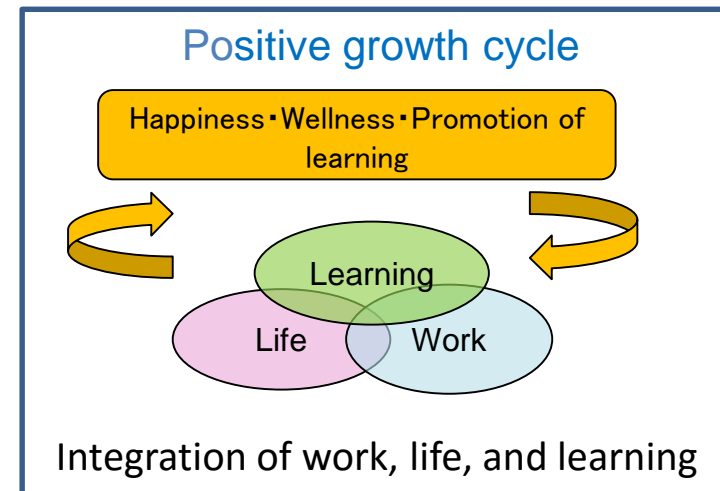
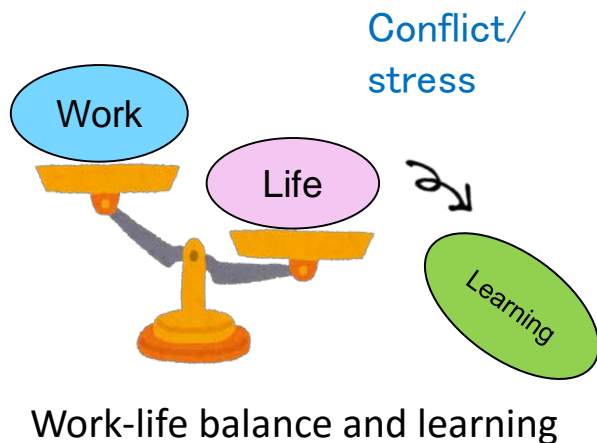


The effects of work-life integration on happiness and the promotion of learning among adult students

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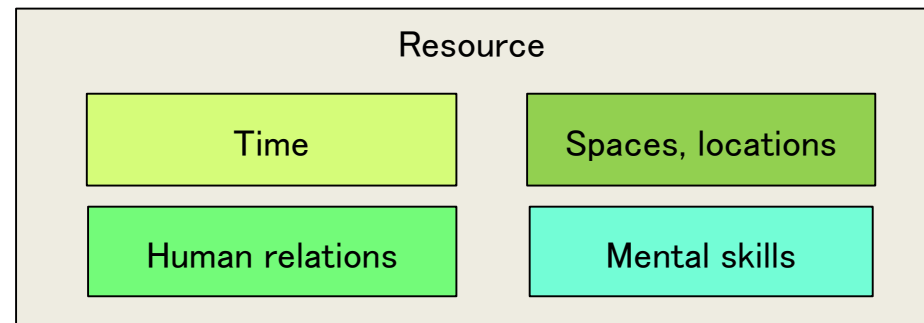
Introduction

- In OECD countries, nearly 20% of university students are aged 25 years and older.
 - ⇒ In Japan, the proportion of adult students who enroll at universities and junior colleges is as low as **1.9%**, since there is insufficient social understanding and support for adult students.
- Many Japanese adult students experience an imbalance and conflicts among work, family, and learning.
 - ⇒ Therefore, a perspective that integrates work, life, and learning is required.



Purpose of this study

We examine the ways in which adult university students achieve "work-life integration." In addition, we review qualitative and quantitative research to explore how "learning" can be integrated into work, family, and individual life, resulting in an increase in happiness and the promotion of learning.



Methods (in preparation)

Study 1

We will administer an online questionnaire survey to adult university students to identify the relationships between the methods and contents of learning and work, as well as the items of work-life integration.

Study 2

We will conduct semi-structured interviews with adult university students to explore psychosocial factors that help maintain mental health, improve happiness, and promote learning.