



# SAKURA TIMES

STUDENT EDITION, SEPTEMBER 2024

Class 3

## Elevated Keio Line – Future Town Planning



Current Situation



After Elevation Completion

<https://www.watch.impress.co.jp/docs/news/1231627.html>

All 25 railroad crossings between Sasazuka and Sengawa on the Keio Line are unopened. According to the Bureau of Construction of the Tokyo Metropolitan Government, all 25 crossings are closed for more than 40 minutes per hour during peak hours, and about 20 are closed for more than 50 minutes. The Keio Line has more problems than other lines. Of the 57 railroad crossings designated by the Ministry of Land, Infrastructure, Transport, and Tourism as requiring

maintenance based on the revised Railway Crossings Maintenance Promotion Act, which went into effect in April of this year, 27 in Tokyo have unopened crossings. Of these, 25 are on the Keio Line. Incidentally, only 30 in Japan as a whole need to be improved. Thus, the Keio Line now has Japan's most unopened level crossings. The Keio Line has another problem.

Congestion during rush hour causes slow train operation. During the morning rush hour from Chofu to Sasazuka, trains

depart every one to two minutes, from regular to express, and the large number of trains forces the line to run slowly. At Meidaimae Station, there is also a traffic jam where the next train arrives right behind the one passengers are getting on and off. To solve these problems, Keio Corporation and the Tokyo Metropolitan Government Bureau of Construction launched a project to elevate the tracks between Sasazuka and Meidaimae stations. Elevation refers to relocating tracks to a

higher level on a flat surface above the ground. However, there are some disadvantages to this construction. Japan is an earthquake-prone country. Therefore, when a large earthquake occurs, there is a possibility that the elevated tracks will collapse. In addition, there is a possibility of noise damage. Opposition groups insist on a subway line, but this may be difficult because of the need to construct water and sewage systems. However, there are more advantages; what are the benefits of elevated crossings?

For example, it will eliminate accidents at railroad crossings and crossings that do not open for long periods. Train congestion will also be eliminated, significantly reducing train delays.

Which do you think is better?

By Natsumi Inoue, Kouta Kato  
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Miu Watanabe

## Japanese and MBTI

MBTI diagnosis is a "character test." If people input their ideas, thoughts, and solutions, it will tell their characters to them. Recently, it has been used by people worldwide and mused by around the people. It's because they want to know themselves. The most common MBTI among Japanese people with an MBTI diagnosis is INFP. Among Japanese people, there seems to be a personality tendency to be a personality tendency to be sensitive and value inner and emotional depth, which is deeply related to the Japanese cultural background. In other words, many people diagnosed as INFPs are considerate of others.

By Saki Ichinohe, Arisa Endo  
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Kanata Mori, Jounosuke Morikawa

### <strong points>

- ESFJ – He is good at inviting people and is good at creating an atmosphere that makes people happy.
- ESFP – She has a beautiful smile and has the power to brighten up those around her.
- INFP – Able to empathize with and show good understanding of other people's emotions.
- ESTJ – A strong focus on accuracy and the ability to make things run smoothly.
- ESTP – Attractive attitude of actively going out and enjoying new experiences.
- INFJ – Able to predict and respond to situational background.
- ENFJ – Help those in need and be considerate.
- ISFP – Able to go with the flow and adapt to the situation.
- ENTP – Ability to solve problems and improve things from a critical perspective.
- ISFJ – Modest and considerate, earns the trust of those around you.
- ISTP – I have an attitude of valuing time spent with myself and encouraging self-growth.
- ENFP – You have a knack for planning playdates and have the ability to entertain people.
- INTP – Good at research and willing to deepen knowledge.
- ENTJ – Demonstrate leadership in project launch.
- ISTJ – I have a strong ability to plan and have an attitude of keeping things organized.
- INTJ – Work hard and achieve steady results.

### <weak points>

- ESFJ – Being too dependent on others increases the burden on you.
- ESFP – May cause trouble to those around you due to careless behavior.
- INFP – You may become too empathetic to the feelings of others and become self-sacrificing.
- ESTJ – Excessive truthfulness can hurt people's feelings.
- ESTP – Sometimes I'm so active that people around me can't keep up with me.
- INFJ – Sometimes we worry so much about predicting the future that we lose sight of reality.
- ENFJ – Sometimes I lose time for myself because I help others too much.
- ISFP – You can avoid problems by going with the flow too much.
- ENTP – A critical perspective can make relationships difficult.
- ISFJ – Sometimes I'm too reserved and can't express my opinion.
- ISTP – Being alone too much can make you feel isolated.
- ENFP – Sometimes I make too many play plans and forget the original purpose.
- INTP – Sometimes I get so absorbed in research that I neglect other important things.
- ENTJ – Starting too many projects can make you tired.
- ISTJ – Sometimes over-planning can lead to a lack of flexibility.
- INTJ – Because of our efforts, we sometimes become lax in communicating with those around us.



Summarized by Hirono Nishiguchi

<https://ameblo.jp/l-moco/entry-12829621583.html>



## ENTERTAINER

# The Sleep Struggle : Balancing Work, Technology, and Rest

The average in Japan is 7 hours and 22 minutes. The amount of sleep already short is even less for the working generation. According to the survey results on things that hinder getting enough sleep, the most common answers were “work,” “being absorbed in cell phones,” etc. before going to bed,” in that order. On the other hand, some respondents said that many incidents in daily life, such as at work or school, are the causes. One wrong step could lead to an accident.

## About Alarm-----

### 1. Appropriate music for alarm

There are two main types of music suitable for alarms. First,

the alarm sound wakes you up. That is natural sounds. For example, the sound of murmuring water bird sounds and more. About 1500~3000Hz is suitable for our wake-up. Second, songs that will wake you up. As our research team, we suggest songs such as Rising Sun by EXILE and Memesikute by GOLDEN BOMBER. If you use them, you can wake up.

### 2. Alarm volume and timing

Regarding volume, it is better to make the alarm louder for younger people. About timing: Setting an alarm with a magnification of 90 minutes will help you wake up. Even if you get enough sleep, if the quality of your sleep is poor, your daily life

will be affected, such as not being able to think clearly or feeling energetic. Here are some actions you can take to improve your sleep quality. How to improve the quality of your sleep: Make sure the brightness.

- When you sleep, it is neither too bright nor too dark.
- Use an air conditioner or humidifier to maintain the right temperature and humidity. Behaviors that reduce sleep quality
- Take a nap after 3 pm
- Check your smartphone before going to bed. As a result of doing these things, I found that the overall performance during the day will improve. In addition, I found that the item of higher

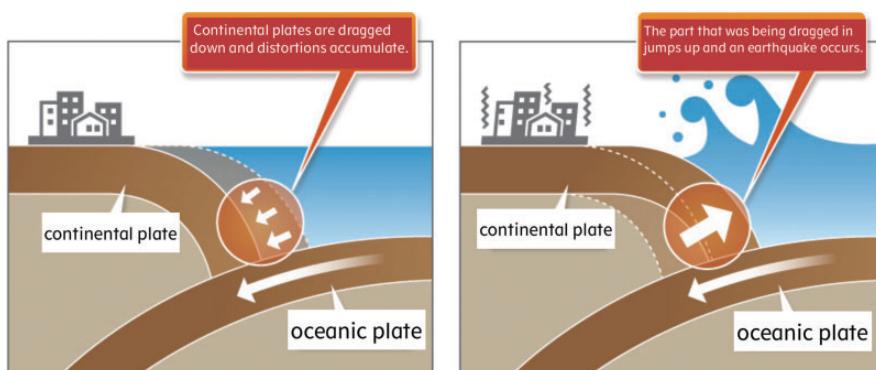
aggressiveness is excellent.

By Kazuha Uchiyama, Taishin Koike,  
Miyuu Kouno, Keita Shiratori,  
Yuzuki Mitsutome



Photo by [https://blogger.googleusercontent.com/img/b/R29vZ2xl/AVvXsEghM5BjGgU\\_hW11BJMzirH\\_hnc2GHI9F9YpbkaFYUufuE2CO7ikR5FrvMqz9QHc6\\_GHg8aA4dxMiodKnaP\\_wL7LOjIDAynPlvyxOvfdt5Q3qobEh4v07gWvI7P4EkJ7m5dRdQ8UuddFOuAA/s800/nidone\\_man.png](https://blogger.googleusercontent.com/img/b/R29vZ2xl/AVvXsEghM5BjGgU_hW11BJMzirH_hnc2GHI9F9YpbkaFYUufuE2CO7ikR5FrvMqz9QHc6_GHg8aA4dxMiodKnaP_wL7LOjIDAynPlvyxOvfdt5Q3qobEh4v07gWvI7P4EkJ7m5dRdQ8UuddFOuAA/s800/nidone_man.png)

# Shaking the Earth: Understanding and Mitigating Damage



[https://www.holdings.toppan.com/ja/bousai/shiru/03\\_16.html](https://www.holdings.toppan.com/ja/bousai/shiru/03_16.html)

Earthquakes are caused when an oceanic plate enters under a land plate, and this pressure causes a buildup of strain in the plate, which reaches its limit. Damages caused by an earthquake include collapsed buildings, toppled or fallen furniture, liquefaction, landslides, fires, tsunamis, and blocked infrastructure. In Japan, it has long been believed that a giant catfish lives deep in the earth and that confidence arises when the catfish goes out of control. Therefore, there was a belief in holding it down with keystones.

Clothing may differ regarding breathability and wrinkle resistance, but not so much in appearance and performance. We

have researched clothes that are similar in design by comparing pictures 1 and 2. Now let me ask those reading this to consider which is more expensive. The correct answer was 2. Which did you choose?

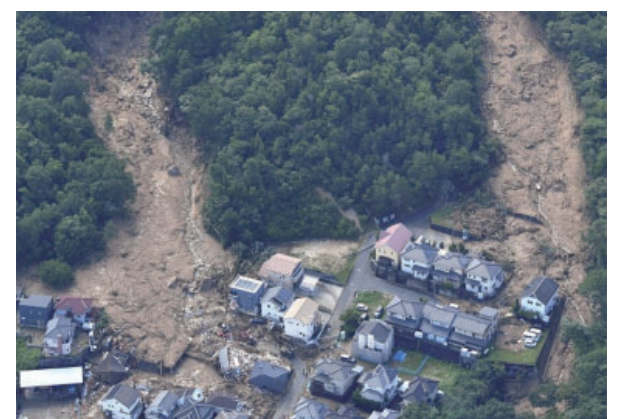
Regarding support for disaster relief, the Edo shogunate established several aid programs as a relief system. Another significant difference between the Edo and Sengoku periods in disaster prevention was that efforts were made across clans, as seen from the right graph. Crushing to death is the leading cause of death. As the entire Noto Peninsula is mountainous, it is thought that landslides caused this and caused its collapse.

Possible reasons for low tsunami damage: The range narrowed due to upheaval because the epicenter was inland. Measures against tsunami damage in Japan: To prevent secondary damage, the government is conducting prompt alerts, investigations, first aid, and evacuation guidance based on damage information.

The Turkey-Syria quake occurred on February 6, 2023 with Magnitude 7.8 earthquake. It subsequently followed magnitude seven ranks at that juncture on May 5, Turkey and Syria, according to the sacrifice of about 60,000 people. Detailed data on the causes of death could not be obtained, but collapsed buildings were cited as a significant cause of the high number of deaths. There were cases of people being crushed or suffocated to death by collapsed buildings, as well as cases of people being trapped under collapsed buildings,

unable to escape, and dying from debilitating injuries—reasons for the spread of damage to this extent. The earthquake’s epicenter was where strain tends to accumulate in faults near the plate boundaries, as in Japan, where four plates are intricately interconnected. Many buildings collapsed, and many victims were killed.











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Nozomi Miyazaki



<https://www.bosai.yomiuri.co.jp/feature/7961>

ENTERTAINER

# Why iPhones Dominate Japan's Smartphone Market

Country/ Region	Major OS / Model Share				Smartphone Penetration Rate	Population
	OS		Model			
 Japan	iOS	60.16%	Apple	60.16%	73.0%	123,294,513
	Android	39.61%	Unknown	39.61%		
 Korea	Android	77.39%	Samsung	23.71%	93.0%	51,784,059
	iOS	23.71%	Apple	77.39%		
 China	Android	77.39%	Apple	22.17%	90.0%	1,425,671,352
	iOS	22.17%	Huawei	77.39%		
 Taiwan	iOS	57.64%	Apple	57.64%	93.0%	23,923,276
	Android	39.92%	Samsung	39.92%		
 Hong Kong	Android	47.87%	Apple	47.77%	91.0%	7,491,609
	iOS	47.77%	Samsung	47.87%		
 Thailand	Android	67.46%	Apple	31.33%	94.0%	71,801,279
	iOS	31.33%	Samsung	67.46%		
 Malaysia	Android	70.33%	Apple	28.59%	84.0%	34,308,525
	iOS	28.59%	Samsung	70.33%		
 Singapore	Android	65.74%	Apple	32.93%	910%	6,014,723
	iOS	32.93%	Unknown	65.74%		
 Indonesia	Android	87.45%	Oppo	12.43%	85.0%	277,534,122
	iOS	12.43%	Samsung	87.45%		
 Viet Nam	Android	66.44%	Apple	33.01%	86.0%	98,858,950
	iOS	33.01%	Samsung	66.44%		

<https://www.auncon.co.jp/press/release/2024-06-27/>

Smartphones, which are essential to our daily lives, can be broadly divided into two types. One is iPhone, and the other is Android. Although many people use both, the iPhone is generally considered the most popular in Japan.

However, there are countries where Android is more popular than Japan, such as Indonesia and South Korea. So why is the iPhone more popular in Japan? Let's

examine the characteristics and histories of Android and iPhone.

First, a comparison of market share rates. In Japan, the share of iPhones is very high, at about 70%, but in many countries, the share of Android phones is higher.

In addition, Japan and Taiwan are the only Asian countries with a higher iPhone market share. Looking at the world, there are only about ten countries, including Japan, where the iPhone has a higher market share, indicating that Android is more popular than the iPhone worldwide.

Next, feature: iPhones offer a wider variety of cases and films than Android phones. They are easier to handle due to their more straightforward interface and design. They have no bias because support is almost the same. In addition, AirDrop (a feature that allows users to send and receive images) will enable users to easily share photos with friends and family, making information more transparent—finally, some historical background.

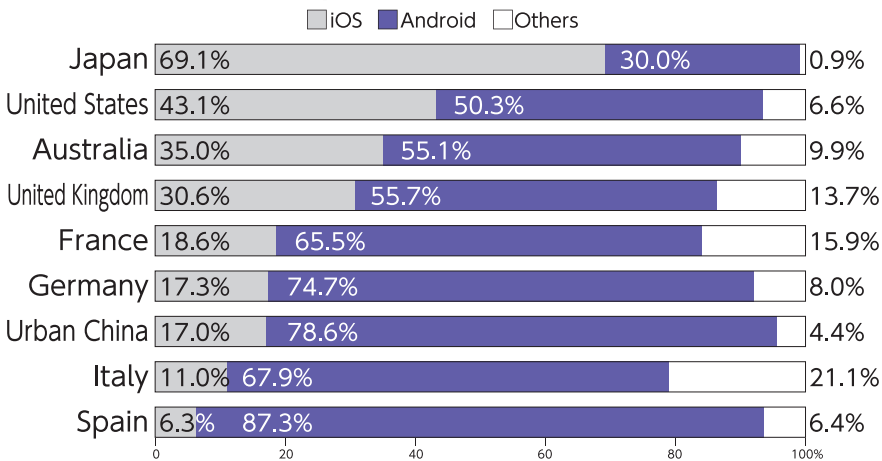
The iPhone was first released in Japan about a year before Android, and the first iPhone released in Japan was not the first-generation model. This second-generation model was the first to incorporate 3G functionality, and at the time, the iPhone was enjoying a boom. Therefore, Android phones released after the iPhone was less impressive than the iPhone, and the market share at that time continued to grow.

The iPhone's popularity in

Japan is due to the abundance of accessories available, which is a result of the iPhone's brand strength in Japan, and unique features such as AirDrop, which meets the needs of Japanese people who want to share photos quickly.

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Smartphone OS Market Share



<https://hikakaku.com/blog/all-category/mobile-phone/iphone/3/>

# Railway Congestion Nears Pre-COVID Levels

Compared to before 2020, when the coronavirus infection epidemic broke out, the congestion rate on Japan's railroads has decreased significantly. However, as of 2024, the congestion rate has gradually increased to the level before the coronavirus epidemic. Even today, the number of people who find crowded trains stressful is over 80%. If the congestion rate continues to increase, it may exceed 90%. Many people do not want to commute with stress and want to spend their time as comfortably as possible. However, it is difficult for railroad companies alone to solve the problem. Individual efforts are needed to make crowded trains comfortable. How to spend a relaxed time. The first is to change your boarding time.

Trains are the most crowded between 7:30 am and 9 am and between 5:15 pm and 7:30 pm. It may be difficult to avoid the

rush hour when you head home, but it may be a little easier if you try to board the train before 7:30 am to avoid the rush hour when you commute to work. By shifting your boarding time away from busy times and avoiding rush hour, you will have more time and peace of mind, which will be better for your health and will likely lead to less stress than before. The second is to change the car you board and find a place where it's easy to get off. Stairs and escalators on station platforms are often located near the center vehicles. People hurrying to transfer to the next train will gather in the center vehicles. You can use this to your advantage by avoiding the center cars and boarding on the far side, which increases the chances of it being empty, making it easier to get off and more comfortable. The third is to distract yourself. For example, you can relax by listening to your favorite music with



[https://www.irasutoya.com/2013/08/blogpost\\_18.html](https://www.irasutoya.com/2013/08/blogpost_18.html)

earphones or the radio. You will be more comfortable with your surroundings if there is a noise-cancellation function. You can also close your eyes and meditate, distracting you since you will concentrate only on yourself. The fourth is to adapt your belongings and clothing.

The heat due to the density of the train and the bag hitting you are some of the causes of stress in a crowded train. To solve this problem, you can wear lighter

clothes on the train in the summer, carry a less bulky bag, and wear shoes that do not tire you out when standing. If the odor is bothering you, wearing a mask is also recommended. Changing your boarding station is one way to avoid crowded trains. The number of passengers varies depending on the station, so you can avoid the rush hour by just changing one station. If you see more people getting on at your nearest station, try walking one stop. Since I often feel sleepy in the morning, exercising is an excellent way to wake up. You can get a seat if the next station is the starting station. Also, depending on the route, trains that stop at each station may be more vacant than rapid trains. If you use a fast or express train, leave plenty of time and change to a local train.

By Haruka Ishiguro,  
Yusuke Komeiji, Yuki Sawada  
Tomomichi Seo, Ryo Nagahashi



## ENTERTAINER

# Intersection Perils : Understanding the Factors Behind Japan's Traffic

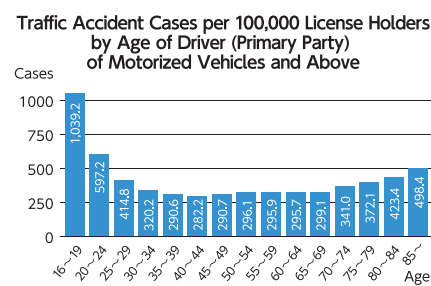
There are many traffic accidents in Japan today. Although the number of accidents is decreasing yearly, we still see many on the news.

This graph shows the number of traffic accidents in 2022, according to the National Police Agency. Most traffic accidents occurred among young people, followed by older people. Therefore, we conducted a survey focusing on traffic accidents involving young people and older people.

Gathering information from various websites and media, it was found that the leading cause of traffic accidents among young people is being distracted by electronic devices such as smartphones while driving. Even though information and communication technology has advanced to the point where it can

be used at any time, such devices are still unavailable. At the same time, driving is a criminal offense and should be discouraged. As mentioned above, it can also lead to traffic accidents, so it should never be used.

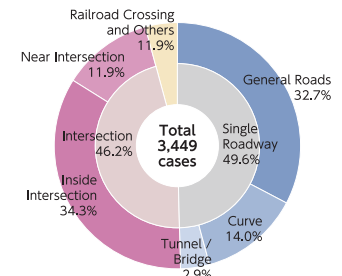
The next cause cited by older people was faulty driving. They may drive out of control by incorrectly pressing the brake and accelerator pedals. Such things happen because the driver's eyesight weakens, making it



difficult for the driver to obtain information about the situation around them and make appropriate decisions. In addition, the reflexes become sluggish, which delays the time to react at a moment's notice. This is why they should consider returning their driver's licenses.

We also surveyed the location. According to the Cabinet Office (2019), 34.8% of the drivers were at intersections, 31.7% on ordinary roads, 14.4% at curves, 14.4% near intersections, and 4.4% at railroad crossings. There is no perfectly straight road with no obstacles, intersections, pedestrians, or obstructed visibility. If there were, accidents would not be likely to occur.

In other words, the probability of an accident increases with the number of decision factors such as obstacles, visibility, intersections,



<https://genext.co.jp/media/stop-crossroads/>

parked cars, pedestrians, and traffic signals.

Intersections ranked first in percentage, but the number of decision factors increases the likelihood of accidents. The more decision factors present at a location, the more caution is required and the more likely an accident will occur.

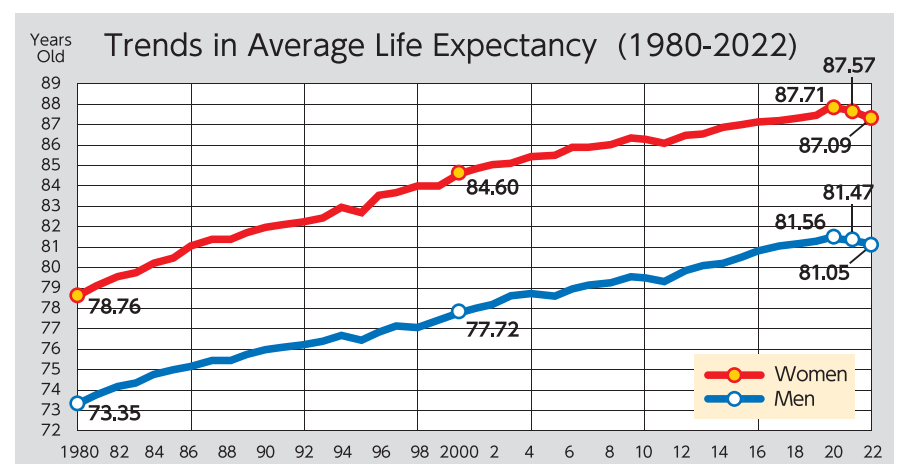
By Yuga Katagishi, Tomoki Nagura  
Yui Miyama, Akari Murayama  
Kaoru Yoshida

## Japan's Longevity : Impact of Healthcare and Lifestyle

High level of medical care. Medical costs are relatively low due to the universal health insurance system, and it is easy to go to the hospital. They are highly health conscious and have many opportunities to undergo medical and complete health checkups. ® Traditional dietary culture/Fat intake is highly deficient in developed countries. How has the average life expectancy changed? In 1955, the average life expectancy was 63.60 years for men and 67.75 years for women, both in the 60s, but as mentioned above, the average life expectancy in 2020 (Reiwa 2) is for both men and women over 80 years old, and their average life expectancy has increased by 17 to 20 years over the past 65 years. What things reduce lifespan? Lack of exercise. Exercise habits have a significant impact on health. For example, the mortality rate is 50%, heart disease is 60%, and cancer is 30%. Research shows that it can reduce your risk of diabetes by 58% and dementia by 50%. Conversely, people who lack physical activity

can be seen to have more than twice the risk of disease as ordinary people. Characteristics and causes of low-ranking countries At the bottom of the ranking, names of developing African countries stand out. The average life expectancy in Africa is 64.5 years. This is the lowest figure when compared by region. The reasons for the short average lifespan are as follows. Poverty, hunger, conflict, and sanitation problems All of these reasons are intricately intertwined. Finding stable work in areas where conflict has continued for a long time is difficult. In other words, they die in poverty because they cannot get food to eat. There is also the possibility that there may not be enough time to maintain a sanitary environment, increasing the risk of infection. Children who are still young are most affected by these effects.

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<https://www.satsuki-jutaku.jp/journal/article/p=2325>

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