

# Living with fluctuation

## Lessons from "Sputnik Sweetheart" by Haruki Murakami

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**Key words:** fluctuation, identity, moratorium

"What am I?" Though difficult to answer, this question is essential. Watching individuals following diverse paths finding themselves at a loss and fluctuating, I think it is helpful to think about the essence of life from the perspective of fluctuation. Although fluctuation has been taken as negative in psychological literature, it is present in the natural world and can provide ease and comfort. Therefore, I assume that it can be positive and important in our lives. One of the important elements of fluctuation is its influence on young people's identity and on the moratorium period. In this thesis, young people's way of life and their looking into the self and sometimes fluctuating are examined through the characters in the novel "Sputnik Sweetheart" written by Haruki Murakami. The characters look into themselves, make contact with each other, and go through various issues. The importance of fluctuation in life will be discussed through and examination of the way they struggle in their lives.