A Study on the Relationship between Social Support and Cross-cultural Adjustment

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ABSTRACT

This study investigated the relationship between social support and cross-cultural adjustment. The cross-cultural adjustment problems that international students might encounter include general adjustment, interaction adjustment and study adjustment. The study aims to explore the impacts of various sources of social support from families, non-kin primary groups and secondary groups on cross-cultural adjustment.

Drawing on 188 questionnaires from a survey of international students, research results showed that social support provided by secondary groups is effective in improv-ing cross-cultural adjustments difficulties. The next, social support provided by non-kin primary groups is also effective in improving cross-cultural adjustments difficulties, in particular, those of interaction adjustment and study adjustment. Whereas, social sup-port provided by families result in ineffective and negative effects on cross-cultural ad-justments, specifically, study adjustment.

Keywords : social support cross-cultural adjustment international students

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