

## **Cross-cultural understanding and me**

### 1. Motivation behind Research Paper

The reason I became interested in cross-cultural understanding is because I went to China when I was a 9th grader in high school for my parents to visit their business associates. So I went to China for social studies. I stayed in China for about a week. I felt stressed because I was not used to being in a foreign land. I became stressed on my trip, and I realized it was because I was experiencing a different culture for the first time. Everyone, everything, everywhere is different. I realized again how big the world is after the experience for the first time, and I became interested in cross-cultural communication.

### 2. Introduction

After returning from China, I started to realize how often I hear the terms 'cross-cultural understanding' and 'diversity'. In fact, I just experienced different cultures in China, so I did not know any details about that. Therefore I wanted to learn more about different cultures and cross-cultural understanding. At that time, I heard about the establishment of Nara Kokusai High School. I joined a school briefing session. After that I got to know a lot about the high school so I entered Nara Kokusai High School. In the second year, I chose a seminar on Global Research.

Cross-cultural understanding has a wide range, so I decided to research in many directions. I interviewed workers at Kansai-Technical Cooperation. This company provides suitable education and Japanese culture for foreign technical interns.

### 3. Results and Analysis

There were some troubles caused by lifestyle, way of thinking, manners, and regions because what is considered common sense in Japan may not be considered common sense around the World. I had a chance to interview at the Kansai Technology Cooperation center. This company actively accepts trainees and technical Interns. Because of this interview, I can try to think of a solution.

Questions included the following topics:

1. Trainees and technical Interns
2. Points you noticed while supporting trainees
3. Changes in thinking and dealing with foreigners
4. Advantages of accepting foreign trainees

Most people are young people between the ages of 18 and 25. The reason they came to Japan is to improve themselves, but there were a lot of migrant workers 20 years ago. Kansai Technology Cooperation center decided to try to think about how to communicate efficiently with others. The reason that they accepted trainees is because they found that some people said they understood when in reality, they did not, so this company should check every time.

Most Japanese people don't do blue collar jobs, so small to medium enterprises are short of talented engineers. There's a great vibe in this place. Through this interview, you can not only gain new insights by interacting with foreigners, but I have also learned that it will help companies grow. The length of stay is from 3 to 5 years, so they have to go to their hometown. It is a bad point for trainees and technical Interns. Furthermore, extreme categorization strengthens the sense of solidarity of the group to which one belongs, which leads to discrimination and prejudice. Stereotypes and prejudices can make others feel bad and destroy relationships. I think there are three reasons; the rebound effect, having a belief

leads to the expectation that an event consistent with that belief will occur, and cultural differences lead to different interpretations of non-verbal messages.

For example, facial expressions, gestures, body odor, physical contact, sense of distance, clothing, use of time. The workings of the brain have not kept up with the times. The brain program distinguishes between the in-group and the out-group in order to protect one's life. So what happens to the psychology of those who are prejudiced? Stigma, or attributes that bring about prejudice, can be categorized in the following way;

1. Groups of race, ethnicity, religion, etc.
2. Things related to the body such as physical disabilities
3. Personality flaws such as criminals or people with mental illness

These stigmas have their own characteristics;

1. Stigma that is considered controllable is more rejected by others than stigma that is considered uncontrollable
2. Not related to the person's social status or achievements
3. The threat of being viewed with prejudice

Especially in the case of number 3, the person being treated that way thinks that it is because of their own nature, and there is the problem of not knowing whether it is because of stereotypes and prejudices, or because of their own nature.

The reason I think so is

1. Social self-assessment. In other words, the low social value of one's own value
2. A feeling of helplessness that no matter what you do, nothing will change
3. I don't want my current relationship to be negative, I don't want to admit that I'm surrounded by negative people

For these reasons, we blame ourselves more than we do now, attributing it to nature rather than stereotypes and prejudices. So, we think it might be a good idea to aim for recategorization.

In particular;

1. Make another categorization. Find different categories that person belongs to
2. Identify. Look for similarities

For example, instead of putting them in the group of people you don't like, put them in the group of people you don't care about, or try to find common hobbies with them. By being aware of these, we can connect various networks, avoid rebound effects, and avoid psychological burdens, and find clues to solutions. Also, I think that we can alleviate this kind of thinking at the time of education.

#### 4. Conclusion and Future Problems

We unconsciously judge others with our brains. Negative evaluations and emotions lead to prejudice, and I found that the background to this prejudice is a problem on both the side of the judgment and the side of the judgment. As a result of thinking as a team, we thought that it would lead to a solution if we didn't stop thinking for ourselves without having prejudices or stereotypes.

If you keep asking yourself what you think and what you want to do, you won't get upset even if you face prejudice or a different culture. Also, when faced with a different culture, instead of immediately drawing boundaries between the other person and myself, if I can think positively that I can update my knowledge and experience, I think that prejudice will disappear.

#### 5. Reflection

After doing this research, I began to doubt things in the world. I learned to live by constantly asking myself what I think and what I want to do. I also learned to set standards

for myself. I think I'm no longer the person who only cared about other people. I will continue to do so.

## 6. Work Cited

### 1(結論の自分の意見のところ)

自分の人生を生きるためには、親が勧めるのとは違う人生があることをまず知らなければならぬ

(In order to live your own life, you must first know that there is a different life than what your parents recommend.)

出版社→集英社オンライン

著者→岸見一郎

日付→2022年9月24日

↓

Kishimi, Itirou. "It seems that many people, even though they have been taught something in school since childhood, uncritically accept what the teacher says or what is written in the textbook. If learning becomes centered around remembering what you've been taught, you won't be able to think for yourself." In order to live your own life, you must first know that there is a different life than what your parents recommend. 24 Sep. 2022. Web. 26 Sep. 2022.

2

関西技術協力センターホームページ

<https://www.kansai-gijyutsu.org/>