

The Process of International Students' Adaptation to Life in Japan

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The purpose of this study is to investigate qualitatively the process of cross cultural adaptation of international students in Japan. The researcher conducted semi-structured interviews with 5 international students studying at Ritsumeikan University with the graphs showing "mental state change" during the period of study in Japan written by them. The following processes were commonly seen in this research's collaborators: a) graphs go up due to meeting new friends immediately after coming to Japan; b) graphs decline due to getting stress during the test period; and c) graphs go up due to making new friends in the semester just after the vacation. The results show that when paying attention to shifting to the "more mentally good" direction in graphs, there are two patterns: a) resolving and relaxing their stress and problems and b) new happy events occurring for them.