

# The Hikikomori Phenomenon and Representation in Anime

Nyancon

October 7, 2017

# Clinical criteria for hikikomori

1. A lifestyle centred at home.
2. No interest or willingness to attend school or work.
3. Persistence of symptoms beyond six months.
4. Schizophrenia, mental retardation or other mental disorders have been excluded.
5. Among those with no interest or willingness to attend school or work, those who maintain personal relationships (e.g. friendships) have been excluded.

---

# Population characteristics

---

Japan's population: 127 million

Most rigorous underestimate: 410,000 cases each year

range from 200k to 700k

14,000 case consultations each year

predominantly young adult males (4:1 male:female)  
from comfortable socioeconomic position

typically eldest child

$\frac{1}{3}$  have refused to attend compulsory schooling  
(futōkō), school truancy manifests in 69% of cases

at least  $\frac{1}{5}$  present with violent behaviors

---

# Components of hikki syndrome, causes and presentation



## Psychological

rejecting and authoritative behavior

inability to assert identity, desire, passion

## Social

bullying

disrupted family dynamics

confucian dynamics and rigid education system

## Economic

irregular employment opportunities

# Relevant terminology

NEET

axis II

flat affect

taijin kyofusho

futōkō

isekai

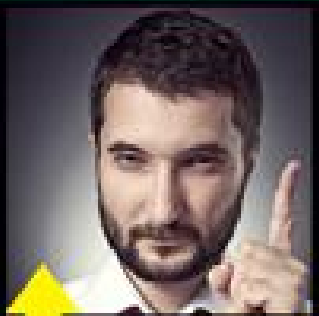
amae

kyōiku mama

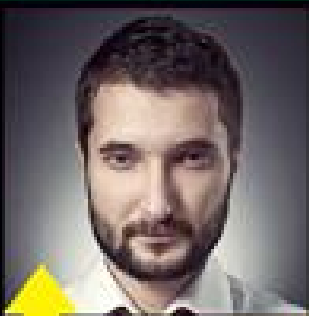
He finds out he won the lottery



Normal  
Affect



Constricted  
Affect



Blunted  
Affect

# HIKIKOMORI



Adolescence without End

*Saitō Tamaki* | Translated by Jeffrey Angles

# The role of stigma/sekentei

# Why should we care?

Contrast Japanese culture with American/Western culture

group oriented psychology v individualism

avoidant personality disorder

obsessive compulsive personality, paranoid personality disorder

What is Japan doing?

What can we learn from this phenomena and its treatment?





## New Start - NPO

Home

About

Photos

Community

Reviews

Posts

Create a Page

Like Follow + Create Fundraiser ...

Send Message

Status Photo/Video



Write something on this Page...

### Photos



Nonprofit Organization in Chiba-shi, Chiba, Japan

5.0 ★★★★★

Community

See All

Invite your friends to like this Page

76 people like this

77 people follow this

About

See All



Ichikawa-Shi, Chiba, Takara 2-10-18, Yasuda Building 1F  
Chiba-shi, Chiba, Japan 272-0122

+81 47-307-3687

Typically replies within a few hours

Send Message

## Hōmon katsudō

### 訪問活動（レンタルお姉さん・お兄さん）



「レンタルお姉さん・お兄さん」とは、限られた狭い人間関係から、より広い社会とのつながりを持てるように働きかける訪問スタッフです。

引きこもりの息子さん・娘さんにblankがあり、親だけでは動かせない場合、家庭内に第三者の風を入れることで、これまでの閉じた空気が一変します。

活動内容としては、日本全国を対象に、手紙・電話・訪問といったあたたかみのあるやりとりを週1回のペースで行います。

単なる話し相手にとどまらず、他の若者と一緒に、映画や遊園地に遊びにでかけたり、趣味を一緒にやったりします。

そのような活動を通して仲間につながり、自分も動き出したい気持ちを引き出します。最終的には、次のステップとなる体験の場や就労につながります。

[訪問活動についてもっと詳しく見る](#)

## Rough translation

"Rental older sister / older brother" will form a relationship to reconnect the client with society.

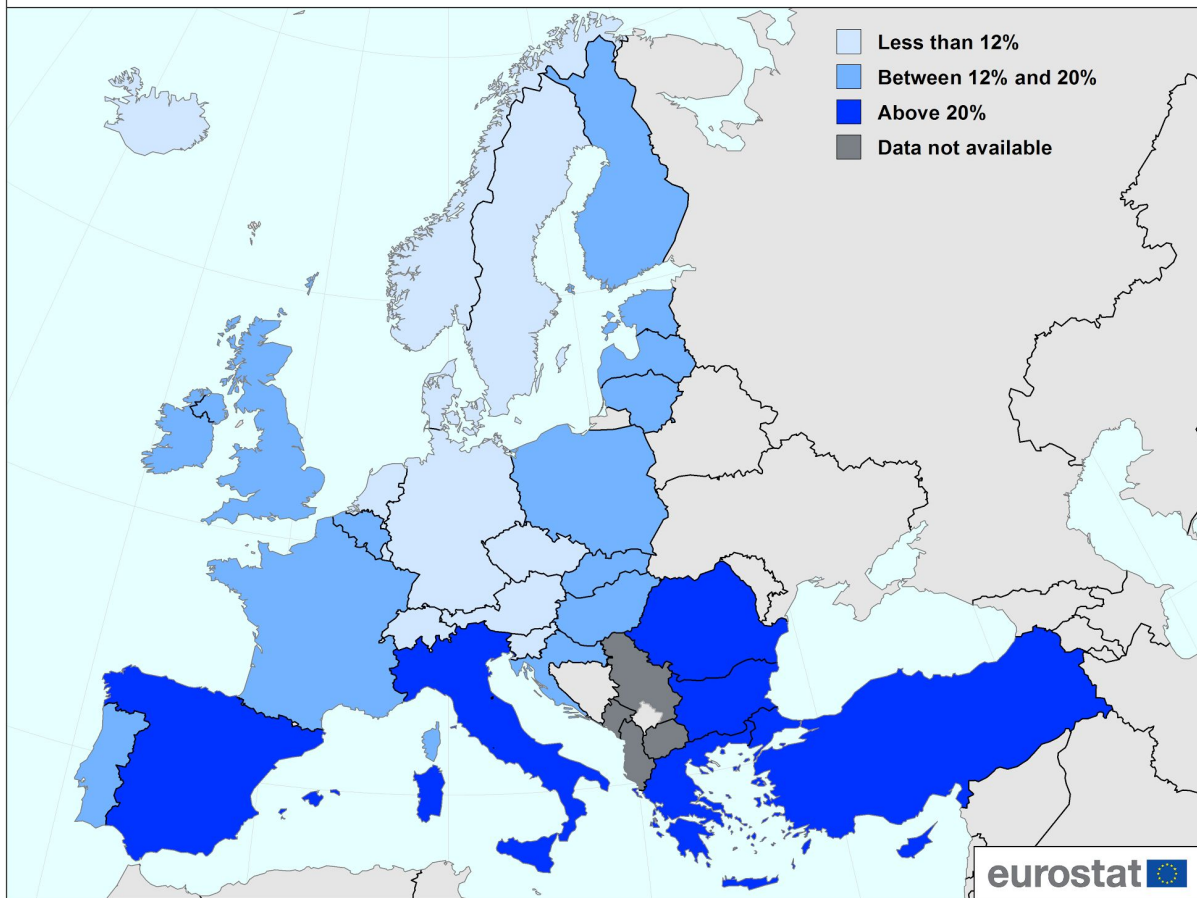
If the parents alone cannot change their child's mood, putting a third party in the house might yield results.

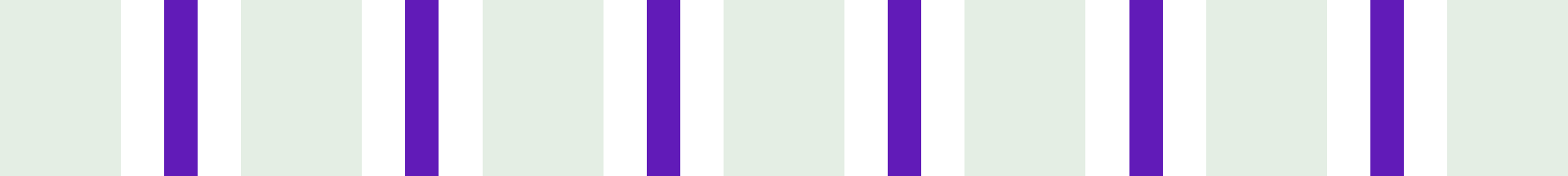
We will conduct warm communication such as letters, telephone calls and home visits once a week for all Japan.

Besides mere talking, clients will also go out to the movies and amusement parks together.

We will draw out the client's desire to start moving in life.

## Percentage of persons aged 20-24 neither in employment nor in education or training, 2016





**References and  
further reading:**

**[http://tinyurl.com/  
nyancon-hikikomori](http://tinyurl.com/nyancon-hikikomori)**

