

# TIME POVERTY

## AND WOMEN IN THE WORKPLACE

Discretionary time refers to time in the day that is not committed to an essential task and can be applied to studies, self-care, etc. A lack of discretionary time is called **“Time Poverty”**.

Non-discretionary time is inaccessible for studying or career advancement. Time Poverty is a chief contributor to poor educational outcomes and career stagnation. The factors that cause Time Poverty disproportionately affect women.

Caretaking  
(children &  
elderly)

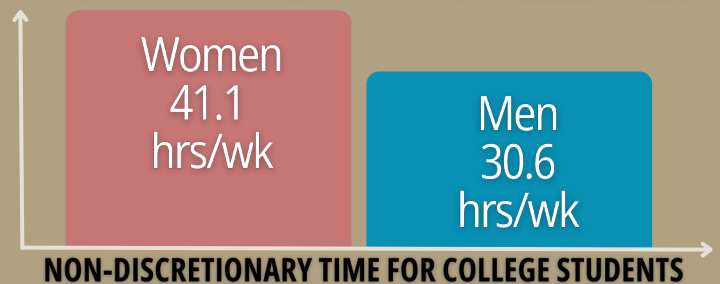
Housework  
& family  
chores

WHAT CAN  
CAUSE TIME  
POVERTY?

Health  
care  
& disability

Paid  
work  
(for living  
expenses)

## IT CAN START IN COLLEGE...



Women have less time that they can apply to coursework or studying.



Black female college students spend **75:00** hours per week on average on course work, paid work, & unpaid work. That's the equivalent of nearly 2 full-time jobs.

## ...AND IT CAN IMPACT CAREERS AT ANY LEVEL



Women are **5X** as likely to work poverty-level wage jobs



Worldwide, **3/4** of men but only **1/2** of women are in the paid labor force.



Mothers are **3X** more likely than fathers to quit a job to care for a family member

SOURCES: [HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC7688061/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7688061/); [HTTPS://WWW.PEWRESEARCH.ORG/SHORT-READS/2015/10/01/WOMEN-MORE-THAN-MEN-ADJUST-THEIR-CAREERS-FOR-FAMILY-LIFE/](https://www.pewresearch.org/short-reads/2015/10/01/women-more-than-men-adjust-their-careers-for-family-life/); [HTTPS://LINK.SPRINGER.COM/ARTICLE/10.1007/S11162-024-09796-5](https://link.springer.com/article/10.1007/s11162-024-09796-5); [HTTPS://THECONVERSATION.COM/TIME-POVERTY-CAN-KEEP-COLLEGE-STUDENTS-FROM-GRADUATING-ESPECIALLY-IF-THEY-HAVE-JOBS-OR-CHILDREN-TO-CARE-FOR-235744](https://theconversation.com/time-poverty-can-keep-college-students-from-graduating-especially-if-they-have-jobs-or-children-to-care-for-235744)