**The Cross-Cultural Adaptation of Chinese Migrant Women in Ireland:**

**A Qualitative Exploration of Interviews Conducted with 12 Chinese Women Living in Ireland**

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**Volume 1 of 2**

**DECLARATION**

I hereby certify that this material, which I now submit for assessment on the programme of study leading to the award of Master of Arts is entirely my own work, that I have exercised reasonable care to ensure that the work is original, and does not to the best of my knowledge breach any law of copyright, and has not been taken from the work of others save and to the extent that such work has been cited and acknowledged within the text of my work.

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**ABSTRACT**

**The Cross-Cultural Adaptation of Chinese Migrant Women in Ireland:**

**A Qualitative Exploration of Interviews Conducted with 12 Chinese Women Living in Ireland**

In a globalised world, more and more people are going abroad for work, study and vacation. Every individual who enters a new culture must cope with the difficulty of adjusting to a new system with new people, norms, rules and values. Chinese women migrants, due to the special characteristics of Eastern culture, face great challenges when living in Western countries. This research presents an original qualitative study on the cross-cultural adaptation process of Chinese women migrants in Ireland.

Using a Thematic analysis Approach, 12 in-depth qualitative interviews were conducted with Chinese women currently living in Ireland. The data was analyzed through a process of themed analysis to produce findings grounded in Chinese women’s personal life experiences. This research investigates the factors facilitating and hindering the process of cross-cultural adaptation of Chinese migrant women in Ireland. The findings suggest that from their perspective, cross-cultural adaptation is a multifaceted process influenced by complex, interconnected factors.

This study contributes to existing knowledge in the field of Intercultural Studies, targeting the specific area of cross-cultural adaptation. The intention of this study is to assist the host society to gain a greater understanding of the situations and feelings of ethnic minorities, and to encourage feelings of respect and learning about cultures that differ from the mainstream. Irish society is becoming increasingly diverse and this presents challenges to both host society and migrants. The current research provides an account of the myriad factors influencing migrants’ cross-cultural adaptation. These findings should contribute to the host society’s awareness and understanding of the migrants’ experience; this may, in turn, facilitate migrants’ adaptation and integration.

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II

**LIST OF ABBREVIATIONS**

AUM Anxiety/Uncertainty Management

EEA European Economic Area

ESRI Economic and Social Research Institute

EU European Union

GNIB Garda National Immigration Bureau

IC Interpersonal Communication

MC Mass Communication

MSPSS Multidimensional Scale of Perceived Social Support

SAFE Societal, Attitudinal, Familiar, and Environmental (Acculturation Stress Scale)

SL-ASIA Suinn-Lew Asian Self-Identity Acculturation Scale

III