

# Economic Analysis of Daily Recreational Activities and Subjective Well-being

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(余暇活動と主観的厚生に関する経済分析)

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### 論 文 内 容 の 要 旨

This empirical study was conducted to examine the effects of a person's daily activities on subjective well-being in economically developed countries such as the US, France, and Japan. In recent years, the ways in which people spend daily life during business hours have been changing, reflecting technological development, which has produced more sedentary employment.

According to a report by the World Health Organization (WHO), approximately 31% of adults aged 15 and over worldwide were insufficiently active in 2010 (men 28%, women 34%). An estimated 3.2 million deaths each year are attributable to insufficient physical activity. This severe situation for public health of societies can also affect world economies. Even now, the negative impact of chronic disease has generally been insufficiently appreciated. Therefore, the importance of physical activity for people's health has been growing.

Chapter 1 introduces research objectives and the potential contributions of this dissertation after reviewing earlier studies. In terms of health economics, this chapter provides a theoretical framework of the outcomes of daily recreational activities such as doing sports.

Chapter 2 examines particular characteristics to ascertain a relation of health and daily recreational activities among working generations of people of the US, France, and Japan. These representative countries, located on different continents, have particular cultural backgrounds and social customs. Based on the SLOTH model developed by Cawley (2004), the author used individual datasets from internet surveys to investigate the association between sports activities and several health indicators. Estimation results show a significant positive association between the level of self-rated health and the frequencies of physically active recreational activities such as doing sports activities for both men and women in the three countries. In addition, continued reflection and

thinking activities such as reading, even if they include physically stationary activities, lead to the improvement of health in some cases beyond differences of geography and cultural characteristics.

Chapter 3 presents an investigation of the relation between self-rated health and daily recreational activity among elderly people in three economically developed countries: the US, France, and Japan. Estimation results for the US indicate a significant positive relation between a higher level of health and physically stationary recreational activities such as making handicrafts and watching movies, particularly for women. Physically stationary recreational activities exhibited no effect on either men or women in Japan. Regarding physically demanding recreational activities, doing sports activities secured positive impacts on a person's self-rated health in all three countries. The impact of working on health in Japan was highest.

Chapter 4 presents an investigation, using individual data, of important socioeconomic factors that influence participation in sport activities. Estimation results of a random intercept model for the US, France and Japan revealed similar and different socioeconomic factors affecting sports participation frequency in the three countries. In the US and France, adults aged 20–59 years old and persons residing with parents tend to participate more in sporting activities. By contrast, elderly Japanese people tend to participate in sports more actively than others. Moreover, high education attainment, high income, and good health habits are positively correlated with the sports activity level.

Chapter 5 confirms the effects of poverty dimensions (time and income poverty) on daily recreational activities such as sports participation and reading. This study revealed that household members who fall into time poverty tend to decrease the frequency of participation in physically active recreational activities such as sports participation.

Chapter 6 presents summaries and conclusion of this dissertation, which supports the view that physical activities such as sports participation, as well as reflection and thinking activities such as reading, during daily life are beneficial for the improvement of their quality of life and subjective well-being. Moreover, higher SES plays an important role for it. Policy implications are derived from empirical evidence.