Bathing Habits

When analyzing the cultural habits of bathing, the Japanese culture has many distinct bathing habits. The Japanese have a common culture along with beliefs in bathing. When a visitor enters the country, their first experience of baths would be like what many are accustomed to, which is a single bath (Clark, 1). This is not representative of the bathing culture, as though the Japanese culture is seen as isolative due to the work environments, their bathing habits are the complete opposite. This can be seen in the existences of sento and onsen, which are public bathhouses and hot spring baths. Other habits may include the fact that the Japanese view it as a comfort and they bath in communal waters in the bathtub Clark, 2).

Using this information, I would use this to analyze the bathing habits of Canadians. It is paramount to view other cultural habits along with the social and symbolic contexts of bathing Clark, 12). After viewing the Japanese bathing traditions, I can conclude how the culture towards bathing is more community based and more about relaxation whereas the Canadian bathing habits are more seen as a necessity and more individual based. In addition to this, showering for Canadians is time for self-reflection and alone time. The reason I stated this is because when we shower, it is usually for the purposes of hygiene whereas for the Japanese view it as a sort of relaxation. Even though we have different habits such as singing in the shower or showering for relaxation, it is still viewed as such. In addition to this, it is interesting to see how as Canadians, our society is not as depressed and considerably more laid back. This can be due to many reasons such as population, job competition, and more. What I am saying is that our societies are very different. However, the bathing habits for both our societies are reversed, as the Japanese are more unified and find this a sort of relaxation whereas Canadians do not. I believe it could be because of the amount of time Japanese people have. They do not have time to pursue side hobbies or activities, so rather than do so, they would use the time they have doing a necessity as the time to relax, regenerate, and interact with their community.

Citations

Clark, Scott. *Japan, A View from the Bath*. University of Hawaii, 1994.