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Study on Contributing Factors to *ikigai* through Work among Japanese Employees.

Katsushi YAMAGUCHI

Graduate School of Commerce, Waseda University, Ph.D. Candidate.

<Abstract>

This study explores contributing factors to *ikigai* among Japanese employees through their work. Based on the review of prior studies conducted on Japanese people about work and *ikigai*, the author identified some constructs and factors of *ikigai* for working Japanese. It was found that learning and growth, among other elements, have been studied similarly in foreign literature as sources for *ikigai*. The author then compared studies on Japanese persons to those focusing on foreigners and discussed them. The author intends to develop a model of *ikigai* for Japanese workers to achieve through their work in a future study.

<Keywords>

*ikigai*, meaning, work, learning, growth