

Editorial

Acculturation and its characteristics

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Acculturation is a social process. It helps us to understand social historically, it was started in 1935 by cultural anthropology historical and empirical facts are obtained through this process. It is found useful also in the fields of psychology and education. In the developing countries, acculturation studies are quite popular. Acculturation often results in changes to culture, religious practices, health care, and other social institutions. There are also significant ramifications on the food, clothing, and language of those becoming introduced to the overarching culture. It is a process whereby an individual or group acquires the cultural characteristics of another through direct or indirect contact and interaction. It includes two processes.

- The process of contacts between different cultures
- The process which includes the outcome of such contacts

The Process of Contact among Different Cultures may take Place Through two Methods

- Direct method in direct method, acculturation involves direct social interaction
- Indirect method in indirect method, acculturation involves exposure to other cultures by means of the mass media of communication

Under normal circumstances that are seen commonly in today's society, the process of acculturation normally occurs over a large span of time throughout a few generations. Physical force can be seen in some instances of acculturation, which can cause it to occur more rapidly, but it is not a main component of the process. More commonly, the process occurs through social pressure or constant exposure to the more prevalent host culture.

The large flux of migrants around the world has sparked scholarly interest in acculturation, and how it can specifically affect health by altering levels of stress, access to health resources, and attitudes towards health. The effects of acculturation on physical health is thought to be a major factor in the immigrant paradox, which argues that first generation immigrants tend to have better health outcomes than non-immigrants. Although this term has been popularized, most of the academic literature supports the opposite conclusion, or that immigrants have poorer health outcomes than their host culture counterparts.

One important distinction when it comes to risk for acculturative stress is degree of willingness, or migration status, which can differ greatly if one enters a country as a voluntary immigrant, refugee, asylum seeker, or sojourner. According to several studies, voluntary migrants experience roughly 50% less acculturative stress than refugees, making this an important distinction. According to Linton, a very special aspect of acculturation is that it is always the impact of a dominant prestige-laden society which influences the backward people. Thus, acculturation studies the influence of a dominant culture on the subordinate culture. However, at least theoretically, it is not true. In practice, the culture of backward people could also influence the dominant groups. Acculturation studies the changes which are almost invariably not spontaneous and automatic, but purposively directed or controlled, at least in part, by the superior society through political domination or market domination. Acculturation has been studied as it is intended to work; namely, to result in ultimate disappearance of the minority, in its cultural and social fusion.

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