1. No.
   2023G028

2. Title
   Relationship Between Leisure Activities of Workers and Lifestyle and Smoking Behaviors

3. Period
   2023-2025

4. Summary
   This study aimed to examine the associations between lifestyle habits, smoking behavior, and leisure activities among workers. In 2023, a Japanese version of the self-directed nudging scale was developed, identifying a two-factor structure comprising "actual behavior" and "self-initiated efforts" (Bakker et al., 2025). This scale provided a foundation for investigating the influence of self-directed nudging on leisure activities, including off-job crafting, and smoking behavior. Additionally, workers with poorer mental health were more likely to engage in off-job crafting, suggesting that off-job crafting may serve as a coping strategy for managing psychological distress. Furthermore, higher levels of smoking cravings were associated with increased burnout symptoms under high job demands, highlighting the importance of craving management in occupational health.

   In 2024, a three-wave weekly survey was conducted among workers with smoking habits, revealing that off-job crafting serves as a potential behavioral pathway for reducing smoking cravings (Toyama et al., 2025). In 2025, a four-wave weekly survey was conducted to further strengthen these findings. The results demonstrated that increases in off-job crafting were associated with greater relaxation experiences, which in turn predicted reductions in smoking cravings. Furthermore, off-job crafting showed a significant negative indirect effect on smoking cravings via enhanced relaxation experiences (Toyama et al., in press).

   Overall, these findings suggest that actively engaging in off-job crafting for relaxation purposes may help reduce smoking cravings through increased relaxation experiences, offering practical implications for workplace health promotion.