

Japan Survey Finds Growing Disinterest in Dating Among Young Adults

日本では、結婚や恋愛に対する若い世代の考え方が変化しています。18～34歳を対象とした調査では、恋人や婚約者がいない人の割合が高まり、恋愛に「特に関心がない」と答えた人も一定数いました。一方で、恋愛や結婚を選ばない理由は人によってさまざまです。あなたは、若い世代の恋愛や結婚に対する考え方が変化している背景には、どのような理由があると思いますか。



1. Article

Read the following article aloud.

One in three unmarried men and women aged 18 to 34 who do not currently have a partner say they are not interested in [dating](#) someone of the opposite sex, according to the National [Survey](#) on Fertility conducted by the National Institute of Population and Social Security Research, an institution under Japan's Health Ministry.

The survey, conducted approximately every five years, examines marriage, childbirth and child-rearing in Japan. The latest survey, conducted in 2025, was released on September 11. Questions about romantic relationships specifically referred to relationships with people of the opposite sex.

The survey found that 74.0% of men and 65.4% of women aged 18 to 34 had neither a romantic partner nor a fiancé or fiancée. This [proportion](#) has been rising since the 2010s.

Continued on next page.

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1. Article

Over the past four surveys, the proportion of people with a romantic partner or fiancé or fiancée has gradually declined among both men and women, after peaking in the first half of the 2000s.

In the latest survey, 35.7% of men and 35.3% of women said they were "not particularly interested in dating." Meanwhile, 19.6% of men reported having a romantic partner or fiancé, down slightly from 21.0% in the 2021 survey. Among women, the figure was 27.8%, largely unchanged from the previous survey.

When asked about their dating experience, 45.0% of men and 44.2% of women aged 18 to 19 said they had dating experience. Among those aged 25 to 29, the figures were 57.1% for men and 67.2% for women.

Across the entire 18–34 age group, 56.6% of men and 61.5% of women reported having dating experience.

Among people under 30, dating experience declined for both men and women compared with the previous survey. The decrease was particularly pronounced among those aged 18 to 19.

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Japan Forward

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2. Key phrases and vocabulary

First repeat after your tutor and then read aloud by yourself.

1. dating 交際

Some people find dating a little difficult at first.

2. survey 調査

The supermarket survey asked about customer service.

3. proportion 割合

A growing proportion of full-time workers are taking time off to take care of small children.

4. experience 経験

I have a driver's license, but I don't have much experience driving.

5. decline 減少する

The number of visitors to the amusement park declined by 10 percent last year.

3. Questions

Read the questions aloud and answer them.

1. How often is the National Survey on Fertility conducted?
2. What percentage of men and women aged 18 to 34 had neither a romantic partner nor a fiancé?
3. Of the age groups mentioned, which group had the lowest percentage of dating experience?
4. Why do you think some young adults are less interested in dating?
5. How might less dating among young adults affect Japanese society?

4. 18～34歳未婚男女3人に1人が「交際望まず」 厚労省調査

18～34歳の交際相手がいない未婚男女の3人に1人が、異性との「交際を望んでいない」ことがわかった。厚生労働省の国立社会保障・人口問題研究所が発表した「出生動向基本調査」で明らかになった。男女交際を必要としない人の割合は2010年代以降、増加傾向にある。

出生動向基本調査は、国内の結婚、出産、子育ての現状と課題を調べるため、ほぼ5年ごとに実施している全国調査。直近の25年調査が今月11日発表された。

調査によると、交際相手をもたない（異性の恋人、婚約者がいずれもない）割合は男性で74.0%、女性で65.4%だった。2010年代以降、増加傾向にある。

ここ4回の調査では、こうした交際相手のいない未婚者に対し異性との交際について希望を聞いており、今回は男性の35.7%、女性の35.3%が「特に異性との交際を望んでいない」と回答した。

異性との交際状況では「恋人として交際している異性がいる」「婚約者がいる」人の割合は、2000年代前半をピークに男女ともゆるやかに減少している。今回の調査でも、男性で19.6%と前回（21年調査）から微減、女性では27.8%と横ばいだった。

これまでの交際経験を聞くと、18～19歳で男性は45.0%、女性は44.2%▷25～29歳で男性は57.1%、女性は67.2%▷全体（18～34歳）で男性は56.6%、女性は61.5%が男女交際の経験があった。30歳未満の層では男女いずれも前回調査より減少しており、特に18～19歳で減少幅が大きかった。