



Fachverband
Medienabhängigkeit e.V.

André Dobrig, certified social pedagogue, social therapist specialized in addiction

Media addiction in the Land of the Rising Sun

Onlinesymposium 2015

„Virtuelle Welten - reale Probleme:

Medienabhängigkeit als Herausforderung für Prävention und Behandlung“

„Virtual World – Real Problems: Media Addiction as a Challenge for Prevention and Treatment“

online



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2015

Fachkräfteaustausch

Media addiction in the Land of the Rising Sun

- Results of an exchange of professionals -

André Dobrig
certified social pedagogue
social therapist specialized in addiction

jdzb
30 Jahre
周年 2015
Japanisch-Deutsches Zentrum Berlin
ベルリン日独センター

ijab



Bundesministerium
für Familie, Senioren, Frauen
und Jugend



National Institution For Youth Education
独立行政法人 国立青少年教育振興機構



文部科学省



Starting situation

1 Comparison between Japan and Germany

2 Media addiction

3 Prevention

4 Intervention and rehabilitation

5 Recommendations

Prospects

Starting situation



- Exchange of professionals under the authority of the



Bundesministerium
für Familie, Senioren, Frauen
und Jugend

(Federal Ministry for Family Affairs, Senior Citizens, Women and Youth)

- Realised and organised by



and



(the Japanese-German Center Berlin and the International Youth Service of the Federal Republic of Germany)

- Two delegations of eight members + one head of delegation
- Delegation „A2“ with eight professionals from the specialist fields of youth welfare/ media education/ addiction care
- In November 2015 return visit by Japanese professionals

1 Comparison between „J“ and „G“



JAPAN
~378.000 km²,
127m. inhabitants,



capital: **Tokyo**,
very few resources,
a large number of
services



1 Comparison between „J“ and „G“ |

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Federalist

Heterogenic

Parallel organisations

Legal claim

Culture of associations

Organisational principle

Structure of society

**Co-operation of public
authorities**

Binding force of §

**Social services
and activities**



Unitary

Homogenic

Ambiguous responsibilities

No legal claim in general

Culture of voluntary work in
social services as part of the
social obligations

1 Comparison between „J“ and „G“ II

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Limiting & cooperative

Individualism

Educational style

Social coherence



Authoritarian

Collective responsibility

1 Comparison between „J“ and „G“ II

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1 Comparison between „J“ and „G“ II

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1 Comparison between „J“ and „G“ II

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Limiting & cooperative

Individualism

Low-context-communicat.

Under implementation in
some regions of Germany

Educational style

Social coherence

Communication

All-day school



Authoritarian

Collective responsibility

High-context-communicat.

Nationwide

1 Comparison between „J“ and „G“ II

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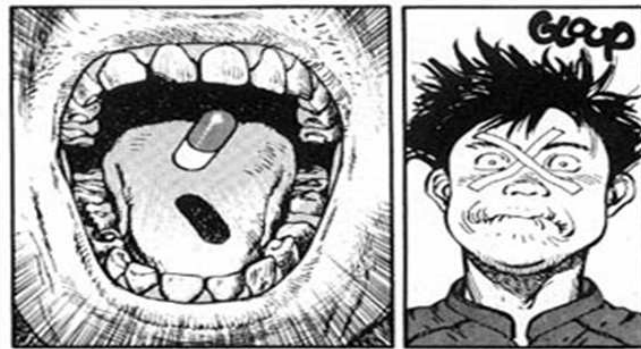


2015



Growing uncertainty of parents → *Delegation of their duties as educators*

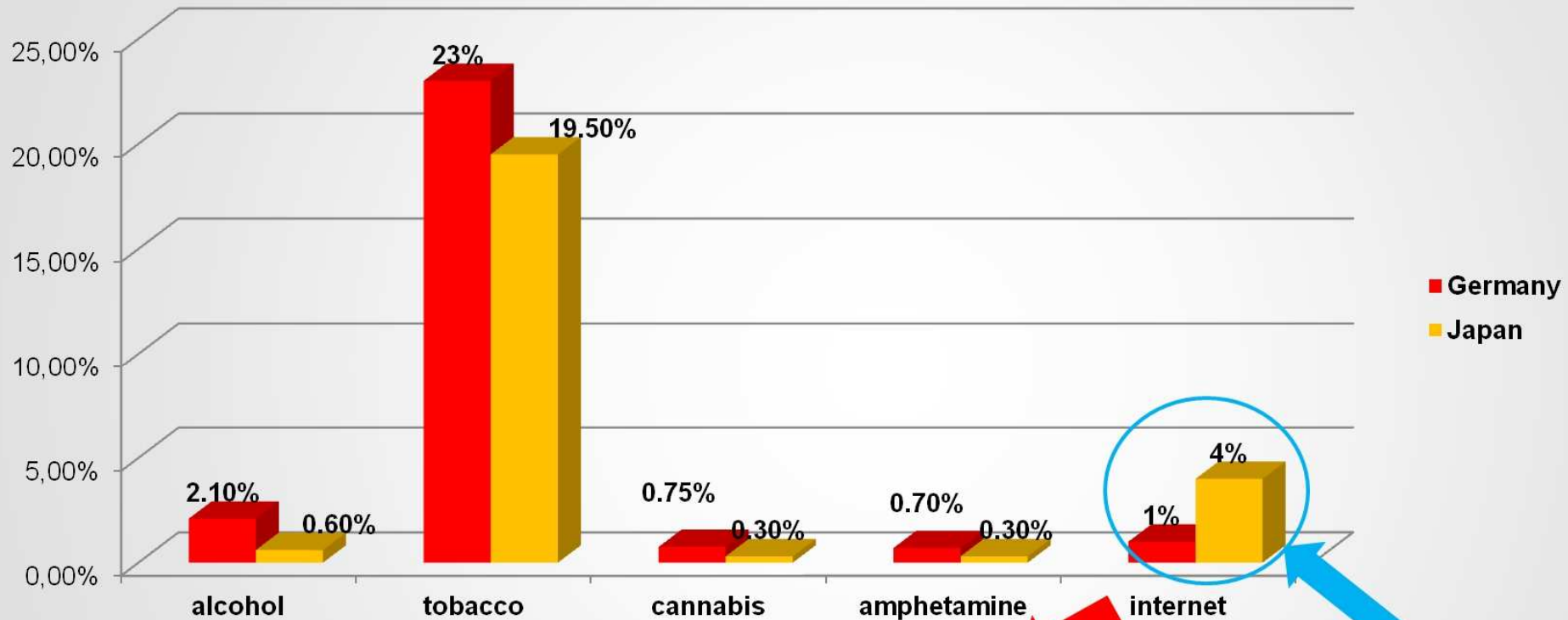
2 Media addiction



Addiction in Japan and Germany



2 Media addiction



Partly up to 9.2% (aged between 15-17 years) in Japan, in Germany up to 6.3% (aged between 14-16 years)

2 Media addiction



Mobility, availability

internet use

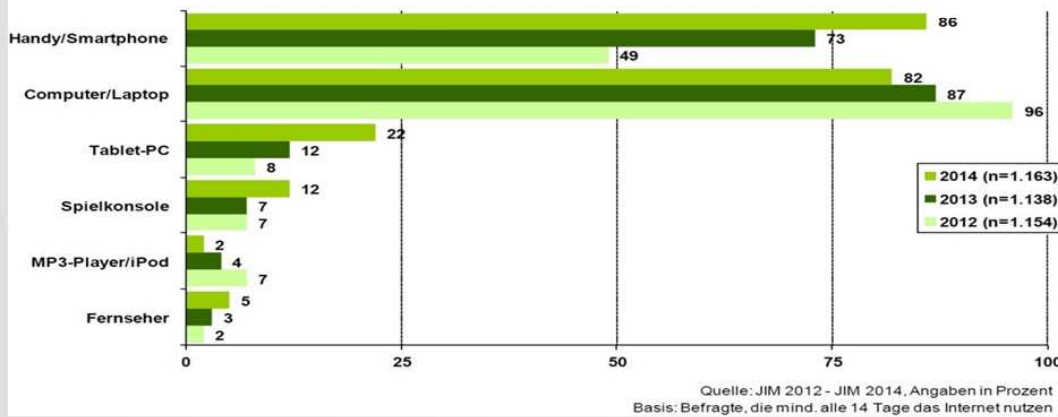


Mobility, accepted by society

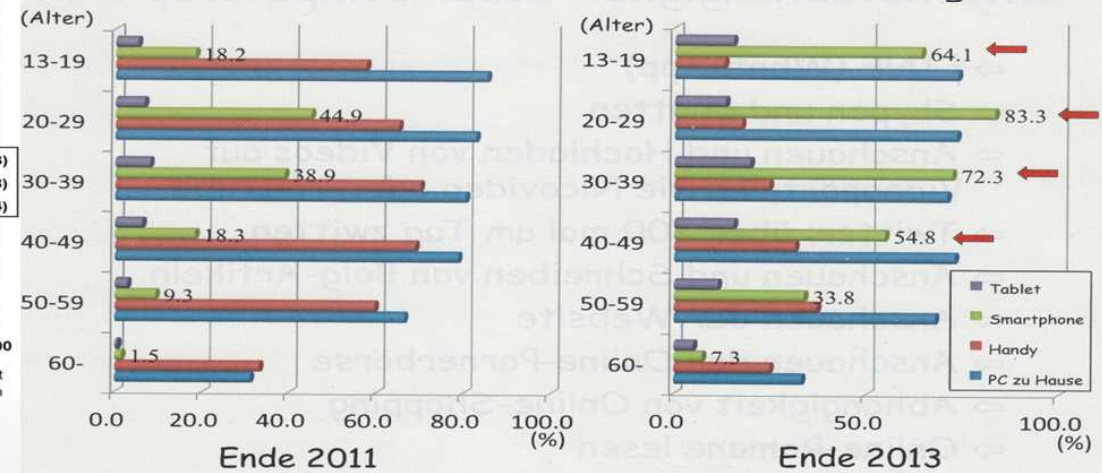
2 Media addiction



Wege der Internetnutzung 2012 - 2014
 - in den letzten 14 Tagen -



Anteil der Internetnutzung Aufgeschlüsselt nach Alter und Art der Endgeräte

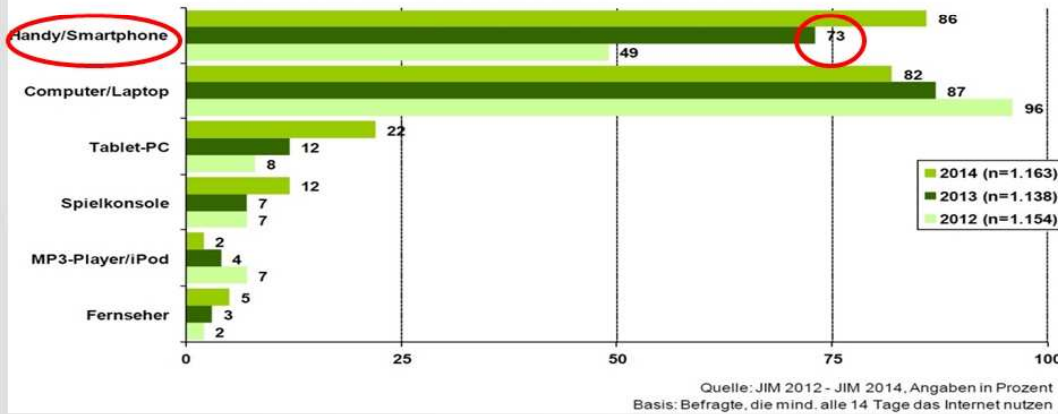


Studie zu Telekommunikationsnutzer 2013 vom Ministerium fuer oeffentliche Verwaltung, innere Angelegenheiten, Post- und Telekommunikation

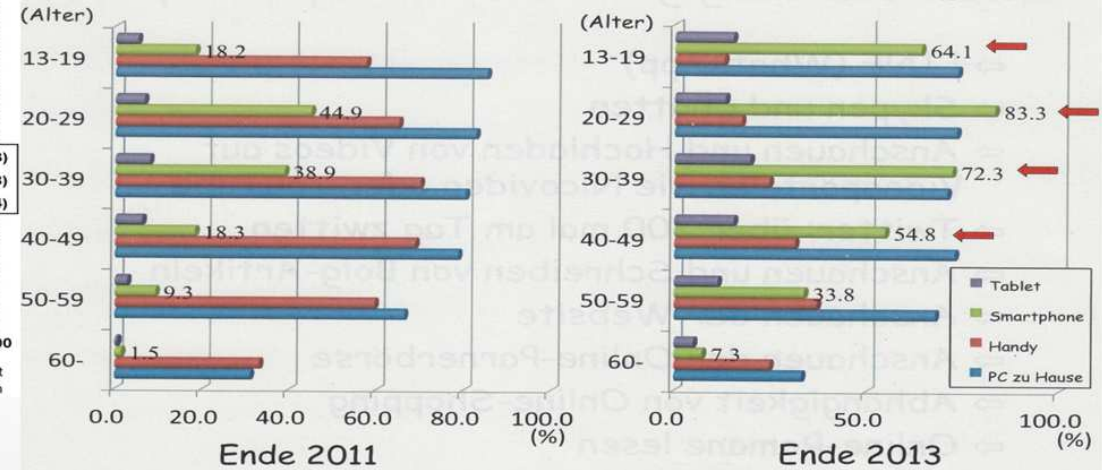
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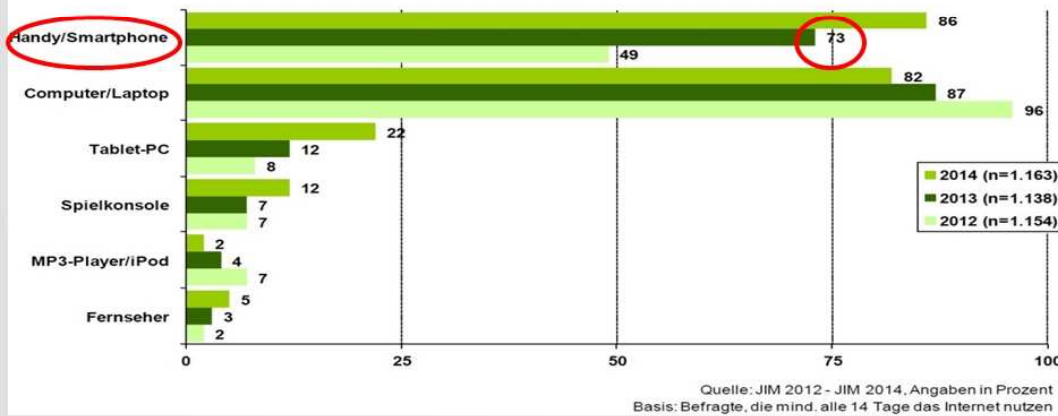


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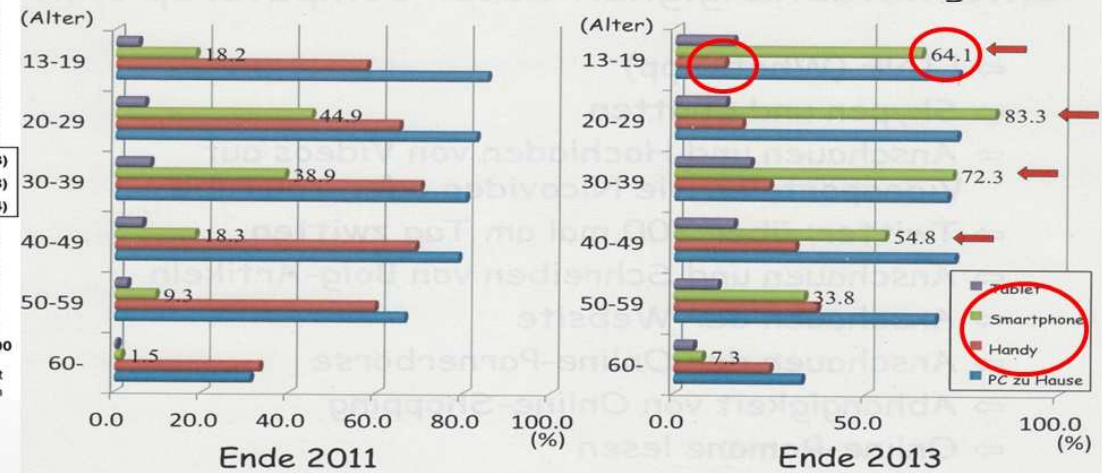
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2 Media addiction



2 Media addiction



Mobility, availability

Mental illness, like
depression

internet use

comorbidity



Mobility, accepted by society

Similar to situation in
Germany & Hikikomori

2 Media addiction



Crackykun feat. Gackto

Hikikomori Girl

2 Media addiction

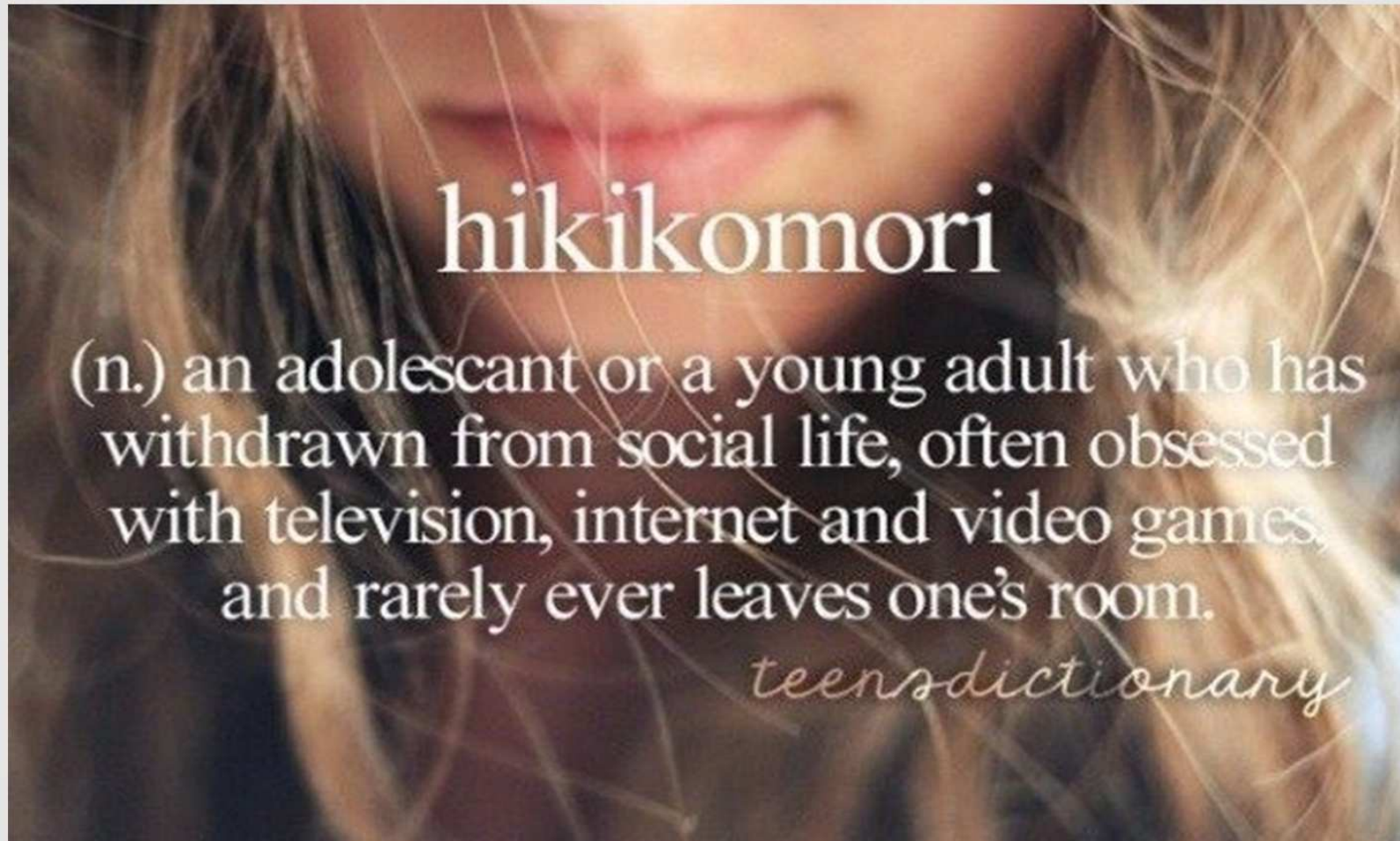


HIKIKOMORI

When you Suck at Everything in Life, just Retreat to your bedroom & never come out!

\o/ MotivatedPhotos.com

2 Media addiction



2 Media addiction








2 Media addiction



TARGET POPULATION

DISCOVER DEFINE DESIGN DELIVER

Young & Early Stage Hikikomori

				
Age group 16~29	Early stage 6 months ~3 years	Male & Female	NEET	Middle class family

2 Media addiction



Mobility, availability

Mental illness, like
depression

Especially in adolescence,
technophilic, a way to
dissociate themselves from
their parents

internet use

comorbidity

prevalence

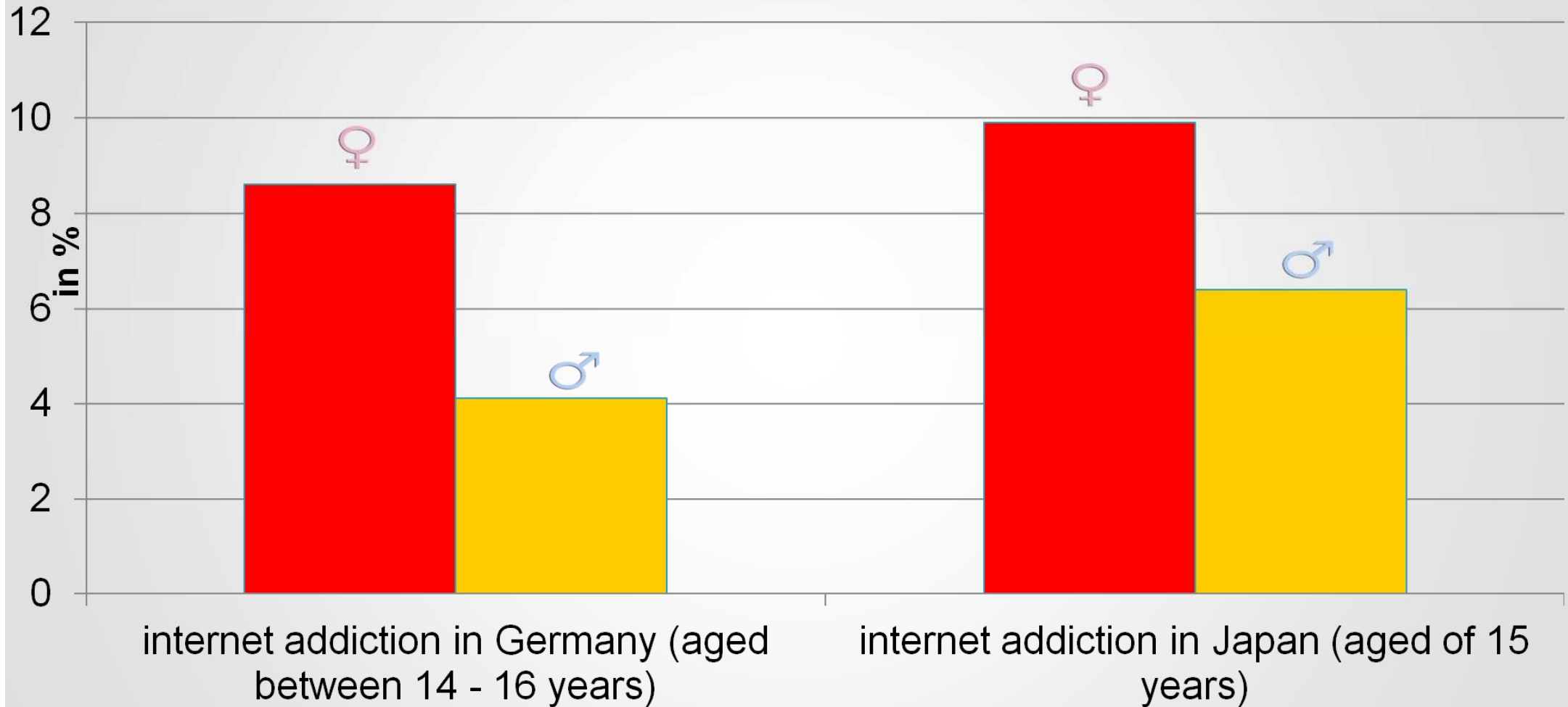


Mobility, accepted by society

Similar to situation in
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Especially in adolescence,
technophilic, a way to
dissociate themselves from
their parents

2 Media addiction



3 Prevention - similarities



Growing uncertainty of parents in the **media education field (digital)**

Focus on danger potential of digital media (regulation and monitoring)

Deficient media education (rare human & financial resources, parent-teacher conferences by external professionals, police in the role as provider of information and prevention professional)

3 Prevention - differences



- Several campaigns
- Professional social workers
(according to the Social Code (SGB))
- Voluntary and active media education
freely accessible for everyone
- Social workers at school



- Central coordinating centres
- Volunteers
- „Communityschool“
- Teachers for health and care

4 Intervention - similarities



Recognition of the phenomenon of media addiction like any other addiction which requires professional treatment (no specific diagnosis according to DSM V or ICD 10)

Supply structures and access ways to treatment or counselling services are similar

Resource oriented treatment options for the patients

Joint research group of professionals from Japan and Germany

4 Intervention - differences



- Special and well developed network of treatment and counselling
- Good conditions for self-help projects
- Wide range of professional and visiting youth welfare measures



- Just one medical centre for treatment, the Kurihama Medical and Addiction Centre
- Care system with many volunteers and few professionals
- Rather empathetic approach to addicted adolescents instead of a demanding position

5 Recommendation to „Germany“



- **Media educational profile** of educational institutions (e. g. „school without racism“)
- **Reinforcement of parenting skills in families** (e. g. „Elterntalk“ (a parent peers approach), „Eltern-Medientrainer“ (media coach for parents))
- **Evaluation** of established concepts of media education by at federal level
- **Nationwide database** of counselling services and therapy services of all social care systems
- **„Responsibility community“** consisting of social care systems, education system and rehabilitation system (by adaptation of e. g. laws, financing)
- **Nationwide information campaign for media ethic**
- **Focus on active media education**
- **School as a „living place“**
- Easily accessible **prevention services and counselling services for addicted people**



- Establish a process to bring alive and to implement our recommendations
- To lead our recommendations to **concrete sustainable measures**
- To involve the members of the delegation in the implementation process



LOGIN IMPRESSUM

Deutsch-Japanischer Fachkräfteaustausch 2015
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Start News Ergebnisse Das Studienprogramm Team Sprachfibel Danksagung

Studienprogramm für Fachkräfte der Kinder- und Jugendhilfe 2015 zum Thema
„Förderung benachteiligter Jugendlicher“
Schwerpunkt: „Prävention als Aufgabe der Kinder- und Jugendhilfe: exzessive
Internetnutzung/Internetsucht“ (A2)
09.05.-23.05.2015 in Japan

2015年度青少年指導者セミナー
「困難を抱える青少年の支援」
A2団テーマ: 「青少年援助と予防: 過度なインターネット使用・ネット依存」
2015年5月9〜23日訪日A2団(アルファベット順)



Letzte Beiträge

- „Blitz“ und „Baumkuchen“
- Tag 14 – Kann ich noch schnell meine Stützstrümpfe anziehen?
- Wolle bleibt in Japan...
- Rückflug
- Abschlusspräsentation

Letzte Kommentare

- André Dobrig bei Tag 14 – Kann ich noch schnell meine Stützstrümpfe anziehen?
- Ulrike bei Tag 14 – Kann ich noch schnell meine Stützstrümpfe anziehen?

<http://jade15.bildungsblogs.net>

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Thanks to all those people and organisations who made this exchange of professionals possible and supported the production of this documentation. Also thanks to the **Fachverband Medienabhängigkeit e. V.** for the opportunity to present our documentation at this online symposium.

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Frank „Mr. Cute“ Hessler, Steffen „The Blog“ Griesinger,
Nauka „Commander Ichi Ban“ Miura & André „doitsu J. O.“ Dobrig



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ありがとうございます。
Aligatoo Gozaimas.

(Thank you very much)





Fachverband
Medienabhängigkeit e.V.

Thank you for your attention!

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