

Summary of Results (QuestionnaireA)

Time Use

1 Distribution of Daily Time Use

(1) Overview

1-1 Average time spent on secondary activities increased and decreased for tertiary activities.

Looking at the daily time use (weekly average) of people living in Japan aged 10 years old and over, they spent 10 hours 37 minutes on primary activities¹⁾, 7 hours on secondary activities²⁾ and 6 hours 23 minutes on tertiary activities³⁾.

Compared to 2001, the average time spent on primary activities remained almost unchanged, increasing by 1 minute, the average time spent on secondary activities increased by 4 minutes, and the average time spent on tertiary activities decreased by 5 minutes. (See Table 1-1)

1-2 The differences between both sexes of average time spent on primary, secondary and tertiary activities decreased.

Breaking down the daily time use by sex, males spent 10 hours 31 minutes on primary activities, 6 hours 58 minutes on secondary activities and 6 hours 31 minutes on tertiary activities. Females spent 10 hours 42 minutes on primary activities, 7 hours 3 minutes on secondary and 6 hours 15 minutes on tertiary activities. For primary and secondary activities, females spent a longer time, and for tertiary activities, males longer.

Compared to 2001, for males, the average time spent on primary activities remained almost unchanged, increasing by 1 minute, the time spent on secondary activities increased by 7 minutes and the time spent on tertiary activities decreased by 8 minutes. For females, the time spent on primary activities remained unchanged, the time spent on secondary activities increased by 2 minutes and the time spent on tertiary activities decreased by 2 minutes.

Also compared to 2001, the difference in the use of daily time between the sexes decreased for each of the three activities. In 2006, the differences were 11 minutes, 5 minutes and 16 minutes, for primary, secondary and tertiary activities, respectively, while the differences in 2001 were 12 minutes, 10 minutes and 22 minutes. (See Table 1-1)

1-3 Time spent on secondary activities increased, and time spent on tertiary activities decreased on weekday and Sunday.

Breaking down daily time use by day of the week, for weekday time spent on primary activities was 10 hours 24 minutes, 7 hours 53 minutes on secondary activities and 5 hours 43 minutes on tertiary activities. As for Saturday, 10 hours 55 minutes on primary activities, 5 hours 25 minutes on secondary activities and 7 hours 40 minutes on tertiary activities, while for Sunday, on primary activities 11 hours 25 minutes, on secondary activities 4 hours 10 minutes and on tertiary activities 8 hours 25 minutes. As for primary and tertiary activities, the longest time was spent on Sunday, and as for secondary activities on weekday.

Compared to 2001, as for weekday and Sunday, time spent on primary activities remained almost unchanged, time spent on secondary activities increased and time spent on tertiary activities decreased. For Saturday, primary and tertiary activities increased and secondary activities decreased. (See Table 1-2)

1) Activities physically required such as "Sleep" and "Meals".

2) Activities obligatory for citizens, such as "Work" and "Housework".

3) Activities one can spend free time other than primary activities and secondary activities.

1-4 Time spent on secondary activities, which had been declining, increased in 2006.

Looking at the transition of daily time use over the past 2 decades as for persons aged 15 years old and over (they are in an age group that facilitates comparison), the time spent on primary activities was steadily increasing, time spent on secondary activities, which had been declining by 2001, turned positive in 2006, and time spent on tertiary activities that had been on the increase by 2001 began to decline in 2006. (See Figure 1-1, Table 1-3)

Figure 1-1 Time use (1986-2006)-Weekly average, Persons aged 15 years and over

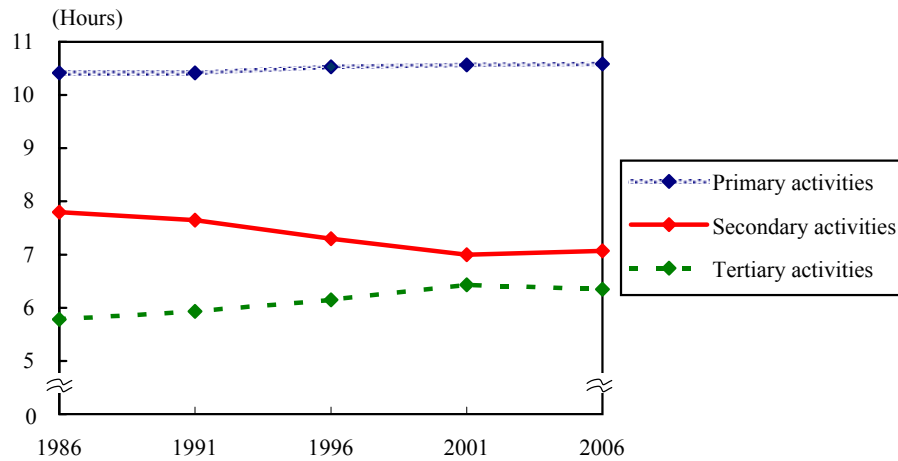


Table 1-1 Time use by sex (2001, 2006)-Weekly average

(Hours. minutes)

	Both sexes			Male			Female		
	2001	2006	plus/minus	2001	2006	plus/minus	2001	2006	plus/minus
Primary activities	10.36	10.37	0.01	10.30	10.31	0.01	10.42	10.42	0.00
Sleep	7.45	7.42	-0.03	7.52	7.49	-0.03	7.38	7.35	-0.03
Personal care	1.13	1.15	0.02	1.02	1.06	0.04	1.23	1.25	0.02
Meals	1.38	1.39	0.01	1.36	1.36	0.00	1.41	1.42	0.01
Secondary activities	6.56	7.00	0.04	6.51	6.58	0.07	7.01	7.03	0.02
Commuting to and from school or work	0.31	0.31	0.00	0.41	0.41	0.00	0.22	0.22	0.00
Work	3.39	3.44	0.05	4.56	4.59	0.03	2.27	2.32	0.05
Schoolwork	0.40	0.37	-0.03	0.43	0.40	-0.03	0.37	0.35	-0.02
Housework	1.25	1.27	0.02	0.13	0.17	0.04	2.34	2.34	0.00
Caring or nursing	0.03	0.03	0.00	0.01	0.02	0.01	0.05	0.05	0.00
Child care	0.13	0.14	0.01	0.03	0.04	0.01	0.22	0.22	0.00
Shopping	0.24	0.24	0.00	0.14	0.15	0.01	0.33	0.34	0.01
Tertiary activities	6.28	6.23	-0.05	6.39	6.31	-0.08	6.17	6.15	-0.02
Moving (excluding commuting)	0.32	0.30	-0.02	0.32	0.29	-0.03	0.33	0.32	-0.01
Watching TV, listening to the radio, reading newspapers or magazines	2.32	2.24	-0.08	2.38	2.28	-0.10	2.26	2.21	-0.05
Rest and relaxation	1.20	1.25	0.05	1.19	1.23	0.04	1.21	1.26	0.05
Studies and researches (excluding schoolwork)	0.14	0.12	-0.02	0.14	0.13	-0.01	0.13	0.12	-0.01
Hobbies and amusements	0.42	0.45	0.03	0.50	0.51	0.01	0.35	0.38	0.03
Sports	0.13	0.15	0.02	0.16	0.19	0.03	0.10	0.11	0.01
Volunteer and social activities	0.04	0.05	0.01	0.04	0.05	0.01	0.05	0.05	0.00
Social life	0.26	0.22	-0.04	0.25	0.20	-0.05	0.27	0.24	-0.03
Medical examination or treatment	0.08	0.09	0.01	0.07	0.07	0.00	0.10	0.10	0.00
Other activities	0.16	0.16	0.00	0.14	0.14	0.00	0.18	0.17	-0.01
(Regrouped)									
Housework and related works ¹⁾	2.05	2.08	0.03	0.31	0.38	0.07	3.34	3.35	0.01
Free-time activities such as resting ²⁾	3.52	3.49	-0.03	3.57	3.51	-0.06	3.47	3.47	0.00
Active free-time activities ³⁾	1.13	1.17	0.04	1.24	1.28	0.04	1.03	1.06	0.03

Table 1-2 Time use by sex and day of the week (2001,2006)

(Hours. minutes)

		2001			2006		
		Weekday	Saturday	Sunday	Weekday	Saturday	Sunday
Both sexes	Primary activities	10.24	10.50	11.24	10.24	10.55	11.25
	Secondary activities	7.46	5.41	4.01	7.53	5.25	4.10
	Tertiary activities	5.50	7.29	8.35	5.43	7.40	8.25
Male	Primary activities	10.17	10.44	11.21	10.17	10.50	11.24
	Secondary activities	7.55	5.14	3.05	8.06	4.58	3.15
	Tertiary activities	5.48	8.02	9.34	5.36	8.12	9.21
Female	Primary activities	10.31	10.55	11.26	10.30	11.01	11.26
	Secondary activities	7.37	6.08	4.55	7.41	5.50	5.02
	Tertiary activities	5.53	6.57	7.39	5.49	7.10	7.32

Table 1-3 Time use (1986-2006)-Weekly average, Persons aged 15 years and over

(Hours. minutes)

	Primary	Secondary	Tertiary
1986	10.25	7.48	5.47
1991	10.25	7.39	5.56
1996	10.32	7.18	6.09
2001	10.34	7.00	6.26
2006	10.35	7.04	6.21

1) "Housework", "Caring or nursing", "Child care" and "Shopping".

2) "Watching TV, listening to the radio, reading newspapers or magazines" and "Rest and relaxation".

3) "Studies and researches (excluding schoolwork)", "Hobby and amusements", "Sports" and "Volunteer and social activities".

(2) Time use by age group

2-1 The longest time on the secondary activities was spent by people in the age group 40 to 44.

Looking at time use by age group, males aged 40 to 44 and females aged 45 to 49 showed the shortest time spent on the primary activities; the length of the time was 9 hours 56 minutes and 9 hours 45 minutes, respectively. People, both male and female, in the age groups 10 to 14 and 65 years old and over spent a relatively longer time on the activities.

The longest time spent on the secondary activities was found in people aged 40 to 44. Males in the age group spent 8 hours 59 minutes and females 8 hours 50 minutes. In the other age groups, the younger, or the older, the shorter the time spent on the secondary activities.

As for the tertiary activities, males aged 35 to 39 and females aged 30 to 34 spent the shortest time; the length of the time spent was 5 hours 4 minutes and 5 hours 8 minutes, respectively. In the other age groups, the younger, or the older, the longer the time spent on the tertiary activities. (See Figure 1-3)

2-2 In most age groups, time spent on the secondary activities increased, and time spent on the tertiary activities decreased.

Compared to 2001, males spent 1 minute longer on the primary activities, and for females, the time remained unchanged. Broken down by age group, males in the age groups 10-14, 25-29 and 30-34 spent more time on the primary activities, but for males in the other age groups the time remained unchanged or decreased. Looking at females, some increase was found in the age groups 10-14 and 25 years old and over, under 45, but for the other age groups, the time decreased.

As for the secondary activities, the time spent increased by 7 minutes and 2 minutes, for males and females respectively. Broken down by age group, in all the groups excluding males aged 30-34, 65-69 and females aged 60-64, the time spent increased or remained unchanged.

As for the tertiary activities, the time spent decreased by 8 minutes and 2 minutes, for males and females respectively. Broken down by age group, in all the groups excluding males aged 65-69 and females aged 55-59, 60-64 and 85 years old and over, the time spent decreased.

(See Figure 1-2, Table 1-1)

Figure 1-2 Change in Time Use by sex and age group (between 2001 and 2006)-Weekly average

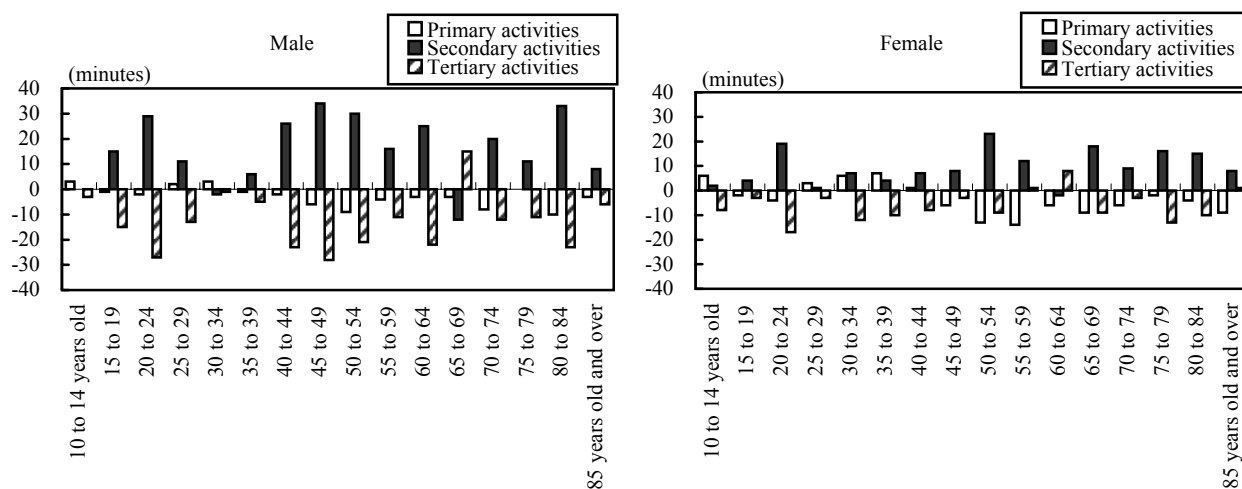
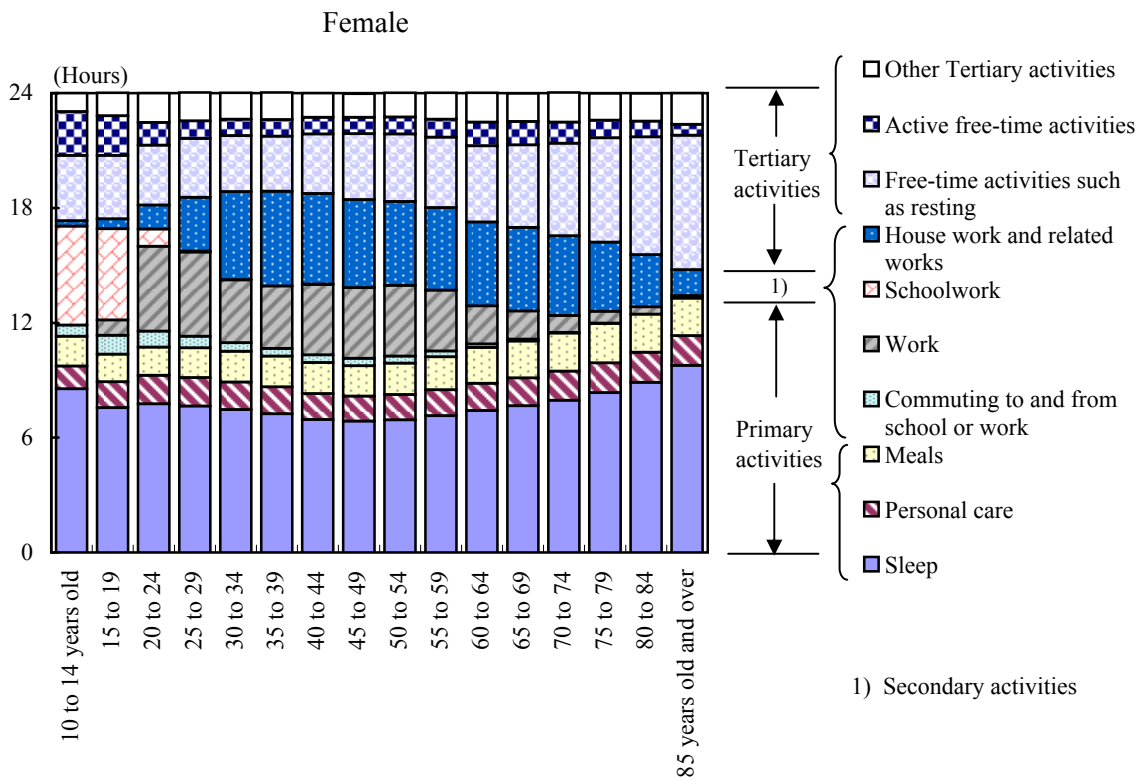
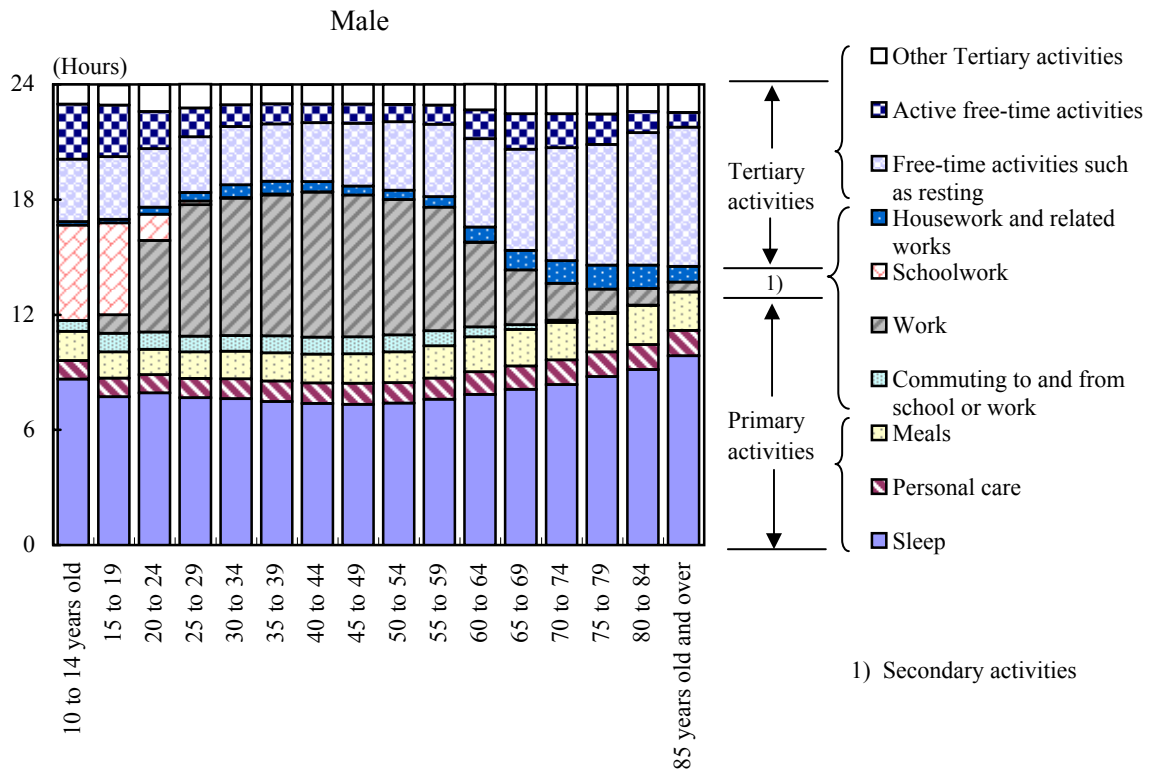


Figure 1-3 Time Use by sex and age group -Weekly average

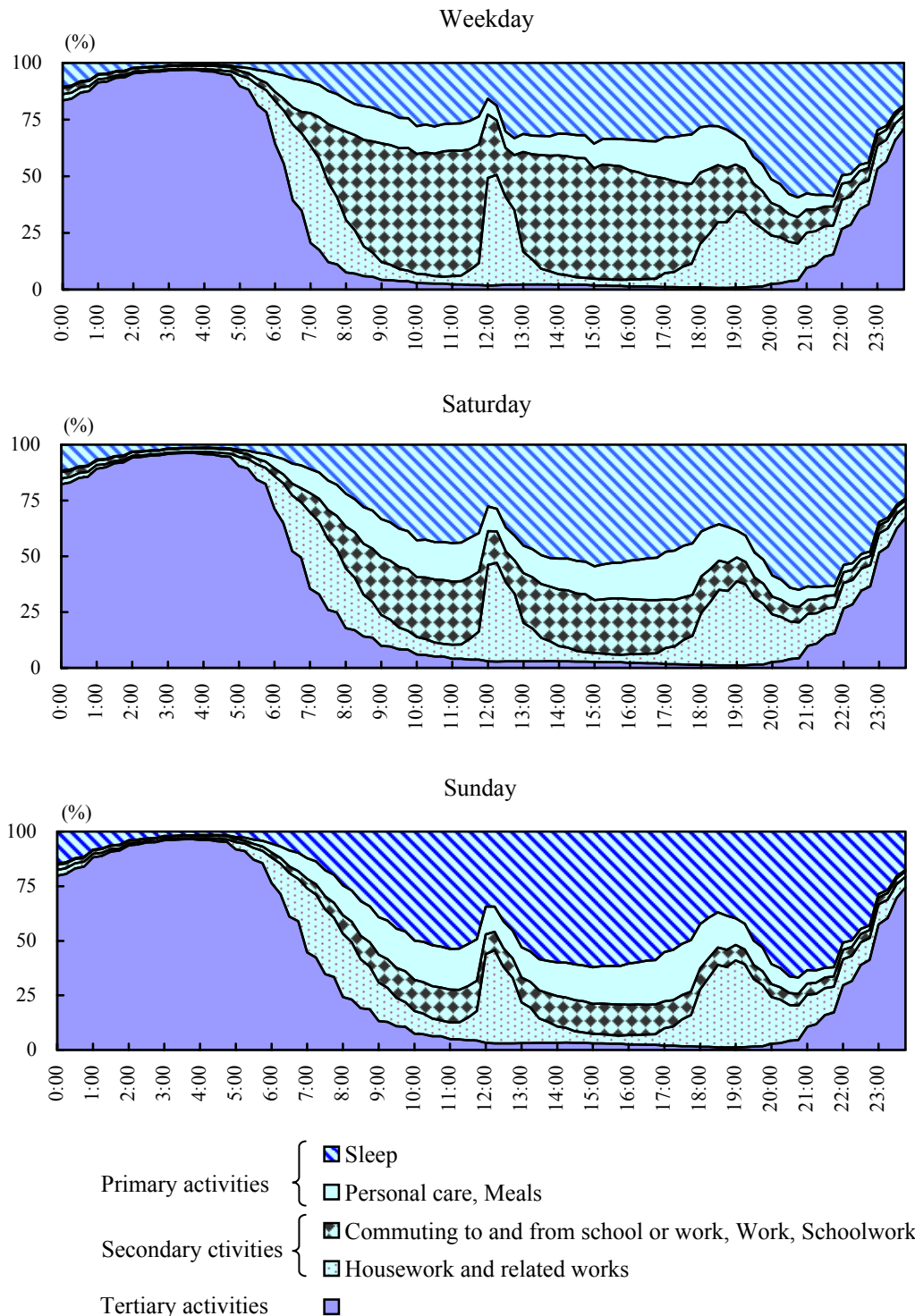


(3) Participation rate by time of day

Between 20:00 and 22:00 on weekday participation rate for the tertiary activities was over 50%.

Looking at the participation rates (the rate of the participants to the total population) by day of the week and time of day, the participation rate for the tertiary activities was over 50% between 20:00 and 22:00 on weekday, 13:45-17:00 and 19:45-22:30 on Saturday. As for Sunday, the rate over 50% was found in 10:15-11:45, 13:00-17:45 and 19:45-22:15. (See Figure 1-4)

Figure 1-4 Participation rate by day of the week and time of day



2 Primary activities

(1) Sleep

1-1 Persons aged 40 and over and under 55 slept less.

The average sleep time was 7 hours 42 minutes. Males spent 7 hours 49 minutes, Females 7 hours 35 minutes. Males spent 14 minutes longer.

By age group, persons aged 45 to 49 had the shortest sleeping hours (7 hours 5 minutes), followed by persons aged 40 to 44 and 50 to 54 (7 hours 9 minutes). Persons aged 85 years old and over had the longest sleeping hours (9 hours 47 minutes).

By sex, in all the age groups, males had the longer sleeping hours, especially in the age group of persons aged 40 years old and over and under 80, males slept over 20 minutes more than females.

(See Figure 2-1, Table 2-1)

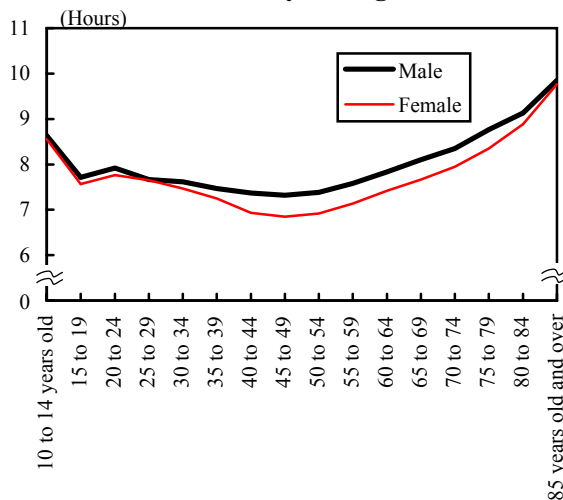
1-2 In almost every age group, sleep time declined.

Compared to 2001, sleep time decreased by 3 minutes.

By age group, in all the age groups except those of 10 to 14, 25 to 29 and 30 to 34, sleep time decreased.

(See Figure 2-2, Table 2-1)

**Figure 2-1 Sleep time by sex and age group
-Weekly average**



**Figure 2-2 Sleep time by age group (2001, 2006)
-Weekly average**

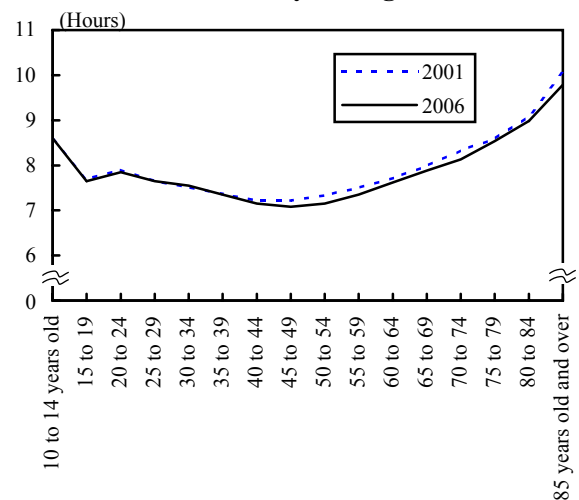


Table 2-1 Sleep time by sex and age group (2001, 2006)-Weekly average

	(Hours, minutes)									
	Both sexes			Male			Female			Difference
	2001	2006	plus/minus	2001	2006	plus/minus	2001	2006	plus/minus	
Total	7.45	7.42	-0.03	7.52	7.49	-0.03	7.38	7.35	-0.03	0.14
10 to 14 years old	8.34	8.36	0.02	8.38	8.38	0.00	8.31	8.33	0.02	0.05
15 to 19	7.42	7.39	-0.03	7.47	7.43	-0.04	7.37	7.34	-0.03	0.09
20 to 24	7.54	7.51	-0.03	7.58	7.55	-0.03	7.50	7.46	-0.04	0.09
25 to 29	7.39	7.39	0.00	7.39	7.40	0.01	7.39	7.39	0.00	0.01
30 to 34	7.31	7.33	0.02	7.35	7.37	0.02	7.27	7.28	0.01	0.09
35 to 39	7.22	7.21	-0.01	7.30	7.28	-0.02	7.14	7.15	0.01	0.13
40 to 44	7.13	7.09	-0.04	7.25	7.22	-0.03	7.00	6.56	-0.04	0.26
45 to 49	7.13	7.05	-0.08	7.30	7.19	-0.11	6.56	6.51	-0.05	0.28
50 to 54	7.20	7.09	-0.11	7.34	7.23	-0.11	7.06	6.55	-0.11	0.28
55 to 59	7.30	7.21	-0.09	7.42	7.35	-0.07	7.18	7.08	-0.10	0.27
60 to 64	7.43	7.37	-0.06	7.55	7.50	-0.05	7.31	7.25	-0.06	0.25
65 to 69	7.59	7.53	-0.06	8.11	8.06	-0.05	7.49	7.40	-0.09	0.26
70 to 74	8.20	8.08	-0.12	8.33	8.21	-0.12	8.09	7.57	-0.12	0.24
75 to 79	8.35	8.32	-0.03	8.48	8.46	-0.02	8.27	8.21	-0.06	0.25
80 to 84	9.06	8.59	-0.07	9.16	9.08	-0.08	9.01	8.53	-0.08	0.15
85 years old and over	10.03	9.47	-0.16	10.03	9.51	-0.12	10.02	9.46	-0.16	0.05

1-3 Sleep time on weekday and Sunday decreased.

By day of the week, the sleep time per day (24 hours starting at 0:00 a.m.) was 7 hours 31 minutes on weekday, 7 hours 57 minutes on Saturday and 8 hours 21 minutes on Sunday. On Sunday, the time spent was 50 minutes more than on weekday.

By sex, compared to 2001, sleep time decreased for both sexes on weekday and Sunday. (See Figure 2-3, Table 2-2)

Figure 2-3 Sleep time by sex and day of the week (2001, 2006)

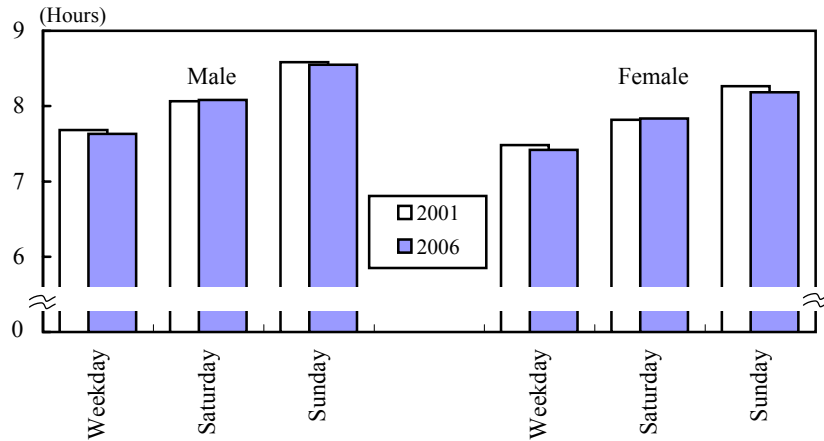


Table 2-2 Sleep time by sex and day of the week (2001, 2006)

	(Hours. minutes)					
	Both sexes		Male		Female	
	2001	2006	2001	2006	2001	2006
Weekday	7.35	7.31	7.41	7.38	7.29	7.25
Saturday	7.56	7.57	8.04	8.05	7.49	7.50
Sunday	8.25	8.21	8.35	8.33	8.16	8.11

1-4 Looking at the transition over the past 2 decades, sleep time has been declining for both sexes.

Looking at the transition of sleep time over the past 2 decades as for persons aged 15 years old and over (age group comparable) by sex, for both sexes sleep time was on the decline. Compared to 1986, it has decreased by 9 minutes for males, and by 7 minutes for females. (See Figure 2-4, Table 2-3)

Figure 2-4 Sleep time by sex (1986-2006)
-Weekly average, Persons aged 15 years and over

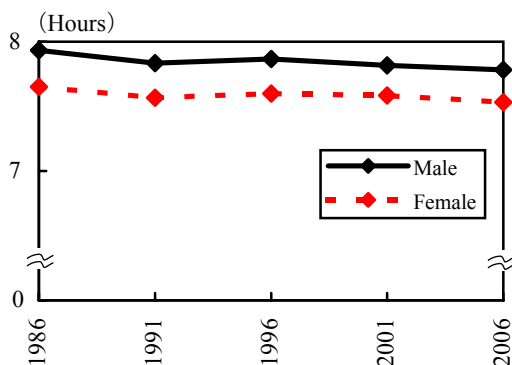


Table 2-3 Sleep time by sex (1986-2006)
-Weekly average, Persons aged 15 years and over

	(Hours. minutes)	
	Male	Female
1986	7.56	7.39
1991	7.50	7.34
1996	7.52	7.36
2001	7.49	7.35
2006	7.47	7.32

(2) Personal care

2-1 Females in their twenties and persons aged 70 years old and over spent a long time on personal care.

The time spent on personal care was 1 hour 15 minutes. Males spent 1 hour 6 minutes, and females 1 hour 25 minutes. Females spent 19 minutes longer.

By age group, the shortest was for persons aged 10 to 14 (1 hour 4 minutes) and the longest was for persons aged 85 years old and over (1 hour 29 minutes).

By sex, males aged 60 years old and over and females in their twenties and 70 years old and over spent more than any other age group. (See Figure 2-5, Table 2-4)

2-2 In all the age groups time spent on personal care increased.

Compared to 2001, time spent on personal care increased by 2 minutes. By age group, for all the age groups time spent on personal care increased. (See Figure 2-6, Table 2-4)

Figure 2-5 Time spent on personal care by sex and age group -Weekly average

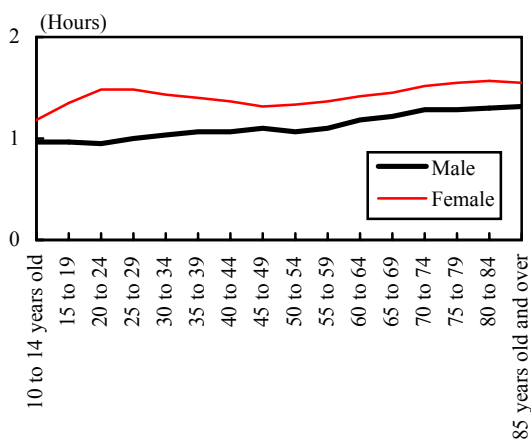


Figure 2-6 Time spent on personal care by age group (2001, 2006)-Weekly average

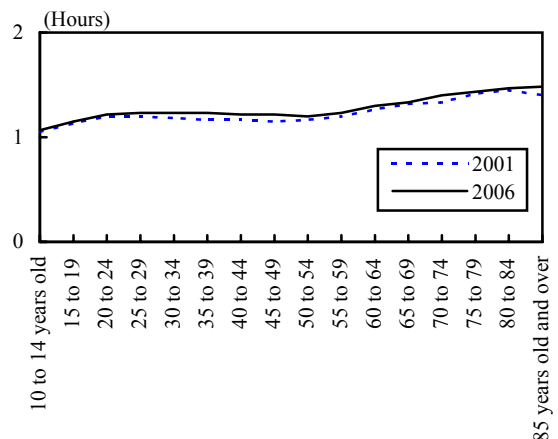


Table 2-4 Time spent on personal care by sex and age group (2001, 2006)-Weekly average

	Both sexes			Male			Female			Difference
	2001	2006	plus/minus	2001	2006	plus/minus	2001	2006	plus/minus	2006
Total	1.13	1.15	0.02	1.02	1.06	0.04	1.23	1.25	0.02	-0.19
10 to 14 years old	1.03	1.04	0.01	0.57	0.58	0.01	1.09	1.11	0.02	-0.13
15 to 19	1.08	1.09	0.01	0.56	0.58	0.02	1.20	1.21	0.01	-0.23
20 to 24	1.12	1.13	0.01	0.56	0.57	0.01	1.28	1.29	0.01	-0.32
25 to 29	1.12	1.14	0.02	0.59	1.00	0.01	1.26	1.29	0.03	-0.29
30 to 34	1.11	1.14	0.03	1.00	1.02	0.02	1.22	1.26	0.04	-0.24
35 to 39	1.10	1.14	0.04	1.01	1.04	0.03	1.19	1.24	0.05	-0.20
40 to 44	1.10	1.13	0.03	1.01	1.04	0.03	1.19	1.22	0.03	-0.18
45 to 49	1.09	1.13	0.04	0.59	1.06	0.07	1.18	1.19	0.01	-0.13
50 to 54	1.10	1.12	0.02	1.01	1.04	0.03	1.20	1.20	0.00	-0.16
55 to 59	1.12	1.14	0.02	1.02	1.06	0.04	1.22	1.22	0.00	-0.16
60 to 64	1.16	1.18	0.02	1.08	1.11	0.03	1.24	1.25	0.01	-0.14
65 to 69	1.19	1.20	0.01	1.11	1.13	0.02	1.27	1.27	0.00	-0.14
70 to 74	1.20	1.24	0.04	1.12	1.17	0.05	1.27	1.31	0.04	-0.14
75 to 79	1.25	1.26	0.01	1.16	1.17	0.01	1.32	1.33	0.01	-0.16
80 to 84	1.27	1.28	0.01	1.17	1.18	0.01	1.33	1.34	0.01	-0.16
85 years old and over	1.24	1.29	0.05	1.13	1.19	0.06	1.29	1.33	0.04	-0.14

2-3 For both sexes time spent on personal care increased by 15 minutes over the 2 decades.

Looking at the transition of time spent on personal care over the past 2 decades as for persons aged 15 years old and over (age group comparable) by sex, for both sexes time spent on personal care increased by 15 minutes compared to 1986. (See Figure 2-7, Table 2-5)

Figure 2-7 Time spent on personal care by sex (1986-2006)-Weekly average, Persons aged 15 years and over

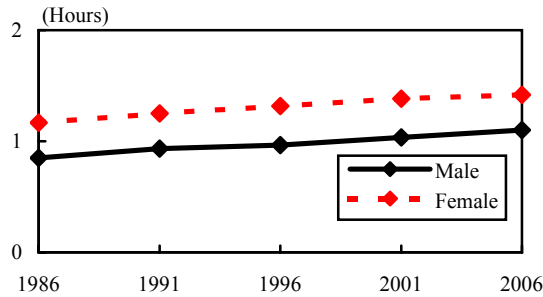


Table 2-5 Time spent on personal care by sex (1986-2006)-Weekly average, Persons aged 15 years and over

	(Hours. minutes)	
	Male	Female
1986	0.51	1.10
1991	0.56	1.15
1996	0.58	1.19
2001	1.02	1.23
2006	1.06	1.25

(3) Meals

3-1 Time spent on meals was longer for elderly people.

Time spent on meals was 1 hour 39 minutes. Males spent 1 hour 36 minutes, and females 1 hour 42 minutes, namely 6 minutes longer.

By age group, the shortest was for the age groups of 15 to 19 and 20 to 24 (1 hour 24 minutes), and the longest was for the age group of 75 to 79 (2 hours 2 minutes). For persons aged 15 years old and over, the older the person, the longer the mealtime generally speaking.

By sex, in all groups except persons aged 80 years old and over, females spent longer, and in particular, those aged 25 to 29 and 30 to 34 spent 10 minutes more than males. (See Table 2-6)

3-2 Time spent on meals decreased for persons aged 45 years old and over and under 65.

Compared to 2001, time spent on meals increased by 1 minute, namely remaining almost unchanged.

By age group, in all age groups except for persons aged 45 years old and over and under 65 the time spent increased or remained unchanged. (See Table 2-6)

Table 2-6 Time spent on meals by sex and age group (2001, 2006)-Weekly average

	(Hours. minutes)									
	Both sexes			Male			Female			Difference 2006
	2001	2006	plus/minus	2001	2006	plus/minus	2001	2006	plus/minus	
Total	1.38	1.39	0.01	1.36	1.36	0.00	1.41	1.42	0.01	-0.06
10 to 14 years old	1.30	1.32	0.02	1.29	1.31	0.02	1.31	1.33	0.02	-0.02
15 to 19	1.23	1.24	0.01	1.21	1.22	0.01	1.25	1.26	0.01	-0.04
20 to 24	1.23	1.24	0.01	1.18	1.19	0.01	1.28	1.28	0.00	-0.09
25 to 29	1.28	1.28	0.00	1.23	1.23	0.00	1.33	1.33	0.00	-0.10
30 to 34	1.31	1.31	0.00	1.27	1.26	-0.01	1.35	1.36	0.01	-0.10
35 to 39	1.32	1.32	0.00	1.29	1.28	-0.01	1.35	1.36	0.01	-0.08
40 to 44	1.34	1.34	0.00	1.32	1.30	-0.02	1.35	1.37	0.02	-0.07
45 to 49	1.35	1.34	-0.01	1.34	1.32	-0.02	1.37	1.35	-0.02	-0.03
50 to 54	1.39	1.37	-0.02	1.37	1.36	-0.01	1.41	1.38	-0.03	-0.02
55 to 59	1.45	1.42	-0.03	1.42	1.41	-0.01	1.47	1.43	-0.04	-0.02
60 to 64	1.51	1.50	-0.01	1.50	1.49	-0.01	1.52	1.52	0.00	-0.03
65 to 69	1.55	1.55	0.00	1.54	1.54	0.00	1.55	1.55	0.00	-0.01
70 to 74	1.57	1.58	0.01	1.57	1.57	0.00	1.58	1.59	0.01	-0.02
75 to 79	2.00	2.02	0.02	2.01	2.01	0.00	1.59	2.03	0.04	-0.02
80 to 84	2.01	2.01	0.00	2.06	2.03	-0.03	1.58	2.00	0.02	0.03
85 years old and over	1.55	1.59	0.04	1.57	2.01	0.04	1.55	1.58	0.03	0.03

3-3 For both sexes there was no significant change in the time spent on meals.

Looking at the transition of time spent on meals over the past 2 decades, as for persons aged 15 years old and over (age group comparable) by sex, for both sexes the time spent on meals remained almost unchanged with only a few minutes increase/decrease. (See Figure 2-8, Table 2-7)

Figure 2-8 Time spent on meals by sex (1986-2006)-Weekly average, Persons aged 15 years and over

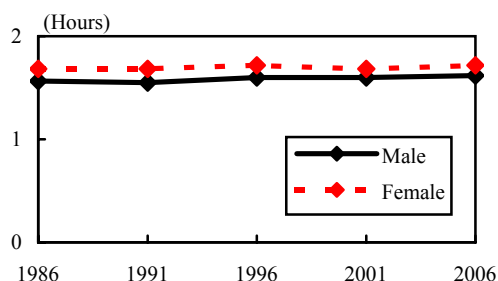


Table 2-7 Time spent on meals by sex (1986-2006)-Weekly average, Persons aged 15 years and over

	(Hours. minutes)	
	Male	Female
1986	1.34	1.41
1991	1.33	1.41
1996	1.36	1.43
2001	1.36	1.41
2006	1.37	1.43

3 Secondary activities

(1) Work

1-1 Time spent on working was longest in the age group of 40 to 44 for males, and in the age group of 25 to 29 for females.

The number of working persons (aged 15 years old and over, hereinafter applied as well) was 68 million and 176 thousand, and the working rate (the rate of working persons to people aged 15 years old and over) was 63.5 percent. The number of males working was 39 million and 191 thousand (75.3 percent), and that of females was 28 million and 984 thousand (52.4 percent). (See Table 3-1)

The average time spent on working by working persons in a day was 6 hours 9 minutes, males 7 hours, and females 5 hours.

By sex and age group, males aged 40 to 44 and females aged 25 to 29 worked longest -7 hours 47 minutes and 5 hours 51 minutes, respectively. (See Figure 3-1, Table 3-2)

1-2 For both sexes, in almost all the age groups time spent on working had increased.

Compared to 2001, time spent on working by working persons increased by 10 minutes. Males increased by 12 minutes, and females by 9 minutes.

By sex and age group, in all age groups except males aged 65 to 69 and females aged 15 to 19 and 60 to 64, the time spent on working increased. (See Figure 3-1, Table 3-2)

Table 3-1 The number and percentage of working persons by sex (2001, 2006)

		2001	2006	Plus/minus
Number of working persons (thousand)	Both sexes	68522	68176	-346
	Male	39672	39191	-481
	Female	28849	28984	135
Percentage of working persons (% point for plus/minus)	Both sexes	64.2	63.5	-0.7
	Male	76.6	75.3	-1.4
	Female	52.6	52.4	-0.1

Note: The percentage of working persons was calculated excluding cases in which the usual economic activity was unknown.

Figure 3-1 Time spent on working by sex and age group (2001, 2006)-Weekly average, Working persons

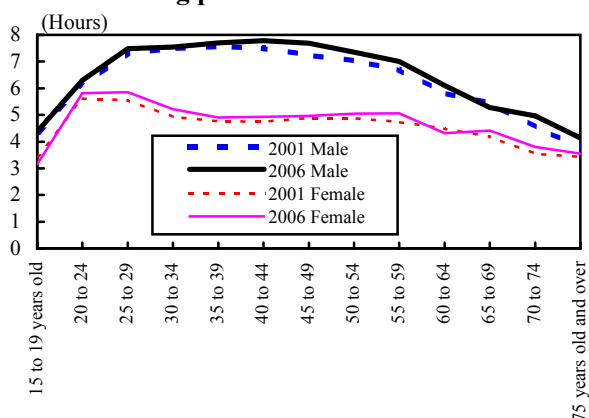


Table 3-2 Time spent on working by sex and age group (2001, 2006)-Weekly average, Working persons

	(Hours. minutes)								
	Both sexes			Male			Female		
	2001	2006	plus/minus	2001	2006	plus/minus	2001	2006	plus/minus
Total	5.59	6.09	0.10	6.48	7.00	0.12	4.51	5.00	0.09
15 to 19 years old	3.52	3.44	-0.08	4.21	4.23	0.02	3.26	3.09	-0.17
20 to 24	5.51	6.04	0.13	6.05	6.18	0.13	5.37	5.49	0.12
25 to 29	6.34	6.46	0.12	7.20	7.29	0.09	5.33	5.51	0.18
30 to 34	6.32	6.38	0.06	7.29	7.33	0.04	4.56	5.13	0.17
35 to 39	6.29	6.34	0.05	7.34	7.42	0.08	4.46	4.54	0.08
40 to 44	6.19	6.33	0.14	7.30	7.47	0.17	4.45	4.56	0.11
45 to 49	6.13	6.30	0.17	7.15	7.41	0.26	4.53	4.58	0.05
50 to 54	6.07	6.21	0.14	7.02	7.21	0.19	4.53	5.03	0.10
55 to 59	5.54	6.12	0.18	6.42	7.00	0.18	4.44	5.04	0.20
60 to 64	5.16	5.23	0.07	5.49	6.06	0.17	4.29	4.19	-0.10
65 to 69	4.58	4.56	-0.02	5.27	5.17	-0.10	4.11	4.25	0.14
70 to 74	4.09	4.29	0.20	4.33	4.58	0.25	3.33	3.48	0.15
75 years old and over	3.39	3.53	0.14	3.48	4.08	0.20	3.26	3.33	0.07

1-3 Time spent on working decreased on Saturday, and increased on weekday and Sunday.

Time spent on working for persons working by day of the week was 7 hours 16 minutes on weekday, 4 hours 15 minutes on Saturday and 2 hours 25 minutes on Sunday.

Compared to 2001, the time spent on working for working persons decreased on Saturday, but increased on weekday and Sunday.

Additionally, the participation rate of working for working persons by day of the week decreased by 2.2 points on Saturday, compared to 2001. (See Table 3-3)

Table 3-3 Time spent on working and the participation rate of working by day of the week (2001, 2006)-Working persons

	Average time (Hours. minutes)		Participation rate (%)	
	2001	2006	2001	2006
Weekday	7.03	7.16	86.0	86.5
Saturday	4.19	4.15	57.9	55.7
Sunday	2.19	2.25	33.7	34.0

1-4 Time spent on working on the decrease turned to rise in 2006.

Looking at the transition of time spent on working over the past two decades for working persons by sex, for both sexes time spent on working was on the decrease by 2001, but turned to rise in 2006. (See Figure 3-2, Table 3-4)

Figure 3-2 Time spent on working by sex (1986-2006)-Weekly average, Working persons

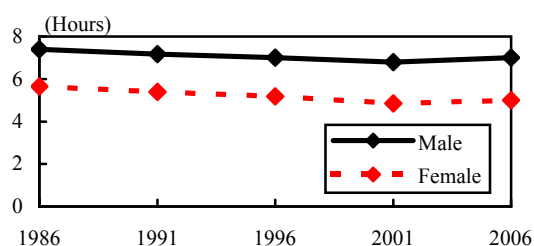


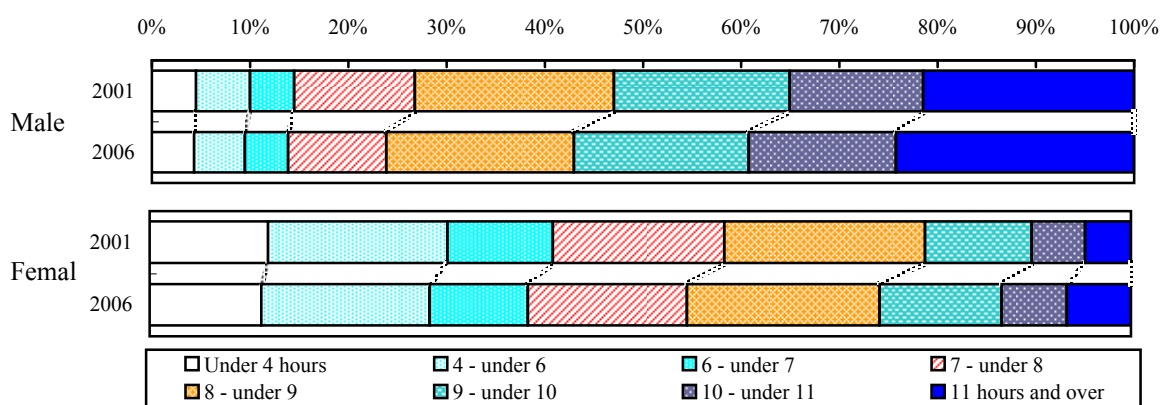
Table 3-4 Time spent on working by sex (1986-2006)-Weekly average, Working persons

	(Hours. minutes)		
	Both sexes	Male	Female
1986	6.41	7.24	5.39
1991	6.26	7.10	5.24
1996	6.15	7.00	5.11
2001	5.59	6.48	4.51
2006	6.09	7.00	5.00

1-5 As for time spent on working on weekday, the rates of "10 hours and over" for males and "9 hours and over" for females increased.

Looking at the participation rate of working persons by working hours groups, for males, the rate of the group of "10 hours and under" decreased and that of the group of "10 hours and over" increased, compared to 2001. For females, the rate of the group of "9 hours and under" decreased and that of the group of "9 hours and over" increased, compared to 2001. (See Figure 3-3, Table 3-5)

Figure 3-3 Participation rate by sex and working hours groups (2001, 2006)-Weekday, Working persons



Note: Excluding persons who did not work on the day of the survey was conducted.

Table 3-5 Participation rate by sex and working hours groups (2001, 2006)-Weekday, Working persons

	(% , point for plus/minus)					
	Male			Female		
	2001	2006	plus/minus	2001	2006	plus/minus
Total	100.0	100.0		100.0	100.0	
under 4 hours	4.5	4.3	-0.2	12.1	11.4	-0.7
4 - under 6	5.5	5.2	-0.3	18.3	17.2	-1.1
6 - under 7	4.5	4.4	-0.1	10.7	10.0	-0.7
7 - under 8	12.3	10.0	-2.3	17.5	16.2	-1.3
8 - under 9	20.3	19.1	-1.2	20.5	19.6	-0.8
9 - under 10	17.9	17.8	-0.1	10.8	12.4	1.6
10 - under 11	13.6	15.0	1.4	5.4	6.6	1.2
11 hours and over	21.5	24.2	2.7	4.7	6.5	1.8

Note: Excluding persons who did not work on the day of the survey was conducted.

1-6 Time spent on working increased for both regular staff and "working persons other than regular staff".

Looking at time spent on working by the form of employment, the longest was self-employed with employees (7 hours 24 minutes), followed by executives of corporations or companies, employees (excluding executives of corporations or companies. hereinafter applied as well).

(See Figure 3-4, Table 3-6)

As for the time spent on working for the employees by the form of employment, regular staff spent 7 hours 11 minutes, "working persons other than regular staff" 4 hours 27 minutes. Compared to 2001, regular staff increased by 15 minutes, and "working persons other than regular staff" increased by 13 minutes. (See Figure 3-5, Table 3-7)

Looking at the total hours of time spent on working calculated by multiplying time spent on working by the population, regular staff decreased, while "working persons other than regular staff" increased, compared to 2001.

By sex, for males, regular staff and the employed decreased and "working persons other than regular staff" increased. For females, both increased. (See Figure 3-6, Table 3-7)

Figure 3-4 Time spent on working by employment status (2001, 2006)
-Weekly average, Working persons

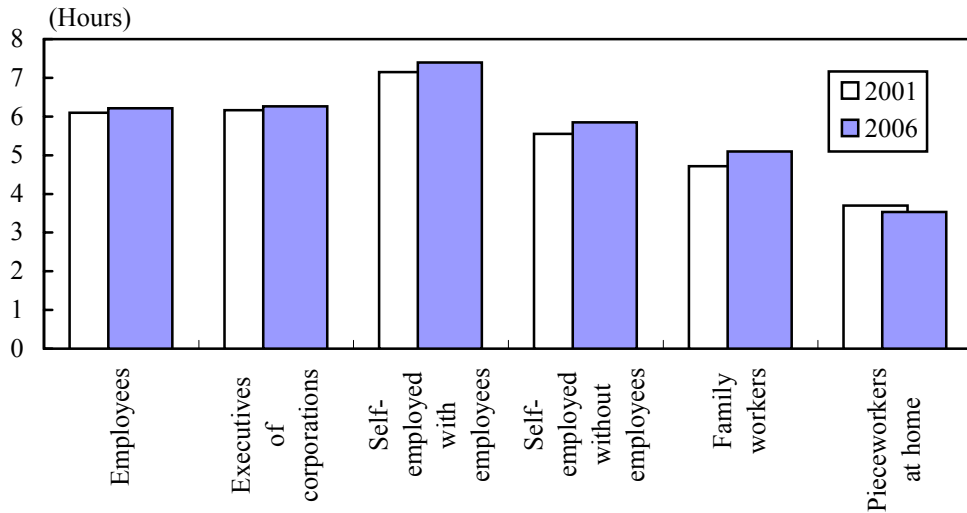
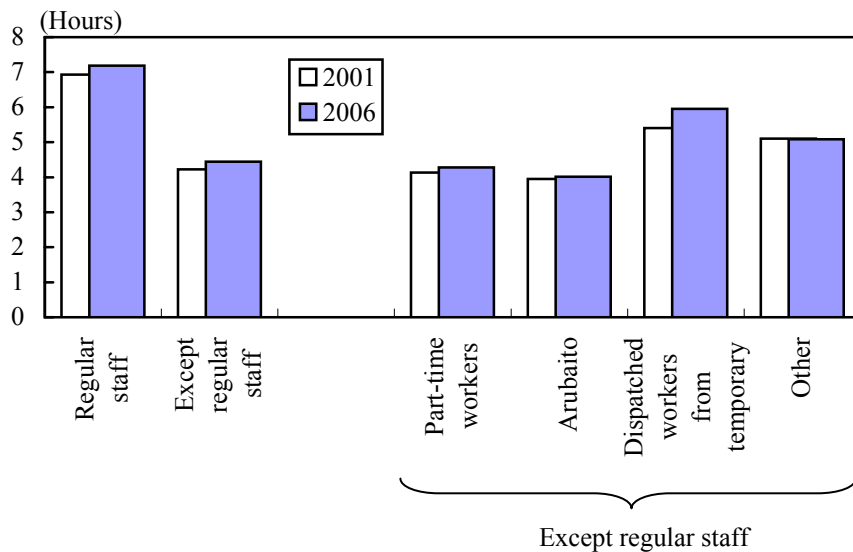


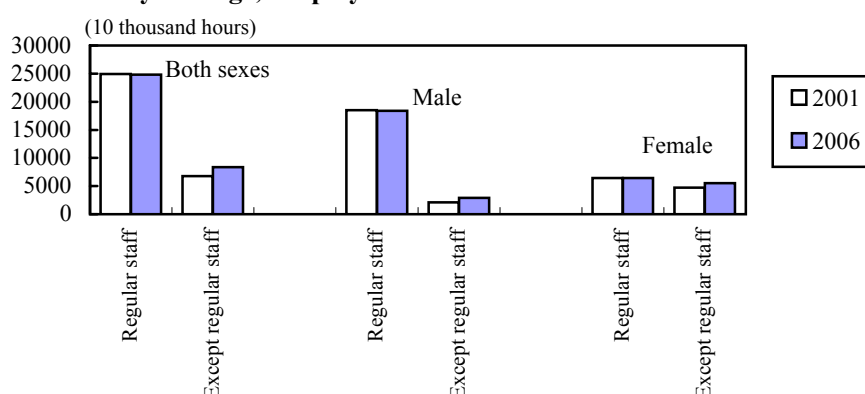
Table 3-6 Time spent on working by sex and employment status (2001, 2006)
-Weekly average, Working persons

	(Hours. minutes)								
	Both sexes			Male			Female		
	2001	2006	plus/minus	2001	2006	plus/minus	2001	2006	plus/minus
Working	5.59	6.09	0.10	6.48	7.00	0.12	4.51	5.00	0.09
Employees	6.06	6.13	0.07	6.54	7.04	0.10	5.02	5.08	0.06
Executives of corporations	6.10	6.16	0.06	6.47	6.53	0.06	4.09	4.00	-0.09
Self-employed with employees	7.09	7.24	0.15	7.23	7.38	0.15	5.57	6.16	0.19
Self-employed without employees	5.33	5.51	0.18	6.02	6.24	0.22	4.03	4.11	0.08
Family workers	4.43	5.06	0.23	6.07	6.47	0.40	4.20	4.33	0.13
Pieceworkers at home	3.42	3.32	-0.10	4.44	3.33	-1.11	3.36	3.32	-0.04

Figure 3-5 Time spent on working by form of employment (2001, 2006)
-Weekly average, Employees



**Figure 3-6 Total hours spent on working by sex and form of employment (2001, 2006)
-Weekly average, Employees**



**Table 3-7 Time spent on working by sex and form of employment (2001, 2006)
-Weekly average, Employees**

		2001			2006			plus/minus		
		Population	Working hours	Total working hours	Population	Working hours	Total working hours	Population	Working hours	Total working hours
		(thousand)	(Hours. minutes)	(10 thousand hours)	(thousand)	(Hours. minutes)	(10 thousand hours)	(thousand)	(Hours. minutes)	(10 thousand hours)
Both sexes	Employees	52041	6.06	31745	53445	6.13	33225	1404	0.07	1480
	Regular staff	35955	6.56	24929	34567	7.11	24831	-1388	0.15	-98
	Except regular staff	16086	4.13	6795	18879	4.27	8395	2793	0.13	1600
	Part-time workers	8502	4.08	3514	9696	4.17	4153	1194	0.09	639
	"Arubaito"	5288	3.57	2089	5550	4.01	2229	262	0.04	140
	Dispatched workers from temporary labour	713	5.24	385	1917	5.57	1141	1204	0.33	756
	Other	1583	5.06	807	1716	5.05	872	133	-0.01	65
Male	Employees	29886	6.54	20621	30095	7.04	21267	209	0.10	646
	Regular staff	25477	7.16	18513	24511	7.30	18383	-966	0.14	-130
	Except regular staff	4409	4.45	2095	5583	5.10	2885	1174	0.25	790
	Part-time workers	671	5.04	340	967	5.00	484	296	-0.04	144
	"Arubaito"	2625	4.15	1116	2911	4.39	1354	286	0.24	238
	Dispatched workers from temporary labour	200	5.56	119	837	6.32	547	637	0.36	428
	Other	913	5.42	520	868	5.46	501	-45	0.04	-20
Female	Employees	22155	5.02	11151	23351	5.08	11987	1196	0.06	835
	Regular staff	10477	6.08	6426	10056	6.25	6453	-421	0.17	27
	Except regular staff	11678	4.02	4705	13295	4.09	5507	1617	0.07	801
	Part-time workers	7832	4.04	3185	8729	4.12	3666	897	0.08	481
	"Arubaito"	2663	3.39	972	2638	3.19	875	-25	-0.20	-97
	Dispatched workers from temporary labour	513	5.11	266	1080	5.30	594	567	0.19	328
	Other	670	4.13	283	848	4.23	372	178	0.10	89

Note: total working hours= (population)×(working hours)

(2) Housework and related works

2-1 Females aged 35 to 39 spent the longest time on housework and related works.

Time spent on housework and related works was 2 hours 8 minutes. The difference between males and females was considerable, as males spent 38 minutes, females 3 hours 35 minutes.

By sex and age group, males aged 65 to under 85 years old spent a longer time (1 hour and over), while for females, persons aged 30 years old and over and under 75 spent a longer time (4 hours and over), and in particular females aged 35 to 39 spent the longest time (4 hours 57 minutes).

(See Figure 3-7, Table 3-8)

2-2 Time spent on housework and related works for males increased in almost all the age groups.

Compared to 2001, Time spent on housework and related works by males increased by 7 minutes, for females, the time remained almost unchanged (increased by 1 minute).

By sex and age group, males increased in all the age groups except 15 to 19, while, females increased in the age groups of 45 to 49, 50 to 54 and 60 years old and over, but decreased in any other age group, especially 25 to 29 and 30 to 34, decreasing by 20 minutes and over. (See Figure 3-7, Table 3-8)

Figure 3-7 Time spent on housework and related works by sex and age group (2001, 2006)-Weekly average

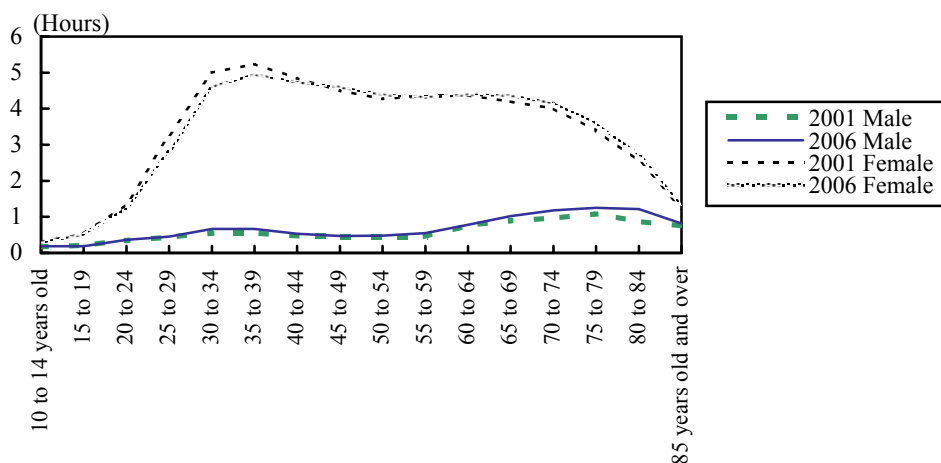


Table 3-8 Time spent on housework and related works by sex and age group (2001, 2006)-Weekly average

	(Hours, minutes)										
	Both sexes			Male			Female			Difference	
	2001	2006	plus/minus	2001	2006	plus/minus	2001	2006	plus/minus	2001	2006
Total	2.05	2.08	0.03	0.31	0.38	0.07	3.34	3.35	0.01	-3.03	-2.57
10 to 14 years old	0.14	0.14	0.00	0.10	0.11	0.01	0.18	0.17	-0.01	-0.08	-0.06
15 to 19	0.23	0.21	-0.02	0.13	0.11	-0.02	0.32	0.31	-0.01	-0.19	-0.20
20 to 24	0.51	0.49	-0.02	0.21	0.22	0.01	1.21	1.15	-0.06	-1.00	-0.53
25 to 29	1.49	1.37	-0.12	0.26	0.27	0.01	3.16	2.49	-0.27	-2.50	-2.22
30 to 34	2.46	2.36	-0.10	0.33	0.40	0.07	5.00	4.36	-0.24	-4.27	-3.56
35 to 39	2.52	2.48	-0.04	0.33	0.40	0.07	5.14	4.57	-0.17	-4.41	-4.17
40 to 44	2.39	2.36	-0.03	0.28	0.32	0.04	4.51	4.44	-0.07	-4.23	-4.12
45 to 49	2.28	2.32	0.04	0.27	0.28	0.01	4.30	4.36	0.06	-4.03	-4.08
50 to 54	2.22	2.28	0.06	0.27	0.29	0.02	4.16	4.23	0.07	-3.49	-3.54
55 to 59	2.26	2.27	0.01	0.27	0.33	0.06	4.21	4.19	-0.02	-3.54	-3.46
60 to 64	2.38	2.39	0.01	0.46	0.47	0.01	4.22	4.23	0.01	-3.36	-3.36
65 to 69	2.39	2.46	0.07	0.54	1.01	0.07	4.12	4.22	0.10	-3.18	-3.21
70 to 74	2.37	2.48	0.11	0.58	1.11	0.13	4.00	4.09	0.09	-3.02	-2.58
75 to 79	2.28	2.34	0.06	1.05	1.15	0.10	3.24	3.36	0.12	-2.19	-2.21
80 to 84	1.57	2.10	0.13	0.52	1.13	0.21	2.33	2.43	0.10	-1.41	-1.30
85 years old and over	1.05	1.12	0.07	0.45	0.49	0.04	1.14	1.21	0.07	-0.29	-0.32

2-3 Time spent on housework and related works by males increased for all days, while for females the time increased only for Sunday.

By day of the week, time spent on housework and related works was 2 hours 2 minutes, 2 hours 20 minutes and 2 hours 24 minutes for weekday, Saturday and Sunday, respectively. The time spent is longer by 20 minutes and over for Sunday than for weekday.

Compared to 2001 by sex, time spent on housework and related works increased for males for all days, while for females, the time remained unchanged for weekday, decreased for Saturday and increased for Sunday. (See Figure 3-8, Table 3-9)

Figure 3-8 Time spent on housework and related works by sex and day of the week (2001, 2006)

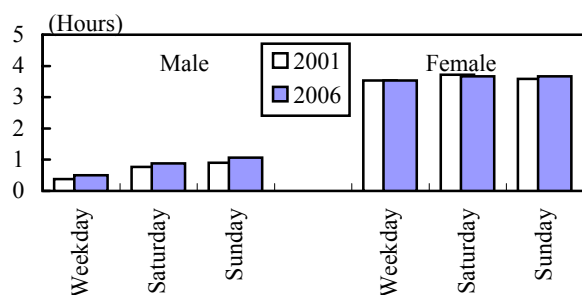


Table 3-9 Time spent on housework and related works by sex and day of the week (2001, 2006)

	(Hours. minutes)					
	Both sexes		Male		Female	
	2001	2006	2001	2006	2001	2006
Weekday	2.00	2.02	0.23	0.30	3.32	3.32
Saturday	2.17	2.20	0.46	0.53	3.43	3.40
Sunday	2.18	2.24	0.54	1.04	3.35	3.40

2-4 As for time spent on housework and related works, the difference between males and females was on the decrease, but the gap was still considerable.

Looking at the transition of time spent on housework and related works over the past two decades as for persons aged 15 years old and over (they are in such age groups that can be comparable), for males the time spent was on the increase and increased by 21 minutes in 2006 compared to 1986, while for females the time spent was on the decrease and decreased by 16 minutes in 2006 compared to 1986. The difference between males and females was on the decrease, but the gap was still considerable. (See Figure 3-9, Table 3-10)

Figure 3-9 Time spent on housework and related works by sex (1986-2006)-Weekly average, Persons aged 15 years old and over

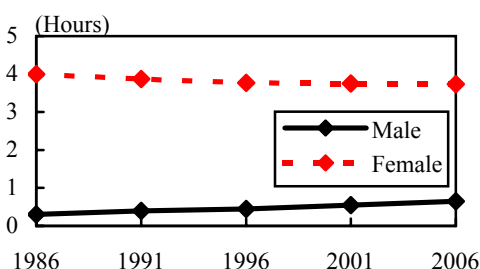


Table3-10 Time spent on housework and related works by sex (1986-2006)-Weekly average, Persons aged 15 years old and over

	(Hours. minutes)	
	Male	Female
1986	0.18	4.00
1991	0.24	3.52
1996	0.27	3.46
2001	0.33	3.45
2006	0.39	3.44

2-5 Married females spent 4 hours longer on housework and related works than never married females.

Looking at time spent on housework and related works by persons aged 15 years old and over by marital status, married males spent 43 minutes and never married males 24 minutes. Married males spent 19 minutes more than never married males. For females, married spent 5 hours 3 minutes and never married 1 hour 3 minutes. Married females spent 4 hours more than never married. (See Figure 3-10, Table 3-11)

Figure3-10 Time spent on housework and related works by sex and marital status-Weekly average, Persons aged 15 years old and over

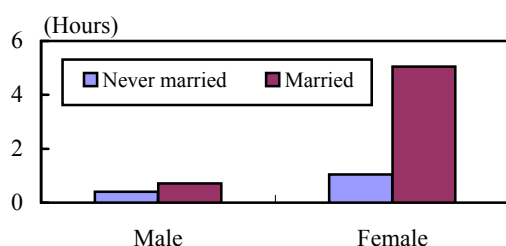


Table3-11 Time spent on housework and related works by sex and marital status-Weekly average, Persons aged 15 years old and over

	(Hours. minutes)	
	Male	Female
Never married	0.24	1.03
Married	0.43	5.03

4 Tertiary activities

(1) Free-time activities such as resting

1-1 As for time spent on free-time activities such as resting for persons aged 60 to under 85, males' free time was more than females' and the difference was considerable.

Free-time activities such as resting took up 3 hours 49 minutes, of which the time spent on "Watching TV, listening to the radio, reading newspapers or magazines" was 2 hours 24 minutes. (Table 4-1)

By sex and age group, for persons aged under 60, there was no significant difference between males and females, but for persons aged 60 to under 85, males spent quite more than females.

(See Figure 4-1, Table 4-1)

1-2 In almost all age groups, time spent on free-time activities such as resting decreased.

Compared to 2001, time spent on free-time activities such as resting decreased by 3 minutes. Time spent on "Watching TV, listening to the radio, reading newspapers or magazines" decreased by 8 minutes greatly.

By age group, in all age groups except 55 to 59 years, time spent on free-time activities such as resting decreased. (See Figure 4-2, Table 4-1)

Figure 4-1 Time spent on free-time activities such as resting by sex and age group -Weekly average

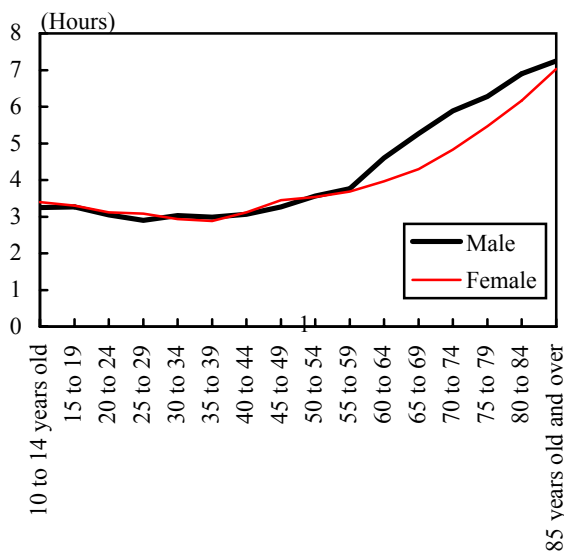
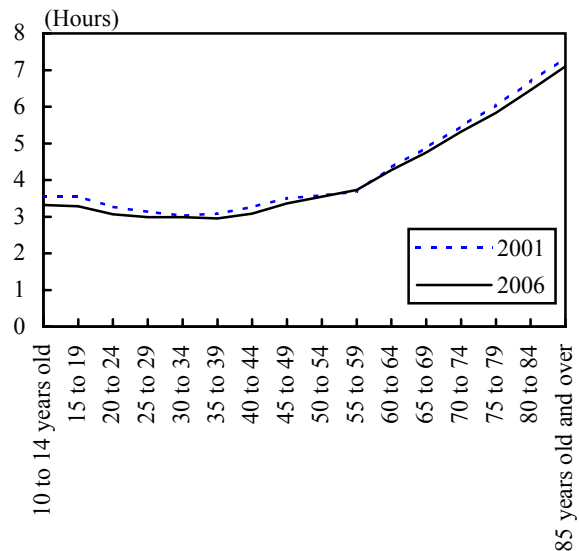


Figure 4-2 Time spent on free-time activities such as resting by age group (2001, 2006) -Weekly average



**Table 4-1 Time spent on free-time activities such as resting by sex and age group (2001, 2006)
-Weekly average**

	Both sexes			Male			Female			Difference
	2001	2006	plus/minus	2001	2006	plus/minus	2001	2006	plus/minus	2006
Free-time activities such as resting	3.52	3.49	-0.03	3.57	3.51	-0.06	3.47	3.47	0.00	0.04
Watching TV, listening to the radio, reading newspapers or magazines	2.32	2.24	-0.08	2.38	2.28	-0.10	2.26	2.21	-0.05	0.07
Rest and relaxation	1.20	1.25	0.05	1.19	1.23	0.04	1.21	1.26	0.05	-0.03
	Free-time activities such as resting									
10 to 14 years old	3.34	3.19	-0.15	3.31	3.15	-0.16	3.37	3.24	-0.13	-0.09
15 to 19	3.33	3.17	-0.16	3.40	3.16	-0.24	3.25	3.18	-0.07	-0.02
20 to 24	3.16	3.04	-0.12	3.21	3.03	-0.18	3.10	3.07	-0.03	-0.04
25 to 29	3.08	2.59	-0.09	3.07	2.54	-0.13	3.09	3.05	-0.04	-0.11
30 to 34	3.02	2.59	-0.03	3.03	3.02	-0.01	3.02	2.56	-0.06	0.06
35 to 39	3.05	2.57	-0.08	3.10	2.59	-0.11	3.01	2.53	-0.08	0.06
40 to 44	3.16	3.05	-0.11	3.16	3.04	-0.12	3.15	3.07	-0.08	-0.03
45 to 49	3.30	3.22	-0.08	3.33	3.16	-0.17	3.26	3.27	0.01	-0.11
50 to 54	3.35	3.33	-0.02	3.39	3.34	-0.05	3.33	3.32	-0.01	0.02
55 to 59	3.41	3.44	0.03	3.49	3.46	-0.03	3.33	3.41	0.08	0.05
60 to 64	4.21	4.16	-0.05	4.43	4.36	-0.07	3.59	3.58	-0.01	0.38
65 to 69	4.53	4.45	-0.08	5.21	5.16	-0.05	4.27	4.18	-0.09	0.58
70 to 74	5.28	5.19	-0.09	6.09	5.53	-0.16	4.55	4.50	-0.05	1.03
75 to 79	6.02	5.50	-0.12	6.31	6.17	-0.14	5.42	5.28	-0.14	0.49
80 to 84	6.41	6.27	-0.14	7.12	6.54	-0.18	6.23	6.10	-0.13	0.44
85 years old	7.20	7.06	-0.14	7.30	7.15	-0.15	7.17	7.02	-0.15	0.13

(2) Active free-time activities

2-1 Males spent a longer time on active free-time activities than females.

Time spent on active free-time activities was 1 hour 17 minutes, of which the longest was on "Hobbies and amusements (45 minutes), followed by "Sports", "Studies and researches (excluding schoolwork)", etc.

By sex, males spent 1 hour 28 minutes, and females 1 hour 6 minutes. Males spent 22 minutes longer.

By age group, males aged 40 to 44, 50 to 54 and 85 years old and over, and females aged 25 years old and over and under 60 and 75 years old and over spent less than 1 hour. (See Figure 4-3, Table 4-2)

2-2 In almost all the age groups time spent on active free-time activities increased.

Compared to 2001, time spent on active free-time activities increased by 4 minutes. Except for "Studies and researches (excluding schoolwork)", all the activities increased.

By age group, in all the age groups except 40 to 44 and 50's the time spent increased, especially for the age groups of 15 to 19 and 65 to 69, the time increased by 10 minutes and over greatly.

(See Figure 4-4, Table 4-2)

Figure 4-3 Time spent on active free-time activities by sex and age group-Weekly average

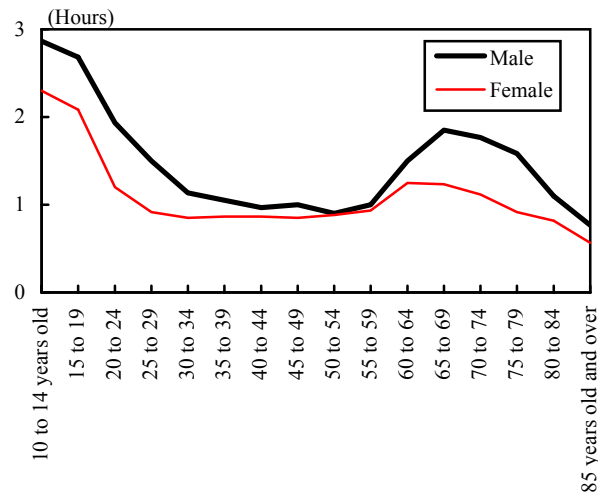


Figure 4-4 Time spent on active free-time activities by age group (2001, 2006)-Weekly average

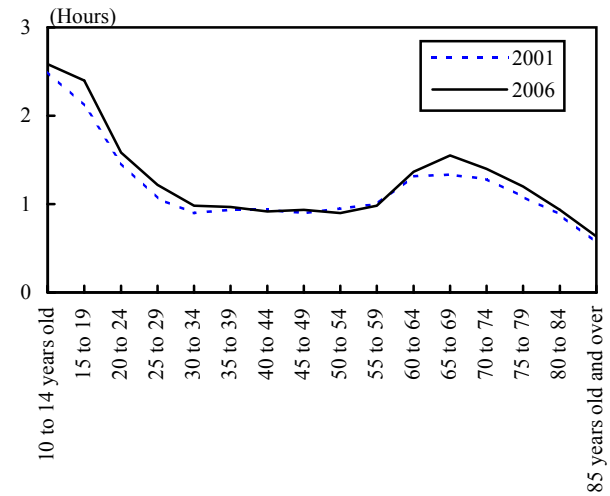


Table 4-2 Time spent on active free-time activities by sex and age group (2001, 2006) -Weekly average

	Both sexes			Male			Female			Difference
	2001	2006	plus/minus	2001	2006	plus/minus	2001	2006	plus/minus	2006
Active free-time activities	1.13	1.17	0.04	1.24	1.28	0.04	1.03	1.06	0.03	0.22
Studies and researches (excluding schoolwork)	0.14	0.12	-0.02	0.14	0.13	-0.01	0.13	0.12	-0.01	0.01
Hobbies and amusements	0.42	0.45	0.03	0.50	0.51	0.01	0.35	0.38	0.03	0.13
Sports	0.13	0.15	0.02	0.16	0.19	0.03	0.10	0.11	0.01	0.08
Volunteer and social activities	0.04	0.05	0.01	0.04	0.05	0.01	0.05	0.05	0.00	0.00
	Active free-time activities									
10 to 14 years old	2.30	2.35	0.05	2.45	2.52	0.07	2.15	2.18	0.03	0.34
15 to 19	2.07	2.24	0.17	2.24	2.41	0.17	1.51	2.05	0.14	0.36
20 to 24	1.28	1.35	0.07	1.48	1.56	0.08	1.06	1.12	0.06	0.44
25 to 29	1.04	1.13	0.09	1.18	1.30	0.12	0.49	0.55	0.06	0.35
30 to 34	0.54	0.59	0.05	1.02	1.08	0.06	0.46	0.51	0.05	0.17
35 to 39	0.56	0.58	0.02	0.57	1.03	0.06	0.54	0.52	-0.02	0.11
40 to 44	0.56	0.55	-0.01	1.02	0.58	-0.04	0.50	0.52	0.02	0.06
45 to 49	0.54	0.56	0.02	1.02	1.00	-0.02	0.47	0.51	0.04	0.09
50 to 54	0.57	0.54	-0.03	1.00	0.54	-0.06	0.52	0.53	0.01	0.01
55 to 59	1.00	0.59	-0.01	1.02	1.00	-0.02	1.01	0.56	-0.05	0.04
60 to 64	1.19	1.22	0.03	1.34	1.30	-0.04	1.06	1.15	0.09	0.15
65 to 69	1.20	1.33	0.13	1.33	1.51	0.18	1.07	1.14	0.07	0.37
70 to 74	1.17	1.24	0.07	1.38	1.46	0.08	1.01	1.07	0.06	0.39
75 to 79	1.05	1.12	0.07	1.28	1.35	0.07	0.50	0.55	0.05	0.40
80 to 84	0.53	0.56	0.03	1.08	1.06	-0.02	0.43	0.49	0.06	0.17
85 years old and over	0.34	0.38	0.04	0.41	0.46	0.05	0.29	0.34	0.05	0.12

(3) Social life

Time spent on "Social life" decreased greatly for persons aged 20 to 24.

Time spent on "Social life" was 22 minutes. Males spent 20 minutes, and females 24 minutes. Compared to 2001 by age group, in all the age groups except 10 to 14, time spent on "Social life" decreased or remained unchanged, especially for the age group of 20 to 24, where the time decreased by as many as 12 minutes. (See Figure 4-5, Table 4-3)

Figure 4-5 Time spent on "Social life" by age group (2001, 2006)-Weekly average

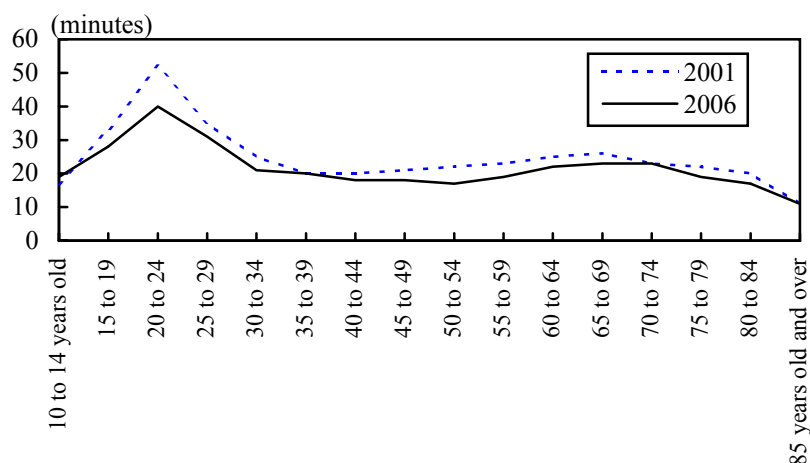


Table 4-3 Time spent on "Social life" and association by sex and age group (2001, 2006)-Weekly average

	Both sexes			Male			Female			Difference 2006
	2001	2006	plus/minus	2001	2006	plus/minus	2001	2006	plus/minus	
Total	26	22	-4	25	20	-5	27	24	-3	-4
10 to 14 years old	17	19	2	17	20	3	17	18	1	2
15 to 19	33	28	-5	32	27	-5	34	28	-6	-1
20 to 24	52	40	-12	54	40	-14	50	41	-9	-1
25 to 29	35	31	-4	35	29	-6	35	32	-3	-3
30 to 34	25	21	-4	22	18	-4	27	23	-4	-5
35 to 39	20	20	0	19	17	-2	22	24	2	-7
40 to 44	20	18	-2	20	16	-4	20	19	-1	-3
45 to 49	21	18	-3	22	17	-5	21	18	-3	-1
50 to 54	22	17	-5	21	15	-6	24	19	-5	-4
55 to 59	23	19	-4	22	16	-6	24	22	-2	-6
60 to 64	25	22	-3	23	19	-4	27	24	-3	-5
65 to 69	26	23	-3	23	22	-1	29	25	-4	-3
70 to 74	23	23	0	19	20	1	27	25	-2	-5
75 to 79	22	19	-3	19	15	-4	25	21	-4	-6
80 to 84	20	17	-3	16	14	-2	23	19	-4	-5
85 years old and over	11	11	0	12	8	-4	11	13	2	-5

(4) Transition of the time spent on tertiary activities by kinds of main activities

Time spent on active free-time activities was on the increase.

Looking at the transition of time spent on tertiary activities over the past two decades, as for persons aged 15 years old and over (they are in such age groups that can be comparable) by the kinds of main activities, time spent on free-time activities such as resting was on the increase by 2001, but slightly decreased in 2006. Time spent on active free-time activities was on the increase and time spent on "Social life" on the decrease. (See Figure 4-6, Table 4-4)

Figure 4-6 Time spent on tertiary activities by kinds of main activities (1986-2006)-Weekly average, Persons aged 15 years old and over

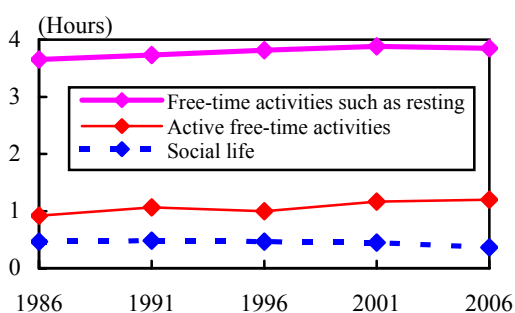


Table 4-4 Time spent on tertiary activities by kinds of main activities (1986-2006)-Weekly average, Persons aged 15 years old and over

	(Hours, minutes)		
	Free-time activities such as resting	Active free-time activities	Social life
1986	3.39	0.55	0.28
1991	3.44	1.04	0.29
1996	3.49	1.00	0.28
2001	3.53	1.10	0.27
2006	3.51	1.12	0.22

5 Time use broken down by various types of people

(1) Persons attending school

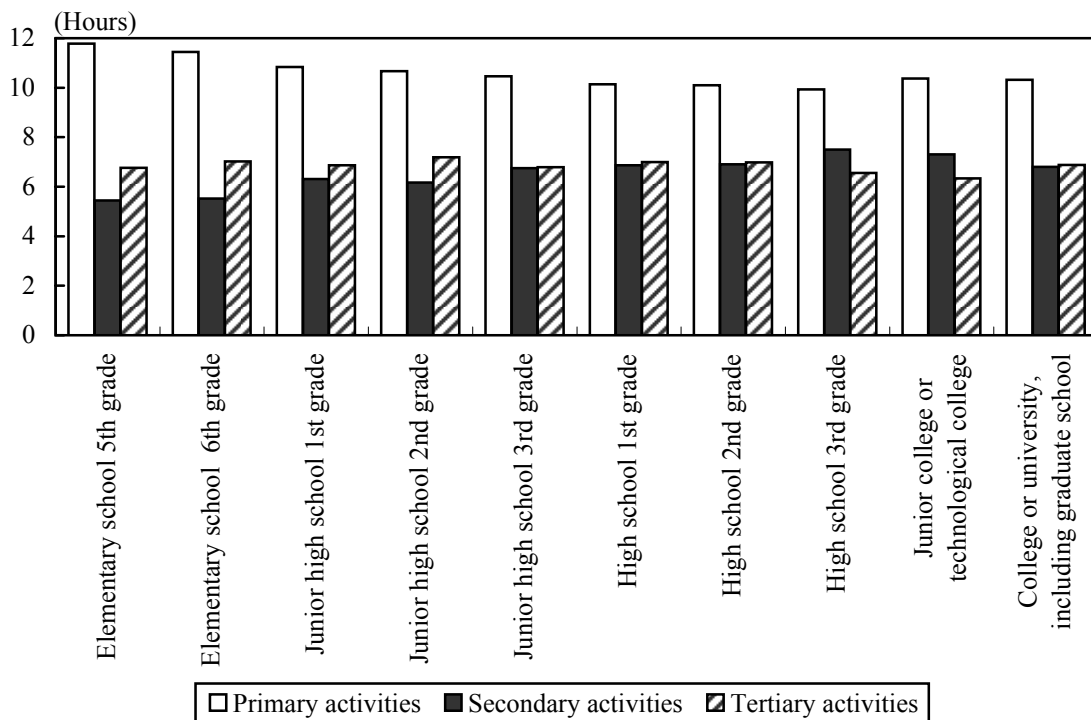
1-1 High school 3rd graders spent the shortest time on primary activities, and the longest time on secondary activities.

Looking at the time use of Persons attending school (aged 10 years old and over, hereinafter applied as well) based on the kind of school attended and the school grade, the higher the grade, the shorter the time spent on primary activities. High school 3rd graders spent the shortest time (9 hours 56 minutes) on primary activities, and students of "Junior college or technological college" and "College or university, including graduate school" spent slightly longer.

As for the time spent on secondary activities, high school 3rd graders spent the longest time (7 hours 30 minutes), elementary school 5th graders spent the shortest time (5 hours 27 minutes). As for time spent on tertiary activities, junior high school 2nd graders spent the longest (7 hours 11 minutes) and students of "Junior college or technological college" the shortest (6 hours 20 minutes).

Comparing time spent on secondary activities with that spent on tertiary activities, for elementary school 5th to high school 2nd graders and "College or university, including graduate school" students, the former was less than the latter, and for high school 3rd graders and "Junior college or technological college" students, the former was more than the latter. (See Figure 5-1, Table 5-1)

Figure 5-1 Time use by kinds of school attended and school grade-Weekly average, Persons attending school



**Table 5-1 Time use by kinds of school attended and school grade
-Weekly average, Persons attending school**

(Hours, minutes)

	Elementary school (10 years old and over)			Junior high school	Junior high school			High school	High school			Junior college or technological college	College or university, including graduate school
	Of which 5th grade	Of which 6th grade	1st grade		2nd grade	3rd grade	1st grade		2nd grade	3rd grade			
Primary activities	1:40	1:47	1:27	10:39	10:50	10:40	10:28	10:04	10:08	10:06	9:56	10:22	10:19
Sleep	9.01	9.05	8.51	8.08	8.17	8.09	7.59	7.31	7.32	7.33	7.26	7.41	7.42
Personal care	1.04	1.05	1.03	1.04	1.05	1.03	1.05	1.08	1.10	1.08	1.07	1.19	1.13
Meals	1.36	1.37	1.33	1.26	1.28	1.28	1.23	1.25	1.26	1.26	1.23	1.23	1.24
Secondary activities	5:29	5:27	5:31	6:25	6:19	6:10	6:45	7:06	6:52	6:54	7:30	7:18	6:48
Commuting to and from school or work	0.32	0.33	0.31	0.36	0.36	0.37	0.34	1.01	1.04	0.59	1.02	1.17	1.11
Work	0.00	0.00	—	0.01	0.00	0.00	0.02	0.18	0.13	0.16	0.21	1.06	1.31
Schoolwork	4.41	4.38	4.44	5.35	5.29	5.21	5.55	5.27	5.20	5.21	5.53	4.27	3.30
Schoolwork and related works	0.15	0.15	0.15	0.13	0.12	0.12	0.16	0.18	0.15	0.18	0.14	0.27	0.35
Tertiary activities	6:51	6:46	7:01	6:56	6:52	7:11	6:47	6:50	7:00	6:59	6:53	6:20	6:53
free-time activities such as resting	3.24	3.26	3.22	3.15	3.07	3.13	3.25	3.17	3.17	3.16	3.18	3.11	2.59
Active free-time activities	2.18	2.10	2.29	2.48	2.56	3.06	2.27	2.33	2.49	2.41	2.13	1.49	2.17
Studies and researches (excluding schoolwork)	0.36	0.33	0.41	0.55	0.45	0.50	1.10	0.56	0.51	0.50	1.09	0.32	0.34
Hobbies and amusements	0.56	0.52	0.59	0.53	0.48	0.56	0.56	0.55	0.56	0.57	0.51	1.05	1.21
Sports	0.42	0.41	0.45	0.58	1.21	1.17	0.19	0.41	1.01	0.52	0.12	0.07	0.18
Volunteer and social activities	0.04	0.04	0.04	0.02	0.02	0.03	0.02	0.01	0.01	0.02	0.01	0.05	0.04
Social life	0.24	0.26	0.23	0.15	0.13	0.14	0.17	0.23	0.21	0.21	0.26	0.33	0.41
Other tertiary activities	0.45	0.44	0.48	0.37	0.36	0.39	0.38	0.37	0.32	0.40	0.36	0.47	0.56

1-2 Junior high school 3rd graders spent the longest on schoolwork.

As for time spent on schoolwork, junior high school 3rd graders spent the longest time (5 hours 55 minutes), followed by high school 3rd graders (5 hours 53 minutes).

By sex, males spent 4 hours 52 minutes, and females 4 hours 56 minutes. Females spent 4 minutes longer. By the kinds of school attended and school grade, in the categories of primary school students, junior high students and high school 2nd graders, females spent longer, in the others, males spent longer. (See Table 5-2)

**Table 5-2 Time spent on schoolwork by sex, kinds of school attended and school grade
-Weekly average, persons attending school**

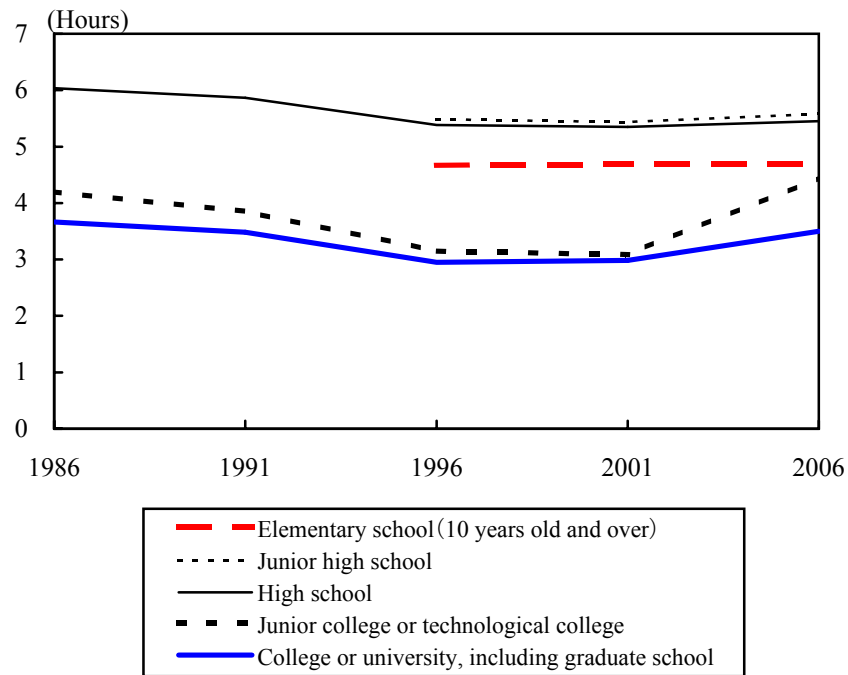
(Hours, minutes)

	Total	Elementary school (10 years old and over)			Junior high school	Junior high school			High school	High school			Junior college or technological college	College or university, including graduate school
		Of which 5th grade	Of which 6th grade	1st grade		2nd grade	3rd grade	1st grade		2nd grade	3rd grade			
Both sexes	4.54	4.41	4.38	4.44	5.35	5.29	5.21	5.55	5.27	5.20	5.21	5.53	4.27	3.30
Male	4.52	4.38	4.32	4.40	5.25	5.21	5.16	5.38	5.34	5.28	5.14	6.05	4.39	3.41
Female	4.56	4.45	4.44	4.47	5.46	5.39	5.25	6.13	5.21	5.14	5.30	5.39	4.20	3.11
Difference	-0.04	-0.07	-0.12	-0.07	-0.21	-0.18	-0.09	-0.35	0.13	0.14	-0.16	0.26	0.19	0.30

1-3 Time spent on schoolwork on the whole increased.

Looking at the transition of the time spent on schoolwork over the past two decades by the kinds of school attended, the tendency was on the decrease, but for students of "Junior college or technological college" and "College or university, including graduate school", the time increased significantly in 2006, and as for other students, the time increased or remained unchanged. (See Figure 5-2, Table 5-3)

**Figure 5-2 Time spent on schoolwork by kinds of school attended (1986-2006)
-Weekly average, Persons attending school**



**Table 5-3 Time spent on schoolwork by kinds of school attended (1986-2006)
-Weekly average, Persons attending school**

	Elementary school (10 years old and over)	Junior high school	High school	Junior college or technological college	College or university, including graduate school
1986	—	—	6.02	4.12	3.40
1991	—	—	5.52	3.51	3.29
1996	4.40	5.29	5.23	3.09	2.57
2001	4.41	5.26	5.21	3.05	2.59
2006	4.41	5.35	5.27	4.27	3.30

Note: The survey about elementary school students and junior high students aged under 15 began in 1996.
As for high school students in 1986 and 1991, junior high students aged 15 years old and over are included.

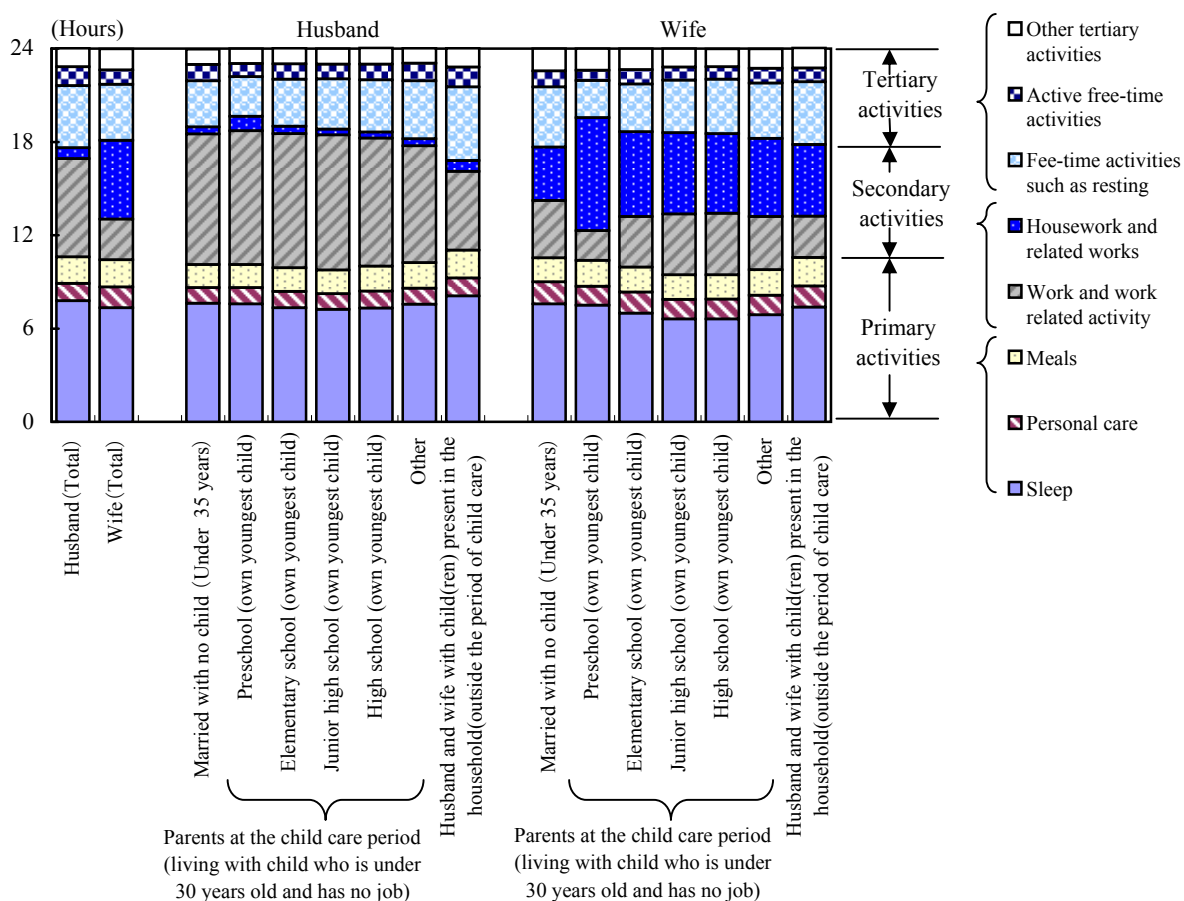
(2) Husbands and wives

2-1 According to the child(ren)'s age, time spent on "housework and related works" and "work", etc. by wives changed greatly.

Looking at the time use for husbands and wives in the same household, the time spent on primary activities for husbands was 10 hours 35 minutes, on secondary activities 7 hours 1 minutes and on tertiary activities 6 hours 24 minutes, and for wives, the time spent on primary activities was 10 hours 25 minutes, on secondary activities 7 hours 41 minutes and on tertiary activities 5 hours 53 minutes. Husbands spent 10 minutes longer on primary activities, and 31 minutes longer on tertiary activities. Wives spent 40 minutes longer on secondary activities.

Looking at husbands' and wives' time use by life stage¹⁾, the average time spent on secondary activities was the longest in "parents at the child care period (own youngest child is at preschool)"²⁾, for both husbands and wives. Husbands spent 9 hours 33 minutes, and wives 9 hours 12 minutes. As for wives' average time spent on secondary activities, time spent on housework and related works became shorter and that on work, etc.³⁾ longer as the youngest child proceeded through his/her school career. Child(ren)'s growth process significantly affects the time spent on housework and related works and work, etc. by wives greatly. (See Figure 5-3, Figure 5-4, Table 5-4)

Figure 5-3 Time use by life stage-Weekly average, Husbands and Wives



- 1) Time use is considered to change significantly when getting employed or married, and by the household composition thereafter, etc. In the survey conducted in 2006, counting was done by the life stages set up for individuals based on the classification method of whether there are spouse and child(ren) in the household, the age of the child(ren) living together and whether they are students or employers, as well as the age and school career of the individual, in order to see the differences. When the family make-up is unknown, it was classified as Life stage unknown.
- 2) This refers to the period of living together with child(ren) not working aged under 30
- 3) Including "Commuting to and from school or work", "Work" and "Schoolwork"
- 4) "Married with no child" means husbands and wives who have no child(ren) in the same household

Figure 5-4 Percentage of persons engaged in work by life stage-Husbands and Wives

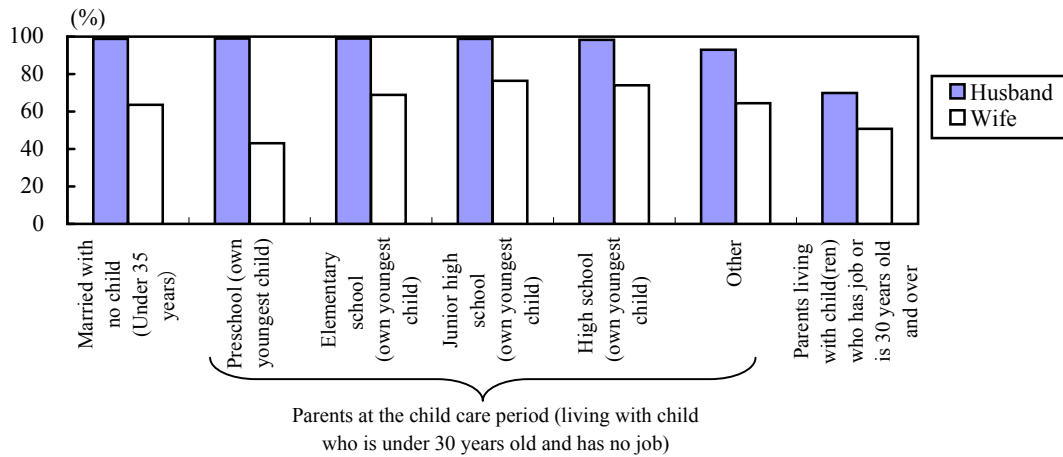


Table 5-4 Time use by life stage-Weekly average, Husbands and Wives

	Total	Married with no child	Parents at the child care period (living with child who is under 30 years old and has no job)							Husband and wife with child(ren) present in the household (outside the period of child care)	
			Of which Under 35 years	Total	Education of the youngest child						
					Preschool	Elementary school	Junior high school	High school	Other		
Husband											
Population (thousand)	32306	12253	1092	12729	5605	3284	1464	1374	1001	7324	
Percentage of population (%)	100.0	37.9	3.4	39.4	17.3	10.2	4.5	4.3	3.1	22.7	
Percentage of persons engaged in work (%)	79.4	65.2	98.8	98.4	98.9	98.9	98.8	98.3	93.0	69.9	
					Time (Hours. minutes)						
Primary activities	10.35	10.56	10.06	10.00	10.06	9.54	9.45	9.59	10.14	11.02	
Sleep	7.47	7.57	7.37	7.27	7.35	7.20	7.14	7.19	7.33	8.05	
Personal care	1.07	1.10	1.00	1.02	1.02	1.03	1.00	1.05	1.02	1.09	
Meals	1.42	1.48	1.29	1.31	1.29	1.31	1.31	1.36	1.39	1.48	
Secondary activities	7.01	5.33	8.53	9.09	9.33	9.05	9.04	8.37	7.57	5.46	
Work and work related activity	6.19	4.47	8.24	8.30	8.36	8.38	8.41	8.14	7.30	5.04	
Housework and related works	0.42	0.47	0.28	0.39	0.56	0.28	0.23	0.24	0.28	0.42	
Housework	0.18	0.25	0.08	0.09	0.09	0.09	0.09	0.10	0.12	0.23	
Caring or nursing	0.02	0.02	0.00	0.01	0.01	0.01	0.01	0.01	0.02	0.03	
Child care	0.07	0.02	0.01	0.15	0.31	0.05	0.01	0.01	0.01	0.02	
Shopping	0.15	0.18	0.19	0.14	0.15	0.13	0.12	0.12	0.13	0.14	
Tertiary activities	6.24	7.31	5.01	4.51	4.22	5.01	5.12	5.23	5.49	7.12	
Free-time activities such as resting	4.00	4.42	2.57	2.56	2.33	3.01	3.14	3.21	3.43	4.44	
Active free-time activities	1.13	1.27	1.03	0.57	0.51	1.00	0.56	1.01	1.08	1.16	
Other Tertiary activities	1.11	1.21	1.00	0.59	0.58	1.00	1.01	1.02	0.58	1.13	
Wife											
Population (thousand)	31303	11998	1183	12064	5288	3096	1373	1323	983	7241	
Percentage of population (%)	100.0	38.3	3.8	38.5	16.9	9.9	4.4	4.2	3.1	23.1	
Percentage of persons engaged in work (%)	51.7	45.2	63.7	58.6	43.0	68.8	76.3	74.0	64.5	50.8	
					Time (Hours. minutes)						
Primary activities	10.25	10.47	10.32	10.00	10.21	9.55	9.27	9.27	9.47	10.33	
Sleep	7.20	7.33	7.35	7.06	7.29	6.59	6.37	6.36	6.52	7.22	
Personal care	1.20	1.23	1.25	1.16	1.14	1.21	1.15	1.17	1.16	1.22	
Meals	1.45	1.51	1.32	1.37	1.39	1.36	1.35	1.34	1.39	1.49	
Secondary activities	7.41	6.37	7.07	9.00	9.12	8.44	9.07	9.05	8.26	7.15	
Work and work related activity	2.37	2.20	3.41	2.50	1.55	3.16	3.55	3.57	3.25	2.40	
Housework and related works	5.04	4.17	3.27	6.09	7.16	5.27	5.13	5.08	5.01	4.36	
Housework	3.41	3.24	2.33	3.57	3.33	4.15	4.21	4.18	4.03	3.43	
Caring or nursing	0.06	0.06	0.01	0.04	0.03	0.05	0.04	0.05	0.08	0.08	
Child care	0.37	0.06	0.14	1.27	3.01	0.25	0.05	0.03	0.05	0.06	
Shopping	0.40	0.41	0.39	0.41	0.39	0.42	0.43	0.42	0.45	0.39	
Tertiary activities	5.53	6.36	6.21	5.00	4.27	5.20	5.26	5.28	5.47	6.12	
Free-time activities such as resting	3.36	4.04	3.52	2.53	2.24	3.04	3.23	3.30	3.34	4.02	
Active free-time activities	0.55	1.05	1.02	0.47	0.39	0.56	0.50	0.48	0.57	0.54	
Other Tertiary activities	1.22	1.26	1.26	1.19	1.24	1.21	1.12	1.09	1.15	1.17	

Note: The difference between the number of husbands and wives is due to:

- 1) Either husbands or wives in some households being excluded from counting due to flawed paperwork and other;
- 2) There was a difference between the estimated multiplying rates for husbands and wives because the populations by sex and age group were used for counting the estimated benchmark populations.

2-2 The time use of wives differs significantly according to whether they are in a dual-income household or not.

Looking at the time use of husbands and wives in the households of both husband and wife are working and the households of husband is working and wife is not working, under the category of the household of a couple with their child(ren), husbands of the households of both husband and wife are working spent 10 hours 3 minutes on primary activities, 8 hours 55 minutes on secondary activities, and 5 hours 2 minutes on tertiary activities. Compared to husbands of the households of husband is working and wife is not working, they spent 3 minutes less on primary activities, 6 minutes less on secondary activities, and 10 minutes more on tertiary activities.

Wives of the households of husband is working and wife is not working spent 9 hours 53 minutes on primary activities, 9 hours 26 minutes on secondary activities, and 4 hours 40 minutes on tertiary activities. Compared to wives of the households of husband is working and wife is not working, they spent 17 minutes less on primary activities, 1 hour 33 minutes less on tertiary activities, and 1 hour 50 minutes more on secondary activities. The time use of wives differs significantly according to whether they are of husband is working and wife is not working or not.

Looking by the age of own youngest child belonged to, the longer the time spent on child care, the lower the age groups of the youngest child for the husbands and wives of both households.

(See Table 5-5)

Table 5-5 Time use by age of own youngest child and usual economic activities of a married couple -Weekly average, Husbands and Wives of the household of a couple with their child(ren)

(Hours.minutes)

Age group of the youngest child	Both husband and wife are working						Husband is working and wife is not working					
	Primary activities	Secondary activities	Work and work related activity	Housework and related works	Of which Child care	Tertiary activities	Primary activities	Secondary activities	Work and work related activity	Housework and related works	Of which Child care	Tertiary activities
Husband												
Total	10.03	8.55	8.22	0.33	0.08	5.02	10.06	9.01	8.19	0.42	0.17	4.52
Under 1 year old	9.52	9.46	8.28	1.18	0.49	4.22	10.07	9.46	8.24	1.22	0.48	4.06
1 to 2 years old	10.02	9.53	8.44	1.09	0.39	4.05	10.03	9.37	8.37	0.59	0.39	4.21
3 to 5	10.06	9.29	8.42	0.47	0.19	4.25	10.05	9.39	9.00	0.38	0.16	4.16
6 to 8	9.55	9.27	8.57	0.30	0.07	4.38	9.48	9.41	9.11	0.30	0.06	4.31
9 to 11	9.48	9.12	8.48	0.24	0.03	5.00	9.51	9.13	8.38	0.35	0.04	4.56
12 to 14	9.43	9.08	8.42	0.26	0.02	5.09	9.38	9.20	8.59	0.20	0.03	5.02
15 years old and over	10.14	8.17	7.53	0.25	0.01	5.29	10.22	7.46	7.21	0.26	0.01	5.52
Wife												
Total	9.33	9.26	4.43	4.45	0.36	4.40	10.10	7.36	0.02	7.34	1.57	6.13
Under 1 year old	9.59	10.36	1.35	9.01	4.59	3.25	9.51	10.08	0.01	10.07	5.45	4.01
1 to 2 years old	10.22	10.17	4.34	5.43	2.28	3.21	10.36	8.40	0.02	8.39	3.57	4.44
3 to 5	10.18	9.28	4.41	4.47	1.13	4.14	10.24	7.41	0.02	7.39	2.17	5.55
6 to 8	9.59	9.13	4.15	4.58	0.37	4.47	10.31	6.57	0.01	6.55	0.59	6.33
9 to 11	9.46	9.25	4.33	4.53	0.13	4.49	10.00	7.03	0.01	7.02	0.34	6.57
12 to 14	9.27	9.39	4.54	4.45	0.05	4.54	9.36	6.57	0.02	6.55	0.14	7.26
15 years old and over	9.48	9.12	5.00	4.11	0.02	5.00	9.58	6.25	0.05	6.20	0.04	7.37

2-3 The rate of sharing secondary activities in the households of both husband and wife are working was higher for wives, but on the decrease.

As for total hours spent on secondary activities by husbands and wives in the households of both husband and wife are working and husband is working and wife is not working under the category of the household of a couple with their child(ren), the households of both husband and wife are working spent 1 hour 44 minutes more than the households of husband is working and wife is not working. As for the total hours of time spent on housework and related works of the secondary activities, the former spent 2 hours 58 minutes less than the latter.

Looking at the rates of sharing activities¹⁾ in total hours of time spent on secondary activities, wives shared more for the households of both husband and wife are working, and husbands shared more for the households of husband is working and wife is not working.

As for the rate of husbands sharing activities of housework and related works by age of own youngest child, the rate was highest for the age of own youngest child 1 to 2 in the households of both husband and wife are working, and for the age of own youngest child 0 years old in the households of husband is working and wife is not working. (See Table 5-6)

Looking at the transition of the rates of wives sharing secondary activities in total hours spent over the past two decades, wives shared more than husbands in the households of both husband and wife are working, but this was on the decrease. (See Table 5-7)

1) Rates of hours spent by husbands and wives to the total hours.

Table 5-6 Total hours spent on secondary activities and the rate of sharing by the age of own youngest child and usual economic activities of a married couple - Weekly average, Husbands and Wives of the household of a couple with their child(ren)

Age of own youngest child	Both husband and wife are working				Husband is working and wife is not working			
	Secondary activities	Work and work related activity	Housework and related works	Of which Child care	Secondary activities	Work and work related activity	Housework and related works	Of which Child care
Total hours (husband and wife) (Hours. minutes)								
Total	18:21	13:05	5:18	0:44	16:37	8:21	8:16	2:14
Under 1 year old	20.22	10.03	10.19	5.48	19.54	8.25	11.29	6.33
1 to 2 years old	20.10	13.18	6.52	3.07	18.17	8.39	9.38	4.36
3 to 5	18.57	13.23	5.34	1.32	17.20	9.02	8.17	2.33
6 to 8	18.40	13.12	5.28	0.44	16.38	9.12	7.25	1.05
9 to 11	18.37	13.21	5.17	0.16	16.16	8.39	7.37	0.38
12 to 14	18.47	13.36	5.11	0.07	16.17	9.01	7.15	0.17
15 years old and over	17.29	12.53	4.36	0.03	14.11	7.26	6.46	0.05
Sharing rate of husband (%)								
Total	48.6	63.9	10.4	18.2	54.3	99.6	8.5	12.7
Under 1 year old	48.0	84.2	12.6	14.1	49.1	99.8	11.9	12.2
1 to 2 years old	49.0	65.7	16.7	20.9	52.6	99.6	10.2	14.1
3 to 5	50.0	65.0	14.1	20.7	55.7	99.6	7.6	10.5
6 to 8	50.6	67.8	9.1	15.9	58.2	99.8	6.7	9.2
9 to 11	49.4	65.9	7.6	18.8	56.7	99.8	7.7	10.5
12 to 14	48.6	64.0	8.4	28.6	57.3	99.6	4.6	17.6
15 years old and over	47.4	61.2	9.1	33.3	54.8	98.9	6.4	20.0
Sharing rate of wife (%)								
Total	51.4	36.1	89.6	81.8	45.7	0.4	91.5	87.3
Under 1 year old	52.0	15.8	87.4	85.9	50.9	0.2	88.1	87.8
1 to 2 years old	51.0	34.3	83.3	79.1	47.4	0.4	89.8	85.9
3 to 5	50.0	35.0	85.9	79.3	44.3	0.4	92.4	89.5
6 to 8	49.4	32.2	90.9	84.1	41.8	0.2	93.3	90.8
9 to 11	50.6	34.1	92.4	81.3	43.3	0.2	92.3	89.5
12 to 14	51.4	36.0	91.6	71.4	42.7	0.4	95.4	82.4
15 years old and over	52.6	38.8	90.9	66.7	45.2	1.1	93.6	80.0

Note: the rate of sharing=100×(hours spent by husband or wife)/(total hours spent by husband and wife)

Table 5-7 Time use by usual economic activities of a married couple (1986-2006)-Weekly average, Husbands and Wives of the household of a couple with their child(ren)

		Both husband and wife are working					Husband is working and wife is not working				
		1986	1991	1996	2001	2006	1986	1991	1996	2001	2006
Husband	Primary activities	10.08	10.04	10.09	10.06	10.03	10.06	10.07	10.08	10.06	10.06
	Secondary activities	8.47	8.46	8.34	8.28	8.55	8.43	8.39	8.39	8.47	9.01
	Work and work related activity	8.32	8.27	8.14	8.02	8.22	8.25	8.14	8.12	8.11	8.19
	Housework and related works	0.15	0.19	0.20	0.26	0.33	0.17	0.25	0.27	0.35	0.42
	Tertiary activities	5.05	5.11	5.17	5.26	5.02	5.11	5.15	5.13	5.07	4.52
Wife	Primary activities	9.54	9.50	9.58	9.53	9.53	10.10	10.06	10.14	10.08	10.10
	Secondary activities	10.02	9.52	9.28	9.13	9.26	7.48	7.46	7.34	7.38	7.36
	Work and work related activity	5.32	5.14	4.55	4.38	4.43	0.07	0.03	0.03	0.04	0.02
	Housework and related works	4.30	4.39	4.33	4.37	4.45	7.41	7.42	7.30	7.34	7.34
	Tertiary activities	4.03	4.18	4.34	4.54	4.40	6.02	6.09	6.12	6.14	6.13
Sharing rate of wife (%)											
Secondary activities		53.3	53.0	52.5	52.1	51.4	47.2	47.3	46.7	46.5	45.7
Work and work related activity		39.3	38.2	37.4	36.6	36.1	1.4	0.6	0.6	0.8	0.4
Housework and related works		94.7	93.6	93.2	91.4	89.6	96.4	94.9	94.3	92.8	91.5

Note: the rate of sharing=100×(hours spent by wife)/(total hours spent by husband and wife)

3-2 As for time spent on tertiary activities by elderly persons, husbands of "married with no child" spent the longest time.

Looking at the time use of elderly persons by life stage¹⁾, single parents living with child(ren) (outside child care) spent the longest time on primary activities for both sexes, males 12 hours 20 minutes and females 12 hours 23 minutes respectively.

"Parents living with child(ren)(outside child care)" spent the longest time on secondary activities for both sexes, males 3 hours 22 minutes and females 5 hours 37 minutes. In addition, of secondary activities, single person males spent the longest time (1 hour 49 minutes) on housework and related works, and females in "married with no child" spent 4 hours 31 minutes. As for time spent on work and work related activities, "married with no child" spent the longest time for both sexes, males 2 hours 24 minutes and females 1 hour 21 minutes.

As for time spent on tertiary activities, males of "married with no child" spent the longest time (9 hours 21 minutes), and females in "single parent living with child(ren)(outside child care)" spent the longest (8 hours 40 minutes). (See Figures 5-6, 5-7 and 5-8 and Table 5-9)

Figure 5-6 Time use by sex and life stage-Weekly average, Persons aged 65 years old and over

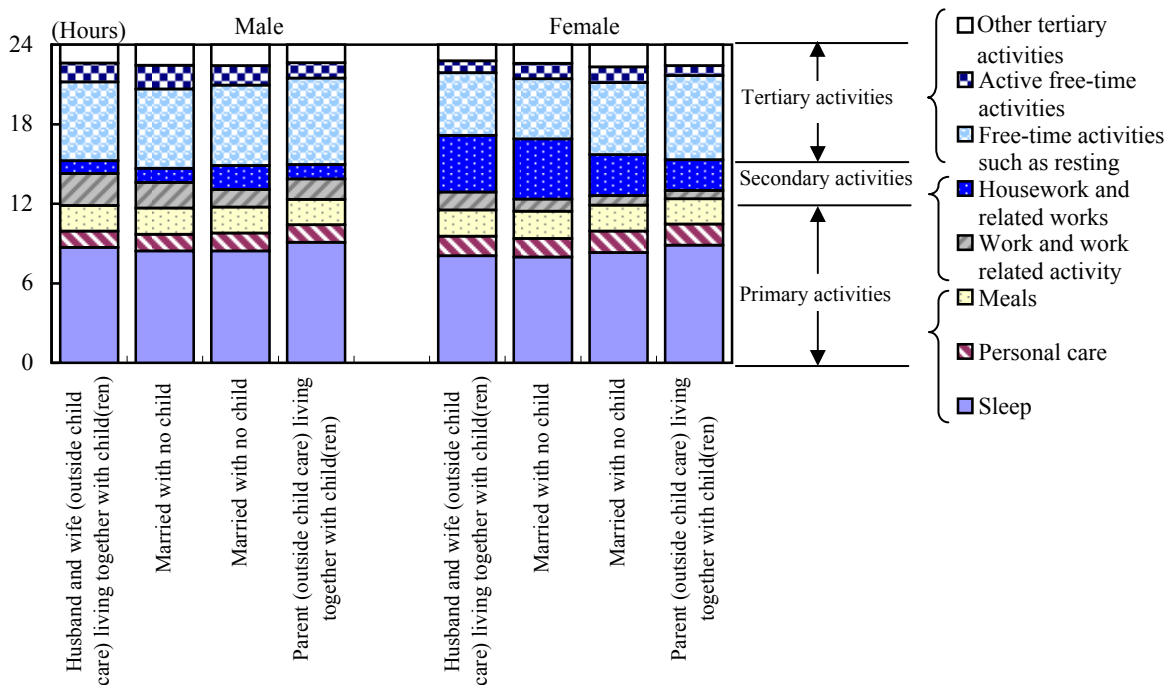


Figure 5-7 Population by sex and life stage -Persons aged 65 years old and over

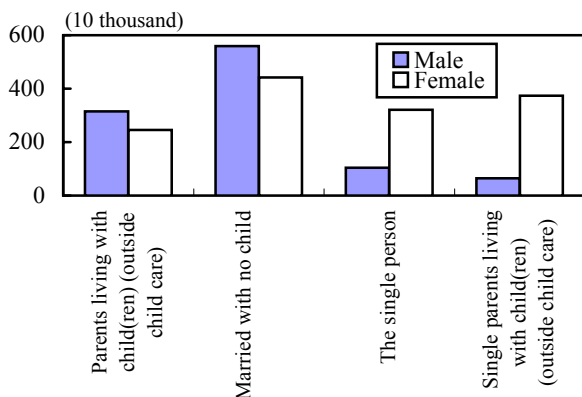
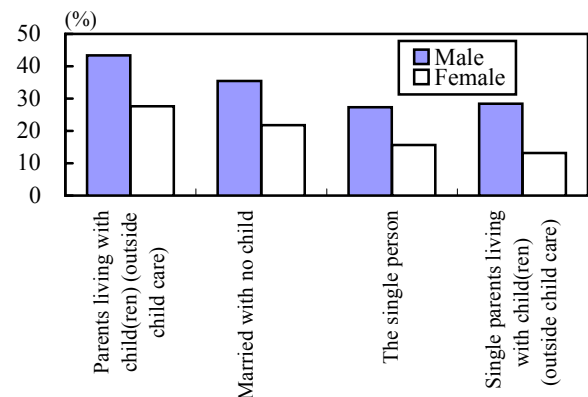


Figure 5-8 Percentage of persons engaged in work by sex and life stage -Persons aged 65 years old and over



1) Excluding the period of child care (living together with child(ren) under 30 not working) in which the number of elderly persons is small.

Table 5-9 Time use by sex and life stage-Weekly average, Persons aged 65 years old and over

		Total	Parents living with child(ren) who has job or is 30 years old and over	Married with no child	The single person	Of which One-person household	Single parent living with child(ren) who has job or is 30 years old and over	
Male	Population(thousand)	10704	3146	5587	1037	953	651	
	Percentage of population (%)	100.0	29.4	52.2	9.7	8.9	6.1	
	Percentage of persons engaged in work (%)	36.9	43.3	35.4	27.3	27.2	28.4	
			Time (Hours. minutes)					
	Primary activities	11:46	11:52	11:40	11:43	11:45	12:20	
	Sleep	8.33	8.41	8.25	8.26	8.26	9.04	
	Personal care	1.16	1.15	1.16	1.20	1.21	1.21	
	Meals	1.58	1.56	1.59	1.58	1.59	1.54	
	Secondary activities	3:08	3:22	2:59	3:09	3:08	2:38	
	Work and work related activity	2.01	2.24	1.55	1.20	1.19	1.33	
	Housework and related works	1.07	0.58	1.05	1.49	1.49	1.05	
	Tertiary activities	9:06	8:46	9:21	9:08	9:07	9:03	
	Moving (excluding commuting)	0.29	0.25	0.31	0.32	0.34	0.23	
	Watching TV, listening to the radio, reading newspapers or magazines	4.16	4.10	4.17	4.31	4.29	4.26	
	Rest and relaxation	1.43	1.46	1.41	1.32	1.28	2.05	
	Studies and researches (excluding schoolwork)	0.09	0.06	0.10	0.08	0.08	0.04	
	Hobbies and amusements	0.57	0.54	1.01	0.50	0.50	0.49	
	Sports	0.24	0.19	0.28	0.23	0.24	0.12	
	Volunteer and social activities	0.08	0.07	0.09	0.07	0.07	0.04	
	Social life	0.18	0.17	0.19	0.20	0.21	0.16	
	Medical examination or treatment	0.20	0.20	0.20	0.20	0.20	0.21	
Other activities	0.23	0.22	0.24	0.25	0.26	0.22		
(Regrouped)								
Free-time activities such as resting	5.59	5.56	5.58	6.03	5.57	6.31		
Active free-time activities	1.38	1.26	1.48	1.28	1.29	1.09		
Female	Population(thousand)	14048	2456	4419	3210	2966	3733	
	Percentage of population (%)	100.0	17.5	31.5	22.9	21.1	26.6	
	Percentage of persons engaged in work (%)	19.2	27.7	21.8	15.7	15.4	13.2	
			Time (Hours. minutes)					
	Primary activities	11:48	11:30	11:25	11:53	11:53	12:23	
	Sleep	8.18	8.04	7.58	8.18	8.18	8.52	
	Personal care	1.31	1.28	1.24	1.38	1.38	1.35	
	Meals	1.59	1.59	2.03	1.57	1.57	1.55	
	Secondary activities	4:27	5:37	5:28	3:48	3:48	2:57	
	Work and work related activity	0.53	1.21	0.56	0.43	0.43	0.38	
	Housework and related works	3.34	4.17	4.31	3.05	3.05	2.19	
	Tertiary activities	7:46	6:53	7:07	8:19	8:19	8:40	
	Moving (excluding commuting)	0.24	0.20	0.28	0.27	0.27	0.17	
	Watching TV, listening to the radio, reading newspapers or magazines	3.28	3.07	3.12	3.40	3.38	3.52	
	Rest and relaxation	1.48	1.37	1.21	1.47	1.46	2.29	
	Studies and researches (excluding schoolwork)	0.04	0.03	0.06	0.06	0.06	0.03	
	Hobbies and amusements	0.39	0.36	0.43	0.45	0.47	0.32	
	Sports	0.11	0.09	0.14	0.11	0.11	0.07	
	Volunteer and social activities	0.06	0.05	0.06	0.09	0.10	0.03	
	Social life	0.22	0.18	0.22	0.27	0.28	0.19	
	Medical examination or treatment	0.23	0.20	0.17	0.25	0.25	0.32	
Other activities	0.21	0.17	0.17	0.23	0.22	0.26		
(Regrouped)								
Free-time activities such as resting	5.16	4.44	4.33	5.27	5.24	6.21		
Active free-time activities	1.00	0.53	1.09	1.11	1.14	0.45		

Note: The number of parents at child care period, the number of single parent of child care period, and the number of people whose life stages are unknown are included in the total number in Life Stage.

3-3 Elderly persons of one-person household persons spent most of the day alone.

Looking at the time use of elderly persons (except sleep time, hereinafter applied as well) by persons being together, the time spent with family member(s)¹ was 6 hours 47 minutes (43.5% of time used excluding sleeping) and the time spent alone was 6 hours 33 minutes (42.0%, correspondingly).

Of elderly persons, one-person household (persons living on their own) spent most of the day alone -- 12 hours 2 minutes (76.8%, correspondingly).

As for the time use of elderly persons of one-person household by place where own child lives, the nearer their child(ren) lived, the shorter the time they spent alone and the longer the time they spent together with their family member(s). (See Figures 5-9, 5-10, Table 5-10)

Table 5-10 Time use (excluding sleeping time) and its rate by place where own child lives and person(s) being together-Weekly average, Persons aged 65 years old and over

	Time (Hours, minutes)					The rate of the time spent relative to the time use excluding sleeping			
	Total	Alone	With family member(s)	With classmate(s) or colleague(s)	With other person(s)	Alone	With family member(s)	With classmate(s) or colleague(s)	With other person(s)
65 years old and over	15.36	6.33	6.47	0.31	1.17	42.0	43.5	3.3	8.2
Of which One-person household	15.40	12.02	0.50	0.25	1.42	76.8	5.3	2.7	10.9
(Place where own child lives)									
Having no child	15.53	12.47	0.09	0.19	2.00	80.5	0.9	2.0	12.6
Having child(ren)	15.37	11.50	1.01	0.27	1.38	75.8	6.5	2.9	10.5
Living in the same site with the residence	15.20	10.28	2.28	0.30	1.28	68.3	16.1	3.3	9.6
Living in the neighborhood (within 5 minutes walking distance)	15.38	11.36	1.19	0.32	1.19	74.2	8.4	3.4	8.4
Living in the same municipality (city, ward, town or village)	15.41	12.08	0.50	0.29	1.38	77.4	5.3	3.1	10.4
Living elsewhere	15.39	12.15	0.34	0.22	1.45	78.3	3.6	2.3	11.2

Note: The total hours spent person(s) being together includes hours spent with unspecified person(s). As for person(s) being together, multiple answers were allowed.

Figure 5-9 The rate of the time spent alone relative to the time use excluding sleeping-Weekly average

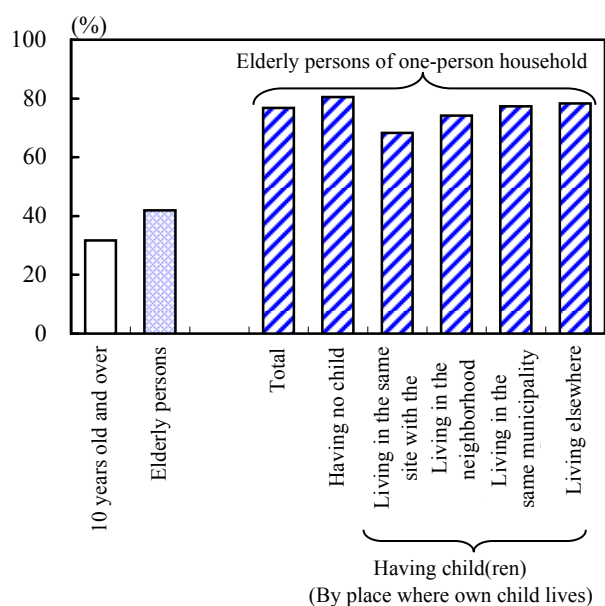
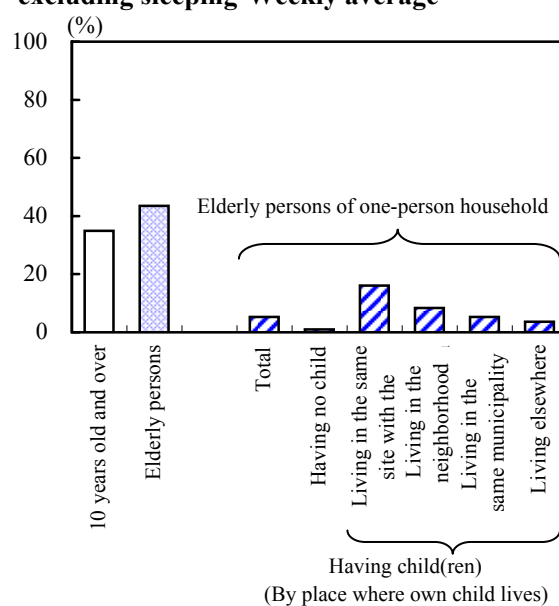


Figure 5-10 The rate of the time spent together with family member(s) relative to the time use excluding sleeping-Weekly average



1) Including family outside the household.

(4) Persons who usually cared for their family

4-1 About 30 percent of care givers were in their 50s.

The number of persons aged 15 years old and over who usually cared for their family¹⁾ (hereinafter referred to as "care givers") was 5 million 336 thousand. The number of females (3 million 329 thousand) was larger than the number of males (2 million 8 thousand). By age group, persons 50's was the largest group in number, accounting for about 30 percent of all care givers, and in particular, more than 10 percent of females 50's usually cared for their family.

The rate of the care givers who actually engaged in caring or nursing on the day the survey was conducted (participation rate) was 32.2 percent. As for the time spent by care givers on caring or nursing, the average time spent for all care givers (average time spent for all care givers) was 49 minutes, and the average time spent by the care givers who actually engaged in caring or nursing on the day the survey was conducted (average time spent for participants) was 2 hours 32 minutes.

By sex, females exceeded males in terms of the participation rate, the average time spent for all care givers and the average time spent for participants, while females spent about 80 percent of the total time spent by care givers on caring or nursing. (See Table 5-11)

Table 5-11 The number of care givers, the participation rate, the average time spent for all care givers, the average time spent for participants and the total time spent by care givers on caring or nursing by sex and age -Weekly average, Persons aged 15 years old and over

	Number of care givers			Participation rate (%)	Average time spent for all care givers (Hours. minutes)	Average time spent for participants (Hours. minutes)	Total time	
	Population (thousand)	Percentage of population (%)	Composition ratio (%)				(10 thousand)	Composition ratio (%)
Both sexes	5336	5.0	100.0	32.2	0.49	2.32	436	100.0
Under 30 years old	347	1.6	6.5	8.7	0.11	1.57	6	1.5
30 to 39 years old	412	2.2	7.7	24.7	0.40	2.34	27	6.3
40 to 49	744	4.8	13.9	27.4	0.31	1.53	38	8.8
50 to 59	1794	9.4	33.6	31.4	0.42	2.15	126	28.8
60 to 69	1175	7.6	22.0	35.5	0.58	2.43	114	26.1
70 years old and over	863	5.0	16.2	46.3	1.25	3.04	122	28.1
Male	2008	3.8	37.6	21.4	0.31	2.24	104	23.8
Under 30 years old	155	1.4	2.9	1.7	0.02	1.57	1	0.1
30 to 39 years old	151	1.6	2.8	8.7	0.15	2.44	4	0.9
40 to 49	238	3.1	4.5	17.1	0.15	1.26	6	1.4
50 to 59	651	6.9	12.2	18.1	0.26	2.26	28	6.5
60 to 69	450	6.1	8.4	25.5	0.37	2.22	28	6.4
70 years old and over	363	5.1	6.8	38.9	1.03	2.41	38	8.7
Female	3329	6.0	62.4	38.6	1.00	2.34	333	76.4
Under 30 years old	192	1.8	3.6	14.4	0.18	1.59	6	1.3
30 to 39 years old	262	2.8	4.9	33.9	0.54	2.31	24	5.4
40 to 49	506	6.5	9.5	32.2	0.38	2.01	32	7.4
50 to 59	1143	11.9	21.4	38.9	0.52	2.13	99	22.7
60 to 69	725	9.0	13.6	41.7	1.12	2.52	87	20.0
70 years old and over	500	4.9	9.4	51.7	1.41	3.17	84	19.3

Note: Total time = (the number of care givers)×(average time spent for all care givers)

1) In cases in which it was difficult to decide whether the activity was 'usual' or not, caring or nursing for 30 days and over in a year was assumed as usual activity.

(4) Persons who usually cared for their family

4-1 About 30 percent of care givers were in their 50s.

The number of persons aged 15 years old and over who usually cared for their family¹⁾ (hereinafter referred to as "care givers") was 5 million 336 thousand. The number of females (3 million 329 thousand) was larger than the number of males (2 million 8 thousand). By age group, persons 50's was the largest group in number, accounting for about 30 percent of all care givers, and in particular, more than 10 percent of females 50's usually cared for their family.

The rate of the care givers who actually engaged in caring or nursing on the day the survey was conducted (participation rate) was 32.2 percent. As for the time spent by care givers on caring or nursing, the average time spent for all care givers (average time spent for all care givers) was 49 minutes, and the average time spent by the care givers who actually engaged in caring or nursing on the day the survey was conducted (average time spent for participants) was 2 hours 32 minutes.

By sex, females exceeded males in terms of the participation rate, the average time spent for all care givers and the average time spent for participants, while females spent about 80 percent of the total time spent by care givers on caring or nursing. (See Table 5-11)

Table 5-11 The number of care givers, the participation rate, the average time spent for all care givers, the average time spent for participants and the total time spent by care givers on caring or nursing by sex and age -Weekly average, Persons aged 15 years old and over

	Number of care givers			Participation rate (%)	Average time spent for all care givers (Hours. minutes)	Average time spent for participants (Hours. minutes)	Total time	
	Population (thousand)	Percentage of population (%)	Composition ratio (%)				(10 thousand)	Composition ratio (%)
Both sexes	5336	5.0	100.0	32.2	0.49	2.32	436	100.0
Under 30 years old	347	1.6	6.5	8.7	0.11	1.57	6	1.5
30 to 39 years old	412	2.2	7.7	24.7	0.40	2.34	27	6.3
40 to 49	744	4.8	13.9	27.4	0.31	1.53	38	8.8
50 to 59	1794	9.4	33.6	31.4	0.42	2.15	126	28.8
60 to 69	1175	7.6	22.0	35.5	0.58	2.43	114	26.1
70 years old and over	863	5.0	16.2	46.3	1.25	3.04	122	28.1
Male	2008	3.8	37.6	21.4	0.31	2.24	104	23.8
Under 30 years old	155	1.4	2.9	1.7	0.02	1.57	1	0.1
30 to 39 years old	151	1.6	2.8	8.7	0.15	2.44	4	0.9
40 to 49	238	3.1	4.5	17.1	0.15	1.26	6	1.4
50 to 59	651	6.9	12.2	18.1	0.26	2.26	28	6.5
60 to 69	450	6.1	8.4	25.5	0.37	2.22	28	6.4
70 years old and over	363	5.1	6.8	38.9	1.03	2.41	38	8.7
Female	3329	6.0	62.4	38.6	1.00	2.34	333	76.4
Under 30 years old	192	1.8	3.6	14.4	0.18	1.59	6	1.3
30 to 39 years old	262	2.8	4.9	33.9	0.54	2.31	24	5.4
40 to 49	506	6.5	9.5	32.2	0.38	2.01	32	7.4
50 to 59	1143	11.9	21.4	38.9	0.52	2.13	99	22.7
60 to 69	725	9.0	13.6	41.7	1.12	2.52	87	20.0
70 years old and over	500	4.9	9.4	51.7	1.41	3.17	84	19.3

Note: Total time = (the number of care givers)×(average time spent for all care givers)

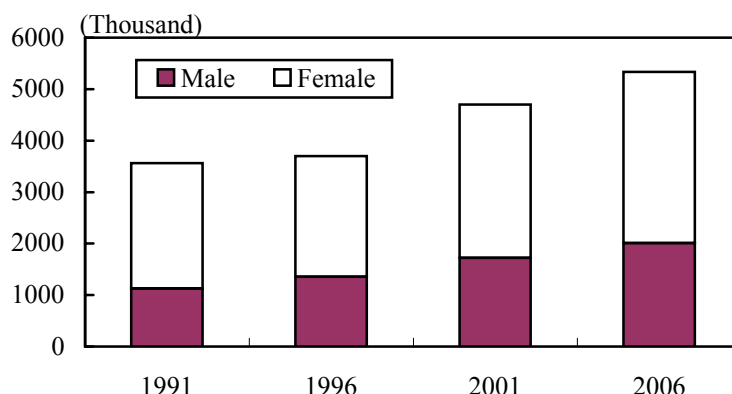
1) In cases in which it was difficult to decide whether the activity was 'usual' or not, caring or nursing for 30 days and over in a year was assumed as usual activity.

4-2 The number of care givers and the total time spent on caring or nursing increased, while the time spent on caring or nursing per person declined.

Looking at the transition in the number of care givers and the time spent by care givers on caring or nursing over the 15 years, the number of care givers and the total time spent on caring or nursing were on the increase, while the time spent on caring or nursing per person decreased.

(See Figures 5-11 and 5-12 and Tables 5-12 and 5-13)

**Figure 5-11 The number of the care givers by sex (1991-2006)
-Persons aged 15 years old and over**



**Figure 5-12 The time spent on caring or nursing by care givers (1991-2006)
-Weekly average, persons aged 15 years old and over**

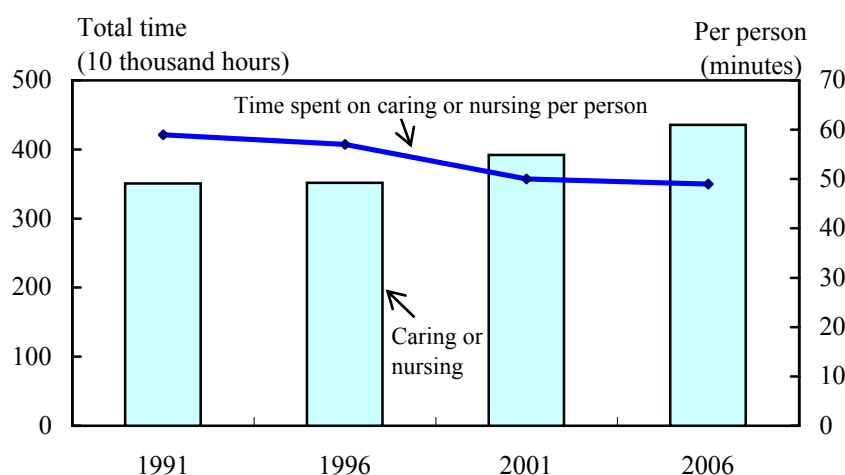


Table 5-12 The number of care givers by sex (1991-2006) -Persons aged 15 years old and over

	(thousand)	
	Male	Female
1991	1123	2442
1996	1353	2349
2001	1721	2982
2006	2008	3329

Table 5-13 The time spent on caring or nursing by care givers (1991-2006) -Weekly average, Persons aged 15 years old and over

	Total time (10 thousand)	Per person (minutes)
1991	351	59
1996	352	57
2001	392	50
2006	436	49

4-3 Use of caring assistance significantly increased.

Of the care givers, 1 million six hundred thirty-eight thousand people used caring assistance. These people accounted for over 30 percent of all the care givers.

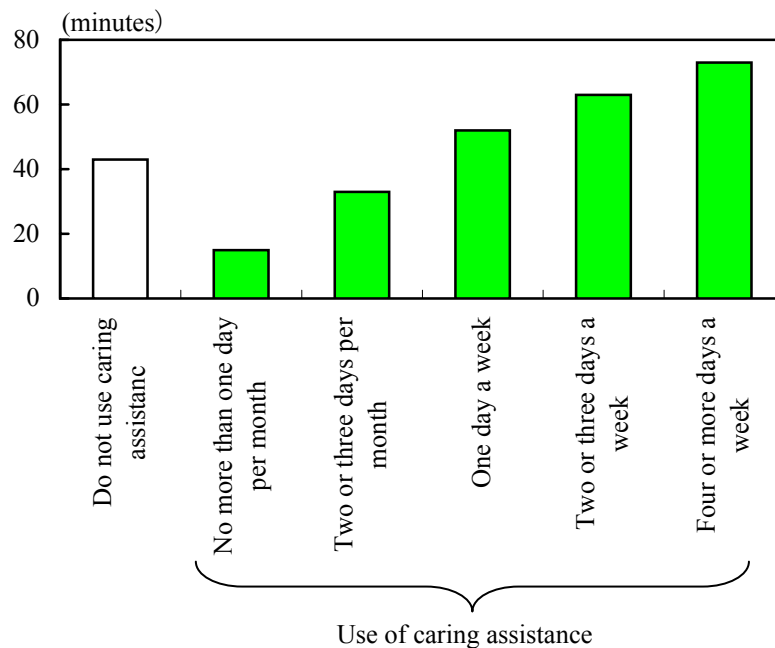
Compared to 2001, the number of care givers who used caring assistance increased by four hundred seven thousand. The growth was considerably great with increase rate of 33.1 percent. (See Table 5-14)

Looking at the time spent on caring or nursing relative to the availability of caring assistance, the more frequently the assistance was used, the longer the time spent on caring or nursing. (See Figure 5-13)

Table 5-14 The number of care givers by use of nursing caring assistance

	Population				Compositon rate	
	2001 (thousand)	2006 (thousand)	Increased number (thousand)	Increase rate (%)	2001 (%)	2006 (%)
Total	4702	5336	634	13.5	100.0	100.0
Do not use caring assistanc	3472	3699	227	6.5	73.8	69.3
Using caring assistance	1231	1638	407	33.1	26.2	30.7
(Use frequency)						
No more than one day per month	16	34	18	112.5	0.3	0.6
Two or three days per month	86	96	10	11.6	1.8	1.8
One day a week	186	249	63	33.9	4.0	4.7
Two or three days a week	519	714	195	37.6	11.0	13.4
Four or more days a week	424	546	122	28.8	9.0	10.2

Figure 5-13 Time spent by care givers on caring or nursing by use of caring assistance -Weekly average



6 Time use by area

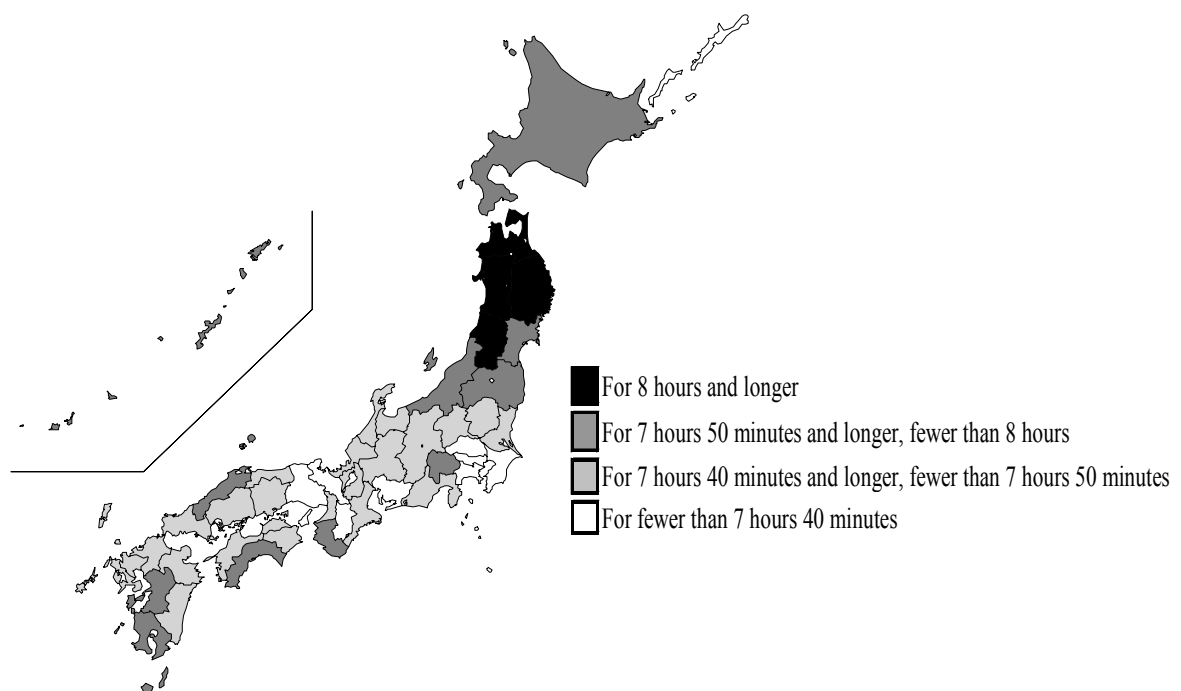
(1) Primary activities

Sleep time was longer in the Tohoku district.

As for sleep time by prefecture, the longest was for the citizens of Akita-ken and Yamagata-ken (8 hours 5 minutes), followed by the citizens of Aomori-ken (8 hours 2 minutes) and of Iwate-ken (8 hours), namely, people in Tohoku district slept longer.

In contrast, the shortest sleep time was found in the citizens of Kanagawa-ken (7 hours 31 minutes), followed by those in Chiba-ken (7 hours 33 minutes), in Tokyo-to and Nara-ken (7 hours 36 minutes for both). (See Figure 6-1)

Figure 6-1 Sleep time by prefecture-Weekly average



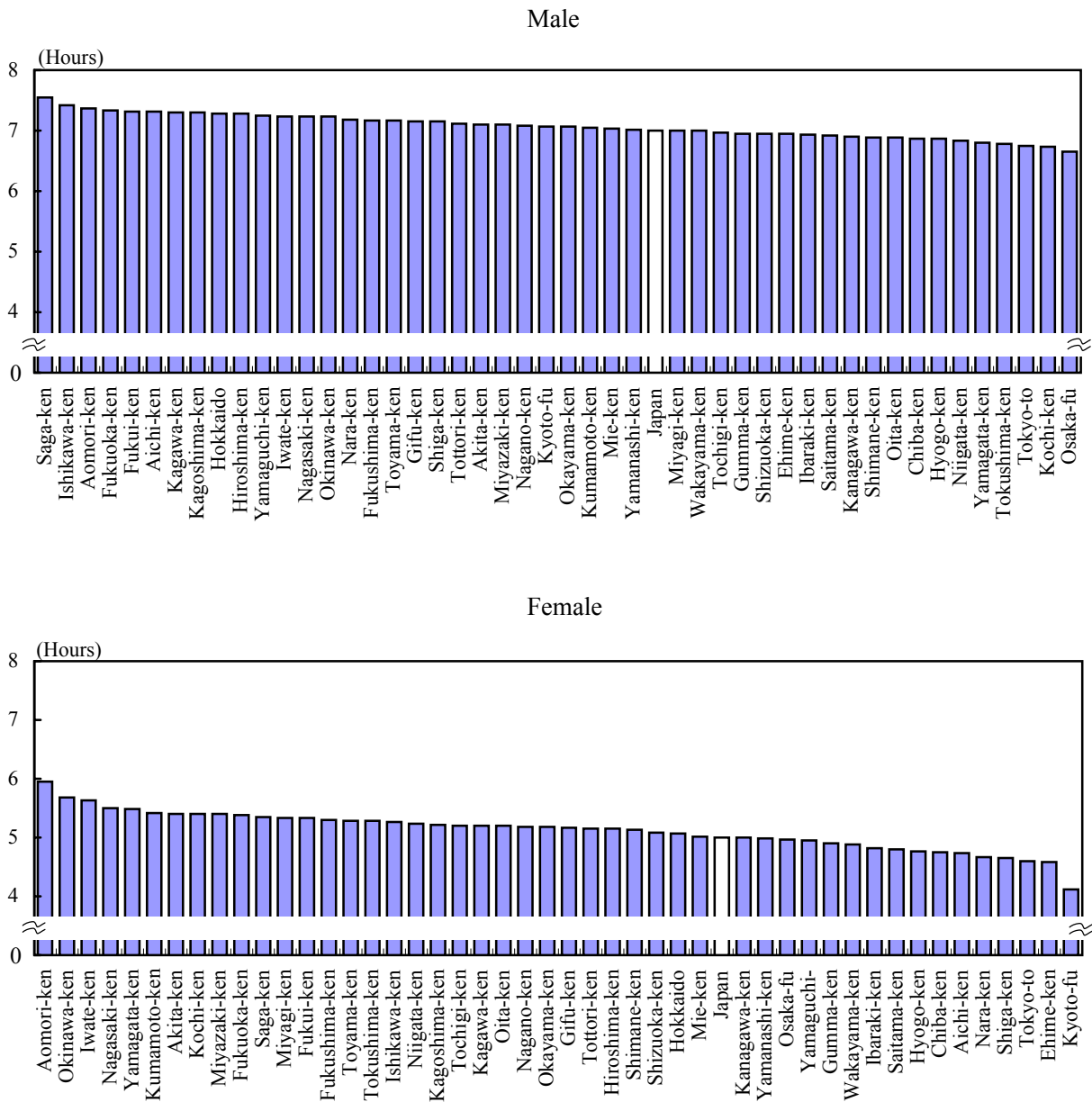
(2) Secondary activities

2-1 Of working persons, males in Saga-ken and females in Aomori-ken spent a longer time on working.

Looking at the time spent by working persons by prefecture, males in Saga-ken spent the longest time (7 hours 33 minutes), followed by males in Ishikawa-ken (7 hours 25 minutes) and in Aomori-ken (7 hours 22 minutes). For females, Aomori-ken was the longest at 5 hours 57 minutes, followed by Okinawa-ken (5 hours 41 minutes) and Iwate-ken (5 hours 38 minutes).

In contrast, the shortest time spent on working was found in males living in Osaka-fu (6 hours 39 minutes), followed by those in Kochi-ken (6 hours 44 minutes) and Tokyo-to (6 hours 45 minutes). For females, Kyoto-fu was the shortest (4 hours 7 minutes), followed by Ehime-ken (4 hours 35 minutes) and Tokyo-to (4 hours 36 minutes). (See Figure 6-2)

Figure6-2 Time spent on working by sex and prefecture - Weekly average, Working persons



2-2 Time spent on "commuting to and from school or work" was long for the Kanto major metropolitan area.

Looking at time spent by the employee on "commuting to and from school or work" on weekday by sex and whether people were living in 8 metropolitan areas or elsewhere, the employee living in the Kanto major metropolitan area spent the longest time on "commuting to and from school or work" (for males 1 hour 32 minutes and for females 1 hour 3 minutes) for both sexes, followed in the Keihanshin metropolitan area (for males 1 hour 16 minutes and for females 57 minutes) and so on. In contrast, the shortest "commuting to and from school or work" hours were found in non-major metropolitan areas (for males 52 minutes and females 40 minutes) for both sexes. (See Figure 6-3, Table 6-1)

Figure 6-3 Time spent on "commuting to and from school or work" by sex -Weekday, The employee

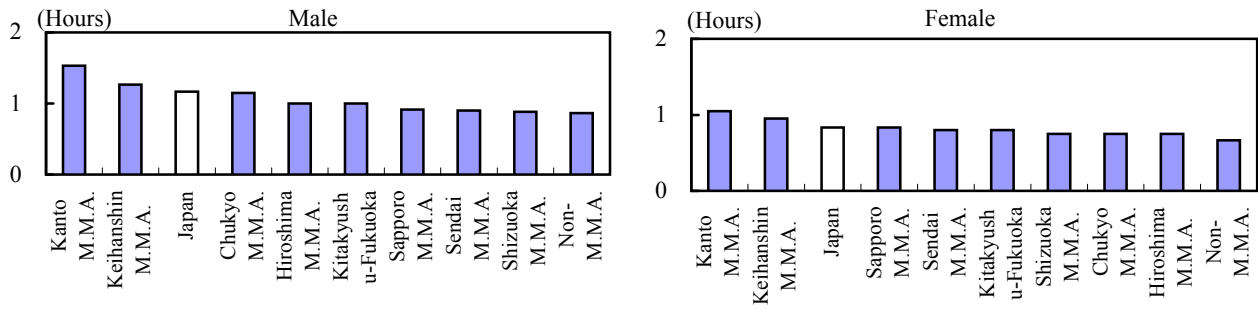


Table 6-1 Time spent on "commuting to and from school or work" by sex -Weekday, the employee

	Japan	Sapporo M.M.A.	Sendai M.M.A.	Kanto M.M.A.	Shizuoka M.M.A.	Chukyo M.M.A.	Keihanshin M.M.A.	Hiroshima M.M.A.	Kitakyushu-Fukuoka M.M.A.	Non-M.M.A.
Male	1.10	0.55	0.54	1.32	0.53	1.09	1.16	1.00	1.00	0.52
Female	0.50	0.50	0.48	1.03	0.45	0.45	0.57	0.45	0.48	0.40

*M.M.A./Major Metropolitan Area

(3) Tertiary activities

People living in large cities spent a shorter time on free-time activities such as resting, and a longer time on active free-time activities.

Looking at the average time spent on tertiary activities by city groups, people living in the small cities B spent the longest time on free-time activities such as resting (3 hours 59 minutes), and people living in large cities the shortest time (3 hours 42 minutes). As for time spent on active free-time activities, people living in large cities spent the longest time (1 hour 20 minutes) and people living in towns and villages spent the shortest time (1 hour 7 minutes). (See Figure 6-4, Table 6-2)

Figure 6-4 Time spent on tertiary activities by city groups -Weekly average

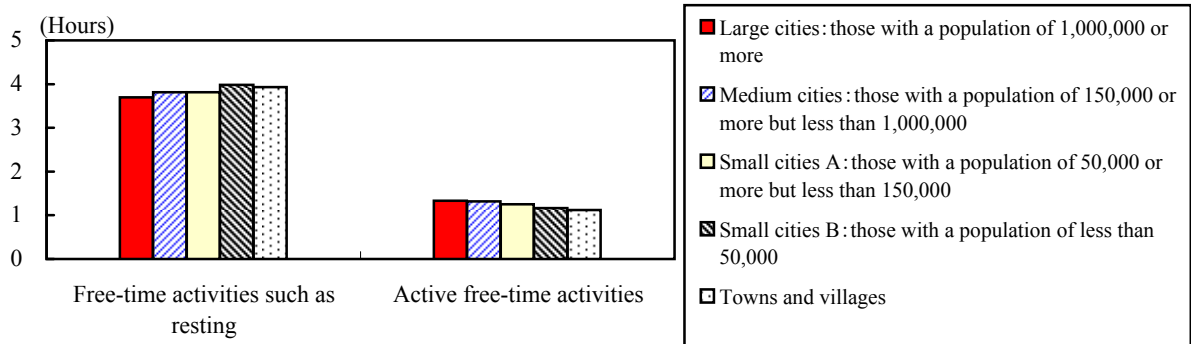


Table 6-2 Time spent on tertiary activities by main activities and city groups -Weekly average

	Large cities	Medium cities	Small cities A	Small cities B	Towns and villages
Free-time activities such as resting	3.42	3.49	3.49	3.59	3.56
Watching TV, listening to the radio, reading newspapers or magazines	2.21	2.24	2.24	2.30	2.28
Rest and relaxation	1.21	1.25	1.25	1.29	1.28
Active free-time activities	1.20	1.19	1.15	1.10	1.07
Studies and researches (excluding schoolwork)	0.15	0.12	0.11	0.11	0.09
Hobbies and amusements	0.47	0.47	0.44	0.39	0.39
Sports	0.14	0.15	0.15	0.15	0.14
Volunteer and social activities	0.04	0.05	0.05	0.05	0.05

7 Average time in main activities

(1) Getting up

1-1 Females got up earlier than males on every day of the week.

Average time of getting up¹⁾ by Day of the week was 6:39 for weekday, 7:07 for Saturday and 7:23 for Sunday, and was later by 28 minutes on Saturday, and 44 minutes on Sunday than weekday.

By sex, females got up earlier than males on every day of the week.

By age group, persons in the age group 20 to 24 were the latest risers for every day of the week for both sexes.

Looking at persons aged 15 years old and over by usual economic activity, males working got up earlier than those not working for weekday, and for Saturday and Sunday, males not working got up earlier. As for females, females not working got up earlier than females working for every day of the week.

Compared to 2001, the average time of getting up for weekday and Sunday got earlier for both sexes. (See Tables 7-1 and 7-2)

Table 7-1 Average time and participation rate of getting up by sex, usual economic activity and day of the week (2001, 2006)

		2001						2006					
		Average time (Hours:minutes)			Participation rate (%)			Average time (Hours:minutes)			Participation rate (%)		
		Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday
Total	Both sexes	6:42	7:06	7:27	99.5	99.5	99.5	6:39	7:07	7:23	99.5	99.3	99.4
	Male	6:53	7:17	7:38	99.3	99.2	99.2	6:47	7:17	7:32	99.3	99.0	99.2
	Female	6:32	6:56	7:16	99.6	99.7	99.8	6:30	6:57	7:14	99.7	99.6	99.6
Working	Both sexes	6:43	7:10	7:31	99.3	99.3	99.3	6:39	7:10	7:29	99.3	99.0	99.2
	Male	6:51	7:17	7:38	99.2	99.1	99.0	6:45	7:18	7:34	99.1	98.7	99.0
	Female	6:32	7:01	7:22	99.4	99.6	99.7	6:31	7:00	7:22	99.6	99.4	99.4
Not working	Both sexes	6:40	6:59	7:16	99.7	99.7	99.9	6:37	6:57	7:07	99.8	99.8	99.7
	Male	7:00	7:21	7:39	99.7	99.6	99.8	6:53	7:13	7:24	99.7	99.8	99.7
	Female	6:30	6:49	7:05	99.7	99.8	99.9	6:28	6:50	7:00	99.9	99.8	99.6

Note: Persons aged under 15 are excluded from persons working and persons not working.

The figures for 2001 are from "Survey on Time Use and Leisure Activities 2001, results of the special countings on average time".

Table 7-2 Average time and participation rate of getting up by sex, age group and day of the week

	Average time (Hours:minutes)						Participation rate (%)					
	Male			Female			Male			Female		
	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday
Total	6:47	7:17	7:32	6:30	6:57	7:14	99.3	99.0	99.2	99.7	99.6	99.6
10 to 14 years old	6:45	7:27	7:40	6:43	7:38	8:06	100.0	100.0	100.0	99.9	100.0	100.0
15 to 19	7:06	8:22	8:54	6:56	8:09	8:35	99.7	99.2	99.9	99.4	99.7	99.5
20 to 24	8:07	9:02	9:03	7:40	8:28	8:38	98.3	96.9	98.5	98.7	99.2	99.7
25 to 29	7:32	8:16	8:37	7:08	7:58	8:30	98.9	98.3	97.7	99.6	99.1	99.5
30 to 34	7:13	8:00	8:17	6:46	7:22	7:45	99.0	98.8	98.6	99.7	99.6	99.3
35 to 39	6:53	7:27	7:54	6:26	7:01	7:18	99.0	99.1	98.6	99.8	99.2	99.1
40 to 44	6:45	7:18	7:38	6:11	6:45	7:09	99.2	98.8	99.6	99.7	99.5	99.5
45 to 49	6:35	7:07	7:22	6:12	6:37	7:01	99.1	98.9	98.9	99.7	99.7	99.7
50 to 54	6:28	6:53	7:06	6:08	6:30	6:53	98.7	98.4	99.2	99.9	99.8	99.6
55 to 59	6:22	6:40	6:54	6:11	6:26	6:41	99.3	99.1	99.8	99.8	99.6	99.1
60 to 64	6:19	6:28	6:37	6:13	6:23	6:29	99.7	99.5	99.4	99.9	99.7	99.7
65 to 69	6:16	6:20	6:32	6:12	6:16	6:19	99.9	99.7	99.6	99.7	99.8	99.9
70 to 74	6:15	6:23	6:23	6:12	6:19	6:21	99.7	100.0	100.0	99.8	99.9	100.0
75 years old and over	6:27	6:27	6:31	6:27	6:28	6:34	99.9	100.0	99.4	99.9	100.0	99.6

1) The ending time of the first "Sleep" which starts before 12 o'clock, counting for more than 60 minutes.

1-2 The time at which the rate of persons who got up was the highest was 6:30 for weekday.

Looking at the participation rate for persons getting up by day of the week and time of getting up, the highest rate was seen at 6:30 for weekday and at 7:00 for Saturday and Sunday. (See Figure 7-1)

The time at which the rate of the persons who got up was over 50 percent was 6:30 for weekday, 6:45 for Saturday and 7:00 for Sunday. The time that recorded over 80 percent was 7:15 for weekday, 8:00 for Saturday and 8:30 for Sunday. (See Figure 7-2)

Figure 7-1 Participation rate by day of the week and time of getting up

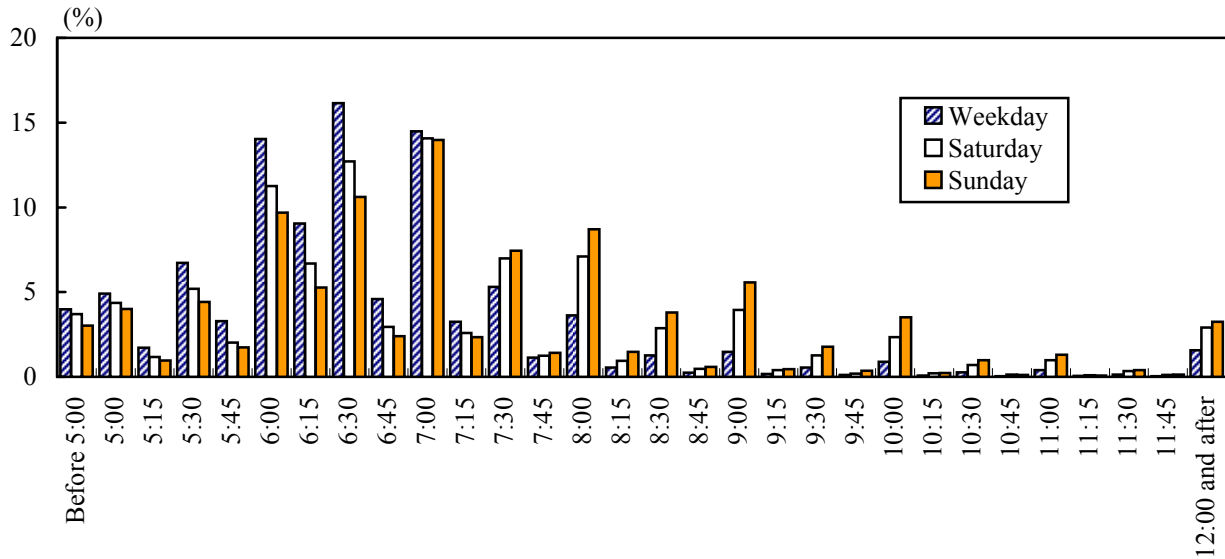
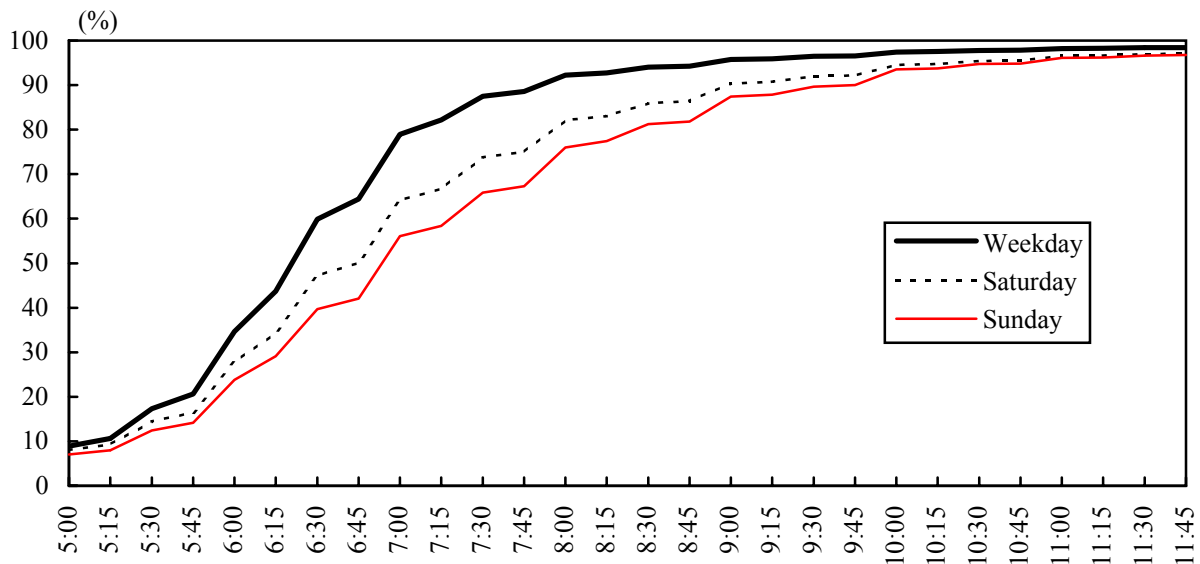


Figure 7-2 Cumulative participation rate by day of the week and time of getting up



(2) Beginning to have breakfast

2-1 Males began to have breakfast earlier than females on every day of the week.

Average time of beginning to have breakfast¹⁾ by day of the week was 7:12 on weekday, 7:33 on Saturday and 7:46 on Sunday. The time of beginning to have breakfast was later by 21 minutes for Saturday and 34 minutes for Sunday than for weekday.

By sex, males' start time was earlier than females' on every day of the week.

By age group, persons in the age group 20 to 24 started breakfast latest on every day of the week for both sexes.

Looking at persons aged 15 years old and over by usual economic activity, persons working started earlier than those not working on weekday and Saturday, and for Sunday, persons not working started earlier than those working, for both sexes.

The rates of persons beginning to have breakfast (participation rates) were 85.1% for weekday, 82.4% for Saturday and 81.9% for Sunday, namely the rates were lower for Saturday and Sunday than for weekday.

Compared to 2001, the average time of beginning to have breakfast was earlier for weekday and Sunday for both sexes. (See Tables 7-3 and 7-4)

Table 7-3 Average time and participation rate of beginning to have breakfast by sex, usual economic activity and day of the week (2001, 2006)

		2001						2006					
		Average time (Hours:minutes)			Participation rate (%)			Average time (Hours:minutes)			Participation rate (%)		
		Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday
Total	Both sexes	7:15	7:32	7:50	85.0	82.2	81.0	7:12	7:33	7:46	85.1	82.4	81.9
	Male	7:11	7:30	7:49	81.8	78.2	77.5	7:07	7:30	7:44	81.8	78.9	79.2
	Female	7:19	7:34	7:50	88.0	85.9	84.3	7:17	7:35	7:48	88.2	85.7	84.5
Working	Both sexes	7:10	7:31	7:50	81.2	78.1	77.5	7:07	7:30	7:47	80.9	78.1	78.2
	Male	7:06	7:29	7:50	79.0	75.6	75.0	7:01	7:28	7:45	78.2	75.6	76.5
	Female	7:14	7:34	7:51	84.3	81.6	81.0	7:13	7:33	7:50	84.5	81.6	80.6
Not working	Both sexes	7:26	7:36	7:48	90.2	87.7	86.1	7:23	7:35	7:42	90.8	88.8	87.3
	Male	7:26	7:34	7:48	87.7	83.0	82.6	7:23	7:34	7:41	89.3	86.6	85.4
	Female	7:26	7:37	7:48	91.3	89.9	87.6	7:23	7:36	7:43	91.5	89.8	88.2

Note: Persons aged under 15 are excluded from persons working and persons not working.

The figures for 2001 are from "Survey on Time Use and Leisure Activities 2001, results of the special countings on average time".

Table 7-4 Average time and participation rate of beginning to have breakfast by sex, age group and day of the week

	Average time (Hours:minutes)						Participation rate (%)					
	Male			Female			Male			Female		
	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday
Total	7:07	7:30	7:44	7:17	7:35	7:48	81.8	78.9	79.2	88.2	85.7	84.5
10 to 14 years old	6:58	7:38	7:45	6:56	7:49	8:12	95.9	89.2	88.7	95.9	88.4	88.3
15 to 19	7:06	7:51	8:19	7:07	7:54	8:12	84.5	68.8	68.0	85.8	72.7	67.0
20 to 24	7:42	7:56	8:20	7:36	8:03	8:19	67.4	55.6	52.9	71.4	65.9	64.0
25 to 29	7:15	7:48	8:00	7:32	7:58	8:17	65.8	59.2	51.9	78.3	69.1	63.8
30 to 34	7:12	7:51	8:08	7:26	7:55	8:14	64.2	63.2	69.8	82.9	80.7	79.4
35 to 39	7:04	7:40	8:03	7:20	7:45	7:58	71.4	72.0	74.7	86.1	83.0	82.7
40 to 44	7:00	7:35	7:53	7:14	7:37	7:53	75.9	76.5	77.5	87.7	86.2	84.4
45 to 49	6:57	7:28	7:43	7:12	7:31	7:51	80.5	79.7	78.9	85.6	84.8	84.9
50 to 54	6:56	7:22	7:44	7:09	7:25	7:45	84.6	83.3	83.4	88.6	88.7	87.4
55 to 59	6:55	7:17	7:31	7:10	7:24	7:33	86.7	86.7	89.4	89.8	90.5	89.6
60 to 64	7:01	7:16	7:24	7:12	7:22	7:23	93.4	91.1	91.0	92.2	93.3	93.0
65 to 69	7:09	7:13	7:24	7:15	7:18	7:26	94.2	94.2	93.9	93.6	94.7	95.0
70 to 74	7:11	7:20	7:19	7:17	7:22	7:28	96.0	95.7	96.2	95.4	95.2	96.7
75 years old and over	7:18	7:20	7:20	7:26	7:25	7:31	96.3	96.0	95.6	96.8	95.5	95.4

1) The starting time of the first "Meals" which starts between 4 o'clock and 11 o'clock.

2-2 The time at which the rate of persons who began to have breakfast was the highest was 7:00 for everyday.

Looking at the participation rate of persons beginning to have breakfast by day of the week and time of beginning to have breakfast, the rate was highest at 7:00 for every day of the week. (See Figure 7-3)
 The time of beginning to have breakfast, at which the rate of persons to began to have breakfast was over 50 percent, was 7:00 for weekday, and 7:30 for Saturday and Sunday. The time that recorded over 80 percent was 8:00 for weekday, 8:30 for Saturday and 8:45 for Sunday. (See Figure 7-4)

Figure 7-3 Participation rate by day of the week and time of beginning to have breakfast

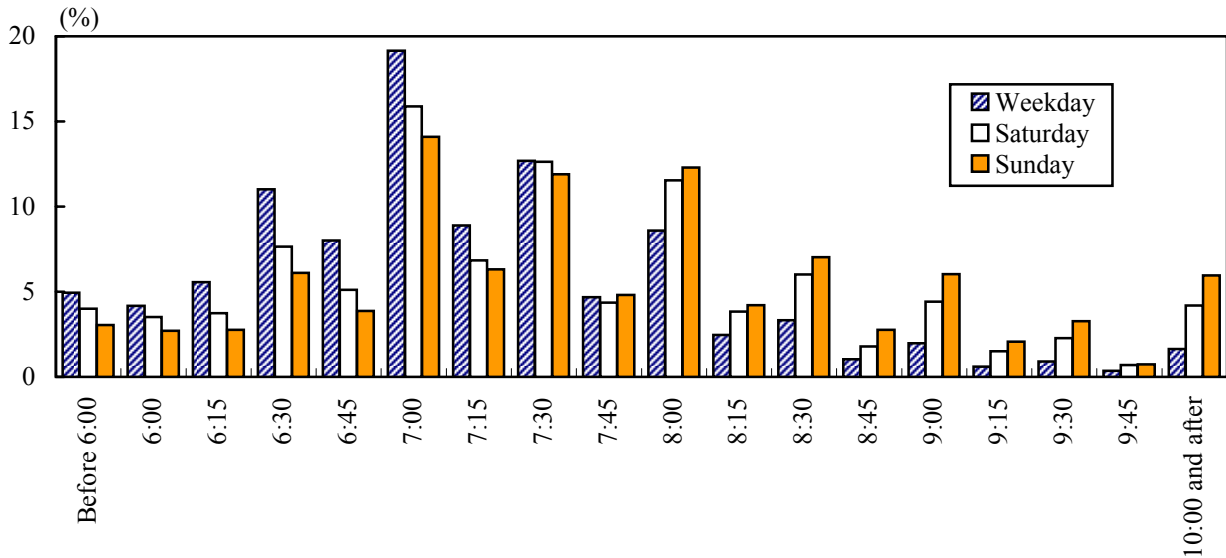
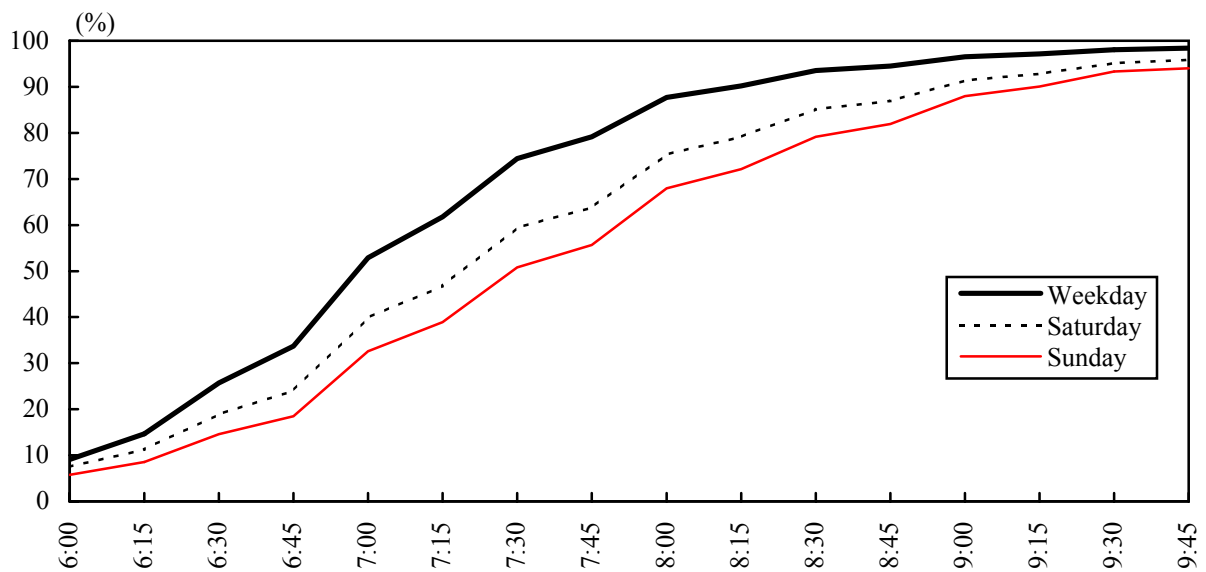


Figure 7-4 Cumulative participation rate by day of the week and time of beginning to have breakfast



(3) Beginning to have supper

3-1 Females began to have supper earlier than males on every day of the week.

Average time of beginning to have supper¹⁾ by day of the week was 19:09 on weekday, 18:53 on Saturday and 18:46 on Sunday. The time of beginning to have supper was earlier by 16 minutes for Saturday and 23 minutes for Sunday than for weekday.

By sex, females' start time was earlier than males' for every day of the week.

By age group, the latest time of beginning to have supper for males occurred in the age group of 40 to 44 for weekday and 20 to 24 for Saturday and Sunday. For females, in the age group of 20 to 24 for weekday and Saturday, and 15 to 19 for Sunday.

Looking at persons aged 15 years old and over by usual economic activity, persons not working started earlier than persons working on every day of the week for both sexes.

The rates of persons beginning to have supper (participation rates) were 90.9% for weekday, 90.2% for Saturday and 92.4% for Sunday, namely the rates were lower for Saturday and higher for Sunday than for weekday.

Compared to 2001, the average time of beginning to have supper remained almost the same for every day of the week for both sexes. (See Tables 7-5 and 7-6)

Table 7-5 Average time and participation rate of beginning to have supper by sex, usual economic activity and day of the week (2001, 2006)

		2001						2006					
		Average time (Hours:minutes)			Participation rate (%)			Average time (Hours:minutes)			Participation rate (%)		
		Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday
Total	Both sexes	19:09	18:55	18:47	91.4	90.5	92.1	19:09	18:53	18:46	90.9	90.2	92.4
	Male	19:20	19:01	18:50	90.1	89.3	91.4	19:21	18:59	18:50	89.8	89.3	91.4
	Female	18:58	18:49	18:44	92.6	91.6	92.7	18:58	18:48	18:42	92.0	91.1	93.3
Working	Both sexes	19:25	19:05	18:55	89.0	88.1	90.3	19:28	19:05	18:55	88.2	87.5	90.7
	Male	19:34	19:08	18:55	88.2	87.6	90.1	19:37	19:08	18:57	87.7	87.2	90.2
	Female	19:13	19:01	18:53	90.0	88.9	90.5	19:16	19:01	18:51	88.8	87.9	91.4
Not working	Both sexes	18:44	18:39	18:35	95.0	94.0	94.7	18:40	18:35	18:32	95.0	94.3	94.7
	Male	18:45	18:40	18:36	94.5	93.5	94.8	18:42	18:36	18:33	94.4	94.6	94.3
	Female	18:44	18:38	18:35	95.3	94.3	94.7	18:39	18:35	18:32	95.3	94.2	95.0

Note: Persons aged under 15 are excluded from persons working and persons not working.

The figures for 2001 are from "Survey on Time Use and Leisure Activities 2001, results of the special countings on average time".

Table 7-6 Average time and participation rate of beginning to have supper by sex, age group and day of the week

	Average time (Hours:minutes)						Participation rate (%)					
	Male			Female			Male			Female		
	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday
Total	19:21	18:59	18:50	18:58	18:48	18:42	89.8	89.3	91.4	92.0	91.1	93.3
10 to 14 years old	18:56	18:49	18:39	18:59	18:47	18:42	95.5	94.6	95.6	95.0	94.2	96.0
15 to 19	19:29	19:12	18:56	19:19	19:06	19:01	92.7	91.5	91.6	89.7	88.2	87.0
20 to 24	19:47	19:24	19:31	19:33	19:20	18:59	86.6	80.6	84.8	85.5	82.1	86.5
25 to 29	19:45	19:22	19:25	19:25	19:07	18:56	84.9	82.3	87.8	87.0	83.4	92.4
30 to 34	19:51	19:17	19:02	19:07	18:58	18:48	86.2	87.0	89.2	90.0	89.8	92.5
35 to 39	19:55	19:17	18:54	19:09	18:53	18:45	85.9	87.0	90.9	90.2	90.0	91.2
40 to 44	19:57	19:11	18:56	19:12	18:56	18:47	89.2	87.6	92.1	91.9	91.1	94.7
45 to 49	19:49	19:08	18:59	19:12	18:57	18:52	87.4	88.6	93.5	92.5	91.7	93.0
50 to 54	19:39	19:07	18:48	19:12	18:59	18:49	86.4	89.5	90.6	91.6	91.0	94.8
55 to 59	19:18	18:58	18:48	18:59	18:47	18:43	89.1	89.6	91.0	91.5	92.3	94.4
60 to 64	18:51	18:44	18:38	18:41	18:36	18:39	92.6	91.3	91.8	93.6	94.2	94.7
65 to 69	18:37	18:32	18:31	18:31	18:30	18:29	92.7	92.0	93.1	93.9	93.6	94.7
70 to 74	18:26	18:28	18:24	18:24	18:24	18:22	96.0	95.7	94.8	96.5	94.2	93.6
75 years old and over	18:17	18:16	18:13	18:22	18:20	18:15	96.3	95.7	95.5	96.9	95.8	96.9

1) The starting time of the first "Meals" which starts between 16 o'clock and 24 o'clock.

3-2 The time at which the rate of persons who began to have supper was the highest was 19:00 for everyday of the week.

Looking at the participation rate of persons beginning to have supper by day of the week and time of beginning, the rate was highest at 19:00 for every day of the week. (See Figure 7-5)
 The time of beginning to have supper at which the rate of the persons beginning to have supper was over 50 percent was 19:00 for weekday, 18:45 for Saturday and 18:30 for Sunday. The time that recorded over 80 percent was 20:00 for weekday, 19:30 for Saturday and Sunday. (See Figure 7-6)

Figure 7-5 Participation rate by day of the week and time of beginning to have supper

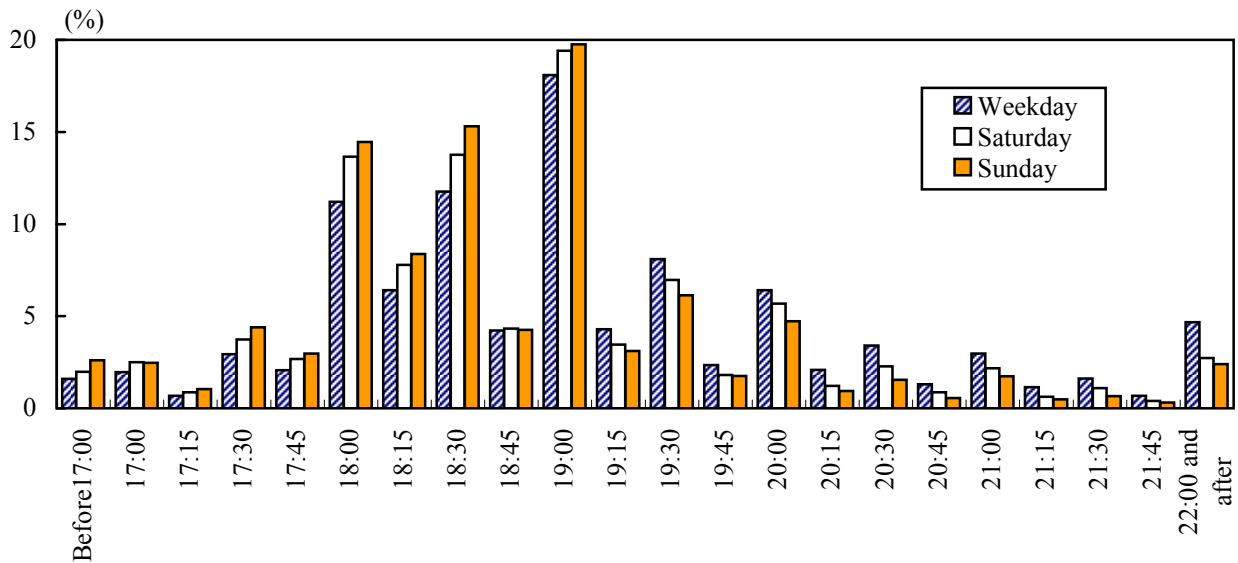
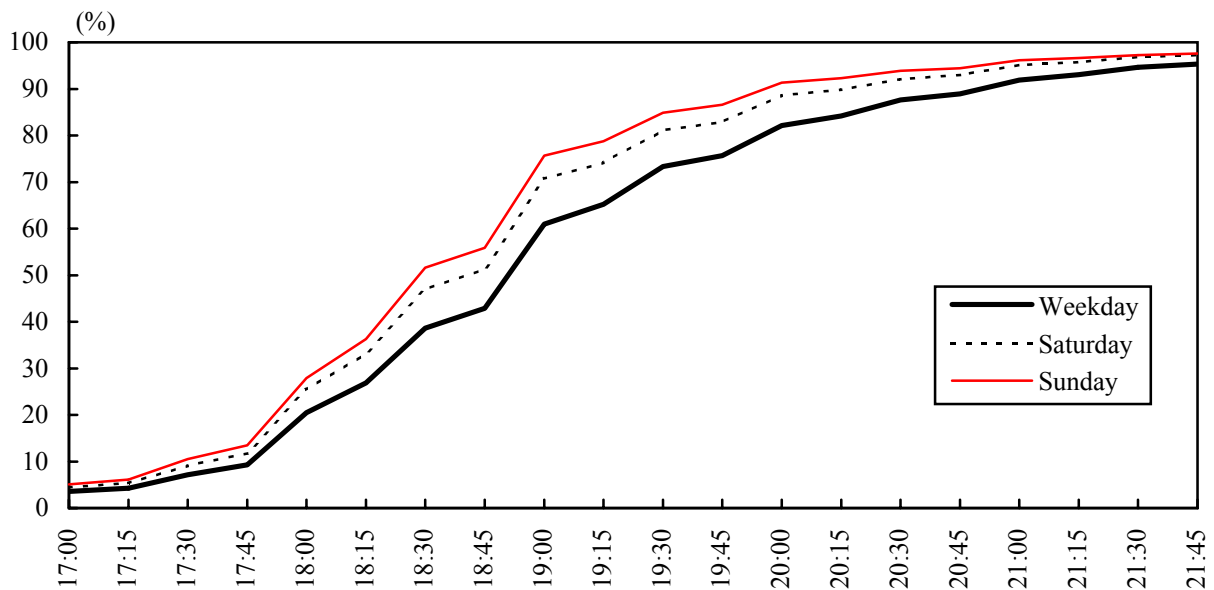


Figure 7-6 Cumulative participation rate by day of the week and time of beginning to have supper



(4) Going to bed

4-1 Females went to bed earlier on weekday and Saturday, and males earlier on Sunday.

The average time of going to bed¹⁾ by day of the week was 23:16 on weekday, 23:20 on Saturday and 23:04 on Sunday. The time of going to bed was later by 4 minutes for Saturday and 12 minutes earlier for Sunday than for weekday.

By sex, the females' time was earlier than males' for weekday and Saturday, and for Sunday males' was earlier.

By age group, those in the age group of 20 to 24 started going to bed latest on every day of the week for both sexes, and the higher and the lower the ages relative to this age group, the earlier.

Looking at persons aged 15 years old and over by usual economic activity, persons not working started earlier than persons working on every day of the week for both sexes. (See Tables 7-7 and 7-8)

Table 7-7 Average time and participation rate of going to bed by sex, usual economic activity and day of the week (2001, 2006)

		2001						2006					
		Average time			Participation rate (%)			Average time			Participation rate (%)		
		Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday
Total	Both sexes	23:09	23:11	23:00	97.8	97.5	98.6	23:16	23:20	23:04	99.5	99.5	99.5
	Male	23:09	23:11	22:59	96.7	96.5	98.1	23:19	23:23	23:03	99.2	99.4	99.4
	Female	23:08	23:11	23:02	98.8	98.5	99.1	23:13	23:18	23:05	99.7	99.6	99.7
Working	Both sexes	23:22	23:24	23:10	97.1	96.9	98.4	23:33	23:38	23:16	99.2	99.3	99.4
	Male	23:19	23:20	23:06	96.2	96.2	98.0	23:33	23:37	23:12	99.0	99.2	99.3
	Female	23:25	23:29	23:16	98.3	97.8	98.9	23:34	23:39	23:21	99.5	99.4	99.5
Not working	Both sexes	22:53	22:55	22:48	98.7	98.4	98.9	22:53	22:58	22:50	99.8	99.8	99.8
	Male	22:50	22:53	22:47	97.5	96.8	98.0	22:50	22:53	22:46	99.6	99.7	99.7
	Female	22:54	22:56	22:49	99.2	99.1	99.3	22:55	23:00	22:53	99.9	99.9	99.9

Note: Persons aged under 15 are excluded from persons working and persons not working.

The figures for 2001 are from "Survey on Time Use and Leisure Activities 2001, results of the special countings on average time".

Table 7-8 Average time and participation rate of going to bed by sex, age group and day of the week

	Average time (Hours:minutes)						Participation rate (%)					
	Male			Female			Male			Female		
	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday	Weekday	Saturday	Sunday
Total	23:19	23:23	23:03	23:13	23:18	23:05	99.2	99.4	99.4	99.7	99.6	99.7
10 to 14 years old	22:27	22:30	22:10	22:33	22:41	22:30	100.0	99.8	99.4	100.0	100.0	99.7
15 to 19	23:56	24:16	23:53	24:01	24:05	23:42	99.4	99.1	99.7	99.9	99.4	99.7
20 to 24	24:42	24:59	24:26	24:20	24:30	24:02	98.6	98.6	99.2	99.2	98.2	99.1
25 to 29	24:19	24:28	23:59	23:52	24:11	23:41	98.1	99.0	98.8	99.1	99.3	98.8
30 to 34	24:04	24:10	23:40	23:46	23:50	23:25	98.2	98.9	98.8	99.9	99.5	99.8
35 to 39	23:54	23:56	23:27	23:35	23:37	23:16	99.1	99.4	99.5	99.2	99.6	99.9
40 to 44	23:48	23:37	23:09	23:43	23:37	23:24	99.3	99.2	99.0	99.9	99.8	99.7
45 to 49	23:38	23:32	23:08	23:36	23:37	23:24	99.2	99.5	99.7	99.6	99.8	99.8
50 to 54	23:23	23:20	22:57	23:27	23:34	23:26	99.1	98.8	99.4	99.8	99.9	100.0
55 to 59	23:04	23:04	22:52	23:13	23:19	23:05	99.5	99.7	99.8	99.7	99.7	99.9
60 to 64	22:40	22:42	22:30	22:57	23:00	23:12	99.7	99.8	98.5	99.9	99.8	100.0
65 to 69	22:22	22:29	22:22	22:38	22:45	22:34	100.0	99.9	100.0	99.7	100.0	99.7
70 to 74	22:04	22:13	22:06	22:23	22:30	22:19	99.8	100.0	99.9	100.0	99.9	99.9
75 years old and over	21:38	21:43	21:38	21:50	21:50	21:53	99.7	99.8	99.6	99.9	99.9	99.7

1) The starting time of "Sleep" which starts between 17 o'clock and 36 o'clock, lasting more than 60 minutes.

4-2 The time at which the rate of persons who went to bed was the highest was 23:00 for everyday of the week.

Looking at participation rate of going to bed by day of the week and the time of going to bed, the rate was highest at 23:00 for every day of the week. (See Figure 7-7)

The time of going to bed at which the rate of the persons going to bed exceeded 50 percent was 23:00 for every day of the week. The time that recorded over 80 percent was 0:00 on the next day for weekday and Sunday, and 0:15 on the next day for Saturday. (See Figure 7-8)

Figure 7-7 Participation rate by day of the week and time of going to bed

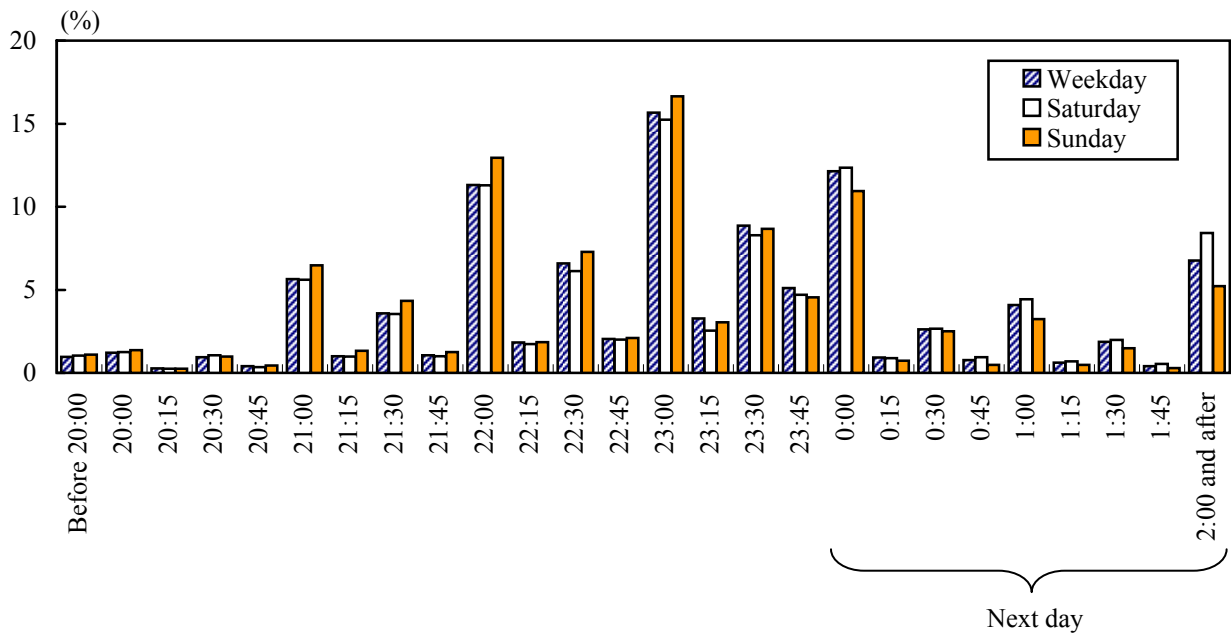
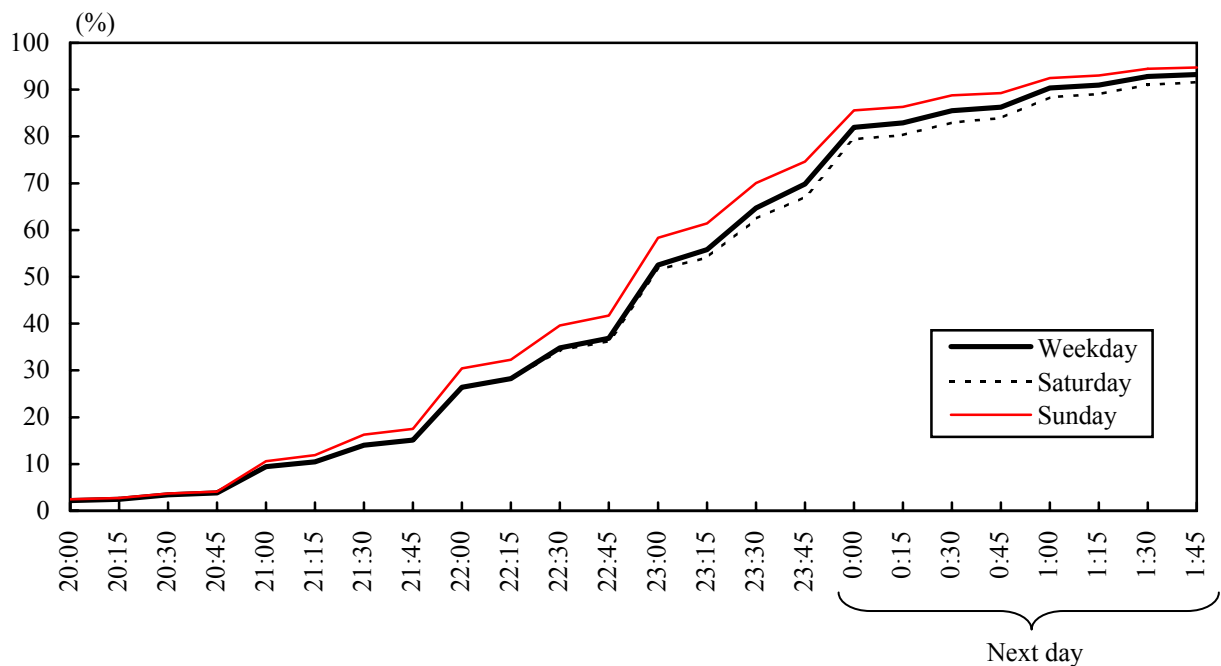


Figure 7-8 Cumulative participation rate by day of the week and time of going to bed



(5) Going to work and Coming home from work

5-1 Average time of going to work for persons working was 8:28 for weekday.

Average time of going to work¹⁾ for working persons on weekday was 8:28, and by sex, 8:09 for males and 8:57 for females. Males started going to work earlier than females.

By employment status and form of employment, regular staff started going to work earliest and "Arubaito" latest, for both sexes.

By occupation, the earliest were "Workers in transport and communication occupation" for both sexes, the latest were "Protective service workers and service workers" for males, and "Managers and officials" for females. (See Table 7-9)

5-2 Average time of coming home from work for persons working for weekday was 18:58.

The average time of coming home from work²⁾ for persons working on weekday was 18:58. For male workers the average time was 19:37 and for female workers 18:03. Female workers arrived back home earlier than male workers.

By employment status and form of employment, the earliest were part-time workers for both sexes, and the latest were dispatched workers from temporary labour agency for males, and self-employed with employees for females.

By occupation, the earliest were "agricultural, forestry and fishery workers" for both sexes, and the latest were "protective service workers and service workers" for males, and "professional and technical workers" for females. (See Table 7-9)

Table 7-9 Average time of going to work, average time of coming home from work and participation rate by sex, employment status, form of employment and occupation -Weekday, Working persons

	Average time of going to work (Hours:minutes)			Average time of coming home from work (Hours:minutes)			Participation rate (%)		
	Both sexes	Male	Female	Both sexes	Male	Female	Both sexes	Male	Female
Total	8:28	8:09	8:57	18:58	19:37	18:03	86.6	90.3	81.6
(Employment status and form of employment)									
Employees	8:23	8:06	8:47	19:08	19:53	18:06	86.5	90.0	82.1
Regular staff	7:56	7:49	8:12	19:44	20:00	19:06	91.8	93.0	88.9
Part-time workers	8:56	8:32	8:58	16:46	17:39	16:39	81.3	83.0	81.1
"Arubaito"	10:59	10:44	11:18	19:21	19:51	18:41	63.6	68.9	57.8
Dispatched workers from temporary labour agency	8:35	8:48	8:23	19:26	20:17	18:45	88.7	89.7	88.0
Other	8:39	8:03	9:14	18:11	18:30	17:53	82.0	84.1	80.0
Executives of corporations or companies	8:25	8:06	9:42	18:36	18:50	17:37	90.1	93.6	78.4
Self-employed with employees	8:43	8:24	10:27	19:42	19:32	20:36	93.8	94.4	90.3
Self-employed without employees	8:48	8:24	10:14	18:14	18:18	18:00	86.3	89.3	77.0
Family workers	9:03	8:19	9:18	17:40	18:26	17:24	82.2	88.6	80.3
Pieceworkers at home	9:43	9:03	9:47	17:37	17:51	17:36	78.0	66.7	79.2
(Occupation)									
Professional and technical workers	8:28	8:10	8:52	19:29	19:55	18:56	86.8	91.0	81.8
Managers and officials	8:12	8:05	9:52	18:57	18:58	18:51	91.7	93.9	69.6
Clerical and related workers	8:22	7:57	8:39	18:39	19:36	18:01	87.3	90.4	85.3
Sales workers	8:49	8:18	9:40	19:30	19:59	18:41	84.1	90.2	75.5
Protective service workers and service workers	9:36	9:17	9:50	19:27	20:47	18:24	77.3	81.3	74.4
Agricultural, forestry and fishery workers	8:09	7:53	8:32	17:03	17:19	16:40	87.1	90.1	83.1
Workers in transport and communicational occupation	7:37	7:36	7:46	19:59	20:05	17:51	87.6	87.9	80.9
Craftsmen, mining workers, manufacturing and construction workers, labourers	8:04	7:57	8:23	18:38	19:19	16:57	90.7	92.3	87.1

1) The starting time of "Commuting to and from school or work" which starts between 0 o'clock and 15 minutes and

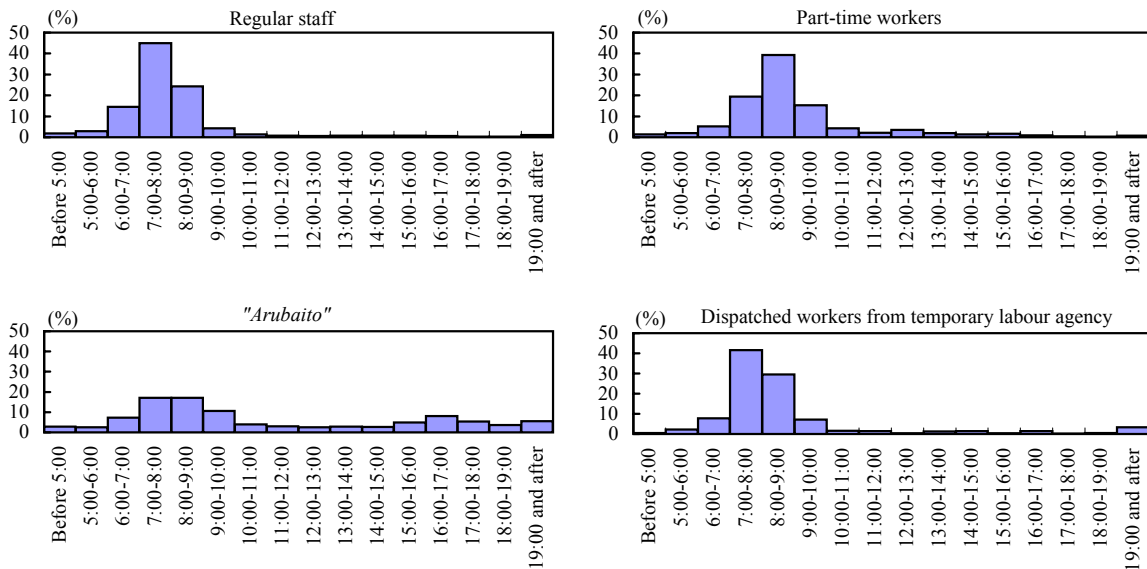
2) The ending time of "Commuting after the first work" after the last "Work" which starts between 0 o'clock and 15 minutes and 24 o'clock.

5-3 Diversified time of coming home from work.

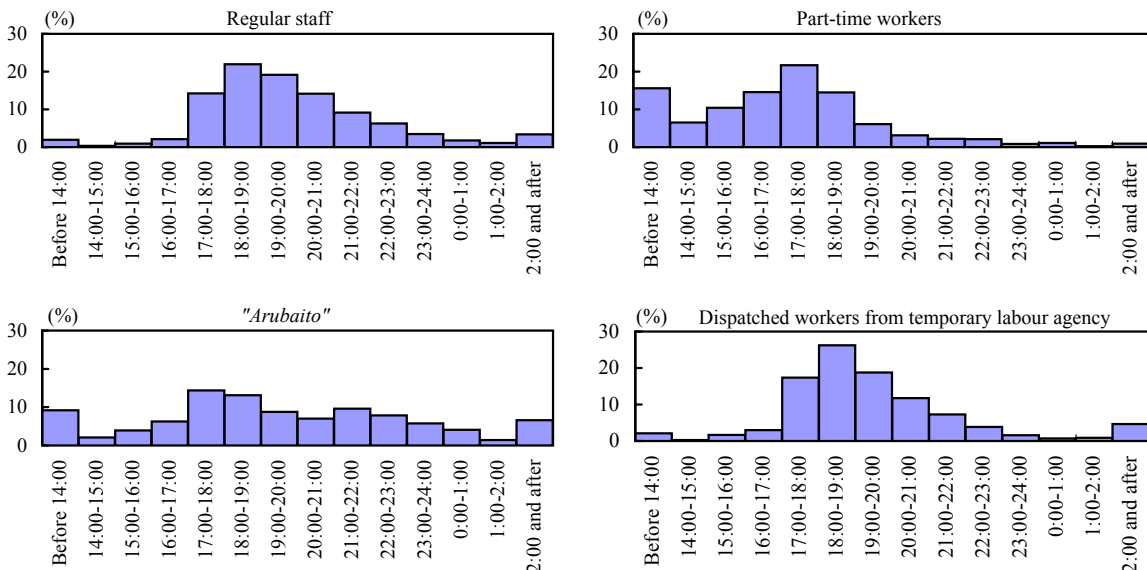
Looking at the participation rate of the employees under the category of persons working by form of employment and the time of going to work on weekday, the highest rate appeared in 7:00-8:00 for regular staff (45 percent), followed by 8:00-9:00 (24 percent). The highest rate for part-time workers appeared in 8:00-9:00 (39 percent). Part-time workers started commuting later than regular staff. The highest for "Arubaito" were in 7:00-8:00 and 8:00-9:00 (17 percent for both), but their time for going to work varies widely, including in the afternoon. The highest for dispatched workers from temporary labour agency appeared in 7:00-8:00 (42 percent), as in the case of regular staff, but 3 percent of them started commuting later than 19:00, which was higher than the rate of regular staff (1 percent). (See Figure 7-9)

Similarly, looking at the time of coming home from work, the highest rates were seen in 18:00-19:00 for regular staff and dispatched workers from temporary labour agency (22 percent for regular staff, 26 percent for dispatched workers from temporary labour agency), in 17:00-18:00 for part-time workers and "Arubaito" (22 percent for part-time workers, 14 percent for "Arubaito"), the time of coming home from work varies widely for each form of employment, compared to time of going to work. (See Figure 7-10)

**Figure 7-9 Participation rate by main form of employment and time of going to work
-Weekday, The employee**



**Figure 7-10 Participation rate by main form of employment and time of coming home from work
-Weekday, The employee**



(6) Average time of main activities by area

6-1 The earliest time for going to bed on weekday was found in persons living in Aomori-ken. The difference between Aomori-ken and Tokyo-to (the latest for the start time of sleeping) was 1 hour 8 minutes.

Looking at the average time of the main activities on weekday by prefecture, the earliest time of getting up was found in Aomori-ken and Iwate-ken (at 6:22). The time difference between the two prefectures and Tokyo-to (the latest in getting up, at 6:52) was 30 minutes.

The earliest time of beginning to have breakfast was found in Shizuoka-ken and Yamaguchi-ken (at 7:02). The time difference between the two prefectures and Tokyo-to (the latest in beginning to have breakfast, at 7:24) was 22 minutes.

The earliest time of beginning to have supper was found in Hokkaido(at 18:46). The time difference between the prefecture and Okinawa-ken (the latest in beginning to have supper, at 19:29) was 43 minutes.

The earliest time of going to bed was found in Aomori-ken(at 22:32). The difference between the prefecture and Tokyo-to (the latest in time of going to bed, at 23:40) was 1 hour 8 minutes.

(See Table 7-10)

6-2 The latest time of coming home from work on weekday was found in Kanagawa-ken. The difference between the prefecture and Kochi-ken (the earliest in coming home from work) was 1 hour 13 minutes.

Looking at the average time of going to work and of coming home from work for persons working on weekday by prefecture, the earliest time of going to work was found in Gifu-ken (at 8:04). The time difference between the prefecture and Okinawa-ken (the latest in going to work , at 8:58) was 54 minutes.

The earliest time of coming home from work was found in Kochi-ken (at 18:15). The time difference between the prefecture and Kanagawa-ken (the latest in coming home from work , at 19:28) was 1 hour 13 minutes. (See Table 7-11)

Table 7-10 Average time and participation rate of main activities by prefecture -Weekday

Getting up

Ranking	Prefectures	Average time (Hours:minutes)	Participation rate (%)
	Japan	6:39	99.5
1	Aomori-ken	6:22	99.5
1	Iwate-ken	6:22	99.5
3	Fukushima-ken	6:24	99.9
3	Niigata-ken	6:24	99.8
3	Toyama-ken	6:24	99.5
43	Hyogo-ken	6:47	99.4
44	Osaka-fu	6:48	99.6
45	Okinawa-ken	6:50	99.7
46	Kyoto-fu	6:51	99.6
47	Tokyo-to	6:52	99.4

Beginning to have breakfast

Ranking	Prefectures	Average time (Hours:minutes)	Participation rate (%)
	Japan	7:12	85.1
1	Shizuoka-ken	7:02	88.3
1	Yamaguchi-ken	7:02	85.5
3	Fukui-ken	7:03	86.8
4	Aomori-ken	7:04	84.1
4	Niigata-ken	7:04	88.6
4	Toyama-ken	7:04	88.2
4	Hiroshima-ken	7:04	88.5
43	Yamagata-ken	7:18	88.4
44	Osaka-fu	7:20	85.3
44	Okinawa-ken	7:20	79.9
46	Kyoto-fu	7:21	86.5
47	Tokyo-to	7:24	81.7

Beginning to have supper

Ranking	Prefectures	Average time (Hours:minutes)	Participation rate (%)
	Japan	19:09	90.9
1	Hokkaido	18:46	90.2
2	Akita-ken	18:48	94.1
3	Aomori-ken	18:49	91.9
4	Ehime-ken	18:51	91.8
5	Iwate-ken	18:52	93.4
43	Saitama-ken	19:18	90.8
43	Tokyo-to	19:18	87.3
43	Fukuoka-ken	19:18	91.7
46	Kanagawa-ken	19:25	89.3
47	Okinawa-ken	19:29	86.9

Going to bed

Ranking	Prefectures	Average time (Hours:minutes)	Participation rate (%)
	Japan	23:16	99.5
1	Aomori-ken	22:32	99.6
2	Iwate-ken	22:37	99.5
3	Akita-ken	22:42	100.0
4	Yamagata-ken	22:46	99.8
5	Fukushima-ken	22:50	99.7
43	Fukuoka-ken	23:30	99.4
44	Osaka-fu	23:31	99.7
45	Kanagawa-ken	23:32	99.4
46	Kyoto-fu	23:37	99.9
47	Tokyo-to	23:40	99.0

Table 7-11 Average time and participation rate of main activities by prefecture -Weekday, Working persons

Going to work

Ranking	Prefectures	Average time (Hours:minutes)	Participation rate (%)
	Japan	8:28	86.6
1	Gifu-ken	8:04	89.0
2	Aomori-ken	8:05	87.9
3	Niigata-ken	8:09	88.5
4	Wakayama-ken	8:13	87.9
5	Kumamoto-ken	8:15	87.4
43	Yamaguchi-ken	8:38	87.3
44	Tokyo-to	8:41	85.2
45	Hyogo-ken	8:44	85.0
46	Kyoto-fu	8:52	83.9
47	Okinawa-ken	8:58	91.1

Coming home from work

Ranking	Prefectures	Average time (Hours:minutes)	Participation rate (%)
	Japan	18:58	86.6
1	Kochi-ken	18:15	86.6
2	Wakayama-ken	18:16	87.9
3	Miyazaki-ken	18:22	88.3
4	Niigata-ken	18:23	88.5
5	Kumamoto-ken	18:25	87.4
43	Hyogo-ken	19:17	85.0
44	Tokyo-to	19:18	85.2
45	Saitama-ken	19:22	85.7
45	Nara-ken	19:22	85.3
47	Kanagawa-ken	19:28	84.8