

A Society Where Nobody Gets Left Behind

1. Motivation behind Research Paper

The topic I chose to research is about social isolation. Social isolation is a condition in which a person has no family interaction and no friends or acquaintances with whom he or she can easily contact. I chose it because the problem is very close to me. Another reason is that I wanted to research older people who ran into social isolation in the beginning but later it became difficult for me to research it. Thus, I think I can research younger people more easily than older people and I can make theories which have real power. The third reason is that I have many friends who refuse to go to school or go straight to the school nurse in school. As a result, I think I can know about how to support or help them if I research it. Then, I can imagine, "If people who are younger run into isolation from school or work" I think it is more effective for society than it is for older people. The goal of this essay is to raise awareness about this issue to help and find solutions for people who suffer from isolation.

2. Introduction

The aim of this paper is to solve the problem to help the people who fall into social isolation by using the internet and books. As I said before, My friends have some problems in daily life. In this way, not only, I want to know how to help alleviate the stress of people who have hardships and why they cannot contact other people

like family or friends. I want to issue how people who are surrounded by fall in social isolation can communicate with them. Nowadays, Japan has one of the highest suicide rates in the world. I consider it is one of the results of that become social isolation. I have some reasons why I think this. For example, the fact that daily school life or relationships and so on.

3. Results and Analysis

There are four main causes that have been identified. SNS: employment situation, Japan's distinctive self-reliant culture, and the stress from daily life.

【SNS】

The first cause of social isolation is the development of SNS. Recently, As you know, we use the internet to communicate instead of in person. For example, LINE, Twitter or Instagram is becoming a mainstream communication tool. In recent years, some young people do not like to communicate with people in person because of the development of SNS. For example, to read the situation and keep your mouth shut or become tired of reading it. However, It is not the only bad point. For instance, It will be easier to make relationships with other people and to convey ambiguous emotions and facial expressions. Then, you can tell your own opinion to others. As a result, communicating on the internet is very convenient for our generation, but this is very dangerous to cut relationships one-sidedly because the internet cannot reveal one's true opinions clearly and can give rise to misunderstanding.

【Employment situation】

The second reason is related to employment. This cause is not similar with teenagers but this is a lot of problems with younger people. Research shows that it has become more difficult for younger people to find jobs. Actually, the main cause is because the number of people who become unemployed due to delays in economic independence and mental independence, such as young people looking for jobs, and dispatch cuts, is increasing. Then, they cannot have any opportunities to connect with other people and they fall into social isolation. To solve these causes, it is important to think that people who are involved in problems belong to schools and companies, and do not hinder future potentials. Also, it is important to think that there is a problem with support if it is considered insufficient to use the support of people who can get a job like Hello Work. Therefore, if you leave it as it is, it may be a social cost, so it is necessary to create opportunities for interaction with society in addition to the connection with the minimum present person.

【Japan's distinctive self-reliant culture】

Why write about the unique culture of Japan? In order to create a social network, people need to have their own material, which is the culture of the country or their own. This problem has two main causes.

〈A culture that considers reticence to be a virtue〉

First, in Japan, there are many proverbs related to words, such as "*Kuchi wa wazawai no Moto.*" Silence in communication, that is, refraining from speaking or being humble and listener without assertiveness, is generally considered to make a good impression in recent Japanese society, so not saying much and being silent are still often considered virtues as in the past. In Japan, smooth human relationships

and ambiguity of language in public are emphasised, so they often refrain from making conflicting remarks in conversations with others. In addition, the reason why people who often speak out in Japan cannot be trusted is thought to be due to the deep-rooted tacit consciousness that "Don't put your true feelings into words." However, in other countries, being silent is considered negative in communication. Therefore, in today's globalized society, it is essential for people from different cultural backgrounds to clearly express their demands and desires in order to interact and communicate.

〈A culture that "Don't rely on people"〉

In Japan, many people think that relying on other people is a bad thing. This causes a system like "To be easy to live oneself" and it is effective because of war. Then, many people have come to think that is a bad attitude. I think this cause is not only about war. Some researchers have said that many people cannot rely on people who are not their own family. Japan is higher than the other six countries. If you refer to the graph about "How many younger people don't have advisers near them." This is the same result. Finally, it is thought that the result of continually holding back from relying on them as a nuisance avoidance often leads to mental insecurity and loneliness. One of the reasons for this is that, as a unique characteristic of Japanese society, people in need unconsciously have the impression or idea that those in need are "lazy," so that today, when a person in need calls for help, it is perceived as "spoiling" or an "inconvenience to others." The solution to this problem is to bridge the gap between those who are needy or troubled and those who are not, and to develop a system that makes life easier for everyone. However, I believe that this is impossible at this stage (in my position as a high school student). This is because it is not easy to suddenly establish laws and systems, and I do not think it is easy for

ordinary high school students to do so. However, I believe that this issue should not be ignored.

【The stress from daily life】

The last reason is “the stress from daily life”. For example, in PE class, One of the teams can have a very exciting time, but another team cannot enjoy the time. Rather, they will feel bad. Then, they will be frustrated because they do not find value in themselves. And this time, to do sports becomes a “stresser” and the result is that people get a stomachache in addition to other reactions. For example, headaches, stiff shoulders and shortness of breath. Sometimes it will be bad or take a long time. People will think badly of something that we call “depression”. If left unchecked, they will withdraw into their homes and lose motivation to do anything. In order not to increase isolation in this way, it is necessary to prevent depression. To do this, you need to know what you are stressed about and why you are stressed about it. One way to prevent this is to view things positively and change your way of thinking. It is believed that changing the way you think can make you feel better, which makes you more accepting of reality and gives you more time to sleep. If you do not get enough sleep, a person’s autonomic nerves and hormones will be out of balance, creating a body that is vulnerable to stress, resulting in a vicious cycle. The solution to this problem is generally to soak slowly in the bath, stretch lightly, or immerse yourself in a hobby. It is believed that stress is relieved by doing these things so that you can distance yourself from the source of stress and relax.

Conclusion and Future Problems

As a result, it is too difficult to solve this problem for senior high school students because they cannot change the law. But only because we should not give up on anything to solve it because we can solve it indirectly. For example, as I said, the causes of this problem are SNS, employment situation, Japan's distinctive self-reliant culture, and the stress from daily life. We can tell these things to other people how to solve this problem and what we can do. Specifically, it is about finding your comfortable place, relying on people you can rely on, and thinking positively. It is essential to know the importance of keeping in touch and letting others know about it so that you do not become isolated based on these points. What we can do for those affected is to be a little more aware of this issue, to keep in touch with people as much as possible, and to continue existing relationships. We thought that this would lead to a reduction in isolation.

4. Reflection

I learned that nowadays, people from all around the world suffer through problems such as “*hikikomori*” or social isolation. Therefore, I want to make my dream of relieving their pain come true even more. If possible, I want to research this problem more actively in university. For example, not only to meet the person who fall into social isolation. In addition, to search for solutions while facing the challenges of what can be done. In this way, I would like to challenge myself when I become a university student. Rather than giving up on the fact that I cannot do anything because I am a high school student, I want to find out what high school students can do other than just contact them and work to reduce isolation.

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