

Summary of Results (Questionnaire B)

1 Simultaneous activities

(1) “Computing” as a simultaneous activity, which includes using smartphones, had the highest participation rate and surpassed “Watching TV” for the first time.

Looking at the participation rate by kind of simultaneous activity on a weekly average basis (hereinafter referred to as “weekly average”) among the proportion of persons who participated in an activity (main activity) while also participating in another activity at the same time (simultaneous activity) in one day, “Computing” which includes using smartphones, has the highest participation rate at 32.4%. “Watching TV” followed at 28.0%. Compared with 2016, “Watching TV” has declined by 14.9 percentage points while “Computing” has increased by 10.9 percentage points, meaning that “Computing” has surpassed “Watching TV” for the first time. In addition, results for materials which can be viewed online such as “Reading newspapers and magazines” as well as paid subscriptions to services which can be watched on a TV increased and includes “Watching video and DVDs” increased (Table 1-1).

Table 1-1 Participation rate by kind¹⁾ of simultaneous activity (2016, 2021)
– weekly average

Kind of Simultaneous Activity	2016 (%)	2021 (%)	Difference (Percentage points)
Computing	21.5	32.4	10.9
Watching TV	42.9	28.0	-14.9
Care of clothing	10.0	10.1	0.1
Reading newspapers or magazines	7.6	9.4	1.8
Watching video and DVDs	1.6	5.2	3.6

(2) Participation rate of “Watching TV” during meals was high during any meal in 2016, but 2021 results had a high “Computing” participation rate during lunch and light meals.

Looking at participation rate of simultaneous activities by the kinds of main activity, “Computing” which includes using smartphones, was 5.9% for simultaneous activity done during “Paid Work”. In 2016, “Watching TV” was the highest result for a simultaneous activity during meals, but “Computing” is the most common result during lunch and light meals in 2021. The percentage of people who responded “Computing” during lunch was 12.2% which is a 4.2 percentage point increase from 2016 (Table 1-2).

1) Shows simultaneous activities which have a participation rate of at least 5% in 2021 (Minor groups).

(Ref: Regarding Detailed Activity Categories)

- “Computing”: Includes using PCs and smartphones to look up information but does not include additional activities normally used in “Computing” such as writing emails.
- “Care of Clothing”: Includes washing clothing, ironing, replacing a button, etc.
- “Watching video and DVDs”: Includes watching paid subscription content on a TV and includes watching videos on video sharing sites.

Table 1-2 Participation rate by kinds ¹⁾ of main activity or simultaneous activity
(2016,2021) – weekly average

Main activity	2016					2021				
	Participation rate including simultaneous activity	Longest		Second longest		Participation rate including simultaneous activity	Longest		Second longest	
		Kind of simultaneous activity	Participation rate	Kind of simultaneous activity	Participation rate		Kind of simultaneous activity	Participation rate	Kind of simultaneous activity	Participation rate
Total	69.6	Watching TV	42.9	Computing	21.5	66.0	Computing	32.4	Watching TV	28.0
Paid Work	10.5	Computing	4.3	Listening to CDs or audio files	1.5	10.6	Computing	5.9	Reading newspapers or magazines	0.9
Commuting to and from work	7.4	Computing	4.0	Listening to CDs or audio files	1.3	8.0	Computing	5.4	Reading newspapers or magazines	0.7
Unpaid Work	27.3	Watching TV	13.8	Care of clothing	5.4	26.0	Watching TV	9.3	Computing	8.1
Management of meals	17.2	Watching TV	10.1	Care of clothing	3.8	15.2	Watching TV	7.1	Care of clothing	3.8
Household upkeep	7.5	Watching TV	2.6	Care of clothing	1.3	6.8	Computing	2.2	Watching TV	1.4
Care of clothing	7.6	Watching TV	3.7	Household upkeep	0.9	6.4	Watching TV	2.2	Computing	1.5
Personal care	56.0	Watching TV	38.6	Computing	13.8	51.4	Watching TV	24.9	Computing	22.1
Bathing	3.4	Watching TV	1.5	Care of clothing	0.7	6.5	Computing	3.3	Watching TV	0.7
Personal Care	14.6	Watching TV	8.0	Care of clothing	1.9	12.0	Watching TV	3.9	Care of clothing	2.2
Breakfast	27.9	Watching TV	19.0	Computing	3.1	23.3	Watching TV	11.5	Computing	5.8
Lunch	25.2	Watching TV	12.6	Computing	8.0	24.9	Computing	12.2	Watching TV	8.7
Dinner	31.5	Watching TV	24.6	Computing	3.8	26.9	Watching TV	16.9	Computing	6.6
Light meals	8.9	Watching TV	3.9	Computing	2.7	7.2	Computing	2.9	Watching TV	2.4
Free time	28.8	Watching TV	7.5	Light meals	4.3	27.1	Computing	5.4	Watching TV	4.7
Watching TV	16.8	Light meals	2.8	Reading newspapers or magazines	2.7	17.6	Computing	4.0	Games	2.7

1) Shows simultaneous activities which have a participation rate of at least 5% in 2021. (Major and Minor Groups)
(Ref: Regarding Detailed Activity Categories)

- Management of meals: Cooking, washing dishes, etc.
- Household upkeep: Cleaning rooms at home, organizing purchased items, etc.
- Listening to CDs or audio files: Listening to music from a CD, music from a smartphone, etc.
- Games: Playing games on a smartphone, home video game consoles, Japanese chess, etc.

2 Unpaid work

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

Looking at “Unpaid work” time by sex, there was a 2 hour and 37-minute difference between males and females, with males spending 1 hour and 19 minutes, and females spending 3 hours and 56 minutes. Looking at the breakdown (minor groups) by sex, “Management of meals” under “Housework” has the largest difference with 1 hour and 4 minutes between males and females, followed by a 23-minute difference between them for “Care of clothing” (Table 2-1).

Table 2-1 Average time spent on “Unpaid work” by sex (2016, 2021)
– weekly average

	Male			Female			Male/female difference in 2021
	2016	2021	Difference	2016	2021	Difference	
Unpaid Work	1.16	1.19	0.03	4.11	3.56	-0.15	-2.37
Housework	0.40	0.44	0.04	2.57	2.49	-0.08	-2.05
Management of meals	0.12	0.14	0.02	1.28	1.18	-0.10	-1.04
Gardening	0.09	0.07	-0.02	0.07	0.07	0.00	0.00
Household upkeep	0.10	0.11	0.01	0.35	0.31	-0.04	-0.20
Care of clothing	0.03	0.04	0.01	0.30	0.27	-0.03	-0.23
Other	0.05	0.07	0.02	0.16	0.26	0.10	-0.19
Child care	0.07	0.07	0.00	0.25	0.22	-0.03	-0.15
Physical care or supervision of a baby and a little child	0.01	0.02	0.01	0.10	0.09	-0.01	-0.07
Reading, playing and talking with a baby and a little child	0.02	0.02	0.00	0.05	0.04	-0.01	-0.02
Transporting a child	0.01	0.01	0.00	0.04	0.04	0.00	-0.03
Other	0.02	0.02	0.00	0.06	0.04	-0.02	-0.02
Shopping and using services	0.17	0.18	0.01	0.30	0.31	0.01	-0.13
Travel related to housework	0.08	0.08	0.00	0.14	0.12	-0.02	-0.04
Volunteer activity related	0.05	0.02	-0.03	0.04	0.03	-0.01	-0.01

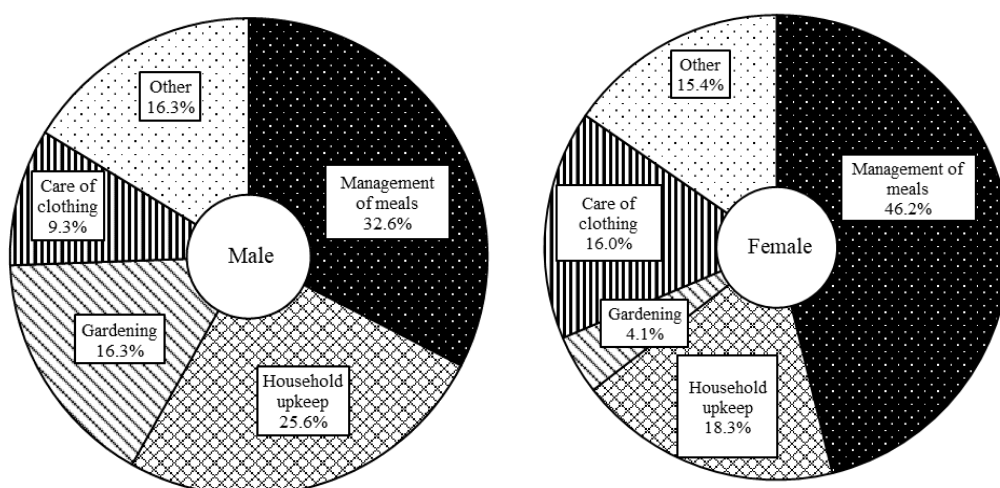
(2) “Management of meals” among all “Housework” accounted for the largest amount of time spent among males and females alike.

Looking at the breakdown of “Housework” (minor groups) by sex, the primary result for males was “Management of meals” at 32.6%, then “Household upkeep” at 25.6%, and finally “Gardening” at 16.3%. Meanwhile, the primary result for females was “Management of meals” at 46.2%, “Household upkeep” at 18.3%, and “Care of clothing” at 16.0%. “Management of meals” was the most frequent result for both sexes alike (Figure 2-1).

(Ref: Regarding Detailed Activity Categories)

- Physical care or supervision of a baby and a little child: Preparing meals for a pre-elementary school child, watching over children playing in a park, etc.

Figure 2-1 Component ratio in “Housework” by sex (2021) – weekly average



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

In the households of couples with a child or children, looking at the breakdown (minor groups) of “Unpaid work” time of husbands and wives who have children under the age of 6, the gap between husbands and wives continues to grow. Wives are both spending more time with children than their husbands, and the time gaps for “Management of meals” under “Housework” and “Physical care of supervision of a baby and a little child” under “Child care” are widening noticeably (Table 2-2).

Table 2-2 Average time spent on “Unpaid work” of husbands and wives with a child or children under the age of 6 (2016, 2021) – weekly average, household of a couple with their child(ren).

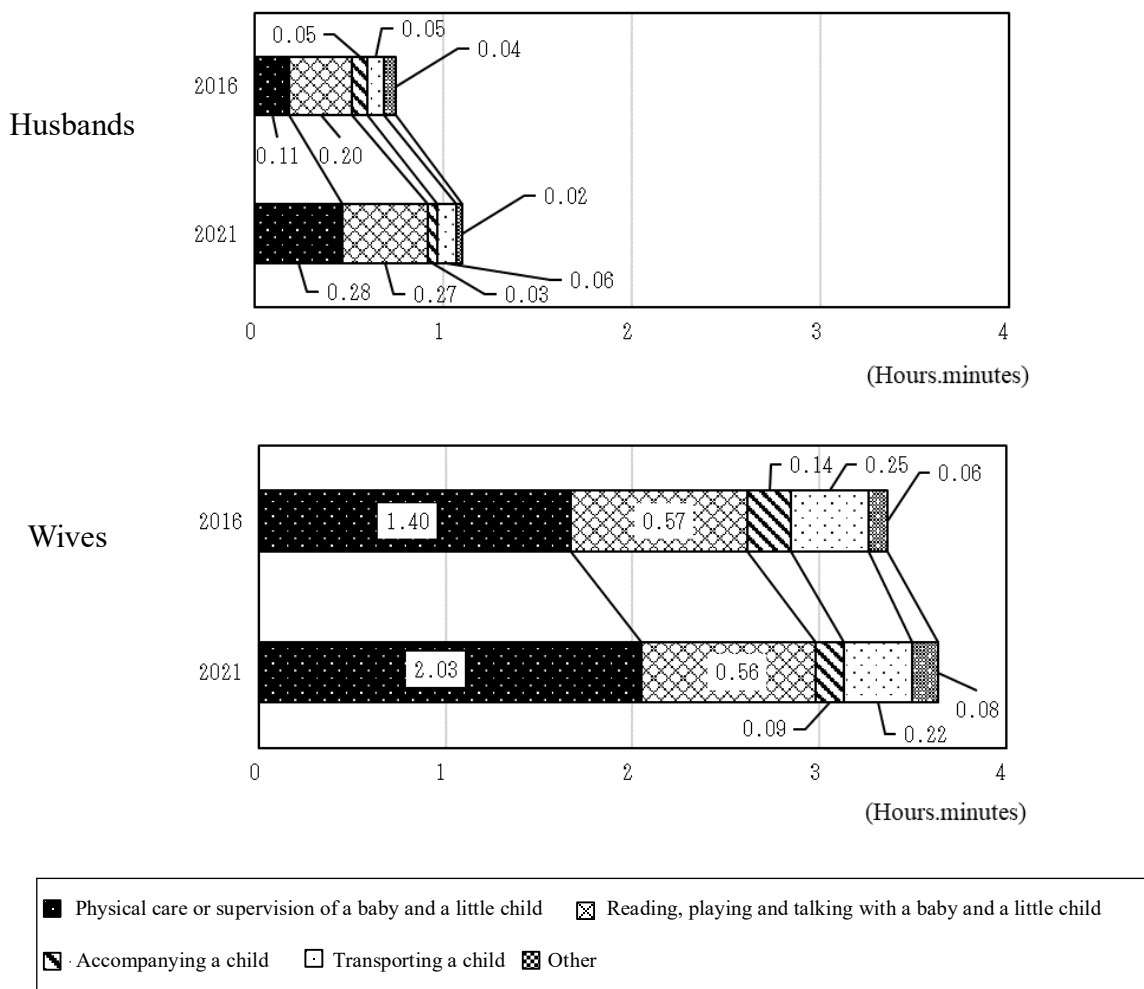
	Husbands			Wives			Husband/wife difference in 2021
	2016	2021	Difference	2016	2021	Difference	
Unpaid Work	1.35	2.09	0.34	8.00	7.47	-0.13	-5.38
Housework	0.22	0.37	0.15	3.42	3.22	-0.20	-2.45
Management of meals	0.08	0.14	0.06	1.57	1.25	-0.32	-1.11
Household upkeep	0.06	0.11	0.05	0.44	0.32	-0.12	-0.21
Care of clothing	0.04	0.05	0.01	0.41	0.36	-0.05	-0.31
Other	0.03	0.06	0.03	0.21	0.52	0.31	-0.46
Child care	0.45	1.06	0.21	3.21	3.37	0.16	-2.31
Physical care or supervision of a baby and a little child	0.11	0.28	0.17	1.40	2.03	0.23	-1.35
Reading, playing and talking with a baby and a little child	0.20	0.27	0.07	0.57	0.56	-0.01	-0.29
Accompanying a child	0.05	0.03	-0.02	0.14	0.09	-0.05	-0.06
Transporting a child	0.05	0.06	0.01	0.25	0.22	-0.03	-0.16
Other	0.04	0.02	-0.02	0.06	0.08	0.02	-0.06
Shopping and using services	0.17	0.18	0.01	0.35	0.33	-0.02	-0.15
Travel related to housework	0.08	0.08	0.00	0.19	0.13	-0.06	-0.05
Volunteer activity related	0.03	0.01	-0.02	0.03	0.01	-0.02	0.00

(4) For “Child care” of husbands and wives that have a child or children under the age of 6, spouses responded “Physical care or supervision of a baby and a little child” as taking the most time.

Among households of a couple with their child(ren), looking at the breakdown (minor groups) of “Unpaid work” time of husbands and wives who have children under the age of 6, husbands spent the most time on “Physical care or supervision of a baby and a little child” at 28 minutes, followed by “Reading, playing and talking with a baby and a little child” at 27 minutes, and “Transporting a child” at 6 minutes. Wives spent the most time on “Physical care or supervision of a baby and a little child” at 2 hours and 3 minutes, “Reading, playing and talking with a baby and a little child” at 56 minutes, and “Transporting a child” at 22 minutes. Both husbands and wives alike spent the most time on “Physical care or supervision of a baby and a little child”.

When compared with the results from 2016, husbands spent 17 more minutes on “Physical care or supervision of a baby and a little child” and 7 more minutes on “Reading, playing and talking with a baby and a little child” while wives spent 23 more minutes on “Physical care or supervision of a baby and a little child”, etc. (Figure 2-2).

Figure 2-2 Average time spent on “Child care” by husbands and wives with a child or children under the age of 6 (2016, 2021) – weekly average, household of a couple with their child(ren).



3 Paid work (second jobs)

(1) Persons engaged in a “Second job related” spent an average of 3 hours and 15 minutes on it.

The proportion of working persons (15 years old and over, hereinafter applicable) engaged in “Second job related” activities on the surveyed day (participation rate in activities) was 0.7%, with the average time (average time spent on activities for participants) being 3 hours and 15 minutes (Table 3-1).

Table 3-1 Average time spent for all persons, for participants and participation rate in “Paid work” by sex (2021) – weekly average, working persons

	Total			Male			Female		
	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)
Paid work	6.21	70.0	8.53	7.13	72.8	9.40	5.17	66.6	7.49
Main job related	5.33	69.7	7.49	6.18	72.5	8.30	4.38	66.2	6.53
Main job	5.28	69.6	7.42	6.10	72.3	8.20	4.37	66.2	6.52
Travel as part of or during main job	0.05	3.8	2.28	0.08	5.5	2.44	0.01	1.6	1.14
Second job related	0.01	0.7	3.15	0.01	0.7	2.57	0.02	0.8	3.40
Second job	0.01	0.7	3.11	0.01	0.6	2.32	0.02	0.8	3.33
Travel as part of or during second job	0.00	0.1	1.42	0.00	0.1	3.13	0.00	0.1	0.53
Commuting to and from work	0.42	53.8	1.17	0.48	56.1	1.23	0.35	51.0	1.08
Other activities related to work	0.04	10.6	0.43	0.05	12.9	0.45	0.03	7.8	0.40
Rest from work	0.04	10.6	0.43	0.05	12.9	0.45	0.03	7.7	0.40
Activities connected with job seeking	0.00	0.0	2.07	0.00	0.0	1.30	0.00	0.1	2.07

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

As for employees, looking at participation rate in “Second job related” by form of employment, “Regular staff” accounted for just 0.5% while “Except regular staff¹⁾” accounted for 1.0% at double the rate of “Regular staff” (Table 3-2).

Table 3-2 Average time spent for all persons, for participants and participation rate in “Second job related” by sex, employment status, and form of employment (2021) – Weekly average, working persons

	Total			Male			Female		
	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)
Working	0.01	0.7	3.15	0.01	0.7	2.57	0.02	0.8	3.40
Employees	0.01	0.7	3.19	0.01	0.5	2.52	0.02	0.8	3.48
Regular staff	0.01	0.5	3.25	0.01	0.5	3.09	0.01	0.6	4.53
Except regular staff	0.02	1.0	2.38	0.01	0.8	2.38	0.02	1.0	3.08
Director of company or organization, etc.	0.00	0.1	2.15	0.00	0.1	2.15	-	-	-
Self-employed with employees	0.01	1.3	0.45	-	-	-	0.02	4.9	0.45
Self-employed without employees	0.01	1.1	1.39	0.02	1.8	1.39	-	-	-
Family workers	0.03	1.6	4.30	0.10	4.6	5.20	0.01	0.3	4.00
Pieceworkers at home	-	-	-	-	-	-

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

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

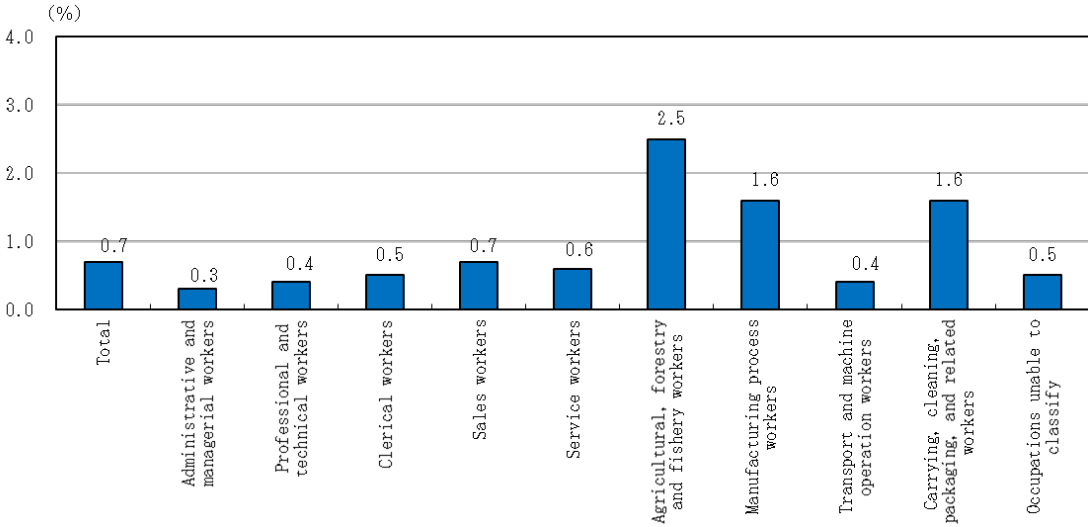
As for working persons, looking at participation rate in “Second job related” by occupation, “Agricultural, forestry and fishery workers” was the highest at 2.5%, while “Manufacturing process workers” and “Carrying, cleaning, packaging, and related workers” both came in second at 1.6%.

Furthermore, the average time for participants in “Second job related” for “Transport and machine operation workers” is becoming longer (Table 3-3, Figure 3-1).

Table 3-3 Average time spent for all persons, for participants and participation rate in “Second job related” by occupation (2021)
 – weekly average, working persons

	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for participants (hours. minutes)
Total	0.01	0.7	3.15
Administrative and managerial workers	0.01	0.3	2.45
Professional and technical workers	0.01	0.4	3.47
Clerical workers	0.01	0.5	3.28
Sales workers	0.01	0.7	2.00
Service workers	0.01	0.6	2.39
Security workers	-	-	-
Agricultural, forestry and fishery workers	0.04	2.5	2.41
Manufacturing process workers	0.03	1.6	2.43
Transport and machine operation workers	0.02	0.4	6.11
Construction and mining workers	-	-	-
Carrying, cleaning, packaging, and related workers	0.03	1.6	2.41
Occupations unable to classify	0.01	0.5	5.09

Figure 3-1 Participation rate in “Second job related” by occupation (2021)
 – weekly average, working persons



4 Time spent together with child(ren)

(1) Looking at “Time spent together with child(ren)” for husbands and wives in households that have a child (or children) under the age of 6, husbands are spending more time with their children on Saturdays and Sundays, while time results for wives fell.

For husbands and wives¹⁾ in households which have a child or children, looking at time spent together with their child(ren) (excluding sleep and naps; hereinafter applicable), husbands spent 3 hours and 1 minute and wives spent 5 hours and 59 minutes, meaning that wives spend 2 hours and 58 minutes more time with their child(ren) than their husbands. Looking at by whether or not both husband and wife are working, wives in households where “Both husband and wife are working” spend 1 hour and 55 minutes less time with their children than wives in households where the “Husband is working and wife is not working” (Table 4-1).

**Table 4-1 Average time spent for all persons and participation rate on being together with child(ren) by age group the youngest child belonged to and usual economic activities of a married couple (2021)
– weekly average, households with child(ren) present**

		Total		Of which both husband and wife are working		Of which husband is working and wife is not working	
		Average time for all persons (hours. minutes)	Participation rate (%)	Average time for all persons (hours. minutes)	Participation rate (%)	Average time for all persons (hours. minutes)	Participation rate (%)
Husbands	Total	3.01	73.7	3.08	74.6	3.20	78.0
	Of which the youngest child is under 6 years old	4.36	85.4	4.25	81.5	4.43	90.5
Wives	Total	5.59	85.8	5.53	87.4	7.48	89.3
	Of which the youngest child is under 6 years old	10.45	98.1	9.20	98.1	12.24	98.2

For husbands and wives where the youngest child is under 6 years old, looking at time spent with their child(ren) by day of the week, both husbands and wives spend more time with the child(ren) on Saturdays and Sundays than on weekdays. Looking at trends, the time husbands spent with their child(ren) on weekdays remained unchanged, and the time spent with their children on Saturdays and Sundays from 2016 to 2021 increased. Alternatively, the time wives spent with their child(ren) on Saturdays and Sundays had been on an upward trend, however it decreased from 2016 to 2021 (Figure 4-1, Figure 4-2, Table 4-2).

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

Figure 4-1 Average time spent with children by day of the week by married couple whose youngest child is under 6 years old (2021) – households with child(ren) present

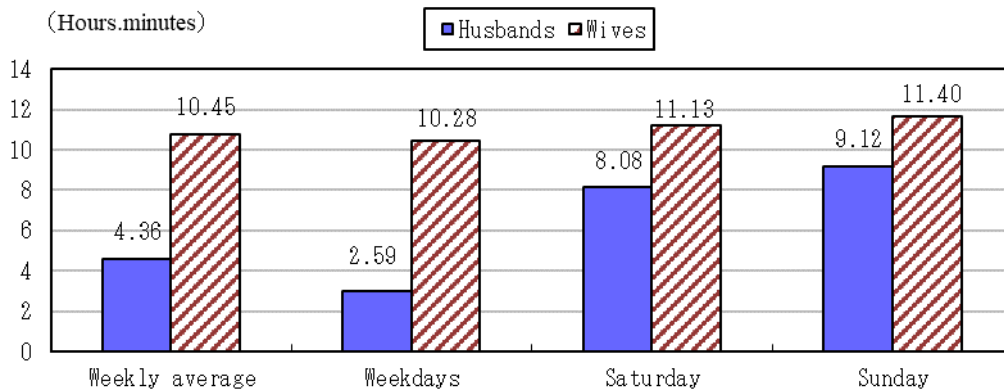


Figure 4-2 Average time spent with children by day of the week by a married couple whose youngest child is under 6 years old (2006-2021) – households with child(ren) present

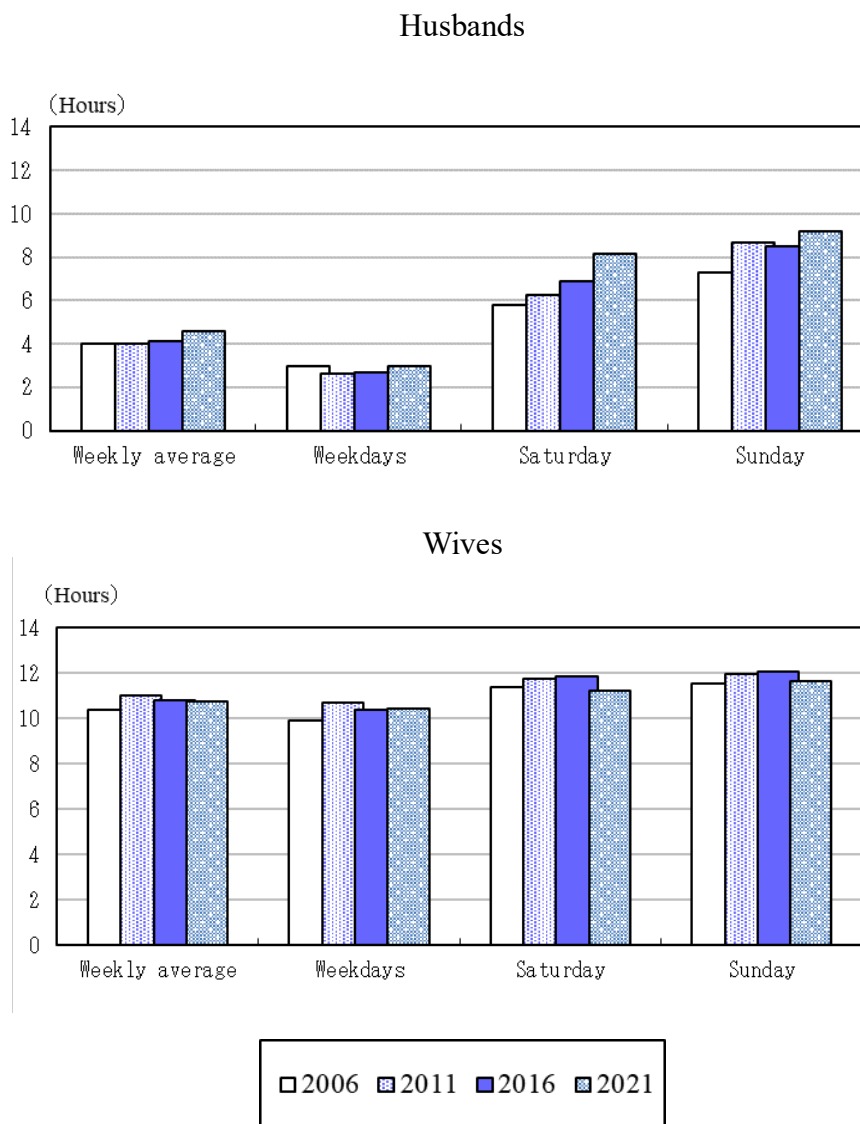


Table 4-2 Average time spent with children by day of the week by married couple whose youngest child is under 6 years old (2006-2021) – households with child(ren) present

Husbands					Wives				
(Hours.minutes)					(Hours.minutes)				
	Weekly average	Weekdays	Saturday	Sunday		Weekly average	Weekdays	Saturday	Sunday
2006	4.00	2.59	5.49	7.17	2006	10.22	9.55	11.24	11.33
2011	4.00	2.37	6.16	8.39	2011	11.01	10.41	11.44	11.58
2016	4.07	2.41	6.54	8.31	2016	10.50	10.22	11.53	12.05
2021	4.36	2.59	8.08	9.12	2021	10.45	10.28	11.13	11.40

5 Place of Participation

(1) The “At home” result has increased by 50 minutes. The largest increase was recorded among the 25 to 29 years old age group for an increase of 1 hour and 58 minutes.

When comparing the place of participation in an activity with results from 2016, “At home” increased by 50 minutes. All other places of participation decreased in time. Next, when looking at time spent “At home” by age range, all age groups spent an increased amount of time “At home” when compared with time spent in 2016, excluding the 75 years old and over age group. For time spent “At home,” the difference between 2016 and 2021 was the largest for the 25 to 29 years old age group, with an increase of 1 hour and 58 minutes. However, time spent “On travel” decreased across all age groups (Figure 5-1, Table 5-1, Figure 5-2).

Figure 5-1 Average time spent by place of participation (2016, 2021)
– weekly average

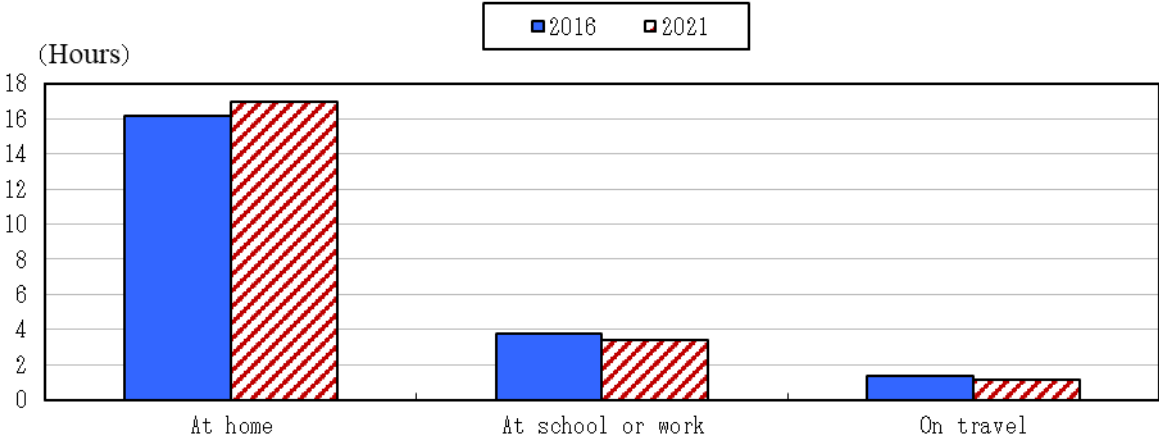
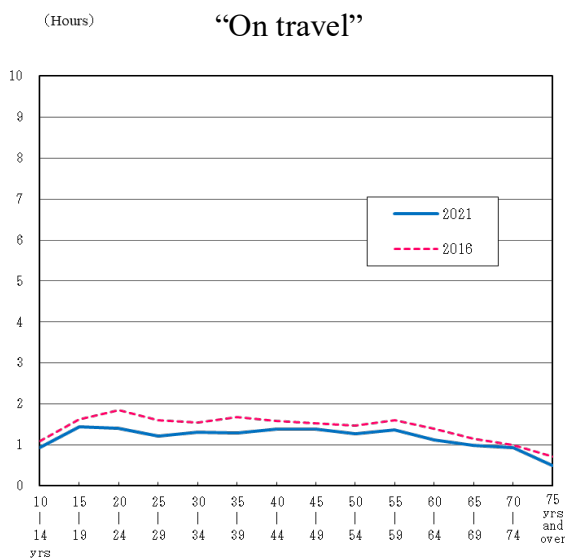
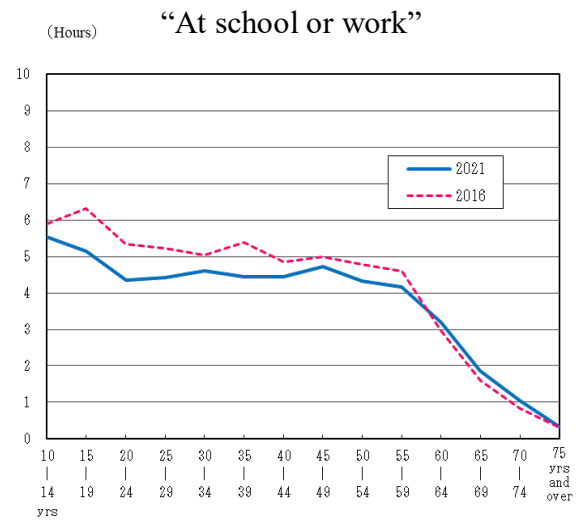
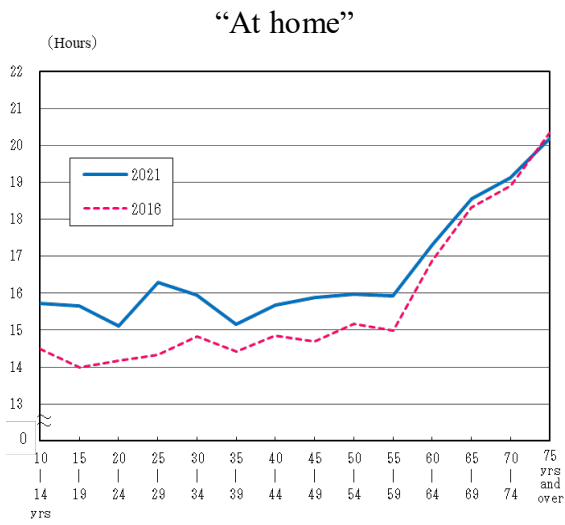


Table 5-1 Average time spent by place of participation, age range (2016, 2021)
– weekly average

	At home			At school or work			On travel		
	2016 (hours. minutes)	2021 (hours. minutes)	Difference (hours. minutes)	2016 (hours. minutes)	2021 (hours. minutes)	Difference (hours. minutes)	2016 (hours. minutes)	2021 (hours. minutes)	Difference (hours. minutes)
Total	16.08	16.58	0.50	3.48	3.24	-0.24	1.22	1.08	-0.14
10 to 14	14.29	15.44	1.15	5.54	5.33	-0.21	1.06	0.56	-0.10
15 to 19	14.00	15.39	1.39	6.19	5.09	-1.10	1.37	1.27	-0.10
20 to 24	14.10	15.07	0.57	5.21	4.21	-1.00	1.51	1.25	-0.26
25 to 29	14.20	16.18	1.58	5.13	4.25	-0.48	1.36	1.13	-0.23
30 to 34	14.50	15.57	1.07	5.03	4.37	-0.26	1.33	1.19	-0.14
35 to 39	14.25	15.09	0.44	5.23	4.26	-0.57	1.41	1.18	-0.23
40 to 44	14.51	15.41	0.50	4.51	4.26	-0.25	1.35	1.23	-0.12
45 to 49	14.42	15.53	1.11	5.00	4.44	-0.16	1.32	1.23	-0.09
50 to 54	15.10	15.58	0.48	4.47	4.20	-0.27	1.28	1.17	-0.11
55 to 59	14.59	15.56	0.57	4.36	4.10	-0.26	1.36	1.22	-0.14
60 to 64	16.52	17.19	0.27	2.58	3.11	0.13	1.24	1.07	-0.17
65 to 69	18.19	18.34	0.15	1.36	1.52	0.16	1.09	1.00	-0.09
70 to 74	18.54	19.08	0.14	0.50	1.02	0.12	1.00	0.56	-0.04
75 or above	20.21	20.12	-0.09	0.18	0.19	0.01	0.43	0.30	-0.13

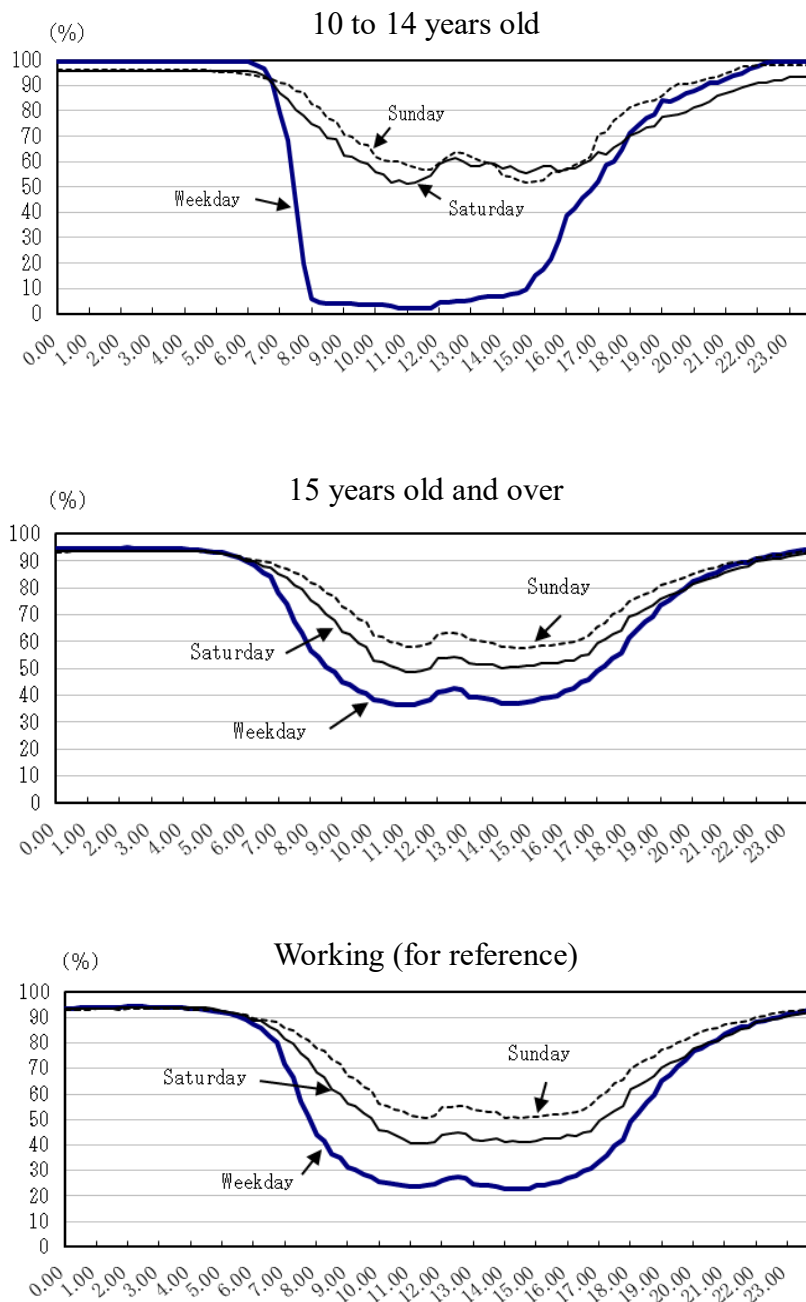
Figure 5-2 Average time spent by place of participation, age range (2016, 2021)
 – weekly average



(2) The “At home” result rate of persons who are 15 years and older for Saturdays and Sundays exceeds 50% across all time slots excluding one part of morning time slots.

Looking at the proportion (participation rate) of “At home” on weekdays by age range and time slots, the rate was below 10% for “10 to 14 years old” age range between the hours of 8:00 and 15:00, but the rate was more than 40% for the “15 years old and over” age range across all time slots excluding the 10:00 to 12:00 and 13:00 to 15:45 time slots. When looking at Saturday and Sunday, time spent “At home” for the “10 to 14 years old” age range was more than 50% across all time slots, and time spent “At home” was also more than 50% for “15 years old and over” age range across all time slots excluding the 10:45 to 11:45 time slot on Saturday (Figure 5-3).

Figure 5-3 Participation rates for “At home” results by day of the week, time of day and age range



6 Use of smartphones/PCs

(1) Use of smartphones /PCs was highest among persons who are 25 to 34 years old at 85.9% with the average use time among the same age group also being the longest at 5 hours and 47 minutes.

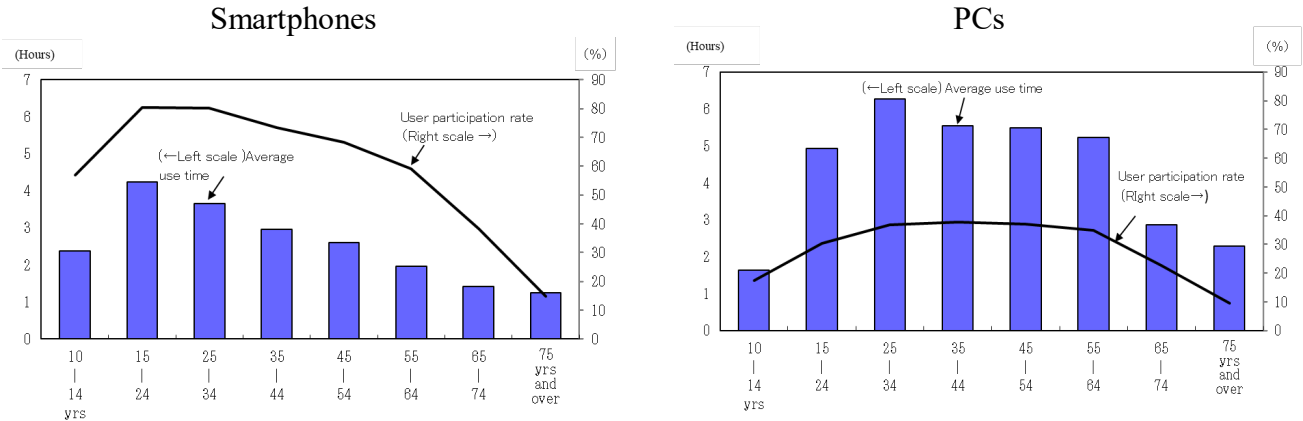
The proportion of persons who used smartphones/PCs (participation rate in activities) is 65.0% with an average use time at 4 hours and 29 minutes. Next, looking at use of smartphones/PCs by use¹⁾, smartphone user percentage was 57.6% for an average use time of 2 hours and 48 minutes. Computer user percentage was 29.0% for an average use time of 4 hours and 56 minutes.

Next, looking at average user participation rate and average use time by age range, user participation rate of smartphone and PC use was highest among persons who are 25 to 34 years old at 85.9% with the average use time among the same age group also being the longest at 5 hours and 47 minutes (Table 6-1, Figure 6-1).

Table 6-1 User participation rate and average use time of smartphones/PCs by age range (2021) – weekly average

	Participation rate (%)			Average use time (hours.minutes)		
	Used a smartphone/PC			Used a smartphone/PC		
		Used a smartphone	Used a PC		Used a smartphone	Used a PC
Total	65.0	57.6	29.0	4.29	2.48	4.56
10 to 14	66.2	56.9	17.5	2.26	2.23	1.38
15 to 24	83.5	80.5	30.4	5.30	4.14	4.56
25 to 34	85.9	80.2	36.9	5.47	3.39	6.16
35 to 44	78.1	73.4	37.7	5.11	2.58	5.33
45 to 54	77.5	68.3	37.1	4.43	2.36	5.29
55 to 64	69.5	59.2	34.8	4.13	1.58	5.14
65 to 74	48.9	38.3	22.6	2.22	1.25	2.52
75 or above	20.6	14.9	9.6	1.53	1.15	2.17

Figure 6-1 User participation rate and average use time of smartphones/PCs by age range (2021) – weekly average



1) Multiple answers acceptable for use of smartphones/PCs

(2) “On travel” smartphone usage was 13.4% compared to 1.1% of PC use.

Looking at user participation rate in “Use of smartphones/PCs” by use of smartphone/PC and place of participation, “At home” was the highest result at 51.5% for smartphone use and 18.5% for PC use. “On travel” user participation rate was 13.4% for smartphone use and 1.1% for PC use (Table 6-2).

Table 6-2 User participation rate for “Use of smartphones/PCs” by place of participation (2021) – weekly average

(%)										
Used a smartphone/PC										
Total	Used a smartphone					Used a PC				
	Total	At home	At school or work	On travel	Other	Total	At home	At school or work	On travel	Other
65.0	57.6	51.5	13.5	13.4	9.7	29.0	18.5	12.2	1.1	1.1

(3) The highest result for use of smartphones and PCs was “free time”.

Looking at user participation rate by activity category(major groups) for “Use of smartphones/PCs”, “Free time” was the most common result at 61.7%. Furthermore, the average use time for “Use of smartphones/PCs” was 2 hours and 49 minutes during “Free time” (Table 6-3).

Table 6-3 Average use time and participation rate for “Use of smartphones/PCs” by sex, and kind of activity (2021) – weekly average

Kind of activity using smartphone/PC	Participation rate (%)			Average time for participants (hours. minutes)		
	Total	Male	Female	Total	Male	Female
Total	65.0	66.8	63.3	4.29	5.06	3.51
Paid work	17.5	22.5	12.8	5.23	5.35	5.02
Unpaid work	8.5	5.4	11.5	0.51	0.58	0.48
Housework	4.8	2.6	6.9	0.43	0.55	0.39
Child care	1.0	0.4	1.5	0.44	1.17	0.37
Shopping and using services	3.5	2.4	4.5	0.39	0.43	0.37
Schoolwork, learning, self-education, and training	4.1	4.2	4.0	2.33	2.50	2.19
Personal care	9.9	8.7	11.0	0.29	0.29	0.29
Free time	61.7	62.6	60.7	2.49	3.03	2.36
Social life	9.7	6.8	12.6	0.53	0.58	0.50
Entertainment, hobbies and culture	49.2	49.9	48.4	2.08	2.22	1.55
Mass media	33.8	33.5	34.0	1.45	1.57	1.34
Other	1.2	1.1	1.2	1.04	1.16	0.49