

# Summary of Results (QuestionnaireA)

## Leisure Activities

### 1. Learning, self-education and training

- (1) 36.9% of people participated in “Learning, self-education and training,” which is 1.7 percentage points higher than 5 years ago.

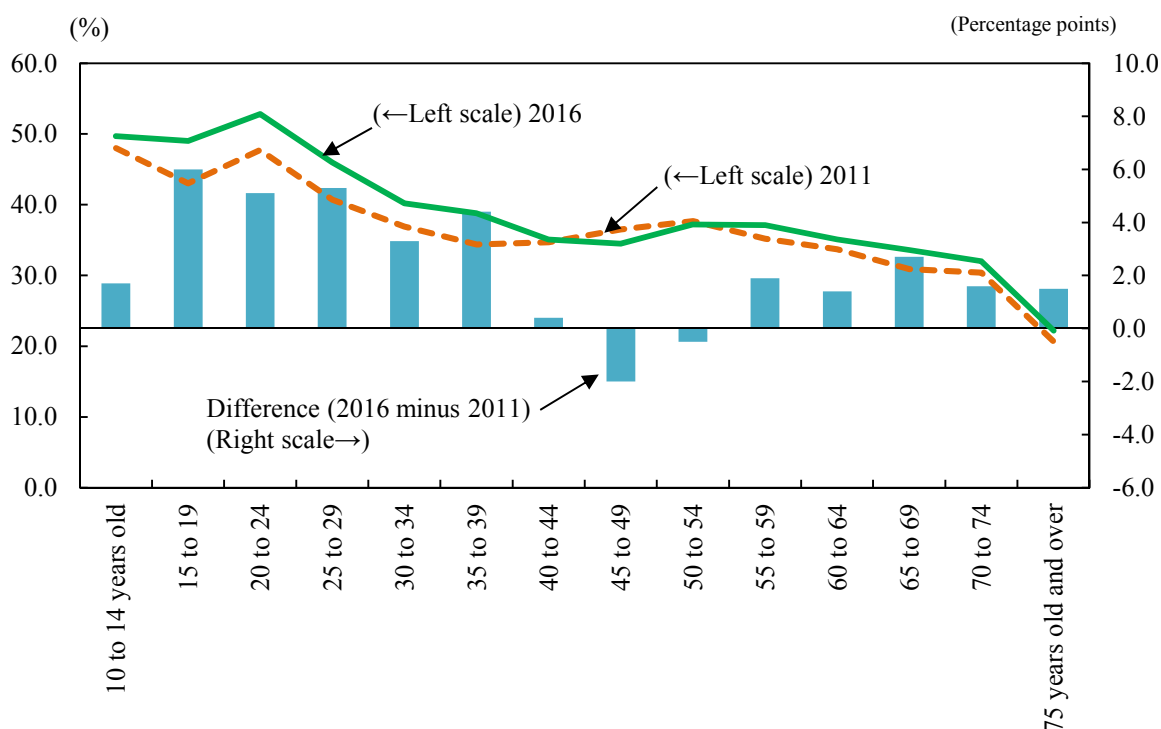
The total number of people (aged 10 and over) who participated in some kind of activities categorized as “Learning, self-education and training” in the past one year (October 20, 2015 – October 19, 2016; the same shall apply hereinafter) (hereinafter referred to as “Participants”) was 41,832,000, and the percentage in the population of those aged 10 and over (hereinafter referred to as “participation rate”) was 36.9%. Broken down by sex, males were 20,127,000 and females 21,704,000. The participation rate for males was 36.5% and that for females 37.4%; therefore, females participated at a rate of 0.9 percentage points more than males.

Compared to 2011, the participation rate increased by 1.7 percentage points. By sex, males increased by 2.2 percentage points, and females increased by 1.3 percentage points.

By age group, the participation rate increased among all age groups except those aged 45 to 54 years old. (Figure 1-1.)

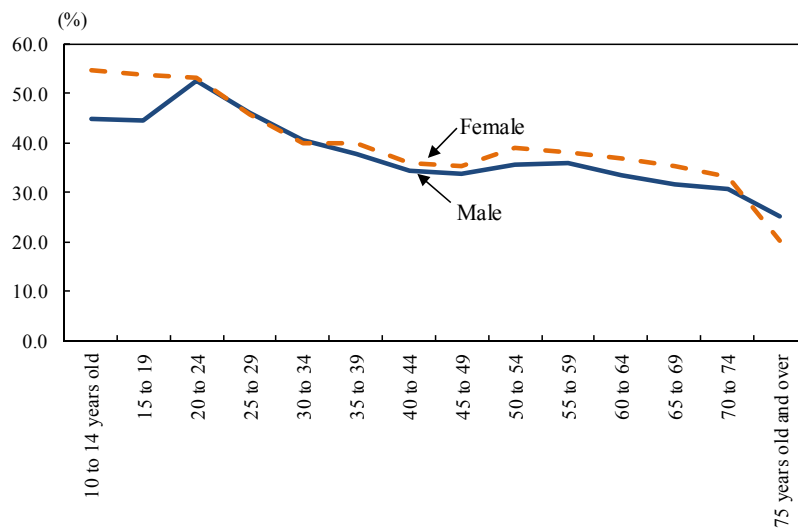
By sex, in all age groups except 25 to 34 years old and 75 years old and over, females’ rates were higher than males’. (Figure 1-2.)

Figure 1-1: Participation rate in “Learning, self-education and training” by age group (2011, 2016)



Note: “Learning, self-education and training” included club activities at school, but excluded worker training at the workplace, and study and research activities performed by children, pupils or students as schoolwork, such as study in class, preparation for class and review of lessons.

Figure 1-2: Participation rate in “Learning, self-education and training” by sex and age group (2016)



- (2) Male participation rate highest for “Computing, etc.”, while female participation rate highest for “Home economics and housework”.

For participation rates by sex and the kind of “Learning, self-education and training”, the highest rate for males was found in “Computing, etc.” (15.4%), followed by “English language” (12.6%), “Humanities, social and natural science” (10.5%), “Commerce and business” (10.0%), and so on. For females, the highest rate was found in “Home economics and housework” (15.7%), followed by “Arts and culture” (13.5%), “English language” (11.2%), and “Computing, etc.” (9.8%). (Figure 1-3.)

Looking at age groups broken down by sex, in the age group of those aged 20 and older, male participation rates were higher than female rates in “Computing, etc.”, while female participation rates were higher than males in “Home economics and housework” for all age groups. (Figure 1-4.)

Figure 1-3: Participation rate in “Learning, self-education and training” by kind of activity and sex (2016)

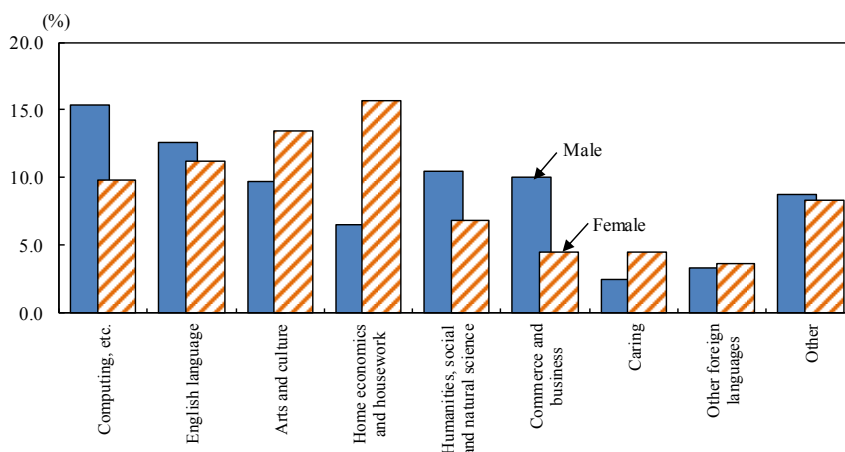
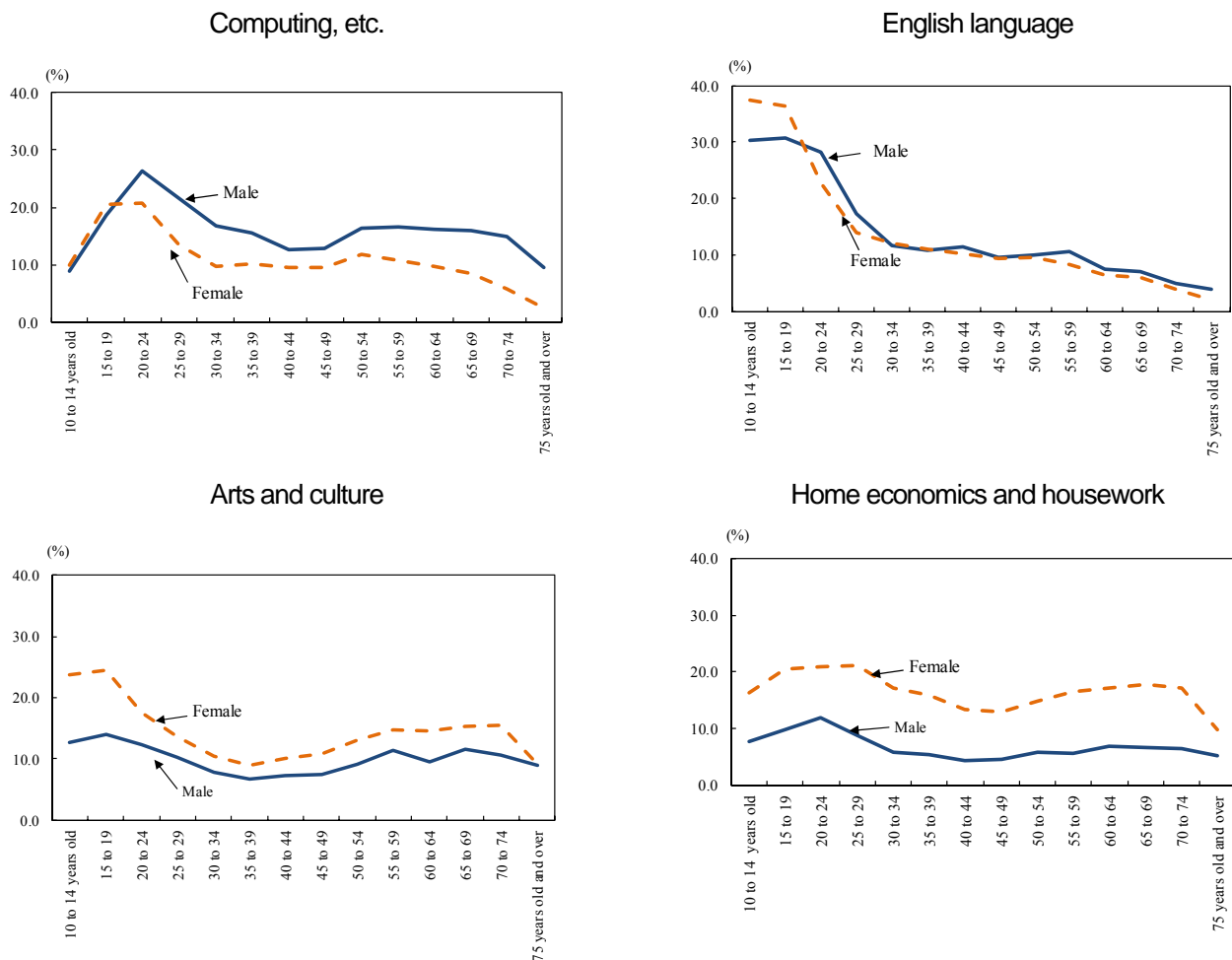


Figure 1-4: Participation rate in major categories of “Learning, self-education and training” by kind of activity, sex, and age group (2016)

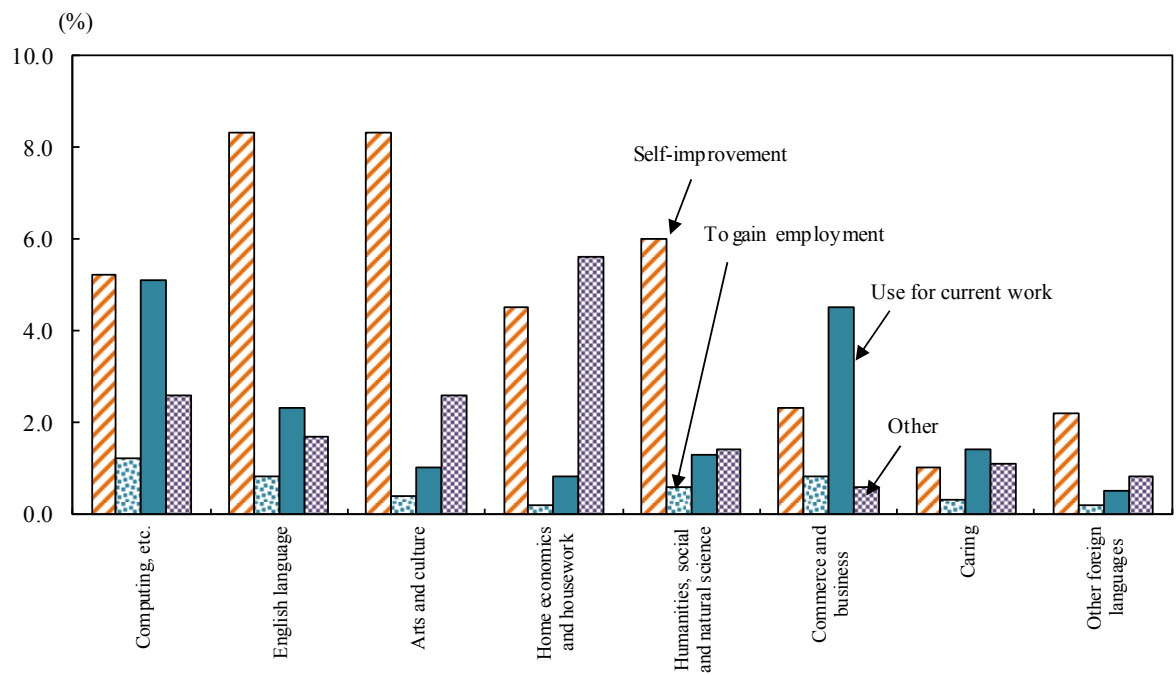


(3) The highest rate of purpose for participation in “Computing, etc.” was found in “Self-improvement”.

For participation rate of “Learning, self-education and training” by kind of activity and purpose, the activities of “Computing, etc.,” “English language,” “Arts and culture,” “Humanities, social and natural science,” and other activities had “Self-improvement” as their most common purpose. (Figure 1-5.)

Looking at purpose for “Computing, etc.” broken down by sex, males had “Use for current work” as their most common purpose, while females had “Self-improvement” as their most common purpose. For “English language,” both males and females had “Self-improvement” as their most common purpose. (Figure 1-6.)

Figure 1-5: Participation rate of “Learning, self-education and training” by kind of activity and purpose (2016)



Note: Multiple answers were allowed.

Figure 1-6: Participation rate of “Learning, self-education and training” by kind of activity, sex, and purpose (2016)



Note: Multiple answers were allowed.

## 2. Volunteer activities

- (1) The participation rate in “Volunteer activities” was 26.0%, a decrease of 0.3 percentage points compared to 5 years ago.

The total number of participants in “Volunteer activities” was 29,438,000, and the participation rate was 26.0%. Broken down by sex, 13,815,000 males and 15,623,000 females participated in some kind of volunteer activities. The participation rate for males was 25.0% and that for females 26.9%; therefore, females’ rate was higher than males’ by 1.9 percentage points.

Compared to 2011, the participation rate decreased by 0.3 percentage points. By sex, the rate for males increased by 0.5 percentage points, and that for females decreased by 1.0 percentage points.

By age group, the highest participation rate was found in the age group of 40 to 44 years old (32.2%), and the lowest rate in the age group of 25 to 29 years old (15.3%). Compared to 2011, the participation rate decreased in the age groups of 10 to 14 years old and 20 to 54 years old. (Figure 2-1.)

By sex, the females’ rate was higher than males’ in the age groups of 10 to 24 years old, 30 to 54 years old, and 60 to 64 years old. (Figure 2-2.)

Figure 2-1: Participation rate in “Volunteer activities” by age group (2011, 2016)

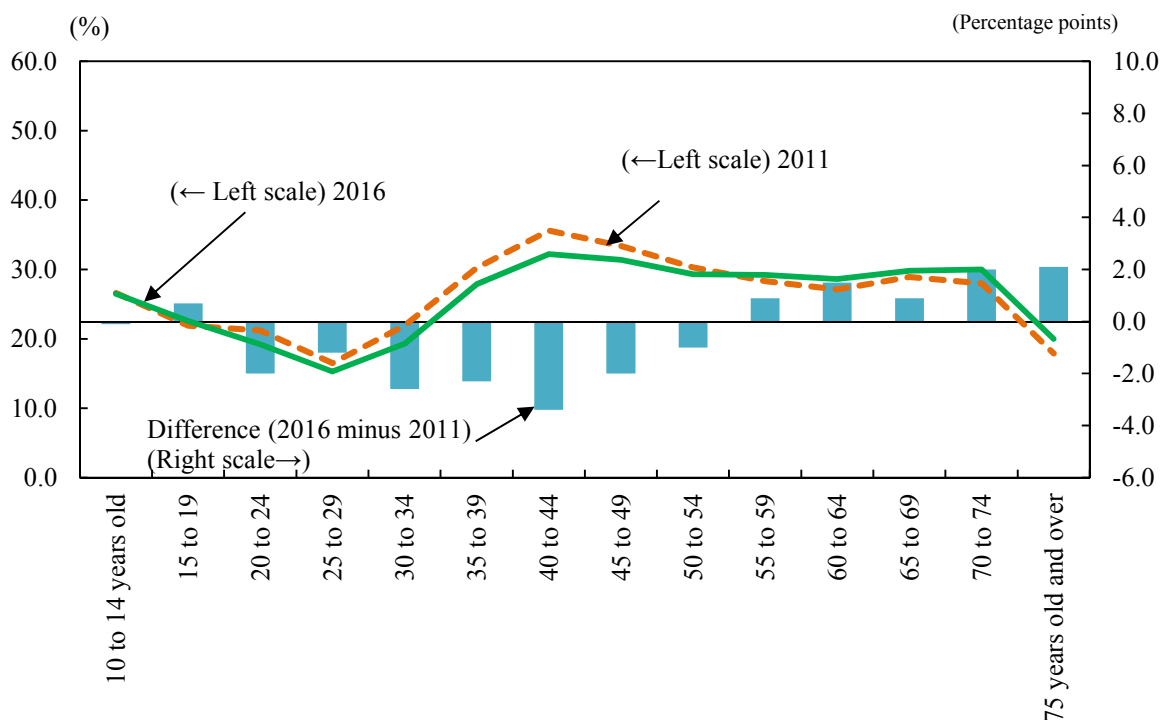
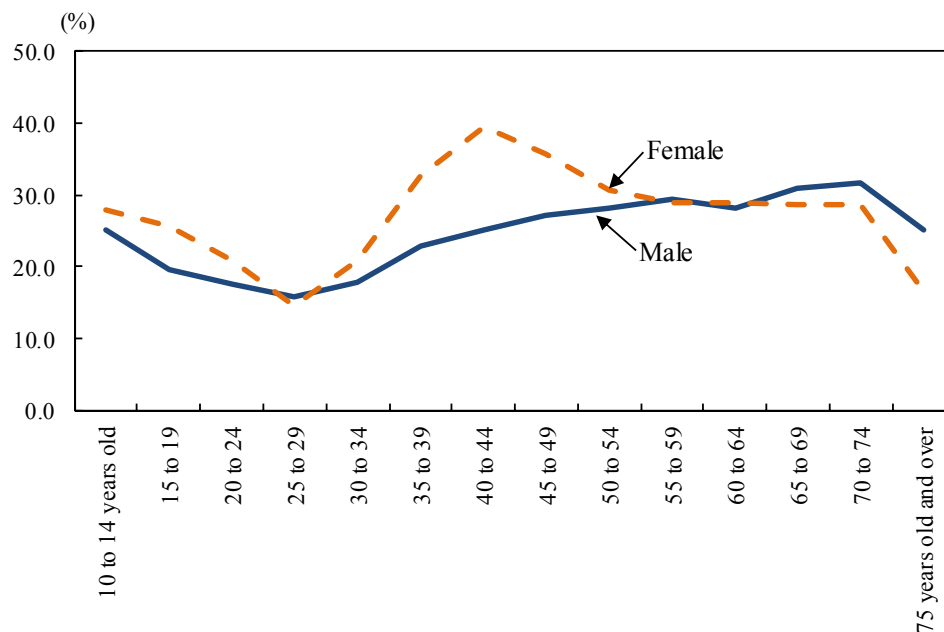


Figure 2-2: Participation rate in “Volunteer activities” by sex and age group (2016)



(2) Participation rate highest for “Local improvement activities”.

For participation rate of “Volunteer activities” by kind of activity, the highest rate was found for “Local improvement activities” (11.3%), followed by “Activities for children” (8.4%), and so on. Compared to 2011, the participation rate increased by 0.4 percentage points in “Local improvement activities,” and increased by 0.2 percentage points in “Activities for children.” Meanwhile, participate rate decreased by 2.3 percentage points in “Disaster-related activities,” and decreased by 0.7 percentage points in “Conservation or environmental activities.” (Figure 2-3.)

Broken down by sex, the highest participation rate for males was “Local improvement activities” (12.3%), followed by “Activities for children” (6.0%). For females, the highest was “Activities for children” (10.6%), followed by “Local improvement activities” (10.4%). (Figure 2-4.)

Figure 2-3: Participation rate of “Volunteer activities” by kind of activity (2011, 2016)

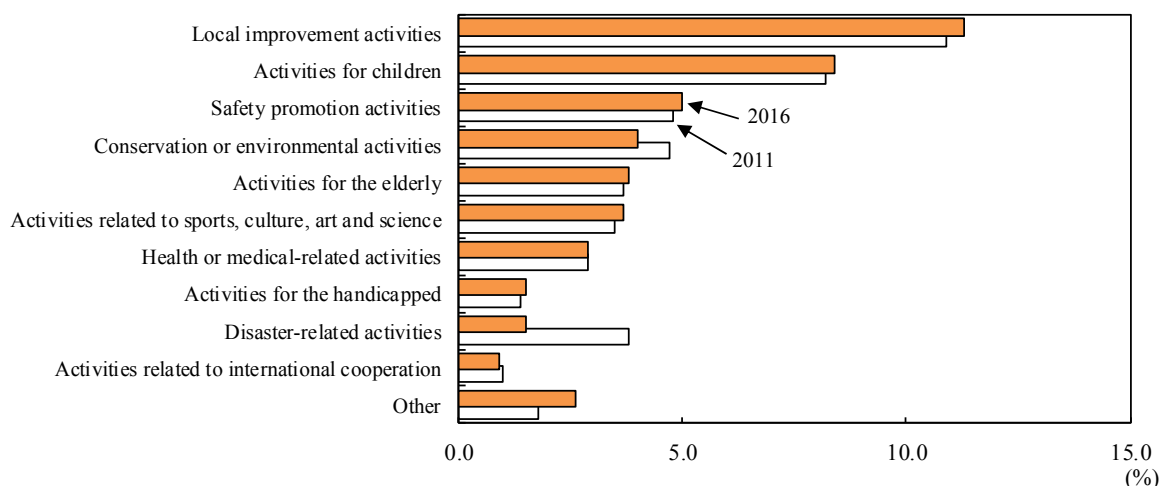
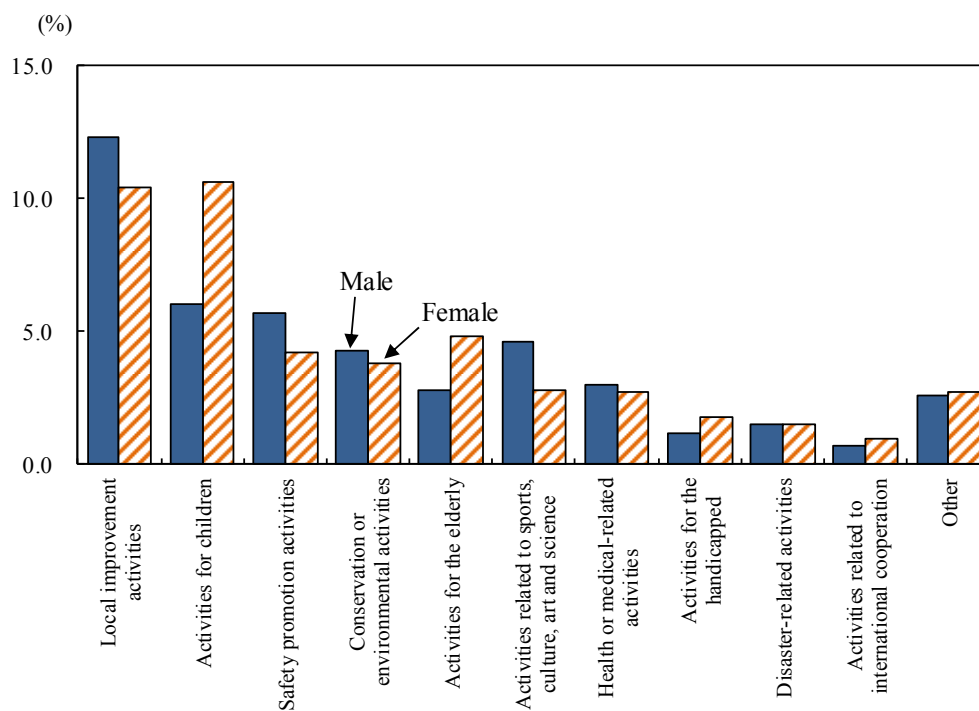


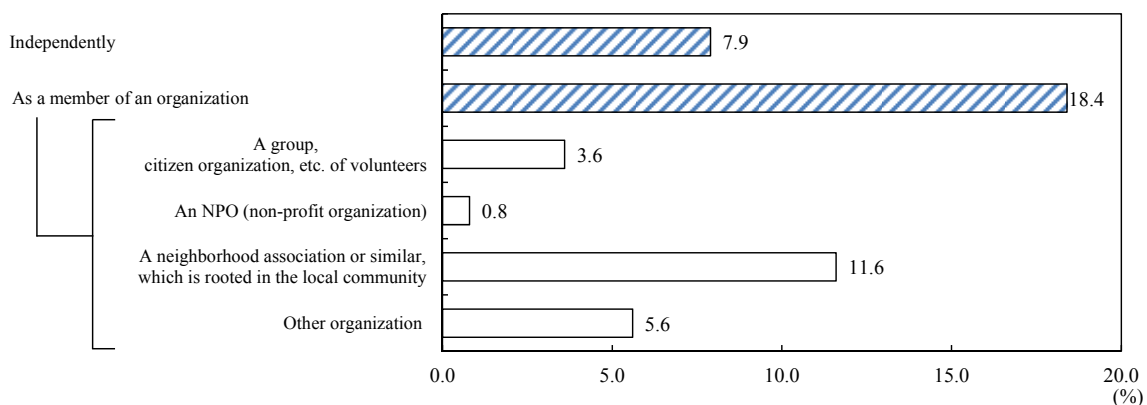
Figure 2-4: Participation rate of “Volunteer activities” by kind of activity and sex (2016)



- (3) The highest participation rate was for activities done by joining “A neighborhood association or similar, which is rooted in the local community”.

For participation rate of “Volunteer activities” by type of participation, the rate of activities done “As a member of an organization” was higher than that of activities “Done independently.” For activities done “As a member of an organization,” the highest was found for activities done by joining “A neighborhood association or similar, which is rooted in the local community.” (Figure 2-5.)

Figure 2-5: Participation rate of “Volunteer activities” by type of participation (2016)

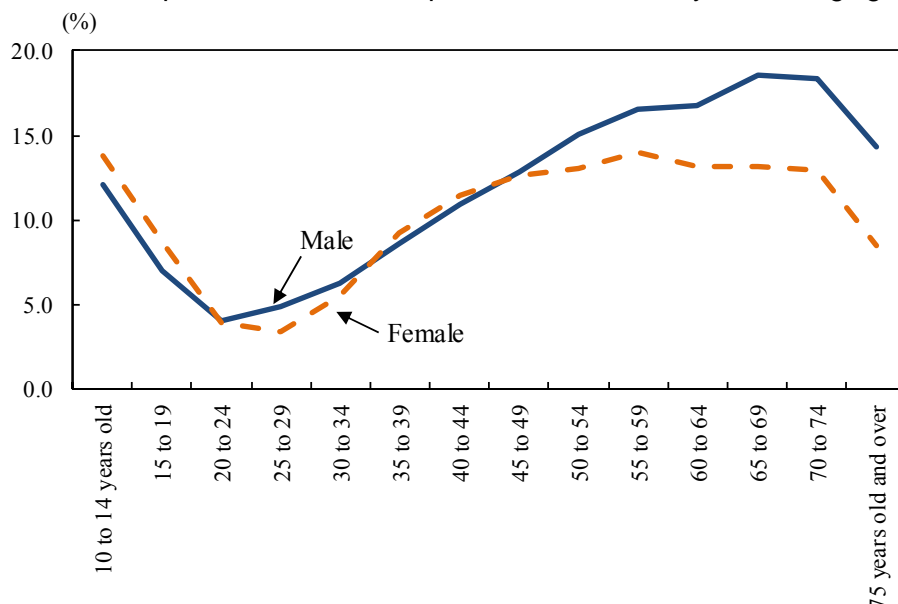


Note: Multiple answers were allowed.

- (4) The participation rate of “Local improvement activities” was highest for males in the age group of 65 to 69, and highest for females in the age group of 55 to 59.

Looking at participation rate in “Local improvement activities” by sex, males showed their highest rate for the age group of 65 to 69, while female showed their highest rate for the age group of 55 to 59. For the age group of 20 to 34 and the age group of 45 and older, males had higher participation rates than females, and in the age group of 65 and older, the gap between male and female rates is over 5 percentage points in size. (Figure 2-6.)

Figure 2-6: Participation rate in “Local improvement activities” by sex and age group (2016)





- (5) The participation rate of “Disaster-related activities” dropped compared to 5 years ago, but was high in the Kyushu district.

Compared to 2011, the year of the Great East Japan Earthquake, the participation rate in “Disaster-related activities” dropped by 2.3 percentage points, although it was higher than the 2006 participation rate by 0.3 percentage points. (Figure 2-7.)

Broken down by prefecture, the participation rate of “Disaster-related activities” was highest in Kumamoto Prefecture (8.4%), followed by Fukuoka Prefecture (2.6%), Iwate Prefecture (2.4%), Yamanashi Prefecture (2.3%), Saga Prefecture (2.2%), Miyazaki Prefecture (2.2%), and so on, showing that the participation rate was highest in the Kyushu district, the site of the 2016 Kumamoto earthquakes. (Figure 2-8.)

Figure 2-7: Participation rate in “Disaster-related activities” by sex (2001 - 2016)

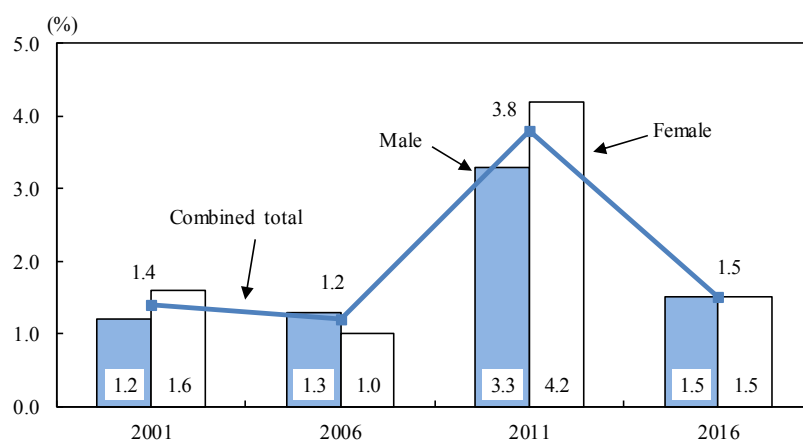
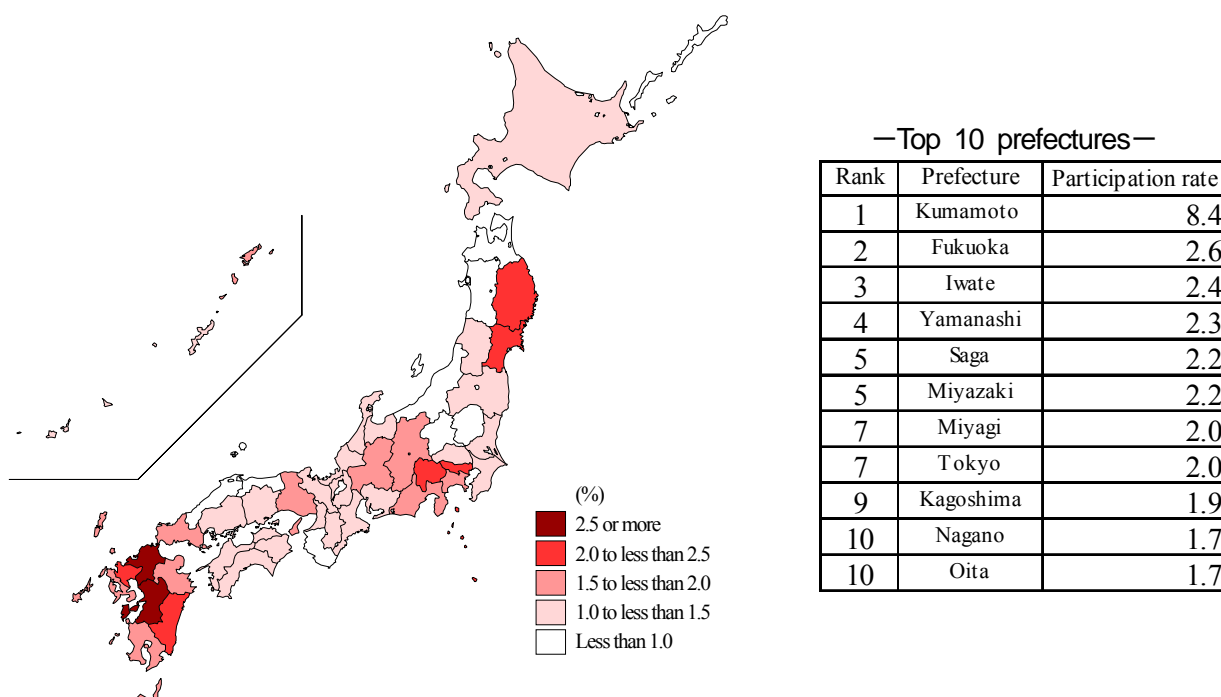


Figure 2-8: Participation rate in “Disaster-related activities” by prefecture (2016)



### 3. Sports

- (1) The participation rate in “Sports” was 68.8%, an increase of 5.8 percentage points compared to 5 years ago.

The total number of participants in some “Sports” was 77,977,000, and the participation rate was 68.8%. Broken down by sex, 40,576,000 males and 37,401,000 females participated in some kind of sport. The participation rate for males was 73.5% and that for females 64.4%; therefore, the males’ rate was higher than females’ by 9.1 percentage points.

Compared to 2011, the participation rate increased by 5.8 percentage points. Broken down by sex, the males’ rate increased by 5.6 percentage points, and the females’ by 6.1 percentage points.

By age group, the highest participation rate appeared in the age group of 10 to 14 (90.2%). The higher the age group, the lower the rate, generally speaking. (Figure 3-1.)

By sex, the males’ rate was higher than females’ in all age groups, and especially in the age groups of 10 to 24 and 70 years and over, there was a significant difference between males and females. (Figure 3-2.)

Figure 3-1: Participation rate in “Sports” by age group (2011, 2016)

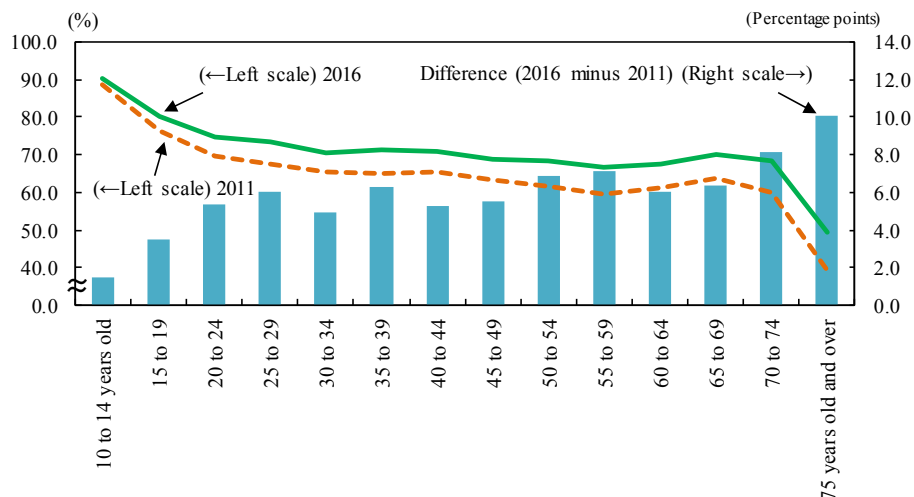
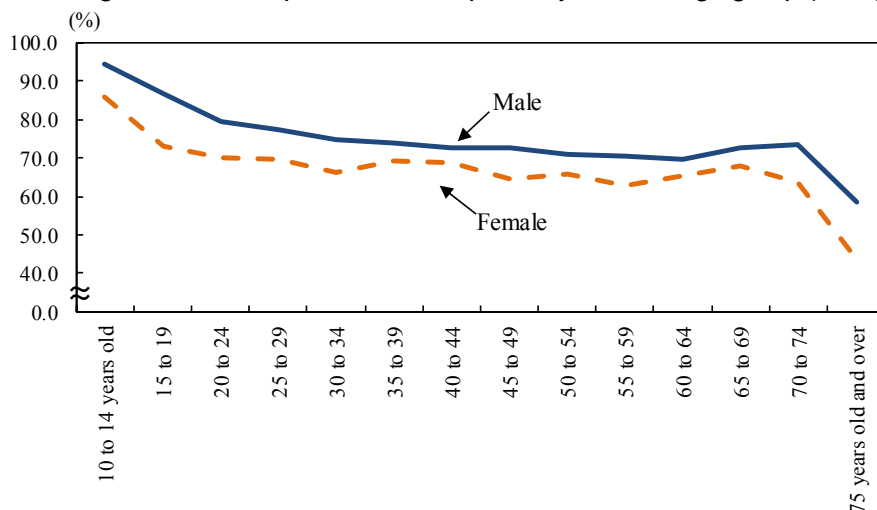


Figure 3-2: Participation rate in “Sports” by sex and age group (2016)



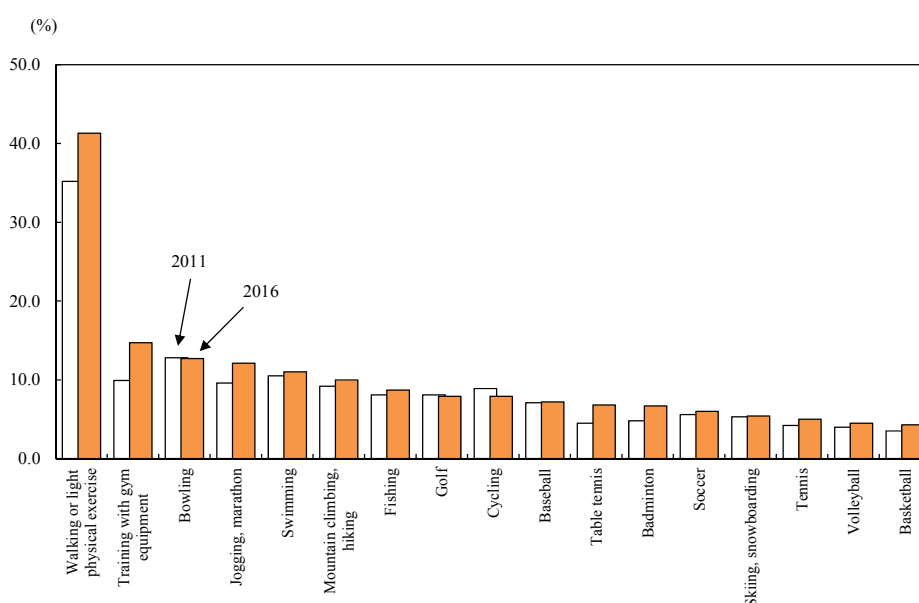
Note: Sports performed by professional players as their job and by students in PE class are excluded. Club activities are included.

(2) Participation rates were highest for “Walking or light physical exercise”.

For participation rate by kind of “Sports”, the category of “Walking or light physical exercise” was the highest (41.3%), followed by “Training with gym equipment” (14.7%). Compared to 2011, participation for “Walking or light physical exercise” increased by 6.1 percentage points, and “Training with gym equipment” increased by 4.8 percentage points. Meanwhile, participation in “Cycling” declined by 1.0 percentage points, and “Softball” declined by 0.4 percentage points. (Figure 3-3.)

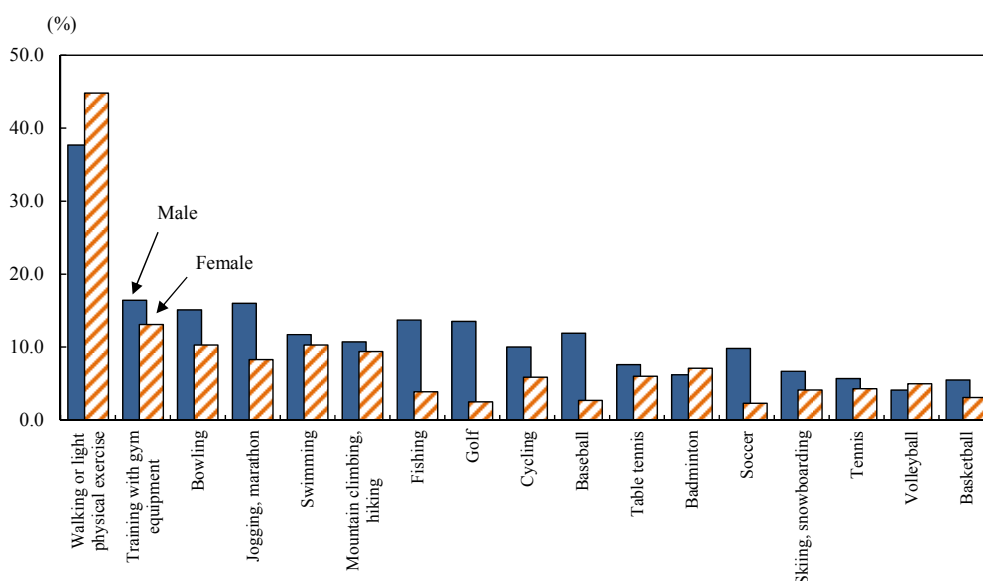
Broken down by sex, the highest rate for both males and females was found in “Walking or light physical exercise”, followed by “Training with gym equipment”, and so on. Males had higher participation rates than females in many sports, but female participation rates were higher for “Walking or light physical exercise”, “Badminton”, and “Volleyball”. (Figure 3-4.)

Figure 3-3: Participation rate in “Sports” by kind of sport (2011, 2016)



Note: Only the kinds of sports with participation rates of 3% and more are explicitly recorded.

Figure 3-4: Participation rate in “Sports” by kind of sport and sex (2016)

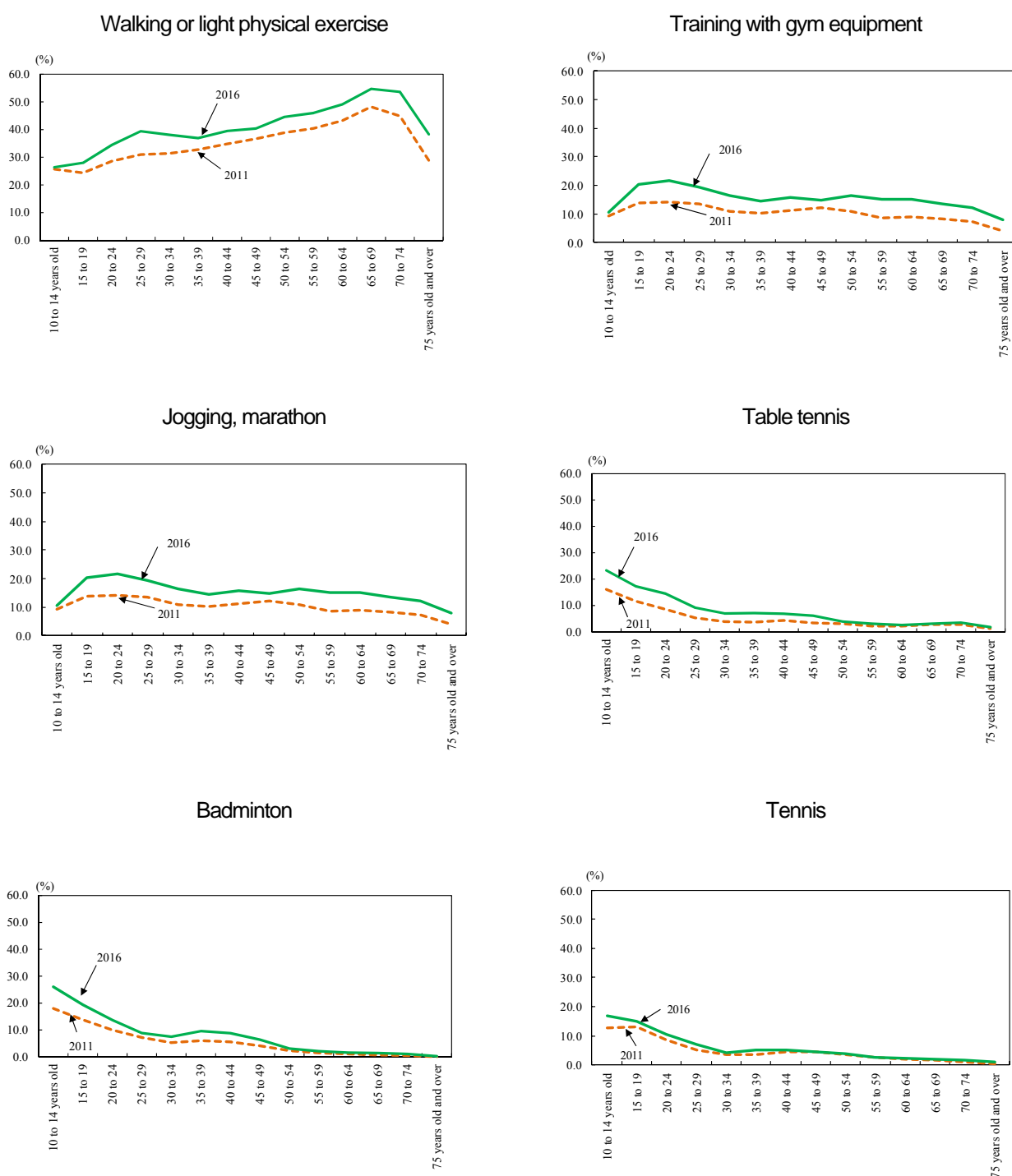


Note: Only the kinds of sports with participation rates of 3% and more are explicitly recorded.

(3) The participation rates for “Walking or light physical exercise” and “Training with gym equipment” increased across a wide range of age groups.

For participation rates in the main kinds of “Sports” that showed participation rate increases, when broken down by age group compared to 2011, the rates for “Walking or light physical exercise” and “Training with gym equipment” increased in a broad range of age groups. Meanwhile, “Jogging, marathon” showed an increase in participation rates in the age group of late teens and 20s, and “Table tennis”, “Badminton”, and “Tennis” showed an increase particularly among teens. (Figure 3-5.)

Figure 3-5: Participation rate in the main kinds of “Sports” that showed participation rate increases, by age group (2011, 2016)



## 4. Hobbies and amusements

- (1) The participation rate in “Hobbies and amusements” was 87.0%, an increase of 2.2 percentage points compared to 5 years ago.

The total number of participants in some “Hobbies and amusements” in the past year was 98,559,000, and the participation rate was 87.0%. Broken down by sex, 48,126,000 males and 50,433,000 females participated in some kind of activity. The participation rate for males was 87.2%, and for females 86.8%; therefore, the males’ rate was higher than females’ by 0.4 percentage points.

Compared to 2011, the participation rate increased by 2.2 percentage points. Broken down by sex, the males’ rate increased by 2.4 percentage points, and females’ rate increased by 1.9 percentage points.

By age group, the highest participation rate appeared in the age group of 10 to 14 (95.5%). The higher the age group, the lower the rate, generally speaking. (Figure 4-1.)

By sex, the females’ rate was higher than males’ in every age group except the 75 and older age group. (Figure 4-2.)

Figure 4-1: Participation rate in “Hobbies and amusements” by age group (2011, 2016)

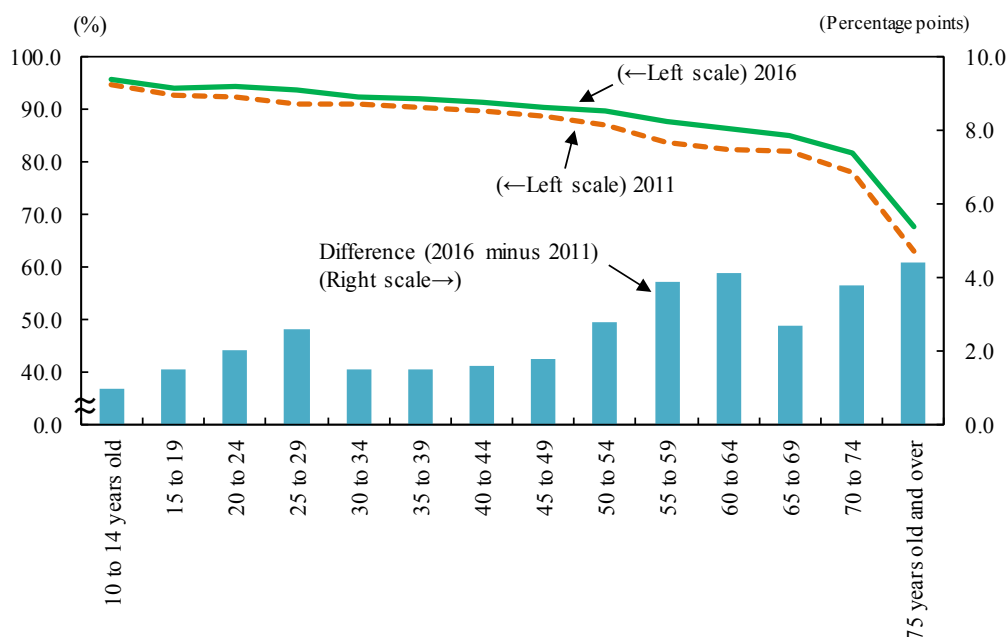
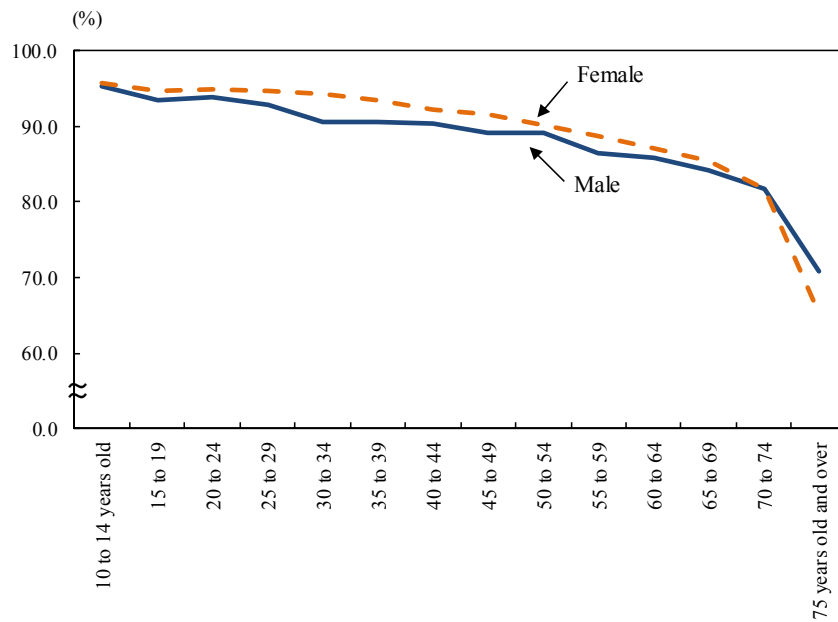


Figure 4-2: Participation rate in “Hobbies and amusements” by sex and age group (2016)



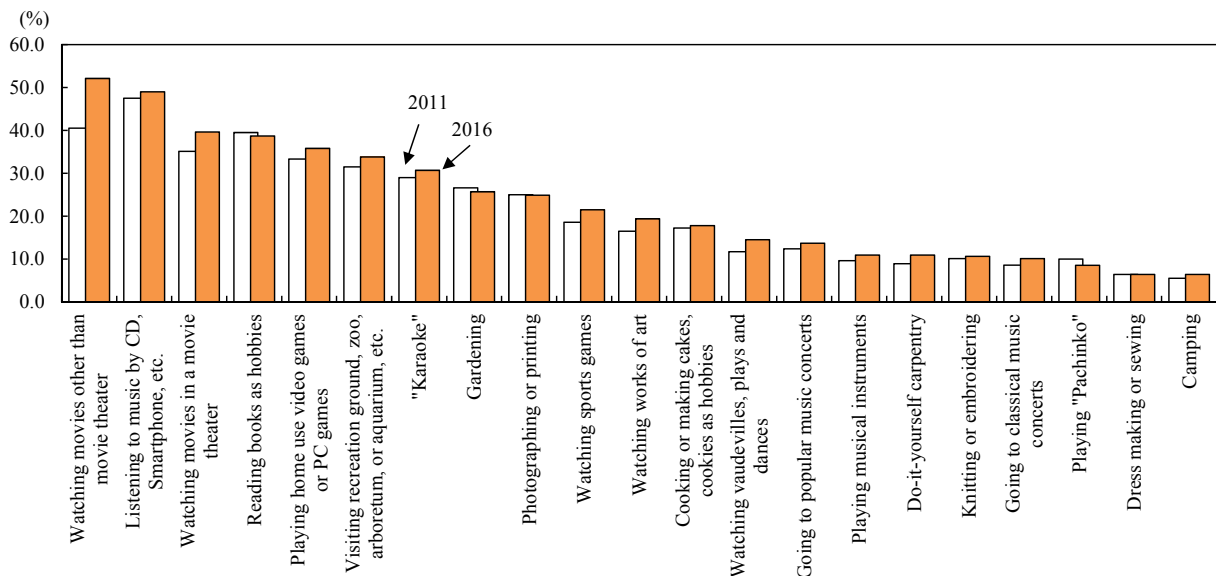
(2) Participation rate was highest for “Watching movies other than movie theater”.

For participation rates of “Hobbies and amusements” by kind of activity, the highest rate was found in “Watching movies other than movie theater” (52.1%), followed by “Listening to music by CD, Smartphone, etc.” (49.0%), “Watching movies in a movie theater” (39.6%), and so on. Compared to 2011, “Watching movies other than movie theater” increased by 11.6 percentage points, and “Watching movies in a movie theater” increased by 4.5 percentage points. (Figure 4-3.)

By sex, the highest rate for both males and females was found in “Watching movies other than movie theater” (52.6% for males and 51.6% for females), followed by “Listening to music by CD, Smartphone, etc.” (49.0% for males and 48.9% for females). (Figure 4-4.)

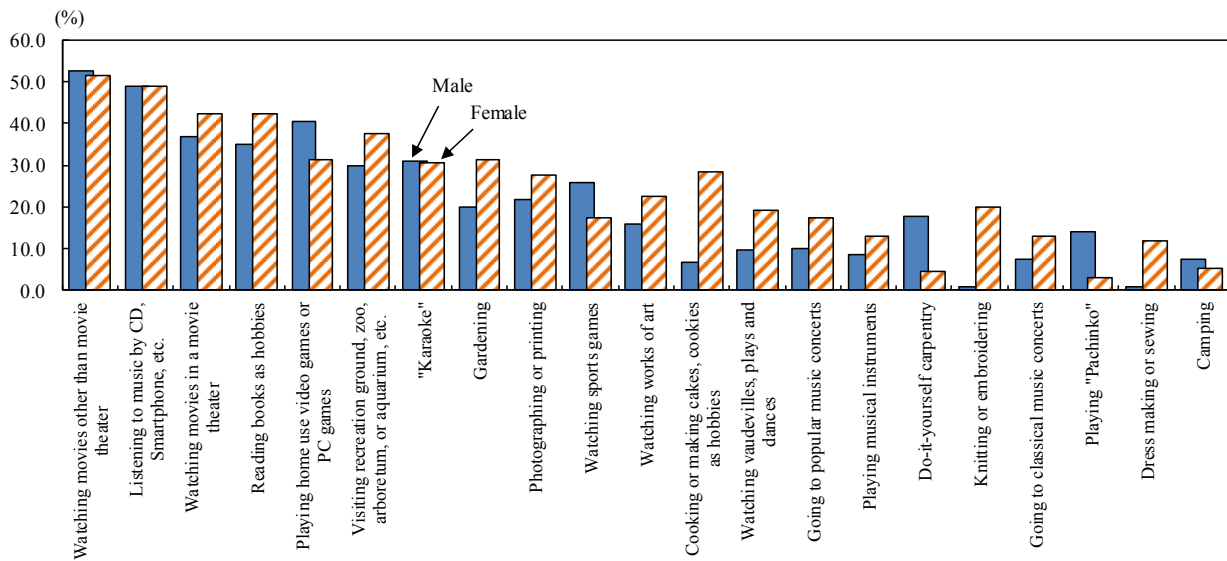
\* “Watching movies other than movie theater” was polled in the 2011 survey as “Watching movies (excluding TV PGMs, video and DVD)”. In the 2016 survey, this category was polled as “Watching movies other than movie theater (TV PGMs, DVDs, and PCs etc.)”, and this difference in definitions suggests a need for caution in making comparisons.

Figure 4-3: Participation rate in “Hobbies and amusements” by kind of activity (2011, 2016)



Note: Only the kinds of “Hobbies and amusements” with participation rates of 5% or more are explicitly recorded.

Figure 4-4: Participation rate in “Hobbies and amusements” by kind of activity and sex (2016)



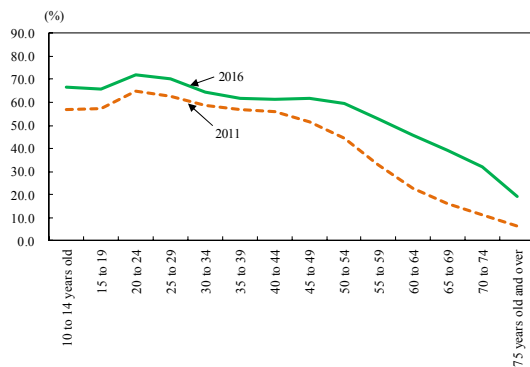
Note: Only the kinds of “Hobbies and amusements” with combined male-female participation rates of 5% or more are explicitly recorded.

- (3) The participation rate for “Watching movies other than movie theater” increased particularly in the age group of 50 years old and over.

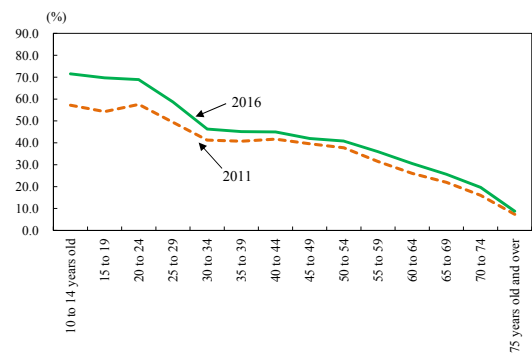
For participation rates in the main kinds of “Hobbies and amusements” that showed participation rate increases, when broken down by age group compared to 2011, the rate for “Watching movies other than movie theater” increased particularly in the age group of 50 years old and over. Additionally, the participation rate for “Watching movies in a movie theater” increased particularly in the age groups of those in their teens and 20s. (Figure 4-5.)

Figure 4-5: Participation rate in the main kinds of “Hobbies and amusements” that showed participation rate increases, by age group (2011, 2016)

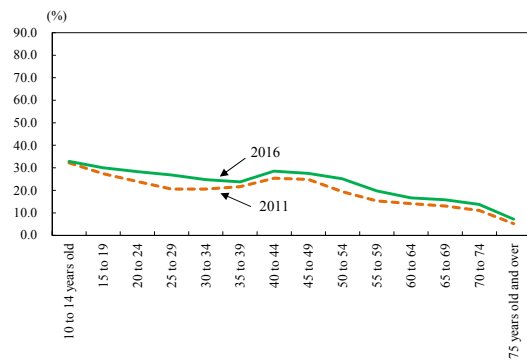
Watching movies other than movie theater



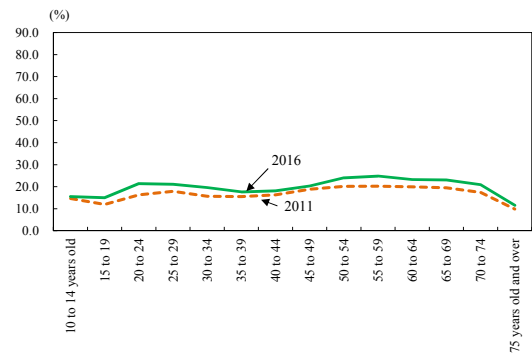
Watching movies in a movie theater



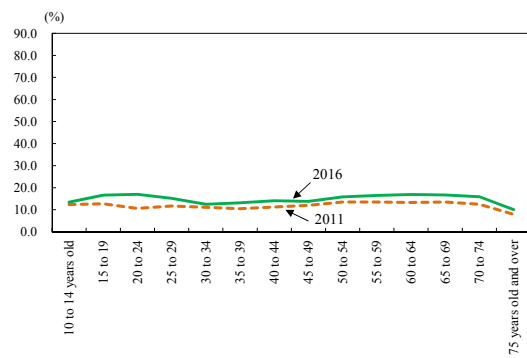
Watching sports games



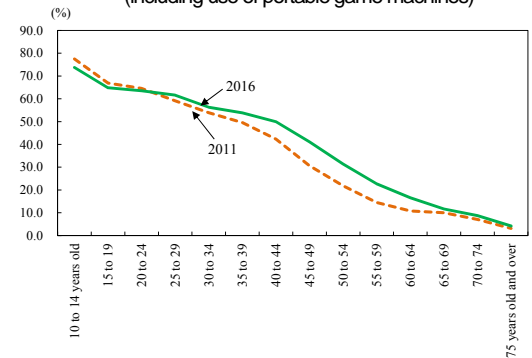
Watching works of art



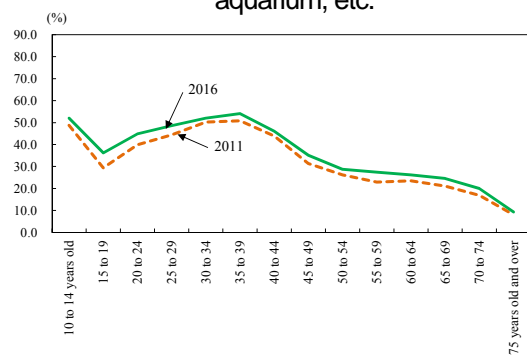
Watching vaudevilles, plays and dances



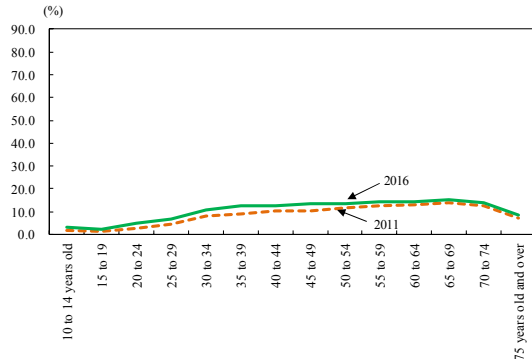
Playing home use video games or PC games  
(including use of portable game machines)



Visiting recreation ground, zoo, arboretum,  
aquarium, etc.



Do-it-yourself carpentry





## 5. Travel and excursion

- (1) The participation rate in “Travel and excursion” was 73.5%, a decrease of 0.3 percentage points compared to 5 years ago.

The total number of participants in “Travel and excursion” was 83,292,000, and the participation rate was 73.5%. Broken down by sex, 39,264,000 males and 44,027,000 females participated in some kind of “Travel and excursion”. The participation rate for males was 71.1%, and for females 75.8%; therefore, the females’ rate was higher than males by 4.7 percentage points.

Compared to 2011, the participation rate increased by 0.3 percentage points. By sex, males maintained the same participation rate as 5 years ago, while the female rate increased by 0.5 percentage points.

By age group, the participation rate peaked at 85.2% in the age group of 10 to 14 years old, and significantly went down to 75.0% in the age group of 15 to 19 years old. However, participation rate increased again beginning with the age group of 20 to 24, rising to 82.2% for the age group of 35 to 39. In subsequent age groups (40 years old and over), the older, the lower the participation rate. (Figure 5-1.)

By sex, female participation rates were higher in all age groups excluding those aged 10 to 14 and those 75 years old and over. (Figure 5-2.)

\*In 2011, “Travel and excursion” included “Business trip or training, etc.”, and thus there is a need for caution in making comparisons.

Figure 5-1: Participation rate in “Travel and excursion” by age group (2011, 2016)

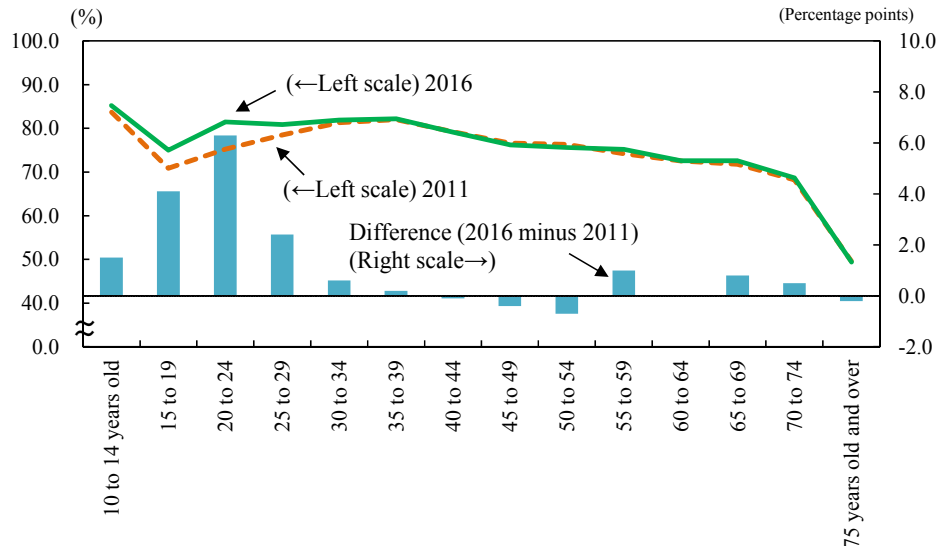
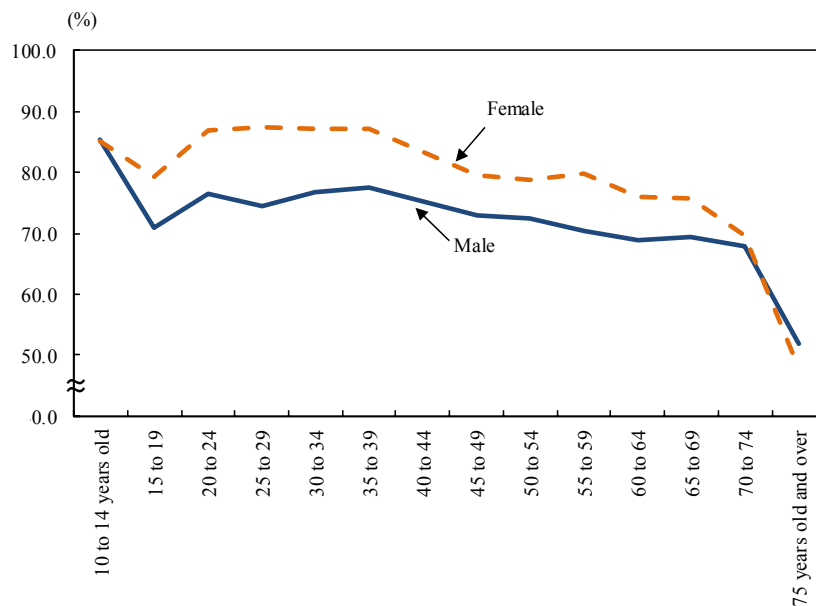


Figure 5-2: Participation rate in “Travel and excursion” by sex and age group (2016)



(2) Participation rate for “Sightseeing (within Japan)” was 48.9%, “Sightseeing (outside Japan)” was 7.2%.

For participation rate of each kind of “Travel and excursion”, “Day excursion” was 59.3%, “Sightseeing (within Japan)” 48.9%, and “Sightseeing (outside Japan)” 7.2%. Compared to 2011, the participation rate of “Sightseeing (within Japan)” increased by 3.5 percentage points, “Day excursion” increased by 1.0 percentage points, and “Sightseeing (outside Japan)” decreased 0.1 percentage points. Additionally, compared to 2006, participation rates declined for all types of travel except “Return to home town, visiting someone”. (Figure 5-3.)

Broken down by sex, in all kinds of “Travel and excursion” within and outside Japan, females showed higher rates. For “Day excursion”, male participation rate was 56.3% and female participation rate was 62.1%, making the female rate 5.8 percentage points higher than the male rate. For “Sightseeing (within Japan)”, the male rate was 47.4% and the female rate 50.3%, making the female rate 2.9 percentage points higher than the male rate. (Figure 5-4.)

Figure 5-3: Participation rate for each kind of “Travel and excursion” (2006 - 2016)

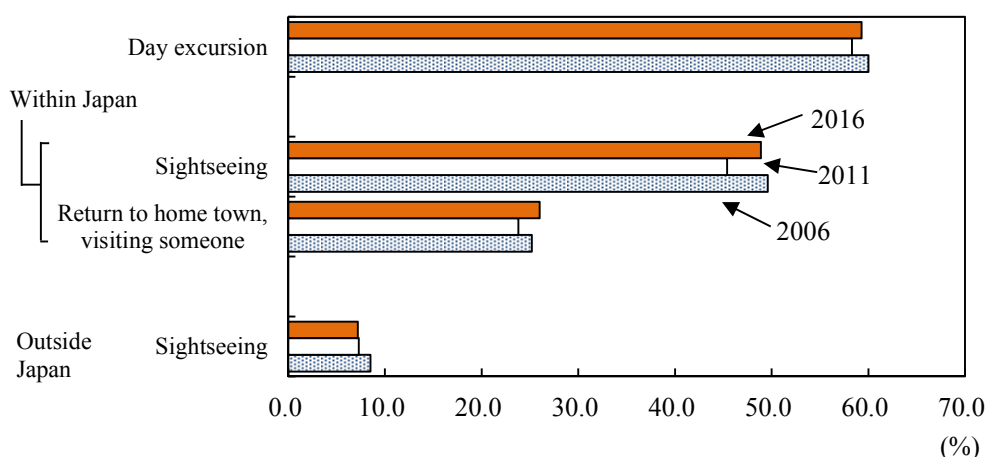
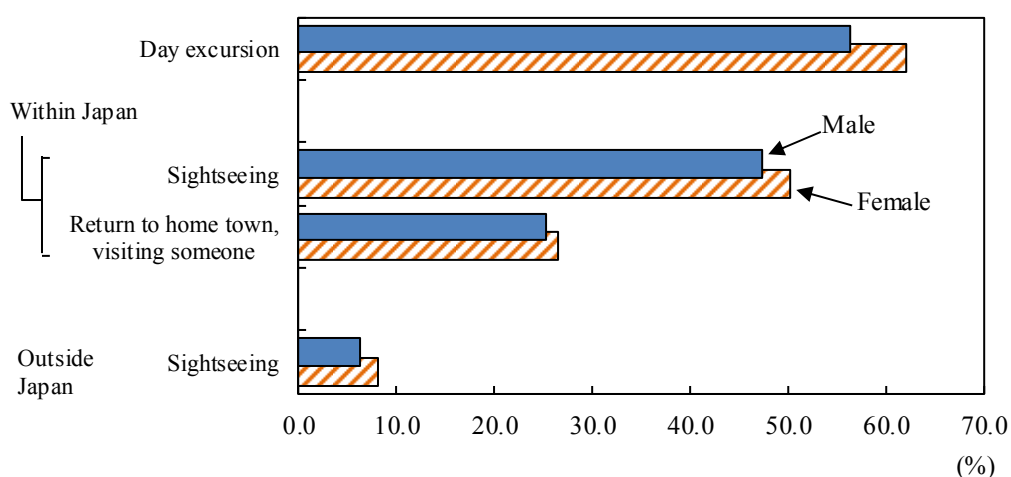


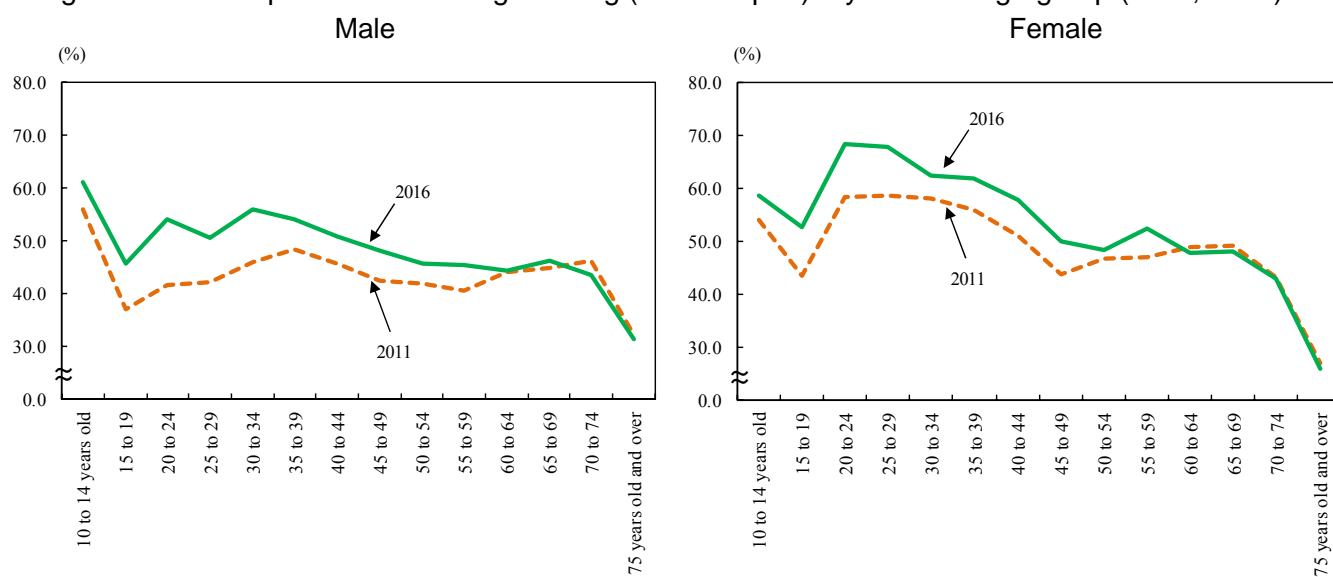
Figure 5-4: Participation rate for each kind of “Travel and excursion” by type and sex (2016)



(3) The highest participation rates for “Sightseeing (within Japan)” were in the age group 10 to 14 for males, and 20 to 24 for females.

Broken down by sex, participation rates for “Sightseeing (within Japan)” were highest for males in the age group of 10 to 14, and for females in the age group of 20 to 24. (Figure 5-5.)

Figure 5-5: Participation rate for “Sightseeing (within Japan)” by sex and age group (2011, 2016)

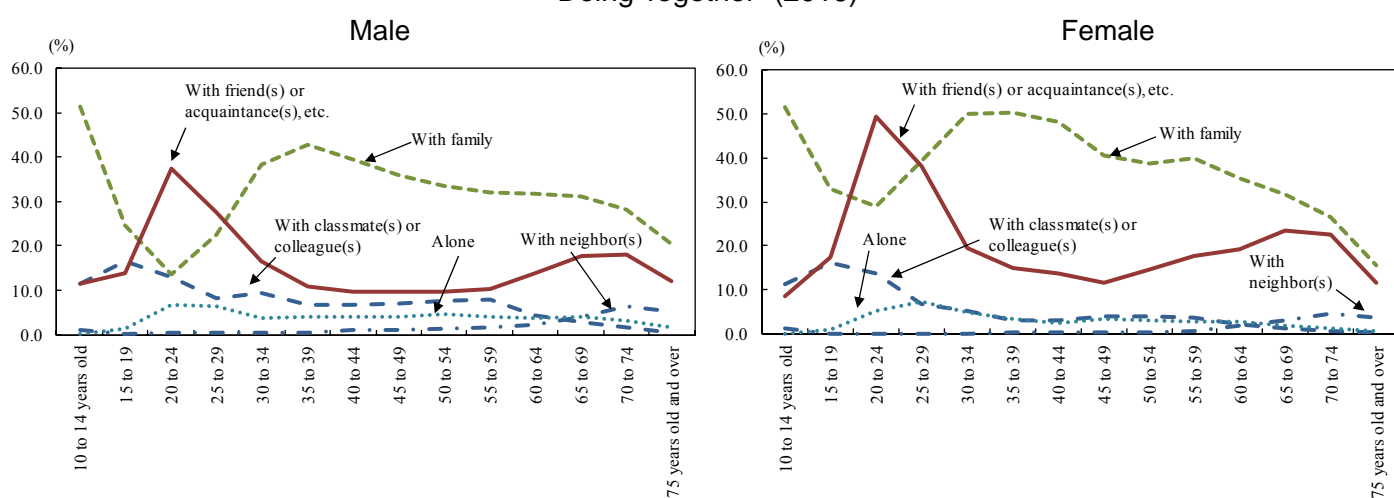


- (4) For “Sightseeing (within Japan)”, males and females between 20 and 24 had a high participation rate for participation “With friend(s) or acquaintance(s), etc.”

For participation rates in “Travel and Excursion” by “Persons Doing Together”, the highest was “With family” (57.1%), followed by “With friend(s) or acquaintance(s), etc.” (30.7%), “Alone” (12.3%), “With classmate(s) or colleague(s)” (10.1%), and “With neighbor(s)” (4.1%).

Looking at the participation rate for “Sightseeing (within Japan)” by sex and age group, rates for both sexes in the age group of 20 to 24 years old dropped for “With family”, while the highest in that age group was “With friend(s) or acquaintance(s), etc.” (Figure 5-6.)

Figure 5-6: Participation rate for “Sightseeing (within Japan)” by sex, age group and “Persons Doing Together” (2016)



Note: Multiple answers were allowed.