

Appendix C

Acculturation

Acculturation Definition: The Process of adaptation to a new cultural environment without abandoning native cultural values. It occurs at the individual level (psychological acculturation), and at the group level (societal acculturation).

Individual Acculturation Outcomes

Acculturation influences family and social interactions. It also influences cognition, emotion, and behavior, perceptions, ideologies, beliefs, values, language use, and other aspects of human behavior and functioning. (Cuellar & Paniagua, 2000).

- Integration/Biculturalism refers to the process of successfully integrating aspects from both cultures. Biculturalism has been empirically supported as the healthiest acculturation outcome
- Assimilation is the replacement of home culture and language by school/new culture and language.
- Rejection occurs when the individual rejects the home/heritage for school/new culture and language, or rejection of school/new culture and language for home/heritage culture.
- Deculturation takes place when the individual accepts neither home/heritage nor school/new culture/language.

Family Acculturation Outcomes

- Dissonant acculturation occurs when children learn English and American values and beliefs and lose their culture at a different and faster rate than do their parents.
- Consonant acculturation occurs when parents and children learn English and the new culture at approximately the same time.
- Selective acculturation happens when both parents and children are learning the new language and customs of the mainstream culture while they are embedded in a large ethnic community which slows the cultural shift and supports retention of the native language and cultural norms. (Goldstein, 2004)

Acculturative Stress

Acculturative stress is observed in behaviors manifested as a result of undergoing the acculturation process. These behaviors may be “mildly pathological” (Berry 1980, p. 21) and interrupt both the individual and his or her group. Behavioral responses may range from deviant behavior, psychosomatic symptoms, and rejection symptoms.