

明治大学外国人研究者招聘制度 報告書

<招聘教授・研究員の情報 / Guest Professor・Guest Scholar>

氏 名	Angela Louise Cruz Rosario
Name	
所属機関(派遣元)	National University of Singapore
Affiliation (Home Organization)	
現在の職名	PhD Candidate
Position	
招聘期間 (日本への入国日から出国日)	August 1, 2024 to July 31, 2025
Invitation Period (from the date of entry to departure)	
専攻	Feminist Cultural and Media Studies
Field of Research	
ホスト教員氏名と所属学部研究科等	Dr. Hiromi Tanaka, Associate Professor of Gender, Media, and Culture at the School of Information and Communication
Name of host teacher and affiliation at Meiji University	

<外国人研究者からの報告 / Foreign Researcher Report>

①研究課題 / Research Theme
Navigating Taboo in Technology: Menstruation Culture in Japan
②研究概要 / Outline of Research
My research project investigates the regulation and technologization of menstruation in Japan through an analysis of period-tracking applications (PTAs, more known as <i>seiri apuri</i> ), a form of 'femtech' (female technology). Drawing on the concept of somatechnics, I examine how digital tools shape the everyday management of menstruation, how they reflect state and industry narratives on health and fertility, and how users navigate their menstrual experience within these frameworks. It focuses on how PTAs mediate bodily autonomy, self-tracking, and gendered norms, and how menstruation is rendered visible and manageable within sociotechnical systems. I applied different forms of data gathering to get a holistic approach. Working under the guidance of Dr. Hiromi Tanaka, a specialist in gender and media studies, was central to shaping my research. Her expertise ensured that the project was grounded in relevant Japanese feminist and media scholarship and helped refine the fieldwork to be culturally and ethically appropriate. My position as Guest Scholar also provided access to local academic discussions and networks, allowing the project to be responsive to the specific social context in which PTAs circulate.
③招聘期間中の研究活動の実績 / The research results as Guest Professor・Guest Scholar
As Guest Scholar at Meiji University, I conducted fieldwork on the use and perception of PTAs among menstruating individuals in Japan. This included semi-structured interviews with young adult users, focusing on how they incorporate PTAs into daily life, how they interpret the functions and limitations of these apps, and how they relate these technologies to ideas of privacy, care, and menstrual stigma. I was also able to attend femtech events and exhibits with Meiji University as my Japanese university affiliation, allowing for easier access. I also analyzed government documents. Dr. Tanaka's mentorship was essential throughout the project. She provided critical feedback during the design and analysis stages, offered guidance on navigating cultural and ethical dimensions of the research. Her support made it possible to conduct interviews that were both academically rigorous and culturally sensitive. My research findings highlight how PTAs, though often promoted as tools of empowerment and health, are entangled with mechanisms of surveillance, reproductive normativity, and productivity. In addition to fieldwork and data analysis, I was invited by Dr. Tanaka to present preliminary findings at a 定例研究会 hosted by the 国際ジェンダー学会 メディアとカルチャー分科会. Participating in this event enabled me to engage with scholars working on gender, media, and cultural studies in Japan. As a Guest Scholar, I also attended conferences and research events during my stay, which expanded my academic network and provided further opportunities to refine my theoretical and methodological approach. These experiences enriched the project and contributed to its positioning within ongoing interdisciplinary conversations on digital health, reproductive governance, and feminist cultural critique.

