
ABSTRACT

The experience of participating in a self-help group for people who experienced *hikikomori* (social withdrawal) after getting a job

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The purpose of this study is to research how to support people experiencing *hikikomori* (social withdrawal) after getting a job and to analyze their purposes and experiences when they join a self-help group (“Y group”). I analyzed interview data from Y group participants with the modified grounded theory approach, and the results show that Y group participants consciously avoided conversations about themselves by caring for others, and that being part of the Y group gave them a sense of safety and it became an *ibasho* for peers to share life’s difficulties. The study suggests that those who experienced *hikikomori* after starting to work are those who have difficulties as workers and need an *ibasho* like the Y group.

Key Words: *hikikomori* (social withdrawal), self-help group, *ibasho*, modified grounded theory approach
