

MULTICULTURAL WORLDS

acculturation

• acculturation - "the process in which people who have moved to a new, unfamiliar location learn & adapt to a new culture that is different from their own"

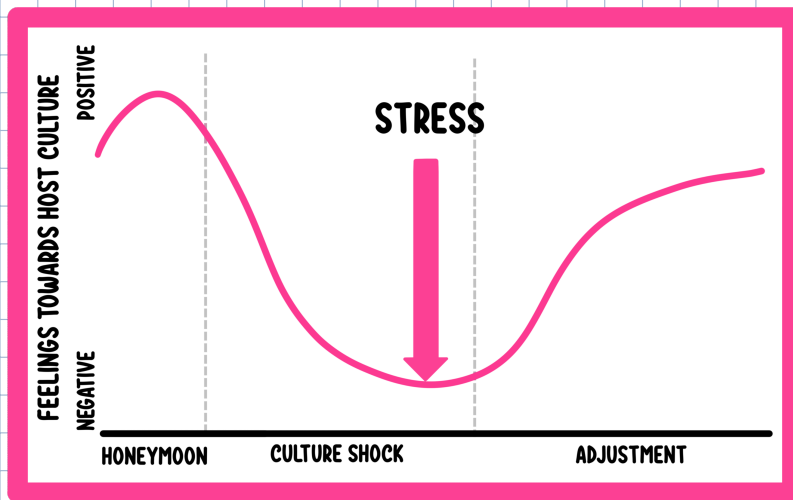
heritage vs host cultures

- heritage = original culture
 - ↳ culture born & raised in
- host = new culture
 - ↳ culture developed & learned when people move from one culture to another

"typical" acculturation process: U-shaped curve

Phases of process

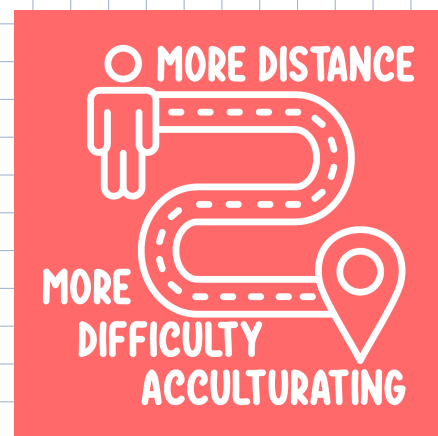
1. **honeymoon**
 - ↳ positive time
2. **Culture shock** ("crisis stage")
 - ↳ feeling of being anxious, helpless, irritable, & homesick one experiences from moving to a new culture
 - ↳ thrill of new experiences wears off & experiences become tiring & difficult
3. **adjustment**
 - ↳ may take more/less time depending on the cultural difference in the move
 - ↳ does NOT happen for everyone



- may follow more negative pattern for migrants in ethnically homogenous country
- **reverse culture shock**: U-shape occurs after returning home

Cultural distance

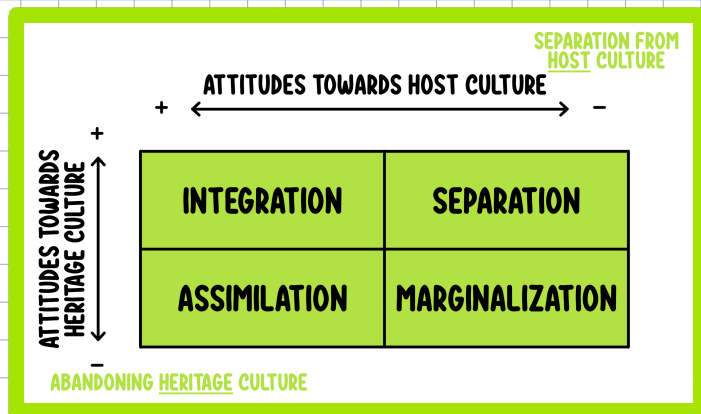
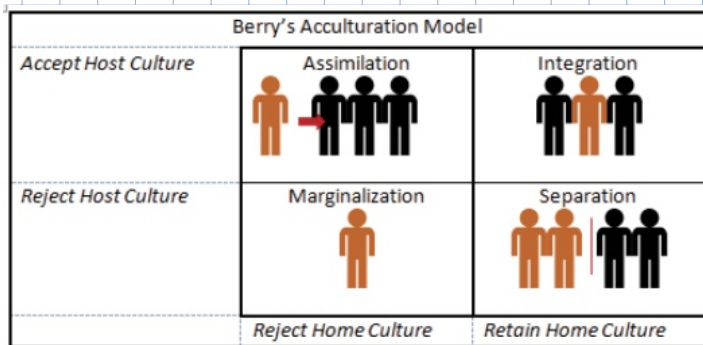
- culture-to-culture comparison
- difference between 2 cultures in their overall ways of life
- language similarities
- social/ecological factors
- example (Berry & Annis, 1974)
 - ↳ **Tsimshian**: permanent, socially stratified settlements
 - ↳ less difficulty acculturating to Canadian culture
 - ↳ **Eastern Cree**: more nomadic, low social stratification
- used as variable to help us predict who will do the best in acculturating, however people vary greatly within cultures



Cultural fit

- individual-to-culture comparison
- matches are typically good
- degree to which one's personality is more similar to the dominant cultural values in the host culture
- example: Extraversion can make acculturation easier

acculturation styles



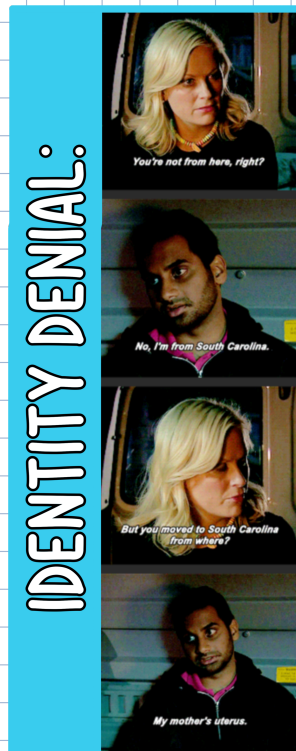
acculturation challenges

identity denial

- an individual's cultural identity is questioned bc they don't seem to match the prototype of the culture
- Overcompensation of Asian-Americans
 - ↳ ate more fast food when questioned about identity
- "Where are you really from?"

stereotype threat

- fear that one might do something that will inadvertently confirm a negative stereotype
- reminders of marginalized identity/stereotypes can impact...
 - self-esteem
 - community esteem
 - achievement goals



consequences of acculturation

- 2 types of multiculturalism: blending vs frame-switching
- blending** tendency
 - bicultural people's to prove/show clearly psychological tendencies between those of their 2 cultures
 - longer/greater exposure → greater blending

frame-switching

- bicultural people's tendency to switch between different cultural selves
- switching thought patterns between cultures depending on context
- cultural knowledge is stored in the mind
- cultural tendencies can be activated (primed)

pros of having multicultural background?

- greater creativity

cons of having multicultural background?

- greater moral flexibility: the belief that right & wrong are not absolute & depend on different cultural factors

Reading 5: Marks et al. (2014)

- more time acculturating → worse outcomes
- larger generations (2+) → worse outcomes (compared to earlier generations)