

Summary of Results (Questionnaire A)

Time Use

1 Distribution of daily time use

- (1) Compared to 5 years ago, time spent on rest and relaxation has increased by 20 minutes, whereas time spent on moving (excluding commuting), watching TV, listening to the radio, reading newspapers and magazines, and social life has decreased by 7 minutes.

Looking at the daily time use by kind of activity, derived from average daily hours a week (hereinafter referred to as “weekly average”), people living in Japan aged 10 years old and over spent 7 hours 54 minutes on sleep, 3 hours 28 minutes on work, and 2 hours 8 minutes on watching TV, listening to the radio, reading newspapers or magazines. (Table 1-1)

Compared to daily time use in 2016, average time spent on rest and relaxation increased the most, by 20 minutes. Time spent on moving (excluding commuting), watching TV, listening to the radio, reading newspapers or magazines, and social life decreased the most, by 7 minutes. Next was average time spent on sleep and work, which increased by 14 minutes and decreased by 5 minutes, respectively.

Breaking down daily time use by sex and comparing to 2016, males’ average time spent on rest and relaxation increased by 22 minutes; sleep time increased by 13 minutes; work time decreased by 14 minutes, and watching television, listening to the radio, and reading newspapers or magazines decreased by 8 minutes. Females’ average time spent on rest and relaxation increased by 20 minutes; sleep time increased by 14 minutes, whereas time spent on moving (excluding commuting) and social life decreased by 7 minutes. (Table 1-1)

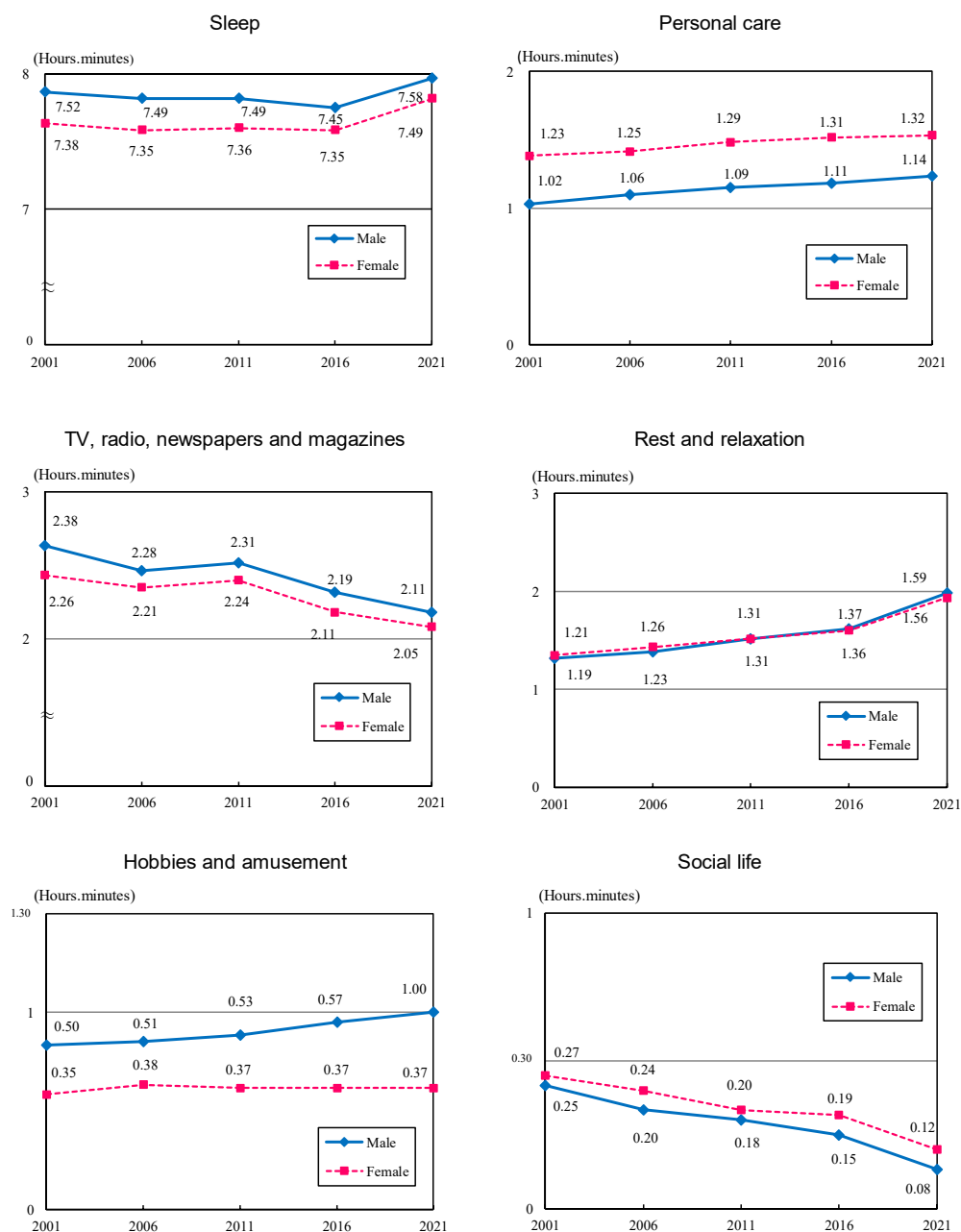
Table 1-1 Time use for each kind of activity by sex (2016, 2021) - weekly average

	(Hours.minutes)								
	Total			Male			Female		
	2016	2021	Difference	2016	2021	Difference	2016	2021	Difference
Primary activities	10.41	10.57	0.16	10.34	10.50	0.16	10.49	11.03	0.14
Sleep	7.40	7.54	0.14	7.45	7.58	0.13	7.35	7.49	0.14
Personal care	1.22	1.24	0.02	1.11	1.14	0.03	1.31	1.32	0.01
Meals	1.40	1.39	-0.01	1.38	1.37	-0.01	1.43	1.41	-0.02
Secondary activities	6.57	6.47	-0.10	6.50	6.36	-0.14	7.03	6.57	-0.06
Work and work-related activity	4.49	4.37	-0.12	6.08	5.45	-0.23	3.35	3.33	-0.02
Commuting to and from school or work	0.34	0.31	-0.03	0.43	0.38	-0.05	0.25	0.24	-0.01
Work	3.33	3.28	-0.05	4.41	4.27	-0.14	2.29	2.32	0.03
Schoolwork	0.42	0.38	-0.04	0.44	0.40	-0.04	0.41	0.37	-0.04
Housework and related works	2.08	2.10	0.02	0.44	0.51	0.07	3.28	3.24	-0.04
Housework	1.23	1.27	0.04	0.19	0.25	0.06	2.24	2.26	0.02
Caring or nursing	0.04	0.03	-0.01	0.02	0.02	0.00	0.06	0.04	-0.02
Child care	0.15	0.14	-0.01	0.06	0.06	0.00	0.24	0.21	-0.03
Shopping	0.26	0.26	0.00	0.17	0.18	0.01	0.34	0.33	-0.01
Tertiary activities	6.22	6.16	-0.06	6.36	6.34	-0.02	6.09	6.00	-0.09
Moving (excluding commuting)	0.29	0.22	-0.07	0.28	0.21	-0.07	0.30	0.23	-0.07
Watching TV, listening to the radio, reading newspapers or magazines	2.15	2.08	-0.07	2.19	2.11	-0.08	2.11	2.05	-0.06
Rest and relaxation	1.37	1.57	0.20	1.37	1.59	0.22	1.36	1.56	0.20
Learning, self-education and training (excluding schoolwork)	0.13	0.13	0.00	0.13	0.13	0.00	0.12	0.12	0.00
Hobbies and amusements	0.47	0.48	0.01	0.57	1.00	0.03	0.37	0.37	0.00
Sports	0.14	0.13	-0.01	0.18	0.16	-0.02	0.10	0.10	0.00
Volunteer and social activities	0.04	0.02	-0.02	0.04	0.02	-0.02	0.04	0.02	-0.02
Social life	0.17	0.10	-0.07	0.15	0.08	-0.07	0.19	0.12	-0.07
Medical examination or treatment	0.08	0.07	-0.01	0.07	0.06	-0.01	0.09	0.08	-0.01
Other activities	0.19	0.16	-0.03	0.17	0.15	-0.02	0.20	0.17	-0.03

(2) Sleep time, which had been on a declining trend, is now on the increase.

Looking at the change in daily time use on each major kind of activity over the past 20 years, time spent on personal care, rest and relaxation, and hobbies and amusements has been on an increasing trend. Meanwhile, time spent watching TV, listening to the radio, reading newspapers or magazines; and social life has been on a decreasing trend. Further, sleep time, which had been on a decreasing trend, is now on the increase in 2021. (Figure 1-1)

Figure 1-1 Time use for each major kind of activity by sex (2001-2021)
- weekly average



2 Housework and related works

- (1) Time spent on housework by male is increasing. Although the gender gap is shrinking, but there is still a certain amount of time it differs.

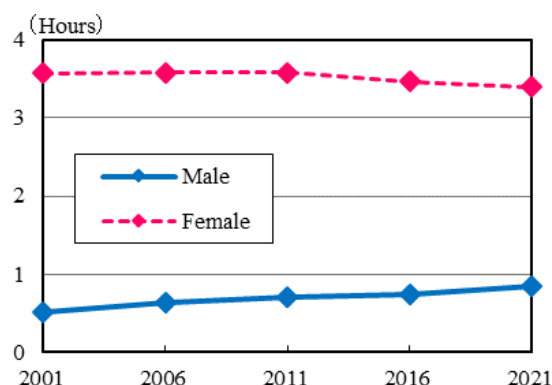
Breaking down time spent on housework and related works¹⁾ by sex and comparing this to 2016, time spent by male increased by 7 minutes to a total of 51 minutes, and time spent by female decreased by 4 minutes to a total of 3 hours 24 minutes. (Table 2-1)

Looking at the change in time spent on housework and related works over the past 20 years, the time spent by male increased by 20 minutes compared to 2001, while the time spent by female decreased by 10 minutes compared to 2001. The difference between male and female was 2 hours 33 minutes, which compared to 3 hours 3 minutes in 2001 was a decrease of 30 minutes, but there remains a considerable gap. (Table 2-1, Figure 2-1)

Table 2-1 Change in time spent on housework and related works by sex (2001-2021) - weekly average

	(Hours.minutes)		
	Male	Female	Difference
2001	0.31	3.34	-3.03
2006	0.38	3.35	-2.57
2011	0.42	3.35	-2.53
2016	0.44	3.28	-2.44
2021	0.51	3.24	-2.33

Figure 2-1 Change in time spent on housework and related works by sex (2001-2021) - weekly average



1) Time spent doing “housework”, “caring or nursing”, “child care”, or “shopping”.

(2) The time spent on housework by husbands with children aged under 6 increased by 13 minutes compared to 5 years ago, and time spend on child care increased by 16 minutes.

When looking at the time spent on housework and related works by husbands and wives in households with children aged under 6, husbands spent 1 hour 54 minutes and wives spent 7 hours 28 minutes, an increase of 31 minutes and a decrease of 6 minutes, respectively, when compared to 2016. When breaking down the time spent on housework and related works, both the housework time and child care time of husbands increased significantly, by 13 minutes and 16 minutes respectively. In contrast, housework time of wives decreased by 9 minutes and child care time increased by 9 minutes.

Looking at the breakdown of housework and related works for husbands and wives over the past 20 years, both housework and child care time showed a significantly increasing trend in 2021 for husbands. For wives, on the other hand, housework time decreased, while time spent on child care was on the increase. Child care time increased exceeded housework time for the first time in 2016, and this difference further increased in 2021. (Table 2-2, Figure 2-2, Figure 2-3)

Table 2-2 Change in time spent on “Housework and related works” by husbands and wives in households with child(ren) aged under 6 (2001-2021)
- weekly average, household of a couple with child(ren)

	Husbands					Wives				
	2001	2006	2011	2016	2021	2001	2006	2011	2016	2021
Housework and related works	0.48	1.00	1.07	1.23	1.54	7.41	7.27	7.41	7.34	7.28
Housework	0.07	0.10	0.12	0.17	0.30	3.53	3.35	3.35	3.07	2.58
Caring or nursing	0.01	0.01	0.00	0.01	0.01	0.03	0.03	0.03	0.06	0.03
Child care	0.25	0.33	0.39	0.49	1.05	3.03	3.09	3.22	3.45	3.54
Shopping	0.15	0.16	0.16	0.16	0.18	0.42	0.40	0.41	0.36	0.33

Figure 2-2 Change in time spent on “Housework and related works” by husbands and wives in households with child(ren) aged under 6 (2001-2021)
- weekly average, household of a couple with child(ren)

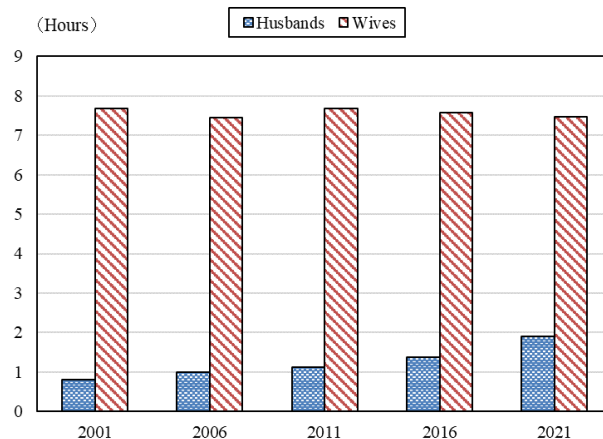
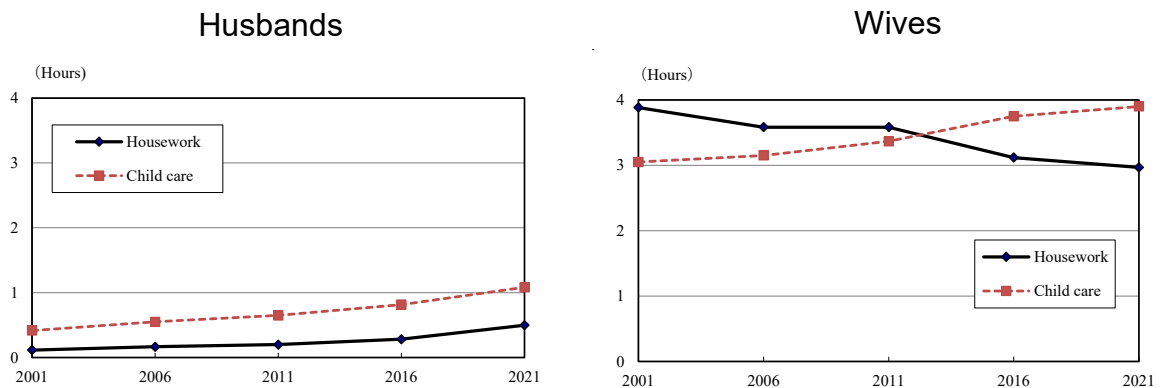


Figure 2-3 Change in time spent on housework and child care by husbands and wives in households with child(ren) aged under 6 (2001-2021)
 - weekly average, household of a couple with child(ren)



(3) Time spent on caring or nursing by caregivers was 2 hours 26 minutes for male and 2 hours 21 minutes for female, continuing from 2016 to be higher for male than female.

The number of persons aged 15 years old and over who usually cared for their family¹⁾ (hereinafter referred to as “caregivers”) was 6,534,000, and with the temporary returning home of persons receiving care in nursing homes being restricted from the perspective of preventing transmission of COVID-19, this represented a decrease of 453,000 compared to 2016.

Broken down by sex, there were 2,565,000 male caregivers and 3,969,000 female caregivers, with female accounting for approximately 60% of the total number of caregivers. By age group, the number of caregivers aged 50-59 years old decreased by 73,000, caregivers aged 70 years old and over increased by 233,000, and caregivers aged 60 years old and over accounted for approximately 50% of all caregivers. (Table 2-3)

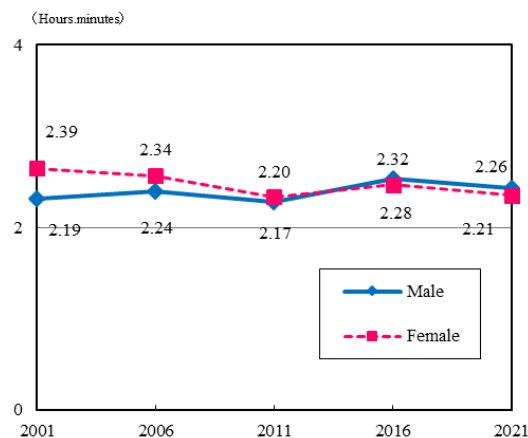
1) In cases where it was difficult to decide whether the activity was “usual” or not, caring or nursing for 30 days and over in a year was assumed to be usual activity.

Table 2-3 Number of caregivers, by sex and age group (2016, 2021) - weekly average, persons aged 15 and over

	2016				2021				Difference		
	Population (Thousand persons)	Number of caregivers (Thousand persons)	Percentage of caregivers in population (%)	Constituent ratio (%)	Population (Thousand persons)	Number of caregivers (Thousand persons)	Percentage of caregivers in population (%)	Constituent ratio (%)	Number of caregivers (Thousand persons)	Percentage of caregivers in population (Percentage points)	Constituent ratio (Percentage points)
Total	107806	6987	6.5	100.0	107124	6534	6.1	100.0	-453	-0.4	0.0
Below 30	18449	258	1.4	3.7	18088	247	1.4	3.8	-11	-0.0	0.1
30 to 39	15262	403	2.6	5.8	13817	295	2.1	4.5	-108	-0.5	-1.3
40 to 49	18838	978	5.2	14.0	17770	805	4.5	12.3	-173	-0.7	-1.7
50 to 59	15277	1909	12.5	27.3	16885	1836	10.9	28.1	-73	-1.6	0.8
60 to 69	18088	2071	11.4	29.6	14969	1751	11.7	26.8	-320	0.2	-2.8
Over 70	21892	1368	6.2	19.6	25596	1601	6.3	24.5	233	0.0	4.9
Male	52395	2776	5.3	39.7	52094	2565	4.9	39.3	-211	-0.4	-0.5
Below 30	9435	141	1.5	2.0	9251	116	1.3	1.8	-25	-0.2	-0.2
30 to 39	7729	124	1.6	1.8	7031	117	1.7	1.8	-7	0.1	0.0
40 to 49	9503	363	3.8	5.2	8986	313	3.5	4.8	-50	-0.3	-0.4
50 to 59	7621	716	9.4	10.2	8448	682	8.1	10.4	-34	-1.3	0.2
60 to 69	8783	838	9.5	12.0	7304	668	9.1	10.2	-170	-0.4	-1.8
Over 70	9324	593	6.4	8.5	11073	668	6.0	10.2	75	-0.3	1.7
Female	55411	4211	7.6	60.3	55031	3969	7.2	60.7	-242	-0.4	0.5
Below 30	9014	117	1.3	1.7	8837	131	1.5	2.0	14	0.2	0.3
30 to 39	7533	279	3.7	4.0	6785	178	2.6	2.7	-101	-1.1	-1.3
40 to 49	9335	615	6.6	8.8	8784	492	5.6	7.5	-123	-1.0	-1.3
50 to 59	7656	1193	15.6	17.1	8437	1153	13.7	17.6	-40	-1.9	0.6
60 to 69	9305	1233	13.3	17.6	7665	1083	14.1	16.6	-150	0.9	-1.1
Over 70	12568	775	6.2	11.1	14523	933	6.4	14.3	158	0.3	3.2

If we look at the trends over the past 20 years in terms of the average time spent by caregivers who actually provided care and nursing on the day of the survey (average time spent by active caregivers), male have generally remained flat while female have generally seen a downward trend. The average time for male surpassed that of female in terms of active caregivers for the first time in 2016, and this trend has continued in 2021. (Figure 2-4)

Figure 2-4 Change in terms of the average time spent by caregivers providing nursing care and nursing (2001-2021) - weekly average, 15 years or older



(4) Time spent on sleep and rest and relaxation was longer, and time spent on work and housework, etc. was shorter for those receiving nursing care compared to those that are not.

Looking at how those aged 15 and older spend their time based on whether they are receiving care or not, those receiving care spend more time sleeping and rest and relaxation, and less time working and doing housework, compared to those not receiving care. (Table 2-4)

Table 2-4 Time use for each kind of activities depending on whether person is receiving care or not (2021) - weekly average, 15 years or over

		(Hours. minutes)								
		Sleep	Work	Housework	Shopping	Moving ¹⁾	Rest and relaxation	Hobbies and amusement	Sports	Medical examination or treatment
Total	Not receiving caregiving	7.47	3.46	1.33	0.27	0.22	1.54	0.49	0.12	0.06
	Receiving caregiving	9.35	0.19	0.44	0.11	0.12	2.56	0.24	0.04	0.44
of which 65 years or over	Not receiving caregiving	8.01	1.26	2.09	0.34	0.21	1.41	0.45	0.19	0.09
	Receiving caregiving	9.46	0.05	0.45	0.10	0.11	2.57	0.19	0.04	0.44

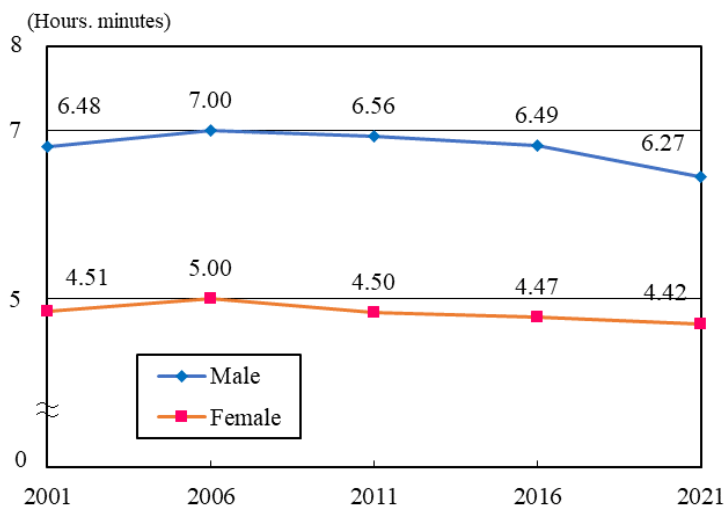
1) Moving (excluding commuting)

3 Work situation

(1) Work time decreased 22 minutes and 5 minutes, respectively, for male and female compared to 5 years ago.

The average time spent on working by working persons (aged 15 and over; hereinafter the same) in a day was 6 hours 27 minutes for male and 4 hours 42 minutes for female, meaning that male worked approximately 1 hours 45 minutes longer than female. Compared to 2016, male’ time spent on working decreased by 22 minutes and female’ time spent on working decreased by 5 minutes marking a significantly decrease in the difference of work time between the sexes. Looking at change in time spent on working over the past 20 years for working persons by sex, for both sexes the time spent on working has decreased compared to 2001, with male’ time spent on working decreasing 21 minutes and female’ time spent on working decreasing 9 minutes. (Figure 3-1)

Figure 3-1 Change in time working by sex (2001-2021)
- weekly average, working persons



Looking at time spent on working for employees by form of employment, “regular employees/staff” spent 6 hours 43 minutes and “workers except regular employees/staff” spent 4 hours 5 minutes. Compared to 2016, time spent on working decreased for both “regular employees/staff” and “workers except regular employees/staff, by 26 minutes and 14 minutes respectively.

When breaking down “workers except regular employees/staff,” compared to 2016 by sex, working time of male contract employees decreased by 33 minutes and “arubaito” by 32 minutes, whereas for female, working time for “Dispatched workers from temporary labor agency” decreased by 24 minutes, and for “arubaito” by 23 minutes. Working time generally decreased for both sexes regardless of form of employment. (Table 3-1)

Table3-1 Time spent on working by form of employment (2016, 2021)
- weekly average, working persons

		Work time (Hours. minutes)		
		2016	2021	Difference
T o t a l	Total	5.55	5.40	-0.15
	Employees	5.59	5.43	-0.16
	Regular staff	7.09	6.43	-0.26
	Workers except regular staff	4.19	4.05	-0.14
	Part-time workers	4.01	3.53	-0.08
	"Arubaito"	3.31	3.03	-0.28
	Contract employees	6.04	5.35	-0.29
	Temporary employees	5.16	5.14	-0.02
	Dispatched workers from temporary labor agency	5.32	5.09	-0.23
	Other	4.12	4.08	-0.04
M a j o r	Total	6.49	6.27	-0.22
	Employees	6.53	6.30	-0.23
	Regular staff	7.33	7.03	-0.30
	Workers except regular staff	4.57	4.36	-0.21
	Part-time workers	4.37	4.30	-0.07
	"Arubaito"	3.54	3.22	-0.32
	Contract employees	6.21	5.48	-0.33
	Temporary employees	5.34	5.28	-0.06
	Dispatched workers from temporary labor agency	6.01	5.51	-0.10
Other	4.46	4.52	0.06	
F e w e r	Total	4.47	4.42	-0.05
	Employees	4.54	4.49	-0.05
	Regular staff	6.16	6.03	-0.13
	Workers except regular staff	4.01	3.51	-0.10
	Part-time workers	3.56	3.48	-0.08
	"Arubaito"	3.07	2.44	-0.23
	Contract employees	5.43	5.21	-0.22
	Temporary employees	4.48	4.51	0.03
	Dispatched workers from temporary labor agency	5.06	4.42	-0.24
Other	3.35	3.26	-0.09	

(2) People doing telework (working from home) spent more time on sleep and hobbies and amusements and less time on commuting and personal care compared to those who do not.

For the working persons (52,867,000) whose designated day, when looking at distribution of time, was a weekday when they had work (other than business trips or training days), by whether or not they were engaged in telework on that day, 3,542,000 were engaged in telework (working from home), accounting for 6.7% of all respondents. (Table 3-2)

Additionally, when looking at distribution of time, those people engaged in telework(working

from home) spent an additional 18 minutes, 16 minutes, and 13 minutes more on sleep time, hobbies and amusements, and work time respectively, compared to people who did not engage in telework, but 1 hour 3 minutes less on commuting, 10 minutes less on personal care, and 8 minutes less watching TV, listening to the radio, or reading newspapers or magazines. (Table 3-3)

Next, when looking by age group, for all age groups, time spent by persons engaged in telework (working by home) on commuting was much shorter than those who were not. For those in the 25-34 age group, sleep time and time spent of hobbies and amusements was 41 minutes and 28 minutes longer, respectively. Additionally, for those in the 35-44 age group, child care time was 23 minutes longer, and for those in the 45-54 age group, sleep time was 17 minutes longer and time spent on meals was 16 minutes longer, indicating that, for all age groups, the decreased time spent on commuting due to telework was being allocated to other activities, such as hobbies and amusements. (Table 3-3)

Table 3-2 Population engaged in telework by sex and age group (2021)
- weekdays, working persons

		Working days (excluding business trips and training)		
		Population (thousand persons)	Of which , population performing telework	
			Population (thousand persons)	Ratio performing telework (%)
T o t a l	Total	52867	3542	6.7
	15 to 24	3570	109	3.1
	25 to 34	8587	847	9.9
	35 to 44	10969	965	8.8
	45 to 54	13533	837	6.2
	55 to 64	9467	564	6.0
	65 or over	6742	219	3.2
M a l e	Total	30405	2294	7.5
	15 to 24	1819	72	4.0
	25 to 34	4942	519	10.5
	35 to 44	6275	613	9.8
	45 to 54	7604	497	6.5
	55 to 64	5620	429	7.6
	65 or over	4145	164	4.0
F e m a l e	Total	22462	1248	5.6
	15 to 24	1750	37	2.1
	25 to 34	3645	328	9.0
	35 to 44	4694	352	7.5
	45 to 54	5929	341	5.8
	55 to 64	3847	135	3.5
	65 or over	2597	55	2.1

**Table 3-3 Time spent by whether telework performed or not by age group (2021)
- weekdays, working persons**

(Hours. minutes)

	Total		Of which 25 to 34		Of which 35 to 44		Of which 45 to 54	
	Telework (working from home)	Other than telework	Telework (working from home)	Other than telework	Telework (working from home)	Other than telework	Telework (working from home)	Other than telework
Sleep	7.32	7.14	8.06	7.25	7.18	7.17	7.16	6.59
Personal care	1.09	1.19	0.56	1.13	1.07	1.18	1.17	1.20
Meals	1.35	1.26	1.30	1.15	1.29	1.18	1.40	1.24
Commuting to and from school or Work	0.04	1.07	0.03	1.15	0.05	1.08	0.05	1.08
Schoolwork	8.37	8.24	8.59	9.06	8.50	8.50	8.42	8.43
Housework	0.02	0.05	0.02	0.02	0.00	0.03	0.03	0.02
Caring or nursing	0.51	0.52	0.36	0.27	0.56	0.57	1.08	1.06
Child care	0.02	0.01	0.01	0.00	0.02	0.01	0.03	0.01
Shopping	0.17	0.07	0.13	0.15	0.41	0.18	0.09	0.04
Moving ¹⁾	0.09	0.10	0.10	0.06	0.07	0.08	0.08	0.11
TV ²⁾	0.10	0.09	0.05	0.08	0.11	0.09	0.09	0.09
Rest and relaxation	0.58	1.06	0.22	0.28	0.37	0.39	1.10	1.03
Learning and self-education ³⁾	1.30	1.22	1.30	1.31	1.31	1.21	1.24	1.21
Hobbies and amusement	0.10	0.04	0.15	0.04	0.10	0.03	0.06	0.03
Sports	0.35	0.19	1.00	0.32	0.35	0.18	0.23	0.13
Volunteering ⁴⁾	0.09	0.04	0.06	0.03	0.08	0.03	0.09	0.04
Social life	0.00	0.01	-	0.00	0.01	0.01	0.00	0.00
Medical examination or treatment	0.03	0.03	0.03	0.03	0.03	0.03	0.01	0.03
Other activities	0.02	0.02	0.01	0.01	0.04	0.01	0.01	0.01
	0.05	0.05	0.02	0.05	0.06	0.04	0.05	0.05

1) Moving (excluding commuting)
2) TV, radio, newspapers, magazines

3) Learning, self-education, training (other than schoolwork)
4) Volunteer and social activities

(3) Working time was 49 minutes shorter for people limited in their usual activities than those who are not.

When looking at the distribution of time of working people by level of limitations in usual activities ¹⁾, people limited in their usual activities (for at least the past 6 months) spent longer on primary activities and tertiary activities and less time on secondary activities than people who were not. In terms of work time as part of secondary activities, people not limited in their usual activities (including limitations have not yet lasted 6 months) spent 5 hours 44 minutes, whereas people limited in their usual activities (for at least the past 6 months) spent 4 hours 55 minutes, indicating that those people who were limited in their usual activities worked 49 minutes less. (Table 3-4)

1) This is a new survey item established in 2021 with reference to questions from the Statistical Office of the European Communities for the purpose of improving international comparability. In the survey, whether there the person faces obstacles in daily life is ascertained based on whether the said limitation has yet lasted 6 months. The Statistical Office of the European Communities defines cases where the limitation has lasted 6 months as “having a limitation”, so in this survey, we have collated and published statistics on “having a limitation” based on whether the limitation has yet lasted 6 months in the same way.

Table 3-4 Time spend by extent of obstacles faced in daily life (2021)
 - weekly average, working persons

	(Hours. minutes)		
	Not limited in usual activities (including limitations which have not yet lasted 6 months)	Limitation in usual activities (for at least the past 6 months)	Difference
Primary activities	10.33	10.43	0.10
Sleep	7.39	7.43	0.04
Personal care	1.22	1.26	0.04
Housework	1.33	1.34	0.01
Secondary activities	8.25	7.31	-0.54
Work and work related activity	6.37	5.37	-1.00
Commuting to and from school or work	0.44	0.36	-0.08
Work	5.44	4.55	-0.49
Schoolwork	0.09	0.06	-0.03
Housework and related works	1.49	1.54	0.05
Housework	1.08	1.15	0.07
Caring or nursing	0.02	0.03	0.01
Child care	0.16	0.11	-0.05
Shopping	0.23	0.25	0.02
Tertiary activities	5.02	5.46	0.44
Moving (excluding commuting)	0.22	0.23	0.01
Watching TV, listening to the radio, and reading newspapers or magazines	1.27	1.50	0.23
Rest and relaxation	1.49	1.58	0.09
Learning, self-education and training (excluding schoolwork)	0.07	0.09	0.02
Hobbies and amusement	0.41	0.44	0.03
Sports	0.08	0.06	-0.02
Volunteer and social activities	0.02	0.02	0.00
Social life	0.10	0.08	-0.02
Medical examination or treatment	0.04	0.11	0.07
Other activities	0.12	0.14	0.02

4 Being together

- (1) Time spent alone increased for all age groups compared to 5 years ago. Time spent with family members, classmates and colleagues generally decreased for all age groups.

When looking at the distribution of time spent excluding sleep by age group, and separating it by when people are with others¹⁾, people in the 70-74 age group spend the most time alone at 6 hours 51 minutes, followed by the 65-69 age group at 6 hours 49 minutes. Compared to 2016, this increased for all age groups and increased in particular for those in the 25-29 age group, with an increase of 1 hour 21 minutes.

In terms of time spent with family²⁾, compared to 2016, this decreased in all age groups except those aged 10-14, and the extent of the decrease was particularly large for those in the 25-39 age group and all of the groups over 55.

In terms of the time spent with others at school or the workplace, compared to 2016, all age groups from 10-14 to 55-59 had decreased, and the extent of the decrease was particularly significant in the 20-24 age group, with a decrease of 1 hour 9 minutes. (Table 4-1, Figure 4-1)

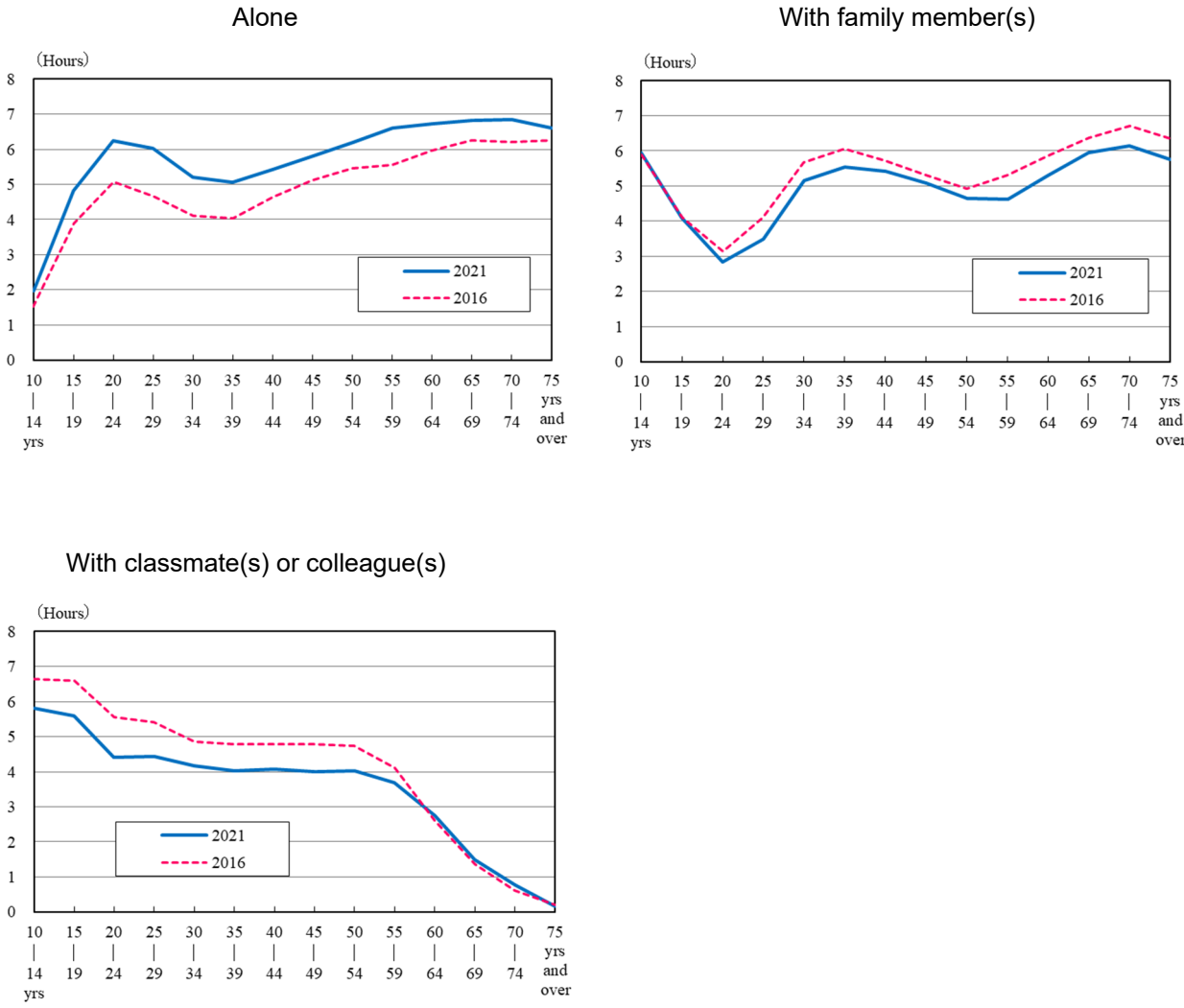
Table 4-1 Distribution of time spent (except sleep time) depending on persons being together by age group (2016, 2021) - weekly average

	(Hours. minutes)								
	Alone			With family members			With classmate(s) or colleagues		
	2016	2021	Difference	2016	2021	Difference	2016	2021	Difference
Total	5.06	5.55	0.49	5.32	5.06	-0.26	3.41	3.08	-0.33
10 to 14	1.31	1.58	0.27	5.54	5.57	0.03	6.39	5.49	-0.50
15 to 19	3.53	4.49	0.56	4.07	4.05	-0.02	6.36	5.36	-1.00
20 to 24	5.05	6.14	1.09	3.08	2.51	-0.17	5.34	4.25	-1.09
25 to 29	4.40	6.01	1.21	4.06	3.29	-0.37	5.25	4.26	-0.59
30 to 34	4.06	5.13	1.07	5.40	5.09	-0.31	4.51	4.10	-0.41
35 to 39	4.02	5.03	1.01	6.04	5.32	-0.32	4.47	4.02	-0.45
40 to 44	4.38	5.25	0.47	5.43	5.25	-0.18	4.47	4.05	-0.42
45 to 49	5.07	5.48	0.41	5.18	5.05	-0.13	4.47	4.00	-0.47
50 to 54	5.28	6.11	0.43	4.56	4.39	-0.17	4.44	4.01	-0.43
55 to 59	5.34	6.36	1.02	5.19	4.38	-0.41	4.06	3.42	-0.24
60 to 64	5.58	6.44	0.46	5.52	5.18	-0.34	2.37	2.45	0.08
65 to 69	6.16	6.49	0.33	6.23	5.57	-0.26	1.22	1.30	0.08
70 to 74	6.12	6.51	0.39	6.43	6.08	-0.35	0.37	0.46	0.09
75 or above	6.16	6.37	0.21	6.21	5.45	-0.36	0.12	0.10	-0.02

1) Other than when "alone", multiple answers possible.

2) Includes family outside the household.

Figure4-1 Distribution of time spent (except sleep time) depending on persons being together by age group (2016, 2021) - weekly average

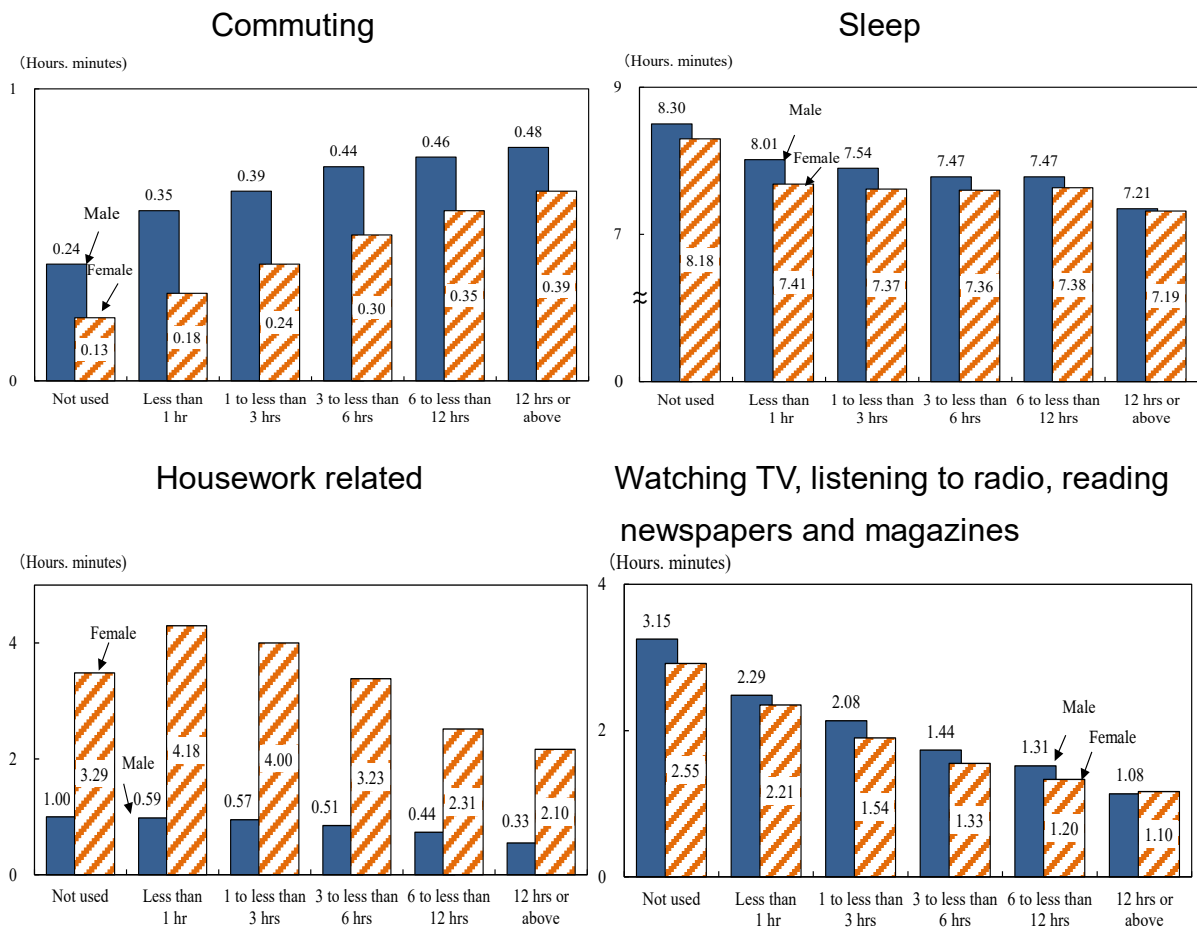


5 Use of smartphones/PCs

- (1) People who spent a long-time using smartphones /PCs tended to commute for longer and sleep less.

When looking at distribution of time spent based on differences in the length of time people used smartphones/PCs, for both male and female, the more time people spent using smartphones/PCs, the longer they spent commuting and the less time they tended to spend sleeping, doing housework and related works, and watching TV, listening to the radio, and reading newspapers and magazines. (Figure 5-1)

Figure 5-1 Time spent by male and female on smartphones/PCs, main types of activities (2021) - weekly average¹⁾



- 1) The vertical axis of the graph shows time spent by type of activity, and the horizontal axis shows time spent using smartphones/PCs.

6 Time use and average time by area

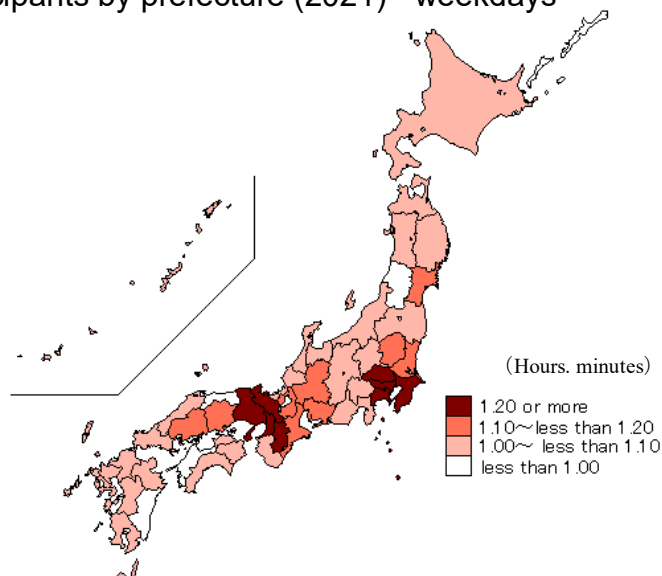
(1) Time spent on “commuting to and from school or work” was long for the Kanto district.

Looking at the time spent on “commuting to and from school or work” on weekdays (average time spent in activities for participants) by prefecture, those living in the Kanagawa Prefecture spent the longest time at 1 hour 40 minutes, followed by Chiba Prefecture, and Tokyo, showing that commuting times were long in the Kanto district. In contrast, Yamagata Prefecture and Miyazaki Prefecture had the lowest time at 56 minutes spent on “commuting to and from school or work”, followed by Ehime Prefecture and Tottori Prefecture. (Table 6-1, Figure 6-1)

Table 6-1 Average time spent on “commuting to and from school or work” for participants by prefecture (2021) - weekdays

Order	Prefecture	Time spent on “commuting to and from school or work” (Hours.minutes)
	Japan	1.19
1	Kanagawa	1.40
2	Chiba	1.35
2	Tokyo	1.35
4	Saitama	1.34
5	Nara	1.28
6	Osaka	1.27
7	Hyogo	1.24
8	Kyoto	1.21
9	Ibaraki	1.18
9	Aichi	1.18
41	Akita	1.00
41	Niigata	1.00
41	Ishikawa	1.00
44	Tottori	0.59
45	Ehime	0.57
46	Yamagata	0.56
46	Miyazaki	0.56

Figure 6-1 Average time spent on “commuting to and from school or work” for participants by prefecture (2021) - weekdays



(2) Persons living in Hokkaido spent the longest time “Watching TV, listening to the radio, reading newspapers or magazines”.

Looking at the average time spent “Watching TV, listening to the radio, reading newspapers or magazines” by prefecture, the longest was found in Hokkaido at 2 hours 35 minutes, followed by Ehime Prefecture and Aomori Prefecture. In contrast, Tokyo had the lowest time spent watching TV, listening to the radio, and reading newspapers or magazines” at 1 hour 46 minutes, followed by Shiga Prefecture, and Nagano Prefecture. (Table 6-2)

Table 6-2 Time spent on “Watching TV, listening to the radio, reading newspapers or magazines” by prefecture (2021) - weekly average

Order	Prefecture	Watching TV, listening to the radio, reading newspapers or magazines (Hours. minutes)
	Japan	2.08
1	Hokkaido	2.35
2	Ehime	2.32
3	Aomori	2.29
4	Yamaguchi	2.28
5	Tottori	2.26
6	Akita	2.24
6	Kagawa	2.24
8	Fukushima	2.21
8	Toyama	2.21
8	Shizuoka	2.21
43	Miyagi	2.01
43	Yamanashi	2.01
45	Nagano	1.58
46	Shiga	1.50
47	Kyoto	1.46