

VII. Psychological Examinations

1) Depressive Scales

1. The Center for Epidemiologic Studies Depression Scale (CES-D)

The Japanese version of the scale comprises 20 items with 4 options, the same as the original. This scale consists of 4 subscales as follows: somatic and retarded activity, depressed affect, positive affect, and interpersonal relations. Higher scores indicate higher depressive symptoms. A person with total score at and above 16 is supposed to have clinically significant depressive tendency.

- CES-D: total score of 4 subscales (20 items. possible range 0-60)
- CES-D subscale 1: somatic and retarded activity (7 items. possible range 0-21)
- CES-D subscale 2: depressed affect (7 items. possible range 0-21)
- CES-D subscale 3: positive affect (4 items. possible range 0-12)
- CES-D subscale 4: interpersonal relations (2 items. possible range 0-6)
- CES-D: parameter of distribution using cutoff score (cutoff score=15/16)

2) Subjective Well-being

1. Life Satisfaction Index-K (LSI-K)

The LSI-K has 9 items with 2- or 3-point response format to measure overall subjective well-being. This scale also consists of 3 subscales include: satisfaction with life as a whole, psychological stability, and evaluation of own aging. Response to 3-point scale is dichotomized when calculating total score, so that the possible total score range is 0 to 9. Higher score indicates higher life satisfaction.

- LSI-K: total score of 3 subscales (9 items. possible range 0-9)
- LSI-K subscale 1: satisfaction with life as a whole (4 items. possible range 0-4)
- LSI-K subscale 2: psychological stability (3 items. possible range 0-3)
- LSI-K subscale 3: evaluation of own aging (2 items. possible range 0-2)

3) Personality

1. Rosenberg Self-Esteem Scale

This scale comprises 10 items (4 options) to measure self-regard, an evaluation of one's worthiness. Higher score indicates higher self-esteem.

Rosenberg self-esteem scale: total score of 10 items (possible range 10-40)

2. Neuroticism-Extraversion-Openness Five-Factor Inventory (NEO-FFI)

NEO-FFI is an abbreviate version of NEO-PI-R, which was designed to provide a general description of normal personality. This scale is comprised of 60 items with 5-point options. The five domains (factors) measured by NEO-FFI are as follows: neuroticism, extraversion, openness to experience, agreeableness, and consciousness.

- NEO-FFI subscale 1: Neuroticism (12 items. possible range 0-48)
- NEO-FFI subscale 2: Extraversion (12 items. possible range 0-48)
- NEO-FFI subscale 3: Openness to Experience (12 items. possible range 0-48)
- NEO-FFI subscale 4: Agreeableness (12 items. possible range 0-48)
- NEO-FFI subscale 5: Consciousness (12 items. possible range 0-48)

3. The Scale of Attitude toward Death (ATD)

Multidimensional attitudes toward death are measured using 31-item scale (5 options). Five subscales and extra two indices of the scale are the following: fear of death, intention to live out own life, belief in existence of afterlife, meaning of death for life, approval of death with dignity, experience of thinking over death, and frequency of thinking about death. Higher scores indicate stronger tendency of each subscale or index.

- ATD subscale 1: Fear of death (9 items. possible range 9-45)
- ATD subscale 2: Intention to live out own life (5 items. possible range 5-25)
- ATD subscale 3: Belief in existence of afterlife (4 items. possible range 4-20)
- ATD subscale 4: Meaning of death for life (5 items. possible range 5-25)
- ATD subscale 5: Approval of death with dignity (4 items. possible range 4-20)
- ATD item 29: Experience of thinking over death (1 item. possible range 1-5)
- ATD item 30: Frequency of thinking about death (1 item. possible range 1-5)

4) Stress-Related Factors

1. Stress Checklist

Sixty-one items are picked up from some traditional checklists and scales to estimate stressful life-events and daily hassles. Participants are asked to check off the items they confronted in recent past (between 4th and 5th examinations in the NILS-LSA). Total number of experienced events is calculated by summing up the responses to the list.

Total number of life events experienced between the surveys (possible range 0-61)

5) Activities of Daily Living

1. Tokyo Metropolitan Institute of Gerontology (TMIG) Index of Competence

This scale comprises thirteen items to measure higher physical and social functions such as instrumental activities of daily living (IADL). Each item has Yes (1)/No (0) response options. Higher score indicates higher competence level.

TMIG index of competence: total score of 13 items (possible range 0-13)

2. Katz Index

This scale generates the index of basic ADLs. The index permits ranking of individuals according to adequacy of performance in six functions (bathing, dressing, going to toilet, transferring, continence, and feeding). Adequacy is expressed as a grade (A to G). Level A means overall independence in the functions, and the opposite pole is level G, which means general dependence in ADL.

6) Intelligence and Cognitive Function

1. Wechsler Adult Intelligence Scale-Revised Short Forms (WAIS-R-SF)

This short form of WAIS-R provides cost-effective and useful estimates of intelligence particularly for older participants since their attention and motivation could diminish easily if testing becomes prolonged. WAIS-R-SF has the following four subtests: information, similarities, picture completion, and digit symbol. Estimated intelligence quotient (EIQ) is derived from all four subtests. Intelligence level of individuals are ranked according to EIQ scores as low ($EQ < 80$), middle ($80 \leq EQ < 120$), and high ($120 \leq EQ$).

WAIS-R-SF: estimated intelligence quotient (EIQ) with four-subtest full scale

WAIS-R-SF: parameter of distribution by EIQ level

WAIS-R-SF subtest 1: information (29 items. possible range 0-29)

WAIS-R-SF subtest 2: similarities (14 items. possible range 0-28)

WAIS-R-SF subtest 3: picture completion (21 items. possible range 0-21)

WAIS-R-SF subtest 4: digit symbol (possible range 0-93)

2. Short-term Memory Function

We also assessed the WAIS-R digit span test (forwards and backwards) for estimating participants' Short-term memory function.

Short-term memory function: WAIS-R digit span (possible range 0-28)

3. Mini Mental State Examination (MMSE)

MMSE is a brief, easily-scored test of several cognitive functions. This scale comprises questions concerning orientation in place and time, immediate and delayed recall of three words, attention and calculation, language and praxis, and visual construction. Cognitive impaired person might fall in the total score of 23 or less in the scale. Only participants over 60 years old administer this scale because of the characteristic of the scale as a screening test for dementia.

MMSE: total score of 30 items (possible range 0-30. less than 60 years old unperformed)

MMSE: parameter of distribution using cutoff score (cutoff score=23/24)

7) Other measures

1. Social and Domestic Activities

To comprehend participants' social and psychological characteristics, the NILS-LSA 5th Wave asked participants to report the extent of the following unpaid activities they were doing in their home and community.

Social activities

Learning activities

Roles in family

Leisure activities

Reading newspapers

Reading books

Writing

Solving quizzes or crossword puzzles

Playing board games or cards

Participating in organized group discussion

Playing musical instruments

Creative activity

Art appreciation

Using computers for communication

Playing individual sports

Participating in team games

Performing exercise

Swimming

Walking

Jogging

Hiking or climbing

Fishing

Gardening

Traveling

2. Work commitment scale

This scale comprises 16 items (4 options) to measure commitment to own work. Higher score indicates higher commitment with own work. Only participants who have job (either full employment or part time employment) administer this scale.

Work commitment scale: total score of 16 items (possible range 16-64)

8) Background examinations

Present life worth living

State of employment

Present job

Period of full employment (years)

Years of education
 Marital status
 State of habitation
 Sum of family annual income
 Level of satisfaction in annual income

1) Depression Scales

1. The Center for Epidemiologic Studies Depression Scale (CES-D)

The Japanese version of the scale comprises 20 items with 4 options, the same as the original. This scale consists of 4 subscales as follows: somatic and retarded activity, depressed affect, positive affect, and interpersonal relations. Higher scores indicate higher depressive symptoms. A person with total score at and above 16 is supposed to have clinically significant depressive tendency.

CES-D :total score of 4 subscales (20 items. possible range 0-60)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.6	5.8	277	6.5	7.4	288	6.0	6.5	269	8.4	7.5	280	8.9	7.4	73	7.0	6.9	1187
Female	7.6	7.1	292	8.1	7.8	274	7.5	7.0	277	9.0	8.0	272	9.9	7.8	86	8.2	7.5	1201
Total	7.1	6.5	569	7.3	7.6	562	6.7	6.8	546	8.7	7.8	552	9.4	7.6	159	7.6	7.3	2388

CES-D subscale 1: somatic and retarded activity (7 items. possible range 0-21)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.0	2.4	279	1.9	2.7	289	2.0	2.6	274	3.2	3.2	283	3.3	3.1	73	2.3	2.8	1198
Female	2.3	2.7	295	2.9	3.3	274	2.5	2.7	279	3.3	3.3	274	3.8	3.4	88	2.8	3.0	1210
Total	2.2	2.5	574	2.4	3.0	563	2.2	2.7	553	3.2	3.2	557	3.6	3.3	161	2.6	2.9	2408

CES-D subscale 2: depressed affect (7 items. possible range 0-21)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.5	2.0	277	1.6	2.5	288	1.3	2.0	270	1.9	2.4	281	2.2	2.5	73	1.6	2.3	1189
Female	2.0	2.6	293	2.1	2.8	276	1.9	2.7	279	2.4	3.1	276	2.4	3.2	88	2.1	2.8	1212
Total	1.7	2.3	570	1.8	2.7	564	1.6	2.4	549	2.2	2.8	557	2.3	2.9	161	1.9	2.6	2401

CES-D subscale 3: positive affect (4 items. possible range 0-12)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.9	2.5	279	2.7	2.6	289	2.5	2.6	273	3.0	2.7	284	3.1	2.5	73	2.8	2.6	1198
Female	3.1	2.7	294	2.9	2.6	277	3.0	2.6	280	3.1	2.8	275	3.5	2.7	88	3.0	2.7	1214
Total	3.0	2.6	573	2.8	2.6	566	2.7	2.6	553	3.1	2.7	559	3.3	2.6	161	2.9	2.7	2412

CES-D subscale 4: interpersonal relations (2 items. possible range 0-6)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.2	0.6	279	0.3	0.8	289	0.2	0.6	274	0.4	0.9	283	0.4	0.8	73	0.3	0.7	1198
Female	0.3	0.7	295	0.3	0.6	276	0.2	0.6	281	0.3	0.8	277	0.3	0.8	86	0.3	0.7	1215
Total	0.2	0.6	574	0.3	0.7	565	0.2	0.6	555	0.4	0.9	560	0.3	0.8	159	0.3	0.7	2413

CES-D: parameter of distribution using cutoff score (cutoff score=15/16)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Under score of 16	Male	250	90.3	260	90.3	239	88.8	238	85.0	60	82.2	1047	88.2
	Female	252	86.3	236	86.1	244	88.1	222	81.6	69	80.2	1023	85.2
	Total	502	88.2	496	88.3	483	88.5	460	83.3	129	81.1	2070	86.7
At and above score of 16	Male	27	9.7	28	9.7	30	11.2	42	15.0	13	17.8	140	11.8
	Female	40	13.7	38	13.9	33	11.9	50	18.4	17	19.8	178	14.8
	Total	67	11.8	66	11.7	63	11.5	92	16.7	30	18.9	318	13.3

2) Subjective Well-being

1. Life Satisfaction Index-K (LSI-K)

The LSI-K has 9 items with 2- or 3-point response format to measure overall subjective well-being. This scale also consists of 3 subscales include: satisfaction with life as a whole, psychological stability, and evaluation of own aging. Response to 3-point scale is dichotomized when calculating total score, so that the possible total score range is 0 to 9. Higher score indicates higher life satisfaction.

LSI-K: total score of 3 subscales (9 items. possible range 0-9)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.1	1.9	278	5.2	1.9	288	5.6	2.1	273	4.8	2.2	282	4.1	2.1	73	5.1	2.1	1194
Female	5.3	2.0	295	5.1	2.1	274	5.4	2.0	281	4.5	2.2	276	4.1	2.3	88	5.0	2.1	1214
Total	5.2	2.0	573	5.2	2.0	562	5.5	2.1	554	4.7	2.2	558	4.1	2.2	161	5.1	2.1	2408

LSI-K subscale 1: satisfaction with life as a whole (4 items. possible range 0-4)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.5	1.1	278	1.9	1.1	288	2.1	1.2	273	1.9	1.3	282	1.6	1.3	73	1.8	1.2	1194
Female	1.9	1.2	295	1.9	1.3	274	2.1	1.2	281	2.0	1.2	276	2.0	1.3	88	2.0	1.2	1214
Total	1.7	1.2	573	1.9	1.2	562	2.1	1.2	554	1.9	1.3	558	1.8	1.3	161	1.9	1.2	2408

LSI-K subscale 2: psychological stability (3 items. possible range 0-3)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.9	0.9	279	1.7	0.9	289	1.9	0.9	273	1.7	0.9	283	1.6	0.9	73	1.8	0.9	1197
Female	1.8	0.9	295	1.7	0.9	277	1.8	0.9	281	1.5	1.0	277	1.4	0.9	88	1.7	1.0	1218
Total	1.8	0.9	574	1.7	0.9	566	1.8	0.9	554	1.6	1.0	560	1.5	0.9	161	1.7	0.9	2415

LSI-K subscale 3: evaluation of own aging (2 items. possible range 0-2)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.7	0.6	279	1.6	0.6	289	1.6	0.7	273	1.2	0.7	284	0.9	0.8	73	1.5	0.7	1198
Female	1.7	0.6	295	1.5	0.7	277	1.5	0.6	281	1.1	0.8	277	0.7	0.8	88	1.4	0.7	1218
Total	1.7	0.6	574	1.6	0.6	566	1.5	0.7	554	1.1	0.8	561	0.8	0.8	161	1.4	0.7	2416

3) Personality

1. The Rosenberg Self-Esteem Scale

This scale comprises 10 items (4 options) to measure self-regard, an evaluation of one's worthiness. Higher score indicates higher self-esteem.

Rosenberg self-esteem scale: total score of 10 items (possible range 10-40)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	29.3	4.0	279	29.8	4.2	289	30.4	4.3	273	29.2	4.6	283	28.3	4.5	73	29.6	4.3	1197
Female	28.1	4.9	295	28.2	4.7	277	28.5	4.4	281	28.0	4.9	275	27.5	4.3	88	28.1	4.7	1216
Total	28.7	4.5	574	29.0	4.5	566	29.4	4.4	554	28.6	4.8	558	27.8	4.4	161	28.9	4.6	2413

2. Neuroticism-Extraversion-Openness Five-Factor Inventory (NEO-FFI)

NEO-FFI is an abbreviated version of NEO-PI-R, which was designed to provide a general description of normal personality. This scale is comprised of 60 items with 5-point options. The five domains (factors) measured by NEO-FFI are as follows: neuroticism, extraversion, openness to experience, agreeableness, and conscientiousness.

NEO-FFI subscale 1: Neuroticism (12 items, possible range 0-48)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	21.3	6.4	279	20.8	5.9	289	19.2	5.5	273	19.8	5.8	281	20.6	5.2	72	20.3	5.9	1194
Female	22.6	7.0	293	22.0	6.6	277	20.6	5.6	279	20.8	5.8	275	21.1	5.6	87	21.5	6.3	1211
Total	22.0	6.7	572	21.4	6.2	566	19.9	5.6	552	20.3	5.8	556	20.9	5.4	159	20.9	6.1	2405

NEO-FFI subscale 2: Extraversion (12 items, possible range 0-48)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.1	5.4	279	24.5	5.6	289	26.1	5.5	273	24.6	5.3	280	23.5	4.2	72	24.7	5.4	1193
Female	25.4	6.4	293	24.7	5.7	277	26.1	5.3	279	25.2	5.6	276	25.2	4.6	87	25.4	5.7	1212
Total	24.8	6.0	572	24.6	5.7	566	26.1	5.3	552	24.9	5.4	556	24.4	4.5	159	25.0	5.6	2405

NEO-FFI subscale 3: Openness to Experience (12 items, possible range 0-48)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	27.7	4.7	279	26.7	4.3	289	26.4	4.2	273	24.8	4.6	281	24.4	4.0	72	26.3	4.6	1194
Female	27.4	4.9	293	27.0	4.2	277	26.2	4.1	280	25.7	4.2	275	24.5	4.6	85	26.5	4.5	1210
Total	27.6	4.8	572	26.9	4.3	566	26.3	4.1	553	25.3	4.4	556	24.5	4.3	157	26.4	4.5	2404

NEO-FFI subscale 4: Agreeableness (12 items, possible range 0-48)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	30.0	4.7	279	30.1	4.7	289	31.0	4.5	273	30.7	4.3	279	31.1	4.1	72	30.5	4.5	1192
Female	32.3	4.8	293	32.1	5.2	277	32.8	4.6	280	33.1	4.1	275	33.3	4.7	86	32.6	4.7	1211
Total	31.2	4.9	572	31.1	5.0	566	31.9	4.7	553	31.9	4.4	554	32.3	4.6	158	31.6	4.8	2403

NEO-FFI subscale 5: Conscientiousness (12 items, possible range 0-48)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	27.7	4.9	279	28.4	5.1	289	29.5	4.9	273	29.0	5.0	280	29.1	3.9	71	28.7	5.0	1192
Female	27.4	5.0	293	27.7	5.4	277	29.0	4.9	279	29.2	4.8	275	28.1	5.2	86	28.3	5.1	1210
Total	27.5	5.0	572	28.1	5.3	566	29.3	4.9	552	29.1	4.9	555	28.6	4.7	157	28.5	5.0	2402

3. The Scale of Attitude toward Death (ATD)

Multidimensional attitudes toward death are measured using 31-item scale (5 options).

Five subscales and extra two indices of the scale are the following:

- fear of death,
- intention to live out own life,
- belief in existence of afterlife,
- meaning of death for life,
- approval of death with dignity,
- experience of thinking over death,
- frequency of thinking about death.

Higher scores indicate stronger tendency of each subscale or index.

ATD subscale 1: Fear of death (9 items. possible range 9–45)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	25.4	7.3	277	23.6	6.5	288	23.0	6.7	263	22.1	7.0	266	22.0	5.8	67	23.5	6.9	1161
Female	25.2	7.2	291	23.3	7.0	274	21.4	6.3	262	22.2	6.8	257	21.0	6.8	74	22.9	7.0	1158
Total	25.3	7.3	568	23.5	6.8	562	22.2	6.5	525	22.1	6.9	523	21.5	6.3	141	23.2	7.0	2319

ATD subscale 2: Intention to live out own life (5 items. possible range 5–25)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	20.8	2.8	277	20.8	3.1	289	21.2	3.1	266	21.4	3.1	269	20.6	3.0	67	21.0	3.0	1168
Female	21.4	2.8	291	20.8	3.1	274	21.7	2.5	262	21.8	2.9	261	22.0	2.7	75	21.5	2.8	1163
Total	21.1	2.8	568	20.8	3.1	563	21.4	2.8	528	21.6	3.0	530	21.4	2.9	142	21.2	2.9	2331

ATD subscale 3: Belief in existence of afterlife (4 items. possible range 4–20)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.0	3.6	277	10.4	3.9	287	9.7	3.6	265	10.1	3.9	268	9.6	3.2	67	10.3	3.7	1164
Female	12.8	3.3	291	11.2	3.5	274	10.9	3.6	262	11.2	3.8	260	11.2	4.2	75	11.5	3.6	1162
Total	11.9	3.5	568	10.8	3.7	561	10.3	3.6	527	10.6	3.9	528	10.4	3.8	142	10.9	3.7	2326

ATD subscale 4: Meaning of death for life (5 items. possible range 5–25)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.2	3.6	277	15.3	3.7	287	15.3	3.4	266	16.4	3.2	265	16.3	3.2	67	15.6	3.5	1162
Female	15.5	3.3	290	15.5	3.1	274	16.0	3.1	261	16.7	3.2	260	17.1	3.9	74	16.0	3.3	1159
Total	15.4	3.5	567	15.4	3.4	561	15.7	3.3	527	16.5	3.2	525	16.7	3.6	141	15.8	3.4	2321

ATD subscale 5: Approval of death with dignity (4 items. possible range 4–20)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.7	2.5	277	14.9	2.3	289	15.0	2.3	266	15.2	2.3	270	14.8	2.5	67	14.9	2.4	1169
Female	15.3	2.5	291	15.6	2.5	274	16.1	2.3	262	16.1	2.4	260	16.0	2.4	74	15.8	2.5	1161
Total	15.0	2.5	568	15.2	2.4	563	15.6	2.4	528	15.6	2.4	530	15.4	2.5	141	15.4	2.4	2330

ATD item 29: Experience of thinking over death (1 item. possible range 1–5)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.8	1.1	277	2.6	1.0	289	2.5	1.1	266	2.7	1.2	269	2.6	1.0	68	2.6	1.1	1169

Female	2.8	1.1	291	2.8	1.1	274	2.7	1.1	262	2.8	1.2	260	2.9	1.2	75	2.8	1.1	1162
Total	2.8	1.1	568	2.7	1.0	563	2.6	1.1	528	2.7	1.2	529	2.7	1.1	143	2.7	1.1	2331

ATD item 30: Frequency of thinking about death (1 item, possible range 1-5)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.0	0.9	277	2.0	0.9	289	2.0	0.9	266	2.3	1.1	268	2.1	0.8	68	2.1	0.9	1168
Female	2.0	0.9	291	2.2	1.0	274	2.2	1.0	262	2.3	1.0	262	2.4	1.2	75	2.2	1.0	1164
Total	2.0	0.9	568	2.1	0.9	563	2.1	0.9	528	2.3	1.1	530	2.3	1.0	143	2.1	1.0	2332

4) Stress-Related Factors

1. Stress Checklist

Sixty-one items are picked up from some traditional checklists and scales to estimate stressful life-events and daily hassles. Participants are asked to check off the items they confronted in recent past (between 4th and 5th examinations in the NILS-LSA). Total number of experienced events is calculated by summing up the responses to the list.

Total number of life events and daily hassles experienced between the surveys (possible range 0-61)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.9	3.2	279	4.2	3.3	289	3.8	2.5	271	3.0	2.3	280	2.9	2.6	73	3.7	2.9	1192
Female	4.4	3.3	295	4.5	3.0	276	3.5	2.5	281	2.7	2.5	275	2.9	2.5	87	3.7	2.9	1214
Total	4.1	3.2	574	4.3	3.2	565	3.6	2.5	552	2.9	2.4	555	2.9	2.5	160	3.7	2.9	2406

5) ADL Scales

1. The Tokyo Metropolitan Institute of Gerontology (TMIG) Index of Competence

This scale comprises thirteen items to measure higher physical and social functions such as instrumental activities of daily living (IADL). Each item has Yes (1)/No (0) response options. Higher score indicates higher competence level.

TMIG index of competence: total score of 13 items (possible range 0-13)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.9	1.3	279	12.1	1.1	289	12.0	1.4	274	11.9	1.6	284	11.8	1.7	73	11.9	1.4	1199
Female	12.3	1.0	295	12.3	1.1	277	12.2	1.1	281	12.1	1.3	276	11.6	1.8	88	12.2	1.2	1217
Total	12.1	1.2	574	12.2	1.1	566	12.1	1.3	555	12.0	1.5	560	11.7	1.8	161	12.1	1.3	2416

2. The Katz Index

This scale generates the index of basic ADLs. The index permits ranking of individuals according to adequacy of performance in six functions (bathing, dressing, going to toilet, transferring, continence, and feeding). Adequacy is expressed as a grade (A to G). Level A means overall independence in the functions, and the opposite pole is level G, which means general dependence in ADL.

Katz index

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Level A	Male	279	100.0	289	100.0	271	99.6	280	98.9	72	97.3	1191	99.5
	Female	295	100.0	277	100.0	281	100.0	277	99.6	84	95.5	1214	99.6
	Total	574	100.0	566	100.0	552	99.8	557	99.3	156	96.3	2405	99.5

Level B	Male	0	0.0	0	0.0	1	0.4	3	1.1	1	1.4	5	0.4
	Female	0	0.0	0	0.0	0	0.0	1	0.4	3	3.4	4	0.3
	Total	0	0.0	0	0.0	1	0.2	4	0.7	4	2.5	9	0.4
Level F	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	1	1.1	1	0.1
	Total	0	0.0	0	0.0	0	0.0	0	0.0	1	0.6	1	0.0
Level G	Male	0	0.0	0	0.0	0	0.0	0	0.0	1	1.4	1	0.1
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	1	0.6	1	0.0

6) Intelligence and Cognitive Function Scales

1. Wechsler Adult Intelligence Scale-Revised Short Forms (WAIS-R-SF)

This short form of WAIS-R provides cost-effective and useful estimates of intelligence particularly for older participants since their attention and motivation could diminish easily if testing becomes prolonged. WAIS-R-SF has the following four subtests: information, similarities, picture completion, and digit symbol. Estimated intelligence quotient (EIQ) is derived from all four subtests. Intelligence level of individuals are ranked according to EIQ scores as low ($EIQ < 80$), middle ($80 \leq EIQ < 120$), and high ($120 \leq EIQ$).

WAIS-R-SF: estimated intelligence quotient (EIQ) with four-subtest full scale

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	110.0	13.6	279	119.3	10.6	287	115.5	11.5	272	109.2	14.5	278	103.9	13.8	74	112.9	13.5	1190
Female	110.3	12.6	294	118.7	12.1	276	110.9	13.7	279	104.7	14.1	276	100.2	13.7	86	110.4	14.3	1211
Total	110.2	13.1	573	119.0	11.4	563	113.2	12.8	551	107.0	14.5	554	101.9	13.8	160	111.6	14.0	2401

WAIS-R-SF: parameter of distribution by EIQ level

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Low ($EIQ < 80$)	Male	5	1.8	0	0.0	0	0.0	1	0.4	3	4.1	9	0.8
	Female	0	0.0	2	0.7	5	1.8	11	4.0	4	4.7	22	1.8
	Total	5	0.9	2	0.4	5	0.9	12	2.2	7	4.4	31	1.3
Middle ($80 \leq EIQ < 120$)	Male	207	74.2	136	47.4	167	61.4	206	74.1	62	83.8	778	65.4
	Female	224	76.2	141	51.1	195	69.9	221	80.1	75	87.2	856	70.7
	Total	431	75.2	277	49.2	362	65.7	427	77.1	137	85.6	1634	68.1
High ($120 \leq EIQ$)	Male	67	24.0	151	52.6	105	38.6	71	25.5	9	12.2	403	33.9
	Female	70	23.8	133	48.2	79	28.3	44	15.9	7	8.1	333	27.5
	Total	137	23.9	284	50.4	184	33.4	115	20.8	16	10.0	736	30.7

WAIS-R-SF subtest 1: information (29 items, possible range 0-29)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	17.4	4.9	279	18.8	5.0	288	17.4	5.1	272	14.8	6.0	282	13.8	5.4	74	16.9	5.5	1195
Female	16.1	4.9	294	17.4	5.7	276	14.8	5.8	279	12.4	5.6	276	11.7	5.3	88	15.0	5.8	1213
Total	16.8	5.0	573	18.1	5.4	564	16.1	5.6	551	13.6	5.9	558	12.7	5.4	162	15.9	5.8	2408

WAIS-R-SF subtest 2: similarities (14 items, possible range 0-28)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.5	3.6	279	17.6	4.0	289	15.3	4.6	272	12.1	6.0	281	10.4	5.8	74	15.5	5.5	1195

Female	18.1	3.2	294	17.3	4.1	276	13.9	5.1	279	11.3	5.2	276	10.7	5.7	88	14.9	5.4	1213
Total	18.3	3.4	573	17.4	4.0	565	14.6	4.9	551	11.7	5.6	557	10.6	5.7	162	15.2	5.4	2408

WAIS-R-SF subtest 3: picture completion (21 items, possible range 0-21)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.2	2.2	279	14.5	2.4	289	13.2	2.5	272	11.2	3.5	281	10.9	3.8	74	13.1	3.1	1195
Female	14.3	2.4	294	14.4	2.5	276	12.2	3.2	279	9.5	3.8	276	8.7	3.9	87	12.3	3.8	1212
Total	14.2	2.3	573	14.4	2.4	565	12.7	2.9	551	10.3	3.7	557	9.7	4.0	161	12.7	3.5	2407

WAIS-R-SF subtest 4: digit symbol (possible range 0-93)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	71.4	10.2	279	65.9	10.5	288	55.4	10.8	272	41.3	10.7	280	35.3	10.6	74	57.1	16.3	1193
Female	75.9	10.3	294	69.5	11.4	276	55.5	12.2	279	42.1	11.0	276	35.1	9.0	87	59.1	18.1	1212
Total	73.7	10.5	573	67.7	11.1	564	55.5	11.6	551	41.7	10.9	556	35.2	9.7	161	58.1	17.3	2405

2. Short-term Memory Function

We also assessed the WAIS-R digit span test (forwards and backwards) for estimating participants' short-term memory function.

Short-term memory function: WAIS-R digit span (possible range 0-28)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.6	4.0	278	13.7	3.7	287	12.1	3.4	272	10.5	3.0	280	9.7	3.1	74	12.8	4.0	1191
Female	15.2	3.6	291	13.7	3.7	276	11.1	3.1	279	10.2	2.9	275	9.8	3.0	88	12.4	3.9	1209
Total	15.4	3.8	569	13.7	3.7	563	11.6	3.3	551	10.3	2.9	555	9.7	3.0	162	12.6	4.0	2400

3. Mini Mental State Examination (MMSE)

MMSE is a brief, easily-scored test of several cognitive functions.

This scale comprises questions concerning orientation in place and time, immediate and delayed recall of three words, attention and calculation, language and praxis, and visual construction.

Cognitive impaired person might fall in the total score of 23 or less in the scale.

Only participants over 60 years old administer this scale because of the characteristic of the scale as a screening test for dementia.

MMSE: Mini-Mental State Examination, total score of 30 items (possible range 0-30, less than 60 years old unperformed)

	60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	27.9	1.8	271	27.0	2.6	282	26.8	2.3	74	27.4	2.3	627
Female	28.1	1.9	278	27.5	2.2	277	26.7	2.2	88	27.6	2.1	643
Total	28.0	1.8	549	27.2	2.4	559	26.8	2.3	162	27.5	2.2	1270

MMSE: parameter of distribution using cutoff score (cutoff score=23/24)

		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%
Score of 24 and over	Male	263	97.0	260	92.2	69	93.2	592	94.4
	Female	268	96.4	265	95.7	79	89.8	612	95.2
	Total	531	96.7	525	93.9	148	91.4	1204	94.8

Score of 23 or less	Male	8	3.0	22	7.8	5	6.8	35	5.6
	Female	10	3.6	12	4.3	9	10.2	31	4.8
	Total	18	3.3	34	6.1	14	8.6	66	5.2

7) Other measures

1. Social and Domestic Activities

To comprehend participants' social and psychological characteristics, the NLS-LSA 5th Wave asked participants to report the extent of the following unpaid activities they were doing in their home and community.

Social activities

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Fitness or sports	Male	111	39.8	118	40.8	132	48.2	121	42.6	23	31.1	505	42.1
	Female	88	29.8	119	43.0	129	45.9	109	39.2	20	22.7	465	38.1
	Total	199	34.7	237	41.9	261	47.0	230	40.9	43	26.5	970	40.1
Hobby	Male	39	14.0	44	15.2	57	20.8	80	28.2	23	31.1	243	20.3
	Female	72	24.4	70	25.3	89	31.7	91	32.7	35	39.8	357	29.3
	Total	111	19.3	114	20.1	146	26.3	171	30.4	58	35.8	600	24.8
Community events	Male	57	20.4	52	18.0	79	28.8	78	27.5	10	13.5	276	23.0
	Female	57	19.3	57	20.6	65	23.1	36	12.9	10	11.4	225	18.5
	Total	114	19.9	109	19.3	144	25.9	114	20.3	20	12.3	501	20.7
Environment improvement work	Male	24	8.6	41	14.2	37	13.5	36	12.7	11	14.9	149	12.4
	Female	25	8.5	25	9.0	23	8.2	14	5.0	4	4.5	91	7.5
	Total	49	8.5	66	11.7	60	10.8	50	8.9	15	9.3	240	9.9
Education or culture	Male	27	9.7	22	7.6	28	10.2	36	12.7	6	8.1	119	9.9
	Female	71	24.1	19	6.9	23	8.2	14	5.0	5	5.7	132	10.8
	Total	98	17.1	41	7.2	51	9.2	50	8.9	11	6.8	251	10.4
Production or work	Male	5	1.8	14	4.8	46	16.8	52	18.3	11	14.9	128	10.7
	Female	2	0.7	6	2.2	19	6.8	26	9.4	5	5.7	58	4.8
	Total	7	1.2	20	3.5	65	11.7	78	13.9	16	9.9	186	7.7
Safety management	Male	19	6.8	39	13.5	36	13.1	42	14.8	9	12.2	145	12.1
	Female	31	10.5	13	4.7	19	6.8	10	3.6	3	3.4	76	6.2
	Total	50	8.7	52	9.2	55	9.9	52	9.3	12	7.4	221	9.1
Support of older adults	Male	5	1.8	6	2.1	12	4.4	10	3.5	1	1.4	34	2.8
	Female	11	3.7	18	6.5	20	7.1	5	1.8	5	5.7	59	4.8
	Total	16	2.8	24	4.2	32	5.8	15	2.7	6	3.7	93	3.8
Support of raising children	Male	5	1.8	3	1.0	14	5.1	9	3.2	1	1.4	32	2.7
	Female	14	4.7	21	7.6	19	6.8	4	1.4	1	1.1	59	4.8
	Total	19	3.3	24	4.2	33	5.9	13	2.3	2	1.2	91	3.8
Others	Male	8	2.9	7	2.4	12	4.4	13	4.6	4	5.4	44	3.7
	Female	11	3.7	19	6.9	9	3.2	17	6.1	4	4.5	60	4.9
	Total	19	3.3	26	4.6	21	3.8	30	5.3	8	4.9	104	4.3
Nothing	Male	106	38.0	112	38.8	75	27.4	72	25.4	28	37.8	393	32.8
	Female	103	34.9	85	30.7	80	28.5	77	27.7	32	36.4	377	30.9
	Total	209	36.4	197	34.8	155	27.9	149	26.5	60	37.0	770	31.8
Total	Male	279	100.0	289	100.0	274	100.0	284	100.0	74	100.0	1200	100.0
	Female	295	100.0	277	100.0	281	100.0	278	100.0	88	100.0	1219	100.0
	Total	574	100.0	566	100.0	555	100.0	562	100.0	162	100.0	2419	100.0

Learning activities

	40-49yr	50-59yr	60-69yr	70-79yr	80yr-	Total
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		N	%	N	%	N	%	N	%	N	%	N	%
Learning activity conducted by private association	Male	12	4.3	11	3.8	19	6.9	27	9.5	4	5.4	73	6.1
	Female	39	13.2	31	11.2	40	14.2	48	17.3	11	12.5	169	13.9
	Total	51	8.9	42	7.4	59	10.6	75	13.3	15	9.3	242	10.0
School for older conducted by public institution	Male	0	0.0	1	0.3	12	4.4	41	14.4	14	18.9	68	5.7
	Female	0	0.0	1	0.4	25	8.9	36	12.9	23	26.1	85	7.0
	Total	0	0.0	2	0.4	37	6.7	77	13.7	37	22.8	153	6.3
Extension lecture or learning activity conducted by public institution or university	Male	3	1.1	8	2.8	12	4.4	22	7.7	6	8.1	51	4.3
	Female	16	5.4	23	8.3	25	8.9	12	4.3	5	5.7	81	6.6
	Total	19	3.3	31	5.5	37	6.7	34	6.0	11	6.8	132	5.5
Learning activity using communication tool	Male	18	6.5	20	6.9	24	8.8	14	4.9	6	8.1	82	6.8
	Female	15	5.1	7	2.5	16	5.7	13	4.7	3	3.4	54	4.4
	Total	33	5.7	27	4.8	40	7.2	27	4.8	9	5.6	136	5.6
Attending vocational school	Male	2	0.7	1	0.3	0	0.0	0	0.0	0	0.0	3	0.3
	Female	1	0.3	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Total	3	0.5	1	0.2	0	0.0	0	0.0	0	0.0	4	0.2
Attending university or graduate school	Male	0	0.0	0	0.0	3	1.1	0	0.0	0	0.0	3	0.3
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	3	0.5	0	0.0	0	0.0	3	0.1
Others	Male	5	1.8	4	1.4	3	1.1	2	0.7	0	0.0	14	1.2
	Female	7	2.4	9	3.2	9	3.2	8	2.9	1	1.1	34	2.8
	Total	12	2.1	13	2.3	12	2.2	10	1.8	1	0.6	48	2.0
Nothing	Male	245	87.8	247	85.5	215	78.5	207	72.9	46	62.2	960	80.0
	Female	221	74.9	215	77.6	185	65.8	178	64.0	54	61.4	853	70.0
	Total	466	81.2	462	81.6	400	72.1	385	68.5	100	61.7	1813	74.9
Total	Male	279	100.0	289	100.0	274	100.0	284	100.0	74	100.0	1200	100.0
	Female	295	100.0	277	100.0	281	100.0	278	100.0	88	100.0	1219	100.0
	Total	574	100.0	566	100.0	555	100.0	562	100.0	162	100.0	2419	100.0

Roles in family

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Housework	Male	31	11.1	37	12.8	53	19.3	71	25.0	16	21.6	208	17.3
	Female	265	89.8	255	92.1	245	87.2	175	62.9	44	50.0	984	80.7
	Total	296	51.6	292	51.6	298	53.7	246	43.8	60	37.0	1192	49.3
Care for small children	Male	33	11.8	7	2.4	28	10.2	11	3.9	1	1.4	80	6.7
	Female	69	23.4	36	13.0	54	19.2	11	4.0	2	2.3	172	14.1
	Total	102	17.8	43	7.6	82	14.8	22	3.9	3	1.9	252	10.4
Advise to family member	Male	61	21.9	58	20.1	92	33.6	96	33.8	20	27.0	327	27.3
	Female	129	43.7	102	36.8	88	31.3	68	24.5	15	17.0	402	33.0
	Total	190	33.1	160	28.3	180	32.4	164	29.2	35	21.6	729	30.1
Income earner	Male	238	85.3	243	84.1	134	48.9	58	20.4	14	18.9	687	57.3
	Female	48	16.3	37	13.4	32	11.4	4	1.4	1	1.1	122	10.0
	Total	286	49.8	280	49.5	166	29.9	62	11.0	15	9.3	809	33.4
Leader	Male	93	33.3	93	32.2	101	36.9	94	33.1	16	21.6	397	33.1
	Female	28	9.5	35	12.6	28	10.0	17	6.1	8	9.1	116	9.5
	Total	121	21.1	128	22.6	129	23.2	111	19.8	24	14.8	513	21.2
Care for sick or disabled family member	Male	16	5.7	11	3.8	15	5.5	18	6.3	7	9.5	67	5.6
	Female	19	6.4	44	15.9	27	9.6	28	10.1	9	10.2	127	10.4
	Total	35	6.1	55	9.7	42	7.6	46	8.2	16	9.9	194	8.0
Others	Male	1	0.4	0	0.0	1	0.4	2	0.7	3	4.1	7	0.6

	Female	2	0.7	3	1.1	3	1.1	6	2.2	2	2.3	16	1.3
	Total	3	0.5	3	0.5	4	0.7	8	1.4	5	3.1	23	1.0
Nothing	Male	29	10.4	27	9.3	50	18.2	94	33.1	34	45.9	234	19.5
	Female	15	5.1	9	3.2	17	6.0	63	22.7	30	34.1	134	11.0
	Total	44	7.7	36	6.4	67	12.1	157	27.9	64	39.5	368	15.2
Total	Male	279	100.0	289	100.0	274	100.0	284	100.0	74	100.0	1200	100.0
	Female	295	100.0	277	100.0	281	100.0	278	100.0	88	100.0	1219	100.0
	Total	574	100.0	566	100.0	555	100.0	562	100.0	162	100.0	2419	100.0

Leisure activities: Reading newspapers

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	9	3.2	2	0.7	2	0.7	6	2.1	1	1.4	20	1.7
	Female	10	3.4	8	2.9	5	1.8	10	3.6	4	4.7	37	3.1
	Total	19	3.3	10	1.8	7	1.3	16	2.9	5	3.2	57	2.4
Once or several times a year	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	3	1.0	2	0.7	0	0.0	1	0.4	0	0.0	6	0.5
	Total	3	0.5	2	0.4	0	0.0	1	0.2	0	0.0	6	0.2
Once or several times a month	Male	4	1.4	2	0.7	1	0.4	0	0.0	0	0.0	7	0.6
	Female	3	1.0	6	2.2	4	1.4	3	1.1	0	0.0	16	1.3
	Total	7	1.2	8	1.4	5	0.9	3	0.5	0	0.0	23	1.0
Once a week	Male	8	2.9	6	2.1	0	0.0	0	0.0	0	0.0	14	1.2
	Female	13	4.4	6	2.2	11	3.9	3	1.1	0	0.0	33	2.7
	Total	21	3.7	12	2.1	11	2.0	3	0.5	0	0.0	47	2.0
Several times a week	Male	30	10.8	21	7.3	4	1.5	6	2.1	0	0.0	61	5.1
	Female	29	9.8	27	9.7	17	6.0	9	3.3	5	5.8	87	7.2
	Total	59	10.3	48	8.5	21	3.8	15	2.7	5	3.2	148	6.2
Everyday	Male	228	81.7	258	89.3	264	97.4	269	95.7	71	98.6	1090	91.4
	Female	237	80.3	228	82.3	244	86.8	248	90.5	77	89.5	1034	85.2
	Total	465	81.0	486	85.9	508	92.0	517	93.2	148	93.7	2124	88.3

Leisure activities: Reading books

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	18	6.5	28	9.7	28	10.3	38	13.5	9	12.5	121	10.2
	Female	11	3.7	25	9.0	42	14.9	37	13.5	14	16.3	129	10.6
	Total	29	5.1	53	9.4	70	12.7	75	13.5	23	14.6	250	10.4
Once or several times a year	Male	24	8.6	34	11.8	25	9.2	21	7.5	3	4.2	107	9.0
	Female	26	8.8	22	7.9	20	7.1	23	8.4	6	7.0	97	8.0
	Total	50	8.7	56	9.9	45	8.2	44	7.9	9	5.7	204	8.5
Once or several times a month	Male	45	16.1	54	18.7	48	17.7	37	13.2	8	11.1	192	16.1
	Female	58	19.7	55	19.9	49	17.4	48	17.5	15	17.4	225	18.5
	Total	103	17.9	109	19.3	97	17.6	85	15.3	23	14.6	417	17.3
Once a week	Male	46	16.5	47	16.3	58	21.4	57	20.3	12	16.7	220	18.5
	Female	58	19.7	54	19.5	61	21.7	56	20.4	13	15.1	242	20.0
	Total	104	18.1	101	17.8	119	21.6	113	20.4	25	15.8	462	19.2
Several times a week	Male	82	29.4	83	28.7	65	24.0	65	23.1	18	25.0	313	26.3
	Female	91	30.8	65	23.5	67	23.8	59	21.5	18	20.9	300	24.7
	Total	173	30.1	148	26.1	132	23.9	124	22.3	36	22.8	613	25.5
Everyday	Male	64	22.9	43	14.9	47	17.3	63	22.4	22	30.6	239	20.1
	Female	51	17.3	56	20.2	42	14.9	51	18.6	20	23.3	220	18.1
	Total	115	20.0	99	17.5	89	16.1	114	20.5	42	26.6	459	19.1

Leisure activities: Writing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	200	71.7	187	64.7	142	52.4	117	41.6	24	33.3	670	56.2
	Female	169	57.3	150	54.2	119	42.3	103	37.6	36	41.9	577	47.6
	Total	369	64.3	337	59.5	261	47.3	220	39.6	60	38.0	1247	51.9
Once or several times a year	Male	26	9.3	29	10.0	18	6.6	13	4.6	3	4.2	89	7.5
	Female	30	10.2	23	8.3	25	8.9	11	4.0	1	1.2	90	7.4
	Total	56	9.8	52	9.2	43	7.8	24	4.3	4	2.5	179	7.4
Once or several times a month	Male	17	6.1	22	7.6	19	7.0	18	6.4	2	2.8	78	6.5
	Female	18	6.1	21	7.6	23	8.2	19	6.9	3	3.5	84	6.9
	Total	35	6.1	43	7.6	42	7.6	37	6.7	5	3.2	162	6.7
Once a week	Male	13	4.7	18	6.2	20	7.4	21	7.5	6	8.3	78	6.5
	Female	21	7.1	23	8.3	12	4.3	10	3.6	2	2.3	68	5.6
	Total	34	5.9	41	7.2	32	5.8	31	5.6	8	5.1	146	6.1
Several times a week	Male	11	3.9	9	3.1	22	8.1	15	5.3	7	9.7	64	5.4
	Female	25	8.5	25	9.0	31	11.0	22	8.0	6	7.0	109	9.0
	Total	36	6.3	34	6.0	53	9.6	37	6.7	13	8.2	173	7.2
Everyday	Male	12	4.3	24	8.3	50	18.5	97	34.5	30	41.7	213	17.9
	Female	32	10.8	35	12.6	71	25.3	109	39.8	38	44.2	285	23.5
	Total	44	7.7	59	10.4	121	21.9	206	37.1	68	43.0	498	20.7

Leisure activities: Answering quizzes or solving crossword puzzles

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	140	50.2	169	58.5	145	53.5	179	63.7	57	79.2	690	57.9
	Female	113	38.3	94	33.9	124	44.1	154	56.2	43	50.0	528	43.5
	Total	253	44.1	263	46.5	269	48.7	333	60.0	100	63.3	1218	50.6
Once or several times a year	Male	60	21.5	40	13.8	26	9.6	13	4.6	0	0.0	139	11.7
	Female	45	15.3	31	11.2	22	7.8	16	5.8	0	0.0	114	9.4
	Total	105	18.3	71	12.5	48	8.7	29	5.2	0	0.0	253	10.5
Once or several times a month	Male	36	12.9	30	10.4	37	13.7	22	7.8	2	2.8	127	10.7
	Female	51	17.3	41	14.8	34	12.1	17	6.2	4	4.7	147	12.1
	Total	87	15.2	71	12.5	71	12.9	39	7.0	6	3.8	274	11.4
Once a week	Male	31	11.1	31	10.7	43	15.9	47	16.7	8	11.1	160	13.4
	Female	54	18.3	67	24.2	62	22.1	58	21.2	22	25.6	263	21.7
	Total	85	14.8	98	17.3	105	19.0	105	18.9	30	19.0	423	17.6
Several times a week	Male	9	3.2	15	5.2	16	5.9	10	3.6	2	2.8	52	4.4
	Female	27	9.2	28	10.1	26	9.3	16	5.8	15	17.4	112	9.2
	Total	36	6.3	43	7.6	42	7.6	26	4.7	17	10.8	164	6.8
Everyday	Male	3	1.1	4	1.4	4	1.5	10	3.6	3	4.2	24	2.0
	Female	5	1.7	16	5.8	13	4.6	13	4.7	2	2.3	49	4.0
	Total	8	1.4	20	3.5	17	3.1	23	4.1	5	3.2	73	3.0

Leisure activities: Playing board games or cards

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	118	42.3	200	69.2	175	64.6	173	61.6	64	88.9	730	61.2
	Female	175	59.3	212	76.5	206	73.3	240	87.6	74	86.0	907	74.8

	Total	293	51.0	412	72.8	381	69.0	413	74.4	138	87.3	1637	68.1
Once or several times a year	Male	88	31.5	45	15.6	24	8.9	36	12.8	0	0.0	193	16.2
	Female	74	25.1	26	9.4	31	11.0	15	5.5	6	7.0	152	12.5
	Total	162	28.2	71	12.5	55	10.0	51	9.2	6	3.8	345	14.3
Once or several times a month	Male	37	13.3	14	4.8	21	7.7	17	6.0	1	1.4	90	7.6
	Female	31	10.5	11	4.0	21	7.5	4	1.5	2	2.3	69	5.7
	Total	68	11.8	25	4.4	42	7.6	21	3.8	3	1.9	159	6.6
Once a week	Male	21	7.5	13	4.5	12	4.4	19	6.8	3	4.2	68	5.7
	Female	9	3.1	7	2.5	8	2.8	6	2.2	0	0.0	30	2.5
	Total	30	5.2	20	3.5	20	3.6	25	4.5	3	1.9	98	4.1
Several times a week	Male	8	2.9	11	3.8	25	9.2	27	9.6	4	5.6	75	6.3
	Female	3	1.0	17	6.1	9	3.2	2	0.7	1	1.2	32	2.6
	Total	11	1.9	28	4.9	34	6.2	29	5.2	5	3.2	107	4.4
Everyday	Male	7	2.5	6	2.1	14	5.2	9	3.2	0	0.0	36	3.0
	Female	3	1.0	4	1.4	6	2.1	7	2.6	3	3.5	23	1.9
	Total	10	1.7	10	1.8	20	3.6	16	2.9	3	1.9	59	2.5

Leisure activities: Participating in organized group discussion

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	152	54.5	160	55.4	162	59.8	177	63.0	54	75.0	705	59.1
	Female	158	53.6	182	65.7	191	68.0	209	76.3	70	81.4	810	66.8
	Total	310	54.0	342	60.4	353	63.9	386	69.5	124	78.5	1515	63.0
Once or several times a year	Male	57	20.4	51	17.6	41	15.1	26	9.3	3	4.2	178	14.9
	Female	59	20.0	37	13.4	29	10.3	12	4.4	3	3.5	140	11.5
	Total	116	20.2	88	15.5	70	12.7	38	6.8	6	3.8	318	13.2
Once or several times a month	Male	45	16.1	49	17.0	40	14.8	57	20.3	9	12.5	200	16.8
	Female	61	20.7	35	12.6	41	14.6	35	12.8	8	9.3	180	14.8
	Total	106	18.5	84	14.8	81	14.7	92	16.6	17	10.8	380	15.8
Once a week	Male	12	4.3	14	4.8	23	8.5	12	4.3	5	6.9	66	5.5
	Female	12	4.1	12	4.3	13	4.6	8	2.9	4	4.7	49	4.0
	Total	24	4.2	26	4.6	36	6.5	20	3.6	9	5.7	115	4.8
Several times a week	Male	9	3.2	10	3.5	4	1.5	9	3.2	0	0.0	32	2.7
	Female	4	1.4	11	4.0	7	2.5	9	3.3	1	1.2	32	2.6
	Total	13	2.3	21	3.7	11	2.0	18	3.2	1	0.6	64	2.7
Everyday	Male	4	1.4	5	1.7	1	0.4	0	0.0	1	1.4	11	0.9
	Female	1	0.3	0	0.0	0	0.0	1	0.4	0	0.0	2	0.2
	Total	5	0.9	5	0.9	1	0.2	1	0.2	1	0.6	13	0.5

Leisure activities: Playing musical instruments

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	229	82.1	265	91.7	245	90.4	257	91.5	67	93.1	1063	89.2
	Female	222	75.3	234	84.5	253	90.0	236	86.1	79	91.9	1024	84.4
	Total	451	78.6	499	88.2	498	90.2	493	88.8	146	92.4	2087	86.8
Once or several times a year	Male	23	8.2	16	5.5	7	2.6	8	2.8	2	2.8	56	4.7
	Female	27	9.2	11	4.0	6	2.1	2	0.7	0	0.0	46	3.8
	Total	50	8.7	27	4.8	13	2.4	10	1.8	2	1.3	102	4.2
Once or several times a month	Male	14	5.0	2	0.7	6	2.2	5	1.8	1	1.4	28	2.3
	Female	14	4.7	8	2.9	10	3.6	15	5.5	2	2.3	49	4.0
	Total	28	4.9	10	1.8	16	2.9	20	3.6	3	1.9	77	3.2
Once a week	Male	4	1.4	3	1.0	7	2.6	4	1.4	1	1.4	19	1.6

	Female	10	3.4	10	3.6	5	1.8	11	4.0	2	2.3	38	3.1
	Total	14	2.4	13	2.3	12	2.2	15	2.7	3	1.9	57	2.4
Several times a week	Male	5	1.8	1	0.3	3	1.1	4	1.4	1	1.4	14	1.2
	Female	10	3.4	7	2.5	5	1.8	5	1.8	2	2.3	29	2.4
	Total	15	2.6	8	1.4	8	1.4	9	1.6	3	1.9	43	1.8
Everyday	Male	4	1.4	2	0.7	3	1.1	3	1.1	0	0.0	12	1.0
	Female	12	4.1	7	2.5	2	0.7	5	1.8	1	1.2	27	2.2
	Total	16	2.8	9	1.6	5	0.9	8	1.4	1	0.6	39	1.6

Leisure activities: Creative activity

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	192	68.8	213	73.7	182	67.2	188	66.9	47	65.3	822	69.0
	Female	160	54.2	166	59.9	143	50.9	141	51.5	42	48.8	652	53.8
	Total	352	61.3	379	67.0	325	58.9	329	59.3	89	56.3	1474	61.3
Once or several times a year	Male	44	15.8	35	12.1	29	10.7	20	7.1	9	12.5	137	11.5
	Female	48	16.3	36	13.0	25	8.9	10	3.6	3	3.5	122	10.1
	Total	92	16.0	71	12.5	54	9.8	30	5.4	12	7.6	259	10.8
Once or several times a month	Male	33	11.8	26	9.0	37	13.7	35	12.5	4	5.6	135	11.3
	Female	45	15.3	35	12.6	52	18.5	42	15.3	14	16.3	188	15.5
	Total	78	13.6	61	10.8	89	16.1	77	13.9	18	11.4	323	13.4
Once a week	Male	8	2.9	10	3.5	13	4.8	16	5.7	3	4.2	50	4.2
	Female	26	8.8	17	6.1	21	7.5	28	10.2	8	9.3	100	8.2
	Total	34	5.9	27	4.8	34	6.2	44	7.9	11	7.0	150	6.2
Several times a week	Male	2	0.7	5	1.7	6	2.2	10	3.6	6	8.3	29	2.4
	Female	11	3.7	20	7.2	25	8.9	32	11.7	10	11.6	98	8.1
	Total	13	2.3	25	4.4	31	5.6	42	7.6	16	10.1	127	5.3
Everyday	Male	0	0.0	0	0.0	4	1.5	12	4.3	3	4.2	19	1.6
	Female	5	1.7	3	1.1	15	5.3	21	7.7	9	10.5	53	4.4
	Total	5	0.9	3	0.5	19	3.4	33	5.9	12	7.6	72	3.0

Leisure activities: Art appreciation

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	58	20.8	77	26.6	100	36.9	120	42.7	42	58.3	397	33.3
	Female	44	14.9	49	17.7	83	29.5	94	34.3	36	41.9	306	25.2
	Total	102	17.8	126	22.3	183	33.2	214	38.6	78	49.4	703	29.2
Once or several times a year	Male	106	38.0	112	38.8	103	38.0	89	31.7	14	19.4	424	35.6
	Female	146	49.5	142	51.3	125	44.5	100	36.5	22	25.6	535	44.1
	Total	252	43.9	254	44.9	228	41.3	189	34.1	36	22.8	959	39.9
Once or several times a month	Male	69	24.7	52	18.0	34	12.5	29	10.3	8	11.1	192	16.1
	Female	66	22.4	48	17.3	42	14.9	41	15.0	13	15.1	210	17.3
	Total	135	23.5	100	17.7	76	13.8	70	12.6	21	13.3	402	16.7
Once a week	Male	25	9.0	22	7.6	19	7.0	17	6.0	2	2.8	85	7.1
	Female	18	6.1	19	6.9	12	4.3	13	4.7	4	4.7	66	5.4
	Total	43	7.5	41	7.2	31	5.6	30	5.4	6	3.8	151	6.3
Several times a week	Male	16	5.7	20	6.9	8	3.0	17	6.0	3	4.2	64	5.4
	Female	9	3.1	12	4.3	11	3.9	13	4.7	9	10.5	54	4.5
	Total	25	4.4	32	5.7	19	3.4	30	5.4	12	7.6	118	4.9
Everyday	Male	5	1.8	6	2.1	7	2.6	9	3.2	3	4.2	30	2.5
	Female	12	4.1	7	2.5	8	2.8	13	4.7	2	2.3	42	3.5

Total 17 3.0 13 2.3 15 2.7 22 4.0 5 3.2 72 3.0

Leisure activities: Using computers for communication

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	25	9.0	53	18.3	113	41.7	195	69.4	65	90.3	451	37.8
	Female	57	19.3	122	44.0	207	73.7	244	89.1	83	96.5	713	58.8
	Total	82	14.3	175	30.9	320	58.0	439	79.1	148	93.7	1164	48.4
Once or several times a year	Male	5	1.8	12	4.2	4	1.5	3	1.1	1	1.4	25	2.1
	Female	8	2.7	15	5.4	6	2.1	2	0.7	0	0.0	31	2.6
	Total	13	2.3	27	4.8	10	1.8	5	0.9	1	0.6	56	2.3
Once or several times a month	Male	17	6.1	27	9.3	15	5.5	10	3.6	1	1.4	70	5.9
	Female	34	11.5	27	9.7	13	4.6	6	2.2	0	0.0	80	6.6
	Total	51	8.9	54	9.5	28	5.1	16	2.9	1	0.6	150	6.2
Once a week	Male	18	6.5	35	12.1	16	5.9	10	3.6	2	2.8	81	6.8
	Female	45	15.3	24	8.7	15	5.3	7	2.6	1	1.2	92	7.6
	Total	63	11.0	59	10.4	31	5.6	17	3.1	3	1.9	173	7.2
Several times a week	Male	62	22.2	46	15.9	29	10.7	22	7.8	1	1.4	160	13.4
	Female	59	20.0	42	15.2	9	3.2	7	2.6	0	0.0	117	9.6
	Total	121	21.1	88	15.5	38	6.9	29	5.2	1	0.6	277	11.5
Everyday	Male	152	54.5	116	40.1	94	34.7	41	14.6	2	2.8	405	34.0
	Female	92	31.2	47	17.0	31	11.0	8	2.9	2	2.3	180	14.8
	Total	244	42.5	163	28.8	125	22.6	49	8.8	4	2.5	585	24.3

Leisure activities: Playing individual sports

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	166	59.5	175	60.6	160	59.0	200	71.2	64	88.9	765	64.2
	Female	240	81.4	231	83.4	238	84.7	240	87.6	80	93.0	1029	84.8
	Total	406	70.7	406	71.7	398	72.1	440	79.3	144	91.1	1794	74.6
Once or several times a year	Male	50	17.9	44	15.2	26	9.6	16	5.7	0	0.0	136	11.4
	Female	25	8.5	9	3.2	7	2.5	2	0.7	0	0.0	43	3.5
	Total	75	13.1	53	9.4	33	6.0	18	3.2	0	0.0	179	7.4
Once or several times a month	Male	34	12.2	34	11.8	43	15.9	26	9.3	3	4.2	140	11.7
	Female	7	2.4	10	3.6	9	3.2	7	2.6	2	2.3	35	2.9
	Total	41	7.1	44	7.8	52	9.4	33	5.9	5	3.2	175	7.3
Once a week	Male	15	5.4	24	8.3	18	6.6	21	7.5	2	2.8	80	6.7
	Female	10	3.4	15	5.4	17	6.0	14	5.1	2	2.3	58	4.8
	Total	25	4.4	39	6.9	35	6.3	35	6.3	4	2.5	138	5.7
Several times a week	Male	10	3.6	12	4.2	19	7.0	12	4.3	3	4.2	56	4.7
	Female	12	4.1	12	4.3	10	3.6	9	3.3	2	2.3	45	3.7
	Total	22	3.8	24	4.2	29	5.3	21	3.8	5	3.2	101	4.2
Everyday	Male	4	1.4	0	0.0	5	1.8	6	2.1	0	0.0	15	1.3
	Female	1	0.3	0	0.0	0	0.0	2	0.7	0	0.0	3	0.2
	Total	5	0.9	0	0.0	5	0.9	8	1.4	0	0.0	18	0.7

Leisure activities: Participating in team games

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	199	71.3	241	83.4	239	88.2	266	94.7	67	93.1	1012	84.9
	Female	274	92.9	258	93.1	260	92.5	263	96.0	85	98.8	1140	94.0

	Total	473	82.4	499	88.2	499	90.4	529	95.3	152	96.2	2152	89.5
Once or several times a year	Male	50	17.9	16	5.5	6	2.2	3	1.1	0	0.0	75	6.3
	Female	7	2.4	3	1.1	3	1.1	1	0.4	0	0.0	14	1.2
	Total	57	9.9	19	3.4	9	1.6	4	0.7	0	0.0	89	3.7
Once or several times a month	Male	17	6.1	14	4.8	10	3.7	1	0.4	1	1.4	43	3.6
	Female	2	0.7	2	0.7	2	0.7	2	0.7	0	0.0	8	0.7
	Total	19	3.3	16	2.8	12	2.2	3	0.5	1	0.6	51	2.1
Once a week	Male	7	2.5	10	3.5	11	4.1	8	2.8	2	2.8	38	3.2
	Female	8	2.7	6	2.2	9	3.2	3	1.1	0	0.0	26	2.1
	Total	15	2.6	16	2.8	20	3.6	11	2.0	2	1.3	64	2.7
Several times a week	Male	5	1.8	7	2.4	3	1.1	3	1.1	2	2.8	20	1.7
	Female	3	1.0	8	2.9	6	2.1	4	1.5	1	1.2	22	1.8
	Total	8	1.4	15	2.7	9	1.6	7	1.3	3	1.9	42	1.7
Everyday	Male	1	0.4	1	0.3	2	0.7	0	0.0	0	0.0	4	0.3
	Female	1	0.3	0	0.0	1	0.4	1	0.4	0	0.0	3	0.2
	Total	2	0.3	1	0.2	3	0.5	1	0.2	0	0.0	7	0.3

Leisure activities: Performing exercise

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	219	78.5	244	84.4	217	80.1	222	79.0	55	76.4	957	80.3
	Female	184	62.4	175	63.2	167	59.4	175	63.9	50	58.1	751	61.9
	Total	403	70.2	419	74.0	384	69.6	397	71.5	105	66.5	1708	71.0
Once or several times a year	Male	17	6.1	10	3.5	2	0.7	5	1.8	0	0.0	34	2.9
	Female	25	8.5	23	8.3	5	1.8	1	0.4	0	0.0	54	4.5
	Total	42	7.3	33	5.8	7	1.3	6	1.1	0	0.0	88	3.7
Once or several times a month	Male	12	4.3	8	2.8	9	3.3	4	1.4	1	1.4	34	2.9
	Female	26	8.8	19	6.9	16	5.7	4	1.5	6	7.0	71	5.9
	Total	38	6.6	27	4.8	25	4.5	8	1.4	7	4.4	105	4.4
Once a week	Male	16	5.7	10	3.5	11	4.1	14	5.0	4	5.6	55	4.6
	Female	30	10.2	24	8.7	41	14.6	42	15.3	13	15.1	150	12.4
	Total	46	8.0	34	6.0	52	9.4	56	10.1	17	10.8	205	8.5
Several times a week	Male	10	3.6	7	2.4	20	7.4	21	7.5	2	2.8	60	5.0
	Female	23	7.8	26	9.4	35	12.5	30	10.9	11	12.8	125	10.3
	Total	33	5.7	33	5.8	55	10.0	51	9.2	13	8.2	185	7.7
Everyday	Male	5	1.8	10	3.5	12	4.4	15	5.3	10	13.9	52	4.4
	Female	7	2.4	10	3.6	17	6.0	22	8.0	6	7.0	62	5.1
	Total	12	2.1	20	3.5	29	5.3	37	6.7	16	10.1	114	4.7

Leisure activities: Swimming

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	196	70.3	257	88.9	237	87.5	256	91.1	69	95.8	1015	85.2
	Female	236	80.0	246	88.8	237	84.3	249	90.9	85	98.8	1053	86.8
	Total	432	75.3	503	88.9	474	85.9	505	91.0	154	97.5	2068	86.0
Once or several times a year	Male	58	20.8	17	5.9	18	6.6	8	2.8	0	0.0	101	8.5
	Female	37	12.5	13	4.7	16	5.7	8	2.9	0	0.0	74	6.1
	Total	95	16.6	30	5.3	34	6.2	16	2.9	0	0.0	175	7.3
Once or several times a month	Male	13	4.7	6	2.1	5	1.8	10	3.6	1	1.4	35	2.9
	Female	11	3.7	9	3.2	8	2.8	4	1.5	0	0.0	32	2.6
	Total	24	4.2	15	2.7	13	2.4	14	2.5	1	0.6	67	2.8

Once a week	Male	7	2.5	8	2.8	9	3.3	5	1.8	2	2.8	31	2.6
	Female	5	1.7	5	1.8	10	3.6	5	1.8	0	0.0	25	2.1
	Total	12	2.1	13	2.3	19	3.4	10	1.8	2	1.3	56	2.3
Several times a week	Male	5	1.8	1	0.3	2	0.7	2	0.7	0	0.0	10	0.8
	Female	6	2.0	4	1.4	9	3.2	6	2.2	1	1.2	26	2.1
	Total	11	1.9	5	0.9	11	2.0	8	1.4	1	0.6	36	1.5
Everyday	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	1	0.4	2	0.7	0	0.0	3	0.2
	Total	0	0.0	0	0.0	1	0.2	2	0.4	0	0.0	3	0.1

Leisure activities: Walking

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	143	51.3	123	42.6	71	26.2	74	26.3	28	38.9	439	36.8
	Female	166	56.3	127	45.8	84	29.9	114	41.6	53	61.6	544	44.8
	Total	309	53.8	250	44.2	155	28.1	188	33.9	81	51.3	983	40.9
Once or several times a year	Male	42	15.1	23	8.0	23	8.5	7	2.5	1	1.4	96	8.1
	Female	38	12.9	16	5.8	16	5.7	8	2.9	2	2.3	80	6.6
	Total	80	13.9	39	6.9	39	7.1	15	2.7	3	1.9	176	7.3
Once or several times a month	Male	34	12.2	42	14.5	38	14.0	18	6.4	4	5.6	136	11.4
	Female	30	10.2	31	11.2	26	9.3	13	4.7	4	4.7	104	8.6
	Total	64	11.1	73	12.9	64	11.6	31	5.6	8	5.1	240	10.0
Once a week	Male	17	6.1	39	13.5	30	11.1	30	10.7	2	2.8	118	9.9
	Female	24	8.1	30	10.8	37	13.2	31	11.3	4	4.7	126	10.4
	Total	41	7.1	69	12.2	67	12.1	61	11.0	6	3.8	244	10.1
Several times a week	Male	21	7.5	31	10.7	40	14.8	54	19.2	17	23.6	163	13.7
	Female	19	6.4	38	13.7	61	21.7	47	17.2	9	10.5	174	14.3
	Total	40	7.0	69	12.2	101	18.3	101	18.2	26	16.5	337	14.0
Everyday	Male	22	7.9	31	10.7	69	25.5	98	34.9	20	27.8	240	20.1
	Female	18	6.1	35	12.6	57	20.3	61	22.3	14	16.3	185	15.3
	Total	40	7.0	66	11.7	126	22.8	159	28.6	34	21.5	425	17.7

Leisure activities: Jogging

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	222	79.6	239	82.7	232	85.6	254	90.4	68	94.4	1015	85.2
	Female	276	93.6	265	95.7	270	96.1	266	97.1	86	100.0	1163	95.9
	Total	498	86.8	504	89.0	502	90.9	520	93.7	154	97.5	2178	90.6
Once or several times a year	Male	19	6.8	19	6.6	15	5.5	0	0.0	0	0.0	53	4.4
	Female	14	4.7	5	1.8	2	0.7	2	0.7	0	0.0	23	1.9
	Total	33	5.7	24	4.2	17	3.1	2	0.4	0	0.0	76	3.2
Once or several times a month	Male	9	3.2	12	4.2	8	3.0	8	2.8	0	0.0	37	3.1
	Female	2	0.7	3	1.1	1	0.4	3	1.1	0	0.0	9	0.7
	Total	11	1.9	15	2.7	9	1.6	11	2.0	0	0.0	46	1.9
Once a week	Male	17	6.1	5	1.7	3	1.1	7	2.5	1	1.4	33	2.8
	Female	1	0.3	2	0.7	3	1.1	1	0.4	0	0.0	7	0.6
	Total	18	3.1	7	1.2	6	1.1	8	1.4	1	0.6	40	1.7
Several times a week	Male	9	3.2	9	3.1	8	3.0	6	2.1	1	1.4	33	2.8
	Female	1	0.3	1	0.4	2	0.7	2	0.7	0	0.0	6	0.5
	Total	10	1.7	10	1.8	10	1.8	8	1.4	1	0.6	39	1.6
Everyday	Male	3	1.1	5	1.7	5	1.8	6	2.1	2	2.8	21	1.8
	Female	1	0.3	1	0.4	3	1.1	0	0.0	0	0.0	5	0.4

Total	4	0.7	6	1.1	8	1.4	6	1.1	2	1.3	26	1.1
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Leisure activities: Hiking or climbing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	225	80.6	225	77.9	183	67.5	224	79.7	66	91.7	923	77.4
	Female	254	86.1	222	80.1	210	74.7	252	92.0	83	96.5	1021	84.2
	Total	479	83.4	447	79.0	393	71.2	476	85.8	149	94.3	1944	80.8
Once or several times a year	Male	50	17.9	59	20.4	75	27.7	51	18.1	6	8.3	241	20.2
	Female	38	12.9	48	17.3	59	21.0	21	7.7	3	3.5	169	13.9
	Total	88	15.3	107	18.9	134	24.3	72	13.0	9	5.7	410	17.0
Once or several times a month	Male	3	1.1	3	1.0	12	4.4	3	1.1	0	0.0	21	1.8
	Female	3	1.0	7	2.5	9	3.2	1	0.4	0	0.0	20	1.6
	Total	6	1.0	10	1.8	21	3.8	4	0.7	0	0.0	41	1.7
Once a week	Male	1	0.4	2	0.7	1	0.4	3	1.1	0	0.0	7	0.6
	Female	0	0.0	0	0.0	3	1.1	0	0.0	0	0.0	3	0.2
	Total	1	0.2	2	0.4	4	0.7	3	0.5	0	0.0	10	0.4

Leisure activities: Fishing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	195	69.9	222	76.8	217	80.1	244	86.8	65	90.3	943	79.1
	Female	279	94.6	273	98.6	271	96.4	270	98.5	86	100.0	1179	97.2
	Total	474	82.6	495	87.5	488	88.4	514	92.6	151	95.6	2122	88.2
Once or several times a year	Male	68	24.4	44	15.2	30	11.1	19	6.8	3	4.2	164	13.8
	Female	14	4.7	4	1.4	10	3.6	3	1.1	0	0.0	31	2.6
	Total	82	14.3	48	8.5	40	7.2	22	4.0	3	1.9	195	8.1
Once or several times a month	Male	14	5.0	17	5.9	19	7.0	14	5.0	2	2.8	66	5.5
	Female	2	0.7	0	0.0	0	0.0	0	0.0	0	0.0	2	0.2
	Total	16	2.8	17	3.0	19	3.4	14	2.5	2	1.3	68	2.8
Once a week	Male	2	0.7	3	1.0	2	0.7	1	0.4	1	1.4	9	0.8
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	2	0.3	3	0.5	2	0.4	1	0.2	1	0.6	9	0.4
Several times a week	Male	0	0.0	2	0.7	2	0.7	2	0.7	1	1.4	7	0.6
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	2	0.4	2	0.4	2	0.4	1	0.6	7	0.3
Everyday	Male	0	0.0	1	0.3	1	0.4	1	0.4	0	0.0	3	0.3
	Female	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Total	0	0.0	1	0.2	1	0.2	2	0.4	0	0.0	4	0.2

Leisure activities: Gardening

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	162	58.1	118	40.8	59	21.8	55	19.6	16	22.2	410	34.4
	Female	143	48.5	72	26.0	39	13.9	57	20.8	18	20.9	329	27.1
	Total	305	53.1	190	33.6	98	17.8	112	20.2	34	21.5	739	30.7
Once or several times a year	Male	59	21.1	55	19.0	22	8.1	15	5.3	4	5.6	155	13.0
	Female	35	11.9	25	9.0	17	6.0	11	4.0	1	1.2	89	7.3
	Total	94	16.4	80	14.1	39	7.1	26	4.7	5	3.2	244	10.1
Once or several times a month	Male	37	13.3	53	18.3	48	17.7	35	12.5	9	12.5	182	15.3

Connection with family	Male	209	74.9	222	76.8	216	78.8	211	74.3	55	74.3	913	76.1
	Female	205	69.5	208	75.1	210	74.7	174	62.6	34	38.6	831	68.2
	Total	414	72.1	430	76.0	426	76.8	385	68.5	89	54.9	1744	72.1
Growth of children or grandchildren	Male	190	68.1	146	50.5	163	59.5	176	62.0	46	62.2	721	60.1
	Female	191	64.7	159	57.4	199	70.8	178	64.0	45	51.1	772	63.3
	Total	381	66.4	305	53.9	362	65.2	354	63.0	91	56.2	1493	61.7
Connection with friends	Male	102	36.6	109	37.7	129	47.1	144	50.7	30	40.5	514	42.8
	Female	163	55.3	149	53.8	199	70.8	190	68.3	41	46.6	742	60.9
	Total	265	46.2	258	45.6	328	59.1	334	59.4	71	43.8	1256	51.9
Work	Male	138	49.5	155	53.6	117	42.7	69	24.3	8	10.8	487	40.6
	Female	102	34.6	103	37.2	74	26.3	49	17.6	8	9.1	336	27.6
	Total	240	41.8	258	45.6	191	34.4	118	21.0	16	9.9	823	34.0
Housework	Male	4	1.4	7	2.4	25	9.1	36	12.7	11	14.9	83	6.9
	Female	69	23.4	72	26.0	123	43.8	124	44.6	22	25.0	410	33.6
	Total	73	12.7	79	14.0	148	26.7	160	28.5	33	20.4	493	20.4
Voluntary social activity	Male	7	2.5	28	9.7	43	15.7	50	17.6	10	13.5	138	11.5
	Female	17	5.8	24	8.7	33	11.7	28	10.1	7	8.0	109	8.9
	Total	24	4.2	52	9.2	76	13.7	78	13.9	17	10.5	247	10.2
Community activity	Male	10	3.6	18	6.2	37	13.5	52	18.3	10	13.5	127	10.6
	Female	10	3.4	10	3.6	20	7.1	16	5.8	4	4.5	60	4.9
	Total	20	3.5	28	4.9	57	10.3	68	12.1	14	8.6	187	7.7
Saving money	Male	22	7.9	23	8.0	11	4.0	28	9.9	7	9.5	91	7.6
	Female	30	10.2	26	9.4	31	11.0	35	12.6	6	6.8	128	10.5
	Total	52	9.1	49	8.7	42	7.6	63	11.2	13	8.0	219	9.1
Going out	Male	125	44.8	143	49.5	146	53.3	140	49.3	28	37.8	582	48.5
	Female	131	44.4	131	47.3	170	60.5	137	49.3	28	31.8	597	49.0
	Total	256	44.6	274	48.4	316	56.9	277	49.3	56	34.6	1179	48.7
Learning or study	Male	22	7.9	29	10.0	20	7.3	24	8.5	6	8.1	101	8.4
	Female	31	10.5	19	6.9	21	7.5	18	6.5	8	9.1	97	8.0
	Total	53	9.2	48	8.5	41	7.4	42	7.5	14	8.6	198	8.2
Religion or spiritual training	Male	8	2.9	7	2.4	13	4.7	22	7.7	10	13.5	60	5.0
	Female	15	5.1	16	5.8	15	5.3	31	11.2	16	18.2	93	7.6
	Total	23	4.0	23	4.1	28	5.0	53	9.4	26	16.0	153	6.3
Sports	Male	83	29.7	69	23.9	86	31.4	63	22.2	11	14.9	312	26.0
	Female	44	14.9	54	19.5	60	21.4	37	13.3	7	8.0	202	16.6
	Total	127	22.1	123	21.7	146	26.3	100	17.8	18	11.1	514	21.2
Health maintenance and promotion	Male	40	14.3	56	19.4	91	33.2	95	33.5	25	33.8	307	25.6
	Female	45	15.3	48	17.3	94	33.5	76	27.3	21	23.9	284	23.3
	Total	85	14.8	104	18.4	185	33.3	171	30.4	46	28.4	591	24.4
Hobby or amusement	Male	147	52.7	138	47.8	136	49.6	126	44.4	35	47.3	582	48.5
	Female	109	36.9	115	41.5	146	52.0	130	46.8	46	52.3	546	44.8
	Total	256	44.6	253	44.7	282	50.8	256	45.6	81	50.0	1128	46.6
Others	Male	5	1.8	2	0.7	4	1.5	9	3.2	4	5.4	24	2.0
	Female	7	2.4	4	1.4	2	0.7	4	1.4	5	5.7	22	1.8
	Total	12	2.1	6	1.1	6	1.1	13	2.3	9	5.6	46	1.9
Nothing	Male	3	1.1	6	2.1	4	1.5	14	4.9	3	4.1	30	2.5
	Female	12	4.1	9	3.2	6	2.1	8	2.9	6	6.8	41	3.4
	Total	15	2.6	15	2.7	10	1.8	22	3.9	9	5.6	71	2.9
Total	Male	279	100.0	289	100.0	274	100.0	284	100.0	74	100.0	1200	100.0
	Female	295	100.0	277	100.0	281	100.0	278	100.0	88	100.0	1219	100.0
	Total	574	100.0	566	100.0	555	100.0	562	100.0	162	100.0	2419	100.0

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Inoccupation	Male	2	0.7	5	1.7	91	33.2	215	75.7	66	89.2	379	31.6
	Female	8	2.7	8	2.9	44	15.7	144	51.8	58	65.9	262	21.5
	Total	10	1.7	13	2.3	135	24.3	359	63.9	124	76.5	641	26.5
Housewife or househusband	Male	0	0.0	0	0.0	3	1.1	9	3.2	3	4.1	15	1.3
	Female	62	21.0	75	27.1	137	48.8	105	37.8	23	26.1	402	33.0
	Total	62	10.8	75	13.3	140	25.2	114	20.3	26	16.0	417	17.2
Full employment	Male	275	98.6	279	96.5	107	39.1	32	11.3	2	2.7	695	57.9
	Female	74	25.1	58	20.9	36	12.8	14	5.0	2	2.3	184	15.1
	Total	349	60.8	337	59.5	143	25.8	46	8.2	4	2.5	879	36.3
Part time employment	Male	2	0.7	5	1.7	73	26.6	28	9.9	3	4.1	111	9.3
	Female	151	51.2	136	49.1	64	22.8	15	5.4	5	5.7	371	30.4
	Total	153	26.7	141	24.9	137	24.7	43	7.7	8	4.9	482	19.9

Present job

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Specialist (doctor, lawyer, researcher, engineer, teacher, artist, journalist, etc)	Male	67	24.2	49	17.3	19	10.6	7	11.7	1	20.0	143	17.8
	Female	51	22.7	32	16.5	8	8.1	4	13.8	3	42.9	98	17.7
	Total	118	23.5	81	17.0	27	9.7	11	12.4	4	33.3	241	17.7
Administrative position (higher grade than chief in office, stationmaster, head in school, etc)	Male	57	20.6	77	27.2	30	16.8	8	13.3	0	0	172	21.4
	Female	4	1.8	3	1.5	0	0	1	3.4	1	14.3	9	1.6
	Total	61	12.2	80	16.8	30	10.8	9	10.1	1	8.3	181	13.3
Office work (company, bank, government office, etc)	Male	33	11.9	27	9.5	17	9.5	6	10.0	0	0	83	10.3
	Female	78	34.7	45	23.2	15	15.2	0	0	0	0	138	24.9
	Total	111	22.1	72	15.1	32	11.5	6	6.7	0	0	221	16.3
Engagement in service or selling (clerk, salesman, beauty artist, caterer, etc)	Male	26	9.4	18	6.4	19	10.6	4	6.7	1	20.0	68	8.5
	Female	54	24.0	53	27.3	33	33.3	6	20.7	1	14.3	147	26.5
	Total	80	15.9	71	14.9	52	18.7	10	11.2	2	16.7	215	15.8
Engagement in skilled or labor work (driver, engineering, construction, manufacture, processing, repairment, printing, etc)	Male	74	26.7	84	29.7	66	36.9	15	25.0	1	20.0	240	29.9
	Female	26	11.6	47	24.2	28	28.3	8	27.6	0	0	109	19.7
	Total	100	19.9	131	27.5	94	33.8	23	25.8	1	8.3	349	25.7
Engagement in security (policeman, fire officer, self- defence official)	Male	4	1.4	7	2.5	1	0.6	0	0	0	0	12	1.5
	Female	1	0.4	0	0	0	0	0	0	0	0	1	0.2
	Total	5	1.0	7	1.5	1	0.4	0	0	0	0	13	1.0
Worker in agriculture, forestry and fishery	Male	4	1.4	6	2.1	5	2.8	10	16.7	2	40.0	27	3.4
	Female	3	1.3	3	1.5	6	6.1	5	17.2	2	28.6	19	3.4
	Total	7	1.4	9	1.9	11	4.0	15	16.9	4	33.3	46	3.4
Self-management other than agriculture, forestry and fishery	Male	12	4.3	13	4.6	18	10.1	8	13.3	0	0	51	6.3
	Female	4	1.8	9	4.6	6	6.1	4	13.8	0	0	23	4.2
	Total	16	3.2	22	4.6	24	8.6	12	13.5	0	0	74	5.4
Others	Male	0	0	2	0.7	4	2.2	2	3.3	0	0	8	1.0
	Female	4	1.8	2	1.0	3	3.0	1	3.4	0	0	10	1.8
	Total	4	0.8	4	0.8	7	2.5	3	3.4	0	0	18	1.3
Total	Male	277	100.0	283	100.0	179	100.0	60	100.0	5	100.0	804	100.0
	Female	225	100.0	194	100.0	99	100.0	29	100.0	7	100.0	554	100.0
	Total	502	100.0	477	100.0	278	100.0	89	100.0	12	100.0	1358	100.0

Period of full employment (years)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	22.6	4.1	279	34.9	4.5	289	43.1	4.5	274	45.7	7.8	284	46.1	9.1	74	37.1	10.7	1200
Female	10.0	7.2	295	13.2	10.5	276	19.3	14.6	280	20.7	15.7	270	19.7	18.6	87	16.0	13.6	1208
Total	16.1	8.6	574	24.3	13.5	565	31.1	16.1	554	33.5	17.5	554	31.8	20.0	161	26.5	16.2	2408

Years of education

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.6	2.4	279	13.7	2.5	289	12.5	2.7	274	11.4	2.8	284	10.8	2.8	74	12.9	2.9	1200
Female	13.7	1.9	295	12.9	2.2	277	11.7	2.3	281	10.4	2.3	278	9.8	1.9	88	12.0	2.6	1219
Total	14.1	2.2	574	13.3	2.4	566	12.1	2.5	555	10.9	2.6	562	10.3	2.4	162	12.5	2.8	2419

Marital status

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Unmarried	Male	31	11.1	13	4.5	4	1.5	1	0.4	0	0.0	49	4.1
	Female	23	7.8	6	2.2	6	2.1	11	4.0	4	4.5	50	4.1
	Total	54	9.4	19	3.4	10	1.8	12	2.1	4	2.5	99	4.1
Already married (covers unregistered marriage)	Male	241	86.4	266	92.0	261	95.3	269	94.7	61	82.4	1098	91.5
	Female	260	88.1	247	89.2	234	83.3	154	55.4	27	30.7	922	75.6
	Total	501	87.3	513	90.6	495	89.2	423	75.3	88	54.3	2020	83.5
Separation	Male	3	1.1	1	0.3	0	0.0	2	0.7	0	0.0	6	0.5
	Female	1	0.3	2	0.7	3	1.1	1	0.4	0	0.0	7	0.6
	Total	4	0.7	3	0.5	3	0.5	3	0.5	0	0.0	13	0.5
Divorced	Male	4	1.4	7	2.4	4	1.5	0	0.0	0	0.0	15	1.3
	Female	9	3.1	11	4.0	7	2.5	9	3.2	4	4.5	40	3.3
	Total	13	2.3	18	3.2	11	2.0	9	1.6	4	2.5	55	2.3
Bereavement	Male	0	0.0	2	0.7	5	1.8	12	4.2	13	17.6	32	2.7
	Female	2	0.7	11	4.0	31	11.0	103	37.1	53	60.2	200	16.4
	Total	2	0.3	13	2.3	36	6.5	115	20.5	66	40.7	232	9.6

State of habitation

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Living alone	Male	18	6.5	10	3.5	6	2.2	7	2.5	5	6.8	46	3.8
	Female	7	2.4	6	2.2	19	6.8	62	22.3	27	30.7	121	9.9
	Total	25	4.4	16	2.8	25	4.5	69	12.3	32	19.8	167	6.9
Husband and wife	Male	35	12.5	53	18.3	129	47.1	171	60.2	41	55.4	429	35.8
	Female	28	9.5	73	26.4	132	47.0	90	32.4	18	20.5	341	28.0
	Total	63	11.0	126	22.3	261	47.0	261	46.4	59	36.4	770	31.8
Others	Male	226	81.0	226	78.2	139	50.7	106	37.3	28	37.8	725	60.4
	Female	260	88.1	198	71.5	130	46.3	126	45.3	43	48.9	757	62.1
	Total	486	84.7	424	74.9	269	48.5	232	41.3	71	43.8	1482	61.3

Sum of family annual income

	40-49yr	50-59yr	60-69yr	70-79yr	80yr-	Total
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		N	%	N	%	N	%	N	%	N	%	N	%
Not recorded	Male	1	0.4	2	0.7	2	0.7	4	1.4	1	1.4	10	0.8
	Female	0	0.0	3	1.1	5	1.8	12	4.3	11	12.5	31	2.5
	Total	1	0.2	5	0.9	7	1.3	16	2.8	12	7.4	41	1.7
Less than 1,500,000yen	Male	2	0.7	1	0.3	9	3.3	8	2.8	2	2.7	22	1.8
	Female	6	2.0	3	1.1	8	2.8	17	6.1	12	13.6	46	3.8
	Total	8	1.4	4	0.7	17	3.1	25	4.4	14	8.6	68	2.8
Between 1,500,000 and 2,490,000 yen	Male	1	0.4	1	0.3	10	3.6	30	10.6	3	4.1	45	3.8
	Female	8	2.7	10	3.6	22	7.8	45	16.2	21	23.9	106	8.7
	Total	9	1.6	11	1.9	32	5.8	75	13.3	24	14.8	151	6.2
Between 2,500,000 and 3,490,000 yen	Male	3	1.1	5	1.7	45	16.4	77	27.1	17	23.0	147	12.3
	Female	9	3.1	11	4.0	55	19.6	62	22.3	14	15.9	151	12.4
	Total	12	2.1	16	2.8	100	18.0	139	24.7	31	19.1	298	12.3
Between 3,500,000 and 4,490,000 yen	Male	15	5.4	8	2.8	37	13.5	54	19.0	19	25.7	133	11.1
	Female	9	3.1	16	5.8	44	15.7	44	15.8	8	9.1	121	9.9
	Total	24	4.2	24	4.2	81	14.6	98	17.4	27	16.7	254	10.5
Between 4,500,000 and 5,490,000 yen	Male	34	12.2	14	4.8	32	11.7	35	12.3	14	18.9	129	10.8
	Female	27	9.2	21	7.6	31	11.0	23	8.3	4	4.5	106	8.7
	Total	61	10.6	35	6.2	63	11.4	58	10.3	18	11.1	235	9.7
Between 5,500,000 and 6,490,000 yen	Male	36	12.9	26	9.0	26	9.5	11	3.9	3	4.1	102	8.5
	Female	30	10.2	33	11.9	20	7.1	13	4.7	4	4.5	100	8.2
	Total	66	11.5	59	10.4	46	8.3	24	4.3	7	4.3	202	8.4
Between 6,500,000 and 7,490,000 yen	Male	29	10.4	23	8.0	20	7.3	9	3.2	3	4.1	84	7.0
	Female	42	14.2	21	7.6	18	6.4	13	4.7	1	1.1	95	7.8
	Total	71	12.4	44	7.8	38	6.8	22	3.9	4	2.5	179	7.4
Between 7,500,000 and 8,490,000 yen	Male	41	14.7	40	13.8	15	5.5	15	5.3	1	1.4	112	9.3
	Female	31	10.5	21	7.6	15	5.3	9	3.2	2	2.3	78	6.4
	Total	72	12.5	61	10.8	30	5.4	24	4.3	3	1.9	190	7.9
Between 8,500,000 and 9,990,000 yen	Male	51	18.3	57	19.7	30	10.9	10	3.5	0	0.0	148	12.3
	Female	53	18.0	39	14.1	25	8.9	13	4.7	2	2.3	132	10.8
	Total	104	18.1	96	17.0	55	9.9	23	4.1	2	1.2	280	11.6
Between 10,000,000 and 19,990,000 yen	Male	65	23.3	106	36.7	42	15.3	27	9.5	10	13.5	250	20.8
	Female	74	25.1	92	33.2	31	11.0	25	9.0	6	6.8	228	18.7
	Total	139	24.2	198	35.0	73	13.2	52	9.3	16	9.9	478	19.8
More than 20,000,000 yen	Male	1	0.4	6	2.1	6	2.2	4	1.4	1	1.4	18	1.5
	Female	6	2.0	7	2.5	7	2.5	2	0.7	3	3.4	25	2.1
	Total	7	1.2	13	2.3	13	2.3	6	1.1	4	2.5	43	1.8

Level of satisfaction in annual income

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Very satisfied	Male	16	5.7	21	7.3	37	13.5	30	10.6	11	14.9	115	9.6
	Female	37	12.5	42	15.2	39	13.9	42	15.1	24	27.3	184	15.1
	Total	53	9.2	63	11.1	76	13.7	72	12.8	35	21.6	299	12.4
Satisfied	Male	102	36.6	99	34.3	84	30.7	107	37.7	30	40.5	422	35.2
	Female	96	32.5	95	34.3	101	35.9	131	47.1	36	40.9	459	37.7
	Total	198	34.5	194	34.3	185	33.3	238	42.3	66	40.7	881	36.4
Not determined	Male	71	25.4	88	30.4	88	32.1	88	31.0	21	28.4	356	29.7
	Female	65	22.0	69	24.9	91	32.4	61	21.9	13	14.8	299	24.5
	Total	136	23.7	157	27.7	179	32.3	149	26.5	34	21.0	655	27.1
Unsatisfied	Male	75	26.9	69	23.9	56	20.4	53	18.7	10	13.5	263	21.9
	Female	81	27.5	60	21.7	42	14.9	38	13.7	13	14.8	234	19.2
	Total	156	27.2	129	22.8	98	17.7	91	16.2	23	14.2	497	20.5

Very unsatisfied	Male	15	5.4	12	4.2	9	3.3	6	2.1	2	2.7	44	3.7
	Female	16	5.4	11	4.0	8	2.8	6	2.2	2	2.3	43	3.5
	Total	31	5.4	23	4.1	17	3.1	12	2.1	4	2.5	87	3.6