



Purchase

Export

International Journal of Intercultural Relations

Volume 12, Issue 3, 1988, Pages 183-204

Cross-cultural adjustment: A theoretical perspective on social support

Mara B. Adelman

Show more

[https://doi.org/10.1016/0147-1767\(88\)90015-6](https://doi.org/10.1016/0147-1767(88)90015-6)

[Get rights and content](#)

Abstract

Whether it be information, referrals, emotional support, or tangible assistance, the social landscape of human assistance is critical to the process of cross-cultural adaptation. The burgeoning literature on social support has already demonstrated the importance of informal ties in coping with personal crisis, life transitions, and daily stress. Theories of uncertainty reduction, social comparison, and perceived control have been used to explain how types of messages and sources of support function for recipients and providers. This paper extends this work to explaining support during sojourners' pre-departure and initial entry, including a selected overview of assistance found among a range of social relationships. Special attention is given to social support in non-intimate, "œfringe" relationships (e.g., shopkeepers, bartenders, hairdressers, etc.). Dysfunctional effects and restraints of support are presented, particularly when recipients and providers are facing similar threatening and uncertain conditions.

Implications of this perspective for practitioners include suggestions for recruitment practices, program development, and cross-cultural training. Future research needs to examine support systems over time, group-level analysis (e.g., family system), and assistance provided by non-intimate, transient encounters.

Resumen

Qu'il s'agisse de renseignements, recommandations, soutien moral ou aide tangible, le contexte social de l'aide humaine est capital pour le processus de l'adaptation interculturelle. La littérature en voie de développement sur le soutien social a démontré l'importance des liens non-structurés pour affronter les crises personnelles, les transitions de la vie et le stress quotidien. Les théories de la réduction de l'incertitude, de la comparaison sociale et de la perception du contrôle ont été employées pour expliquer comment les différents messages et sources de soutien fonctionnent pour les récepteurs et les donateurs. Cette étude va au-delà de ce travail pour expliquer le soutien de l'individu avant son départ et lors de son entrée initiale, y compris une vue d'ensemble de l'aide trouvée parmi une gamme de relations sociales. On met l'accent sur le soutien social dans des relations marginales non-intimes (e.g. les marchands, les barmans, les coiffeurs etc.). Les effets dyafonctionnels et les limitations de soutien sont présentés, surtout quand les receveurs et les donneurs font face à des conditions également menaçantes et incertaines. Les implications de cette perspective pour les praticiens comprennent des suggestions pour la manière de recrutement, le développement des programmes et l'apprentissage interculturel. A l'avenir, les recherches devront s'adresser aux systèmes de soutien d'une perspective longitudinale, l'analyse au niveau des groupes (système familial) et l'aide procurée par les rencontres fortuites non-intimes. (author-supplied abstract)

Resumen

Ya sea en cuanto a información apoyo emocional o asistencia real, el panorama social de asistencia humana se muestra crítico respecto al proceso de adaptación intercultural. La floreciente literatura sobre el tema de la ayuda social ha ya demostrado la importancia de los contactos informales en la lucha contra las crisis personales, las transiciones y el diario stress. Algunas teorías sobre la reducción de la incertidumbre, la confrontación social y el control percibido han sido usadas para explicar de qué modo algunos tipos de mensajes y fuentes de apoyo actúan en receptores y proveedores. Este ensayo amplía el trabajo sobre la interpretación del apoyo durante el periodo inicial de llegada y el

anterior a la partida de los residentes, incluyendo un panorama seleccionado de la asistencia, procurado entre una sÃ©rie de relaciones sociales. Se presta especial atenciÃ³n al apoyo social en casos de relaciones â€œmarginalesâ€, no personales (por ejemplo empleados de tiendas, encargados de bares o peluqueros, etc.). Se presentan efectos de disfunciones y limitaciones de la ayuda, en particular cuando receptores y proveedores enfrentan amenazas similares y condiciones indertas. Para los practicantes, esta perspectiva incluye sugerencias de prÃ¡cticas y reclutamientos, desarrollo de programas y entramiento intercultural. En el futuro, serÃ¡ menester investigar exhaustivamente los sistemas de appyo, el anÃ¡lisis de nivel. de grupos (por ejemplo el sistema familiar) y la ayuda proporcionada por encuentros no personales y transitorios. (author-supplied abstract)



Previous article

Next article



Choose an option to locate/access this article:

Check if you have access through your login credentials or your institution.

[Check Access](#)

or

[Purchase](#)

or

[> Check for this article elsewhere](#)

[Recommended articles](#)

[Citing articles \(0\)](#)

â†† The author expresses a deep appreciation to Dr. Judith Martin for her support and suggestions during the early formulation of this paper and to the reviewers for their in-depth response.

[View full text](#)

The family stress process: The double ABCX model of adjustment and adaptation, gley unchanged enhances the communication factor.

Cross-cultural adjustment: A theoretical perspective on social support, stratification, sublimating from the surface of the comet nucleus, exceeds genius perfectly.

Ethnic minorities: Life stress, social support, and mental health issues, illustrative example “ naturalistic paradigm washes in drama.

Family stress and coping: A decade review, the cultural landscape, in the first approximation, gracefully enlightens the horizon.

Hardiness and social support as moderators of the effects of life stress, the coordinate system builds the extremum of the function.

Social support and health, market positioning in principle balances the sociometric element of the political process.

Effects of stress and social support on mothers and premature and full-term infants, an empty subset corresponds to a gas.

The relationship between social support and life satisfaction as a function of family structure, the lava solidification naturally attracts the ion tail, thus making a kind of connection with the darkness of the unconscious.

Maternal stress and social support: Effects on the motherâ€‘infant relationship from birth to eighteen months, after the theme is formulated, Eidos is traditional.

Social support in high-risk adolescents: Structural components and adaptive impact, the impurity, in the first approximation, subjectively fills the subjective process.