

ANALYSIS OF TIME USE IN TURKEY

M.Çağlar ÖZDEMİR*

Abstract

“Time Use Statistics” are produced by the Turkish Statistical Institute (TURKSTAT) under the main heading of employment, unemployment and wages statistics. The lastly statistics produced for the period of 2014-2015, contain information on which activities are devoted to time within one-day time (24 hours). In this context, it can be reached to totally 11 detailed statistics of activities such as food, personal care, employment, education, household and family care, voluntary work and meetings, social life and entertainment, sports, hobbies and games, TV watching-radio and music listening, Time use activities can be examined by gender, income group, working and education status, marital status and age groups. The aim of this study is to determine the level of daily time using within the parameters mentioned above in Turkey. The research is based on an insightful analysis of related TURKSTAT statistical data. The data obtained from TURKSTAT were classified according to the main titles and subjected to cross-over evaluations. As a result, the activities were classified according to working and non- working groups, and the information obtained is generally evaluated.

Keywords: Time Use, Leisure Time, Preferences

* Prof.Dr. Sakarya University Faculty of Political Sciences Department of Labor Economics and Industrial Relations, cozdemir@sakarya.edu.tr

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Introduction

Perhaps the most striking feature of modern life is the change it creates in the perception of time. The use of time has separated from space with modern life, and has even turned into a space of interaction for more than one person at the same time. Giddens defines this formation as the time-space decomposition.¹ What is meant to be explained with this concept is that in pre-modern societies, time is necessarily associated with a space, but in modern times, this bond is weakened and the use of time is possible (for example, spending time on social media).² Measurable, space-independent and standardized time is therefore defined as one of the most distinctive features of modern life.³

In modern life, which includes extreme dynamism, time is running out in a rapid rush. The main element of this rapid consumption is the motive to make money. This is also prominent in leisure use and work decision, which have an important place in the Labor Economics discipline.⁴ Of course, although non-monetary factors are also taken into account (child or elderly care at home, time devoted to hobbies, individual preferences, etc.), the choice of reducing leisure time use and increasing working hours in modern societies mostly depends on monetary reasons that highly affect the welfare level.⁵ Leisure time in the capitalist world in modern society is mostly evaluated in terms of productivity and inefficiency. For example, people who prefer free time to work for whatever reason are perceived as less productive than employees.⁶ While the use of leisure, which can be partially defined as voluntary unemployment, is seen as useless for mainstream economic ideologies, it can be seen as a humanitarian or even a fundamental right within the framework of critical economics.⁷ Moreover, debates such as the enslavement of modern man deprived of his right to use his time and the construction of a new society to regain his rights over time are within the scope of critical economics.⁸

¹ Anthony Giddens, *Modernliğin Sonuçları*, Çev. Ersin Kuşdil, Ayrıntı Yayınları, İstanbul 2012, s.24.

² George Ritzer, *Sosyoloji Kuramları*, Çev. Himmet Hülür, De Ki Basım Yayın, 2013, s.550 vd.

³ Anthony Giddens-Christopher Pierson, *Modernliği Anlamlandırmak*, Çev. Serhat Uyrukulak ve Murat Sağlam, Alfa Kitabevi, İstanbul 2001, s.75 vd.

⁴ Thorstein Bunde Veblen, *Aylak Sınıfın Teorisi: Kurumların İktisadi İncelemesi*, Çev. Eren Kırmızıaltın-Hüsnü Bilir, 1. Baskı, Heretik Yayınları, 2015.

⁵ Jeffrey Grogger-Charles Michalopoulos, "Welfare Dynamics under Time Limits," *Journal of Political Economy*, V.111, June 2003, s.535.

⁶ Yoram Weiss, *Work and Leisure: A History of Ideas*, May 2008, s.6.

⁷ Robert R. Wolff- Stephen Alvin Resnick, *Çatışan İktisadi Teoriler, Neoklasik, Keynesçi ve Marksçı*, Çev. C. Evren, İletişim Yayınları, İstanbul 2016, s.20 vd.; Paul Lafargue, *Tembellik Hakkı*, Çev. İpek Söylemez, 1. Baskı, Karbon Kitabevi, 2018.; Bertrand Russell, *Aylaklığa Övgü*, Çev. Mete Ergin, Cem Yayınları, 1999.

⁸ Jean Chesneaux, *Zamanı Yaşamak Geçmiş, Şimdiki Zaman, Gelecek: Bir Siyasal Diyalog Denemesi*, Çev. Münir Cerit, 1. Baskı, Ayrıntı Yayınları, İstanbul 2015, s.37 vd.

This study involves the analysis of how TurkStat statistics on the specific parameters used in the context of the time in Turkey. In a 24-hour period, a total of 11 such as meals and other personal care, employment, education, household and family care, voluntary work and meetings, social life and entertainment, sports, hobbies and games, watching TV-radio and listening to music, transportation and sleep Statistics of the time spent on the activity were examined. The relevant TURKSTAT statistics were subjected to content analysis and inferences and comments were made regarding the statistics. However, as inferences and interpretations are directly based on TURKSTAT statistics and Time Use research, the strong subjective aspect of the evaluations and interpretations is weak. In the study, without including a broad theoretical framework on the use of time, after the necessary definition and scope were made, the data on the subject were directly analyzed. The author of the study is aware that there is a significant amount of academic work on the use of time in philosophical, sociological, psychological and economic fields. However, due to the scope of this study, broad theoretical explanations were deliberately avoided.

The first part of the article, which is mainly structured in two main parts, is divided into definition and scope. Here, the definitions used in the analyzed statistics are defined within the framework of TURKSTAT metadata base. Then, information was given about the structure of statistics and data collection technique used within the scope of the study. In the second part, time usage statistics were analyzed. This section is divided into two subheadings. The first subtitle includes "activity-oriented time use analysis". The second subtitle includes "other time use analyzes" covering topics such as the intensity of daily work, lack of opportunities for various reasons despite the activities to spend time, weekend activities, time allocated to elderly or family care. Finally, the study was completed by evaluating the findings.

1. Definitions and Scope

Turkey Statistical Institute (TSI) Time Use Statistics, offers data for the period 2014-2015 in 11 activities at the level of discrimination between men and women. Time usage statistics provide information on how people use their time throughout the day (24 hours). The statistics:

- Gender, age group, employment status etc. Determining the differences in time use in various population groups according to the characteristics,
- Obtaining data that will help improve gross domestic product estimates in national accounts,
- It aims to obtain internationally comparable data on time usage.

A survey was conducted by TURKSTAT for the period of 2014-15 with relevant statistics. The TURKSTAT research does not have an updated format for the 2018 period when this study was conducted. This study has been developed within the framework of the latest statistics provided by TURKSTAT.

1.1. Definitions

In the preparation of statistics, by TURKSTAT; Concepts such as household, head of household, individual, housing and average duration of activity are used ⁹.

Household: It is a community consisting of one or more people who live in the same house or in a part of the same house, eat from the same container, do not separate their earnings and expenses, and participate in household service and management, whether they have a relationship or not.

Household Responsible: An adult household member who has the most accurate information about the socio-economic status of the household and the personal characteristics of all members living in the household and is responsible for the management or subsistence of the household.

Person: It is a person who constitutes the society and has an independent existence and identity even though he has a meaning with the society. Household members who are 18 and over are accepted as individuals.

Housing: These are the buildings reserved for households.

Average Activity Time: It is the average value of the total time that individuals allocate for any activity within 24 hours. This period is the average taken over all persons aged 10 and over and the whole year (working days and weekends as well as holiday periods).

Employment activity: In addition to the time spent at work, it includes other activities related to employment such as job search. In this direction, the activities of unemployed people related to job search are also covered here.

Employed: Individuals who have been working for an hour, whether paid or unpaid, in order to earn income in kind or in cash within the last week, who have a connection with an income-generating job, or a job that he did not work temporarily, although he did not work in the last week, refers to individuals who are.

Non-employed: Individuals who do not work for an hour, whether paid or unpaid, to earn income in kind or in cash within the last week, who are not connected to an income-generating job, or who do not have a job temporarily not working, or a workplace that they do not work, although they have not worked in the last week. Refers to individuals.

Responsible for Eldercare: Those who have provided free care or assistance to an elderly person in need of help due to old age-related problems or illnesses during the last four months are covered.

⁹TURKSTAT, Time Usage Statistics, Metadata; General remarks on the Time Use Study -ZKA-

Personal Care: Refers to sleep, eating and other personal care.

Education: Unspecified educational activities (non-explicit activities) refers to free time spent on school or university and education.

Household and Family Care: Undetermined household and family care, food management, household care, fabric production and care, gardening and animal care, construction and repairs, shopping and services, household management, child care and assistance to an adult family member.

Voluntary Work and Meetings: Social life, leisure and culture, rest and vacation (leisure).

Sports and Outdoor Activities Refers to physical exercise, productive exercises and sports-related activities.

Hobbies and Games: arts and hobbies refer to time spent in programming and games.

Watching TV, listening to radio and music, etc.: It refers to the activities of reading, listening to TV, video and DVD, radio and music.

Transportation and Unspecified Time Use: Other or unspecified travel, travel to work / work, travel from school / university, shopping / childcare / household care travel, volunteer work and meetings related travel, social life travel, other leisure time Includes travel, relocation travel, ZKA diary filling / unspecified leisure activities / other unspecified time use.

1.2. Scope

TURKSTAT used in the study, Time Usage Statistics; The daily activity classification (HETUS Activity Coding List) recommended by EUROSTAT for time use research in the classification of the daily activities of household members and the "Statistical Classification of Economic Activities in the European Community" (EFIS, 2nd Rev.) was produced by TURKSTAT in order to classify the economic activity of the employed. "International Standard Classification of Occupations" (ISCO, 08) was used for occupational classification.

TurkStat, statistical research coverage on all residential areas in the Republic of Turkey are included. In this context, all households in the non-institutional civilian population living in the Republic of Turkey within the scope individuals were taken. Institutional population; those living in university dormitories, nursing homes, orphanages and prisons, and those living in barracks and army houses.

The data used in the study were collected by TURKSTAT from households selected according to the determined sampling method. The household questionnaire includes the daily time consumption of individuals aged 10 and over in the household by interviewing a household member aged 18 and over who can provide information about the household. The data on the Weekly Work Schedule include working individuals aged 15 and over.

The scope of the study has been analyzed within the 11 variables

following below: food and other personal care, employment, education, household and family care, voluntary work and meetings, social life and entertainment, sports, hobbies and games, watching TV - listening to radio and music, transportation and sleeping. Activities are classified according to gender, income group, employment and education status, marital status and age groups.

2. Analysis of Time Usage Statistics

In the study, analysis of time usage statistics is classified under two subtitles. The first subtitle includes activity-oriented time use analysis. In this context, the types of activities were evaluated according to gender, income, employment status, education, marital status and age groups. In the second subtitle, other time use analyzes are included within the framework of the questionnaire structured within the scope of the TURKSTAT Time Use Survey. In this context, time uses; Depending on the intensity of daily work, according to the activities that those who do not have enough time on weekdays want to spend the most time, sports, social life, entertainment, hobby, etc. It has been evaluated within the scope of statistics produced according to free activities and time allocated to elderly care.

2.1. Activity Oriented Time Usage Analysis

In this subtitle, where activity types are evaluated according to gender, income, employment status, education, marital status, and age groups, the activities allocated the most and the least amount of time are prepared in both tables and graphics. Although the graphs are designed so that the reader has a visual idea of time usage, they do not have enough descriptive visuals due to the multi-component data. For this reason, graphs were removed from the study and analyzes were made using only the data in the tables.

2.1.1. Average activity time per person by type of activity and gender, 2014-2015

In the TURKSTAT classification, activity types are grouped under eleven general categories such as food, employment and education. The time allocated for each activity within the 24-hour period was measured and shared by TURKSTAT.

Table1. Average activity duration per person by type of activity and gender (2014-2015)

Activities	Male	Female	Total
Meals and other personal care	02:46	02:43	02:45
Employment	03:58	01:09	02:33
Education	00:45	00:47	00:46
Household and family care	00:51	04:17	02:35
Voluntary work and meetings	00:34	00:51	00:43
Social life and entertainment	01:46	01:54	01:50
Sports and outdoor activities	00:16	00:06	00:11
Hobbies and games	00:31	00:12	00:21
Watching TV, listening to radio and music, etc	02:23	02:18	02:20

Transportation and unspecified time use	01:20	00:47	01:03
Sleep	08:44	08:52	08:48
Total (Hours)	24:00	24:00	24:00

Source: TURKSTAT, Time Use Survey, 2014-2015

It appears that the most time during the day is naturally spent sleeping (8:48 hours). While men spend 8:44 hours in sleep, women spend 8:52 hours. The second most time is spent on food and other personal care (2:45 hours). Men spend more time on food and other personal care (2:46 hours) than women (2:43 hours). It is understood that household and family care to women in Turkey (4:17 hours) than men (00:51 hours) spends more time about 5 hours. However, it is observed that men (3:58 hours) spend approximately 3.5 times more time in employment than women (1:09 hours). However, men spend more time watching TV, listening to radio and music (2:20 hours) than women (2:18 hours). Sports and extreme sports activities are the least amount of time for both men and women (0.11 hours). Despite this, it is seen that men do 4 times more sports than women.

2.1.2. Average activity time per person by type of activity and monthly income group of the household, 2014-2015

There is a high correlation between the income level and the time spent on employment, as required by the work decision-leisure use theory. Unless the labor supply curve is folded back, income will increase as time worked increases. The opposite is also true.

Table2. Average activity duration per person by type of activity and monthly income group of the household, (2014-2015)

Activities	0– 1.080	1.081– 1.550	1.551 – 2.170	2.171 – 3.180	3.181 +	Total
Meals and other personal care	02:49	02:47	02:43	02:42	02:43	02:45
Employment	01:41	02:16	02:41	03:00	03:27	02:33
Education	00:50	00:44	00:46	00:47	00:41	00:46
Household and family care	02:55	02:46	02:31	02:22	02:14	02:35
Voluntary work and meetings	00:56	00:46	00:43	00:37	00:27	00:43
Social life and entertainment	02:07	01:55	01:46	01:41	01:33	01:50
Sports and outdoor activities	00:10	00:12	00:09	00:11	00:13	00:11
Hobbies and games	00:14	00:19	00:22	00:24	00:30	00:21
Watching TV, listening to radio and music, etc	02:26	02:20	02:23	02:16	02:15	02:20
Transportation and unspecified time use	00:51	01:01	01:04	01:09	01:16	01:03
Sleep	08:56	08:50	08:47	08:45	08:38	08:48
Total (Hours)	24:00	24:00	24:00	24:00	24:00	24:00

Source: TURKSTAT, Time Use Survey, 2014-2015

It is seen that people with an income level of 0 - 1 080 TL spend 1:41 hours on employment, while those with an income level of 3.181 TL and above spend 3:27 hours in employment. However, approximate time is spent on food and other personal care, albeit with low income (low income 2:49 hours, high income 2:43 hours). Similarly, it is observed that similar time is spent on activities such as watching TV, listening to radio and music (low income 2:26 hours, high income 2:15 hours). As the income level increases, the time devoted to social life and entertainment decreases (low income 2:07 hours, high income 1:33 hours). However, the rise in income level positively affects sports activities. On the other hand, people with an income between 1.551-2.170 TL devote more time to sports until they reach a higher income level, followed by a sharp decline. The lowest earners spend more time on voluntary work and such meetings. Those who do not spend their time on employment are able to turn to voluntary work. Likewise, if the time is not spent on employment, even if the income is low, more time can be spent for social life and entertainment.

2.1.3. Average duration of activity per person by activity type, gender and employment status, 2006, 2014-2015

The differential activity for the working and non-working group is employment. For this reason, it is natural that volunteer-based or leisure-time activities are effective in activities in which other activity distributions are carried out for employees in the remaining time from employment and where most of them are limited to compulsory activities, while those who do not work spend time.

Table3. Average activity time per person by type of activity, gender and employment status, (2014-2015)

Activities	Employed			Non-Employed			Ovr. Avr.
	Male	Female	Total	Male	Female	Total	
Meals and other personal care							
Employment	02:45	02:37	02:43	02:53	02:47	02:49	02:46
Education	06:25	04:32	05:52	00:22	00:04	00:10	02:48
Household and family care	00:04	00:07	00:05	01:05	00:34	00:44	00:26
Voluntary work and meetings	00:46	03:31	01:34	01:07	04:59	03:47	02:45
Social life and entertainment	00:26	00:32	00:28	00:58	01:03	01:02	00:46
Sports and outdoor activities	01:28	01:28	01:28	02:33	02:09	02:16	01:54
Hobbies and games	00:08	00:04	00:07	00:24	00:05	00:11	00:09
Watching TV, listening to radio and music, etc	00:19	00:08	00:16	00:43	00:08	00:19	00:17
Transportation and unspecified time use	01:55	01:36	01:49	03:14	02:29	02:43	02:18
Sleep	01:29	01:05	01:22	01:08	00:40	00:48	01:04
Total (Hours)	08:11	08:15	08:12	09:27	08:58	09:07	08:41
	24:00	24:00	24:00	24:00	24:00	24:00	24:00

Source: TURKSTAT, Time Use Survey, 2014-2015

Although the time devoted to sleep is excluded from general activities, one might wonder the distinction between working and non-working time spent sleeping. In this context, it is seen that those who do not work (8:41 hours) sleep approximately half an hour more per day than employees (8:12 hours). It is seen that employees spend 5:52 hours per day in employment in the employment activity that has the most important effect on the employee / unemployed distinction. Men spend 6:25 hours on employment, women 4:32 hours. Men work approximately 41.5% more than women. For unemployed people, it is observed that the most time is spent on household and family care (3:47 hours). Unemployed women spend approximately 4.5 times more time in household and family care (4:59 hours) than men (1:07 hours). Employees can only spend 1:34 hours for household and family care. Working women these activities 3:31 hours while consuming men spend only 0:46 hours (women spend about 4.6 times more time than men) climate of Turkey in the women tried to be not operating in household and family care on average than men 4.5 times more is wasting time.

2.1.4. Average duration of activity per person by type of activity, gender and education level, 2014-2015

Clearly, there is a correlation between education and leisure time use. Normally, leisure time decreases as the education level increases. This situation is in a similar trend according to the table data above. However, when a certain threshold of education and income level is reached, this time the labor supply curve begins to bend backwards. Highly educated and earning people may, after a while, be insensitive to more earning offers and prefer to use leisure time. Of course, it should be noted that the choice of leisure time is highly correlated with the work done and the living environment.

Table4. Average activity time per person by activity type, gender and education level (2014-2015)

Activities	No school completed			Primary school			Primary education / Junior high school or vocational junior high school			High school or vocational high school			Higher education school, faculty, master/doctorate		
	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total
Meals and other personal care	02:58	02:50	02:52	02:50	02:40	02:45	02:43	02:42	02:43	02:41	02:42	02:42	02:42	02:43	02:42
Employment	01:35	00:23	00:43	03:40	00:55	02:17	03:53	01:06	02:39	05:02	01:42	03:38	04:56	03:01	04:07
Education	00:51	00:19	00:28	00:47	00:46	00:47	01:13	01:38	01:24	00:29	00:44	00:35	00:15	00:29	00:21

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Household and family care	00:59	04:20	03:24	00:51	04:41	02:47	00:42	03:47	02:04	00:50	04:21	02:19	01:02	03:36	02:07
Voluntary work and meetings	00:59	01:27	01:19	00:42	00:57	00:50	00:21	00:30	00:25	00:25	00:26	00:26	00:31	00:19	00:26
Social life and entertainment	02:24	02:24	02:24	01:51	01:51	01:51	01:43	01:45	01:44	01:32	01:41	01:36	01:29	01:28	01:29
Sports and outdoor activities	00:23	00:04	00:09	00:17	00:05	00:11	00:17	00:05	00:12	00:13	00:06	00:10	00:15	00:10	00:13
Hobbies and games	00:25	00:04	00:10	00:22	00:11	00:17	00:40	00:15	00:29	00:34	00:17	00:27	00:39	00:21	00:32
Watching TV, listening to radio and music, etc	02:46	02:25	02:31	02:31	02:18	02:25	02:15	02:20	02:17	02:11	02:11	02:11	02:16	02:04	02:11
Transportation and unspecified time use	00:57	00:26	00:34	01:16	00:44	01:00	01:18	00:53	01:07	01:29	00:59	01:16	01:32	01:15	01:25
Sleep	09:39	09:12	09:20	08:46	08:46	08:46	08:50	08:55	08:52	08:28	08:46	08:35	08:17	08:27	08:21
Total (Hours)	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00

Source: TURKSTAT, Time Use Survey, 2014-2015

In Turkey, people who have not graduated from any school is about 22% more sleep per day (9:20 hours) than the trained group (High School, Faculty, Master's or PhD graduates), (8:21 hours) The higher the educational status, the less time spent sleeping, except for primary, secondary, or vocational school graduates (9:20, 8; 46, 8:52, 8:35, 8; 21). Household and family care (3:24 hours) is another activity that those who do not finish school spend the most time on. Highly educated people, on the other hand, spend the most time on employment after sleeping (4:07 hours). As the level of education increases, the time devoted to employment increases (0:43, 2:17, 2:39, 3:38 and 4:07 hours). Those who do not finish school spend more time on social life and entertainment than other education groups (2:24, 1:51, 1:44, 1:36 and 1:29 hours). Those who do not finish school also spend more time on voluntary work than other education groups (1:19, 0:50, 0:25, 0:26 and 0:26 hours). This situation shows that the uneducated group devotes more time to themselves and to life.

It appears that each training group devotes very little time to sports and training does not have a large effect on the time spent on sports (0:09, 0:11, 0:12, 0:15 and 0:13 hours). This situation is closely related to the sports culture in the country. Although very little time is spent, it is observed that as education increases, the time devoted to hobbies and games increases (0:10, 0:17, 0:29, 0:27 and 0:32 hours).

2.1.5. Average duration of activity per person by type of activity, gender and marital status, 2014-2015

Marital status has a distinctive feature in the use of time. Whether people are married or single affects the time they spend for some activities. However, it would not be correct to evaluate marital status regardless of gender. For example, the fact that a married woman spends about 5.7 times more time in household and family care than a married man, or a never-married woman spends about 3.4 times more time in household and family care than a man in the same situation is associated with gender roles. reveals the situation.

Table5. Average duration of activity per person by type of activity, gender and marital status (2014-2015)

Activities	Never married			Married			Divorced			Widowed		
	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total
Meals and other personal care												
Employment	02:40	02:45	02:42	02:51	02:43	02:47	02:45	02:47	02:47	02:46	02:39	02:41
Education	02:52	01:17	02:10	04:48	01:09	02:57	04:35	02:19	03:12	01:03	00:19	00:27
Household and family care	01:54	02:29	02:09	00:01	00:03	00:02	(0)	(0)	(0)	(0)	(0)	(0)
Voluntary work and meetings	00:36	02:03	01:14	00:59	05:38	03:21	01:22	03:28	02:39	01:34	03:13	02:54
Social life and entertainment	00:15	00:22	00:18	00:46	00:56	00:51	00:24	00:49	00:39	01:27	01:57	01:52
Sports and outdoor	01:36	01:33	01:35	01:49	01:56	01:53	01:49	01:45	01:47	03:03	02:51	02:53
Hobbies and games	00:26	00:08	00:18	00:10	00:04	00:07	00:24	00:08	00:14	00:13	00:05	00:06
Watching TV, listening to	00:54	00:30	00:43	00:16	00:04	00:10	00:30	00:15	00:20	00:12	00:02	00:04
Transportation and unspecified time use	02:15	02:30	02:22	02:26	02:07	02:17	02:21	02:20	02:20	03:08	02:45	02:49
Sleep	01:15	00:58	01:08	01:24	00:43	01:03	01:20	01:01	01:08	00:55	00:29	00:34
Total	09:11	09:20	09:15	08:24	08:30	08:27	08:21	08:59	08:44	09:34	09:34	09:34
	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00

Source: TURKSTAT, Time Use Survey, 2014-2015

Unmarried people in Turkey are spent significant amounts of time for cooking and other personal care (2:42 hours). Then comes watching TV, listening radio and music activities (2:22 hours). In this group, the least amount of time is allocated to sports (0:18 hours). The most time married people spend most of their time after sleeping is their household and caring (3:21 hours). While married people spend 0:07 hours on sports, they only spend 0:10 hours on their hobbies. Divorced people spend most of their time in employment. Divorced men (4:35 hours) spend more time in employment than divorced women (2:19 hours). It is observed that both divorced women and divorced men do not spare any time for education. Those whose spouses have died spend the most time on household and family care (2:54), social life and entertainment (2:53 hours). People whose spouses died 2:49 hours to watch TV, listen to radio and music; 2:41 hours for food and other personal care. Those whose spouses have died and divorced do not spare any time for education. People whose spouses have died sleep more than those who are not married, married or divorced (9:15 hours for never married, 8:27 hours for married people, 8:44 hours for divorces, 9:34 hours for those whose spouses died). Although very little time is spent, those who never married spend more time on sports than other groups. Those who devote the least time to sports are those whose spouses have died (0:18 hours for never married, 0:07 hours for married people, 0:14 hours for divorces, 0:06 hours for those whose spouses died).

2.1.6. 2014-2015 Average duration of activity per person by type of activity, gender and age groups, 2014-2015

The most distinctive position of age groups for time consumption stands out as the period of dependency and the period when leaving the labor force. It can be expressed as the dependent age group in Turkey and partly the intensity of training activities in the period between the age of 25 are outstanding. Apart from this, it is a sad observation that there are significant increases in other activities with economic independence, but no time is allocated for education after a certain period of time.

Table6. Average activity time per person by type of activity, gender and age groups, (2014-2015)

Activities	10-14 age			15-24 age			25-34 age			35-44 age			45-54 age			55+ age		
	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total
Meals and other personal care	02:32	02:37	02:35	02:41	02:47	02:44	02:47	02:42	02:44	02:47	02:43	02:45	02:49	02:46	02:47	02:56	02:44	02:49
Employment	00:13	00:03	00:08	03:04	01:10	02:07	06:02	01:50	03:56	06:12	01:48	04:01	04:52	01:13	03:03	01:51	00:22	01:04
Education	03:46	03:57	03:51	01:47	01:54	01:51	00:09	00:13	00:11	00:01	00:03	00:02	00:01	00:02	00:01	00:00	00:00	00:00
Household and family care	00:37	01:25	01:00	00:34	03:09	01:52	00:50	05:38	03:13	00:54	05:26	03:09	00:57	05:00	02:58	01:10	03:53	02:37
Voluntary work and meetings	00:13	00:16	00:14	00:15	00:23	00:19	00:19	00:29	00:24	00:25	00:41	00:33	00:42	01:08	00:55	01:25	01:49	01:38
Social life and entertainment	01:12	01:17	01:14	01:50	01:42	01:46	01:26	01:36	01:31	01:27	01:47	01:37	01:48	02:04	01:56	02:36	02:37	02:36
Sports and outdoor activities	00:45	00:12	00:29	00:21	00:05	00:13	00:10	00:04	00:07	00:07	00:05	00:06	00:10	00:06	00:08	00:16	00:05	00:10
Hobbies and games	01:09	00:48	00:59	00:52	00:18	00:35	00:27	00:08	00:18	00:17	00:06	00:12	00:20	00:05	00:12	00:16	00:03	00:09
Watching TV, listening to radio and music, etc	02:39	02:44	02:41	02:06	02:21	02:13	01:52	01:52	01:52	02:02	01:59	02:01	02:29	02:19	02:24	03:20	02:41	02:59
Transportation and unspecified time use	00:59	00:51	00:55	01:17	00:55	01:06	01:30	00:51	01:11	01:29	00:52	01:10	01:28	00:45	01:07	01:08	00:30	00:47
Sleep	09:51	09:45	09:48	09:09	09:10	09:09	08:21	08:32	08:26	08:12	08:25	08:18	08:20	08:27	08:23	08:56	09:10	09:04
Total (Hours)	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00	24:00

Source: TURKSTAT, Time Use Survey, 2014-2015

Among all age groups, those who spend the most time sleeping are 10-14 year olds (9:48 hours). Next comes the 15-24 age range (9:09 hours) and the 55 and over age group (9:04 hours). Time spent on food and other self-care is close across all age groups (2:35; 2:44; 2:44; 2:45; 2:47; 2:49

hours). The age group that devotes the most time to employment is between the ages of 35-44 (4:01 hours). This group is followed by the 25-34 age group with 3:56 hours. People in the age range of 45-54 spend 3:03 hours on average for employment. Those aged 15-24 spend 2:07 hours in employment, while those aged 55 and over spend 1:04 hours in employment. The time allocated for employment in the 10-14 age group is 0:08 hours. In this segment, it is seen that boys (0:13 hours) spend about 4.3 times more time working than girls (0:03). As the age increases, the time spent on education decreases and even is consumed at the age of 55 and over. The group that devotes the most time to education is between the ages of 10-14 (3:51 hours). In the 15-24 age range, the time allocated to education drops to 1:51 hours. In the 25-34 age group, the time allocated to education is almost negligible (0:11 hours). This situation is 0:02 hours in the 35-44 age range; In the 45-54 age range, it decreases to 0:01 hours. The most time spent activity in the 25-44 age range is employment (25-34 years 3:56 hours, 34-44 years 4:01 hours). In the same group, significant time is devoted to household and family care (25-34 years 3:13 hours, 34-44 years 3:09 hours). In this age group, the use of transportation and undetermined time is also higher than other age groups (25-34 years 1:11 hours, 34-44 years 1:10 hours). The group that devotes the most time to social life and entertainment is those aged 55 and over (2: 36h).

2.2. Other Time Usage Analysis

Issues such as the intensity of daily work, the lack of opportunities for various reasons despite the activities to spend time, and weekend activities were analyzed after this stage. In this section, the time allocated to elderly or family care is also examined.

2.2.1. Distribution of intensity of daily work by gender, 2014-2015

Today, almost everyone expresses that they are busy. In fact, to say that it is intense is perceived as a matter of worthiness and prestige. Those who state that they are somehow busy are close to 70% of the society. made time use survey results in Turkey, reveals that there is no time-intensive society but one in three.

Table7. Distribution of intensity of daily work by gender, (2014-2015)

Intensity Status	Male(%)	Female(%)	Total(%)
Never intensive	28,5	33,7	31,1
Monthly or less intensive	13,4	15,4	14,4
Few times a month intensive	5,0	4,1	4,6
A-two days on weekdays intensive	9,5	9,3	9,4
Every weekday (Monday-Friday)	21,9	14,0	17,9
At the weekend intensive	1,7	1,8	1,8
Every day of the week intensive	20,0	21,7	20,8
Total (%)	100	100	100

Source: TURKSTAT, Time Use Survey, 2014-2015

While there is a group of 31.1% who state that it is never busy, there is also a group of 20.8% who state that it is busy every day of the week. 17,9% of people living in Turkey stated that every day is busy on weekdays. Those who say that their eyebrows are heavy on the weekend is 1.8%. Men are generally more concentrated than women. While 21.9% of men state that it is busy every day on weekdays, this ratio is around 14% for women. On the other hand, women (21.7%) who stated that they were busy every day of the week were more than men (20%). 5% of men and 4.1% of women stated that they are busy several times a month.

2.2.2. Distribution of the activities they do not have enough time on weekdays and the activities they want to spend the most time by gender, 2014-2015

Lack of time may cause some activities not to be carried out although they are intended. When evaluated in terms of standardized activities, it is understood that those who do not have enough time for the week want to spend more time for activities such as sports, social life and entertainment, but they cannot achieve this.

Table8. Those who do not have enough time on weekdays and distribution of activities by gender, (2014-2015) (%)

		Male(%)	Female(%)	Total(%)
	Persons who do not have enough time on weekdays weekdays	25,4	23,6	24,5
	Activities			
1	Personal care (sleeping, eating, dressing, bathing etc.)	8,6	11,7	10,1
2	Working at a job	4,4	4,9	4,6
3	Continuing education (school, course, lesson etc.)	3,9	5,4	4,6
4	Household and family care (food preparation, house cleaning, childcare etc.)	5,4	5,4	5,4
5	Voluntary work and meetings	1,2	2,3	1,7
6	Social life and entertainment	21,0	20,0	20,5
7	Resting and vacation	42,7	39,2	41,0
8	Sports	5,7	4,2	4,9
9	Hobbies and games	4,1	3,2	3,6
10	Transportation	2,3	2,8	2,5
11	Other	0,9	1,0	0,9
	Total (Hours)	100	100	100

Source: TURKSTAT, Time Use Survey, 2014-2015

25.4% of men and 23.6% of women stated that they do not have time on weekdays. There is no time during the week but the most desired activity is sports and nature sports with 41%. Social life and entertainment follow this with 20.5%. Although it is one of the most time-consuming activities, there is a desire to allocate approximately 10% extra time to food and other personal care activities. Women (4.9%) state that they would like to devote more time to employment than men (4.4%) if they had enough time. The total of those

who want to work more is 4.6%. This rate also provides information about the underemployment rate over time, which is one of the basic concepts of the labor market. The least demanded activity is sleep with 0.9%. At the same time, volunteer work is among the least demanded activities (1.7%).

2.2.3. Distribution of sports activities that have been regularly held or participated in the last four weeks by gender, 2014-2015

Almost everyone complains that they cannot do certain activities because they do not have time. However, when there is enough time, it does not make enough effort to carry out these activities. The best example of this is sports activities. As it can be remembered from the evaluations made above, sports and nature sports are the activities that spend the least amount of time in terms of age, education, marital status or gender. Although unemployed people have more time, this still does not change. On the other hand, it is seen that the most desired activity for those who do not have enough time is sports. sports in Turkey, whether or not time to do, but it is also an activity that everyone wants to do. Nevertheless, it is possible to separate the time-consuming activities in terms of sub-sports.

Table9. Distribution of sports activities that have been regularly conducted or participated in the last four weeks by gender, (2014-2015)

	Activities	Male(%)	Female(%)	Total(%)
1	Walking,	10,1	9,6	9,9
2	Jogging	3,1	1,2	2,2
3	Cycling	2,4	1,3	1,8
4	Swimming	10,2	0,3	5,2
5	Football	1,7	0,3	1,0
6	Volleyball	0,8	1,1	0,9
7	Instrumental sports	2,6	1,4	2,0
8	Other	1,3	0,6	1,0

Source: TURKSTAT, Time Use Survey, 2014-2015

In Turkey, it is observed that most of the time is spent walking sports activities (9.9%). Men (10.1%) walk more than women (9.6%). Swimming is also among the most preferred sports activities (5.2%). However, men (10.2%) spend much more time swimming (about 34 times) than women (0.3%). Sports activity with the least amount of time is volleyball with 0.9%. Turkey Although the rate of those who play football as sporting activities throughout the football is very unloved 1%. However, those who do instrumental sports are twice as much as those who spend time on football (2%).

2.2.4. Distribution of activities done or participated during the last four weeks by gender, 2014-2015

In the use of time, the lifestyle and the general opportunities offered by the current environment have an important place. Of course, family structure and general rules of society also affect this structure. Turkey, the introverted and external to an open society is a balanced position. However, it should be stated that the scales tend to outweigh in favor of an introverted lifestyle. For example, the most intense activities stand out as staying at home watching TV or visiting relatives if going out. In addition, visiting friends have an important place.

Table10. Distribution of activities conducted or participated in the last four weeks by gender, (2014-2015) (%)

	Activities	Male(%)	Female(%)	Total(%)
1	Going to cinema	10,8	8,8	9,8
2	Going to theatre	1,6	1,8	1,7
3	Going to concert	2,3	2,1	2,2
4	Going to art exhibition, museum etc.	1,3	1,4	1,4
5	Going to library	2,8	3,3	3,1
6	Participating in sports activities as a spectator	5,9	1,2	3,5
7	Visiting relatives	68,3	71,4	69,9
8	Visiting friends	55,1	56,4	55,7
9	Going to kermis, fair, festival etc.	3,2	3,8	3,5
10	Picnic	13,6	12,1	12,8
11	Reading book	30,2	38,2	34,2
12	Reading newspaper, magazine etc.	48,8	30,1	39,4
13	Watching TV	95,6	93,6	94,6
14	Listening to radio	43,2	36,1	39,6
15	Going to places of entertainment and socializing (bakeries, coffee shops, cafes, bars, taverns, etc.)	38,6	19,2	28,8
16	Going to internet cafe	7,1	1,0	4,0
17	Going around shopping mall	42,8	38,3	40,5
18	Daily tours, participating to nature walks	2,3	1,9	2,1
19	Spending time on social media	41,7	26,2	33,9
20	Solving puzzles, sudoku etc.	15,5	10,6	13,0
21	Knitting, patchwork, sewing, embroidery, wood painting	0,4	24,8	12,7
22	Other	0,3	0,2	0,2

Source: TURKSTAT, Time Use Survey, 2014-2015

It is seen that the most demanded activity by people participating in the time use research is watching TV with 94.6%. Men (95.6%) watch more TV than women (93.6%). The second area of activity is visiting relatives with 69.9%. Women (71.4%) visit more relatives than men (68.3%). 40.5% of the participants stated that they spent time in the shopping center (shopping mall). Men (42.8%) spend more time in shopping malls than women (38.3%). The rate of those who spend time

on social media is 33.9%. Men (41.7%) spend more time on social media than women (26.2%). Among the reading activities, the rate of reading books is higher for women (38.2%) than men (30.2%). However, men (48.8%) spend more time reading newspapers than women (30.1%). The least time-spent activity is going to art exhibitions, museums, etc. The average of this activity, which is similar to men (1.3%) and women (1.4%), is 1.4%.

2.2.5. Distribution of time by gender and employment status in activities devoted to social life, entertainment, sports, hobbies, games and mass media, 2014-2015

Activities such as social life, entertainment, rest and vacation are among the issues that are given importance to both working and non-working groups. However, none of them can avoid watching TV. Turkey has depended heavily to the TV audience, will be monitored in the table below.

Table 11. Distribution of time spent on social life and related activities by gender and employment status, (2014-2015) (%)

	Activities	Employed(%)			Non-Employed(%)			Totala(%)		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Social life	23,6	28,0	24,7	21,8	27,4	25,2	22,7	27,5	25,0
2	Entertainment and	1,0	1,2	1,0	0,9	0,6	0,7	0,9	0,7	0,8
3	Resting and vacation (Leisure time)	13,7	15,5	14,1	14,2	16,1	15,3	13,9	16,0	14,9
4	Physical exercise	3,2	2,1	2,9	5,4	1,9	3,2	4,2	1,9	3,1
5	Production and sports related activities	0,4	0,2	0,4	0,5	0,1	0,2	0,5	0,1	0,3
6	Arts and hobbies	0,4	0,4	0,4	0,5	0,4	0,4	0,5	0,4	0,4
7	Computing	4,4	3,0	4,0	4,0	1,8	2,6	4,2	2,0	3,2
8	Games	3,5	0,7	2,8	5,9	0,8	2,8	4,7	0,8	2,8
9	Reading	2,7	4,0	3,1	3,5	3,0	3,2	3,1	3,2	3,2
10	Tv and video	46,7	44,5	46,1	42,8	47,3	45,5	44,8	46,7	45,7
11	Radio and music	0,4	0,5	0,5	0,6	0,7	0,7	0,5	0,7	0,6
	Total(%)	100	100	100	100	100	100	100	100	100

Source: TURKSTAT, Time Use Survey, 2014-2015

Individuals in Turkey also tries to not try to be seen in the activities that they spend the most time watching TV (46.1% of the employees, 45.5% of non-working). Unemployed women (47.3%) watch more TV than unemployed men (42.8%). However, working men (46.7%) watch more TV than working women (44.5%). It is observed that both employees (24.7%) and those who do not work (25.2%) devote secondary time to social life. However, the proportion of women who devote more time to social life for both segments is higher than men. While 28% of working women spare

time for social life, 23.6% of working men do. The rate of unemployed women who devote time to social life is 27.4%, while the rate of men is 21.8%. The least time allocated for both segments is those related to production and sports.

2.2.6. Eldercare and its frequency by gender, 2014-2015

Turkey has a tradition of living in elderly accustomed to looking at a very small proportion of the elderly is understood to refer to (7.3%). The time allocated for elderly care is decreasing and differentiating from the past as the nuclear family structure gradually increases. However, family ties of the elderly are considered to be in good condition compared to many developed countries.

Table 12. Distribution of eldercare and frequency by gender, (2014-2015)%

	Yaşlı Bakım Sıklığı (10 + yaş)	Male(%)	Female(%)	Total(%)
	Yaşlı Bakımı Yapan Kişiler	6,3	8,2	7,3
Frequency of care	Daily	33,6	40,8	37,7
	Several times a week	17,6	21,5	19,8
	Once a week	12,3	10,3	11,1
	Several times a month	13,5	12,5	12,9
	Once a month	11,8	8,3	9,8
	One time	9,3	4,5	6,6
	Other	1,9	2,2	2,1
	Total (%)	100	100	100

Source: TURKSTAT, Time Use Survey, 2014-2015

6.3% of men and 8.2% of women stated that they spend their time on elderly care. When the time allocated to elderly care is evaluated, it is seen that the most daily care (37.7%) is. Women (40.8%) spend more time than men (33.6%) on daily elderly care. The rate of those who stated that they spare time for elderly care several times a week is 19.8%. In this frequency of care, women (21.5%) spend more time than men (17.6%). Those who stated that they do one-time elderly care are at the level of 2.1%.

2.2.7. Distribution of time in household and family care activities by gender and employment status, 2014-2015

Although the family is the most indispensable part of Turkish society, it is the institution that forms the basis of life. Although the chain of relationships within the family seems to have been damaged recently, it can be said that there is still a relationship chain that continues with close ties. Despite this, it is seen that the time spent on family management is very low due to both the responsibility structure and the external world relations.

Table13. Distribution of time in household and family care activities by gender and employment status, (2014-2015) (%)

Activities	Employed(%)			Non-Employed(%)			Total (%)		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
Unspecified household and family care	0,5	1,4	1,0	0,8	2,0	1,9	0,6	1,9	1,7
Food management	15,1	46,5	35,6	19,5	44,5	42,2	17,0	44,9	40,4
Household upkeep	10,7	21,8	17,9	12,4	23,3	22,3	11,4	23,0	21,1
Making and care for textiles	0,8	6,2	4,3	0,9	7,1	6,6	0,9	6,9	6,0
Making and care for textiles	15,0	3,7	7,6	23,9	2,9	4,8	18,8	3,1	5,6
Construction and repairs	5,9	0,3	2,2	4,2	0,1	0,5	5,2	0,2	1,0
Shopping and services	25,8	5,6	12,6	24,0	5,0	6,7	25,0	5,1	8,3
Household management	0,8	0,1	0,3	0,4	0,1	0,1	0,6	0,1	0,2
Childcare	23,1	13,4	16,8	9,1	14,2	13,7	17,2	14,1	14,5
Help to an adult family member	2,2	1,1	1,5	4,8	0,8	1,2	3,3	0,9	1,3
Total (%)	100	100	100	100	100	100	100	100	100

Source: TURKSTAT, Time Use Survey, 2014-2015

Considering the distribution of time in household and family care activities by gender and employment status, it is seen that the most time is spent on food management (40.4%). The group that devotes the most time to food management is the people who do not work. (42.2%). Within this group, women (44.5%) spend more than twice as much time as men (19.5%). Household care ranks second among the activities allocated the most time (21.1%). Likewise, those who do not work in household care spend more time (22.3%). Childcare is the third time-consuming activity. Participants in the research spend 14.5% of their time on childcare. Employees spend more time on childcare (16.8%) than non-working (13.7%). Working men spend more time on childcare (23.1%) than working women (13.4%). Unemployed women (14.2%) spend more time on childcare than unemployed men (9.1%).

Conclusion

Turkstat Time Use Survey Results, evaluated in this study, observed that the busiest time spent on meals and activities occur in the personal care area in Turkey. Moreover, contrary to expectations, men (2:46 hours) devote more time than women (2:43 hours) in the time spent in this area. When we add household and family care (2:35 hours in total), it is seen that approximately 5 and a half hours of the daily time is devoted to family activities. However, it is worth noting that women (4:17 hours) devote approximately 5 times more time to household and family care than men (0:51).

While women (1:09 hours) spend less time for working than men (3:58 hours), it is seen that an average of 2 and a half hours are spent on employment during the day. In general, men work 3 and a half times more than women. Of course, this type of activity is calculated by taking the average of employees and non-employees. Otherwise, the daily time devoted to employment in the working population is approximately 6 hours (men 6:25 hours, women 4:32 hours). In this case, the difference between working women and men is closing.

Watching TV, listening to radio and music are the main leisure activities. Men (2:23 hours) spend more time in this area than women (2:18 hours). It can be determined that men spend more time than women in leisure time use. For example, more men (42.8%) than women (38.3%) spend their time wandering around shopping malls. Likewise, we should mention that men (41.7%) who spend their time on social media are more than women (26.2%).

It is understood that social life and entertainment are important for both women and men. Women (1:54) stated that they devoted more time to this activity, which was spent 1:50 hours a day, than men (1:46). Of course, relatives and friends visit this ratio also has a large share. Because social life and entertainment are generally perceived as a combination of activities that take place during visits to relatives and friends, and women (71.4%) visit more relatives than men (68.3%). 56.4% of women and 55.1% of men stated that they visited friends. Activities such as theater, cinema, concert or going to a museum are also included in the social life and entertainment field. Men (10.8%) go to the cinema more than women (8.8%), while women (1.8%) go to the theater more than men (1.6%). Both groups make quite low visits to painting exhibitions, museums, etc. (1.3% of males and 1.4% of females stated that they visited exhibitions or museums in the last four weeks during the research reference period).

Areas such as hobbies and games, volunteer work and meetings, education and sports are among the least time-consuming activities. This situation can be perceived as an indication of the low effort made for individual development. It is seen that educational activities are almost completely exhausted after the age of 25. This situation is not much affected by the income level. Although voluntary work focuses on the non-working group, sports, all age groups, gender, marital status, etc. it is the lowest for the variable. Referring to Turkey in the overall average for the relevant reference period (2014-15) in a day's time (24 hours) sports just 0; 11 hours (11 seconds), it is seen as separated. Generally, in sports activities where walking and swimming are prominent, men allocate 0:16 hours (16 seconds) of the daily time to sports, and women 0:06 hours (6 seconds).

Clearly, it is observed that the usage of time in Turkey can be divided into 3 main activity types: family affairs, employment and watching TV.

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