

An Intersectional Approach to Time Poverty:

A Pilot Study of Time Poverty and Black Women's Perceived Health Based on Semi-Structured Interviews

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Abstract

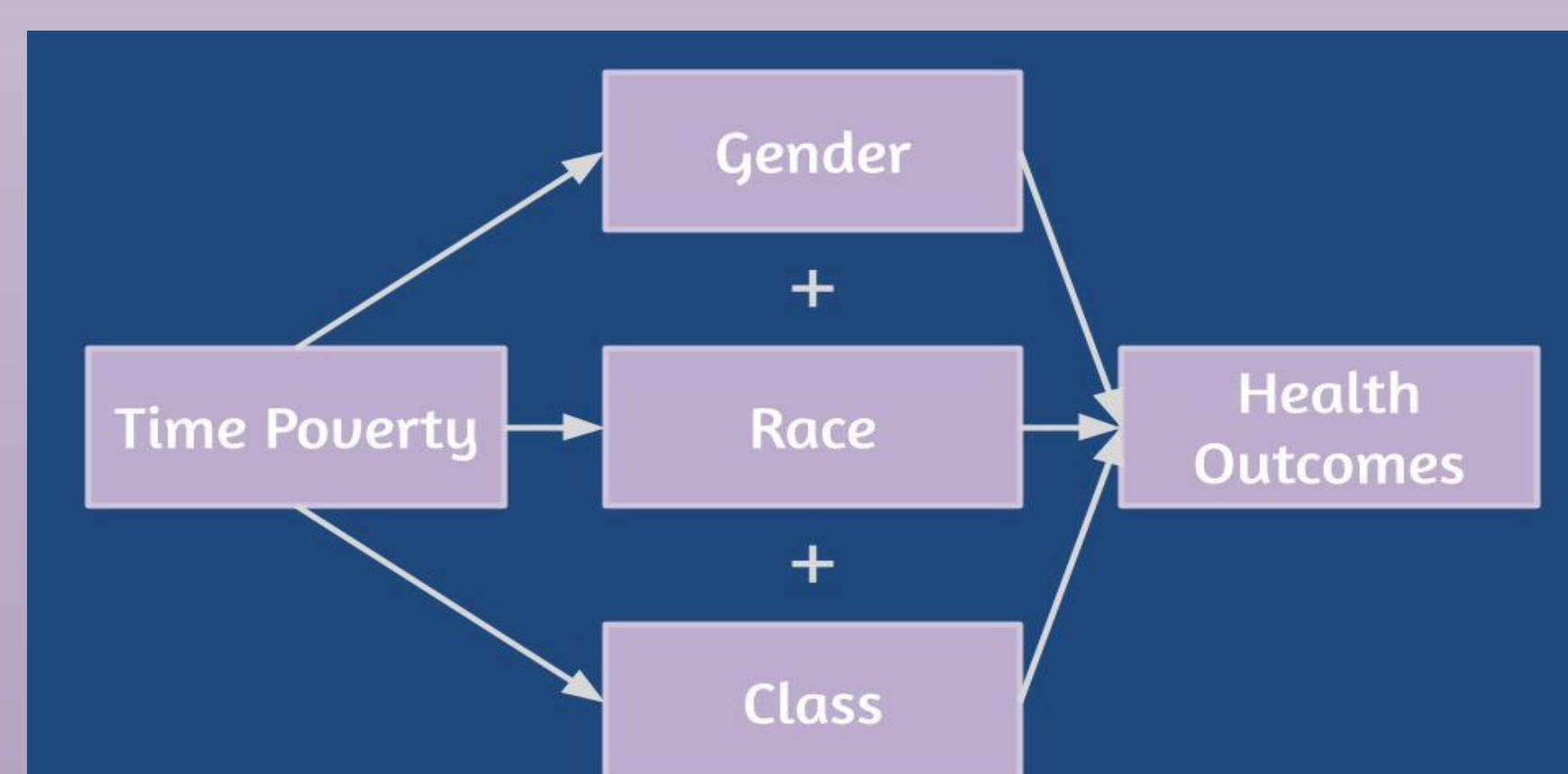
Time poverty negatively impacts health (Kalenkoski & Hamrick, 2013) but findings don't consider Black women, who are especially vulnerable to poor health (Chinn et al., 2020). This study uses an intersectional approach to look at the relationship between time poverty and Black women's health.

Hypothesis:

- Black women will report a compounding negative relation between time poverty and health.

Methods & Variables

- **Time poverty** → not having enough discretionary time → important for self-care, health, and human capital (Kalenkoski & Hamrick, 2013)
- **Intersectionality** →
 - "Intersectionality is simply about how certain aspects of who you are will increase your access to the good things or your exposure to the bad things" (Crenshaw, 2020)
- **Qualitative pilot study** using individual *semi-structured interviews* to identify patterns of themes related to Black women's intersectional social identity, perceived health, and time poverty
 - 9 interviews conducted via Zoom
- **Coding** → Interview transcripts were tagged and coded for thematic analysis



Results & Codes

1. **Caregiving:** Underreported, denied self-concept but lists responsibilities
 - "I don't know if it's to the level of— like always taking care of family members"
 - "No. Well, I guess I take care of my mom."
2. **"Good" Student:** Defined by effort rather than grades
 - "I just think someone who's trying their best"
 - "Being a student is more than just getting good grades"
3. **Time Scarcity:**
 - "People keep telling me, like, times rushes, like, that clock is ticking you never know"
 - "No, I don't have enough time to complete everything that I set out to do"
4. **Control Over Time:**
 - "Everything needed scheduling and time management. I couldn't just wing it."
 - "If you don't have good time management skills you're always going to be doing something"

Discussion

- **Caregiving:**
 - Do not perceive responsibilities as caregiving, skews representation of caregiver burden
 - Tied to internalized expectations → reflects *responsibilization* imposed onto women (Hyde et al., 2020) [*responsibilization* may be worse for Black women]
- **"Good" Student:**
 - Grades not representative of effort → time invested in academics does not get proportionate results → institutional discrimination worsens effects of time poverty
 - Institutional discrimination refers "to organizational policies and procedures that unfairly restrict the opportunities of Black Americans or that perpetuate advantages or privileges for the majority group" (Hughes & Dodge, 1997, p. 5)
- **Time Scarcity:**
 - Creates barriers to healthy behaviors (e.g. being active, healthy eating) (Venn & Strazdins, 2017) → increases likelihood of chronic health issues (Chinn et. al., 2020)
- **Control Over Time:**
 - Desires and attempts to control time suggests a need to "create" more time for themselves
 - Attempting to "create" time is demonstrative of the lack of agency

Limitations

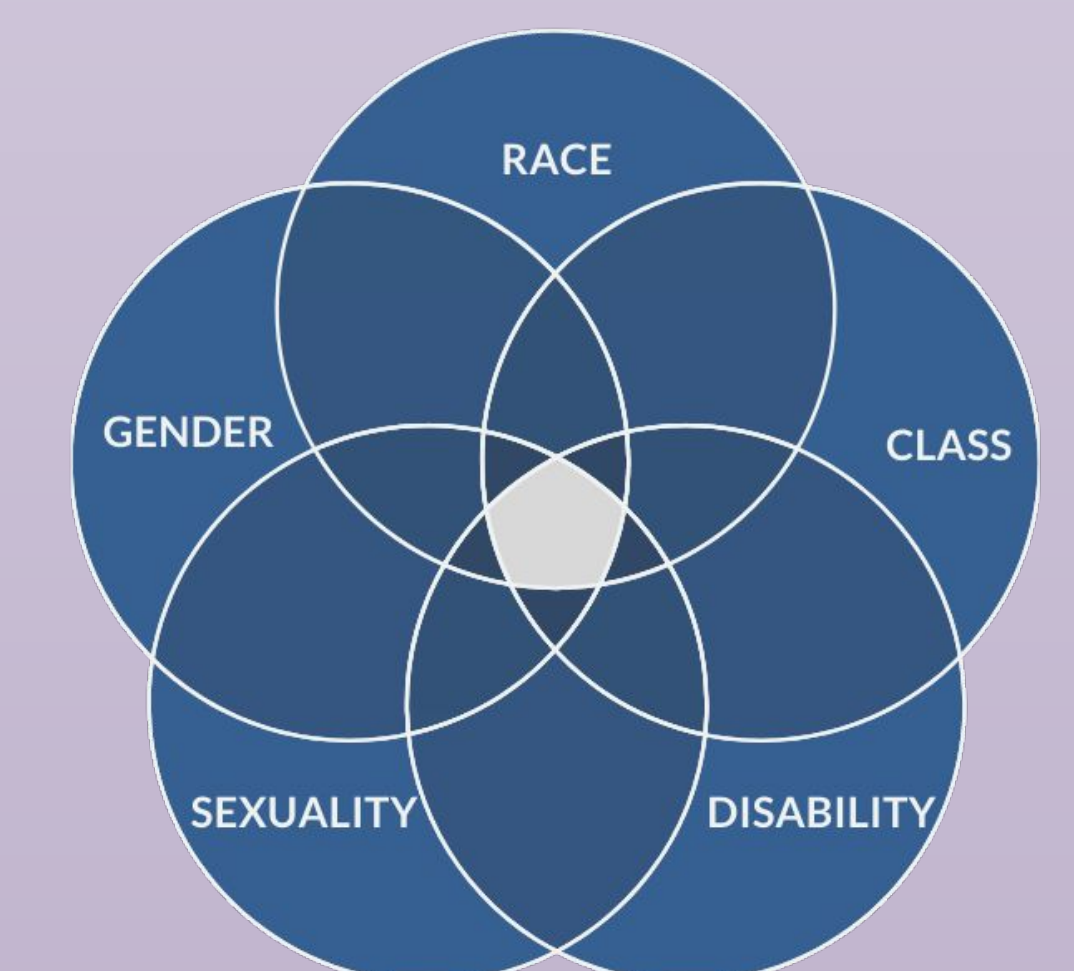
- Participant recruitment yielded only college-aged, able-bodied, middle-class participants; sample is not representative of Black women in the U.S.



Implications

- Future research needs to take into account the various ways that Black women perceive caregiving; adopt a *multidimensional* approach to study self-reported data on Black women's health [rather than placing their own definitions onto Black women]
- Underreporting of caregiving responsibilities may exacerbate existing trend of healthcare professionals underestimating Black women's health issues (Chinn et al., 2020)
- Recommending that Black women invest more time into their academics does not solve fundamental issues of structural oppression/neglect
- Researchers should try to better understand how (via implicit bias training, etc.) the intersection of Black women's social identities limits their agency over the time that they have

INTERSECTIONALITY



Literature Cited

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