

ACCULTURATION

- ▶ Adaptation to target culture without losing national identity
- ▶ The first definitions and models - the USA
- ▶ Various nationalities
- ▶ Late 20th century – development of business relations with Japan – comparison of cultures

The history

- ▶ The term - first used in anthropology in the late 18th century
- ▶ in Central and South America in connection with Indian-Spanish acculturation
- ▶ the consequences of contact between Native American tribes and whites
- ▶ Later - important topic in the social sciences, sociology, psychology, and public health

Health aspects of acculturation

- ▶ High levels of acculturation - mental health services provided for female Chinese immigrants in the USA
- ▶ increased alcohol intake among Mexican-American women and Southeast Asian immigrants
- ▶ increased smoking among Asian-American youth and Mexican-American women

Different stages

- ▶ A first generation Italian who lives in an Italian enclave in the United States may continue to speak just Italian and to follow the norms of his Italian origins. This person will not have become highly acculturated to American culture.
- ▶ The granddaughter of a Chinese immigrant has gone to American schools and will now attend an American college. She spends time primarily with her American friends, dresses as they do and shares their values and interests. She has become highly acculturated into American culture.

American acculturation models – MELTING POT, SALAD BOWL



ACCULTURATION MODELS

- ▶ Kealy's acculturation model – 4 phases
- ▶ 1 Preparation for the change
- ▶ 2 “Honeymoon“ period
- ▶ 3 Frustration
- ▶ 4 Adaptation, fight or flight

Honeymoon

- ▶ During this period the differences between the old and new culture are seen in a romantic light, wonderful and new.
- ▶ an individual might love the new foods, the pace of the life, the people's habits, the buildings...
- ▶ During the first few weeks most people are fascinated by the new culture
- ▶ They meet with the people that speak their language and are polite to the foreigners
- ▶ This period is full of observations and new discoveries.

ACCULTURATION MODELS

- ▶ Acton-Walker acculturation model
- ▶ 1 Tourist
- ▶ 2 Survivor
- ▶ 3 Immigrant
- ▶ 4 Citizen
- ▶ Culture shock – between phases 1 and 2

CULTURE SHOCK

- ▶ hostility
- ▶ sadness
- ▶ loneliness
- ▶ homesickness
- ▶ illness
- ▶ agressivity

SOURCES OF CULTURE SHOCK IN CR

based on a questionnaire research in
multicultural group

- ▶ Food – missing ingredients
- ▶ Relations
- ▶ Environment
- ▶ Weather
- ▶ Language
- ▶ Unfriendly people

OVERCOMING CULTURE SHOCK

- ▶ Information about target culture
- ▶ Contacts with people from home culture
- ▶ Patience
- ▶ Hobbies and interests
- ▶ Activities enabling to practise the language

Reverse culture shock

- ▶ may take place — after returning to one's home culture after getting accustomed to a new one
- ▶ can produce the same effects
- ▶ re-adjustment process to the primary culture
- ▶ the affected person often finds this more surprising and difficult than the original culture shock

Discussion questions

- ▶ What is the possible source of culture shock in your country?
- ▶ Have you ever experienced culture shock? Where and when?
- ▶ Do you think foreigners living in your country have acculturated?