

# **Rebuilding the Connections of the *Hikikomori***

– Narrations of opportunities in the experience of *Hikikomori* and the use of support organizations –

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*Hikikomori* is defined as a state in which a person is confined to their home for more than six months, avoiding social participation. It has been reported that the *hikikomori* amount to an estimated 696,000 people and is a serious social issue. Guidelines for supporting the *hikikomori* were made, but information regarding the beginning of support intervention is insufficient. This study interviewed *hikikomori* people and attempts to elucidate the process of and reasons for becoming a *hikikomori*. Particularly, I regarded opportunities of using a support organization as important. In addition, using the result, I thought about the supporter's roles. I interviewed 13 *hikikomori* people and analyzed the result using the modified grounded theory approach. The results showed that the process involving *hikikomori* lifestyle consists of the repetition of stability and instability. In addition, the results indicated that the supporter's role is to understand the process of *hikikomori* and involves making opportunities to take actions independently. Supporters do not decide the methods for this—the *hikikomori* decides the actions independently. Including family support and objective facts, it will be necessary to investigate this further in the future.