Recent Researches

TANAKA Tomoko Lab. 2014.10.29

Social networks and social skills for sojourners

Study 1: A cross-cultural adjustment study of international students in Japan
- Okunishi & Tanaka, 2011
- How cross-cultural adjustment is affected by social skills, social support, language ability in Japanese and English, and the length of stay in Japan?
- Questionnaire surveys to international students in Japan (N=102)
- Social skills to self
- Japanese, people from the same country, people from other countries
- Multilist

Hypothesis: Social skills will enhance cross-cultural adaptation mediated by social support

Study 2: The cross-cultural adjustment of international care workers in Japan
- Hatamura & Tanaka, 2013
- Three-layer model of cross-cultural adaptation for workers
- The effect of social skills on the three levels of adjustment
- Questionnaire surveys to international caregivers and nurses for the elderly in Japan (N=128)

Self-achievement adjustment
Social-cultural adjustment
Psychological adjustment

Study 3: The cross-cultural adjustment of Japanese high-school students in the United States
- Yoshima & Tanaka, 2001
- We consider how social skills, social support, and English proficiency affect cross-cultural adjustment.
- Questionnaire surveys with Japanese exchange students who stayed in the United States for one year (N=193)

Study 4: The cross-cultural social skills learning session
- Small Group: 5 to 15 people
- Experimental session
- Role Play
- There was no criticism or correction of words or grammar.
- Practice in everyday real-life situations on their free will.
- They acquired a new behavioral repertoire and more freedom in behavioral choices.

Study 5: American social skills learning sessions
- Tajihama & Tanaka, 2009 et al.
- Participants learned skills that are necessary in the United States but unfamiliar to them and difficult to perform.
- In contrast to Japanese culture, which expects hesitance and consideration for others, many students were perplexed by the higher standard of assertiveness in American society.
- They needed outgoing approaches to their surroundings.
- However, it was difficult for them to accomplish such things speaking English.
- They could learn the skills as preparations for cultural behaviors before studying abroad or as coping strategies to practice while studying abroad.

How we could be healthy in cross-cultural contact situations(1)
- We found that interpersonal relations with hosts, social skills for interacting with the host society, and acquisition of the host language enhance adjustment to the host society.
- Social-specific interpersonal behaviors can be learned by defining them as social skills.
- Especially when there is greater cultural distance, cultural learning for interpersonal behavior can be helpful.
- Such cultural learning is expected to reduce problems and expanded of relation; it can bring merit to health.

How we could be healthy in cross-cultural contact situations(2)
- The repression of the host culture and the host language, and the relationship with the hosts, sometimes brings less stress and more psychological stability.
- Adjustment strategies would change depending on the environment of the host society and the attitude of guests. Some are less aware of the cultural differences.
- We need to consider how we would like to deal with cross-cultural situations. To be comfortable and satisfied, or to achieve our own goals, what should we do during cross-cultural stays?
- How we associate with host people and societies by considering our own purposes and preferences should be considered.
- It is not enough to seek only the merit of health. Our own choices under cross-cultural situations are required.

Message for applicants

Would you join researches of cross-cultural psychology? We use both qualitative and quantitative method. You need English and statistics. Students from fields of psychology, Japanese or English language education or nursing works with us.