Research of the Thinking of Vietnamese Youngers on the Simple Life of Japanese People Regarding Japanese Culture


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Abstract

Minimalist lifestyle nowadays is supposed to be a trend in Japan and is gradually becoming popular around the world. With the happiness philosophy called "Less is more", minimalist living can be understood simply as a lifestyle that reduces unnecessary items in life. Today, modern lifestyle has so many things to make us concerned, it somehow takes away most of the time that we can't take care of ourselves and our families. Therefore, choosing a simple lifestyle can completely improve your life. This article is completely based on the results of comparison with other studies and documents, and from survey results, actual interviews. Research results show that a minimalist lifestyle is really a healthy and good lifestyle that we should maintain and promote. In addition, the study also helps us to understand aspects of Japanese and their lifestyle, which can help students when studying Japanese culture at FPT University.

Keywords: Lifestyle, Minimalist, Simple, Young People.

Introduction

Nowadays, for many people, owning expensive possessions such as phones, jewelry, supercars or going out to eat, shop, and check-in at "luxury" places helps them feel more confident in life. This shows that a part of young people today are pursuing a material life, although there are people who have not fully mastered their finances, even borrowing or buying expensive items on installments to save money. Create a cover for yourself. Instead of spending money on trivial material values, let's spend it on bigger, more useful plans for our life. Learning for yourself a simple and thrifty lifestyle is also one of the decisive factors for human success. Most Japanese today prefer a minimalist life, with few items. Getting rid of furniture also helps them relieve the burden of having to maintain, care for, arrange and remember its existence. Not focusing too much on material things also helps people save time and money to spend on more important things in life. This research article will give us an overview of the minimalist lifestyle as well as the benefits it brings.

Research History

According to author Hanawi (2020) et al., the concept of minimalism (also known as minimalism) originated in the 1960s in the West as an art movement against the excesses of impressionism in modern art. "The essence of literary extremism is to say a lot from a little" and this trend was gradually brought to life as a new way of life (2019) said that recently, the casual lifestyle symbolized by buzzwords like "Danshari" and "minimalism" has become a global trend. It has become the subject of debate on SNS like Facebook and other media. Haines (2020) also says that in recent years, Japanese minimalist evangelists such as Marie Kondo and Fumio

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Sasaki have become famous among Western audiences. They have taught us that having too much stuff in the house is a bad thing. Unless it is an object that you love very much, it clearly has no value and should be discarded. Take a look at our own house, we will clear our thoughts. Talking more about the benefits of minimalism, Meissner (2019) suggests that minimalism can have great potential in promoting deceleration in terms of daily social practices and ideology. Kayo Hashimoto (2016) again speaks of the global expansion of this “danshari” as a French woman studying meditation, Dominique Loreau, who proposes the so-called "gentle parting" of everything. Through a number of research articles by the above authors, it can be seen that the minimalist lifestyle is not only present and popular in Japan but has gradually spread to Western countries as well as the world. It is seen as a healthy lifestyle and brings positive things to life.

Current Lifestyle of Young People

Today, when the measure that society gives a person is no longer in core good values, but in luxury branded goods, likes on social networks, young people have more and more look "deviated" and gradually run after frivolous things. Of course, everyone has the right to use their own money as they like (and within the framework of the law), but when clothes, accessories, shoes, etc. are considered as the most important criteria when evaluating If someone is expensive, of course it will lead to a situation where there are people who try to create virtual value for themselves with goods instead of putting effort into building real values for themselves. Moreover, wherever we can easily see people glued to the screen of phones, iPad, etc., newspapers, books or traditional games are gradually being eliminated to make way for electricity. Mobile phones, game applications, rampant online newspapers, etc. Because they are too focused on the virtual world, people become more indifferent and cold to each other (Tan, 2019). However, in fact, many older people are tending to gradually adapt to today's strongly digitalized life, while many young people are also tending to return to traditional values. Thus, we can see that, despite the generational gaps, similarities still exist.

Methods, Objectives, Scope and Objects of Research

The article is analyzed based on a number of previous and current research papers. Quantitative and qualitative methods are the two methods used in this paper. The scope and subjects of the study are students of FPT University in Ho Chi Minh City, especially students of the Japanese Language Department. With the goal of helping young people in general and students with an interest in Japanese culture in particular, they can better understand and learn some of the minimalist Japanese lifestyle, and form a good habit of living. The research paper also hopes to be able to help students majoring in Japanese Language gain more useful knowledge to serve the upcoming course on Japanese Culture.

Research Results and Discussion

Today, when science and technology is developing more and more, extraordinary advances in technology in many fields have made people's lives, especially adolescents, more dependent on material things. The pursuit of material things and technological developments make young people waste money and time on things that are not really necessary and do not bring meaning to their lives Dopierała (2017). This is reflected in the survey No. 1 below:

### Table 1.

<table>
<thead>
<tr>
<th>Related issues</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Total Answer</th>
<th>Total Score</th>
<th>Level Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Can't live without technology as well as social networking sites</td>
<td>1</td>
<td>2</td>
<td>20</td>
<td>13</td>
<td>38</td>
<td>154</td>
<td>0.15</td>
<td></td>
</tr>
<tr>
<td>2. The purpose of making money is to buy yourself favorite items</td>
<td>0</td>
<td>2</td>
<td>5</td>
<td>20</td>
<td>11</td>
<td>38</td>
<td>154</td>
<td>0.15</td>
</tr>
<tr>
<td>3. Feel more confident when owning expensive jewelry</td>
<td>0</td>
<td>6</td>
<td>15</td>
<td>13</td>
<td>4</td>
<td>38</td>
<td>129</td>
<td>0.13</td>
</tr>
<tr>
<td>4. Feeling self-deprecating when I'm simple and don't keep up with the new trends of people around</td>
<td>3</td>
<td>15</td>
<td>16</td>
<td>2</td>
<td>38</td>
<td>99</td>
<td>0.1</td>
<td></td>
</tr>
<tr>
<td>5. There are many items that only buy according to the trend, according to the mode but then do not use it</td>
<td>3</td>
<td>17</td>
<td>5</td>
<td>11</td>
<td>2</td>
<td>38</td>
<td>106</td>
<td>0.11</td>
</tr>
<tr>
<td>6. Pay attention to what people around you say about you</td>
<td>0</td>
<td>16</td>
<td>11</td>
<td>9</td>
<td>2</td>
<td>38</td>
<td>111</td>
<td>0.11</td>
</tr>
<tr>
<td>7. Thinking and pondering for a long time before deciding to buy an item I like</td>
<td>1</td>
<td>4</td>
<td>4</td>
<td>23</td>
<td>6</td>
<td>38</td>
<td>143</td>
<td>0.14</td>
</tr>
<tr>
<td>8. Not spending much time with family</td>
<td>5</td>
<td>14</td>
<td>8</td>
<td>8</td>
<td>3</td>
<td>38</td>
<td>104</td>
<td>0.11</td>
</tr>
</tbody>
</table>

**Total Score: 1044, Level Average: 0.11**
Applying the Likert scale on a 5-point scale from disagree to completely agree, young people were given a survey to show their current lifestyle. The results of Table 1 show that the majority of survey respondents (more than 85%) aged between 20 and 30 think that they are living too much dependent on materials and technology as well as following the latest trends. When buying for themselves items that are never or rarely used just because it’s "hot", there are even people who don’t think twice when spending money to buy something. There are also people who feel inferior when they can’t own expensive personal belongings when going out (~40%), afraid of the gazes and discussions of people around (25%). Being caught up in such a life also makes many people not spend time with their own family (25%) and spend too much money on useless things. With the desire to help young people approach a new healthy lifestyle, more specifically the Japanese minimalist lifestyle, table 2 will give us an overview of their thoughts on this lifestyle.

Table 2.
Young people's thoughts on a minimalist lifestyle

<table>
<thead>
<tr>
<th>Related issues</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Total Answer</th>
<th>Total Score</th>
<th>Level Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Helps to shake off the burden of having to follow trends and virtual material values</td>
<td>0</td>
<td>3</td>
<td>10</td>
<td>20</td>
<td>5</td>
<td>38</td>
<td>141</td>
<td>0.31</td>
</tr>
<tr>
<td>2. Save time and money to do more important things</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>20</td>
<td>8</td>
<td>38</td>
<td>155</td>
<td>0.35</td>
</tr>
<tr>
<td>3. Have a simpler, lighter life.</td>
<td>0</td>
<td>1</td>
<td>5</td>
<td>25</td>
<td>7</td>
<td>38</td>
<td>152</td>
<td>0.34</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>448</td>
<td>1.00</td>
</tr>
</tbody>
</table>

From the results, it can be seen that young people also realize that “Japanese minimalism” is a good way of life when nearly 90% of the respondents recorded that they feel this lifestyle can be beneficial helping them to shed the burden of chasing after virtual material values, have a simpler and lighter life as well as help them save time and money to do other more important things in life.

Applying 100% of a certain model lifestyle to life is certainly not an easy task and is not always appropriate (48.7%). We should just learn, balance and find a lifestyle that suits us. The purpose of minimalist living is not only to help us eliminate unnecessary things in life so that we can enjoy life more, but also to cut out unnecessary elements that are detrimental to the spirit, unnecessary relationships, as well as not spending wastefully and lavishly (Monk, 2002).

Minimalist living is removing unnecessary things to enjoy life, not being stingy, stingy, and dare not buy anything. On the contrary, it is because we do not buy unnecessary items that we will have more money left over to spend on ourselves and others Godwin et al (2013). With 82.8% saying they want to change their current way of life, let’s take a look at "Japanese minimalist lifestyle" as a reference, learning to adjust life as well as create for yourself a lifestyle that is most suitable, comfortable and meaningful.

Some Proposed Solutions

After analyzing the current situation as well as surveying opinions, a number of measures have been proposed to help people, especially young people, take reference from a minimalist lifestyle, thereby adjusting and finding their own the most suitable lifestyle.

Learning from the Japanese, first, each of you should look at your current way of life to see if you are really satisfied with your current life, then consider removing unnecessary things. Going from the simplest thing, let's get rid of the things in the house that we have stored away for a long time and don't touch anymore, the old clothes that we no longer like or no longer fit, give them to the people we love, but do not pile up in the closet. It is from seemingly normal habits that sometimes make us feel cramped and suffocated when returning to Kang et al. (2021). Regarding relationships in life, ignore those who are not close, socializing only brings negative things to life, instead spend time with family, friends and real relationships. It's simpler when going to social networking sites, find yourself useful information, healthy entertainment applications. Also practice a simple way of thinking, prioritizing time and money to do the things you love, next to the people you love and ignore the hustle and bustle of everyday life, don't put too much weight on yourself to follow the things you love, wasting money on luxurious material things. The less you care about material things, the richer and more peaceful your spiritual life will be. (2020). Choosing whether or not to follow a minimalist lifestyle is up to each person's decision, but if there are times when you feel tired and pressured, try a minimalist lifestyle, discarding unnecessary things, Think simpler, and you'll realize what's really important to you.
Conclusion

Society is always moving and constantly developing, each of us has the right to choose a way of life, a life attitude. So choose for yourself a positive attitude to life, choose meaningful jobs to live a happy and joyful life. If you feel that your current way of life is still not good, don't hesitate to change your life habits little by little, small changes in a positive direction will bring great changes to your life, and consider the "minimalist Japanese lifestyle" as a guideline to find yourself a suitable lifestyle.

Limitation

The article still has some limitations in terms of content and form, which hopefully will be improved in future research papers.

Acknowledgement

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References


