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政策研究大学院大学  
NATIONAL GRADUATE INSTITUTE  
FOR POLICY STUDIES

# The Survey of Well-being and Quality of Life in Japan and Its Implications

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*Gateway to  
Global Leadership*



# Outline of Today's Presentation

1. Growing Interest in Well-being in Japan
2. The Survey of Well-being and Quality of Life in Japan
3. Japan's Well-being Dashboard
4. Well-being-related Policies Across Ministries
5. Key Well-being Policies on the Agenda

All materials published by the Cabinet Office can be found on the following website (in Japanese only).

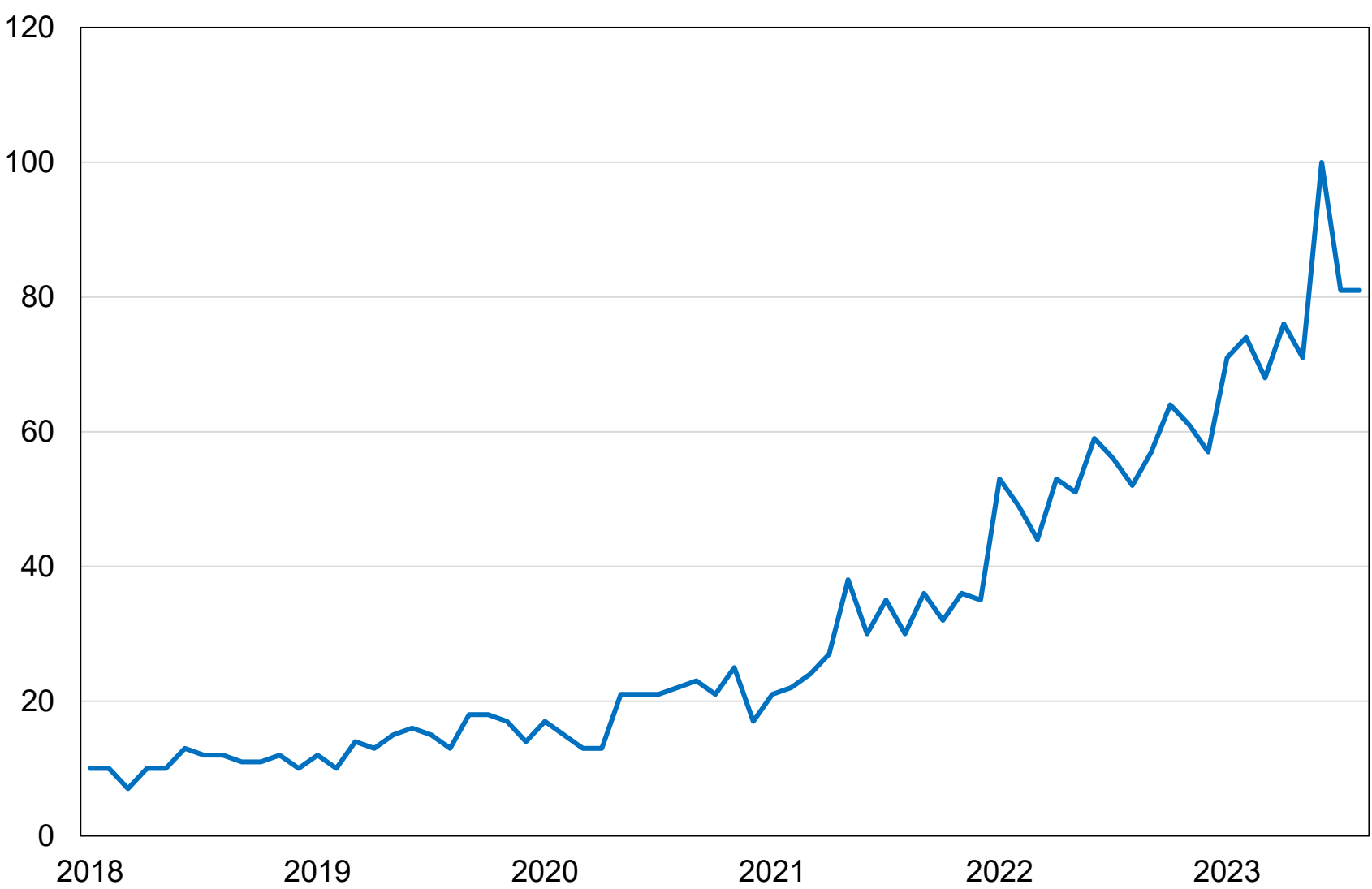
<https://www5.cao.go.jp/keizai2/wellbeing/index.html>

Individual data acquisition request for the Survey of Well-being and Quality of Life can also be made from the website.

The views and opinions expressed in this session do not necessarily represent those of the Japanese government.  
All English translation is provisional.

# 1. Growing Interest in Well-being in Japan

Number of searches of the word “well-being” (in Japanese) in Japan taken from Google Trends



## 2. The Survey of Well-being and Quality of Life in Japan (Published by the Cabinet Office)

- An annual internet survey of around 10,000 people started in 2019.
- Overall Life Satisfaction, satisfaction in 13 domains and concomitant questions are asked to capture well-being of the Japanese people both subjectively and objectively.
- The 2023 Survey was published on July 24, 2023.

### Overall Life Satisfaction

(Subjective assessment, scale of 0-10)

### Satisfaction in 13 domains

(All subjective assessment, scale of 0-10)

Household Income and Asset

Employment Conditions and Wages

Housing

Work-life Balance (WLB)

Health Conditions

Educational Attainment and Educational Environment

Social Connections

Politics, Government and the Court

Natural Environment

Daily Life Safety

Easiness of Childcare

Easiness of Elderly Care

Happiness and Fun in Life

### Basic questions about the respondent

Gender, age, living place, family, age of children...

### Questions about the 13 specific domains (examples)

- Factors that affect satisfaction in specific domains
- Future concerns in 13 domains

- Health conditions of the respondent (subjective view)
- Future concerns about health conditions
- Efforts being made to improve health conditions

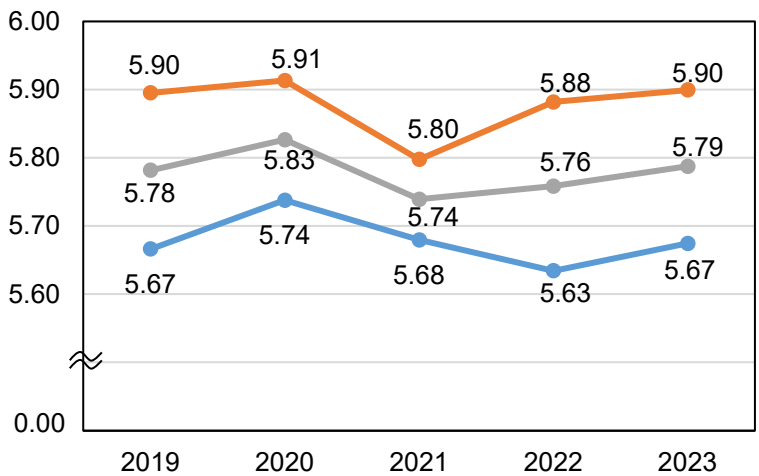
- Thoughts about childcare (subjective view)
- Have a person to rely on childcare or not
- Having taken childcare leave or not

### Other questions

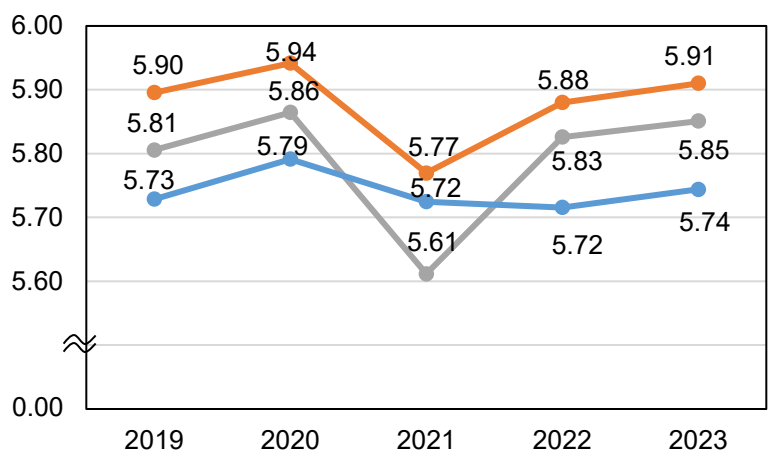
Life events over the past year, thoughts about recent life...

# (1) Overview of the 2023 Survey

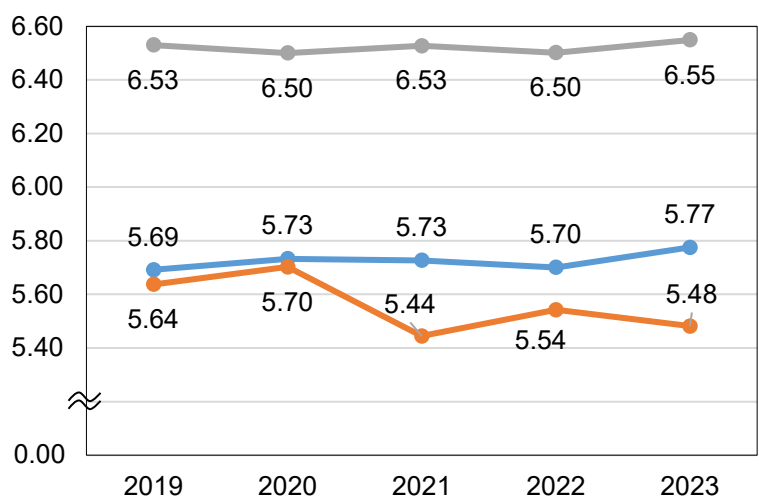
**Figure 1-1 Overall Life Satisfaction index**  
(total, men, women)



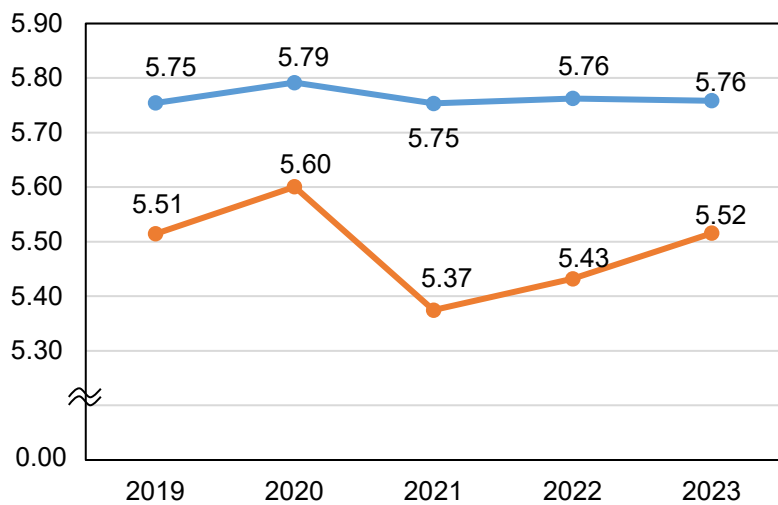
**Figure 1-3 Overall Life Satisfaction index by region**  
(3 large metropolitan areas, Tokyo region, rest of Japan)



**Figure 1-2 Overall Life Satisfaction index by age group**  
(39 and under, 40 to 64, 65 and over)

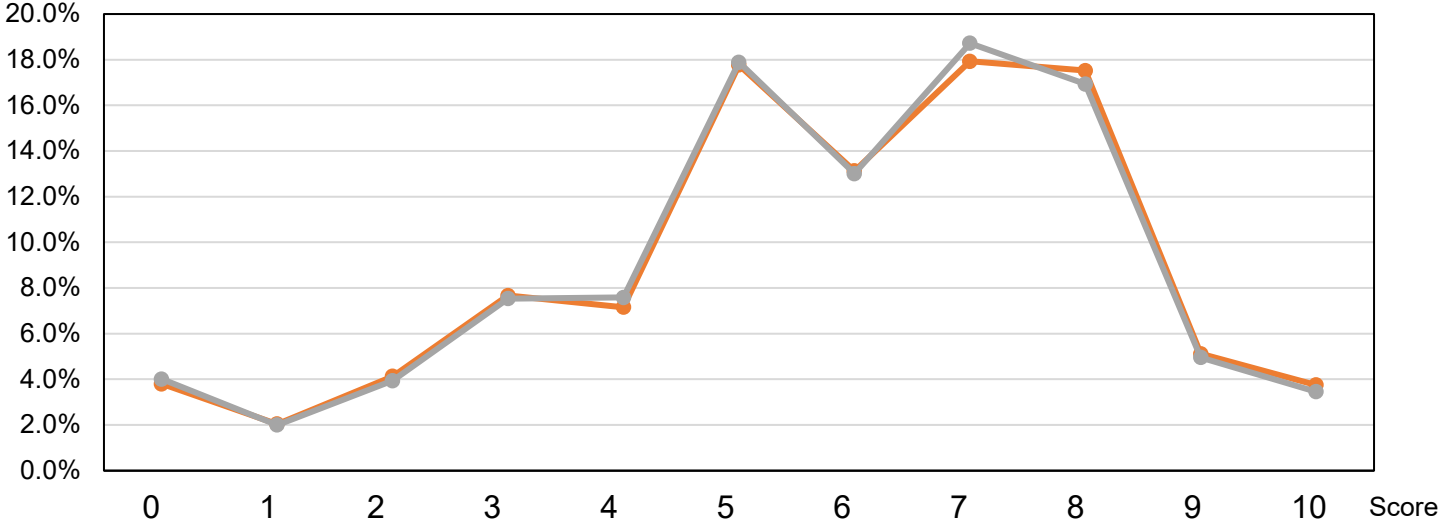


**Figure 1-4 Overall Life Satisfaction index by employment category**  
(regular workers, non-regular workers)

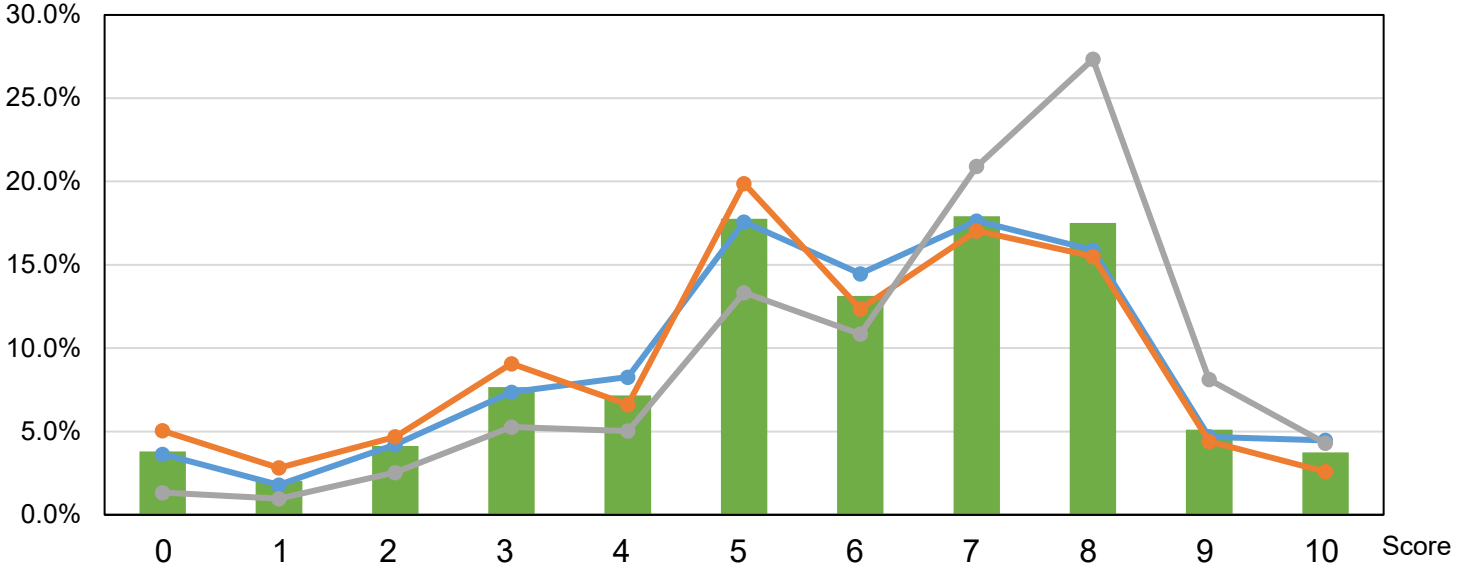


# (2) Distribution of the Overall Life Satisfaction Index Scores

**Figure 2-1 Share of each score in the Overall Life Satisfaction index (2022 and 2023)**

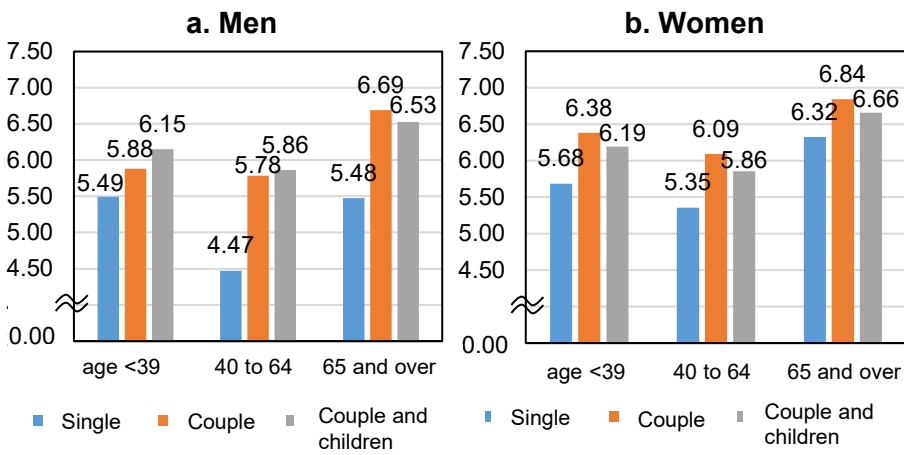


**Figure 2-2 Share of each score in the Overall Life Satisfaction index by age group (2023)**  
(39 and under, 40 to 64, 65 and over, and the total)

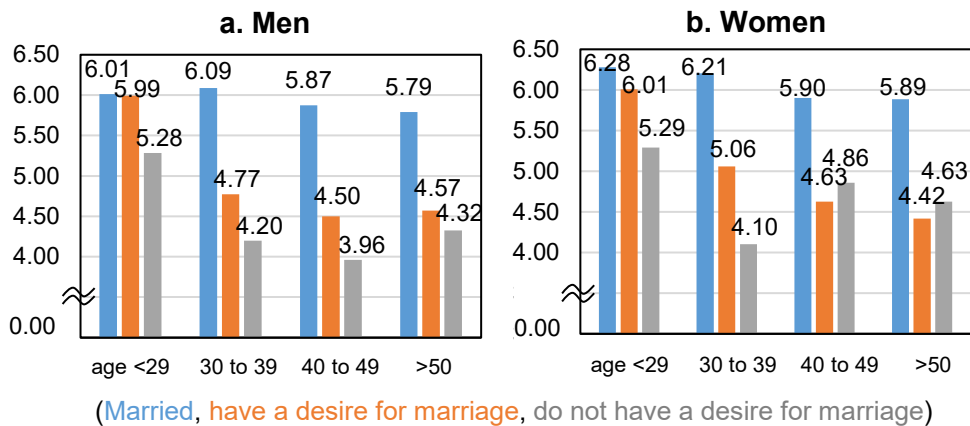


# (3) Family Composition, Marriage and Well-being

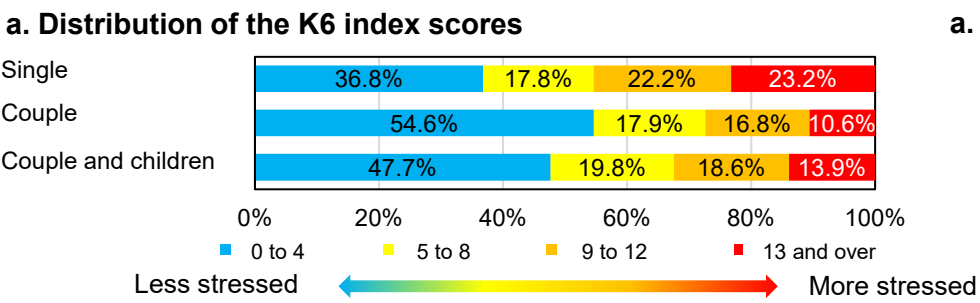
**Figure 3-1 Family composition and the Overall Life Satisfaction index**



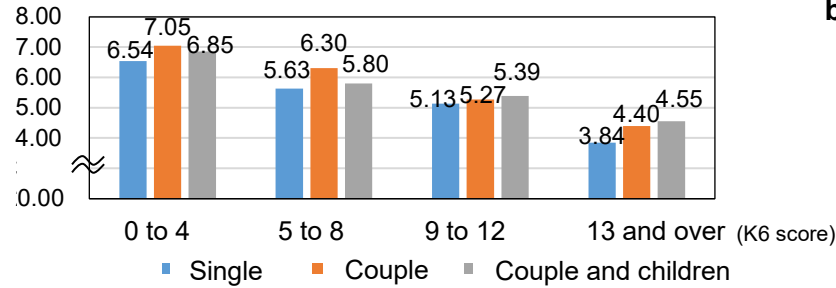
**Figure 3-3 Marriage desire and the Overall Life Satisfaction index**



**Figure 3-2 The K6 mental health index and well-being**

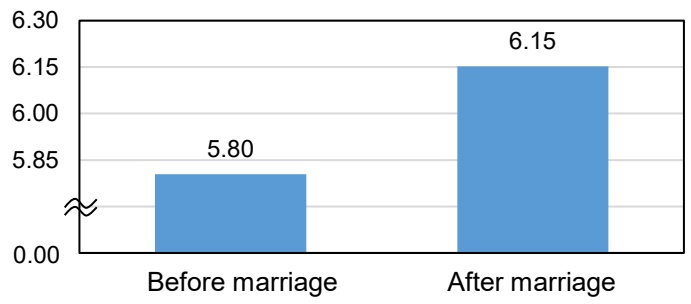


**b. Overall Life Satisfaction index and the K6 index**

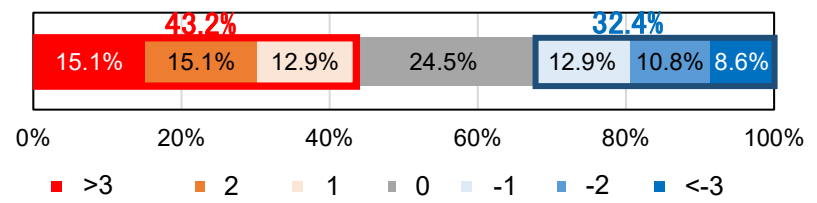


**Figure 3-4 Changes in the Overall Life Satisfaction index before and after marriage (panel sampling)**

**a. Average Overall Life Satisfaction index before and after marriage**

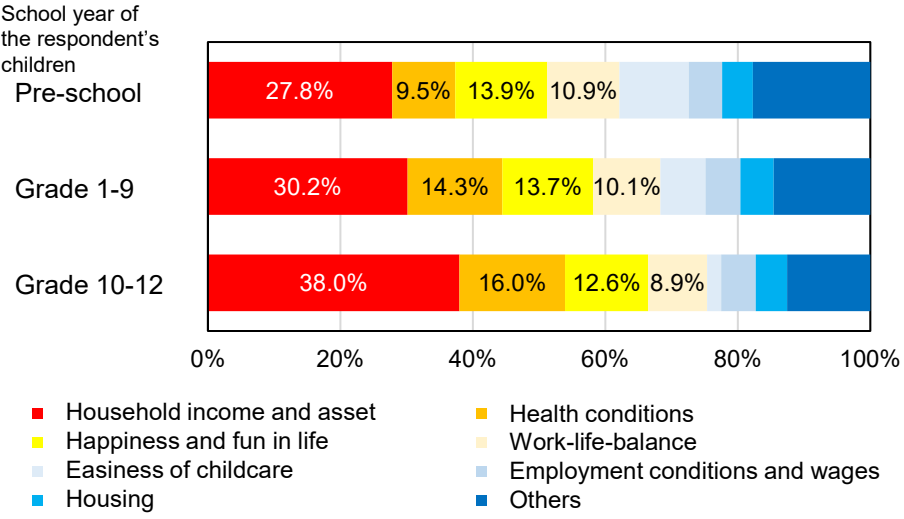


**b. Breakdown of changes in the Overall Life Satisfaction index**



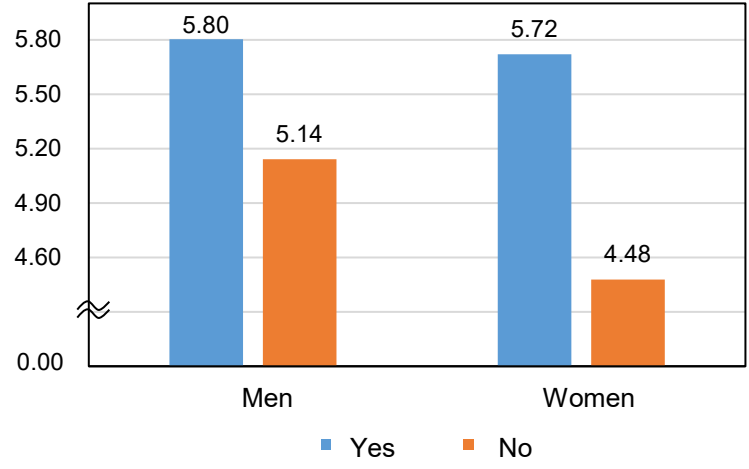
# (4) Children's Schooling, Childcare and Well-being

**Figure 4-1 Factors that affect Overall Life Satisfaction**



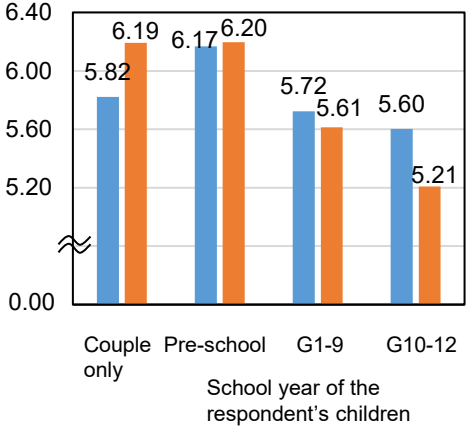
**Figure 4-3 Easiness of Childcare Satisfaction index**

**a. Have someone to ask childcare?**

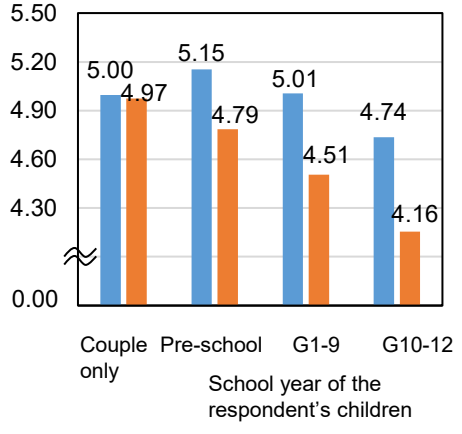


**Figure 4-2 Children's school year and well-being of the parents**

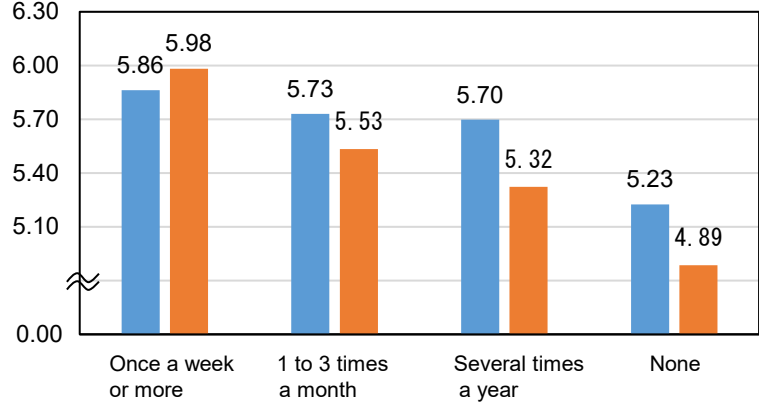
**a. Overall Life Satisfaction index (men, women)**



**b. Household Income and Asset Satisfaction index (men, women)**



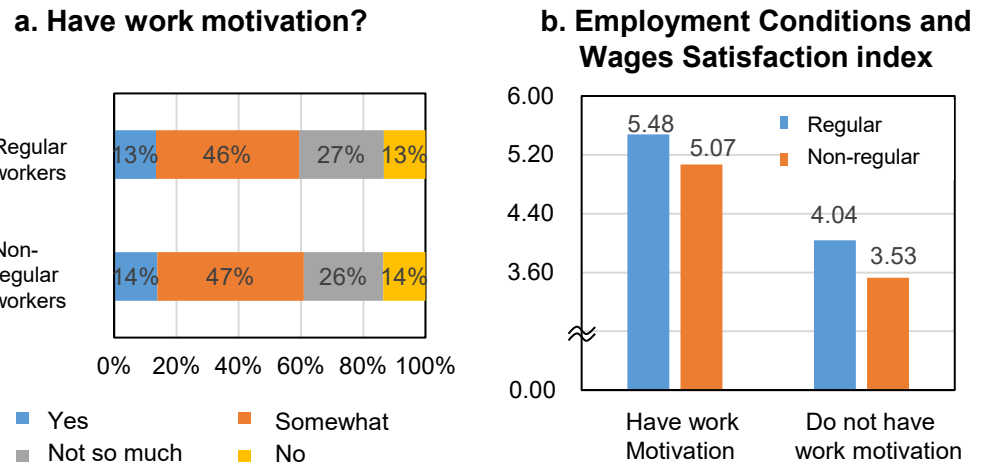
**b. By frequency of contacts with friends (men, women)**



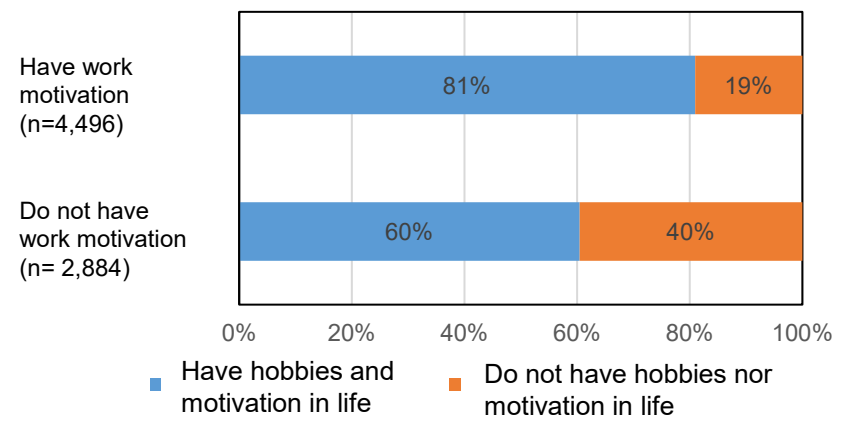


# (5) Work Motivation and Well-being

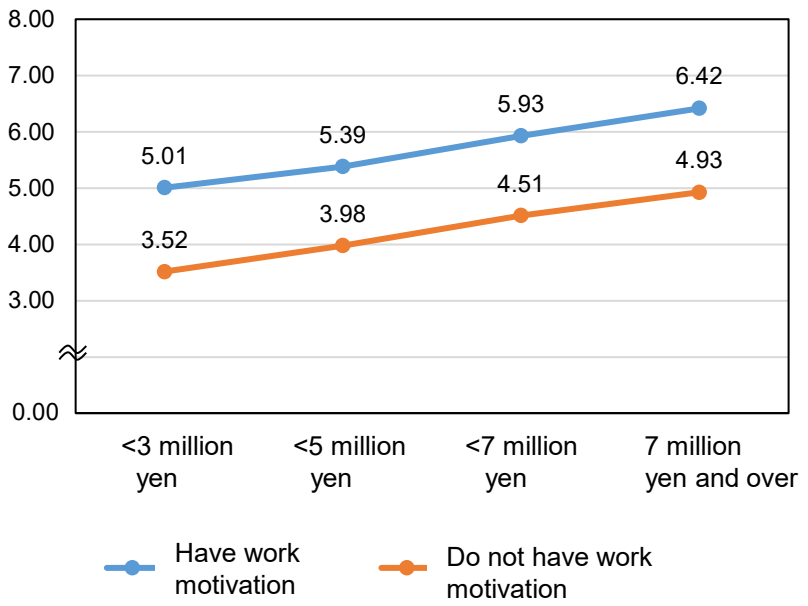
**Figure 5-1 Work motivation and the Employment Conditions and Wages Satisfaction index**



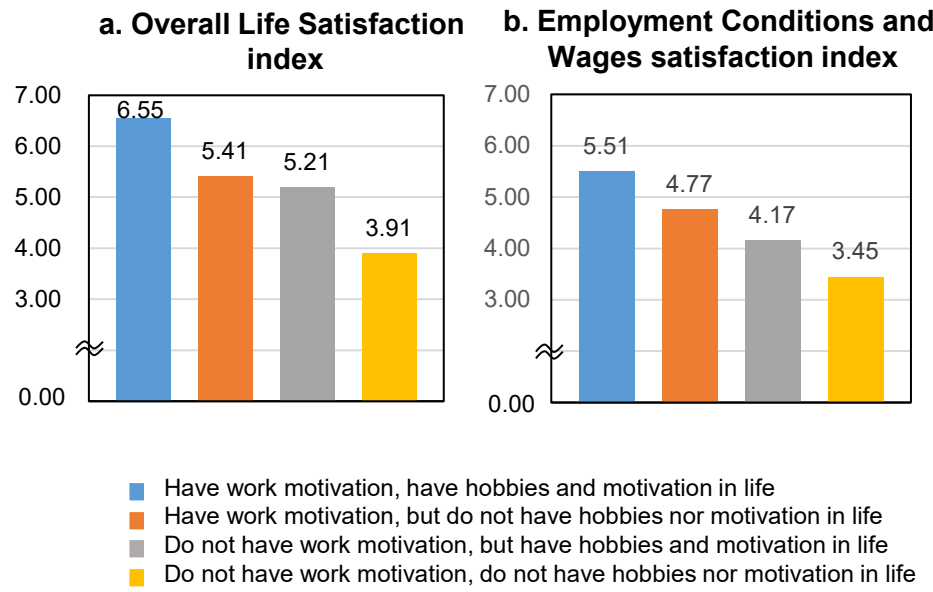
**Figure 5-2 Work motivation and motivation in life**



**c. Employment Conditions and Wages Satisfaction index and work motivation (by annual income)**



**Figure 5-3 Work motivation, motivation in life and well-being**



# 3. Japan's Well-being Dashboard (Published on the Cabinet Office's website)

## 1<sup>st</sup> Tier (subjective index)

### Overall Life Satisfaction

#### 2<sup>nd</sup> Tier (subjective indexes in 11 domains)

Household Income and Asset

Employment Conditions and Wages

Housing

Work-life Balance (WLB)

Health Conditions

Educational Attainment and Educational Environment

Social Connections

Natural Environment

Daily Life Safety

Easiness of Childcare

Easiness of Elderly Care

#### 3<sup>rd</sup> Tier (objective indicators in 11 domains)

Disposable income, financial asset balance, lifetime earnings

Unemployment rate and job-openings-to-applicants ratio, number of regular and involuntary non-regular workers, scheduled earnings and minimum wage

Total space, rent, home ownership

Working hours, share of workers working 49 hours or more a week, rate of paid leave taken

Life expectancy and healthy life expectancy, diabetes and lifestyle diseases, share of people doing regular exercise

University advancement rate, international education assessment rankings, number of adult students

Participation in volunteer activities, amount of individual donation, time spent on personal relationships

Achievement rate in air, water and noise quality standards, share of forest area, size of urban parks

Number of crimes, death from traffic accidents, death from natural disasters

Number of children on nursery waiting lists, share of workers taking childcare leave, total fertility rate

Share of people taking elderly care insurance services, share of business offices that have elderly care leave system, time spent on elderly care and nursing

## 4. Well-being-related Policies Across Ministries (Compiled by the Cabinet Office)

- An inter-ministry liaison meeting on well-being was established in 2021 to promote work on well-being through information sharing, stronger collaboration and application of best practices.
- As the secretariat of the meeting, the Cabinet Office has been compiling KPIs, surveys and projects related to well-being.

### Examples of well-being-related KPIs in various basic plans

Name of the plan	Examples of Key Performance Indicators (KPIs)
Basic Plan for Promotion of Education	Share of students who answer that he or she has strong points, share of students who wants to be a person able to help others.
General Principles on the Promotion of Children and Youth Upbringing Support	Self-confidence, challenging spirit

### Examples of well-being-related surveys

Name of the survey	Examples of survey points
National Academic Ability Survey	Challenging spirit
Basic Survey of the Connection of People	Feeling about loneliness and social isolation
Comprehensive Survey of Children and Youth	Self-confidence, places to feel comfortable
Survey of Elderly People's Health	Health conditions, motivation in life

## 5. Key Well-being Policies on the Agenda

### Basic Policy on Economic and Fiscal Management and Reform 2023

*Accelerating New Form of Capitalism: Expanding Investment for the Future and Achieving Structural Wage Growth*

(Cabinet Decision on June 16, 2023)

#### Chapter 4: Medium and Long-term Economic and Fiscal Management (excerpt)

- Examine the progress in achieving a “virtuous cycle of growth and distribution” using various indicators (such as real GDP per capita, **well-being (life satisfaction)**, wage and salaries, and the share of middle-income people).
- Accelerate the introduction of **well-being indicators in KPIs** in various government basic plans.
- Explore the concept of **child well-being indicators**.
- Facilitate utilization of **well-being indicators by local governments**.
- Aim to enhance **well-being** of individuals and the society **by education** that unlocks the full potential of children and leaves no one behind.