

## 2 Children's Living Status

### (1) Wakeup Time and Bedtime

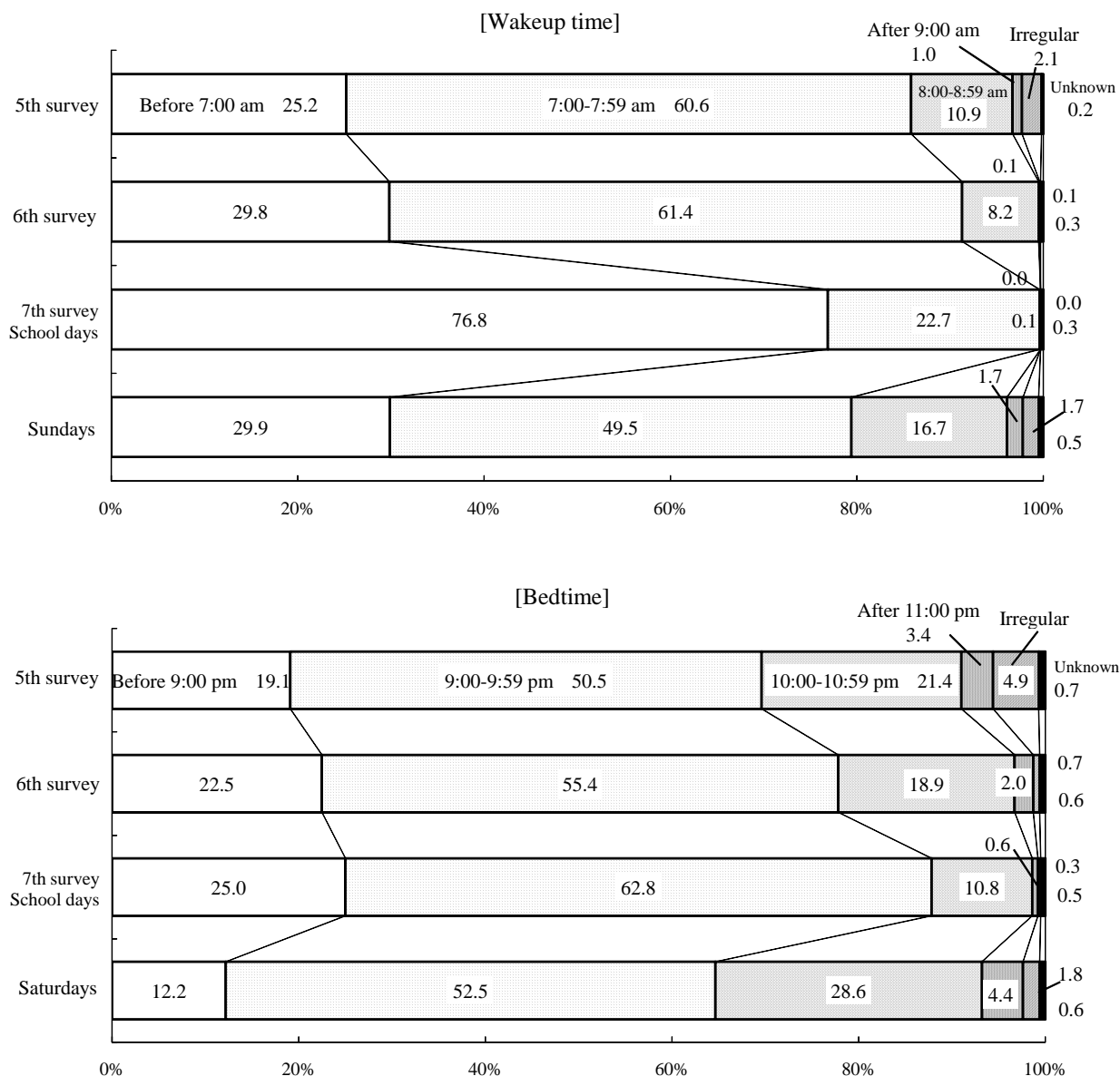
#### 1) Wakeup Time and Bedtime

**On school days, 76.8% of children woke up before 7:00 am, and 62.8% went to bed at 9:00-9:59 pm**

Investigation into children's wakeup time and bedtime on ordinary days ("school days" in the 7th survey) started in the 5th survey. Comparison between the 6th and 7th surveys indicated that the rate of children who woke up before 7:00 am increased from 29.8 to 76.8%. Similarly, the rate of children who went to bed at 9:00-9:59 pm increased from 55.4% to 62.8%.

Comparing wakeup times on Sundays and bedtimes on Saturdays with those on school days in the 7th survey, the proportion of later times for both wakeup times on Sundays and bedtimes on Saturdays was higher than that on school days (Figure 7).

**Figure 7 Wakeup times and bedtimes of children**



Notes: 1) The figures are based on the total number of responses in the 5th through 7th surveys (total number of replies: 34,835).  
 2) Wakeup time and bedtime in "ordinary days" status were investigated in the 5th and 6th surveys.

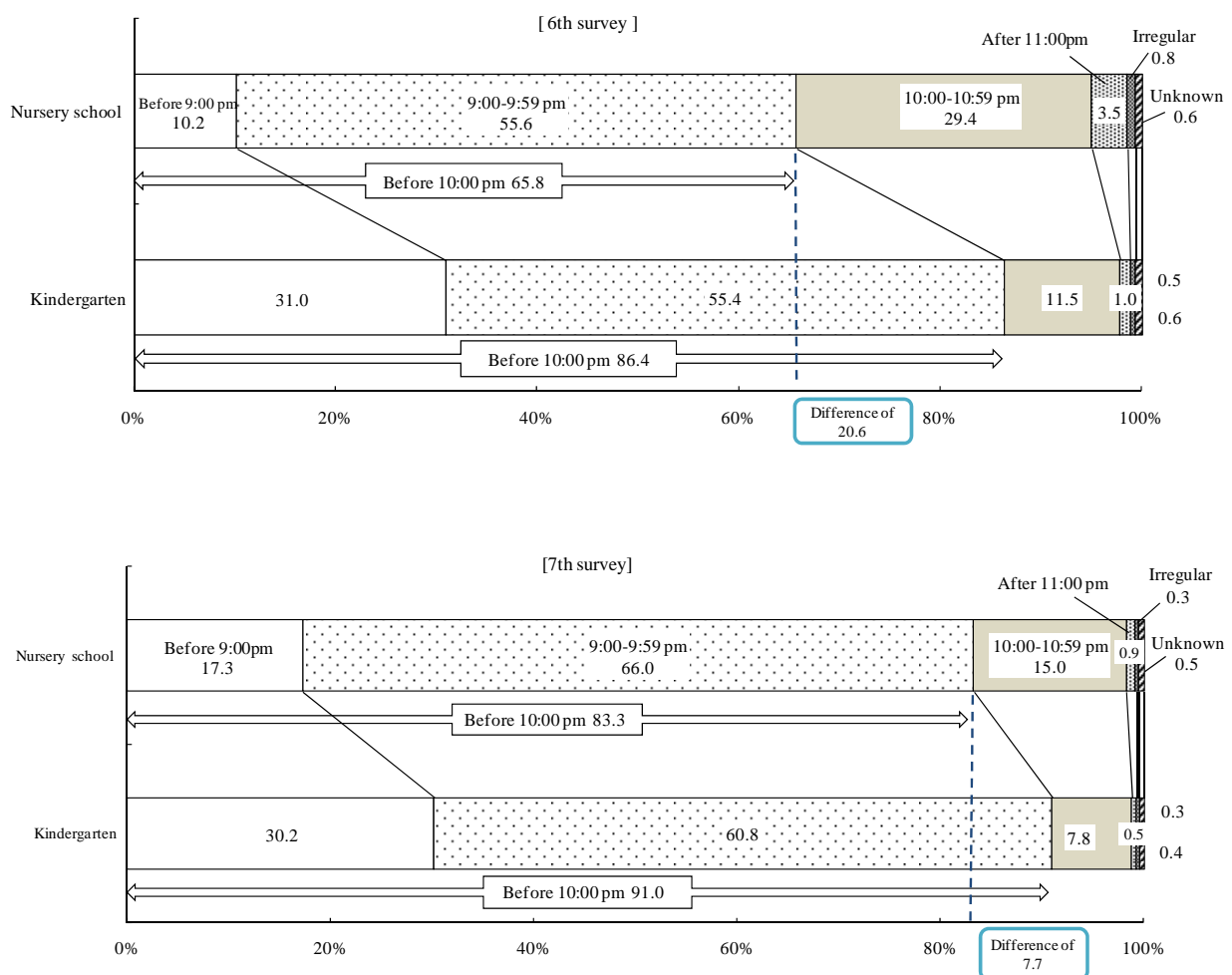
## 2) Attendance at nursery school/kindergarten and bedtime

**Bedtimes became earlier both with children who attended nursery schools and with those who attended kindergartens than those in the 6th survey.**

According to the attendance at nursery school/kindergarten in the 5th survey, the rate of children who went to bed before 10:00 pm stood at 65.8% with attendance at nursery school, and 86.4% with attendance at kindergarten, in the 6th survey. The difference was 20.6 percentage points.

This rate changed to 83.3% with attendance at nursery school, and 91.0% with attendance at kindergarten, in the 7th survey, indicating a smaller difference at 7.7 percentage points. Bedtimes became earlier in the 7th survey, when children entered the elementary school (Figure 8).

**Figure 8 Children’s bedtimes according to the attendance at nursery school/kindergarten in the 5th survey**



Notes: 1) The figures are based on the total number of responses in the 5th through 7th surveys (total number of replies is 34,835; Nursery school 13,322; Kindergarten 17,814).

2) In “attendance at nursery school/kindergarten in the 5th survey”, “Nursery school” refers to children who only went to nursery schools, and “Kindergarten” refers to those who only went to kindergartens.

3) “Ordinary days” was used for the 6th survey, and “school days” for the 7th survey.

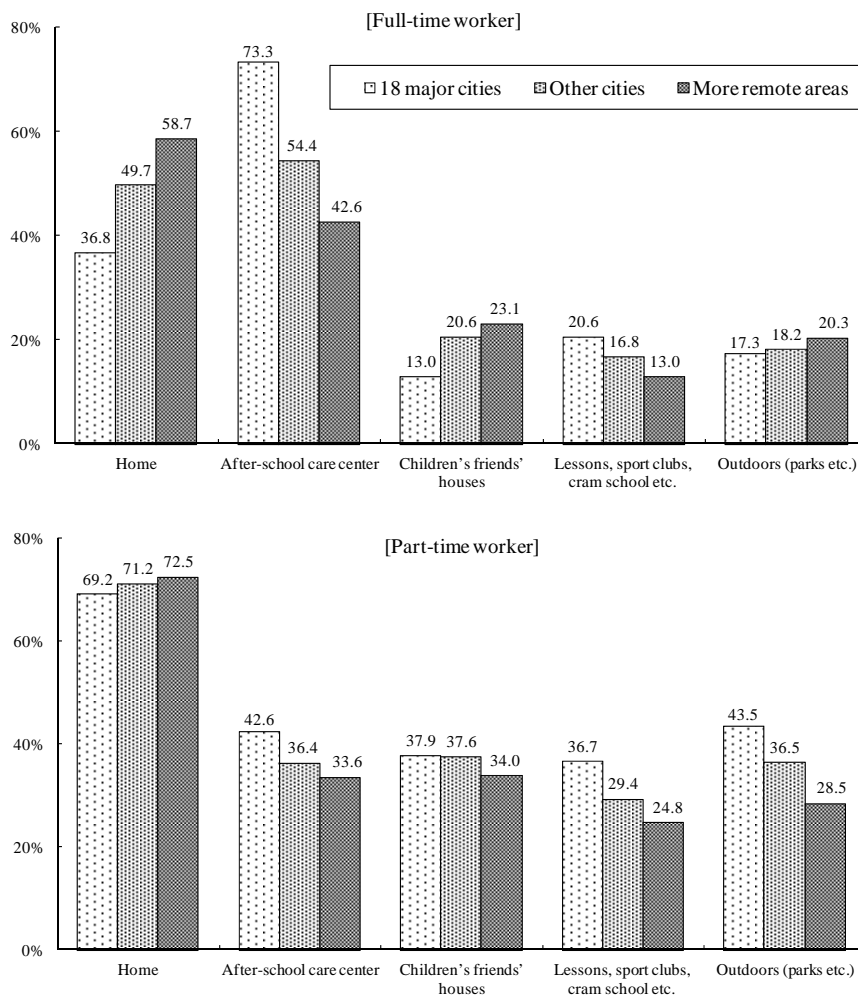
## (2) Children's status after school

In the 18 major cities, the largest part of children whose mothers are “full-time” employed spend time after school at “after-school care centers”, while the majority of children of mothers who worked as “part-time workers” are at home.

With regards to places where children spend time after school until around 6:00 pm (multiple answers) according to the employment status of mothers, and by cities or more remote areas, the largest part (73.3%) of children whose mothers are “full-time” employed spend time after school at “after-school care centers” in the “18 major cities”, which figure is followed by “home” at 36.8%, and “lessons, sport clubs, cram school etc.” at 20.6%. In “more remote areas”, the rate is the highest with “home” at 58.7%, followed by “after-school care centers” at 42.6%, and “children's friends' houses” at 23.1%.

With regards to children whose mothers are “part-time” employed, the rate is the highest with “home” at 69.2% in the “18 major cities”, followed by “outdoors (parks etc.)” at 43.5% and “after-school care centers” at 42.6%. In “more remote areas”, the rate is the highest with “home” at 72.5%, followed by “children's friends' houses” at 34.0%, and “after-school care centers” at 33.6% (Figure 9).

**Figure 9 Where children spend time after school according to the employment status of mothers, and by cities or more remote areas (multiple answers)**



Notes: 1) The figures are based on the total number of responses with children living with their mothers who worked as “full-time workers” (total number of replies: 6,306) and “part-time workers” (total number of replies: 11,040) in the 7th surveys.

2) The subject children lived in the following places, at the time of the 7th survey.

“18 major cities”: ward areas in Tokyo, Sapporo, Sendai, Saitama, Chiba, Yokohama, Kawasaki, Niigata, Shizuoka, Hamamatsu, Nagoya, Kyoto, Osaka, Sakai, Kobe, Hiroshima, Kitakyushu and Fukuoka Cities.

“Other cities”: cities not included in “18 major cities”

“More remote areas”: Areas not included in “18 major cities” or “Other cities”

3) “Full-time worker” indicates “employee (full-time)” and “part-time worker” indicates “employee (part-time)”.

**(3) Lessons, etc.**

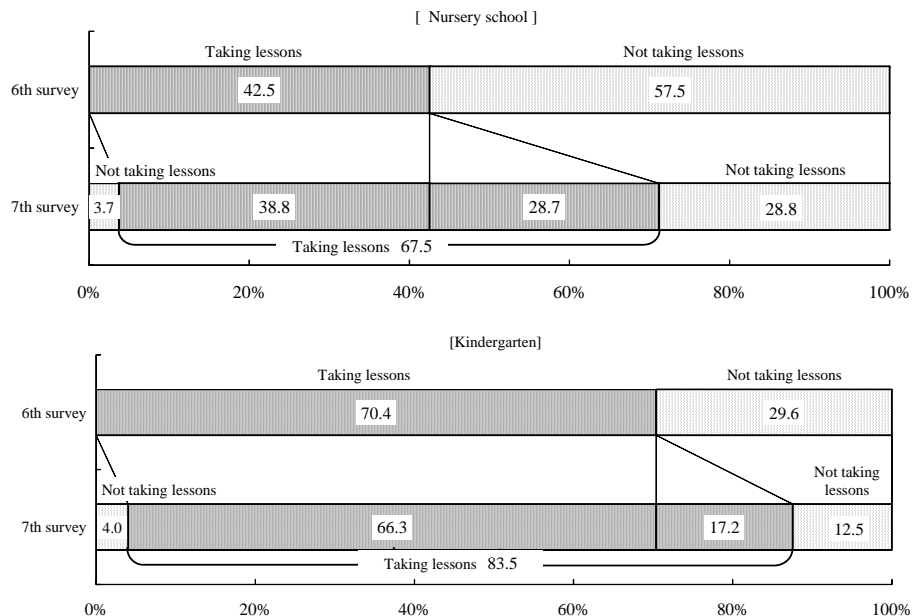
The rate of children who took lessons stood at 67.5% with attendance at nursery school, and at 83.5% with attendance at kindergarten.

The most popular lessons were “swimming” among boys and “music” (piano, etc.) among girls.

According to the attendance at nursery school/kindergarten in the 5th survey, 67.5% of children who attended nursery schools were “taking lessons”, of whom 28.7% started “taking lessons” in the 7th survey. Of children who attended kindergartens, 83.5% were “taking lessons”, of whom 17.2% started “taking lessons” in the 7th survey (Figure 10).

Concerning the breakdown of the lessons by sex (multiple answers), the most popular lessons were “swimming”, accounting for 34.3%, among boys and “music” (piano, etc.), accounting for 36.0%, among girls (Figure 11).

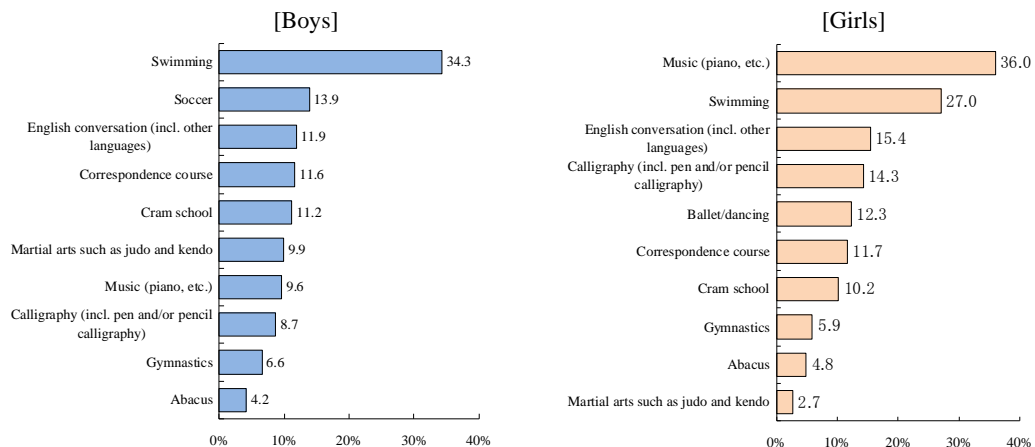
**Figure 10 Changes in the status of taking lessons according to the attendance at nursery school/kindergarten in the 5th survey**



Notes: 1) The figures are based on the total number of responses in the 5th through 7th surveys, and who replied to “Lessons etc.” in the 6th and 7th surveys (total number of replies: 34,624; “nursery school” 13,235; “Kindergarten” 17,709).

2) In “attendance at nursery school/kindergarten in the 5th survey”, “Nursery school” refers to children who only went to nursery schools, and “Kindergarten” refers to those who only went to kindergartens.

**Figure 11 Breakdown of the lessons by sex (the top 10, multiple answers)**



Note: The figures are based on the total number of responses in the 7th survey. (total number of replies: 36,785 (Boys 19,088, Girls 17,697)).

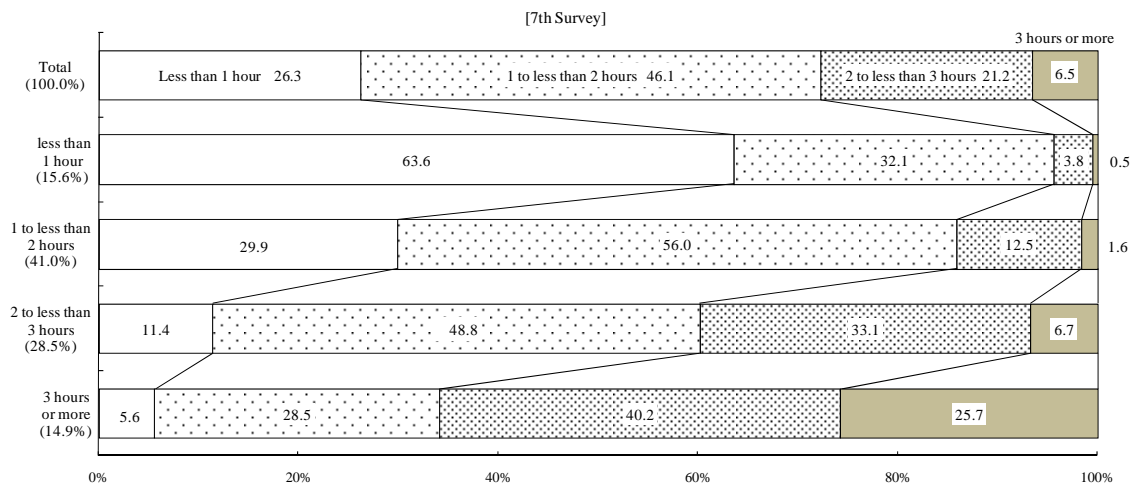
#### (4) TV

**Comparing hours spent watching TV in the 6th and 7th surveys, the time became shorter in the categories higher than “1 to less than 2 hours”.**

According to hours spent watching TV (including videos and DVDs) on ordinary days in the 6th survey, the time became shorter in the categories higher than “1 to less than 2 hours” and above, with the most children watching TV for “less than 1 hour” at 63.6% , of those who watched TV for “less than 1 hour” in the 6th survey; for “1 to less than 2 hours” at 56.0%, of those who watched TV for “1 to less than 2 hours” in the 6th survey; for “1 to less than 2 hours” at 48.8%, of those who watched TV for “2 to less than 3 hours” in the 6th survey; and for “2 to less than 3 hours” at 40.2%, of those who watched TV for “3 hours or more” in the 6th survey (Figure 12).

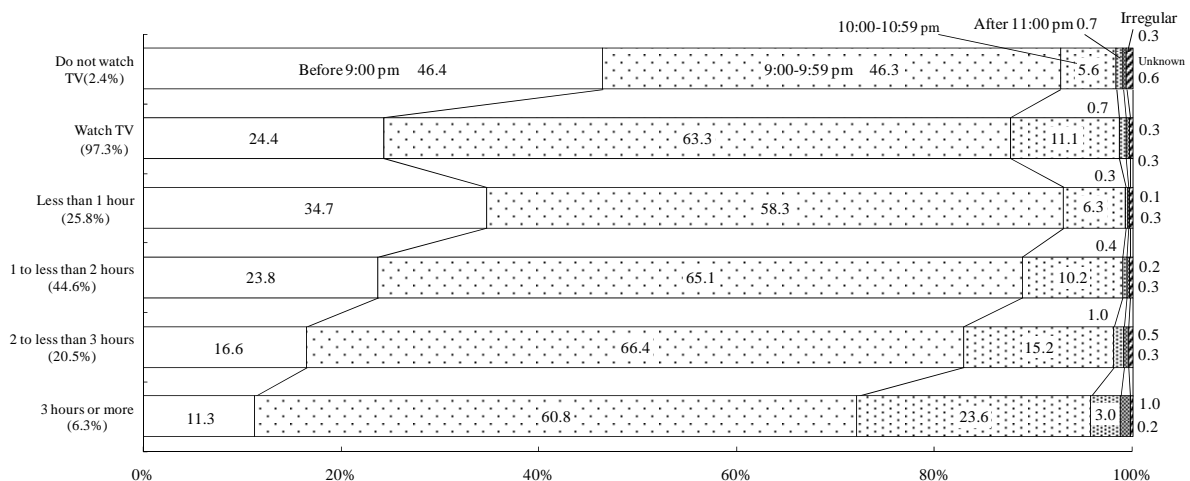
According to hours spent watching TV on school days, 34.7% of children who watched TV for “less than 1 hour” went to bed “before 9.00 pm”, while fewer and fewer children went to bed before 9:00 pm as they watched TV longer (e.g. 11.3% with “3 hours or more”). The rate of children who went to bed at 10:00-10:59 pm became higher with longer TV time, at 23.6% with “3 hours or more” (Figure 13).

**Figure 12 Changes in hours spent watching TV in the 7th survey according to hours in the 6th survey**



Note: The figures are based on the total number of responses in the 6th and 7th surveys, who replied that they watched TV both “on ordinary days” in the 6th survey and “on school days” in the 7th survey (total number of replies: 34,354).

**Figure 13 Children’s bedtimes according to hours spent watching TV on school days**



Note: The figures are based on the total number of responses in the 7th survey (total number of replies: 36,785).

## (5) Computer Games

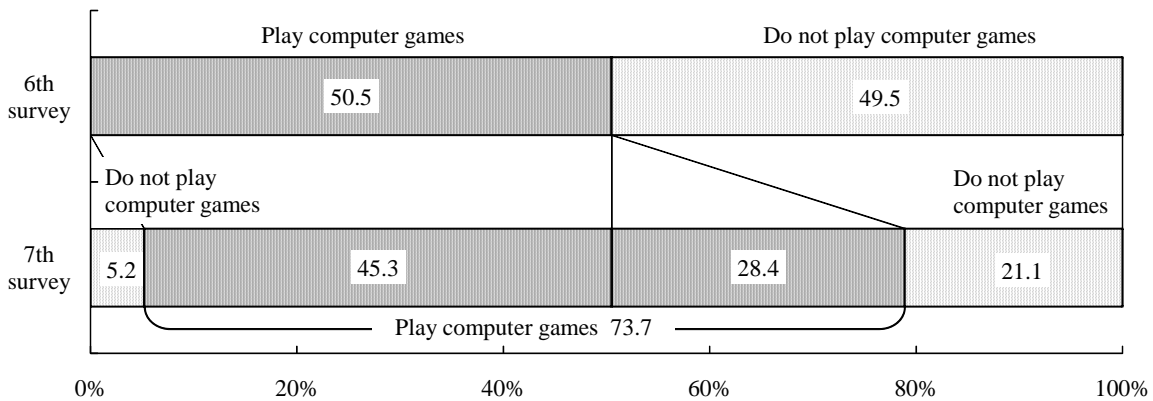
### Over 70% of children play computer games.

73.7% of children “play computer games”, including TV games and mobile games, increased by 23.2% compared with those who “play computer games” in the 6th survey (Figure 14).

According to hours spent playing computer games on school days, the rate of children who go to bed “before 9:00 pm” declines with longer playing time (23.2% with “less than 1 hour” vs. 9.6% with “2 hours or more”).

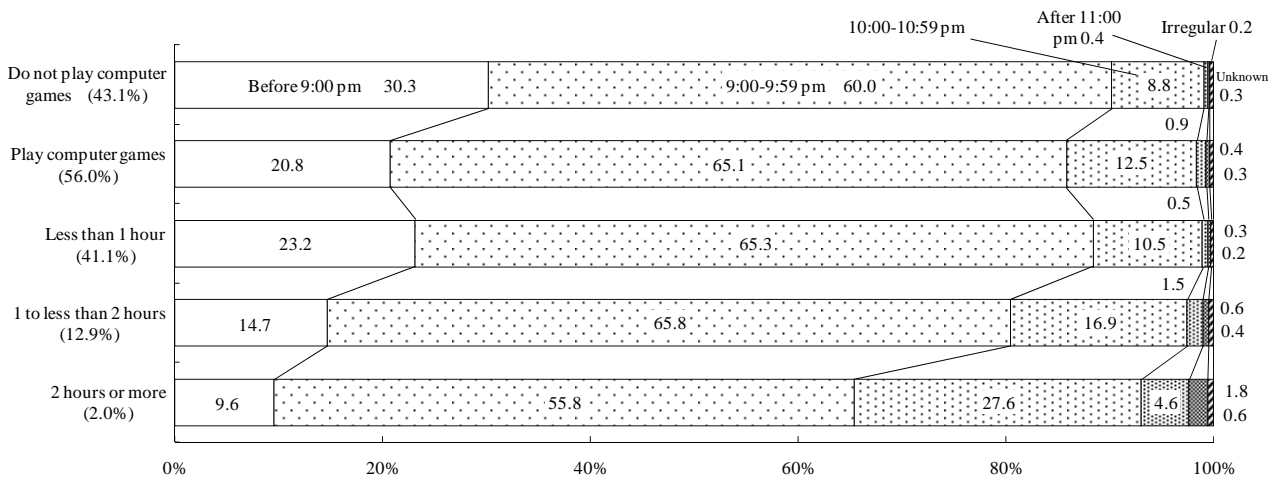
In contrast, the rate of children who go to bed at “10:00-10:59 pm” becomes higher with longer playing time, at 27.6% with “2 hours or more” (Figure 15).

**Figure 14 Changes in the status of playing computer games**



Notes: 1) The figures are based on the total number of responses to “hours spent playing computer games” in the 6th and 7th surveys. (total number of replies: 35,065).  
 2) “Play computer games” in the 6th survey indicate children who played computer games “on ordinary days” and/or “on Sundays”.  
 3) “Play computer games” in the 7th survey indicates children who played computer games “on school days” and/or “on holidays”.

**Figure 15 Children’s bedtimes according to hours spent playing computer games on school days**



Note: The figures are based on the total number of responses in the 7th survey. (total number of replies: 36,785).

## (6) Illnesses and Injuries

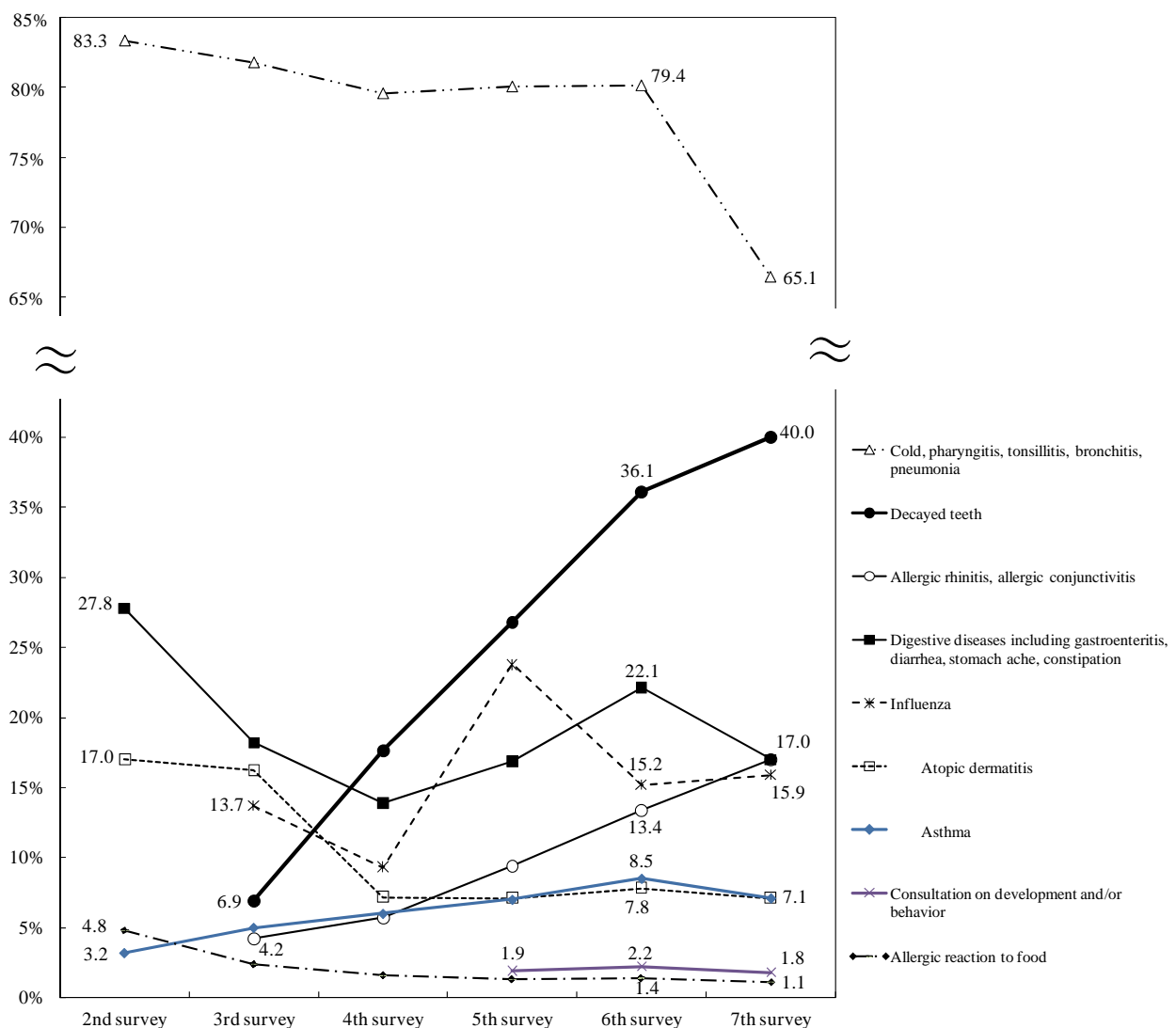
**The proportion of children visiting hospitals or clinics for decayed teeth was 40.0% over the past 18 months.**

Of major illnesses and injuries seen by hospitals and clinics between the past 18 months (i.e. between the 6th and 7th surveys) (multiple answers), “cold, pharyngitis, tonsillitis, bronchitis, pneumonia” accounted for the largest part at 65.1%, followed by “decayed teeth” at 40.0%.

With regard to the transition from the time of the 2nd survey, “cold, pharyngitis, tonsillitis, bronchitis, pneumonia” has been the highest, accounting for over 60%.

In addition, “decayed teeth” significantly rose from 6.9% in the 3rd survey to 40.0% in the 7th survey (Figure 16).

**Figure 16 Transition of major illnesses and injuries seen by hospitals and clinics (multiple answers)**



- Notes: 1) The figures are based on the total number of responses in the 2nd through 7th surveys (total number of replies: 33,707).  
 2) Figures for the 7th survey include seeing by hospitals and clinics over the past 18 months.  
 3) "Cold, pharyngitis, tonsillitis, bronchitis, pneumonia" was investigated as "cold, bronchitis, pneumonia" in the 2nd survey.  
 4) "Decayed teeth", "allergic rhinitis, allergic conjunctivitis", and "influenza" were not investigated in the 2nd survey.  
 5) "Digestive diseases including gastroenteritis, diarrhea, stomach ache, constipation" was investigated as "diarrhea, stomach ache, constipation" in the 2nd survey.  
 6) "Consultation on development and/or behavior" was not researched for the 2nd through 4th surveys.

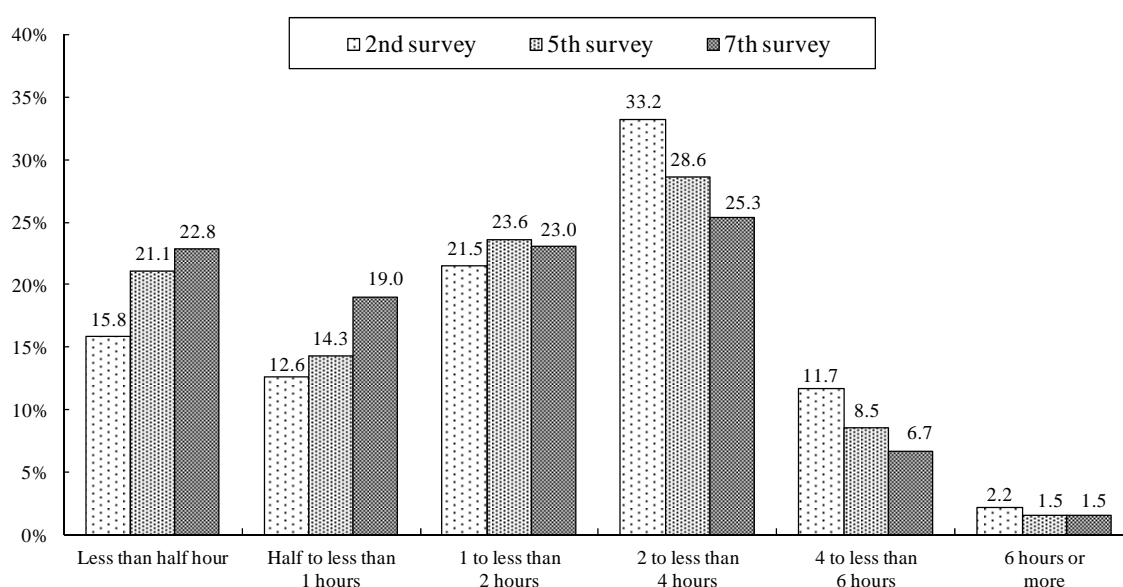
## (7) Fathers' time to return home and hours spent with fathers

**The earlier fathers return home, the more time they spend with their children on weekdays.**

With regards to changes in hours spent with fathers on weekdays, the rate was highest with “2 to less than 4 hours” in all of the 2nd, 5th and 7th surveys, respectively at 33.2%, 28.6% and 25.3%. The second largest part of fathers spent “1 to less than 2 hours” with their children, and the third largest part spent “less than half hour” (Figure 17).

According to fathers' time to return home on weekdays, the largest part of fathers spent “2 to less than 4 hours” with their children after coming home at “6:00-6:59 pm” (50.0%) or at “7:00-7:59 pm” (45.8%); for “1 to less than 2 hours” after coming home at “8:00-8:59 pm” (36.0%); for “half to less than 1 hour” after coming home at “9:00-9:59 pm” (31.4%); and for “less than half hour” after coming home at “10:00-10:59 pm” (47.9%) (Table 3).

**Figure 17 Changes in hours spent with fathers on weekdays**



Notes: 1) The figures are based on the total number of responses with children living with their fathers in the 2nd survey, 5th survey, and 7th survey. (total number of replies: 32,588).

2) “Less than half hour” includes “no time spent with fathers”.

**Table 3 Hours spent with fathers on weekdays according to fathers' time to return home**

(Unit: %)

		Total	Hours spent with fathers on weekdays						Unknown
			Less than half hour	half to less than 1 hours	1 to less than 2 hours	2 to less than 4 hours	4 to less than 6 hours	6 hours or more	
Fathers' time to return home	Total	(100.0) 100.0	22.8	18.9	23.0	25.4	6.7	1.5	1.7
	6:00-6:59 pm	( 12.4) 100.0	3.8	7.0	17.6	50.0	18.1	2.7	0.8
	7:00-7:59 pm	( 17.3) 100.0	5.1	10.7	28.7	45.8	7.4	1.5	0.8
	8:00-8:59 pm	( 16.2) 100.0	12.3	21.9	36.0	25.5	2.9	0.7	0.8
	9:00-9:59 pm	( 13.9) 100.0	29.4	31.4	26.2	10.7	1.2	0.3	0.9
	10:00-10:59 pm	( 11.7) 100.0	47.9	30.5	15.6	4.0	0.6	0.2	1.2

Notes: 1) The figures are based on the total number of responses with children living with their fathers in the 7th survey (total number of replies: 34,260).

2) “Less than half hour” includes “no time spent with fathers”.



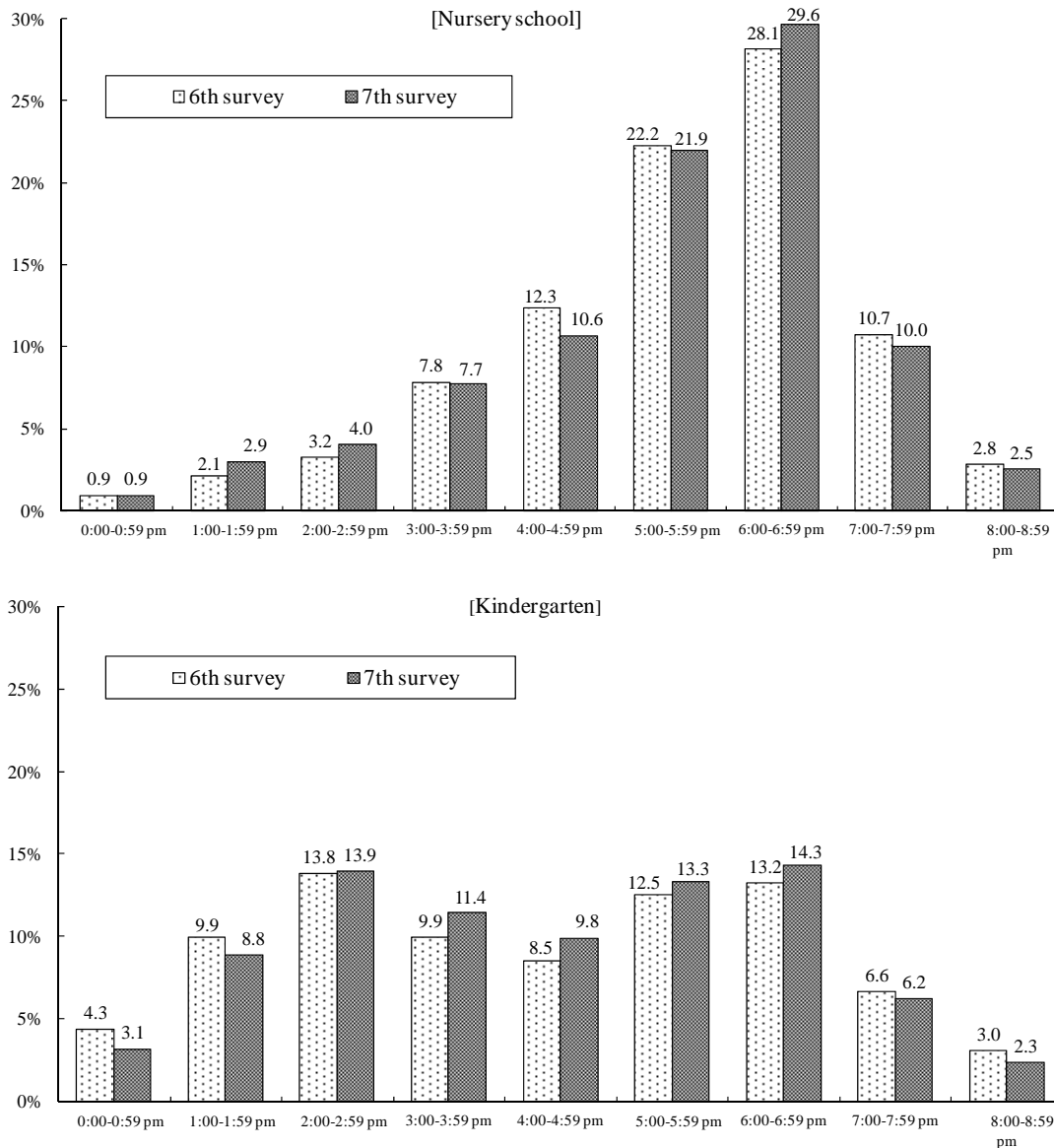
**(8) Mothers' time to return home**

With regards to mothers' time to return home, the largest part of mothers whose children attended nursery schools in the 5th survey came home at "6:00-6:59 pm", and a large part of mothers whose children attended kindergartens came home at "6:00-6:59 pm" or at "2:00-2:59 pm"

With regards to changes in mothers' time to return home according to the attendance at nursery school/kindergarten in the 5th survey, the rate for mothers whose children attended nursery schools was the highest with "6:00-6:59 pm" both in the 6th and 7th surveys, respectively at 28.1% and 29.6%. The second and third highest rates were for "5:00-5:59 pm" and "4:00-4:59 pm".

As for mothers of children who attended kindergartens, 13.8% came home at "2:00-2:59 pm" and 13.2% at "6:00-6:59 pm" in the 6th survey, while 14.3% came home at "6:00-6:59 pm" and 13.9% at "2:00-2:59 pm" (Figure 18).

**Figure 18 Changes in mothers' time to return home according to the attendance at nursery school/kindergarten in the 5th survey**



Notes: 1) The figures are based on the total number of responses in the 5th through 7th surveys, who replied as "children living with their mothers" in the 6th and 7th surveys, and who replied that the mothers' employment status was either "employed" or "students" (total number of replies: 15,664 (Nursery schools: 9,957, Kindergarten: 4,750)).  
 2) In "attendance at nursery school/kindergarten in the 5th survey", "Nursery school" refers to children who only went to nursery schools, and "Kindergarten" refers to those who only went to kindergartens.