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Operating environment and operating procedures

Required operating system

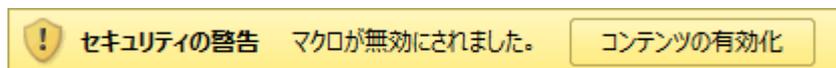
To review SEIKATSU TEITEN 2022 Tabulation, you are required the operating system below.

OS	Microsoft 10 (Japanese version)
Software	Microsoft Excel 2013, 2016, 2019 (Japanese version)
Hardware	512M byte or more free space

Note when opening Excel file

Since SEIKATSU TEITEN 2022 Tabulation contains a macro (a program for creating chronological chart), please enable macro before using.

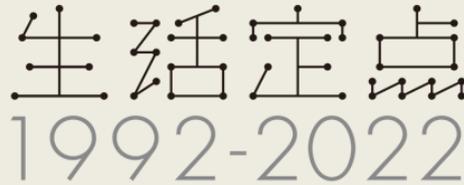
On top of the message bar (above the formula bar), the security alert below will appear in Japanese.
Click “コンテンツの有効化 (Enable Content)” to use.



View of tabulation [Top page]

Field of questions

If you click on the field of questions (blue text), it will jump to the questions of each field. If you point to the red triangle mark, the questions will be shown.



CHRONOLOGICAL LIFESTYLE SURVEY ON THE JAPANESE PEOPLE

Field of questions

- 1 The currents of life
(Enjoyment/affluence of lifestyle, financial leeway, time to spare and etc.)
- 2 Living circumstances
- 3 Food and diet
- 4 Clothing
- 5 Housing
- 6 Health
- 7 Leisure
- 8 Learning and education
- 9 Work
- 10 Family
- 11 Love and marriage
- 12 Relationships
- 13 Gift giving
- 14 Consumption and money
- 15 Information (access and gathering)
- 16 Media
- 17 Social consciousness
- 18 Direction of Japan
- 19 Internationalization and Japan
- 20 Global environment
- 21 Psychological and physical characteristics

Show all questions

Index for questions

It will show the questions that are related to the selected field, searched keyword or the sample question.

Search by Keyword

You can search the questions freely. By entering the space between the keywords, you can narrow down the questions that are related to both keywords.

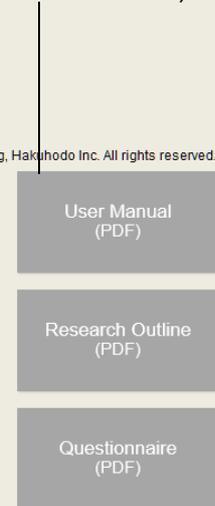
Search by Keyword

Unique sample questions of "SEIKATSU TEITEN"

- Q The world is based on fate and luck more than effort
- Q I think it's embarrassing to eat soba in a stand-up (tachigui-soba) store
- Q I feel no aversion to working under a female superior
- Q I want to fall in love, no matter what my age
- Q High quality services are the items that Japan can be proud of
- Q I believe the innate goodness of people
- Q I feel no aversion to kissing in front of

User Manual, Research Outline, Questionnaire

Will show the PDF files of each. (However, it is required that the tabulation and PDF files are in the same folder.)



Unique sample questions of "SEIKATSU TEITEN"

If you click on the sample questions (blue text), it will jump to the questions that include the question you choose. Click each tab to view survey data by data classification (overall, by gender, by age group, by age group and gender, by area, by gender and area)

Show all questions

All items of the survey, across 21 categories, can be understood.

Top page

Understanding the overall picture of the question and searching the questions are possible.

TOP	INDEX	Total	Male	Female	20's	30's	40's	50's	60's	70's	Male 20's	Male 30's	Male 40's	Male 50's	Male 60's	Female
-----	-------	-------	------	--------	------	------	------	------	------	------	-----------	-----------	-----------	-----------	-----------	--------

View of tabulation [Index for questions]

Back to Top page

Show all questions

All items of the survey, across 21 categories, can be understood

Search Criteria

It will show the selected field of questions, searched keyword and the questions at the top page. The picture shown on the left is the sample when searched by "Internet" at the top page.

< Back to Top page

× Show all questions

Index for questions

<Search Criteria>
internet

*Items related to question shown below.

If you click on , you can see the corresponding data.

Field of questions	Questions	Total	Male	Female	20's	30's	40's	50's	60's	Male 20's	Male 30's	Male 40's	Male 50's	Male 60's	Female 20's	Female 30's	Female 40's	Female 50's	Female 60's	Tokyo area	Hanshin area	Tokyo area : Male	Hanshin area : Male	Tokyo area : Female	Hanshin area : Female	
* 02.Living circumstances		<input type="radio"/>																								
	• Awareness and attitude toward clothing	<input type="radio"/>																								
* 05.Housing		<input type="radio"/>																								
	• Facilities and equipment you want to enhance	<input type="radio"/>																								
* 06.Health		<input type="radio"/>																								
	• Causes of stress [For those who feel stressed]	<input type="radio"/>																								
* 09.Work		<input type="radio"/>																								
	• Awareness and attitude toward work	<input type="radio"/>																								
* 12.Relationships		<input type="radio"/>																								
	• Awareness and attitude toward socializing	<input type="radio"/>																								
	• Group that I am belonging to	<input type="radio"/>																								
* 14.Consumption and money		<input type="radio"/>																								
	• Awareness and attitude toward consumption	<input type="radio"/>																								
	• Items you are currently spending money on	<input type="radio"/>																								

Field of questions, Questions
It will show the field of questions, keywords and the questions that are related to question that are selected/searched at the top page.

If you click on , you can see the corresponding data
Click the data classification (overall, by gender, by age group and gender, etc.) for the question you want to see to jump to the appropriate data.

TOP INDEX Total Male Female 20's 30's 40's 50's 60's Male 20's Male 30's Male 40's Male 50's Male 60's Female 20's Female 30's Female

View of tabulation [Data1]

It will show the selected target group.
The sample below is when selected Male 30's.

Create chart
*Please refer to page 6

Response rate
The response rate for each survey, carried out every two years from 1992 to 2022, is listed.
The [—] mark in the data field indicates that item was not asked during that particular year.

Difference compared to Total
The difference of between total and the latest 2022 data by gender, age, and area, etc. is listed. Items in which there are differences of +/- 5points or more from the total are highlighted and put a symbol.

[Back to Top page](#) [Back to Index for questions](#)

Male 30's

Create chart After double clicking the selection boxes next to Item No. to create the charts, select the button below (can be selected up to 10 items at once)

Show all charts at once (Gender, Age, Age and Gender, Area, Area and Gender)

Selection box	Item No.	Field of question	Questions	Response rate (%)														Difference compared to Total (pt)	Trend within 2 years (pt)		
				1992 n=190	1994 n=196	1996 n=195	1998 n=206	2000 n=219	2002 n=227	2004 n=374	2006 n=408	2008 n=417	2010 n=409	2012 n=377	2014 n=355	2016 n=333	2018 n=311			2020 n=256	2022 n=300
	0001	01.The currents of life	Enjoyment of lifestyle : Enjoyable : TOP2 box	—	—	—	84.0	77.2	76.2	76.2	82.8	82.7	83.1	78.0	81.7	79.3	84.6	79.7	79.3	-1.5	-0.4
	0002	01.The currents of life	Enjoyment of lifestyle : Not enjoyable : BTM2 box	—	—	—	16.0	22.8	23.8	23.5	17.2	17.3	16.9	22.0	18.3	20.7	15.4	20.3	20.7	+1.6	-2.3
	0003	01.The currents of life	Affluence of lifestyle : Affluent : TOP2 box	—	—	—	49.0	42.9	47.6	43.3	48.0	47.5	46.2	48.8	50.1	47.4	54.3	58.6	54.7	-5.5 ▼	+1.9
	0004	01.The currents of life	Affluence of lifestyle : Not affluent : BTM2 box	—	—	—	51.0	57.1	52.4	56.7	52.0	52.5	53.8	51.2	49.9	52.6	45.7	41.4	45.3	+5.5 ▲	+0.8
	0005	01.The currents of life	Degree of happiness : Happy : TOP2 box	78.9	82.1	77.4	78.6	73.1	74.4	72.7	75.7	77.0	75.1	73.2	76.3	71.8	78.5	73.0	70.7	-3.2	+1.0
	0006	01.The currents of life	Degree of happiness : Unhappy : BTM2 box	3.7	2.6	6.7	4.9	6.4	4.4	5.3	2.9	3.8	4.6	8.0	3.9	6.6	6.4	5.1	7.0	+1.4	-2.3
	0007	01.The currents of life	Degree of happiness : Can't say either way	17.4	15.3	15.9	16.5	20.5	21.1	21.9	21.3	19.2	20.3	18.8	19.7	21.6	15.1	21.5	22.3	+1.8	+0.2
	0008	01.The currents of life	Financial leeway : <Current> Room to spare : TOP2 box	24.2	24.0	21.5	20.4	18.7	17.2	17.6	16.7	14.4	12.5	23.1	19.2	13.8	21.2	27.3	24.3	-3.7	+0.2
	0009	01.The currents of life	Financial leeway : <Current> No room to spare : BTM2 box	41.1	46.4	43.6	48.1	53.4	52.4	48.9	44.6	51.6	53.8	47.7	43.4	47.4	36.7	38.7	38.7	+3.5	-5.0 ▼
	0010	01.The currents of life	Financial leeway : <Current> Can't say either way	34.7	29.6	34.9	31.6	27.9	30.4	33.4	38.7	33.8	33.7	28.9	37.5	38.7	42.1	33.6	37.0	+0.2	+5.4 ▲
	0011	01.The currents of life	Financial leeway : <Future> Become easier : TOP2 box	—	—	—	17.5	11.9	17.6	17.1	17.6	16.5	14.2	18.8	19.7	17.7	25.7	18.0	19.0	+4.9	-2.3
	0012	01.The currents of life	Financial leeway : <Future> Become difficult : BTM2 box	—	—	—	32.5	31.1	30.4	30.2	28.7	35.5	32.8	28.4	24.8	28.5	21.9	26.6	24.3	-5.1 ▼	+1.4
	0013	01.The currents of life	Financial leeway : <Future> Staying the same	—	—	—	37.4	37.9	39.6	36.4	39.7	33.1	35.0	39.5	44.2	43.8	40.8	45.3	46.7	+0.7	+0.2
	0014	01.The currents of life	Financial leeway : <Future> I don't know	—	—	—	12.6	19.2	12.3	16.3	14.0	14.9	17.6	13.0	11.3	9.9	11.6	9.8	10.0	-0.5	+5.4 ▲
	0015	01.The currents of life	Time to spare : Time to spare : TOP2 box	—	—	—	45.6	42.9	48.5	39.8	37.3	46.5	50.9	48.5	45.6	48.9	52.7	63.3	58.3	-4.8	-2.3
	0016	01.The currents of life	Time to spare : No time to spare : BTM2 box	—	—	—	54.4	57.1	51.5	60.2	62.7	53.5	49.1	51.2	54.4	51.1	47.3	36.3	41.7	+4.8	+0.2
	0017	01.The currents of life	Four types of leeway in life (Curr) : Have both money and time	—	—	—	18.4	15.1	15.9	15.2	14.0	16.1	18.1	20.2	19.2	18.6	23.8	29.3	27.0	-5.3 ▼	+1.2
	0018	01.The currents of life	Four types of leeway in life (Curr) : Have money but no time	—	—	—	17.5	16.9	16.3	19.3	22.1	15.1	11.5	17.8	18.9	14.7	18.3	14.5	15.7	+1.6	-3.1 ▼
	0019	01.The currents of life	Four types of leeway in life (Curr) : Have time but no money	—	—	—	27.2	27.9	32.6	24.6	23.3	30.5	32.8	28.6	26.5	30.3	28.9	34.4	31.3	+0.5	+4.1 ▲
	0020	01.The currents of life	Four types of leeway in life (Curr) : Have neither money nor time	—	—	—	36.9	40.2	35.2	40.9	40.7	38.4	37.7	33.4	35.5	36.3	28.9	21.9	26.0	+3.2	+4.1 ▲
	0021	01.The currents of life	Emotional fulfillment for person : <Happy things> A lot : TOP2 box	—	—	—	25.2	26.9	30.0	29.7	29.2	31.9	33.5	36.1	40.0	39.0	38.6	33.2	37.3	+4.3	-4.2 ▼
	0022	01.The currents of life	Emotional fulfillment for person : <Happy things> Not much : BTM2 box	—	—	—	34.0	31.5	26.4	27.0	22.3	23.5	22.2	20.2	18.6	16.2	14.1	24.2	20.0	-2.5	+0.1
	0023	01.The currents of life	Emotional fulfillment for person : <Happy things> Can't say either way	—	—	—	40.8	41.1	43.6	43.3	48.5	44.6	44.3	43.8	41.4	44.7	47.3	42.6	42.7	-1.9	

Continued on next page

Selection box

Use when creating the charts. *Please refer to page 6

View of tabulation [Data2]

Trend within 2 years

The numerical changes between the 2020 and the latest 2022 survey are listed. Items in which there are differences of +/- 3points or more are highlighted and put a symbol.

Trend within 10 years / 20 years / 30 years

Trend within 10 years is the difference between 2012 and 2022. Trend within 20 years is the difference between 2002 and 2022. Trend within 30 years is the difference between 1992 and 2022. The differences with more than +/- 5points are highlighted and put a symbol. Also described as "Max" when 2022 is the highest within past 10 years / 20 years / 30 years. Likewise described as "Min" when 2022 is the lowest within past 10 years / 20 years / 30 years.

Trends within every 2 years

The difference between the response rates of each survey and the response rate of the survey 2 years prior is listed. Differences of +/- 3points or more are highlighted and put a symbol.

Continued from previous page

Difference compared to Total	Trend within 2 years		Trend within 10 years		Trend within 20 years		Trend within 30 years		Trends within every 2 years																				
	2022 (p)	Δ+5pt or more Δ-5pt or less	20→22 (p)	Δ+3pt or more Δ-3pt or less	12→22 (p)	Δ+5pt or more Δ-5pt or less Max/Min	02→22 (p)	Δ+5pt or more Δ-5pt or less Max/Min	92→22 (p)	Δ+5pt or more Δ-5pt or less Max/Min	92→94 (p)	94→96 (p)	96→98 (p)	98→00 (p)	00→02 (p)	02→04 (p)	04→06 (p)	06→08 (p)	08→10 (p)	10→12 (p)	12→14 (p)	14→16 (p)	16→18 (p)	18→20 (p)	20→22 (p)				
+1.6			+0.4																										
-5.5	▼		-3.9	▼	+5.9	△	+7.1	△																					
+5.5	△		+3.9	△	-5.9	▼	-7.1	▼																					
-3.2			-2.3		-2.5		Min	-3.7		Min	-8.2	▼		Min	+3.2	-4.7	+1.2	-5.5	+1.3	-1.7	+3.0	+1.3	-1.9	-1.9	+3.1	-4.5	+6.7	-5.5	-2.3
+1.4			+1.9		-1.0		+2.6				+3.3				-1.1	+4.1	-1.8	+1.5	-2.0	+0.9	-2.4	+0.9	+0.8	+3.4	-4.1	+2.7	-0.2	-1.3	+1.9
+1.8			+0.8		+3.5		Max	+1.2		Max	+4.9				-2.1	+0.6	+0.6	+4.0	+0.6	+0.8	-0.6	-2.1	+1.1	-1.5	+0.9	+1.9	-6.5	+6.4	+0.8
-3.7			-3.0	▼	+1.2		+7.1	△			+0.1				-0.2	-2.5	-1.1	-1.7	-1.5	+0.4	-0.9	-2.3	-1.9	+10.6	-3.9	-5.4	+7.4	+6.1	-3.0
+3.5			0.0		-9.0	▼	-13.7	▼			-2.4				+5.3	-2.8	+4.5	+5.3	-1.0	-3.5	-4.3	+7.0	+2.2	-6.1	-4.3	+4.0	-10.7	+2.0	0.0
+0.2			+3.4	△	+8.1	△	+6.6	△			+2.3				-5.1	+5.3	-3.3	-3.7	+2.5	+3.0	+5.3	-4.9	-0.1	-4.8	+8.6	+1.2	+3.4	-8.5	+3.4
+4.9			+1.0		+0.2		+1.4																						
-5.1	▼		-2.3		-4.1		-6.1	▼																					
+0.7			+1.4		+7.2	△	Max	+7.1	△	Max																			
-0.5			+0.2		-3.0		-2.3																						
-4.8			-5.0	▼	+9.8	△	+9.8	△																					
+4.8			+5.4	△	-9.5	▼	-9.8	▼																					
-5.3	▼		-2.3		+6.8	△	+11.1	△																					
+1.6			+1.2		-2.1		-0.6																						
+0.5			-3.1	▼	+2.7		-1.3																						
+3.2			+4.1	△	-7.4	▼	-9.2	▼																					
+4.3			+4.1	△	+1.2		+7.3	△																					
-2.5			-4.2	▼	-0.2		-6.4	▼																					
-1.9			+0.1		-1.1		-0.9																						

How to create a chronological chart

(1) Double click to select the item from "Selection box" you want to create the chart (you can select up to 10 items).
 * The cell will turn yellow when selected, and figures will be displayed in the order they were selected

< Back to Top page < Back to Index for questions

Create chart After double clicking the selection boxes next to Item No. to create the charts, select the button below (can be selected up to 10 items at once)

Total Gender Age Age and Gender Area Area and Gender

Show all charts at once (Gender, Age, Age and Gender, Area, Area and Gender)

Response rate (%)

Item	Field of question	Questions	1992	1994	1996	1998	2000	2002
n=1978	n=2000	n=2000	n=2000	n=2000	n=2000	n=2000	n=2000	n=2000
1	0001 :01.The currents of life	Enjoyable : TOP2 box	-	-	-	81.5	79.8	79.2
	0002 :01.The currents of life	Not enjoyable : BTM2 box	-	-	-	18.5	20.2	20.9
	0003 :01.The currents of life	Affluent : TOP2 box	-	-	-	52.7	53.4	53.7
	0004 :01.The currents of life	Not affluent : BTM2 box	-	-	-	47.3	46.7	46.3
	0005 :01.The currents of life	Happy : TOP2 box	77.6	79.5	77.7	75.1	74.2	74.5
	0006 :01.The currents of life	Unhappy : BTM2 box	4.4	4.0	5.6	4.6	4.8	4.6
	0007 :01.The currents of life	Can't say either way	18.0	16.5	16.8	20.4	21.0	20.8
	0008 :01.The currents of life	<Current> Room to spare : TOP2 box	30.1	28.0	27.7	23.6	22.0	24.4
	0009 :01.The currents of life	<Current> No room to spare : BTM2 box	33.2	38.5	36.4	41.5	43.6	43.0
	0010 :01.The currents of life	<Current> Can't say either way	36.7	33.5	35.9	34.9	34.5	32.6
	0011 :01.The currents of life	<Future> Become easier : TOP2 box	-	-	-	12.8	13.6	13.9
	0012 :01.The currents of life	<Future> Become difficult : BTM2 box	-	-	-	36.7	30.5	33.0
	0013 :01.The currents of life	<Future> Staying the same	-	-	-	39.9	40.5	37.5
	0014 :01.The currents of life	<Future> I don't know	-	-	-	10.7	15.4	15.5
	0015 :01.The currents of life	Time to spare : TOP2 box	-	-	-	59.3	59.1	59.5

(2) Select the button for the chart you want to create from "Total / Gender / Age / Age and Gender / Area / Area and Gender / Show all charts at once". Click the button to create the chart

< Back to Top page < Back to Index for questions

Create chart After double clicking the selection boxes next to Item No. to create the charts, select the button below (can be selected up to 10 items at once)

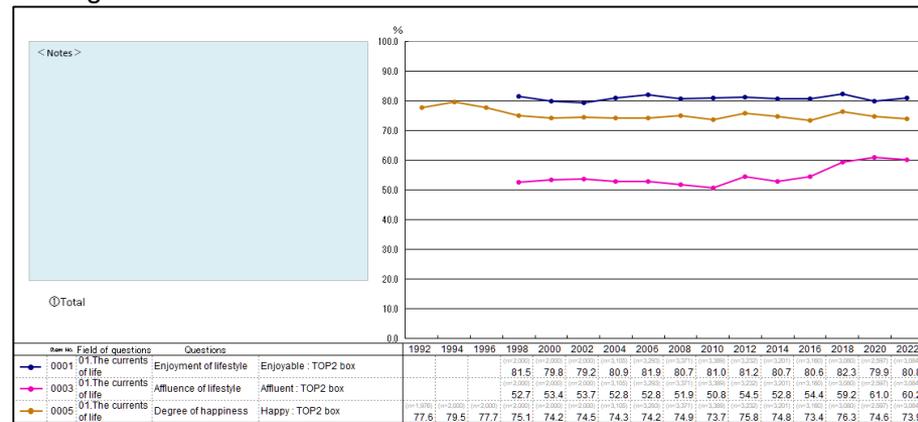
Total Gender Age Age and Gender Area Area and Gender

Show all charts at once (Gender, Age, Age and Gender, Area, Area and Gender)

Response rate (%)

Item	Field of question	Questions	1992	1994	1996	1998	2000	2002
n=1978	n=2000	n=2000	n=2000	n=2000	n=2000	n=2000	n=2000	n=2000
1	0001 :01.The currents of life	Enjoyable : TOP2 box	-	-	-	81.5	79.8	79.2
	0002 :01.The currents of life	Not enjoyable : BTM2 box	-	-	-	18.5	20.2	20.9
2	0003 :01.The currents of life	Affluent : TOP2 box	-	-	-	52.7	53.4	53.7
	0004 :01.The currents of life	Not affluent : BTM2 box	-	-	-	47.3	46.7	46.3
3	0005 :01.The currents of life	Happy : TOP2 box	77.6	79.5	77.7	75.1	74.2	74.5
	0006 :01.The currents of life	Unhappy : BTM2 box	4.4	4.0	5.6	4.6	4.8	4.6
	0007 :01.The currents of life	Can't say either way	18.0	16.5	16.8	20.4	21.0	20.8
	0008 :01.The currents of life	<Current> Room to spare : TOP2 box	30.1	28.0	27.7	23.6	22.0	24.4
	0009 :01.The currents of life	<Current> No room to spare : BTM2 box	33.2	38.5	36.4	41.5	43.6	43.0
	0010 :01.The currents of life	<Current> Can't say either way	36.7	33.5	35.9	34.9	34.5	32.6
	0011 :01.The currents of life	<Future> Become easier : TOP2 box	-	-	-	12.8	13.6	13.9
	0012 :01.The currents of life	<Future> Become difficult : BTM2 box	-	-	-	36.7	30.5	33.0
	0013 :01.The currents of life	<Future> Staying the same	-	-	-	39.9	40.5	37.5
	0014 :01.The currents of life	<Future> I don't know	-	-	-	10.7	15.4	15.5
	0015 :01.The currents of life	Time to spare : TOP2 box	-	-	-	59.3	59.1	59.5

* Image of created chart



Rules and considerations when using this data

SEIKATSU TEITEN 2022 Tabulation

- All response rates (%) are rounded to two decimals and are displayed to one decimal point.
- For items only asked to certain respondents, the target respondents are displayed in parentheses (e.g.. [those who have occupation], [those who are married], etc.)
- The [—] mark in the data field indicates that item was not asked during that particular year.

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- If using this data, always specify [Hakuodo Institute of Life and Living “Seikatsu Teiten”] as the source.

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- Users shall use all information included in “Seikatsu Teiten” such as the tabulation (including the chronological graphing program), and the questionnaire, etc. at their own risk.
- Hakuodo Institute of Life and Living assumes no responsibility for any damage arising as a result of information included in “Seikatsu Teiten” such as the tabulation (including the chronological graphing program), and the questionnaire, etc. obtained by users.
- Hakuodo Institute of Life and Living may change, in whole or in part, any information included in “Seikatsu Teiten” such as the tabulation (including the chronological graphing program), and the questionnaire, etc. without providing prior notice to users. Please note that this should not be taken as a promise to update information included in “Seikatsu Teiten” such as the tabulation (including the chronological graphing program), and the questionnaire, etc. Hakuodo Institute of Life and Living may also temporarily suspend or discontinue the provision of any information included in “Seikatsu Teiten” such as the tabulation (including the chronological graphing program), and the questionnaire, etc.
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