

### 3 調査票 (英語)

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#### Face Sheet

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(Gender)

F1. Please indicate your gender. (SA)

- 1) Male
  - 2) Female
  - 3) Other (Cannot say either way / Don't know / Don't want to answer)
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(Age)

F2. Please indicate your current age. (NA)

( ) years old

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(Marital status)

F3. What is your marital status? Please choose the one that is most applicable. (SA)

- 1) I am married (I currently have a spouse (excluding de facto partner)) \*
- 2) I have a de facto partner
- 3) I have been married before but am not now (I am divorced or widowed)
- 4) I am not married but have a boyfriend/girlfriend\*
- 5) I am not married, nor do I have a boyfriend/girlfriend

\* [For Japan, for 18 years of age or older.]

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(People residing with you)

F4. Please indicate who lives in your household. Choose all that applies. (MA)

- 1) I live alone
  - 2) My father (including spouse's father, and de facto marriage partner's father)
  - 3) My mother (including spouse's mother, and de facto marriage partner's mother)
  - 4) Sibling(s)
  - 5) Grandfather(s) and/or grandmother(s)
  - 6) Spouse (including de facto partner) [For those who answered F3 with 1 or 2: those who are married or who have a de facto partner]
  - 7) Boyfriend/Girlfriend [For those who answered F3 with 3 or 4: those who are divorced or widowed, or those who are not married but have a boyfriend/girlfriend]
  - 8) Child/children that I am raising
  - 9) Friend(s), roommate(s) etc.
  - 10) Other person
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(Your current school enrollment status)

F5. Are you currently attending school? Please choose one that is most applicable. (SA)

- 1) Attending school (currently enrolled in school)
- 2) Attending school but currently on a temporary absence
- 3) Graduated from school
- 4) Dropped out of school

(Your school type)

F6.

[For those who answered F5 with 1 or 2: those going to school (currently enrolled/on temporary absence)]

What school do you attend? Please choose one answer from the following.

[For those who answered F5 with 3 or 4: those not going to school (graduated, dropped out)]

What was the last school you graduated from (dropped out of)? Please choose one answer from the following. (SA)

- 1) Elementary school [For those who answered F5 with 1 or 2 (currently enrolled/on temporary absence)]
  - 2) Junior high school [For those who answered F5 with 1 or 2 (currently enrolled/on temporary absence) or for those who F5 with 3: those who are graduated from school (whether unmarried or married)]
  - 3) High school
  - 4) Junior college, vocational junior college
  - 5) Vocational school (specialized courses)
  - 6) University
  - 7) Graduate school
  - 8) Other school
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(Your occupational status)

[For those who answered F6 with 3-8: those going to high school or above (currently enrolled/on temporary absence) or those graduated from school]

F7. This is a question about your job. Which of the following applies to you?

Please choose one answer from the following. (SA)

- 1) I am working full-time (full-time employee, etc.)
  - 2) I am working part-time (including casual work) or as a temporary or contract worker
  - 3) Unemployed (currently not working and looking for work)
  - 4) Full-time homemaker
  - 5) Not working (excluding unemployed, full-time homemaker)
- 

(Your parent's or guardian's educational background)

F8. Please indicate the last school from which your parent(s) or guardian(s) graduated. (SA for each)

- 1)Elementary school
- 2)Junior high school
- 3)High school
- 4)Junior college, vocational junior college
- 5)Vocational school (specialized courses)
- 6)University
- 7)Graduate school
- 8)Other school
- 9)Don't know
- 10)Don't have

(a) School from which your father or male guardian last graduated

(b) School from which your mother or female guardian last graduated

(Number of your close friends)

F9. How many close friends do you have at present? Please give the one answer that applies. (SA)

- 1) None
  - 2) 1-5
  - 3) 6-10
  - 4) 11-20
  - 5) 21-30
  - 6) 31 or more
- 

(Your experience with volunteer activities)

F10. This is a question about “volunteer activities” (including those that provide compensation and those that do not) that entail you proactively providing your own time and/or labor for the sake of others and/or society, completely separate to your work or studies.

Are you currently engaged in such volunteer activities? Or have you previously been engaged in them? (SA)

- 1) I am currently engaged in volunteer activities
- 2) I have previously been engaged in volunteer activities
- 3) I have never engaged in volunteer activities
- 4) Don't know

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## Part 1: Outlook on life

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### 1. Overall life satisfaction

Q1. Overall, how satisfied are you with life as a whole these days, on a scale from 0 to 10? (SA)  
Zero means you feel “not at all satisfied” and 10 means you feel “completely satisfied”.

- 1) 0 not at all satisfied
  - 2) 1
  - 3) 2
  - 4) 3
  - 5) 4
  - 6) 5
  - 7) 6
  - 8) 7
  - 9) 8
  - 10) 9
  - 11) 10 completely satisfied
- 

### 2. Affect

Q2. How did you feel the following emotions yesterday, on a scale from 0 to 10? (SA for each)  
Zero means you did not experience the feeling “at all” yesterday while 10 means you experienced the feeling “all of the time” yesterday.

- 1) 0 not experience the feeling at all
- 2) 1
- 3) 2
- 4) 3
- 5) 4
- 6) 5
- 7) 6
- 8) 7
- 9) 8
- 10) 9
- 11) 10 the feeling all of the time

- (a) Happy
- (b) Worried
- (c) Depressed
- (d) Calm
- (e) Excited

**3. Significance in life (1)**

Q3. Overall, to what extent do you feel the things you do in your life are worthwhile, on a scale from 0 to 10? (SA)

Zero means you feel the things you do in your life are “not at all worthwhile”, and 10 means “completely worthwhile”.

- 1) 0 not at all worthwhile
  - 2) 1
  - 3) 2
  - 4) 3
  - 5) 4
  - 6) 5
  - 7) 6
  - 8) 7
  - 9) 8
  - 10) 9
  - 11) 10 completely worthwhile
- 

**3. Significance in life (2)**

Q4. Please answer the following questions about how you have been feeling during the past month.

Place select one that best represents how often you have experienced or felt the following.

(SA for each)

- 1) never
- 2) once or twice
- 3) about once a week
- 4) about 2 or 3 times a week
- 5) about 4 or 5 times a week
- 6) almost everyday

- (a) I felt that I had something important to contribute to society
  - (b) I felt that I belonged to a community (like a social group, or your neighborhood)
  - (c) I felt that I had warm and trusting relationships with others
  - (d) I felt that I had experiences that challenged me to grow and become a better person
  - (e) I was confident to think or express my own ideas and opinions
  - (f) I felt that my life had a sense of direction or meaning to it
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**4. Interdependent Happiness**

Q5. Please indicate the degree to which the following statements accurately describe you.

Please give the one answer that applies for each of the following. (SA for each)

- 1) strongly agree
- 2) somewhat agree
- 3) neither agree nor disagree
- 4) somewhat disagree
- 5) strongly disagree

- (a) I believe that I and those around me are happy
- (b) I feel that I am being positively evaluated by others around me
- (c) I believe that my life is just as happy as that of others around me
- (d) Although it is quite average, I live a stable life
- (e) I believe I have achieved the same standard of living as those around me

- (f) I make significant others happy
  - (g) I do not have any major concerns or anxieties
  - (h) I can do what I want without causing problems for other people
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### 5. **Your self-perceptions**

(1) Your self-image

Q6. How much do each of the following descriptions apply to you? Please give the one answer that applies for each of the following. (SA for each)

- 1) I agree
- 2) I kind of agree
- 3) I don't really agree
- 4) I don't agree

- (a) I am satisfied with myself
  - (b) I think that I have my own unique strengths
  - (c) I like who I am now
  - (d) I think that both my parents (guardians) love (care about) me  
[For those who answered F8(a) father or male guardian with 1-9, or F8 (b) mother or female guardian with 1-9]
  - (e) I am able to clearly convey my thoughts to others
  - (f) I am motivated to engage in things even if I am not sure they will turn out okay
  - (g) I strongly feel that I am of little effect to others
  - (h) I have enough friends
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### 6. **Sense of your psychological place (ibasho)**

Q7. How does each of the following places make you feel? Choose all that applies. (MA for each)

- 1) I can relax without doing anything, I can just be myself
  - 2) I can talk about my problems and people accept my opinions and wishes
  - 3) I can meet all kinds of people and spend time with someone
  - 4) I can spend my free time doing what I like or trying something new
  - 5) No applicable place, I don't know
- 
- (a) My room
  - (b) Home (including parents' and relatives' homes)
  - (c) Afterschool classes and hobby clubs (excluding activities at school)
  - (d) School [For those who answered F5 with 1 or 2: those going to school (currently enrolled/on temporary absence)]
  - (e) Workplace [For those who answered F7 with 1 or 2: those who are working full-time or part-time]
  - (f) Community (i.e., where you currently live and the buildings there, such as libraries, community centers, parks, etc.)
  - (g) Online space (social media, YouTube and online games, etc.)

## 7. Your concerns and worries

(1) Your concerns and worries

Q8. This is a question about your current concerns and worries. How worried are you about each of the following? Please give the one answer that applies for each. (SA for each)

1) I am worried 2) I'm kind of worried 3) I'm not really worried 4) I'm not worried

(a) Studies

(b) Getting into school [For those who answered F5 with 1 or 2 (currently enrolled/on temporary absence)]

(c) Getting a job

(d) Work [For those who answered F7 with 1 or 2: those who are working full-time or part-time]

(e) My family

(f) Friends and peers

(g) Love life

(h) Money

(i) Politics and society

(j) My personality

(k) My health

(l) My appearance

(m) My physical well being

(n) My future

(o) Natural environment

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(2) People you consult with about concerns and worries

Q9. When you have concerns and worries, who do you like to consult with? Please choose all that applies from the following. (MA)

1) My father (including spouse's father, and de facto marriage partner's father)

2) My mother (including spouse's mother, and de facto marriage partner's mother)

3) Sibling(s)

4) My grandparent(s), relative(s)

5) Spouse (including de facto partner) [For those who answered F3 with 1 or 2: those who are married or those who have a de facto partner]

6) Teacher(s)

7) Neighbor(s) and school friend(s)

8) Friends or acquaintances on social media (whom I have actually met)

9) Friends or acquaintances on social media (whom I have never actually met)

10) Workplace colleague(s) [For those who answered F7 with 1 or 2: those who are working full-time or part-time]

11) Peer(s) from organization(s), group(s), etc.

12) Older student(s) at school

13) Workplace superior(s) or older colleague(s) [For those who answered F7 with 1 or 2: those who are working full-time or part-time]

14) Boyfriend/Girlfriend [For those who answered F3 with 3 or 4: those who are divorced or widowed, or who are not married but have a boyfriend/girlfriend]

15) Counselor(s)

16) Person/people know through religion

17) TV program(s), radio program(s)

18) Website(s)

19) Magazine(s)

- 20) Other
  - 21) Don't consult with anybody
  - 22) Don't know
- 

## 8. Ideal future outlook

(1) Your envisaged future

Q10. What do you think you will be when you are about 40 years old? Please give the one answer that applies for each. (SA for each)

1) I think so 2) I kind of think so 3) I don't really think so 4) I don't think so

- (a) I will be living without financial difficulties
  - (b) I will be living in an independent and laid-back manner
  - (c) I will be living in good company
  - (d) I will be active internationally
  - (e) I will be capable, and able to serve many people
  - (f) I will be famous
  - (g) I will be raising a child/children
  - (h) I will be taking good care of my parent(s) (guardians)
  - (i) I will be happy
  - (j) I will be married
  - (k) I will have a job that I want
  - (l) I will be living in another country
  - (m) I will be satisfied with myself
  - (n) I will be healthy
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## 9. Your friendships

(1) Your friends

Q11. Are you satisfied or dissatisfied with the relationships that you share with friends? Please give the one answer that applies. (SA)

1) I am satisfied 2) I am more or less satisfied 3) I am not really satisfied 4) I am not satisfied  
5) I have no such person 6) Don't know

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(2) Your boyfriend/girlfriend

[For those who answered F3 with 2-4: those who have a de facto partner, those who are divorced or widowed, or those who are not married but have a boyfriend/girlfriend]

Q12. Are you satisfied or dissatisfied with the relationship that you share with your boyfriend /girlfriend? Please choose one that is most applicable. (SA)

1) I am satisfied 2) I am more or less satisfied 3) I am not really satisfied 4) I am not satisfied  
5) I have no such person 6) Don't know



## 10. Your views on marriage

(1) Your views on marriage

Q13. How do you feel about marriage in general (including de facto marriage)? Please choose the one answer from the following that best describes your feelings. (SA)

- 1) One should marry
- 2) It is better to marry
- 3) It is okay to not marry
- 4) It is better to not marry
- 5) Don't know

(2) Number of children you desire

Q14. How many children do you want in total? If you already have a child or children, please include that child / those children in your answer. (SA)

- 1) 1
  - 2) 2
  - 3) 3
  - 4) 4
  - 5) 5 or more
  - 6) Don't want children
  - 7) Don't know
- 

## 11. Children's views

(1) Your awareness of the right of the child to be heard

Q15. Do you know that every child has the "right to express those views freely in all matters affecting him or her" (The right of the child to be heard)? (SA)

- 1) Never heard of it
  - 2) Only heard of the name
  - 3) I know a little bit about what it is
  - 4) I know very well about what it is
- 

(2) Your feel of the right of the child to be heard

Q16. Do you feel that our society allows children to express those views freely in all matters affecting them?

- 1) I do 2) I somewhat do 3) I somewhat don't 4) I don't
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## 12. Your views of happiness

Q17. How much do each of the following descriptions apply to you? Please give the one answer that applies for each of the following. (SA for each)

- 1) Applicable
- 2) Somewhat applicable
- 3) Somewhat not applicable
- 4) Not applicable

- (a) I feel happy when people around me are happy
- (b) I think there is equal parts happiness and sadness in life
- (c) Sometimes I feel that my happiness may cause trouble for others

- (d) I believe it is better to seek moderate happiness than maximum happiness
- (e) I might get anxious about when misfortune will strike if happiness lasts for a long time
- (f) I believe happiness is being able to live an average life
- (g) I believe that happiness is achieved through one's own abilities
- (h) I believe that happiness is achieved through one's own efforts
- (i) I believe happiness comes by luck
- (j) I believe it is up to us to decide for ourselves if we are happy or not
- (k) I believe that I can make others happy by ensuring my own happiness
- (l) I believe we can change society if each of us is happy

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## **Part 2: Government and Society**

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### **1. Attitudes toward own country**

(1) Things you are proud of your country for

Q18. Are you proud of your country in any way? If so, please choose as many of the following as apply. (MA)

- 1) Historical and cultural heritage
- 2) Country's natural environment and resources
- 3) Culture and arts
- 4) Religion
- 5) Sports
- 6) Science and technology
- 7) Educational standards
- 8) Standard of health, medical care and child-rehabilitation
- 9) Possibility of development in the future
- 10) Standard of living
- 11) Social welfare
- 12) Social stability (State of the society to be in a steady condition, without drastic fluctuation)
- 13) Feeling of unity among the citizens
- 14) Public safety
- 15) Disaster prevention efforts
- 16) Free and peaceful society
- 17) International assertiveness (Has an influence upon the world)
- 18) Other
- 19) There is nothing that I can be proud of
- 20) Don't know

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(2) Degree of interest in politics

Q19. How interested are you in the current political affairs of your nation? (SA)

- 1) I am very interested
  - 2) I am kind of interested
  - 3) I am not very interested
  - 4) I am not interested
  - 5) Don't know
-

(3) Your involvement in the public policy decision making process

Q20. How do you feel about the following opinions? Please give the one answer that applies for each. (SA for each)

1) I agree 2) I kind of agree 3) I don't really agree 4) I don't agree 5) Don't know

(a) I want to be involved in resolving social issues for the betterment of society

(b) I want to proactively participate in the decision making process as an individual with the future of the country and community at heart

(c) It is good that experts discuss and decide on public policy and programs

(d) Children's and young people's opinions should be listened to in regard to public policy and programs for children and young people

(e) My participation may be the catalyst for some change in social phenomena that I want changed

(f) I don't want to get involved in matters pertaining to society because they are complicated

(g) As an individual, I don't have the power to influence government decisions

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## 2. Your views on society

(1) Degree of satisfaction with society

Q21. Are you satisfied or dissatisfied with the society of your country? (SA)

1) I am satisfied 2) I am more or less satisfied 3) I am not really satisfied 4) I am not satisfied 5) Don't know

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Q22. Do you think that your country has a bright future? (SA)

1) Yes 2) More or less yes 3) More or less no 4) No 5) Don't know

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(2) Social problems in your country

Q23. What do you see as your country's social problems? Please choose as many of the following as apply. (MA)

1) Too much importance is attached to one's social status and family lineage

2) There is gender discrimination

3) There is racial discrimination

4) There is discrimination due to religious beliefs

5) There are disparities in income and work based on educational background

6) Ethical and morally correct actions are not widely accepted

7) There is disparity between the wealthy and the poor

8) Hard work is not rewarded

9) The opinions of the young are not acted upon

10) Public safety is not good

11) Public morals are not good

12) It is hard to find work and there is a lot of unemployment

13) Inadequate social welfare for the elderly and disabled

14) Citizens are not interested in environmental destruction

15) Politics are not sound

16) Other

17) None in particular

18) Don't know

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### Part 3: Local community and volunteering

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#### 1. Local community

(1) Degree of emotional attachment to the local community

Q24. Do you like the community (municipality) in which you currently reside? (SA)

- 1) I like it
  - 2) I more or less like it
  - 3) I don't really like it
  - 4) I dislike it
  - 5) Don't know
- 

(2) Positive things about the community

Q25. Is there anything you consider to be positive about the community (municipality) in which you currently live? If yes, choose all that applies. (MA)

- 1) I have friends here
- 2) It is the place I was born
- 3) I have family here
- 4) I feel emotionally attached
- 5) The natural environment is nice
- 6) Good scenery/streetscape
- 7) Life is convenient in terms of commuting to school/work, shopping, etc.
- 8) There are jobs
- 9) There are many places for fun and recreation
- 10) There is a lot of interaction between people in the community
- 11) Easy to raise children
- 12) Good public safety
- 13) It is a community with many gatherings and events
- 14) Rich history and traditions
- 15) There are many opportunities for coming in touch with culture and art
- 16) Substantial efforts for disaster prevention
- 17) Other
- 18) None in particular
- 19) Don't know

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## Part 4: Occupation related

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### 1. Degree of satisfaction with life at workplace

(1) Degree of satisfaction with life at workplace [For those who answered F7 with 1 or 2: those who are working full-time or part-time]

Q26. Are you satisfied with your current workplace? (SA)

- 1) I am satisfied
  - 2) I am more or less satisfied
  - 3) I am not really satisfied
  - 4) I am not satisfied
  - 5) Don't know
- 

### 2. Present or future concern about work

(1) Concern about the present and future

Q27. This is a question about your concerns regarding work in the present or future. Please choose the one answer that applies for each item below. (SA for each)

- 1) I am concerned
  - 2) I am kind of concerned
  - 3) I am not very concerned
  - 4) I am not concerned
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- (a) Whether I will be able to properly work
  - (b) Whether personal interactions at my place of work will go well
  - (c) What the future holds for my place of work (could the company go bankrupt, etc.)
  - (d) Until what age I will be able to work
  - (e) Whether my employment will be terminated
  - (f) Whether I can earn an adequate income
  - (g) Whether I will be transferred
  - (h) What business trends will be in society at large
  - (i) Whether I can balance work with family life and raising children
  - (j) Whether I can return to work after raising children
  - (k) My own health and physical well being
  - (l) Whether working hours are too long
  - (m) Whether work environment (facilities and training) is adequate
  - (n) Whether I would have to work from home outside of working hours
  - (o) Whether I can get a job / continue to work

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## Part 5: School-related

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### 1. Significance/assessment of attending school

(1) Significance of attending school

Q28

[For those who answered F5 with 1 or 2: those going to school (currently enrolled/on temporary absence)]

This question is about the significance of attending school for you. For each of the following, please choose the one answer that applies to the school you currently attend. (SA for each)

[For those who answered F5 with 3 or 4: those not going to school (graduated, dropped out)]

This question is about the significance of attending school for you. For each of the following, please choose the one answer that applies to the school you last attended. (SA for each)

- 1) This was (is) significant for me
- 2) This was (is) kind of significant for me
- 3) This was (is) not very significant for me
- 4) This was (is) not significant for me

- (a) To equip myself with general/basic knowledge
- (b) To equip myself with specialized knowledge
- (c) To equip myself with the skills and ability necessary for work
- (d) To get educational background and certification
- (e) To expand on my own talents
- (f) To make friends and cultivate friendships
- (g) To learn from the character and lifestyle of teachers
- (h) To enjoy free time
- (i) To take on extracurricular activities
- (j) To take on school events

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(2) Degree of satisfaction with school life

Q29. Are you satisfied or dissatisfied with school life? If you are not currently going to school, please answer about when you were going to school. (SA)

- 1) I am satisfied
- 2) I am more or less satisfied
- 3) I am not really satisfied
- 4) I am not satisfied

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## Part 6: Home related

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### 1. Degree of satisfaction with home life

(1) Your degree of satisfaction with home life

Q30 Are you satisfied or dissatisfied with your home life? (SA)

- 1) I am satisfied
  - 2) I am more or less satisfied
  - 3) I am not really satisfied
  - 4) I am not satisfied
  - 5) Don't know
- 

(2) Areas you are satisfied with regarding your home life

Q31. Are you satisfied with the following areas of your current home life? Please choose as many of the following as apply. (MA)

- 1) Household income
- 2) Occupation(s) of family member(s)
- 3) No conflicts occur at home
- 4) Affection from family
- 5) My family try to understand who I am
- 6) Family is healthy
- 7) Get along with siblings
- 8) Environment around the home is good
- 9) Home is spacious
- 10) Time together and conversation with family
- 11) Sharing of chores/parenting
- 12) My family does not interfere in my matters
- 13) There is a lot of socializing with neighbors, friends, etc. as a family
- 14) There is nothing that I am satisfied with
- 15) Don't know