

1 Time Spent according to Kinds of Activities

(1) Overview

① "Free time" and "Personal care" increased while "Paid work" decreased.

As for the average time spent in a day by persons aged 10 and older - weekly average (hereinafter referred to as "Weekly"), "Personal care" accounted for the longest (at 11 hours, 6 minutes), followed by "Free time" (4 hours, 34 minutes) and "Paid work" (4 hours, 6 minutes).

Compared to 2006, the hours of "Free time" and the hours of "Personal care" increased, while the hours of "Paid work" decreased. "Unpaid work" and "Schoolwork, learning, self-education and training" remained virtually unchanged (see Table 1-1).

② In work accompanied by income and other "Paid work," males spent 2 hours, 45 minutes longer than females, while in household chores, childcare, shopping and other "Unpaid work," females spent 2 hours, 59 minutes longer than males.

In comparing males and females, the longest average time spent by males was on "Personal care" (at 11 hours), followed by "Paid work" (5 hours, 30 minutes) and "Free time" (4 hours, 47 minutes). The longest time spent by females was also on "Personal care" (at 11 hours, 13 minutes), followed by "Free time" (4 hours, 22 minutes) and "Unpaid work" (4 hours, 14 minutes). For "Paid work," males spent 2 hours, 45 minutes longer than females; for "Unpaid work," females spent 2 hours, 59 minutes longer than males (see Table 1-1).

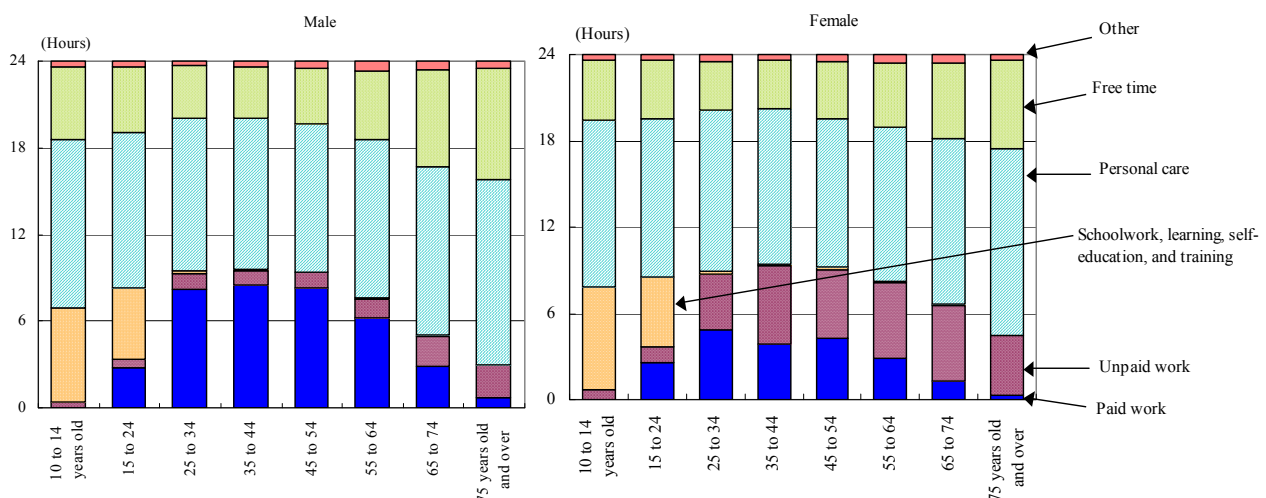
Table 1-1 Average Time Spent for All Persons by Sex (2006, 2011) - Weekly average

	Both sexes			Male			Female			Difference
	2006	2011	Plus/minus	2006	2011	Plus/minus	2006	2011	Plus/minus	2011
Paid work	4.16	4.06	-0.10	5.42	5.30	-0.12	2.54	2.45	-0.09	2.45
Unpaid work	2.46	2.47	0.01	1.08	1.15	0.07	4.18	4.14	-0.04	-2.59
Schoolwork, learning, self-education, and training	0.59	0.58	-0.01	1.04	0.59	-0.05	0.54	0.57	0.03	0.02
Personal care	11.03	11.06	0.03	10.57	11.00	0.03	11.08	11.13	0.05	-0.13
Free time	4.27	4.34	0.07	4.37	4.47	0.10	4.16	4.22	0.06	0.25
Other	0.30	0.30	0.00	0.31	0.29	-0.02	0.29	0.30	0.01	-0.01

③ As for the total hours spent on "Paid work" and "Unpaid work," both males and females aged 35 to 44 showed the longest time by sex.

By sex and age group, persons aged 35 to 44 spent the most time on "Paid work" and "Unpaid work," with males spending 9 hours, 27 minutes and females spending 9 hours, 17 minutes. Upon examining the rates of "Paid work" and "Unpaid work" to the total hours of "Paid work" and "Unpaid work" by sex and age group, we find a higher rate for males (except in the age groups of 10 to 14 and 75 years and older) for "Paid work" and for females (except in the age group of 15 to 34) for "Unpaid work" (see Figure 1-1).

Figure 1-1 Average Time Spent for All Persons by Sex and Age - Weekly average



(2) Paid work

① Males spent 4 hours, 49 minutes and females spent 2 hours, 24 minutes on "Main job related activities."

Persons aged 10 and older overspent 4 hours, 6 minutes on "Paid work." As for average time spent on "Paid work" by persons aged 10 and older by medium group, "Main job related activities" accounted for 3 hours, 35 minutes, "Second job related activities" for only 2 minutes, "Commuting to and from work" for 25 minutes, and "Other activities related to work" for 4 minutes.

In comparing males and females, males spent 4 hours, 49 minutes on "Main job related activities," only 2 minutes on "Second job related activities," 33 minutes on "Commuting to and from work," and 6 minutes on "Other activities related to work." Females spent 2 hours, 24 minutes on "Main job related activities," only 1 minute on "Second job related activities," 18 minutes on "Commuting to and from work," and 2 minutes on "Other activities related to work" (see Table 1-2).

Table 1-2 Average time spent for All Persons, for Participants and Participation Rate in "Paid work" by Sex, Usual Economic Activity and Kinds of Activities - Weekly average

		Both sexes			Male			Female		
		Average time for all persons	Average time for participants	Participation rate	Average time for all persons	Average time for participants	Participation rate	Average time for all persons	Average time for participants	Participation rate
Total	Paid work	4.06	8.58	44.8	5.30	9.49	54.9	2.45	7.44	35.3
	Main job related	3.35	7.59	44.1	4.49	8.45	53.9	2.24	6.52	34.7
	Main job	3.25	7.41	43.7	4.30	8.18	53.3	2.22	6.48	34.6
	Travel as part of or during main job	0.10	2.46	5.8	0.18	3.09	9.5	0.02	1.16	2.3
	Second job related	0.02	4.04	0.7	0.02	4.16	0.8	0.01	3.40	0.6
	Second job	0.01	3.59	0.6	0.02	4.19	0.7	0.01	3.26	0.5
	Travel as part of or during second job	0.00	1.09	0.3	0.00	0.54	0.3	0.00	1.32	0.2
	Commuting to and from work	0.25	1.09	35.8	0.33	1.15	43.8	0.18	1.01	28.3
	Other activities related to work	0.04	0.46	9.4	0.06	0.48	13.0	0.02	0.41	6.0
	Rest from work	0.03	0.39	8.9	0.05	0.41	12.4	0.02	0.36	5.5
Activities connected with job seeking	0.01	2.26	0.6	0.01	3.00	0.6	0.00	1.41	0.5	
Of which "Working"	Paid work	6.54	9.06	74.7	7.51	9.55	77.7	5.37	7.52	70.6
	Main job related	6.03	8.03	74.1	6.53	8.47	77.0	4.54	6.56	70.2
	Main job	5.46	7.44	73.6	6.27	8.20	76.1	4.51	6.52	70.1
	Travel as part of or during main job	0.17	2.47	9.7	0.26	3.10	13.5	0.04	1.16	4.6
	Second job related	0.03	4.04	1.1	0.03	4.16	1.1	0.02	3.40	1.1
	Second job	0.02	3.59	1.0	0.03	4.19	1.0	0.02	3.26	1.0
	Travel as part of or during second job	0.00	1.09	0.5	0.00	0.54	0.5	0.00	1.32	0.4
	Commuting to and from work	0.43	1.09	60.7	0.48	1.15	62.9	0.36	1.01	57.8
	Other activities related to work	0.06	0.41	15.3	0.08	0.43	18.0	0.04	0.37	11.6
	Rest from work	0.06	0.39	15.1	0.07	0.41	17.7	0.04	0.36	11.4
Activities connected with job seeking	0.00	2.13	0.2	0.00	2.26	0.2	0.00	1.28	0.2	

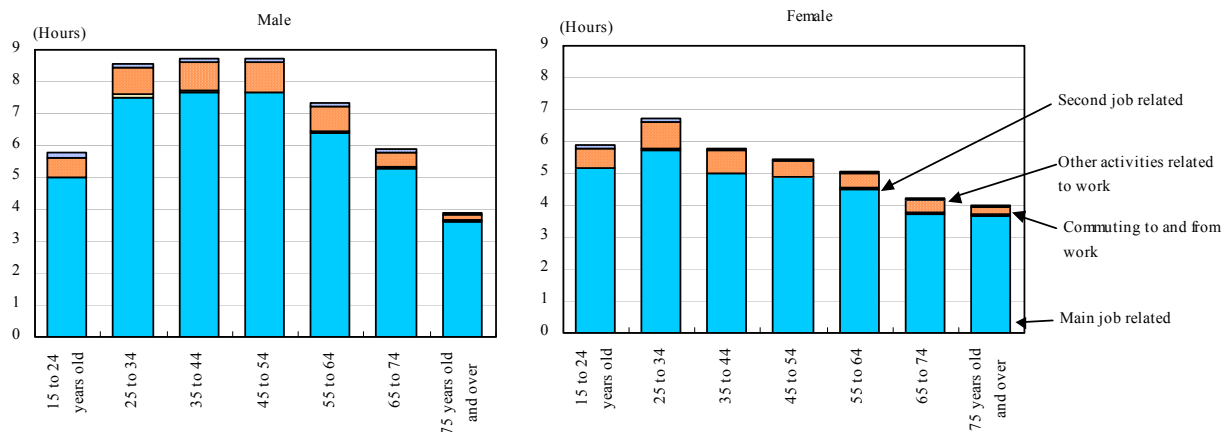
Note: "Working" is excluding persons 10 to 14 years old.

② Males aged 35 to 44 and females aged 25 to 34 spent the longest average time on "Main job related activities."

Working persons (aged 15 and older; hereinafter applicable) spent an average of 6 hours, 54 minutes on "Paid work." Males spent 7 hours, 51 minutes; females spent 5 hours, 37 minutes (see Table 1-2).

As for the average time spent by working persons on "Main job related" by sex and age group, males aged 35 to 44 spent the longest time (at 7 hours, 41 minutes) followed in order by males aged 45 to 54 (7 hours, 39 minutes), females aged 25 to 34 (5 hours, 44 minutes), and females aged 15 to 24 (5 hours, 11 minutes) (see Figure 1-2).

Figure 1-2 Average Time Spent for All Persons in "Paid work" by Sex and Age - Weekly average, Working persons



③ The rate of so-called irregular employees (except regular staff) holding a second job is three times that of regular employees and workers.

The rate of working persons engaged in "Second job related" on the surveyed day was 1.1% of all working persons, and the average time spent by participants was 4 hours, 4 minutes. In comparing males and females, the participation rate of males was 1.1% (4 hours, 16 minutes), while that of females was 1.1% (3 hours, 40 minutes).

In comparing by sex and age group, the participation rate of males peaked (at 2.7% among those aged 75 and older), followed by males aged 55 to 64 (at 2.2%). The participation rate of females was highest (at 2.1%) among women aged 65 to 74, followed by those aged 25 to 34 and 55 to 64 (with both groups at 1.8%) (see Table 1-3).

According to the employment status, "Self-employed with employees" peaked at 2.6%, followed by "Self-employed without employees" at 2.1%.

Regarding the participation rate of employees according to employment status, "Regular staff" account for 0.6% and "Except regular staff" account for 1.8%, which is triple the rate of "Regular staff." (see Table 1-4).

Table 1-3 Average Time Spent for All Persons, for Participants and Participation Rate in "Second Job Related" by Sex and Age Group - Weekly average, Working persons

		(Hours, minutes, %)							
		Total	15 to 24 years old	25 to 34	35 to 44	45 to 54	55 to 64	65 to 74	75 years old and over
Both sexes	Average time for all persons	0.03	0.00	0.04	0.02	0.01	0.05	0.04	0.03
	Average time for participants	4.04	5.28	4.19	4.25	3.20	4.10	4.24	2.54
	Participation rate	1.1	0.2	1.5	0.7	0.5	2.0	1.5	2.0
Male	Average time for all persons	0.03	0.00	0.05	0.02	0.01	0.05	0.03	0.04
	Average time for participants	4.16	5.15	5.11	5.00	2.59	4.23	5.03	3.10
	Participation rate	1.1	0.2	1.3	0.7	0.5	2.2	1.1	2.7
Female	Average time for all persons	0.02	0.00	0.03	0.01	0.01	0.04	0.05	0.01
	Average time for participants	3.40	1.30	3.25	3.06	4.20	4.03	3.18	1.30
	Participation rate	1.1	0.1	1.8	0.7	0.5	1.8	2.1	0.9

Table 1-4 Average Time Spent for All Persons, for Participants and Participation Rate in "Second Job Related" by Sex, Employment Status, and Form of employment - Weekly average, Working persons

	(Hours, minutes, %)								
	Both sexes			Male			Female		
	Average time for all persons	Average time for participants	Participation rate	Average time for all persons	Average time for participants	Participation rate	Average time for all persons	Average time for participants	Participation rate
Working	0.03	4.04	1.1	0.03	4.16	1.1	0.02	3.40	1.1
Employees	0.03	4.16	1.0	0.03	5.05	0.9	0.02	3.26	1.2
Regular staff	0.01	4.47	0.6	0.02	4.52	0.6	0.01	4.06	0.4
Except regular staff	0.06	4.09	1.8	0.07	4.54	1.9	0.04	3.09	1.7
Director of company or organizations, etc.	0.00	3.08	0.2	0.00	3.08	0.2	-	-	-
Self-employed with employees	0.05	3.30	2.6	0.02	1.19	2.0	0.12	5.26	4.7
Self-employed without employees	0.04	4.05	2.1	0.05	3.52	2.5	0.02	6.15	0.7
Family workers	0.04	4.30	1.2	0.10	5.47	3.0	0.01	2.45	0.7
Pieceworkers at home	-	-	-	-	-	-

Note: The figures for "Except regular staff" were calculated based on the data of "Part-time workers," "Arubaito," "Contract employee," "Temporary employee," "Dispatched workers from temporary labour agency," and "Other."

④ Average time spent on "Commuting to and from work" on weekday was 1 hour, 18 minutes for males and 1 hour, 3 minutes for females.

The participation rate of working persons "Commuting to and from work" on weekday was 72.2%, and the average time spent by participants was 1 hour, 12 minutes. By sex, the participation rate was 74.9% for males (1 hour, 18 minutes), and 68.6% for females (1 hour, 3 minutes) (see Table 1-5).

Table 1-5 Average Time Spent for All Persons, for Participants and Participation Rate in "Commuting to and from work" by Sex and Day of the Week - Working persons

	(Hours, minutes, %)								
	Both sexes			Male			Female		
	Average time for all persons	Average time for participants	Participation rate	Average time for all persons	Average time for participants	Participation rate	Average time for all persons	Average time for participants	Participation rate
Weekday	0.52	1.12	72.2	0.58	1.18	74.9	0.43	1.03	68.6
Saturday	0.25	1.02	39.9	0.28	1.07	41.5	0.21	0.56	37.8
Sunday	0.15	1.04	23.4	0.16	1.09	23.1	0.14	0.58	23.8

(3) Unpaid work

①Males: 37 minutes for "Housework," 7 minutes for "Child care;" Females: 2 hours, 59 minutes for "Housework," 23 minutes for "Child care"

Persons aged 10 and older spent 2 hours, 47 minutes on "Unpaid work," of which, by medium groups, "Housework" accounted for 1 hour, 50 minutes, "Child care" for 15 minutes, "Shopping and using services" for 25 minutes, "Travel related to housework" for 12 minutes, and "Volunteer activity related" for 6 minutes.

In comparing males and females, males spent 1 hour, 15 minutes on "Unpaid work," of which "Housework" accounted for the longest time (at 37 minutes), followed by "Shopping and using services" (17 minutes), "Travel related to housework" (9 minutes), "Child care" (7 minutes), and "Volunteer activity related" (6 minutes). Females spent 4 hours, 14 minutes on "Unpaid work," of which "Housework" accounted for the longest time (at 2 hours, 59 minutes), followed by "Shopping and using services" (32 minutes), "Child care" (23 minutes), "Travel related to housework" (15 minutes), and "Volunteer activity related" (5 minutes) (see Table 1-6).

Table 1-6 Average Time Spent for All Persons, for Participants and Participation Rate in "Unpaid work" by Sex - Weekly average

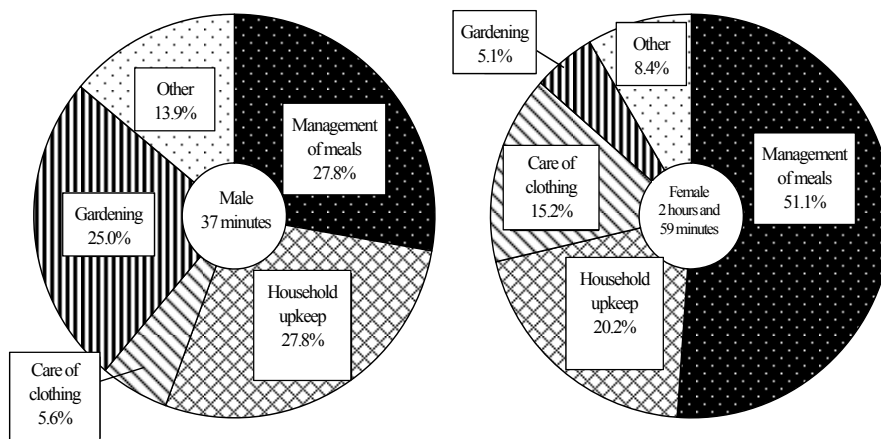
	(Hours, minutes, %)								
	Both sexes			Male			Female		
	Average time for all persons	Average time for participants	Participation rate	Average time for all persons	Average time for participants	Participation rate	Average time for all persons	Average time for participants	Participation rate
Unpaid work	2.47	4.01	68.9	1.15	2.24	50.8	4.14	4.54	86.1
Housework	1.50	3.04	59.8	0.37	1.41	36.2	2.59	3.38	82.2
Management of meals	0.52	1.50	47.3	0.10	0.56	18.6	1.31	2.02	74.4
Making sweets	0.00	1.09	0.1	-	-	-	0.00	1.09	0.3
Gardening	0.09	1.45	8.8	0.09	2.10	6.9	0.09	1.30	10.6
Household upkeep	0.23	1.05	35.9	0.10	0.55	17.8	0.36	1.09	53.1
Care of clothing	0.15	0.53	27.7	0.02	0.40	5.5	0.27	0.55	48.7
Making clothing	0.01	2.10	1.1	0.00	2.45	0.0	0.03	2.10	2.1
Building and repairing	0.01	1.55	0.6	0.01	2.07	0.9	0.00	1.19	0.3
Vehicle maintenance	0.00	1.00	0.5	0.01	1.04	0.9	0.00	0.46	0.2
Household management	0.01	0.50	1.7	0.01	1.14	0.8	0.01	0.41	2.5
Care of child excluding a baby and a little child	0.00	1.10	0.2	0.00	3.05	0.1	0.00	0.59	0.4
Caring of a family member excluding a child	0.02	2.05	1.5	0.01	2.09	1.1	0.02	2.00	2.0
Help to a child excluding a baby and a little child	0.01	0.32	1.6	0.00	0.35	0.3	0.01	0.32	2.8
Help to a family member excluding a child	0.00	0.28	1.2	0.00	0.18	0.1	0.01	0.28	2.3
Other housework	0.04	2.02	3.4	0.01	1.33	1.3	0.07	2.09	5.3
Child care	0.15	2.13	11.2	0.07	1.34	6.6	0.23	2.26	15.5
Care of a baby and a little child	0.00	1.15	0.3	0.00	0.50	0.0	0.00	1.18	0.5
Physical care or supervision of a baby and a little child	0.05	1.40	5.1	0.01	1.11	2.0	0.09	1.46	8.0
Reading, playing and talking with a baby and a little child	0.04	1.38	4.3	0.03	1.24	3.0	0.06	1.43	5.6
Accompanying a child	0.02	1.36	1.6	0.01	1.46	0.6	0.02	1.34	2.6
Teaching the child excluding a baby and a little child	0.01	0.57	1.1	0.00	1.22	0.3	0.01	0.53	1.9
Transporting a child	0.03	0.49	5.4	0.01	0.42	2.3	0.04	0.51	8.3
Reading, playing and talking with a child excluding a baby and a little child	0.00	1.02	0.5	0.00	1.10	0.4	0.00	0.59	0.6
Shopping and using services	0.25	1.09	34.9	0.17	1.08	23.3	0.32	1.09	45.9
Shopping	0.23	1.07	33.7	0.16	1.06	22.0	0.31	1.08	44.8
Administrative services	0.00	0.53	0.5	0.00	0.51	0.6	0.00	0.36	0.4
Commercial services	0.01	0.37	2.6	0.01	0.40	1.9	0.01	0.35	3.3
Travel related to housework	0.12	0.45	25.9	0.09	0.49	17.6	0.15	0.43	33.7
Volunteer activity related	0.06	2.33	3.6	0.06	2.57	3.3	0.05	2.14	3.9
Volunteer activities	0.05	2.23	3.2	0.05	2.50	3.0	0.04	2.03	3.5
Travel related to volunteer activities	0.01	0.44	1.8	0.01	0.47	1.6	0.01	0.42	2.0

②Females spent more than half of their "Housework" time on "Management of meals" including cooking.

Looking at "Housework" by minor groups, we find that the longest time was spent on "Management of meals" including cooking (at 52 minutes), followed by "Household upkeep," including cleaning (at 23 minutes), and "Care of clothing," including washing (at 15 minutes).

In comparing males and females, males spent a maximum of 10 minutes on "Management of meals" and "Household upkeep," respectively. Females spent the longest time on "Management of meals" (at 1 hour, 31 minutes), followed by "Household upkeep" (36 minutes) and "Care of clothing" (27 minutes). Thus, females spent more than half of their "Housework" time on "Management of meals" (see Table 1-6 and Figure 1-3).

Figure 1-3 Participation Rate in "Housework" by Sex - Weekly average



Note: "Other" consists of the total figures for all activities except "Management of meals," "Household upkeep," "Care of clothing," and "Gardening" out of "Housework."

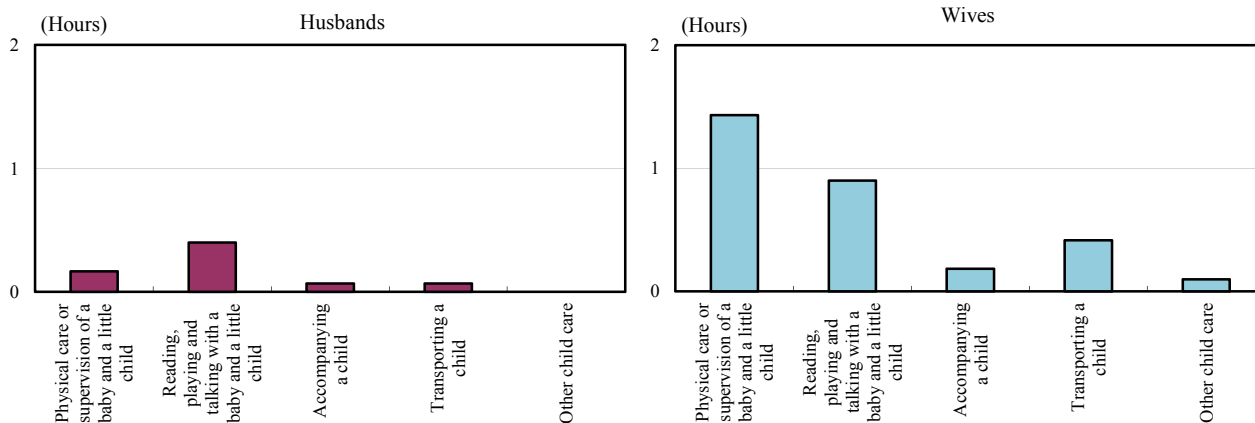
③ Fathers with a child or children under the age of 6 spent the most time on "Reading, playing and talking with a baby and a little child" than in any other "Child care" activity.

In the households of couples with a child or children, husbands (fathers) whose youngest child was under the age of 6 spent 42 minutes on "Child care," while their wives (mothers) spent 3 hours, 2 minutes on "Child care."

By minor groups, the longest average time spent was for "Reading, playing and talking with a baby and a little child" among husbands (at 24 minutes), and for "Physical care or supervision of a baby and a little child" among wives (at 1 hour, 26 minutes), respectively.

By day of the week, husbands spent the most time on Sunday for "Physical care or supervision of a baby and a little child," while wives spent the most time on weekday. Husbands spent the most time for "Reading, playing and talking with a baby and a little child" on Sunday, while wives spent the most time on Saturday. Husbands spent 1 hour "Reading, playing and talking with a baby and a little child" on Sunday, compared to only 12 minutes on weekday. The difference was significant (see Figure 1-4 and Table 1-7).

Figure 1-4 Average Time Spent for All Persons in "Child care" - Weekly average, Husbands and Wives of Household of a Couple with Their Child (Their Youngest Child Aged Under 6)



Note: "Other child care" is the total of all figures for "Care of a baby and a little child," "Teaching the child excluding a baby and a little child" and "Reading, playing and talking with a child excluding a baby and a little child."

Table 1-7 Average Time Spent for All Persons in "Child care" by Day of the Week - Husbands and Wives of Household of a Couple with Their Child(ren) (Their Youngest Child Aged Under 6)

	(Hours, minutes, %)							
	Husbands				Wives			
	Weekly average	Weekday	Saturday	Sunday	Weekly average	Weekday	Saturday	Sunday
Child care	0.42	0.25	1.14	1.32	3.02	3.16	2.42	2.12
Physical care or supervision of a baby and a little child	0.10	0.06	0.14	0.22	1.26	1.37	1.01	0.59
Reading, playing and talking with a baby and a little child	0.24	0.12	0.45	1.00	0.54	0.50	1.12	0.53
Accompanying a child	0.04	0.03	0.07	0.06	0.11	0.11	0.14	0.10
Transporting a child	0.04	0.04	0.06	0.04	0.25	0.32	0.10	0.04
Other child care	0.00	0.00	0.03	0.01	0.06	0.07	0.06	0.06

Note: "Other child care" is the total of all figures for "Care of a baby and a little child," "Teaching the child excluding a baby and a little child" and "Reading, playing and talking with a child excluding a baby and a little child."

(4) Schoolwork, learning, self-education and training

① Males spent 1 hour, 12 minutes and females spent 1 hour, 10 minutes on "Schoolwork, learning, self-education and training" on weekday.

On weekday, the average time spent by persons aged 10 and older on "Schoolwork, learning, self-education and training" was 1 hour, 11 minutes, of which, by medium groups, "Schoolwork" accounted for 1 hour, 7 minutes, while "Learning, self-education and training (excluding schoolwork)" accounted for only 4 minutes.

In comparing males and females, the average time spent on "Schoolwork, learning, self-education and training" by males was 1 hour, 12 minutes, of which "Schoolwork" accounted for 1 hour, 9 minutes, with only 2 minutes for "Learning, self-education and training (excluding schoolwork)." The average time spent by females was 1 hour, 10 minutes, of which "Schoolwork" accounted for 1 hour, 5 minutes, with only 5 minutes for "Learning, self-education and training (excluding schoolwork)" (see Table 1-8).

Table 1-8 Average Time Spent for All Persons, for Participants and Participation Rate in "Schoolwork, learning, self-education, and training" by Sex - Weekly average

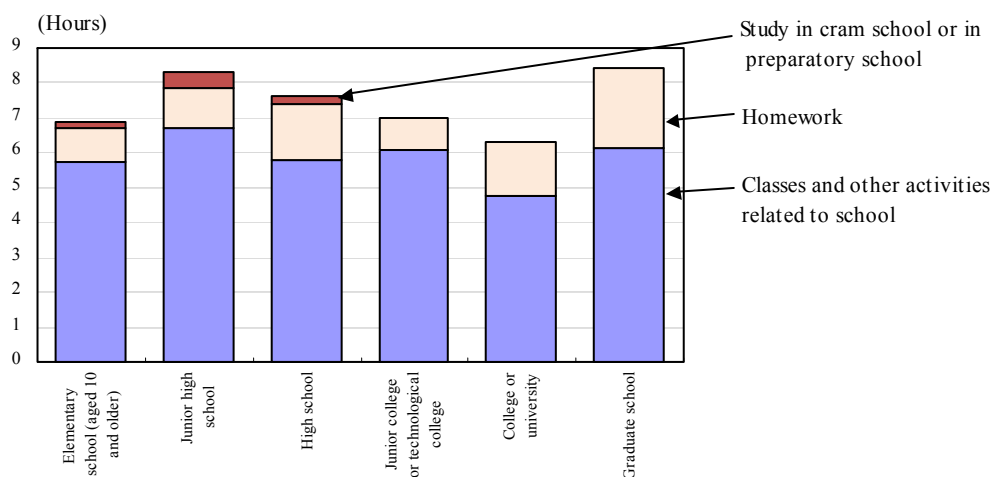
	(Hours, minutes, %)								
	Both sexes			Male			Female		
	Average time for persons	Average time for participant	Participation rate	Average time for persons	Average time for participant	Participation rate	Average time for persons	Average time for participant	Participation rate
Schoolwork, learning, self-education, and training	1.11	8.02	14.7	1.12	8.09	14.6	1.10	7.55	14.7
Schoolwork	1.07	9.12	12.1	1.09	8.59	12.8	1.05	9.26	11.5
Classes and other activities related to school	0.44	6.22	11.7	0.46	6.19	12.3	0.43	6.25	11.1
Homework	0.10	2.04	7.8	0.09	1.57	7.6	0.10	2.11	7.9
Study in cram school or in preparatory school	0.02	2.46	1.3	0.03	2.38	1.6	0.02	2.48	1.1
Rest from schoolwork	0.02	0.47	3.5	0.02	0.51	4.1	0.01	0.43	3.0
Commuting to and from school	0.09	1.18	11.1	0.09	1.15	11.8	0.09	1.23	10.4
Learning, self-education, and training (excluding schoolwork)	0.04	2.05	3.1	0.02	2.03	2.0	0.05	2.05	4.1

② College or university students spent the fewest hours on Classes and Homework on weekday.

Looking at the time spent by students (aged 10 and older; hereinafter applicable) on such key minor groups as "Classes and other activities related to school," "Homework,"¹⁾ and "Study with a private teacher, in cram school or in preparatory school" on weekday according to the kinds of schools attended, we find that college or university students spent the least time (at 6 hours, 17 minutes). Conversely, graduate school students spent the most time (at 8 hours, 26 minutes), followed by junior high school students (at 8 hours, 20 minutes).

Looking at time spent on "Schoolwork" on weekday by key minor groups and the kinds of schools attended, we find the longest time spent on "Classes and other activities related to school" was by junior high students (at 6 hours, 44 minutes), followed by "Homework"¹⁾ by graduate school students (at 2 hours, 18 minutes) and "Study with a private teacher, in cram school or in preparatory school" by junior high students (at 29 minutes) (see Figures 1-5 and 1-6, and Table 1-9).

Figure 1-5 Average Time Spent on Weekday for All Persons in "Classes and other activities related to school," "Homework," and "Study in cram school or in preparatory school" by Kinds of School Attended - Persons Attending School



1) Including preparation for school and a review of the day's lessons

Figure 1-6 Average Time Spent on Weekday for All Persons in "Classes and other activities related to school," "Homework," and "Study in cram school or in preparatory school" by Kinds of Schools Attended - Persons Attending School

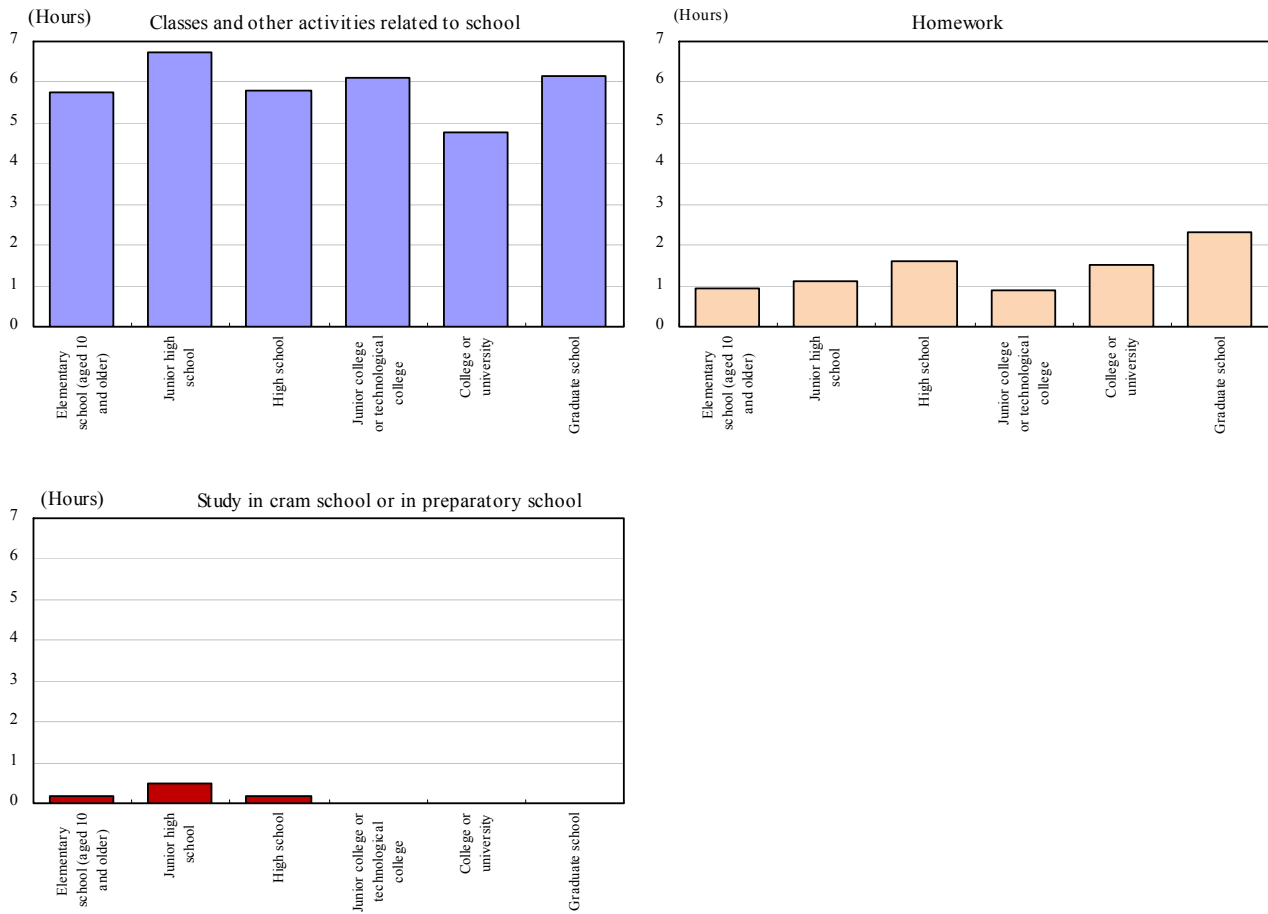


Table 1-9 Average Time Spent on Weekday for All Persons, for Participants and Participation Rate in "Schoolwork" by Kinds of Schools Attended - Persons Attending School

(Hours, minutes, %)

	Classes and other activities related to school			Homework			Study in cram school or in preparatory school		
	Average time for all persons	Average time for participant	Participation rate	Average time for all persons	Average time for participant	Participation rate	Average time for all persons	Average time for participant	Participation rate
Total	5.52	6.23	92.1	1.17	2.04	61.4	0.13	2.17	9.8
Elementary school (aged 10 and older)	5.45	6.18	91.4	0.56	1.06	83.6	0.11	1.38	11.2
Junior high school	6.44	6.51	98.4	1.07	1.33	71.1	0.29	2.14	21.2
High school	5.47	6.13	93.7	1.37	2.56	56.0	0.12	3.06	7.1
Junior college or technological college	6.06	6.40	92.5	0.53	2.03	38.9	-	-	-
College or university	4.45	5.49	81.2	1.32	3.32	38.2	-	-	-
Graduate school	6.08	6.08	100.0	2.18	4.13	72.1	-	-	-

	Rest from schoolwork			Commuting to and from school		
	Average time for all persons	Average time for participant	Participation rate	Average time for all persons	Average time for participant	Participation rate
Total	0.13	0.47	27.9	1.08	1.18	86.9
Elementary school (aged 10 and older)	0.14	0.42	34.7	0.45	0.53	84.1
Junior high school	0.14	0.51	27.8	0.55	0.58	94.7
High school	0.15	1.03	25.6	1.19	1.30	88.0
Junior college or technological college	0.20	0.40	48.6	1.40	1.49	92.5
College or university	0.07	0.39	18.7	1.30	1.57	76.3
Graduate school	0.06	0.37	24.4	1.07	1.48	84.3

(5) Personal care

① Males spent more time on "Sleep related" matters than females, who spent more time on "Physical care" (including bathing) and "Meals."

Persons aged 10 and older spent an average of 11 hours, 6 minutes on "Personal care." Looking at medium groups, "Sleep related" accounted for 7 hours, 59 minutes, "Physical care" including bathing for 1 hour, 13 minutes, and "Meals" for 1 hour, 54 minutes.

In comparing males and females, males spent 8 hours, 5 minutes on "Sleep related," 1 hour, 4 minutes on "Physical care," and 1 hour, 51 minutes on "Meals." Females spent 7 hours, 54 minutes on "Sleep related," 1 hour, 22 minutes on "Physical care," and 1 hour, 57 minutes on "Meals." Thus, males spent more time on "Sleep related" than females, who spent more time on "Physical care" and "Meals" than males (see Table 1-10).

Table 1-10 Average Time Spent for All Persons, for Participants and Participation Rate in "Personal care" by Sex - Weekly average

	(Hours, minutes, %)								
	Both sexes			Male			Female		
	Average time for all persons	Average time for participant	Participation rate	Average time for all persons	Average time for participant	Participation rate	Average time for all persons	Average time for participant	Participation rate
Personal care	11.06	11.06	100.0	11.00	11.00	100.0	11.13	11.13	100.0
Sleep related	7.59	7.59	100.0	8.05	8.06	100.0	7.54	7.54	100.0
Sleep	7.56	7.56	100.0	8.02	8.02	100.0	7.50	7.50	100.0
Nap	0.00	1.30	0.5	0.00	1.30	0.6	0.00	1.31	0.5
Medical treatment	0.03	5.09	0.9	0.03	5.50	0.8	0.03	5.08	1.0
Physical care	1.13	1.16	96.4	1.04	1.06	95.6	1.22	1.25	97.2
Medical examination	0.04	1.28	5.0	0.03	1.20	3.7	0.05	1.33	6.3
Bathing	0.31	0.37	82.6	0.27	0.34	79.9	0.34	0.39	85.2
Personal care	0.35	0.42	84.2	0.31	0.37	82.3	0.39	0.46	86.1
Personal care (personal services)	0.02	1.30	1.8	0.01	1.10	1.5	0.02	1.43	2.1
Health care	0.01	0.42	3.6	0.01	0.45	3.0	0.02	0.40	4.1
Meals	1.54	1.55	99.2	1.51	1.52	98.9	1.57	1.58	99.6
Breakfast	0.25	0.31	82.5	0.24	0.31	78.7	0.26	0.30	86.2
Lunch	0.34	0.40	85.6	0.34	0.40	85.2	0.35	0.40	85.9
Dinner	0.43	0.46	93.2	0.42	0.47	91.2	0.44	0.46	95.1
Late-night snack	0.00	0.39	1.0	0.01	0.39	1.8	0.00	0.37	0.3
Light meals	0.11	0.43	25.2	0.10	0.45	21.7	0.12	0.42	28.5

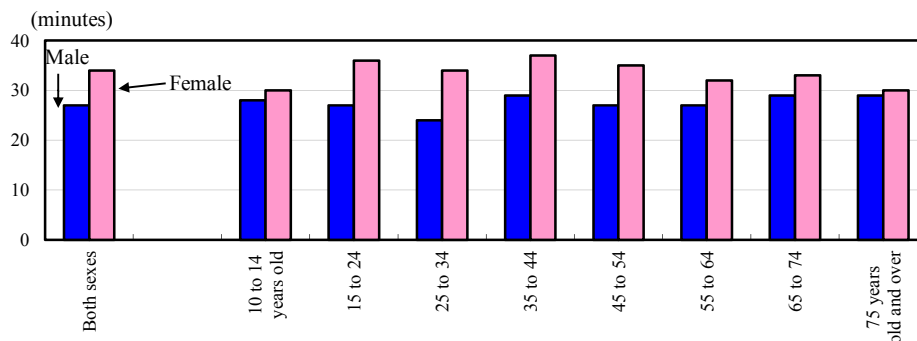
② Females spent more time on "Bathing" than males in all age groups.

Of the time spent on "Physical care," the average time on "Bathing" was 31 minutes.

In comparing males and females, males spent 27 minutes and females 34 minutes. Thus, females spent 7 minutes more than males on "Bathing."

By age group, females in all age groups spent more time on "Bathing" than males (see Table 1-10 and Figure 1-7).

Figure 1-7 Average Time Spent for All Persons in "Bathing" by Sex and Age Group - Weekly average



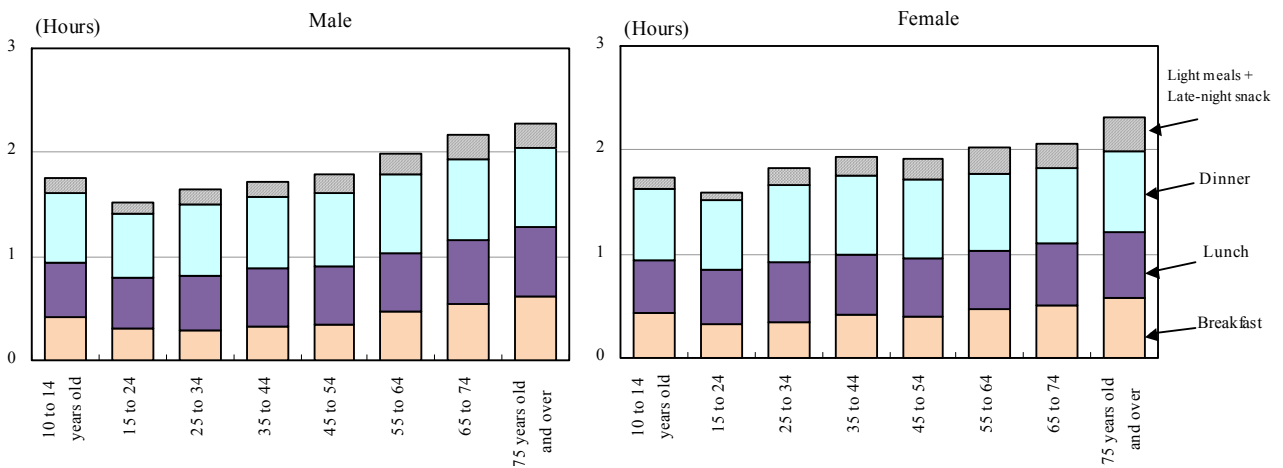
③Average time spent on "Meals" - "Breakfast" (25 minutes), "Lunch" (34 minutes), and "Dinner" (43 minutes)

By minor groups, the average time spent on "Meals" was 25 minutes for "Breakfast," 34 minutes for "Lunch," and 43 minutes for "Dinner" (see Table 1-10).

In comparing males and females by age group, males aged 15 to 24 spent 1 hour, 31 minutes, while males aged 75 and older spent 2 hours, 17 minutes (for a difference of 46 minutes). Females aged 15 to 24 spent 1 hour, 36 minutes, while females aged 75 and older spent 2 hours, 18 minutes (for a difference of 42 minutes).

Both males and females showed a tendency to take more time for "Meals" as they get older (see Figure 1-8).

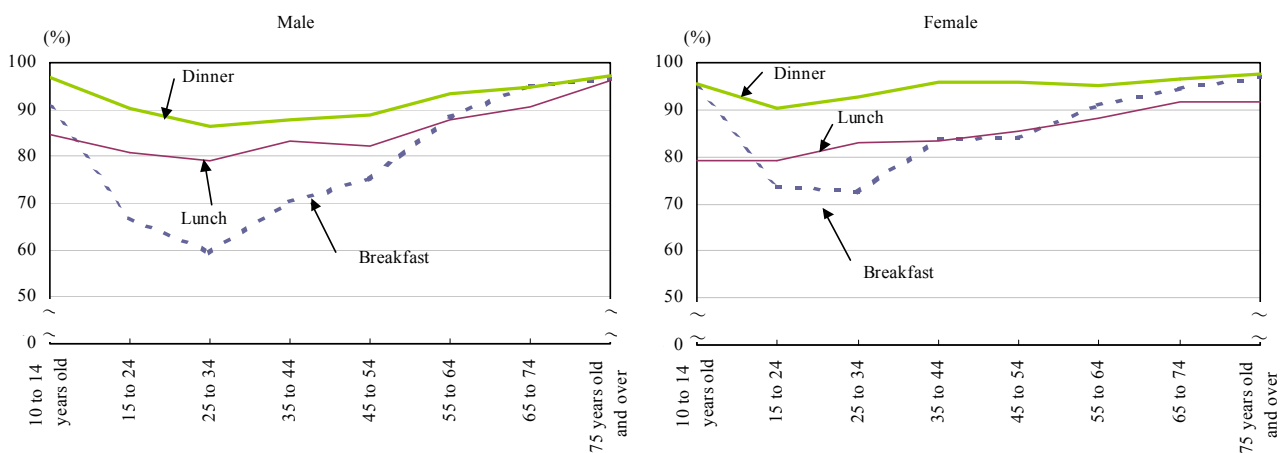
Figure 1-8 Average Time Spent for All Persons in "Meals" by Sex and Age Group - Weekly average



④The rate of persons who eat "Breakfast" is lowest among males and females aged 25 to 34 (at about 60% for males and 70% for females).

The rate of persons who eat "Breakfast," "Lunch" and "Dinner" was compared among males and females, and by age group. "Breakfast" showed the most conspicuous difference by age group for both males and females. The rate of persons who eat "Breakfast" is lowest among males and females aged 25 to 34 (59.5% of males and 72.5% of females). Both males and females tended to show a lower rate of eating "Breakfast" when younger, and a higher rate when they get older (see Figure 1-9).

Figure 1-9 Participation Rate for All Persons in "Breakfast, Lunch, and Dinner" by Sex and Age Group - Weekly average



(6) Free time

① In "Free time," the most time was spent on "Mass media" at 2 hours, 49 minutes.

Persons aged 10 and older spent an average of 4 hours, 34 minutes on "Free time." By medium groups, "Mass media" accounted for the most time (at 2 hours, 49 minutes), followed by "Entertainment, hobbies and culture" (46 minutes), and "Social life" (24 minutes).

By sex, "Mass media" accounted for the most time, followed by "Entertainment, hobbies and culture" for both sexes, and "Sports" for males and "Social life" for females (see Figure 1-10 and Table 1-11).

Figure 1-10 Average Time Spent for All Persons in "Free time" by Sex and Kinds of Activities - Weekly average

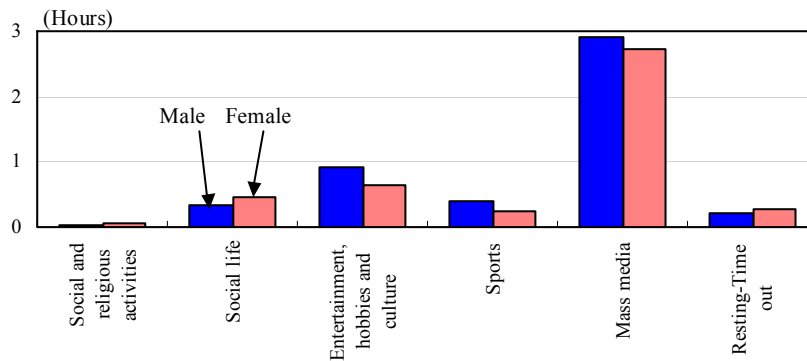


Table 1-11 Average Time Spent for All Persons, for Participants and Participation Rate in "Free time" by Sex - Weekly average

	Both sexes			Male			Female		
	Average time for all persons	Average time for participant	Participation rate	Average time for all persons	Average time for participant	Participation rate	Average time for all persons	Average time for participant	Participation rate
Free time	4.34	4.51	94.0	4.47	5.08	92.6	4.22	4.34	95.4
Social and religious activities	0.02	0.59	3.6	0.02	1.11	2.2	0.03	0.54	4.9
Social activities	0.00	1.59	0.4	0.01	3.14	0.3	0.00	1.08	0.5
Worship or sutra-chanting	0.02	0.51	3.3	0.01	0.53	1.9	0.02	0.51	4.5
Social life	0.24	1.31	26.4	0.20	1.37	20.2	0.28	1.27	32.2
Ceremonial occasions	0.01	2.49	0.6	0.01	3.34	0.7	0.01	2.51	0.5
Association by meeting someone	0.13	1.40	13.3	0.13	1.51	11.3	0.14	1.31	15.2
Communication with a family member	0.07	1.07	10.3	0.04	1.07	6.6	0.09	1.08	13.7
Telephone conversation	0.01	0.38	2.7	0.00	0.36	0.8	0.02	0.39	4.5
Communication by computing	0.02	0.41	3.6	0.01	0.43	2.5	0.02	0.40	4.6
Communication by correspondence	0.00	0.54	0.4	0.00	1.21	0.1	0.00	0.48	0.6
Entertainment, hobbies and culture	0.46	2.13	34.0	0.55	2.28	35.8	0.38	1.56	32.3
Entertainment and culture	0.06	2.28	3.7	0.05	2.30	3.2	0.07	2.25	4.2
Arts	0.06	1.49	5.0	0.05	2.08	4.0	0.06	1.37	6.0
Making sweets as hobbies	0.00	1.53	0.1	-	-	-	0.00	1.53	0.2
Productive hobbies and amusements	0.00	1.50	0.1	0.00	1.50	0.1	0.00	2.15	0.1
Gardening as hobbies	0.01	1.45	0.7	0.01	2.24	0.6	0.01	1.18	0.7
Caring for pets	0.01	0.35	2.5	0.01	0.38	1.5	0.01	0.34	3.5
Walking the dog	0.02	0.55	4.0	0.02	0.58	3.7	0.02	0.53	4.3
Making clothes as hobbies	0.01	1.58	0.5	0.00	0.53	0.0	0.01	1.59	1.0
Hobbies (collecting)	0.00	1.33	0.5	0.01	1.31	0.6	0.00	1.28	0.4
Computing	0.15	1.44	14.6	0.19	1.53	17.0	0.11	1.33	12.4
Games	0.12	2.09	9.0	0.18	2.28	11.6	0.07	1.38	6.4
Drive for pleasure	0.01	3.33	0.5	0.01	3.28	0.7	0.01	3.36	0.3
Other hobbies and amusements	0.01	6.45	0.3	0.01	6.30	0.3	0.01	5.24	0.4
Sports	0.19	1.43	18.8	0.24	2.00	20.2	0.15	1.24	17.5
Aerobic sports	0.11	1.14	14.7	0.12	1.22	14.8	0.10	1.06	14.6
Ball games	0.06	3.02	3.3	0.09	3.07	4.7	0.03	2.51	2.0
Water sports	0.00	1.43	0.4	0.00	1.44	0.5	0.00	1.39	0.4
Productive sports	0.01	4.58	0.3	0.01	5.13	0.5	0.00	3.36	0.1
Other sports	0.01	1.36	1.3	0.01	1.45	1.3	0.01	1.28	1.2
Mass media	2.49	3.20	83.8	2.55	3.32	82.0	2.43	3.10	85.6
Reading books	0.09	1.27	10.0	0.09	1.38	9.4	0.08	1.19	10.5
Reading newspapers or magazines	0.12	0.51	23.1	0.13	0.55	24.6	0.10	0.47	21.7
Watching TV	2.19	2.57	78.0	2.23	3.07	76.3	2.14	2.48	79.5
Watching video and DVDs	0.06	1.51	5.2	0.06	2.01	4.5	0.06	1.46	5.9
Listening to the radio	0.02	1.34	2.5	0.02	1.34	2.3	0.03	1.33	2.8
Listening to recordings	0.01	1.12	1.4	0.01	1.30	1.3	0.01	0.58	1.4
Resting-Time out	0.14	1.28	15.6	0.12	1.30	13.2	0.16	1.28	17.9

② Looking at the time spent on "Communication with a family member," Females generally spent more hours than males.

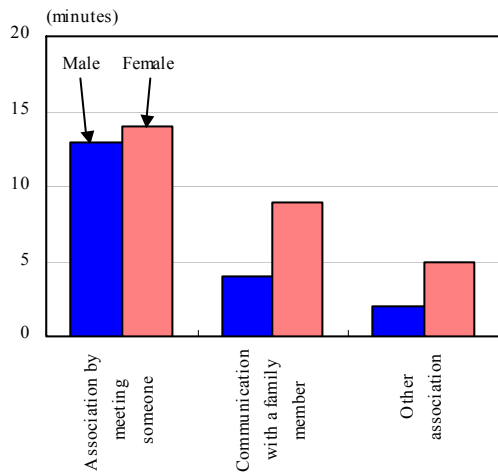
By sex, males spent 20 minutes and females 28 minutes on "Social life."

By minor groups, the longest time was spent on "Association by meeting someone" for both sexes (at 13 and 14 minutes, respectively), followed by "Communication with a family member" (see Figure 1-11 and Table 1-12).

By age groups, males aged 15 to 24 (27 minutes) spent the most time. Females aged 15 to 24 and those aged 55 and older both spent 31 minutes, respectively. Conversely, males aged 35 to 44 and females aged 10 to 14 spent the least time (at 15 and 17 minutes, respectively) (see Figure 1-12 and Table 1-12).

In comparing males and females by age group, females in all age groups spent more time on "Communication with a family member" than males (see Figure 1-13 and Table 1-12).

Figure 1-11 Average Time Spent for All Persons in "Social life" by Sex - Weekly average



Note: "Communication with a family member" does not include "Child care," "Housework (e.g., "Help to a family member")."

Note: "Other association" is the total of figures for "Ceremonial occasions," "Telephone conversation," "Communication by computing" and "Communication by correspondence."

Figure 1-12 Average Time Spent for All Persons in "Social life" by Sex and Age Group - Weekly average

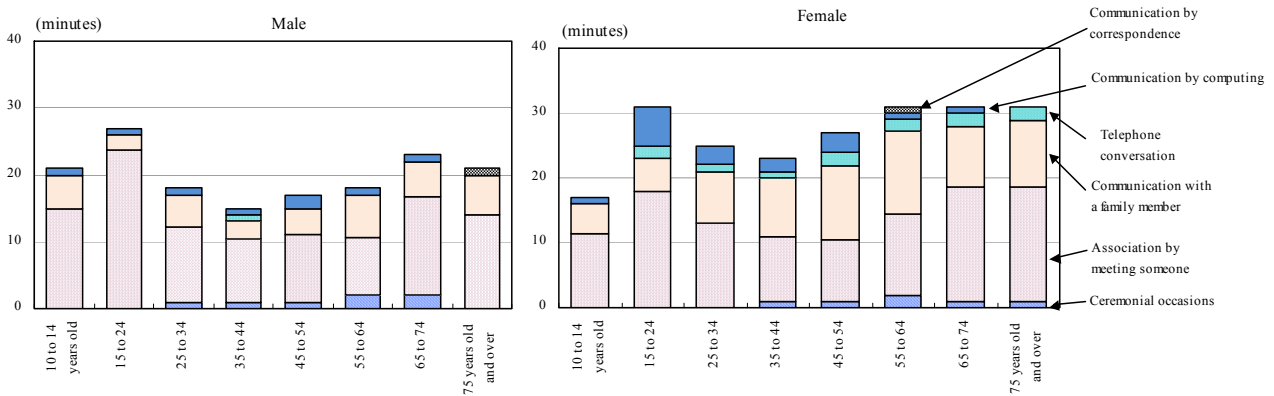


Figure 1-13 Average Time Spent for All Persons in "Communication with a family member" by Sex and Age Group - Weekly average

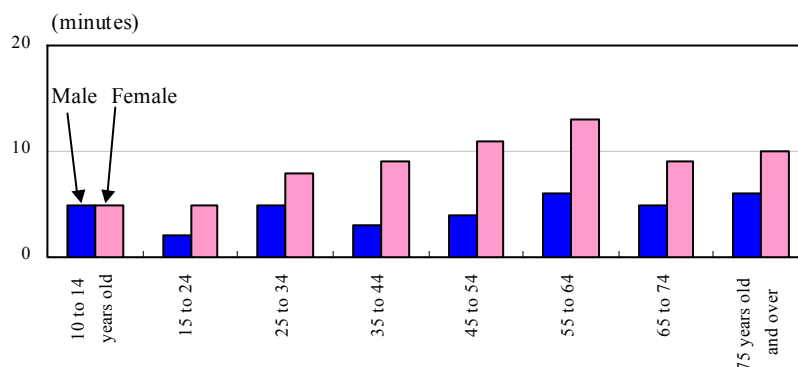


Table 1-12 Average Time Spent for All Persons in "Free time" by Sex and Age Group - Weekly average

		(Hours, minutes)								
		Both sexes	10 to 14 years old	15 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65 to 74	75 years old and over
Male	Free time	4.47	5.05	4.34	3.35	3.35	3.51	4.45	6.44	7.41
	Social and religious activities	0.02	0.00	0.00	0.00	0.01	0.01	0.02	0.04	0.04
	Social life	0.20	0.21	0.27	0.18	0.15	0.17	0.18	0.23	0.21
	Ceremonial occasions	0.01	0.00	0.00	0.01	0.01	0.01	0.02	0.02	0.00
	Association by meeting someone	0.13	0.15	0.22	0.12	0.10	0.10	0.08	0.14	0.14
	Communication with a family member	0.04	0.05	0.02	0.05	0.03	0.04	0.06	0.05	0.06
	Telephone conversation	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00
	Communication by computing	0.01	0.01	0.01	0.01	0.01	0.02	0.01	0.01	0.00
	Communication by correspondence	0.00	-	0.00	-	-	-	-	0.00	0.01
	Entertainment, hobbies and culture	0.55	1.33	1.41	1.10	0.46	0.35	0.36	0.53	0.33
	Of which entertainment and culture	0.05	0.07	0.03	0.04	0.05	0.05	0.05	0.07	0.05
	Of which arts	0.05	0.13	0.12	0.04	0.01	0.02	0.04	0.05	0.07
	Of which computing	0.19	0.07	0.40	0.32	0.21	0.17	0.12	0.13	0.05
	Of which games	0.18	1.03	0.40	0.26	0.14	0.05	0.06	0.13	0.09
	Sports	0.24	1.06	0.22	0.10	0.14	0.12	0.26	0.42	0.37
	Of which aerobic sports	0.12	0.09	0.06	0.05	0.07	0.06	0.14	0.29	0.26
	Of which ball games	0.09	0.51	0.13	0.04	0.05	0.03	0.11	0.06	0.06
	Mass media	2.55	1.59	1.53	1.49	2.13	2.39	3.12	4.24	5.32
	Of which reading books	0.09	0.06	0.10	0.04	0.07	0.10	0.09	0.12	0.17
	Of which reading newspapers or magazines	0.13	0.06	0.06	0.04	0.07	0.09	0.17	0.29	0.32
Of which watching TV	2.23	1.37	1.27	1.30	1.53	2.11	2.40	3.32	4.32	
Of which listening to the radio	0.02	0.00	0.01	0.00	0.00	0.01	0.02	0.06	0.08	
Resting-Time out	0.12	0.06	0.11	0.06	0.06	0.07	0.11	0.17	0.36	
Female	Free time	4.22	4.08	4.03	3.20	3.23	3.58	4.29	5.19	6.09
	Social and religious activities	0.03	0.01	0.00	0.01	0.01	0.01	0.02	0.06	0.07
	Social life	0.28	0.17	0.31	0.25	0.23	0.27	0.31	0.31	0.31
	Ceremonial occasions	0.01	0.00	0.00	0.00	0.01	0.01	0.02	0.01	0.01
	Association by meeting someone	0.14	0.12	0.18	0.13	0.10	0.09	0.13	0.17	0.17
	Communication with a family member	0.09	0.05	0.05	0.08	0.09	0.11	0.13	0.09	0.10
	Telephone conversation	0.02	0.00	0.02	0.01	0.01	0.02	0.02	0.02	0.02
	Communication by computing	0.02	0.01	0.06	0.03	0.02	0.03	0.01	0.01	0.00
	Communication by correspondence	0.00	0.00	-	0.00	0.00	0.00	0.01	0.00	0.00
	Entertainment, hobbies and culture	0.38	1.06	1.11	0.41	0.40	0.34	0.31	0.30	0.21
	Of which entertainment and culture	0.07	0.08	0.06	0.06	0.10	0.06	0.09	0.05	0.03
	Of which arts	0.06	0.23	0.12	0.04	0.03	0.02	0.03	0.08	0.05
	Of which computing	0.11	0.07	0.30	0.22	0.15	0.13	0.04	0.03	0.00
	Of which games	0.07	0.27	0.16	0.07	0.05	0.02	0.03	0.04	0.04
	Sports	0.15	0.37	0.11	0.07	0.08	0.10	0.15	0.25	0.18
	Of which aerobic sports	0.10	0.08	0.02	0.05	0.06	0.07	0.10	0.20	0.15
	Of which ball games	0.03	0.24	0.08	0.01	0.01	0.01	0.02	0.03	0.01
	Mass media	2.43	1.54	2.01	1.56	2.02	2.33	3.00	3.28	4.10
	Of which reading books	0.08	0.09	0.06	0.05	0.10	0.10	0.10	0.09	0.07
	Of which reading newspapers or magazines	0.10	0.04	0.03	0.05	0.06	0.10	0.13	0.19	0.16
Of which watching TV	2.14	1.37	1.42	1.35	1.37	2.03	2.28	2.53	3.31	
Of which listening to the radio	0.03	-	0.00	0.00	0.00	0.02	0.01	0.04	0.13	
Resting-Time out	0.16	0.13	0.10	0.09	0.09	0.12	0.11	0.19	0.42	

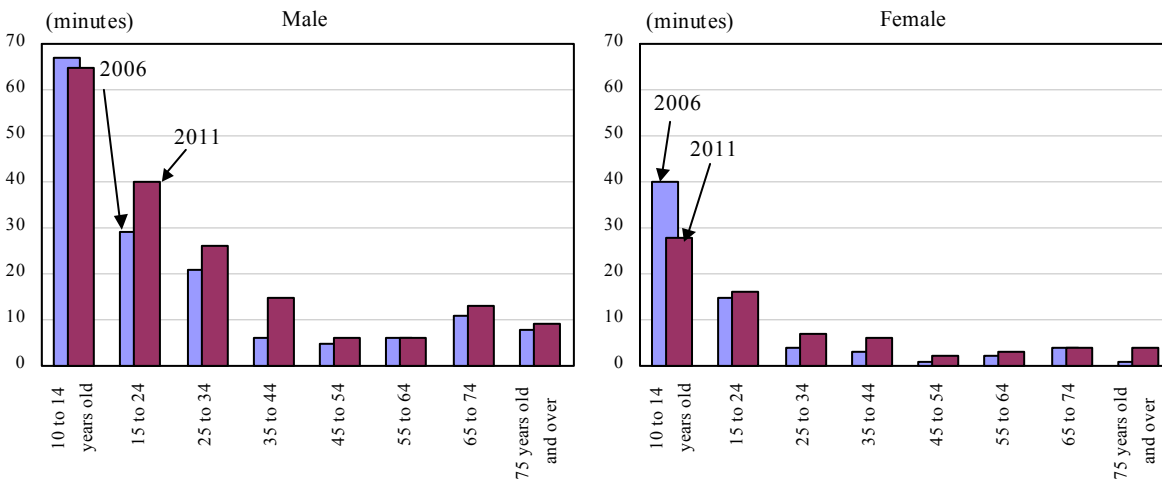
③ Persons in age groups ranging from 15 to 54 spent more hours on "Games" than ever before.

Of the time spent on "Entertainment, hobbies and culture," the average time spent on "Games" including TV games, games for outdoors and indoors, etc. by sex, males spent 18 minutes and females spent 7 minutes.

By age group, the longest time was found among males and females aged 10 to 14, at 1 hour, 3 minutes, and at 27 minutes, respectively. By all age groups, males spent more time on "Games" than females (see Table 1-12).

In comparison with FY2006, both males and females in age groups ranging from 15 to 54 spent more hours on "Games." In particular, males aged 15 to 44 showed a significant increase (see Figure 1-14).

Figure 1-14 Average Time Spent for All Persons in "Games" by Sex and Age Group (2006, 2011) - Weekly average



Note: "Reading, playing and talking with a child excluding a baby and a little child" was previously included in "Games," but has been divided due to the change in Minor groups. Accordingly, "Games" in 2011 include the figures for "Reading, playing and talking with a child excluding a baby and a little child" for calculation purposes.

(7) Simultaneous activities

① The participation rate of persons who had "Dinner" while watching TV was 26.9%.

The highest participation rate in the main activities²⁾ along with simultaneous activities¹⁾ in minor groups was found for "Dinner" (30.7%), followed by "Breakfast" (27.2%) and "Lunch" (19.9%).

By kinds of simultaneous activities, the highest participation rate was found in "Watching TV" in most main activities. In particular, the participation rate of persons whose main activity was "Dinner" and whose simultaneous activity was "Watching TV" was the highest (at 26.9%) (see Table 1-13).

Table 1-13 Average Time Spent for All Persons and Participation Rate by Kinds of Activities with or without Simultaneous Activity - Weekly average

(Hours, minutes, %)

Main activity	Average time for all persons		Participation rate			
	Total	Time spent with simultaneous activity	Total	Participation rate when including simultaneous activity	Kind of simultaneous activity (participation rate)	
					Longest	Second longest
Paid work	4.06	0.04	44.8	5.7		
Main job	3.25	0.02	43.7	2.8	Light meals (0.9)	Watching TV (0.6)
Commuting to and from work	0.25	0.02	35.8	3.1	Listening to the radio (0.9)	Listening to recordings (0.8)
Unpaid work	2.47	0.19	68.9	27.8		
Management of meals	0.52	0.09	47.3	19.6	Watching TV (11.7)	Care of clothing (4.8)
Household upkeep	0.23	0.03	35.9	7.7	Watching TV (3.1)	Care of clothing (1.7)
Care of clothing	0.15	0.03	27.7	7.3	Watching TV (3.8)	Household upkeep (1.1)
Physical care or supervision of a baby and a little child	0.05	0.01	5.1	1.4	Watching TV (0.7)	Care of clothing (0.2)
Reading, playing and talking with a baby and a little child	0.04	0.01	4.3	1.2	Watching TV (0.7)	Household upkeep Care of clothing Physical care or supervision of a baby and a little child Association by meeting someone Communication with a family member (0.1)
Shopping	0.23	0.00	33.7	1.2	Association by meeting someone (0.3)	Communication with a family member Listening to recordings (0.2)
Travel related to housework	0.12	0.00	25.9	1.1	Listening to recordings (0.3)	Listening to the radio (0.2)
Schoolwork, learning, self-education, and training	0.58	0.02	13.4	2.1		
Homework	0.10	0.01	7.3	1.0	Listening to recordings (0.4)	Watching TV (0.3)
Personal care	11.06	0.32	100.0	51.9		
Bathing	0.31	0.01	82.6	3.6	Care of clothing Watching TV (0.9)	Personal care (0.6)
Personal care	0.35	0.03	84.2	11.4	Watching TV (6.8)	Care of clothing (1.4)
Health care	0.01	0.00	3.6	1.0	Watching TV (0.7)	Communication with a family member Listening to the radio (0.1)
Breakfast	0.25	0.07	82.5	27.2	Watching TV (20.7)	Reading newspapers or magazines (2.2)
Lunch	0.34	0.06	85.6	19.9	Watching TV (14.5)	Association by meeting someone (1.6)
Dinner	0.43	0.11	93.2	30.7	Watching TV (26.9)	Communication with a family member (1.7)
Light meals	0.11	0.03	25.2	7.9	Watching TV (4.7)	Communication with a family member (0.9)
Free time	4.34	0.18	94.0	28.9		
Association by meeting someone	0.13	0.01	13.3	1.3	Light meals Watching TV (0.3)	Physical care or supervision of a baby and a little child Accompanying a child Association by meeting someone Communication by computing Computing (0.1)
Communication with a family member	0.07	0.01	10.3	2.3	Watching TV (1.5)	Light meals (0.3)
Computing	0.15	0.01	14.6	2.4	Watching TV (1.2)	Light meals Communication by computing Listening to recordings (0.2)
Games	0.12	0.01	9.0	1.3	Watching TV (0.5)	Light meals (0.2)
Aerobic sports	0.11	0.01	14.7	1.7	Watching TV (0.6)	Listening to the radio (0.3)
Reading books	0.09	0.01	10.0	1.2	Watching TV (0.4)	Light meals Listening to the radio (0.2)
Reading newspapers or magazines	0.12	0.02	23.1	5.9	Watching TV (3.7)	Light meals (0.6)
Watching TV	2.19	0.08	78.0	15.9	Reading newspapers or magazines (3.0)	Light meals (2.5)
Watching video and DVDs	0.06	0.00	5.2	1.0	Light meals (0.3)	Personal care Watching TV Computing (0.1)
Other	0.30	0.02	39.1	4.7		
Other travel*)	0.24	0.02	29.7	2.3	Listening to recordings (0.5)	Association by meeting someone Reading books Listening to the radio (0.3)

Note: The kinds of activities in Major groups and Minor groups are shown. As for Minor groups, Activities accompanied by Simultaneous activities of which the Participation rate is 1 percent and over are shown. Excluding "Activities related to Survey on Time Use and Leisure Activities".

*) This means Travel related to Schoolwork, learning, self-education and training or Travel related to Business trips and training

1) This refers to Simultaneous activity which was done along with Main activity.

2) This means Main activity.

② Average time spent "Watching TV" by persons aged 25 to 34 decreased by more than 10 minutes as compared with FY2006.

The average time spent "Watching TV," (including as both main and simultaneous activities) was 2 hours, 59 minutes, of which the main activity accounted for 2 hours, 19 minutes, and simultaneous activity for 40 minutes.

By age groups, the higher the age group, the more average time spent "Watching TV," (including as both main and simultaneous activities). Conversely, as for the average time spent "Watching TV" as a simultaneous activity, the difference by age group was small.

In comparison with FY2006, the average time spent "Watching TV" increased by more than 10 minutes, while main and simultaneous activities increased by 2 and 8 minutes, respectively.

By age groups, the time spent "Watching TV" by persons aged 25 to 34 decreased by 13 minutes, and that spent by persons aged 15 to 24 decreased by 3 minutes (including as both main and simultaneous activities). Conversely, persons aged 75 and older increased the time spent "Watching TV" by 20 minutes (see Figure 1-15 and Table 1-14).

Figure 1-15 Average Time Spent for All Persons in "Watching TV" by Age Group (Main and Simultaneous Activities) (2006, 2011) - Weekly average

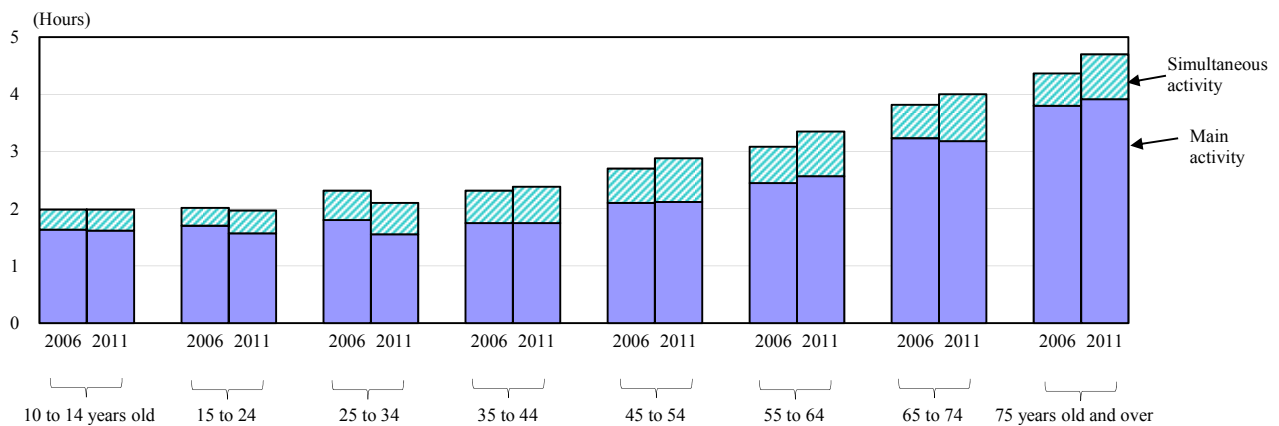


Table 1-14 Average Time Spent for All Persons in "Watching TV" by Sex and Age Group (Main and Simultaneous Activities) (2006, 2011) - Weekly average

		(Hours. minutes)								
		Both sexes			Male			Female		
		Main and simultaneous activities	Main activity	Simultaneous activity	Main and simultaneous activities	Main activity	Simultaneous activity	Main and simultaneous activities	Main activity	Simultaneous activity
2006	Total	2.49	2.17	0.32	2.46	2.20	0.26	2.53	2.14	0.39
	10 to 14 years old	1.59	1.38	0.21	1.45	1.28	0.17	2.15	1.49	0.26
	15 to 24	2.01	1.42	0.19	2.07	1.51	0.16	1.56	1.32	0.24
	25 to 34	2.19	1.48	0.31	2.07	1.44	0.23	2.33	1.53	0.40
	35 to 44	2.19	1.45	0.34	2.08	1.45	0.23	2.29	1.45	0.44
	45 to 54	2.42	2.06	0.36	2.35	2.09	0.26	2.49	2.03	0.46
	55 to 64	3.05	2.27	0.38	3.09	2.33	0.36	3.02	2.20	0.42
	65 to 74	3.49	3.14	0.35	4.04	3.34	0.30	3.36	2.57	0.39
75 years old and over	4.22	3.48	0.34	4.42	4.11	0.31	4.09	3.33	0.36	
2011	Total	2.59	2.19	0.40	2.54	2.23	0.31	3.04	2.14	0.50
	10 to 14 years old	1.59	1.37	0.22	2.01	1.37	0.24	1.56	1.37	0.19
	15 to 24	1.58	1.34	0.24	1.46	1.27	0.19	2.11	1.42	0.29
	25 to 34	2.06	1.33	0.33	1.51	1.30	0.21	2.22	1.35	0.47
	35 to 44	2.23	1.45	0.38	2.22	1.53	0.29	2.25	1.37	0.48
	45 to 54	2.53	2.07	0.46	2.42	2.11	0.31	3.05	2.03	1.02
	55 to 64	3.21	2.34	0.47	3.18	2.40	0.38	3.25	2.28	0.57
	65 to 74	4.00	3.11	0.49	4.11	3.32	0.39	3.51	2.53	0.58
75 years old and over	4.42	3.55	0.47	5.14	4.32	0.42	4.21	3.31	0.50	
Difference	Total	0.10	0.02	0.08	0.08	0.03	0.05	0.11	0.00	0.11
	10 to 14 years old	0.00	-0.01	0.01	0.16	0.09	0.07	-0.19	-0.12	-0.07
	15 to 24	-0.03	-0.08	0.05	-0.21	-0.24	0.03	0.15	0.10	0.05
	25 to 34	-0.13	-0.15	0.02	-0.16	-0.14	-0.02	-0.11	-0.18	0.07
	35 to 44	0.04	0.00	0.04	0.14	0.08	0.06	-0.04	-0.08	0.04
	45 to 54	0.11	0.01	0.10	0.07	0.02	0.05	0.16	0.00	0.16
	55 to 64	0.16	0.07	0.09	0.09	0.07	0.02	0.23	0.08	0.15
	65 to 74	0.11	-0.03	0.14	0.07	-0.02	0.09	0.15	-0.04	0.19
75 years old and over	0.20	0.07	0.13	0.32	0.21	0.11	0.12	-0.02	0.14	

2 Living hours from the standpoints of "Use of the Internet," "Place of Participation," and "Person(s) Being Together"

(1) Use of the Internet

① The average time spent using the Internet increased by more than 1.5 times as compared with FY2006.

The average time spent using the Internet by all persons aged 10 and older was 39 minutes. In comparing males and females, males spent 51 minutes, and females spent 27 minutes (see Figures 2-1 and 2-2, and Table 2-1).

By day of the week, the average time spent on weekday was longer (at 41 minutes) than on Saturday (35 minutes) and Sunday (32 minutes).

In comparison with FY2006, the average time spent using the Internet increased by more than 1.5 times on weekday (14 minutes longer), Saturday (14 minutes longer), and Sunday (15 minutes longer) (see Figure 2-2 and Table 2-1).

Figure 2-1 Average Time Spent in Use of the Internet by Sex and Day of the week

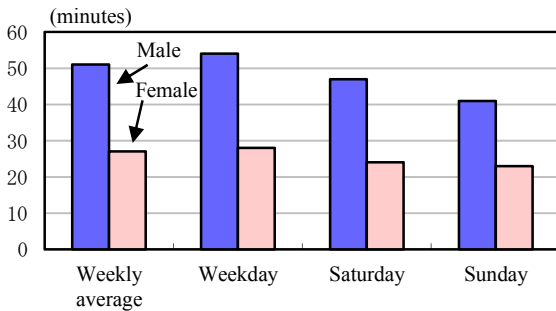
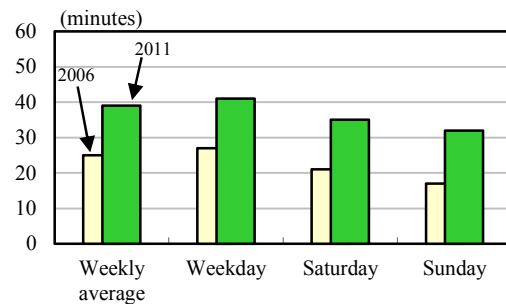


Figure 2-2 Average Time Spent in Use of the Internet by Day of the week (2006, 2011)



② The rate of persons using the Internet increased especially on weekday.

The participation rate in using the Internet was 24.4%. In comparing males and females, the participant rate was 28.3% among males, and 20.8% among females (see Figures 2-3 and 2-4, and Table 2-1).

By day of the week, the participation rate was higher on weekday (at 25.3%) than on Saturday (22.7%) and Sunday (21.5%).

In comparison with FY2006, the participation rate increased on weekday, Saturday, and Sunday. In particular, the increase was 7.6 points higher on weekday (see Figure 2-4 and Table 2-1).

Figure 2-3 Participation Rate in Use of the Internet by Sex and Day of the week

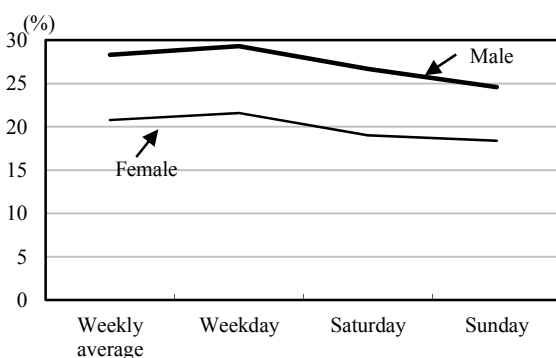
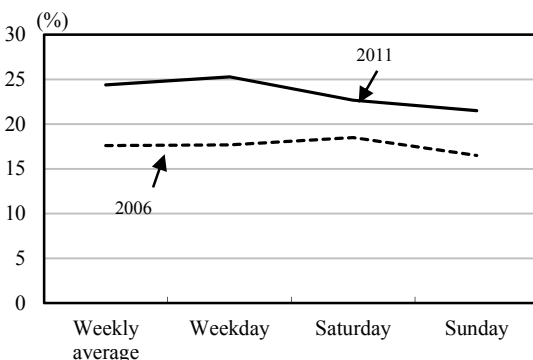


Figure 2-4 Participation Rate in Use of Internet by Day of the week (2006, 2011)



③ The average time spent by participants using the Internet increased particularly on Saturday and Sunday.

The average time spent by participants using the Internet was 2 hours, 38 minutes. In comparing males and females, males spent 3 hours, 1 minute, and females spent 2 hours, 9 minutes (see Figures 2-5 and 2-6, and Table 2-1).

By day of the week, the average time spent was longer on weekday (at 2 hours, 41 minutes) than on Saturday (2 hours, 34 minutes) and Sunday (2 hours, 27 minutes).

In comparison with FY2006, the average time spent was longer on weekday, Saturday, and Sunday. The average time spent increased significantly on Saturday (40 minutes) and Sunday (41 minutes) (see Figure 2-6 and Table 2-1).

Figure 2-5 Average Time Spent for Participants in Use of the Internet by Sex and Day of the week

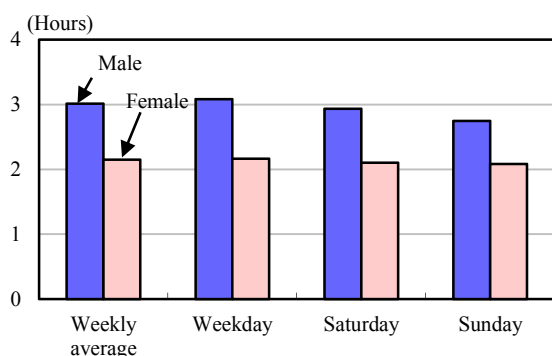


Figure 2-6 Average Time Spent for Participants in Use of the Internet by Day of the week (2006, 2011)

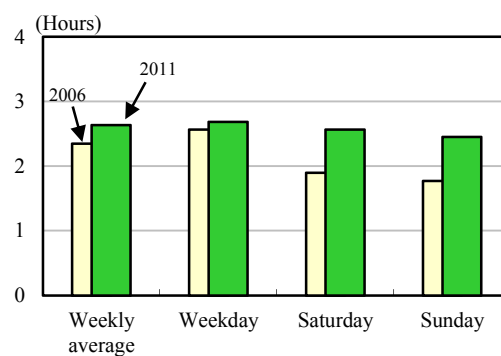


Table 2-1 Average Time Spent for Participants and Participation Rate in Use of the Internet by Sex and Day of the week
(Hours, minutes, %)

		Average time for persons				Average time for participants				Participation rate			
		Weekly average	Weekday	Saturday	Sunday	Weekly average	Weekday	Saturday	Sunday	Weekly average	Weekday	Saturday	Sunday
2006	Total	0.25	0.27	0.21	0.17	2.21	2.34	1.54	1.46	17.6	17.7	18.5	16.5
	Male	0.34	0.38	0.28	0.24	2.39	2.53	2.07	2.01	21.3	21.5	22.0	19.4
	Female	0.16	0.17	0.15	0.12	1.53	2.02	1.37	1.25	14.2	14.0	15.2	13.7
2011	Total	0.39	0.41	0.35	0.32	2.38	2.41	2.34	2.27	24.4	25.3	22.7	21.5
	Male	0.51	0.54	0.47	0.41	3.01	3.05	2.56	2.45	28.3	29.3	26.7	24.6
	Female	0.27	0.28	0.24	0.23	2.09	2.10	2.06	2.05	20.8	21.6	19.0	18.4
Difference	Total	0.14	0.14	0.14	0.15	0.17	0.07	0.40	0.41	6.8	7.6	4.2	5.0
	Male	0.17	0.16	0.19	0.17	0.22	0.12	0.49	0.44	7.0	7.8	4.7	5.2
	Female	0.11	0.11	0.09	0.11	0.16	0.08	0.29	0.40	6.6	7.6	3.8	4.7

④ By age groups, persons aged 25 to 34 spent the most time using the Internet.

Looking at the average time of using the Internet by age groups, persons aged 25 to 34 spent the most time using the Internet (at 1 hour, 17 minutes), followed by persons aged 15 to 24 (1 hour, 1 minute). The 25 to 34 age group showed the highest participation rate in using the Internet (at 40.1%). The higher (or lower the age group), the lower the participation rate. Participants aged 25 to 34 spent the most time (at 3 hours, 13 minutes), followed by participants aged 15 to 24 (2 hours, 47 minutes) (see Figures 2-8, 2-10, and 2-12, and Table 2-2).

In comparing males and females, both males and females aged 25 to 34 spent the most time, followed by males aged 45 to 54, and females aged 15 to 24 (see Figures 2-7, 2-9, and 2-11, and Table 2-2).

In comparison with FY2006, the average time increased in almost all age groups. The participation rate also increased among almost all age groups, showing a huge 11.3-point increase in participants aged 45 to 54. The average time spent by participants increased in almost all age groups, showing a significant increase of at least 30 minutes for participants aged 35 to 54 and those aged 65 and older (see Figures 2-8, 2-10, and 2-12).

Figure 2-7 Average Time Spent in Use of the Internet by Sex and Age Group - Weekly average

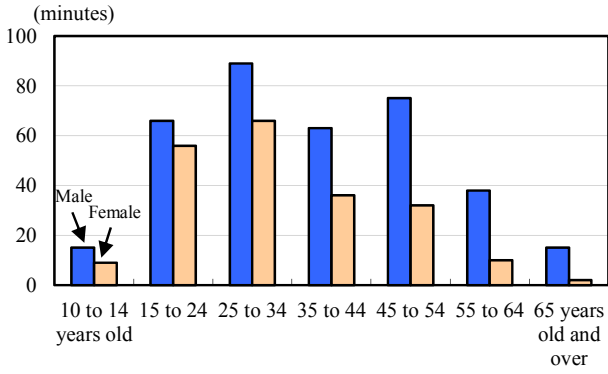


Figure 2-8 Average Time Spent in Use of the Internet by Age Group (2006, 2011) - Weekly average

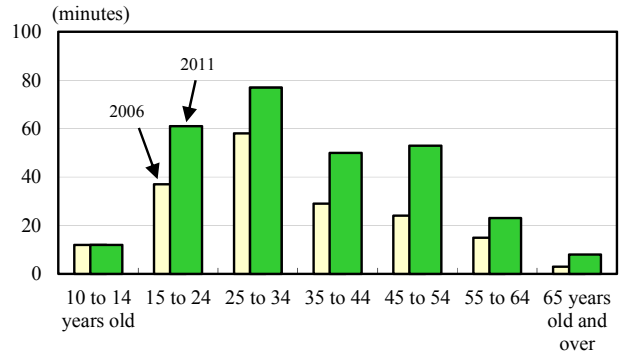


Figure 2-9 Participation Rate in Use of the Internet by Sex and Age Group - Weekly average

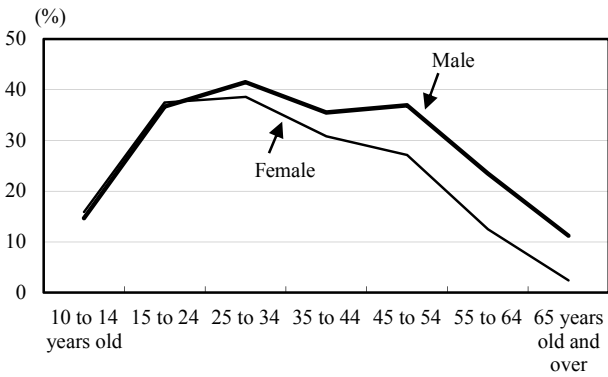


Figure 2-10 Participation Rate in Use of the Internet by Age Group (2006, 2011) - Weekly average

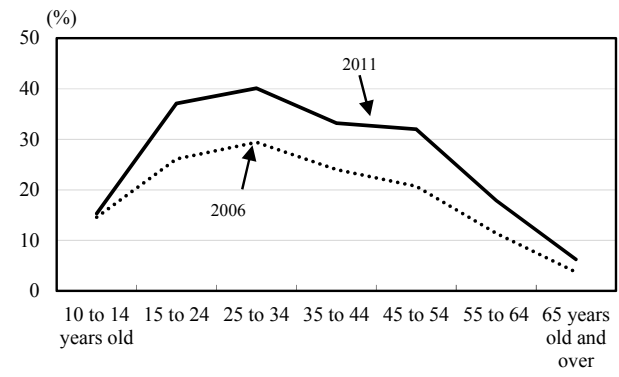


Figure 2-11 Average Time Spent for Participants in Use of the Internet by Sex and Age Group - Weekly average

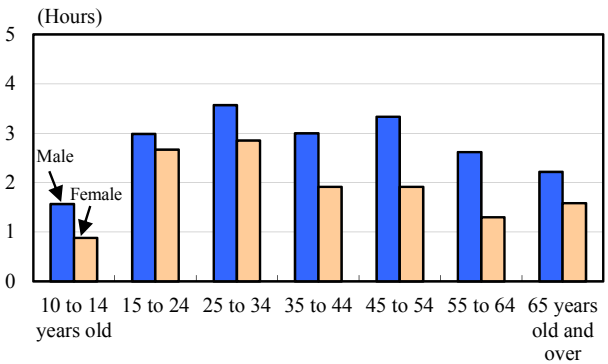
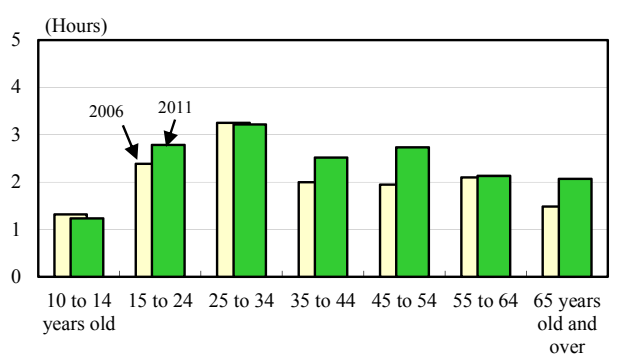


Figure 2-12 Average Time Spent for Participants in Use of the Internet by Age Group (2006, 2011) - Weekly average



⑤ Nearly half the time spent using the Internet was during "Free time."

Looking at the average time spent using the Internet by kinds of main activities, we find that using the Internet during "Free time" accounted for nearly half (at 20 minutes) and was even longer than in "Main job related" (at 14 minutes).

By sex and age group, persons aged 15 to 24 spent the most average time in "Free time" for both sexes. As for using the Internet in "Main job related," males aged 45 to 54 and females aged 25 to 34 spent the most time (see Figure 2-13 and Table 2-2).

Figure 2-13 Average Time Spent in Use of the Internet by Sex, Kinds of Main Activities and Age Group - Weekly average

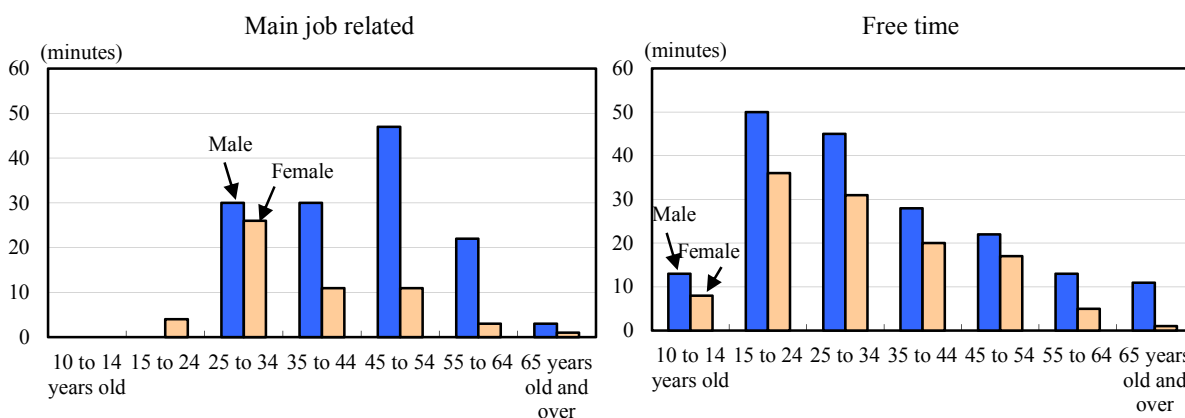


Table 2-2 Average Time Spent for All Persons, for Participants and Participation Rate in Use of the Internet by Sex, Kinds of Main Activities and Age Group - Weekly average

	(Hours, minutes, %)								
	Both sexes			Male			Female		
	Average time for persons	Average time for participants	Participation rate	Average time for persons	Average time for participants	Participation rate	Average time for persons	Average time for participants	Participation rate
Total	0.39	2.38	24.4	0.51	3.01	28.3	0.27	2.09	20.8
10 to 14 years old	0.12	1.14	15.3	0.15	1.34	14.7	0.09	0.53	15.9
15 to 24	1.01	2.47	37.1	1.06	2.59	36.7	0.56	2.40	37.5
25 to 34	1.17	3.13	40.1	1.29	3.34	41.5	1.06	2.51	38.6
35 to 44	0.50	2.31	33.2	1.03	3.00	35.5	0.36	1.55	30.8
45 to 54	0.53	2.44	32.0	1.15	3.20	36.9	0.32	1.55	27.1
55 to 64	0.23	2.08	17.9	0.38	2.37	23.5	0.10	1.18	12.5
65 years old and over	0.08	2.04	6.2	0.15	2.13	11.2	0.02	1.35	2.4
Of which "Main job related"	0.14	3.44	5.7	0.20	3.59	7.8	0.08	3.13	3.8
10 to 14 years old	-	-	-	-	-	-	-	-	-
15 to 24	0.02	1.57	1.8	0.00	0.35	1.4	0.04	2.30	2.2
25 to 34	0.28	4.56	9.1	0.30	5.29	9.1	0.26	4.27	9.2
35 to 44	0.20	3.47	8.3	0.30	3.54	11.2	0.11	3.09	5.3
45 to 54	0.29	3.46	12.0	0.47	4.13	17.4	0.11	2.31	6.5
55 to 64	0.13	2.58	6.7	0.22	3.25	9.9	0.03	1.53	3.7
65 years old and over	0.02	2.36	1.0	0.03	2.41	1.6	0.01	3.13	0.4
Of which "Free time"	0.20	1.45	18.8	0.25	1.56	21.7	0.15	1.31	16.0
10 to 14 years old	0.11	1.14	13.5	0.13	1.30	14.0	0.08	0.57	13.0
15 to 24	0.43	2.19	31.5	0.50	2.40	31.5	0.36	1.56	31.6
25 to 34	0.38	1.58	32.2	0.45	2.12	34.8	0.31	1.46	29.6
35 to 44	0.24	1.40	24.0	0.28	1.52	24.8	0.20	1.29	23.2
45 to 54	0.19	1.25	22.7	0.22	1.28	24.9	0.17	1.22	20.4
55 to 64	0.09	1.13	12.4	0.13	1.23	16.1	0.05	0.55	8.8
65 years old and over	0.06	1.44	5.3	0.11	1.53	9.6	0.01	1.30	1.9

(2) Place of Participation

①The shortest average time spent at home was found among males aged 35 to 44 and females aged 15 to 24.

Persons aged 10 and older stayed at home for an average of 16 hours, 14 minutes.

In comparing males and females, males spent 14 hours, 52 minutes at home, while females spent 17 hours, 32 minutes at home. Females thus spent 2 hours, 40 minutes longer at home than males.

By age group, the shortest average time spent at home was found among males aged 35 to 44 and females aged 15 to 24. The higher (or lower the age group), the longer the persons stayed at home (see Figure 2-14 and Table 2-3).

Figure 2-14 Average Time Spent for All Persons at home by Sex and Age Group - Weekly average

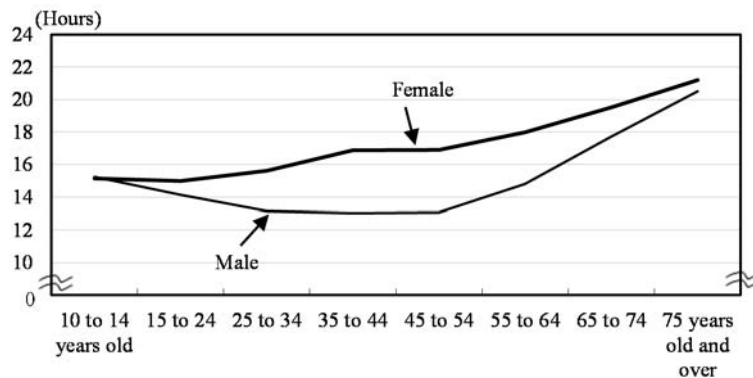


Table 2-3 Average Time Spent for All Persons at home by Sex and Age Group - Weekly average

	(Hours. minutes)			
	Both sexes	Male	Female	Difference
Total	16.14	14.52	17.32	-2.40
10 to 14 years old	15.11	15.14	15.08	0.06
15 to 24	14.33	14.08	14.59	-0.51
25 to 34	14.22	13.09	15.37	-2.28
35 to 44	14.56	13.02	16.52	-3.50
45 to 54	14.59	13.04	16.54	-3.50
55 to 64	16.25	14.48	17.59	-3.11
65 to 74	18.40	17.43	19.31	-1.48
75 years old and over	20.54	20.30	21.11	-0.41

②The participation rate of persons staying at home aged 15 and older was less than 30% between 10:30 and 11:30 on weekday.

By age group and time slot, the participation rate of persons aged 10 to 14 who were at home between 8:00 and 15:15 on weekday was less than 10%. The participation rate of persons aged 15 and older was less than 30% between 10:30 and 11:30 (see Figure 2-15).

When viewed by Usual Economic Activity, the participation rate of persons working was less than 20% between 9:45 and 12:00, and between 13:00 and 16:30 on weekday. As for those persons not working, the participation rate was less than 50% between 10:45 and 11:15 on weekday (see Figure 2-16).

Figure 2-15 Participation Rate in Staying at home by Day of the week, Age Group and Time of the Day

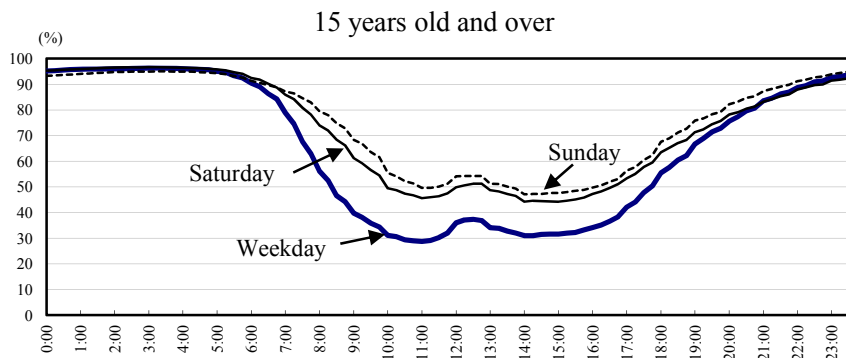
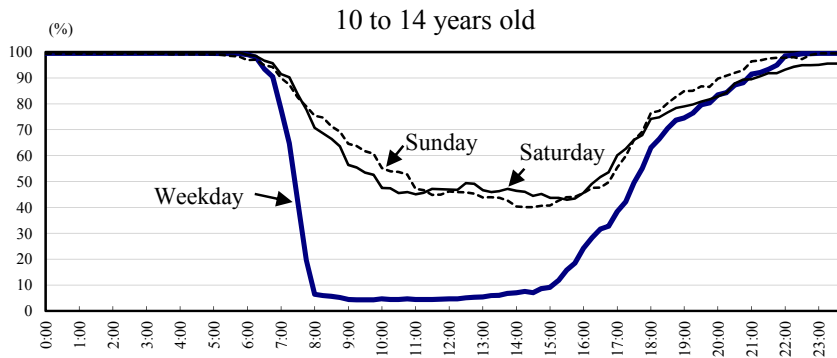
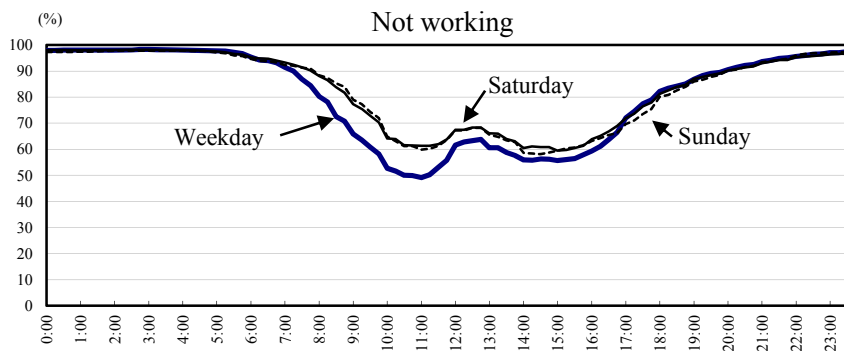
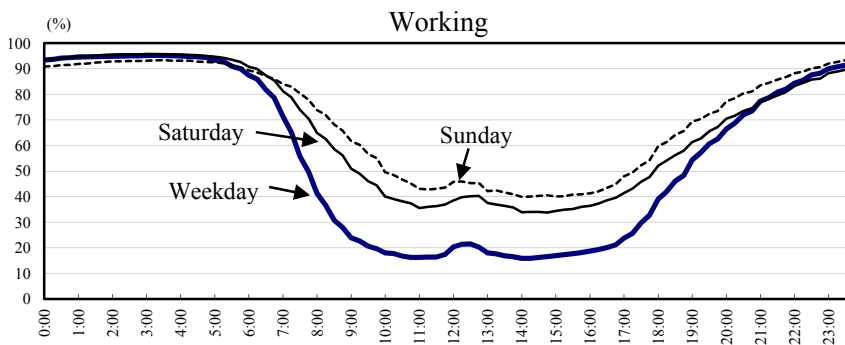


Figure 2-16 Participation Rate in Staying at home by Day of the week, Economic Activities and Time of the Day - Persons aged 15 and over



③ The participation rate of persons who had meals at a place other than home was high on Sunday.

The participation rate of persons who had meals at a place other than home, school or work¹⁾ by day of the week was highest on Sunday for "Breakfast" (3.8%), "Lunch" (22.0%), and "Dinner" (11.3%) (see Figure 2-17 and Table 2-4).

Figure 2-17 Participation Rate of Persons who had "Breakfast," "Lunch" and "Dinner" (Main Activity/Simultaneous Activity) at a place other than home, school or work by Day of the week

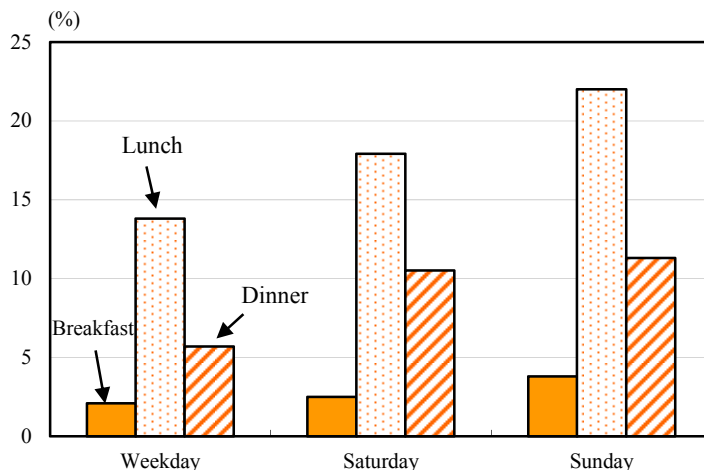


Table 2-4 Participation Rate of Persons who had "Breakfast," "Lunch" and "Dinner" (Main Activity/Simultaneous Activity) at a place other than home, school or work by Age Group, Day of the week and Place of Participation

(%)

	Weekday					Saturday					Sunday				
	Total	At home	At school or work	On travel	Other	Total	At home	At school or work	On travel	Other	Total	At home	At school or work	On travel	Other
Total	Breakfast														
Total	84.2	81.1	1.2	0.1	2.1	82.6	79.0	0.8	0.4	2.5	81.9	77.3	0.6	0.4	3.8
10 to 14 years old	95.2	94.8	1.2	-	0.4	90.1	87.6	0.3	1.1	1.9	85.3	82.5	0.2	0.4	2.2
15 to 24	73.6	71.0	1.4	0.1	1.4	68.8	66.6	0.7	0.8	1.0	60.0	57.1	0.3	-	2.5
25 to 34	68.1	64.6	1.7	0.2	2.2	66.2	62.4	0.7	0.5	2.7	68.2	60.1	1.1	0.6	6.8
35 to 44	78.4	75.0	1.7	0.2	1.7	75.2	71.4	1.1	0.4	2.3	78.0	71.7	1.1	1.0	4.5
45 to 54	80.5	76.3	1.9	0.1	2.5	84.7	79.5	1.2	0.7	3.4	82.4	76.4	0.9	0.3	4.9
55 to 64	91.1	87.7	1.0	0.1	2.5	89.6	84.5	1.4	0.3	3.8	90.2	85.2	0.5	0.7	4.6
65 to 74	95.9	92.6	0.5	0.1	2.9	94.2	91.3	0.3	0.2	2.9	94.0	91.4	0.3	0.2	2.6
75 years old and over	97.6	96.1	0.1	-	2.0	96.5	95.3	-	-	1.2	96.6	95.8	-	-	0.6
Total	Lunch														
Total	86.8	38.6	34.3	0.2	13.8	86.9	55.0	13.9	0.3	17.9	84.9	55.2	7.6	0.2	22.0
10 to 14 years old	79.9	7.0	70.8	-	2.1	89.2	62.1	7.6	0.2	19.8	86.8	53.1	5.9	0.7	27.1
15 to 24	81.5	20.8	54.0	0.5	6.0	82.1	45.7	22.3	0.5	13.1	79.0	48.8	12.2	-	18.1
25 to 34	82.8	22.6	45.6	0.2	14.3	83.2	42.1	21.7	0.2	20.1	80.5	38.2	12.5	0.1	29.6
35 to 44	85.2	26.9	40.5	0.3	17.7	83.7	42.8	15.9	0.4	25.2	81.5	44.3	9.0	0.3	28.3
45 to 54	85.5	27.8	42.1	-	15.6	83.1	48.2	18.1	0.1	16.6	82.4	52.6	7.8	0.1	22.3
55 to 64	89.3	41.0	30.6	0.1	17.6	89.4	54.2	13.7	0.2	21.2	85.9	56.1	8.4	-	21.4
65 to 74	92.8	68.8	10.0	-	14.1	91.4	70.7	6.4	0.4	14.0	90.7	69.4	2.8	0.3	18.3
75 years old and over	93.6	81.0	0.3	0.1	12.0	95.2	85.0	0.7	-	9.6	94.4	83.6	0.1	0.2	10.4
Total	Dinner														
Total	94.1	87.1	1.7	0.1	5.7	93.0	81.8	1.2	0.1	10.5	93.8	82.0	0.8	0.0	11.3
10 to 14 years old	96.5	94.0	0.3	0.1	2.6	96.8	84.7	0.3	-	11.9	96.3	86.6	-	-	10.5
15 to 24	91.7	80.6	4.2	0.4	8.3	88.9	75.2	1.7	0.1	13.0	89.7	73.7	1.5	-	15.0
25 to 34	91.0	80.3	3.3	0.1	9.3	87.5	69.8	2.1	-	17.0	91.3	71.4	1.0	-	19.5
35 to 44	92.3	84.3	1.9	-	6.4	92.4	77.2	1.5	0.3	14.0	93.0	79.3	1.1	0.1	13.0
45 to 54	94.1	86.2	1.7	0.1	5.9	92.7	81.6	1.4	-	10.3	93.8	81.5	0.2	0.1	12.0
55 to 64	95.1	88.3	1.3	0.2	5.1	94.8	85.2	1.1	-	8.5	94.9	85.0	1.3	0.1	8.5
65 to 74	96.4	92.0	0.5	-	3.8	95.5	88.9	0.5	-	6.0	95.1	87.1	0.4	-	7.5
75 years old and over	97.9	95.9	-	-	2.0	97.3	94.5	-	-	2.8	97.8	94.7	-	-	3.2

1) A place other than home, school or work, excluding places visited during one's Travel.

(3) Person(s) Being Together

① Fathers whose child is less than 6 years of age spent fewer hours being together with children than mothers on weekday, and spent more time on Saturday and Sunday than on weekday. The difference between fathers and mothers thus became smaller on weekend.

The average time spent together with children on weekday (excluding sleep and naps; hereinafter applicable) by fathers and mothers in households with a child or children¹⁾ present was 1 hours, 59 minutes for fathers, and 5 hours, 54 minutes for mothers. Mothers thus spent 3 hours, 55 minutes more than fathers.

When viewed by usual economic activities of a married couple, "Both husband and wife are working" spent less time being together with children than "Husband is working and wife is not working" on weekday (see Table 2-5).

Looking at married couple whose youngest child is less than 6 years of age by day of the week, fathers spent 2 hours, 37 minutes and mothers spent 10 hours, 41 minutes on weekday. There was a huge difference in the time spent by fathers and mothers. On Saturday, however, fathers spent 6 hours, 16 minutes, while mothers spent 11 hours, 44 minutes. On Sunday, fathers spent 8 hours, 39 minutes, while mothers spent 11 hours, 58 minutes. The difference between fathers and mothers thus became smaller on weekend (see Table 2-5, and Figures 2-18 and 2-19).

In comparison with data obtained in FY 2006, fathers spent less time on weekday, and more time on Saturday and Sunday, while mothers spent more time on all days of the week (see Figure 2-19).

Table 2-5 Average Time Spent for All Persons on Being together with Child(ren) by Age group the youngest child belonged to and Usual Economic Activities of a Married couple - Weekday, Parents in the household with Child(ren) present

		Total		Of which both husband and wife are working		Of which husband working and wife not working	
		Average time for all persons	Participation rate	Average time for all persons	Participation rate	Average time for all persons	Participation rate
Husbands	Total	1.59	74.3	1.55	74.4	2.09	77.1
	Of which the youngest child is less than 6 years old	2.37	83.2	2.36	83.0	2.39	84.9
Wives	Total	5.54	90.7	4.52	91.6	8.23	93.6
	Of which the youngest child is less than 6 years old	10.41	100.0	8.34	100.0	12.51	100.0

Figure 2-18 Average Time Spent with Children by Day of the week - Married couple whose youngest child is less than 6 years old

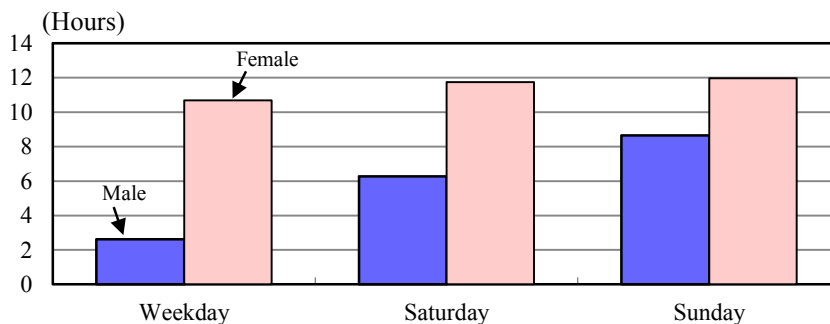
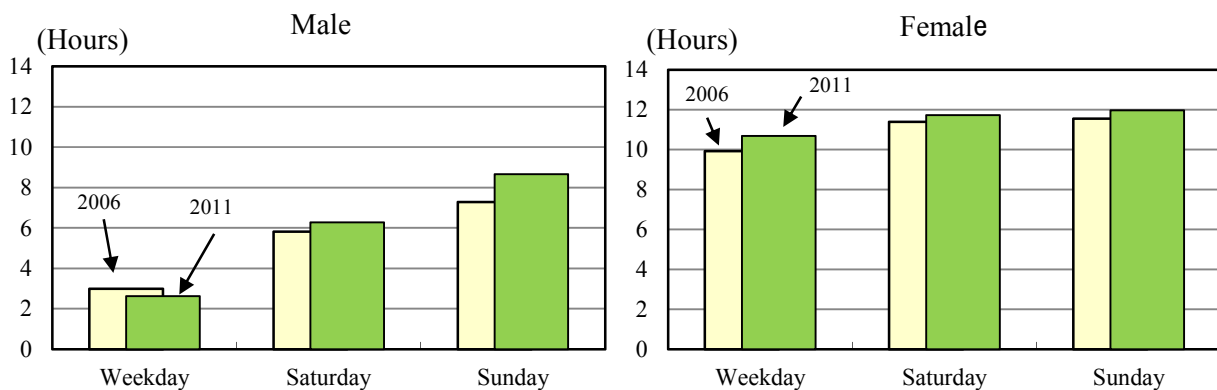


Table 2-19 Average Time Spent with Children by Day of the week (2006, 2011) - Married couple whose youngest child is less than 6 years old



1) Husbands and Wives of "Household of a couple with their child(ren)," "Household of a couple with their child(ren) and parents" and "Household of a couple with their child(ren) and parent"

②The participation rate of children aged 10 to 14 who were alone at "Dinner" time on weekday did not exceed 6%.

As for the participation rate of children aged 10 to 14 who were together with their parents at mealtimes by day of the week, the rate of children who had "Breakfast" with their father was 28.9% on weekday, 33.1% on Saturday, and 38.1% on Sunday—the highest rate. As for "Breakfast" together with the mother, weekday were highest (at 74.1%), followed by 63.4% on Saturday, and 57.3% on Sunday. The rate of children who had "Dinner" with their father was 29.2% on weekday, 50.6% on Saturday, and 61.9% on Sunday—the highest rate. As for "Dinner" together with the mother, Sunday was highest (at 82.1%), followed by 80.9% on Saturday and 74.8% on weekday.

Conversely, when looking at the participation rate of children aged 10 to 14 who were alone at "Breakfast" time by day of the week, however, Saturday was the highest (at 13.9%), followed by Sunday (12.7%) and weekday (9.7%). Regarding the participation rate of children aged 10 to 14 who were alone at "Dinner" time, Saturday was also the highest (at 7.0%), followed by weekday (5.9%) and Sunday (2.7%) (see Table 2-6).

Table 2-6 Participation Rate of Children aged 10 to 14 who were alone or together with family member by Day of the week

(%)

	Weekday				Saturday				Sunday			
	Alone	With father	With mother	With other family member(s)	Alone	With father	With mother	With other family member(s)	Alone	With father	With mother	With other family member(s)
All activities (except sleep and nap)	86.7	58.3	89.1	80.4	80.9	70.5	95.3	78.7	83.0	77.3	92.8	80.5
Paid work	-	-	-	-	-	0.3	0.3	0.3	-	-	-	-
Main job related	-	-	-	-	-	0.3	0.3	0.3	-	-	-	-
Second job related	-	-	-	-	-	-	-	-	-	-	-	-
Commuting to and from work	-	-	-	-	-	-	-	-	-	-	-	-
Other activities related to work	-	-	-	-	-	-	-	-	-	-	-	-
Unpaid work	17.8	8.9	23.9	19.6	11.8	15.4	42.2	28.7	17.8	26.3	43.4	32.0
Housework	17.1	7.1	19.6	15.2	9.4	7.6	22.5	17.8	12.8	12.7	25.7	19.8
Management of meals	1.7	2.4	6.1	4.9	2.0	3.4	10.6	7.5	1.0	2.7	8.2	7.5
Household uptake	16.2	5.6	14.2	10.3	5.9	4.6	12.2	10.5	10.9	9.1	17.4	11.9
Child care	0.2	0.9	1.2	3.0	-	0.8	3.2	5.0	-	3.6	4.3	5.9
Shopping and using services	0.2	0.8	4.5	2.6	3.1	8.5	24.9	13.1	2.8	15.0	23.4	13.8
Shopping	0.2	0.8	4.3	2.6	3.1	8.5	24.9	13.1	2.8	15.0	23.4	13.8
Travel related to housework	0.3	1.1	3.5	2.0	1.2	6.9	18.2	9.8	3.0	11.3	18.4	10.3
Volunteer activity related	-	-	-	-	-	-	0.2	-	-	-	0.9	0.8
Schoolwork, learning, self-education, and training	66.3	14.7	38.6	35.9	43.2	14.5	26.3	20.9	37.3	20.1	28.7	24.0
Schoolwork	65.9	14.5	38.6	35.9	41.9	13.8	25.8	19.0	36.7	20.1	28.7	23.7
Homework	38.3	10.8	30.5	30.1	33.9	13.3	22.3	18.5	33.3	18.7	26.6	22.0
Commuting to and from school	47.2	4.0	11.1	14.0	9.6	2.0	4.2	1.3	2.5	2.0	1.3	1.2
Learning, self-education, and training (excluding schoolwork)	1.5	0.2	1.2	1.5	2.4	1.6	1.9	2.6	1.8	-	0.9	0.6
Personal care	100.0	52.7	87.0	78.1	100.0	65.2	93.6	73.5	100.0	74.1	92.1	75.9
Sleep related	100.0	-	-	-	100.0	0.5	1.4	0.9	100.0	-	0.5	0.5
Sleep	100.0	-	-	-	100.0	-	-	-	100.0	-	-	-
Physical care	72.1	31.0	62.1	51.8	66.5	37.8	60.8	44.8	71.0	33.4	49.4	35.5
Bathing	55.0	12.4	28.1	25.5	48.0	17.3	31.5	30.1	52.4	20.4	29.6	24.0
Personal care	49.3	23.6	54.2	44.0	45.6	27.6	48.5	31.0	50.4	22.7	36.9	24.8
Meals	21.5	46.8	85.2	76.4	25.5	62.9	91.0	73.0	20.0	71.1	91.3	75.2
Breakfast	9.7	28.9	74.1	52.9	13.9	33.1	63.4	42.0	12.7	38.1	57.3	39.4
Lunch	2.7	-	3.4	2.0	10.4	29.4	53.1	39.1	6.6	37.9	55.9	43.8
Dinner	5.9	29.2	74.8	65.9	7.0	50.6	80.9	64.7	2.7	61.9	82.1	68.6
Light meals	5.8	1.8	18.7	15.4	2.3	5.2	14.0	11.0	2.4	6.3	13.6	11.5
Free time	45.3	35.3	60.4	56.5	44.9	57.2	81.5	69.3	50.9	59.9	77.4	70.4
Social and religious activities	0.6	0.6	0.6	0.6	-	0.6	0.6	0.8	-	0.4	1.0	1.3
Social life	0.6	2.5	4.3	3.5	1.6	6.4	9.5	8.5	0.7	5.6	9.2	9.8
Entertainment, hobbies and culture	16.8	4.6	18.0	17.0	20.3	19.8	32.9	33.4	21.7	23.3	34.3	33.2
Entertainment and culture	-	-	-	-	0.6	1.7	4.2	1.8	0.2	5.8	10.6	7.2
Games	10.8	3.2	12.7	12.5	13.1	11.9	21.3	23.9	12.2	12.8	19.5	22.7
Sports	2.8	0.2	1.8	2.3	2.2	2.9	9.7	7.1	3.5	4.5	10.8	5.0
Mass media	30.5	31.2	52.7	48.1	35.6	50.2	74.0	63.1	37.2	52.6	66.3	59.5
Watching TV	23.4	29.6	49.4	43.3	27.0	48.6	69.7	60.1	30.1	48.8	63.2	55.3
Resting-Time out	7.0	2.3	4.6	4.2	4.5	6.1	10.9	7.7	6.9	4.6	9.5	6.5
Other	9.8	4.2	13.7	9.4	16.7	19.5	32.2	20.4	12.4	19.1	35.0	21.8
Travel	8.2	2.5	9.6	6.3	15.7	16.9	30.0	18.7	11.9	15.2	30.3	17.5
Other travel*)	8.2	2.5	9.6	6.3	15.7	16.9	30.0	18.7	11.9	15.2	30.3	17.5
Survey and other	1.6	1.9	4.3	3.6	1.4	2.7	2.7	2.2	0.8	5.5	7.9	5.8

Note: Multiple answers were permitted, including 'unidentified,' with Person(s) being together.

Kinds of activities in Major groups, Medium groups and Minor groups are shown. For Minor groups, the table lists the following activities in Minor groups with a participation rate not less than 10%: "Being alone," "Being with father," "Being with mother," or "Being with another family member."

*) This means Travel related to Schoolwork, learning, self-education, and training, or Travel related to business trips and training.

[Reference] Comparison with foreign countries

Table 1. Average Time Spent on Activities for All Persons by Sex(Weekly average)

		(In hours.minutes)											
		Japan	Korea ¹⁾	U.S.A. ²⁾	Canada ²⁾	Belgium	Germany	France	Hungary	Finland	Sweden	U.K.	Norway ³⁾
Male	Personal care	10.56	10.52	10.31	10.51	11.05	10.53	11.56	11.05	10.32	10.16	10.38	10.11
	Sleep	8.05	7.50	8.37	8.11	8.28	8.23	8.56	8.37	8.33	8.03	8.33	8.10
	Personal care and meals	2.51	3.02	1.54	2.40	2.38	2.30	3.00	2.28	1.59	2.14	2.05	2.01
	Job and travel as part of or during job	4.57	4.04	4.14	4.15	2.39	2.51	3.16	3.10	3.12	3.57	3.26	3.25
	Studies	0.52	1.29	0.29	0.34	0.45	0.34	0.31	0.30	0.34	0.13	0.35	0.34
	Housework and family member	1.08	0.39	2.19	2.29	2.24	2.10	2.16	2.32	2.05	2.33	2.08	2.08
	Free time	4.47	4.46	6.09	5.50	5.37	6.02	4.58	5.39	6.13	5.28	5.37	6.17
	Volunteer activities	0.05	0.00	0.20	0.21	0.10	0.16	0.16	0.13	0.15	0.13	0.09	0.09
	Other	4.42	4.46	5.49	5.29	5.27	5.46	4.42	5.26	5.58	5.15	5.28	6.08
	Of which "watching TV"	2.29	1.51	2.59	2.17	2.24	2.02	2.12	2.49	2.26	2.02	2.40	2.10
	Travel	1.17	1.53			1.30	1.26	1.00	1.03	1.11	1.27	1.27	1.20
	Of which "commuting to and from work"	0.33	0.40				0.21	0.20	0.24	0.15	0.21	0.25	0.22
	Other activities	0.04	0.16	0.17			0.05	0.03	0.00	0.14	0.06	0.09	0.05
Female	Personal care	11.06	10.53	10.56	11.13	11.24	11.11	12.11	11.08	10.47	10.42	10.57	10.31
	Sleep	7.54	7.50	8.48	8.22	8.41	8.30	9.10	8.49	8.42	8.12	8.40	8.21
	Personal care and meals	3.12	3.02	2.08	2.51	2.42	2.41	3.01	2.18	2.05	2.30	2.18	2.10
	Job and travel as part of or during job	2.27	2.22	2.57	3.00	1.29	1.34	1.55	2.02	2.04	2.40	1.56	2.11
	Studies	0.50	1.21	0.27	0.37	0.42	0.32	0.30	0.30	0.36	0.18	0.35	0.37
	Housework and family member	4.02	3.09	3.39	3.53	4.05	3.50	4.12	4.39	3.32	3.44	3.47	3.24
	Free time	4.20	4.24	5.43	5.16	5.05	5.31	4.18	4.50	5.42	5.09	5.12	6.01
	Volunteer activities	0.04	0.02	0.23	0.24	0.09	0.14	0.12	0.08	0.14	0.12	0.12	0.09
	Other	4.16	4.22	5.20	4.52	4.56	5.17	4.06	4.43	5.28	4.58	5.00	5.52
	Of which "watching TV"	2.20	1.53	2.32	1.55	2.13	1.46	2.02	2.40	2.08	1.45	2.17	1.44
	Travel	1.09	1.34			1.16	1.17	0.51	0.51	1.06	1.20	1.21	1.10
	Of which "commuting to and from work"	0.18	0.23				0.11	0.13	0.14	0.12	0.16	0.14	0.15
	Other activities	0.07	0.18	0.18			0.05	0.03	0.00	0.14	0.07	0.10	0.05
Survey Date	2011. 10	2009. 9	2011. 1 ~ 2011. 12	2010. 1 ~ 2010. 12	1998. 12 ~ 2000. 2	2001. 4 ~ 2002. 4	1998. 2 ~ 1999. 2	1999. 9 ~ 2000. 9	1999. 3 ~ 2000. 3	2000. 10 ~ 2001. 9	2000. 6 ~ 2001. 9	2000. 2 ~ 2001. 2	
Age of tabulated	10 years old and over	10 years old and over	15 years old and over	15 years old and over	12 to 95 years old	10 years old and over	15 years old and over	15 to 84 years old	10 years old and over	20 to 84 years old	10 years old and over	10 to 79 years old	

1) "Shopping" is classified by each purpose. 2) "Travel" is classified by each purpose. 3) "Studies" is including only schoolwork.

[Source] Japan:"2011 Survey on Time Use and Leisure Activities Volume 8 "

Korea:Korea National Statistical Office, "2009 Report on the Time Use Survey"

U.S.A.:U.S.Bureau of Labor Statistics(BLS), "American Time Use Survey-2011 Results"

Canada:Statistics Canada, "General Social Survey -2010 Overview of the Time Use of Canadians"

EU:EUROSTAT, "Comparable time use statistics - National tables from 10 European countries - February 2005"

Table 2. Average Time Spent on Activities for All Persons by Sex (Weekly average , Working)

(In hours.minutes)

		Japan	Belgium	Germany	France	Hungary	Finland	Sweden	U.K.	Norway ¹⁾
Male	Personal care	10.34	10.36	10.21	11.21	10.36	10.07	9.58	10.06	9.51
	Sleep	7.48	8.01	8.00	8.24	8.08	8.12	7.53	8.11	7.53
	Personal care and meals	2.46	2.35	2.21	2.58	2.28	1.56	2.05	1.55	1.58
	Job and travel as part of or during job	7.03	4.58	4.54	5.42	5.22	5.24	5.09	5.33	4.46
	Studies	0.12	0.05	0.11	0.02	0.05	0.08	0.07	0.09	0.11
	Housework and family member	0.53	2.15	1.52	1.53	2.07	1.59	2.22	1.54	2.12
	Free time	3.46	4.23	5.07	3.49	4.39	4.55	4.47	4.34	5.33
	Volunteer activities	0.04	0.10	0.15	0.13	0.10	0.11	0.11	0.06	0.09
	Other	3.42	4.13	4.52	3.36	4.29	4.44	4.36	4.27	5.24
	Of which watching TV	2.02	1.56	1.45	1.46	2.24	2.03	1.48	2.14	1.58
	Travel	1.27	1.43	1.31	1.10	1.10	1.17	1.32	1.36	1.24
	Of which commuting to and from work	0.48		0.36	0.37	0.38	0.25	0.28	0.39	0.31
	Other activities	0.04		0.04	0.03	0.00	0.10	0.05	0.07	0.04
	Female	Personal care	10.36	10.53	10.42	11.35	10.38	10.24	10.27	10.32
Sleep		7.27	8.16	8.11	8.38	8.18	8.22	8.05	8.25	8.08
Personal care and meals		3.09	2.36	2.31	2.57	2.20	2.03	2.23	2.07	2.03
Job and travel as part of or during job		5.01	3.48	3.33	4.30	4.37	4.07	3.55	3.54	3.28
Studies		0.12	0.05	0.19	0.02	0.08	0.13	0.10	0.12	0.18
Housework and family member		3.19	3.52	3.11	3.40	3.52	3.21	3.32	3.28	3.25
Free time		3.23	3.51	4.44	3.05	3.43	4.30	4.22	4.13	5.18
Volunteer activities		0.04	0.07	0.12	0.09	0.06	0.11	0.10	0.11	0.07
Other		3.19	3.45	4.33	2.56	3.37	4.19	4.13	4.02	5.11
Of which watching TV		1.54	1.36	1.27	1.23	2.05	1.40	1.26	1.51	1.27
Travel		1.22	1.30	1.27	1.05	1.02	1.16	1.28	1.33	1.17
Of which commuting to and from work		0.36		0.24	0.30	0.30	0.23	0.23	0.27	0.24
Other activities		0.07		0.05	0.04	0.00	0.08	0.05	0.09	0.04
Survey Date		2011.10	1998.12~2000.2	2001.4~2002.4	1998.2~1999.2	1999.9~2000.9	1999.3~2000.3	2000.10~2001.9	2000.6~2001.9	2000.2~2001.2

1) "Studies" is including only schoolwork.

[Source] Japan:"2011 Survey on Time Use and Leisure Activities Volume 8"

EU:EUROSTAT, "Comparable time use statistics - National tables from 10 European countries - February 2005"

Table 3. Average Time Spent on Activities for All Persons(Weekly average, Husbands and Wives with Child(ren) Aged 6 and under(Aged 5 and under for Japan and U.S.A.))

(In hours.minutes)

	Japan	U.S.A. ¹⁾	Belgium	Germany	France	Hungary	Finland	Sweden	U.K.	Norway ²⁾	
Husband	Personal care	10.42	10.09	10.33	10.18	11.28	10.36	10.07	9.57	10.00	9.41
	Sleep	7.53	8.20	8.02	7.53	8.32	8.10	8.15	7.49	8.12	7.48
	Personal care and meals	2.49	1.49	2.32	2.25	2.56	2.26	1.52	2.09	1.48	1.52
	Job and travel as part of or during job	7.57	5.20	4.47	4.32	4.55	4.47	5.15	4.53	5.33	4.47
	Studies	0.03	0.12	0.05	0.03	0.02	0.04	0.12	0.09	0.03	0.12
	Housework and family member	1.16	3.16	2.57	3.00	2.30	3.11	2.48	3.21	2.46	3.12
	Free time	2.36	4.44	3.58	4.39	3.53	4.17	4.18	4.09	3.58	4.43
	Volunteer activities	0.01	0.13	0.08	0.12	0.12	0.14	0.11	0.10	0.06	0.06
	Other	2.35	4.31	3.49	4.27	3.41	4.03	4.07	3.59	3.53	4.37
	Of which watching TV	1.28	2.12	1.50	1.43	1.58	2.22	1.55	1.46	2.03	1.48
	Travel	1.23		1.40	1.23	1.09	1.05	1.13	1.23	1.31	1.21
	Of which commuting to and from work	0.50			0.32	0.34	0.34	0.23	0.24	0.39	0.33
	Other activities	0.03	0.19		0.05	0.03	0.00	0.07	0.07	0.09	0.04
	Wife	Personal care	11.08	10.34	10.48	10.51	11.39	10.41	10.27	10.30	10.20
Sleep		7.58	8.44	8.22	8.17	8.48	8.29	8.29	8.10	8.25	8.03
Personal care and meals		3.10	1.49	2.26	2.34	2.51	2.12	1.58	2.19	1.56	2.00
Job and travel as part of or during job		1.49	2.58	2.38	1.12	2.13	1.31	2.14	2.17	2.00	2.15
Studies		0.04	0.19	0.04	0.04	0.02	0.05	0.11	0.19	0.04	0.12
Housework and family member		7.02	5.37	5.27	6.11	5.49	7.33	6.05	5.29	6.09	5.26
Free time		2.40	4.17	3.36	4.18	3.13	3.23	3.48	3.59	3.44	4.52
Volunteer activities		0.02	0.13	0.09	0.09	0.05	0.06	0.07	0.05	0.07	0.06
Other		2.38	4.04	3.27	4.09	3.08	3.17	3.41	3.53	3.38	4.46
Of which watching TV		1.26	2.00	1.32	1.18	1.35	2.02	1.31	1.30	1.46	1.21
Travel		1.12		1.28	1.18	1.01	0.47	1.07	1.21	1.31	1.09
Of which commuting to and from work		0.13			0.09	0.13	0.10	0.13	0.13	0.13	0.15
Other activities		0.06	0.17		0.06	0.03	0.00	0.08	0.06	0.11	0.03
Survey Date		2011.10	2011.1 ~ 2011.12	1998.12 ~ 2000.2	2001.4 ~ 2002.4	1998.2 ~ 1999.2	1999.9 ~ 2000.9	1999.3 ~ 2000.3	2000.10 ~ 2001.9	2000.6 ~ 2001.9	2000.2 ~ 2001.2

1) Persons aged 18 and over living with persons aged 5 and under. "Travel" is classified by each purpose.

2) "Studies" is including only schoolwork.

[Source] Japan:"2011 Survey on Time Use and Leisure Activities Volume 8"

U.S.A.:U.S.Bureau of Labor Statistics(BLS), "American Time Use Survey-2011 Results"

EU:EUROSTAT, "Comparable time use statistics - National tables from 10 European countries -February 2005"

Table 4. Average Time Spent on Activities for All Persons(Weekly average, Husbands and Wives with Child(ren) Aged 6 and under(Aged 5 and under for Japan and U.S.A.) , Working)

(In hours.minutes)

	Japan	U.S.A. ¹⁾	Belgium	Germany	France	Hungary	Finland	Sweden	U.K.	Norway ²⁾	
Husband	Personal care	10.40	10.02	10.29	10.14	11.17	10.32	10.03	9.56	9.54	9.40
	Sleep	7.52	8.11	7.59	7.50	8.26	8.05	8.12	7.48	8.09	7.47
	Personal care and meals	2.48	1.52	2.30	2.23	2.51	2.27	1.51	2.08	1.45	1.53
	Job and travel as part of or during job	8.01	6.17	5.04	4.58	5.29	5.23	5.48	5.11	5.56	4.57
	Studies	0.03	0.05	0.04	0.02	0.01	0.04	0.04	0.05	0.03	0.07
	Housework and family member	1.15	3.08	2.54	2.51	2.22	2.55	2.42	3.19	2.36	3.10
	Free time	2.33	4.11	3.49	4.26	3.37	3.58	4.04	3.58	3.48	4.43
	Volunteer activities	0.01	0.11	0.09	0.12	0.09	0.10	0.09	0.07	0.05	0.06
	Other	2.32	4.01	3.40	4.14	3.28	3.47	3.55	3.51	3.44	4.37
	Of which watching TV	1.26	1.58	1.46	1.39	1.51	2.11	1.45	1.43	1.59	1.49
	Travel	1.24		1.41	1.23	1.11	1.08	1.12	1.24	1.34	1.20
	Of which commuting to and from work	0.51			0.35	0.39	0.39	0.25	0.26	0.42	0.34
	Other activities	0.04	0.16		0.05	0.03	0.00	0.07	0.07	0.09	0.03
	Wife	Personal care	11.06	10.13	10.48	10.34	11.30	10.37	10.20	10.27	10.10
Sleep		7.57	8.22	8.23	8.06	8.40	8.23	8.21	8.08	8.17	8.02
Personal care and meals		3.09	1.50	2.24	2.28	2.50	2.14	1.58	2.19	1.53	1.58
Job and travel as part of or during job		3.37	4.59	3.32	2.18	3.47	3.38	3.38	2.42	3.17	2.37
Studies		0.02	0.14	0.01	0.05	0.01	0.07	0.08	0.09	0.03	0.07
Housework and family member		5.31	4.42	4.53	5.14	4.48	5.35	5.08	5.21	5.20	5.21
Free time		2.18	3.40	3.17	4.15	2.46	3.05	3.22	3.53	3.22	4.44
Volunteer activities		0.03	0.14	0.04	0.09	0.05	0.04	0.05	0.06	0.05	0.07
Other		2.15	3.26	3.13	4.07	2.41	3.01	3.17	3.47	3.16	4.37
Of which watching TV		1.21	1.35	1.24	1.18	1.20	1.49	1.16	1.24	1.34	1.19
Travel		1.19		1.30	1.27	1.04	0.58	1.15	1.23	1.37	1.10
Of which commuting to and from work		0.25			0.17	0.23	0.22	0.20	0.16	0.21	0.17
Other activities		0.06	0.13		0.06	0.04	0.00	0.09	0.05	0.10	0.04
Survey Date		2011.10	2011.1 ~ 2011.12	1998.12 ~ 2000.2	2001.4 ~ 2002.4	1998.2 ~ 1999.2	1999.9 ~ 2000.9	1999.3 ~ 2000.3	2000.10 ~ 2001.9	2000.6 ~ 2001.9	2000.2 ~ 2001.2

1) Persons aged 18 and over living with persons aged 5 and under. "Travel" is classified by each purpose.

2) "Studies" is including only schoolwork.

[Source] Japan:"2011 Survey on Time Use and Leisure Activities Volume 8"

U.S.A.:U.S.Bureau of Labor Statistics(BLS), "American Time Use Survey-2011 Results"

EU:EUROSTAT, "Comparable time use statistics - National tables from 10 European countries -February 2005"