

2025 Survey Report on Satisfaction and Quality of Life (Overview) —Trends in Well-being in Japan—

Background and Objectives

When evaluating Japan's economic and social conditions, it is crucial to "visualize" well-being trends not only through GDP but also from a comprehensive perspective that includes satisfaction and quality of life. To capture these dimensions, the Survey on Satisfaction and Quality of Life has been conducted since February 2019. This survey measures life satisfaction — a subjective indicator where respondents rate their satisfaction on a scale of 0 to 10 points— along with related factors such as work and family circumstances and living conditions. This report presents an analysis of the findings from the seventh survey, conducted in March 2025.

September 2025

Director General for Economic, Fiscal and Social Structure
Cabinet Office

Survey on Satisfaction and Quality of life:

- Conducts an online survey of 10,633 respondents, including about 5,200 panel participants continuing from the previous rounds; and
- Provides a comprehensive view of well-being by analyzing subjective indicators such as overall life satisfaction and domain-specific satisfaction considering respondents' basic attributes, including their work and family circumstances.
- The first survey was conducted in February 2019. This is the seventh.

Overall Life Satisfaction and Satisfaction in 13 domains
(All subjective assessment, scale of 0-10)

- Overall Life Satisfaction
 - Household income and assets
 - Employment conditions and wages
 - Housing
 - Work-life balance (WLB)
 - Health
 - Respondents' own education level and learning environment
 - Social connections
 - Politics, administration, judiciary
 - Natural environment
 - Personal safety
 - Ease of child-rearing
 - Ease of caregiving and receiving care
 - Enjoyment and fun in life

Questions on Basic Attributes (ex.)

- Gender ○ Age ○ Place of residence ○ Household composition
- Factors That Strongly Influence the Current Subjective Satisfaction in Specific Domains

New Questions Added to This Survey (ex.)

- <Indicators of Life Fulfillment (Eudaimonia) and Subjective Trust in Society>**
 - Do you feel that you are leading a fulfilling life? (Life fulfillment (eudaimonia))
 - Do you feel recognized by those around you? (Indicator of subjective trust in society), etc.
 - ⇒ Compared with overall and domain-specific life satisfaction, as well as across demographic attributes, to provide a multifaceted analysis for a more comprehensive understanding of well-being.
- <Spouse's Employment Status>**
 - What is your spouse's employment type? (regular or non-regular workers, not working, etc.)
 - ⇒ To analyze the relationship between employment status and life satisfaction, such as in dual-income households and households where only one spouse works.
- <Whether Having a "third place">**
 - Do you have a third place in your daily life? If yes, what kind of place is it?
 - ⇒ To analyze the relationship between having a third place and life satisfaction.

(Note) A "third place" refers to a location other than home or workplace/school where people can freely interact and relax.

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1. Trends in Overall Life Satisfaction

- Overall life satisfaction is 5.79. After alternating between rises and declines, it fell by 0.10 points from last year, returning to roughly the same level as two years ago. A similar trend was observed across gender, age group, and employment type (regular and non-regular workers), all remaining around the same level as two years ago.
- Current life satisfaction was higher than retrospective satisfaction five years ago. Expected satisfaction five years from now was about the same as current life satisfaction. In the younger age group, expected satisfaction in five years was even higher than current life satisfaction.

Figure 1-1 Overall Life Satisfaction index (Total / by Gender)

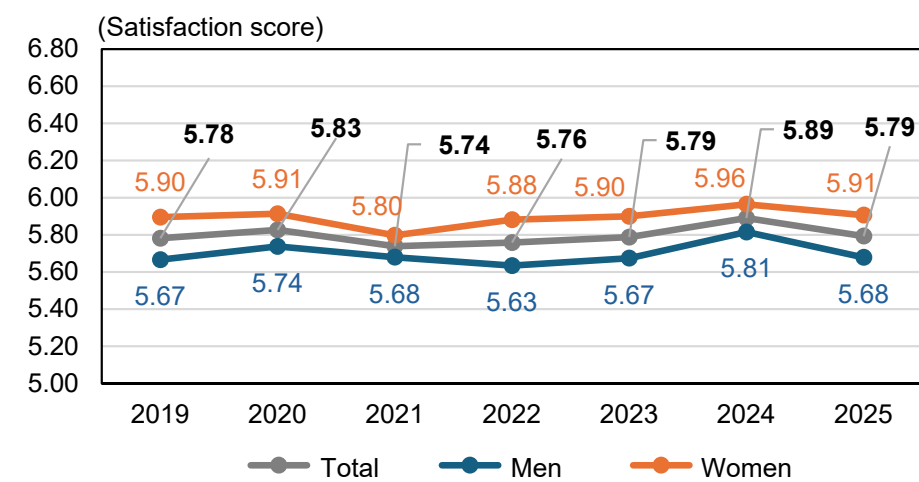


Figure 1-3 Overall Life Satisfaction index (by Employment Type)

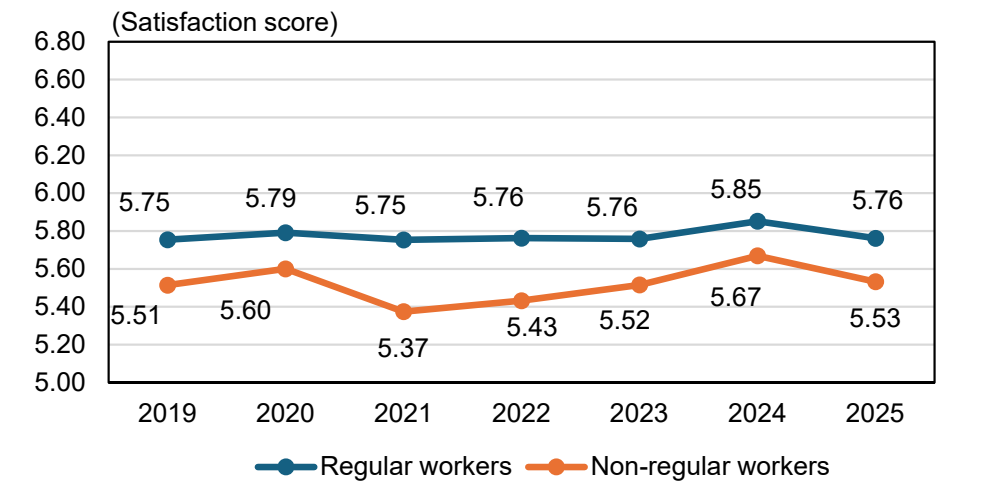


Figure 1-2 Overall Life Satisfaction index (by Age Group)

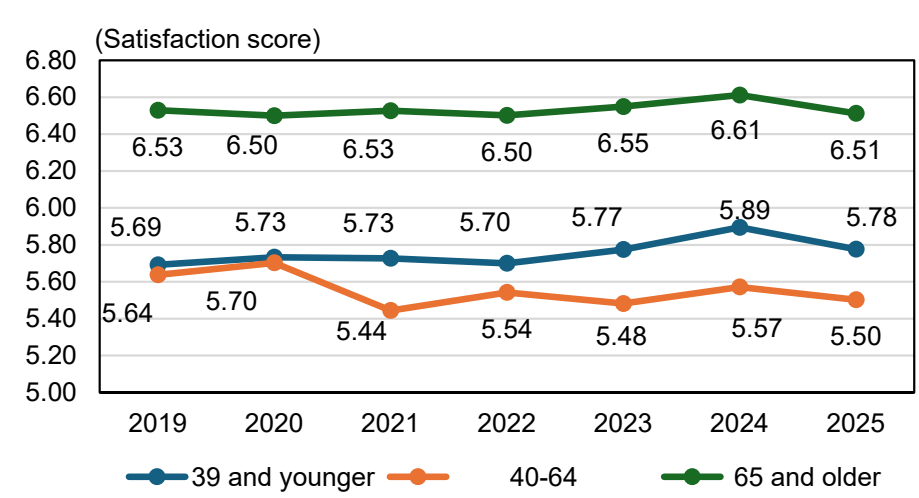
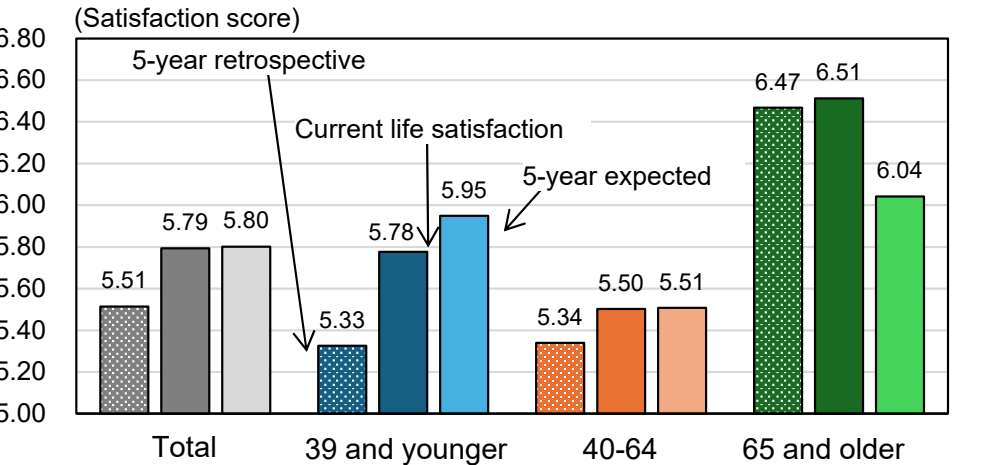


Figure 1-4 5-year retrospective and expected satisfaction index



2. Trends in Domain-Specific Satisfaction

- By domain, satisfaction with “employment conditions and wages” and “work–life balance (WLB)” increased from last year. This likely reflects factors such as rising nominal wages and growth in regular workers.
- On the other hand, satisfaction with “social connections” and “ease of child-rearing” declined from last year. These indicators have fluctuated in recent years, requiring continued attention to future trends.

Figure 2-1 Trends in Domain-Specific Life Satisfaction (Employment Conditions & Wages)

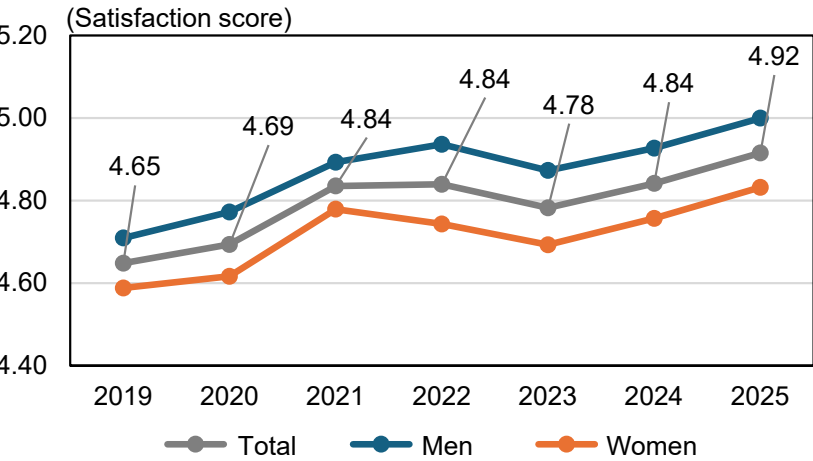


Figure 2-3 Trends in Domain-Specific Life Satisfaction (Social Connections)

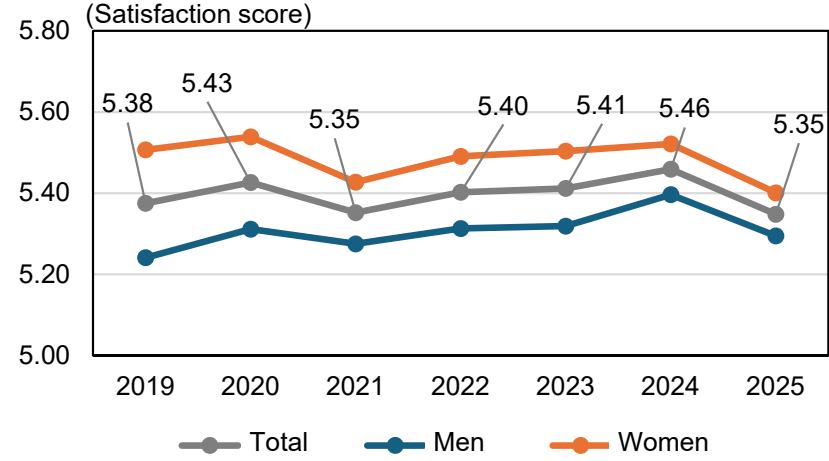


Figure 2-2 Trends in Domain-Specific Life Satisfaction (Work-life Balance (WLB))

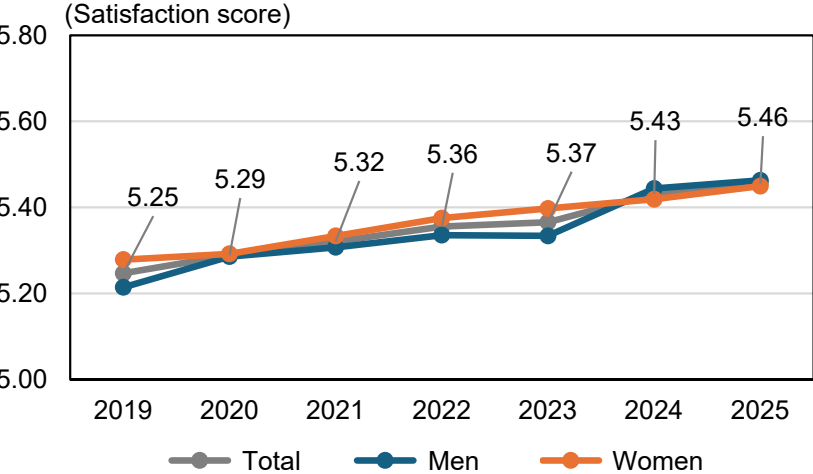
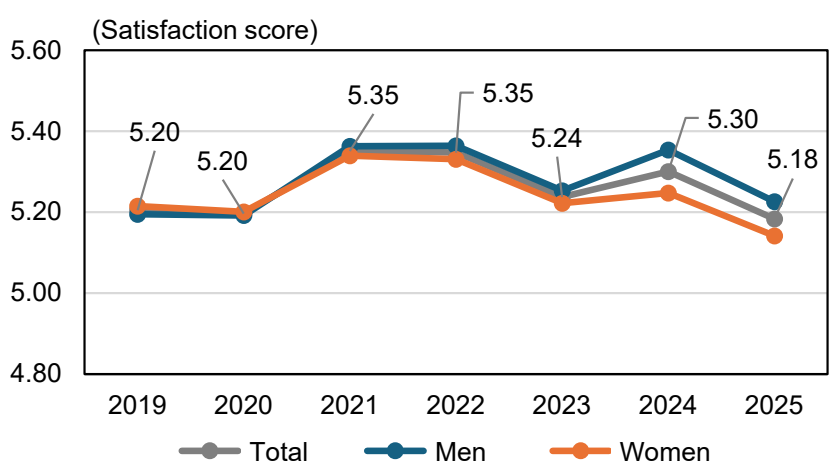


Figure 2-4 Trends in Domain-Specific Life Satisfaction (Ease of Child-rearing)



3. Indicators of Life Fulfillment (Eudaimonia) and Subjective Trust in Society

- Questions on subjective indicators such as “eudaimonia (a sense of meaning and purpose in life, or positive psychological functioning)” and “subjective trust in society” were newly introduced in this survey. The statement “I am supported by various people in my life” scored higher than the average for “overall life satisfaction,” while four other indicators, including “I feel recognized by those around me,” scored lower.
- By employment type, among respondents without a spouse, scores for “I am leading a fulfilling life” were highest for regular workers, followed by non-regular workers, and then those not working. Among respondents with a spouse, female regular workers reported higher scores than non-regular workers or those not working.

Figure 3-1 Average Scores for Each Indicator (by Gender)

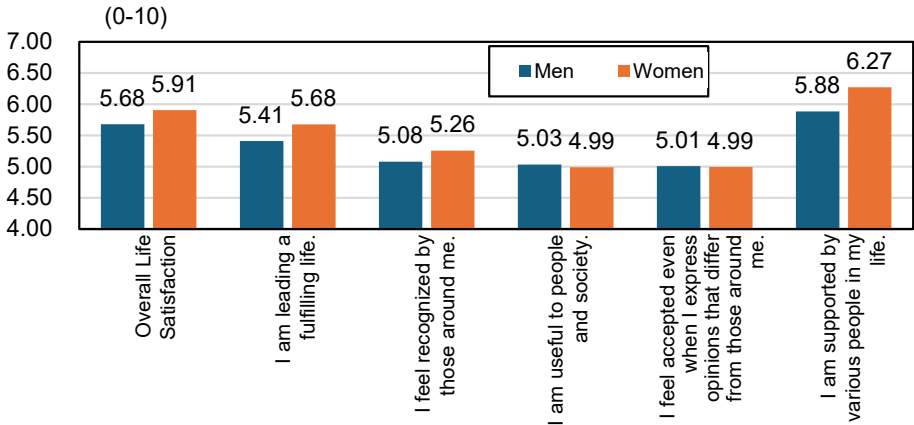


Figure 3-3 Average Scores for Each Indicator (by Employment Type)

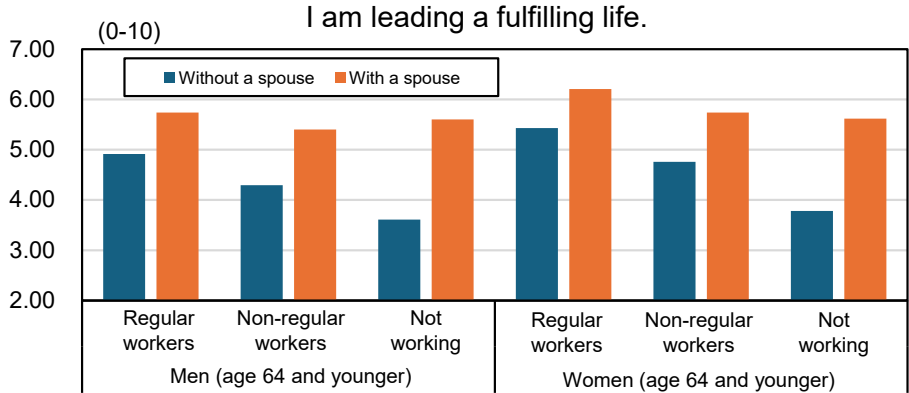
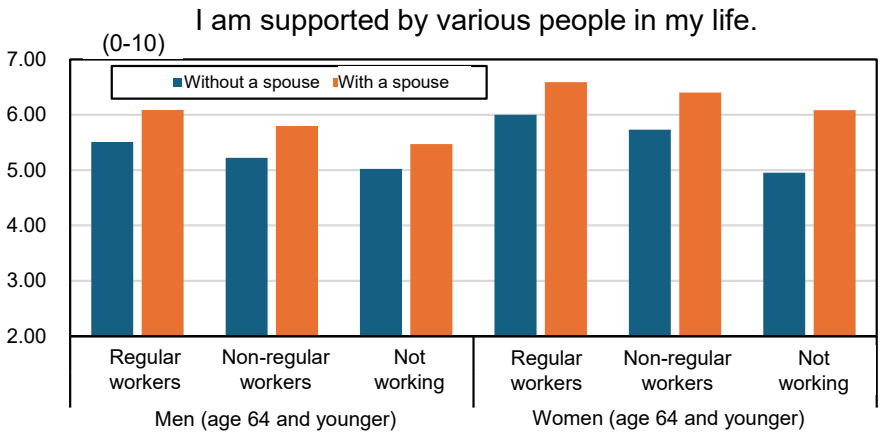
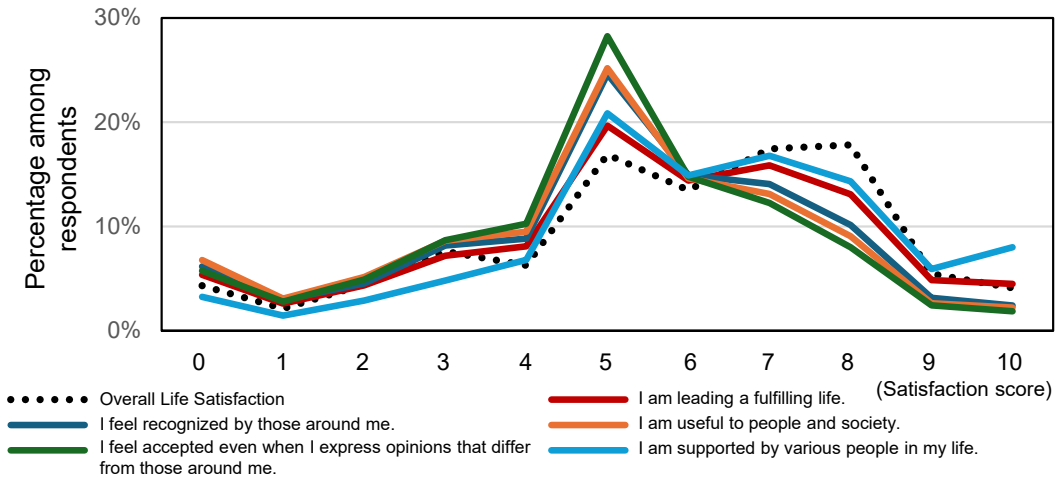


Figure 3-2 Distribution of Responses for Each Indicator



(Note) For indicators related to subjective trust in society, the questionnaire items were worded as follows (shown in *italics*):
We would like to ask about how you usually feel regarding the following points. On a scale from 0 (“Does not apply at all”) to 10 (“Applies very much”), what score would you give?
Please select only one option. (1) I feel that I am leading a fulfilling life. (2) I feel recognized by those around me.
(3) I feel that I am useful to the people around me and to society. (4) I feel accepted even when I express opinions that differ from those around me. (5) I feel that I am supported by various people in my life.

4. Dual-income Households / Social Connections (1)

- In the younger age group, respondents in dual-income households had higher life satisfaction for both men and women. Among households with children, life satisfaction was generally higher in dual-income households. For households with preschool-age children, women in single-earner households showed slightly higher satisfaction, but overall, women reported relatively high satisfaction regardless of household type.
- When looking at factors that strongly influence satisfaction with social connections, many respondents across all generations selected the statements “Having friends or acquaintances I can rely on in times of trouble” and “Having companions I can enjoy spending time with.”
- Respondents in the middle age group, both men and women, had fewer people they could rely on in times of trouble, excluding cohabiting family members or relatives.

Figure 4-1 Satisfaction scores in dual-income and single-earner households (by age group)

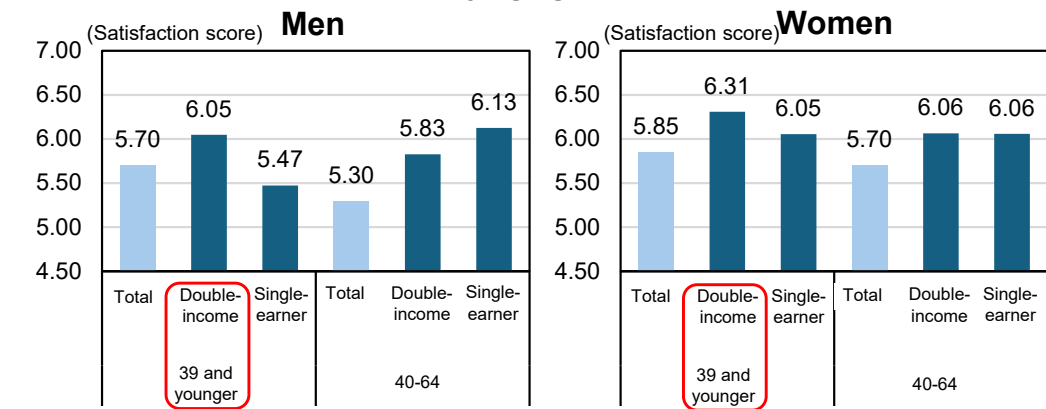
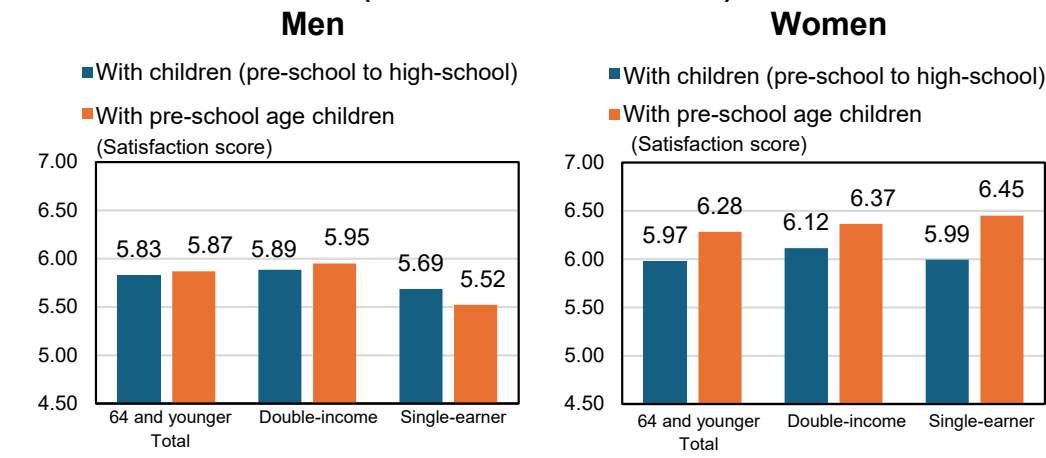


Figure 4-2 Satisfaction scores in dual-income and single-earner households (households with children)



(Note) In Figures 4-1 and 4-2, “Total” includes not only dual-income and single-earner households but also households without a spouse, single-person households, and households where the respondent is not working.

Figure 4-3 Major factors influencing satisfaction or dissatisfaction with social connections (multiple responses allowed)

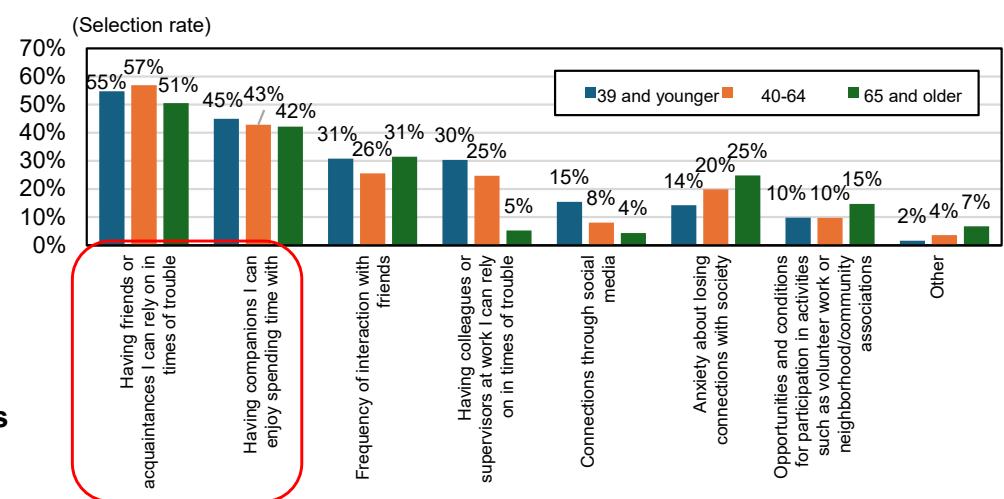
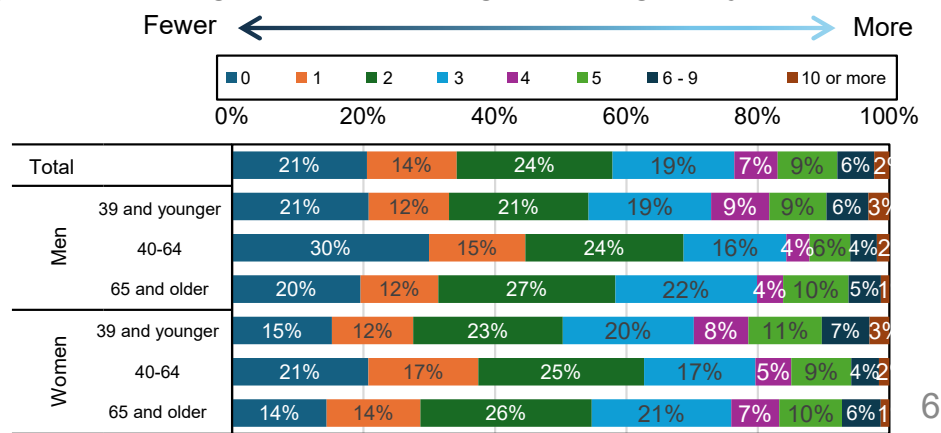


Figure 4-4 Number of people respondents can rely on in times of trouble (by Gender and Age Group; excluding cohabiting family and relatives)



5. Social Connections (2)

- The frequency of social media use was higher among younger age groups. Some 80% of women aged 39 and younger reported that they use social media “Almost every day.” Among younger and middle age groups, those who used social media tended to report higher satisfaction with social connections than those who did not. However, there was no clear relationship between the frequency of social media use and the level of satisfaction.
- In response to questions about whether they have a “third place” (a location other than home or workplace/school where people can freely interact and relax), nearly half of respondents answered “Yes,” and those who answered “Yes” reported higher satisfaction with “enjoyment and fun in life.”

Figure 5-1 Frequency of social media use (by gender and age group)

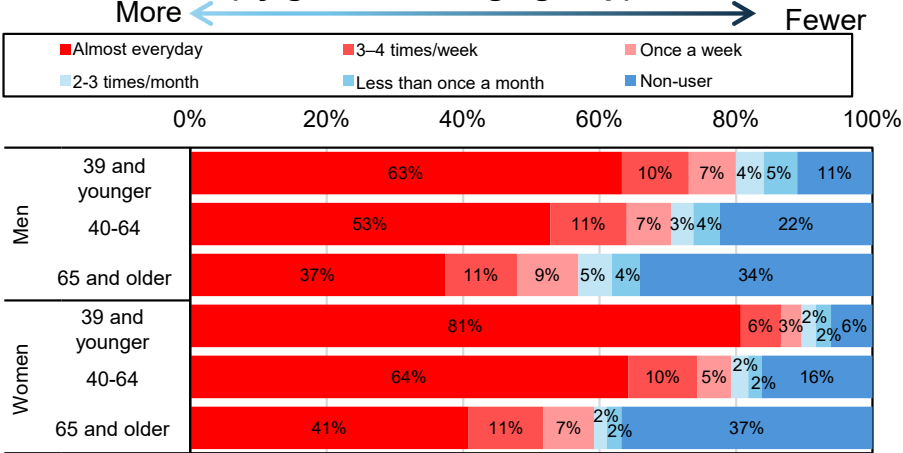


Figure 5-2 Frequency of social media use and satisfaction with social connections (by gender and age group)

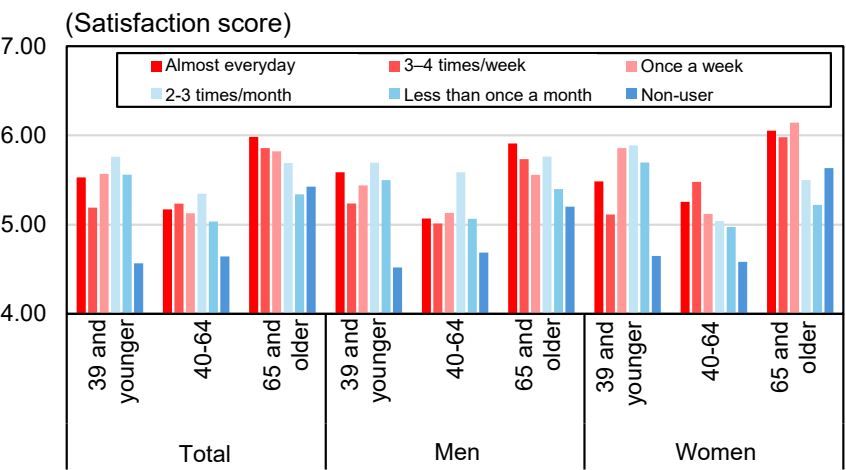


Figure 5-3 Whether having a third place (by gender and age group)

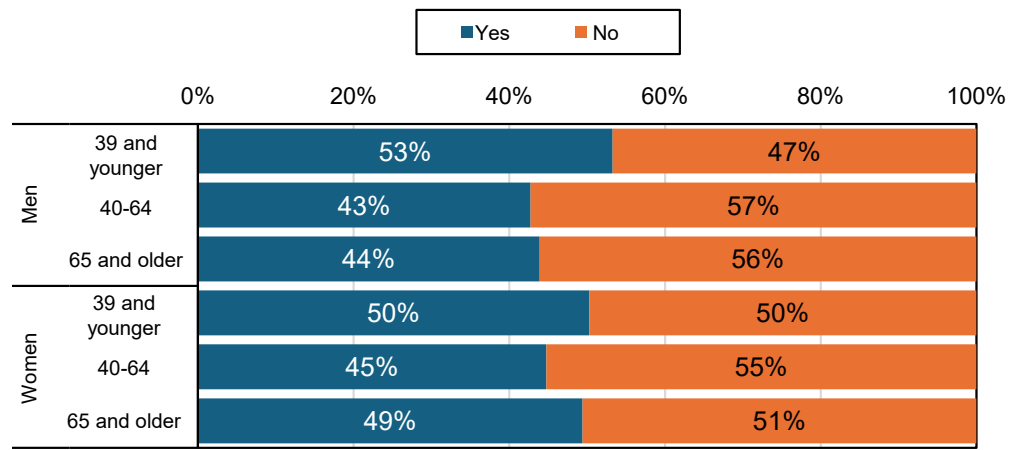
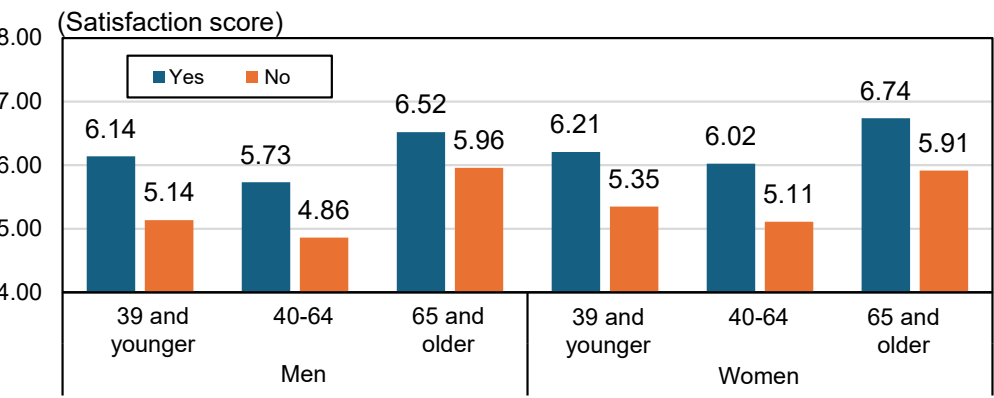


Figure 5-4 Whether having a third place and satisfaction with enjoyment and fun in life



(Note) In Figures 5-3 and 5-4, respondents classified as “having a third place” are those who selected one or more options in questions that asked them to choose multiple applicable places from the following: cafés/coffee shops, libraries/bookstores, bars/pubs, saunas/spas, gyms/pools, cinemas, outdoor spaces such as parks, live music or sports venues, club or circle activities, and classes or lessons they attend.