

VII. Psychological Examinations

1) Depression

1. 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)

2. The World Health Organization Quality of Life Assessment (WHO/QOL-26)

This scale produces scores for four domains related to quality of life: physical health, psychological well-being, social relationships, and environment. It also includes one facet on overall quality of life. All 26 items are rated on a 5-point scale with higher score indicating higher quality of life.

- WHO/QOL-26 subscale 1: physical health (7 items. possible range 7-35)
- WHO/QOL-26 subscale 2: psychological well-being (6 items. possible range 6-30)
- WHO/QOL-26 subscale 3: social relationships (3 items. possible range 3-15)
- WHO/QOL-26 subscale 4: environment (8 items. possible range 8-40)
- WHO/QOL-26 subscale 5: overall quality of life (2 items. possible range 2-10)

3) Personality

1. 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. Psychological Well-Being Scale (PWB)

This scale comprises 43 items (6 options) to measure psychological well-being. This scale consists of 6 dimensions: personal growth, purpose in life, autonomy, environmental mastery, self-acceptance, and positive relations with others. Higher score indicates higher well-being.

- PWB subscale 1 : personal growth (8 items. possible range 8-48)
- PWB subscale 2 : purpose in life (8 items. possible range 8-48)
- PWB subscale 3 : autonomy (8 items. possible range 8-48)
- PWB subscale 4 : self-acceptance (7 items. possible range 7-42)
- PWB subscale 5 : environmental mastery (6 items. possible range 6-36)
- PWB subscale 6 : positive relations with others (6 items. possible range 6-36)

4) Social Relations

1. Social Support

Social support is measured using 12 item scale (4 options). This scale assesses three functional properties of social support (emotional support, instrumental support, and negative support) from two specific social domains (family members/friends or acquaintances). Higher score of the scale means higher perception of each support.

- Social support subscale 1: emotional support from family members (4 items. possible range 4-16)
- Social support subscale 2: instrumental support from family members (4 items. possible range 4-16)
- Social support subscale 3: negative support from family members (4 items. possible range 4-16)
- Social support subscale 4: emotional support from friends or acquaintances (4 items. possible range 4-16)
- Social support subscale 5: instrumental support from friends or acquaintances (4 items. possible range 4-16)
- Social support subscale 6: negative support from friends or acquaintances (4 items. possible range 4-16)

5) Activities of Daily Living (ADL)

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)

[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 IQ scores as low ($EIQ < 80$), middle ($80 \leq EIQ < 120$), and high ($120 \leq EIQ$).

WAIS-R-SF: estimated intelligence quotient (EIQ)

WAIS-R-SF: parameter of distribution by IQ 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 take this test because of the characteristic of the test as a screening 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. Life-events Checklist

By using a life event checklist (38 items), participants are asked to report the occurrence of each event between 5th and 6th 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 5th and 6th examinations (possible range 0-38)

2. Daily Hassles Checklist

By using a daily hassles checklist (25 items), participants are asked to report the face of each hassle between 5th and 6th examinations in the NILS-LSA. Total number of experienced hassles is calculated by summing up the responses to the list.

Total number of daily hassles experienced between 5th and 6th examinations (possible range 0-25)

3. Social and Domestic Activities

To comprehend participants' social and psychological characteristics, the NILS-LSA 6th Wave asked participants to report the extent of the following unpaid activities they were doing in their home and community.

Social activities

Fitness or sports

Hobby

Community events

Environment improvement work

Education or culture

Production or work

Safety management

Support of older adults

Support of raising children

Others

Nothing

Learning activities

Learning activity conducted by private association

School for older conducted by public institution

Extension lecture or learning activity conducted by public institution or university

Learning activity using communication tool

Attending vocational school

Attending university or graduate school

Others

Nothing

Roles in family

Housework

Care for small children

Advise to family member

Income earner

Leader
Care for sick or disabled family member
Others
Nothing

Leisure activities

Reading newspapers
Reading books
Writing
Answering quizzes or solving crossword puzzles
Playing board games or cards
Participating in organized group discussion
Playing musical instruments or singing in chorus
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

4. 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 respond to this scale.

Work commitment scale: total score of 16 items (possible range 16-64/only employed person)

8) Background examinations

Present life worth living

Connection with family
Growth of children or grandchildren
Connection with friends
Work
Housework
Voluntary social activity
Community activity
Saving money
Going out
Learning or study
Religion or spiritual training
Sports
Health maintenance and promotion
Hobby or amusement
Gardening
Others
Nothing

Employment status

Present job (only employed person)
Period of full-time employment (years)
Experience of retirement
Retirement age (only retired person)
Job experience after retirement (only retired person)
Employment status after retirement (only employed person after retirement)
Years of education
Marital status
State of habitation
Sum of family annual income
Level of satisfaction in annual income

1) Depression

1. 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	7.0	7.1	257	6.7	6.7	274	5.7	6.2	276	8.2	7.9	270	7.9	6.8	93	7.0	7.0	1170
Female	7.8	7.3	262	7.7	7.0	249	7.0	6.5	270	8.5	7.4	248	8.8	7.9	96	7.8	7.1	1125
Total	7.4	7.2	519	7.2	6.8	523	6.4	6.4	546	8.3	7.7	518	8.4	7.4	189	7.4	7.1	2295

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	2.2	2.9	257	2.0	2.6	274	1.9	2.4	276	2.9	3.3	270	3.1	2.8	95	2.3	2.8	1172
Female	2.4	2.9	262	2.6	2.6	249	2.4	2.5	270	3.0	3.1	249	3.2	3.3	96	2.7	2.8	1126
Total	2.3	2.9	519	2.3	2.6	523	2.2	2.4	546	2.9	3.2	519	3.2	3.0	191	2.5	2.8	2298

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	1.7	2.4	257	1.7	2.2	274	1.2	2.0	276	1.9	2.5	270	2.1	2.5	94	1.7	2.3	1171
Female	2.0	2.7	262	2.0	2.7	249	1.6	2.3	271	2.2	2.7	248	2.1	2.7	98	2.0	2.6	1128
Total	1.9	2.6	519	1.8	2.5	523	1.4	2.2	547	2.0	2.6	518	2.1	2.6	192	1.8	2.5	2299

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	2.8	2.6	257	2.7	2.6	274	2.3	2.7	276	2.9	2.8	270	2.4	2.4	94	2.7	2.6	1171
Female	3.1	2.7	262	2.9	2.6	249	2.8	2.8	271	3.2	3.0	249	3.2	2.9	98	3.0	2.8	1129
Total	2.9	2.6	519	2.8	2.6	523	2.6	2.7	547	3.0	2.9	519	2.8	2.7	192	2.8	2.7	2300

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	0.3	0.7	257	0.3	0.7	274	0.2	0.6	276	0.4	1.0	270	0.3	0.7	95	0.3	0.8	1172
Female	0.3	0.8	262	0.2	0.6	249	0.2	0.5	271	0.3	0.7	248	0.3	0.7	98	0.2	0.7	1128
Total	0.3	0.7	519	0.2	0.7	523	0.2	0.6	547	0.3	0.9	518	0.3	0.7	193	0.3	0.7	2300

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	226	87.9	246	89.8	252	91.3	223	82.6	79	84.9	1026	87.7
	Female	233	88.9	214	85.9	233	86.3	210	84.7	79	82.3	969	86.1
	Total	459	88.4	460	88.0	485	88.8	433	83.6	158	83.6	1995	86.9
At and above score of 16	Male	31	12.1	28	10.2	24	8.7	47	17.4	14	15.1	144	12.3
	Female	29	11.1	35	14.1	37	13.7	38	15.3	17	17.7	156	13.9
	Total	60	11.6	63	12.0	61	11.2	85	16.4	31	16.4	300	13.1

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	5.2	1.9	257	5.2	1.8	274	5.6	2.0	276	4.9	2.2	270	4.4	2.2	95	5.2	2.0	1172
Female	5.2	2.0	262	5.2	2.1	249	5.4	2.0	270	4.8	2.4	249	4.2	2.3	98	5.1	2.2	1128
Total	5.2	2.0	519	5.2	1.9	523	5.5	2.0	546	4.8	2.3	519	4.3	2.3	193	5.1	2.1	2300

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	1.7	1.1	257	1.8	1.1	274	2.1	1.3	276	1.9	1.3	270	1.9	1.2	95	1.9	1.2	1172
Female	1.7	1.2	262	1.9	1.3	249	2.1	1.2	270	2.1	1.3	249	2.1	1.4	98	2.0	1.3	1128
Total	1.7	1.2	519	1.8	1.2	523	2.1	1.2	546	2.0	1.3	519	2.0	1.3	193	1.9	1.2	2300

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	1.8	0.9	257	1.8	0.9	274	1.9	0.9	276	1.7	1.0	270	1.6	1.0	95	1.8	0.9	1172
Female	1.8	0.9	262	1.8	1.0	249	1.7	1.0	270	1.5	1.0	249	1.4	1.0	98	1.7	1.0	1128
Total	1.8	0.9	519	1.8	0.9	523	1.8	0.9	546	1.6	1.0	519	1.5	1.0	193	1.7	0.9	2300

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	0.5	257	1.7	0.5	274	1.6	0.6	276	1.3	0.7	270	0.9	0.8	95	1.5	0.7	1172
Female	1.7	0.6	262	1.6	0.6	249	1.5	0.6	270	1.2	0.8	249	0.7	0.8	98	1.4	0.7	1128
Total	1.7	0.5	519	1.6	0.6	523	1.6	0.6	546	1.2	0.8	519	0.8	0.8	193	1.5	0.7	2300

2. The World Health Organization Quality of Life Assessment (WHO/QOL-26)

This scale produces scores for four domains related to quality of life: physical health, psychological well-being, social relationships, and environment. It also includes one facet on overall quality of life.
 All 26 items are rated on a 5-point scale with higher score indicating higher quality of life.

WHO/QOL-26 subscale 1: physical health (7 items. possible range 7-35)

	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	25.9	3.8	257	26.3	3.5	273	26.7	3.7	276	25.8	3.9	267	24.6	4.3	95	26.1	3.8	1168
Female	26.2	3.4	262	26.0	3.6	249	26.3	3.8	271	25.3	4.0	249	24.2	4.4	97	25.8	3.8	1128
Total	26.0	3.6	519	26.2	3.5	522	26.5	3.7	547	25.6	4.0	516	24.4	4.3	192	25.9	3.8	2296

WHO/QOL-26 subscale 2: psychological well-being (6 items. possible range 6-30)

	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	21.2	3.6	257	21.4	3.4	273	21.9	3.4	276	21.2	3.9	267	20.4	3.9	95	21.3	3.6	1168
Female	20.6	3.4	262	20.9	3.5	249	21.3	3.4	271	20.9	3.9	249	20.5	3.8	97	20.9	3.6	1128
Total	20.9	3.5	519	21.2	3.5	522	21.6	3.4	547	21.1	3.9	516	20.4	3.9	192	21.1	3.6	2296

WHO/QOL-26 subscale 3: social relationships (3 items, possible range 3-15)

	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	9.7	1.7	257	9.9	1.6	273	10.1	1.5	276	10.1	1.6	267	10.0	1.5	95	10.0	1.6	1168
Female	10.3	1.4	262	10.5	1.4	249	10.6	1.5	271	10.8	1.5	249	11.0	1.6	97	10.6	1.5	1128
Total	10.0	1.6	519	10.2	1.5	522	10.3	1.5	547	10.4	1.6	516	10.5	1.6	192	10.3	1.6	2296

WHO/QOL-26 subscale 4: environment (8 items, possible range 8-40)

	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	27.4	3.8	257	27.8	4.1	273	28.2	3.9	276	27.5	4.3	267	27.3	4.4	95	27.7	4.1	1168
Female	27.7	3.6	262	27.9	3.8	249	28.2	3.8	271	27.7	3.7	249	27.8	4.2	97	27.9	3.8	1128
Total	27.5	3.7	519	27.9	3.9	522	28.2	3.8	547	27.6	4.0	516	27.5	4.3	192	27.8	3.9	2296

WHO/QOL-26 subscale 5: overall quality of life (2 items, possible range 2-10)

	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	6.5	1.5	257	6.5	1.3	273	6.7	1.3	276	6.6	1.3	267	6.4	1.3	95	6.6	1.3	1168
Female	6.5	1.2	262	6.6	1.3	249	6.7	1.3	271	6.5	1.3	248	6.5	1.4	97	6.6	1.3	1127
Total	6.5	1.3	519	6.5	1.3	522	6.7	1.3	547	6.6	1.3	515	6.4	1.3	192	6.6	1.3	2295

3) Personality

1. 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	4.3	257	29.8	4.4	274	30.2	4.4	276	29.3	4.7	270	28.5	4.2	95	29.6	4.5	1172
Female	27.9	4.6	262	29.0	4.6	249	28.8	4.7	271	28.2	5.1	249	27.9	5.2	98	28.4	4.8	1129
Total	28.6	4.5	519	29.4	4.5	523	29.5	4.6	547	28.8	4.9	519	28.2	4.7	193	29.0	4.7	2301

2. Psychological Well-Being Scale (PWB)

This scale comprises 43 items (6 options) to measure psychological well-being. This scale consists of 6 dimensions: personal growth, purpose in life, autonomy, environmental mastery, self-acceptance, and positive relations with others. Higher score indicates higher well-being.

PWB subscale 1: personal growth (8 items, possible range 8-48)

	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	37.1	5.7	257	35.2	5.8	273	34.1	6.2	276	32.3	6.6	266	29.4	6.4	95	34.2	6.5	1167
Female	36.1	6.4	262	34.8	6.5	249	33.5	6.4	271	32.3	6.7	248	32.0	6.7	94	34.0	6.7	1124
Total	36.6	6.1	519	35.0	6.2	522	33.8	6.3	547	32.3	6.7	514	30.7	6.7	189	34.1	6.6	2291

PWB subscale 2: purpose in life (8 items, possible range 8-48)

	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	34.4	7.0	257	34.6	6.8	273	35.7	6.4	276	34.9	6.7	266	33.8	6.7	95	34.8	6.7	1167
Female	32.8	7.4	262	34.4	7.1	249	34.6	6.9	270	34.8	6.8	248	34.8	7.0	95	34.2	7.1	1124
Total	33.6	7.2	519	34.5	7.0	522	35.2	6.7	546	34.9	6.7	514	34.3	6.9	190	34.5	6.9	2291

PWB subscale 3: autonomy (8 items. possible range 8-48)

	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	33.0	5.3	257	33.6	5.3	273	34.3	5.1	276	33.8	5.0	265	33.3	4.9	95	33.6	5.2	1166
Female	31.9	5.7	262	33.0	5.7	249	33.6	5.4	271	33.4	5.2	248	33.7	6.0	95	33.0	5.6	1125
Total	32.4	5.5	519	33.3	5.5	522	34.0	5.3	547	33.6	5.1	513	33.5	5.5	190	33.3	5.4	2291

PWB subscale 4: self-acceptance (7 items. possible range 7-42)

	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	28.5	5.1	257	29.0	4.7	273	29.7	4.7	276	29.1	4.9	265	29.1	5.4	95	29.1	4.9	1166
Female	27.5	5.2	262	28.5	5.5	249	28.8	5.2	271	29.0	5.2	248	29.4	5.0	94	28.5	5.3	1124
Total	28.0	5.2	519	28.8	5.1	522	29.3	5.0	547	29.1	5.0	513	29.3	5.2	189	28.8	5.1	2290

PWB subscale 5: environmental mastery (6 items. possible range 6-36)

	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	25.0	4.2	257	24.8	3.9	273	25.5	3.7	276	25.4	4.3	265	24.6	5.0	95	25.1	4.1	1166
Female	24.6	3.8	262	24.7	4.3	249	25.2	4.2	271	25.2	4.5	248	25.4	5.5	96	25.0	4.3	1126
Total	24.8	4.0	519	24.7	4.1	522	25.3	4.0	547	25.3	4.4	513	25.0	5.3	191	25.1	4.2	2292

PWB subscale 6: positive relations with others (6 items. possible range 6-36)

	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	23.3	4.3	257	23.2	4.2	273	23.6	4.3	276	24.5	4.5	265	23.8	4.3	95	23.7	4.3	1166
Female	24.1	4.3	262	24.2	4.7	249	24.8	4.1	271	25.2	4.5	248	25.1	5.3	95	24.6	4.5	1125
Total	23.7	4.3	519	23.7	4.5	522	24.2	4.3	547	24.8	4.5	513	24.5	4.9	190	24.1	4.4	2291

4) Social Relations

1. Social Support

Social support is measured using 12 item scale (4 options). This scale assesses three functional properties of social support (emotional support, instrumental support, and negative support) from two specific social domains (family members/friends or acquaintances). Higher score of the scale means higher perception of each support.

Social support subscale 1: emotional support from family members (4 items. possible range 4-16)

	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	12.3	2.1	257	12.3	2.2	273	12.5	2.0	276	12.7	2.1	268	12.4	2.8	95	12.4	2.2	1169
Female	12.6	2.1	262	12.8	2.2	249	12.7	2.0	271	13.0	2.3	248	12.5	2.9	97	12.7	2.2	1127
Total	12.4	2.1	519	12.5	2.2	522	12.6	2.0	547	12.8	2.2	516	12.4	2.8	192	12.6	2.2	2296

Social support subscale 2: instrumental support from family members (4 items, possible range 4-16)

	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	12.1	1.9	257	12.1	2.2	273	12.1	2.0	276	12.3	2.0	268	11.7	2.5	95	12.1	2.1	1169
Female	11.9	2.0	262	12.1	2.1	249	12.2	2.0	270	11.8	2.4	249	11.8	2.7	97	12.0	2.2	1127
Total	12.0	2.0	519	12.1	2.1	522	12.1	2.0	546	12.0	2.2	517	11.8	2.6	192	12.0	2.1	2296

Social support subscale 3: negative support from family members (4 items, possible range 4-16)

	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	9.9	2.2	257	9.5	2.3	273	9.2	2.2	276	9.2	2.4	268	8.1	2.5	95	9.3	2.3	1169
Female	10.0	2.1	262	9.6	2.2	249	8.8	2.3	271	8.3	2.6	249	7.9	2.6	97	9.1	2.4	1128
Total	9.9	2.2	519	9.6	2.2	522	9.0	2.3	547	8.8	2.5	517	8.0	2.5	192	9.2	2.4	2297

Social support subscale 4: emotional support from friends or acquaintances (4 items, possible range 4-16)

	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	11.2	2.5	257	11.1	2.3	273	10.8	2.7	276	10.6	2.8	268	10.0	3.1	95	10.8	2.6	1169
Female	12.4	2.3	262	12.4	2.2	249	12.1	2.1	271	12.1	2.4	247	11.4	2.8	97	12.2	2.3	1126
Total	11.8	2.5	519	11.7	2.4	522	11.4	2.5	547	11.3	2.7	515	10.7	3.0	192	11.5	2.6	2295

Social support subscale 5: instrumental support from friends or acquaintances (4 items, possible range 4-16)

	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	8.3	2.6	257	8.7	2.7	273	8.3	2.7	276	8.5	2.8	267	7.9	3.0	95	8.4	2.7	1168
Female	8.9	2.7	262	9.4	2.7	248	9.4	2.7	270	8.9	2.8	248	8.6	3.1	97	9.1	2.8	1125
Total	8.6	2.7	519	9.0	2.7	521	8.8	2.7	546	8.7	2.8	515	8.2	3.0	192	8.7	2.8	2293

Social support subscale 6: negative support from friends or acquaintances (4 items, possible range 4-16)

	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	9.1	2.4	257	8.8	2.2	273	7.8	2.3	276	7.1	2.3	268	6.3	2.1	95	8.0	2.5	1169
Female	8.2	2.2	262	7.9	2.2	249	7.2	2.3	271	6.7	2.2	247	6.3	2.2	97	7.4	2.3	1126
Total	8.7	2.4	519	8.3	2.3	522	7.5	2.3	547	6.9	2.3	515	6.3	2.1	192	7.7	2.4	2295

5) Activities of Daily Living (ADL)

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)

	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	257	12.1	1.2	274	12.0	1.3	276	11.9	1.3	270	11.7	1.7	95	11.9	1.3	1172
Female	12.2	1.1	262	12.3	1.0	249	12.3	1.1	271	12.1	1.5	249	11.6	2.2	98	12.2	1.3	1129
Total	12.1	1.3	519	12.2	1.1	523	12.1	1.2	547	12.0	1.4	519	11.6	2.0	193	12.1	1.3	2301

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 ($EIQ < 80$), middle ($80 \leq EIQ < 120$), and high ($120 \leq EIQ$).

WAIS-R-SF: estimated intelligence quotient (EIQ)

	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	111.9	14.2	255	121.1	10.8	273	119.8	11.5	274	112.2	14.4	267	107.1	12.7	95	115.6	13.6	1164
Female	113.4	14.1	262	122.1	11.2	247	115.8	12.7	269	108.1	14.4	248	103.2	13.9	97	113.8	14.4	1123
Total	112.6	14.2	517	121.6	11.0	520	117.8	12.3	543	110.2	14.5	515	105.1	13.5	192	114.7	14.1	2287

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	3	1.2	0	0.0	1	0.4	5	1.9	0	0.0	9	0.8
	Female	3	1.1	1	0.4	2	0.7	5	2.0	5	5.2	16	1.4
	Total	6	1.2	1	0.2	3	0.6	10	1.9	5	2.6	25	1.1
Middle ($80 \leq EIQ < 120$)	Male	173	67.8	108	39.6	113	41.2	175	65.5	80	84.2	649	55.8
	Female	169	64.5	90	36.4	147	54.6	186	75.0	78	80.4	670	59.7
	Total	342	66.2	198	38.1	260	47.9	361	70.1	158	82.3	1319	57.7
High ($120 \leq EIQ$)	Male	79	31.0	165	60.4	160	58.4	87	32.6	15	15.8	506	43.5
	Female	90	34.4	156	63.2	120	44.6	57	23.0	14	14.4	437	38.9
	Total	169	32.7	321	61.7	280	51.6	144	28.0	29	15.1	943	41.2

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	17.7	5.0	255	19.1	5.1	273	18.6	5.1	274	15.7	5.8	268	14.8	5.5	95	17.5	5.5	1165
Female	16.8	4.9	262	18.3	5.4	248	16.0	5.7	269	13.5	5.5	248	12.5	5.5	98	15.8	5.7	1125
Total	17.2	5.0	517	18.7	5.3	521	17.3	5.5	543	14.6	5.8	516	13.6	5.6	193	16.7	5.7	2290

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	18.2	3.8	255	17.9	4.3	274	16.3	4.6	274	12.8	5.6	268	11.6	5.2	95	15.9	5.3	1166
Female	18.4	3.3	261	18.0	3.6	248	15.2	4.9	269	11.6	5.5	248	11.1	5.9	97	15.4	5.4	1123
Total	18.3	3.6	516	18.0	4.0	522	15.8	4.8	543	12.2	5.6	516	11.3	5.6	192	15.7	5.3	2289

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	14.7	2.1	255	15.0	2.3	274	14.5	2.4	274	11.9	3.5	268	11.5	3.2	95	13.8	3.0	1166
Female	14.8	2.4	262	15.0	2.3	248	13.4	3.0	269	10.7	3.7	248	10.0	3.8	98	13.2	3.5	1125
Total	14.8	2.3	517	15.0	2.3	522	14.0	2.8	543	11.3	3.6	516	10.8	3.6	193	13.5	3.3	2291

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	72.3	10.7	255	68.1	10.9	274	57.3	11.4	274	43.7	11.9	267	36.6	10.1	95	58.3	16.7	1165
Female	76.5	10.9	262	72.5	10.8	247	59.4	11.3	269	43.9	12.3	248	36.8	9.4	98	60.9	18.1	1124
Total	74.4	11.0	517	70.2	11.1	521	58.4	11.4	543	43.8	12.1	515	36.7	9.7	193	59.6	17.4	2289

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	15.7	3.9	255	14.2	4.1	273	12.1	3.2	273	10.6	3.1	267	9.9	2.6	95	12.9	4.1	1163
Female	15.3	3.6	261	14.1	3.8	248	11.6	3.2	266	10.5	2.9	248	9.9	3.1	97	12.6	3.9	1120
Total	15.5	3.8	516	14.2	3.9	521	11.8	3.2	539	10.6	3.0	515	9.9	2.9	192	12.7	4.0	2283

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 take this test because of the characteristic of the test as a screening for dementia.

MMSE: 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	28.0	1.7	272	27.2	2.3	266	26.3	2.3	94	27.4	2.2	632
Female	28.3	1.8	269	27.7	2.1	247	26.7	2.6	97	27.8	2.1	613
Total	28.2	1.8	541	27.5	2.2	513	26.5	2.5	191	27.6	2.2	1245

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	264	97.1	246	92.5	84	89.4
	Female	263	97.8	238	96.4	87	89.7	588	95.9
	Total	527	97.4	484	94.3	171	89.5	1182	94.9
Score of 23 or less	Male	8	2.9	20	7.5	10	10.6	38	6.0
	Female	6	2.2	9	3.6	10	10.3	25	4.1
	Total	14	2.6	29	5.7	20	10.5	63	5.1

7) Other measures

1. Life-events Checklist

By using a life event checklist (38 items), participants are asked to report the occurrence of each event between 5th and 6th 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 5th and 6th examinations (possible range 0-38)

	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	1.5	256	2.2	1.6	274	2.4	1.6	274	1.6	1.3	269	1.7	1.6	96	2.0	1.6	1168
Female	1.8	1.5	262	2.6	1.8	249	2.0	1.6	270	1.7	1.6	249	1.7	1.4	98	2.0	1.6	1128
Total	1.7	1.5	518	2.4	1.7	523	2.2	1.6	544	1.7	1.4	518	1.7	1.5	194	2.0	1.6	2297

2. Daily hassles Checklist

By using a daily hassles checklist (25 items), participants are asked to report the face of each hassle between 5th and 6th examinations in the NILS-LSA.
Total number of experienced hassles is calculated by summing up the responses to the list.

Total number of daily hassles experienced between 5th and 6th examinations (possible range 0-25)

	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	3.1	2.9	256	3.2	3.0	274	2.1	2.3	274	2.1	2.4	269	1.7	1.8	95	2.5	2.7	1168
Female	3.5	2.9	262	2.7	2.4	249	2.1	2.2	270	1.8	1.9	249	1.8	1.8	98	2.4	2.4	1128
Total	3.3	2.9	518	2.9	2.8	523	2.1	2.2	544	2.0	2.2	518	1.8	1.8	193	2.5	2.6	2296

3. Social and Domestic Activities

To comprehend participants' social and psychological characteristics, the NILS-LSA 6th Wave asked participants to report the extent of the following unpaid activities they were doing in their home and community.

Social activities: Fitness or sports

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	146	56.8	167	61.2	153	55.4	150	55.6	66	69.5	682	58.2
	Female	166	63.4	156	62.7	146	53.9	143	57.4	68	70.1	679	60.2
	Total	312	60.1	323	61.9	299	54.7	293	56.5	134	69.8	1361	59.2
Yes	Male	111	43.2	106	38.8	123	44.6	120	44.4	29	30.5	489	41.8
	Female	96	36.6	93	37.3	125	46.1	106	42.6	29	29.9	449	39.8
	Total	207	39.9	199	38.1	248	45.3	226	43.5	58	30.2	938	40.8

Social activities: Hobby

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	225	87.5	235	85.8	223	80.8	212	78.5	70	73.7	965	82.3
	Female	209	79.8	189	75.9	186	68.6	166	66.7	62	63.9	812	72.0
	Total	434	83.6	424	81.1	409	74.8	378	72.8	132	68.8	1777	77.3
Yes	Male	32	12.5	39	14.2	53	19.2	58	21.5	25	26.3	207	17.7
	Female	53	20.2	60	24.1	85	31.4	83	33.3	35	36.1	316	28.0
	Total	85	16.4	99	18.9	138	25.2	141	27.2	60	31.3	523	22.7

Social activities: Community events

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	211	82.1	216	79.1	205	74.3	205	75.9	75	78.9	912	77.9
	Female	215	82.1	203	81.5	216	79.7	211	84.7	91	93.8	936	83.0
	Total	426	82.1	419	80.3	421	77.0	416	80.2	166	86.5	1848	80.4

Yes	Male	46	17.9	57	20.9	71	25.7	65	24.1	20	21.1	259	22.1
	Female	47	17.9	46	18.5	55	20.3	38	15.3	6	6.2	192	17.0
	Total	93	17.9	103	19.7	126	23.0	103	19.8	26	13.5	451	19.6

Social activities: Environment improvement work

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	234	91.1	226	82.8	245	88.8	237	87.8	83	87.4	1025	87.5
	Female	235	89.7	227	91.2	254	93.7	235	94.4	93	95.9	1044	92.6
	Total	469	90.4	453	86.8	499	91.2	472	90.9	176	91.7	2069	90.0
Yes	Male	23	8.9	47	17.2	31	11.2	33	12.2	12	12.6	146	12.5
	Female	27	10.3	22	8.8	17	6.3	14	5.6	4	4.1	84	7.4
	Total	50	9.6	69	13.2	48	8.8	47	9.1	16	8.3	230	10.0

Social activities: Education or culture

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	235	91.4	248	90.8	245	88.8	237	87.8	87	91.6	1052	89.8
	Female	207	79.0	222	89.2	249	91.9	227	91.2	94	96.9	999	88.6
	Total	442	85.2	470	90.0	494	90.3	464	89.4	181	94.3	2051	89.2
Yes	Male	22	8.6	25	9.2	31	11.2	33	12.2	8	8.4	119	10.2
	Female	55	21.0	27	10.8	22	8.1	22	8.8	3	3.1	129	11.4
	Total	77	14.8	52	10.0	53	9.7	55	10.6	11	5.7	248	10.8

Social activities: Production or work

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	254	98.8	262	96.0	241	87.3	225	83.3	83	87.4	1065	90.9
	Female	256	97.7	242	97.2	251	92.6	231	92.8	90	92.8	1070	94.9
	Total	510	98.3	504	96.6	492	89.9	456	87.9	173	90.1	2135	92.9
Yes	Male	3	1.2	11	4.0	35	12.7	45	16.7	12	12.6	106	9.1
	Female	6	2.3	7	2.8	20	7.4	18	7.2	7	7.2	58	5.1
	Total	9	1.7	18	3.4	55	10.1	63	12.1	19	9.9	164	7.1

Social activities: Safety management

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	239	93.0	234	85.7	253	91.7	236	87.4	83	87.4	1045	89.2
	Female	239	91.2	233	93.6	258	95.2	239	96.0	94	96.9	1063	94.2
	Total	478	92.1	467	89.5	511	93.4	475	91.5	177	92.2	2108	91.7
Yes	Male	18	7.0	39	14.3	23	8.3	34	12.6	12	12.6	126	10.8
	Female	23	8.8	16	6.4	13	4.8	10	4.0	3	3.1	65	5.8
	Total	41	7.9	55	10.5	36	6.6	44	8.5	15	7.8	191	8.3

Social activities: Support of older adults

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	255	99.2	270	98.9	269	97.5	263	97.4	94	98.9	1151	98.3
	Female	256	97.7	234	94.0	255	94.1	240	96.4	95	97.9	1080	95.7

No	Male	257	100.0	272	99.6	269	97.5	233	86.6	79	83.2	1110	94.9
	Female	262	100.0	247	99.2	252	93.3	213	85.9	75	76.5	1049	93.1
	Total	519	100.0	519	99.4	521	95.4	446	86.3	154	79.8	2159	94.0
Yes	Male	0	0.0	1	0.4	7	2.5	36	13.4	16	16.8	60	5.1
	Female	0	0.0	2	0.8	18	6.7	35	14.1	23	23.5	78	6.9
	Total	0	0.0	3	0.6	25	4.6	71	13.7	39	20.2	138	6.0

Learning activities: Extension lecture or learning activity conducted by public institution or university

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	252	98.1	259	94.5	258	93.5	247	91.8	90	94.7	1106	94.4
	Female	248	94.7	232	93.2	254	94.1	232	93.5	90	91.8	1056	93.7
	Total	500	96.3	491	93.9	512	93.8	479	92.6	180	93.3	2162	94.1
Yes	Male	5	1.9	15	5.5	18	6.5	22	8.2	5	5.3	65	5.6
	Female	14	5.3	17	6.8	16	5.9	16	6.5	8	8.2	71	6.3
	Total	19	3.7	32	6.1	34	6.2	38	7.4	13	6.7	136	5.9

Learning activities: Learning activity using communication tool

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	242	94.2	263	96.0	261	94.6	255	94.8	90	94.7	1111	94.9
	Female	248	94.7	241	96.8	259	95.9	235	94.8	93	94.9	1076	95.5
	Total	490	94.4	504	96.4	520	95.2	490	94.8	183	94.8	2187	95.2
Yes	Male	15	5.8	11	4.0	15	5.4	14	5.2	5	5.3	60	5.1
	Female	14	5.3	8	3.2	11	4.1	13	5.2	5	5.1	51	4.5
	Total	29	5.6	19	3.6	26	4.8	27	5.2	10	5.2	111	4.8

Learning activities: Attending vocational school

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	256	99.6	273	100.0	275	99.6	269	100.0	95	100.0	1168	99.8
	Female	262	100.0	249	100.0	270	100.0	248	100.0	98	100.0	1127	100.0
	Total	518	99.8	522	100.0	545	99.8	517	100.0	193	100.0	2295	99.9
Yes	Male	1	0.4	0	0.0	1	0.4	0	0.0	0	0.0	2	0.2
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.2	0	0.0	1	0.2	0	0.0	0	0.0	2	0.1

Learning activities: Attending university or graduate school

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	257	100.0	273	100.0	275	99.6	269	100.0	95	100.0	1169	99.9
	Female	261	99.6	249	100.0	270	100.0	248	100.0	98	100.0	1126	99.9
	Total	518	99.8	522	100.0	545	99.8	517	100.0	193	100.0	2295	99.9
Yes	Male	0	0.0	0	0.0	1	0.4	0	0.0	0	0.0	1	0.1
	Female	1	0.4	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Total	1	0.2	0	0.0	1	0.2	0	0.0	0	0.0	2	0.1

Learning activities: Others

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	255	99.2	268	98.2	275	99.6	269	100.0	95	100.0	1162	99.3
	Female	259	98.9	244	98.0	261	96.7	245	98.8	97	99.0	1106	98.1
	Total	514	99.0	512	98.1	536	98.2	514	99.4	192	99.5	2268	98.7
Yes	Male	2	0.8	5	1.8	1	0.4	0	0.0	0	0.0	8	0.7
	Female	3	1.1	5	2.0	9	3.3	3	1.2	1	1.0	21	1.9
	Total	5	1.0	10	1.9	10	1.8	3	0.6	1	0.5	29	1.3

Learning activities: Nothing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	30	11.7	33	12.1	49	17.8	65	24.2	23	24.2	200	17.1
	Female	48	18.3	62	24.9	79	29.3	91	36.7	34	34.7	314	27.9
	Total	78	15.0	95	18.2	128	23.4	156	30.2	57	29.5	514	22.4
Yes	Male	227	88.3	240	87.9	227	82.2	204	75.8	72	75.8	970	82.9
	Female	214	81.7	187	75.1	191	70.7	157	63.3	64	65.3	813	72.1
	Total	441	85.0	427	81.8	418	76.6	361	69.8	136	70.5	1783	77.6

Roles in family: Housework

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	229	89.1	237	86.8	222	80.4	203	75.2	77	81.1	968	82.7
	Female	23	8.8	18	7.2	36	13.3	74	29.7	49	50.0	200	17.7
	Total	252	48.6	255	48.9	258	47.2	277	53.4	126	65.3	1168	50.8
Yes	Male	28	10.9	36	13.2	54	19.6	67	24.8	18	18.9	203	17.3
	Female	239	91.2	231	92.8	235	86.7	175	70.3	49	50.0	929	82.3
	Total	267	51.4	267	51.1	289	52.8	242	46.6	67	34.7	1132	49.2

Roles in family: Care for small children

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	231	89.9	267	97.8	255	92.4	249	92.2	93	97.9	1095	93.5
	Female	208	79.4	226	90.8	231	85.2	236	94.8	97	99.0	998	88.4
	Total	439	84.6	493	94.4	486	88.8	485	93.4	190	98.4	2093	91.0
Yes	Male	26	10.1	6	2.2	21	7.6	21	7.8	2	2.1	76	6.5
	Female	54	20.6	23	9.2	40	14.8	13	5.2	1	1.0	131	11.6
	Total	80	15.4	29	5.6	61	11.2	34	6.6	3	1.6	207	9.0

Roles in family: Advise to family member

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	207	80.5	205	75.1	190	68.8	154	57.0	66	69.5	822	70.2
	Female	144	55.0	146	58.6	186	68.6	182	73.1	82	83.7	740	65.5
	Total	351	67.6	351	67.2	376	68.7	336	64.7	148	76.7	1562	67.9
Yes	Male	50	19.5	68	24.9	86	31.2	116	43.0	29	30.5	349	29.8
	Female	118	45.0	103	41.4	85	31.4	67	26.9	16	16.3	389	34.5
	Total	168	32.4	171	32.8	171	31.3	183	35.3	45	23.3	738	32.1

Roles in family: Income earner

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	36	14.0	30	11.0	147	53.3	214	79.3	82	86.3	509	43.5
	Female	215	82.1	214	85.9	243	89.7	240	96.4	95	96.9	1007	89.2
	Total	251	48.4	244	46.7	390	71.3	454	87.5	177	91.7	1516	65.9
Yes	Male	221	86.0	243	89.0	129	46.7	56	20.7	13	13.7	662	56.5
	Female	47	17.9	35	14.1	28	10.3	9	3.6	3	3.1	122	10.8
	Total	268	51.6	278	53.3	157	28.7	65	12.5	16	8.3	784	34.1

Roles in family: Leader

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	171	66.5	174	63.7	173	62.7	161	59.6	69	72.6	748	63.9
	Female	226	86.3	208	83.5	251	92.6	230	92.4	89	90.8	1004	88.9
	Total	397	76.5	382	73.2	424	77.5	391	75.3	158	81.9	1752	76.2
Yes	Male	86	33.5	99	36.3	103	37.3	109	40.4	26	27.4	423	36.1
	Female	36	13.7	41	16.5	20	7.4	19	7.6	9	9.2	125	11.1
	Total	122	23.5	140	26.8	123	22.5	128	24.7	35	18.1	548	23.8

Roles in family: Care for sick or disabled family member

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	243	94.6	254	93.0	260	94.2	249	92.2	89	93.7	1095	93.5
	Female	241	92.0	217	87.1	236	87.1	223	89.6	89	90.8	1006	89.1
	Total	484	93.3	471	90.2	496	90.7	472	90.9	178	92.2	2101	91.3
Yes	Male	14	5.4	19	7.0	16	5.8	21	7.8	6	6.3	76	6.5
	Female	21	8.0	32	12.9	35	12.9	26	10.4	9	9.2	123	10.9
	Total	35	6.7	51	9.8	51	9.3	47	9.1	15	7.8	199	8.7

Roles in family: Others

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	257	100.0	273	100.0	273	98.9	266	98.5	92	96.8	1161	99.1
	Female	261	99.6	247	99.2	269	99.3	246	98.8	96	98.0	1119	99.1
	Total	518	99.8	520	99.6	542	99.1	512	98.7	188	97.4	2280	99.1
Yes	Male	0	0.0	0	0.0	3	1.1	4	1.5	3	3.2	10	0.9
	Female	1	0.4	2	0.8	2	0.7	3	1.2	2	2.0	10	0.9
	Total	1	0.2	2	0.4	5	0.9	7	1.3	5	2.6	20	0.9

Roles in family: Nothing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	234	91.1	256	93.4	217	78.6	203	75.2	56	58.9	966	82.4
	Female	250	95.4	242	97.2	249	91.9	203	81.5	62	63.3	1006	89.1
	Total	484	93.3	498	95.2	466	85.2	406	78.2	118	61.1	1972	85.7
Yes	Male	23	8.9	18	6.6	59	21.4	67	24.8	39	41.1	206	17.6
	Female	12	4.6	7	2.8	22	8.1	46	18.5	36	36.7	123	10.9
	Total	35	6.7	25	4.8	81	14.8	113	21.8	75	38.9	329	14.3

Leisure activities: Reading newspapers

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	12	4.7	6	2.2	6	2.2	3	1.1	0	0.0	27	2.3
	Female	12	4.6	6	2.4	8	3.0	12	4.8	3	3.2	41	3.6
	Total	24	4.6	12	2.3	14	2.6	15	2.9	3	1.6	68	3.0
Once or several times a year	Male	2	0.8	1	0.4	0	0.0	0	0.0	0	0.0	3	0.3
	Female	3	1.1	0	0.0	1	0.4	0	0.0	1	1.1	5	0.4
	Total	5	1.0	1	0.2	1	0.2	0	0.0	1	0.5	8	0.3
Once or several times a month	Male	5	2.0	3	1.1	2	0.7	0	0.0	0	0.0	10	0.9
	Female	10	3.8	5	2.0	1	0.4	3	1.2	0	0.0	19	1.7
	Total	15	2.9	8	1.5	3	0.6	3	0.6	0	0.0	29	1.3
Once a week	Male	4	1.6	5	1.8	5	1.8	0	0.0	0	0.0	14	1.2
	Female	12	4.6	5	2.0	7	2.6	5	2.0	0	0.0	29	2.6
	Total	16	3.1	10	1.9	12	2.2	5	1.0	0	0.0	43	1.9
Several times a week	Male	15	5.9	25	9.1	10	3.6	7	2.6	1	1.1	58	5.0
	Female	21	8.0	29	11.6	19	7.0	13	5.2	4	4.2	86	7.6
	Total	36	6.9	54	10.3	29	5.3	20	3.9	5	2.7	144	6.3
Everyday	Male	218	85.2	234	85.4	251	91.6	256	96.2	92	98.9	1051	90.4
	Female	204	77.9	204	81.9	235	86.7	216	86.7	87	91.6	946	84.0
	Total	422	81.5	438	83.7	486	89.2	472	91.7	179	95.2	1997	87.2

Leisure activities: Reading books

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	17	6.6	27	9.9	31	11.3	30	11.3	15	16.1	120	10.3
	Female	8	3.1	19	7.6	30	11.1	35	14.1	17	17.9	109	9.7
	Total	25	4.8	46	8.8	61	11.2	65	12.6	32	17.0	229	10.0
Once or several times a year	Male	19	7.4	22	8.0	27	9.9	22	8.3	10	10.8	100	8.6
	Female	21	8.0	14	5.6	21	7.7	21	8.4	1	1.1	78	6.9
	Total	40	7.7	36	6.9	48	8.8	43	8.3	11	5.9	178	7.8
Once or several times a month	Male	38	14.8	48	17.5	46	16.8	43	16.2	11	11.8	186	16.0
	Female	48	18.3	44	17.7	56	20.7	46	18.5	12	12.6	206	18.3
	Total	86	16.6	92	17.6	102	18.7	89	17.3	23	12.2	392	17.1
Once a week	Male	58	22.7	59	21.5	61	22.3	52	19.5	10	10.8	240	20.6
	Female	54	20.6	55	22.1	55	20.3	36	14.5	16	16.8	216	19.2
	Total	112	21.6	114	21.8	116	21.3	88	17.1	26	13.8	456	19.9
Several times a week	Male	65	25.4	69	25.2	67	24.5	62	23.3	25	26.9	288	24.8
	Female	77	29.4	66	26.5	61	22.5	62	24.9	31	32.6	297	26.4
	Total	142	27.4	135	25.8	128	23.5	124	24.1	56	29.8	585	25.6
Everyday	Male	59	23.0	49	17.9	42	15.3	57	21.4	22	23.7	229	19.7
	Female	54	20.6	51	20.5	48	17.7	49	19.7	18	18.9	220	19.5
	Total	113	21.8	100	19.1	90	16.5	106	20.6	40	21.3	449	19.6

Leisure activities: Writing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	172	67.2	176	64.2	122	44.5	104	39.1	39	41.9	613	52.7
	Female	147	56.1	130	52.2	110	40.6	89	35.7	34	35.8	510	45.3

	Total	319	61.6	306	58.5	232	42.6	193	37.5	73	38.8	1123	49.1
Once or several times a year	Male	19	7.4	33	12.0	38	13.9	30	11.3	2	2.2	122	10.5
	Female	28	10.7	24	9.6	30	11.1	9	3.6	4	4.2	95	8.4
	Total	47	9.1	57	10.9	68	12.5	39	7.6	6	3.2	217	9.5
Once or several times a month	Male	21	8.2	20	7.3	30	10.9	19	7.1	4	4.3	94	8.1
	Female	21	8.0	25	10.0	29	10.7	20	8.0	3	3.2	98	8.7
	Total	42	8.1	45	8.6	59	10.8	39	7.6	7	3.7	192	8.4
Once a week	Male	16	6.3	16	5.8	19	6.9	10	3.8	7	7.5	68	5.8
	Female	14	5.3	20	8.0	16	5.9	20	8.0	7	7.4	77	6.8
	Total	30	5.8	36	6.9	35	6.4	30	5.8	14	7.4	145	6.3
Several times a week	Male	11	4.3	10	3.6	15	5.5	21	7.9	3	3.2	60	5.2
	Female	22	8.4	22	8.8	32	11.8	17	6.8	7	7.4	100	8.9
	Total	33	6.4	32	6.1	47	8.6	38	7.4	10	5.3	160	7.0
Everyday	Male	17	6.6	19	6.9	50	18.2	82	30.8	38	40.9	206	17.7
	Female	30	11.5	28	11.2	54	19.9	94	37.8	40	42.1	246	21.8
	Total	47	9.1	47	9.0	104	19.1	176	34.2	78	41.5	452	19.7

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	121	47.3	157	57.3	150	54.7	155	58.3	60	64.5	643	55.3
	Female	88	33.6	83	33.3	105	38.7	125	50.2	51	53.7	452	40.1
	Total	209	40.3	240	45.9	255	46.8	280	54.4	111	59.0	1095	47.8
Once or several times a year	Male	51	19.9	34	12.4	28	10.2	13	4.9	5	5.4	131	11.3
	Female	48	18.3	27	10.8	16	5.9	13	5.2	3	3.2	107	9.5
	Total	99	19.1	61	11.7	44	8.1	26	5.0	8	4.3	238	10.4
Once or several times a month	Male	37	14.5	35	12.8	28	10.2	26	9.8	8	8.6	134	11.5
	Female	34	13.0	33	13.3	35	12.9	17	6.8	5	5.3	124	11.0
	Total	71	13.7	68	13.0	63	11.6	43	8.3	13	6.9	258	11.3
Once a week	Male	33	12.9	32	11.7	34	12.4	37	13.9	8	8.6	144	12.4
	Female	52	19.8	65	26.1	72	26.6	50	20.1	18	18.9	257	22.8
	Total	85	16.4	97	18.5	106	19.4	87	16.9	26	13.8	401	17.5
Several times a week	Male	14	5.5	13	4.7	29	10.6	25	9.4	9	9.7	90	7.7
	Female	31	11.8	26	10.4	24	8.9	23	9.2	13	13.7	117	10.4
	Total	45	8.7	39	7.5	53	9.7	48	9.3	22	11.7	207	9.0
Everyday	Male	0	0.0	3	1.1	5	1.8	10	3.8	3	3.2	21	1.8
	Female	9	3.4	15	6.0	19	7.0	21	8.4	5	5.3	69	6.1
	Total	9	1.7	18	3.4	24	4.4	31	6.0	8	4.3	90	3.9

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	115	44.9	187	68.2	168	61.3	171	64.3	77	82.8	718	61.7
	Female	143	54.6	189	75.9	191	70.5	211	84.7	83	87.4	817	72.6
	Total	258	49.8	376	71.9	359	65.9	382	74.2	160	85.1	1535	67.1
Once or several times a year	Male	80	31.3	37	13.5	37	13.5	32	12.0	3	3.2	189	16.3
	Female	69	26.3	24	9.6	35	12.9	15	6.0	3	3.2	146	13.0
	Total	149	28.8	61	11.7	72	13.2	47	9.1	6	3.2	335	14.6
Once or several times a month	Male	39	15.2	20	7.3	17	6.2	16	6.0	2	2.2	94	8.1
	Female	31	11.8	19	7.6	25	9.2	6	2.4	1	1.1	82	7.3
	Total	70	13.5	39	7.5	42	7.7	22	4.3	3	1.6	176	7.7

Once a week	Male	12	4.7	12	4.4	15	5.5	18	6.8	6	6.5	63	5.4
	Female	5	1.9	6	2.4	9	3.3	4	1.6	2	2.1	26	2.3
	Total	17	3.3	18	3.4	24	4.4	22	4.3	8	4.3	89	3.9
Several times a week	Male	5	2.0	8	2.9	17	6.2	16	6.0	4	4.3	50	4.3
	Female	8	3.1	8	3.2	7	2.6	4	1.6	3	3.2	30	2.7
	Total	13	2.5	16	3.1	24	4.4	20	3.9	7	3.7	80	3.5
Everyday	Male	5	2.0	10	3.6	20	7.3	13	4.9	1	1.1	49	4.2
	Female	6	2.3	3	1.2	4	1.5	9	3.6	3	3.2	25	2.2
	Total	11	2.1	13	2.5	24	4.4	22	4.3	4	2.1	74	3.2

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	139	54.3	168	61.3	150	54.7	164	61.7	72	77.4	693	59.6
	Female	153	58.4	158	63.5	182	67.2	178	71.5	73	76.8	744	66.1
	Total	292	56.4	326	62.3	332	60.9	342	66.4	145	77.1	1437	62.8
Once or several times a year	Male	62	24.2	41	15.0	47	17.2	34	12.8	5	5.4	189	16.3
	Female	59	22.5	43	17.3	28	10.3	18	7.2	5	5.3	153	13.6
	Total	121	23.4	84	16.1	75	13.8	52	10.1	10	5.3	342	14.9
Once or several times a month	Male	37	14.5	43	15.7	53	19.3	42	15.8	14	15.1	189	16.3
	Female	37	14.1	31	12.4	41	15.1	37	14.9	12	12.6	158	14.0
	Total	74	14.3	74	14.1	94	17.2	79	15.3	26	13.8	347	15.2
Once a week	Male	11	4.3	14	5.1	15	5.5	18	6.8	0	0.0	58	5.0
	Female	8	3.1	9	3.6	12	4.4	11	4.4	3	3.2	43	3.8
	Total	19	3.7	23	4.4	27	5.0	29	5.6	3	1.6	101	4.4
Several times a week	Male	6	2.3	6	2.2	6	2.2	7	2.6	2	2.2	27	2.3
	Female	5	1.9	7	2.8	7	2.6	4	1.6	2	2.1	25	2.2
	Total	11	2.1	13	2.5	13	2.4	11	2.1	4	2.1	52	2.3
Everyday	Male	1	0.4	2	0.7	3	1.1	1	0.4	0	0.0	7	0.6
	Female	0	0.0	1	0.4	1	0.4	1	0.4	0	0.0	3	0.3
	Total	1	0.2	3	0.6	4	0.7	2	0.4	0	0.0	10	0.4

Leisure activities: Playing musical instruments or singing in chorus

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	213	83.2	250	91.2	243	88.7	232	87.2	88	94.6	1026	88.2
	Female	197	75.2	211	84.7	233	86.0	192	77.1	75	78.9	908	80.6
	Total	410	79.2	461	88.1	476	87.3	424	82.3	163	86.7	1934	84.5
Once or several times a year	Male	17	6.6	14	5.1	12	4.4	7	2.6	3	3.2	53	4.6
	Female	28	10.7	11	4.4	10	3.7	4	1.6	1	1.1	54	4.8
	Total	45	8.7	25	4.8	22	4.0	11	2.1	4	2.1	107	4.7
Once or several times a month	Male	14	5.5	3	1.1	11	4.0	11	4.1	0	0.0	39	3.4
	Female	10	3.8	10	4.0	8	3.0	13	5.2	6	6.3	47	4.2
	Total	24	4.6	13	2.5	19	3.5	24	4.7	6	3.2	86	3.8
Once a week	Male	5	2.0	2	0.7	2	0.7	7	2.6	0	0.0	16	1.4
	Female	10	3.8	6	2.4	6	2.2	23	9.2	7	7.4	52	4.6
	Total	15	2.9	8	1.5	8	1.5	30	5.8	7	3.7	68	3.0
Several times a week	Male	4	1.6	4	1.5	3	1.1	5	1.9	2	2.2	18	1.5
	Female	10	3.8	8	3.2	9	3.3	11	4.4	5	5.3	43	3.8
	Total	14	2.7	12	2.3	12	2.2	16	3.1	7	3.7	61	2.7
Everyday	Male	3	1.2	1	0.4	3	1.1	4	1.5	0	0.0	11	0.9
	Female	7	2.7	3	1.2	5	1.8	6	2.4	1	1.1	22	2.0

Total	10	1.9	4	0.8	8	1.5	10	1.9	1	0.5	33	1.4
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Leisure activities: Creative activity

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	183	71.5	203	74.1	186	67.9	167	62.8	60	64.5	799	68.7
	Female	148	56.5	149	59.8	134	49.4	128	51.6	54	56.8	613	54.5
	Total	331	63.9	352	67.3	320	58.7	295	57.4	114	60.6	1412	61.7
Once or several times a year	Male	32	12.5	27	9.9	19	6.9	32	12.0	6	6.5	116	10.0
	Female	52	19.8	35	14.1	31	11.4	12	4.8	7	7.4	137	12.2
	Total	84	16.2	62	11.9	50	9.2	44	8.6	13	6.9	253	11.1
Once or several times a month	Male	30	11.7	30	10.9	37	13.5	30	11.3	10	10.8	137	11.8
	Female	38	14.5	39	15.7	50	18.5	40	16.1	20	21.1	187	16.6
	Total	68	13.1	69	13.2	87	16.0	70	13.6	30	16.0	324	14.2
Once a week	Male	6	2.3	11	4.0	21	7.7	15	5.6	6	6.5	59	5.1
	Female	9	3.4	9	3.6	19	7.0	35	14.1	9	9.5	81	7.2
	Total	15	2.9	20	3.8	40	7.3	50	9.7	15	8.0	140	6.1
Several times a week	Male	3	1.2	3	1.1	9	3.3	15	5.6	8	8.6	38	3.3
	Female	8	3.1	13	5.2	24	8.9	19	7.7	3	3.2	67	6.0
	Total	11	2.1	16	3.1	33	6.1	34	6.6	11	5.9	105	4.6
Everyday	Male	2	0.8	0	0.0	2	0.7	7	2.6	3	3.2	14	1.2
	Female	7	2.7	4	1.6	13	4.8	14	5.6	2	2.1	40	3.6
	Total	9	1.7	4	0.8	15	2.8	21	4.1	5	2.7	54	2.4

Leisure activities: Art appreciation

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	46	18.0	62	22.6	71	25.9	102	38.3	50	53.8	331	28.5
	Female	35	13.4	50	20.1	81	29.9	81	32.5	44	46.3	291	25.8
	Total	81	15.6	112	21.4	152	27.9	183	35.5	94	50.0	622	27.2
Once or several times a year	Male	89	34.8	99	36.1	101	36.9	74	27.8	20	21.5	383	32.9
	Female	108	41.2	100	40.2	100	36.9	90	36.1	26	27.4	424	37.7
	Total	197	38.0	199	38.0	201	36.9	164	31.8	46	24.5	807	35.3
Once or several times a month	Male	72	28.1	56	20.4	56	20.4	43	16.2	11	11.8	238	20.5
	Female	64	24.4	60	24.1	47	17.3	41	16.5	12	12.6	224	19.9
	Total	136	26.3	116	22.2	103	18.9	84	16.3	23	12.2	462	20.2
Once a week	Male	28	10.9	24	8.8	21	7.7	25	9.4	1	1.1	99	8.5
	Female	25	9.5	13	5.2	14	5.2	16	6.4	6	6.3	74	6.6
	Total	53	10.2	37	7.1	35	6.4	41	8.0	7	3.7	173	7.6
Several times a week	Male	13	5.1	24	8.8	14	5.1	14	5.3	6	6.5	71	6.1
	Female	11	4.2	16	6.4	16	5.9	10	4.0	5	5.3	58	5.2
	Total	24	4.6	40	7.6	30	5.5	24	4.7	11	5.9	129	5.6
Everyday	Male	8	3.1	9	3.3	11	4.0	8	3.0	5	5.4	41	3.5
	Female	19	7.3	10	4.0	13	4.8	11	4.4	2	2.1	55	4.9
	Total	27	5.2	19	3.6	24	4.4	19	3.7	7	3.7	96	4.2

Leisure activities: Using computers for communication

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	18	7.0	41	15.0	76	27.7	165	62.0	79	84.9	379	32.6

	Female	47	17.9	84	33.7	183	67.5	212	85.1	87	91.6	613	54.4
	Total	65	12.5	125	23.9	259	47.5	377	73.2	166	88.3	992	43.3
Once or several times a year	Male	3	1.2	8	2.9	14	5.1	9	3.4	1	1.1	35	3.0
	Female	9	3.4	18	7.2	10	3.7	3	1.2	0	0.0	40	3.6
	Total	12	2.3	26	5.0	24	4.4	12	2.3	1	0.5	75	3.3
Once or several times a month	Male	15	5.9	18	6.6	24	8.8	10	3.8	4	4.3	71	6.1
	Female	33	12.6	34	13.7	19	7.0	6	2.4	2	2.1	94	8.3
	Total	48	9.3	52	9.9	43	7.9	16	3.1	6	3.2	165	7.2
Once a week	Male	28	10.9	26	9.5	20	7.3	16	6.0	4	4.3	94	8.1
	Female	28	10.7	23	9.2	14	5.2	3	1.2	1	1.1	69	6.1
	Total	56	10.8	49	9.4	34	6.2	19	3.7	5	2.7	163	7.1
Several times a week	Male	52	20.3	55	20.1	37	13.5	23	8.6	1	1.1	168	14.4
	Female	47	17.9	32	12.9	24	8.9	4	1.6	0	0.0	107	9.5
	Total	99	19.1	87	16.6	61	11.2	27	5.2	1	0.5	275	12.0
Everyday	Male	140	54.7	126	46.0	103	37.6	43	16.2	4	4.3	416	35.8
	Female	98	37.4	58	23.3	21	7.7	21	8.4	5	5.3	203	18.0
	Total	238	45.9	184	35.2	124	22.8	64	12.4	9	4.8	619	27.0

Leisure activities: Playing individual sports

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	146	57.0	160	58.4	164	59.9	188	70.7	75	80.6	733	63.0
	Female	203	77.5	217	87.1	233	86.0	206	82.7	91	95.8	950	84.4
	Total	349	67.4	377	72.1	397	72.8	394	76.5	166	88.3	1683	73.5
Once or several times a year	Male	48	18.8	47	17.2	34	12.4	21	7.9	3	3.2	153	13.2
	Female	23	8.8	10	4.0	8	3.0	4	1.6	0	0.0	45	4.0
	Total	71	13.7	57	10.9	42	7.7	25	4.9	3	1.6	198	8.7
Once or several times a month	Male	25	9.8	29	10.6	34	12.4	25	9.4	5	5.4	118	10.1
	Female	6	2.3	3	1.2	9	3.3	8	3.2	1	1.1	27	2.4
	Total	31	6.0	32	6.1	43	7.9	33	6.4	6	3.2	145	6.3
Once a week	Male	22	8.6	24	8.8	22	8.0	15	5.6	4	4.3	87	7.5
	Female	15	5.7	12	4.8	14	5.2	13	5.2	2	2.1	56	5.0
	Total	37	7.1	36	6.9	36	6.6	28	5.4	6	3.2	143	6.2
Several times a week	Male	15	5.9	13	4.7	16	5.8	11	4.1	6	6.5	61	5.2
	Female	14	5.3	6	2.4	7	2.6	15	6.0	1	1.1	43	3.8
	Total	29	5.6	19	3.6	23	4.2	26	5.0	7	3.7	104	4.5
Everyday	Male	0	0.0	1	0.4	4	1.5	6	2.3	0	0.0	11	0.9
	Female	1	0.4	1	0.4	0	0.0	3	1.2	0	0.0	5	0.4
	Total	1	0.2	2	0.4	4	0.7	9	1.7	0	0.0	16	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	194	75.8	226	82.5	240	87.6	243	91.4	91	97.8	994	85.5
	Female	238	90.8	230	92.4	255	94.1	239	96.0	92	96.8	1054	93.6
	Total	432	83.4	456	87.2	495	90.8	482	93.6	183	97.3	2048	89.5
Once or several times a year	Male	30	11.7	15	5.5	11	4.0	6	2.3	0	0.0	62	5.3
	Female	7	2.7	5	2.0	1	0.4	2	0.8	0	0.0	15	1.3
	Total	37	7.1	20	3.8	12	2.2	8	1.6	0	0.0	77	3.4
Once or several times a month	Male	25	9.8	19	6.9	9	3.3	5	1.9	0	0.0	58	5.0
	Female	3	1.1	2	0.8	2	0.7	0	0.0	1	1.1	8	0.7
	Total	28	5.4	21	4.0	11	2.0	5	1.0	1	0.5	66	2.9

Female	0	0.0	0	0.0	1	0.4	1	0.4	1	1.1	3	0.3
Total	0	0.0	0	0.0	1	0.2	1	0.2	1	0.5	3	0.1

Leisure activities: Walking

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	130	50.8	97	35.4	65	23.7	56	21.1	28	30.1	376	32.3
	Female	148	56.5	102	41.0	76	28.0	88	35.3	53	55.8	467	41.5
	Total	278	53.7	199	38.0	141	25.9	144	28.0	81	43.1	843	36.8
Once or several times a year	Male	31	12.1	32	11.7	18	6.6	5	1.9	3	3.2	89	7.7
	Female	30	11.5	21	8.4	16	5.9	7	2.8	4	4.2	78	6.9
	Total	61	11.8	53	10.1	34	6.2	12	2.3	7	3.7	167	7.3
Once or several times a month	Male	25	9.8	39	14.2	41	15.0	24	9.0	7	7.5	136	11.7
	Female	34	13.0	32	12.9	28	10.3	18	7.2	3	3.2	115	10.2
	Total	59	11.4	71	13.6	69	12.7	42	8.2	10	5.3	251	11.0
Once a week	Male	24	9.4	38	13.9	21	7.7	25	9.4	10	10.8	118	10.1
	Female	18	6.9	24	9.6	29	10.7	31	12.4	8	8.4	110	9.8
	Total	42	8.1	62	11.9	50	9.2	56	10.9	18	9.6	228	10.0
Several times a week	Male	27	10.5	28	10.2	58	21.2	64	24.1	19	20.4	196	16.9
	Female	17	6.5	34	13.7	65	24.0	63	25.3	13	13.7	192	17.1
	Total	44	8.5	62	11.9	123	22.6	127	24.7	32	17.0	388	17.0
Everyday	Male	19	7.4	40	14.6	71	25.9	92	34.6	26	28.0	248	21.3
	Female	15	5.7	36	14.5	57	21.0	42	16.9	14	14.7	164	14.6
	Total	34	6.6	76	14.5	128	23.5	134	26.0	40	21.3	412	18.0

Leisure activities: Jogging

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	186	72.7	223	81.4	231	84.3	232	87.2	87	93.5	959	82.5
	Female	243	92.7	232	93.2	257	94.8	240	96.4	94	98.9	1066	94.7
	Total	429	82.8	455	87.0	488	89.5	472	91.7	181	96.3	2025	88.5
Once or several times a year	Male	17	6.6	10	3.6	9	3.3	11	4.1	0	0.0	47	4.0
	Female	10	3.8	8	3.2	2	0.7	2	0.8	0	0.0	22	2.0
	Total	27	5.2	18	3.4	11	2.0	13	2.5	0	0.0	69	3.0
Once or several times a month	Male	11	4.3	13	4.7	13	4.7	6	2.3	2	2.2	45	3.9
	Female	5	1.9	0	0.0	5	1.8	2	0.8	1	1.1	13	1.2
	Total	16	3.1	13	2.5	18	3.3	8	1.6	3	1.6	58	2.5
Once a week	Male	21	8.2	9	3.3	8	2.9	7	2.6	2	2.2	47	4.0
	Female	2	0.8	1	0.4	2	0.7	1	0.4	0	0.0	6	0.5
	Total	23	4.4	10	1.9	10	1.8	8	1.6	2	1.1	53	2.3
Several times a week	Male	16	6.3	14	5.1	6	2.2	5	1.9	2	2.2	43	3.7
	Female	2	0.8	6	2.4	2	0.7	1	0.4	0	0.0	11	1.0
	Total	18	3.5	20	3.8	8	1.5	6	1.2	2	1.1	54	2.4
Everyday	Male	5	2.0	5	1.8	7	2.6	5	1.9	0	0.0	22	1.9
	Female	0	0.0	2	0.8	3	1.1	3	1.2	0	0.0	8	0.7
	Total	5	1.0	7	1.3	10	1.8	8	1.6	0	0.0	30	1.3

Leisure activities: Hiking or climbing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	208	81.3	213	77.7	197	71.9	203	76.3	84	90.3	905	77.8

	Female	228	87.0	201	80.7	198	73.1	216	86.7	93	97.9	936	83.1
	Total	436	84.2	414	79.2	395	72.5	419	81.4	177	94.1	1841	80.4
Once or several times a year	Male	46	18.0	51	18.6	58	21.2	49	18.4	6	6.5	210	18.1
	Female	32	12.2	39	15.7	61	22.5	30	12.0	2	2.1	164	14.6
	Total	78	15.1	90	17.2	119	21.8	79	15.3	8	4.3	374	16.3
Once or several times a month	Male	2	0.8	8	2.9	18	6.6	14	5.3	3	3.2	45	3.9
	Female	1	0.4	9	3.6	10	3.7	1	0.4	0	0.0	21	1.9
	Total	3	0.6	17	3.3	28	5.1	15	2.9	3	1.6	66	2.9
Once a week	Male	0	0.0	2	0.7	1	0.4	0	0.0	0	0.0	3	0.3
	Female	1	0.4	0	0.0	2	0.7	2	0.8	0	0.0	5	0.4
	Total	1	0.2	2	0.4	3	0.6	2	0.4	0	0.0	8	0.3

Leisure activities: Fishing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	187	73.0	207	75.5	213	77.7	226	85.0	89	95.7	922	79.3
	Female	247	94.3	245	98.4	260	95.9	246	98.8	94	98.9	1092	97.0
	Total	434	83.8	452	86.4	473	86.8	472	91.7	183	97.3	2014	88.0
Once or several times a year	Male	57	22.3	47	17.2	43	15.7	19	7.1	2	2.2	168	14.4
	Female	15	5.7	3	1.2	10	3.7	3	1.2	1	1.1	32	2.8
	Total	72	13.9	50	9.6	53	9.7	22	4.3	3	1.6	200	8.7
Once or several times a month	Male	9	3.5	11	4.0	13	4.7	10	3.8	1	1.1	44	3.8
	Female	0	0.0	1	0.4	1	0.4	0	0.0	0	0.0	2	0.2
	Total	9	1.7	12	2.3	14	2.6	10	1.9	1	0.5	46	2.0
Once a week	Male	3	1.2	7	2.6	3	1.1	9	3.4	1	1.1	23	2.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	3	0.6	7	1.3	3	0.6	9	1.7	1	0.5	23	1.0
Several times a week	Male	0	0.0	1	0.4	1	0.4	1	0.4	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	1	0.2	1	0.2	1	0.2	0	0.0	3	0.1
Everyday	Male	0	0.0	1	0.4	1	0.4	1	0.4	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	1	0.2	1	0.2	1	0.2	0	0.0	3	0.1

Leisure activities: Gardening

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	147	57.4	114	41.6	55	20.1	47	17.7	23	24.7	386	33.2
	Female	112	42.7	73	29.3	41	15.1	41	16.5	19	20.0	286	25.4
	Total	259	50.0	187	35.8	96	17.6	88	17.1	42	22.3	672	29.4
Once or several times a year	Male	49	19.1	45	16.4	29	10.6	23	8.6	3	3.2	149	12.8
	Female	37	14.1	23	9.2	9	3.3	10	4.0	5	5.3	84	7.5
	Total	86	16.6	68	13.0	38	7.0	33	6.4	8	4.3	233	10.2
Once or several times a month	Male	37	14.5	47	17.2	61	22.3	31	11.7	9	9.7	185	15.9
	Female	55	21.0	47	18.9	42	15.5	31	12.4	7	7.4	182	16.2
	Total	92	17.8	94	18.0	103	18.9	62	12.0	16	8.5	367	16.0
Once a week	Male	19	7.4	46	16.8	46	16.8	34	12.8	10	10.8	155	13.3
	Female	26	9.9	39	15.7	47	17.3	35	14.1	22	23.2	169	15.0
	Total	45	8.7	85	16.3	93	17.1	69	13.4	32	17.0	324	14.2
Several times a week	Male	3	1.2	16	5.8	46	16.8	64	24.1	25	26.9	154	13.2
	Female	22	8.4	37	14.9	76	28.0	52	20.9	17	17.9	204	18.1

	Total	25	4.8	53	10.1	122	22.4	116	22.5	42	22.3	358	15.6
Everyday	Male	1	0.4	6	2.2	37	13.5	67	25.2	23	24.7	134	11.5
	Female	10	3.8	30	12.0	56	20.7	80	32.1	25	26.3	201	17.9
	Total	11	2.1	36	6.9	93	17.1	147	28.5	48	25.5	335	14.6

Leisure activities: Traveling

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	33	12.9	43	15.7	28	10.2	34	12.8	23	24.7	161	13.8
	Female	40	15.3	21	8.4	25	9.2	41	16.5	36	37.9	163	14.5
	Total	73	14.1	64	12.2	53	9.7	75	14.6	59	31.4	324	14.2
Once or several times a year	Male	189	73.8	197	71.9	186	67.9	189	71.1	56	60.2	817	70.2
	Female	194	74.0	200	80.3	198	73.1	171	68.7	52	54.7	815	72.4
	Total	383	73.9	397	75.9	384	70.5	360	69.9	108	57.4	1632	71.3
Once or several times a month	Male	32	12.5	34	12.4	56	20.4	38	14.3	13	14.0	173	14.9
	Female	26	9.9	26	10.4	43	15.9	35	14.1	6	6.3	136	12.1
	Total	58	11.2	60	11.5	99	18.2	73	14.2	19	10.1	309	13.5
Once a week	Male	2	0.8	0	0.0	3	1.1	3	1.1	0	0.0	8	0.7
	Female	2	0.8	2	0.8	5	1.8	2	0.8	1	1.1	12	1.1
	Total	4	0.8	2	0.4	8	1.5	5	1.0	1	0.5	20	0.9
Several times a week	Male	0	0.0	0	0.0	1	0.4	2	0.8	1	1.1	4	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	1	0.2	2	0.4	1	0.5	4	0.2

4. 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 respond to this scale.

Work commitment scale: total score of 16 items (possible range 16-64/ only employed person)

		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		39.7	5.2	255	39.0	6.0	267	40.0	5.4	174	42.1	5.7	59	42.8	6.9	17	39.8	5.6	772
Female		38.1	5.6	200	38.0	5.4	184	40.1	5.1	109	42.3	5.6	33	46.4	3.0	8	38.9	5.6	534
Total		39.0	5.4	455	38.6	5.8	451	40.1	5.3	283	42.2	5.6	92	44.0	6.1	25	39.4	5.6	1306

8) Background examinations

Present life worth living: Connection with family

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	56	21.8	58	21.2	66	23.9	61	22.6	33	34.7	274	23.4
	Female	75	28.6	65	26.1	67	24.7	93	37.3	59	60.2	359	31.8
	Total	131	25.2	123	23.6	133	24.3	154	29.7	92	47.7	633	27.5
Yes	Male	201	78.2	215	78.8	210	76.1	209	77.4	62	65.3	897	76.6
	Female	187	71.4	184	73.9	204	75.3	156	62.7	39	39.8	770	68.2
	Total	388	74.8	399	76.4	414	75.7	365	70.3	101	52.3	1667	72.5

Present life worth living: Growth of children or grandchildren

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	97	37.7	118	43.1	95	34.4	91	33.7	41	43.2	442	37.7
	Female	80	30.5	88	35.3	83	30.6	81	32.5	48	49.0	380	33.7
	Total	177	34.1	206	39.4	178	32.5	172	33.1	89	46.1	822	35.7
Yes	Male	160	62.3	156	56.9	181	65.6	179	66.3	54	56.8	730	62.3
	Female	182	69.5	161	64.7	188	69.4	168	67.5	50	51.0	749	66.3
	Total	342	65.9	317	60.6	369	67.5	347	66.9	104	53.9	1479	64.3

Present life worth living: Connection with friends

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	164	63.8	160	58.4	142	51.4	114	42.2	58	61.1	638	54.4
	Female	117	44.7	94	37.8	95	35.1	78	31.3	39	39.8	423	37.5
	Total	281	54.1	254	48.6	237	43.3	192	37.0	97	50.3	1061	46.1
Yes	Male	93	36.2	114	41.6	134	48.6	156	57.8	37	38.9	534	45.6
	Female	145	55.3	155	62.2	176	64.9	171	68.7	59	60.2	706	62.5
	Total	238	45.9	269	51.4	310	56.7	327	63.0	96	49.7	1240	53.9

Present life worth living: Work

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	119	46.3	128	46.7	159	57.6	211	78.1	83	87.4	700	59.7
	Female	158	60.3	146	58.6	197	72.7	216	86.7	88	89.8	805	71.3
	Total	277	53.4	274	52.4	356	65.1	427	82.3	171	88.6	1505	65.4
Yes	Male	138	53.7	146	53.3	117	42.4	59	21.9	12	12.6	472	40.3
	Female	104	39.7	103	41.4	74	27.3	33	13.3	10	10.2	324	28.7
	Total	242	46.6	249	47.6	191	34.9	92	17.7	22	11.4	796	34.6

Present life worth living: Housework

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	252	98.1	258	94.5	255	92.4	228	84.4	85	89.5	1078	92.1
	Female	206	78.6	186	74.7	157	57.9	133	53.4	62	63.3	744	65.9
	Total	458	88.2	444	85.1	412	75.3	361	69.6	147	76.2	1822	79.2
Yes	Male	5	1.9	15	5.5	21	7.6	42	15.6	10	10.5	93	7.9
	Female	56	21.4	63	25.3	114	42.1	116	46.6	36	36.7	385	34.1
	Total	61	11.8	78	14.9	135	24.7	158	30.4	46	23.8	478	20.8

Present life worth living: Voluntary social activity

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	247	96.1	246	90.1	238	86.2	219	81.1	82	86.3	1032	88.1
	Female	252	96.2	226	90.8	241	88.9	224	90.0	92	93.9	1035	91.7
	Total	499	96.1	472	90.4	479	87.6	443	85.4	174	90.2	2067	89.9
Yes	Male	10	3.9	27	9.9	38	13.8	51	18.9	13	13.7	139	11.9
	Female	10	3.8	23	9.2	30	11.1	25	10.0	6	6.1	94	8.3
	Total	20	3.9	50	9.6	68	12.4	76	14.6	19	9.8	233	10.1

Present life worth living: Community activity

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	248	96.5	256	93.8	234	84.8	217	80.4	86	90.5	1041	88.9
	Female	254	96.9	236	94.8	254	93.7	234	94.0	90	91.8	1068	94.6
	Total	502	96.7	492	94.3	488	89.2	451	86.9	176	91.2	2109	91.7
Yes	Male	9	3.5	17	6.2	42	15.2	53	19.6	9	9.5	130	11.1
	Female	8	3.1	13	5.2	17	6.3	15	6.0	8	8.2	61	5.4
	Total	17	3.3	30	5.7	59	10.8	68	13.1	17	8.8	191	8.3

Present life worth living: Saving money

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	235	91.4	253	92.7	258	93.5	249	92.2	89	93.7	1084	92.6
	Female	226	86.3	214	85.9	241	88.9	221	88.8	89	90.8	991	87.8
	Total	461	88.8	467	89.5	499	91.2	470	90.6	178	92.2	2075	90.2
Yes	Male	22	8.6	20	7.3	18	6.5	21	7.8	6	6.3	87	7.4
	Female	36	13.7	35	14.1	30	11.1	28	11.2	9	9.2	138	12.2
	Total	58	11.2	55	10.5	48	8.8	49	9.4	15	7.8	225	9.8

Present life worth living: Going out

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	140	54.5	153	55.8	125	45.3	119	44.1	61	64.2	598	51.0
	Female	155	59.2	113	45.4	104	38.4	116	46.6	68	69.4	556	49.2
	Total	295	56.8	266	50.9	229	41.9	235	45.3	129	66.8	1154	50.2
Yes	Male	117	45.5	121	44.2	151	54.7	151	55.9	34	35.8	574	49.0
	Female	107	40.8	136	54.6	167	61.6	133	53.4	30	30.6	573	50.8
	Total	224	43.2	257	49.1	318	58.1	284	54.7	64	33.2	1147	49.8

Present life worth living: Learning or study

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	230	89.5	240	87.9	244	88.4	244	90.4	86	90.5	1044	89.2
	Female	233	88.9	227	91.2	247	91.1	239	96.0	94	95.9	1040	92.1
	Total	463	89.2	467	89.5	491	89.8	483	93.1	180	93.3	2084	90.6
Yes	Male	27	10.5	33	12.1	32	11.6	26	9.6	9	9.5	127	10.8
	Female	29	11.1	22	8.8	24	8.9	10	4.0	4	4.1	89	7.9
	Total	56	10.8	55	10.5	56	10.2	36	6.9	13	6.7	216	9.4

Present life worth living: Religion or spiritual training

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	252	98.1	261	95.6	264	95.7	245	90.7	90	94.7	1112	95.0
	Female	253	96.6	232	93.2	255	94.1	216	86.7	78	79.6	1034	91.6
	Total	505	97.3	493	94.4	519	94.9	461	88.8	168	87.0	2146	93.3
Yes	Male	5	1.9	12	4.4	12	4.3	25	9.3	5	5.3	59	5.0
	Female	9	3.4	17	6.8	16	5.9	33	13.3	20	20.4	95	8.4
	Total	14	2.7	29	5.6	28	5.1	58	11.2	25	13.0	154	6.7

Present life worth living: Sports

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	170	66.1	196	71.8	187	67.8	201	74.4	81	85.3	835	71.3
	Female	212	80.9	199	79.9	203	74.9	208	83.5	87	88.8	909	80.5
	Total	382	73.6	395	75.7	390	71.3	409	78.8	168	87.0	1744	75.8
Yes	Male	87	33.9	77	28.2	89	32.2	69	25.6	14	14.7	336	28.7
	Female	50	19.1	50	20.1	68	25.1	41	16.5	11	11.2	220	19.5
	Total	137	26.4	127	24.3	157	28.7	110	21.2	25	13.0	556	24.2

Present life worth living: Health maintenance and promotion

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	216	84.0	213	78.0	186	67.4	176	65.2	61	64.2	852	72.8
	Female	224	85.5	198	79.5	185	68.3	171	68.7	71	72.4	849	75.2
	Total	440	84.8	411	78.7	371	67.8	347	66.9	132	68.4	1701	74.0
Yes	Male	41	16.0	60	22.0	90	32.6	94	34.8	34	35.8	319	27.2
	Female	38	14.5	51	20.5	86	31.7	78	31.3	27	27.6	280	24.8
	Total	79	15.2	111	21.3	176	32.2	172	33.1	61	31.6	599	26.0

Present life worth living: Hobby or amusement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	134	52.1	127	46.4	157	56.9	152	56.3	56	58.9	626	53.4
	Female	156	59.5	168	67.5	159	58.7	136	54.6	62	63.3	681	60.3
	Total	290	55.9	295	56.4	316	57.8	288	55.5	118	61.1	1307	56.8
Yes	Male	123	47.9	147	53.6	119	43.1	118	43.7	39	41.1	546	46.6
	Female	106	40.5	81	32.5	112	41.3	113	45.4	36	36.7	448	39.7
	Total	229	44.1	228	43.6	231	42.2	231	44.5	75	38.9	994	43.2

Present life worth living: Gardening

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	244	94.9	219	80.2	166	60.1	126	46.7	48	50.5	803	68.6
	Female	238	90.8	185	74.3	143	52.8	137	55.0	54	55.1	757	67.1
	Total	482	92.9	404	77.4	309	56.5	263	50.7	102	52.8	1560	67.8
Yes	Male	13	5.1	54	19.8	110	39.9	144	53.3	47	49.5	368	31.4
	Female	24	9.2	64	25.7	128	47.2	112	45.0	44	44.9	372	32.9
	Total	37	7.1	118	22.6	238	43.5	256	49.3	91	47.2	740	32.2

Present life worth living: Others

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	255	99.2	271	99.3	270	97.8	270	100.0	95	100.0	1161	99.1
	Female	259	98.9	242	97.2	265	97.8	246	98.8	95	96.9	1107	98.1
	Total	514	99.0	513	98.3	535	97.8	516	99.4	190	98.4	2268	98.6
Yes	Male	2	0.8	2	0.7	6	2.2	0	0.0	0	0.0	10	0.9
	Female	3	1.1	7	2.8	6	2.2	3	1.2	3	3.1	22	1.9

Total	5	1.0	9	1.7	12	2.2	3	0.6	3	1.6	32	1.4
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Present life worth living: Nothing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	250	97.3	265	97.1	269	97.5	264	97.8	90	94.7	1138	97.2
	Female	251	95.8	234	94.0	266	98.2	246	98.8	92	93.9	1089	96.5
	Total	501	96.5	499	95.6	535	97.8	510	98.3	182	94.3	2227	96.8
Yes	Male	7	2.7	8	2.9	7	2.5	6	2.2	5	5.3	33	2.8
	Female	11	4.2	15	6.0	5	1.8	3	1.2	6	6.1	40	3.5
	Total	18	3.5	23	4.4	12	2.2	9	1.7	11	5.7	73	3.2

Employment status

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Inoccupation	Male	1	0.4	5	1.8	100	36.2	204	75.6	79	82.3	389	33.2
	Female	6	2.3	1	0.4	39	14.4	117	47.0	66	67.3	229	20.3
	Total	7	1.3	6	1.1	139	25.4	321	61.8	145	74.7	618	26.8
Housewife or househusband	Male	0	0.0	1	0.4	2	0.7	6	2.2	0	0.0	9	0.8
	Female	56	21.4	64	25.7	121	44.6	99	39.8	24	24.5	364	32.2
	Total	56	10.8	65	12.4	123	22.5	105	20.2	24	12.4	373	16.2
Full employment	Male	255	99.2	260	94.9	115	41.7	28	10.4	8	8.3	666	56.8
	Female	69	26.3	63	25.3	27	10.0	12	4.8	3	3.1	174	15.4
	Total	324	62.4	323	61.8	142	26.0	40	7.7	11	5.7	840	36.5
Part time employment	Male	1	0.4	8	2.9	59	21.4	32	11.9	9	9.4	109	9.3
	Female	131	50.0	121	48.6	84	31.0	21	8.4	5	5.1	362	32.1
	Total	132	25.4	129	24.7	143	26.1	53	10.2	14	7.2	471	20.5

Present job (only employed person)

		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	58	22.7	49	18.3	16	9.2	7	11.7	2	11.8	132	17.0
	Female	45	22.5	36	19.6	15	13.5	3	9.1	2	25.0	101	18.8
	Total	103	22.6	85	18.8	31	10.9	10	10.8	4	16.0	233	17.8
Administrative position (higher grade than chief in office, stationmaster, head in school, etc)	Male	56	21.9	82	30.6	34	19.5	5	8.3	0	0	177	22.8
	Female	1	0.5	2	1.1	0	0	1	3.0	1	12.5	5	0.9
	Total	57	12.5	84	18.6	34	11.9	6	6.5	1	4.0	182	13.9
Office work (company, bank, government office, etc)	Male	35	13.7	18	6.7	21	12.1	5	8.3	0	0	79	10.2
	Female	76	38.0	41	22.3	17	15.3	2	6.1	0	0	136	25.4
	Total	111	24.3	59	13.1	38	13.3	7	7.5	0	0	215	16.4
Engagement in service or selling- (clerk, salesman, beauty artist, caterer, etc)	Male	23	9.0	15	5.6	19	10.9	8	13.3	1	5.9	66	8.5
	Female	47	23.5	56	30.4	35	31.5	4	12.1	3	37.5	145	27.1
	Total	70	15.4	71	15.7	54	18.9	12	12.9	4	16.0	211	16.1
Engagement in skilled or labor work (driver, engineering, construction, manufacture, processing, repairment, printing, etc)	Male	70	27.3	79	29.5	58	33.3	17	28.3	2	11.8	226	29.2
	Female	24	12.0	40	21.7	27	24.3	16	48.5	1	12.5	108	20.1
	Total	94	20.6	119	26.3	85	29.8	33	35.5	3	12.0	334	25.5
Engagement in	Male	4	1.6	7	2.6	1	0.6	2	3.3	0	0	14	1.8

security (policeman, fire officer, self-defence official)	Female	0	0	1	0.5	0	0	0	0	0	0	1	0.2
	Total	4	0.9	8	1.8	1	0.4	2	2.2	0	0	15	1.1
Worker in agriculture, forestry and fishery	Male	2	0.8	6	2.2	7	4.0	10	16.7	8	47.1	33	4.3
	Female	2	1.0	2	1.1	7	6.3	4	12.1	1	12.5	16	3.0
	Total	4	0.9	8	1.8	14	4.9	14	15.1	9	36.0	49	3.7
Self-management other than agriculture, forestry and fishery	Male	8	3.1	10	3.7	15	8.6	6	10.0	4	23.5	43	5.5
	Female	3	1.5	5	2.7	9	8.1	3	9.1	0	0	20	3.7
	Total	11	2.4	15	3.3	24	8.4	9	9.7	4	16.0	63	4.8
Others	Male	0	0	2	0.7	3	1.7	0	0	0	0	5	0.6
	Female	2	1.0	1	0.5	1	0.9	0	0	0	0	4	0.7
	Total	2	0.4	3	0.7	4	1.4	0	0	0	0	9	0.7
Total	Male	256	100.0	268	100.0	174	100.0	60	100.0	17	100.0	775	100.0
	Female	200	100.0	184	100.0	111	100.0	33	100.0	8	100.0	536	100.0
	Total	456	100.0	452	100.0	285	100.0	93	100.0	25	100.0	1311	100.0

Period of full-time 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	23.3	3.6	257	34.3	4.6	274	42.7	5.4	276	44.3	7.6	270	44.4	9.9	95	37.0	10.1	1172
Female	10.2	7.3	261	12.0	10.6	249	16.5	14.0	271	19.4	15.5	248	20.6	17.5	98	15.0	13.3	1127
Total	16.7	8.7	518	23.7	13.7	523	29.7	16.8	547	32.4	17.3	518	32.3	18.6	193	26.2	16.1	2299

Experience of retirement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
		Not recorded	Male	0	0.0	1	0.4	0	0.0	0	0.0	1	1.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	1	1.0	1	0.1
	Total	0	0.0	1	0.2	0	0.0	0	0.0	2	1.0	3	0.1
Yes	Male	0	0.0	3	1.1	176	63.8	202	74.8	69	71.9	450	38.4
	Female	0	0.0	0	0.0	43	15.9	60	24.1	23	23.5	126	11.2
	Total	0	0.0	3	0.6	219	40.0	262	50.5	92	47.4	576	25.0
No	Male	257	100.0	270	98.5	100	36.2	68	25.2	26	27.1	721	61.5
	Female	262	100.0	249	100.0	228	84.1	189	75.9	74	75.5	1002	88.8
	Total	519	100.0	519	99.2	328	60.0	257	49.5	100	51.5	1723	74.8

Retirement age (only retired person)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
50-54yr	Male	2	66.7	0	0.0	0	0.0	1	1.4	3	0.7
	Female	0	0	0	0.0	2	3.3	1	4.3	3	2.4
	Total	2	66.7	0	0.0	2	0.8	2	2.2	6	1.0
55-59yr	Male	1	33.3	5	2.8	19	9.4	30	43.5	55	12.2
	Female	0	0	0	0.0	10	16.7	7	30.4	17	13.5
	Total	1	33.3	5	2.3	29	11.1	37	40.2	72	12.5
60-64yr	Male	0	0.0	162	92.0	164	81.2	31	44.9	357	79.3
	Female	0	0	41	95.3	39	65.0	13	56.5	93	73.8
	Total	0	0.0	203	92.7	203	77.5	44	47.8	450	78.1
65yr-	Male	0	0.0	9	5.1	19	9.4	7	10.1	35	7.8
	Female	0	0	2	4.7	9	15.0	2	8.7	13	10.3
	Total	0	0.0	11	5.0	28	10.7	9	9.8	48	8.3

Job experience after retirement (only retired person)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Employed all the time	Male	3	100.0	83	47.2	19	9.4	3	4.3	108	24.0
	Female	0	0	14	32.6	3	5.0	1	4.3	18	14.3
	Total	3	100.0	97	44.3	22	8.4	4	4.3	126	21.9
Employed at intervals	Male	0	0.0	56	31.8	110	54.5	51	73.9	217	48.2
	Female	0	0	12	27.9	26	43.3	10	43.5	48	38.1
	Total	0	0.0	68	31.1	136	51.9	61	66.3	265	46.0
Inoccupation all the time	Male	0	0.0	37	21.0	73	36.1	15	21.7	125	27.8
	Female	0	0	17	39.5	31	51.7	12	52.2	60	47.6
	Total	0	0.0	54	24.7	104	39.7	27	29.3	185	32.1

Employment status after retirement (only employed person after retirement)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Not recorded	Male	0	0.0	0	0.0	1	0.8	0	0.0	1	0.3
	Female	0	0	0	0.0	0	0.0	1	9.1	1	1.5
	Total	0	0.0	0	0.0	1	0.6	1	1.5	2	0.5
Full-time	Male	3	100.0	73	52.5	46	35.7	24	44.4	146	44.9
	Female	0	0	6	23.1	6	20.7	4	36.4	16	24.2
	Total	3	100.0	79	47.9	52	32.9	28	43.1	162	41.4
Part-time	Male	0	0.0	46	33.1	52	40.3	18	33.3	116	35.7
	Female	0	0	17	65.4	20	69.0	5	45.5	42	63.6
	Total	0	0.0	63	38.2	72	45.6	23	35.4	158	40.4
Both full-time and part-time	Male	0	0.0	20	14.4	30	23.3	12	22.2	62	19.1
	Female	0	0	3	11.5	3	10.3	1	9.1	7	10.6
	Total	0	0.0	23	13.9	33	20.9	13	20.0	69	17.6

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	14.5	2.4	257	13.9	2.5	274	12.8	2.8	276	11.6	2.9	270	10.8	2.8	96	13.0	2.9	1173
Female	13.7	1.9	261	13.1	2.0	249	11.8	2.4	271	10.8	2.4	249	9.8	2.0	98	12.1	2.5	1128
Total	14.1	2.2	518	13.5	2.3	523	12.3	2.6	547	11.2	2.7	519	10.3	2.5	194	12.6	2.8	2301

Marital status

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Unmarried	Male	31	12.1	11	4.0	4	1.4	0	0.0	1	1.0	47	4.0
	Female	25	9.5	4	1.6	5	1.8	5	2.0	4	4.1	43	3.8
	Total	56	10.8	15	2.9	9	1.6	5	1.0	5	2.6	90	3.9
Already married (covers unregistered marriage)	Male	219	85.2	254	92.7	260	94.2	259	95.9	82	85.4	1074	91.6
	Female	225	85.9	225	90.4	230	84.9	145	58.2	30	30.6	855	75.7
	Total	444	85.5	479	91.6	490	89.6	404	77.8	112	57.7	1929	83.8
Separation	Male	2	0.8	0	0.0	3	1.1	0	0.0	0	0.0	5	0.4
	Female	2	0.8	1	0.4	2	0.7	1	0.4	1	1.0	7	0.6
	Total	4	0.8	1	0.2	5	0.9	1	0.2	1	0.5	12	0.5
Divorced	Male	5	1.9	6	2.2	4	1.4	1	0.4	0	0.0	16	1.4

	Female	8	3.1	10	4.0	8	3.0	8	3.2	3	3.1	37	3.3
	Total	13	2.5	16	3.1	12	2.2	9	1.7	3	1.5	53	2.3
Bereavement	Male	0	0.0	3	1.1	5	1.8	10	3.7	13	13.5	31	2.6
	Female	2	0.8	9	3.6	26	9.6	90	36.1	60	61.2	187	16.6
	Total	2	0.4	12	2.3	31	5.7	100	19.3	73	37.6	218	9.5

State of habitation

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Living alone	Male	12	4.7	17	6.2	10	3.6	7	2.6	7	7.3	53	4.5
	Female	8	3.1	8	3.2	18	6.6	48	19.3	39	39.8	121	10.7
	Total	20	3.9	25	4.8	28	5.1	55	10.6	46	23.7	174	7.6
Husband and wife	Male	25	9.7	46	16.8	140	50.7	166	61.5	51	53.1	428	36.5
	Female	25	9.5	56	22.5	113	41.7	85	34.1	14	14.3	293	26.0
	Total	50	9.6	102	19.5	253	46.3	251	48.4	65	33.5	721	31.3
Others	Male	220	85.6	211	77.0	126	45.7	97	35.9	38	39.6	692	59.0
	Female	229	87.4	185	74.3	140	51.7	116	46.6	45	45.9	715	63.3
	Total	449	86.5	396	75.7	266	48.6	213	41.0	83	42.8	1407	61.1

Sum of family annual income

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not recorded	Male	1	0.4	2	0.7	1	0.4	2	0.7	5	5.2	11	0.9
	Female	4	1.5	2	0.8	3	1.1	11	4.4	13	13.3	33	2.9
	Total	5	1.0	4	0.8	4	0.7	13	2.5	18	9.3	44	1.9
Less than 1,500,000yen	Male	2	0.8	3	1.1	3	1.1	9	3.3	3	3.1	20	1.7
	Female	3	1.1	3	1.2	8	3.0	19	7.6	20	20.4	53	4.7
	Total	5	1.0	6	1.1	11	2.0	28	5.4	23	11.9	73	3.2
Between 1,500,000 and 2,490,000 yen	Male	1	0.4	4	1.5	18	6.5	30	11.1	9	9.4	62	5.3
	Female	7	2.7	10	4.0	15	5.5	28	11.2	16	16.3	76	6.7
	Total	8	1.5	14	2.7	33	6.0	58	11.2	25	12.9	138	6.0
Between 2,500,000 and 3,490,000 yen	Male	7	2.7	6	2.2	56	20.3	70	25.9	20	20.8	159	13.6
	Female	8	3.1	11	4.4	51	18.8	54	21.7	19	19.4	143	12.7
	Total	15	2.9	17	3.3	107	19.6	124	23.9	39	20.1	302	13.1
Between 3,500,000 and 4,490,000 yen	Male	13	5.1	12	4.4	41	14.9	53	19.6	23	24.0	142	12.1
	Female	8	3.1	22	8.8	54	19.9	39	15.7	8	8.2	131	11.6
	Total	21	4.0	34	6.5	95	17.4	92	17.7	31	16.0	273	11.9
Between 4,500,000 and 5,490,000 yen	Male	22	8.6	23	8.4	27	9.8	30	11.1	9	9.4	111	9.5
	Female	33	12.6	21	8.4	28	10.3	23	9.2	7	7.1	112	9.9
	Total	55	10.6	44	8.4	55	10.1	53	10.2	16	8.2	223	9.7
Between 5,500,000 and 6,490,000 yen	Male	37	14.4	28	10.2	31	11.2	15	5.6	5	5.2	116	9.9
	Female	33	12.6	28	11.2	30	11.1	17	6.8	0	0.0	108	9.6
	Total	70	13.5	56	10.7	61	11.2	32	6.2	5	2.6	224	9.7
Between 6,500,000 and 7,490,000 yen	Male	32	12.5	19	6.9	18	6.5	10	3.7	7	7.3	86	7.3
	Female	27	10.3	17	6.8	23	8.5	16	6.4	2	2.0	85	7.5
	Total	59	11.4	36	6.9	41	7.5	26	5.0	9	4.6	171	7.4
Between 7,500,000 and 8,490,000 yen	Male	45	17.5	38	13.9	19	6.9	10	3.7	5	5.2	117	10.0
	Female	30	11.5	20	8.0	10	3.7	6	2.4	2	2.0	68	6.0
	Total	75	14.5	58	11.1	29	5.3	16	3.1	7	3.6	185	8.0
Between 8,500,000 and 9,990,000 yen	Male	37	14.4	41	15.0	22	8.0	16	5.9	5	5.2	121	10.3
	Female	32	12.2	35	14.1	24	8.9	9	3.6	2	2.0	102	9.0

	Total	69	13.3	76	14.5	46	8.4	25	4.8	7	3.6	223	9.7
Between 10,000,000 and 19,990,000 yen	Male	58	22.6	87	31.8	37	13.4	23	8.5	3	3.1	208	17.7
	Female	72	27.5	76	30.5	22	8.1	24	9.6	8	8.2	202	17.9
	Total	130	25.0	163	31.2	59	10.8	47	9.1	11	5.7	410	17.8
More than 20,000,000 yen	Male	2	0.8	11	4.0	3	1.1	2	0.7	2	2.1	20	1.7

Sum of family annual income

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
More than 20,000,000 yen	Female	5	1.9	4	1.6	3	1.1	3	1.2	1	1.0	16	1.4
	Total	7	1.3	15	2.9	6	1.1	5	1.0	3	1.5	36	1.6

Level of satisfaction in annual income

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not recorded	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	2	0.8	0	0.0	0	0.0	0	0.0	0	0.0	2	0.2
	Total	2	0.4	0	0.0	0	0.0	0	0.0	0	0.0	2	0.1
Very satisfied	Male	19	7.4	25	9.1	24	8.7	27	10.0	10	10.4	105	9.0
	Female	27	10.3	30	12.0	31	11.4	26	10.4	23	23.5	137	12.1
	Total	46	8.9	55	10.5	55	10.1	53	10.2	33	17.0	242	10.5
Satisfied	Male	77	30.0	82	29.9	101	36.6	95	35.2	46	47.9	401	34.2
	Female	83	31.7	89	35.7	106	39.1	119	47.8	41	41.8	438	38.8
	Total	160	30.8	171	32.7	207	37.8	214	41.2	87	44.8	839	36.4
Not determined	Male	61	23.7	74	27.0	71	25.7	81	30.0	25	26.0	312	26.6
	Female	68	26.0	63	25.3	83	30.6	66	26.5	22	22.4	302	26.7
	Total	129	24.9	137	26.2	154	28.2	147	28.3	47	24.2	614	26.7
Unsatisfied	Male	69	26.8	73	26.6	67	24.3	56	20.7	11	11.5	276	23.5
	Female	59	22.5	56	22.5	42	15.5	31	12.4	9	9.2	197	17.4
	Total	128	24.7	129	24.7	109	19.9	87	16.8	20	10.3	473	20.5
Very unsatisfied	Male	31	12.1	20	7.3	13	4.7	11	4.1	4	4.2	79	6.7
	Female	23	8.8	11	4.4	9	3.3	7	2.8	3	3.1	53	4.7
	Total	54	10.4	31	5.9	22	4.0	18	3.5	7	3.6	132	5.7