



Exploring the Time Use of People after Retirement: A Study of Division Bahawalpur, Pakistan

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Abstract

The study aims to analyze the time use of pensioners in the division Bahawalpur, Pakistan. Time-use surveys were carried out in all three districts of division Bahawalpur from February 2015 to June 2020, divided into four phases. This article describes the differences in time use of pensioners in the districts Bahawalpur, Bahawalnagar, and Rahimyar Khan in all four phases. The results suggest remarkable similarities in the time use of all three districts. Mostly time after retirement was spent with family and on religious activities, whereas the least time was spent on travelling after retirement by pensioners of division Bahawalpur.

Keywords

Time Use, Pensioners, Retirement, Grid Graph.

Introduction

The most valuable asset a man possesses is time. Every element of a person's life is greatly impacted by time. We also measure our daily activities and experiences in relation to time. Methods of time utilization are linked to people's lifestyles. Gaining a better understanding of people's time usage is the main goal of time use surveys. Additionally, it provides a unique perspective on people's actions, real living standards, and social, familial, professional, and personal lives. Time use is a method that can be used to provide analytical statistics for a variety of causes, ranging from complex hypothetical situations to community-based growth. One can examine and evaluate how people use their time by employing time use techniques.

Piloting time utilization studies can be done for a number of reasons. The primary purpose of time use surveys is to gather data on how much time is spent on various activities on an average day. After then, these figures are examined to improve households. The analysis paves the way for better economic and social policy. Official statisticians and researchers in the social sciences have been increasingly taking an interest in self-reported approaches to wellbeing. Stone et al (2016) have discussed the American Time Use Survey (ATUS) for measuring the social wellbeing of individuals. The time use technique can be used to examine and evaluate how people use their time. Its nominal purpose is to show the activities that people participate in on a daily or weekly basis. In its broadest sense, it illustrates what people do, where they do it, who they do it with, and how they feel. People's actions show a moderate to high degree of variation. Individuals, particularly those in their later years, engage in a variety of activities.

After reaching superannuation age, a person who typically works seven to eight hours outside the house must spend most of his time at home. In order to avoid boredom after retirement, seniors engage in a variety of social and religious activities. Participating in various activities provides their lives purpose; otherwise, they risk being surrounded by depressive thoughts.

A person's life drastically alters after retirement. According to certain research, people begin to lose their social connections and their sense of purpose in life when they retire. However, for some, retirement offers the chance to pursue all of those interests that they were unable to pursue due to their hectic work schedules.

A prosperous retiree strikes a balance between leisure and other pursuits. It's important to recognize the distinction between time-filling activities and rewarding ones. While rewarding activities are those that a person didn't perform due of their hectic work schedules, time-filling activities are done merely to kill time.

It can be challenging for retired persons to decide how they can spend their time. According to the ATUS surveys, many retirees spend most of their day and late nights watching TV. They consume coffee/tea, play different sports such as football, cricket, basketball, and baseball game. Some people spend their time watching movies, engage with their friends, and watch TV shows (Hettiarachchy, 2014). When the relationships among family members are strong, retirees tend to spend most of their time with their children and grandchildren. As they have spent most of their time while working, they tend to spend the rest of their life with their family members. Many family traditions are passed down to generations which can keep the retirees busy. These traditions keep the family members strongly close and linked. In such families, retired individuals are attached to their children and grandchildren. Especially in Pakistan, family members usually live together, and traditions and customs are passed to different generations. In these families, retired family members tend to spend their time with their family members. However, in some societies and states, this culture has been declined. People have kept them busy in their work and earning money. They do not have enough time for their family members, which cause depression and social isolation among retired people. In the west, growing children tend to make their independent decisions and spend their life on their own terms. Male retirees tend to spend their rest of life alone or in isolation.

Merz (2002) asserts that time use is essentially a collection of many activities and lifestyles. It is employed to enhance traditional, specialized viewpoints, staff involvement, leisure time, and social work. In Novi, Zagreb, Ana et al. (2013) carried out a survey-based study to determine how satisfied retired persons were with their free time. They came to the conclusion that whereas respondents who had a hard time adjusting to retirement were more satisfied with their free time, the majority of respondents who had an easy time adjusting to retirement were less satisfied with their free time. Easily adapted retirees enjoyed watching TV and taking part in religious activities. It was shown that those who were struggling to adjust to retirement were active in sports and reading. Evenson et al. (2002) used the data from the Atherosclerosis Risk in Communities Study of respondents aged 45–64 years at baseline to determine whether leisure-time physical activity increased through retirement or not. This study showed that there was an increase in sports participation among the retired followed up respondents than those who sustained to work over a six year time period. Retirement was interlinked with an increase in the participation in various exercises and sports as well as watching television.

Finding the differences between employed and retired people's associations with productive activities and factors influencing time allocation was the main goal of Dosman et al. (2006). In Canada, telephone interviews were used for this purpose. Multivariate analysis and descriptive statistics were used. According to the data, people continued to engage in productive activities after they retired. Additionally, it was shown that respondents who decreased their productive activity were probably going to live longer than those who did not. Although they did not love watching television as much as young people, the majority of adults 65 and older watched television for longer than younger people did. Increased TV viewing was associated with lower life satisfaction (Depp et al., 2010). Through 24-hour time period activities, Chilvers, Corr, and Singlehurst (2010) investigated the work lives of 90 healthy and active older (60–85 years) UK people. According to this study, older, healthier UK residents used to spend less time sleeping and engaging in passive activities, while others in their age group spent more time engaging in hobbies, socializing, and shopping. Due to the wide range of activities they engaged in, older professionals were a heterogeneous group. Wetzel and Huxhold (2016) investigated the connection between retirement and leisure activities and physical health. Compared to retirees with higher levels of education, those with lower levels of education also reported lower levels of leisure activity and health. Activity level did not predict changes in physical health. People with lower levels of education were concerned about their health. It seemed likely that

retirees with bad health would engage in less leisure time. Cowgill and Baulch (1962) studied how older adults spent their free time in Wichita, Kansas, in the United States. The findings indicated that elderly citizens in Wichita had about five hours each day for leisure, with the majority of the time being spent on television, reading, and domestic pastimes. Activities also showed seasonal change, with home hobbies becoming more popular in the summer and spring and television watching being more common in the winter. Cha (2018) investigated the relationship, as well as the factors influencing it, between the amount of time spent on leisure activities and the life satisfaction of older Korean adults. A significant amount of time spent engaging in outdoor activities was found to raise the value of life satisfaction. Young and old individuals from various occupational categories were found to use their time differently. People who were older, lived with their spouses, had better health, and had more education were happier with their lives. Chang et al. (2014) used data from the U.S. Health and Retirement Study conducted in 2006 and 2010 to examine the impact of leisure activities on the health and social relationships of older adults. Fostering social connections was important in this study and positively impacted participation in recreational activities. Participation in leisure activities was positively correlated with health in later life; that is, greater participation led to better health. Velarde and Herrmann (2014) used data from the German Time utilization Survey to investigate the relationship between post-retirement eating modifications and time utilization. It was observed that following retirement, food-related time use changed.

Retired spouses become more involved in aiding partners at work and around the house. The participation of retired women in masculine tasks increased (Szinovacz, 2000). According to the retirees, the Internet is the most helpful source of knowledge and a comprehensive resource. Computer use seems to be higher among older women than among older men (Nycs, Bader, and Klimaszewski, 2014). Gauthier and Smeeding (2003) used data from time use surveys in nine countries (Finland, Germany, Netherlands, Canada, the United States, Japan, the United Kingdom, Italy, and Sweden) to demonstrate how older adults' time use varies by country and how it changes as they get older. They came to the conclusion that the quantity of time spent working for pay reduced over time. As people aged, more time was spent on leisure and personal pursuits. While there was no difference in the activities across the nations, there were variations in how they used their time. McKenna et al. (2007) used cross-sectional design interviews to collect data from 195 respondents. They discovered that respondents slept for 8.4 hours a day, engaged in self-contained leisure for 4.5 hours, and engaged in social leisure for 2.7 hours. The remainder of their time was spent on various useful and fundamental activities. Participants used to spend the most of their time feeling lonely as they grew older. Retirement is solely linked to changes in leisure activities, according to Henning, G. et al. (2020).

Material and Method

A study was done to determine the nature of activities in which retired people of the division Bahawalpur, Pakistan were usually involved and how they spent their time. Direct interviews were conducted and data was collected with the help of a questionnaire, comprising of demographic and socio-economic characteristics, and a 24 hour time use diary to gain a better insight about various activities in which retirees were usually involved. The time journal began at 12:00 am and finished at 11:59 pm, with a 30-minute break in between. When the sample size is big, the most popular approach for collecting time use data is the time diary. It offers the most accurate approximations. The data of pensioners included in this study was taken from February 2015 to January 2016 in phase I, February 2017 – January 2018 in phase II and February 2019 – January 2020 in phase III. As the data of phase III was conducted just before the outbreak of COVID-19 in the country, so it was decided to refill the time use diaries from respondents of phase III during COVID-19 (when the strict lockdown was being observed in the region). Out of 3973, 3448 retirees agreed to give interviews. Data of pensioners was collected from District Accounts Offices of the three districts of division Bahawalpur, i.e. Bahawalpur, Rahimyar Khan, and Bahawalnagar. The sample was selected using stratified random sampling where districts were treated as strata. Within each stratum, the sampling units were selected by proportional allocation.

The analysis of data was done using R programming. A grid graph created in R studio was used to show district wise mean time spent by pensioners on each activity for all the phases.

Results and Discussion**Demographic, Social and Behavioral Characteristics of Pensioners****Table 1. Pensioners' Characteristics**

Characteristics	Percentage
Gender	
Men	74.0
Women	26.0
Educational Level	
Illiterate	13.5
Primary	3.1
Middle	16.0
Matric	16.4
Intermediate	25.9
Bachelors	13.0
Masters	9.6
Other	2.3
Marital Status	
Unmarried	3.5
Married	79.3
Divorced	2.7
Widow/Widower	14.5
Retirement after attaining superannuation age	
Yes	88.3
No	11.7
Health Status	
Good	25.0
Average	56.7
Poor	18.3
Suffering from stress	
Yes	26.4
No	73.6
Activities mostly involved in	
Indoor	56.9
Outdoor	43.1
Feel lonely after retirement	
Yes	31.9
No	68.1
Watch TV	
Yes	74.4
No	25.5
Change in attitude of children	
Yes	23.8
No	76.2
Miss professional life	
Yes	78.7
No	21.3
Satisfaction with life	
Yes	76.9
No	23.1

Table 1 shows the demographic, social and behavioral characteristics of pensioners of division Bahawalpur. The findings of the study indicate that 74% of respondents were male and 24% were female. It shows that majority of pensioners were men. The study results suggest that 13.5% of pensioners were illiterate, 3.1% attained primary education, 16% had middle education, and the almost same percentage of pensioners got their education up to matric level, 25.9% respondents had acquired education up to intermediate, 13% of pensioners had bachelor's degree, whereas 9.6% pensioners got master's degree. 2.3% of pensioners had other degrees like MBBS or diplomas in technology etc. As displayed in Table 1, 79.3 percent of the retirees were married, whereas 14.5 percent were widow/widower, 2.7% of pensioners were divorced and 3.5% of retirees were unmarried. 88.3% of the targeted population got their retirement after attaining the age of

superannuation, while the rest of 11.7% took their retirement before reaching the age of sixty. Health indicators specified by the sampled respondents were of the satisfactory level, as only 18.3% of retirees suffered from poor health. 26.4% of pensioners reported they suffer from mental stress, while 73.6% of pensioners didn't. It can be seen from the above table that 56.9% of pensioners were involved in indoor activities and the remaining preferred outdoor activities. The results in the above table portray that only 31.9% of pensioners felt lonely after retiring from their services. 74.4% of retirees were fond of watching television. The above calculated statistics reveal that 76.2% of retirees did not feel any change in the attitude of children towards them however, 23.8% of retirees had faced changes in the attitude of their children after their retirement. The percentage of pensioners who were satisfied with their life was 76.9 whilst, 23.1% of retirees were unsatisfied with their lives. 59.6% of retirees were satisfied with the amount of pension they received per month.

District wise Mean Time Spent on Activities

District wise mean time spent by pensioners on each activity for all phases is shown below in grid graph.



Fig. 1 Mean time per activity by phase and district

Data regarding district wise mean time spent on the activities for all the phases is presented in grid graph, fig 1. In phase 1, the pensioners of district Rahimyar Khan spent more time on resting/sleeping (492.24 minutes) followed by district Bahawalpur (468.49 minutes) and the pensioners of district Bahawalnagar spent on resting/sleeping (422.03 minutes). In phase 2, the pensioners of district Rahimyar Khan spent 411.52 minutes on resting/sleeping, the pensioners of district Bahawalpur spent 450.72 minutes on resting/sleeping, whereas, the pensioners of district Bahawalnagar spent 449.66 minutes on resting/sleeping. In Phase 3 (Before COVID-19), the pensioners of district Rahimyar Khan spent 446.35 minutes on resting/sleeping, district Bahawalpur’s pensioners spent 422.20 minutes on resting/sleeping and the pensioners of district Bahawalnagar spent 461.92 minutes on resting/sleeping.

In Phase 3 (During COVID-19), the pensioners of district Bahawalpur spent time 454.95 minutes, district Rahimyar pensioners 458.26 minutes and the pensioners of district Bahawalnagar spent 446.71 minutes on resting/sleeping.

It can be seen in fig 1, that the pensioners of district Bahawalpur included in phase 1, spent 40.77 minutes on their personal care, the pensioners of district Rahimyar Khan spent 38.48 minutes whereas the pensioners of Bahawalnagar spent 53.57 minutes on their personal care. In phase 2, the pensioners of district Bahawalpur spent 40.48 minutes on personal care, district Rahimyar Khan 53.16 minutes and the pensioners of district Bahawalnagar spent 46.96 minutes on their personal care. In Phase 3 (Before COVID-19), pensioners of district Bahawalpur spent time 49.54 minutes on personal care, of Rahimyar Khan, 40.96 minutes and the pensioners of Bahawalnagar spent 38.9 minutes on personal care. In Phase 3 (During COVID-19), pensioners of district Bahawalpur spent 49.68 minutes on personal care, the pensioners of district Rahimyar Khan spent 40.96 minutes and the pensioners of Bahawalnagar spent 37.88 minutes on their personal care. In phase 1, the pensioners of district Rahimyar Khan spent 114.35 minutes on eating, district Bahawalpur's pensioners spent 132.09 minutes and the pensioners of Bahawalnagar spent 136.96 minutes on eating in a single day., while in phase 2, the pensioners of district Rahimyar Khan spent 103.29 minutes on eating, the pensioners of Bahawalpur spent 110.60 minutes and 116.84 minutes were spent by the pensioners of district Bahawalnagar. In Phase 3 (Before COVID-19), the pensioners of district Rahimyar Khan spent 116.35 minutes on eating, Bahawalpur's retirees spent 134.45 minutes and the pensioners of Bahawalnagar spent 103.60 minutes on eating. In Phase 3 (During COVID-19), the pensioners of district Bahawalpur spent 139.40 minutes on eating, district Rahimyar Khan spent 121.30 minutes and Bahawalnagar 124.28 minutes on eating. Average time spent on travelling by district Bahawalpur's retirees in phase 1, phase 2 and phase 3 (before COVID-19) was 14.95, 19.34 and 15.55 minutes respectively. Average time spent on travelling by district Rahimyar Khan's retirees in phase 1, phase 2 and phase 3 (before COVID-19) were 15.92, 19.94 and 26.35 minutes respectively. Average time spent on travelling by district Bahawalnagar retirees in phase 1, phase 2 and phase 3 (before COVID-19) was 18.10, 25.47 and 20.25 minutes respectively. During COVID-19, as the country had to face the situation of lockdown and a ban was imposed on movement so, time spent on travelling by pensioners in that duration was zero. Pensioners of phase 1, in district Bahawalpur spent 40 minutes on average with their friends, district Rahimyar Khan spent 35.27 minutes and the pensioners of Bahawalnagar spent 49.39 minutes with friends. In phase 2, the pensioners of district Bahawalpur, Rahimyar Khan and Bahawalnagar spent 44.91, 54.11 and 39.58 minutes with friends. On average, pensioners of district Bahawalpur spent 48.58 minutes with their friends before COVID-19, but it was reduced to 12.52 minutes during the COVID-19 period. Before COVID-19, pensioners of district Rahimyar Khan spent 46.17 minutes with friends and pensioners of Bahawalnagar spent 41.10 minutes on friends. During COVID-19), surprisingly pensioners of district Bahawalnagar spent 30.76 minutes and pensioners of district Rahimyar Khan spent 22.96 minutes with their friends.

In phase 1, pensioners of district Rahimyar Khan spent 196.70 minutes with family, Bahawalpur spent 184.13 minutes and pensioners of Bahawalnagar spent 158.36 minutes with family. In phase 2, pensioners of district Rahimyar Khan spent 146.52 minutes with family, district Bahawalpur retirees spent 142.57 minutes whereas, pensioners of Bahawalnagar spent 144.89 minutes with family. In Phase 3 (Before COVID-19), pensioners of district Rahimyar Khan spent 130.17 minutes with family, pensioners of district Bahawalpur spent 150.00 minutes with family and pensioners of Bahawalnagar spent 161.26 minutes with family. In Phase 3 (During COVID-19), pensioners of district Bahawalpur spent 168.03 minutes with family, district Rahimyar Khan spent 170.09 minutes and pensioners of Bahawalnagar spent 206.86 minutes with family. In phase 1, pensioners of district Rahimyar Khan spent 12 minutes on average on physical exercise, however, pensioners of district Bahawalpur spent 15.47 minutes and pensioners of Bahawalnagar spent 24.44 minutes on physical exercise. In phase 2, pensioners of district Rahimyar Khan spent time 28.48 minutes, Bahawalpur 22.59 minutes and Bahawalnagar 21.75 minutes on physical exercise. In Phase 3 (Before COVID-19), on average, pensioners of district Rahimyar Khan and district Bahawalpur spent almost the same amount of time on physical exercise/ sports i.e. 25 minutes, whereas pensioners of Bahawalnagar spent 21.65 minutes on physical exercise. In Phase 3 (During COVID-19), pensioners of district Bahawalpur spent 30.55 minutes on physical exercise, Rahimyar Khan's

pensioners spent half hour, whilst 22.54 minutes were spent by pensioners of Bahawalnagar spent on physical exercise.

Fig 1 shows the data regarding mean time spent on social networking websites and the internet for all phases. In phase 1, pensioners of district Bahawalpur used the internet for 31.44 minutes, district Rahimyar Khan spent time on social networking sites and the internet for 38.90 minutes and pensioners of Bahawalnagar spent 47.04 minutes. In phase 2, pensioners of district Bahawalpur spent 43.73 minutes using the internet, district Rahimyar Khan spent approximately one hour on social networking and pensioners of Bahawalnagar spent an averagely of 41.51 minutes on social networking websites. In Phase 3 (Before COVID-19), pensioners of district Bahawalpur spent 44.17 minutes, district Rahimyar Khan spent time 39.13 minutes on social networking, and pensioners of Bahawalnagar spent 42.37 minutes on social networking sites. In Phase 3 (During COVID-19), on the average, duration of internet usage increased for all three districts i.e. Bahawalpur, Rahimyar Khan and Bahawalnagar to 51.19, 47.22 and 53.9 minutes respectively. Pensioners of district Bahawalpur spent 27.68 minutes in phase 1, 38.04 minutes in phase 2, 39.91 minutes on phase 3, before COVID-19 and 46.38 minutes during the COVID-19 phase. Average time spent by pensioners of district Rahimyar Khan talking on the phone was 28.40 in phase 1, 42.15 in phase 2, 39.65 in phase 3, before COVID-19 and 49.30 minutes during the COVID-19 phase. District Bahawalnagar pensioners spent 39.61 minutes in phase 1, 30.71 minutes in phase 2, 34.79 minutes in phase 3 before COVID-19 and 41.99 minutes during COVID-19, talking on the phone.

In phase 1, pensioners of district Rahimyar Khan spent 147.02 minutes, pensioners of Bahawalpur spent 108.23 minutes and pensioners of Bahawalnagar spent 103.45 minutes watching TV. In phase 2, pensioners of district Rahimyar Khan spent 106.90 minutes, pensioners of district Bahawalpur spent 104.91 minutes and pensioners of Bahawalnagar spent 101.41 minutes)on watching TV. In Phase 3 (Before COVID-19), pensioners of district Rahimyar Khan spent 98.09 minutes, retirees of district Bahawalpur spent 110.92 minutes and pensioners of Bahawalnagar spent 109.66 minutes watching TV. In Phase 3 (During COVID-19), comparatively, there was a rise in values, pensioners of district Bahawalpur spent 120.55 minutes, pensioners of district Rahimyar Khan spent 111.13 minutes whereas, pensioners of district Bahawalnagar spent 120.08 minutes watching TV. In phase 1, on average pensioners of district Rahimyar Khan spent time 38.70 minutes on reading, pensioners of district Bahawalpur spent 41.02 minutes and pensioners of Bahawalnagar spent on reading 44.54 minutes. Moreover, in phase 2, pensioners of district Rahimyar Khan spent time 45.05 minutes on reading, pensioners of district Bahawalpur spent 43.92 minutes and pensioners of Bahawalnagar spent 38.96 minutes on reading. In Phase 3 (Before COVID-19), pensioners of district Rahimyar Khan spent time 64.43 minutes on reading, pensioners of district Bahawalpur spent 44.59 minutes and pensioners of Bahawalnagar spent 41.69 minutes on reading. In Phase 3 (During COVID-19), pensioners of district Bahawalpur spent 48.85 minutes, pensioners of district Rahimyar Khan 73.57 minutes and pensioners of Bahawalnagar 49.49 minutes on reading. In phase 1, pensioners of district Bahawalpur spent 44.53 minutes, district Rahimyar Khan spent 39.39 minutes, and pensioners of Bahawalnagar spent 57.79 minutes on housework. In phase 2, pensioners of district Bahawalpur spent 59.19 minutes on housework, pensioners of district Rahimyar Khan spent 65.32 minutes, and pensioners of Bahawalnagar spent 56.49 minutes on housework. Furthermore, in Phase 3 (Before COVID-19), pensioners of district Bahawalpur 55.60 minutes, pensioners of district Rahimyar Khan 78.78 minutes, and pensioners of Bahawalnagar spent 53.69 minutes on housework. In Phase 3 (During COVID-19), pensioners of district Bahawalpur spent time 55.73 minutes, pensioners of district Rahimyar Khan spent 84.26 minutes and pensioners of Bahawalnagar spent 43.94 minutes on housework on average.

In phase 1, pensioners of district Bahawalnagar spent shopping 38.02 minutes, pensioners of district Rahimyar Khan spent 15.00 minutes and pensioners of Bahawalpur spent 31.50 minutes. In phase 2, on average, pensioners of district Bahawalnagar spent 42.73 minutes, pensioners of district Rahimyar Khan spent 38.16 minutes and pensioners of Bahawalpur spent 40.93 minutes on shopping. In Phase 3 (Before COVID-19), pensioners of district Bahawalnagar spent 35.64 minutes on shopping, pensioners of district Rahimyar Khan spent 46.17 minutes and pensioners of Bahawalpur spent 40.46 minutes on shopping. Alternatively, in Phase 3 (During COVID-19), because of the lockdown in the country, no time was spent on shopping by the pensioners of all the three districts as all the shopping malls and shops were closed. In phase 1, pensioners of district Rahimyar Khan spare

12.10 minutes on average for leisure activities, pensioners of district Bahawalpur spent 16.60 minutes and pensioners of Bahawalnagar spent 16.63 minutes for leisure activities. In phase 2, pensioners of district Rahimyar Khan spent 20.89 minutes, pensioners of district Bahawalpur spent 18.43 minutes and pensioners of Bahawalnagar spent 20.14 minutes on their leisure activities. In Phase 3 (Before COVID-19), pensioners of district Rahimyar Khan spent time 24.00 minutes, pensioners of district Bahawalpur spent 20.09 minutes and pensioners of Bahawalnagar spent 19.87 minutes on leisure activities. Comparatively, in Phase 3 (During COVID-19), time spent on leisure activities was slightly increased as pensioners of district Rahimyar Khan spent 26.87 minutes, pensioners of district Bahawalpur spent 31.51 minutes, and pensioners of Bahawalnagar spent 37.99 minutes on leisure activities.

Average time spent on outing by district Bahawalpur's retirees in phase 1, phase 2 and phase 3 (before COVID-19) was 11.46, 17.89 and 22.29 minutes respectively. Average time spent on outing by district Rahimyar Khan's retirees in phase 1, phase 2 and phase 3 (before COVID-19) was 12.52, 21.08 and 13.83 minutes respectively. Average time spent on outing by district Bahawalnagar retirees in phase 1, phase 2 and phase 3 (before COVID-19) was 12.24, 28.73 and 19.96 minutes respectively. During COVID-19, all the eatery and amusement places were closed because of the ban on social gatherings, time spent on outing by pensioners in that duration was zero. In phase 1, pensioners of district Rahimyar Khan spent 153.44 minutes on religious activities, pensioners of district Bahawalpur spent 170.23 minutes and pensioners of Bahawalnagar spent 163.54 minutes on religious activities. In phase 2, pensioners of district Rahimyar Khan spent 158.35 minutes on religious activities, pensioners of district Bahawalpur spent 181.08 minutes and pensioners of Bahawalnagar spent 167.27 minutes on religious activities. In Phase 3 (Before COVID-19), pensioners of district Rahimyar Khan spent 154.17 minutes on religious activities, pensioners of district Bahawalpur spent 159.77 minutes and pensioners of Bahawalnagar spent 171.36 minutes on religious activities. In Phase 3 (During COVID-19) results changed to a great extent, pensioners of district Bahawalpur spent time 180.41 minutes averagely on religious activities, pensioners of district Rahimyar Khan spent 165.61 minutes daily on religious activities and pensioners of district Bahawalnagar spent 175.30 minutes on their religious activities.

Pensioners of phase 1, in district Bahawalpur spent 8.96 minutes on average in social work, district Rahimyar Khan spent 12.37 minutes and pensioners of Bahawalnagar spent 10.19 minutes on social work. In phase 2, pensioners of district Bahawalpur, Rahimyar Khan and Bahawalnagar spent 15.63, 22.03 and 15.33 minutes doing some social work. On average, pensioners of district Bahawalpur spent 13.76 minutes in social work before COVID-19, but it was increased to 20.37 minutes during the COVID-19 period. Before COVID-19, pensioners of district Rahimyar Khan spent 10.70 minutes on social work and pensioners of Bahawalnagar spent 14.70 minutes on social work. During COVID-19, surprisingly pensioners of district Rahimyar Khan spent 19.48 minutes and pensioners of district Bahawalnagar spent 20.13 minutes on social work.

The mean time spent on post-retirement occupation by pensioners of district Bahawalpur of phase 1 was highest among all districts and phases i.e. 52.36 minutes. Pensioners included from phase 1 of district Rahimyar Khan spent 38.78 minutes on average per day on post-retirement occupation. Pensioners of Bahawalnagar in phase 1 spent 47.01 minutes on their post-retirement occupation. However, pensioners of district Bahawalpur spent less time (45.36 minutes) on their post-retirement occupation as compared to the other two districts in phase 2. District Rahimyar Khan's pensioners spent time 46.14 minutes and pensioners of district Bahawalnagar spent 47.57 minutes on post-retirement occupation. In Phase 3 (Before COVID-19), pensioners of district Rahimyar Khan spent 39.13 minutes on post-retirement occupation, pensioners of district Bahawalpur spent 42.80 minutes and pensioners of Bahawalnagar spent 48.39 minutes on post-retirement occupation. On the other hand, in Phase 3 (During COVID-19), pensioners of district Bahawalpur spent almost half an hour on post-retirement occupation, pensioners of district Rahimyar Khan 19.00 minutes and pensioners of Bahawalnagar spent 28.94 minutes averagely on their post-retirement occupation.

Conclusion

There were various activities of pensioners on which they spent their time after retirement. The results showed that on average almost the same amount of time was spent on the activities by pensioners of all districts in every phase. It was observed that on average, the maximum time of pensioners was spent on resting and sleeping. After that their most of the time was spent with their family and on

religious activities. Approximately, 119 minutes were spent by pensioners of division Bahawalpur on eating. This activity included breakfast, lunch, dinner, brunch etc. An average of 44 minutes was spent by retirees on their personal care, using the internet, reading (books, newspaper, magazines) and time spent with their friends. Less than half an hour was spent on physical exercise by pensioners. The least time spent by pensioners was on travelling. Additionally, it was shown that COVID-19 has altered lifestyles. During the lockdown, social gatherings were strictly prohibited. People, especially the elderly, were advised to remain in their houses. Since the start of the lockdown, family time has greatly expanded. Since eating out was forbidden, there has been a rise in the adoption of healthier lifestyles.

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