

Results of the “JILPT Panel Survey on the Impact of COVID-19 on Work and Daily Life”

(March 2021, 4th wave) (First Aggregation)

More than one-fourth of employees responded that their income in the most recent month decreased. This percentage has remained roughly unchanged since the 1st wave (May 2020) of the survey. A total of 12.3% of respondents indicated that they have changed their jobs since April 2020. Approximately one-third responded that they want to change job but only 7.8% are actually looking for a new job. The percentage of respondents who began a side job after the occurrence of the COVID-19 pandemic is 3.5%, while that indicating “intention to start a side job in the future” is 18.1%. This is a panel survey implemented in May (1st wave), August (2nd wave), December 2020 (3rd wave), and March 2021 (4th wave).

I. Impact on “employees of private enterprises”

1. More than one in four responded that their income for the most recent month continues to “decrease.”

When the survey asked “employees of private enterprises” as of mid-March 2021 (N=4,178) about their income in the most recent month, more than roughly two-thirds (68.8%) responded that their monthly income was “almost the same (change of less than 10%)” in comparison with their original monthly income (normal month) prior to the occurrence of the COVID-19 pandemic. Whereas the total of the percentages indicating that “it was decreased” exceeded one-fourth (27.2%). A simple comparison with the past survey results shows that this percentage has remained roughly the same throughout (32.4%, 26.7%, and 27.1% in the 1st to 3rd wave, respectively). A certain degree of decrease is becoming the norm, reflecting the fact that the actual number of hours worked has not completely returned to normal (Figure 1).

Figure 1. Most recent monthly income compared to a normal month prior to the occurrence of the COVID-19 pandemic.

Type of employment	N	Most recent monthly income compared to monthly income of the normal month					Total of those who indicated "it was decreased"	Total of those who indicated "it was increased"				
		Decreased by 90% or more	Decreased by about 70% to 80%	Decreased by about 50% to 60%	Decreased by about 30% to 40%	Increased by about 10% to 20%			Increased by about 30% to 40%	Increased by 50% or more		
Total	4,178	0.9	0.8	2.0	5.0	18.5	68.8	3.3	0.6	0.2	27.2	4.1
Regular employees	2,788	0.6	0.6	1.4	4.3	19.3	70.3	2.9	0.4	0.2	26.3	3.4
Non-regular employees (total)	1,390	1.4	1.2	3.2	6.2	17.1	65.8	4.0	1.0	0.3	28.9	5.3
Part-time workers and <i>arbei</i> (temporary workers)	970	1.6	1.1	3.5	5.6	17.7	65.1	4.1	0.8	0.4	29.6	5.4
Contract workers and <i>shokutaku</i> (entrusted workers)	266	0.8	0.8	2.3	6.0	12.4	71.4	4.5	1.9	-	22.2	6.2
Dispatched workers	154	0.6	1.9	2.6	10.4	20.8	60.4	2.6	0.6	-	36.4	3.2
Managerial workers* (section manager level or higher)	334	0.3	1.2	0.6	1.8	17.4	76.3	2.4	-	-	21.3	2.4
Professional and engineering workers	905	0.4	0.4	2.4	3.5	15.9	72.6	4.3	0.3	-	22.8	4.6
Clerical workers	1,045	1.0	0.5	1.0	3.8	15.1	75.5	2.8	0.5	-	21.2	3.3
Sales workers	599	1.0	0.3	2.5	4.8	21.9	66.1	2.3	0.7	0.3	30.6	3.3
Service workers	455	2.2	1.8	4.8	8.1	22.9	54.5	3.7	1.3	0.7	39.8	5.7
Security workers	24	-	-	-	4.2	16.7	70.8	4.2	-	4.2	20.8	8.3
Production/skilled workers	350	0.6	0.9	0.3	7.1	23.7	63.1	2.9	0.6	0.9	32.6	4.3
Transport and machine operation workers	81	1.2	2.5	2.5	16.0	33.3	40.7	1.2	2.5	-	55.6	3.7
Construction and mining workers	44	-	-	4.5	6.8	11.4	72.7	2.3	2.3	-	22.7	4.5
Carrying, cleaning, and packaging workers	170	1.2	2.4	1.8	5.3	20.6	62.9	5.3	-	0.6	31.2	5.9
Others	128	1.6	-	2.3	4.7	18.0	69.5	3.9	-	-	26.6	3.9
Do not know	43	-	2.3	2.3	14.0	7.0	67.4	4.7	2.3	-	25.6	7.0
Construction	223	0.9	-	2.7	2.7	10.8	80.3	1.8	0.9	-	17.0	2.7
Manufacturing	899	0.6	0.9	1.2	5.5	23.0	65.9	2.3	0.2	0.4	31.1	3.0
Electricity, gas, heat supply and water	61	-	-	-	4.9	14.8	78.7	-	-	1.6	19.7	1.6
Information and communications	227	0.9	0.9	0.9	7.9	12.3	78.0	5.7	0.4	-	15.9	6.2
Transport	255	0.4	2.4	0.8	7.1	27.1	58.4	3.1	0.8	-	37.6	3.9
Wholesale and retail trade	528	0.2	0.4	1.5	2.8	18.4	72.3	3.4	0.9	-	23.3	4.4
Finance and insurance	204	-	0.5	1.5	3.4	15.7	75.5	3.4	-	-	21.1	3.4
Real estate	90	1.1	-	3.3	5.6	18.9	68.9	2.2	-	-	28.9	2.2
Accommodations, eating and drinking service	125	4.0	2.4	8.8	14.4	29.6	36.0	3.2	1.6	-	59.2	4.8
Medical, health care and welfare	665	0.8	-	2.3	3.6	13.5	75.9	3.6	0.3	-	20.2	3.9
Education, learning support	122	0.8	0.8	0.8	2.5	15.6	73.8	5.7	-	-	20.5	5.7
Postal services, cooperative associations	32	-	-	3.1	-	18.8	68.8	9.4	-	-	21.9	9.4
Services	559	1.6	1.3	3.0	7.9	19.5	61.5	3.2	1.3	0.7	33.3	5.2
Others	173	2.9	1.2	1.7	6.4	16.2	67.1	3.5	0.6	0.6	28.3	4.6
Do not know	15	-	-	-	13.3	20.0	53.3	6.7	-	-	40.0	6.7
29 or fewer employees	827	1.2	0.7	2.7	3.5	16.3	71.6	2.9	0.7	0.4	24.4	4.0
30 to 299 employees	1,304	0.5	0.9	2.1	5.6	19.0	68.1	3.0	0.5	0.2	28.2	3.7
300 to 999 employees	545	0.9	0.4	1.5	3.9	20.2	69.4	3.3	0.6	-	26.8	3.9
1,000 or more employees	1,108	0.8	0.6	1.8	5.0	19.9	66.4	4.5	0.6	0.3	28.2	5.4
Do not know	394	1.5	1.5	1.3	7.4	15.5	70.8	1.3	0.5	0.3	27.2	2.0
Tokyo metropolitan area	1,290	0.9	1.0	1.8	6.4	19.3	66.7	3.3	0.4	0.2	29.3	4.0
Chubu and Kansai area	1,426	1.4	0.7	1.8	4.6	19.4	67.9	3.4	0.6	0.2	27.9	4.2
Others	1,462	0.4	0.7	2.3	4.1	17.0	71.4	3.1	0.7	0.3	24.6	4.0
20-29 years old	777	0.9	1.2	3.1	8.1	18.4	63.1	3.3	1.4	0.5	31.7	5.3
30-39 years old	951	1.4	0.8	2.7	4.5	20.5	66.0	3.4	0.5	0.1	30.0	4.0
40-49 years old	1,199	0.5	0.6	1.8	4.6	18.9	69.7	3.2	0.3	0.3	26.4	3.8
50-59 years old	926	1.0	0.8	0.8	4.0	17.6	72.5	3.2	0.2	-	24.1	3.5
60-64 years old	325	0.6	0.6	1.2	2.8	14.5	76.3	3.1	0.6	0.3	19.7	4.0
Male	2,255	0.9	0.8	2.0	4.5	20.6	67.0	3.3	0.6	0.3	28.8	4.2
Female	1,923	0.8	0.7	2.0	5.5	16.1	70.9	3.2	0.5	0.2	25.2	3.9
Presence of chronic illness, etc.	663	0.9	0.8	4.7	5.7	20.8	63.5	2.9	0.3	0.5	32.9	3.6
Presence of children in the household	3,515	0.9	0.8	1.5	4.8	18.1	69.8	3.3	0.6	0.2	26.1	4.2
Yes	1,469	0.8	0.7	1.7	4.6	20.2	68.1	3.1	0.5	0.3	28.0	3.9
No	2,709	0.9	0.8	2.1	5.2	17.6	69.1	3.3	0.6	0.2	26.7	4.2

*Editor's note: The option "Managerial workers (section manager level or higher)" in the above is the same option translated as "Administrative and managerial workers (section manager level or higher)" in the previous, 3rd wave (December 2020) of the JLLPT panel survey.

2. Approximately one-third responded that they want to change job, but only 7.8% are actually looking for a new job.

After more than a year passed since the first COVID-19 cases were reported in Japan, the survey asked the respondents who were “employees of private enterprises” as of April 1, 2020 (N=4,307) about subsequent job separation, resignation, or re-employment (Figure 2). The percentage who responded that they “experienced a job separation or resignation” on or after the following day (April 2) was 14.4%. Within this, 12.3% indicated that they were “re-employed (changing job or occupation)” and 2.2% indicated that they were “not working” (within which 1.3% indicated “not looking for another job”). On the other hand, 85.6% responded that they had not experienced a job separation or resignation by March 2021 and were still working at the same company as they were on April 1, 2020.

When the survey asked “employees of private enterprises” as of March 2021 (N=4,178) about their current intentions to change their jobs (Figure 3), more than half responded that they “have not been considering changing job” (58.3%). Although approximately one-third (total of 33.6%) responded that they “want to change job,” those among them who are “actually looking for a new job” reaches no higher than 7.8%. Looking at personal attributes, the percentage of respondents who want to change job is 36.4% for dispatched workers, of whom 10.4% are actually looking for a new job; these results are slightly high in comparison with other types of employment. (While at the same time, the percentage indicating that they “were considering changing job before but are not considering it now” is also relatively high at 13.6%). Looking at main occupational classifications, high percentages are seen for “transport and machine operation workers” at 40.7% (of whom 6.2% are actually looking for a new job), “sales workers” at 38.4% (of whom 8.7%, ditto), and “service workers” at 37.1% (of whom 11.9%, ditto). Looking at the results in terms of main industrial category of employer, high percentages are seen for “accommodations, eating and drinking service” at 38.4% (of whom 14.4% are actually looking for a new job), “services” at 37.2% (of whom 9.7%, ditto), and “medical, health care and welfare” at 36.1% (of whom 8.3%, ditto).

The survey also asked “employees of private enterprises” as of April 1, 2020 (N=4,307), about their subsequent experiences with job separation, resignation, and re-employment. The percentage responding that they were “re-employed (changing job or occupation)” was 12.3%.

Figure 2. Status of subsequent job separation or resignation of employees who were working at private enterprises as of April 1, 2020

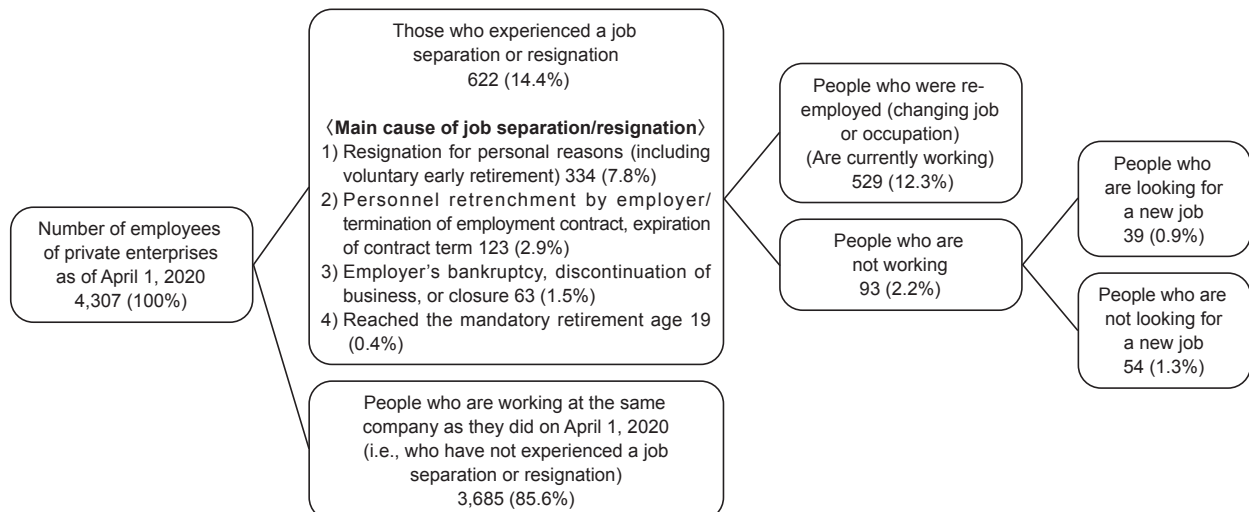


Figure 3. Current intentions to change job

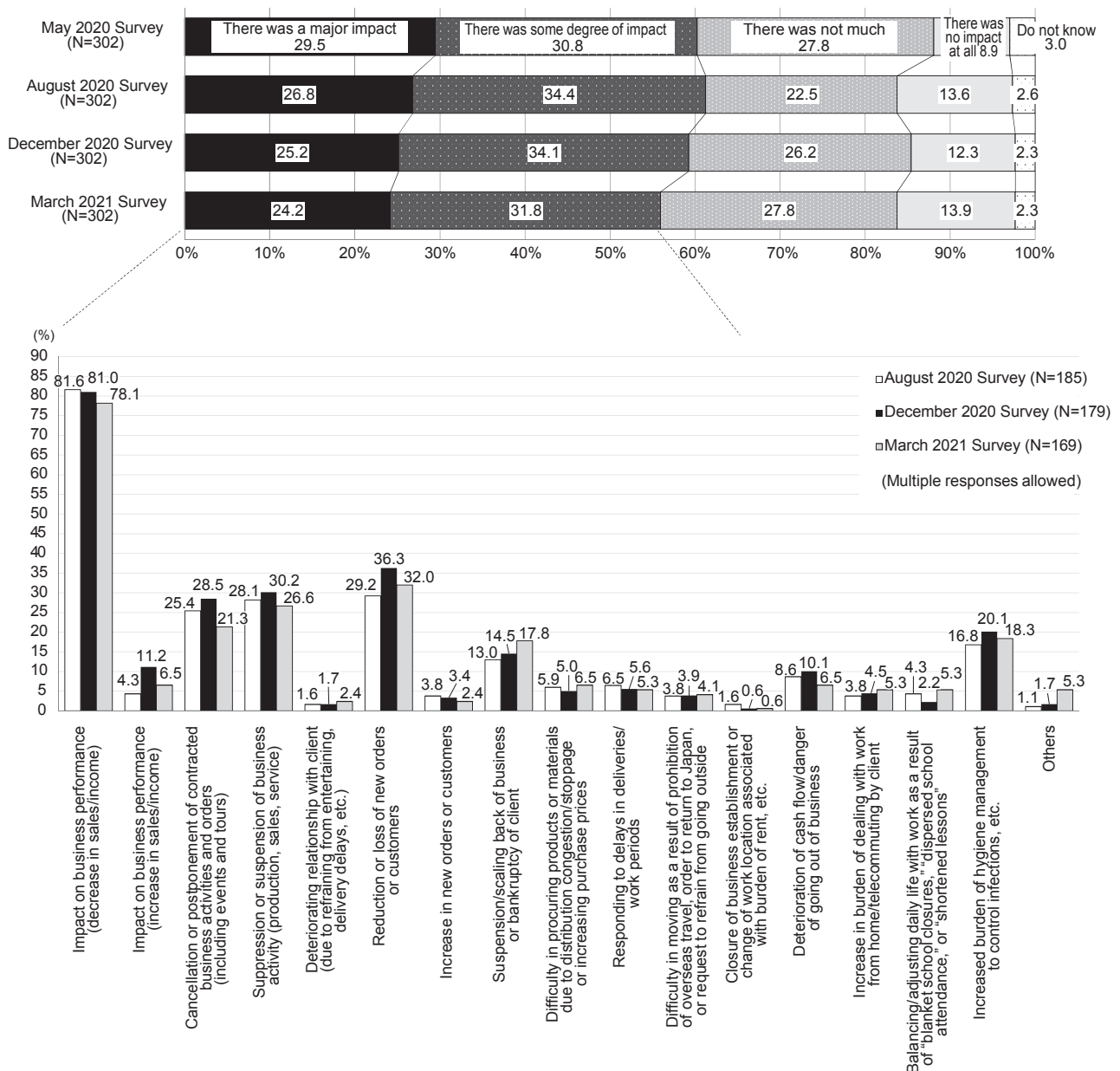
		Status as of April 1, 2020										Total	
Type of employment	N	Have been considering changing job and am actually looking for a new job (a)	Have been considering changing job but am not (yet) looking for a new job (b)	Was considering changing job before but am not considering it now (c)	Was not considering changing job before but am actually looking for a new job (d)	Was not considering changing job before but am considering it now, but am not (yet) looking for a new job (e)	Was not, and am not considering changing job (f)	Total of "considering" job, (a+b+d+e)	Of those, "currently looking for a new job" (a+d)				
		(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)				
Regular employees	4,178	5.6	16.8	8.2	2.2	9.0	58.3	33.6	7.8				
Non-regular employees (total)	2,788	5.4	17.6	7.8	2.0	9.5	57.7	34.4	7.4				
Part-time workers and <i>arbeits</i> (temporary workers)	1,390	6.0	15.1	8.8	2.6	8.1	59.3	31.9	8.6				
Contract workers and <i>shokuteki</i> (entrusted workers)	970	6.3	14.0	7.9	3.0	7.8	60.9	31.1	9.3				
Dispatched workers	266	4.5	17.3	26.6	0.8	9.4	58.6	32.0	5.3				
Managerial workers (section manager level or higher)	154	7.1	18.2	13.6	3.2	7.8	50.0	36.4	10.4				
Professional and engineering workers	334	4.2	13.5	6.9	1.5	7.5	66.5	26.6	5.7				
Clerical workers	905	6.1	17.9	9.0	1.8	9.3	58.0	35.0	7.8				
Sales workers	1,045	4.8	16.7	9.0	1.6	9.2	58.8	32.2	6.4				
Service workers	599	6.7	20.9	8.8	2.0	8.8	52.8	38.4	8.7				
Security workers	455	6.7	16.0	8.8	5.5	9.2	54.1	37.1	11.9				
Production/skilled workers	24	8.3	12.5	12.5	-	12.5	54.2	33.3	8.3				
Transport and machine operation workers	350	4.9	17.4	9.1	1.1	9.1	58.3	32.6	6.0				
Construction and mining workers	81	4.9	16.0	2.5	1.2	18.5	56.8	40.7	6.2				
Carrying, cleaning, and packaging workers	44	6.8	9.1	4.5	4.5	4.5	70.5	25.0	11.4				
Others	170	5.3	10.6	8.2	1.8	10.6	63.5	28.2	7.1				
Do not know	128	4.7	15.6	8.6	3.9	3.9	63.3	28.1	8.6				
Construction	43	14.0	4.7	9.3	2.3	4.7	65.1	25.6	16.3				
Manufacturing	223	2.7	13.5	5.4	3.6	10.8	64.1	30.5	6.3				
Electricity, gas, heat supply and water	899	5.2	16.6	8.7	1.3	7.0	61.2	30.1	6.6				
Information and communications	61	4.9	16.4	11.5	1.6	9.8	55.7	32.8	6.6				
Transport	227	7.0	12.8	8.8	2.6	7.0	61.7	29.5	9.7				
Wholesale and retail trade	255	3.1	18.0	7.1	2.0	10.2	33.3	34.1	5.1				
Finance and insurance	528	5.3	17.6	8.1	1.9	9.3	57.8	34.1	7.2				
Real estate	204	4.9	17.6	9.8	1.5	11.8	54.4	35.8	6.4				
Accommodations, eating and drinking service	90	7.8	11.1	7.8	1.1	8.9	63.3	28.9	8.9				
Medical, health care and welfare	125	10.4	15.2	13.6	4.0	8.8	48.0	38.4	14.4				
Education, learning support	665	6.0	17.9	7.8	2.3	9.9	56.1	36.1	8.3				
Postal services, cooperative associations	122	7.4	14.8	9.0	2.5	9.0	57.4	33.6	9.8				
Services	32	-	9.4	3.1	-	9.4	78.1	18.8	-				
Others	559	6.3	19.0	7.9	3.4	8.6	54.9	37.2	9.7				
Do not know	173	6.9	18.5	6.4	1.7	11.0	55.5	38.2	8.7				
29 or fewer employees	15	6.7	-	-	-	20.0	73.3	26.7	6.7				
30 to 299 employees	827	5.0	18.4	5.8	2.3	8.2	60.3	33.9	7.3				
300 to 999 employees	1,304	5.9	16.9	9.4	2.3	9.7	55.8	34.8	8.2				
1,000 or more employees	545	7.0	16.9	9.0	1.3	9.2	56.7	34.3	8.3				
Do not know	1,108	5.6	15.5	8.1	2.0	9.4	59.4	32.5	7.6				
20-29 years old	394	4.3	16.0	8.1	3.3	7.4	60.9	31.0	7.6				
30-39 years old	777	9.1	23.6	9.4	2.2	7.7	42.6	42.6	11.3				
40-49 years old	951	8.4	19.3	9.3	3.4	10.8	48.8	42.0	11.8				
50-59 years old	1,199	4.3	17.2	7.8	2.0	9.3	59.5	32.7	6.3				
60-64 years old	926	2.7	10.7	7.0	1.2	9.4	69.0	24.0	3.9				
Tokyo metropolitan area	325	2.5	8.6	6.5	2.2	4.9	75.4	18.2	4.6				
Chubu and Kansai area	1,290	6.4	18.3	8.1	2.2	8.2	56.7	35.1	8.6				
Others	1,426	5.2	15.1	8.5	2.0	9.1	60.2	31.3	7.2				
Male	1,462	5.4	17.0	7.9	2.3	9.6	57.7	34.4	7.7				
Female	2,255	6.2	16.8	7.8	2.3	9.3	57.6	34.5	8.4				
Presence of chronic illness, etc.	1,923	5.0	16.7	8.6	2.1	8.7	59.0	32.4	7.1				
Yes	663	8.6	16.7	8.4	3.2	7.4	55.7	35.9	11.8				
No	3,515	5.1	16.8	8.1	2.0	9.3	58.7	33.1	7.1				
Presence of children in the household	1,469	4.8	13.5	8.5	2.2	9.5	61.5	30.0	6.9				
Yes	2,709	6.1	18.5	8.0	2.2	8.8	56.5	35.5	8.3				
No	253	7.9	20.9	11.1	2.4	8.7	49.0	39.9	10.3				
Experience with unemployment or worklessness	3,925	5.5	16.5	8.0	2.2	9.0	58.9	33.2	7.6				
Have experienced unemployment or worklessness for a maximum of one year in the past													
No													

II. Impact on “freelance workers”

1. The “impact on business performance (decrease in sales/income)” remains high.

Aggregating responses with a focus on “freelance workers” who were respondents of each of the past four surveys and who continue to be “self-employed or doing piecework at home” as of mid-March 2021 (N=302) shows that responses indicating “there was an impact” associated with the COVID-19 on work (business activity) and income decreased but still exceeded half (56.0%) as of the “March 2021 Survey.” Looking at specific responses (multiple responses allowed), the share of “impact on business performance (decrease in sales/income)” tapered off slightly but remained high (Figure 4).

Figure 4. Fixed point survey on the impacts associated with the COVID-19 pandemic on work (business activity) and income

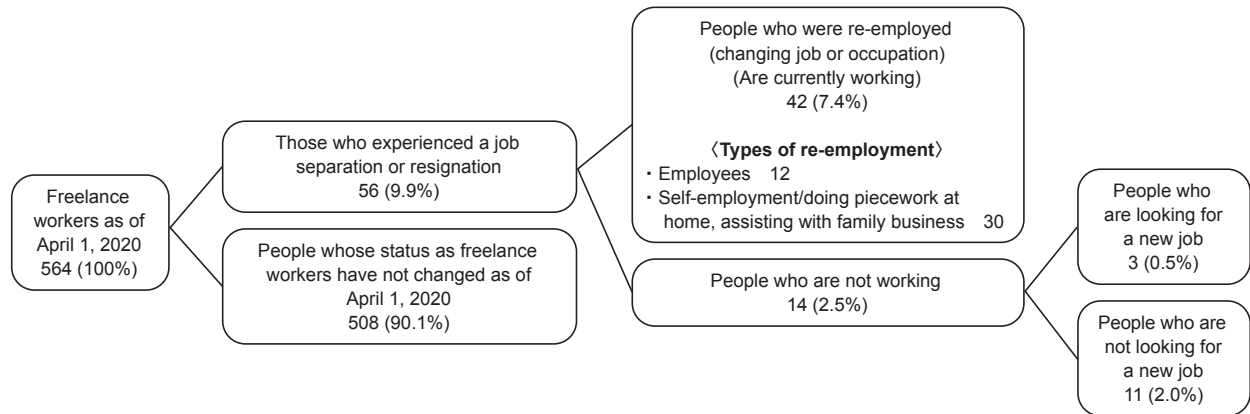


Note: Results for the 1st wave of the panel survey are not presented due to differences in the content and numbers of questions.

2. Changes in types and circumstances of employment of “freelance workers”

Figure 5 arranges the subsequent types and circumstances of employment for respondents who were “freelance workers” (N=564) as of April 1, 2020.

Figure 5. Status of subsequent job separation or resignation of people who were freelance workers as of April 1, 2020

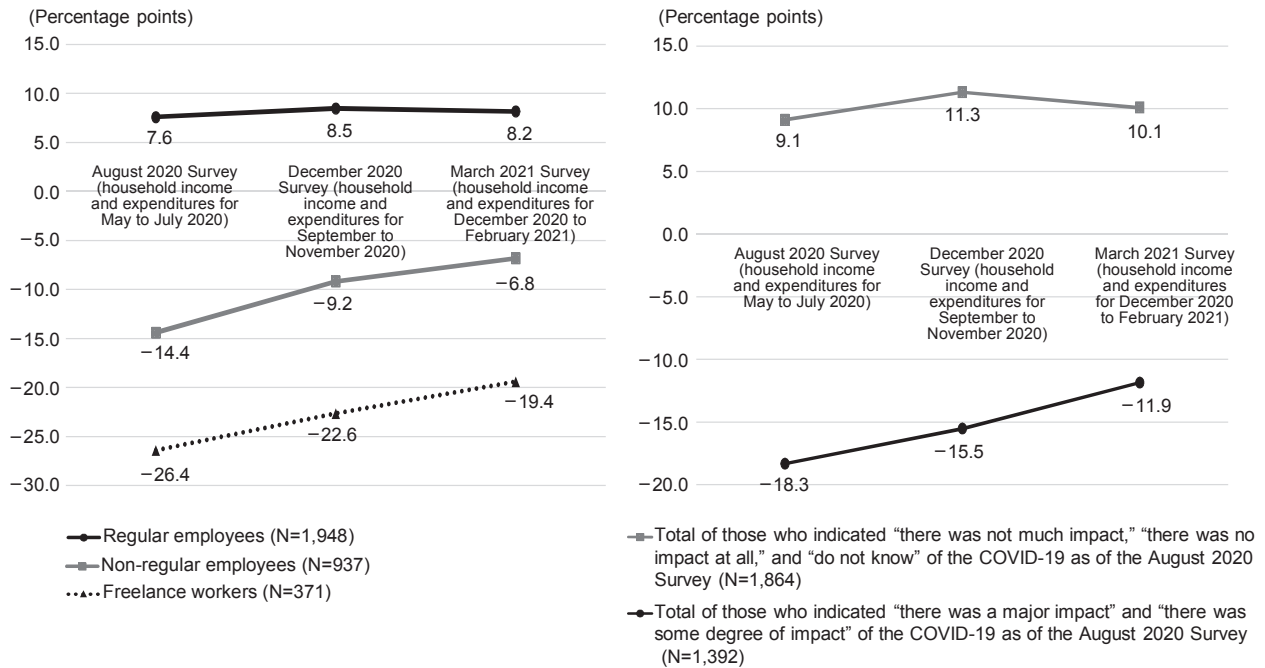


III. Findings from the survey results of all valid respondents

1. Although household income and expenditures for the past three months show continued excess in deficits among freelance workers, etc., the deficit has been gradually decreased.

The survey asked all valid respondents (employees of private enterprises [N=4,307] and freelance workers [N=564]) about their household income and expenditures for the past three months (from December 2020 to January 2021) (Figure 6). Overall, about one-third (33.4%) of respondents said that they were “breaking even.” On the one hand, 28.3% of respondents indicated that they had a surplus, while on the other hand, 27.8%, or more than one-fourth, indicated that they had a deficit. Subtracting the deficit total (total percentage of those who indicated that they had a deficit) from the surplus total (total percentage of those who indicated that they had a surplus) resulted in an excess of 0.5 percentage points of “surplus.” Looking at individual types of employment, the percentage of respondents indicating “deficit” exceeded 40% (40.2%) for “freelance workers,” continuing a trend from the previous survey (43.2%). The excess in deficits for “freelance workers” was -19.4 percentage points, and a comparison of respondents who responded to each of the past three fixed-point surveys (Figure 7) shows a gradual decrease (-26.4 points in the August 2020 Survey and -22.6 points in the December 2020 Survey).

Figure 7. Changes in the difference between surplus total and deficit total of household income and expenditures when viewed by type of employment (left) and the impacts associated with the COVID-19 pandemic (right)



2. The percentage of respondents who began a side job after the COVID-19 outbreak is 3.5%, while 18.1% intend to start a side job in the future.

When the survey asked all valid respondents (employees of private enterprises [N=4,307] and freelance workers [N=564]) about whether or not they are doing side jobs, more than two-thirds (66.9%) indicated “not currently doing a side job and have no plans to do one in the future.” The percentage of respondents indicating that they “began doing a side job after the COVID-19 outbreak” was 3.5%, and furthermore indicating that “not currently doing a side job but intend to begin one” reached 18.1%. When the COVID-19 had a “major impact” or “some degree of impact” on employment, work (business activity), and income, the percentages of “began a side job after the pandemic outbreak” and “not currently doing a side job but intend to begin one” are slightly high at 6.0% and 23.5%, respectively (Figure 8).

Figure 8. The share of respondents' doing/intention to do side jobs

		N	Began doing a side job before the pandemic, and still doing it (a)	Began doing a side job before the pandemic, but intend to quit it (b)	Began doing a side job after the occurrence of the pandemic, and still doing it (c)	Began doing a side job after the occurrence of the pandemic, but intend to quit it (d)	Not currently doing a side job, but intend to begin one (e)	Not currently doing a side job, and have no plans to do one in the future (f)	Total of "doing a side job" (a+b+c+d)	Of those, total of "still doing" (a+c)
Total		4,871	10.9	0.6	3.0	0.6	18.1	66.9	15.0	13.9
Sex	Male	2,715	10.5	0.6	3.2	0.6	17.9	67.3	14.9	13.7
	Female	2,156	11.4	0.6	2.6	0.6	18.4	66.4	15.2	14.1
Marital status	Married	2,571	10.3	0.6	2.6	0.5	15.6	70.4	14.1	12.9
	Never married	1,911	11.8	0.5	3.8	0.7	21.4	61.8	16.8	15.6
	Divorced or widowed	389	10.5	0.8	1.3	-	18.8	68.6	12.6	11.8
Presence of children in the household	Yes	1,635	10.5	0.9	2.9	0.7	18.6	66.4	15.0	13.4
	No	3,236	11.2	0.5	3.0	0.5	17.9	67.1	15.0	14.1
Marital status and with/without children in the household	Single parent	162	9.9	0.6	3.7	0.6	29.0	56.2	14.8	13.6
	Two parents	1,473	10.5	0.9	2.9	0.7	17.4	67.5	15.0	13.4
	Other than the above	3,236	11.2	0.5	3.0	0.5	17.9	67.1	15.0	14.1
Presence of chronic illness, etc.	Yes	810	11.6	1.2	3.1	0.7	17.0	66.3	16.7	14.7
	No	4,061	10.8	0.5	2.9	0.5	18.3	67.0	14.7	13.7
Age group	20-29 years old	823	12.5	0.6	5.6	1.3	21.0	58.9	20.0	18.1
	30-39 years old	1,085	11.6	1.2	4.4	0.8	21.9	60.0	18.1	16.0
	40-49 years old	1,399	11.1	0.4	2.2	0.2	20.0	66.0	13.9	13.3
	50-59 years old	1,120	9.1	0.3	1.5	0.3	13.5	75.4	11.2	10.6
	60-64 years old	444	10.4	0.5	0.5	0.2	9.0	79.5	11.5	10.8
Region of residence	Tokyo metropolitan area	1,504	12.8	0.6	3.6	0.7	17.5	64.8	17.7	16.4
	Chubu and Kansai area	1,661	11.1	0.6	2.6	0.7	17.0	68.0	15.0	13.7
	Others	1,706	9.1	0.6	2.8	0.3	19.7	67.6	12.7	11.8
Type of employment	Regular employees	2,848	8.1	0.6	2.9	0.6	19.4	68.3	12.3	11.1
	Non-regular employees (total)	1,459	12.1	0.6	3.3	0.5	17.1	66.4	16.5	15.4
	Freelance workers	564	22.0	0.4	2.1	0.4	14.2	61.0	24.8	24.1
	Less than 3 million yen	722	12.9	0.7	3.7	0.6	19.7	62.5	17.9	16.6
Household income in 2020	3 million yen to less than 5 million yen	1,130	10.6	0.4	3.1	0.5	21.0	64.3	14.7	13.7
	5 million to less than 7 million yen	938	10.3	0.6	3.5	1.0	20.0	64.5	15.5	13.9
	7 million yen or more	1,290	10.9	0.6	2.7	0.5	14.6	70.7	14.7	13.6
	Do not know	791	10.2	0.6	1.8	0.3	16.1	71.0	12.9	12.0
Household income and expenditures in the past three months	Surplus total	1,378	13.1	0.7	2.5	0.7	13.7	69.3	17.0	15.7
	Breaking even	1,628	9.2	0.6	2.4	0.4	16.2	71.3	12.6	11.5
	Deficit total	1,353	11.5	0.7	4.5	0.7	28.0	54.5	17.4	16.0
Impacts associated with the COVID-19 pandemic	Total of "there was a major impact" and "there was some degree of impact" on employment, work or income	1,985	14.2	0.9	5.0	1.0	23.5	58.4	21.1	19.2
	Total of "there was not much impact," "there was no impact at all," and "do not know"	2,886	8.7	0.4	1.5	0.2	14.4	74.7	10.8	10.2
Excerpted from questions asking about circumstances of daily life, etc. (multiple responses)	If I stopped working, my household would be unable to get by	1,304	12.5	0.6	3.2	0.8	22.5	60.3	17.2	15.7
	Not selected	3,567	10.3	0.6	2.9	0.4	16.5	69.3	14.2	13.2
	I have no one to turn to if I need help getting by	687	13.0	0.4	4.2	0.4	26.2	55.7	18.0	17.2
	Not selected	4,184	10.6	0.6	2.7	0.6	16.8	68.7	14.5	13.3
	I have no savings	472	14.2	1.5	5.1	1.1	29.2	48.9	21.8	19.3
Not selected	4,399	10.6	0.5	2.7	0.5	16.9	68.8	14.3	13.3	

3. Roughly half of respondents had a K6 score of 5 or higher (indicating psychological distress).

The survey asked respondents about their situation with respect to the K6 scale, which was developed by Kessler et al.,¹ to ascertain their mental health under the pandemic (Figure 9). Of all valid respondents (employees of private enterprises [N=4,307] + freelance workers [N=564]), 47.4% indicated a score of 5 or higher, which corresponds to “psychological distress,” and 28.1% indicated 10 or higher, which corresponds to “mood and anxiety disorder.” K6 scores are known to have a close association with age, sex, marital status, state of health, and employment or economic status. Among respondents who indicated that the COVID-19 pandemic had a “major impact” or “some degree of impact” on employment, work, or income, 56.9% indicated a K6 score of 5 or higher, and 36.6% indicated a score of 10 or higher. These results are relatively high in comparison with the total of “there was not much impact,” “there was no impact at all,” and “do not know” (40.8% and 22.2% in the same order).

Figure 9. Mental health states based on K6 scores

	N	Percentage who felt the following "all of the time" or "most of the time" during the past one month					K6 score of 5 or higher (psychological distress)	K6 score of 10 or higher (mood/anxiety disorder)	K6 score of 13 or higher (severe psychiatric disorder)		
		Nervous	Hopeless	Restless or fidgety	So depressed that nothing could cheer me up	Felt that everything was an effort				Feelings of worthlessness	
	Total	4,871	14.4	12.0	11.0	14.7	13.4	13.6	47.4	28.1	16.8
Sex	Male	2,715	13.2	12.2	10.9	14.1	13.3	12.8	46.4	28.3	16.1
	Female	2,156	15.9	11.8	11.1	15.4	13.6	14.6	48.6	27.9	17.6
Marital status	Married	2,571	11.7	8.6	9.1	10.8	10.3	9.2	42.2	23.4	12.6
	Never married	1,911	18.2	16.8	14.0	20.5	17.9	20.0	54.1	35.1	22.7
Presence of children in the household	Divorced or widowed	389	13.6	10.3	8.7	12.1	12.1	11.3	48.3	24.9	14.9
	Yes	1,635	12.7	9.9	10.1	11.9	11.4	10.6	44.2	25.4	14.6
Marital status and with/without children in the household	No	3,236	15.3	13.0	11.5	16.1	14.4	15.1	48.9	29.5	17.9
	Single parent	162	15.4	9.9	8.6	13.0	13.0	14.8	56.8	30.2	17.9
Presence of chronic illness, etc.	Two parents	1,473	12.4	9.9	10.3	11.8	11.3	10.2	42.8	24.8	14.2
	Other than the above	3,236	15.3	13.0	11.5	16.1	14.4	15.1	48.9	29.5	17.9
Age group	Yes	810	23.2	19.3	18.3	24.3	21.6	22.3	54.9	36.8	26.2
	No	4,061	12.7	10.5	9.6	12.8	11.8	11.9	45.9	26.4	14.9
Status as of April 1, 2020	20-29 years old	823	20.8	18.7	18.2	22.4	18.0	22.0	58.1	38.2	24.7
	30-39 years old	1,085	18.2	16.2	15.5	19.0	16.8	19.0	56.9	36.9	21.8
Region of residence	40-49 years old	1,399	13.9	11.2	9.6	13.4	12.8	12.2	46.4	26.9	16.3
	50-59 years old	1,120	11.0	7.9	6.9	10.5	11.3	8.4	39.3	20.8	11.9
Type of employment	60-64 years old	444	3.8	2.0	1.8	4.5	4.3	2.7	27.7	10.4	3.6
	Tokyo metropolitan area	1,504	13.8	11.8	10.6	14.6	13.5	13.4	47.5	29.0	16.1
Household income and expenditures in the past three months	Chubu and Kansai area	1,661	11.4	11.4	10.9	14.3	12.4	13.7	45.2	27.8	17.1
	Others	1,706	14.8	12.7	11.5	15.1	14.4	13.7	49.3	27.6	17.0
Household income in 2020	Regular employees	2,848	13.7	11.3	10.8	14.3	13.3	12.7	46.9	28.5	16.4
	Non-regular employees (total)	1,459	15.6	14.1	11.8	15.9	14.3	15.9	48.9	28.3	18.2
Impacts associated with the COVID-19 pandemic	Freelance workers	564	15.1	9.9	10.3	13.3	11.9	12.2	45.4	25.5	14.9
	Surplus total	1,378	9.6	6.4	6.6	9.2	8.1	8.4	34.8	18.1	10.4
Excerpted from questions asking about circumstances of daily life, etc. (multiple responses)	Breaking even	1,628	11.0	7.9	7.6	10.9	9.7	10.3	43.6	24.1	12.3
	Deficit total	1,353	24.5	22.8	19.7	25.0	23.4	22.5	64.8	42.6	29.1
Status as of April 1, 2020	Less than 3 million yen	722	25.1	23.4	19.4	26.9	23.3	24.9	62.3	42.2	30.1
	3 million yen to less than 5 million yen	1,130	13.2	12.1	10.6	13.7	13.4	13.6	49.2	28.6	16.1
Household income in 2020	5 million to less than 7 million yen	938	13.6	9.7	9.6	12.6	11.8	12.2	44.6	26.1	14.4
	7 million yen or more	1,290	9.8	6.4	7.6	9.8	9.0	7.5	38.4	20.6	11.2
Impacts associated with the COVID-19 pandemic	Do not know	791	14.8	13.3	11.3	15.4	13.7	14.9	48.9	29.1	17.4
	Total of "there was a major impact" and "there was some degree of impact" on employment, work or income	1,985	20.3	17.3	16.0	20.4	18.4	18.3	56.9	36.6	23.5
Excerpted from questions asking about circumstances of daily life, etc. (multiple responses)	Total of "there was not much impact," "there was no impact at all," and "do not know"	2,886	10.4	8.3	7.6	10.8	10.0	10.4	40.8	22.2	12.1
	If I stopped working, my household would be unable to get by	1,304	17.7	16.3	13.9	19.4	17.6	17.3	56.1	33.3	22.0
Excerpted from questions asking about circumstances of daily life, etc. (multiple responses)	Not selected	3,567	13.2	10.4	10.0	13.0	11.9	12.3	44.2	26.2	14.8
	I have no one to turn to if I need help getting by	687	28.2	28.7	23.4	31.9	29.1	31.9	71.6	50.4	36.2
Excerpted from questions asking about circumstances of daily life, etc. (multiple responses)	Not selected	4,184	12.1	9.2	9.0	11.9	10.9	10.6	43.4	24.5	13.6
	I have no savings	472	28.6	28.8	24.2	30.3	25.2	26.3	74.2	49.6	33.7
Excerpted from questions asking about circumstances of daily life, etc. (multiple responses)	Not selected	4,399	12.9	10.2	9.6	13.0	12.2	12.3	44.5	25.8	14.9

Outline of the Survey

“JILPT Panel Survey on the Impact of COVID-19 on Work and Daily Life”

1. Object

To grasp the impacts that the COVID-19 pandemic and measures to control it are having on workers' jobs and daily living, JILPT carried out a panel survey in joint research with the Rengo Research Institute for Advancement of Living Standards (RENGO-RIALS)² through the internet in late May to early June (May 2020 Survey, 1st wave), in early August (August 2020 Survey, 2nd wave), in mid- December (December 2020 Survey, 3rd wave), and in mid-March in 2021 (March 2021 Survey, 4th wave). Note that the survey had been named the “Survey on the Impact that Spreading Novel Coronavirus Infection Has on Work and Daily Life” until the 3rd wave.

Looking at developments pertaining to COVID-19, limitations on behavior (in the forms of reducing commutes, suspending business, and refraining from going outside) were incrementally relaxed after the government fully lifted its “declaration of a state of emergency” of April 7 to May 25, 2020. However, a “third wave” of the pandemic hit with the arrival of winter, and the per-day number of people infected set a new record nearly every day between the end of 2020 and early 2021, exceeding 3,000 cases (December 23), 4,000 cases (December 31), 6,000 cases (January 6), and then 7,000 cases (January 7). The government responded by re-issuing a “state of emergency declaration” in four prefectures in the Tokyo metropolitan area on January 8, 2021. Seven other prefectures were added on January 13, when the accumulated total number of cases exceeded 30,000. The early administration of vaccines to medical personnel in mid-February, combined with an improved hospital bed availability and other developments, led to the declaration's being fully lifted on March 21. However, cases of infection by a new variant of the virus that is said to have even more infectious began to be observed at the end of 2020, and consequently the outlook remains uncertain. The 4th wave of the survey asked questions on the circumstances of labor mobility and respondents' intentions to change job in April 2020 and beyond.

2. Surveyed persons (sample)

The survey targeted “employees of private companies” and “freelance workers” (independent workers who are not shop owners and who do not have employees [excluding those in agriculture, forestry, or fishery]) among people registered with an internet survey company who were aged at least 20 years old but no more than 64 years old and who were residing in Japan as of April 1, 2020. It included those who subsequently became unemployed on or after April 1, 2020, and up to the time of the survey if they satisfy the above requirement. Using the *Employment Status Survey* as the basis in both cases, we conducted stratified allocated collection for “employees of private enterprises” by sex × age group × residential region block × by regular/non-regular employee status (by 180 cells), and for “freelance workers” by sex × age group × residential region block (by 90 cells). We then prepared panel data with the “March 2021 Survey” by delivering and collecting questionnaires with priority given to respondents who responded to each of the 1st to 4th wave. We also conducted supplementary deliveries and collections to obtain portions missing from overall

target numbers.

3. Survey period

March 12 to 18, 2021

4. Survey method

Internet survey (write-in responses via the web)

5. Number of valid responses:

“Employees of private enterprises”: 4,307 (2,501 “respondents to each of the April, May, August, December 2020, and March 2021 Surveys” + 1,806 others)

“Freelance workers”: 564 (24 fewer than the target number)

See attached table for attributes of respondents.

6. Survey results

May 2020 Survey (1st wave)

<https://www.jil.go.jp/english/special/covid-19/survey/documents/20200610.pdf>

August 2020 Survey (2nd wave)

<https://www.jil.go.jp/english/special/covid-19/survey/documents/20200826.pdf>

December 2020 Survey (3rd wave)

<https://www.jil.go.jp/english/special/covid-19/survey/documents/20210118.pdf>

Notes:

1. Kessler, R. C., G. Andrews, L. J. Colpe, E. Hiripi, D. K. Mroczek, S. L. Normand, E. E. Walters, and A. M. Zaslavsky. 2002. “Short screening scales to monitor population prevalences and trends in non-specific psychological distress,” *Psychological Medicine* 32(6): 959–76.
2. The 39th Short-Term Survey of Workers in Japan’s “Immediate Report concerning the COVID-19” (<https://www.rengo-soken.or.jp/work/>) is regarded as the “April 2020 Survey” and respondents who participated in each survey from the “April 2020 Survey” and the 1st to 4th waves of the JILPT panel survey are treated as core survey respondents.

Attributes of respondents:

"Employees of private enterprises" (N=4,307) (regular employees N=2,848, non-regular employees N= 1,459)					(%)				
		Total	Regular employees	Non-regular employees (total)			Total	Regular employees	Non-regular employees (total)
Sex	Male	53.7	67.7	26.3	Region of residence	Hokkaido	3.9	3.8	4.2
	Female	46.3	32.3	73.7		Tohoku	6.7	7.0	6.2
Age group	20-29 years old	18.6	19.2	17.6		North Kanto	5.4	5.3	5.5
	30-39 years old	23.0	25.4	18.4		Tokyo metropolitan area	30.8	31.0	30.4
	40-49 years old	28.4	29.2	26.9		Chubu	18.6	18.8	18.1
	50-59 years old	22.0	21.9	22.2		Kansai area	15.7	15.1	16.7
	60-64 years old	7.9	4.4	14.8		Chugoku	5.6	5.7	5.3
Marital status and head of household	Married (with spouse) and respondent is the head of household	30.6	41.3	9.7		Shikoku	2.7	2.8	2.5
	Married (with spouse) and respondent is not the head of household	23.5	13.3	43.2		Kyushu/Okinawa	10.7	10.5	11.1
	Never married and respondent is the head of household	20.7	22.8	16.4		Income for entire household (including tax) in 2020	Less than 3 million yen	13.8	8.7
	Never married and respondent is not the head of household	17.7	15.8	21.4	3 million yen to less than 5 million yen		23.5	24.7	21.2
	Divorced/widowed and respondent is the head of household	6.5	5.7	8.2	5 million to less than 7 million yen		19.6	21.6	15.7
Divorced/ widowed and respondent is not the head of household	1.1	1.1	1.0	7 million yen or more	27.7		32.9	17.4	
Do not know	15.4	12.1	21.8						
Presence of children in the household	Yes	34.9	37.0	30.8					
	No	65.1	63.0	69.2					

"Freelance workers" (N=564)			(%)		
		Total			Total
Sex	Male	71.6	Region of residence	Hokkaido	3.7
	Female	28.4		Tohoku	6.9
Age group	20-29 years old	3.5		North Kanto	5.0
	30-39 years old	16.7		Tokyo metropolitan area	31.7
	40-49 years old	30.9		Chubu	16.3
	50-59 years old	30.7		Kansai area	16.7
	60-64 years old	18.3		Chugoku	5.0
Marital status and head of household	Married (with spouse) and respondent is the head of household	26.1		Shikoku	3.0
	Married (with spouse) and respondent is not the head of household	17.4		Kyushu/Okinawa	11.7
	Never married and respondent is the head of household	21.8		Income for entire household (including tax) in 2020	Less than 3 million yen
	Never married and respondent is not the head of household	23.9	3 million yen to less than 5 million yen		20.7
	Divorced/widowed and respondent is the head of household	9.2	5 million to less than 7 million yen		16.8
Divorced/ widowed and respondent is not the head of household	1.6	7 million yen or more	17.4		
Do not know	22.7				
Presence of children in the household	Yes	23.2			
	No	76.8			