

# Explanation of Terms (Questionnaire B)

## 1. Characteristics of Individuals

### (1) 10 Years Old and Over

#### 1. Age

Age is calculated in completed years on October 20, 2021.

#### 2. Marital status

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

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

#### 3. Education

A person 10 years old and over is classified as follows according to the status as of October 20, 2021.

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

\* Vocational schools reproduced in these categories.

Schools covered in this survey include elementary schools, junior high schools, high schools, vocational school, junior colleges, colleges or universities, and

graduate schools, as well as those which provide education based on the same entrance requirements and course terms and enable students to obtain an equivalent qualification to a graduate from any of the above schools.

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

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

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

#### 4. Usual state of health

The following statements that most accurately describe the usual state of health which affects an individual's daily life are classified as follows:

- Excellent
- Good
- Fair
- Not good
- Poor

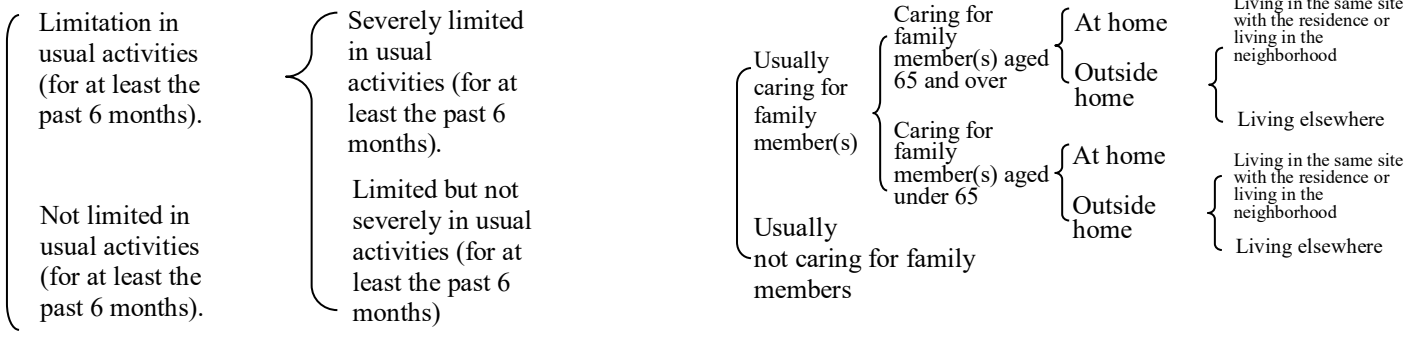
### (2) 15 Years Old and Over

#### 5. Chronic Illnesses and Longstanding Health Problems

Chronic illness and longstanding health problems are classified as a health issue which persists for more than six months and was classified to include illnesses, injuries, and more that affect an individual.

#### 6. Limitation in Usual Activities

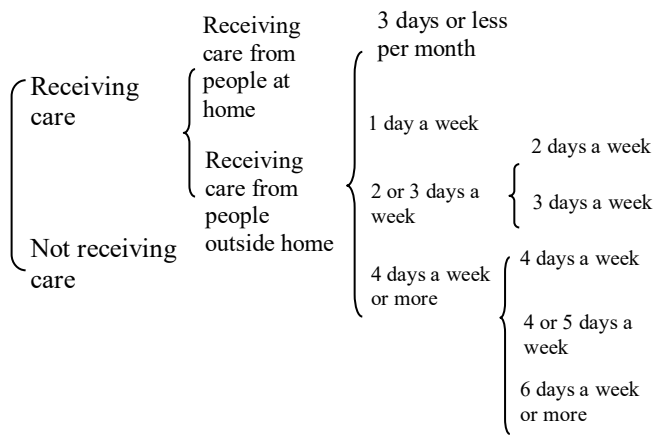
The following statements reflect answers which accurately describe limitations that individuals face in their daily lives and are classified as follows:



This question was newly added to the 2021 survey, based on questions posed by Eurostat, to improve international comparability and more. The goal of this survey is to grasp the presence of limitations in usual activities, and if they do exist, whether they have continued for six months or more. Eurostat defines an individual as limited if their limitation continues for more than six months. The data collected in this survey does the same, defining individuals as “limited” if they face limitation in usual activities which continue for at least the past six months.

**7. Receiving Care**

The following statements are classified based on whether an individual receives care on a routine basis, and if so, how frequently and are classified as follows: (multiple answers allowed if responded as “receiving care”).



“Receiving care” here refers to the providing of assistance with bathing, restroom use, travel, meals, and more, as well as assistance with household chores like laundry and cleaning. This data also includes individuals who receive care but have not been recognized as needing it under the Long-Term Care Insurance Act or the Comprehensive Support of Persons with Disabilities Act.

This data does not include individuals who are temporarily ill or temporarily bedridden.

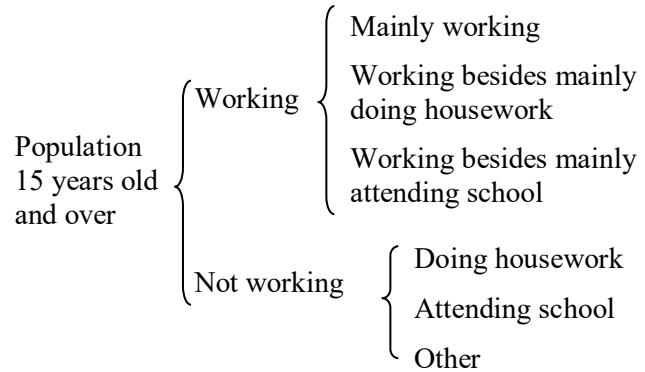
**8. Activity of Caring**

The following statements are for if someone provides care for a family member, and if so, who and where, and is classified as follows: (multiple answers allowed if responded as “receiving care”).

In cases where it was difficult to decide whether the activity was “usual” or not, caring or nursing for 30 days and over in a year was assumed to be usual activity.

**9. Usual economic activity**

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



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

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

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

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

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

**10. Employment status**

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

- Employees ... Persons who work as employees of enterprises, companies, corporations, associations or the government.
- Director of company or organization, etc. ... Presidents, managing directors or auditors of

companies, directors or supervisors of associations, public interest corporation or independent administrative agencies, etc.

- Self-employed with employees ... Self-employed workers who employ one or more employees in their enterprises.
- Self-employed without employees ...  
Self-employed workers who run their own businesses alone or only with unpaid family members, including shop owners, factory owners, farm owners, physicians in private practice, lawyers, writers, and itinerant merchants.
- Family workers... Persons who help family businesses without pay as a shop attendant in a privately-owned shop, a farm helper on a farm, and so on.
- Pieceworkers at home ... Persons who stay at home and do piece work for which materials are supplied without the need for fixed large equipment.

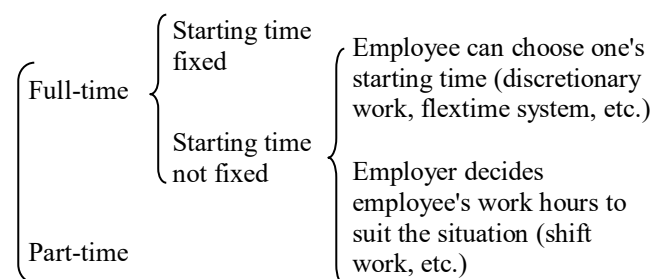
#### 11. Form of employment

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

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

#### 12. Working-time arrangement

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



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

#### 13. Paid holidays spent each year

Employees are classified according to whether they have annual paid leave, and if any, according to the

number of days of annual paid leave they have actually taken during the past year (October 20, 2020 – October 19, 2021).

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

#### 14. Occupation

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

Please refer to “Attached Table 1: Correspondence Table of Occupational Classification between the 2021 Survey on Time Use and Leisure Activities and the 2020 Population Census (Major Groups)”.

#### 15. Usual working hours per week

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

#### 16. Desirable working hours per week

Regarding working persons, desirable working hours are classified according to how many hours per week respondents desire to work if they can be chosen. Persons who do not wish to work are classified as “other”.

#### 17. Annual income or profit from work of each household member

The annual income or profit from work of each household member refers to an income earned from work (tax included) during the past year (October 20, 2020 – October 19, 2021).

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

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

### (3) Others

#### 18. Life stage

Life stages are classified into the following categories according to age and whether a person lives with one’s husband/wife and/or child(ren), etc.

- Person aged under 25 with no child(ren) who lives with parent(s) ... Any person aged under 25 who lives with their parent(s) and has neither child(ren) nor spouse in the same household.
- Person aged 25 to 44 with no child(ren) who lives

- with parent(s)···Any person aged 25 to 44 who lives with their parent(s) and has neither child(ren) nor spouse in the same household.
  - Single parent with child(ren) aged under 18···A parent with no spouse but with child(ren) aged under 18 present in the same household.
  - Person in couple with child(ren) aged under 18··· Any person with spouse and child(ren) aged under 18 present in the same household.
  - Person in couple with no child(ren) aged under 18 who is aged up to 44···Any person aged under 45 with spouse and with no child(ren) aged under 18 present in the same household.
  - Other person aged under 45···Any person aged under 45 with no child(ren), spouse or parent(s) present in the same household, as well as any person aged under 45 with no spouse who lives together with child(ren) aged 18 and over in the same household.
  - Person in couple with no child(ren) aged under 18 who is aged 45 to 64···Any person aged 45 to 64 with spouse who has no child(ren) aged under 18 present in the same household.
  - Other person aged 45 to 64···Any person aged 45 to 64 with no spouse or child(ren) aged under 18 present in the same household.
  - Person in couple with no child(ren) aged under 18 who is aged 65 and over···Any person aged 65 and over with spouse who does not have child(ren) aged under 18 in the same household.
  - Other person aged 65 and over···Any person aged 65 and over with no spouse or child(ren) aged under 18 present in the same household.
- "Child" includes the spouse of own child and the child of own spouse, as well as own child.

## 2. Characteristics of Households

### 19. Definition of household

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

### 20. Family type of household

Households are classified according to the relationship of household members.

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

The family types of households are as follows:

- Household of a couple only
- Household of a couple with their child(ren)

- Household of a couple with their parents
- Household of a couple with their parent
- Household of a couple with their child(ren) and parent(s)
  - Household of a couple with their child(ren) and parents
  - Household of a couple with their child(ren) and parent
- Aged couple household···A household of a couple only, of which the husband is 65 years old or over and the wife is 60 years old or over
- One-person household

### 21. Type of one-person household

One-person household is classified as follows.

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

### 22. Usual economic activities of a married couple

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

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

### 23. Annual income of the household

Annual income of the household is the total amount of income during the past year (from October 20, 2020 to October 19, 2021) received by all household members other than live-in employees. Included are wages, salaries, net profits from own business, interests and dividends received, pensions, and so forth.

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

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

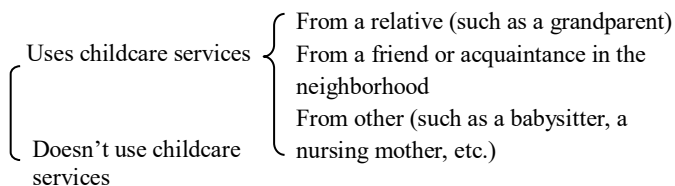
### 24. Attending School & Preprimary School

Households with a child under age 10 were surveyed about attendance at a nursery school, kindergarten, or centers for early childhood education or care. Those with children in elementary school were asked about the use of after-school care for children. Households were not asked if the nursery school, kindergarten, or centers for early childhood education or care were licensed or not.

### 25. Accepting Childcare Service

The following statements are classified based on whether responder checked that the routine provider of

childcare services was a household member or not.



### 3. Time Use

#### 26. Kind of activities

Daily activities were surveyed based on 15-minute time slots. The respondents classified and recorded their activities on the survey date. When the respondent was engaged in more than one activity at the same time, each activity was reported.

This is classified into 6 Major Groups, 22 Middle Groups and 90 Minor Groups based on the results of the respondents' answers to the questionnaire asking what they did for every fifteen minutes in a day. As for simultaneous activities, both main and simultaneous activity were asked. In some of the tables showing the results, Minor Groups are also regrouped by the methods of classification used in the Questionnaire A (20 groups in total) and by the EU Groups for international comparison.

For enumeration see Attached Table-2, and for definition and entry example see Attached Table-3.

#### 27. Kind of day

The feature of the survey date is classified as follows (Multiple answers allowed excluding "Nothing applies" responses).

- Travel and excursion
- Event, wedding or funeral (lasting over half a day)
- Business trip or training, etc.
- Telework (work at home)
- Telework (others)
- Under medical treatment
- Holiday or vacation, etc.
- Leave for child rearing or taking care of a sick child
- Leave to take care of a family member
- Nothing applies

Tabulation is indicated by the following categories.

Ordinary day... Day for working person checks "Nothing applies" or "Telework (from home/others)" only. If work status was unclear, "Ordinary day" was defined as days where "Nothing applies" was selected."

Holiday or vacation... Day where "Holiday or vacation, etc." was checked. Includes days from working person who checked, "Leave for child rearing or taking care of a sick child" or "Leave to take care of a family member."

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

Working day... Days with time recorded as "Main job related" or "Second job related" and where only either "None of the above" or "Telework (work at home/others)" was checked for a working person.  
(Excluding business trip or training, etc.)

No working day... Refers to days with "holiday or vacation", "leave for child rearing or taking care of a sick child" or "Leave to take care of a family member" was checked for a working person. Includes days where "Main job related" or "Second job related" was selected.

#### 28. Using Smartphones/PCs

Use of smartphones/PCs was recorded by 15-minute time slot across the day and people were asked about their use or lack of use per item.

"Smartphones/PCs" here includes all mobile phones and tablet devices. This does not include game consoles or mobile music players.

"Use" here refers to instances such as listening to music via a smartphone while traveling or using a computer while at work. Does not include any operation, seeing, or hearing which occurs while the respondent is sleeping or otherwise unconscious.

#### 29. Place of participation

Place of participation were recorded in the following classifications by 15-minute time slot.

- At home
- At school or work
- On travel
- Other

### 30. Person(s) being together

Persons being together were recorded in the following classifications by 15-minute time slot. "Being together" means that the person was so near as to talk with the respondent. The case when there was nobody near whom the respondent knew, or the respondent was asleep, was recorded as "alone".

- Alone
- With father
- With mother
- With son(s) or daughter(s)
- With spouse
- With other family member(s)
- With other person(s) from work , school , etc.

Father, mother, child(ren), spouse and other family member(s) are not necessarily those present in the same household.

### 31. Type of average

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

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

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

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

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

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

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

### 32. Participation rate in the activity

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

Note : Number of participants in the activity on date of questionnaire.

**Attached Table-1: Correspondence Table of Occupational Classification between the 2021 Survey on Time Use and Leisure Activities and the 2020 Population Census (Major Groups)**

Occupational Classification in the 2021 Survey on Time Use and Leisure Activities	Occupational Classification in the 2020 Population Census (Major Groups)
Administrative and managerial workers	Administrative and managerial workers
Professional and technical workers	Professional and technical workers
Clerical workers	Clerical workers
Sales workers	Sales workers
Service workers	Service workers
Security workers	Security workers
Agriculture, forestry and fishery workers	Agriculture, forestry and fishery workers
Manufacturing process workers	Manufacturing process workers
Transport and machine operation workers	Transport and machine operation workers
Construction and mining workers	Construction and mining workers
Carrying, cleaning, packaging, and related workers	Carrying, cleaning, packaging, and related workers
Occupation unable to classify	Occupation unable to classify

## Attached Table-2: Kind of Activities

The Major, Middle and Minor groups are shown by the numbering method of activities: single digit numbers show that the activity belongs to a Major group, numbers in two digits to the Middle group, and the numbers in three digits to the Minor group.

Detailed activities (2021 survey)	Activities by questionnaire A	Activities by EU *1	
		13 categories	49 categories
1 Paid work			
11 Main job related			
111 Main job	Work	3	04
112 Travel as part of or during main job	Work	3	04
12 Second job related			
121 Second job	Work	3	04
122 Travel as part of or during second job	Work	3	04
13 Commuting to and from work			
131 Commuting to and from work	Commuting to and from school or work	11, 12	42
14 Other activities related to work			
141 Rest from work	Rest and relaxation	3	05
142 Activities connected with job seeking	Other activities	3	05
2 Unpaid work			
21 Housework			
211 Management of meals	Housework	5	09, 10
212 Making sweets	Housework	5	09
213 Gardening	Housework	5	16
214 Household upkeep	Housework	5	11, 12
215 Care of clothing	Housework	5	13, 14, 15
216 Making clothing	Housework	5	15
217 Building and repairing	Housework	5	20
218 Vehicle maintenance	Housework	5	20
219 Household management	Housework	5	24
21D Care of a child excluding a baby and a little child	Caring or nursing	5	22
21E Care of a family member excluding a child	Caring or nursing	5	24
21F Help to a child excluding a baby and a little child	Housework	5	22
21G Help to a family member excluding a child	Housework	5	24
21C Other housework	Housework	5	17, 24
22 Child care			
221 Care of a baby and a little child	Caring or nursing	5	22
222 Physical care or supervision of a baby and a little child	Child care	5	22
223 Reading, playing and talking with a baby and a little child	Child care	5	23
224 Accompanying a child	Child care	5	22
225 Teaching the child excluding a baby and a little child	Child care	5	23
226 Transporting a child	Moving (excluding commuting)	11	45
227 Reading, playing and talking with a child excluding a baby and a little child	Child care	5	23
23 Shopping and using services			
231 Shopping	Shopping	5	21, 24
232 Administrative services	Housework	5	21
233 Commercial services	Housework	5	21
24 Travel related to housework			
241 Travel related to housework	Moving (excluding commuting)	11	44, 45, 46
25 Volunteer activity related			
251 Volunteer activities	Volunteer and social activities	6	25, 26
252 Travel related to volunteer activities	Moving (excluding commuting)	11	47
3 Schoolwork, learning, self-education, and training			
31 Schoolwork			
311 Classes and other activities related to school	Schoolwork	4	06
312 Homework	Schoolwork	4	07
313 Study with a private teacher, in cram school or in preparatory school	Schoolwork	4	06
314 Rest from schoolwork	Rest and relaxation	4	06
315 Commuting to and from school	Commuting to and from school or work	11	43
32 Learning, self-education, and training (excluding schoolwork)			
321 Learning, self-education, and training (excluding schoolwork)	Learning, self-education, and training (excluding schoolwork)	4	08



Detailed activities (2021 survey)	Activities by questionnaire A	Activities by EU *1	
		13 categories	49 categories
4 Personal care			
41 Sleep related			
411 Sleep	Sleep	1	01
412 Nap	Rest and relaxation	1	01
413 Medical treatment	Medical examination or treatment	1	01
42 Physical care			
421 Medical examination	Medical examination or treatment	5	21
422 Bathing	Personal care	2	03
423 Personal care	Personal care	2	03
424 Personal care (personal services)	Personal care	5	21
425 Health care	Medical examination or treatment	2	03
43 Meals			
431 Breakfast	Meals	2	02
432 Lunch	Meals	2	02
433 Dinner	Meals	2	02
434 Late-night snack	Meals	2	02
435 Light meals	Rest and relaxation	2	02
5 Free time			
51 Social and religious activities			
511 Social activities	Volunteer and social activities	7	27
512 Worship or sutra-chanting	Other activities	7	27
52 Social life			
521 Ceremonial occasions	Social life	7	28
522 Association by meeting someone	Social life	7	28, 29
523 Communication with a family member	Rest and relaxation	7	29, 35, 36
524 Telephone conversation	Social life	7	29
525 Communication by computing	Social life	7	35
526 Communication by correspondence	Social life	7	36
53 Entertainment, hobbies and culture			
531 Entertainment and culture	Hobbies and amusements	7	30
532 Arts	Hobbies and amusements	8	36
533 Making sweets as hobbies	Hobbies and amusements	5	09
534 Productive	Hobbies and amusements	8	33
535 Gardening as hobbies	Hobbies and amusements	5	16
536 Caring for pets	Hobbies and amusements	5	18
537 Walking the dog	Hobbies and amusements	5	19
538 Making clothing as hobbies	Hobbies and amusements	5	15
539 Hobbies (collecting)	Hobbies and amusements	8	36
53D Computing	Hobbies and amusements	8	35
53A Games	Hobbies and amusements	8	34, 36
53B Drive for pleasure	Hobbies and amusements	11	47
53C Other hobbies and amusements	Hobbies and amusements	8	41
54 Sports			
541 Aerobic sports	Sports	8	32, 33
542 Ball games	Sports	8	33
543 Water sports	Sports	8	33
544 Productive sports	Sports	8	33
545 Other sports	Sports	8	33
55 Mass media			
551 Reading books	Hobbies and amusements	10	37
552 Reading newspapers or magazines	Watching TV, listening to the radio, reading newspapers or magazines	10	38
553 Watching TV	Watching TV, listening to the radio, reading newspapers or magazines	9	39
554 Watching video and DVDs	Hobbies and amusements	9	39
555 Listening to the radio	Watching TV, listening to the radio, reading newspapers or magazines	10	40
556 Listening to CDs or audio files	Hobbies and amusements	10	40
56 Resting-Time out			
561 Resting-Time out	Rest and relaxation	8	31

Detailed activities (2021 survey)	Activities by questionnaire A	Activities by EU *1	
		13 categories	49 categories
6 Other			
61 Travel			
611 Travel related to housework as hobbies	Moving (excluding commuting)	11	46
612 Other travel	Moving (excluding commuting)	11	04, 43, 47, 48
62 Survey and other			
621 Activities related to Survey on Time Use and Leisure Activities	Other activities	13	49
622 Other activities	Other activities	13	49
(Regrouped)			
7 Unpaid work (international comparison) *2			

Note: There is no change from the list of 2016 survey on detailed activities.

\*1 The classifications have been prepared in order to correspond to those of the basic table and database of the Harmonized European Time Use Survey (HETUS) for international comparison. The activities corresponding to the numbers are listed below.

< HETUS Behavior Classification, Classification of the basic table: 13 categories >

1 Sleep	8 Rest, sports, hobbies and playing game
2 Personal care and meals	9 Watching TV
3 Job and travel as part of or during job	10 Mass media (excluding TV)
4 Studies	11 Travel
5 Housework and family care	12 Of which commuting to and from work
6 Volunteer activities	13 Other
7 Social life, entertainment and culture	

< HETUS Behavior Classification, Classification of the database: 49 categories >

01 Sleep	26 Informal help to other households
02 Eating	27 Participatory activities
03 Other personal care	28 Visits and feasts
04 Main and second job	29 Other social life
05 Activities related to employment	30 Entertainment and culture
06 School and university	31 Resting
07 Homework	32 Walking and hiking
08 Freetime study	33 Other sports and outdoor activities
09 Food preparation	34 Computer and video games
10 Dish washing	35 Other computing
11 Cleaning dwelling	36 Other hobbies and games
12 Other household upkeep	37 Reading books
13 Laundry	38 Other reading
14 Ironing	39 TV and radio
15 Handicraft	40 Radio and music
16 Gardening	41 Unspecified leisure
17 Tending domestic animals	42 Travel to/from work
18 Caring for pets	43 Travel related to study
19 Walking the dog	44 Travel related to shopping
20 Construction and repairs	45 Transporting a child
21 Shopping and services	46 Travel related to other domestic
22 Physical care and supervision of child	47 Travel related to leisure
23 Teaching, reading and talking with child	48 Unspecified Travel
24 Other domestic work	49 Unspecified time use
25 Organizational work	

\*2 Activities recognized internationally as unpaid work, including the categories below.

2 Unpaid work
533 Making sweets as hobbies
534 Productive
535 Gardening as hobbies
536 Caring for pets
537 Walking the dog
538 Making clothing as hobbies
544 Productive sports
611 Travel related to housework as hobbies

### Attached Table-3: Definition and Entry Example of Detailed Activity Coding

The Major, Middle and Minor groups are shown by the numbering method of activities: single digit numbers show that the activity belongs to a Major group, numbers in two digits to the Middle group, and the numbers in three digits to the Minor group.

Kinds of Activity	Definition	Entry Examples	Remarks
1 Paid work	Work (production of things or offering services) for earning for oneself or one's household.		
11 Main job related	Main job and activities related to main job.		
111 Main job	(1) Time spent on main job, including: working overtime, work brought home, training during work. Also included is the time spent at workplace waiting or standing-by. Other activities done during the time are classified as such.  (2) Unpaid activities at the office before or after working hours (main job).	(1) Preparations for work. Work. Overtime work. Clearing up after work. Side work.  (2) Change into work uniform at the office.	<ul style="list-style-type: none"> <li>• Packing one's bag and choosing one's clothing for the next day's work are included in '214 Household upkeep'.</li> <li>• Activities done during breaks, including the lunch break, are classified based on the actual activity done. Cases of unidentified activities and no other activities are included in '141 Rest from work'.</li> </ul>
112 Travel as part of or during main job	Travel related to '111 Main job'.	Travel to customer for business purposes. Delivery. Trips to markets for purchasing. Travel back to work from customer.	<ul style="list-style-type: none"> <li>• Including the driver's (taxi, truck, pizza delivery, etc.) job, while moving.</li> <li>• Travel to and from business trip destinations is included in '612 Other travel'.</li> </ul>
12 Second job related	Second job and activities related thereto.		
121 Second job	(1) Time spent on second job, including: working overtime, work brought home, training during work. Also included is the time spent at workplace waiting or standing-by.  (2) Unpaid activities at the office before or after working hours (second job).	(1) Preparations for work (second job). Work (second job). Overtime work (second job).  (2) Change into work uniform before or after work (second job).	<ul style="list-style-type: none"> <li>• Activities done during breaks, including the lunch break, are classified based on the actual activity done. Cases of unidentified activities and no other activities are included in '141 Rest from work'.</li> </ul>
122 Travel as part of or during second job	Travel related to '121 Second job'.	Trips to markets for purchasing (second job).	<ul style="list-style-type: none"> <li>• Including the driver's (taxi, truck, pizza delivery, etc.) job, while moving.</li> <li>• Travel to and from business trip destinations is included in '612 Other travel'.</li> </ul>
13 Commuting to and from work	Activities related to commuting.		
131 Commuting to and from work	Travel to/from work.	Going to work. Coming home from work. Going to workplace for side work from university.	<ul style="list-style-type: none"> <li>• For any side trips taken on the way, consider the route to and from the side trip destination as part of '131 Commuting to and from work'. The route between home and the side trip destination should not be included in '131 Commuting to and from work', but in the category of travel related to a specific purpose.</li> </ul>
14 Other activities related to work	Rest from work, breaks and Activities connected with job seeking.		
141 Rest from work	(1) Breaks, including lunch time, during working hours. When any other activity is specified.	(1) Breaks during working hours. Lunch break.	<ul style="list-style-type: none"> <li>• If actual activity is specified during breaks, classify by that activity.</li> </ul>

Kinds of Activity	Definition	Entry Examples	Remarks
141 Rest from work (Continued)	(2) Breaks during working hours, lunch break and smoking during breaks due to personal reasons, including lunch time.	(2) Smoking during work. Smoking during lunch break.	• Breaks related to the job situation are included in '111 Main job' or '121 Second job'.
142 Activities connected with job seeking	Unpaid activities related to job hunting.	Search through job ads. Apply for a job. Examination for employment. Seek work through an employment agency.	
2 Unpaid work	Work (Production of things and offering services) not for earning for oneself or one's household.		
21 Housework	Production of things and offering of services for oneself and one's family, excluding Childcare and Shopping.		• Including what was done for own family member that eventually benefited all family members.
211 Management of meals	(1) Activities in connection with food preparation. (2) Activities related to conserving food. (3) Activities related to clearing up after meals.	(1) Cooking. Heating up some food. Brewing coffee. (2) Making pickles for private use. Making jam. Preserving cooked meals in a freezer (refrigerator). (3) Clearing the table. Washing the dishes. Drying the dishes.	
212 Making sweets	Making sweets	Baking apple pie. Making puddings.	• When specified as a hobby, included in '533 Making sweets as hobbies'.
213 Gardening	Growing rice crops and vegetables mainly for private use, growing garden trees, etc., including their harvesting.	Growing vegetables. Farm work. Harvesting rice. Fruit gardening. Gardening. Yard work.	• When specified as a hobby, include in '535 Gardening as hobbies'.
214 Household upkeep	(1) Cleaning and tidying up inside the house. (2) Cleaning up outside the house. (3) Putting things in order. (4) Heating. Water. (5) Various arrangements for tasks at home, in a hotel etc.	(1) Vacuuming. Waxing the floor. Tidying a room. Putting away scattered toys. Putting away clothing. Airing bedclothes. Taking out rubbish, waste. (2) Clean the garden. Sweeping out the hallway. Cleaning the road in front of one's house. (3) Arranging purchases. Arranging clothes for the morning. Packing school bags. (4) Preparing a bath. Preparing fuel for heating. (5) Looking for lost items. Hanging the curtains. Closing the shutters. Removal. Tending indoor flowers.	
215 Care of clothing	(1) Washing clothes. (2) Ironing and caring for clothes. (3) Repairing and putting seasonal clothes into storage.	(1) Washing dirty things by hand. Hanging out the wash. Running the washing machine. (2) Doing the ironing. Sorting dried laundry. (3) Repairing clothes. Putting seasonal clothes into storage. Alteration of clothes. Sewing buttons. Polishing shoes.	
216 Making clothing	Making new clothes, including hand knitting, needlework and making clothes with machinery.	Sewing a curtain. Making clothes. Handicraft. Knitting.	• Repairing clothes is included in '215 Care of clothing'. • When specified as a hobby, included in '538 Making clothing as hobbies'.

Kinds of Activity	Definition	Entry Examples	Remarks
217 Building and repairing	<p>(1) Major changes to the house, including the construction of a new building or major extension. Including construction and renovation of dwellings, garages, outhouses, etc.</p> <p>(2) Minor changes to the house. Various repairs of the dwelling, garage, outhouse, etc.</p> <p>(3) Making and repairing furniture and household goods.</p>	<p>(1) Heat insulated walls. Building a garage. Laying drain pipes. Renovating the kitchen.</p> <p>(2) Re-plastering walls. Repairing roofs. Painting. Papering walls. Installation of light fittings. Repairing the windowpane. Unblocking a sink.</p> <p>(3) Setting up furniture. Production of china, equipment and durables. Changed electric bulbs. Cleaned kitchen fan. Home carpentry.</p>	<ul style="list-style-type: none"> <li>When specified as a hobby, included in '532 Arts'.</li> </ul>
218 Vehicle maintenance	All maintenance of vehicles in the household done by oneself.	Changed tires on the car. Repairing a bicycle tire puncture. Repaired the motorcycle. Washing the car.	
219 Household management	Planning and arranging, budgeting, trading in shares, etc.	Keeping a household account book. Planned the weekend program for the family. Planning a journey. Checking the prices of shares owned on the Internet.	
21D Care of a child excluding a baby and a little child	Physical care of children from school age up to 17 years old.	Nursing an injured child in the 9th grade. Attending to a 9-year-old child who goes to a hospital.	
21E Care of a family member excluding a child	Physical care of elderly or sick family members over 18 years old.	Helping aged parents take a bath. Attending to a wife who is hospitalized.	
21F Help to a child excluding a baby and a little child	Helping and taking care of children from school age up to 17 years old (except housework, nursing care, and nursing).	Helping my first grader change clothes.	
21G Help to a family member excluding a child	Helping and taking care of family members over 18 years old (except housework, nursing care, and nursing).	Giving my husband a haircut. Waking my husband up. Giving my grandparents a massage.	
21C Other housework	<p>(1) Keeping domestic animals when products are intended only for own use.</p> <p>(2) Housework other than that defined in '211 Management of meals' to '21G Help to a family member excluding a child', and other than defined in (1) of '21C Other housework'.</p>	<p>(1) Feeding my domestic animals. Caring for my chickens. Milking my goats.</p> <p>(2) Helping with household chores.</p>	
22 Child care	Activities performed by parents and elder siblings to take care of or educate child(ren) and younger siblings.		<ul style="list-style-type: none"> <li>Including care and nursing for grandchild(ren) given by grandparents.</li> <li>Including what was done for own family member that eventually benefited all the family members.</li> </ul>
221 Care of a baby and a little child	Physical care of babies and little children.	Nursing a 3-year-old child in bed with a cold. Attending a 5-year-old child who goes to see a doctor.	

Kinds of Activity	Definition	Entry Examples	Remarks
222 Physical care or supervision of a baby and a little child	(1) Physical care of a baby or a little child.  (2) Supervision of babies or little children indoors or outdoors.	(1) Give a meal to my 0-year-old baby. Washing my 2-year old child. Dry my baby's body. Breast-feed my baby. Change diapers of my 0-year-old baby.  (2) Babysitting for a 3-year old sister. Watching a 3-year-old child playing in a park. Watching 3- and 5-year-old children playing in a playground (Supervision outdoors).	
223 Reading, playing and talking with a baby and a little child	Baby-sitting.	Reading for a 2-year old child. Playing with a kindergarten child. Playing a figure game with a 4-year-old child.	<ul style="list-style-type: none"> <li>• Including teaching a baby or a little child something.</li> <li>• Including playing with 1-year-old baby and a second grader child.</li> </ul>
224 Accompanying a child	(1) Participation in school events.  (2) Waiting at a sports center, musician lesson, cram school, etc.	(1) Attending an explanatory meeting for entering kindergarten. Attending a class observation at my child's elementary school. Attending a PTA meeting held at the school my junior-high 1st grader attends.  (2) Waiting for my child taking a piano lesson. Accompanying my first grader for a swimming lesson.	<ul style="list-style-type: none"> <li>• Education-related events in this category do not require your child's participation.</li> <li>• If an activity other than waiting is specified, that activity is assumed to be the Main activity, and is also included in '224 Accompanying a child', as Simultaneous activity.</li> <li>• Time spent on Travel is included in '226 Transporting a child'.</li> </ul>
225 Teaching the child excluding a baby and a little child	Guiding a child in doing things. Helping a child with its study. Helping with homework.	Helping a 5th grader child with his study. A parent scores the questions of their child's arithmetic workbook in elementary school.	<ul style="list-style-type: none"> <li>• Teaching a baby or a little child something is included in '223 Reading, playing and talking with a baby and a little child'.</li> </ul>
226 Transporting a child	Fetching own child(ren) home or sending them away.	Taking my child to nursery. Picking up my junior high school 3rd grader son at the station.	
227 Reading, playing and talking with a child excluding a baby and a little child	Playing with children indoors and outdoors.	Playing with my elementary school child. Playing with my 8-year old sister. Playing soccer with my 4th grader child.	<ul style="list-style-type: none"> <li>• Playing with a baby or a little child is included in '223 Reading, playing and talking with a baby and a little child'.</li> </ul>
23 Shopping and using services	Activities including shopping and getting services for household work.		<ul style="list-style-type: none"> <li>• Including what is done for own family member that eventually benefits all the family members.</li> <li>• Using services related to Personal care, such as services at the hairdresser's, is included in '424 Personal care (personal services)'.</li> </ul>
231 Shopping	(1) Purchasing or renting capital goods, such as dwellings, cars, furniture, and household appliances or consumer goods such as food and magazines.  (2) Circling round and looking at things at shops, free markets, etc.  (3) Order and reservation of products through telephone/Internet/order sheet.	(1) Shopping. Purchasing gasoline at a gas station. Renting a video at a video store.  (2) Window shopping. Trying on clothes in a shop.  (3) Ordering a pizza by phone. Ordering goods using the Internet. Booking a ticket by phone.	<ul style="list-style-type: none"> <li>• Including reservation of services.</li> </ul>

Kinds of Activity	Definition	Entry Examples	Remarks
232 Administrative services	Using services of city offices or public facilities.	Receiving issuance of a residence certificate. Getting a certified copy of a register at the regional legal affairs bureau. Renewing my driving license at the police station.	• Borrowing books from the library, etc. is included in '531 Entertainment and culture'.
233 Commercial services	Using commercial services such as dry cleaners and banks, etc.	Taking laundry to the dry cleaner's. Checking into a hotel. Had oil change and greasing of the car in a garage. Depositing money at a bank. Using ATMs. Consulting a travel agency about my trip. Fetched a package at the post office.	• Ordering goods is included in '231 Shopping'.
24 Travel related to housework	Travel connected with housework.		
241 Travel related to housework	(1) Travel related to '21 Household work'. (2) Travel related to '22 Child care'. (3) Travel related to '23 Shopping and using services'.	(1) Dropping my husband at work. Going to a hospital to take care of my father. (2) Going to the primary school for an open day. (3) Going shopping.	• Fetching own child(ren) home or sending them away is included in '226 Transporting a child'.
25 Volunteer activity related	Activities performed as a volunteer free of charge. Also included are activities for a minor fee or transport expenses. Activities for services for an organization or people other than own family members, including related activities.		
251 Volunteer activities	(1) Unpaid activities for groups including any social groups to which you belong. (2) Unpaid activities for your family members.	(1) Environmental care and animal protection. Donating of blood. Road maintenance work as a member of a volunteer group. Coach or judge of a sports team. Attending the board meeting of the neighborhood association. PTA board meeting. (2) Assisting an elderly neighbor during a meal. Taking care of a neighbor's child.	
252 Travel related to volunteer activities	Travel related to '251 Volunteer activities'.	Going to the community center for volunteer activities. Visiting facilities for elderly persons to express sympathy.	• Including picking up non-family members.
3 Schoolwork, learning, self-education, and training	Schoolwork in class, during free time, learning, self-education, and training		
31 Schoolwork	Schoolwork, learning, etc., related to official education at primary, junior high, high school, college and university, etc.		
311 Classes and other activities related to school	(1) Classes and lectures which involve study as part of school education such as primary, junior high, high school or university, etc.	(1) School classes. Exams. School sports day.	• Breaks or lunch breaks when no other activities are specified are classified in '314 Rest from schoolwork'.

Kinds of Activity	Definition	Entry Examples	Remarks
311 Classes and other activities related to school (Continued)	(2) Activities related to school other than studies.	(2) Homeroom activities. Cleaning of school rooms.	• Club activities are classified into '321 Learning, self-education, and training (excluding schoolwork)', '531 Entertainment and culture' to '53C Other hobbies and amusements', or '541 Aerobic sports' to '545 Other sports', etc.
312 Homework	Preparing and reviewing study at primary, junior high and high schools, university, at home or at a library.	Preparing for class. Reviewing the class. Preparing for midterm tests. Reading books to prepare for exams. Doing homework at the library.	• Packing textbooks and other necessary things into a bag for school is included in '214 Household upkeep'.
313 Study with a private teacher, in cram school or in preparatory school	Studies related to cram school or preparatory school, etc.	Classes at a preparatory school. Studying with a private teacher. Homework assigned at preparatory school. Studying alone at a preparatory school.	
314 Rest from schoolwork	Breaks at primary, junior high, high school, college and university, etc. when no other activities are specified.	Lunch break. Breaks between classes.	• If an activity other than the rest of school or cram school is specified, classify by that activity.
315 Commuting to and from school	Travel to/from primary, junior high, high school, college and university, etc. Travel to/from cram school.	Going back home from school. Attending school. Leaving school. Going to piano lessons from school. Going back home from cram school.	• If side trips are taken on the way, consider the route between the side trip destination and school as '315 Commuting to and from school'. The route between home and the side trip destination should not be included in '315 Commuting to and from school', but in the category of travel related to a specific purpose.
32 Learning, self-education, and training(excluding schoolwork)	Learning, self-education, and training other than schoolwork.		
321 Learning, self-education, and training (excluding schoolwork)	Learning, self-education, and training other than schoolwork during free time.	Studying by correspondence course. Studying for a certification examination. Driving school. Studying by taking a TV study course. Piano lessons. Studying by taking the municipality's course. Training Class for personal computers.	<ul style="list-style-type: none"> <li>• Including various kinds of personal classes and exercises by an individual, however learning sports from someone is included in '54 Sports'.</li> <li>• Training imposed by the seniors at work is included in '111 Main job' to '122 Travel as part of or during second job'.</li> <li>• 'Free research' as school homework is included in '312 Homework'.</li> <li>• Including taking calligraphy and drawing lessons in the day service at nursing homes.</li> </ul>
4 Personal care	Activities physically required, activities related to physical care and meals.		
41 Sleep related	Activities related to sleep and bed rest.		
411 Sleep	Asleep. Staying in futon or bed before going to sleep or getting up.	Sleep. Afternoon nap. Catnap. Waiting for sleep to come.	• Nap is included in '412 Nap'. Rest is included in '141 Rest from work', '314 Rest from schoolwork', or '561 Resting-Time out'.
412 Nap	Dozing off. Nodding off.	Napping. Lying dozing.	



Kinds of Activity	Definition	Entry Examples	Remarks
413 Medical treatment	Staying in futon or bed due to illness, advanced age, or physical disability.	Resting due to illness. Staying in futon as my leg is broken.	• Sleeping even due to sickness shall be included in '411 Sleep'.
42 Physical care	Activities related to physical care by other people or physical care of oneself.		
421 Medical examination	Using medical services of doctors, dentists and massagers, etc.	House visit by a doctor. Waiting in the waiting room of a clinic. Treatment at hospital.	
422 Bathing	Bathing	Taking a bath. Having a shower. Sauna. Bath house. Spa.	
423 Personal care	(1) Activities the respondent does for oneself, excluding bathing.  (2) Activities done free of charge for the respondent by a member of the family, a relative, or a friend, excluding bathing.	(1) Changing clothes. Shaving. Make-up. Washing hands. Washing face. Brushing teeth. Washing Feet. Drying hair.  (2) Hair cutting by Mother.	
424 Personal care (personal services)	Paid caring service the person surveyed receives from a third party in Personal care.	Having hair permed at hairdresser's. Having hair cut at a barber's. Esthetic clinic.	
425 Health care	Receiving health care from family members, friends, or oneself.	Checking someone's blood pressure. Preparing/administering drugs. Voluntary rehabilitation.	• Taking medical care of someone is included in '221 Care of a baby and a little child', '21D Care of a child excluding a baby and a little child', '21E Care of a family member excluding a child' or '251 Volunteer activities' .
43 Meals	Activities related to eating and drinking.		
431 Breakfast	Meals starting between 4:00 a.m. and 11:00 a.m.	Breakfast. Eating Breakfast together with family members.	
432 Lunch	Meals starting between 11:00 a.m. and 4:00 p.m.	Lunch. Lunch provided at school.	
433 Dinner	Meals starting between 4:00 p.m. and 0:00 a.m.	Dinner. Having dinner at a restaurant.	
434 Late-night snack	Meals starting between 0:00 a.m. and 4:00 a.m.	Late-night snack.	
435 Light meals	Eating between meals. Having light meals.	Light meals. Having a snack. Coffee break. Tea time. Drinking.	
5 Free time	Activities excluding those defined in '1 Paid work', '2 Unpaid work', '3 Schoolwork, learning, self-education, and training', '4 Personal care' and '6 Other'.		
51 Social and religious activities	Social activities and activities related to Worship or sutra-chanting.		
511 Social activities	(1) Obligatory activities done as a citizen.  (2) Attending meetings and other organizational activities arranged by social and political groups free of charge or for a minor fee or transport expenses.	(1) Voting in an election. Witness in a court.  (2) Attending a political activity. Carrying mikoshi (a portable shrine)	• Attending parents' meeting is included in '224 Accompanying a child'. • Attending a bazaar in own neighborhood or by own group, a sports meeting, etc. are classified by the kind of activity involved.
512 Worship or sutra-chanting	(1) Religious activities done by an individual.	(1) Praying at a shrine. Reading a sutra aloud at home. Attending Sunday school. Reading the Bible with family. Attending a meeting of a religious group.	

Kinds of Activity	Definition	Entry Examples	Remarks
512 Worship or sutra-chanting (Continued)	(2) Activities related to usual memorial services for ancestors.	(2) Visiting the family cemetery. Changing the water of the family altar.	
52 Social life	Activities related to association and communication.		
521 Ceremonial occasions	Ceremonial occasions.	Attend a wedding. Attend a wedding reception. Attend a Buddhist memorial service. Dinner after Buddhist sermon.	
522 Association by meeting someone	(1) Visiting relatives, friends or acquaintances, or inviting them  (2) Participating in a party or other gathering (excluding those included in '521 Ceremonial occasions').  (3) Conversation with relatives, friends and acquaintances.	(1) Making courtesy visits. Welcoming visiting guests.  (2) Attending a farewell party. Attending a commemoration party. Attending a party celebrating a graduation. Dining together.  (3) Conversation with a neighbor. Small talk with a friend on the street. Waiting for a friend at a restaurant. Drinking at a Japanese-style bar with friends. Visiting someone sick.	<ul style="list-style-type: none"> <li>• Including the wining and dining associated with parties.</li> <li>• Hobbies, culture and sports for association are classified based on the kind of activity.</li> <li>• Get-well visits to a family is included in '523 Communication with a family member'.</li> </ul>
523 Communication with a family member	(1) Deepening closeness through family gathering.  (2) Telephone conversation with family members.  (3) Reading, writing, sending e-mail and other messages to/from family members.  (4) Writing and reading letters and faxes to/from family members.	(1) Chatting with my family. Visiting my sick mother. Arguing with my older sister. Celebrating my grandmother's birthday.  (2) Calling Mother.  (3) Exchanging e-mails with Father. Conversation with family members through. Video chatting with family members through an application.  (4) Writing to my mother. Reading a fax sent from my grandchild.	<ul style="list-style-type: none"> <li>• Playing with babies and little children in family is included in '223 Reading, playing and talking with a baby and a little child'.</li> <li>• Playing with children in family (from school age up to 17 years old) is included in '227 Reading, playing and talking with a child excluding baby and a little child'.</li> <li>• A child playing with other children games is included in '53A Games'.</li> </ul>
524 Telephone conversation	Telephone conversation with friends, etc.	Talk to my friend on the phone.	<ul style="list-style-type: none"> <li>• Calling public facilities, and stores, etc. is classified by the activity.</li> </ul>
525 Communication by computing	Using e-mails among friends and acquaintances. Reading, writing and sending E-mail messages. Chatting on the Internet.	Exchanging e-mails. Checking e-mails. Video chatting through an application.	
526 Communication by correspondence	Writing and reading personal letters, faxes, etc.	Writing a letter. Writing a greeting card.	<ul style="list-style-type: none"> <li>• Including reading old letters.</li> </ul>
53 Entertainment, hobbies and culture	Activities related to entertainment, hobbies and culture.		<ul style="list-style-type: none"> <li>• What you do as a hobby (excluding sports) is included in '321 Learning, self-education, and training (excluding schoolwork)'. if it is clear that you learn it from someone or study it to get certification.</li> </ul>
531 Entertainment and culture	(1) Watching movies in a cinema. Viewing art at an art museum. Going to the theater. Enjoying a live music concert.	(1) Watching movies in cinema. Viewing a play at a theater. Enjoying a musical concert. Viewing arts at an art museum.	<ul style="list-style-type: none"> <li>• Including waiting hours, intermissions.</li> <li>• Booking and purchasing tickets is included in '231 Shopping'.</li> <li>• Entertainment on TV is included in '553 Watching TV'.</li> </ul>

Kinds of Activity	Definition	Entry Examples	Remarks
531 Entertainment and culture (Continued)	(2) Activities that cannot be categorized otherwise when using libraries.  (3) Watching sports events at a sports ground, etc.  (4) Sightseeing.	(2) Borrowing a book from a library. Borrowing a CD from a library.  (3) Watching a boxing match. Watching a rugby game. Watching motor sports.  (4) Viewing flowers at a botanical garden. Seeing a car show. Factory tour. Watching a fashion show. Spending time at an amusement park.	<ul style="list-style-type: none"> <li>• Studying at a library is included in '312 Homework', or '321 Learning, self-education, and training (excluding schoolwork)'.</li> <li>• Reading a book at the library is classified by the objective. If the details are unknown, it is included in '551 Reading books'.</li> <li>• Entertainment on TV is included in '553 Watching TV'.</li> </ul>
532 Arts	(1) Activities related to creating paintings, photography, sculpture, graphics, potter, etc.  (2) Singing, acting, playing musical instruments alone or in a group. Producing music.  (3) Writing novels, personal diary, etc.	(1) Painting china. Video-filming of children. Drawing in the garden.  (2) Choir practicing in church. Played music on the keyboard. Singing karaoke.  (3) Wrote a novel. Wrote in my diary.	<ul style="list-style-type: none"> <li>• Including computer-aided visual arts.</li> <li>• Sunday carpentry is included in '217 Building and repairing', if it is not specified as a hobby.</li> <li>• Studying art in free time is included in '321 Learning, self-education, and training (excluding schoolwork)'.</li> <li>• Also computer-aided performing arts.</li> <li>• Also when the use of computer is mentioned.</li> <li>• Filling in the questionnaires of the Survey on Time Use and Leisure Activities is included in '621 Activities related to Survey on Time Use and Leisure Activities'.</li> </ul>
533 Making sweets as hobbies	Making sweets as a hobby.	Baking an apple pie (as a hobby). Making a pudding (as a hobby).	<ul style="list-style-type: none"> <li>• Included in '212 Making sweets', if it is not specified as a hobby.</li> </ul>
534 Productive	Picking and harvesting products grown naturally or sold at a farm shop.	Picking grapes. Picking mushrooms. Chestnut gathering.	<ul style="list-style-type: none"> <li>• Products grown oneself are included in '213 Gardening', or '535 Gardening as hobbies'.</li> </ul>
535 Gardening as hobbies	Growing rice crops, vegetables, garden trees, etc. as hobbies, including harvesting of the same.	Growing vegetables (as a hobby). Weeded flower bed (as a hobby). Sprinkling water in the garden (as a hobby). Gardening (as a hobby). Harvesting rice (as a hobby).	<ul style="list-style-type: none"> <li>• Also harvesting for private use.</li> <li>• When it is not specified as a hobby, include in '213 Gardening'.</li> </ul>
536 Caring for pets	Caring for pets.	Grooming of my dog. Feed my pets.	<ul style="list-style-type: none"> <li>• Caring for own domestic animals is included in '21C Other housework'.</li> </ul>
537 Walking the dog	Walking pets and playing with pets outside (including in the yard).	Walking my dog. Playing Frisbee with my dog.	<ul style="list-style-type: none"> <li>• Also pets other than dogs.</li> <li>• Playing with pets indoors is included in '53A Games'.</li> </ul>
538 Making clothing as hobbies	Making new clothes as a hobby. Also hand knitting, needlework and making clothes with machinery.	Patchwork as a hobby.	<ul style="list-style-type: none"> <li>• Activities not specified as hobbies are included in '216 Making clothing'.</li> </ul>
539 Hobbies (collecting)	Hobbies difficult to classify in any other category.  (1) Hobbies such as collecting.	(1) Collecting stamps. Collecting coins. Collecting mobile phone straps.	

<b>Kinds of Activity</b>	<b>Definition</b>	<b>Entry Examples</b>	<b>Remarks</b>
539 Hobbies (collecting) (Continued)	(2) Other hobbies.	(2) Built a model. Putting pictures into a photo album.	
53D Computing	<p>(1) Programming, fixing and repairing computers.</p> <p>(2) Retrieving and accessing information through a computer.</p> <p>(3) Activities using computers that cannot be classified in any other category.</p>	<p>(1) Assembling and repairing a computer set. Installing a computer game.</p> <p>(2) Surfing on the Internet. Using a computer at a library. Retrieving information using a computer.</p> <p>(3) Printing out photos from a computer. Downloading music from the Internet. Working on a personal computer (excluding computing for work).</p>	<ul style="list-style-type: none"> <li>• Use of a computer for household management is included in '219 Household management'.</li> </ul>
53A Games	<p>(1) Playing games on a smartphone, home video game consoles, etc., video games, personal computer games, mobile games (including mobile phone games) and other computer games.</p> <p>(2) Crosswords, solo games such as playing cards by oneself. Playing with dolls, toys, etc. alone.</p> <p>(3) Both indoor and outdoor games.</p> <p>(4) Games specified as gambling.</p>	<p>(1) Playing games on a smartphone, Internet games, video games at a game arcade. Playing games with my younger brother in junior high school.</p> <p>(2) Practiced card tricks. One-person card games. Solving sudoku.</p> <p>(3) Domino. Board games. Billiards. Game of go. Japanese chess. Mahjong. Playing with a dog in the house. Playing with a friend.</p> <p>(4) Gambling. Buying lottery tickets. Pachinko. Buying betting slips. Bicycle races.</p>	<ul style="list-style-type: none"> <li>• Including simple responses of just stating "games" and whose details cannot be identified.</li> <li>• Also included are child plays, the kinds of which are not unspecified.</li> <li>• Play using every part of the body is included in '541 Aerobic sports'.</li> <li>• Playing with a child (a baby and a little child) in family is included in '223 Reading, playing and talking with a baby and a little child'.</li> <li>• Playing with a child in the family (from school age up to 17 years old) is included in '227 Reading, playing and talking with a child excluding baby and a little child'.</li> <li>• Cases where a child plays with younger siblings are included in '223 Reading, playing and talking with a baby and a little child' or '227 Reading, playing and talking with a child excluding baby and a little child' according to the ages of younger siblings.</li> </ul>
53B Drive for pleasure	Driving, when not in connection with any special activity. Including the passenger when riding as a pastime.	Driving for pleasure. Touring.	<ul style="list-style-type: none"> <li>• Also driving in vehicles other than cars, such as motorcycles.</li> </ul>
53C Other hobbies and amusements	Hobbies and amusements not categorized above.	Travel, when the kind of travel is unknown. Picnic.	

Kinds of Activity	Definition	Entry Examples	Remarks
54 Sports	Activities done for physical exercises.		<ul style="list-style-type: none"> <li>• Including various kinds of exercises taught by an individual.</li> <li>• Also sports done as school club activities.</li> <li>• Sports done as PE is included in '311 Classes and other activities related to school'.</li> </ul>
541 Aerobic sports	(1) Walking and hiking.  (2) Jogging and running.  (3) Cycling, skiing and skating.  (4) Exercise.  (5) Exercise with an appliance.	(1) Strolled in town. Took a walk in nature. Walking for health.  (2) Joined a relay race on a kindergarten sports day.  (3) Cycling. Skiing. Skating.  (4) Calisthenics. Radio exercises. Exercises of the Morning stretching. Cheerleading.  (5) Archery. Kendo.	<ul style="list-style-type: none"> <li>• Including walking for exercise, but not for what is done for a specific objective (e.g. walking to work).</li> <li>• Walking that is done for walking dogs is included in '537 Walking the dog', etc.</li> </ul>
542 Ball games	Sports with a ball.	Rugby. Volleyball. Tennis. Golf. Baseball. Activity of the Soccer club.	
543 Water sports	Water related sports.	Window surfing. Swimming. Diving. Aquabics. Water polo.	
544 Productive sports	An action to be related to Productive sports.	Fishing. Hunting.	<ul style="list-style-type: none"> <li>• Include the hunting.</li> </ul>
545 Other sports	(1) Sports not listed above.  (2) Activities related sports.	(1) Dancing. Judo. Horse riding.  (2) Waiting for the exercise to begin. Cleaned nets. Chose a horse. Assembling and repairing of sports instruments.	
55 Mass media	Using mass media not classified in any other category.		
551 Reading books	Read novels and biographies, etc.	Read a love story. Read history books. Read a book on sports. Reading novels on a mobile phone.	<ul style="list-style-type: none"> <li>• Reading books for examinations and preparing reports is included in '312 Homework'.</li> <li>• Reading the Bible as a religious activity is included in '512 Worship or sutra-chanting'.</li> </ul>
552 Reading newspapers or magazines	(1) Reading publications (daily, weekly, monthly, quarterly, etc.), newspapers and magazines.  (2) See comics.  (3) Read pamphlets, ads, etc.	(1) Reading a paper. Reading a morning paper. Reading a magazine about computers. Reading a paper at a library.  (2) See comics.  (3) See catalogues of clothing, furniture, mail order. Reading travel pamphlets. Reading usage guidance.	
553 Watching TV	Watching TV.	See a film on TV. Watching TV together with children. Watching TV programs on a personal computer. Viewing one-segment broadcasting.	<ul style="list-style-type: none"> <li>• Taking TV courses for preparing for or reviewing class is included in '312 Homework'. Taking TV courses for other purposes is included in '321 Learning, self-education, and training (excluding schoolwork)'.</li> <li>• Watching video-taped or DVD-recorded TV programs is included in '554 Watching video and DVDs'.</li> </ul>

Kinds of Activity	Definition	Entry Examples	Remarks
554 Watching video and DVDs	Watching video and DVDs.	Watch a DVD film. Watch a home video. Setting a video recorder. Watching paid delivery content on TV. Watching videos on a video sharing site.	<ul style="list-style-type: none"> <li>• Also videos and DVDs rented.</li> <li>• Including watching video-taped or DVD-recorded TV programs.</li> </ul>
555 Listening to the radio	Listening to the radio. Music, news, news commentaries, etc.	Listening to the radio. Listening to cable broadcasts. Listening to Internet radio.	<ul style="list-style-type: none"> <li>• Taking radio courses for preparing for or reviewing class is included in '312 Homework'.</li> <li>• Taking radio courses for other purposes is included in '321, Learning, self-education, and training (excluding schoolwork)'.</li> </ul>
556 Listening to CDs or audio files	Listening to CDs, cassette tapes, and records.	Listening to music CDs. Listening to music via a smartphone.	Downloading music from the internet is defined as "Computing" in 53D.
56 Resting-Time out	Rest, relaxation.		
561 Resting-Time out	Doing nothing. Reflecting. Relaxing. Resting.	Taking a rest. Sitting absent-mindedly. Killing time. Having a rest lying after lunch. Bathing in the sun outside. Relaxing.	
6 Other	Activities related to travel, the Survey on Time Use and Leisure Activities, and activity not classified in any other category above.		
61 Travel	Travel not classified in any other category above.		
611 Travel related to housework as hobbies	Travel related to producing things and offering services as hobbies.	Going to the kitchen garden (as a hobby). Going to pick strawberries. Taking my pet to a veterinarian for medical consultation.	<ul style="list-style-type: none"> <li>• Travel related to the following minor groups is included: '533 Making sweets as hobbies' to '538 Making clothing as hobbies'</li> </ul>
612 Other travel	<p>(1) Travel related to '53 Entertainment, hobbies, and culture', '54 Sports', and '55 Mass media' except for travel defined in '611 Travel related to housework as hobbies'.</p> <p>(2) Travel related to Major Group '3 Schoolwork, learning, self-education and training (excluding commuting to and from school). Travel for school day trips and other trips and travel to and from various kinds of exercises.</p> <p>(3) Travel to and from destinations for business trips and training.</p> <p>(4) Travel not included in any Minor group, including travel related to '4 Personal care', '51 Social and religious activities', and '52 Social life'.</p>	<p>Going fishing. Travel by train for sightseeing. Going to a library. Going to a fitness gym.</p> <p>(2) Travel to/from destinations for school day trips and other trips. Going to piano lessons. Going to the venue of a mock entrance examination.</p> <p>(3) Travel on business trips. Going to Kyoto for training.</p> <p>(4) Going out for a meal. Going to hospital to be examined. Going to a coffee shop to eat cake.</p>	<ul style="list-style-type: none"> <li>• In case of travel from school (station) to the destination of a school trip, travel from home to school (station) is included in '612 Other travel', but not in '315 Commuting to and from school'.</li> <li>• In case of going to the usual workplace before leaving for a business trip, travel from home to the workplace is included in '131 Commuting to and from work', and travel from the workplace to the destination of a business trip is included in '612 Other travel'.</li> </ul>

Kinds of Activity	Definition	Entry Examples	Remarks
62 Survey and other	Activities related to the Survey on Time Use and Leisure Activities and not specified in any other category.		
621 Activities related to Survey on Time Use and Leisure Activities	Activities related to the Survey on Time Use and Leisure Activities.	Fill in the questionnaire (including online). Having contact with the investigator. Help my children fill in the questionnaire.	
622 Other activities	Activities not included in any other category, excluding travel.		
(Regrouped) 7 Unpaid work (international comparison)	Activities recognized internationally as unpaid work. Including housework as a hobby. Details are as follows: '2 Unpaid work' '533 Making sweets as hobbies' '534 Productive hobbies and amusements' '535 Gardening as hobbies' '536 Caring for pets' '537 Walking the dog' '538 Making clothing as hobbies' '544 Productive sports' '611 Travel related to housework as hobbies'		

- Note:
- 'Family member' above include those outside the household.
  - 'Child(ren)' above refers to family members under school age 17 years old.
  - 'Babies and little children' above refers to preschool family members.