

This is why Japanese people often do not lean on their seats when flying

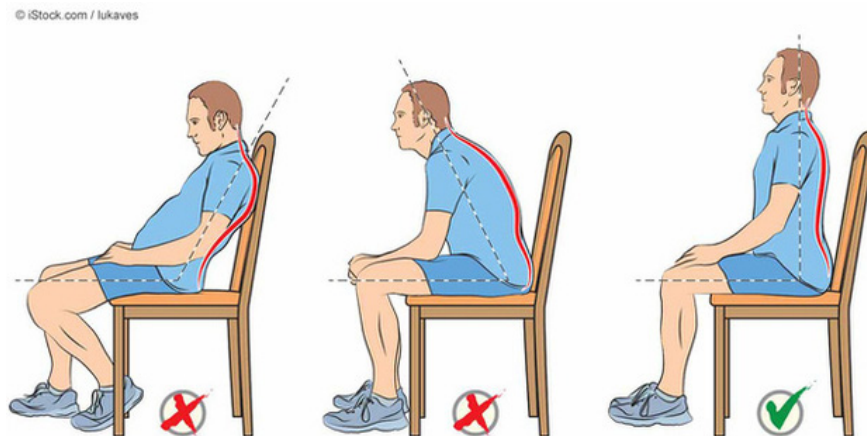
In order to be comfortable on flights, we often have a habit of leaning back on a plane, but Japanese people often don't. Why so?

In order to be comfortable on flights, we often have a habit of leaning back on a plane, but Japanese people often don't. Why so?

1. 18 "extremely creative" inventions are available only in Japan
2. 26 photos of life filled with future Japanese technology

Here are 3 reasons that many people agree to explain this slightly different habit of Japanese people, surely you will be surprised.

First, the Japanese always sit up straight - sitting in the correct posture, whether on the plane, subway or any other situation and keeping the back seat straight will support this good habit of they.



Specifically, when standing and sitting Japanese people always have a habit of straightening their shoulders, their shoulders to be straight, their heads raised high, their chests slightly puffed. Such posture will help your gait to be more flexible and not be fated into your abdomen when you sit down.

In addition, when you sit upright to maintain the correct posture of the muscles around the back, the abdomen will be more active, reduce fatigue and avoid affecting the spine.



The back of the chair will affect the person next to you and sit behind.

Secondly, Japanese people do not lean back on their seats because they **respect personal privacy** and do not want to influence others, especially those sitting behind their seats. Because if you lean back in your chair, the person behind will have trouble getting out.



The fetal posture will save your life when it is in danger and it is easier to do if the chair is erect.

Third, **in case of emergency, the aircraft has trouble, the back of the chair upright will help a lot** . If the seat is straightened, the rear seater will curl up in the fetal position faster, easier, without collisions, injury with the front seat back.

In addition, the upright chair helps people move more quickly and easily outside.

You finished reading the article "**This is why Japanese people often do not lean on their seats when flying**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.