African Statistics Day 2019
Workshop on Quality of Life statistics

Main results of the 2018/19 Living Conditions Survey (LCS)
by Mrs. G. Appadu

Statistics Mauritius
November 2019
Presentation outline

- Objective of 2018/19 LCS
- The Survey Methodology
- Some key results
Why a Living conditions Survey

SM conducted a Living Conditions Survey (LCS) from October 2018 to September 2019 to gather information pertaining to quality of life and time use to supplement existing Quality of Life (QoL) indicators.
Objective of the LCS

The data collected from the LCS together with information from other surveys and administrative sources will allow SM to:

(i) produce more QoL statistics,
(ii) make more in depth analysis of poverty on both the income and non-income dimensions, and
(iii) compile some SDG indicators for which data was not available.
Coverage of the LCS

- The LCS was conducted in the islands of Mauritius and Rodrigues.
- The sample comprised around 3,600 households, representative of all categories of households in Mauritius and Rodrigues.
- Some 300 households were contacted each month from October 2018 to September 2019.
- Half of the households surveyed at HBS 2017 were covered at the LCS. The objective was to avoid asking for information that had already been collected at the HBS (income, expenditure, assets,....).
Data collection instruments

The LCS questionnaire:

- Section 1 – Demographic and other characteristics of household members
- Section 2 – Household’s standard of living and care of household members
- Section 3 - Health and nutrition; sports, recreational and cultural activities and subjective wellbeing.

The Time Use diary:

- A paper diary comprising 48 half hour slots was used to collect information on activities performed during a specific day (24 hours).
First results of the LCS 2018/19

NOTE:

(i) These first results (based on sample observations) are still provisional (data checks and validation not yet completed)

(ii) Responses are self assessment (e.g. own health status as expressed by the respondent). Therefore survey results not comparable to factual information from other sources.

(iii) Also, replies given depend on the mood of the respondent at the time of the interview.
Some key findings

1. Material living standards

(i) *To what extent can households meet their expenses:*  
51% of surveyed households reported having difficulties to meet expenses with household’s monthly income.

(ii) *Financial difficulties for food*  
17% of households reported having difficulties concerning food

(iii) Household’s standard of living compared to 5 years ago:  
*Better:* 41%  
*Same:* 42%  
*Worse:* 17%
2. Social connections and relationships

*Availability of help when needed from relatives, friends, neighbours*

- Material help (for money or food)
  Help available for 75% of households

- Assistance to do something
  80% of households can obtain required assistance when needed.
Some key findings (cont.)

3. Care of household members

(i) *Children ‘aged less than 5 years’ during the day*
- Parent at home - 54%
- Unpaid help (from family/friend,..) – 24%
- Paid care (childminder at home, nursery,..) – 22%

(ii) *Sick/disabled/elderly person who need assistance for daily activities*
- Other household members – 72%
- Unpaid help (from family/neighbour,..) – 12%
- Paid care – 16%
Some key findings (cont.)

Reported by one selected member of the household

1. Health status
93% of respondents in good health
7% having some health problems

As expected, respondents having health problems were mostly among ‘aged’ persons

Age group 61 75 years: 10% of males and 13% of females reported their health as ‘bad’ or ‘very bad’

Age group 76 years and above: 14% of males and 37% of females reported their health as ‘bad’ or ‘very bad’
2. Eating habits

(i) Self assessment of eating habits
- Very good/Good: 78%    Fair/poor: 22%
Some key findings (cont.)

(ii) Change in eating habits
36% of all respondents reported having changed eating habits at some time because of weight or health problems.

(iii) Eating food prepared outside home
Never: 15%  Rarely: 35%  On and off: 47%  Daily: 3%
3. Engagement in sports, recreational and cultural activities

(i) *Sports or some kind of physical activity*

Only 36% usually practice some sport or physical activity and 64% do not practice sport or physical activity.
Among those who practice sport/physical activity, frequency of such activities is as follows:

- **21%** - Daily
- **70%** - At least once a week (excluding those who practice on a daily basis)
- Remaining **9%** - Less frequent basis

- Why 64% do not practice any kind of physical exercise?
  Old age/health issues: **31%**  No time: **45%**  Other reasons: **24%**
(ii) **Outdoor activities:**
Most popular outdoor activity of Mauritians is ‘Going to seaside’ as reported by 57% of respondents

- (iii) **Socialising**
  - Some 95% of respondents reported having met friends/relatives during the 4 weeks preceding interview
  - No contact at all – 5%
(v) Reading habits
Book reading does not seem to be a favourite activity among Mauritians. The survey results show that:
70% of respondents had not read a single book during past year

However, a similar proportion (around 70%) read newspapers.

(vi) Listening to music
Listening to music is a very common form of entertainment/relaxation for nearly all (96%).
Some key findings (cont.)

4. Subjective well being

(i) *Stress due to daily activities and responsibilities*

- Level of stress
  Not at all stressed: **31%**
  Some stress: **50%**
  Quite stressed: **19%**

- Main sources of stress:
  Work: **25%**
  Own health: **13%**
  Financial concerns: **23%**
  Family problems: **13%**
(ii) Feeling nervous/worried during past 4 weeks:
Most of the time: 8%  Sometimes: 76%  Never: 16%
Some key findings (cont.)

(iii) Feeling calm and peaceful during past 4 weeks:
Most of the time: 43%  Sometimes: 56%  Never: 1%
Some key findings (cont.)

(iv) Feeling happy during past 4 weeks:
Most of the time: 45%    Sometimes: 54%    Never: 1%
(v) Feeling lonely during past 4 weeks:
Most of the time: 7%  
Sometimes: 49%  
Never: 44%
(vi) Life satisfaction

Life satisfaction is a personal subjective assessment of own well being
Respondents who were: Very satisfied: 12% Somewhat satisfied: 76%
Some key findings (cont.)

5. Time Use

Based on activities reported during a 24-hours period

<table>
<thead>
<tr>
<th>Activities</th>
<th>Time spent per person per day(hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
</tr>
<tr>
<td>Employment and related activities</td>
<td>4.4</td>
</tr>
<tr>
<td>Production of goods for own household use</td>
<td>0.1</td>
</tr>
<tr>
<td>Unpaid domestic services for household and family members</td>
<td>1.6</td>
</tr>
<tr>
<td>Unpaid caregiving services for household and family members</td>
<td>0.3</td>
</tr>
<tr>
<td>Unpaid volunteer, trainee and other unpaid work</td>
<td>0.0</td>
</tr>
<tr>
<td>Learning</td>
<td>0.9</td>
</tr>
<tr>
<td>Socialising and communication</td>
<td>1.5</td>
</tr>
<tr>
<td>Culture, leisure, mass-media and sports practices</td>
<td>4.4</td>
</tr>
<tr>
<td>Self-care and maintenance</td>
<td>10.8</td>
</tr>
<tr>
<td>Total</td>
<td>24.0</td>
</tr>
</tbody>
</table>
Some key findings (cont.)

(i) *Average time spent at work per day (average for all respondents):*

- Male: 4.4 hours
- Female: 2.2 hours

(ii) *Average time spent on household work and care of family persons day (average for all respondents):*

- Male: 1.8 hours
- Female: 4.6 hours

(iii) *Time spent at work and household tasks by working persons:*

- Work: Men spend 0.9 hr more than women
- Household tasks: Women spend 2.2 hours more men
- Work and household tasks: Women spend 1.3 hrs more than men
Some key findings (cont.)

Time use pattern of working persons, 2018

Average time (hours per day) spent by employed persons by specified activities and gender - October 2018 - Mar 2019

Activities

- Paid Work
- Household Tasks
- Personal Activities

<table>
<thead>
<tr>
<th>Activities</th>
<th>Time (hours/day)</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paid Work</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Household Tasks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personal Activities</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
THANK YOU!