

A Study of the Problems of Fathers with Children in Hikikomori

- Based on interview surveys -

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Abstract

Hikikomori is the abnormal avoidance of social contact, which has become increasingly well-known, and it has long been a social problem. I have seen parents who strengthened their anxiety and was exhausted as their children gradually grew up to adults. I focused attention on four troubled fathers who have children of Hikikomori and investigated how to deal with and to face each problem. The purpose of this study is to clarify the process and changes of their problems. The four fathers participating in this study responded to semi-structured interviews, and these interviews were analyzed using the modified version of the grounded theory approach. As a result, 6 categories, 12 sub-categories, and 22 concepts were extracted. From these, a story line and a result diagram were created. As a result, the emotion that the fathers were short of information and knowledge, the feeling that the child rearing was not face from the front, the anxiety that can make harm from the child, the uneasiness of the eyes of the public, etc. became evident as problems. Moreover, as a result of the aging of the fathers and the impatience caused by the appearance of the time limit, it is clear that the father is asking that he wishes to the child to be withdrawn quickly. From the above, it is suggested that society's understanding of hikikomori who are adults has progressed, and that construction of family support including fathers is required.