

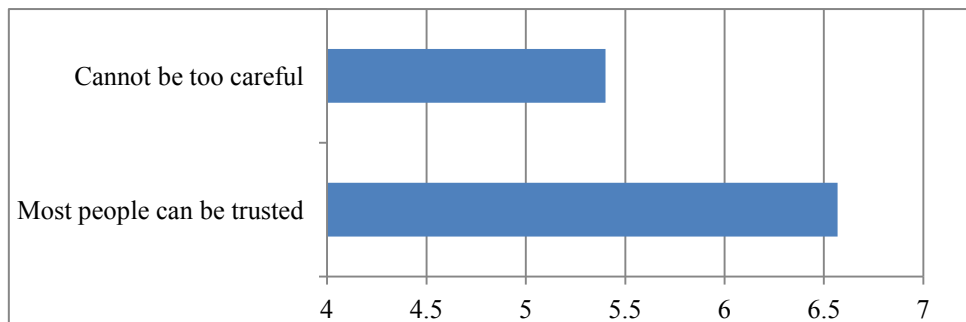
⑰ Trust in people

In addition, the survey asked whether most people can be trusted or we cannot be too careful in dealing with people. Slightly more respondents chose “most people can be trusted” over “cannot be too careful” (Table 24). When it comes to the relationship with the level of current happiness, the level of current happiness was higher among those who answered that most people can be trusted. When ANOVA was performed to determine the effect of sex, age and trust in people on the level of current happiness (see chapter 15 in the appendix), the main effect of trust in people was significant (at the 1% significance level). This effect remained significant after considering age and sex.

Table24 Trust in People

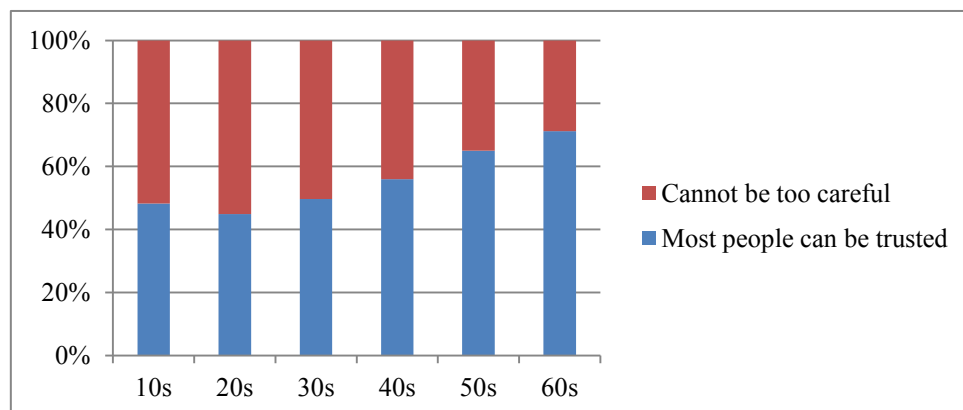
	Men	Women	Total
Most people can be trusted	55.3%	60.5%	57.7%
Cannot be too careful	44.7%	39.5%	42.3%

Graph32 Trust in People and Level of Current Happiness



When looking at age differences in the distribution of responses to trust in relationships, results imply that more respondents answered that most people can be trusted among older generations (Graph 33).

Graph33 Trust in People By Age



⑱ Self-perceived usefulness

When asked their degree of self-perceived usefulness and sense of belonging (ibasho), for example “I feel someone is interested in me” “I feel I am useful” and “I feel I have my own role”, more respondents answered that the statement “applies” than that it “does not apply” for all except the statement “I feel someone is interested in me” (Table 25). In particular, more than half of the respondents agreed with the statement “I feel I have my own role.”

Table25 Distribution of Responses to Self-Perceived Usefulness (%)

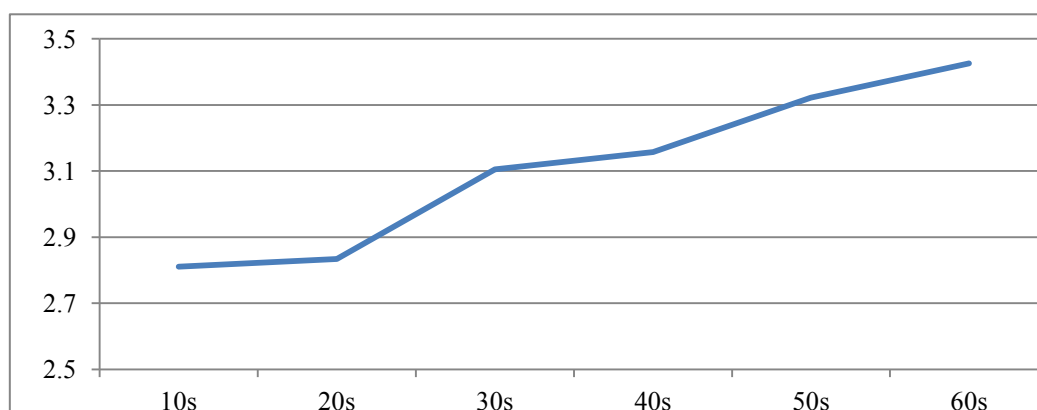
	Does not apply at all	Normal ly does not apply	I am not sure	Normal ly applies	Strongly applies	Apply	Do not apply
I feel someone is interested in me	9.5	22.5	39.3	25.8	2.9	32.0	28.7
Someone feels empty without me	10.3	17.7	31.8	32.5	7.7	28.0	40.2
I feel I am needed	8.0	14.5	31.4	37.6	8.6	22.5	46.2
I feel I am useful	8.2	14.9	33.6	36.8	6.4	23.1	43.2
I feel I have my own role	7.2	11.9	27.3	43.7	9.9	19.1	53.6
Someone will be in trouble without me	8.9	14.8	30.3	35.7	10.4	23.7	46.1
I feel I am accepted by others	8.3	14.3	37.4	33.4	6.6	22.6	40.0

Average scores for all of the statements above were calculated as indexes of self-usefulness as follows: “does not apply at all”=1, “normally does not apply”=2, “I am not sure”=3, “normally applies”=4, and “strongly applies”=5. By sex, women marked higher scores than men. By age, the score of self-usefulness increased with age.

Table26 Self-Perceived Usefulness

Men	3.0
Women	3.3
Total	3.2

Graph34 Self-Perceived Usefulness By Age



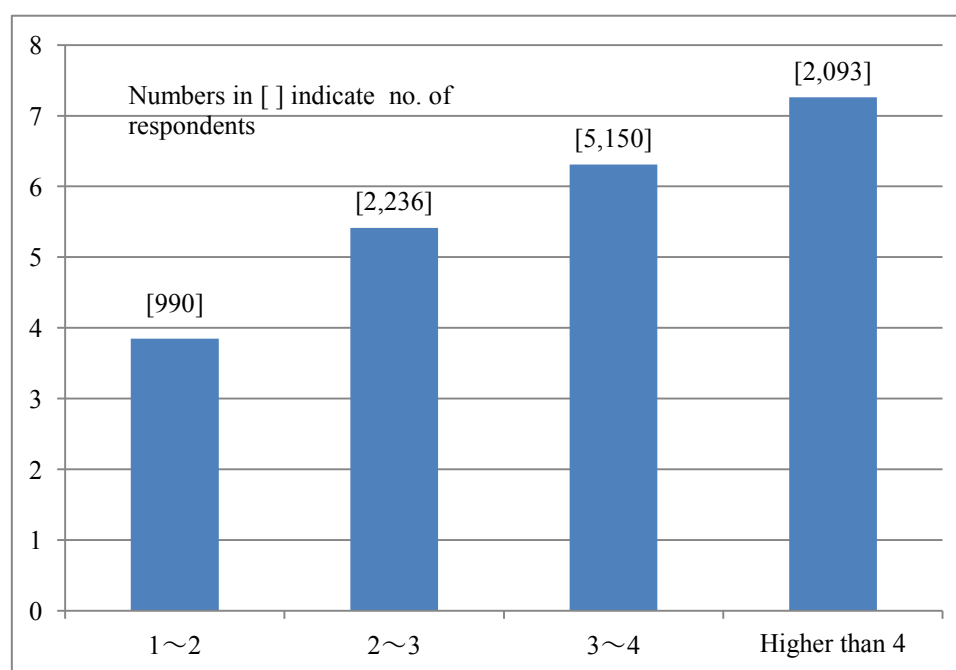
By employment status, the score of self-usefulness was lower among young people who are not in labor force, fully unemployed people, househusbands, and students while higher among employees and housewives.

Table27 Self-Perceived Usefulness By Employment Status

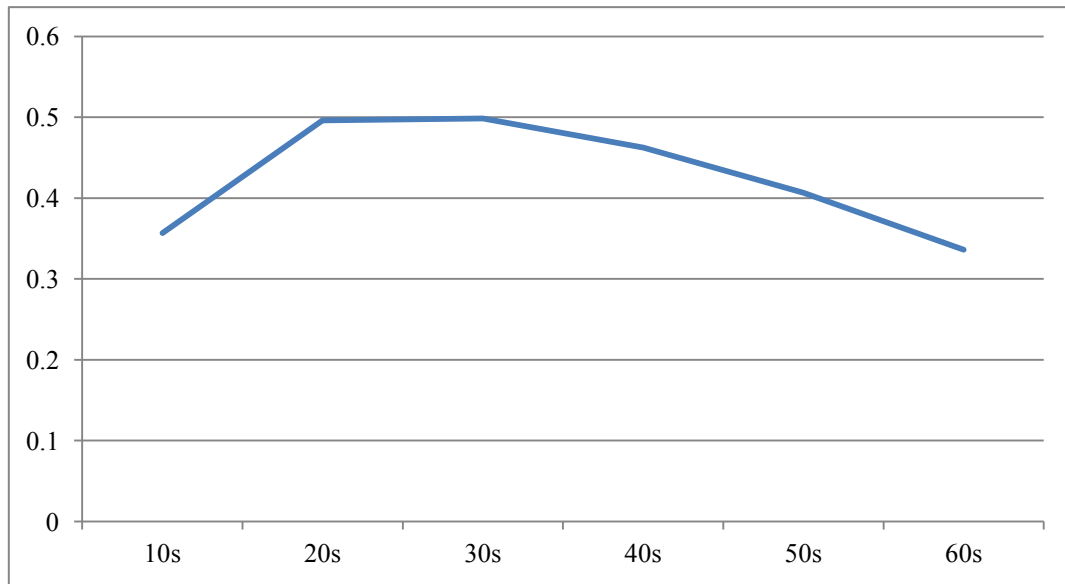
	Men		Women		Total	
	Average	No. of Respondents	Average	No. of Respondents	Average	No. of Respondents
Unemployed	2.5	92	2.7	45	2.6	137
Housewives/husbands	2.6	25	3.5	858	3.5	883
Students	2.8	279	2.9	188	2.8	467
Those not in labor force etc. (including retired people)	3.0	473	3.0	125	3.0	598
Under 30s	1.9	32	2.1	24	2.0	56
Over 40s	3.1	441	3.2	101	3.1	542
Employees	3.1	4,292	3.3	2,590	3.2	6,882
Total (including those who were unable to be classified)	3.1	5,161	3.3	3,806	3.2	8,967

From Graph 35, which shows the level of current happiness contrasted with the level of self-usefulness, it is clear that these two variables were correlated. The correlation coefficients among those in their 20s and 30s were particularly large as 0.5 (Graph 36).

Graph35 Level of Current Happiness By Self-Perceived Usefulness Score



Graph36 Correlation Coefficients between Level of Current Happiness
and Self-Perceived Usefulness By Age



⑪ Social support

When asked about different situations whether they can receive social support, more than half of the respondents agreed with “he/she cheers me up when I am feeling down” “When I have something to be happy about, he/she gets excited as if it happened to them” and “he/she accepts me as I am including my weakness and strengths.” (Table 28)

Table 28 Percentages of Respondents to Social Support (%)

	It is definitely not the case	It is probably not the case	I am not sure	It is probably the case	It is certainly the case	It is not the case	It is the case
He/she cheers me up when I am feeling down	3.4	9.6	27.1	43.7	16.2	13.0	59.9
When I have something to be happy about, he/she gets excited as if it happened to them	3.2	8.9	29.2	43.3	15.5	12.0	58.8
He/she solves the problem when I cannot do anything	5.0	13.5	38.2	34.4	8.9	18.5	43.3
When I am feeling down, he/she realizes promptly, and takes care of me	5.2	14.0	35.9	35.1	9.8	19.2	45.0
He/she always understands how I feel	5.6	13.5	37.3	33.8	9.8	19.1	43.6
He/she accepts me as I am including my weakness and strengths	3.9	8.3	31.1	41.0	15.8	12.2	56.7

As an index of social support (Social Support Scale), average scores of the responses to all the statements above were calculated as follows: “It is definitely not the case”=1, “It is probably not the case”=2, “I am not sure”=3, “It is probably the case”=4, and “It is certainly the case”=5. Additionally, ANOVA was performed to examine the effect of survey methods, sex, and age on the general support scale (see chapter 16 in the appendix). The main effect of survey methods was significant. Compared with the results from direct-visit and self-completion questionnaires, there were less respondents who answered “It is the case” to all of the statements, which means that expectation in receiving social support was lower in the online survey (Table 29).

Table29 Comparisons of Responses in Direct-Visit and Self-Completion Questionnaires
and Online Survey (%)

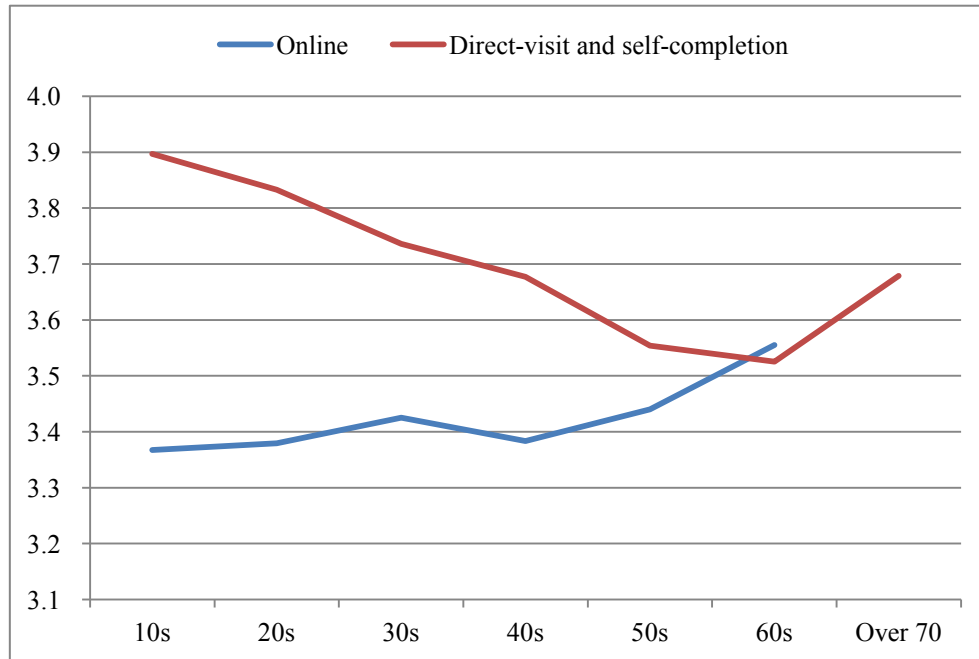
	Online		Direct-visit and self-completion	
	It is not the case	It is the case	It is not the case	It is the case
He/she cheers me up when I am feeling down	13.0	59.9	7.0	65.8
When I have something to be happy about, he/she gets excited as if it happened to them	12.0	58.8	6.8	67.3
He/she solves the problem when I cannot do anything	18.5	43.3	14.2	49.8
When I am feeling down, he/she realizes promptly, and takes care of me	19.2	45.0	11.6	55.3
He/she always understands how I feel	19.1	43.6	12.0	54.0
He/she accepts me as I am including my weakness and strengths	12.2	56.7	7.9	65.4

By sex, women marked higher scores than men, which was similar to the results from direct-visit and self-completion questionnaires (the interaction effect between sex and survey methods was not significant)(Table 30). By age, expectation for social support increased with age in the online survey while its curve is J-shaped with those in their 60s at the bottom in the direct-visit and self-completion questionnaires. Thus, these results were very different, and the interaction effect between age and survey methods was significant (Graph 37). Graph 38 shows the correlation coefficients between social support and the level of current happiness by age. Although all of the correlation coefficients were significant, there were no large differences by age in the direct-visit and self-completion questionnaires while they peaked at those in their 30s in the online survey.

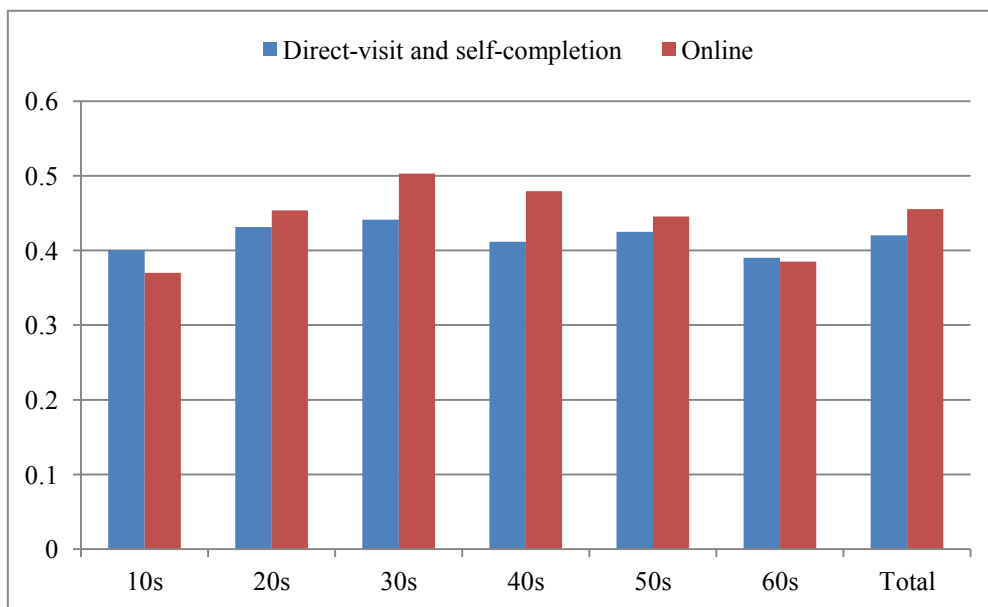
Table30 Social Support Scale

	Men	Women	Total
Direct-visit and self-completion	3.5	3.8	3.7
Online	3.3	3.6	3.4

Graph37 Social Support Scale By Age



Graph38 Correlation Coefficients between Level of Current Happiness and Social Support Scale
By Survey Method and Age



②NEET and Hikikomori (Shut-ins)

To explore psychological aspects of NEET and Hikikomori (shut-ins), the survey included 28 questions that investigate preference for a part time freelance lifestyle, low self-efficacy, and unclear goals for the future. The results are shown below.

Table31 Percentage of Responses to NEET-Hikikomori Scale

	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
I think that a person who does not work upon graduating will become lazy	3.2	11.4	23.3	44.9	17.2
Upon graduating, I don't think it is necessary to find a job immediately	10.1	32.1	36.4	18.9	2.4
Upon graduating, I would like to do work that comes with responsibilities	6.2	13.9	40.3	32.8	6.8
Upon graduating, I think that to work is to fulfill one's duty to society	3.9	12.2	34.2	39.6	10.1
Upon graduating, I would like to avoid getting a job in a very formal kind of full time position	5.4	21.0	44.2	22.9	6.4
I cannot find the meaning in working after graduating	11.9	34.6	37.2	12.7	3.6
Upon graduating, I don't think it is necessary to pour myself into my work to the extent of sacrificing my private life	3.1	15.7	39.9	31.3	10.1
Upon graduating, I think it is necessary to have a job in order to sufficiently be able to fulfill one's talents	2.5	9.1	39.5	39.7	9.3
I don't quite know what I want to do in the future	8.6	22.4	39.6	20.9	8.6
Upon graduating, since I want to prioritize my own preferred lifestyle, it would be better to lead a part time freelance lifestyle (than to get a formal full time job)	28.4	32.6	31.0	6.6	1.5
Upon graduating, since I can rely on my parents to provide for my basic needs, I want to try to have all kinds of fun	45.0	27.0	21.3	5.8	0.9
Upon graduating, obtaining stability and a high earning is not that important to me	24.3	41.5	26.6	6.3	1.4
My impression of the work of a regular full-time employee is that it is intense and just seems harsh	19.4	34.9	30.0	12.7	3.1
I think that my knowledge and skills are at low levels	10.0	29.5	39.2	16.0	5.4
I can do just as much as anybody else and I think I will be useful to society	3.8	12.2	40.8	37.7	5.6
Whether it is someone I don't like or someone who is difficult to deal with, I make an effort to get along with people	4.7	14.8	35.1	40.5	5.0
When I have some trouble to deal with, I have someone I can talk to	5.3	11.8	32.6	40.7	9.6

It is necessary to study now for what may come after I get a job	1.3	3.3	20.5	49.3	25.5
My social skills are low, and I am not good at relating to others	8.7	25.3	34.8	21.5	9.7
I feel that I belong somewhere	7.6	17.9	46.3	24.5	3.6
I feel that communicating with others is hopelessly difficult for me	7.8	30.0	35.7	19.8	6.7
Mingling with others is exhausting for me	5.3	23.5	35.6	27.6	8.1
I don't have confidence in myself	6.5	26.3	35.4	21.5	10.3
I feel like I don't have a clear future prospect	5.0	21.2	36.6	26.8	10.4
I don't have too many friends who I can go out with or call	9.5	27.7	31.4	23.1	8.4
There are times when I think that I am not needed by society	9.0	29.7	39.9	15.7	5.7
I think that my basic abilities are low	13.3	34.0	32.8	14.3	5.7
My nights and days are reversed cycled; I stay up all night, wake up in the afternoons, and eat irregularly	38.5	22.7	26.1	8.9	3.9

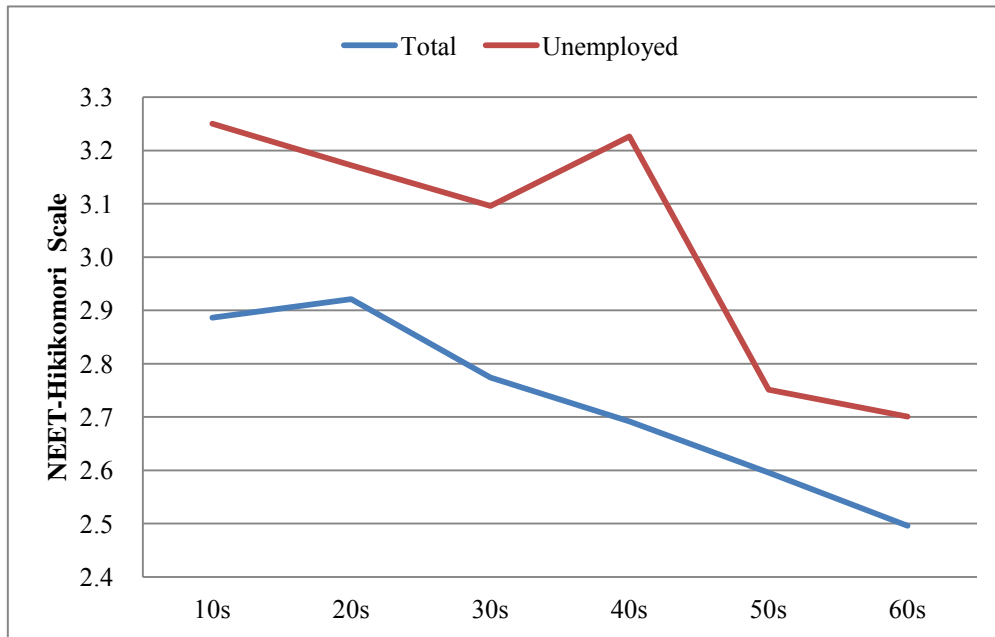
Indexes of NEET and Hikikomori were constructed as follows: “Completely disagree”=1, “disagree”=2, “Neither disagree nor agree”=3, “agree”=4, and “completely agree”=5. After reversely scoring the answers to some questions⁵, average scores were calculated as NEET-Hikikomori Scale. Table 32 shows the average scores for men and women, and it suggests that sex did not have any effect on NEET-Hikikomori Scale. Graph 39 indicates that the average score decreased with age. NEET-Hikikomori Scale was high among the unemployed, and it decreased with age; however, careful interpretation about this result is needed because the sample size of the unemployed was only 137.

Table32 NEET-Hikikomori Scale By Age

	Average	Standard Deviation	No. of respondents
Men	2.7	0.5	5,576
Women	2.7	0.5	4,893
Total	2.7	0.5	10,469

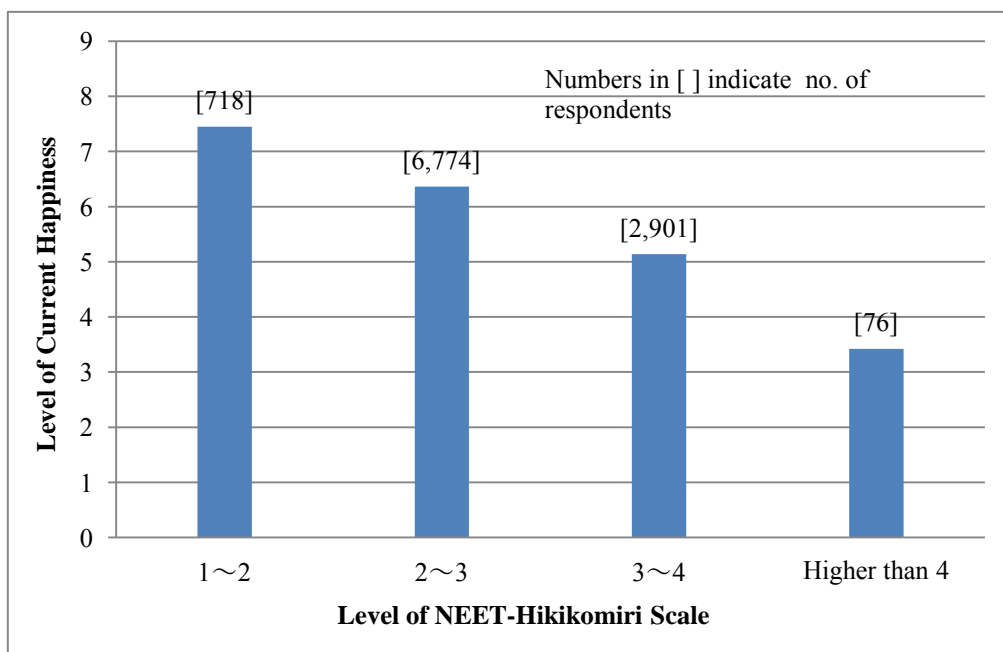
⁵ 9 questions: “I think that a person who does not work upon graduating will become lazy” “Upon graduating, I would like to do work that comes with responsibilities” “Upon graduating, I think that to work is to fulfill one's duty to society” “Upon graduating, I think it is necessary to have a job in order to sufficiently be able to fulfill one's talents” “I can do just as much as anybody else and I think I will be useful to society” “Whether it is someone I don't like or someone who is difficult to deal with, I make an effort to get along with people” “When I have some trouble to deal with, I have someone I can talk to” “It is necessary to study now for what may come after I get a job” “I feel that I belong somewhere”

Graph39 NEET-Hikikomori Scale By Age

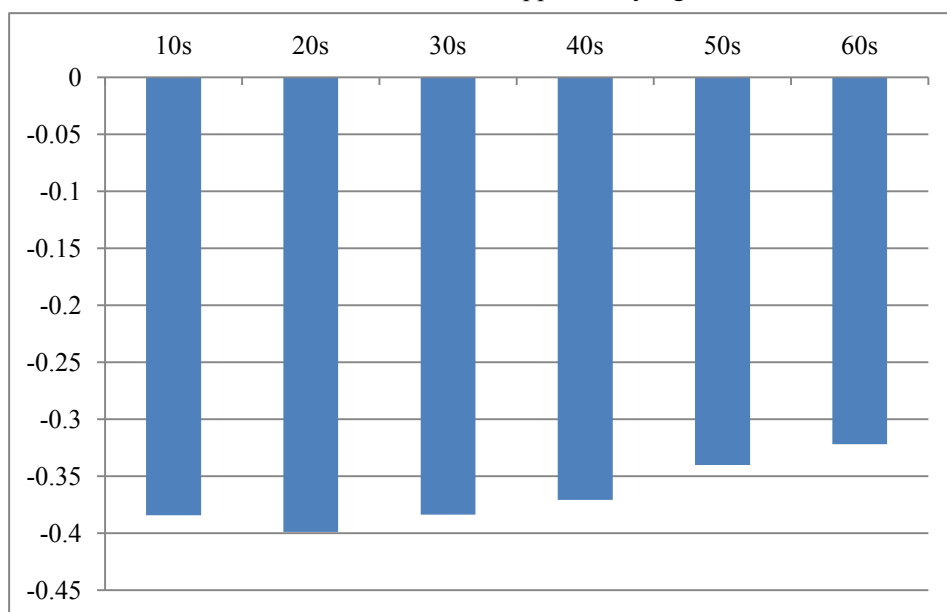


Regarding its relationship with the level of current happiness, Graph 40 shows that NEET-Hikikomori Scale was correlated to the level of current happiness. When the average score of NEET-Hikikomori Scale was higher than 4, the level of current happiness was under 4; however, only 76 people had the average score higher than 4.

Graph40 NEET-Hikikomori Scale and Level of Current Happiness



Graph41 Correlation Coefficients between NEET-Hikikomori Scale
and Level of Current Happiness By Age



②1Mental health

The survey asked respondents about their mental health in the past 30 days, for example “how often did you feel nervous?” and “How often did you feel hopeless?” (Table 33). These questions are based on K6 Scale, which measures psychological distress. K6 scores were calculated for each respondent from the sum of all responses as follows: “None of the time”=0, “a little of the time”=1, “sometime of the time”=2, “most of the time”=3, and “all the time”=4. According to research results, if K6 score is higher than 5, it means psychological distress; if K6 score is higher than 10, it may suggest mood and anxiety disorders; if K6 score is higher than 13, it could imply severe mental illness. In this online survey, approximately half of the respondents had a score higher than 5, which is quite high compared with the results from Comprehensive Survey of Living Conditions 2010. Careful interpretation is needed because there can be major bias due to survey methods, sampling, and the order of the questions (Table 34). Men marked higher scores than women in this online survey while women marked higher scores than men in Comprehensive Survey of Living Conditions. Graph 42 shows that K6 score decreased with age. It is also clear in Graph 43 that those who had a high K6 score were low in the level of current happiness. When looking at the correlation between the level of current happiness and K6 score by age, negative correlation was the largest at 40s.

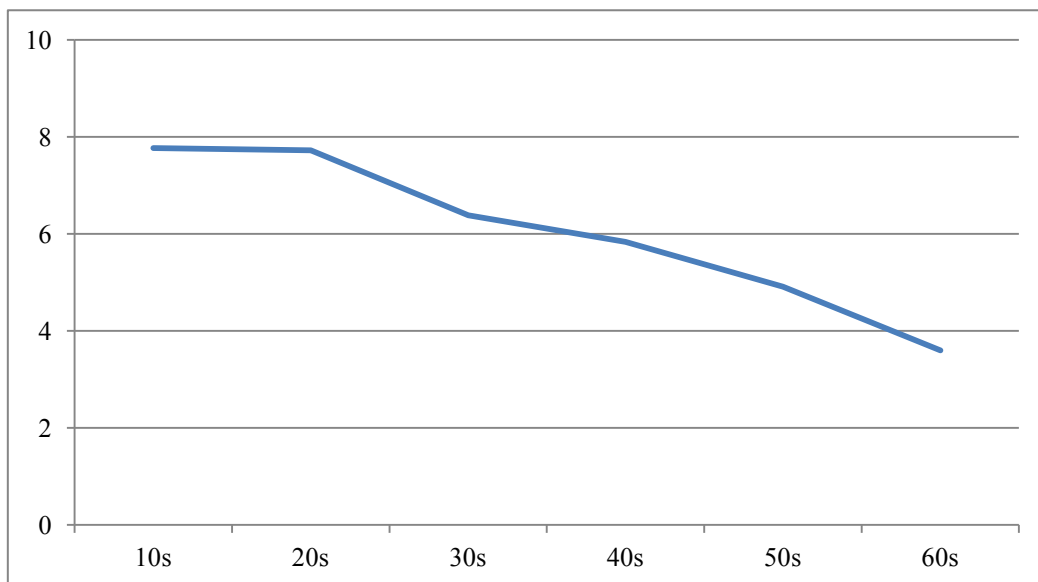
Table33 Percentage of Responses to K6 Scale (%)

	None of the time	A little of the time	Some of the time	Most of the time	All the time
How often did you feel nervous	39.9	28.6	23.3	5.6	2.7
How often did you feel hopeless	53.2	22.9	16.7	4.5	2.7
How often did you feel restless or fidgety	41.2	30.2	21.5	5.1	2.0
How often did you feel so depressed that nothing could cheer up	36.4	31.0	22.5	6.6	3.6
How often did you feel that everything was an effort	44.0	28.7	20.1	4.9	2.3
How often did you feel worthless	53.6	21.5	16.5	4.7	3.7

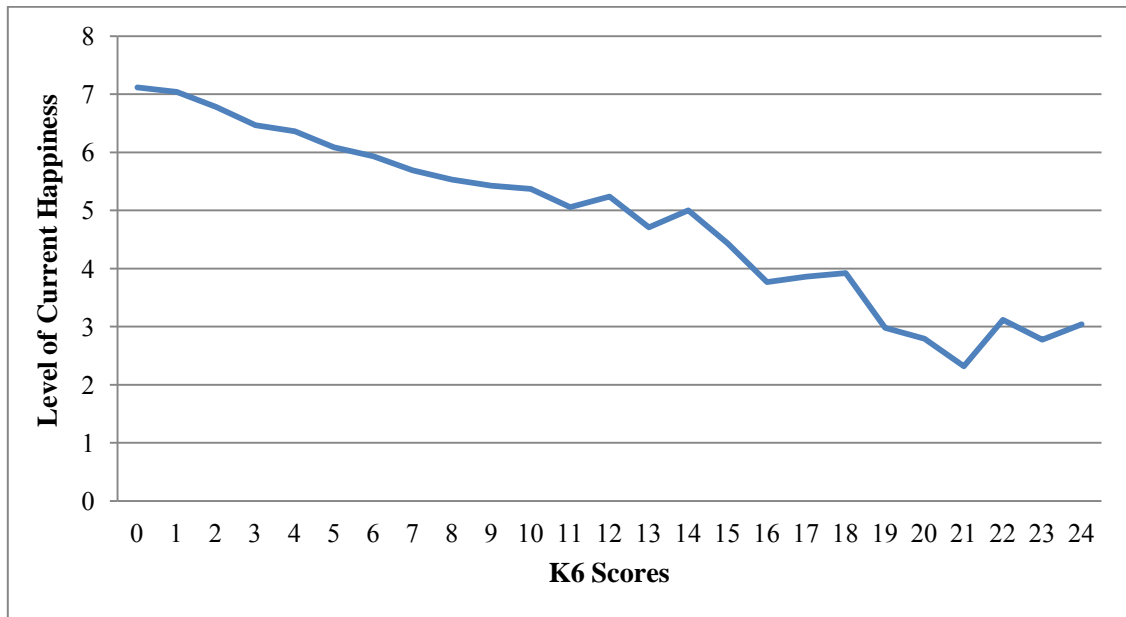
Table34 Comparison with Results from Comprehensive Survey of Living Conditions 2010

	K6 Scores	Comprehensive Survey of Living Conditions 2010	This survey
Total	Total	100.0%	100.0%
	0 - 4	58.8%	50.4%
	5 - 9	15.3%	26.2%
	10 - 14	6.1%	17.0%
	Higher than 15	2.3%	6.4%
	Unknown	17.4%	
Men	Total	100.0%	100.0%
	0 - 4	61.3%	48.4%
	5 - 9	14.1%	25.4%
	10 - 14	5.6%	19.5%
	Higher than 15	2.1%	6.7%
	Unknown	17.0%	
Women	Total	100.0%	100.0%
	0 - 4	56.6%	52.6%
	5 - 9	16.4%	27.1%
	10 - 14	6.6%	14.1%
	Higher than 15	2.5%	6.2%
	Unknown	17.8%	

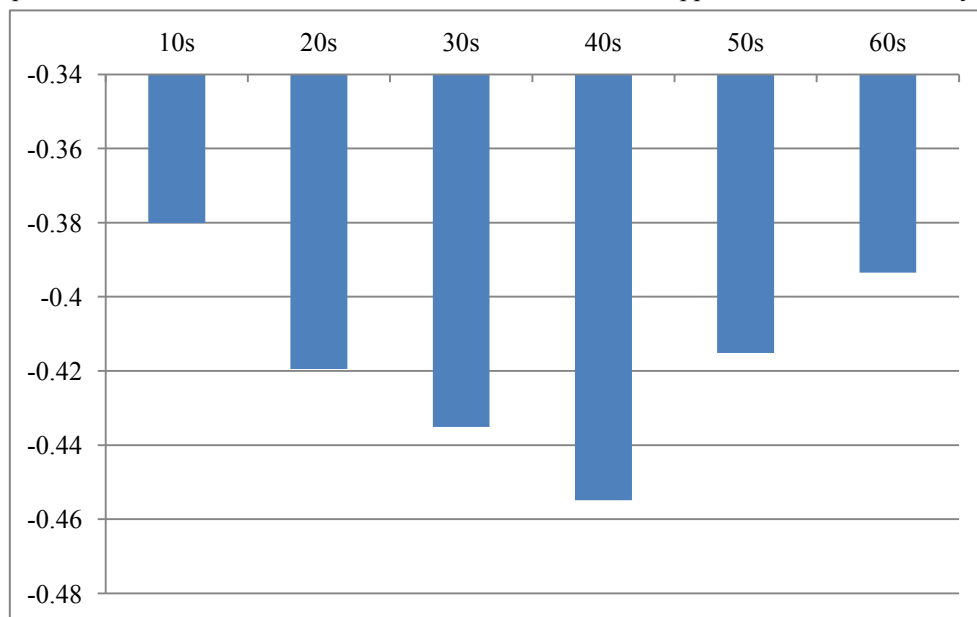
Graph42 K6 Scores By Age



Graph43 Level of Current Happiness By K6 Scores



Graph44 Correlation Coefficients between Level of Current Happiness and K6 Scores By Age



② Self-reported health status

When asked about the evaluation of their own health condition on a 5-point scale, from “I am not healthy at all” to “I am totally healthy,” more than half of the respondents answered either “I am totally healthy” or “I am healthy” (Table 35).

Table35 Distribution of Respondents to Self-Reported Health Status (%)

	Online	Direct-visit and self-completion
I am not healthy at all	5.2	5.8
I am not healthy	17.1	15.3
I am neither healthy nor ill	21.1	18.9
I am healthy	43.0	40.9
I am totally healthy	13.7	19.0
No answer	0.0	0.1

Indexes of self-reported health status were constructed as follows: “I am not healthy at all”=1, “I am healthy”=2, “I am neither healthy nor ill”=3, “I am not healthy”=3, and “I am totally healthy”=5. When ANOVA was conducted to examine the effect of survey methods, sex, and age on self-reported health status (see chapter 17 in the appendix), the main effect of survey methods was significant. Less respondents answered “I am totally healthy” in the online survey than in the direct-visit and self-completion questionnaires. The main effect of sex was significant, and it suggests that women evaluated their own health better than men; however, the interaction effect between survey methods and sex was not significant (Table 36).

Table36 Average Scores of Self-Reported Health Status By Age

	Online	Direct-visit and self-completion
Men	3.4	3.5
Women	3.5	3.6
Total	3.4	3.5

The main effect of age was significant, which indicates that self-reported health status declined with age. The interaction effect between self-reported health status and survey methods was also significant. In the online survey, the score increased slightly from 50s to 60s, and younger respondents had lower scores, compared with the direct-visit and self-completion questionnaires (Graph 30). Yet, further consideration is needed because this result may be due to sampling bias in the online survey.

Graph45 Self-Reported Health Status By Age

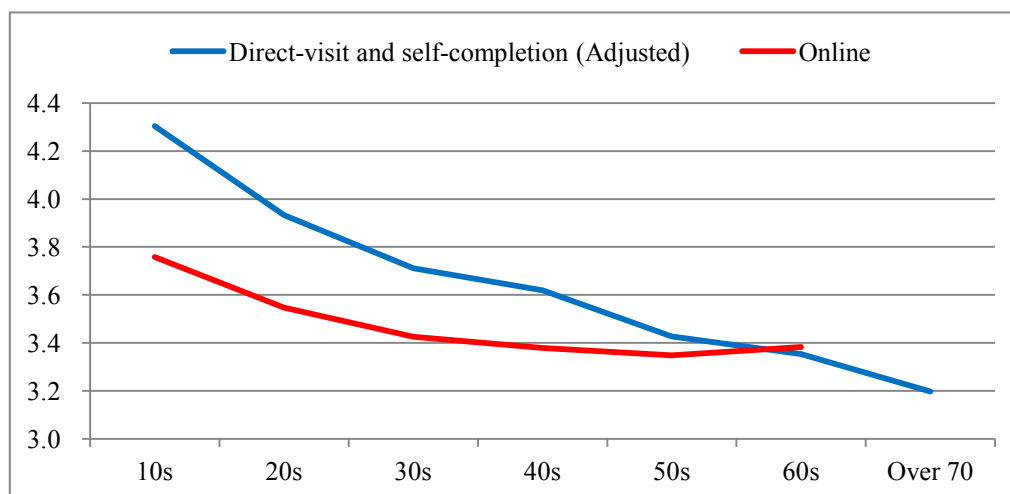
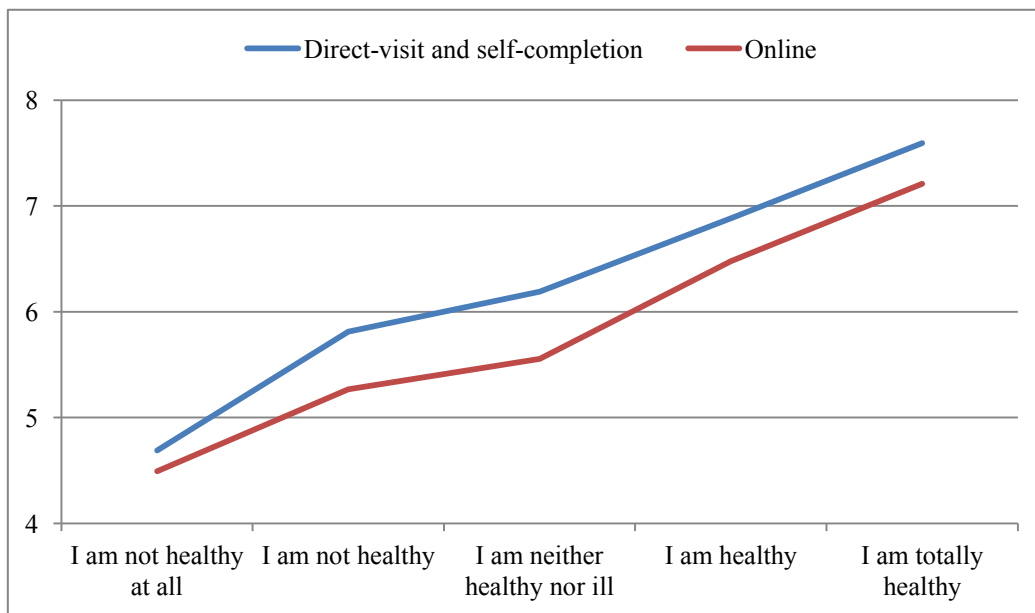


Table 37 shows that the level of current happiness and self-reported health status were positively correlated (Table 37). The curve for correlation coefficients obtained from the online survey was inverted U-shaped while the curve peaked at 50s in the direct-visit and self-completion questionnaires. In either of the surveys, the correlation coefficient between self-reported health status and the level of current happiness was not particularly high among those in their 60s and 70s who view health important.

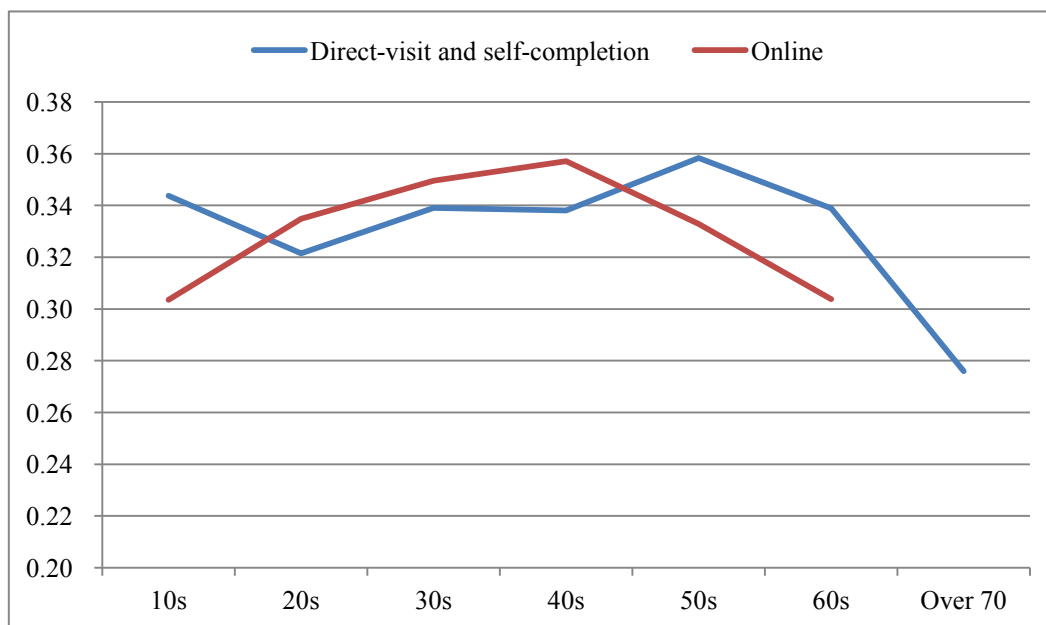
Table37 Self-Reported Health Status and Level of Current Happiness

	Level of Current Happiness	Average age	No. of respondents
I am not healthy at all	4.5	45.4	539
I am not healthy	5.3	45.5	1,790
I am neither healthy nor ill	5.6	44.6	2,204
I am healthy	6.5	45.3	4,499
I am totally healthy	7.2	39.5	1,437
Total	6.1	44.4	10,469

Graph46 Self-Reported Health Status and Level of Current Happiness By Survey Methods



Graph47 Correlation Coefficients between Self-Reported Health Status and Level of Current Happiness By Age



②3 Marital status

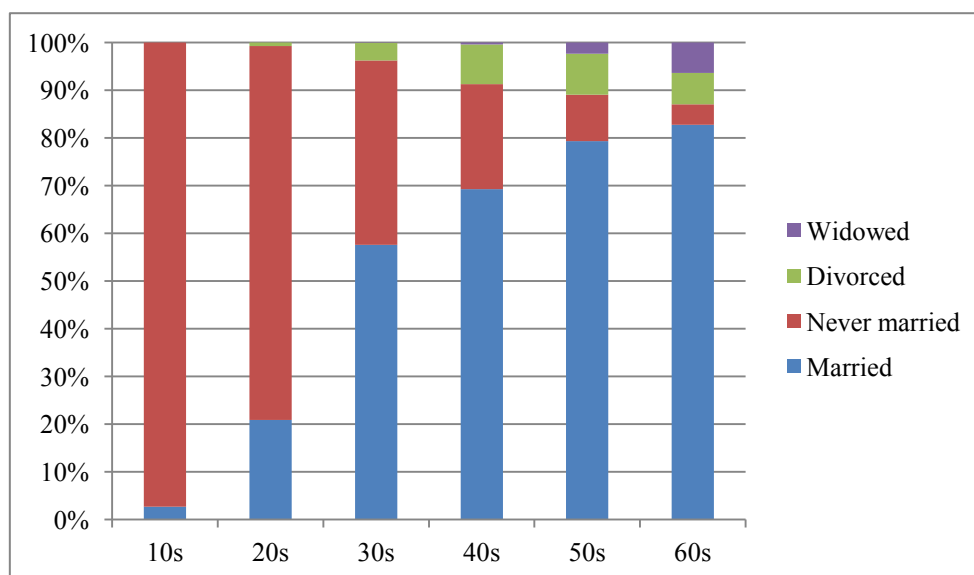
When asked marital status, more than 60% of the respondents were married and 30% of them were never married in this online survey. The number of widows was very small because the respondents were under the age of 70, which was different from the direct-visit and self-completion questionnaires (Table 38).

Table38 Marital Status

	No. of respondents	Percentage (%)	Percentage in direct-visit and self-completion (%)
Married	6,375	60.9	59.3
Never married	3,313	31.7	22.5
Divorced	579	5.5	7.3
Widowed	202	1.9	10.9

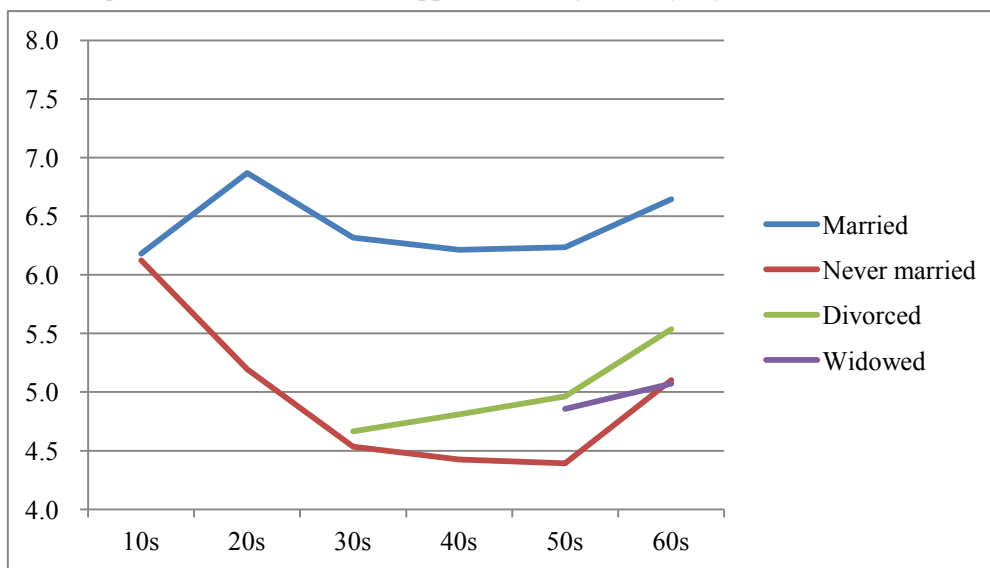
Graph 48 shows the distribution of marital status by age. Married people increased with age, but the percentage of married people was 70% even among those in their 40s. Based on a separate analysis, the percentage of married people tends to be lower among younger people and higher among older people in online surveys, compared with the results of Census and other surveys.

Graph48 Marital Status By Age

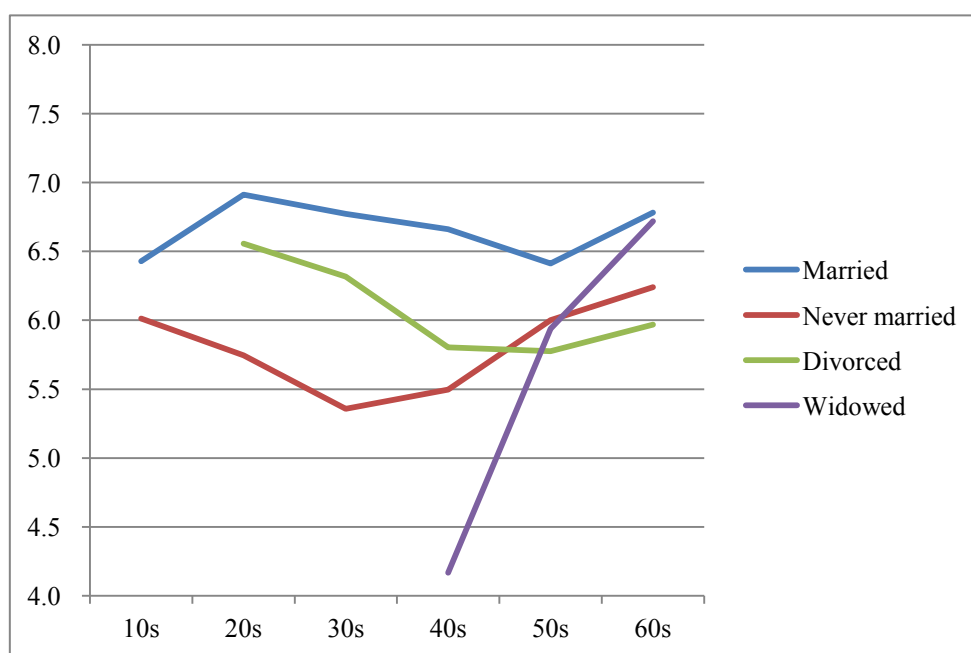


When looking at the level of current happiness by marital status, age and sex, it is clear that marital status had a strong impact on the level of current happiness among both men and women. There was a gender difference in the level of current happiness among widows. That is, among women in their 60s, widows (with a sample size of 103) were as happy as the married.

Graph49-1 Level of Current Happiness among Men By Age and Marital Status

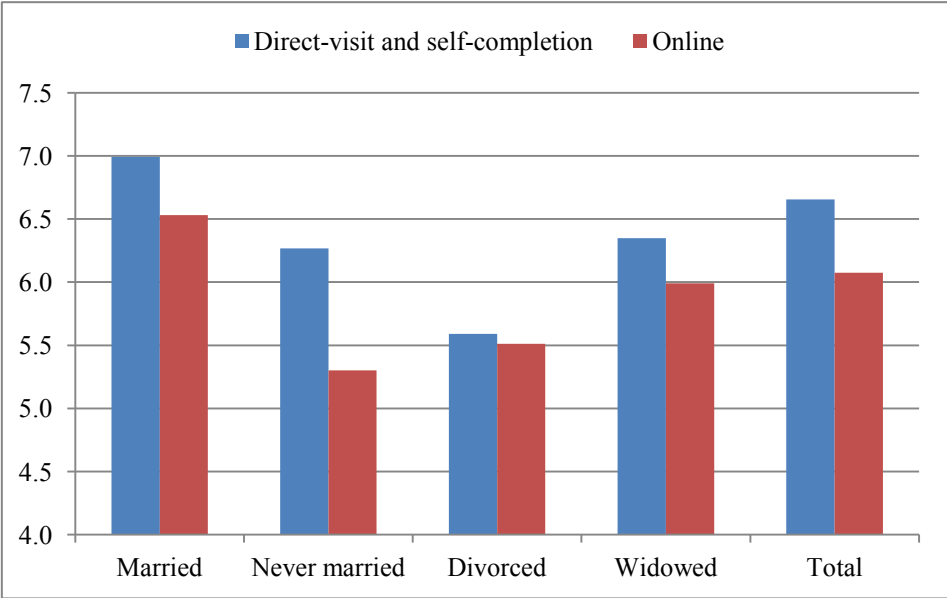


Graph49-2 Level of Current Happiness among Women By Age and Marital Status



Compared with the tendency for the whole sample, the level of current happiness among people who are never married was much lower in the online survey than in the direct-visit and self-completion questionnaires (Graph 50).

Graph50 Self-Reported Health Status and Level of Current Happiness By Survey Methods



②④Number of children

Table 39 shows the number of children by children's age, regardless of living together or not. As more than 40% of the respondents were older than the age of 50, most respondents who have children answered that their children are older than 20 years old.

Table39 Age and Number of Children (%)

Child(ren)'s age	None	One	Two	Three or more
Older than 20 years old	65.5	8.6	19.0	6.9
Graduated from middle school (usually 15 years old) up to 20 years old	90.8	6.8	2.1	0.3
Students of middle or elementary school	86.7	8.3	4.3	0.7
Under 6 years old	89.4	7.6	2.6	0.4

When looking at the level of current happiness by children's age, the number of children, and a parent (respondent)'s age (the data were excluded if the sample size was smaller than 10), whether or not they have children apparently had an impact on the level of current happiness for all age groups. The level of current happiness was also influenced by a parent's age and children's age. Among those who have children older than 20 years old, the level of current happiness peaked at 60s. Among respondents in their 30s and 40s, those who have students of middle or elementary school were happier than those with no children. Respondents who have children under 6 years old were very happy, regardless of their own age.

Table40 Parent's Level of Current Happiness by Age and Number of Children and Age of Parents

Age of children	Number of children	Age of parents					
		10s	20s	30s	40s	50s	60s
Older than 20 years old	0	6.1	5.7	5.9	6.0	5.7	6.2
	1				6.1	6.0	6.4
	2				6.0	6.4	6.7
	3				5.7	6.4	6.7
Graduated from middle school (usually 15 years old) up to 20 years old	0	6.1	5.7	5.9	5.9	6.1	6.6
	1	6.5		5.7	6.3	6.1	6.6
	2				6.0	5.8	
	3					6.4	
Students of middle or elementary school	0	6.1	5.7	5.7	5.7	6.1	6.6
	1		5.7	6.4	6.3	6.0	6.8
	2			6.5	6.5	6.4	
	3			6.2	6.6		
Under 6 years old	0	6.1	5.5	5.5	5.9	6.1	6.6
	1		7.2	6.6	6.9	7.2	
	2		7.3	6.7	6.6		
	3			7.4			

②5 Frequency of social contacts (face-to-face)

To the questions on frequency of meeting family members and friends in person, most respondents answered that they live together with their partner or have no partner. Many respondents answered that they see their parents and siblings who do not live together a few times a year, and that they see their friends once or twice a month. More than 10% of the respondents answered that they do not have an appropriate person to the question concerning social contacts with friends.

Table41 Frequency of Social Contacts (Face-to-face) with Partner, Parents, Children, Siblings, Relatives, and Friends (%)

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing /out of touch	Have no appropriate person	No answer
Partner	59.3	0.2	0.1	0.2	0.4	0.4	0.2	0.0		39.1
Your child	38.7	1.1	0.9	1.6	4.7	7.2	1.7	0.3		43.7
Your parents	30.2	2.9	2.6	5.7	13.5	17.6	6.0	0.3	21.2	
Your parents-in-law	3.3	1.6	0.9	2.4	10.0	17.2	8.6	0.4	24.0	31.6
Your siblings	13.0	1.9	1.3	3.6	14.1	35.2	17.1	1.0	12.9	
Your siblings-in-law	0.2	1.0	0.3	1.2	6.8	25.8	20.5	0.7	11.7	31.6
Relatives	3.4	1.1	0.5	1.0	5.3	30.6	45.1	0.8	12.3	
Friends	0.9	4.9	6.4	10.8	26.8	26.0	12.3	0.7	11.3	

In addition, when looking at the results sorted by age and whom they make contacts with, those who have a partner, among almost all age groups, responded that they live with their partner.

Table42 ① Social Contacts with a Partner

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing /out of touch	Have no appropriate person/ No answer
10s	2%	0%	0%	0%	0%	0%	0%	0%	97%
20s	20%	0%	0%	0%	0%	0%	0%	0%	79%
30s	57%	0%	0%	0%	0%	0%	0%	0%	42%
40s	67%	0%	0%	0%	1%	1%	0%	0%	31%
50s	77%	0%	0%	0%	1%	1%	0%	0%	21%
60s	81%	0%	0%	0%	0%	0%	0%	0%	17%

Regarding social contacts with children, the number of the respondents who are not living together with their children increased with age among those over 30s. Yet still 35% of the respondents in their 60s answered that they live together with their children. In case they do not live together with their children, many respondents answered that they see their children a few times a year.

Table42 ②Frequency of Social Contacts with Your Child

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	Missing /out of touch	Have no appropriate person/ No answer
10s	2%	0%	0%	0%	0%	0%	0%	0%	97%
20s	12%	0%	0%	0%	0%	0%	0%	0%	87%
30s	42%	0%	0%	0%	0%	0%	1%	0%	57%
40s	56%	0%	0%	0%	1%	3%	1%	0%	39%
50s	53%	2%	1%	2%	7%	11%	2%	0%	22%
60s	35%	3%	3%	5%	15%	21%	5%	0%	12%

In terms of social contacts with parents, more than 90% of the respondents in their 10s answered that they are living with their parents, but the number of those living with parents drastically decreased with age. In case they do not live together with their parents, many people responded that they see their parents a few times a year.

Table42 ③Frequency of Social Contacts with Your Parents

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	Missing /out of touch	Have no appropriate person
10s	93%	0%	0%	0%	1%	4%	0%	0%	1%
20s	58%	2%	1%	3%	12%	17%	3%	0%	3%
30s	32%	3%	4%	8%	19%	23%	6%	0%	3%
40s	24%	4%	3%	8%	20%	24%	9%	1%	7%
50s	18%	4%	3%	7%	14%	19%	9%	0%	24%
60s	9%	2%	2%	3%	7%	9%	5%	0%	64%

Many respondents answered that they see parents-in-law a few times a year if they have any. There were many respondents who did not choose any answer to this question because those who answered that they are not married in the previous question were automatically assigned to “no answer” in this question. Therefore, it is not clear whether respondents actually did not choose any answer or answered that they have no appropriate person.

Table42 ④Frequency of Social Contacts with Your Parents in Law

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	Missing /out of touch	Have no appropriate person	No answer
10s	0%	0%	0%	0%	0%	0%	0%	0%	1%	97%
20s	1%	0%	0%	1%	7%	8%	2%	0%	2%	78%
30s	3%	1%	1%	4%	17%	24%	6%	0%	5%	39%
40s	5%	2%	1%	3%	13%	26%	13%	1%	14%	22%
50s	6%	3%	1%	3%	10%	20%	15%	0%	32%	10%
60s	3%	1%	0%	1%	5%	12%	8%	0%	64%	4%

Also for the frequency of social contact with siblings, the number of respondents living with their siblings drastically declined with age. Among those who do not live with their siblings, many answered that they see their siblings a few times a year.

Table42 ⑤Frequency of Social Contacts with Your Siblings

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing /out of touch	Have no appropriate person
10s	71%	1%	0%	1%	3%	8%	1%	0%	14%
20s	34%	1%	1%	3%	13%	28%	6%	1%	13%
30s	11%	2%	2%	5%	17%	39%	13%	1%	11%
40s	5%	2%	1%	4%	16%	39%	19%	1%	14%
50s	3%	2%	1%	3%	14%	41%	22%	1%	13%
60s	1%	2%	2%	3%	14%	36%	26%	1%	14%

Many respondents answered that they see their siblings-in-law a few times a year or less than that.

Table42 ⑥Frequency of Social Contacts with Your Siblings in Law

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing /out of touch	Have no appropriate person	No answer
10s	0%	0%	0%	0%	0%	0%	0%	0%	2%	97%
20s	0%	0%	0%	1%	3%	10%	4%	0%	3%	78%
30s	0%	0%	0%	2%	9%	28%	14%	1%	8%	39%
40s	0%	1%	0%	1%	7%	30%	23%	1%	14%	22%
50s	0%	2%	0%	1%	7%	31%	31%	1%	16%	10%
60s	0%	1%	0%	2%	8%	33%	32%	1%	18%	4%

Similarly, many respondents answered that they see their relatives a few times a year or less than that. As grandparents were included as relatives here, 13% of the respondents in their 10s answered that they live together with relatives.

Table42 ⑦Frequency of Social Contacts with Relatives (Including grandparents)

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing /out of touch	Have no appropriate person
10s	13%	2%	1%	3%	12%	32%	11%	0%	26%
20s	10%	1%	1%	1%	8%	36%	27%	1%	15%
30s	3%	1%	1%	1%	5%	36%	44%	1%	10%
40s	1%	1%	0%	1%	4%	30%	51%	1%	10%
50s	1%	2%	0%	1%	5%	27%	55%	1%	9%
60s	1%	1%	0%	1%	4%	26%	53%	1%	13%

Among respondents in their 10s, 27% answered that they see their friends everyday, which was much more frequent compared with the results among the other age groups. On the other hand, 29% answered that they have no appropriate person to the question concerning social contacts with friends, which was also a large part of the respondents in their 10s. Many of the respondents in their 30s and 40s answered that they see their friends a few times a year, and many of those in their 50s and 60s answered that they see their friends once or twice a month.

Table 42 ⑧ Frequency of Social Contacts with Friends

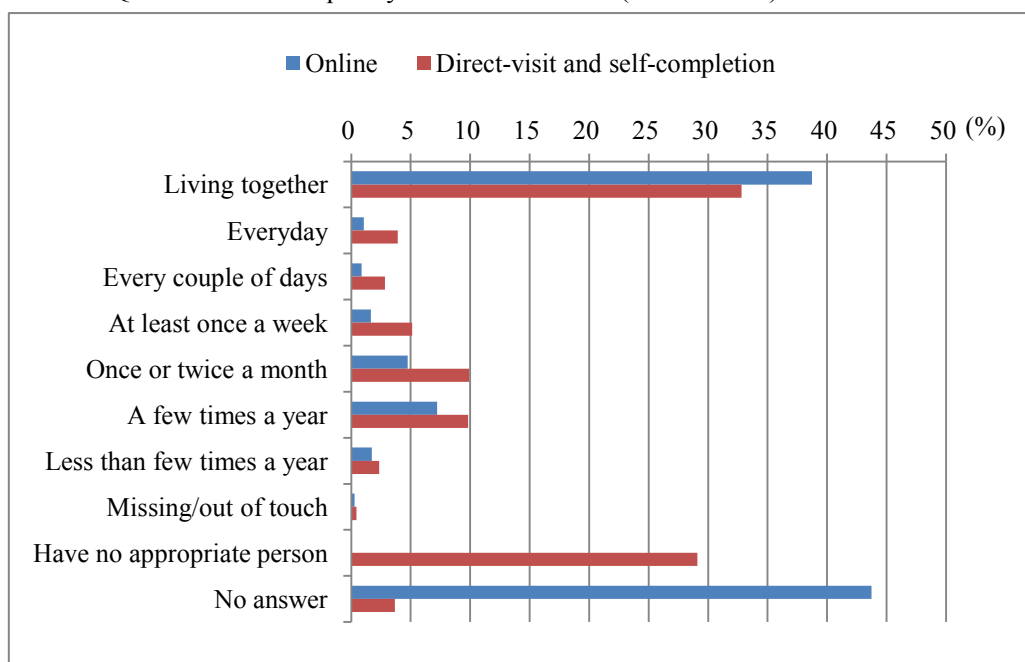
	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing/ out of touch	Have no appropriate person
10s	1%	27%	14%	9%	11%	4%	4%	0%	29%
20s	2%	4%	8%	10%	29%	22%	8%	1%	17%
30s	1%	2%	4%	10%	27%	33%	13%	1%	9%
40s	1%	3%	5%	9%	27%	29%	15%	1%	9%
50s	1%	4%	5%	12%	28%	26%	16%	0%	8%
60s	0%	3%	8%	14%	29%	26%	11%	0%	9%

When examining the difference in responses to the frequency of social contacts with children and friends by survey methods (direct-visit and self-completion questionnaires and online survey), more respondents in the online survey answered that they live together with their children than in the direct-visit and self-completion questionnaires. Also, the responses in the direct-visit and self-completion questionnaires were more varied than in the online survey, regarding the frequency of social contacts with children (Graph 51). It is impossible to compare the results of the online survey and direct-visit and self-completion questionnaires in terms of the number of respondents who did not choose any answer and that of those who have no appropriate person because the definitions were different in these two surveys⁶

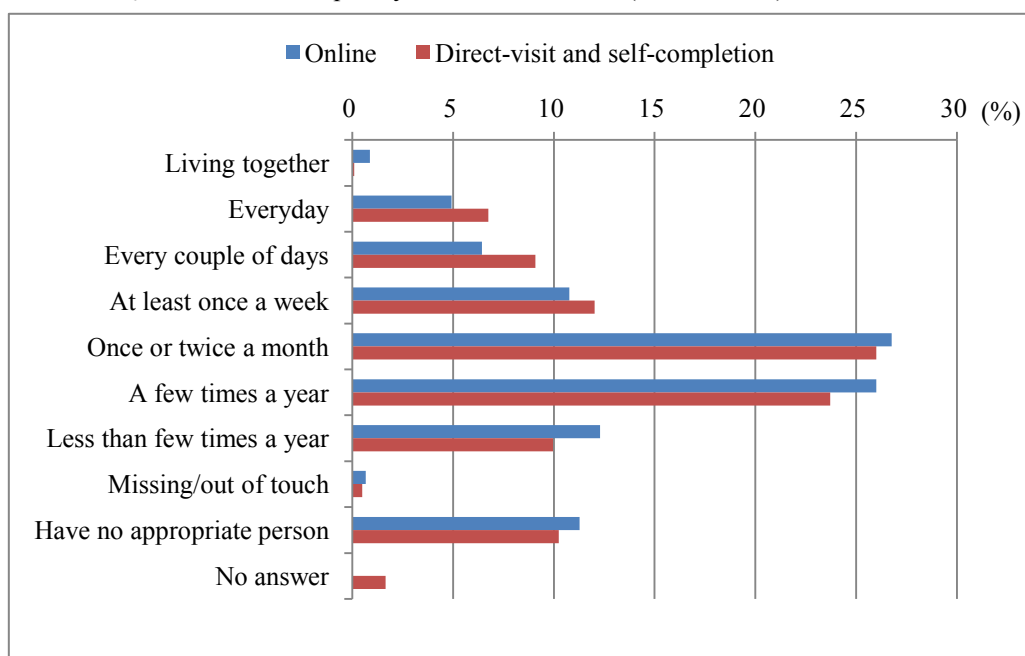
On the other hand, respondents in the direct-visit and self-completion questionnaires answered that they see their friends more often than the counterparts in the online survey. In general, however, the results in the online survey and direct-visit and self-completion questionnaires were similar, regarding frequency of social contacts with friends.

⁶ The answer “Have no appropriate person” was excluded in the online survey because only respondents who indicated that they have a child/children in Q24 were asked to answer this question (frequency of social contacts with children).

Graph51 ① Comparison of the Results from Online Survey and Direct-visit and Self-completion
Questionnaire: Frequency of Social Contacts (Face-to-face) with Children



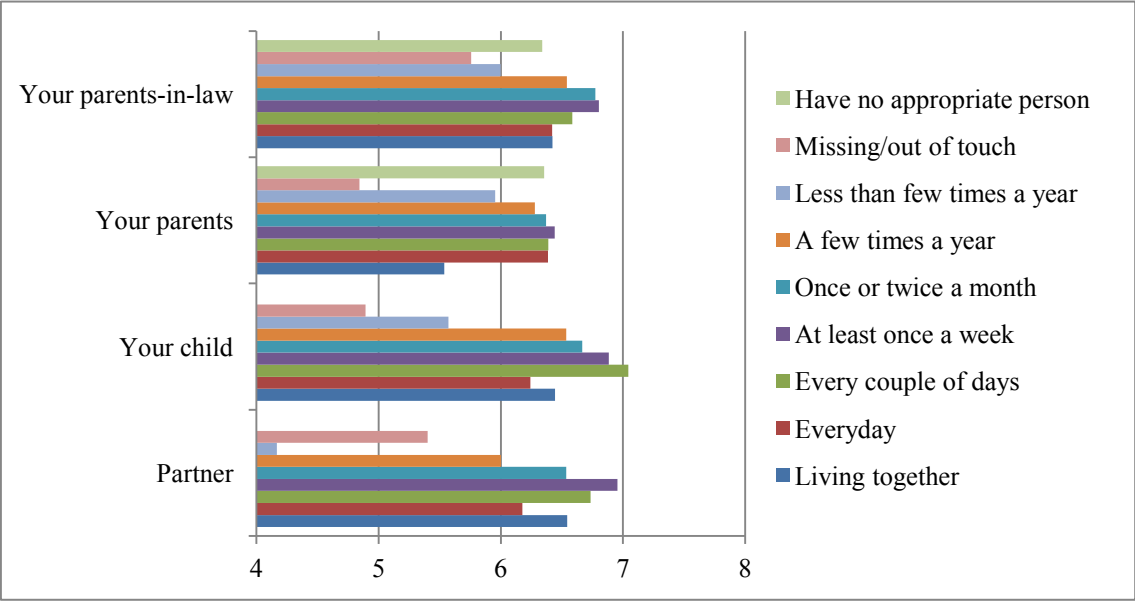
Graph51 ② Comparison of the Results from Online Survey and Direct-visit and Self-completion
Questionnaire: Frequency of Social Contacts (Face-to-face) with Friends



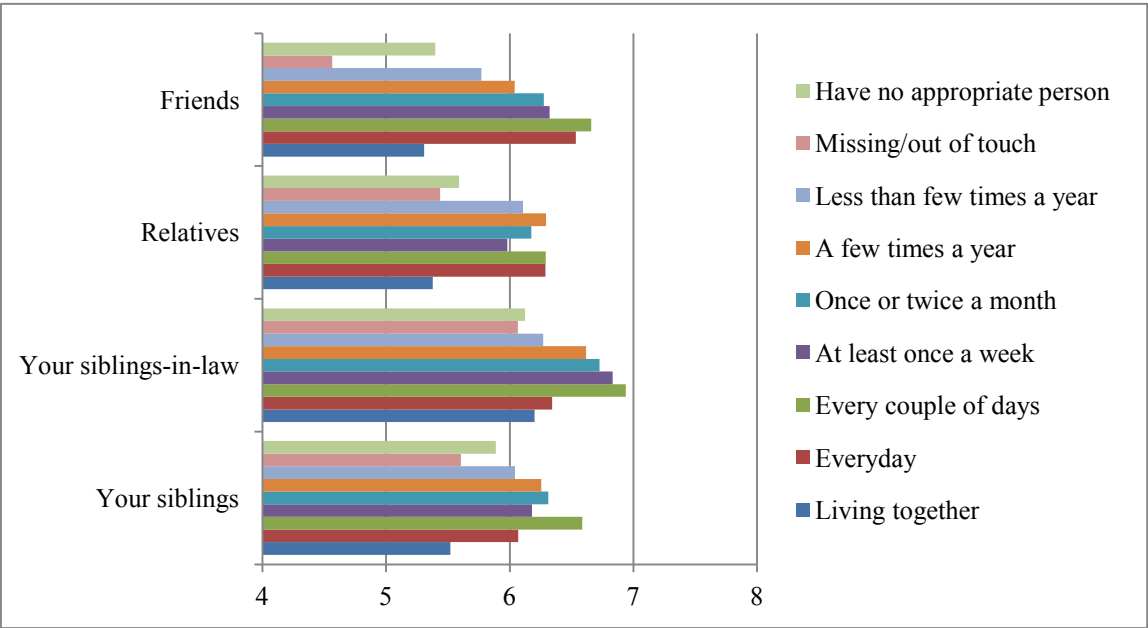
Regarding the level of current happiness contrasted with frequency of social contacts, in most relationships, living together or seeing everyday did not necessarily lead to higher level of current happiness. Rather, the level of current happiness peaked when seeing a family member or friend

every couple of days (Graph 52). In the direct-visit and self-completion questionnaires, the level of current happiness was higher when respondents see their children more often, while it was not the case in the online survey.

Graph52 ①Frequency of Social Contacts and Level of Current Happiness:
Partner, Child, Parents, Parents-in-law



Graph52 ②Frequency of Social Contacts and Level of Current Happiness:
Friends, Relatives, Siblings-in-law, Siblings



②⑥Frequency of social contacts (telephone, emails, letters, etc)

The survey also investigated frequency of social contacts through telephone, emails or letters with those who do not live together. Many respondents who have a partner answered that they communicate with their partner everyday (Table 43). Different from the direct-visit and self-completion questionnaires, the online survey did not include “living together”, “missing/out of touch”, and “have no appropriate person” in the answers here because they were already asked in the previous question. Therefore, it should be noted that the total number of responses about social contacts with a partner greatly decreased. Many respondents answered that they communicate through telephone, emails, or letters with children and parents once or twice a month. Regarding frequency of social contacts with siblings, “a few times a year” was the most common answer. It was also revealed that most respondents answered that they do not communicate at all with parents-in-law, siblings-in-law, and relatives.

Table43 Social Contacts Through Telephone, Emails or Letters (%)

	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	No. of Respondents
Partner	28.4	15.4	20.4	14.2	7.4	3.7	10.5	162
Your child	8.5	14.7	21.1	33.3	15.2	2.9	4.3	1,809
Your parents	4.5	9.6	17.2	32.4	16.3	5.7	14.3	5,061
Your parents in law	1.5	2.2	5.9	21.0	25.1	14.8	29.6	4,259
Your siblings	1.2	3.5	7.1	25.9	34.8	14.9	12.7	7,651
Your siblings in law	0.4	0.6	1.8	10.4	30.5	24.9	31.4	5,831
Relatives	0.4	0.6	1.6	7.0	24.5	31.9	34.1	8,733
Friends	5.3	11.8	16.4	30.1	21.2	9.5	5.7	9,128

Table 44 below was created by adding the data of “living together” “missing/out of touch” “have no appropriate person” and sorting out the data by age, in order to compare with the results about face-to-face contacts. In terms of frequency of social contacts with a partner, there was no major difference between face-to-face contacts and communication through telephone etc. because most respondents live together with their partner. Regarding frequency of social contacts with children, respondents in their 50s and 60s indicated that they communicate through telephone etc. rather than meet in person when they made contacts everyday, every couple of days, or at least once a week. Many respondents in their 20s, 30s, 40s, and 50s answered that they make contacts with their parents and siblings every couple of days, at least once a week, or once or twice a month. Respondents in all age groups indicated that they communicate with parents-in-law, siblings-in-law, and relatives through telephone etc. less often than met them in person. In contrast, many respondents, except those in their 10s who see their friends everyday, chose to communicate with their friends through telephone etc. rather than meet in person.

Table44 ①Social Contacts Through Telephone, Emails or Letters: Partner

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	2%	0%	0%	0%	0%	0%	0%	0%	97%
20s	20%	0%	0%	0%	0%	0%	0%	0%	79%
30s	57%	0%	0%	0%	0%	0%	0%	0%	43%
40s	67%	1%	1%	1%	0%	0%	0%	0%	31%
50s	77%	1%	0%	0%	1%	0%	0%	0%	21%
60s	81%	0%	0%	0%	0%	0%	0%	0%	17%

Difference in Percent Distribution (Through telephone etc. — Face-to-face)

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	0%	0%	0%	0%	0%	0%	0%	0%	0%
20s	0%	0%	0%	0%	0%	0%	0%	0%	0%
30s	0%	0%	0%	0%	0%	0%	0%	0%	0%
40s	0%	0%	0%	0%	-1%	0%	0%	0%	0%
50s	0%	0%	0%	0%	0%	0%	0%	0%	0%
60s	0%	0%	0%	0%	0%	0%	0%	0%	0%

Table44 ②Social Contacts Through Telephone, Emails or Letters: Children

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	2%	0%	0%	0%	0%	0%	0%	0%	97%
20s	12%	0%	0%	0%	0%	0%	0%	0%	87%
30s	42%	0%	0%	0%	0%	0%	0%	0%	57%
40s	56%	0%	1%	1%	1%	1%	0%	0%	39%
50s	53%	2%	3%	6%	8%	3%	1%	1%	22%
60s	35%	4%	8%	11%	18%	9%	1%	2%	13%

Difference in Percent Distribution (Through telephone etc. — Face-to-face)

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	0%	0%	0%	0%	0%	0%	0%	0%	0%
20s	0%	0%	0%	0%	0%	0%	0%	0%	0%
30s	0%	0%	0%	0%	0%	0%	0%	0%	0%
40s	0%	0%	1%	1%	0%	-2%	0%	0%	0%
50s	0%	1%	2%	4%	2%	-8%	-2%	1%	0%
60s	0%	1%	5%	5%	3%	-12%	-3%	1%	0%

Table44 ③Social Contacts Through Telephone, Emails or Letters: Parents

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	93%	1%	1%	1%	3%	0%	0%	0%	1%
20s	58%	3%	5%	9%	15%	5%	1%	1%	3%
30s	32%	4%	7%	12%	24%	10%	3%	4%	4%
40s	24%	2%	6%	11%	23%	11%	4%	11%	8%
50s	18%	3%	5%	9%	16%	9%	4%	12%	25%
60s	9%	1%	2%	3%	6%	5%	3%	7%	64%

Difference in Percent Distribution (Through telephone etc. — Face-to-face)

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	0%	0%	1%	0%	2%	-4%	0%	0%	0%
20s	0%	1%	4%	6%	3%	-12%	-2%	1%	0%
30s	0%	0%	3%	4%	5%	-13%	-3%	4%	0%
40s	0%	-2%	3%	3%	3%	-13%	-5%	10%	1%
50s	0%	-2%	2%	2%	1%	-10%	-5%	11%	0%
60s	0%	-1%	0%	0%	-1%	-4%	-2%	7%	0%

Table44 ④Social Contacts Through Telephone, Emails or Letters: Parents-in-law

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	0%	0%	0%	0%	0%	0%	0%	0%	99%
20s	1%	0%	1%	2%	6%	4%	2%	4%	80%
30s	3%	1%	1%	4%	13%	14%	7%	14%	44%
40s	5%	0%	1%	3%	12%	15%	9%	18%	37%
50s	6%	1%	1%	3%	9%	13%	8%	17%	42%
60s	3%	1%	0%	1%	5%	7%	5%	9%	69%

Difference in Percent Distribution (Through telephone etc. — Face-to-face)

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	0%	0%	0%	0%	0%	0%	0%	0%	0%
20s	0%	0%	0%	0%	-1%	-4%	0%	4%	0%
30s	0%	0%	0%	0%	-4%	-9%	0%	14%	0%
40s	0%	-2%	0%	0%	-1%	-11%	-4%	17%	1%
50s	0%	-2%	0%	0%	-1%	-8%	-6%	16%	0%
60s	0%	-1%	0%	0%	0%	-5%	-3%	9%	0%

Table44 ⑤Social Contacts Through Telephone, Emails or Letters: Siblings

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	71%	0%	1%	3%	5%	2%	1%	3%	15%
20s	34%	1%	3%	6%	16%	16%	6%	6%	13%
30s	11%	1%	3%	6%	22%	24%	11%	11%	11%
40s	5%	1%	2%	5%	19%	27%	14%	13%	15%
50s	3%	1%	3%	5%	20%	32%	13%	11%	14%
60s	1%	1%	3%	5%	21%	32%	13%	8%	15%

Difference in Percent Distribution (Through telephone etc. — Face-to-face)

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	0%	-1%	0%	2%	2%	-5%	0%	2%	0%
20s	0%	0%	1%	2%	3%	-12%	0%	5%	1%
30s	0%	-1%	2%	1%	4%	-14%	-2%	10%	1%
40s	0%	-2%	1%	1%	3%	-12%	-5%	12%	1%
50s	0%	-2%	1%	2%	6%	-10%	-9%	10%	1%
60s	0%	-1%	1%	2%	7%	-4%	-13%	7%	1%

Table44 ⑥Social Contacts Through Telephone, Emails or Letters: Siblings-in-law

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	0%	0%	0%	0%	0%	0%	0%	0%	99%
20s	0%	0%	0%	0%	3%	4%	3%	8%	82%
30s	0%	0%	0%	1%	5%	13%	12%	21%	47%
40s	0%	0%	0%	1%	5%	17%	17%	23%	37%
50s	0%	0%	0%	2%	7%	22%	18%	22%	27%
60s	0%	0%	1%	2%	10%	28%	20%	16%	23%

Difference in Percent Distribution (Through telephone etc. — Face-to-face)

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	0%	0%	0%	0%	0%	0%	0%	0%	0%
20s	0%	0%	0%	0%	-1%	-5%	-1%	8%	0%
30s	0%	0%	0%	-1%	-4%	-14%	-2%	21%	1%
40s	0%	-1%	0%	0%	-3%	-13%	-6%	22%	1%
50s	0%	-1%	0%	0%	0%	-9%	-12%	21%	1%
60s	0%	-1%	0%	0%	2%	-5%	-12%	15%	1%

Table44 ⑦Social Contacts Through Telephone, Emails or Letters: Relatives (Including Grandparents)

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	13%	1%	2%	4%	11%	14%	8%	21%	27%
20s	10%	1%	1%	2%	8%	17%	16%	29%	16%
30s	3%	0%	0%	1%	5%	19%	25%	36%	11%
40s	1%	0%	0%	1%	4%	18%	30%	33%	11%
50s	1%	0%	0%	1%	5%	23%	31%	29%	10%
60s	1%	0%	0%	1%	5%	25%	33%	19%	14%

Difference in Percent Distribution (Through telephone etc. — Face-to-face)

	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	0%	-1%	1%	1%	0%	-18%	-4%	20%	0%
20s	0%	-1%	0%	0%	0%	-19%	-11%	29%	1%
30s	0%	0%	0%	0%	0%	-17%	-19%	35%	1%
40s	0%	-1%	0%	0%	0%	-11%	-22%	32%	1%
50s	0%	-1%	0%	0%	0%	-4%	-24%	28%	1%
60s	0%	-1%	0%	0%	2%	-1%	-20%	18%	1%

Table44 ⑧Social Contacts Through Telephone, Emails or Letters: Friends

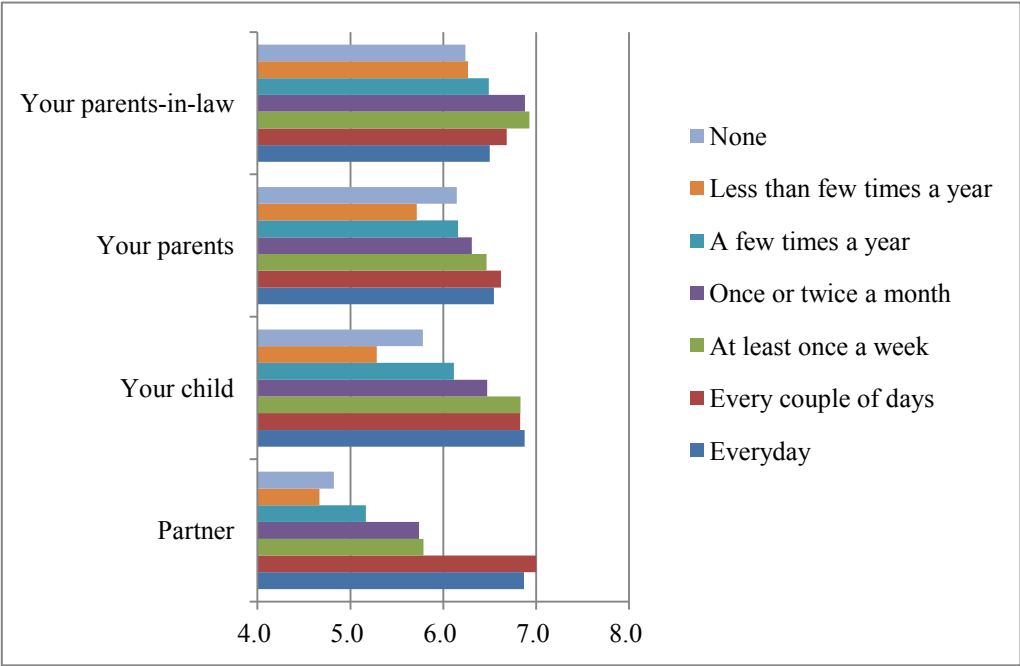
	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	1%	15%	21%	15%	11%	3%	2%	2%	29%
20s	2%	6%	10%	16%	27%	14%	4%	4%	17%
30s	1%	4%	10%	14%	28%	21%	8%	5%	10%
40s	1%	4%	9%	15%	25%	20%	11%	6%	10%
50s	1%	4%	9%	13%	27%	20%	11%	7%	9%
60s	0%	3%	10%	14%	30%	21%	9%	4%	9%

Difference in Percent Distribution (Through telephone etc. — Face-to-face)

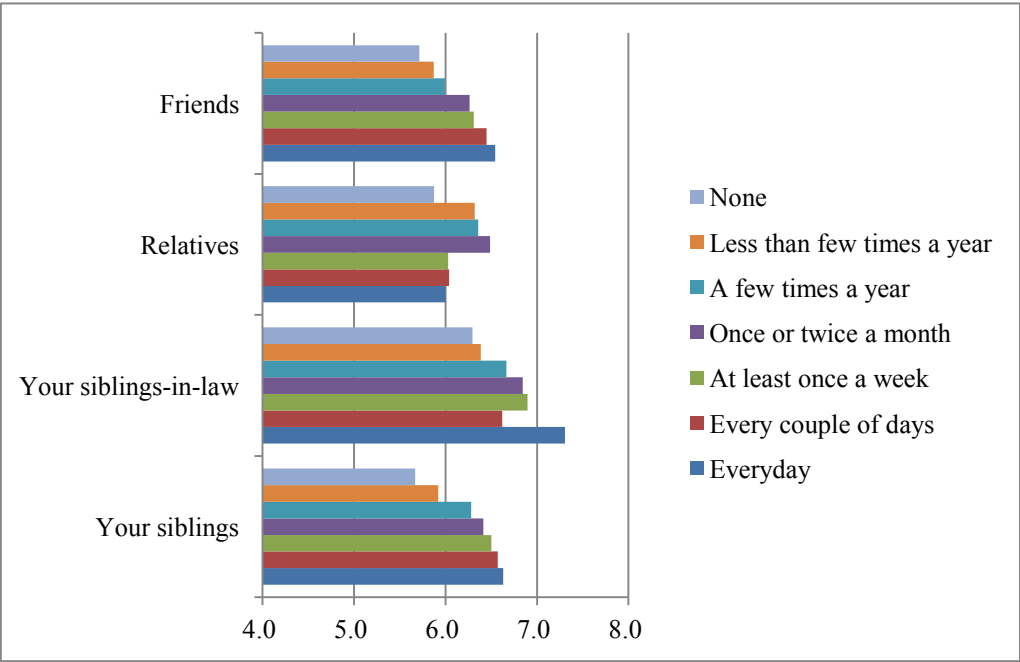
	Living together	Everyday	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than few times a year	None	Have no appropriate person/ No answer
10s	0%	-13%	7%	6%	0%	-1%	-2%	2%	0%
20s	0%	2%	3%	6%	-2%	-8%	-4%	3%	1%
30s	0%	2%	6%	4%	1%	-12%	-5%	4%	1%
40s	0%	1%	4%	6%	-2%	-10%	-5%	5%	1%
50s	0%	0%	4%	1%	-1%	-5%	-4%	6%	0%
60s	0%	0%	2%	1%	1%	-5%	-2%	4%	0%

Graph 53 suggests that the level of current happiness and frequency of social contacts were positively correlated, except for social contacts with “parents-in-law” and “relatives.”

Graph53 ①Frequency of Social Contacts through Telephone etc. and Level of Current Happiness:
Partner, Child, Parents, Parents-in-law



Graph53 ②Frequency of Social Contacts through Telephone etc. and Level of Current Happiness:
Siblings, Siblings-in-law, Relatives, Friends



②⑦ Residence of children who do not live together

When asked where children live in case respondents do not live together, more than half answered that their children live in another prefecture or foreign country. The number of respondents living with children was 4,054 (from Q25).

Table45 Residence of Children Who Do Not Live Together

	No. of Respondents	Percentage (%)
In the same property	56	3.1
In the same municipality	457	25.3
In the same prefecture	444	24.5
In another prefecture or foreign country	852	47.1
Total	1,809	100

Table 46 summarizes residence of children by a parent's age, including the case of living together. Most respondents in their 20s, 30s, and 40s live with their children. The result for those in their 10s was excluded here because the sample size was too small.

Table46 Residence of Children By Parent's Age

	20s	30s	40s	50s	60s
Living together	97%	97%	92%	68%	41%
In the same property	2%	0%	0%	1%	2%
In the same municipality	0%	0%	2%	7%	17%
In the same prefecture	1%	1%	2%	9%	14%
In another prefecture or foreign country	1%	1%	5%	16%	27%
Total	100%	100%	100%	100%	100%

When looking at the relationship between residence of children and the level of current happiness, the level of current happiness was quite low among those in their 40s in case they do not live with children; however, this tendency did not hold for respondents over 50s. The data was limited here because the responses were excluded if the sample size was too small.

Table47 Parent's Level of Current Happiness By Residence of Children

	20s	30s	40s	50s	60s
Living together	7.0	6.6	6.4	6.2	6.5
In the same property					6.8
In the same municipality			5.3	6.3	6.8
In the same prefecture			5.3	6.2	6.6
In another prefecture or foreign country		4.2	5.8	6.4	6.7
Total	7.0	6.5	6.3	6.2	6.6

②⑧Residence of parents who do not live together

When asked where parents live in case respondents do not live together, 40% answered that their parents live in another prefecture or foreign country (Table 48). The number of respondents living with parents was 3,160 (from Q25).

Table48 Residence of Parents Who Do Not Live Together

	No. of Respondents	Percentage (%)
In the same property	187	3.7
In the same municipality	1,431	28.3
In the same prefecture	1,393	27.5
In another prefecture or foreign country	2,023	40.0
No parents	27	0.5
Total	5,061	100

Table 49 summarizes the responses by age after adding the data of “living together” “have no appropriate person” and “missing/out of touch” from Q25.

Table49 Residence of Parents By Age (%)

	10s	20s	30s	40s	50s	60s
Living together	93%	58%	32%	24%	18%	9%
In the same property	0%	1%	1%	3%	3%	1%
In the same municipality	0%	7%	20%	22%	16%	7%
In the same prefecture	1%	10%	17%	19%	16%	8%
In another prefecture or foreign country	4%	20%	25%	24%	22%	12%
Have no appropriate person/ Out of touch	1%	4%	4%	8%	25%	65%
Total	100%	100%	100%	100%	100%	100%

Among respondents aged 20 and over, the level of current happiness was lower than the average score of the same age group if they live with their parents. The data were excluded here if the sample size was smaller than 10.

Table50 Residence of Parents and Level of Current Happiness

	10s	20s	30s	40s	50s	60s
Living together	6.1	5.4	4.9	5.4	5.9	6.2
In the same property		7.3	6.5	6.2	6.3	6.0
In the same municipality		6.4	6.3	6.2	6.1	6.6
In the same prefecture	5.7	6.2	6.4	6.3	6.0	6.6
In another prefecture or foreign country	6.2	6.2	6.3	6.3	6.3	6.6
Have no appropriate person/ Out of touch		5.5	5.3	5.4	6.0	6.6
Total	6.1	5.7	5.9	6.0	6.1	6.6

As there may be a gender difference in the relationship between residence of parents and the level of current happiness, the level of current happiness by residence of parents (whether or not living together), age, and sex is illustrated in Graph 54. It reveals that the level of current happiness was remarkably low among male respondents in their 30s who live with their parents.

Graph54 Level of Current Happiness By Sex, Age, Residence of Parents



②⑨ Residence of the closest relative for those who have neither parents nor children

The survey asked those who have neither parents nor children where the closest relative lives. The number of the respondents was 332. 40% of them answered that the closest relative lives in another prefecture or foreign country or that they have no contact with a relative (Table 51).

Table51 Residence of the Closest Relative

	No. of Respondents	Percentage (%)
In the same property	19	5.7
In the same municipality	96	28.9
In the same prefecture	78	23.5
In another prefecture or foreign country	110	33.1
No contact with a relative	29	8.7
Total	332	100

③⑩ Social network support (number of people you can count on in case of troubles)

To the question “How many family members, relatives, or friends do you have who would help you when you are in trouble?”, more than 80% of the respondents answered they can count on “parents or parents-in-law”, “family or relatives (except parents)”, or “friends” (Table 52). On the other hand, more than half answered that there are no neighbors they can count on. The number of respondents to this question was not consistent with the number of the whole sample because those who indicated that they do not have any parents or relatives in previous questions were excluded here. Moreover, it is almost impossible to compare this result with that of direct-visit and self-completion questionnaires because such people were included and there were many respondents who skipped the question in the direct-visit and self-completion questionnaires.

Table52 Number of People Respondents Can Count on in Case of Troubles (%)

	None	One	Two	Three	Four	Five	Six and more	Total no. of respondents
Parents or parents-in-law	14.1	22.2	40.7	10.7	12.4			8,917
Family or relatives (except parents)	15.2	13.2	22.0	11.4	8.4	4.3	25.5	10,148
Friends	18.5	11.1	18.7	15.0	6.0	5.9	24.8	9,219
Neighbors	50.0	9.1	15.6	7.9	3.7	2.2	11.5	10,469
Others	66.4	5.9	7.9	4.4	1.5	1.5	12.5	10,469

By age, many respondents, except those in their 60s, answered that they can count on their parents. Many respondents also answered they can count on family or relatives (except parents) and friends. Many respondents in their 20s and 30s, in particular, answered that they cannot count on neighbors.

Table53 Number of People Respondents Can Count on in Case of Troubles:

① Parents or Parents-in-law

	10s	20s	30s	40s	50s	60s
None	11%	10%	8%	11%	18%	31%
One	11%	12%	12%	20%	34%	44%
Two	66%	61%	45%	37%	29%	19%
Three	6%	6%	12%	16%	12%	5%
Four	5%	11%	23%	16%	7%	2%
Five						
Six and more						
Total	100%	100%	100%	100%	100%	100%

Table53 Number of People Respondents Can Count on in Case of Troubles:

②Family or Relatives (Except Parents)

	10s	20s	30s	40s	50s	60s
None	14%	18%	18%	19%	14%	9%
One	14%	15%	16%	14%	12%	10%
Two	22%	24%	24%	21%	23%	20%
Three	11%	11%	10%	9%	12%	15%
Four	11%	8%	7%	8%	8%	10%
Five	3%	3%	3%	4%	4%	7%
Six and more	25%	20%	23%	26%	27%	29%
Total	100%	100%	100%	100%	100%	100%

Table53 Number of People Respondents Can Count on in Case of Troubles: ③Friends

	10s	20s	30s	40s	50s	60s
None	17%	21%	19%	19%	18%	17%
One	7%	10%	11%	11%	12%	12%
Two	12%	15%	19%	19%	20%	21%
Three	12%	15%	15%	15%	15%	16%
Four	7%	6%	6%	6%	5%	6%
Five	6%	6%	5%	5%	7%	7%
Six and more	39%	27%	26%	25%	23%	21%
Total	100%	100%	100%	100%	100%	100%

Table53 Number of People Respondents Can Count on in Case of Troubles: ④Neighbors

	10s	20s	30s	40s	50s	60s
None	57%	72%	60%	50%	42%	33%
One	7%	5%	8%	8%	11%	12%
Two	9%	10%	13%	15%	18%	22%
Three	8%	4%	6%	8%	10%	11%
Four	5%	2%	3%	4%	4%	5%
Five	2%	1%	1%	2%	2%	3%
Six and more	12%	5%	9%	13%	13%	14%
Total	100%	100%	100%	100%	100%	100%

Table53 Number of People Respondents Can Count on in Case of Troubles: ⑤Others

	10s	20s	30s	40s	50s	60s
None	67%	74%	72%	67%	62%	60%
One	6%	7%	5%	5%	6%	7%
Two	5%	5%	6%	8%	9%	11%
Three	5%	3%	3%	4%	6%	5%
Four	2%	1%	1%	1%	2%	2%
Five	2%	1%	1%	1%	2%	2%
Six and more	13%	8%	11%	13%	15%	13%
Total	100%	100%	100%	100%	100%	100%

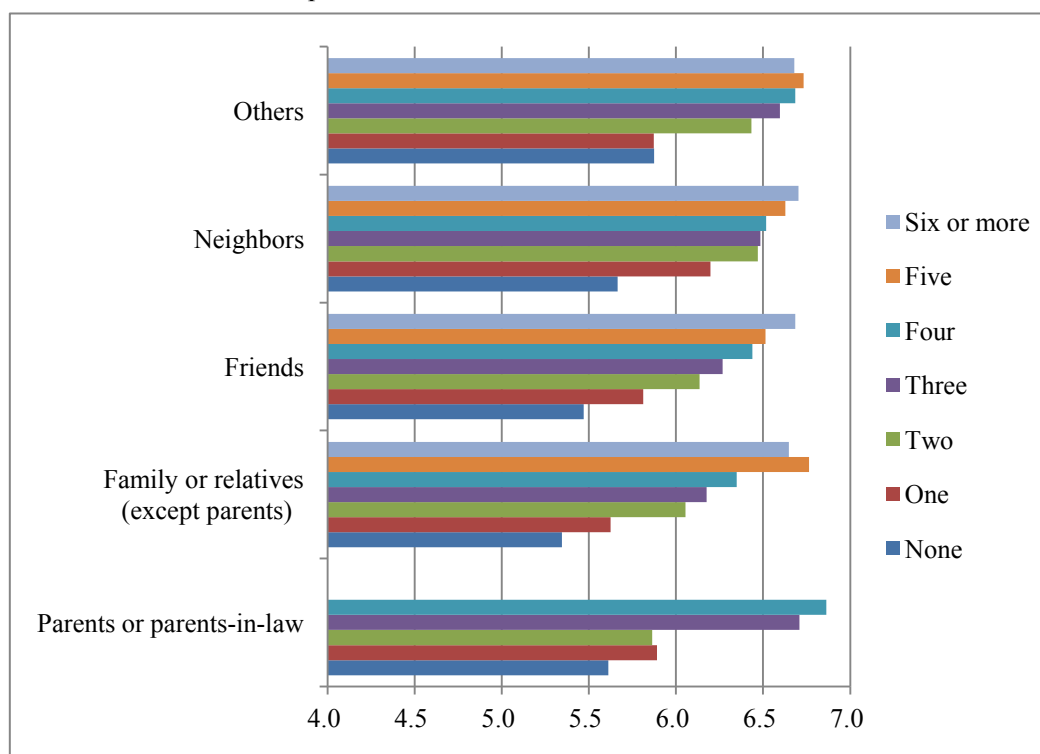
When comparing the percentage of the respondents who answered “none” in the online survey with that in direct-visit and self-completion questionnaires, the percentage was higher in the online survey, except for parents and parents-in-law (Table 54).

Table54 Percentage of Respondents Who Answered “None” By Survey (%)

	Online	Direct-visit and self-completion
Parents or parents-in-law	14.1	37.9
Family or relatives (except parents)	15.2	9.6
Friends	18.5	17.5
Neighbors	50.0	36.0
Others	66.4	55.2

In all categories, there was a positive correlation between the number of people respondents can count on and their level of current happiness.

Graph55 Level of Current Happiness By Number of People Respondents Can Count on in Case of Troubles



③ Nursing care

To the question “Do you have family members and relatives who are a bedridden patient, and you or someone who live with you are the main caregiver,” approximately 18% of the respondents answered that they have at least one patient who are certified as Needed Long-Term Care (Table 55). There were more respondents who answered that they do not have any patient in the online survey than in the direct-visit and self-completion questionnaires, except for “a patient who is certified as Needed Long-Term Care”; however, the percentages of the responses in both surveys were not very different after including the number of respondents who did not choose any answer in the direct-visit and self-completion questionnaires (Table 56).

Table55 Percentage of Respondents Who Have Family Members Who Is Bedridden etc. (%)

	Do not have	Living with a patient	Not living with a patient
A patient who is certified as Needed Long-Term Care	81.8	4.4	13.8
A bedridden patient	94.5	1.2	4.4
A patient under the medical care	86.0	5.0	9.0
A patient who is certified as the disabled	85.7	5.6	8.7

Table56 (cf. Percentage of Responses in Direct-visit and Self-Completion Questionnaires, %)

	Do not have	Living with a patient	Not living with a patient	No Answer
A patient who is certified as Needed Long-Term Care	80.9	5.8	12.0	1.3
A bedridden patient	91.4	2.0	4.6	2.0
A patient under the medical care	81.9	6.1	10.0	2.0
A patient who is certified as the disabled	82.6	6.4	8.9	2.1

By age, the percentage of respondents who have at least one patient who are certified as Needed Long-Term Care was high among those in their 50s and 60s. Except for this, however, there was no major age difference.

Table 57 Percentage of Respondents Who Have Family Members They Take Care of: By Age

① A Patient Who Is Certified as Needed Long-Term Care

	10s	20s	30s	40s	50s	60s
Do not have	91%	89%	87%	86%	73%	73%
Living with a patient	4%	2%	2%	3%	7%	6%
Not living with a patient	6%	9%	11%	11%	19%	20%
Total	100%	100%	100%	100%	100%	100%

② A Bedridden Patient

	10s	20s	30s	40s	50s	60s
Do not have	94%	95%	95%	95%	94%	93%
Living with a patient	3%	1%	1%	1%	1%	1%
Not living with a patient	3%	4%	4%	3%	5%	6%
Total	100%	100%	100%	100%	100%	100%

③ A Patient under the Medical Care

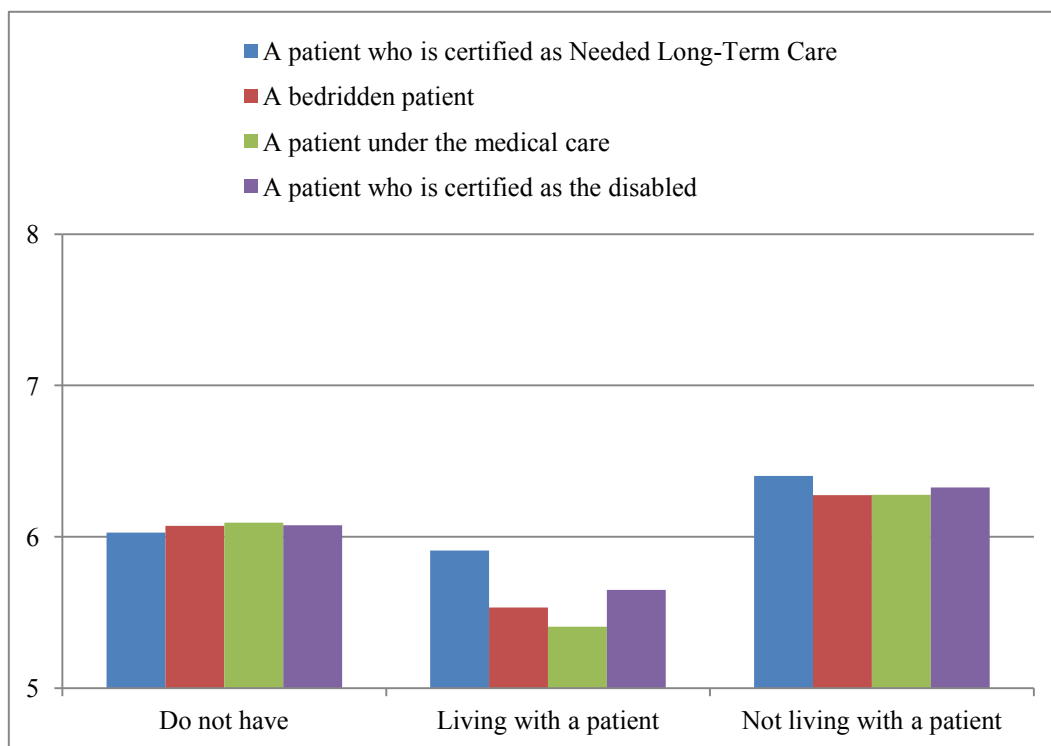
	10s	20s	30s	40s	50s	60s
Do not have	87%	88%	88%	86%	83%	85%
Living with a patient	8%	5%	4%	5%	6%	5%
Not living with a patient	6%	7%	8%	9%	11%	10%
Total	100%	100%	100%	100%	100%	100%

④ A Patient Who Is Certified as the Disabled

	10s	20s	30s	40s	50s	60s
Do not have	87%	89%	88%	84%	82%	86%
Living with a patient	7%	4%	4%	6%	7%	6%
Not living with a patient	6%	7%	8%	10%	11%	8%
Total	100%	100%	100%	100%	100%	100%

On the other hand, similar to the result from direct-visit and self-completion questionnaires, the level of current happiness among respondents living with a patient was lower than among those not living with a patient.

Graph56 Level of Current Happiness By Family Members' Conditions



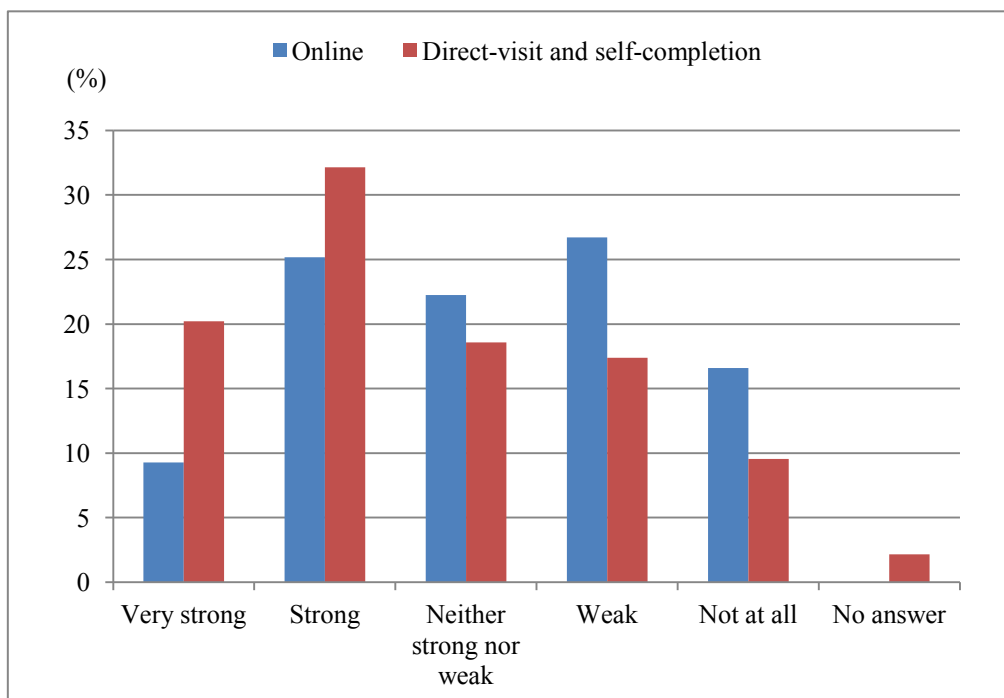
③② Burden of nursing care

To respondents who have family members and relatives who are a bedridden patient, the survey additionally asked the question “How strong of a sense of burden are you feeling about the nursing?” There were slightly more respondents who feel a sense of burden than those who do not feel a sense of burden (Table 58). Compared with the result from direct-visit and self-completion questionnaires, the number of the respondents who feel a sense of burden was smaller (Graph 57).

Table58 Sense of Burden of Nursing Care

	No. of Respondents	Percentage (%)
Total	3,182	100.0
Very strong	295	9.3
Strong	801	25.2
Neither strong nor weak	708	22.3
Weak	850	26.7
Not at all	528	16.6
Strong~Very strong	1,096	34.4
Weak~Not at all	1,378	43.3

Graph57 Sense of Burden By Survey



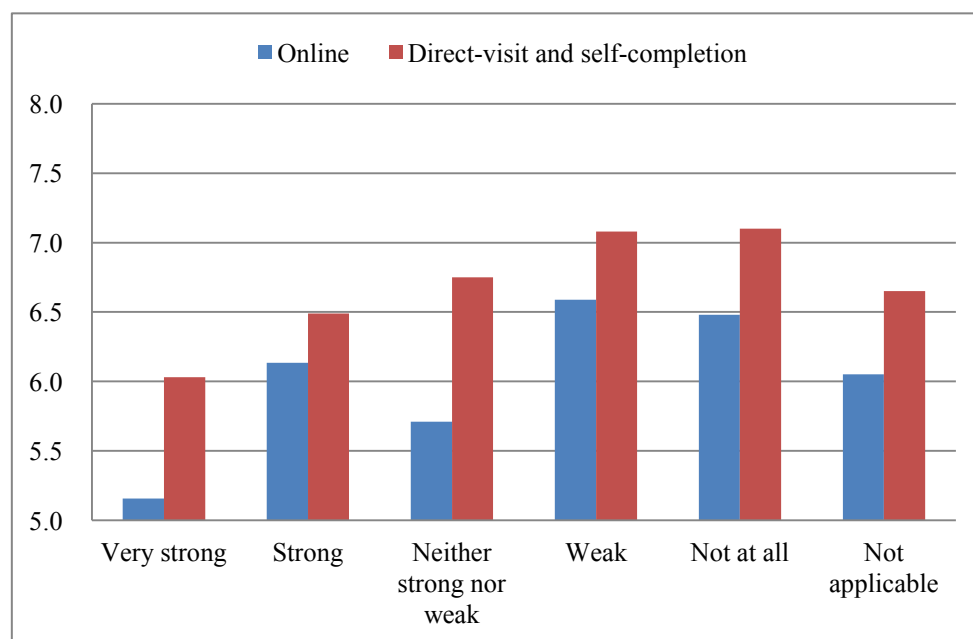
A sense of burden became stronger with age.

Table59 Sense of Burden By Age

	10s	20s	30s	40s	50s	60s
Very strong	5%	6%	6%	9%	10%	13%
Strong	15%	20%	15%	24%	32%	30%
Neither strong nor weak	26%	20%	25%	23%	22%	20%
Weak	21%	28%	30%	26%	25%	27%
Not at all	34%	28%	23%	18%	11%	10%
Total	100%	100%	100%	100%	100%	100%

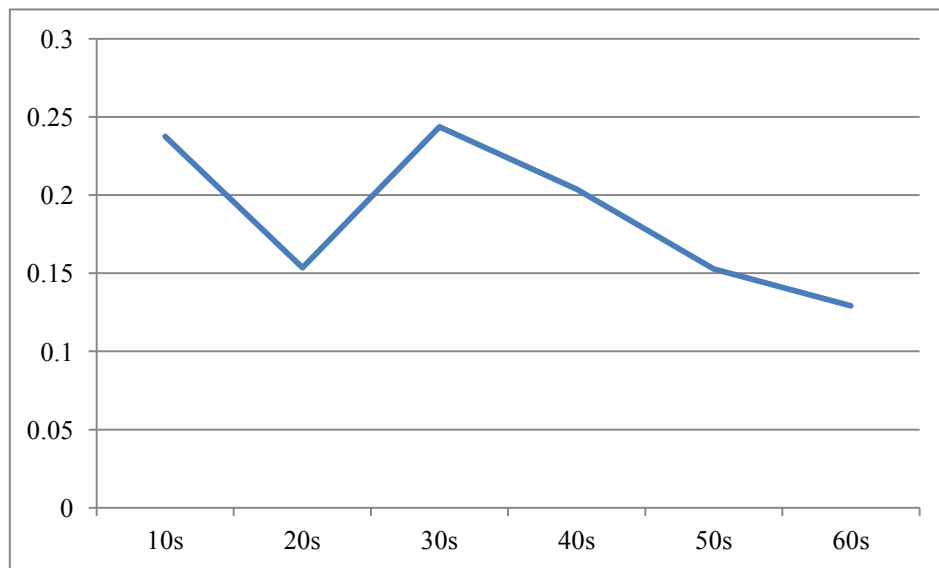
The level of current happiness was low among those who answered that they feel a very strong sense of burden. Also, the level of current happiness among respondents who do not feel sense of burden was higher than among those who do not have any patient to take care of in a family. These results were consistent with the result from direct-visit and self-completion questionnaires. Yet, the level of current happiness among those who answered that they feel neither a strong nor weak sense of burden was lower than those who answered that they feel a strong sense of burden, which was different from the result from direct-visit and self-completion questionnaires.

Graph58 Level of Current Happiness By Sense of Burden of Nursing Care: Comparison of Surveys



The correlation coefficients between a sense of burden and the level of current happiness were all significant at the 1% significance level for all age groups. The level of current happiness was higher as a sense of burden was weaker. This relationship was strong among those in their 10s, weakened among 20s, became strong again among 30s, and gradually declined among older respondents (Graph 59).

Graph59 Sense of Burden of Nursing Care and Level of Current Happiness By Age
(Happier as a sense of burden of nursing care is weaker)



③③ Depression scale

The survey asked questions from the Zung Self-rating Depression Scale (SDS)⁷, which measures depressed mood, for example “I feel down-hearted and blue” and “morning is when I feel the best”. Table 60 shows the responses to each statement. Respondents mostly answered “a little of time” or “some of the time” to all statements except for the questions “I eat as much as I used to” and “I find it easy to do the things I used to”, whether the statement is positive or negative.

Table60 Responses to Each Question in the Zung Self-rating Depression Scale (%)

		A little of the time	Some of the time	Good part of the time	Most of the time
Negative	I feel down-hearted and blue	51.7	33.8	10.1	4.4
Positive	Morning is when I feel the best	44.6	29.6	16.5	9.2
Negative	I have crying spells or feel like it	65.0	24.6	7.9	2.5
Negative	I have trouble sleeping at night	55.3	28.1	11.2	5.4
Positive	I eat as much as I used to	8.2	9.1	16.0	66.7
Positive	I maintain normal level of sexual drive (want to go on a date with the opposite sex)	32.4	25.4	19.1	23.1
Negative	I notice that I am losing weight	79.6	13.1	5.1	2.2
Negative	I have trouble with constipation	62.5	22.7	8.6	6.2
Negative	My heart beats faster than usual	70.9	21.5	6.1	1.5
Negative	I get tired for no reason	31.9	39.2	18.8	10.2
Positive	My mind is as clear as it used to be	24.1	32.2	26.8	17.0
Positive	I find it easy to do the things I used to	11.7	19.2	28.8	40.3
Negative	I am restless and can't keep still	62.2	27.5	7.9	2.4
Positive	I feel hopeful about the future	31.1	35.3	21.9	11.8
Negative	I am more irritable than usual	41.6	40.2	13.6	4.6
Positive	I find it easy to make decisions	19.0	35.6	29.7	15.7
Positive	I feel that I am useful and needed	26.5	42.4	22.3	8.8
Positive	My life is pretty full	25.2	33.8	28.0	13.0
Negative	I feel that others would be better off if I were dead	73.1	17.9	5.2	3.8
Positive	I still enjoy the things I used to do	22.5	30.2	29.7	17.6

Indexes of depression were constructed for positive statements as follows: “A little of the time”=4, “some of the time”=3, “good part of the time”=2, and “most of the time”=1; for negative statements as follows: “A little of the time”=1, “some of the time”=2, “good part of the time”=3, and “most of the time”=4. SDS score was calculated from the sum of all responses. The score between 41 and 49

⁷ Depressed mood is one of the basic symptoms for depression, and means feeling down, such as “feeling blue” “feeling gloomy” and “feeling down-hearted.” Zung Self-rating Depression Scale is a questionnaire developed by Dr. Zung at Duke University (the U.S.) to assess depression. It includes 20 questions and uses self-rating on a 1-4 scale. It is used for a screening tool for depression or depressed states, or used to measure the effect of depression treatment. Questions ask affective, somatic, and psychological symptoms. Half of the questions are positive statements, and positive and negative statements are put in a random order so that respondents cannot tell the pattern.

implies that a respondent may be on the borderline between stress symptom and depression, and the score over 50 suggests that a respondent may have depression.

The average SDS score was 41.5, which is above the borderline, as respondents marked very low scores on positive statements. Careful interpretation is needed because this result can be biased due to survey methods.

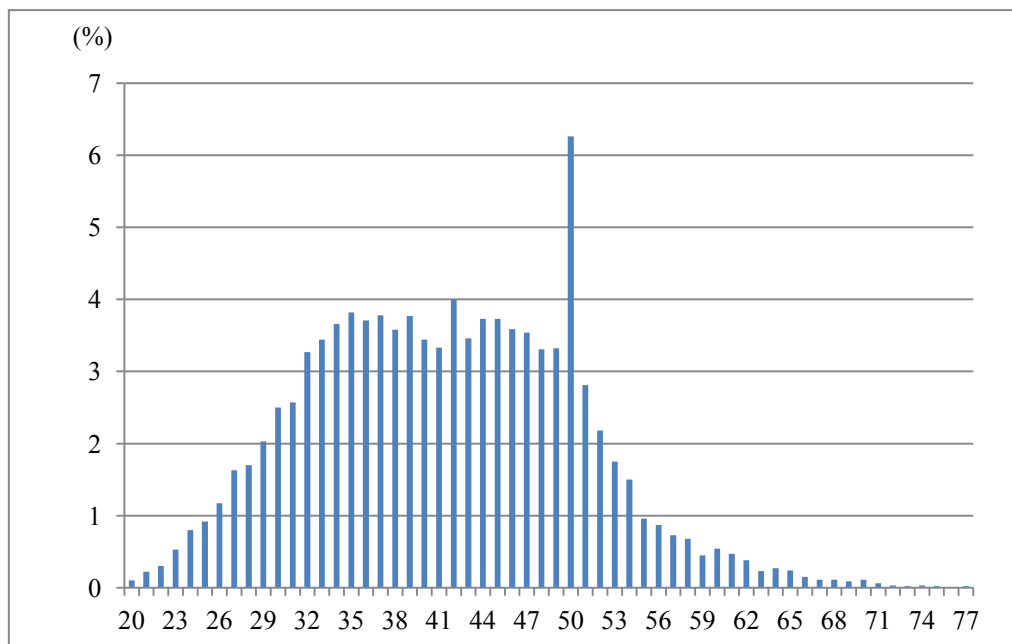
Table61 SDS By Sex

	Average	Standard deviation	No. of respondents
Men	41.3	9.1	5,576
Women	41.6	9.1	4,893
Total	41.5	9.1	10,469

Graph 60 shows the distribution of SDS score. It reveals that the percentage of respondents whose score was 50 was particularly high.

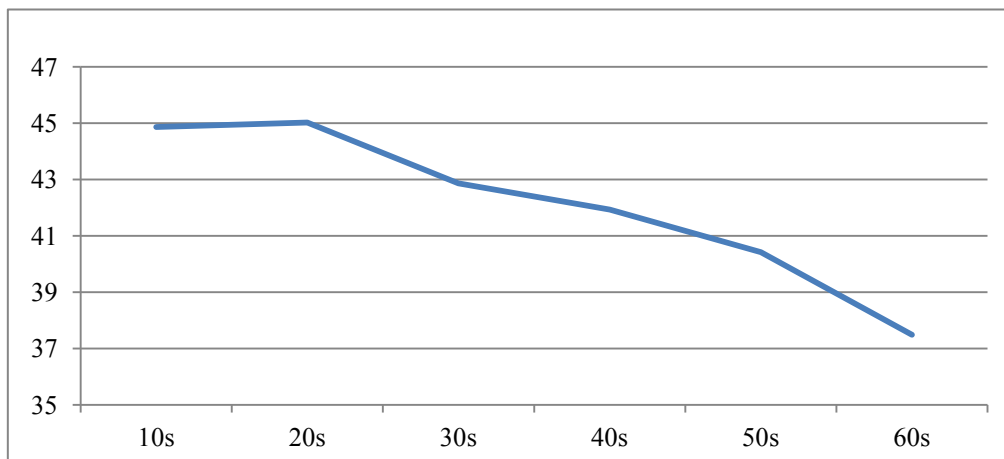
Graph60 Distribution of SDS Scores

(Horizontal: SDS, Vertical: Percentage of respondents to the score)



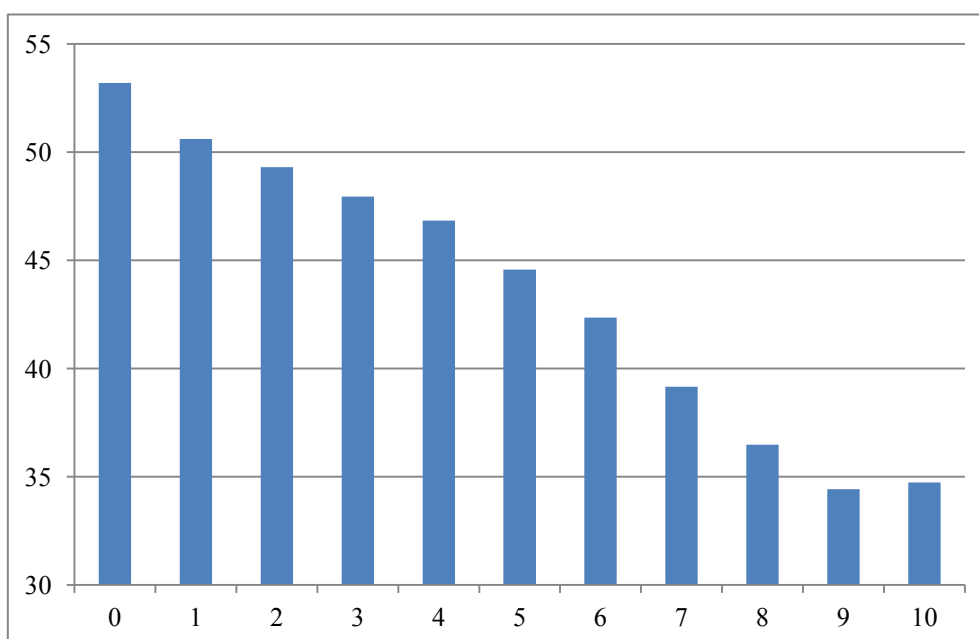
SDS score was higher among younger respondents, and it declined with age (Graph 61).

Graph61 SDS By Age



When looking at SDS score by the level of current happiness, it is clear that they were correlated. The correlation coefficients by age were -0.47 for 10s, -0.54 for 20s, -0.56 for 30s, -0.55 for 40s, -0.51 for 50s, and -0.46 for 60s. When the level of current happiness was higher than 7, SDS score was lower than 40 (Graph 62).

Graph62 SDS By Level of Current Happiness
(Vertical: SDS, Horizontal: Level of current happiness)



③④ Suicidal intent

To the question “Have you ever attempted to suicide or had serious suicidal intent?”, 9.7% of the respondents answered that they have attempted to suicide and 13.5% answered that they have had serious suicidal intent (Table 62). In the Survey of Attitudes toward Suicide Prevention, which the Cabinet Office separately conducted in January 2012, 23.4% of the respondents answered that they have had suicidal intent to the question “Have you ever had serious suicidal intent?” This result was consistent with the result from this online survey when the responses of “I have attempted to suicide” and “I have had serious suicidal intent” were added (23.2%).

Table62 Suicidal Intent

	No. of respondents	Percentage (%)
I have attempted to suicide	1,018	9.7
I have had serious suicidal intent	1,409	13.5
Never	7,290	69.6
Do not want to answer	752	7.2

By age, respondents in their 20s particularly had strong suicidal intent. Table 63 indicates the prevalence of suicidal intent in all age groups.

Table63 Suicidal Intent By Age

	10s	20s	30s	40s	50s	60s
I have attempted to suicide	13.9%	14.0%	11.7%	9.8%	8.1%	5.3%
I have had serious suicidal intent	14.3%	16.9%	15.3%	15.6%	12.8%	8.0%
Never	61.7%	60.3%	66.1%	68.2%	71.5%	80.7%
Do not want to answer	10.2%	8.8%	6.8%	6.5%	7.6%	5.9%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

Additionally, the survey asked when they attempted to suicide or had serious suicidal intent if respondents chose either “I have attempted to suicide” or “I have had serious suicidal intent”. 21% answered that they attempted to suicide or had serious suicidal intent within a year, including “currently” and “within 3 months.” Also in the Survey of Attitudes toward Suicide Prevention, 22.7% indicated that they had suicidal intent within a year, which was consistent with the result from this online survey. Those who attempted to suicide or had serious suicidal intent within a year were 4.9% of the whole sample in this survey (Table 64).

Table64 When Respondents Had Suicidal Intent (%)

	No. of respondents	Percentage (%)
At this moment	135	5.6
Within 3 months	139	5.7
Within a year	236	9.7
Within 5 years	524	21.6
Within 10 years	414	17.1
More than 10 years ago	853	35.2
Do not want to answer	126	5.2

As the level of current happiness decreased, the percentage of respondents with suicidal intent increased. Among those who marked 0 for the level of current happiness, more than half answered that they have attempted to suicide or had serious suicidal intent (Table 65). When a dummy variable was constructed for this question (1 if they answer either to “I have attempted to suicide” or “I have had serious suicidal intent”), the correlation coefficient between suicidal intent and the level of current happiness was -0.1737, which was significant at the 1% significance level.

Table65 Percentage of Respondents Who Had Suicidal Intent By Level of Current Happiness

Level of Current Happiness	I have attempted to suicide	I have had serious suicidal intent	Never	Do not want to answer
0	30.6%	22.4%	33.9%	13.1%
1	15.1%	28.5%	49.7%	6.7%
2	18.7%	23.9%	49.0%	8.5%
3	14.3%	19.6%	53.8%	12.3%
4	12.2%	18.4%	57.2%	12.1%
5	9.3%	13.7%	68.6%	8.4%
6	8.2%	12.9%	70.9%	7.9%
7	8.3%	11.2%	75.6%	4.8%
8	6.1%	10.2%	78.4%	5.3%
9	8.1%	8.1%	80.4%	3.4%
10	10.0%	9.4%	75.7%	4.9%

In terms of the relationship between when respondents had suicidal intent, the level of current happiness, K6 score (mental health scale), and SDS score (self-rating depression scale), it is clear that those who recently had suicidal intent were unhappier, mentally unhealthier, and more depressed (Table 66).

Table66 Relationships between Suicidal Intent, Level of Current Happiness, K6, and SDS

	Level of Current Happiness	K6	SDS
At this moment	3.0	15.3	56.3
Within 3 months	4.3	12.5	52.8
Within a year	4.5	10.8	50.4
Within 5 years	5.4	9.2	46.6
Within 10 years	5.7	7.4	44.6
More than 10 years ago	6.1	5.8	41.2
Do not want to answer	4.5	10.8	51.1

Furthermore, indexes of the following variables were constructed for each prefecture: “I have attempted to suicide” (a dummy variable), “I have had serious suicidal intent” (a dummy variable), the level of current happiness, K6, SDS, and income level. To examine the relationship with actual suicide rate, the correlation coefficients were calculated between each of the indexes and suicide rate in each prefecture (2011, age-adjusted): 0.41 for “I have attempted to suicide”, 0.39 for K6, -0.51 for income level (significant at 1% significance level); -0.31 for the level of current happiness (significant at 5% significance level).

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