

Overview of the Public Opinion Survey on the Life of the People

August 2017

Public Relations Office, Cabinet Office

The Government of Japan

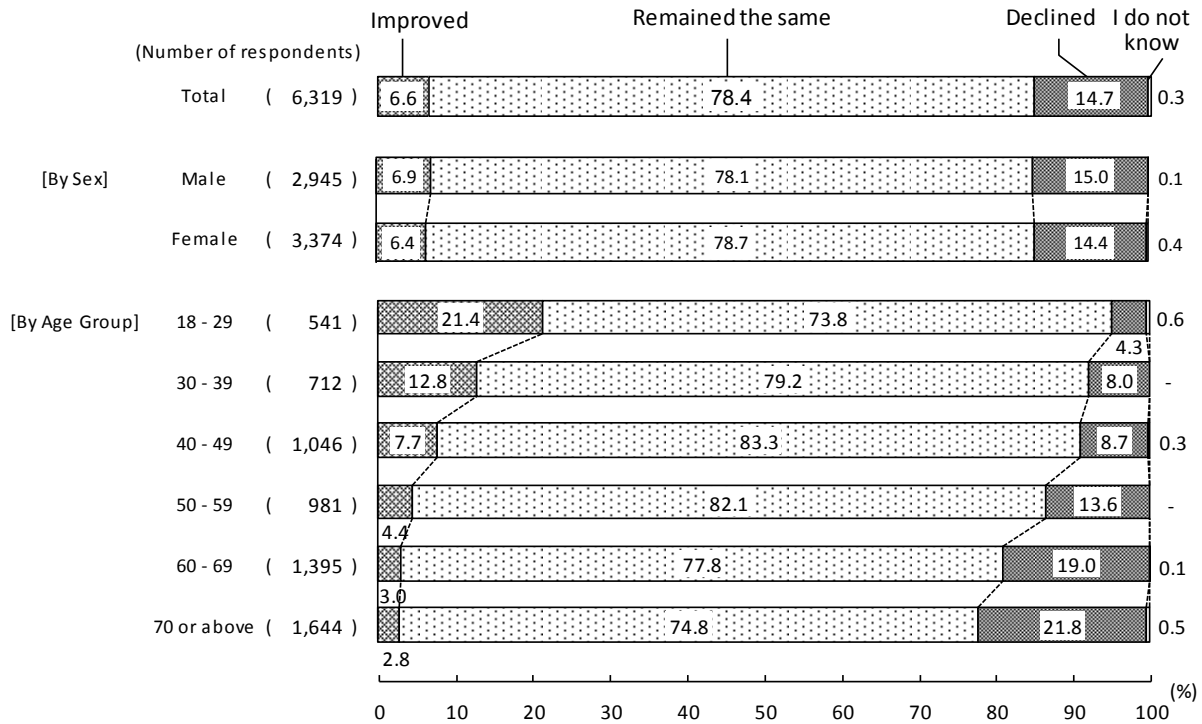
- Survey target:** 10,000 Japanese nationals of age 18 years or above nationwide
Valid responses: 6,319 people (Response rate: 63.2%)
- Survey period:** 15 June - 2 July 2017 (Face-to-face interviews conducted by survey officers)
- Objectives:** To capture the various points of view on people's awareness and needs concerning their lives, such as perspectives on their families and homes or current and future lifestyles, and use the data as basic resource for general administration of the government.
- Survey items:**
1. Current lifestyle (Sense of improvement in lifestyle, degree of satisfaction, etc.)
 2. Future lifestyle (Outlook on life, areas of emphasis, etc.)
 3. Way of life, attitudes
 4. Requests to the government
- Track record:** In principle, the survey has been conducted every fiscal year since FY1957, this being the 61st survey.
(Since the survey for FY2006, the respondents are informed that the survey is conducted by the Cabinet Office.)
- Note:** This document indicates "↑" or "↓" for responses with a statistically significant difference (95% confidence interval), in comparison with past survey results.

1. Current Lifestyle

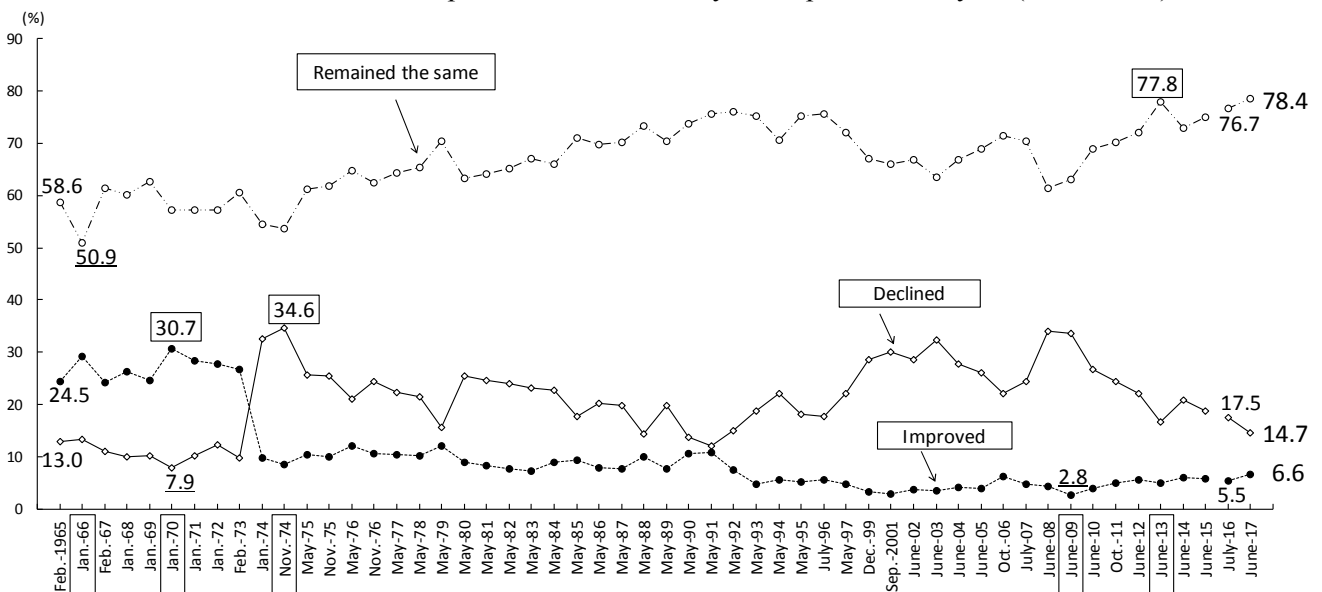
(1) Sense of improvement in the lifestyle compared to last year

Q1 How would you describe the lifestyle of your household compared to this time last year?
Please select one answer.

	July 2016		June 2017
• Improved	5.5%	→	6.6% ↑
• Remained the same	76.7%	→	78.4% ↑
• Declined	17.5%	→	14.7% ↓



<Reference> Sense of improvement in the lifestyle compared to last year (Time series)

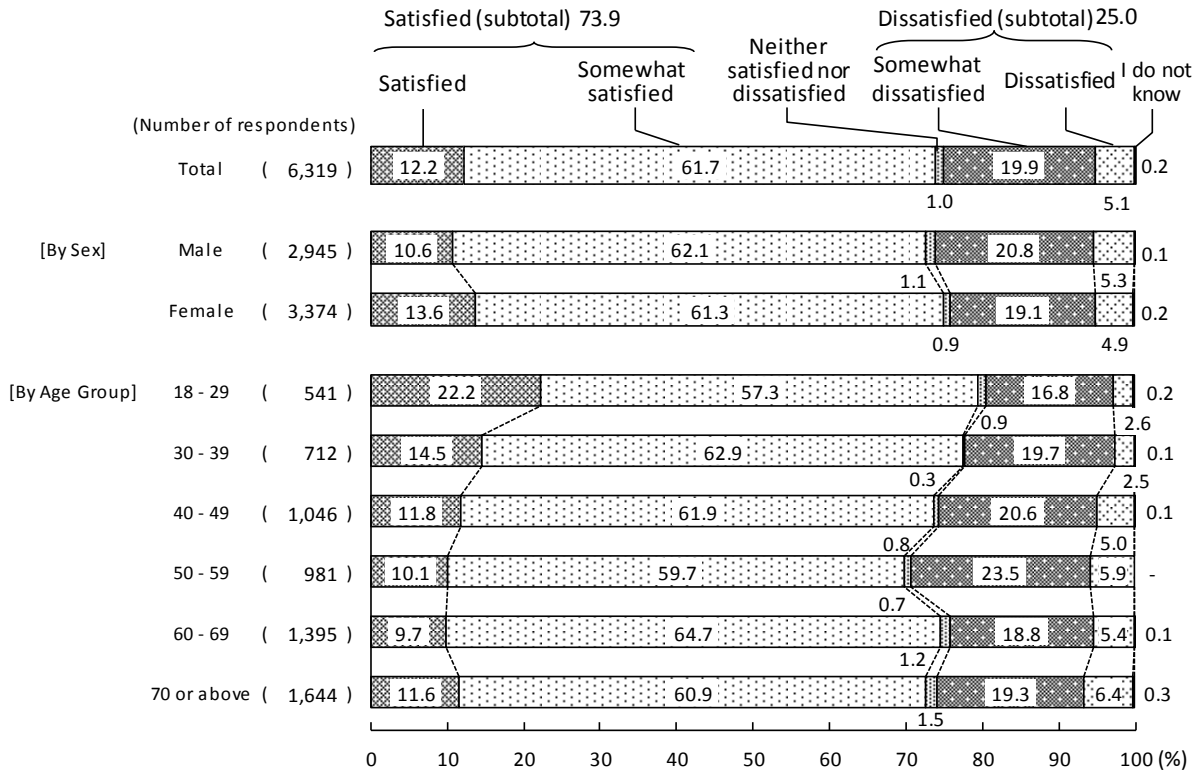


(Note) Targets' age up to June 2015 survey were 20 years or above ; targets' age from July 2016 are 18 years or above (the same hereinafter).

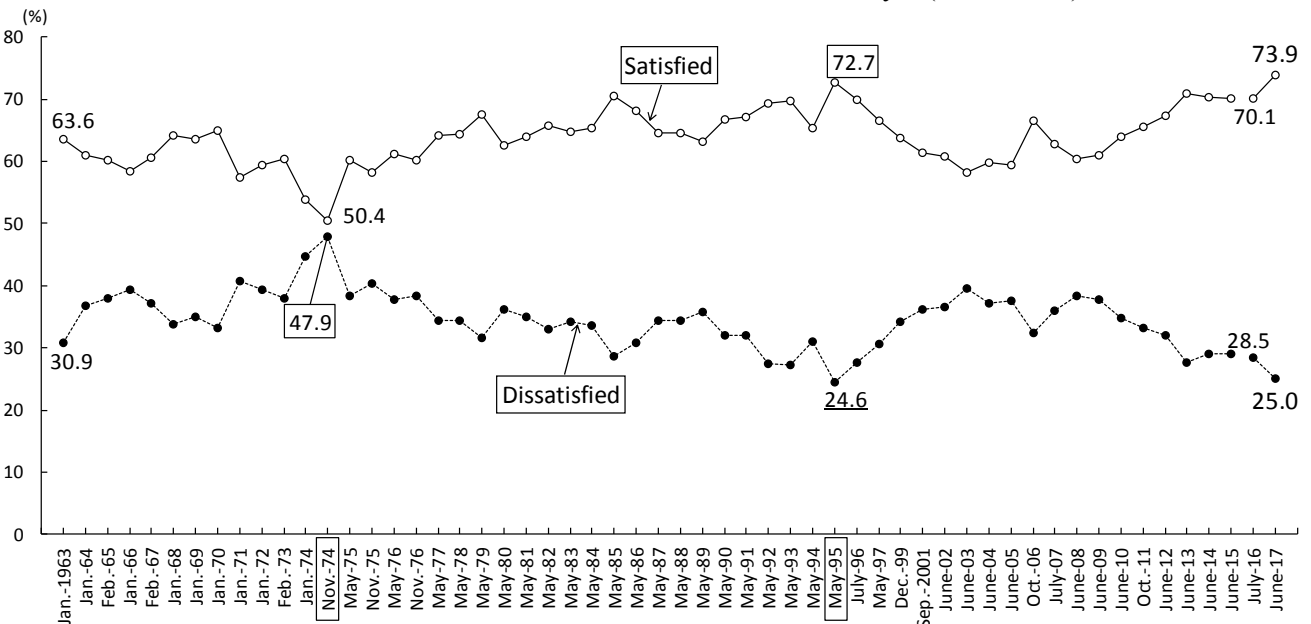
(2) Levels of satisfaction with the current lifestyle

Q2 Overall, how satisfied are you with your current lifestyle? Please select one answer.

	July 2016	→	June 2017	↑
• <u>Satisfied (subtotal)</u>	<u>70.1%</u>		<u>73.9%</u>	
• Satisfied	10.7%	→	12.2%	↑
• Somewhat satisfied	59.4%	→	61.7%	↑
• <u>Dissatisfied (subtotal)</u>	<u>28.5%</u>	→	<u>25.0%</u>	↓
• Somewhat dissatisfied	22.6%	→	19.9%	↓
• Dissatisfied	5.9%	→	5.1%	↓



<Reference> Levels of satisfaction with the current lifestyle (Time series)



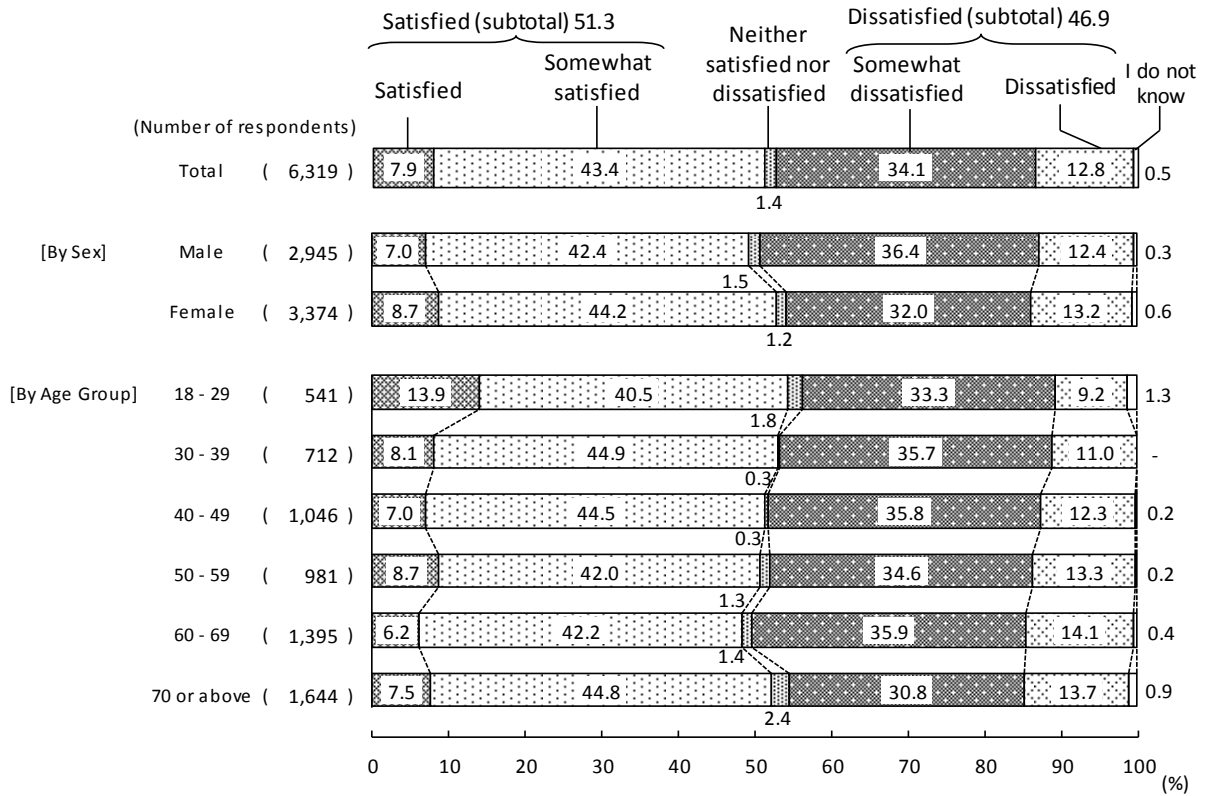
(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"
 "Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"

(3) Levels of satisfaction with each aspect of current lifestyle

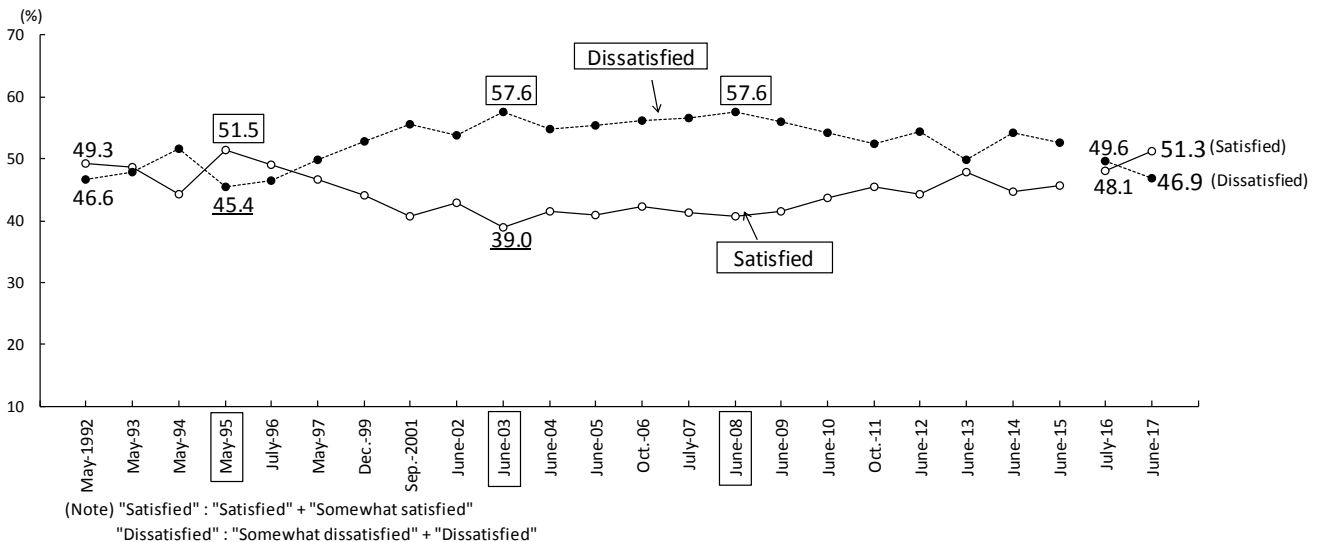
A. Income / Revenue

Q3-a How satisfied are you with income and revenue of your life? Please select one answer.

	July 2016	→	June 2017
<u>Satisfied (subtotal)</u>	48.1%		51.3% ↑
•Satisfied	7.4%		7.9%
•Somewhat satisfied	40.7%		43.4% ↑
<u>Dissatisfied (subtotal)</u>	49.6%		46.9% ↓
•Somewhat dissatisfied	35.3%		34.1%
•Dissatisfied	14.3%		12.8% ↓



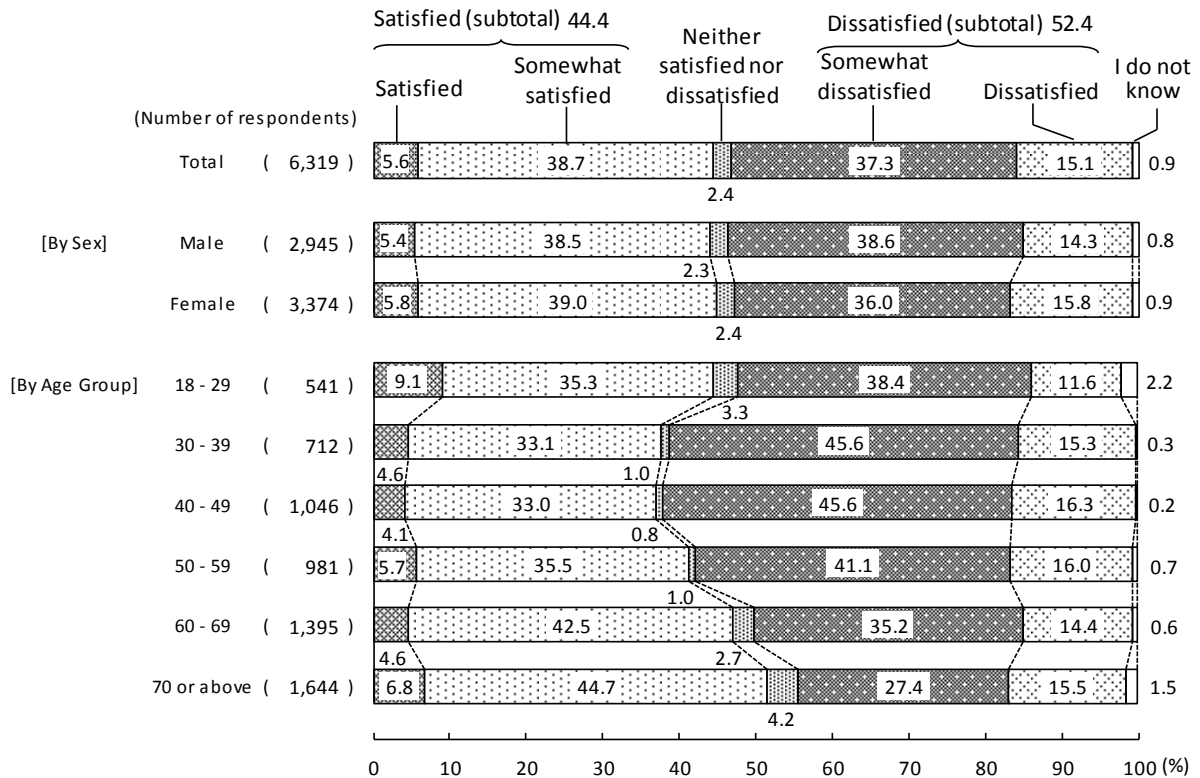
<Reference> Levels of satisfaction with each aspect of current lifestyle - Income / Revenue - (Time series)



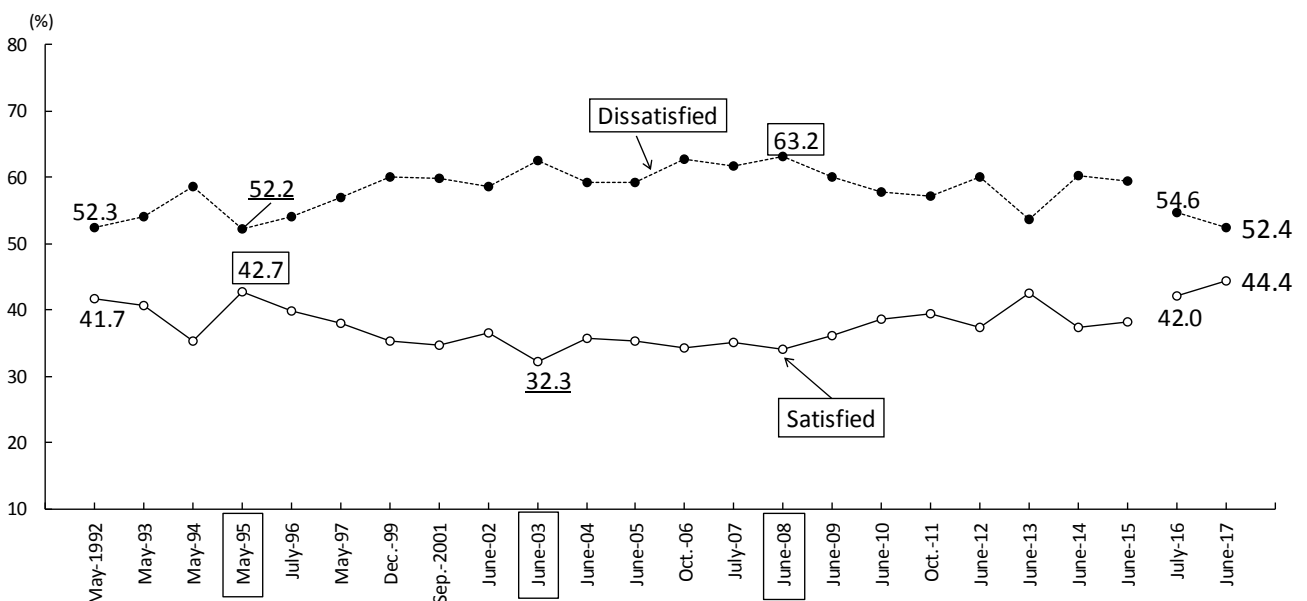
B. Assets / Savings

Q3-b How satisfied are you with assets and savings of your life? Please select one answer.

	July 2016	→	June 2017
<u>Satisfied (subtotal)</u>	42.0%		44.4% ↑
• Satisfied	5.2%		5.6%
• Somewhat satisfied	36.8%		38.7% ↑
<u>Dissatisfied (subtotal)</u>	54.6%		52.4% ↓
• Somewhat dissatisfied	37.7%		37.3%
• Dissatisfied	16.9%		15.1% ↓



<Reference> Levels of satisfaction with each aspect of current lifestyle - Assets / Savings - (Time series)

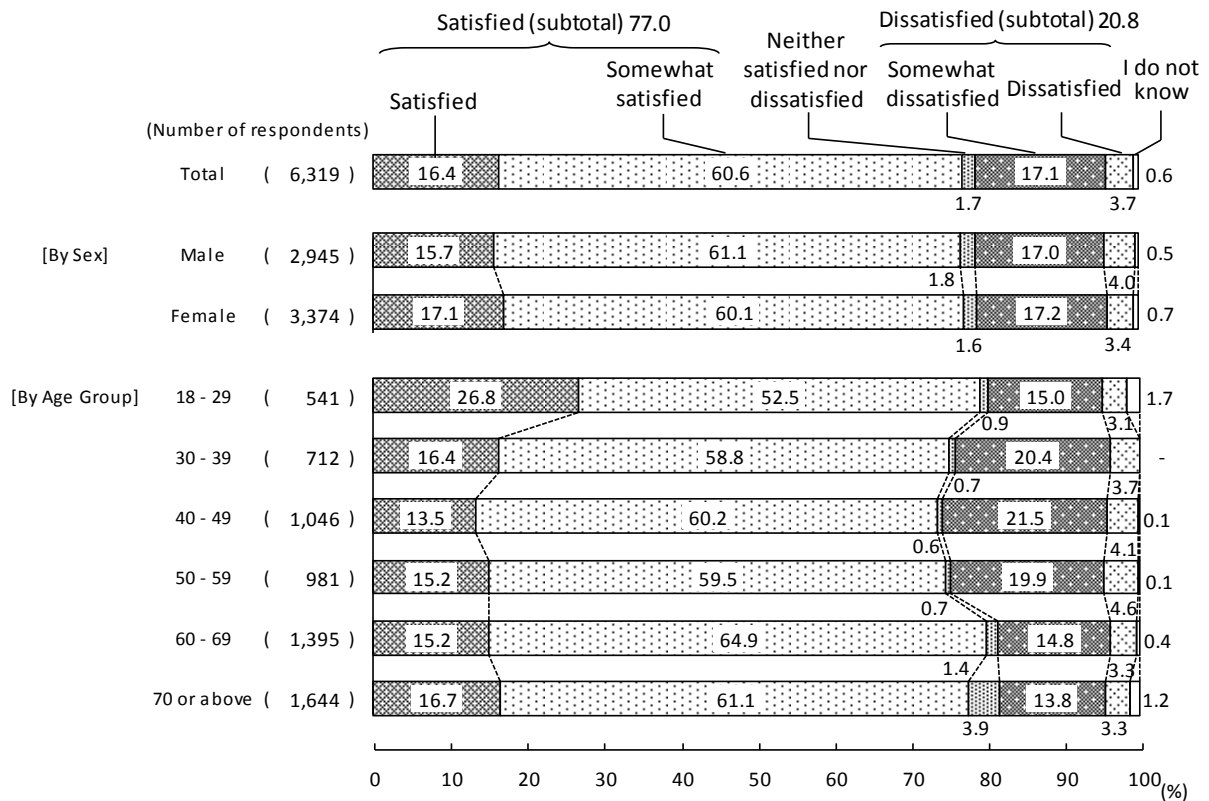


(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"
 "Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"

C. Durable consumer goods such as automobiles, electrical appliances, furniture, etc.

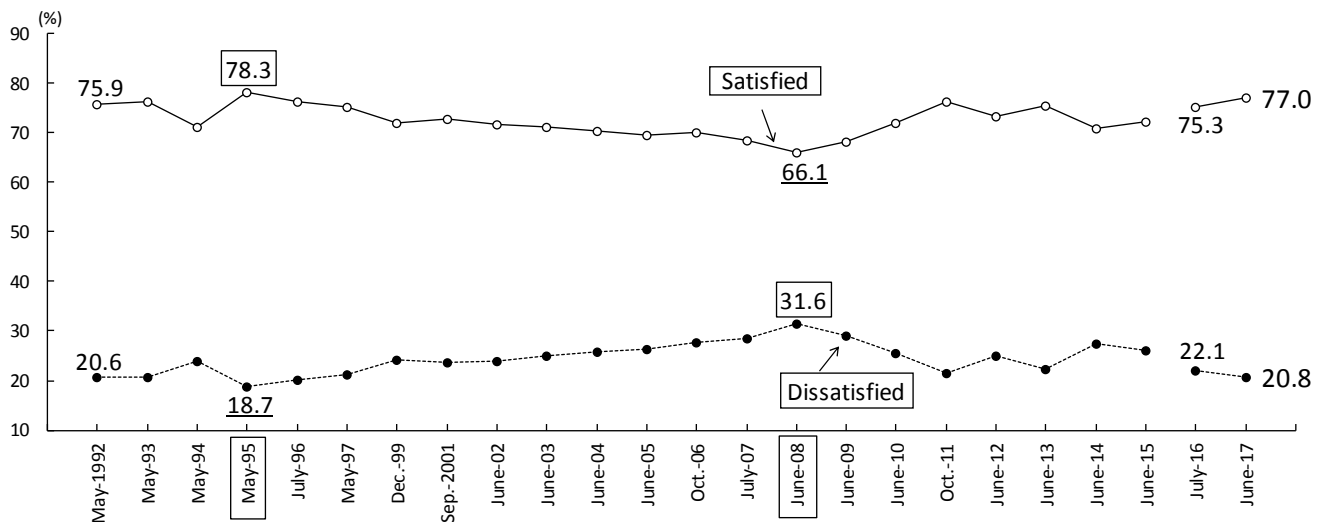
Q3-c How satisfied are you with durable consumer goods such as automobiles, electrical appliances, and furniture of your life? Please select one answer:

	July 2016	→	June 2017
<u>Satisfied (subtotal)</u>	<u>75.3%</u>		<u>77.0%</u> ↑
• Satisfied	14.4%		16.4% ↑
• Somewhat satisfied	60.8%		60.6%
<u>Dissatisfied (subtotal)</u>	<u>22.1%</u>		<u>20.8%</u>
• Somewhat dissatisfied	17.4%		17.1%
• Dissatisfied	4.7%		3.7% ↓



<Reference> Levels of satisfaction with each aspect of current lifestyle

- Durable consumer goods such as automobiles, electrical appliances, furniture, etc. - (Time series)

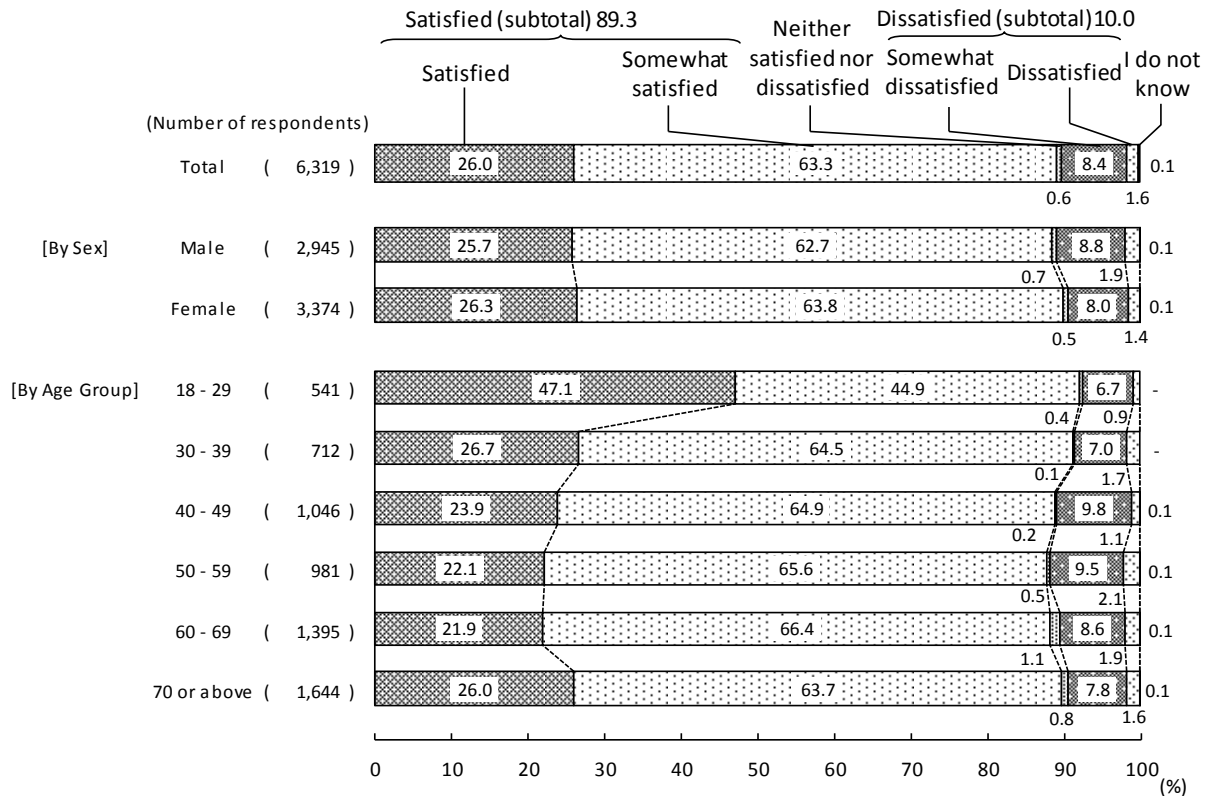


(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"
 "Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"

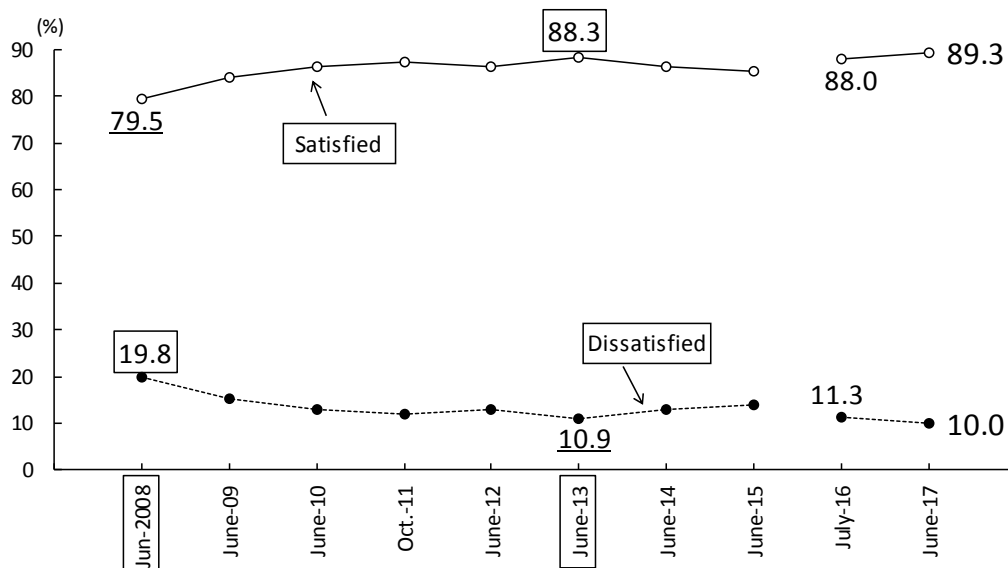
D. Food

Q3-d How satisfied are you with food of your life? Please select one answer.

	July 2016	→	June 2017
<u>Satisfied (subtotal)</u>	88.0%		89.3% ↑
• Satisfied	23.8%		26.0% ↑
• Somewhat satisfied	64.3%		63.3%
<u>Dissatisfied (subtotal)</u>	11.3%		10.0% ↓
• Somewhat dissatisfied	9.2%		8.4%
• Dissatisfied	2.1%		1.6% ↓



<Reference> Levels of satisfaction with each aspect of current lifestyle - Food - (Time series)

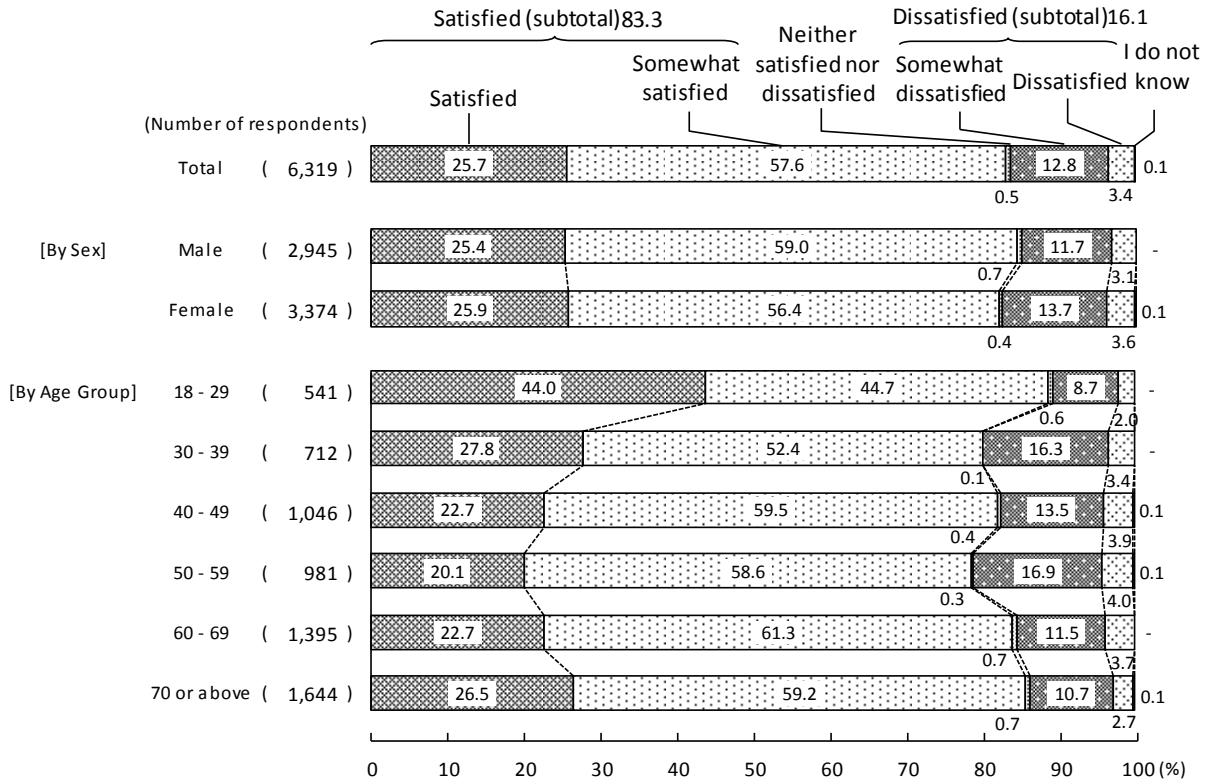


(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"
 "Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"

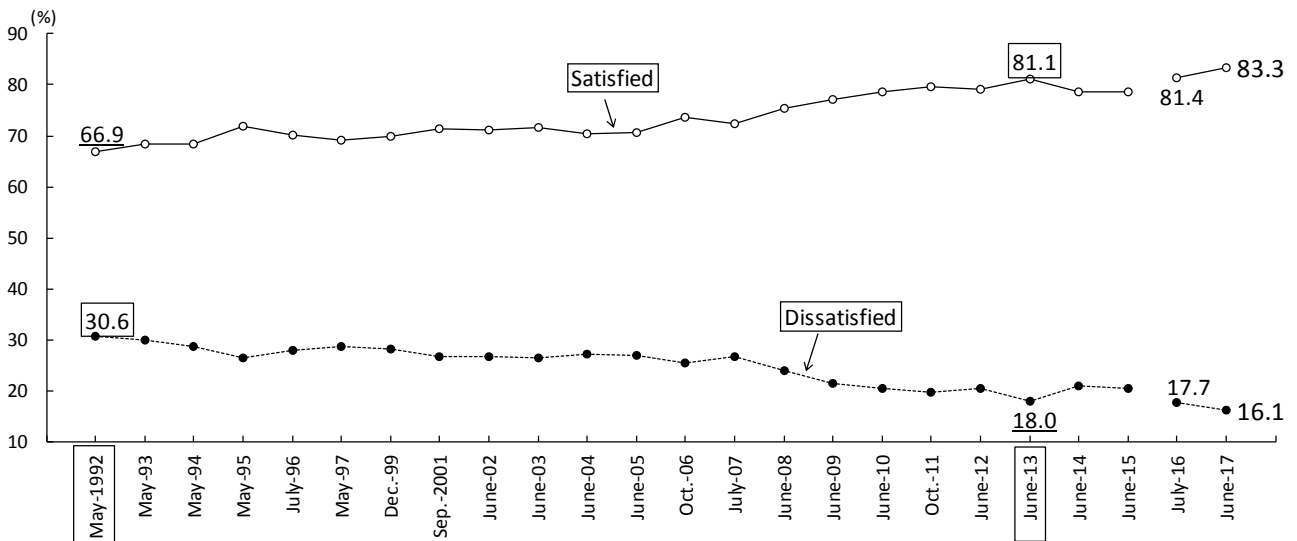
E. Housing

Q3-e How satisfied are you with housing of your life? Please select one answer.

	July 2016	→	June 2017
<u>Satisfied (subtotal)</u>	81.4%	→	83.3% ↑
• Satisfied	23.4%	→	25.7% ↑
• Somewhat satisfied	58.0%	→	57.6%
<u>Dissatisfied (subtotal)</u>	17.7%	→	16.1% ↓
• Somewhat dissatisfied	13.9%	→	12.8%
• Dissatisfied	3.8%	→	3.4%



<Reference> Levels of satisfaction with each aspect of current lifestyle - Housing - (Time series)

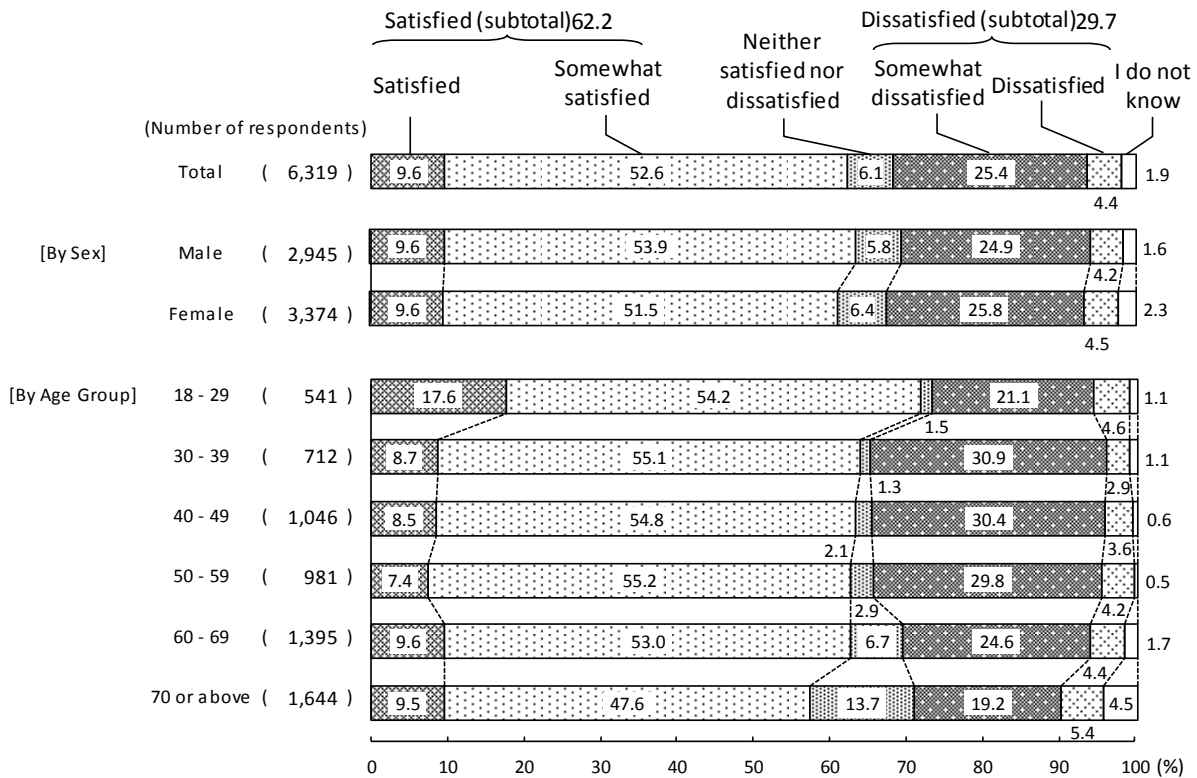


(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"
 "Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"

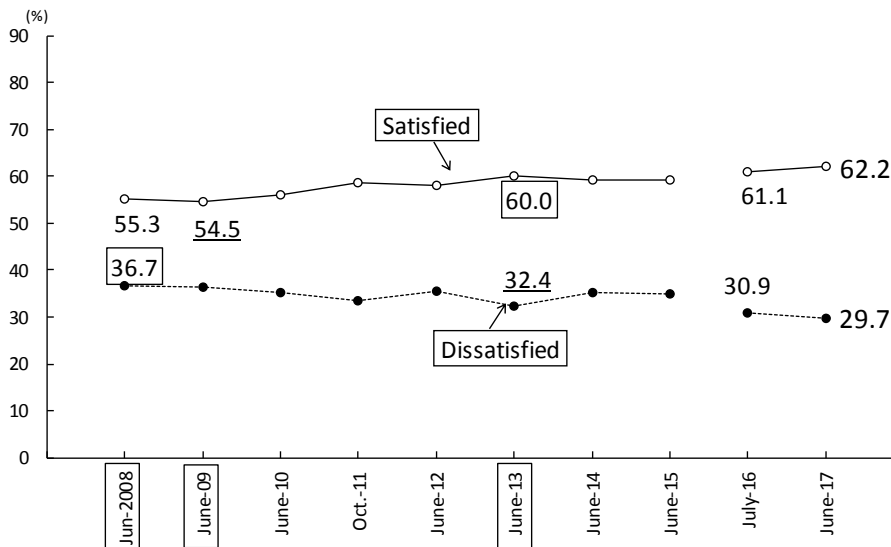
F. Self-development and improvement

Q3-f How satisfied are you with self-development and improvement of your life?
Please select one answer.

	July 2016	→	June 2017
<u>Satisfied (subtotal)</u>	61.1%		62.2%
• Satisfied	8.9%		9.6%
• Somewhat satisfied	52.2%		52.6%
<u>Dissatisfied (subtotal)</u>	30.9%		29.7%
• Somewhat dissatisfied	26.1%		25.4%
• Dissatisfied	4.8%		4.4%



<Reference> Levels of satisfaction with each aspect of current lifestyle
- Self-development and improvement - (Time series)

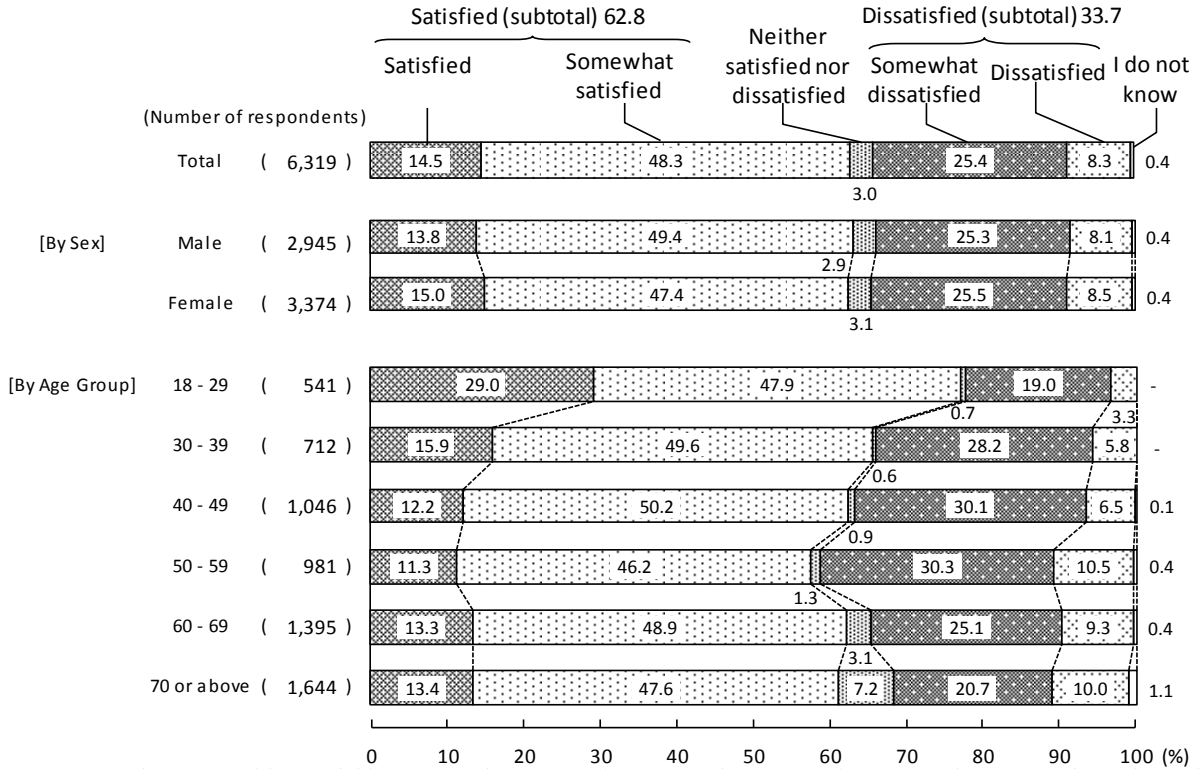


(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"
"Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"

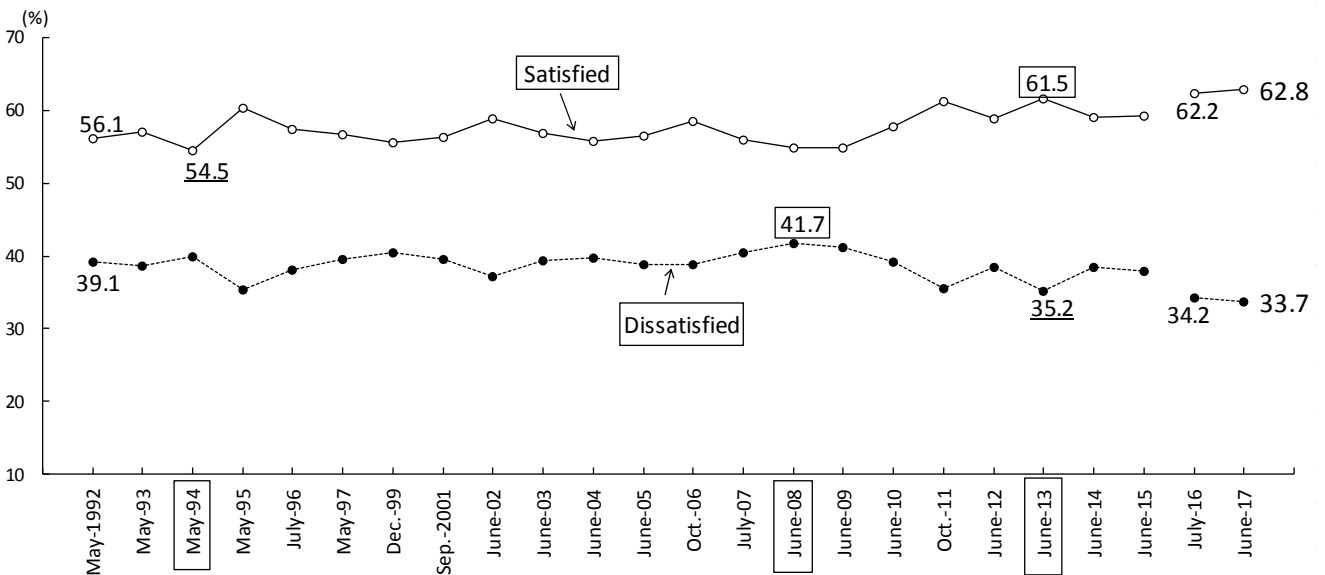
G. Leisure

Q3-g How satisfied are you with leisure of your life? Please select one answer.

	July 2016	→	June 2017
<u>Satisfied (subtotal)</u>	62.2%	→	62.8%
• Satisfied	13.1%	→	14.5% ↑
• Somewhat satisfied	49.1%	→	48.3%
<u>Dissatisfied (subtotal)</u>	34.2%	→	33.7%
• Somewhat dissatisfied	25.1%	→	25.4%
• Dissatisfied	9.1%	→	8.3%



<Reference> Levels of satisfaction with each aspect of current lifestyle - Leisure -(Time series)



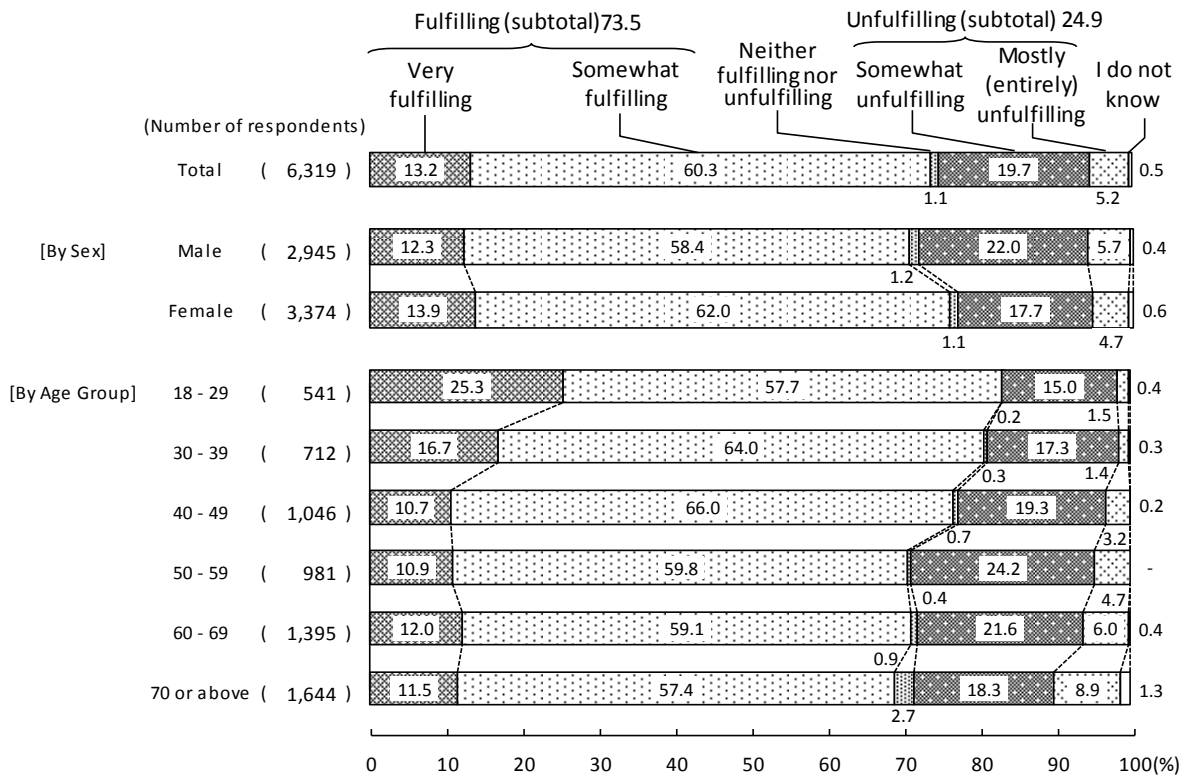
(Note) "Satisfied" : "Satisfied" + "Somewhat satisfied"
 "Dissatisfied" : "Somewhat dissatisfied" + "Dissatisfied"

(4) Sense of Fulfillment

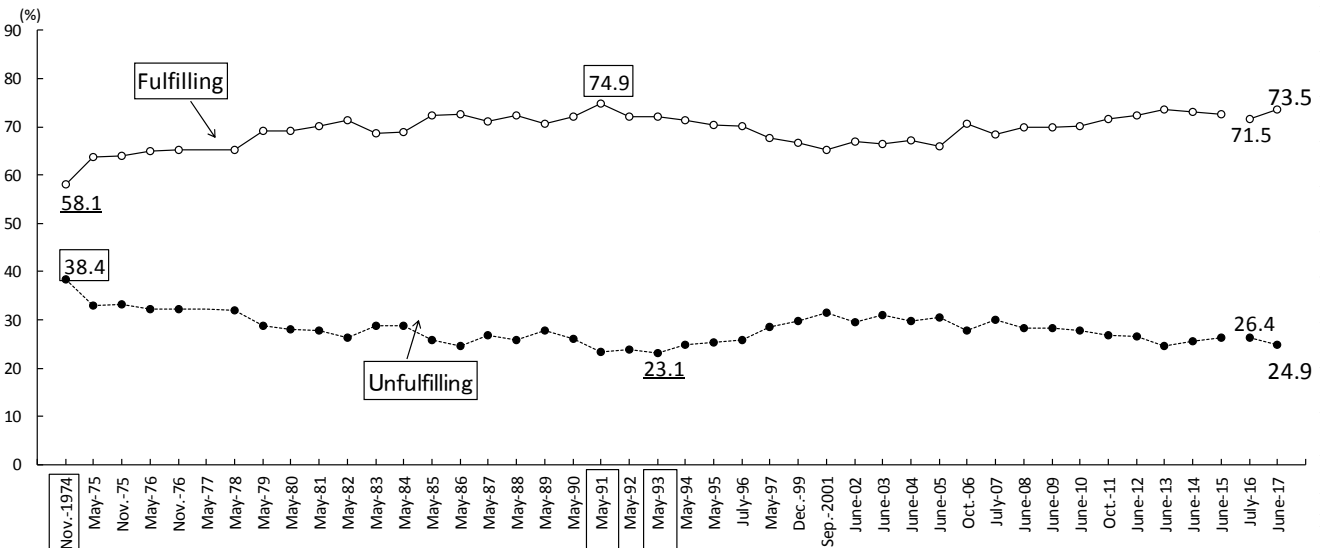
A. Sense of fulfillment in one's everyday life

Q4 How fulfilling do you think is your everyday life? Please select one answer.

	July 2016	→	June 2017
<u>Fulfilling (subtotal)</u>	<u>71.5%</u>		<u>73.5%</u> ↑
• Very fulfilling	12.1%	→	13.2%
• Somewhat fulfilling	59.5%	→	60.3%
<u>Unfulfilling (subtotal)</u>	<u>26.4%</u>	→	<u>24.9%</u>
• Somewhat unfulfilling	21.0%	→	19.7%
• Mostly (entirely) unfulfilling	5.5%	→	5.2%



<Reference> Sense of fulfillment in one's everyday life (Time series)

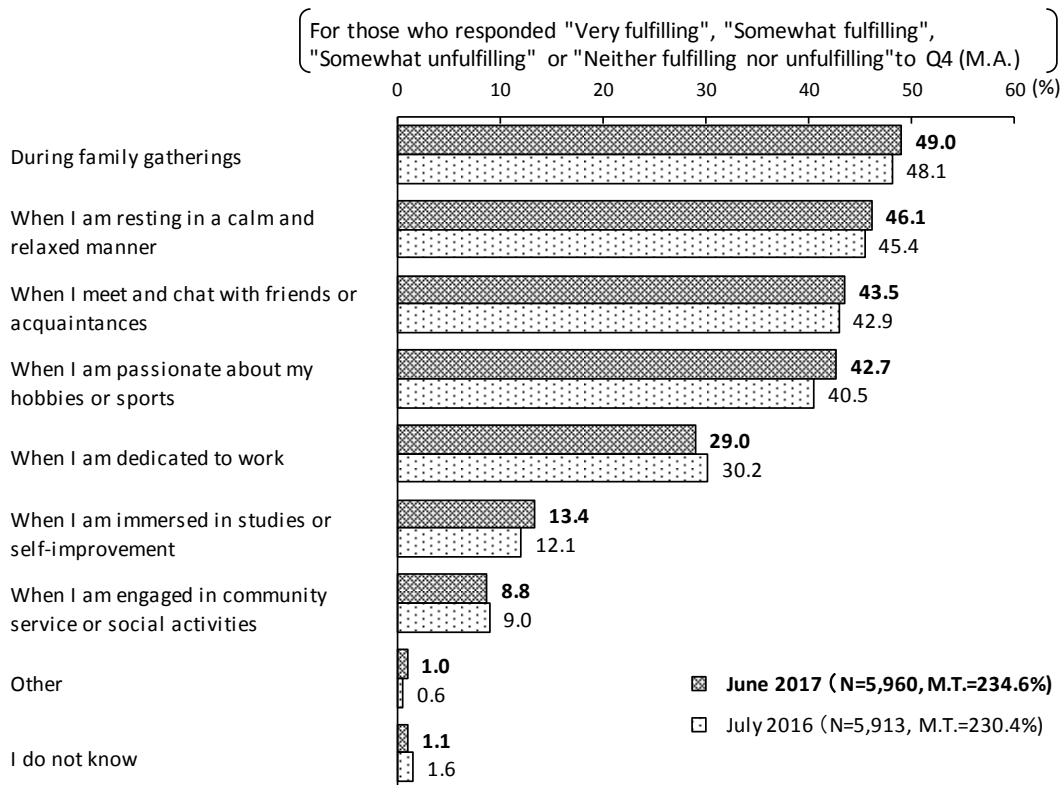


(Note) "Fulfilling" : "Very fulfilling" + "Somewhat fulfilling"
 "Unfulfilling" : "Somewhat unfulfilling" + "Mostly (entirely) unfulfilling".
 The question was not asked in the May 1977 survey.

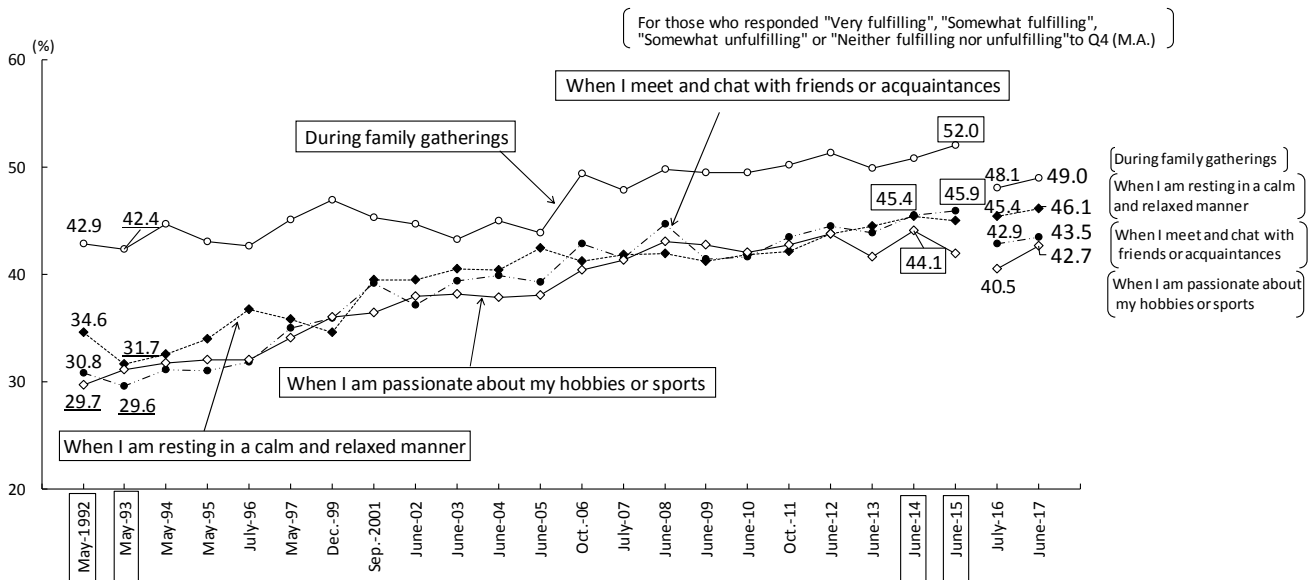
B. Moments of fulfillment

*SQ (For 5,960 people who responded "Very fulfilling", "Somewhat fulfilling", "Somewhat unfulfilling" or "Neither fulfilling nor unfulfilling" to Q4)
When do you feel that your everyday life is fulfilling? Please select all applicable answers.(M.A.)*

	(Top 4 Items)	
	July 2016	June 2017
• During family gatherings	48.1%	49.0%
• When I am resting in a calm and relaxed manner	45.4%	46.1%
• When I meet and chat with friends or acquaintances	42.9%	43.5%
• When I am passionate about my hobbies or sports	40.5%	42.7%



<Reference> Moments of fulfillment (Top 4 Items, Time series)

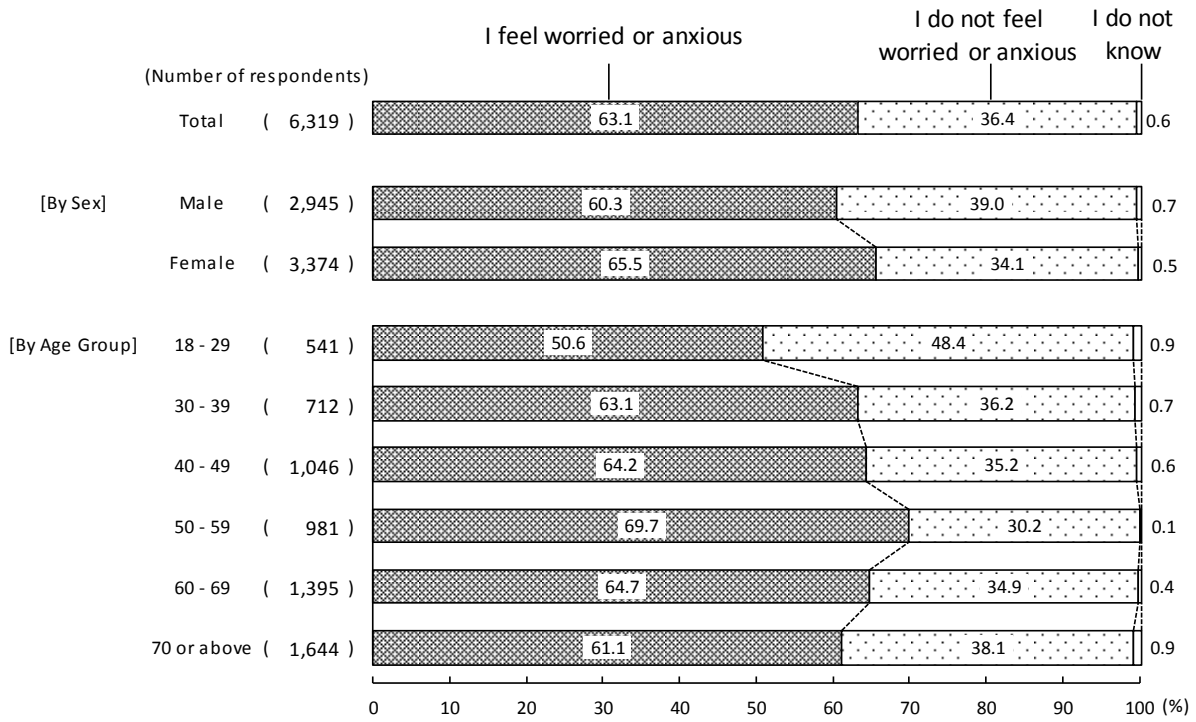


(5) Worries or anxiety in one's everyday life

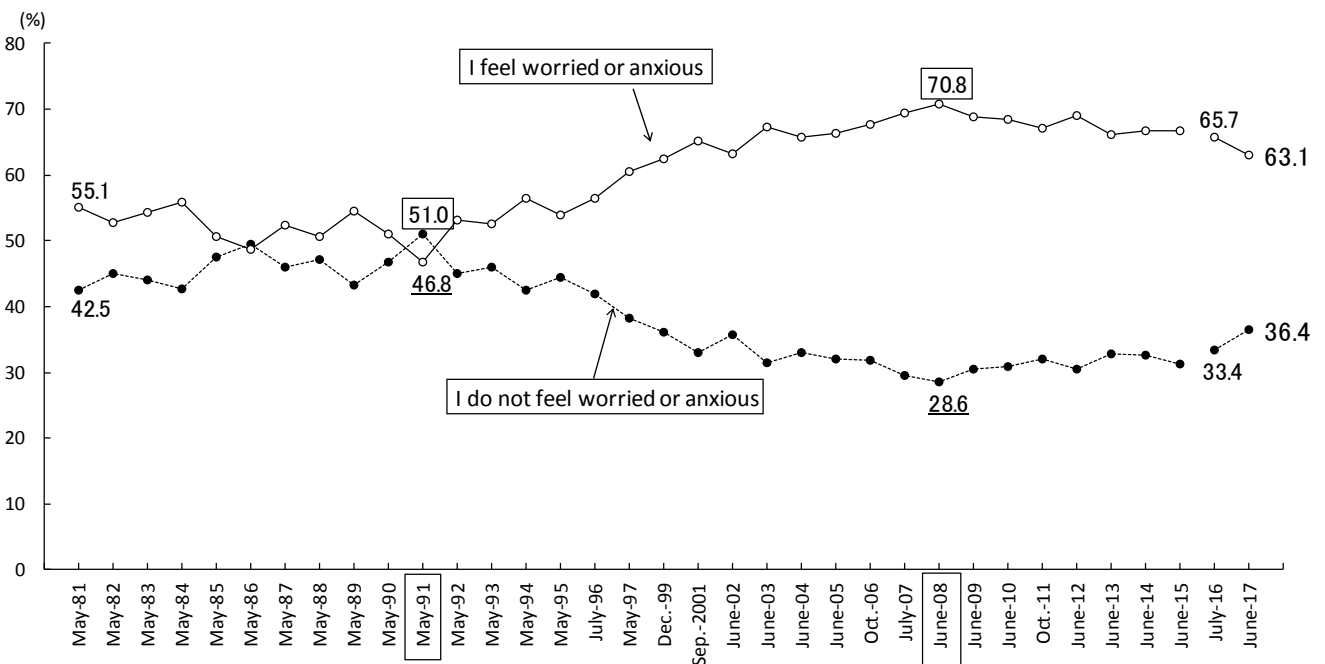
A. Worries or Anxiety

Q5 Do you feel worried or anxious in your everyday life, or do you not have any worries or anxieties ?

	July 2016		June 2017
• I feel worried or anxious	65.7%	→	63.1% ↓
• I do not feel worried or anxious	33.4%	→	36.4% ↑



<Reference> Worries or Anxiety (Time series)



B. Causes of worries or anxiety

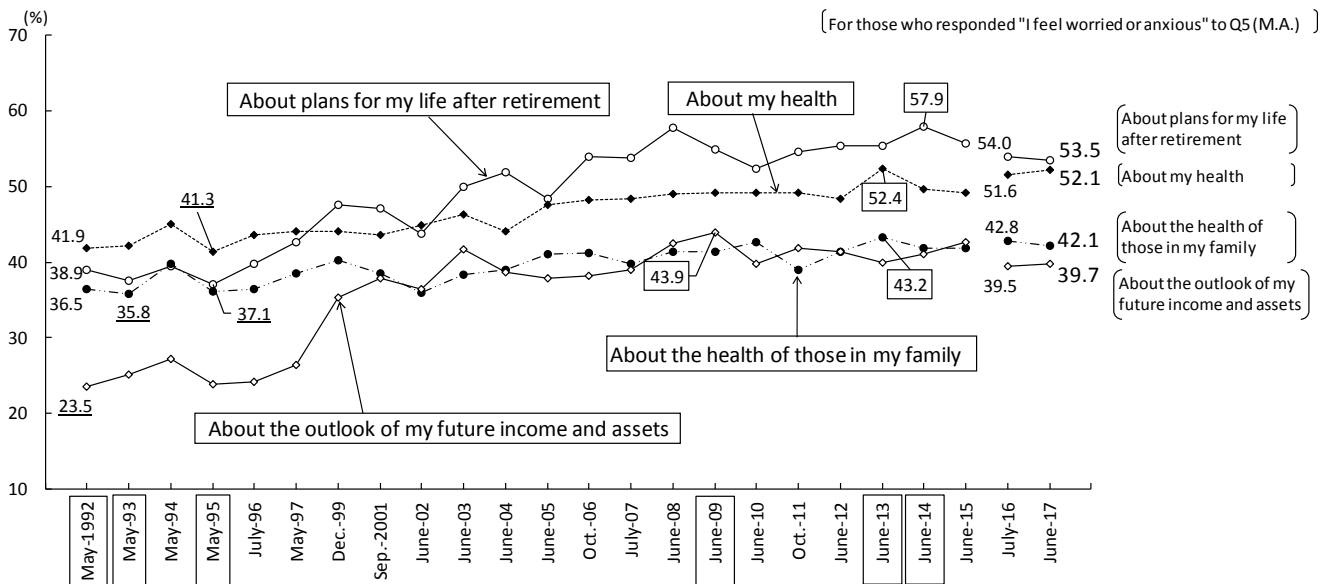
*SQ (For 3,986 people who responded "I feel worried or anxious" to Q5)
What do you feel worried or anxious about? Please select all applicable answers. (M.A.)*

	(Top 4 Items)	
	July 2016	June 2017
• About plans for my life after retirement	54.0%	→ 53.5%
• About my health	51.6%	→ 52.1%
• About the health of those in my family	42.8%	→ 42.1%
• About the outlook of my future income and assets	39.5%	→ 39.7%



*1 The answer choice read "About problems in the lives of those in my family (continuing studies, seeking employment, marriage, etc.)" in the July 2016 survey.
 *2 The answer choice read "About problems in my life (continuing studies, seeking employment, marriage, etc.)" in the July 2016 survey.

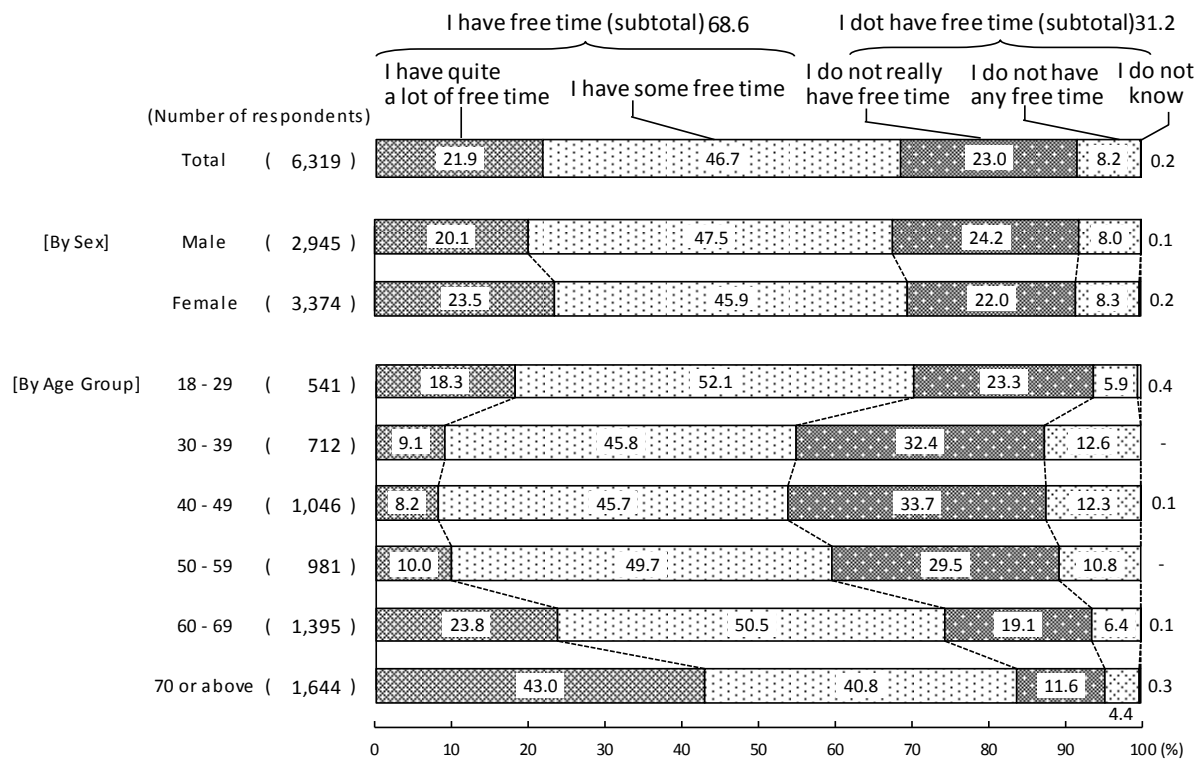
<Reference> Causes of worries or anxiety (Top 4 Items, Time series)



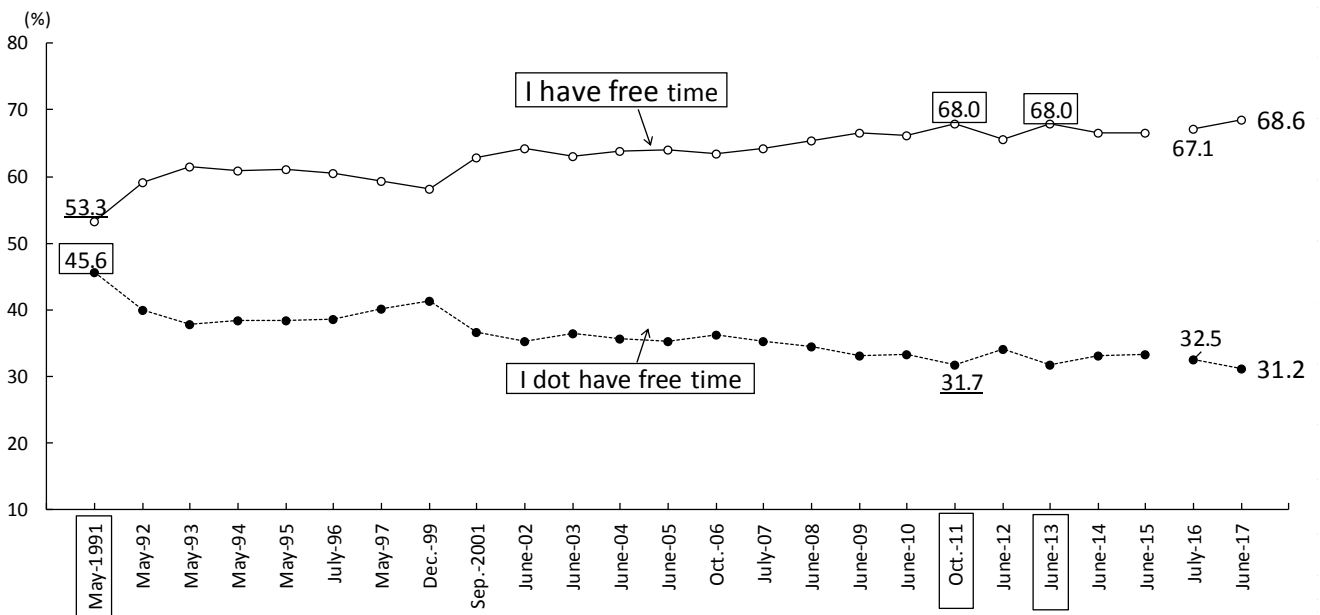
(6) Amount of free time

Q6 In your everyday life, do you have time to rest and do the things that you like to do, or do you have no time because you are too busy with work, housework, or studies? Please select one answer.

	July 2016	→	June 2017
<u>I have free time (subtotal)</u>	<u>67.1%</u>		<u>68.6%</u>
• I have quite a lot of free time	21.1%	→	21.9%
• I have some free time	45.9%	→	46.7%
<u>I dot have free time (subtotal)</u>	<u>32.5%</u>	→	<u>31.2%</u>
• I do not really have free time	23.3%	→	23.0%
• I do not have any free time	9.2%	→	8.2% ↓



<Reference> Amount of free time (Time series)



(7) How to spend free time

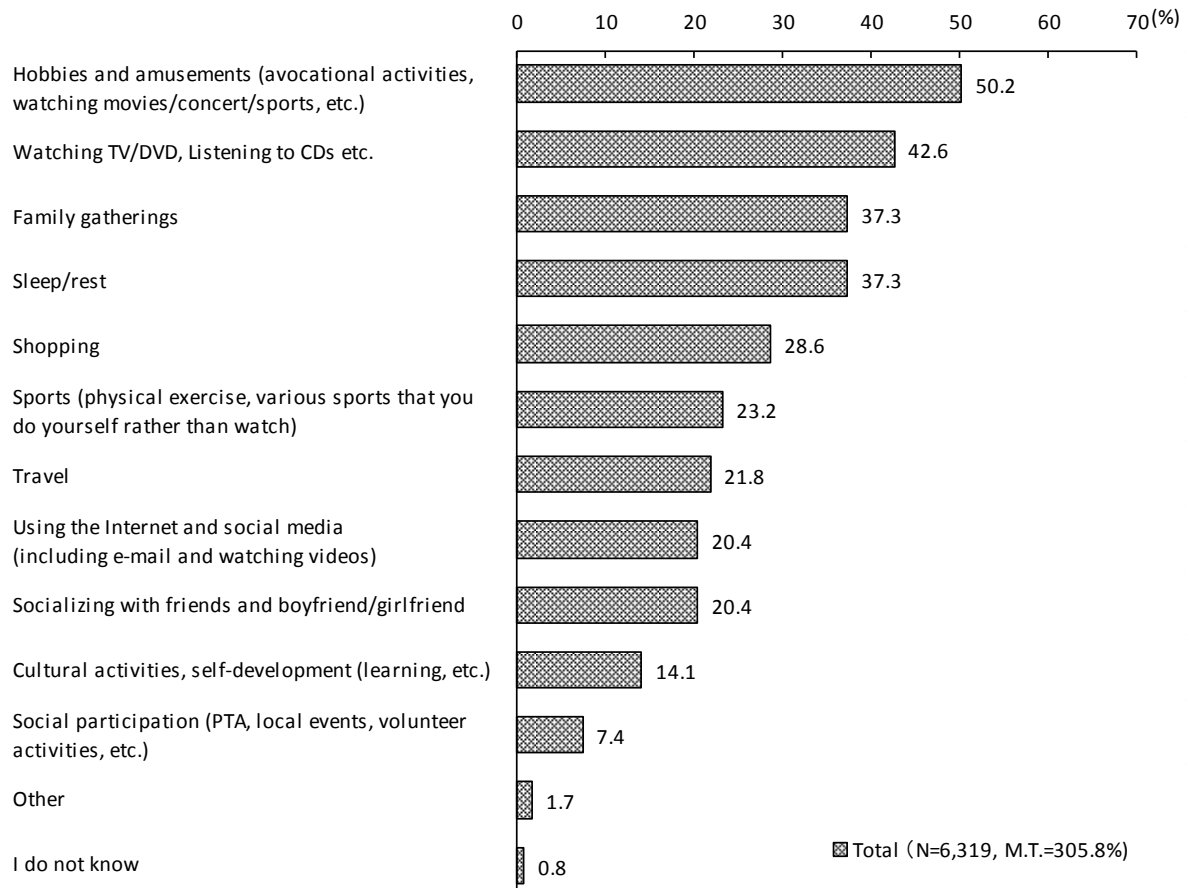
Q7 Currently, how do you spend your free time? Please select all applicable answers. (M.A.)

(Top 4 Items)

June 2017

- Hobbies and amusements (avocational activities, watching movies/concert/sports, etc.) 50.2%
- Watching TV/DVD, Listening to CDs etc. 42.6%
- Family gatherings 37.3%
- Sleep/rest 37.3%

(Multiple Answers)



How to spend free time by Age group (Top 5 Items)

	18-29 years old		30-39 years old		40-49 years old		50-59 years old		60-69 years old		70 years old or above	
1st	Hobbies and amusements	65.8	Family gatherings	55.6	Family gatherings	46.8	Hobbies and amusements	49.3	Hobbies and amusements	51.8	Hobbies and amusements	48.7
2nd	Watching TV/DVD, Listening to CDs etc.	47.5	Hobbies and amusements	46.2	Hobbies and amusements	45.9	Watching TV/DVD, Listening to CDs etc.	46.4	Watching TV/DVD, Listening to CDs etc.	40.0	Watching TV/DVD, Listening to CDs etc.	41.4
3rd	Sleep/rest	45.1	Watching TV/DVD, Listening to CDs etc.	42.7	Sleep/rest	42.1	Family gatherings	40.5	Sleep/rest	35.4	Sleep/rest	29.9
4th	Using the Internet and social media	44.2	Sleep/rest	42.0	Watching TV/DVD, Listening to CDs etc.	41.6	Sleep/rest	39.3	Family gatherings	33.2	Family gatherings	26.4
5th	Shopping	40.3	Shopping	37.6	Shopping	32.5	Shopping	29.4	Travel	29.2	Sports	24.4
	Socializing with friends and boyfriend/girlfriend	40.3										

(8) How to use free time if have more free time

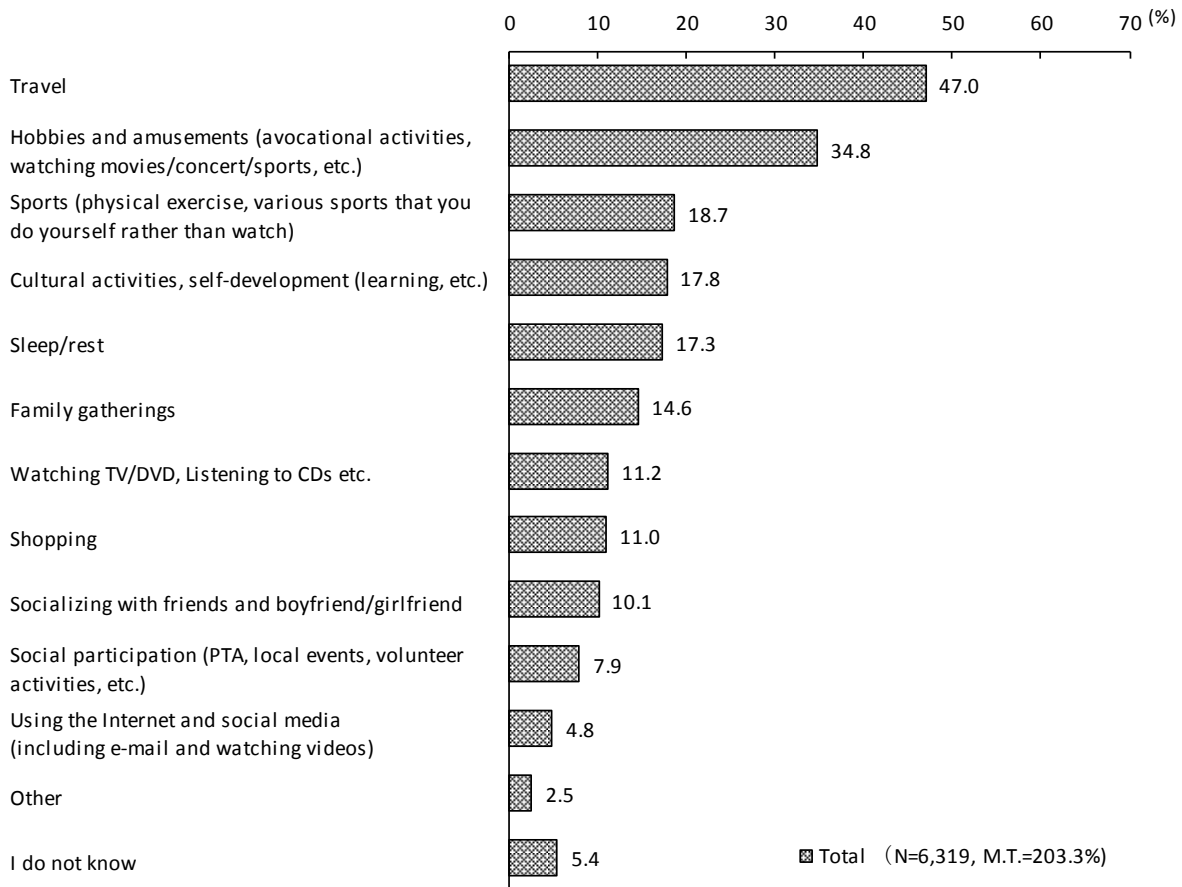
Q8 If you have more free time, how would you like to use it? Please select all applicable answers. (M.A.)

(Top 5 Items)

June 2017

- Travel 47.0%
- Hobbies and amusements (avocational activities, watching movies/concert/sports, etc.) 34.8%
- Sports (physical exercise, various sports that you do yourself rather than watch) 18.7%
- Cultural activities, self-development (learning, etc.) 17.8%
- Sleep/rest 17.3%

(Multiple Answers)



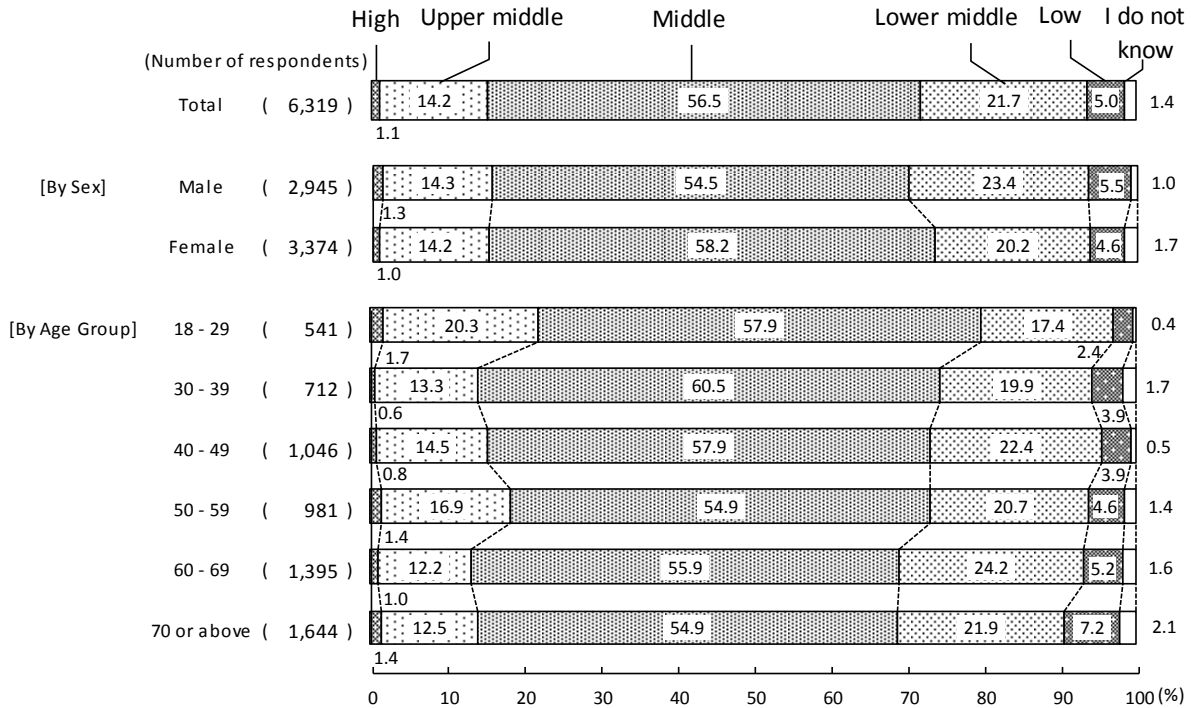
How to use free time if have more free time by Age group (Top 5 Items)

	18-29 years old	30-39 years old	40-49 years old	50-59 years old	60-69 years old	70 years old or above
1st	Travel 51.8	Travel 52.8	Travel 54.1	Travel 56.1	Travel 47.5	Travel 32.7
2nd	Hobbies and amusements 35.5	Hobbies and amusements 37.5	Hobbies and amusements 34.6	Hobbies and amusements 35.9	Hobbies and amusements 36.6	Hobbies and amusements 31.3
3rd	Sleep/rest 23.7	Sleep/rest 23.3	Cultural activities, self-development 22.4	Sports 20.1	Sports 20.1	Watching TV/DVD, Listening to CDs etc. 14.1
4th	Socializing with friends and boyfriend/girlfriend 21.3	Sports 23.2	Sports 21.4	Sleep/rest 19.3	Cultural activities, self-development 17.8	Sleep/rest 14.0
5th	Sports 20.5	Cultural activities, self-development 21.9	Family gatherings 19.9	Cultural activities, self-development 18.8	Sleep/rest 13.0	Cultural activities, self-development 12.6

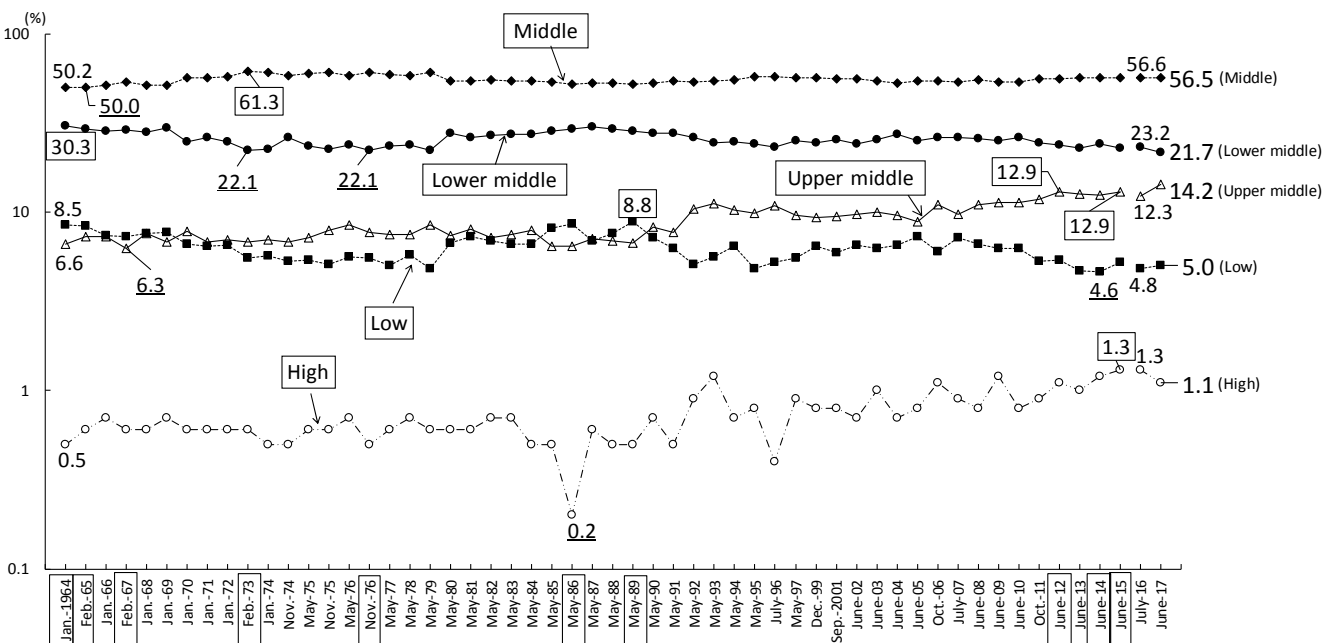
(9) Standard of living

*Q9 Compared to the general public, what do you think is the standard of living for your household?
Please select one answer.*

	July 2016	→	June 2017
• High	1.3%		1.1%
• Upper Middle	12.3%		14.2% ↑
• Middle	56.6%		56.5%
• Lower Middle	23.2%		21.7% ↓
• Low	4.8%		5.0%



<Reference> Standard of living (Time series)



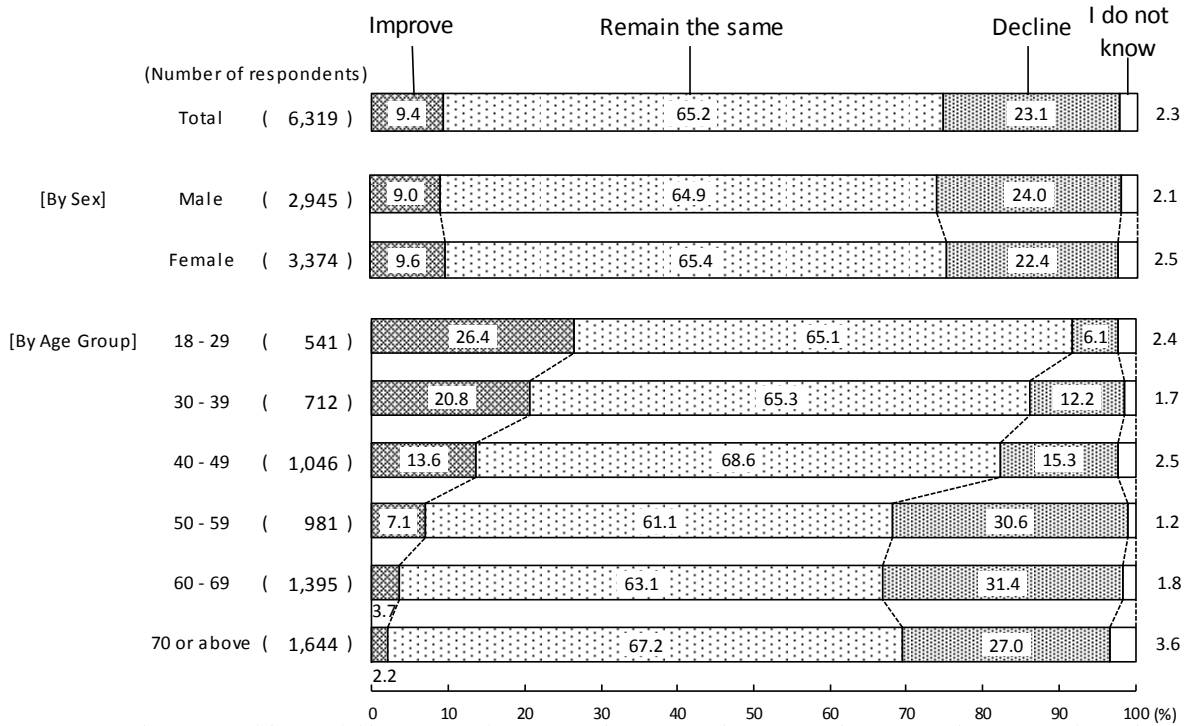
Note) The vertical axis of this graph is a logarithmic scale.

2. Future Lifestyle

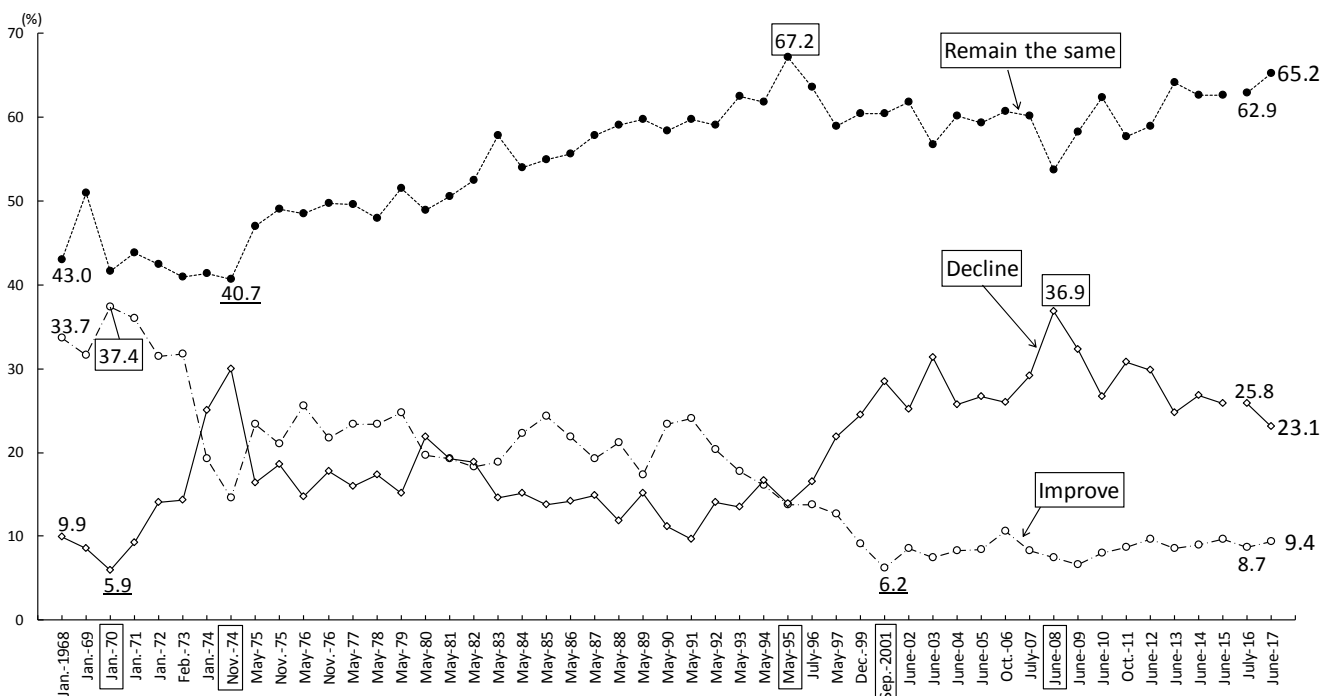
(1) Prospect of future lifestyle

Q10 How do you think the lifestyle of your household will change in the future?
Please select one answer.

	July 2016	→	June 2017
• Improve	8.7%		9.4%
• Remain the same	62.9%		65.2% ↑
• Decline	25.8%		23.1% ↓



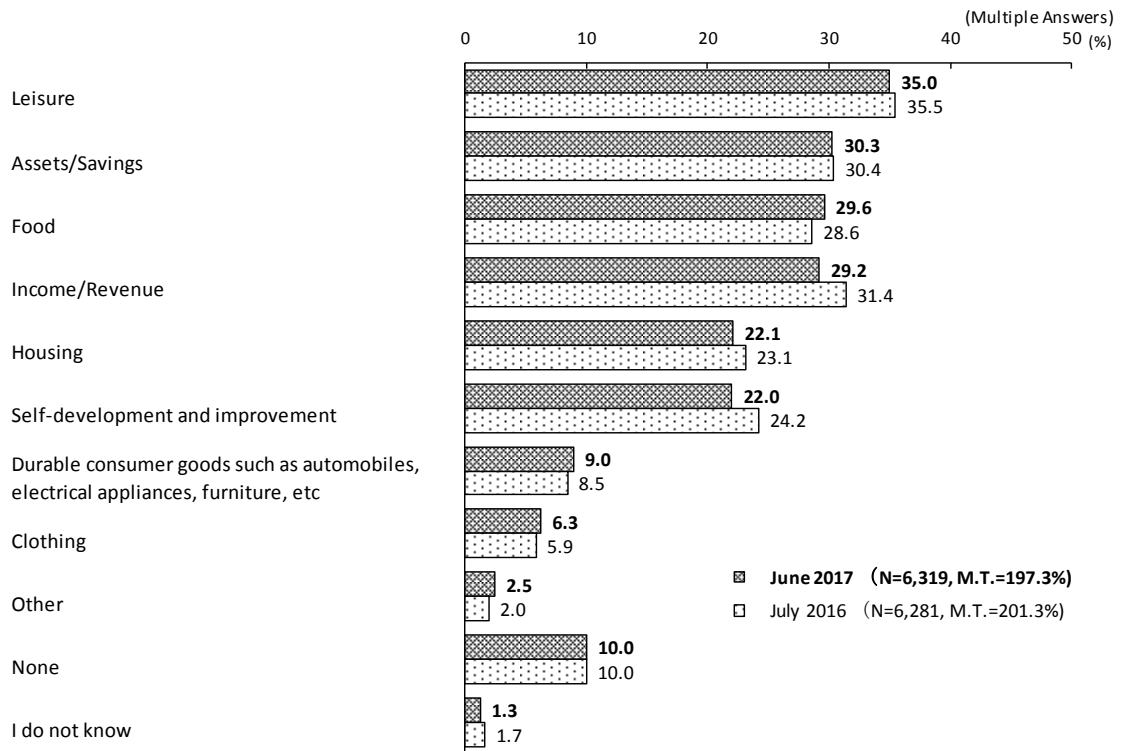
<Reference> Prospect of future lifestyle (Time series)



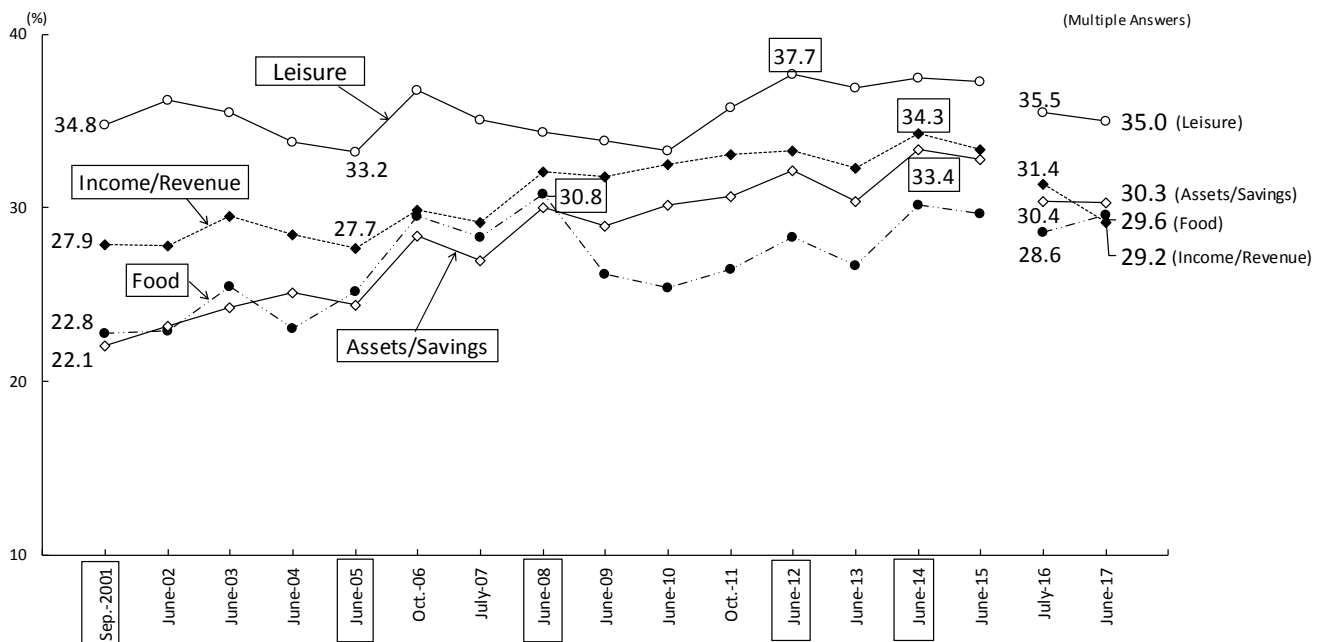
(2) Points of emphasis in one's future lifestyle

*Q11 Which aspects of your life would you like to put particular effort into from now on?
Please select all applicable answers. (M.A.)*

	July 2016	→	June 2017
• Leisure	35.5%	→	35.0%
• Assets/Savings	30.4%	→	30.3%
• Food	28.6%	→	29.6%
• Income/Revenue	31.4%	→	29.2% ↓
• None in particular	10.0%	→	10.0%



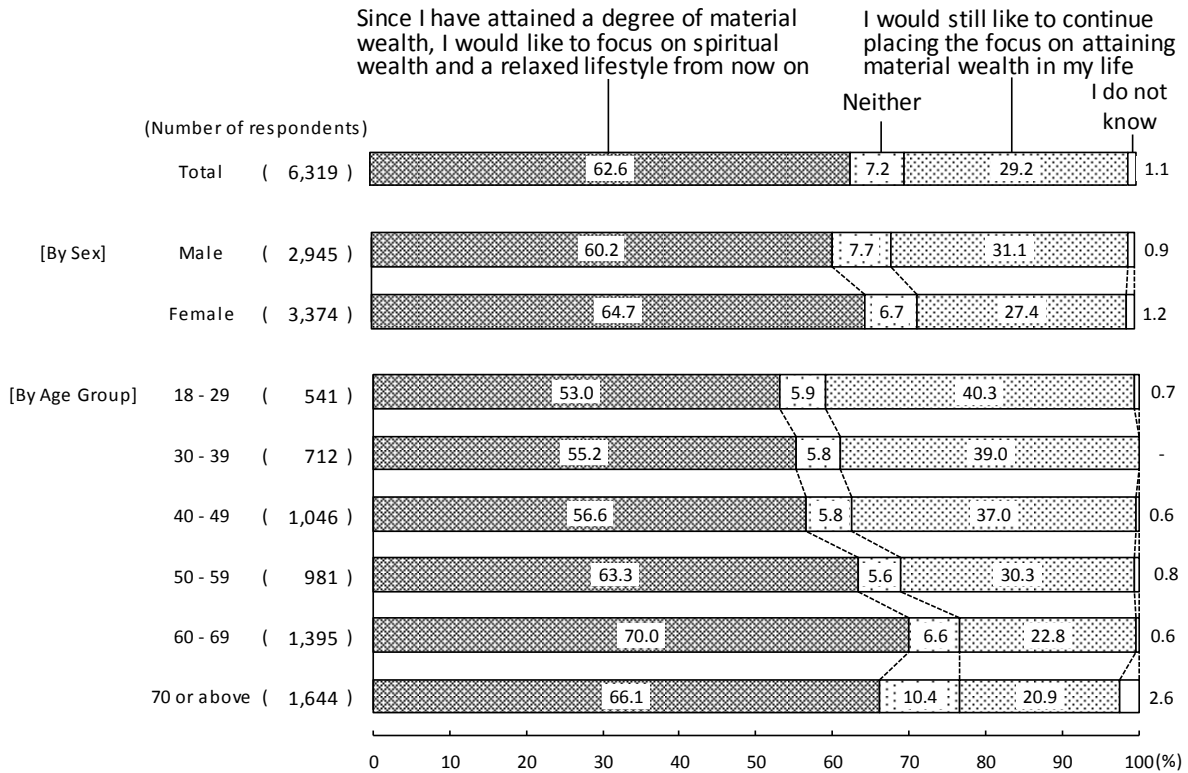
<Reference> Points of emphasis in one's future lifestyle (Top 4 Items, Time series)



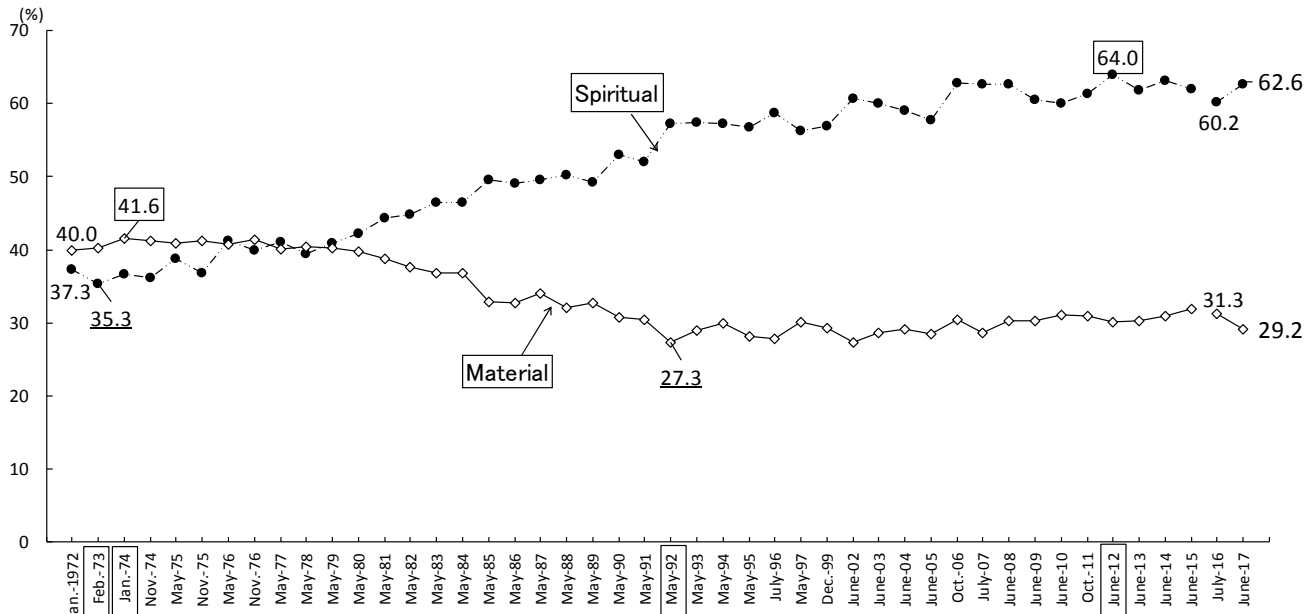
(3) Preference for material wealth or spiritual wealth

Q12 With regard to material and spiritual wealth in your future lifestyle, which of the following two attitudes is closer to yours?

- Since I have attained a degree of material wealth, I would like to focus on spiritual wealth and a relaxed lifestyle from now on. July 2016 60.2% → June 2017 62.6% ↑
- I would still like to continue placing the focus on attaining material wealth in my life. 31.3% → 29.2% ↓



<Reference> Preference for material wealth or spiritual wealth (Time series)



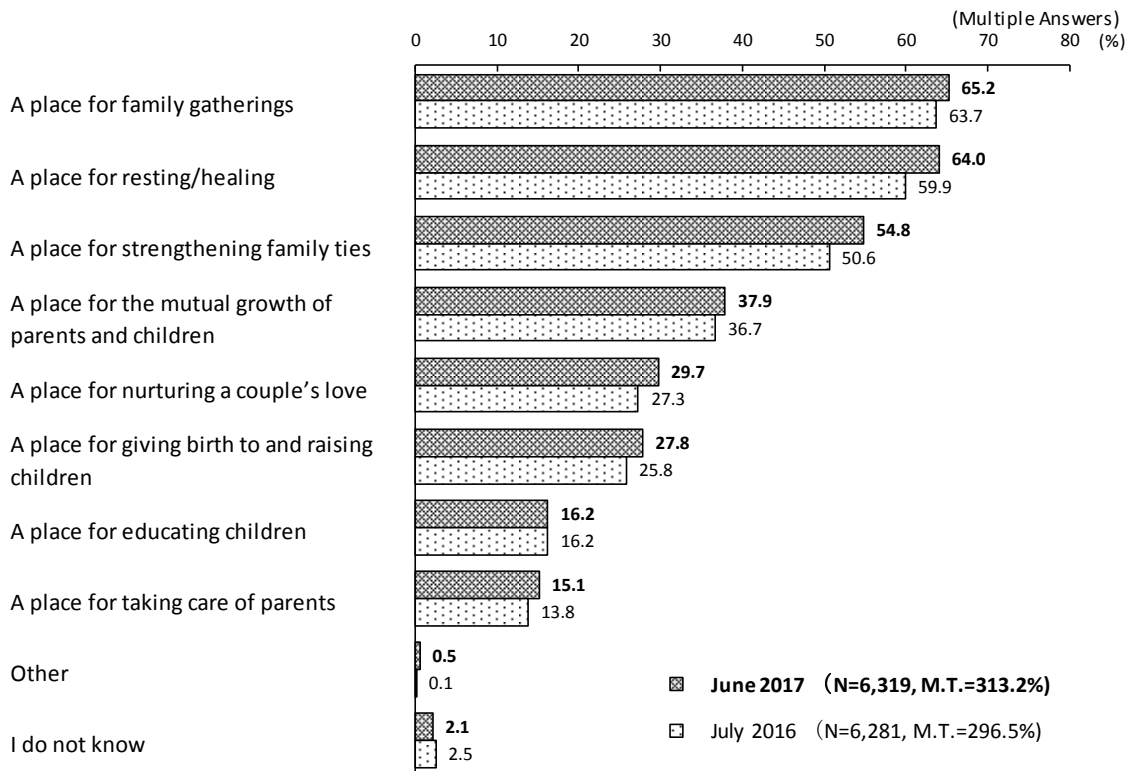
(Note) "Spiritual" → "Since I have attained a degree of material wealth, I would like to focus on spiritual wealth and a relaxed lifestyle from now on."
 "Material" → "I would still like to continue placing the focus on attaining material wealth in my life."

3. Way of Life, Attitudes

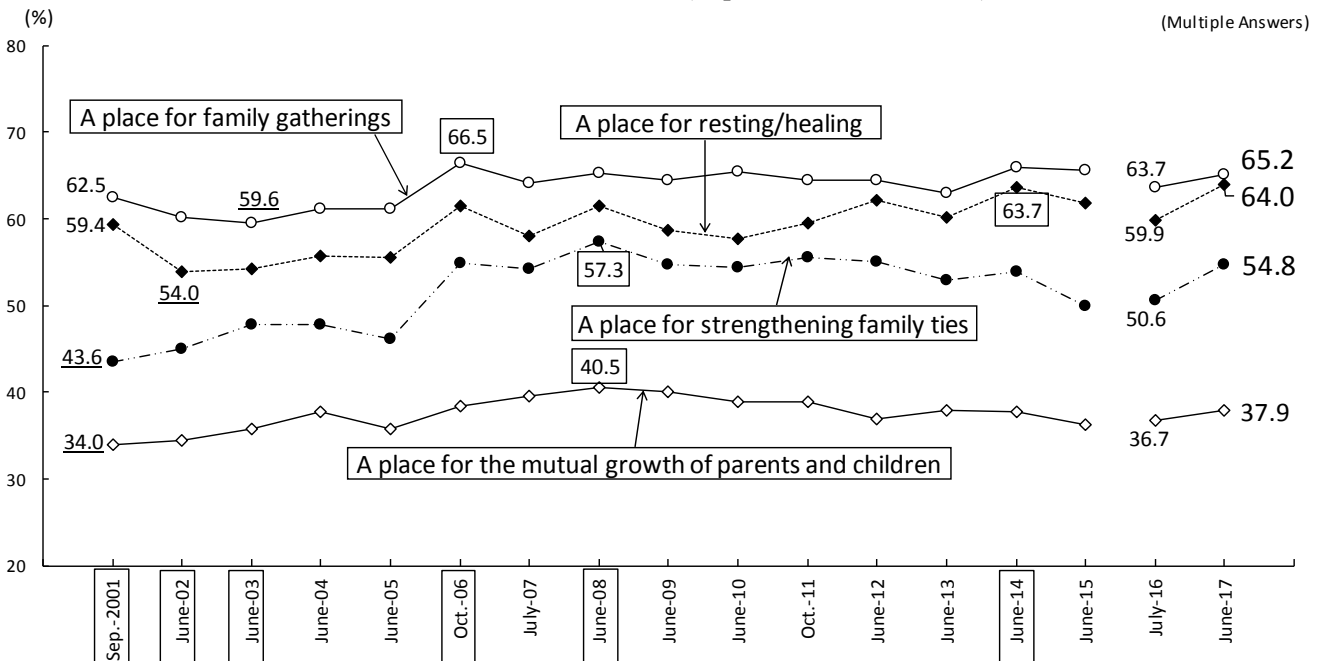
(1) Roles of “home”

Q14 What does “home” mean to you? Please select all applicable answers. (M.A.)

	July 2016		(Top 4 Items) June 2017
• A place for family gatherings	63.7%	→	65.2%
• A place for resting/healing	59.9%	→	64.0% ↑
• A place for strengthening family ties	50.6%	→	54.8% ↑
• A place for the mutual growth of parents and children	36.7%	→	37.9%



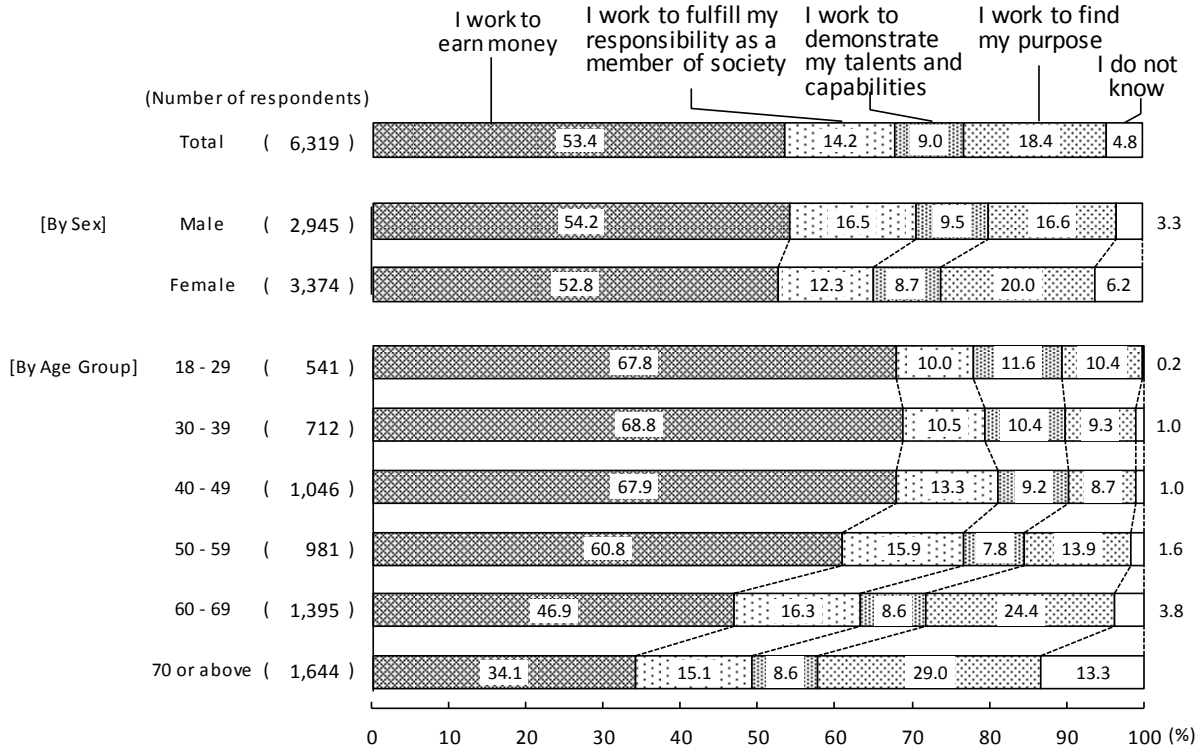
<Reference> Roles of “home” (Top 4 items, Time series)



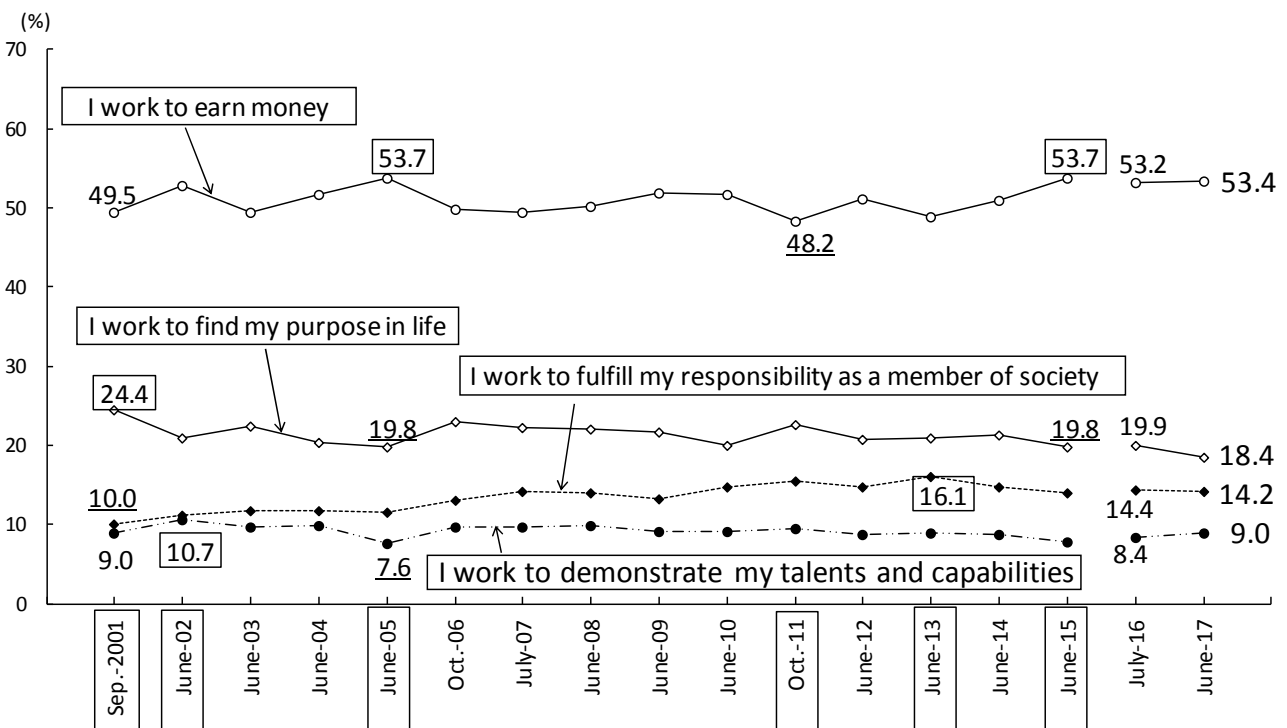
(2) Objective for working

Q15 What are your objectives for working? Please select one answer that is closest to your attitude.

	July 2016		June 2017
• I work to earn money	53.2%	→	53.4%
• I work to fulfill my responsibility as a member of society	14.4%	→	14.2%
• I work to demonstrate my talents and capabilities	8.4%	→	9.0%
• I work to find my purpose in life	19.9%	→	18.4% ↓



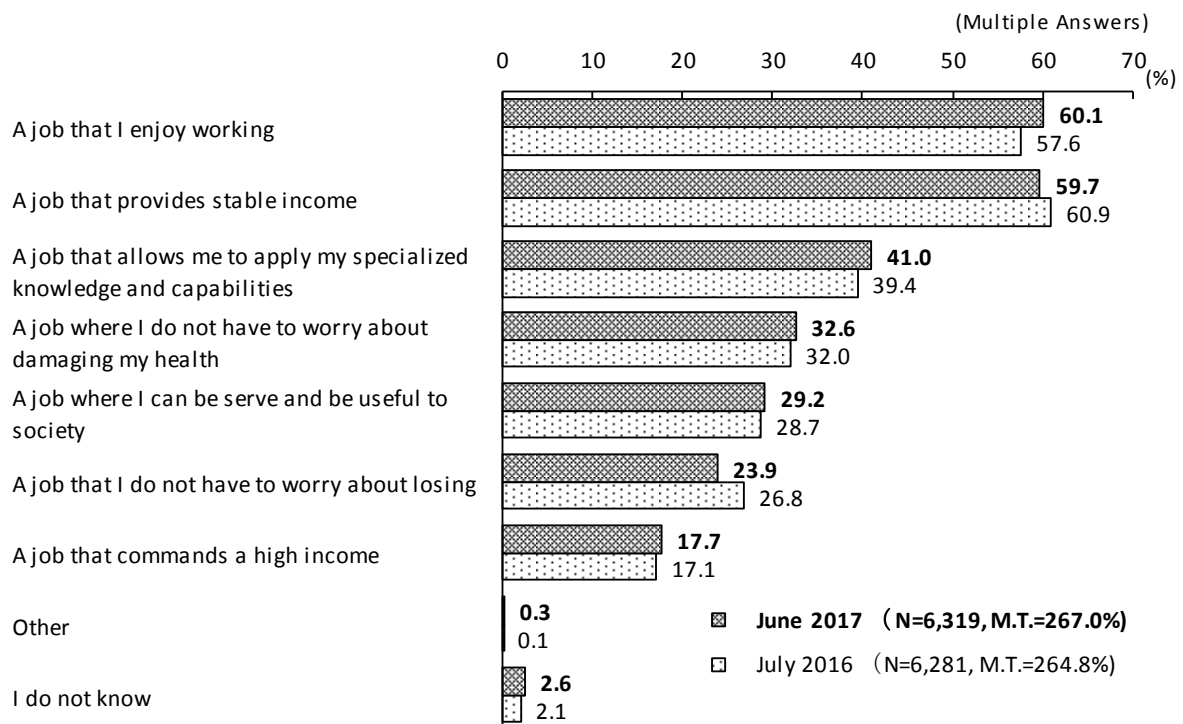
<Reference> Objectives for working (Time series)



(3) Ideal jobs

Q16 There are various types of jobs in the world. What kind of job is ideal for you?
Please select all applicable answers. (M.A.)

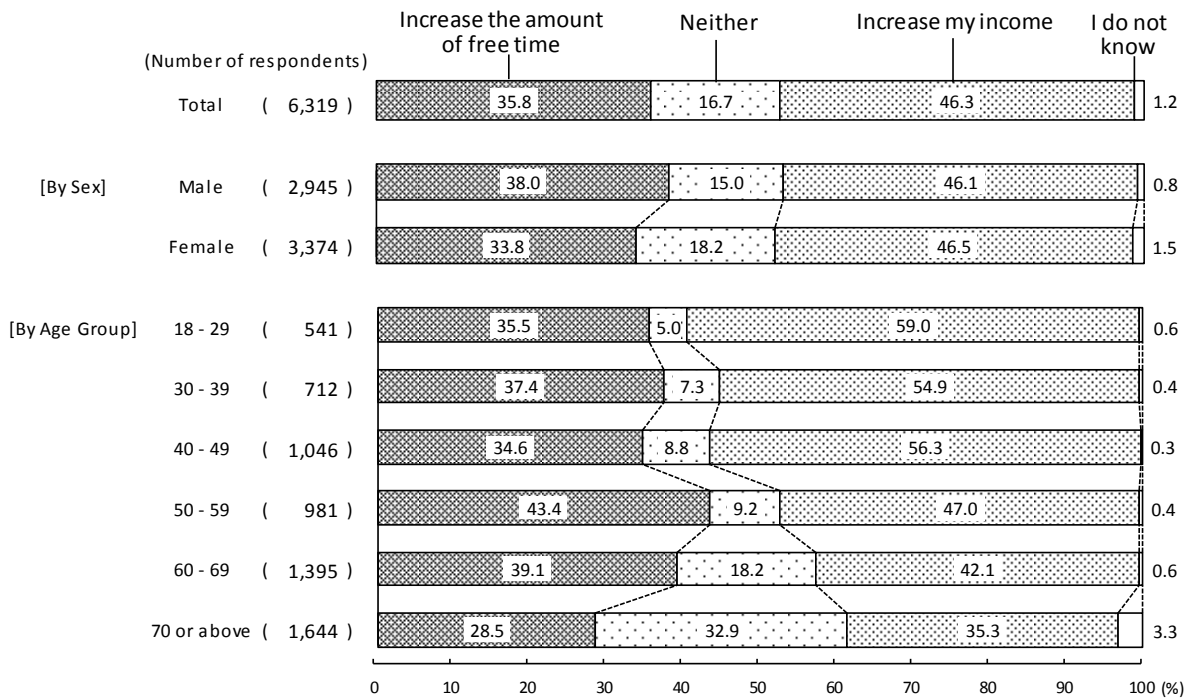
	(Top 4 Items)	
	July 2016	June 2017
• A job that I enjoy working	57.6%	→ 60.1% ↑
• A job that provides stable income	60.9%	→ 59.7%
• A job that allows me to apply my specialized knowledge and capabilities	39.4%	→ 41.0%
• A job where I do not have to worry about damaging my health	32.0%	→ 32.6%



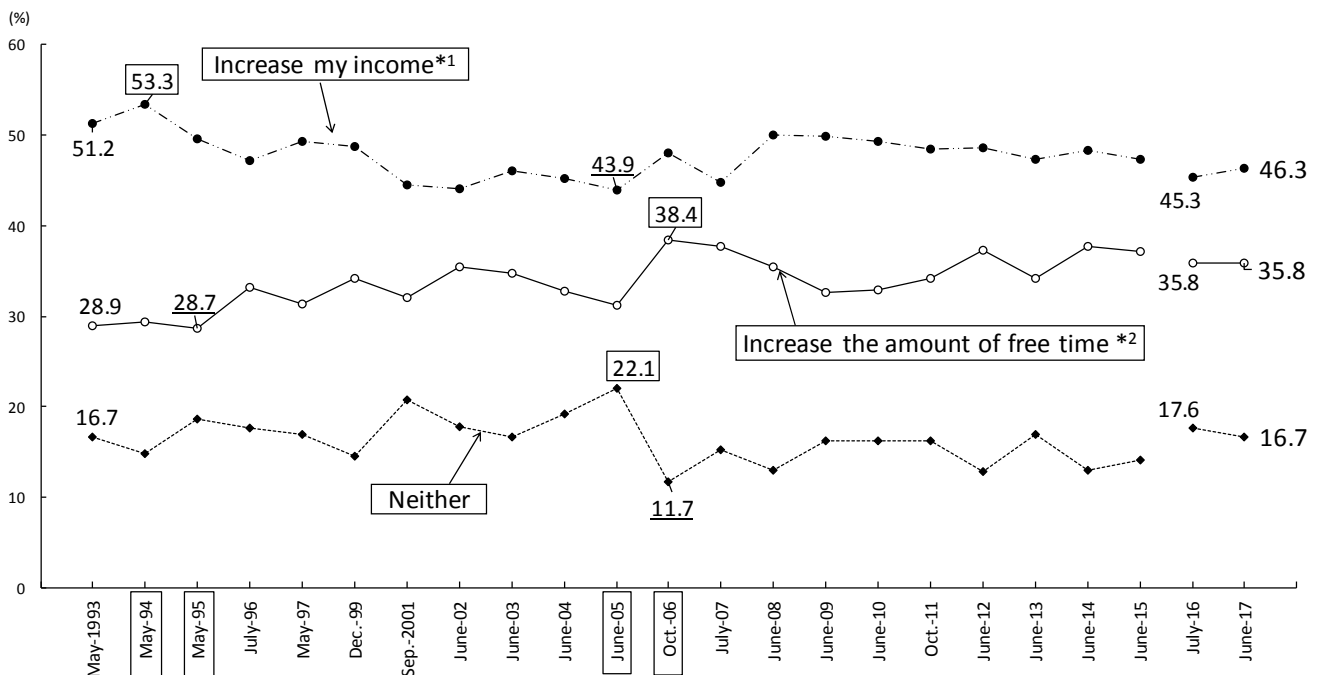
(4) Attitude towards income and free time

Q17 With regard to your income and free time, would you like to increase the amount of free time you have, or would you like to increase your income?

	July 2016	→	June 2017
• Increase the amount of free time	35.8%		35.8%
• Increase my income	45.3%		46.3%
• Neither	17.6%		16.7%



<Reference> Attitude towards income and free time (Time series)



¹ The answer choice read "increase my income even if the amount of free time remain the same" until December 1999 survey.

² The answer choice read "increase the amount of free time even if my income time remain the same" until December 1999 survey.

4. Requests to the Government

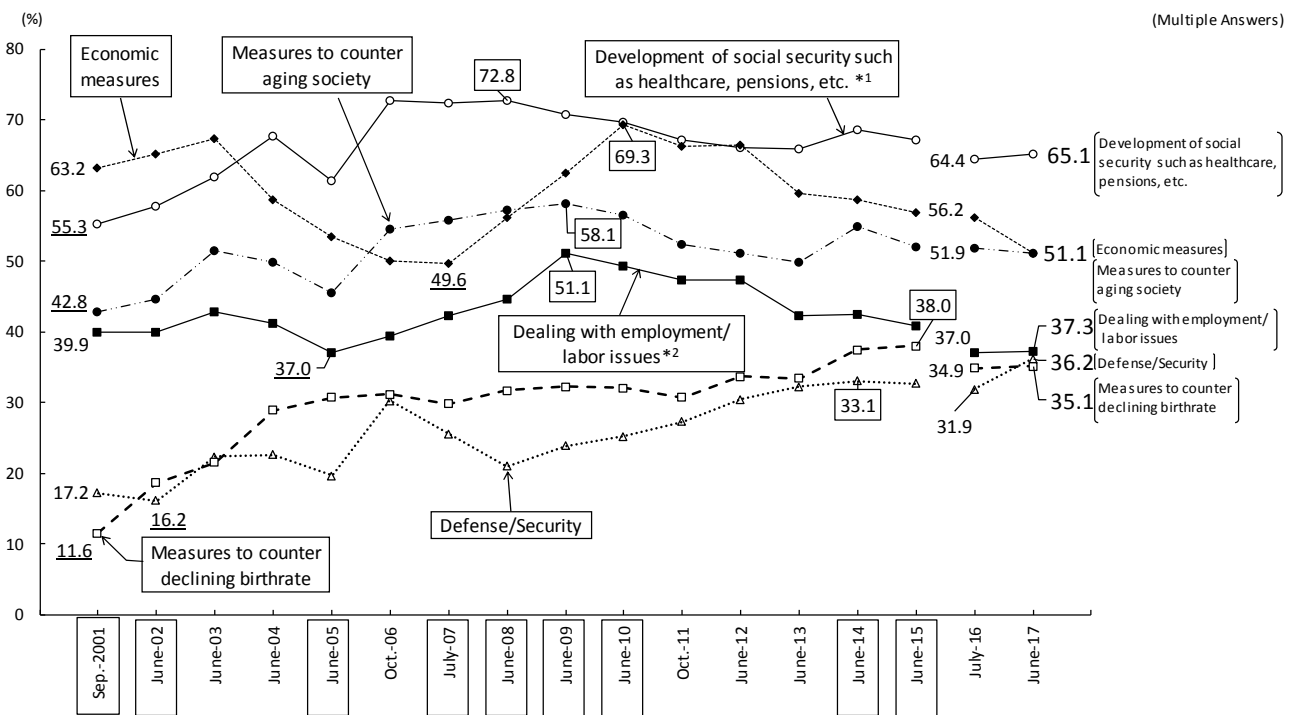
Q18 Which aspects do you think the government should put more effort into?
Please select all applicable answers. (M.A.)

	(Top 6 Items)	
	July 2016	June 2017
• Development of social security such as healthcare, pensions, etc.	64.4%	→ 65.1%
• Economic measures	56.2%	→ 51.1% ↓
• Measures to counter aging society	51.9%	→ 51.1%
• Dealing with employment/labor issues	37.0%	→ 37.3%
• Defense/Security	31.9%	→ 36.2% ↑
• Measures to counter declining birthrate	34.9%	→ 35.1%

Requests to the government by Age Group (Top 6 item)

	18-29 years old		30-39 years old		40-49 years old		50-59 years old		60-69 years old		70 years old or above	
1st	Economic measures	50.5	Development of social security such as healthcare, pensions, etc.	64.7	Development of social security such as healthcare, pensions, etc.	65.3	Development of social security such as healthcare, pensions, etc.	70.0	Development of social security such as healthcare, pensions, etc.	69.0	Development of social security such as healthcare, pensions, etc.	63.6
2nd	Development of social security such as healthcare, pensions, etc.	50.3	Economic measures	59.8	Economic measures	60.5	Economic measures	61.0	Measures to counter aging society	53.6	Measures to counter aging society	53.2
3rd	Dealing with employment/labor issues	46.6	Dealing with employment/labor issues	49.0	Measures to counter aging society	49.4	Measures to counter aging society	55.9	Economic measures	50.3	Economic measures	36.4
4th	Measures to counter aging society	39.0	Measures to counter aging society	46.3	Dealing with employment/labor issues	45.6	Dealing with employment/labor issues	45.9	Defense/Security	42.4	Price measures	33.3
5th	Measures to counter declining birthrate	37.3	Measures to counter declining birthrate	43.5	Defense/Security	37.5	Defense/Security	40.2	Measures to counter declining birthrate	37.6	Defense/Security	28.9
6th	Defense/Security	32.9	Promotion of education/Development of youth	38.2	Measures to counter declining birthrate	37.1	Measures to counter declining birthrate	36.3	Dealing with employment/labor issues	37.4	Measures to counter declining birthrate	26.8

<Reference> Requests to the government (Top 6 item, Time Series)

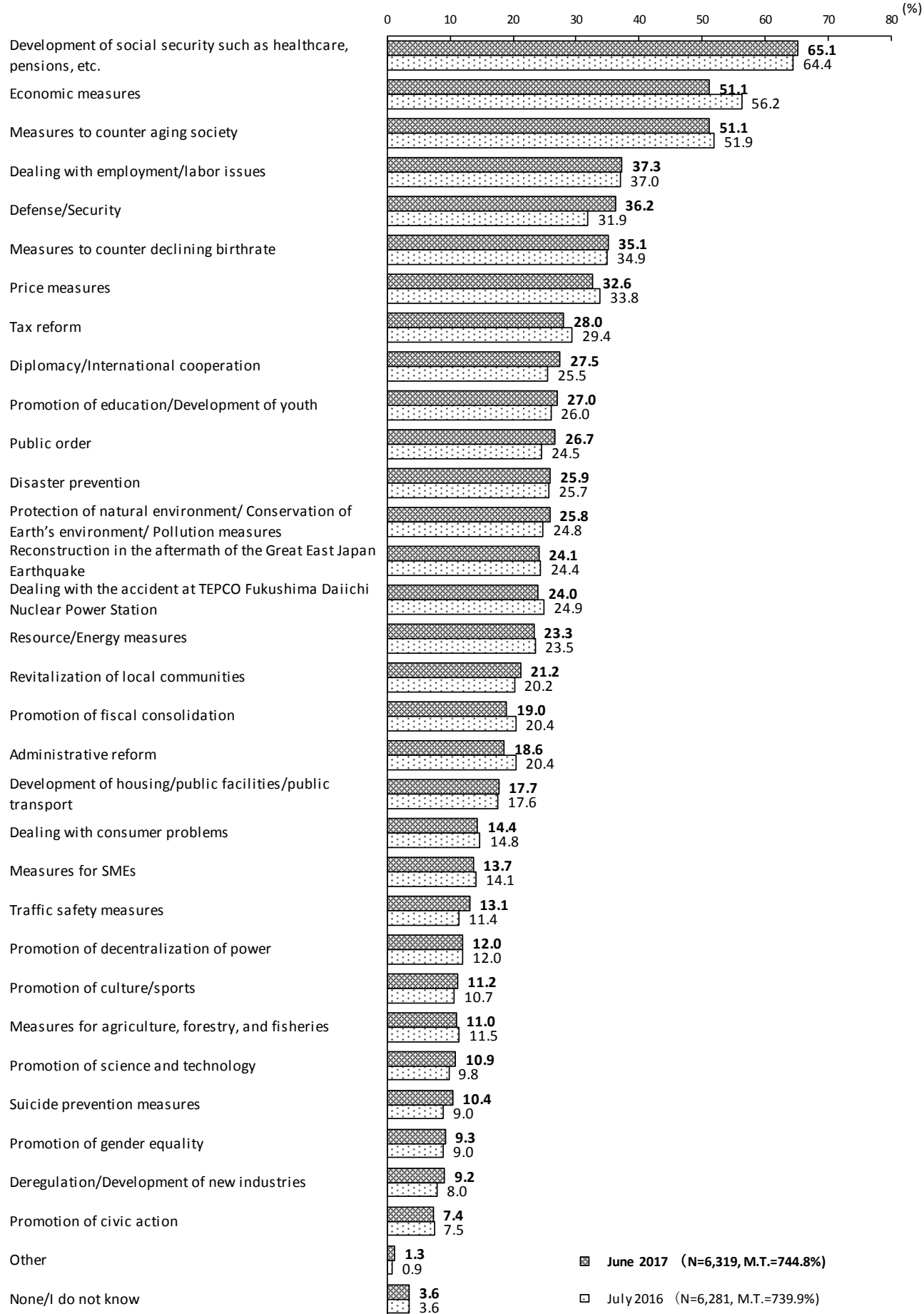


¹ The answer choice read "Structural reform of social welfare such as healthcare, pensions, etc." until June 2009 survey.

² The answer choice read "Employment/labor issues" until June 2009 survey.

Requests to the government

(Multiple Answers)



Public Opinion Survey on the Life of the People

June 2017

(N=6,319)

The following questions relate to your (your household's) current lifestyle.

Q1 [Response Sheet 1] How would you describe the lifestyle of your household compared to this time last year? Please select one answer.

- (6.6)(a) Improved
- (78.4)(b) Remained the same
- (14.7)(c) Declined
- (0.3) I do not know

Q2 [Response Sheet 2] Overall, how satisfied are you with your current lifestyle? Please select one answer.

- (12.2)(a) Satisfied
- (61.7)(b) Somewhat satisfied
- (19.9)(c) Somewhat dissatisfied
- (5.1)(d) Dissatisfied
- (1.0) Neither satisfied nor dissatisfied
- (0.2) I do not know

Q3 [Response Sheet 3] How satisfied are you with the following aspects of your life?
Please select one answer from (a) to (d) for each aspect from (1) to (7).

	(a) Satisfied	(b) Somewhat satisfied	(c) Somewhat dissatisfied	(d) Dissatisfied	Neither satisfied nor dissatisfied	I do not know
(1) Income / Revenue	(7.9) ...	(43.4) ...	(34.1) ...	(12.8) ...	(1.4) ...	(0.5)
(2) Assets/Savings	(5.6) ...	(38.7) ...	(37.3) ...	(15.1) ...	(2.4) ...	(0.9)
(3) Durable consumer goods such as automobiles, electrical appliances, furniture, etc.	(16.4) ...	(60.6) ...	(17.1) ...	(3.7) ...	(1.7) ...	(0.6)
(4) Food	(26.0) ...	(63.3) ...	(8.4) ...	(1.6) ...	(0.6) ...	(0.1)
(5) Housing	(25.7) ...	(57.6) ...	(12.8) ...	(3.4) ...	(0.5) ...	(0.1)
(6) Self-development and improvement	(9.6) ...	(52.6) ...	(25.4) ...	(4.4) ...	(6.1) ...	(1.9)
(7) Leisure	(14.5) ...	(48.3) ...	(25.4) ...	(8.3) ...	(3.0) ...	(0.4)

Q4 [Response Sheet 4] How fulfilling do you think is your everyday life? Please select one answer.

- (13.2)(a) Very fulfilling
 - (60.3)(b) Somewhat fulfilling
 - (19.7)(c) Somewhat unfulfilling
 - (5.2)(d) Mostly (entirely) unfulfilling
 - (1.1) Neither fulfilling nor unfulfilling
 - (0.5) I do not know
- (To Q5.)

(For those who responded "a. Very fulfilling", "b. Somewhat fulfilling", "c. Somewhat unfulfilling", "Neither fulfilling nor unfulfilling" in Q4)

SQ [Response Sheet 5] When do you feel that your everyday life is fulfilling?

Please select all applicable answers. (M.A.)

(N=5,960)

- (29.0)(a) When I am dedicated to work
- (13.4)(b) When I am immersed in studies or self-improvement
- (42.7)(c) When I am passionate about my hobbies or sports
- (46.1)(d) When I am resting in a calm and relaxed manner
- (49.0)(e) During family gatherings
- (43.5)(f) When I meet and chat with friends or acquaintances
- (8.8)(g) When I am engaged in community service or social activities
- (1.0) Other ()
- (1.1) I do not know

(M.T.=234.6)

(For all respondents)

Q5 Do you feel worried or anxious in your everyday life, or do you not have any worries or anxieties?

- (63.1) I feel worried or anxious
 - (36.4) I do not feel worried or anxious
 - (0.6) I do not know
- (To Q6.)

(For those who responded "I feel worried or anxious " in Q5)

SQ [Response Sheet 6] What do you feel worried or anxious about? Please select all applicable answers.

(N=3,986)

(M.A.)

- (52.1)(a) About my health
- (42.1)(b) About the health of those in my family
- (20.3)(c) About problems in my life (continuing studies, seeking employment, marriage, raising children, etc.)
- (29.7)(d) About problems in the lives of those in my family (continuing studies, seeking employment, marriage, raising children, etc.)
- (32.0)(e) About my current income and assets
- (39.7)(f) About the outlook of my future income and assets
- (53.5)(g) About plans for my life after retirement
- (12.3)(h) About interpersonal relationships among family members/relatives
- (6.9)(i) About relationships with neighbors or the community
- (12.2)(j) About work or interpersonal relationships at my workplace
- (6.2)(k) About problems in managing my business or family business
- (1.0) Other ()
- (0.1) I do not know

(M.T.=308.1)

(For all respondents)

Q6 [Response Sheet 7] In your everyday life, do you have time to rest and do the things that you like to do, or do you have no time because you are too busy with work, housework, or studies?

Please select one answer.

- (21.9)(a) I have quite a lot of free time
- (46.7)(b) I have some free time
- (23.0)(c) I do not really have free time
- (8.2)(d) I do not have any free time
- (0.2) I do not know

Q7 [Response Sheet 8] Currently, how do you spend your free time?

Please select all applicable answers. (M.A.)

- (50.2)(a) Hobbies and amusements (avocational activities, watching movies/concert/sports, etc.)
- (14.1)(b) Cultural activities, self-development (learning, etc.)
- (23.2)(c) Sports (physical exercise, various sports that you do yourself rather than watch)
- (28.6)(d) Shopping
- (21.8)(e) Travel
- (42.6)(f) Watching TV/DVD, Listening to CDs etc.
- (20.4)(g) Using the Internet and social media (including e-mail and watching videos)
- (37.3)(h) Family gatherings
- (20.4)(i) Socializing with friends and boyfriend/girlfriend
- (7.4)(j) Social participation (PTA, local events, volunteer activities, etc.)
- (37.3)(k) Sleep/rest
- (1.7) Other ()
- (0.8) I do not know

(M.T.=305.8)

Q8 [Response Sheet 8] If you have more free time, how would you like to use it?

Please select all applicable answers. (M.A.)

- (34.8)(a) Hobbies and amusements (avocational activities, watching movies/concert/sports, etc.)
- (17.8)(b) Cultural activities, self-development (learning, etc.)
- (18.7)(c) Sports (physical exercise, various sports that you do yourself rather than watch)
- (11.0)(d) Shopping
- (47.0)(e) Travel
- (11.2)(f) Watching TV/DVD, Listening to CDs etc.
- (4.8)(g) Using the Internet and social media (including e-mail and watching videos)
- (14.6)(h) Family gatherings
- (10.1)(i) Socializing with friends and boyfriend/girlfriend
- (7.9)(j) Social participation (PTA, local events, volunteer activities, etc.)
- (17.3)(k) Sleep/rest
- (2.5) Other ()
- (5.4) I do not know

(M.T.=203.3)

Q9 [Response Sheet 9] Compared to the general public, what do you think is the standard of living for your household? Please select one answer.

- (1.1)(a) High
 - (14.2)(b) Upper middle
 - (56.5)(c) Middle
 - (21.7)(d) Lower middle
 - (5.0)(e) Low
 - (1.4) I do not know
-

The following questions relate to your (your household's) future lifestyle.

Q10 [Response Sheet 10] How do you think the lifestyle of your household will change in the future? Please select one answer.

- (9.4)(a) Improve
 - (65.2)(b) Remain the same
 - (23.1)(c) Decline
 - (2.3) I do not know
-

Q11 [Response Sheet 11] Which aspects of your life would you like to put particular effort into from now on? Please select all applicable answers. (M.A.)

- (29.6)(a) Food
- (6.3)(b) Clothing
- (9.0)(c) Durable consumer goods such as automobiles, electrical appliances, furniture, etc.
- (22.1)(d) Housing
- (35.0)(e) Leisure
- (22.0)(f) Self-development and improvement
- (29.2)(g) Income/Revenue
- (30.3)(h) Assets/Savings
- (2.5) Other ()
- (10.0) None
- (1.3) I do not know

(M.T.=197.3)

Q12 [Response Sheet 12] With regard to material and spiritual wealth in your future lifestyle, which of the following two attitudes is closer to yours?

- (62.6)(a) Since I have attained a degree of material wealth, I would like to focus on spiritual wealth and a relaxed lifestyle from now on
- (29.2)(b) I would still like to continue placing the focus on attaining material wealth in my life
- (7.2) Neither
- (1.1) I do not know

Q13 [Response Sheet 13] Regarding your future lifestyle, would you like to put effort into preparing for your future, such as through savings and investments, or would you like to put effort into enriching your everyday life and enjoying it?

- (32.7)(a) Prepare for my future, such as through savings and investments
- (59.6)(b) Enrich my everyday life and enjoy it
- (6.9) Neither
- (0.8) I do not know

The following questions relate to your own way of life and way of thinking.

Q14 [Response Sheet 14] What does “home” mean to you? Please select all applicable answers. (M.A.)

- (65.2)(a) A place for family gatherings
- (27.8)(b) A place for giving birth to and raising children
- (16.2)(c) A place for educating children
- (15.1)(d) A place for taking care of parents
- (29.7)(e) A place for nurturing a couple’s love
- (64.0)(f) A place for resting/healing
- (37.9)(g) A place for the mutual growth of parents and children
- (54.8)(h) A place for strengthening family ties
- (0.5) Other ()
- (2.1) I do not know

(M.T.=313.2)

Q15 [Response Sheet 15] What are your objectives for working?

Please select one answer that is closest to your attitude.

- (53.4)(a) I work to earn money
- (14.2)(b) I work to fulfill my responsibility as a member of society
- (9.0)(c) I work to demonstrate my talents and capabilities
- (18.4)(d) I work to find my purpose in life
- (4.8) I do not know

Q16 [Response Sheet 16] There are various types of jobs in the world. What kind of job is ideal for you?

Please select all applicable answers. (M.A.)

- (59.7)(a) A job that provides stable income
- (23.9)(b) A job that I do not have to worry about losing
- (41.0)(c) A job that allows me to apply my specialized knowledge and capabilities
- (29.2)(d) A job where I can be serve and be useful to society
- (17.7)(e) A job that commands a high income
- (60.1)(f) A job that I enjoy working
- (32.6)(g) A job where I do not have to worry about damaging my health
- (0.3) Other ()
- (2.6) I do not know

(M.T.=267.0)

Q17 [Response Sheet 17] With regard to your income and free time, would you like to increase the amount of free time you have, or would you like to increase your income?

- (35.8)(a) Increase the amount of free time
 - (46.3)(b) Increase my income
 - (16.7) Neither
 - (1.2) I do not know
-

The following relates to your requests to the government.

Q18 [Response Sheet 18] Which aspects do you think the government should put more effort into?
Please select all applicable answers. (M.A.)

- (27.5)(a) Diplomacy/International cooperation
- (36.2)(b) Defense/Security
- (18.6)(c) Administrative reform
- (12.0)(d) Promotion of decentralization of power
- (19.0)(e) Promotion of fiscal consolidation
- (32.6)(f) Price measures
- (51.1)(g) Economic measures
- (9.2)(h) Deregulation/Development of new industries
- (37.3)(i) Dealing with employment/labor issues
- (65.1)(j) Development of social security such as healthcare, pensions, etc.

- (27.0)(k) Promotion of education/Development of youth
- (11.2)(l) Promotion of culture/sports
- (10.9)(m) Promotion of science and technology
- (25.8)(n) Protection of natural environment/Conservation of Earth's environment/Pollution measures
- (17.7)(o) Development of housing/public facilities/public transport

- (28.0)(p) Tax reform
- (14.4)(q) Dealing with consumer problems
- (25.9)(r) Disaster prevention
- (26.7)(s) Public order
- (10.4)(t) Suicide prevention measures

- (13.1)(u) Traffic safety measures
- (35.1)(v) Measures to counter declining birthrate
- (51.1)(w) Measures to counter aging society
- (9.3)(x) Promotion of gender equality
- (13.7)(y) Measures for SMEs

- (11.0)(z) Measures for agriculture, forestry, and fisheries
- (21.2)(aa) Revitalization of local communities
- (7.4)(ab) Promotion of civic action
- (23.3)(ac) Resource/Energy measures
- (24.1)(ad) Reconstruction in the aftermath of the Great East Japan Earthquake

- (24.0)(ae) Dealing with the accident at TEPCO Fukushima Daiichi Nuclear Power Station
- (1.3) Other ()
- (3.6) None/I do not know

(M.T.=744.8)

<<Respondent's Profile>>

Finally, please provide us with the following information about yourself, in order to facilitate the statistical analysis of your responses.

F1 [Sex]

- (46.6) Male
- (53.4) Female

F2 [Age] How old are you?

- (1.2) 18 - 19 (8.6) 40 - 44 (12.5) 65 - 69
- (3.2) 20 - 24 (8.0) 45 - 49 (9.5) 70 - 74
- (4.1) 25 - 29 (7.6) 50 - 54 (8.0) 75 - 79
- (5.1) 30 - 34 (7.9) 55 - 59 (8.5) 80 or above
- (6.2) 35 - 39 (9.6) 60 - 64

F3 [Employment status][Response Sheet 19] Which of the following applies to your employment status?

- (48.6) (a) Employed (including executive officer)
- (8.7) (b) Self-employed (including home-based work)
- (2.3) (c) Family worker
- (40.4) (d) Unemployed (including homemaker, student)

(For those who responded "a. Employed (including executive officer)", "b. Self-employed (including home-based work)", "c. Family worker" in F3)

SQ-a [Occupation] What is your occupation?
(Write down specific details, and circle the applicable job category below.)

(N=3,767)

- (7.3) Administrative or Managerial Worker
- (17.8) Professional or Technical Worker
- (19.5) Clerical Worker
- (28.3) Sales, Service, or Security Worker
- (4.2) Agriculture, Forestry, or Fishery Worker
- (22.7) Production, Transportation, Construction or Related Worker
- (0.2) No response

(For those who responded "d. Unemployed (including homemaker, student)" in F3)

SQ-b [Homemaker, student, other unemployed]
[Response Sheet 20]
Which of the following is applicable to you?

(N=2,552)

- (47.4) Housewife
- (3.1) Househusband
- (4.7) Student
- (44.7) Other
- (0.1) No response

(For those who responded "a. Employed (including executive officer)" in F3)

SQ-c [Type of Employment][Response Sheet 21]
Which of the following is applicable to you?

(N=3,070)

- (4.7) (a) Executive officer
- (58.7) (b) Regular staff/employee
- (36.1) (c) Non-regular staff/employee (including contract staff and staff dispatched from worker dispatching agencies)
- (0.5) No response

(For all respondents)

F4 [Household][Response Sheet 22] Which of the following categories is applicable to your household?

- (11.1)(a) One-person household
 - (25.4)(b) One-generation household (married couple only)
 - (49.8)(c) Two-generation household (parents and child/children)
 - (11.7)(d) Three-generation household (parents, child/children, and grandchild/grandchildren)
 - (2.0)(e) Other household types
 - (0.0) No response
-

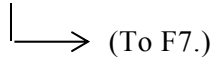
F5 [Marital status][Response Sheet 23] Are you married? Please select one answer.

- (70.6)(a) Married (with spouse)
 - (12.7)(b) Married (divorced/widowed)
 - (16.7)(c) Unmarried
-

F6 [With/Without child/children] Do you have any children? Please include grown child/children or child/children who do not live with you.

(76.0) I have a child/children

(24.0) I do not have any children



(To F7.)

(For those who responded “I have a child/children” in F6)

SQ [Response Sheet 24][Growth stages of the child/children] Which growth stage is your child/children in?

Please choose the answers applicable to all your children. (M.A.)

(N=4,803)

- (11.3)(a) Baby, infant, or preschooler
- (12.4)(b) Elementary school student
- (7.3)(c) Middle school student
- (8.2)(d) High school student
- (7.6)(e) College, postgraduate, junior college, or vocational school student
- (70.7)(f) Has already completed his/her schooling
- (0.3) Other ()
- (0.1) No response

(M.T.=117.9)

(For all respondents)

F7 [Type of housing] [Response Sheet 25]

Which of the following is applicable to the type of housing that you currently live in?

- (83.0)(a) Owned house
 - (13.3)(b) Rented house owned privately
 - (2.4)(c) Rented house owned by local government or Urban Renaissance Agency (UR)
 - (1.1)(d) Issued houses
 - (0.2) Other
 - (-) I do not know
-

SQ [Type of Building] (Survey officer's judgment)

- (83.6)(a) House
 - (16.2)(b) Apartments (including Tenement house or Terrace houses)
 - (0.2) Other (including apartments of a factory or office classified as dwelling quarters)
-

F8 [Response Sheet 26] [Source of information on social trend]

What are the sources you use to obtain information on social trend?

Please choose all applicable answers. (M.A.)

- (90.6)(a) Television
- (17.7)(b) Radio
- (59.2)(c) Newspaper
- (14.3)(d) Books and magazines
- (51.6)(e) Internet (other than (f))
- (12.3)(f) SNS (Twitter, Facebook, etc.)
- (31.1)(g) Family, friends and acquaintances
- (0.2) Other ()
- (0.0) I do not know

(M.T.=277.2)