

# Overview of the Public Opinion Survey on the Life of the People

August 2018

Public Relations Office, Cabinet Office

The Government of Japan

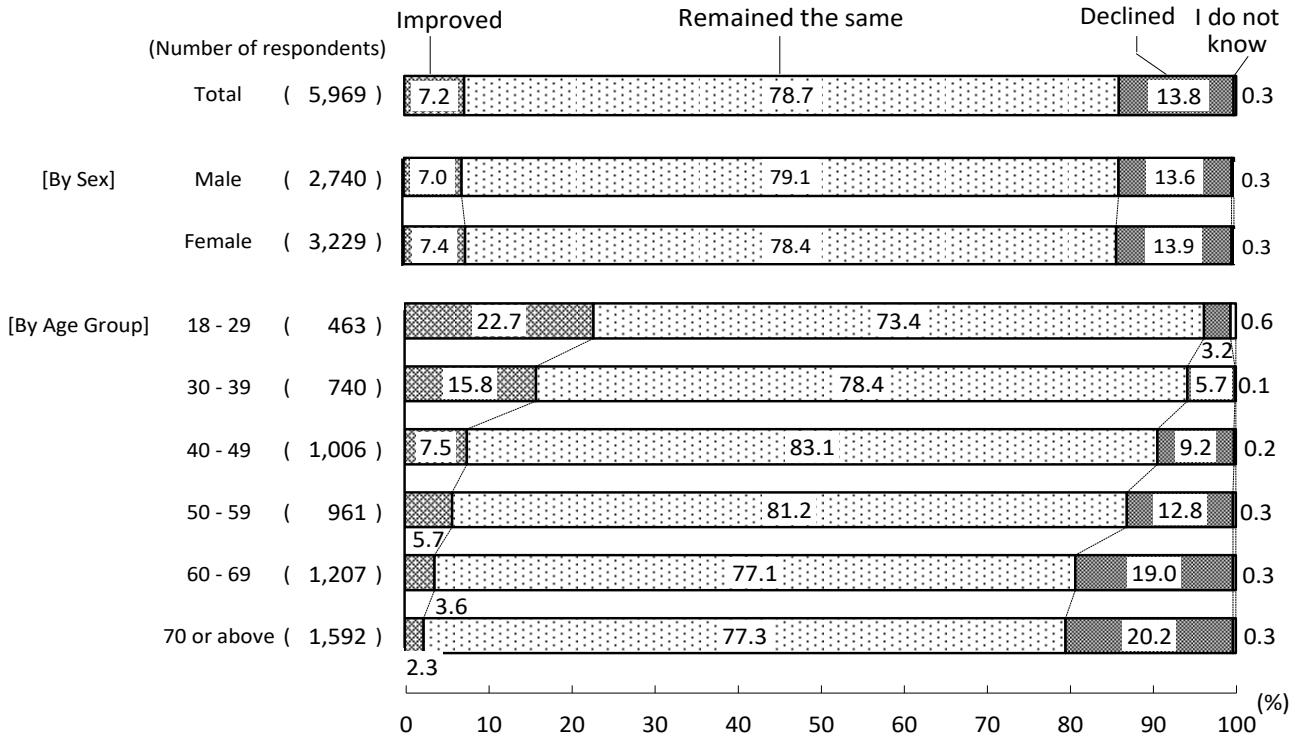
- Survey target:** 10,000 Japanese nationals of age 18 years or above nationwide  
Valid responses: 5,969 people (Response rate: 59.7%)
- Survey period:** 14 June - 1 July 2018 (Face-to-face interviews conducted by survey officers)
- Objectives:** To capture the various points of view on people's awareness and needs concerning their lives, such as perspectives on their families and homes or current and future lifestyles, and use the data as basic resource for general administration of the government.
- Survey items:**
1. Current lifestyle (Sense of improvement in lifestyle, degree of satisfaction, etc.)
  2. Future lifestyle (Outlook on life, areas of emphasis, etc.)
  3. Way of life, attitudes
  4. Requests to the government
- Track record:** In principle, the survey has been conducted every fiscal year since FY1957, this being the 62st survey.  
(Since the survey for FY2006, the respondents are informed that the survey is conducted by the Cabinet Office.)
- Note:** This document indicates "↑" or "↓" for responses with a statistically significant difference (95% confidence interval), in comparison with past survey results.

# 1. Current Lifestyle

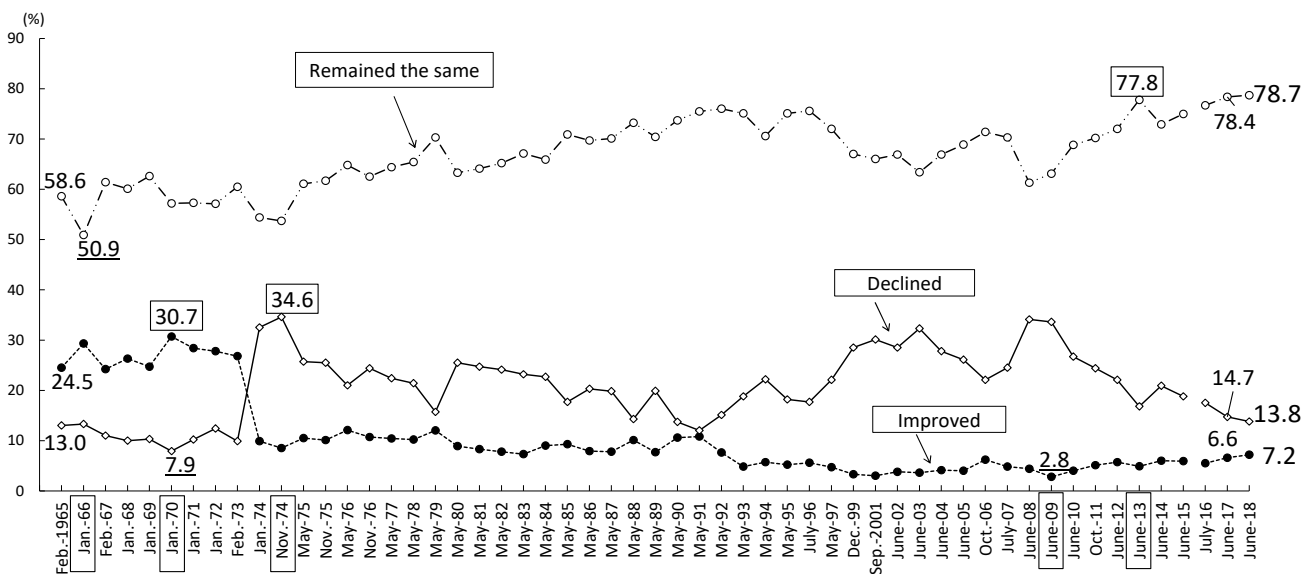
## (1) Sense of improvement in the lifestyle compared to last year

*Q1 How would you describe the lifestyle of your household compared to this time last year ?  
Please select one answer.*

	June 2017	→	June 2018
• Improved	6.6%		7.2%
• Remained the same	78.4%		78.7%
• Declined	14.7%		13.8%



<Reference> Sense of improvement in the lifestyle compared to last year (Time series)

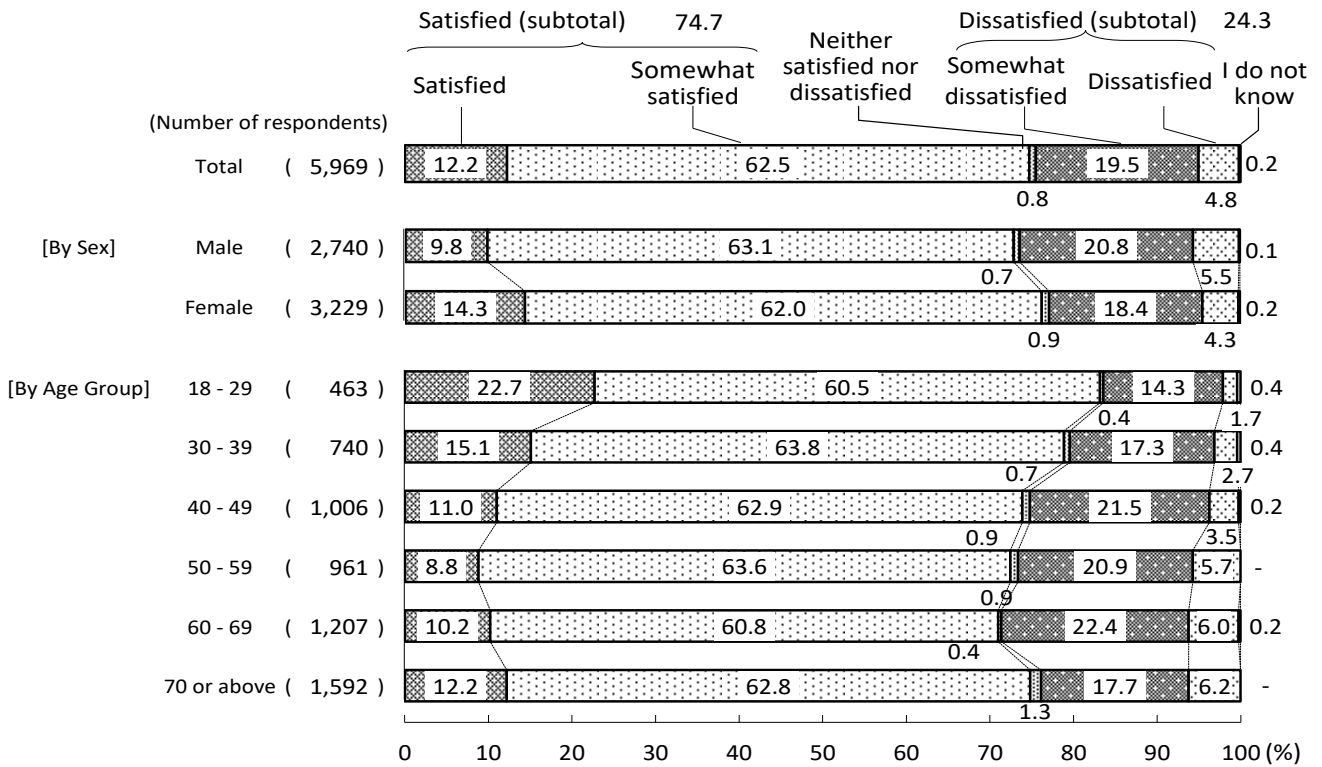


(Note) Targets' age up to June 2015 survey were 20 years or above ; targets' age from July 2016 are 18 years or above (the same hereinafter).

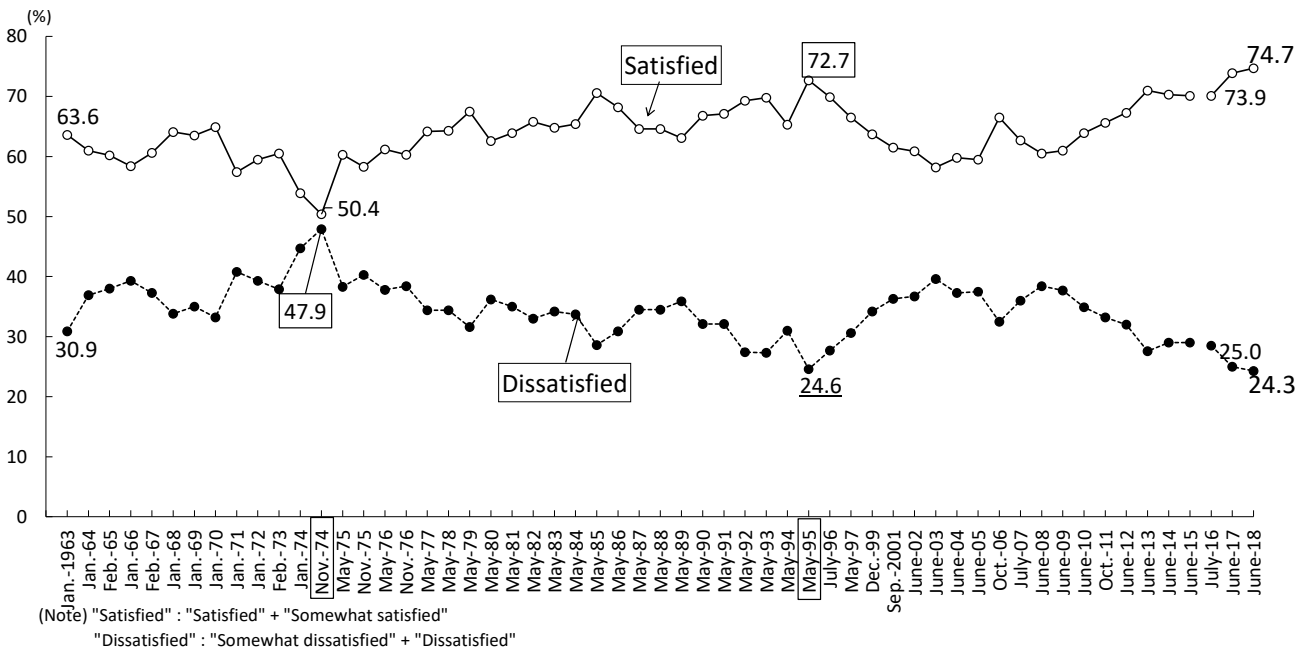
**(2) Levels of satisfaction with the current lifestyle**

*Q2 Overall, how satisfied are you with your current lifestyle? Please select one answer.*

	June 2017	→	June 2018
• <u>Satisfied (subtotal)</u>	73.9%	→	74.7%
• Satisfied	12.2%	→	12.2%
• Somewhat satisfied	61.7%	→	62.5%
• <u>Dissatisfied (subtotal)</u>	25.0%	→	24.3%
• Somewhat dissatisfied	19.9%	→	19.5%
• Dissatisfied	5.1%	→	4.8%



<Reference> Levels of satisfaction with the current lifestyle (Time series)

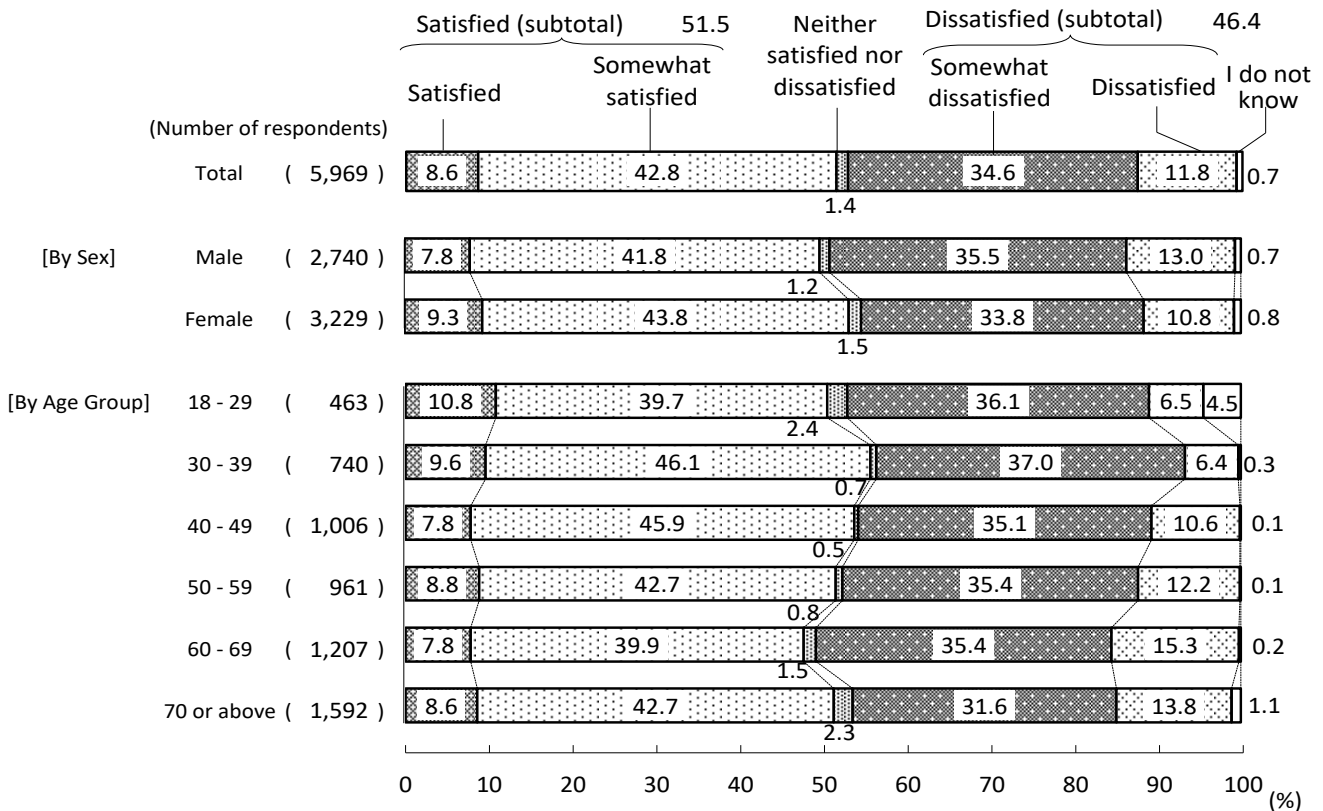


**(3) Levels of satisfaction with each aspect of current lifestyle**

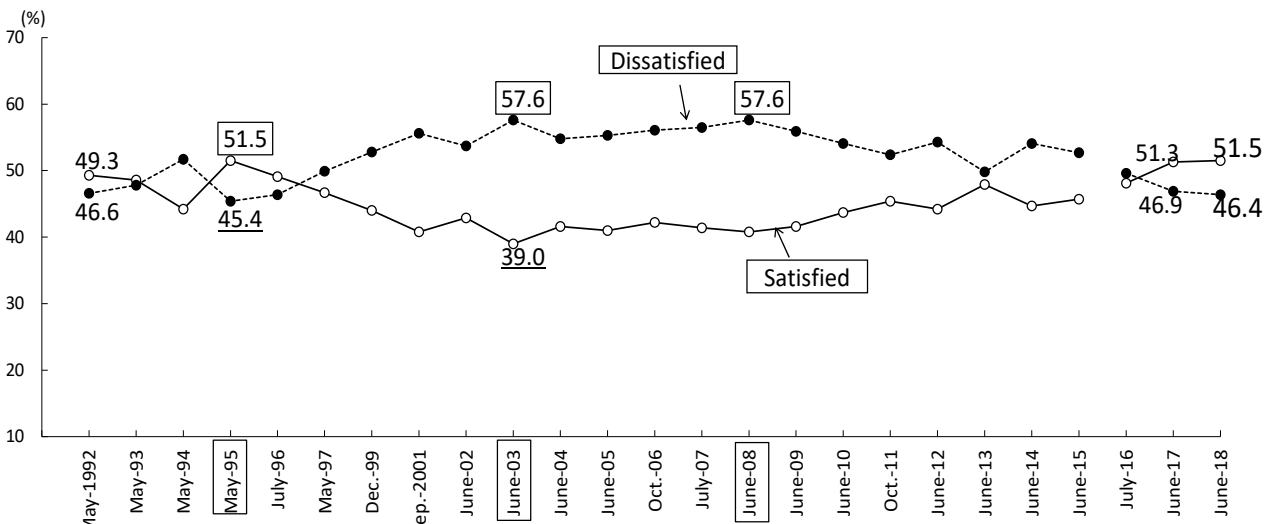
**A. Income / Revenue**

Q3-a How satisfied are you with income and revenue of your life? Please select one answer.

	June 2017	→	June 2018
<u>Satisfied (subtotal)</u>	51.3%		51.5%
•Satisfied	7.9%		8.6%
•Somewhat satisfied	43.4%		42.8%
<u>Dissatisfied (subtotal)</u>	46.9%		46.4%
•Somewhat dissatisfied	34.1%		34.6%
•Dissatisfied	12.8%		11.8%



<Reference> Levels of satisfaction with each aspect of current lifestyle - Income / Revenue - (Time series)

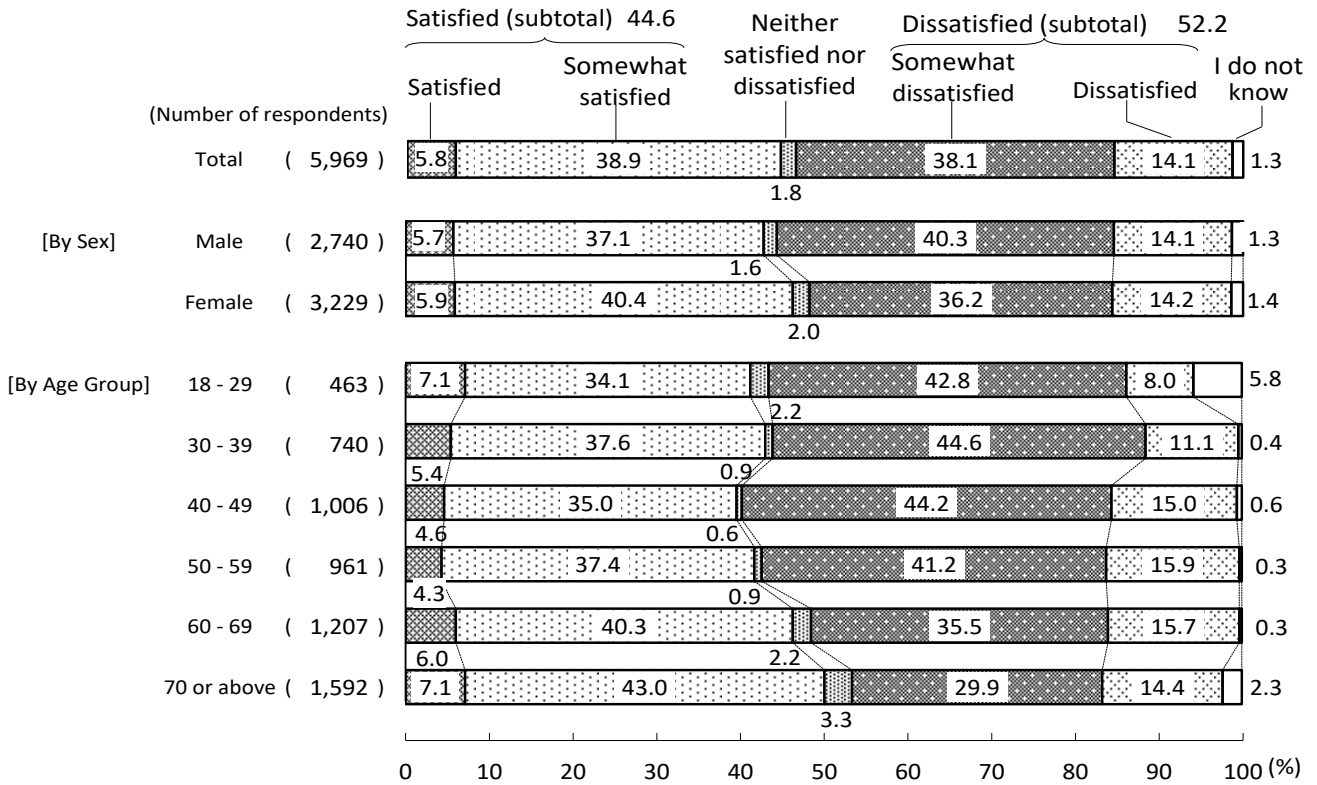


(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"  
 "Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"

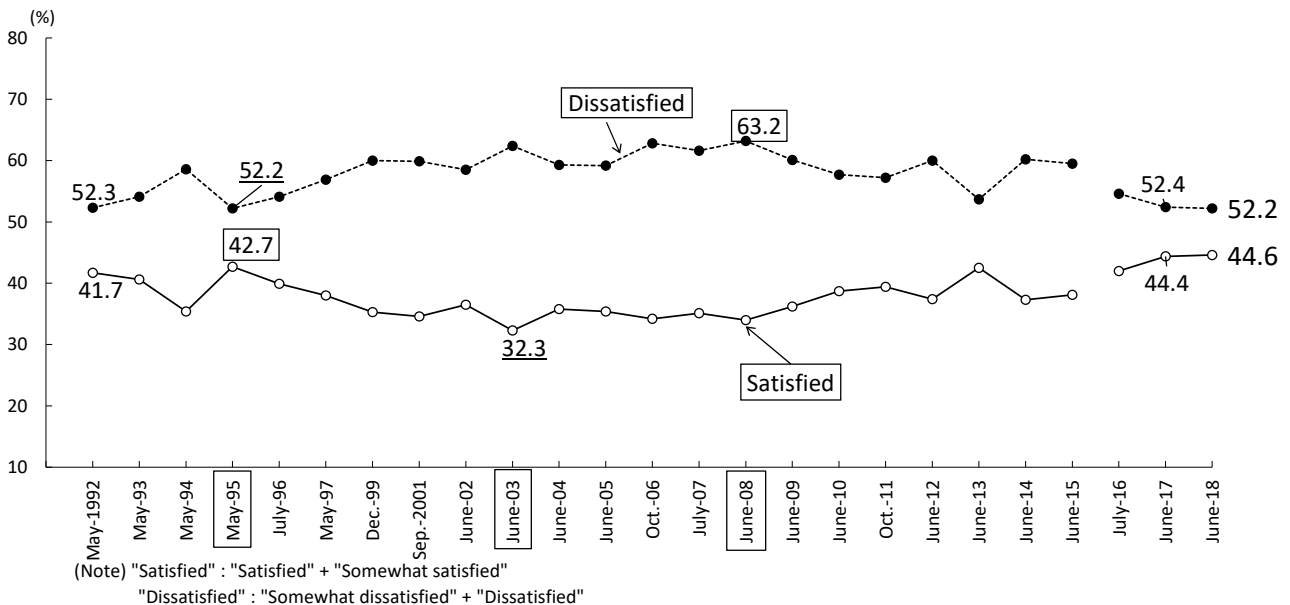
**B. Assets / Savings**

*Q3-b How satisfied are you with assets and savings of your life? Please select one answer.*

	June 2017	→	June 2018
<u>Satisfied (subtotal)</u>	44.4%		44.6%
• Satisfied	5.6%		5.8%
• Somewhat satisfied	38.7%		38.9%
<u>Dissatisfied (subtotal)</u>	52.4%		52.2%
• Somewhat dissatisfied	37.3%		38.1%
• Dissatisfied	15.1%		14.1%



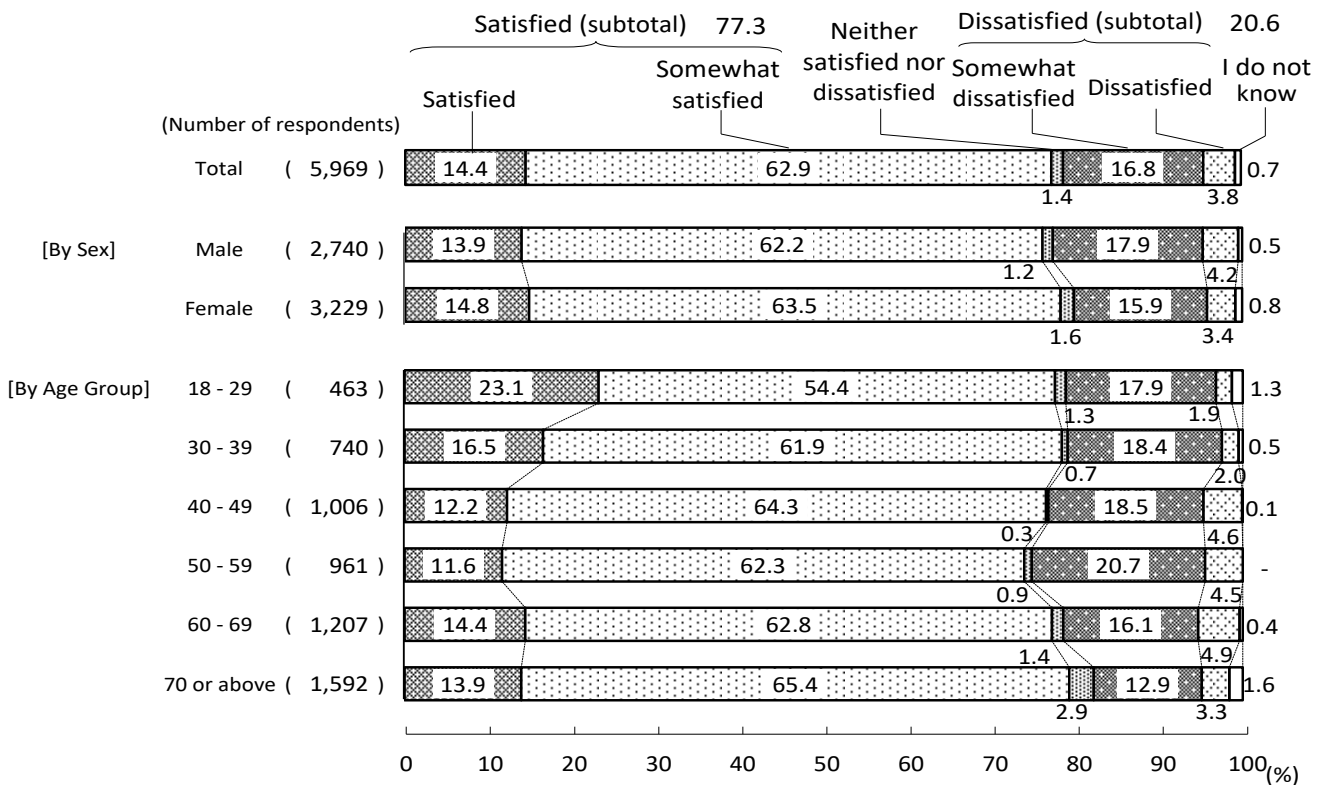
<Reference> Levels of satisfaction with each aspect of current lifestyle - Assets / Savings - (Time series)



**C. Durable consumer goods such as automobiles, electrical appliances, furniture, etc.**

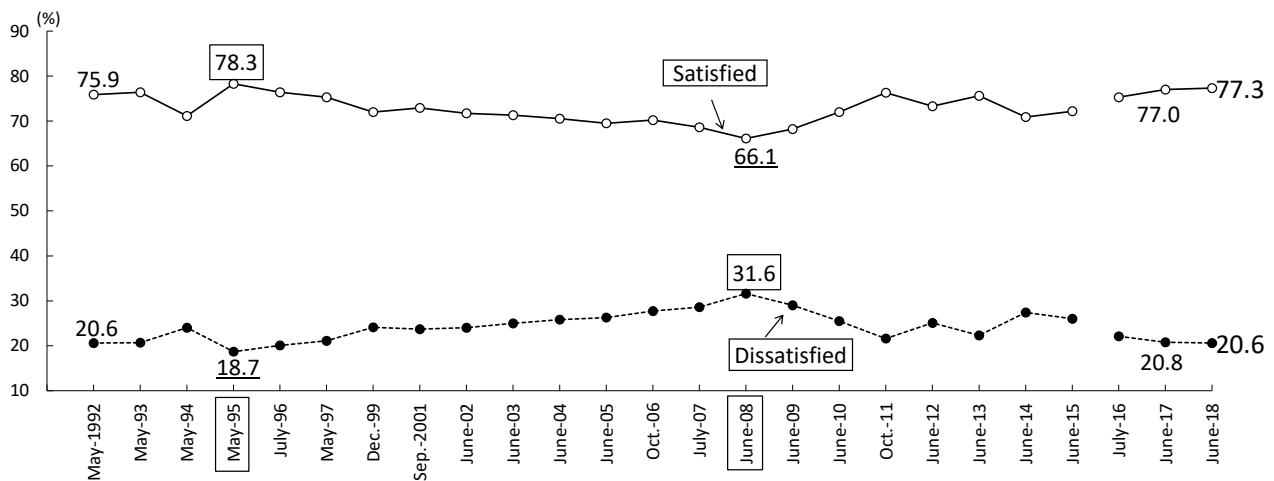
Q3-c How satisfied are you with durable consumer goods such as automobiles, electrical appliances, and furniture of your life? Please select one answer.

	June 2017	→	June 2018
<u>Satisfied (subtotal)</u>	<u>77.0%</u>		<u>77.3%</u>
• Satisfied	16.4%		14.4% ↓
• Somewhat satisfied	60.6%		62.9% ↑
<u>Dissatisfied (subtotal)</u>	<u>20.8%</u>		<u>20.6%</u>
• Somewhat dissatisfied	17.1%		16.8%
• Dissatisfied	3.7%		3.8%



<Reference> Levels of satisfaction with each aspect of current lifestyle

- Durable consumer goods such as automobiles, electrical appliances, furniture, etc. - (Time series)

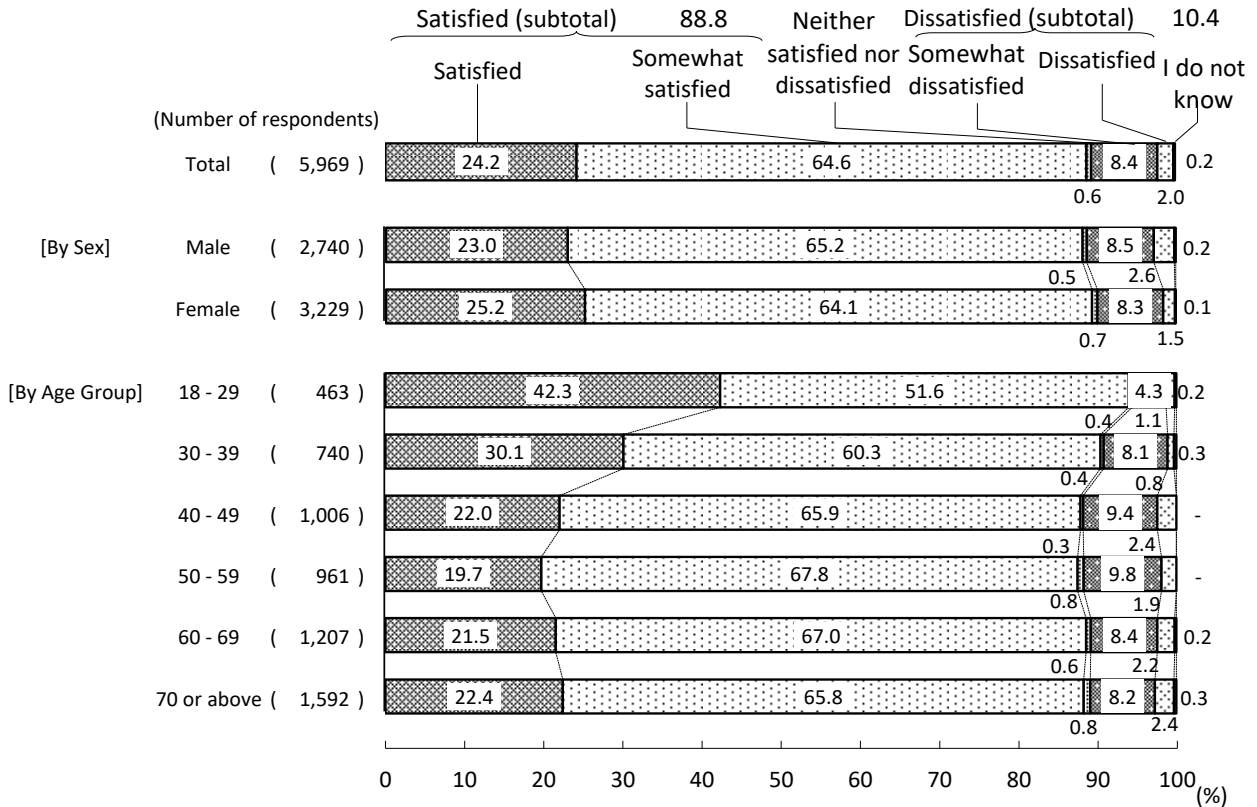


(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"  
 "Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"

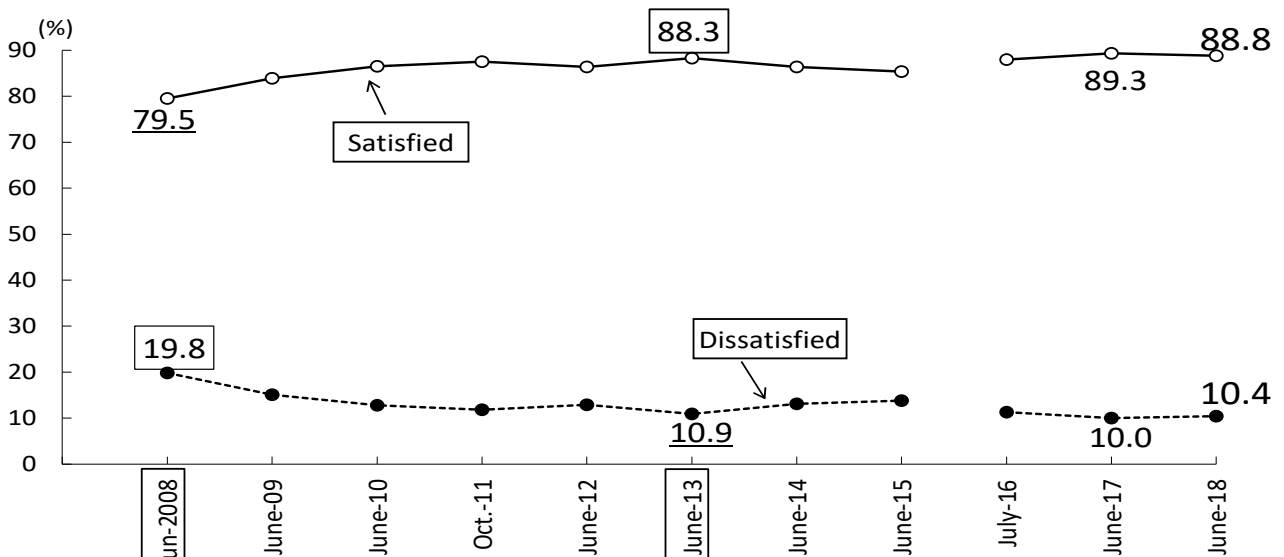
**D. Food**

*Q3-d How satisfied are you with food of your life? Please select one answer.*

	June 2017	→	June 2018
<u>Satisfied (subtotal)</u>	89.3%		88.8%
• Satisfied	26.0%		24.2% ↓
• Somewhat satisfied	63.3%		64.6%
<u>Dissatisfied (subtotal)</u>	10.0%		10.4%
• Somewhat dissatisfied	8.4%		8.4%
• Dissatisfied	1.6%		2.0%



<Reference> Levels of satisfaction with each aspect of current lifestyle - Food - (Time series)

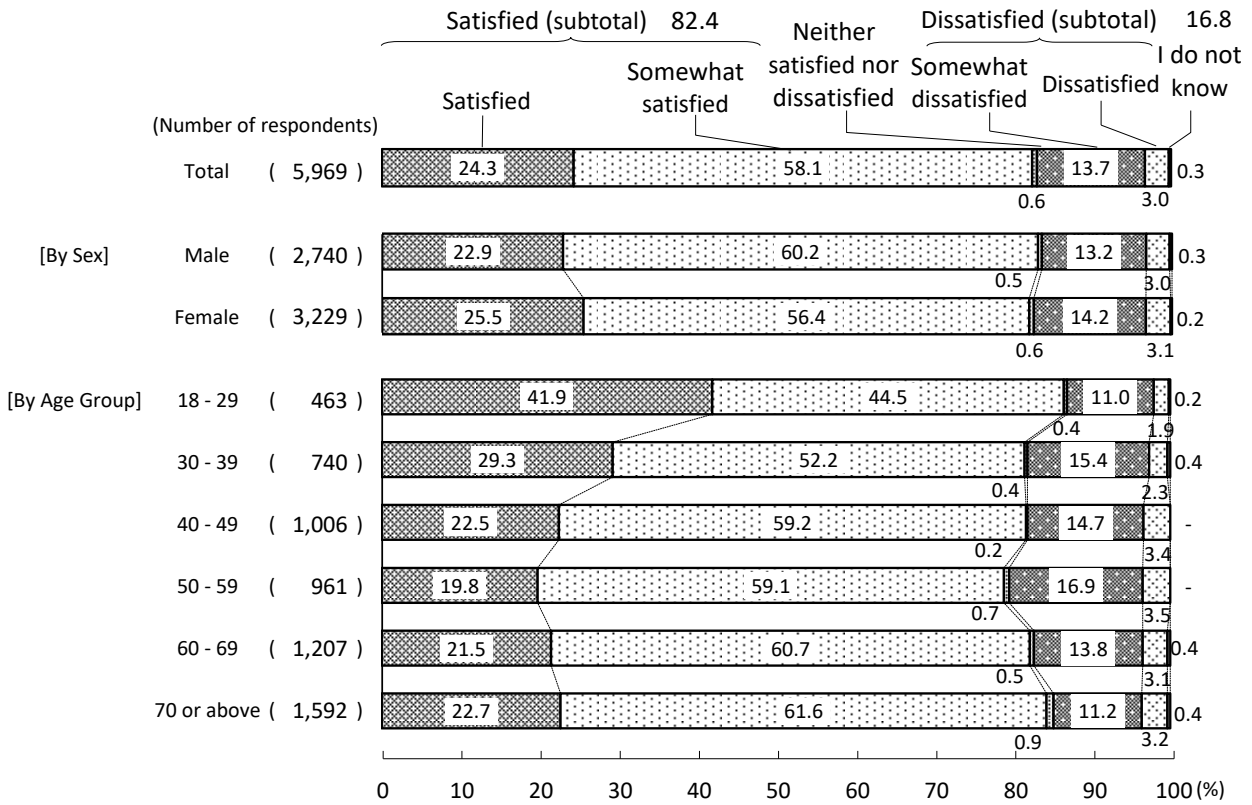


(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"  
 "Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"

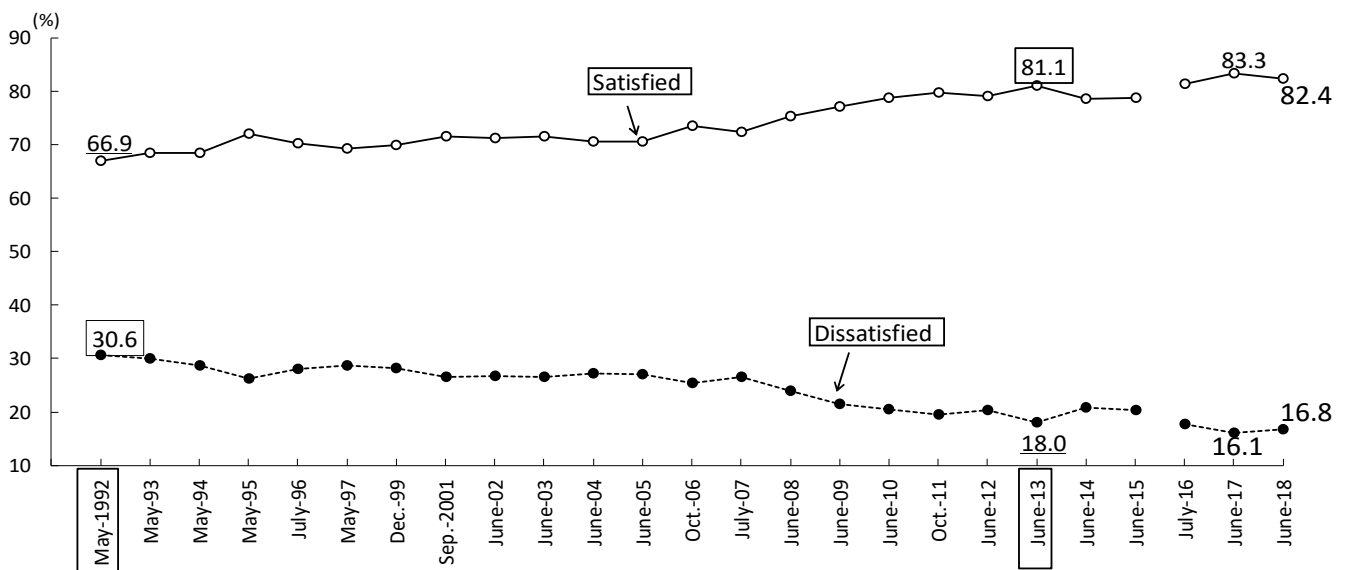
## E. Housing

Q3-e How satisfied are you with housing of your life? Please select one answer.

	June 2017	→	June 2018
<u>Satisfied (subtotal)</u>	<u>83.3%</u>		<u>82.4%</u>
• Satisfied	25.7%		24.3%
• Somewhat satisfied	57.6%		58.1%
<u>Dissatisfied (subtotal)</u>	<u>16.1%</u>		<u>16.8%</u>
• Somewhat dissatisfied	12.8%		13.7%
• Dissatisfied	3.4%		3.0%



<Reference> Levels of satisfaction with each aspect of current lifestyle - Housing - (Time series)



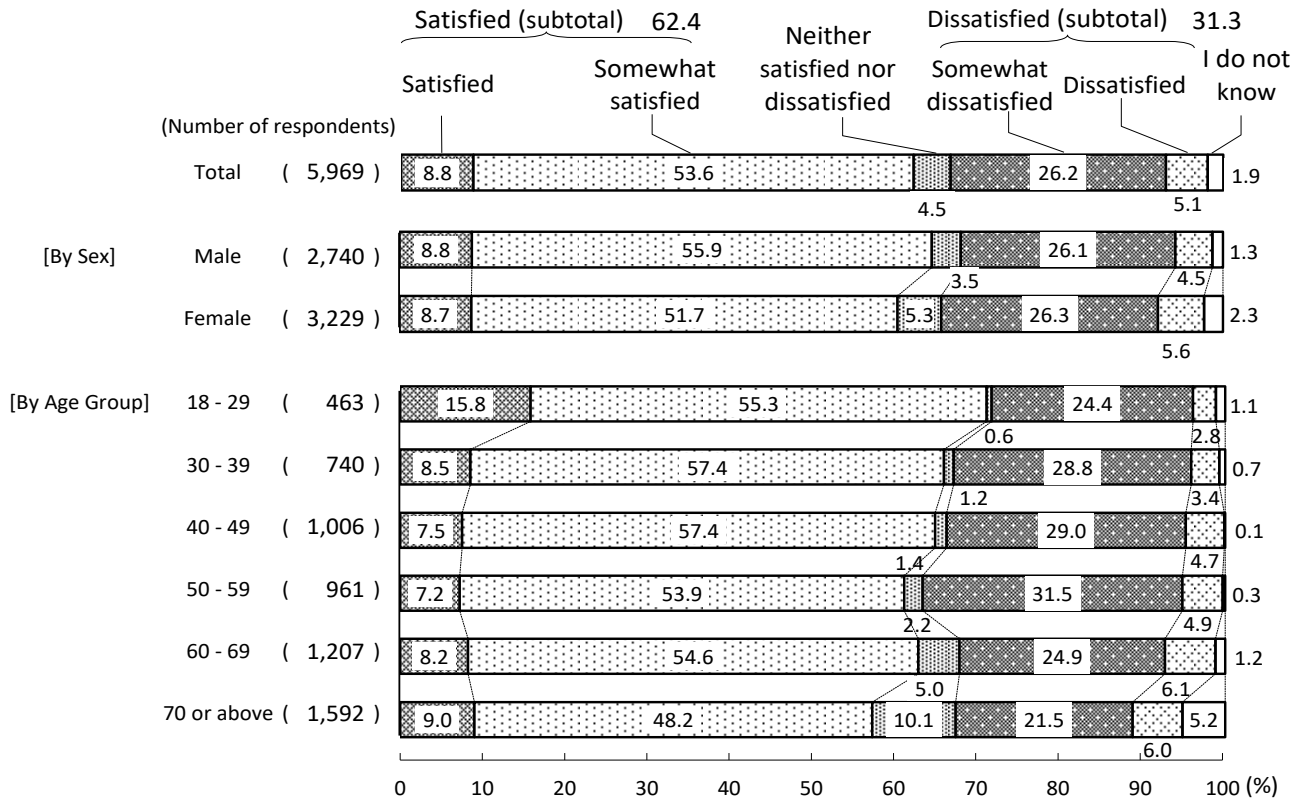
(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"  
 "Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"



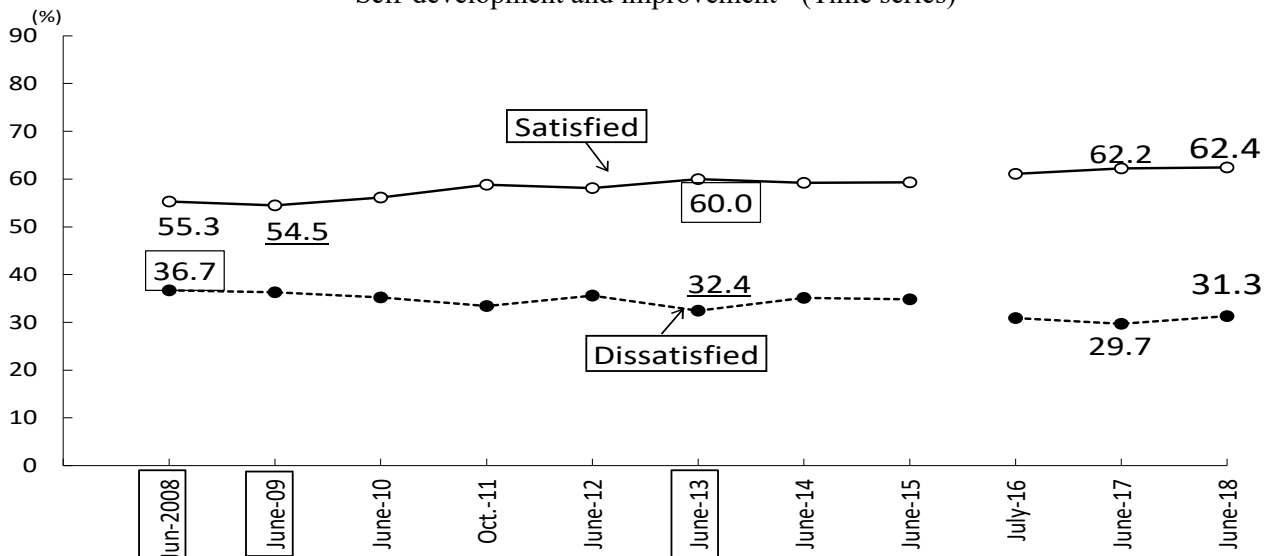
## F. Self-development and improvement

Q3-f How satisfied are you with self-development and improvement of your life?  
Please select one answer.

	June 2017	→	June 2018
<b>Satisfied (subtotal)</b>	<b>62.2%</b>		<b>62.4%</b>
• Satisfied	9.6%		8.8%
• Somewhat satisfied	52.6%		53.6%
<b>Dissatisfied (subtotal)</b>	<b>29.7%</b>		<b>31.3%</b>
• Somewhat dissatisfied	25.4%		26.2%
• Dissatisfied	4.4%		5.1%



<Reference> Levels of satisfaction with each aspect of current lifestyle  
- Self-development and improvement - (Time series)

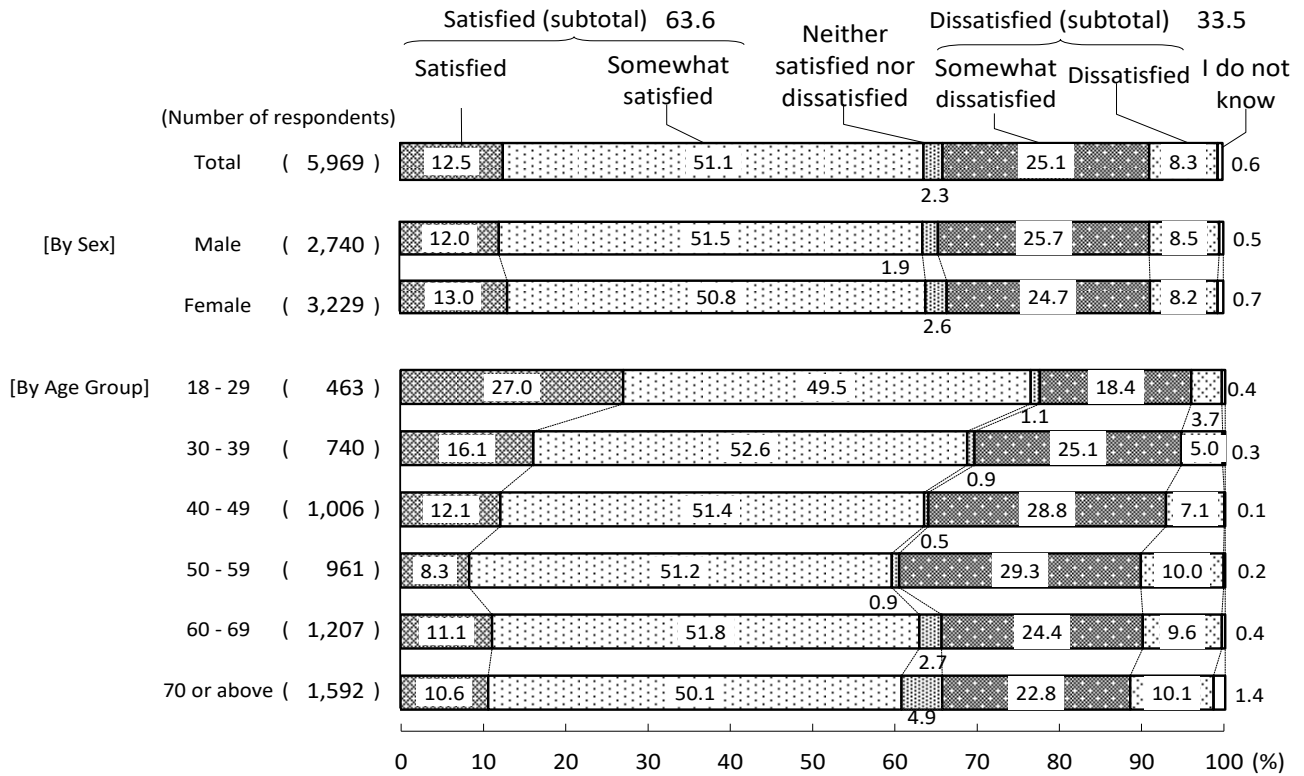


(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"  
"Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"

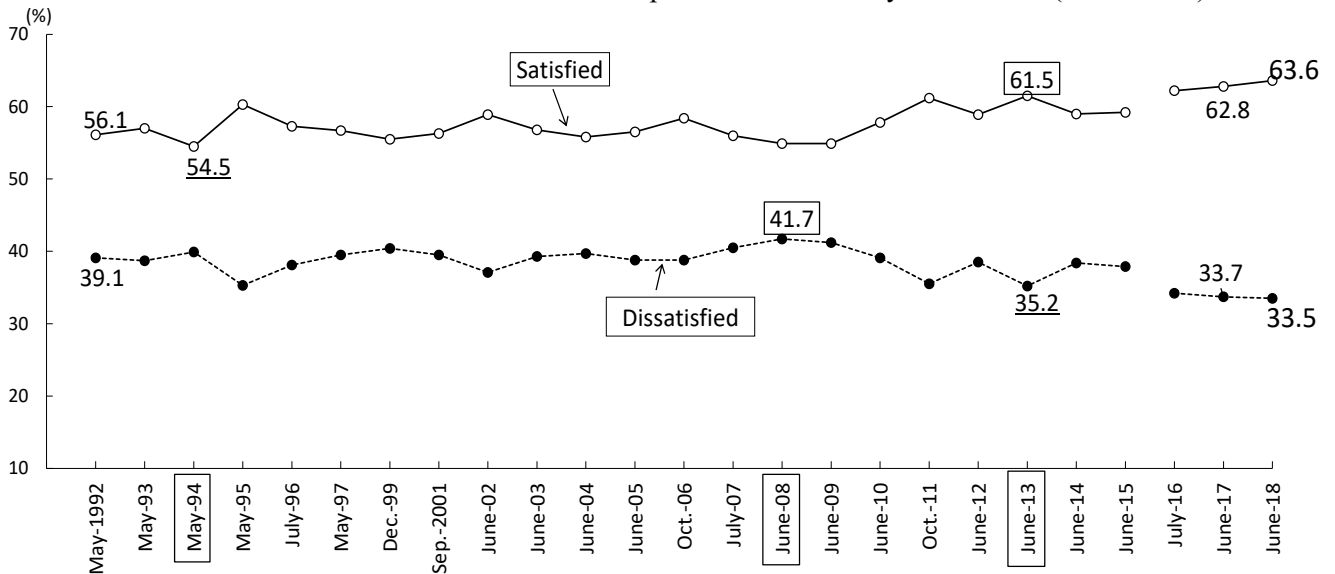
G. Leisure

Q3-g How satisfied are you with leisure of your life? Please select one answer.

	June 2017	→	June 2018
<u>Satisfied (subtotal)</u>	62.8%		63.6%
• Satisfied	14.5%		12.5% ↓
• Somewhat satisfied	48.3%		51.1% ↑
<u>Dissatisfied (subtotal)</u>	33.7%		33.5%
• Somewhat dissatisfied	25.4%		25.1%
• Dissatisfied	8.3%		8.3%



<Reference> Levels of satisfaction with each aspect of current lifestyle - Leisure -(Time series)



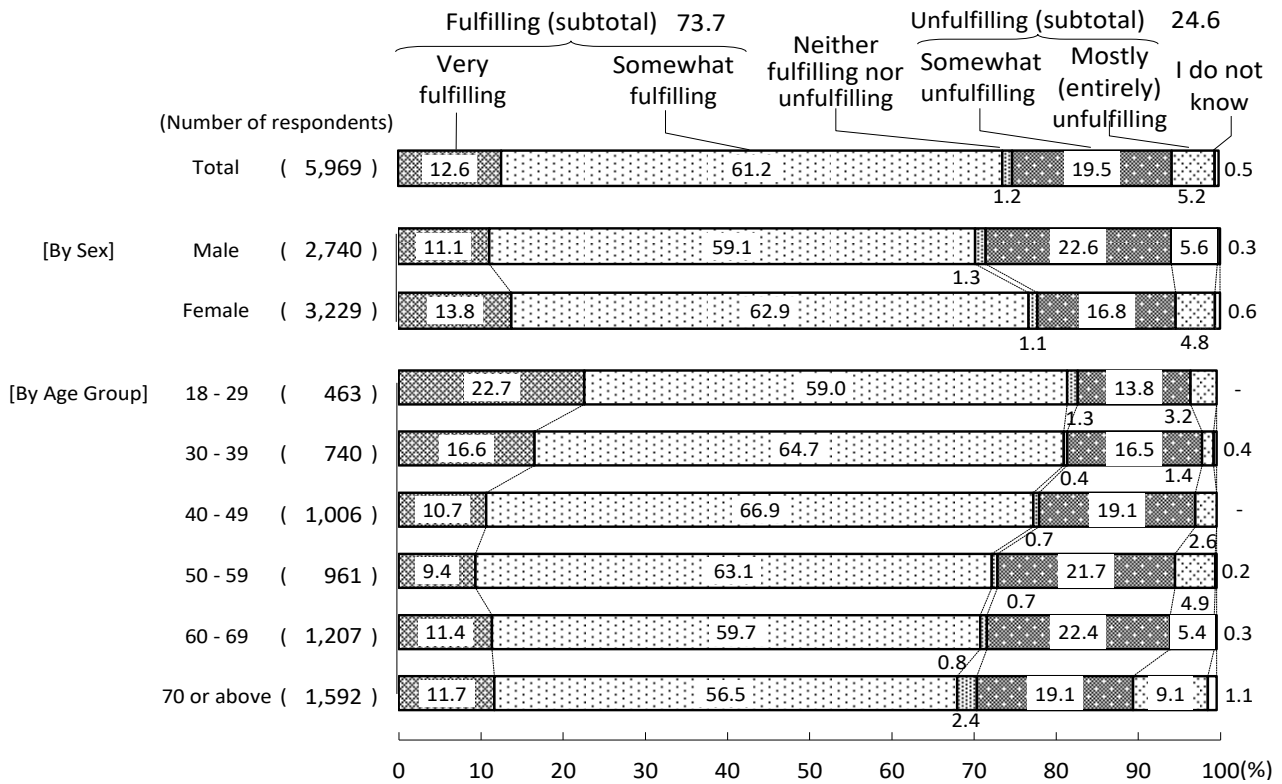
(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"  
 "Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"

**(4) Sense of Fulfillment**

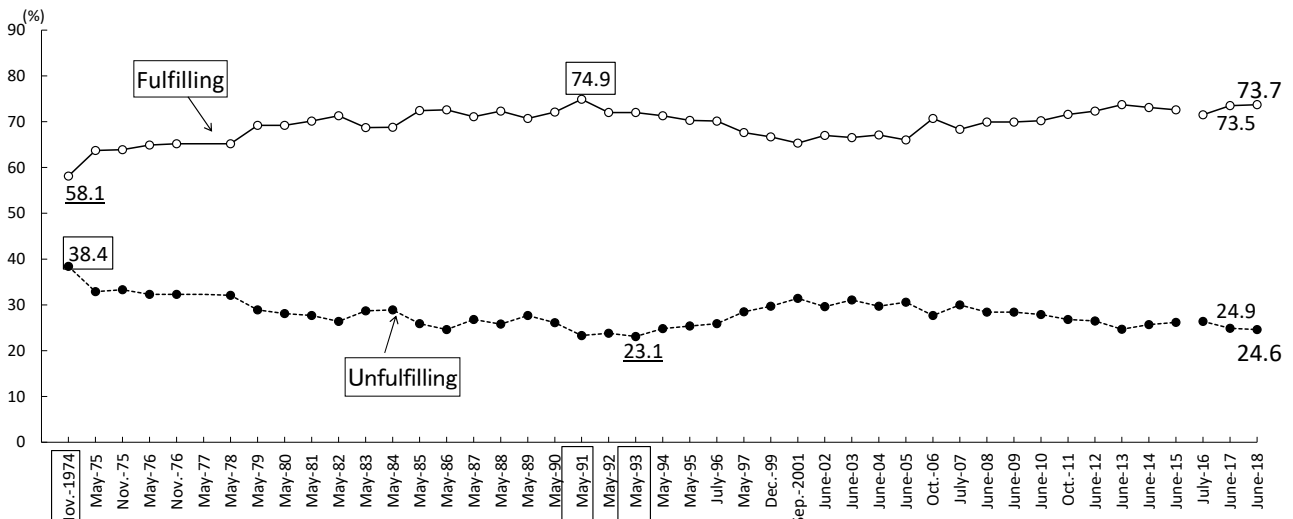
**A. Sense of fulfillment in one's everyday life**

Q4 How fulfilling do you think is your everyday life? Please select one answer.

	June 2017	→	June 2018
<u>Fulfilling (subtotal)</u>	<u>73.5%</u>		<u>73.7%</u>
• Very fulfilling	13.2%		12.6%
• Somewhat fulfilling	60.3%		61.2%
<u>Unfulfilling (subtotal)</u>	<u>24.9%</u>		<u>24.6%</u>
• Somewhat unfulfilling	19.7%		19.5%
• Mostly (entirely) unfulfilling	5.2%		5.2%



<Reference> Sense of fulfillment in one's everyday life (Time series)



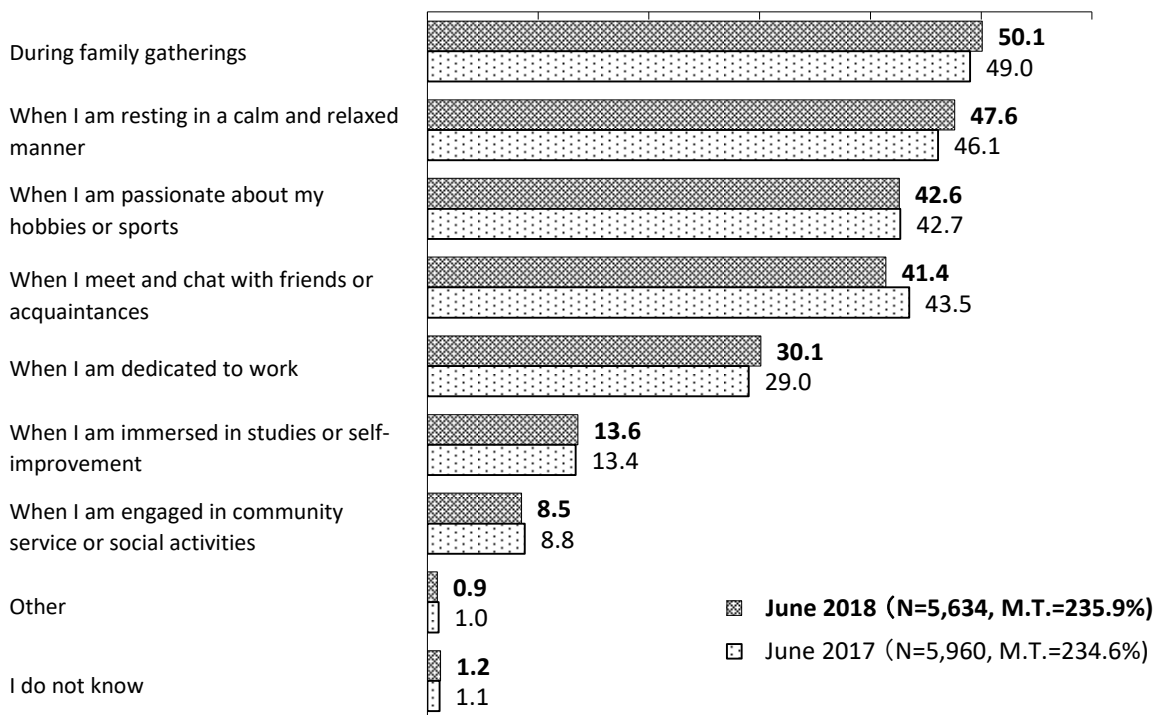
(Note) "Fulfilling" : "Very fulfilling" + "Somewhat fulfilling"  
 "Unfulfilling" : "Somewhat unfulfilling" + "Mostly (entirely) unfulfilling".  
 The question was not asked in the May 1977 survey.

## B. Moments of fulfillment

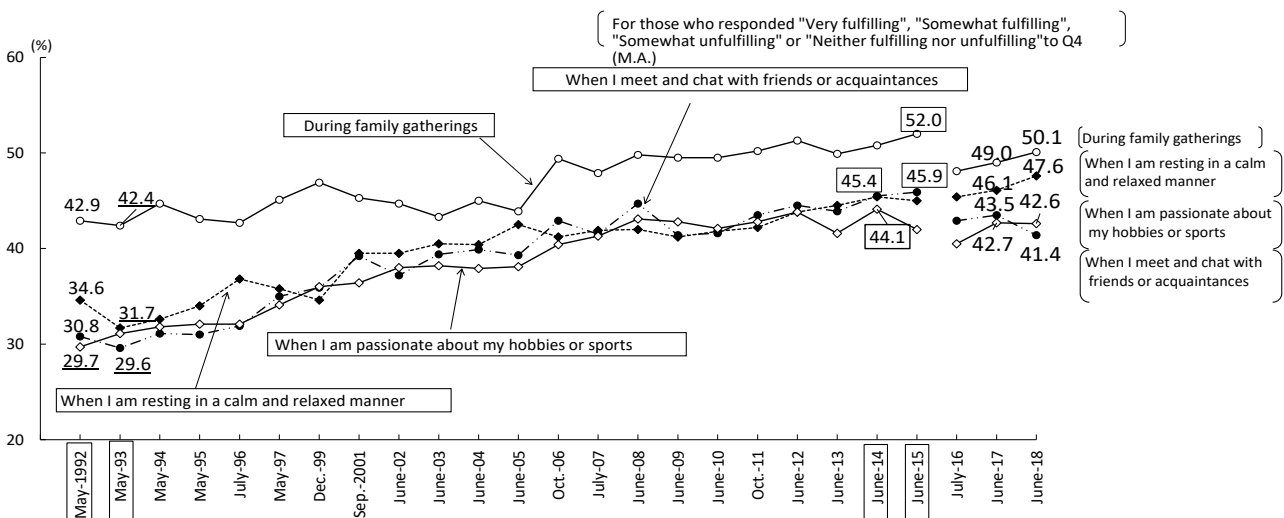
*SQ (For 5,634 people who responded "Very fulfilling", "Somewhat fulfilling", "Somewhat unfulfilling" or "Neither fulfilling nor unfulfilling" to Q4)  
When do you feel that your everyday life is fulfilling? Please select all applicable answers.(M.A.)*

	June 2017	→	June 2018
• During family gatherings	49.0%		50.1%
• When I am resting in a calm and relaxed manner	46.1%		47.6%
• When I am passionate about my hobbies or sports	42.7%		42.6%
• When I meet and chat with friends or acquaintances	43.5%		41.4% ↓

(For those who responded "Very fulfilling", "Somewhat fulfilling",  
"Somewhat unfulfilling" or "Neither fulfilling nor unfulfilling" to Q4 (M.A.) )



<Reference> Moments of fulfillment (Top 4 Items, Time series)

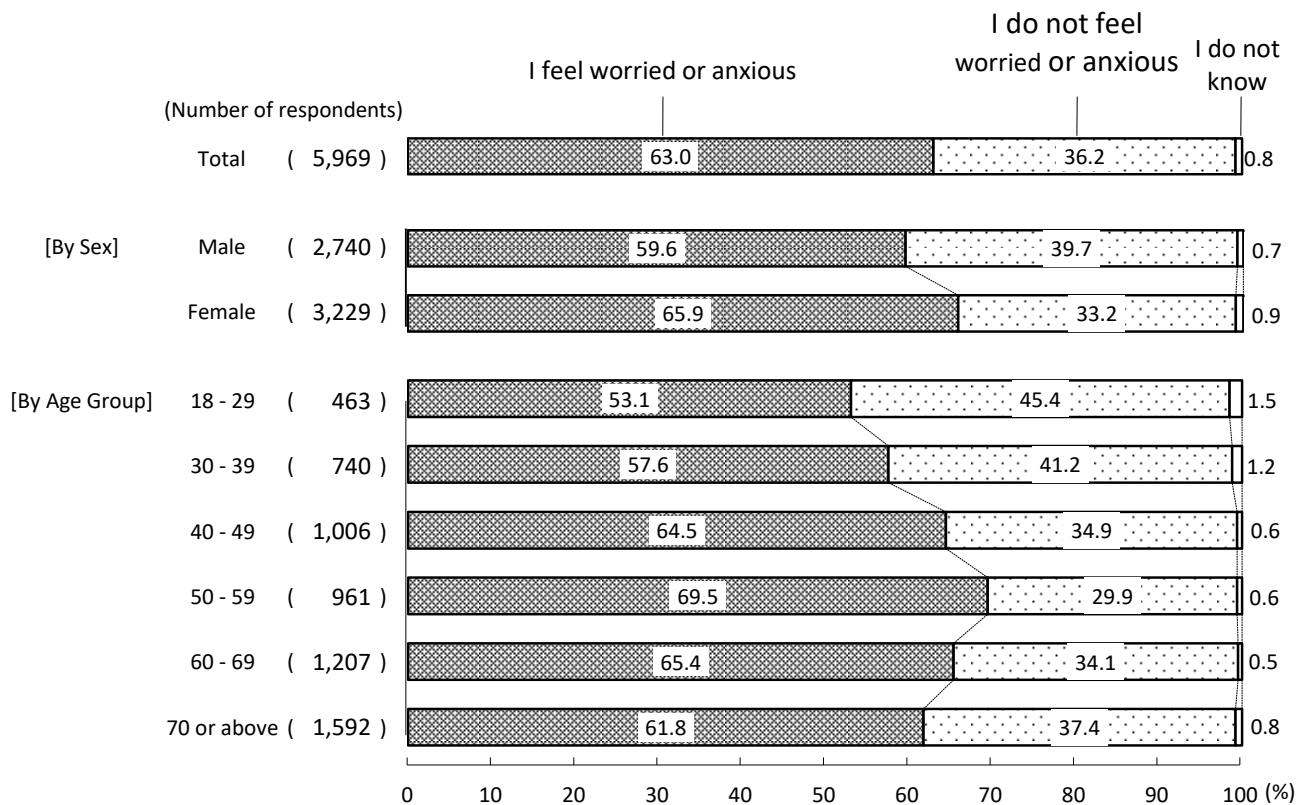


## (5) Worries or anxiety in one's everyday life

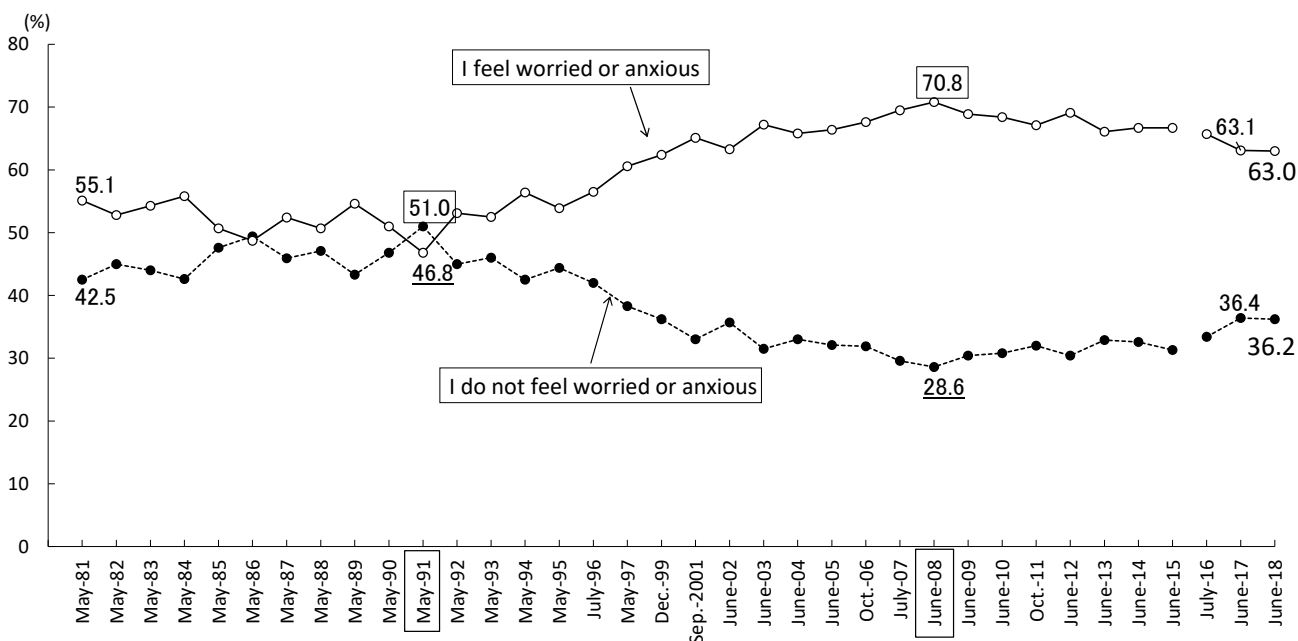
### A. Worries or Anxiety

Q5 Do you feel worried or anxious in your everyday life, or do you not have any worries or anxieties ?

	June 2017	June 2018
• I feel worried or anxious	63.1%	→ 63.0%
• I do not feel worried or anxious	36.4%	→ 36.2%



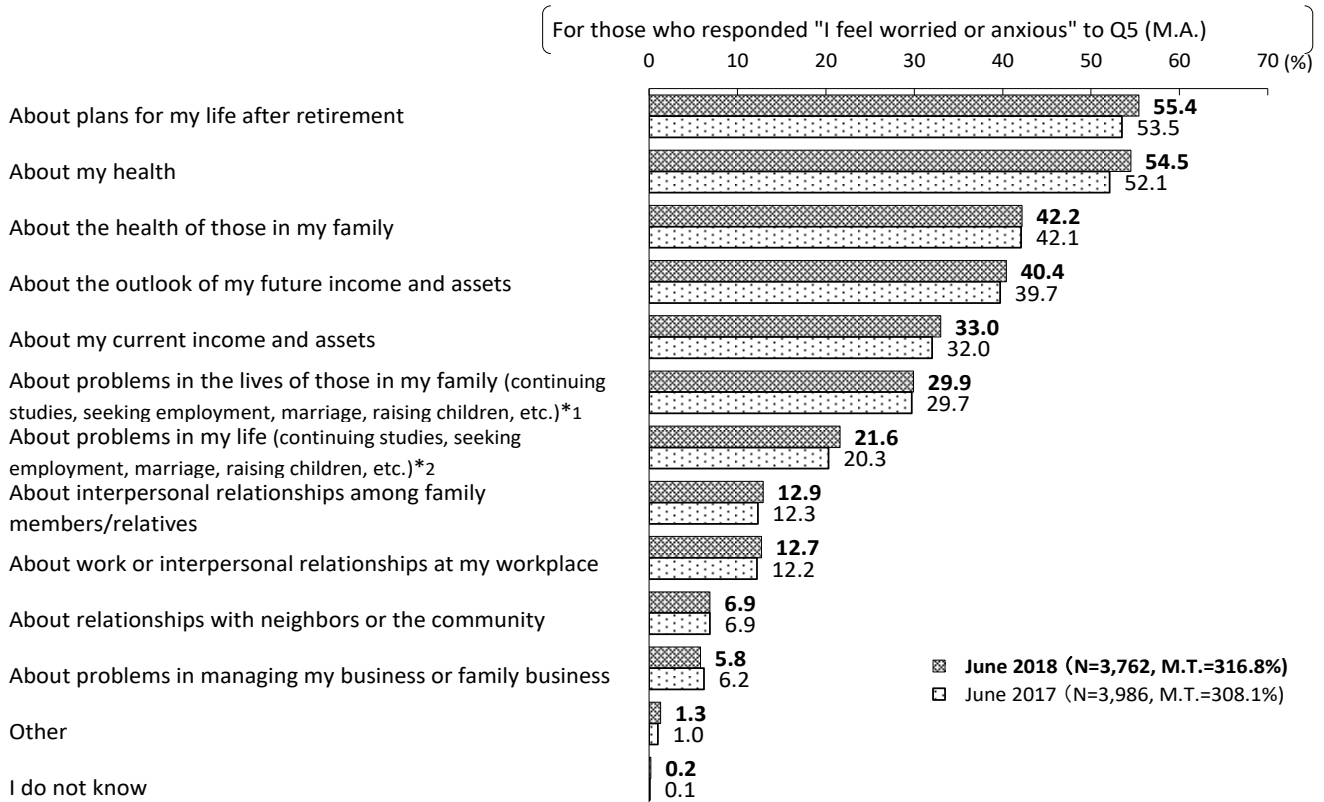
<Reference> Worries or Anxiety (Time series)



## B. Causes of worries or anxiety

*SQ (For 3,762 people who responded "I feel worried or anxious" to Q5)  
What do you feel worried or anxious about? Please select all applicable answers. (M.A.)*

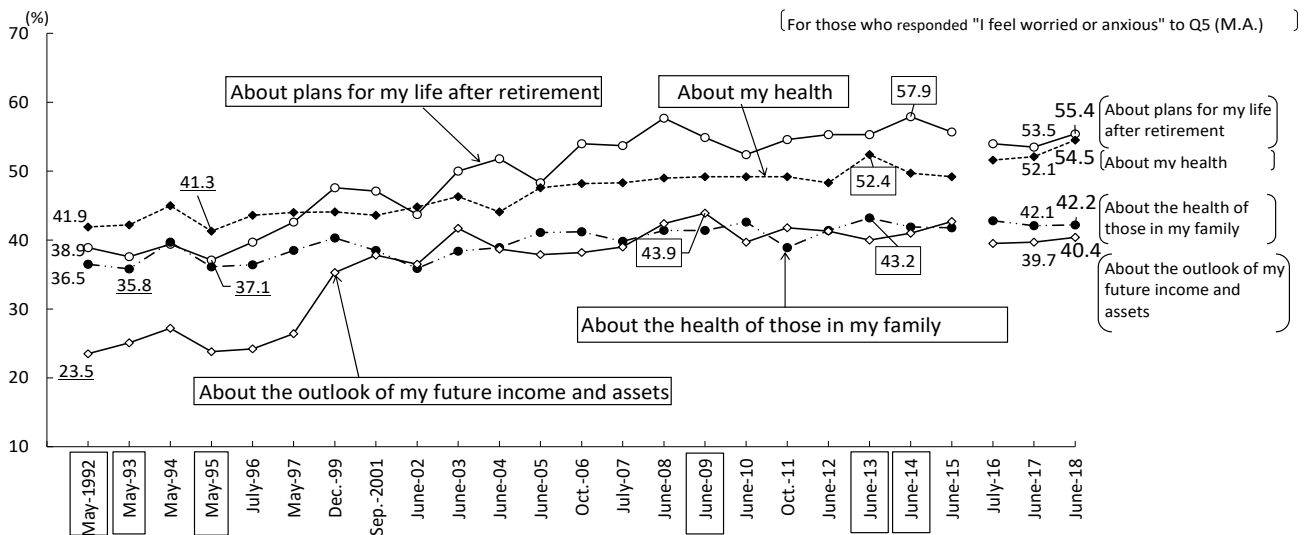
	(Top 4 Items)	
	June 2017	June 2018
• About plans for my life after retirement	53.5%	55.4% →
• About my health	52.1%	54.5% ↑
• About the health of those in my family	42.1%	42.2%
• About the outlook of my future income and assets	39.7%	40.4%



\*1 The answer choice read "About problems in the lives of those in my family (continuing studies, seeking employment, marriage, etc.)" in the July 2016 survey.

\*2 The answer choice read "About problems in my life (continuing studies, seeking employment, marriage, etc.)" in the July 2016 survey.

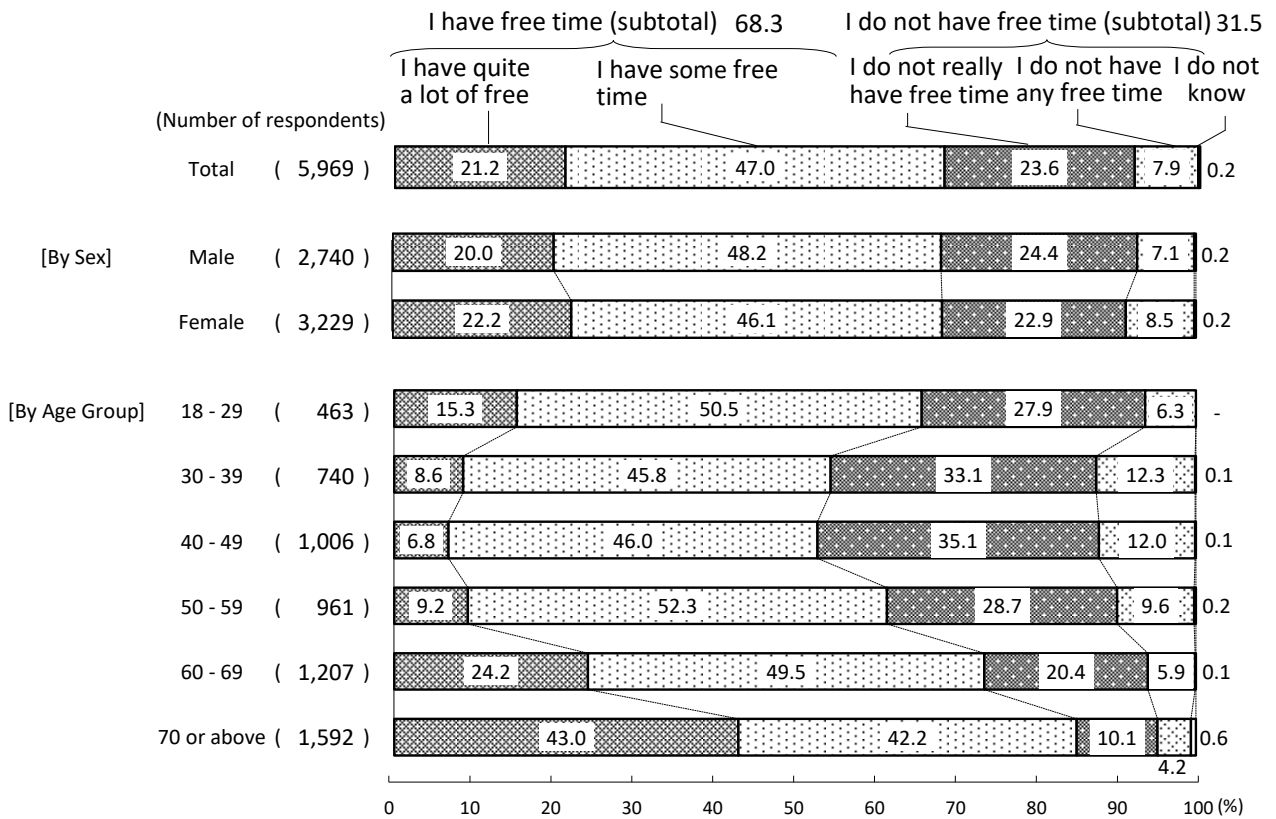
### <Reference> Causes of worries or anxiety (Top 4 Items, Time series)



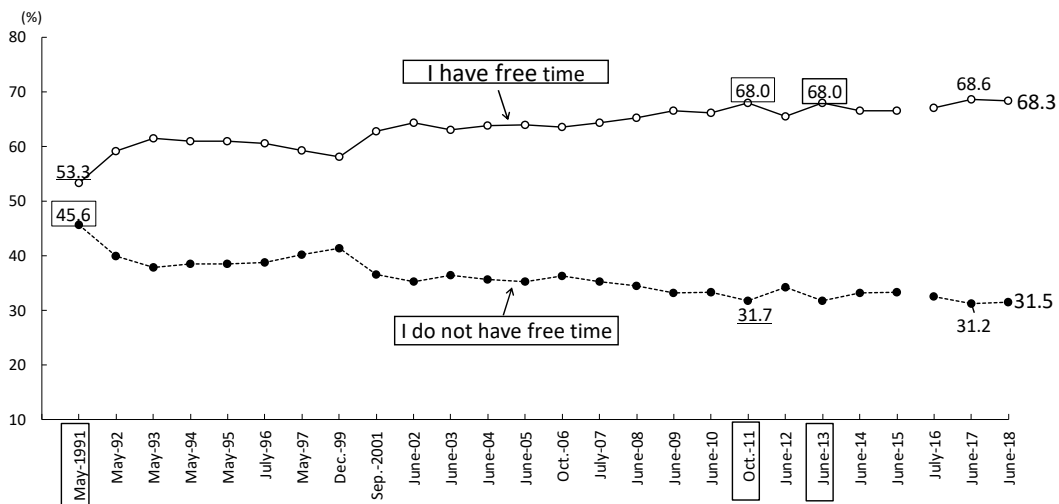
**(6) Amount of free time**

*Q6 In your everyday life, do you have time to rest and do the things that you like to do, or do you have no time because you are too busy with work, housework, or studies? Please select one answer.*

	June 2017	→	June 2018
<u>I have free time (subtotal)</u>	68.6%		68.3%
• I have quite a lot of free time	21.9%		21.2%
• I have some free time	46.7%		47.0%
<u>I do not have free time (subtotal)</u>	31.2%		31.5%
• I do not really have free time	23.0%		23.6%
• I do not have any free time	8.2%		7.9%



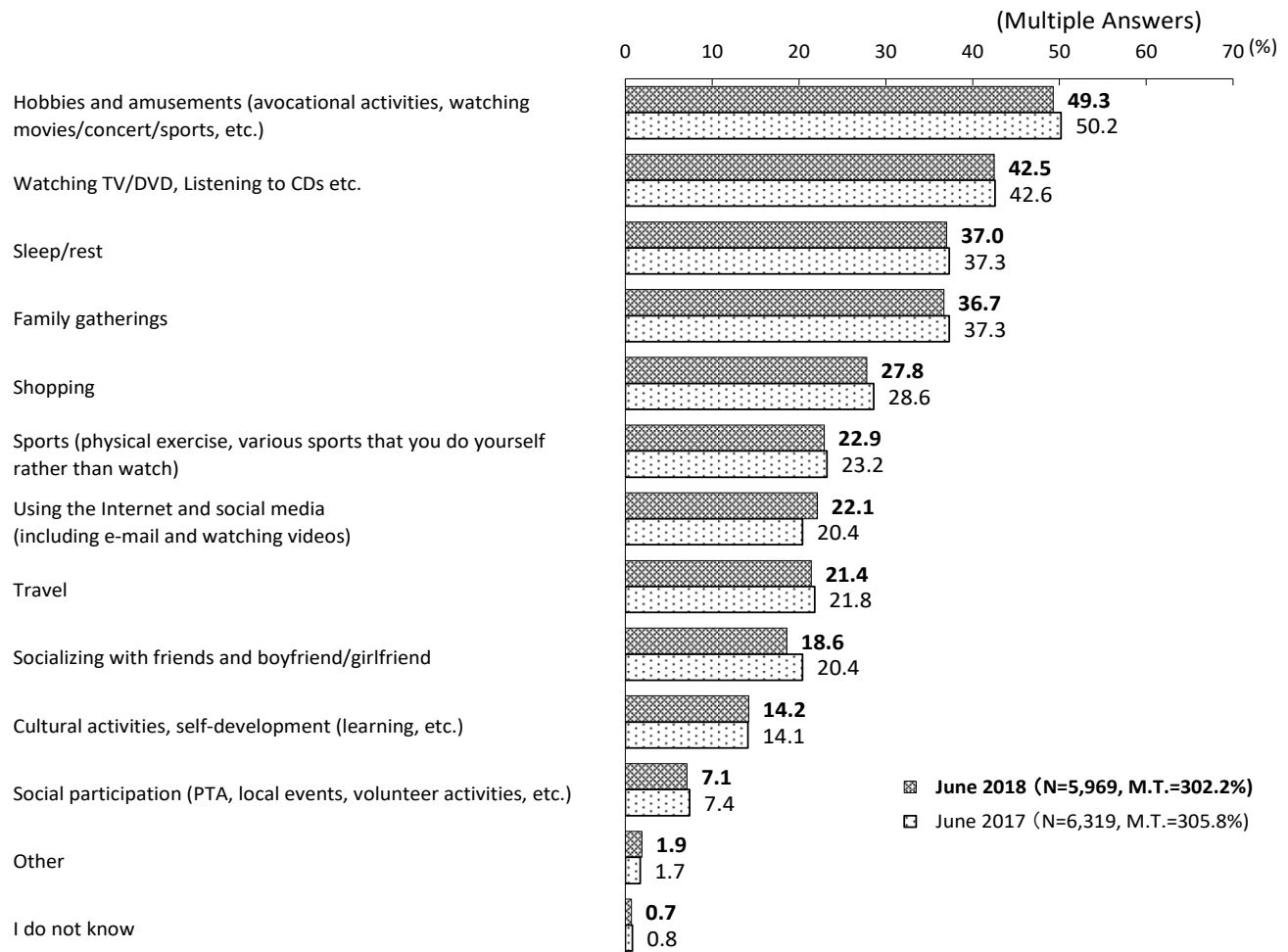
<Reference> Amount of free time (Time series)



**(7) How to spend free time**

Q7 Currently, how do you spend your free time? Please select all applicable answers. (M.A.)

	June 2017	→	(Top 4 Items) June 2018
• Hobbies and amusements (avocational activities, watching movies/concert/sports, etc.)	50.2%		49.3%
• Watching TV/DVD, Listening to CDs etc.	42.6%		42.5%
• Sleep/rest	37.3%		37.0%
• Family gatherings	37.3%		36.7%



How to spend free time by Age group (Top 4 Items)

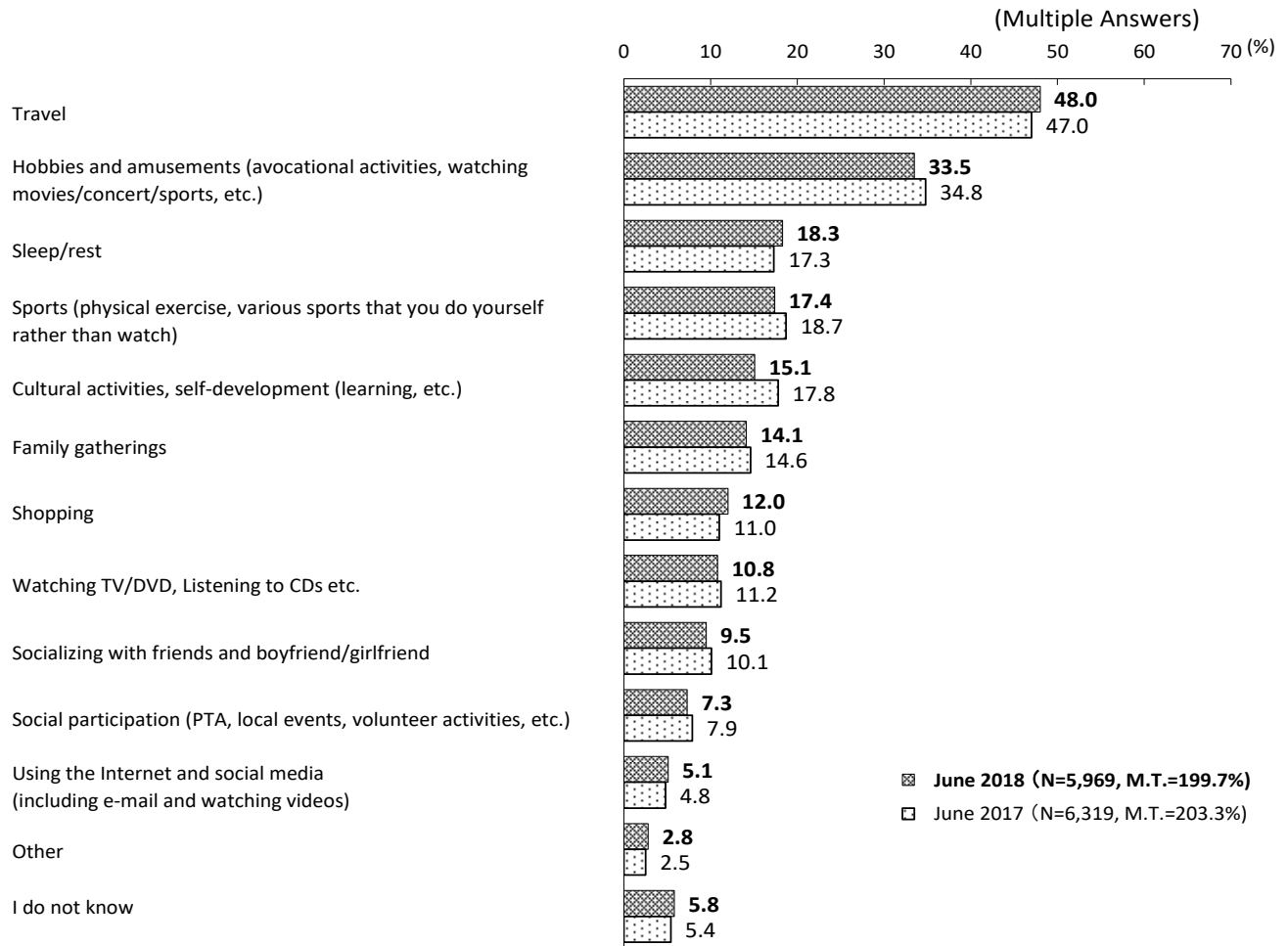
		18-29 years old		30-39 years old		40-49 years old		50-59 years old		60-69 years old		70 years old or above	
1st	Hobbies and amusements	65.0	Family gatherings	52.0	Hobbies and amusements	46.2	Hobbies and amusements	50.3	Hobbies and amusements	50.8	Hobbies and amusements	46.3	
2nd	Watching TV/DVD, Listening to CDs	44.9	Hobbies and amusements	46.2	Family gatherings	45.0	Watching TV/DVD, Listening to CDs	45.4	Watching TV/DVD, Listening to CDs	45.4	Watching TV/DVD, Listening to CDs	40.6	
3rd	Sleep/rest	41.9	Watching TV/DVD, Listening to CDs	43.4	Sleep/rest	40.6	Family gatherings	40.9	Sleep/rest	33.6	Sleep/rest	32.3	
4th	Using the Internet and social media	41.7	Sleep/rest	41.5	Watching TV/DVD, Listening to CDs	37.8	Sleep/rest	39.2	Family gatherings	32.3	Family gatherings	25.2	



**(8) How to use free time if have more free time**

*Q8 If you have more free time, how would you like to use it? Please select all applicable answers. (M.A.)*

	June 2017	→	June 2018
• Travel	47.0%		48.0%
• Hobbies and amusements (avocational activities, watching movies/concert/sports, etc.)	34.8%		33.5%
• Sleep/rest	17.3%		18.3%
• Sports (physical exercise, various sports that you do yourself rather than watch)	18.7%		17.4%



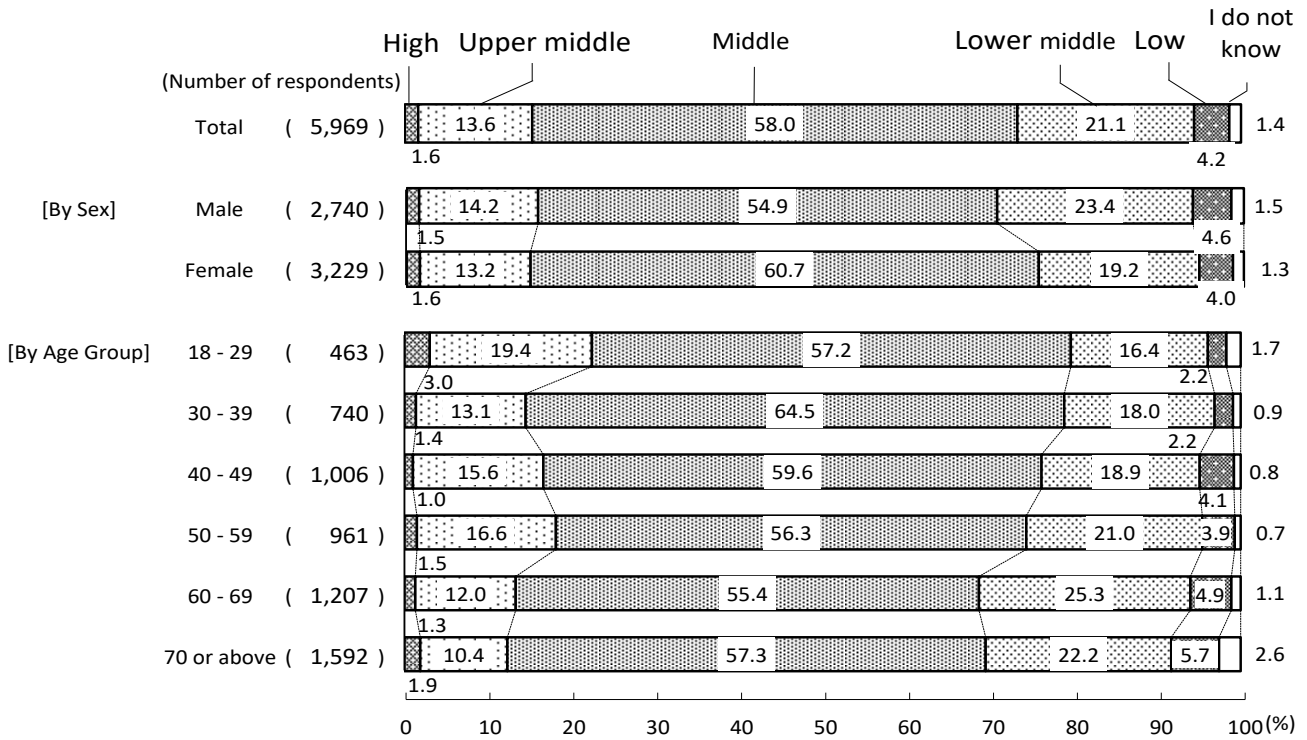
How to use free time if have more free time by Age group (Top 4 Items)

	18-29 years old		30-39 years old		40-49 years old		50-59 years old		60-69 years old		70 years old or above	
1st	Travel	50.1	Travel	53.5	Travel	55.4	Travel	57.2	Travel	51.9	Travel	31.7
2nd	Hobbies and amusements	36.9	Hobbies and amusements	37.6	Hobbies and amusements	37.3	Hobbies and amusements	35.2	Hobbies and amusements	31.2	Hobbies and amusements	28.8
3rd	Sleep/rest	22.7	Sleep/rest	24.1	Sports	22.9	Cultural activities, self-development	19.5	Sports	15.5	Sleep/rest	14.8
4th	Sports	20.1	Family gatherings	21.5	Sleep/rest	21.9	Sports	18.2	Sleep/rest	15.3	Sports	12.2

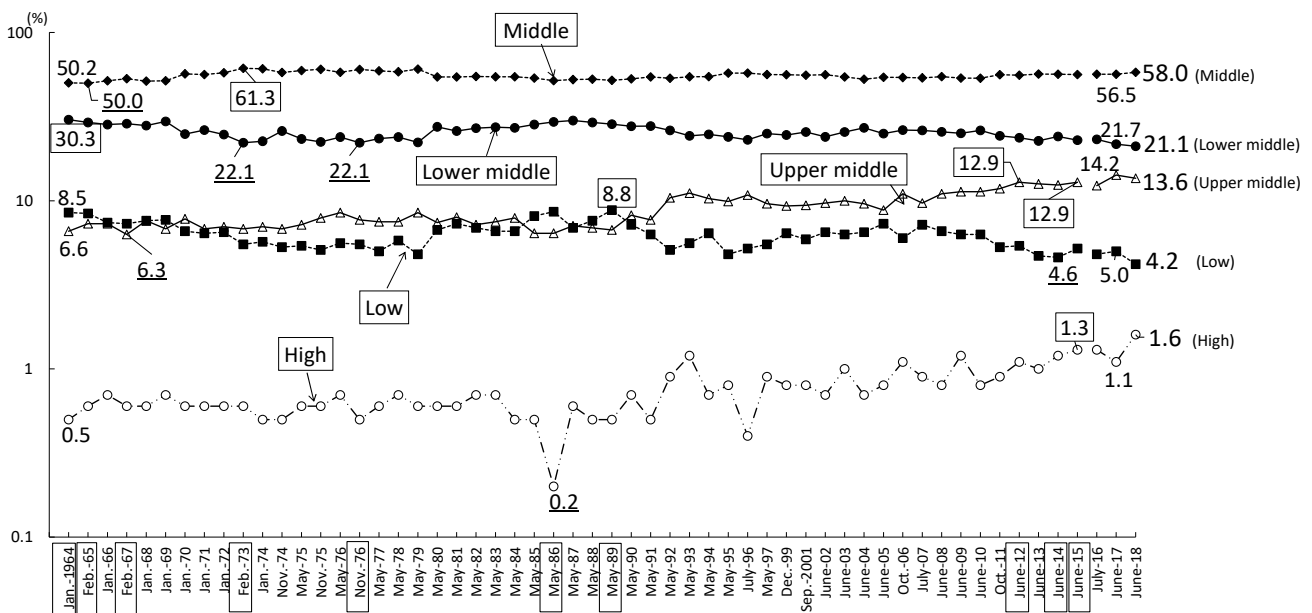
**(9) Standard of living**

*Q9 Compared to the general public, what do you think is the standard of living for your household?  
Please select one answer.*

	June 2017		June 2018
• High	1.1%	→	1.6% ↑
• Upper Middle	14.2%	→	13.6%
• Middle	56.5%	→	58.0%
• Lower Middle	21.7%	→	21.1%
• Low	5.0%	→	4.2% ↓



<Reference> Standard of living (Time series)



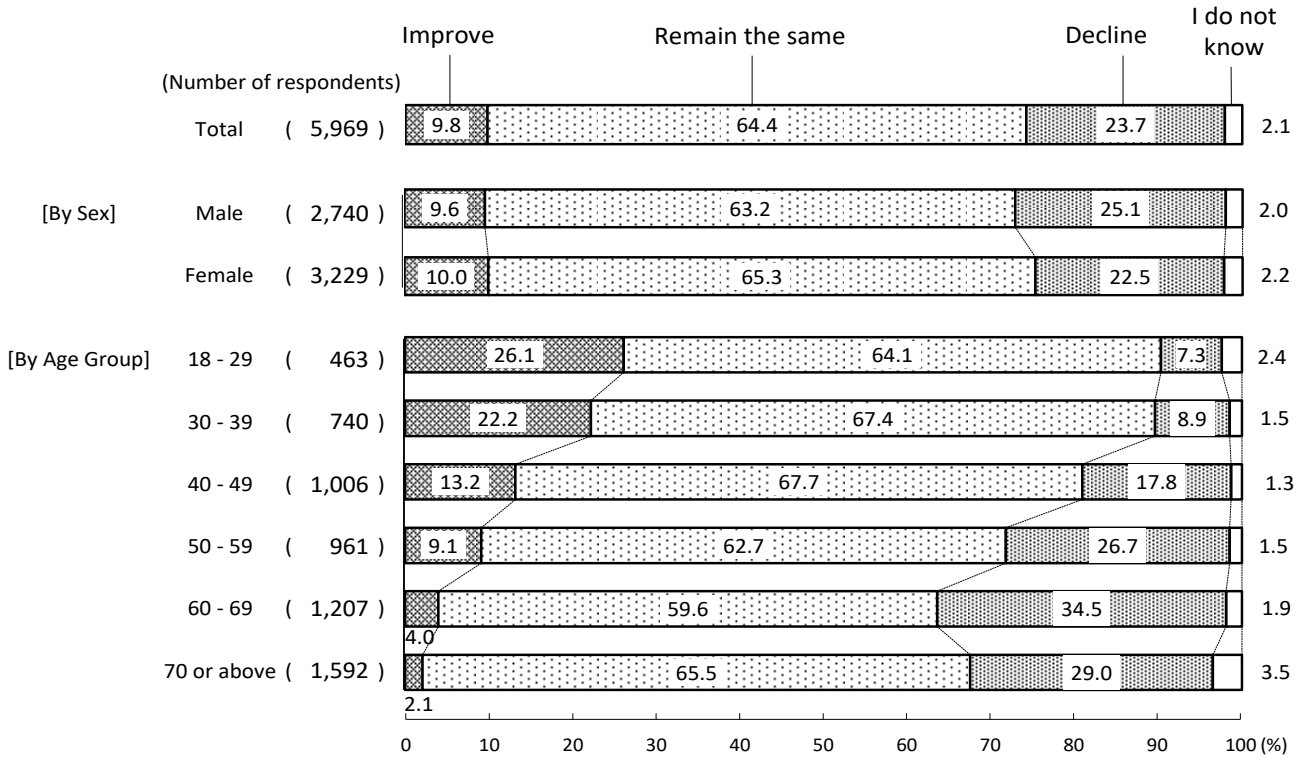
Note) The vertical axis of this graph is a logarithmic scale.

## 2. Future Lifestyle

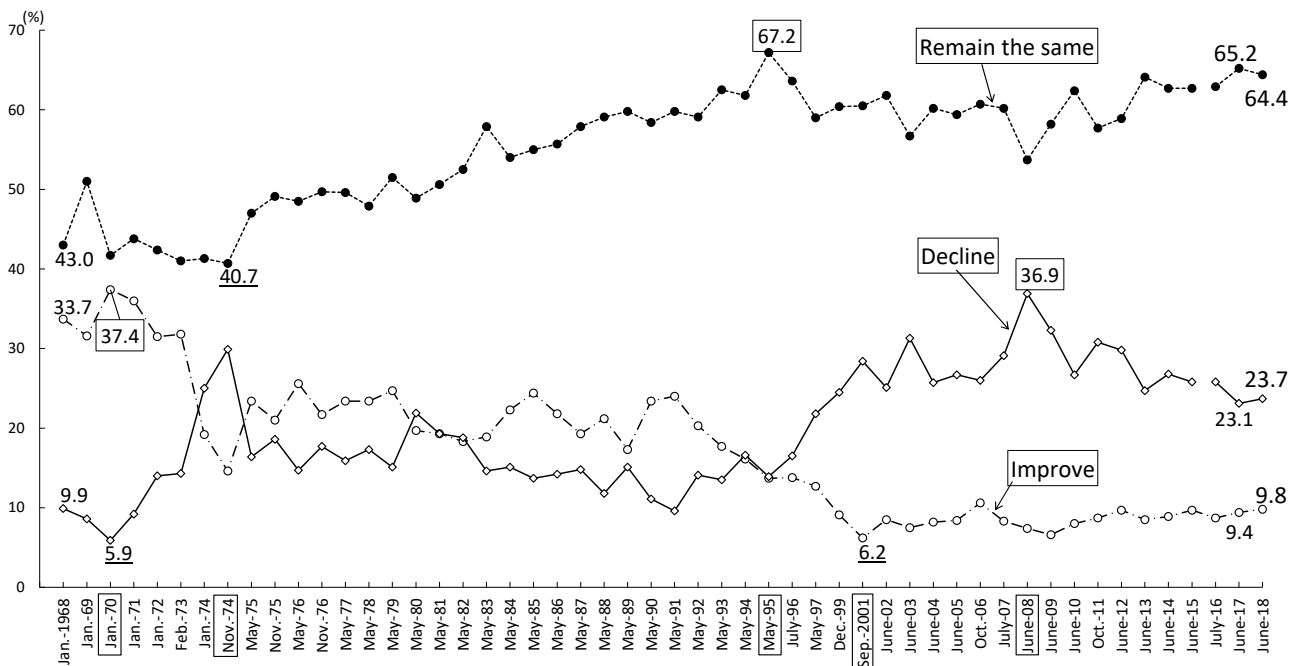
### (1) Prospect of future lifestyle

Q10 How do you think the lifestyle of your household will change in the future?  
Please select one answer.

	June 2017	→	June 2018
• Improve	9.4%		9.8%
• Remain the same	65.2%		64.4%
• Decline	23.1%		23.7%

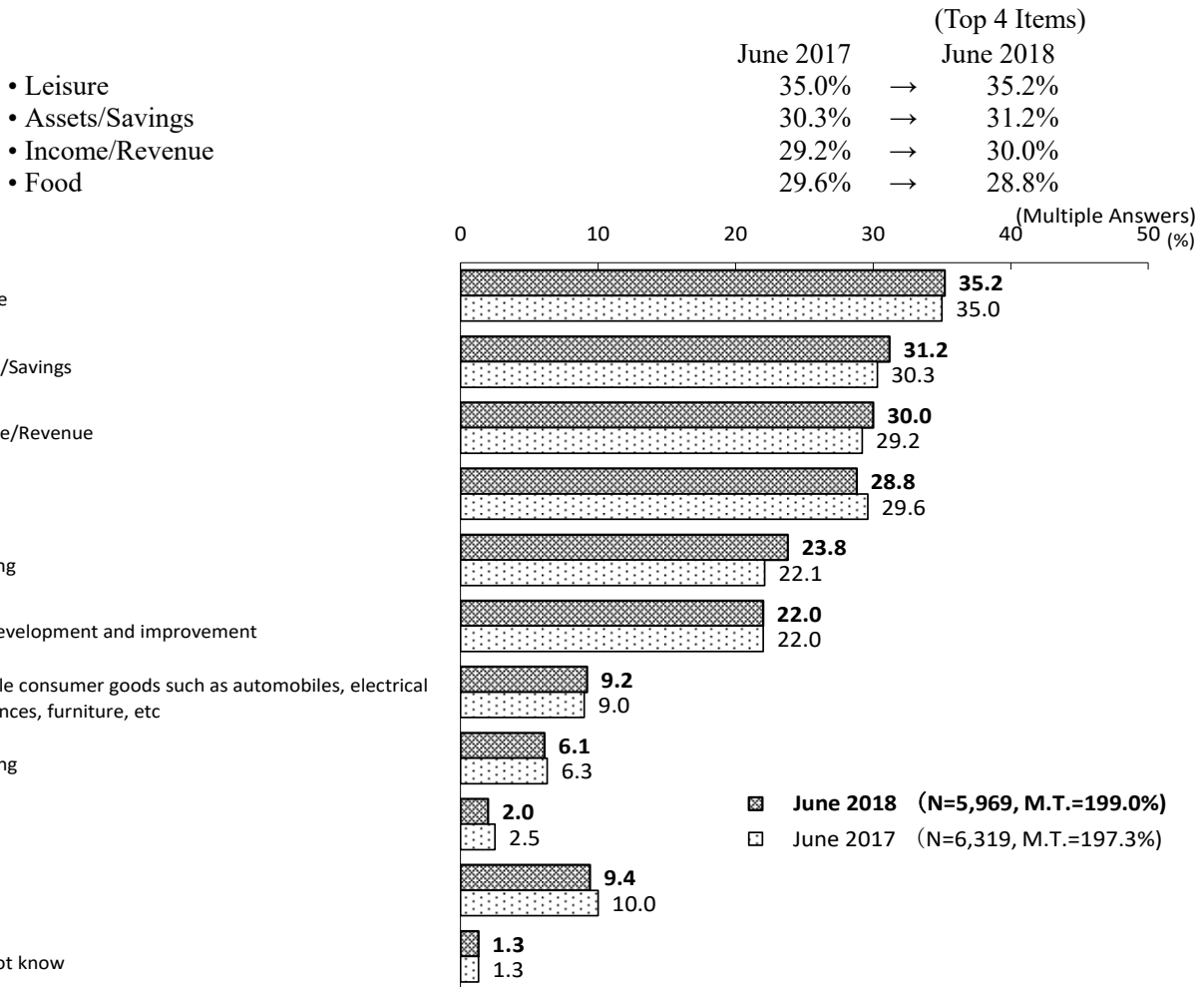


<Reference> Prospect of future lifestyle (Time series)

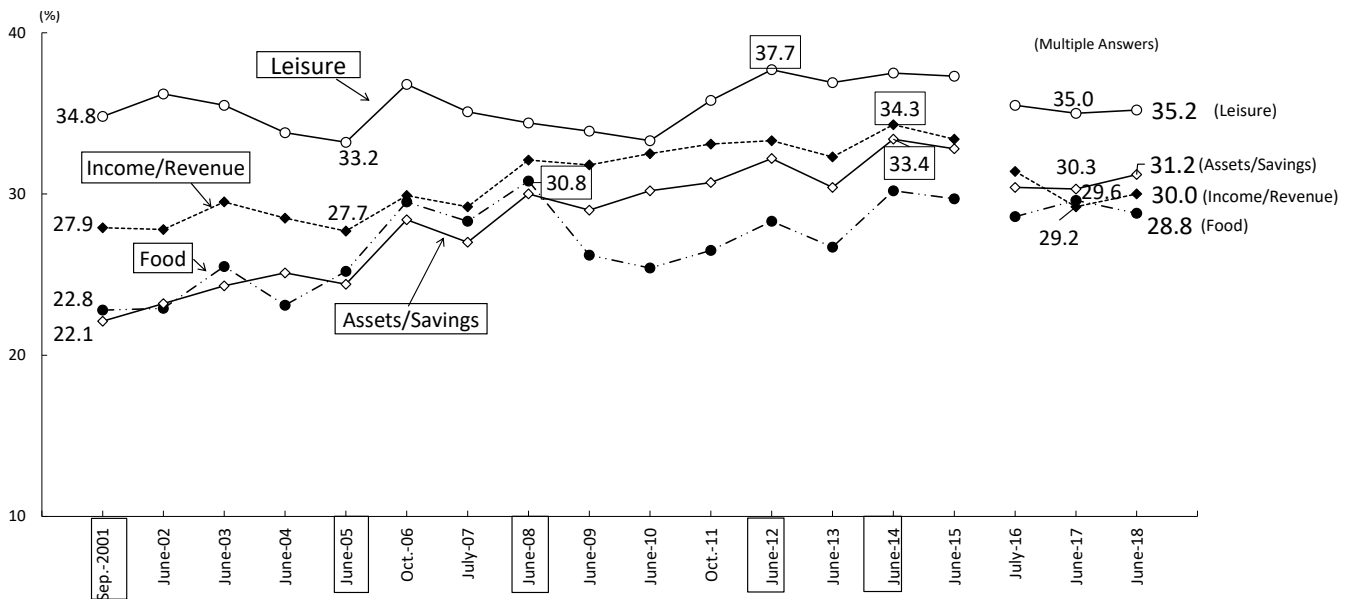


**(2) Points of emphasis in one's future lifestyle**

*Q11 Which aspects of your life would you like to put particular effort into from now on?  
Please select all applicable answers. (M.A.)*



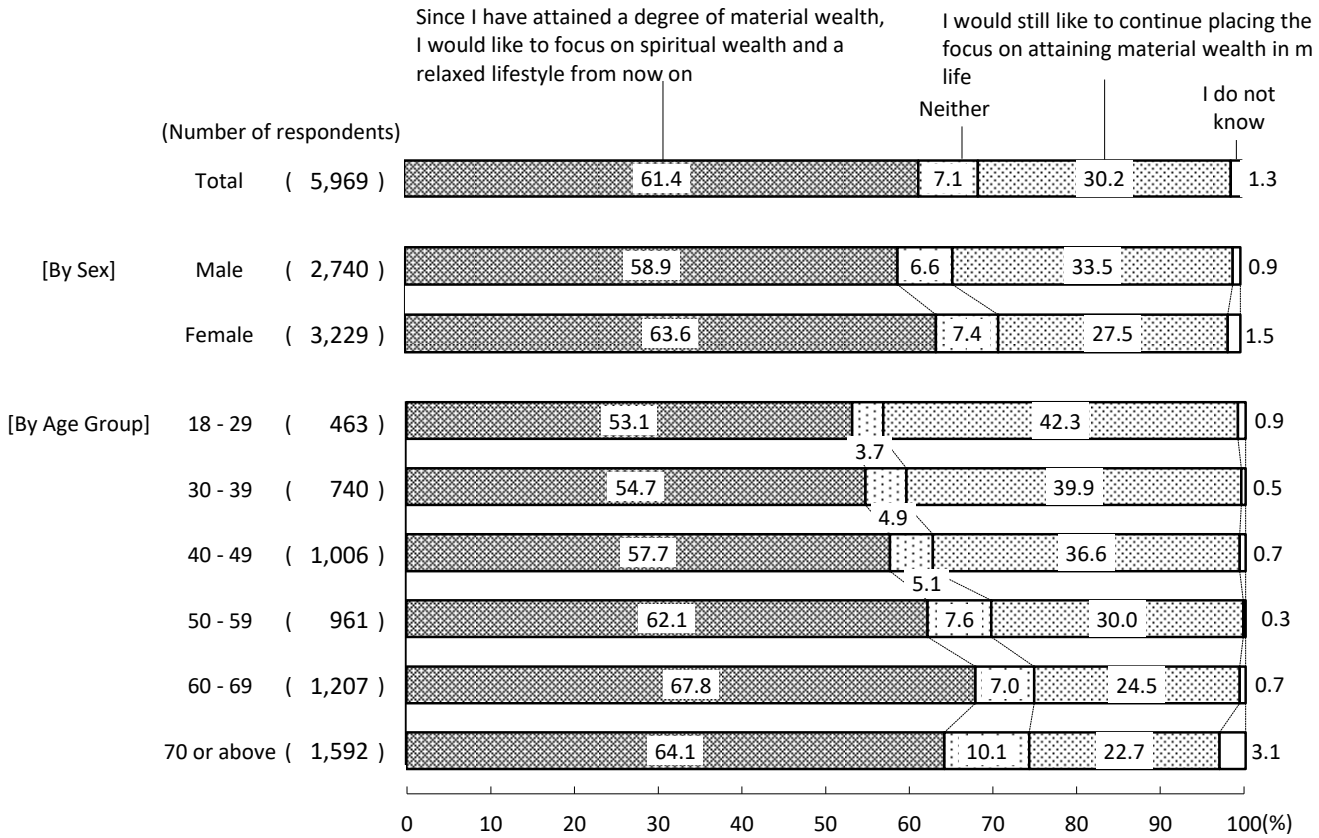
<Reference> Points of emphasis in one's future lifestyle (Top 4 Items, Time series)



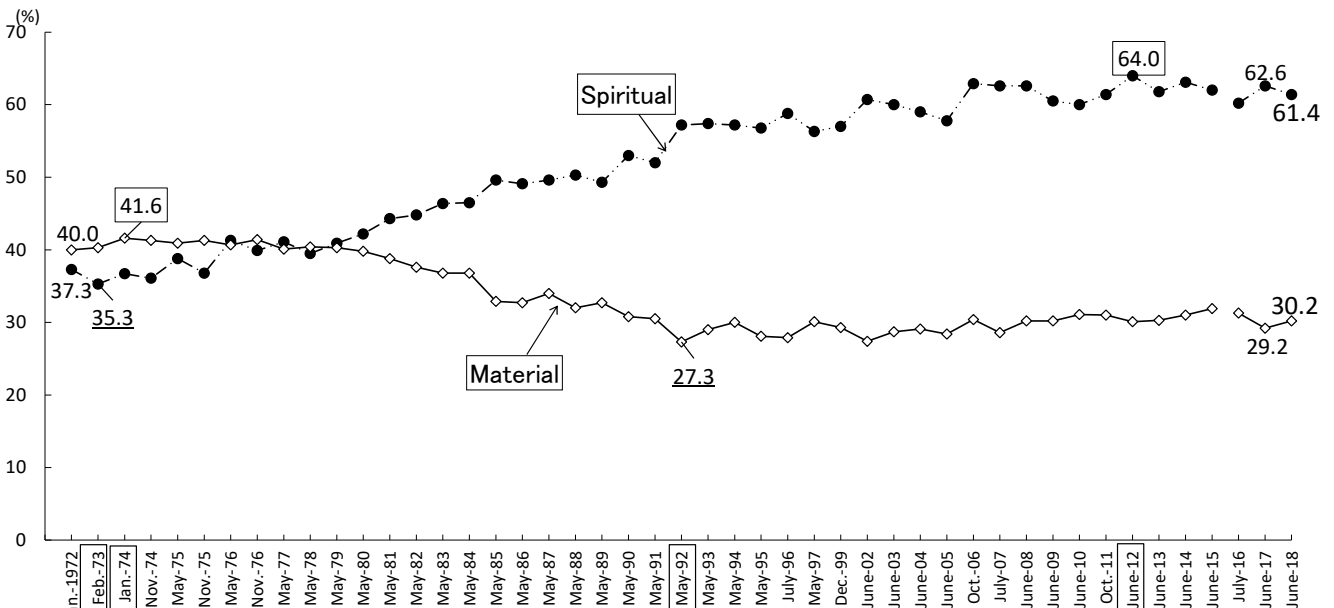
### (3) Preference for material wealth or spiritual wealth

Q12 With regard to material and spiritual wealth in your future lifestyle, which of the following two attitudes is closer to yours?

- Since I have attained a degree of material wealth, I would like to focus on spiritual wealth and a relaxed lifestyle from now on. June 2017 62.6% → June 2018 61.4%
- I would still like to continue placing the focus on attaining material wealth in my life. 29.2% → 30.2%



<Reference> Preference for material wealth or spiritual wealth (Time series)

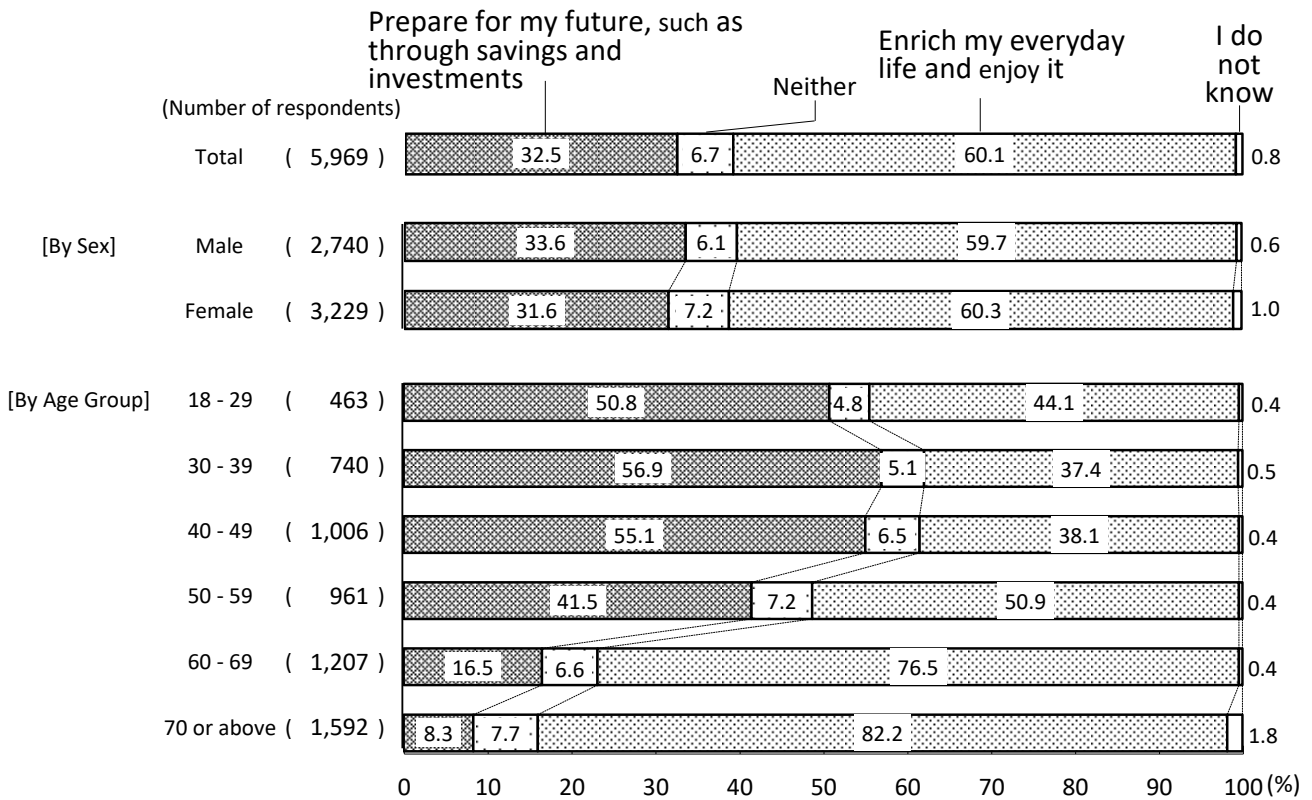


(Note) "Spiritual" → "Since I have attained a degree of material wealth, I would like to focus on spiritual wealth and a relaxed lifestyle from now on."  
 "Material" → "I would still like to continue placing the focus on attaining material wealth in my life."

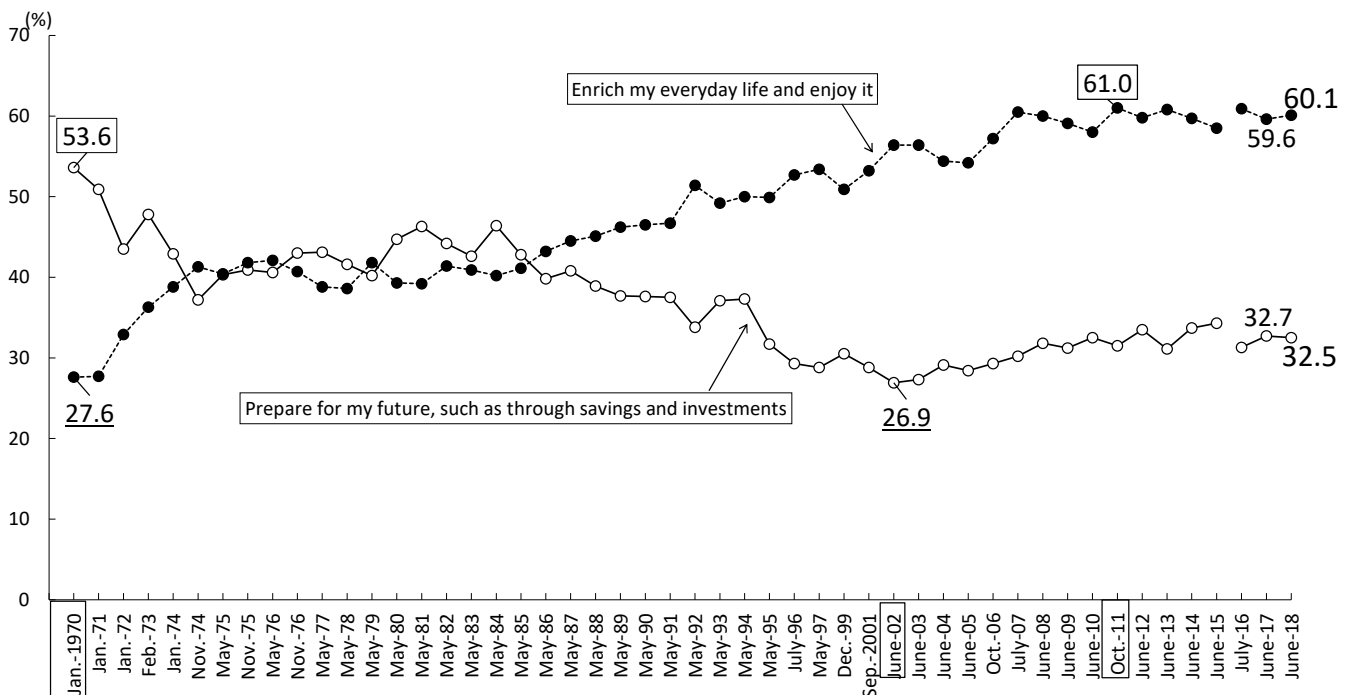
**(4) Preparing for the future or enriching one's every life**

*Q13 Regarding your future lifestyle, would you like to put effort into preparing for your future, such as through savings and investments, or would you like to put effort into enriching your everyday life and enjoying it?*

- Prepare for my future, such as through savings and investments      June 2017      June 2018
- Enrich my everyday life and enjoy it      32.7% → 32.5%
- Enrich my everyday life and enjoy it      59.6% → 60.1%



<Reference> Preparing for the future or enriching one's everyday life (Time series)

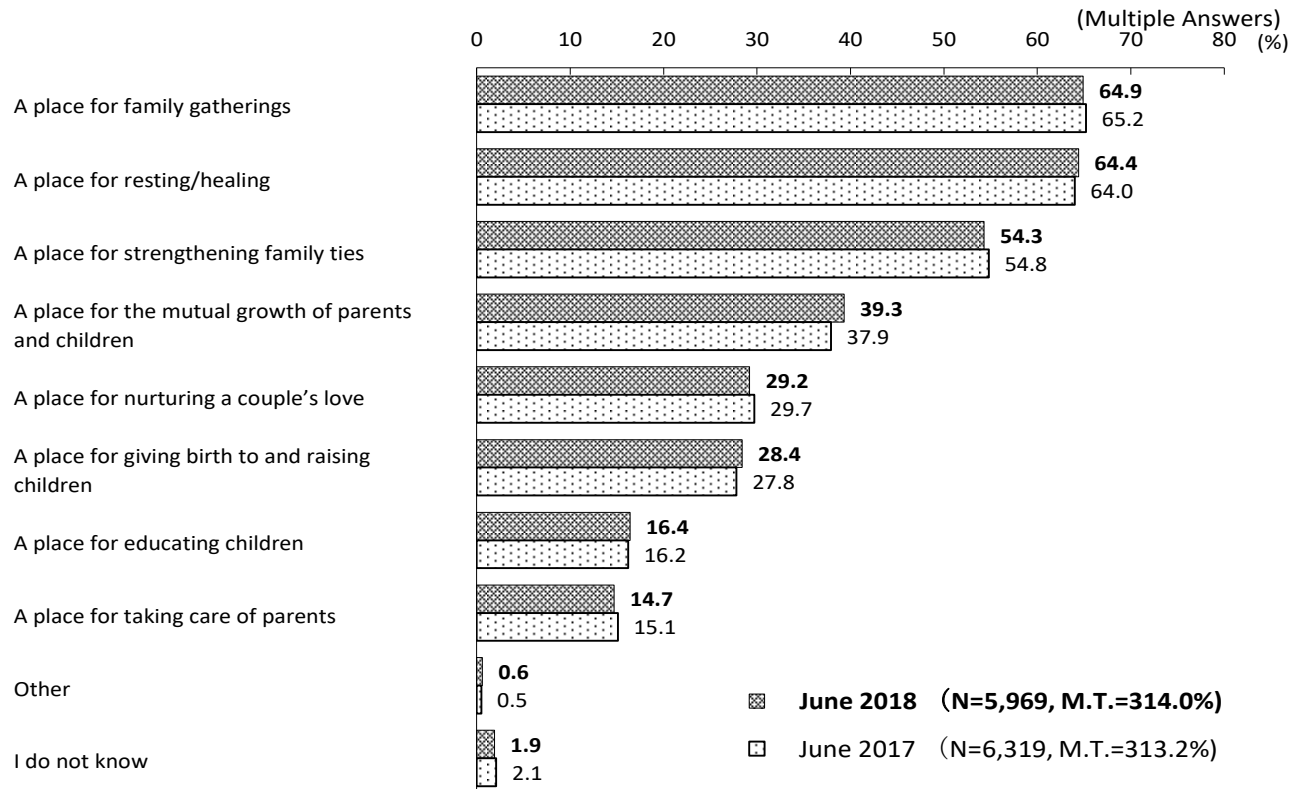


### 3. Way of Life, Attitudes

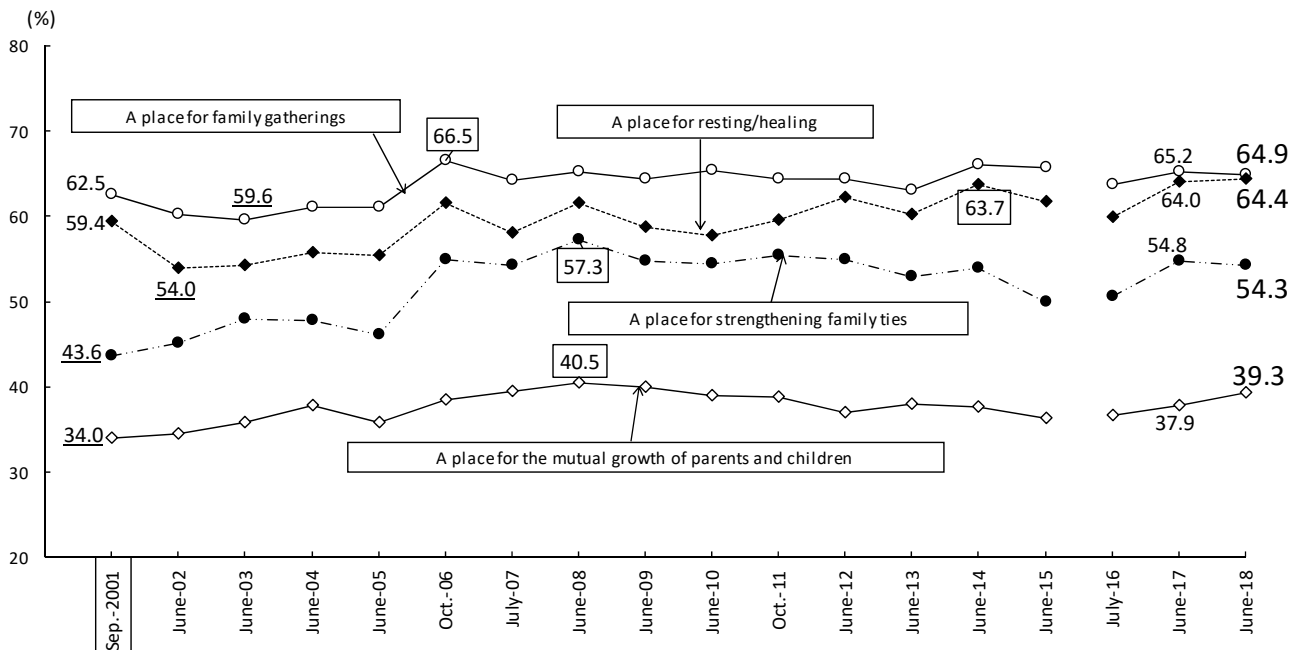
#### (1) Roles of “home”

Q14 What does “home” mean to you? Please select all applicable answers. (M.A.)

	June 2017	→	June 2018
• A place for family gatherings	65.2%	→	64.9%
• A place for resting/healing	64.0%	→	64.4%
• A place for strengthening family ties	54.8%	→	54.3%
• A place for the mutual growth of parents and children	37.9%	→	39.3%



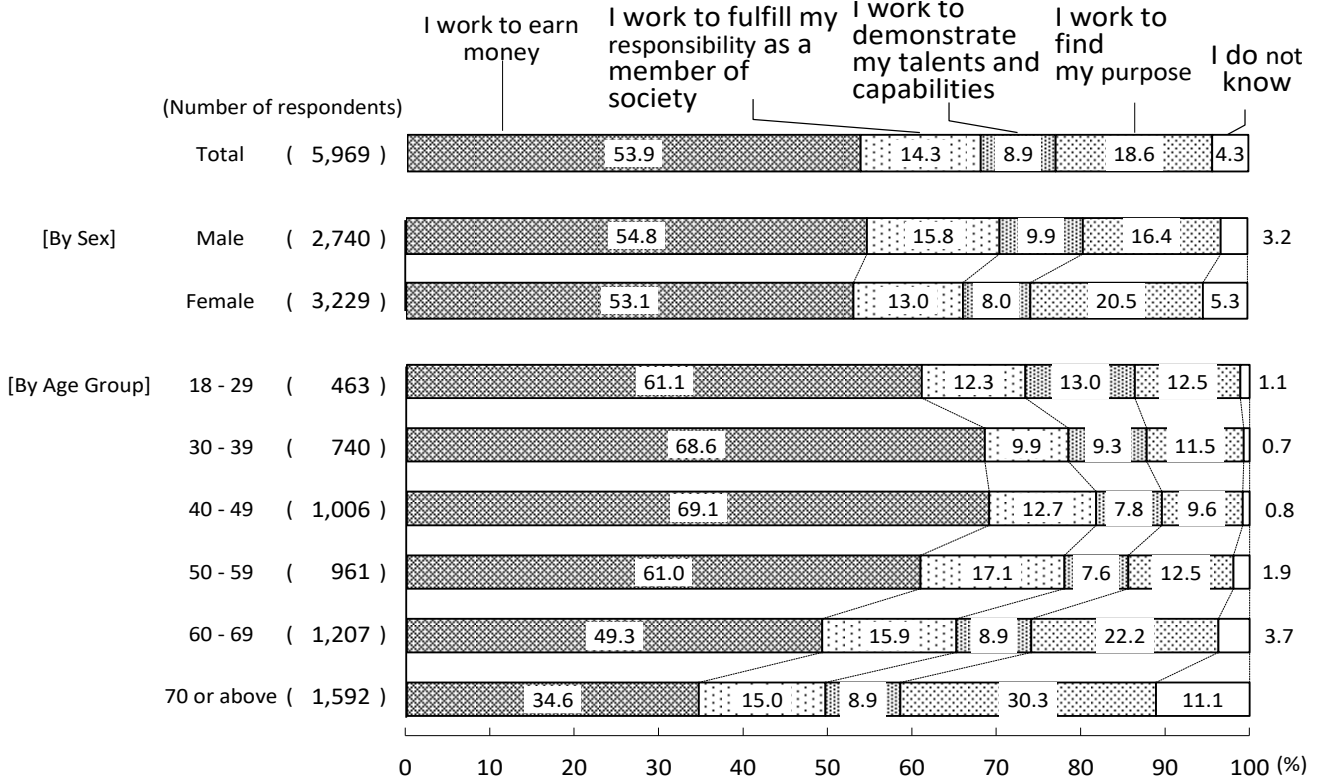
<Reference> Roles of “home” (Top 4 items, Time series)



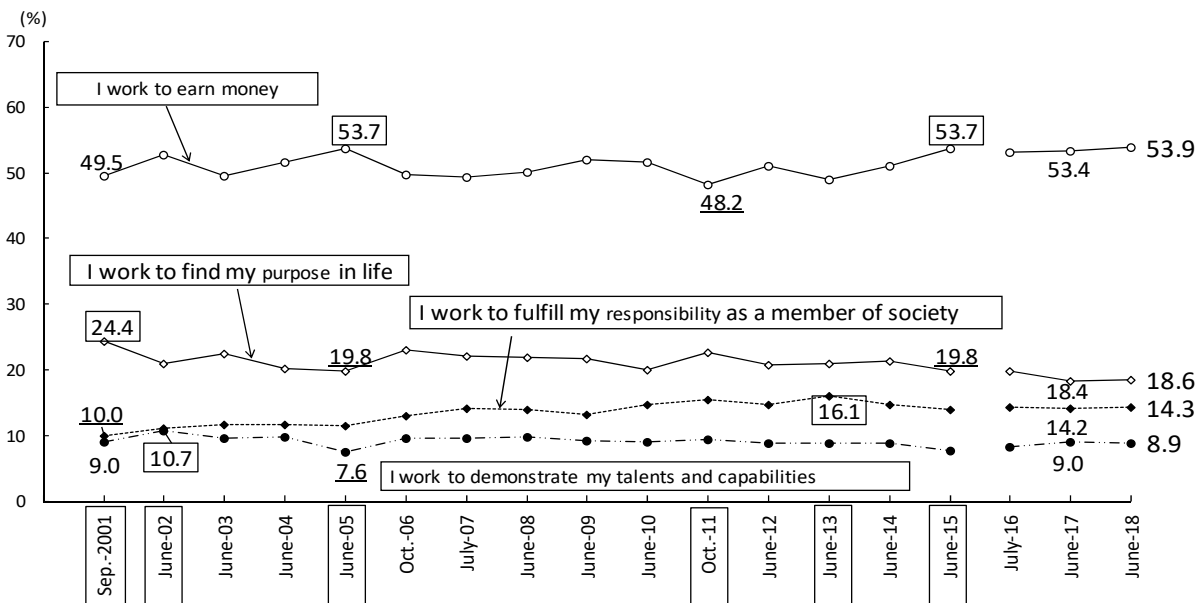
**(2) Objective for working**

*Q15 What are your objectives for working? Please select one answer that is closest to your attitude.*

	June 2017	→	June 2018
• I work to earn money	53.4%		53.9%
• I work to fulfill my responsibility as a member of society	14.2%		14.3%
• I work to demonstrate my talents and capabilities	9.0%		8.9%
• I work to find my purpose in life	18.4%		18.6%



<Reference> Objectives for working (Time series)

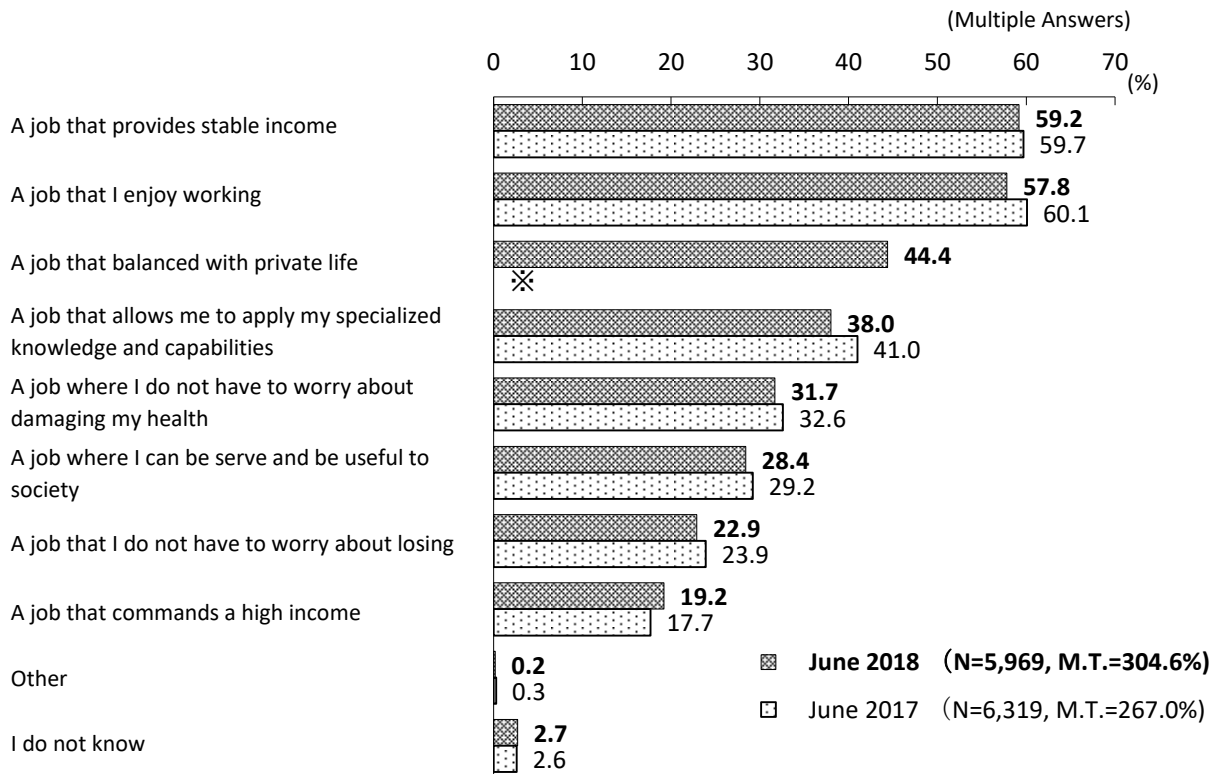




**(3) Ideal jobs**

*Q16 There are various types of jobs in the world. What kind of job is ideal for you?  
Please select all applicable answers. (M.A.)*

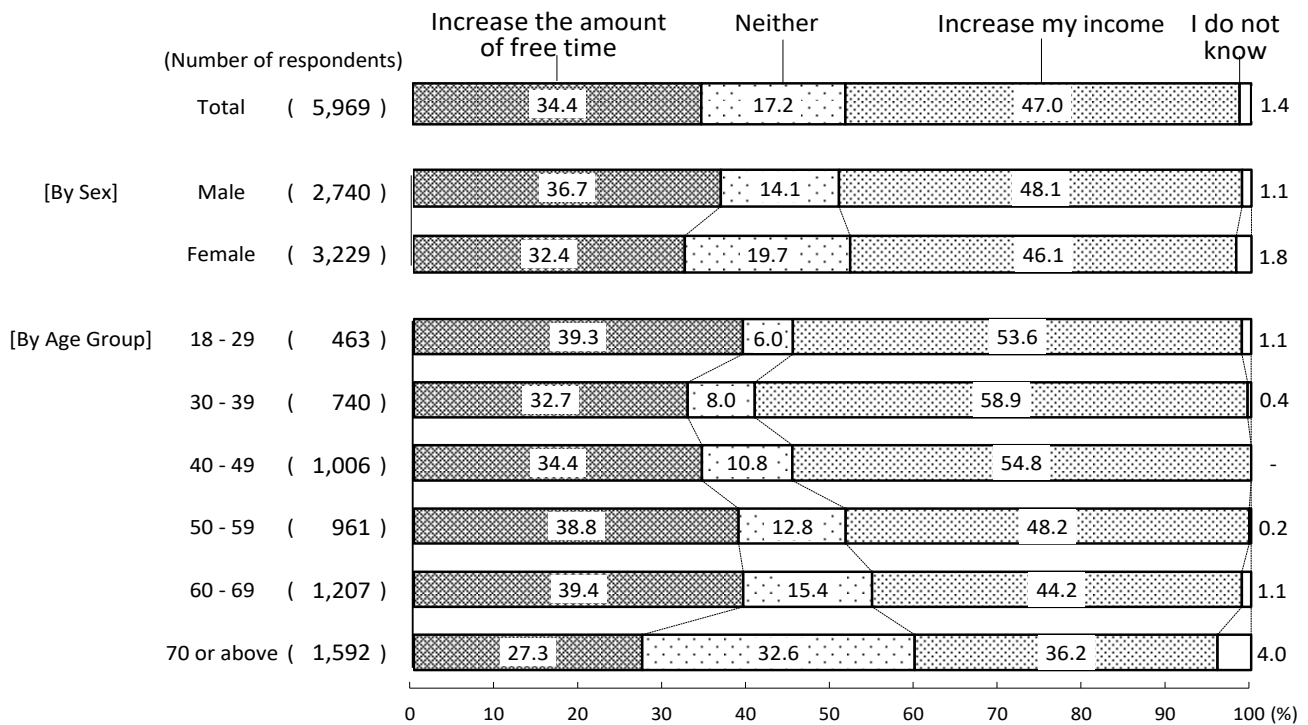
	(Top 4 Items)	
	June 2017	June 2018
• A job that provides stable income	59.7%	59.2%
• A job that I enjoy working	60.1%	57.8% ↓
• A job that balanced with private life	※	44.4%
• A job that allows me to apply my specialized knowledge and capabilities	41.0%	38.0% ↓



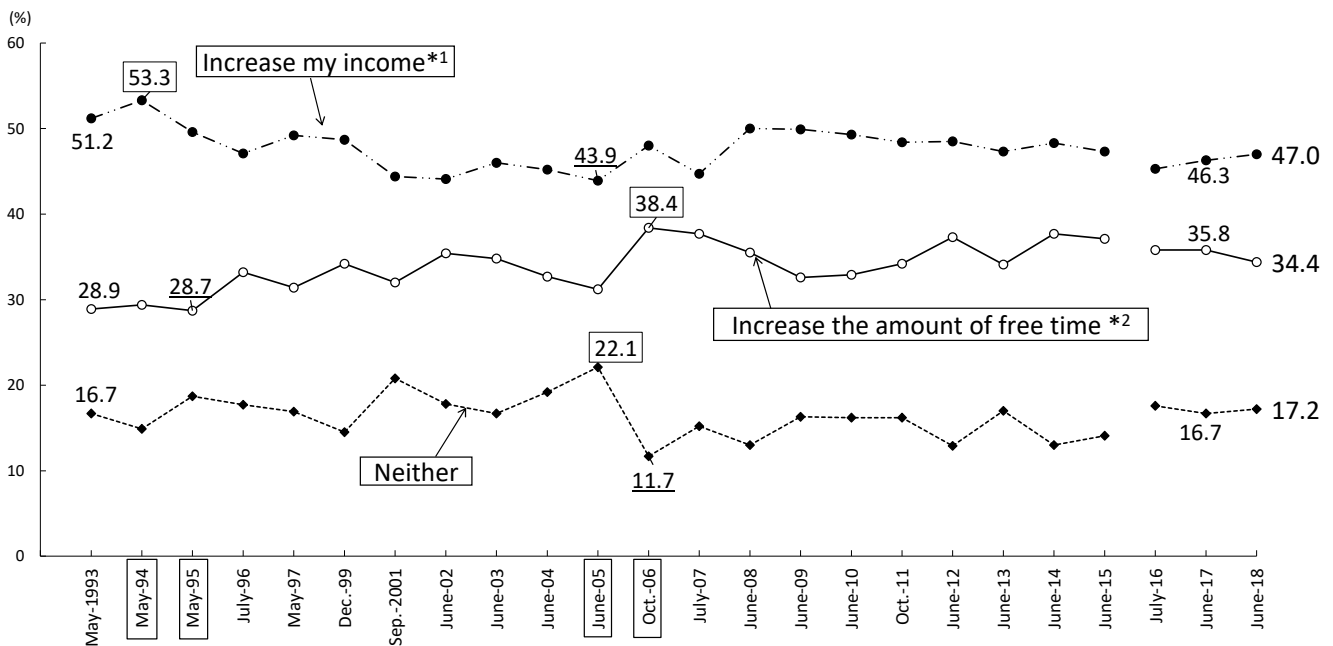
#### (4) Attitude towards income and free time

Q17 With regard to your income and free time, would you like to increase the amount of free time you have, or would you like to increase your income?

	June 2017	→	June 2018
• Increase the amount of free time	35.8%		34.4%
• Increase my income	46.3%		47.0%
• Neither	16.7%		17.2%



<Reference> Attitude towards income and free time (Time series)



<sup>1</sup> The answer choice read "increase my income even if the amount of free time remain the same" until December 1999 survey.

<sup>2</sup> The answer choice read "increase the amount of free time even if my income time remain the same" until December 1999 survey.

#### 4. Requests to the Government

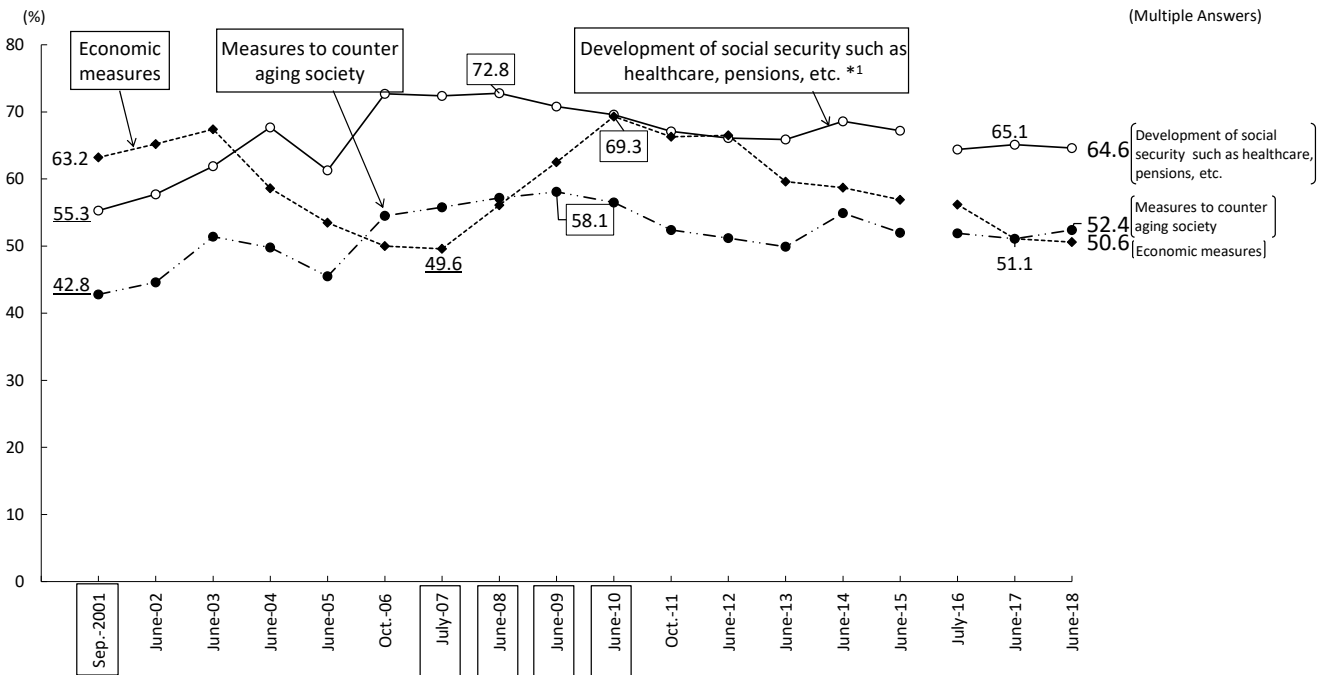
Q18 Which aspects do you think the government should put more effort into?  
Please select all applicable answers. (M.A.)

- |   | (Top 3 Items) |           |
|---|---------------|-----------|
|   | June 2017     | June 2018 |
| • Development of social security such as healthcare, pensions, etc. | 65.1%         | → 64.6%   |
| • Measures to counter aging society                                 | 51.1%         | → 52.4%   |
| • Economic measures   | 51.1%         | → 50.6%   |

Requests to the government by Age Group (Top 3 item)

		18-29 years old		30-39 years old		40-49 years old		50-59 years old		60-69 years old		70 years old or above	
1st	Economic measures	55.3	Economic measures	62.4	Development of social security such as healthcare, pensions, etc.	64.7	Development of social security such as healthcare, pensions, etc.	67.0	Development of social security such as healthcare, pensions, etc.	70.3	Development of social security such as healthcare, pensions, etc.	63.8	
2nd	Development of social security such as healthcare, pensions, etc.	51.8	Development of social security such as healthcare, pensions, etc.	61.9	Economic measures	57.1	Measures to counter aging society	57.3	Measures to counter aging society	56.3	Measures to counter aging society	54.0	
3rd	Dealing with employment/labor issues	48.8	Measures to counter aging society	46.5	Measures to counter aging society	49.0	Economic measures	57.2	Economic measures	48.1	Economic measures	37.6	

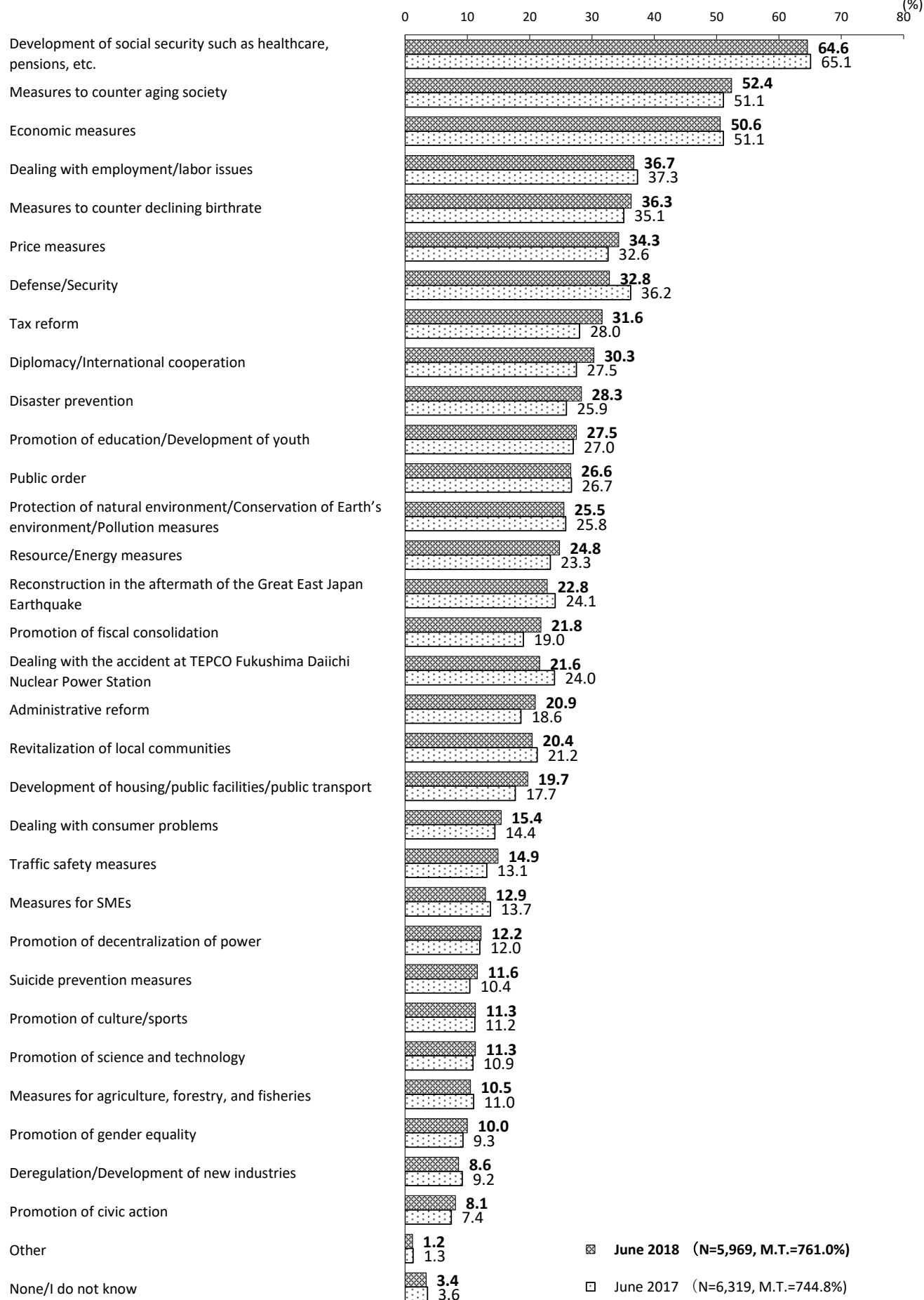
<Reference> Requests to the government (Top 3 item, Time Series)



<sup>1</sup> The answer choice read "Structural reform of social welfare such as healthcare, pensions, etc." until June 2009 survey.

## Requests to the government

(Multiple Answers)



# Public Opinion Survey on the Life of the People

June 2018

(N=5,969)

**The following questions relate to your (your household's) current lifestyle.**

Q1 [Response Sheet 1] How would you describe the lifestyle of your household compared to this time last year? Please select one answer.

- ( 7.2)(a) Improved
- (78.7)(b) Remained the same
- (13.8)(c) Declined
- ( 0.3) I do not know

Q2 [Response Sheet 2] Overall, how satisfied are you with your current lifestyle? Please select one answer.

- (12.2)(a) Satisfied
- (62.5)(b) Somewhat satisfied
- (19.5)(c) Somewhat dissatisfied
- ( 4.8)(d) Dissatisfied
- ( 0.8) Neither satisfied nor dissatisfied
- ( 0.2) I do not know

Q3 [Response Sheet 3] How satisfied are you with the following aspects of your life?  
Please select one answer from (a) to (d) for each aspect from (1) to (7).

	(a) Satisfied	(b) Somewhat satisfied	(c) Somewhat dissatisfied	(d) Dissatisfied	Neither satisfied nor dissatisfied	I do not know
(1) Income / Revenue	( 8.6) ...	(42.8) ...	(34.6) ...	(11.8) ...	( 1.4) ...	( 0.7)
(2) Assets/Savings	( 5.8) ...	(38.9) ...	(38.1) ...	(14.1) ...	( 1.8) ...	( 1.3)
(3) Durable consumer goods such as automobiles, electrical appliances, furniture, etc.	(14.4) ...	(62.9) ...	(16.8) ...	( 3.8) ...	( 1.4) ...	( 0.7)
(4) Food	(24.2) ...	(64.6) ...	( 8.4) ...	( 2.0) ...	( 0.6) ...	( 0.2)
(5) Housing	(24.3) ...	(58.1) ...	(13.7) ...	( 3.0) ...	( 0.6) ...	( 0.3)
(6) Self-development and improvement	( 8.8) ...	(53.6) ...	(26.2) ...	( 5.1) ...	( 4.5) ...	( 1.9)
(7) Leisure	(12.5) ...	(51.1) ...	(25.1) ...	( 8.3) ...	( 2.3) ...	( 0.6)

Q4 [Response Sheet 4] How fulfilling do you think is your everyday life? Please select one answer.

- (12.6)(a) Very fulfilling
  - (61.2)(b) Somewhat fulfilling
  - (19.5)(c) Somewhat unfulfilling
  - ( 5.2)(d) Mostly (entirely) unfulfilling
  - ( 1.2) Neither fulfilling nor unfulfilling
  - ( 0.5) I do not know
- (To Q5.)

(For those who responded "a. Very fulfilling", "b. Somewhat fulfilling", "c. Somewhat unfulfilling", "Neither fulfilling nor unfulfilling" in Q4)

SQ [Response Sheet 5] When do you feel that your everyday life is fulfilling?

Please select all applicable answers. (M.A.)

(N=5,634)

- (30.1)(a) When I am dedicated to work
- (13.6)(b) When I am immersed in studies or self-improvement
- (42.6)(c) When I am passionate about my hobbies or sports
- (47.6)(d) When I am resting in a calm and relaxed manner
- (50.1)(e) During family gatherings
- (41.4)(f) When I meet and chat with friends or acquaintances
- ( 8.5)(g) When I am engaged in community service or social activities
- ( 0.9) Other ( )
- ( 1.2) I do not know

(M.T.=235.9)

(For all respondents)

Q5 Do you feel worried or anxious in your everyday life, or do you not have any worries or anxieties?

- (63.0) I feel worried or anxious
  - (36.2) I do not feel worried or anxious
  - ( 0.8) I do not know
- (To Q6.)

(For those who responded "I feel worried or anxious " in Q5)

SQ [Response Sheet 6] What do you feel worried or anxious about? Please select all applicable answers.

(N=3,762)

(M.A.)

- (54.5)(a) About my health
- (42.2)(b) About the health of those in my family
- (21.6)(c) About problems in my life (continuing studies, seeking employment, marriage, raising children, etc.)
- (29.9)(d) About problems in the lives of those in my family (continuing studies, seeking employment, marriage, raising children, etc.)
- (33.0)(e) About my current income and assets
- (40.4)(f) About the outlook of my future income and assets
- (55.4)(g) About plans for my life after retirement
- (12.9)(h) About interpersonal relationships among family members/relatives
- ( 6.9)(i) About relationships with neighbors or the community
- (12.7)(j) About work or interpersonal relationships at my workplace
- ( 5.8)(k) About problems in managing my business or family business
- ( 1.3) Other ( )
- ( 0.2) I do not know

(M.T.=316.8)

(For all respondents)

Q6 [Response Sheet 7] In your everyday life, do you have time to rest and do the things that you like to do, or do you have no time because you are too busy with work, housework, or studies?

Please select one answer.

- (21.2)(a) I have quite a lot of free time
- (47.0)(b) I have some free time
- (23.6)(c) I do not really have free time
- ( 7.9)(d) I do not have any free time
- ( 0.2) I do not know

---

Q7 [Response Sheet 8] Currently, how do you spend your free time?

Please select all applicable answers. (M.A.)

- (49.3)(a) Hobbies and amusements (avocational activities, watching movies/concert/sports, etc.)
- (14.2)(b) Cultural activities, self-development (learning, etc.)
- (22.9)(c) Sports (physical exercise, various sports that you do yourself rather than watch)
- (27.8)(d) Shopping
- (21.4)(e) Travel
- (42.5)(f) Watching TV/DVD, Listening to CDs etc.
- (22.1)(g) Using the Internet and social media (including e-mail and watching videos)
- (36.7)(h) Family gatherings
- (18.6)(i) Socializing with friends and boyfriend/girlfriend
- ( 7.1)(j) Social participation (PTA, local events, volunteer activities, etc.)
- (37.0)(k) Sleep/rest
- ( 1.9) Other ( )
- ( 0.7) I do not know

(M.T.=302.2)

---

Q8 [Response Sheet 8] If you have more free time, how would you like to use it?

Please select all applicable answers. (M.A.)

- (33.5)(a) Hobbies and amusements (avocational activities, watching movies/concert/sports, etc.)
- (15.1)(b) Cultural activities, self-development (learning, etc.)
- (17.4)(c) Sports (physical exercise, various sports that you do yourself rather than watch)
- (12.0)(d) Shopping
- (48.0)(e) Travel
- (10.8)(f) Watching TV/DVD, Listening to CDs etc.
- ( 5.1)(g) Using the Internet and social media (including e-mail and watching videos)
- (14.1)(h) Family gatherings
- ( 9.5)(i) Socializing with friends and boyfriend/girlfriend
- ( 7.3)(j) Social participation (PTA, local events, volunteer activities, etc.)
- (18.3)(k) Sleep/rest
- ( 2.8) Other ( )
- ( 5.8) I do not know

(M.T.=199.7)

Q9 [Response Sheet 9] Compared to the general public, what do you think is the standard of living for your household? Please select one answer.

- ( 1.6)(a) High
  - (13.6)(b) Upper middle
  - (58.0)(c) Middle
  - (21.1)(d) Lower middle
  - ( 4.2)(e) Low
  - ( 1.4) I do not know
- 

**The following questions relate to your (your household's) future lifestyle.**

Q10 [Response Sheet 10] How do you think the lifestyle of your household will change in the future? Please select one answer.

- ( 9.8)(a) Improve
  - (64.4)(b) Remain the same
  - (23.7)(c) Decline
  - ( 2.1) I do not know
- 

Q11 [Response Sheet 11] Which aspects of your life would you like to put particular effort into from now on? Please select all applicable answers. (M.A.)

- (28.8)(a) Food
- ( 6.1)(b) Clothing
- ( 9.2)(c) Durable consumer goods such as automobiles, electrical appliances, furniture, etc.
- (23.8)(d) Housing
- (35.2)(e) Leisure
- (22.0)(f) Self-development and improvement
- (30.0)(g) Income/Revenue
- (31.2)(h) Assets/Savings
- ( 2.0) Other ( )
- ( 9.4) None
- ( 1.3) I do not know

(M.T.=199.0)

---

Q12 [Response Sheet 12] With regard to material and spiritual wealth in your future lifestyle, which of the following two attitudes is closer to yours?

- (61.4)(a) Since I have attained a degree of material wealth, I would like to focus on spiritual wealth and a relaxed lifestyle from now on
- (30.2)(b) I would still like to continue placing the focus on attaining material wealth in my life
- ( 7.1) Neither
- ( 1.3) I do not know



Q13 [Response Sheet 13] Regarding your future lifestyle, would you like to put effort into preparing for your future, such as through savings and investments, or would you like to put effort into enriching your everyday life and enjoying it?

- (32.5)(a) Prepare for my future, such as through savings and investments
- (60.1)(b) Enrich my everyday life and enjoy it
- ( 6.7) Neither
- ( 0.8) I do not know

---

**The following questions relate to your own way of life and way of thinking.**

Q14 [Response Sheet 14] What does “home” mean to you? Please select all applicable answers. (M.A.)

- (64.9)(a) A place for family gatherings
- (28.4)(b) A place for giving birth to and raising children
- (16.4)(c) A place for educating children
- (14.7)(d) A place for taking care of parents
- (29.2)(e) A place for nurturing a couple’s love
- (64.4)(f) A place for resting/healing
- (39.3)(g) A place for the mutual growth of parents and children
- (54.3)(h) A place for strengthening family ties
- ( 0.6) Other ( )
- ( 1.9) I do not know

(M.T.=314.0)

---

Q15 [Response Sheet 15] What are your objectives for working?  
Please select one answer that is closest to your attitude.

- (53.9)(a) I work to earn money
- (14.3)(b) I work to fulfill my responsibility as a member of society
- ( 8.9)(c) I work to demonstrate my talents and capabilities
- (18.6)(d) I work to find my purpose in life
- ( 4.3) I do not know

---

Q16 [Response Sheet 16] There are various types of jobs in the world. What kind of job is ideal for you?  
Please select all applicable answers. (M.A.)

- (59.2)(a) A job that provides stable income
- (22.9)(b) A job that I do not have to worry about losing
- (38.0)(c) A job that allows me to apply my specialized knowledge and capabilities
- (28.4)(d) A job where I can be serve and be useful to society
- (19.2)(e) A job that commands a high income
- (57.8)(f) A job that I enjoy working
- (31.7)(g) A job where I do not have to worry about damaging my health
- (44.4)(h) A job that balanced with private life
- ( 0.2) Other ( )
- ( 2.7) I do not know

(M.T.=304.6)

Q17 [Response Sheet 17] With regard to your income and free time, would you like to increase the amount of free time you have, or would you like to increase your income?

- (34.4)(a) Increase the amount of free time
  - (47.0)(b) Increase my income
  - (17.2) Neither
  - ( 1.4) I do not know
- 

**The following relates to your requests to the government.**

Q18 [Response Sheet 18] Which aspects do you think the government should put more effort into?  
Please select all applicable answers. (M.A.)

- (30.3)(a) Diplomacy/International cooperation
- (32.8)(b) Defense/Security
- (20.9)(c) Administrative reform
- (12.2)(d) Promotion of decentralization of power
- (21.8)(e) Promotion of fiscal consolidation
- (34.3)(f) Price measures
- (50.6)(g) Economic measures
- ( 8.6)(h) Deregulation/Development of new industries
- (36.7)(i) Dealing with employment/labor issues
- (64.6)(j) Development of social security such as healthcare, pensions, etc.
- (27.5)(k) Promotion of education/Development of youth
- (11.3)(l) Promotion of culture/sports
- (11.3)(m) Promotion of science and technology
- (25.5)(n) Protection of natural environment/Conservation of Earth's environment/Pollution measures
- (19.7)(o) Development of housing/public facilities/public transport
- (31.6)(p) Tax reform
- (15.4)(q) Dealing with consumer problems
- (28.3)(r) Disaster prevention
- (26.6)(s) Public order
- (11.6)(t) Suicide prevention measures
- (14.9)(u) Traffic safety measures
- (36.3)(v) Measures to counter declining birthrate
- (52.4)(w) Measures to counter aging society
- (10.0)(x) Promotion of gender equality
- (12.9)(y) Measures for SMEs
- (10.5)(z) Measures for agriculture, forestry, and fisheries
- (20.4)(aa) Revitalization of local communities
- ( 8.1)(ab) Promotion of civic action
- (24.8)(ac) Resource/Energy measures
- (22.8)(ad) Reconstruction in the aftermath of the Great East Japan Earthquake
- (21.6)(ae) Dealing with the accident at TEPCO Fukushima Daiichi Nuclear Power Station
- ( 1.2) Other ( )
- ( 3.4) None/I do not know

(M.T.=761.0)

<<Respondent's Profile>>

Finally, please provide us with the following information about yourself, in order to facilitate the statistical analysis of your responses.

F1 [Sex]

- (45.9) Male
- (54.1) Female

F2 [Age] How old are you?

- ( 1.3) 18 - 19      ( 8.4) 40 - 44      ( 11.4) 65 - 69
- ( 2.5) 20 - 24      ( 8.4) 45 - 49      ( 10.0) 70 - 74
- ( 4.0) 25 - 29      ( 8.3) 50 - 54      ( 8.2) 75 - 79
- ( 5.3) 30 - 34      ( 7.8) 55 - 59      ( 8.5) 80 or above
- ( 7.1) 35 - 39      ( 8.8) 60 - 64

F3 [Employment status][Response Sheet 19] Which of the following applies to your employment status?

- (51.3) (a) Employed (including executive officer)
- ( 7.6) (b) Self-employed (including home-based work)
- ( 2.1) (c) Family worker
- (39.0) (d) Unemployed (including homemaker, student)

(For those who responded "a. Employed (including executive officer)", "b. Self-employed (including home-based work)", "c. Family worker" in F3)

SQ-a [Occupation] What is your occupation?  
(Write down specific details, and circle the applicable job category below.)

(N=3,641)

- ( 7.6) Administrative or Managerial Worker
- ( 19.5) Professional or Technical Worker
- ( 18.5) Clerical Worker
- ( 26.2) Sales, Service, or Security Worker
- ( 4.0) Agriculture, Forestry, or Fishery Worker
- ( 24.0) Production, Transportation, Construction or Related Worker
- ( 0.3) No response

(For those who responded "d. Unemployed (including homemaker, student)" in F3)

SQ-b [Homemaker, student, other unemployed]  
[Response Sheet 20]  
Which of the following is applicable to you?

(N=2,328)

- (47.6) Housewife
- ( 2.2) Househusband
- ( 4.1) Student
- (46.0) Other
- ( 0.0) No response

(For those who responded "a. Employed (including executive officer)" in F3)

SQ-c [Type of Employment][Response Sheet 21]  
Which of the following is applicable to you?

(N=3,060)

- ( 5.8) (a) Executive officer
- ( 58.3) (b) Regular staff/employee
- ( 35.6) (c) Non-regular staff/employee (including contract staff and staff dispatched from worker dispatching agencies)
- ( 0.3) No response



(For all respondents)

F7 [Type of housing] [Response Sheet 25]

Which of the following is applicable to the type of housing that you currently live in?

- (81.7)(a) Owned house
  - (14.1)(b) Rented house owned privately
  - ( 2.2)(c) Rented house owned by local government or Urban Renaissance Agency (UR)
  - ( 1.4)(d) Issued houses
  - ( 0.5) Other
  - ( 0.1) I do not know
- 

SQ [Type of Building] (Survey officer's judgment)

- (82.0)(a) House
  - (17.7)(b) Apartments (including Tenement house or Terrace houses)
  - ( 0.3) Other (including apartments of a factory or office classified as dwelling quarters)
- 

F8 [Response Sheet 26] [Source of information on social trend]

What are the sources you use to obtain information on social trend?

Please choose all applicable answers. (M.A.)

- (89.6)(a) Television
- (17.1)(b) Radio
- (56.9)(c) Newspaper
- (13.4)(d) Books and magazines
- (55.7)(e) Internet (other than (f))
- (12.4)(f) SNS (Twitter, Facebook, etc.)
- (30.6)(g) Family, friends and acquaintances
- ( 0.3) Other ( )
- ( 0.1) I do not know

(M.T.=276.1)