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Women Claiming “Petit-Depressive Mood”-Modern Society and Mental Health in Japan
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Recently women's advance in society has progressed greatly in Japan. However, on the other hand, the stress level has increased drastically among working women. Thus increasing in conspicuous numbers of the cases in depressive symptoms and psychosomatic disease symptoms, resulting in psychiatric treatment. While claiming a sense of insufficiency and helplessness, there are many who can somehow go through everyday life. They are not correctly diagnosed as depression, yet a small failure and frustration may cause a sudden impulses such as bulimia, even suicidal tendency. They need prudent medical care. I named such people “petit-utsu-depressive mood”. They demand a high standard in themselves and to others, but at the same time, they also have the characteristics of the person with low self-affirmation. And by having the strong desire to attain a self-realization/actualization, they would be troubled by the gap between an ideal and a reality. The pressure on women for the marriage and parturient issues have once again increased recently, the professional success does not necessary mean the success in life. We are going to discuss the issue of the "petit-utsu depression" and its implications of women's advance in society and their mental health.

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Mother-Infant Figures in Japan - Illusion and Disillusionment
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ukiyo-e is a woodblock art developed in Japan about 200-100 years ago. I have so far investigated nearly 15,000 copies of Ukiyo-e and found 370 pictures of a couple of a mother and a child. Through classifying these pictures, I realized that there repeatedly appear mother and child viewing the same object and named the figure as "viewing together." As for the interchange between a mother and a child, we may read both verbal one and nonverbal, physical and emotional one. It has been suggested that intra-dyadic communication is more important than extra-dyadic communication in Japanese nursing couples. Intra-dyadic communication mainly refers to the nonverbal emotional one, which is sometimes bodily communication in which they communicate warmth, safety, sadness and transience through illusory emotional bond. I also examined Japanese myth and folklore from the psychoanalytic viewpoint and focused on tragedies related to "prohibition against looking" in Japanese stories, such as "the Izanagi-Izamani Myth" and folktales including "the Crane Wife" which describes marriage between humans and non-humans and their separation in the end. They and their implications would greatly help clinicians to understand patients and their tragic experiences of sudden disillusionment from the idealized mother figures.