

ABSTRACT

Disclosed herein is an energy absorber having excellent impact resistance and excellent impact energy absorbability. The energy absorber of the present invention includes an olefin-based resin composition obtained by mixing an olefin resin, a polyamide resin, and an elastomer having a reactive group that reacts with the polyamide resin, wherein the olefin-based resin composition has a continuous phase containing the olefin resin and a polyamide resin-based dispersed phase dispersed in the continuous phase, and the polyamide resin-based dispersed phase has a structure in which the elastomer is contained in a matrix phase containing the polyamide resin.

[Figure 1]