ＡＧＩ所員研究会

Generative AI Use at Work, Working Hours, and Subjective Evaluations of Work and Private Life: Evidence from Japan

2026.
11/19(木)
14:00-15:30

無料オンライン開催
（Zoom）

報告概要

使用言語：講演は日本語・資料は英語

Reducing long working hours and improving work–life balance are policy priorities in Japan. Using individual-level data on 8,685 employees, this study examines associations between generative AI use at work, working hours, and subjective evaluations of work and private life. Compared with nonuse, using generative AI at least one day per week was associated with more monthly overtime, longer daily working hours, greater work-related happiness, and higher satisfaction with private life. A positive association with unhappiness was observed primarily among employees using generative AI at least four days per week. Occupational analyses showed positive associations with work-related happiness in clerical, sales and service, manufacturing and material handling, and professional and technical occupations. Positive associations with satisfaction with private life were observed in clerical and professional and technical occupations, while associations with unhappiness were positive in clerical and manufacturing and material handling occupations. Positive overtime associations were found in several occupational categories, including clerical, sales and service, and professional and technical occupations. These findings suggest that workplace adoption of generative AI should combine efforts to improve operational efficiency with appropriate management of working hours and attention to employees' subjective evaluations to support work–life balance.

研究員紹介



アジア成長研究所　上級研究員
小松　翔

2022年12月に東京大学で国際協力学の博士号を取得。2023年4月からアジア成長研究所で上級研究員を務めている。主な研究分野は、中国経済、地域経済、労働・人口問題などである。

お申し込み

下記QRコードよりお申し込みください。

締め切り：11月18日(水) 13時

メールでのお申し込みは、お名前とご所属を
office@agi.or.jpに送信してください。
前日までにご参加用のZoomリンクを
メールでお送りします。

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