

Time Use

1. Distribution of daily time use

(1) Overview

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

Looking at the daily time use (average daily hours a week; hereinafter referred to as “weekly average”) of people living in Japan aged 10 years old and over, they spent 10 hours 40 minutes on primary activities¹⁾, 6 hours 53 minutes on secondary activities²⁾ and 6 hours 27 minutes on tertiary activities³⁾.

Compared to 2006, the average time spent on primary activities increased by 3 minutes, secondary activities decreased by 7 minutes, and tertiary activities increased by 4 minutes. (See Table 1-1.)

②Differences between males and females in average time spent on primary, secondary and tertiary activities increased.

Breaking down the daily time use by sex, males spent 10 hours 33 minutes on primary activities, 6 hours 49 minutes on secondary activities and 6 hours 38 minutes on tertiary activities. Females spent 10 hours 46 minutes on primary activities, 6 hours 57 minutes on secondary activities and 6 hours 16 minutes on tertiary activities. For primary and secondary activities, females spent a longer time, and for tertiary activities, males longer.

Compared to 2006, male’s average time spent on primary activities increased by 2 minutes, secondary activities decreased by 9 minutes and tertiary activities increased by 7 minutes. For females, the average time spent on primary activities increased by 4 minutes, secondary activities decreased by 6 minutes, and tertiary activities increased by 1 minute.

Also comparing the differences in the use of daily time between males and females to 2006, there was an increase for each of the three activities: from 11 minutes to 13 minutes on primary activities, from 5 minutes to 8 minutes on secondary activities, and from 16 minutes to 22 minutes on tertiary activities. (See Table 1-1.)

③On weekday and Saturday, time spent on primary and tertiary activities increased while secondary activities decreased.

Breaking down the daily time use by day of the week, the time spent on primary activities on weekday was 10 hours 27 minutes, 7 hours 45 minutes on secondary activities and 5 hours 48 minutes on tertiary activities. As for Saturday, 11 hours 2 minutes on primary activities, 5 hours 13 minutes on secondary activities and 7 hours 45 minutes on tertiary activities, while for Sunday, 11 hours 22 minutes on primary activities, 4 hours 13 minutes on secondary activities and 8 hours 25 minutes on tertiary activities. As for primary and tertiary activities, the longest time was spent on Sunday, and for secondary activities on weekday.

Compared to 2006, as for weekday and Saturday, the time spent on primary and tertiary activities increased but secondary activities decreased. For Sunday, secondary activities increased and primary activities decreased. (See Table 1-2.)

④Time spent on primary and tertiary activities has been increasing, while secondary activities has been decreasing.

Looking at the transition of daily time use over the past 25 years as for persons in comparable age groups (aged 15 years old and over), the time spent on primary activities has been steadily increasing. The time spent on secondary activities, which had turned upward in 2006, turned downward again in 2011. The time spent on tertiary activities, which had turned downward in 2006, turned upward again. (See Figure 1-1 and Table 1-3.)

1) Activities physiologically required, such as “Sleep” and “Meals”

2) Activities obligatory for citizens in their social life, such as “Work” and “Housework”

3) Activities in which one engages in their free time, other than primary activities and secondary activities

Table 1-1: Time use for each kind of activity by sex (2006, 2011)-weekly average

	(Hours, minutes)								
	Total			Male			Female		
	2006	2011	Plus/minus	2006	2011	Plus/minus	2006	2011	Plus/minus
Primary activities	10.37	10.40	0.03	10.31	10.33	0.02	10.42	10.46	0.04
Sleep	7.42	7.42	0.00	7.49	7.49	0.00	7.35	7.36	0.01
Personal care	1.15	1.19	0.04	1.06	1.09	0.03	1.25	1.29	0.04
Meals	1.39	1.39	0.00	1.36	1.36	0.00	1.42	1.42	0.00
Secondary activities	7.00	6.53	-0.07	6.58	6.49	-0.09	7.03	6.57	-0.06
Commuting to and from school or work	0.31	0.31	0.00	0.41	0.40	-0.01	0.22	0.23	0.01
Work	3.44	3.33	-0.11	4.59	4.46	-0.13	2.32	2.23	-0.09
Schoolwork	0.37	0.39	0.02	0.40	0.42	0.02	0.35	0.37	0.02
Housework	1.27	1.27	0.00	0.17	0.18	0.01	2.34	2.32	-0.02
Caring or nursing	0.03	0.03	0.00	0.02	0.02	0.00	0.05	0.05	0.00
Child care	0.14	0.14	0.00	0.04	0.05	0.01	0.22	0.23	0.01
Shopping	0.24	0.26	0.02	0.15	0.17	0.02	0.34	0.35	0.01
Tertiary activities	6.23	6.27	0.04	6.31	6.38	0.07	6.15	6.16	0.01
Moving (excluding commuting)	0.30	0.30	0.00	0.29	0.29	0.00	0.32	0.30	-0.02
Watching TV, listening to the radio, reading newspapers or magazines	2.24	2.27	0.03	2.28	2.31	0.03	2.21	2.24	0.03
Rest and relaxation	1.25	1.31	0.06	1.23	1.31	0.08	1.26	1.31	0.05
Learning, self-education and training (excluding schoolwork) 1)	0.12	0.12	0.00	0.13	0.13	0.00	0.12	0.12	0.00
Hobbies and amusements	0.45	0.44	-0.01	0.51	0.53	0.02	0.38	0.37	-0.01
Sports	0.15	0.14	-0.01	0.19	0.18	-0.01	0.11	0.11	0.00
Volunteer and social activities	0.05	0.04	-0.01	0.05	0.04	-0.01	0.05	0.04	-0.01
Social life	0.22	0.19	-0.03	0.20	0.18	-0.02	0.24	0.20	-0.04
Medical examination or treatment	0.09	0.08	-0.01	0.07	0.07	0.00	0.10	0.10	0.00
Other activities	0.16	0.17	0.01	0.14	0.15	0.01	0.17	0.18	0.01
(Regrouped)									
Housework and related works 2)	2.08	2.10	0.02	0.38	0.42	0.04	3.35	3.35	0.00
Free-time activities such as resting 3)	3.49	3.58	0.09	3.51	4.02	0.11	3.47	3.55	0.08
Active free-time activities 4)	1.17	1.14	-0.03	1.28	1.28	0.00	1.06	1.04	-0.02

Table 1-2: Time use for each kind of activity by sex and day of the week (2006, 2011)

		(Hours, minutes)					
		2006			2011		
		Weekday	Saturday	Sunday	Weekday	Saturday	Sunday
Total	Primary activities	10.24	10.55	11.25	10.27	11.02	11.22
	Secondary activities	7.53	5.25	4.10	7.45	5.13	4.13
	Tertiary activities	5.43	7.40	8.25	5.48	7.45	8.25
Male	Primary activities	10.17	10.50	11.24	10.19	10.57	11.20
	Secondary activities	8.06	4.58	3.15	7.56	4.43	3.19
	Tertiary activities	5.36	8.12	9.21	5.45	8.20	9.21
Female	Primary activities	10.30	11.01	11.26	10.35	11.07	11.24
	Secondary activities	7.41	5.50	5.02	7.36	5.41	5.04
	Tertiary activities	5.49	7.10	7.32	5.50	7.12	7.33

Figure 1-1: Transition of time use by kind of activity (1986-2011)-weekly average, persons aged 15 years and over

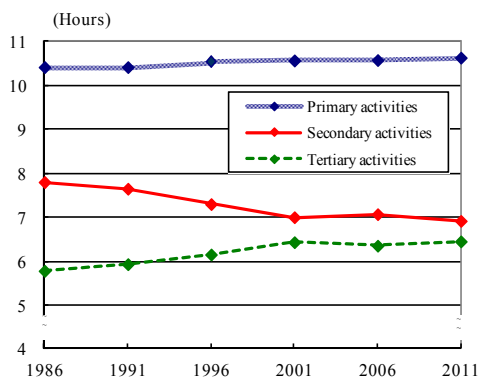


Table 1-3: Transition of time use by kind of activity (1986-2011)-weekly average, persons aged 15 years and over

	(Hours, minutes)		
	Primary activities	Secondary activities	Tertiary activities
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
2011	10.38	6.55	6.27

1) It was referred to as “Studies and researches (excluding schoolwork)” in the survey conducted in 2006.

2) “Housework”, “Caring or nursing”, “Child care” and “Shopping”.

3) “Watching TV, listening to the radio, reading newspapers or magazines” and “Rest and relaxation”.

4) “Learning, self-education and training (excluding schoolwork)”, “Hobbies and amusements”, “Sports” and “Volunteer and social activities”.

(2) Time use by age group

① The longest time spent on secondary activities was found in males aged 35 to 39 and females aged 40 to 44.

Looking at time use by age group, the shortest time spent on primary activities was found in males aged 35 to 39 (9 hours 54 minutes) and females aged 45 to 49 (9 hours 51 minutes). Both sexes in the age groups of 10 to 14 years old and 65 years old and over, as well as females in the age group of 20 to 24 years old and 65 years old and over, spent a relatively longer time.

The longest time spent on secondary activities was found in males aged 35 to 39 (8 hours 55 minutes) and females aged 40 to 44 (8 hours 40 minutes). In the other age groups, younger, or older, the shorter the time spent on secondary activities.

As for tertiary activities, the shortest time was found in males aged 35 to 39 and those aged 40 to 44 (5 hours 11 minutes), and females aged 30 to 34 (4 hours 56 minutes). In the other age groups, younger, or older, the longer the time spent on tertiary activities.

② As for both sexes 10 to 19, the time spent on secondary activities increased, and the time spent on tertiary activities decreased.

Compared to 2006, the time spent on primary activities increased by 2 minutes for males and 4 minutes for females.

Broken down by age group, the time spent on primary activities by males increased in the age groups of 10-34 and 40-49 years old but decreased in the other age groups. Looking at females, the time increased in those aged 15-49 but decreased or remained unchanged in other age groups.

As for secondary activities, the time spent decreased by 9 minutes for males and 6 minutes for females.

By age group, the time spent by males increased significantly in the age groups of 10-19 and 60-64 years old, but decreased significantly in the age group of 20-29 years old. As for females, the time spent increased significantly in the age groups of 10-19 and 60-64 years old, and 80 years old and over, but decreased significantly in the age groups of 20-24, 40-44 and 65-69 years old.

As for tertiary activities, the time spent increased by 7 minutes for males and 1 minute for females.

By age group, the time spent by males increased greatly in the age groups of 20-29 and 75-79 years old, but decreased greatly in the age groups of 10-19 and 60-64 years old. As for females, the time spent increased greatly in the age groups of 20 to 24 and 65 to 69 years old, but decreased greatly in the age groups of 10-19, 30-34 and 85 years old and over.

Figure 1-2: Change in time use for each kind of activity by sex and age group (between 2006 and 2011)-weekly average

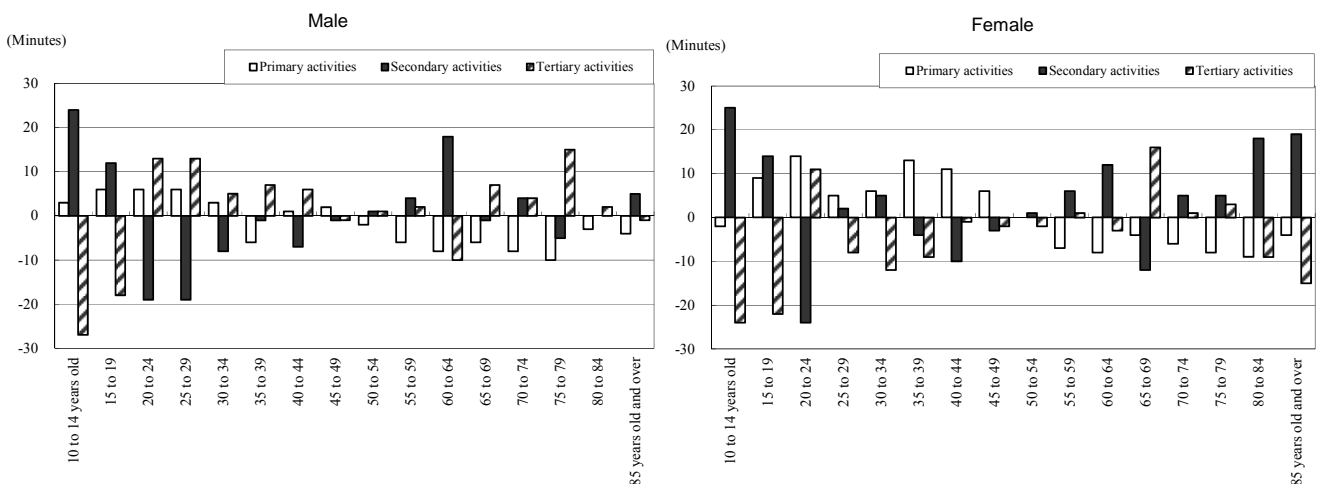
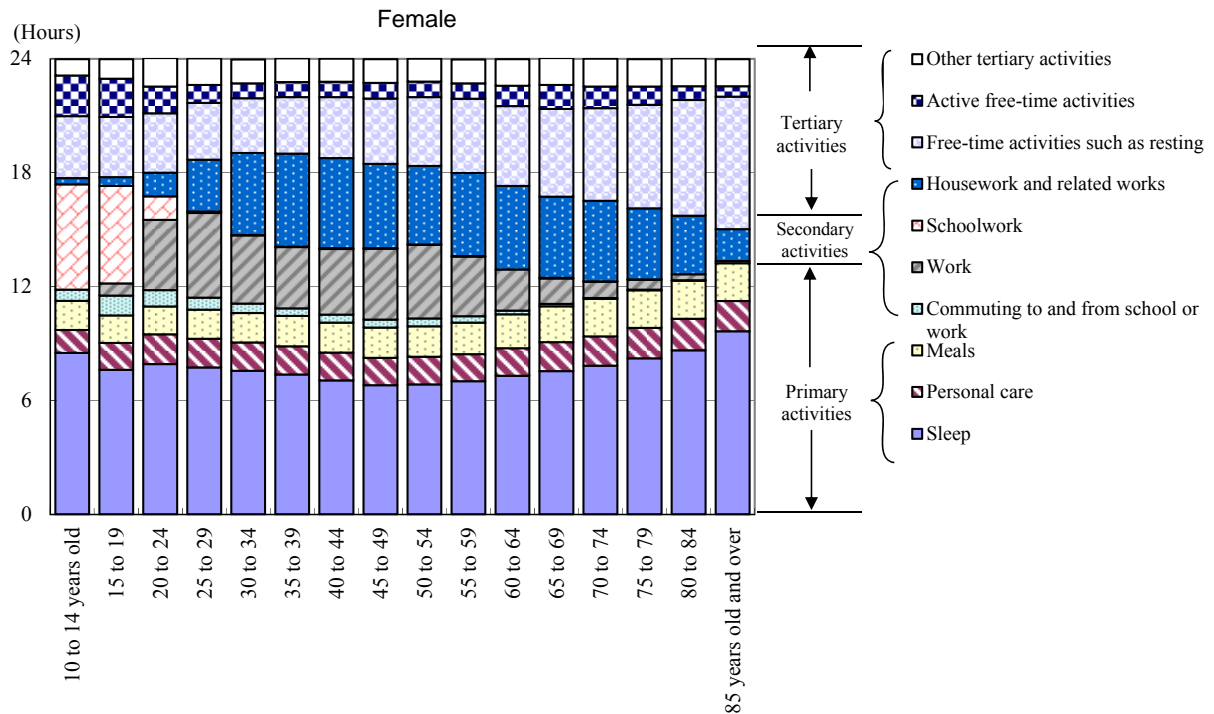
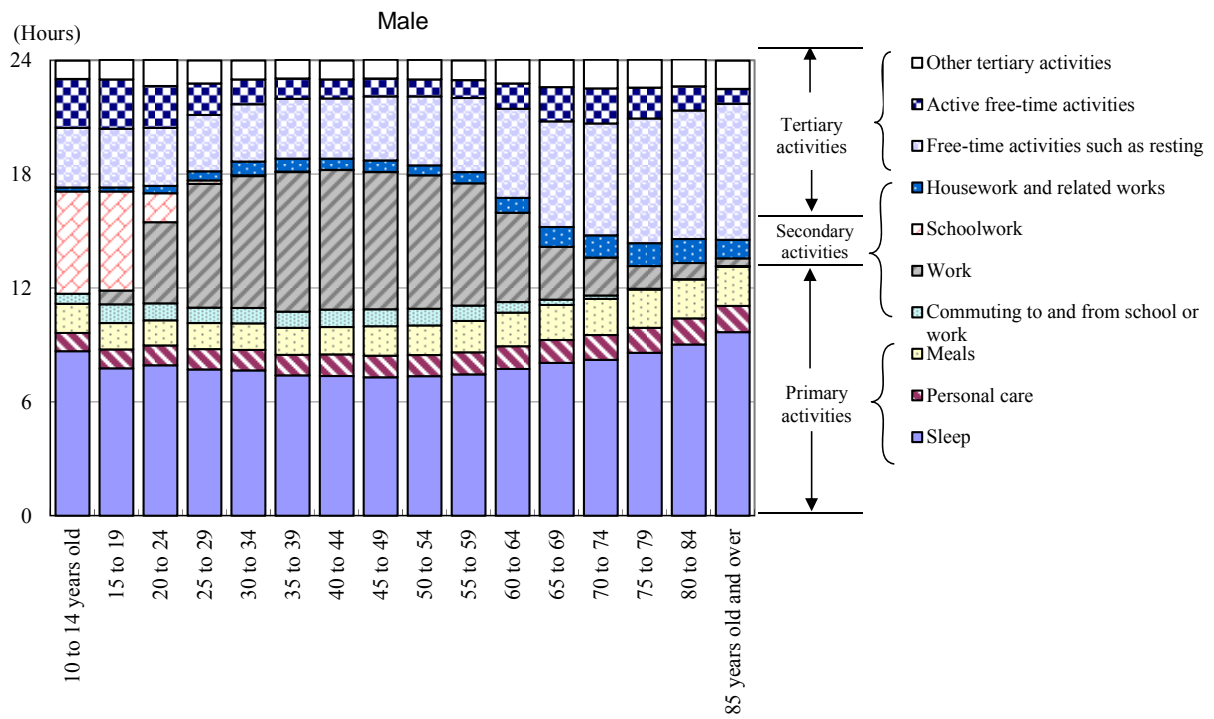


Figure 1-3: Time use for each kind of activity by sex and age group-weekly average

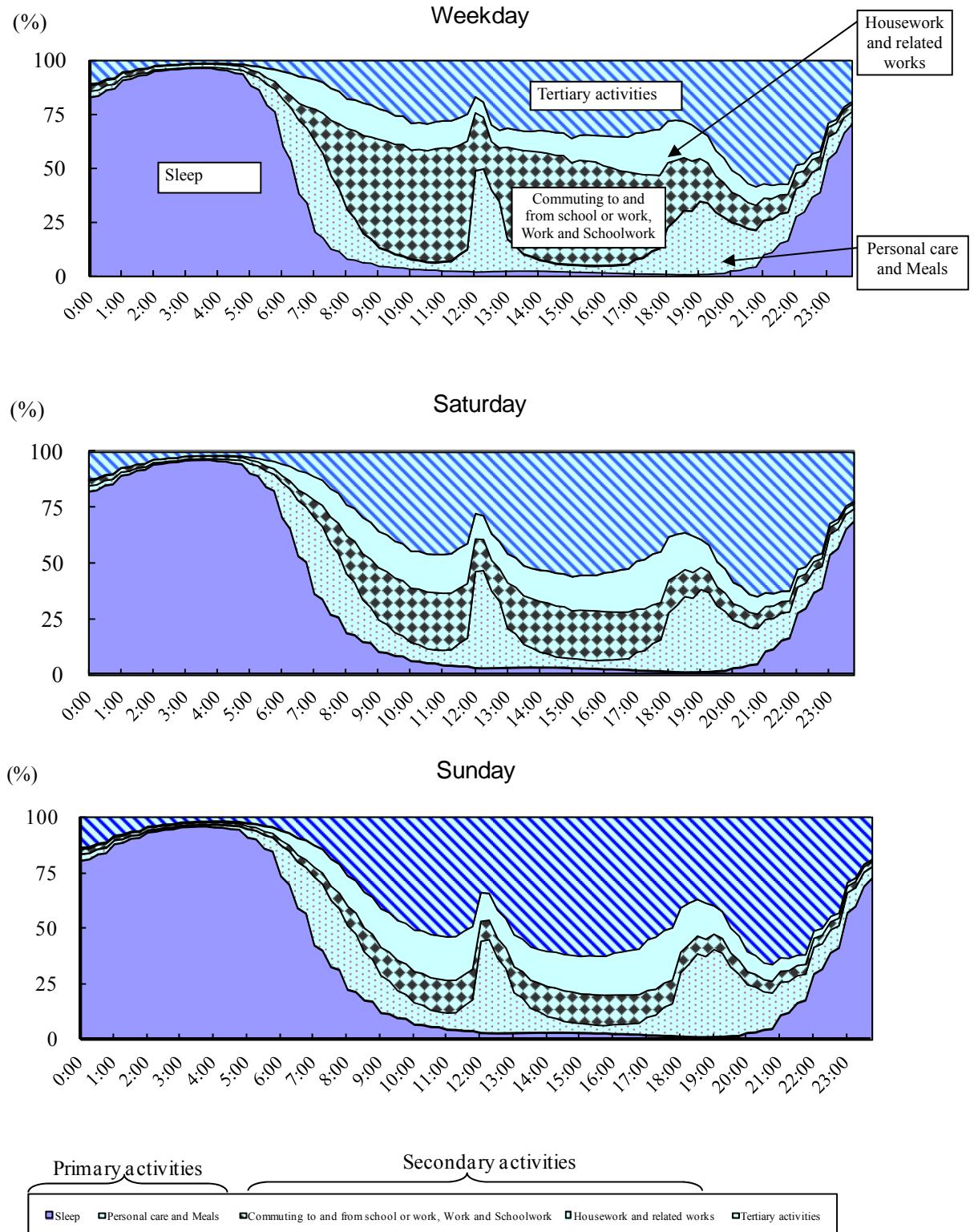


(3) Participation rate by time of day

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

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

Figure 1-4: Participation rate for each kind of activity by day of the week and time of day



2. Primary activities

(1) Sleep

① Persons aged 45 to 54 slept less.

The average sleep time was 7 hours 42 minutes. Males spent 7 hours 49 minutes, and females 7 hours 36 minutes. Males spent 13 minutes longer.

Broken down by age group, persons aged 45 to 49 had the shortest sleeping hours (7 hours 3 minutes), followed by persons aged 50 to 54 (7 hours 6 minutes). Persons aged 85 years old and over had the longest sleeping hours (9 hours 40 minutes).

By sex, in all the age groups except the age group of 25 to 29 years old, males had the longer sleeping hours. Especially in the age group of 45 to 84 years old, males slept over 20 minutes more than females. (See Figure 2-1 and Table 2-1.)

② Sleep time increased in persons aged 15 to 44, and decreased in those aged 45 and over.

Compared to 2006, sleep time remained unchanged. Broken down by age group, sleep time increased in persons aged 15 to 44 and decreased in those aged 45 and over. (See Figure 2-2 and Table 2-1.)

Figure 2-1: Sleep time by sex and age group-weekly average

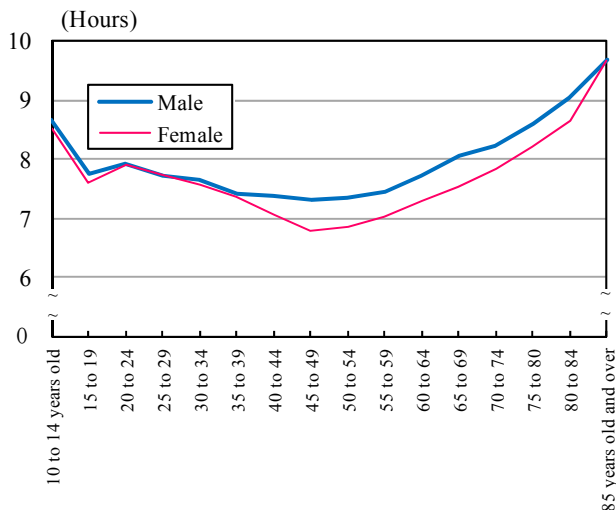


Figure 2-2: Sleep time by age group (2006, 2011)-weekly average

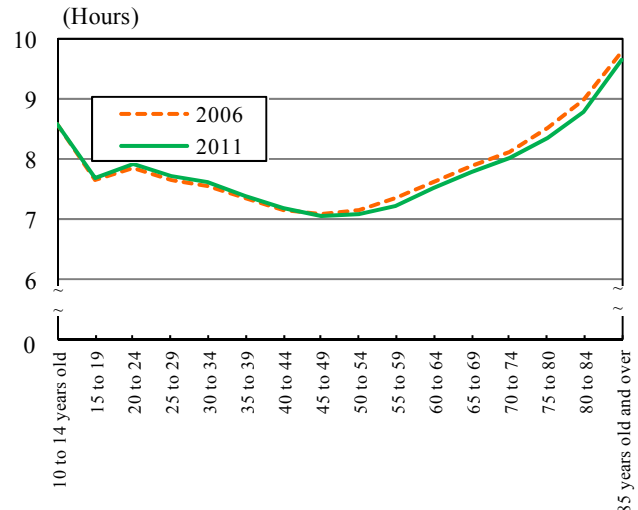


Table 2-1: Sleep time by sex and age group (2006, 2011)-weekly average

	Total			Male			Female			Difference 2011
	2006	2011	Plus/minus	2006	2011	Plus/minus	2006	2011	Plus/minus	
Total	7.42	7.42	0.00	7.49	7.49	0.00	7.35	7.36	0.01	0.13
10 to 14 years old	8.36	8.35	-0.01	8.38	8.40	0.02	8.33	8.30	-0.03	0.10
15 to 19	7.39	7.42	0.03	7.43	7.46	0.03	7.34	7.37	0.03	0.09
20 to 24	7.51	7.56	0.05	7.55	7.56	0.01	7.46	7.55	0.09	0.01
25 to 29	7.39	7.43	0.04	7.40	7.43	0.03	7.39	7.44	0.05	-0.01
30 to 34	7.33	7.37	0.04	7.37	7.39	0.02	7.28	7.34	0.06	0.05
35 to 39	7.21	7.23	0.02	7.28	7.24	-0.04	7.15	7.22	0.07	0.02
40 to 44	7.09	7.12	0.03	7.22	7.22	0.00	6.56	7.03	0.07	0.19
45 to 49	7.05	7.03	-0.02	7.19	7.18	-0.01	6.51	6.48	-0.03	0.30
50 to 54	7.09	7.06	-0.03	7.23	7.21	-0.02	6.55	6.51	-0.04	0.30
55 to 59	7.21	7.14	-0.07	7.35	7.27	-0.08	7.08	7.01	-0.07	0.26
60 to 64	7.37	7.31	-0.06	7.50	7.44	-0.06	7.25	7.18	-0.07	0.26
65 to 69	7.53	7.48	-0.05	8.06	8.03	-0.03	7.40	7.33	-0.07	0.30
70 to 74	8.08	8.01	-0.07	8.21	8.13	-0.08	7.57	7.50	-0.07	0.23
75 to 80	8.32	8.22	-0.10	8.46	8.35	-0.11	8.21	8.13	-0.08	0.22
80 to 84	8.59	8.48	-0.11	9.08	9.02	-0.06	8.53	8.39	-0.14	0.23
85 years old and over	9.47	9.40	-0.07	9.51	9.40	-0.11	9.46	9.39	-0.07	0.01

③ Sleep time for both sexes increased on Saturday and decreased on Sunday.

Broken down 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, 8 hours 2 minutes on Saturday and 8 hours 16 minutes on Sunday. On Sunday, the time spent was 45 minutes longer than on weekday.

By sex, compared to 2006, sleep time for both sexes increased on Saturday and decreased on Sunday. (See Figure 2-3 and Table 2-2.)

Figure 2-3: Sleep time by sex and day of the week (2006, 2011)

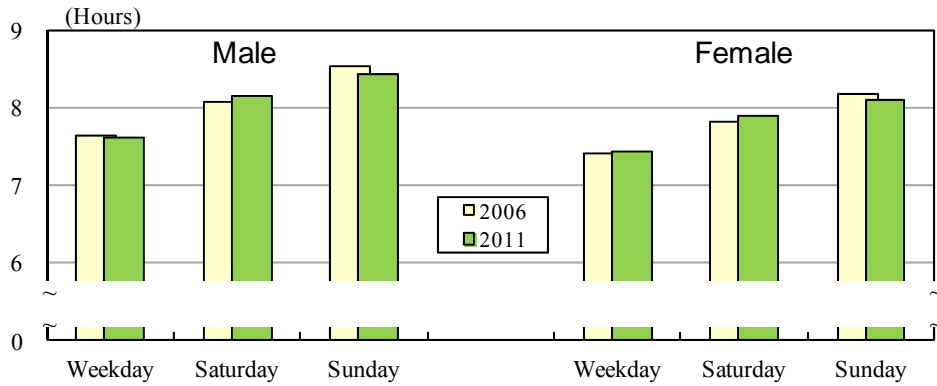


Table 2-2: Sleep time by sex and day of the week (2006, 2011)

	Total		Male		Female	
	2006	2011	2006	2011	2006	2011
Weekday	7.31	7.31	7.38	7.37	7.25	7.26
Saturday	7.57	8.02	8.05	8.10	7.50	7.54
Sunday	8.21	8.16	8.33	8.26	8.11	8.06

④ Sleep time was on the decline for both sexes over the past 25 years.

Looking at the transition of sleep time by sex over the past 25 years, as for persons in comparable age groups (aged 15 years old and over), sleep time was on the decline for both sexes. Compared to 1986, it decreased by 10 minutes for males and 6 minutes for females. (See Figure 2-4 and Table 2-3.)

Figure 2-4: Transition of sleep time by sex (1986-2011)-weekly average, persons aged 15 and over

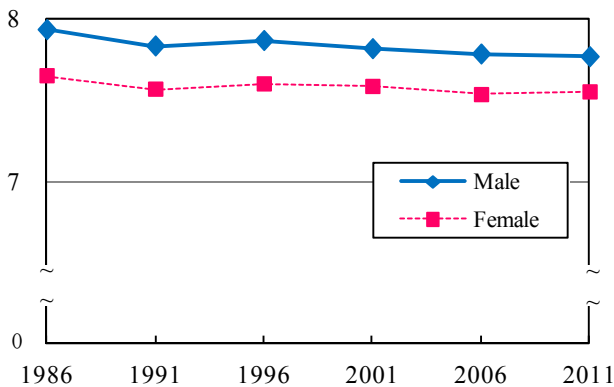


Table 2-3: Transition of sleep time by sex (1986-2011)-weekly average, persons aged 15 and over

	(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
2011	7.46	7.33

(2) Personal care

① Females in all age groups spent a longer time on personal care than males.

The time spent on personal care was 1 hour 19 minutes. Males spent 1 hour 9 minutes, and females 1 hour 29 minutes. Females spent 20 minutes longer.

Broken down by age group, the shortest was for persons aged 10 to 14 (1 hour 6 minutes), and the longest was for persons aged 80 years old and over (1 hour 32 minutes).

By sex, females in all ages spent a longer time on personal care than males. In particular, those aged 20 to 24 spent 32 minutes longer. (See Figure 2-5 and Table 2-4.)

② Time spent on personal care increased in all age groups.

Compared to 2006, time spent on personal care increased by 4 minutes.

By age group, in all age groups, time spent on personal care increased. (See Figure 2-6 and Table 2-4.)

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

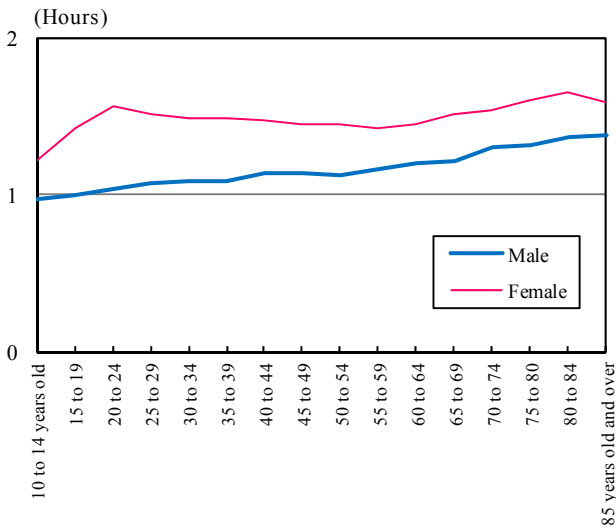


Figure 2-6: Time spent on personal care by age group (2006, 2011)- weekly average

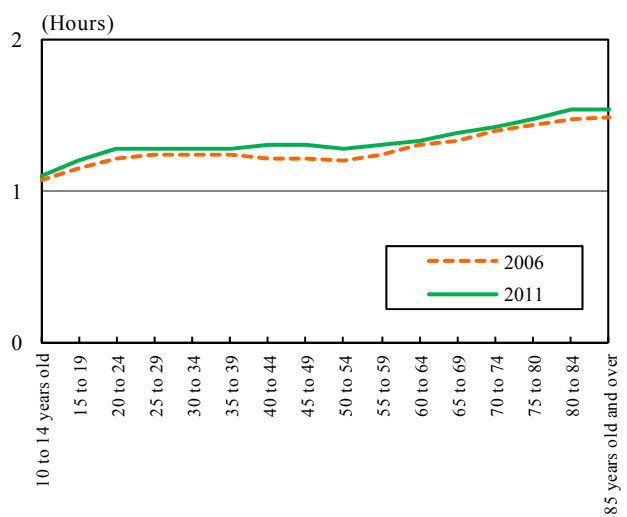


Table 2-4: Time spent on personal care by sex and age group (2006, 2011)-weekly average
(Hours, minutes)

	Total			Male			Female			Difference
	2006	2011	Plus/minus	2006	2011	Plus/minus	2006	2011	Plus/minus	2011
Total	1.15	1.19	0.04	1.06	1.09	0.03	1.25	1.29	0.04	-0.20
10 to 14 years old	1.04	1.06	0.02	0.58	0.58	0.00	1.11	1.13	0.02	-0.15
15 to 19	1.09	1.12	0.03	0.58	1.00	0.02	1.21	1.25	0.04	-0.25
20 to 24	1.13	1.17	0.04	0.57	1.02	0.05	1.29	1.34	0.05	-0.32
25 to 29	1.14	1.17	0.03	1.00	1.04	0.04	1.29	1.31	0.02	-0.27
30 to 34	1.14	1.17	0.03	1.02	1.05	0.03	1.26	1.29	0.03	-0.24
35 to 39	1.14	1.17	0.03	1.04	1.05	0.01	1.24	1.29	0.05	-0.24
40 to 44	1.13	1.18	0.05	1.04	1.08	0.04	1.22	1.28	0.06	-0.20
45 to 49	1.13	1.18	0.05	1.06	1.08	0.02	1.19	1.27	0.08	-0.19
50 to 54	1.12	1.17	0.05	1.04	1.07	0.03	1.20	1.27	0.07	-0.20
55 to 59	1.14	1.18	0.04	1.06	1.10	0.04	1.22	1.25	0.03	-0.15
60 to 64	1.18	1.20	0.02	1.11	1.12	0.01	1.25	1.27	0.02	-0.15
65 to 69	1.20	1.23	0.03	1.13	1.13	0.00	1.27	1.31	0.04	-0.18
70 to 74	1.24	1.25	0.01	1.17	1.18	0.01	1.31	1.32	0.01	-0.14
75 to 80	1.26	1.28	0.02	1.17	1.19	0.02	1.33	1.36	0.03	-0.17
80 to 84	1.28	1.32	0.04	1.18	1.22	0.04	1.34	1.39	0.05	-0.17
85 years old and over	1.29	1.32	0.03	1.19	1.23	0.04	1.33	1.35	0.02	-0.12

③ Time spent on personal care increased by 18 minutes for males and 20 minutes for females over the past 25 years.

Looking at the transition of time spent on personal care by sex over the past 25 years, as for persons in comparable age groups (15 years old and over), the time increased for both sexes. Compared to 1986, the time increased by 18 minutes for males and 20 minutes for females. (See Figure 2-7 and Table 2-5.)

Figure 2-7: Transition of time spent on personal care by sex (1986-2011)-weekly average, persons aged 15 and over

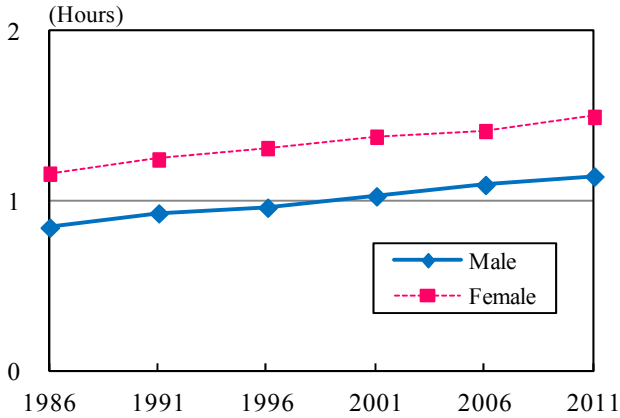


Table 2-5: Transition of time spent on personal care by sex (1986-2011)-weekly average, persons aged 15 and over

	(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
2011	1.09	1.30

(3) Meals

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 females spent 6 minutes longer.

Broken down by age group, the shortest was for the age group of 20 to 24 years old (1 hour 24 minutes), and the longest was for the age group of 80 to 84 (2 hours 1 minute). For persons aged 20 years old and over, the older the person, the longer the mealtime, generally speaking.

By sex, in the age group of 15 to 74 years old, females spent longer, and in particular, those aged 35 to 39 spent 11 minutes more than males. On the contrary, in the age group of 75 years old and over, males spent longer than females. (See Table 2-6.)

② Time spent on meals decreased for persons aged 25 to 79 years old, generally speaking.

Compared to 2006, the time spent on meals remained unchanged. Broken down by age group, in the age group of 25 to 79 years old, the time spent decreased, generally speaking. (See Table 2-6.)

Table 2-6: Time spent on meals by sex and age group (2006, 2011)-weekly average
(Hours, minutes)

	Total			Male			Female			Difference
	2006	2011	Plus/minus	2006	2011	Plus/minus	2006	2011	Plus/minus	2011
Total	1.39	1.39	0.00	1.36	1.36	0.00	1.42	1.42	0.00	-0.06
10 to 14 years old	1.32	1.32	0.00	1.31	1.32	0.01	1.33	1.32	-0.01	0.00
15 to 19	1.24	1.25	0.01	1.22	1.23	0.01	1.26	1.27	0.01	-0.04
20 to 24	1.24	1.24	0.00	1.19	1.20	0.01	1.28	1.28	0.00	-0.08
25 to 29	1.28	1.27	-0.01	1.23	1.22	-0.01	1.33	1.32	-0.01	-0.10
30 to 34	1.31	1.29	-0.02	1.26	1.24	-0.02	1.36	1.33	-0.03	-0.09
35 to 39	1.32	1.30	-0.02	1.28	1.25	-0.03	1.36	1.36	0.00	-0.11
40 to 44	1.34	1.31	-0.03	1.30	1.27	-0.03	1.37	1.35	-0.02	-0.08
45 to 49	1.34	1.34	0.00	1.32	1.33	0.01	1.35	1.35	0.00	-0.02
50 to 54	1.37	1.35	-0.02	1.36	1.34	-0.02	1.38	1.36	-0.02	-0.02
55 to 59	1.42	1.40	-0.02	1.41	1.39	-0.02	1.43	1.40	-0.03	-0.01
60 to 64	1.50	1.46	-0.04	1.49	1.46	-0.03	1.52	1.47	-0.05	-0.01
65 to 69	1.55	1.52	-0.03	1.54	1.51	-0.03	1.55	1.54	-0.01	-0.03
70 to 74	1.58	1.57	-0.01	1.57	1.55	-0.02	1.59	1.59	0.00	-0.04
75 to 80	2.02	2.00	-0.02	2.01	2.01	0.00	2.03	1.59	-0.04	0.02
80 to 84	2.01	2.01	0.00	2.03	2.03	0.00	2.00	2.01	0.01	0.02
85 years old and over	1.59	2.00	0.01	2.01	2.04	0.03	1.58	1.59	0.01	0.05

③ Transition of time spent on meals remained unchanged in both sexes for the past 25 years.

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

Figure 2-8: Transition of time spent on meals by sex (1986-2011)-weekly average, persons aged 15 and over

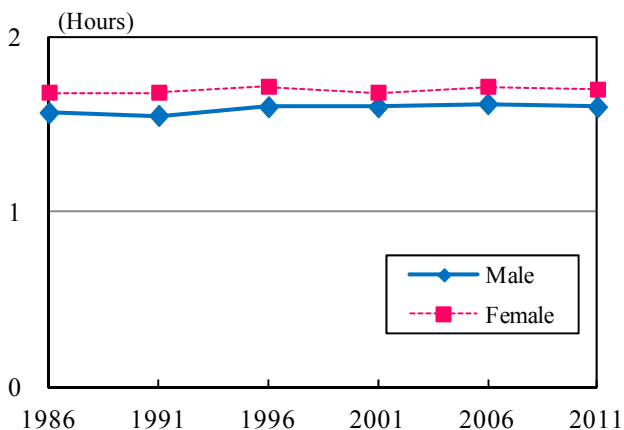


Table 2-7: Transition of time spent on meals by sex (1986-2011)-weekly average, persons aged 15 and over

	(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
2011	1.36	1.42

3. Secondary activities

(1) Work

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

The number of working persons (aged 15 and over; hereinafter idem) was 66,664,000, and the working rate (the rate of working persons to people aged 15 and over) was 61.7 percent. The number of males working was 37,975,000 (72.6%), and that of females was 28,688,000 (51.6%). (See Table 3-1.)

The average time spent on working by working persons in a day was 6 hours 2 minutes: 6 hours 56 minutes for males and 4 hours 50 minutes for females.

Broken down by sex and age group, males aged 40 to 44 and females aged 25 to 29 worked longest: 7 hours 49 minutes and 5 hours 46 minutes, respectively. (See Figure 3-1 and Table 3-2.)

② For both sexes, time spent on working decreased greatly in the age group of 15 to 24 years old.

Compared to 2006, the time spent on working by working persons decreased by 7 minutes. Males decreased by 4 minutes, and females by 10 minutes.

Broken down by sex and age group, the time spent on working for both sexes decreased by 20 minutes and more in the age group of 15 to 24 years old. (See Figure 3-1 and Table 3-2.)

Table 3-1: Number and percentage of working persons by sex (2006, 2011)

		2006	2011	Plus/minus
Number of working persons (thousand)	Total	68176	66664	-1512
	Male	39191	37975	-1216
	Female	28984	28688	-296
Percentage of working persons (% , percentage points for plus/minus)	Total	63.5	61.7	-1.8
	Male	75.3	72.6	-2.7
	Female	52.4	51.6	-0.9

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

Figure 3-1: Time spent on working by sex and age group (2006, 2011)-weekly average, working persons

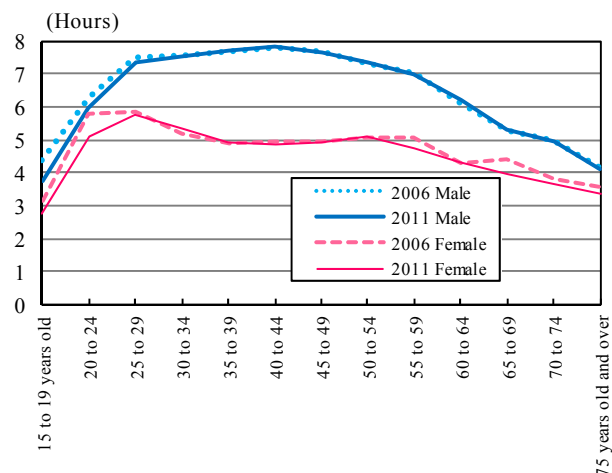


Table 3-2: Time spent on working by sex and age group (2006, 2011)-weekly average, working persons (Hours, minutes)

	Total			Male			Female			Difference
	2006	2011	Plus/minus	2006	2011	Plus/minus	2006	2011	Plus/minus	2011
Total	6.09	6.02	-0.07	7.00	6.56	-0.04	5.00	4.50	-0.10	2.06
15 to 19 years old	3.44	3.11	-0.33	4.23	3.45	-0.38	3.09	2.44	-0.25	1.01
20 to 24	6.04	5.32	-0.32	6.18	5.57	-0.21	5.49	5.06	-0.43	0.51
25 to 29	6.46	6.38	-0.08	7.29	7.22	-0.07	5.51	5.46	-0.05	1.36
30 to 34	6.38	6.37	-0.01	7.33	7.33	0.00	5.13	5.19	0.06	2.14
35 to 39	6.34	6.36	0.02	7.42	7.44	0.02	4.54	4.55	0.01	2.49
40 to 44	6.33	6.33	0.00	7.47	7.49	0.02	4.56	4.52	-0.04	2.57
45 to 49	6.30	6.27	-0.03	7.41	7.38	-0.03	4.58	4.57	-0.01	2.41
50 to 54	6.21	6.21	0.00	7.21	7.22	0.01	5.03	5.05	0.02	2.17
55 to 59	6.12	6.03	-0.09	7.00	7.01	0.01	5.04	4.45	-0.19	2.16
60 to 64	5.23	5.27	0.04	6.06	6.12	0.06	4.19	4.20	0.01	1.52
65 to 69	4.56	4.46	-0.10	5.17	5.20	0.03	4.25	3.58	-0.27	1.22
70 to 74	4.29	4.25	-0.04	4.58	4.56	-0.02	3.48	3.39	-0.09	1.17
75 years old and over	3.53	3.49	-0.04	4.08	4.07	-0.01	3.33	3.21	-0.12	0.46

③ Time spent on working decreased on all days.

Broken down by day of the week, the time spent on working for working persons was 7 hours 9 minutes on weekday, 4 hours 1 minute on Saturday and 2 hours 24 minutes on Sunday.

Compared to 2006, the time spent on working for working persons decreased on all days of the week.

Additionally, the participation rate of working for working persons by day of the week decreased by 1.4 percentage points on weekday, 3.3 percentage points on Saturday, and 0.7 percentage points on Sunday, compared to 2006. (See Table 3-3.)

Table 3-3: Time spent on working and participation rate of working by day of the week (2006, 2011)-working persons

	Average time (hours, minutes)		Participation rate (%)	
	2006	2011	2006	2011
Weekday	7.16	7.09	86.5	85.1
Saturday	4.15	4.01	55.7	52.4
Sunday	2.25	2.24	34.0	33.3

④ Time spent on working that had once increased in 2006 decreased again in 2011.

Looking at the transition of time spent on working over the past 25 years for working persons by sex, for both sexes the time spent on working had been on the decrease before 2001 and had increased in 2006, but decreased again in 2011. (See Figure 3-2 and Table 3-4.)

Figure 3-2: Transition of time spent on working by sex (1986-2011)-weekly average, working persons

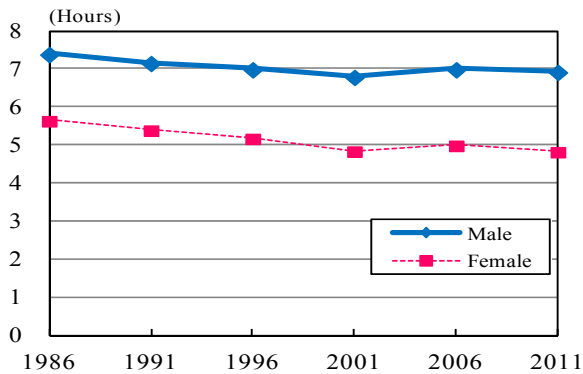


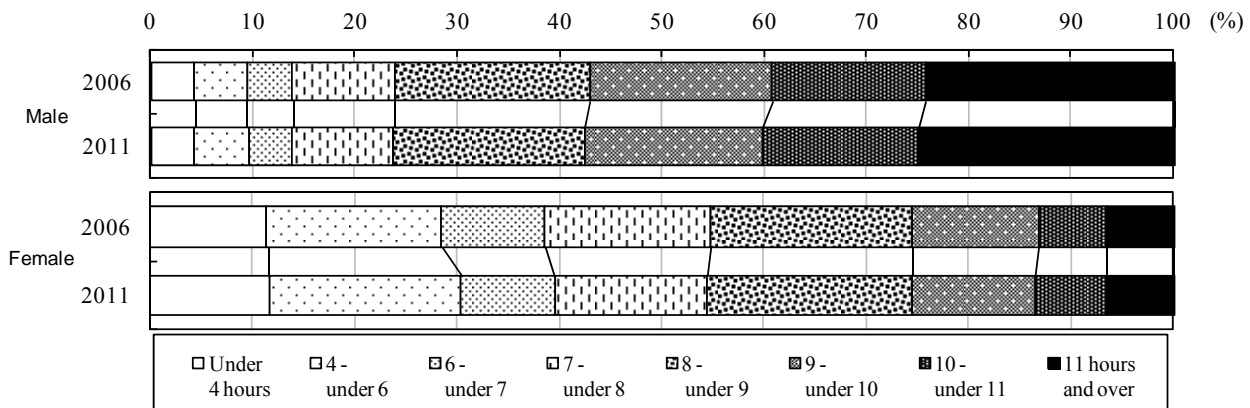
Table 3-4: Transition of time spent on working by sex (1986-2011)-weekly average, working persons

	(Hours, minutes)		
	Total	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
2011	6.02	6.56	4.50

⑤ As for time spent on working on weekday, the rates of “11 hours and over” for males and “4 hours and under 6 hours” for females increased.

Looking at the weekday participation rate of working persons by working hours group, for males, the rate for the group of “11 hours and over” increased by 0.6 percentage points, compared to 2006. For females, the rate for the group of “4 hours and under 6 hours” increased by 1.5 percentage points. (See Figure 3-3 and Table 3-5.)

Figure 3-3: Participation rate by sex and working hours group (2006, 2011)-weekday, working persons



Note: Persons who did not work on the day of the survey were excluded.

Table 3-5: Participation rate by sex and working hours group (2006, 2011)-weekday, working persons
(%, percentage points for plus/minus)

	Male			Female		
	2006	2011	Plus/minus	2006	2011	Plus/minus
Total	100.0	100.0		100.0	100.0	
Under 4 hours	4.3	4.3	0.0	11.4	11.7	0.3
4 - under 6	5.2	5.3	0.1	17.2	18.7	1.5
6 - under 7	4.4	4.2	-0.2	10.0	9.2	-0.8
7 - under 8	10.0	9.9	-0.1	16.2	14.8	-1.4
8 - under 9	19.1	18.8	-0.3	19.6	20.1	0.5
9 - under 10	17.8	17.4	-0.4	12.4	12.0	-0.4
10 - under 11	15.0	15.3	0.3	6.6	7.0	0.4
11 hours and over	24.2	24.9	0.6	6.5	6.5	0.0

Note: Persons who did not work on the day of the survey were excluded.

⑥ Time spent on working increased for both “Regular staff” and “Except regular staff”.

Looking at the time spent on working by employment status, the longest was the self-employed with employees (7 hours 22 minutes), followed by director of company or organization, etc., and employees (excluding director of company or organization, etc.; hereinafter idem). (See Figure 3-4 and Table 3-6.)

As for the time spent on working for employees by form of employment, regular staff spent 7 hours 13 minutes and workers except regular staff spent 4 hours 29 minutes. Compared to 2006, both staff increased by 2 minutes. The rate for workers except regular staff for all employees was 40.2%, an increase of 4.9 percentage points compared to 2006. Because of the decrease in the composition rate of regular staff working longer, the time spent on working for employees decreased by 6 minutes, compared to 2006. (See Figures 3-5 and 3-6 and Table 3-7.)

Also looking at the total hours of the time spent on working, calculated by multiplying the time spent on working by the population, regular staff decreased, while workers except regular staff increased, compared to 2006.

Broken down by sex, for both sexes, regular staff decreased and workers except regular staff increased. (See Figure 3-7 and Table 3-7.)

Figure 3-4: Time spent on working by employment status (2006, 2011)-weekly average, working persons

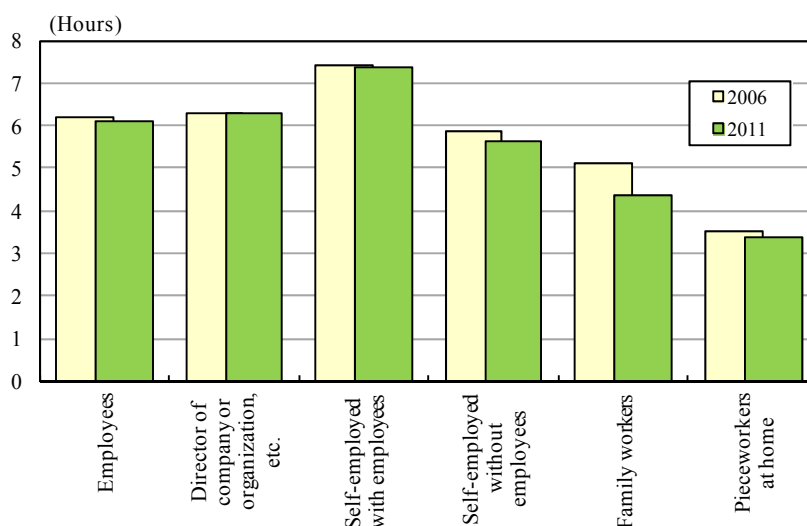
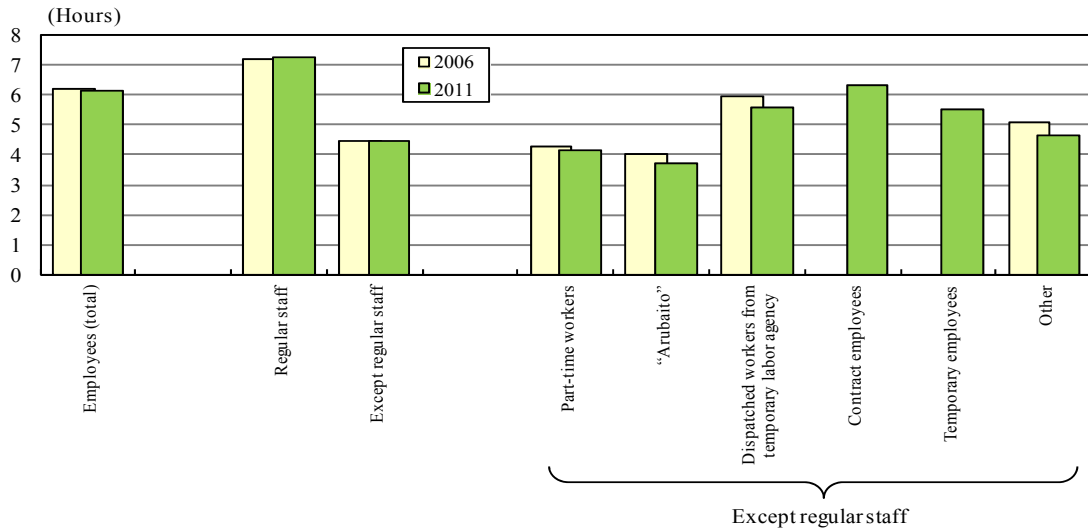


Table 3-6: Time spent on working by sex and employment status (2006, 2011)-weekly average, working persons
(Hours. minutes)

	Total			Male			Female		
	2006	2011	Plus/minus	2006	2011	Plus/minus	2006	2011	(Hours. minutes)
Working	6.09	6.02	-0.07	7.00	6.56	-0.04	5.00	4.50	-0.10
Employees	6.13	6.07	-0.06	7.04	7.02	-0.02	5.08	4.59	-0.09
Director of company or organization, etc.	6.16	6.16	0.00	6.53	6.54	0.01	4.00	4.11	0.11
Self-employed with employees	7.24	7.22	-0.02	7.38	7.39	0.01	6.16	5.48	-0.28
Self-employed without employees	5.51	5.38	-0.13	6.24	6.09	-0.15	4.11	3.53	-0.18
Family workers	5.06	4.23	-0.43	6.47	5.55	-0.52	4.33	3.55	-0.38
Pieceworkers at home	3.32	3.23	-0.09	3.33	3.52	0.19	3.32	3.18	-0.14

Figure 3-5: Time spent on working by form of employment (2006, 2011)-weekly average, employees



Note: The categories of "Contract employees" and "Temporary employees", which are added in the survey conducted in 2011, are included in "Other" in the survey conducted in 2006.

Figure 3-6: Composition ratio by form of employment (2006, 2011)

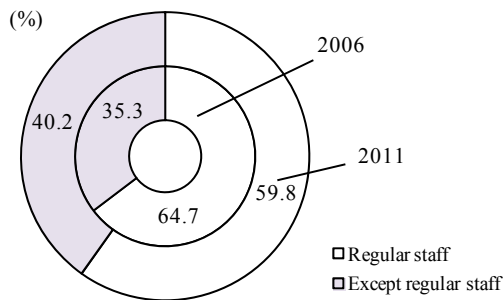


Figure 3-7: Total working hours by sex and form of employment (2006, 2011)-weekly average, employees

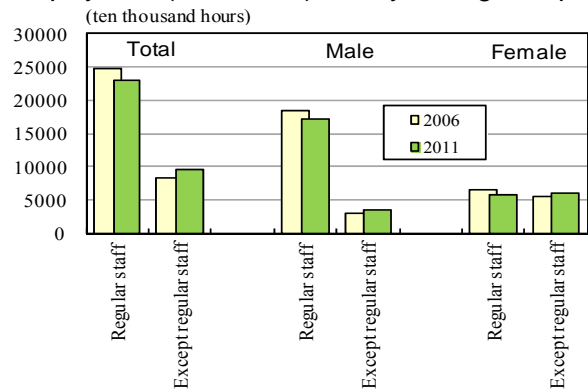


Table 3-7: Working hours and total working hours by sex and form of employment (2006, 2011)-weekly average, employees

		2006			2011			Plus/minus		
		Population (thousand persons)	Working hours (hours, minutes)	Total working hours (ten thousand hours)	Population (thousand persons)	Working hours (hours, minutes)	Total working hours (ten thousand hours)	Population (thousand persons)	Working hours (hours, minutes)	Total working hours (ten thousand hours)
Total	Employees	53445	6.13	33225	53455	6.07	32697	10	-0.06	-528
	Regular staff	34567	7.11	24831	31992	7.13	23088	-2575	0.02	-1743
	Except regular staff	18879	4.27	8395	21463	4.29	9623	2584	0.02	1227
	Part-time workers	9696	4.17	4153	9848	4.09	4087	152	-0.08	-66
	Arubaito	5550	4.01	2229	5434	3.44	2029	-116	-0.17	-201
	Dispatched workers from temporary labor agency	1917	5.57	1141	1104	5.36	618	-813	-0.21	-522
	Contract employees	-	-	-	2661	6.18	1676	-	-	-
	Temporary employees	-	-	-	1208	5.29	662	-	-	-
	Other	1716	5.05	872	1209	4.39	562	-	-	-
Male	Employees	30095	7.04	21267	29549	7.02	20783	-546	-0.02	-484
	Regular staff	24511	7.30	18383	22718	7.35	17228	-1793	0.05	-1155
	Except regular staff	5583	5.10	2885	6831	5.14	3575	1248	0.04	690
	Part-time workers	967	5.00	484	977	5.01	490	10	0.01	7
	Arubaito	2911	4.39	1354	2694	4.11	1127	-217	-0.28	-227
	Dispatched workers from temporary labor agency	837	6.32	547	450	6.02	272	-387	-0.30	-275
	Contract employees	-	-	-	1388	6.46	939	-	-	-
	Temporary employees	-	-	-	778	5.45	447	-	-	-
	Other	868	5.46	501	544	5.22	292	-	-	-
Female	Employees	23351	5.08	11987	23906	4.59	11913	555	-0.09	-74
	Regular staff	10056	6.25	6453	9274	6.18	5843	-782	-0.07	-610
	Except regular staff	13295	4.09	5507	14633	4.09	6073	1338	0.00	566
	Part-time workers	8729	4.12	3666	8871	4.03	3593	142	-0.09	-73
	Arubaito	2638	3.19	875	2739	3.18	904	101	-0.01	29
	Dispatched workers from temporary labor agency	1080	5.30	594	654	5.18	347	-426	-0.12	-247
	Contract employees	-	-	-	1274	5.47	737	-	-	-
	Temporary employees	-	-	-	430	4.59	214	-	-	-
	Other	848	4.23	372	664	4.03	269	-	-	-

Note: Because the categories of "Contract employees" and "Temporary employees" are included in "Other" in the survey conducted in 2006, the categories of "Contract employees", "Temporary employees" and "Other" cannot be compared to the previous survey. For that reason, "-" is displayed in the "Plus/minus" column of those three categories.

(2) Housework and related works

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

The time spent on housework and related works was 2 hours 10 minutes. The difference between males and females was still considerable, as males spent 42 minutes, females 3 hours 35 minutes.

Broken down by sex and age group, males aged 65 to under 85 spent a longer time (1 hour and over), while for females, persons aged 30 to under 75 spent a longer time (4 hours and over), and in particular females aged 35 to 39 spent the longest time (4 hours 54 minutes). (See Figure 3-8 and Table 3-8.)

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

Compared to 2006, time spent on housework and related works by males increased by 4 minutes, and for females, the time remained almost unchanged.

Broken down by sex and age group, males increased in all age groups except 70 to 79 years old, while, females decreased in the age group of 15 to 54 years old, and especially in the age groups of 30 to 34 and 50 to 54 years old, decreasing by 15 minutes and over. (See Figure 3-8 and Table 3-8.)

Figure 3-8: Time spent on housework and related works by sex and age group (2006, 2011)--weekly average

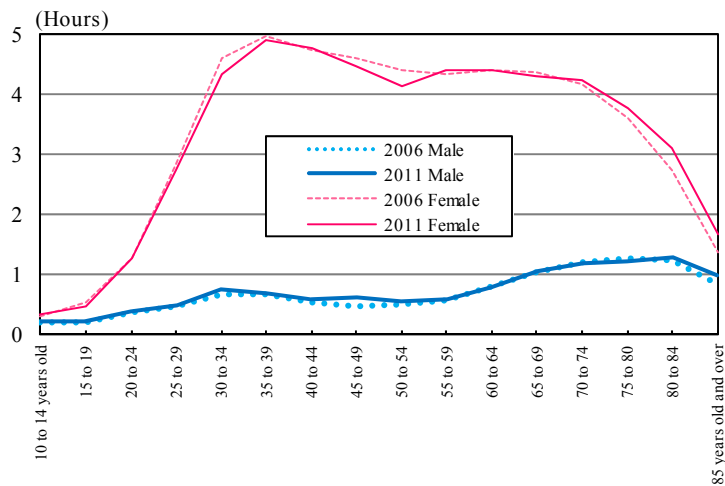


Table 3-8: Time spent on housework and related works by sex and age group (2006, 2011)-weekly average (Hours, minutes)

	Total			Male			Female			Difference	
	2006	2011	Plus/minus	2006	2011	Plus/minus	2006	2011	Plus/minus	2006	2011
Total	2.08	2.10	0.02	0.38	0.42	0.04	3.35	3.35	0.00	-2.57	-2.53
10 to 14 years old	0.14	0.16	0.02	0.11	0.13	0.02	0.17	0.19	0.02	-0.06	-0.06
15 to 19	0.21	0.21	0.00	0.11	0.13	0.02	0.31	0.28	-0.03	-0.20	-0.15
20 to 24	0.49	0.48	-0.01	0.22	0.23	0.01	1.15	1.15	0.00	-0.53	-0.52
25 to 29	1.37	1.35	-0.02	0.27	0.29	0.02	2.49	2.44	-0.05	-2.22	-2.15
30 to 34	2.36	2.30	-0.06	0.40	0.44	0.04	4.36	4.19	-0.17	-3.56	-3.35
35 to 39	2.48	2.46	-0.02	0.40	0.41	0.01	4.57	4.54	-0.03	-4.17	-4.13
40 to 44	2.36	2.39	0.03	0.32	0.35	0.03	4.44	4.45	0.01	-4.12	-4.10
45 to 49	2.32	2.32	0.00	0.28	0.36	0.08	4.36	4.27	-0.09	-4.08	-3.51
50 to 54	2.28	2.20	-0.08	0.29	0.32	0.03	4.23	4.08	-0.15	-3.54	-3.36
55 to 59	2.27	2.29	0.02	0.33	0.35	0.02	4.19	4.23	0.04	-3.46	-3.48
60 to 64	2.39	2.38	-0.01	0.47	0.47	0.00	4.23	4.24	0.01	-3.36	-3.37
65 to 69	2.46	2.45	-0.01	1.01	1.03	0.02	4.22	4.17	-0.05	-3.21	-3.14
70 to 74	2.48	2.48	0.00	1.11	1.10	-0.01	4.09	4.14	0.05	-2.58	-3.04
75 to 80	2.34	2.39	0.05	1.15	1.13	-0.02	3.36	3.45	0.09	-2.21	-2.32
80 to 84	2.10	2.21	0.11	1.13	1.16	0.03	2.43	3.05	0.22	-1.30	-1.49
85 years old and over	1.12	1.28	0.16	0.49	0.58	0.09	1.21	1.40	0.19	-0.32	-0.42

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

Broken down by day of the week, time spent on housework and related works was 2 hours 4 minutes, 2 hours 19 minutes and 2 hours 27 minutes on weekday, Saturday and Sunday, respectively. The time spent on Sunday is longer by 20 minutes and over than that on weekday.

Compared to 2006 by sex, the 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 3-9 and Table 3-9.)

Figure 3-9: Time spent on housework and related works by sex and day of the week (2006, 2011)

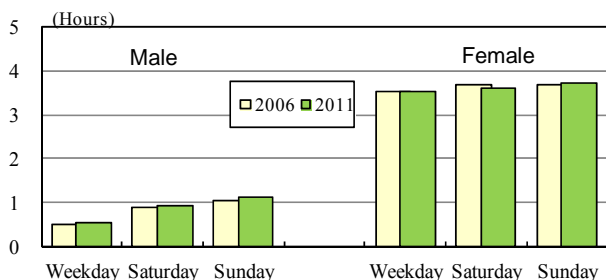


Table 3-9: Time spent on housework and related works by sex and day of the week (2006, 2011)

	Total		Male		Female	
	2006	2011	2006	2011	2006	2011
Weekday	2.02	2.04	0.30	0.33	3.32	3.32
Saturday	2.20	2.19	0.53	0.56	3.40	3.36
Sunday	2.24	2.27	1.04	1.08	3.40	3.43

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 by sex over the past 25 years as for persons in comparable age groups (15 years old and over), the time spent by males, which had been on the increase, increased by 25 minutes in 2011 compared to 1986. The time spent by females, which had been on the decrease before 1996 and had remained almost unchanged since then, decreased by 15 minutes in 2011 compared to 1986. The difference between males and females was on the decrease, but the gap was still considerable. (See Figure 3-10 and Table 3-10.)

Figure 3-10: Time spent on housework and related works by sex (1986-2011)-weekly average, persons aged 15 and over

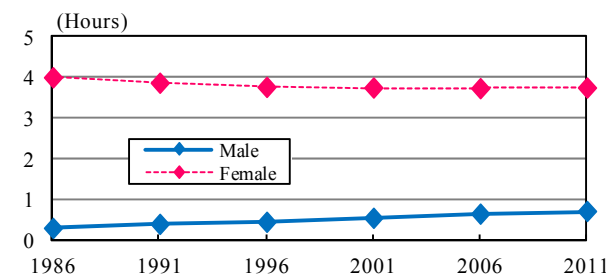


Table 3-10: Time spent on housework and related works by sex (1986-2011)-weekly average, persons aged 15 and over

	(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
2011	0.43	3.45

⑤ Married females spent on housework and related works 3 hours 56 minutes longer than never-married females.

Looking at the time spent on housework and related works by persons aged 15 and over by marital status, married males spent 47 minutes and never-married males 27 minutes. Married males spent 20 minutes more than never-married males. For females, married spent 5 hours 2 minutes and never-married 1 hour 6 minutes. Married females spent 3 hours 56 minutes more than never-married. (See Figure 3-11 and Table 3-11.)

Figure 3-11: Time spent on housework and related works by sex and marital status-weekly average, persons aged 15 and over

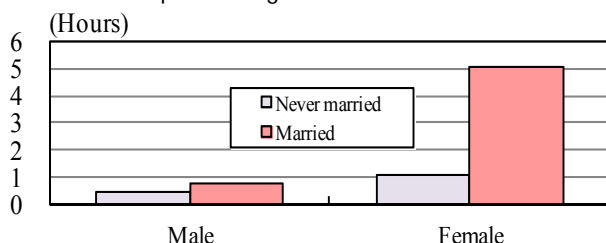


Table 3-11: Time spent on housework and related works by sex and marital status-weekly average, persons aged 15 and over

	(Hours, minutes)	
	Male	Female
Never married	0.27	1.06
Married	0.47	5.02

⑥ Time spent on housework by females aged 30 to 54 decreased significantly in the past 10 years.

Looking at the transition of time spent on housework and related works in the past 10 years by sex and age group, particularly focusing on housework, including cooking, cleaning house and laundry, males remained almost unchanged, and females decreased in the age groups of under 55 years old, showing a significant decrease especially in the age group of 30 to 54 years old. The difference between males and females decreased. (See Figures 3-12, Table 3-12 and Figure 3-13.)

Figure 3-12: Time spent on housework by sex and age group (2001, 2006, 2011)-weekly average

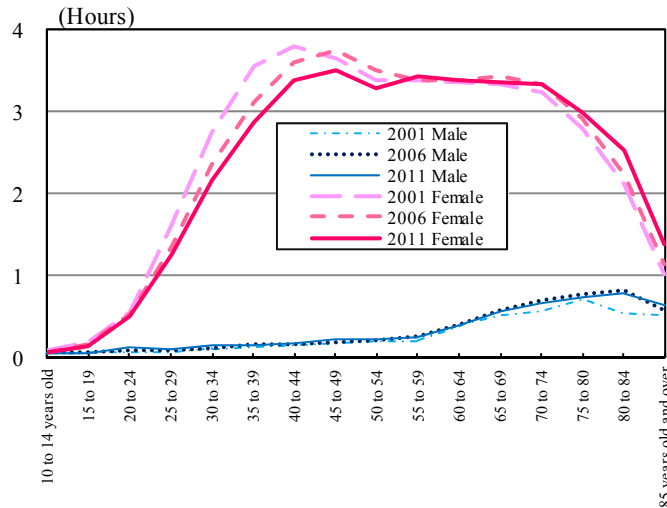
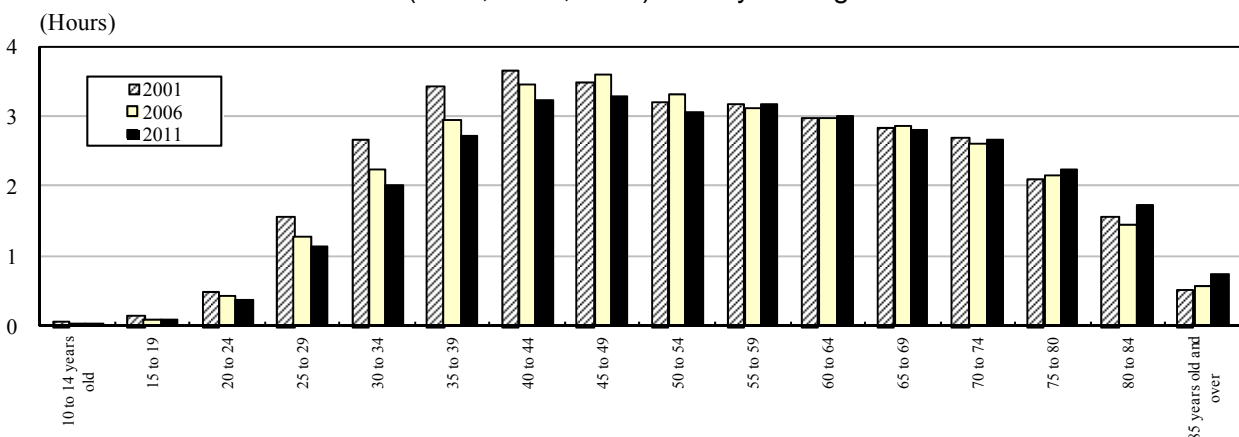


Table 3-12: Time spent on housework by sex and age group (2001, 2006, 2011)-weekly average (Hours, minutes)

	Male				Female				Difference		
	2001	2006	2011	Plus/minus 2011-2006	2001	2006	2011	Plus/minus 2011-2006	2001	2006	2011
Total	0.13	0.17	0.18	0.01	2.34	2.34	2.32	-0.02	-2.21	-2.17	-2.14
10 to 14 years old	0.03	0.04	0.04	0.00	0.06	0.05	0.05	0.00	-0.03	-0.01	-0.01
15 to 19	0.04	0.04	0.04	0.00	0.12	0.10	0.09	-0.01	-0.08	-0.06	-0.05
20 to 24	0.05	0.06	0.08	0.02	0.34	0.32	0.31	-0.01	-0.29	-0.26	-0.23
25 to 29	0.05	0.06	0.07	0.01	1.38	1.22	1.16	-0.06	-1.33	-1.16	-1.09
30 to 34	0.07	0.07	0.10	0.03	2.46	2.22	2.10	-0.12	-2.39	-2.15	-2.00
35 to 39	0.08	0.10	0.10	0.00	3.33	3.07	2.53	-0.14	-3.25	-2.57	-2.43
40 to 44	0.09	0.10	0.11	0.01	3.48	3.37	3.24	-0.13	-3.39	-3.27	-3.13
45 to 49	0.11	0.11	0.14	0.03	3.40	3.46	3.31	-0.15	-3.29	-3.35	-3.17
50 to 54	0.12	0.13	0.14	0.01	3.24	3.31	3.18	-0.13	-3.12	-3.18	-3.04
55 to 59	0.13	0.16	0.16	0.00	3.23	3.23	3.26	0.03	-3.10	-3.07	-3.10
60 to 64	0.24	0.25	0.24	-0.01	3.22	3.24	3.24	0.00	-2.58	-2.59	-3.00
65 to 69	0.31	0.35	0.34	-0.01	3.21	3.27	3.22	-0.05	-2.50	-2.52	-2.48
70 to 74	0.34	0.43	0.40	-0.03	3.15	3.20	3.20	0.00	-2.41	-2.37	-2.40
75 to 80	0.43	0.47	0.45	-0.02	2.48	2.56	3.00	0.04	-2.05	-2.09	-2.15
80 to 84	0.33	0.49	0.48	-0.01	2.07	2.15	2.32	0.17	-1.34	-1.26	-1.44
85 years old and over	0.32	0.35	0.39	0.04	1.02	1.09	1.23	0.14	-0.30	-0.34	-0.44

Figure 3-13: Transition of the difference between males and females in time spent on housework (2001, 2006, 2011)-weekly average



⑦ Time spent on child care by females aged 35 to 49 increased significantly in the past 10 years.

Looking at the transition of time spent on housework and related works in the past 10 years by sex and age group, particularly focusing on child care, the time spent by females aged 35 to 49 increased significantly, while the time spent by males aged 30 to 39, which increased by 5 minutes compared to 2001, remained almost unchanged. (See Figure 3-14, Table 3-13 and Figure 3-15.)

Figure 3-14: Time spent on child care by sex and age group (2001, 2006, 2011)-weekly average

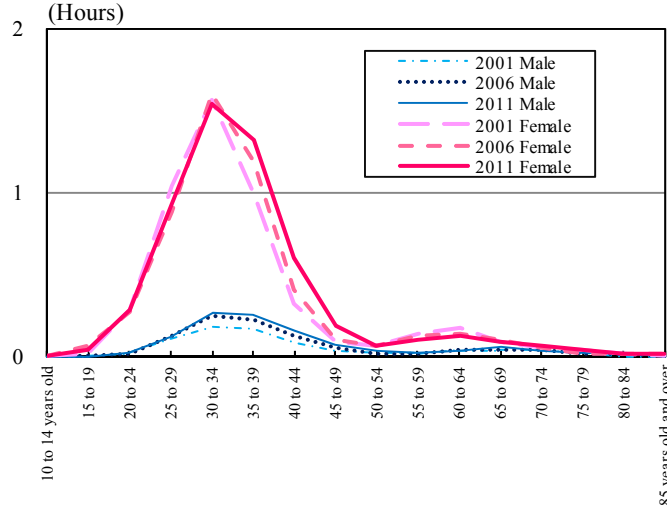
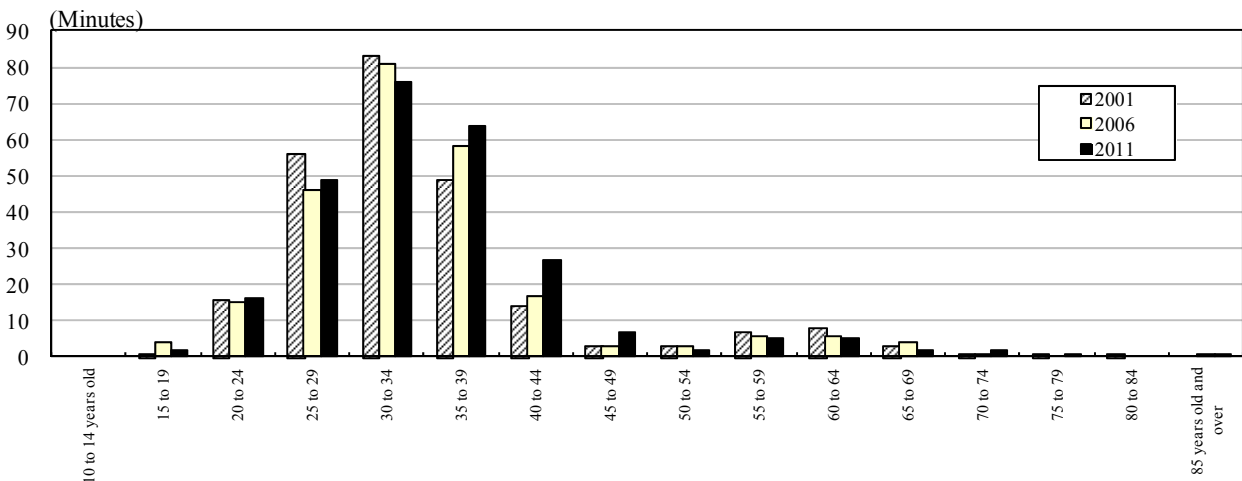


Table 3-13: Time spent on child care by sex and age group (2001, 2006, 2011)-weekly average (Hours, minutes)

	Male					Female					Difference 2011
	2001	2006	2011	Plus/minus		2001	2006	2011	Plus/minus		
				2006-2001	2011-2006				2006-2001	2011-2006	
Total	0.03	0.04	0.05	0.01	0.01	0.22	0.22	0.23	0.00	0.01	-0.18
10 to 14 years old	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
15 to 19	0.00	0.00	0.00	0.00	0.00	0.01	0.04	0.02	0.03	-0.02	-0.02
20 to 24	0.01	0.01	0.01	0.00	0.00	0.17	0.16	0.17	-0.01	0.01	-0.16
25 to 29	0.06	0.07	0.07	0.01	0.00	1.02	0.53	0.56	-0.09	0.03	-0.49
30 to 34	0.11	0.15	0.16	0.04	0.01	1.34	1.36	1.32	0.02	-0.04	-1.16
35 to 39	0.10	0.13	0.15	0.03	0.02	0.59	1.11	1.19	0.12	0.08	-1.04
40 to 44	0.05	0.07	0.09	0.02	0.02	0.19	0.24	0.36	0.05	0.12	-0.27
45 to 49	0.02	0.03	0.04	0.01	0.01	0.05	0.06	0.11	0.01	0.05	-0.07
50 to 54	0.01	0.01	0.02	0.00	0.01	0.04	0.04	0.04	0.00	0.00	-0.02
55 to 59	0.01	0.01	0.01	0.00	0.00	0.08	0.07	0.06	-0.01	-0.01	-0.05
60 to 64	0.02	0.02	0.02	0.00	0.00	0.10	0.08	0.07	-0.02	-0.01	-0.05
65 to 69	0.02	0.02	0.03	0.00	0.01	0.05	0.06	0.05	0.01	-0.01	-0.02
70 to 74	0.02	0.02	0.02	0.00	0.00	0.03	0.03	0.04	0.00	0.01	-0.02
75 to 80	0.01	0.01	0.01	0.00	0.00	0.02	0.01	0.02	-0.01	0.01	-0.01
80 to 84	0.00	0.01	0.01	0.01	0.00	0.01	0.01	0.01	0.00	0.00	0.00
85 years old and over	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.01	0.01	0.00	-0.01

Figure 3-15: Transition of the difference between males and females in time spent on child care (2001, 2006, 2011)-weekly average



4. Tertiary activities

(1) Free-time activities such as resting

①As for time spent on free-time activities such as resting for persons aged 60 to 84, males' free time was more than females', and the difference was considerable.

Free-time activities such as resting took up 3 hours 58 minutes, of which the time spent on “Watching TV, listening to the radio, reading newspapers or magazines” was 2 hours 27 minutes. (See Table 4-1.)

Broken down by sex and age group, for persons aged under 60, there was no significant difference between males and females. For persons aged 60 to 84, males spent 30 minutes and over longer than females and there was a significant difference between them. (See Figure 4-1 and Table 4-1.)

②In the age group of 20 to 79 years old, time spent on free-time activities such as resting generally increased.

Compared to 2006, the time spent on free-time activities such as resting increased by 9 minutes. The time spent on “Rest and relaxation” increased by 6 minutes.

Broken down by age group, in the age group of 20 to 79 years old, the time spent generally increased. (See Figure 4-2 and Table 4-1.)

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

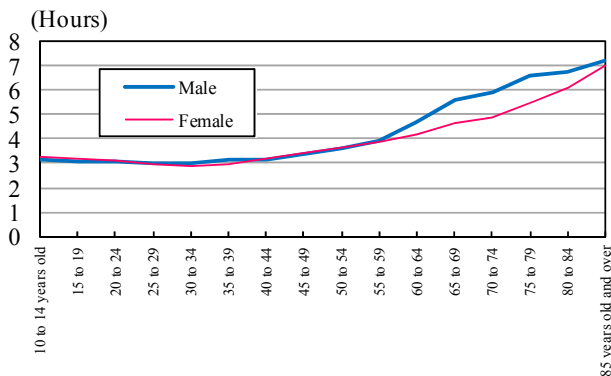


Figure 4-2: Time spent on free-time activities such as resting by age group (2006, 2011)-weekly average

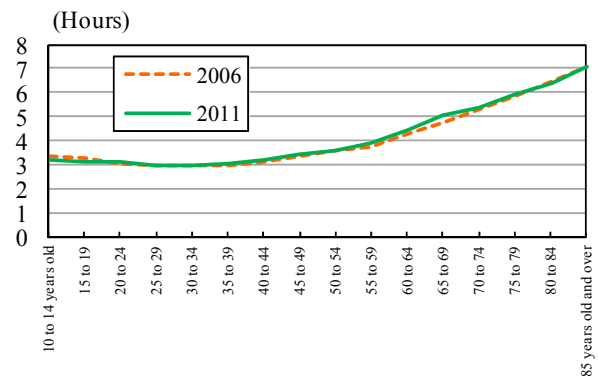


Table 4-1: Time spent on free-time activities such as resting by sex and age group (2006, 2011)-weekly average

(Hours, minutes)

	Total			Male			Female			Difference
	2006	2011	Plus/minus	2006	2011	Plus/minus	2006	2011	Plus/minus	2011
Free-time activities such as resting	3.49	3.58	0.09	3.51	4.02	0.11	3.47	3.55	0.08	0.07
Watching TV, listening to the radio, reading	2.24	2.27	0.03	2.28	2.31	0.03	2.21	2.24	0.03	0.07
Rest and relaxation	1.25	1.31	0.06	1.23	1.31	0.08	1.26	1.31	0.05	0.00
Free-time activities such as resting										
10 to 14 years old	3.19	3.13	-0.06	3.15	3.08	-0.07	3.24	3.16	-0.08	-0.08
15 to 19	3.17	3.08	-0.09	3.16	3.06	-0.10	3.18	3.10	-0.08	-0.04
20 to 24	3.04	3.05	0.01	3.03	3.03	0.00	3.07	3.07	0.00	-0.04
25 to 29	2.59	2.59	0.00	2.54	2.58	0.04	3.05	2.59	-0.06	-0.01
30 to 34	2.59	2.57	-0.02	3.02	3.01	-0.01	2.56	2.53	-0.03	0.08
35 to 39	2.57	3.04	0.07	2.59	3.09	0.10	2.53	2.58	0.05	0.11
40 to 44	3.05	3.12	0.07	3.04	3.10	0.06	3.07	3.12	0.05	-0.02
45 to 49	3.22	3.25	0.03	3.16	3.23	0.07	3.27	3.26	-0.01	-0.03
50 to 54	3.33	3.37	0.04	3.34	3.38	0.04	3.32	3.37	0.05	0.01
55 to 59	3.44	3.54	0.10	3.46	3.55	0.09	3.41	3.54	0.13	0.01
60 to 64	4.16	4.26	0.10	4.36	4.42	0.06	3.58	4.12	0.14	0.30
65 to 69	4.45	5.03	0.18	5.16	5.34	0.18	4.18	4.37	0.19	0.57
70 to 74	5.19	5.21	0.02	5.53	5.54	0.01	4.50	4.53	0.03	1.01
75 to 79	5.50	5.56	0.06	6.17	6.34	0.17	5.28	5.27	-0.01	1.07
80 to 84	6.27	6.22	-0.05	6.54	6.46	-0.08	6.10	6.05	-0.05	0.41
85 years old and over	7.06	7.04	-0.02	7.15	7.11	-0.04	7.02	6.59	-0.03	0.12

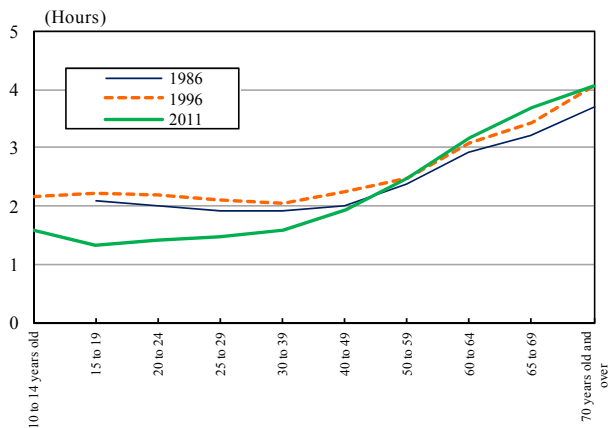
③ Over the past 25 years, time spent on “Watching TV, listening to the radio, reading newspapers or magazines” was on the decrease in persons aged under 50 and on the increase in persons aged 50 and over.

Looking at the transition of time spent on free-time activities such as resting by age group over the past 25 years, particularly focusing on “Watching TV, listening to the radio, reading newspapers or magazines”, time spent by persons aged under 50 increased in 1996, but decreased in 2011, especially in the age group of 15 to 19 years old which showed a significant decrease. On the other hand, time spent by persons aged 50 and over was on the increase, and the difference between younger and older generations increased. (See Figure 4-3 and Table 4-2.)

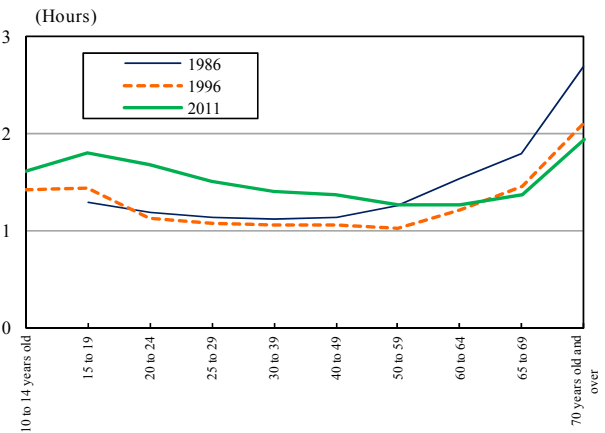
④ Over the past 25 years, time spent on “Rest and relaxation” was on the increase in persons aged under 60 and on the decrease in persons aged 60 and over.

Looking at the transition of time spent on free-time activities such as resting by age group over the past 25 years, particularly focusing on “Rest and relaxation”, time spent by persons aged under 60 generally decreased in 1996, but increased in 2011, especially in the age group of 20 to 24 years old, which showed a significant increase. On the other hand, the time spent by persons aged 60 and over decreased significantly compared to 1986, and the difference between younger and older generations decreased. (See Figure 4-4 and Table 4-2.)

Figure 4-3: Time spent on “Watching TV, listening to the radio, reading newspapers or magazines” by age group (1986, 1996, 2011)-weekly average by age group (1986, 1996, 2011)-weekly average



Note: Data on the age group of 10 to 14 years old were first collected in the survey conducted in 1996.



Note: Data on the age group of 10 to 14 years old were first collected in the survey conducted in 1996.

Table 4-2: Transition of time spent on “Watching TV, listening to the radio, reading newspapers or magazines” and “Rest and relaxation” by age group (1986, 1996, 2011)-weekly average

	Watching TV, listening to the radio, reading newspapers or magazines				Rest and relaxation			
	1986	1996	2011	Plus/minus	1986	1996	2011	Plus/minus
Total	-	2.33	2.27	-0.06	-	1.15	1.31	0.16
10 to 14 years old	-	2.10	1.36	-0.34	-	1.25	1.37	0.12
15 to 19	2.06	2.14	1.20	-0.46	1.17	1.26	1.48	0.31
20 to 24	2.01	2.12	1.24	-0.37	1.11	1.08	1.41	0.30
25 to 29	1.55	2.07	1.29	-0.26	1.08	1.04	1.30	0.22
30 to 39	1.55	2.03	1.36	-0.19	1.07	1.03	1.24	0.17
40 to 49	2.01	2.15	1.56	-0.05	1.08	1.03	1.22	0.14
50 to 59	2.22	2.29	2.29	0.07	1.15	1.01	1.16	0.01
60 to 64	2.56	3.05	3.10	0.14	1.32	1.13	1.16	-0.16
65 to 69	3.13	3.26	3.41	0.28	1.47	1.27	1.22	-0.25
70 years old and over	3.42	4.04	4.03	0.21	2.41	2.07	1.56	-0.45
(Regrouped)								
15 years old and over	2.18	2.34	2.30	0.12	1.21	1.15	1.30	0.09

Note: For the column of “plus/minus”, figures for the total and the age group of 10 to 14 years old indicate plus/minus from 1996, and those of other age groups indicate plus/minus for 1986.

(2) Active free-time activities

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

The time spent on active free-time activities was 1 hour 14 minutes, of which the longest was “Hobbies and amusements” (44 minutes), followed by “Sports”, “Learning, self-education and training (excluding schoolwork)”, and so on.

Broken down by sex, males spent 1 hour 28 minutes, and females 1 hour 4 minutes. Males spent 24 minutes longer.

By age group, males aged under 45 and 60 to 84 and females aged under 25 and 60 to 74 spent 1 hour and more. (See Figure 4-5 and Table 4-3.)

② Time spent on active free-time activities significantly increased in the age group of 20 to 24 years old.

Compared to 2006, the time spent on active free-time activities decreased by 3 minutes. “Learning, self-education and training (excluding schoolwork)” remained unchanged, while all other activities decreased by 1 minute.

Broken down by age group, the time spent significantly increased in the age group of 20 to 24 years old, but significantly decreased in the age groups of under 15 and 60 to 64. (See Figure 4-6 and Table 4-3.)

Figure 4-5: Time spent on active free-time activities by sex and age group -weekly average

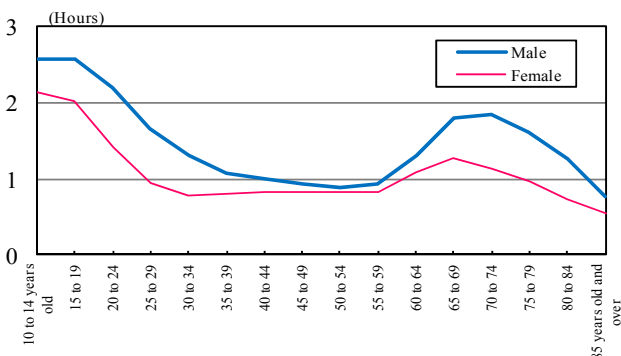


Figure 4-6: Time spent on active free-time activities by age group (2006, 2011) -weekly average

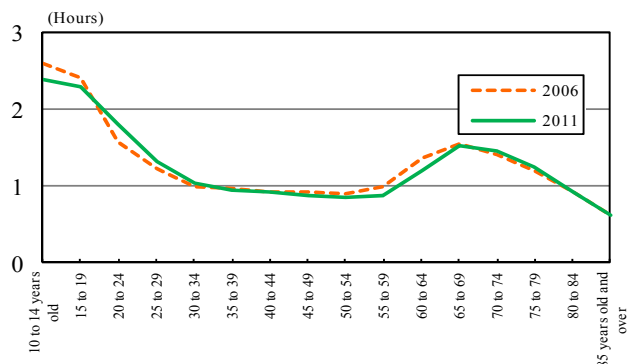


Table 4-3: Time spent on active free-time activities by sex and age group (2006, 2011)-weekly average

	(Hours, minutes)									
	Total			Male			Female			Difference
	2006	2011	Plus/minus	2006	2011	Plus/minus	2006	2011	Plus/minus	2011
Active free-time activities	1.17	1.14	-0.03	1.28	1.28	0.00	1.06	1.04	-0.02	0.24
Learning, self-education and training (excluding schoolwork)	0.12	0.12	0.00	0.13	0.13	0.00	0.12	0.12	0.00	0.01
Hobbies and amusements	0.45	0.44	-0.01	0.51	0.53	0.02	0.38	0.37	-0.01	0.16
Sports	0.15	0.14	-0.01	0.19	0.18	-0.01	0.11	0.11	0.00	0.07
Volunteer and social activities	0.05	0.04	-0.01	0.05	0.04	-0.01	0.05	0.04	-0.01	0.00
Active free-time activities										
10 to 14 years old	2.35	2.23	-0.12	2.52	2.34	-0.18	2.18	2.09	-0.09	0.25
15 to 19	2.24	2.18	-0.06	2.41	2.35	-0.06	2.05	2.01	-0.04	0.34
20 to 24	1.35	1.49	0.14	1.56	2.12	0.16	1.12	1.25	0.13	0.47
25 to 29	1.13	1.19	0.06	1.30	1.39	0.09	0.55	0.57	0.02	0.42
30 to 34	0.59	1.03	0.04	1.08	1.18	0.10	0.51	0.47	-0.04	0.31
35 to 39	0.58	0.57	-0.01	1.03	1.04	0.01	0.52	0.48	-0.04	0.16
40 to 44	0.55	0.55	0.00	0.58	1.00	0.02	0.52	0.49	-0.03	0.11
45 to 49	0.56	0.52	-0.04	1.00	0.56	-0.04	0.51	0.50	-0.01	0.06
50 to 54	0.54	0.51	-0.03	0.54	0.53	-0.01	0.53	0.50	-0.03	0.03
55 to 59	0.59	0.52	-0.07	1.00	0.56	-0.04	0.56	0.49	-0.07	0.07
60 to 64	1.22	1.12	-0.10	1.30	1.19	-0.11	1.15	1.05	-0.10	0.14
65 to 69	1.33	1.31	-0.02	1.51	1.48	-0.03	1.14	1.16	0.02	0.32
70 to 74	1.24	1.28	0.04	1.46	1.51	0.05	1.07	1.08	0.01	0.43
75 to 79	1.12	1.15	0.03	1.35	1.37	0.02	0.55	0.58	0.03	0.39
80 to 84	0.56	0.56	0.00	1.06	1.16	0.10	0.49	0.44	-0.05	0.32
85 years old and over	0.38	0.38	0.00	0.46	0.46	0.00	0.34	0.33	-0.01	0.13

(3) Social life

Time spent on “Social life” decreased in almost all age groups.

The time spent on “Social life” was 19 minutes. Males spent 18 minutes, and females 20 minutes.

Looking at the transition by age group over the past 10 years, the time spent on “Social life” decreased generally in all age groups, especially in the age group of 20 to 24 years old, where the time significantly decreased by 16 minutes. (See Figure 4-7 and Table 4-4.)

Figure 4-7: Time spent on “Social life” by age group (2001, 2006, 2011)-weekly average

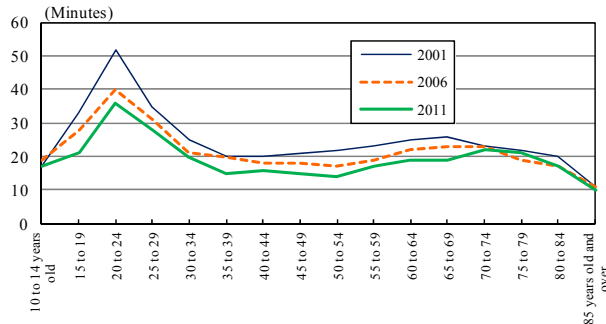


Table 4-4: Time spent on “Social life” by sex and age group (2001, 2006, 2011)-weekly average (Minutes)

	Total						Male						Female					
	2001	2006	2011	Plus/minus			2001	2006	2011	Plus/minus			2001	2006	2011	Plus/minus		
				2006-2001	2011-2006					2006-2001	2011-2006					2006-2001	2011-2006	
Total	26	22	19	-4	-3		25	20	18	-5	-2		27	24	20	-3	-4	
10 to 14 years old	17	19	17	2	-2		17	20	20	3	0		17	18	15	1	-3	
15 to 19	33	28	21	-5	-7		32	27	22	-5	-5		34	28	20	-6	-8	
20 to 24	52	40	36	-12	-4		54	40	33	-14	-7		50	41	39	-9	-2	
25 to 29	35	31	28	-4	-3		35	29	28	-6	-1		35	32	28	-3	-4	
30 to 34	25	21	20	-4	-1		22	18	18	-4	0		27	23	23	-4	0	
35 to 39	20	20	15	0	-5		19	17	14	-2	-3		22	24	16	2	-8	
40 to 44	20	18	16	-2	-2		20	16	16	-4	0		20	19	16	-1	-3	
45 to 49	21	18	15	-3	-3		22	17	14	-5	-3		21	18	17	-3	-1	
50 to 54	22	17	14	-5	-3		21	15	14	-6	-1		24	19	15	-5	-4	
55 to 59	23	19	17	-4	-2		22	16	15	-6	-1		24	22	18	-2	-4	
60 to 64	25	22	19	-3	-3		23	19	18	-4	-1		27	24	21	-3	-3	
65 to 69	26	23	19	-3	-4		23	22	17	-1	-5		29	25	22	-4	-3	
70 to 74	23	23	22	0	-1		19	20	20	1	0		27	25	23	-2	-2	
75 to 79	22	19	21	-3	2		19	15	17	-4	2		25	21	24	-4	3	
80 to 84	20	17	17	-3	0		16	14	14	-2	0		23	19	18	-4	-1	
85 years old and over	11	11	10	0	-1		12	8	9	-4	1		11	13	11	2	-2	

(4) Transition of time spent on tertiary activities by kind of main activity

Time spent on “Social life” was on the decrease.

Looking at the transition of time spent on tertiary activities over the past 25 years by kind of main activity, as for persons in comparable age groups (15 years old and over), time spent on free-time activities such as resting had been on the increase before 2001 but slightly decreased in 2006, and then turned upward again in 2011. The time spent on active free-time activities had been on the increase before 2006 and remained almost unchanged in 2011. The time spent on “social life” was on the decrease. (See Figure 4-8 and Table 4-5.)

Figure 4-8: Time spent on tertiary activities by kind of main activity (1986-2011)-weekly average, persons aged 15 and over

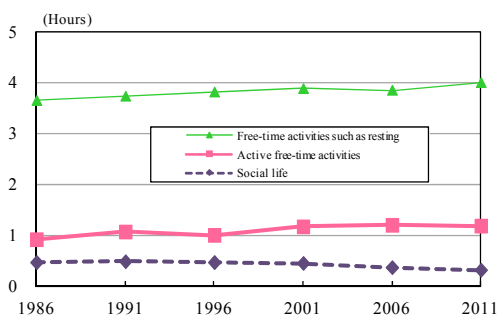


Table 4-5: Time spent on tertiary activities by kind of main activity (1986-2011)-weekly average, persons aged 15 and over

	(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
2011	4.00	1.11	0.19

5. Time use broken down by type of people

(1) Persons attending school

① Graduate school students spent the longest time on secondary activities, and the shortest time on tertiary activities.

Looking at the time use of persons attending school (aged 10 years old and over; hereinafter idem) based on the kind of school attended and the school grade, the higher the grade is, the shorter the time spent on primary activities. High school 3rd grade spent the shortest time (10 hours 5 minutes) on primary activities, and the students of more advanced educational institutions and grades spent slightly longer.

As for the time spent on secondary activities, graduate school students spent the longest time (7 hours 56 minutes), and elementary school 5th grade spent the shortest time (5 hours 50 minutes). As for the time spent on tertiary activities, high school 2nd grade spent the longest (6 hours 47 minutes) and graduate school students spent the shortest time (5 hours 49 minutes).

Comparing the time spent on secondary activities with that spent on tertiary activities, for elementary school students, the former was less than the latter, while for all grade of all schools except elementary school, the former was more than the latter. (See Figure 5-1 and Table 5-1.)

Figure 5-1: Time use for each kind of activity by kind of schools attended and school grade-weekly average, persons attending school

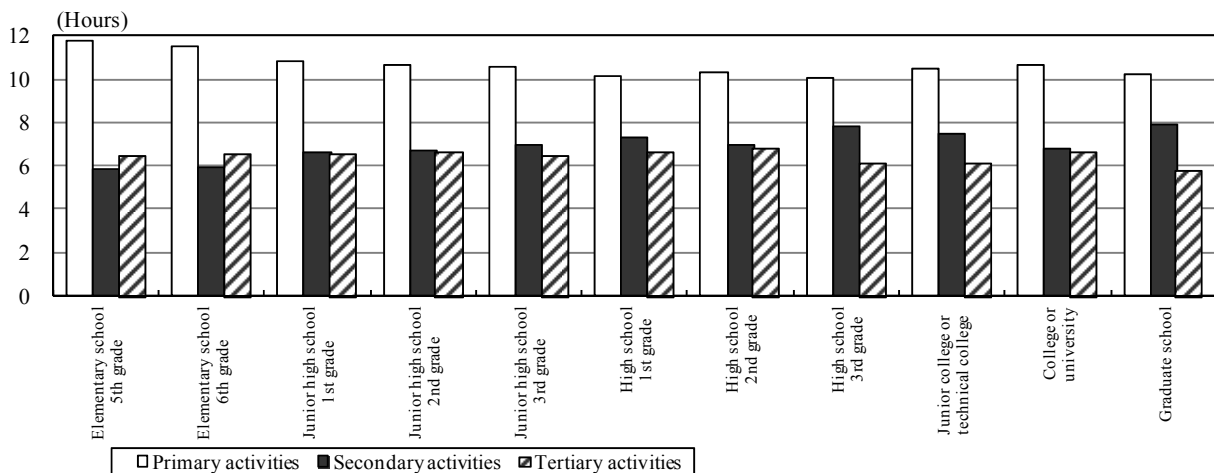


Table 5-1: Time use for each kind of activity by kind of school attended and school grade-weekly average, persons attending school

	(Hours, minutes)													
	Elementary school (10 years old and over)	5th grade	6th grade	Junior high school	1st grade	2nd grade	3rd grade	High school	1st grade	2nd grade	3rd grade	Junior college or technical college	College or university	Graduate school
Primary activities	11.41	11.44	11.32	10.42	10.51	10.40	10.35	10.11	10.07	10.17	10.05	10.26	10.39	10.15
Sleep	8.58	9.01	8.50	8.09	8.19	8.07	8.00	7.34	7.33	7.37	7.29	7.41	7.54	7.31
Personal care	1.06	1.06	1.06	1.06	1.05	1.06	1.09	1.12	1.08	1.15	1.11	1.20	1.18	1.18
Meals	1.37	1.38	1.36	1.27	1.27	1.28	1.26	1.25	1.25	1.26	1.25	1.25	1.27	1.26
Secondary activities	5.54	5.50	5.57	6.46	6.36	6.44	6.57	7.19	7.16	6.55	7.49	7.30	6.45	7.56
Commuting to and from school or work	0.31	0.32	0.30	0.36	0.36	0.37	0.34	1.02	1.06	1.02	1.01	1.11	1.12	1.15
Work	0.00	0.00	—	0.00	0.00	0.00	0.01	0.19	0.09	0.14	0.15	1.08	1.27	1.48
Schoolwork	5.05	5.02	5.10	5.55	5.45	5.52	6.06	5.41	5.47	5.22	6.17	4.22	3.33	4.23
Housework and related works	0.18	0.17	0.17	0.15	0.14	0.15	0.15	0.18	0.14	0.17	0.16	0.49	0.33	0.30
Tertiary activities	6.25	6.26	6.31	6.32	6.33	6.36	6.28	6.29	6.37	6.47	6.05	6.05	6.36	5.49
Free-time activities such as resting	3.20	3.19	3.25	3.08	3.01	3.02	3.20	3.06	3.00	3.13	3.04	3.09	2.56	2.09
Active free-time activities	2.02	2.05	2.03	2.36	2.45	2.45	2.14	2.26	2.47	2.29	2.07	1.37	2.12	2.39
Learning, self-education and training (excluding schoolwork)	0.36	0.37	0.38	0.51	0.43	0.42	1.07	0.48	0.46	0.46	0.56	0.36	0.29	0.49
Hobbies and amusements	0.47	0.46	0.45	0.51	0.48	0.50	0.53	0.58	1.05	0.55	0.55	0.52	1.22	1.35
Sports	0.37	0.39	0.38	0.52	1.11	1.12	0.13	0.39	0.55	0.47	0.15	0.06	0.17	0.12
Volunteer and social activities	0.02	0.03	0.02	0.02	0.03	0.01	0.01	0.01	0.01	0.01	0.01	0.03	0.04	0.03
Social life	0.21	0.23	0.20	0.14	0.14	0.14	0.13	0.17	0.14	0.18	0.19	0.31	0.35	0.23
Other tertiary activities	0.41	0.38	0.43	0.36	0.33	0.35	0.39	0.39	0.36	0.47	0.36	0.48	0.53	0.39

② High school 3rd grade spent the longest on schoolwork.

Looking at the time spent on schoolwork, high school 3rd grade spent the longest time (6 hours 17 minutes), followed by junior high school 3rd grade (6 hours 6 minutes).

Broken down by sex, males spent 5 hours 4 minutes, and females 5 hours 9 minutes. Females spent 5 minutes longer.

By kind of school attended and school grade, in the categories of junior high 3rd grade, junior college or technical college students, college or university students, and graduate school students, males spent longer, in the category of high school 2nd grade, no difference was found between males and females, while in other categories, females spent longer. (See Table 5-2.)

Table 5-2: Time spent on schoolwork by sex, kind of school attended and school grade-weekly average, persons attending school

	Total	Elementary school (10 years old and over)			Junior high school	High school			Junior college or technical college	College or university	Graduate school				
		5th grade	6th grade	3rd grade		1st grade	2nd grade	3rd grade							
Total	5.06	5.05	5.02	5.10	5.55	5.45	5.52	6.06	5.41	5.47	5.22	6.17	4.22	3.33	4.23
Male	5.04	5.01	4.57	5.08	5.51	5.37	5.47	6.09	5.38	5.46	5.22	6.15	4.49	3.33	4.51
Female	5.09	5.10	5.07	5.11	5.59	5.55	5.57	6.03	5.44	5.47	5.22	6.19	4.11	3.32	3.00
Difference	-0.05	-0.09	-0.10	-0.03	-0.08	-0.18	-0.10	0.06	-0.06	-0.01	0.00	-0.04	0.38	0.01	1.51

③ Time spent on schoolwork as a whole increased.

Looking at the transition in the time spent on schoolwork by persons attending school over the past 25 years by kind of school attended, the tendency as a whole had been on the decrease but increased in 2006. In 2011, the time spent on school increased in all categories, except junior college or technical college. (See Figure 5-2 and Table 5-3.)

Figure 5-2: Time spent on schoolwork by kind of school attended (1986-2011)-weekly average, persons attending school

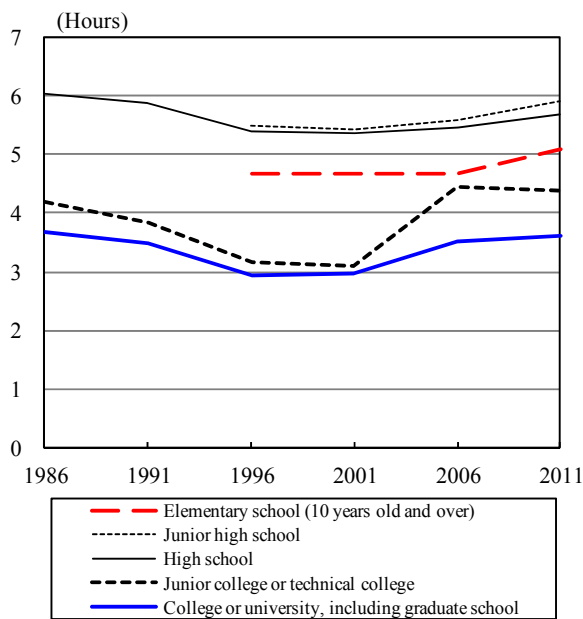


Table 5-3 Time spent on schoolwork by kind of school attended (1986-2011)-weekly average, persons attending school

	Elementary school (10 years old and over)	Junior high school	High school	Junior college or technical 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
2011	5.05	5.55	5.41	4.22	3.37

Note: The survey of 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.

Data of "College or university, including graduate school" for 2011 are calculated based on data of "College or university" and "Graduate school".

Note: The survey of 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.

Data of "College or university, including graduate school" for 2011 are calculated based on data of "College or university" and "Graduate school".

(2) Husbands and wives

①According to the child(ren)’s age, time spent on “Housework and related works” and “Work and work-related activity” by wives changed greatly.

Looking at the time use for husbands and wives in the same household, the time spent on primary activities by husbands was 10 hours 35 minutes, on secondary activities 6 hours 56 minutes, and on tertiary activities 6 hours 29 minutes, and for wives, the time spent on primary activities was 10 hours 29 minutes, on secondary activities 7 hours 35 minutes, and on tertiary activities 5 hours 56 minutes. Husbands spent 6 minutes longer on primary activities, and 33 minutes longer on tertiary activities. Wives spent 39 minutes longer on secondary activities.

Looking at husbands’ and wives’ time use by life stage¹⁾, the average time spent on “Housework and related works” was the longest in “parents at the child care period (when own youngest child is at preschool)”²⁾, for both husbands and wives. Husbands spent 1 hour 6 minutes, and wives 7 hours 31 minutes. The average time spent on “Work and work-related activity”³⁾ was the longest in “Parents at the child care period (when own youngest child is at preschool)” for husbands, but the shortest for wives. Husbands spent 8 hours 52 minutes, and wives 1 hour 54 minutes. As for wives’ average time spent on secondary activities, the time spent on “Housework and related works” became shorter and that on “Work and work-related activity” longer as the youngest child proceeded through his/her school career. The child(ren)’s growth process significantly affects the time spent on “Housework and related works” and “Work and work-related activity” by wives. (See Figures 5-3 and 5-4 and Table 5-4.)

Figure 5-3: Time use for each kind of activity by life stage-weekly average, husbands and wives

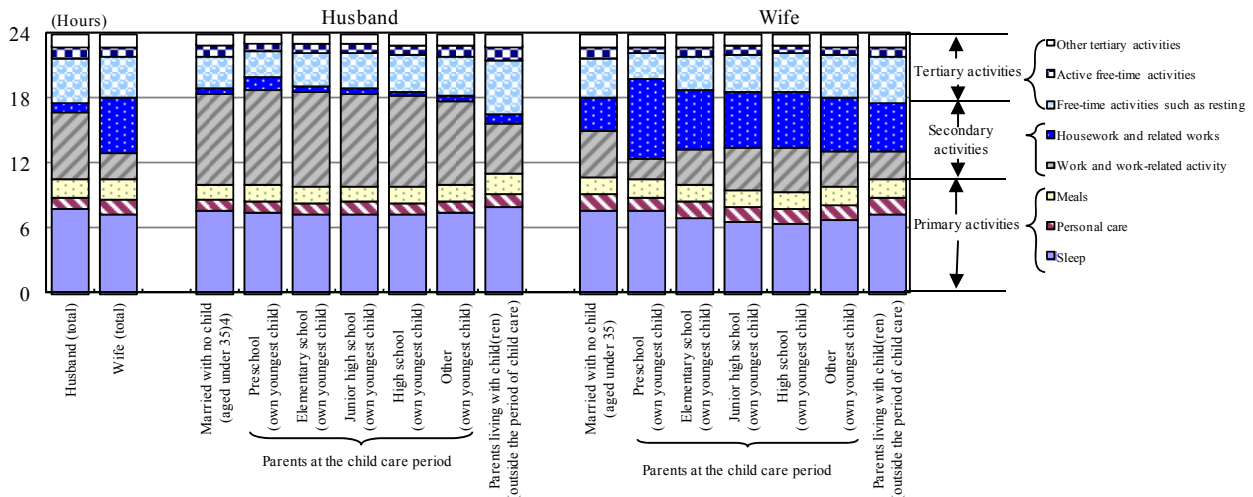
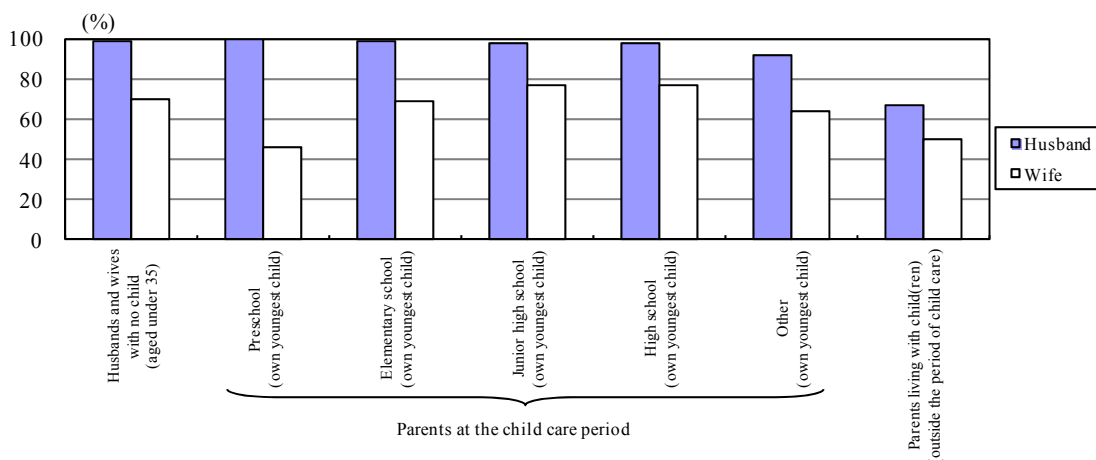


Figure 5-4: Percentage of working people by life stage-husbands and wives



- 1) Life stages were set up for individuals based on the classification method of whether there are spouse and child(ren) in the household, the ages of the child(ren) living together, and whether they are students or employees. 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) “Commuting to and from school or work” and “Work” and “Schoolwork” are included.
- 4) “Married with no child” means husbands and wives who have no child(ren) in the same household.

Table 5-4: Time use for each kind of activity by life stage-weekly average, husbands and wives

	Total	Married with no child	Of which those aged under 35	Parents at the child care period							Parents living with child(ren) (outside the period of child care)
				Total	Education of the youngest child						
					Preschool	Elementary school	Junior high school	High school	Other		
Population (thousand persons)	32022	12352	836	12555	5353	3388	1523	1263	1028	7114	
Percentage of population (%)	100.0	38.6	2.6	39.2	16.7	10.6	4.8	3.9	3.2	22.2	
Percentage of working people (%)	77.4	62.3	98.1	98.0	99.1	98.5	97.6	97.3	91.9	67.0	
Time use (hours, minutes)											
Primary activities	10.35	10.58	10.02	9.56	9.59	9.51	9.56	9.50	10.07	11.03	
Sleep	7.44	7.57	7.34	7.21	7.27	7.17	7.17	7.12	7.24	8.02	
Personal care	1.10	1.12	1.02	1.06	1.05	1.05	1.08	1.06	1.06	1.13	
Meals	1.41	1.49	1.27	1.29	1.27	1.29	1.31	1.32	1.36	1.48	
Secondary activities	6.56	5.18	8.57	9.24	9.57	9.19	8.58	8.49	8.08	5.24	
Work and work-related activity	6.09	4.28	8.23	8.40	8.52	8.47	8.32	8.22	7.39	4.40	
Housework and related works	0.46	0.50	0.35	0.45	1.06	0.33	0.27	0.27	0.29	0.45	
Housework	0.19	0.26	0.12	0.11	0.11	0.11	0.11	0.11	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	0.08	0.02	0.01	0.18	0.37	0.06	0.02	0.01	0.01	0.02	
Shopping	0.17	0.20	0.22	0.15	0.17	0.15	0.13	0.14	0.14	0.17	
Tertiary activities	6.29	7.44	5.01	4.40	4.05	4.50	5.05	5.21	5.45	7.33	
Free-time activities such as resting	4.09	4.56	2.51	2.53	2.30	2.57	3.18	3.24	3.37	5.03	
Active free-time activities	1.11	1.29	1.09	0.49	0.43	0.56	0.51	0.54	1.02	1.18	
Other tertiary activities	1.09	1.20	1.00	0.57	0.53	0.57	0.57	1.04	1.06	1.12	
Time use (hours, minutes)											
Primary activities	10.29	10.49	10.40	10.04	10.29	10.01	9.31	9.20	9.52	10.36	
Sleep	7.20	7.32	7.39	7.07	7.33	7.01	6.37	6.28	6.49	7.21	
Personal care	1.24	1.27	1.30	1.20	1.17	1.26	1.20	1.18	1.23	1.26	
Meals	1.45	1.50	1.32	1.36	1.38	1.34	1.34	1.34	1.40	1.49	
Secondary activities	7.35	6.26	7.19	9.05	9.24	8.46	9.05	9.12	8.16	7.03	
Work and work-related activity	2.31	2.16	4.19	2.51	1.54	3.17	4.01	4.06	3.10	2.26	
Housework and related works	5.04	4.11	3.01	6.14	7.31	5.29	5.05	5.06	5.06	4.37	
Housework	3.37	3.18	2.18	3.54	3.32	4.11	4.11	4.14	4.03	3.44	
Caring or nursing	0.06	0.07	0.02	0.04	0.03	0.03	0.03	0.05	0.12	0.08	
Child care	0.39	0.05	0.06	1.33	3.15	0.30	0.07	0.02	0.04	0.05	
Shopping	0.42	0.41	0.35	0.43	0.41	0.45	0.44	0.45	0.47	0.40	
Tertiary activities	5.56	6.45	6.00	4.51	4.07	5.13	5.24	5.29	5.53	6.21	
Free-time activities such as resting	3.45	4.16	3.45	2.56	2.20	3.08	3.29	3.35	3.50	4.17	
Active free-time activities	0.53	1.06	0.57	0.40	0.31	0.49	0.47	0.45	0.51	0.51	
Other tertiary activities	1.18	1.23	1.20	1.14	1.16	1.17	1.09	1.09	1.11	1.13	

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

- 1) Either husbands or wives in some households were excluded from counting due to flawed paperwork or other reasons;
- 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 Time use of wives differs significantly according to usual economic activities of a married couple.

Looking at the time use of husbands and wives in “Households where both husband and wife are working” (households where both husband and wife are working; hereinafter idem) and “Households where husband is working and wife is not working”, under the category of the household of a couple with their child(ren), husbands of “Households where both husband and wife are working” spent 10 hours on primary activities, 9 hours 9 minutes on secondary activities, and 4 hours 51 minutes on tertiary activities. Compared to husbands of “Households where husband is working and wife is not working”, they spent 2 minutes less on primary activities, 1 minute less on secondary activities, and 3 minutes more on tertiary activities.

Wives of “Households where both husband and wife are working” spent 9 hours 55 minutes on primary activities, 9 hours 27 minutes on secondary activities, and 4 hours 38 minutes on tertiary activities. Compared to wives of “Households where husband is working and wife is not working”, they spent 23 minutes less on primary activities, 1 hour 17 minutes less on tertiary activities, and 1 hour 40 minutes more on secondary activities. The time use of wives differs significantly according to the usual economic activities of a married couple.

Looking at the time spent on child care by the age group of own youngest child, for both husbands and wives, the longer time they spent, the lower the age groups of their youngest child were. (See Table 5-5.)

Table 5-5: Time use by age group of own youngest child and usual economic activities of a married couple -weekly average, husbands and wives in the household of a couple with their child(ren)

Age group of the youngest child		Households where both husband and wife are working						Household where 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	10.00	9.09	8.30	0.39	0.12	4.51	10.02	9.10	8.22	0.46	0.19	4.48
	Under 1 year old	10.03	10.23	8.38	1.45	1.17	3.34	10.01	10.11	8.49	1.22	0.52	3.48
	1 to 2 years old	9.45	10.26	9.04	1.22	0.46	3.49	9.55	10.14	9.03	1.09	0.42	3.51
	3 to 5	9.56	9.44	8.53	0.49	0.24	4.20	9.59	9.46	8.55	0.52	0.25	4.15
	6 to 8	9.48	9.34	8.57	0.37	0.08	4.38	9.52	9.37	9.03	0.35	0.09	4.32
	9 to 11	9.49	9.29	8.58	0.29	0.04	4.42	9.48	9.30	9.01	0.29	0.07	4.42
	12 to 14	9.53	9.08	8.44	0.23	0.01	4.59	9.55	8.54	8.30	0.24	0.04	5.11
	15 years old and over	10.12	8.22	7.56	0.26	0.01	5.26	10.18	7.36	7.04	0.31	0.01	6.06
Wife	Total	9.55	9.27	4.34	4.53	0.45	4.38	10.18	7.47	0.04	7.43	2.01	5.55
	Under 1 year old	10.01	10.30	1.13	9.17	5.43	3.29	10.06	10.09	0.02	10.06	5.50	3.45
	1 to 2 years old	10.23	10.22	4.23	6.00	2.37	3.15	10.39	9.03	0.00	9.02	4.12	4.18
	3 to 5	10.25	9.44	4.33	5.11	1.26	3.52	10.42	7.59	0.04	7.54	2.34	5.19
	6 to 8	10.07	9.30	4.32	4.58	0.39	4.23	10.22	7.09	0.04	7.04	1.06	6.29
	9 to 11	9.48	9.27	4.39	4.47	0.19	4.46	10.00	7.25	0.05	7.21	0.34	6.35
	12 to 14	9.29	9.36	4.59	4.36	0.06	4.55	9.42	7.19	0.05	7.15	0.13	6.59
	15 years old and over	9.47	9.02	4.48	4.15	0.03	5.11	10.04	6.29	0.05	6.25	0.04	7.27

③ The time spent on housework and child care by husbands was on the increase regardless of the usual economic activities of a married couple.

As for “Households where both husband and wife are working” and “Households where husband is working and wife is not working” among the households of a couple with their child(ren), looking at the transition in the time use of husbands and wives over the past 25 years, the time spent on work and work-related activity by husbands both in “Households where both husband and wife are working” and “Households where husband is working and wife is not working” had been on the decrease, but increased in 2006. The time spent on work and work-related activity by wives of “Households where both husband and wife are working” had been on the decrease but increased in 2006, and then decreased again in 2011.

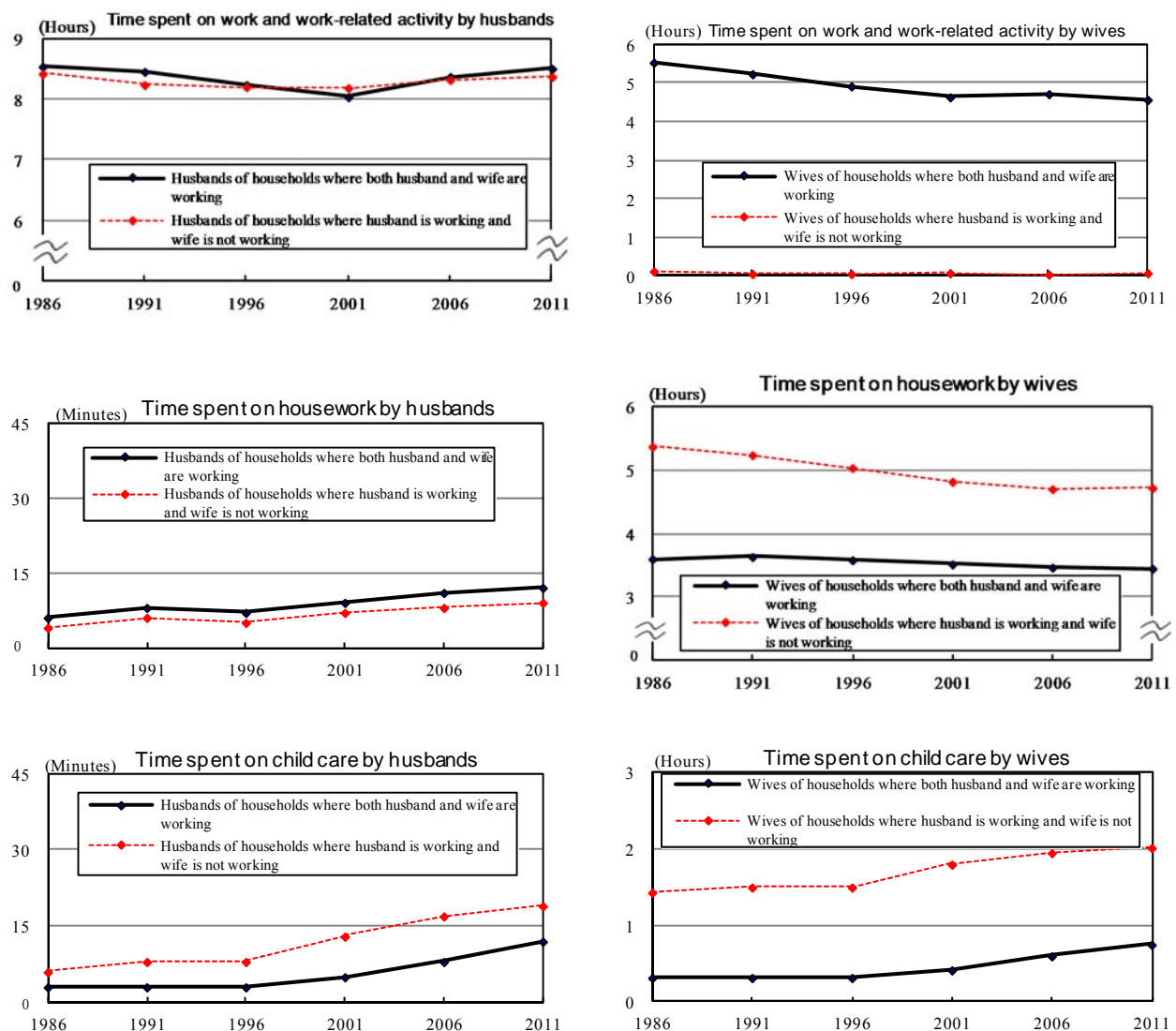
The time spent on housework and related works increased for both husbands and wives. As for housework in particular, the time increased for husbands both in “Households where both husband and wife are working” and “Households where husband is working and wife is not working”. For wives, the time spent on housework decreased both in “Households where both husband and wife are working” and “Households where husband is working and wife is not working”.

The time spent on child care increased for both husbands and wives in “Households where both husband and wife are working” and “Households where husband is working and wife is not working”, showing a significant increase since 2001. (See Table 5-6 and Figure 5-5.)

Table 5-6: Transition of time use for each kind of activity by the usual economic activities of a married couple (1986-2011)
 -weekly average, husbands and wives in the household of a couple with their child(ren)
 (Hours, minutes)

		Households where both husband and wife are working						Household where husband is working and wife is not working					
		1986	1991	1996	2001	2006	2011	1986	1991	1996	2001	2006	2011
Husband	Primary activities	10.08	10.04	10.09	10.06	10.03	10.00	10.06	10.07	10.08	10.06	10.06	10.02
	Secondary activities	8.47	8.46	8.34	8.28	8.55	9.09	8.43	8.39	8.39	8.47	9.01	9.10
	Work and work-related activity	8.32	8.27	8.14	8.02	8.22	8.30	8.25	8.14	8.12	8.11	8.19	8.22
	Housework and related works	0.15	0.19	0.20	0.26	0.33	0.39	0.17	0.25	0.27	0.35	0.42	0.46
	Of which housework	0.06	0.08	0.07	0.09	0.11	0.12	0.04	0.06	0.05	0.07	0.08	0.09
	Of which child care	0.03	0.03	0.03	0.05	0.08	0.12	0.06	0.08	0.08	0.13	0.17	0.19
	Tertiary activities	5.05	5.11	5.17	5.26	5.02	4.51	5.11	5.15	5.13	5.07	4.52	4.48
Wife	Primary activities	9.54	9.50	9.58	9.53	9.53	9.55	10.10	10.06	10.14	10.08	10.10	10.18
	Secondary activities	10.02	9.52	9.28	9.13	9.26	9.27	7.48	7.46	7.34	7.38	7.36	7.47
	Work and work-related activity	5.32	5.14	4.55	4.38	4.43	4.34	0.07	0.03	0.03	0.04	0.02	0.04
	Housework and related works	4.30	4.39	4.33	4.37	4.45	4.53	7.41	7.42	7.30	7.34	7.34	7.43
	Of which housework	3.36	3.38	3.35	3.31	3.28	3.27	5.22	5.14	5.02	4.49	4.42	4.43
	Of which child care	0.19	0.19	0.19	0.25	0.36	0.45	1.26	1.30	1.30	1.48	1.57	2.01
	Tertiary activities	4.03	4.18	4.34	4.54	4.40	4.38	6.02	6.09	6.12	6.14	6.13	5.55

Figure 5-5: Transition in time use for each kind of activity by the usual economic activities of a married couple (1986-2011-weekly average, husbands and wives in the household of a married couple with their child(ren))



④ About 40% of households with child(ren) aged under 6 accepted child care services from a relative (such as a grandparent).

About 40% of the households of a married couple with their child(ren) aged under 6 accepted child care services¹⁾ from outside the households, most of which was a relative (such as a grandparent).

Looking at the time use of husbands and wives in households with their child(ren) by use of child care services, there was little difference in husbands. For wives, the time spent on tertiary activities by those in the households accepting child care services was 33 minutes less than those in households without accepting child care support, while the time spent on secondary activities was 31 minutes more: 36 minutes less for housework and related works and 1 hour 6 minutes more for work and work-related activity. (See Figure 5-7.)

Also looking at the transition in time use by husbands and wives in households with their child(ren) aged under 6 over the past 15 years, the time spent on housework and related works by husbands kept increasing. The time spent on housework and related works by wives repeatedly increased and decreased, while the time spent on housework was on the decrease and for child care on the increase. (Table 5-8.)

Table 5-7: Time use by presence of own child(ren) aged under 6 and use of child care services-weekly average, husbands and wives in the household of a married couple with their child(ren)

	Total	No child aged under 6	Child(ren) aged under 6	Child(ren) aged under 6						
				Not accepting child care services	Accepting child care services	From a relative (such as a grandparent)	From a friend or acquaintance in the neighborhood	Other (such as a baby sitter, a nursing mother, etc.)		
Husband	Population (thousand persons)	14837	10467	4370	2740	1630	1580	103	55	
	Percentage of population (%)	100.0	70.5	29.5	18.5	11.0	10.6	0.7	0.4	
	Percentage in the households with child(ren) aged under 6	-	-	100.0	62.7	37.3	36.2	2.4	1.3	
	Time use (hours, minutes)									
	Primary activities	10.11	10.18	9.56	9.56	9.56	9.56	9.16	10.25	
	Secondary activities	8.19	7.36	10.02	10.02	10.03	10.01	10.00	10.13	
	Work and work-related activity	7.34	6.59	8.54	8.54	8.55	8.52	9.10	8.31	
	Housework and related works	0.46	0.37	1.07	1.07	1.08	1.07	0.51	1.43	
	Housework	0.15	0.17	0.12	0.11	0.13	0.13	0.07	0.32	
	Caring or nursing	0.01	0.01	0.00	0.00	0.00	0.00	0.00	0.00	
	Child care	0.14	0.03	0.39	0.38	0.41	0.40	0.30	0.56	
	Shopping	0.16	0.16	0.16	0.18	0.14	0.14	0.14	0.15	
	Tertiary activities	5.30	6.06	4.02	4.02	4.01	4.03	4.44	3.22	
	Wife	Population (thousand persons)	14085	9954	4131	2596	1535	1488	93	53
Percentage of population (%)		100.0	70.7	29.3	18.4	10.9	10.6	0.7	0.4	
Percentage in the households with child(ren) aged under 6		-	-	100.0	62.8	37.2	36.0	2.3	1.3	
Time use (hours, minutes)										
Primary activities		10.09	10.02	10.28	10.27	10.29	10.30	10.33	9.54	
Secondary activities		8.29	8.06	9.24	9.13	9.44	9.45	8.41	10.15	
Work and work-related activity		2.35	2.57	1.42	1.18	2.24	2.28	1.06	1.21	
Housework and related works		5.55	5.10	7.41	7.55	7.19	7.18	7.35	8.54	
Housework		3.58	4.07	3.35	3.45	3.19	3.18	3.47	3.28	
Caring or nursing		0.05	0.05	0.03	0.04	0.03	0.03	0.02	0.08	
Child care		1.08	0.13	3.22	3.23	3.18	3.18	3.01	4.24	
Shopping		0.44	0.45	0.41	0.43	0.39	0.39	0.45	0.54	
Tertiary activities		5.21	5.52	4.08	4.20	3.47	3.46	4.46	3.52	

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

- 1) Either husbands or wives in some households were excluded from counting due to flawed paperwork or other reason;
- 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.

Table 5-8: Transition in time use by kind of activity (1996-2011)-weekly average, husbands and wives in the household of a married couple with their child(ren)

	Husband				Wife			
	1996	2001	2006	2011	1996	2001	2006	2011
Primary activities	10.01	10.01	10.04	9.56	10.16	10.14	10.20	10.28
Secondary activities	9.08	9.23	9.36	10.02	8.55	9.01	9.11	9.24
Work and work-related activity	8.30	8.34	8.37	8.54	1.17	1.21	1.43	1.42
Housework and related works	0.38	0.48	1.00	1.07	7.38	7.41	7.27	7.41
Housework	0.05	0.07	0.10	0.12	4.08	3.53	3.35	3.35
Caring or nursing	0.01	0.01	0.01	0.00	0.03	0.03	0.03	0.03
Child care	0.18	0.25	0.33	0.39	2.43	3.03	3.09	3.22
Shopping	0.14	0.15	0.16	0.16	0.44	0.42	0.40	0.41
Tertiary activities	4.51	4.36	4.19	4.02	4.49	4.45	4.29	4.08

1) Child care services accepted from outside the household, except nursery centers or kindergartens. Multiple answers were allowed.

(3) Elderly persons

① For both sexes elderly persons, sleep time by elderly persons was on the decrease and time spent on housework and related works on the increase.

Looking at the time use of elderly persons aged 65 years old and over by sex, males spent 11 hours 43 minutes on primary activities, 3 hours 4 minutes on secondary activities and 9 hours 13 minutes on tertiary activities, while females spent 11 hours 45 minutes on primary activities, 4 hours 25 minutes on secondary activities and 7 hours 50 minutes on tertiary activities.

And looking at the transition in time use over the past 25 years, for both sexes, the time spent on sleep among primary activities was on the decrease and for personal care on the increase.

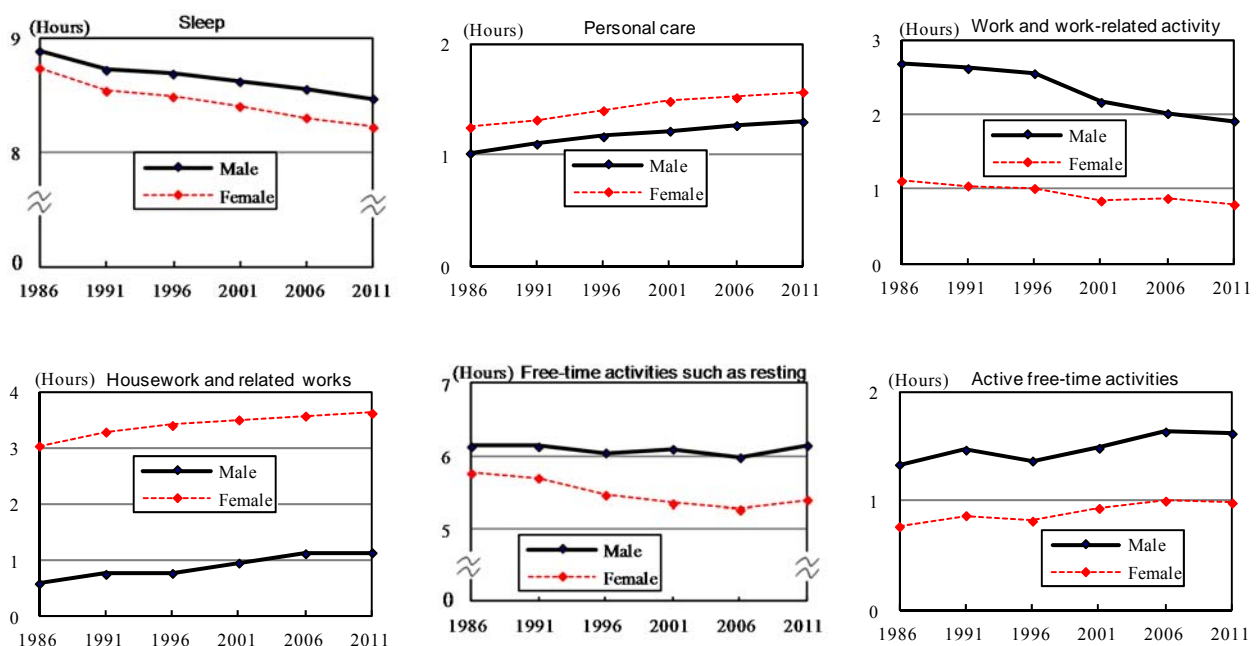
Of secondary activities, the time spent on work and work-related activity was on the decrease for males. For females, although the time spent on work and work-related activity had been on the decrease before 2001 and had increased in 2006, it decreased again in 2011. The time spent on housework and related works was on the increase for both sexes.

Of tertiary activities, the time spent on free-time activities such as resting remained almost unchanged for males. For females, the time had been on the decrease but increased in 2011. The time spent on active free-time activities increased for both sexes. (See Figure 5-9 and Table 5-6.)

Table 5-9: Transition of time use for each kind of activity by sex (1986-2011)-weekly average, persons aged 65 and over

	Male						Female					
	1986	1991	1996	2001	2006	2011	1986	1991	1996	2001	2006	2011
Primary activities	11.47	11.44	11.49	11.48	11.46	11.43	11.50	11.47	11.52	11.50	11.48	11.45
Sleep	8.53	8.43	8.41	8.37	8.33	8.28	8.44	8.32	8.29	8.24	8.18	8.13
Personal care	1.01	1.06	1.10	1.13	1.16	1.18	1.15	1.19	1.24	1.29	1.31	1.34
Meals	1.52	1.54	1.58	1.58	1.58	1.57	1.52	1.56	1.59	1.57	1.59	1.58
Secondary activities	3.16	3.21	3.20	3.06	3.08	3.04	4.09	4.22	4.25	4.21	4.27	4.25
Work and work-related activity	2.41	2.37	2.33	2.10	2.01	1.55	1.07	1.03	1.01	0.51	0.53	0.48
Housework and related works	0.35	0.45	0.46	0.57	1.07	1.08	3.02	3.17	3.24	3.30	3.34	3.37
Tertiary activities	8.57	8.55	8.51	9.06	9.06	9.13	8.01	7.51	7.43	7.49	7.46	7.50
Free-time activities such as resting	6.08	6.08	6.03	6.06	5.59	6.09	5.46	5.42	5.28	5.21	5.16	5.24
Active free-time activities	1.20	1.28	1.22	1.29	1.38	1.37	0.46	0.52	0.49	0.56	1.00	0.59
Other tertiary activities	1.29	1.20	1.26	1.33	1.30	1.28	1.30	1.19	1.25	1.33	1.30	1.27

Figure 5-6: Time use for each kind of main activity by sex (1986-2011)-weekly average, persons aged 65 and over



②As 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 the period of child care)” spent the longest time on primary activities for both sexes: 12 hours 15 minutes for males and 12 hours 17 minutes for females.

“Parents living with child(ren) (outside the period of child care)” spent the longest time on secondary activities for both sexes: 3 hours 16 minutes for males and 5 hours 29 minutes for females. In addition, of secondary activities, males in “single person” spent the longest time (1 hour 40 minutes) on housework and related works, and females in “married with no child” spent the longest time (4 hours 29 minutes). As for the time spent on work and work-related activities, “Parents living with child(ren) (outside the period of child care)” spent the longest time for both sexes: 2 hours 17 minutes for males and 1 hour 9 minutes for females.

As for the time spent on tertiary activities, males in “married with no child” spent the longest time (9 hours 24 minutes), and females in “single parent living with child(ren) (outside the period of child care)” spent the longest (8 hours 42 minutes). (See Figures 5-7, 5-8 and 5-9 and Table 5-10.)

Figure 5-7: Time use by sex and life stage-weekly average, persons aged 65 and over

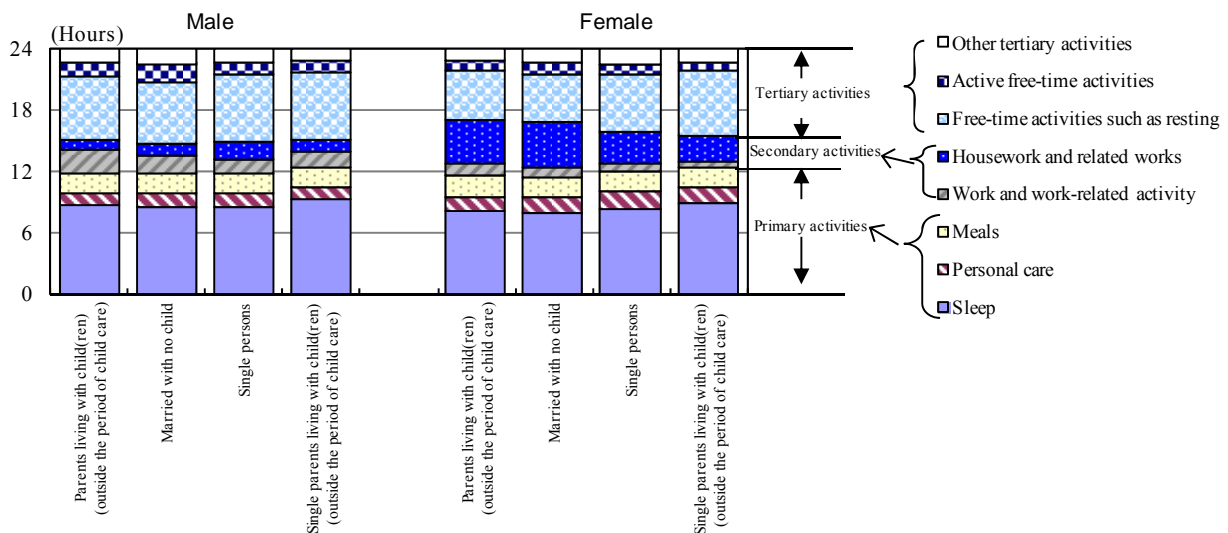


Figure 5-8: Population by sex and life stage-persons aged 65 and over

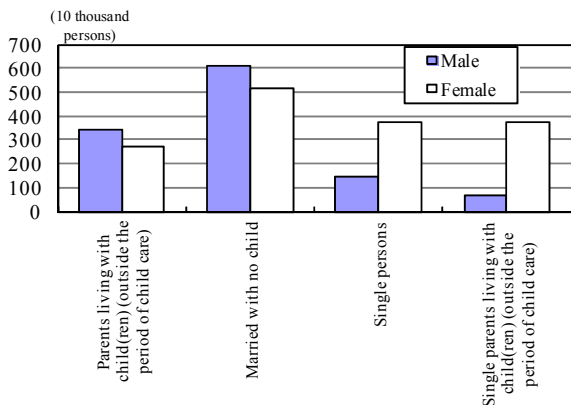
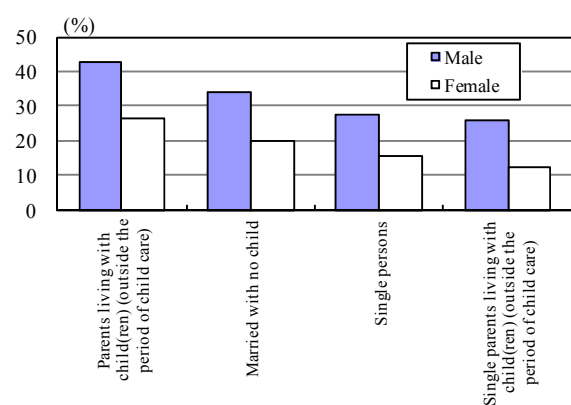


Figure 5-9: Percentage of working persons by sex and life stage-persons aged 65 and over



1) Persons in the child care period (living together with child(ren) aged under 30 not working) are excluded because the number of elderly persons is small.

Table 5-10: Time use by sex and life stage-weekly average, persons aged 65 and over

		Total	Parents living with child(ren) (outside the period of child care)	Married with no child	Single persons	Single parents living with child(ren) (outside the period of child care)	
Male	Population (thousand persons)	12017	3438	6121	1491	660	
	Percentage of population (%)	100.0	28.6	50.9	12.4	5.5	
	Percentage of working persons (%)	35.6	42.6	34.3	27.6	26.0	
	Time use (hours, minutes)						
	Primary activities	11.43	11.46	11.39	11.38	12.15	
	Sleep	8.28	8.33	8.23	8.27	9.05	
	Personal care	1.18	1.18	1.17	1.20	1.15	
	Meals	1.57	1.55	1.59	1.52	1.55	
	Secondary activities	3.04	3.16	2.57	3.05	2.42	
	Work and work-related activity	1.55	2.17	1.51	1.24	1.32	
	Housework and related works	1.08	0.58	1.05	1.40	1.10	
	Tertiary activities	9.13	8.58	9.24	9.17	9.03	
	Moving (excluding commuting to and from school or work)	0.29	0.26	0.32	0.25	0.20	
	Watching TV, listening to the radio, reading newspapers or magazines	4.25	4.12	4.28	4.52	4.23	
	Rest and relaxation	1.44	1.53	1.37	1.44	2.14	
	Learning, self-education and training (excluding schoolwork)	0.10	0.09	0.12	0.07	0.08	
	Hobbies and amusements	0.56	0.55	1.00	0.49	0.42	
	Sports	0.24	0.20	0.29	0.15	0.16	
	Volunteer and social activities	0.07	0.08	0.08	0.04	0.03	
	Social life	0.17	0.15	0.18	0.18	0.13	
	Medical examination or treatment	0.17	0.16	0.16	0.16	0.20	
	Other activities	0.25	0.23	0.26	0.27	0.23	
	(Regrouped)						
Free-time activities such as resting	6.09	6.05	6.05	6.36	6.37		
Active free-time activities	1.37	1.32	1.49	1.15	1.09		
Female	Population (thousand persons)	15588	2693	5125	3756	3776	
	Percentage of population (%)	100.0	17.3	32.9	24.1	24.2	
	Percentage of working persons (%)	18.3	26.6	20.0	15.8	12.3	
	Time use (hours, minutes)						
	Primary activities	11.45	11.26	11.24	11.55	12.17	
	Sleep	8.13	7.59	7.54	8.15	8.47	
	Personal care	1.34	1.29	1.27	1.44	1.37	
	Meals	1.58	1.59	2.02	1.56	1.53	
	Secondary activities	4.25	5.29	5.20	3.45	3.01	
	Work and work-related activity	0.48	1.09	0.52	0.42	0.33	
	Housework and related works	3.37	4.21	4.29	3.04	2.28	
	Tertiary activities	7.50	7.04	7.16	8.20	8.42	
	Moving (excluding commuting to and from school or work)	0.25	0.23	0.28	0.27	0.20	
	Watching TV, listening to the radio, reading newspapers or magazines	3.36	3.07	3.22	3.54	3.59	
	Rest and relaxation	1.48	1.43	1.22	1.47	2.28	
	Learning, self-education and training (excluding schoolwork)	0.06	0.04	0.07	0.07	0.05	
	Hobbies and amusements	0.36	0.36	0.40	0.37	0.31	
	Sports	0.12	0.09	0.16	0.14	0.07	
	Volunteer and social activities	0.05	0.05	0.07	0.05	0.03	
	Social life	0.20	0.18	0.20	0.27	0.16	
	Medical examination or treatment	0.20	0.17	0.15	0.20	0.27	
	Other activities	0.22	0.21	0.19	0.23	0.25	
	(Regrouped)						
Free-time activities such as resting	5.24	4.50	4.44	5.41	6.27		
Active free-time activities	0.59	0.54	1.10	1.03	0.46		

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

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

Looking at the time use of elderly persons (except sleep time; hereinafter idem) by persons being together, the time spent with family member(s)¹⁾ was 6 hours 46 minutes (43.2% of time use excluding sleeping), and the time spent alone was 6 hours 38 minutes (42.3%, correspondingly).

Of elderly persons, those of a one-person household (persons living on their own) spent most of the day alone for 12 hours (76.5%, correspondingly).

As for the time use of elderly persons of a one-person household with their own child(ren) and in the place where their own child lives, the nearer their child(ren) lived, the shorter time they spent alone and the longer time they spent together with their family member(s). (See Table 5-11 and Figures 5-10 and 5-11.)

Table 5-11: Time use (excluding sleeping time) and its rate in the presence of their own child, place where own child lives, and person(s) being together-weekly average, persons aged 65 and over

	Time (hours, minutes)					Rate of time spent relative to 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)
Elderly persons	15.40	6.38	6.46	0.32	1.13	42.3	43.2	3.4	7.8
One-person household	15.41	12.00	1.00	0.27	1.31	76.5	6.4	2.9	9.7
(Presence of their own child and place where own child lives)									
Having no child	15.51	12.30	0.18	0.33	1.25	78.9	1.9	3.5	8.9
Having child(ren)	15.38	11.52	1.12	0.25	1.33	75.9	7.7	2.7	9.9
Living on the same site as the residence	15.27	10.31	2.39	0.06	1.23	68.1	17.2	0.6	9.0
Living in the neighborhood	15.35	12.10	1.06	0.18	1.39	78.1	7.1	1.9	10.6
Living in the same municipality (city, ward, town or village)	15.38	12.13	0.51	0.28	1.31	78.1	5.4	3.0	9.7
Living elsewhere	15.45	12.20	0.39	0.28	1.39	78.3	4.1	3.0	10.5

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

Figure 5-10: Rate of time spent alone relative to time use excluding sleeping-weekly average

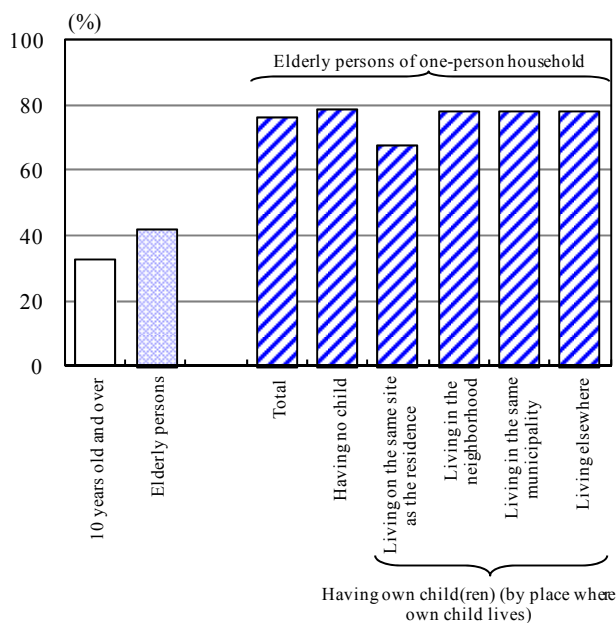
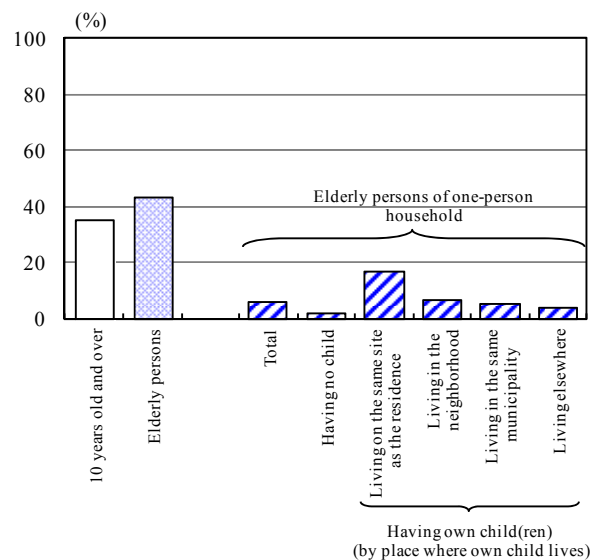


Figure 5-11: Rate of time spent together with family member(s) relative to time use excluding sleeping-weekly average



1) Including family members outside the household

(4) Persons who usually cared for their family

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 6,829,000. The number of females (4,154,000) was larger than the number of males (2,675,000).

Broken down by age group, persons in their 50’s was the largest group in number, accounting for about 30% of all care givers, and in particular, more than 10 % of females in their 50’s and 60’s usually cared for their family.

The rate of care givers who actually engaged in caring or nursing on the day the survey was conducted (participation rate) was 29.0%. As for the time spent by care givers on caring or nursing, the average time spent by all care givers (average time spent on activities for all persons) was 40 minutes, and the average time spent by care givers who actually engaged in caring or nursing on the day the survey was conducted (average time spent for participants) was 2 hours 19 minutes.

By sex, females exceeded males in terms of the participation rate, the average time spent on activities for all persons and the average time spent for participants, while females spent about 70% of the total time spent by care givers on caring or nursing. (See Table 5-12.)

Table 5-12: Number of care givers, participation rate of care givers on caring or nursing, average time spent on activities for all persons, average time spent for participants, and total time by sex and age group-weekly average, persons aged 15 and over

	Number of care givers			Participation rate (%)	Average time spent on activities for all persons (hours, minutes)	Average time spent for participants (hours, minutes)	Total time	
	Population (thousand persons)	Percentage of population (%)	Composition ratio (%)				(ten thousand hours)	Composition ratio (%)
Total	6829	6.3	100.0	29.0	0.40	2.19	455	100.0
Under 30 years old	399	2.0	5.8	12.6	0.12	1.25	8	1.8
30 to 39 years old	487	2.8	7.1	20.8	0.22	1.47	18	3.9
40 to 49	925	5.4	13.5	24.7	0.30	2.00	46	10.2
50 to 59	1989	12.6	29.1	27.3	0.35	2.07	116	25.5
60 to 69	1821	10.0	26.7	32.7	0.42	2.14	127	28.0
70 years old and over	1208	6.1	17.7	38.4	1.10	3.01	141	31.0
Male	2675	5.1	39.2	18.8	0.25	2.17	111	24.5
Under 30 years old	162	1.6	2.4	7.0	0.07	1.46	2	0.4
30 to 39 years old	154	1.7	2.3	10.1	0.07	1.15	2	0.4
40 to 49	355	4.1	5.2	10.7	0.10	1.33	6	1.3
50 to 59	709	9.1	10.4	13.9	0.17	1.59	20	4.4
60 to 69	778	8.9	11.4	22.6	0.27	2.09	35	7.7
70 years old and over	517	6.2	7.6	31.7	0.58	3.01	50	11.0
Female	4154	7.5	60.8	35.6	0.49	2.20	339	74.5
Under 30 years old	237	2.5	3.5	16.5	0.16	1.23	6	1.4
30 to 39 years old	333	3.8	4.9	25.7	0.28	1.51	16	3.4
40 to 49	570	6.7	8.3	33.5	0.42	2.05	40	8.8
50 to 59	1279	16.1	18.7	34.7	0.44	2.08	94	20.6
60 to 69	1043	11.1	15.3	40.2	0.54	2.17	94	20.6
70 years old and over	691	6.0	10.1	43.4	1.19	3.02	91	20.0

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

1) In cases where 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 to be usual activity.

②The 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 was on the decline.

Looking at the transition in the number of care givers and the time spent by care givers on caring or nursing over the 20 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 5-12 and 5-13 and Tables 5-13 and 5-14.)

Figure 5-12: Transition in the number of care givers by sex (1991-2011)-persons aged 15 and over

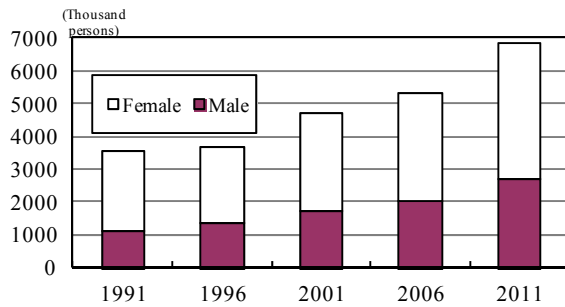


Figure 5-13: Transition in the time spent on caring or nursing by care givers (1991-2011)-weekly average, persons aged 15 and over

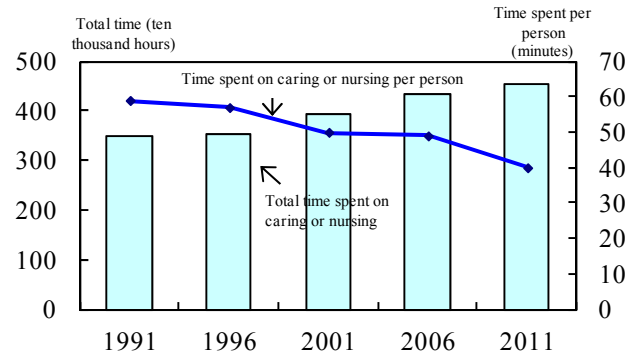


Table 5-13: Transition in the number of care givers by sex (1991-2011)-persons aged 15 and over

	(Thousand persons)	
	Male	Female
1991	1123	2442
1996	1353	2349
2001	1721	2982
2006	2008	3329
2011	2675	4154

Table 5-14: Transition in the time spent on caring or nursing by care givers (1991-2011)-weekly average, persons aged 15 and over

	Total time (ten thousand hours)	Time spent per person (minutes)
1991	351	59
1996	352	57
2001	392	50
2006	436	49
2011	455	40

③Use of caring assistance significantly increased.

Of the care givers, 2,009,000 people used caring assistance. They accounted for about 30 percent of all the care givers.

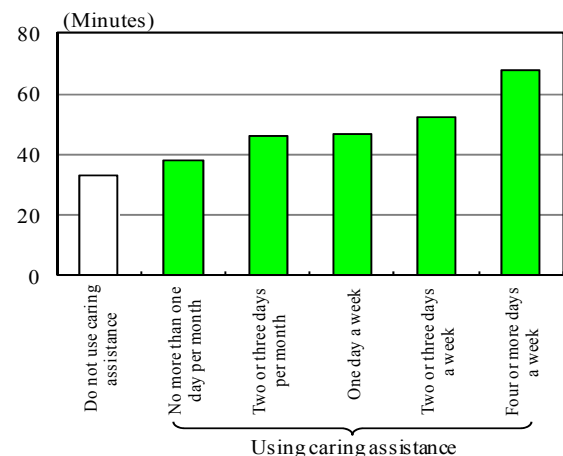
Compared to 2006, the number of care givers who used caring assistance increased by 371,000. The growth was considerably significant with an increase rate of 22.6%. (See Table 5-15.)

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 5-14.)

Table 5-15: Number of care givers by use of nursing or caring assistance (2006, 2011)

	Population				Composition rate (%)	
	2006 (thousand persons)	2011 (thousand persons)	Increased number (thousand persons)	Increase rate (%)	2006 (%)	2011 (%)
Total	5336	6829	1493	28.0	100.0	100.0
Do not use caring assistance	3699	4820	1121	30.3	69.3	70.6
Using caring assistance	1638	2009	371	22.6	30.7	29.4
(Use frequency)						
No more than one day per month	34	49	15	44.1	0.6	0.7
Two or three days per month	96	75	-21	-21.9	1.8	1.1
One day a week	249	255	6	2.4	4.7	3.7
Two or three days a week	714	841	127	17.8	13.4	12.3
Four or more days a week	546	789	243	44.5	10.2	11.6

Figure 5-14: Time spent by care givers on caring or nursing by use frequency of caring assistance-weekly average



6. Average time in main activities

(1) Getting up

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

The average time of getting up¹⁾ by day of the week was 6:37 for weekday, 7:08 for Saturday and 7:17 for Sunday, and was later by 31 minutes on Saturday and 40 minutes on Sunday than on a weekday.

Broken down by sex, females got up earlier than males on every day of the week.

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

Compared to 2006, the average time of getting up for both sexes was earlier on weekday and Sunday, but later on Saturday. (See Tables 6-1.)

By age group, the latest time was found in the age group of 20 to 24 years old for every day of the week for both sexes. (See Table 6-2.)

Table 6-1: Average time and participation rate for getting up by sex, usual economic activity and day of the week (2006, 2011)

		2006						2011					
		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	6:39	7:07	7:23	99.5	99.3	99.4	6:37	7:08	7:17	99.4	99.4	99.5
	Male	6:47	7:17	7:32	99.3	99.0	99.2	6:46	7:19	7:28	99.0	99.1	99.3
	Female	6:30	6:57	7:14	99.7	99.6	99.6	6:28	6:59	7:07	99.7	99.7	99.7
Working	Both sexes	6:39	7:10	7:29	99.3	99.0	99.2	6:38	7:12	7:25	99.0	99.1	99.3
	Male	6:45	7:18	7:34	99.1	98.7	99.0	6:46	7:20	7:33	98.6	98.8	99.1
	Female	6:31	7:00	7:22	99.6	99.4	99.4	6:28	7:02	7:14	99.5	99.5	99.5
Not working	Both sexes	6:37	6:57	7:07	99.8	99.8	99.7	6:35	6:59	7:03	99.9	99.7	99.7
	Male	6:53	7:13	7:24	99.7	99.8	99.7	6:48	7:13	7:17	99.9	99.6	99.7
	Female	6:28	6:50	7:00	99.9	99.8	99.6	6:27	6:51	6:56	99.9	99.8	99.8

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

Table 6-2: Average time and participation rate for 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	6:46	7:19	7:28	6:28	6:59	7:07	99.0	99.1	99.3	99.7	99.7	99.7
10 to 14 years old	6:41	7:22	7:27	6:35	7:37	7:43	100.0	100.0	100.0	100.0	100.0	100.0
15 to 19	6:59	8:17	8:30	6:50	8:04	8:15	99.4	99.7	99.4	99.9	99.8	99.8
20 to 24	8:08	9:10	8:56	7:42	8:24	8:34	98.5	97.9	99.4	98.6	99.1	99.0
25 to 29	7:32	8:29	8:45	7:02	7:59	8:08	97.5	97.6	99.3	99.5	99.5	99.2
30 to 34	7:27	8:03	8:29	6:50	7:25	7:45	98.1	98.5	98.2	99.7	99.3	98.6
35 to 39	6:59	7:36	7:56	6:28	7:12	7:20	97.9	98.6	99.2	99.4	99.6	99.6
40 to 44	6:45	7:26	7:33	6:12	6:56	7:06	98.9	98.7	99.1	99.5	99.3	100.0
45 to 49	6:35	7:11	7:24	6:07	6:41	6:53	98.8	98.7	99.3	99.6	99.7	99.9
50 to 54	6:38	6:57	7:01	6:10	6:36	6:47	99.0	99.3	98.8	99.8	99.7	99.8
55 to 59	6:16	6:44	7:05	6:08	6:29	6:46	99.2	99.2	99.2	99.9	99.7	99.9
60 to 64	6:19	6:35	6:36	6:11	6:26	6:36	99.7	99.4	99.2	99.7	99.6	99.8
65 to 69	6:17	6:25	6:34	6:09	6:24	6:21	99.8	99.6	100.0	99.9	99.9	99.7
70 to 74	6:13	6:26	6:33	6:13	6:19	6:21	99.7	99.8	99.8	99.8	99.9	100.0
75 years old and over	6:27	6:31	6:32	6:28	6:33	6:32	99.8	99.8	100.0	100.0	99.9	99.9

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

② Time at which the rate for persons who got up was the highest was 6:00 on weekday and 7:00 on Saturday and Sunday.

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 6:00 on weekday and at 7:00 on Saturday and Sunday. (See Figure 6-1.)

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

Figure 6-1: Participation rate by day of the week and time of getting up

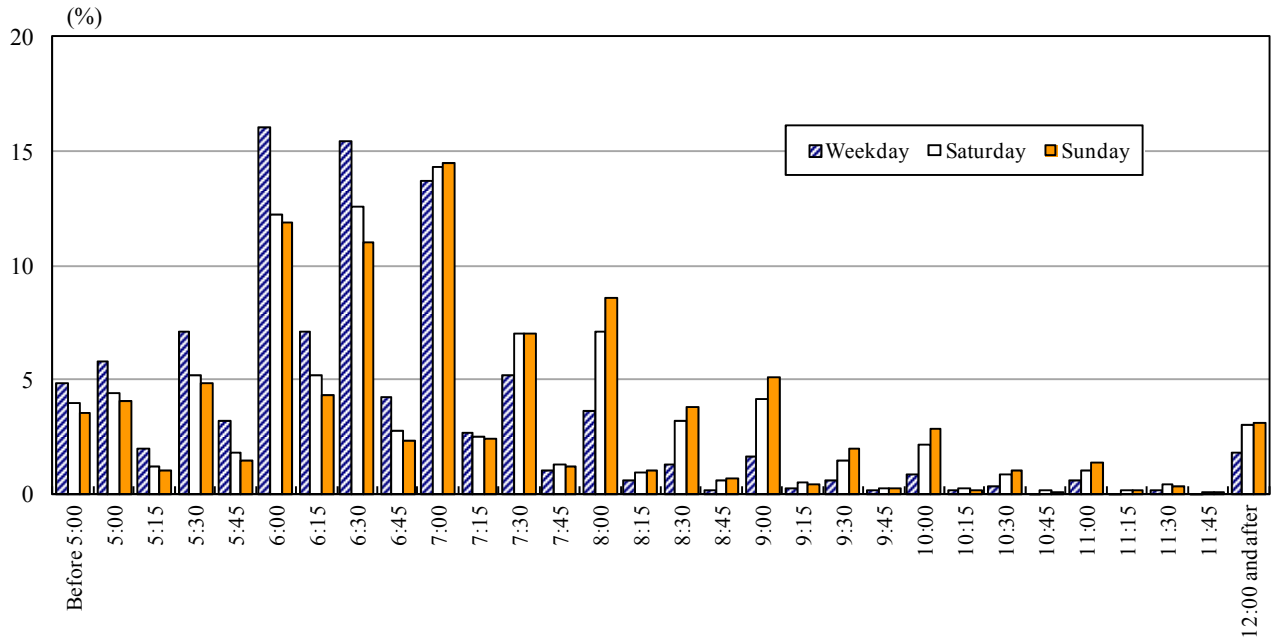
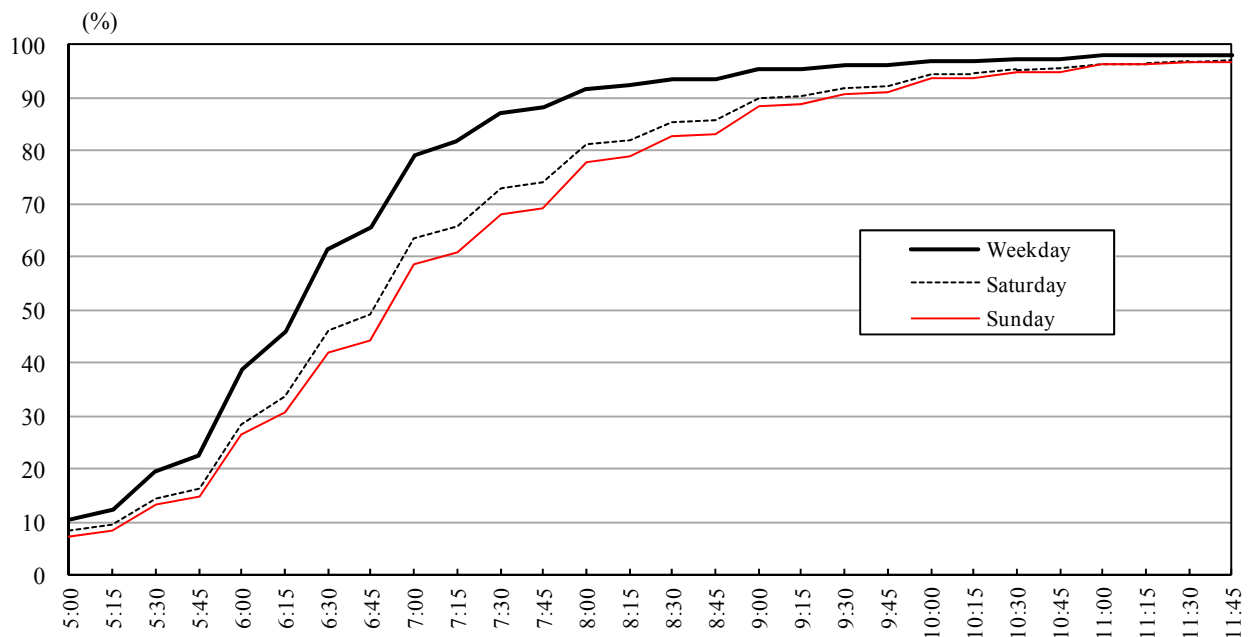


Figure 6-2: Cumulative participation rate by day of the week and time of getting up



(2) Beginning to have breakfast

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

The average time of beginning to have breakfast¹⁾ by day of the week was 7:10 on weekday, 7:33 on Saturday and 7:41 on Sunday. The time of beginning to have breakfast was later by 23 minutes for Saturday and 31 minutes for Sunday than for weekday.

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

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

The rates of persons beginning to have breakfast (participation rates) were 84.0% for weekday, 82.0% for Saturday and 82.5% for Sunday; namely the rates were lower for Saturday and Sunday than for weekday.

Compared to 2006, the average time of beginning to have breakfast was earlier for weekday and Sunday for both sexes. (See Tables 6-3.)

By age group, persons in the age group of 20 to 24 years old started breakfast latest on every day of the week for both sexes. (See tables 6-4.)

Table 6-3: Average time and participation rate for beginning to have breakfast by sex, usual economic activity and day of the week (2006, 2011)

		2006						2011					
		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	7:12	7:33	7:46	85.1	82.4	81.9	7:10	7:33	7:41	84.0	82.0	82.5
	Male	7:07	7:30	7:44	81.8	78.9	79.2	7:05	7:31	7:38	80.7	78.8	79.4
	Female	7:17	7:35	7:48	88.2	85.7	84.5	7:15	7:35	7:43	87.2	85.1	85.4
Working	Both sexes	7:07	7:30	7:47	80.9	78.1	78.2	7:04	7:31	7:41	78.9	77.3	78.2
	Male	7:01	7:28	7:45	78.2	75.6	76.5	6:59	7:30	7:38	76.1	74.9	76.0
	Female	7:13	7:33	7:50	84.5	81.6	80.6	7:11	7:34	7:45	82.6	80.6	81.1
Not working	Both sexes	7:23	7:35	7:42	90.8	88.8	87.3	7:22	7:35	7:39	90.6	88.7	88.3
	Male	7:23	7:34	7:41	89.3	86.6	85.4	7:21	7:34	7:37	89.5	86.7	86.6
	Female	7:23	7:36	7:43	91.5	89.8	88.2	7:22	7:35	7:40	91.2	89.7	89.2

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

Table 6-4: Average time and participation rate for 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	7:05	7:31	7:38	7:15	7:35	7:43	80.7	78.8	79.4	87.2	85.1	85.4
10 to 14 years old	6:54	7:38	7:43	6:50	7:48	8:03	97.0	90.6	89.0	94.7	87.6	89.8
15 to 19	7:00	7:49	8:05	6:59	7:53	8:06	83.9	73.9	74.6	85.9	75.1	74.5
20 to 24	7:35	8:02	8:05	7:39	8:07	8:10	65.5	52.4	58.0	71.1	63.4	63.6
25 to 29	7:18	7:57	7:53	7:27	8:02	8:05	62.6	59.4	59.6	76.7	70.7	69.6
30 to 34	7:16	7:48	7:58	7:29	7:53	8:07	64.8	62.9	63.1	80.1	77.9	74.4
35 to 39	7:04	7:43	7:54	7:14	7:45	8:01	70.3	69.2	71.5	82.9	80.8	78.2
40 to 44	6:59	7:38	7:49	7:09	7:40	7:51	71.2	72.7	73.5	84.5	83.3	83.7
45 to 49	6:53	7:33	7:43	7:11	7:32	7:52	76.9	78.4	78.8	83.6	84.8	85.5
50 to 54	6:53	7:24	7:30	7:09	7:28	7:38	80.7	80.4	83.0	86.0	86.9	87.9
55 to 59	6:49	7:19	7:33	7:10	7:23	7:36	85.4	85.9	84.0	88.8	88.9	90.4
60 to 64	7:00	7:16	7:18	7:11	7:22	7:29	90.1	89.1	90.3	90.4	91.2	91.6
65 to 69	7:08	7:14	7:23	7:13	7:21	7:23	91.9	92.5	93.7	94.0	92.2	94.2
70 to 74	7:10	7:17	7:20	7:17	7:19	7:19	94.4	94.9	92.1	95.0	95.0	95.9
75 years old and over	7:19	7:23	7:23	7:25	7:27	7:29	95.6	95.9	95.5	95.6	95.1	96.7

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

(3) Beginning to have dinner

Females began to have dinner earlier than males on every day of the week.

The average time of beginning to have dinner¹⁾ by day of the week was 19:06 on weekday, 18:51 on Saturday and 18:44 on Sunday. The time of beginning to have dinner was earlier by 15 minutes for Saturday and 22 minutes for Sunday than for weekday.

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

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

The rates of persons beginning to have dinner (participation rates) were 90.8% for weekday, 89.8% for Saturday and 91.9% for Sunday; namely the rates were lower for Saturday and higher for Sunday than for weekday.

Compared to 2006, the average time of beginning to have dinner was earlier for every day of the week for both sexes. (See Tables 6-5.)

By age group, the latest time of beginning to have dinner for males occurred in the age group of 40 to 44 years old for weekday and 25 to 29 for Saturday and Sunday. For females, the latest occurred in the age group of 20 to 24 years old for every day of the week. (See Table 6-6.)

Table 6-5: Average time and participation rate for beginning to have dinner by sex, usual economic activity and day of the week (2006, 2011)

		2006						2011					
		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	18:53	18:46	90.9	90.2	92.4	19:06	18:51	18:44	90.8	89.8	91.9
	Male	19:21	18:59	18:50	89.8	89.3	91.4	19:17	18:56	18:49	89.7	88.9	91.0
	Female	18:58	18:48	18:42	92.0	91.1	93.3	18:55	18:45	18:41	91.8	90.7	92.7
Working	Both sexes	19:28	19:05	18:55	88.2	87.5	90.7	19:25	19:03	18:54	87.9	87.0	89.8
	Male	19:37	19:08	18:57	87.7	87.2	90.2	19:34	19:06	18:55	87.4	86.8	89.4
	Female	19:16	19:01	18:51	88.8	87.9	91.4	19:14	18:59	18:52	88.4	87.2	90.5
Not working	Both sexes	18:40	18:35	18:32	95.0	94.3	94.7	18:36	18:32	18:31	94.7	93.8	94.6
	Male	18:42	18:36	18:33	94.4	94.6	94.3	18:38	18:34	18:33	94.2	93.3	94.4
	Female	18:39	18:35	18:32	95.3	94.2	95.0	18:36	18:32	18:29	94.9	94.0	94.8

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

Table 6-6: Average time and participation rate for beginning to have dinner 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	19:17	18:56	18:49	18:55	18:45	18:41	89.7	88.9	91.0	91.8	90.7	92.7
10 to 14 years old	19:04	18:46	18:47	18:59	18:48	18:47	96.7	95.1	96.1	96.1	94.9	94.7
15 to 19	19:28	19:11	19:04	19:19	19:09	19:00	91.3	90.5	90.7	89.9	89.2	87.1
20 to 24	19:40	19:24	19:12	19:31	19:23	19:06	82.5	78.7	83.6	82.0	80.9	80.8
25 to 29	19:45	19:27	19:17	19:21	19:09	19:02	84.9	83.0	84.6	87.2	83.1	91.5
30 to 34	19:43	19:21	18:54	19:12	18:53	18:49	87.4	85.5	84.7	87.9	87.7	91.3
35 to 39	19:52	19:09	19:02	19:05	18:49	18:47	87.0	86.5	91.6	91.4	89.7	94.3
40 to 44	19:53	19:10	19:04	19:08	18:55	18:46	87.2	87.9	91.9	91.3	89.9	92.1
45 to 49	19:51	19:07	18:55	19:13	19:00	18:55	88.9	88.4	90.0	91.8	90.6	95.6
50 to 54	19:32	19:10	18:53	19:11	18:55	18:49	88.8	88.8	93.0	92.2	91.3	94.1
55 to 59	19:17	18:54	18:47	18:57	18:45	18:41	89.6	89.6	89.9	92.0	91.6	93.7
60 to 64	18:52	18:42	18:32	18:44	18:37	18:29	91.0	90.1	93.7	92.7	92.1	92.5
65 to 69	18:38	18:30	18:30	18:31	18:27	18:26	91.7	91.2	93.1	92.7	92.2	93.1
70 to 74	18:25	18:23	18:25	18:24	18:23	18:24	92.1	93.5	94.4	96.0	93.2	94.5
75 years old and over	18:16	18:16	18:17	18:19	18:18	18:15	95.9	95.5	95.2	96.0	96.0	96.0

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

(4) Going to bed

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 23:15 on weekday, 23:17 on Saturday and 23:06 on Sunday. The time of going to bed was later by 2 minutes for Saturday and 9 minutes earlier for Sunday than for weekday.

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

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

Compared to 2006, the average time of going to bed was earlier for Saturday and later for Sunday for both sexes. (See Table 6-7.)

By age group, both sexes in the age group of 20 to 24 went to bed latest on every day of the week, and the higher and the lower the ages relative to this age group, the earlier. (See Table 6-8.)

Table 6-7: Average time and participation rate for going to bed by sex, usual economic activity and day of the week (2006, 2011)

		2006						2011					
		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	23:16	23:20	23:04	99.5	99.5	99.5	23:15	23:17	23:06	99.5	99.5	99.5
	Male	23:19	23:23	23:03	99.2	99.4	99.4	23:19	23:19	23:06	99.3	99.3	99.3
	Female	23:13	23:18	23:05	99.7	99.6	99.7	23:11	23:15	23:07	99.7	99.6	99.8
Working	Both sexes	23:33	23:38	23:16	99.2	99.3	99.4	23:35	23:35	23:20	99.3	99.2	99.3
	Male	23:33	23:37	23:12	99.0	99.2	99.3	23:37	23:34	23:17	99.1	99.1	99.1
	Female	23:34	23:39	23:21	99.5	99.4	99.5	23:32	23:36	23:24	99.5	99.5	99.7
Not working	Both sexes	22:53	22:58	22:50	99.8	99.8	99.8	22:50	22:54	22:52	99.9	99.8	99.8
	Male	22:50	22:53	22:46	99.6	99.7	99.7	22:47	22:50	22:48	99.8	99.7	99.8
	Female	22:55	23:00	22:53	99.9	99.9	99.9	22:52	22:55	22:54	99.9	99.8	99.8

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

Table 6-8: Average time and participation rate for 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	23:19	23:06	23:11	23:15	23:07	99.3	99.3	99.3	99.7	99.6	99.8
10 to 14 years old	22:18	22:27	22:10	22:30	22:37	22:25	100.0	99.9	100.0	99.8	100.0	99.9
15 to 19	23:47	24:00	23:43	23:49	23:57	23:38	99.4	99.5	99.9	99.8	99.9	99.6
20 to 24	24:42	24:57	24:26	24:19	24:29	24:07	98.7	97.8	98.7	99.4	98.8	99.3
25 to 29	24:21	24:39	24:08	23:53	24:05	23:49	98.6	98.3	99.8	99.7	99.2	99.7
30 to 34	24:15	24:05	23:42	23:39	23:41	23:31	98.9	98.5	97.7	99.3	99.7	99.7
35 to 39	24:00	23:55	23:44	23:28	23:34	23:22	98.9	99.3	98.5	99.7	99.5	99.9
40 to 44	23:51	23:41	23:21	23:28	23:37	23:28	98.7	99.3	99.4	99.7	99.3	99.7
45 to 49	23:42	23:37	23:24	23:40	23:42	23:29	99.2	99.2	99.0	99.7	99.5	99.7
50 to 54	23:37	23:24	23:06	23:35	23:36	23:24	99.5	99.3	99.3	99.3	99.7	99.7
55 to 59	23:05	23:06	23:00	23:21	23:17	23:17	99.4	99.5	99.4	99.8	99.9	99.8
60 to 64	22:47	22:42	22:34	23:00	23:05	23:02	99.7	99.7	99.3	99.9	99.8	99.9
65 to 69	22:28	22:27	22:28	22:46	22:44	22:48	99.7	99.7	100.0	99.9	99.7	99.9
70 to 74	22:10	22:15	22:12	22:34	22:33	22:28	99.9	99.8	99.8	99.9	99.9	100.0
75 years old and over	21:48	21:47	21:49	21:54	21:59	21:59	99.8	99.9	99.9	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

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

Looking at the 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 6-3.)

The time of going to bed at which the rate for 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 every day of the week. (See Figure 6-4.)

Figure 6-3: Participation rate by day of the week and time of going to bed

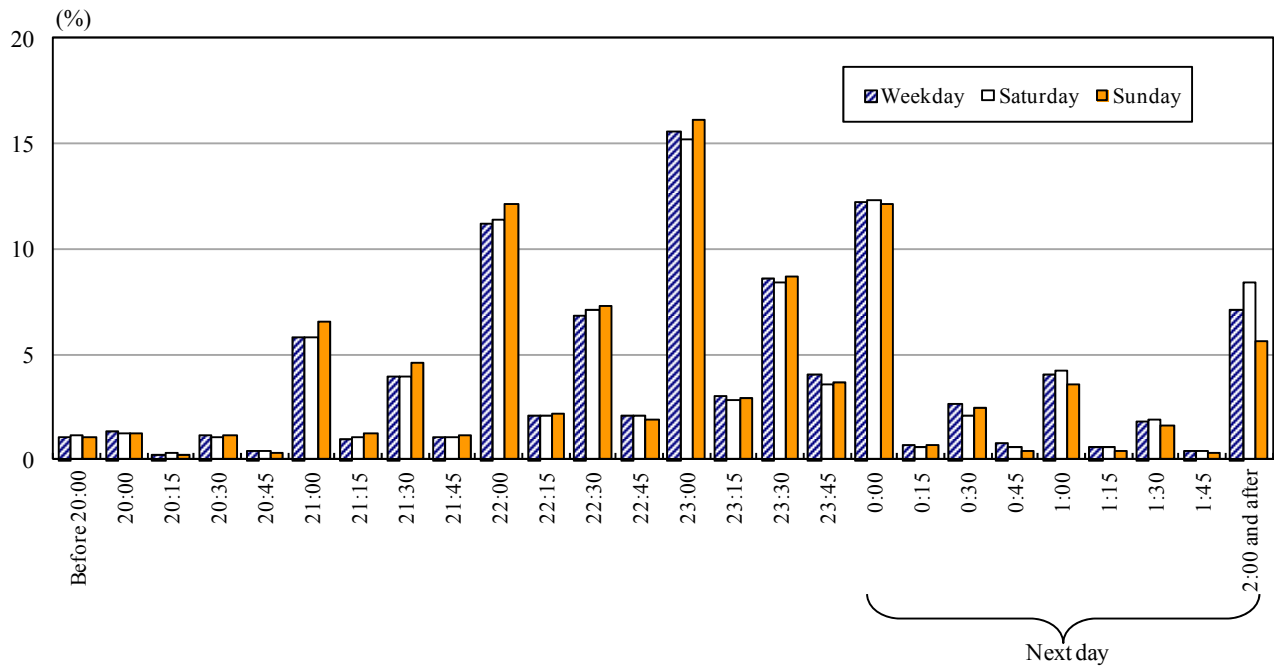
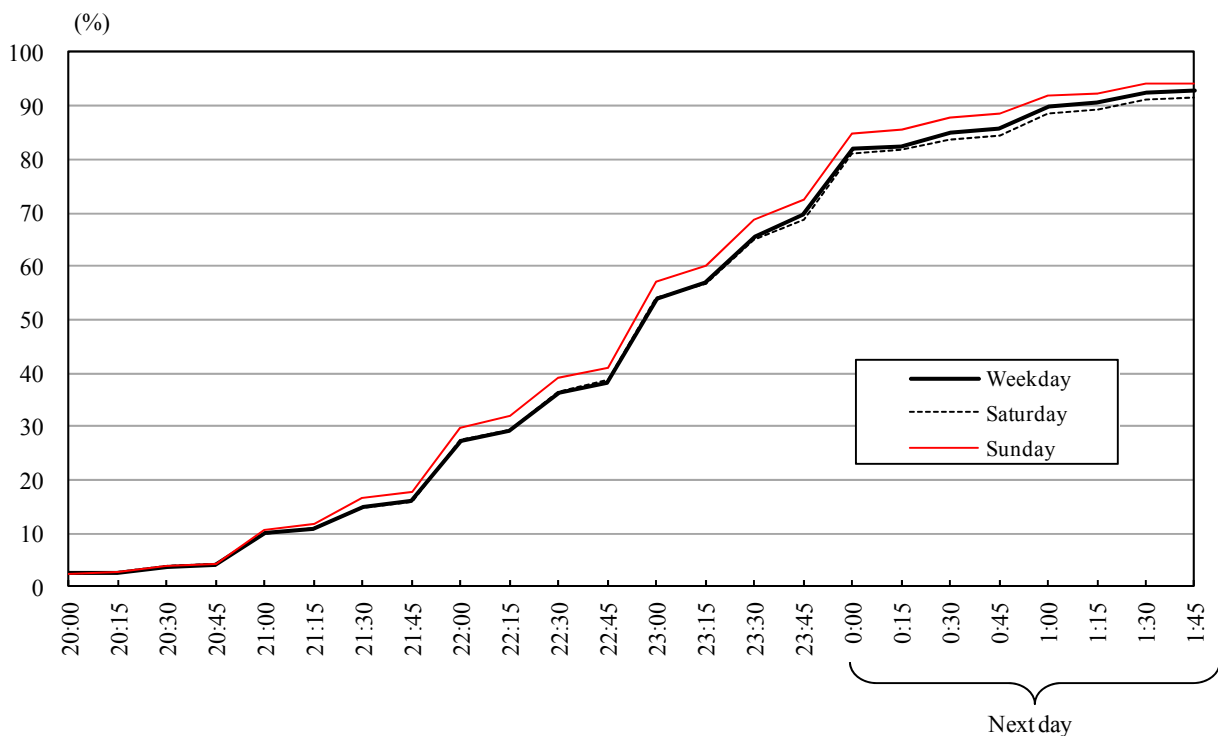


Figure 6-4: Cumulative participation rate by day of the week and time of going to bed



(5) Going to work and coming home from work

① Average time of going to work for persons working was 8:26 for weekday.

The average time of going to work¹⁾ for working persons on weekday was 8:26. For males, the average time was 8:06 and for females 8:55. Males started going to work earlier than females.

Broken down by major employment status and form of employment, regular staff started going to work earliest and “Arubaito” latest, for both sexes.

By occupation, the earliest were “Construction and mining workers” for males and “Security workers” for females, while the latest were “Service workers” for both sexes. (See Table 6-9.)

② Average time of coming home from work for persons working on weekday was 18:56.

The average time of coming home from work²⁾ for persons working on weekday was 18:56. For male workers, the average time was 19:37 and for female workers 17:56. Female workers arrived back home earlier than male workers.

Broken down by major employment status and form of employment, the earliest were part-time workers for both sexes, and the latest were regular staff for males and self-employed with employees for females.

By occupation, the earliest were “agricultural, forestry and fishery workers” for males and “Carrying, cleaning, packaging, and related workers” for females, while the latest were “Service workers” for males, and “Security workers” for females. (See Table 6-9.)

Table 6-9: Average time of going to work, average time of coming home from work and participation rate by sex, major 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	8:26	8:06	8:55	18:56	19:37	17:56	84.7	88.6	79.5
(Employment status and form of employment)									
Employees	8:21	8:05	8:44	19:07	19:55	18:01	84.5	88.3	79.9
Regular staff	7:53	7:48	8:07	19:48	20:05	19:01	90.8	92.4	86.8
Part-time workers	8:56	8:36	8:58	16:48	17:57	16:40	78.2	77.2	78.3
“Arubaito”	11:04	11:06	11:01	19:16	19:53	18:38	60.0	61.6	58.3
Contract employees	8:26	8:34	8:19	19:12	19:56	18:25	86.2	87.8	84.7
Temporary employees	8:02	7:51	8:24	18:22	18:33	18:00	85.6	87.2	82.8
Dispatched workers from temporary labor agency	8:29	8:32	8:27	18:57	19:57	18:21	82.7	80.7	84.0
Director of company or organization, etc.	8:07	7:49	9:18	18:31	18:48	17:23	90.2	93.4	79.6
Self-employed with employees	8:26	8:01	10:43	19:08	19:03	19:36	92.9	94.2	86.4
Self-employed without employees	8:56	8:27	10:45	18:20	18:21	18:17	84.6	87.0	76.7
(Occupation)									
Administrative and managerial workers	7:56	7:48	9:08	18:53	18:57	18:24	89.3	91.4	74.4
Professional and technical workers	8:25	8:05	8:54	19:30	20:00	18:48	86.5	91.0	80.8
Clerical workers	8:09	7:41	8:28	18:39	19:35	18:01	86.6	91.0	83.8
Sales workers	8:44	8:18	9:23	19:12	19:49	18:14	80.7	85.8	74.0
Service workers	9:52	10:00	9:48	19:24	21:24	18:20	75.6	78.9	74.0
Security workers	8:01	8:03	7:30	20:25	20:31	19:04	80.9	81.0	79.6
Agricultural, forestry and fishery workers	8:07	7:49	8:40	16:52	17:05	16:28	84.3	86.8	80.2
Manufacturing process workers	8:23	8:21	8:28	19:02	19:43	17:18	90.7	92.3	87.0
Transport and machine operation workers	7:49	7:50	7:32	20:06	20:08	18:30	85.5	85.4	90.8
Construction and mining workers	7:10	7:10	7:41	18:50	18:51	16:56	93.7	93.9	80.4
Carrying, cleaning, packaging, and related workers	8:03	7:44	8:24	17:16	18:29	15:54	82.7	85.4	79.8

1) The starting time of “Commuting to and from school or work” before the first work which starts between 0:15 and 24:00.

2) The ending time of “Commuting to and from school or work” after the last work which starts between 0:15 and 24:00

③ The participation rate of regular staff by the time of going to work was the highest at 7:00-8:00, followed by 8:00-9:00.

Looking at the participation rate of employees under the category of persons working by form of employment and the time of going to work on weekday, the highest rate appeared at 7:00-8:00 for regular staff, followed by 8:00-9:00. The highest rate for part-time workers appeared at 8:00-9:00. Part-time workers started commuting later than regular staff. The highest for “Arubaito” were at 8:00-9:00, but their time for going to work varies widely, including in the afternoon. The highest for contract employees, temporary employees and dispatched workers from temporary labor agency appeared at 7:00-8:00, as in the case of regular staff, followed by 8:00-9:00. (See Figure 6-5 and Table 6-10.)

Figure 6-5: Participation rate by form of employment and time of going to work-weekday, employees

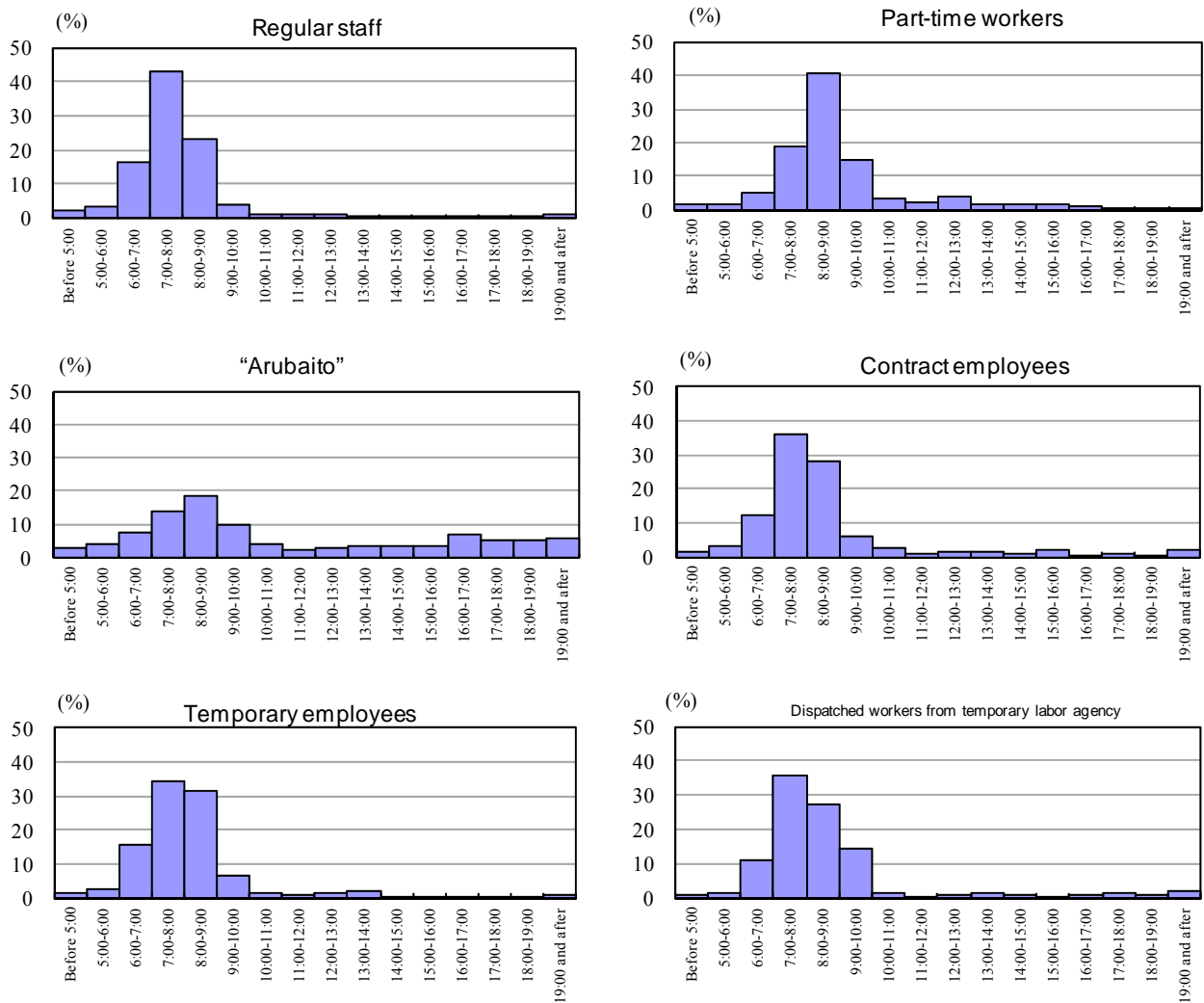


Figure 6-10: Participation rate by form of employment and time of going to work-weekday, employees

	Participation rate (%)																
	Before 5:00	5:00-6:00	6:00-7:00	7:00-8:00	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00	17:00-18:00	18:00-19:00	19:00 and after	
(Form of employment)																	
Regular staff	2.21	3.51	16.11	43.15	23.40	4.10	1.28	0.80	0.86	0.62	0.77	0.65	0.51	0.30	0.45	1.29	
Part-time workers	1.51	1.91	5.00	19.12	40.48	14.58	3.67	2.11	3.92	1.67	1.86	1.70	0.90	0.46	0.42	0.68	
“Arubaito”	2.66	4.19	7.69	13.82	18.32	10.08	4.29	2.25	2.79	3.42	3.43	3.64	7.19	5.34	4.97	5.93	
Contract employees	1.48	3.15	12.05	36.18	27.88	5.87	2.64	0.99	1.51	1.70	1.17	1.83	0.58	0.66	0.34	1.98	
Temporary employees	1.26	2.32	15.64	34.60	31.65	6.82	1.46	0.65	1.33	1.81	0.59	0.20	0.08	0.30	0.14	1.16	
Dispatched workers from temporary labor agency	0.93	1.35	10.77	35.59	27.39	14.18	1.48	0.38	0.85	1.37	0.62	0.09	1.07	1.21	0.71	1.98	

④ The time of coming home from work varied widely.

Looking at the participation rate of employees under the category of persons working by form of employment and the time of coming home from work on weekday, the highest rate appeared in 18:00-19:00 for regular staff, followed by 19:00-20:00. The highest rate for part-time workers appeared at 17:00-18:00, followed by before 14:00. Part-time workers started coming home relatively early. The highest for “Arubaito” were at 17:00-18:00, but their time for coming home from work varies widely, including before 14:00 and 2:00 and after. The highest for contract employees, temporary employees and dispatched workers from temporary labor agency appeared at 18:00-19:00, as in the case of regular staff, followed by 17:00-18:00.

For any form of employment, the time of coming home from work varies more widely than the time of going to work. (See Figure 6-6 and Table 6-11.)

Figure 6-6: Participation rate by form of employment and time of coming home from work-weekday, employees

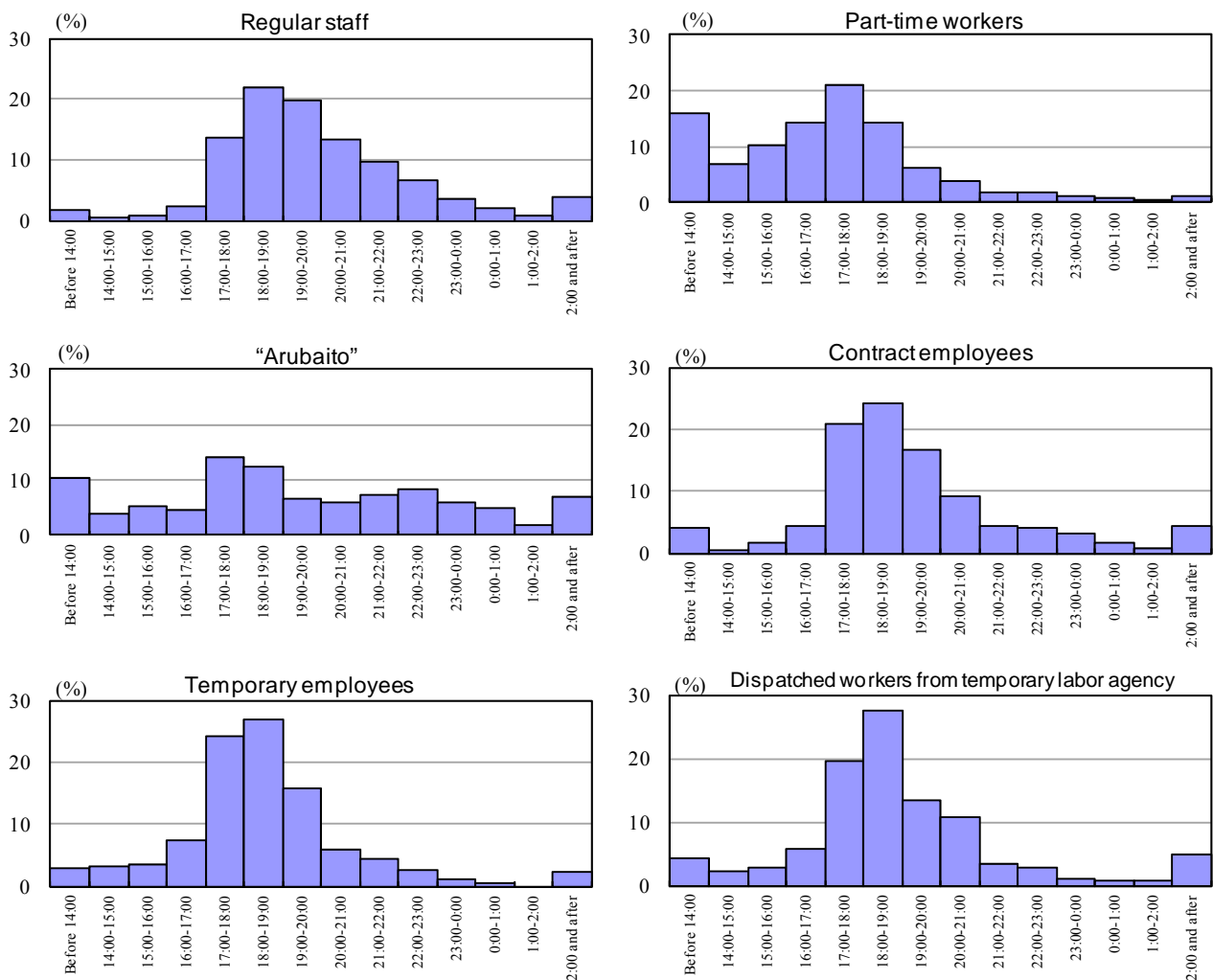


Figure 6-11: Participation rate by form of employment and time of coming home from work-weekday, employees

	%													
	Before 14:00	14:00-15:00	15:00-16:00	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00	20:00-21:00	21:00-22:00	22:00-23:00	23:00-0:00	0:00-1:00	1:00-2:00	2:00 and after
(Form of employment)														
Regular staff	1.76	0.33	0.89	2.27	13.69	22.03	19.67	13.23	9.49	6.45	3.58	1.95	0.86	3.68
Part-time workers	16.03	6.90	10.15	14.31	21.11	14.18	6.38	3.71	2.02	1.76	1.11	0.77	0.37	1.07
“Arubaito”	10.46	3.93	5.40	4.44	14.21	12.38	6.72	5.87	7.49	8.52	6.04	4.82	2.03	7.13
Contract employees	4.15	0.31	1.74	4.25	20.80	24.23	16.80	9.14	4.28	4.09	3.21	1.73	0.77	4.30
Temporary employees	3.00	3.03	3.52	7.28	24.02	26.88	15.64	6.00	4.24	2.44	1.17	0.58	0.00	2.23
Dispatched workers from temporary labor agency	4.17	2.34	2.78	5.88	19.54	27.46	13.45	10.66	3.45	2.78	1.08	0.82	0.65	4.90

7. Time use and average time 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 (8 hours 2 minutes), followed by the citizens of Aomori-ken (8 hours 1 minutes); 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 Nara-ken (7 hours 33 minutes), in Chiba-ken and Hyogo-ken (7 hours 34 minutes for both). (See Figure 7-1 and Table 7-1.)

Figure 7-1: Sleep time by prefecture-weekly average

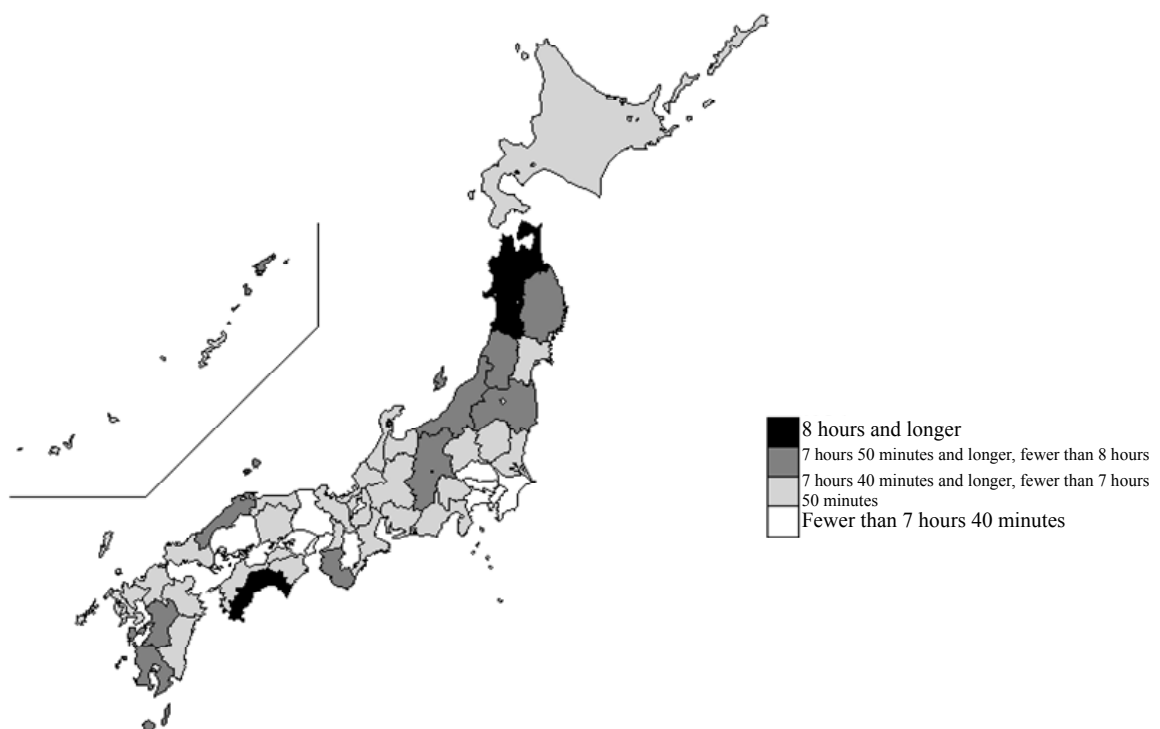


Table 7-1: Sleep time by 14 districts-weekly average

(Hours: minutes)

	Sleep time
Japan	7.42
Hokkaido	7.48
Tohoku	7.55
Kanto I	7.35
Kanto II	7.47
Hokuriku	7.49
Tokai	7.42
Kinki I	7.39
Kinki II	7.41
Sanin	7.50
Sanyo	7.40
Shikoku	7.48
Northern-Kyushu	7.46
Southern-Kyushu	7.50
Okinawa	7.42

(Note)

Tohoku: Aomori-ken, Iwate-ken, Miyagi-ken, Akita-ken, Yamagata-ken, and Fukushima-ken

Kanto I: Saitama-ken, Chiba-ken, Tokyo-to, and Kanagawa-ken

Kanto II: Ibaraki-ken, Tochigi-ken, Gumma-ken, Yamanashi-ken, and Nagano-ken

Hokuriku: Niigata-ken, Toyama-ken, Ishikawa-ken, and Fukui-ken

Tokai: Gifu-ken, Shizuoka-ken, Aichi-ken, and Mie-ken

Kinki I: Kyoto-fu, Osaka-fu, and Hyogo-ken

Kinki II: Shiga-ken, Nara-ken, and Wakayama-ken

Sanin: Tottori-ken and Shimane-ken

Sanyo: Okayama-ken, Hiroshima-ken, and Yamaguchi-ken

Shikoku: Tokushima-ken, Kagawa-ken, Ehime-ken, and Kochi-ken

Northern-Kyushu: Fukuoka-ken, Saga-ken, Nagasaki-ken, and Oita-ken

Southern-Kyushu: Kumamoto-ken, Miyazaki-ken, and Kagoshima-ken

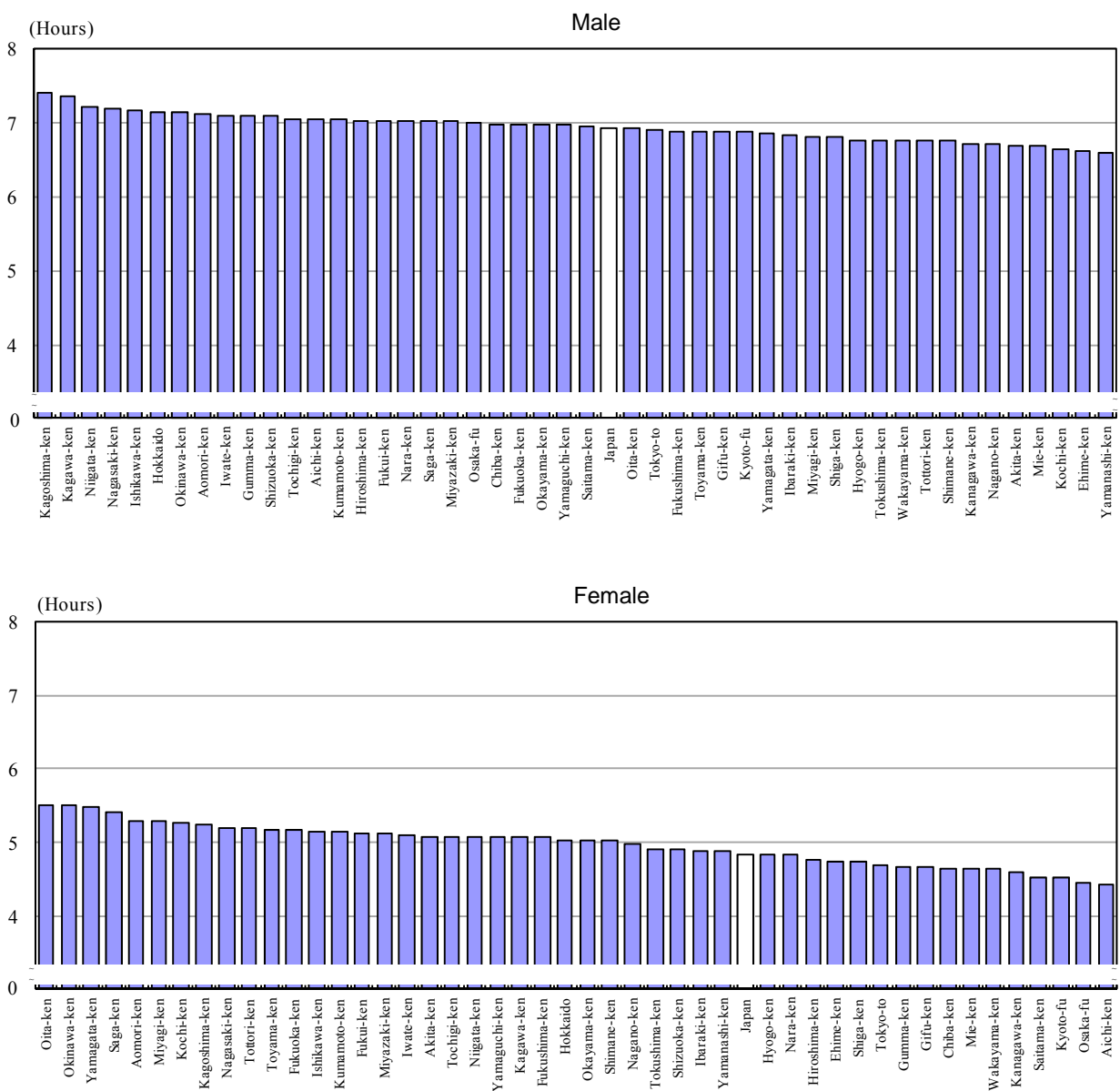
(2) Secondary activities

① Of working persons, males in Kagoshima-ken and females in Oita-ken spent a longer time on working.

Looking at the time spent on working by prefecture, male workers in Kagoshima-ken spent the longest time (7 hours 25 minutes), followed by those in Kagawa-ken (7 hours 22 minutes) and Niigata-ken (7 hours 13 minutes). For females, Oita-ken was the longest at 5 hours 31 minutes, followed by Okinawa-ken (5 hours 30 minutes) and Yamagata-ken (5 hours 29 minutes).

In contrast, the shortest time spent on working was found in males living in Yamanashi-ken (6 hours 36 minutes), followed by those in Ehime-ken (6 hours 37 minutes) and Kochi-ken (6 hours 38 minutes). For females, Aichi-ken was the shortest (4 hours 25 minutes), followed by Osaka-fu (4 hours 27 minutes) and Kyoto-fu (4 hours 31 minutes). (See Figure 7-2.)

Figure 7-2: Time spent on working by sex and prefecture-weekly average, working persons



② Time spent on “commuting to and from school or work” was long for the Kanto M.M.A.

Looking at the time spent by employees on “commuting to and from school or work” on weekday by sex and whether in 10 major metropolitan areas (10 M.M.A.) or Non-M.M.A., employees living in the Kanto M.M.A. spent the longest time on “commuting to and from school or work” for both sexes (for males 1 hour 32 minutes and for females 1 hour 4 minutes), followed by those in the Kinki M.M.A. (for males 1 hour 18 minutes and for females 54 minutes), and so on.

In contrast, the shortest “commuting to and from school or work” hours were found in Niigata M.M.A. (for males 48 minutes and females 38 minutes) for both sexes. (See Figure 7-3 and Table 7-2.)

Figure 7-3: Time spent on “commuting to and from school or work” by sex and whether in 10 M.M.A. or Non-M.M.A.-weekday, employees

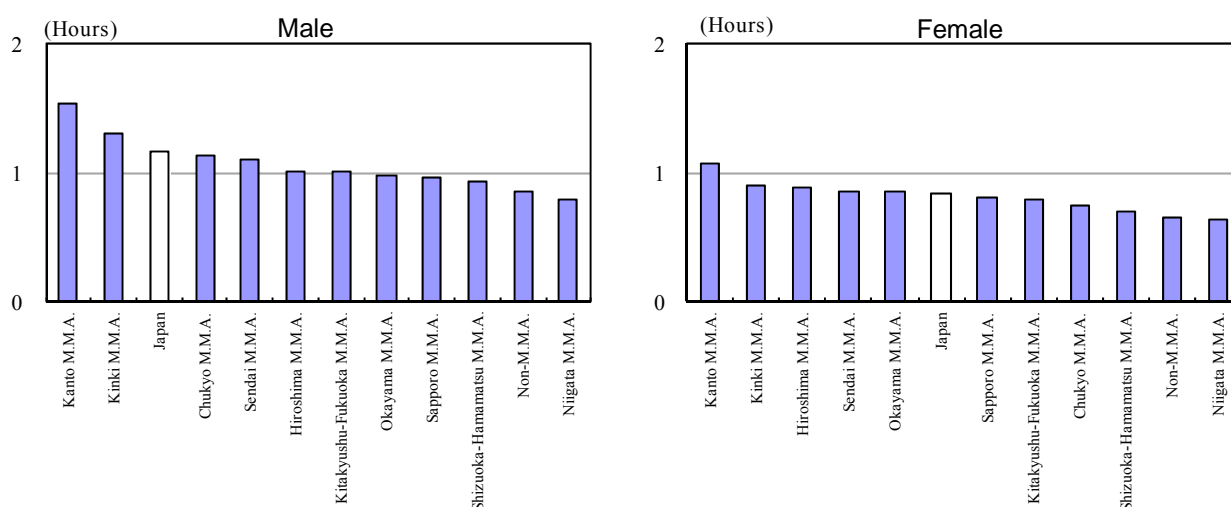


Table 7-2: Time spent on “commuting to and from school or work” by sex and whether in 10 M.M.A. or Non-M.M.A.-weekday, employees

	Japan	Sapporo M.M.A.	Sendai M.M.A.	Kanto M.M.A.	Niigata M.M.A.	Shizuoka-Hamamatsu M.M.A.	Chukyo M.M.A.	Kinki M.M.A.	Okayama M.M.A.	Hiroshima M.M.A.	Kitakyushu-Fukuoka M.M.A.	Non-M.M.A.
Male	1.10	0.58	1.06	1.32	0.48	0.56	1.08	1.18	0.59	1.01	1.01	0.51
Female	0.50	0.49	0.51	1.04	0.38	0.42	0.45	0.54	0.51	0.53	0.48	0.39

③ Time spent on “housework and related works” by husbands with a child aged under 6 (households of a couple with their child(ren)) was the longest in Akita-ken.

Looking at the time that husbands with a child aged under 6 (households of a couple with their child(ren)) spent on “housework and related works” by prefecture, the longest was found in Akita-ken (1 hour 44 minutes), followed by Iwate-ken and Saitama-ken (1 hour 37 minutes), Shimane-ken (1 hour 36 minutes), and so on. (See Table 7-3.)

Table 7-3: Time that husbands and wives spent on “housework and related works” by prefecture--weekday, husbands and wives with a child aged under 6 (households of a couple with their child(ren))

Husband			Wife	
Ranking	Prefecture	Housework and related works(hours:minutes)	Ranking	Housework and related works(hours:minutes)
	Japan	1.07		7.41
1	Akita-ken	1.44		7.37
2	Iwate-ken	1.37		8.10
2	Saitama-ken	1.37		8.06
4	Shimane-ken	1.36		6.43
5	Tokushima-ken	1.33		7.28

(3) Tertiary activities

Persons living in Hokkaido spent a longer time on “Watching TV, listening to the radio, reading newspapers or magazines”.

Looking at the average time spent on “Watching TV, listening to the radio, reading news papers or magazines” by prefecture, the longest was found in Hokkaido (2 hours 47 minutes), followed by Aomori-ken and Tokushima-ken (2 hours 43 minutes), Ehime-ken (2 hours 42 minutes), Fukushima-ken (2 hours 40 minutes), and so on.

In contrast, the shortest was found in Tokyo-to (2 hours 10 minutes), followed by Shiga-ken (2 hours 12 minutes), Fukui-ken (2 hours 18 minutes), Saitama-ken and Nagano-ken (2 hours 19 minutes), and so on. (See Table 7-4.)

Table 7-4: Time spent on “Watching TV, listening to the radio, reading newspapers or magazines” by prefecture-weekly average

Ranking	Prefecture	Watching TV, listening to the radio, reading newspapers or	Ranking	Prefecture	Watching TV, listening to the radio, reading newspapers or
	Japan	2.27	24	Gifu-ken	2.28
1	Hokkaido	2.47	24	Kagawa-ken	2.28
2	Aomori-ken	2.43	26	Tochigi-ken	2.27
2	Tokushima-ken	2.43	26	Ishikawa-ken	2.27
4	Ehime-ken	2.42	26	Hiroshima-ken	2.27
5	Fukushima-ken	2.40	26	Kagoshima-ken	2.27
6	Oita-ken	2.39	30	Miyagi-ken	2.26
7	Mie-ken	2.38	30	Akita-ken	2.26
7	Nagasaki-ken	2.38	30	Nara-ken	2.26
9	Wakayama-ken	2.36	33	Iwate-ken	2.25
9	Kochi-ken	2.36	33	Yamanashi-ken	2.25
11	Osaka-fu	2.35	33	Okayama-ken	2.25
11	Yamaguchi-ken	2.35	36	Ibaraki-ken	2.24
13	Shizuoka-ken	2.34	36	Chiba-ken	2.24
14	Yamagata-ken	2.33	36	Kyoto-fu	2.24
14	Niigata-ken	2.33	39	Gumma-ken	2.23
14	Fukuoka-ken	2.33	40	Kanagawa-ken	2.22
17	Aichi-ken	2.32	40	Shimane-ken	2.22
18	Toyama-ken	2.31	40	Okinawa-ken	2.22
18	Tottori-ken	2.31	43	Saitama-ken	2.19
18	Miyazaki-ken	2.31	43	Nagano-ken	2.19
21	Hyogo-ken	2.30	45	Fukui-ken	2.18
21	Saga-ken	2.30	46	Shiga-ken	2.12
21	Kumamoto-ken	2.30	47	Tokyo-to	2.10

(4) Average time of main activities by area

①The earliest time of going to bed on weekday was found in Aomori-ken and Akita-ken. The difference between those prefectures and Tokyo-to (the latest in going to bed) was 1 hour 6 minutes.

Looking at the average time of main activities on weekday by prefecture, the earliest time of getting up was found in Aomori-ken (at 6:19). The time difference between the prefecture and Tokyo-to (the latest in getting up, at 6:52) was 33 minutes.

The earliest time of beginning to have breakfast was found in Shizuoka-ken (at 6:58). The time difference between the prefecture and Okinawa-ken (the latest in beginning to have breakfast, at 7:21) was 23 minutes.

The earliest time of beginning to have supper was found in Aomori-ken (at 18:39). The time difference between the prefecture and Okinawa-ken (the latest in beginning to have supper, at 19:21) was 42 minutes.

The earliest time of going to bed was found in Aomori-ken and Akita-ken (at 22:35). The difference between those prefectures and Tokyo-to (the latest in time of going to bed, at 23:41) was 1 hour 6 minutes. (See Table 7-5.)

Table 7-5: Average time and participation rate for main activities by prefecture-weekday
Getting up Beginning to have breakfast

Ranking	Prefecture	Average time (hours:minutes)	Participation rate (%)
	Japan	6:37	99.4
1	Aomori-ken	6:19	99.6
2	Iwate-ken	6:22	98.8
2	Niigata-ken	6:22	99.5
2	Shimane-ken	6:22	99.0
5	Akita-ken	6:23	99.2
43	Fukuoka-ken	6:44	99.7
44	Kanagawa-ken	6:45	99.0
45	Osaka-fu	6:49	99.4
46	Kyoto-fu	6:51	99.5
47	Tokyo-to	6:52	99.2

Ranking	Prefecture	Average time (hours:minutes)	Participation rate (%)
	Japan	7:10	84.0
1	Shizuoka-ken	6:58	86.0
2	Aomori-ken	7:00	86.7
2	Fukushima-ken	7:00	86.9
4	Gifu-ken	7:01	88.5
4	Miyazaki-ken	7:01	87.1
43	Kyoto-fu	7:18	86.2
43	Fukuoka-ken	7:18	82.9
45	Tokyo-to	7:19	79.7
45	Osaka-fu	7:19	81.8
47	Okinawa-ken	7:21	79.8

Ranking	Prefecture	Average time (hours:minutes)	Participation rate (%)
	Japan	19:06	90.8
1	Aomori-ken	18:39	92.0
2	Hokkaido	18:46	89.0
2	Akita-ken	18:46	91.7
4	Wakayama-ken	18:48	93.0
5	Gifu-ken	18:49	93.5
5	Mie-ken	18:49	92.1
5	Ehime-ken	18:49	93.0
5	Kochi-ken	18:49	93.5
43	Saitama-ken	19:13	89.9
44	Chiba-ken	19:16	89.3
45	Kanagawa-ken	19:18	90.5
46	Tokyo-to	19:20	87.3
47	Okinawa-ken	19:21	87.8

Ranking	Prefecture	Average time (hours:minutes)	Participation rate (%)
	Japan	23:15	99.5
1	Aomori-ken	22:35	99.9
1	Akita-ken	22:35	99.3
3	Yamagata-ken	22:43	99.2
4	Iwate-ken	22:45	98.8
5	Fukushima-ken	22:47	99.4
43	Kyoto-fu	23:25	99.3
44	Fukuoka-ken	23:26	99.8
45	Osaka-fu	23:32	99.2
46	Kanagawa-ken	23:36	99.4
47	Tokyo-to	23:41	99.3

②The latest time of coming home from work on weekday was found in Tokyo-to. The difference between the prefecture and Tokushima-ken (the earliest in coming home from work) was 1 hour 43 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 Aomori-ken (at 8:04). The time difference between the prefecture and Kyoto-fu (the latest in going to work, at 8:43) was 39 minutes.

The earliest time of coming home from work was found in Tokushima-ken (at 18:02). The time difference between the prefecture and Tokyo-to (the latest in coming home from work, at 19:45) was 1 hour 43 minutes. (See Table 7-6.)

Table 7-6: Average time and participation rate for main activities by prefecture-weekday, working persons
Going to work Coming home from work

Ranking	Prefecture	Average time (hours:minutes)	Participation rate (%)
	Japan	8:26	84.7
1	Aomori-ken	8:04	86.5
2	Shizuoka-ken	8:05	88.1
3	Saga-ken	8:12	87.5
4	Niigata-ken	8:13	88.1
4	Wakayama-ken	8:13	86.5
4	Tokushima-ken	8:13	85.6
4	Kagawa-ken	8:13	87.7
4	Oita-ken	8:13	87.5
43	Tokyo-to	8:37	83.6
44	Kochi-ken	8:41	84.9
44	Fukuoka-ken	8:41	86.3
44	Miyazaki-ken	8:41	86.6
47	Kyoto-fu	8:43	85.2

Ranking	Prefecture	Average time (hours:minutes)	Participation rate (%)
	Japan	18:56	84.7
1	Tokushima-ken	18:02	85.6
2	Aomori-ken	18:06	86.5
3	Ehime-ken	18:13	83.2
4	Shimane-ken	18:14	85.0
5	Wakayama-ken	18:17	86.5
43	Miyagi-ken	19:06	86.7
44	Saitama-ken	19:18	83.6
45	Chiba-ken	19:27	82.5
46	Kanagawa-ken	19:29	80.1
47	Tokyo-to	19:45	83.6