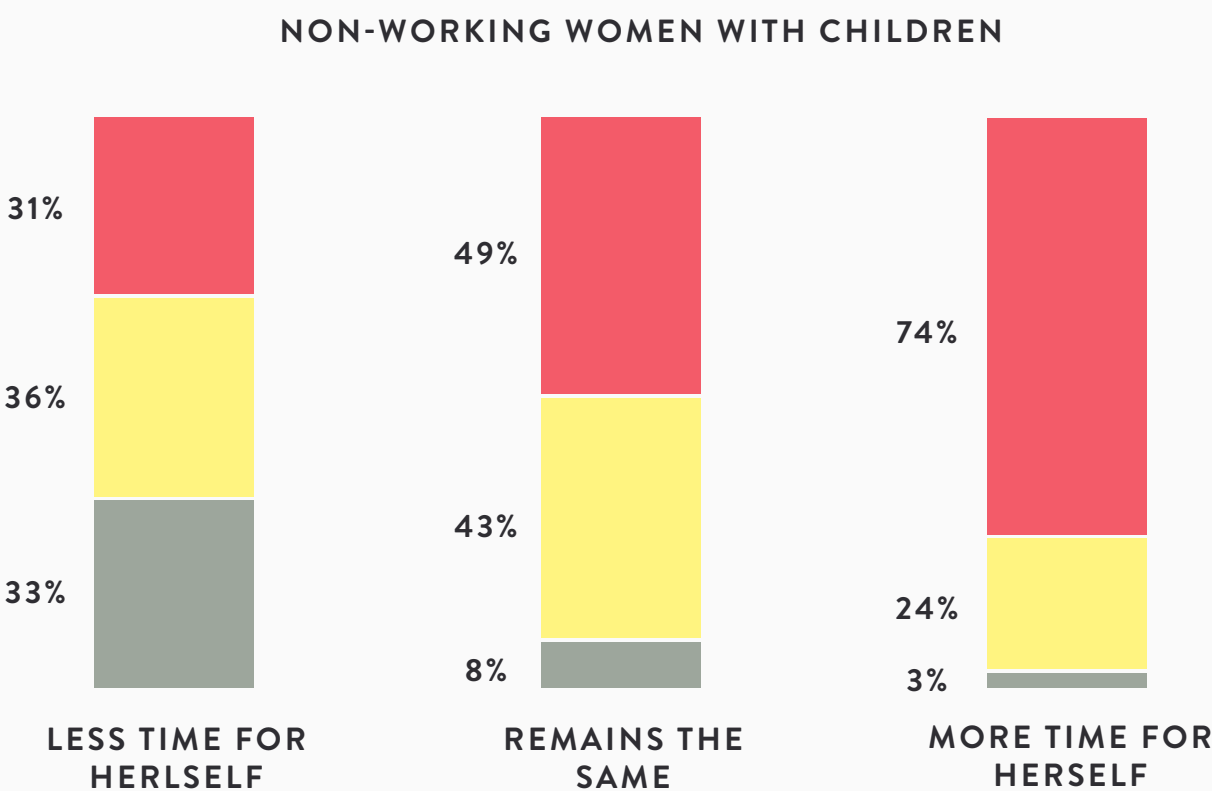
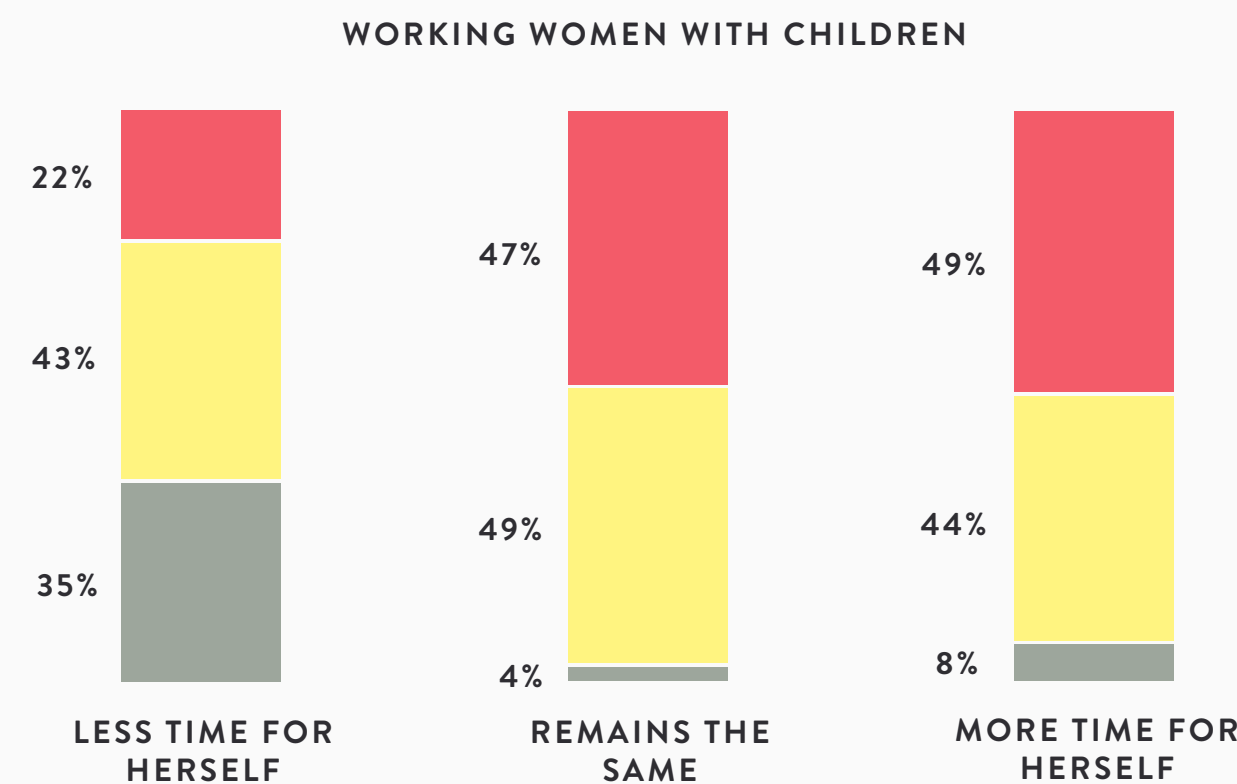
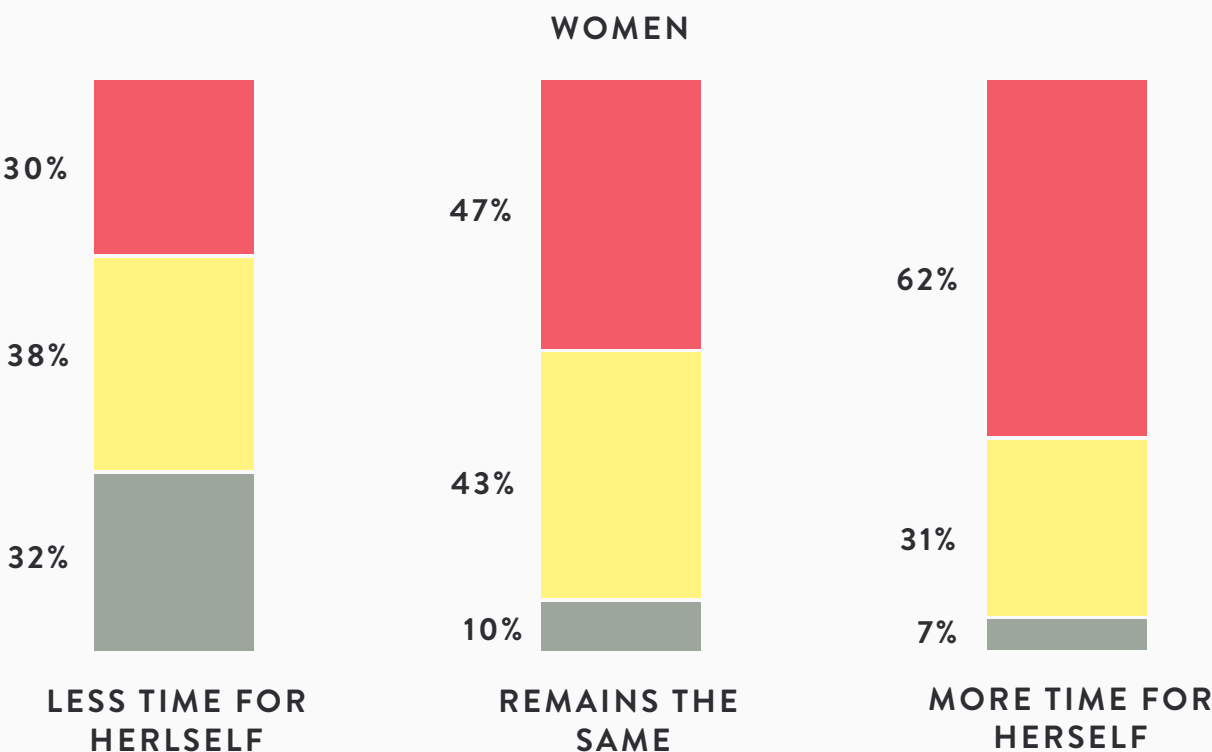


About 50% of the surveyed women declare a decrease in time for themselves. Contrarily, only one in four women declares an increase in time for themselves, but this happens only if they are not doing paid work and/or taking care of children at home.

# TIME FOR THEMSELVES AND TV WATCHING

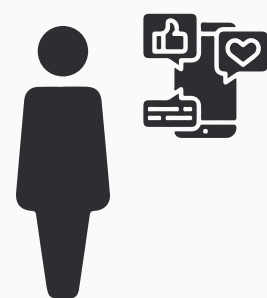


Time is used for different things, such as watching TV. Women who report more time for themselves, also report an increase in the time spent watching television, which is determined principally by women doing childcare.

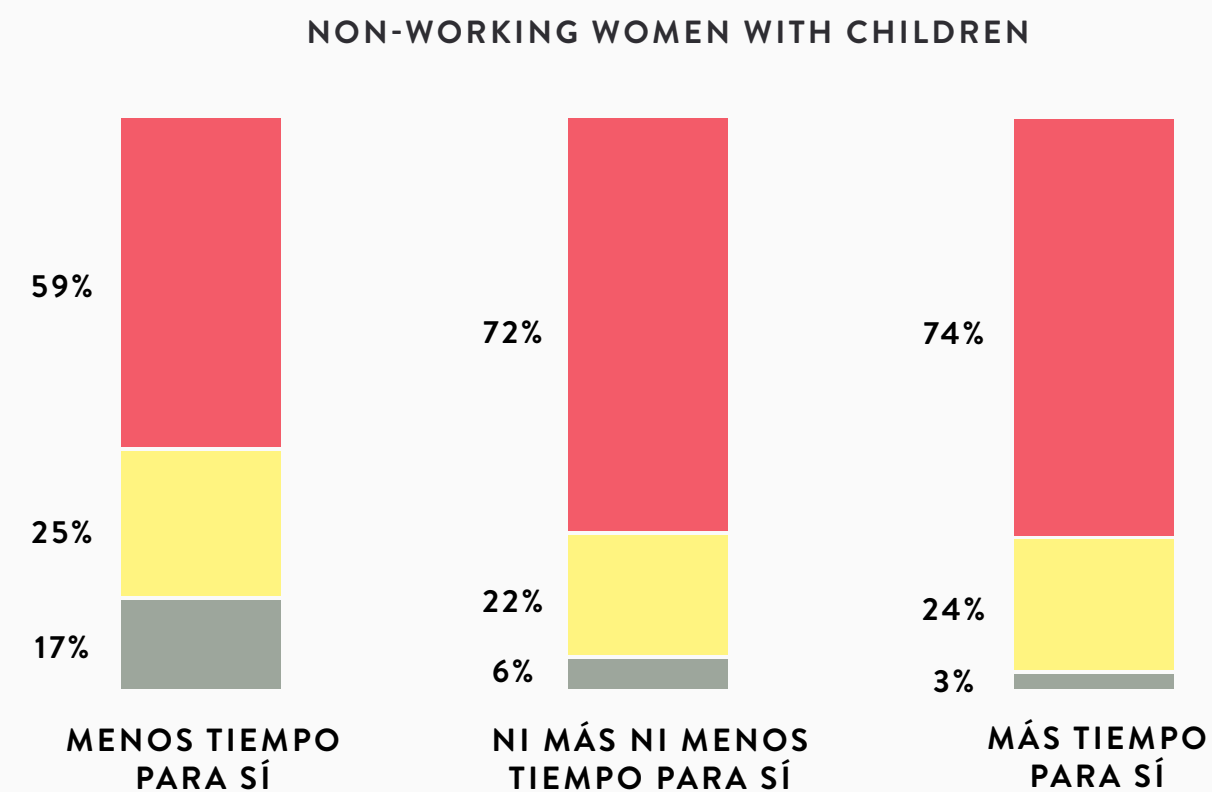
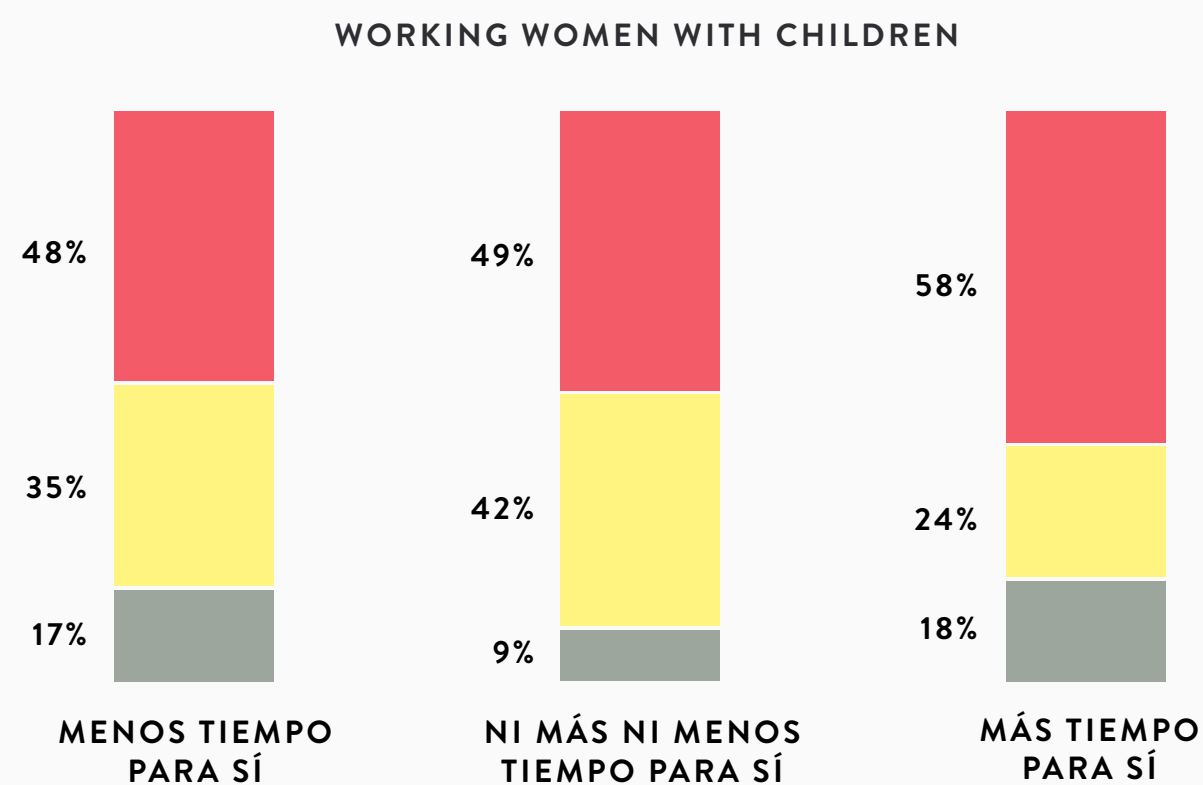
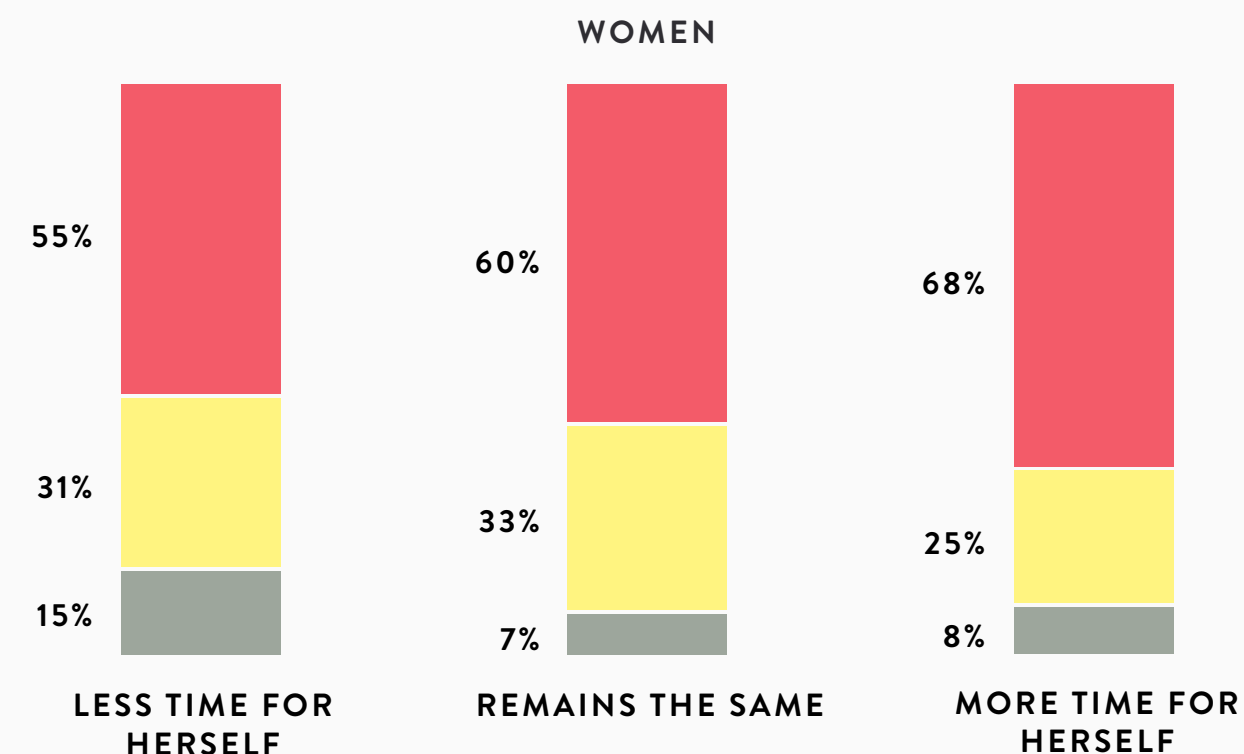


LESS TV = MORE TV

# TIME FOR THEMSELVES: SOCIAL MEDIA

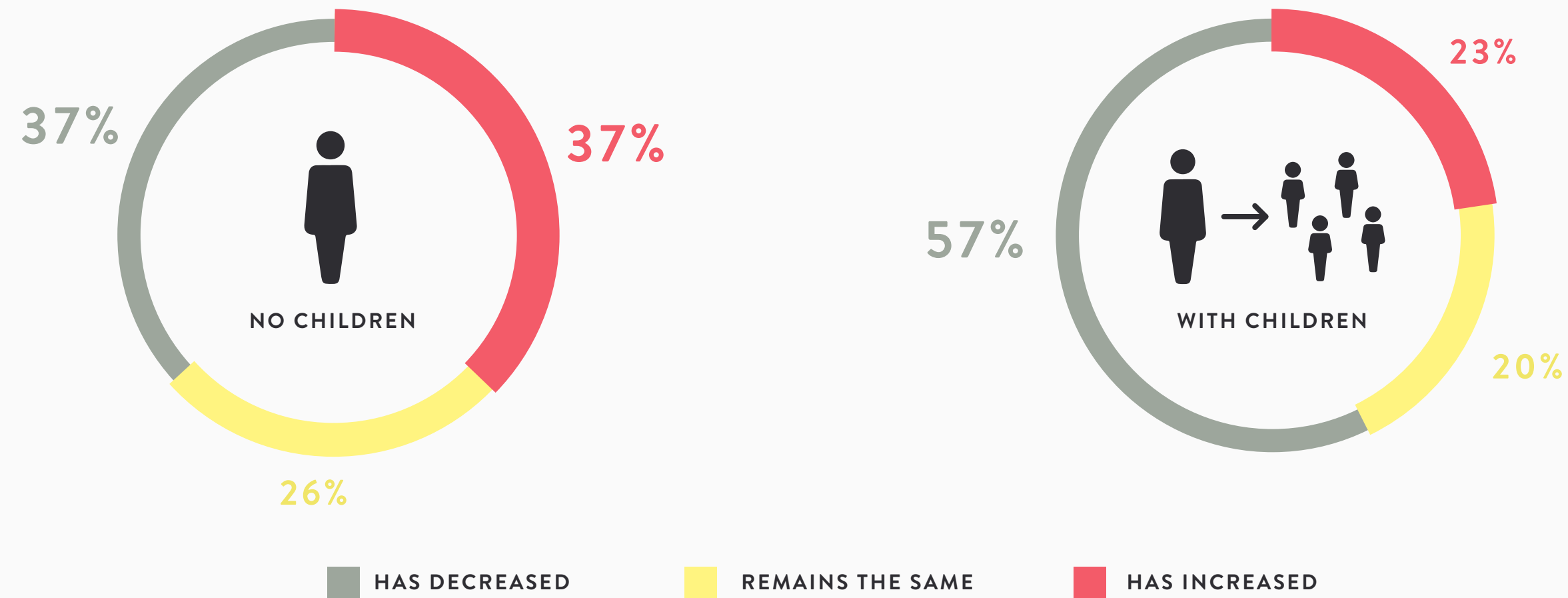


In the context of confinement, both television and social media can represent spaces to spend time with the adult outside world. A greater increase in the time spent in social networks is observed in women doing childcare, but who are not doing paid work.



LESS SOCIAL MEDIA = MORE SOCIAL MEDIA

# TIME SPENT TOGETHER AS A COUPLE



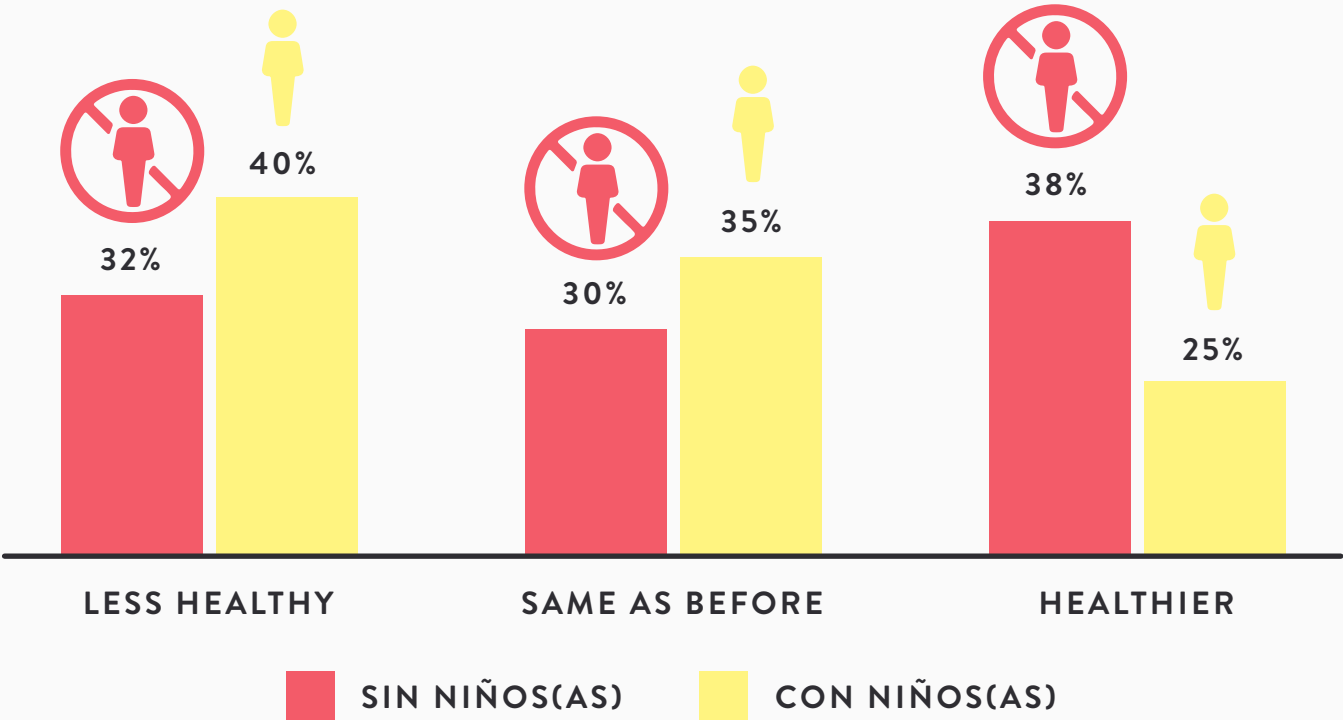
In general, 45% of women declare that the time spent together with their partners has decreased. What about the presence of children at home? It seems to affect the decrease in the time the couple spend together. 57% of women living with children at home declare a reduction in partner time. In the case of women who do not live with children at home, this reduction corresponds to 40%.

# EATING HABITS CHANGES

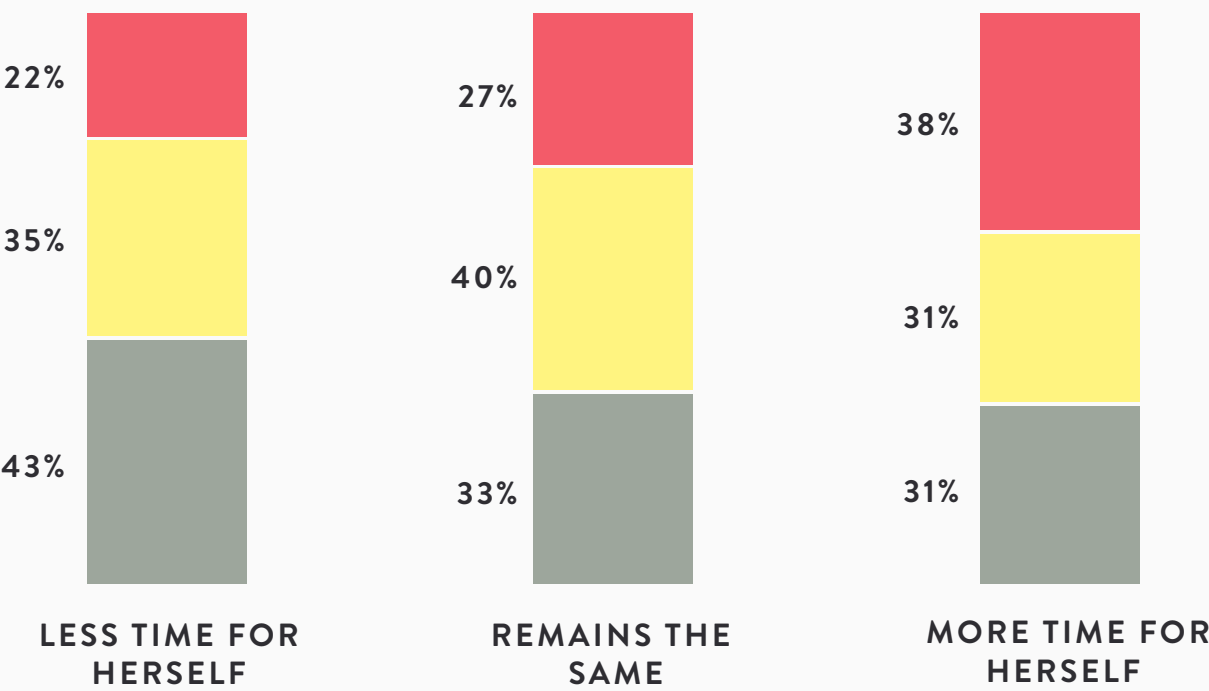


Over a third of the respondents declares that their diet has become less healthy in the pandemic. For the women who are working, there is a difference of 15 points between women who declare a healthier diet, currently without children, compared to those who do have them.

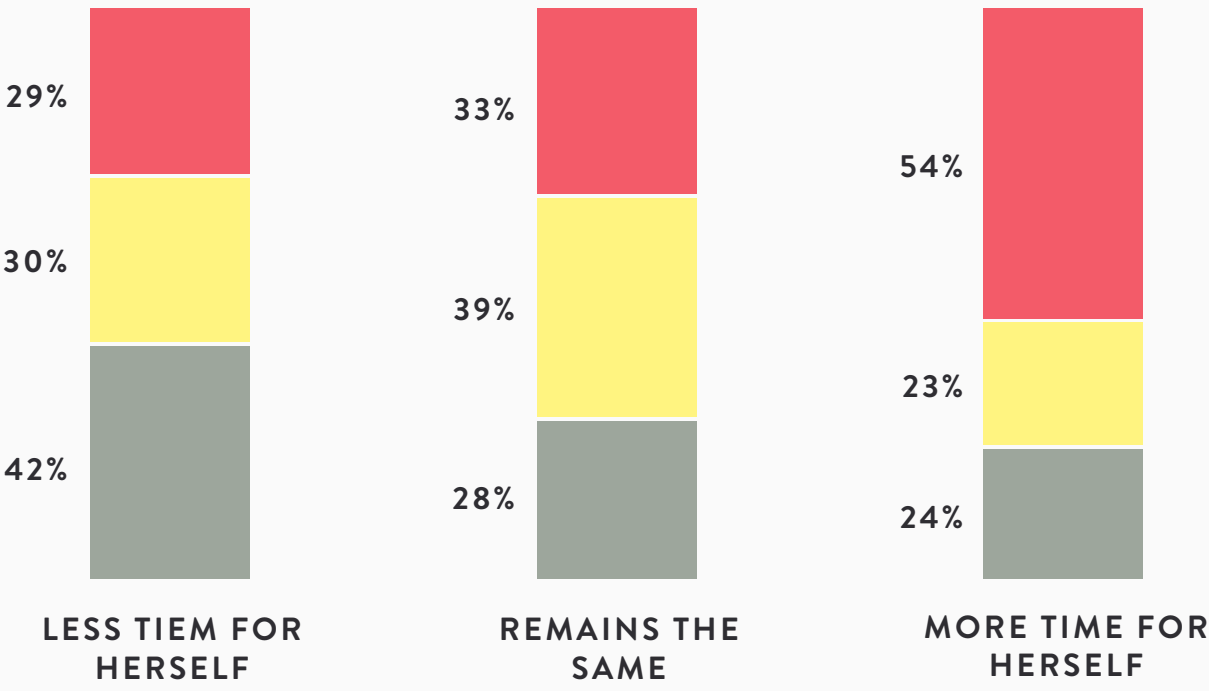
EATING HABITS: WORKING WOMEN



WORKING WOMEN WITH CHILDREN



NON-WORKING WOMEN WITH CHILDREN



MENOS SALUDABLE = MÁS SALUDABLE

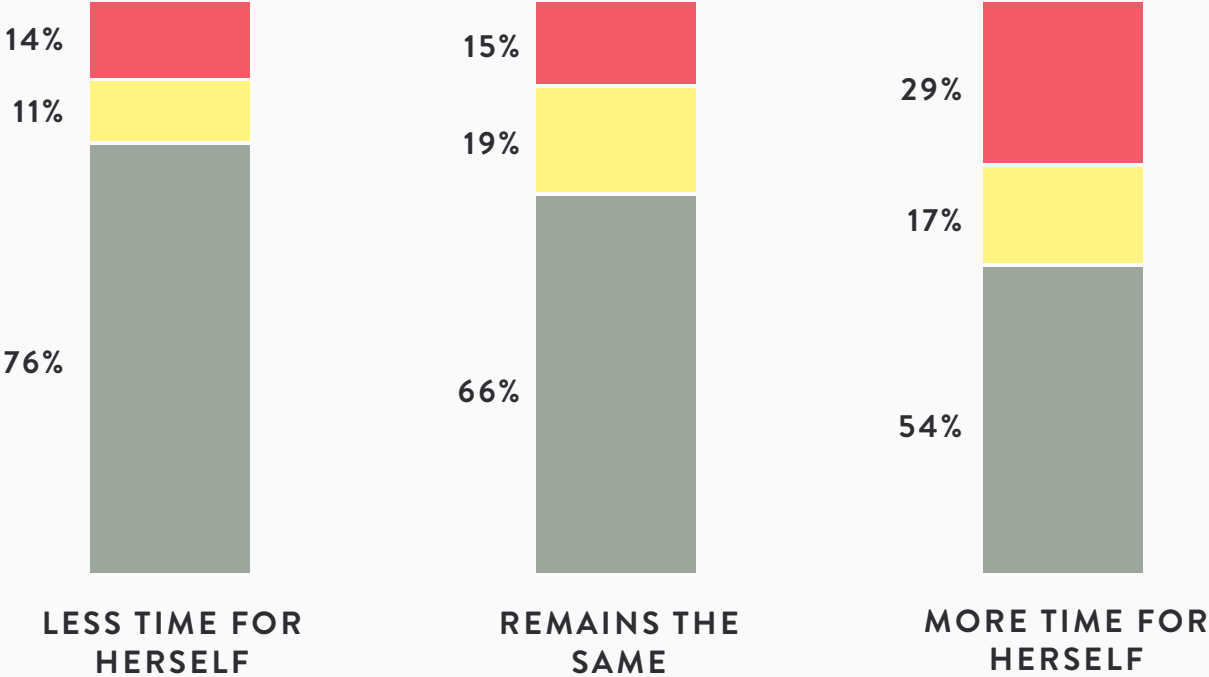


# REDUCTION OF PHYSICAL ACTIVITY

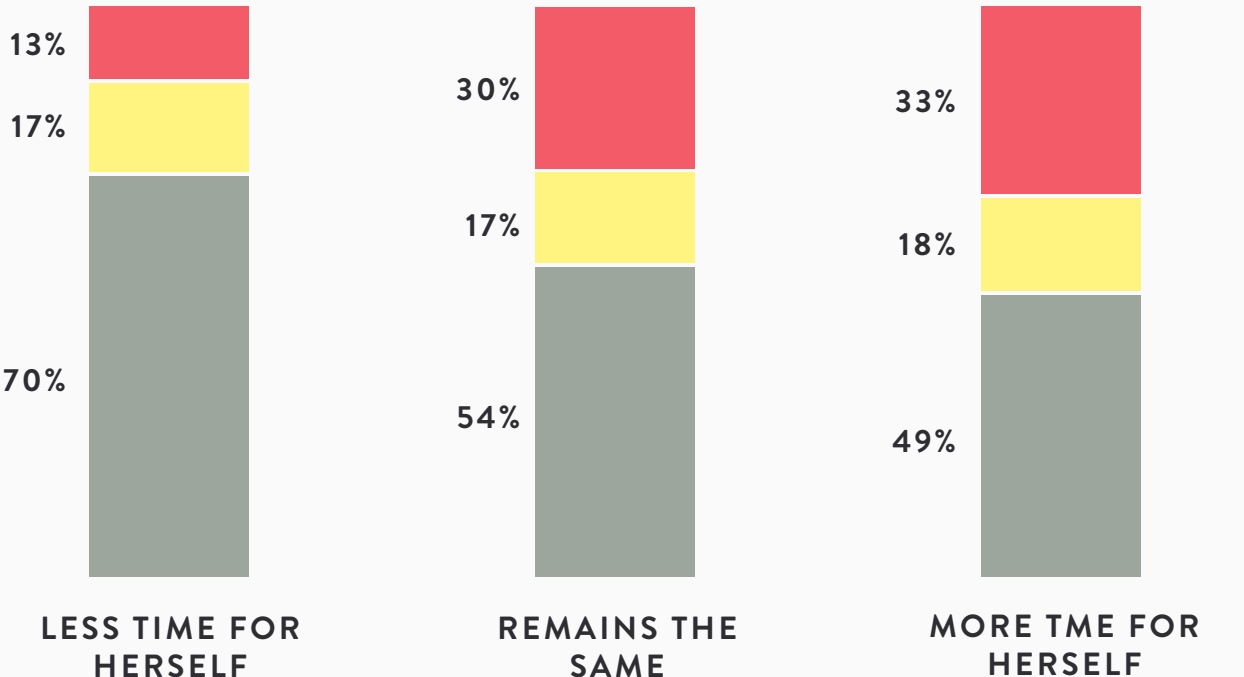


64% of women declare a reduction of their physical activity. The proportion is maintained for both, women living with children (66% declares that it has decreased) and those who do not live with children (63% declare a decrease). The most important differences are regarding work status.

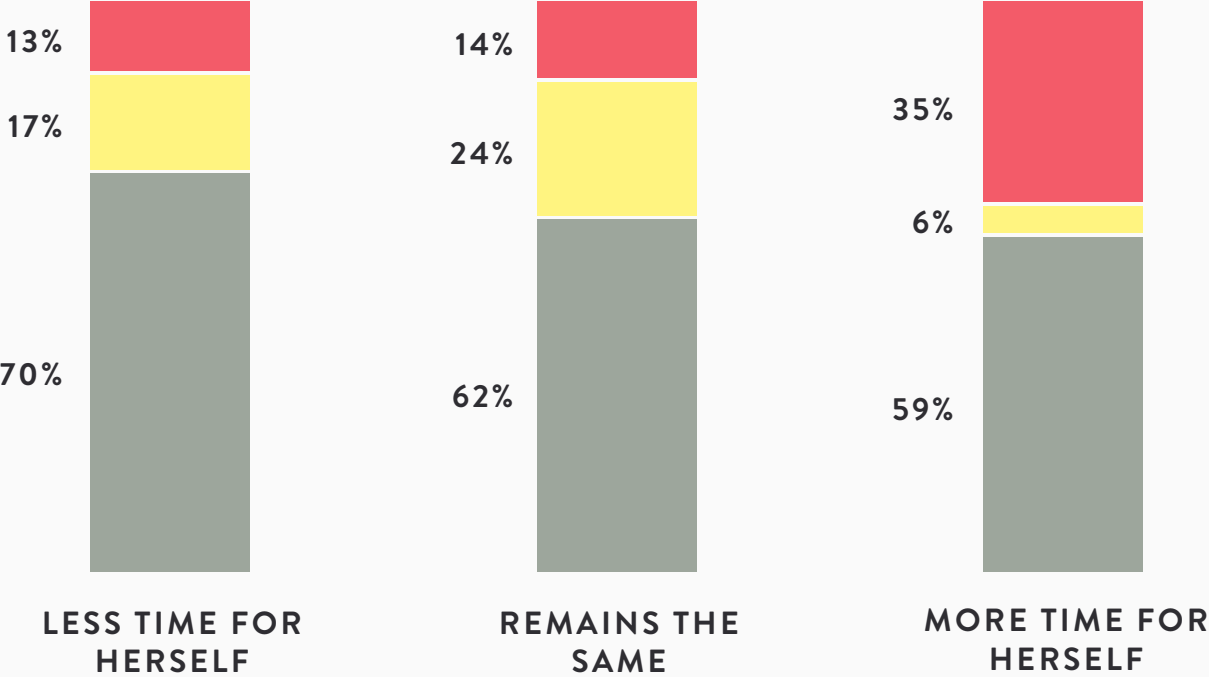
WORKING WOMEN WITH NO CHILDREN



WORKING WOMEN WITH CHILDREN



NON-WORKING WOMEN WITH CHILDREN



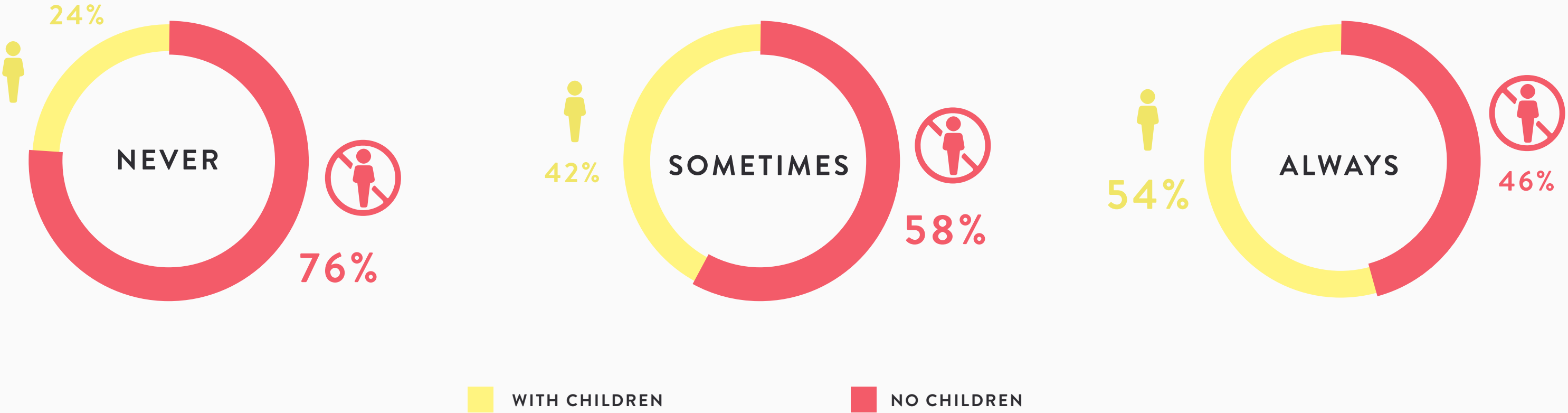
LESS ACTIVITY    =    MORE ACTIVITY

# EMOTIONAL MAPPING



# OVERWHELMED

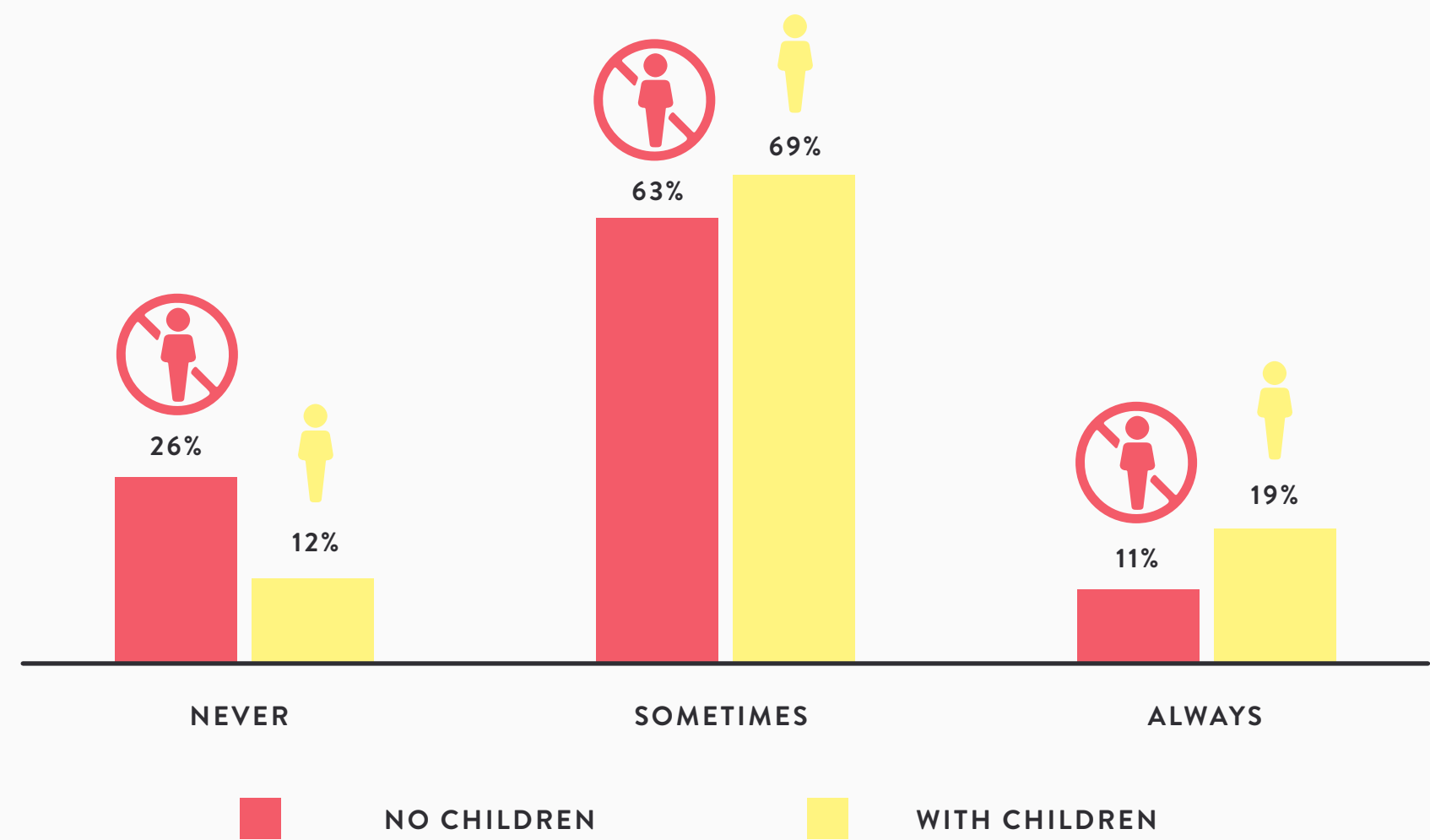
IN THE LAST MONTH, HAVE YOU FELT OVERWHELMED?



At first glance, we can see how women who live with children declare in greater proportion feeling always overwhelmed. However, when looking in greater depth, as will be seen in the next slides, it is not living with dependent children what overwhelms women in confinement, rather the sum of activities and roles, as well as being aware of the delicate network they hold together.

# OVERWHELMED: WORK AND CARE

IN THE LAST MONT, HAVE YOU FELT OVERWHELMED?



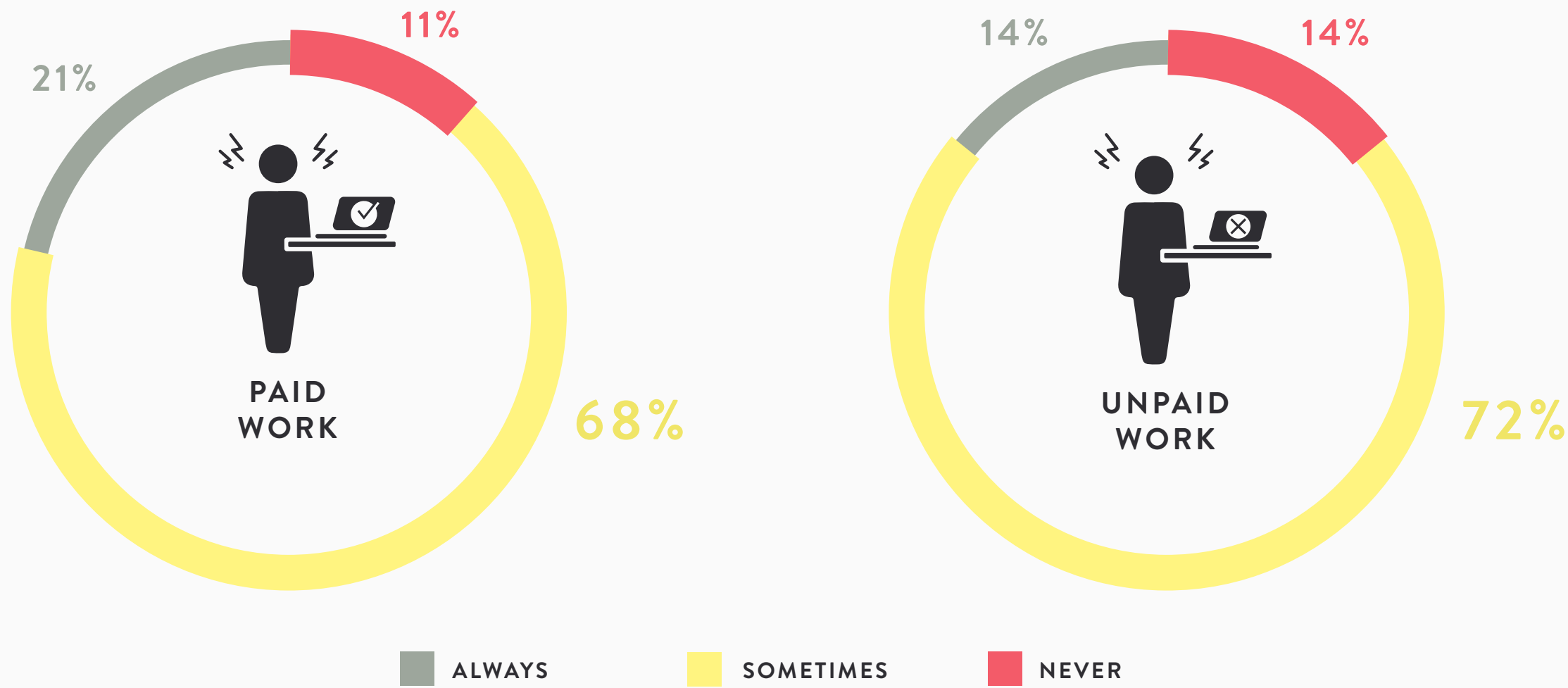
Women doing childcare and paid work feel more often overwhelmed. However, work activities seem to have more weight as a stressor than just being in charge of children at home.



In the next slide you can see that among women who act as primary childcare providers, the feeling of being overwhelmed is double in those who do paid work compared to those women who don't do paid work.

# OVERWHELMED: CHILDREN AT HOME

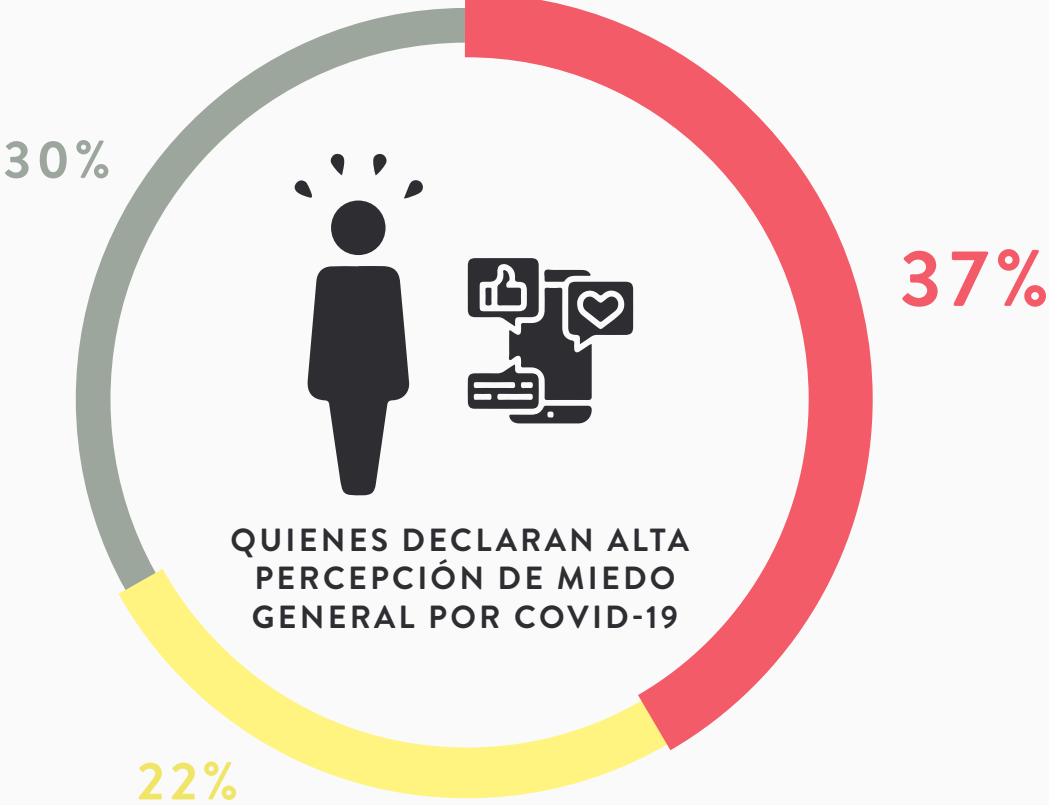
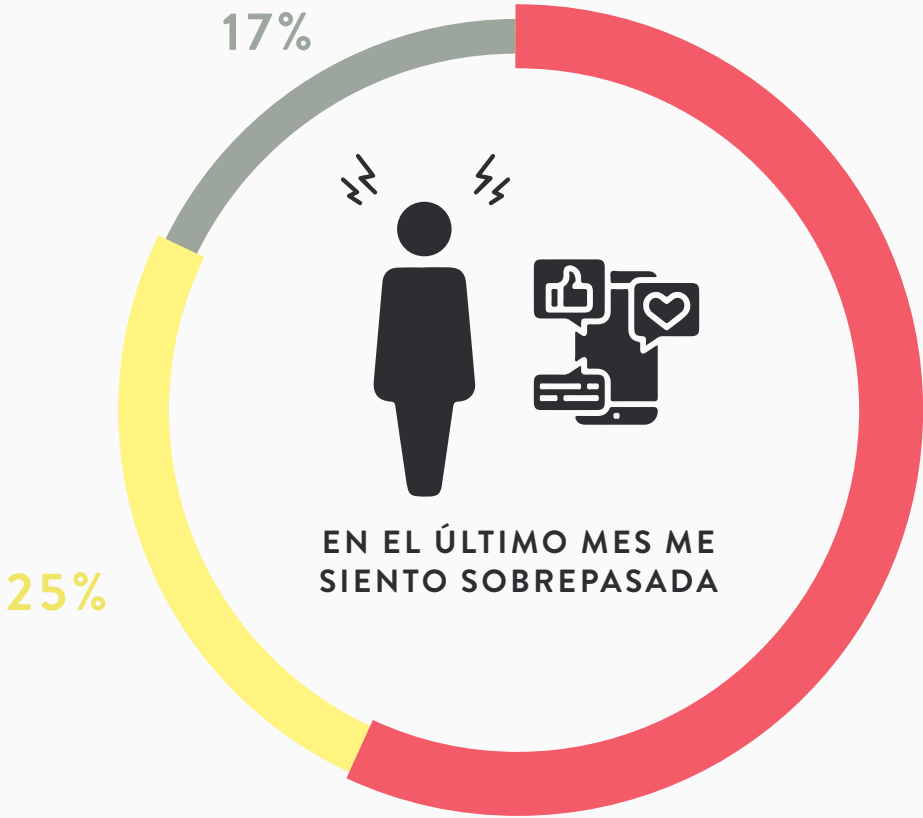
IN THE PAST MONTH, HAVE YOU FELT OVERWHELMED?  
WITH CHILDREN AT HOME



**3 out of 4 women currently doing a paid work and taking care of children feel overwhelmed sometimes or always.**

# OVERWHELMED: SOCIAL MEDIA

## EVALUATION OF THE USE OF SOCIAL MEDIA IN THE PAST MONTH



■ HAS DECREASED    ■ REMAINS THE SAME    ■ HAS INCREASED

Observing the subgroup that always feels overwhelmed, is possible to see an increase in the use of social media.



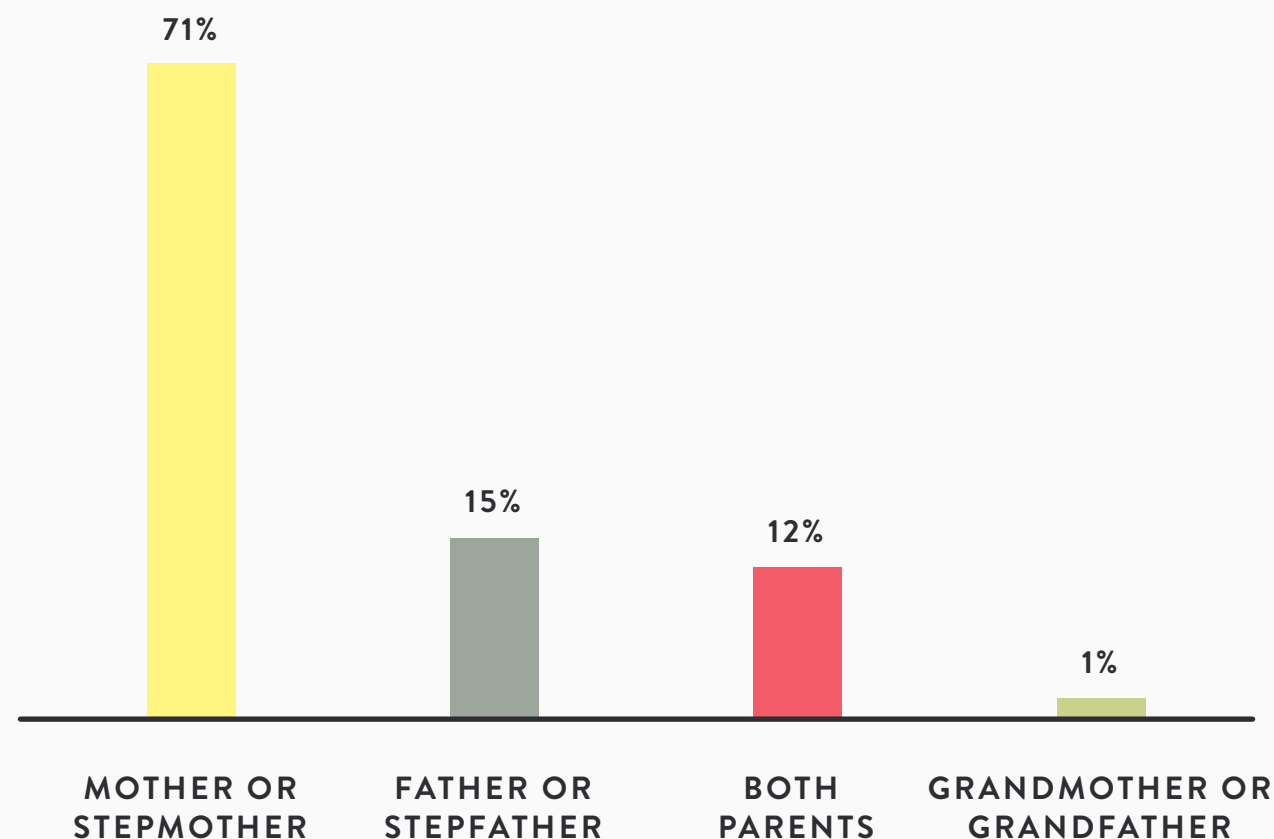
This is repeated in the group of women who show a higher sensation of fear in facing the potential consequences of the COVID-19 pandemic.

# ¿QUIÉN CUIDA A LOS NIÑOS(AS) EN LA NOCHE?

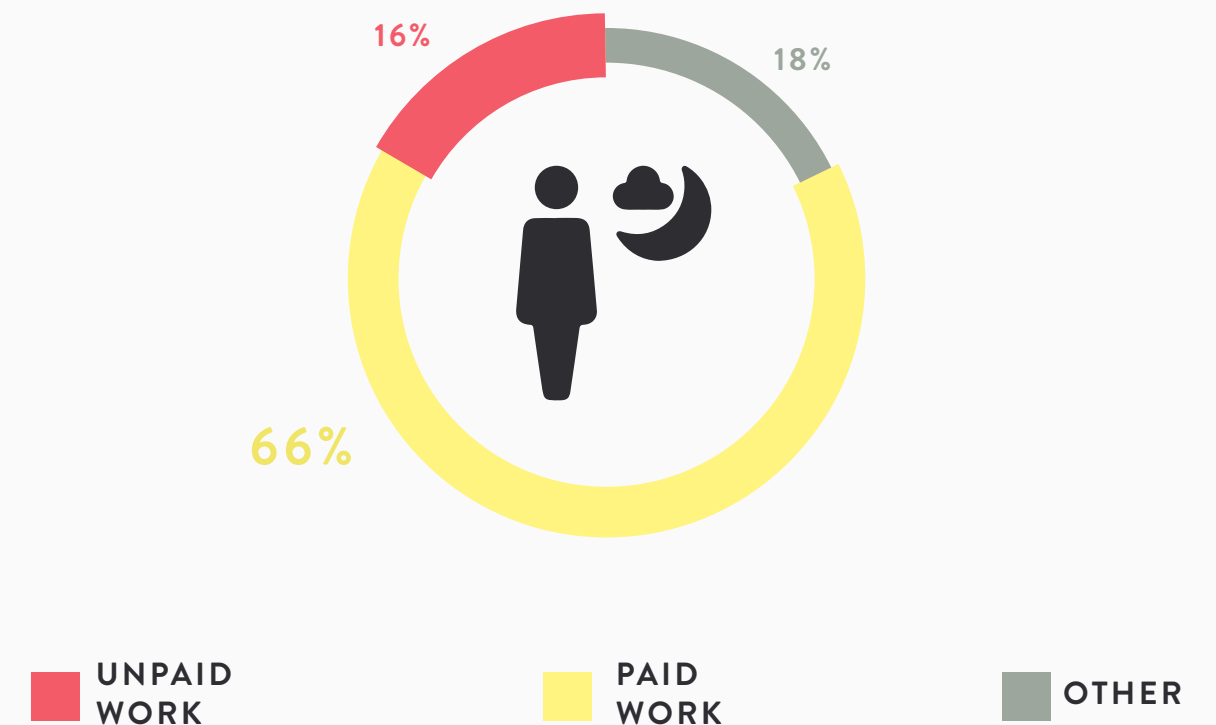
Of the three moments that make up the day - morning, afternoon and night - it is during the latter that the vast majority of women have to endure the biggest overload of activities, regardless of their other activities during the rest of the day. The practices of care during the night are absorbed by women, whether or not they do paid work.

In the first graph, it is possible to see distribution of night care in the context of the pandemic in course. In the second graph, the main activity of the women in charge of the night shift, since the beginning of the pandemic.

NIGHT CARE

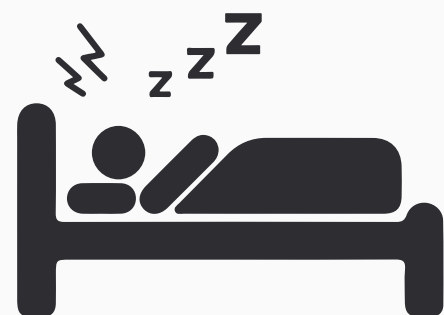
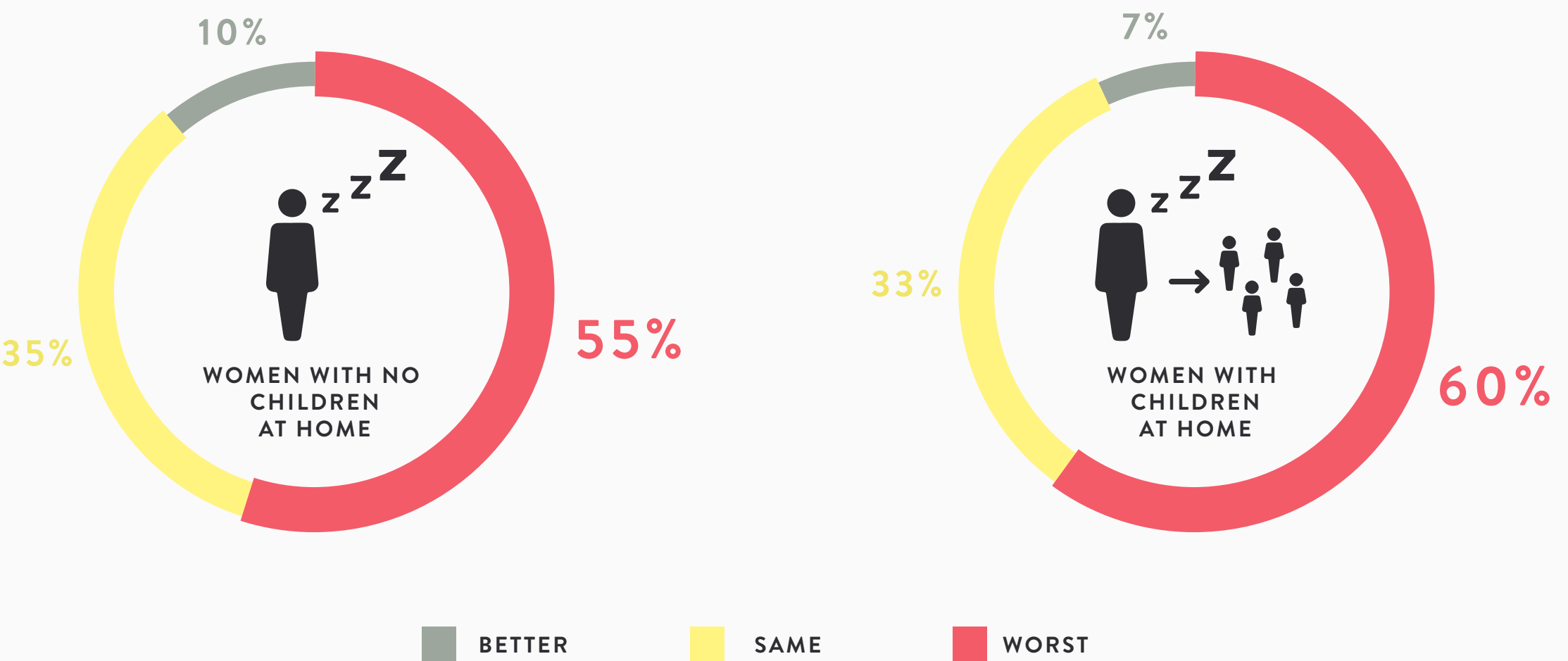


MAIN ACTIVITY OF WOMEN MAINLY IN CHARGE OF THE NIGHT SHIFT



# SLEEP QUALITY

IN THE LAST MONTH, HOW WOULD YOU RATE THE QUALITY OF YOUR SLEEP?

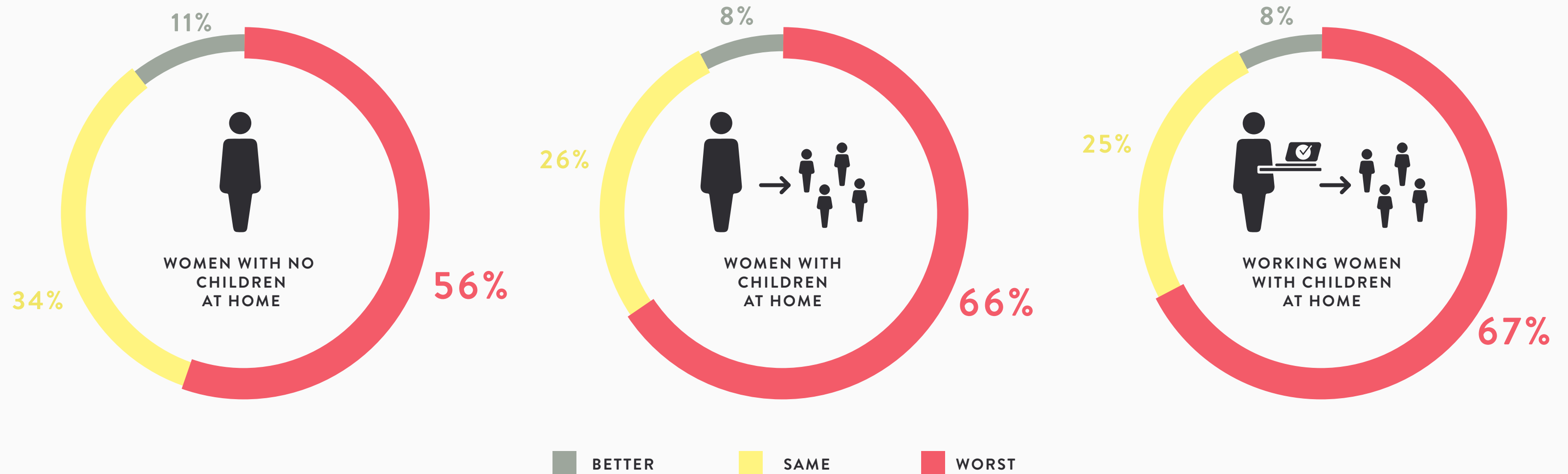


Sleep is one of the main areas that is affected in the lives of women, especially the ones living with children. In the graph it can be observed that these women are the group who give the worst evaluation to their sleep quality during the last month.



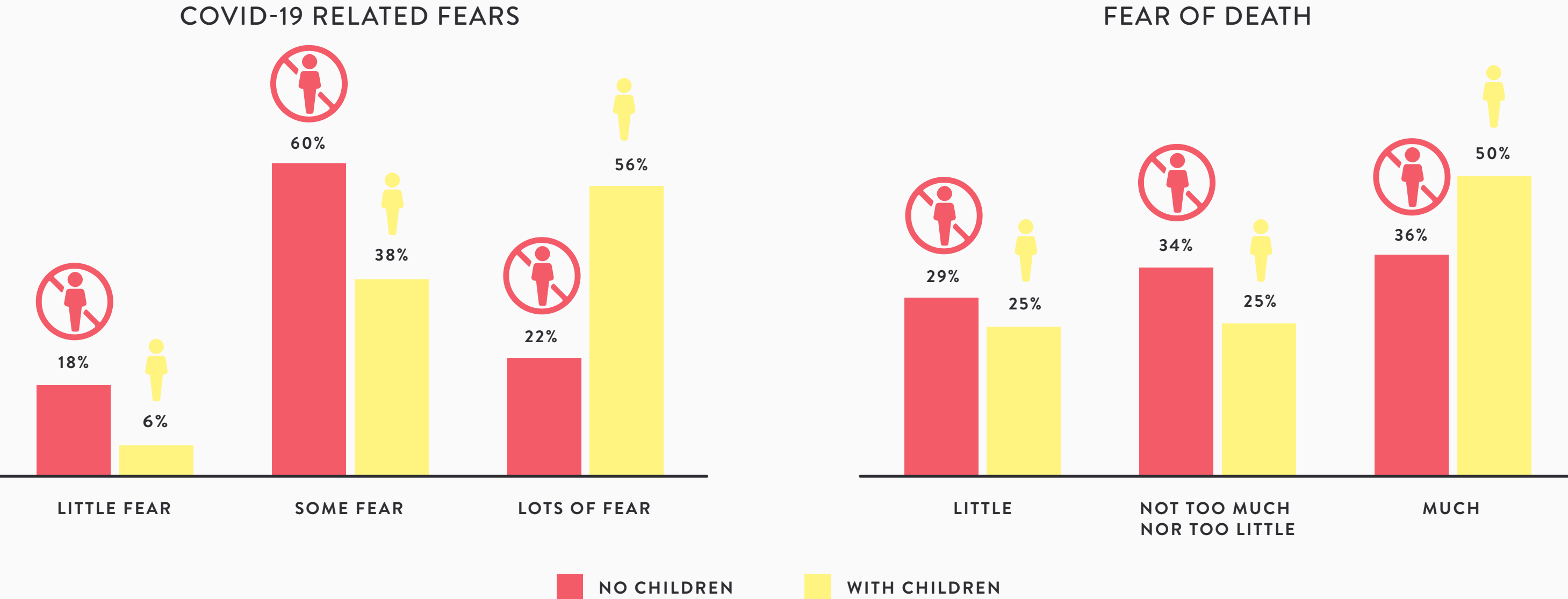
# ¿HOW HAVE WOMEN FELT PSYCHOLOGICALLY?

¿HOW HAVE YOU FELT PSYCHOLOGICALLY IN THE LAST MONTH?



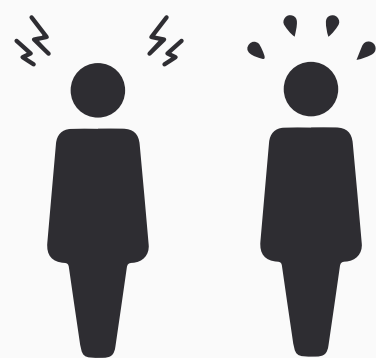
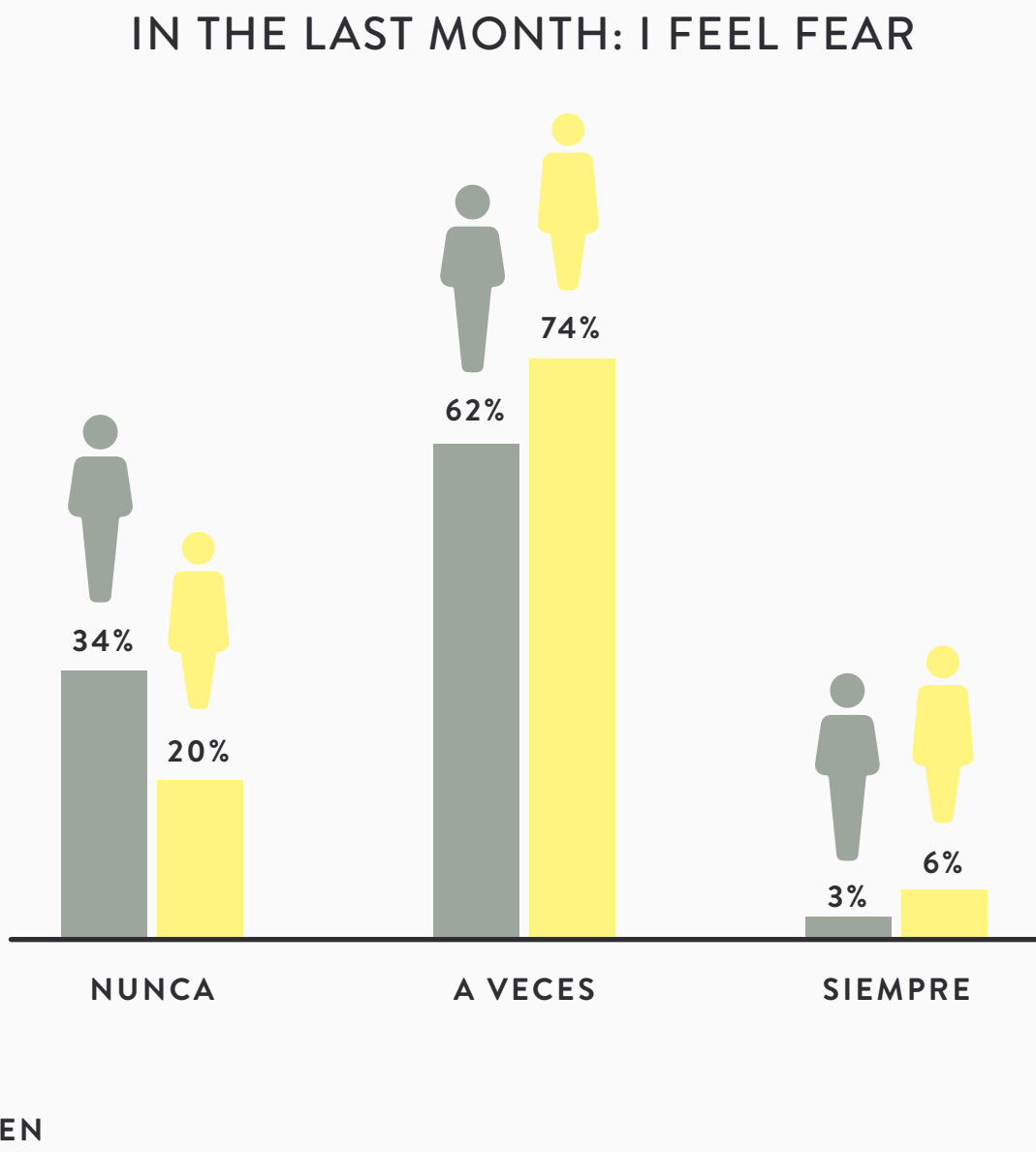
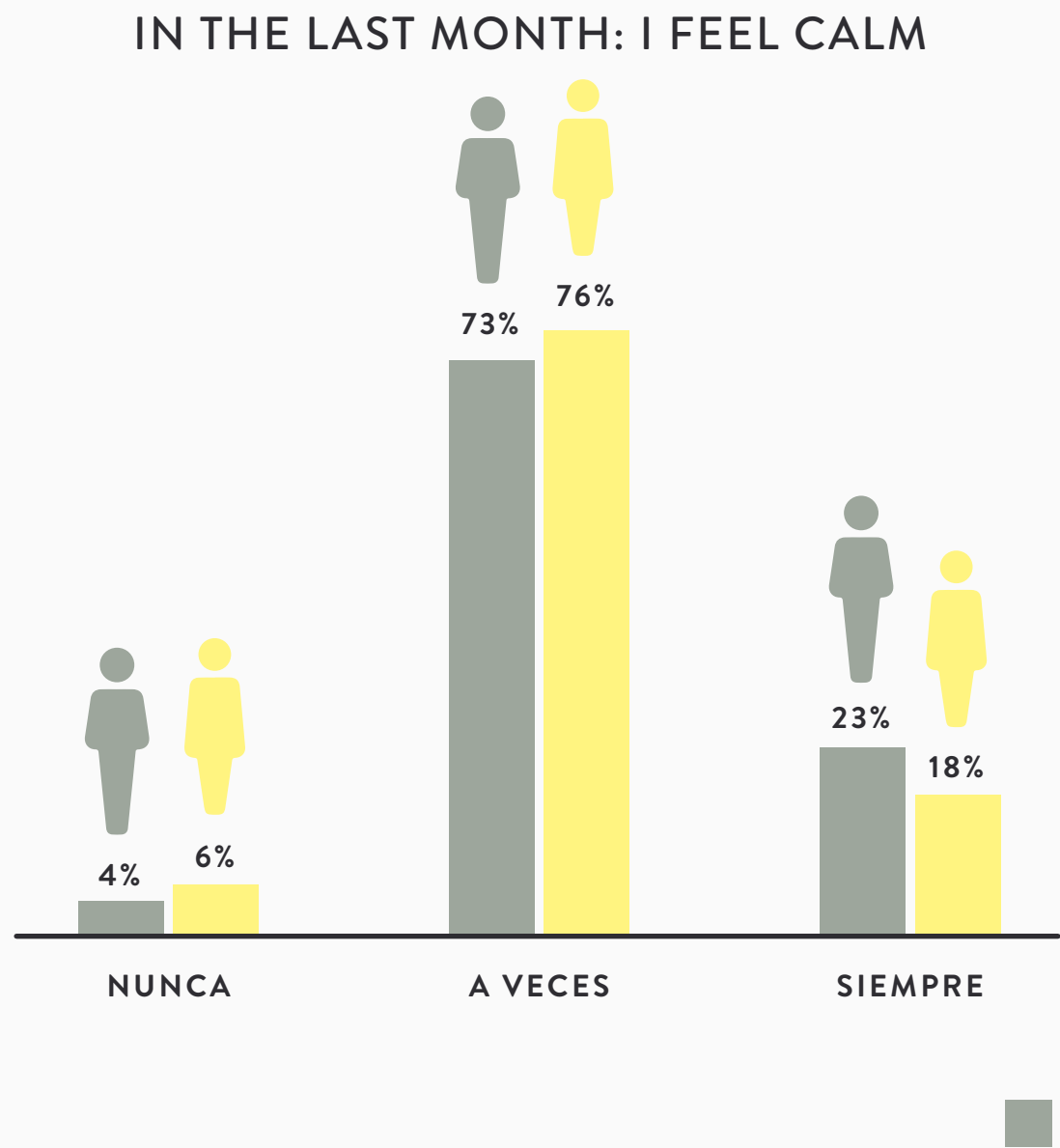
The outlook presented previously is worrying, as it is observed that women in the care of children feel psychologically worse, and this increases for women who are at the same time doing paid work.

# FEARS: WHO SUPPORTS THE NETWORK



Regardless of the educational level of women, those who have children under 12 years old, perceived a greater degree of fears related to the possibility of Covid-19 infection. These concerns range from loss of their job or their source of income, to the possibility of contagion and its effects on those they take care of.

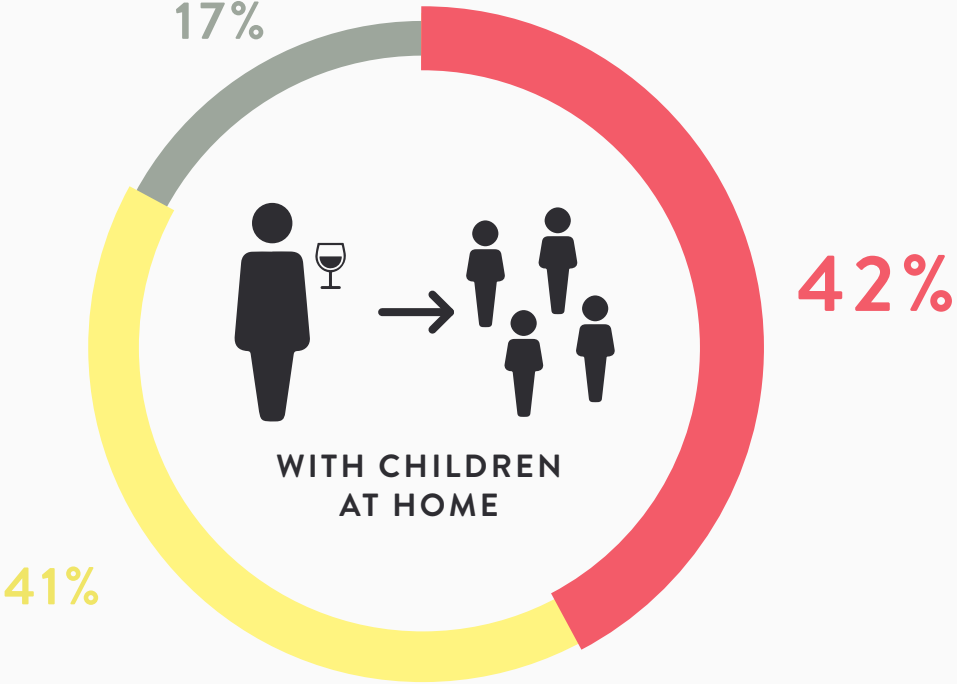
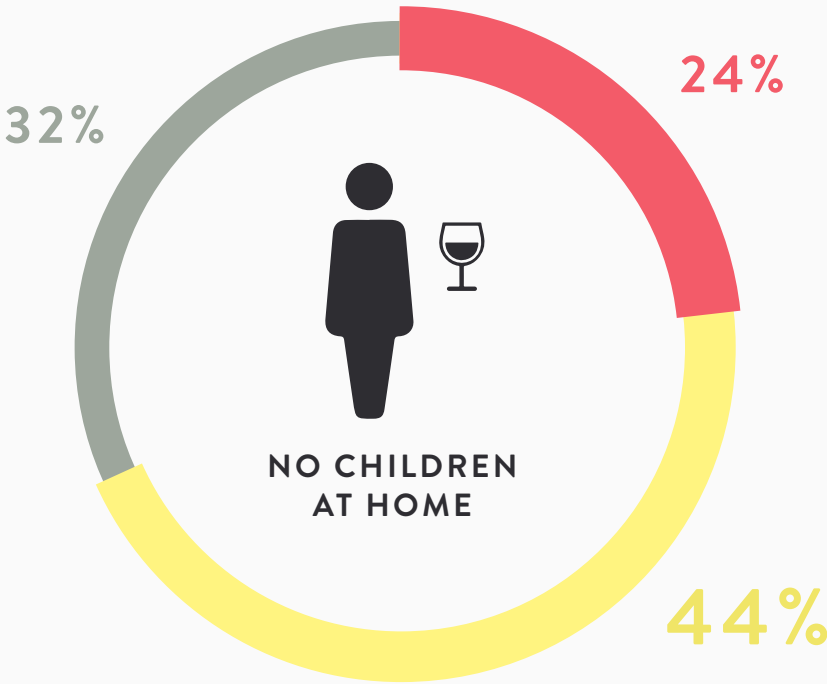
# FEARS



On an emotional level, comparing means between men and women, it is observed that women feel less calm and more afraid.

# ALCOHOL USE

IN THE LAST MONTH, HOW DO YOU ASSESS YOUR ALCOHOL CONSUMPTION?



HA DISMINUIDO      SE MANTIENE IGUAL      HA AUMENTADO



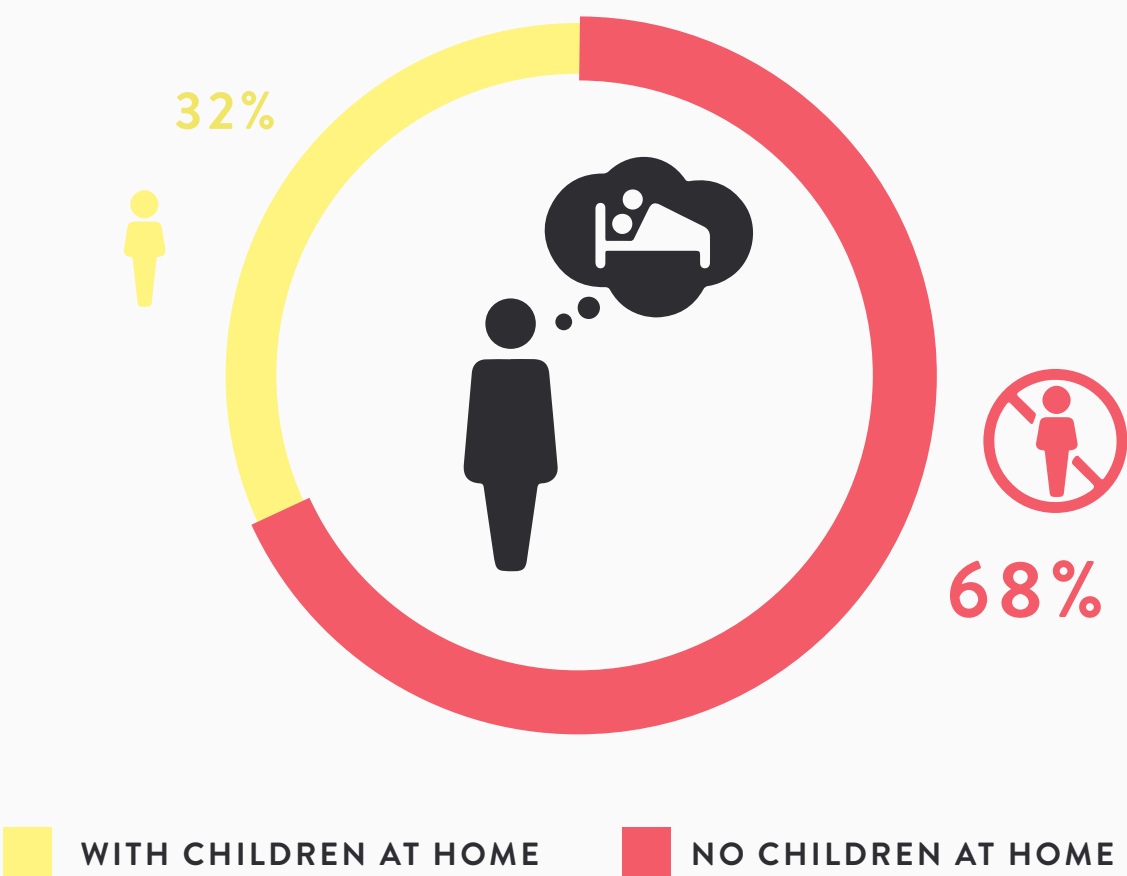
Those who do live with children under 12 at home, double the increase in alcohol consumption compared to those who don't.



This action can be interpreted as 'me time', an adult activity that can be under the idea of 'time spent on myself'.

# SEXUAL DESIRE

FROM THOSE WHO DECLARE THAT THEIR SEXUAL DESIRE HAS INCREASED



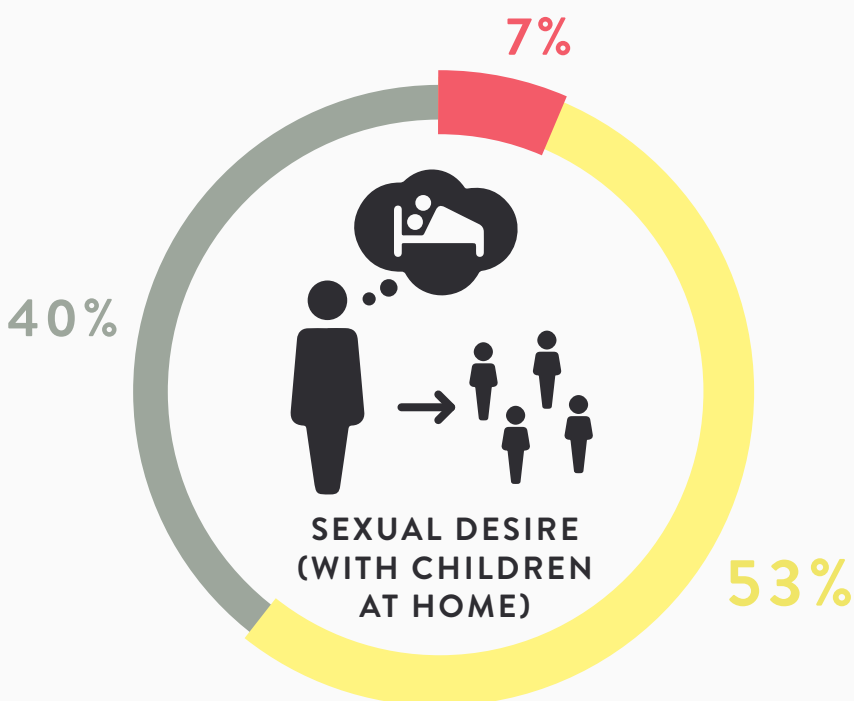
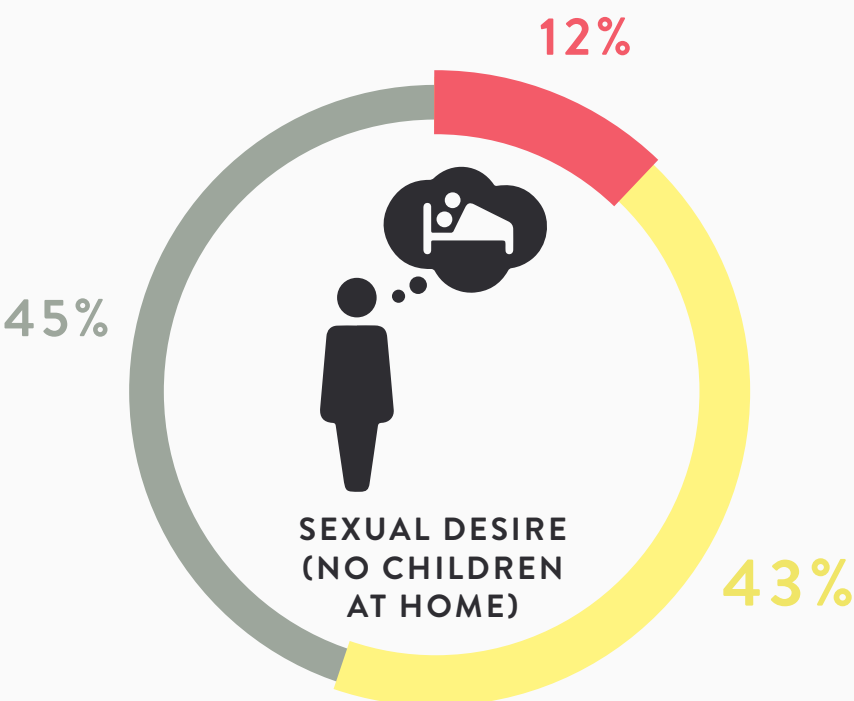
Of women who declare that their sexual desire has increased during the last time, two thirds corresponds to those without children under their care.

However, not only the presence of children in the home seems to explain the decrease in sexual desire. Other variables that are related are work activity, age, emotional context, and/or a sum of these factors.

# SEXUAL DESIRE

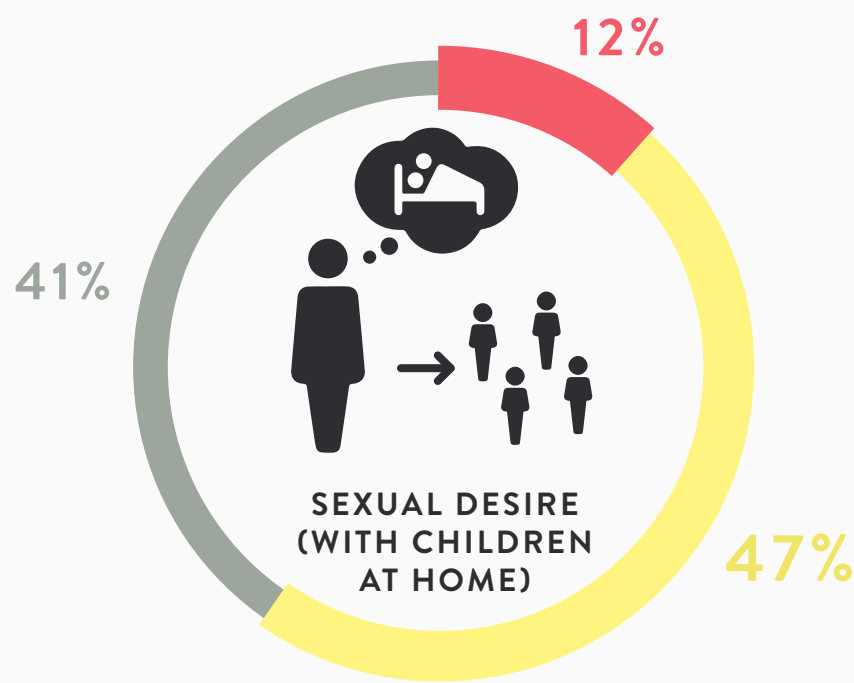
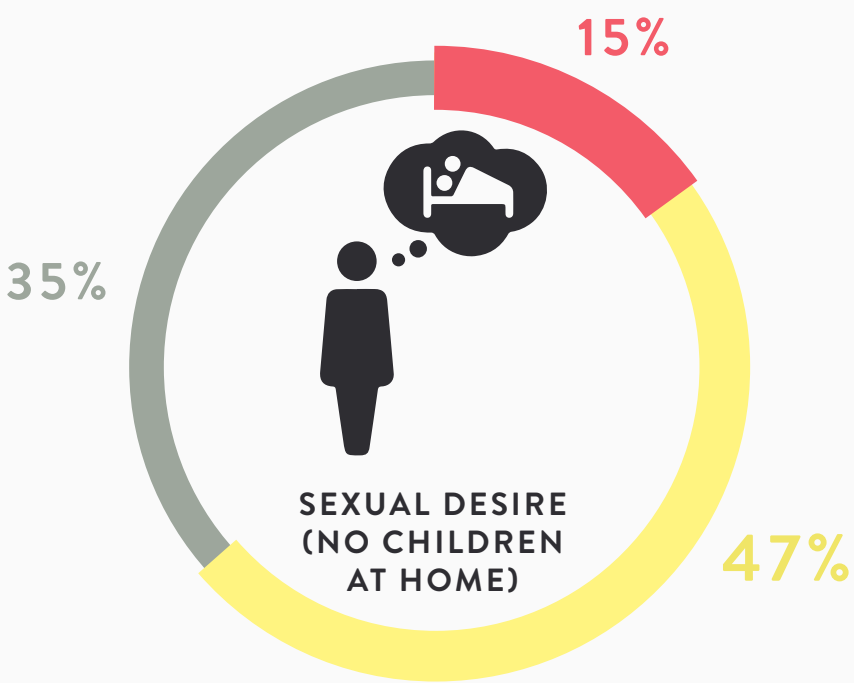
## WOMEN DOING PAID WORK

Work seems to be related to decreased sexual desire. This can be due to work-related circumstances in the context of a pandemic, such as fatigue or constant concern.



## WOMEN NOT DOING PAID WORK

On the contrary, for women who are not doing paid work, children seem to determine a further decrease in sexual desire.



HAS DECREASED    REMAINS THE SAME    HAS INCREASED

# PERCEPTION AND DISTRIBUTION OF TIME: SOME CONCLUSIONS

In the context of the pandemic, the network of normal care as well as the social structure in general has broken down, and women have had to adapt to meet their new roles, in different spaces and times. It is not clear how they prioritize the distribution of their daily time, but it seems that the articulation of the priorities depends on their activities. Somehow, women prioritize between work, child care, complying with academic activities, depending on the circumstances.



Women who are doing childcare and are not doing paid work, find ways to establish contact with the adult world, even in the context of confinement (social networks, television, or others). We are in the presence of women who hold various social roles at a high personal cost.

What is clear is that within this prioritization, women themselves are the last in this list. Even for women who highlight an increase in time for themselves, physical activity or healthy habits have decreased.

# EMOTIONAL MAPPING: SOME CONCLUSIONS

Women are aware of being the support for their families and this feeling is particularly strong. In women supporting families with children under 12 years old at home. The weight that bears on women can at the same time generate a series of pandemic-related fears, as it is hard for other household members to assume the burden these women bear.

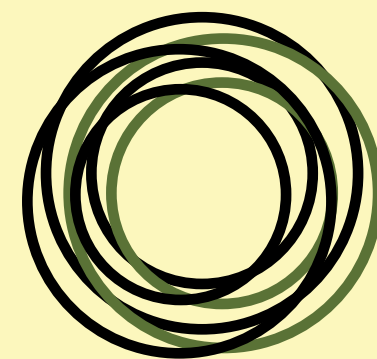


The emotional mapping of the surveyed women accounts for a delicate balance between women who support the care network inside their homes, and at the same time, women who are experiencing their limit in terms of the load they carry. This is particularly concerning for the group of women who are doing paid work and childcare simultaneously.

On the other hand, this report does not present information related to domestic care activities, which may also be causing an overload in women who do paid work and childcare. This overload manifests itself in an obvious self-forgetfulness.

**Women can be seen as the group that, within the home, is supporting their families during the development of this pandemic.**





**CUIDAR**

Soon, new reports.

[investigacion@estudiocuidar.com](mailto:investigacion@estudiocuidar.com)

[www.micropoliticasdelcuidado.cl](http://www.micropoliticasdelcuidado.cl)

**uah** / Universidad  
Alberto Hurtado

**ness**  
Red de Estudios Sociales de la Salud

**Fondecyt**  
Fondo Nacional de Desarrollo  
Científico y Tecnológico  
Proyecto APOYO FONDECYT 1114005