

# Life Satisfaction and Adaptation of Chinese Immigrants in Japan

Waseda University Jie ZHANG

## 1. Aim

This paper examines levels of life satisfaction (LS) and the process of adaptation among Chinese immigrants in Japan, and discuss the relationship between adaptation and LS. The central questions addressed in this study are: what shape LS of Chinese immigrants in Japan; and how process of adaptation affect LS among Chinese immigrants in Japan.

## 2. Data and Methods

For this purpose, we used quantitative method to analyze the multicultural survey in Shizuoka (2009) which involved 1,980 immigrants including those from Brazil, China, Korea, Indonesia, Peru, Vietnam, and the Philippines aged between 16 and 87. The main objective of the survey is to investigate the LS level among Chinese immigrants in Shizuoka prefecture. Analysis models established by using demographic factors, sociocultural adaptation factors and psychological adaptation factors.

## 3. Results

We found that compare with other aspects of LS, satisfied with consumer durables shape the highest level among Chinese immigrants in Shizuoka prefecture, the second one is housing and third is welfare system. Education shows negative effect on LS of Chinese immigrants, however gender and age showed non-significant effect. Thus, within sociocultural adaptation factors, the longer Chinese immigrants stay in Japan, they showed lower level of LS; Chinese immigrants who gained better Japanese language ability showed higher level of LS.

## 4. Conclusion

From these findings, dada analysis explores the predictors of LS among Chinese immigrants in Japan, and effects of adaptation patterns on LS. Thus, this study reveals Chinese immigrants' process of both sociocultural adaptation and psychological adaptation to get a better understanding of them. Moreover, as an important channel of information, improvement of adaptation among Chinese immigrants in Japan may reduce misunderstanding between two countries and leads to positive acceptance.

## References

Christopher J. Boyce and Alex M. Wood

2011 Personality Prior to Disability Determines Adaptation: Agreeable Individuals Recover Lost Life Satisfaction Faster and More Completely. *Psychological Science*, 22(11), pp. 1397–1402.

Neharika Vohra and John Adair

2002 Life Satisfaction of Indian Immigrants in Canada. *Psychology Developing Societies*, 12; 109.

Vermunt, R., Spaans, E., and Zorge, F.

1989 Satisfaction, Happiness and Well-Being of Dutch Students. *Social Indicators Research*, 21, pp. 1-33.