



Statistics Korea

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2024 Time Use Survey

Contact Division	Social Statistics Planning Division, Social Statistics Bureau	Contact Person	Kim, Ji-eun (042-481-2233)
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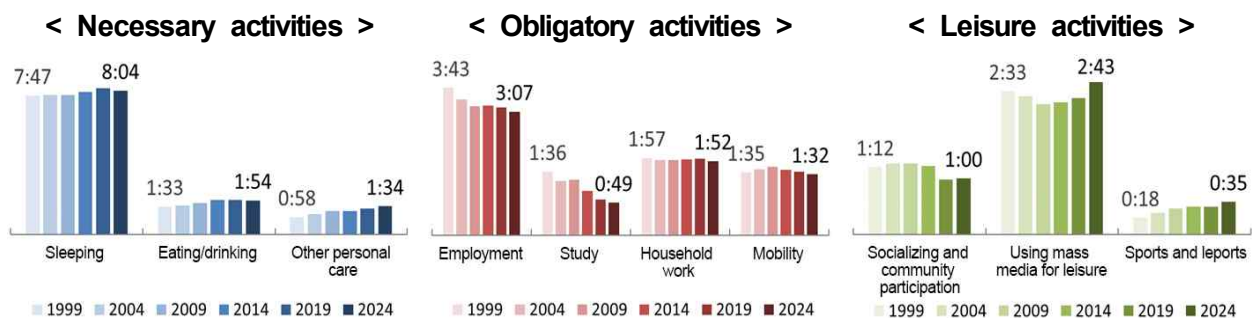


2024 Time Use Survey

◆ Koreans aged 10 and over

People spent 11 hours and 32 minutes on necessary activities such as sleeping, eating/drinking) and other personal care.

- People spent 11 hours and 32 minutes (48.1%) on necessary activities, 7 hours and 20 minutes (30.6%) on obligatory activities, and 5 hours and 8 minutes (21.4%).
- Compared with 2019, time spent on sleeping (-8 minutes), employment (-6 minutes), study (-5 minutes), household work (-4 minutes) and mobility (-4 minutes) showed a decrease. Whereas, time spent on the use of mass media (17 minutes), other personal care such as health care and hygiene (7 minutes) and sports and reports (5 minutes) showed an increase.
- Compared with 1999, time spent on study (-47 minutes), employment (-36 minutes) and socializing and community participation (-12 minutes) showed a decrease. Whereas, time spent on other personal care (36 minutes), eating and drinking (21 minutes), sleeping (17 minutes) and sports and reports (17 minutes) showed an increase.



Sleeptime recorded a decrease for the first time since the initial statistical compilation. The share of people experiencing difficulties in sleeping went up by 4.6%p.

- Sleetime recorded a decrease for the first time since the beginning of the statistical compilation.
 - * 7:47 (1999) → 7:49 → 7:50 (2009) → 7:59 → 8:12 (2019) → 8:04 (2024)
- People aged 10 to 19 spent the most time sleeping (8 hours and 37 minutes). Whereas, people aged 50 to 59 spent the least time sleeping (7 hours and 40 minutes). Compared to 5 years ago, all age groups showed a decrease in sleeptime.

- People experiencing difficulties in sleeping occupied 11.9% of the total population, which recorded an increase for all age groups compared to 5 years ago. In particular, the share of people aged 60 and over with sleep difficulties recorded the highest figure of 19.6%.

Compared to 2019, the share of people having meals over weekdays showed a decrease for breakfast, lunch and dinner. On the other hand, the share of people having meals alone showed an increase for all three meals.

- Compared to 2019, the share of people having breakfast went down by 4.0%p to 63.7%. The share of people having lunch went down by 0.8%p to 85.6%. The share of people having dinner went down by 0.6%p to 78.3%. These figures showed a downward trend for all three meals.
- Compared to 2019, the share of people having breakfast alone went up by 2.9%p to 41.7%. The share of people having lunch alone went up by 1.4%p to 26.9%. The share of people having dinner alone went up by 2.5%p to 25.7%. These figures showed an upward trend for all three meals.

People spent 5 hours and 8 minutes on leisure activities. Among them, people spent 2 hours and 43 minutes on media use, and 1 hour on socializing and participation activities.

- People aged 60 and over spent the most leisure time of 6 hours and 36 minutes. Whereas, people aged 30~39 spent the least leisure time of 3 hours and 59 minutes.
- All age groups spent the most leisure time on media use including books, broadcasting and videos. People aged 10~19 spent their second most leisure time on games and plays. People aged 20 and over spent their second most leisure time on socializing and participation activities.

Eating meals, face-to-face socializing and walking (or strolling) were the most enjoyable activities.

- All 7 days in a week, eating meals took the first ranking of the most enjoyable activity, which was followed by face-to-face socializing and walking (or strolling).
- On weekdays 'Work for a corporation, government agency or non-profit organization' took the first ranking of the most unenjoyable activity, which was followed by going to work, 'Work for service industry-related unincorporated household enterprise', cleaning and cooking.
- All 7 days in a week, cleaning and cooking took the top rankings of the most unenjoyable activity. In particular, cooking took the top ranking of the most unenjoyable activity 5 years ago.

Compared to 5 years ago, in all necessary, obligatory and leisure activities, time spent on ICT devices showed an increase.

- As for time spent on ICT devices such as smart phones, tablets and PCs, employment-related activities occupied the longest time of 1 hour and 12 minutes, which was followed by media use (1 hour and 8 minutes) and mobility (19 minutes).
- Among time spent on media use for leisure activities (2 hours and 43 minutes), time spent on ICT devices recorded 1 hour and 8 minutes. This figure grew by 32 minutes (about two times) from 36 minutes in 2019.

◆ Students

Regarding time spent on study inside the school on weekdays, only elementary school students showed an increase compared to 5 years ago. Regarding time spent on study outside the school on weekdays, elementary, middle and high school students showed an increase compared to 5 years ago, while university students or more showed a decrease.

- Regarding study inside the school on weekdays, high school students spent 4 hours and 48 minutes, which dropped by 29 minutes compared to 5 years ago. Middle school students spent 4 hours and 20 minutes on study, which dropped by 9 minutes compared to 5 years ago. Elementary school students spent 3 hours and 58 minutes on study, which rose by 5 minutes. University students or more spent 2 hours and 8 minutes on study, which dropped by 19 minutes.
- Regarding study outside the school on weekdays, high, elementary and middle school students rose by 26 minutes, 22 minutes and 4 minutes, respectively, compared to 5 years ago. Whereas, university students or more fell by 5 minutes.

◆ Employed persons

Compared to 5 years ago, the percentage of people who worked after 5 p.m. on weekdays showed a decrease for both males and females.

- Employed persons aged 15 and over spent 6 hours and 8 minutes working on weekdays. Employed males spent 6 hours and 36 minutes working on weekdays. This figure was 1 hour and 4 minutes more than employed females (5 hours and 32 minutes).
- Among wage workers, those who worked 36 hours or more per week spent 2 hours and 29 minutes more on employment-related activities than those who worked less than 36 hours. In the meantime, they spent 1 hour and 8 minutes less on leisure activities.
- Compared to 5 years ago, the percentage of people who worked after 5 p.m. on weekdays showed a decrease for both males and females.

◆ The elderly

The elderly requiring care spent more time on necessary and leisure activities than those not requiring care.

- The elderly requiring care spent more time on necessary and leisure activities than those not requiring care. In contrast, the elderly not requiring care spent more time on obligatory activities than those requiring care.
- The employed elderly spent the second longest time on work at 3 hours and 55 minutes, following time on sleeping. In contrast, the unemployed elderly spent the second longest time on media use at 4 hours and 43 minutes, following time on sleeping.
- 81.1% of the elderly aged 65 and above felt they generally had plenty of free time, while those who felt tired after their daily routine (56.9%) regarded "health condition" as the primary reason.

◆ Households with children under the age of 18

Compared to 5 years ago, time spent on housework by husbands of dual income couple households increased by 13 minutes. Whereas, wives showed a decrease of 17 minutes.

- Among parents with children aged less than 18, single-parent households spent less time on employment-related activities at 25 minutes compared to two-parent households. In the meantime, they spent more time on household work at 23 minutes.
 - Compared to other household types, single-mother households were more dissatisfied with their life, leisure time and housework-sharing among household members.
- As for time spent on housework of dual income couple households with children aged less than 18, compared to 5 years ago, husbands showed an increase of 13 minutes to 1 hour and 24 minutes. Whereas, wives showed a decrease of 17 minutes to 3 hours and 32 minutes.
 - Both working husbands and wives usually felt tired after their daily routine. They wanted to reduce employment-related activities.

◆ Households with preschool-aged members

Households with preschool-aged members spent 2 hours and 8 minutes more on household work than those without preschool-aged members.

- Households with preschool-aged members spent 26 minutes more on employment-related activities, and 2 hours and 8 minutes more on household work than those without preschool-aged members.

- Among households with preschool-aged members, when faced with a lack of time, fathers most wanted to reduce employment-related activities, while mothers most wanted to reduce time spent on childcare (including grandchildren) and household work.

◆ Time use by province

Gyeongbuk recorded the longest time spent on employment. Sejong recorded the longest time spent on study and housework.

- Gyeongbuk recorded the longest time spent on employment (3 hours and 19 minutes). Whereas, Daegu recorded the shortest time spent on employment (2 hours and 49 minutes).
- Sejong recorded the longest time spent on study (1 hour and 5 minutes). Whereas, Gyeongbuk recorded the shortest time spent on study (35 minutes).
- Sejong recorded the longest time spent on housework (2 hours and 5 minutes). Whereas, Chungbuk recorded the shortest time spent on housework (1 hour and 42 minutes).
- Jeonnam recorded the longest time spent on leisure activities (5 hours and 31 minutes). Whereas, Jeju recorded the shortest time spent on leisure activities (4 hours and 38 minutes).