

Problems and Anxieties of non-Japanese Residents in Japan during the COVID-19 Pandemic: A Cross-sectional Survey

NPO Treasures of the Planet

in collaboration with Nagasaki University Volunteer Group for Foreign Residents Support
under the COVID-19 pandemic

Background

During COVID-19, Japan has taken measures varying from national lockdowns to targeted quarantine and social distancing and declared a healthcare emergency for all residents; therefore, it is of the utmost importance to understand the implications of these restrictions on the health and well-being of foreign communities in Japan.

Objectives

We aimed to identify the anxieties and life problems of non-Japanese residents living in Japan (especially in Nagasaki City) during the COVID-19 pandemic in efforts to launch the Problem Solution Website including suggestions or consultations on their troubles and worries.

Results

We conducted a cross-sectional and web-based survey using a questionnaire in 13 available languages from January to March 2021 of non-Japanese residents who were living in Japan during the (ongoing) COVID-19 pandemic. 359 valid responses were collected. 47.4% of participants were residing in Nagasaki city. More than 25% of people reported Japanese communication as a barrier to their daily life communication. 36.5% of the participants reported having troubles/difficulties with learning or at work and 32% reported to feeling discriminated against for being a non-Japanese resident. Not many participants reported problems with losing jobs (12.8%), however, 47.1% reported a decrease in the overall financial stability of their household. The overall emotional health, mental health, physical health, and sexual satisfaction were less than before in up to one-third of the participants; however, the majority remained the same as before. Parents perceived that their children's overall emotional health was most affected, indicated by 20.0% of children feeling less happy and 12.2% of children suffering a decline in mental health compared with before the COVID-19 pandemic.

Conclusion

During the (ongoing) COVID-19 pandemic, non-Japanese residents in Japan were affected in many aspects of their life.

Key statistics

- 47.4% of participants were residing in Nagasaki city. The highest response rate was from students (58.1%).
- More than 25% of people reported the Japanese language skills as a barrier to communication in their daily life communication.
- The majority (75.8%) of respondents obtained COVID-19 information from the TV, newspaper, magazine, or internet.
- Regarding desired information on COVID-19 in their native language, the majority of participants (63.5%) wanted to know what to do if they developed a suspected COVID-19 symptom.
- 36.5% of the participants reported having troubles/difficulties with learning or at work and 32% reported to feeling discriminated against for being a non-Japanese resident.
- Approximately 50% of participants reported a decrease in their personal income and their communication with their neighbors or friends, while they increased the time of playing games or spending time on a smartphone or watching TV and spent less time on physical activities or doing exercise.
- Not many participants reported problems with losing jobs (12.8%), however, 47.1% reported a decrease in the overall financial stability of their household.
- The overall emotional health, mental health, physical health, and sexual satisfaction were less than before in up to one-third of the participants; however, the majority remained the same as before.
- Parents perceived that their children's overall emotional health was most affected, indicated by 20.0% of children feeling less happy and 12.2% of children suffering a decline in mental health compared with before the COVID-19 pandemic.

About this issue

This publication report results from a cross-sectional survey regarding problems and anxieties of non-Japanese residents living in Japan (especially in Nagasaki City) during the COVID-19 pandemic in efforts to launch the Problem Solution Website including suggestions or consultations on their troubles and worries. The survey was conducted from 1 January to 30 March 2021 via online forms with 13 available languages through the website <https://universalaid.jp/covid2021/>. The number of accessed respondents was 485. There were 392 collected responses. We excluded responses if there were more than 5% of questions missing or if the participants did not answer any questions in the section regarding their personal problems or difficulties. After cleaning the data, 359 valid responses were analyzed.

The survey collected information on:

- general information including age, gender, origin country, living location in Japan, marital status, educational level, occupational status, immigration status, type of health insurance, spouse/partner's nationality, duration of living in Japan, Japanese level, number of people living together;
- connection with family;
- information network;
- recent problems during COVID-19 situation;
- recent or current feelings and moods;
- level of personal problems; and
- level of children's problems.

The survey participants were non-Japanese people aged 18 years and older who were residing in Japan (especially in Nagasaki City) during the (ongoing) COVID-19 pandemic regardless of their infectious status to COVID-19.

About this data collection

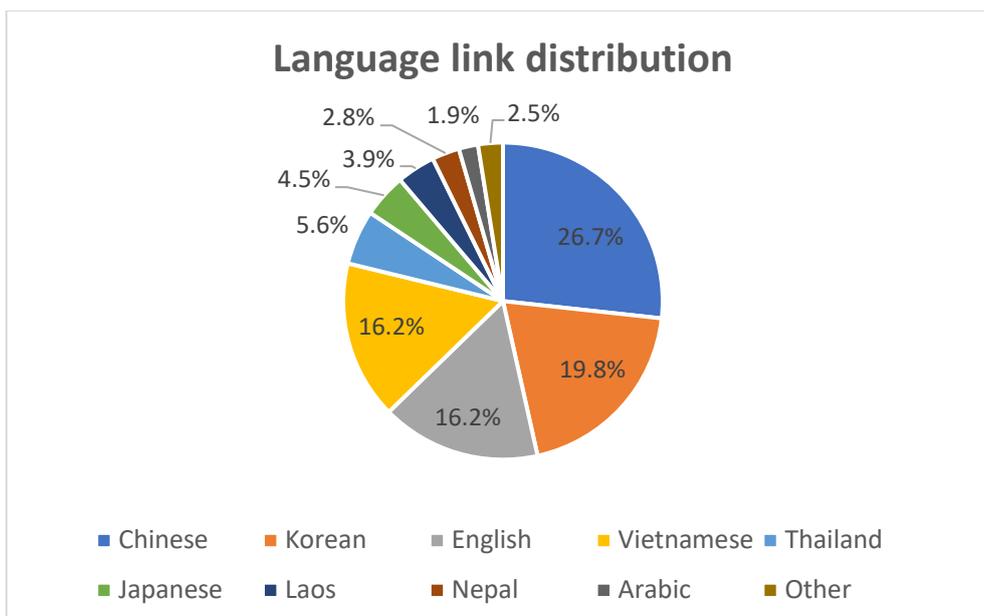
This survey is designed to quickly evaluate the problems and difficulties that foreigners living in Japan may face especially during COVID-19. To survey non-Japanese people of various nationalities living in Japan (especially in Nagasaki City), the survey questionnaires were translated into multiple languages including Arabic, Chinese, English, Filipino, Indonesian, Japanese, Korean, Laos, Malaysian, Nepali, Spanish, Thai, and Vietnamese, and validated before uploading them on the website. Our investigators and collaborators distributed the survey links by reaching out to non-Japanese residents at schools, universities, churches, companies, public institutions/organizations, supermarkets, and sharing the survey page via private social networks of the foreign community living in Japan.

1. language link distribution

The survey links were distributed under 13 languages including Arabic, Chinese, English, Filipino, Indonesian, Japanese, Korean, Laos, Malaysian, Nepali, Spanish, Thai, and Vietnamese. Among 359 collected responses, Chinese was the most used language link (26.7%), followed by Korean (19.8%), English (16.2%) and Vietnamese (16.2%). The Japanese link was used by only 4.5% of participants.

Table: Language link distribution

Language	N	%
Chinese	96	26.7
Korean	71	19.8
English	58	16.2
Vietnamese	58	16.2
Thailand	20	5.6
Japanese	16	4.5
Laos	14	3.9
Nepal	10	2.8
Arabic	7	1.9
Spanish	4	1.1
Filipino	3	0.8
Indonesian	2	0.6
Malaysian	0	0
Total	359	100.0



2. General information of participants

The survey asked people about their age, gender, country of origin, place of residence in Japan, marital status, educational level, occupational status, immigration status, type of health insurance, spouse/partner's nationality, duration of living in Japan, Japanese level, number of people living together.

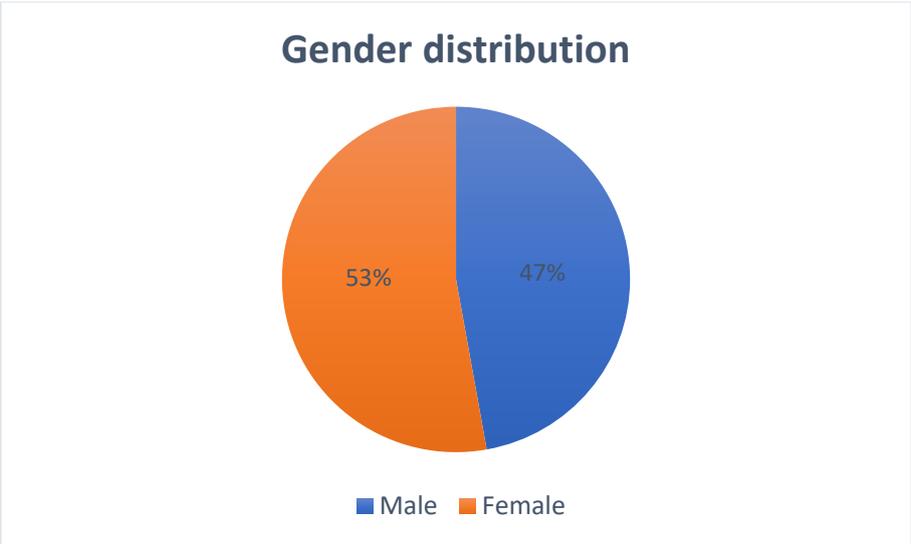
Key findings

- 47.4% of participants were residing in Nagasaki city.
- Nearly 90% of participants were 18-44 years of age.
- The highest response rate was from students (58.1%).
- Regarding immigration status, student visa accounted for up to 58.9%, followed by work-permit visa (21.1%).
- Approximately 1% of respondents reported to have a temporary visa and no health insurance.
- While a significant part of them (72.9%) could speak Japanese during their daily life, more than 25% of people reported Japanese communication as a barrier to communication in their daily life.

2.1 Gender distribution

Among 359 participants surveyed during the period from 1 January 2021 to 31 March 2021, only 354 respondents specified their gender.

- The male/female ratio was 1/1.1.
- More than half of the participants were female (52.8%).

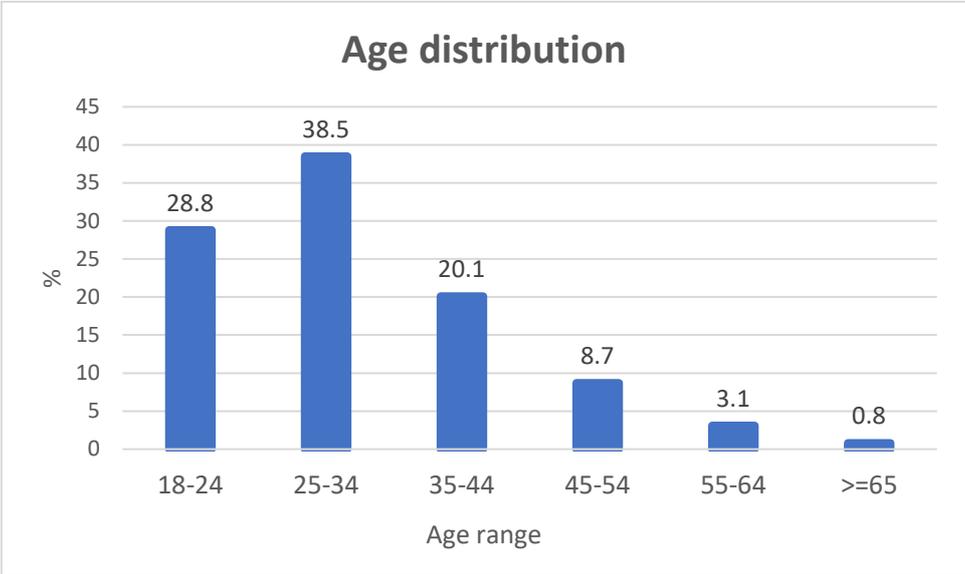


Gender (n=354)	N	%
Male	167	47.2
Female	187	52.8

2.2 Age distribution

358 respondents specified their range of age.

- Nearly 90% of participants were 18-44 years of age.
- Only 0.8% of respondents were 65 years of age or older.

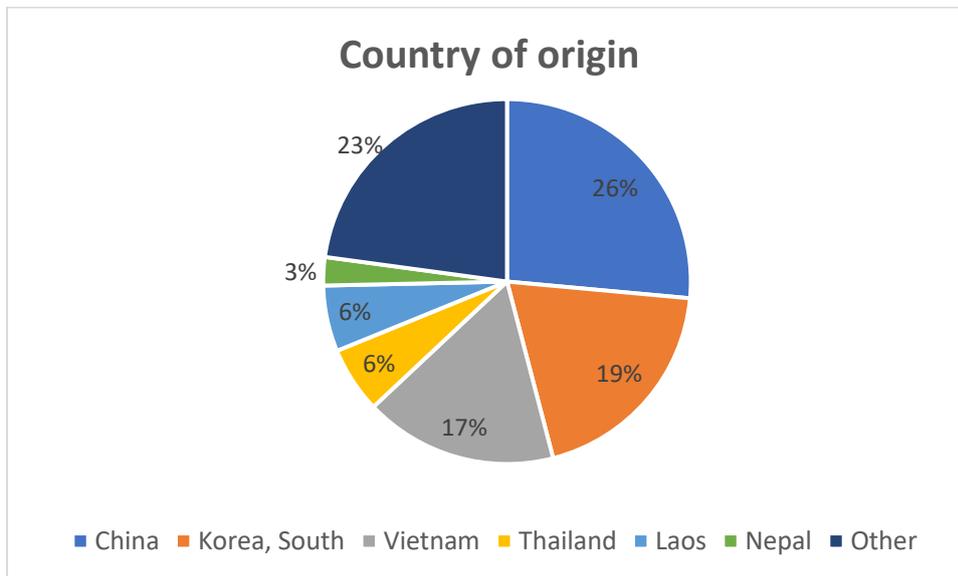


Age (n=358)	N	%
18-24	103	28.8
25-34	138	38.5
35-44	72	20.1
45-54	31	8.7
55-64	11	3.1
>=65	3	0.8

2.3 Country of origin

Among 359 participants:

- 26% reported that China was their country of origin.
- 19% reported that South Korea was their country of origin.
- 17% reported that Vietnam was their country of origin.

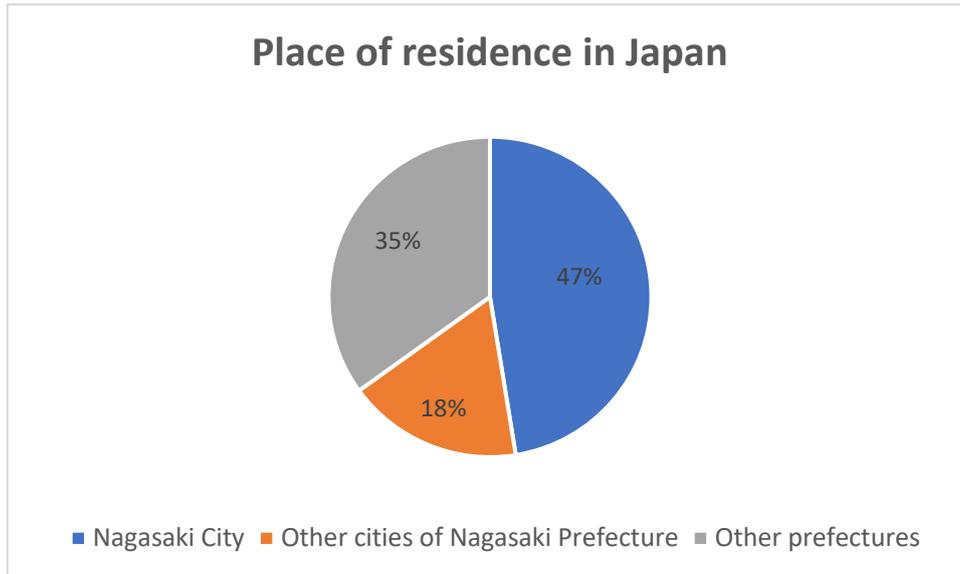


Country of origin (n=359)	N	%
China	95	26.5
Korea, South	70	19.5
Vietnam	61	17.0
Thailand	21	5.8
Laos	21	5.8
Nepal	9	2.5
Other	82	22.8

2.4 Place of residence in Japan

352 participants reported the location of their residence being in Japan.

- 47.4% of respondents were residing in Nagasaki city.
- 17.6% of participants were living in other cities of Nagasaki Prefecture, while 34.9% reported to reside in other prefectures.

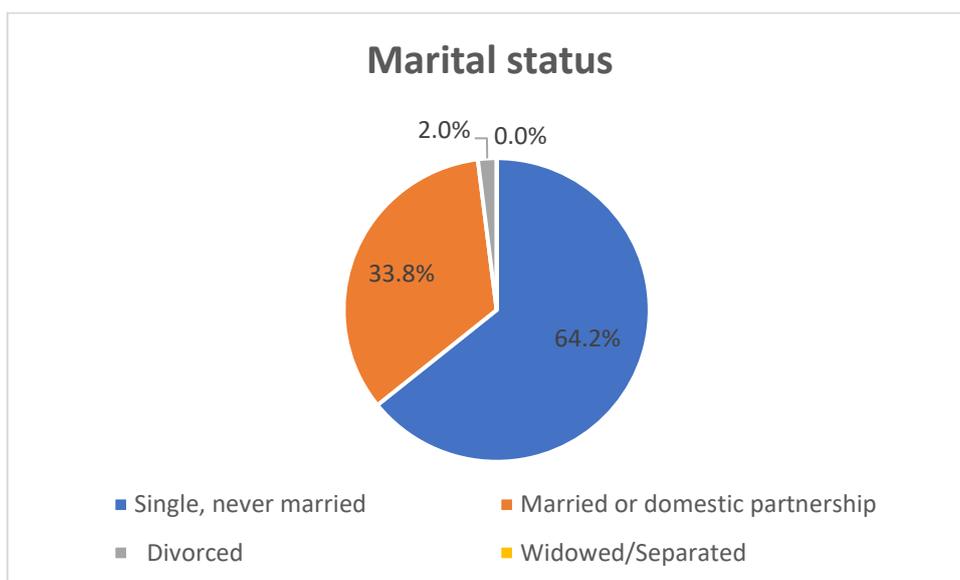


Residence location (n=352)	N	%
Nagasaki City	167	47.4
Other cities of Nagasaki Prefecture	62	17.6
Other prefectures	123	34.9

2.5 Marital status

355 respondents specified their marital status.

- About two thirds (64.2%) of the participants were single or never married.
- 33.8% reported to be married or in a domestic partnership.
- 2% reported to be divorced.



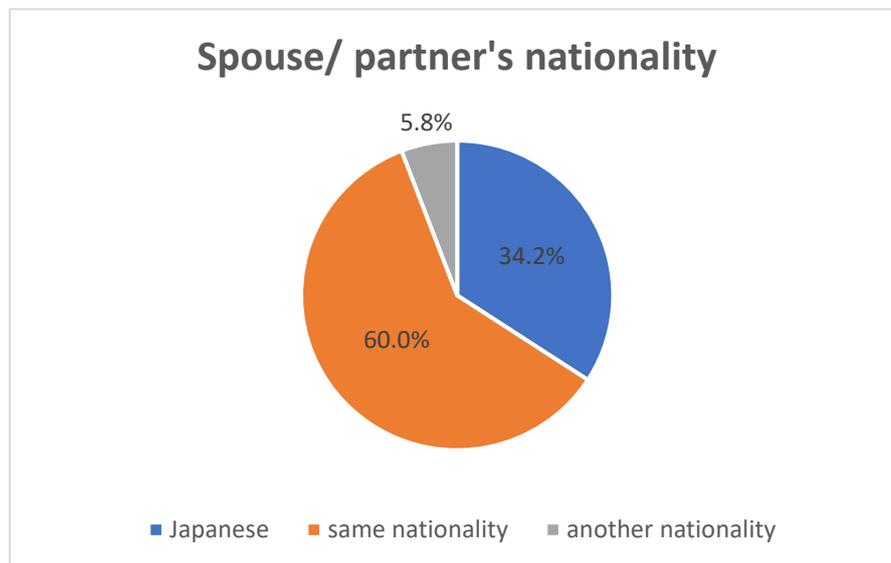
Marital status (n=355)	N	%
Single, never married	228	64.2
Married or domestic partnership	120	33.8
Divorced	7	2.0
Widowed/Separated	0	0

2.6 Spouse/partner's nationality

Among 340 participants who answered the question related to their spouse/partner's nationality, more than 50% of participants reported they had no spouse or partner.

Among 155 participants who reported to have a spouse or a partner:

- 34.2% reported that their spouse or partner's nationality was Japanese.
- Up to 60% reported their spouse or partner had the same nationality as them.
- Only 5.8% reported their spouse or partner had another nationality.

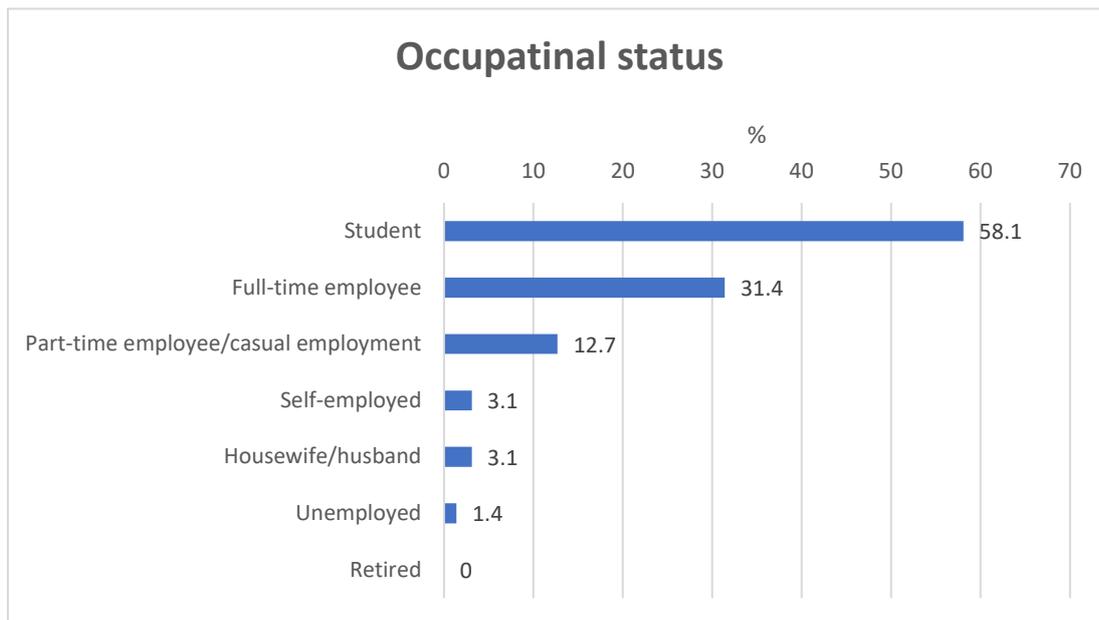


Spouse/partner's nationality (n=340)	N	%
Having no spouse/partner	185	54.4
Having a spouse/partner	155	45.6
○ Japanese	53	34.2
○ same nationality	93	60.0
○ another nationality	9	5.8

2.7 Occupational status

Among 353 participants who specified their job/occupation:

- 58.1% of participants were students.
- 31.4% reported to be a full-time employee, while 12.7% reported to be a part-time employee or to have casual employment.
- 3.1% reported to be a housewife or husband.
- Only 1.4% reported to be unemployed.



Job/occupation (n=353)	N	%
Student	205	58.1
Full-time employee	111	31.4
Part-time employee/casual employment	45	12.7
Self-employed	11	3.1
Housewife/husband	11	3.1
Unemployed	5	1.4
Retired	0	0.0

Multiple answers were permitted, so totals may exceed 100%.

Report of occupation status among participants residing in Nagasaki city

Among 167 participants residing in Nagasaki city, 3 participants preferred not to answer the occupational status. The highest response rate was from students (65.2%).

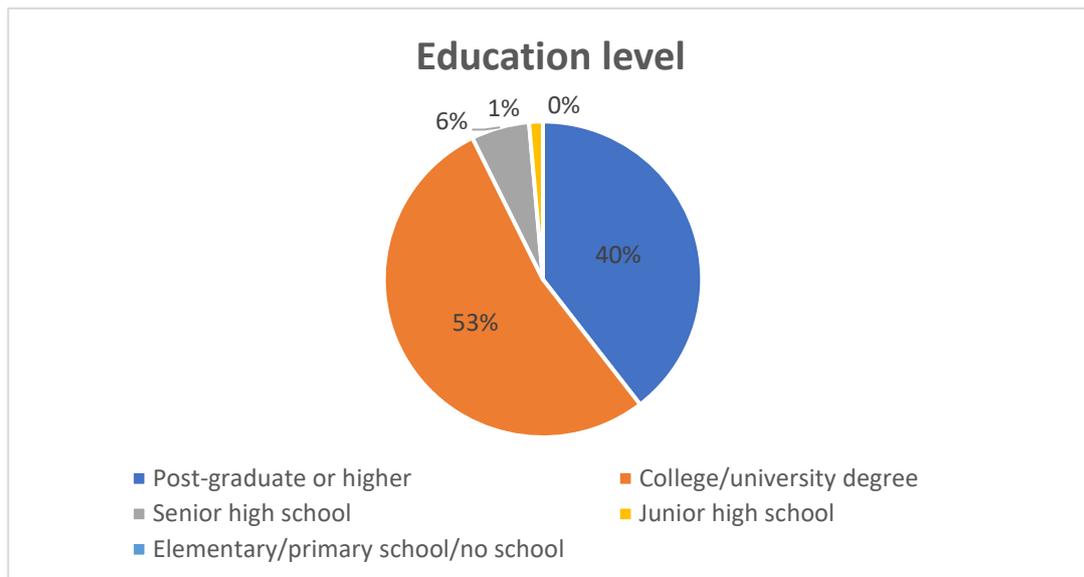
Job/occupation (n=164)	N	%
Student	107	65.2
Full-time employee	44	26.8
Part-time employee/casual employment	20	12.2
Self-employed	5	3.0
Housewife/husband	3	1.8
Unemployed	3	1.8
Retired	0	0.0

Multiple answers were permitted, so totals may exceed 100%.

2.8 Education level

Among 354 respondents who reported their educational level:

- the majority (92.6%) of respondents were educated up to the university level, including 53.1% of participants who held College/University degrees as their highest academic degree, and 39.5% who had a post-graduate or higher degree;
- 5.9% reported their education level to be senior high school; and
- 1.4% reported their education level to be junior high school.

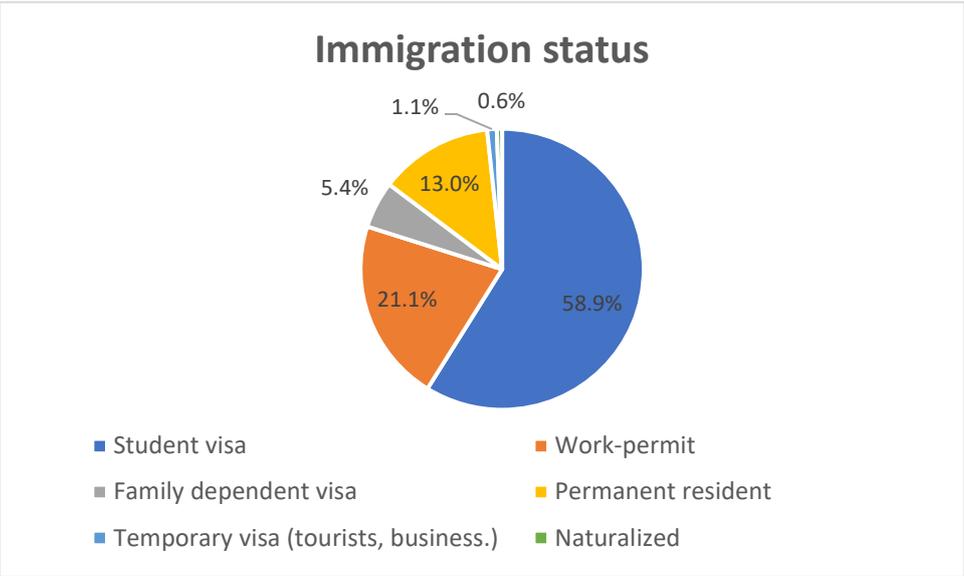


Education level (n=354)	N	%
Post-graduate or higher degree	140	39.5
College/university degree	188	53.1
Senior high school	21	5.9
Junior high school	5	1.4
Elementary/primary school/no school	0	0

2.9 Immigration status

Immigration status was reported by 355 participants.

- 58.9% reported to have a student visa.
- 21.1% reported to have a work-permit visa.
- 13.0% reported to be a permanent resident.
- Only 0.6% were naturalized.
- 1.1% reported their visa to be temporary, while 5.4% reported to have a family dependent visa.

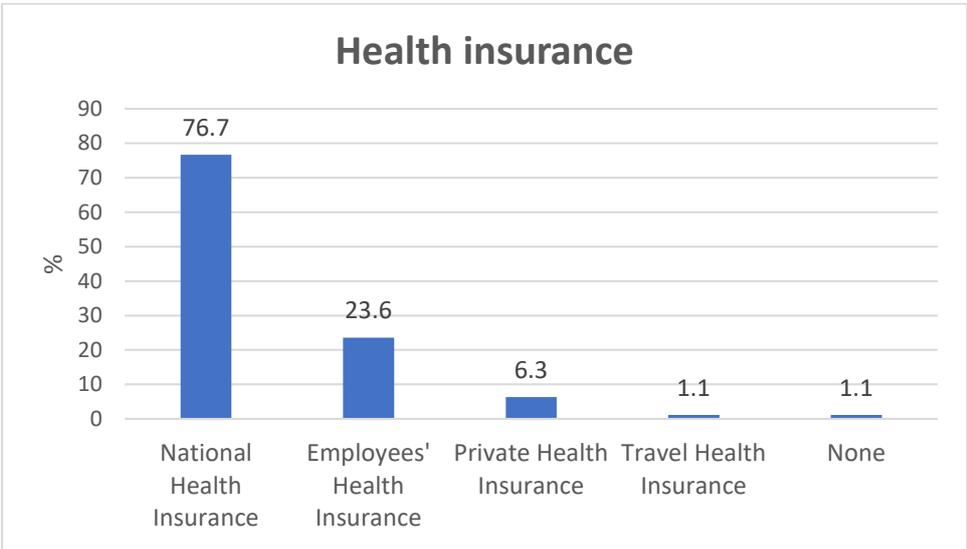


Immigration status (n=355)	N	%
Student visa	209	58.9
Work-permit	75	21.1
Permanent resident	46	13.0
Family dependent visa	19	5.4
Temporary visa (tourists, business.)	4	1.1
Naturalized	2	0.6

2.10 Health insurance

Among 352 participants reported their health insurance status:

- more than two-thirds of participants (76.7%) had national health insurance;
- 23.6% reported to have employees’ health insurance, while 6.3% reported to have travel health insurance; and
- 1.1% of participants had no health insurance.



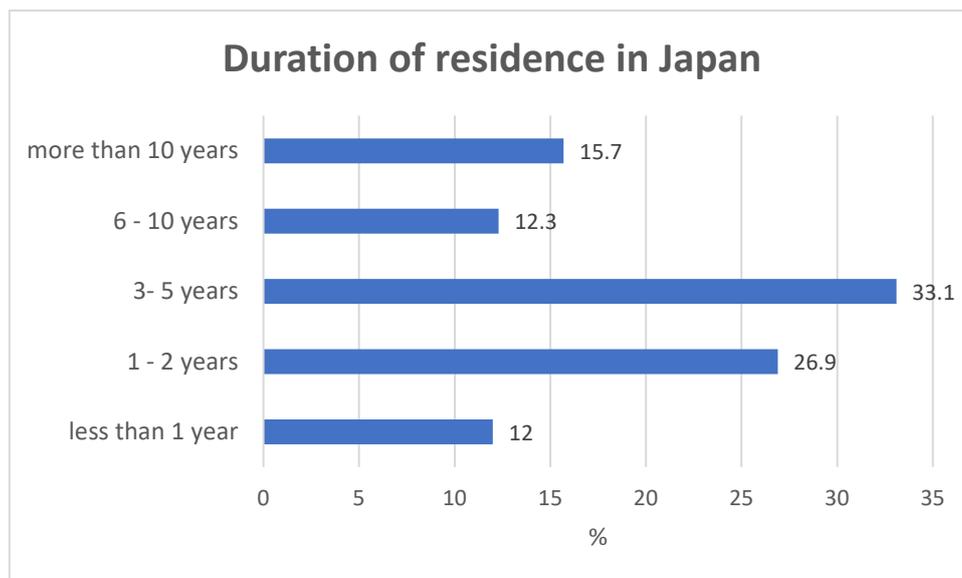
Health insurance (n=352)	N	%
National Health Insurance	270	76.7
Employees' Health Insurance	83	23.6
Private Health Insurance	22	6.3
Travel Health Insurance	4	1.1
None	4	1.1

Multiple answers were permitted, so totals may exceed 100%.

2.11 Duration of residence in Japan

357 participants specified their total length of residence in Japan.

- 12% reported to having lived in Japan less than 1 year.
- Nearly two thirds of participants reported to having resided in Japan for at least 3 years, while approximately 40% of participants have a total length of Japanese residency equal to or less than two years.
- 15.7% reported to having resided in Japan more than 10 years.

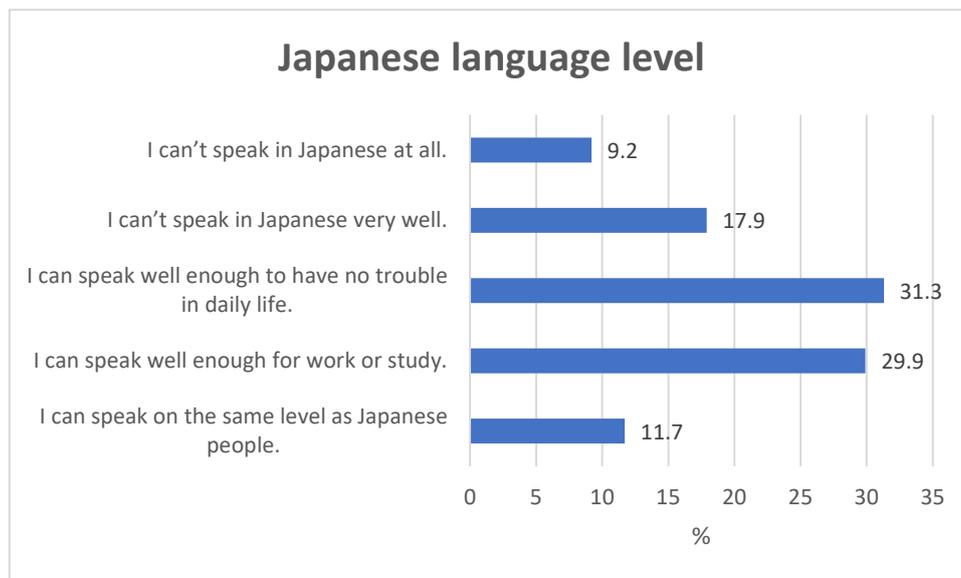


Total length of residence in Japan (n=357)	N	%
less than 1 year	43	12.0
1 - 2 years	96	26.9
3- 5 years	118	33.1
6 - 10 years	44	12.3
10 years or more	56	15.7

2.12 Japanese language level

Among 358 respondents who specified their Japanese language level:

- a significant number of them could speak Japanese during their daily communication; however, more than 25% of people reported Japanese communication as a barrier to communication in their daily life; and
- 9.2% reported to be unable to speak Japanese.

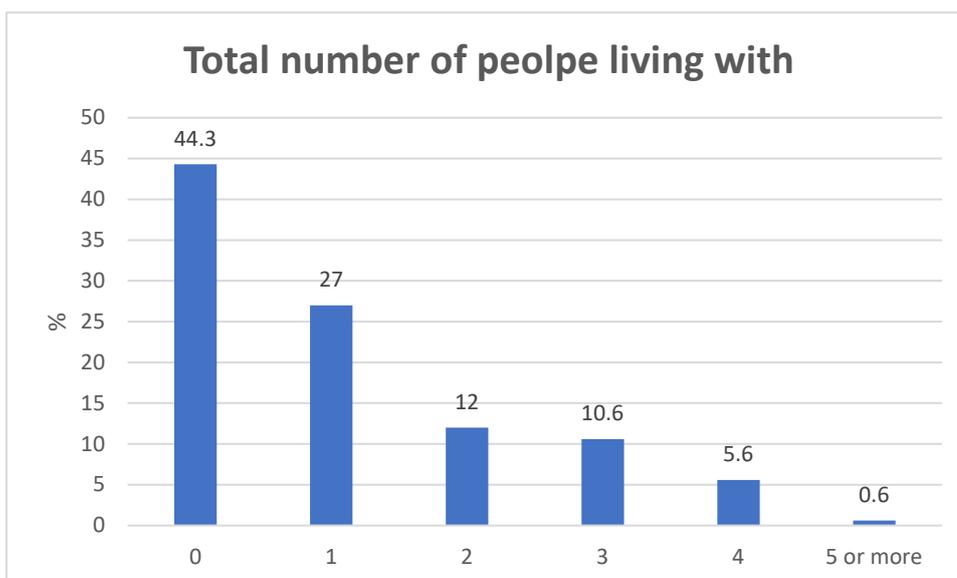


Japanese language level (n=358)	N	%
I can speak on the same level as Japanese people.	42	11.7
I can speak well enough for work or study.	107	29.9
I can speak well enough to have no trouble in daily life.	112	31.3
I can't speak in Japanese very well.	64	17.9
I can't speak in Japanese at all.	33	9.2

2.13 Total number of people living with

Among 359 respondents:

- 44.3% reported to be living alone.
- 65.7% reported to be living with at least 1 person.
- 6.2% reported to be living with 4 people or more.

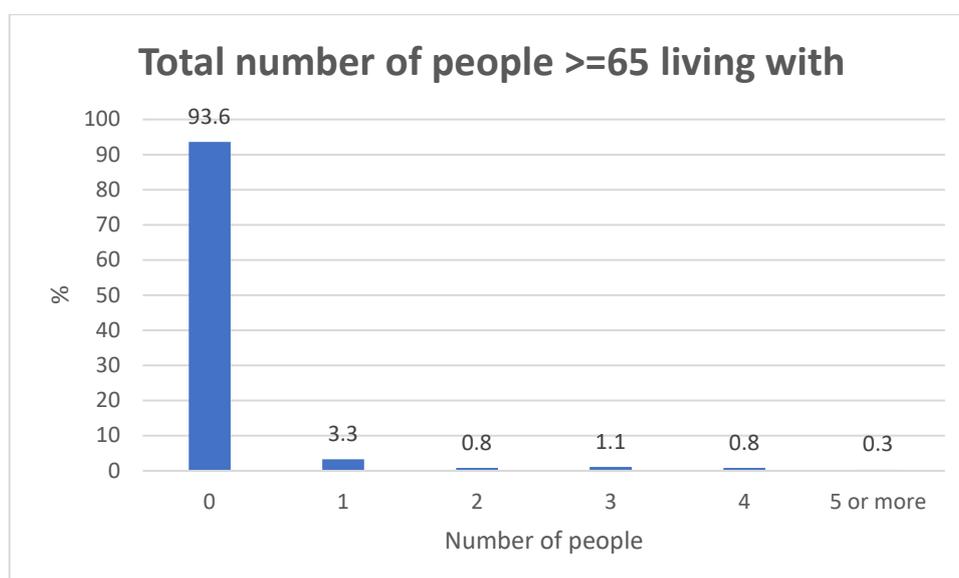


Total number of people living with (n=359)	N	%
0	159	44.3
1	97	27.0
2	44	12.0
3	38	10.6
4	20	5.6
5 or more	2	0.6

2.14 Number of people >=65 living with

Among 359 respondents:

- 93.6% reported not to be living with people aged 65 or older.
- 6.4% reported to be living with at least one person aged 65 or older.



Number of people >=65 living with (n=359)	N	%
0	336	93.6
1	12	3.3
2	3	0.8
3	4	1.1
4	3	0.8
5 or more	1	0.3

3. Connection with family

The survey asked respondents regarding the location of extended family members and the frequency of meeting and calling them.

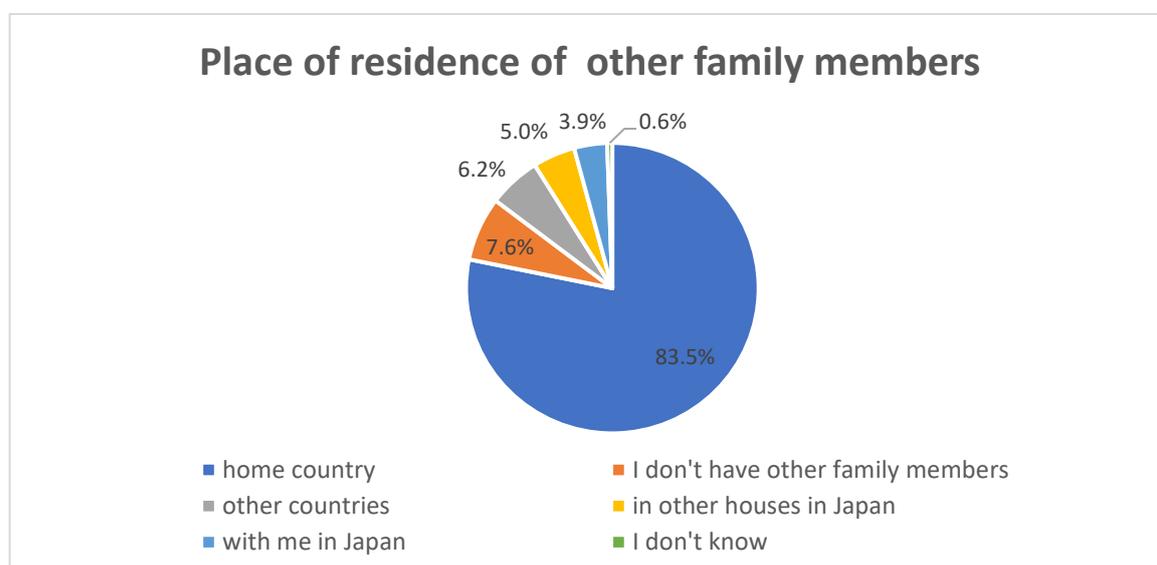
Key Findings

- The majority of respondents reported that their other family members resided in their home country (83.5%).
- 7.6% of respondents reported they did not have other family members.
- 8.9% of respondents reported their other family members were in Japan.
- Most people (75.7%) said the last time they met their other family members was more than 1 year ago.
- The majority of participants (96.0%) called their families on a regular basis. Over half of the people surveyed (50.6%) reported they called their family members every week while 32.5% of respondents called every day.

3.1 Place (country) of residence of other family members

Among 357 participants who reported the place (country) of residence of their family members:

- the majority of respondents reported that their other family members resided in their home country (83.5%);
- 8.9% of respondents reported their other family members were in Japan, including 3.9% reported living with their family members in Japan, and 5% reported that their family members were living in other houses in Japan; and
- 7.6% of respondents reported they did not have other family members.



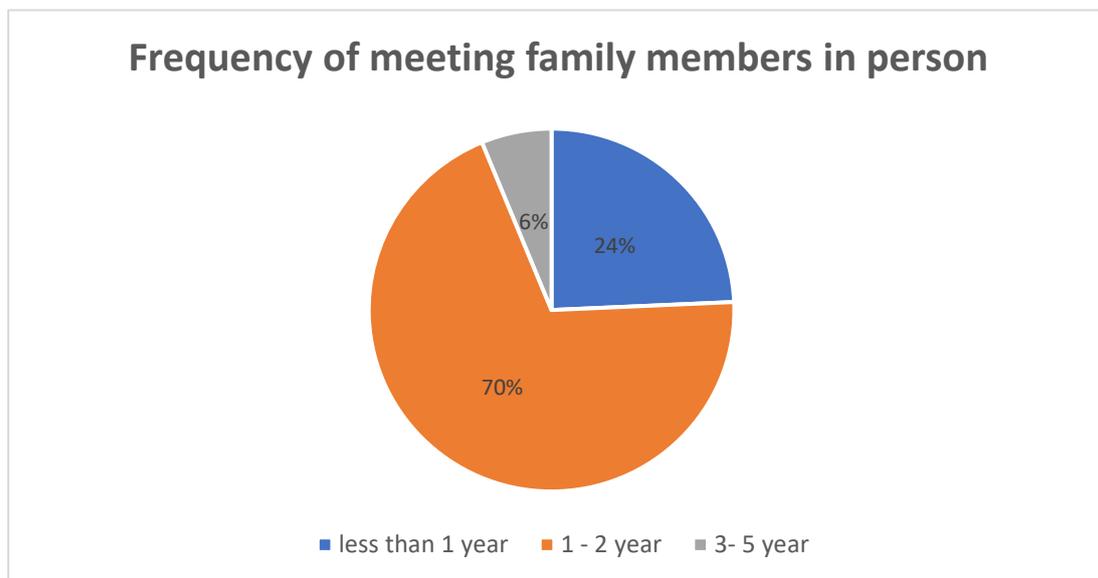
Place of residence of other family members (n=357)	N	%
home country	298	83.5
I don't have other family members	27	7.6
other countries	22	6.2
in other houses in Japan	18	5.0
with me in Japan	14	3.9
I don't know	2	0.6

Multiple answers were permitted, so totals may exceed 100%.

3.2 Frequency of meeting family members in person

Among 354 participants who reported the last time they met other family members:

- most people (75.7%) said the last time they met their other family members was more than 1 year ago; and
- 69.5% reported the last time they met their family members to be 1-2 years ago, while 6.2% reported the time to be 3-5 years ago.



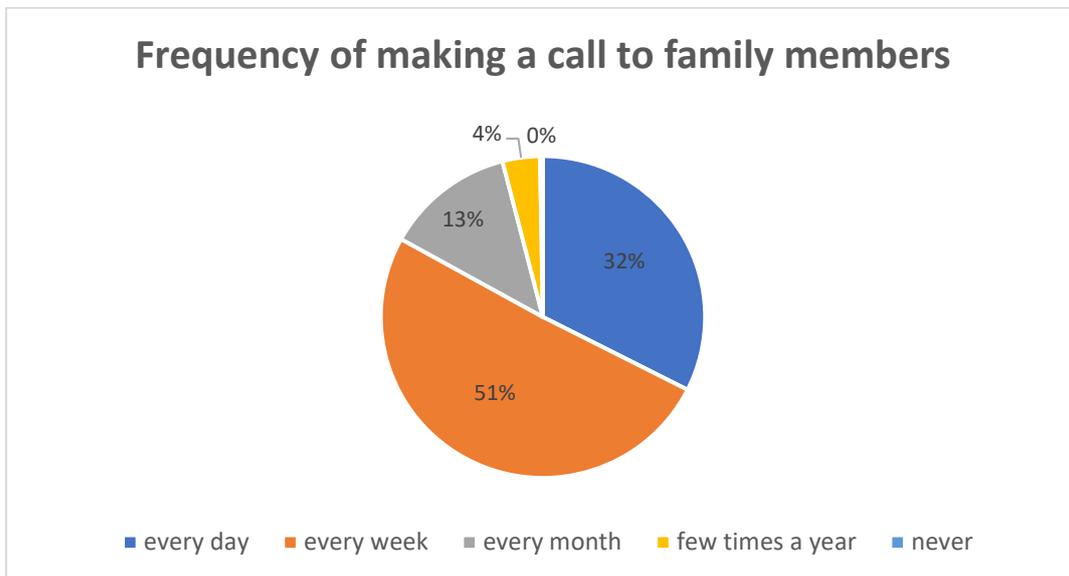
Last time met with other family members (n=354)	N	%
less than 1 year	86	24.3
1 - 2 year	246	69.5
3- 5 year	22	6.2
6 year or more	0	0

3.3 Frequency of making a call to family members

There were 348 respondents who specified the frequency of making a call to family members.

- The majority of participants (96.0%) called their families on a regular basis. Over half of the people surveyed (50.6%) reported they called their family members every week while 32.5% of respondents called every day.
- 12.9% reported that they called their family members every month.

- 3.7% reported they rarely called their family members; only a few times a year.
- Only 0.3% reported that they never called their family members.



Frequency of making a call to family members (n=348)	N	%
every day	113	32.5
every week	176	50.6
every month	45	12.9
few times a year	13	3.7
never	1	0.3

4. Network information

The survey asked respondents whether they had a network of support during the pandemic, how they obtained information on COVID-19, and what types of COVID-19 information they wanted provided to them in their native language.

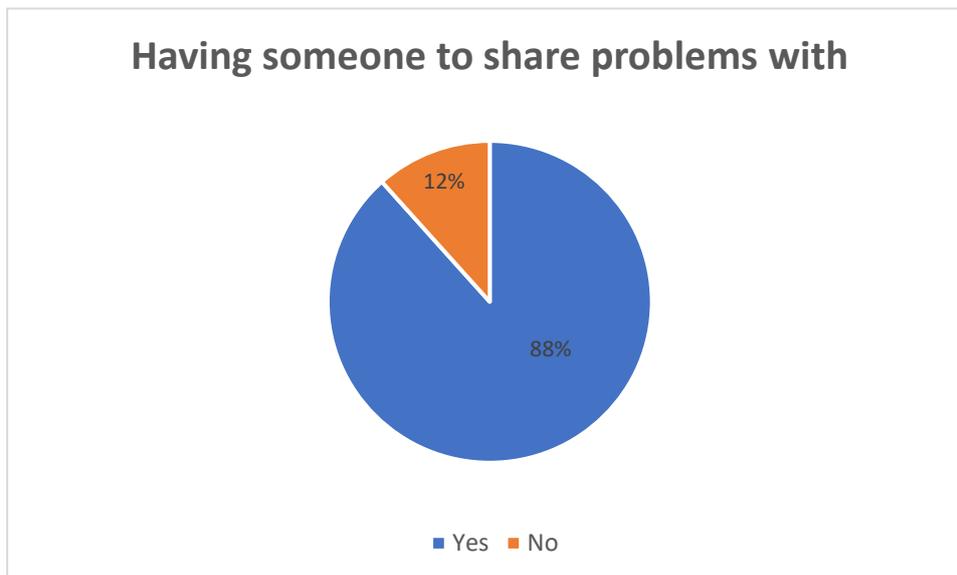
Key Findings

- The majority of respondents (88.4%) reported to have someone to share their problems with, while 11.6% reported they did not have anyone. Their mother or father was the person they share their problems with the most, accounted for 63.1% and 39.3%, respectively.
- The majority (75.8%) of respondents obtained COVID-19 information from the TV, newspaper, magazine, or internet. The second most popular source of information for COVID-19 was social media (Twitter, Facebook, Instagram), with 58.7% of people. The third most popular source of COVID-19 information was through family in their home country, with 35.1% of people.
- Regarding desired information on COVID-19 in their native language, the majority of participants (63.5%) wanted to know what to do if they developed a suspected COVID-19 symptom. Approximately half of the respondents wanted to know what they should do if they were sick with anything other than COVID-19 (52.4%), where the COVID-19 hotspots were (50.3%), and what financial assistance there was in relation to COVID-19 (49.7%).

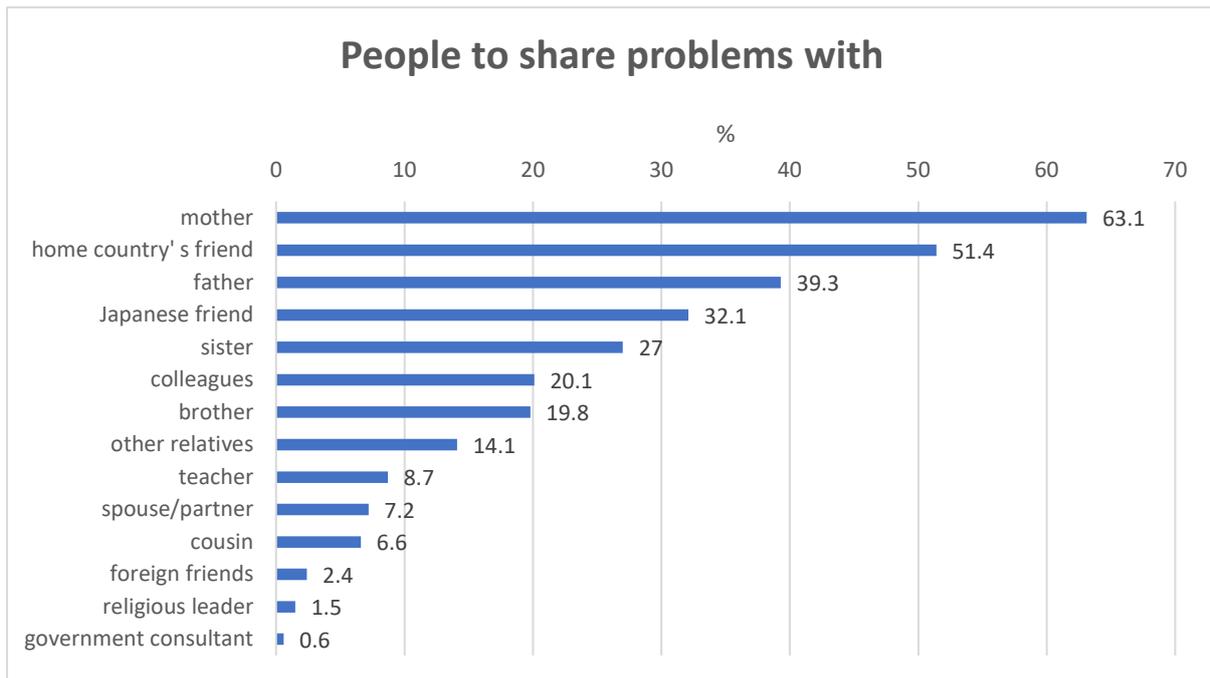
4.1 People to share problems with

Among 345 respondents who specified the people they shared their problems with:

- 88.4% reported to have someone to share their problems;
- 11.6% reported to have no one to share their problems;
- their mother or a friend in their home country was the person they share concerns with the most, accounted for 63.1% and 51.4%, respectively;
- 27.0% reported it to be their sister, and 19.8% reported it to be their brother;
- the remaining people shared their problems with someone outside of their immediate family; and
- a little over half of participants (51.4%) reported they turn to a friend in their home country.



Having someone to share problems with (n=345)	N	%
Yes	305	88.4
No	40	11.6



People to share problems with (n=333)	N	%
mother	210	63.1
home country' s friend	171	51.4
father	131	39.3
Japanese friend	107	32.1
sister	90	27.0
colleagues	67	20.1
brother	66	19.8
other relatives	47	14.1
teacher	29	8.7
spouse/partner	24	7.2
cousin	22	6.6
foreign friends	8	2.4
religious leader	5	1.5
government consultant	2	0.6

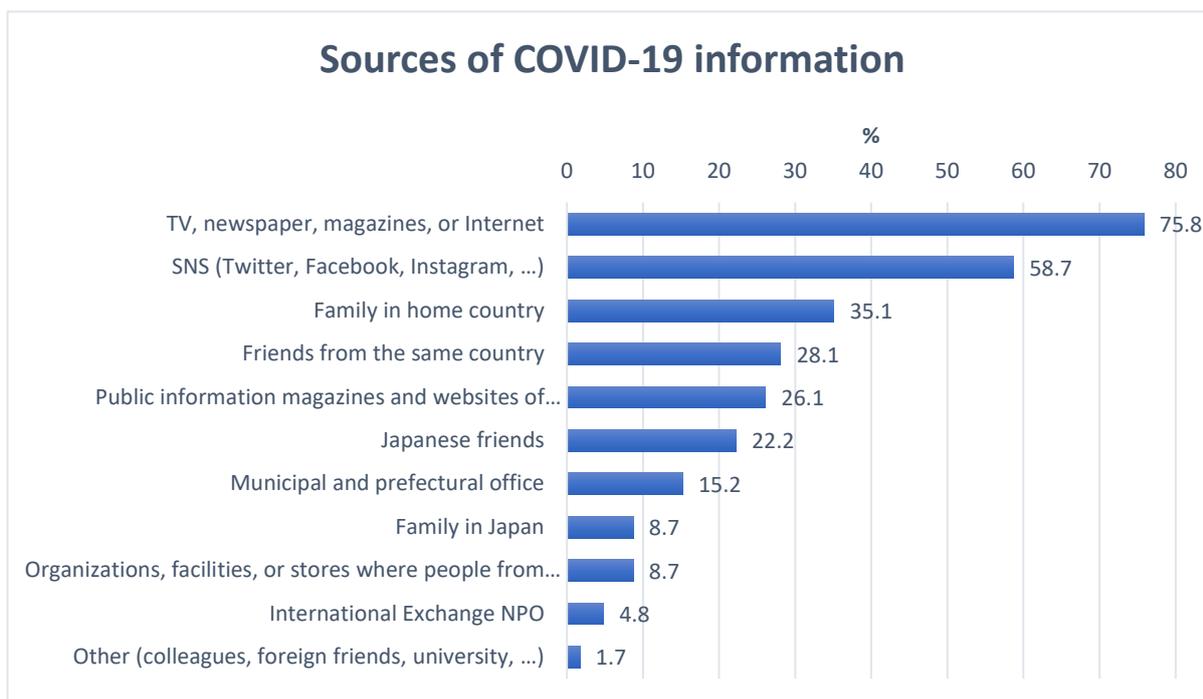
Multiple answers were permitted, so totals may exceed 100%.

4.2 Sources of COVID-19 information

When asked where respondents received their information regarding COVID-19:

- the majority (75.8%) said they obtained it from the TV, newspaper, magazine, or internet;
- the second most popular source of information for COVID-19 was social media (Twitter, Facebook, Instagram), with 58.7% of people; and
- the third most popular source of COVID-19 information was through family in their home country, with 35.1% of people.

Sources of COVID-19 information



Source of COVID-19 information (n=356)	N	%
TV, newspaper, magazines, or Internet	270	75.8
SNS (Twitter, Facebook, Instagram, ...)	209	58.7
Family in home country	125	35.1
Friends from the same country	100	28.1
Public information magazines and websites of municipalities and prefectures	93	26.1
Japanese friends	79	22.2
Municipal and prefectural office	54	15.2
Family in Japan	31	8.7
Organizations, facilities, or stores where people from the same country gather	31	8.7
International Exchange NPO	17	4.8
Other (colleagues, foreign friends, university, ...)	6	1.7

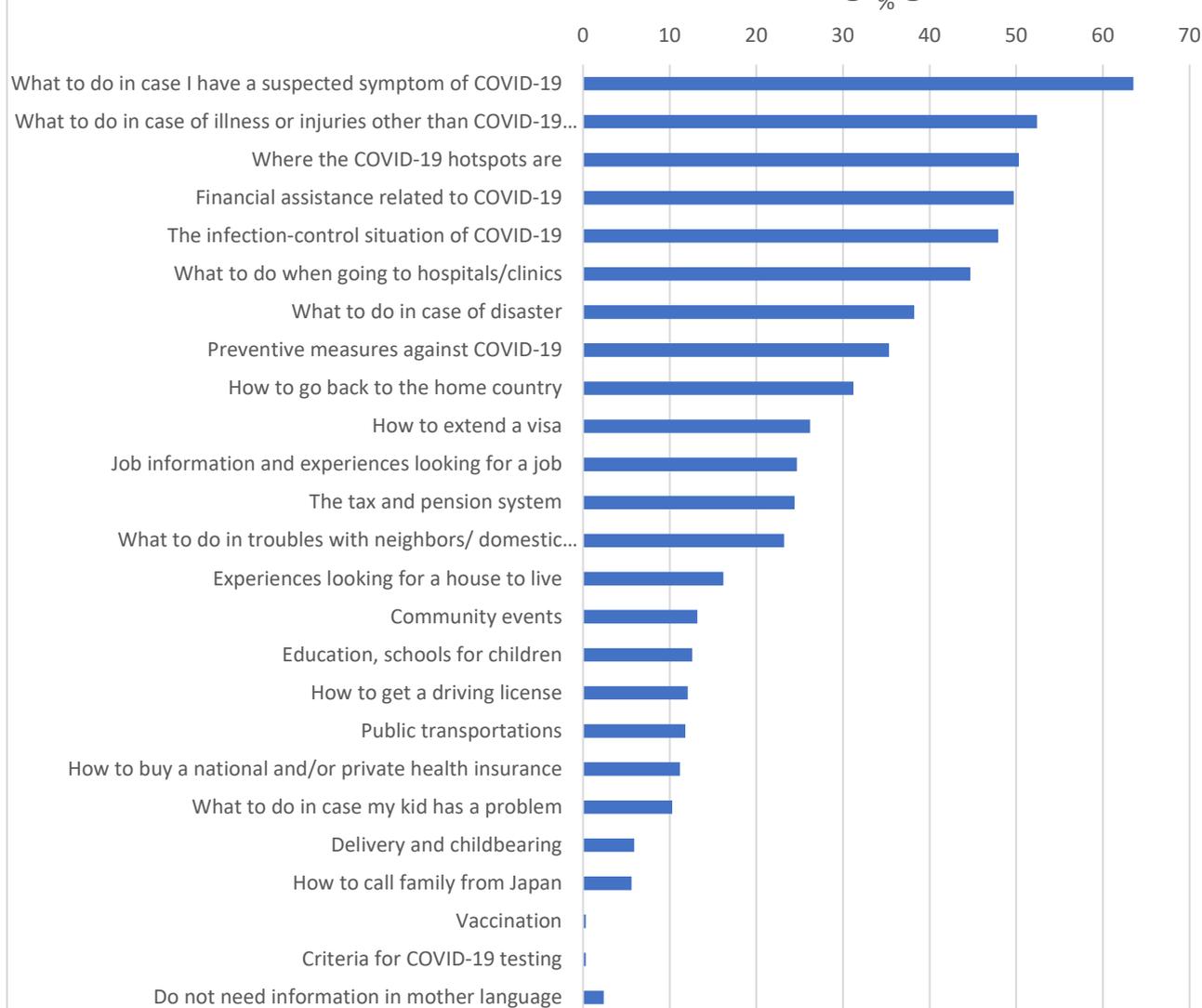
Multiple answers were permitted, so totals may exceed 100%.

4.3 Desired information in native language

When asked what information they desired to be provided with in their native language:

- the majority of participants (63.5%) wanted to know what to do if they developed a suspected COVID-19 symptom;
- a little over half of the respondents wanted to know what they should do if they were sick with anything other than COVID-19 (52.4%), where the COVID-19 hotspots were (50.3%), and what financial assistance there was in relation to COVID-19 (49.7%);
- 47.9% of people wanted information on the infection control situation; and
- 44.7% wanted to know what to do when going to hospitals/clinics.

Desired information in mother language



Desired information in native language (n=340)	N	%
What to do in case I have a suspected symptom of COVID-19	216	63.5
What to do in case of illness or injuries other than COVID-19 in this COVID-19 period	178	52.4
Where the COVID-19 hotspots are	171	50.3
Financial assistance related to COVID-19	169	49.7
The infection-control situation of COVID-19	163	47.9
What to do when going to hospitals/clinics	152	44.7
What to do in case of disaster	130	38.2
Preventive measures against COVID-19	120	35.3
How to go back to the home country	106	31.2
How to extend a visa	89	26.2
Job information and experiences looking for a job	84	24.7

The tax and pension system	83	24.4
What to do in case I have troubles with neighbors, domestic violence, or sexual harassment	79	23.2
Experiences looking for a place to live	55	16.2
Community events	45	13.2
Education, schools for children	43	12.6
How to get a driving license	41	12.1
Public transportations	40	11.8
How to buy national and/or private health insurance	38	11.2
What to do in case my kid has a problem	35	10.3
Delivery and childbearing	20	5.9
How to phone family from Japan	19	5.6
Other:		
- Do not need information in native language	8	2.4
- Vaccination	1	0.3
- Criteria for COVID-19 testing	1	0.3

Multiple answers were permitted, so totals may exceed 100%.

5. Personal problems/difficulties

The survey asked the participants about their recent problems and reported the severity of their problems during COVID-19 situation.

Key findings

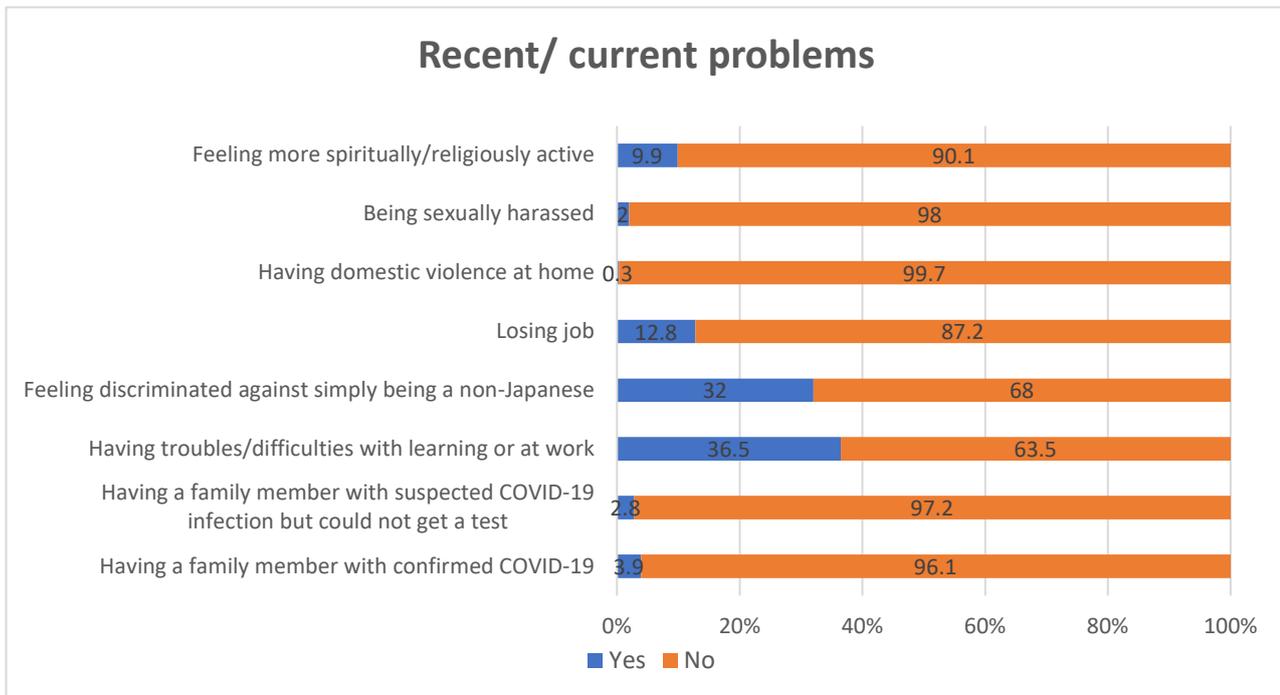
- 36.5% of the participants responded that they had troubles/difficulties with learning or at work and 32% reported to feeling discriminated against for being a non-Japanese resident.
- 12.8% reported problems on losing jobs.
- 52.7% felt afraid of getting COVID-19 infection.
- Although 60.7% felt calm, up to 41.5% reported to be worried.
- Nearly half of participants reported a decrease in their personal income and their communication with their neighbors or friends.
- Approximately 50% spent more time playing games or spending time on a smartphone or watching TV and spent less time on physical activities or doing exercise.
- At least 30% said that their sleep duration was less than before; whereas, body weight seemed to be more than before.
- 47.1% of reported a decrease in the overall financial stability of their household.
- The overall emotional health, mental health, physical health, and sexual satisfaction were less than before in up to one third of the participants; however, the majority remained the same as before.

5.1 Recent/current problems

When answering the questions regarding their recent or current problems:

- more than one third of the participants responded that they had problems/difficulties with learning or at work (36.5%) and almost one third of them reported to feeling discriminated against for being a non-Japanese resident (32.0%);

- only a few of the participants reported problems about losing jobs (12.8%), feeling more spiritually/religiously active obtained a very low negative response (9.9%), as did having a family member with confirmed COVID-19 (3.9%), having a family member with suspected COVID-19 infection but could not get a test (2.8%), being sexually harassed (2.0%), and having domestic violence at home (0.3%).



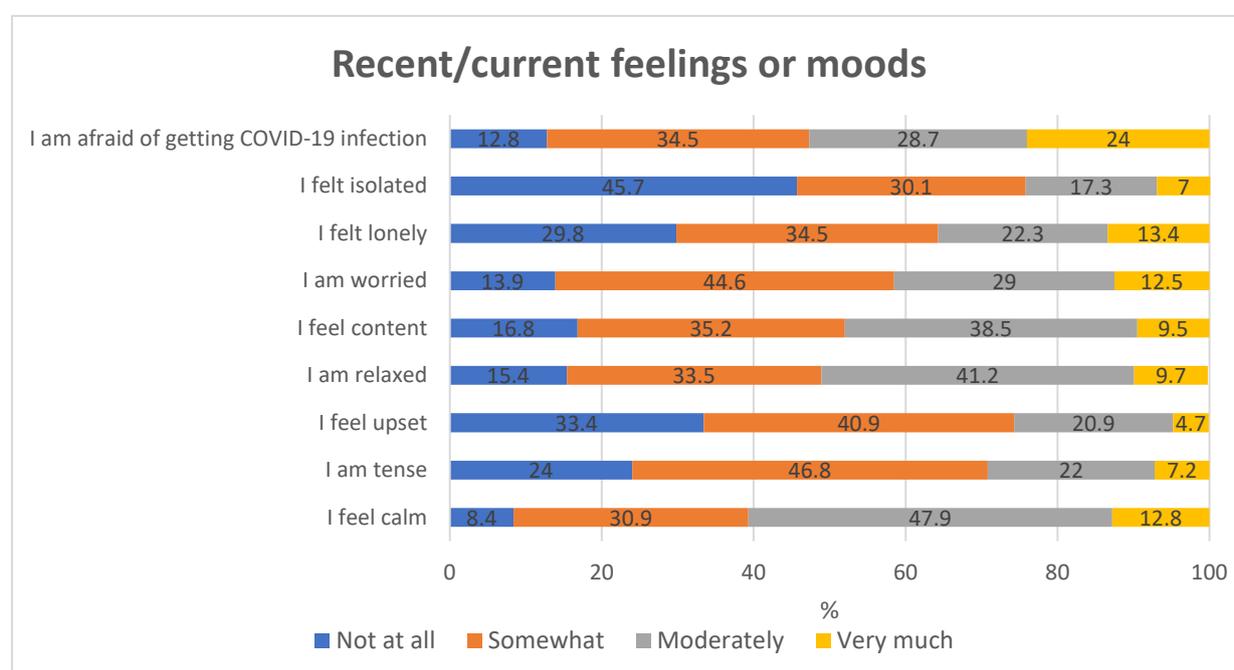
Recent/current problems	N	%
Having a family member with confirmed COVID-19 (n=356)		
Yes	14	3.9
No	342	96.1
Having a family member with suspected COVID-19 infection but could not get a test (n=353)		
Yes	10	2.8
No	343	97.2
Having troubles/difficulties with learning or working (n=345)		
Yes	126	36.5
No	219	63.5
Feeling discriminated against for simply being a non-Japanese (n=338)		
Yes	108	32.0
No	230	68.0
Losing job (n=344)		
Yes	44	12.8
No	300	87.2
Having domestic violence at home (n=353)		
Yes	1	0.3
No	352	99.7
Being sexually harassed (n=349)		
Yes	7	2.0
No	342	98.0

Feeling more spiritually/religiously active (n=344)		
Yes	34	9.9
No	310	90.1

5.2. Recent/current feelings/moods:

Regarding the recent or current feelings and moods among participants:

- more than half of the participants felt afraid of getting COVID-19 infection (52.7%);
- nearly two-thirds felt calm (60.7%);
- exactly half felt relaxed (50.9%) and almost half felt contented (48.0%); and
- less than half of participants felt worried (41.5%), lonely (35.7%), tensed (29.2%), and upset (25.6%).



Recent or current feelings/moods	N	%
I feel calm (n=359)		
Not at all	30	8.4
Somewhat	111	30.9
Moderately	172	47.9
Very much	46	12.8
I am tense (n=359)		
Not at all	86	24.0
Somewhat	168	46.8
Moderately	79	22.0
Very much	26	7.2

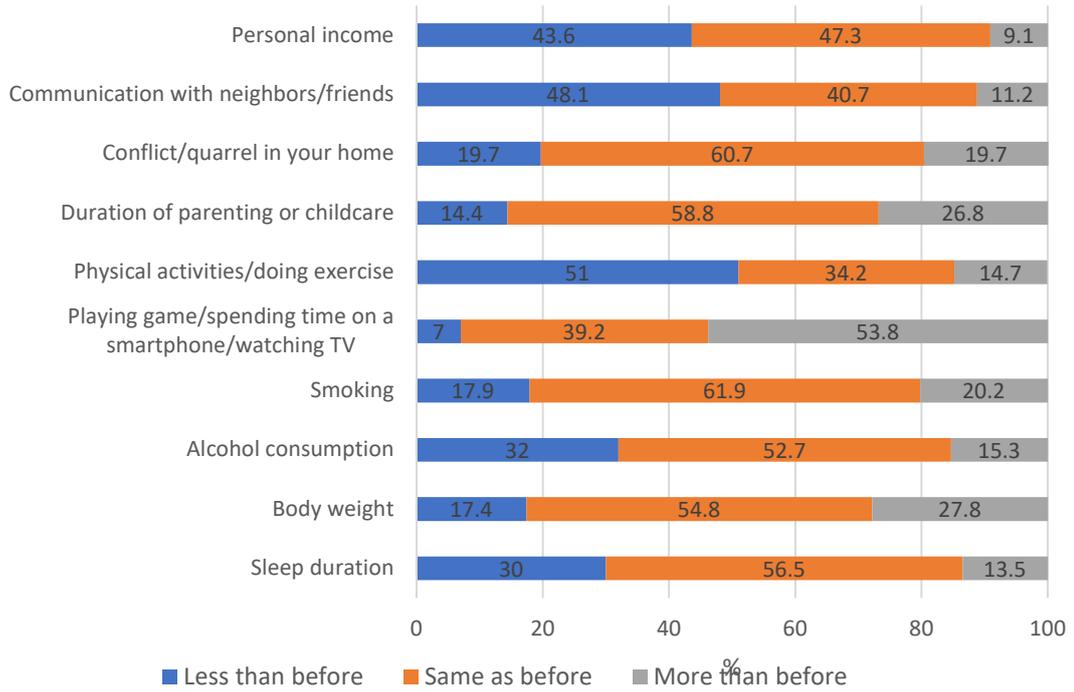
I feel upset (n=359)		
Not at all	120	33.4
Somewhat	147	40.9
Moderately	75	20.9
Very much	17	4.7
I am relaxed (n=358)		
Not at all	55	15.4
Somewhat	120	33.5
Moderately	148	41.2
Very much	35	9.7
I feel content (n=358)		
Not at all	60	16.8
Somewhat	126	35.2
Moderately	138	38.5
Very much	34	9.5
I am worried (n=359)		
Not at all	50	13.9
Somewhat	160	44.6
Moderately	104	29.0
Very much	45	12.5
I felt lonely (n=359)		
Not at all	107	29.8
Somewhat	124	34.5
Moderately	80	22.3
Very much	48	13.4
I felt isolated (n=359)		
Not at all	164	45.7
Somewhat	108	30.1
Moderately	62	17.3
Very much	25	7.0
I am afraid of getting COVID-19 infection (n=359)		
Not at all	46	12.8
Somewhat	124	34.5
Moderately	103	28.7
Very much	86	24.0

5.3 Level of problems:

When answering the questions regarding the level of their problems:

- 43.6% reported the decrease of their personal income;
- 48.1% reported the decrease of their communication with their neighbors or friends;
- 53.8% spent more time playing games or spending time on a smartphone or watching TV and spent less time on physical activities or doing exercise; and
- at least 30% of individuals said that their sleep duration was less than before; whereas, body weight seemed to be more than before.

Level of problems

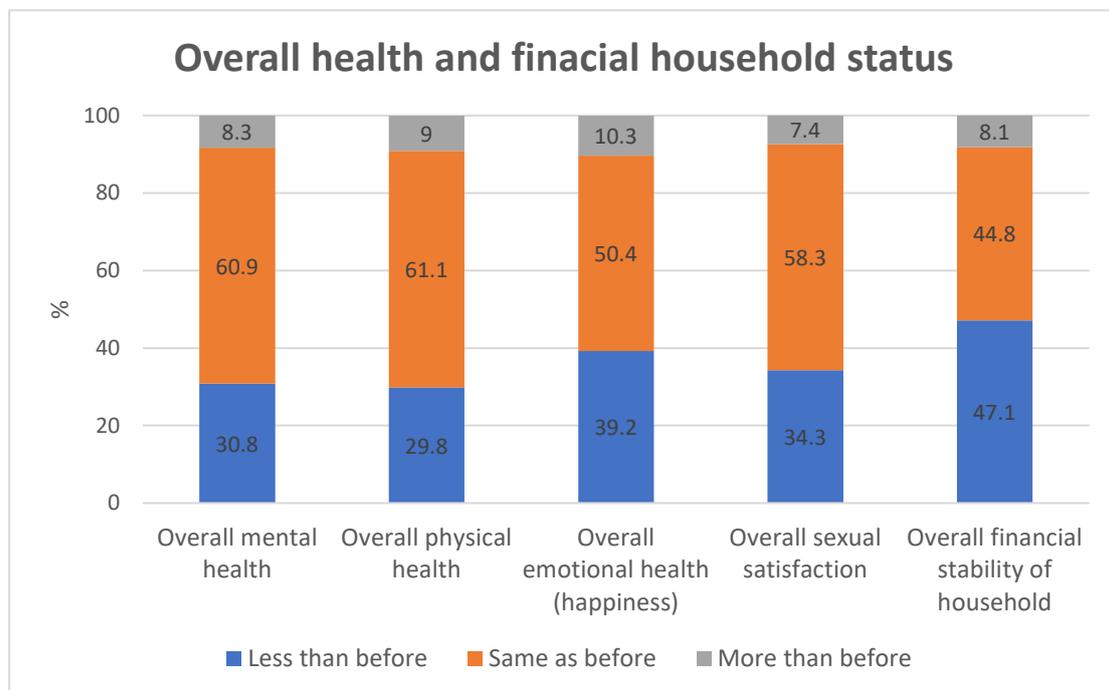


Level of problems	N	%
Sleep duration (n=333)		
Less than before	100	30.0
Same as before	188	56.5
More than before	45	13.5
Body weight (n=334)		
Less than before	58	17.4
Same as before	183	54.8
More than before	93	27.8
Alcohol consumption (n=203)		
Less than before	65	32.0
Same as before	107	52.7
More than before	31	15.3
Smoking (n=84)		
Less than before	15	17.9
Same as before	52	61.9
More than before	17	20.2
Playing game/spending time on a smartphone/watching TV (n=314)		
Less than before	22	7.0
Same as before	123	39.2
More than before	169	53.8
Physical activities/doing exercise (n=339)		
Less than before	173	51.0
Same as before	116	34.2
More than before	50	14.7

Duration of parenting or childcare (n=97)		
Less than before	14	14.4
Same as before	57	58.8
More than before	26	26.8
Conflict/quarrel in your home (n=122)		
Less than before	24	19.7
Same as before	74	60.7
More than before	24	19.7
Communication with neighbors/friends (n=285)		
Less than before	137	48.1
Same as before	116	40.7
More than before	32	11.2
Personal income (n=298)		
Less than before	130	43.6
Same as before	141	47.3
More than before	27	9.1

5.4 Overall health and financial status

- The overall emotional health, mental health, physical health, and sexual satisfaction were less than before in 39.2%, 30.8%, 29.8%, and 34.3% of the participants, respectively. However, the majority remained the same as before.
- 47.1% of participants reported a decrease in the overall financial stability of their household.



Overall mental health (n=325)	N	%
Less than before	100	30.8
Same as before	198	60.9
More than before	27	8.3
Overall physical health (n=332)		
Less than before	99	29.8
Same as before	203	61.1
More than before	30	9.0
Overall emotional health (happiness) (n=339)		
Less than before	133	39.2
Same as before	171	50.4
More than before	35	10.3
Overall sexual satisfaction (n=204)		
Less than before	70	34.3
Same as before	119	58.3
More than before	15	7.4
Overall financial stability of household (n=308)		
Less than before	145	47.1
Same as before	138	44.8
More than before	25	8.1

6. Children problems

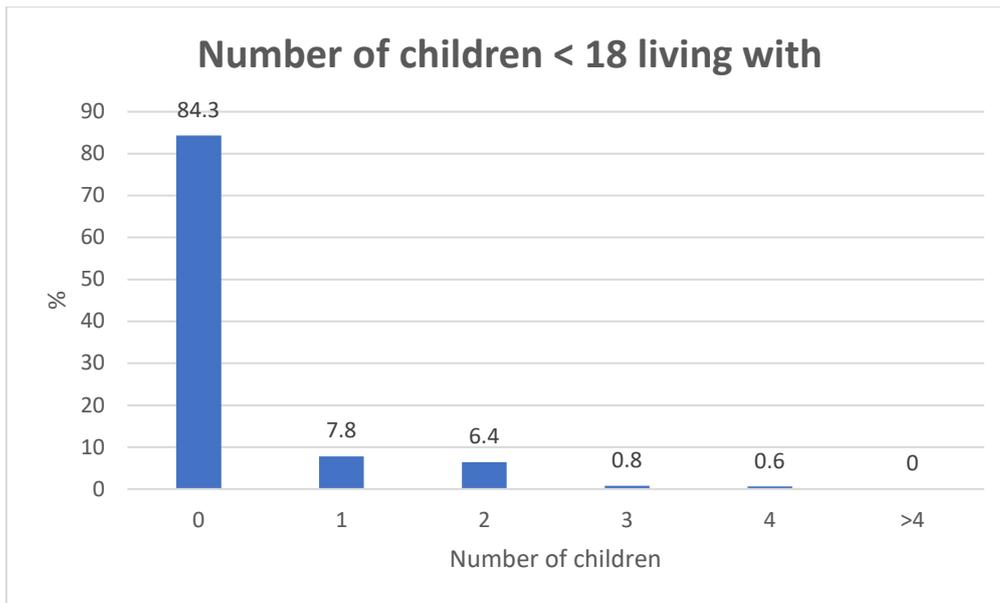
The survey asked parents to reflect on any change in the behavior and health of their children and on their children's participation in selected activities since the start of the COVID-19 pandemic.

Key findings

- Only 15.7% of respondents had 1 or more children living in the same household.
- 52.2% of children spent less time playing games/smartphone and watching television while 47.8% of children spent more time on those activities.
- 32.7% of children had done fewer physical activities and exercises.
- Parents perceived that their children's overall emotional health was most affected, indicated by 20.0% of children feeling less happy and 12.2% of children suffering a decline in mental health.

6.1 Number of children < 18 years old living with

- 84.3% of participants reported not to live with any children.
- 15.7% of respondents had 1 or more children living in the same household.



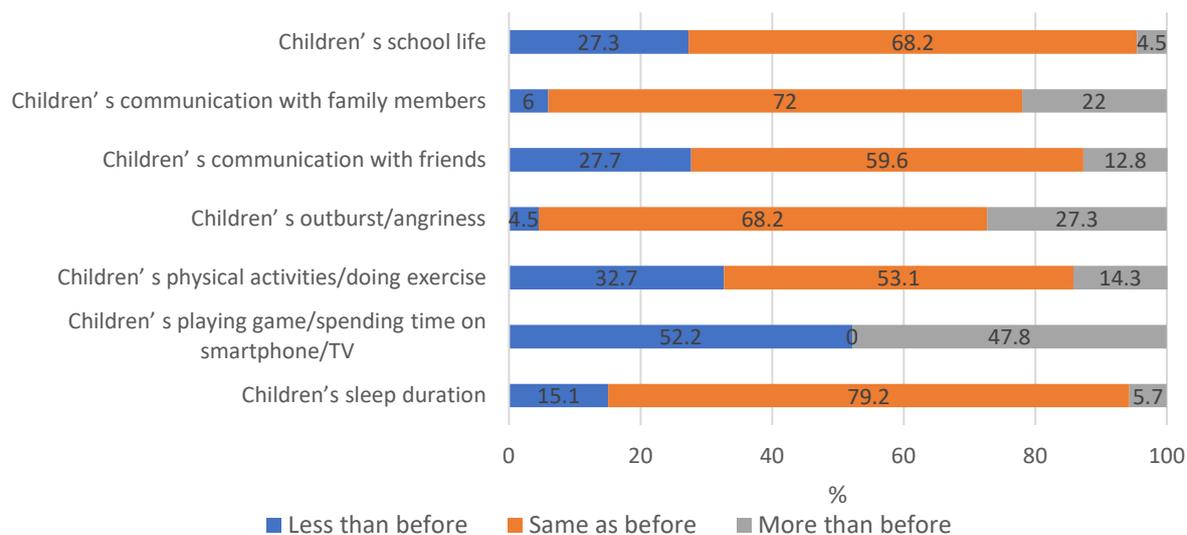
Number of children < 18 years old living with (n=357)	N	%
0	301	84.3
1	28	7.8
2	23	6.4
3	3	0.8
4	2	0.6
>4	0	0

6.2 Level of children's problems

When asked about the level of the children's problem as perceived by their parents:

- 52.2% of children spent less time playing games/smartphone and watching television while 47.8% of children spent more time on those activities;
- 32.7% of children had done fewer physical activities and exercises;
- 27.3% of children had substantially more emotional outbursts and tantrums;
- 27.7% of children had communicated less with friends. However, it was also reported that 22.0% of children communicated more with family members; and
- 27.3% of children had less time at school.

Children's problems

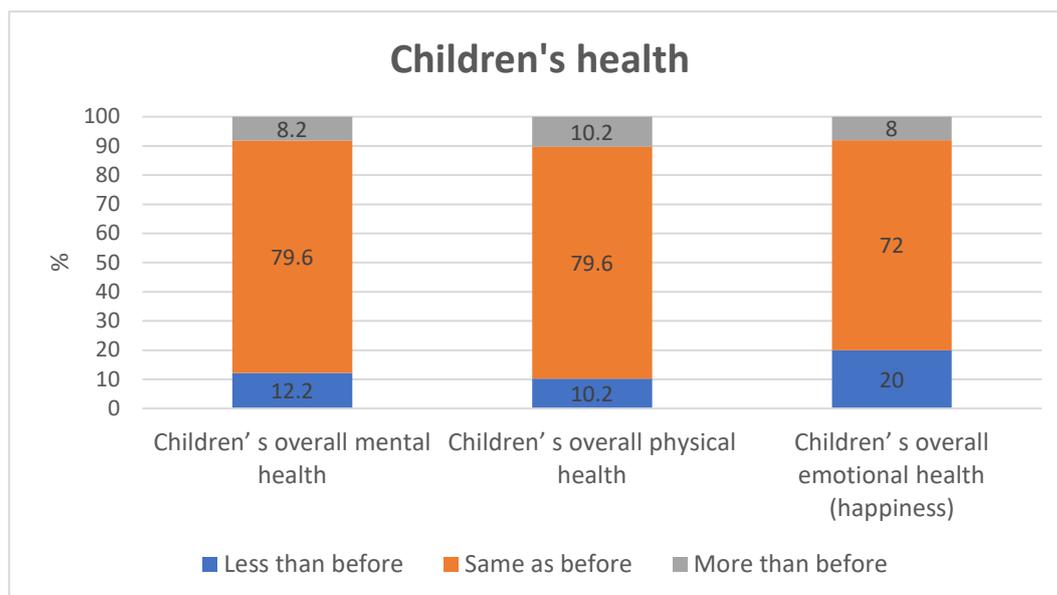


Children's sleep duration (n=53)	N	%
Less than before	8	15.1
Same as before	42	79.2
More than before	3	5.7
Children's playing game/spending time on a smartphone/watching TV (n=46)		
Less than before	24	52.2
Same as before	0	0
More than before	22	47.8
Children's physical activities/doing exercise (n=49)		
Less than before	16	32.7
Same as before	26	53.1
More than before	7	14.3
Children's outburst/angriness (n=44)		
Less than before	2	4.5
Same as before	30	68.2
More than before	12	27.3
Children's communication with friends (n=47)		
Less than before	13	27.7
Same as before	28	59.6
More than before	6	12.8
Children's communication with family members (n=50)		
Less than before	3	6.0
Same as before	36	72.0
More than before	11	22.0
Children's school life (n=44)		
Less than before	12	27.3
Same as before	30	68.2
More than before	2	4.5

6.3 Children's health

When asked about the overall health of their children as perceived by their parents:

- more than 70% of respondents reported that their children's overall mental, physical, and emotional health were same as before;
- the children's overall emotional health was most affected, indicated by 20.0% of children feeling less happy;
- 12.2% reported their children's overall mental health to be less than before; and
- 10.2% reported their children's overall physical health to be less than before.



Overall health	N	%
Children's overall mental health (n=49)		
Less than before	6	12.2
Same as before	39	79.6
More than before	4	8.2
Children's overall physical health (n=49)		
Less than before	5	10.2
Same as before	39	79.6
More than before	5	10.2
Children's overall emotional health (happiness) (n=50)		
Less than before	10	20.0
Same as before	36	72.0
More than before	4	8.0

7. Comparison between participants who had a work-permit visa and those who had a student visa

While comparing the participants who had a work-permit visa and those who had a student visa, these two groups differed significantly, as follows:

- **Age:** participants who had a work-permit visa were older than the student group: most of them (93.2%) were more than 25 years old, while nearly half of the student group were in the age bracket of 18 to 24.
- **Marital status:** a majority of the student group (82.6%) were single, while 40% of work-permit visa group were married or in a domestic partnership.
- **Spouse/partner's nationality:** 71.6% of the student visa group reported having no spouse/partner, while more than 50% of work-permit visa group had a spouse/a partner. Among them, 43.9% had a Japanese spouse/partner. Among student participants who had a spouse/a partner, only 1.8% reported their spouse/partner was Japanese, most of them (90.9%) reported having spouse/partner of same nationality as them.
- **Occupation:** half of the students who had a job reported having a full-time job. Up to 82.7% of those with a work-permit visa reported to be full-time employees.
- **Health insurance:** the majority of students (96.6%) reported having National Health Insurance, while only a third of the work-permit visa group reported having this type of health insurance. Two-thirds of the latter group had Employees' Health Insurance.
- **Duration living in Japan:** 84% of the work-permit visa group reported to have been living in Japan for more than 3 years, while more than 50% of student participants reported their period of time living in Japan as less than 3 years.
- **Japanese language level:** 84.1% of participants in work-permit visa group reported to be able to speak Japanese during their daily life; the rate in the student group was 65.1%.
- **Number of people living with:** nearly 60% of students reported living alone, while more than 50% of participants in the work-permit visa group were living with someone.
- **Location of family members:** the work-permit visa group has a higher proportion of family members living in Japan than the student group.
- **The last time they met with other family members:** the majority of the work-permit visa group (93.2%) reported the last time they met with their family members as more than 1 year ago, while nearly a third of student group reported the last time they met with their family members as less than 1 year.
- **People to share problem with:** compared to the student group, the work-permit visa group has a higher proportion of sharing problems with cousins (11.1% vs. 4.39%), other relatives (22.2% vs. 7.8%), colleagues (33.3% vs. 10.7%), religious leader (4.17% vs. 0%), and foreign friends (6.94% vs. 1.46%).
- **Source of COVID-19 information:** the work-permit visa group has a lower use of SNS to search for COVID-19 information than the student group (49.3% vs. 67.5%).
- **Desired information in native language:** compared to the student group, the work-permit visa group had more people wanting to find out the following information in their native language: what to do in case their children had a problem (13.3% vs. 4.3%); education and schools for children (16% vs. 7.2%); the tax and pension system (40% vs. 17.8%). However, the work-permit visa group had less people wanting to find out information in their native language regarding how to go back to their home country compared to the student group (21.3% vs. 35.1%).
- **Recent/current problems:** the work-permit visa group has a higher proportion of people who felt discriminated against for simply being a non-Japanese than the student group (41.7% vs.

27.9%). A higher rate of students reported to losing their job compared to the work-permit visa group (18.9% vs. 5.6%).

- **Level of problems:** compared to the student group, the work-permit visa group had more people who reported gaining weight (37.5% vs. 21.4%), increasing the duration of parenting or childcare (31.6% vs. 3.11%), and having a higher personal income (13.3% vs. 6.3%). A higher rate of students reported that the overall financial stability of their household was less than before compared to the work-permit visa group (54.1% vs. 33.8%).
- **Recent/current feelings or moods:** the work-permit visa group has a higher proportion of people who felt content compared to student group (20.2% vs. 9.3%).

	Work-permit N=75	Student visa N=209	P value
Age			<0.001
18-24	5 (6.8%)	94 (45.0%)	
25-34	38 (51.4%)	83 (39.7%)	
35-44	25 (33.8%)	27 (12.9%)	
45-54	3 (4.1%)	5 (2.39%)	
55-64	3 (4.1%)	0 (0.00%)	
Gender			0.472
Female	42 (57.5%)	109 (52.7%)	
Male	31 (42.5%)	98 (47.3%)	
Marital status			<0.001
Single	44 (58.7%)	171 (82.6%)	
Married or domestic partnership	30 (40.0%)	33 (15.9%)	
Divorced	1 (1.3%)	3 (1.4%)	
Spouse/partner's nationality			<0.001
I have no spouse/partner	33 (44.6%)	139 (71.6%)	
Japanese	18 (24.3%)	1 (0.5%)	
Other nationality	1 (1.4%)	4 (2.1%)	
Same nationality as myself	22 (29.7%)	50 (25.8%)	
Occupation			<0.001
Full-time employee	62 (82.7%)	5 (2.4%)	
Part-time employee	5 (6.7%)	4 (1.9%)	
Self-employed	1 (1.3%)	0 (0.0%)	
Unemployed	3 (4.0%)	0 (0.0%)	
Student	2 (2.7%)	199 (95.2%)	
Education level			0.056
Post-graduation or higher	23 (30.7%)	84 (40.6%)	
College/university degree	46 (61.3%)	111 (53.6%)	
Senior high school	4 (5.3%)	12 (5.8%)	
Junior high school	2 (2.67%)	0 (0.00%)	
Health insurance			<0.001
National Health Insurance	23 (32.4%)	197 (96.6%)	
Employees' Health Insurance	43 (60.6%)	3 (1.5%)	
Employees' Health Insurance	2 (2.8%)	3 (1.5%)	
None	3 (4.2%)	1 (0.5%)	

	Work-permit N=75	Student visa N=209	P value
Duration living in Japan			<0.001
Less than one year	3 (4.0%)	37 (17.7%)	
1-2 years	9 (12.0%)	80 (38.3%)	
3-5 years	26 (34.7%)	84 (40.2%)	
6-10 years	24 (32.0%)	7 (3.3%)	
10 years and more	13 (17.3%)	1 (0.5%)	
Japanese language level			<0.001
I can speak on the same level as Japanese people.	17 (22.7%)	6 (2.87%)	
I can speak well enough for work or study.	29 (38.7%)	56 (26.8%)	
I can speak well enough to have no trouble in everyday life.	17 (22.7%)	74 (35.4%)	
I can't speak in Japanese very well.	10 (13.3%)	43 (20.6%)	
I can't speak in Japanese at all.	2 (2.67%)	30 (14.4%)	
Total number of people living with			<0.001
0	22 (29.3%)	124 (59.3%)	
1	34 (45.3%)	46 (22.0%)	
2	5 (6.67%)	19 (9.09%)	
3	6 (8.00%)	15 (7.18%)	
4	8 (10.7%)	4 (1.91%)	
>=5	0 (0.00%)	1 (0.48%)	
Number of people >=65 living with			0.362
0	74 (98.7%)	192 (91.9%)	
1	0 (0.00%)	8 (3.83%)	
2	0 (0.00%)	2 (0.96%)	
3	0 (0.00%)	4 (1.91%)	
4	1 (1.33%)	2 (0.96%)	
>=5	0 (0.00%)	1 (0.48%)	
Place of residence of other family members			
Home country	61 (81.3%)	181 (86.6%)	0.361
I don't have other family members	5 (6.67%)	20 (9.57%)	0.601
Other countries	7 (9.33%)	10 (4.78%)	0.163
Living with me in Japan	4 (5.33%)	1 (0.48%)	0.018
Other houses in Japan	4 (5.33%)	1 (0.48%)	0.018
I don't know	0 (0.00%)	1 (0.48%)	1.000
The last time they met with other family members			<0.001
Less than 1 year	5 (6.8%)	59 (28.4%)	
1-2 years	61 (82.4%)	141 (67.8%)	
3-5 years	8 (10.8%)	8 (3.8%)	

	Work-permit N=75	Student visa N=209	P value
Frequency of making a call for other family members			0.096
Every day	23 (31.1%)	73 (36.3%)	
Every week	36 (48.6%)	105 (52.2%)	
Every month	10 (13.5%)	20 (10.0%)	
Few times a year	5 (6.8%)	3 (1.5%)	
Having someone to share problems			0.051
Yes	68 (93.2%)	168 (84.0%)	
No	5 (6.8%)	32 (16.0%)	
Share problems with			
Mother	49 (68.1%)	129 (62.9%)	0.523
Father	29 (40.3%)	79 (38.5%)	0.904
Sister	22 (30.6%)	48 (23.4%)	0.297
Brother	14 (19.4%)	38 (18.5%)	1.000
Cousin	8 (11.1%)	9 (4.39%)	0.049
Other relatives	16 (22.2%)	16 (7.80%)	0.002
Home country friends	35 (48.6%)	111 (54.1%)	0.502
Japanese's friends	26 (36.1%)	59 (28.8%)	0.312
Teacher	2 (2.78%)	24 (11.7%)	0.045
Colleagues	24 (33.3%)	22 (10.7%)	<0.001
Foreign friends	5 (6.94%)	3 (1.46%)	0.030
Spouse/partner	7 (9.72%)	8 (3.90%)	0.072
Religious leader	3 (4.17%)	0 (0.00%)	0.017
Government consultant	0 (0.00%)	1 (0.49%)	1.000
Prefer not to answer	5 (6.94%)	18 (8.78%)	0.812
Source of COVID-19 information:			
TV, newspaper, magazines, or SNS (Twitter, Facebook, Instagram,	58 (77.3%)	148 (70.8%)	0.350
Family in home country	37 (49.3%)	141 (67.5%)	0.008
Public information magazines and	24 (32.0%)	82 (39.2%)	0.331
Friends from the same country	21 (28.0%)	56 (26.8%)	0.960
Japanese friends	20 (26.7%)	67 (32.1%)	0.470
Municipal and prefectural office	14 (18.7%)	48 (23.0%)	0.542
Family in Japan	11 (14.7%)	35 (16.7%)	0.813
Organizations/facilities/stores where	6 (8.00%)	8 (3.83%)	0.210
people from the same country gather	5 (6.67%)	21 (10.0%)	0.524
International exchange NPO	1 (1.33%)	14 (6.70%)	0.127
Others (colleagues, foreign friends,	3 (4.0%)	2 (0.96%)	0.117
Desired information in native			
What to do in case I have a suspected symptom of COVID-19	49 (65.3%)	129 (62.0%)	0.711
What to do in case of illness or injuries other than COVID-19 in this COVID-19 pandemic	36 (48.0%)	111 (53.4%)	0.508
What to do in case of disaster	30 (40.0%)	79 (38.0%)	0.865
What to do when going to hospitals/clinics	29 (38.7%)	101 (48.6%)	0.181

	Work-permit N=75	Student visa N=209	P value
What to do in case I have troubles with neighbors, domestic violence, or sexual harassment	20 (26.7%)	47 (22.6%)	0.581
Delivery and childbearing	5 (6.67%)	10 (4.81%)	0.553
What to do in case my kid has a Education, schools for children	10 (13.3%)	9 (4.33%)	0.016
The infection-control situation of COVID-19	12 (16.0%)	15 (7.21%)	0.046
Where the COVID-19 hotspots are	40 (53.3%)	100 (48.1%)	0.518
Preventive measures against COVID-	39 (52.0%)	105 (50.5%)	0.928
Financial assistance related to COVID-	23 (30.7%)	78 (37.5%)	0.358
How to go back to the home country	36 (48.0%)	107 (51.4%)	0.707
How to extend a visa	16 (21.3%)	73 (35.1%)	0.040
How to make a call to family from Public transportations	20 (26.7%)	62 (29.8%)	0.715
How to get a driving license	2 (2.67%)	14 (6.73%)	0.252
The tax and pension system	8 (10.7%)	26 (12.5%)	0.832
Community events	10 (13.3%)	28 (13.5%)	1.000
Experiences looking for a house to Job information and experiences looking for a job	30 (40.0%)	37 (17.8%)	<0.001
How to buy a national and/or private	14 (18.7%)	25 (12.0%)	0.216
	9 (12.0%)	38 (18.3%)	0.285
Recent/current problems			
I have recently.....			
had a family member with confirmed COVID-19	20 (26.7%)	49 (23.6%)	0.703
had a family member with suspected COVID-19 infection but could not get a test	8 (10.7%)	23 (11.1%)	1.000
had troubles/difficulties with learning or working	4 (5.3%)	6 (2.9%)	0.329
felt discriminated for simply being a non-Japanese	3 (4.1%)	5 (2.4%)	0.359
lost my job	29 (39.7)	77 (38.5%)	0.854
had domestic violence in my home	30 (41.7%)	55 (27.9%)	0.032
been sexually harassed	4 (5.6%)	38 (18.9%)	0.007
felt more spiritually/religiously active	0 (0.0%)	1 (0.5%)	0.742
	3 (4.2%)	4 (2.0%)	0.263
	9 (12.3%)	18 (9.1%)	0.437
Level of problems			
Sleep duration			0.329
Less than before	28 (39.4%)	59 (30.4%)	
Same as before	33 (46.5%)	109 (56.2%)	
More than before	10 (14.1%)	26 (13.4%)	
Body weight			0.016
Less than before	9 (12.5%)	43 (22.4%)	
Same as before	36 (50.0%)	108 (56.2%)	
More than before	27 (37.5%)	41 (21.4%)	

	Work-permit N=75	Student visa N=209	P value
Alcohol consumption			0.742
Less than before	16 (36.4)	34 (30.1%)	
Same as before	22 (50.0%)	61 (54.0%)	
More than before	6 (13.6%)	18 (15.9%)	
Smoking			0.364
Less than before	4 (33.3%)	8 (15.7%)	
Same as before	6 (50.0%)	34 (66.7%)	
More than before	2 (16.7%)	9 (17.6%)	
Play games/spending time on smartphone/TV			0.404
Less than before	3 (4.3%)	17 (9.2%)	
Same as before	25 (36.2%)	68 (37.0%)	
More than before	41 (59.4%)	99 (53.8%)	
Physical activities/doing exercise			0.549
Less than before	38 (52.8%)	106 (54.6%)	
Same as before	21 (29.2%)	63 (32.5%)	
More than before	13 (18.1%)	25 (12.9%)	
Duration of parenting or childcare			0.006
Less than before	1 (5.3%)	9 (28.1%)	
Same as before	12 (63.2%)	22 (68.8%)	
More than before	6 (31.6%)	1 (3.11%)	
Conflict /quarrel in your home			0.868
Less than before	7 (25.0%)	11 (20.0%)	
Same as before	16 (57.1%)	33 (60.0%)	
More than before	5 (17.9%)	11 (20.0%)	
Communication with neighbors or			0.225
Less than before	29 (45.3%)	76 (48.7%)	
Same as before	23 (35.9%)	64 (41.0%)	
More than before	12 (18.8%)	16 (10.3%)	
Overall mental health			0.547
Less than before	24 (36.4%)	60 (31.2%)	
Same as before	36 (54.5%)	119 (62.0%)	
More than before	6 (9.1%)	13 (6.8%)	
Overall physical health			0.491
Less than before	25 (35.7%)	60 (31.1%)	
Same as before	37 (52.9%)	117 (60.6%)	
More than before	8 (11.4%)	16 (8.3%)	
Overall emotional health (happiness)			0.070
Less than before	31 (42.5%)	81 (41.1%)	
Same as before	30 (41.1%)	101 (51.3%)	
More than before	12 (16.4%)	15 (7.6%)	
Personal income			0.034
Less than before	25 (33.3%)	78 (49.4%)	
Same as before	40 (53.3%)	70 (44.3%)	
More than before	10 (13.3%)	10 (6.3%)	

	Work-permit N=75	Student visa N=209	P value
Overall financial stability of household			0.004
Less than before	24 (33.8%)	92 (54.1%)	
Same as before	36 (50.7%)	68 (40.0%)	
More than before	11 (15.5%)	10 (5.9%)	
Overall sexual satisfaction			0.866
Less than before	17 (38.6%)	39 (37.1%)	
Same as before	24 (54.5%)	56 (53.3%)	
More than before	3 (6.8%)	10 (9.5%)	
Number of children <18 living with			0.005
0	63 (85.1%)	201 (96.2%)	
1	4 (5.41%)	2 (0.96%)	
2	6 (8.11%)	4 (1.91%)	
3	0 (0.00%)	1 (0.48%)	
4	1 (1.35%)	1 (0.48%)	
Recent or current feelings/moods:			
I feel calm			0.637
Not at all	5 (6.67%)	16 (7.66%)	
Somewhat	27 (36.0%)	69 (33.0%)	
Moderately	37 (49.3%)	96 (45.9%)	
Very much	6 (8.00%)	28 (13.4%)	
I am tensed			0.362
Not at all	14 (18.7%)	49 (23.4%)	
Somewhat	39 (52.0%)	96 (45.9%)	
Moderately	19 (25.3%)	45 (21.5%)	
Very much	3 (4.00%)	19 (9.09%)	
I feel upset			0.619
Not at all	26 (34.7%)	56 (26.8%)	
Somewhat	29 (38.7%)	92 (44.0%)	
Moderately	17 (22.7%)	49 (23.4%)	
Very much	3 (4.00%)	12 (5.74%)	
I feel relaxed			0.102
Not at all	8 (10.7%)	38 (18.3%)	
Somewhat	33 (44.0%)	65 (31.2%)	
Moderately	25 (33.3%)	87 (41.8%)	
Very much	9 (12.0%)	18 (8.65%)	
I feel content			0.005
Not at all	7 (9.33%)	42 (20.2%)	
Somewhat	39 (52.0%)	67 (32.2%)	
Moderately	20 (26.7%)	82 (39.4%)	
Very much	9 (12.0%)	17 (8.17%)	
I feel worried			0.305
Not at all	8 (10.7%)	26 (12.4%)	
Somewhat	34 (45.3%)	95 (45.5%)	
Moderately	28 (37.3%)	60 (28.7%)	
Very much	5 (6.67%)	28 (13.4%)	

	Work-permit N=75	Student visa N=209	P value
I felt lonely			0.264
Not at all	24 (32.0%)	51 (24.4%)	
Somewhat	24 (32.0%)	74 (35.4%)	
Moderately	20 (26.7%)	48 (23.0%)	
Very much	7 (9.33%)	36 (17.2%)	
I felt isolated			0.988
Not at all	33 (44.0%)	89 (42.6%)	
Somewhat	22 (29.3%)	64 (30.6%)	
Moderately	14 (18.7%)	41 (19.6%)	
Very much	6 (8.00%)	15 (7.18%)	
I am afraid of getting COVID-19			0.625
Not at all	9 (12.0%)	26 (12.4%)	
Somewhat	21 (28.0%)	74 (35.4%)	
Moderately	23 (30.7%)	60 (28.7%)	
Very much	22 (29.3%)	49 (23.4%)	

Free-text comments on other problems (excerpts):

- I worry if I catch COVID-19 the blow to me financially and mentally (having to recover alone with no help) may be extreme.
- How to bring my wife over to Japan.
- Finding part time job for foreign students is even harder after the pandemic.
- Cancellation of flights between Japan and my country. Very hard to get permission to return my country.
- Income of restaurants owned by family is unstable.
- The information on embassy websites is very insufficient or lacking at all. It would good if embassies, and other foreigner assistance organizations provide information about how to get to the first line, first response websites (prefectures), and at least links through automatic translation services such as Google Translate, so that they can get information immediately valuable to their localities.
- I feel stressed and worried for my family in my home country because if something happens to them, I cannot go to my hometown immediately as before. I also miss my parents very much. Of course I can talk with them online, but it is not as same as in person. Also, I am worried for the research because I need a new data, but I cannot go anywhere for my fieldwork. I feel like I am stuck in between. Also, sometimes I feel worried because I do not know when the COVID-19 will be over. Different specialists say different things and I do not know who to trust nowadays.
- Testing for COVID-19 in Japan feels like a maze or a daunting nightmare. I wouldn't know where to go, the protocol etc.
- It can be difficult living alone in Japan during the pandemic. Many suggested activities to help combat depression or anxiety (going outside, seeing friends, interacting with the community) feel unsafe during COVID-19. So, I think many people have had declining mental health.
- It is difficult to pay tuition and living expenses.
- Stress with online work.

The survey was conducted by NPO Treasures of the Planet in collaboration with Nagasaki University Volunteer Group for Foreign Residents Support under the COVID-19 pandemic

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