

Relationship between Strengths/Weaknesses of Studying and Subjective Well-Being among Japanese Working Adults

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Abstract : The purpose of this study was to clarify the relationship between strengths/weaknesses on studying and subjective well-being among Japanese working adults. We conducted an online questionnaire survey of Japanese working adults (aged 20-69) and obtained 1,063 valid responses. Subjective well-being was evaluated using the Cantril Self-Anchoring Striving Scale, the method used in the World Happiness Survey, in which the highest possible life is set at 10, and the lowest possible life is set at 0. The mean subjective well-being of all 1,063 respondents was 5.87, which is a very similar value that was obtained in the Japanese World Happiness Survey in 2023. First, we investigated the respondents' strengths/weaknesses in studying and their subjective well-being. The results showed that the subjective well-being of the group who answered that they were good at studying (6.62) was significantly higher than that of the group who answered that they were poor at studying (5.15). Next, we investigated the subjective well-being of students who answered that they were good at Japanese, Math, English, Social studies, and Science, the major subjects in Japan, and found that the subjective well-being of the group that answered that they were good at these subjects was higher than that of the group that answered that they were poor at these subjects. When the correlation between the score of "strengths/weaknesses on studying" and the score of "subjective well-being" was examined, those who answered that they were good at studying had higher subjective well-being (correlation coefficient $r = 0.26$, $p < 0.001$). The correlation between the subjective well-being score and the score of "strengths/weaknesses on studying each subject" was examined. Among the subjects, the subjective well-being score was the highest for those who answered that they were good at English (correlation coefficient $r = 0.17$, $p < 0.001$). These results indicate a relationship between strengths/weaknesses on studying and subjective well-being among workers in Japan. These findings may provide an important basis for considering what kind of education should be focused on in order to nurture working adults with high levels of well-being.

Keywords : subject well-being, strengths/weaknesses, studying, Japanese working adults

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