

Summary of Results (Questionnaire B)

1. Simultaneous activities

(1) Looking at participation rate by kind of simultaneous activity (activity done at the same time as a main activity), compared to 5 years ago, “Watching TV” has declined 4.6 percentage points, while using smartphones (“Computing”) has increased by 17.6 percentage points.

Looking at the proportion of persons who participated in simultaneous activities by the type of simultaneous activity, “Watching TV” is the highest with a participation rate of 42.9%, followed by “Computing¹⁾” which includes using smartphones, with a participation rate of 21.5%. Compared with 2011, “Watching TV” has declined by 4.6 percentage points, while “Computing” has increased significantly by 17.6 percentage points. (Table 1-1.)

Table 1-1: Participation rate by kind of simultaneous activity (2011, 2016) – weekly average

Kind of simultaneous activity	2011 (%)	2016 (%)	Difference (Percentage points)
Watching TV	47.5	42.9	-4.6
Computing	3.9	21.5	17.6
Care of clothing	11.3	10.0	-1.3
Reading newspapers or magazines	8.3	7.6	-0.7
Light meals	6.1	6.2	0.1
Listening to CDs or audio files ²⁾	3.9	5.4	1.5
Listening to the radio	6.2	5.2	-1.0

*Shows simultaneous activities with a participation rate of at least 5% in 2016 (Minor Groups)

(2) The proportion of persons who did computing, including using smartphones, during lunch time was 8.0%, a 7.4 percentage point increase from 5 years prior.

Looking at participation rate by of simultaneous activities by kinds of the main activity, the participation rate for “Computing” including using smartphones has overtaken “Listening to the radio” since 2011 as the most common activity participated in simultaneously with “Paid work”. As for simultaneous activities participated in while eating, “Watching TV” is followed by “Computing” for highest participation rate, with 8.0% of people “Computing” during lunch, which is a 7.4 percentage point increase compared to 2011. (Table 1-2.)

Table 1-2: Participation rate by kinds of main activity or simultaneous activity (2011, 2016) – weekly average

Main activity	2016 (%)					2011 (%)				
	Participation rate including simultaneous activity	Longest		Second longest		Participation rate including simultaneous activity	Longest		Computing	Participation rate
		Kind of simultaneous activity	Participation rate	Kind of simultaneous activity	Participation rate		Kind of simultaneous activity	Participation rate		
Total	69.6	Watching TV	42.9	Computing	21.5	65.7	Watching TV	47.5	Computing	3.9
Paid work	10.5	Computing	4.3	Listening to CDs or audio files	1.5	5.7	Listening to the radio	1.5	Computing	0.4
Commuting to and from work	7.4	Computing	4.0	Listening to CDs or audio files	1.3	3.1	Listening to the radio	0.9	Computing	0.2
Unpaid work	27.3	Watching TV	13.8	Care of clothing	5.4	27.8	Watching TV	15.9	Computing	0.5
Management of meals	17.2	Watching TV	10.1	Care of clothing	3.8	19.6	Watching TV	11.7	Computing	0.2
Household upkeep	7.5	Watching TV	2.6	Care of clothing Computing	1.3	7.7	Watching TV	3.1	Computing	0.0
Care of clothing	7.6	Watching TV	3.7	Household upkeep	0.9	7.3	Watching TV	3.8	Computing	0.1
Personal care	56.0	Watching TV	38.6	Computing	13.8	51.9	Watching TV	42.3	Computing	1.1
Personal care	14.6	Watching TV	8.0	Care of clothing	1.9	11.4	Watching TV	6.8	Computing	0.1
Breakfast	27.9	Watching TV	19.0	Computing	3.1	27.2	Watching TV	20.7	Computing	0.1
Lunch	25.2	Watching TV	12.6	Computing	8.0	19.9	Watching TV	14.5	Computing	0.6
Dinner	31.5	Watching TV	24.6	Computing	3.8	30.7	Watching TV	26.9	Computing	0.2
Light meals	8.9	Watching TV	3.9	Computing	2.7	7.9	Watching TV	4.7	Computing	0.2
Free time	28.8	Watching TV	7.5	Light meals	4.3	28.9	Watching TV	8.5	Computing	2.4
Watching TV	16.8	Light meals	2.8	Reading newspapers or magazines	2.7	15.9	Reading newspapers or magazines	3.0	Computing	1.9
Other	6.5	Computing	2.2	Watching TV	1.6	4.7	Watching TV	1.9	Computing	0.1

*Shows main activities which have simultaneous activities and their participation rate of at least 5% in 2016 (Major and Minor Groups)

- 1) “Computing”, in addition to personal computers, also includes use of the Internet on smartphones, non-smartphone mobile phones, and tablet devices.
- 2) “Listening to CDs or audio files” was classified as “Listening to recordings” in 2011.

2. Use of smartphones/PCs

(1) The proportion of females that used smartphones/PCs during housework time or child care time was higher than that of males, but males used these devices for a longer amount of time.

Looking at the proportion of persons who used smartphones/PCs (participation rate in activities) by kind of activity (major group), the participation rate in activities of people who used these devices during their “Free time” was highest at 45.0%. Looking at the average use time of people who did use these devices (average time spent in activities for participants), use time was longest for people who used these devices during “Paid work” at 4 hours and 59 minutes. (Table 2-1.)

Looking at people who used smartphones/PCs during housework time or child care time, the participation rate in activities is higher for women than for men, but the average time spent in activities for participants is longer for males than for females. (Table 2-1.)

Table 2-1: Participation rate in activities and average time spent in activities for participants for use of smartphones/PCs by sex, by kind of activity (2016) – weekly average

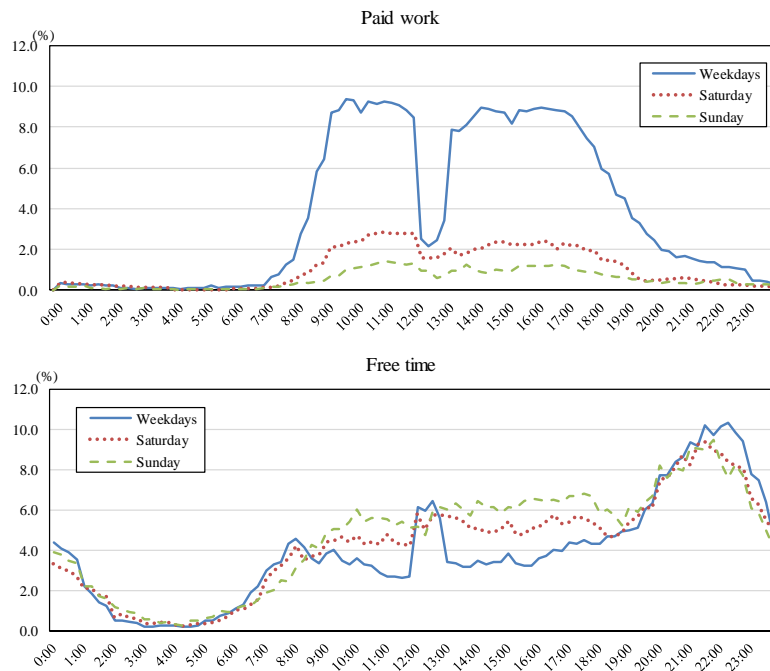
Kind of activity using smartphone/PC	Participation rate (%)			Average time for participants (hours.minutes)		
	Total	Male	Female	Total	Male	Female
Total	50.4	53.8	47.2	3.35	4.12	2.54
Paid work	13.1	18.2	8.4	4.59	5.12	4.32
Unpaid work	6.2	4.1	8.1	0.44	0.54	0.39
Housework	3.7	2.0	5.4	0.38	1.07	0.32
Child care	1.0	0.5	1.4	0.38	1.01	0.30
Shopping and using services	1.9	1.5	2.2	0.33	0.33	0.33
Schoolwork, learning, self-education, and training	2.0	2.0	1.9	2.01	2.22	1.49
Personal care	11.0	10.2	11.8	0.33	0.30	0.35
Free time	45.0	47.1	43.0	2.11	2.27	1.55
Social life	8.1	6.4	9.8	0.56	1.05	0.49
Entertainment, hobbies and culture	34.5	37.5	31.7	1.46	1.58	1.31
Mass media	21.5	21.6	21.3	1.22	1.33	1.12
Other	1.6	1.3	1.9	0.48	0.47	0.47

Note: The expression “smartphones/PCs” also includes non-smartphone mobile phones, tablet devices, etc.

(2) For use of smartphones/PCs during “Free time”, the participation rate in activities is high from 19:00 onwards.

For use of smartphones/PCs, looking at participation rate in activities by time of day, participation rate in activities of use of these devices during “Paid work” is growing higher from 9:00 - 12:00 and from 13:00 - 17:00 on weekdays. In contrast, participation rate in activities of use during “Free time” is growing higher from 19:00 onwards regardless of the day of the week, with the peak participation rate in activities from 21:00 to 23:00. (Figure 2-1.)

Figure 2-1: Participation rate in activities for use of smartphone/PCs by day of the week, time of day, kind of activity (2016)

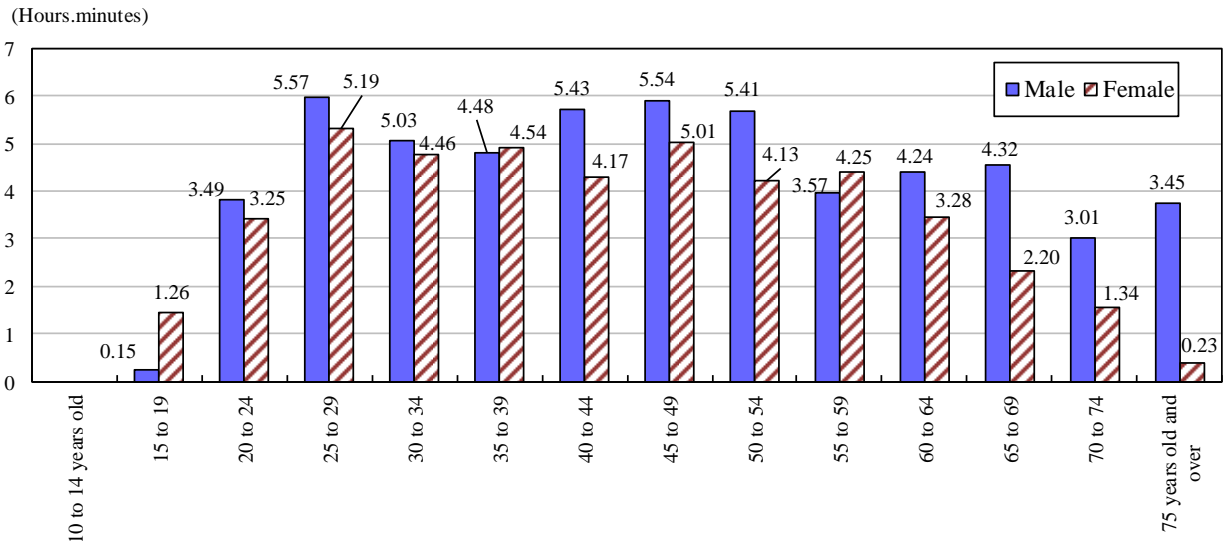


(3) Average use time among persons who used smartphones/PCs during “Paid work” exceeded 5 hours among males aged 25 to 34 and aged 40 to 54, as well as females aged 25 to 29 and aged 45 to 49.

The proportion of persons who used smartphones/PCs during “Paid work” (participation rate in activities) was 13.1%, and the average use time (average time spent in activities for participants) was 4 hours and 59 minutes. (Table 2-1.)

Looking at average time spent in activities for participants by sex and by age group, use time exceeded 5 hours among males aged 25 to 34 and aged 40 to 54, and among females aged 25 to 29 and aged 45 to 49. (Figure 2-2.)

Figure 2-2: Average time spent in activities for participants of smartphones/PCs in “Paid work” by sex, age group (2016) – weekly average

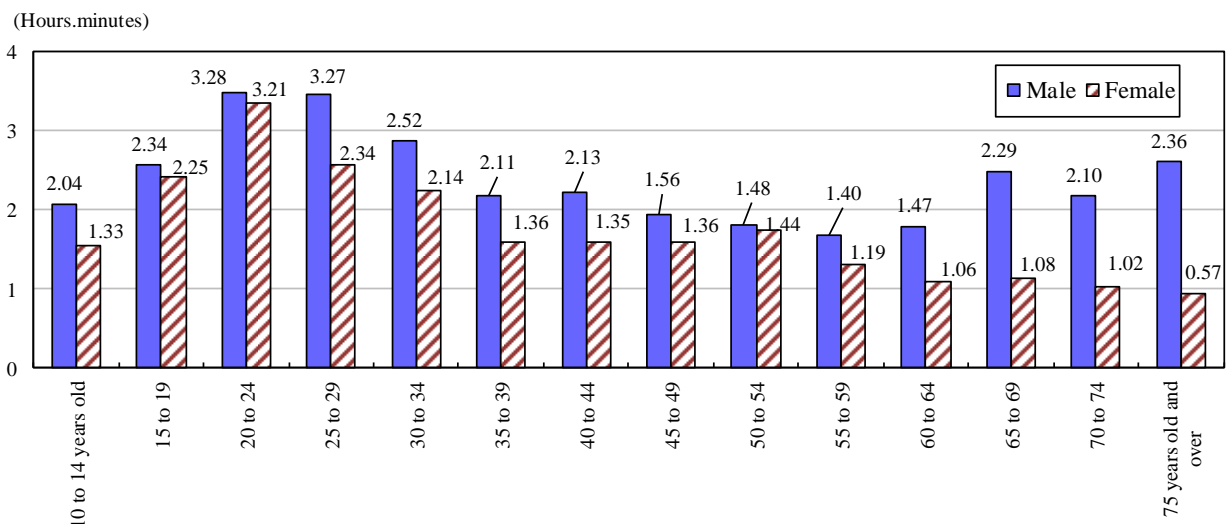


(4) The average time using smartphones/PCs during “Free time” exceeded 2 hours among males aged 10 to 44 and aged 65 and over, and among women aged 15 to 34.

The proportion of persons who used smartphones/PCs during “Free time” (participation rate in activities) was 45.0%, and the average use time (average time spent in activities for participants) was 2 hours and 11 minutes. (Table 2-1.)

Looking at average time spent in activities for participants by sex and by age group, use time exceeded 2 hours among males aged 10 to 44 and aged 65 and over, and among females aged 15 to 34. (Figure 2-3.)

Figure 2-3: Average time spent in activities for participants of smartphones/PCs in “Free time” by sex, age group (2016) – weekly average



3. Unpaid work

(1) For “Unpaid work”, the greatest difference between males and females among “Housework” was in “Management of meals”.

Looking at “Unpaid work” time by sex, there was a difference of nearly 3 hours between males and females, with males spending 1 hour 16 minutes, and females spending 4 hours 11 minutes on “Unpaid work”. In the breakdown (minor groups), among types of “Housework,” the biggest difference between males and females was 1 hour 16 minutes in “Management of meals”. (Table 3-1.)

Table 3-1: Average time spent on “Unpaid work” by sex (2011, 2016) – weekly average

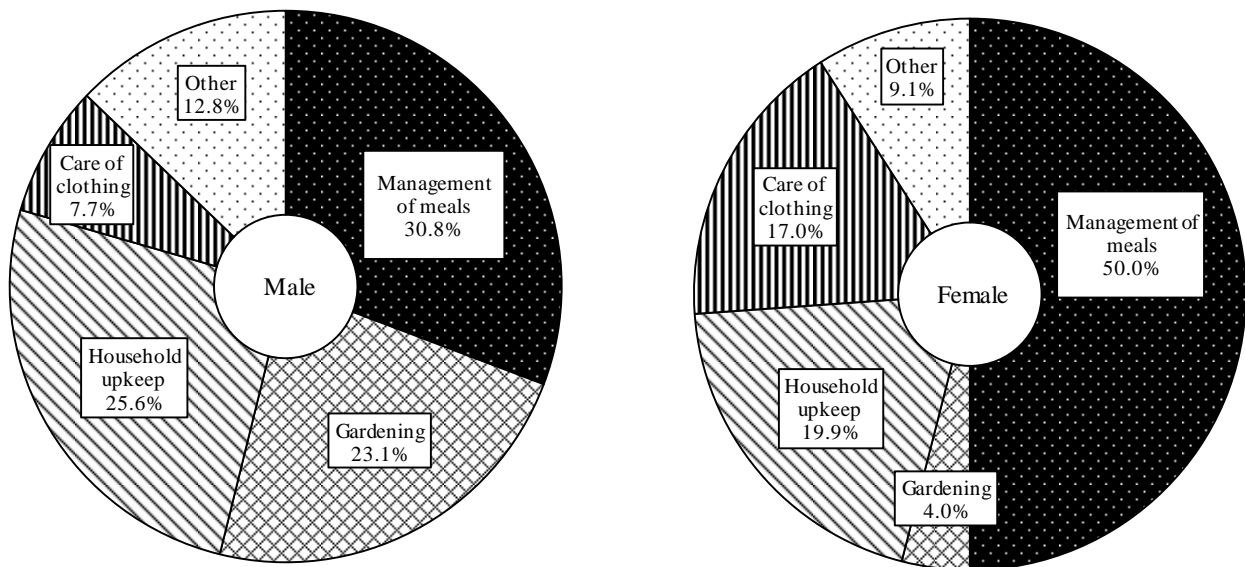
(Hours.minutes)

	Male			Female			Male/female difference in 2016
	2011	2016	Difference	2011	2016	Difference	
Unpaid work	1.15	1.16	0.01	4.14	4.11	-0.03	-2.55
Housework	0.37	0.40	0.03	2.59	2.57	-0.02	-2.17
Management of meals	0.10	0.12	0.02	1.31	1.28	-0.03	-1.16
Gardening	0.09	0.09	0.00	0.09	0.07	-0.02	0.02
Household upkeep	0.10	0.10	0.00	0.36	0.35	-0.01	-0.25
Care of clothing	0.02	0.03	0.01	0.27	0.30	0.03	-0.27
Other	0.05	0.05	0.00	0.15	0.16	0.01	-0.11
Child care	0.07	0.07	0.00	0.23	0.25	0.02	-0.18
Physical care or supervision of a baby and a little child	0.01	0.01	0.00	0.09	0.10	0.01	-0.09
Reading, playing and talking with a baby and a little child	0.03	0.02	-0.01	0.06	0.05	-0.01	-0.03
Accompanying a child	0.01	0.02	0.01	0.02	0.04	0.02	-0.02
Transporting a child	0.01	0.01	0.00	0.04	0.04	0.00	-0.03
Other	0.00	0.00	0.00	0.01	0.02	0.01	-0.02
Shopping and using services	0.17	0.17	0.00	0.32	0.30	-0.02	-0.13
Travel related to housework	0.09	0.08	-0.01	0.15	0.14	-0.01	-0.06
Volunteer activity related	0.06	0.05	-0.01	0.05	0.04	-0.01	0.01

(2) Males and females alike spent the longest time on “Management of meals” among all “Housework,” accounting for 50.0% of “Housework” time for females.

In comparing males and females in a breakdown of “Housework” time (minor groups), males spend the longest time on “Management of meals” at 12 minutes, followed by “Household upkeep” at 10 minutes. In contrast, females spend the longest time on “Management of meals” at 1 hour 28 minutes, followed by “Household upkeep” at 35 minutes, so “Management of meals” accounted for 50.0% of their housework time overall. (Table 3-1, Figure 3-1.)

Figure 3-1: Participation rate in “Housework” by sex (2016) – weekly average



(3) Looking at “Unpaid work” time of husbands and wives that have a child or children under the age of 6, there are major gaps between husbands and wives in “Management of meals” for “Housework” time and “Physical care or supervision of a baby and a little child” for “Child care” time.

In the households of couples with a child or children, looking at the breakdown (minor groups) of “Unpaid work” time of husbands and wives that have children under the age of 6, there are growing gaps between husbands and wives in “Management of meals” for “Housework time” and “Physical care or supervision of a baby and a little child” for “Child care” time. (Table 3-2.)

Comparing the breakdown of “Child care” time (minor groups) with 2011, wives spend 1 hour 40 minutes on “Physical care or supervision of a baby and a little child”, which saw the largest increase at 14 minutes. (Table 3-2.)

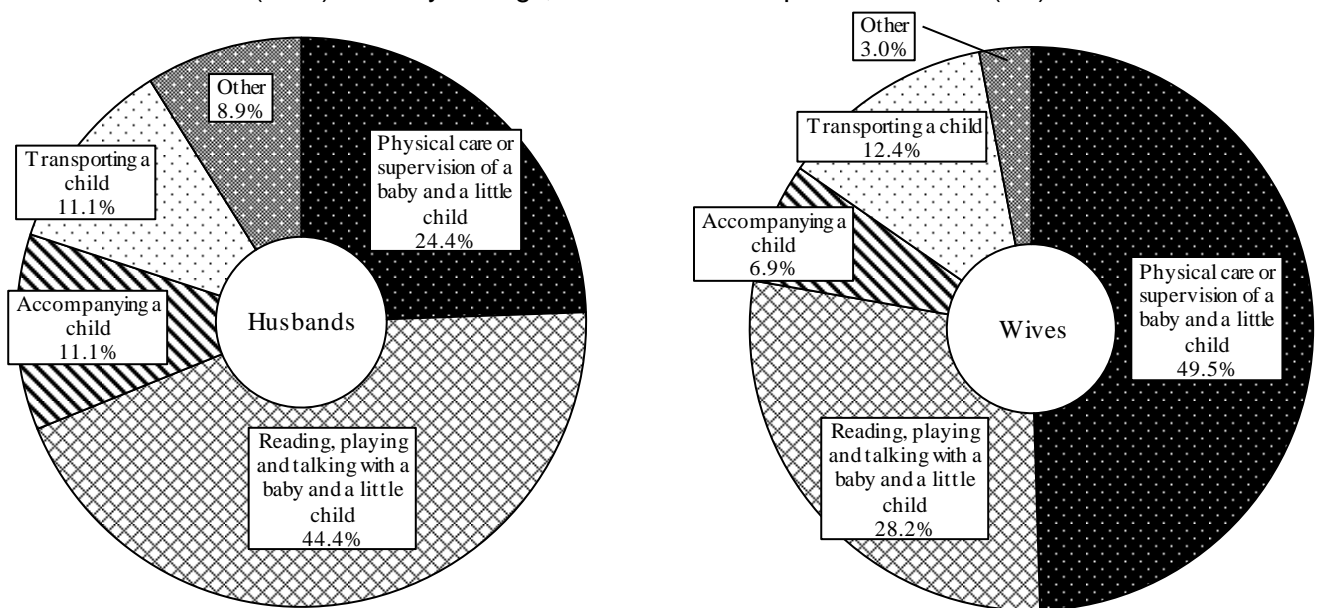
Table 3-2: Average time spent on “Unpaid work” of husbands and wives with a child or children under the age of 6 (2011, 2016) – weekly average, household of a couple with their child(ren)

	Husbands			Wives			Husband/wife difference in 2016
	2011	2016	Difference	2011	2016	Difference	
Unpaid work	1.27	1.35	0.08	7.49	8.00	0.11	-6.25
Housework	0.18	0.22	0.04	3.47	3.42	-0.05	-3.20
Management of meals	0.05	0.08	0.03	1.59	1.57	-0.02	-1.49
Household upkeep	0.07	0.06	-0.01	0.48	0.44	-0.04	-0.38
Care of clothing	0.02	0.04	0.02	0.34	0.41	0.07	-0.37
Other	0.04	0.03	-0.01	0.25	0.21	-0.04	-0.18
Child care	0.42	0.45	0.03	3.02	3.21	0.19	-2.36
Physical care or supervision of a baby and a little child	0.10	0.11	0.01	1.26	1.40	0.14	-1.29
Reading, playing and talking with a baby and a little child	0.24	0.20	-0.04	0.54	0.57	0.03	-0.37
Accompanying a child	0.04	0.05	0.01	0.11	0.14	0.03	-0.09
Transporting a child	0.04	0.05	0.01	0.25	0.25	0.00	-0.20
Other	0.00	0.04	0.04	0.06	0.06	0.00	-0.02
Shopping and using services	0.18	0.17	-0.01	0.40	0.35	-0.05	-0.18
Travel related to housework	0.09	0.08	-0.01	0.18	0.19	0.01	-0.11
Volunteer activity related	0.01	0.03	0.02	0.02	0.03	0.01	0.00

(4) “Reading, playing and talking with a baby and a little child” accounted for nearly 40% of “Child care” time among husbands with children under the age of 6, while “Physical care or supervision of a baby and a little child” accounted for nearly 50% of time among wives.

Among households of a couple with their child(ren), looking at the breakdown of “Child care” time among husbands and wives with a child or children under the age of 6 (minor group), husbands spend the longest time on “Reading, playing and talking with a baby and a little child” at 20 minutes, which accounts for nearly 40% of their “Child care” time. In contrast, wives spend the longest time on “Physical care or supervision of a baby and a little child” at 1 hour 40 minutes, which accounts for nearly half of their “Child care” time. (Table 3-2, Figure 3-2.)

Figure 3-2: Participation rate in “Child care” by husbands and wives with a child or children under the age of 6 (2016) – weekly average, household of a couple with their child(ren)



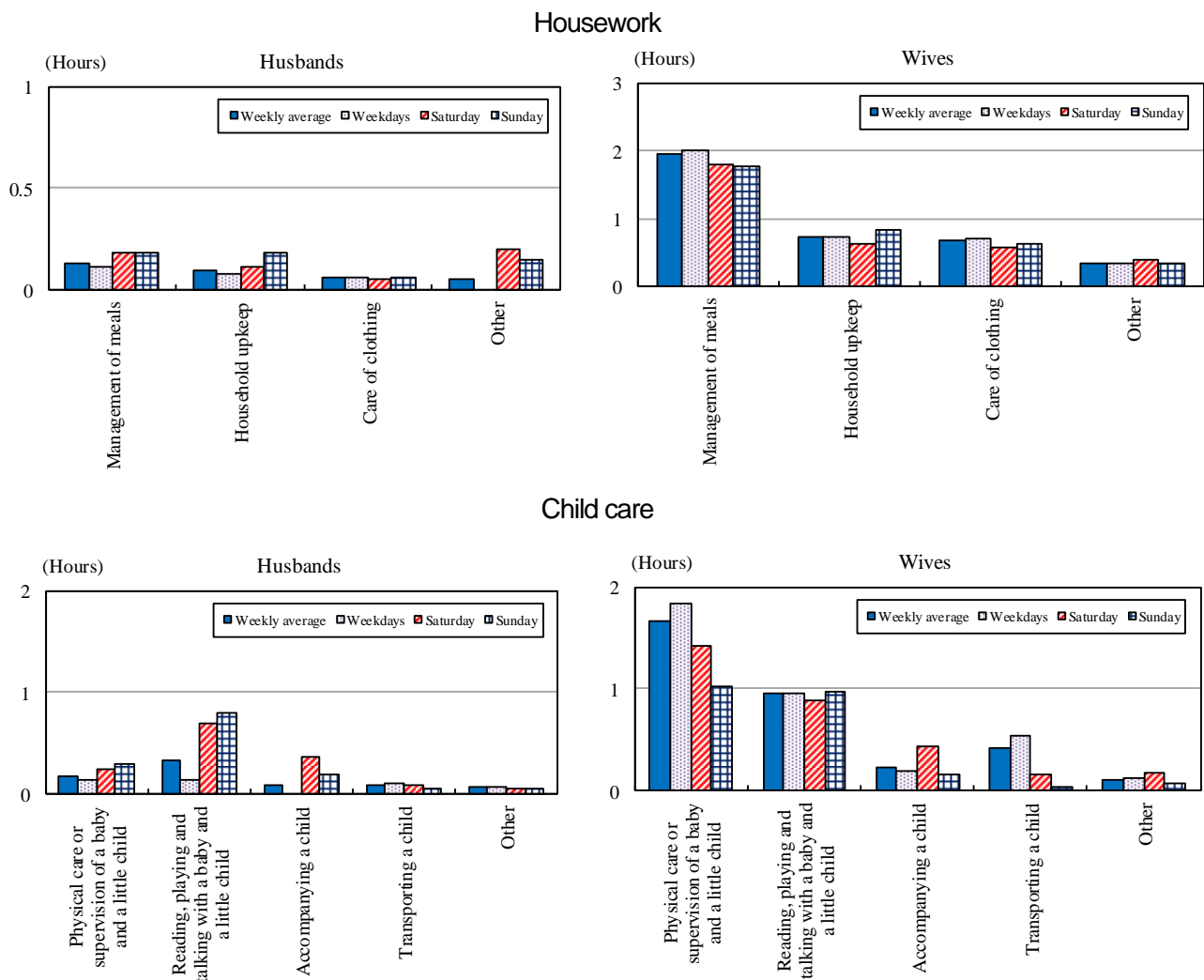
(5) In “Child care” time of husbands who have children under the age of 6, more time is spent “Reading, playing and talking with a baby and a little child” on Saturdays and Sundays.

In household of a couple with their child(ren), looking at “Unpaid work” time by day of the week for husbands and wives who have a child or children under the age of 6, husbands spend nearly 3 times as long on “Child care” on Saturdays and Sundays, and looking at the breakdown (minor groups), “Reading, playing and talking with a baby and a little child” in particular is much longer. In contrast, wives spend less time on “Child care” on both Saturdays and Sundays compared with weekdays, and looking at the breakdown (minor group), “Physical care or supervision of a baby and a little child” in particular is much shorter. (Table 3-3, Figure 3-3.)

Table 3-3: Average time spent on “Unpaid work” by husbands and wives with a child or children under the age of 6 by day of the week (2016) - household of a couple with their child(ren)

	(Hours:minutes)							
	Husbands				Wives			
	Weekly average	Weekdays	Saturday	Sunday	Weekly average	Weekdays	Saturday	Sunday
Unpaid work	1.35	0.56	3.12	3.13	8.00	8.07	7.59	7.26
Housework	0.22	0.17	0.33	0.34	3.42	3.48	3.23	3.36
Management of meals	0.08	0.07	0.11	0.11	1.57	2.01	1.48	1.46
Household upkeep	0.06	0.05	0.07	0.11	0.44	0.44	0.37	0.50
Care of clothing	0.04	0.04	0.03	0.04	0.41	0.42	0.35	0.38
Other	0.03	0.00	0.12	0.09	0.21	0.20	0.23	0.20
Child care	0.45	0.29	1.27	1.23	3.21	3.38	3.06	2.17
Physical care or supervision of a baby and a little child	0.11	0.09	0.15	0.18	1.40	1.50	1.25	1.01
Reading, playing and talking with a baby and a little child	0.20	0.09	0.42	0.48	0.57	0.57	0.53	0.58
Accompanying a child	0.05	0.00	0.22	0.12	0.14	0.12	0.26	0.10
Transporting a child	0.05	0.06	0.05	0.03	0.25	0.32	0.10	0.02
Other	0.04	0.04	0.03	0.03	0.06	0.07	0.11	0.04
Shopping and using services	0.17	0.08	0.37	0.45	0.35	0.25	0.54	1.02
Travel related to housework	0.08	0.02	0.25	0.22	0.19	0.15	0.32	0.28
Volunteer activity related	0.03	0.00	0.10	0.09	0.03	0.02	0.05	0.04

Figure 3-3: Average time spent on “Housework” and “Child care” by husbands and wives with a child or children under the age of 6 by day of the week (2016) – household of a couple with their child(ren)



4. Paid work (second job and commuting to and from work)

(1) Persons engaged in a “Second job related” spent an average of 3 hours 37 minutes on it.

The proportion of working persons (15 years old and over, hereinafter applicable) engaged in “Second job related” activities on the surveyed day (participation rate in activities) was 1.1%, with the average time (average time spent in activities for participants) being 3 hours 37 minutes. (Table 4-1.)

Table 4-1: Average time spent for all persons, for participants and participation rate in “Paid work” by sex (2016) – weekly average, working people, aged 15 and over

	Total			Male			Female		
	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)
Paid work	6.47	72.7	9.05	7.49	76.8	9.54	5.24	67.3	7.53
Main job related	5.52	72.2	7.57	6.47	76.3	8.39	4.41	66.8	6.54
Main job	5.42	72.0	7.44	6.30	76.0	8.20	4.39	66.8	6.51
Travel as part of or during main job	0.11	7.4	2.25	0.17	10.9	2.38	0.02	2.8	1.25
Second job related	0.02	1.1	3.37	0.03	1.2	3.34	0.02	0.9	3.39
Second job	0.02	1.0	3.27	0.02	1.1	3.36	0.02	0.8	3.37
Travel as part of or during second job	0.00	0.3	1.25	0.00	0.3	1.48	0.00	0.3	1.17
Commuting to and from work	0.44	58.3	1.14	0.51	61.4	1.20	0.36	54.2	1.05
Other activities related to work	0.08	17.2	0.44	0.09	20.8	0.45	0.05	12.4	0.43
Rest from work	0.08	17.1	0.44	0.09	20.8	0.45	0.05	12.3	0.42
Activities connected with job seeking	0.00	0.1	2.34	0.00	0.1	3.15	0.00	0.0	1.53

(2) The proportion of persons who worked a second job as “Except regular staff” was 2 times that of “Regular staff”.

As for employee, looking at participation rate in “Second job related” by form of employment, “Regular staff” accounts for only 0.6%, while “Except regular staff¹⁾” accounts for 1.2%. (Table 4-2.)

Table 4-2: 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, aged 15 and over

	Total			Males			Females		
	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)
Working	0.02	1.1	3.37	0.03	1.2	3.34	0.02	0.9	3.39
Employees	0.02	0.9	3.33	0.02	0.9	3.28	0.02	0.8	3.53
Regular staff	0.01	0.6	2.36	0.01	0.7	2.46	0.00	0.5	2.58
Except regular staff	0.03	1.2	4.12	0.05	1.6	3.57	0.02	1.0	4.15
Director of company or organization, etc.	-	-	-	-	-	-	-	-	-
Self-employed with employees	0.03	1.1	3.11	0.04	1.3	3.11	-	-	-
Self-employed without employees	0.05	2.5	3.41	0.07	3.0	3.50	0.00	0.4	0.30
Family workers	0.06	2.4	3.46	0.10	4.5	4.30	0.04	1.8	3.04
Pieceworkers at home	0.23	9.4	4.15	-	-	-	0.24	11.0	4.15

1) 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."

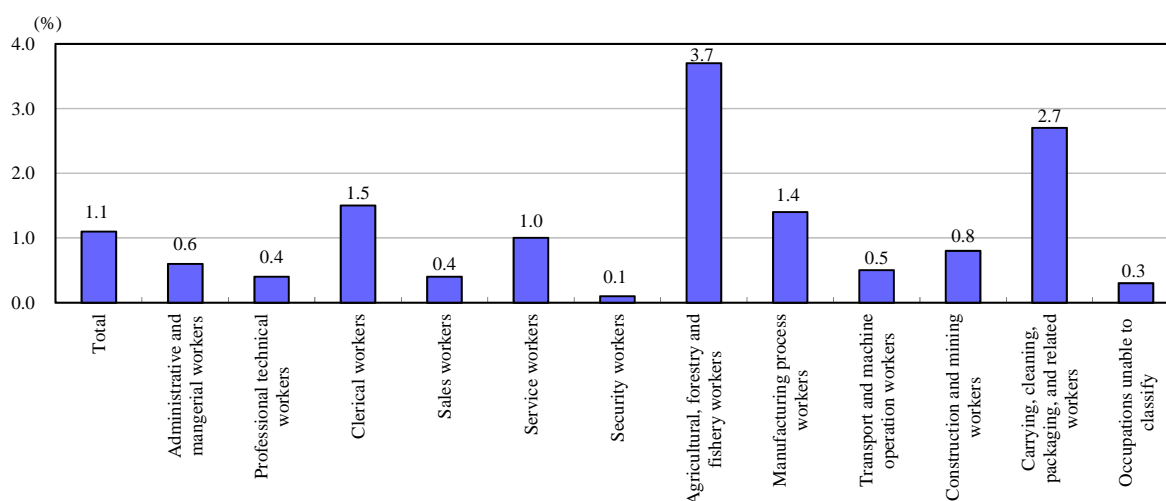
(3) “Agricultural, forestry, and fishery workers” accounted for the highest proportion of persons who worked second jobs.

As for working persons, looking at participation rate in “Second job related” by occupation, “Agricultural, forestry, and fishery workers” was the highest at 3.7%, while “Carrying, cleaning, packaging, and related workers” was second highest at 2.7%. (Table 4-3, Figure 4-1.)

Table 4-3: Average time spent for all persons, for participants and participation rate in “Second job related” by occupation (2016) – weekly average, working persons, aged 15 and over

	Average time for all persons (hours, minutes)	Participation rate (%)	Average time for participants (hours, minutes)
Total	0.02	1.1	3.37
Administrative and managerial workers	0.01	0.6	3.45
Professional technical workers	0.01	0.4	4.27
Clerical workers	0.02	1.5	2.54
Sales workers	0.01	0.4	4.43
Service workers	0.02	1.0	4.24
Security workers	0.00	0.1	1.15
Agricultural, forestry and fishery workers	0.10	3.7	4.06
Manufacturing process workers	0.03	1.4	3.33
Transport and machine operation workers	0.01	0.5	1.59
Construction and mining workers	0.02	0.8	4.39
Carrying, cleaning, packaging, and related workers	0.05	2.7	3.19
Occupations unable to classify	0.01	0.3	4.18

Figure 4-1: Participation rate in “Second job related” by occupation (2016) – weekly average, working persons, aged 15 and over



(4) Average time spent on “Commuting to and from work” on weekday was 1 hour 24 minutes for males, 1 hour 6 minutes for females.

The proportion of working persons engaged in “Commuting to and from work” (participation rate in activities) on the day of the survey (a weekday) was 70.2%, and the average time (average time spent in activities for participants)¹⁾ was 1 hour 17 minutes. Looking at average time spent in activities for participants on weekdays by sex, males spent an average of 1 hour 24 minutes, while females spent an average of 1 hour 6 minutes. (Table 4-4.)

1) Commuting to and from work here refers to total commuting to and from work for a single day

Table 4-4: 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, aged 15 and over

	Total			Male			Female		
	Average time for all persons (hours.minutes)	Participation rate (%)	Average time for participants (hours.minutes)	Average time for all persons (hours.minutes)	Participation rate (%)	Average time for participants (hours.minutes)	Average time for all persons (hours.minutes)	Participation rate (%)	Average time for participants (hours.minutes)
Weekdays	0.54	70.2	1.17	1.02	74.1	1.24	0.43	65.2	1.06
Saturday	0.26	38.7	1.08	0.29	40.3	1.13	0.23	36.8	1.02
Sunday	0.14	21.3	1.06	0.15	21.8	1.07	0.13	20.6	1.04

5. Person(s) being together

(1) For the time spent together with their child by husbands and wives who have a child (or children) age 6 or under, looking at trends for the past 10 years, both husbands and wives are spending more time with their child(ren) on Saturdays and Sundays.

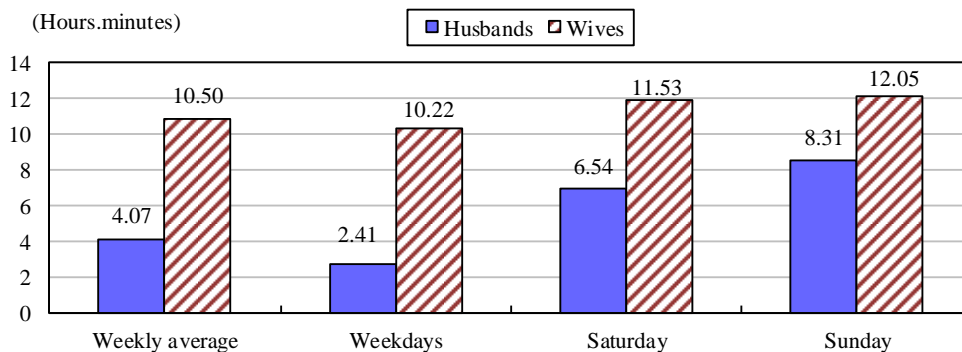
For husbands and wives¹⁾ in households which have a child or children, looking at the time spent together with their child(ren) (excluding sleep and naps; hereinafter applicable), husbands spent 2 hours 54 minutes and wives spent 6 hours 24 minutes, meaning that wives spend 3 hours 30 minutes more time with their child(ren) than their husbands do. Looking by whether or not both husband and wife are working, wives in households where “Both husband and wife are working” spend 3 hours 28 minutes less time with their children than wives in households where the “Husband is working and wife is not work”. (Table 5-1.)

For husbands and wives in households where the youngest child is under 6 years old, looking at time spent with their child(ren) by day of the week, both husbands and wives spend more time with their child(ren) on Saturdays and Sundays than on weekdays. Looking at trends for the past 10 years, husbands are spending more time on both Saturdays and Sundays, as are wives, but are spending less time with their child(ren) from 2011 to 2016. (Figure 5-1, Figure 5-2.)

Table 5-1: Average time spent for all persons and participation rate on being together with child(ren) by age group the youngest child belonged to and usual economic activities of a married couple (2016)
– weekly average, parents in the household with child(ren) present

		Total		Of which both husband and wife are working		Of which husband is working and wife is not working	
		Average time for all persons (hours.minutes)	Participation rate (%)	Average time for all persons (hours.minutes)	Participation rate (%)	Average time for all persons (hours.minutes)	Participation rate (%)
Husbands	Total	2.54	74.1	2.57	75.6	3.01	73.2
	Of which the youngest child is under 6 years old	4.07	83.2	4.15	84.8	4.05	81.5
Wives	Total	6.24	89.6	5.39	90.8	9.07	92.1
	Of which the youngest child is under 6 years old	10.50	99.3	8.34	98.7	12.49	99.8

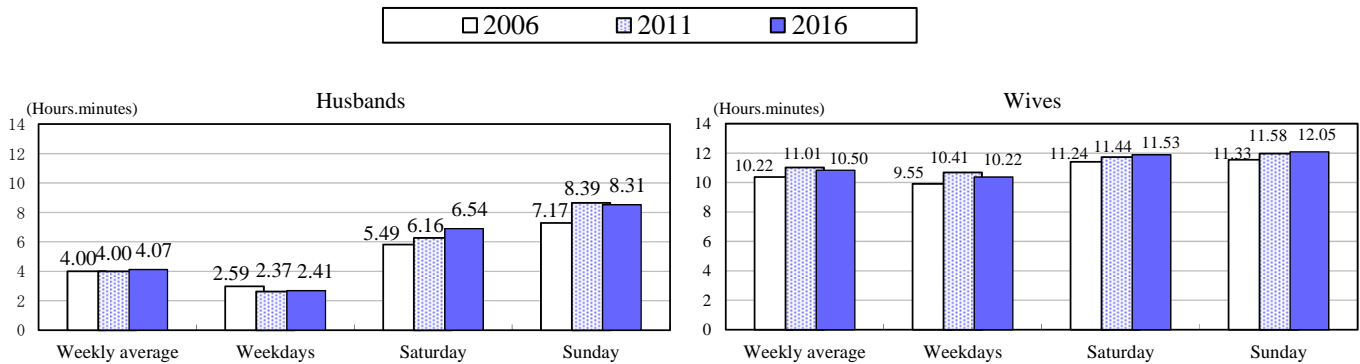
Figure 5-1: Average time spent with children by day of the week by married couple whose youngest child is under 6 years old (2016) - parents in the household with child(ren) present



Note: Multiple answers acceptable for person(s) being together

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

Figure 5-2: Average time spent with children by day of the week by married couple whose youngest child is under 6 years old (2006 - 2016) - parents in the household with child(ren) present



(2) For the past 10 years, children attending in school (aged 10 and over) have been spending more time with their families, and in particular spending more time with their mothers. In contrast, they are spending less time alone.

Looking at who was together with children attending in school¹⁾ (aged 10 or older, hereinafter applicable), they spent 7 hours 52 minutes with other people from their work, school, etc., 3 hours 37 minutes with their mothers, and 3 hours 17 minutes alone (excluding sleep and naps; hereinafter applicable). (Table 5-2.)

Looking at trends for the past 10 years, these children are spending more time with their family (mother, father, and other family; hereinafter applicable), and spending less time alone. Looking at time spent with family by type of school, compared with 2006, children in junior high school spent 52 more minutes with their mothers and children in senior high school spent 41 more minutes with their mothers, so time spent with mothers is increasing in particular. (Table 5-2, Figure 5-3.)

Table 5-2: Persons being together and time spent by type of school (2006 – 2016) - weekly average, children attending in school (aged 10 and over)

	(Hours:minutes)															
	Total persons attending school				Elementary school				Junior high school				High school			
	2006	2011	2016	Difference	2006	2011	2016	Difference	2006	2011	2016	Difference	2006	2011	2016	Difference
With father	1.46	1.43	2.03	0.17	2.34	2.18	2.40	0.06	1.43	1.51	2.09	0.26	1.40	1.38	1.56	0.16
With mother	3.08	3.13	3.37	0.29	4.50	4.55	4.52	0.02	3.01	3.17	3.53	0.52	2.38	2.42	3.19	0.41
With other family member(s)	2.14	2.22	2.34	0.20	4.00	4.09	4.04	0.04	2.12	2.37	2.59	0.47	1.32	1.39	1.55	0.23
With other person(s) from place of work, school etc.	7.46	7.40	7.52	0.06	7.31	6.56	7.50	0.19	8.02	8.18	8.16	0.14	7.51	7.43	8.01	0.10
Alone (excluding sleep and nap)	4.15	3.59	3.17	-0.58	1.49	1.54	1.14	-0.35	3.51	3.07	2.29	-1.22	5.14	4.55	4.00	-1.14

* Figures in the "Difference" column are differences from 2006

1) Children attending in "elementary school", "junior high school", "senior high school", "junior college or technological college", "college or university", "graduate school", or "Vocational school"

Figure 5-3: Persons being together and time spent by type of school (2006 – 2016)
 - weekly average, children attending in school (aged 10 and over)

