

HIKIKOMORI: REASONS FOR ISOLATION AND DIFFICULTIES IN IT

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Approximately a million of the young in Japan are thought to remain isolated in their homes - sometimes for decades at a time. The reasons are different. In this article some of them will be described. Also some information about the difficulties that hikikomori face will be presented.

Keywords: Hikikomori, social isolation, difficulties in social adaptation.

The term “*hikikomori*”, that comes from Japan, means people (mainly young ones) who seek to self isolation and avoid personal or social contact for a long period – six months or more. This definition is by the Ministry of Health, Labor, and Welfare.

Hikikomori usually give up their colleges or universities. They have no job (very often this people refuse their work position in order to stay isolated in their room). This people mainly leave on parents dependent.

The phenomenon of hikikomori was firstly noticed in Japan during the late 1990s, and “my impression is that the number of people affected by this condition is continuing to increase.

According to the plenty of surveys, about 33 per cents of the hikikomori suffer from mental disorders like bipolar disorder or depression, another third are suffer from developmental disorder; and the last third have personality disorders.

Nowadays, social isolation of hikikomori increases, so we are can see a lot of occasions when hikikomori’s parents fade away. After this young people lose their source of financial support, lots of them become totally destitute in a short period of time.

These inheritances can have tragic consequences especially when person who has enormous difficulties in social adaptation has nobody to rely on or ask for a piece of advice and no money or elementary knowledge about society or any experience.

Such situations, when parents of such people fade away and nobody else can give a piece for advice, hikikomori tend to rely mainly on the Internet for information. Hikikomori can spend days glued to the computer and participate in online discussions about dealing with their worries about life after losing parents and about handling the assets they have inherited.

Moreover, some teenagers have bad relationship with their parents, they can’t tell to them about some problems in their life (they can be afraid of misunderstandings with parents or simply to be blamed in their problems by nearest people). So they prefer to trust online friends. Not only social networks can cause some difficulties in social adaptation. A lot hikikomori play computer games a lot. Hikikomori can plunge into computer games in order to escape reality.

Losing parents, hikikomori feel totally frustrated, alone and unsupported and even small-scale troubles can turn into serious problems, or become the last straw.

Smartphones started to gain popularity in Japan from 2010, and now they account for more than half of the mobile phones in use. From this times hikikomori are always connected to the Internet, users can easily to games, social networks and “virtual space”.

When people are dependent on games, the problem is not so serious until they play for free.

From the times, when problem of hikikomori started to be serious, more than twenty years have passed. Japanese lifestyle has undergone a lot of changes. This changes have huge influence on hikikomori’s lifestyle, in most cases this influence bring more and more sufferings to their lives.