

Hikikomori, a phenomenon of social withdrawal, is spreading rapidly in Japan.

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About Hikikomori:

- It is a term used to **describe people who have withdrawn from society**, often for a period of six months or longer.
- It is **associated with feelings of anxiety, depression**, and social phobia.
- It is thought to be a **response to the pressures of modern society**, including high academic expectations, intense competition, and social isolation.
- Effects:
 - It can **lead to further mental health problems**, including depression and anxiety, and can make it difficult for individuals to reintegrate into society.
 - Hikikomori can **also have long-term effects on individuals' social and economic prospects**, making it harder for them to find work or form relationships.

- Hikikomori can **lead to reduced productivity** and can make it harder for individuals to contribute to the wider economy.
 - It can also **exacerbate demographic challenges**, including an aging population and a declining birth rate.
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Q1) What is Social Phobia?

Social anxiety disorder — sometimes known as social phobia — is a type of anxiety disorder that causes anxiety or fear in social settings. Someone with this disorder has trouble talking with people, meeting new people, and attending social gatherings. They may feel anxious about others judging or scrutinizing them.

Source: [What's Hikikomori? Why 15 lakh Japanese are living in isolation?](#)

Source: <https://vajiramandravi.com/current-affairs/hikikomori-a-phenomenon-of-social-withdrawal-is-spreading-rapidly-in-japan/>

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