

The Influence of Cross-Cultural Psychological Mechanism

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Abstract: *Cross-cultural psychology, as a discipline that studies human psychological characteristics and behavioral differences under different cultural backgrounds, has attracted wide attention in recent years. This paper aims to explore the influence of cross-cultural psychological action mechanism and analyze its role in individual psychological development, social adaptation, cultural communication and mental health, etc. Through literature review and theoretical analysis, this paper reveals the complexity and multi-dimension of cross-cultural psychological action mechanism, and emphasizes its importance in the era of globalization. The results show that cross-cultural psychological mechanisms not only affect individual cognition, emotion and behavior, but also have a profound impact on social harmony, cultural integration and global mental health.*

Keywords: Cross-cultural psychology; Mechanism of action; Acculturation; Mental health; Globalize.

1. INTRODUCTION

With the deepening of globalization, the world has increasingly become a closely connected global village, and cross-cultural communication has become more and more frequent. In this era of diversity and integration, people from different cultural backgrounds in the process of mutual contact and interaction, their psychological characteristics and behavior show complex and diverse characteristics. This diversity is not only reflected in language, customs, religious beliefs and other external cultural symbols, but also deeply reflected in the individual's way of thinking, emotional expression, values and behavior patterns and other psychological levels.

Cultural psychology is a branch of psychology that rose in the 1970s and 1980s, and has further gained new development in the new millennium, known as the "fourth explanatory dimension" and "new development wave" of the current development of psychology [1]. Cross-cultural psychology, as a discipline that specializes in these psychological traits and behavioral differences, provides us with an important perspective to understand the impact of culture on human psychology. It not only focuses on the commonalities and differences of individual psychological phenomena under different cultural backgrounds, but also explores the cultural roots and psychological mechanisms behind these phenomena. From the perspective of cross-cultural psychology, It can more comprehensively and deeply understand the psychological adaptation process of individuals in different cultural environments, as well as the formation and change of cultural identity, and the internal logic of cultural conflict and integration.

Starting from the mechanism of cross-cultural psychology, this paper aims to explore its influence on individual psychological development, social adaptation, cultural communication and mental health. Through the systematic analysis of the core elements and operation rules of the mechanism of cross-cultural psychological action, It can deeply understand the psychological changes and development rules of individuals in cross-cultural environments, providing useful reference and guidance for fields such as cross-cultural communication, education, and psychological counseling. At the same time, this paper will also focus on the important role of cross-cultural psychological mechanisms in promoting cultural diversity, promoting international exchanges and cooperation, and improving individuals' cross-cultural adaptability, so as to contribute to the construction of a more harmonious and inclusive global society.

2. THE THEORETICAL BASIS OF THE MECHANISM OF CROSS-CULTURAL PSYCHOLOGY

2.1 Definition and Development of Cross-Cultural Psychology

Cross-cultural psychology, as a discipline studying the common points and differences of human psychology

under different cultural backgrounds, has made remarkable progress since its rise in the West in the 1960s [2]. It not only pays attention to the commonalities and differences in psychology, but also deeply discusses the impact of social culture on human psychology, and gradually develops into an independent disciplinary system [3]. The action mechanism of cross-cultural psychology involves multiple core elements, including cultural identity, cultural adaptation, cultural conflict and cultural integration, etc., which play a crucial role in the psychological development of individuals.

Cultural identity is the individual's understanding and sense of belonging to the culture, which affects the individual's values, behavior and psychological characteristics. Acculturation is a process in which individuals adjust their psychology and behavior to adapt to a new culture in a cross-cultural environment, which involves cognition, emotion and behavior. Cultural conflict is the psychological contradiction and conflict caused by cultural differences in cross-cultural communication, which may lead to anxiety, depression and other psychological problems. Cultural integration is a process in which individuals actively integrate different cultural elements in a cross-cultural environment to form a new psychological structure and behavior pattern.

2.2 Influence of Cross-Cultural Psychological Mechanism on Individual Psychological Development

In terms of cognitive development, cross-cultural psychological research shows that individuals with different cultural backgrounds have differences in cognitive styles, thinking patterns and problem-solving strategies. For example, Western culture emphasizes logical and linear thinking, while Eastern culture pays more attention to holistic thinking and dialectical thinking [4]. These cultural differences encourage individuals to form unique cognitive styles and strategies in the process of cognitive development. Through cross-cultural communication and learning, individuals can expand their cognitive horizons and improve their cognitive flexibility and innovation ability.

In the aspect of emotional development, cross-cultural psychological mechanism also has an important influence. Individuals from different cultural backgrounds have differences in emotional expression, emotional regulation and interpersonal relationships, which may lead to adaptation difficulties or emotional disorders in the process of emotional development [5]. However, through cross-cultural psychological intervention and counseling, individuals can learn to effectively express and manage their emotions under different cultural backgrounds, thus improving their emotional adaptability and mental health [6].

In terms of behavior development, cross-cultural psychology also reveals the influence of cultural differences on individual behavior development. Individuals under different cultural backgrounds have differences in behavioral norms, values and moral codes, which may lead to behavioral conflicts or behavioral disorders in the process of behavioral development [7]. However, through cross-cultural education and training, individuals can learn to respect and understand behavioral norms and values in different cultural backgrounds, and form a more open and inclusive behavior model [8].

3. THE INFLUENCE OF CROSS-CULTURAL PSYCHOLOGICAL MECHANISM ON SOCIAL ADAPTATION

3.1 Acculturation Process

Cross-cultural psychological mechanism plays an important role in social adaptation. Individuals experience acculturation in cross-cultural environments, including cultural shock, cultural identity reconstruction and cultural integration.

In the stage of culture shock, when individuals enter a new cultural environment for the first time, they often face culture shock. At this stage, individuals may encounter multiple challenges such as language barriers, cultural differences, and psychological pressures. Language barriers may lead to poor communication, affecting daily life and work; Cultural differences may make individuals feel confused and uneasy, and it is difficult to integrate into the new social environment. Psychological stress may result from uncertainty and fear of unknown circumstances. Each of these challenges can have a negative impact on an individual's mental health and social resilience.

In the stage of cultural identity reconstruction, individuals need to adjust their psychological structure and behavior pattern to adapt to the new cultural environment. This includes reassessing one's own values, beliefs and ways of behaving, as well as learning new cultural norms and social etiquette. Through this process, individuals can

gradually establish a sense of identity and belonging to the new culture, thus enhancing their social adaptability.

In the stage of cultural integration, individuals are no longer limited to the adaptation and acceptance of the new culture, but begin to actively integrate different cultural elements to form a new cultural identity and behavior pattern. This kind of integration is not only reflected in the external behavior, but also goes deeper into the individual thinking mode and value concept. Through cultural integration, individuals can absorb and learn from the advantages of other cultures while maintaining their original cultural characteristics, and form a more open, inclusive and diverse cultural concept. Cross-cultural psychological research shows that through effective cross-cultural psychological intervention and counseling, individuals can better cope with the challenges in the process of acculturation and improve their social adaptability. These interventions and counseling can help individuals better understand their own cultural identity and values, learn effective cross-cultural communication skills and coping strategies, and live and work more confidently and calmly in the new cultural environment.

3.2 Cross-Cultural Communication and Collaboration

Cross-cultural psychological mechanism not only affects individual's acculturation ability, but also has an important impact on their cross-cultural communication and cooperation ability. Individuals from different cultural backgrounds have differences in communication styles, communication styles and communication expectations, which may lead to communication barriers and misunderstandings. However, through the study and practice of cross-cultural psychology, individuals can learn to communicate and collaborate effectively in different cultural contexts.

In cross-cultural communication, individuals need to understand and respect the communication methods and habits of different cultures. For example, some cultures may favor direct, open communication, while others may place more emphasis on polite, implicit expressions. By understanding these differences, individuals can more flexibly adjust their communication strategies and avoid misunderstandings and conflicts.

In addition, cross-cultural collaboration also requires individuals to have the ability of teamwork and cross-cultural management. This includes understanding the needs and expectations of team members in different cultural contexts, establishing effective communication channels and collaboration mechanisms, and the ability to deal with cross-cultural conflicts and misunderstandings. Through the training and practice of cross-cultural psychology, individuals can improve their cross-cultural cooperation ability and provide more powerful support for international cooperation and communication.

In general, cross-cultural psychological mechanism plays an important role in individual acculturation, cross-cultural communication and collaboration. Through in-depth study and application of cross-cultural psychology theories and methods, it can better understand and respond to challenges and opportunities in cross-cultural environments, and promote the development of international exchanges and cooperation.

4. INFLUENCE OF CROSS-CULTURAL PSYCHOLOGICAL MECHANISM ON CULTURAL COMMUNICATION

4.1 Cultural Understanding and Respect

The mechanism of cross-cultural psychology plays a key role in cultural communication. Through the research and practice of cross-cultural psychology, individuals can more deeply understand and respect the values, norms of behavior and ways of thinking under different cultural backgrounds. This helps to eliminate cultural prejudices and stereotypes and promote understanding and mutual trust between different cultures. At the same time, the mechanism of cross-cultural psychology also helps to promote cultural diversity and cultural innovation, and promote the exchange and integration between different cultures.

4.2 Translation and Cultural Communication

The mechanism of cross-cultural psychology also has an important impact on translation and cultural communication. Translation is not only a process of language conversion, but also a process of cultural and psychological transmission. Translators need to fully consider the cultural differences and psychological factors between the original text and the target text to ensure the accuracy and fluency of the translation. At the same time, the research and practice of cross-cultural psychology also help to improve the effect and influence of cultural

communication. By deeply understanding the cultural background and psychological needs of target audiences, communicators can formulate more effective communication strategies and programs to improve the pertinence and effectiveness of cultural communication.

5. THE INFLUENCE OF CROSS-CULTURAL PSYCHOLOGICAL MECHANISM ON MENTAL HEALTH

5.1 Cross-Cultural Psychological Intervention and Counseling

Cross-cultural psychological mechanism has an important influence on mental health. In the context of globalization, individuals are faced with more and more cross-cultural psychological challenges, such as acculturation difficulties, cultural conflicts and psychological pressure. These challenges may lead to psychological problems such as anxiety and depression. However, through cross-cultural psychological intervention and counseling, individuals can get effective psychological support and help to improve their mental health level. Cross-cultural psychological intervention and counseling, including cross-cultural psychological counseling, cross-cultural psychological therapy and acculturation training, aims to help individuals cope with cross-cultural psychological challenges and improve cross-cultural adaptability and mental health.

5.2 Cross-Cultural Mental Health Education and Training

Cross-cultural psychological mechanism also emphasizes the importance of cross-cultural mental health education and training. Through cross-cultural mental health education and training, individuals can understand psychological differences and psychological problems under different cultural backgrounds, learn to effectively express and manage their emotions in different cultural environments, and improve cross-cultural communication and teamwork skills. This is of great significance for promoting the all-round development of individuals, improving cross-cultural adaptability and mental health. At the same time, cross-cultural mental health education and training can also help to cultivate talents with international vision and intercultural communication ability, and promote the process of globalization and international cooperation and exchange.

6. CONCLUSION

This paper deeply discusses the influence of the mechanism of cross-cultural psychology. The results show that cross-cultural psychological mechanism plays an important role in individual psychological development, social adaptation, cultural communication and mental health. It promotes the individual's cognitive development, emotional development and behavior development, improves the social adaptability, cross-cultural communication ability and teamwork ability, promotes the development of cultural diversity and cultural innovation, and helps to improve the individual's cross-cultural adaptability and mental health level.

To provide effective psychological support and help for individuals facing psychological challenges in cross-cultural environment. Cross-cultural psychological counseling and treatment are used to help individuals cope with acculturation difficulties, cultural conflicts and psychological pressure, and improve their mental health. Cross-cultural mental health education should be incorporated into the school education system to cultivate students' cross-cultural awareness and intercultural communication ability. At the same time, it provides cross-cultural training for employees in enterprises and organizations to improve their cross-cultural communication and collaboration abilities and promote international cooperation and exchange. By holding cultural exchange activities and building cultural exchange platforms, it can further enhance mutual understanding and friendship among different cultures and promote global cultural exchanges and integration.

To sum up, the mechanism of cross-cultural psychology has a profound impact on individual psychological development, social adaptation, cultural communication and mental health. It should make full use of this mechanism to promote cross-cultural exchanges and integration and promote world peace and development.

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