

VII. Psychological Examinations

1) Depression

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

The Japanese version of the scale, same as the original, comprises 20 items with 4 options. 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 considered 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 including: 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 scores indicate 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. Self-Esteem Scale

This scale comprises 10 items (4 options) to measure self-regard, an evaluation of one's own worth. 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, self-acceptance, environmental mastery, and positive relations with others. Higher scores indicate 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)

3. Attitude toward Death Scale for the middle-aged and older Adults (ATDS-A)

Multidimensional attitudes toward death are measured using 31-item scale (5 options). Five subscales and an extra two indices of the scale are as follows: fear of death, belief in existence of afterlife, intention to live out own life, 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.

NOTE: Construction of this scale was partially revised from the seventh wave.

ATDS-A subscale 1: fear of death (9 items, possible range 9-45)
ATDS-A subscale 2: belief in existence of afterlife (4 items, possible range 4-20)
ATDS-A subscale 3: intention to live out own life (4 items, possible range 4-20)
ATDS-A subscale 4: meaning of death for life (5 items, possible range 5-25)
ATDS-A subscale 5: approval of death with dignity (3 items, possible range 3-15)
ATDS-A item 29: experience of thinking over death (1 item, possible range 1-5)
ATDS-A item 30: frequency of thinking about death (1 item, possible range 1-5)

4) Social Relations

1. Social Support

Social support is measured using a 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). A higher score means higher perception of 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 13 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 EIQ scores as low (EIQ<80), middle (80≤EIQ<120), and high (120≤EIQ).

WAIS-R-SF: estimated intelligence quotient (EIQ)
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 take this test because the characteristics of the test serve as 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 (39 items), participants are asked to report the occurrence of each event between the 6th and 7th examinations in the NILS-LSA. Total number of events experienced is calculated by summing up the responses to the list.

Total number of life events experienced between 6th and 7th examinations (possible range 0-39)

2. Daily Hassles Checklist

By using a daily hassles checklist (25 items), participants are asked to report the experiences of each hassle between the 6th and 7th examinations in the NILS-LSA. Total number of hassles experienced is calculated by summing up the responses to the list.

Total number of daily hassles experienced between 6th and 7th examinations (possible range 0-25)

3. Social and Domestic Activities

To comprehend participants' social and psychological characteristics, the NILS-LSA seventh 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

Male	1.8	2.2	268	1.5	2.2	265	1.4	2.1	284	1.6	2.3	262	1.9	2.3	99	1.6	2.2	1178
Female	1.8	2.6	276	1.8	2.6	260	1.6	2.5	265	1.7	2.4	246	2.9	3.5	105	1.8	2.6	1152
Total	1.8	2.4	544	1.7	2.4	525	1.5	2.3	549	1.7	2.3	508	2.4	3.0	204	1.7	2.4	2330

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	2.5	268	2.7	2.7	265	2.3	2.4	284	2.7	2.7	262	3.2	3.0	99	2.7	2.6	1178
Female	2.9	2.5	276	2.8	2.8	260	2.9	2.7	265	2.9	2.6	246	3.5	2.8	105	2.9	2.6	1152
Total	2.8	2.5	544	2.7	2.7	525	2.6	2.6	549	2.8	2.7	508	3.4	2.9	204	2.8	2.6	2330

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	268	0.2	0.6	265	0.2	0.6	284	0.3	0.6	262	0.3	0.7	99	0.3	0.6	1178
Female	0.2	0.7	276	0.2	0.7	260	0.2	0.6	265	0.3	0.7	246	0.4	0.9	105	0.2	0.7	1152
Total	0.3	0.7	544	0.2	0.6	525	0.2	0.6	549	0.3	0.7	508	0.4	0.8	204	0.2	0.7	2330

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	239	89.2	238	89.8	264	93.0	226	86.6	80	80.8	1047	89.0
	Female	249	90.2	232	89.2	239	90.2	208	84.6	74	70.5	1002	87.0
	Total	488	89.7	470	89.5	503	91.6	434	85.6	154	75.5	2049	88.0
At and above score of 16	Male	29	10.8	27	10.2	20	7.0	35	13.4	19	19.2	130	11.0
	Female	27	9.8	28	10.8	26	9.8	38	15.4	31	29.5	150	13.0
	Total	56	10.3	55	10.5	46	8.4	73	14.4	50	24.5	280	12.0

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	268	5.4	1.9	265	5.6	2.0	284	5.2	2.1	262	4.6	2.3	99	5.3	2.0	1178
Female	5.3	2.1	276	5.4	2.1	260	5.6	2.1	263	5.1	2.3	246	4.4	2.4	104	5.3	2.2	1149
Total	5.3	2.0	544	5.4	2.0	525	5.6	2.0	547	5.2	2.2	508	4.5	2.3	203	5.3	2.1	2327

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	1.2	268	1.9	1.1	265	2.1	1.2	284	2.1	1.2	262	1.9	1.3	99	1.9	1.2	1178
Female	1.8	1.2	276	1.9	1.2	260	2.1	1.1	264	2.1	1.3	246	2.2	1.3	104	2.0	1.2	1150
Total	1.8	1.2	544	1.9	1.2	525	2.1	1.2	548	2.1	1.2	508	2.0	1.3	203	2.0	1.2	2328

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	268	1.8	0.9	265	1.9	0.9	284	1.8	1.0	262	1.8	0.9	99	1.8	0.9	1178
Female	1.9	0.9	276	1.8	1.0	260	1.8	1.0	264	1.7	1.0	246	1.4	1.0	104	1.8	1.0	1150
Total	1.9	0.9	544	1.8	0.9	525	1.9	0.9	548	1.8	1.0	508	1.6	1.0	203	1.8	0.9	2328

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	268	1.6	0.6	265	1.6	0.6	284	1.3	0.7	262	0.9	0.8	99	1.5	0.7	1178
Female	1.6	0.6	276	1.6	0.6	260	1.6	0.6	265	1.4	0.8	246	0.9	0.8	104	1.5	0.7	1151
Total	1.6	0.6	544	1.6	0.6	525	1.6	0.6	549	1.4	0.7	508	0.9	0.8	203	1.5	0.7	2329

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	29.5	4.5	268	30.1	4.7	265	30.9	4.4	284	29.2	4.0	262	29.4	5.2	99	29.9	4.5	1178
Female	28.1	4.8	276	28.7	5.0	260	28.8	4.5	264	28.4	4.5	246	27.6	5.4	104	28.4	4.8	1150
Total	28.8	4.7	544	29.4	4.9	525	29.9	4.6	548	28.8	4.3	508	28.5	5.4	203	29.2	4.7	2328

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, self-acceptance, environmental mastery, 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	37.0	6.0	268	35.7	6.0	265	34.8	6.3	284	33.4	6.4	261	30.5	6.3	98	34.8	6.4	1176

Female	36.4	6.3	276	35.1	6.5	260	33.3	6.1	264	33.2	6.4	245	31.5	6.4	104	34.3	6.5	1149
Total	36.7	6.1	544	35.4	6.3	525	34.1	6.3	548	33.3	6.4	506	31.0	6.3	202	34.5	6.5	2325

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	34.0	7.2	268	34.6	7.1	265	36.4	6.5	284	35.3	6.0	261	34.0	7.2	98	35.0	6.8	1176
Female	33.2	7.6	276	34.0	7.3	260	34.6	6.6	263	34.8	6.6	245	34.1	7.1	104	34.1	7.1	1148
Total	33.6	7.4	544	34.3	7.2	525	35.5	6.6	547	35.1	6.3	506	34.0	7.1	202	34.6	6.9	2324

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	33.3	5.7	268	33.7	5.5	265	34.8	5.0	284	34.0	4.8	261	34.2	4.7	98	34.0	5.2	1176
Female	31.6	5.6	276	32.9	5.7	260	33.4	5.3	264	33.5	5.5	245	33.3	5.2	104	32.9	5.5	1149
Total	32.4	5.7	544	33.3	5.7	525	34.1	5.2	548	33.8	5.1	506	33.8	4.9	202	33.4	5.4	2325

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	28.6	5.0	268	28.8	5.1	265	30.3	5.0	284	29.2	4.5	260	30.0	4.8	98	29.3	5.0	1175
Female	27.7	5.3	276	28.1	5.3	260	28.8	4.7	264	29.1	4.8	245	29.0	5.4	104	28.5	5.1	1149
Total	28.1	5.2	544	28.4	5.2	525	29.6	4.9	548	29.2	4.7	505	29.5	5.2	202	28.9	5.0	2324

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	25.1	3.9	268	24.8	3.9	265	26.0	4.2	284	25.5	3.9	261	25.3	4.1	98	25.3	4.0	1176
Female	24.6	3.8	276	25.0	4.2	260	25.2	4.2	264	25.8	4.1	245	25.1	4.6	104	25.1	4.1	1149
Total	24.8	3.8	544	24.9	4.1	525	25.6	4.2	548	25.6	4.0	506	25.2	4.4	202	25.2	4.1	2325

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	23.6	4.0	268	23.3	4.6	265	24.1	4.5	284	24.8	3.9	261	24.5	4.2	98	24.0	4.3	1176
Female	24.2	4.3	276	24.1	4.7	260	24.5	4.2	263	25.4	4.2	244	25.8	4.6	104	24.6	4.4	1147
Total	23.9	4.2	544	23.7	4.7	525	24.3	4.3	547	25.1	4.1	505	25.2	4.4	202	24.3	4.4	2323

3. Attitude toward Death Scale for the middle-aged and older Adults (ATDS-A)

Multidimensional attitudes toward death are measured using 31-item scale (5 options). Five subscales and extra two indices of the scale are as follows: fear of death, belief in existence of afterlife, intention to live out own life, 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.

NOTE: Construction of this scale was partially revised from 7th Wave.

ATDS-A 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	24.9	7.7	267	22.9	7.2	264	21.4	6.8	271	21.1	6.9	234	20.7	7.8	89	22.5	7.4	1125
Female	24.2	8.0	276	22.7	7.3	252	21.5	7.0	248	20.7	7.1	218	20.0	7.8	92	22.2	7.5	1086
Total	24.6	7.8	543	22.8	7.2	516	21.5	6.9	519	20.9	7.0	452	20.4	7.8	181	22.3	7.5	2211

ATDS-A subscale 2: 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	10.7	3.5	267	10.3	3.6	264	9.7	3.8	271	9.3	3.6	234	10.5	4.1	89	10.1	3.7	1125
Female	12.2	3.4	276	11.6	3.4	252	10.9	3.7	248	10.9	3.7	219	10.3	4.1	92	11.3	3.6	1087
Total	11.4	3.5	543	10.9	3.6	516	10.3	3.8	519	10.1	3.7	453	10.4	4.1	181	10.7	3.7	2212

ATDS-A subscale 3: intention to live out own life (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	17.5	2.3	267	17.1	2.7	264	17.3	2.7	271	17.6	2.4	235	17.7	3.2	89	17.4	2.6	1126
Female	17.8	2.3	276	17.6	2.5	252	18.0	2.2	248	18.3	2.2	219	18.2	1.9	92	18.0	2.3	1087
Total	17.7	2.3	543	17.3	2.6	516	17.7	2.5	519	18.0	2.3	454	18.0	2.6	181	17.7	2.5	2213

ATDS-A 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	15.4	3.7	267	15.5	3.6	264	15.3	3.7	271	16.1	3.4	233	16.3	3.9	89	15.6	3.7	1124
Female	15.8	3.1	276	15.8	3.3	252	15.9	3.2	248	16.8	3.1	217	16.3	4.0	91	16.1	3.3	1084
Total	15.6	3.4	543	15.7	3.5	516	15.6	3.5	519	16.4	3.3	450	16.3	4.0	180	15.8	3.5	2208

ATDS-A subscale 5: approval of death with dignity (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	12.5	2.0	267	12.7	1.9	264	13.0	1.7	271	13.0	1.9	234	12.2	2.6	90	12.8	2.0	1126
Female	12.7	1.8	276	12.7	1.9	252	12.9	1.8	248	13.5	1.7	220	13.3	1.9	92	13.0	1.8	1088
Total	12.6	1.9	543	12.7	1.9	516	13.0	1.8	519	13.2	1.8	454	12.8	2.3	182	12.9	1.9	2214

ATDS-A 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	267	2.7	1.1	264	2.4	1.1	271	2.5	1.1	235	2.6	1.2	91	2.6	1.1	1128
Female	2.8	1.1	276	3.0	1.1	252	2.8	1.1	248	2.7	1.1	220	2.8	1.2	92	2.8	1.1	1088
Total	2.8	1.1	543	2.8	1.1	516	2.6	1.1	519	2.6	1.1	455	2.7	1.2	183	2.7	1.1	2216

ATDS-A 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	1.9	0.9	267	2.0	0.9	264	1.9	0.9	271	2.1	0.9	234	2.2	1.2	91	2.0	0.9	1127
Female	1.9	1.0	276	2.2	0.9	252	2.2	1.0	248	2.3	0.9	220	2.4	1.2	92	2.2	1.0	1088
Total	1.9	0.9	543	2.1	0.9	516	2.0	0.9	519	2.2	0.9	454	2.3	1.2	183	2.1	1.0	2215

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	12.7	2.1	268	12.4	2.2	265	12.5	2.1	284	12.8	2.0	260	12.7	2.3	98	12.6	2.1	1175
Female	12.9	2.2	276	12.8	2.0	260	12.6	2.3	265	12.8	2.2	246	12.4	2.8	104	12.8	2.2	1151
Total	12.8	2.2	544	12.6	2.1	525	12.6	2.2	549	12.8	2.1	506	12.5	2.6	202	12.7	2.2	2326

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	12.4	1.9	268	12.2	2.0	265	12.1	2.0	284	12.3	1.9	260	12.4	2.0	98	12.3	2.0	1175
Female	12.1	2.2	276	12.2	1.8	260	12.1	2.2	265	11.9	2.4	246	11.7	2.7	104	12.1	2.2	1151
Total	12.3	2.1	544	12.2	1.9	525	12.1	2.1	549	12.1	2.2	506	12.0	2.4	202	12.2	2.1	2326

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	10.0	2.1	268	9.8	2.1	265	9.5	2.2	284	9.5	2.4	261	9.1	2.3	98	9.7	2.2	1176
Female	10.3	2.2	276	9.8	2.2	260	9.1	2.4	265	8.7	2.5	246	8.0	2.7	104	9.3	2.4	1151
Total	10.1	2.2	544	9.8	2.1	525	9.3	2.3	549	9.1	2.5	507	8.5	2.6	202	9.5	2.3	2327

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	11.4	2.4	268	11.1	2.5	265	11.1	2.5	284	10.9	2.5	259	10.3	3.3	97	11.0	2.6	1173
Female	12.6	2.2	276	12.4	2.4	260	12.1	2.0	265	12.1	2.0	246	11.3	3.1	104	12.2	2.3	1151
Total	12.0	2.4	544	11.7	2.5	525	11.6	2.4	549	11.5	2.4	505	10.8	3.2	201	11.6	2.5	2324

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	8.4	2.8	268	8.5	2.6	265	8.6	2.6	284	8.5	2.8	260	8.6	3.1	97	8.5	2.7	1174
Female	9.0	2.7	275	9.4	3.0	260	9.5	2.6	264	9.5	2.6	245	8.3	2.8	104	9.2	2.7	1148
Total	8.7	2.7	543	8.9	2.8	525	9.0	2.6	548	9.0	2.8	505	8.4	3.0	201	8.9	2.8	2322

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	9.4	2.2	268	9.1	2.2	265	8.1	2.3	284	7.5	2.4	260	6.9	2.3	97	8.4	2.4	1174
Female	8.3	2.4	276	8.1	2.4	260	7.4	2.1	265	7.2	2.3	246	6.2	2.3	104	7.6	2.4	1151
Total	8.8	2.4	544	8.6	2.4	525	7.8	2.2	549	7.4	2.4	506	6.6	2.3	201	8.0	2.4	2325

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	12.0	1.3	268	12.0	1.1	264	12.0	1.4	284	12.1	1.3	262	11.4	1.8	99	12.0	1.4	1177
Female	12.2	1.1	276	12.3	1.0	260	12.3	1.4	265	12.3	1.1	246	11.5	2.1	105	12.2	1.3	1152
Total	12.1	1.2	544	12.2	1.1	524	12.1	1.4	549	12.2	1.2	508	11.4	2.0	204	12.1	1.3	2329

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≤EIQ<120), and high (120≤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	114.4	14.3	267	121.5	11.0	264	121.5	11.1	282	115.1	14.4	258	108.7	14.2	99	117.4	13.5	1170
Female	114.6	15.6	276	121.4	11.5	260	117.9	12.4	263	110.1	14.4	244	103.4	13.8	104	114.9	14.6	1147
Total	114.5	15.0	543	121.4	11.3	524	119.8	11.9	545	112.7	14.6	502	106.0	14.3	203	116.2	14.1	2317

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	2	0.7	0	0.0	0	0.0	1	0.4	2	2.0	5	0.4
	Female	3	1.1	0	0.0	3	1.1	3	1.2	4	3.8	13	1.1
	Total	5	0.9	0	0.0	3	0.6	4	0.8	6	3.0	18	0.8
Middle (80≤EIQ<120)	Male	168	62.9	106	40.2	106	37.6	150	58.1	69	69.7	599	51.2
	Female	156	56.5	104	40.0	123	46.8	176	72.1	86	82.7	645	56.2
	Total	324	59.7	210	40.1	229	42.0	326	64.9	155	76.4	1244	53.7
High (120≤EIQ)	Male	97	36.3	158	59.8	176	62.4	107	41.5	28	28.3	566	48.4
	Female	117	42.4	156	60.0	137	52.1	65	26.6	14	13.5	489	42.6
	Total	214	39.4	314	59.9	313	57.4	172	34.3	42	20.7	1055	45.5

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	17.5	5.1	267	19.0	5.0	264	19.0	5.0	282	16.4	5.7	259	15.2	6.1	99	17.8	5.4	1171
Female	16.6	5.6	276	17.9	5.8	260	16.3	6.0	263	13.7	5.9	244	12.3	5.9	105	15.8	6.1	1148
Total	17.0	5.4	543	18.4	5.4	524	17.7	5.7	545	15.1	6.0	503	13.7	6.2	204	16.8	5.9	2319

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	3.5	267	18.2	4.0	265	16.8	4.5	282	13.5	5.6	259	12.6	6.0	99	16.3	5.1	1172
Female	17.8	3.6	276	18.0	3.5	260	15.6	4.5	264	12.1	5.2	244	11.0	5.7	105	15.5	5.1	1149
Total	18.0	3.5	543	18.1	3.8	525	16.2	4.5	546	12.8	5.5	503	11.8	5.9	204	15.9	5.1	2321

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	14.9	2.0	267	15.2	2.3	265	14.8	2.4	283	12.7	3.4	259	11.6	3.3	99	14.2	2.9	1173
Female	14.7	2.4	276	15.0	2.5	260	14.0	3.0	264	11.2	3.4	244	10.9	3.6	104	13.5	3.3	1148
Total	14.8	2.2	543	15.1	2.4	525	14.4	2.7	547	12.0	3.5	503	11.2	3.5	203	13.8	3.1	2321

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	73.3	10.9	267	68.8	11.6	265	59.6	11.6	283	45.4	12.0	259	37.4	10.0	99	59.8	16.7	1173
Female	77.2	10.0	276	72.4	11.0	260	61.8	11.7	264	46.1	12.3	244	35.5	8.7	104	62.2	17.9	1148
Total	75.2	10.6	543	70.6	11.4	525	60.7	11.7	547	45.7	12.1	503	36.4	9.4	203	61.0	17.3	2321

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	15.8	4.0	266	14.3	3.7	265	12.8	3.5	280	11.0	3.3	259	10.4	3.1	99	13.2	4.0	1169
Female	15.4	3.7	276	13.9	3.8	260	11.9	3.4	264	10.6	3.1	243	9.9	3.2	104	12.7	4.0	1147
Total	15.6	3.8	542	14.1	3.7	525	12.4	3.5	544	10.8	3.2	502	10.1	3.1	203	13.0	4.0	2316

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	282	27.4	2.2	260	26.7	2.1	98	27.6	2.0	640
Female	28.2	2.0	264	27.9	1.9	243	27.1	2.4	104	27.9	2.1	611
Total	28.1	1.9	546	27.7	2.1	503	26.9	2.3	202	27.7	2.1	1251

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	276	97.9	247	95.0	89	90.8	612	95.6
	Female	257	97.3	234	96.3	95	91.3	586	95.9
	Total	533	97.6	481	95.6	184	91.1	1198	95.8
Score of 23 or less	Male	6	2.1	13	5.0	9	9.2	28	4.4
	Female	7	2.7	9	3.7	9	8.7	25	4.1
	Total	13	2.4	22	4.4	18	8.9	53	4.2

1. Life-events Checklist

By using a life event checklist (39 items), participants are asked to report the occurrence of each event between 6th and 7th examinations in the NLS-LSA. Total number of experienced events is calculated by summing up the responses to the list.

Total number of life events experienced between 6th and 7th examinations (possible range 0-39)

	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	1.6	268	2.2	1.7	265	2.6	1.9	283	1.7	1.4	262	1.8	1.5	99	2.0	1.7	1177
Female	1.9	1.6	276	2.3	1.6	260	2.1	1.8	264	1.5	1.3	246	1.6	1.4	104	1.9	1.6	1150
Total	1.8	1.6	544	2.3	1.7	525	2.4	1.9	547	1.6	1.4	508	1.7	1.4	203	2.0	1.6	2327

2. Daily hassles Checklist

By using a daily hassles checklist (25 items), participants are asked to report the face of each hassle between 6th and 7th examinations in the NLS-LSA. Total number of experienced hassles is calculated by summing up the responses to the list.

Total number of daily hassles experienced between 6th and 7th 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	2.9	2.8	268	2.9	2.8	265	2.0	2.3	283	1.9	2.3	262	2.0	2.1	99	2.4	2.6	1177
Female	3.4	2.9	276	2.7	2.5	260	2.0	2.0	264	1.9	2.0	246	1.7	1.8	104	2.4	2.4	1150
Total	3.2	2.9	544	2.8	2.6	525	2.0	2.1	547	1.9	2.2	508	1.8	2.0	203	2.4	2.5	2327

3. Social and Domestic Activities

To comprehend participants' social and psychological characteristics, the NLS-LSA 7th 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	143	53.4	148	55.8	145	51.1	140	53.4	53	53.5	629	53.4
	Female	189	68.5	167	64.2	144	54.3	129	52.4	71	68.3	700	60.8
	Total	332	61.0	315	60.0	289	52.6	269	53.0	124	61.1	1329	57.1
Yes	Male	125	46.6	117	44.2	139	48.9	122	46.6	46	46.5	549	46.6
	Female	87	31.5	93	35.8	121	45.7	117	47.6	33	31.7	451	39.2
	Total	212	39.0	210	40.0	260	47.4	239	47.0	79	38.9	1000	42.9

Social activities: Hobby

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	223	83.2	216	81.5	219	77.1	197	75.2	73	73.7	928	78.8
	Female	227	82.2	196	75.4	188	70.9	157	63.8	71	68.3	839	72.9
	Total	450	82.7	412	78.5	407	74.1	354	69.7	144	70.9	1767	75.9
Yes	Male	45	16.8	49	18.5	65	22.9	65	24.8	26	26.3	250	21.2
	Female	49	17.8	64	24.6	77	29.1	89	36.2	33	31.7	312	27.1
	Total	94	17.3	113	21.5	142	25.9	154	30.3	59	29.1	562	24.1

Social activities: Community events

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	211	78.7	210	79.2	200	70.4	195	74.4	79	79.8	895	76.0
	Female	225	81.5	205	78.8	213	80.4	204	82.9	101	97.1	948	82.4
	Total	436	80.1	415	79.0	413	75.2	399	78.5	180	88.7	1843	79.1
Yes	Male	57	21.3	55	20.8	84	29.6	67	25.6	20	20.2	283	24.0
	Female	51	18.5	55	21.2	52	19.6	42	17.1	3	2.9	203	17.6
	Total	108	19.9	110	21.0	136	24.8	109	21.5	23	11.3	486	20.9

Social activities: Environment improvement work

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	245	91.4	229	86.4	245	86.3	218	83.2	91	91.9	1028	87.3
	Female	252	91.3	246	94.6	240	90.6	232	94.3	99	95.2	1069	92.9
	Total	497	91.4	475	90.5	485	88.3	450	88.6	190	93.6	2097	90.0
Yes	Male	23	8.6	36	13.6	39	13.7	44	16.8	8	8.1	150	12.7
	Female	24	8.7	14	5.4	25	9.4	14	5.7	5	4.8	82	7.1
	Total	47	8.6	50	9.5	64	11.7	58	11.4	13	6.4	232	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	239	89.2	239	90.2	260	91.5	224	85.5	89	89.9	1051	89.2
	Female	218	79.0	233	89.6	241	90.9	218	88.6	101	97.1	1011	87.8
	Total	457	84.0	472	89.9	501	91.3	442	87.0	190	93.6	2062	88.5
Yes	Male	29	10.8	26	9.8	24	8.5	38	14.5	10	10.1	127	10.8
	Female	58	21.0	27	10.4	24	9.1	28	11.4	3	2.9	140	12.2
	Total	87	16.0	53	10.1	48	8.7	66	13.0	13	6.4	267	11.5

Social activities: Production or work

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	263	98.1	261	98.5	252	88.7	221	84.4	92	92.9	1089	92.4
	Female	273	98.9	252	96.9	246	92.8	234	95.1	92	88.5	1097	95.3
	Total	536	98.5	513	97.7	498	90.7	455	89.6	184	90.6	2186	93.9
Yes	Male	5	1.9	4	1.5	32	11.3	41	15.6	7	7.1	89	7.6
	Female	3	1.1	8	3.1	19	7.2	12	4.9	12	11.5	54	4.7

Total 8 1.5 12 2.3 51 9.3 53 10.4 19 9.4 143 6.1

Social activities: Safety management

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	251	93.7	233	87.9	247	87.0	222	84.7	88	88.9	1041	88.4
	Female	260	94.2	249	95.8	253	95.5	233	94.7	103	99.0	1098	95.4
	Total	511	93.9	482	91.8	500	91.1	455	89.6	191	94.1	2139	91.8
Yes	Male	17	6.3	32	12.1	37	13.0	40	15.3	11	11.1	137	11.6
	Female	16	5.8	11	4.2	12	4.5	13	5.3	1	1.0	53	4.6
	Total	33	6.1	43	8.2	49	8.9	53	10.4	12	5.9	190	8.2

Social activities: Support of older adults

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	263	98.1	258	97.4	276	97.2	243	92.7	96	97.0	1136	96.4
	Female	265	96.0	250	96.2	249	94.0	235	95.5	102	98.1	1101	95.7
	Total	528	97.1	508	96.8	525	95.6	478	94.1	198	97.5	2237	96.0
Yes	Male	5	1.9	7	2.6	8	2.8	19	7.3	3	3.0	42	3.6
	Female	11	4.0	10	3.8	16	6.0	11	4.5	2	1.9	50	4.3
	Total	16	2.9	17	3.2	24	4.4	30	5.9	5	2.5	92	4.0

Social activities: Support of raising children

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	264	98.5	262	98.9	281	98.9	253	96.6	98	99.0	1158	98.3
	Female	266	96.4	249	95.8	258	97.4	238	96.7	103	99.0	1114	96.8
	Total	530	97.4	511	97.3	539	98.2	491	96.7	201	99.0	2272	97.6
Yes	Male	4	1.5	3	1.1	3	1.1	9	3.4	1	1.0	20	1.7
	Female	10	3.6	11	4.2	7	2.6	8	3.3	1	1.0	37	3.2
	Total	14	2.6	14	2.7	10	1.8	17	3.3	2	1.0	57	2.4

Social activities: Others

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	264	98.5	257	97.0	273	96.1	250	95.4	94	94.9	1138	96.6
	Female	265	96.0	243	93.5	250	94.3	233	94.7	102	98.1	1093	95.0
	Total	529	97.2	500	95.2	523	95.3	483	95.1	196	96.6	2231	95.8
Yes	Male	4	1.5	8	3.0	11	3.9	12	4.6	5	5.1	40	3.4
	Female	11	4.0	17	6.5	15	5.7	13	5.3	2	1.9	58	5.0
	Total	15	2.8	25	4.8	26	4.7	25	4.9	7	3.4	98	4.2

Social activities: Nothing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	173	64.6	174	65.7	205	72.2	194	74.0	70	70.7	816	69.3
	Female	171	62.0	165	63.5	182	68.7	187	76.0	65	62.5	770	66.9
	Total	344	63.2	339	64.6	387	70.5	381	75.0	135	66.5	1586	68.1
Yes	Male	95	35.4	91	34.3	79	27.8	68	26.0	29	29.3	362	30.7
	Female	105	38.0	95	36.5	83	31.3	59	24.0	39	37.5	381	33.1
	Total	200	36.8	186	35.4	162	29.5	127	25.0	68	33.5	743	31.9

Roles in family: Housework

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	109	40.7	120	45.3	91	32.0	62	23.7	18	18.2	400	34.0
	Female	9	3.3	2	0.8	7	2.6	20	8.1	18	17.3	56	4.9
	Total	118	21.7	122	23.2	98	17.9	82	16.1	36	17.7	456	19.6
Yes	Male	159	59.3	145	54.7	193	68.0	200	76.3	81	81.8	778	66.0
	Female	267	96.7	258	99.2	258	97.4	226	91.9	86	82.7	1095	95.1
	Total	426	78.3	403	76.8	451	82.1	426	83.9	167	82.3	1873	80.4

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	178	66.4	248	93.6	231	81.3	224	85.5	86	86.9	967	82.1
	Female	199	72.1	222	85.4	189	71.3	210	85.4	100	96.2	920	79.9
	Total	377	69.3	470	89.5	420	76.5	434	85.4	186	91.6	1887	81.0
Yes	Male	90	33.6	17	6.4	53	18.7	38	14.5	13	13.1	211	17.9
	Female	77	27.9	38	14.6	76	28.7	36	14.6	4	3.8	231	20.1
	Total	167	30.7	55	10.5	129	23.5	74	14.6	17	8.4	442	19.0

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	238	88.8	242	91.3	249	87.7	228	87.0	80	80.8	1037	88.0
	Female	242	87.7	201	77.3	221	83.4	216	87.8	95	91.3	975	84.7
	Total	480	88.2	443	84.4	470	85.6	444	87.4	175	86.2	2012	86.4
Yes	Male	30	11.2	23	8.7	35	12.3	34	13.0	19	19.2	141	12.0
	Female	34	12.3	59	22.7	44	16.6	30	12.2	9	8.7	176	15.3
	Total	64	11.8	82	15.6	79	14.4	64	12.6	28	13.8	317	13.6

Roles in family: Advise family member

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
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		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	130	48.5	136	51.3	132	46.5	113	43.1	50	50.5	561	47.6
	Female	114	41.3	101	38.8	137	51.7	145	58.9	71	68.3	568	49.3
	Total	244	44.9	237	45.1	269	49.0	258	50.8	121	59.6	1129	48.5
Yes	Male	138	51.5	129	48.7	152	53.5	149	56.9	49	49.5	617	52.4
	Female	162	58.7	159	61.2	128	48.3	101	41.1	33	31.7	583	50.7
	Total	300	55.1	288	54.9	280	51.0	250	49.2	82	40.4	1200	51.5

Roles in family: Income earner

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	33	12.3	27	10.2	79	27.8	140	53.4	53	53.5	332	28.2
	Female	208	75.4	194	74.6	233	87.9	224	91.1	97	93.3	956	83.1
	Total	241	44.3	221	42.1	312	56.8	364	71.7	150	73.9	1288	55.3
Yes	Male	235	87.7	238	89.8	205	72.2	122	46.6	46	46.5	846	71.8
	Female	68	24.6	66	25.4	32	12.1	22	8.9	7	6.7	195	16.9
	Total	303	55.7	304	57.9	237	43.2	144	28.3	53	26.1	1041	44.7

Roles in family: Leader

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	138	51.5	140	52.8	139	48.9	139	53.1	63	63.6	619	52.5
	Female	238	86.2	202	77.7	228	86.0	210	85.4	94	90.4	972	84.4
	Total	376	69.1	342	65.1	367	66.8	349	68.7	157	77.3	1591	68.3
Yes	Male	130	48.5	125	47.2	145	51.1	123	46.9	36	36.4	559	47.5
	Female	38	13.8	58	22.3	37	14.0	36	14.6	10	9.6	179	15.6
	Total	168	30.9	183	34.9	182	33.2	159	31.3	46	22.7	738	31.7

Roles in family: Others

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	268	100.0	265	100.0	284	100.0	261	99.6	99	100.0	1177	99.9
	Female	275	99.6	260	100.0	265	100.0	246	100.0	103	99.0	1149	99.8
	Total	543	99.8	525	100.0	549	100.0	507	99.8	202	99.5	2326	99.9
Yes	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	1	0.4	0	0.0	0	0.0	0	0.0	1	1.0	2	0.2
	Total	1	0.2	0	0.0	0	0.0	1	0.2	1	0.5	3	0.1

Roles in family: Nothing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	259	96.6	259	97.7	275	96.8	254	96.9	92	92.9	1139	96.7
	Female	271	98.2	258	99.2	261	98.5	235	95.5	92	88.5	1117	97.0
	Total	530	97.4	517	98.5	536	97.6	489	96.3	184	90.6	2256	96.9
Yes	Male	9	3.4	6	2.3	9	3.2	8	3.1	7	7.1	39	3.3
	Female	5	1.8	2	0.8	4	1.5	11	4.5	12	11.5	34	3.0
	Total	14	2.6	8	1.5	13	2.4	19	3.7	19	9.4	73	3.1

Leisure activities: Reading newspapers

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	13	4.9	7	2.6	6	2.1	1	0.4	3	3.0	30	2.5
	Female	16	5.8	7	2.7	10	3.8	9	3.7	10	9.6	52	4.5
	Total	29	5.3	14	2.7	16	2.9	10	2.0	13	6.4	82	3.5
Once or several times a year	Male	5	1.9	2	0.8	0	0.0	1	0.4	0	0.0	8	0.7
	Female	10	3.6	3	1.2	1	0.4	0	0.0	0	0.0	14	1.2
	Total	15	2.8	5	1.0	1	0.2	1	0.2	0	0.0	22	0.9
Once or several times a month	Male	4	1.5	2	0.8	2	0.7	3	1.1	0	0.0	11	0.9
	Female	3	1.1	2	0.8	4	1.5	3	1.2	0	0.0	12	1.0
	Total	7	1.3	4	0.8	6	1.1	6	1.2	0	0.0	23	1.0
Once a week	Male	8	3.0	6	2.3	1	0.4	2	0.8	0	0.0	17	1.4
	Female	11	4.0	12	4.6	3	1.1	5	2.0	1	1.0	32	2.8
	Total	19	3.5	18	3.4	4	0.7	7	1.4	1	0.5	49	2.1
Several times a week	Male	42	15.7	18	6.8	12	4.2	7	2.7	1	1.0	80	6.8
	Female	43	15.6	28	10.8	18	6.8	13	5.3	6	5.8	108	9.4
	Total	85	15.6	46	8.8	30	5.5	20	3.9	7	3.4	188	8.1
Everyday	Male	196	73.1	230	86.8	262	92.6	248	94.7	95	96.0	1031	87.6
	Female	193	69.9	208	80.0	228	86.4	215	87.8	87	83.7	931	81.0
	Total	389	71.5	438	83.4	490	89.6	463	91.3	182	89.7	1962	84.4

Leisure activities: Reading books

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	15	5.6	16	6.0	31	11.0	28	10.7	14	14.1	104	8.8
	Female	14	5.1	15	5.8	24	9.1	25	10.2	16	15.4	94	8.2
	Total	29	5.3	31	5.9	55	10.1	53	10.5	30	14.8	198	8.5
Once or several times a year	Male	23	8.6	30	11.3	24	8.5	16	6.1	4	4.0	97	8.2
	Female	24	8.7	30	11.5	20	7.6	18	7.3	8	7.7	100	8.7
	Total	47	8.6	60	11.4	44	8.0	34	6.7	12	5.9	197	8.5
Once or several times a month	Male	41	15.3	49	18.5	47	16.6	48	18.3	12	12.1	197	16.7
	Female	51	18.5	51	19.6	52	19.7	50	20.4	16	15.4	220	19.1
	Total	92	16.9	100	19.0	99	18.1	98	19.3	28	13.8	417	17.9
Once a week	Male	55	20.5	52	19.6	50	17.7	46	17.6	19	19.2	222	18.9
	Female	51	18.5	50	19.2	45	17.0	46	18.8	17	16.3	209	18.2
	Total	106	19.5	102	19.4	95	17.4	92	18.1	36	17.7	431	18.5
Several times a	Male	76	28.4	58	21.9	87	30.7	75	28.6	20	20.2	316	26.8

week		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
	Female	95	34.4	68	26.2	68	25.8	58	23.7	17	16.3	306	26.6
	Total	171	31.4	126	24.0	155	28.3	133	26.2	37	18.2	622	26.7
Everyday	Male	58	21.6	60	22.6	44	15.5	49	18.7	30	30.3	241	20.5
	Female	41	14.9	46	17.7	55	20.8	48	19.6	30	28.8	220	19.1
	Total	99	18.2	106	20.2	99	18.1	97	19.1	60	29.6	461	19.8

Leisure activities: Writing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	178	66.4	175	66.0	129	45.6	104	39.7	35	35.4	621	52.8
	Female	149	54.0	126	48.5	117	44.3	81	33.1	39	37.5	512	44.6
	Total	327	60.1	301	57.3	246	45.0	185	36.5	74	36.5	1133	48.7
Once or several times a year	Male	35	13.1	25	9.4	37	13.1	25	9.5	4	4.0	126	10.7
	Female	32	11.6	38	14.6	29	11.0	21	8.6	2	1.9	122	10.6
	Total	67	12.3	63	12.0	66	12.1	46	9.1	6	3.0	248	10.7
Once or several times a month	Male	12	4.5	17	6.4	25	8.8	17	6.5	7	7.1	78	6.6
	Female	21	7.6	27	10.4	24	9.1	17	6.9	6	5.8	95	8.3
	Total	33	6.1	44	8.4	49	9.0	34	6.7	13	6.4	173	7.4
Once a week	Male	12	4.5	20	7.5	21	7.4	13	5.0	5	5.1	71	6.0
	Female	18	6.5	17	6.5	18	6.8	14	5.7	5	4.8	72	6.3
	Total	30	5.5	37	7.0	39	7.1	27	5.3	10	4.9	143	6.1
Several times a week	Male	14	5.2	8	3.0	17	6.0	26	9.9	8	8.1	73	6.2
	Female	23	8.3	23	8.8	31	11.7	19	7.8	6	5.8	102	8.9
	Total	37	6.8	31	5.9	48	8.8	45	8.9	14	6.9	175	7.5
Everyday	Male	17	6.3	20	7.5	54	19.1	77	29.4	40	40.4	208	17.7
	Female	33	12.0	29	11.2	45	17.0	93	38.0	46	44.2	246	21.4
	Total	50	9.2	49	9.3	99	18.1	170	33.5	86	42.4	454	19.5

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	131	48.9	142	53.6	158	55.8	137	52.3	54	54.5	622	52.8
	Female	109	39.5	89	34.2	103	39.0	107	43.7	52	50.0	460	40.0
	Total	240	44.1	231	44.0	261	47.7	244	48.1	106	52.2	1082	46.5
Once or several times a year	Male	48	17.9	41	15.5	37	13.1	25	9.5	8	8.1	159	13.5
	Female	52	18.8	31	11.9	13	4.9	19	7.8	1	1.0	116	10.1
	Total	100	18.4	72	13.7	50	9.1	44	8.7	9	4.4	275	11.8
Once or several times a month	Male	46	17.2	26	9.8	24	8.5	28	10.7	10	10.1	134	11.4
	Female	37	13.4	35	13.5	34	12.9	17	6.9	9	8.7	132	11.5
	Total	83	15.3	61	11.6	58	10.6	45	8.9	19	9.4	266	11.4
Once a week	Male	32	11.9	39	14.7	33	11.7	42	16.0	12	12.1	158	13.4
	Female	58	21.0	68	26.2	68	25.8	61	24.9	20	19.2	275	23.9
	Total	90	16.5	107	20.4	101	18.5	103	20.3	32	15.8	433	18.6
Several times a week	Male	11	4.1	14	5.3	22	7.8	19	7.3	10	10.1	76	6.5
	Female	16	5.8	24	9.2	27	10.2	25	10.2	15	14.4	107	9.3
	Total	27	5.0	38	7.2	49	9.0	44	8.7	25	12.3	183	7.9
Everyday	Male	0	0.0	3	1.1	9	3.2	11	4.2	5	5.1	28	2.4
	Female	4	1.4	13	5.0	19	7.2	16	6.5	7	6.7	59	5.1
	Total	4	0.7	16	3.0	28	5.1	27	5.3	12	5.9	87	3.7

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	138	51.5	176	66.4	183	64.7	178	67.9	81	81.8	756	64.2
	Female	152	55.1	193	74.2	191	72.3	203	82.9	94	90.4	833	72.5
	Total	290	53.3	369	70.3	374	68.4	381	75.1	175	86.2	1589	68.3
Once or several times a year	Male	74	27.6	44	16.6	28	9.9	30	11.5	2	2.0	178	15.1
	Female	74	26.8	34	13.1	31	11.7	22	9.0	4	3.8	165	14.4
	Total	148	27.2	78	14.9	59	10.8	52	10.3	6	3.0	343	14.7
Once or several times a month	Male	31	11.6	19	7.2	21	7.4	16	6.1	4	4.0	91	7.7
	Female	26	9.4	9	3.5	16	6.1	6	2.4	3	2.9	60	5.2
	Total	57	10.5	28	5.3	37	6.8	22	4.3	7	3.4	151	6.5
Once a week	Male	13	4.9	9	3.4	7	2.5	12	4.6	6	6.1	47	4.0
	Female	17	6.2	9	3.5	13	4.9	0	0.0	1	1.0	40	3.5
	Total	30	5.5	18	3.4	20	3.7	12	2.4	7	3.4	87	3.7
Several times a week	Male	10	3.7	11	4.2	26	9.2	18	6.9	3	3.0	68	5.8
	Female	4	1.4	9	3.5	7	2.7	6	2.4	2	1.9	28	2.4
	Total	14	2.6	20	3.8	33	6.0	24	4.7	5	2.5	96	4.1
Everyday	Male	2	0.7	6	2.3	18	6.4	8	3.1	3	3.0	37	3.1
	Female	3	1.1	6	2.3	6	2.3	8	3.3	0	0.0	23	2.0
	Total	5	0.9	12	2.3	24	4.4	16	3.2	3	1.5	60	2.6

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	132	49.3	142	53.6	140	49.5	146	55.7	70	70.7	630	53.5
	Female	147	53.3	151	58.1	172	65.2	155	63.3	80	76.9	705	61.4
	Total	279	51.3	293	55.8	312	57.0	301	59.4	150	73.9	1335	57.4
Once or several times a year	Male	79	29.5	59	22.3	51	18.0	36	13.7	7	7.1	232	19.7
	Female	71	25.7	45	17.3	27	10.2	33	13.5	7	6.7	183	15.9
	Total	150	27.6	104	19.8	78	14.3	69	13.6	14	6.9	415	17.8
Once or several times a month	Male	32	11.9	43	16.2	59	20.8	55	21.0	16	16.2	205	17.4
	Female	35	12.7	34	13.1	44	16.7	40	16.3	11	10.6	164	14.3
	Total	67	12.3	77	14.7	103	18.8	95	18.7	27	13.3	369	15.9
Once a week	Male	13	4.9	14	5.3	19	6.7	22	8.4	4	4.0	72	6.1
	Female	19	6.9	16	6.2	10	3.8	12	4.9	6	5.8	63	5.5
	Total	32	5.9	30	5.7	29	5.3	34	6.7	10	4.9	135	5.8
Several times a week	Male	10	3.7	4	1.5	11	3.9	2	0.8	1	1.0	28	2.4

	Female	2	0.7	14	5.4	10	3.8	5	2.0	0	0.0	31	2.7
	Total	12	2.2	18	3.4	21	3.8	7	1.4	1	0.5	59	2.5
Everyday	Male	2	0.7	3	1.1	3	1.1	1	0.4	1	1.0	10	0.8
	Female	2	0.7	0	0.0	1	0.4	0	0.0	0	0.0	3	0.3
	Total	4	0.7	3	0.6	4	0.7	1	0.2	1	0.5	13	0.6

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	225	84.0	242	91.3	252	89.0	223	85.1	87	87.9	1029	87.4
	Female	201	72.8	215	82.7	223	84.5	198	80.8	80	76.9	917	79.8
	Total	426	78.3	457	87.0	475	86.8	421	83.0	167	82.3	1946	83.7
Once or several times a year	Male	18	6.7	12	4.5	12	4.2	8	3.1	2	2.0	52	4.4
	Female	33	12.0	14	5.4	9	3.4	4	1.6	1	1.0	61	5.3
	Total	51	9.4	26	5.0	21	3.8	12	2.4	3	1.5	113	4.9
Once or several times a month	Male	11	4.1	4	1.5	9	3.2	9	3.4	3	3.0	36	3.1
	Female	10	3.6	13	5.0	9	3.4	16	6.5	8	7.7	56	4.9
	Total	21	3.9	17	3.2	18	3.3	25	4.9	11	5.4	92	4.0
Once a week	Male	6	2.2	2	0.8	4	1.4	8	3.1	4	4.0	24	2.0
	Female	9	3.3	7	2.7	12	4.5	12	4.9	8	7.7	48	4.2
	Total	15	2.8	9	1.7	16	2.9	20	3.9	12	5.9	72	3.1
Several times a week	Male	6	2.2	2	0.8	4	1.4	7	2.7	2	2.0	21	1.8
	Female	12	4.3	8	3.1	7	2.7	10	4.1	5	4.8	42	3.7
	Total	18	3.3	10	1.9	11	2.0	17	3.4	7	3.4	63	2.7
Everyday	Male	2	0.7	3	1.1	2	0.7	7	2.7	1	1.0	15	1.3
	Female	11	4.0	3	1.2	4	1.5	5	2.0	2	1.9	25	2.2
	Total	13	2.4	6	1.1	6	1.1	12	2.4	3	1.5	40	1.7

Leisure activities: Creative activity

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	199	74.3	202	76.2	202	71.4	164	62.6	67	67.7	834	70.9
	Female	149	54.0	152	58.5	141	53.4	121	49.4	61	58.7	624	54.3
	Total	348	64.0	354	67.4	343	62.7	285	56.2	128	63.1	1458	62.7
Once or several times a year	Male	36	13.4	31	11.7	29	10.2	21	8.0	4	4.0	121	10.3
	Female	74	26.8	41	15.8	31	11.7	16	6.5	8	7.7	170	14.8
	Total	110	20.2	72	13.7	60	11.0	37	7.3	12	5.9	291	12.5
Once or several times a month	Male	22	8.2	15	5.7	25	8.8	39	14.9	11	11.1	112	9.5
	Female	33	12.0	32	12.3	43	16.3	43	17.6	18	17.3	169	14.7
	Total	55	10.1	47	9.0	68	12.4	82	16.2	29	14.3	281	12.1
Once a week	Male	5	1.9	15	5.7	19	6.7	19	7.3	7	7.1	65	5.5
	Female	15	5.4	18	6.9	16	6.1	24	9.8	3	2.9	76	6.6
	Total	20	3.7	33	6.3	35	6.4	43	8.5	10	4.9	141	6.1
Several times a week	Male	4	1.5	0	0.0	5	1.8	14	5.3	7	7.1	30	2.5
	Female	5	1.8	13	5.0	23	8.7	26	10.6	10	9.6	77	6.7
	Total	9	1.7	13	2.5	28	5.1	40	7.9	17	8.4	107	4.6
Everyday	Male	2	0.7	2	0.8	3	1.1	5	1.9	3	3.0	15	1.3
	Female	0	0.0	4	1.5	10	3.8	15	6.1	4	3.8	33	2.9
	Total	2	0.4	6	1.1	13	2.4	20	3.9	7	3.4	48	2.1

Leisure activities: Art appreciation

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	51	19.0	62	23.4	88	31.1	107	40.8	49	49.5	357	30.3
	Female	35	12.7	51	19.6	81	30.7	84	34.3	56	53.8	307	26.7
	Total	86	15.8	113	21.5	169	30.9	191	37.7	105	51.7	664	28.5
Once or several times a year	Male	112	41.8	111	41.9	103	36.4	78	29.8	22	22.2	426	36.2
	Female	135	48.9	109	41.9	121	45.8	93	38.0	27	26.0	485	42.2
	Total	247	45.4	220	41.9	224	41.0	171	33.7	49	24.1	911	39.2
Once or several times a month	Male	62	23.1	44	16.6	53	18.7	40	15.3	11	11.1	210	17.8
	Female	65	23.6	59	22.7	40	15.2	37	15.1	12	11.5	213	18.5
	Total	127	23.3	103	19.6	93	17.0	77	15.2	23	11.3	423	18.2
Once a week	Male	22	8.2	21	7.9	19	6.7	16	6.1	5	5.1	83	7.1
	Female	17	6.2	19	7.3	12	4.5	12	4.9	6	5.8	66	5.7
	Total	39	7.2	40	7.6	31	5.7	28	5.5	11	5.4	149	6.4
Several times a week	Male	16	6.0	16	6.0	15	5.3	13	5.0	8	8.1	68	5.8
	Female	14	5.1	10	3.8	6	2.3	13	5.3	2	1.9	45	3.9
	Total	30	5.5	26	5.0	21	3.8	26	5.1	10	4.9	113	4.9
Everyday	Male	5	1.9	11	4.2	5	1.8	8	3.1	4	4.0	33	2.8
	Female	10	3.6	12	4.6	4	1.5	6	2.4	1	1.0	33	2.9
	Total	15	2.8	23	4.4	9	1.6	14	2.8	5	2.5	66	2.8

Leisure activities: Using computers for communication

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	11	4.1	29	10.9	77	27.2	135	51.5	75	75.8	327	27.8
	Female	26	9.4	67	25.8	152	57.6	198	80.8	96	92.3	539	46.9
	Total	37	6.8	96	18.3	229	41.9	333	65.7	171	84.2	866	37.2
Once or several times a year	Male	6	2.2	8	3.0	9	3.2	7	2.7	3	3.0	33	2.8
	Female	10	3.6	13	5.0	9	3.4	3	1.2	1	1.0	36	3.1
	Total	16	2.9	21	4.0	18	3.3	10	2.0	4	2.0	69	3.0
Once or several times a month	Male	17	6.3	9	3.4	15	5.3	18	6.9	4	4.0	63	5.4
	Female	34	12.3	28	10.8	20	7.6	11	4.5	0	0.0	93	8.1
	Total	51	9.4	37	7.0	35	6.4	29	5.7	4	2.0	156	6.7
Once a week	Male	23	8.6	30	11.3	18	6.4	12	4.6	5	5.1	88	7.5
	Female	36	13.0	28	10.8	20	7.6	4	1.6	3	2.9	91	7.9
	Total	59	10.8	58	11.0	38	6.9	16	3.2	8	3.9	179	7.7
Several times a week	Male	73	27.2	42	15.8	42	14.8	18	6.9	3	3.0	178	15.1
	Female	63	22.8	36	13.8	33	12.5	10	4.1	2	1.9	144	12.5

	Total	136	25.0	78	14.9	75	13.7	28	5.5	5	2.5	322	13.8
Everyday	Male	138	51.5	147	55.5	122	43.1	72	27.5	9	9.1	488	41.5
	Female	107	38.8	88	33.8	30	11.4	19	7.8	2	1.9	246	21.4
	Total	245	45.0	235	44.8	152	27.8	91	17.9	11	5.4	734	31.6

Leisure activities: Playing individual sports

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	155	57.8	150	56.6	173	61.1	179	68.3	74	74.7	731	62.1
	Female	227	82.2	223	85.8	235	89.0	203	82.9	100	96.2	988	86.0
	Total	382	70.2	373	71.0	408	74.6	382	75.3	174	85.7	1719	73.9
Once or several times a year	Male	56	20.9	39	14.7	31	11.0	26	9.9	0	0.0	152	12.9
	Female	19	6.9	9	3.5	5	1.9	4	1.6	0	0.0	37	3.2
	Total	75	13.8	48	9.1	36	6.6	30	5.9	0	0.0	189	8.1
Once or several times a month	Male	29	10.8	32	12.1	40	14.1	22	8.4	10	10.1	133	11.3
	Female	10	3.6	6	2.3	8	3.0	8	3.3	2	1.9	34	3.0
	Total	39	7.2	38	7.2	48	8.8	30	5.9	12	5.9	167	7.2
Once a week	Male	14	5.2	28	10.6	19	6.7	13	5.0	6	6.1	80	6.8
	Female	10	3.6	12	4.6	7	2.7	13	5.3	1	1.0	43	3.7
	Total	24	4.4	40	7.6	26	4.8	26	5.1	7	3.4	123	5.3
Several times a week	Male	12	4.5	13	4.9	18	6.4	17	6.5	8	8.1	68	5.8
	Female	9	3.3	8	3.1	8	3.0	17	6.9	1	1.0	43	3.7
	Total	21	3.9	21	4.0	26	4.8	34	6.7	9	4.4	111	4.8
Everyday	Male	2	0.7	3	1.1	2	0.7	5	1.9	1	1.0	13	1.1
	Female	1	0.4	2	0.8	1	0.4	0	0.0	0	0.0	4	0.3
	Total	3	0.6	5	1.0	3	0.5	5	1.0	1	0.5	17	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	202	75.4	223	84.2	255	90.1	240	91.6	95	96.0	1015	86.2
	Female	254	92.0	243	93.5	251	95.1	233	95.1	102	98.1	1083	94.3
	Total	456	83.8	466	88.8	506	92.5	473	93.3	197	97.0	2098	90.2
Once or several times a year	Male	35	13.1	21	7.9	9	3.2	9	3.4	0	0.0	74	6.3
	Female	7	2.5	4	1.5	3	1.1	1	0.4	1	1.0	16	1.4
	Total	42	7.7	25	4.8	12	2.2	10	2.0	1	0.5	90	3.9
Once or several times a month	Male	21	7.8	8	3.0	7	2.5	2	0.8	2	2.0	40	3.4
	Female	4	1.4	1	0.4	0	0.0	1	0.4	0	0.0	6	0.5
	Total	25	4.6	9	1.7	7	1.3	3	0.6	2	1.0	46	2.0
Once a week	Male	8	3.0	10	3.8	6	2.1	9	3.4	1	1.0	34	2.9
	Female	7	2.5	4	1.5	5	1.9	5	2.0	1	1.0	22	1.9
	Total	15	2.8	14	2.7	11	2.0	14	2.8	2	1.0	56	2.4
Several times a week	Male	2	0.7	3	1.1	6	2.1	2	0.8	1	1.0	14	1.2
	Female	4	1.4	7	2.7	5	1.9	5	2.0	0	0.0	21	1.8
	Total	6	1.1	10	1.9	11	2.0	7	1.4	1	0.5	35	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	1	0.4	0	0.0	0	0.0	0	0.0	1	0.1
	Total	0	0.0	1	0.2	0	0.0	0	0.0	0	0.0	1	0.0

Leisure activities: Performing exercise

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	202	75.4	198	74.7	231	81.6	207	79.0	75	75.8	913	77.6
	Female	153	55.4	156	60.0	156	59.1	133	54.3	67	64.4	665	57.9
	Total	355	65.3	354	67.4	387	70.7	340	67.1	142	70.0	1578	67.8
Once or several times a year	Male	12	4.5	15	5.7	6	2.1	3	1.1	2	2.0	38	3.2
	Female	22	8.0	12	4.6	4	1.5	2	0.8	2	1.9	42	3.7
	Total	34	6.3	27	5.1	10	1.8	5	1.0	4	2.0	80	3.4
Once or several times a month	Male	9	3.4	14	5.3	4	1.4	9	3.4	0	0.0	36	3.1
	Female	29	10.5	22	8.5	15	5.7	16	6.5	4	3.8	86	7.5
	Total	38	7.0	36	6.9	19	3.5	25	4.9	4	2.0	122	5.2
Once a week	Male	17	6.3	13	4.9	5	1.8	12	4.6	6	6.1	53	4.5
	Female	36	13.0	32	12.3	36	13.6	46	18.8	7	6.7	157	13.7
	Total	53	9.7	45	8.6	41	7.5	58	11.4	13	6.4	210	9.0
Several times a week	Male	20	7.5	12	4.5	21	7.4	17	6.5	7	7.1	77	6.5
	Female	31	11.2	30	11.5	39	14.8	34	13.9	14	13.5	148	12.9
	Total	51	9.4	42	8.0	60	11.0	51	10.1	21	10.3	225	9.7
Everyday	Male	8	3.0	13	4.9	16	5.7	14	5.3	9	9.1	60	5.1
	Female	5	1.8	8	3.1	14	5.3	14	5.7	10	9.6	51	4.4
	Total	13	2.4	21	4.0	30	5.5	28	5.5	19	9.4	111	4.8

Leisure activities: Swimming

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	185	69.0	237	89.4	248	87.6	226	86.3	96	97.0	992	84.3
	Female	234	84.8	224	86.2	233	88.3	217	88.6	100	96.2	1008	87.7
	Total	419	77.0	461	87.8	481	87.9	443	87.4	196	96.6	2000	86.0
Once or several times a year	Male	66	24.6	18	6.8	19	6.7	16	6.1	3	3.0	122	10.4
	Female	25	9.1	15	5.8	8	3.0	7	2.9	1	1.0	56	4.9
	Total	91	16.7	33	6.3	27	4.9	23	4.5	4	2.0	178	7.7
Once or several times a month	Male	11	4.1	8	3.0	9	3.2	6	2.3	0	0.0	34	2.9
	Female	8	2.9	6	2.3	4	1.5	7	2.9	1	1.0	26	2.3
	Total	19	3.5	14	2.7	13	2.4	13	2.6	1	0.5	60	2.6
Once a week	Male	4	1.5	2	0.8	5	1.8	6	2.3	0	0.0	17	1.4
	Female	6	2.2	5	1.9	9	3.4	8	3.3	0	0.0	28	2.4
	Total	10	1.8	7	1.3	14	2.6	14	2.8	0	0.0	45	1.9
Several times a week	Male	2	0.7	0	0.0	2	0.7	7	2.7	0	0.0	11	0.9
	Female	3	1.1	10	3.8	9	3.4	6	2.4	1	1.0	29	2.5

	Total	5	0.9	10	1.9	11	2.0	13	2.6	1	0.5	40	1.7
Everyday	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	0	0.0	0	0.0	1	0.4	0	0.0	1	1.0	2	0.2
	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	126	47.0	106	40.0	82	29.0	52	19.8	35	35.4	401	34.1
	Female	148	53.6	105	40.4	87	33.0	87	35.5	54	51.9	481	41.9
	Total	274	50.4	211	40.2	169	30.9	139	27.4	89	43.8	882	37.9
Once or several times a year	Male	34	12.7	28	10.6	20	7.1	11	4.2	3	3.0	96	8.2
	Female	34	12.3	35	13.5	16	6.1	12	4.9	3	2.9	100	8.7
	Total	68	12.5	63	12.0	36	6.6	23	4.5	6	3.0	196	8.4
Once or several times a month	Male	40	14.9	29	10.9	29	10.2	27	10.3	8	8.1	133	11.3
	Female	31	11.2	24	9.2	29	11.0	15	6.1	4	3.8	103	9.0
	Total	71	13.1	53	10.1	58	10.6	42	8.3	12	5.9	236	10.1
Once a week	Male	18	6.7	24	9.1	20	7.1	22	8.4	8	8.1	92	7.8
	Female	21	7.6	18	6.9	25	9.5	24	9.8	6	5.8	94	8.2
	Total	39	7.2	42	8.0	45	8.2	46	9.1	14	6.9	186	8.0
Several times a week	Male	28	10.4	43	16.2	65	23.0	68	26.0	19	19.2	223	18.9
	Female	28	10.1	42	16.2	57	21.6	55	22.4	20	19.2	202	17.6
	Total	56	10.3	85	16.2	122	22.3	123	24.3	39	19.2	425	18.3
Everyday	Male	22	8.2	35	13.2	67	23.7	82	31.3	26	26.3	232	19.7
	Female	14	5.1	36	13.8	50	18.9	52	21.2	17	16.3	169	14.7
	Total	36	6.6	71	13.5	117	21.4	134	26.4	43	21.2	401	17.2

Leisure activities: Jogging

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	177	66.0	220	83.0	250	88.3	228	87.0	94	94.9	969	82.3
	Female	245	88.8	244	93.8	250	94.7	234	95.5	102	98.1	1075	93.6
	Total	422	77.6	464	88.4	500	91.4	462	91.1	196	96.6	2044	87.9
Once or several times a year	Male	31	11.6	13	4.9	6	2.1	8	3.1	1	1.0	59	5.0
	Female	11	4.0	7	2.7	8	3.0	3	1.2	1	1.0	30	2.6
	Total	42	7.7	20	3.8	14	2.6	11	2.2	2	1.0	89	3.8
Once or several times a month	Male	20	7.5	8	3.0	9	3.2	6	2.3	1	1.0	44	3.7
	Female	6	2.2	3	1.2	3	1.1	4	1.6	0	0.0	16	1.4
	Total	26	4.8	11	2.1	12	2.2	10	2.0	1	0.5	60	2.6
Once a week	Male	16	6.0	12	4.5	1	0.4	9	3.4	1	1.0	39	3.3
	Female	5	1.8	0	0.0	0	0.0	2	0.8	0	0.0	7	0.6
	Total	21	3.9	12	2.3	1	0.2	11	2.2	1	0.5	46	2.0
Several times a week	Male	19	7.1	8	3.0	11	3.9	9	3.4	0	0.0	47	4.0
	Female	8	2.9	4	1.5	2	0.8	1	0.4	0	0.0	15	1.3
	Total	27	5.0	12	2.3	13	2.4	10	2.0	0	0.0	62	2.7
Everyday	Male	5	1.9	4	1.5	6	2.1	2	0.8	2	2.0	19	1.6
	Female	1	0.4	2	0.8	1	0.4	1	0.4	1	1.0	6	0.5
	Total	6	1.1	6	1.1	7	1.3	3	0.6	3	1.5	25	1.1

Leisure activities: Hiking or climbing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	201	75.0	198	74.7	189	66.8	189	72.1	88	88.9	865	73.5
	Female	216	78.3	206	79.2	194	73.5	193	78.8	97	93.3	906	78.9
	Total	417	76.7	404	77.0	383	70.0	382	75.3	185	91.1	1771	76.1
Once or several times a year	Male	64	23.9	57	21.5	80	28.3	62	23.7	9	9.1	272	23.1
	Female	55	19.9	46	17.7	60	22.7	44	18.0	6	5.8	211	18.4
	Total	119	21.9	103	19.6	140	25.6	106	20.9	15	7.4	483	20.8
Once or several times a month	Male	3	1.1	9	3.4	12	4.2	9	3.4	1	1.0	34	2.9
	Female	4	1.4	8	3.1	8	3.0	7	2.9	1	1.0	28	2.4
	Total	7	1.3	17	3.2	20	3.7	16	3.2	2	1.0	62	2.7
Once a week	Male	0	0.0	1	0.4	1	0.4	1	0.4	1	1.0	4	0.3
	Female	1	0.4	0	0.0	2	0.8	1	0.4	0	0.0	4	0.3
	Total	1	0.2	1	0.2	3	0.5	2	0.4	1	0.5	8	0.3
Several times a week	Male	0	0.0	0	0.0	1	0.4	1	0.4	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	0	0.0	0	0.0	1	0.2	1	0.2	0	0.0	2	0.1
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	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	0	0.0	0	0.0

Leisure activities: Fishing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	193	72.0	199	75.1	211	74.6	222	84.7	91	91.9	916	77.8
	Female	255	92.4	253	97.3	257	97.3	241	98.4	103	99.0	1109	96.5
	Total	448	82.4	452	86.1	468	85.6	463	91.3	194	95.6	2025	87.1
Once or several times a year	Male	60	22.4	45	17.0	49	17.3	20	7.6	5	5.1	179	15.2
	Female	20	7.2	6	2.3	7	2.7	4	1.6	1	1.0	38	3.3
	Total	80	14.7	51	9.7	56	10.2	24	4.7	6	3.0	217	9.3
Once or several times a month	Male	12	4.5	15	5.7	15	5.3	14	5.3	1	1.0	57	4.8
	Female	1	0.4	1	0.4	0	0.0	0	0.0	0	0.0	2	0.2
	Total	13	2.4	16	3.0	15	2.7	14	2.8	1	0.5	59	2.5
Once a week	Male	3	1.1	5	1.9	4	1.4	4	1.5	1	1.0	17	1.4
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	3	0.6	5	1.0	4	0.7	4	0.8	1	0.5	17	0.7
Several times a week	Male	0	0.0	1	0.4	4	1.4	2	0.8	1	1.0	8	0.7
	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	4	0.7	2	0.4	1	0.5	8	0.3

Everyday	Male	0		0.0		0		0.0		0		0.0		0	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
	Female	0	0.0	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	0	0.0	0	0.0	0	0.0

Leisure activities: Gardening

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	144	53.7	115	43.4	60	21.2	48	18.3	17	17.2	384	32.6
	Female	125	45.3	72	27.7	37	14.0	44	18.0	19	18.3	297	25.8
	Total	269	49.4	187	35.6	97	17.7	92	18.1	36	17.7	681	29.3
Once or several times a year	Male	56	20.9	50	18.9	33	11.7	22	8.4	5	5.1	166	14.1
	Female	45	16.3	38	14.6	10	3.8	7	2.9	3	2.9	103	9.0
	Total	101	18.6	88	16.8	43	7.9	29	5.7	8	3.9	269	11.6
Once or several times a month	Male	44	16.4	52	19.6	60	21.2	29	11.1	7	7.1	192	16.3
	Female	49	17.8	51	19.6	37	14.0	41	16.7	14	13.5	192	16.7
	Total	93	17.1	103	19.6	97	17.7	70	13.8	21	10.3	384	16.5
Once a week	Male	14	5.2	29	10.9	48	17.0	44	16.8	16	16.2	151	12.8
	Female	24	8.7	32	12.3	60	22.7	34	13.9	11	10.6	161	14.0
	Total	38	7.0	61	11.6	108	19.7	78	15.4	27	13.3	312	13.4
Several times a week	Male	9	3.4	15	5.7	41	14.5	59	22.5	23	23.2	147	12.5
	Female	22	8.0	40	15.4	65	24.6	62	25.3	23	22.1	212	18.5
	Total	31	5.7	55	10.5	106	19.4	121	23.9	46	22.7	359	15.4
Everyday	Male	1	0.4	4	1.5	41	14.5	60	22.9	31	31.3	137	11.6
	Female	11	4.0	27	10.4	55	20.8	57	23.3	34	32.7	184	16.0
	Total	12	2.2	31	5.9	96	17.6	117	23.1	65	32.0	321	13.8

Leisure activities: Traveling

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	28	10.4	36	13.6	27	9.5	32	12.2	30	30.3	153	13.0
	Female	35	12.7	17	6.5	29	11.0	33	13.5	37	35.6	151	13.1
	Total	63	11.6	53	10.1	56	10.2	65	12.8	67	33.0	304	13.1
Once or several times a year	Male	211	78.7	185	69.8	204	72.1	179	68.3	58	58.6	837	71.1
	Female	211	76.4	204	78.5	187	70.8	166	67.8	60	57.7	828	72.1
	Total	422	77.6	389	74.1	391	71.5	345	68.0	118	58.1	1665	71.6
Once or several times a month	Male	29	10.8	39	14.7	48	17.0	45	17.2	11	11.1	172	14.6
	Female	30	10.9	36	13.8	45	17.0	40	16.3	7	6.7	158	13.8
	Total	59	10.8	75	14.3	93	17.0	85	16.8	18	8.9	330	14.2
Once a week	Male	0	0.0	5	1.9	3	1.1	4	1.5	0	0.0	12	1.0
	Female	0	0.0	2	0.8	3	1.1	4	1.6	0	0.0	9	0.8
	Total	0	0.0	7	1.3	6	1.1	8	1.6	0	0.0	21	0.9
Several times a week	Male	0	0.0	0	0.0	1	0.4	2	0.8	0	0.0	3	0.3
	Female	0	0.0	1	0.4	0	0.0	2	0.8	0	0.0	3	0.3
	Total	0	0.0	1	0.2	1	0.2	4	0.8	0	0.0	6	0.3
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	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	0	0.0	0	0.0

Leisure activities: Intellectual learning

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	126	47.0	138	52.1	165	58.3	160	61.1	63	63.6	652	55.4
	Female	155	56.2	150	57.7	166	62.9	138	56.3	72	69.2	681	59.3
	Total	281	51.7	288	54.9	331	60.5	298	58.8	135	66.5	1333	57.3
Once or several times a year	Male	71	26.5	54	20.4	41	14.5	35	13.4	11	11.1	212	18.0
	Female	57	20.7	42	16.2	33	12.5	24	9.8	4	3.8	160	13.9
	Total	128	23.5	96	18.3	74	13.5	59	11.6	15	7.4	372	16.0
Once or several times a month	Male	28	10.4	29	10.9	26	9.2	30	11.5	11	11.1	124	10.5
	Female	30	10.9	32	12.3	29	11.0	38	15.5	10	9.6	139	12.1
	Total	58	10.7	61	11.6	55	10.1	68	13.4	21	10.3	263	11.3
Once a week	Male	17	6.3	11	4.2	19	6.7	14	5.3	5	5.1	66	5.6
	Female	13	4.7	15	5.8	22	8.3	22	9.0	8	7.7	80	7.0
	Total	30	5.5	26	5.0	41	7.5	36	7.1	13	6.4	146	6.3
Several times a week	Male	17	6.3	16	6.0	16	5.7	12	4.6	4	4.0	65	5.5
	Female	16	5.8	9	3.5	6	2.3	11	4.5	5	4.8	47	4.1
	Total	33	6.1	25	4.8	22	4.0	23	4.5	9	4.4	112	4.8
Everyday	Male	9	3.4	17	6.4	16	5.7	11	4.2	5	5.1	58	4.9
	Female	5	1.8	12	4.6	8	3.0	12	4.9	5	4.8	42	3.7
	Total	14	2.6	29	5.5	24	4.4	23	4.5	10	4.9	100	4.3

Leisure activities: Physical learning

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	179	66.8	173	65.3	182	64.3	157	59.9	65	65.7	756	64.2
	Female	194	70.3	167	64.2	176	66.7	160	65.3	68	65.4	765	66.6
	Total	373	68.6	340	64.8	358	65.4	317	62.5	133	65.5	1521	65.4
Once or several times a year	Male	38	14.2	32	12.1	35	12.4	29	11.1	9	9.1	143	12.1
	Female	26	9.4	31	11.9	27	10.2	9	3.7	1	1.0	94	8.2
	Total	64	11.8	63	12.0	62	11.3	38	7.5	10	4.9	237	10.2
Once or several times a month	Male	24	9.0	16	6.0	16	5.7	24	9.2	5	5.1	85	7.2
	Female	11	4.0	9	3.5	11	4.2	17	6.9	8	7.7	56	4.9
	Total	35	6.4	25	4.8	27	4.9	41	8.1	13	6.4	141	6.1
Once a week	Male	12	4.5	20	7.5	16	5.7	21	8.0	8	8.1	77	6.5
	Female	19	6.9	16	6.2	18	6.8	28	11.4	8	7.7	89	7.7
	Total	31	5.7	36	6.9	34	6.2	49	9.7	16	7.9	166	7.1
Several times a week	Male	12	4.5	16	6.0	23	8.1	18	6.9	7	7.1	76	6.5
	Female	23	8.3	31	11.9	24	9.1	23	9.4	12	11.5	113	9.8
	Total	35	6.4	47	9.0	47	8.6	41	8.1	19	9.4	189	8.1

Everyday	Male	3	1.1	8	3.0	11	3.9	13	5.0	5	5.1	40	3.4
	Female	3	1.1	6	2.3	8	3.0	8	3.3	7	6.7	32	2.8
Total		6	1.1	14	2.7	19	3.5	21	4.1	12	5.9	72	3.1

Leisure activities: Volunteer

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Nothing	Male	200	74.6	199	75.1	191	67.5	160	61.1	78	78.8	828	70.3
	Female	217	78.6	191	73.5	188	71.2	184	75.1	87	83.7	867	75.5
	Total	417	76.7	390	74.3	379	69.3	344	67.9	165	81.3	1695	72.9
Once or several times a year	Male	56	20.9	45	17.0	45	15.9	39	14.9	5	5.1	190	16.1
	Female	34	12.3	29	11.2	27	10.2	16	6.5	7	6.7	113	9.8
	Total	90	16.5	74	14.1	72	13.2	55	10.8	12	5.9	303	13.0
Once or several times a month	Male	9	3.4	11	4.2	28	9.9	20	7.6	11	11.1	79	6.7
	Female	19	6.9	24	9.2	24	9.1	23	9.4	9	8.7	99	8.6
	Total	28	5.1	35	6.7	52	9.5	43	8.5	20	9.9	178	7.7
Once a week	Male	2	0.7	4	1.5	10	3.5	24	9.2	3	3.0	43	3.7
	Female	5	1.8	6	2.3	11	4.2	13	5.3	1	1.0	36	3.1
	Total	7	1.3	10	1.9	21	3.8	37	7.3	4	2.0	79	3.4
Several times a week	Male	1	0.4	4	1.5	5	1.8	13	5.0	0	0.0	23	2.0
	Female	1	0.4	7	2.7	14	5.3	6	2.4	0	0.0	28	2.4
	Total	2	0.4	11	2.1	19	3.5	19	3.7	0	0.0	51	2.2
Everyday	Male	0	0.0	2	0.8	4	1.4	6	2.3	2	2.0	14	1.2
	Female	0	0.0	3	1.2	0	0.0	3	1.2	0	0.0	6	0.5
	Total	0	0.0	5	1.0	4	0.7	9	1.8	2	1.0	20	0.9

4. Work commitment scale

This scale comprises 16 items (4 options) to measure commitment to own work. Higher score indicates higher commitment to 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	5.7	264	39.9	5.7	258	40.9	5.3	197	42.1	4.7	60	41.4	7.0	11	40.3	5.6	790
Female	38.8	5.3	223	39.4	4.6	188	40.4	5.0	102	42.0	5.6	42	47.1	3.9	8	39.6	5.1	563
Total	39.3	5.5	487	39.7	5.3	446	40.7	5.2	299	42.0	5.0	102	43.8	6.5	19	40.0	5.4	1353

5. Work-Family Conflict/ Work-Family Facilitation Scale (WFC/WFF)

The WFC/WFF scale has 16 items (5 options) to measure conflict and facilitation between work and family life bidirectionally (work-to-family, family-to-work). This scale consists of 4 subscales: work-to-family conflict, family-to-work conflict, work-to-family facilitation, and family-to-work facilitation. Higher score of WFC means higher interrole conflict. And higher score of WFF means more positive facilitation. Only participants who have job respond to this scale.

WFC/WFF subscale 1: work-to-family conflict (5 items, possible range 5-25/ 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	13.0	3.9	264	12.6	3.9	258	11.4	4.0	197	11.6	3.9	59	10.9	4.0	10	12.4	4.0	788
Female	11.8	4.4	223	11.6	4.5	188	11.6	4.1	102	11.5	4.9	42	10.5	5.6	8	11.7	4.4	563
Total	12.5	4.2	487	12.2	4.2	446	11.5	4.0	299	11.5	4.3	101	10.7	4.6	18	12.1	4.2	1351

WFC/WFF subscale 2: family-to-work conflict (5 items, possible range 5-25/ 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	8.8	3.2	264	8.5	2.9	258	8.4	3.1	197	9.5	3.0	59	9.7	4.3	10	8.7	3.1	788
Female	10.1	4.0	223	9.6	3.5	188	9.9	3.7	102	9.5	3.7	42	7.5	3.9	8	9.8	3.8	563
Total	9.4	3.6	487	9.0	3.2	446	8.9	3.4	299	9.5	3.3	101	8.7	4.1	18	9.2	3.4	1351

WFC/WFF subscale 3: work-to-family facilitation (3 items, possible range 3-15/ 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	8.6	2.3	264	8.9	2.3	258	8.9	2.6	197	8.7	2.8	59	9.7	2.6	10	8.8	2.4	788
Female	8.1	2.5	223	8.7	2.5	188	9.0	2.6	102	9.1	2.6	42	8.5	2.5	8	8.6	2.6	563
Total	8.4	2.4	487	8.8	2.4	446	8.9	2.6	299	8.9	2.7	101	9.2	2.5	18	8.7	2.5	1351

WFC/WFF subscale 4: family-to-work facilitation (3 items, possible range 3-15/ 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	9.7	2.2	264	9.6	2.2	258	9.9	2.4	197	9.8	2.8	59	9.6	2.7	10	9.7	2.3	788
Female	9.4	2.6	223	9.7	2.3	188	9.6	2.4	102	10.0	2.4	42	9.8	4.0	8	9.6	2.5	563
Total	9.6	2.4	487	9.6	2.3	446	9.8	2.4	299	9.9	2.6	101	9.7	3.2	18	9.7	2.4	1351

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	20.9	64	24.2	57	20.1	47	17.9	23	23.2	247	21.0
	Female	78	28.3	59	22.7	72	27.2	71	28.9	66	63.5	346	30.1
	Total	134	24.6	123	23.4	129	23.5	118	23.2	89	43.8	593	25.5
Yes	Male	212	79.1	201	75.8	227	79.9	215	82.1	76	76.8	931	79.0
	Female	198	71.7	201	77.3	193	72.8	175	71.1	38	36.5	805	69.9
	Total	410	75.4	402	76.6	420	76.5	390	76.8	114	56.2	1736	74.5

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	94	35.1	110	41.5	91	32.0	73	27.9	31	31.3	399	33.9
	Female	85	30.8	92	35.4	79	29.8	69	28.0	46	44.2	371	32.2
	Total	179	32.9	202	38.5	170	31.0	142	28.0	77	37.9	770	33.1
Yes	Male	174	64.9	155	58.5	193	68.0	189	72.1	68	68.7	779	66.1
	Female	191	69.2	168	64.6	186	70.2	177	72.0	58	55.8	780	67.8
	Total	365	67.1	323	61.5	379	69.0	366	72.0	126	62.1	1559	66.9

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	162	60.4	149	56.2	136	47.9	96	36.6	49	49.5	592	50.3
	Female	118	42.8	94	36.2	75	28.3	59	24.0	39	37.5	385	33.4
	Total	280	51.5	243	46.3	211	38.4	155	30.5	88	43.3	977	41.9
Yes	Male	106	39.6	116	43.8	148	52.1	166	63.4	50	50.5	586	49.7
	Female	158	57.2	166	63.8	190	71.7	187	76.0	65	62.5	766	66.6
	Total	264	48.5	282	53.7	338	61.6	353	69.5	115	56.7	1352	58.1

Present life worth living: Work

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	140	52.2	133	50.2	160	56.3	215	82.1	91	91.9	739	62.7
	Female	169	61.2	154	59.2	202	76.2	210	85.4	92	88.5	827	71.9
	Total	309	56.8	287	54.7	362	65.9	425	83.7	183	90.1	1566	67.2
Yes	Male	128	47.8	132	49.8	124	43.7	47	17.9	8	8.1	439	37.3
	Female	107	38.8	106	40.8	63	23.8	36	14.6	12	11.5	324	28.1
	Total	235	43.2	238	45.3	187	34.1	83	16.3	20	9.9	763	32.8

Present life worth living: Housework

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	252	94.0	247	93.2	251	88.4	230	87.8	82	82.8	1062	90.2
	Female	217	78.6	190	73.1	171	64.5	137	55.7	75	72.1	790	68.6
	Total	469	86.2	437	83.2	422	76.9	367	72.2	157	77.3	1852	79.5
Yes	Male	16	6.0	18	6.8	33	11.6	32	12.2	17	17.2	116	9.8
	Female	59	21.4	70	26.9	94	35.5	109	44.3	29	27.9	361	31.4
	Total	75	13.8	88	16.8	127	23.1	141	27.8	46	22.7	477	20.5

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	260	97.0	247	93.2	251	88.4	212	80.9	90	90.9	1060	90.0
	Female	262	94.9	238	91.5	232	87.5	211	85.8	98	94.2	1041	90.4
	Total	522	96.0	485	92.4	483	88.0	423	83.3	188	92.6	2101	90.2
Yes	Male	8	3.0	18	6.8	33	11.6	50	19.1	9	9.1	118	10.0
	Female	14	5.1	22	8.5	33	12.5	35	14.2	6	5.8	110	9.6
	Total	22	4.0	40	7.6	66	12.0	85	16.7	15	7.4	228	9.8

Present life worth living: Community activity

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	259	96.6	248	93.6	248	87.3	211	80.5	84	84.8	1050	89.1
	Female	268	97.1	248	95.4	241	90.9	221	89.8	102	98.1	1080	93.8
	Total	527	96.9	496	94.5	489	89.1	432	85.0	186	91.6	2130	91.5
Yes	Male	9	3.4	17	6.4	36	12.7	51	19.5	15	15.2	128	10.9
	Female	8	2.9	12	4.6	24	9.1	25	10.2	2	1.9	71	6.2
	Total	17	3.1	29	5.5	60	10.9	76	15.0	17	8.4	199	8.5

Present life worth living: Saving money

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	247	92.2	254	95.8	266	93.7	240	91.6	91	91.9	1098	93.2
	Female	238	86.2	226	86.9	237	89.4	220	89.4	95	91.3	1016	88.3
	Total	485	89.2	480	91.4	503	91.6	460	90.6	186	91.6	2114	90.8
Yes	Male	21	7.8	11	4.2	18	6.3	22	8.4	8	8.1	80	6.8
	Female	38	13.8	34	13.1	28	10.6	26	10.6	9	8.7	135	11.7
	Total	59	10.8	45	8.6	46	8.4	48	9.4	17	8.4	215	9.2

Present life worth living: Going out

		40-49yr		50-59yr		60-69yr		70-79yr		80yr--		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	153	57.1	145	54.7	133	46.8	123	46.9	63	63.6	617	52.4
	Female	152	55.1	122	46.9	110	41.5	107	43.5	66	63.5	557	48.4
	Total	305	56.1	267	50.9	243	44.3	230	45.3	129	63.5	1174	50.4
Yes	Male	115	42.9	120	45.3	151	53.2	139	53.1	36	36.4	561	47.6
	Female	124	44.9	138	53.1	155	58.5	139	56.5	38	36.5	594	51.6
	Total	239	43.9	258	49.1	306	55.7	278	54.7	74	36.5	1155	49.6

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	246	91.8	237	89.4	255	89.8	237	90.5	91	91.9	1066	90.5

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Yes	Female	251	90.9	223	85.8	240	90.6	225	91.5	94	90.4	1033	89.7
	Total	497	91.4	460	87.6	495	90.2	462	90.9	185	91.1	2099	90.1
	Male	22	8.2	28	10.6	29	10.2	25	9.5	8	8.1	112	9.5
No	Female	25	9.1	37	14.2	25	9.4	21	8.5	10	9.6	118	10.3
	Total	47	8.6	65	12.4	54	9.8	46	9.1	18	8.9	230	9.9

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	264	98.5	255	96.2	268	94.4	247	94.3	92	92.9	1126	95.6
	Female	264	95.7	243	93.5	247	93.2	213	86.6	89	85.6	1056	91.7
	Total	528	97.1	498	94.9	515	93.8	460	90.6	181	89.2	2182	93.7
Yes	Male	4	1.5	10	3.8	16	5.6	15	5.7	7	7.1	52	4.4
	Female	12	4.3	17	6.5	18	6.8	33	13.4	15	14.4	95	8.3
	Total	16	2.9	27	5.1	34	6.2	48	9.4	22	10.8	147	6.3

Present life worth living: Sports

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	181	67.5	174	65.7	198	69.7	185	70.6	80	80.8	818	69.4
	Female	219	79.3	209	80.4	205	77.4	183	74.4	96	92.3	912	79.2
	Total	400	73.5	383	73.0	403	73.4	368	72.4	176	86.7	1730	74.3
Yes	Male	87	32.5	91	34.3	86	30.3	77	29.4	19	19.2	360	30.6
	Female	57	20.7	51	19.6	60	22.6	63	25.6	8	7.7	239	20.8
	Total	144	26.5	142	27.0	146	26.6	140	27.6	27	13.3	599	25.7

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	229	85.4	211	79.6	208	73.2	171	65.3	67	67.7	886	75.2
	Female	237	85.9	201	77.3	181	68.3	166	67.5	85	81.7	870	75.6
	Total	466	85.7	412	78.5	389	70.9	337	66.3	152	74.9	1756	75.4
Yes	Male	39	14.6	54	20.4	76	26.8	91	34.7	32	32.3	292	24.8
	Female	39	14.1	59	22.7	84	31.7	80	32.5	19	18.3	281	24.4
	Total	78	14.3	113	21.5	160	29.1	171	33.7	51	25.1	573	24.6

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	135	50.4	139	52.5	149	52.5	139	53.1	61	61.6	623	52.9
	Female	169	61.2	150	57.7	144	54.3	127	51.6	57	54.8	647	56.2
	Total	304	55.9	289	55.0	293	53.4	266	52.4	118	58.1	1270	54.5
Yes	Male	133	49.6	126	47.5	135	47.5	123	46.9	38	38.4	555	47.1
	Female	107	38.8	110	42.3	121	45.7	119	48.4	47	45.2	504	43.8
	Total	240	44.1	236	45.0	256	46.6	242	47.6	85	41.9	1059	45.5

Present life worth living: Gardening

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	246	91.8	223	84.2	181	63.7	132	50.4	46	46.5	828	70.3
	Female	250	90.6	198	76.2	151	57.0	132	53.7	62	59.6	793	68.9
	Total	496	91.2	421	80.2	332	60.5	264	52.0	108	53.2	1621	69.6
Yes	Male	22	8.2	42	15.8	103	36.3	130	49.6	53	53.5	350	29.7
	Female	26	9.4	62	23.8	114	43.0	114	46.3	42	40.4	358	31.1
	Total	48	8.8	104	19.8	217	39.5	244	48.0	95	46.8	708	30.4

Present life worth living: Pets

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	240	89.6	230	86.8	241	84.9	233	88.9	90	90.9	1034	87.8
	Female	234	84.8	190	73.1	220	83.0	209	85.0	96	92.3	949	82.5
	Total	474	87.1	420	80.0	461	84.0	442	87.0	186	91.6	1983	85.1
Yes	Male	28	10.4	35	13.2	43	15.1	29	11.1	9	9.1	144	12.2
	Female	42	15.2	70	26.9	45	17.0	37	15.0	8	7.7	202	17.5
	Total	70	12.9	105	20.0	88	16.0	66	13.0	17	8.4	346	14.9

Present life worth living: Others

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	266	99.3	264	99.6	283	99.6	260	99.2	99	100.0	1172	99.5
	Female	276	100.0	258	99.2	263	99.2	246	100.0	104	100.0	1147	99.7
	Total	542	99.6	522	99.4	546	99.5	506	99.6	203	100.0	2319	99.6
Yes	Male	2	0.7	1	0.4	1	0.4	2	0.8	0	0.0	6	0.5
	Female	0	0.0	2	0.8	2	0.8	0	0.0	0	0.0	4	0.3
	Total	2	0.4	3	0.6	3	0.5	2	0.4	0	0.0	10	0.4

Present life worth living: Nothing

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No	Male	264	98.5	258	97.4	280	98.6	259	98.9	96	97.0	1157	98.2
	Female	266	96.4	247	95.0	257	97.0	241	98.0	97	93.3	1108	96.3
	Total	530	97.4	505	96.2	537	97.8	500	98.4	193	95.1	2265	97.3
Yes	Male	4	1.5	7	2.6	4	1.4	3	1.1	3	3.0	21	1.8
	Female	10	3.6	13	5.0	8	3.0	5	2.0	7	6.7	43	3.7
	Total	14	2.6	20	3.8	12	2.2	8	1.6	10	4.9	64	2.7

State of employment

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Inoccupation	Male	4	1.5	7	2.6	87	30.6	197	75.2	85	85.9	380	32.3
	Female	4	1.4	6	2.3	30	11.3	94	38.2	71	67.6	205	17.8
	Total	8	1.5	13	2.5	117	21.3	291	57.3	156	76.5	585	25.1
Housewife or househusband	Male	0	0.0	0	0.0	0	0.0	2	0.8	2	2.0	4	0.3
	Female	48	17.4	66	25.4	133	50.2	109	44.3	25	23.8	381	33.1
	Total	48	8.8	66	12.6	133	24.2	111	21.9	27	13.2	385	16.5
Regular employment	Male	233	86.9	210	79.2	77	27.1	2	0.8	0	0.0	522	44.3
	Female	59	21.4	33	12.7	7	2.6	0	0.0	0	0.0	99	8.6
	Total	292	53.7	243	46.3	84	15.3	2	0.4	0	0.0	621	26.7
Non-regular employment	Male	1	0.4	8	3.0	70	24.6	31	11.8	2	2.0	112	9.5
	Female	145	52.5	134	51.5	69	26.0	22	8.9	1	1.0	371	32.2
	Total	146	26.8	142	27.0	139	25.3	53	10.4	3	1.5	483	20.7
Others (self-management, worker in agriculture, forestry and fishery, etc.)	Male	30	11.2	40	15.1	50	17.6	30	11.5	10	10.1	160	13.6
	Female	20	7.2	21	8.1	26	9.8	21	8.5	8	7.6	96	8.3
	Total	50	9.2	61	11.6	76	13.8	51	10.0	18	8.8	256	11.0

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	63	23.9	38	14.7	23	11.7	6	9.5	1	8.3	131	16.5
	Female	55	24.7	40	21.3	13	12.7	1	2.3	2	22.2	111	19.6
	Total	118	24.2	78	17.5	36	12.0	7	6.6	3	14.3	242	17.8
Administrative position (higher grade than chief in office, stationmaster, head in school, etc)	Male	61	23.1	83	32.2	35	17.8	5	7.9	0	0	184	23.2
	Female	4	1.8	4	2.1	0	0	0	0	0	0	8	1.4
	Total	65	13.3	87	19.5	35	11.7	5	4.7	0	0	192	14.1
Office work (company, bank, government office, etc)	Male	34	12.9	23	8.9	21	10.7	3	4.8	0	0	81	10.2
	Female	74	33.2	40	21.3	13	12.7	2	4.7	1	11.1	130	23.0
	Total	108	22.2	63	14.1	34	11.4	5	4.7	1	4.8	211	15.5
Engagement in service or selling (clerk, salesman, beauty artist, caterer, etc)	Male	14	5.3	15	5.8	14	7.1	6	9.5	0	0	49	6.2
	Female	46	20.6	56	29.8	31	30.4	10	23.3	1	11.1	144	25.5
	Total	60	12.3	71	15.9	45	15.1	16	15.1	1	4.8	193	14.2
Engagement in skilled or labor work (driver, engineering, construction, manufacture, processing, repairment, printing, etc)	Male	63	23.9	61	23.6	62	31.5	19	30.2	2	16.7	207	26.1
	Female	32	14.3	34	18.1	26	25.5	10	23.3	0	0	102	18.1
	Total	95	19.5	95	21.3	88	29.4	29	27.4	2	9.5	309	22.7
Engagement in security (policeman, fire officer, self-defence official)	Male	4	1.5	5	1.9	1	0.5	0	0	0	0	10	1.3
	Female	0	0	1	0.5	0	0	0	0	0	0	1	0.2
	Total	4	0.8	6	1.3	1	0.3	0	0	0	0	11	0.8
Worker in agriculture, forestry and fishery	Male	2	0.8	5	1.9	11	5.6	9	14.3	6	50.0	33	4.2
	Female	4	1.8	4	2.1	6	5.9	7	16.3	2	22.2	23	4.1
	Total	6	1.2	9	2.0	17	5.7	16	15.1	8	38.1	56	4.1
Self-management other than agriculture, forestry and fishery	Male	23	8.7	28	10.9	30	15.2	15	23.8	3	25.0	99	12.5
	Female	7	3.1	9	4.8	13	12.7	12	27.9	3	33.3	44	7.8
	Total	30	6.2	37	8.3	43	14.4	27	25.5	6	28.6	143	10.5
Others	Male	0	0.0	0	0	0	0	0	0.0	0	0	0	0.0
	Female	1	0.2	0	0	0	0	1	0.9	0	0	2	0.1
	Total	1	0.2	0	0	0	0	1	0.9	0	0	2	0.1
Total	Male	264	100.0	258	100.0	197	100.0	63	100.0	12	100.0	794	100.0
	Female	223	100.0	188	100.0	102	100.0	43	100.0	9	100.0	565	100.0
	Total	487	100.0	446	100.0	299	100.0	106	100.0	21	100.0	1359	100.0

Working hours per one week (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		49.2	9.4	264	46.1	9.9	258	37.6	15.7	197	24.5	16.0	63	29.2	16.1	12	43.1	14.1	794
Female		29.3	12.8	224	28.9	13.5	188	24.5	15.2	102	20.9	14.7	42	31.3	19.4	8	27.7	13.9	564
Total		40.1	14.9	488	38.9	14.3	446	33.1	16.7	299	23.0	15.5	105	30.0	17.0	20	36.7	15.9	1358

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		23.1	4.2	268	33.9	4.3	265	42.8	4.7	284	45.5	6.1	262	45.9	9.1	99	37.2	10.3	1178
Female		12.0	7.7	276	13.8	10.9	260	18.5	14.9	265	21.8	16.2	246	23.4	18.0	104	17.0	14.0	1151
Total		17.4	8.4	544	23.9	13.0	525	31.1	16.3	549	34.0	16.9	508	34.4	18.2	203	27.2	15.9	2329

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		14.8	2.6	268	14.1	2.4	265	12.9	2.6	284	12.0	2.7	262	11.4	2.8	99	13.3	2.8	1178
Female		13.7	1.8	276	13.4	2.0	260	11.8	2.3	265	11.0	2.3	246	9.6	1.8	105	12.2	2.5	1152
Total		14.3	2.3	544	13.8	2.2	525	12.4	2.5	549	11.5	2.5	508	10.4	2.5	204	12.8	2.7	2330

Marital status

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Unmarried	Male	27	10.1	12	4.5	4	1.4	0	0.0	0	0.0	43	3.7
	Female	27	9.8	5	1.9	4	1.5	6	2.4	3	2.9	45	3.9
	Total	54	9.9	17	3.2	8	1.5	6	1.2	3	1.5	88	3.8
Already married (covers unregistered)	Male	231	86.2	243	91.7	269	94.7	248	94.7	85	85.9	1076	91.3
	Female	234	84.8	229	88.1	220	83.0	157	63.8	22	21.0	862	74.8

		Total	465	85.5	472	89.9	489	89.1	405	79.7	107	52.5	1938	83.2
Marriage)	Male	4	1.5	1	0.4	0	0.0	1	0.4	0	0.0	6	0.5	
	Female	3	1.1	2	0.8	2	0.8	0	0.0	0	0.0	7	0.6	
	Total	7	1.3	3	0.6	2	0.4	1	0.2	0	0.0	13	0.6	
Separation	Male	5	1.9	7	2.6	7	2.5	0	0.0	0	0.0	19	1.6	
	Female	11	4.0	15	5.8	6	2.3	9	3.7	4	3.8	45	3.9	
	Total	16	2.9	22	4.2	13	2.4	9	1.8	4	2.0	64	2.7	
Divorced	Male	1	0.4	2	0.8	4	1.4	13	5.0	14	14.1	34	2.9	
	Female	1	0.4	9	3.5	33	12.5	74	30.1	76	72.4	193	16.8	
	Total	2	0.4	11	2.1	37	6.7	87	17.1	90	44.1	227	9.7	

State of habitation

		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	1	0.4	0	0.0	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	1	0.2	0	0.0	1	0.0
Living alone	Male	18	6.7	15	5.7	15	5.3	9	3.4	8	8.1	65	5.5
	Female	11	4.0	8	3.1	21	7.9	42	17.1	43	41.0	125	10.9
	Total	29	5.3	23	4.4	36	6.6	51	10.0	51	25.0	190	8.2
Husband and wife	Male	25	9.3	51	19.2	116	40.8	142	54.2	44	44.4	378	32.1
	Female	25	9.1	63	24.2	101	38.1	92	37.4	11	10.5	292	25.3
	Total	50	9.2	114	21.7	217	39.5	234	46.1	55	27.0	670	28.8
Others	Male	225	84.0	199	75.1	153	53.9	110	42.0	47	47.5	734	62.3
	Female	240	87.0	189	72.7	143	54.0	112	45.5	51	48.6	735	63.8
	Total	465	85.5	388	73.9	296	53.9	222	43.7	98	48.0	1469	63.0

Sum of family 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	4	1.4	3	1.1	8	8.1	15	1.3
	Female	1	0.4	2	0.8	8	3.0	12	4.9	10	9.5	33	2.9
	Total	1	0.2	2	0.4	12	2.2	15	3.0	18	8.8	48	2.1
Less than 1,500,000yen	Male	3	1.1	4	1.5	7	2.5	10	3.8	3	3.0	27	2.3
	Female	7	2.5	8	3.1	10	3.8	15	6.1	17	16.2	57	4.9
	Total	10	1.8	12	2.3	17	3.1	25	4.9	20	9.8	84	3.6
Between 1,500,000 and 2,490,000 yen	Male	2	0.7	2	0.8	13	4.6	27	10.3	9	9.1	53	4.5
	Female	11	4.0	14	5.4	22	8.3	31	12.6	22	21.0	100	8.7
	Total	13	2.4	16	3.0	35	6.4	58	11.4	31	15.2	153	6.6
Between 2,500,000 and 3,490,000 yen	Male	5	1.9	7	2.6	46	16.2	75	28.6	18	18.2	151	12.8
	Female	11	4.0	16	6.2	49	18.5	55	22.4	22	21.0	153	13.3
	Total	16	2.9	23	4.4	95	17.3	130	25.6	40	19.6	304	13.0
Between 3,500,000 and 4,490,000 yen	Male	25	9.3	12	4.5	49	17.3	50	19.1	20	20.2	156	13.2
	Female	22	8.0	18	6.9	50	18.9	48	19.5	8	7.6	146	12.7
	Total	47	8.6	30	5.7	99	18.0	98	19.3	28	13.7	302	13.0
Between 4,500,000 and 5,490,000 yen	Male	34	12.7	24	9.1	20	7.0	22	8.4	12	12.1	112	9.5
	Female	24	8.7	31	11.9	33	12.5	25	10.2	3	2.9	116	10.1
	Total	58	10.7	55	10.5	53	9.7	47	9.3	15	7.4	228	9.8
Between 5,500,000 and 6,490,000 yen	Male	30	11.2	22	8.3	33	11.6	20	7.6	5	5.1	110	9.3
	Female	30	10.9	25	9.6	18	6.8	17	6.9	7	6.7	97	8.4
	Total	60	11.0	47	9.0	51	9.3	37	7.3	12	5.9	207	8.9
Between 6,500,000 and 7,490,000 yen	Male	43	16.0	35	13.2	13	4.6	12	4.6	6	6.1	109	9.3
	Female	45	16.3	19	7.3	21	7.9	8	3.3	2	1.9	95	8.2
	Total	88	16.2	54	10.3	34	6.2	20	3.9	8	3.9	204	8.8
Between 7,500,000 and 8,490,000 yen	Male	38	14.2	34	12.8	25	8.8	12	4.6	2	2.0	111	9.4
	Female	29	10.5	26	10.0	9	3.4	3	1.2	2	1.9	69	6.0
	Total	67	12.3	60	11.4	34	6.2	15	3.0	4	2.0	180	7.7
Between 8,500,000 and 9,990,000 yen	Male	34	12.7	45	17.0	32	11.3	11	4.2	6	6.1	128	10.9
	Female	39	14.1	32	12.3	15	5.7	13	5.3	2	1.9	101	8.8
	Total	73	13.4	77	14.7	47	8.6	24	4.7	8	3.9	229	9.8
Between 10,000,000 and 19,990,000 yen	Male	50	18.7	76	28.7	37	13.0	19	7.3	7	7.1	189	16.0
	Female	54	19.6	64	24.6	26	9.8	17	6.9	9	8.6	170	14.8
	Total	104	19.1	140	26.7	63	11.5	36	7.1	16	7.8	359	15.4
More than 20,000,000 yen	Male	4	1.5	4	1.5	5	1.8	1	0.4	3	3.0	17	1.4
	Female	3	1.1	5	1.9	4	1.5	2	0.8	1	1.0	15	1.3
	Total	7	1.3	9	1.7	9	1.6	3	0.6	4	2.0	32	1.4

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	0	0.0	0	0.0	0	0.0	0	0.0	1	1.0	1	0.1
	Total	0	0.0	0	0.0	0	0.0	0	0.0	1	0.5	1	0.0
Very satisfied	Male	18	6.7	19	7.2	33	11.6	22	8.4	15	15.2	107	9.1
	Female	40	14.5	38	14.6	32	12.1	26	10.6	23	21.9	159	13.8
	Total	58	10.7	57	10.9	65	11.8	48	9.4	38	18.6	266	11.4
Satisfied	Male	89	33.2	85	32.1	91	32.0	94	35.9	44	44.4	403	34.2
	Female	85	30.8	88	33.8	106	40.0	105	42.7	42	40.0	426	37.0
	Total	174	32.0	173	33.0	197	35.9	199	39.2	86	42.2	829	35.6
Not determined	Male	52	19.4	75	28.3	76	26.8	72	27.5	25	25.3	300	25.5
	Female	72	26.1	60	23.1	75	28.3	68	27.6	19	18.1	294	25.5
	Total	124	22.8	135	25.7	151	27.5	140	27.6	44	21.6	594	25.5
Unsatisfied	Male	85	31.7	69	26.0	58	20.4	61	23.3	10	10.1	283	24.0
	Female	62	22.5	58	22.3	46	17.4	37	15.0	17	16.2	220	19.1
	Total	147	27.0	127	24.2	104	18.9	98	19.3	27	13.2	503	21.6
Very unsatisfied	Male	24	9.0	17	6.4	26	9.2	13	5.0	5	5.1	85	7.2
	Female	17	6.2	16	6.2	6	2.3	10	4.1	3	2.9	52	4.5
	Total	41	7.5	33	6.3	32	5.8	23	4.5	8	3.9	137	5.9