

高齢者の趣味・娯楽

Senior People's Hobbies and Leisure

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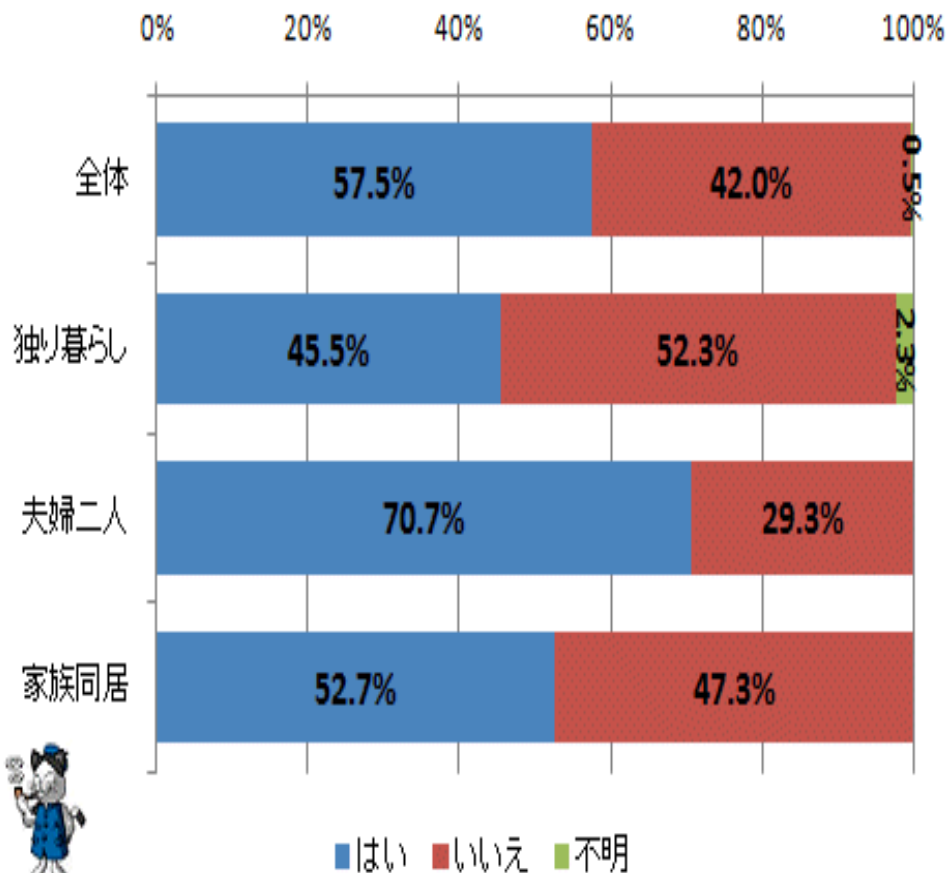
Junior

ENDO Miku

2012年度、高齢者意識調査

senior people's opinions in the fiscal year 2012

趣味や娯楽・レジャーで人生を楽しんでいるか



6割近い高齢者が、
趣味や娯楽を楽しんでいる

夫婦二人暮らしの方が、
趣味や娯楽を楽しむ割合が高い

独り暮らしと家族同居では、
7ポイントしか差が出ていない

↓
趣味趣向の場では、
配偶者以外の家族は必要なし？

57.7% of all the elderly people polled are enjoying some hobbies and recreations.

70.7% of a senior couple living by themselves tend to have hobbies and time for recreations, much higher rate than that of those seniors living with their families (52.7%)

52.3% of those living alone say they don't have hobbies or time for entertainments.

Would living as a couple (only with one's spouse) lead to a life full of more entertainments?



高齢者の趣味・娯楽

Elderly people's hobbies and leisures

・高齢者になると、家にいる時間と余暇が多くなる。そのため、高齢者の趣味・娯楽は老後の生活に非常に大切なもの。

・園芸ガーデニング、旅行、温泉、音楽・映画・スポーツ鑑賞、美術鑑賞、植物園・動物園・水族館、編み物・手芸、パチンコ、習い事(舞踊など)、散歩、読書、インターネット検索、株式投資・・・

・高齢者が趣味を楽しめるよう、シニア限定に配慮したものである。

・ex)・・・映画館のシニア割、パソコン教室での対応、実際に私のアルバイト先、カラオケ店でもシニア割(半額)がある。

* When you become old, you tend to spend more time at home, with longer free time to spend. Therefore, hobbies and leisure are very important for your life.

* Horticulture gardening, a travel, a hot spring, music, a movie and sport viewing, art viewing, going to a botanical garden, a zoo and an aquarium, knitting and handicraft, pachinko, various lessons (dancing etc.), a walking, reading, the internet search, equity investment ...

* Some activities are open to the elderly people only so they feel uninhibited to participate in.

* For example, many movie theaters offer senior discounts. Some computer classes are open to the senior people only. Many karaoke lounges also offer senior discounts (50% off)!

高齢者向きの趣味

Hobbies for Elderly People

高齢者向きの趣味のサイト案内を配慮しているサイトもある。

グランドゴルフ、将棋、陶芸、川柳、書道、百人一首、アイデア、パン作り、
囲碁、工作、社交ダンス、ゴルフ、定置カメラ、津軽三味線、ボーリング、
草木染め、茶の湯、ダーツ、カメラ、似顔絵、太極拳、中国茶、テニス、
ギター、チェス、料理、民謡、詩吟、卓球、発明、登山、ゲートボール、
ガーデニング、宝くじ・懸賞、ネットで読書、ビデオ撮影、ペット犬猫、
釣り、エアロビクス、フィットネス、車・ドライブ、ビリヤード...

意外とスポーツなど、動きが激しいのでは？と思うものが多い。

お年寄り＝動きが鈍いという考えは、古いのかもしれない。

- * Grand golf, sho-gi, ceramic art, senryu (composing Japanese traditional poems), calligraphy, card games, cooking and baking, the game of go, woodworking, social dance, golf, photography, the Tsugaru samisen, bowling, dyeing with vegetable dyes, the tea ceremony, darts, painting, taichi, Chinese tea, tennis, guitar, chess, cooking, folk songs, table tennis, mountain climbing and hiking, gate ball,
- * fishing, aerobics, fitness, a car and a drive, and billiards by a guitar, chess, a dish, a folk song, recitation of a Chinese poem, table tennis, invention, mountain climbing, gardening, public lottery, bingo game, reading, video workshop, pet animals, fishing, aerobics and other fitness activities, auto and driving, billiard, etc.....
- * Their age never prevents them from participating in sports!