

IMPACTS OF CROSS-CULTURAL COMMUNICATION ON MENTAL HEALTH OF PEOPLE

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Abstract:	

The purpose of this study is to investigate the effectiveness of cross-cultural communication on the mental health of students. This study seems to affect different disciplines of cultural research. Many cross-cultural relationships ruin down due to screw-ups in communication. This is not simply due to speaking different languages, even though this is genuinely part of the trouble; it's also due to one of a kind understanding of the communiqué itself. Cross-cultural communication is not only related to speaking a different language but also related to rules-regulations, thoughts, the environment of culture, etc. When a person goes to another place out of his/her place, he/ she may face cross-cultural communication at their working place and in a new residential place also. He is not able to set immediately. Then he may suffer mentally upset and mental stress may increase, because this can have very bad effects on his mental state and can have profound effects on his thoughts, speech, and behaviour also.

Key Words:Culture,Cross-culturecommunication, Impacts, and Mental health.

Introduction:

Concept of Culture:

Every culture has its values, traditions rituals sanctions, and norms. There has been growing attention that vital adjustments due to the dynamism of the surroundings can be facilitated with the aid of understanding and recognition of the cultural dimensions of the society. Cultural norms and values are deeply rooted and no fundamental trade may be delivered and

stabilized by ignoring lifestyle. Procedure and mechanisms for introducing accepting and assimilating, adjustments are present in every lifestyle. It could be beside the point to perceive all present-day Indian values as incorrect and attempt to change them. Rather those are positive values, which want to be preserved and nurtured. They can give us a cultural area. Such differentiation requires imaginative and prescient analysis of the cultural dimensions. This want is the identity of functional and dysfunctional elements of our culture.

This particular notion is also presented by Bidney (1953). He states that culture is the product of agro facts, multifaceted, artefacts, and socio facts. In their own words —In culture comes the behaviour, made or acquired by men, within society along with social, artistic and social virtues and organizations which act”. To Paddington (1952) —Culture is the gross total of that materialistic and intellectual means and materials Estelar following which a person adapts the environmental demands and gratifies his/her biological and social demands”. Some other definitions are as follows:

Key Word

Culture:

“Culture is, —that complex whole that includes knowledge, belief, morals, law, custom, and any other capacities acquired by man as a member of society.” - Tylor

“Culture is, —the entire accumulation of artificial objects, conditions, tools, techniques, ideas, symbols, and behaviour-patterns peculiar to a group of people possessing a certain consistency of its own, and capable of transmission from one generation to another.”

- Cooley, Argyll, and Corr

Thus, culture is described as a dynamic model of rules, explicit and implicit, set up via group to ensure their survival, involving attitudes, values ideals, norms, and behaviours, shared with the aid of a set however harboured in another way with the aid of each specific unit within the people communicated across generations, enormously stable with the capability to trade across time.

Concept of cross-cultural communication:

Cross-Cultural Communications address the alternative of information between human beings belonging to distinctive cultures. It isn't necessary for the alternate of words to be successful or now not. Even if each of the events is trying to try the same, it's far taken into consideration as Cross-Cultural Communication.

Every usual man or woman has a proper way to talk or express something, which signifies the way of life he or she belongs to. There is not any doubt that all of us come across a cross-culture situation in which we want to establish a significant conversation. Most people regularly find a need for communication across cultures throughout their working place.

Cross Culture Communication is predicted to lessen these conflicts to sell harmony to the various employees. The most important purpose is to switch the perfect message, accompanied by a correct reaction. Any deceptive state of affairs should be prevented, and the communication stage should be most advantageous by using both sender and receiver.

Key Word

Cross Culture Communication:

“Cross-cultural communication occurs when people with different nationalities, styles of working, ages, races, ethnicity, sexual orientation, gender, sexual orientation, etc. communicate. It tries to negotiate, exchange, and intermediate cultural differences via verbal and non-verbal forms of communication.” - October 18, 2021, By Hitesh Bhasin

At the time of globalization, verbal exchange throughout cultures falls within the large area of communiqué research around the world. From companies to universities to colleges, the utility of cross-cultural communiqué along with foreign language training is gaining incidence amongst people from extraordinary societal, cultural, or countrywide setups.

Concept of Impacts:

Such changes are effective positive or negative long-term outcomes on identifiable population corporations produced by an improvement intervention, directly or indirectly, supposed or unintended. These effects may be financial, socio-cultural, institutional, environmental, technological, or of different sorts. Positive impacts ought to have some connection to the Millennium Development Goals (MDGs), across the world-agreed development desires, countrywide improvement desires (in addition to human rights as

enshrined in constitutions), and countrywide commitments to worldwide conventions and treaties.

Key Words Defining:

Impact:

“Impact implies changes in people’s lives. This might include changes in knowledge, skill, behaviour, health or living conditions for children, adults, families or communities.”

- United Nation 21, January 2020

Effective Factors:

- Family Climate
- School Climate
- Teachers Acceptancy
- Peer Group Acceptance
- Academic Motivation

What is Mental Health?

There is no suffering like a mental illness that exists for a human being because human has enormous capabilities. Cross-cultural communication also may affect the mental health of a person. When a person goes to another place out of his/her place, he/ she may face cross-cultural communication at their working place and in a new residential place also. He is not able to set immediately. Then he may suffer mentally upset and mental stress may increase, because this can have very bad effects on his mental state and can have profound effects on his thoughts, speech, and behaviour also.

Key Word

Mental Health:

“Mental Health means the person’s physical, mental, social, and spiritual vision is a state of complete goodness”. - WHO

“Mental health is the development of healthy personality and systematic scientific effort to prevent mental illness attack”. - J.C. COLEMAN

Mental health is not a treatment for the disease but a step to prevent the disease from entering. First, the person decides which of the physical, mental, and social factors affects a

person's adjustment, and then he/she tries to control that situation. Then we can call them mentally healthy.

Impacts of Cross-Cultural Communication on Mental Health:

When students go to another place or out of their proper city to study, they may have problems to set and mix up with others. When they go to school or college in an unknown culture, they can face speaking problems first and they may also face communication problems and in making friends also. They can't mix up immediately. Students who are basically from there may take a time to accept them or may not accept them also.

If cross-cultural communication affects the mental health of students, it can affect a student's self-confidence, energy level, concentration, dependability, mental ability, and optimism, hindering performance. In this situation, we have to work on this critical situation. So, it is important to try to figure out the mental well-being of students.

“Our communities are culturally diverse. We know that mental health and substance use problems affect everyone, regardless of their background, culture, or ethnicity, but current mental health and substance use services may not be able to respond to the diverse needs of our community members. While some services are underway, we still need to increase our awareness of cultural factors so we can help all community members equally.”

- Canadian Mental Health Association

Society, Culture, and Mental Health:

Culture is larger than one human. It includes sharing a fixed of values, ideals, traditions, and a sense of belonging. Likewise, each time we talk about intellectual fitness or properly-being, we're talking about something plenty large than one person. The attitudes, abilities, and assets that cause well-being also are shaped using matters around us, such as:

- Our connections to others surrounded us
- Our ability to take part in the large working group
- Our potential to get right of entry to assist or help
- Our social surroundings
- Our physical environment
- Our potential to deal with strain or difficult situations

- Our painting's existence and income
- The health offerings we will access
- Our subculture—including our ability to take part in our way of life and hook up with our cultural corporations.

How does cross-cultural communication affect Mental Health?

Culture is related to mental health in several one-of-a-kind ranges. First, community contributors from distinct ethnic or cultural organizations may have a higher chance of mental health problems due to the fact they may experience a greater number of stressors, including discrimination and isolation. Newcomers to Canada may also face the introduced stress of fitting into a brand-new community. They may also have one-of-a-kind views of fitness and can face language limitations once they access fitness or other services. They may also have skilled trauma earlier than they arrived in Canada. And once they come, they will have lower popularity in Canada in terms of wealth or have an impact. This lack of status may be difficult to cope with. But culture is also a rich supply of resilience and energy. It can provide support to triumph over barriers and help people locate their pathway to health.

Stigma and Discrimination:

The stress of stigma and discrimination in all areas of existence influences the intellectual fitness or well-being of the individual. The man or woman in a new environment may revel in stigma and discrimination in school, employment, housing, health care, and justice, simply to call a few. Some humans may additionally try to avoid stigma by refusing to understand a problem.

Different Perspective:

Culture plays a massive component in the manner we think about and apprehend health and wellness. Different cultural companies may additionally have extraordinary explanations of intellectual fitness issues or substance use problems. Exceptional human beings may explain mental fitness or substance use issues in special approaches. For example, some human beings communicate about mental health in the way it affects the bodily frame. If the fitness device doesn't apprehend that someone can be experiencing a problem, people might not get the help they want.

How humans are searching for help may also be tied to subculture. Some may also select to speak privately with family contributors or religious leaders as opposed to a health practitioner. Others may also select to speak to someone outside of their cultural group.

Adapting to a New Culture:

“Acculturation” means adapting to the cultures and norms of your new domestic. The stress and anxiety of feeling forced to evolve or feeling like you don’t understand how to adapt affect many human beings. It can be a reason for stress surrounded by relatives or community, too. Young human beings may also adapt to one-of-a-kind cultures greater effortlessly than older humans, which can result in war among a circle of relative individuals. But studies show that family support and peers support play a vital role in lessening the effects of this stress.

The Trouble with Language:

A deficit of language knowledge affects health. We can see easily how a lack of English skills can also prevent you from gaining access to health materials and health services. Even fluent English speakers may suffer from medical terms. People without strong English fluency may misinterpret or misunderstand the principles. This can make it tough to explain fitness concerns to a fitness expert, understand what a health professional is pronouncing, and observe a health professional’s commands.

Resilience:

Resilience is our capability to conquer difficult situations. It consists of our non-public ability to triumph over issues on our own; however, it's also assistance from groups around us, like our own family or community. The way we triumph over tough situations, inclusive of the way we help ourselves and the way we find assistance from others, is connected to cultural elements like our values and ideals. Even the way we view different situations is primarily based on our values and ideals. We know that tradition is a completely essential part of our well-being. The values and beliefs we study via our tradition assist to guide us to health.

Objectives of the Study:

- To determine the positive and negative effects of cross-cultural communication on the mental health of people.

- To study the impacts of cross-cultural communication on mental health.

Aim of the Study:

This study is made up of to know the following impacts on mental health: Stress, Anxiety, Sleep disease, Depression, etc. The impacts of cross-cultural communication on the mental health of people will be known from the study and should be helpful to understand the affected people and improve their mental state.

Importance of the study:

This study may be important for trainees of mental health clinicians. This study is also helpful to researchers who are studying mental health. This study is throwing lighting on people who are refugees. From this study, clinicians can understand their mental situation, and they can help them to improve their mental health condition and lifestyle also. This study is helpful to investigate the condition of students who come from across cultures and faces difficulties in cross-cultural communication.

Conclusion:

This study is to develop an understanding of people who are suffering from mental problems with their lifestyle and career or professional future. It will contribute to enhancing students' career adaptability. If the changing of place or city choice is wrong often a person's career future may be put at risk.

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Survey Report

The knowledge and awareness of different facets of India appears to be the lowest in cuisine, as per India Quotient research

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