
CHAPTER 8

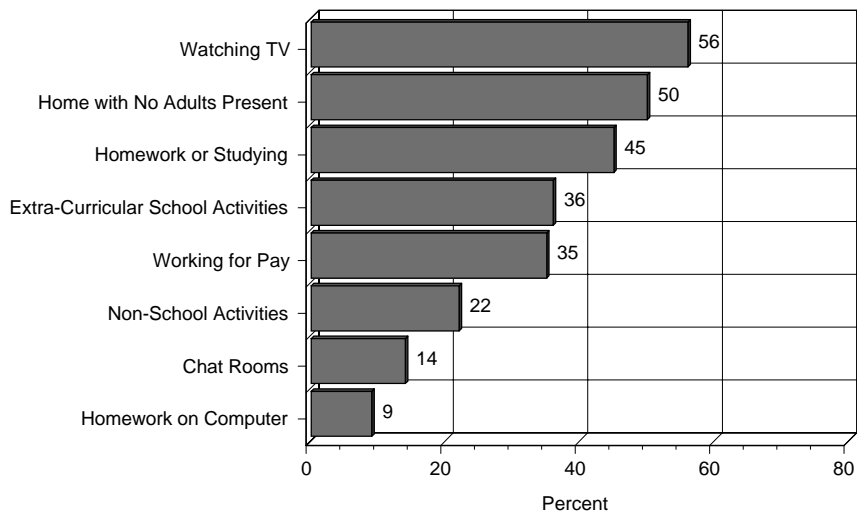
Student Time Use

This chapter is comprised of a series of charts showing how local youth spend their time outside of school. The charts allow for easy comparisons between the different ways local youth spend their time by illustrating the average number of hours per week youth spend on each activity.

Student Time Use

Figure 8-1 shows the overall percentages of those students who spend five or more hours doing a particular activity; Figure 8-2 shows those who spend 16 or more hours in the same activity. This is followed by a pair of charts showing the differences between middle school and high school youth for those activities; Figure 8-3 shows the levels for five or more hours and Figure 8-4 shows 16 or more hours. Finally, there is a pair of charts to show the differences on the basis of gender, with Figure 8-5 showing the rates for five or more hours involved in the activity, and Figure 8-6 showing the rates for 16 or more hours.

**Figure 8-1: How Teens Spend Their Time
(5 or More Hours a Week)**



Number Responding:
Ranges from 1871-1918

Note: Due to rounding, some graphs may not total 100%. Merrimack 132

Figure 8-2: How Teens Spend Their Time
(16 or More Hours a Week)

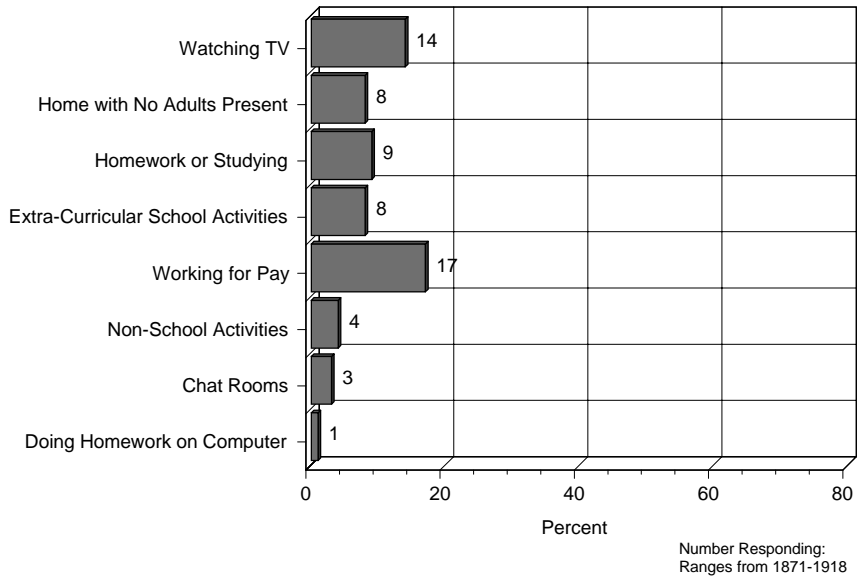


Figure 8-3: How Teens Spend Their Time
(5 or More Hours a Week, by School Level)

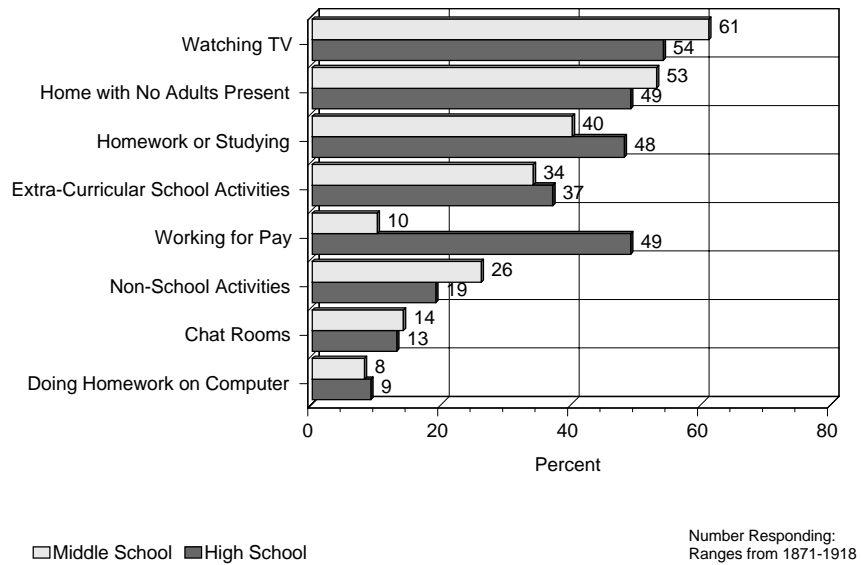


Figure 8-4: How Teens Spend Their Time
(16 or More Hours a Week, by School Level)

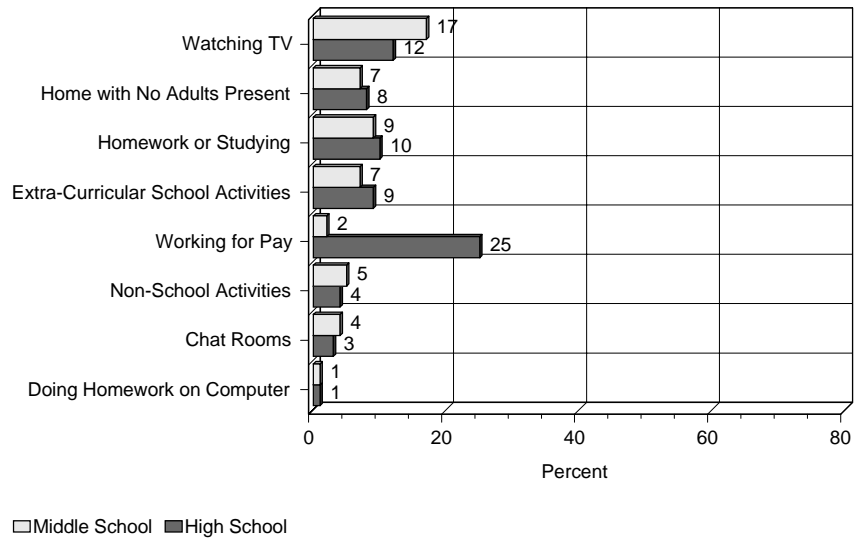


Figure 8-5: How Teens Spend Their Time
(5 or More Hours a Week, by Gender)

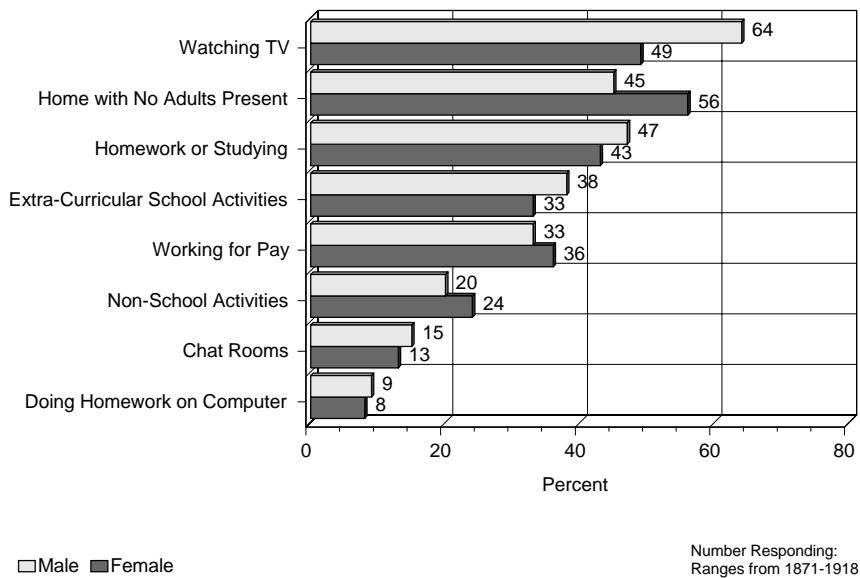
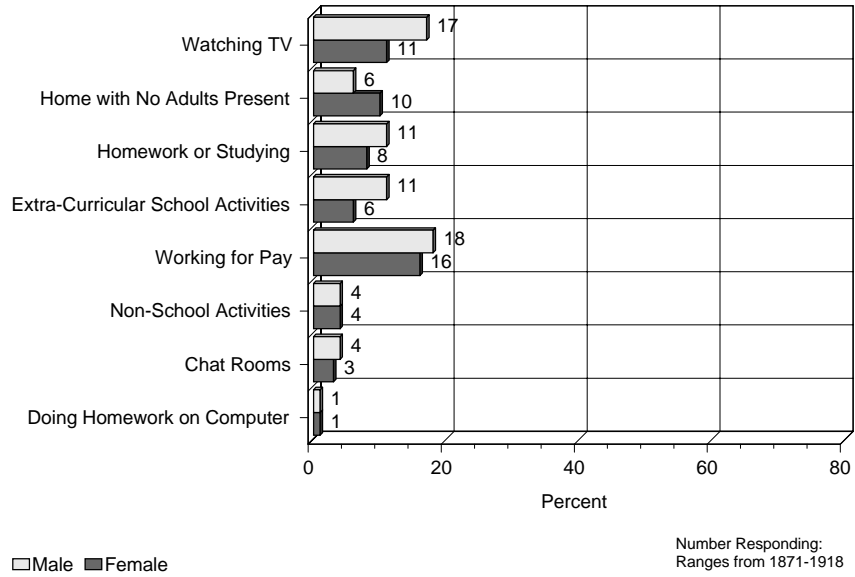
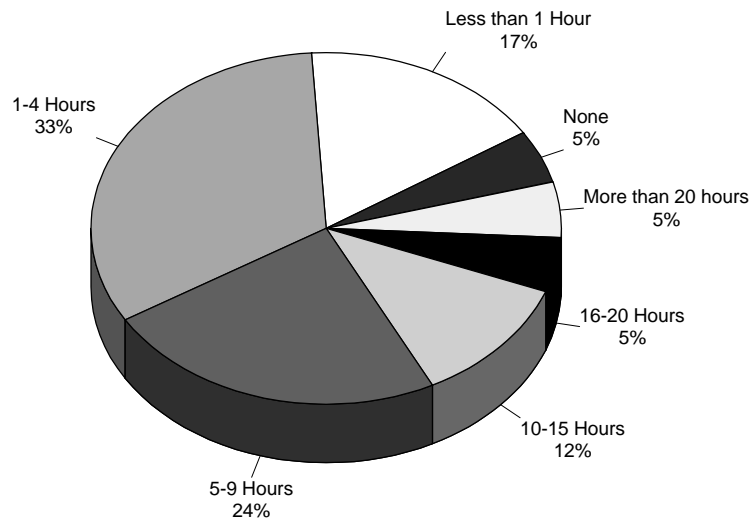


Figure 8-6: How Teens Spend Their Time
 (16 or More Hours a Week, by Gender)



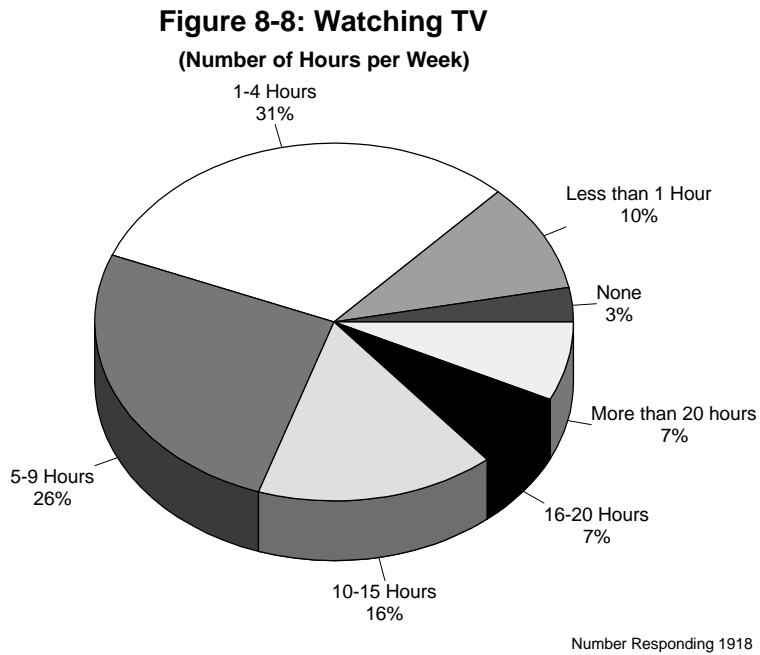
At Home Alone with No Adults Present. Figure 8-7 shows 46% of all students spend five or more hours a week at home with no adults present. Middle school students are more likely than high school students to be at home without supervision five or more hours per week (middle school, 53%; high school, 49%). Twenty-two percent (22%) of teens spend ten or more hours at home with no adults present, including 5% who spend 20 or more hours per week at home without supervision.

Figure 8-7: At Home Alone with No Adults Present
(Number of Hours per Week)



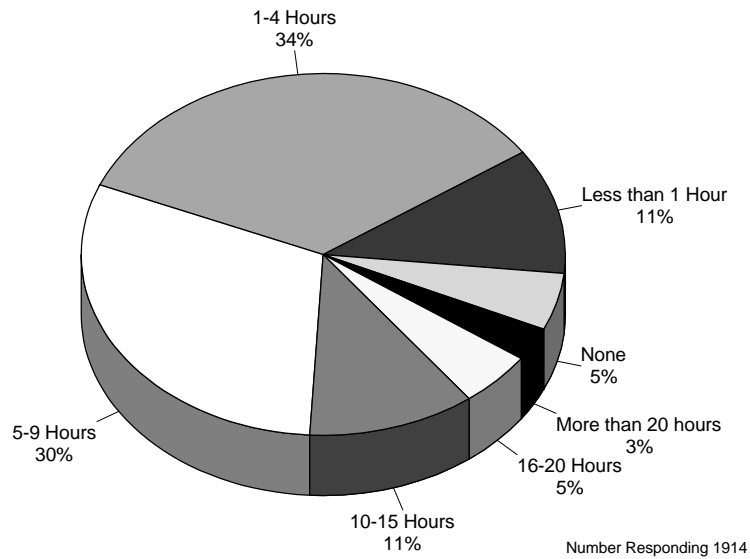
Number Responding 1913

Watching TV. Figure 8-8 shows over half (56%) of students spend five or more hours a week watching TV, including 30% who watch 10 or more hours and 7% who watch more than 20 hours. Watching TV for five or more hours a week decreases a little between middle school (61%) and high school (54%). In both middle school and high school, males have a higher rate than females for watching TV at the level of five or more hours a week (middle school males, 68%; middle school females, 52%; high school males, 62%; high school females, 47%).



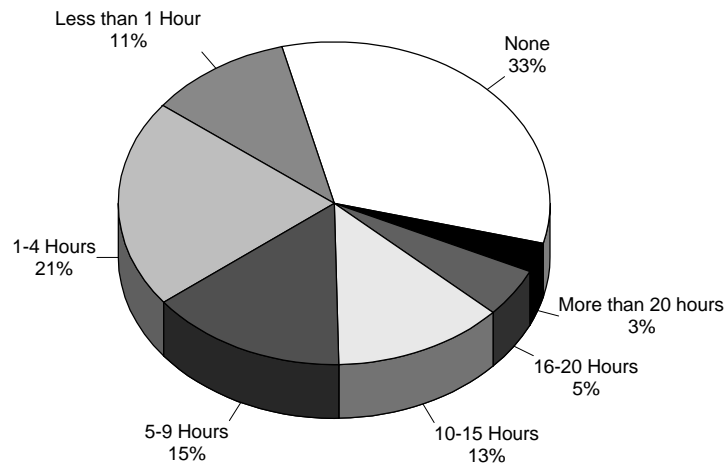
Doing Homework or Studying. Figure 8-9 shows 16% of students spend less than one hour studying each week. In contrast, nearly half (49%) of students spend five or more hours a week studying, and 8% spend 16 or more hours a week studying. At the five or more hours a week level, female students spend more time studying than males do (females, 56%; males, 45%). Fewer high school students than middle school students study at this rate (middle school, 53%; high school, 49%).

Figure 8-9: Doing Homework or Studying
(Number of Hours per Week)



Extra-Curricular School Activities. Figure 8-10 shows many students (67%) spend time in extra-curricular school activities (such as sports, band, clubs, yearbook, etc.), with 36% spending five or more hours a week in these activities. The chart shows students demonstrate varying degrees of commitment to extra-curricular school activities. More males than females are involved in extra-curricular school activities in middle school (middle school females, 29%; middle school males, 38%), but there is only a slight difference at the high school level (high school females, 35%; high school males, 39%).

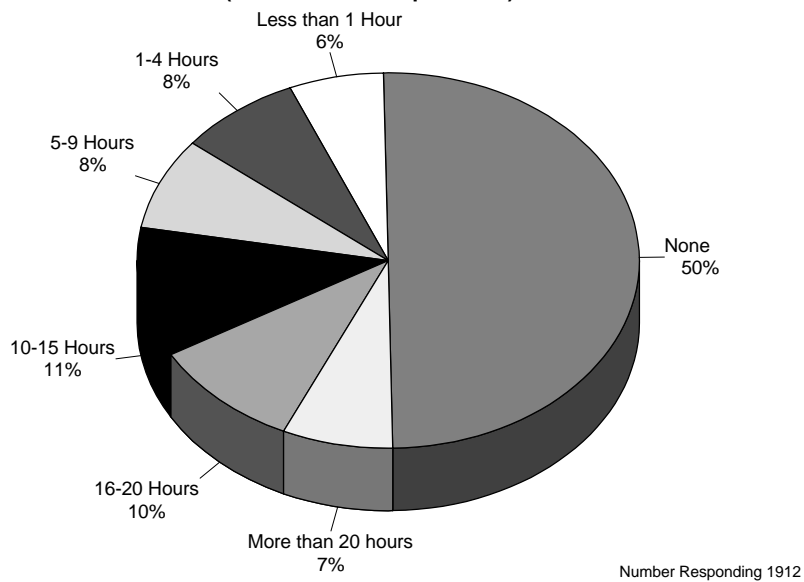
Figure 8-10: Extra-Curricular School Activities
(Number of Hours per Week)



Number Responding 1916

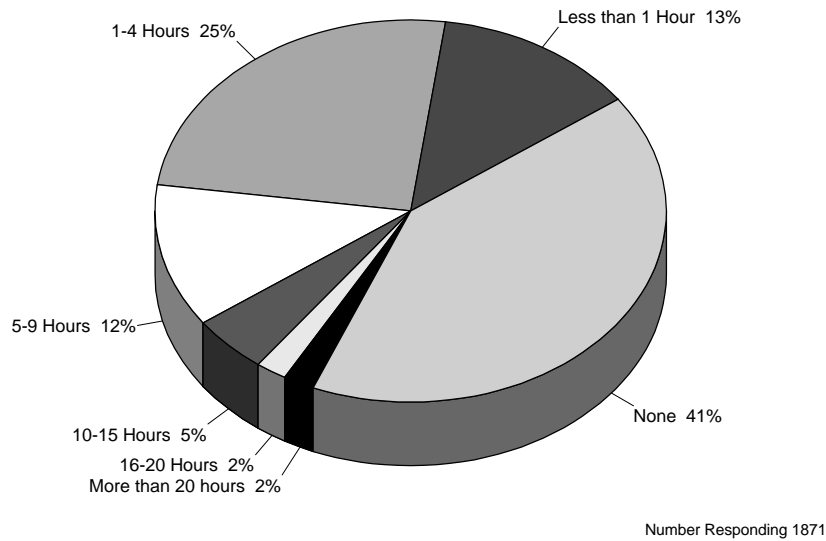
Working at a Job for Pay. Figure 8-11 shows many teens work during non-school hours. Forty-four percent (44%) of students work at a job for pay at least one hour per week. Thirty-six percent (36%) work five or more hours a week and 17% work 16 hours or more per week at a job for pay. The hours spent working for pay increase as students get older. In middle school, only 10% work five or more hours, while 49% of high school students do so. There is little difference by gender at the middle school or high school levels (middle school females, 9%; middle school males, 11%; high school females, 50%; high school males, 48%). Having a part-time job can provide teens with a number of beneficial experiences including opportunities to develop responsibility and self-reliance. They also learn to deal more effectively with others and acquire knowledge about business and consumer matters. However, working more than 15-20 hours per week may entail costs. Working too many hours can diminish involvement in school activities and is associated with increased absenteeism, decline in school performance, higher levels of emotional distress, substance use and earlier age of sexual activity (Greenberger and Steinberg, 1986; Resnick et al., 1997).

Figure 8-11: Working at a Job for Pay
(Number of Hours per Week)



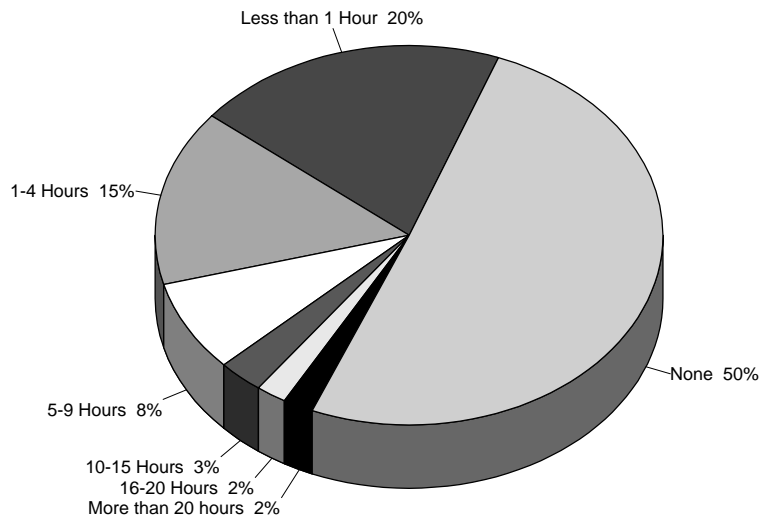
Non-School Activities. Teens were asked how much time they spent in non-school activities, such as music or dance lessons, 4-H, scouts, recreation department activities, religious youth group meetings, etc. Figure 8-12 shows 59% spend some time during the week participating in some sort of non-school activity. TAP data shows 22% of those surveyed report non-school activity at the five or more hours a week level (middle school, 26%; high school, 19%; males, 20%; females, 24%).

Figure 8-12: Non-School Activities
(Number of Hours per Week)



Spending Time in Chat Rooms on the Internet. Teens were asked how many hours per week they spend in chat rooms on the Internet. Figure 8-13 shows one out of two teens (50%) spends some time during the week in chat rooms. TAP data shows 15% of those surveyed report spending time in chat rooms at the five or more hours a week level (middle school, 14%; high school, 13%; males, 15%; females, 13%).

**Figure 8-13: In Chat Rooms on the Internet
(Number of Hours per Week)**



Number Responding 1916

Doing Homework on the Computer. Teens were asked how much time they spent doing homework on the computer. Figure 8-14 shows three out of four students (76%) spend some time during the week doing homework on a computer. It is not clear how much of this time is spent on a home and/or school computer. TAP data show only 9% of those surveyed report doing homework on the computer at the five or more hours a week level, with no difference between school level or gender.

Figure 8-14: Doing Homework on the Computer
(Number of Hours per Week)

