Adaptation Problems Experienced by International Students in Aspect of Quality Management

Alla A. Kornienko[a]*, Daria P. Shamrova[b], Svetlana B. Kvesko[c], Anna A. Kornienko[a],Yulia A. Nikitina[a], Yana I. Chaplinskaya[a]

* Corresponding author: Alla A. Kornienko, fil.ifnt@mail.ru

[a]*National Research Tomsk Polytechnic University, Lenin Avenue, 30, Tomsk, 634050, Russia, 89138424961, fil.ifnt@mail.ru*
[b]*MichiganStateUniversity, 220 Trowbridge Rd,East Lansing, MI 48824, Michigan, USA*
[c]*National Research Tomsk State University, Lenin Avenue, 36, Tomsk, 634050, Russia, 89138653360, kvesko@mail.ruc*

Abstract

http://dx.doi.org/10.15405/epsbs.2017.01.48

Regulation and problems of adaptation are considered in research in aspect of high-quality management. The object of research is foreign students. Adaptation challenges a person's sense of well-being. Research defines satisfaction as a global assessment of quality of human life. This assessment is based on criteria of the person. systems; in these conditions the development of effective mechanisms of adaptation in the unstable external environment is possible on the assumption of use of co-evolutionary - innovative processes. The recommendations about the creation on the basis of these processes of effective mechanisms of adaptation of social systems to instability conditions are developed. On the basis of a systematic approach in the article explores innovative models of behavior as a way of effective adaptation of social systems in an unstable environment, based on the principle of co-evolutionary innovation. It is shown that the modern period is characterized by the growth of the dynamics and complexity of the interaction of social systems; in these conditions, the development of effective adaptation mechanisms in an unstable environment can be provided the use of evolutionary processes and innovation. To evaluate the potential use of evolutionary processes and innovation to create effective mechanisms for the adaptation of social systems in an unstable environment.

Keywords: Adaptation, adjustment, social systems.

1. Introduction

Research has estimated that approximately 1 million students annually study and attend universities in countries other than their own (Sam, 2001). This population of international students serve as links between countries and help reduce intergroup conflicts, prejudice, discrimination, and hostility. These

students also serve as "cultural carriers" by learning about their new country's culture and educating other's about their own personal experiences from their home countries (Sam, 2001).

When international students travel from their home country, they can face several problems with adjusting and adapting to the new culture. First, it is important to define adjustment and adaptation in the context of international student's experiences (Ramsay et al., 2007). Adjustment disorder is a short-term condition that occurs when a person is unable to cope with or adjust to a particular source of stress. These stresses may include a major life change, loss, or event. Unlike major depression, an adjustment disorder is triggered by an outside stress and generally goes away once the person has adapted to the situation (Berry, 1997).

Psychological adaptation refers to a set of internal psychological outcomes including a clear sense of personal and cultural identity, good mental health, and achievement of personal satisfaction in the new cultural context (Berry, 1997). Socio-cultural adaptation refers to how well an individual is able to manage daily life in a new cultural context (Berry, 1997).

What be going on processes of development carry swift, technogenic, global character. Speed of development, technological constituent, scale compel society to search the adequate mechanisms of adaptation of relatively mark phenomena. Their search presents development of control methods, finding of management instruments by the indicated processes (Yoon, & Jespen, 2008). Society forces to aim to line up adaptation actions.

Swiftness manufacturability of active development of science and technique come forward, uses of their potential for own necessities. As a result of technician, technologies began to be widely inculcated in life of man. A man grew into the element of the technical system.

2. Methods

The research is carried out by using the method of the comparative analysis supported by dialectic and competency-based approaches.

3. Adaptation problems Experienced by International Students

Research has examined several cross cutting themes in relation to adaptation and adjustment problems experienced by international students. Adaptation challenges a person's sense of well-being and may cause homesickness, loss of support systems, loneliness, culture shock, lack of relationships, perceived discrimination, financial difficulties, etc (Russell et al., 2010). Several journals express the importance of looking at sociocultural adaptation.

Sociocultural adaptation problems may include struggling to learn about the foreign countries norms and culture, difficulties in language, and issues in racial and ethic discrimination (Sam, 2001). These issues also inc/8lude academic issues related to level of proficiency in English, difficulties in understanding new concepts or language barriers. Problems may also rise if the student is unable to participate in university programs and involvement with their professors or advising staff (Russell et al., 2010).

Another theme related to adaptation and adjustment problems include problems with physical and psychological health. Physical health problems may be related to change in diet, activity level, and sleep patterns. In general, domestic students face changes as they enter a university setting. Domestic students may eat their own cooked meals or eat buffet style food from their residence halls, continue in activities they enjoyed previously before college and may have a change in their amount of sleep.

In relation, international students may need to adjust to a new lifestyle, activity level, and diet from their home country creating stress on their body and mind (Russell et al., 2010). Psychological health is the most commonly mentioned adaptation and adjustment concern among international students. International students may experience depression, anxiety, and higher levels of stress while studying at a foreign university (Russell et al., 2010).

Other areas of concern include feelings of helplessness, paranoid feelings, and irritability. These psychological health issues are correlated with physical problems including sleep disturbances, loss of appetite, reduced energy level, greater vulnerability to illnesses, and persistent somatic complaints (Russell et al., 2010).

4. Conclusion

A critical area of focus in research has been on international student's feelings of hopelessness. This area of research is especially important because feelings of hopelessness can lead to suicide risk. There is also a link between anxiety and depression and hopelessness (Katz, 2008).. If an international student is facing psychological and physical problems during their adaptation to their new culture or country, they may begin to feel hopeless or helpless.

They may restrict their interaction with other students and faculty and refrain from being involved in social activities. This behavior puts the student at risk of suicide and should be assessed during intervention (Williams et al., 2008).

Physical and psychological health is mainly based on the student's subjective well-being and life satisfaction. Sam (Sam, 2001), extends research on life satisfaction. His research defines life satisfaction as "the global evaluation of a person's quality of life based on the person's own chosen criteria" (Sam, 2001).

In research specifics representation of an art discourse in gender game of heroes of novels were presented. The type of representation shown in work is actual in research of problems of modern society . Relevance is dictated by that today the gender consciousness and gender interactions remain, cons (Raunic, & Xenos, 2008). ciously or unconsciously, continuation of traditions of the last centuries. It is interesting that interaction man's and female, namely, – game which is conducted by men and women with antiquity and to our time, the rule to which conformed playing, and that impact on outlook which they have today, is fixed in a palette of discourses which intertwine among themselves. As their resultant the art discourse acts.

These peculiar features the diskursiv the practician were studied in work with attraction of rich potential of fiction which represents a picture of the world in which there were these gender games. As a starting point L.N. Tolstoy's works – the Russian classic were used, whose novels are got by ideas man's and female, ideas of love, death and spirit. By means of an art discourse, we watched the games

which are conducted between heroes of its novels – and tried to understand in what their philosophical sense consists.

We came to a conclusion that the human life divided on man's and a feminine, nevertheless, aspires to there is nobody a unification in such acts of life as love, game, life. The person at the same time is not only a spiritual being, but also biological and social (Katz, 2008). The person plays at once in several games and at once by several rules. He can play at the same time both a role of the beloved, and a role of the man or woman, and a role of the member of that society to which belongs.

This focus embraces the different values and perceptions of international students across the globe. Students who have effectively adapted may show a pleasant affect with pride, confidence, and happiness. Students who experience problems in adaptation may experience unpleasant affect in anxiety, depression, and stress (Russell et al., 2008).

The main cause of these problems is primarily focused on relationship quality including relationships with host families, friends, and school administrators and faculty. A strong emphasis has been linked to friendships and life satisfaction for international students.

Overall, adaptation and adjustment problems may take several forms including physical, psychological and sociocultural issues. It is important to evaluate each individual international student to understand their perspective and emotions with coming to a foreign country and university to study. By gaining this perspective, we are able to judge the individual's life satisfaction and factors that create stress in their lives (Sam, 2001).

Acknowledgements

References

Berry, J. (1997). Immigration, acculturation and adaptation.*Applied Psychology: An International Review, 46*(1), 5–68.

Katz, E. (2008). Working with lgbt international students. *International Educator, 17*(6), 56.

Katz, E. (2010) U.S. religious diversity and international students.*International Educator, 19*(4), 48.

Ramsay, S., Jones, E., & Barker, M. (2007). Relationship between adjustment and support types: young and mature-aged local and international first year university students. *Higher Education, 54*(2), 247-265.

Raunic, A., Xenos, S. (2008). University counseling service utilization by local and international students and user characteristics: A review. *International Journal for the Advancement of Counseling, 30,* 262-267.

Russell, J., Rosenthal, D., & Thomson, G. (2010). The international student experience: Three styles of adaptation. *Higher Education, 60*, 235-249.

Russell, J., Thomson, G., & Rosenthal, D. (2008).International student use of university health and counseling services.*Higher Education, 56*, 59-75.

Sam, D. L. (2001). Satisfaction with life among international students: An exploratory study. *Social Indicators Research, 53*, 315-337.

Williams, C. B., Galanter, M., Dermatis, H., & Schwartz, V. (2008).The importance of hopelessness among university students seeking psychiatric counseling.*Psychiatr Q 79,* 311-319.

Yoon, E., &Jespen, D. (2008). Expectations of and attitudes toward counseling: a comparison of asian international and u.s. graduate students. *International Journal for the Advancement of Counselling, 30*(2), 1.