

The effects of social anxiety and Taijin Kyofusho on acculturative stress in Asian international students

Abstract

Contact with another culture leads to psychological change, called acculturation, and the stress response to the life events and stressors associated with this process is called acculturative stress (ACS). ACS has been associated with negative outcomes, such as symptoms of depression and anxiety. Research suggests that international students from Asia report especially high levels of ACS, compared to other groups. In this presentation, I will present my master's thesis examining the extent to which ACS is related to social anxiety and Taijin Kyofusho in Asian international students studying in Canada. Social anxiety (i.e., anxiety of situations that may subject the individual to the scrutiny of others) has been shown to be positively correlated with ACS. In consideration of the cultural backgrounds of Asian international students, Taijin Kyofusho (i.e., a fear of offending or embarrassing others) will also be examined as a predictor of ACS. Taijin Kyofusho is a culture-bound form of social anxiety largely studied in Japan and South Korea, and due to the more collectivistic culture in Asian countries compared to North American countries, it may be more strongly related to acculturative stress than social anxiety in Asian international students. In this online cross-sectional study, a sample of Asian international students was asked to complete self-report measures of ACS, social anxiety, and Taijin Kyofusho. The findings of this proposed study may contribute to the understanding of the adaption process of Asian international students in Canada and have implications for services promoting well-being of international students.

Biography

Andrea Lee is a second year MA student in Psychological Sciences program at X university. Her research interests include studying stress, anxiety, and resilience in the context of culture, and currently for my master's thesis, Andrea is examining the relationship between acculturative stress and social anxiety in Asian international students. Her interest in migration and acculturation was inspired by her experiences. She has lived South Korea, Kyrgyzstan, Germany, and Canada, and through these transitions, she gained an appreciation and curiosity about the benefits and hardships of these experiences.