

SPA-253

## **Acculturative Stress Among Music and Non-Music Major International Students in the United States**

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### **Abstract**

Most international students who come to the United States hope to learn more about this country and adapt to studying here. International students help build diverse, cultural campuses, but the number of students with mental health issues is increasing. There are huge differences in the international student population of American universities, with important differences in language fluency and educational goals. These students can be non-native English speakers, and they may not be fully prepared to study in an American cultural context. Recent studies have reported on the acculturation experience of international students living and studying in America. The challenges experienced by international students often trigger a sense of insecurity and loss, and the accumulation of social difficulties may lead to acculturative stress. The factors that affect acculturative stress are diverse. Some common factors include financial pressures, homesickness, and language fluency. International students from East Asia experience anxiety because of their academic achievements, while those from Latin America care more about the connection with their families. Recently, evidence that music psychotherapy programs can effectively regulate acculturative stress has been discovered. Considering the learning experience of music courses is unique and different from other programs in the university, it is necessary to investigate the acculturative stress of international students majoring in music and non-music majors.

Aim 1: To investigate the acculturative stress of international students majoring in music and non-music majors.

Aim 2: To provide suggestions for improving the mental health of international students, enhance understanding of college instructors and domestic students of the international students' warning signals of acculturative stress.

The participants of 301 music and non-music undergraduate students from a university in the eastern United States will be asked to fill out two surveys. Both surveys and consent will be distributed through the online platform Qualtrics. After signing a consent form and agreeing to participate, participants will be asked to complete two 5-minute surveys, a demographic information survey and an acculturative stress survey (Acculturative Stress Scale for International Students). After the participants respond, the data will be used for analysis.

Data collection and analysis will be completed in April, and the full study will be submitted by June 15, 2021.