

**THE INFLUENCE OF PERCEIVED ACCULTURATIVE  
STRESS ON PSYCHOLOGICAL STRESS RESPONSE BEING  
MEDIATED BY COPING STRATEGIES AMONG  
JAPANESE MOTHERS IN THAILAND**

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**Abstract:** This study attempts to assess the impact of the direct and indirect influence of acculturative stress on the stress response of Japanese mothers in Thailand mediated by the three Coping strategies. A convenient sample of 246 Japanese mothers were given a survey on acculturative stress, problem solving support seeking coping, avoidance thinking coping, positive thinking distraction, and stress response. The findings from the present study indicated that acculturative stress had a direct positive relationship on stress response. The indirect relationship between acculturative stress and stress response is supported only when it was mediated by positive thinking-distraction coping strategy. The Problem solving -distraction coping strategy did not mediate the acculturative stress on the stress response, and avoidance-like coping strategy mediated acculturative stress to psychological stress response. From the overall findings it can be inferred that the level of stress experienced by the participants living in Thailand were not significantly higher than living in Japan. However, the use of positive thinking-distraction coping strategy when they perceive distress was found to be effective among Japanese mothers. in order to effectively cope with the stress. Further study required for the practical way to encourage Japanese mothers in Thailand to utilize positive thinking-distract coping strategy.

**Keywords:** Cultural adaption; Acculturation; Acculturative stress; Child rearing stress; Coping strategies

**Introduction:** Among Japanese population, the number of international relocations to Association of Southeast Asian Nations (ASEAN) countries is increasing, mainly due to continuous expansion of global assignments while

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the trend of Japanese corporations gives importance to the ASEAN market and locate production with overseas bases in ASEAN. Besides, though not the majority, intercultural marriage and permanent immigrants also account for the increasing number. One aspect to look at these phenomena is that importance of taking closer attention on their wellbeing, especially while in cultural adjustment process or acculturation, is increasing as the population expands. Without doubt, taking care of wellbeing is important itself. Moreover, for those who are on duty of international assignments or their families, it also largely impacts to Japanese companies' operation and performance in the region. Today, with researchers' effort, various preceding studies revealed key acculturative stressors and effective coping strategies among different types of population such as migrants (e.g., Berry, 1997, Yakushko, 2010) or expatriates on international assignments (e.g. Ward & Kennedy, 2001, Stahl & Caligiuri, 2005). Though these studies are particularly good evidence to refer, the findings may not simply be generalized and apply to any population since the population - such as culture of origin and destination, as well as purpose of relocation - is different in each study. This study is interested to investigate further on the population of Japanese mothers who relocated to ASEAN with residents in Thailand as the primary population of focus.

*Target segment of the population: Japanese residents in Thailand*

Among ASEAN countries, Thailand is one of the major destinations for Japanese to relocate and having the largest numbers of residents, 67,424 people, in the region (Ministry of Foreign Affairs, Japan, 2016). Moreover, city of Bangkok and surrounding area in Thailand may have one of the largest populations of Japanese mothers living overseas given the fact that Japanese Association School in Bangkok is the largest Japanese school over the world with having 2,699 students (Thai Japanese Association School Bangkok, 2016). Japanese Mothers living in Thailand are considered as the larger population, hence the study focuses on Japanese mothers living in Thailand as the primary population of focus.

*Japanese Mothers in Thailand*

There are limited numbers of acculturation studies focused on the population of mothers despite their important role in a family. In many cases, mother is the most influential member in the family especially to her husband and children and thus, their wellbeing is at least one of the key components for family wellbeing. From the studies on expatriates for example, several empirical studies identified that spouses are a major factor in the success or failure of expatriates (Harris & Moran, 1989; Harvey 1985; Tung, 1981). However, often the case, mothers may be at the higher risk of having stress

during international relocation from various aspect. Besides from facing their own and family's stress from cultural adjustment, stress from indirect impact of relocation - such as limitation in their career selection or child education - could be an issue. (Harris & Moran, 1989; Harvey 1985; Tung, 1981) The researcher sees the importance of studying the population as she sees mothers as the key persons for family wellbeing but having high risk of developing stress from complex problems, yet limited numbers of studies on the population. Distress is any stress having negative impact to the physical, psychological, or social health of people. These status change in health are called as psychological stress response. And thus, when individuals face stress, they usually utilize coping strategies, behavioral and psychological effort, to minimize the impact of stressful events. If individual succeed in reducing the negative impact of the distress by coping strategies, there are few or low psychological stress response from the stressful events.

### **Objective**

The objective of this study is to examine the coping strategies that are effective to minimize the impact of distress among Japanese mothers in Thailand experience. The study aims to identify effective coping strategies that mediate psychological distress on psychological stress response of Japanese mothers in Thailand,

### *Definition of Acculturation and Acculturative Stress*

Redfield and colleagues (1936) defined the term acculturation as “the process of cultural change that occurs when individuals from different cultural backgrounds come into prolonged, continuous, first-hand contact with each other”. “The process of cultural change” in this study, rather taken as individual's change than social dynamics, as this study focus is to investigate effective individual's emotional or behavioral attitude to cope with the new environment. Moreover, counterpart of the mother entering to new culture, may not only be “individuals” or humankind, but it also could be any kind of cultural difference between the culture of origin and destination such as ecological environment (climate, salinity, availability of water, food supply, etc.), language, career or educational opportunity, mobility, and so on. Thus, for this study, the definition of acculturation may be reframed as “the process of individual's cultural change that occurs when individual comes into different culture for prolonged, continuous period and at first-hand contact”. And in this sense, acculturative stress includes any kind of distress Japanese mothers experience due to acculturation. It is important to look into coping strategies used for coping with the acculturation stress.

### *The Model of Coping Strategies*

Folkman and Lazarus (1980) suggested two types of coping strategies namely, emotion-focused coping and problem-focused coping. Emotion-focused is strategy to cope with unfavorable emotion evoked by appraisals, but not focusing on solving the problem itself. On the other hand, in problem-focused coping, as its name indicates, the individual deal with the causes of unfavorable emotion. They have found that people use both types of coping 98% of the time and thus concluded that people are more varied than consistent in their coping patterns.

Later, researchers (e.g., Moos & Billings, 1982; Endler & Parker, 1990) asserts to add third coping strategy, 'avoidance-like' coping strategy, with proving its utilization by factor analysis. Tobin and colleagues (1989) tried to organize these coping strategies in two axes by developing the concept of 'engagement and disengagement'.

Besides, Holahan and Moos (1987) introduced another axis in the scales for coping strategies from the point of view of response to stressors namely, active-cognitive, active-behavioral and avoidance. In active-cognitive coping, an individual actively construct thoughts for effective management to the stressors. In active-behavioral coping, individual engage in action to manage the stressors. Kamimura and colleagues (1995) introduces the scale to measure coping strategies by three axes as: problem/emotion, engagement/disengagement, and cognitive/behavioral. Kamimura and colleagues' study (1995) found that these coping strategies can be categorized in three constructing sub-groups by factor analysis namely, problem solving-support seeking (constructed by getting information, plan drafting and catharsis), avoidance-like (giving up and evading one's responsibility), and positive thinking-distraction (avoidance-like thinking, distractive reaction and positive interpretation). This was found as more empirical and appropriate for the present research

### *Relationship between stress and psychological stress response mediated by coping strategies*

The relationship between stress and stress response and its mediation by coping is examined here. Psychological stress response (SRS) is defined as a change in emotion, cognition, or behavior that is provoked by stressors in daily life (Suzuki et al., 1998). As mentioned earlier, Effective utilization of coping strategy reduces the negative impact of the distress, and as a result, there is low psychological stress response from the stressful events. Because impact of coping strategies is different depending on different situation (Folkman et al., 1985), choosing different coping strategy is the key (Cheng, 2001).

*Relationship between stress and psychological stress response mediated by problem solving support seeking strategies*

Folkman and Lazarus (1980) found that problem-focused coping is more effective in the situation that the person thinks something constructive can be done. On the other hand, the studies of mothers who have children with developmental problems (Pakenham et al., 2004, Sivberg, 2002), problem solving strategy was either ineffective or worsens SRS scores. Besides, effectiveness of support seeking strategy is found to be depending on the quality of support, however, social network size does not have significant impact to wellbeing (Vandervoort, 1999). Moreover, quality of social support depends on degree of similarity of problems they have (e.g., live in same community) and degree of closeness in relationship (Felsten, 1998).

*Relationship between stress and psychological stress response mediated by avoidance-like strategies*

Mullen and Suls, (1982) and Lazarus (1983) found that avoidance-like strategy is effective for immediate or short term to buffer the shock but applying it long-term has negative effect on well-beings. Other studies found it also effective in managing severe and pervasive stressors (Moos, 1993), and when applying as self-protective measure against recall of stressful, intrusive memory (Lemogne et al., 2009).

*Relationship between stress and psychological stress response mediated by positive thinking-distraction strategies*

Carver & Scheier (1994) found positive thinking-distraction strategies has positive effect when confronting problems which is uncontrollable for individual, such as loss of family. In another study (Beasley et al., 2003), primary use of positive thinking-distraction strategy to activate problem-solving strategy was found to be effective because worries or anxiety may make individual difficult to apply problem solving strategy without positive thinking-distraction strategy.

*H1:* Acculturative stress has direct positive influence on stress response, such that higher the acculturative stress, Japanese mothers experience higher will be their stress response

*H2:* Acculturative stress has indirect influence on stress response mediated by problem solving support seeking coping strategy, such that when Japanese mothers experience higher acculturative stress, they have lower tendencies to use problem solving coping and lower would be their stress response.

*H3:* Acculturative stress has indirect influence on stress response mediated by avoidance-like coping strategy in such way that when Japanese mothers experience higher acculturative stress, they have higher tendencies to use avoidance-like coping and higher would be their stress response.

*H4: Acculturative stress has indirect influence on stress response mediated by positive thinking-distraction coping strategy in such way that when Japanese mothers experience higher acculturative stress, they have higher tendency to use positive thinking-distraction coping and lower would be their stress response.*

*Hypothesis: 1. Acculturative stress has a direct effect on the psychological stress response on Japanese mothers in Thailand*

*Hypothesis: 2. Acculturative stress has an indirect effect on the psychological stress response on Japanese mothers in Thailand mediated by Coping strategies (problem solving support seeking, Avoidance like strategies, positive thinking distraction strategies)*

### **Method**

The study employed a quantitative approach with both descriptive and inferential statistical tools to analyze the posited path model. It utilized a correlation research design, via path analysis as it attempted to explore the direct and the indirect sequential relationships hypothesized among the key variables: Perceived stress, coping strategies and SRS. This quantitative study was based on the responses of participants to the study's survey questionnaire. It employed a self-administered survey questionnaire as the primary tool for collecting data. The questionnaire consists of four sections in order to tap into the study's key variables. Information of each part of the survey questionnaire is presented below.

#### *Part I: Instruments*

This section contains questions aimed at deriving information on the participants' age, main language for child's school, numbers of children participants' have, length of stay in Thailand.

#### *Part II: Acculturative stress*

The second section of the questionnaire comprises of items that measures perceived daily stress in comparison of living in Japan and post relocation to Thailand. It aims to measure presence of acculturative stress and its level, to identify those who have higher stress due to relocation.

The item scored on a 7-point Likert scale with higher scores representing the greater level of acculturative stress after moving to Thailand. Reliability analysis was conducted before computing the scale. The criteria employed for retaining items are: (1) any item with 'Corrected Item-Total Correlation' (I-T)  $>.33$  will be retained (.33<sup>2</sup> represents approximately 10% of the variance of

the total scale accounted for), and (2) deletion of an item will not lower the scale's Cronbach's alpha. (Hair.et.al year). All the 3 items were retained to represent the measure of perceived acculturative stress. The computed Cronbach's alpha coefficients for perceived acculturative stress is 0.86

*Part III: Tri-axial Coping Scale (TAC-24)*

This section of the questionnaire consists of the TAC-24 developed by Kamimura and colleagues (1995) to evaluate individual differences in the tendency to choose coping strategies through the range of personal difficulties. The TAC-24 consists of 24 items, in which participants are instructed to rate the likelihood that they would react when they encounter difficulties in daily life on a 5-point Likert scale. and higher scores representing the greater tendency of applying the coping strategy. In 2004, Suzuki re-assessed validity of TAC-24 to a sample of 1,604 university students (782 males and 822 females with average age of  $19.95 \pm 1.85$  years) and 1,296 samples of adults (1,084 males and 212 females with  $34.16 \pm 9.38$  years). This report assesses consistency of the factorial structure models by categorizing 1 dimensional model, 2-dimensional model, and 3-dimensional model. After doing the factor analysis and reliability analysis all the 9 items were retained to represent the measure of problem-solving support seeking coping, all 7 items were retained for avoidance like coping, 4 items were retained for positive thinking distraction coping removing item 3 "Try not think about something unpleasant" and 12 "Enjoy sports or traveling." Item number 20 did not load in any of the components of the Tri-axial Coping Scale. The Cronbach alpha of problem-solving support seeking coping is 0.81, avoidance like coping is 0.76, positive thinking distraction coping is 0.79 and stress response is 0.94.

*Part IX: Stress Response Scale (SRS-18)*

This section consists of the SRS-18 developed by Suzuki and colleagues (1998) to assess an individual's level of stress response. By fact analysis, SRS-18 consists of three elements namely, depression-anxiety, irritability-anger and helplessness. The report demonstrated an internal consistency estimate of the following Cronbach's alphas obtained: .88 for depression-anxiety sub-scale, .82 for irritability-anger sub-scale, .87 for helplessness sub-scale. The full measure can be found in Suzuki and colleagues (1998). The computed Cronbach's alpha coefficients stress response scale is 0.94

*Relia*

*Data Collection Procedure:*

The electronic questionnaires were distributed to Japanese mothers' network in Bangkok, international and Japanese kindergartens, international and

Japanese schools in Thailand mainly in Bangkok in October 2018. The informed consent was included with the questionnaire. The study collected 270 results from Japanese mothers in Thailand who have a child (children) in the age range of 3 years to 15 years old and agrees to participate in the research voluntarily. After the collection of the completed questionnaires, the researcher individually inspected each completed questionnaire to check for possible errors of commission and omission. Only valid questionnaires were used for statistical analysis. The completed number of questionnaires was 246.

## Results

### *Demographic Profile of Respondents*

The sample consisted of 246 Japanese mothers living in Thailand; 33.33% ( $n=82$ ) were between the age group of 40-44, 31.7% (78) were between the age group of 35-39, 17.5% (43) were between the age group of 45 and above, 13% (31) were in the age group of 30-34 and 4.1% (10) in the age group of 25-29. Of the respondents 66 mothers (26.8%) had one child, 139 mothers (56.5%) had two children, 36 mothers (14.6%) had 3 children and 3 mothers (1.2%) had 4 children and 1 mother with 5 children. Table 4.1 shows the frequency and percentage mothers years of stay in Thailand.

### *Means and Standard Deviations for the Five Computed Factors:*

Table 4.3 presents the means and standard deviations for the five computed factors

*Table 4.3 Means and Standard Deviations for the five Computed Factors*

|                                   | Mean | SD   | Midpoint |
|-----------------------------------|------|------|----------|
| • Acculturative Stress            | 3.79 | 0.78 | 4.00     |
| • Problem Solving Support Seeking | 3.33 | 0.63 | 3.00     |
| • Avoidance like Coping           | 2.02 | 0.61 | 3.00     |
| • Positive Thinking Distraction   | 3.57 | 0.78 | 3.00     |
| • Stress Response                 | 1.75 | 0.63 | 2.5      |

From the mean, it is clear that the reported mean scores of the participants were lower to the midpoint for the acculturative stress, avoidance like coping and stress response. The reported mean scores for problem solving support seeking, positive thinking distraction were higher than midpoint.

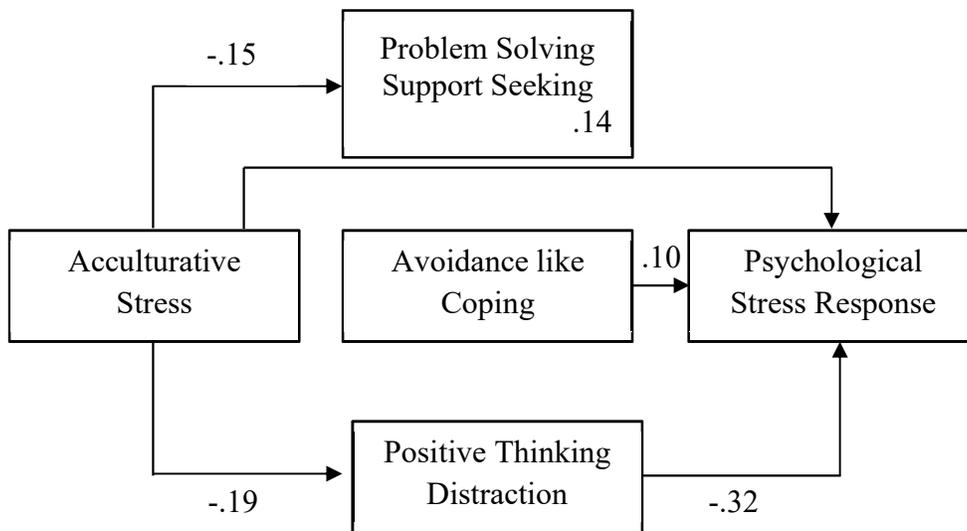
### *Perceived Acculturative Stress:*

Regarding to the proportion of participants who have higher stress after relocation in overall, response to item 3 in Perceived Acculturative Stress question “*In general, compared to living in Japan, how was your life been*

since moving to Thailand?” was referred. Result shows that 87 participants (35.7%) scored 5 (slightly more stressful) or more for overall stress after relocation, and 25 participants (10.2%) scored 6 (much more stressful) or more.

*Path Analysis to Test the Hypothesized Path Model:*

In order to test the hypothesized direct and indirect relationships, path analysis via regression analysis was conducted. The results of path analyses are presented in Figures 2. In order to aid the interpretation of results, only path coefficients that are statistically significant ( $p < .05$ ) were included in the cited figures.



**Figure 1. Path Model of Stress Response as a Function of the Direct and Indirect Influences of Acculturative Stress, Being Mediated by Coping Strategies (Problem Solving Support Seeking, Avoidance Like and Positive Thinking Distraction)**

The results showed that the respondents acculturative stress have a direct positive influence on stress response (Beta=0.23;  $p < 0.01$ ). When the Japanese mothers perceived more acculturative stress, their stress response was higher. There is an indirect influence of acculturative stress of Japanese mothers on their stress response mediated by positive thinking distraction coping (Beta=-0.19;  $p < 0.05$ ; Beta=-0.32;  $p < 0.01$ ). When the Japanese mothers perceived higher acculturative stress, their problem-solving Support seeking coping strategy was lower. Acculturative stress has a negative influence on problem solving support seeking coping strategy (Beta=-.15;  $p < 0.05$ ). When the Japanese mothers perceived higher acculturative stress lower were their

problems solving coping strategy. Acculturative stress did not have an indirect influence on stress response mediated by avoidance like coping strategy.

### **Discussion**

This present study attempted to assess the impact of the direct and indirect influence of acculturative stress on the stress response of Japanese mothers in Thailand mediated by Coping Strategies. The findings from the present study indicated that acculturative Stress had a direct positive relationship on SRS among Japanese mothers living in Thailand. Moreover, the indirect relationship between acculturative stress and SRS is supported only when it was mediated by positive thinking-distraction coping strategy. Problem solving-distraction coping strategy did not have any significant effect, and avoidance-like coping strategy increases the impact of acculturative stress to psychological stress response. As for the relationship between acculturative stress and coping strategies, acculturative stress has direct negative relationship with some coping strategies namely, problem solving-support seeking and positive thinking- distraction coping strategies, while there is no significant influence on avoidance-like coping strategy. In overall, the participants have almost similar or slightly less stress than living in Japan.

#### *Perceived Acculturative Stress for Japanese Mothers in Thailand*

Mean score of Acculturative Stress were lower to the midpoint. It indicates that in average, Japanese mothers had the same level or slightly lower level of stress in Thailand than they did when living in Japan. Contrariwise, a remarkable number of participants (nearly half) did illustrate a high level of stress after relocation to Thailand.

#### *Direct Relationship Between Perceived Acculturative Stress and SRS*

Path analysis revealed that acculturative stress had a direct positive relationship on SRS. That is, the higher the level of Acculturative Stress, the higher the reported level of SRS becomes. This finding suggests that acculturative stress is at least one of the key stressors among Japanese mothers in Thailand. The findings is in congruence with the previous studies of the population of international students in western culture (Paukert et al., 2006; Wei et al., 2007; Greenland and Brown, 2005) where the studies showing negative influence of acculturative stress to psychological well-beings (e.g. negative emotion, depression, or psychosomatic illness). Furthermore, this also confirms the result of the previous study to population of Japanese mothers overseas which shows positive relationship between perceived stress from international relocation and psychological well-being (Ozeki, 2007).

*Indirect Relationship Between Perceived Acculturative Stress and SRS Being Mediated by Problem Solving-Support Seeking Coping Strategy*

Path analysis showed that there was no significant indirect relationship between perceived acculturative stress and their SRS when mediated by problem solving support seeking coping strategy. It can be inferred that the way participants apply problem solving support seeking coping strategy does not have impact on their level of SRS. In more details, path analysis showed that there was (1) a negative relationship between acculturative stress and problem solving-support seeking coping strategy (i.e. the higher the level of perceived acculturative stress, the lower tendency of applying problem solving-support seeking coping strategy) though (2) no significant relationship between problem solving-support seeking coping strategy and SRS. It can be inferred from this result that the higher level of perceived acculturative stress participant has the more difficult it is for them to plan problem solving or seek for support. Moreover, even if participants engage in problem solving support seeking coping strategy, it does not reduce the impact of the acculturative stress to their stress response.

Regarding to effectiveness of problem-solving coping strategy, the result of this study is not inline to various preceding studies (e.g., Amirkhan, 1990, Endler & Parker, 1990, Dixon et al., 1991) which showed the coping strategy generally promotes psychological well-being. However, at the same time, the result adheres some preceding studies on mothers who have children with disadvantage such as developmental problems (e.g., Pakenham et al., 2004, Sivberg, 2002, Yamane, 2015) which showed no significant impact of the coping strategy to SRS. This may be explained by Folksman & Lazurus's (1980) analysis states that problem solving is inefficient when applying to health contexts or such situation out of individual's control. In other words, this study result may indicate that distress Japanese mothers experience after relocation is often the type of stress which are out of their control. From the other studies on Japanese mothers living oversea (Ozeki, 2007), it found that major daily stress they experience is: child rearing (including child's friends, education), lack of social support (including lack of readily available consultation), own health, and finance. If this major daily stress applies to Japanese mothers in Thailand as well, it is understandable that they may think the problems are out of their control.

Furthermore, the result that support seeking does not have significant impact to SRS may be explained by preceding studies which proved that effectiveness of support seeking strategy to be depending on the quality of support (e.g. Vandervoort, 1999), and quality of support is depending on degree of

similarity of problems they have (e.g. live in same community) and degree of closeness in relationship (Felsten, 1998).

*Indirect Relationship Between Perceived Acculturative Stress and SRS Being Mediated by Avoidance-Like Coping Strategy*

Path analysis showed that there was no significant relationship perceived acculturative stress on their SRS, being mediated by avoidance-like coping strategy. It can be inferred that the way participants apply avoidance-like strategy does not have impact on level of SRS. In more details, path analysis showed that there was (1) no significant relationship between acculturative stress and avoidance-like strategy. However, it showed (2) positive relationship between avoidance-like strategy and stress response in such way that the more utilization of avoidance-like strategy, the higher their level of psychological stress response becomes. It can be inferred from this result that level of acculturative stress does not have an impact on the choice of utilizing avoidance-like coping strategy, but the participants' utilization of avoidance-like coping strategy increases the impact of acculturative stress to psychological stress response.

The result of this study adheres to the findings from the preceding acculturation study (Ward & Kennedy, 2001) showing utilization of the coping strategy has negative impact to SRS. The preceding study (Roth & Cohen, 1986) investigates that avoidance-like coping strategy is only effective against the sudden and large stress (e.g., loss of loved one) and only for a short period. If applied for longer period to manage chronic or daily stress, it is found to increase psychological stress response instead of alleviating stress. Applying to this study, as previously discussed, it may indicate that type of stress Japanese mothers experience is not usually the rapid and large stress but rather more mundane daily stress. As the result, avoidance-like coping strategy may not be effective.

*Indirect Relationship Between Perceived Acculturative Stress and SRS Being Mediated by Positive Thinking-Distraction Coping Strategy*

Path analysis showed that perceived acculturative stress had indirect negative influence on their SRS, being mediated by positive thinking-distraction coping strategy. It can be inferred that the way participants apply positive thinking-distraction coping strategy has impact to reduce their level of SRS. That is, the higher acculturative stress level is, the lower tendency to use positive thinking-distraction coping becomes and higher would be their stress response. In more details, path analysis showed that there was (1) a negative relationship between acculturative stress and positive thinking-distraction coping strategy (i.e., the higher their level of perceived acculturative stress, the lower tendency

of applying positive thinking-distraction coping strategy). In contrast from (2) a negative relationship between positive thinking-distraction coping strategy and SRS (i.e., the more they apply positive thinking-distraction coping strategy, the lower their level of SRS). It can be inferred that the higher acculturative stress participant has, the more difficult for them to think positively or distract themselves from the problem. But if they succeed in applying positive thinking - distraction to the acculturative stress, it reduces the impact of stressors to their stress response.

The result of this study is partially accordance with the preceding acculturation studies in the way of investigating that positive thinking-distraction coping strategy reduce psychological stress response for the situation uncontrollable for individual (Carver & Scheier, 1994, Okuno & Agari, 2002). Besides, the result that acculturative stress discourages individual to utilize positive thinking-distraction strategy require further research .

### **Conclusion**

In conclusion, the findings of the present study suggest that Japanese mothers in Thailand need to enhance the use of positive thinking-distraction coping strategy when they perceive distress in order to effectively cope with the stress. In particular, the findings indicate that acculturative stress had direct and indirect relationship with participants' level of stress response mediated by positive thinking distraction strategy. Moreover, there was an indirect relationship between them only when mediated by positive thinking-distraction coping strategy. On the other hand, problem solving – support seeking coping strategy or avoidance-like coping strategy was either ineffective or has negative impact on SRS. The reason for these strategies did not promote psychological wellbeing remains as questions and require further investigations. Key questions to investigate the topic may be: “If individuals perceive acculturative stress are manageable, will problem solving – support seeking coping strategy be effective?” “If individuals have qualified social support such as close relationship within the community they newly enter, will problem solving – support seeking coping strategy be effective?”. And lastly but not the least, finding the practical way to encourage Japanese mothers in Thailand to utilize positive thinking – distract coping strategy will be one of the most important key topics to increase their psychological wellbeing.

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