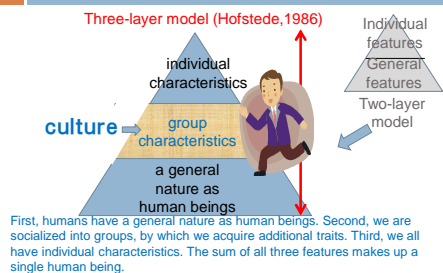


### Social networks and social skills for sojourners

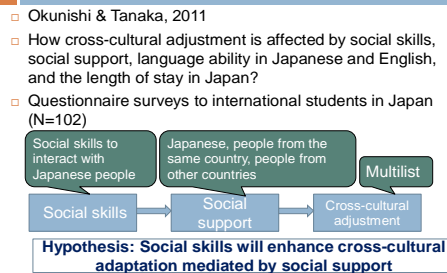
【①Tomoko Tanaka 2012 A cross-cultural psycho-educational program for cross-cultural social skills learning to international students in Japan: Focusing on the AUC-GS learning model. Japanese Journal of Applied Psychology,38,77-82/②Tomoko Tanaka 2013 Keynote Address, "Cross-cultural Contact and Health in Asia" The 5th Congress of Asian Health Psychology,,Deajeon, Korea /③Tanaka, T. 2000 Social networks and social skills of international students. Nakanishiya Syuppann (in Japanese), etc.】

Some Slides from ②

#### A concept for understanding human behavior and culture



#### Study1 a cross-cultural adjustment study of international students in Japan

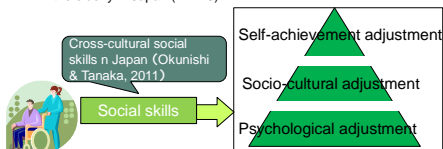


#### Cross-cultural adjustment of international students in Japan

- Three kinds of adjustment were enhanced by **Japanese skills or language**.
- Support from hosts** was more important than support from guests.
- Relations with the host society** enhance cross-cultural adjustment.
- It is not enough to just stay for long period for adjustment. It is important to **contribute to the host society**.
- English is ambivalent for adjustment. If he or she relies only on English, communication with the host society is limited. **Relying on English makes it difficult to obtain satisfaction** while staying in Japan.

#### Study2 The cross-cultural adjustment of international care workers in Japan

- Hatanaka & Tanaka, 2013
- Three-level 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=126).

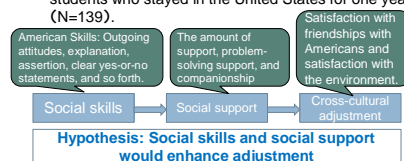


#### Cross-cultural adjustment of workers in Japan

- Skills for expressing a tender heart** toward others enhance psychological and socio-cultural adjustment.
- Reduced approaches to Japanese people** decrease depression, and original cultural care is available; however, this causes reduced feelings of having a meaningful stay in Japan.
- Building interpersonal relationships by practicing cultural values greatly helps the adjustment of professional workers.** In short, workers can work with vitality, experience high-level job achievement, and stay in Japan with a sense of fulfillment.

#### Study3 The cross-cultural adjustment of Japanese high-school students in the United States

- Yashima & 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=139).



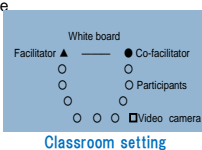
#### II. The learning of cross-cultural social skills

- If we understand the cultural values behind behaviors, decipher others' intentions without misunderstanding, and perform the expected behaviors after making adequate judgments about social context, then **adjustment is promoted**.
- But how can we get the skills?**
- The idea is that we **learn skills** not only through natural learning process but also through **psycho-educational sessions**.



#### Study4 The cross-cultural social skills learning session

- Tanaka, 2012; Tanaka & Nakashima, 2006 et al.
- Small Group: 5 to 15 people
- Experimental session
- Culture learning
- Role Play**
- There was not criticism or correction of words or grammar.
- Practice in everyday real life depended on their free will. They acquired a new behavioral repertoire and more freedom in behavioral choices.**



#### Study5 American social skills learning sessions

- Tahakama & 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 hesitation and consideration for others, many students were perplexed by the **higher standard of assertion 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 enhanced adjustment to the **host society**.
- Culture-specific interpersonal behaviors can be learned by defining them as social skills.** Guests and hosts can learn skills.
- Especially when there is **greater cultural distance**, cultural learning for interpersonal behavior can be helpful.
- Such **cultural learning is expected to reduce of 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 attitudes 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 consulting 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.



This is an interesting attempt to make full use of **quantitative and qualitative research methods** and to **conduct basic and applied studies** focused on cross-cultural contact phenomena in the internationalization of society.

Let's collect and analyze **our own Asian data**. Let's develop networks of joint research project. Next time, let's bring out data and discuss it together.



#### 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.