

MAPPING CONCEPTUAL FRAMES OF HEALTHY ACCULTURATIVE SELF: A POSITIVE MULTICULTURAL PSYCHIATRY PERSPECTIVE

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Objective: To conceptualize the characteristics or traits of healthy acculturative self in a global and multicultural society. The self needs to be recapitulated in terms of globally adapting and dynamically changing environment.

Methods: A meta-analytic method is applied to this study by reviewing research papers, 1990 to 2012, via academic search engines, in the following key words: acculturation and health/self/personality/ identity. Also, the concept of "scientific analogy" (Gentner, 1983, 2003, 2010) is employed.

Results: Six conceptual frames of healthy acculturative self are summed up as conceptual templates or modules.

1. Resilient Self: The resilient self has the capacity to make best use of resource and to cope with emerging stressors and life crises during acculturation.
2. Globally Adapting Self: The self is able to adapt oneself to globally changing environment.
3. Holistic and Synchronistic Self: The self is able to comprehend cultural information of the past, in the present mode, as one actively confronts culturally different situations.
4. Optimistic Self: The self strives to achieve one's goals and is able to overcome depression or life frustration.
5. Spirituality-oriented Self: The self is open to other religious values or differences as one positively appreciates other religious values as well as tolerates diverse religious systems and world views.
6. Multicultural Personality-oriented Self: The self is sensitive enough to learn culturally diverse life-styles or values.

Conclusion: The conceptual categories of healthy acculturative self are recommended to be used as meta-cognitive maps when mental health professionals and cultural psychiatrists conduct psychiatric assessment and diagnosis.