

Abstract

The acculturation process of Japanese sojourners in the United States was examined in this study. Attempts were made to explore their cultural adaptation process by (1) examining factors that identify the individual's difficulties in acculturating and factors that may influence successful adjustment to a new culture, and (2) exploring whether self-efficacy acts as a stress-buffer that moderates the effects of immigration and acculturation stress. Results of a series of regression analyses indicated that demographic characteristics shed little explanatory light upon acculturation factors. Gender was the single most important predictor of the language proficiency factor within the Sojourner Acculturation Questionnaire (SAQ). In turn, language proficiency appeared to be an important factor for predicting life satisfaction. Further, age when these sojourners arrived in the U.S., length stay in the U.S., and plans about whether to stay or not to stay in the U.S. emerged as important predictors of psychological adjustment for these Japanese sojourners. Lastly, highly acculturated individuals developed high cultural self-efficacy; in turn, acculturation difficulties were associated with low cultural self-efficacy. Although a causal connection between these variables (acculturation level and cultural self-efficacy) was not determined by this study, one's cultural self-efficacy seemed to be a possible intervening variable that buffered the Japanese sojourners' acculturation process.