

A Study Supporting the Career Development of University Students Using a Career Counselor

Focusing on the characteristics of the conflicts of youth

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This study aims to show the characteristics of the depression and mental discord particular to younger generations on the basis of the social conditions that surround them. The study thus examines the correlations between gained experiences during university years and the approach to work after graduation, investigates resilience against anguish and mental discord, and highlights key realizations for younger people to be able to fully live their life. The method used is a series of semi-structured interviews with four women who graduated from university AND who have less than 10 years of working experience. The results revealed that: 1) the existence of depression and mental discord already began at the beginning of their university years, and 2) the increase of depression and mental discord became serious and was a disturbance to the women when job-hunting; along with others. Also revealed was a resilience against depression and mental discord, such as by “having one’s own directions,” “acting independently,” “having multiple groups that one belongs to,” “having an ability to relativize,” and “knowing how to learn.” In addition, it was shown that the job-hunting experience can promote the building of a negative relationship with the inner-self, which could cause a negative cycle of self-loathing accompanied by depression and mental discord. It is thus very necessary to establish support plans for younger people that promote the discovery of one’s self in the context of the present environment. Loathing one’s self instead of discovering such can causing negative feelings to arise regarding one’s idea of self worth, along with a decline in mental health.