



CBS NEWS POLL  
 For Release: Saturday, January 9, 2010  
 For release: 7:00 am (EST)

**WHERE AMERICA STANDS: THE STATE OF THE AMERICAN WEEKEND**  
 December 17-22, 2009

Americans may not feel rested at the end of a weekend, but fewer than half of American workers say they would sacrifice a day of pay for a longer weekend with friends and family.

At the end of the weekend, 63% of Americans ask themselves "Where did the weekend go?" Only 34% say they feel relaxed, rested and ready for another week.

Working Americans and parents of children under age 18 are even less likely to feel rested and relaxed at the end of a weekend.

**HOW DO YOU FEEL AT THE END OF THE WEEKEND?**

	All	Employed	Parents w/ kids < 18
Rested, relaxed and ready	34%	29%	25%
Where did the weekend go?	63	69	73

Even though the weekends may be flying by for many, fewer than half of working Americans (42%) are willing to give up a day's pay per week in exchange for a longer weekend to spend more time with family and friends. More - 53% - would rather keep their current hours and pay even it means less time with family.

Working women are a bit more willing than working men to give up a day's pay for extra time with their family. Income plays a role here too, with those at lower income levels less willing (or able) to give up a day's pay for a longer weekend.

**WILLING TO GIVE UP A DAY'S PAY IN EXCHANGE FOR LONGER WEEKEND TO SPEND MORE TIME WITH FAMILY?**

(among employed Americans)

	All	Men	Women	<\$50K	\$50K+
Yes	42%	39%	44%	38%	45%
No	53	57	50	57	50

Looking ahead, Americans don't expect their leisure time to increase. 39% say that in the next decade, Americans will be spending more hours working, while just one in 10 expect more leisure time. Half say things will remain the same.

**IN THE NEXT DECADE, WORK HOURS VS. LEISURE HOURS**

More work hours	39%
More leisure hours	9
Same as now	50

**TIME WITH SPOUSE AND KIDS**

Over six in 10 married Americans are satisfied with the amount of time they spend alone with their spouse on a typical weekend. However, nearly a third admit they don't get enough "alone time" with their wife or husband. This number rises to 51% among parents of children under 18.

**TIME SPENT ALONE WITH SPOUSE ON A WEEKEND**

(Among married Americans)

	All	Parents kids < 18
Too much	6%	2%
Not enough	31	51
Right amount	63	47

Looking back, four in 10 married Americans describe the amount of weekend time alone with their spouse as similar to that of their own parents. Almost as many - 36% - say they actually spend more time alone with their spouse than their parents did when they were the same age.

**COMPARED TO PARENTS, TIME SPENT WITH SPOUSE**

(Among married Americans)

More	36%
Less	19
Same	40

Today, about half of parents with kids under 18 say they spend at least some time on the weekend bringing their children to and from activities such as sports, lessons, and hobbies, including a quarter who say they spend a lot of time doing this.

The amount of time spent taking kids to and from various activities increases among parents of children between the ages of 9 and 17.

**ON A WEEKEND, HOW MUCH TIME DO YOU SPEND BRINGING YOUR CHILDREN TO AND FROM VARIOUS ACTIVITIES?**

	Parents w/ <u>kids under 18</u>	Parents w/ <u>kids 9-17</u>	Parents w/ <u>kids under 9</u>
A lot	23%	30%	15%
Some	26	33	18
Just a little	26	23	28
None at all	24	14	35

When asked what their kids like to do most on the weekends, go out and play (16%) is the top answer volunteered by parents; followed by

spending time with friends (12%), and playing sports (11%). Other activities include playing video games (8%), bike riding (7%) and going to the movies (6%).

**CHILDREN'S FAVORITE WEEKEND ACTIVITY?**

(among parents of kids under age 18)

Go out and play	16%
Time with friends	12
Play sports	11
Play video games	8
Bike ride	7
Go to movies	6

Despite the hectic schedule of many families, three in four Americans share most of their meals at home together on the weekends. Even a majority of those parents who spend a lot of time bringing their children to various activities say they eat most weekend meals together as a family.

**ON THE WEEKEND, HOW OFTEN DOES EVERYONE IN THE FAMILY SHARE MEALS TOGETHER?**

(among parents of kids under age 18)

Most of the time	78%
Some of the time	14
Hardly ever	8

-----  
This poll was conducted among a random sample of 1,048 adults nationwide, interviewed by telephone December 17-22, 2009. Phone numbers were dialed from random digit dial samples of both standard land-line and cell phones. The error due to sampling for results based on the entire sample could be plus or minus three percentage points. The error for subgroups is higher.

This poll release conforms to the Standards of Disclosure of the National Council on Public Polls.

CBS NEWS POLL

Where America Stands: The American Weekend  
December 17-22, 2009

q66 Now thinking just about the weekend, how often do you and everyone in your family living with you share meals at home together on the weekends -- most of the time, only some of the time, or hardly ever?

\*\* AMONG PARENTS OF CHILDREN < AGE 18 \*\*

	Total	Men	Women
	%	%	%
Most of the time	78	71	83
Some of the time	14	14	13
Hardly ever	8	14	4
DK/NA	0	1	0

q94 If you had the choice, would you be willing to give up a day's pay per week in exchange for a longer weekend to spend more time with family and friends, or would you prefer to keep the current hours and pay you work now, even though that means less time to spend with family and friends?

\*\* AMONG EMPLOYED RESPONDENTS \*\*

Yes, give up day's pay	42	39	44
No, keep current pay & hours	53	57	50
Depends (Vol.)	2	3	1
DK/NA	3	1	5

q95 Thinking about a typical weekend, how much time do you spend alone with your spouse - would you say you spend too much time alone with your spouse, not enough time, about the right amount of time with your spouse?

\*\* AMONG MARRIED RESPONDENTS \*\*

Too much	6	5	6
Not enough	31	33	29
Right amount	63	61	64
DK/NA	0	1	1

q96 Compared to your parents when they were the age you are now, would you say that you spend more time alone as a couple on weekends than your parents did, less time than your parents did, or about the same amount of time alone on weekends as a couple than your parents did?

More time	36	30	41
Less time	19	20	17
Same time	40	44	37
DK/NA	5	6	5

q98 Which comes closest to how you feel at the end of the weekend? 1. I usually feel relaxed, rested, and ready for another week, or 2. I usually ask myself, 'Where did the weekend go?'

\*\*\* TOTAL RESPONDENTS \*\*\*

Usually feel relaxed, rest & ready	34	38	31
Ask myself 'Where did the wknd go?'	63	60	65
DK/NA	3	2	4

q99 In the next decade, do you expect people to spend more hours working than they do now, will people have more leisure time than they do now, or will things remain about the same?

\*\*\* TOTAL RESPONDENTS \*\*\*

	Total	Men	Women
	%	%	%
More work	39	34	43
More leisure	9	13	6
About the same	50	51	49
Don't know/No answer	2	2	2

q100 During a typical weekend, how much time do you spend bringing your children to and from various activities, such as team sports, lessons and other hobbies --a lot, some, just a little, or none at all?

\*\* AMONG PARENTS OF CHILDREN < AGE 18 \*\*

A lot	23	19	25
Some	26	31	22
Just a little	26	31	21
None at all	24	16	30
DK/NA	1	3	2

q101 What is your children's favorite thing to do on the weekend?

Go out and play	16	10	20
Spend time with friends	12	13	10
Play sports	11	14	9
Video games	8	9	7
Bike ride	7	2	10
Go to movies	6	3	8
Spend time with family	5	4	6
Camping/hiking	4	5	2
Hobbies	3	6	2
Computer time	2	2	1
Organized groups	1	0	1
Read	1	0	2
Shopping/go to the mall	1	0	2
Nothing	1	1	0
Other	15	22	16
DK/NA	7	9	4

	<u>Unweighted</u>	<u>Weighted</u>	<u>Margin of error</u>
Total Respondents	1048		
Total Men	442	493	5 pts.
Total Women	606	555	4 pts.
Total Married Respondents	563	559	4 pts.
Total Parents (Children < 18)	254	354	6 pts.