

Despite working longer hours globally, leisure time has increased. Television viewing is the most popular leisure activity worldwide, with the British leading in TV consumption and also high rates of newspaper and book reading. Although many European women work full-time, they still handle most housework; UK men average six hours weekly compared to their wives' eighteen. This contributes to high stress and exhaustion levels among working women. British families spend minimal time preparing meals, favoring ready meals and takeaways, eating together infrequently. While UK young adults often begin full-time work by nineteen, Spanish and Italian counterparts start later, around twenty-four. American teenagers prioritize socializing over traditional hobbies, spending significant time on mobiles and in shopping malls, with minimal homework or sports participation. Conversely, UK pensioners are far more physically active than teenagers. Swedes and Finns demonstrate the highest rates of regular sports participation in Europe. While work hours have increased, the study questions the actual time spent actively working