

## Using Social Media

Airi Ideno

Almost all people use social media, according to Pew Research Center, more than 70% of American adults use social media.<sup>1</sup> The most popular application was Facebook, following this Youtube and Instagram in 2018 in the world.<sup>2</sup> Social media is one of the reasons teens use smartphones, and this is important for people. Social media has some positive influences on people, but sometimes there is bad news due to social media. Social media is a good and useful stuff to get information quickly and contact with others who are in near and also far, but there are incorrect informations on social media because anyone can post a news article and the way of conveying news or information is different on different sites, and the understanding of the information also different by people. In fact, 42% of Americans get fake information from social media, according to serch of Statista.<sup>3</sup> This thesis will discuss how social media affects people including the positive and negative effects, the positive points and negative points and the solutions for the problems in using social media, in order to make sure how social media is, and people use it safely.

### I

There are several effects in using social media which are good and bad. The first effect is that using social media changed the way of communication in some situations such as for business and with friends. There are several ways to communicate such as personal messages or chat, group chat and online games. According to statista, WhatsApp and Facebook Messenger will occupy the top of popular chat applications in July of 2020.<sup>4</sup> Before the spread of social media, people communicated by using mail and calling, however people can communicate easily and fast with people all over the world by using social media. In addition, according to the Ministry of Internal Affairs and Communications, 36.7% in all companies use SNS marketing such as advertisement delivery and using sns accounts.<sup>5</sup> If social media users like the information and share it, this will contribute to the sales of the company. Moreover, companies can ask consumers opinions or advice. The Ministry of Internal Affairs and Communications says, the amount of SNS users is increasing especially among teens, so information transmission by social media is important.<sup>6</sup>

The second effect is that using social media becomes part of our life. Before people use social media, they get some information from TV or newspapers. However, some people still get information from newspapers, and many people, especially teens get information from social media.<sup>7</sup> According to the Cabinet office, 70 % of high school students used the internet including SNS over 3hours in a day in 2019, and 30 % of them use over 5 hours to communicate with their friends on messenger applications, watch videos on Youtube and get some news.<sup>9</sup> Instagram, Twitter and Facebook are popular applications in the world, not only these applications. There are study applications such as a dictionary, so social media is what people need.

However, there are also bad effects on using social media. One negative effect is that overuse of SNS leads to smartphone dependence. As mentioned above, Japanese high school students use SNS over 3 hours on a weekday, and the time on weekends is moreover. In America, where sns usage is high, 8 of 10 people depend on social media. Dependence on Social media also affects communication. The communication on social media which means non-

---

<sup>1</sup> Pew Research Center, "Demographics of social media users and adoption in the United States", Per Research Center, June 12, 2019

<sup>2</sup> Ortiz-Ospina, Esteban, "The Rise of Social Media", Our World in Date, September 19, 2019

<sup>3</sup> Amy Watson, "Traffic sources for fake news in the U.S. 2017", Statistics, November 21, 2019

<sup>4</sup> Clement J, "Most Popular Messaging Apps", Statista, July 24, 2020.

<sup>5</sup> 総務省, "平成 30 年通信利用動向調査の結果", May 31, 2019

<sup>6</sup> 総務省, "SNS がスマホ利用の中心に", soumu.go.jp, 2017

<sup>7</sup> Per Research Center, "Trends and Facts on Newspapers: State of the News Media", Pew Research Center's Journalism Project, July 9, 2019

<sup>8</sup> Shearer Elisa, "Social Media Outpaces Print Newspapers in the U.S. as a News Sources", Pew Research Center, December 10, 2018

<sup>9</sup> 内閣府, "高校生のネット利用時間は 1 日平均 4 時間 : 内閣府の実態調査", nippon.com, April 23, 2020

language communication causes misunderstandings, and it leads to quarrel and bullying.<sup>10</sup> In addition, language skills become lower because people use abbreviations and computers give them the spells.<sup>11</sup>

## II

There are two good and bad points for each to use social media. To begin with, these are some reasons why people use social media because of what benefits there are. One of the advantages is that social media is useful in education.<sup>12</sup> Some states of Australia bans the use of social media, but some of them use social media in education. Young people tend to get information from social media, so education institutions provide information by using social media such as Google plus, Youtube and Facebook. Students in Western Sydney Universities work with other countries' students through social media.<sup>13</sup> Not only face to face classes, the distance learning is being done by using social media. The distance learning opportunities of American students increased 34% from 2016 to 2018.<sup>14</sup> In this way, students can learn by interacting with people from different countries, can take classes from different countries, and also children who cannot go to school can participate in classes from their home. Moreover, this can be said in business. Secondly, social media is a good way to express oneself. People can express themselves on social media such as posting a photo of themselves or commenting on someone else's post. Famous people also post a photo and describe their opinion on social media.

However, there are also some disadvantages in social media. One disadvantage is that using too much social media may lead to a decline in communication skills. It reduces face to face communication skills because people depend on the keyboard to communicate messages.<sup>15</sup> According to Live Person, people aged 20 to 30 prefer face to face communication to communicate online in western countries.<sup>16</sup> Secondly, some problems happen such as cyberbullying and cybercrime due to being not able to see each other's face and not being able to delete information once posted completely. According to the Research Center, the percentage of people who experienced cyberbullying increased from 20.8% in 2010, when smartphones became more popular to 36.5% in 2019.<sup>17</sup><sup>18</sup> Moreover, According to Pew Research Center, 41% of American adults have experienced online harassment such as sexual harassment and cyberstalking.<sup>19</sup>

## III

There are several solutions for the problem that is about incorrect information on social media for people to get involved with social media. One of the solutions is people need to look for the sources of the information to prevent inputting incorrect information.<sup>20</sup> Anyone, even though not a company or organization, can post or share their own opinions and those of others they share. Therefore, they may see some uncertain information. According to a search of Statistics, 49% of American adults have shared fake news which they got from social media without knowing it was fake, and 31% of American children and teens shared incorrect information in 2017.<sup>21</sup><sup>22</sup> Because this happened they did not check the sources that this is a reliable source of information. If they check the source of the information

---

<sup>10</sup> The Education Magazine, "How Social Media Effects Communication?", The Education Magazine, March 16, 2020

<sup>11</sup> Final Inquiry Projects, "The Negative Impacts of Social Media on Face-to-Face Interactions", Final Inquiry Projects, December 1, 2015

<sup>12</sup> Dr Philippa Collin, University of Western Sydney Ms Kitty Rahilly, Inspire Foundation, Dr Ingrid Richardson, Murdoch University Dr Amanda Third, University of Western Sydney, "The Benefits of Social NetWorking Services", 2011

<sup>13</sup> LONDON COLLEGE OF INTERNATIONAL BUSINESS STUDIES, "The Role of Social Media in Education," LONDON COLLEGE OF INTERNATIONAL BUSINESS STUDIES, 2019

<sup>14</sup> Erin Duffin, "U.S. student distance learning enrollment 2018", Statistics, 2020

<sup>15</sup> Marily Price-Mitchell, PhD, "Teens Discuss Disadvantages of Social Networking", ROOTS of ACTION, 2020

<sup>16</sup> "Press Releases", LIVE PERSON, 2017

<sup>17</sup> Cyberbullying Research Center, "2010 Cyberbullying Data", CYBERBULLYING RESEARCH CENTER, 2015

<sup>18</sup> Justin W. Patchin, "2019 Cyberbullying Data", CYBERBULLYING RESEARCH CENTER, 2020

<sup>19</sup> Maeve Duggan, "Online Harassment 2017", Pew Research Center, 2020

<sup>20</sup> Fraser Hall Library, " Elections and politics information: Voting information and resources", Fraser Hall Library, 2021

<sup>21</sup> Amy Watson, "Online sharing of fake NEWS u.s. 2019", Statistics, October 12, 2020

<sup>22</sup> Amy Watson, "Fake news sharing children 2017", Statista, April 06, 2018

and the sender is anonymous, it is not credible, and even if it is not anonymous, they need to judge for themselves that it is credible information. The information from the government or other organizations that specialize in the topic is often reliable, so it is a good source of information.

As a second solution, they need to take the time to look at several articles or sites.<sup>23</sup> The newspaper and television companies that send out the sources of information are doing it as a part of their job, so they may make up stories to make their readers feel better. In other words, Each company has its own way of telling a single news story and its own breadth of coverage. In addition, not only to check the source of the information, but also they need to check when the article was published. It is important to get the latest information in order to get credible information. Some information does not change much over the years, but some information can change in a matter of days or hours. New news will be posted as breaking news, so they can avoid misinformation by looking at the most credible sites in the news.

#### IV

In conclusion, there are some effects both good and bad. The way to communicate and the speed changed by using social media, and this is used in some situations. Moreover, social media has become essential to people, especially teens. However, using social media has also bad effects such as it leads to smartphone dependence and leads to less communication. In my opinion, the reason why this is important to people is it is a good way to grow and expand their community. Social media will spread more with the development of IT technology, and social media will be used moreover in various situations such as education in the future.

In addition, there are both advantages and disadvantages to using social media. As good points, this is useful in various situations such as for education and expressing oneself, on the other hand, as bad points, using social media sometimes leads to a decline in face to face communication skills and being a cause of cyberbullying and cybercrime. Social media is not only a fun tool but also a useful service for everyone, but it sometimes becomes a dangerous item to harm users or others. In my opinion, people will be able to use social media easily, and also it will be used in various situations, especially in education and business, by the development of IT technology in the future. This is because as I mentioned above, people can participate in the same program even if they are far away from each other, making progress efficient and easy.

In order to use social media safely, to find the source of the information and check some sites are necessary to get correct information. In addition, if they share information, the person who was shared needs to do these more, and if they are shared by someone else, the same applies. In my opinion, it is not only adults who use social media, but also teenagers and children use it, so they need to be more careful in using it.

#### Bibliography

- Amy Watson, "Fake news sharing children 2017", Statistics, April 06, 2018, accessed December 10, 2020, <https://www.statista.com/statistics/685800/fake-news-sharing-children/>
- Amy Watson, "Online sharing of fake NEWS u.s. 2019", Statistics, October 12, 2020, accessed December 10, 2020, <https://www.statista.com/statistics/657111/fake-news-sharing-online/>
- Amy Watson, "Traffic sources for fake news in the U.S. 2017", Statistics, November 21, 2019, accessed December 10, 2020, <https://www.statista.com/statistics/672275/fake-news-traffic-source/>
- ASPEN IDEAS FESTIVAL, "How to stop the spread of fake news on social media", ASPEN IDEAS FESTIVAL, June 25, 2018, accessed December 10, 2020, <https://www.aspenideas.org/articles/how-to-stop-the-spread-of-fake-news-on-social-media>
- Clement, J, "Most Popular Messaging Apps", Statista, July 24, 2020, accessed August 28, 2020, <https://www.statista.com/statistics/258749/most-popular-global-mobile-messenger-apps/>
- Cyberbullying Research Center, "2010 Cyberbullying Data", CYBERBULLYING RESEARCH CENTER, October 26, 2015, accessed October 27, 2020, <https://cyberbullying.org/2010-data>

---

<sup>23</sup> ASPEN IDEAS FESTIVAL, "How to stop the spread of fake news on social media", ASPEN IDEAS FESTIVAL, June 25, 2018

Dr Philippa Collin, University of Western Sydney Ms Kitty Rahilly, Inspire Foundation, Dr Ingrid Richardson, Murdoch University Dr Amanda Third, University of Western Sydney, "The Benefits of Social NetWorking Services", April, 2011, accessed October 27, 2020, [https://www.uws.edu.au/\\_\\_data/assets/pdf\\_file/0003/476337/The-Benefits-of-Social-Networking-Services.pdf](https://www.uws.edu.au/__data/assets/pdf_file/0003/476337/The-Benefits-of-Social-Networking-Services.pdf)

Erin Duffin, "U.S. student distance learning enrollment 2018", Statistics, May 5, 2020, accessed October 27, 2020, <https://www.statista.com/statistics/944245/student-distance-learning-enrollment-usa/>

Esteban Ortiz-Ospina, "The rise of social media", Our World in Data, September 18, 2019, accessed October 27, 2020, <https://ourworldindata.org/rise-of-social-media>

Final Inquiry Project, "The Negative Impacts of Social Media on Face-to-Face Interactions", Final Inquiry Project, December 1, 2015, accessed August 28, 2020, <https://rampages.us/peasedn200/2015/12/01/final-inquiry-project/>

Fraser Hall Library, "Elections and politics information: Voting information and resources", Fraser Hall Library, accessed December 10, 2020, <https://libguides.geneseo.edu/ElectionsAndPolitics/SocialMediaLies>

Justin W. Patchin, "2019 Cyberbullying Data", CYBERBULLYING RESEARCH CENTER, October 16, 2020, accessed October 27, 2020, <https://cyberbullying.org/2019-cyberbullying-data>

LIVE PERSON, "Press Releases", LIVE PERSON, October 17, 2017, accessed October 27, 2020, <https://pr.liveperson.com/index.php?s=43&item=504>

LONDON COLLEGE OF INTERNATIONAL BUSINESS STUDIES, "The Role of Social Media in Education", LONDON COLLEGE OF INTERNATIONAL BUSINESS STUDIES, January 24, 2019, accessed October 27, 2020, <https://www.lcibs.co.uk/the-role-of-social-media-in-education/>

Maeve Duggan, "Online Harassment 2017", Pew Research Center, September 18, 2020, October 27, 2020, <https://www.pewresearch.org/internet/2017/07/11/online-harassment-2017/>

Marilyn Price-Mitchell, PhD, "Teens Discuss Disadvantages of Social Networking", ROOTS of ACTION, October 2, 2020, accessed October 27, 2020, <https://www.rootsofaction.com/disadvantages-of-social-networking/>

Pew Research Center, "Demographics of Social Media Users and Adoption in the United States", Pew Research Center, June 5, 2020, accessed August 28, 2020, <https://www.pewresearch.org/internet/fact-sheet/social-media/>

Pew Research Center, "Trends and Facts on Newspapers: State of the News Media", Pew Research Center's Journalism Project, February 4, 2020, accessed August 28, 2020, <https://www.journalism.org/fact-sheet/newspapers/>

Shearer Elisa, "Social Media Outpaces Print Newspapers in the U.S. as a News Source", Pew Research Center, December 10, 2018, accessed August 28, 2020, <https://www.pewresearch.org/fact-tank/2018/12/10/social-media-outpaces-print-newspapers-in-the-u-s-as-a-news-source/>

The Education Magazine, "How Social Media Effects Communication?", The Education Magazine, March 16, 2020, accessed August 28, 2020, <https://www.theeducationmagazine.com/word-art/social-media-affects-communication/>

総務省, "平成 30 年通信利用動向調査の結果", 2019. accessed August 28, 2020, [https://www.soumu.go.jp/johotsusintokei/statistics/data/190531\\_1.pdf](https://www.soumu.go.jp/johotsusintokei/statistics/data/190531_1.pdf)

総務省, "SNS がスマホ利用の中心に", soumu.go.jp, 2017, accessed August 28, 2020, <https://www.soumu.go.jp/johotsusintokei/whitepaper/ja/h29/html/nc111130.html>

内閣府, "高校生のネット利用は 1 日平均 4 時間: 内閣府の実態調査", nippon.com, June 1, 2020, accessed August 28, 2020, <https://www.nippon.com/ja/japan-data/h00707/>

## How Capital Punishment Should Be

Aoi Tanabe

Currently, more and more countries have decided to stop capital punishment. According to the Japan Federation of Bar Associations, in 2018 the number of countries that stopped capital punishment was 142, however there were 56 countries that continue to have capital punishment.<sup>24</sup> As you know, in Japan, there is capital punishment still now and executions happen every year, except in 2011.<sup>25</sup> According to a report of the Cabinet Office in 2018, the percentage of people who answered opposition of capital punishment was only 9.7%.<sup>26</sup> Therefore, it can be understood that capital punishment becomes familiar with Japan and citizens, but a tenth of the people oppose it. In this essay, I will discuss about some advantages and disadvantages of capital punishment, compare punishments of Japan and Canada, which abolished the capital punishment, and solutions if the capital punishment is abolished in Japan in order to decide how the punishments should be in Japan.

### I

To begin with, there are several benefits of capital punishment to continue. First of all, it costs to detain prisoners in many scenes because they should be given something to eat and there are fuel and light expenses. According to the Ministry of Justice, the number of Inmates Sentenced to Death was 132 in 2012.<sup>27</sup> However, the number of people who were sentenced to life imprisonment was 1826 in the same year.<sup>28</sup> Therefore, it can be said that life imprisonment costs more than capital punishment because it has many more criminals. Moreover, the average prison time of capital punishment is about 5 years,<sup>29</sup> but imprisonment for life has to keep criminals until they die, so executing capital punishment is expensive, but it is lighter when it compares with time and number of people. Secondly, many family members of victims hope their criminals to be executed by capital punishment, so this death penalty is important for families. If their family member was killed, it is common for bereaved family members to want the murderer to be executed, so capital punishment has been an important way to promote a sense of justice for the victims. Finally, some people say that capital punishment is unlawful, but capital punishment is allowed in the Japanese Constitution.<sup>30</sup> There are many steps to decide that the judgement is true to carry out the capital punishment in the law, so it cannot be said that capital punishment is unconstitutional.

However, there are some negative points of capital punishment. Firstly, countries should not kill criminals for moral reasons even though they committed the serious crimes. In fact, according to Semon Frank Thompson, who was the supervisor of Oregon State Penitentiary, his being personally involved in criminals' executions forced him into a deeper reckoning with his feelings about capital punishment.<sup>31</sup> In Japan, capital punishment may affect connected people's mental health for example lawyers, supervisors, and doctors. For doctors, they have to confirm criminals' deaths, so it is sometimes a big impact for doctors to go against their oath to protect people's health. Thirdly, if the judgment was wrong and a wrongfully convicted person is executed, it means that the nation has killed an innocent

---

<sup>24</sup> 日本弁護士連合会, “死刑制度いる？いない？” October 2019

<sup>25</sup> nippon.com, “死刑の執行件数の推移,” December 26, 2019

<sup>26</sup> 内閣府 (Cabinet Office), “基本的法制度に関する世論調査 2. 調査結果の概要” accessed August 28, 2020

<sup>27</sup> Ministry of Justice, “近年における死刑確定者数等” February 2, 2012

<sup>28</sup> 楊井人文 “FactCheck 「日本の無期懲役は一生刑務所ではなく、出所してくるのが通例」は本当か? (楊井人文) - Yahoo!ニュース” December 20, 2019

<sup>29</sup> 阿部峻介 酒本友紀子 and 朝日新聞デジタル “元刑務官「心臓がどくと動いていた」死刑制度考える：朝日新聞デジタル” 朝日新聞デジタル, August 27, 2018

<sup>30</sup> ProCon.org, “Top 10 Pro & Con Arguments - Death Penalty - ” Death Penalty, December 9, 2016

<sup>31</sup> Semon Frank Thompson, Jr. “Death Penalty - ProCon.org,” Death Penalty, January 3, 2020

person. Finally, courts have to take a very long time to judge serious crimes if the sentence might be capital punishment; therefore, it is often very expensive for the government.

## II

To begin with, Canada is one of the countries that made the decision to abolish the capital punishment and it was abolished in 1976.<sup>32</sup> In addition, the last capital punishment was executed on December 11th in 1962<sup>33</sup>, so there is a big different value of the capital punishment between in Japan and Canada. However, there are some opinions that propose to abolish this punishment in Japan and the United Nations has been recommending to stop the death penalty to Japan. There are many reasons why people oppose capital punishment, for example, everyone has an inalienable human right to life, even though they commit murder; sentencing a person to death and executing them violates that right, and it is possible to execute death penalty people who are not related to crimes because of wrong judgement and judgement system.<sup>34</sup> If the capital punishment is abolished, what will be the heaviest punishment which can be instead of death penalty would be the biggest problem among citizens. On the one hand, there are several important facts of Japanese capital punishment. First, I focus on history of the capital punishment. The first decision of capital punishment is Taiho legal code which was established in 701.<sup>35</sup> There were some rules to decide that what kind of people should be executed the capital punishment; “If you wound others, you will be died by hanging.” “If you kill others, you will be killed by the sword.” Next, it is found that capital punishment executed the most severely in Civil War era. There were many cruel ways of it, for example, tearing people in two by tying their legs to two carts moving in opposite directions, tear by bulls (the same method of tear by carts), burn people to death at the stake, and there were more various methods to kill citizens even though it was not clear that they were criminals. Additionally, the new penal code was found in 1882, Meiji period. This penal code determined that the method of capital punishment is only hanging because their bodies do not be broken up. In this period, they considered that it is not good to tear people’s bodies which were executed during the Civil War era. Therefore, they changed to hanging and it has been continuing until today. Next, I will introduce what kind of criminals can be executed capital punishment is. In Japan, 18 crimes are determined to value of capital punishment, for example, insurrection, murder, make explosion to kill many people and buildings. Moreover, the murder which was planned welll to kill some people tends to worthy of the capital punishment.<sup>36</sup> Finally, there are some differences in the method to spend in the jail between prisoners and condemned criminals.<sup>37</sup> Prisoners’ jobs in the jail are mainly working. They expiate their guilt by doing very hard work. However, condemned criminals atone for their crimes by dying, so they do not have to work in the jail like prisoners. In addition, it allows them to wear their own clothings and change their hair style freely for condemned criminals. Therefore, they can spend time much more freely than other prisoners under Japanese law. On the other hand, there are very different characteristics of Canadian punishments. To begin with, one of the oldest capital punishments was executed on August 26th in 1749.<sup>38</sup> In addition, until 1859, capital punishment was used under English law in Canada and about 230 criminals were carried out as the capital punishment. After that, it

---

<sup>32</sup> Capital Punishment and Canada “The History,” Home, accessed September 9, 2020

<sup>33</sup> CBC/Radio Canada, “Capital Punishment in Canada | CBC News,” CBCnews June 7, 2010

<sup>34</sup> BBC “Ethics - Capital Punishment: Arguments against Capital Punishment,” accessed November 27, 2020

<sup>35</sup> 弁護士法人 泉総合法律事務所, “日本における死刑制度: 執行手続や適用犯罪、廃止論などについて: 弁護士法人泉総合法律事務所,” 刑事事件に強い弁護士に無料相談 | 東京・神奈川・埼玉・千葉 | 泉総合法律事務所 June 12, 2019

<sup>36</sup> 刑事事件弁護士ナビ, “死刑になる犯罪は 18 種類 | 主な罪名と死刑執行までの流れ | 刑事事件弁護士ナビ,” February 25, 2020

<sup>37</sup> TV Tokyo, “モリのアサガオ : モリのアサガオ豆知識 : テレビ東京 公式サイト” accessed September 29, 2020

<sup>38</sup> Capital Punishment and Canada “The History,” Home, accessed September 29, 2020,

continued with Canadian law for a while. Then, capital punishment was abolished under Canadian law in 1976,<sup>39</sup> but it was allowed under the National Defect Act, so it could not be said that capital punishment was abolished completely. Moreover, in 1987, there was a poll to decide they should allow capital punishment again in the law, but there were more people who opposed it than people who agreed. Then, capital punishment could be abolished completely in 1998. Therefore, Canadian law has the other penalty which has the same value with capital punishment and can be used instead of it. The heaviest punishment in Canada is life imprisonment for 25 years without parole. Therefore, there is less information about the history of capital punishment than Japan, but there are more with opposing opinions about capital punishment in Canada.

### III

Lastly, in Japan, the capital punishment is supported by many citizens, but there are some opinions that propose to abolish this punishment in Japan and the United Nations has been recommending to stop the death penalty to Japan. There are many reasons why people oppose capital punishment, for example, everyone has an inalienable human right to life, even though they commit murder; sentencing a person to death and executing them violates that right, and it is possible to execute death penalty people who are not related to crimes because of wrong judgement and judgement system.<sup>40</sup> If the capital punishment is abolished, what will be the heaviest punishment which can be instead of death penalty would be the biggest problem among citizens, so I will suggest two patterns of punishments.

First of all, a life imprisonment can be one of the most strongest penalties after abolishing capital punishment.<sup>41</sup> In Japan, life imprisonment generally means that prisoners can be released from jail after many years, but they must work very hard to reimburse their crimes before release.<sup>42</sup> In addition, Japanese law allows them to go back to society after discharging, so these experiences in jail can be necessary components to restart life in society.

Moreover, life imprisonment allows prisoners to execute parole. Releasing and parole may sound that criminals can spend lives outside of jail and their lives come back and get free lives. However, parole brings very serious facts to these criminals.<sup>43</sup> For criminals, they have been working for a long time in jail, so they do not know how the outside world of jail has changed, so prisoners may be afraid of many things in society, so it can not be said that parole is a good system for criminals. Therefore, life imprisonment with parole can be a strict penalty for criminals who have spent a very long time in jail and experience the strict facts in society.

Secondly, the life sentence without parole will be the best penalty as instead of capital punishment. Looking at other countries, the life sentence is the most common punishment as the heaviest one. In addition, victim's families often prefer LWOP, which means the life sentence without parole,<sup>44</sup> to the uncertainty and spectacle of the death penalty.<sup>45</sup> However, there are some types of the life sentence, for example, in western Europe, the life sentence means that criminals have to be prisoners for 12-25 years, and after that, they can be an object of parole. In addition, most countries of Europe decide the limit of life sentence, so criminals have the opportunity to be released even though they have decided the life sentence. On the other hand, all states of the USA define that the life sentence should not allow parole, so prisoners have no chances to be released on parole.<sup>46</sup> Therefore, it is certain that life

---

<sup>39</sup> The Canadian Encyclopedia, "Capital Punishment," January 15, 2016

<sup>40</sup> BBC, "Ethics - Capital Punishment: Arguments against Capital Punishment," accessed November 27, 2020

<sup>41</sup> Caribbean Death Penalty Research, "Alternatives to the Death Penalty," July 2, 2018

<sup>42</sup> 楊井人文 "FactCheck 「日本の無期懲役は一生刑務所ではなく、出所してくるのが通例」は本当か? (楊井人文) - Yahoo!ニュース" December 20, 2019

<sup>43</sup> Nolo, "Conditions of Parole," www.nolo.com, June 19, 2019

<sup>44</sup> "死刑廃止と拘禁刑の改革を考える～寛容と共生の社会をめざして～," 死刑廃止と拘禁刑の改革を考える, October 6, 2016

<sup>45</sup> Death Penalty Information Center, "Sentencing Alternatives." December 30, 2003

<sup>46</sup> The Reeves Law Group, "Fact or Fiction: Not All 'Life Sentences' Around the World Are Actually for Life," Diane Bukowski on November 20th and Name \*, December 18, 2015,

imprisonment can be the heaviest punishment and instead of the death penalty in Japan, too. In fact, according to the Japan Federation of Bar Associations, which referred to the data of the Cabinet Office, 35.1% of respondents supported the abolishment of capital punishment if the life sentence is lead and becomes instead of the death penalty, and 52% of answers still opposed. However, this opposed percentage becomes much lower than the answers which just opposed the capital punishment. From these datas, it is better to lead the life sentence without parole in Japan and it will be a strict punishment which can be an instead of the death penalty.

#### IV

In conclusion, capital punishment has several advantages and disadvantages, so to decide the value of capital punishment is very difficult. However, I think capital punishment has more advantages than disadvantages. This is because there is no need to protect the criminals who killed others and the capital punishment is important for victims and their families. However, I would like to change my opinion by comparing the punishments of Japan and Canada because there is not a big difference in the proportion of murders between these two countries. The percentage of murders, which was calculated per 100 thousand people, in Japan is 0.26% and the same data in Canada is 1.76%.<sup>47</sup> Japan has less percentage of murders than Canada, but the percentage of Canada is classified as less when compared with other countries in the world. Even though the capital punishment has more advantages, I think it is better not to kill criminals in moral aspect if the capital punishment does not have big effect to defend criminals. This is because executive the capital punishment means the government kill its citizens though they are criminals. Therefore, Japan should abolish the capital punishment and I consider that the life sentence without a parole is the best way for criminals to reimburse their stains as instead of the capital punishment. This is because if criminals are determined to have capital punishment, they do not have to work as other criminals and they have a lot of free time until executing. The main way to compensate condemned criminals' matters is to be executed capital punishment and die. However, I think this system is not strict for these criminals. I do not understand that just dying is the best way for them, they have to work and live a more strict life because all condemned criminals killed people and took their lives. Therefore, I think capital punishment should be abolished and condemned criminals have to execute the life sentence without parole and continue working forever in the jail.

#### Bibliography

- Capital Punishment and Canada: The History, Home, accessed September 9, 2020, <https://capitalpunishmentincanada.weebly.com/capital-punishment-and-canada-the-history.html>.
- Capital Punishment in Canada | CBC News, CBCnews (CBC/Radio Canada, June 7, 2010), <https://www.cbc.ca/news/canada/capital-punishment-in-canada-1.795391>.
- Capital Punishment, The Canadian Encyclopedia, January 15, 2016, <https://thecanadianencyclopedia.ca/en/article/capital-punishment>.
- Diane bukowski on November 20th and Name \*, "Fact or Fiction: Not All 'Life Sentences' Around the World Are Actually for Life," The Reeves Law Group, December 18, 2015, <https://www.robertreeveslaw.com/blog/life-sentences/>.
- Ethics - Capital Punishment: Arguments against Capital Punishment, BBC (BBC), accessed November 27, 2020, [https://www.bbc.co.uk/ethics/capitalpunishment/against\\_1.shtml](https://www.bbc.co.uk/ethics/capitalpunishment/against_1.shtml).
- GLOBAL NOTE グローバルノート – 国際統計データ専門サイト, "世界の殺人発生率 国別ランキング・推移 – Global Note" July 22, 2020, <https://www.globalnote.jp/post-1697.html>.
- Ministry of Justice, 近年における死刑確定者数等" February 2, 2012 <http://www.moj.go.jp/content/000096613.pdf>.

---

<sup>47</sup> GLOBAL NOTE グローバルノート – 国際統計データ専門サイト, "世界の殺人発生率 国別ランキング・推移 – Global Note," July 22, 2020,



nippon.com, 死刑の執行件数の推移,” May 31, 2020, <https://www.nippon.com/ja/features/h00239/>.  
Nolo, “Conditions of Parole,” www.nolo.com (Nolo, June 19, 2019), <https://www.nolo.com/legal-encyclopedia/conditions-of-parole.html>.  
Semon Frank Thompson, Jr. - Death Penalty - ProCon.org, Death Penalty, January 3, 2020, <https://deathpenalty.procon.org/source-biographies/semon-frank-thompson/>.  
Sentencing Alternatives.” Death Penalty Information Center, December 30, 2003. <https://deathpenaltyinfo.org/policy-issues/sentencing-alternatives>.  
Top 10 Pro & Con Arguments - Death Penalty - ProCon.org,” Death Penalty, February 18, 2020, <https://deathpenalty.procon.org/top-10-pro-con-arguments/>.  
TV Tokyo, モリのアサガオ : : モリのアサガオ豆知識 : テレビ東京 公式サイト,” テレビ東京トップページへ, accessed September 29, 2020 <https://www.tv-tokyo.co.jp/moriasa/special/trivia02.html>.  
阿部峻介 酒本友紀子 and 朝日新聞デジタル “元刑務官「心臓がどくんと動いていた」死刑制度考える : 朝日新聞デジタル,” 朝日新聞デジタル (朝日新聞デジタル, August 27, 2018), <https://www.asahi.com/articles/ASL8K44YNL8KULZU006.html>.  
死刑になる犯罪は 18 種類 | 主な罪名と死刑執行までの流れ | 刑事事件弁護士ナビ, February 25, 2020 <https://keiji-pro.com/columns/181/>.  
死刑廃止と拘禁刑の改革を考える～寛容と共生の社会をめざして～ October 6, 2016, [https://www.nichibenren.or.jp/library/ja/jfba\\_info/organization/data/59th\\_keynote\\_report3\\_3.pdf](https://www.nichibenren.or.jp/library/ja/jfba_info/organization/data/59th_keynote_report3_3.pdf).  
内閣府 (Cabinet Office), 基本的法制度に関する世論調査 2 調査結果の概要 accessed August 28, 2020, <https://survey.gov-online.go.jp/h26/h26-houseido/2-2.html>.  
日本弁護士連合会, 死刑制度いる? いない?” October 2019 [https://www.nichibenren.or.jp/library/ja/publication/booklet/data/shikeiseido\\_yesno.pdf](https://www.nichibenren.or.jp/library/ja/publication/booklet/data/shikeiseido_yesno.pdf).  
弁護士法人 泉総合法律事務所, “日本における死刑制度: 執行手続や適用犯罪、廃止論などについて: 弁護士法人泉総合法律事務所,” 刑事事件に強い弁護士に無料相談 | 東京・神奈川・埼玉・千葉 | 泉総合法律事務所, June 12, 2019 <https://izumi-keiji.jp/column/houritsu-gimon/death-penalty>.  
楊井人文 “FactCheck 「日本の無期懲役は一生刑務所ではなく、出所してくるのが通例」は本当か? - Yahoo!ニュース,” Yahoo!ニュース 個人, December 20, 2019 <https://news.yahoo.co.jp/byline/yanaihito/fumi/20191215-00155011/>.

## Japanese Borrowing Festival Culture

Asa Nishimura

In recent years, there are several festivals that are held in many countries like Christmas, Halloween, Valentine’s Day, or Easter. These festivals have their own original cultures and are spreading, but the way to celebrate varies from country to country. This essay will focus on borrowing festival culture in Japan, because I am interested in the way to celebrate foreign festivals. Also, some foreigners are surprised at how Japanese people enjoy festivals, especially Christmas, because most websites about Japanese Christmas have titles that include the words like “unique”, “weird”, or “surprising”. Japanese people hold such festivals just for fun, but the way to celebrate is often customised to fit Japanese culture. In addition, a lot of Japanese do not know the meanings or origin of festivals as well as most of them misunderstand the meanings. They also celebrate Japanese original festivals and most Japanese people think that they have numerous festivals that originated in Japan like Hinamatsuri or Tanabata, but those holidays and celebrations come from China. Many Japanese festivals come from other countries, and a lot of Japanese people do not know this fact. Since the end of World War II, Japan has introduced many foreign festivals or holidays. In fact, there are a few Japanese who celebrate Christmas as one of the important religious events, but others just have fun with eating, holding parties, or spending time with loved ones. Many Japanese enjoy foreign holidays without realizing that they are contributing to the economy. As more people celebrate other festivals, more companies sell and create products to make money. This essay will compare the different ways to celebrate Christmas in Japan and the UK, and

discuss the causes and effects of celebrating festivals originally from other countries in Japan to decide whether Japanese ways to celebrate such holidays are received positively or negatively by people outside of Japan.

## I

First of all, I am going to introduce Christmas in the UK. The UK has their own original tradition and the way to celebrate Christmas is famous around the world. Firstly, who they spend Christmas with is different from Japan. Most British people spend Christmas with their family at home and Christmas is like “obon” in Japan. A lot of people who live far from home come back to their hometown during Christmas to celebrate with their family and Christmas is one of the special days of the year for them. If there is someone who does not or can not go back home such as international students, some friends will welcome their family.<sup>48</sup> A second topic is about town. Christmas is a holiday, so most restaurants and shops are closed from the afternoon of 24th to 25th. As I mentioned, there is a tradition of not going out on Christmas and spending time with family. Additionally, the price of an airline ticket will be expensive because there are a lot of people who go back home. Therefore, it is difficult to travel away and a lot of people choose to stay and have dinner at home.<sup>49</sup> Another major example is Christmas meals. The typical Christmas dinner in the UK is turkey, especially a roasted one. They eat it with carrots, brussels sprouts, or mashed potatoes, also gravy is an essential sauce for turkey. Most families make roast turkey themselves and prepare it in the morning. Before they have dinner, they pop the poppers then start to eat. Wearing paper crowns while having dinner is one of the traditions of Christmas. Christmas pudding is a traditional Christmas dessert in the UK. This is made of 13 ingredients and it contains many dried fruits. Many people start to make it 1 month before and a few people start to make it 1 year before Christmas. When they eat it, they put rum and flambé it. People make a wish when they mix the ingredients. Some people put coins or rings in Christmas pudding and enjoy fortune telling. Recently, it is sold at the supermarkets, so it is easy to get and eat it.<sup>50</sup> Turning to the Japanese Christmas, it is completely different from the British one. Most British people spend Christmas with their family, on the other hand, a lot of Japanese think that Christmas is a time to spend with their partner. Many Japanese use the word “kuribocchi” which means people who do not have any partner or friend to spend Christmas with. It is said that people who have a boyfriend or girlfriend should spend Christmas with their partner. Many towns are decorated during Christmas time in Japan. There are a lot of decorations like illuminations or Christmas trees. Recently, many illuminations are LED lights to be environmentally friendly and projection mapping is becoming popular. A lot of shops are closed in the UK, even though most shops and restaurants are open as well as usual. Therefore, a lot of people buy presents and they have special dinners at restaurants. Lastly, Japanese people eat their original traditional meals. Fried chicken is often eaten on Christmas day, so they buy it at the supermarket or KFC. KFC is very popular especially on Christmas, so it is the busiest time of the year. From 1974, the advertisement that is called “Kentucky for Christmas!” has started. It makes people think that they eat fried chicken on Christmas. It is estimated that about 3.6 million families order fried chicken on Christmas. According to Intage, about 42% of Japanese people eat strawberry cakes on Christmas or days before or after Christmas. Japanese company, Fujiya, made strawberry cakes to sell their products. At that time, cakes were eaten by only wealthy people and were not popular. Therefore, Fujiya advertised “eat strawberry cakes on Christmas”. The reasons why Fujiya uses strawberries are red and white called “kouhaku”, which are considered lucky and the colors show santa. Then, most Japanese people came to think eating strawberry cakes on Christmas is normal.<sup>52</sup>

## II

There are several reasons why the Japanese imported many festivals or holidays from foreign countries. First of all, internationalization is one of the major causes of Japanese borrowing festival cultures. The number of foreigners has increased a lot compared to the past. From 2012 to 2018, it increased to about 600 thousand foreigners in Japan. In 2012, around 2 million non-Japanese people were in Japan, but in 2018, 2.6 million people from foreign countries lived in Japan. Moreover, to solve Japan's hyper-aging society, the government is considering accepting more foreigners to increase workers.<sup>53</sup> In addition, more and more companies have advanced into overseas markets to get more revenue. Many foreign companies have advanced into Japan as well. From 2005 to 2017, the number of

---

<sup>48</sup> イギリス さかもっちゃん, “HOME,” エイゴのハテナ, 2017.09.26.

<sup>49</sup> Mia, “日本と違う！クリスマスの過ごし方@イギリス,” 留学ボイス (留学ボイス, April 3, 2020).

<sup>50</sup> 2018.12.11 パン・料理 MIROOM MAG editor, “イギリス流クリスマス料理の主役は？伝統の晩餐メニューもご紹介,” MIROOM MAG, November 30, 2018.

<sup>51</sup> whychristmas?com / JPC-DESIGN, “Christmas in the United Kingdom on Whychristmas?Com,” /Great Britain - Christmas Around the World - whychristmas?com.

<sup>52</sup> Taryn Siegel, “Tokyo Q&A: How Does Japan Celebrate Christmas?,” Time Out Tokyo.

<sup>53</sup> “【第1表】 国籍・地域別在留外国人数の推移.”

companies that expanded overseas increased about 40 thousand from 35 thousand to 75 thousand companies.<sup>54</sup> This is because Japanese companies have been researching their products to sell more. These days, it is said that Japanese brand products like cars, stationery, bicycles, toilets, or foods are good quality and easy to use. Secondly, the Japanese national character is related to the borrowing of festival culture. Most Japanese find it easier to accept overseas cultures than other countries and they tend to like foreign trends. Some of them long for a life in other countries or study abroad, so they learn about other cultures. One of the major Japanese personality traits is adjusting to other people, also it is said that “It is important to adjust themselves to people around them”. Some Japanese people do not like people who have different opinions. Therefore, many people hesitate to be different from others. According to Japan Today, it says Japanese prefer not to have to voice their opinions alone, but would rather share ideas with peers and make a group decision.<sup>55</sup> Such a phenomenon may be related to the Japanese enhancement to fit in the world by borrowing festival culture. Lastly, Japanese have accepted foreign festival cultures for commercials. Christmas came to Japan in the 16th century with Francis Xavier,<sup>56</sup> but Halloween and Valentine’s Day came to Japan later. Firstly, this essay will provide an explanation of Halloween as one of the examples. In about 1970, the Japanese toy store, Kiddy Land in Tokyo started to sell products related to Halloween. In addition, Kiddy Land held a Halloween Pumpkin Parade in 1983 as a part of a sales promotion. At first, Halloween was not well recognized by Japanese people, so most participants were foreigners and there were only about 100 people. After that, Tokyo Disneyland and Universal Studios Japan started Halloween events in 1997 and 2002 respectively, then Halloween became more popular and an event that every Japanese knows.<sup>57</sup> One more good instance is Valentine’s Day. Morozoff, which is a Japanese Western-style confectionery store started to produce special chocolates from foreign countries in 1931 and they started selling them in 1932. This was the first time heart shaped chocolates were sold in Japan. After that, many companies like department stores, or other Western confectionery shops started selling chocolates on Valentine’s Day. In the confectionery industry, there is a slogan that says “If you want to sell a product, create a culture.” and this prompted the western-style confectionery industry. As a consequence, Valentine’s Day has become one of the big festivals in Japan.<sup>58</sup>

### III

There are a few Japanese who celebrate Christmas as a religious event, but others just have fun with special ones. And this actually contributes a lot to the Japanese economy. There are some effects on Japanese society, not only the economy but also any other aspects. First of all, celebrating foreign festivals enriches Japan. Japan has accepted foreign festivals for commercials. As more and more people celebrate holidays, companies will be able to make more money. According to Aiko Sasaki who is a financial planner, Christmas has about 700 billion yen of economic effect every year. This is the same amount as the budget of the Tokyo Olympics in 2020. Actually, the economic effect on Christmas days in the past was more considerable than now. It was around 1 trillion yen until 2005. The economic effects of Halloween and Valentine’s Day are far smaller than Christmas. The town is decorated with a lot of illuminations or Christmas trees. According to WhyChristmas?, it says having a meal in a restaurant and booking a table on Christmas can be very difficult as a lot of Japanese people go outside on that day. This also indicates most restaurants or shops are open and a lot of people come to the city and spend money. The demand for strawberry cake during Christmas is twice as big as usual.<sup>59</sup> The economic effect of Halloween is about 115.5 billion yen in 2019 and this is far smaller than Christmas one. Additionally, this economic influence decreased about 7% in comparison to 2018 and this has declined for 3 years in a row. One of the major reasons is tax hike. Japanese tax has increased 8% to 10% and this could be related to all celebrations. However, more and more people come to think that there is no point in buying something for Halloween like snacks or costumes, so they do not think Halloween is as important as Christmas.<sup>60</sup> On the other hand, the economic influence of Valentine’s Day has increased about 4% to 131 billion yen in 2020 compared to last year. Japanese Valentine’s Day in 2020 was Friday and this is what is called “Thank God

---

<sup>54</sup> Takashi Sukegawa, “75,000 超！ 日本企業の海外進出拠点の「国別割合・進出形態・目的」を徹底分析！” Digima ～出島～, 2019.

<sup>55</sup> Smartlog, “日本人の特徴まとめ。日本人男性／女性の性格と海外の反応を大公開！” 2019.

<sup>56</sup> Kenichiro Horie, “日本型クリスマスの歴史,” NHK News Commentators Bureau, 2017.

<sup>57</sup> Japan Culture Lab, “ハロウィンは日本にいつから定着した？,” 2020.

<sup>58</sup> Yumiko, “日本のバレンタインデーは、”お菓子業界が作った文化”ってホント！？,” tenki.jp, 2015.

<sup>59</sup> Aiko. Sasaki, “クリスマスの経済効果は 7000 億?!”, Moneliy, December 10, 2019

<sup>60</sup> Kiyoshi. Kase, “ハロウィンの推計市場規模”, Kinenbi Culture Laboratory, October 3, 2019

it's Friday"; this is the first time in 6 years. Therefore, there were a lot of people who spent the holiday with their family or partner coming to the city to eat dinner. Another reason is that Ruby chocolate, which is a new type of chocolate, has spread in Japan. This has become more popular recently because of the colour of pink and the taste is like berry. The new product may lead to an increasing economic effect.<sup>61</sup> The ranking of economic effect in Japan shows Oshogatsu creates the greatest economic effect of all festivals or holidays of the year in Japan. However, the other 7 holidays in the top 10 are from foreign countries like Christmas, Tanabata, and Valentine's Day.<sup>62</sup> A second effect is that a large number of products are discarded every year. In the case of Setsubun, many companies expect that a lot of customers will buy Ehomaki which is Japanese traditional rolled sushi that's believed to bring luck. Thus, companies make a large amount of Ehomaki to sell and earn money. As a result, food waste occurs and a lot of Ehomaki are thrown away. According to professor Katsuhiko Miyamoto, it is estimated that the amount of Ehomaki discarded after Setsubun is about 1.28 billion yen across Japan. Not only Ehomaki, but also the ingredients that are used in incomplete Ehomaki like rice, seaweed, or cucumber are carried to the food recycling factory. According to Yahoo Japan News, discarding them also costs a lot, so economic loss must be more than 1.28 billion yen.<sup>63</sup> One more example is Christmas. During the Christmas season, about 34t of Christmas cakes are carried to the food recycling factory a day. According to the president of the food recycling factory, the amount of food waste during Christmas is over twice as much as usual.<sup>64</sup> As more people celebrate festivals, more companies encourage customers to buy products and consumerism. As a result, this phenomenon could lead to food waste. Lastly, many Japanese companies have created new product traditions. For instance, Ehomaki for Setsubun, Chocolate from girls for Valentine's Day, or strawberry cake and KFC for Christmas, are all examples of this trend. The popularity of foreign holidays has led companies to create new products and traditions. One obvious example is Ehomaki. In 1989, 7-Eleven, which is one of the famous convenience stores, started to sell Ehomaki. It has spread around Japan since 2000.<sup>65</sup> According to weathernews, about 58% of Japanese eat Ehomaki for Sestubun currently.<sup>66</sup> Chocolate from girls or females for Valentine's Day and strawberry cake for Christmas are also new traditions only in Japan. According to Takashimaya, about 20% of the annual consumption of chocolate is consumed on February 14th.<sup>67</sup> This indicates Japanese have made chocolate for Valentine's Day as one of tradition. Moreover, exchanging chocolates within friends or people around them has become normal only in Japan. There are many websites about Japanese Christmas or Valentine's Day that say "surprising facts", "unique ways", or "wierd" even if they are written in Japanese. Japan, which is non-Christian nation, imported Christmas recently unlike many countries where Christmas has been a part of the religion. Thus, Japan has promoted Christmas in totally different ways. This means such Japanese traditions are not normal in the world. However the normalization of chocolate and strawberry cake for Valentine's Day and Christmas has been promoted in Japan. Naturally, it is not well known that they are Japanese original customs.

#### IV

To summarize, the British and Japanese have different ways of celebration such as who people spend time with, food, location, or public facilities, even though they celebrate the same holiday or festival. The tradition of celebrations, even if celebrated differently in other countries, is a natural phenomenon. Knowing the origin or the meanings behind such festivals held every year in the world leads to the preservation of tradition. In Japan, people spend Christmas freely like staying home, going to restaurants, or travelling. Spending Christmas somewhere other than home is completely different from British Christmas, but both Japanese and British enjoy Christmas with their own styles. Japan imported some foreign festivals for some reasons like globalization, Japanese unique characteristics, and commercials. To my way of thinking, commercials are the most influential factor. I have found that knowing Japanese culture means learning other cultures. It goes without saying that Japanese festival culture is not the same as others', but Japan has changed other cultures somewhat. Some Japanese think Japanese festival culture is unique but in fact, Japan just borrowed and changed it a little. I mentioned that Japan has tried to fit in with the world, but I do not think it is important because the original culture or tradition is more interesting. When I started to research Japanese festivals, I found that many festivals I thought originated in Japan were actually from other countries, so I was surprised and disappointed. Many Japanese, especially the younger generation, misunderstand the culture as I did

---

<sup>61</sup> Kiyoshi. Kase, "バレンタインデーの推計市場規模", Kinenbi Culture Laboratory, January 24, 2020

<sup>62</sup> イッシー, "経済効果ランキング TOP10", MIX ペディア, October 4, 2019

<sup>63</sup> Rumi. Ide, "クリスマスケーキ大量廃棄の実態", YAHOO! JAPAN ニュース, December 26, 2018

<sup>64</sup> Rumi. Ide, "恵方巻き廃棄試算は 10 億 2800 万", YAHOO! JAPAN ニュース, February 1, 2019

<sup>65</sup> Atsuko. Watanabe, Reiko. Arata, "特別研究 節分における巻き寿司," J-STAGE, 2013

<sup>66</sup> Tomoko. Kitano, "なぜ、節分に恵方巻を食べるのか? ", weathernews, February 2, 2019

<sup>67</sup> Takashimaya, "日本のバレンタインデー文化を解説," 2021

because some commercials have made new traditions and many people think that they are original ones. Also they do not know the reasons why they celebrate other festivals or holidays. To be honest, this is also an interesting phenomenon because many people are manipulated by their country to celebrate holidays or festivals for business. Also, there are several main effects of people celebrating other festivals such as economic effects, food waste, or creating new traditions. In my own opinion, a new tradition is the main effect. From my way of thinking, the new tradition that many companies created may lead to misunderstanding of foreign festivals' meaning or origin. Whatever the way to celebrate foreign holidays, people should know the meaning of festivals or holidays. By knowing them, they will be able to understand the different values and see things from different angles. Japan has promoted multiculturalism in many ways like celebrating other festivals, but Japan has not been assimilated into other countries. This is because Japanese people or companies accept other cultures; meanwhile they also celebrate Japanese original culture. It means they are protecting their own culture. In some countries and sometimes globalization brings negative effects because multiculturalism or homogenization leads to assimilation. However, Japan still has its own distinct culture, so I'm proud of Japan. I expect more and more people will be interested in other countries and Japan will be a more multicultural society for better or for worse.

#### Bibliography

- Aiko. Sasaki, “クリスマスの経済効果は 7000 億?!” Moneliy, December 10, 2019, Accessed November 4, 2020, <https://moneliy.jp/investment/17430>
- Atsuko. Watanabe, Reiko. Arata, “特別研究 節分における巻き寿司,” J-STAGE, 2013, Accessed November 19, 2020 [https://www.jstage.jst.go.jp/article/ajscs/25/0/25\\_9/\\_article/-char/ja/](https://www.jstage.jst.go.jp/article/ajscs/25/0/25_9/_article/-char/ja/)
- “Christmas in the United Kingdom on Whychristmas?Com,” /Great Britain - Christmas Around the World - whychristmas?com, Accessed August 22, 2020, <https://www.whychristmas.com/cultures/uk.shtml>.
- Japan Culture Lab, “ハロウィンは日本にいつから定着した?,” September 9, 2020, Accessed October 11, 2020. <https://jpnaculture.net/halloween/>
- Kenichiro Horie, “日本型クリスマスの歴史,” NHK News Commentators Bureau, December 12, 2017, Accessed October 11. <https://www.nhk.or.jp/kaisetsu-blog/400/286228.html>
- Kiyoshi. Kase, “ハロウィンの推計市場規模,” Kinenbi Culture Laboratory, October 3, 2019, Accessed November 4, 2020, <http://www.kinenbilabo.jp/?p=779>
- Kiyoshi. Kase, “バレンタインデーの推計市場規模,” Kinenbi Culture Laboratory, January 24, 2020, Accessed November 5, 2020 <http://www.kinenbilabo.jp/?p=792>
- Mia, “日本と違う！クリスマスの過ごし方@イギリス,” 留学ボイス, Accessed April 3, 2020, <https://www.ryugaku-voice.com/uk-ho-christmas.html>.
- MEG, “イギリス流クリスマス料理の主役は？伝統の晩餐メニューもご紹介,” パン・料理 MIROOM, MIROOM MAG, December 11, 2018, Accessed November 30, 2018, <https://miroom.in/articles/cooking/bc160-christmas-cooking-britain-tradition-culture-christmas-cake>.
- Rumi. Ide, “恵方巻き廃棄試算は 10 億 2800 万,” YAHOO! JAPAN ニュース, February 1, 2019, Accessed November 5, 2020, <https://news.yahoo.co.jp/byline/iderumi/20190201-00113312/>
- Rumi. Ide, “クリスマスケーキ大量廃棄の実態,” YAHOO! JAPAN ニュース, December 26, 2018, Accessed November 5, 2020, <https://news.yahoo.co.jp/byline/iderumi/20181226-00109060/>
- Smartlog, “日本人の特徴まとめ。日本人男性／女性の性格と海外の反応を大公開!,” April 1, 2019, Accessed September 29, 2020. <https://smartlog.jp/150714>.
- Takashimaya, “日本のバレンタインデー文化を解説,” 2021, Accessed November 5, 2020 <https://www.takashimaya.co.jp/shopping/gift/story/A15970/A18001/>
- Takashi Sukegawa, “75,000 超！日本企業の海外進出拠点の「国別割合・進出形態・目的」を徹底分析!,” Digima ～出島～, August 27, 2019, Accessed September 29, 2020.

<https://www.digima-japan.com/knowhow/world/8392.php>.  
Taryn Siegel, "Tokyo Q&A: How Does Japan Celebrate Christmas?," Time Out Tokyo, Accessed August 22, 2020, <https://www.timeout.com/tokyo/things-to-do/tokyo-q-a-how-does-japan-celebrate-christmas>.  
Tomoko. Kitano, "なぜ、節分に恵方巻を食べるのか?," weathernews, February 2, 2019, Accessed November 5, 2020, <http://news.line.me/issue/oa-weathernews/160127bbc990>  
"Valentine's Day in the United Kingdom," timeanddate.com, Accessed August 22, 2020, <https://www.timeanddate.com/holidays/uk/valentine-day>.  
Yumiko, "日本のバレンタインデーは、"お菓子業界が作った文化"ってホント! ?," tenki.jp, February 12, 2015, Accessed October 11, 2020. [https://tenki.jp/suppl/y\\_kogen/2015/02/12/1641.html](https://tenki.jp/suppl/y_kogen/2015/02/12/1641.html)  
イギリス さかもっちゃん, "HOME," エイゴのハテナ, 2017.09.26, Accessed August 22, 2020, <https://eigo-no-hatena.com/christmas-kaigai/>.  
イッシー, "経済効果ランキング TOP10," MIX ベディア, October 4, 2019, Accessed November 5, 2020, <https://myhometakaa.com/kisethu-ibent/trend/event-keizai-ranking/>  
"【第1表】 国籍・地域別在留外国人数の推移," Accessed September 29, 2020. <http://www.moj.go.jp/content/001269620.pdf>.

## **Global Marketing**

**Yurara Nakamura**

As reported by Survey of Japanese Companies Operating Overseas, the number of Japanese companies operating overseas as of October 1, 2017 was 75,531, an increase of 3,711 about 5.2% over last year's figure, which is the highest number in history.<sup>68</sup> The Japanese market will be smaller because of the population decreasing but the other market is growing globally. The reason is that GDP is showing a steady rise<sup>69</sup>, especially in emerging countries. The Japanese market will be smaller.<sup>70</sup> Also, There are two big strategies of the sales method in international management theory.<sup>71</sup> For one, the international standardization strategy is to apply 4Ps uniformly across the globe. (The 4Ps is a business management term which refers to product, price, promotion, and place.) In international management theory, the acceptance of products and services with basically common specifications, even on a global scale, is called "standardization." . Secondly, local adaptation strategies which modify the standardization strategy based on differences in the market characteristics and business practices of the country and adapt it to the country. Adaptation, which is accepted in various forms in different countries and regions, is called. This thesis will explain the disadvantages and advantages of Japanese brands in globalization and the similarities and differences of two big strategies of the sales method and consider which strategy is more match for future conditions and discuss and show reasons why brands market in globalization.

### I

The globalized brands have three bad points. For one, other countries have low retention rates of talent because the value of changing jobs if a company with good conditions is available is prevalent in consonance with The Japan institute for Labor Policy and Training.<sup>72</sup> Secondly, human resource management is difficult. There are differences in culture, language and customs, hiring local people is more difficult than expected. Actually, there are cases of flat-out late arrivals and resignations soon after hiring them. When expanding overseas, it's important to communicate closely with your employees to

---

<sup>68</sup> "Results of a Survey on the Number of Japanese Residents Abroad and Japanese Companies in Overseas Countries" Ministry of Foreign Affairs of Japan August 27, 2020

<sup>69</sup> " Section 2: Characteristics of Japanese Firms and Changes " Cabinet Office August 27, 2020

<sup>70</sup> OECD Better Life Index August 27, 2020

<sup>71</sup> Hakuodo Consulting "Part 8: Brand Globalization as a Management Strategy" Ikeda Sou , 2014 September 22

<sup>72</sup> Japan Institute for Labour Policy and Training (JILPT)

make sure they understand the direction your company is taking. Thirdly, there are many costs involved when a company <sup>73</sup>expands overseas. When people start a business in a foreign country it is even more costly. There are many costs involved in setting up a business overseas, such as market research, incorporation fees, interpreter fees and office rent.

On the other hand, there are many good points with branding over the world. Firstly, the cost of raw materials, especially in developing countries. Developing countries have lower raw material costs than Japan. It can be significantly reduced by expanding overseas to developing countries. Also, developing countries have lower labor and material costs than developed countries. By expanding overseas to developing countries, labor costs can be reduced to about 20% of the cost in Japan. In fact, expanding abroad to Asia and other emerging markets can keep it down to 20%-30%. <sup>74</sup> Furthermore, many countries have lower tax rates than Japan. Japan has the second highest tax rates and taxes in the world. <sup>75</sup> Finally, if Japanese brands are branding to the world, they can have unique ideas and plans from foreigners. Cultures, ideologies and tastes differ greatly between Japan and other countries. By developing products for the local market, you will be able to come up with new ideas and ideas that you cannot get in Japan.

## II

There are several differences between the two strategies of the sales method In international management theory. There are three big categories which need attention for producing with adaptation marketing are government regulation, product standards, cultural differences, and user 's habits. This is because other countries have many differences in culture, language and customs, hiring local people is more difficult than expected. However, with standardization marketing only needs to be cost-effective. Furthermore, categories which need attention for price or money with adaptation marketing are profits and sales volume can increase due to different markets guaranteed, lack of control because of market differentiated pricing, and bad image of multinational firms. On the other hand, with standardization marketing are low-risk strategies as a fixed return is guaranteed, good image of multinational firms, No effort is made to maximize either profits or sales volume because they set the same price for all markets, and are used when selling highly specialized manufacturing plants. Moreover, the last category which needs attention is for promotion. There are customer satisfaction, cultural differences, and other environmental factors such as political and legal constraints with global marketing. However, with location marketing have improved efficiency and saving costs, increasing firm's image, increasing customer's trust, loyalty, and trend of globalization.

On the other hand, there are some similarities between the two marketings. The category which needs attention is the same. Which is a place and those need attention for customer characteristics, Nature of product culture, and law legislation.

## III

First of all, the GDP of Japan is not increasing and will not increase. It Has become a real fact that Japanese brands could have better results than Japanese one. According to the Cabinet Office, The GDP

---

<sup>73</sup> " Advantages and Disadvantages of Overseas Expansion: Deepening the Understanding of M&A and Business Succession " M&A Research Institute Portal August 26, 2020.

<sup>74</sup> " Advantages & Disadvantages of Going Abroad: Overseas Business Flow and Overseas Expansion " Digima Accessed August 26, 2020.

<sup>75</sup> "International Agricultural Research Institute" June 18, 2019 JIRCAS

of Japan has been flat for the past 20 years. (From 1995 to 2010) <sup>76</sup>Also, when it changes the present, according to the prediction of the international organization, it falls to 3.2% in 3.8%, 2060 in 5.3%, 2040 in 2020. The Cabinet Office predicted that the ratio among the world GDP in Japan will decrease, but it may be said that foreseeing it at the present becomes severer than a report at the time. After that, if I focus on the number of fashion shops in Japan, and sales, The past change of the fashion industry remains at the same level from 2007 through 2010, and there is recent growth that increases after 10 in a slowdown tendency. For example, UNIQLO and GU are strengthening overseas business while maintaining domestic business, and the country exceeds foreign countries with the number of the stores (as of December, 2020). <sup>77</sup> Additionally, the amount of money to the fashions such as clothing products or shoes is decreased year by year by protracted deflation. It became less than a reduction by half from 1990. Also, the number of apparel brands is increasing as 7.9% from 2015 to now, and it said it will increase about two times in 2025. However, the amount of production of clothes in Japan has decreased by about 40,000 brands from 1991 to 2015 reported by the Ministry of Economy, Trade and Industry production industry station life product section. <sup>78</sup> Secondly, the one-year expenditure per one household to "clothing and footwear" decreased three years (302,329 yen) at the peak in recent years. The number of Japanese is not focused on cheap prices, the quality of clothes, and tools. There are some facts that The Japanese consumers that are interested in apparel are increasing. Also there is a thinking of "Cost performance" which means the consumers seeking cheap, good products of serious consideration are increasing. Furthermore, the tendencies to think about sale and share by the flea market application, and to buy high quality clothing increase, so Japanese cloth brands have needs of consumers diversify reported by "Lifestyle changes 2019 " . <sup>79</sup>

Finally, the Japanese export situation in clothing products is bad. Compared to other countries, the quality of Japanese material is high, but they are not focused on export for other places. According to fiber, textile export breakdown in the major countries ( Japan, France, Germany, Italy, the U.K., China, Korea, Thailand, the United States) and only 10% of clothing products are all in Japan. <sup>80</sup> This results in comparison with others a one-tenth. Also, they said that in longtime severe international competition, the material makers which survived have fertile soil of strong manufacturing suitably, and there is a high standard even if I see the textile export worldwide. The cloth has competitiveness, but there is extremely little export of clothing in developed countries. <sup>81</sup> Additionally, the domestic apparel market sizes decreased from 15 trillion yen of the bubble period to around 10 trillion yen. Also, It declined the purchase unit price of the clothing and the import unit price in 1991 by a standard about 60% according to the Cabinet Office. <sup>82</sup>

#### IV

In conclusion, there are drawbacks to expanding globally such as difficulties in human management and exchange rates but there are clear merits such as substantially lower costs and taxes. The marketing globally of Japanese brands has many benefits such as brands can sell to reduce the cost of raw materials and have lower raw material costs, and lower tax rates than Japan and it is a good opportunity to generate ideas and inspiration that cannot be acquired in Japan from foreigners. Furthermore, I could find that there are a lot of similarities and dissimilarities with international standardization strategy and Local

---

<sup>76</sup> " How becomes the positioning of the Japanese economy in the world " Cabinet Office

<sup>77</sup> " Including trend and the current situation, ranking of the apparel industry, the industry scale (2020 version) "

<sup>78</sup> " The problem of the textile and approach of the Ministry of Economy, Trade and Industry " January 21, 2020.

<sup>79</sup> Statistics Bureau Topics No. 119 "Lifestyle changes 2019 " December 28, 2020.

<sup>80</sup> " The problem of the textile and approach of the Ministry of Economy, Trade and Industry " January 21, 2020.

<sup>81</sup> " The problem of the textile and approach of the Ministry of Economy, Trade and Industry " January 21, 2020.

<sup>82</sup> " How becomes the positioning of the Japanese economy in the world " Cabinet Office January 21, 2020



adaptation strategies. I think that Local adaptation strategies will become more formal marketing methods and match in the future. Additionally, I think the main reason why brands are marketed in globalization is the "Cost performance" by an increase of the consumers seeking cheap, good products of serious consideration. This is because Japanese brands are easier to sell for other countries' customers than Japanese customers. Also, I think Japan already has high quality material, so it should be a strong point for Japanese brands to increase sales in globalization and export more clothes in the future. It also matches the Japanese customer's focus points.

Japan has a lot of problems with market conditions and the Japanese market will become smaller, however the worldwide market is growing globally due to population increase and GDP rise in the future and also the international branding has a big scale for sales. In my opinion, more Japanese brands have to sell to other countries because of the Japanese market's potentially bad future, so there is an increasing need for Japanese brands to expand out into the world now.

## Bibliography

- Advantages & Disadvantages of Going Abroad: Overseas Business Flow and Overseas Expansion Digima  
Accessed August 26, 2020.  
<https://www.digima-japan.com/knowhow/world/16690.php>
- Advantages and Disadvantages of Overseas Expansion: Deepening the Understanding of M&A and Business Succession " M&A Research Institute Portal  
Accessed August 26, 2020  
<https://mastory.jp/%E6%B5%B7%E5%A4%96%E9%80%B2%E5%87%BA%E3%81%AE%E3%83%A1%E3%83%AA%E3%83%83%E3%83%88>
- A trend and the current situation, ranking, market size of the apparel industry  
" The industry trend 2020"  
Accessed December 21, 2020.  
<https://gyokai-search.com/3-apparel.htm>
- Azcentral "Global Marketing vs. Multidomestic Marketing  
Neil Kokemuller  
  
<https://yourbusiness.azcentral.com/global-marketing-vs-multidomestic-marketing-12934.html>
- Dream Navi: A University Professor Navigates You to the World of Learning  
What is the key to the success of multinational companies: standardization and adaptation?  
Hitoshi Suzuki  
<https://yumenavi.info/lecture.aspx?GNKCD=g008940>
- Hakuhodo Consulting "Part 8: Brand Globalization as a Management Strategy  
Ikeda Sou  
2014 September 22  
[https://www.hakuhodo-consulting.co.jp/blog/branding/branding\\_20140922/](https://www.hakuhodo-consulting.co.jp/blog/branding/branding_20140922/)
- How becomes the positioning of the Japanese economy in the world  
Cabinet Office  
[https://www5.cao.go.jp/keizai-shimon/kaigi/special/future/sentaku/s3\\_2\\_15.html](https://www5.cao.go.jp/keizai-shimon/kaigi/special/future/sentaku/s3_2_15.html)
- International Agricultural Research Institute" JIRCAS  
June 18, 2019  
[https://www.jircas.go.jp/ja/program/program\\_d/blog/20190618](https://www.jircas.go.jp/ja/program/program_d/blog/20190618)
- Japan Institute for Labour Policy and Training (JILPT)  
<https://www.jil.go.jp>
- Jo Kosaka (1997), Global Marketing: A Framework for New Growth in the World Market, Kokugenshobo.  
OECD Better Life Index  
<http://www.oecdbetterlifeindex.org/blog/well-being-and-gdp.htm>
- Overseas Expansion and Strategic Management for Globalization paddle design company  
Accessed August 27, 2020.

<https://www.paddledesign.co.jp/point/post-135.html>  
Part 8: Branding as a Management Strategy - Globalization of Brands  
Hakuhodo Consulting Co.  
Accessed August 27, 2020  
[https://www.hakuhodo-consulting.co.jp/blog/branding/branding\\_20140922/](https://www.hakuhodo-consulting.co.jp/blog/branding/branding_20140922/)  
Results of a Survey on the Number of Japanese Residents Abroad and Japanese Companies in Overseas Countries"Ministry of Foreign Affairs of Japan  
[https://www.mofa.go.jp/mofaj/press/release/press4\\_006071.html](https://www.mofa.go.jp/mofaj/press/release/press4_006071.html)  
Section 1: The State of Population Aging | Annual Report on Aging Society in 2019 (Summary)  
[https://www8.cao.go.jp/kourei/whitepaper/w-2019/html/gaiyou/s1\\_1.html](https://www8.cao.go.jp/kourei/whitepaper/w-2019/html/gaiyou/s1_1.html)  
Section 2: Characteristics of Japanese Firms and Changes  
Cabinet Office Accessed August 27, 2020  
<https://www5.cao.go.jp/j-j/wp/wp-je06/06-00202.html>  
Statistics on the Number of Foreign Residents in Japan Number of Japanese Companies Entering and Leaving Japan  
Comprehensive contact for government statistics [https://www.e-stat.go.jp/stat-search/database?page=1&layout=dataset&stat\\_infid=000031585594&statdisp\\_id=000329](https://www.e-stat.go.jp/stat-search/database?page=1&layout=dataset&stat_infid=000031585594&statdisp_id=000329)  
Accessed August 28, 2020The problem of the textile and approach of the Ministry of Economy, Trade and Industry  
Accessed January 21, 2020.  
[https://www.meti.go.jp/policy/mono\\_info\\_service/mono/fiber/pdf/1806seni\\_kadai\\_torikumi2.pdf](https://www.meti.go.jp/policy/mono_info_service/mono/fiber/pdf/1806seni_kadai_torikumi2.pdf)

### **Authority for Animals to Live Miu Kawabe**

According to the Ministry of the Environment, 7,687 dogs and 30,757 cats were killed annually in Japan in 2018, for a total of 38,444 dogs and cats, respectively.<sup>83</sup> There are many reasons for this problem. For example the owner throws away the pets, increasing the number of stray cats or dogs. And there is a problem that the number of abandoned dogs and cats being fostered has not kept up with the number of animals. Also the meat trade is a big and cruel problem. For example ten million dogs and cats are slaughtered for their meat in southeast asia yearly. In many cases, these pets such as dogs and cats are stolen from their owners and then drowned, hung, burned alive or stabbed, making the dog and cat meat trade one of the biggest animal welfare issues in Southeast Asia. The reasons why dogs and cats are slaughtered are the increasing number of abandoned dogs and cats, and the number of stray dogs and cats. In addition, the lack of action to address these issues has led to an increase in the number of abandoned dogs and cats, resulting in more dogs and cats being killed. Also ten million dogs and cats are slaughtered for their meat in southeast asia yearly. This thesis will discuss causes of the increasing slaughter of cats and dogs and what are the solutions of that and compare the differences between Japan's policies and those of Germany, where the number of animals killed is low in order to find out whether or not Japan should adjust their policies.

#### I

There are several causes for increasing the number of animals killed in animal health centres in Japan and Asia. One of the causes is an increase in the number of dogs and cats killed by the government due to its acceptance to take in dogs and cats. The Animal Protection and Control Act states that if the owner of a dog or cat is unable to keep it for any reason and brings it to the government, the government must take it back. While active take-back may have certainly helped to reduce the number of dogs being taken in, on the other hand, it has also created an easy tendency for people to just ask the health department to take them in for free if they can no longer keep them. In addition, pet shops, breeders and other businesses are increasingly bringing unsold dogs and cats to the government. When the number of

---

<sup>83</sup> Kankyosho e yokoso! , 2020

animals in health centres increases in this way, the number of animals that are automatically killed increases rapidly. The second cause is the number of abandoned dogs, cats, and stray dogs and cats are increasing. So why are they increasing? The major cause is because of the owner. They are often abandoned for the convenience of their owners or for selfish reasons. For example, a dog or cat that has been kept as a pet and becomes unmanageable, either because it is more violent than expected or because it becomes more violent as it grows older. On the other hand, some people let go of them for being too mature. A second example is increasing babies. There is the case that the number of babies increases more and more when owners do not provide antifertility treatment. When there are too many, an owner cannot take care of them and will throw away their dogs and cats.<sup>84</sup> The last example is that an owner disappears, possibly because an owner dies, or moves. When there is not an owner, a dog and cat can not get food from anybody. Then they lose access to food and become abandoned dogs and cats. Lastly, the meat trade is a serious problem in Asia. Each year, more than 3 million dogs are estimated to be killed for their meat in Cambodia, more than 1 million dogs in Indonesia, more than 5 million dogs and 1 million cats in Vietnam. The meat trade is popular in Asia. Its purpose is to be sold for food. In some countries it is customary to eat dogs, so they kill a lot of animals in order to sell them. Many of the animals are pets that are stolen from their owners and then drowned, hung, stabbed or burnt alive.<sup>85</sup>

## II

There are three solutions for reducing the number of animals killed in public animal health centers. The first solution is reducing the number of take-backs to the government.<sup>86</sup> It is important to reduce the number of stray dogs and cats. This is because stray cats and dogs are taken in by public health centers, but if no one can take them in, they will be killed. Some people feed feral cats irresponsibly without spaying or neutering them because they feel sorry for the feral cats. However, when you feed an unspayed feral cat outdoors, the following can happen. Cats begin to breed with each other, resulting in the birth of kittens, an increase in the number of feral cats, and an increase in the likelihood of infectious diseases and car accidents. This kind of thing will cost you more.<sup>87</sup> To prevent this from happening, it is important for many people to realize that abandoning a pet is a life-threatening act, and that pets are just as much a part of life as humans are. Secondly, it is important to increase the number of dogs and cats that are taken in. The first method is to hold a foster transfer meeting. Unlike pet stores and other such places, a transfer meeting is a place with good aftercare. The second option is for new pet owners to adopt a cat or dog from an animal health center or foster home, rather than from a pet store. If pets are in a health center for a long period of time, the chances of them being killed get higher and higher. Therefore, taking in a dog or cat from a health center is an effective way to reduce the number of animals being killed so that as many animals as possible can be saved. Lastly, about ten million dogs and cats are brutally slaughtered every year for consumption. Many associations are fighting to reduce the meat trade. For example FOUR PAWS is starting a petition against the dog and cat meat trade.<sup>88</sup> The traders steal pets as well as stray animals and transport them all over the country, even across national borders. FOUR PAWS has already had more than 500,000 supporters around the world sign a petition against the dog and cat meat trade since it was launched in 2019. This will also raise awareness of the current situation as more people become aware of the opposition to the meat trade.<sup>89</sup>

---

<sup>84</sup> ava, accessed December 8, 2020,

<sup>85</sup> Millions of dogs and cats butchered in Asia amid disease risks: animal groups report Jacobs

<sup>86</sup> Henshu-bu inu-ra bu neko-ra bu By wa on, `mezase! Inuneko no sasshobun zero sasshobun ga okite shimau gen'in to torikumi: Inu-ra bu neko-ra bu by wa on | fudosan no i erabu' inu-ra bu neko-ra bu, 2020

<sup>87</sup> Nihon ni okeru inuneko no sasshobun no jittai ~ genjo to sentan-tekina kaiketsusaku', PEDGE, 2020

<sup>88</sup> Dr Katherine Polak, "Ten Million Dogs and Cats Are Slaughtered for Their Meat in Southeast Asia Yearly," FOUR PAWS International, 2020

<sup>89</sup> FOUR PAWS International, "FOUR PAWS Reveals Dog and Cat Meat Trade Adapts Amidst Global Pandemic," GlobeNewswire NewsRoom ("GlobeNewswire", April 2, 2020),

### III

There is a difference between Japan's policy towards animal killing and that of Germany. Firstly, in Japan, the number of animals killed has decreased by about 240,000 compared from 10 years ago, but the number of animals killed is still over 30%<sup>90</sup> of the total number of animals in the animal health centre.<sup>91</sup> Abandonment is one of the main reasons for this, so it is very important to not buy pets without strong consideration, and do not throw them away, do not give them away. Practical measures include courses on breeding, learning about it in school and featuring it on television. In Japan, there is a law called the Animal Protection Law, which provides that all people should be aware that animals have a life of their own, and that they should not only avoid cruelty to animals but also treat them properly by knowing their habits with the aim of creating a society where humans and animals can live together. For example, in order to increase public awareness and understanding of animal welfare and proper animal care, animal welfare weeks have been established and it is compulsory for all dogs and cats sold to be fitted with a microchip to reveal their ownership details.<sup>92</sup> Other factors contributing to the downward trend in the kill rate are the shelter centres run by local authorities. However, there is a limit to the number of animals that can be given away, and this is not decreasing significantly. On the other hand, Germany has actually been able to reduce the number of animals killed to zero and many animals have been able to live a normal life. One of the biggest ways to combat this is through shelters. There are about 1,000 private shelters in the country, called "Tierheim",<sup>93</sup> which takes care of a large number of animals. Between 10,000 and 15,000 animals are taken in each year, and about 40% are strays or other animals whose owners are unknown. The remaining 60% of the animals are taken in for personal reasons, such as the death of their owners, animal allergies or moving house. About 140 employees and 600 volunteers look after the animals, walk the dogs, carry out publicity and other activities, and visit the foster families after the animals have been given away to check on their welfare afterwards. For example, puppies cannot be separated from their mothers until they are eight weeks old, and there is a minimum cage space requirement. It is difficult to meet all these requirements, which is why, as a rule, dogs and cats are not sold in pet shops.<sup>94</sup>

### IV

In conclusion, the number of cats and dogs suffer from the mistreatment of their lives. I think that's a cruel thing and a fact that needs to be changed. To prevent more dogs and cats from being killed, it is important to reduce the number of stray dogs and cats and more associations for each person should move towards the problem. I think the most important thing is for each and every owner to take responsibility for their dog or cat. We need to understand the importance of life for all animals and coexist with them, not just the killing of dogs and cats. Many dogs and cats are killed around the world. I think it is important to reduce the number of stray dogs and cats, and to reduce the meat trade. The most important thing is for each and every one of us to realize that animals have the same kind of life as humans and should be treated in the same way as humans. If more people take care of the lives of animals, more lives can be saved and we can all live happily together. In Japan, more than 100,000 dogs and cats are killed every year, and although there are many regulations in place, they are loosely regulated and left to the voluntary control of owners and producers. Japan needs to follow Germany's example and take action from the government and administration. We also need to know and share the fact that so

---

<sup>90</sup> 「inu・nekono hikitori oyobi fushoudoubutuno shyuyoujyoukyou」 (kankyo-sho)

<sup>91</sup> Petto gyōkai no 'hanpo-saki' o tsutaeru Produced by ipet insurance.

<sup>92</sup> doubutsu no aigo to tekisetuna kanri hito to doubutsu no kyo-sei wo mezashite

<sup>93</sup> PEDGE pet gyo-kai no hanpo sakiwo tutaeru

<sup>94</sup> Doitsu saidai no dōbutsu hogo shisetsu o tazunete bunka toku shinobe Mori Eiko, Jijitsūshinsha

many dogs and cats are dying. It is important that more and more people take an interest in this issue and create a world where animals are treated with care and can live in harmony.

### **Bibliography**

- Kankyosho e yokoso! , August 24, 2020, accessed September 3, 2020, [https://www.env.go.jp/nature/dobutsu/aigo/2\\_data/statistics/dog-cat.html](https://www.env.go.jp/nature/dobutsu/aigo/2_data/statistics/dog-cat.html).
- Henshu-bu inu-ra bu neko-ra bu By wa on,`mezase! Inuneko no sasshobun zero sasshobun ga okite shimau gen'in to torikumi: Inu-ra bu neko-ra bu by wa on | fudosan no i erabu' inu-ra bu neko-ra bu, March 24, 2020, accessed September 3, 2020, <https://pet.ielove.co.jp/entry-674>.
- Nihon ni okeru inuneko no sasshobun no jittai ~ genjo to sentan-tekina kaiketsusaku', PEDGE, July 14, 2020, accessed September 3, 2020, <https://pedge.jp/reports/satusyobun/>.
- Dr Katherine Polak, "Ten Million Dogs and Cats Are Slaughtered for Their Meat in Southeast Asia Yearly," FOUR PAWS International, February 11, 2020, accessed September 3, 2020, <https://www.four-paws.org/our-stories/press-releases/ten-million-dogs-and-cats-are-slaughtered-for-their-meat-in-southeast-asia-yearly>.
- FOUR PAWS International, "FOUR PAWS Reveals Dog and Cat Meat Trade Adapts Amidst Global Pandemic," GlobeNewswire NewsRoom ("GlobeNewswire", April 2, 2020), accessed September 3, 2020, <https://www.globenewswire.com/news-release/2020/04/02/2011035/0/en/FOUR-PAWS-Reveals-Dog-and-Cat-Meat-Trade-Adapts-Amidst-Global-Pandemic.html>.
- ava, accessed December 8, 2020, <http://www.ava-net.net/report/105-hikitori.html>.
- Millions of dogs and cats butchered in Asia amid disease risks: animal groups report Jacobs, <https://www.smh.com.au/environment/sustainability/millions-of-dogs-and-cats-butchered-in-asia-amid-disease-risks-animal-groups-report-20200220-p542w6.html>.
- Petto gyōkai no 'hanpo-saki' o tsutaeru Produced by ipet insurance, <https://pedge.jp/reports/satusyobun/>
- 「inu・nekono hikitori oyobi fushoudoubutuno shuyoujyoukyou」 (kankyo-sho), [https://www.env.go.jp/nature/dobutsu/aigo/2\\_data/statistics/dog-cat.html](https://www.env.go.jp/nature/dobutsu/aigo/2_data/statistics/dog-cat.html)
- doubutsu no aigo to tekisetuna kanri hito to doubutsu no kyo-sei wo mezashite, [https://www.env.go.jp/nature/dobutsu/aigo/1\\_law/outline.html](https://www.env.go.jp/nature/dobutsu/aigo/1_law/outline.html)
- PEDGE pet gyo-kai no hanpo sakiwo tutaeru, <https://pedge.jp/reports/tierheim/>
- Doitsu saidai no dōbutsu hogo shisetsu o tazunete bunka toku shinobe Mori Eiko, Jijitsuushinsha [https://www.jiji.com/jc/v4?id=2013tierheim\\_berlin0001](https://www.jiji.com/jc/v4?id=2013tierheim_berlin0001)

### **Domestic Abuse**

Jun Murakami

In the world, the number of incidents of domestic abuse is increasing because of COVID-19. According to the United Nations Entity for Gender Equality and Empowerment of Women, the number of reported cases of domestic abuse in France rose by 30% during the coronavirus lockdown.<sup>95</sup> Additionally, in the Turkish Cypriot community the situation is worse, the figure for people who called on helplines due to domestic abuse increased up to 10 times since the lockdown began, as also reported by the United Nations.<sup>96</sup> Those are just one of the states and examples of increase of domestic abuse, however, like this, the number is increasing around the world. However, domestic abuse was already a worldwide problem before COVID-19 occurred, and traditional beliefs, alcohol and perpetrators' painful childhood experiences are proved as the causes of domestic abuse. In addition, domestic abuse can destroy the lives of victims. There are several impacts of domestic abuse on the victims such as mental illness and suicidal tendency. Therefore, those experiences and traumas may cling to their whole life. In the worst case, the experience of domestic abuse triggers tendency of suicide. As reported by Criminal Justice, one out of every four female victims of abuse attempt suicide, and the female victims have eight times the risk for suicide, compared with

---

<sup>95</sup>Reona Takahashi, "COVID-19 increase the number of DV around the world", ganas, 2020

<sup>96</sup>United Nations Peacekeeping, "Domestic Violence and COVID-19", United Nations Peacekeeping, 2020

1 females in general.<sup>97</sup> Like this, domestic abuse can break the victims' lives in many ways. Despite people knowing it is wrong and a bad action, these days, the amount of domestic abuse is not likely to decline. In this essay, I will discuss the causes of domestic abuse, the effects of domestic abuse and the solutions for domestic abuse in order to predict the future of domestic abuse and determine who has to do what to do.

## I

There are several causes for domestic abuse. First of all, one issue that can lead to domestic violence is traditional belief. People who behave violently sometimes have the belief that women have to be dominated by men because men are stronger than women. The idea that men are superior to women triggers that men dominate women with abuse. According to the United Nation Population Fund Report, about two thirds of Indian married women are victims of domestic abuse caused by this baseless orthodox belief that men are physically, socially, financially and emotionally stronger than women. This situation also happens in many other countries.<sup>98</sup> Moreover, according to Pain Assist, those beliefs are not related to race, ethnicity or social financial group, so abusers just think of women as inferior and use domestic abuse as a method to show their point.<sup>99</sup>

Another cause is domestic abuse because of drinking. According to the World Health Organization, over half of domestic abuse perpetrators were drinking alcohol prior to assault.<sup>100</sup> Moreover, as shown by Alcohol Rehab Guide, the odds of getting abuse from partners is higher when one or both have a problem with alcohol.<sup>101</sup> However, in spite of the existence of a lot of research and studies of the relationship between drinking alcohol and domestic abuse, Alcohol Rehab Guide says that alcohol is not a direct cause of domestic abuse, and also said that it is just an overlap of two separate social problems.<sup>102</sup> Therefore, just treating alcoholism does not stop the violence, as the violent tendencies will still exist.<sup>103</sup>

Finally, the assailant's painful childhood can trigger domestic abuse. Those experiences from abuse will cause more abuse to the next generation. According to Nihon Keizai Shimbun, which is a financial newspaper in Japan, about 70 percent of assailants in domestic abuse cases were victims of domestic abuse when they were children.<sup>104</sup> Those painful memories can change the structure of their brain, Dr. Martin Teicher and his colleagues said. This means, when they measured changes in brain structure with MRI technology among young adults who had experienced childhood abuse or neglect, there were some differences in nine brain regions from normal. The most obvious difference was the brain structure that helps control their balanced emotions and impulses, and also showed self-centered thinking.<sup>105</sup> Therefore, it is difficult for those people to control their emotions and restrain impulses to hurt people. Thus, their childhood painful memories cause other abuses.

## II

There are some effects on victims from domestic abuse. First of all, an effect to the victims of domestic abuse is that victims tend to choose suicide. As reported by Criminal Justice, one out of every four female victims of abuse attempt suicide, and the female victims have eight times the risk for suicide, compared with the general female.<sup>106</sup> Moreover, in a study that focused on African-Americans, the risk of suicide of African-American women is low as a whole of group by nature, but the risk of suicide attempt of African-American females who have experienced domestic abuse from an intimate partner more than doubles, according to Law Enforcement Bulletin.<sup>107</sup> As shown, the victims, especially women, tend to attempt suicide, it is because they feel trapped and powerless, and do not try to receive treatment, thus they believe suicide is the only way that they can escape from abuse.<sup>108</sup>

---

<sup>97</sup>CRIMINAL JUSTICE, "Female Suicide and Domestic violence", CRIMINAL JUSTICE, 2020

<sup>98</sup>Pramod Kerkar, M.D., FFRACSI, DA, "Types, Causes of Domestic Violence & its Rehab", Pain Assist, 2019

<sup>99</sup>Pramod Kerkar, M.D., FFRACSI, DA, "Types, Causes of Domestic Violence & its Rehab", Pain Assist, 2019

<sup>100</sup>Cooper Smith, "Alcoholism and Domestic Abuse: Finding Help", Alcohol Rehab Guide, 2019

<sup>101</sup>Cooper Smith, "Alcoholism and Domestic Abuse: Finding Help", Alcohol Rehab Guide, 2019

<sup>102</sup>Cooper Smith, "Alcoholism and Domestic Abuse: Finding Help", Alcohol Rehab Guide, 2019

<sup>103</sup>Get Domestic Violence Help, "Alcohol Abuse and Domestic Violence", Get Domestic Violence Help, 2020

<sup>104</sup>Nihon Keizai Shimbun, "70% of Perpetrators of domestic violence have childhood abuse experiences", Nihon Keizai Shimbun, 2019

<sup>105</sup>Leonard Holmes, "How Childhood Abuse Changes the Brain", verywell mind, 2020

<sup>106</sup>CRIMINAL JUSTICE, "Female Suicide and Domestic violence", CRIMINAL JUSTICE, 2020

<sup>107</sup>Tony Salvatore, "Intimate Partners Violence", LAW ENFORCEMENT BULLETIN, 2018

<sup>108</sup>Kevin Caruso, "Domestic Violence and Suicide", SUICIDE.org, 2020

Another influence to the victims is a high risk of suffering from PTSD. Firstly, according to the American Psychiatric Association, PTSD refers to the psychiatric disorder that occurs from heavy traumatic events like domestic abuse. People who suffer from it tend to relive the event through flashbacks and nightmares and avoid people or things that remind them of the traumas.<sup>109</sup> According to the National Center for PTSD, about 27 percent of women and 10 percent of men say that they have been harmed by intimate partner abuse.<sup>110</sup> Particularly, experience of childhood domestic abuse increases the likelihood of PTSD in adulthood, and the potential of PTSD rises in the future in regard to sexual abuse in childhood. This PTSD from abuse interferes with the healthy development of the child by damaging physically and emotionally, according to Healthy Place.<sup>111</sup>

A final effect of domestic abuse for the victims is a high risk of depression. According to The National Network to End Domestic Violence, survivors of domestic abuse are approximately twice as likely to suffer from depression symptoms, compared with general females that have not experienced domestic abuse.<sup>112</sup> The depression symptoms include a loss of energy, reduced concentration, feeling of worthlessness, guilty and despair and thoughts of suicide, as shown by World Health Organization.<sup>113</sup> Therefore, depression separates the victims from their social life because it becomes difficult for them to perform the simple everyday tasks like sustaining the relationships with families and peers and going outside to work.<sup>114</sup>

### III

There are three solutions to improve the domestic abuse problem. First of all, SEL which is Social and Emotional Learning is one of the ways to mitigate domestic abuse. People don't have violent behavior at first, but as they grow old through maturity, directly or indirectly, and consciously and unconsciously, they have learned from family members, peers, teachers, society, and even from movies, songs, and video games.<sup>115</sup> According to Casel, the SEL is "the process that youth acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions".<sup>116</sup> Therefore, by taking the SEL while young, it connects to the prevention of future domestic abuse at home.

Secondly, alcohol relates to domestic abuse directly and deeply<sup>117</sup>, so the restriction of alcohol is a good way to solve the problem. According to WHO, in Australia, when a community restricts the hours of sale of alcohol within one town, it could lead to reducing the number of domestic violence victims presenting at hospitals. Moreover, increasing the price of alcohol is one of the effective prevention methods for reducing alcohol-related domestic abuse. In fact, according to the report from WHO, in the USA, it has been estimated that a 1 percent increase in the price of alcohol will decrease the probability of domestic abuse towards women by approximately 5 percent.<sup>118</sup>

Finally, financial support for victims is also one of the methods to help them. Many victims can't simply escape from domestic abuse by an intimate partner even if they want to. It is because, in many cases, an abusive man controls all the household finances and keeps family assets by himself. The abuser may run up debts or stop their partner from working.<sup>119</sup> According to the conversation, the majority of victims said that finances were a concern when they were deciding to end the relationship.<sup>120</sup> Some strategies and policies need to empower women by giving them great financial independence and control.

---

<sup>109</sup>Felix Torres, "What is PTSD?", AMERICAN PSYCHIATRIC ASSOCIATION, 2020

<sup>110</sup>Tanya J. Peterson, "PTSD from Domestic Violence, Emotional Abuse, Childhood Abuse" Healthy Place, 2019

<sup>111</sup>Tanya J. Peterson, "PTSD from Domestic Violence, Emotional Abuse, Childhood Abuse" Healthy Place, 2019

<sup>112</sup>NNEDV, "# Let's talk: Depression and Domestic Violence for World Health Day", NNEDV, 2017

<sup>113</sup>WHO, "Depression: What you should know", WHO, 2016

<sup>114</sup>NNEDV, "# Let's talk: Depression and Domestic Violence for World Health Day", NNEDV, 2017

<sup>115</sup>Ivana Busljeta, "3 Reasons Why Social and Emotional Learning (SEL) is a Solution to Violence.", my News desk, 2019

<sup>116</sup>CASEL, "What is SEL?", CASEL, 2020

<sup>117</sup>Get Domestic Violence Help, "Alcohol Abuse and Domestic Violence", Get Domestic Violence Help, 2020

<sup>118</sup>WHO, "Intimate partner violence and alcohol", WHO, 2020

<sup>119</sup>Misha Ketchell, "Putting abuse behind them: why financial security gives women power", THE CONVERSATION, 2020

<sup>120</sup>Misha Ketchell, "Putting abuse behind them: why financial security gives women power", THE CONVERSATION, 2020

#### IV

In conclusion, there are three causes to domestic abuse: traditional beliefs, alcohol and childhood experiences, several heavy and harmful effects on the victims: suicidal tendencies, a high risk of suffering from PTSD and a high risk of depression, and three specific solutions: social and emotional learning, restriction of alcohol and financial support for women. As highlighted above, the abuse will trigger other abuses in some families. These days, the number of people who have suffered domestic abuse is increasing around the world because of COVID-19, so in the future, the people who experienced domestic abuse may commit similar types of abuse on their partners and children. Thus, the number of victims is expected to rise year on year, and this will be a continued vicious cycle. Victims would take on worries alone and fight it alone, but it sometimes causes more terrible abuse by fighting against the abuser. However, I do not know what I should do when I am in the environment of domestic abuse in the family even though I watch the news related to the abuse on TV in my daily life. Therefore, as I do not know, the victims also do not know, and they feel alone. This feeling connects to those mental disorders. Thus, the government and organizations should inform the method and place to help them with advertisements or commercials, and we also need to help and support the victims if there is a victim around us. Finally, the most important thing regarding domestic abuse is people, especially men, to think of ways to not become the perpetrator first, but the victims will also have to move by themselves with some risks even if they got support, and the past experiences and trauma can not be put out from them, once they have experienced it. Thus, I think an important point of the solution is what method is the best for not producing a new abuser, not to improve the abusers' behaviors after they did domestic abuse. Therefore, the best way is not to create the new abuser through Social and Emotional Learning.

#### Bibliography

- CASEL, "What is SEL?", CASEL, December 11, 2020, accessed December 11, 2020  
<http://www.casel.org/what-is-sel/>
- Cooper Smith, "Alcoholism and Domestic Abuse: Finding Help", Alcohol Rehab Guide, November 5, 2019, accessed August 27, 2020  
<https://www.alcoholrehabguide.org/alcohol/crimes/domestic-abuse/>
- CRIMINAL JUSTICE, "Female Suicide and Domestic violence", CRIMINAL JUSTICE, October 12, 2020, accessed October 12, 2020  
<http://criminal-justice.iresearchnet.com/crime/domestic-violence/female-suicide/>
- Felix Torres, "What is PTSD?", AMERICAN PSYCHIATRIC ASSOCIATION, August, 2020, accessed October 12, 2020  
<https://www.psychiatry.org/patients-families/ptsd/what-is-ptsd>
- Get Domestic Violence Help, "Alcohol Abuse and Domestic Violence", Get Domestic Violence Help, August 27, 2020, accessed August 27, 2020  
<https://www.getdomesticviolencehelp.com/alcohol-abuse-and-domestic-violence.html>
- Ivana Busljeta, "3 Reasons Why Social and Emotional Learning (SEL) is a Solution to Violence.", my News desk, April 24, 2019, accessed December 11, 2020  
[https://www.mynewsdesk.com/nonviolenceproject/blog\\_posts/3-reasons-why-social-and-emotional-learning-sel-is-a-solution-to-violence-82732](https://www.mynewsdesk.com/nonviolenceproject/blog_posts/3-reasons-why-social-and-emotional-learning-sel-is-a-solution-to-violence-82732)
- Kevin Caruso, "Domestic Violence and Suicide", SUICIDE.org, October 12, 2020, accessed October 12, 2020  
<http://www.suicide.org/domestic-violence-and-suicide.html>
- Leonard Holmes, "How Childhood Abuse Changes the Brain", verywell mind, January 29, 2020, accessed August 27, 2020  
<https://www.verywellmind.com/childhood-abuse-changes-the-brain-2330401>
- MedlinePlus, "Domestic Violence", MedlinePlus, August 28, 2019, accessed August 27, 2020  
<https://medlineplus.gov/domesticviolence.html>
- Misha Ketchell, "Putting abuse behind them: why financial security gives women power", THE CONVERSATION, April 27, 2011, accessed December 11, 2020  
<https://theconversation.com/putting-abuse-behind-them-why-financial-security-gives-women-power-404>
- Nihon Keizai Shimbun, "70% of Perpetrators of domestic violence have childhood abuse experiences", Nihon Keizai Shimbun, March 30 2019, accessed August 27, 2020  
<https://www.nikkei.com/article/DGXMZO43150770Q9A330C1CZ8000/>



NNEDV, "# Let's talk: Depression and Domestic Violence for World Health Day", NNEDV, April 7, 2017, accessed October 12, 2020  
[https://nnedv.org/latest\\_update/stigma-depression-domestic-violence/](https://nnedv.org/latest_update/stigma-depression-domestic-violence/)  
Pramod Kerkar, M.D., FFRACSI, DA, "Types, Causes of Domestic Violence & its Rehab", Pain Assist, January 31, 2019, accessed August 27, 2020  
<https://www.epainassist.com/addiction-and-rehab/types-causes-of-domestic-violence-and-its-r>  
Reona Takahashi, "COVID-19 increase the number of DV around the world", ganas, April 28, 2020, accessed August 27, 2020  
<https://www.ganas.or.jp/20200428corona/>  
Tanya J. Peterson, "PTSD from Domestic Violence, Emotional Abuse, Childhood Abuse" Healthy Place, June 5, 2019, accessed October 12, 2020  
<https://www.healthyplace.com/ptsd-and-stress-disorders/ptsd/ptsd-from-domestic-violence-emotional-abuse-childhood-abuse>  
Tony Salvatore, "Intimate Partners Violence", LAW ENFORCEMENT BULLETIN, May 14, 2018, accessed October 12, 2020  
<https://leb.fbi.gov/articles/featured-articles/intimate-partner-violence-a-pathway-to-suicide>  
United Nations Peacekeeping, "Domestic Violence and COVID-19", United Nations Peacekeeping, May 6, 2020, accessed August 27, 2020  
<https://peacekeeping.un.org/en/domestic-violence-and-covid-19>  
WHO, "Depression: What you should know", WHO, 2016-2017, accessed October 12, 2020  
<https://www.who.int/campaigns/world-health-day/2017/handouts-depression/what-you-should-know/en/>  
WHO, "Intimate partner violence and alcohol", WHO, December 11 2020, accessed December 11, 2020  
[https://www.who.int/violence\\_injury\\_prevention/violence/world\\_report/factsheets/fs\\_intimate.pdf](https://www.who.int/violence_injury_prevention/violence/world_report/factsheets/fs_intimate.pdf)

## **Current Situation of Same-sex Marriage**

Miumi Katsurada

These days, more and more countries are trying to allow same-sex marriage. On the other hand, some countries have punishments for such sexual minority people. In this way, even though some regions allow same-sex marriage other countries do not do that. Among them, Canada is well-known as a country tolerant for homosexuality in particular. Statistics Canada illustrates that as of 2011, the number of gay couples that are recognized as a family was more than 60,000, and it is predicted to increase.<sup>121</sup> Some people are starting to accept sexual minorities. According to a survey by National Institute of Population and Social Security Research, there were 51.1 percent of people who totally or somewhat agree with the same-sex marriage. 71.6 percent of people in their 20's agree with that, and this is quite a high proportion but as the age gets older, they disagree with that. In Japan, there are approximately 8.9 percent of people who are sexual minorities. In other words, 1 in 11 people are recognizing whether they are LGBT.<sup>122</sup> However, there are actually more sexual minority people than that statistics because they hesitate to come out of the closet. These days, some sexual discriminations still remain rooted in Japan and such discriminations prevent the sexual minority people from coming out of the closet easily. This thesis will discuss a comparison of the values surrounding same-sex marriage in Japan and Canada, the effects for the economy, society, and medicine, and three type of solutions of homophobia, which are about company, partnership certification, and education so as make people have much more positive thoughts about same-sex marriage.

### I

There are several different aspects from Japan about the thoughts of same-sex marriage in Canada. Canada was the fourth country to allow same-sex marriage. However, they once regarded homosexuality as something dirty

---

<sup>121</sup> 数字で見る LGBTQ | 特集 カナダ「LGBTQ」. (2019, June 10).

<sup>122</sup> type:"Person", ". 同性婚に「賛成」が全体の約 8 割を占めた。LGBT 調査でわかった 5 つのこと. (2019, January 13)

and the punishment was made for homosexual behavior until 1869 but in 1969, the homosexual behavior was allowed legally and the same-sex marriage was legalized on July 2003. In fact, according to The Statistics Canada, after legalizing same-sex marriage, the data from the 2006 census, which was the first to collect data on legally married same-sex couples, showed there were more than 45,000 declared same-sex couples in the country, and that 16.5 percent of those were married. Moreover, the 2016 census showed there were 72,880 declared same-sex couples, and 33.4 percent of those were married. The number of same-sex couples increased three-fold through the decade.<sup>123</sup> In this way, Canada began to be tolerant for the same-sex marriage through some historical background until now. By the way, there is an index, called “Gay Travel Index, which is issued by Spartacus International Gay Guide, and shows how the same-sex couples can feel free to travel together. Going by that, As of 2019, Canada got the first place at the Gay Travel Index as the same rate as Sweden.<sup>124</sup> In short, Canada is recognized as a magnificent country for not only sexual majority people but also the minority ones all over the world. In addition, they banned the discrimination of same-sex couples including the hate speech. Like this, Canada totally agrees with the same-sex marriage system. According to The Forum research, the 10 percent of people aged from 18 to 34 acknowledge whether they are the same-sex lover. Meanwhile, as the age gets older, that proportion goes down. As you can find here, people tend to hesitate declaring whether they are the sexual minority, though the government totally recognizes that. Actually, approximately 40 percent of Canadian people do not endorse LGBT, which expresses Lesbian, Gay, Bisexual, and Transgender, especially, when it comes to seeing by region, the support rate was only 45.6 percent in Alberta. In other words, the not supported rate was more than half. Moreover, according to a National school climate survey implemented in 2015, about 85 percent of LGBT students have experienced bullying or discrimination at school.<sup>125</sup> This is because of religious reasons. Christianity and Judaism regard homosexuality as a sin, so as they believe in their religion more strongly, it gets difficult to recognize the homosexuality. In fact, The Ministry of Foreign Affairs of Japan shows more than 67.3 percent of Canadian people believe in Christianity.<sup>126</sup> Therefore, Canada is a worldwide tender country for LGBT people, but some discrimination or bullying for them is still caused. You can not say that Canada is a completely great society in which LGBT people live cheerfully and freely for sure.

On the other hand, there are some differences about the thoughts of same-sex marriage in Japan. As of 2019, Japan was 68th place at the Gay Travel Index.<sup>127</sup> Since all of the Asian country does not admit the same-sex marriage, they all are in the low rank at the Gay Travel Index. You can say Japan is not a tolerant country for the same-sex couples as Canada because the lower rank at the Gay Travel Index is, the more dangerous the same-sex couple travel that region because when they travel where is the lower rank at the Gay Travel Index, they can be involved in some troubles. Nowadays, Japan does not allow the same-sex marriage in a low, but people are trying to accept the homosexuality in a positive light. Japan signed the declaration of decriminalization of homosexuality, which was issued by the United Nations. Like this, Japan is tackling to promote the same-sex love. Furthermore, some region such as Shibuya, and Setagaya have promoted the society, which respects the rights of sexual minority people, and they started to issue the partner certification for every couple includes same-sex couples. By doing so, some of same-sex couples can be admitted, and it enables them to receive some public services such as in-home loans and life insurance as a partner, but since there is no legal binding, they can not receive the Spousal Control. Therefore, such a Japanese system for the same-sex love is still undeveloped and not adequate. In addition, the tolerance for homosexuality has not penetrated among Japanese people. The research implemented by Takarazuka University Nursing Department shows about 60 percent of LGBT students experienced bullying through their school life.<sup>128</sup> The reason for that lies in educational methods. To illustrate, they also said that approximately 26 percent of teens and twenties learn the same-sex love as something abnormal or got a negative information about it. In short, education can change how people regard homosexuality for better or for worse. According to a survey by the LGBT Research Institute, as of 2016, Japanese LGBT proportion was about 8 percent, in other words, one in 12 people are a sexual minority. However, we can not usually find them in everyday life because it is difficult for them to come out of that. Ministry of Health, Labour and Welfare illustrates that looking at the proportion of coming out at their workplace, 8.6 percent of Lesbian, 5.9 percent of Gay, 7.3 percent of Bisexual, and 15.3 percent of Transgender tell that I am the sexual minority to at least one

---

<sup>123</sup> Same-Sex Marriage in Canada. (n.d.)

<sup>124</sup> Kaname(カナメ). ゲイ旅行に参考にしたい！ゲイトラベル指数とは | Nextplace. (n.d.)

<sup>125</sup> ハピバナ. カナダの LGBT 事情①同性愛者の権利、LGBT 人口、結婚率、子持ち数、そして、気になる同性愛の支持率は・・・ (2017, November 21)

<sup>126</sup> カナダ基礎データ. (n.d.).

<sup>127</sup> 2019 年版の「ゲイフレンドリーな国ランキング」が発表されました. (n.d.)

<sup>128</sup> Lgbt 不動産. (n.d.). LGBT の日本での現状や 3 つの社会問題とは？.

person.<sup>129</sup> It is thought they are afraid of receiving sexual discrimination at their workplace. Therefore, recently, Japan have gotten tolerant for such sexual minority people, but people tend to regard homosexuality as something bad and Japan is still not great country which every sexual minority person can feel free to live confidently.

## II

There are three type of effects of same-sex marriage. First of all, same-sex marriage gives economic effects. To illustrate, the wedding industry are given the benefit by the effects of same-sex marriage. Since America allowed same-sex marriage, approximately 293,000 couples got married and the economic effect because of the holding the wedding ceremony was 3.8 billion dollars. Moreover, 45,000 employees were generated and the government got 240 million dollars of tax revenue.<sup>130</sup> In this way, the effect which acceptance of same-sex marriage gives to the wedding industry is expectation. However, that is not all of the economic effects. The other effect lies in the tourism consequence. In New York, which legalized same-sex marriage in 2011, had 7 million LGBT visitors. The UNWTO issued "LGBT Tourism Global Report" they illustrated that when the nation allows same-sex marriage, they can improve their countries' and regions' image as a brand. In this way, it will lead to innovation in product development, for instance in the UK, the Government Tourism Agency implemented the "Love is great" campaign, which promotes the tourism tour to the UK for LGBT people. By implementing such campaigns, It is estimated the attention level will exceed the loss by the consumers who counter LGBT.<sup>131</sup> Some discriminations or biases about the sexual minority still remain rooted, but such actions will enable people to be positive to such people. Moreover, the movement for LGBT is also implemented in Japan. One more example is that in Kyoto, the Hotel Granvia offers a plan for LGBT. They joined in International Gay & Lesbian Travel Association, which is the world's largest travel group for LGBT.<sup>132</sup> In addition, the economy is not limited to tourism benefits at all. The couple who got married with foreigners tend to go out of Japan as Japan does still not legalize same-sex marriage. In other words, not accepting the same-sex marriage can prevent LGBT people from living in Japan and end up contributing to population decline since as population continues to lessen, Japanese productivity will decrease along with that.<sup>133</sup> Therefore, same-sex marriage gives the economy numerous positive effects.

Second of all, another effect of same-sex marriage is the social effects. More and more people are complying with sexual minorities. That is true, but there is not a completely tolerant society for them, many sexual minority people are still seen with heretical eyes at schools or workplaces, then, they can receive some bullying due to discrimination about LGBT. If same-sex marriage is legalized, some discriminatory remarks or bullying about LGBT will decline. To illustrate, in Denmark, the proportion of suicides as a whole, in particular the proportion of people who have a relationship of same-sex marriage significantly went down. In this way, we can say that by institutionalizing the same-sex marriage as a law, we can lessen the stigma against sexual minority. In other words, to admit same-sex marriage as a law encourages every person to have a comprehension of LGBT, and same-sex marriage will become common among people. According to a thesis from Epidemiology and Community Health, which is cooperated by Danish Institute for Prevention of Death and Stockholm University, compared the proportion of self-killing of heterosexual and same sex couples with the turn from 1989 to 2002 and 2003 to 2016. As a result, the percentage of same sex couples who committed suicide declined by 46 percent compared to the period from 1989 to 2002. In 2012,<sup>134</sup> Denmark admitted same-sex marriage as a law. Therefore, the decline of proportion of suicide in Denmark is because of the legalization and generalization of same-sex marriage. On a different note, as same-sex couples are not able to have a baby by reproduction, the only way to raise their children is to accept adopted children. However, there is an argument whether the countries should admit the adoption qualification for same-sex couples or not. Actually, most of the countries which have already admit that, and in the Netherlands, about 9 percent of same-

---

<sup>129</sup> Okazaki 0810. 12人に1人、見かけないのはなぜ？ 20代が知っておきたい LGBT のこと。(9200, January 01)

<sup>130</sup> 全米で同性婚が認められたことによる経済効果は38億ドル、4万5000人もの雇用を創出。(n.d.)

<sup>131</sup> ニューヨークで経済効果250億。急増する LGBT 旅行者、惹きつける国は何に優れているか？【連載 GLOBAL INSIGHT】

<sup>132</sup> 京都のホテルで LGBT 向け和装「婚礼」プラン1年 海外中心に発信継続。(n.d.)

<sup>133</sup> Q. 同性婚は、社会全体にメリットがありますか？ - Does same-sex marriage have any merits for society? (2017, January 10).

<sup>134</sup> 同性婚承認国で同性愛者の自殺率が大幅に減少していることが明らかになりました。

sex couples are raising their children on their own. The Equal Marriage Alliance illustrates that there are some research of effect for children whose parents are the same gender, but they say, there is no resulted a negative aspects of same-sex couples having children.<sup>135</sup>The National Pediatric Society also mentions about same-sex couples, and implies that even if children's parents are the same gender, they must give their children stable, affectionate, and psychologically healthy household. In this way, same-sex marriage has many effect in society.

Lastly, same-sex marriage affects in the medical perspectives. To illustrate, The Equal Marriage Alliance mentions that since the same sex couples have no likelihood to get pregnant by the sexual act, they tend to neglect the birth control.<sup>136</sup>In this way, many Sexually transmitted diseases used to expand. Birth control has a role for preventing them from sexually transmitted diseases such as HIV. Even if they are the same gender, they all have a likelihood to suffer from HIV. When aiming at the sexual act between men as men has higher risk of suffering HIV compared to women, one research indicated that when they search with or without the sexually transmitted diseases for more than 10000 gay people, approximately 23 percent of subjects suffered from that.<sup>137</sup>In this way, they tend to avoid birth control because of the negligence in which they must not be able to get pregnant by sexual act. Therefore, if same-sex marriage is admitted, same-sex couple should have responsibilities to concern about partner's wellness as the same as heterosexual couples. By the way, it is also said that banning same-sex marriage as a law can give a negative effect and concern about HIV therapy. To explain, Nigeria, which enacted the law prohibiting same-sex marriage in January of 2014 and regarded the sexual intercourse as a crime, implemented a survey about HIV therapy to the men who have a sexual intercourse between the same sex aged more than 16. Then, the researchers found that the number of homosexual people increased who feel a fear about the medical after enforcing the Same-sex Marriage Prohibition Law. In addition, before the implementation of the Same-sex Marriage Prohibition Law, the HIV sufferers, who had proclaimed same-sex love to the doctor, had a good treatment result.<sup>138</sup> Therefore, prohibiting same-sex marriage can affect society from a medical perspective.

### III

There are three solutions for decreasing homophobia. First of all, it lies in companies. Job opportunities should be given to every person equally and the company must not treat the workers unfairly. However, There are some hardships at the job against the sexual minority people. There are some instances for example during their inauguration, when they come out of the closet in an interview, they fail. In addition, they are difficult to promote because the company did not admit the same-sex partners.<sup>139</sup>However, recently, there are more and more companies, which treat sexual minority employees as the same as majority people without discrimination. In addition, they allow them to apply for welfare which used to be applied for only couples between males and females. For instance, the company of Softbank, which is the telecommunication company introduced a new system where some welfare such as wedding gift, bereavement leave vacation, were able to be applied for employees who have the same-sex partners since October of 2016.<sup>140</sup> The other example is company rules. Most companies have their own regulations which force every employee to obey. Then, some companies have set the regulation, which crack down employees' any discrimination against the sexual minority.<sup>141</sup> Therefore, making a good and comfortable environmental workplace for LGBT is important for working together.

---

<sup>135</sup>Q. 同性カップルにも養子を認めるのですか? - Will same-sex couples also be allowed to adopt children? (2017, January 10).

<sup>136</sup> Q. 同性婚は、社会全体にメリットがありますか? - Does same-sex marriage have any merits for society? (2017, January 10).

<sup>137</sup> ゲイは性病になりやすいついていう噂...高い感染確率への対処方法は? . (n.d.).

<sup>138</sup> 同性婚を禁じると HIV 治療に悪影響か. (n.d.).

<sup>139</sup>Gooddo マガジン編集部. LGBT への差別をなくすために、ジェンダー平等に向けた活動について知ろう. (2020, November 09)

<sup>140</sup>LGBT フレンドリー企業の同性婚の取り組みにみる真のダイバーシティ経営. (n.d.).

<sup>141</sup> LGBT フレンドリーな企業の取り組みを知ろう 【LGBT 就活・転職ガイド 3-1】 .

Second of all, another solution is Same-sex partnership certification system. In the first place, the same-sex partnership certification system is a system, which is issued by local government in order to prove that same-sex couples' relationships is the same as a heterosexual couples. Actually, in Japan, over 60 local governments enforce the same-sex partnership certification system starting with Setagaya, in Tokyo in 2015.<sup>142</sup> Due to this system, all same-sex couples got able to be admitted as a formal couple among people and receive some services which used to be adapted to only heterosexual couples such as rental contact or family services for mobile phones.<sup>143</sup> However, there is no legal binding force in this system, so some same-sex couples are not able to admitted legally, and they can not build an official marriage relationship, but the introduction of this system around Japan will enable all people to be tolerant of LGBT and some discriminations against them should be disappeared. According to data from NHK, the number of people who recognized themselves as a sexual minority was the largest in Tokyo, which introduced the system.<sup>144</sup> Followed by Tokyo, other prefectures such as Kanagawa, Osaka have a larger number of LGBT awareness. In other words, The prefecture, which admitted Same-sex partnership certification system, have much larger number of the people awared of LGBT, so such places are quite good environment which people are tolerant of these people generally. Therefore, Same-sex partnership certification system is one of the greatest solutions so that sexual minority people can be admitted among people, but there is no legal binding force, so it should be improved in order to be common of same-sex marriage.

Lastly, another solution for lessening homophobia lies in education. Children are usually influenced by numerous people such as teachers and friends thereby attending school. These days, even though the stereotypical thoughts for gender differences are likely to disappear increasingly, the education for sexual minorities is still undeveloped. Some people sometimes notice their sexual orientation at earliest in puberty. The children who are in puberty spend most of their time mainly at school, but there are more students who have less knowledge or understanding of LGBT. Then, the government requires a careful response for LGBT students. In addition, they insist the teacher should have a responsibility to tell students that there is sexual diversity and many kinds of sexual orientation throughout the education.<sup>145</sup> For example, the school institution should consider solutions such as establishing a multipurpose toilet, swimsuits, liberalization of school uniforms, and the bath of an accommodation learning. There should be students who are worried about their own sexual orientations or self-confession in a school, so teachers should prepare a great environment for example they cooperate with medical institutions or specialized agencies so that all sexual minority students can fully rely on and spend a wonderful school life without any discriminations.<sup>146</sup> Sadly, according to the research of the ReBit recognized as a legal entity for specific non-profit activities, about 68 percent of LGBT children have received some sexual discriminations. In addition, 58 percent of LGBT children have considered about the suicide before.<sup>147</sup> These data showcase many students are not educated about knowledge of LGBT. As schools are kind of a very huge community for children, if they have less knowledge about such people, it will result in serious consequences for sexual minorities such as bullying or suicide. Therefore, education is one of the most important elements, which can change students' values of sexual minorities.

#### IV

In summary, Canada is one of the most tolerant countries for sexual minority people in the world, but some people still hesitate to come out of the closet because of religious reasons. However, the same-sex marriage is admitted legally. In contrast, Japan has undeveloped system about same-sex marriage, but some regions make a partnership certificate, which prove that they are worth getting married, so even though they do not have a legal binding, they

---

<sup>142</sup> 日本のパートナーシップ制度. (2020, December 09).

<sup>143</sup> 同性パートナーシップ制度とは？同性婚との違いやメリット・デメリットも解説。自治体の導入情報も。 | 自分らしく生きるプロジェクト. (n.d.).

<sup>144</sup> LGBT 当事者 2600 人の声から - NHK オンライン. (n.d.).

<sup>145</sup> Gooddo マガジン編集部. LGBT に関する課題とは？ジェンダー平等に向けた知識や活動を知ろう | gooddo マガジン | 社会課題や SDGs に特化した情報メディア. (2020, November 11).

<sup>146</sup> LGBT 教育に求められる取り組みとは | 日本の現状と残された今後の課題. (n.d.).

<sup>147</sup> 年次報告 - 認定 NPO 法人 ReBit | LGBT 問題の今を ... (n.d.).

have gotten more and more tolerant for LGBT. As I mentioned before, many Japanese people hesitate to come out of the closet because they can receive bullying or sexual discrimination by coming out of that. This is because the Japanese education system is also still undeveloped. What it means is that Japanese education make students regard homosexuality negatively, so we should make a more comfortable environment so that LGBT people can live openly as the same as normal people, for example, the teachers should teach students that same-sex love is never a bad thing, and spread the gender diversity. I believe education can convert the people's value of homosexuality. By doing so, Japan will get more tolerant for the same-sex marriage, and it will be admitted in a law someday.

Also, same-sex marriage gives us numerous kinds of effects such as economic, social, and medical impacts to us and some of effects indicates the positive aspects of same-sex marriage. In my opinion, changing people's value or prejudice about same-sex love is quite important. Through these impacts that same-sex marriage gives, you can say that people are starting to tolerant of sexual minority. However, some remaining discrimination or stigma for LGBT prevents sexual minority people from living comfortably, so I believe that at first, the most efficient way to do that is permitt same-sex marriage as a law. In this way, same-sex marriage will get common among people. As law has the strongest domination power, this is the best way to live together with sexual minority people without any concern. In addition, there are some solutions to remove homophobia. For instance, the initiatives or services at companies are a good way to accept sexual minority people. In addition, Same-sex partnership certification system can enable them to be admitted almost legally, and education is a great elements that change people's values. In my opinion, I believe that in order to spread that understanding for sexual minorities, education is a basic way. While people are young, they should have a comprehension of sexual diversity. This is because the students who attend school are more sensitive than adults due to puberty and their gender identities are easily influenced by many factors such as teachers, friends, and parents. Teachers should tell all the students the variety of sexual orientations and this is not something strange or wrong. Having a comprehension about sexual diversity while they are young should lead to removal of homophobia.

## Bibliography

Gooddo マガジン編集部. LGBTに関する課題とは？ジェンダー平等に向けた知識や活動を知ろう | gooddo マガジン | 社会課題やSDGsに特化した情報メディア. (2020, November 11). Retrieved December 18, 2020, from [https://gooddo.jp/magazine/gender\\_equality/lgbt\\_gender/](https://gooddo.jp/magazine/gender_equality/lgbt_gender/)

Gooddo マガジン編集部. LGBTへの差別をなくすために、ジェンダー平等に向けた活動について知ろう. (2020, November 09). Retrieved December 18, 2020, from [https://gooddo.jp/magazine/gender\\_equality/lgbt\\_gender/6773/](https://gooddo.jp/magazine/gender_equality/lgbt_gender/6773/)

LGBT教育に求められる取り組みとは 日本の現状と残された今後の課題. (n.d.). Retrieved December 18, 2020, from <https://www.kyoiku-press.com/post-216749/>

LGBT当事者2600人の声から - NHK オンライン. (n.d.). Retrieved December 18, 2020, from <http://www.nhk.or.jp/d-navi/link/lgbt/>

Lgbt不動産. (n.d.). LGBTの日本での現状や3つの社会問題とは？. Retrieved August 31, 2020, from <https://lgbt-fudousan.com/diary-detail-417267/>

LGBTフレンドリー企業の同性婚の取り組みにみる真のダイバーシティ経営. (n.d.). Retrieved December 18, 2020, from <https://career.joi.media/trends/2019/08/21/11738/>

LGBTフレンドリーな企業の取り組みを知ろう【LGBT就活・転職ガイド3-1】. (n.d.). Retrieved December 18, 2020, from <https://jobrainbow.jp/magazine/guide3-1>

Kaname (カナメ) ゲイ旅行に参考にしたい！ゲイトラベル指数とは | Nextplace. (n.d.). Retrieved August 31, 2020, from <https://kaname.online/gay-travel-index/>

Okazaki 0810. (9200, January 01). 12 人に 1 人、見かけないのはなぜ？ 20 代が知っておきたい LGBT のこと. Retrieved August 31, 2020, from <https://mainichi.doda.jp/article/2019/01/26/1118.html>

Q. 同性カップルにも養子を認めるのですか？ - Will same-sex couples also be allowed to adopt children? (2017, January 10). Retrieved October 26, 2020, from <http://emajapan.org/promssm/ssmqaa/qa8>

Q. 同性婚は、社会全体にメリットがありますか？ - Does same-sex marriage have any merits for society? \*, 名. (2017, January 10) Retrieved October 26, 2020, from <http://emajapan.org/promssm/ssmqaa/qa6>

Same-Sex Marriage in Canada. (n.d.). Retrieved August 31, 2020, <https://www.thecanadianencyclopedia.ca/en/article/same-sex-marriage-in-canada>

カナダ基礎データ. (n.d.). Retrieved August 31, 2020, from [//www.mofa.go.jp/mofaj/area/canada/data.html](http://www.mofa.go.jp/mofaj/area/canada/data.html)

京都のホテルで LGBT 向け和装「婚礼」プラン 1 年 海外中心に発信継続. (n.d.). Retrieved October 26, 2020, from <https://karasuma.keizai.biz/headline/2324/>

ゲイは性病になりやすいっていう噂...高い感染確率への対処方法は？. (n.d.). Retrieved October 26, 2020, from [https://www.gme.co.jp/column/gay\\_column01.html](https://www.gme.co.jp/column/gay_column01.html)

数字で見る LGBTQ | 特集 カナダ「LGBTQ」. (2019, June 10). Retrieved August 31, 2020, from <https://torja.ca/numbers-lgbtq/>

世界の同性婚. Retrieved August 31, 2020. <http://emajapan.org/promssm/world>

全米で同性婚が認められたことによる経済効果は 38 億ドル、4 万 5000 人もの雇用を創出. (n.d.). Retrieved October 26, 2020, from [https://www.outjapan.co.jp/lgbtcolumn\\_news/news/2020/6/6.html](https://www.outjapan.co.jp/lgbtcolumn_news/news/2020/6/6.html)

同性婚承認国で同性愛者の自殺率が大幅に減少していることが明らかになりました. (n.d.). Retrieved October 26, 2020, from [https://www.outjapan.co.jp/lgbtcolumn\\_news/news/2019/11/16.html](https://www.outjapan.co.jp/lgbtcolumn_news/news/2019/11/16.html)

同性婚を禁じると HIV 治療に悪影響か. (n.d.). Retrieved October 26, 2020, from <https://medley.life/news/5577a3b2ac1a3608019d1993/>

同性パートナーシップ制度とは？同性婚との違いやメリット・デメリットも解説。自治体の導入情報も。 | 自分らしく生きるプロジェクト. (n.d.). Retrieved December 18, 2020, from <https://jibun-rashiku.jp/column/column-1526>

日本経済新聞社. . 同性婚「賛成」51% 全国調査、世代間の認識に差. (2015, November 29) Retrieved October 26, 2020, from [https://www.nikkei.com/article/DGXLASDG29H29\\_Z21C15A1000000/](https://www.nikkei.com/article/DGXLASDG29H29_Z21C15A1000000/)

日本のパートナーシップ制度. (2020, December 09). Retrieved December 18, 2020, from <https://www.marriageforall.jp/marriage-equality/japan/>

ニューヨークで経済効果 250 億。急増する LGBT 旅行者、惹きつける国は何に優れているか？  
【連載 GLOBAL INSIGHT】. (n.d.). Retrieved October 26, 2020, from <https://www.fastgrow.jp/articles/lgbt-tourism>

年次報告 - 認定 NPO 法人 ReBit | LGBT 問題の今を ... (n.d.). Retrieved December 18, 2020, from [https://rebitlgbt.org/pdf/rebit\\_groupeport\\_2018.pdf](https://rebitlgbt.org/pdf/rebit_groupeport_2018.pdf)

ハピバナ. (2017, November 21). カナダの LGBT 事情①同性愛者の権利、LGBT 人口、結婚率、子持ち数、そして、気になる同性愛の支持率は・・・ Retrieved August 31, 2020, from <https://happybanana.info/?p=10728>

2019 年版の「ゲイフレンドリーな国ランキング」が発表されました. (n.d.). Retrieved August 31, 2020, from [https://www.outjapan.co.jp/lgbtcolumn\\_news/news/2019/3/1.html](https://www.outjapan.co.jp/lgbtcolumn_news/news/2019/3/1.html)

同性婚に「賛成」が全体の約 8 割を占めた。LGBT 調査でわかった 5 つのこと. (2019, January 13) Retrieved December 18, 2020, from <https://www.buzzfeed.com/jp/saoriibuki/dentsu-lgbt-chosa>

## Overview of Major Depressive Depression

Yusei Kato

In recent years, it has been estimated the victims of depression are over 300 million worldwide, on average about one in 20 reported an episode of depression in 17 countries. according to NCBI. People often think this illness has one source, however, depression is caused by several issues. At the same time, almost all people often leave this problem for a long time, because psychological disease is not thought of as a serious problem and does not have enough knowledge of solutions. Depression can be separated into 3 types of causes, experiential causes, medical treatment causes, and drugs. Depression affects some symptoms for the human body and mind. Sometimes, it appears as a social problem. And all the symptoms can be explained by biological sight. In the modern period, the solutions to anti-depression have been developed because depression has a grade of effect from many directions. The number of suicides are declining since Heisei 17, but the case of depressive depression is reporting than in the old period. In this thesis, I will talk about causes, symptoms, and solutions of depression from versatility.

### I

There are several causes of depression. Major depressive disorders are caused by family or childhood's traumatic events. Many scientists think depression infects genetic family members. Scientists found the chromosome 3p25-26 in more than 800 families with recurrent depression. The patient's family who has this chromosome has experience of Major Depressive Disorder (MDD) in many cases. According to Healthline, 40 percent of 800 depressive patients could trace a genetic link with family members by this chromosome. Also, this research has shown that people with parents or siblings who have depression are up to three times more likely to have the condition.<sup>148</sup> This can be due to heredity or environmental factors that have a strong influence. A person who grows up with someone with depression may be more easily infected with the disease. A child who watches a person with depression may resemble the actions of a depressed person. Because children usually learn from external things including a person's behavior. Gender may connect to genetic depression. One study found that women have a 42 percent depression rate and men have only 29 percent. These facts are in the research phase now so it has not a clear foundation yet, but it is certain there are some links. Another one, psychological trauma until 12 years old has a sensory impact for them. Human's sense of safety exists to protect their body and self-esteem, but traumatic events shatter the sense of safety by frightening visual stimuli, loud noises, violent movements, and other sensations. The scary images prove from nightmares, new fears, and actions or play that reenact the event. Young children have less danger or how to keep themselves, and are very weak for trauma such as these things.<sup>149</sup> In parts of depressive patients, There is a large consensus indicating that childhood trauma is significantly affected in the development of depression, and, the influence of multiple experiences of childhood trauma affects a chronic process of depression in adulthood. 75.6% of the chronically depressed patients reported clinically vital histories of childhood trauma. 37% of the chronically depressed patients reported many childhood's traumatization.<sup>150</sup>

---

<sup>148</sup> Timothy J. Legg, "Is Depression Genetic?" Healthline. July 25, 2017.

<sup>149</sup> The National Child Traumatic Stress Network, "How Early Childhood Trauma is Unique", NCTSN, accessed Aug 31, 2020

<sup>150</sup> Depression research and treatment, "Childhood Trauma and Its Relation to Chronic Depression in Adulthood", NCBI, Nov 29, 2015, accessed Aug 21, 2020



Also, depression can approach from a biological and medical point of view. One of the causes is brain inflammation. The most common cause of brain inflammation is a viral infection. There are some symptoms such as headache, fever, pain fatigue or weakness, sometimes, special symptoms appear in more severe cases such as confusion, agitation or hallucinations.<sup>151</sup> Medically, depression may be caused by brain inflammation. In recent research, it was found depression and brain inflammation are related to each one.<sup>152</sup> According to The Lancet psychiatry, depression is linked to the amount of time a person has been depressed. People who were depressed for more than 10 years showed 30 percent more inflammation compared to people depressed for less time.<sup>153</sup> Also, the frontal lobe of the brain is relevant too. Frontal brains control some functions to keep self management and decision making. The front lobe of the brain includes; speech and language production, forming memories, understanding and reacting to the feelings of others, forming personality etc.<sup>154</sup> When it is not active, there is a greater risk for depression. There is memory impairment, less executive ability, and down mood or feelings.<sup>155</sup> Another reason is that disease causes depression. For example, serious bone breaks, cancer and others may cause chronic diseases (including depression). Serious disease patients often have depression because they fear pressure of operation or other reasons. As a result, the risk of illness may be higher, such as chronic illness, insomnia, chronic pain, or attention-deficit hyperactivity disorder called ADHD.<sup>156</sup>

Another cause is that drugs make a high risk of being MDD too. When People have a depressive episode, it affects the risk of relapse and addiction of drugs and alcohol. Medications which cause depression are used to treat anxiety and insomnia. One example is benzodiazepines, such as alprazolam (Xanax), diazepam (Valium), lorazepam (Ativan), and temazepam (Restoril). "Benzodiazepines are central nervous system depressants. These medications can build up in the body, leading to side effects that can manifest as depression symptoms," says Dr. Carr. These medications especially affect very big emotions for older people.<sup>157</sup>

## II

There exist some symptoms from depression. First, depression affects the central nervous system. Participants of depression feel sadness, grief, and a sense of guilt. It may be described as a feeling of emptiness or hopelessness. These things appear as physical activities such as crying. Also feel tired all the time or have trouble sleeping at night. Other symptoms include: irritability, anger, and loss of interest in things that used to bring pleasure, including sex. Depression can cause headaches, chronic body aches, and pain that may not respond to medication. It's also sometimes an effect of certain neurological diseases, such as, Alzheimer's disease, epilepsy, and multiple sclerosis.<sup>158</sup> Also, depression's symptoms appears as physical symptoms include, Alcoholism, insomnia, self mutilation, moving or speaking slowly than usual, changes in appetite or weight, unexplained aches and pains, lack of energy, low sex drive, changes your menstrual cycle, etc.

<sup>159</sup>These symptoms happen not relevant to minor or serious illnesses.

Secondly, depression affects the inside of the body such as internal organs. People in depression, the digestive system is damaged when people do not eat enough food and do not gain nutrients. They always gain stomach aches, cramps, malnutrition, and constipation in that situation.<sup>160</sup> Chronic pain is another one. People with depression may experience unexplained aches, such as joint or muscle pain, breast tenderness, and headaches. These

---

<sup>151</sup> MAYO CLINIC," Encephalitis", MAYO CLINIC, April 17, 2020, accessed Aug 31, 2020

<sup>152</sup> Timothy J. Legg, "4 Ways Depression Can physically Affect the Brain", Healthline, Oct 26, 2018, accessed Aug 24, 2020

<sup>153</sup> The Lancet psychiatry, "Association of translocator protein total distribution volume with duration of untreated major depressive disorder: a cross-sectional study", The Lancet psychiatry, Feb 26, 2018, accessed Aug 24, 2020

<sup>154</sup> Seunggu Han M.D "What does the frontal lobe do?" Medical News Today, Jun 29, 2017, accessed Sep 9, 2020

<sup>155</sup> Timothy J. Legg, "4 Ways Depression Can physically Affect the Brain", Healthline, Oct 26, 2018, accessed Aug 24, 2020

<sup>156</sup> Janusz K. Rybakowski, "Family History As an Important Factor for Stratifying Participants", NCBI, Oct 29, 2018, accessed August 20, 2020

<sup>157</sup> Harvard Health letter, "Is your medication making you depressed?", Harvard Health Publishing Harvard Medical School, Oct, 2015, accessed Aug 24, 2020

<sup>158</sup> Timothy J. Legg, Ph.D. "The effects of depression in your body" Healthline, October 22, 2019, accessed Nov 10

<sup>159</sup> NHS, "Symptoms clinical depression" NHS, December 10, 2019, accessed Nov 10, 2020

<sup>160</sup> Timothy J. Legg, Ph.D. "The effects of depression in your body" Healthline, October 22, 2019, accessed Nov 10

aches can worsen because of chronic pain.<sup>161</sup> Another fact, Heart disease participants have a high risk of having depression and depression actually worsens the heart disease. It's a two way relationship. E.g. The prevalence of depression among cardiac patients ranges from 20 to 30 percent. "Even the lower limit of this range is more than double the prevalence of this treatable condition in the general population," wrote Bruce L. Rollman, M.D. and Stewart in their 2014.<sup>162</sup>

The third of this chapter, depression has possible social effects including; suicide, fewer social activities. Social anxiety disorder is fear of being judged, negatively evaluated, rejected in a social or performance situation. The symptoms including; blushing, stumbling over words, being viewed as stupid, awkward, or boring. The average age of onset for social anxiety disorder is during the teenage years. Also this disorder develops the risk of depressive disorder and alcohol use disorders.<sup>163</sup> Depression is affected all over the generations but, the thinking of suicide is a common symptom. Depressed people think suicide and that is infecting for childhood, adolescence, adulthood, and elders.

The suicide can classify plain things but, it always no reasons why they choose that. People are affected by multiple problems or think.

### III

There are several solutions to depression medically or emotionally. The first, depression can be divided into three types, mild, moderate, and severe types. The treatment by medicine should be adjusted correctly. In mild type, it is adapted to basic psychiatric ways. One way is "Wait and see". If the depression is mild, doctors suggest waiting and seeing for 2 weeks. Because it can be solved by oneself. The Second way is "exercise", Exercise boosts and produces antidepressants such as serotonin, endorphins and other feeling better chemicals and triggers the connection for new brain cells. Concrete examples include a 15 minutes run and 1 hour walk. The third way is to "Connect with a social network". The strong social connection prevents depression because most cases of that come from feelings of isolation. Keep and so contact with families or friends, or volunteer work leads to independence from isolation.<sup>164165</sup>

Also, with moderate depression it is more difficult to solve than mild. These are the major depression solutions in modern days. First way is "CBASP" is developed by Dr. James P. McCullough at Virginia Commonwealth University. The therapist analyzes a patient's negative event in the past or precursor to a similar situation in the future. The therapist seeks to help a patient by breaking down distressing events into a sequence of events, then find junctures where the result might have been different had the patient changed his or her behavior or reactions. One study of CBASP found CBASP was as effective as the drug. Second way is "CBT (Cognitive Behavioural Therapy)". This therapy is available to reframe situations to be better in more positive ways. Because chronic depression clients may have a covered or entrenched feeling of hopelessness. This therapy takes place twice a week and records the target's behavior or thought processes. The third way is "Interpersonal therapy". The goal of interpersonal therapy is to change the way a patient perceives himself or herself. This way also involves helping a patient to express anger productively, to become assertive, and to take social or asocial risks because the goal is to change the client's perceives. Some studies evaluated this therapy should need long time and persistence for therapists and clients.<sup>166</sup>

In severe depression, treatments depend on professional and medical ways. The purpose of these methods are to make depression mild for the target. First way is "Medication". Medication may be the most advertised as a treatment for depression. Of course the main purpose of that is to take balance of the chemical brain's elements and/or suppress the brain's functional module. But medication has some risks, clients may depend on that likewise drug, also, it requires a long time to solve. Therefore, it needs medical professors' allowances. Second way is "TMS (transcranial magnetic stimulation)". TMS therapy is a non-invasive treatment that directs recurring magnetic energy pluses at the regions of the brain that are involved in mood through the skull. These magnetic pulses improve

---

<sup>161</sup> Timothy J. Legg, Ph.D. "How does depression affect the body?" Medical News Today, July 9, 2018, accessed Nov 10, 2020

<sup>162</sup> NIH, "Heart disease and depression: a two way relationship" NIH, April 16, 2017, accessed Nov 10, 2020

<sup>163</sup> ADAA "Social Anxiety disorder" ADAA accessed Nov 10, 2020

<sup>164</sup> Melinda Smith, M.A., Lawrence Robinson, and Robert Segal, M.A. "Sleep Needs" HelpGuide, October 2020, accessed January 26th, 2021,

<sup>165</sup> Lawrence Robinson and Melinda Smith, M.A. "Self- Medicating depression, Anxiety, and Stress." HelpGuide, September 2020, Accessed January 26th, 2021,

<sup>166</sup> Harvard mental health letter, "Managing chronic depression" Harvard health publishing harvard medical health, December 2009,

communication between different parts of the brain and ease depression symptoms. This method is usually used with other anti depression treatments like CBT, CBASP, Medication, Exercise, Talk therapy, etc.<sup>167168</sup>

#### IV

In this essay, I talked about the major causes of depression. Depression is caused by some medical, biological, and drug issues, and it is mixed with each other. In my opinion, I think there are things that can be done to decrease the risk of depression. In the healthline reports, depression appears when they experience persistent and intense feelings of sadness for periods of time. Viewed from the opposite side, to avoid this phenomenon equals to preventing depression. However, depression has no noticeable symptoms so it is very difficult to notice by outsiders. Therefore, if you want to solve problems by myself, to keep a healthy life and socializing is important. When you feel lonely, keep in touch with friends and families and eat healthy foods. People find comfort in talking and to take and connect to control their minds and keeping healthy is the best way for your body and mind. Also, when you thought you could not solve depression, go to the professional doctor, asking and thinking with specific actions. This way is the most correct way for you. You may think you do not want to go for a professional because this is your problem. It is not an indication of shyness but it is proof of bravery. Also, it is known depression affects nervous systems, organs, and feelings and actions. Especially, physical illness and psychological illness have a relation each other, and the over half of the depressed people think suicide. Therefore, depression is classified in mood disorders in the medical field, that indicates depression is not an individual's problem but that it is a medical problem. On the other hand, all methods are used to support to treat client's antidepressants. But a vital point depends on the client's decision because this problem is about their own feelings and thinking. Also, I look at depression purely as a mental disorder and public health crisis, but it deserves more attention. At this point, depression can not substitute without mental health.

#### BIBLIOGRAPHY

ADAA. "Social Anxiety Disorder." ADAA. accessed Nov 10, 2020. <https://adaa.org/understanding-anxiety/social-anxiety-disorder>

Ann Pietrangolo. "The effects of depression in your body." Healthline. October 22, 2019. accessed Nov 10, 2020. <https://www.healthline.com/health/depression/effects-on-body>

Harvard Health letter. "Is your medication making you depressed?" Harvard Health Publishing Harvard Medical School. Oct 17, 2015. accessed Aug 24, 2020. <https://www.health.harvard.edu/drugs-and-medications/is-your-medication-making-you-depressed>

Harvard mental health letter. "Managing chronic depression." Harvard health publishing harvard medical health. December 2009. accessed January 26th, 2021. [https://www.health.harvard.edu/newsletter\\_article/managing-chronic-depression](https://www.health.harvard.edu/newsletter_article/managing-chronic-depression)

Janusz K. Rybakowski. "Family History As an Important Factor for Stratifying Participants." NCBI, Oct 29, 2018. accessed August 20, 2020. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6231308/>

Janusz K. Rybakowski. "Childhood Trauma and Its Relation to Chronic Depression in Adulthood." NCBI. Nov 29, 2015. accessed Aug 21, 2020. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4677006/>

Karyn Hall Ph.D. "Accepting Loneliness" Psychology Today. Jan 13, 2013. accessed Aug 26, 2020. <https://www.psychologytoday.com/us/blog/pieces-mind/201301/accepting-loneliness>

---

<sup>167</sup> Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D, "Depression treatment" HelpGuide, September 2020,

<sup>168</sup> Lawrence Robinson and Melinda Smith, M.A, "Self- Medicating depression, Anxiety, and Stress," HelpGuide, September 2020,

Lawrence Robinson and Melinda Smith, M.A. "Self- Medicating depression, Anxiety, and Stress." HelpGuide, September 2020. Accessed January 26th, 2021. <https://www.helpguide.org/articles/addictions/self-medicating.htm>

NHS. "Symptoms clinical depression" NHS. December 10, 2019. accessed Nov 10, 2020. <https://www.nhs.uk/mental-health/conditions/clinical-depression/symptoms/>

NIH. "Heart disease and depression: a two way relationship" NIH. April 16, 2017. accessed Nov 10, 2020. <https://www.nhlbi.nih.gov/news/2017/heart-disease-and-depression-two-way-relationship#:~:text=Researchers%20have%20discovered%20that%20depression,from%2020%20to%2030%20percent.>

MAYO CLINIC. "Encephalitis" MAYO CLINIC. April 17, 2020. accessed Aug 31, 2020. <https://www.mayoclinic.org/diseases-conditions/encephalitis/symptoms-causes/syc-20356136>

Melinda Smith, M.A., Lawrence Robinson, and Robert Segal, M.A. "Sleep Needs" HelpGuide. October 2020. accessed January 26th, 2021. <https://www.helpguide.org/articles/sleep/sleep-needs-get-the-sleep-you-need.htm>

Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D. "Depression treatment." HelpGuide. September 2020. accessed January 26th, 2021. <https://www.helpguide.org/articles/depression/depression-treatment.htm>

SAVE. "DIPRESSION AND SUICIDE" SAVE. accessed Nov 11,2020.<https://save.org/about-suicide/mental-illness-and-suicide/depression/>

Seunggu Han M.D. "What does the frontal lobe do?" Medical News Today. Jun 29, 2017. accessed Sep 9, 2020. <https://www.medicalnewstoday.com/articles/318139#Functions-of-the-frontal-lobe>

The National Child Traumatic Stress Network. "How Early Childhood Trauma is Unique" NCTSN. accessed Aug 31, 2020. <https://www.nctsn.org/what-is-child-trauma/trauma-types/early-childhood-trauma/effects>

The Lancet psychiatry. "Association of translocator protein total distribution volume with duration of untreated major depressive disorder: a cross-sectional study" The Lancet psychiatry. Feb 26, 2018. accessed Aug 24, 2020. [https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(18\)30048-8/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(18)30048-8/fulltext)

Timothy J. Legg, Ph.D. CRNP. "The effects of depression in your body" Healthline. October 22, 2019. accessed Nov 10. <https://www.healthline.com/health/depression/effects-on-body>

Timothy J. Legg Ph.D. CRNP. "Everything you want to know about Depression" Healthline. Feb 11, 2020. accessed Aug 24, 2020. <https://www.healthline.com/health/depression>

Timothy J. Legg Ph.D. CRNP. "4 Ways Depression Can physically Affect the Brain" Healthline. Oct 26, 2018. accessed Aug 24, 2020. <https://www.healthline.com/health/depression-physical-effects-on-the-brain#1>

Timothy J. Legg, Ph.D. CRNP. "How does depression affect the body?" Medical News Today. July 9, 2018, accessed Nov 10, 2020, <https://www.medicalnewstoday.com/articles/322395#symptoms>

Vara Saripalli. Psy.D. "Is Depression Genetic?" Healthline. July 25, 2017. accessed Aug 21, 2020.  
<https://www.healthline.com/health/depression/genetic>

## **Lookism: Appearance Discrimination**

Luna Honda

These days, more and more people, especially women, tend to care about their appearance such as make up, body type and parts of their face. Not only do they care for themselves, but also the appearance of other people and sometimes it connects to discrimination. This action is called "Lookism" which refers to discrimination against people who are unattractive, or to use a technical term, "aesthetically unfortunate".<sup>169</sup> For example, it is one aspect of Lookism to consider that having a double eyelid and big eyes is better than a single eyelid and small eyes in Japan. 90 percent of cosmetic surgery in Japan is minor cosmetic surgery like making a double eyelid.<sup>170</sup> Additionally, Dove research indicates that 93 percent of Japanese teenage girls do not have confidence in their appearance which is the highest rate compared to 13 nations such as China, the UK, India<sup>171</sup>. This discrimination is not only Japanese but also worldwide phenomenon and also discrimination against body shape such as being overweight, and height are also kinds of Lookism. In this thesis, I will describe the causes, effects at three stages of life, and solutions in order to abolish Lookism.

### **I**

In this section, I will introduce three causes of Lookism. One of the causes of Lookism is media and Social Network Services that is called SNS.<sup>172</sup> Japanese people pursue the ordinary beauty produced by the media too much, since they do not like and avoid different things from others. According to the professor who knows the beauty in detail, ordinary beauty is made by the images which are from influencers like actors, actresses and idols in media and SNS. Furthermore the survey by Dove showed that 32 percent of teenage girls who answered that they do not have the confidence for their looks previously said their self-esteem is lost when they see attractive people in the media<sup>173</sup>. To illustrate, almost all of them have double eyelids, clear skin and they are thin. Therefore people lose their confidence in their appearance by comparing them although appearance must not be the same obviously. Specifically, women have more pressure than men, because some common sense exists in society such as "Women should be beautiful."<sup>174</sup>

Secondly, another cause of Lookism is self-estimation.<sup>175</sup> A lot of women want to be or border on their ideal about beauty. The ideal border is established higher, so there are some differences between the real appearance and self-estimation. One of the reasons why there is a gap in the appearance and self-estimation is the problems of two types of self-consciousness; public and private. One the one hand, public self-consciousness refers to the awareness of their view watched by others. Aware of their appearance includes public self-consciousness and to see themselves in the mirror and videos can develop public self-consciousness. One the other hand, private self-consciousness means the awareness of their various views by themselves and reflect on themselves that "I might be this type of person."

---

<sup>169</sup> Xavier Symons, "Lookism, and What We Should Do about It." BioEdge, June 2, 2018.

<sup>170</sup> ISAPS, "ISAPS INTERNATIONAL SURVEY ON AESTHETIC/COSMETIC PROCEDURES PERFORMED IN 2017," ISAPS, 2017.

<sup>171</sup> Saori Ibuki, "日本の女性は世界で一番「見た目」に自信がない。調査で分かった7つのこと" BuzzFeed News, March 29, 2019.

<sup>172</sup> 日本財団ジャーナル, "「見た目問題」は「見る目問題」。許容性のある社会が、みんなをもっと生きやすくする。" 日本財団, Sep 24, 2019.

<sup>173</sup> Saori Ibuki, "日本の女性は世界で一番「見た目」に自信がない。調査で分かった7つのこと" BuzzFeed News, March 29, 2019.

<sup>174</sup> Saori Ibuki, "日本の女性は世界で一番「見た目」に自信がない。調査で分かった7つのこと" BuzzFeed News, March 29, 2019.

<sup>175</sup> Umika Itagaki. "メディアの影響による容姿格差問題 ～醜形恐怖症とルッキズムの観点から～," 2019.

Moreover, from the experiment of social psychology,<sup>176</sup> it is reported that if the public self-consciousness increases, in other words, when people see themselves in the mirror, self-consciousness decreases and they are fed up with their appearance by focusing their attention on their lookism which is watched by others and it becomes easier to recognise their unsatisfied appearance.

Lastly, instinctive human behavior is one of the available causes of it.<sup>177</sup> Scientists found that when a person sees an attractive and beautiful face, the same phenomenon is activated when a hungry person sees food or a gambler sees money. Also, some scientists think that our attraction to beauty is a biological thing, not social. It is because newborn babies take a longer time to look at photos of attractive and beautiful people even though they have not experienced any social things yet. In addition, when people see an attractive and beautiful person, “halo effect” works on our own. It is an automatic response from our brain and “halo effect” is the term which happens when we make a conclusion about something by judging it by one small thing. To illustrate, if a person is attractive, we automatically jump to the conclusion that they are good guys such as smart, kind and talented.

## II

Next, this section explains three effects of Lookism. First of all, Lookism affects school-life, especially for high school students. According to the sociologists Rachel Gordon and Robert Crosnoe who published “In School, Good Looks Help and Good Looks Hurt (But They Mostly Help).” insists that the critical period in which inequality on the basis of looks establishes itself is in high school.<sup>178</sup> To illustrate, a prom queen and king will be rated higher in intelligence, personality and potential for success just because they are considered good-looking.<sup>179</sup> In addition, Lookism affects study and student’s futures. Youth rated as better looking get higher grades and are more likely to attain a college degree than their peers, setting the stage for better economic outcomes through adulthood.<sup>180</sup> Also, good-looking high schoolers are more likely to experience popularity and an overall sense of belonging. They even receive better grades, perhaps due to closer relationships with their teachers.<sup>181</sup>

Even if the students become adults and carry out job hunting activities, they are affected by Lookism. To begin with, it is clear that attractive applicants are more likely to be hired than unattractive people. Moreover, attractive men were more likely to be hired for a female dominated job than unattractive or less attractive men and attractive women were preferred for a male dominated job over unattractive women.<sup>182</sup> Secondly, when the evaluators have to decide on successful candidates, they are concerned with not only their ability but also Lookism. Explaining about it in detail, when an individual possesses high qualifications, attractiveness does not have an affect on selection decisions, but if qualifications of an applicant are average or low, attractiveness can increase an applicant’s chances of being selected.<sup>183</sup>

To make matters worse, workers are also influenced by lookism although they get a job eventually. Initially, income differences will occur between attractive people and unattractive people. Catherine Hakim, a senior research fellow at the Centre for Policy Studies concludes that “attractive” people earn up to 7-13% more than their “less attractive” colleagues.<sup>184</sup> Another study says that obese women are more likely to be discriminated against when

---

<sup>176</sup> Nabeta, Yasutaka. *Shintai shūkei shōgai: Naze bishū Ni Torawarete Shimau Noka*. Tōkyō: Kōdansha, 2011.

<sup>177</sup> Bright Side “What Lookism Is and Why It May Become the Racism of the 21st Century.” BrightSide, April 13, 2019.

<sup>178</sup> Council on Contemporary Families, “In School, Good Looks Help And Good Looks Hurt (But They Mostly Help)” Council on Contemporary Families, 2013.

<sup>179</sup> Pepper, Schwartz. “Opinion: Do Teachers Favor Attractive Kids?” Cable News Network, 2014.

<sup>180</sup> Council on Contemporary Families, “In School, Good Looks Help And Good Looks Hurt (But They Mostly Help)” Council on Contemporary Families, 2013.

<sup>181</sup> Brooke, Geller. “The Beauty Bias: How Attractiveness Affects Our Lives” HEALTHY WAY, 2018.

<sup>182</sup> Cherea, Hammer. “A Look Into Lookism: An Evaluation Of Discrimination Based On Physical Attractiveness.” Utah State University, 2017.

<sup>183</sup> Cherea, Hammer. “A Look Into Lookism: An Evaluation Of Discrimination Based On Physical Attractiveness.” Utah State University, 2017.

<sup>184</sup> Lookism. “Lookism & It's Effects On Jobs.” Lookism, 2020.

applying for jobs and receive a lower starting salary compared to their physically fit colleagues.<sup>185</sup> Secondly, attractive people are recommended for promotion and are evaluated as having a better opportunity for future success.<sup>186</sup> Surprisingly, when performance was mediocre, attractiveness was a factor in the promotion decision and more attractive employees were promoted more often.<sup>187</sup>

### III

I will present three solutions to mitigate the Lookism problem. In the first place, the abolition of beauty and popularity contests, especially in the school, like beauty pageant in Japanese universities, is a good solution. In any case, the original purpose of school is education, not a place to show their appearance. Also these contests have an impact on not only the impressions, behavior of everyone but also evaluation and score of their teacher.<sup>188</sup> Therefore, abolishing these contests will be effective to diminish the bullying. For example, Sophia (Jochi) University in Japan puts this into practice. They have started “Sophians contests” which select a champion by their ability of personal summary, speaking, and information transmission instead of the beauty contests which selects a champion by their sexual, nationality, and appearance.<sup>189</sup> This contest will connect to globalization and diversity such as LGBTQ which are emphasized in recent society.

Subsequently, in order to decrease the people who do not have confidence in themselves by Lookism, some companies discontinue posting the photos of the wearer on the magazines and catalogs. Albizia, which is a company selling jewelry, does this action.<sup>190</sup> Whereas there are numerous benefits of photos of the wearer that the consumer can know the size and imagine easier, they do show the photos pictured as the only products. The background of this movement is Lookism. Although the company determines the wearer whose looks are able to maximize the beauty and attraction of the products, when it comes to the horizon of the consumer, there is diversity of the looks and figure. For example, some people might be disappointed when they try on the products due to the appearance of them is not the same as the model, and the products are not suitable for them while the purchaser's height is the same as the wearer. As a result, the user cannot help having an illusion that the cause of this is me, and tend to think “I’m not beautiful and attractive.” From this consequence, Albizia adopts this action in order to remind the customer that “You have a right to choose everything to buy” without the interruption of what is called photos of the wearer.<sup>191</sup>

The easiest way for everyone to solve this problem is to spread awareness of Lookism on SNS and online. One of the famous movements for Lookism is the Instagram post by Kiko Mizuhara who is a representative fashion model in Japan.<sup>192</sup> Despite being chosen as one of the most beautiful females, she gave her opinion against “The Most Beautiful Woman of 2020” on her Instagram stories on June 13th that “Nominating and ranking the people’s appearance and face as the judge’s likes is impolite for the prize winner and applies to Lookism. Judging by appearance is not absolutely right and it is initially impossible to choose the most attractive woman. The true beautiful woman is the woman who has a beautiful heart.” This contest was not canceled by her statement after all, but it made an opportunity for everyone to think about Lookism and got arguments for and against. Furthermore, there is an organization against Lookism which is ALA whose official name is Anti-Lookism Association.<sup>193</sup> They mainly let

---

<sup>185</sup> Lookism. “Lookism & It's Effects On Jobs.” *Lookism*, 2020.

<sup>186</sup> Cherea, Hammer. “A Look Into Lookism: An Evaluation Of Discrimination Based On Physical Attractiveness.” Utah State University, 2017.

<sup>187</sup> Cherea, Hammer. “A Look Into Lookism: An Evaluation Of Discrimination Based On Physical Attractiveness.” Utah State University, 2017.

<sup>188</sup> Pepper, Schwartz. “When teachers favor attractive kids” Cable News Network, 2014.

<sup>189</sup> Tomomi, Abe. “進むミスコンの脱・性別化 それでも根強い「やめたら」” The Asahi Shimbun Company, 2020.

<sup>190</sup> Albizia JEWELRY. “なぜ（公式の）着用写真を提示しないかについて” Albizia JEWELRY, 2020.

<sup>191</sup> Hana. “「着用写真を提示しない」というブログ記事を読んで考えたこと” note, 2020.

<sup>192</sup> ABEMA TIMES. “モデル水原希子が痛烈批判する「最も美しい顔ランキング」外見至上主義“ルッキズム”の是非” Yahoo Japan Corporation, 2020.

<sup>193</sup> ALA. “RECENT ACTIVITIES” JIMDO, 2020.

individuals know about Lookism and posts against companies and celebrities supporting Lookism through Twitter, Homepage and Youtube.

#### IV

To sum up, There are several causes, effects, and solutions of Lookism. I think the media and SNS are the biggest causes because self-estimation and instinctive reasons cannot be helped and are out of control, while media and SNS can be changed. Moreover, people who are affected by Lookism are at a social disadvantage. In my opinion, Lookism affects the occupation and income the most. It is because it is unreasonable for people to be judged by their Lookism whether they get the job and their wage, in spite of a lot of individuals having a dream for the job, and money is definitely needed. From these causes and effects, the most effective solution of Lookism is to use SNS because almost everyone recently uses some kinds of SNS. I feel this type of discrimination have not been known in society so much compared to other ones like gender or race discrimination, so it will contribute to reduce this discrimination by just knowing about it such as reading the post of SNS or getting the knowledge about Lookism. If only Lookism had vanished, I suppose more and more people who are able to live more comfortably would increase because a lot of people suffer from Lookism on some occasions or even a fashion model. Actually, I sometimes feel the influence of Lookism such as having a double eyelid is cuter and females should keep a thin body as I mentioned in the introduction. Besides, Lookism is extreme in Japan compared to other countries. As a consequence, the people who do not match these ideas feel disappointed like they do not have the capacity to become beautiful due to lack of diversity for beauty such as an invisible external pressure that only the size for thin figures are prepared in a lot of cloth stores. Therefore, the companies that produce something related to beauty need to make the products that all consumers can enjoy easily. Conversely, it is a more needed solution to change each mind for the Lookism that "Everyone is different and special."<sup>194</sup> and people should accept the diversity of beauty in each other.

#### BIBLIOGRAPHY

- ABEMA TIMES. “モデル水原希子が痛烈批判する「最も美しい顔ランキング」外見至上主義“ルッキズム”の是非” *YAHOO! JAPAN* ニュース, Yahoo Japan Corporation, June 17, 2020, accessed July, 2021.  
<https://news.yahoo.co.jp/articles/95f850142ab8f598a0dc9955b7717f11d60aabe5>
- ALA. “RECENT ACTIVITIES” *ALA*, JIMDO, 2020, accessed July, 2021.  
<https://anti-lookism.jimdo.com/>
- Albizia JEWELRY. “なぜ（公式の）着用写真を提示しないかについて” *Albizia JEWELRY*, Albizia JEWELRY, October 11, 2020, accessed July 2021.  
<https://www.albizia-jewelry.com/post/%E3%81%AA%E3%81%9C%E3%81%88%E5%85%AC%E5%BC%8F%E3%81%AE%E3%81%89%E7%9D%80%E7%94%A8%E5%86%99%E7%9C%9F%E3%82%92%E6%8F%90%E7%A4%BA%E3%81%97%E3%81%AA%E3%81%84%E3%81%8B%E3%81%AB%E3%81%A4%E3%81%84%E3%81%A6>
- Bright Side “What Lookism Is and Why It May Become the Racism of the 21st Century.” *BrightSide*, April 13, 2019, accessed July, 2021.  
<https://brightside.me/wonder-curiousities/what-lookism-is-and-why-it-may-become-the-racism-of-the-21st-century-727560/>.
- Brooke, Geller. “The Beauty Bias: How Attractiveness Affects Our Lives” *HEALTHY WAY*, coalition for Better Ads, February 14, 2018, accessed July, 2021.  
<https://www.healthyway.com/content/the-beauty-bias/>
- Cherea, Hammer. “A Look Into Lookism: An Evaluation Of Discrimination Based On Physical Attractiveness.” *Utah State University*, Utah State University, PDF. 2017, accessed July, 2021.

---

<sup>194</sup> Hana. “「着用写真を提示しない」というブログ記事を読んで考えたこと” note, 2020.



- <https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1204&context=honors>  
 Council on Contemporary Families, “In School, Good Looks Help And Good Looks Hurt (But They Mostly Help)”  
*Council on Contemporary Families*, Council on Contemporary Families, December 10, 2013, accessed  
 July, 2021.  
<https://contemporaryfamilies.org/good-looks-help-report/>
- Hana. “「着用写真を提示しない」というブログ記事を読んで考えたこと” *note*, note, October 14, 2020,  
 accessed July 2021.  
<https://note.com/floweryama/n/nfd4d6e7fb76a>
- ISAPS. “ISAPS INTERNATIONAL SURVEY ON AESTHETIC/COSMETIC PROCEDURES PERFORMED IN  
 2017,” ISAPS, 2017, accessed July, 2021.  
[https://www.isaps.org/wp-  
 content/uploads/2019/03/ISAPS\\_2017\\_International\\_Study\\_Cosmetic\\_Procedures\\_NEW.pdf](https://www.isaps.org/wp-content/uploads/2019/03/ISAPS_2017_International_Study_Cosmetic_Procedures_NEW.pdf)
- Lookism. “Lookism & It's Effects On Jobs.” *Lookism*, Weebly, accessed July, 2021.  
<https://lookism.weebly.com/lookism--its-affects-on-jobs.html>
- Nabeta, Yasutaka. *Shintai shūkei shōgai: Naze bishū Ni Torawarete Shimau Noka*. Tōkyō: Kōdansha, 2011,  
 accessed  
 July, 2021.
- Pepper, Schwartz. “Opinion: Do Teachers Favor Attractive Kids?” *Cable News Network*, Cable News Network., A  
 Warner Media Company., January 02, 2014, accessed July, 2021.  
<https://edition.cnn.com/2014/01/02/opinion/schwartz-attractiveness-teens/index.html>
- Pepper, Schwartz. “When teachers favor attractive kids” *CNN*, Cable News Network, January 02, 2014, accessed  
 July, 2021.  
<https://edition.cnn.com/2014/01/02/opinion/schwartz-attractiveness-teens/index.html>
- Saori Ibuki, “日本の女性は世界で一番「見た目」に自信がない。調査で分かった7つのこと” *BuzzFeed*  
*News*, March 29, 2019, accessed July, 2021.  
<https://www.buzzfeed.com/jp/saoriibuki/dove-body-image-2017>
- Xavier Symons. “Lookism, and What We Should Do about It.” *BioEdge*, June 02, 2018, accessed July, 2020.  
<https://www.bioedge.org/bioethics/lookism-and-what-we-should-do-about-it/12713>.
- Tomomi Abe. “進むミスコンの脱・性別化 それでも根強い「やめたら」” *朝日新聞 DIGITAL*, The Asahi  
 Shimbun Company, September 26 2020.  
<https://www.asahi.com/articles/ASN9V3T78N9TUTIL01X.html>
- Umika Itagaki. “メディアの影響による容姿格差問題 ～醜形恐怖症とルッキズムの観点から～,” 2019,  
 accessed July, 2021,  
[https://lab.kuas.ac.jp/~jimbungakkai/pdf/2019/m2019\\_01.pdf](https://lab.kuas.ac.jp/~jimbungakkai/pdf/2019/m2019_01.pdf)
- 日本財団ジャーナル, “「見た目問題」は「見る目問題」。許容性のある社会が、みんなをもっと生きやす  
 くする。” *日本財団*, May 25, 2020 accessed July, 2021.  
<https://www.nippon-foundation.or.jp/journal/2019/36659>.

## Causes, Effects, and Solutions of Australian Forest fire

Momoka Ito

Recently, environmental issues like increasing global average temperature, climate change, or desertification have become more common and severe. Related to this, a lot of natural disasters such as drought or flood are caused by climate change. One natural disaster is a forest fire, and the Australian Forest Fire from June 2019 is an

unforgettable disaster. The fire continued to burn for about a year, and the forest fires killed millions of numbers of creatures. Mostly, there were considerable effects in southeast states such as New South Wales states and Victoria states. The Australian forest fire was caused by climate change and population concentration and there are three main serious influences which are air pollution, too much carbon dioxide emissions, and affecting Australia's unique ecosystem. In this thesis, I will explain about main causes, effects, and solutions to find a way to reduce the damage due to forest fires

## I

There are several causes of Australian forest fires, but one of the causes is climate change. According to the Bureau of Meteorology in Australia, the annual mean temperature became higher steadily.<sup>195</sup> Several scientists said, as the temperature goes up, a natural disaster like drought will likely cause frequent fires. The reason is that the amount of water that evaporates from the land, lake, or river will increase based on the temperature rises according to the Climate Reality Project.<sup>196</sup> Therefore, the soil will be drier, and it will make a situation that the forest fire easily occurs or spreads. The drought is a natural disaster for a prolonged period of abnormally low rainfall, leading to a shortage of water. A lot of negative impacts on human activities will be caused by forest fires or droughts. The important fact is that the drought promotes the spreading of forest fires and it will bring immense damage to the environment.

Another main cause of forest fires in Australia is population concentration. The population in Australia is approximately 25 million as of 2020.<sup>197</sup> Australia is a country that consists of six states and two territories.<sup>198</sup> Among them, the population is concentrated in the southeast areas of the country, which are 8.1 million people of New South Wales states<sup>199</sup> and 6.49 million people of Victoria states.<sup>200</sup> About 60 percent of the number of Australian people live in those two states. Moreover, there is interesting research that explains the relationships between forest fire and population concentration. The research was conducted by Kathryn Collins who is the University of Wollongong's Centre for Environmental Risk Management of Bushfires. She and co-workers gathered official data of 113,000 bushfires ignited between 1997 and 2009 in New South Wales and Victoria.<sup>201</sup> Out of the known causes of those bushfires, 47 percent were caused by human activities such as cigarettes, escaped burn-offs and campfires, or sparks from equipment or powerlines.<sup>202</sup> Also, the researchers found population density was the biggest factor driving the fires with an undetermined cause. Ms. Collins said "Basically where you get people is where you get your ignitions. So there was a pattern of increasing ignitions going from west to the coast as population increases."<sup>203</sup> She predicted in 2015 that climate change and population increase will increase the number of bushfires ignited in coastal and hinterland areas in the future, and it was true. The biggest forest fire occurred in Australia in 2020.

## II

There are some terrible effects upon the forest fire which is air pollution. According to Air visual, Canberra ranked the third major city in the world where the pollution by smoke was serious on 3rd January 2020.<sup>204</sup> It was broadcasted that smoke by the forest fire covered around 70 per cent of Australian land.<sup>205</sup> The smoke from forest fires has some negative effects on human and animal bodies. First, the smoke affects the naked eye and respiratory and makes it difficult to breathe. Moreover, the smoke exacerbates chronic heart and lung disease.

Subsequently, the carbon dioxide produced by the forest fire will also affect the environment. According to NEWS, around 900 million tons of carbon dioxide were released by the forest fire into the atmosphere. This amount is equivalent to nearly double the country's total yearly fossil fuel emissions. It is not clear how many environmental

---

<sup>195</sup> Bureau of Meteorology. "Long-Term Temperature Record Australian Climate Observations Reference Network – Surface Air Temperature (ACORN-SAT)."

<sup>196</sup> The Climate Reality Project. "The Facts About Climate Change and Drought."

<sup>197</sup> "Australia Population 2020 (Live)." Australia Population 2020 (Demographics, Maps, Graphs).

<sup>198</sup> "Cities, States and Territories." Tourism Australia.

<sup>199</sup> "Population of New South Wales 2020." Population Australia

<sup>200</sup> "Population of Victoria 2020." Population Australia.

<sup>201</sup> Salleh, Anna. "Most Bushfires in South-Eastern Australia Caused by Humans." ABC News.

<sup>202</sup> Salleh, Anna. "Most Bushfires in South-Eastern Australia Caused by Humans." ABC News.

<sup>203</sup> Salleh, Anna. "Most Bushfires in South-Eastern Australia Caused by Humans." ABC News.

<sup>204</sup> Jessica Taulaga, "The Canberra suburbs with the worst air quality and how to deal with indoor smoke", *All Homes*, 2020

<sup>205</sup> Holly Secon, "オーストラリアの火災、煙が国土の70%を覆う...宇宙ステーションからの最新の写真", *BUSINESS INSIDER*, 2020

issues occur by 900 million tonnes of carbon dioxide, but it is definite that it will worsen some environmental issues like global warming or ocean acidification.<sup>206</sup> There are two possible consequences that will be caused by 900 million tonnes of carbon dioxide. Firstly, carbon dioxide is one of the greenhouse gases, so it has the potential to contribute to global warming. As a consequence, more natural disasters like forest fires will occur all over the world. Likewise, ocean acidification will be promoted by the carbon dioxide. Ocean acidification is a phenomenon that is caused by melted carbon dioxide in ocean water. The melted carbon dioxide has an effect of preventing the growth of marine animals such as coral reefs or sea urchins. On coral reefs, a lot of small creatures like plankton live and those creatures are the feed of big creatures. As a consequence, the number of fish living in the ocean will decline because plankton will decrease if coral reefs are attacked by ocean acidification.

There were a lot of effects of forest fires in Australia, the most significant of which is affecting the Australian ecosystem. The forest fire in Australia continued to burn for about five months, from September 2019 to February 2020. While the fire was burning, there were some serious effects on creatures such as animals or plants. According to BBC's article published on 28th July, it was stated that at least three billion creatures were killed or harmed by the forest fire.<sup>207</sup> One of the scientists who researched the unfortunate effects by the forest fire from an Australian university, Prof Chris Dickman said that scientists could not yet state the exact death of creatures. The reason why is that it was difficult to clarify the death numbers of animals such as invertebrates, fish and turtles. The number of those animals is uncertain so it is not included in the number of three billion creatures. Among them, the popular Australian animal, koalas are also affected by the fire. To illustrate, in New South Wales, one of the most affected regions, it was estimated that 8,000 koalas were killed or a third of the total koala population in the area have perished in the blaze.<sup>208</sup> A number of scientists claimed that the number of animals that escaped from the blaze and survived was few. Because About 11.46 million hectares - an area comparable to England - was scorched from September to February.<sup>209</sup> The number of at least three billion is merely an assumption, but unthinkable numbers of creatures were killed or affected by the forest fire.

### III

First of all, in order to protect our health from harmful smoke by a forest fire, preventive products such as dust masks or eyewash are expected to be effective. The smoke of bushfires includes some dangerous gases like carbon monoxide or aldehydes and the gas affects human health<sup>210</sup> for example, it can make it hard to breathe and exacerbate chronic heart and lung disease.<sup>211</sup> In order to prevent those symptoms, people can buy some preventive products in Australian local shops. A famous office supplies shop 'Officeworks' sells dust masks and 'Chemist warehouse' sells eyewash or eye drops. By preparing those items, it will be useful to protect people from unpredictable forest fires.

Subsequently, to reduce the amount of carbon dioxide from forest fires, open burning is an effective method.<sup>212</sup> It is impossible to reduce the amount of carbon dioxide emitted by bushfires once they happen so some scientists try to prevent forest fires by operating open fires. By burning the plants and trees when the temperature is low, people can control the combustible amount in a certain area. Even though lightning falls in the area, there are no plants left, so that open burning can prevent bushfires. Some organizations have had some success in preventing forest fires, for example, 'Bush Heritage Australia'. The group is a non-profit organization founded in 1990.<sup>213</sup> Dr. Rebecca Spindler, who is the executive manager of science and conservation in the organization, said the fact that no unruly fire has occurred since the lightning strike is due to the preparation by open burning.<sup>214</sup> As the research by Dr. Rebecca Spindler suggests, open burning is one of the radical solutions not to cause a bushfire.

Finally, people need to take notice of the Australian ecosystem. Before, millions of animals were affected by forest fires.<sup>215</sup> Some of the animals were rescued and cured by veterinarians in the Australian forest fire that happened

---

<sup>206</sup>Denise Chow, "Australia wildfires unleash millions of tons of carbon dioxide", *NBC NEWS*, 2020

<sup>207</sup> "Australia's fires 'killed or harmed three billion animals' ", *BBC NEWS*, 2020

<sup>208</sup> EJ DICKSON, "Thousands of Koalas Believed to Have Died In Australian Bushfires", *Rolling Stone*, 2020

<sup>209</sup> "Australia fires: A visual guide to the bushfire crisis", *BBC NEWS*, 2020

<sup>210</sup> Annemarie J B M De Vos, "Respiratory irritants in Australian bushfire smoke: air toxics sampling in a smoke chamber and during prescribed burns", *Pubmed*, 2008

<sup>211</sup> Government of Western Australia, Department of Health, "Health hazards from bushfires, Healthy WA,

<sup>212</sup> Matt Simon, "Wildfires Are Obliterating Australia's Iconic Ecosystems", *Wired*, January 8, 2020,

<sup>213</sup> Bush Heritage Australia, *Bush Heritage homepage*,

<sup>214</sup> Matt Simon, "Wildfires Are Obliterating Australia's Iconic Ecosystems", *Wired*, 2020,

<sup>215</sup> 'Australia's fires 'killed or harmed three billion animals' ", *BBC NEWS*, 2020

from 2019 to 2020. However, others were left behind due to the vast area and manpower shortage. Don Driscoll is a professor at Deakin University in Australia and his research group experiments on establishing tunnels made of wire to protect wild animals.<sup>216</sup> Because of the forest fire, a lot of kinds of small animals lost their place to hide, so that they are preyed on by predators more easily than before. If people establish wire tunnels, small animals can hide and protect themselves from getting eaten. It is important to have shelters for small animals.

#### IV

In conclusion, there are several causes of forest fires in Australia, which include climate change and population concentration. In short, climate change which causes temperature rise and drought makes a situation where it is easy to burn and spread the fire. Also, it allows the effects of the forest to fire more seriously. In connection with this, almost all of the forest fires are caused by human activities and some research has proven this idea. I think the main driver of natural disasters is human activities. Both climate change and population concentration are the consequence of where billions of people have lived freely. In addition, there are a number of serious effects caused by the Australian forest fire like air pollution, too much carbon dioxide emission, and affecting the Australian ecosystem. To deal with outstanding problems that were caused by forest fires, there are some possible solutions. People will be able to steel themselves against air pollution by using preventive products such as dust masks or eyewash. To reduce the amount of carbon dioxide that is produced by the fire, open burning is possibly useful. Last but not least establishing tunnels made from the wire is essential to protect small animals that are dying because of the forest fire from predators. In my opinion, the most serious effects of the Australian forest fire are the effects on the ecosystem. As I mentioned before, billions of creatures were killed by the forest fire and according to the Australian government, a hundred and thirteen species in Australia now need urgent help.<sup>217</sup> Without any help, those species of animals will perish in the future. As time passes, more and more natural disasters like forest fires will occur in the future. The frequency and power of those natural disasters have become stronger year by year. Moreover, it was reported that more than 30 thousand people demonstrated because of the lack of measures to climate change by Scott Morrison (president in Australia).<sup>218</sup> He stated that it has no plans to further limit emissions from the coal industry. The concentration on climate changes by citizens in Australia is rising, so I think the country and the world need to take measures to combat climate changes. For now, in this world, it is said that nobody knows what will happen in the future, so preparing for disasters and knowing what humankind can do is the really important thing. People can mitigate damage by being prepared.

#### Bibliography

- Annemarie J B M De Vos, “Respiratory irritants in Australian bushfire smoke: air toxics sampling in a smoke chamber and during prescribed burns”, Pubmed, pAugust 20 2008  
<https://pubmed.ncbi.nlm.nih.gov/18712497/#affiliation-1>
- “Australia Population 2020 (Live).” Australia Population 2020 (Demographics, Maps, Graphs).  
<https://worldpopulationreview.com/countries/australia-population>.
- BBC NEWS, “Australia fires: A visual guide to the bushfire crisis”, BBC NEWS, published 31 JAN 2020  
<https://www.bbc.com/news/world-australia-50951043>
- BBC NEWS, “Australia's fires 'killed or harmed three billion animals' “, BBC NEWS, published 28 July 2020  
<https://www.bbc.com/news/world-australia-53549936>
- BBC NEWS, “Australia fires: Navy rescues people from fire-hit Mallacoota”, BBC NEWS, published 3 January 2020  
<https://www.bbc.com/news/world-australia-509>
- Bureau of Meteorology. “Long-Term Temperature Record Australian Climate Observations Reference Network – Surface Air Temperature (ACORN-SAT).” scheme=AGLSTERMS.AglsAgent; corporateName=Australian Government - Bureau of Meteorology.  
<http://www.bom.gov.au/climate/data/acorn-sat/>.
- Bush Heritage Australia, Bush Heritage homepage.  
<https://www.bushheritage.org.au/who-we-are/people/bob-brown>

---

<sup>216</sup> Matt Simon, “Wildfires Are Obliterating Australia's Iconic Ecosystems”, *Wired*, 2020,

<sup>217</sup> “Australia's fires 'killed or harmed three billion animals' “, BBC NEWS, 2020

<sup>218</sup> Holly Secon, “オーストラリアの火災、煙が国土の70%を覆う...宇宙ステーションからの最新の写真”, *BUSINESS INSIDER*, 2020

- Calma, Justine. "What You Need to Know about the Australia Bushfires." The Verge. The Verge, published February 13 2020 <https://www.theverge.com/2020/1/3/21048891/australia-wildfires-koalas-climate-change-bushfires-deaths-animals-damage>.
- "Cities, States, and Territories." Tourism Australia. <https://www.australia.com/en/facts-and-planning/about-australia/cities-states-and-territories.html>.
- Denise Chow, "Australia wildfires unleash millions of tons of carbon dioxide", NBC NEWS, published 23 January 2020 <https://www.nbcnews.com/science/environment/australia-wildfires-unleash-millions-tons-carbon-dioxide-n1120186>
- EJ DICKSON, "Thousands of Koalas Believed to Have Died In Australian Bushfires", Rolling Stone, published 3 June 2020 <https://www.rollingstone.com/culture/culture-news/australian-bushfires-koalas-die-933408>
- Government of Western Australia, Department of Health, "Health hazards from bushfires, Healthy WA [https://healthywa.wa.gov.au/Articles/S\\_T/Smoke-hazard-from-bushfires#:~:text=Exposure%20to%20smoke%20from%20fires,lungs%20and%20are%20more%20harmful](https://healthywa.wa.gov.au/Articles/S_T/Smoke-hazard-from-bushfires#:~:text=Exposure%20to%20smoke%20from%20fires,lungs%20and%20are%20more%20harmful).
- Holly Secon, "オーストラリアの火災、煙が国土の70%を覆う...宇宙ステーションからの最新の写真", BUSINESS INSIDER, published 20 January 2020 <https://www.businessinsider.jp/post-20586>
- Jessica Taulaga, "The Canberra suburbs with the worst air quality and how to deal with indoor smoke", All Homes, published 9 January 2020 <https://www.allhomes.com.au/news/homeowners-opt-to-leave-than-withstand-bushfire-smoke-in-canberra-920153/>
- Matt Simon, "Wildfires Are Obliterating Australia's Iconic Ecosystems", Wired, published January 8, 2020, <https://www.wired.com/story/wildfires-are-obliterating-australias-iconic-ecosystems/>
- "Population of New South Wales 2020." Population Australia. <http://www.population.net.au/population-of-new-south-wales/>.
- "Population of Victoria 2020." Population Australia. <http://www.population.net.au/population-of-victoria/>.
- Project, The Climate Reality. "The Facts About Climate Change and Drought." Climate Reality, published June 15, 2016. <https://www.climatealityproject.org/blog/facts-about-climate-change-and-drought>.
- Salleh, Anna. "Most Bushfires in South-Eastern Australia Caused by Humans." ABC News. ABC News, published December 11, 2015. <https://www.abc.net.au/news/science/2015-12-11/bushfires-in-south-east-australia-mostly-caused-by-humans/7013914>

### **Reliability of Media in Japan**

Akirako Koyanagi

According to Reporters Without Borders, Japan's ranking of the Press Freedom Index in 2020 was dropped to 66th place from 11th in 2010 in the world<sup>219</sup> which is lower than any other developed country.<sup>220</sup> Also, its study illustrates the highest ranking country in it is Norway<sup>221</sup> while over 50 countries surpass Japan at this index<sup>222</sup>. In Japan, it is easy to be misled by watching TV programmes, especially news because they give one-sided opinions. This is called media manipulation. This thesis will inform the reasons why Japan is ranked at low place in World Press Freedom, compare Norway and Japan about the media's relationship to citizens, and methods for media manipulation in Japan in order to show why the most effective solution is for the government to make policies.

<sup>219</sup> REPORTERS WITHOUT BORDERS, "World Press Freedom Index in 2010", RSF, 2010

<sup>220</sup> REPORTERS WITHOUT BORDERS, "2020 World Press Freedom Index", RSF, 2020

<sup>221</sup> REPORTERS WITHOUT BORDERS, "2020 World Press Freedom Index Index detail", RSF, 2020

<sup>222</sup> REPORTERS WITHOUT BORDERS, "Japan", RSF, 2020

## I

First of all, there are several reasons for why Japan is at low ranking in the Press Freedom Index. One of these causes is that the passive attitude of the Japanese mass media does not give enough information to the Japanese people. In Japan, there are many natural disasters. When it happens, the information will be gathered by the government. This is called Happyou Journalism. Happyou Journalism refers to one kind of reporting. Normally, the government, local government, the police, and companies are the target of interviews for mass media, but in this case, the mass media will receive the provision of convenience by these communities. Moreover the mass media are trying to avoid missing out on a scoop that other media companies reported, so they break the news without any more of their own research.<sup>223</sup> Also, because of compliance with journalism, the media can not dispatch the employee to the dangerous area; battlefield, or disaster area, so freelance journalists are the only people who can report there.<sup>224</sup> However, as I mentioned above, freelance reporters or foreign media are restricted to report about cases which are related to the Japanese government, so Japanese people have less opportunities to know about it.

For the next, there are several examples of media manipulation by the Japanese government that made Japan's Index ranking lower from 2010 to 2020. The Fukushima Daiichi nuclear disaster in 2010 is one such case. Japan's Nuclear Power Village and energy companies close down the media system which is related to this accident.<sup>225</sup> Also, in 2019, the freelance reporters and foreign media were excluded by the Japanese Ministry of Defense to attend the interview of the Minister of Defense, and each chief of staff.<sup>226</sup> Furthermore, the famous Japanese journalist who retweeted the post which suggested the former prefectural governor made a staff member kill himself was found guilty of defamation by the judiciary in 2019.<sup>227</sup> Japanese acts on the Protection of Specially Designated Secrets can be another cause of this. The administration body is the only organization that decides which is the specific secret information, so they can cover up the facts to the Japanese people.<sup>228</sup> Also, this act impedes the free interview by freelance journalists or reporters of mass media, and because of this act, Japanese can not know the international situation in specific.

## II

There are some similarities and differences between two countries, Norway and Japan. First, they have several similar points on two sides. There is Freedom of Expression bilateral, but because of this act, it is difficult to set criteria since people's sensitivity is different in both countries. Another similarity is the percentage of people who read newspapers daily. In Norway, it was at 32 percent in 2017<sup>229</sup> and at 29 percent in 2017 in Japan<sup>230</sup>. Moreover, there is some consistency about education with these two countries that is connected to abilities to access the information. The Literacy rate in Japan is at 99 percent, and 100 percent in Norway which ranked 1st place in the world while Japan is at 4th place.<sup>231</sup> In addition, the performance of the reading continuous texts amount would be 520 in Japan, and 505 in Norway in 2014.<sup>232</sup>

On the other hand, there are more different points between Norway and Japan about the relationship of major companies and reporting. In Norway, they have more of a good environment for the media and citizens than Japan. The Media Ownership Act is one of the reasons that Norway ranked 1st place in the World Press freedom Index. This is an act that states that major media groups must not own more than 40 percent of the shares in any mass medias<sup>233</sup>, and this prevents controlling one mass media company by major media groups. Also, there are

---

<sup>223</sup> Ippei Omata, "「発表報道」と「調査報道」", NHK, 2010

<sup>224</sup> Toshio Hara, "ジャーナリズムの社会的責任再考", J-stage, 2009

<sup>225</sup> Mitsuru Fukuda, "「報道の自由度」ランキング、日本はなぜ61位に後退したのか?", YAHOO! JAPAN, 2015

<sup>226</sup> Shinichi Kiyotani, "防衛省がフリーランスを排除", Japan In-depth, 2019

<sup>227</sup> jfn, "日本人ジャーナリスト、「名誉毀損」リツイートを巡って司法による嫌がらせの被害者に", RSF, 2020

<sup>228</sup> Japan Federation of Bar Associations, "秘密保護法の問題点とは?", nichibenren, 2016

<sup>229</sup> Julia, "Population reading newspapers daily in Norway 2009-2019", statista, 2020

<sup>230</sup> シニアガイド, "新聞を読んでいる人は28.5%。書籍や雑誌は8.1%", seniorguide, 2017

<sup>231</sup> NationMaster, "compare key data on Japan & Norway", NationMaster, 2011

<sup>232</sup> NationMaster, "Education>Literacy>Reading performance>Continuous texts: Countries Compared", NationMaster, 2014

<sup>233</sup> The local, "Norway ranked first for press freedoms in 'post-truth' era", THE LOCAL no, 2017

more rules such as Freedom of Information Act, Media responsibility Act.<sup>234</sup> Moreover, there is an Enlightenment activity in this country by Tinius Trust called ETTMINUTT which tells Norwegians about the importance of media pluralism, media independence and reliable journalism.<sup>235</sup> In contrast, Japan also has a kisha club which is an organization consisting of major media reporters, but this organization is known as clannish and closely-held recently. This is because the kisha club restricts the journalists who are freerance or foreigners and opinions that are critical to the government will not be reported in the News.<sup>236</sup> Furthermore, there is Media cross-ownership in Japan that refers to one capital owning the different mass media like television and newspaper. This makes it easy to collect a lot of information, but also it has demerits.<sup>237</sup> The unfavorable information of the company will not be reported to the mass media, so the right to know for Japanese people will be impaired.<sup>238</sup>

### III

There are several methods that Japanese individuals can do to not be misled by watching the news. According to The Ministry of Internal Affairs and Communications, more than 65 percent of Japanese people think that television is reliable mostly. Also, this research shows that 88 percent of Japanese believe TV is important as a source of information.<sup>239</sup> In this situation, Japanese people should care about where the news source or graphs come from and when that date of information was published. Moreover, people need to check the supporter, and the person who provides advertisements in the news program, because the media does not report the supporter's disadvantages like making viewers low willingness to consume toward avoiding cease large amounts of advertising income from the supporter.<sup>240</sup>

A second method for not to make any misunderstandings or prejudiced opinions to Japanese people by company, they should declare what they are supporting. In the Japanese mass media, especially newspapers, there is no description of which group, company, or political party they support, so it will make the readers think this is a public opinion. The method of this is each mass media company or TV station should present their "side" such as which political party they stand by, anti-Japanese or not, and focus on traditional things, or modern things.<sup>241242</sup>

Lastly, the Japanese government needs to remake the education system of Japanese media literacy, especially among teenagers. They should put more effort into Information Technologies or opportunities for Japanese teens. According to the Programme for International Assessment's research, Japanese teenager's ranking of reading literacy dropped to the lowest ever at 15th in 2018.<sup>243</sup> This PISA's reading survey researched the three skills, finding correct information, understanding, and evaluating and considering skills, and Japanese teenager's scores were lower than the average of OECD in that year, so it can be said that teenagers in Japan have not enough literacy of information and of the media.<sup>244</sup> It is important to know, and touch mass media or social network services from childhood. One example of a project about media skills improving is the News Literacy Project in the United States of America.<sup>245</sup> This project provides abilities and knowledge about news information to American students. In this project, more than 30 main companies of media that are TV stations, newspaper companies, and internet media attend and teach the students.<sup>246</sup>

---

<sup>234</sup> Kenzo Fujisue, "ノルウェー報道の自由協会「Tinius Trust」で表現の自由を議論", Ameda, 2020

<sup>235</sup> N News, "Norwegian media launch campaign to support ethical journalism", EJNI, 2017

<sup>236</sup> 新会社設立 JP, "報道の自由度ランキング、なぜ日本は G7 で最下位なのか", 新会社設立.jp

<sup>237</sup> くめかわ, "クロスオーナーシップ", note, 2020

<sup>238</sup> ヤメ記者弁護士, "クロスオーナーシップ問題～3つの問題点", goo, 2006

<sup>239</sup> Institute for Information and Communications Policy, "令和元年度 情報通信メディアの利用時間と情報行動に関する調査報告書 <概要>", MIC, 2020

<sup>240</sup> Mike Osborne, "A simple solution for social media manipulation", ROOTS RADIO, 2017

<sup>241</sup> LEARNING ENGLISH, "Why Do American Newspapers Endorse Political Candidates", LEARNING ENGLISH, 2020

<sup>242</sup> Toshihiro Yamada, "「中立である」はずなのに.....。なぜ米国の目 d l イアは特定の候補者を支持するのか", ITmedia ビジネス ONLINE, 2016

<sup>243</sup> THE SANKEI NEWS, "PISA 調査 日本の 15 歳、読解力 15 位 3 年前より大幅ダウン 科学・数学的応用力はトップレベル維持", THE SANKEI NEWS, 2019

<sup>244</sup> National Institute for Educational Policy Research, "OECD 生徒の学習到達度調査 2018 年調査(PISA 2018)のポイント", Ministry of Education, 2019

<sup>245</sup> Kayo Mimizuka, "海外のメディアリテラシー教育、ターゲットは 10 代 米国の試み", Hatena Blog, 2018

<sup>246</sup> News Literacy Project, "A future founded on facts", News Literacy Project, accessed 2020

## IV

To sum everything up, there are some causes that make Japan's ranking of the Press Freedom Index lower such as the Fukushima Daiichi nuclear disaster, the feature of Japanese mass media, and acts about secret information. In my opinion, Japan will be ranked lower than now in the Press Freedom Index in the future. Japanese mass media does not report enough news which is independent and industry runs, because more and more media companies are exercising self-regulation, and the Japanese government takes the initiative in breaking the news, so there is a lack of critical aspects for Japanese people. Additionally, the Japanese government controlled the facts to gain information for them to give a good image of the Japanese government to Japanese people. This might cause more bias of information. It is also said that Norway's laws enable transparency of information for citizens, and each source of information will be protected by these laws. However, Japanese law is not enough to ensure Freedom of Expression, and there are not important laws like the Media cross-ownership Act. It is an important role for the media to keep politics in check, so to improve the Japanese situation, Japan should learn from Norway's policy. For example, Japanese Cross Ownership should be banned and each company needs to be independent to insist on opinions or objective facts, then like a ETTMINUTT campaign, the opportunities to learn media literacy for Japanese people need to be adopted. It has also alleged that there are some methods for individual Japanese people, Japanese companies, and the Japanese government to do, such as researching the source, defining the company's position, and opportunities for teenagers to learn about media skills. It is important to think about what information or other opinions are not reported, so the Japanese people should watch other news programmes and read other newspaper companies to compare the information. From my point of view, it is good to learn for individuals about media literacy, because the effect of low media literacy would cause the swaying of people by the rumors, and cause complicated confusion.

### Bibliography

- Institute for Information and Communications Policy, "令和元年度 情報通信メディアの利用時間と情報行動に関する調査報告書 <概要>", MIC, September, 2020, accessed November 19, 2020, [https://www.soumu.go.jp/main\\_content/000708015.pdf](https://www.soumu.go.jp/main_content/000708015.pdf)
- Ippei Omata, "「発表報道」と「調査報道」", NHK, 2010, accessed August 28, 2020, <https://www.nhk.or.jp/bunken/research/title/year/2010/pdf/006.pdf>
- Japan Federation of Bar Associations, "秘密保護法の問題点とは？", nichibenren, 2016, accessed August 28, 2020, [https://www.nichibenren.or.jp/activity/human/complicity\\_secret/secret/problem.html](https://www.nichibenren.or.jp/activity/human/complicity_secret/secret/problem.html)
- jfn, "日本人ジャーナリスト、「名誉毀損」リツイートを巡って司法による嫌がらせの被害者に", RSF, July 18, 2020, accessed August 28, 2020, <https://jfn.jp/2020/07/日本人ジャーナリスト、「名誉毀損」リツイート/>
- Julia, "Population reading newspapers daily in Norway 2009-2019", statista, July 10, 2020, accessed October 12, 2020, <https://www.statista.com/statistics/585552/share-of-population-reading-newspapers-daily-in-norway/>
- Kayo Mimizuka, "海外のメディアリテラシー教育、ターゲットは10代米国の試み", Hatena Blog, January 12, 2018, accessed November 22, 2020, <http://kayomimizuka.hatenablog.com/entry/2018/01/12/083156>
- Kenzo Fujisue, "ノルウェー報道の自由協会「Tinius Trust」で表現の自由を議論", Ameda, January 8, 2020, accessed October 12, 2020, <https://ameblo.jp/fujisue-kenzo/entry-12565542760.html>
- LEARNING ENGLISH, "Why Do American Newspapers Endorse Political Candidates", LEARNING ENGLISH, January 17, 2020, accessed November 22, 2020



<https://learningenglish.voanews.com/a/why-do-american-newspapers-endorse-political-candidates-/5248282.html>

Mike Osborne, "A simple solution for social media manipulation", ROOTS RADIO, October 18, 2017, accessed November 22, 2020, <https://www.wmot.org/post/simple-solution-social-media-manipulation#stream/0>

Mitsuru Fukuda, "「報道の自由度」ランキング、日本はなぜ 61 位に後退したのか?", YAHOO! JAPAN, March 4, 2015, accessed August 25, 2020, <https://news.yahoo.co.jp/articles/679e205708979174b0c8248f480d107be2f5a6?page=2>

Nana Shibata, "Coronavirus rumors fuel panic buying toilet paper in Japan", NIKKEI Asia, March 2, 2020, accessed November 22, 2020, <https://asia.nikkei.com/Spotlight/Coronavirus/Coronavirus-rumors-fuel-panic-buying-of-toilet-paper-in-Japan2>

National Institute for Educational Policy Research, "OECD 生徒の学習到達度調査 2018 年調査(PISA 2018)のポイント", Ministry of Education, December 3, 2019, accessed November 22, 2020, [https://www.nier.go.jp/kokusai/pisa/pdf/2018/01\\_point.pdf](https://www.nier.go.jp/kokusai/pisa/pdf/2018/01_point.pdf)

NationMaster, "compare key data on Japan & Norway", NationMaster, March 28, 2011, accessed July 11, 2021, <https://www.nationmaster.com/country-info/compare/Japan/Norway/Education/Literacy>

NationMaster, "Education>Literacy>Reading performance>Continuous texts:Countries Compared", NationMaster, 2014, accessed July 11, 2021, <https://www.nationmaster.com/country-info/stats/Education/Literacy/Reading-performance/Continuous-texts>

News Literacy Project, "A future founded on facts", News Literacy Project, accessed November 22, 2020, <https://www.paperturn-view.com/us/news-literacy-project/nlp-brochure-2020?pid=MTA108528&v=1.1>

N News, "Norwegian media launch campaign to support ethical journalism", EJM, March 9, 2017, accessed October 12, 2020, <https://ethicaljournalismnetwork.org/aminute-think-importance-reliable-journalism>

Reporters Without Borders, "2020 World Press Freedom Index", RSF, 2020, accessed August 21, 2020, <https://rsf.org/en/ranking>

REPORTERS WITHOUT BORDERS, "Japan", RSF, 2020, accessed October 12, 2020, <https://rsf.org/en/japan>

REPORTERS WITHOUT BORDERS, "2020 World Press Freedom Index Index detail", RSF, 2020, accessed October 12, 2020, [https://rsf.org/en/ranking\\_table](https://rsf.org/en/ranking_table)

REPORTERS WITHOUT BORDERS, "World Press Freedom Index in 2010", RSF, 2010, accessed August 25, 2020, <https://rsf.org/en/world-press-freedom-index-2010>

REPORTERS WITHOUT BORDERS FOR FREEDOM OF INFORMATION, "2013 World Press Freedom Index-Methodology", INTERNET ARCHIVE Wayback Machine, August 19, 2013, accessed August 21, 2020, [https://web.archive.org/web/20130819031406/http://en.rsf.org/IMG/pdf/2013\\_wpfi\\_methodology.pdf](https://web.archive.org/web/20130819031406/http://en.rsf.org/IMG/pdf/2013_wpfi_methodology.pdf)

REPORTERS WITHOUT BORDERS FOR PRESS FREEDOM, "Worldwide Press Freedom Index 2010 How the Index was compiled", RSF, October 20, 2010, accessed August 25, 2020, [how\\_the\\_index\\_was\\_compiled\\_2010.pdf](https://www.rsf.org/how_the_index_was_compiled_2010.pdf)

Research Institute of Economy, Trade and Industry, "Revisiting the Issue of Cross-Shareholding", RIETI, 2008, accessed November 19, 2020, [https://www.rieti.go.jp/en/rieti\\_report/100.html](https://www.rieti.go.jp/en/rieti_report/100.html)

Ryan Holiday, "What is Media Manipulation?--A Definition and Explanation". Forbes, 2012, accessed November 19, 2020, <https://www.forbes.com/sites/ryanholiday/2012/07/16/what-is-media-manipulation-a-definition-and-explanation/?sh=29734ecc3939>

Shinichi Kiyotani, "防衛省がフリーランスを排除", Japan In-depth, July 28, 2019, accessed August 25, 2020, <https://japan-indepth.jp/?p=47083>

The local, "Norway ranked first for press freedoms in 'post-truth' era," THE LOCAL no, April 27, 2017 accessed October 12, 2020, <https://www.thelocal.no/20170427/norway-ranked-first-for-press-freedoms-in-post-truth-era>

THE SANKEI NEWS, "PISA 調査 日本の 15 歳、読解力 15 位 3 年前より大幅ダウン 科学・数学的応用力はトップレベル維持", THE SANKEI NEWS, December 3, 2019, accessed November 19, 2020, <https://www.sankei.com/life/news/191203/lif1912030033-n1.html>

Toshio Hara, "ジャーナリズムの社会的責任再考", J-stage, 2009, accessed August 28, 2020, [https://www.jstage.jst.go.jp/article/mscom/76/0/76\\_297/\\_pdf](https://www.jstage.jst.go.jp/article/mscom/76/0/76_297/_pdf)

Toshihiro Yamada, "「中立である」はずなのに.....。なぜ米国の目 d l イアは特定の候補者を支持するのか", ITmedia ビジネス ONLINE, May 26, 2016, accessed November 19, 2020, <https://www.itmedia.co.jp/business/articles/1605/26/news022.html>

くめかわ, "クロスオーナーシップ", note, February 7, 2020, accessed October 12, 2020 <https://note.com/tennis423/n/n1981c38b2cce>

シニアガイド, "新聞を読んでいる人は 28.5%。書籍や雑誌は 8.1%", seniorguide, July 14, 2017, accessed October 12, 2020, <https://seniorguide.jp/article/1070427.html>

新会社設立 JP, "報道の自由度ランキング、なぜ日本は G7 で最下位なのか",新会社設立.jp, accessed October 12, 2020, <https://www.sin-kaisha.jp/article/global/報道の自由度ランキング、なぜ日本は g 7 で最下位/#1-2>

ヤメ記者弁護士, "クロスオーナーシップ問題～3 つの問題点", goo, October 12, 2006, accessed October 12, 2020, <https://blog.goo.ne.jp/tokyodo-2005/e/98f2481af73a68045522d905ad51ed1a>

## Natural Disasters between Japan and Canada

Hana Kimura

Natural disasters are one of the big problems of the world. Recently, there have been large scale natural disasters. Earthquakes are the most common natural disaster in Japan. In March 2011, the Great East Japan

Earthquake, with a magnitude of 9.0 on the Richter scale, was the largest earthquake in Japan's earthquake observation history and caused many victims. August 2019 will see many natural disasters other than earthquakes, such as the torrential rains in northern Kyushu. I hope people of the world will be able to calm down and deal with it. And also get a better shaped future. I think knowing the effects of natural disasters can help prevent them from happening. Natural disasters are one of the big problems of the world. Recently, there have been large scale natural disasters. I will use this essay to examine the differences in response between countries and the frequency of disasters. I hope that we can absorb the good things about our country's response and think about how we can better deal with disasters. Because of the high number of disasters in Japan, the government is promoting efforts to achieve "zero casualties" from natural disasters and to work together. Natural disasters are one of the big problems of the world. Recently, there have been large scale natural disasters. Earthquakes are the most common natural disaster in Japan. In March 2011, the Great East Japan Earthquake, with a magnitude of 9.0 on the Richter scale, was the largest earthquake in Japan's earthquake observation history and caused many victims. August 2019 will see many natural disasters other than earthquakes, such as the torrential rains in northern Kyushu. I hope people of the world will be able to calm down and deal with it, and also get a better shaped future. I think knowing the effects of natural disasters can help prevent them from happening. This thesis will discuss the effect of natural disasters, a comparison of disaster Response in Canada and Japan and problems and solutions for dealing with natural disasters in Canada and Japan. In order for people to live safely in the event of a disaster, they must be able to calmly use their own country's response and systems.

## I

<sup>247</sup>There are three effects for natural disasters. First, I will write about the impact on the economy. Natural disasters can easily cause a country's economy to collapse and social systems to collapse because it costs money to build a human shelter and to feed the people in the shelter. If public facilities are damaged by natural disasters, the government should bear the burden. For example public lavatory is important for the homeless, city and district offices are also places where people need to go for procedures. The cost of repairs is expensive but it is necessary. And also the government should Financial security for people who have lost their homes in a fire or earthquake. When natural disasters happen, people often lose homes. Losing home means personal property, memories, and things are often lost too. The person who took out the loan has to pay a lot of money too. It is very stressful for them. This will increase unemployment and hurt the economy. <sup>248</sup>Second, I will write about natural disasters and the effects on culture. Natural disasters can easily take away a lot of culture. This is because natural disasters take the lives of cultural heritage buildings and people by their overwhelming force. For example, natural disasters damage historic buildings and cultural heritage. If these buildings are gone, people can not learn history from a real building. And also it could lead to the extinction of Indigenous Peoples. In addition, there could be the eradication of intangible cultural heritage, such as festivals, with the extinction of indigenous peoples. <sup>249</sup>Thirdly, I will show you the effect of natural disasters on infrastructure. There are many impacts that can only be solved if the state supports it as a political entity. A growing number of people are being called climate refugees and environmental migrants. Therefore the Government should make new policies to help people called climate refugees and environmental migrants. During and after events like hurricanes and floods, standing water can be a breeding ground for pathogenic bacteria and disease vectors like mosquitoes. In cases where transportation capabilities and infrastructure are damaged, survivors of natural disasters can be cut off from life-saving medications for both acute and chronic conditions, and be isolated from rescue and emergency healthcare services. This is so the Government has to make an effort to make sure that medical care and other resources are available.

## II

There are several comparisons and contrasts of natural disasters. First, I will write about Japan's frequency of natural disasters between 2000 and 2020. And also I will write about the scale of natural disasters and how the government responds to natural disasters. Japan is known to experience large scale disasters, but this information is

---

<sup>247</sup> Amadeo, K. (n.d.). "Natural Disasters Are a Bigger Threat Than Terrorism," the balance, August 31, 2020, accessed August 23, 2020,

<sup>248</sup> Claire Meyer, " How Culture Influences Disaster Recovery. (n.d.). " What Are the Negative Effects of Natural Disasters? July 01, 2019, accessed August 25, 2020,

<sup>249</sup> Lynsey Grosfield, " What Are the Negative Effects of Natural Disasters?" SCIENCING, April 25, 2018, accessed August 23, 2020,

necessary for comparison with Canada. I also need to make sure that the country does in fact have a history of major disasters. <sup>250</sup>In Japan, 220 natural disasters occurred between 2000 and 2020. The famous Tohoku Earthquake in the Pacific Ocean (Great East Japan Earthquake). <sup>251</sup>This is a massive 9.0 magnitude earthquake struck on March 11, 2011, the largest earthquake ever recorded in Japan. It was the largest earthquake in Japan's recorded history, with a maximum intensity of 7 on the Japanese scale. A massive tsunami struck the Pacific coast of eastern Japan, causing extensive damage. The Fukushima Daiichi nuclear power plant accident occurred, and Japan faced one of the greatest national crises of the post-war era. <sup>252</sup>Next, I will describe the scale of natural disasters in Japan. According to the Kumamoto Prefectural Police on July 13, 2020, the cause of death and location of the 64 deaths in the prefecture, 52 people died of drowning, 33 of which were found indoors. It has also had a significant economic impact, with damage to agriculture, forestry and fisheries amounting to 172.9 billion yen as of August 14, 2011. From June 28 to July 8, 2018, the July 2018 torrential rains that occurred in western Japan and a wide area across the country, including Hokkaido and the Chubu region, caused extensive damage. 263 dead, 8 missing, 484 injured. 6,783 dwellings totally destroyed, 11,346 partially destroyed, 4362 partially damaged, 6,982 flooded above the floor, and 21,637 flooded under the floor Damage to 720 public buildings and 6100 other non-residential buildings. Another thing worth discussing is how to deal with natural disasters. Based on the damage estimates, people plan the details of dispatch and the amount needed for each area in advance, and immediately after the disaster, we begin preparing for dispatch and procuring supplies based on the plan, and Implement emergency measures such as rescue and medical care, while modifying activities in response to damage and other information. <sup>253</sup>For example, when the Great East Japan Earthquake struck, The Nuclear Emergency Response Headquarters responded to disasters caused by the nuclear power plant accident, and the Emergency Disaster Response Headquarters responded to disasters caused by the earthquake and tsunami. In the immediate aftermath, the Nuclear Emergency Response Headquarters issued evacuation orders, rescued people, supported evacuation centers and supplied supplies, and cooled and watered the core. The Emergency Disaster Response Headquarters was responsible for rescue and relief work, search and rescue, shelter support and supplies, and emergency restoration of lifelines. After that, the Reconstruction Agency and the Ministry of the Environment were contracted to do the work. Second, I will write about Canada's frequency of natural disasters between 2000 and 2020. And also I will write about the scale of natural disasters and how the government responds to natural disasters. The Canadian government had compiled information about the disaster in a way that was easy to understand, so it was easy to get information. From 2000 to 2020, the number of disasters in Canada was 148 items. The 2018 North American heat wave affected regions of Canada, where at least 70 deaths in Quebec were heat-related, the United States, where 18 states between Michigan and New Mexico issued heat advisories to a population of over 60 million people, and of Mexico, particularly the northwest and central regions. Next, I want to talk about the scale of natural disasters. Disasters in Canada are few and far between for the sheer number of them. Here are some of the biggest disasters in Canada. Two people were killed in separate incidents on Sept. 29, 2003, knocking down power lines and trees, Halifax Mayor Peter Kelly said. This is hurricane damage. Finally I will talk about How the government responds to natural disasters. At the federal level, the Government of Canada mobilizes its resources when assistance is requested or when the emergency involves more than one province or territory. For most emergencies, the Department of Public Safety can coordinate the federal government's response in the health sector and provide emergency funding to the provinces and territories. In the event of an emergency that poses a risk to public health, Health Canada and the Public Health Agency of Canada play an important role in protecting the health and safety of Canadians.

### III

There are several problems and solutions. First, I will write about whether or not people have a disaster prevention plan in place in Japan and Canada. The term "disaster prevention plan" refers to whether or not an "individual" has a disaster prevention plan in place. Some people believe that Japan's major disasters are man-made and stem from a lack of disaster-preparedness. Many people think that if a disaster occurs, they can just go to the nearest gymnasium or other evacuation center and receive relief supplies, and then the national and local governments will help them. This is exactly the mechanism for dealing with disasters that has been established based on past experience.

---

<sup>250</sup> Japan Meteorological Agency. "Examples of weather that led to disasters" Japan meteorological Agency.

<sup>251</sup> "特集 東日本大震災" 防災情報のページ - 内閣府, 2012, accessed August 25, 2020,

<sup>252</sup> "日本で起きた災害一覧" ボウサイ 7, August 25, 2020,

<sup>253</sup> Reconstruction agency. "The Government's Response to the Great East Japan Earthquake" Reconstruction agency, October 2015

However, recent changes in the social structure, such as a declining birthrate and aging population and a decrease in the number of local government employees, have brought a limit to this system, which was still functioning at the time of the Great Hanshin-Awaji Earthquake (1995). Many of the evacuees are now elderly, and public assistance is reaching its limits due to financial and manpower shortages. There are many problems on the ground, such as the difficulty in sorting supplies, the inability to deliver needed supplies when needed, and the aging of the population making it difficult for people to be autonomous in evacuation centers. <sup>254</sup>In a survey on how many people are highly aware of disaster preparedness, 70.8% of respondents answered that they are not taking any disaster prevention measures, compared to the figure in Figure 1. Unfortunately, 59.8% of the respondents answered "No" to the question "Do you think you should start preparing for disasters now, knowing the number of natural disasters that occur from September to December, based on the information released by the government. In addition to the results of the above survey, also asked what disaster prevention measures are in place at the company where they work and what kind of disaster prevention goods are always on hand. These survey results indicate a lack of interest in natural disasters. <sup>255</sup>In Canada, while 98 per cent of respondents reported participating in some type of household emergency planning activity, such as creating a home escape plan, far fewer Canadians had prepared an emergency supply kit. Only 47 per cent reported setting aside items such as water, food, medicine, flashlights or cash. Other precautionary measures include 58 per cent reported having a wind-up or battery-operated radio in their home. 48 per cent had an alternate heat source. 43 per cent had an alternate water source on hand. 23 per cent possessed a back-up generator. Most Canadians have made some preparations for when disaster strikes, but a new survey reveals that less than half have set aside supplies they could use to survive in an emergency. Second, I will talk about privacy issues in the aftermath of a disaster. In an evacuation center, it is not easy to maintain the same living environment as at home. The lack of privacy, such as the lack of partitions in living spaces, changing rooms, and nursery facilities, can be a major burden on evacuees. In fact, there have been cases of people dying and deteriorating health or even dying in their homes (disaster-related deaths) as a result of sleeping in their cars or in their damaged homes because they were too concerned about their surroundings to stay in a shelter. Nonprofits and police are calling for caution, as women and children are at greater risk of becoming victims of violence after a major disaster. They say it is important to take the opinions of women and children into account and create shelters that take their privacy into account. According to a 2013 report by the Great East Japan Earthquake Women's Support Network, a group of researchers and women's support groups, of the 82 cases of violence and rape or attempted rape that occurred after the disaster, 16 were perpetrated or damaged during March 2011. The victims were said to have been assaulted or harmed in 16 of these cases in March 2011. A woman in her 20s said, "At night at the shelter, a man would come in the blanket"; a woman in her 30s said, "A man was staring at me while I was breastfeeding"; the perpetrators included shelter residents, leaders, neighbors in temporary housing and volunteers. Finally there are solutions to the above issues in detail. There are five specific measures to be taken in the event of a natural disaster. First, large furniture should be fastened to prevent it from falling over. Second, people should make sure they know where to run to when a disaster strikes, no matter where you are. Third, people should stockpile drinking water and emergency food so that they will be able to live on their own even if lifelines such as electricity, gas, water and communication lines are cut off. Fourth, even if people have a cell phone, they should decide with their family how to check its safety since it may be difficult to connect to the network during a disaster and you may not be able to contact it. Fifth, make a disaster backpack. Prepare a disaster backpack so that each individual can have what he or she needs. People should prepare their own supplies and medicines that are not provided at the shelter but are necessary for each person. In order to get people to implement these things, we need to make people aware of them first, so we need to actively publicize them. Also, if it were possible to purchase a disaster backpack or other items at convenience stores and other easy to find stores, people would be able to think about disaster preparedness more closely and even those who feel it is a hassle would be able to prepare for it. Put both men and women in charge of shelter leaders and supplies. Men are often in charge of distributing supplies, but it is difficult for women to tell men if their underwear fits or sanitary napkins are insufficient. Priority could be also given to households with infants, people with disabilities, elderly people, and single women. Then, partitions could be installed with women-only spaces such as nursery and changing rooms.

#### IV

---

<sup>254</sup> General Research Co., "70% of people "do not take any disaster prevention measures" against natural disasters occurring in Japan!" PRTIMES, August 28, 2018, accessed November 22, 2020,

In conclusion, Disasters have a variety of effects, and while these may be beyond their control without the help of governments and organizations, people may be able to escape the worst case scenario if they are prepared to protect themselves from disasters. Therefore I hope people know how to solve the problem when a natural disaster occurs. And also, knowing what to expect when a natural disaster occurs is important. There are no positive points. It can affect a culture that is difficult to repair. The economic impact is often when there is bold damage to buildings and facilities. I think knowing how to solve the problem of natural disasters is easy. This is because people have their own smartphone or PC so people can get information easily. However there were many problems that people knew about, but couldn't handle on their own. In such cases, they have to take the help of the government. As for impacts, there are more than just the ones I've written about, so humans must always keep up to date on the potential impacts of an emergency. Because Canada has a larger land area than Japan, there are more disasters in Canada than in Japan, but the number of disasters in Japan was also higher. Japan's disasters were numerous and devastating. Japan's natural disasters are often earthquakes, and more recently, torrential rains and typhoons. There was a lot of flooding and tornadoes in Canada. Both countries seemed to be cooperating with the ministries of the environment and other agencies to protect their citizens' safety in response to the disaster. There were two major problems. The problem is the same as it is defined in Canada and Japan. The First one is that many people are not able to do their own individual planning, rather than national disaster planning. This makes natural disasters also known as man-made disasters. It is dangerous to think that if people go to a shelter, they can get away with it. There are many things that can be prevented if each of us is prepared for a disaster. The second problem was about privacy. This is a common problem that occurs in shelters after a disaster has occurred. The lack of privacy for women and, of course, the rest of us can be very taxing. Living in a shelter for a long period of time can be even more stressful, so I think it's best to have proper control over your privacy. Specifically, I think people can use cardboard dividers, etc.

### Bibliography

- Amadeo, K. (n.d.). "Natural Disasters Are a Bigger Threat Than Terrorism," the balance, August 31, 2020, accessed August 23, 2020, <https://www.thebalance.com/cost-of-natural-disasters-3306214>
- Claire Meyer, " How Culture Influences Disaster Recovery. (n.d.). " What Are the Negative Effects of Natural Disasters? July 01, 2019, accessed August 25, 2020, <https://www.asisonline.org/security-management-magazine/articles/2019/07/how-culture-influences-disaster-recovery/>
- Lynsey Grosfield, " What Are the Negative Effects of Natural Disasters?" SCIENCING, April 25, 2018, accessed August 23, 2020, <https://sciencing.com/negative-effects-natural-disasters-8292806.html>
- "特集 東日本大震災" 防災情報のページ - 内閣府, 2012, accessed August 25, 2020, [http://www.bousai.go.jp/kohou/kouhoubousai/h23/63/special\\_01.html](http://www.bousai.go.jp/kohou/kouhoubousai/h23/63/special_01.html)
- Japan meteorological Agency. "Examples of weather that led to disasters" Japan meteorological Agency. <https://www.data.jma.go.jp/svd/egev/data/higai/higai1996-new.html>
- "日本で起きた災害一覧" ボウサイ 7, August 25, 2020, <https://www.7mate.jp/saigai/>
- "災害をもたらした気象事例" 国土交通省 気象庁, 2 October, 2020. <https://www.data.jma.go.jp/obd/stats/data/bosai/report/index.html>
- Reconstruction agency. "The Government's Response to the Great East Japan Earthquake" Reconstruction agency, October 2015 <https://www.reconstruction.go.jp/topics/20151007154956.html>
- Government of Canada. "Canadian Disaster Database" Public Safety Canada, 12 September, 2013. <https://cdd.publicsafety.gc.ca/rslts-eng.aspx?cultureCode=en-Ca&boundingBox=&provinces=&eventTypes=%27AV%27,%27CE%27,%27DR%27,%27FL%27,%27HU%27,%27SO%27,%27TO%27,%27EQ%27,%27TS%27,%27VO%27&eventStartDate=%272000101%27,%2720201231%27&injured=&evacuated=&totalCost=&dead=&normalizedCostYear=1&dynamic=false>
- CNN. "Hurricane Kills at Least 2 in Nova Scotia." CNN. Cable News Network, 10 October, 2020. <http://edition.cnn.com/2003/WEATHER/09/29/juan/>
- Government of Canada. "Emergencies and Disasters" Government of Canada, 3 September 2019. <https://www.canada.ca/en/health-canada/services/health-concerns/emergencies-disasters.html>
- General Research Co., "70% of people "do not take any disaster prevention measures" against natural disasters occurring in Japan!" PRTIMES, August 28, 2018, accessed November 22, 2020, <https://prtimes.jp/main/html/rd/p/000000004.000034834.html>

Coorsh, K., “Disaster un-preparedness: Most Canadians don't have emergency kits,” CTV news, December 22, 2013, accessed November 22, 2020, <https://www.ctvnews.ca/canada/disaster-un-preparedness-most-canadians-don-t-have-emergency-kits-1.2631438>

Hungerfree.net. “Natural Disasters: Major Damage Caused by Poverty - Could it be a man-made disaster? ~Natural disasters,” hunger free world, August 1, 2005, accessed November 22, 2020, [https://www.hungerfree.net/hunger/background/special9\\_2/](https://www.hungerfree.net/hunger/background/special9_2/)

Asahi Shimbun Digital, “Consider privacy when building shelters, and value women's "voices.” The Asahi Shimbun Digital, October 24, 2019, accessed November 22, 2020, <https://www.asahi.com/articles/ASMBK46TDMBKUTFL006.html>

City.urayasu, “Think about possible problems that may occur during a disaster and and countermeasures.” P-Life, April, 2019, accessed November 22, 2020,

[http://www.city.urayasu.lg.jp/\\_res/projects/default\\_project/\\_page\\_/001/001/364/plifevol20.pdf](http://www.city.urayasu.lg.jp/_res/projects/default_project/_page_/001/001/364/plifevol20.pdf)

## Illegal World Trade

Airi Misono

These days there are many illegal world trades taking place around the world. Each year, hundreds of millions of plants and animals are caught or harvested from the wild and then sold as food, pets, ornamental plants, leather, tourist curios, and medicine. While a great deal of this trade is legal and is not harming wild populations, worryingly large proportion is illegal — and threatens the survival of many endangered species. With overexploitation being the second-largest direct threat to many species after habitat loss, WWF addresses illegal and unsustainable wildlife trade as a priority issue.<sup>256</sup> For example, the world is dealing with an unprecedented spike in illegal wildlife trade, threatening to overturn decades of conservation gains. Ivory estimated to weigh more than 23 metric tons—a figure that represents 2,500 elephants—was seized in the 13th largest seizures of illegal ivory in 2011. Poaching threatens the last of our wild tigers that number around 3,890. Therefore we have to stop illegal world trade and we should think about how to stop it. Also I'd like to talk about specific problems and solutions. In this essay, I will discuss the solution in order to solve the problem and solution of illegal world trade. Therefore we have to stop illegal world trade and we should think about how to stop it. Also in this essay, I will talk about pros and cons of illegal world trade

### I

There are several causes and effects, I will talk about the cause of illegal world trade of animals. As human populations have grown, so has the demand for wildlife. They expect access to a variety of seafoods, leather goods, timbers, medicinal ingredients and textiles. At the other end, extreme poverty means some people see wildlife as a valuable commodity to barter for trade. Also rhino horn, elephant ivory and tiger products continue to command high prices among consumers, especially in Asia. In Vietnam, the recent myth that rhino horn can cure cancer has led to massive poaching in South Africa and pushed the price of rhino horn to rival gold.<sup>257</sup> Secondly, I will talk about the effect of illegal world trade. Local wildlife is considered an important resource by many communities, often the poorest, in the developing world. Some rural households depend on wild animals for protein, trees for fuel, and both wild animals and plants for natural cures. Additionally, there are certain places in the world where wildlife trade is particularly threatening. That is “wildlife trade hotspots”. Finally, I will talk about the other effects of illegal world trade. Many invasive species have been purposely introduced by wildlife traders or buyers. These invasive species prey on or compete with native species and are a major threat to the balance of nature. For example pet Burmese pythons let loose by their owners are now considered a major pest in Florida’s everglades.<sup>258</sup>

---

<sup>256</sup> (n.d.). Retrieved August 28, 2020, from *zouge torihiki* , *nihon ni kibi sii mesen sema ra reru sizyou no kanzen heisa* : *asahi sinbun dezitaru* .

<sup>257</sup> (n.d.). Retrieved August 28, 2020, from *zouge torihiki* , *nihon ni kibi sii mesen sema ra reru sizyou no kanzen heisa* : *asahi sinbun*

<sup>258</sup> *dezitaru* .(n.d.). Retrieved August 28, 2020, from

## II

There are some problems and solutions. First of all, I'll talk about the problem. The international ivory trade has been illegal since 1990, but it hasn't gone away. So the tide needs to turn toward a near total ban on domestic ivory trade in countries and regions around the world, including the United States, Britain, France and Taiwan. Since long ago, elephants have been hunted for ivory. Over the past 100 years, it is estimated that the number of elephants in Africa has declined from 10 million to between 400,000 and 500,000. In the savannah, the number of elephants fell by 30 percent between 2007 and 2014, and thousands are killed each year due to poaching. Additionally, the Indian rhinoceros, which can be 4 meters long, 2 meters tall at the shoulder and have horns that can reach 60 centimeters, lives in the foothills of the Himalayas. In the 1960s, the number of Indian rhinoceroses was reduced to over 600, but conservation efforts have helped them gradually recover. Since then, the rhinoceros has been threatened with poaching and serious destruction of its habitat due to civil war and other factors, but conservation efforts have managed to continue, mainly in the few remaining protected areas, and it is now thought that the number of rhinos has increased to about 2,500. As a result, the number of fish, including endangered species, is decreasing.

Next I'll talk about a solution. Illegal wildlife trade should be banned worldwide, not just in a limited number of countries. For example, ivory poaching is now legal in Japan. This would make a difference between countries around the world, and would affect countries where ivory poaching is illegal. In the first place, the reason why Japan is legal is because there are few Japanese people who poach and abuse it. However, this is not the case around the world. So I think we need to make poaching illegal all over the world.

## III

There are pros and cons. Firstly, I will talk about the pros of illegal world trade. People in the developing world are trading in illegal animals to earn the money they need to make a living, even though they know it's illegal. This is because illegal animals are traded at a high price. Therefore, some people do this even though they know it is wrong. Secondly, I will talk about the cons of illegal world trade. There are certain types of animals that are becoming fewer and fewer in number because people are hunting, killing and selling animals at their own discretion without considering the feelings of the animals. For example, Asian statues and American alligators are being poached. This is because the pelts from these animals can be sold at high prices. Additionally, transnational criminal gangs operate in fisheries and fishing by, among other things, illegally trespassing into the state's exclusive economic zone and overfishing its waters. Also the trade in illegal fishing products is reported to be somewhere between \$10 billion and \$23.5 billion per year.

## IV

In conclusion, I explained about illegal world trade. Ruthless criminal networks are plundering the wild to supply skyrocketing demand for rhino horn, illegal ivory and tiger parts. From these things, I think we should volunteer to get rid of these. For example, we have to help poor people, if we do that, one of the causes of smuggling disappears because some people are trying to get a lot of money from smuggling. So if we collect donation money from around the world, we can help poor people and some animals. If we can achieve these things, the world will be better. Of course, it would require Japan to make poaching officially illegal. There are many animals that are being sacrificed because of the stupid actions of humans. There are many animals that have lost their families or have been driven to the point of extinction, and more people need to know that. This illegal trade of creatures is taking place both on land and in the sea. Improving them also requires cooperation and understanding across borders, and we should consider a variety of responses. We also need to consider support for people in the region who trade illegally because they are in need of money.

## Bibliography

Retrieved August 28, 2020

[https://www.google.co.jp/amp/s/news.livedoor.com/lite/article\\_detail\\_amp/18316153/](https://www.google.co.jp/amp/s/news.livedoor.com/lite/article_detail_amp/18316153/)

Retrieved August 28, 2020, zouge torihiki nihon ni kibi sii mesen sema ra reru sizyou no kanzen heisa asahi sinbun dezitaru

<https://www.google.co.jp/amp/s/www.asahi.com/amp/articles/ASM8P5GM3M8PUHBI01Q.html>

Retrieved August 28, 2020, from zouge torihiki 、 nihon ni kibi sii mesen sema ra reru sizyou no kanzen heisa : asahi sinbun dezitaru

<https://www.google.co.jp/amp/s/www.asahi.com/amp/articles/ASM8P5GM3M8PUHBI01Q.html>



Nuwer, R. (2021, February 10). zoge no iho torihiki o nihon ga jocho ka. Retrieved March 27, 2021, from <https://www.nationalgeographic.com/animals/2018/09/japan-illegal-ivory-trade-african-elephants-jp/>  
WWF japan. (2020, October 13). mitsuryo ya iho na torihiki kara yasei seibutsu o mamoro u !. Retrieved March 27, 2021, from <https://www.wwf.or.jp/activities/basicinfo/4048.html>

## **Belief of Religion** Rikako Kobayashi

There are 5.7 billion believers in the major religions (Christians, Muslims, Hindus, Buddhists) all around the world according to the Guardian<sup>259</sup>. People have trusted the religion for its entire history, and created their identity and culture from that. However, some of them don't believe the religion, and reject it. For example, Karl Marx the German philosopher describe the religion as "opium of the people", also Richard Dawkins who is a biologist say religion is "one of the world's great evils"<sup>260</sup>. This essay will show the advantages and disadvantages of religion, effect, and the increasing number of non religious people. Religion is interesting to know because it has connection with the human mind and has a large influence on society nowadays.

### **I**

There are some positive and negative aspects of religion. On the positive side, religion promotes people to help others, such as volunteering. For example Hinduism, there is a non-profit organization, called HAF in the USA. Their missions are involved in various fields like environmental protection, hate crime prevention and marriage equality<sup>261</sup>. Moreover, They claim that they would support all people in need no matter how different they are about race, colour, national origin, caste, gender, sexual orientation, age and disability.<sup>262</sup> As another example, there is the Buddhist volunteering organization called NBF in Canada. Their mission is to supply food, clothing, medical care and education to poor children of remote Himalayan villages with no schools.<sup>263</sup> The reason for that is in the religions theory of "help others". For instance, the Hindu of HAF have an important concept called ahimsa, which means not harming or killing anything living, but helping to protect the environment and looking after other people and animals.<sup>264</sup> The Buddhists of NBF have "Dana". This is the key action of Buddhism, which means the donation, but also includes sharing, even selfless giving without worrying about getting something in return.<sup>265</sup>

However, The World Economic Forum says that religious violence is undergoing a revival and the past decade has witnessed a sharp increase in violent sectarian or religious tensions. The power struggle in the middle east, outbreaks of violence across Africa, the persecution of Rohingya in Myanmar and the terrorism by Islamic extremists. They all happen by religion. One of the processes of religion causes these conflicts is the affection on the people's mind. Religion makes people think their particular religion is the only correct one and all the others are false, and they use theological texts from their religion to justify their actions like extremists<sup>266</sup>.

### **II**

In fact, the influence of religion used to be large in people's life, but it is decreasing now. The best example is Latin America. Laying America is the area known for worshipping the Christian the most. It once recorded 90% of local people believe in Christian.<sup>267</sup> However, it now significantly dropped to 69% in 2014.<sup>268</sup>

---

<sup>259</sup> Harriet Sherwood, "How many believers are there around the world.", Guardian, August 27, 2018,

<sup>260</sup> Nick Perham, "Why are people religious a cognitive perspective", The Conversation, December 19, 2018,

<sup>261</sup> "Serving the Hindu America Community Since 2003", HAF

<sup>262</sup> "Serving the Hindu America Community Since 2003", HAF

<sup>263</sup> "About us", Namo Buddhist Foundation in Canada

<sup>264</sup> "Serving the Hindu America Community Since 2003", HAF

<sup>265</sup> "Dana" Manitoba Buddhist Temple

<sup>266</sup> Robert Nuggah, Ali Velshi, "Religious violence is on the rise. What can faith-based communities do about it?", World Economic Forum, Feb 25, 2019

<sup>267</sup> "Religion in Latin America", Pew research, Nov 13, 2014

<sup>268</sup> "Religion in Latin America", Pew research, Nov 13, 2014

From the earliest days of colonization, religion (in particular, the Roman Catholic Church) has been a driving force in Latin America, and most countries in this area established Catholicism as their official religion in their first constitution.<sup>269</sup> This decision has generated the widespread of Christianity and influence on the society. First, their politics has had religious relationships, and religious parties have been formed like the Social Christian Party or National Restoration Party. There were no criticisms about the relationships from Latin America, and they thought the government should promote religious values and beliefs rather than separating church and state.<sup>270</sup> Notwithstanding, now people's opinion has changed. Most of them say they would prefer a government that refrains from promoting religious values and beliefs, and church and state should be "kept separate".<sup>271</sup> The 13 countries out of the surveyed 19 countries have such people account for more than half of the percentage.

A long time ago when most people followed religion, numerous science theories were rejected because science has some of the denial of religious beliefs. For instance, the theory of evolution has been the target in Latin America. Pew research says, in 18 countries and Puerto Rico at least one in five people responded that they believed all living things have always existed in their present form.<sup>272</sup> The one reason is the bible claims that all living things on our Earth were created by God (Genesis 1:20-26 ICB). Although, most people embraced the theory that humans and other living things have evolved over time in 2014 despite such a number founded. The percentage is more than half in 14 countries, and 2 out of them are in the 70% range.

Another topic is same-sex marriage. For Christian, this kind of marriage is actually a problem which is irrational for a religion and unacceptable because this marriage is falling short of God's purpose for human beings. This thought was also common in Latin America. Majorities in 13 of the 18 countries, plus Puerto Rico, treated this marriage as illegal, so they have hindered the promotion and acceptance of LGBT people.<sup>273</sup> Nevertheless, some sex has been accepted now. The countries in Latin America, except only nine states, has legalized same-sex marriage since Argentina started in 2010.<sup>274</sup> For example, Argentina, Colombia, the Falkland Islands, and even Brazil which is regarded as a socially conservative country.<sup>275</sup> As a result, the major countries in 2020 and 2019 have seen a double-digit increase in acceptance of same-sex marriage, according to Pew research.<sup>276</sup>

### III

While there is less influence of religion on society, the number of non religious people called atheists is increasing in the world. There are three facts that support the increase. According to Pew research, the number of non religious people in 2020 is about 1.1 billion, which is higher than the number of Hindus and it is expected to go up to about 1.2 billion in a decade.<sup>277</sup> Furthermore, lots of these people tend to be young and especially in developed countries. Pew research says 53 countries out of 102 researched countries are illustrated that the number of young atheists is more significant than old atheists, and only 3 countries have higher numbers by old age.<sup>278</sup> Also most of the 53 countries are placed in developed countries which are Europe, North and West America and South East Asia which are around Singapore.<sup>279</sup>

First is the development of science and certain knowledge. In ancient times, people didn't know many things, like the creation of living things or changing weather.<sup>280</sup> Then people create God as the answer to these questions. God became the owner of the greater power to control everything, and even people's life. They started to worship God and seek help when they were in difficult situations such as famine, drought, plague because they believe God can change everything for them.<sup>281</sup> However, now the science has been developed, and people know that ancestors didn't know with certain scientific proof. Then, the reasons baked into God have been regarded as

---

<sup>269</sup> "Chapter 7 view of politics", pew research, Nov 13, 2014

<sup>270</sup> "Chapter 7 view of politics", pew research, Nov 13, 2014

<sup>271</sup> "Chapter 7 view of politics", pew research, Nov 13, 2014

<sup>272</sup> David Masci, " For Darwin Day, 6 facts about the evolution debate", Pew research, Feb 11, 2019

<sup>273</sup> Cheri Greenough, "Using the bible against LGBTQ+ people is an abuse of scripture", The conversation, Jan 29, 2020

<sup>274</sup> Anastasia Moloney, "U.N. envoy urges Latin America to tackle conservative attack on LGBT+ rights", Reuters

<sup>275</sup> Anastasia Moloney, "U.N. envoy urges Latin America to tackle conservative attack on LGBT+ rights", Reuters

<sup>276</sup> Chapter5: Social Attitude, pew research, Nov 13, 2014

<sup>277</sup> Religious Composition by Country 2010-2050, Pew Research Center Apr 2, 2015, Nov 22, 2020

<sup>278</sup> 2.Young adults around the world are less religious by several measures, Pew Research Center, Jun 12, 2018

<sup>279</sup> 2.Young adults around the world are less religious by several measures, Pew Research Center, Jun 12, 2018

<sup>280</sup> Reasons people choose atheism, Oct 22, 2009, BBC

<sup>281</sup> Reasons people choose atheism, Oct 22, 2009, BBC

fake, and become meaningless for people.<sup>282</sup> Additionally, the difference in value between science and religion makes it more significant. The value of science is based on the doubt and understanding of everything.<sup>283</sup> Richard Feynman says the essence of science was “bending over backwards to prove ourselves wrong.”<sup>284</sup> On the other hand, the value of religion is just believing in God even if they have little understanding of the details such as the existence of God.<sup>285</sup> It is obvious people who follow science might find how suspicious religion is, and they are likely to less follow that.

Not only science but in people's day life, atheism has the chance to meet people. According to the survey of Allen Downey from Olin College of Engineering in Massachusetts, he assumes internet use contributes to the declining number of religious followers.<sup>286</sup> He found that the movements that increased the percentage of internet use and people who weren't into religion were similar.<sup>287</sup> Internet use started to increase in 1999, and in 2010, 35 percent of the people who spent about two hours per week online and 25 percent spent more than 7 hours. At the same time, the figure of people not dependent on religion started to increase to 8%. Then the figure went up two times in 2010.<sup>288</sup> As a reason for that, he considered the internet enabling people the opportunities to find information about atheists and to interact with them personally.<sup>289</sup>

When it comes to more large-scale, globalisation also gets involved in the expanding numbers of non-believers by causing the hate of religion. Pazit Ben-Nun Bloom and Gizem Arikan show the average level of religious discrimination in the world rose by 11.4 percent from 1990 to 2002. For instance, regulating religious symbols and literature to broadcasting.<sup>290</sup> Authors assume this is due to the bringing of globalisation. They say globalisation emphasizes the group's values in the world and encourages the loss of identity and the sense of a disintegrating community.<sup>291</sup> Additionally, this occasion has continued to increase, as of 2009, one third of the world population (32%) face the restriction of religion. Globalisation was increasing at the same time, so it can be thought that this is also the effect of globalization.<sup>292</sup>

#### IV

There are beneficial things about volunteering and drawbacks about lack of peace. In my opinion, the reason why religion is being criticised is because of the wrong way to spread such as the affection of religion to people's minds in the third paragraph. Religion is not for people to make conflict, the purpose of religion is to achieve the goals of salvation for oneself and others and to render due worship and obedience to God.<sup>293</sup>

Moreover, religion's decreasing influence in the above three sectors is obvious. In my opinion, why this is happening is the emergence of postmodernism in our society. Postmodernism means recognizing and coexisting various values in one society. This movement happens through globalization proven by Jean Francois Lyotard who is a sociologist.<sup>294</sup> Since this moment happened, we have had the opportunity to accept different religious ideas, and we have stopped emphasizing only one religion since it might be the rejection of other religions. That is the key for the strong promotion of religious influence. Additionally, there is also the possibility that various ideas will change one's original identity. Finally when it comes to how to acquire such ideas, school will be influential. For instance, when comparing the percentage of believing in evolution theory in people who took formal education( that influenced by postmodernism) and less education, the former has 52%, and 35% of the latter. Therefore, education is a crucial organ for socializing people, and this is agreed by many scholars such as sociologists.

Finally, science, internet and globalisation aspects are involved in the expansion of atheism. I consider that

---

<sup>282</sup> Reasons people choose atheism, Oct 22, BBC, 2009

<sup>283</sup> Paul Bloom, Scientific Faith is Different From Religious Faith, The Atlantic, Nov 24, 2015

<sup>284</sup> Jerry Coyne, Yes, there is a war between science and religion, The conversation, Dec 21, 2018

<sup>285</sup> Paul Bloom, Scientific Faith is Different From Religious Faith, The Atlantic, Nov 24, 2015

<sup>286</sup> Emerging Technology from the arXiv, How the internet is Taking Away American's Religion, MIT Technology Review, Apr 2, 2014

<sup>287</sup> Emerging Technology from the arXiv, How the internet is Taking Away American's Religion, MIT Technology Review, Apr 2, 2014

<sup>288</sup> Emerging Technology from the arXiv, How the internet is Taking Away American's Religion, MIT Technology Review, Apr 2, 2014

<sup>289</sup> Emerging Technology from the arXiv, How the internet is Taking Away American's Religion, MIT Technology Review, Apr 2, 2014

<sup>290</sup> Pazit Ben-Nun Bloom, Gizem Arikan, Globalisation has contributed to declining of religious freedom across the world, USAPP

<sup>291</sup> Pazit Ben-Nun Bloom, Gizem Arikan, Globalisation has contributed to declining of religious freedom across the world, USAPP

<sup>292</sup> Rising Restrictions on Religion-One third of the world's population experience and increase-, Pew Research Center, Aug 9, 2011

<sup>293</sup> Richard Swinburne, "Purpose of Religion", Oxford Scholarship Online, 2005

<sup>294</sup> Jean Francois Lyotard, Stanford Encyclopedia of Philosophy, Sep 21, 2018

these things are a feature of developed countries, and significant for the younger generation. For example the developed countries, America creates the corona vaccine from their well science skill and is famous for Google and Facebook's birth country, Europe and Canada is known for well accepting migrations, one of the contributing factors to globalism. They all have high science skills, internet connection and globalism that is related to the ideology of atheism. On the other hand, the younger generation has a good internet connection through phone or internet which most of all have. This connection promotes globalization like communication and spreads knowledge. Hence, it is possible for young people to get atheist identity without any restriction.

### **Bibliography**

- "About Us", Nammo Buddha Foundation In Canada", September 8, 2020  
<https://www.namobuddhacanada.org/about-us>
- Anastasia Moloney, "U.N. envoy urges Latin America to tackle conservative attack on LGBT+ rights", Reuters, Nov 22, 2019, Oct 13, 2020  
<https://www.reuters.com/article/us-latin-america-lgbt-rights-trfn-idUSKBN1XV2MY>
- Anna-Catherine Brigida, "Latin America has become an unlikely leader in LGBT rights", Quartz, Jun 6, 2018, Oct 13, 2020  
<https://qz.com/1288320/despise-its-catholic-roots-latin-america-has-become-an-unlikely-lgbt-rights/>
- "Chapter 5: Social Attitude", pew research, Nov 13, 2014, Oct 12, 2020  
<https://www.pewforum.org/2014/11/13/chapter-5-social-attitudes/>
- "Chapter 7 view of politics", pew research, Nov 13, 2014, Oct 12, 2020  
<https://www.pewforum.org/2014/11/13/chapter-7-views-on-politics/>
- "Chapter 8: Religion and Science", Pew research, Nov 13, 2014, Oct 13, 2020  
<https://www.pewforum.org/2014/11/13/chapter-8-religion-and-science/>
- Cheris Greenough, "Using the bible against LGBTQ+ people is an abuse of scripture", The conversation, Jan 29, 2020, Oct 13, 2020  
<https://theconversation.com/using-the-bible-against-lgbtq-people-is-an-abuse-of-scripture-110128>
- "Dana" Manitoba Buddhist, Temple September 8, 2020  
<https://www.namobuddhacanada.org/about-us>
- David Masci, " For Darwin Day, 6 facts about the evolution debate", Pew research, Feb 11, 2019, Oct 12, 2020  
<https://www.pewresearch.org/fact-tank/2019/02/11/darwin-day/>
- "Doesn't religion cause most of the conflict in the world?", The Guardian, July 2, 2013, August 21, 2020  
<https://www.theguardian.com/commentisfree/2013/jul/02/religion-wars-conflict>
- Eric.W.Dolan, " Supporters of religious violence are more likely to claim they're familiar with religious concepts that don't exist", PsyPost, August 4, 2020, September 15, 2020  
<https://www.psypost.org/2020/08/supporters-of-religious-violence-are-more-likely-to-claim-theyre-familiar-with-religious-concepts-that-dont-exist-57580>
- Emerging Technology from the arXiv, How the internet is Taking Away American's Religion, MIT Technology Review, Apr 2, 2014, Nov 22, 2020  
<https://www.technologyreview.com/2014/04/04/13684/how-the-internet-is-taking-away-americas-religion>

- Harriet Sherwood, "How many believers are there around the world.", Guardian, August 27, 2018, August 21, 2020  
<https://www.theguardian.com/news/2018/aug/27/religion-why-is-faith-growing-and-what-happens-next>
- Jean François Lyotard, Stanford Encyclopedia of Philosophy, Sep 21, 2018, Nov 22, 2020  
<https://plato.stanford.edu/entries/lyotard/>
- Jerry Coyne, Yes, there is a war between science and religion, The conversation, Dec 21. 2018, Nov 22, 2020  
<https://theconversation.com/yes-there-is-a-war-between-science-and-religion-108002>
- Lumuel Anderson, Rachel Ramirez, Amy Erica Smith, "Religion and Politics in Latin America", Oxford bibliographies, Nov 29, 2018, Oct 12, 2020  
<https://www.oxfordbibliographies.com/view/document/obo-9780199756223/obo-9780199756223-0254.xml>
- Nick Perham, "Why are people religious a cognitive perspective", The Conversation, December 19, 2018, August 28, 2020  
<https://theconversation.com/why-are-people-religious-a-cognitive-perspective-108647>
- Nigel Barber, Why Atheism Replaces Religion In Developed Countries, Huffpost, Jun 8, 2012, Nov 22, 2020  
[huffpost.com/entry/why-atheism-to-replace-re\\_b\\_903653](http://huffpost.com/entry/why-atheism-to-replace-re_b_903653)
- Paul Bloom, Scientific Faith is Different From RELigious Faith, The Atlantic, Nov 24, 2015, Nov 22, 2020  
<https://www.theatlantic.com/science/archive/2015/11/why-scientific-faith-isnt-the-same-as-religious-faith/417357/>
- Patrick Fagan, Why Religion Matters Even More: The Impact of Religious Practice on Social Stability, the Heritage Foundation, December 18, 2006, September 6, 2020  
[https://www.heritage.org/civil-society/report/why-religion-matters-even-more-the-impact-religious-practice-social-stability#\\_ftnref107](https://www.heritage.org/civil-society/report/why-religion-matters-even-more-the-impact-religious-practice-social-stability#_ftnref107)
- "Practice in Hinduism", BBC, September 6, 2020  
<https://www.bbc.co.uk/bitesize/guides/zvrsv9q/revision/9#:~:text=The%20concept%20of%20charity%20in,harming%20or%20killing%20anything%20living.>
- Pazit Ben-Nun Bloom, Gizem Arikan, Globalisation has contributed to declining of religious freedom across the world, USAPP, Nov 22, 2020  
<https://blogs.lse.ac.uk/usappblog/2014/07/17/globalisation-has-contributed-to-declining-levels-of-religious-freedom-across-the-world/>
- Religious Composition by Country 2010-2050, Pew Research Center Apr 2, 2015, Nov 22, 2020  
<https://www.pewforum.org/2015/04/02/religious-projection-table/2020/number/all/>
- Rising Restrictions on Religion-One third of the world's population experience and increase-, Pew Research Center, Aug 9, 2011, Nov 22, 2020  
<https://www.pewforum.org/2011/08/09/rising-restrictions-on-religion2/>
- Richard Swinburne, "Perpose of religion", Oxford Scholrschio Online, September 2005, September 3, 2020  
<https://oxford.universitypressscholarship.com/view/10.1093/acprof:oso/9780199283927.001.0001/acprof-9780199283927-chapter-5>
- Robert Nuggah, Ali Velshi, "Religious violence is on the rise. What can faith-based communities do about it?", World Economic Forum, Feb 25, 2019, August 21, 2020

<https://www.weforum.org/agenda/2019/02/how-should-faith-communities-halt-the-rise-in-religious-violence/>

“Serving the Hindu America Community Since 2003”, HAF, September 6, 2020  
<https://www.hinduamerican.org/about/>

"Timeline for colonial Latin America 1492-1824", Brown University Library, Oct 12, 2020  
<https://library.brown.edu/create/modernlatinamerica/chapters/chapter-2-the-colonial-foundations/chapter-2-timeline/>

Young adults around the world are less religious by several measures, Pew Research Center, Jun 12, 2018, Nov 22, 2020  
<https://www.pewforum.org/2018/06/13/young-adults-around-the-world-are-less-religious-by-several-measures/>

"Why did you get up in early modern Europe!?! What was sad history witch-hunting", Tabiyori, January 31, 2020, August 21, 2020  
<https://wondertrip.jp/91259/4/>

## **Environment for Animals in Germany and Japan**

### **Kanade Ueda**

According to the Ministry of the Environment, in 2018, more than 90,000 dogs and cats were taken to animal shelters and 38,000 of them were culled. However, Germany does not kill any animals. There are some advanced nations of animal protection in Europe, and Germany is very famous for having rich animal welfare laws and facilities called "Tierheim". Compared with European countries, it is said that Japanese animal protection is 100 years behind. Now, animal protection is one of the most important problems Japan has to deal with immediately. In 2018, although 35,535 dogs and 56,404 cats came to animal shelters then 3,726 dogs which account for 10% and 10,450 cats that account for 19% were brought to animal shelters by their owners. Even if the management of pet shops is banned and people take charge of new animals using animal shelters, it does not have meaning unless the number of animals that are abandoned by their owners reduces. In the Japanese pet market, the scale of the pet industry has become bigger every year, and according to Yano Economics Research Centre, the scale of the total pet market in 2014 was about 1,450 billion yen but in 2018, it was about 1,544 billion yen. This thesis will discuss the similarities and differences of structure and system of animal welfare in Japan and Germany. Also, I will mention why many pets have to leave their owners, and how we can solve this problem in order to deepen everyone's understanding about the poor Japanese environment surrounding pets.

## **I**

First, animal welfare has some similarities between Japan and Germany. One of them is the facilities in animal shelters. Almost all facilities in both countries have buildings to accommodate animals, grounds, employees, volunteers, veterinarians, and para veterinary workers. The number of them depends on the scale of animal shelters, but animals can receive minimum care for the living. Secondly, the management of animal shelters is helped by many donors. To run these facilities needs a lot of money such as food, utility bill payment, and toys for animals. In the case of Tierheim Berlin, it has 15,000 members and 10,000 donors. Members have to pay 20 euro: about 2,500 JPY as of August 17th in 2020 at least monthly. Also, donors support Tierheim by sending money as they like. There is no detail on how many donors Kyoto Animal Protection Centre has, but they also receive some money from supporters. However, there are several clear differences in the scale of facilities and laws between Japan and Germany. Article 1 in the German Animal Welfare Act which is some of the strictest legislation in the world says that people must protect

animals as "fellow creatures" and their well-being is based on human responsibility. Owners have to prepare a dried bed and house with a roof to avoid wind and rain if they have a pet outside, and they have to attach a lead so that dog can move freely. In Japan, there is the Cruelty to Animals Act. This law mentions that it aims to prevent intrusion into human's lives, bodies, and property, and problems for the living environment by not only values life but also having pets in the right way. Japanese think about animals as objects people should protect and love. Nevertheless, there are so many animals that are killed. Second, German animal shelters are totally different from Japanese ones. There are over 500 animal shelters called "Tierheim" in Germany. A report by PEDGE said that Tierheim, especially in Berlin, is the greatest facility for animals in the world and is the biggest animal shelter in Europe. Tierheim Berlin has 140 employees, 600 volunteers, 10 veterinarians and para veterinary workers, and sites of 185,000 square meters: the same as 4 Tokyo Dorms. It has many environments such as waterside, forest, and grassland, so any kinds of creatures can live where they should be. Also, animal's health is managed completely and their bad habits, just as biting and barking are fixed. Therefore 15,000 animals are taken to the Tierheim annually, but over 90% of them can get new owners. If animals could not get a new owner, they can live in Tierheim until they die naturally. On the other hand, the quality of Japanese animal shelters and facilities are poorer than in Germany. That is because compared to Kyoto Animal Protection Centre, the scale of facilities is larger. Its area is 11,300 square meters, the number of employees and volunteers are 140 and 100 people respectively, also 3 veterinarians and 3 para veterinary workers stay there. This facility can not accommodate more than 44 dogs and 80 cats, so Kyoto Animal Protection Centre can not accept a large number of animals. The biggest difference is the length of accommodation. Basically, Japanese animal shelters can hold them for about a week. Hence when a week has passed, they are culled. However German animal shelters hold protected animals until dying, so no animals are killed without rational reasons.

## II

There are three categories of reasons why pets are abandoned. Firstly, one cause of this problem is in the pet shop and breeder side. Pet shops are selling kittens and puppies to customers who want to have pets, and benefit from it. The more pets are sold, the more kittens and puppies they need to stock. Therefore pet shops request breeders to breed more dogs and cats. If there are some popular kinds, the supply sometimes becomes too much. Kittens and puppies passed from two to three months after being born are very popular among people. However, If half a year has passed since they were born, the popularity decreases significantly and they tend to be unsold. These unsold animals end up being taken to animal shelters and being culled. Although some kind pet shops hold transfer meetings in cooperation with an animal protection group and protect them until they find new owners, it costs much, so the number of such pet shops is still small. When unavoidable problems appear, there are some cases where owners have to separate from their pets. The most unavoidable reason is emergency and disease. In fact, there were many wandering dogs and cats during the Great East Japan Earthquake. Though they could not record details, the Ministry of Environment reported that These animals were left by the owner because of the evacuation. Other reasons mentioned as avoidable are moving, transfer, staying at the hospital, entering senior citizen's homes, and allergy. People can not avoid and escape from this problem because it is inevitable that both animals and people will grow older and the environment around people can always be changed. On the other hand, there are many people who have pets easily, but some of them have a serious problem about awareness of having dogs and cats. Of course, any animal will grow. However, some owners say that their pets grew, and became unexpected sizes and visuals, and became bigger than they think. Also, there is someone who says get bored and is no longer cute. The owner has some obligations to take care of the animal, for example, paying for medical expenses and vaccinations and training. Owners who keep animals casually do not want to pay such money, or they can not discipline properly and eventually throw away the animals. Also, people have several opportunities to move, transfer, change the family makeup and living environment. Then, owners can not live with their pets in a new house because the house bans them from living with pets. Therefore, low awareness and a new environment can be one of the causes of abandoning animals.

## III

There are some methods to solve this problem. Firstly, increasing the merits of getting pets from animal shelters might change people's way of thinking about animal shelters. The animal shelter has not been still into the major means of having a pet yet. Pet shops are around us and it is easy for people to adopt pets, but people in Japan do not go because according to the reports by HOGO animal future project, people do not know about animal shelters clearly, and feel that it is difficult to adopt because of strict rules<sup>295</sup>. However, the population adopting new pets from animal shelters will go up by knowing the advantages of that. For example, having dogs and cats from animal shelters can save some steps which people must do to have their pets. Shelters often microchip, spay, neuter and vaccinate the animals that come into their care. This lets new owners save a lot of money because you do not have to pay for the procedures yourself and it ensures the pet you are taking home is healthy. Also, the prices of adopting a pet from a shelter are often lower than the rates charged by breeders. Spaying and neutering animals are important in controlling the animal population and these are required to owners not to increase more than needed. Animal shelters often help people with spaying and neutering, this is very helpful for owners<sup>296</sup>. Also, adopting an animal from a shelter means that your new pet has been spayed or neutered where possible.

Next, the function of pet shops will be a more important point for animal protection. Pet shops in Japan have several roles such as selling animals, food, toys, goods needed to have, and snacks for them. To promote being adopted from animal shelters, it is important that pet shops should not sell puppies and kittens. Generally, they are sold from about 300 thousand yen at the lowest to about 1 million yen at the highest, pet shop side may have big damage, however, owners need to buy some goods and services as long as their pets are alive, so pet shops will benefit from owners in the long run. That is why the Ministry of Internal Affairs and Communications reported that owners pay 11.5 thousand yen and 7.5 thousand yen for dogs and cats monthly on average<sup>297</sup>. Lastly, having enough knowledge about animals people will have is the most important solution and really needed. Many owners start to adopt pets without knowledge of having animals. Dogs and cats are also creatures, so they live almost the same as humans. In their life, they may get some disease or have to go to hospitals. Of course, they need food. Also, they have to spay and neuter to control the number of animals. Owners must consider whether they can pay money for them in the future or not. For example, annual medical fees for dogs and cats by age are reported by Anicom property insurance stock company, Japanese pet insurance company, and it says when a dog and cat are 0 years old, their owners need under 20 thousand yen to pay medical fees. However, as they get older, it becomes more expensive. The report also says that when animals are aged 12, about 150 thousand yen and about 80 thousand yen are needed for a dog and cat respectively<sup>298</sup>. As this information, there is much information that owners and people who will have pets need to know. Also, this responsibility can be in people or groups who transfer animals.

#### IV

As shown, both Japan and Germany have separate systems for animal protection. As you could see, all of the figures of people who are in, area, and what people do for animals are different and Teirheim is better in everything. I think that Japanese people look at animals as creatures that cannot live without humans too much, but people in Germany treat them as "fellow creatures". Therefore, in Germany, people tend to think that they must not kill animals as humans must not kill humans. For these reasons, I think we have to change our thinking towards animals. For example, pet shops in Japan should ban commercial sales of animals. In Germany, sales of animals are not banned, but some animal organizations decided to ban them. I think it will help to increase the transfer of animals. Owners have to feed their pets but they give us a lot of happiness and healing. Like this, animal welfare is not for the satisfaction

---

<sup>295</sup> Eri Nishihira, 保護犬や保護猫、引き取りたいけど難しいかも？譲渡の条件とは, Shippo, published December 5th, 2018

<sup>296</sup> Elena Barnard, 10 benefits of adopting a pet, Animal Friends, published February 3rd, 2015

<sup>297</sup> 総務省統計局, ペット関連品目の状況[PDF file], published March 29th, 2019

<sup>298</sup> Ami Toshinaga, ペットの医療負担は全額自己負担 小さな家族の病気に備える！ ペット保険を考えよう, Monja, published March 28th, 2020



of humans. Japan seeks to be zero for the number of animals that are culled. If Japan cares about animals, we can be closer to advanced nations for animal welfare.

Also, you can clearly understand that the owners' selfish reasons are the biggest cause of abandoned pets. People who do not have enough knowledge about having pets such as how much money will abandon their animals, because most animal owners need to pay a lot of money for animals. From my point of view, owners should keep space and a great environment for their pets. People can decide everything about animals, but pets can not do anything. Therefore the lives of animals depend on what we do for them. People ought to have a responsibility, so everything their pets do is the owners' responsibility. Hence I think if they can not have pets at a new home, they should find people instead. Also, before welcoming new family members, owners have to think about how much area is needed to have, whether they have enough time to take care of animals and if pets get diseases, whether they can pay for them. By doing so, people do not leave their pets.

It can be said that changing the way of thinking people already have and increasing the quality of pet shops is needed immediately. Nothing is more important than knowing about having animals, so knowing is needed when people create new rules about animal protection, starting to have animals, and raising them. Animal shelters give people who want to have animals some strict requirements. People feel tedious about this, but I think they should know this is not for owners and is for animals. They should have the resolution and responsibility to own one life of animals. Also, something people do not expect might happen besides what I mentioned in each paragraph. In such a situation, owners have to respond and solve problems with a big responsibility. Although some citizens say Japan should use their taxes for animals, we must think more seriously about this problem than they think now and take action to protect animals as fellow creatures.

### Bibliography

Ami Toshinaga, ペットの医療負担は全額自己負担 小さな家族の病気に備える！ ペット保険を考えよう, Monja, published March 28th, 2020, accessed November 22nd, 2020

[https://mon-ja.net/200328-01\\_pets-medical-insurance/](https://mon-ja.net/200328-01_pets-medical-insurance/)

"センター紹介-概要-", 京都動物愛護センター, accessed August 4th 2020

<https://kyoto-ani-love.com/about/overview/>

"センターでのボランティア活動", 京都動物愛護センター, accessed August 5th 2020

<https://kyoto-ani-love.com/volunteer/activity/center/>

Eri Nishihira, 保護犬や保護猫、引き取りたいけど難しいかも？譲渡の条件とは, Shippo, published December 5th, 2018, accessed November 22nd, 2020

<https://sippo.asahi.com/article/11981616>

遠藤真弘, "諸外国における犬猫殺処分をめぐる状況-イギリス、ドイツ、アメリカ-", [pdf file], September 16th, 2014, accessed August 19th

[https://dl.ndl.go.jp/view/download/digidepo\\_8748098\\_po\\_0830.pdf?contentNo=1](https://dl.ndl.go.jp/view/download/digidepo_8748098_po_0830.pdf?contentNo=1)

goron, "日本は動物愛護後進国！～海外に学ぶ動物愛護 第1回～", GORON, March 29th 2013, accessed July 28th

<https://goron.co/archives/1304>

兵藤未来, "ドイツ&オランダ動物保護事情①～ここが日本と違う！ドイツの制度や文化～", anicom you,

August 6th 2019, accessed August 3rd 2020

<https://mag.anicom-sompo.co.jp/10178>

いぬらぶ・ねこらぶ by わおん Editorial department, ペットショップの問題点を考えたことはありますか?, いぬらぶ・ねこらぶ by わおん, August 14th, 2020, accessed October 26th, 2020,

<https://pet.ielove.co.jp/entry-997>

いぬらぶ・ねこらぶ by わおん Editorial department, ペットを飼えなくなったらどうすればいいの？対処法や準備について, いぬらぶ・ねこらぶ by わおん, May 19th, 2020, accessed October 26th, 2020,

<https://pet.ielove.co.jp/entry-819>

Masashi Hashinaga, 「捨て犬」「殺処分」がなくなる本当の理由, TOYOKEIZAI ONLINE,

July 12th, 2017, accessed October 26th, 2020,  
<https://toyokeizai.net/articles/-/179095>

NPO 法人 Dog Therapy Japan, 私たちが取り組む社会問題, NPO 法人 Dog Therapy Japan,  
 accessed October 26th, 2020,  
<http://dtj.or.jp/about/problem.html>  
 "日本の動物愛護法 ー目的・改正のポイント・海外との比較ー", PEDGE, November 25th 2016,  
 accessed August 19th 2020  
<https://pedge.jp/reports/douaihou/>

環境省, 東日本大震災におけるペットの被災概況,  
 The Ministry of the Environment[PDF file], accessed October 26th, 2020  
[https://www.env.go.jp/nature/dobutsu/aigo/2\\_data/pamph/h2508c/01.pdf](https://www.env.go.jp/nature/dobutsu/aigo/2_data/pamph/h2508c/01.pdf)  
 環境省自然環境局, "犬・猫の引取り及び負傷動物等の収容並びに処分の状況",  
 動物の愛護と適切な管理, accessed August 20th.  
[https://www.env.go.jp/nature/dobutsu/aigo/2\\_data/statistics/dog-cat.html](https://www.env.go.jp/nature/dobutsu/aigo/2_data/statistics/dog-cat.html)

株式会社矢野経済研究所, ペットビジネスに関する調査を実施, 株式会社矢野経済研究所, published  
 February 10th, 2020, accessed November 22nd, 2020  
[https://www.yano.co.jp/press-release/show/press\\_id/2364](https://www.yano.co.jp/press-release/show/press_id/2364)

公益財団法人動物環境・福祉協会 Eva, 犬猫の引き取り数と殺処分数, 公益財団法人動物環境・福祉協会  
 Eva, 2019, accessed October 26th, 2020,  
<http://www.eva.or.jp/data>  
 大高, 殺処分の今を伝えたい! 写真集で認識を高めて意識改善をしたい!, READYFOR,  
 accessed July 29th 2020  
<https://readyfor.jp/projects/22391>

総務省統計局, ペット関連品目の状況[PDF file], published March 29th, 2019, accessed November 22nd, 2020  
<https://www.stat.go.jp/data/kouri/mini/pdf/mini-no4.pdf>  
 "スタッフ紹介", 京都夜間動物救急センター, accessed August 3rd 2020  
<http://kyoto99.net/staff.html>  
 "THE GERMAN ANIMAL WELFARE ACT", Max Planck Institute for Biological Cybernetic,  
 accessed August 1st 2020  
<https://hirnforschung.kyb.mpg.de/en/the-law/the-german-animal-welfare-act.html>  
 "ティアハイムとは~ペット先進国ドイツの動物保護事情", PEDGE, July 25th 2016,  
 accessed August 20th 2020  
<https://pedge.jp/reports/tierheim/>

特定非営利活動法人アナイス, 平成 29 年度ドイツにおける動物保護の 取組みに係る調査業務 報  
 告書,  
 [pdf file], May 30th 2017, accessed August 31st 2020  
[https://www.env.go.jp/council/14animal/ref49\\_3.pdf](https://www.env.go.jp/council/14animal/ref49_3.pdf)  
 "よくある質問", 京都動物愛護センター, accessed August 21st 2020  
<https://kyoto-ani-love.com/faq/>

「京都市動物愛護事業推進基金」に積み立てる寄附金(通称:京都市人と動物が共生できるまちづ  
 くり基金)の募集について, 京都市情報, October 14th 2016, accessed September 4th  
<https://www.city.kyoto.lg.jp/hokenfukushi/page/0000147255.html>

### **The Importance of Having A Personality in Japan** Kanon Yokoyama

Human beings always have some identities. Especially in Japan, there is a culture that emphasizes identity. For example, in Japan, China and South Korea, it is common for people to describe themselves by their last names when people introduce themselves. However, in Western countries, the order of first name and last name is customary.<sup>299</sup>

---

<sup>299</sup> Jenna Clayton, "What Is Personal Identity? - Definition, Philosophy & Development", Study.com,

There are some reasons why there is a difference between these countries. The professor of the University of Tokyo said, this is because Social identity is a really important thing for Japanese people.<sup>300</sup> When it comes to Individuality, Individual identity is also important as a social identity. Since the revolutionary technology of AI was born in the modern society, having a personality that is competitive with AI is becoming more important in today's businesses and society these days.<sup>301</sup> This essay will show you which social identity or individual identity should be focused by Japanese people through discussing the advantages and disadvantages of having a strong identity and personality in order to find good ways to express yourself and show which methods work best for people.

## I

As I said in the introduction, there are two types of identities. First one is Social identity. This means a person's sense of who they are based on their group memberships such as sports teams, religions, nationalities, occupations, sexual orientation, and ethnic groups. Of course all people have some social groups.<sup>302</sup> According to data from Waseda University, Japanese people are often said by the United States "Japanese people do the same things as others and make some groups that are called a communal society in order to involve other Japanese people as little as possible."<sup>303</sup> However, the real reason why Japanese people often gather is that the work environment is such that most people work for a long time so Japanese can not have alone time.<sup>304</sup> Additionally, Japanese culture is one of the reasons for this. Japanese have original thinking. That is "WA," which is cooperative, so it was thought that the personal idea isn't suitable for the social group from the old days.<sup>305</sup> Moreover, as a result of a study on the history of thought, the view that Japanese are collectivist was not true. It was expressed by Westerners, especially Americans, and accepted by the Japanese.

The other one is personal identity. This personal identity is the concept you develop about yourself that evolves over the course of your life. This may include aspects of your life that you have no control over, such as where you grew up or the color of your skin, as well as choices you make in life, such as how you spend your time and what you believe.<sup>306</sup> When it comes to identity, "individuality" was first born in Japan. In 1915 when the individuality was translated into Japanese for the first time.<sup>307</sup> In other words, the "individuality" has only a short history of about 105 years.<sup>308</sup> Therefore many modern Japanese misunderstand the nuances of individuality in many situations, such as the pattern of thinking that individuality should not match people. Especially in school education, sometimes confusing "difference" with "individuality."<sup>309</sup> The original meaning of individuality is the quality or character of a particular person or thing that distinguishes them from others of the same kind, especially when strongly marked.<sup>310</sup>

## II

There are some merits of having an individual identity. To begin with, the definition of personality is a system constituted of distinct psychological functions that, when integrated, characterize the singular form that every individual acts in the world.<sup>311</sup> This personality can advance you not only in your career, but also in your social and romantic life and because of the emphasis on diversity in today's world, diversity, so to speak, of each individual human being, has the social advantage of maximizing diversity in human resources and accelerating business creation.<sup>312</sup> Actually, the implication of the study conducted by Wright (2013) said that the search in the individual

---

accessed August 21

<sup>300</sup> Atumesa Fujiwara, "日本人と集団主義" accessed August 21, 2020,

<sup>301</sup> Jun Horimizu, "これからの社会でなぜ「多様性」が求められるのか, 「多様性」で拓く生徒の未来.

<sup>302</sup> Author unknown, "What is social identity??", HOWSTUFFWORKS, accessed August 21, 2020

<sup>303</sup> Atumesa Fujiwara, "日本人と集団主義" accessed August 21, 2020,

<sup>304</sup> Eiko Kumozu, "近代日本における「個性」の誕生と展開" 2005, June accessed September 3rd,

<sup>305</sup> Toshiyuki Fuluno, "日本人の6割は「最初の一歩」が踏み出せない" Nikei Business, accessed August 21,

<sup>306</sup> Jenna Clayton, "What Is Personal Identity? - Definition, Philosophy & Development", Study.com, accessed August 21,

<sup>307</sup> Hiroki Suzuki, "日本人はなぜ集団の考えに染まりやすいのか", Diamond Online, December 19, 2018,

<sup>308</sup> Osamu Hashimoto "今私たちが考えるべきこと" 2007, March, accessed September 3rd,

<sup>309</sup> Author unknown, "「集団主義」という錯覚 — 日本人論の思い違いとその由来?", The University of Tokyo, June, 2008,

<sup>310</sup> Youtarou Takano, "日本人論の危険なあやまち — 文化ステレオタイプの誘惑と罠", The Sankei News, October 12, 2019

<sup>311</sup> Jun Horimizu, "これからの社会でなぜ「多様性」が求められるのか, 「多様性」で拓く生徒の未来.

<sup>312</sup> Jun Horimizu, "これからの社会でなぜ「多様性」が求められるのか, 「多様性」で拓く生徒の未来.

goals and Individual identity may lead to successful society and the social good can be attained by allowing individuals' freedom to choose what they really aim rather than shaping them to what to decide.<sup>313</sup> Secondly, Personality is important because it will stick with you, even when you're an old man or woman. Therefore, having a strong individual identity is the only one way to show oneself at any time.<sup>314</sup>

The weaknesses of individuality tend to be the competitive parts of our personality.<sup>315</sup> At this point, individuality is used as a weapon, so to speak, and can actually cause emotional harm that leads to domestic violence in some long-term conflicts.<sup>316</sup> Actually, it can even make you a target for bullies.<sup>317</sup> For this reason, in today's Japanese society, individualistic personalities are often seen as a negative thing. For example, if you are called unique, you may feel like you are being denied, or that you are being discriminated against.<sup>318</sup>

### III

In order to have and express your inner feelings, people have to find the best way that suits them. First, fashion is a great outlet to make you happy, such as if you are feeling sad you might choose to wear dull clothes, and if you are feeling happy you might choose to wear bright colors to portray that feeling yourself. One way to do this is to express yourself. In this way, you can connect yourself to others in your emotions. However, expressing one's individuality and enjoying fashion in this way is not something that should be taken for granted. In some countries of our world, there is the problem of fashion being restrictive. In India, Hindu custom dictates that a Hindu woman is not allowed to wear anything but white from the day her husband dies. No one has ever threatened her to wear a white sari. However, these women are following the custom. This kind of oppression is so internalized and imprinted that the barriers of custom and tradition cannot be easily broken down. Furthermore, bullying on the basis of individuality is also commonplace in many countries like Japan. There are many people in this world who wear uniforms and try their best not to stand out from the other children in the world, and live their lives trying not to be bullied. As you can see, not only in Japan but all over the world, there are various customs and pressures from the people around us, and if we don't break them, we will all end up the same. As the world-famous designer Alexander McQueen says, we are one canvas, and we can paint as we please. Having the powerful weapon of original fashion that breaks down the barriers of old traditions and customs gives each of us the color of our individuality. It's a great way to express feeling, to show the painting on that canvas as it really is.<sup>319</sup>

Secondly, writing about people's own emotions in a journal or notebook can also be a great way of connecting with oneself. It also helps validate feelings which is important as people will understand their likes and dislikes through this process.<sup>320</sup> It is a form of self-expression that can lift and empower people to understand their complex feelings and find humor in it. Simply putting words on a page will probably not get all the benefits of journaling, but effective journaling can result in many positive outcomes and improvements to people's quality of life. As people write they discover all that is unsaid within them. People find thoughts that never knew they had and then people gain access to their own depths.<sup>321</sup> Moreover, people gain access to their own wisdom. Therefore, writing about people's emotions is really good for understanding oneself and expressing individuality.

Lastly, using social media. Many people look at brands like Twitter, LinkedIn, and Instagram for social networking today, but this communications tool has been everywhere since the early 2000s.<sup>322</sup> Social Media, which has a short history, is a place where millions of people share their lives every day, creating a platform of self-expression and interesting information. According to the Fenton IMPRINT article, Research shows that social media improves quality of life.<sup>323</sup> It is so easy to get lost in a big world, especially as a teenager. With the use of

---

<sup>313</sup> Matt O'keefe, 6 Reasons Your Personality Is Important, Lifehack.

<sup>314</sup> Katherine Eberhard, The pros and cons of individuality, The Kansas Star, May 09, 2017.

<sup>315</sup> Author unknown, 個性や主体性は本当に必要なのか?, 教育研究所 ARCS, 2018.

<sup>316</sup> Takayoshi Doi, いまの若者たちにとって「個性的」とは否定の言葉である, 現代ビジネス, 2017.

<sup>317</sup> Takayoshi Doi, いまの若者たちにとって「個性的」とは否定の言葉である, 現代ビジネス, 2017.

<sup>318</sup> Author unknown, 個性や主体性は本当に必要なのか?, 教育研究所 ARCS, 2018.

<sup>319</sup> Kaustav Dey, How fashion helps us express who we are, TED, March 28th.

<sup>320</sup> Author unknown, How to really express yourself, BetterSelf, March 24, 2019.

<sup>321</sup> Author unknown, Journaling for Mental Health, Rochester, 2019.

<sup>322</sup> Jill Ben, Twitter launches, History, July 15 th.

<sup>323</sup> Author unknown, Understanding Social Media and Using it to Improve Your Life, Kaitoma Creatives, 24 October 2019

social media, teenagers have an outlet to express themselves, which is important because expression is key during the teenage years. Especially among teens, the social network serves as a big presence. It allows them to put their best self out there, brand their content, network, express themselves and build relationships. This means social network services such as Instagram, Twitter and Facebook provide the opportunity to express the characteristics of people by posting some pictures, stories.

#### IV

In conclusion, Japanese people are not like “A Japanese who adapts to anything from other people” that Americans think. I think the main reason why American people think Japanese people seem to not know how to show their personality and what individuality is. However, if Japanese people can show their personality and individuality more deeply, not only American people but also other country’s people can understand that Japanese people do not always adapt to everything as a group. From this research, I feel that the individuality we encounter in life is not something we want to have, but something we find out about in life. Therefore, I think Personality and focusing on individual identity is important for Japanese people because personality can make you even more professional and that is what makes us one of a kind. In order to make the personality that is needed by Japanese people, people can use so many ways to express oneself in this world, not only in the fashion and social network services and journals described in this study, but also in many other ways. Each person chooses his or her own way of expression, and I believe that individuality comes with all things. An effective way of expressing your personality depends largely on the environment you are in, your emotions and so on, but the more you express yourself in any way, the more you will discover. I believe that the more we discover ourselves, the more we can express our true selves.

#### Bibliography

- Atumesa Fujiwara, ”日本人と集団主義” accessed August 21,2020, [http://www.f.waseda.jp/k\\_okabe/semi-theses/1813Masaatsu\\_FUJIWARA.pdf](http://www.f.waseda.jp/k_okabe/semi-theses/1813Masaatsu_FUJIWARA.pdf)
- Dr. Edwin van Thiel, What is personality?, 123 Test, February 11, 2020, accessed October 9, <https://www.123test.com/personality>
- Eiko Kumozu, “近代日本における「個性」の誕生と展開” 2005, June accessed September 3rd, [https://www.js-cs.jp/wp-content/uploads/pdf/journal/11/cs2005\\_03.pdf](https://www.js-cs.jp/wp-content/uploads/pdf/journal/11/cs2005_03.pdf)
- Emiko Suzuki, 企業が「自覚している性格」を聞く理由と、回答で気をつけることは？,就職ジャーナル, December 3rd, <https://journal.rikunabi.com/p/advice/35791.html>
- Hiroki Suzuki, “日本人はなぜ集団の考えに染まりやすいのか”,Diamond Online, December 19, 2018, accessed August 21, 2020, <https://diamond.jp/articles/-/188040>
- Jenna Clayton, “What Is Personal Identity? - Definition, Philosophy & Development”, Study.com, accessed August 21, <https://study.com/academy/lesson/what-is-personal-identity-definition-philosophy-development.html>
- Jill Ben, Twitter launches, History, July 15 th, <https://www.history.com/this-day-in-history/twitter-launches#:~:text>
- Jun Horimizu,これからの社会でなぜ「多様性」が求められるのか,「多様性」で拓く生徒の未来, accessed October 4, [http://souken.shingakunet.com/career\\_g/2017/05/2017\\_cg417\\_5.pdf](http://souken.shingakunet.com/career_g/2017/05/2017_cg417_5.pdf)
- Katherine Eberhard,The pros and cons of individuality, The Kansas Star, May 09, 2017, accessed October 12, <https://www.kansascity.com/news/local/community/ljsjournal/ljsj-opinion/article158254819.html>
-

- Kaustav Dey, How fashion helps us express who we are, TED, March 28th,  
<https://www.youtube.com/watch?v=6k8J5gko>
- Matt O'keefe, 6 Reasons Your Personality Is Important, Lifehack, accessed October 20,  
<https://www.lifehack.org/articles/communication/6-reasons-your-personality-important.html>
- Osamu Hashimoto "今私たちが考えるべきこと" 2007, March, accessed September 3rd,  
[https://honto.jp/netstore/pd-book\\_02761204.html](https://honto.jp/netstore/pd-book_02761204.html)
- Stockton Elizabeth, The need for self- expression, RIVERSIDE RECOVERY, November 20th,  
<https://rrtampa.com/therapy/need-self-expression>
- Takayoshi Doi, いまの若者たちにとって「個性的」とは否定の言葉である,現代ビジネス,2017, accessed October 15,  
<https://gendai.ismedia.jp/articles/-/51879>.
- Toshiyuki Fuluno,"日本人の6割は「最初の一步」が踏み出せない" NIKKEI Business, accessed August 21,  
<https://business.nikkei.com/atcl/gen/19/00077/102300003/>
- Youtarou Takano,"日本人論の危険なあやまち —文化ステレオタイプの誘惑と罣", The Sankei News,October 12, 2019, accessed August 21,  
<https://www.sankei.com/economy/news/191108/prl1911080615-n1.html>
- Zaria Gorvett ,You are surprisingly likely to have a living doppelganger, BBC Future, 13th July 2016, accessed October 10  
<https://www.bbc.com/future/article/20160712-you-are-surprisingly-likely-to-have-a-living-doppelganger>
- Author unknown, Setting self-identity could have personal, national dividends, ROBERT BAIRD, March 21th, 2020, accessed November 21th,  
[https://wacotrib.com/opinion/columns/board\\_of\\_contributors/robert-baird-setting-self-identity-could-have-personal-national-dividends/article\\_b1c6ff37-a738-58e0-873b-a2dc153500ca.html](https://wacotrib.com/opinion/columns/board_of_contributors/robert-baird-setting-self-identity-could-have-personal-national-dividends/article_b1c6ff37-a738-58e0-873b-a2dc153500ca.html)
- Author unknown,Understanding Social Media and Using it to Improve Your Life,Kaitoma Creatives, 24 October 2019,  
<https://www.kaitomacreatives.co.za/thinking/understanding-social-media-and-using-it-to-improve-your-life/#:~:text=Social%20media%20helps%20you%20maintain,is%20happening%20in%20their%20lives>
- Author unknown,21 Advantages and Disadvantages of Social Networking,Future of working,2020,  
<https://futureofworking.com/10-advantages-and-disadvantages-of-social-networking/>
- Author unknown,7 Personality Interview Questions and Sample Answers, Indeed, November 26, 2020  
<https://www.indeed.com/career-advice/interviewing/personality-interview-questions>
- Author unknown,How to really express yourself,BetterSelf, March 24, 2019,  
<https://www.betterself.sg/2019/03/how-to-really-express-yourself>
- Author unknown, Countries in the world by population (2020), Worldometer, 2020, accessed October 13,  
<https://www.worldometers.info/world-population/population-by-country>.
- Author unknown,個性や主体性は本当に必要なのか?,教育研究所 ARCS, 2018, accessed October 2,  
<http://arcs-edu.com/education/6305>.
- Author unknown, "What is social identity??", HOWSTUFFWORKS, accessed August 21,2020  
<https://people.howstuffworks.com/what-is-social-identity.htm>
- Author unknown,"「集団主義」という錯覚 — 日本人論の思い違いとその由来?",The University of Tokyo,June,2008,  
[https://www.u-tokyo.ac.jp/focus/ja/press/p01\\_200930.html](https://www.u-tokyo.ac.jp/focus/ja/press/p01_200930.html)

## The Mental Health Problems and Suicide in Japan

Lula Hayashi

Recently in Japan, the suicide of entertainers has shocked the people. The mental health problems and suicide is a big issue not only in Japan but also in the world. Despite noticeably decreasing suicide numbers in recent years, Japan still has one of the highest suicide rates among high-income OECD countries.<sup>324</sup> The UK, which has a relatively low suicide rate compared to Japan, and had 10.1 suicides per 100,000 people according to Statista in 2017<sup>325</sup>, while Japan had 16.8 suicides per 100,000 people<sup>326</sup>. The problem of mental health is greatly related to the cause of suicide in Japanese. There are various initiatives in Japan to help solve these mental health problems. The thesis will discuss the causes of mental health problems in Japan, it's the compare Japanese mental health problems and suicide to that in the UK and solutions in order to find a way to do good for people.

## I

There are several causes for mental health problems in Japan. The first cause is financial problems and psychological problems. Elderly people who are in financial trouble may see suicide as a way out of their problems. The insurance system in Japan is very lax when it comes to paying out for suicide and so when all else fails some people feel you can just kill yourself and the insurance will pay out. However it is not only elderly men in financial trouble who are taking their own lives. The fastest growing suicide demographic is young men.<sup>327</sup> It is now the single biggest killer of men in Japan aged 20 to 44 and the evidence suggests these young people are committing suicide because of their loss of hope for work and money. A second cause is workplace stress. Workplace factors are often the cause of poor mental health among adults. Stress tends to increase because there are factors that you cannot control by yourself, such as poor human relationships in the workplace and heavy workload.<sup>328</sup> In addition to work-related injuries and illnesses, serious work mistakes, extremely long working hours, various types of harassment, and forced retirement are all workplace factors, and the psychological load is measured to evaluate their mental illness. Will be certified as an industrial accident. Lastly, the biggest cause is relationships and isolation. This is a private factor.<sup>329</sup> There is a growing number of people living alone in Japan. More than a third of Japanese households are single-occupant, not remarkably high by modern standards, seventh within the 36 developed nations of the OECD. It cites other OECD figures that suggest Japan is possibly the loneliest nation on Earth.<sup>330</sup> Some 15 percent of Japanese say they have no social intercourse at all outside the family. People may be isolated between friends and colleagues because of living apart from one's children, or living apart from one's family and friends. These are a grief or problem that weighs on them but wouldn't be understood by people.

## II

There are two comparisons and contrasts of mental health problems and suicide in Japan and UK. First of all, I will discuss the current suicide rate in Japan, the country's efforts to address the mental health problem, and the main causes of suicide. According to statista, the number of suicides per 100,000 inhabitants in Japan from 2009 to 2019 is decreasing<sup>331</sup>. The main causes of suicide among Japanese are financial problems and psychological problems, workplace stress, relationships and isolation. The Japanese government has undertaken a series of

---

<sup>324</sup> Lee Michael D'Souza, "Suicide rates from OECD, Japan, UK, US comparison from 1960 to 2016 Source" ResearchGate, 2020

<sup>325</sup> Statista Research Department, "Suicide rate in the United Kingdom (UK) from 2000 to 2018" statista, 2020

<sup>326</sup> Julia Engelmann, "Number of suicides per 100,000 inhabitants in Japan from 2009 to 2019" statista, 2020

<sup>327</sup> Rupert Wingfield-Hayes "Why does Japan have such a high suicide rate?" BBC News, 3 July 2015

<sup>328</sup> Advantage Risk Management Group "メンタルヘルスの不調.....。原因はどこにある?" アドバンテッジ リスクマネジメント, June 6, 2018

<sup>329</sup> Advantage Risk Management Group "メンタルヘルスの不調.....。原因はどこにある?" アドバンテッジ リスクマネジメント, June 6, 2018

<sup>330</sup> Michael Hoffman "Japan struggles to keep loneliness at arm's length" Japan times, Nov 10, 2018

<sup>331</sup> Julia Engelmann "Number of suicides per 100,000 inhabitants in Japan from 2009 to 2019" statista, January 5, 2021



initiatives since it formulated its Basic Policy on Suicide Prevention in 2007<sup>332</sup>, including strengthening research on the medical and social causes of suicide, establishing a hotline, holding seminars for local government leaders, and increasing support for people who have attempted suicide and their close relatives. Second, I will discuss the current suicide rate in UK, the country's efforts to address the mental health problems, and the main causes of suicide. According to statista, from 2000 to 2018 the suicide rate in the United Kingdom, there have been some ups and downs, but they have remained stable<sup>333</sup>. The ONS said there have been Higher rates of suicide among middle-aged men in recent years<sup>334</sup> might be because this group is more likely to be affected by economic adversity, alcoholism and isolation. It could also be that this group is less inclined to seek help. The volunteers tell us that many callers are worried about losing their jobs or jobs and financial concerns. One common theme is the inability to pay the rent or mortgage, the inability to provide for a family and the fear of homelessness. However, the UK has a culture that emphasizes emotional healing, such as flower remedies, and many people seem to have a relatively easy life, focusing on life rather than work<sup>335</sup>. Currently, every nation in the UK, and the Republic of Ireland, has a strategy for suicide prevention<sup>336</sup>. They are working with their governments to make sure these plans are as effective and ambitious as possible.

### III

There are three problems and solutions to mental health problems in Japan. Firstly, I will discuss the state and government policies and support for the mental health problems and suicide solution. Since 1998, in response to the serious situation where the number of suicides has exceeded 30,000 every year,<sup>337</sup> the Basic Act on Suicide Prevention was enacted in 2006. In addition, in 2016, the law was amended to require prefectures and municipalities to have a suicide prevention plan. Other solutions are the long hours and hard work should be reviewed and support for people in need of financial help.<sup>338</sup>

Second, I will discuss the mental health measures in the workplace in Japan. Especially Japan big issue to long hours of hard work, it cause of Japanese mental health problems and suicide.<sup>339</sup> Then mental health measures in the workplace are so important for Japanese. Mental health measures can make it easier to spot employee ailments and increase productivity for companies. The first of the mental health measures is self-care.<sup>340</sup> You need to have a good understanding of your state of mind and health. It's important not to overlook physical ailments in order to deal with mental stress. In addition, care by Line is a way for supervisors to monitor the daily status of the employees they work with to see if they are experiencing any ill health. Managers can check for specific things that concern them, such as employees not reacting as well as usual or smiling as much as usual, so that early detection and quick action can be taken.

Lastly, I will discuss the solutions to youth suicide and mental health issues. One in four young people aged 18-22 in Japan have had suicidal thoughts and one in 10 have attempted suicide. Many of the causes of suicidal thoughts and attempts are strongly linked to 'bullying', as well as 'truancy' experiences. The most common cause of death among young people in Japan is suicide, with 25,598 people taking their own lives in 2018, an average of 56

---

<sup>332</sup> Tomoko Otake “Suicides down, but Japan still second highest among major industrialized nations, report says” japantimes May 30, 2017

<sup>333</sup> Statista Research Department “Suicide rate in the United Kingdom (UK) from 2000 to 2018” statista, October 30, 2020

<sup>334</sup> Samaritans “National and local suicide prevention plans” samaritans

<sup>335</sup> Patrick Butler “Male suicide rate hits two-decade high in England and Wales” theguardian, September 1, 2020

<sup>336</sup> Samaritans “National and local suicide prevention plans” samaritans

<sup>337</sup> Ministry of Health, Labour and Welfare, “自殺対策について” 厚生労働省, 2018

<sup>338</sup> Hikaru Matsui, “日本の自殺の現状とその対策”

<sup>339</sup> Hikaru Matsui, “日本の自殺の現状とその対策”

<sup>340</sup> Work Vision, “メンタルヘルスケアが重要な理由 5つ” workvision



people per day.<sup>341</sup> This is significantly higher than in any of the seven industrialized countries, and Japan is the only country where suicide is the leading cause of death among young people. In light of this current situation, the Japan Foundation has established a public-private partnership to study suicide prevention measures with a focus on young people. It is also important to create a society in which young people who have experienced bullying and truancy can start over.<sup>342</sup> "Children who have had trouble going to school can be given a second chance to get involved in society in a different way. If such a place exists, I think many children will be supported. What they need most is the support of the adults around them.

#### IV

In conclusion, there are three causes of mental health problems in Japan, which are financial, psychological, and social. I think isolation is the main cause. Many Japanese feel lonely because they live alone or away from their family and friends, which causes a private factor. However, the other two causes are equally important to people. For example, the stress of hard work and the money people cannot afford to pay. The causes of poor mental health can be roughly divided into two. The stress people have is either extrinsic or intrinsic, as well as a work or private factor. Even if people live without being stressed, anyone can fall into mental health problems. There is also the fact that the incidence of general mental illness among the residents of the disaster-stricken areas doubled immediately after the disaster to the general population of Japan.<sup>343</sup> Therefore, not only does stress build up and cause mental problems, but suddenly sadness and shock can cause mental health problems, and in the worst case, suicide. There are also differences between Japan and the UK. I think the differences in culture and values affect the suicide rate in both countries. The suicide rate in Japan is declining, but the number of suicides in the UK is lower and more stable than in Japan. The Japanese government has developed a Basic Policy on Suicide Prevention and all countries in the UK have strategies for suicide prevention. There are many ways to help reduce the suicide rate, both in the UK and Japan, and both countries have strategies and resources to help reduce the suicide rate and prevent suicide. However, the public is not aware of this and it should be promoted. I think people should rely on the government or someone else to help them, so that they can have emotional support and the suicide rate can be reduced as much as possible. There are some similarities between the main causes of suicide in both countries, despite the differences in culture and values. In both Japan and the UK, economic problems, psychological problems, and isolation are cited as the main causes of suicide. In addition, there are also three problems and solutions to mental health problems in Japan. The first is state and government policies and support, the second is mental health care, and the third is solutions to youth suicide and mental health issues. I think suicide and mental health problems are very sensitive issues and cannot be easily resolved. It's not something that people around them can do anything about, as the hardest person to deal with is the person who is suffering from the problem. The people who are traumatized can turn to the people closest to them, such as family and friends, for the most help. If we saw someone trying to kill themselves, we would try our best to stop them, even if we did not know them. There are many people who can stop suicide in this way. When you are going through a painful time of mental health, even if you don't know the person, just talking to him or her will make you feel better, and you will know that you are not alone. This can be a great support for those who are contemplating suicide. That's why I believe that when family and friends talk to them at that time, even more traumatized people can recognize that there is someone they can rely on. Therefore, these are the best solutions to mental health problems.

#### Bibliography

Advantage Risk Management Group “メンタルヘルスの不調……。原因はどこにある？”アドバンテッジリスクマネジメント, June 6, 2018, accessed July 23, 2020 <https://www.armg.jp/journal/vo>  
Hikaru Matsui, “日本の自殺の現状とその対策”, [www.tcue.ac.jp](http://www.tcue.ac.jp), accessed November 3, 2020,

---

<sup>341</sup> Nippon Foundation, “The Nippon Foundation Suicide Prevention Project” nippon-foundation

<sup>342</sup> Tell, “Suicide Prevention” telljp, 2020

<sup>343</sup> Norito Kawakami “Investigating the Mental Health of Japanese Population” 東京大学, March, 2018

<http://www1.tcue.ac.jp/home1/takamatsu/106415/sotsuron.pdf>

Julia Engelmann “Suicide in Japan - Statistic & Facts” statista, Sep 9, 2020, accessed July 23, 2020  
<https://www.statista.com/topics/5259/suicide-in-japan/>

Julia Engelmann “Number of suicides per 100,000 inhabitants in Japan from 2009 to 2019” statista, January 5, 2021, accessed October 13, 2020,  
<https://www.statista.com/statistics/622249/japan-suicide-number-per-100-000-inhabitants/>

Lee-Michael D'Souza, “Suicide rates from OECD, Japan, UK, US comparison from 1960 to 2016 Source” researchgate, 2019, accessed October 13, 2020,  
[https://www.researchgate.net/figure/Suicide-rates-from-OECD-Japan-UK-US-comparison-from-1960-to-2016-Source-OECD-2019\\_fig1\\_340978241](https://www.researchgate.net/figure/Suicide-rates-from-OECD-Japan-UK-US-comparison-from-1960-to-2016-Source-OECD-2019_fig1_340978241)

Michael Hoffman “Japan struggles to keep loneliness at arm’s length” Japan times, Nov 10, 2018, accessed July 23, 2020  
<https://www.japantimes.co.jp/news/2018/11/10/national/media-national/japan-struggles-keep-loneliness-arms-length/>

Ministry of Health, Labour and Welfare, “自殺対策について” 厚生労働省, Sep, 2018, accessed November 3, 2020, accessed November 3, 2020,  
[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/hukushi\\_kaigo/seikatsuhogo/jisatsu/sesakugaiyou.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/hukushi_kaigo/seikatsuhogo/jisatsu/sesakugaiyou.html)

Nippon Foundation, “The Nippon Foundation Suicide Prevention Project” nippon-foundation, accessed November 3, 2020, [https://www.nippon-foundation.or.jp/en/what/projects/suicide\\_measures](https://www.nippon-foundation.or.jp/en/what/projects/suicide_measures)

Statista Research Department, “Suicide rate in the United Kingdom (UK) from 2000 to 2018” statista, Oct 30, accessed November 3, 2020,  
<https://www.statista.com/statistics/282160/suicide-rate-in-the-united-kingdom-uk-since-2000/>

Norito Kawakami “Investigating the Mental Health of Japanese Population” 東京大学, March, 2018, accessed July 23, 2020  
[https://www.u-tokyo.ac.jp/adm/fsi/en/projects/sdgs/projects\\_00131.html](https://www.u-tokyo.ac.jp/adm/fsi/en/projects/sdgs/projects_00131.html)

Patrick Butler “Male suicide rate hits two-decade high in England and Wales” theguardian, September 1, 2020, accessed October 13, 2020,  
<https://www.theguardian.com/society/2020/sep/01/male-suicide-rate-england-wales-covid-19>

Rupert Wingfield-Hayes “Why does Japan have such a high suicide rate?” BBC News, 3 July 2015, accessed July 23, 2020 <https://www.bbc.com/news/world-33362387>

Samaritans “National and local suicide prevention plans” samaritans, accessed October 13, 2020,  
<https://www.samaritans.org/about-samaritans/research-policy/national-local-suicide-prevention-strategies/>

Statista Research Department “Suicide rate in the United Kingdom (UK) from 2000 to 2018” statista, Octver 30, 2020, accessed October 13, 2020,  
<https://www.statista.com/statistics/282160/suicide-rate-in-the-united-kingdom-uk-since-2000/>

Tell, “Suicide Prevention” telljp, 2020, accessed November 3, 2020,  
<https://telljp.com/lifeline/suicide-prevention/>

Tomoko Otake “Suicides down, but Japan still second highest among major industrialized nations, report says” japantimes May 30, 2017, accessed October 13, 2020,  
<https://www.japantimes.co.jp/news/2017/05/30/national/social-issues/preventive-efforts-seen-helping-2016-saw-another-decline-suicides-japan-21897/>

WHO Regional Office for Europe “Mental health: facing the challenges, building solutions” EUROPE WHO, 1948, accessed July 23, 2020  
[https://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0008/96452/E87301.pdf](https://www.euro.who.int/__data/assets/pdf_file/0008/96452/E87301.pdf)

Work Vision, “メンタルヘルスケアが重要な理由 5 つ” workvision, accessed November 3, 2020,  
<https://workvision.net/column/hr/2020081801.htm>

## YouTube

Mai Hirashimizu

There are still many people who think YouTube is only for watching videos. However, there is more to it. Nowadays, YouTube is multifunctional since video is a great tool to obtain information from. Furthermore, since spring 2020, COVID-19 has been in all parts of the world and we stay at home for a long time. According to YouTube, the numbers of users are dramatically increasing. There will be more young people learning from YouTube. I'm going to talk about the advantages and disadvantages of YouTube and. Also, "Slander" This is one of the SNS words that these days is used a lot. Rarely are SNS comments good-natured or written to encourage or applaud the person who posted the video. More so, many YouTube comments are quite hateful in nature, and they chastise the poster. YouTube has been overrun by these harsh, often-racist, harmful and offensive comments. It is seen as a dangerous problem, because the number of people who have died because of slandering is increasing. Expecting that SNS will be used by more people, people have to improve the society of YouTube and SNS. "Social Impacts" is influenced by various things. For example, that is like today's COVID-19's impacts. Also, the internet and IT is developing quickly now. So a little internet change impacts people's thoughts or actions. This thesis will discuss why YouTube will be used more than now and popular and supported by a lot of people, and solutions of SNS slander on YouTube and some impacts of using YouTube.

### I

There are advantages and disadvantages of using YouTube. On the one hand, there are advantages to people using YouTube. YouTube gives people the opportunity to earn money through their videos. Youtubers can get money from companies or viewers. If companies collaborate with a famous Youtuber, their subscribers buy that product so companies can get money from their subscribers, and after that this money will go to youtubers.<sup>344</sup> Therefore this is good business for each other. Anyone can start using YouTube and this shows working style is changing now.<sup>345</sup> Secondly, people can express themselves and they can start YouTube freely without going through companies, so they share things they want to do and can share or tell their thoughts or activities.<sup>346</sup> Viewers focus on only them when watching so people who do YouTube can make original or unique channels which they are starring in. Also, there is a chance to become a professional person from an ordinary.<sup>347</sup> Thirdly, according to Co.Profile, viewers can get new information from YouTube. People can understand the information more quickly than from sentences or pictures.<sup>348</sup> For example, if you want to know how to make a cake, there are videos about making cake so you can get information without experiences and teaching. Often, sites like this must be paid for but YouTube is free so people do not have to worry about money.

On the other hand, there are disadvantages to people using YouTube. On YouTube, anyone can watch and comment on personal videos and these are done anonymously. Also, there are good comments or critical comments. Sometimes critical comments are good for creators because they can remake or improve next videos however, often those comments hurt creators and creators care about their video's watched numbers so if that is not good they feel stress and that makes people feel pain.<sup>349</sup> Secondly, anyone can do YouTube so there are many dangerous things. For example, there are no checks about videos with the company so there are possibilities that personal information will leak so viewers can watch and know their secret points.<sup>350</sup> Finally, Youtube is nearer to people than movies, Netflix or TV. Also, young people prefer to have a sense of familiarity. So some viewers feel more close and they are

---

<sup>344</sup> Snob Monkey Ltd "The Advantages and Disadvantages of YouTube," Home, April 29, 2019

<sup>345</sup> Grow "8 Massive Benefits of Using YouTube For Business," October 23, 2017

<sup>346</sup> YouTube, "About Youtube"

<sup>347</sup> Small Business Trends "50 Small Businesses You Can Start on YouTube," March 23, 2020

<sup>348</sup> Profile "映像の持つ力とは," プロフィール, accessed September 1, 2020,

<sup>349</sup> Flora Carmichael, "YouTube Regrets: Anecdotal Claims of Damaged Users," BBC News (BBC, October 15, 2019)

<sup>350</sup> Nikkei Business Publications, "ユーチューブや動画投稿のトラブル、注意したいこと," 日経 DUAL, accessed August 28, 2020,

greatly affected by the creator.<sup>351</sup> Sometimes youtuber is a role model among young people and YouTube is near real life so sometimes it has bad effects on people.

## II

There are solutions for YouTube slanders. To begin with, the first solution to the YouTube problem is getting expert help. Internet libel law is a complicated area of the law. An experienced defamation lawyer will be able to quickly advise if people have a case and the best way of proceeding. There are 3 big things that I expect to do for victims. The first one is a request for deletion of a comment that slanders and next is identification of the person who wrote the slander. Finally is claims for damages and criminal accusations.<sup>352</sup> These are too difficult and dangerous for amateurs so it is important to leave it to a specialist. SNS slander is a very complicated and unknown world to them and if they try to solve the problem themselves, there are possibilities that the matters will get worse. Therefore, commissioning experts is the first and safest solution. Next, the second solution is Regulating the SNS comment. These days, freedom of expression is respected as a world. However, in order to insist on Freedom of expression, it has to tolerate some extent risk of injury. If it tries to create a society where nobody hurts, Freedom of expression does not hold.<sup>353</sup> According to BBC news, in Germany. Germany's existing Network Enforcement Act came into force in the country in 2017, putting an obligation on social network platforms to remove hate speech within set deadlines as tight as 24 hours for this case with fines of up to €50M should they fail to comply.<sup>354 355</sup> Finally, there is a solution of slander which is enacted as a law. A person that has suffered a defamation statement may sue. Defamation also known as calumny, vilification, libel, slander or traducement are the oral or written communication of a false statement about another that unjustly harms their reputation and usually constitutes a tort or crime.<sup>356</sup>

## III

There are positive and negative social effects of YouTube. Firstly, there are bad influences on YouTube. Some videos have included potentially harmful content, such as those triggering self-harm, or inspiring additional bullying or suicides.<sup>357</sup> Also in the drive for views and follows, individuals care more about filming any of these unfortunate events mentioned above rather than trying to help. On the other hand, there are good effects on YouTube. Some YouTube videos increase awareness of social issues (such as bullying, suicide and LGBT issues), allow broadened social contact, and overcome stereotypes of minorities and minority viewpoints. YouTube is a platform for various individuals from all walks of life to share helpful ideas, suggestions, and tutorials on the best way to solve a problem. YouTube was also the only social network where anxiety, depression, and loneliness lessened with use.<sup>358</sup>

There are two examples of positive economic effects on YouTube. First, according to Seoul National University searches for data collection, I focused on the most influential K-pop music videos on YouTube. According to the Korea Customs Service, the popularity of K-pop has recently led to higher exports of consumer

---

<sup>351</sup> Ana Jorge, Lidia Marôpo, Renata Tomaz “ [I felt like I was really talking to you!] : intimacy and trust among teen vloggers and followers in Portugal and Brazil”, Taylor & Francis Online, December 9, 2019, accessed September 4, 2020.

<sup>352</sup> Web 集客、ブランディングのお役立ちコラム, “誹謗中傷の解決を弁護士に依頼する時の費用と知っておきたいポイント” July 15, 2020, accessed October 12, 2020

<sup>353</sup> Natasha Lomas, “ドイツがオンラインヘイトスピーチを取り締まる法律を厳格化,” TechCrunch Japan, June 21, 2020, accessed October 12, 2020

<sup>354</sup> Natasha Lomas, “ドイツがオンラインヘイトスピーチを取り締まる法律を厳格化,” TechCrunch Japan, June 21, 2020, accessed October 12, 2020

<sup>355</sup> BBC “ドイツ、ヘイトスピーチ取締法を施行へ SNS 企業に削除義務,” BBC ニュース (BBC), accessed October 12, 2020,

<sup>356</sup> Findlaw “Libel, Slander, and Defamation Law: The Basics,”, October 2, 2019, accessed October 12, 2020

<sup>357</sup> Wikipedia contributors. Social impact of YouTube. Wikipedia, 2020, November 19, accessed 2020 November 21.

<sup>358</sup> Lena Firestone, Firestone, L. Which is Worst for Your Mental Health: Instagram, Facebook or YouTube? PsychAlive. 2017, July 17, accessed 2020 November 21.

goods such as processed food, clothes, and cosmetics (Korea Customs Service, 2011).<sup>359</sup> Second, with some products, consumers can find out before buying if a product matches their tastes or delivers the promised quality.<sup>360</sup> Also as a way of marketing, there is the Influencer Marketing and this is a group of people (influencers) who have a strong influence on the particular customer that a company advertises a product or brand. The main battlefield is SNS such as YouTube, Instagram, Twitter, Facebook.<sup>361</sup> Finally, this is the biggest and main impact to people, and it's a cultural impact. By YouTube, we can measure Cultural Impact in terms of the extent to which ideas reach people and shape their lives. So Cultural Impact happens when, firstly, new ideas are generated and, secondly, these ideas are then disseminated as widely as possible.<sup>362</sup>

#### IV

In conclusion, YouTube makes people more free and their thoughts will become more wide, however YouTube videos are about showing themselves so other people's opinion may be painful. YouTube is not only watching videos but also learning, music, and becoming emotional. Therefore YouTube has a lot of great effects on us. Also, YouTube is very close to young people's lives and it became more safe and high precision, people would perceive it as real work. Also there are solutions on YouTube slander, getting expert help and this is the fastest and prudent solution and another is regulating to comment, last one is law. The best solution is to request a professional because the SNS world is a very complex and intricate world so this is the most safe and reduces the victim's stress. These days, the number of users who use smartphones and SNS will increase. So before increasing injuries, we have to regulate the comments or malicious expressions. In addition there are effects on society, economy and culture. For example, some YouTube videos increase awareness of social issues and overcome stereotypes of minorities and minority viewpoints. And a lot of impacts to people. I think that impacts will spread and do so deeply. The particular reason for this circumstance is not only apps but also jobs, and by COVID-19, famous people start using YouTube and uploading videos. So YouTube or similar sites are noticed by people all over the world. Also, the main impact is cultural impact because culture changes people's thoughts and acts. So it will grow as a tool that changes our common sense or long life.

#### Bibliography

- Ana Jorge, Lidia Marôpo, Renata Tomaz “ [I felt like I was really talking to you!] : intimacy and trust among teen vloggers and followers in Portugal and Brazil”, Taylor & Francis Online, December 9, 2019, accessed September 4, 2020.  
<https://www.tandfonline.com/doi/abs/10.1080/17482798.2019.1699589?journalCode=rm20>
- and\_a, “企業が YouTube チャンネルをやるべき理由と理解すべきデメリットとは”Note, June 15, 2020, accessed July 21, 2020.  
[https://note.com/and\\_a/n/n7a291a875891](https://note.com/and_a/n/n7a291a875891)
- Andy Smith, “13-24 Year Olds Watching More YouTube Than TV – To The Surprise of No-one” Tubular Insights & Tubular Labs March 11, 2015, accessed September 4, 2020  
<https://tubularinsights.com/13-24-watching-more-youtube-than-tv/>
- A.V. Is YouTube Good Or Bad Influence On Society? Marketing Insiders, 2017, October 23, accessed 2020 November 21.  
<https://marketinginsiders.com/is-youtube-good-or-bad-influence-on-society/>
- BBC “ドイツ、ヘイトスピーチ取締法を施行へ SNS 企業に削除義務,” BBC ニュース (BBC), accessed October 12, 2020,  
<https://www.bbc.com/japanese/42532490>.

---

<sup>359</sup>Hyunmi Baek, JoongHo Ahn, Sehwan Oh. The impact of YouTube on international trade AIS eLibrary, 2013, June, 14 accessed 2020 November 21.

<sup>360</sup>Christian Peukert. Video killed the radio start: How digital platforms have reshaped the music industry. World Economic Forum. 2019, December 13, accessed 2020 November 21.

<sup>361</sup>Natsumi Nagataki. YouTube の「売れっ子」に大企業が群がる理由 | IT・電機・半導体・部品. 東洋経済オンライン. 2017, April 7, accessed 2020 November 21.

<sup>362</sup>Making an impact on the cultural landscape: The power of YouTube. Google. 2018, July, accessed 2020 November 21.

- Bogliari, A. (2020, October 15). What is Influencer Marketing: An in Depth Look at Marketing's Next Big Thing. Influencer Marketing Hub.  
<https://influencermarketinghub.com/what-is-influencer-marketing/>
- Christian Peukert. Video killed the radio star: How digital platforms have reshaped the music industry. World Economic Forum. 2019, December 13, accessed 2020 November 21.  
<https://www.weforum.org/agenda/2019/12/how-youtube-has-reshaped-the-music-industry-and-the-sur>
- Findlaw "Libel, Slander, and Defamation Law: The Basics," October 2, 2019, accessed October 12, 2020  
<https://injury.findlaw.com/torts-and-personal-injuries/defamation-law-the-basics.html>.
- Flora Carmichael, "YouTube Regrets: Anecdotal Claims of Damaged Users," BBC News (BBC, October 15, 2019),  
 accessed July 21, 2020.  
<https://www.bbc.com/news/technology-50045919>.
- Grow "8 Massive Benefits of Using YouTube For Business," October 23, 2017, accessed August 28, 2020.  
<https://wearegrow.com/8-massive-benefits-of-using-youtube-for-business/>
- Hyunmi Baek, JoongHo Ahn, Sehwan Oh. The impact of YouTube on international trade AIS eLibrary, 2013, June, 14 accessed 2020 November 21.  
<http://www.pacis-net.org/file/2013/PACIS2013-087.pdf>  
<https://aisel.aisnet.org/pacis2013/87/>
- Lena Firestone, Firestone, L. Which is Worst for Your Mental Health: Instagram, Facebook or YouTube? PsychAlive. 2017, July 17, accessed 2020 November 21.  
<https://www.psychalive.org/worst-mental-health-instagram-facebook-youtube/>
- Making an impact on the cultural landscape: The power of YouTube. Google. 2018, July, accessed 2020 November 21.  
<https://www.thinkwithgoogle.com/intl/en-154/consumer-insights/consumer-trends/making-impact-cultural-landscape-power-youtube/>
- Natasha Lomas, "Germany Tightens Online Hate Speech Rules to Make Platforms Send Reports Straight to the Feds," TechCrunch (TechCrunch, June 19, 2020), accessed October 12, 2020  
<https://techcrunch.com/2020/06/19/germany-tightens-online-hate-speech-rules-to-make-platforms-send-reports-straight-to-the-feds/>.
- Natsumi Nagataki. YouTubeの「売れっ子」に大企業が群がる理由 | IT・電機・半導体・部品. 東洋経済オンライン. 2017, April 7, accessed 2020 November 21.  
<https://toyokeizai.net/articles/-/166847>
- Nick Bastone, "Private Contact Information for over 2,000 Journalists and Popular YouTube Creators Was Leaked on a Popular Gaming Conference's Website," Business Insider (Business Insider, August 3, 2019), accessed August 28, 2020.  
<https://www.businessinsider.com/data-leaked-e3-website-journalists-youtube-stars-2019-8>.
- Nikkei Business Publications, "ユーチューブや動画投稿のトラブル、注意したいこと日経 DUAL, January 12, 2018, accessed August 28, 2020,  
<https://dual.nikkei.com/atcl/column/17/101900012/122500009/>.
- Profile "映像の持つ力とは," プロフィール, 2016, accessed September 1, 2020,  
<https://www.pro-file.co.jp/power/>.
- Reputation America, "Do You Know How to Handle YouTube Slander? Find out Today.," September 14, 2020, accessed October 12, 2020,  
<https://reputationamerica.org/how-to-handle-youtube-slander/>.
- Small Business Trends "50 Small Businesses You Can Start on YouTube," March 23, 2020, accessed August 28, 2020.  
<https://smallbiztrends.com/2016/11/make-money-on-youtube.html>.
- Snob Monkey Ltd "The Advantages and Disadvantages of YouTube," Home, April 29, 2019, accessed August 28, 2020.  
<https://snobmonkey.com/the-advantages-and-disadvantages-of-youtube/>.
- Web 集客、ブランディングのお役立ちコラム," 誹謗中傷の解決を弁護士に依頼する時の費用と知っておきたいポイント" July 15, 2020, accessed October 12, 2020

<https://www.elplanning.co.jp/column/category02/498>  
Wikipedia contributors. Social impact of YouTube. Wikipedia, 2020, November 19, accessed 2020 November 21.  
[https://en.wikipedia.org/wiki/Social\\_impact\\_of\\_YouTube#Effects\\_on\\_culture](https://en.wikipedia.org/wiki/Social_impact_of_YouTube#Effects_on_culture)  
YouTube, "About Youtube" accessed September 1, 2020.  
<https://www.youtube.com/intl/ja/about/>  
YouTube (YouTube), accessed August 28, 2020,  
<https://www.youtube.com/about/press/>.

## **Dog Slaughter Attitude**

Fumin Cho

Japan has a problem with the declining birth rate and according to the Ministry of Public Management, compared with the number of children who are under 15 years old and the number of pets, there were more pets than children in 2018.<sup>363</sup> However, there is a sad fact that is the Japanese attitude towards dog slaughter. Slaughter is the killing of animals collected by animal health centers run by local governments. Conservation centers take animals from homes for good reason or rabies preventers and captors provide temporary protection for the captured animals. As reported by the Ministry of the Environment the total number of dogs collected was 35,535 and 7687 of them were killed in the same year.<sup>364</sup> In this essay, I will explain about the causes of this, compare Japan and Germany, and offer some solutions that could mitigate or even change the Japanese attitude to animal slaughter. Germany is known as the most advanced country for pets and a country that has achieved a zero-kill rate for dogs and cats.<sup>365</sup> In order to suggest how to develop a high level of the pet industry like in other countries, and eliminate the dog slaughter in Japan.

### I

The first cause of dog slaughter is the stray dogs. According to the Ministry of the Environment about 90% of protected dogs do not know the original owner.<sup>366</sup> Some of them can return to new owners, but almost all will be killed. Moreover, according to an animal protection center in Hyogo, due to someone giving food to stray dogs without responsibility the number of stray dogs is increasing.<sup>367</sup> Increasing the number of stray dogs due to lack of free-range habits and infertility.<sup>368</sup> Second cause is the low level system of animal shelters. As reported by a Japan Pet Food Association survey, 68.2% of dog owners did not know the existence of organizations that protect the animal and among 22.3% of them did know that organization but did not consider acquisition.<sup>369</sup> It means that Japanese animal shelters do not do great or special work in public awareness. Municipality's level of protection is different, so some centers make a limit for dog's lives because they do not have enough money.<sup>370</sup> Finally the biggest cause of dog slaughter disposition is pet shops. There were 990.246 pet shops in 2018. Many pet shops have a lot of puppies in order to attract customers, but it has been pointed out that dogs tend to have social problem behaviors when they are separated from their parents at an early age.<sup>371</sup> For example, dogs snap at the owner, barking over nothing and also separation anxiety. Also, Japanese pet shops only do "spot check" "face to face explanation" "issue of document" and "confirmation sign" when people buy dogs. This might change some owners'

---

<sup>363</sup> Animal donation, "Current states of animals," Animal donation, 2018

<sup>364</sup> Ministry of the Environment, "The number of slaughter disposition," MOE, 2018

<sup>365</sup> National Diet Library, "The situation regarding the killing of cats and dogs", National Diet Library, 2014

<sup>366</sup> Ministry of the Environment, "The number of slaughter disposition," MOE, 2018

<sup>367</sup> Hyogo Animal Protection Center, "Housed animal information," Hyogo Animal Protection Center, 2018

<sup>368</sup> Hyogo Animal Protection Center, "Housed animal information," Hyogo Animal Protection Center, 2018

<sup>369</sup> Japan Pet Food Association, "General survey of rearing dogs and cats," Japan Pet Food Association, 2017

<sup>370</sup> Black Train Animal Patronage Project, "Problems of Japanese animal protection law," BTAPP, 2017

<sup>371</sup> Aya Sugimoto, "8 weeks regulation," Eva, 2018

minds after having dogs because they can have dogs without any knowledge and lead to throwing away their dogs. As shown by Rakuten Insight, 54% of people bought dogs from pet shops in 2018.<sup>372</sup> Of course, there are always unsold dogs, if they cannot be sold they will be killed.

## II

To begin with, in "Kennai-ki" (Records of Ancient Japan), it is written that "Yamana's party kills dogs and eats their flesh", which means that there was a custom to shoot dogs and eat their flesh. It's gone since the modern era.<sup>373</sup> In Japan, there are only a few organizations about 250 that have dedicated facilities and grounds for animal husbandry and are engaged in animal protection activities, and most of them are individuals or groups working from their homes.<sup>374</sup> Since there are existing facilities in Japan that were established for the purpose of killing captured dogs in accordance with the Rabies Prevention Law, there are facilities with carbon dioxide disposal facilities and kilns for burning the bodies.<sup>375</sup> On the other hand, even sporadically dog flesh was used as human food until 1985 in Germany too.<sup>376</sup> The German Federation for Animal Protection (Deutscher Tierschutzbund e.V.) has more than 740 collective members, of which more than 550 own a Tierheim. According to a survey conducted by the Bundeswehr, there are approximately 1,400 animal shelters in Germany, which means that one third of the organizations belong to the Federation for Animal Protection and the remaining two thirds work independently.<sup>377</sup> In addition to animal sheltering, Tierheim also provides intermediary transfers of animals, so your dog can live in a well-adjusted living environment while waiting to meet a new dog owner. That's why there are no pet shops in Germany that sell puppies for sale, so if you want to adopt a new animal, you can first visit Tierheim to find a partner. Even if you can't find an owner in the end, you can still live a peaceful life until the end of your life at this facility.<sup>378</sup>

## III

One of the solutions to affect the dog slaughter problem is for the government to add laws and taxes on pets. Until the 1950s, there was a dog tax for one of the municipal taxes but there is no such law in place now.<sup>379</sup> Moreover, when people want to have dogs, they don't have to be qualified to own a dog, so it is easy to have a dog but some of them do not have any knowledge about dogs.<sup>380</sup> In addition, all of a pet's medical services are subject to sales tax because dogs are legally treated as "property".<sup>381</sup> Dogs have a life form, but it is not being treated like living beings. Animal welfare organizations are also one of the great ways to resolve the dog slaughter problem. In Japan, there are only a few 250 organizations that have dedicated facilities and grounds for animal husbandry.<sup>382</sup> Animal welfare groups need to do more advertising because 54% of people bought dogs from pet shops and 5.2% are from animal welfare organizations in 2018.<sup>383</sup> Therefore, Japan needs official organizations because today's organizations are engaged in animal protection activities, and most of them are individuals or groups working from their homes.<sup>384</sup> Lastly, to change the state of pet shops is the strongest solution. According to the Ministry of the

---

<sup>372</sup> Rakuten Insight, "Research Date," Rakuten Insight, 2018

<sup>373</sup> Tottori Prefecture Website, "The 114th Prefectural History Reporthttps" Tottori Prefecture Website, 2015

<sup>374</sup> Japan Animal Protection Center, "National animal welfare organizations" JAPC, 2020

<sup>375</sup> Anais, "Report on Research Work on Animal Protection Initiatives in Germany" Anais, 2017

<sup>376</sup> National Library of Medicine, "Dog slaughtering in Germany in the 19th centuries" NIH, 1992

<sup>377</sup> Anais, "Report on Research Work on Animal Protection Initiatives in Germany" Anais, 2017

<sup>378</sup> Anais, "Report on Research Work on Animal Protection Initiatives in Germany" Anais, 2017

<sup>379</sup> National tax agency, "Dog Tax," National tax agency, 1924

<sup>380</sup> Ministry of the Environment, "Considering the Pet Issue," Ministry of the Environment, 2020

<sup>381</sup> AXA, "Pet Tax," AXA, 2016

<sup>382</sup> Japan Animal Protection Center, "National animal welfare organizations" JAPC, 2020

<sup>383</sup> Rakuten Insight, "Research Date," Rakuten Insight, 2018

<sup>384</sup> Japan Animal Protection Center, "National animal welfare organizations" JAPC, 2020



Environment there were 990.246 pet shops and 4.490 dogs were unsold in 2018.<sup>385</sup> Pet shops need to sell protection dogs because most stores generally try to sell animals as young as possible to maximize the cute factor.<sup>386</sup> However, dogs tend to have social problem behaviors when they are separated from their parents at an early age such as dogs snap at the owner, barking over nothing and also separation anxiety.<sup>387</sup> In Japan, unsold dogs are given away or sold to breeders, retail or wholesale but if they have social problem behaviors, it is difficult to find a new owner.<sup>388</sup> Therefore, some of them will be killed.

#### IV

In conclusion, the Japanese attitude to animal slaughter is low because of some problems in Japanese pet industries. The main cause of dog slaughter is the state of pet shops, like it is easy for anyone to have a dog. In my opinion, I think pet stores should be run to find serious owners for dogs, not as a spectacle only selling dogs in one place will prevent dogs from going unsold such as “Tierheim” in Germany. In addition, I think people should have a test that people take when they get a dog and a tax system that people who buy dogs tax because they can buy dogs without any knowledge.<sup>389</sup> Hence, the Japanese attitude to dog slaughter may be changed, by the government and people trying these solutions.

#### Bibliography

- Anais, “Report on Research Work on Animal Protection Initiatives in Germany,” Anais, May 30, 2017, accessed August 28, 2020, [https://www.env.go.jp/council/14animal/ref49\\_3.pdf](https://www.env.go.jp/council/14animal/ref49_3.pdf)
- Animal donation, “Current states of animals,” Animal donation, 2018, accessed August 8, 2020, [https://www.animaldonation.org/environment/domestic/database\\_jppet/](https://www.animaldonation.org/environment/domestic/database_jppet/)
- Animal donation, “The number of slaughter disposition,” Animal donation, 2018, accessed August 8, 2020, [https://www.animaldonation.org/environment/domestic/sad\\_reallty/](https://www.animaldonation.org/environment/domestic/sad_reallty/)
- AXA Direct, “Pet Tax,” AXA, June 28, 2016, accessed October 25, 2020, <https://www.axa-direct.co.jp/pet/pet-ms/detail/3387/>
- Aya Sugimoto, “8 weeks regulation,” Eva, February 13, 2018, accessed October 25, 2020, <http://www.eva.or.jp/>
- Blackie Train Animal Patronage Project, “Japan's Animal Protection Law,” BTAPP, September, 2010, accessed August 28, 2020, <https://gift-tank.com/btapp/animal/>
- Hyogo Animal Protection Center, “Information on animals housed at the Awaji Branch Office,” Hyogo Animal Protection Center, 2018, accessed August 28, 2020, <http://www.hyogo-dousai.sakura.ne.jp/hogo5.html>
- Japan Animal Protection Center, “National animal welfare organizations” JAPC, 2020, accessed October 5, 2020, <https://www.j-animal.com/animal-protection-group/>
- Japan Pet Food Association, “Factual Survey,” JPFA, 2020, accessed August 28, 2020, <https://petfood.or.jp/data>
- Louise George Kittaka, “Here’s what you need to know before getting a pet in Japan,” The Japan Times, June 14, 2020, accessed October 25, 2020, <https://www.japantimes.co.jp/life/2020/06/14/lifestyle/getting-pet-in-japan/>
- Ministry of the Environment, “Considering the Pet Issue,” MOE, 2020, accessed August 8, 2020, <https://www.env.go.jp/nature/dobutsu/aigo/pickup/week/h15/h15-3.pdf>

---

<sup>385</sup> Statistics Bureau of MIC, “Pet Ownership Status,” Statistics Bureau of MIC, 2019

<sup>386</sup> The Japantimes, “Here’s what you need to know before getting a pet in Japan,” 2020

<sup>387</sup> Aya Sugimoto, “8 weeks regulation,” Eva, 2018

<sup>388</sup> Ministry of the Environment, “Inspection of the Basic Guidelines for Animal Protection and Management,” Ministry of the Environment, 2012

<sup>389</sup> Ministry of the Environment, “Considering the Pet Issue,” Ministry of the Environment, 2020

Ministry of the Environment, "Inspection of the Basic Guidelines for Animal Protection and Management," MOE, 2012, accessed August 8, 2020, <https://www.env.go.jp/council/14animal/y143-17/ref06.pdf>

Ministry of the Environment, "The number of slaughter disposition," MOE, 2018, accessed August 8, 2020, [https://www.env.go.jp/nature/dobutsu/aigo/2\\_data/statistics/dog-cat.html](https://www.env.go.jp/nature/dobutsu/aigo/2_data/statistics/dog-cat.html)

National Diet Library, "Survey and Information-ISSUE BRIEF- NUMBER 830," National Diet Library, September, 16, 2014, accessed October 5, 2020, [https://dl.ndl.go.jp/view/download/digidepo\\_8748098\\_po\\_0830.pdf?contentNo1](https://dl.ndl.go.jp/view/download/digidepo_8748098_po_0830.pdf?contentNo1)

National tax agency, "Dog Tax," National tax agency, 1924, accessed October 25, 2020 <https://www.nta.go.jp/about/organization/ntc/sozei/quiz/1604/index.htm>

Rakuten Insight, "Research Date," Rakuten Insight, November 14, 2018, accessed August 28 , 2020, <https://insight.rakuten.co.jp/report/20181114/>

Statistics Bureau, "Pet Ownership Status," Statistics Bureau, March 29, 2019, accessed October 25, 2020, <https://www.stat.go.jp/data/kouri/mini/pdf/mini-no4.pdf>

Zenkoku Pet Kyokai, "News from the Association," ZPK, 2015, accessed August 28, 2020, <http://zpk.or.jp/news/archives/5>

## Dance

Muyu Tanaka

In recent days, dancing has become more and more famous in the world. This is because the break dance has been added to the French Olympic<sup>390</sup> Games in 2024 as an event. In 2024 break dancing will be added to Olympic games to be held in France, this illustrates the progress that dance has gone through in recent decades. Break dance is one of the street dances, the other is Hip Hop, Jazz and Rocking. Furthermore its appeal is further supported by its prevalence on social networking services. People have started to see it on the tik tok app, which is experiencing a surge in popularity around the world. TikTok is popular among young people, they can dance to the song and post that movie like instagram. However even though contemporary dance is increasing in popularity there is a lack of awareness of traditional dance among young people. There are an increasing number of dancers who want to become professional. These days many people see dance on the TV or their phone. Therefore there are a lot of dancers performing in music videos and also movies. In the recent famous movie "this is me" it was performed by Japanese dancer Yusaku Komori. In Japan there is a decrease in the number of people who dance traditional dances. According to a Cabinet Office poll, the average of the people who have or had been in a traditional dance is there were a lot of 50-year-olds. Moreover, according to the same site, if you are interested in traditional dance, the people who are interested are between 50- 70 years old. Conversely, the people who said they are uninterested are about 10-30 years old. Also for younger people, there are popular street dances such as Hiphop, Jazz and break dance. This thesis will discuss the comparison of traditional dance between Japan and Canada, because of why many people want to dance and why many dancers dance a lot and solutions to reduce people who are interested in traditional dance.

## I

In fact, traditional Japanese dance has a very deep history and there are a lot of traditional dances in Japan. First of all I would like to write about Japanese traditional dance. Let's talk about Bondance. Obon<sup>391</sup> or just Bon is a

---

<sup>390</sup>Kentaro Harumiya. "2024nennoparigorindehabureikudancenadokeiyonkyougigatsukade." *HYPEBEAST.JP*. HYPEBEAST, July 1, 2019.

<sup>391</sup> [https://en.wikipedia.org/wiki/Bon\\_Festival](https://en.wikipedia.org/wiki/Bon_Festival).

Japanese Buddhist custom to honor the spirits of one's ancestors. This Buddhist–Confucian custom has evolved into a family reunion holiday during which people return to ancestral family places and visit and clean their ancestors' graves when the spirits of ancestors are supposed to revisit the household altars. It has been celebrated in Japan for more than 500 years and traditionally includes a dance, known as Bon Odori. The festival of Obon lasts for three days; however, its starting date varies within different regions of Japan. When the lunar calendar was changed to the Gregorian calendar at the beginning of the Meiji era, the localities in Japan responded differently, which resulted in three different times of Obon. Shichigatsu Bon is based on the solar calendar and is celebrated around the 15th of July in eastern Japan such as Kantō region such as Tokyo, Yokohama and the Tōhoku region, coinciding with Chūgen. Hachigatsu Bon, based on the lunar calendar, is celebrated around the 15th of August and is the most commonly celebrated time. Bon Odori, meaning simply Bon dance, is a style of dancing performed during Obon. It is a folk entertainment, which has a history of nearly 600 years. Originally a Nenbutsu folk dance to welcome the spirits of the dead, the style of celebration varies in many aspects from region to region. Each region has a local dance, as well as different music. The music can be songs specifically pertinent to the spiritual message of Obon, or local min'yō folk songs. The other is, Kabuki Dance. Kabuki<sup>392</sup> is a classical Japanese dance-drama. Kabuki theatre is known for the stylization of its drama, the often-glamorous costumes worn by performers, and for the elaborate kumadori make-up worn by some of its performers. Kabuki is considered to have begun in 1603 when Izumo no Okuni formed a female dance troupe to perform dances and light sketches in Kyoto, but developed into an all-male theatrical form after females were banned from kabuki theatre in 1629. This form of theatre was perfected in the late 17th and mid-18th century. In 2005, the "Kabuki theatre" was proclaimed by UNESCO as an intangible heritage possessing outstanding universal value. In 2008, it was inscribed in the UNESCO Representative List of the Intangible Cultural Heritage of Humanity. Next, Let's talk about traditional Canada dance. In fact, some traditional dances are famous in Canada. The most famous traditional dance is the Fork dance<sup>393</sup>. A folk dance is a dance developed by people that reflects the life of the people of a certain country or region. Not all ethnic dances are folk dances. For example, ritual dances or dances of ritual origin are not considered to be folk dances. Ritual dances are usually called "Religious dances" because of their purpose. The terms "ethnic" and "traditional" are used when it is required to emphasize the cultural roots of the dance. In this sense, nearly all folk dances are ethnic ones. If some dances, such as polka, cross ethnic boundaries and even cross the boundary between "folk" and "ballroom dance", ethnic differences are often considerable enough to mention. Next is Indigenous Dance<sup>394</sup>. Long before we called this land Canada, Aboriginal dancers were practicing dance. The earliest written record of dance in Canada was written by Jacques Cartier in 1534 when he encountered a group of Indigenous people dancing in what we now call Québec. Over time, Indigenous dance has been severely affected by decades of assimilation tactics, resulting in a huge decline in practice. In the late 1990s, artists and native groups began investing more time and money into preserving dance as part of Aboriginal (and Canadian) culture. The Royal Winnipeg Ballet used the European medium of ballet to bring Aboriginal issues to light with their criticality. What dancers wear when dancing is some dancers wearing masks such as Eagle Mask, Transformation Mask, and Kwakwaka'wakw Mask.<sup>395</sup> Regalia in Indigenous cultures<sup>396</sup> refers to the traditional and often sacred clothing, accessories and artifacts worn or carried during various ceremonies, such as powwows, celebrations and pan-national gatherings. The design, type and meaning of regalia varies greatly depending on the individual who wears it, the culture from which it originates and the event where it is worn.

---

<sup>392</sup> <https://en.wikipedia.org/wiki/Kabuki>.

<sup>393</sup> <https://thecanadianencyclopedia.ca/en/article/folk-dance>.

<sup>394</sup> <https://www.inspirationsdancewear.com/blogs/dance-news/dance-in-canada-a-brief-history>.

<sup>395</sup> <https://www.cbc.ca/news/canada/british-columbia/how-indigenous-culture-is-dancing-its-way-into-the-next-generation-1.4556682>.

<sup>396</sup> <https://www.cbc.ca/news/canada/british-columbia/how-indigenous-culture-is-dancing-its-way-into-the-next-generation-1.4556682>.

## II

In fact there are a lot of people who are interested in dance. First cause of this is there are many types of ways to be involved with dancing. To begin with becoming a choreographer. These are the people who make dance choreography. The choreographies<sup>397</sup> mean thinking about movement in accordance with music and lyrics. If the lyrics express love, the choreography performs or makes a story for dance about "love". The choreographers are famous dance teachers, and they tell the style, shape of dance, and the way of how to catch the music. Next, it is possible to become a back dancer. It is a support singer at the back and dances or performs Artist's music videos. It increases the value of watching their performance by back dancers such as in live music. The singers' motivation rises up and the audience too. Third is the battle dancer<sup>398</sup>. Battle dancers battle others and decide winners. They have to move impromptu by the song that DJ is playing. Dance Battle means deciding the opponent dancer based on who is the battler. Also there are people to judge and see battlers move each other. Also there is a DJ who is playing many songs. The Second cause of this is some people dance religiously. For example fork dance, Obon or just Bon and also Kabuki<sup>399</sup>. The final cause of this is that some people dance, because they seek community. Firstly this is dance in the club<sup>400</sup>. The situation is similar to a dance battle. However the dancers do not battle each other. People who are beginner dancers can enter the club easily and skilled dancers too. There is flow music and people enter the club and can dance with others. There are a lot of unknown people however it is not certain, everybody is moving, and having a fun and enjoyable time. However it is open night so the person under 18 is not allowed to enter there. Next, there are dance studios and rental studios. There are now an increasing number of dance studios. What some people do is go to a dance studio near their school system, where there are dance teachers and students. Teacher tempted the dancers by the studio orner, and taught there. Dance teachers can make money, and the students can learn dance. However the student can choose a lesson and teacher, they can go to the lesson as they want to go. This is a difference in the school system. If there are a lot of teachers teaching there, the students have to make a schedule to fit in with the dance teachers. For example, time. The third example of this is the School club. There are a lot of high schools in dance clubs. Also there are increasing dance schools for dancer education. Then, they are holding a dance contest where there are only the high school dance clubs. That's where the topic came up, from high school TOMIOKA<sup>401</sup>. This has become famous for battle dances.

## III

Actually there are fewer people who are interested in traditional dance. There are three solutions. The first solution is using smartphones. Recently in Japan, there are vogue in all generations of people who use SNS such as instagram, twitter, facebook and so on. Tik Tok is also in vogue for a lot of people and moreover the younger people depend on the TikTok app, and because of that if people trend in this app, these people can get jobs in entertainment like TV shows. What is TikTok<sup>402</sup>, this is a short-form, video-sharing app that allows users to create and share 15-second videos, on any topic. Then some people who are traditional dancers depend on this app and post the short movie. For example, talk about what is traditional dance, teaching and also traditional dance challenges. If you want more information about traditional dance, one recommendation is starting Youtube. Youtube is also a place where people can post movies but for Youtube<sup>403</sup> can post long movies, the average of Youtube videos is 15 minutes.

---

<sup>397</sup> "Choreography" Wikipedia. Wikimedia Foundation, accessed october 12th,

<sup>398</sup> "Freestyle battle roles / Freestyle-dance battle roles pdf. Accessed October 12th.

<sup>399</sup> "Kabuki." Wikipedia. Wikimedia Foundation, August 23, 2020.

<sup>400</sup> "Night club" Wikipedia. Wikimedia Foundation, Accessed october 12th

<sup>401</sup> "Osakahu-tomioka high school" Wikipedia. Wikimedia foundation, accessed October 12th.

<sup>402</sup> "What is TikTok?" The fastest growing social media app uncovered/ influencer marketing hub. accessed by November 9. <https://influencermarketinghub.com/what-is-tiktok/>

<sup>403</sup> "What is Youtube?". Wikipedia foundation. accessed by november 9. <https://en.wikipedia.org/wiki/YouTube>

According to a site<sup>404</sup> The percentage of young people participating in dancing activities is on the increase. This is because these people watch Youtube or TikTok. A second solution is introducing it in schools. For example, as a school event. In Japanese schools there are a lot of schools which include this system. I danced a traditional dance with the same school students. The purpose<sup>405</sup> of this is cohesiveness during friends who compete together. So it can interest younger people if school changes purpose. The education system is leading something to introduce teaching traditional dance, which might interest students. Moreover, Japanese schools traditionally dance roughly in elementary school so students like to talk about school life for parents, so it can spread to parents. Therefore it also might be interesting for the parents' generation which enjoy traditional dance. Finally, the solution is to combine traditional and modern styles. What that means, this is to mix traditional and current trends. For example, these days there is a flow in the COVID-19 so online is the best way to do something. So I held the traditional dance lesson online. Then some people are not afraid of COVID-19. Also traditional back dancer, it is interesting for young people and this is also new. The traditional dance battle<sup>406</sup> is also a good idea. Originally a dance battle was a battle between two people. And DJ flows the music randomly and the judges judge good dancers. Then it decides the winner. To do this in a traditional dance version. Therefore, depending on the current trend and making a new style is the best way to grab interest.

#### IV

In conclusion, I discussed traditional dance in Japan and Canada. For example, Japanese traditional dance such as Bondance has a very long history, but Canada traditional dance such as Fork dance is not longer than Japan. From now, contemporary dance is short in history than traditional dance, however contemporary is more popular in the world and also Japan. So I hope that I can spread traditional dance. This is because we can talk more about our own traditional dance and communicate with foreign people. Also why dance has become more and more famous. The first cause is that some people work in dance. The next cause is religiously such as through kabuki, and folk dance. Finally some people go to dance socially such as at a nightclub or dance studio. These days I see a variety of dances on our phones. It is related to the spread of social media for reasons of dance becoming famous. Into the bargain I discussed three solutions which reduce traditional dancers, the first of which is using SNS. For example, using TikTok or a youtube app and posting movies which are related to traditional dance. The second solution is to introduce education, it includes school education and learning about traditional dance. Lastly is mixing current trends, such as mixing online lessons about traditional dance. If traditional dance disappears the effect of each history likewise some people who do this have lost their job. Traditional dance represents the shape of the country, the way it is. So traditional dance disappears, it is the same as losing our individuality as a country. So traditional dance spread more in the world and also I want to do traditional dance as much as I can.

### Bibliography

“Bon Festival.” Wikipedia. Wikimedia Foundation, August 21, 2020.

---

<sup>404</sup> "The percentage of dancers increased" gazteakera foundation/ accessed by november 9.

[https://www.gazteakera.euskadi.eus/r58-ovjconte/en/contenidos/noticia/dantza\\_eguna\\_16/en\\_def/index.shtml](https://www.gazteakera.euskadi.eus/r58-ovjconte/en/contenidos/noticia/dantza_eguna_16/en_def/index.shtml)

<sup>405</sup> "Cabinet polls"/Protection of Cultural Property/ accessed by december 8, <https://survey.gov-online.go.jp/h15/h15-bunka/2-5.html>

<sup>406</sup> "Freestyle battle roles / Freestyle-dance battle roles pdf. Accessed October 12th.

[https://en.wikipedia.org/wiki/Bon\\_Festival](https://en.wikipedia.org/wiki/Bon_Festival)

“Kabuki.” Wikipedia. Wikimedia Foundation, August 23, 2020.

<https://en.wikipedia.org/wiki/Kabuki>.

“Cabinet polls”/Protection of Cultural Property/ accessed by december 8, <https://survey.gov-online.go.jp/h15/h15-bunka/2-5.html>

"Choreography" Wikipedia. Wikimedia Foundation, accessed october 12th, [https://en.wikipedia.org/wiki/Choreography\\_\(dance\)](https://en.wikipedia.org/wiki/Choreography_(dance))

Harumiya, Kentaro. “2024nennoparigorindehabureikudancenadokeiyonkyougigatsukade.” HYPEBEAST.JP. HYPEBEAST, July 1, 2019. <https://hypebeast.com/jp/2019/7/2024-paris-olympic-breakin>.

"Freestyle battle roles / Freestyle-dance battle roles pdf. Accessed October 12th. <http://www.tut.fi/sell2016/wp-content/uploads/2016/04/Freestyle-Dance-Battle-Done.pdf>

“Folk Dance.” Folk Dance | The Canadian Encyclopedia. Accessed August 24, 2020. <https://thecanadianencyclopedia.ca/en/article/folk-dance>.

“Indigenous Regalia in Canada,” The Canadian Encyclopedia, accessed August 31, 2020, <https://www.thecanadianencyclopedia.ca/en/article/indigenous-regalia-in-canada>.

"Night club" Wikipedia. Wikimedia Foundation, Accessed october 12th <https://en.wikipedia.org/wiki/Nightclub>

Inspiration Dancewear. “Dance in Canada - A Brief History.” Inspiration Dancewear. Inspirations Dancewear, April 11, 2019. <https://www.inspirationsdancewear.com/blogs/dance-news/dance-in-canada-a-brief-history>.

“How Indigenous Culture Is Dancing Its Way into the next Generation | CBC News,” CBCnews (CBC/Radio Canada, March 2, 2018), <https://www.cbc.ca/news/canada/british-columbia/how-indigenous-culture-is-dancing-its-way-into-the-next-generation-1.4556682>.

"Osakahu-tomioka high school" Wikipedia. Wikimedia foundation, accessed October 12th. <https://ja.wikipedia.org/wiki/osakafuritsutomiokakoutougakkou>.

“Transformation Masks (Article),” Khan Academy (Khan Academy), accessed August 31, 2020, <https://www.khanacademy.org/humanities/ap-art-history/indigenous-americas-apah/north-america-apah/a/transformation-masks>.

" The percentage of dancers increased" gazteukera foundation/ accessed by november 9. [https://www.gazteukera.euskadi.eus/r58-ovjconte/en/contenidos/noticia/dantza\\_eguna\\_16/en\\_def/index.shtml](https://www.gazteukera.euskadi.eus/r58-ovjconte/en/contenidos/noticia/dantza_eguna_16/en_def/index.shtml)

" The reasons why elementary school children perform traditional dance?" uraura foundation/ accessed by november 9. <https://urauraplus.com/soranbushi/>

What is TikTok? The fastest growing social media app uncovered/ influencer marketing hub. accessed by November 9. <https://influencermarketinghub.com/what-is-tiktok/>

" What is Youtube?". Wikipedia foundation. accessed by november 9. <https://en.wikipedia.org/wiki/YouTube>

## The Problems of Pirates

Nao Yamamoto

Most people imagine past pirates if they hear about pirates. However, on the other hand, current piracy is becoming a serious problem. In recent years, piracy is becoming a serious problem, for example, the plunder of transport and goods in transit and to take sailors hostage and demand a ransom. A lot of people think pirates are in the past, but pirates exist in the present. Pirates always appear together with the trade from the past to the current. As Phoenicians sailed near the Adriatic Sea and the Aegean Sea pirates sailed after them and robbed them is the origin of pirates. Also in the 17th and 18th centuries, the age called the golden age is when a lot of pirates worked in the Pacific, Indian Ocean, the Caribbean sea, and the red ocean.<sup>407</sup> Famous people in the golden age are Amaro Pargo and Edward Cheech who are called Blackbeard. On the other hand, Modern sea piracy often involves pirates in small fast boats approaching and boarding larger, slower-moving ships to rob them of cargo such as car parts, oil, crew valuables, communication equipment or to seize the ship and crew for ransom in the current.<sup>408</sup> These things damage the trade, so it has very bad effects on the countries. This is because the loss that is robbed of the goods in transit connects the damage of the company, moreover, it connects the damage of the country. Also, each country sends troops to protect the transport ship<sup>409</sup>. Therefore, each country pays the money that it does not ordinarily need<sup>410</sup>. The government that happens to be near the area where the piracy does not have power, so it is weak. Therefore, they do not take effective measures against pirates. Therefore, piracy gets worse, and getting worse makes the condition that children can not receive education, so that condition makes pirates. Thus, a negative chain is made by a weak government. In this essay, I will list the solutions of piracy, especially the thing that piracy damages the trade and economy, the weak government and getting worse, and the negative chain that pirates make. These thesis will discuss the comparison with current pirates and past pirates, especially the pirates active in the 18th century, and write my opinion, the causes of piracy and write the biggest cause I think, and the solutions of piracy, especially the thing that piracy damages the trade and economy, the weak government and getting worse, and the negative chain that pirates make.

### I

These are the comparisons between past pirates and current pirates. The first comparison point is the acceptance of pirates. In the past, piracy to the ship's hostile country was allowed by their country because it can prevent hostile country's trade<sup>411</sup>. It helps to weaken a hostile country's economy. Especially the import and export to the colony was the main trade in the 17 century. However, in current, piracy is not allowed in every country in any aspect. And the united nation permits quashing by all means such as the use of force.

The second comparison point is tools, weapons, and equipment. In the past, pirates got on a large ship that had a lot of cannons and do piracy. They organized a large fleet. On the other hand, in the current, they do not get on a large ship, instead, they get on a fishing ship. In addition, recently, guns have dramatically developed, so they can conquer a transport ship with a small number of people.<sup>412</sup> To sum up they do piracy on fishing ships with a small number of persons and they do not fight with cannons.

The final comparison point is the reasons why people become pirates. The person who became pirates is the poor labor who comes to the continent, the person who loses a soldier job, and the sailor who would like to escape from poverty when the pirates attack their ship<sup>413</sup>. Poor people absorbed freedom and wealth, so they became pirates. This point is opened to both past pirates and present pirates.

### II

These are the causes of current pirates. The first cause is the weak states or governments that lack the

---

<sup>407</sup> Tim Lambert, "A BRIEF HISTORY OF PIRATES," The History of Pirates, 2020

<sup>408</sup> Misha Ketchell, "Global Sea Piracy Ticks Upward, and the Coronavirus May Make It Worse," The Conversation, 2020

<sup>409</sup> Mike Streere, "How to Solve the Pirate Problem," CNN (Cable News Network), 2020

<sup>410</sup> Matthew Staff, "Maritime Piracy: Its Causes, Consequences and the Solution," Raconteur, 2018

<sup>411</sup> "なぜカリブ海には海賊がいたのか? 【カリブの海賊たち】," 草の実堂, 2017

<sup>412</sup> "本当は怖いパイレーツオブカリビアン...実物のカリブ海の海賊たちはこんな歴史を持っていた," tabiyori[タビヨリ], 2019

<sup>413</sup> "The Golden Age of Piracy," Royal Museums Greenwich, 2020

resources necessary to effectively combat piracy. These countries do not have the power to effectively control their own country. Most of those countries do not have the resources to restrain piracy, for example, Puntland. This is because the racial war developed into a civil war, so the country is in chaos, therefore a lot of people must be evacuated.<sup>414</sup> They lost jobs due to the civil war, so they lost income. They become pirates for a living and supporting their families.

The second cause is the poverty of the local population. Most of the people who became pirates were fishermen or hireling soldiers, but they were so poor. They usually could not live a steady life, while pirates can earn a lot of money at once. The people who become pirates rise to wealth such as building a ground house. It dramatically changes their own life. The rumor of it is afloat, so it becomes a longing for the local population, people who become pirates increasingly multiply.

The final cause is piracy is monetary gain. The pirates feed the people who are taken. Besides, some shops that sell weapons to pirates. Also, it is said that pirates have contact with terrorist organizations, so they get benefits. Another primary factor of increasing pirates is the corruption of anti-piracy groups. Corrupt and are engaged in negotiation relationships with many of the militant bands, both pirates and coast guard, so decreasing the risk of pirates being arrested.<sup>415</sup> This is the reason pirates are increasing.

### III

These are the solutions for pirates. The first solution is to send money and a person who helps the politicians to break the negative chain. The solutions are that each country supports the weak government, so they become able to break the negative chain, therefore, they make an effort to eliminate the pirates, to recover peace and order, and to make the condition that children can access an education. In doing so, they make a situation that never arises. The support has to contain not only to send the money but also to send a person who helps the politics. Thus, we can support that they can learn the method of developing the country.

The second solution is the support of the person who works. However, this solution is the support toward the generation of parents. Each country material supports and sends such money to the people who already work to prevent them from becoming pirates, so each country supports the generations of parents<sup>416</sup>. If this solution is not done, they become pirates. Therefore, we can prevent the generation of children pirates, but the generation of parents becomes pirates, so we can not solve piracy as a fixed term.

The third solution is to eradicate pirates that are still around. This solution is to send troops, and eradicate pirates that there are still around. This is not to send troops to protect transport ships, it sends only troops to eradicate pirates. This cost a lot of money, but it is cheaper than sending troops to protect transport ships permanently. the troops could arrest or kill pirates, and each country gives a temporary job such as does chores for them or troops until their country becomes stabilized<sup>417</sup>.

### IV

In conclusion, there are comparisons to the acceptance of pirates, tools, weapons, equipment, and the reasons why people become pirates. In the past, piracy was allowed, but now that is banned. Also, they organized a large fleet from big ships, however, they do piracy on fishing ships with a small number of persons and they do not fight with cannons in the current. Besides, poor people absorbed freedom and wealth, so they became pirates. This is the same as current pirates. Thus, I think past pirates and current pirates both have a point in common in my opinion. It is the people who absorb freedom and wealth to become pirates. Therefore, the past pirates were one thing caused by poverty as well. From these, I think if we want to solve piracy, we have to solve poverty.

There are also the causes of piracy are weak government, poverty, and beginning opportunities, especially hardship is the largest cause. I think that piracy is deeply connected with privation, so I think If we can eliminate penury, we can extinguish pirates, and if we think of decreasing pirates, we have to support the weak government. So that we can release people who suffer from indigence. As well, I think if the weak government becomes stronger, they can get the police force, so they can extinguish pirates and solve this problem. There are three solutions, to send money and a person who helps the politicians, to support the person who works, and to eradicate pirates that are still around. We can prevent to arise ,new pirates, that from made by the children generation, and we can solve piracy in

---

<sup>414</sup> Raunek, "Causes of Maritime Piracy in Somalia Waters," Marine Insight, 2021

<sup>415</sup> Alex Graf, "Where and Why Do Modern Pirate Attacks Happen?," The Globe Post, 2019

<sup>416</sup> Misha Ketchell, "Global Sea Piracy Ticks Upward, and the Coronavirus May Make It Worse," The Conversation, 2020

<sup>417</sup> Capt. Pankaj Bhargava et al., "The Menace of Maritime Piracy and Somali Pirates – Is There a Solution?," Marine Insight, 2020



the short term by us supporting the work generation and eradicating pirates that there are still, so we can decrease the cost of solving piracy. Especially, I think that we have to give high priority to children's education. This is because children make the country. Thus, I think we can solve piracy with these three solutions.

### **Bibliography**

- Alex Graf, "Where and Why Do Modern Pirate Attacks Happen?," *The Globe Post*, September 24, 2019, accessed July 10, 2021, <https://theglobepost.com/2019/09/24/modern-piracy-explained/>.
- Capt. Pankaj Bhargava et al., "The Menace of Maritime Piracy and Somali Pirates – Is There a Solution?," *Marine Insight*, December 7, 2020, accessed July 10, 2021 <https://www.marineinsight.com/marine-piracy-marine/the-evolution-from-ship-piracy/>.
- "Effective and Enduring Solution to Piracy," *The Maritime Executive*, September 11, 2013, accessed December 11, 2020, <https://www.maritime-executive.com/article/Effective-and-Enduring-Solution-to-Piracy-2013-09-11>.
- Matthew Staff, "Maritime Piracy: Its Causes, Consequences and the Solution," *Raconteur*, October 17, 2018, accessed July 10, 2021, <https://www.raconteur.net/legal/crime/maritime-piracy/>.
- Mike Streere, "How to Solve the Pirate Problem," *CNN (Cable News Network)*, accessed November 22, 2020, <https://edition.cnn.com/2008/SPORT/12/05/solving.pirates/index.html>.
- Ministry of Foreign Affairs of Japan, わかる！国際情勢 Vol.20 海賊問題と国際社会の取組, December 17, 2008, accessed August 22, 2020, <https://www.mofa.go.jp/mofaj/press/pr/wakaru/topics/vol20/index.html>.
- Misha Ketchell, "Global Sea Piracy Ticks Upward, and the Coronavirus May Make It Worse," *The Conversation*, May 5, 2020, accessed July 10, 2021 <https://theconversation.com/global-sea-piracy-ticks-upward-and-the-coronavirus-may-make-it-worse-137586>.
- "The Golden Age of Piracy," *Royal Museums Greenwich*, August 27, 2020, accessed November 22, 2020, <https://www.rmg.co.uk/discover/explore/golden-age-piracy>.
- Tim Lambert, "A BRIEF HISTORY OF PIRATES," *The History of Pirates*, 2020, accessed September 4, 2020, <http://www.localhistories.org/pirates.html>.
- Raunek, "Causes of Maritime Piracy in Somalia Waters," *Marine Insight*, February 16, 2021, accessed July 10, 2021, <https://www.marineinsight.com/marine-piracy-marine/causes-of-piracy-in-somalia-waters/>.
- "海賊の発祥は？今の世界に海賊はいる？昔から現在までの歴史に迫る！:PEACH LAB," December 22, 2017, accessed October 12, 2020, <https://peach34.com/kaizoku/>
- "海賊の歴史," *海賊物語*, accessed October 12, 2020, <http://taleofpirates.info/history.html>.
- "なぜカリブ海には海賊がいたのか？【カリブの海賊たち】," *草の実堂*, July 14, 2017, accessed August 22, 2020, <https://kusanomido.com/study/history/western/22152/>.
- "本当は怖いパイレーツオブカリビアン...実物のカリブ海の海賊たちはこんな歴史を持っていた," *tabiyori[タビヨリ]*, April 12, 2019, accessed October 12, 2020, <https://wondertrip.jp/87959/>.

### **Lack of Exercise**

Rina Ashio

There are a lot of people who lack exercise. According to INSTAH, which is a news website, the absence of exercise or physical activity relates to the death rate of 30% of men and 60% of women worldwide.<sup>418</sup> It is the most important preventable cause of death all over the world. Furthermore, the World Health Organization report estimates that more than a quarter of people worldwide (1.4 billion) are not doing enough physical exercise, a figure that has

---

<sup>418</sup> Dhivya. "Lack of Exercise Effects and Symptoms." *Instah: Health and Wellness*. March 02, 2017.

hardly improved since 2001.<sup>419</sup> Some of the activities which lead to a lazy lifestyle are reading, sitting, watching television, using computers for a long time and playing video games. Moreover, according to WebMD, using the most recent data on deaths in Europe, the survey of the team estimated that” 337,000 of the 9.2 million deaths of European men and women were connected to obesity.<sup>420</sup> However, twice that number of deaths could be connected to lack of exercise.” Furthermore, in HHS gov, only one in three children are physically active every single day. In this thesis, I will explain about the lack of exercise worldwide including, effects, causes and solutions. It is important to think about the lack of exercise because it is related to a lot of things such as disease and getting fat.

## I

One of the biggest effects of lack of exercise is heart disease. Your heart will become stronger when you exercise regularly and the blood is pumped to your body parts effectively but if you don’t exercise anymore, you will easily get heart disease compared to other people. Recently, most people have become less physically active but as we become older, we need more regular exercise.<sup>421</sup> In 2010, the National Center for Health Statistics found that about one in three adults who had visited a doctor in the past year had been advised to start or continue an exercise program. That’s an increase of about 10 percent from 2000. According to the CDC, they identify physical inactivity as a risk factor for heart disease and only 20 percent of adults meet the Physical Activity Guidelines for the condition. The second major effect is developing anxiety and depression. Lack of exercise affects not only physical influence. If you think that lack of exercise will only lead to physical complexities, then you need to change your opinion. “Your mind will also be affected, physical inactivity can cause fatigue and depression.”<sup>422</sup> The exercises will help in releasing happy hormones and useful chemicals in your brain in your body that can lower the levels of anxiety and depression. In addition, being active will help in improving your mood and keeping negative emotions. Finally, the main effect is obesity or weight gain.<sup>423</sup> Almost all people have meals three times per day. If people continue eating without exercising anymore, the weight of people is increasing. Overweight causes a lot of serious problems such as hypertension and death earlier than usual. According to World Health Organization, in 2016, an estimated 41 million children under the age of 5 years were overweight or obese.<sup>424</sup> Once considered a high-income country problem, overweight and obesity are now on the rise in low- and middle-income countries, particularly in urban settings. In Africa, the number of overweight children under 5 has increased by nearly 50 percent since 2000.<sup>425</sup> The World Health Organization says that the part of people who become obesity causes increased physical inactivity so lack of exercise affects obesity or weight increase.

## II

One of the biggest causes of lack of exercise is not being in the habit of being physically active.<sup>426</sup> Recently, the world of technology is developing more and more so people spend a lot of time watching TV, playing games and using phones. According to a recent survey conducted by the YMCA, most children aged 5 to 10 are using technology and more than 16000 parents are concerned about time and money by using technology. Furthermore, 42 % of parents

---

<sup>419</sup> Therrien, Alex. "Lack of Exercise Puts One in Four People at Risk, WHO Says - BBC News." BBC. September 05, 2018. Accessed September 14, 2018.

<sup>420</sup> Reinberg, Steven. "Lack of Exercise More Deadly Than Obesity: Study." WebMD. January 14, 2015.

<sup>421</sup> Robin, Madell. "Exercise and Heart Disease Statistics." June 16, 2017.

<sup>422</sup> Dhivya. "Lack of Exercise Effects and Symptoms." Instah: Health and Wellness. March 02, 2017.

<sup>423</sup> Davis, Kristin. "The Effects of Lack of Exercise on the Body." LIVESTRONG.COM. September 11, 2017.

<sup>424</sup> "Obesity and Overweight." The World Health Organization. February 16, 2018.

<sup>425</sup> Obesity and Overweight." World Health Organization. February 16, 2018.

<sup>426</sup> "Common Problems and Solutions for Being Physically Active." About Heart Attacks.

say that TV, games and cell phones have a bad effect on children and that is why it is not healthy lifestyles<sup>427</sup> It's hard to blame technology as a cause of kids' inactivity if parents are sitting right beside them on the couch. The second major cause is Bored with exercise. People often lack the motivation or desire to exercise. According to Healthfully, teens who are overweight and obesity is easily embarrassed and shy to be active and exercise in the public area.<sup>428</sup> It is difficult for people to start new activities. This is why people don't want to exercise and feel bored. In general, people are running as a part of exercise. According to statista, Running is one of the most popular and practiced sports worldwide.<sup>429</sup> Of course some people like just running but some people hate running. As a result people feel bored and do not continue to exercise. Finally, the main cause is that people don't have enough time to exercise. A busy schedule is one of the biggest reasons for lack of exercise.<sup>430</sup> According to the National Academy of Sports Medicine, by doing exercise, it connects to a lack of time to be with family. For example, the woman who has children is more busy than other women. The problem of lack of time is not only adults but also students who have no time. Almost all children and teenagers go to school every day and have to do their own homework and in Japan, the majority of students go to cram school after school.<sup>431</sup> According to The Normal Bar interactive survey "If you do not exercise regularly, what is the main reason why?" This survey reveals that the No. 1 reason why people choose not to exercise is that "They don't have the time to exercise." Seventeen percent of people said they were too tired and more than 30 percent said they just did not have enough time."<sup>432</sup>

### III

One of the most efficient solutions is to become aware of how to exercise appropriately considering age, fitness level, skill level, and health status.<sup>433</sup> Some people want to do exercise but they don't know how to exercise. This is important for them to know what they should do. You have to make a plan, what are you going to do, without a plan, the exercise can quickly become a complete waste of time. To avoid aimlessly from one piece of equipment to the next, illustrate your workouts ahead of time and set clear training goals. According to ACE, there are 5 points to make a specific goal, measurable, attainable, relevant and time management.<sup>434</sup> By setting your goal and plan, your exercise will be more effectively compared without a plan. The second solution is to exercise with friends and family who may be interested in similar goals.<sup>435</sup> Many people lack motivation for exercise and many people don't want to exercise alone. There are some reasons why you can get benefits from exercise with your family or friends. You are more likely to succeed in your exercise goal. According to healthy women, Barbara A. Brehm, Ed.D., professor, Department of Exercise and Sport Studies, at Smith College in Northampton, MA says "Exercise partners can provide a kind of gentle coercion and limit your negative self-talk," you're less likely to get bored when you have a workout buddy, especially a friend.<sup>436</sup> It's more fun exercising with a friend you're catching up with, having a laugh, encouraging each other, and you're also getting healthier. It's a win-win. The site recommended walking and talking, running or jogging, tennis, swimming with friends and family.<sup>437</sup> Finally, the most important solution is creating a healthy environment for physical activity. Basically, people have to exercise 30 minutes per day which is good for their health. But most people don't do enough exercise everyday.<sup>438</sup> Most people who lack exercise say that they have enough time to do exercise every day, however it can fix this problem. Currently, there is no environment for people to do exercise. "Built environment" is an important factor of physical activity for both children and adults. The government can build a physical environment, including buildings, infrastructure, and other physical institutions created by people on sidewalks, streets, trails, bicycle lanes, parks, playgrounds. However, the environment that some

---

<sup>427</sup> Tahnk, Jeana Lee. "Technology Blamed for Children's Lack of Exercise." Parenting. April 18, 2011.

<sup>428</sup> Frost, Shelley. "Reasons for Lack of Exercise in Teens." Healthfully. September 17, 2018.

<sup>429</sup> Fuller, Steve. "Topic: Running & Jogging." Statista. Accessed October 07, 2018.

<sup>430</sup> Marie, Geoffrey St. "Reasons for a Lack of Exercise." SportsRec. September 17, 2018.

<sup>431</sup> Suzuki, Mami. "Let's Talk About Japanese Cram School." Tofugu. November 12, 2013.

<sup>432</sup> Northrup, Chrisanna. "'Not Enough Time To Exercise' Is Just An Excuse." HuffPost. August 15, 2011.

<sup>433</sup> "The No. 1 Reason Your Workout Isn't Working." LIVESTRONG.COM.

<sup>434</sup> American Council on Exercise Contributor Read More Less. "SMART Goal Setting Guide." ACE.

<sup>435</sup> Garcia, M. "Maria Celeste Garcia." Academia.edu - Share Research.

<sup>436</sup> "Get Motivated: The Workout You Won't Cancel." HealthyWomen.

<sup>437</sup> Department of Health & Human Services. "Exercise with a Friend." Better Health Channel. February 15, 2018.

<sup>438</sup> "What Are the Barriers to Exercise and the Solutions for Them? | Fitness." Sharecare.

children live in often makes it hard to join the physical activity.<sup>439</sup> In Japan, there is radio taiso in the morning but it is starting to change now. "A city employee in the parks and greenery department of Nishinomiya City in Hyogo Prefecture, says, "In cases where more than 10 people wish to engage in radio calisthenics, we require them to file an application."<sup>440</sup> Recently, a lot of places lack open space, parks, recreational facilities, or sports fields. By making these facilities, mixed land use, access to fitness facilities connected to a high level of "walkability" makes people have a high level of physical activity.

#### IV

In conclusion, there are several effects, causes and solutions. One of the reasons for the increase in people who are lacking exercise is changing a lifestyle. In the past, the center of work was farming so people could exercise spontaneously but recently the center of work is desk work so most people are always using computers. Similarly, in the old days, children were playing outside because it didn't develop technology and also people could exercise enough. On the other hand, in the present day, almost all children are playing inside because of the spread of computer games such as iPhone games. I think most of the causes can just change their mind. The main cause of lack of exercise is people don't have enough time. According to the survey of HUFFPOST," how often do you go on the Internet and smartphone? Eighty percent said they typically spend more than an hour a day, seven days a week, on the Internet for fun. Twenty-six percent answered that they spend more than three hours a day on the Internet daily."<sup>441</sup> We can reduce the time on the Internet and we should do proper exercise per day. There are several solutions that people can easily exercise. I think both become aware of how to exercise and exercise with friends and family who may be interested in similar goals are possible solutions because if people change their mind a little, they can easily realize these solutions. They only change their motivation, they can do it. Then, I have a reason why the third solution is most important. The construction from the government is easier to realize because the government uses a lot of money to construct the facilities so people don't need to think about their motivation without thinking, they can do exercise automatically. I hope people can exercise everywhere and I want them to find their own goal of exercise.

#### Bibliography

- American Council on Exercise Contributor Read More Less. "SMART Goal Setting Guide." ACE. Accessed November 17, 2018. <https://www.acefitness.org/education-and-resources/lifestyle/blog/6763/smart-goal-setting-guide>.
- "Common Problems and Solutions for Being Physically Active." About Heart Attacks. Accessed October 03, 2018. <https://www.heart.org/en/health-topics/cardiac-rehab/getting-physically-active/common-problems-and-solutions-for-being-physically-active>.
- Davis, Kristin. "The Effects of Lack of Exercise on the Body." LIVESTRONG.COM. September 11, 2017. Accessed September 09, 2018. <https://www.livestrong.com/article/351679-the-effects-of-lack-of-exercise-on-the-body/>.
- Department of Health & Human Services. "Exercise with a Friend." Better Health Channel. February 15, 2018. Accessed November 17, 2018. <https://www.betterhealth.vic.gov.au/health/healthyliving/Exercise-with-a-friend>.
- Dhivya. "Lack of Exercise Effects and Symptoms." Instah: Health and Wellness. March 02, 2017. Accessed September 09, 2018. <https://www.instah.com/fitness/lack-of-exercise-effects-and-symptoms/>.
- Frost, Shelley. "Reasons for Lack of Exercise in Teens." Healthfully. September 17, 2018. Accessed October 03, 2018. <https://healthfully.com/530754-reasons-for-lack-of-exercise-in-teens.html>.

---

<sup>439</sup> Institute of Medicine (US) and National Research Council (US) Committee on Childhood Obesity Prevention Actions for Local Governments. "Actions for Increasing Physical Activity." Current Neurology and Neuroscience Reports.

<sup>440</sup> Yubaru, Ricky Kaminski, Michael Craig, JeffLee, Jack Stern, Richard Marsolais, Brian Wheway, Ashlee Carolile Kirkendall-Arnold, Aizo Yurei, CGB, and GW. "Growing Restrictions Make for Frustrated Park Users." Japan Today. September 10, 2014.

<sup>441</sup> Northrup, Chrisanna. "Our Big (Fake) Excuse For Not Exercising." The Huffington Post. December 07, 2017.

- Fuller, Steve. "Topic: Running & Jogging." Statista. Accessed October 07, 2018.  
<https://www.statista.com/topics/1743/running-and-jogging/>.
- Garcia, M. "Maria Celeste Garcia." Academia.edu - Share Research. Accessed November 17, 2018.  
[https://www.academia.edu/11415386/Possible\\_Solutions\\_for\\_Overcoming\\_Barriers\\_to\\_Exercise\\_Adherence](https://www.academia.edu/11415386/Possible_Solutions_for_Overcoming_Barriers_to_Exercise_Adherence).
- "Get Motivated: The Workout You Won't Cancel." HealthyWomen. Accessed November 17, 2018.  
<https://www.healthywomen.org/content/article/get-motivated-workout-you-wont-cancel?page=2>.
- HHS Office, and Council on Sports. "Facts & Statistics." HHS.gov. January 26, 2017. Accessed November 15, 2018.  
<https://www.hhs.gov/fitness/resource-center/facts-and-statistics/index.html>.
- Institute of Medicine (US) and National Research Council (US) Committee on Childhood Obesity Prevention Actions for Local Governments. "Actions for Increasing Physical Activity." Current Neurology and Neuroscience Reports. Accessed November 18, 2018. <https://www.ncbi.nlm.nih.gov/books/NBK219690/>.
- Marie, Geoffrey St. "Reasons for a Lack of Exercise." SportsRec. September 17, 2018. Accessed October 03, 2018.  
<https://www.sportsrec.com/480858-reasons-for-a-lack-of-exercise.html>.
- Northrup, Chrisanna. "'Not Enough Time To Exercise' Is Just An Excuse." HuffPost. August 15, 2011. Accessed October 03, 2018.  
[https://www.huffpost.com/entry/exercise-excuse-internet\\_b\\_927097](https://www.huffpost.com/entry/exercise-excuse-internet_b_927097).
- Northrup, Chrisanna. "Our Big (Fake) Excuse For Not Exercising." The Huffington Post. December 07, 2017. Accessed October 03, 2018.  
[https://www.huffingtonpost.com/chrisanna-northrup/exercise-excuse-internet\\_b\\_927097.html](https://www.huffingtonpost.com/chrisanna-northrup/exercise-excuse-internet_b_927097.html).
- "Obesity and Overweight." World Health Organization. February 16, 2018. Accessed September 14, 2018. <http://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>.
- Organization. "Sitting All Day Might Be Making You Sad." The Huffington Post. September 06, 2013. Accessed September 14, 2018.  
[https://www.huffingtonpost.com/2013/09/06/sitting-depression-mental-health-exercise\\_n\\_3880963.html](https://www.huffingtonpost.com/2013/09/06/sitting-depression-mental-health-exercise_n_3880963.html).
- Reinberg, Steven. "Lack of Exercise More Deadly Than Obesity: Study." WebMD. January 14, 2015. Accessed October 03, 2018.  
<https://www.webmd.com/fitness-exercise/news/20150114/lack-of-exercise-more-deadly-than-obesity-study-suggests#1>.
- Robin, Madell. "Exercise and Heart Disease Statistics." June 16, 2017. Accessed September 14, 2018  
<https://www.healthline.com/health/heart-disease/exercise-statistics#1>
- Suzuki, Mami. "Let's Talk About Japanese Cram School." Tofugu. November 12, 2013. Accessed October 07, 2018. <https://www.tofugu.com/japan/japanese-cram-school/>.
- Tahnk, Jeana Lee. "Technology Blamed for Children's Lack of Exercise." Parenting. April 18, 2011. Accessed October 03, 2018.  
<https://www.parenting.com/blogs/screen-play/jeana-lee-tahnk/technology-blamed-childrens-lack-exercise>.
- "The No. 1 Reason Your Workout Isn't Working." LIVESTRONG.COM. Accessed November 17, 2018. <https://www.livestrong.com/article/1012150-no-1-reason-workout-isnt-working/>.
- Therrien, Alex. "Lack of Exercise Puts One in Four People at Risk, WHO Says - BBC News." BBC. September 05, 2018. Accessed September 14, 2018.  
<https://www.bbc.co.uk/news/health-45408017>.
- "What Are the Barriers to Exercise and the Solutions for Them? | Fitness." Sharecare. Accessed November 18, 2018.  
<https://www.sharecare.com/health/fitness-exercise/barriers-to-exercise-the-solutions>.
- Yubaru, Ricky Kaminski, Michael Craig, JeffLee, Jack Stern, Richard Marsolais, Brian Wheway, Ashlee Carolile Kirkendall-Arnold, Aizo Yurei, CGB, and GW. "Growing Restrictions Make for Frustrated Park Users." Japan Today. September 10, 2014.

Accessed November 18, 2018.

<https://japantoday.com/category/features/kuchikomi/growing-restrictions-make-for-frustrated-park-users>.

## **Refugees are not Accepted in Japan**

S. O.

According to UNHCR in 2018, there are 70.8 million refugees in the world, and according to the MINISTRY OF JUSTICE, the number of refugee recognition applicants is 10,493 people. As a result, recognizing foreigners in Japan is only 82 people. Refugees are going to another country or town to live. In 2015, the number of people granted refugee status in Japan was 27 out of the 7,586 people who applied from Asian countries. Should Japan accept more refugees? The advantages and disadvantages explain why refugees are not accepted in Japan. Refugee status in Japan is very strict, with a recognition rate of 0.4% in 2018. The number of refugee claimants has been halved because of the changes in the refugee application system; the UNHCR Association reports that the number of people forced to move around the world is now over 70 million. The thesis will discuss the cause and effect of refugees in Japan, its merit and demerit of refugees. I will talk about why Japan's refugee status is so tough compared to other countries in order to explain why Japan does not accept Refugees.

### I

The first problem is that Japan does not have enough political will to accept refugees. For instance in Germany they had a history of persecuting Jew, it approved the right of refugees to seek help in the constitution, but the problem happened when people had no public acceptance. The fact that the society recognizes the importance of helping refugees must have been one of the factors that allowed Prime Minister Merkel to play a leading role. Canada has a history of building the country by accepting immigrants and refugees, and people have a common understanding that accepting others will grow social power and this social background is not unrelated to Prime Minister Trudeau taking power by promising to accept refugees.

The second problem comes from the assessment process for refugee status, where the Immigration Bureau takes control of the procedures and in consequence the emphasis is on control rather than protection for the refugees. For example, even if a person asks at an airport to be protected as a refugee, they are not permitted to enter Japan and they are detained unswerving away. Essentially, a move Office should check likely social security risks and a separate, independent governmental organization should review refugee status. We need such an organization to be in charge of not only lawful procedures but also to direct policies which will look after refugees until they achieve independence.

Another factor is that refugees are not always accepted by the local people. There are misconceptions about refugees that connect them to the growing fear around public safety and the risks to the community. Hence making it a challenge for them to be accepted into society, and they can't earn the group can't work.

<sup>442</sup>Alan Makovsky, "Turkey's Refugee Dilemma," Center for American Progress, accessed November 20, 2020

### II

There are many benefits of accepting refugees. On the one hand, In fact, many economists agree that accepting refugees is a benefit to a country's economy. Of course, there are costs associated with refugees' settlement, but once they are settled, they pay taxes that outweigh the costs of doing so and the social welfare they subsequently receive, according to a study in the United States, amounting to US\$21,000. Furthermore, studies have shown that 260,000 immigrants a year in the UK could halve the UK's public debt in 50 years' time. Furthermore, a higher percentage of immigrants in the United States are businessmen than their own citizens. This is related to the extremely risky dynamic of "moving to another country," and the fact that different experiences and ideas from those of their own citizens lead to innovation. For example, Sergey Brin, co-founder of Google, immigrated to the US from Russia with his family as a child, and Steve Jobs, co-founder of Apple, is a second-generation immigrant whose own father immigrated to the US from Syria. And new immigrants and refugees running new companies can also create new jobs. Additionally, some refugees are active in the political arena. For example, in the United States,

---

<sup>442</sup> Alan Makovsky, "Turkey's Refugee Dilemma," Center for American Progress, accessed November 20, 2020

Ilhan Omar, a refugee from Somalia, was elected to Congress in 2018. Thus, it is evident that many immigrants and refugees are active in the places they migrate to. Furthermore, Japan's declining and aging population is a problem, and accepting refugees could theoretically help alleviate the problems associated with an aging society in the long run, according to UNHCR data, which shows that only 4% of refugees in other countries are over the age of 60. A lower average age of the refugees taken in could help to compensate for a younger population and workforce, thus reducing the burden on young people due to the financial cost of caring for the elderly. Of course, this is not expected to be a dramatic improvement, but it would be an appropriate measure for the aging population.

There are many disadvantages of accepting refugees. On the other hand, there are many disadvantages of accepting refugees. The first is the enormous cost of supporting refugees until they are able to live on their own. Furthermore, there is an undeniable risk of increased crime and terrorism associated with cultural friction and conflict. In fact, two perpetrators of the November 2015 Paris terrorist attacks in France came from people who had entered Europe as refugees. Also, the Cologne New Year's Eve mass sexual assault occurred in Germany between December 31 of that year and January 1, 2016. A sexual assault and robbery of a German woman by about 1,000 Arabs and North Africans unfolded, sending shockwaves through Germany. The other disadvantage is the dissatisfaction of the people of Germany, who have decided that if they accept refugees, their food, clothing, shelter and living expenses will be paid for by the host country. It is said that few countries are willing to accept refugees because there is no end to the argument that their country is enriched or that if the country's tax money is going to support refugees, it should be spent on their own people.

<sup>443</sup>Daniel Griswold, "The Benefits of Immigration: Addressing Key Myths" May 23, 2018

### III

First of all, comparing it to Turkey, Turkey is the country that hosts the most refugees in the world; in 2018, it accepted 3.7 million refugees. It leads the pack compared to other countries, but there are many problems. The reason Turkey has so many refugees is that many European countries send back asylum seekers who come to their country because they say Turkey is safe. Nearly 80 percent of Turkish respondents in the survey believe that most Syrian refugees will stay in the country permanently, while 60 percent cited the refugee problem as the "third most serious" problem facing Turkey. Too much acceptance causes problems.

Next, looking at Germany, Chancellor Merkel has decided to take in one million refugees. This is due to Germany's aging population and the resulting decline in the working population. This is similar to Japan. By accepting refugees, the working population has increased. This plays a role in increasing the productivity of the country. However, it also hides the fact that it does not work in practice, partly because of invisible discrimination against refugees for employment. For native Germans and refugees to work on the same stage requires further legislation and understanding of the environment. There are problems, but this does not change the fact that the number of people in the workforce is growing.

### IV

In conclusion, there are some causes of why Japan has the lowest acceptance of refugees in the world and the effect of it. I think that we must accept refugees in Japan, because there are too few refugees. Japan is decreasing its birthrate and aging population. Population is decline in the future, so will the number of working people. Then, they need to use refugees. I think the refugee situation is still rarely known in Japan's civilization and is the most important cause. In conclusion, if you compare the two countries that are accepting a lot of refugees to Japan. If countries take in too many, they will have problems like Turkey, but as long as they don't make a mistake in your capacity, I think they will be fine.

### Bibliography

- Alan Makovsky, "Turkey's Refugee Dilemma," Center for American Progress, accessed November 20, 2020  
<https://www.americanprogress.org/issues/security/reports/2019/03/13/467183/turkeys-refugee-dilemma/>  
Daniel Griswold, "The Benefits of Immigration: Addressing Key Myths" May 23, 2018  
<https://www.mercatus.org/publications/trade-and-immigration/benefits-immigration-addressing-key-myths>  
gooddo マガジン編集部 "難民認定率、日本はたった 0.2%。日本が難民受け入れに厳しい理由とは,"  
gooddo マガジン | 社会課題や SDGs に特化した情報メディア (株式会社 gooddo, August 17, 2020),  
<https://gooddo.jp/magazine/peace-justice/refugees/923/>

---

<sup>443</sup> Daniel Griswold, "The Benefits of Immigration: Addressing Key Myths" May 23, 2018

<sup>444</sup>gooddo マガジン編集部 “難民認定率、日本はたった 0.2%。日本が難民受け入れに厳しい理由とは,” gooddo マガジン | 社会課題や SDGs に特化した情報メディア (株式会社 gooddo, August 17, 2020),

<sup>445</sup>OECD, “Migration Policy Debates” May 2014

<sup>446</sup>Pia Orrenius, “Benefits of Immigration Outweigh the Costs” 2016

<sup>447</sup>Tejvan Pettinger, “Pros and cons of Immigration” 14 November 2020

---

<sup>444</sup>gooddo マガジン編集部 “難民認定率、日本はたった 0.2%。日本が難民受け入れに厳しい理由とは,” gooddo マガジン | 社会課題や SDGs に特化した情報メディア (株式会社 gooddo, August 17, 2020),

<sup>445</sup> OECD, “Migration Policy Debates” May 2014

<sup>446</sup> Pia Orrenius, “Benefits of Immigration Outweigh the Costs” 2016

<sup>447</sup> Tejvan Pettinger, “Pros and cons of Immigration” 14 November 2020

## Tattoo Problem in Japan

Noeru Saino

Wonderopolis reported fashion goes beyond just clothes. It can extend to shoes, jewelry, and even hair style#, especially tattoos are very popular among the American youngsters# unlike the Japanese. The Pew Research Center reports that in 2013, 38% of 18 to 29 year old people had at least 1 tattoo.# A recent Ipsos poll reveals that more three in ten of American people had at least one tattoo in 2012#. In Japan there are only 2 percent of people who have tattoos#. Japan has been known to be less welcoming to inked skin people. The Japanese Internet company called GMO# provided the results of a survey to ask what do you feel about tattoos being good, bad or no matter for males and females from the age of 15 to over 60. The results show that none of senior citizens think tattoos are good and almost 67 percent of them feel tattoos are bad. Even younger people who have the most percentage of positive thoughts about tattoos are almost 5 percent. Many Japanese people who have negative thoughts about tattoos probably do not have exact reasons, just an image or custom from a long time ago. This thesis will discuss the similarities and differences in treatments of tattoos from people between in Japan and in America, the causes of tattoos are uncomfortable in Japan and three solutions which are request to the bathing facilities for the systems, spread the positive image of tattoos to Japan by using social networking services and complain to Japanese government about treatment for tattoos in Japan from a big scale in order to make Japan comfortable country for Inked people to live.

### I

There are some similarities about tattoos between Japan and the United States. In Japan, tattoos are not popular because the Japanese, especially older people, have negative images for tattoos such as the people who got tattoos are bad or dangerous and scared.# These images are coming from Japanese gang members called Yakuza because they probably associate it with a kind of Japanese tattoo called Irezumi. Also, some Americans would feel scared about tattoos. There is a possibility that some Americans who have tattoos are gangs called mafia or criminals# because in prison, tattoos are often used to send a message of intimidation and ownership to other gangs. Also, gang tattoos identify gang members to protect each other. These opinions for tattoos made these countries less comfortable for people who got tattoos even if they got these for a way of fashion or positive meaning. For example, people are not allowed to use public bath facilities, swimming pools and gyms in Japan and also it is hard to get a job if they have a tattoo in both regions.# In contrast, tattoos are common among the people, especially young adults in the United States are different from youths in Japan. Kinds of tattoos are useful and positive things for American people. For instance, permanent makeup has advantages such as waterproof, not smearing, time saving, and simple methods. Cosmetic tattooing is also used to cover scars, birthmarks, alopecia, and vitiligo. #Additionally, some kinds of workers have tattoos for several reasons. One of these is artists, mainly singers. Many famous musicians have tattoos in Japan. For example, it is the major reason for the first time to get a tattoo when people decide to become a musician and make money with music for their whole life. Also, tattoos can show off their mind, purpose or morals then they can have confidence by themselves. Another is football players. According to sports psychologist Dirk Hofmeister, tattoos help players feel less like being in a boot camp. After day footballers are forced to wear the same jerseys, so tattoos can give them identity and distinguish them from their buddies. Tattoos can give them self expression which is beneficial for performance.# However, Japanese athletes would not get tattoos because if they got a tattoo, it makes their team images worse from senior spectators, sponsors and Japan Football Association.# Therefore, they try to hide their tattoos with long sleeve shirts or straps.



---

## II

There are several causes for tattoos that are uncomfortable in Japan. The first cause for Japanese having a negative image for tattoos is the presence of Japanese criminal groups. Japanese people, especially the majority of seniors, have prejudice towards tattoos such as the people who got tattoos are bad or dangerous and scared. These images are coming from Japanese gang members called Yakuza because most of them associate with a kind of Japanese tattoo style called Irezumi. This refers to the Japanese tattooing tradition of inserting ink under the skin to form the tattoo by hands with a tool that is made of bamboo and a few needles. This way of getting tattoos is very painful and takes a lot of time compared to tattoo machines that operate with electric power. Why Yakuza chose this way is because it is evidence to prove their courage and determination. Moreover, the prejudice for tattoos comes from Japanese old time customs. Irezumi is a traditional Japanese tattoo style that has a history from at least 1700 years ago. In the Edo period, tattoos were completely taboo and used to mark as criminals on their forehead or arm. Members of the underclassmen who sold stolen things or illegal goods began to form groups that they called Ninkyō. Many of them had been to prison with tattoos as a punishment, so they added new tattoos with different kinds of art like color and designs to hide the mark. Japan completely banned tattoos in the Meiji period with law. Another cause for a difficult to lead lifestyle with tattoos is prejudice in Japanese society. In Japan, people have not been allowed to use public bath facilities called Ryōkan and swimming pools since 1940, so there are mostly signboards that say No Irezumi or tattoos. Some public pools banned people with Irezumi and tattoos even if they hide their tattoos with swimwear or band-aids. In 2014, the local government made a law that banned exposure to tattoos and Irezumi, so people have to hide their tattoos with something in spite of the free swimming area. Majority of gyms are allowed to join people who have tattoos to keep hiding tattoos. However, there are some gyms that completely banned tattoos without regard to size and hiding with clothes to protect customer's safety and secure them from Japanese gang members and punks.

## III

There are several solutions that could be put into practice. First one of the solutions is demand for the bathing facilities that change the system about which people are not allowed to use. The tourism agency is urging Japanese bathing facilities to improve the coping with people who got tattoos such as considering the inked people may be tattooed for a variety of religious, cultural or a fashion without associated with gang members. The bath facilities offer guests who got tattoos to take a bath when other guests are less taking a bath. In addition, Japanese young people have positive thoughts for tattoos more than senior citizens, less bound by old custom and also they are better adapted to social networks like Twitter or Instagram so they can share the truth about tattoos on a global scale to lead the country to a good way for globalization because young people need to lead and make society better in the future. If it succeeds, the seniors might change their mind from having negative images that it has always been like that and it makes Japan an uncomfortable country for inked people that tattoos are completely bad and dangerous. Last of all, if Japanese youngsters unite with others who have dissatisfaction with the treatment of tattoos in Japan and they protest to Japanese government or organization, it would not be able to ignore and avoid their opinions because the protest might be shared to the whole of Japan by news on televisions, newspapers and SNS. Then it might get a lot of attention from the big scale. After that, the protestants introduce the problems like a lot of visitors from overseas find it difficult to find the facilities which are allowed to be inked and benefits if Japan's systems are changed, visitors from foreign countries are easy to come without worries for inked problems such as less facilities in interviews. Eventually, the Japanese government would consider directions for tattoos.

## IV

In conclusion, there are several similarities between Japan and America for tattoos. Some people are scared of tattoos because of the connection with gang members. Also both areas are not comfortable for people who have tattoos to find a job. However, some Americans would feel useful with having tattoos such as can cover scars, show off their morals and can give them identity. In my opinion, tattoos will be more common in the future with increasing the various shapes like makeup or cosmetics. It does not stand out compared to traditional tattoo styles that have bold lines and bright colors, so Japanese people can easily get tattoos without much care about what others think of their tattoos. According to The Asahi Shimbun, at the end of 2019, 51.2 percent of the nation's 14,400 yakuza members were 50 or older and they mostly retired at the age of 70 years old. Yakuza become fewer and fewer in the future in Japan so we do not need to ban tattoos or irezumi in public facilities because there will not be dangerous problems such as gang troubles. Also, there are several causes for the tattoos not having good values from

---

Japanese people because of the bad images from Japanese gang members and the customs as the punishment for criminals since the Edo period. These images make Japan an even more uncomfortable place for people who got tattoos for fashion or having beneficial meaning such as they are not allowed to use public facilities and swimming pools even if they try to hide their tattoos to stay not stand out some of those are completely banned. The custom for Irezumi from ancient times even influenced the present different types of tattoos. This is not a fair reason so Japanese people need to begin to consider that tattoos are different from Irezumi. The first solution is that people demand bathing facilities that change the system and need to wait for the tourism agency's preparation like a conference and it might take a little bit more time to gain the approval from the boss or manager. The second solution just needs a device such as a smartphone to use Instagram or Twitter and can share the information to many people but there is a worry that seniors are less having smartphones and less enjoying Instagram than young people. Last solution is to unite with people who have dissatisfaction with the treatment of tattoos in Japan and make a plan to protest in order to be featured in the news. I feel the last solution is the best solution because many people including seniors watch TV or read newspapers the same as or more than young people so it can be shared on the biggest scale.

### Bibliography

- Breuner, Cora C., David A. Levine, and The Committee On Adolescence. "Adolescent and Young Adult Tattooing, Piercing, and Scarification." *American Academy of Pediatrics*, October 1, 2017. <https://pediatrics.aappublications.org/content/140/4/e20163494>.
- Catherine Nessworthy, "Yakuza Tattoos: Japanese Gang Members wear the Culture of Crime," *Ratta Tattoo*, February 07, 2013, accessed October 27, 2020, <https://rattatattoo.com/yakuza-tattoos-japanese-gang-members-wear-the-culture-of-crime/#:~:text=Because%20of%20the%20painful%20process,successful%20in%20his%20business%20pur suits.>
- Chris Jackson, "More Americans Have Tattoos Today than Seven Years Ago," *Ipsos*, August 30, 2019, accessed October 27, 2020, <https://www.ipsos.com/en-us/news-polls/more-americans-have-tattoos-today>
- Heimlich, Russell. "Tattoo Taboo." *Pew Research Center*. December 30, 2019. <https://www.pewresearch.org/fact-tank/2010/03/24/tattoo-taboo/>.
- Jacob Harris, "What Is Irezumi - The Meaning Behind Japanese Tattoos," *JapanJunky*, September 12, 2019, accessed October 27, 2020, <https://japanjunky.com/what-is-irezumi/>
- Jason Riddle, "All Too Easy: Spreading Information Through Social Media," *UA Little Rock*, March 1, 2017, accessed December 11, 2020, <https://ualr.edu/socialchange/2017/03/01/blog-riddle-social-media/>
- Jessica A, "Social Media Addiction in Teens and Young Adults," *Paradigm Treatment*, July 17, 2020, accessed December 11, 2020, <https://paradigmatreatment.com/anxiety-teens-young-adults/social-media-addiction/>
- John Spacey, "What is Irezumi?," *Japan Talk*, April 02, 2015, accessed October 27, 2020, <https://www.japan-talk.com/jt/new/irezumi>
- JST. "The Gang's Gone Gray: Majority of Yakuza in Japan Now over Age 50." *The Asahi Shimbun*, August 21, 2020. <http://www.asahi.com/ajw/articles/13655613>
- Keisuke Tsunekawa, "タトゥーを持つ訪日外国人は温泉に入れる？ 日本とタトゥーの現状と実態に迫る," *LIVE JAPAN*, September 9, 2019, accessed November 22, 2020, <https://livejapan.com/ja/article-a0002894/>.
- Montaldo, Charles. "Gang Tattoos, Gang Art, Gang Symbols and Meanings." *ThoughtCo*, September 7, 2018. <https://www.thoughtco.com/photo-gallery-of-gang-tattoos-4123054>.
- Ryan Fan, "Irezumi: The History of Tattoos in Japan," *Medium*, July 02, 2019, accessed October 27, 2020, <https://medium.com/history-of-yesterday/irezumi-the-history-of-tattoos-in-japan-a0e77d9a81e9>
- Sebastian Saam, "WHY tattoos are so popular in football | The tattoo craze," *YouTube*, October 9, 2019. <https://www.youtube.com/watch?v=6YsxC9itlhc&t=208s>
- Shinichi Hosokawa, "タトゥーについてどう思う？若年層と高齢層の認識は？," *ニュース&エンタメ情報『めるも』*, November 5, 2018, acced November 22, 2020, <https://news.merumo.ne.jp/article/genre/8049758>.
- Tricycle, "Why Japanese People Are Afraid of Tattoos," *Tattoo Friendly Japan*, Jun 07, 2017,

OECD, "Migration Policy Debates" May 2014

<https://www.oecd.org/migration/OECD%20Migration%20Policy%20Debates%20Numero%202.pdf>

Pia Orrenius, "Benefits of Immigration Outweigh the Costs" 2016

<https://www.bushcenter.org/catalyst/north-american-century/benefits-of-immigration-outweigh-costs.html>

Tejvan Pettinger, "Pros and cons of Immigration" 14 November 2020

<https://www.economicshelp.org/blog/152453/economics/pros-and-cons-of-immigration/>

## The Future of South and North Korea

Fanni Park

I have a problem that I'm very worried about. Its content is about a national problem between South and North Korea. Originally, these two countries were incorporated as one country, but a severe war divided them into two countries in 1950. This war is typically named "Korean War". At that time, Korea was released from Japanese colonial roles five years ago; its incident is also the beginning of tragedy.

### I

After World War II, the United States of America and Soviet Union discussed which one country would take control of the world. Therefore, each country helped the independence of many colonial nations and defeated them in the war at that time. It has a purpose to correct support for them in exchange for independence. In the end, two countries ended this problem with just glaring without directly crossing weapons. This is the so-called Cold

---

accessed October 27, 2020,

<https://tattoofriendlyjp.com/why-japanese-people-are-afraid-of-tattoos/#:~:text=Tattooing%20culture%20had%20not%20faded%20among%20gangs&text=They%20were%20used%20to%20prove,every%20family%20has%EF%BD%84%20a%20bath.>

Umeda, Sayuri. "Global Legal Monitor." Japan: High Court Rules Tattooing Is Not a Medical Act, Library of Congress, November 23, 2018.

<https://www.loc.gov/law/foreign-news/article/japan-high-court-rules-tattooing-is-not-a-medical-act/>.

Wonderopolis. "Why Do Fashions Change Over Time?" Wonderopolis, March 13, 2018.

<https://www.wonderopolis.org/wonder/why-do-fashions-change-over-time#:~:text=When%20people%20see%20the%20new,fashions%20constantly%20change%20over%20time.>

You. サッカー日本代表で刺青を入れている選手は？規則はあるの？. 週末世界の Football, June 28, 2020

<https://syumatsusekai-football.com/%E3%82%B5%E3%83%83%E3%82%AB%E3%83%BC-%E6%97%A5%E6%9C%AC%E4%BB%A3%E8%A1%A8-%E5%88%BA%E9%9D%92/>.

Zuckerman, Arthur. "38 Tattoo Statistics: 2019/2020 Industry, Trends & Demographics." CompareCamp.com.

CompareCamp, May 13, 2020. <https://comparecamp.com/tattoo-statistics/>.

株式会社ヒューマ, "「タトゥー」を入れた日本人の8割以上が後悔！<若気の至り>を消す方法とは？,"

ビジネスジャーナル/Business Journal | ビジネスの本音に迫る, March 22, 2017, accessed October 27, 2020, [https://biz-journal.jp/2017/03/post\\_18410.html](https://biz-journal.jp/2017/03/post_18410.html)

タトゥーリムーバル, "タトゥーがあったらどんな施設・場所が利用できなくなるか,"

確実にキレイにタトゥー除去をする Navi, January, 2017, accessed October 27, 2020, <http://www.tattoo-rmv.info/column/place.html>

独立系 Sler, "刺青・タトゥーはOK? 8つのジムに入会可能か問い合わせしてみた,"

ykiblog, March 25, 2019, accessed October 27, 2020, <https://ykiblog.com>

War. Among them, many countries in the world were separated as the team of America or the Soviet Union. The biggest feature is that most countries belong to the former that raises capitalism. For example, Japan, Western Europe and Taiwan. Conversely, other countries belong to the latter that raises socialism like China, Eastern European and Cuba. Among them, there are some countries that were originally made as one at the end of the fierce battle between America and the Soviet Union like West and East Germany, South and North Vietnam and Africans. As mentioned at the beginning, Korea is also one of the countries like them. As a result, the south area belonged to the team of America and the north area belonged to the team of the Soviet Union.

## II

The progress of "Korean War " was as follows. At first, Korea of north side with the support of Soviet Union and China. The momentum was very tremendous. And finally, the northern armies were advantageous to the point just before the south armies cornered, but next time, the southern armies brought them back with the support of America. Turning the battlefield, they cornered north armies until the border line with China. In this way, both of them fought back and forth. In this process, many people were killed. And in 1953, both sides signed an armistice agreement to reduce wear for each other, but it was a truce, not the end of the war. So, this war is still continuing. At this time, a border line was drawn at 38 degrees north latitude. There is strictly security in place. All people were forbidden to pass through this border line. As a result of this war, it gave some influences to Korean people.

## III

Then, what kind of path did the two countries follow after that? Let's check each side in order.

At first, in the case of the south side, many people lamented breaking up with their families who were left on the north side. If they try to pass through a border line, they will be killed by observers who have a gun. This is also true for people in the same position who live on the north side. Of course, it was sad for families that lost relatives in this war, but it was also sad for others that were introduced earlier in another vector.

On the other hand, looking at the economy, it has grown steadily, albeit slightly behind other capitalist nations. For the first time, South Korea depends on the support of America, but it built uniqueness. In Particular, its trend standed out in the 1960s. The policy implemented at this time was named as "Miracle on the Han River". Also, South Korea formed a tie-up with other Asian countries like China and Vietnam in the 1980s. In this way, South Korea succeeded in aspects of the economy, but there are some dark points to the fact that most rulers caused many scandals.

## IV

And in the case of the North side, a certain clan came to stand out after the war. Its clan's name is Kim. Kim Il Sung who is the head of the clan was one of the leaders of the north side. Later, he disposed of other big wheels to take control of politics. As a result, the north area was formed by a socialism country in the name of the Kim family. However, the north area was cordoned off. Until then, the Soviet Union and China were reliance ropes for the north area, but after a certain time, two countries made a mistake. By the way, China concluded a treaty with some capitalist countries. And in 1991, the Soviet Union lost the Cold War with America. With this, its union was dismantled. And more than anything, some countries that were separated by America and Soviet Union are reintegrated like Germany. Taking this opportunity, both Koreas also seemed to reintegrate again, but then, the relationship between south and north were already cold.

On the other hand, there is another problem in the country. The north nominally advocates socialism, but the reality is there are many people suffering from sickness and poverty, but governments do not give alms for them. So, the number of poor people is increasing even now.

## V

Based on these, to both Koreas integrate again is difficult because the way of thinking of people, the way of politics and economy have changed completely during these 70 years. I was born in Japan, so I don't know the more detailed circumstances between each country, but I'm Korean even if it bends. Considering the current situation of

the world, the north area is in a very weak position. In the first place, Socialism unions are in trouble. If this goes on, the north area can be attacked by other strong Capitalism unions. I have no idea how to integrate two countries again as one now, but I really hope it someday.

#### Bibliography

- [https://en.wikipedia.org/wiki/Cold\\_War](https://en.wikipedia.org/wiki/Cold_War)
- <https://www.history.com/topics/cold-war/cold-war-history>
- <https://www.britannica.com/event/Cold-War>
- <https://www.insider.com/difference-between-north-and-south-korea-2017-8>
- <https://brightside.me/creativity-photography/a-photographer-shows-differences-between-north-and-south-korea-and-they-are-impressive-617660/>
- <https://www.hrw.org/world-report/2021/country-chapters/north-korea>
- <https://www.libertyinnorthkorea.org/learn-nk-challenges>
- <https://www.jstor.org/stable/43908832>

### **The Innocent Dogs and Terrible People in Japan**

Yuzuki Honjo

Every year, the number of dogs being killed is increasing. In addition to the number of dogs being killed, there are many dogs being treated badly. For example, 500 cats & dogs legally killed in a kill box called the Dream Box<sup>448</sup> in Japan each day.<sup>449</sup> In addition, according to Petopia, the statistics on animal abuse show that every 60 seconds, one animal suffers abuse.<sup>450</sup> Even if it's legal, it's still a crime to kill, even if it's not human. Why are these dogs being treated so badly? This thesis will compare Japan and other countries to how dogs are treated, the causes and the solutions of being treated badly by humans in order to know what we can do for the innocent dogs who are suffering because of humans.

#### I

There are many similarities in how dogs are treated in Japan to other countries. First of all, both Japanese and people from other countries love pets, as do many people in the world. Also keeping dogs as pets is popular with people in the world. In addition, recognize that dogs are also members of the family. Next, pet stores and breeders sell dogs but in Japan you can sell it easily, but in some countries overseas you have to go through a strict examination.<sup>451</sup> There are many places for dogs(pets) in the world. For example, there are hotels and dog run facilities where pets can stay with them, so people both enjoy traveling and make memories with their pets.<sup>452</sup>

On the other hand, other countries and Japan are so different. To begin with, animal rights are respected around the world, but animal rights are not widely pervaded in Japan. For example, there are some laws in other countries. Legal pet shops are fully licensed, prohibiting the selling of pet shops without licenses. The countries that are particularly focused on European countries are the UK and Germany. It is said that it is 100 years ahead of Japan in animal welfare.<sup>453</sup> The next is Training awareness. In Germany, keeping dogs and going to training as a matter of course. Public transportation such as trains and buses can allow dogs as there are many well-trained dogs and highly conscious owners. There is no need to put it in a carry bag or cage. In England, the idea that a dog is a friend or family is deeply ingrained. Therefore, as human beings educate their dogs, naturally the dog also attaches to the training school. Therefore, many dogs who are taking a walk in the park etc are Nolead. Although walking in Noured in

---

<sup>448</sup> “知っていますか？犬や猫たちの「爪あと」が残る、「ドリームボックス」って？.” gooddo (グッドゥ) | 社会課題を知って、あなたにできる貢献を。いいこと、しやすく。 . Accessed October 27, 2020.

<sup>449</sup> Japan Today. “500 Cats & Dogs Legally Killed in Japan Each Day.” Japan Today. Accessed October 27, 2020.

<sup>450</sup> “45 Disturbing Animal Abuse Statistics We Should Know in 2021.” Petpedia, January 14, 2021.

<sup>451</sup> Japan Today. “500 Cats & Dogs Legally Killed in Japan Each Day.” Japan Today. Accessed August 20, 2020.

<sup>452</sup> Green, Kate, Gigigriffis, Paula Elliott, Ali, Joy Thierry Llewellyn, Pamela, Hanna, et al. “The Most (And Least) Dog-Friendly Countries in Europe.” The Ramble, August 22, 2020.

<sup>453</sup> “The Difference between the World and Japan.” · Animal Essential. Accessed August 20, 2020.

Japan is a responsibility of the owner, it seems that it is possible only because training is done properly, and fighting dogs etc are rare.<sup>454</sup>

## II

There are several causes for dogs to be treated badly by humans. The first cause is environmental. In China, there is a culture of eating dogs. Many people don't think it's possible to eat dogs, but in China, it's a normal part of their culture. In addition, people in developing countries are often seen owning dogs, but people don't have a lot of food to feed their dogs, and many of them die because they don't have access to food. Besides these, abandoning a dog is generally a no-no, but there is no law against abandoning a dog anywhere and anyone can abandon it for their own convenience.<sup>455</sup> That will vary with the environment of the area and the country, but this kind of behavior has led to an increase in the number of stray dogs. Stray dogs have no home and nothing to eat. They are not born to be born, but are abandoned by humans. Many of them are killed after being taken care of.

The second cause is in how they are loved by their owners. There are many ways to express love, but there are some people who misrepresent some things.<sup>456</sup> For example, some people don't think of dogs as living beings. Also, they think of them as just decorations and dolls, because when a dog is hungry, sad, or in pain, people leave them alone as if they have no feelings. People stop owning dogs for their own reasons. For example, the dog doesn't listen to them, or the dog grows up and becomes difficult to keep. It's not easy to keep a pet abroad without going through a strict screening process when you own one. (ex: Countries in Europe) However, in Japan, anyone can buy a pet at a pet shop. There are a few people who do not have the responsibility of keeping an animal for the simple reason that it is cute or because they want a pet. Those people are among those who abandon their dogs.<sup>457</sup> There are people who dump their dogs on the side of the road for the reason that it's not a crime and it's okay, but they wouldn't do that if they had love.

The third cause is money. Dogs are bred for money in many countries, and not only natural breeding but also artificial breeding is common. Not only are dogs from the same breed but also hybrids and improved breeds are being increased by humans. These things are not treated as one life, but as one commodity. So in Japan, small dogs are popular<sup>458</sup>, so many small dogs are produced, and therefore many large dogs are left unsold. Those things are strictly illegal as a law in some countries, but many dogs are killed because of this. In addition, in some countries, dog meat is sold. The reason why people sell dog meat is because we can sell it at a high price and there are many people who buy them.<sup>459</sup>

## III

There are three solutions Solutions to prevent dogs from being killed by humans. The first solution is to not allow them to breed. Also, spaying and neutering. Animals, like humans, have a life of their own and can have children, but unlike humans, they can do so naturally, so it is difficult to stop them from having children on their own. However, if we help them, we can stop them. For this reason, it would be better to have a birth control treatment that is not too expensive. The cost of treatment is high and not something that can be easily lowered for either humans or animals, but this is a problem that should be solved so that animals can live comfortably and not be treated badly by humans. Also recently, I heard that many people consider animals as their own family members and many of them buy pet insurance. Some insurance policies even guarantee more than half of the cost of treatment.<sup>460</sup>

The second solution should be to prevent anyone from easily owning or selling a dog. Many people start owning them irresponsibly and then abandon them. That causes more shelter dogs. So it is better to have a strict screening process for people who have the responsibility to raise their dogs in a way that gives them the right to keep them. Also, in some countries, these things are very important. In fact, Europe is focusing on animal welfare to the extent that it is said to be an "animal welfare advanced country". The countries that are particularly focused on European countries are the UK and Germany. It is said that it is 100 years ahead of Japan in animal welfare. Such as Legal pet shops are fully licensed and Prohibition of selling pet shops without licenses.<sup>461</sup>

---

<sup>454</sup> "The Difference between the World and Japan." · Animal Essential. Accessed August 20, 2020.

<sup>455</sup> Sentient Media. "What Is Animal Cruelty and How Can We Stop It For Good?" Sentient Media, October 8, 2020.

<sup>456</sup> Animemetravels. "Treatment of Animals in Japan." Animeme Travels, June 4, 2019.

<sup>457</sup> Japan Today. "Animal Welfare in Japan Improving." Japan Today. Accessed October 27, 2020.

<sup>458</sup> Nbakki. "Top 25 Popular Dog Breeds in Japan." How much is it in Tokyo?, February 28, 2015.

<sup>459</sup> "Dog Meat Prices Skyrocket After Activists Hound Festival in China." The Wall Street Journal. Dow Jones & Company, June 26, 2014.

<sup>460</sup> Hamamoto, Noriko. "Pet Insurance Popular as Medical Costs Rise." The Japan Times. Accessed January 27, 2021.

<sup>461</sup> "The Difference between the World and Japan." · Animal Essential. Accessed January 27, 2021.

The third solution is creating awareness through social media. If you are interested, you might know about it, but if you're not, you're not going to know about it at all. But nowadays, the internet and information is easy to access. Anyone can find out about it, and there are few people who don't use social networking sites. We should use Instagram and other social media to introduce protected dogs at the public health center, or use commercials to show how many Protected dogs are out there because we see a lot of commercials for children in developing countries, but we don't see commercials for shelter dogs or animals. In addition, not many people in Japan are aware of the existence of animal rights.<sup>462</sup> Because of this, some dogs are being abused or abandoned. This applies not only to dogs but to all animals. The best way to spread the word about animal rights is to use social networking sites.

#### IV

In conclusion, there are many similarities and differences about how to treat a dog in Japan and other countries. For example, love for dogs and animal rights. It's the same that you love dogs in Japan and in other countries, but do not forget that dogs have the same rights as humans, as dog rights are not so respected in Japan.<sup>463</sup> Dogs cannot talk to humans, they have different food, they are different creatures from humans, but they have the same life. Therefore, dogs have the right to live and value life like humans. Also, do not kill lives for human reasons or keep dogs because they are cute. I think that only those who can responsibly raise their dogs to the end have the right to keep them.

Additionally, there are many causes of dogs to be treated badly by humans. For example, different environments in different countries, different ways of loving dogs and the human desire for money. The origin of these things is entirely human. Did you all know that there is such a thing as animal rights? We all know that dogs are animals and have the same lives and emotions as humans. But it's impossible to talk to them and they can't help but behave badly. And just because they are animals that can't talk to us doesn't mean we can do anything to them. Just because no one says anything, or because they can't be punished by law, doesn't mean it's okay to do it. Animals also have a right to live, and I don't think there's any reason to lose their lives so easily by doing a horrible thing like killing them because people created them. The dogs are innocent. Only we, as humans, can protect them from their cute and cuddly little ones.<sup>464</sup> If the number of dogs being killed doesn't decrease, I think the government should make a law to call for it. I don't think we should live in a world where people breed dogs, make money, and when they don't want them, it's fine to throw them away and the health department kills them because they can't raise them while covering them up with pity.<sup>465</sup>

Lastly, there are many solutions for dogs being killed at public health centers. For example, lower the cost of castration treatment, make it impossible to buy and sell dogs easily, and use social networking sites to inform people about protected animals and animal rights. I think it would be difficult to remedy this problem. If you ask me what we can do, we can't do anything big. But because of social media, I can tell people about the existence of Protected dogs and I can volunteer. Maybe the Japanese should change the way they think about not only dogs, but also cats and other animals. Nowadays in Japan, unlike in the past, it is a big problem for adults to raise their hands against children as it is considered abuse. In the same way, the way people treat and think about animals is also changing. Some people used to consider buying a pet as their status, but now more and more people treat their pets as members of the family, no matter what kind of animal they are, and more and more people are taking in dogs from shelters. This is because a shelter in one of the prefectures is working toward the goal of zero euthanasia and has achieved that goal.<sup>466</sup>

#### Bibliography

Aleksandar Hrubenja "45 Disturbing Animal Abuse Statistics We Should Know in 2021."

Petpedia, January 14, 2021. Accessed March 24 2021 <https://petpedia.co/animal-abuse-statistics/>.

Animemetravels. "Treatment of Animals in Japan." Animeme Travels, June 4, 2019, accessed March 24,

---

<sup>462</sup> "Society and Animal Welfare - Japan." ESDAW. Accessed January 27, 2021.

<sup>463</sup> Animemetravels. "Treatment of Animals in Japan." Animeme Travels, June 4, 2019.

<sup>464</sup> "Laws That Protect Animals." Animal Legal Defense Fund, August 4, 2020.

<sup>465</sup> Jarvis, Stephan, Zoria Petkoska, Candice Buckle, David McElhinney, Weekender Editor, Tracy Jones, Nick Narigon, et al. "Why You Shouldn't Buy a Pet in Japan: News & Views." Tokyo Weekender, April 27, 2018.

<sup>466</sup> "West Japan City Achieves 'Zero Euthanasia' Goal for Public Shelter Animals in FY 2019." The Mainichi, May 22, 2020.

- 2021 <https://animemetravels.wordpress.com/2018/11/09/treatment-of-animals-in-japan/>.
- Atitwa, Sundra Chelsea. "How Many Dogs Are There In The World?" WorldAtlas, January 31, 2018, accessed March 24 2021 <https://www.worldatlas.com/articles/how-many-dogs-are-there-in-the-world.html>.
- Cara Clegg, "500 Cats & Dogs Legally Killed in Japan Each Day." Japan Today, August 4, 2013, accessed March 24, 2021, <https://japantoday.com/category/national/500-cats-dogs-legally-killed-in-japan-each-day>.
- Dow Jones & Company "Dog Meat Prices Skyrocket After Activists Hound Festival in China." The Wall Street Journal, June 26, 2014, accessed March 24 2021 <https://www.wsj.com/articles/BL-CJB-22883>.
- Green, Kate, Gigigriffis, Paula Elliott, Ali, Joy Thierry Llewellyn, Pamela, Hanna, et al. "The Most (And Least) Dog-Friendly Countries in Europe." The Ramble, July 17, 2020, accessed March 24, 2021, <https://gigigriffis.com/least-dog-friendly-countries-europe/>.
- Jessica Kozuka "Animal Welfare in Japan Improving." Japan Today August 12, 2014 Accessed October 27, 2020. <https://japantoday.com/category/features/lifestyle/animal-welfare-in-japan-improving>.
- , Latasha Doyle, By, -, Latasha Doyle, Alina Rai -, Shelly Graves -, Diana Beth Miller -, James Rhys Clarke -, and Patrick Lumontod -. "The Best and Worst Countries for Dogs (And Their Owners)." Top Dog Tips, January 18, 2019. <https://topdogtips.com/best-and-worst-countries-for-dogs/>.
- "Laws That Protect Animals." Animal Legal Defense Fund, accessed August 4, 2020. <https://aldf.org/article/laws-that-protect-animals/>.
- Natalie Jacobsen "Why You Shouldn't Buy a Pet in Japan: News & Views." Tokyo Weekender, April 27, 2018. accessed March 24 2021, <https://www.tokyoweekender.com/2016/07/why-you-shouldnt-buy-a-pet-in-japan/>.
- Nbakki. "Top 25 Popular Dog Breeds in Japan. How much is it in Tokyo?" Hatena Blog, February 28, 2015 accessed March 24 2021 [https://nbakki.hatenablog.com/entry/Popular\\_Dog\\_Breeds](https://nbakki.hatenablog.com/entry/Popular_Dog_Breeds).
- Noriko Hamamoto "Pet Insurance Popular as Medical Costs Rise." The Japan Times, January 18 2011, Accessed January 27, 2021. <https://www.japantimes.co.jp/news/2011/01/18/national/pet-insurance-popular-as-medical-costs-rise/>
- "Society and Animal Welfare - Japan." ESDAW. Accessed January 27, 2021. <http://www.esdaw.eu/society-and-animal-welfare--japan.html>.
- "The Difference between the World and Japan." · Animal Essential. Accessed August 20, 2020. [http://musekinin-0.jp/en/whats\\_going/problem/world\\_japan/](http://musekinin-0.jp/en/whats_going/problem/world_japan/).
- "West Japan City Achieves 'Zero Euthanasia' Goal for Public Shelter Animals in FY 2019." The Mainichi, May 22, 2020. Accessed March 24 2021, <https://mainichi.jp/english/articles/20200521/p2a/00m/0na/004000c>.
- "知っていますか？犬や猫たちの「爪あと」が残る、「ドリームボックス」って？." gooddo Accessed October 27, 2020. [http://gooddo.jp/nf/article-peacewanko-6/?from=gooddo\\_ycd\\_nf6\\_h\\_3](http://gooddo.jp/nf/article-peacewanko-6/?from=gooddo_ycd_nf6_h_3).



What is Entertainment? Currently, Entertainment is a part of everyday life. Everyone lives a life they enjoy because of it, even if they do not consciously use it. Life is not all about school and work. People are using entertainment to enhance their lives. Once again, it's hard to understand what entertainment is. So if I had to define it, it's an industry that moves people's emotions. We define it as a business where people actually go to the place and pay for the experience.<sup>467</sup> Theme parks, movies, sports, and concerts are all ways we get entertainment. There have been a lot of changes in entertainment now and in the past. For example, one of the most popular forms of entertainment that people use every day is global online video and entertainment.<sup>468</sup> According to 2019 social media statistics, there are 3.5 billion social media users worldwide and this number is increasing. That's about 45 percent of the current population. Additionally, video consumption in<sup>469</sup> the United States shows that percent of millennials (ages 13-34) watch an average of 11 hours of online video content per week. Entertainment is also changing the marketing within it. Some data shows that 73 percent of marketers are doing business through social media marketing efforts. And this is an amazing result for a time when there was no entertainment in the past. If it weren't for the development of technology, we might be having as much fun with entertainment today as we were 100 years ago. Entertainment is very important because it can change our lives and our possibilities. First of all, I would like to explain the most serious problem of entertainment. according to S&P, regulatory risk by companies is growing<sup>470</sup>. The most serious problem in entertainment is that people think Internet companies should focus on user privacy, unsafe content, antitrust and market dominance concerns. This is very important in the media and entertainment that people use today. For example, a possible problem with the Netflix company is that when people join and pay for Netflix, they have to enter their credit card privacy information. But if some malicious person hacks and misuses them, a lot of personal information will be lost. These very dangerous risks are now taken by many companies. Looking at the responses to the massive 2020 Consumer Trends Survey,<sup>471</sup> there was a rating from entertainment brands that people generally say quality is the most important and affordable. The results show that people are focused on quality and money and do not think much about personal information risk. This thesis will discuss entertainment as more positive than negative for people in the world, its current and past of entertainment and two ways to protect your privacy as it relates to entertainment in order to identify how much entertainment is involved in and need for people's lives.

## I

There are advantages and disadvantages of entertainment. One of these positive points is with entertainment, there is value in the experience itself.<sup>472</sup> You get an experience that can only be experienced on the spot. Also, the sense of unity among the participants. You can feel the atmosphere with all five senses.<sup>473</sup> It has the charm of being extraordinary. Furthermore, it is to create a special feeling for each person. For example, they may offer special content just for that person (such as name-branded merchandise or handshakes) or sell limited-time products. Second of all, there are some downsides to using entertainment. The main negative thing about entertainment is that the use of entertainment can become an addiction and wipe out society. There is research data that shows that young people are seeing the consequences of their actions. Namely, movies, exposure to violence, illicit sex, citing misperceptions of normality, and music being pushed out of every corner. What makes this even more frightening is when the home environment is abusive. According to the article, by the time the average teenager reaches the age of 18, they have witnessed about 16,000 murders and 200,000 acts of violence on television.<sup>474</sup> This has nothing to do with the game, and the number of occurrences increases further with each additional hour spent playing the game. People who are negatively affected by negative shows can certainly find themselves in more difficult situations in the future.

## II

---

<sup>467</sup> PopOptiq "19 Types of Entertainment - What Do You Like Doing?," PopOptiq, 2019.

<sup>468</sup> Maryam Mohsin, "10 Social Media Statistics You Need to Know in 2021 [Infographic]," Oberlo, 2020.

<sup>469</sup> Andrew Perrin and Monica Anderson, "Share of U.S. Adults Using Social Media, Including, 2019.

<sup>470</sup> TenProblems et al., "Ten Problems for Entertainment in the 2020s," TenProblems.com, 2020.

<sup>471</sup> Gemma Joyce, "2020: Consumer Trends for the Entertainment Industry", 2019.

<sup>472</sup> "【zempen】 saishinnoentateimentogyokaidokokarahimotoku'taikenkachi'takamerumaketeingutoha: b→Dash | gyokaishieaNo.1 detamaketeingutsuru, 2018.

<sup>473</sup> "Why Is Entertainment Important?," Talking Tree Creative, 2019.

<sup>474</sup> M.; Muscari. "Media Violence: Advice for Parents." Pediatric nursing. U.S. National Library of Medicine, 2002.

There are current and past forms of entertainment. The biggest difference between the old days and today's use of entertainment is that everyday life is different.<sup>475</sup> In the 1920 census, more than 80 percent of "men" over the age of 10 were working, whereas today only 69 percent of men over the age of 16 are working. In the old days, not many people had cars, so we didn't have the concept of a family vacation, we just went shopping together on holidays. Secondly, there were major differences between classes and cultural differences between the classes Entertainment. For the lower classes were penny arcades, dance halls, nickelodeons, and early movie theaters with very low admission fees. The middle class usually found entertainment in going to the circus or parlor shows. The elite have found entertainment in opera, symphonies, theater and so on. So in these times, with so many people working so many hours, especially at a young age, it's likely that they didn't have enough leisure time to reach out for entertainment. Thus, entertainment in the olden days was probable through various forms of rituals, celebrations and religious festivals. In summary, it was not easy for people to engage in entertainment in the olden days, as there were various statuses and restrictions on what they could do and what they could not do as they pleased. Another feature of today's entertainment is the shift to digital is spreading, and watching movies and TV is becoming people's top choice.<sup>476</sup> More than a quarter (27 percent) of all entertainment time in 2018 was spent watching TV and movies, according to the NPD Group study. Listening to music was second at 19 percent, and 16 percent of entertainment time was spent playing video games.<sup>477</sup> This leads to people becoming habitual. And what's more, the global entertainment market was able to reach \$100 billion for the first time in 2019 as streaming and marketing continued to make significant gains. The new coronavirus has caused a recession in all restaurants and economies, but streaming services have made great strides. Furthermore, as a result of the development of the entertainment industry, new types of jobs are being created, with writers, musicians, and composers being employed by companies rather than by patrons or individuals, as was the case in the past. New jobs have emerged in the film industry, such as lighting technicians, special effects supervisors, and amusement park attendants. Eventually, today's entertainment has evolved to blend with the entertainment of the past, adding new ones every day. We've been creating new marketing probabilities and making a positive difference in people's lives all along.

### III

There are problems and solutions caused by entertainment. In order to regulate privacy information, it is essential for users to protect their own information and for organizations to strictly protect their data. The effects of privacy information theft are not limited to money loss, but can also expose addresses, phone numbers, insurance cards, and even passport numbers<sup>478</sup>. According to a Microsoft<sup>479</sup> survey of 10,000 users (2014), the annual damage caused by identity theft and phishing is estimated at \$5 billion globally. In addition, it costs an additional \$6 billion to repair the damage done to an individual's online credibility. This is a problem that causes more damage than it does to the damage. The problem is that, unlike ordinary theft, this crime is difficult to find and difficult to compensate for. There are two ways to protect yourself from this kind of crime. The first is for people to be aware of the problem. For example, you don't use the same password for your bank account as for multiple passwords. It's easy to keep using the same password from the first time, but that password is sure to be vulnerable. A 2019 online security survey by Google confirmed that 65%<sup>480</sup> of people use the same password for multiple or all of their accounts. The second is to ensure a high quality of regulation of the personal information of the companies we organize. However, this is a very harsh reality. Because technology companies are not in favor of regulations governing how data is collected, used, and stored. This is because regulations tend to stifle innovation by creatively restricting how data can be used, and they also lead to increased compliance costs by increasing requirements for data updates, record keeping, and notification of data security breaches. However, the companies that are in favor of these have the potential for enormous risk and negative consequences because they rely on relatively free access and use. I think big companies should adopt it like the European Union. The European Union (EU) enacted the General Data Protection Regulation (GDPR) in 2018<sup>481</sup>. This means that it regulates the data handling and privacy of

---

<sup>475</sup> MAMcIntosh, "What Did Entertainment Look Like 100 Years Ago In The USA," Brewminate, 2019.

<sup>476</sup> "Watching Movies and TV Topped US Entertainment Options," The NPD, 2018.

<sup>477</sup> Rebecca Rubin, "Global Entertainment Industry Surpasses \$100 Billion for the First Time Ever," Variety, 2020.

<sup>478</sup> Canon, "kozoin zyouhou wo mamo ru tame no ki me te wo osi e te kudasai", Canon, 2016.

<sup>479</sup> "Worldwide Cost of Identity Theft Could Be \$5 Billion per Year, Microsoft Survey Finds," WeLiveSecurity, 2014.

<sup>480</sup> Michael Greene and November 12, "The Password Reuse Problem Is a Ticking Time Bomb," Help Net Security, 2019.

<sup>481</sup> GDPR "What Is GDPR, the EU's New Data Protection Law?," GDPR.eu, 2019.

individual citizens of the EU and the European Economic Area (EEA), and also addresses the export of personal data. I believe that this will build trust between the government and the citizens.

#### IV

In conclusion, entertainment is a necessary part of our lives and the presence of entertainment can make our lives happier. Be prepared for the entertainment and know the risks. We want our thoughts and dreams to come true through our entertainment experiences. It doesn't necessarily affect you, but it doesn't harm you. The negative and positive aspects are balanced out and turned into something positive. There will always be a good and bad side to something, but there are plenty of ways to make that bad side better. That's why I think the most important thing is to be flexible and not to evaluate new things in their bad places. It can also be said that Entertainment is a wonderful and vital part of our world. Entertainment is a wonderful and vital part of our world. What was once entertainment is now the basis of today's entertainment, and with the fusion of the old and new technologies, a new kind of entertainment has been established over time. And that's what you see when you compare the past with the present, where there used to be a hierarchy of access to entertainment, but now it's available to everyone at equal prices. Furthermore, in the past, people worked a lot of hours and didn't have access to entertainment, but now, with the correction of laws such as the Labor Standards Act, anyone can easily enjoy it. The appeal of entertainment is that it's a means of achieving insight and intellectual growth and the influencer power is very strong. So I think it's very good influential content for me. However today, I think we're getting used to that influence and adding it to the bad side. We have to find the problem and the solution to it and make the content evolve further without losing sight of the old entertainment that was the foundation of it. So, instead of focusing on the good aspects of things, we need to understand the bad aspects of things, which will lead to a revolution in the next generation.<sup>482</sup> It can also be said that I feel the biggest problem with entertainment was the loss of personal information. The solution to this problem is for people to be more careful and cautious in their use. It's easy to get something that's convenient, but don't forget that there's a big risk involved. As for the second point, the regulation of corporate information, it may be that the regulation is a hindrance on the business side, but I would like to see more thought given to the individual consumer and more measures taken. In the future, it will be even easier to obtain convenient things, but we must not forget to weigh the advantages and disadvantages. It will take a long time to solve the entertainment problems caused by these things.

#### Bibliography

- Andrew Perrin and Monica Anderson, "Share of U.S. Adults Using Social Media, Including Facebook, Is Mostly Unchanged since 2018," Pew Research Center, accessed March 31, 2021, July 31, 2020.  
<https://www.pewresearch.org/fact-tank/2019/04/10/share-of-u-s-adults-using-social-media-including-facebook-is-mostly-unchanged-since-2018/>.
- GDPR "What Is GDPR, the EU's New Data Protection Law?," GDPR.eu, accessed December 13, 2020 February 13, 2019.  
<https://gdpr.eu/what-is-gdpr/#:~:text=The%20regulation%20was%20put%20into,tens%20of%20millions%20of%20euros.>
- Gemma Joyce, "2020: Consumer Trends for the Entertainment Industry", accessed December 13, 2020, November 15th 2019.  
<https://www.brandwatch.com/blog/consumer-trends-entertainment-industry-2020/>.
- Keith Kirkpatrick, "Regulating Information Technology," ACM, accessed December 13, 2020, December 1, 2019.  
<https://cacm.acm.org/magazines/2019/12/241065-regulating-information-technology/fulltext>.
- Canon, "kozoin zyohou wo mamo ru tame no ki me te wo osi e te kudasa", Canon, accessed December 13, 2020, March 9, 2016.  
[https://e-set-info.ca-non-its.jp/malware\\_info/qa/detail/160309\\_1.html](https://e-set-info.ca-non-its.jp/malware_info/qa/detail/160309_1.html).
- Marketics "【zempen】 saishinnoentateimentogyokaidokokarahimotoku 'taikenkachi' takamerumaketeingutoha:b→Dash | gyokaishieaNo.1 detamaketeingutsuru.," b. Accessed August 28, 2020, December 12, 2018.  
[https://bdash-marketing.com/about-ma/blog/marketing\\_blog/6685/](https://bdash-marketing.com/about-ma/blog/marketing_blog/6685/).
- Maryam Mohsin, "10 Social Media Statistics You Need to Know in 2021 [Infographic]," Oberlo accessed March 31, 2021, March 18, 2021.

---

<sup>482</sup> Keith Kirkpatrick, "Regulating Information Technology," ACM, 2019.

- <https://www.oberlo.com/blog/social-media-marketing-statistics>.
- MAMcIntosh, "What Did Entertainment Look Like 100 Years Ago In The USA," Brewminate, accessed March 31, 2021, May 29, 2019.  
<https://brewminate.com/what-did-entertainment-look-like-100-years-ago-in-the-usa/>.
- M;, Muscari. "Media Violence: Advice for Parents." Pediatric nursing. U.S. National Library of Medicine. Accessed September 1, 2020, November between December , 2002.  
<https://pubmed.ncbi.nlm.nih.gov/12593343/>.
- Michael Greene and November 12, "The Password Reuse Problem Is a Ticking Time Bomb," Help Net Security, accessed December 13, 2020 November 11, 2019. <https://www.helpnetsecurity.com/2019/11/12/password-reuse-problem/>.
- PopOptiq "19 Types of Entertainment - What Do You Like Doing?," PopOptiq, March 20, 2019, Accessed September 1, 2020.  
<https://www.popoptiq.com/types-of-entertainment/>.
- Rebecca Rubin, "Global Entertainment Industry Surpasses \$100 Billion for the First Time Ever," Variety, accessed March 31, 2021, March 12, 2020.  
<https://variety.com/2020/film/news/global-entertainment-industry-surpasses-100-billion-for-the-first-time-ever-1203529990/>.
- TenProblems et al., "Ten Problems for Entertainment in the 2020s," TenProblems.com, accessed December 13, 2020, October 27, 2020.  
<https://www.tenproblems.com/2020/07/21/ten-problems-for-entertainment-in-the-2020s/>.
- The NPD Group "Watching Movies and TV Topped US Entertainment Options in 2018," The NPD Group, accessed March 31, 2021.  
<https://www.npd.com/wps/portal/npd/us/news/press-releases/2019/watching-movies-and-tv-topped-us-entertainment-options-in-2018-the-npd-group-says/#:~:text=In%20fact%2C%2027%20percent%20of,social%20networking%20and%20other%20activities>.
- "Why Is Entertainment Important?," Talking Tree Creative, October 4, 2019, Accessed September 1, 2020,  
<https://www.talkingtreecreative.com/blog/services/the-entertainment-factor-why-is-it-important/>.
- "Worldwide Cost of Identity Theft Could Be \$5 Billion per Year, Microsoft Survey Finds," WeLiveSecurity, accessed December 13, 2020, February 12, 2014.  
<https://www.welivesecurity.com/2014/02/12/worldwide-cost-of-identity-theft-could-be-5-billion-per-year-microsoft-survey-finds/>.

## **The Current Condition of Climate Change**

Moe Yoshida

Recently, climate change has become a serious problem in the world. Because of this, the global temperature is increasing, and it can be a cause of unusual weather like drought, flood, large-scale fire or cyclones everywhere in the world.<sup>483</sup> Actually, the damage by the storm is the highest and its damage cost is 59.3 billion (in U.S. dollars).<sup>484</sup> Consequently, people are forced to live in a severe situation. In this thesis, I will examine climate change from three viewpoints, its causes, negative impact and solutions to make understanding the seriousness of climate change. We should know it because it influences our future living directly.

### I

There are several human causes which lead to increased emission of greenhouse gases. . First is the deterioration of carbon cycles. The carbon cycle is made by human's activities. At first, they burned fossil fuels, and it produced carbon dioxide. This carbon dioxide is emitted into the atmosphere. Then, the atmosphere exchanges carbon dioxide with the oceans continuously at almost the same value. Also, the primary production is related to this

---

<sup>483</sup> "2019 年、世界を襲った異常気象の数々【写真】"

<sup>484</sup> Erin Duffin, "Cost of damages caused by natural disasters in 2019, by type of disaster (in billion U.S. dollars)," statista, 2020

cycle too. Primary production like respiration emits carbon dioxide to the atmosphere too.<sup>485</sup> Therefore, factories, oceans and forests emit carbon dioxide, and this cycle continues. Because of this cycle, carbon dioxide does not go down.

The second cause is methane production. It can be divided into three sectors. First is enteric fermentation like in the agriculture sector. For example, this sector is digestive of livestock like cattle, sheep and goats. This is because they have a rumen, so it takes a long time to digest completely. Actually, the report said that the emission of methane by cow's fermentation occupies 20 percent of all of Japan's total greenhouse gases in agriculture.<sup>486</sup> Moreover, storing animal manure in lagoons or holding tanks emits methane too. Secondly is the industry sector. For instance, this is the natural gas and petroleum system, both of these are used for industry in production, processing, transportation and storage. In addition, the main component of natural gas is methane, so these are easy to emit. Thirdly is landfills or the manure management sector. Methane is emitted from domestic and industrial wastewater treatment and composting. Also in landfills, treatment of wastewater is emitted too.

Finally, modern technologies and infrastructures increase methane emission too. This is because people are burning coal, oil and gas to develop the technology. One example of this is for transportation such as cars, trucks, ships, trains and planes for gasoline and diesel engines. Also, to progress the electricity production, some coals are burning too. Actually, the percentage of electricity which comes from burning fossil fuels such as thermal power generation is 63 percent.<sup>487</sup> Not only that but also burning oil is used by industry for certain chemical reactions necessary to produce goods from raw materials. On the other hand, there is a reason why greenhouse gases do not decrease and remain in the atmosphere. That is deforestation. Some people cut down many trees to build infrastructures, development of commercial plantations or speculation inland and this action is on the increase in the world.<sup>488</sup> Because of this, plants cannot do photosynthesis that absorbs carbon dioxide to generate oxygen. Therefore, this benefit is lost and increases the amount of carbon dioxide in the atmosphere.

## II

To begin with, climate change influences our living in various aspects. The first one is biological effects. This effect can be divided into two sections, first is human effects. According to the solar impulse foundation, the lack of food resources and energy is serious, and it creates new conflicts.<sup>7</sup> Moreover, this circumstance will affect the global economy and shake up many areas such as social, health and geopolitical balances in the world. Consequently, the number of environmental refugees will increase. Actually, the estimated number of climate refugees by 2050 is 250 million people.<sup>489</sup> As for biology other than humans, climate change is disturbing the ecosystem and its condition of propagation. This is because it changes surroundings, so some species can't adapt to it. Not only break the biological relation but also the intrusion of invasive species. This species affects the local crops and animals too.

For the second effect, the global climate is changing due to climate change. One basic example is rising temperatures. Actually, the global temperature has risen 2.0°F since 1880<sup>490</sup>, and it is said that the temperature will continue to go up. According to the RCP scenario which has some representative concentration routes of greenhouse gas and predicts future climate, our society matches the worst situation with the highest rise in temperature. Another effect is changes in precipitation patterns. In the United States, the northern area has more precipitation, and the southwest area has less, and this will lead to large-scale and serious droughts or floods. Not only that but also more natural diseases will occur due to climate change. Really, the number of all reported natural diseases increased by about 17 cases in the last decade, and some kinds of natural disasters like earthquakes, floods, volcanic activity and wildfires also rose too.<sup>491</sup>

The main effect of climate change is water problems. Nowadays, the sea level is certainly rising a little. Actually, the increase reached 18 cm including 6 cm in the last 20 years.<sup>9</sup> Also, it is often said that the sea level will rise 1 to 8 feet before 2100 because of ice melting caused by climate change.<sup>7</sup> It seems to be general because many people said this, but sea level rise leads to serious problems. The damage of the storm surge by the rising sea levels became larger. Moreover, in small islands which are located under the equator such as Fiji island and Marshall

---

<sup>485</sup> "The global carbon cycle" Time for Change

<sup>486</sup> “牛の生体・個体差に基づく消化 ... - Maff.go.jp.” PDF. 農研機構

<sup>487</sup> "Sources of Greenhouse Gas Emissions" EPA

<sup>488</sup> "世界の森林減少の状況" REDD 研究開発センター.

<sup>489</sup> "Global warming effects, " Solarimpulse foundation, "

<sup>490</sup> Global climate change, "global temperature, " NASA, 2020

<sup>491</sup> "Number of recorded natural disaster events, All natural disasters, " Our World in Data, 2019

island seawater enters the field and well, so crops do not grow and drinking water is not available too. In addition, the ice melting can be a cause of more floods because ice usually holds 24 million cubic kilometres of water <sup>492</sup>, so it can affect coastal cities. Another example of water effects is ocean acidification. Ocean acidification means the ocean becomes more acidic by human's activities like destroying forests and emitting more carbon dioxide. This can break the whole food chain.

### III

One popular way to stop climate change is renewable energy. Renewable energy is known as the main solution to reduce greenhouse gas emissions and can be used as an alternative to generating energy without fossil fuels. If people conduct this, they can reduce the emission of carbon dioxide. Actually, the IEA reported its estimate that renewable energy contributed 17 percent in reducing greenhouse gas in 2050 compared to 2005. <sup>493</sup> These predictions help countries to use renewable energy. Most of these countries perform power generation in solar energy, wind energy, ocean energy or bioenergy and heat utilization. According to Our World in Data, renewable energy consumption in the world was 11.42 percent in 2019, and the highest kind of renewable energy was hydropower at 6.45 percent. <sup>494</sup>

Another way to improve this situation is geoengineering. Geoengineering is a more professional strategy for people. This means the way to lower the temperature artificially by managing the solar radiation called SRM. SRM is a general term for technologies that block sunlight and cool down the earth. One example to do this is "Stratospheric aerosol injection" which Dr. Crutzen introduced in his report. This winds the fine particles of sulfur dioxide into the stratosphere at an altitude of 30 km by airship and hoses. The effects of this way are clear. According to the research at Rutgers University in New Jersey, the global temperature can be reduced by 0.5°C by spraying 5 million tons of sulfur dioxide annually. <sup>495</sup> The praxis method is the modification of solar reflectance in many places such as in the resistance, farm, desert or its reflectance of the cloud. <sup>496</sup>

Also, tree planting can be an answer to climate change too. This is the way that is easy to execute for ordinary people. They can do this in their private garden by making a green-covered wall, or in public places such as on the roadside or parks. <sup>497</sup> Through tree planning, people can reduce the carbon dioxide in the atmosphere sustainably, and it can lead to improvement in air pollution. According to research from a construction company, 25 80-years-old cryptomeria japonica in 100 m<sup>2</sup> can absorb 350 kg of carbon dioxide per year. <sup>498</sup> Also, tree planning provides the relaxation effect of temperature and humidity. Actually, the wall temperature which incorporated this plan was lower by about 4.9°C than the wall that doesn't have any plants. <sup>499</sup> This can be used to relieve unusual weather or phenomenon. One example of this is the heat island phenomenon which causes higher temperatures in an urban area than in suburbs. If people do tree planting in the city side, they can prevent this development too.

### IV

In conclusion, there are several human causes of climate change such as vicious carbon cycle, enteric fermentation or natural gas and burning coal, oil and gas. Then, many problems occur on various sides such as weather, biology and oceans. I think the biggest effect of climate change is the water effect because it's most relevant to our life. If the sea level rises, people can't get enough food and lose their place to live. If the ice melts, the coastal city will sink. Thus we have to take action on climate change immediately. Among many solutions in the world, the optimal solution is tree planning, because this is the easiest way to conduct for everyone. Some of the solutions, especially including technical knowledge can be done by only expertises people. I think that is meaningless. People can make better solutions by gathering more people, but there is a crucial point in executing

---

<sup>492</sup> "The effects of climate change, " World Wild Fund for Nature, "

<sup>493</sup> IEA. "Energy Technology Perspective 2010," 再生可能エネルギー導入加速化の必要性など

<sup>494</sup> BP Statistical Review of World Energy. "Energy consumption by source, world" Our World in Data, 2019

<sup>495</sup> "人工的に気温を下げる「地球工学」とは" 0テレ NEWS24, 2010

<sup>496</sup> 東京理科大学 特任副学長 向井千秋氏, "地球を人工的に冷やすジオエンジニアリング" SMFG SAFE, 2019

<sup>497</sup> 日本自然環境専門学校, "環境緑化の種類と効果 ~環境保全と緑化の関係~" 学校法人 キャリアテクニカ学園 J-eco 日本自然環境専門学校

<sup>498</sup> 稲田 利幸, "地球温暖化対策における緑化推進の取り組み" 京都府本部/自治労京都市職員労働組合, 2003

<sup>499</sup> Daiwa Lease, "壁面緑化とは" 大和リースの壁面緑化 -ecologreen-



this. As one of the targets of SDG 13 mentioned, ("13.3 BUILD KNOWLEDGE AND CAPACITY TO MEET CLIMATE CHANGE ") <sup>500</sup> I think the most important thing to confront climate change is to have knowledge about it by improving education and telling the danger of climate change. Even if you take actions like these things with no knowledge of climate change, there's no point. Taking actions with knowledge is meaningful and the greatest way to solve this problem. By doing this, people may think of their own solutions to tackle climate change, and that things change the situation of the current world.

#### Bibliography

- BP Statistical Review of World Energy. "Energy consumption by source, world" Our World in Data, 2019, accessed November 22nd, 2020  
<https://ourworldindata.org/energy>
- "Climate Change - Solutions to solve climate change" Hero banner. accessed August, 2020  
<https://solarimpulse.com/climate-change-solutions>
- Daiwa Lease, "壁面緑化とは" 大和リリースの壁面緑化 -ecologreen-, accessed November 21th, 2020  
<https://www.daiwalease.co.jp/service/ecologreen/wall/>
- Erin Duffin, "Cost of damages caused by natural disasters in 2019, by type of disaster (*in billion U.S. dollars*), " statista, August 31st, 2020, accessed November 21th, 2020  
<https://www.statista.com/statistics/273898/cost-of-damages-caused-by-natural-disasters-by-continent-and-type-of-disaster/>
- IEA. "Energy Technology Perspective 2010," 再生可能エネルギー導入加速化の必要性など, accessed November 22nd, 2020  
<https://www.env.go.jp/earth/report/h24-08/chpt01.pdf>
- IGES, "Goal 13. Climate Action" Goal.13 Climate Action, accessed November 22nd, 2020  
<https://www.iges.or.jp/en/sdgs/13-climate-change>
- Global climate change, "global temperature, " NASA, 2020, accessed October 11th, 2020  
<https://climate.nasa.gov>
- "Global warming effects, " Solarimpulse foundation, " accessed October 11th, 2020  
<https://solarimpulse.com/global-warming-solutions>
- Hannah Ritchie and Max Roser, "Global CO2 emissions, " Our World in Data, 2018, accessed October 9th, 2020  
<https://ourworldindata.org/co2-emissions>
- "Number of recorded natural disaster events, All natural disasters, " Our World in Data, 2019, accessed October 9th, 2020  
<https://ourworldindata.org/grapher/number-of-natural-disaster-events?tab=table&time=2009..latest&country=~Wildfire>
- "Sources of Greenhouse Gas Emissions" EPA April 11th 2020.  
<https://www.epa.gov/ghgemissions/sources-greenhouse-gas-emissions>
- "The effects of climate change, " World Wild Fund for Nature, " accessed October 8th, 2020  
<https://www.wwf.org.uk/learn/effects-of/climate-change>
- "The global carbon cycle" Time for Change. October 13th, 2019  
<https://timeforchange.org/global-carbon-cycle-and-climate-change/>
- 稲田 利幸, "地球温暖化対策における緑化推進の取り組み" 京都府本部／自治労京都市職員労働組合, March 9, 2003, accessed November 21st, 2020  
[http://www.jichiro.gr.jp/jichiken\\_kako/report/rep\\_gunma30/jichiken/5/14.htm](http://www.jichiro.gr.jp/jichiken_kako/report/rep_gunma30/jichiken/5/14.htm)
- “牛の生体・個体差に基づく消化 ... - Maff.go.jp.” PDF. 農研機構. accessed August 24, 2020.  
<https://www.maff.go.jp/j/kanbo/kankyo/seisaku/climate/attach/pdf/kentoukai-10.pdf>.

---

<sup>500</sup> IGES, "Goal 13. Climate Action" Goal.13 Climate Action

"人工的に気温を下げる「地球工学」とは" 0 テレ NEWS24, December 4th, 2010, accessed November 22nd, 2020

<https://www.news24.jp/articles/2010/12/04/10171799.html>

"世界の森林減少の状況" REDD 研究開発センター. accessed August 24th, 2020.

<https://www.ffpri.affrc.go.jp/redd-rcd/ja/redd/deforestation.html>

東京理科大学 特任副学長 向井千秋氏, "地球を人工的に冷やすジオエンジニアリング" SMFG SAFE, May 1,

2019, accessed November 22nd, 2020

<https://www.smfg.co.jp/sustainability/report/magazine/pdf/safe127.pdf>

日本自然環境専門学校, "環境緑化の種類と効果 ～環境保全と緑化の関係～" 学校法人 キャリアテクニカ学

園 J-eco 日本自然環境専門学校, accessed November 21st, 2020

[https://www.caretech.ac.jp/specialized\\_field/eco\\_green.html](https://www.caretech.ac.jp/specialized_field/eco_green.html)

"2019年、世界を襲った異常気象の数々【写真】" January 4th, 2020.

<https://www.buzzfeed.com/jp/kotahatachi/climate2019>

## Immigration policy in Japan

Sachiho Onoue

According to note.com, the number of people who immigrate to Japan increased from about 9 hundred thousand in 1989 to about 2.7 million in 2018.<sup>501</sup> In addition, Japan's parliament passed a bill proposed by the Abe Administration to establish a new residency status.<sup>502</sup> On April 1st in 2019, low and semi-skilled foreign workers can be ready to work in Japan.<sup>503</sup> All foreigners who have qualified for a new specialized skills visa can enter to work in designated categories in other countries by the revised immigration control and Refugee Recognition Act which passed on December 8th in 2019. Additionally, Japan created a new five-year working visa which allows people who meet immigration requirements to get a particular position for 5 years at most.<sup>504</sup> Basically, there are two fundamental factors of immigration which are Push factors and Pull factors. Push factors are that people would want to leave their home country due to natural disasters and rebellion. Pull factors are that people want to come to a new country on the other hand. There are many countries which accept immigration. Lately, the UK's policy on immigration has been changing because of leaving the European Union on 31st January 2020. The UK needs immigrants who have high skills to contribute, stimulating their economy, communities and public services.<sup>505</sup> In addition, the number of people who are living in the UK as migrants has been increasing since 1994. Looking more in detail, in 2019 there were approximately 6.2 million with non-british nationality living in the UK and 9.5 million people who were born foreign countries.<sup>506</sup> This thesis will focus on the benefits and negative aspects of immigration, its three causes and compare Japanese policy regarding immigration to that in the UK in order to determine the importance of having immigration in Japan, describe why immigration happens in many countries and what immigration are for, and discuss which measures are better for the country to develop.

## I

---

<sup>501</sup> "日本に住む外国人はいったい何人?～ますます増加する外国人への傾向と対策にも GIS が有効～." 日本に住む外国人はいったい何人? | ブログ | 株式会社ゼンリンマーケティングソリューションズ. Accessed August 23, 2020.

<sup>502</sup> "移民を必要とする日本、しかし移民は日本を必要としているのか." CNN.co.jp. Accessed August 23, 2020.

<sup>503</sup> Covid-19: The current situation in Japan and countermeasures, PLAZA HOMES LTD, web, Wednesday Oct 7th 2020

<sup>504</sup> Menju Toshihiro, Japan's Historic Immigration Reform: A Work in Progress, nippon.com, Menju Toshihiro, Web, Feb 6th 2019

<sup>505</sup> The UK'S points-based immigration system: policy statement, gov.uk, 19, Crown copyright, web, February 2020

<sup>506</sup> Georgine Sturqe, Migration statistic, commons library.parliament.uk, 2020 House of commons library, web, Friday, 05 June, 2020



There are several positive and negative elements of immigration. The first advantage is that it has the potential to increase economic-growth by accepting immigrants because the number of people who work in Japan would gradually increase. Therefore, Pia Orrenius who is a regional economist working on economic growth and demographic changes says that it can lead to the growing production capacity of the economy in the country.<sup>507</sup> Moreover, accepting many immigrants can prevent serious effects of an aging population.<sup>508</sup> These issues are caused by lack of labor, but the increased employment of young people would increase labor. The second benefit is that according to Economicshelp.org, most immigrants often arrive with little wealth, so they have a great incentive to try and make something for themselves.<sup>509</sup> Therefore, young immigrants are also more likely to be entrepreneurs, setting up businesses that create innovative products. Thirdly, while the world is getting more globalized than previously, the current situation in Japan is less globalized than other foreign countries due to language barriers. Consequently, the decline in competitiveness in international competition has become an issue in Japan. However, it could remove the linguistic barriers to accept more immigrants, and there are the possibilities of international competition. It might lead to globalization of the country as well.<sup>510</sup> Furthermore, some people feel that immigration leads to cultural diversity and transforms the country into a more diverse and inclusive atmosphere which means it creates a multicultural society. A country that has a lot of immigrants can absorb foreign culture such as food, music and political implications.<sup>511</sup> According to a recent investigation by the Bank of England, the UK had a 10 percent increase in immigration but wages fall by 0.31%.<sup>512</sup> Native people who have high skill may get good positions at work. In contrast, it is difficult for low-skilled, native laborers to obtain a new job. This is because almost all native people do not want to work for low-waged jobs. However, all immigrants can get jobs which native people do not want. Therefore, they can earn minimum money to live. In other words, immigrants do not have to worry about the cost of living.

On the other hand, accepting a lot of immigrants has several drawbacks. First of all, low-skilled laborers put negative pressure on wages which means companies tend to employ workers with low wages so that they can fill vacancies.<sup>513</sup> For instance, the number of immigrants was high between 2010 and 2018. However, this was the period that the wage growth stagnated. As a result, it might cause the increase of low-paid workers and those with less educational qualifications.<sup>514</sup> Next, security deteriorates and crime also increases by having immigrants. According to fstandard.co.jp, Italy and Greece, which are already accepting migrants from Africa and the Middle East, are experiencing an increase in crime and poor security.<sup>515</sup> For example, garbage disposal and noise issues are increasing. One of the reasons is that there is a difference between native culture and foreign's one. Therefore, handling immigrants is hard.<sup>516</sup> Additionally, the Legal Research Institute published that 29.1% of cracked down drug cases were from immigrants.<sup>517</sup> Also, the crime of stealing by immigrants was 31.7 percent which is the highest. Furthermore, housing prices in areas with high levels of immigration are getting higher at the same time that the number of immigrants is increasing. For example, especially that happens in areas like London and the south where it has been hard to find places to build new housing. Studies such as the Migration Advisory Committee found that a 1% increase in the UK's population due to migration leads to a 1% increase in house prices.<sup>518</sup> Recently, Japan's population is

---

<sup>507</sup> Pia Orrenius, The Hamilton project, hamilton project.org, 2021, Accessed March 12

<sup>508</sup> Pettinger, Tejvan, and Tori. "Pros and Cons of Immigration." Economics Help, November 14, 2019.

<sup>509</sup> Pettinger, Tejvan, and Tori. "Pros and Cons of Immigration." Economics Help, November 14, 2019.

<sup>510</sup> Gooddo マガジン編集部, 移民を受け入れることのメリットは? 共生がもたらす未来とは, gooddo.jp, November 11, 2020, accessed March 12, 2021

<sup>511</sup> Pettinger, Tejvan, and Tori. "Pros and Cons of Immigration." Economics Help, November 14, 2019.

<sup>512</sup> Pettinger, Tejvan, and Tori. "Pros and Cons of Immigration." Economics Help, November 14, 2019.

<sup>513</sup> Pettinger, Tejvan, and Tori. "Pros and Cons of Immigration." Economics Help, November 14, 2019.

<sup>514</sup> Pettinger, Tejvan, and Tori. "Pros and Cons of Immigration." Economics Help, November 14, 2019.

<sup>515</sup> 「株価にも影響?? 少子化対策としての移民問題。論点とメリットやデメリットを解説: F-Style Magazine.」 F, September 7, 2018.

<sup>516</sup> 「【2020年最新情報】外国人労働者受け入れのメリット・デメリット: 採用アカデミー.」 採用マーケティングツール「採用係長」, September 20, 2019.

<sup>517</sup> 「法務総合研究所フロントページ.」 法務省: 法務総合研究所フロントページ, 2011.

<sup>518</sup> Pettinger, Tejvan, and Tori. "Pros and Cons of Immigration." Economics Help, November 14, 2019.

decreasing but the number of immigrants will rise, places where people live in are in shortage. Therefore, the amount of houses will increase, so it is difficult to build new houses. As a result, Tokyo in particular will be in the same situation as the UK. Lastly, it takes a lot of time to get a work visa if they do not take Certificate of Eligibility. This stuff costs more money than native workers for companies in the country, so some companies have to bear the burden of Working visas and travel costs.<sup>519</sup>

## II

There are various reasons why immigration happens around the world. Firstly, one of the causes of immigration is economic factors. Economic factors relate to labor standard, unemployment rate, and overall health of the economy of the counties. If people live in places that appear to be at risk of declining further, they move into different areas where economic conditions are prosperous. Immigrants demand to get higher wages and better employment opportunities for a better life. Therefore, they migrate to other countries. In addition, large gaps between incomes and wages are obviously a magnet for immigration.<sup>520</sup> Besides that, it has the potential that rural people move to competitive urban areas because they want to find other opportunities. Additionally, as you know, developed education would bring the country a bounty economically. For example, the educational situation in Mexico is improving, so the number of immigration is decreasing by 1.3 million at 5.6 million in 2007.<sup>521</sup> This means that some Mexicans do not need to move to other countries in order to be abundant. It shows the importance of Push factors and Pull factors. Moreover, the Japanese government provides immigrants with standard wages and health care support, so the number of immigrants is increasing gradually. This is because most immigrants want to thrive economically.

Next, motivating migration grows from the human needs and desires to achieve a better quality of life. Migrants often move to not only ensure better opportunities for themselves or their family but also send their children to a safer school and find a job that would have not only a sufficient salary, but also important benefits and career growth prospects.<sup>522</sup> Besides that people want to live in safe places which have less crime. It is better to live and have children. Health care services are important. Migrants demand high quality political support such as healthcare from the government. As a result, the social factors are different for an individual's values.<sup>523</sup>

A final cause of which foreign people move into other countries to get a better life is environmental factors. To begin with, crop failures often lead to both food shortage and reduction in agricultural jobs. People are encouraged to transfer to places with a good climate and opportunities to have a job. As you know, devastating natural disasters such as tsunamis, hurricanes, and earthquakes lead to the most serious environmental problems. It has the potential that some crops grown are broken down by natural disasters.<sup>524</sup> In addition, it is difficult for people who live in an area whose water, air, and soil are contaminated to get needs such as foodstuffs, water, and other things they need. These issues also cause destruction of farmland as well as people cannot keep working because of decreasing agricultural jobs. Furthermore, the frequency of the disputes are rising more and more because global warming is becoming a serious issue. In some counties, they end up disputing for gaining some food and areas in which they can grow some vegetables.<sup>525</sup>

## III

---

<sup>519</sup> “移民問題とは？難民との違いや日本と諸外国の移民政策を知ろう。” World Vision. Accessed August 23, 2020.

<sup>520</sup> Root causes of immigration, Justice for immigrants, by studio two, web, 14th Feb 2017

<sup>521</sup> Root causes of immigration, Justice for immigrants, by studio two, web, 14th Feb 2017

<sup>522</sup> FDI Team, Factors Influencing Migration and Population Movements part1, future directions.org.au, October 24th 2014

<sup>523</sup> BBC, Migration trends, BBC, web, 2020

<sup>524</sup> W Neil Adger1, Nigel W Arnell, Richard Black, Stefan Dercon, Andrew Geddes and David S G Thomas, Environmental research letters, iopscience, web, 16th June 2015

<sup>525</sup> CNN, 米国の不法移民過去10年は減少基調 メキシコ系で顕著, CNN.co.jp, web, 17th April 2017

There are some differences and similarities of immigration policy between Japan and the United Kingdom. To begin with, the UK adopts the new system based on Australian skilled immigration point requirements. This is one of the policies of immigration. The system asks for some skills of immigrants. For example, if you are 25 to 33 years old, you can get 30 points which is the highest of all ages. In addition, speaking skills are important to gain more points.<sup>526</sup> However, some researchers suggest that allowing workers to be accepted into low-skilled occupations is a significant alternative idea because people who can get a high score are too few to increase the number of workers in the UK.<sup>527</sup> Moreover, the UK has been having a problem with a decreasing number of laborers due to withdrawing from the EU. Therefore, the UK is considering whether to decrease the general salary threshold from £30,000 to £25,600. This is because most employers are concerned about increased acceptance costs for immigrants.<sup>528</sup>

Next, Japan also has established a system of the immigration. Japanese government said that they are not ready for immigration policy. However, they accept the people as foreign workers. This is because Japan has a serious problem with the Declining birthrate and aging population, so they have had no choice to accept the foreign labors even they have not readied to immigration. Therefore, the government distinguishes immigrants to foreign workers. Besides that, they cannot get nationality of Japan because Japan does not admit that.<sup>529</sup> The Japanese system to immigrate has an exam of specific skills for immigrants. Some immigrants have limited time to stay in Japan because their skill is sort of low. For instance, if you are able to be recognized as a Specific skill 1, you can stay in Japan as long as they want.<sup>530</sup> Additionally, Tokyo implemented historic immigration reform, expanding visa programs to allow more than 345,000 new workers in 2019.<sup>531</sup> Furthermore, immigrants' jobs are decided by the policy, so they have to work in certain industries such as the construction industry, automobile maintenance industry, and industrial machinery manufacturing industry.<sup>532</sup>

Finally, the above research shows that there are various differences and the same point between two country's policies on immigration. The first difference is the way to get a qualification to live in the countries. The UK immigrants must gain a high point in skilled individuals based on Australian policy. Additionally, this policy relates to their age, and skilled employment experience, so some people have a tendency to not be able to get a high level in each category. In contrast, People who come to Japan as workers have to take an exam that examines how much level of skills they have now. Thus, Japan is more likely to gather foreign people who have high skills in industry except thinking about their age or other identity. Also, the Japanese government does not have a stance that immigrants are the same as foreign workers. Besides that, the UK and Japan are taking similar measures but the ways of it are different. As an example, most employers decrease wages in order to accept more workers. On the other hand, Japan aims to improve an individual's wage to get a larger worker population. In other words, a high wage is more attractive for immigrants.

#### IV

In conclusion, although the economy in the country increases by increasing the number of immigrant's

---

<sup>526</sup> Immigration and citizenship, [immi.homeaffairs.gov.au](http://immi.homeaffairs.gov.au), Australian Government, Web, 17 March 2020

<sup>527</sup> EU 離脱後の移民制度案で新方針, [jil.go.jp](http://jil.go.jp), 2003-独立行政法人労働政策研究・研修機構, web, December 2019

<sup>528</sup> The UK'S points-based immigration system: policy statement, [cov.uk](http://cov.uk), Crown copyright, web, 19 February 2020

<sup>529</sup> Gooddo マガジン編集部, 日本は移民大国? 人口の減少と外国人労働者, [gooddo.jp](http://gooddo.jp), 2020 gooddo マガジン, Web, 2020 21th August

<sup>530</sup> 日本は世界4位の移民大国? 新しい在留資格「特定技能」で外国人労働者が増える?, [t.data.wingarc.com](http://t.data.wingarc.com), WingArc 1s, Web, December 3rd 2019

<sup>531</sup> Martin Gelin, Japan Radically Increased Immigration—and No One Protested, [foreignpolicy.com](http://foreignpolicy.com), June 23 2020

<sup>532</sup> 金明中, 日本における外国人労働者受け入れの現状と今後の課題, [nli-research.co.jp](http://nli-research.co.jp), NLI Research Institute, web, November 22rd 2019

laborers because Japan's population is declining and aging, the countries which accept immigrants will be faced with various new problems. For instance, the country has to manage immigrants because there are some risks that they cause noise problem, make places like a slum area. In my opinion, it is good to receive more immigrants in Japan. This is because the number of workers in Japan is getting lower because of the decreasing birthrate and aging population. Hyper-aging society has many negative effects. For example, GDP decreases and Tax-burns to young people will be one of the biggest issues in Japan. Also, absorbing foreign culture and ideas might bring us various perspectives in various businesses. Furthermore, there are three main factors of immigration which are economic, environmental, and social factors. For instance, people who cannot afford to live in the economy often immigrate for money to live. In addition, it is difficult to live in bad conditions so they are compelled to transfer to different areas. In contrast, some immigrants leave their countries to get high wages and opportunities of better employment. In my opinion, the climate in respective countries could not change which means shortage of crops and water and natural disasters such as hurricanes and earthquakes cannot be helped. People who live in that area could be compelled to let go of their jobs as well. In other words, solving environmental problems is almost next to impossible. Developing countries which create lots of migrants have a tendency for some disputes between tribes or clans to happen.<sup>533</sup> As a result, some immigrants would leave their home countries to seek safety, stability, and freedom.

Lastly, each country's policy on immigration has features. Even though the UK one is that people who have got enough points in the UK's system are allowed to work there, Japanese one focuses on gathering manpower for working due to lack of labors in present years. However, both have population issues such as declining children, so both need to attempt to receive more immigrants. In my opinion, the UK's policy on immigration is relatively better than the Japanese one in order to improve the country's economy because having people who are regarded as high skill workers could result in a developed economy. When it comes to the economy, immigration policy in the UK is acceptable. In contrast, the policy of the UK on immigrants should be changed in order to be able to accept many immigrants due to lack of population which means the UK has to make conditions easy for foreigners to accept them. Otherwise the population problem of the UK will also be worse than ever.

### Bibliography

BBC, Migration trends, BBC, web, 2020

<https://www.bbc.co.uk/bitesize/guides/z8x6wxs/revision/2>

CNN, 米国の不法移民過去10年は減少基調 メキシコ系で顕著, CNN.co.jp, web, 17th April 2017

<https://www.cnn.co.jp/usa/35100578.html#:~:text=%E6%9C%80%E5%A4%9A%E3%81%A0%E3%81%A3%E3%81%9F%EF%BC%92%EF%BC%90%EF%BC%90%EF%BC%97%E5%B9%B4,%E4%B8%87%E4%BA%BA%E3%81%8B%E3%82%89%E8%90%BD%E3%81%A1%E8%BE%BC%E3%82%93%E3%81%A0%E3%80%82>

Covid-19: The current situation in Japan and countermeasures, PLAZA HOMES LTD, web, Wednesday Oct 7th 2020

<https://www.realestate-tokyo.com/living-in-tokyo/immigration-government/covid19-japan-situations/>

EU 離脱後の移民制度案で新方針, jil.go.jp, 2003-独立行政法人労働政策研究・研修機構, web, December 2019

[https://www.jil.go.jp/foreign/jihou/2019/12/uk\\_01.html](https://www.jil.go.jp/foreign/jihou/2019/12/uk_01.html)

FDI Team, Factors Influencing Migration and Population Movements part1, future directions.org.au, October 24th 2014

<https://www.futuredirections.org.au/publication/factors-influencing-migration-and-population-movements/>

Georgine Sturqe, Migration statistic, commons library.parliament.uk, 2020 House of commons library, web, Friday, 05 June, 2020

<https://commonslibrary.parliament.uk/research-briefings/sn06077/#:~:text=Migrants%20living%20in%20the%20UK>

[text=In%202019%20there%20were%20approximately,live%20in%20the%20capital%20city.](https://commonslibrary.parliament.uk/research-briefings/sn06077/#:~:text=Migrants%20living%20in%20the%20UK;text=In%202019%20there%20were%20approximately,live%20in%20the%20capital%20city.)

---

<sup>533</sup> 武内進一, 紛争と平和構築 Conflict and Peacebuilding, .ide.go.jp, web, accessed March 13, 2021

Gooddo マガジン編集部, 移民を受け入れることのメリットは? 共生がもたらす未来とは, gooddo.jp, November 11, 2020, accessed March 12, 2021  
<https://gooddo.jp/magazine/inequality/immigration/11242/>

Gooddo マガジン編集部, 日本は移民大国? 人口の減少と外国人労働者, gooddo.jp, 2020  
gooddo マガジン, Web, 2020 21th August  
<https://gooddo.jp/magazine/inequality/immigration/11215/>

Immigration and citizenship, immi.home affairs.gov.au, Australian Government, Web, 17  
March 2020  
<https://immi.homeaffairs.gov.au/visas/getting-a-visa/visa-listing/skilled-independent-189/points-table>

Martin Gelin, Japan Radically Increased Immigration—and No One Protested,  
foreignpolicy.com, June 23 2020  
<https://foreignpolicy.com/2020/06/23/japan-immigration-policy-xenophobia-migration/>

Menju Toshihiro, Japan's Historic Immigration Reform: A Work in Progress, nippon.com, Menju  
Toshihiro, Web, Feb 6th 2019  
<https://www.nippon.com/en/in-depth/a06004/japan%E2%80%99s-historic-immigration-reform-a-work-in-progress.html>

Pettinger, Tejvan, and Tori. "Pros and Cons of Immigration." Economics Help, November 14,  
2019. <https://www.economicshelp.org/blog/152453/economics/pros-and-cons-of-immigration/>.

Pia Orrenius, The Hamilton project, hamilton project.org, 2021, Accessed March 12  
[https://www.hamiltonproject.org/people/pia\\_orrenius#:~:text=Pia%20Orrenius%20is%20Vice%20President,economic%20growth%20and%20demographic%20change.](https://www.hamiltonproject.org/people/pia_orrenius#:~:text=Pia%20Orrenius%20is%20Vice%20President,economic%20growth%20and%20demographic%20change.)

Root causes of imigration, Justice for immigrants, by studio two, web, 14th Feb 2017  
<https://justiceforimmigrants.org/what-we-are-working-on/immigration/root-causes-of-migration/>

The UK'S points-based immigration system: policy statement, cov.uk, Crown copyright, web,  
19 February 2020  
<https://www.gov.uk/government/publications/the-uks-points-based-immigration-system-policy-statement/the-uks-points-based-immigration-system-policy-statement#:~:text=EU%20citizens%20and%20non%2Dvisa,apply%20for%20permission%20in%20advance.&text=For%20those%20who%20need%20a,will%20make%20the%20application%20online>

“移民問題とは? 難民との違いや日本と諸外国の移民政策を知ろう.” World Vision.  
Accessed August 23, 2020.  
[https://www.worldvision.jp/children/crisis\\_07.html](https://www.worldvision.jp/children/crisis_07.html).

“移民を必要とする日本、しかし移民は日本を必要としているのか.” CNN.co.jp.  
Accessed August 23, 2020.  
<https://www.cnn.co.jp/business/35130815.html>.

“株価にも影響?? 少子化対策としての移民問題。論点とメリットやデメリットを解説:  
F-Style Magazine.” F, September 7, 2018. <https://fstandard.co.jp/column/politics-economy/1493/page/2>.

金 明中, 日本における外国人労働者受け入れの現状と今後の課題, nli-research.co.jp, NLI  
Research Institute, web, November 22rd 2019  
<https://www.nli-research.co.jp/report/detail/id=63059&pno=2&more=1?site=nli>

“国際移民は世界全地域で増大を続け、2億7,200万人に達する、と国連が予測 (プレス  
リリース日本語訳).” 国連広報センター. Accessed August 23, 2020.  
[https://www.unic.or.jp/news\\_press/info/34768/](https://www.unic.or.jp/news_press/info/34768/).

“日本に住む外国人はいつたい何人? ~ますます増加する外国人への傾向と対策にも  
GISが有効~.” 日本に住む外国人はいつたい何人? ブログ 株式会社ゼンリン  
マーケティングソリューションズ. Accessed August 23, 2020. <https://www.zenrin-rms.co.jp/blog/2019/006/>.

日本は世界4位の移民大国? 新しい在留資格「特定技能」で外国人労働者が増える?, t,  
data.wingarc.com, WingArc1s, Web, December 3rd 2019  
<https://data.wingarc.com/immigrants-in-japan-22204>

武内進一, 紛争と平和構築 Conflict and Peacebuilding, .ide.go.jp, web, accessed March 13,  
2021  
[https://www.ide.go.jp/Japanese/Research/Theme/Pol/Conflict/200608\\_takeuchi.html](https://www.ide.go.jp/Japanese/Research/Theme/Pol/Conflict/200608_takeuchi.html)

“【2020年最新情報】外国人労働者受け入れのメリット・デメリット: 採用アカデミー.”  
採用マーケティングツール「採用係長」, September 20, 2019. <https://saiyo-kakaricho.com/wp/webma/foreign-workers-merit/>.

## How to Treat Alcohol

Junya Hirao

Recently, there are a lot of people who are drug users, about 247 million people in the world in 2016, according to the World Drug Report.<sup>534</sup> NIH says that 85.6 percent of people who are 18 and older have drunk alcohol at some point in their life, so alcohol is one of the easiest drugs to get and use.<sup>535</sup> There are many effects of alcohol on people. About 2 billion people consume alcoholic drinks in the world, which can affect their health and life, and over 76 million people are affected by alcohol problems such as alcohol dependence and abuse, according to GreenFacts.<sup>536</sup> This is because alcohol is a toxic and psychoactive substance with dependence-producing properties. According to American Addiction Centers reveals that Belarus, which is a landlocked country in Europe, consumes the most alcohol in the world.<sup>537</sup> On the other hand, the World Population Review says that Bangladesh is the lowest country that consumes alcohol each year at 0.9 liters.<sup>538</sup> In many of today's societies, alcoholic beverages are a routine part of the social landscape for many in the population; nevertheless, alcohol is considered a drug. This thesis will discuss the effects of alcohol, compare how much alcohol is consumed in Belarus to that in Bangladesh, and give a solution to alcohol addiction. It is important for everyone to think and know about alcohol, because it is considered a drug, and there is a risk of death.

### I

There are several effects of alcohol, and it can be divided into two types. Firstly, there are some short-term effects of alcohol, and there are some stages of short-term effects of alcohol. The first stage is called sobriety, according to Healthline.<sup>539</sup> This stage is that people's behavior is normal with no sign of acute alcohol intoxication. The next stage refers to the excitement.<sup>540</sup> At this stage, men might have consumed three to five drinks in an hour or two to four for women. Examples of symptoms are a loss of judgment and memory, drowsiness, and loss of balance. In the further stage is considered a stupor.<sup>541</sup> People cannot respond to the things that happen around them at this stage. The symptoms are that they will not be able to walk and stand, and they become incontinent or vomiting uncontrollably. Because of these short-term effects, TheVeryMind reveals that more than 2200 people die from acute alcohol poisoning each year, which means that the average is six people per day.<sup>542</sup> Secondly, there are several long-term effects of alcohol on people's bodies. WHO says that worldwide, 3 million people die every year due to harmful use of alcohol, and it represents 5.3 percent of all deaths.<sup>543</sup> The most harmful long-term effect is their brain. There are a lot of symptoms in the brain. Generally, it means that alcohol causes the organ called the hippocampus to shrink, according to American Addictions Centers.<sup>544</sup> In addition, the study by the University of Oxford showed that people who drank 4 or more drinks a day had almost 6 times the risk of hippocampus

---

<sup>534</sup> “Drug Addiction Facts and Statistics.” Michael's House Treatment Centers. Accessed August 23, 2020.

<sup>535</sup> “Alcohol Facts and Statistics.” National Institute on Alcohol Abuse and Alcoholism. U.S. Department of Health and Human Services. Accessed March 22, 2021.

<sup>536</sup> “Alcohol.” Alcohol: 1. Introduction - How many people are affected by alcohol? Accessed October 24, 2020.

<sup>537</sup> “Global Drinking Demographics.” Alcohol.org. Accessed September 25, 2020.

<sup>538</sup> Islam, Jessica Yasmine, M Mostafa Zaman, Mahfuz R Bhuiyan, Md Mahtabuddin Hasan, Ham Nazmul Ahsan, Md Mujibur Rahman, Md Ridwanur Rahman, and M A Jalil Chowdhury. “Alcohol Consumption among Adults in Bangladesh: Results from STEPS 2010.” WHO South-East Asia journal of public health. U.S. National Library of Medicine, April 2017.

<sup>539</sup> Cirino, Erica. “Alcohol Intoxication: What You Should Know,” June 29, 2018.

<sup>540</sup> Cirino, Erica. “Alcohol Intoxication: What You Should Know,” June 29, 2018.

<sup>541</sup> Cirino, Erica. “Alcohol Intoxication: What You Should Know,” June 29, 2018.

<sup>542</sup> T, Buddy. “How to Identify Acute Alcohol Poisoning.” Verywell Mind, March 19, 2020.

<sup>543</sup> “Alcohol.” World Health Organization. World Health Organization. Accessed March 22, 2021.

<sup>544</sup> Authored by Stacy Mosel Edited by Amelia Sharp Reviewed by Ryan Kelley, NREMT Last Updated: February 8. “Alcohol Effects on Brain - Short & Long-Term Mental & Cognitive Effects.” American Addiction Centers, February 8, 2021.

shrinkage compared to nondrinkers.<sup>545</sup> Therefore, people fall into behavior change, blackouts and hallucinations. Another effect is the liver. This is a major effect of alcohol. It results in some diseases such as fatty liver, alcoholic hepatitis, and liver cancer.

## II

There are some similarities and differences between Belarus and Bangladesh. To begin with, there is one big similarity between Belarus and Bangladesh. The big or strong similarity is that people die due to alcohol. In detail, Radio Free Europe Radio Liberty says that 25 percent of all crimes in Belarus are committed by intoxicated people, and in case of serious crimes such as murder, the number of them increase approximately from 70 percent to 80 percent.<sup>546</sup> In addition, according to WHO, 34.7% of people died from alcohol-related illness in Belarus.<sup>547</sup> THE CABIN reported there have been hundreds of deaths across Bangladesh caused by poisonous variations on their local alcoholic drinks, made by inexperienced spirits crafters.<sup>548</sup> Therefore, even if the alcohol consumption is low or high, alcohol problems are caused. On the other hand, there are a few differences between Belarus and Bangladesh. The first difference is that the view of alcohol is very different between those two countries. In Belarus, healthy life is not popular among Belarusians, especially old people and residents of villages, because alcohol is considered as good business and makes a lot of profits.<sup>549 550</sup> This is why alcohol consumption is the highest. However, drinking alcohol is generally banned in Bangladesh because it's Muslim, and according to Nation Master, the number of people in Bangladesh who are Muslims is 148.61 million people in 2014 which make up 90.4 percent of the population in the country.<sup>551</sup> Therefore, people are not able to drink alcohol because of religion. The second difference is that people perceive alcohol differently. Belarusians think alcohol is the only way to be relaxed and comfortable or be recreational.<sup>552</sup> However, in Bangladesh, people bootleg alcohol and drink it or sell it, because it makes a lot of profits.<sup>553</sup>

## III

There are three solutions to alcohol addiction. The first solution for the government is to increase alcohol excise taxes. This is because alcohol excise taxes may include wholesale taxes, sales taxes, ad valorem taxes, and sales taxes, all of which affect the price of alcohol. Beer, wine, and spirits are taxed at the federal, state, or local level. Take the example from the United States. As of 2010, the Centers for Disease Control and Prevention estimated that excessive drinking causes 88,000 deaths each year in the US.<sup>554</sup> According to Vox, a higher alcohol tax would reduce drinking, especially alcohol consumption, reduce excessive drinking, save thousands of lives, and prevent all kinds of crime and public health problems.<sup>555</sup> In addition, Alex Wagenaar said that taxes affect how much people buy and drink, which spills over into the burden of alcohol-related illness and injury to our society. Additionally, the revenue generated from higher alcohol taxes can go to programs that help low-income people. The Congressional Budget Office estimated in 2016 that a fairly modest alcohol tax proposal would raise about \$70 billion over 10 years.<sup>556</sup> The government can use the money for going to a higher earned income tax credit, a larger child allowance, food and housing assistance, education, or addiction treatment. The second solution for the shops is that the shops maintain

---

<sup>545</sup> Topiwala, A., Allan, C. L., Valkanova, V., Zsoldos, E., Filippini, N., Sexton, C., Mahmood, A., Fooks, P., Singh-Manoux, A., Mackay, C. E., Kivimäki, M., & Ebmeier, K. P. (2017).

<sup>546</sup> Baumgartner, Pete. "Hard-Drinking Belarus Considers Ways To Curb Alcohol Dependency." RadioFreeEurope/RadioLiberty. Radio Free Europe / Radio Liberty, December 29, 2017.

<sup>547</sup> "WHO: Belarusians Are the Heaviest Drinkers in the World." BelarusDigest. Accessed October 12, 2020.

<sup>548</sup> Baumgartner, Pete. "Hard-Drinking Belarus Considers Ways To Curb Alcohol Dependency." RadioFreeEurope/RadioLiberty. Radio Free Europe / Radio Liberty, December 29, 2017.

<sup>549</sup> "Exploring Belarus's Massive Gender Longevity Gap." BelarusDigest. Accessed March 24, 2021.

<sup>550</sup> "WHO: Belarusians Are the Heaviest Drinkers in the World." BelarusDigest. Accessed October 12, 2020.

<sup>551</sup> "Bangladesh Religion Stats." NationMaster.com. NationMaster. Accessed October 12, 2020. h

<sup>552</sup> "Alcohol as a Tool of Authoritarianism in Belarus." BelarusDigest. Accessed March 24, 2021.

<sup>553</sup> "The Root of Bangladesh's Alcohol Poisoning Outbreak." Dhaka Tribune, February 6, 2021.

<sup>554</sup> "Preventing Excessive Alcohol Use." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, September 3, 2020.

<sup>555</sup> Lopez, German. "The Case for Raising the Alcohol Tax." Vox. Vox, December 13, 2018.

<sup>556</sup> Lopez, German. "The Case for Raising the Alcohol Tax." Vox. Vox, December 13, 2018.

limits on days of sale and hours of the sale. The purpose of this solution is to prevent excessive alcohol consumption and related harms by regulating access to alcohol. According to The Community Guide, most policies limiting sales days are for the weekend which is usually Sunday.<sup>557</sup> In addition, according to NABCA, between 1990 and 2004, beer sales fell 2.4% and spirits sales fell 3.5% due to sales restrictions.<sup>558</sup> For example, Stanford University's study says that repeal of alcohol-blue laws suggested to be accompanied by a 7.4 percent increase in fatal crashes on Sunday, and enforcing laws requiring the use of seat belts would reduce fatal crashes by 5.0 percent.<sup>559</sup> The third solution is that people should manage the amount of alcohol people drink on their own. There are some ways to manage the amount of how much people drink alcohol. Firstly, people get the right treatment from a doctor. In detail, NIH says that fortunately, no matter how serious the problem appears to be, most people with an alcohol use disorder can benefit from some form of treatment, so this is a good way to solve the alcohol addiction.<sup>560</sup> The second management way is that people keep busy. In detail, it is better to find a new hobby or perhaps something creative to work on. Drinking can take a lot of time. People try to stop drinking and start planning ways to keep busy such as starting membership and learning how to play some instruments. Another management method is that people clear their home of alcohol. For instance, if people were about to start a new weight loss diet, people would not stock a fridge full of cake, cheese, and chocolate. When people stop drinking every day, one of the easiest things they can do is to remove the temptation, or people can also replace these alcohols with non-alcoholic ones.

#### IV

To sum up, the effects of alcohol on people can be divided into two types. One is short-term effects, and the other one is long-term effects. Both types have several effects such as excitement, stupor, shrinking hippocampus, and liver. I think the most serious effect is to shrink the hippocampus. This is because it can cause a lot of illness, and affect our brains. I think the brains are the most important thing in our bodies, so I think people should control themselves how much alcohol they drink, because alcohol is addictive, they have to drink it to socialize, and reduce the risk of acute alcohol poisoning. There are also similarities between Belarus and Bangladesh: both of the country's people all use alcohol to die such, including suicide and some diseases. On the other hand, there are differences, including having different views on alcohol, and treating alcohol. I think the reason why Belarus is high utilization is that they like unhealthy style, so drink a lot. On the other hand, the reason why Bangladesh is low on drinking is that they cannot drink alcohol due to religion, but because of this, it is hard to disinfect with alcohol, and some people die. Therefore, I think they should learn about health. For example, there are benefits and disadvantages of alcohol, so people just use it the right way and they are able to reduce addiction and death. There are a lot of solutions from many perspectives, including the governments, shops, and drinkers as well. I think managing the amount of alcohol people drink themselves is the best solution for alcohol addiction. This is because I think that it is difficult to change government policies and store management policies, so they should manage the amount of alcohol they drink on their own. For instance, people ought to use Cyanamide which can stop the disaster of drinking alcohol. In addition, people should get some knowledge of alcohol. For instance, I believe that people are able to prevent drinking too much with the knowledge of knowing the right amount of alcohol consumption and knowing how easy it is to get drunk.

#### Bibliography

Abuse, National Institute on Drug Abuse. "Bath Salts." NIDA for Teens, July 29, 2020.

<https://teens.drugabuse.gov/drug-facts/bath-salts>.

---

<sup>557</sup> "Alcohol – Excessive Consumption: Maintaining Limits on Days of Sale." The Guide to Community Preventive Services (The Community Guide), September 30, 2020.

<sup>558</sup> "Sunday Alcohol Sales: History and Analysis." National Alcohol Beverage Control Association. Accessed November 21, 2020.

<sup>559</sup> Steefel, Daniel. "Blue Laws and Fatal Vehicle Accidents: Do State-Level Sunday Sales Bans of Alcohol Provide a Secular Benefit by Reducing Fatal Crashes?" Blue Laws and Fatal Vehicle Accidents: Do State-Level Sunday Sales Bans of Alcohol Provide a Secular Benefit by Reducing Fatal Crashes? | Public Policy Program, January 1, 1970.

<sup>560</sup> "Treatment for Alcohol Problems: Finding and Getting Help." National Institute on Alcohol Abuse and Alcoholism. U.S. Department of Health and Human Services. Accessed November 21, 2020.



“Alcohol.” Alcohol: 1. Introduction - How many people are affected by alcohol? Accessed October 24, 2020. <https://www.greenfacts.org/en/alcohol/1-2/01-number-people-affected.htm>.

“Alcohol as a Tool of Authoritarianism in Belarus.” BelarusDigest. Accessed March 24, 2021. <https://belarusdigest.com/story/alcohol-as-a-tool-of-authoritarianism-in-belarus/>.

“Alcohol Effects on the Brain.” Alcohol Effects on the Brain | Hazelden Betty Ford Foundation. Accessed August 23, 2020. <https://www.hazeldenbettyford.org/education/bcr/addiction-research/alcohol-effects-brain-ru-515>.

“Alcohol – Excessive Consumption: Maintaining Limits on Days of Sale.” The Guide to Community Preventive Services (The Community Guide), September 30, 2020. <https://www.thecommunityguide.org/findings/alcohol-excessive-consumption-maintaining-limits-days-sale>.

“Alcohol Facts and Statistics.” National Institute on Alcohol Abuse and Alcoholism. U.S. Department of Health and Human Services. Accessed March 22, 2021. <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-statistics#:~:text=Prevalence%20of%20Drinking%3A%20According%20to,in%20this%20age%20group%20and>.

“Alcohol Rehab Bangladesh & Alcohol Addiction Treatment for Bangladeshis.” The Cabin Chiang Mai, July 13, 2017. <https://www.thecabinchiangmai.com/international-rehab/alcohol-rehab-bangladesh/>.

“Alcohol Taxes.” Urban Institute, May 8, 2020. <https://www.urban.org/policy-centers/cross-center-initiatives/state-and-local-finance-initiative/state-and-local-backgrounders/alcohol-taxes>.

“Alcohol.” World Health Organization. World Health Organization. Accessed March 22, 2021. <https://www.who.int/news-room/fact-sheets/detail/alcohol>.

“Alcohol.” World Health Organization. World Health Organization. Accessed November 21, 2020. <https://www.who.int/health-topics/alcohol>.

Authored by Stacy Mosel Edited by Amelia Sharp Reviewed by Ryan Kelley, NREMT Last Updated: February 8. “Alcohol Effects on Brain - Short & Long-Term Mental & Cognitive Effects.” American Addiction Centers, February 8, 2021. <https://americanaddictioncenters.org/alcoholism-treatment/mental-effects>.

“Bangladesh Religion Stats.” NationMaster.com. NationMaster. Accessed October 12, 2020. <https://www.nationmaster.com/country-info/profiles/Bangladesh/Religion>.

Baumgartner, Pete. “Hard-Drinking Belarus Considers Ways To Curb Alcohol Dependency.” RadioFreeEurope/RadioLiberty. Radio Free Europe / Radio Liberty, December 29, 2017. <https://www.rferl.org/a/belarus-alcohol-dependency-new-measures-curb/28946128.html>.

Cirino, Erica. “Alcohol Intoxication: What You Should Know,” June 29, 2018. <https://www.healthline.com/health/alcohol-intoxication>.

“Drug Addiction Facts and Statistics.” Michael’s House Treatment Centers. Accessed August 23, 2020. <https://www.michaelshouse.com/drug-addiction/the-statistics/>.

Edited by Amanda Lautieri, B.A. Last Updated: June 16. “Alcohol Effect on Brain: Short & Long-Term Mental & Cognitive Effects.” American Addiction Centers. Accessed August 23, 2020. <https://americanaddictioncenters.org/alcoholism-treatment/mental-effects>.

“Exploring Belarus’s Massive Gender Longevity Gap.” BelarusDigest. Accessed March 24, 2021. <https://belarusdigest.com/story/exploring-belaruss-massive-gender-longevity-gap/>.

“How to Stop Drinking Alcohol / 8 Steps to Help You STOP Drinking Today.” One Year No Beer, April 3, 2020. <https://www.oneyearnobeer.com/how-to-stop-drinking-alcohol/>.

Islam, Jessica Yasmine, M Mostafa Zaman, Mahfuz R Bhuiyan, Md Mahtabuddin Hasan, Ham Nazmul Ahsan, Md Mujibur Rahman, Md Ridwanur Rahman, and M A Jalil Chowdhury. “Alcohol Consumption among Adults in Bangladesh: Results from STEPS 2010.” WHO South-East Asia journal of public health. U.S. National Library of Medicine, April 2017. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6349140/>.

“New York Consumer Tax Laws.” Findlaw, February 27, 2018. <https://statelaws.findlaw.com/new-york-law/new-york-consumer-tax-laws.html>.

Lopez, German. “The Case for Raising the Alcohol Tax.” Vox. Vox, December 13, 2018. <https://www.vox.com/future-perfect/2018/12/13/18130843/alcohol-taxes>.

“Preventing Excessive Alcohol Use.” Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, September 3, 2020.  
<https://www.cdc.gov/alcohol/fact-sheets/prevention.htm>.

Steeffel, Daniel. “Blue Laws and Fatal Vehicle Accidents: Do State-Level Sunday Sales Bans of Alcohol Provide a Secular Benefit by Reducing Fatal Crashes?” Blue Laws and Fatal Vehicle Accidents: Do State-Level Sunday Sales Bans of Alcohol Provide a Secular Benefit by Reducing Fatal Crashes? | Public Policy Program, January 1, 1970. <https://publicpolicy.stanford.edu/publications/blue-laws-and-fatal-vehicle-accidents>.

“Sunday Alcohol Sales: History and Analysis.” National Alcohol Beverage Control Association. Accessed November 21, 2020.  
<https://www.nabca.org/sunday-alcohol-sales-history-and-analysis>.

T, Buddy. “How to Identify Acute Alcohol Poisoning.” Verywell Mind, March 19, 2020.  
<https://www.verywellmind.com/acute-alcohol-poisoning-62796#:~:text=More%20than%202%2C200%20people%20die,ages%20of%2035%20and%2065>.

Topiwala, A., Allan, C. L., Valkanova, V., Zsoldos, E., Filippini, N., Sexton, C., Mahmood, A., Fooks, P., Singh-Manoux, A., Mackay, C. E., Kivimäki, M., & Ebmeier, K. P. (2017).

Moderate alcohol consumption as risk factor for adverse brain outcomes and cognitive decline: longitudinal cohort study.

“The Root of Bangladesh's Alcohol Poisoning Outbreak.” Dhaka Tribune, February 6, 2021.

<https://www.dhakatribune.com/bangladesh/crisis/2021/02/06/the-root-of-bangladesh-s-alcohol-poisoning-outbreak>.

“Total Tax: A Suggested Method for Calculating Alcohol Beverage Taxes.” National Institute on Alcohol Abuse and Alcoholism. U.S. Department of Health and Human Services. Accessed November 21, 2020.  
<https://alcoholpolicy.niaaa.nih.gov/file-page/total-tax-a-suggested-method-for-calculating-alcohol-beverage-taxes/80>.

“Treatment for Alcohol Problems: Finding and Getting Help.” National Institute on Alcohol Abuse and Alcoholism. U.S. Department of Health and Human Services. Accessed November 21, 2020.  
<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/treatment-alcohol-problems-finding-and-getting-help>.

“WHO: Belarusians Are the Heaviest Drinkers in the World.” BelarusDigest. Accessed October 12, 2020.  
<https://belarusdigest.com/story/who-belarusians-are-the-heaviest-drinkers-in-the-world/>.

## Child Abuse in Japan

Anju Nakajima

Child abuse is a thing that people refuse to talk about. Today the number of child abuse based on the Welfare Ministry is said 14,974 cases in January 2020, which is up 22 percent from the same period from 2019. Moreover, the number of cases will increase every month in 2020 compared to 2019.<sup>561</sup> It is not known because the Japanese government does not report or even take care of people who were abused.<sup>562</sup> In child abuse there are four types; physical abuse, sexual abuse, verbal abuse, and neglect. According to shakaidekosodate.com, in the year 2019, nationwide, police uncovered 1,972 cases of abuse of children under the age of 18. However, the number of calls of related to child abuse were over 98 thousand. From this article, it can be seen that there are significant numbers of children that need help.<sup>563</sup> This thesis will discuss the cause of several kinds of child abuse in Japan, the effects to the victims and things that can be done to reduce the number of child abuse cases in order to emphasize the in justice in Japan.

---

<sup>561</sup>“Child Abuse Cases Climb 10-20% in Japan as Families Stay Home More.” *The Asahi Shimbun*, 12 May 2020

<sup>562</sup>Konno, H. (2019, August 06). 児童虐待の「その後」は？ 虐待経験者の「大人たち」が抱える貧困リスク (今野晴貴) - Yahoo!ニュース. Retrieved October 12, 2020

<sup>563</sup>S. (2020, February 6). 児童虐待の摘発や警察から児相への通告、2019年も過去最多に【3月12日更新】. Retrieved November 22, 2020

## I

There are several causes of parents hurting their own children physically and mentally. Many parents harm their children because they have a lot of stress. Usually, stress comes from financial pressures, job worries, medical problems or caring for a family member with a disability.<sup>564</sup> In addition, Magazine Japan says that 44 percent of stress was caused by the increase of workload.<sup>565</sup> There are several types of stress, however most stress are likely to increase peoples' anger behaviors.<sup>566</sup> Therefore, some people get violent. These can cause some of the types of abuse such as physical abuse or neglect. There are lots of those kinds of child abuse. In Japan physical abuse was about 80 percent of all and inside of that, criminal assaults and bodily harm accounted for more than 90 percent.<sup>567</sup>

Unrealistic expectations, especially a lack of understanding a child's developmental stages and behavior, also leads to cases of child abuse. Children do not learn things at the same speed, some children take time, some do not. Also, the Japanese government currently does not incorporate education about sexual things ever since 2003. The delay in this type of education<sup>568</sup> and lack of knowledge can lead to a type of maltreatments called neglect or physical abuse. It also happens because people these days are forced to work for extremely long hours. It is very popular to overwork without being paid. Therefore, people get tired more than they usually do and do not have the motivation to take care of their children.

Lastly, one of the most common causes of child abuse is parents who become intoxicated with drugs, primarily alcohol. When people get very drunk or high with drugs, it is very difficult to control their mind by themselves because those addictive things make them act in ways that they normally would not do.<sup>569</sup> The number of cases of abuse linked to alcohol abuse is not obvious, however it is not low. In addition, the Ministry of Health, Labor and Welfare mentioned in 2003, 8.6 million people are drinking a lot of alcohol than usual, and about half of them are suspected to be alcoholics.<sup>570</sup>

## II

There are numerous effects on the victims of child abuse. According to the Asahi Shimbun, over 90% of children who were criminally assaulted and bodily harmed were found during 2019.<sup>571</sup> Therefore, it is not rare seeing abused children with bruises or welts. Physically abused children tend to have multiple injuries old and new.<sup>572</sup> That is because they are hit by their parents' hands or an object like a belt.<sup>573</sup>

Child abuse can affect the child's mental health as well. According to AAP News, in cases of child abuse or neglect or other exposure to violence, children get traumatized because of the horrible things they have experienced, and those shocking memories can be recalled by a smell, sound, or other sensory input or may be triggered by an action, place, or date. Also, the stress from the long term abuse can leave the children hypervigilant and with exaggerated startle response, attention and concentration problems, and sleep disturbance.<sup>574</sup> In addition, Harvard Medical School says that those symptoms, especially sleeping disorders can worsen the child's mental issues.<sup>575</sup> Lastly, I will explain the effects of victimized children's futures. Moray council showed that children who have suffered abuse are more likely to have lower educational attainment. Long-term physical and mental health difficulties including depression can be a consequence. As a result, they showed that many individuals who commit serious crimes

---

<sup>564</sup> Queensland; c=AU; o=The State of. "What Causes Child Abuse." *Queensland Government*, CorporateName=The State of Queensland; Jurisdiction=Queensland, 21 Mar. 2018

<sup>565</sup>Merchant, Yasmin Sara. "5 Major Differences between Japanese and American Workplaces." *Business Insider*, Business Insider, 5 Apr. 2018

<sup>566</sup> "The Link Between Anger and Stress." *Mental Help The Link Between Anger and Stress Comments*

<sup>567</sup>"Cases of Child Abuse in Japan Top Records Once Again in 2019." *The Asahi Shimbun*, 12 Mar. 2020

<sup>568</sup>"Misplaced Modesty Hampers Sex Education in Japan's Schools." *Nippon.com*, 30 May 2020

<sup>569</sup>Abuse, National Institute on Drug. "Mind Matters: Drugs and the Brain." *NIDA for Teens*, 5 Aug. 2020

<sup>570</sup> 厚生労働省. "アルコール依存症." *アルコール依存症 | 疾患の詳細 | 専門的な情報 | メンタルヘルス | 厚生労働省*, 2011

<sup>571</sup>Yagi, T. (2020, March 12). Cases of child abuse in Japan top records once again in 2019. Retrieved October 27, 2020

<sup>572</sup>S. (2020, September 1). Identify child abuse. Retrieved October 27, 2020

<sup>573</sup>Lyness, D. (Ed.). (n.d.). How to Handle Abuse (for Kids) - Nemours KidsHealth. Retrieved October 27, 2020

<sup>574</sup>Stirling, J., & Amaya-Jackson, L. (2008, September 01). Understanding the Behavioral and Emotional Consequences of Child Abuse. Retrieved October 27, 2020

<sup>575</sup>Publishing, H. (2010). Sleep and mental health. Retrieved October 27, 2020

suffered from abuse during their childhood.<sup>576</sup> In addition, the cao.go.jp is saying that in Japan, one in five to six cases of juvenile delinquency were caused by people who were physically abused.<sup>577</sup> Also, Channel 7 Children's Research Foundation, and Monash University and Centacare SA showed that abused childrens' future will be destroyed by the victims themselves self-medicating with drugs and alcohol in order to lessen or forget the pain they have got.<sup>578</sup> This can lead them to commit crimes.

### III

There are several movements people could do in order to lesson the number of child abuse cases in Japan. The first service is to home visit, educate parents about early childhood, in other words open classes to learn about babies, and establish education for parents. This is actually suggested by Prevent Child Abuse America. Child abuse, especially neglect often occurs when parents are overwhelmed with an array of stressors, including the difficulties of coping with poverty and its many associated burdens, single parenthood, depression, or substance abuse as well as the daily stressors most parents face. Therefore, these services like I mentioned above can provide the parents with emotional support, knowledge, and guidance on how to provide a nurturing environment for children.<sup>579</sup> In addition, all children having a high quality education will help ensure this important need is met.<sup>580</sup>

The next service that is effective for preventing child abuse is to provide mental health services to parents and neglected children and youth. Neglected children usually have emotionally unstable or depressed parents.<sup>1</sup> Also, according to the Health Europa, children who have experienced child abuse or neglect are four times more likely to develop serious mental illness such as psychoses, schizophrenia and bipolar disorder than children who have not suffered child abuse.<sup>581</sup> Moreover, providing mental health service can help those parents who are suffering with their mental health, and lead them to care enough for their children. Providing mental service at an early point can help mitigate the children from being abused and can help ensure that child abuse or neglect are not transmitted to the next generation.

Lastly, what I want to share that can contribute to decreasing the number of children from being abused is to ensure the access for all children to afford, quality health care, including prenatal, dental, and mental health services. Access to comprehensive, quality health care services is important for families' promoting and maintaining health, preventing and managing disease.<sup>582</sup> Without health insurance, families are less likely to find timely and preventive health care. When they do, the cost of that care contributes to a family's economic insecurity and both of these are risk factors for neglect or child abuse.

### IV

In conclusion, there are serious social problems that cause parents to abuse their children, and Japan must do something to protect the victimized children. Stress, unrealistic expectations, and alcoholism are inherently linked with child abuse. I think people these days have a lot of stress, and there is a social stigma of going to psychiatrists in Japan. Unrealistic expectations are also linked because the knowledge of raising children is lacking due to the limited programs, such as sexual education, and reliance on school teachers to raise children. I think alcoholism in Japan is seriously connected to parents' maltreatment of children. People can drink unlimited amounts of alcohol whenever they want. The government suggests safe consumption amounts, but it does not enforce any penalty for excessive use besides operating a vehicle. Therefore, I think the government must do something. For example, it could make a law that forces alcoholics to get medical attention even if they refuse. Writing this essay, I realized that there are not many articles or data written about child abuse from governments or private organizations. I found that Japan is looking away from the facts that have been happening until today. The Japanese government allows too much social injustice to happen to children suffering from abuse. The social problems that create bad parents to harm their own children are largely ignored by the government and the public.

---

<sup>576</sup>“What Are the Effects of Child Abuse?” *Moray Council*, The Moray Council, Council Offices, High Street, Elgin, Moray, IV30 1BX, 29 Nov. 2013

<sup>577</sup> “平成 17 年度 少年非行事例等に関する調査研究報告書.” *404 Not Found - 内閣府*, 2005,

<sup>578</sup>EurekAlert. (2020). Mother nature and child development. Retrieved October 27, 2020

<sup>579</sup>DePanfilis, D. (2006). Child Neglect: A Guide for Prevention, Assessment and ... Retrieved November 22, 2020

<sup>580</sup>Preventing Child Neglect. (2020). Retrieved November 22, 2020

<sup>581</sup>Price, S. (2019, September 30). Abused children four times more likely to develop mental illness. Retrieved November 22, 2020

<sup>582</sup>Access to Health Services. (2020, October 8). Retrieved November 22, 2020

Child abuse can also harm the children very much in ways that affect their future lives. They can also be harmed physically or mentally. There are a number of children who are suffering these situations, and most of them are not even recognized. I think this is because Japan does not want to deal with these things because it is troublesome and it is more important to develop the country rather than solving those problems. In order to decrease the number of abused children, I suggest Japan force young parents to go learn about raising a child in more detail, because I feel like in Japan people only learn about babies at hospitals unless they go to classes of raising a child or read some magazines about it. Abuse usually comes from lack of knowledge about children. Therefore, I think making the parents learn about them would help reduce the number of children being abused.

There are many things suggested that we or governments can do to decrease the number of cases of child abuse or neglect. However, it is not done, and I think the country is making excuses, because it is very sensitive and troublesome for them. In my opinion, though it takes a long time to decrease child abuse, start solving this problem now can lead to lessen the amount of child abuse cases. I think all three services I wrote above are easy to do and can have a significant change. It will definitely help lower the number of child abuse and neglect.

### BIBLIOGRAPHY

- Abuse, National Institute on Drug. "Mind Matters: Drugs and the Brain." *NIDA for Teens*, 5 Aug. 2020, [teens.drugabuse.gov/teachers/mind-matters/drugs-and-brain](https://teens.drugabuse.gov/teachers/mind-matters/drugs-and-brain).  
<https://teens.drugabuse.gov/teachers/mind-matters/drugs-and-brain>
- Access to Health Services. (2020, October 8). Retrieved November 22, 2020, from <https://www.healthypeople.gov/2020/topics-objectives/topic/Access-to-Health-Services>
- "Cases of Child Abuse in Japan Top Records Once Again in 2019." *The Asahi Shimbun*, 12 Mar. 2020, [www.asahi.com/ajw/articles/13209121](http://www.asahi.com/ajw/articles/13209121).  
<http://www.asahi.com/ajw/articles/13209121#:~:text=Criminal%20assaults%20and%20bodily%20harm,2.5%20percent%20of%20the%20cases>.
- "Child Abuse Cases Climb 10-20% in Japan as Families Stay Home More." *The Asahi Shimbun*, 12 May 2020, [www.asahi.com/ajw/articles/13367418](http://www.asahi.com/ajw/articles/13367418).  
<http://www.asahi.com/ajw/articles/13367418#:~:text=Special%20TOP-,Child%20abuse%20cases%20climb%2010%2D20%25%20in%20Japan,as%20families%20stay%20home%20more&text=A%20total%20of%2014%2C974%20cases,year%20increase%20of%2011%20percent>
- DePanfilis, D. (2006). Child Neglect: A Guide for Prevention, Assessment and ... Retrieved November 22, 2020, from <https://www.childwelfare.gov/pubPDFs/neglect.pdf>
- EurekAlert. (2020). Mother nature and child development. Retrieved October 27, 2020, from [https://www.eurekalert.org/pub\\_releases/2020-02/uosa-mna021420.php](https://www.eurekalert.org/pub_releases/2020-02/uosa-mna021420.php)
- Konno, H. (2019, August 06). 児童虐待の「その後」は？ 虐待経験者の「大人たち」が抱える貧困リスク（今野晴貴） - Yahoo!ニュース. Retrieved October 12, 2020, from <https://news.yahoo.co.jp/byline/konnoharuki/20180910-00095873/>
- Lyness, D. (Ed.). (n.d.). How to Handle Abuse (for Kids) - Nemours KidsHealth. Retrieved October 27, 2020, from <https://kidshealth.org/en/kids/handle-abuse.html>
- Merchant, Yasmin Sara. "5 Major Differences between Japanese and American Workplaces." *Business Insider*, Business Insider, 5 Apr. 2018, [www.businessinsider.com/differences-between-japanese-and-american-work-culture-2018-3](https://www.businessinsider.com/differences-between-japanese-and-american-work-culture-2018-3). <https://www.regus.co.jp/work-japan/en-ja/company-culture-can-cause-stress/>
- "Misplaced Modesty Hampers Sex Education in Japan's Schools." *Nippon.com*, 30 May 2020, [www.nippon.com/en/japan-topics/c06603/misplaced-modesty-hampers-sex-education-in-japan-s-schools.html](https://www.nippon.com/en/japan-topics/c06603/misplaced-modesty-hampers-sex-education-in-japan-s-schools.html). <https://www.nippon.com/en/japan-topics/c06603/misplaced-modesty-hampers-sex-education-in-japan%E2%80%99s-schools.html#:~:text=%E2%80%9CIn%20the%201990s%2C%20sex%20education,control%2C%20and%20sexually%20transmitted%20diseases>.
- Preventing Child Neglect. (2020). Retrieved November 22, 2020, from <https://preventchildabuse.org/resource/preventing-child-neglect/>

- Price, S. (2019, September 30). Abused children four times more likely to develop mental illness. Retrieved November 22, 2020, from <https://www.healtheuropa.eu/abused-children-mental-illness-93690-2/93690/>
- Publishing, H. (2010). Sleep and mental health. Retrieved October 27, 2020, from [https://www.health.harvard.edu/newsletter\\_article/sleep-and-mental-health](https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health)
- Queensland, c=AU; o=The State of. "What Causes Child Abuse." *Queensland Government*, CorporateName=The State of Queensland; Jurisdiction=Queensland, 21 Mar. 2018, [www.qld.gov.au/community/getting-support-health-social-issue/support-victims-abuse/child-abuse/child-abuse-causes](http://www.qld.gov.au/community/getting-support-health-social-issue/support-victims-abuse/child-abuse/child-abuse-causes).  
<https://www.qld.gov.au/community/getting-support-health-social-issue/support-victims-abuse/child-abuse/child-abuse-causes>.
- S. (2020, February 6). 児童虐待の摘発や警察から児相への通告、2019年も過去最多に【3月12日更新】. Retrieved November 22, 2020, from <https://shakaidekosodate.com/archives/4022>
- Stirling, J., & Amaya-Jackson, L. (2008, September 01). Understanding the Behavioral and Emotional Consequences of Child Abuse. Retrieved October 27, 2020, from <https://pediatrics.aappublications.org/content/122/3/667>
- "The Link Between Anger and Stress." *Mental Help The Link Between Anger and Stress Comments*, [www.mentalhelp.net/blogs/the-link-between-anger-and-stress/](http://www.mentalhelp.net/blogs/the-link-between-anger-and-stress/).  
<https://www.mentalhelp.net/blogs/the-link-between-anger-and-stress/#:~:text=Stress%20can%20certainly%20create%20a,likely%20increase%20your%20angry%20behaviors.&text=This%20type%20of%20stress%20does,lazy%E2%80%9D%20or%20%E2%80%9Cunmotivated.%E2%80%9D>
- "What Are the Effects of Child Abuse?" *Moray Council*, The Moray Council, Council Offices, High Street, Elgin, Moray, IV30 1BX, 29 Nov. 2013, [www.moray.gov.uk/moray\\_standard/page\\_90253.html](http://www.moray.gov.uk/moray_standard/page_90253.html).
- Yagi, T. (2020, March 12). Cases of child abuse in Japan top records once again in 2019. Retrieved October 27, 2020, from <http://www.asahi.com/ajw/articles/13209121>
- 厚生労働省. "アルコール依存症." *アルコール依存症 | 疾患の詳細 | 専門的な情報 | メンタルヘルス | 厚生労働省*, 2011, [www.mhlw.go.jp/kokoro/speciality/detail\\_alcohol.html](http://www.mhlw.go.jp/kokoro/speciality/detail_alcohol.html).  
[https://www.mhlw.go.jp/kokoro/speciality/detail\\_alcohol.html](https://www.mhlw.go.jp/kokoro/speciality/detail_alcohol.html)
- "平成17年度 少年非行事例等に関する調査研究報告書." *404 Not Found - 内閣府*, 2005, [www8.cao.go.jp/youth/suisin/hikou/kenkyu/6.html](http://www8.cao.go.jp/youth/suisin/hikou/kenkyu/6.html).  
<https://www8.cao.go.jp/youth/suisin/hikou/kenkyu/6.html>

### Canada and Japanese Childcare Shizuki Yoshida

According to The World Bank, over the last 50 years the total fertility rate in the world has been falling. In 2018, the number was around 2.4 million people.<sup>583</sup> The global average fertility rate is below 2.5 children per woman today.<sup>584</sup> In Canada, the number was about 1.5 million people, and in Japan it was approximately 1.4 million people.<sup>585</sup> There are some gaps between Japan and Canadian childcare, such as their institutions, childcare types, and cost. Japanese childcare systems support pre-school education and childcare that is adapted to the rhythm of their lives.<sup>586</sup> The pre-school education is to fit today's society. For example, 3R's, foreign languages, and human-relationship.<sup>587</sup>

<sup>583</sup> The World Bank, "Fertility rate, total (births per woman)." (n.d.).

<sup>584</sup> Roser Max, "Fertility Rate" Our World in Data, 2 Dec. 2017.

<sup>585</sup> The World Bank, "Fertility rate, total (births per woman) - Canada." (n.d.).

<sup>586</sup> Nozomi kindergarten, "Kindergarten, Nursery school, certified child care centers" (n.d.).

<sup>587</sup> Mariko Ichimi ABUMIYA, "Preschool Education and Care in Japan" National Institute for Education policy Research, Ministry of Education, Culture, Sports, Science, and Technology. (n.d.).

However, the government institution doesn't care for parents about social rehabilitation of women after childbirth, parental leave and cost.<sup>588589</sup> There is also the problem of waiting lists for children.<sup>590</sup> In contrast, Canadian childcare systems help personal care of the children and the family.<sup>591</sup> The Canadian government and state institutions conduct some assistance for parents. These situations have lots of consequences for the future for children including good and bad situations. In this essay, I will present things that compare, pros and cons, and quality that is similar to the effect between Canada and Japan, with the purpose to learn about the current situation in both countries and create a better environment for children to grow up carefree and support their families. In addition, this essay will consider the impact on the future of children.

## I

Firstly, this is a comparison between Japan and Canada. The first comparison is about laws including childcare, such as parental level for mothers and fathers. Japan has many childcare issues currently for both women and men. According to the Ministry of Health, Labor and Welfare in women, the percentage of women taking childcare leave has reached about 90 percent, however the 7 percent of women left their jobs after the birth of their first child. Also, even if they are back in the job, they may not be able to return to their former position or suffer maternity harassment. In addition, under current Japanese laws, even if they have a lot of children, the nursing for children is limited to five days per year, regardless of the number of children. This situation is not helpful for parents. In men, with more and more households working together, men are being required to take childcare leave. There are 1.24 million working together in 2019.<sup>592</sup> Moreover, even now, there are many men who do not participate in childcare, because they think that childcare is a women's role. The government has reviewed this situation and issued remedial measures, but these problems still persist. The specific details of remedial measures, mandatory short-time work system, mandatory exemption from overtime work, and as an enhanced care leave for children if they have two or more children, nursing is ten days per year for women, and encouraging fathers to take parental leave for men.<sup>593</sup> On the other hand, in Canada there is no problem about laws, it is improving recently. For women, more women are entering the workforce while raising children. The percentage of women employed aged 25 to 54 increased from 48.7 percent in 1976 to 77.5 percent in 2015. And the participation rate of mothers in household work remained at 93 percent, higher than that of fathers at 76 percent. Additionally, in men among fathers, the number of household work increased from 51 percent in 1986 to 76 percent in 2015. However, according to Statistics Canada, fathers should have more time to engage with their children, because even though men's participation in domestic work has increased, it is still mothers who spend most of their time taking care of their children. Mothers and fathers receive 2.6 and 1.9 hours of child care time, respectively per day on average.<sup>594</sup>

The second comparison is in types of childcare, for example Japan has kindergarten, and Canada has a range of nannies. Japan has three kinds of childcare facilities. That is kindergarten, nursery school, and a certified child care center. The kindergartens programs are for children from the age of three to elementary school. In this place, children can also receive education. Also, each kindergarten has different characteristics, so parents can choose the one that they want. The nursery schools generally care for children between the ages of 0 and 5 years old. Here, children can receive care that fits into the rhythm of their lives when they need long hours of care. Some also offer evening and holiday childcare. The certified child care centers can receive both kindergarten and preschool care.<sup>595</sup> Meanwhile, Canada has four types of options for childcare. Specifically, ranging from nannies, home daycares, daycare centers, and preschool programs.<sup>596</sup> A nanny is a live-in or live-out person who works with the family for childcare. The works include the children's laundry, maintaining the cleanliness of equipment.<sup>597</sup> Home daycares means that children are kept in the home on a regular and continuous basis.<sup>598</sup> Day care centers are facilities that take care of children whose

---

<sup>588</sup> *Kaiseiikuji • Kaigokyugyohou nituite* - mhlw. (n.d.). Retrieved August 27, 2020

<sup>589</sup> Stasta “[*Kanzenban*] *Kodomo ni kakaru kyouikuhiha*○○○enn!? *Simulation de kaisetu*” 5 Nov.2020.

<sup>590</sup> Statistics Bureau of the Ministry of Internal Affairs and Communications, “Population change” 1 Oct. 2018.

<sup>591</sup> Nannyjob.co.uk Number one for childcare “Childcare types” (n.d.).

<sup>592</sup> Labor Policy Research and Training Organization “*Sengyo-syuhu to Tomobatarakisetai* 1980-2019”

<sup>593</sup> Ministry of Health Labor and Welfare “*Kaiseiikuji • Kaigokyugyohou nituite*” - mhlw. (n.d.).

<sup>594</sup> Government of Canada, S. “Spotlight on Canadians: Results from the General Social Survey Changes in parents' participation in domestic tasks and care for children from 1986 to 2015.” 2017

<sup>595</sup> *Nozomi Youchien “Youchien • Hoikuen • Nintei Kodomoen”* (n.d.).

<sup>596</sup> Government of Canada, S. “Child care in Canada.” 2015

<sup>597</sup> Nannyjob .co .uk Number one for childcare “Childcare types”

<sup>598</sup> McClure, R. “How to Select an In-Home Daycare for Your Child.” verywell family, 2020

parents have to work during the day. This is what we call a nursery school in Japan.<sup>599</sup> Preschool programs are about helping children develop social and learning-related skills.<sup>600</sup>

Lastly, another noticeable difference is the cost of raising children. In Japan, The average annual salary is approximately ¥4.14 million, according to a survey by Japanese online job-search website doda. That's about US \$37,800. However, from nursery school to high school graduation, parents will have to pay at least ¥5.4 million and up to ¥17.7 million. The lowest case is public school only, and the highest is private school only. There is a ¥12.3 million difference between the least costly case and the most costly case for children to graduate from nursery school to high school. The good points are that if children go to a private school, they will have better facilities, they will be able to take classes with the latest technology, and they will be able to work on their exams faster than public school. However, if children want to go to private schools, they have to pay a lot of money, so not all of them can go to the school. On the other hand, in Canada, as of September 2017, the average wage for Canadian employees was just over \$51,000 a year.<sup>601</sup> In addition, Canadian elementary or primary, secondary, and public higher education are free of charge.<sup>602</sup> However, private high schools have different facilities at different schools, so there are differences in tuition rates.<sup>603</sup> For example these additional fees provide for classroom supplies, Transportation and meal services. Japan also has mandatory education up to junior high school, so tuition is free, but in Japan, students have to pay more money for school uniforms and transportation costs, even public schools.

## II

There are lots of good and bad points. The first one is there are some advantages of childcare, for instance abundance of educational programs, and better support. In Japan, each facility has a different pre-school education content, but all of them have diverse educational programs. The kindergarten education is in five categories: health, human relationships, environment, language, and expression from 1989. In addition to this, the government has adopted a way of educating oneself through their own environment to keep up with the changes in society now. For example, 3R's, foreign languages, and computers. The nursery schools' first guideline is after the World War II "Guideline for Nursery-Care at Day Nurseries" in 1965. This shows life and play for infants under the age of 2, health, society, and play for 3 year-olds, and health, society, language, nature, music, and arts & crafts for 4 to 6 year-olds. However, the guideline was changed twice, so current education programs are content to no fixed areas for ages 0 to 3, and health, human-relationships, environment, language, and expression for 4 to 6 year-olds. Moreover, after the high economic growth period, society has changed such as the number of women's social advancement is increasing and the number of nuclear families. From these, nursery schools provide not only regular childcare services but also extended their services to include infant daycare, extended hour daycare, nighttime childcare for support of their family.<sup>604</sup> Additionally, from October 2019, all children in the 3 to 5 year old class using kindergartens, nursery schools, and certified children's schools, and children aged 0 to 2 years old in resident tax exempt households will be charged no fees.<sup>605</sup> On the other hand, in Canada they are taken with better support. The daycare services curriculum included activities to help children learn a variety of skills such as singing, dancing and listening to stories.<sup>606</sup> Home day care services provide individualized care, which allows the child to be tailored to each other's needs and can provide childcare that is tailored to family life. Childcare is managed on a state-by-state basis so that it can be adapted to the environment.<sup>607</sup>

The second is there are some disadvantages of childcare, for example families having to wait for it, and sickness. On the issue of waiting for childcare in Japan, in 2018, there were approximately 6.93 million children between the ages of 0 and 6 years.<sup>608</sup> The admission quota of nursery schools and other facilities in Japan is 2.8 million

---

<sup>599</sup> The Editors of Encyclopaedia Britannica. "Day-care centre." 2018

<sup>600</sup> Encyclopedia on Early Childhood Development "Preschool programs." (n.d.).

<sup>601</sup> Workopolis. "The average Canadian salaries by industry and region" 2018

<sup>602</sup> THE TIME OF INDIA new to Canada "K-12 education in Canada." (n.d.).

<sup>603</sup> Ourkids.net. the trusted source. "School tuition and costs: a complete guide. Private school tuition: the what, where, and why of private school costs in Canada." 2020

<sup>604</sup> Mariko Ichimi ABUMIYA, "Preschool Education and Care in Japan" National Institute for Education policy Research, Ministry of Education, Culture, Sports, Science, and Technology. (n.d.).

<sup>605</sup> Cabinet Office, "*Youji kyouiku, hoiku no musyouka*" (n.d.).

<sup>606</sup> Babycenter, "Daycare: pros and cons" (n.d.)

<sup>607</sup> Babycenter, "Home daycare: pros and cons" (n.d.)

<sup>608</sup> Statistics Bureau of the Ministry of Internal Affairs and Communications, "Population change" 1 Oct. 2018.



children. This number is an increase of 97000 over the previous year. However, 2.61 million children use childcare centers and other facilities. This number is a rise of 68000 over the last year, and overall children on the waiting list are about 19900 people in 2018, however overall childcare use rate is 44.1 percent.<sup>609</sup> Also, the number of childminders needed at the end of 2017 was approximately 74000 people, but then the number of childminders is about only 386000 people, so there is a shortage of about 74000 people. It was also found that 90 percent of the prefectures have a shortage of childminders. One of the big reasons for this situation is only 50 percent of those with childcare qualifications are not employed as childminders. Childminders currently have a more difficult environment to work in than other jobs in terms of responsibility, salary and holiday.<sup>610</sup> Conversely, Canadian families have money and children's sickness issues on their hands. The money problems are even if parents pay money for daycare services, when the daycare services are closed, they have to find a place that takes care of their children themselves.<sup>611</sup> Also, the only children eligible for free childcare will be Canadian citizens and permanent residents of Canada, and the monthly children allowance will be phased out as household income increases.<sup>612613</sup> In addition, the children's sickness problem is with daycare services, parents will worry about their children because they are more likely to get sick because there are more people involved than if they were to stay at home. Another problem is that children have difficulty receiving one-on-one services, and if they live in the house, they will have less interaction with their parents because it is the babysitter who takes care of the child, not the family.<sup>614</sup>

### III

Both countries have the quality of childcare to influence the future of children. First of all, what is “the quality of childcare” for children and families. What is “the quality of childcare”? It refers to having an environment and experiences that support children to live a fulfilling and prosperous life, both physically and mentally. In other words, it is multifaceted and complex.<sup>615</sup> The quality of childcare in Japan and other countries is completely different depending on the qualification system for childminders, types of childcare facilities, and the operational management system of facilities. However, all countries have a common quality of childcare. There are two types of “the quality of childcare”. The first one is "Public" childcare. This is that which guarantees the child's right to life and development. Childminders support the life, play and learning of each child in their developmental situation by the caregiver. The second one is "Private" childcare. This is how well it responds to the expectations and demands of the recipients (parents) of the service.<sup>616</sup> The Organization for International Economic Cooperation (OECD) presents six qualities of childcare to find these two types of requirements: quality of intentionality, quality of formation, concept and performance of result, quality of process, and quality of child outcomes. In this way, it aims to ensure and improve childcare by setting a direction for what is important in childcare, providing conditions such as facilities and equipment, and guaranteeing uninterrupted activities for children.<sup>617</sup> A quality program for children means that they feel safe and feel cozy. Also, there is something to do that you can be absorbed or immersed in. For parents, a quality program means childcare that protects the health and safety of their children.<sup>618</sup> By satisfying these qualities the quality of child care is related to the impact of childcare. Secondly, “the quality of childcare” in Japan. According to NICHD, children who received good care in preschools and kindergartens have been shown to have positive effects on not only language skills, computational and cognitive abilities but also self-control skills and social-emotional behavior.<sup>619</sup> The quality

<sup>609</sup> Ministry of Health, Labour and Welfare, “*Hoikusyotoukanrenjyoukyoutorimatome wo kyohuyousimasu*” news media, 7 Sep. 2018.

<sup>610</sup> Ministry of Health, Labour and Welfare, “*Hoikujinzaikakuho notameno Miryokuarusyokubadukuri nimukete*” Aug. 2014.

<sup>611</sup> Babycenter, “Home daycare: pros and cons” (n.d.)

<sup>612</sup> Miko Murakami, “*Canada no youjikyoiukujijyou! Canada no hoikuryou hasyuniyotte9bainosa*” oriori, 12 Sep. 2020.

<sup>613</sup> Peter Jon Mitchell, “The Pros and Cons of Canada’s Child Benefit” Institute for Family Studies, 17 Jul. 2019.

<sup>614</sup> Babycenter, “Daycare: pros and cons” (n.d.)

<sup>615</sup> News commentators bureau, “*Hoiku no situ toha nanika*” NHK, 1 Aug, 2017.

<sup>616</sup> Keiko Fujisawa, Makiko Nakamuro “*Hoiku no “Situ” ha kodomo no hattatu ni eikyousuru noka - syoukibo hoikuen to cyuukibo hoikuen no hikaku kara -*” RIETI, Jan. 2017.

<sup>617</sup> News commentators bureau, “*Hoiku no situ toha nanika*” NHK, 1 Aug, 2017.

<sup>618</sup> A guide for parents in Canada “What is quality in early childhood education and care?” Finding quality child care. (n.d.).

<sup>619</sup> Kiyomi Akita “*Hoiku no situ to kodomo no hattatu*” University of Tokyo Educational Research. (n.d.).

of childcare environment in Japan means that equipment and indemnity can be put into place where children live, play and learn in childcare without disabilities. The child care environment has seven items: the relationship between the space and the furniture and interrelationships, the relationship between parents and childcare workers, and so on. The quality of the childcare environment and the length of experience of the childminder has a positive impact on the developmental conditions of the children. Conversely, there is no effect on the development situation of children, such as academic background for child care certification, size of facilities, and child-to-care worker ratio. This shows that the time spent actually interacting with the child and thinking about things from the child's perspective is more important than the time spent studying at a desk. The whole society has received more benefits by good quality childcare which promotes the development of children. For example, welfare costs are reduced and public safety is improved.<sup>620</sup> In order to increase the growth rate of children, the children should be given many opportunities to communicate with other people, singing songs, reading books, and having more interaction with parents as well as child care workers. It is also desirable to have a place where parents can feel free to talk to each other about childcare.<sup>621</sup> In addition to childcare, each family characteristics, mother-child relationships and the sensitivity of parents to read their children's minds promote the development of their children's future social skills. Social skills development is more positively affected by leaving a child in a facility, but on the other hand, accidents, illnesses and other disabilities are more common than in non-facility children.<sup>622</sup> Thirdly, "the quality of childcare" in Canada. In Canada, each state has a slightly different child care system. For example, the Quebec system provides fixed fee services for all children five years of age and younger regardless of family income, with fees that are affordable and proportionate to family income.<sup>623</sup> There are Early Learning and Child Care (ELCC) and Early Childhood Education and Care (ECEC). Both systems encourage the promotion of child development. Structural factors of ELCC and ECEC quality, such as group composition, staff qualifications, working conditions, space and physical environmental standards, are believed to promote quality care and education. The quality care and education includes smaller group sizes and child ratios allow for more individualized childcare childminders interaction and promote child development. Also the more knowledgeable childminders are, the more diverse the ways they interact with children and services their parents, the better their care will be. When childminders are comfortable working in an environment that is conducive to their work, they can increase the efficiency and quality of their work and, as a result, they can interact better with children.<sup>624</sup> Additionally, like in Japan, when childminders are active and communicate more with children, they develop higher levels of literacy, numeracy, behavior and social skills. Other child development also varies by household income and differences. This is because low-income families are more difficult to get access to child care that is better served. For low-income families, two-year-olds had fewer opportunities to engage with adults than higher-income families, and three-year-olds had almost the same opportunities to engage with adults as higher-income families, but they were more likely to be negative. Four-year-olds differ in the amount of play and child care they receive, which leads to differences in preschool care.<sup>625</sup>

#### IV

In conclusion, there are many different points about childcare between Japan and Canada. Japan does not yet have a system in place for childcare, such as parents' incomes are low but tuition is high, and parents can't focus on childcare, making it difficult for people to raise children. In contrast, Canadian childcare is ready, for example the ability to raise children while supporting the advancement of women in society. It's a friendly environment to raise children, both for the community system and for parents. Also, both countries have excellent systems for keeping children and can be chosen to suit each family. In my opinion, laws and ideas need to change with the times. In Japan, parents should support parents in a way that doesn't make childcare a burden, like in Canada. For example, it's about making accommodations at work so that women can get pregnant when they want to, and reducing the cost of

<sup>620</sup> Keiko Fujisawa, Makiko Nakamuro "Hoiku no "Situ" ha kodomo no hattatu ni eikyousuru noka - syoukibo hoikuen to cyuukibo hoikuen no hikaku kara -" RIETI, Jan. 2017.

<sup>621</sup> Akiko Maruyama, Etuko Fuchita, Hatue Sakai, Hiroshi Tanaka, Katunobu Miyazaki, Tokie Anme, Tokie Syoji "Cyoujikanhoiku ga kodomo no hattatu niyobosu eikyou ni kannsuru tuseikikennyuu - Isaiji no 5nenngo no hattatu ni kannrennsuru youinn ni syoutenn wo atete -", Sep. 2001.

<sup>622</sup> Kunihisa Shimomura, Kyoko Shibao, Osamu Narazaka, Shizuo Shindou, Toshimichi Matsumoto, Yoshiharu Miyazaki "Nyujiki no syuudannhoiku no 3saiji ni okeru eikyou ni kannsuru koho-to kennyuu". 2010.

<sup>623</sup> Canadian Public Health Association "EARLY CHILDHOOD EDUCATION and Care" June. 2016.

<sup>624</sup> Government of Canada "Defining and measuring the quality of Early Learning and Child Care: A literature review" 27 June. 2019.

<sup>625</sup> Kathleen McCartney "What Do We Know About the Effects of Early Child Care?". (n.d.).

education other than tuition. In Canada, men should make more time to be involved with their children. This is true in both countries, but men are letting women take care of their children. This situation will put more stress on women and lead to a lower birth rate. I think it's important to keep thinking about what we're missing right now and how we can support each other to solve this problem. Also, there are some benefits and drawbacks about Japanese and Canadian childcare. Japanese preschool education is varied, but the number of children waiting is increasing and there aren't enough childcare workers, so this is having negative impacts on some families who have dual income households. Canadian services are while the service is designed for children's development, it is also a cause of reduced interaction with their families. I think Japanese childcare benefits of childcare services are not limited to children's development. Childcare services include women's social advancement and prior learning that children can focus on their study in school. These services are thinking about families. Additionally, Canadian childcare has many different types of childcare options, so choosing the right one for each family will help both parents and children to grow up in a good environment. Moreover, "the quality of childcare" affects the development of children. This "quality" includes not only the facilities and equipment and the interrelationship between childminders and parents, but also the way they interact with the children and promoting the children's activities. There is no difference in the quality of childcare in Japan and Canada, but this difference arises as society changes. Promoting the children's development and enabling the children to live a good future is the cause of social development and the creation of abundant resources. In my opinion, we must review the current situation of childcare and the "quality" of childcare must be improved to create a beneficial society for us. The positive impact on children's development is not only due to a better environment, but also by the childminders, so a good working environment for childcare workers, protecting their health and making their working conditions better will lead to a better future for children. And when children receive better care, society's future benefits increase. I think that this cycle will make "the good quality of childcare" and it will lead to create a good society. The quality of childcare is not only for the child, but also for the parents. I believe that a better and less stressful environment for everyone involved with the children will have a positive impact on the children's development.

### Bibliography

- Akiko Maruyama, Etuko Fuchita, Hatue Sakai, Hiroshi Tanaka, Katunobu Miyazaki, Tokie Anme, Tokie Syoji "Cyoujikanhoiku ga kodomo no hattatu ni oyobosu eikyō ni kannsuru taisekikennkyū - Isaiji no 5nenngo no hattatu ni kannrennsuru youinn ni syoutenn wo atete -", Sep. 2001. <https://www.hws-kyokai.or.jp/images/ronbun/all/200409-4.pdf>
- A guide for parents in Canada "What is quality in early childhood education and care?" Finding quality child care. (n.d.). <https://findingqualitychildcare.ca/high-quality-child-care/what-is-quality>
- Babycenter, "Daycare: pros and cons" (n.d.) <https://www.babycenter.ca/a537552/daycare-pros-and-cons>
- Babycenter, "Home daycare: pros and cons" (n.d.) <https://www.babycenter.ca/a537538/home-daycare-pros-and-cons>
- Cabinet Office, "Youji kyouiku, hoiku no musyouka" (n.d.). <https://www8.cao.go.jp/shoushi/shinseido/musyouka/index.html#:~:text=%E5%B9%BC%E7%A8%9A%E5%9C%92%E3%80%81%E4%BF%9D%E8%82%B2%E6%89%80%E3%80%81%E8%AA%8D%E5%AE%9A%E3%81%93%E3%81%A9%E3%82%82,%E3%81%8C%E7%84%A1%E6%96%99%E3%81%AB%E3%81%AA%E3%82%8A%E3%81%BE%E3%81%99%E3%80%82>
- Canadian Public Health Association "EARLY CHILDHOOD EDUCATION and Care" June. 2016. [https://cpa.ca/sites/default/files/assets/policy/ecec\\_e.pdf](https://cpa.ca/sites/default/files/assets/policy/ecec_e.pdf)

Encyclopedia on Early Childhood Development “Preschool programs.” (n.d.). Retrieved August 27, 2020, <http://www.child-encyclopedia.com/preschool-programs>

Government of Canada “Defining and measuring the quality of Early Learning and Child Care: A literature review” 27 June. 2019. <https://www.canada.ca/en/employment-social-development/programs/early-learning-child-care/reports/2019-defining-measuring-quality.html>

Government of Canada, S. “Child care in Canada.” November 30, 2015, Retrieved August 27, 2020, <https://www150.statcan.gc.ca/n1/pub/89-652-x/89-652-x2014005-eng.htm>

Government of Canada, S. “Spotlight on Canadians: Results from the General Social Survey Changes in parents' participation in domestic tasks and care for children from 1986 to 2015.” June 7, 2017, Retrieved August 27, 2020, <https://www150.statcan.gc.ca/n1/pub/89-652-x/89-652-x2017001-eng.htm>

*Kaiseiikujji • Kaigokyugyohou nituite* - mhlw. (n.d.). Retrieved August 27, 2020, from <https://www.mhlw.go.jp/english/policy/affairs/dl/06.pdf>

Kathleen McCartney “What Do We Know About the Effects of Early Child Care?”. (n.d.). [https://www.purdue.edu/hhs/hdfs/fii/wp-content/uploads/2015/07/s\\_mifis01c03.pdf](https://www.purdue.edu/hhs/hdfs/fii/wp-content/uploads/2015/07/s_mifis01c03.pdf)

Keiko Fujisawa, Makiko Nakamuro “*Hoiku no “Situ” ha kodomo no hattatu ni eikyousuru noka - syoukibo hoikuen to cyuukibo hoikuen no hikaku kara -*” RIETI, Jan. 2017. <https://www.rieti.go.jp/jp/publications/dp/17j001.pdf>

Kiyomi Akita “*Hoiku no situ to kodomo no hattatu*” University of Tokyo Educational Research. (n.d.). [http://www.fgs.or.jp/pdf/05\\_symposium/02\\_2011-2015/02\\_outline/171\\_outline\\_25.pdf](http://www.fgs.or.jp/pdf/05_symposium/02_2011-2015/02_outline/171_outline_25.pdf)

Kunihisa Shimomura, Kyoko Shibao, Osamu Narazaka, Shizuo Shindou, Toshimichi Matsumoto, Yoshiharu Miyazaki “*Nyujiki no syuudannhoiku no 3saiji ni okeru eikyou ni kannsuru koho-to kennkyuu*”. 2010. <https://www.jschild.med-all.net/Contents/private/cx3child/2010/006905/007/0637-0644.pdf>

Labor Policy Research and Training Organization “*Sengyo-syuhu to Tomobatarakisetai 1980-2019*” Accessed August 28, 2020, <https://www.jil.go.jp/kokunai/statistics/timeseries/pdf/g0212.pdf>

Mariko Ichimi ABUMIYA, “Preschool Education and Care in Japan” National Institute for Education policy Research, Ministry of Education, Culture, Sports, Science, and Technology. (n.d.). <https://www.nier.go.jp/English/educationjapan/pdf/201109ECEC.pdf>

Miko Murakami, “*Canada no youjikyoiukujijyou! Canada no hoikuryou hasyuniyotte9bainosa*” oriori, 12 Sep. 2020. <https://oriori.education/2005047>

Ministry of Health, Labour and Welfare, “*Hoikusyotoukanrenjyoukyoutorimatome wo kyohyousimasu*” news media, 7 Sep. 2018. <https://www.mhlw.go.jp/content/11907000/000350592.pdf>

- Ministry of Health, Labour and Welfare, "Hoikujinzaikakuho notameno Miryokuarusyokubadukuri nimukete" Aug. 2014. <https://www.mhlw.go.jp/file/04-Houdouhappyou-11601000-Shokugyouanteikyoku-Soumuka/0000057898.pdf>
- Ministry of Health Labor and Welfare "Kaiseiikuji • Kaigokyogyohou nituite" - mhlw. (n.d.). Retrieved August 27, 2020, <https://www.mhlw.go.jp/english/policy/affairs/dl/06.pdf>
- McClure, R. "How to Select an In-Home Daycare for Your Child." verywell family, May 16, 2020, Retrieved August 27, 2020, <https://www.verywellfamily.com/how-can-i-find-good-quality-in-home-child-care-617046>
- Nannyjob. co. uk Number one for childcare "Childcare types" ( n.d.). [https://www.nannyjob.co.uk/information/childcare\\_types](https://www.nannyjob.co.uk/information/childcare_types)
- News commentators bureau, "Hoiku no situ toha nanika" NHK, 1 Aug, 2017. <https://www.nhk.or.jp/kaisetsu-blog/400/276807.html>
- Nozomi Youchien "Youchien • Hoikuen • Nintei Kodomoen" (n.d.). <http://www.nozomi.ac.jp/hoikuen/tigai.html>
- Ourkids.net. the trusted source. "School tuition and costs: a complete guide. Private school tuition: the what, where, and why of private school costs in Canada." August 25, 2020, Retrieved August 27, 2020, <https://www.ourkids.net/private-schools-tuition-costs.php>
- Peter Jon Mitchell, "The Pros and Cons of Canada's Child Benefit" Institute for Family Studies, 17 Jul. 2019. <https://ifstudies.org/blog/the-pros-and-cons-of-canadas-child-benefit#:~:text=Disadvantages%20of%20Canada's%20Child%20Benefit&text=The%20CCB%20phases%20out%20as,Alex%20Laurin%20of%20the%20C.D.>
- Roser, M. "Fertility Rate." Our World in Data, February 19, 2020, <https://ourworldindata.org/fertility-rate>
- Roser Max, "Fertility Rate" Our World in Data, 2 Dec. 2017. <https://ourworldindata.org/fertility-rate>
- Stasta, "[Kanzenban] Kodomo ni kakaru kyouikuhiha○○enn!? Simulation de kaisetu" 5 Nov.2020. <https://studystudio.jp/contents/archives/49236>
- Statistics Bureau of the Ministry of Internal Affairs and Communications, "Population change" 1 Oct. 2018. <https://www.stat.go.jp/data/jinsui/2018np/index.html>
- The Editors of Encyclopaedia Britannica. "Day-care centre." March 23, 2018, Retrieved August 27, 2020, <https://www.britannica.com/topic/day-care-center>
- THE TIME OF INDIA new to Canada "K-12 education in Canada." (n.d.). Retrieved August 27, 2020, [https://timesofindia.indiatimes.com/new-to-canada/benefits/K-12-education-in-Canada/new\\_canada\\_show/48341608.cms](https://timesofindia.indiatimes.com/new-to-canada/benefits/K-12-education-in-Canada/new_canada_show/48341608.cms)
- The World Bank "Fertility rate, total (births per woman) - Canada." (n.d.). <https://data.worldbank.org/indicator/SP.DYN.TFRT.IN?locations=CA>

The World Bank “Fertility rate, total (births per woman).” (n.d.).  
<https://data.worldbank.org/indicator/SP.DYN.TFRT.IN>

Workopolis. “The average Canadian salaries by industry and region” Marce 8, 2018, Retrieved August 27, 2020, <https://careers.workopolis.com/advice/how-much-money-are-we-earning-the-average-canadian-wages-right-now/>

## **Is Being Vegan Good or Bad?**

Yumeno Maeda

In recent years, not only in the world, but also in Japan, veganism is becoming more and more popular. People who don't eat meat and fish are called vegetarians, whereas people who don't eat not only meat and fish, but also dairy products and eggs are called vegans. The concept of vegetarianism can be traced back to ancient India and ancient Greece, but the term "vegetarian" started to be used in English from the 19th century. Many people think it comes from vegetables, but in 1847, the Vegetarian Society was founded in England, and the word vegetarian was born from the Latin word 'vegetus', which means 'healthy and lively in body and mind'. Since then, the term "vegetarian" has been used to refer to people who do not eat meat. Later, in 1944, the Vegan Society was founded in England and people who eat only plant-based foods were called vegans.<sup>626</sup> Also, there are many different types of vegans in the world. For example, there are ethical vegans who also avoid leather and wool used in clothing, and diet vegans who aim to be healthy.<sup>627</sup> In addition, there is a big difference in support for vegans between countries. The number of restaurants that deal with vegan food and the public's awareness of vegans change by the percentage of the vegans in the country. Moreover, many people would think that vegans are only for humans. However, more and more pet owners are now trying to make their pets, such as dogs and cats, vegan like them. They change their pets' food and snacks to those that are adapted for vegans.<sup>628</sup> Is it a problem to make even pets vegan? In this essay, I will discuss the pros and cons of being vegan in Japan, comparing vegans in Japan and other countries and the effects of a vegan diet on pets, such as dogs and cats in order to let more people know about the correct information about the vegan diet, and I will give my own opinion.

### I

However, vegans have a lot of disadvantages. There is evidence to show vegan diets do not contain vitamin B12, an essential nutrient. Many people get the majority of certain vitamins, such as D and B-12, from animal products. Vegans can also have low levels of iron and zinc in their blood because they don't replace what they would get from animals with another source. Additionally, eating meat gives you high cholesterol levels. According to a Feb. 7, 2014 study by researchers at the Institute of Social Medicine and Epidemiology, vegetarians “suffer significantly more often from anxiety disorder and/or depression.” Low cholesterol levels have been linked to depression.<sup>629</sup> Also, people who eat vegan diets might have low cholesterol. There are several advantages and disadvantages. First, the vegan diet has two main advantages. They are to the environment and to people. The first is about the environment. Vegans can significantly reduce their carbon dioxide emissions. Factory farms and similar operations, from slaughterhouses to butcher shops, expend a lot of energy from fossil fuels.<sup>630</sup> Also, cows and sheep are responsible for 37% of the total

---

<sup>626</sup> TsubutsubuBLOG. "Vegan toha?" TsubutsubuBLOG soda zakkoku tabeyo, Web. 27 September 2019.

<sup>627</sup> Wikipedia. "Veganism" Wikipedia The Free Encyclopedia, Web. (n.d.)

<sup>628</sup> Emma Grey Ellis. “Inu ya neko wo vegan' nishitemo mondainainoka?” WIRED(US), CONDE NAST JAPAN, Web. 31 May 2019.

<sup>629</sup> Pros & Cons - ProCon.org. (2020, June 04)

<sup>630</sup> Sentient Media. Vegan Benefits for Both People and the Environment. (2019, December 17)

methane generated by human activity.<sup>631632</sup> According to the Ministry of the Environment, greenhouse gas production in Japan originating from livestock wastes 2.5 million tons CO<sub>2</sub>eq per year for methane. Methane is 23 times as warm as CO<sub>2</sub>. So methane reduction must be a priority.<sup>633634635</sup> Additionally, the livestock industry generates 64 percent of ammonia, which contributes significantly to acid rain. The livestock industry also generates 65 percent of human-related nitrous oxide, which has 300 times the Global Warming Potential of CO<sub>2</sub>.<sup>636</sup> Then there are the advantages to people. It can lower the risk of cardiovascular disease and diabetes, and improve gut health.<sup>637</sup> Plant-based diets are loaded with both soluble and insoluble fiber, which promotes regularity while maintaining a good population of healthy gut flora.<sup>638</sup> Lower levels of calcium in their bodies, which can lead to conditions like osteoporosis.<sup>639</sup> In addition, there is a demerit of the environment. Artificial fertilizers, for example, account for at least 3% of global greenhouse gas emissions, according to the industry. The production of synthetic fertilizer emits CO<sub>2</sub> and methane into the atmosphere, while their use on fields releases nitrous oxide, another potent greenhouse gas.<sup>640</sup>

## II

There are a lot of differences in vegans between countries. First, it is the case in Japan. According to a 2019 survey by a Japanese food company, the percentage of vegans or vegetarians in Japan was 5.7 %. Japan has always eaten not only vegetables, but also meat and fish caught by hunting and fishing for many years. Dashi or bonito flakes, which are famous in Washoku, are a common type of dashi made from fish. Examples of this are bonito and dried small sardines. Another one that is widely eaten in Japan is soybeans. It is very popular in Japan and is processed and used in many foods.<sup>641</sup> As a result, some of the products sold in Japanese supermarkets and convenience stores contain animal products, even if the food is originally vegetarian. The packaging may not always provide sufficient information about the ingredients. So vegans should be careful when buying food in Japan.<sup>642</sup> Furthermore, not everyone in Japan knows what vegan means and it's not common to see vegetarian or vegan labels on packaging. There are also some restaurants that provide vegan options, but not many, so you'll have to look for them or cook your own food.<sup>643</sup>

Veganism and vegetarianism are more popular in other parts of the world than in Japan. Especially in India, which has the highest percentage of vegans in the world, according to a BBC survey, 44% of people are vegan or

---

<sup>631</sup> Veganism and the Environment. (2019, January 06)

<sup>632</sup> About Veganism. (n.d.)

<sup>633</sup> Going Vegan: An Effective Way to Reduce Environmental Impact. (2020, August 24)

<sup>634</sup> Osada Takashi "Jissho ni haitta chikusankei onshitsu koka gasu haishutsu yokusei husaku no tenkai to noka fukyu no kadai" 2014

<sup>635</sup> Osada Takashi "chikusan kara no onshitsu koka gasu no haishutsu yokusei gijutsu" nogyo shokuhin sangyo gijutsusogo kenkyu kiko chikusansochikenkyusho (n.d.)

<sup>636</sup> Earth, D. (2019, November 06). Top 10 Reasons Why It's Green to Go Veggie

<sup>637</sup> Sentient Media. Vegan Benefits for Both People and the Environment. (2019, December 17)

<sup>638</sup> 7 Fantastic Health Benefits of Eating Vegan. (2019, December 27)

<sup>639</sup> Bhide, M. (2011, February 14). 9 Pros and Cons to Going Vegan - will this strict diet work for you -

<sup>640</sup> Pros & Cons - ProCon.org. (2020, June 04)

<sup>641</sup> Wendy, Werneth. "What You Need to Know on Your First Trip as a Vegan in Japan" the nomadic vegan, Web. 15 March 2018.

<sup>642</sup> Is It Vegan Japan? "Is it vegan? (Japan)" Web.

<sup>643</sup> Admin. "Plant-Based Travel in Japan - Preparation" more than veggies, It Wonders Web, Web. 21 August 2018.

vegetarian by culture and Hinduism.<sup>644</sup> Also, according to the ranking of vegan friendly cities by The Vegan Society, the top three are London, New York and Berlin.<sup>645</sup> In particular, the percentage of vegans in the UK that is the birthplace of veganism was around 1 percent of the total population, or about 600,000 people in 2018. However, 42% of those people said that they had just switched to veganism within a year. Therefore, it is clear that the vegan population is growing rapidly right now.<sup>646</sup> The next is the support of vegans in other countries. As the number one vegan-friendly city, London has a lot of vegan-friendly shops, such as bakeries, cafes and smoothie bars. For example, there is La Fauxmagerie which is a vegan cheese shop and The Temple of Seitan which is the world's first vegan chicken shop. The many vegan restaurants and events make the city a very vegan-friendly place to live.<sup>647</sup>

### III

There are several effects of a vegan diet on pets. First of all, a vegan diet has both positive and negative effects on dogs. Making a dog's food vegan affects a lot of things. Dogs have food allergies like humans have. Among them, many dogs have food allergies to beef, pork, and chicken. Changing to a vegan diet can improve the symptoms caused by them.<sup>648</sup> This is a good effect. However, there are also many negative effects. Dogs need six basic nutrients: protein, carbohydrates, lipids, vitamins, minerals and water. Among them, the "three major nutrients" of protein, carbohydrates and lipids are essential because they are a major source of energy just like humans. However, there are three major differences between humans and dogs. The first is that they do not have the digestive enzyme "alpha-amylase". It has a role in breaking down the starch in food and helping the digestion in the stomach. The second is that their teeth are sharp. The teeth of dogs are specialized in crushing large foods.<sup>649</sup> Their molars are developed for tearing off the meat and have a jagged shape instead of a flat one.<sup>650</sup> The third is the length of the intestines is short. A short intestine can cause indigestion and stools with nutrients left in them. These three things can cause physical problems in dogs, even if humans can adapt to being vegan. In addition, dogs are carnivores or omnivores. They need to get nutrition from animal products, so a vegan or vegetarian lifestyle for dogs is likely to lack nutrition. For example, it is a lack of vitamin B12, which is the main nutrient from meat. It is necessary for dogs because it has a very important function in the production of blood.<sup>651</sup>

In addition to dogs, a vegan diet also has an effect on cats. Some cats have food allergies, just like dogs. Many of them are also allergic to beef, chicken, pork, and lamb. Therefore, a vegan diet can have a positive impact as a solution to this problem.<sup>652</sup> However, in contrast to dogs, which are omnivores, cats are considered to be complete carnivores. As a result, cats need about five to six times more protein than humans, especially highly digestible proteins of animal origin. A vegetarian or vegan lifestyle for cats is more risky than for dogs, because they

---

<sup>644</sup> Mandy Meyer. "This Is How Many Vegans Are In The World Right Now (2020 Update)" WTVOX, Web. 17 September 2020.

<sup>645</sup> Ken Spector & Eric Brent. "10 Top Vegan-Friendly Cities" Happy Cow, Web. 15 October 2020.

<sup>646</sup> Ilayda. "Sekai ga chumokusuru vegan city 10 toshi" EF, Web. (n.d.)

<sup>647</sup> Ken Spector & Eric Brent. "10 Top Vegan-Friendly Cities" Happy Cow, Web. 15 October 2020.

<sup>648</sup> Rina Nakagawa. "Inu no arerugi ga deyasui tabemono wa? Kainushi ga dekiru taisakumoaru?" inutome, inutome, Web. 18 April 2018.

<sup>649</sup> More Nature. "vegan seikatsu de pet ni hitsuyou na eiyoso wa ataerareru?," 2021 More Nature, Web. 11 April 2020.

<sup>650</sup> Miyuki Kato. "Inu no ha kisochishiki! Honsu tokucho hae kawari no taimingu" docdog, Delight Creation Inc., Web. 7 December 2020.

<sup>651</sup> More Nature. "vegan seikatsu de pet ni hitsuyou na eiyoso wa ataerareru?," 2021 More Nature, Web. 11 April 2020.

<sup>652</sup> Isao Ogura. "Neko no shokumotsu arerugi no shojo genninn kensa hoho wa?," Pet Smile, 2014 PetSmile Co., Ltd., Web. 12 July 2019.



cannot get enough nutrition from only plant based foods. In addition, the stomachs and intestines of cats, which are carnivores, are developed to absorb nutrients from animal foods. Therefore, it is difficult for them to digest and absorb plant based foods.<sup>653</sup> Moreover, vegan diets cause a lack of amino acids. Their bodies need it, but cannot produce it.<sup>654</sup> Therefore, if they do not consume amino acids, it will weaken their muscles, cause vision loss, and cardiac arrest.<sup>655</sup>

#### IV

In conclusion, being a vegan has environmental benefits, such as reducing carbon dioxide and greenhouse gas production, and human benefits, such as decreasing the risk of diabetes and improving gut health. However, there are also some drawbacks. For example, there is a lack of the essential nutrient vitamin B12 and a low cholesterol level. I think going vegan is a good idea. But it's not the best, because it's hard to stay healthy, and it's hard to do it in your daily life. If you want to be a vegan, you need to be careful about a lot of things. First, you should increase your consumption of foods that contain the right nutrients and phytonutrients to remain healthy. Many vegans also take dietary supplements to ensure their nutrient resources don't get depleted. Many people who are vegan take nutritional supplements to ensure that their nutritional sources are not depleted. Therefore, they need to take supplements and other nutrients. Also, not many restaurants offer true vegan choices and this can make dining out difficult. Therefore, it is important to carry vegan foods and snacks to make eating out easier when traveling long distances. In addition, it is important to consult with your physician and a registered dietitian when starting and implementing a vegan eating plan, as a vegan diet may interfere with your health. There are also many differences between vegans in Japan and other countries. For example, the population of it and the number of shops that support it are different. Also, the public awareness of it is different. I think being vegan in Japan is a good thing. But if you really want to be vegan, or if you want a better place to live as a vegan, I think it's better to be vegan in other countries. This is because Japan has a small population of vegans and the public awareness of veganism is low. Therefore, it is hard to find restaurants and foods that support it. However, other countries have many shops, chain stores, and foods, and it's easy to adopt them in your daily life. Also, plant-based foods are a staple in some countries. In addition, I think it is important to make friends who have the same eating habits if you become a vegan, both in Japan and in other countries. The reason is that having vegan and vegetarian friends is a great way to learn a lot of new information and continue to do it. Especially in Japan, there are not many vegan stores and foods, so if you get more information, it's easier to live as a vegan. Moreover, there are many vegan stores and foods in the world and they are often covered by the media. Therefore, the vegan population is going to grow more in the future. Furthermore, a vegan diet affects dogs and cats in many ways. It has both good and bad effects. For example, it can be a solution to food allergies, but it can also cause other illnesses, such as physical problems or cardiac arrest. Therefore, if pet owners want to make their pets vegan, there are some things they should do. The first is to consult a veterinarian. They can tell you what kind of dog food is best for your pet's health and which fruits and vegetables are good to feed. Also, they can help you if you need to change the vegan diet back to an omnivore diet due to aging or illness. Secondly, don't change to a vegan diet suddenly. Pets have their own habits, and it is important to gradually get them used to the change. Therefore, you need to start by gradually reducing the amount of meat and feeding more vegetables or rice. Thirdly, they need to provide their pets with nutrients that cannot be supplemented by plant foods. The third is that they need to provide their pets with nutrients that cannot be supplemented with plant foods. If their pets live a vegan life, they must feed their pets with supplements for dogs and cats, such as vitamin B12 and amino acid. I think it is not a bad thing to feed their pets a vegan diet. However, they must manage their pet's condition and food to keep their pet healthy. If you want to be a vegan or you feed your pets a vegan diet, you should gather a lot of right information.

Earth Day Network, "Top 20 Countries Ranked by Mass of Mismanaged Plastic Waste", Earth Day Network,

---

<sup>653</sup> More Nature. "vegan seikatsu de pet ni hitsuyou na eiyoso wa ataerareru?", 2021 More Nature, Web. 11 April 2020.

<sup>654</sup> Emma Grey Ellis. "Inu ya neko wo vegan' nishitemo mondainainoka?" WIRED(US), CONDE NAST JAPAN, Web. 31 May 2019.

<sup>655</sup> Irina Pechena. "Anata ga saishokushugisha de pet ga sodenaibaa wa donarimasuka?" RYTMY MEDIA, Rhythms Media.ink, Web. 27 January 2020.

June 4, 2018, accessed July 11, 2021,

## Bibliography

- Admin, "Plant-Based Travel in Japan - Preparation" more than veggies, 21 August 2018, accessed July 11, 2021, <http://www.morethanveggies.sg/travel/plant-based-travel-in-japan-preparation/>
- Bhide, M, "9 Pros and Cons to Going Vegan - will this strict diet work for you -", AARP, February 14, 2011, accessed September 16, 2020, <https://www.aarp.org/food/diet-nutrition/info-02-2011/9-pros-and-cons-to-going-vegan.html>
- Earth, D, "Top 10 Reasons Why It's Green to Go Veggie", Down to Earth Organic & Natural, November 06, 2019, accessed August 29, 2020, <https://www.downtoearth.org/go-veggie/environment/top-10-reasons>
- Emma Grey Ellis, "Inu ya neko wo vegan' nishitemo mondainainoka?", WIRED(US), CONDE NAST JAPAN, May 31, 2019, accessed July 11, 2021, <https://wired.jp/2019/05/31/is-it-ok-to-make-your-dog-vegan/>
- Ilayda, "Sekai ga chumokusuru vegan city 10 toshi", EF, n.d., accessed July 11, 2021, <https://www.efjapan.co.jp/blog/language/worlds-10-vegan-cities/>
- Irina Pechena, "Anata ga saishokushugisha de pet ga sodenaibaai wa donarimasuka?", RYTMY MEDIA, Rhythms Media.ink, January 27, 2020, accessed July 11, 2021, <https://rytmy.media/ja/lifestyle/shcho-robyty-iakshcho-vy-vehetarianets-a-vasha-domashnia-tvaryna-ni/>
- Isao Ogura, "Neko no shokumotsu arerugi no shojo genninn kensa hoho wa?", Pet Smile, 2014 PetSmile Co., Ltd., July 12, 2019, accessed July 11, 2021, <http://psnews.jp/cat/p/35404/#3>
- Isitveganjapan, "Is it vegan? (Japan)", n.d., accessed July 11, 2021, <https://isitveganjapan.com/>
- Ken Spector & Eric Brent, "10 Top Vegan-Friendly Cities", Happy Cow, October 15, 2020, accessed July 11, 2021, <https://www.happycow.net/vegtopics/travel/top-vegan-friendly-cities>
- Mandy Meyer, "This Is How Many Vegans Are In The World Right Now (2020 Update)", WTVOX, September 17, 2020, accessed July 11, 2021, <https://wtvox.com/lifestyle/2019-the-world-of-vegan-but-how-many-vegans-are-in-the-world/>
- Mark Davis, "Why people avoid using or consuming animal products", Vegan Action , September 1, 2017, accessed August 29, 2020, <https://vegan.org/about-veganism/>
- Miyuki Kato, "Inu no ha kisoichishiki! Honsu tokucho hae kawari no taimingu", docdog, Delight Creation Inc., December 7 2020, accessed July 11, 2021, <https://www.docdog.jp/2020/06/magazine-dogs-s-h-2893.html>
- More Nature, "vegan seikatsu de pet ni hitsuyona eiyoso wa ataerareru?", 2021 More Nature, April 11, 2020, accessed July 11, 2021, <https://more-nature.com/805>
- Osada Takashi, "chikusan kara no onshitsu koka gasu no haishutsu yokusei gijutsu", nogyo shokuhin sangyo gijutsusogo kenkyu kiko chikusansochikenkyusho, n.d., accessed July 11, 2021, [http://www.naro.affrc.go.jp/archive/niaes/magazine/pdf/mgzn09801\(5\).pdf](http://www.naro.affrc.go.jp/archive/niaes/magazine/pdf/mgzn09801(5).pdf)
- Osada Takashi, "Jissho ni haitta chikusankei onshitsu koka gasu haishutsu yokusei husaku no tenkai to noka fukyu no kadai", 2014, accessed July 11, 2021, [https://www.naro.affrc.go.jp/org/niaes/ccaff/conference2014/images/seika\\_agr\\_images/seika\\_agr\\_20141210\\_08.pdf](https://www.naro.affrc.go.jp/org/niaes/ccaff/conference2014/images/seika_agr_images/seika_agr_20141210_08.pdf)
- PETA, "Veganism and the Environment", January 06, 2019, accessed August 29, 2020, <https://www.peta.org/issues/animals-used-for-food/animals-used-food-factsheets/vegetarianism-environment/>
- PETA UK, "7 Fantastic Health Benefits of Eating Vegan", December 27, 2019, accessed September 3, 2020, <https://www.peta.org.uk/living/vegan-health-benefits/>
- ProCon.org, "Should People Become Vegetarian?", June 04, 2020, accessed September 16, 2020, <https://vegetarian.procon.org/>
- Rina Nakagawa, "Inu no arerugi ga deyasui tabemono wa? Kainushi ga dekiru taisakumoaru!", inutome, April 18, 2018, accessed July 11, 2021, [https://www.inutome.jp/c/column\\_9-37-20486.html](https://www.inutome.jp/c/column_9-37-20486.html)
- Sentient Media, "Vegan Benefits for Both People and the Environment", December 17, 2019, accessed August 29, 2020, <https://sentientmedia.org/vegan-benefits/>
- TsubutsuBLOG, "Vegan toha?", TsubutsuBLOG soda zakkoku tabeyo, September 27, 2019, accessed

July 11, 2021, <https://tubutubu-officialblog.net/2019/09/27/5186>  
Vegan Outreach, "Going Vegan: An Effective Way to Reduce Environmental Impact", August 24, 2020, accessed August 29, 2020, <https://veganoutreach.org/environment/>  
Wendy, Werneth, "What You Need to Know on Your First Trip as a Vegan in Japan", the nomadic vegan, March 15, 2018, accessed July 11, 2021, <https://www.thenomadicvegan.com/vegan-in-japan/>  
Wikipedia, "Veganism" Wikipedia The Free Encyclopedia, accessed August 31, 2020, <https://en.wikipedia.org/wiki/Vegetarianism>

## What are the Effects for People Who Get Cosmetic Surgery?

Akane Taniguchi

Human beings pursue beauty in various parts like their faces and bodies, but the standard of beauty differs from person to person. People may have different ideas of beauty such as wanting to have bigger eyes and breasts. Why do people pursue beauty? They know that they want to be beautiful by their senses and instincts they see and hear in themselves.<sup>656</sup> Appearances are one of the most important parts of making a first impression.<sup>657</sup> This is because first impressions would determine the relationship they will build with people in the future. People who have a good appearance have many advantages in several places such as the office and school. It is normal to want to be beautiful and beauty gives them a lot of power. One of the ways to get beauty is cosmetic surgery. There are people who are unable to live proudly because of their appearance such as it is difficult to take off their masks to be concerned about their appearances. In comparison to the past, cosmetic surgery has become more accessible and more and more people are having it. However, prejudice still remains in some countries like Japan, so there are some people who hide getting cosmetic surgery in such countries.<sup>658</sup> In this essay, I will discuss the three things about cosmetic surgery. There are some reasons why people want to get cosmetic surgery, and similarities and differences between cosmetic surgery in Japan and Korea, and the effects on health. The purpose of this essay is to reduce the prejudice for cosmetic surgery in the world. Especially, I focus on prejudice in Japan. In addition, I will give my own solutions and opinions about this topic.

### I

First of all, cosmetic surgery carries risks. Some people are satisfied with the outcome of the surgery. However, other people have had surgery that has resulted in scars, disfigurement, or worse. While the worst outcomes are rare, such risks are nonetheless a reality. There are two types of effects on the health of the physical and mental health, such as people can fix the parts that make life inconvenient, improve their confidence and not repair their mental health. Firstly, there are some effects on physical health which include the good and bad aspects of getting cosmetic surgery. Cosmetic surgery is often thought of as something that improves the appearance, but it can also improve the patient's physical comfort. Some people do it to make their lives easier. For example, people who have large breasts have problems like stiff shoulders or running. Also, people who have too big of a hips to live with. Resolving these problems with cosmetic surgery will make their lives easier.<sup>659</sup> Moreover, there are situations where rhinoplasty not only improves the appearance of the patient's nose, but also makes it much easier for an individual to breathe by clearing the air passages in the nasal cavity.<sup>660</sup> It also can erase injuries. Scars created for various reasons such as accidents or burns can be complex for people if they are in a noticeable position, so erasing injuries that they cannot erase by themselves will ease their feelings about their scars. However, there are some risks for their body to do it. For instance, they may become infected with excessive or unexpected bleeding which is a risk when performing any surgery. Also, they may get a Hematoma which is a painful bruise.<sup>661</sup> Next, there are some impacts of getting cosmetic surgery for their mental health. Having cosmetic surgery has a positive effect on the

---

<sup>656</sup>Kuramae torakku III, Bi no seirigaku- hito ha naze utukushisa wo motomerunoka, 2014

<sup>657</sup>Steven Dayan, Altering First Impressions After Facial Plastic Surgery, (n.d.)

<sup>658</sup>Mennzusaizo-, Nihon mo seikeitaikoku!/? Kannkokunettoyu-za-ga 「Nihonjinn ha seikeishitakoto wo kakusu」 to shiteki, 2012

<sup>659</sup>Georgia Plastic, The Many Benefits of Cosmetic Surgery

<sup>660</sup>Georgia Plastic, The Many Benefits of Cosmetic Surgery

<sup>661</sup>Anna Schaefer, 10 of the Most Common Plastic Surgery Complication, healthline, 2019,

mind. Successful cosmetic surgery can lead to an increase in self-esteem and confidence.<sup>662</sup> For example, gaining the parts and face that they want for themselves can give them confidence, so some people can live their lives with dignity and without worrying about what others think of them. However, some people are not satisfied with the results they get if the results are different from what they wanted or due to the failure of the surgery. These results lead to some people wanting to repeat cosmetic surgery until they get their ideal face. As a result, they are likely to be dependent on cosmetic surgery. This situation can lead to mental instability and facial collapse.<sup>663</sup>

## II

Secondly, as I wrote above, there are some effects for mental health. These can cause body dysmorphic disorder. This disease is one of the causes of cosmetic surgery. There is a disease where cosmetic surgery can increase their dissatisfaction with their faces and cause them to have an unstable mental state, too. This is the disease in which the patient is trapped in the belief that they are “ugly” or “deformed” and suffer, even though there is no flaw that is objectively perceived by others. Most of the patients are unaware of their own normalcy and these obsessions interfere with their daily lives.<sup>664</sup> It only occurs in one percent of the population, but it's common for patients who seek cosmetic surgery.<sup>665</sup> Among them, it is thought that the mother-child relationship has the greatest influence. Children develop a sense of value and think that being cute is very important by instilling a body image of cuteness. As they grow up, they start to look at themselves objectively and suffer from the gap between their self-image and the world.<sup>666 667 668</sup> They realize there are more and more people who have more attractive appearance in the world and compare themselves and such people. Moreover, there are three types of body dysmorphic disorder. First one is Obsessive Compulsive Disorder which is common in perfectionist people and they repeat compulsive behavior. Second one is Borderline Personality Disorder Type. This type changes the spot of their worries and their personality instability. This is the adolescent anorexia syndrome, and often associated with wrist cutting, domestic violence, eating disorders, and even suicide. Also, people around them often do not understand how they feel, so they become afraid of people. Lastly, Interpersonal phobia types are afraid of failing in social situations and worrying about what people think of them. They hide their appearance by wearing masks and sunglasses, and take too much time to make-up. These people are troubled by their appearance and they repeatedly have cosmetic surgery to improve their desired face.<sup>669</sup> However, the International OCD Foundation shows most BDD patients continue to be dissatisfied with their appearance after cosmetic surgery. In fact, only 2.3% led to long-term improvement in body dysmorphic disorder. These results show that people with this condition are endlessly concerned about the face they want, even when they have plastic surgery to give them the face they want.

## III

Lastly, Coronaviruses affect a variety of things such as closing of restaurants and the collapse of the economy. The cosmetic surgery stores in the world are also affected in good and bad ways as well. For instance, in Korea, the number of international customers who want to get cosmetic surgery has decreased because they are not able to go there in order to get the surgery. However, the number of domestic applicants for cosmetic surgery has increased, since there has been no overall lockdown in South Korea. Therefore, Korean clinics use this chance to take advantage of it, many clinics have offered discounts to Koreans.<sup>670</sup> Also, more and more people in various countries are having cosmetic surgery. The number of people who work at home is increasing in this situation, so people do not have to worry about the wounds after surgery due to hiding the area to be operated on by wearing the mask. In general, if they have cosmetic surgery, they do not feel comfortable to go out in the public space for around a week

---

<sup>662</sup>Natalie, The Risks & Benefits of Plastic Surgery, verywell health, January 12, 2020

<sup>663</sup>Kastuya Takasu, Seikei de gannmenn houkai suru hito to ha? Takasu Katsuya iinnchou ga akasu 「shippai pata-nn 5 tsu」, 2020

<sup>664</sup>Hiroaki Harai, Byouki suko-pu, December10, 2019

<sup>665</sup>Randy A. Sansone and Lori A. Sansone, Cosmetic Surgery and Psychological Issues, 2007

<sup>666</sup>Biyouseishinnmenntaruka, Shinntai shuukei shougai accessed November 19, 2020

<sup>667</sup>Mind for better mental health, Body Domestic Dysmorphic disorder (BDD), November, 2018

<sup>668</sup>Hiroaki Harai, Byouki suko-pu, December10, 2019

<sup>669</sup>Biyouseishinnmenntaruka, Shinntai shuukei shougai accessed November 19, 2020

<sup>670</sup>Sophie Williams, Biyou seikei shujutsu, shinngata korona uirusu ryuukou de zouka nitibei ya kannkoku, BBC, 2020,

because of swelling and scars from surgery, so they can stay home to work and also heal their scars. Especially surgery, the part of the lower half of their face is able to hide with a mask. However, there was a shortage of gauze and alcohol that could be used due to medical shortages. This implies that it was pretty difficult to perform cosmetic surgery safely. Japan is in a situation where it has to prioritize using the people who have become Covid-19. Moreover, the Japanese Society of Aesthetic Plastic Surgery said on its website that cosmetic surgery is not urgent for many people, so they should refrain from performing the procedure now. Thus, it has become harder to get cosmetic surgery in Japan.<sup>671</sup>

#### Bibliography

- Anna Schaefer, 10 of the Most Common Plastic Surgery Complication, healthline, April 16, 2019, accessed November 22,  
<https://www.healthline.com/health/most-common-plastic-surgery-complications#seroma>
- Biyouseishinmentaruka, Shinntai shuukei shougai accessed November 19, 2020,  
<https://www.biyouseisin.com/seishin/seishin3/>
- Georgia Plastic, The Many Benefits of Cosmetic Surgery, accessed November 18, 2020  
<https://www.georgiaplastic.com/the-many-benefits-of-cosmetic-surgery/>
- Hiroaki Harai, Byouki suko-pu, December 10, 2019, accessed November 18, 2020,  
<https://fdoc.jp/byouki-scope/disease/dysmorphophobia2>
- Japan Society of Aesthetic Plastic Surgery, Recommendations for Management of Elective Surgical Procedures in Aesthetic Surgery, March 20, 2020, accessed November 20, 2020,  
[https://www.jsaps.com/pdf/corona/COVID-19%20statements\\_ISAPS%20and%20ASAPS.pdf](https://www.jsaps.com/pdf/corona/COVID-19%20statements_ISAPS%20and%20ASAPS.pdf)
- Katsuya Takasu, Seikei de gannmenn houkai suru hito to ha? Takasu Katsuya iinnchou ga akasu 「shippai pata-nn 5 tsu」, March 16, 2020, accessed November 18, 2020,  
<https://joshi-spa.jp/675153>
- Mind for better mental health, Body Domestic Dysmorphic disorder (BDD), November, 2018, accessed November 19, 2020,  
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/body-dysmorphic-disorder-bdd/causes/>
- Natalie, The Risks & Benefits of Plastic Surgery, verywell health, January 12, 2020, accessed November 18, 2020,  
<https://www.verywellhealth.com/risks-rewards-of-plastic-surgery-2710195>
- Randy A. Sansone and Lori A. Sansone, Cosmetic Surgery and Psychological Issues, December, 2007, accessed November 18, 2020,  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2861519/>
- Sophie Williams, Biyou seikei shujutsu, shinngata korona uirusu ryuukou de zouka nitibei ya kannkoku, BBC News, July 11, 2020, accessed November 20, 2020,  
<https://www.bbc.com/japanese/53359206>

---

<sup>671</sup>Japan Society of Aesthetic Plastic Surgery, Recommendations for Management of Elective Surgical Procedures in Aesthetic Surgery, 2020

## People's Discrimination Against Ballerinas

Yuzuki Sodeoka

Ballet is popular in the world. In Japan, there are an estimated 400,000 students and about 10,000 ballet schools there, so Japan's ballet population is the largest in the world.<sup>672</sup> However, most Japanese people do not know about ballet. They have not interest about discrimination of ballet. Ballet teachers see color of skin when the teacher decides to assign parts to someone, such as Swan Lake. Therefore even though discrimination is still prevalent, because ballet is a traditional and historical dance. People do not know neither ballet nor the world of ballet. There are many benefits of ballet. In a ballet class when you are focused on the placement of their bodies and coordination with the music in the moment, you are able to escape from the stresses of everyday life. The intense physical workout of ballet releases endorphins giving participants a real feel good factor, during and after class. Additionally, classical music has been shown to have a positive, calming influence on the brain and aids focus and concentration, all helping to create happy ballet dancers. On the other hand, there are negative effects of doing ballet, particularly in relation to discrimination. Even in 2014, ballet goers might expect some progress in racial diversity onstage, especially in the U.S., where populations of color are growing.<sup>673</sup> This essay will discuss the cause of ballerinas having to have a beautiful body shape, which has negative effects and the problem is that ballet directors decide based on skin color. I will investigate this in order to need to find a solution to discrimination against ballerinas.

### I

There are several causes of discrimination in ballet. One of the biggest causes of discrimination of ballerinas is the origins of ballet. Ballet was a formalized form of dance with its origins in the Italian Renaissance courts of the 15th and 16th centuries. Classical ballet is very popular in Europe and Russia. Because the places where they can dance are concentrated in Europe or Russia elsewhere. Some people think that there is still prejudice that ballet is for white people. Since ballet was developed in the court of Louis XIV in late 17th-century France,<sup>674</sup> it has proved resistant to evolving beyond its roots as an elite, rigidly European art form. Balletomanes, choreographers and directors generally concurred that black bodies were unsuited to the lines of classical technique. Racism and discrimination continued to plague ballet, and throughout most of the 20th century, African-Americans were largely barred from quality training and professional careers.

A second major cause of the discrimination is gender stigma. There are many boys who face malice and mockery on a daily basis for choosing to dance. The statistics on boys, ballet and bullying are staggering. According to a study by dance sociologist Doug Risner, 93 percent of boys involved in ballet reported "teasing and name calling," and 68 percent experienced "verbal or physical harassment." Eleven percent said they were victims of physical harm at the hands of people who targeted them because they are boys who study dance.<sup>675</sup> For whatever reason, be it toxic ideas of masculinity, associations of artistic expression as feminine, cultural gender norms, there are fewer men than women in every American ballet class and company that at least, have ever seen. Also, the corps de ballet in many classics is composed of women.<sup>676</sup> From a young age, far more girls than boys are interested in ballet, so much so that girls are estimated to outnumber boys 20-to-1 in ballet classes. Some people think it's hard to believe that not all male dancers are gay. Just because there are more female dancers than male doesn't mean every single male dancer is gay. This is gender discrimination, and it is not fair to men, or even to women, to be labeled as feminine just because they love to dance. Ballet is not just for girls; it's for anyone and everyone who wants to strive for success.<sup>677</sup>

Finally, there is a necessity for a ballerina to have a beautiful body shape and muscle for dancing, so people need to have been born with the body shape and skeleton for both men and women.<sup>678</sup> Black people are often more muscular, so their legs look fatter than white people. Ballet is especially visual when people dance on the

---

<sup>672</sup>Noa ballet class, "Japanese Ballerinas Who Are Active in the World," NOA ballet school, 2016,

<sup>673</sup> Joseph Carman, "Behind Ballet's Diversity Problem," *Pointe* (Pointe, February 6, 2020)

<sup>674</sup> Laurie A. Woodard, "Black Dancers, White Ballets," *The New York Times* (The New York Times, July 15, 2015),

<sup>675</sup> Bianca Bujan, "Opinion: Bullying Boys over Ballet Is Ridiculous," *Burnaby Now*, September 9, 2019,

<sup>676</sup> Jessruhlin, "Gender Inequality in Ballet," *BODIES NEVER LIE*, August 8, 2018,

<sup>677</sup> Nina Scire, "Sign the Petition," *Change.org*, 2014,

<sup>678</sup> *Condé Nast*, "A Ballerina Body," *The New Yorker* (The New Yorker, June 19, 2017),

stage. So ballerinas have to make their legs look nice and longer by tights and pointed shoes. For that, people have to match the color of their skin. Dancers of color typically have to paint their pink and peach ballet shoes with brown makeup to get them to match their skin more closely.<sup>679</sup> But the color of brown tights and toe shoes was not sold anywhere to match the color black people. Black ballerinas must “pancake” their pointe shoes in makeup to match their skin. They have to paint themselves a color with makeup so that they match their skin tones. People have to buy a foundation. Black ballerinas cannot buy closer to their skin color until recently.<sup>680</sup> A lot of roles have to do with skin color. The teacher decides various roles of white skin color more often.

## II

There are three negative effects of discriminating against ballerina. To begin with, most ballerina are female, however there are more choreographers of ballet male more than female in the world. Examined leadership and salary data for artistic directors at the top 50 ballet companies in the United States(DDP). According to DDP a whopping 72% of ballet companies have a male artistic director.<sup>681</sup> Women choreographers have long complained about an uneven playing field, they are denied opportunities to choreograph, particularly for prestigious companies.<sup>682</sup> That’s certainly the case in the U.S. resident choreographer post was filled by another man, the celebrated Justin Peck, and last year, at a showcase of 21st-century choreographers the company featured no work by women, which is not uncommon any more this year. They will perform short works by two. Also, perform very little choreography by women.

A second big effect is terrible bullying. Gender discrimination remains deeply rooted the society. In general, most discrimination is that women suffering. However, female dancers discriminate against male dancers. Terrible bullying happens and discrimination,<sup>683</sup> so that girls are estimated to outnumber boys 20-to-1 in ballet classes. If there is one occupation in which it seems women should have an equal shot of making it to leadership roles, it is ballet, although bullying is wrong.

Finally, the major barriers dancers face is It can be difficult for people with certain skin tones to find work. There’s an age-old notion that black bodies aren’t suited for the lines of ballet. Therefore, the dancers getting hired or casted and naturally, black dancers bear the brunt of casting discrimination within the classical ballet world. Only ever be judged based on their skin color.<sup>684</sup> It still has a negative impact on both the dancing colored communities.

## III

There's the canard about black bodies appearing unsuitable for ballet. Therefore, people concerned in ballet said black dancers categorically appear unsuitable for ballet, and people still have not embraced the notion black or people of color as dancers within this art form. However, people judge the dancer’s skin color, and do not judge the natural ability of the person and beauty. Also the relation of ballet should understand the real ability of ballerina. Ballet directors and instructors should learn to nurture the talent of minorities in their schools. Because, ballerinas and directors have to realized to terrible discrimination such as the color of your skin. Ballet directors are forced to go along with the appearance of other people. For example the trio of dancers(Two of white dancers and one of black dancer) had to wear matching costumes with pink tights and pointed shoes, because they are white of skin color, on the other hand the dancer had to wear pink tights and shoes that the color did not suit them , also she want to wear brown tights and shoes, because brown is the color that matches the dancer’s skin.

There are some solutions. First,<sup>685</sup>over the past few years, calls for the ballet world to become more diverse, equitable and inclusive have become a regular rallying cry. People should protest at SNS, because a few dancers have taken to Instagram to directly call out the problems they’ve seen in their own companies. The people involved

---

<sup>679</sup> Lyndsey Winship , “That Took Long Enough!” – Black Ballerinas Finally Get Shoes to Match Their Skin,” The Guardian (Guardian News and Media, April 1, 2019),

<sup>680</sup> “Why Don’t They Make Shoes for Black Ballet Dancers?,” BBC News (BBC, March 11, 2016),

<sup>681</sup> Kim Elsesser, “A Gender Gap In Ballet, Seriously?,” Forbes Magazine, September 12,2019

<sup>682</sup> Chloe Angyal, “Ballet Has A Sexism Problem, And Even Its Brightest Stars Don't Know How To Solve It,” HuffPost (HuffPost, June 1, 2016),

<sup>683</sup> Laura Enfield, “Edward Scissorhands Choreographer Matthew Bourne Says Childhood Bullying Help Make Him Who He Is Today,” Enfield Independent (Enfield Independent, December 15, 2014)

<sup>684</sup> Aziza Miller, “Black Swans: Casting Discrimination against Black Ballet Dancers,” The Gazette • Western University's Student Newspaper, February 3, 2017

<sup>685</sup> Joseph Carman, “Behind Ballet's Diversity Problem,” Pointe (Pointe, February 6, 2020)

in ballet have to change their consciousness, because I think we look at ballet as a living art form expressing a contemporary vision of beauty. No matter what they look like, beauty is important.

#### IV

In conclusion, there are several reasons why ballerinas face discrimination. I think that main cause is discrimination of ballerinas is the origins of ballet. Nobody cannot stop the discrimination, because most ballerinas and teachers have prejudice based on stereotypes. I consider it to be terrible discrimination is based on the color of your skin. Dancers of color rarely are given the opportunity to appear in repertoire of big roles, because they show usually classical ballet works. The discrimination in ballet leads to many negative effects.

I also think that main effect of discrimination is discrimination based on dancer's skin color, because many ballet companies have a tendency to hire light-skinned dancers when hiring black dancers because light-skinned dancers can pass as white with the bright stage lights. It is as though choreographers see these roles as the only ones suitable for black dancers. In society, their effort often goes unrecognized. There are a lot of these types of ballerinas, the dancers feel pain when black or yellow people and male are being bullied. Therefore, they give up their dreams. They could not decide to aim to become a ballerina in the future.

<sup>686</sup>I think that the main problem is that ballet directors decide based on skin color. A lot of roles have to do with skin color. The teacher decides various roles for white skinned dancers more often. And I think that the main solution is to learn the Ballet, because Ballet instructors should learn about the color and beauty in Ballet in the schools.

#### BIBLIOGRAPHY

- Aziza Miller, "Black Swans: Casting Discrimination against Black Ballet Dancers," *The Gazette Western University's Student Newspaper*, February 3, 2017, accessed, September, 10th, 2020 [https://westerngazette.ca/features/black-swans-casting-discrimination-against-black-ballet-dancers/article\\_42142fd0-e9b4-11e6-ab34-2b7dbfb201af.html](https://westerngazette.ca/features/black-swans-casting-discrimination-against-black-ballet-dancers/article_42142fd0-e9b4-11e6-ab34-2b7dbfb201af.html).
- Bianca Bujan, "Opinion: Bullying Boys over Ballet Is Ridiculous," *Burnaby Now*, September 9, 2019, <https://www.burnabynow.com/opinion/blogs/mommy-s-grounded/opinion-bullying-boys-over-ballet-is-ridiculous-1.23940342>.
- Chloe Angyal, "Ballet Has A Sexism Problem, And Even Its Brightest Stars Don't Know How To Solve It," *HuffPost* (HuffPost, June 1, 2016), accessed, October, 1st, 2020 [https://www.huffpost.com/entry/ballet-has-a-sexism-problem-and-even-its-brightest-stars-dont-know-how-to-solve-it\\_n\\_574df579e4b0757eae0ed47?guccounter=1](https://www.huffpost.com/entry/ballet-has-a-sexism-problem-and-even-its-brightest-stars-dont-know-how-to-solve-it_n_574df579e4b0757eae0ed47?guccounter=1).
- Jennifer Stahl, "George Sanders Asks Ballet Memphis to Live Up to Its Mission Statement," *Dance Magazine* (Dance Magazine, June 15, 2020), accessed, November, 3rd <https://www.dancemagazine.com/ballet-dancers-on-racism-2646151726.html?rebellitem=2>.
- Jessruhlin, "Gender Inequality in Ballet," *BODIES NEVER LIE*, August 8, 2018, <https://jessruhlin.wordpress.com/2018/08/08/gender-equality-in-ballet/>.
- Joseph Carman, "Behind Ballet's Diversity Problem," *Pointe* (Pointe, February 6, 2020), accessed, November, 1st <https://www.pointemagazine.com/behind-ballets-diversity-problem-2412811909.html>.
- Kim Elssesser, "A Gender Gap In Ballet, Seriously?," *Forbes* (Forbes Magazine, September 12, 2019), accessed, July, 15th, 2020 <https://www.forbes.com/sites/kimelssesser/2019/09/12/a-gender-gap-in-ballet-seriously/>.
- Laura Enfield, "Edward Scissorhands Choreographer Matthew Bourne Says Childhood Bullying Help Make Him Who He Is Today," *Enfield Independent* (Enfield Independent, December 15, 2014), accessed, September, 10th <https://www.enfieldindependent.co.uk/leisure/theatre/11667425.edward-scissorhands-choreographer-matthew-bourne-says-childhood-bullying-help-make-him-who-he-is-today/>.
- Laurie A. Woodard, "Black Dancers, White Ballets," *The New York Times* (The New York Times, July 15, 2015), <https://www.nytimes.com/2015/07/15/opinion/black-dancers-white-ballets.html>.

---

<sup>686</sup> Poppy Harlow, "Misty Copeland Says the Ballet World Still Has a Race Problem and She Wants to Help Fix That," *CNN* (Cable News Network, May 21, 2018)



Lyndsey Winship, "That Took Long Enough! – Black Ballerinas Finally Get Shoes to Match Their Skin," *The Guardian* (Guardian News and Media, April 1, 2019), <https://www.theguardian.com/stage/2019/apr/01/pointe-shoes-black-ballet-ballerinas-dancers>.

Nina Scire, "Sign the Petition," *Change.org*, 2014, <https://www.change.org/p/general-public-end-discrimination-against-male-dancers-2>.

Noa ballet class, "Japanese Ballerinas Who Are Active in the World," NOA ballet school, 2016, <https://www.noaballet.jp/knowledge/cat959/worldballet2.php>.

Poppy Harlow, "Misty Copeland Says the Ballet World Still Has a Race Problem and She Wants to Help Fix That," *CNN* (Cable News Network, May 21, 2018), accessed, October 30th

<https://edition.cnn.com/2018/05/21/us/misty-copeland-ballet-race-boss-files/index.html>.

"Why Don't They Make Shoes for Black Ballet Dancers?," *BBC News* (BBC, March 11, 2016), <https://www.bbc.com/news/magazine-35629323>.

## Now and the Future of the Amusement Park

Lisa Hiraga

In recent years, entertainment has become an essential part of people's lives, and amusement parks have become more accessible to a wider range of people than ever before, and their relationship with each community has deepened. In 2020, amusement parks will also be affected by the coronavirus, and there are already issues such as people leaving<sup>687</sup>. This paper focuses on amusement parks, examining the advantages and disadvantages they bring to the community, how to enjoy them in the event of a coronavirus outbreak, and the causes of congestion, and considering ways to make their use more enjoyable and safe.

### I

There are good things and bad things about having an amusement park. On the one hand, there are two good things about having an amusement park. The first one is the revitalization of the community. Areas with amusement parks are often visited by people from overseas and other areas. Not only that, but people can also spend a lot of money depending on the tourists.<sup>688</sup> In other words, amusement parks bring about an increase in local tourists and tourism revenue. Also, if the community has money, the city will be maintained with the money, and the city will be kept beautiful. This series of flows invigorates an area with an amusement park. Another advantage of theme parks is that amusement parks create a community of people. The theme park attracts visitors from all over the world, and people from different backgrounds gather to learn about each other. It creates a community.

On the other hand, there are three bad things about having an amusement park. The first is that there is a difference in the popularity of amusement parks in various parts of Japan. This affects depopulation and overcrowding in rural and urban areas. Therefore, the disparity in customer attraction and popularity between theme parks is a serious problem, and this is due to the adverse effects of amusement parks on the community.<sup>689</sup> The next one is that destruction of nature. It can separate into three parts. Exhaust gas from traffic jams and large quantities of garbage from facilities there lead to environmental pollution and global warming.<sup>690</sup> The third is the destruction of

---

<sup>687</sup> Hart, L. (2021, January 18). Impact of coronavirus on theme parks: What to expect. Retrieved April 02, 2021, from <https://bloolooop.com/theme-park/opinion/impact-of-coronavirus-on-theme-parks/>

<sup>688</sup> Trade and Industry, E. (2014). Te-mapa-kuricchinokeizaikouka. Retrieved April 02, 2021, from <https://www.meti.go.jp/statistics/toppage/report/minikeizai/pdf/h2amini004j.pdf>

<sup>689</sup> Trade and Industry, E. (2014). Te-mapa-kuricchinokeizaikouka. Retrieved April 02, 2021, from <https://www.meti.go.jp/statistics/toppage/report/minikeizai/pdf/h2amini004j.pdf>

<sup>690</sup> Kubotani, O. (1992). Kadaioi chihoute-mapa-ku. Retrieved April 02, 2021, from [https://www.nli-research.co.jp/files/topics/34655\\_ext\\_18\\_0.pdf?site=nli](https://www.nli-research.co.jp/files/topics/34655_ext_18_0.pdf?site=nli)

the scenery by signboards and roller coasters. The last negative point is an increase in the crime rate. Crime rates are likely to be bigger in neighborhoods near amusement parks which are major tourist attractions, as stated by new findings published in the peer-reviewed journal *Justice Quarterly*.<sup>691</sup>

## II

There are several ways to measure and solutions for coronaviruses by controlling the people entering the park. First one is to enhance infection control. For example, by limiting the number of people who can enter the park per day or by entering the park every hour, it should avoid gathering as many people as possible. The second one is that it limits admission. It would be good to check the guest's temperature at the entrance and make a rule such as wearing a mask all the time and prohibiting people from eating popcorn and so on, and to ask guests to leave if they can't follow that rule. These are held not only in amusement parks but also in various towns and shops<sup>692</sup>.

There are some ways to measure and solve coronaviruses by changing the way cast members work. The first is that the staff puts more effort into cleaning than ever before. For example, handrails of attractions and amusement parks, tables, and chairs. The second is to manage attractions. Stop attractions that make people dense or indoor, and use outdoor attractions and restaurants only.

These are the ways to enjoy and deal with corona when amusement parks are open. Amusement parks are places where you can enjoy playing a lot on the spot, but not only that, food and goods are also popular, so you can enjoy them very much. For example, there are things and foods that can only be bought there. Therefore, even if you cannot visit Corona's Naka Amusement Park, many amusement parks, such as Disney<sup>693</sup>, have started selling goods through online shopping services because they think you can enjoy these goods and foods at home. In addition, we sell not only goods but also original food menus in a book. In addition to these goods, we also sell anti-bacterial goods such as masks with original designs. And I think we can use the money raised from this as the preparation cost for infection prevention in the two parks mentioned above.

## III

There are several reasons for congestion in amusement parks. The first reason is that amusement parks are popular. I think this is the big cause of the amusement park crowds. There are four good points to people coming to the amusement parks. For one, people can step into a different world because they can enjoy it there by forgetting their daily lives, so it will be a different world there.<sup>694</sup> Secondly, people can escape stress. This is a similar reason as the first one.<sup>695</sup> The third one is that people can develop a bond with their friends and family.<sup>696</sup> People can share their adventures there for a long time and make the best memories. The perfect place for these is an amusement park. The last one is that people can have fun.<sup>697</sup> Of course, the purpose of people coming to the amusement park is

---

<sup>691</sup> Organizations, R. (2019, November 06). Theme parks linked to increased crime risk, says study. Retrieved April 02, 2021, from <https://www.sciencedaily.com/releases/2019/11/191106085406.htm>

<sup>692</sup> Ferreira, J. (2020, October 05). Thermometers and body temperature: Experts answer pressing questions. Retrieved April 02, 2021, from <https://www.ctvnews.ca/health/coronavirus/thermometers-and-body-temperature-experts-answer-pressing-questions-1.4934686>

<sup>693</sup> D. (n.d.). Shopdisney: Official site for disney merchandise. Retrieved April 02, 2021, from <https://www.shopdisney.com/>

<sup>694</sup>

<sup>695</sup>

<sup>696</sup> O. (2018). Oakwood theme park. Retrieved April 02, 2021, from <https://www.oakwoodthemepark.co.uk/blog/uncategorized/epic-family-5-reasons-why-theme-parks-are-good-for-you/>

<sup>697</sup> <https://kidskonnnect.com/fun/amusement-parks/> Amusement Park Facts: <https://kidskonnnect.com/> - KidsKonnnect, December 31, 2009

to have fun. It's hard to find people who don't like to have fun. For these reasons, amusement parks are very popular among people. The second reason is that a lot of people's days off fall on the same day. For much of history, it was very common to take one day off each week. Because observing Sunday as a day of rest was a long-standing Christian tradition, it was fairly easy to take a day off to worship on Sunday. There were many Jewish immigrants in the late 1800s, and many factory owners had workers who preferred to work on Saturdays, the traditional Jewish day of rest. Over time, the factory owners realized that it was most efficient to lay off workers on both Saturday and Sunday.<sup>698</sup> Then Saturday and Sunday became the standard days off and it became the norm. Because of this history, most people's days off have been Saturdays and Sundays. So if you have plans to go to a theme park, most people will go on the same day. An amusement park is an entertainment facility, not a place to take time off from work or school. Therefore, on vacations when everyone is visiting, they are intensively crowded. The third reason is that amusement parks are always changing. What I mean by that is that amusement parks have always been popular among many people. That's because amusement parks are constantly evolving. Disney World, for example, has added a lot of attractions and facilities in the 50 years since it opened, and is always incorporating new ones.<sup>699</sup> They've built mountains, festivals, and beaches. Such a spirit of challenge keeps the guests happy and entertained. That's why people come back, not just once in a lifetime, but many times. People visit amusement parks not just once, but many times. And it's not only crowded when the show starts, but all the time.

#### IV

In conclusion, the presence of amusement parks attracts many people and invigorates the area and creates a place for the community, but the difference in popularity of each amusement park makes the difference in density between local and urban populations and it increases the crime rate of nature destruction and local communities. In my opinion, I think amusement parks have more positive effects on the city because of not only these good points, but also the amusement park makes it more active to invest in and enrich economic activities. Thereby it also has the effect of inducing employment. In addition, in order to open an amusement park amid the spread of the coronavirus, there should be restrictions on the number of guests, additional rules, restrictions on attractions and strengthening cleaning, and an online goods sales service for those who don't come directly to the amusement park as a countermeasure against coronavirus. In order to enjoy the coming times well, I think it will be important to use these measures as common sense and to use them according to the times and circumstances so that they suit us more and more. Then there are three main reasons why amusement parks are crowded: they are popular with people, people visit on the same day off, and the park is constantly evolving to keep people happy. In my opinion, through these three causes, I can see that being crowded is something that we should be very happy about in the first place, but this has now changed in the wake of the covid 19 pandemic. At the moment, many amusement parks are trying to figure out how to prevent crowds and allow people to have a good time. In order to return to an environment where amusement parks can be crowded again, we now have to think of ways to make them less crowded.

#### Bibliography

D. (n.d.). Shopdisney: Official site for disney merchandise. Retrieved April 02, 2021, from <https://www.shopdisney.com/>

Ferreira, J. (2020, October 05). Thermometers and body temperature: Experts answer pressing questions. Retrieved April 02, 2021, from <https://www.ctvnews.ca/health/coronavirus/thermometers-and-body-temperature-experts-answer-pressing-questions-1.4934686>

---

<sup>698</sup> Who invented weekends? (n.d.). Retrieved April 02, 2021, from <https://www.wonderopolis.org/wonder/who-invented-weekends>

<sup>699</sup> Menyes, C. (2019, August 08). 33 ways Disney world has changed since it opened. Retrieved April 02, 2021, from <https://www.theactivetimes.com/travel/how-disney-world-changed-1971>

Hart, L. (2021, January 18). Impact of coronavirus on theme parks: What to expect. Retrieved April 02, 2021, from <https://blooloop.com/theme-park/opinion/impact-of-coronavirus-on-theme-parks/>

Kubotani, O. (1992). Kadaioi chihoute-mapa-ku. Retrieved April 02, 2021, from [https://www.nli-research.co.jp/files/topics/34655\\_ext\\_18\\_0.pdf?site=nli](https://www.nli-research.co.jp/files/topics/34655_ext_18_0.pdf?site=nli)

Menyes, C. (2019, August 08). 33 ways Disney world has changed since it opened. Retrieved April 02, 2021, from <https://www.theactivetimes.com/travel/how-disney-world-changed-1971>

O. (2018). Oakwood theme park. Retrieved April 02, 2021, from <https://www.oakwoodthemepark.co.uk/blog/uncategorized/epic-family-5-reasons-why-theme-parks-are-good-for-you/>

Organizations, R. (2019, November 06). Theme parks linked to increased crime risk, says study. Retrieved April 02, 2021, from <https://www.sciencedaily.com/releases/2019/11/191106085406.htm>

Trade and Industry, E. (2014). Te-mapa-kuricchinokeizaikouka. Retrieved April 02, 2021, from <https://www.meti.go.jp/statistics/toppage/report/minikeizai/pdf/h2amini004j.pdf>

Who invented weekends? (n.d.). Retrieved April 02, 2021, from <https://www.wonderopolis.org/wonder/who-invented-weekends>

<a href="https://kidskconnect.com/fun/amusement-parks/">Amusement Park Facts: <https://kidskconnect.com></a> - KidsKconnect, December 31, 2009