

# Effects of Productive Activities on Well-Beings in Late-Middle Aged and Aged People

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# Components of Well-Beings in Late-Middle Aged and Aged People

1. Longevity
2. High quality of life
3. High productive activities

# Components of Quality of Life in the Elderly

1. Competent functional capacity
2. High perceived quality of life
3. Environmental factors
4. High subjective well-beings

# Categories of Productive Activities in the Elderly

1. Paid labors
2. Unpaid labors  
(house management, gardening etc.)
3. Organizational volunteer activities  
(as a member of organizations)
4. Informal mutual aids
5. Self care

# Relationship of Productive Activities to Depressive Status in a Representative Sample of Japanese Aged 55 and 64 (J-HRS)

	<b>Baseline Survey 1999</b>		<b>Follow-Up Survey 2001</b>	
	Men	Women	Men	Women
<b>Sample (n)</b>	4000	2000		
<b>Response (n)</b>	2533	1440	2074	1214
<b>(%)</b>	(63.3)	(72.0)	(81.9)	(84.3)

Shibata H, et al. *Applied Gerontology* 6: 21-38, 2012

# Relationship of Productive Activities to Depressive Status in a Representative Sample of Japanese Aged 55 and 64 (J-HRS)

	Men	Women
<b>Time for paid labors</b>	↓↓	n.s
<b>Time for house management</b>	↑	↓↓
<b>Time for volunteer activities</b>	n.s	n.s

↑:  $p < .10$     ↓↓:  $p < .05$

Controlling for Age, Sex, Spouse, Chronic Disease, IADL Impairment, Depressive Status (1999), Self-Efficacy

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# Factors Contributing to the Subjective Well-Being of Japanese Aged 60 and Over in a Longitudinal Interdisciplinary Study (J-AHEAD)

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	<b>Baseline Survey 1987</b>	<b>Follow-Up Survey 1990</b>
<b>No. of Subjects (60y+)</b>	2200	1285

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Kim H, Shibata H, et al. Jpn J Public Health 46: 532-54, 1999

# Factors at Baseline and of Longitudinal Changes Contributing to the Subjective Well-Being in 1990 (3 years later) (J-AHEAD)

			<b>Men</b>	<b>Women</b>
<b>Receiving Support</b>	Baseline	↑	n.s.	n.s.
	Changes	↑	↑	n.s.
<b>Providing Support</b>	Baseline	↑	n.s.	↑
	Changes	↑	↑	↑

↑:  $p < .01$

Controlling for Age, Education, Presence of Spouse, Presence of Children, Economic Status and ADL

Kim H, Shibata H, et al. Jpn J Public Health 46: 532-54, 1999



# Longitudinal Interdisciplinary Study in a Representative Sample of Japanese Aged 70 and Over (J-AHEAD)

	<b>1999</b>	<b>2002</b>
	<b>Baseline</b>	<b>Follow-Up</b>
<b>Sample No.</b>	2000	
<b>Respondents No.</b>	1405 (70.3%)	1062 (72.0%)

Shibata H, et al. Applied Gerontology 6: 21-38, 2012

# Relationship of Total Time in a Week Used for Productivity at Baseline (1999) to Outcomes (2002) (J-AHEAD)

	ADL Impairment	Cognitive Impairment	Mortality
<b>1. Time for paid labors</b>	↓	n.s.	n.s.
<b>2. Time for house management</b>	↓↓	↓↓↓	n.s.
<b>3. Time for volunteer activities</b>	n.s.	n.s.	n.s.
<b>4. Total time (1+2+3)</b>	↓↓↓	↓↓↓	↓

↓; P<.10    ↓↓; P<.05    ↓↓↓; P<.01

Controlling for Age, Sex, Education, ADL, Cognition No. of Chronic Diseases at Baseline

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