

Mental Health by the Stars

1. Motivation behind Research Paper

Do you know what good health is? Good health does not mean avoiding sickness and being strong. According to the World Health Organization (WHO) of Japan, good health is a state of complete physical, mental, and social well-being. Do you know about the Sustainable Development Goals (SDGs)? The SDGs were signed by the United Nations in 2015 in order to create a more sustainable world. They created 17 goals and 169 targets for people in the world to achieve by 2030. In the future, they want to make a society that leaves no one behind. The third development goal is, “good health and well-being for all.” In particular, they aim to promote healthy living and well-being for everyone. I believe that this goal is very important, and I try to apply it in my daily life. In modern society, people who are not good at managing their mental health are increasing. One of the main causes of this is due to the spread of Social Networking Services (SNS). Many people do not know how to use SNS properly. For example, many people are victims of slander on SNS and this is becoming a big problem. In addition to this, people have become more anxious about rumors on the Internet. Sometimes, these issues are reported to the police but actually, many people do not have the courage to say anything. This can lead to mental illnesses such as depression. As a result, I researched different ways to have good mental health.

2. Introduction

Stars are an important part of people's lives. Specifically, horoscopes and astrology. However, we don't need them because all of these are forms of entertainment. From this, I researched why some people relate to stars even if there is no need to get involved with them. First, I examined the necessity of the sun in people's lives. The sun makes our rhythm of life and the earth warmer. The sun's most important function is photosynthesis. Although it is not a process that is recognized daily, people cannot live because photosynthesis is what produces oxygen. If there was no photosynthesis, plants would die because when they do that, they make nutrition which plants need to live. If plants were to disappear, the food chain would collapse and all of the living organisms would die. In Iceland, a large volcano erupted and the volcanic ash covered the air and blocked the sun. As a result, the temperature of the earth decreased about 3.8~4.8 degrees celsius for three months. The sun has a huge influence on people and the planet. How about stars? 5,000 years ago, in the Mesopotamian region, when shepherds looked up at the stars, constellations were made by connecting the stars and drawing them like a picture in the sky. There are constellations in the south sky only because they were made in Mesopotamia. People looked up at the sky for directions. However, by the 16th and 17th century, thanks to the development of telescopes and the arrival of the age of Discovery, people became aware of the fact that there were also constellations in the north sky. They acted as a signpost for sailors. Now, there are fewer sailors and these days, people just rely on their smartphones. Smartphones are useful so people can know just about everything. From that, the author thought that stars were no longer necessary. However, as I researched the literature, I found

that the stars have an effect on the mind. Kuwayama Yoshifumi's article "Roman Feelings Concerning Astrology" revealed the following: in Rome at the time, the stars were objects of admiration, and the stars governed the fate of the earth. Astrology is the art of observing the seven planets and the twelve constellations of the zodiac, trying to read this life from the stars. At that time, the Romans consulted an astrologer as a wish to take any action, and asked for prophecies to make a wish. At first, people used astrology only for making wishes, but later people began to always care about what astrology was telling them. Gradually, I should have used astrology as a reference for my actions, but as time passed, I began to follow astrology, and whenever I took any action, I relied on astrology and predicted whether or not my day would be good or bad.. Astrology came to dominate Rome at the time, as there was no age limit for astrology. In 1616 and 1717, the Senate did not like this and banned astrologers from Italy and Rome. The Romans of the time were always concerned about what astrology was telling them, and something made their minds unable to bear the possibilities offered by astrology. Astrology using the stars in this way has been found to affect the human psyche to some degree.

From these, we can see that the sun affects the human body and the stars affect the human spirit. Also, I independently conducted a survey done by 28 high school students. Among them, I asked about the good or bad image of the stars and the reason. Then 27 people answered that they have a good image. The results showed that there are many abstract reasons such as beautiful, wonderful, and mysterious that cause people to become attracted to stars. From these facts, it was found that high school students today have the same sensibility as the people of ancient Rome, who are fascinated by the stars. Therefore, it can be concluded that stars can be used for affect people and their mental health. In addition, adopting a treatment

method using stars, treatment based on the health and welfare of the SDGs will be possible.

3. Results and Analysis

The number of suicides in Japan is the highest*1 compared to the seven major countries, and the word "karoshi" has become common overseas as many people choose suicide due to overwork. For this reason, Japan enacted a suicide countermeasures law in 2006, and since around 2009, three years later, the number of suicides has been on the decline. But within a few years the number of suicides began to rise again. In addition, due to the influence of the new coronavirus, competitions and events have been cancelled, and measures have been taken to prevent students from attending school, depriving students of a more social and universal life. From the perspective of not only students but also workers, there were companies whose businesses were not stable and went bankrupt. This caused people to become stressed and the number of suicides increased. *2 There may be an opinion that the reintroduction of suicide countermeasures will reduce the number of deaths again, but I do not think so. Currently, I am a student and a victim of the stress that causes an increase in suicides. In fact, I have never seen or felt such efforts as suicide countermeasures in my student life. This means that there is little that can be done in life to help those who wish to commit suicide. In that case, it would be impossible to reduce the number of suicides among people in their teens and twenties. However, this is not to say that there are no countermeasures for students. For students, school counsellors can be the greatest source of mental relief.. Against the backdrop of various problems related to the state of mind of

students, such as the recent increase in bullying and the increase in school refusal, we have been providing counselling at schools to address the concerns of students and parents. In order to enhance the functions, it has become necessary to actively utilize specialists outside the schools with the specialized knowledge and experience in clinical psychology. Therefore, since 1995, the Ministry of Education, Culture, Sports, Science and Technology has deployed clinical psychologists as school counselors as "mental specialists" throughout the country, and conducted practical research on how to utilize them. From this kind of initiative by the Ministry of Education, Culture, Sports, Science and Technology, elementary, junior high and high school students are growing physically and mentally. In fact, the number of users has been increasing year by year. Taking the number of consultations from elementary, junior high and high school students in Nara Prefecture as an example, the number of consultations in 1989 was 10,663, which was a large increase from the average year. It can be seen that for students up to high school students, school counselors are close and dependable and provide emotional support. However, since the target of school counselors is Japanese students up to high school age, we explore methods of spiritual recovery by the stars that apply to people of all generations and regions. Focus on looking up at the stars in the night sky as a mental recovery method using the stars. Both physical and mental effects can be expected from the act of looking up at the stars at night. First of all, when you look up at the stars, your posture stretches, which opens your throat and makes it easier to take deep breaths. By taking deep breaths, you can take in the cool, fresh air of the night into your body, and by increasing your parasympathetic nerves you can relax, resulting in a calm and slow heartbeat and a drop in blood pressure. By taking deep breaths, oxygen is supplied to the brain, and by activating the function of brain

cells, fatigue that has accumulated in the brain is alleviated. In addition, stiff shoulders, asthenopia, malaise, and depressive symptoms caused by brain fatigue are relieved. Deep breathing can be expected to have such a physical and mental recovery effect. Therefore, encouraging deep breathing by looking up at the stars has a good effect. "When you're looking at the stars, the stars are getting brighter and darker." It is caused by atmospheric fluctuations. The blink of a star is said to be a $1/f$ fluctuation. This fluctuation is a moderate combination of regularity and suddenness, predictability and deviation, and is said to provide a comfortable space and information and calm people's minds. The babbling of a stream, the sound of waves, and the flame of a candle are also $1/f$ fluctuations. This fluctuation has the power to relax, and since this effect can be obtained just by looking up at the stars, it is thought to be a method for relaxing that anyone can do. Stars also have the power to act on the sympathetic nerves and activate motivation. The worries and symptoms of depression, which is the most common reason for suicide among suicides, involve mental problems. There may be some improvement in people who have such troubles by trying to relax and activate their motivation. By gazing at the stars floating in the sky, it has the same function as looking into the distance, and it is possible to perform distant gaze training, a method of restoring eyesight. As a result, both the accommodative function, which is the function of the lens to focus objects at various distances on the retina, which is most important for visual acuity recovery, and the ability to shift the line of sight between objects at different distances from the observer. Effective visual acuity recovery can be expected by activating the action of vergence resolution, which is eye movement in which the eyes move in the opposite direction. Just by looking at the starry night sky like this, without realizing it, it affects the nerves of the body and helps the body recover. It can be expected to recover not

only physically but also mentally. "Have you ever felt calm in your heart by looking at the stars?" It's difficult to express in words and it's intangible, so I cannot show it visually, but I feel something different than usual. Fireworks are a simulated experience of the kind of sensation you feel in the stars. When you look up at the sky and see a bright light in your field of vision amidst the roaring sound, you will fall into a feeling of staring into silence. It is thought that it is related to ephemerality, the regrettable feeling, and the pleasant afterglow. The fact that the fireworks always disappear when they bloom and the desire to see the beautiful fireworks again creates a sense of regret. And the roaring sound peculiar to fireworks is also a point. Fireworks on TV don't really impress me, but when I actually see them, I think I'm moved. This is because the body receives vibrations from sound.

From this, it can be seen that the stars have a deep connection with people's spirits and are able to give healing to the target. Such a star can be seen equally by all people, and it appears at a fixed time every day, so it is thought that it is possible to improve mental health. However, it is important how this is spread.

4. Conclusion and Future Problems

I went to Kyushu on a study tour and I could see train marks in the train museum. They are used actually so they are very big objects and powerful on the wall. I did not know them but I remember now because it was impossible. To cause such a phenomenon, posting a board full of constellation myths and trivia can achieve the purpose. Through the board, I expect that people can feel the healing effects of the stars and constellations. Also, when your mental health is not good, people usually suggest having some hobbies and focusing on improving that. If you do that, you break out from reality and there are two ways to cure people's mental

health:doing something that can make you feel happy and become cheerful, and taking deep breaths to calm down. As mentioned above, if you are interested in stars, you are going to look up to watch the stars. By doing so, people can slow their breathing down and they can feel physically refreshed. Typical hobbies can be replaced by studying constellation myths. Constellation myths are not famous, but people can feel a deep connection with them. One can receive the positive effects as they would if they were playing sports, reading books, or other hobbies. People can focus on whatever they like. By arranging these things, it can improve a persons mental health, and possibly reduce the number of suicides.

5. Reflection

Through this research, I was able to realize the potential of stars and constellations in improving the lives of many. They can make people happy, calm and healing from just watching them. They have the power to affect all people from any part of the world, especially for those who are struggling with their mental health. As a future task, I would like to consider how to make a board for mental improvement using stars and where to post it. The first is whether the board will be made digitally or by hand. Digital production makes distribution easier, but digital details are likely to be ignored due to the recent prevalence of advertising. It is difficult and more timely to make it by hand, but if you can make it look appealing enough, you can expect it to attract a lot of attention and that information will spread on SNS and become known to many people. And if the place of notice is for students, it is possible to increase the chances that the notice will be seen by the students by posting it at the school. I think that schools might be good for working people, but there are too many notices at the station and it is not always possible to

read them. However, when it becomes possible to do this, I believe that it can save many people from suffering and help reduce the annual number of suicides and psychiatric hospital admissions.

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