**Literature Review**

**Introduction to the literature review**

In this literature review I try to summarise some relevant articles connected to the topic of culture shock. Some of the topics are interlinked because they either write about similar concepts like ‘social support’ or use similar methods in the creating of culture shock questionnaires.

As far as the writing of this review was concerned I had three main aims in mind. First, I was trying to find an answer for whether there is any source which states that culture shock as a phenomenon does not exist for some people because of some individual differences. Second, I was looking for some methods and questions for the questionnaire of my thesis. Third, I was trying to make a survey of the quantity and the quality of sources about this relatively new phenomenon.

Academic journals connected to this topic have been used as the basis of the following review. Beside the similarities both in concepts and methods, the sources are listed in a chronological order in the literarure review.

The review has there sections. The first section is the introduction part. The second section contains the contents of the essays. Each entry includes an ‘Introduction’ part, a short ‘Overview of the paper’ part and a ‘Relevance to the thesis’ part. The third section is a conclusion about what has been found out and what concepts remained unanswered as far as the sources are concerned.

**Anderson, B. G. (1971). Adaptive Aspects of Culture Shock. *American Anthropologist, New Series*, *73*(5), 1121-1125**

**Introduction**

The paper considers fifteen American scholars summer work in India. The essay writes about the adaptation to a cultural confrontation.

**Overview of the paper**

The scholars had never been confronted with a culture different from theirs before. However, they all experienced culture shock during their staying in America. According to the writer, the goal of their adaptation was abiding the transition from one culture to another.

The transition process was in connection with the change in the dreaming habit of the writer. As she states, she had “Indian” dreaming. At first she had dreams about her past. Then, her present life (her family and friends) seeped into her dreams. In the final phase, she could distinguish between American and Indian people in her dreams and the process of her dreaming shaped the old pattern.

Beside the change in the dreaming process, the scholars also had hunger for American foods they had rarely or never eaten before. On a subconscious level they also longed for old songs, familiar people and safe places.

**Relevance to the thesis**

The paper considers the psychological point of views of culture shock. Namely, how one’s own culture tries to communicate (through dreams) with oneself while one stays in a new culture. The relevance of the paper is that it proves that culture shock as a phenomenon does exist and it has psychological effects on people. Regardless to the objectivity the paper lacks, asking about dreams in the questionnaire can be a good strategy as far as the existence of culture shock is concerned.

**Spradley, J. P. & Phillips, M. (1972). Culture and Stress: A Quantitative Analysis. *American Anthropologist, New Series*, *74*(3), 518-529**

**Introduction**

The paper considers stress as a forthcoming feeling as far as culture shock is considered. Stress is the emotion one might encounter in one’s behaviour in the new culture.

**Overview of the paper**

The essay writes about the basic emotions highly connected to feelings like deprivation and stress. Then the paper connects stress with the phenomenon called culture shock. Furthermore, the paper introduces a methodology regarding the analysis of culture shock. The methodology points out the importance of the intensity and the length of time spent in the new culture. Moreover, it also deals with forthcoming emotions connected to difficulties, threats, and disturbance. Basically, it is about the readjustment of values people have and the possibility to measure the stress people might encounter.

**Relevance to the thesis**

The paper is a scholarly paper with a methodology I might not one to use as a whole but the some parts of it, namely whether the interviewees of my questionnaire encountered any kind of stress connected to any kind of feelings. However, it does not point out to the fact that culture shock might not exist. It treats culture shock as a phenomenon encoded in everybody.

**Mumford, D. B. (1998). The measurement of culture shock. *Soc Psychiatry Psychiatr Epidemiol*, *33*, 149-154**

**Introduction**

This paper describes the development and evaluation of a questionnaire to measure culture shock.

**Overview of the paper**

The core items of the questionnaire were based on the aspects of culture shock. Regarding the additional domains of culture shock several hundred written reports were made by previous volunteers, based on their experience and emotional reactions to working abroad. They wrote about their feelings like anxiety, awkwardness in social interactions, mistrust and frustration. Before the real questionnaire a pilot version was made to avoid possible misunderstanding of the questions. People were given a sealed envelope with several questionnaires and they were asked to open them up exactly 3 weeks after their arrival in the host country. The paper also contains some of the questions from the questionnaires.

**Relevance to the thesis**

The most striking data to analyse is the period of time, namely whether 3 weeks are enough to speak about culture shock or not. Analysing this data might be useful for further studies. Furthermore, some elements of the method for instance the use of reports about personal experience regarding culture shock is worth applying before the actual questionnaire is created.

**Pantelidou, S. & Craig, T. K. J. (2006). Culture shock and social support - A survey in Greek migrant students. *Soc Psychiatry Psychiatr Epidemiol*, *41*, 777-781**

**Introduction**

The paper deals with the relationship between culture shock and social support, in terms of size and diversity of the social network and quality of support received, in Greek students, in the UK.

**Overview of the paper**

Students had to complete 3 questionnaires: Culture Shock Questionnaire, Social Support Questionnaire and General Health Questionnaire. As far as the results were concerned it was found that culture shock is strongly associated with gender (culture shock is more intensive for women than for men) and the quality of support. Furthermore, culture shock was significantly positively related to the level of current dysphoria and diminished with time. The conclusion of the paper was that social support is very important for migrants in order to overcome their psychological distress.

**Relevance to the thesis**

It turned out it is also important to ask about the gender of the interviewee because it might influence the answers regarding culture shock. The paper treats culture shock as an existing thing which Greek migrants went through.

**Zhou, Y., Jindal-Snape, D., Topping, K. & Todman, J. (2008). Theoretical models of culture shock and adaptation in international students in higher education. *Studies in Higher Education*, *33*(1), 63–75**

**Introduction**

The paper deals with the basic theoretical concepts of culture shock and the development how this theoretical model was created.

**Overview of the paper**

The paper tries to give a kind of review of the historical development of ‘traditional’ theories of culture shock led to contemporary approaches. As for the new approach, the essay uses terms like ‘culture learning’, ‘stress and coping’, ‘social identification’ and ‘social identity’. It also contains the evaluation and synthesis of traditional and contemporary approaches and an acculturation model.

**Relevance to the thesis**

The paper providing a theoretical background to the topic has similar points mentioned in paper dealing with social support and the essay concentrating on the adaptive aspect of culture shock. These papers are “communicating” with each other on the same surface, on the same level. It would be appropriate to use some theoretical approaches in the thesis. The one concept this essay still does not push to the extremes is the fact that culture shock might not exist at all and it is only a temporary “excitement” regarding different feelings.

**Conclusions**

Generally speaking, I have found some interesting findings to be analysed and make questions about in the questionnaire of the essay. However, my research has not found an answer to one of my main theoretical questions in mind.

The guiding concept of my thesis is to find out whether culture shock exists or not. And if it exists at all after how much time it is appropriate to speak about culture shock. As far as the sources are concerned, however, it is generally stated that the phenomenon does exist even if there are individual differences experiencing different emotions and the stages of culture shock.

According to my personal conversations with two interviewees, however, one spoke about not experiencing anything like culture shock even if the person knows about the phenomenon. Still, the other interviewee, who also knows about the concept of culture shock, experienced some of the stages.

Of course, it is vague to deny the existence of culture shock only because one interviewee said they do not encounter any of the stages. However, it raises the question whether this one experience shall to be treated as an exception or a worth analysing problem as far as culture shock is concerned. Therefore, it is interesting to wait for the results of the questionnaire of the thesis.