

表16 ストレス等の解消方法

(複数回答)

| 該 当 者 数 | 人 数 | 人 と 話 を す る | テ レ ビ や 映 画 を み た り 、 ラ ジ オ を き い た り す る | 買 い 物 | 寝 る | 食 べ る | お 酒 を 飲 む | 音 楽 へ カ ラ オ ケ を 含 む | 旅 行 や ド ラ イ ブ | ス ポ ー ツ | た ば こ を 吸 う | ギ ャ ン ブ ル ・ 勝 負 ご と を す る | そ の 他 | 特 に な し | 無 回 答 | 計 (M.T.) | |
|------------------|--------|----------------------------|---|-------------|--------|-------------|-----------------------|--|---------------------------------|------------------|----------------------------|---|-------------|------------------|-------------|-------------|--|
| | | | | | | | | | | | | | | | | % | |
| 総数 | 1,808 | 49.3 | 37.4 | 36.9 | 35.6 | 33.4 | 29.0 | 24.4 | 24.2 | 23.2 | 13.3 | 7.5 | 11.0 | 4.1 | 1.8 | 331.3 | |
| [都市規模] | | | | | | | | | | | | | | | | | |
| 大都市(小計) | 425 | 52.0 | 38.8 | 36.7 | 38.1 | 34.8 | 26.4 | 25.6 | 24.7 | 24.7 | 13.2 | 8.0 | 12.7 | 3.8 | 1.9 | 341.4 | |
| 東京都区部 | 104 | 50.0 | 31.7 | 34.6 | 29.8 | 36.5 | 28.8 | 25.0 | 22.1 | 29.8 | 13.5 | 6.7 | 10.6 | 2.9 | 1.0 | 323.1 | |
| 政令指定都市 | 321 | 52.6 | 41.1 | 37.4 | 40.8 | 34.3 | 25.5 | 25.9 | 25.5 | 23.1 | 13.1 | 8.4 | 13.4 | 4.0 | 2.2 | 347.4 | |
| 中都市 | 757 | 48.3 | 37.4 | 35.8 | 35.7 | 33.4 | 31.2 | 24.6 | 23.9 | 22.7 | 13.6 | 8.1 | 10.8 | 4.4 | 1.6 | 331.4 | |
| 小都市 | 414 | 48.1 | 34.1 | 36.2 | 35.5 | 29.7 | 30.0 | 22.2 | 20.3 | 23.2 | 14.0 | 7.2 | 8.9 | 4.8 | 1.9 | 316.2 | |
| 町 | 212 | 50.0 | 41.5 | 42.5 | 30.7 | 37.7 | 25.0 | 25.9 | 32.1 | 21.7 | 11.3 | 4.7 | 11.8 | 2.8 | 2.4 | 340.1 | |
| [性別] | | | | | | | | | | | | | | | | | |
| 男性 | 901 | 39.1 | 37.7 | 22.0 | 37.2 | 24.2 | 42.1 | 22.1 | 24.8 | 30.3 | 21.1 | 13.2 | 10.7 | 5.2 | 2.1 | 325.6 | |
| 女性 | 907 | 65.5 | 37.2 | 51.7 | 34.1 | 42.6 | 16.1 | 26.8 | 23.7 | 16.1 | 5.6 | 1.8 | 11.2 | 3.1 | 1.5 | 336.9 | |
| [年齢] | | | | | | | | | | | | | | | | | |
| 20歳代 | 183 | 52.5 | 41.5 | 49.2 | 59.0 | 43.2 | 30.1 | 49.2 | 24.6 | 28.4 | 21.3 | 9.8 | 9.8 | 1.6 | - | 420.2 | |
| 30歳代 | 320 | 57.8 | 32.8 | 50.0 | 45.0 | 46.9 | 35.3 | 27.5 | 24.1 | 22.2 | 16.9 | 9.4 | 11.9 | 0.6 | 0.6 | 380.9 | |
| 40歳代 | 341 | 49.0 | 37.2 | 37.0 | 40.5 | 40.2 | 32.8 | 17.9 | 21.4 | 27.0 | 14.1 | 9.4 | 7.9 | 2.9 | 0.9 | 338.1 | |
| 50歳代 | 354 | 44.9 | 39.0 | 32.8 | 33.6 | 30.2 | 29.9 | 21.8 | 27.1 | 21.5 | 15.0 | 8.2 | 10.7 | 3.1 | 2.0 | 319.8 | |
| 60歳代 | 341 | 49.3 | 35.2 | 28.4 | 22.0 | 22.3 | 28.2 | 20.8 | 28.2 | 25.5 | 9.7 | 5.0 | 13.5 | 5.9 | 2.6 | 296.5 | |
| 70歳以上 | 269 | 43.5 | 41.3 | 29.0 | 22.3 | 20.4 | 16.0 | 20.4 | 19.0 | 15.2 | 5.2 | 3.3 | 11.5 | 10.8 | 4.5 | 262.5 | |
| [性別・年齢] | | | | | | | | | | | | | | | | | |
| 男性(20歳代) | 105 | 39.0 | 40.0 | 32.4 | 55.2 | 37.1 | 30.5 | 41.0 | 24.8 | 36.2 | 30.5 | 15.2 | 9.5 | 2.9 | - | 394.3 | |
| 男性(30歳代) | 144 | 38.9 | 36.1 | 34.7 | 47.2 | 34.0 | 51.4 | 22.9 | 23.6 | 23.2 | 28.5 | 20.1 | 10.4 | 0.7 | 0.7 | 378.5 | |
| 男性(40歳代) | 164 | 31.7 | 34.1 | 23.8 | 44.5 | 30.5 | 43.9 | 18.3 | 22.0 | 39.0 | 22.0 | 17.1 | 6.7 | 3.0 | - | 336.6 | |
| 男性(50歳代) | 174 | 28.7 | 39.7 | 16.1 | 36.8 | 20.1 | 49.4 | 17.2 | 24.7 | 28.2 | 24.1 | 13.8 | 9.8 | 3.4 | 1.7 | 313.8 | |
| 男性(60歳代) | 181 | 33.1 | 37.0 | 12.7 | 23.2 | 16.0 | 43.1 | 20.4 | 30.9 | 30.9 | 14.4 | 8.3 | 13.8 | 7.7 | 3.9 | 295.6 | |
| 男性(70歳以上) | 133 | 29.3 | 40.6 | 18.0 | 22.6 | 12.0 | 27.8 | 19.5 | 21.1 | 18.0 | 9.8 | 5.3 | 13.5 | 13.5 | 6.0 | 257.1 | |
| 女性(20歳代) | 78 | 70.5 | 43.6 | 71.8 | 64.1 | 51.3 | 29.5 | 60.3 | 24.4 | 17.9 | 9.0 | 2.6 | 10.3 | - | - | 455.1 | |
| 女性(30歳代) | 176 | 73.3 | 30.1 | 62.5 | 43.2 | 57.4 | 22.2 | 31.3 | 24.4 | 16.5 | 7.4 | 0.6 | 13.1 | 0.6 | 0.6 | 393.0 | |
| 女性(40歳代) | 177 | 65.0 | 40.1 | 49.2 | 36.7 | 49.2 | 22.6 | 17.5 | 20.9 | 15.8 | 6.8 | 2.3 | 9.0 | 2.8 | 1.7 | 339.5 | |
| 女性(50歳代) | 180 | 60.6 | 38.3 | 48.9 | 30.6 | 40.0 | 11.1 | 26.1 | 29.4 | 15.0 | 6.1 | 2.8 | 11.7 | 2.8 | 2.2 | 325.6 | |
| 女性(60歳代) | 160 | 67.5 | 33.1 | 46.3 | 20.6 | 29.4 | 11.3 | 21.3 | 25.0 | 19.4 | 4.4 | 1.3 | 13.1 | 3.8 | 1.3 | 297.5 | |
| 女性(70歳以上) | 136 | 57.4 | 41.9 | 39.7 | 22.1 | 28.7 | 4.4 | 21.3 | 16.9 | 12.5 | 0.7 | 1.5 | 9.6 | 8.1 | 2.9 | 267.6 | |
| [職業] | | | | | | | | | | | | | | | | | |
| 常勤 | 649 | 42.4 | 35.1 | 32.4 | 42.2 | 32.4 | 39.1 | 24.2 | 25.7 | 28.8 | 19.4 | 12.6 | 7.4 | 2.6 | 1.2 | 345.6 | |
| パート・アルバイト | 244 | 54.9 | 38.5 | 45.9 | 37.7 | 45.5 | 25.0 | 23.0 | 22.5 | 16.8 | 11.9 | 5.3 | 10.7 | 4.1 | 0.8 | 342.6 | |
| 自営業 | 199 | 49.7 | 28.6 | 27.6 | 31.7 | 24.6 | 32.7 | 25.6 | 21.1 | 21.6 | 14.6 | 7.5 | 9.0 | 6.5 | 2.5 | 303.5 | |
| 自由業 | 64 | 39.1 | 45.3 | 26.6 | 34.4 | 31.3 | 31.3 | 26.6 | 28.1 | 18.8 | 20.3 | 3.1 | 21.9 | 4.7 | 1.6 | 332.8 | |
| 専業主婦・主夫 | 301 | 70.8 | 38.2 | 56.5 | 25.9 | 38.5 | 12.6 | 26.9 | 24.6 | 19.6 | 2.7 | 0.3 | 14.3 | 2.3 | 1.0 | 334.2 | |
| 無職 | 263 | 38.0 | 43.3 | 25.1 | 26.6 | 22.1 | 24.3 | 20.5 | 24.0 | 19.8 | 10.3 | 5.3 | 14.1 | 8.7 | 4.2 | 286.3 | |
| 学生 | 32 | 68.8 | 50.0 | 50.0 | 78.1 | 59.4 | 31.3 | 56.3 | 28.1 | 34.4 | 12.5 | 9.4 | 18.8 | - | - | 496.9 | |
| その他 | 11 | 27.3 | 27.3 | 36.4 | 54.5 | 36.4 | 36.4 | 27.3 | 9.1 | 27.3 | - | - | 18.2 | - | - | 300.0 | |
| 無回答 | 45 | 46.7 | 46.7 | 37.8 | 31.1 | 37.8 | 20.0 | 11.1 | 20.0 | 24.4 | 11.1 | 11.1 | 8.9 | 4.4 | 6.7 | 317.8 | |
| 雇用者(計) | 893 | 45.8 | 36.1 | 36.1 | 41.0 | 35.9 | 35.3 | 23.9 | 24.9 | 25.5 | 17.4 | 10.6 | 8.3 | 3.0 | 1.1 | 344.8 | |
| 自営業・自由業(計) | 263 | 47.1 | 32.7 | 27.4 | 32.3 | 26.2 | 32.3 | 25.9 | 22.8 | 20.9 | 16.0 | 6.5 | 12.2 | 6.1 | 2.3 | 310.6 | |
| 無職(計) | 596 | 56.2 | 41.1 | 42.3 | 29.0 | 32.4 | 18.8 | 25.7 | 24.5 | 20.5 | 6.5 | 3.0 | 14.4 | 5.0 | 2.3 | 321.8 | |