

An International Symposium

What is well-being in East-Asia?

~Interdisciplinary and
cultural perspectives~

2025 9/26 [Fri] ~ 27 [Sat]



使用言語
英語
同時通訳なし

Program

9/26 [Fri]

- 13:00 Reception opens
- 13:30 Welcome Talk
Takehiko Kariya (Specially Appointed Professor)
- 13:40 Session 1: Presentation and Discussion
Global and local contexts of "well-being" education: An anthropological consideration of the SEE Learning program in Japan Yuki Imoto (Associate Professor)
Toward balance and tranquility: Revisiting well-being through the lens of Chinese culture Jen-Ho Chang (Associate Professor)
- 17:15 End

9/27 [Sat]

- 9:00 Reception opens
- 9:30 Session 2: Presentation and Discussion
Culture or social structure? Assessing cross-national variation in gendered happiness returns to education and skills Satoshi Araki (Assistant Professor)
Social class differences in psychological reactions to unfair treatments Jinkyung Na (Professor)
- 12:55 Closing Address Yukiko Uchida (Director, Professor)
- 13:15 End

Access

By Keihan Railway: From "Jingu-Marutamachi" station, approximately 4 minutes walk to the north.
If you are driving, there are **no parking spaces** available at the venue. Please use paid parking lots in the vicinity.

Summary

- Date:** September 26-27, 2025
Place: Kyoto University, Inamori Center (3F)
(46 Yoshidashimoadachicho, Sakyo Ward, Kyoto)
Fee: Free of charge, but registration required
Eligible Participants:
All students, researchers, etc. who are interested in East Asian well-being and are able to understand English conversation.
Capacity: 50 participants

Registration Form

If you would like to participate, please register in advance via the link below or by scanning the QR code. **Please note that participants must be able to attend both days of the symposium.**

<https://forms.gle/kKSgGAX67GckCqJ99>

The deadline for registration is **September 25th, 2025.**



Purpose of the Symposium

Well-being has recently become a central theme across various academic disciplines and societies. Since the study of well-being primarily originated and developed in North America and Europe, perspectives on the concept have also been deeply shaped by disciplines rooted in these regions. However, the concept of well-being carries different meanings and nuances depending on the discipline, society, or culture (including language) in question. To fully understand the scope of well-being, we must therefore go beyond Western frameworks and engage with knowledge systems rooted in other cultural traditions.

What does well-being mean in different parts of the world? How can we understand the different ways that well-being manifests or becomes a challenge in different cultures?

To address these questions, it is essential to consider approaches from a range of disciplines and research rooted in diverse societies and cultural contexts. This symposium aims to explore these issues by inviting distinguished scholars from various fields—including psychology, sociology, and anthropology—and from various East-Asian societies such as Japan, Korea, China, and Taiwan.

The focus will be on factors such as gender, social class, education, and personality, and how these factors may influence well-being. We hope that the symposium will offer new insights into the various interpretations of well-being and the ways in which it is socially, psychologically, and culturally constructed.

Invited Speakers



Yuki Imoto

Yuki Imoto is an associate professor in Liberal Arts and Foreign Languages at the Faculty of Science and Technology, Keio University, Japan. Yuki earned her doctorate in social anthropology from the University of Oxford, where she studied multicultural and international education in Japan from the perspective of Japanese anthropology. She has also conducted research on mindfulness in education as a Fulbright scholar based at Stanford University, and has since been exploring how mindfulness and other contemplative practices are being (re)incorporated into the Japanese context, particularly in education. She is director of SEE Learning Japan, and also heads the Centre for Contemplative Studies at the Keio Global Research Institute.



Jen-Ho Chang

Dr. Jen-Ho Chang is an Associate Research Fellow at Academia Sinica and a Joint-Appointment Associate Professor at National Taiwan University. He serves as an Associate Editor of the International Journal of Stress Management (published by the APA) and as Co-Editor of Indigenous Psychological Research in Chinese Societies. His work focuses on well-being and self-regulation within Chinese cultural contexts.



Satoshi Araki

Satoshi Araki is an Assistant Professor of Sociology, the University of Hong Kong. He received his DPhil in sociology from the University of Oxford. His current research centers around social stratification, education, work, family, and well-being. His work has appeared in top journals across disciplines, including the American Sociological Review, Social Science & Medicine, Socio-Economic Review, Social Psychological and Personality Science, and Higher Education. He is also an editorial board member of Humanities & Social Sciences Communications (Nature portfolio) and PLOS One. (For more details, see: <https://sociology.hku.hk/people/satoshi-araki/>)



Jinkyung Na

Jinkyung Na is a professor in the Department of Psychology and the director of the Institute for Hope Research at Sogang University. He received his PhD in Social Psychology from the University of Michigan. His research focuses on psychological effects of sociocultural factors (e.g., culture and social class). His work has been published in top-tier journals such as Psychological Science and PNAS.

For questions,
please
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