

In order to empirically examine the intra-household spillover effects of retirement in urban China, we conduct a fuzzy regression discontinuity design (RDD) analysis of the Chinese Health and Retirement Longitudinal Survey (CHARLS) in 2011, 2013, and 2015, which is a representative longitudinal survey of middle-aged and older adults across China. We will conduct a fuzzy Regression Discontinuity Design (RDD) analysis of the Chinese Health and Retirement Longitudinal Survey (CHARLS) in 2011, 2013, and 2015. The purpose of this study is to quantitatively examine the impact of the retirement age of the spouses of the survey targets of the CHARLS on their own health, lifestyle, and social activities in urban China, and to derive scientific evidence that will contribute to the policy debate on raising the legal retirement age in China. The results of this study will be used as a basis for policy discussions on raising the legal retirement age in China. The results of this study show that the retirement of a spouse has an impact on the individual's moderate and high intensity physical activity of about 4-5 hours, the number of times per week that the individual participates in social activities enjoyed through interaction with others of about 0.5 times, and the number of times per week that the individual participates in social activities for the purpose of supporting others of about 0.3-0.4 times. On the other hand, spouses' participation in social activities that they enjoy through social interaction was about 0.5 times, and participation in social activities for the purpose of supporting others per week was about 0.3-0.4 times, indicating a positive intra-household spillover effect. On the other hand, the retirement of a spouse was found to increase the number of drinking sessions per month by about 0.5-0.6 sessions, although no statistically significant effect was observed for smoking by the spouse. However, since there was no information on the amount of alcohol consumed in this study, it was not possible to determine whether or not this effect had a negative spillover effect within the household. However, Chinese society should follow the policies of other countries that are facing a rapidly aging population, such as the development of facilities such as sports centers for the elderly and the promotion of various local community activities for the elderly. For example, by developing facilities such as sports centers for the elderly and promoting various community activities for the elderly, Chinese society will need to start considering how to create a social system that will allow middle-aged and elderly couples to work together and not be restrained in their physical and social activities, even if their retirement is delayed due to the increase in the legal retirement age.