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Purpose in Life (*Ikigai*), a Frontal Lobe Function, Is a Natural

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ABSTRACT

Stress can cause anxiety that creates imbalances in the autonomic nervous system and internal secretions leading to mental and somatic disease. Purpose in life (*PIL*) and *ikigai* (two social attitudes) help individuals to integrate psychological events and effectively cope with stress. *PIL/ikigai* provides an intrinsic motivation and is thought to develop primarily during adolescence. There is a correlation with such positive experiences as spending time in beautiful natural surroundings and exposure to warm human relationships at various developmental stages. *PIL/ikigai* is a physiological frontal lobe function. Adolescence is a critical period of development for *PIL/ikigai* and neuronal connections are strengthened by secretion of neurotransmitters such as dopamine and β -endorphin. We propose that there is an important physiologic role of *PIL/ikigai* and that critical periods of brain development influence development of *PIL/ikigai*.

KEYWORDS

Stress; Anxiety; Happiness; Purpose in Life/*Ikigai*; Frontal Lobe

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