

外国語要旨

Acculturation adaptation of Chinese international students in Japan: from the perspective of personality

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The aim of the dissertation is to clarify a) the personality features of Chinese international students in Japan who have the will of going abroad to study; b) the changes on their personality during acculturation process; c) their sociocultural and psychological acculturation adaptation; 4) the effect of personality on acculturation adaptation and the mediation effect of internal and external resources between personality and acculturation adaptation.

The study followed up the Chinese international students from their departure for Japan until one year later, and examined their personality (using Temperament and Characteristic Inventory), internal resources (Resource Management Awareness and Social-Support Pursuit), and external resource (Received Social-Support), and acculturation adaptation (using Sociocultural Adaptation, General Self-Efficacy, and State-Trait Anxiety Inventory). The relationships among acculturation adaptation and the effect of the factors were analyzed.

Part I of the dissertation investigated the personality features of Chinese international students and the changes on their personality during acculturation in Japan. Comparing the personality of Chinese college students with the will of going abroad to study and the ones without the will, it is found that the former have lower Harm-Avoidance, higher Persistence, higher Self-Directedness, and higher Cooperativeness than the latter. And during the acculturation process in Japan, significant changes were found on their personality after staying in Japan for six months. However, after staying in Japan for one year, the degree of personality changes became smaller than the first six months. It suggests that the personality characteristics may return to their levels before departure, showing a U curve process.

Part II of the dissertation investigated the acculturation adaptation and the effect of personality and resources. During the first year in Japan, Sociocultural Adaptation (SA) was found correlated with the staying time. However, there was no correlation between staying time and General Self-Efficacy (GSE) or State-Trait Anxiety (STA). GSE decreased significantly after staying in Japan for one year, and STA increased significantly after six months. The U curve

hypothesis by Lysgaard (1955) was not supported during the first year. The correlation between SA, GSE and STA was found significantly, consistent with the results of previous researches that indicate social adaptation is related to psychological adaptation, but they show different adapting process.

According to the correlation analysis of personality and adaptation, it is found that the individuals with lower Harm-Avoidance and higher Persistence, Self-Directedness and Cooperativeness adapted to Japanese culture better. Considering these personality characteristics are also the features of individuals who have the will of studying abroad, it implies that the individuals with will of studying abroad may have some strength in personality that will facilitate their acculturation adaptation. According to the causal correlation between personality and adaptation, it shows that lower Novelty-Seeking and Harm-Avoidance, and higher Persistence and Self-Directedness before departure predicted better adaptation during acculturation in Japan.

The mediation effects of internal resources (Resource Management Awareness and Social-Support Pursuit) and external resource (Received Social-Support) between personality and acculturation adaptation were confirmed. It implies the important role of resources during acculturation, as well as the influence of personality on resources gaining.

Explanations of these findings and their implication for acculturation adaptation are discussed in detail. The advices for Chinese international students in Japan about their acculturation adaptation were also provided from the perspective of personality and resource.