

**Work-Life in Japan**  
**Boston College Center for Work & Family**  
**Executive Briefing Series**

**Authored by:**  
Scott North, Osaka University

**Sponsored by:**  
Johnson & Johnson

**Bibliography**

- CIA. 2010. The World Factbook: Japan. <https://www.cia.gov/library/publications/the-world-factbook/geos/ja.html>.
- Cole, Robert E. 1992. Work and Leisure in Japan. *California Management Review*, v. 34, 3: 52-64.
- Ezawa, Aya. 2006. Ezawa, Aya, "How Japanese Single Mothers Work," *Japanstudien*, 18; special issue on "How Japan Works," edited by René Haak: 59-83.
- Fuess, Harald. 2004. *Divorce in Japan*. Palo Alto: Stanford University Press.
- Garon, Sheldon. 2010. "State and Family in Modern Japan: A Historical Perspective." *Economy and Society*, 39:3, 317-336.
- Gender Equality Bureau. 2006. "Steps towards Gender Equality in Japan." Tokyo: Cabinet Office, Government of Japan.  
[http://www.gender.go.jp/english\\_contents/pamphlet/gender-equality06.pdf](http://www.gender.go.jp/english_contents/pamphlet/gender-equality06.pdf)  
accessed April 14, 2010.
- Goode, William. 1963. *World Revolution and Family Patterns*. New York: Basic Books.
- Government of Japan. 2008. Work-life Balance Charter (In Japanese). Available at [http://www8.cao.go.jp/wlb/government/20barrier\\_html/20html/charter.html](http://www8.cao.go.jp/wlb/government/20barrier_html/20html/charter.html)  
accessed Aug. 22, 2010.
- Hertog, Ekaterina. 2008. "The worst abuse against a child is the absence of a parent': how Japanese unwed mothers evaluate their decision to have a child outside wedlock." *Japan Forum* v20, 2: 193-217.
- Hisamoto, Norio. 2003. *Seishain runesansu* [Regular Worker Renaissance] (Tokyo: Chuko Shinsho.
- Hollaway, Susan. 2010. *Women and Family in Contemporary Japan*. Cambridge University Press.
- Ikeda, Tomoko et al. 2009. Correlates of Depressive Symptoms among Workers in Small-and-Medium Scale Manufacturing Enterprises in Japan. *Journal of Occupational Health*, 51: 26-37.

- Ito, Kimio. 1996. *Dansei gaku nyûmon*. (Introduction to Men's Studies). Tokyo: Sakuhin Sha.
- Japan Institute for Labour Policy and Training. 2010. *Japanese Working Life Profile: 2009/2010 Labor Statistics*. Tokyo: Japan Institute for Labour Policy and Training.
- Japan Times. 2010. "Female execs still scarce after labor law debut." August 30. <http://search.japantimes.co.jp/cgi-bin/nn20100830a1.html>. Accessed Aug. 30, 2010.
- Johnson, Chalmers. 1982. *MITI and the Japanese Miracle: The Growth of Industrial Policy, 1925-1975*. Palo Alto, CA: Stanford University Press.
- Kyodo News. 2010. "Child care leave dips for first time." *The Japan Times*, July 18. <http://search.japantimes.co.jp/cgi-bin/nn20100718a8.html> accessed October 2, 2010.
- Kageyama, Yuri. 1999. 'Japan says dads should help out more' *San Francisco Chronicle*, 24 April: A14.
- Leheny, David. 2003. *The Rules of Play: National Identity and the Shaping of Japanese Leisure*. Ithaca: Cornell University Press.
- Lewis, Jane. 2001. "The Decline of the Male Breadwinner Model: Implications for Work and Care." *Social Politics* (Summer): 152-169.
- Linhart, Sepp. 1998. "Introduction: The Japanese at Play: A Little Known Dimension of Japan." In *The Culture of Japan as Seen through Its Leisure*. Sepp Linhart and Sabine Frühstück eds. Albany: State University of New York Press. 1-21.
- Mainichi Broadcasting. 2010. MBS Voice. Online transcript of June 29 broadcast entitled, "Shigoto to katei no besuto baransu ha?" (What is the best balance between work and household life?).
- MHLW (Ministry of Health, Labour, and Welfare). 2008. *Heisei 19 Nenban Hataraku Josei no Jitsujô* (Situation of Working Women, 2007). Available at <http://www.mhlw.go.jp/houdou/2008/03/h0328-1.html>. (accessed 4 February 2009).
- MHLW. 2009a. *Shigo to seikatsu no chôwa (wa-ku rairu baransu) to kôkyaku ne-zu ni kan suru ishiki chôusa no kouhyô ni tsuite* [Results of a survey of attitudes regarding consumer needs and work-life harmonization (work-life balance)]. Ministry of Health, Labour and Welfare. Government of Japan. <http://www8.cao.go.jp/wlb/research/pdf/needs.pdf> accessed Sept. 2, 2010.
- MHLW. 2009b. A Declining Birthrate White Paper (Summary) <http://www8.cao.go.jp/shoushi/whitepaper/english/w-2009/index.html> accessed September 2, 2010.

- MHLW. 2009c. *Results Summary of the Heisei 20 (2008) Employment Equality Survey* (in Japanese) Tokyo: Government of Japan.  
<http://www.mhlw.go.jp/houdou/2009/08/dl/h0881-02a.pdf> (accessed 05/12/2010).
- MHLW. 2009d. Introduction to the revised Child Care and Family Care Leave Law  
<http://www.mhlw.go.jp/English/policy/affairs/dl/05.pdf> accessed Sept. 14, 2010.
- Morioka, Koji. 2007. 'The New Overwork and the White-Collar Exemption' (in Japanese) in Morioka K. (ed.) *Kakusa shakai no kouzô: gurôbaru shihon shugi no dansou* Tokyo: Sakurai Shoten, 51-83.
- Morioka, Kōji. 2008. 'Rōdō konpuraiansu no jittai to saabisu zangyō' [Labor Compliance and Unpaid Overtime]. Report presented for Hatarakikata Net Osaka, Osaka (10 April).
- Mouer, Ross and Kawanishi Hirosuke. 2005. *A Sociology of Work in Japan*. London: Cambridge University Press.
- Muta, Kazue. 2008. Sexual Harassment and Corporate Culture in Japan. In Stevi Jackson, Liu Jieyu, and Woo Juhyun eds., *East Asian Sexualities: Modernity, Gender, and New Sexual Cultures*. New York: Zed Books; 52-68.
- North, Scott. 2010a. "Changes in Japanese Fatherhood after Two Decades of Recession." Paper presented at the Center for Research on Families and Relationships, University of Edinburgh, Scotland, July 18.
- North, Scott. 2010b. "Hello Work, Sayonara Koyô? Less Secure Employment and the Zeitgeist of Japan's Lost Decade." In *Globalization, Localization, and Japanese Studies in the Asia-Pacific Region*, Vol. 2: 67-85. Ed. James C. Baxter. International Research Center for Japanese Studies.
- Ochiai, Emiko. 1997. *The Japanese Family System in Transition*. Kyoto: International Research Center for Japanese Studies.
- OECD. 2010. "OECD Health Data: How Does Japan Compare?"  
<http://www.oecd.org/dataoecd/45/51/38979974.pdf> accessed Sept. 17, 2010.
- Ogasawara, Yuko. 1998. *Office Ladies and Salaried Men: Gender, Power and Work in Japanese Companies*. Berkeley: University of California Press.
- Ota, M. (1999) 'Dad takes child-care leave.' Hoffman, M. (trans.) *Japan Quarterly* 46, 1: 83-99.
- Ozawa, Mari. 2002. Twelve Million Full-Time Housewives: The Gender Consequences of Japan's Postwar Social Contract. In *Social Contracts Under Stress: The Middle Classes of America, Europe, and Japan at the Turn of the*

- Century*, edited by Oliver Zunz, Leonard Schoppa, and Nobuhiro Hiwatari. New York: Russell Sage Foundation; 255-277.
- Roberson, James and Nobue Suzuki eds. 2003. *Men and Masculinities in Japan: Dislocating the Salaryman Doxa*. London: RoutledgeCurzon.
- Rohlen, Thomas C. 1974. *For Harmony and Strength: Japanese White-Collar Organization in Anthropological Perspective*. Berkeley: University of California Press.
- Sato, Hiroki, Osawa Mari, and Charles Weathers. 2001. "'Atypical' and 'Irregular' Labour in Contemporary Japan: The Authors Debate." *Social Science Japan Journal* 4: 219–223.
- Smith, Thomas C. 1986. "Peasant Time and Factory Time in Japan." *Past and Present*, 111, 1: 165-197.
- Taga, Futoshi. 2006. *Otokorashisa no shakaigaku: yuragu otoko no raifu kôsu* [The sociology of manliness: fluctuations in men's life course]. Tokyo: Seikai Shisho Sha.
- Toivonen, Tuukka. 2010 (forthcoming). "Is There Life after Work for Japan? Political 'Work–Life Balance' Research Begins to Address the Hard Questions." *Social Science Japan Journal* first published online September 8, 2010 doi:10.1093/ssjj/jyq041
- Tokuhisa, Tamao. 1980. "Tourism within, from and to Japan." *International Social Science Journal*, 32, 1: 128-150.
- Vogel, Ezra. 1971. *Japan's New Middle Class: The Salaryman and His Family in a Tokyo Suburb*. Berkeley: University of California Press.
- Weathers, Charles and Scott North. 2009. "Overtime Activists Take On Corporate Titans: Toyota, McDonald's and Japan's Overtime Controversy." *Pacific Affairs*, 82, 4: 615-636.
- World Economic Forum. 2010. Global Gender Gap Report 2009; Japan Country Profile. <http://www.weforum.org/pdf/gendergap2009/Japan.pdf> accessed Sept. 24, 2010.