

Explanation of Terms (Questionnaire A)

1. Characteristics of Individuals

(1) Age

Age is calculated in completed years on October 20, 2016.

(2) Marital status

Marital status is classified into the following categories according to the actual situation regardless of whether marriage has been registered or not.

- Never married...a person who has not yet married.
- Married...a person who has a spouse (husband or wife).
- Widow(er)ed or divorced...a person who has been separated from the spouse by death or by divorce and is not married.

(3) Education

A person 10 years old and over is classified as follows according to the status as of October 20, 2016.

- Graduated persons*
 - Elementary school or junior high school
 - High school
 - Junior college or technological college
 - College or university
 - Graduate school
- Persons attending school*
 - Elementary school
 - of which 5th grade
 - of which 6th
 - Junior high school
 - 1st grade
 - 2nd
 - 3rd
 - High school
 - 1st grade
 - 2nd
 - 3rd
 - Junior college or technological college
 - College or university
 - Graduate school
- Persons never attended school

* Vocational schools reproduced in these categories.

Schools covered in this survey include elementary schools, junior high schools, high schools, vocational school, junior colleges, colleges or universities, and graduate schools, as well as those which provide education based on the same entrance requirements and

course terms and enable students to obtain an equivalent qualification to a graduate from any of the above schools.

Schools, such as preparatory schools, dressmaking schools, culinary schools, language schools, and employee training centers, are excluded.

Advanced courses of vocational schools and miscellaneous educational institutions are classified based on entrance requirements and course terms as follows:

Advanced courses of vocational schools (upper secondary vocational schools)	
Those which require students to be a junior high school graduate for admission and to complete a course of study over 3 years or more	High school
Miscellaneous educational institutions	
Those which require students to be a new-education-system high school graduate for admission and to complete a course of study over 2 years or more	Junior college or technical college
Those which require students to be a junior high school graduate for admission and to complete a course of study over 3 years or more	High school

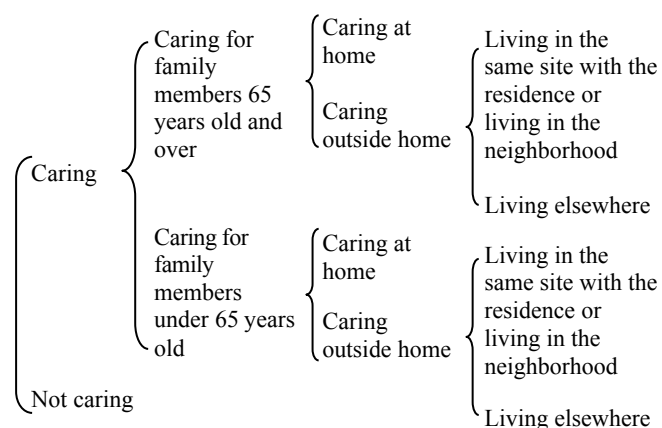
(4) Usual state of health

The statement that most accurately describes the usual state of health should be chosen from the following items.

- Excellent
- Good
- Fair
- Not good
- Poor

(5) Activity of caring

This is classified as follows according to whether the respondent usually cares for his/her family members. A person who usually cares is further classified according to for whom and where he/she is caring.



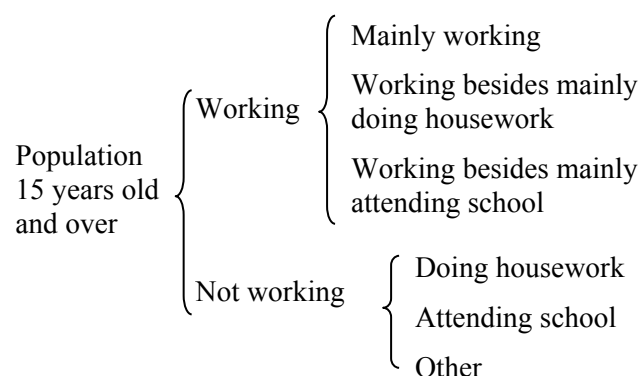
“Caring” refers to helping a person to have a meal, take a bath, dress, move or do other daily movements.

“Caring” also includes that for those who have not been recognized as the persons who need care under the Long Term Care Insurance System.

Nursing for persons who are temporarily sick is excluded.

(6) Usual economic activity

A person who is 15 years old and over is classified according to whether he/she usually works.



- Working ... Persons who are usually engaged in work for pay or profit.

Family workers are classified as “working” as long as they usually continue working regardless of whether they work without pay.

Persons who are absent from work temporarily by taking child-care leave, a family-care leave, etc., are classified as “working” regardless of whether they earn income and regardless of the number of absent days.

When “usual economic activity” cannot be determined for those who sometimes have or do not have a job, or those who help family businesses at busy times only, persons who generally work for 30 days or more per year are classified as “working”.

- Not working ... Persons who are not classified as working.

(7) Wish for work

Persons who are not working are classified into the following categories according to whether they wish to work.

- Wishing to work and seeking a job
- Wishing to work, but not seeking a job
- Not wishing to work

“Wishing to work” means a person wish to work at present, not in the future.

(8) Employment status

Working persons are classified according to the employment status as follows.

- Employees ... Persons who work as employees of enterprises, companies, corporations, associations or the government.
- Director of company or organization, etc. ... Presidents, managing directors or auditors of companies, directors or supervisors of associations, public interest corporation or independent administrative agencies, etc.
- Self-employed with employees ... Self-employed workers who employ one or more employees in their enterprises.
- Self-employed without employees ... Self-employed workers who run their own businesses alone or only with unpaid family members, including shop owners, factory owners, farm owners, physicians in private practice, lawyers, writers, and itinerant merchants.
- Family workers ... Persons who help family businesses without pay as a shop attendant in a privately-owned shop, a farm helper on a farm, and so on.
- Pieceworkers at home ... Persons who stay at home and do piece work for which materials are supplied without the need for fixed large equipment.
- Self-employed ... Refers to persons who are “Self-employed with employees” or “Self-employed without employees”.

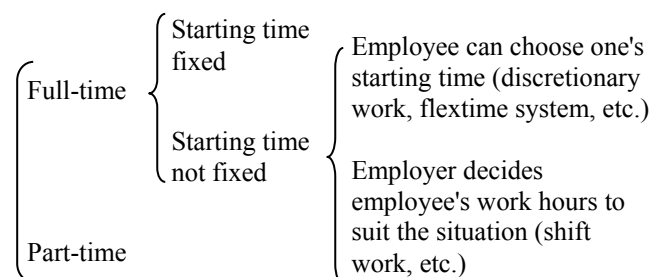
(9) Form of employment

Employees are classified into the following categories according to how they are called at their places of work.

- Regular staff
- Part-time workers
- “Arubaito”
- Contract employee
- Temporary employee
- Dispatched workers from temporary labour agency
- Other

(10) Working-time arrangement

Employees are classified according to working-time arrangements as follows.



- Full-time: Predetermined working hours per week are about 40 hours (e.g. 8 hours a day, 5 days a week).
- Part-time: Predetermined working hours per week are short (e.g. 6 hours a day, or 8 hours a day, 3 days a week).

(11) Paid holidays spent each year

Employees are classified according to whether they have annual paid leave, and if any, according to the number of days of annual paid leave they have actually taken during the past year (October 20, 2015 – October 19, 2016).

However, those who have engaged in work for less than one year or who have taken a long leave during the past year due to child care, caring, or treatment for disease are classified as “other”.

(12) Occupation

Occupation is classified on the basis of the Occupational Classification for the Population Census.

Please refer to “Attached Table 1: Correspondence Table of Occupational Classification between the 2016 Survey on Time Use and Leisure Activities, and the 2015 Population Census (Medium Groups)”.

(13) Employment size of enterprise

A size of the enterprise in which the respondent is engaged is classified according to the total number of working persons aggregating the main office and all branch offices.

However, persons engaged in governments and public offices are, classified in “Government and incorporated administrative agencies, etc”.

(14) Usual working hours per week

Working persons are classified according to the usual working time per week based on actual time worked, rather than on time contracted. The working time for secondary jobs and overtime work is included if he/she is usually engaged.

(15) Desirable working hours per week

Desirable working hours are classified according to how many hours per week respondents desire to work if they can be chosen. Usual economic activities are taken into account as follows.

- Working: Persons who do not wish to work are classified as “other”.
- Not working: Desirable working hours of persons who now wish to work are classified.

(16) Annual income or profit from work of each household member

The annual income or profit from work of each household member refers to an income earned from

work (tax included) during the past year (October 20, 2015 – October 19, 2016).

For self-employed workers, it refers to operating profits calculated by deducting necessary expenses from sales.

For persons who got a new job during the past year, it should be the estimated income on the assumption that they will continue to work for a year based on the income earned from when they started to work up to the present date.

(17) Life stage

Life stages (Life cycle) are classified into the following categories according to age, student status, whether there is a spouse and/or child, etc.

- Being educated
 - Persons (aged under 30) who attend school and have no spouse or child. They are subdivided according to the school they attend.
 - Elementary school
 - Junior high school
 - High school
 - Other
- The single person
 - Persons who have no spouse or child. They are subdivided according to age.
 - Under 35 years old
 - 35 to 44 years old
 - 45 to 64 years old
 - 65 years old and over
- Married with no child
 - Persons who have a spouse but no child. They are subdivided according to age.
 - Under 35 years old
 - 35 to 44 years old
 - 45 to 64 years old
 - 65 years old and over
- Parents at the child care period
 - Persons who have a spouse and a child aged under 30 who has no job. They are subdivided according to the school their youngest child attends.
 - Preschool (own youngest child)
 - Elementary school (own youngest child)
 - Junior high school (own youngest child)
 - High school (own youngest child)
 - Other
- Single parent of the child care period
 - Persons who have no spouse, living with a child aged under 30 years old who has no job. They are subdivided according to the school their youngest child attends.
 - Preschool (own youngest child)
 - Other

- Parents living with child(ren) who has job or is 30 years old and over
Persons who have a spouse, living with a child who has a job or is aged 30 or over.
- Single parent living with child(ren) who has job or is 30 years old and over
Persons who have no spouse, living with a child who has a job or is aged 30 or over.

To have a “spouse or child” means to live with a spouse or child in the same household. “Child” includes an own child, as well as the spouse of an own child and the child of an own spouse.

2. Characteristics of Households

(18) Definition of household

Household refers to a group of two or more persons sharing living quarters and living expenses or a person living alone or living in a dormitory or a boarding house.

(19) Family type of household

Households are classified according to the relationship of household members.

In this classification, “couple” refers to the youngest couple in the household and “child(ren)” refers to the couple's children who are not yet married.

The family types of households are as follows:

- Household of a couple only
- Household of a couple with their child(ren)
- Household of a couple with their parents
 - Household of a couple with husband's parents
 - Household of a couple with wife's parents
- Household of a couple with their parent
 - Household of a couple with husband's parent
 - Household of a couple with husband's male parent
 - Household of a couple with husband's female parent
 - Household of a couple with wife's parent
 - Household of a couple with wife's male parent
 - Household of a couple with wife's female parent
- Household of a couple with their child(ren) and parents
 - Household of a couple with their child(ren) and husband's parents
 - Household of a couple with their child(ren) and wife's parents

- Household of a couple with their child(ren) and parent
 - Household of a couple with their child(ren) and husband's parent
 - Household of a couple with their child(ren) and husband's male parent
 - Household of a couple with their child(ren) and husband's female parent
 - Household of a couple with their child(ren) and wife's parent
 - Household of a couple with their child(ren) and wife's male parent
 - Household of a couple with their child(ren) and wife's female parent
- Aged couple household ... A household of a couple only, of which the husband is 65 years old or over and the wife is 60 years old or over.
- Mother-child(ren) household ... A household of a mother and child(ren), of which the mother do not have a spouse and the child(ren) are under 20 years old.
- Father-child(ren) household ... A household of a father and child(ren), of which the father do not have a spouse and the child(ren) are under 20 years old.
- One-person household

(20) Type of one-person household

One-person household is classified as follows.

- Persons temporary (more than 3 months) living away from his/her household on business
- Other

(21) Usual economic activities of a married couple

Households with married couples are classified as follows according to usual economic activities of the husbands and wives.

- Both husband and wife are working
- Husband is working and wife is not working
- Wife is working and husband is not working
- Neither husband nor wife is working

(22) Type of residence

Residence units are classified according to tenure and type of residence.

- Owner-occupied house
- Privately-owned rented house
- Publicly-owned rented house
- Company-owned or public servant issued house
- Rented room(s) or dormitory, etc.
- Owner-occupied house ... Residences owned by the households occupying them. Also included are residences not yet registered and residences purchased in installments and the payment has not yet been finished.

- Company-owned or public servant issued house ... Residences owned or administrated by private companies or public bodies and rented to their employees or officials.
- Rented room(s) ... This is the case that the respondent is renting and living in part of a residence that another household lives. However, the case that the rented part is separated structurally and has an entrance, a sink and a toilet for exclusive use, is classified to “privately owned rented house”.

(23) Possession of car(s)

Cars used only for business are excluded.

(24) Annual income of the household

Annual income of the household is the total amount of income during the past year (from October 20, 2015 to October 19, 2016) received by all household members other than live-in employees. Included are wages, salaries, net profits from own business, interests and dividends received, pensions, and so forth.

For self-employed workers, it refers to operating profits calculated by deducting necessary expenses from sales.

Receipts resulting from decrease of assets such as withdrawals from savings and nonrecurrent incomes as retirement benefits are not included.

(25) Use of caring assistance

Caring assistance refers to some help given by relatives living elsewhere, care services (visiting care and day care), etc.

“Caring” also includes that for those who have not been recognized as the persons who need care under the Long Term Care Insurance System.

3. Time Use

Daily activities were classified into 20 categories and surveyed by 15-minutes time slot. The respondents classified and recorded their activities done on the survey date. When the respondent was engaged in more than one activity at the same time, the activity that he/she considered as the main one was reported.

(26) Kind of activities

The 20 categories of activities are grouped into three broad areas, called primary, secondary and tertiary activities.

For specific examples of each kind of category, please refer to “Attached Table 2: List of Examples of Kind of Activities”.

- Primary activities refer to those which are physiologically necessary and consist of “sleep”, “personal care” and “meals”.
 - Secondary activities comprise those which each person is committed to perform as a member of the family or of the society. Included are “commuting to and from school or work”, “work (for pay or profit)”, “schoolwork”, “housework”, “caring or nursing”, “child care” and “shopping”.
 - Tertiary activities include all other activities such as “Learning, self-education and training (except for schoolwork)”, “hobbies and amusements”, “sports” and “volunteer and social activities”.
- Time spent in tertiary activities corresponds to what is usually called “free time”.

(27) Kind of day

The feature of the survey date is classified as follows (Multiple answers allowed).

- Travel and excursion
- Event, wedding or funeral (lasting over half a day)
- Business trip or training, etc.
- Work at home
- Under medical treatment
- Holiday or vacation, etc.
- Leave for child rearing or taking care of a sick child
- Leave to take care of a family member
- Other

Tabulation is indicated by the following categories.

Ordinary day ... Days with “Other” checked only. However, this also includes days for which a working person checks “Work at home” only, or “Other” and “Work at home” only.

Holiday or vacation ... Days with “Holiday or vacation, etc.” checked. However, this also includes days for which a working person checks “Leave for child rearing or taking care of a sick child”, or “Leave to take care of a family member”.

Tabulation is further indicated in combination with “Day of the week” by the following categories.

Working day ... Days for which a working person checks “Other” only, “Work at home” only, or “Other” and “Work at home” only.

No working day ... Days for which a working person checks “Holiday or vacation, etc.”, “Leave for child rearing or taking care of a sick child”, or “Leave to take care of a family member”.

Saturday (no school day) ... Saturdays with “Holiday or vacation, etc.” checked for a person who attends school.

Saturday (school day) ... Saturdays with other than “Holiday or vacation, etc.”, checked for a person who attends school.

(28) Weather on this day

The weather of the survey date is classified as follows.

- Rained all day long
- Rained occasionally
- Not rained

(29) Person(s) being together

Persons being together were recorded in the following classifications by 15-minutes time slot.

“Being together” means that the person was so near as to talk with the respondent. The case when there was nobody near whom the respondent knew, or the respondent was asleep, was recorded as “alone”.

- Alone
- With family member(s)
- With classmate(s) or colleague(s)
- With other person(s)

(30) Average time spent in activities

In regard to time use per day, two types of averages are computed in terms of persons covered; namely “average for all persons” and “average for participants in the activity”.

- “Average for all persons” is computed by taking all persons as the denominator population regardless of whether or not they reported doing the activity.
- To compute the “average for participants in the activity”, only the persons who reported doing the activity are included in the denominator population.
- In terms of the day of the week, three kinds of averages are computed, namely each day of the week, “weekday” and “weekly average”.
- “Weekly average” =
$$\frac{(\text{Monday average} + \dots + \text{Sunday average})}{7}$$

When there is no sample on a certain day of the week, calculation is made as follows.

- Weekly average time spent on activities for all persons
$$\frac{(5 \times \text{Weekday average} + \text{Saturday average} + \text{Sunday average})}{7}$$

Note : When there is no sample during weekdays, and on Saturday and Sunday, “—” is shown instead of making calculation.

- Weekly average time spent on activities for participants in the activity
$$\frac{(\text{Monday average} + \dots + \text{Sunday average}) *}{\text{The number of the day with participants in the activity from Monday to Sunday}}$$

*Only the day(s) with participants in the activity

(31) Participants in the activity

Number of persons who actually engaged in the activity on the survey date

(32) Participation rate in the activity

$$\frac{\text{Participants in the activity}}{\text{Population}} \times 100 (\%)$$

However, participation rate in smartphone/PC use by use purpose was calculated as follows.

$$\frac{\text{Participants in smartphone/PC use by use purpose}}{\text{Population of smartphone/PC users* within the population}} \times 100 (\%)$$

* “Users” here refers to all persons classified in any category except “Disuse” in “Use time of Smartphone/PCs”.

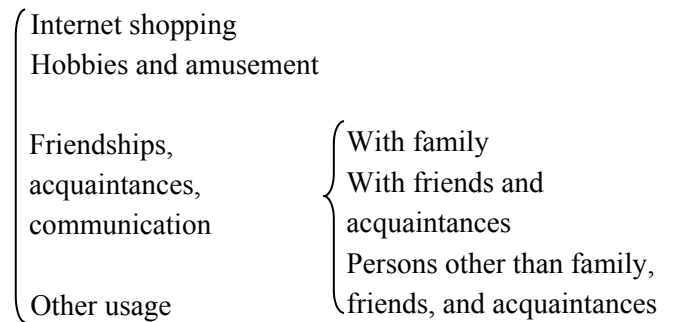
(33) Use of Smartphones and PCs

“Smartphone/PCs” here includes all mobile phones and tablet devices (i.e. tablet-shaped mobile devices with a touch-panel LCD or similar touch-panel screen that is finger-operated). This does not include game consoles or mobile music players.

“Use” here refers to the use of internet services (including the use of apps, music, etc., acquired via the internet) for non-work-related and non-school-related purposes.

a Use purpose, time of day

Smartphone/PC use purposes were surveyed and classified by time of day (3-hour time slots) into the following categories.



b Use time

The total amount of smartphone/PC use time on the survey date is classified as followed.

- Disuse
- Less than 1 hour
- 1 to less than 3 hours
- 3 to less than 6 hours
- 6 to less than 12 hours
- 12 or more hours

4. Average time

(34) Starting time, ending time

Starting time and ending time of main activities are defined as follows, taking into consideration of the activities surveyed by time of day for consecutive two days.

The result is indicated under the first day of these two days.

- Time of getting up ... The ending time of the first "Sleep" which starts before 12:00, continuing for more than 60 minutes
When the activity other than "Sleep" between two "Sleep" lasts 30 minutes or less, it is regarded that "Sleep" continues.
- Time of beginning to have breakfast ... The starting time of the first "Meals" which starts between 04:00 and 11:00
- Time of beginning to have supper ... The starting time of the first "Meals" which starts between 16:00 and 24:00
- Time of going to bed ... The starting time of "Sleep" which starts between 17:00 and 12:00 on the following day, lasting more than 60 minutes
When two or more applicable "Sleep" activities are shown, the starting time of "Sleep" which lasts longer is adopted ("Sleep" which starts earlier is adopted when duration time is the same for each). When an activity other than "Sleep" between two "Sleep" states lasts 30 minutes or less, it is regarded that "Sleep" continues.
- Time of going to work ... The starting time of "Commuting to and from school or work" preceding the first "Work" which starts between 00:15 and 24:00
When "Commuting to and from school or work" is not shown before the first "Work", but shown before other "Work", the first "Work" is regarded as that continuing from the previous day or that taken home, and the starting time of "Commuting to and from school or work" preceding the next "Work" is adopted. When "Commuting to and from school or work" is not shown before other "Work", the starting time of the first "Work" is adopted.
- Time of coming home from work ... The ending time of "Commuting to and from school or work" after the last "Work" which starts between 00:15 and 24:00
When "Commuting to and from school or work" is not shown after the last "work", but shown after "work" recorded earlier, the last "work" is regarded as that taken home, and the ending time of "Commuting to and from school or work" after "work" recorded earlier

is adopted. When "Commuting to and from school or work" is still not shown after other "work", the ending time of the last "work" is adopted.

When "Commuting to and from school or work" is not shown after the last "Work", but is shown before "Work", and when "Commuting to and from school or work" is also shown after earlier "Work", it is regarded that the person is engaged in shift work or two or more jobs, with the time of coming home from work judged as "Not reported".

(35) Composition of doer

Composition of doer means the composition ratio by activity (starting/ending) time (at 15-minute intervals) among the total number of doers.

(36) Participation rate in the activity

$$\frac{\text{Participants in the activity}}{\text{Population}} \times 100 (\%)$$

(37) Average time

Average time is calculated using the following expression, based on the composition of doer by starting/ending time (elapsed time from 0 o'clock in the morning of the first day) of each activity.

$$\frac{\Sigma (\text{Elapsed time from 0 o'clock in the morning of the first day} \times \text{Number of doer})}{\text{Number of doer}}$$

"Not reported" of "Time of coming home from work" is excluded from calculation.

5. Leisure Activities during the Past Year

Experiences of leisure activities during the past year (from October 20, 2015 to October 19, 2016) are obtained.

Activities covered are as follows; "learning, self-education and training" "sports", "hobbies and amusements", "volunteer activities" and "travel and excursion".

The frequency and purpose of activities, and the persons doing them together, are also surveyed along with those who engaged in the activities.

(38) Learning, self-education and training

"Learning, self-education and training" covered in this survey include only those performed during personal free time, and do not include those performed

as an occupation. For example, work done by working people and schoolwork by students are excluded.

1) Kinds of learning, self-education and training

Activities included in “learning, self-education and training” are classified as follows:

- English language
- Other foreign languages
- Computing, etc.
- Commerce and business
- Caring
- Home economics and housework
- Humanities, social or natural science
- Arts and culture
- Other

For specific examples of each kind of category, please refer to “Attached Table 3: List of Examples of Learning, Self-education and Training”.

2) Purpose of learning, self-education and training

The purpose of learning, self-education and training are classified as follows:

- Self-improvement
- To gain employment
- To use for current work
- Other

3) Means of learning, self-education and training

- Classes, courses or workshop, etc.
 - Sponsored by municipalities, etc.
 - Sponsored by private institutions
 - Sponsored by universities, etc.
- Lecture meetings, etc.
- Correspondence course
- Television or radio
- Outside of working hours at workplace
- Miscellaneous schools or vocational schools
- Vocational training through “Hello Work” (public employment office), etc.
- Other

(39) Sports

“Sports” covered in this survey include only those performed during personal free time but excludes sports done by students as part of their educational exercises and by professional athletes as their work.

1) Kind of sports

Data are obtained for each of the following 22 kinds of sports.

- Baseball (including playing catch)
- Softball
- Volleyball
- Basketball
- Soccer (including futsal)
- Table tennis

- Tennis
- Badminton
- Golf (including golf practice range)
- Judo
- Kendo
- “Gate ball”
- Bowling
- Fishing
- Swimming
- Skiing, snowboarding
- Mountain climbing, hiking
- Cycling
- Jogging, marathon
- Walking or light physical exercise
- Training with gym equipment
- Other sports

(40) Hobbies and amusements

Excluding those hobbies related to course in regular school or study for business.

Data are obtained for each of the following 34 kinds of hobbies and amusements.

- Watching sports games (excluding TV PGM, SPs, and PCs)
- Watching works of art (excluding TV PGM, SPs, and PCs)
- Watching vaudevilles, plays and dances (excluding TV PGM, SPs, and PCs)
- Watching movies in a movie theater
- Watching movies other than movie theater (TV PGMs ,DVDs, and PCs etc.)
- Going to classical music concerts
- Going to popular music concerts
- Listening to music by CDs, SPs, etc.
- Playing musical instruments
- Traditional Japanese music (including folk song, and traditional Japanese music)
- Chorus or vocal music
- “Karaoke”
- Japanese dancing
- Western-style dancing, social dancing
- Calligraphy
- Japanese flower arrangement
- Japanese tea ceremony
- Dress making, sewing
- Knitting or embroidering
- Cooking or making cakes, cookies as hobbies
- Gardening
- Do-it-yourself carpentry
- Painting or carving
- Ceramics art or industrial arts
- Photographing and printing

- Writing poems, Japanese poems, “haiku”, or novels
- Reading books as hobbies
- The game of “go”
- The game of “shogi”
- Playing “Pachinko”
- Playing home use video games or PC games (including use of portable game machines)
- Visiting recreation ground, zoo, aquarium, etc.
- Camping
- Other hobbies or amusements

(41) Volunteer activities

Volunteer activity is the act of providing one's own efforts, time, knowledge or skill for society or community without receiving remuneration for the work.

Even when some payments for actual expenses incurred for activities, including transportation fees, are received, they are not regarded as compensation, and such activities are included in volunteer activities.

Even if events are organized by volunteer groups, only to attend them is excluded.

1) Kind of volunteer activities

Volunteer activities refer to the activities mainly performed for the sake of society, and are classified as follows.

- Health or medical related activities
- Activities for the elderly
- Activities for the handicapped
- Activities for children
- Activities related to sports, culture, art and science
- Local improvement activities
- Safety promotion activities
- Conservation or environmental activities
- Disaster related activities
- Activities related to international cooperation
- Other

For specific examples of each kind of category, please refer to “Attached Table 4: List of Examples of Volunteer Activities”.

2) Type of volunteer activities

This is classified according to whether volunteer activities are performed as a member of organizations or not.

- As a member of an organization
- A group, citizen organization, etc. of volunteers: Japan Red Cross Voluntary Groups (excluding those with functions integrated with community circles and neighborhood associations), Lions Clubs, university volunteer circles, etc.
- An NPO (non-profit organization): Organizations that have juridical personality on the basis of the Act on Promotion of Specified Non-profit Activities (Act No. 7 of 1998).

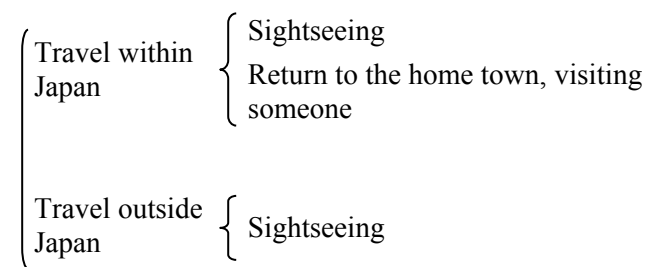
- A neighborhood association or similar, which is rooted in the local community: Organizations closely connected to local communities and not intended mainly for volunteer activities, including neighborhood associations, senior citizens clubs, youth groups, community circles, and women’s clubs.
- Other Organizations: Other Organizations whose main purpose is not to volunteer such as PTA (Parent-Teacher Association) etc.
- Independently: Volunteer activities performed independently without joining in any organization or being commissioned by the national government to serve as a welfare commissioner, child welfare officer, volunteer probation officer, administrative counselor, etc., are included in this category.

(42) Travel and excursion

“Travel and excursion” include all kinds of travel and excursion activities.

1) Travel activities

Travel is classified according to the purpose and the destination in the following way.



2) Person(s) doing together

- With family
- With colleague(s) or classmate(s)
- With neighbour(s)
- With friend(s) or acquaintance(s) etc.
- Alone

(43) Frequency

Frequency refers to the number of times or the number of days that the activities were actually performed by the respondent in the past year.

“Travel and excursions” is surveyed by the number of times, and the others are surveyed by the number of days.

The number of days are classified as follows:

- 1-4 days a year
- 5-9 days a year
- 10-19 days a year (1 day a month)
- 20-39 days a year (2-3 days a month)
- 40-99 days a year (1 day a week)
- 100-199 days a year (2-3 days a week)
- 200 days or more a year (4 days or more a week)

- Do not know how many days

(44) Participants in the activity

Those who actually engaged in the activity at least once during the past year

(45) Participation rate in the activity

$$\frac{\text{Participants in the activity}}{\text{Population}} \times 100 (\%)$$

(46) Average days for participation in the activity

Average days for participation in the activity in the past year are calculated by the following formula. For “200 days or more a year”, 282.5 days are used as “the median of the frequency class”. “Do not know how many days” is excluded from the calculation.

Σ (“the median of the frequency class” × “number of participants of the frequency class”) ÷ Σ (“number of participants of the frequency class”)

The median of each frequency

Frequency class	Median
1-4 days a year	2.5 days
5-9 days a year	7.0
10-19 days a year (1 day a month)	14.5
20-39 days a year (2-3 days a month)	29.5
40-99 days a year (1 day a week)	69.5
100-199 days a year (2-3 days a week)	149.5
200 days or more a year (4 days or more a week)	282.5

(47) Average time per day in the activity

The average time per day in the activity that participants have spent on activities (only volunteer activities) during the past year (October 20, 2015 – October 19, 2016) is calculated.

6. Area Classification

In this survey, the results are tabulated according to the following area categories.

a. Prefectures (47 prefectures)

b. Districts (14 districts)

The whole country is divided into the following 14 districts.

Districts	Prefectures
Hokkaido	Hokkaido
Tohoku	Aomori, Iwate, Miyagi, Akita,

	Yamagata, Fukushima
Kanto I	Saitama, Chiba, Tokyo, Kanagawa
Kanto II	Ibaraki, Tochigi, Gumma, Yamanashi, Nagano
Hokuriku	Niigata, Toyama, Ishikawa, Fukui
Tokai	Gifu, Shizuoka, Aichi, Mie
Kinki I	Kyoto, Osaka, Hyogo
Kinki II	Shiga, Nara, Wakayama
Sanin	Tottori, Simane
Sanyo	Okayama, Hiroshima, Yamaguchi
Shikoku	Tokushima, Kagawa, Ehime, Kochi
Northern-Kyushu	Fukuoka, Saga, Nagasaki, Oita
Southern-Kyushu	Kumamoto, Miyazaki, Kagoshima
Okinawa	Okinawa

c. Major Metropolitan Areas (11 areas and 3 areas) (Note 1)

A major metropolitan area consists of a central city (one of the ordinance-designated cities and Ku-area of Tokyo) and its neighbouring municipalities.

A neighbouring municipality refers to a city, a town or a village from where 1.5 percent or more of its total residents commute to the central city for work or school.

In case two or more central cities are located close together, a united metropolitan area is set up for them.

In this survey, the following areas are used based on the 2010 Population Census.

• 11 Major Metropolitan Areas

(Names in parentheses refer to the central cities.)

- Sapporo Major Metropolitan Area (Sapporo-shi)
- Sendai Major Metropolitan Area (Sendai-shi)
- Kanto Major Metropolitan Area (Saitama-shi, Chiba-shi, Ku-area of Tokyo, Yokohama-shi, Kawasaki-shi, and Sagami-hara-shi)
- Niigata Major Metropolitan Area (Niigata-shi)
- Shizuoka - Hamamatsu Major Metropolitan Area (Shizuoka-shi and Hamamatsu-shi)
- Chukyo Major Metropolitan Area (Nagoya-shi)
- Kinki Major Metropolitan Area (Kyoto-shi, Osaka-shi, Sakai-shi, and Kobe-shi)
- Okayama Major Metropolitan Area (Okayama-shi)
- Hiroshima Major Metropolitan Area (Hiroshima-shi)
- Kitakyushu-Fukuoka Major Metropolitan Area (Kitakyushu-shi, and Fukuoka-shi)

- Kumamoto Major Metropolitan Area (Kumamoto-shi)

- **3 Major Metropolitan Areas**

Among the above major metropolitan areas, the Kanto Major Metropolitan Area, Chukyo Major Metropolitan Area and Kinki Major Metropolitan Area are called the Three Major Metropolitan Areas.

d. City Group (5 groups) (Note 2)

Cities, towns and villages are classified as follows according to the population size based on the result of the 2015 Population Census.

- i) Large cities; those with a population of 1,000,000 or more
- ii) Medium cities; those with a population of 150,000 or more but less than 1,000,000
- iii) Small cities A; those with a population of 50,000 or more but less than 150,000
- iv) Small cities B; those with a population of less than 50,000
- v) Towns and villages

e. Densely Inhabited District (Note 3)

Based on the result of the 2015 Population Census, enumeration districts are classified into Densely Inhabited District or not.

When both base units of Densely Inhabited District and other districts exist in an enumeration district, the district is regarded as Densely Inhabited District.

(Note 1) Metropolitan area is the area consisting of a core city of that area meeting with the following conditions and its adjacent cities, towns and villages.

The commuting population in the 2010 Population Census is used in defining metropolitan areas, however, the boundaries of cities, towns and villages as well as core cities comprising the area are based on the boundaries as of October 20, 2016.

(Note 2) The classification of city groups is different between surveys before 1986, in 1991, and after 1996. For chronological order comparison, it should be used with care.

(Note 3) Densely Inhabited District is defined as an area within a *shi*, *ku*, *machi* or *mura* that is comprised of a group of contiguous Basic Unit Blocks (in the Population Census), or Enumeration Districts in cases where there are multiple EDs in one Basic Unit Block, each of which (Basic Unit Block or ED) has a population density of about 4,000 inhabitants or more per square kilometer and whose total population is 5,000 or more as of October 1, 2015 (the 2015 Population Census).

Attached Table 1: Correspondence Table of Occupational Classification between the 2016 Survey on Time Use and Leisure Activities and the 2015 Population Census (Medium Groups)

Occupational Classification in the 2016 Survey on Time Use and Leisure Activities	Occupational Classification in the 2015 Population Census (Medium Groups)
Administrative and managerial workers	Administrative and managerial workers Management government officials Officers of companies and organizations Other administrative and managerial workers
Professional and technical workers	Professional and technical workers
Technical workers	Technical workers
Health care workers	Health care workers
Teachers	Teachers
Other professional and technical workers	Researchers Social welfare specialist professionals Legal workers Management, finance, and insurance professionals Workers in religion Authors, journalists, editors Artists, designers, photographers, film operators Musicians, stage designers Other specialist professionals
Clerical workers	Clerical workers
General clerical workers	General clerical workers
Accountancy clerks	Accountancy clerks
Other clerical workers	Production-related clerical workers Sales clerks Outdoor service workers Transport and post clerical workers Office appliance operators
Sales workers	Sales workers
Merchandise sales workers	Merchandise sales workers
Quasi-sales workers	Quasi-sales workers
Sales workers	Sales workers
Service workers	Service workers
Care service workers	Care service workers
Domestic hygiene service workers	Domestic hygiene service workers
Food and drink preparatory workers	Food and drink preparation workers
Customer service workers	Customer service workers
Other service workers	Domestic support service workers Healthcare service workers Residential facilities, office buildings and other management personnel Other service workers
Security workers	Security workers
Agriculture, forestry and fishery workers	Agriculture, forestry and fishery workers Agriculture workers Forestry workers Fishery workers
Manufacturing process workers	Manufacturing process workers
Product manufacturing and processing workers (metal products)	Product manufacturing and processing workers (metal products)
Product manufacturing and processing workers (except metal products)	Product manufacturing and processing workers (except metal products)
Machine assembly workers	Machine assembly workers
Machine maintenance and repair workers	Machine maintenance and repair workers
Product inspection workers	Product inspection workers
Machine inspection workers	Machine inspection workers
Manufacturing-related and quasi-manufacturing workers	Manufacturing-related and quasi-manufacturing workers
Transport and machine operation workers	Transport and machine operation workers Railway drivers Motor vehicle drivers Ship and aircraft operators Other transport workers Stationary and construction machinery operators
Construction and mining workers	Construction and mining workers Construction and civil engineering workers Electric construction workers Mine workers
Carrying, cleaning, packaging, and related workers	Carrying, cleaning, packaging, and related workers
Carrying workers	Carrying workers
Cleaning workers	Cleaning workers
Other carrying, cleaning, packaging, and related workers	Packaging workers Other carrying, cleaning, packaging, and related workers
Occupation unable to classify	Occupation unable to classify

Attached Table 2: List of Examples of Kind of Activities

Kind of activities	Example	Description
1. Sleep	Sleep at night, daytime nap, catnap, waiting time from going to bed until dropping off to sleep	- Time from going to bed till getting up - A quick nap should be included in "13. Rest and relaxation".
2. Personal care	Washing face, bathing, toileting, dressing, change of clothes, makeup, hair-dressing, shaving, having a hair perm or cut at a hair salon, esthetic treatments, bathing using home-visit bathing service	- Something to be done for oneself - Cooking, cleaning house and laundry should be included in "7. Housework". - Activities using nursing care services are included in this category.
3. Meals	Eating and drinking at home and restaurants, etc., school lunch, eating and drinking at workplace	- If the main purpose is socializing, the activities should be included in "18. Social life". - Snacks should be included in "13. Rest and relaxation".
4. Commuting to and from school or work	Going to work and returning home, Going to school (including miscellaneous educational institutions and vocational schools) and returning home	- When stopping off somewhere on the way, such activity is also included in this category unless extremely different from the usual route.
5. Work	Normal work, preparation and cleanup for work, overtime work, work taken home, part-time job, sideline work, helping family business, moving during work	- Work that produces income for the worker or the whole family - Time off work, such as break time, is excluded. - Moving when traveling to and from the destination for a business trip should be included in "11. Moving".
6. Schoolwork	Study in class (elementary, junior high and high schools, technical and junior colleges, colleges or universities, graduate schools, preparatory schools, etc.), preparation for class and review of lessons, homework, cleanup at school, homeroom activities, studying under a tutor, preparation for school festivals	- Club/circle activities that are not compulsory should be included in "15. Hobbies and amusements" or "16. Sports" according to their nature. - Studying at a cram school is included in this category.
7. Housework	Cooking, tidying up after meals, cleaning house, taking out the garbage, laundry, ironing, mending clothes, drying the bedding, arranging and folding/storing clothes, caring for family members, keeping the household accounts, checking stock prices / exchanging stocks, removal of weeds in the yard, business at the bank, city office, etc., car care, repair of furniture	- Picking up a family member who is a worker or student is included in this category. - Growing crops for household consumption is included in this category. However, activities as a hobby should be included in "15. Hobbies and amusements". - Checking stock prices / exchanging stocks through the Internet is also included in this category.
8. Caring or nursing	Helping a family member or a relative living in another household to take a bath, go to the toilet, move, have a meal, etc., or nursing him/her	- Caring and nursing a family member who is temporarily confined to bed due to sickness, etc., are included in this category. - Caring and nursing a person other than family members without compensation should be included in "17. Volunteer and social activities".
9. Child care	Care for infants, attending on a child, helping a child to study, playing with a child, picking up infants, attending a parents meeting	- Activities concerning education of a child are included in this category. - Personal care for a school-age child should be included in "7. Housework".
10. Shopping	Purchasing food, daily commodities, electronic equipment, leisure goods, etc., renting a DVD	- Window-shopping and online shipping are also included in this category.
11. Moving (excluding commuting)	Time riding on a train or bus, waiting time, time for connection, time riding in a car, walking time	- Time from departure point to destination other than "4. Commuting to and from school or work"
12. Watching TV, listening to the radio, reading a newspaper or magazines	Watching TV, listening to the radio, reading a newspaper or magazine, watching a recorded TV show, reading news on the Internet	- Studying through a TV/radio program (including a recorded one), newspaper or magazine should be included in "14. Learning, self-education and training (except for schoolwork)". - Watching a purchased/rented video should be included in "14. Learning, self-education, and training (except for schoolwork)" or "15. Hobbies and amusements".
13. Rest and relaxation	Time to enjoy a family get-together, break time at work or school, snack/tea time, mealtime, quick nap, get-well visits to a family member	- Relaxation time spent watching a TV/radio program should be included in "12. Watching TV, listening to the radio, reading a newspaper or magazines".
14. Learning, self-education and training (except for schoolwork)	Learning in classes, courses and seminars, or through social correspondence education or TV/radio programs, learning to use a PC as part of club activities, learning to drive	- Learning done during free time - Training done at the order of an employer should be included in "5. Work". - Free research as a school assignment should be included in "6. Schoolwork".
15. Hobbies and amusements	Seeing a movie, art or sports game, sightseeing, driving, caring for pets, playing a video game, reading a book (including a comic) as a hobby, playing a musical instrument as part of club activities	- Activities done as a hobby, such as confectionery-making, are included in this category.
16. Sports	Participation in various athletic competitions, play involving full-body movement, shape-up workout at home, sports as club activities, including baseball (excluding sports that students learn during class), fishing	- Walking as exercise is included in this category. But moving for a specific purpose (e.g., walking to work) should be excluded.
17. Volunteer and social activities	(Volunteer activities) Cleaning up roads and parks, visits to welfare homes, Braille translation, sign language, procurement of relief supplies for disaster areas, blood donations, providing daily life assistance to the elderly, serving as a welfare commissioner, caring for a children's group, serving as a guide at an art museum, recycling campaigns, road safety campaigns (Social activities) Labor movements, political activities, doing missionary work, voting in an election	- Caring for a neighborhood association, PTA, and guild, to which the person belongs, is included in this category. - Only participation in a bazaar, festival, athletic meeting, etc., held by the community or group to which the person belongs, should be included in "10. Shopping", "15. Hobbies and amusements" or "16. Sports".
18. Social life	Eating and drinking with friends, ceremonial occasions, attendance/preparation for a reunion party, courtesy visits, get-well visits to a friend, talks with a friend face-to-face or on the phone, writing a letter	- Hobbies/amusement and sports for companionship purposes should be included in "15. Hobbies and amusements" and "16. Sports", respectively.
19. Medical examination or treatment	Consulting with a doctor/receiving medical treatment at a hospital, recuperation at home	
20. Other activities	Job-seeking activities, visiting a grave, praying at the family altar, filling out a survey slip	

Attached Table 3: List of Examples of Learning, Self-education and Training

Kind of learning, self-education and training	Examples
English language	English language, English conversation, English proficiency test
Other foreign languages	French, German, Chinese, Spanish, Russian, Hangul
Computing, etc.	How to use a computer software, programming, how to create documents using a computer
Commerce and business	Commercial practice, banking practice, foreign exchange practice, marketing practice, financial practice, bookkeeping, accounting, tax practice, financial practice, typewriting in Japanese/English, secretary, international tourist guide, flight attendant, simultaneous interpreter, management practice, corporate management, consulting service, tourism management, stenography, hotel tourism, computation by abacus, editing and public relations, business English
Caring	Home nursing care, home-visit nursing care
Home economics and housework	Home management theory, food science, housing theory, pedology, dressmaking and sewing, cooking, knitting, fancywork, embroidery, flower arrangement, kimono dressing, manners, art of living
Humanities, social and natural science	<p>Literature, Japanese literature, linguistics, foreign languages, comparative literature, children's literature, Japanese history, oriental history, western history, historical science, geography, human geography, archaeology, philosophy, psychology, ethics, religious studies, Buddhist studies, theology, eastern thought, humane studies, cultural studies, civilization studies, library and information science, behavioral science</p> <p>Constitution, Civil Code, Commercial Code, Penal Code, international law, Code of Civil Procedure, economic law, politics, business administration, accounting, history of economic thought, international economics, marketing, sociology, social welfare studies, cultural anthropology, journalism, social psychology, political economics, public administration, international relations, city planning, regional planning, management engineering</p> <p>Mathematics, applied mathematics, theory of stochastic processes, industrial and applied mathematics, information science, physics, geophysics, cosmophysics, theory of physical properties, astronomy, applied physics, chemistry, inorganic chemistry, organic chemistry, polymer science, life science, biology, biochemistry, zoology, botany, physiology, genetic engineering, geological science, geoscience, mineralogy, hydrospheric-atmospheric sciences, meteorology, basic science, marine science, atom physics, environmental biology</p> <p>Agronomy, agrobiolgy, landscape gardening, agricultural chemistry, food engineering, food chemistry, agricultural engineering, agricultural mechanics, agricultural economics, agricultural management science, forestry, forest engineering, veterinary science, dairy science, marine resources, environmental conservation science</p> <p>Mechanical engineering, electronic and communication engineering, civil/architectural engineering, applied chemistry/science civil engineering and construction, electrical and electronic technology, wireless communication, automobile servicing, machinery, information processing</p> <p>Medical science, nursing science, dental technology, clinical examination, acupuncture/moxacautery/massage</p>
Art and culture	<p>Painting, oil painting, sculpture, art prints, figurative arts, animation, manual arts and crafts, graphic design, interior design, video design,</p> <p>general theory of music, vocal music, composition, direction, sound art, musical instruments, sound track, actor training, dance, Noh dramas, broadcast art, video art, puppet plays, popular entertainment, photographs, camera techniques, image development, photographic printing, photographic art, calligraphy, penmanship, lettering</p>
Other	<p>Nutrition, cooking, hairdressing, cosmetic treatment,</p> <p>how to be an ideal parent, roles of parents, educational functions in the household, growth and development of children, education, teacher training, social welfare,</p> <p>global environmental issues, welfare issues, commodity prices, employment problems, juvenile problems, international politics, genetic problems, bullying issue,</p> <p>general culture, car driving skills</p>

Attached Table 4: List of Examples of Volunteer Activities

"Volunteer activities" refer to the activities mainly performed for the sake of other people and society, and do not include the following activities: religious activities, political activities, consumer movement, civic movement, activities to claim a right or make political recommendations.

Kind of volunteer activities		Examples	
Health or medical related activities		- Calling for blood donations or participation in blood donation campaigns - Patrolling medical treatment - Health counseling - Provision of data on medicines	- Activities at hospital (cooperation in user service improvement, activities for environmental improvement, and activities to help patients find motivation in life)
Activities for the elderly		- Provision of opportunities for interaction between the elderly and the youth (children) - Instructing elderly people on recreational activities and enjoying time with them - Coaching how to obtain skills for finding motivation in life - Inviting elderly people living alone to someone's own home	- Visiting elderly people to check on their safety, going for a walk together, providing them with companionship - Delivering meals to elderly people who are confined to bed and/or live alone - Nursing care service
Activities for the handicapped		- Guiding blind or orthopedically-impaired children to school, etc. - Educational guidance for handicapped people - Instructing handicapped people on recreational activities and coaching them how to obtain skills - Visiting home-bound handicapped people to check on their safety, home-visit assistance	- Cooperation for social participation of handicapped people (e.g., provision of wheelchairs) - Offering voluntary services, such as Braille translation, reading, recording, and sign language - Support for intractable disease patients
Activities for children		- Counseling on babies, child-rearing salon - Instructing children on recreational activities at children's park, etc. - Providing assistance and instruction to a children's group or child-rearing organization	- Educational guidance for children - Care for children - Assistance for school events
Activities related to sports, culture, art and science	Sports	- Giving instruction at sports lessons	- Guarding a sports event site
	Social examination	- Holding various seminars	- Serving as an instructor for courses designed for working people at university
	Culture and art	- Support for fostering musicians and artists - Organizing a community theater group - Planning a meeting to see a theatrical performance	- Inheritance and dissemination of traditional culture - Study of local history
	Science	- Research studies and provision/collection of information	- Support for academic circles, study groups and study sessions
Local improvement activities		- Planting flowers along roadsides - Arrangement of bicycle sheds at station - Cleaning up roads and parks	- Interaction between urban and rural areas - Activities as a leader of a community group - Activities for village/local development
Safety promotion activities		- Patrol for inspection of dangerous spots in the region - Activities to ensure safety within a school zone	- Traffic safety campaigns - Fire prevention patrol
Conservation or environmental activities		- Instruction on how to make soap from waste oil - Beach cleaning campaigns (garbage collection) - Environmental education activities	- Bird watching and protection - Desert greening activities (or tree-planting activities)
Disaster related activities		- Procurement and transport of relief supplies - Collecting funds for disaster recovery, and engaging in labor service at disaster site	- Relief activities at disaster site, such as emergency rice feeding - Relief activities for disaster victims after disaster
Activities related to international cooperation		- International exchange and international goodwill - Overseas technical cooperation	- Food aid for foreign countries - Support for foreign students in Japan
Other		- Human rights counseling - Provision of information system technology - Communication, advice and aid for management and activities of organizations engaging in activities mentioned above	- Support for welfare recipients - Consumer consultation