

<b>題目</b>	在臺外籍生跨文化適應問題與因應策略之探討－以中原大學馬來西亞學生為例
<b>作者</b>	邱雅萍(中原大學企業管理學系教授) 蘇中南(中原大學企業管理學系博士生)
<b>摘要</b>	本研究目的在於瞭解外籍生在臺灣跨文化適應情況與因應策略，藉由相關文獻之探討，擬定訪談題綱，針對八名馬來西亞學生進行深度訪談，經資料分析發現外籍生的跨文化適應情形可歸於十項，包含課程負擔與壓力、課程相關背景知識不足、語言文字適應困難、臺灣氣候不適應、生活習慣及設施不同、思鄉病、經濟壓力、中文運用逐漸進步、宿舍室友衝突以及臺灣人濃厚的人情味。此外，外籍生在面臨跨文化適應時，共有八種因應作法：尋求支持系統、投入資源、面對問題、控制情緒、放鬆壓力、武裝自我、事前避免以及設定發展目標。針對研究結果，提出對學校之建議為：加強外籍生華語及繁體字之訓練、宿舍室友的安排、提供外籍生獎學金或校內工讀機會以及外籍生心理諮商專區；對外籍生提出之建議為：積極參與社團及社交性活動、設定未來發展目標以及控制情緒及適當紓壓。
<b>關鍵字</b>	外籍學生；跨文化適應；因應策略；質性研究
<b>Title</b>	A Study on Cross-Cultural Adaption and Coping Strategy of Foreign Students in Taiwan: A Case Study of Malaysia Students in Chung Yuan Christian University
<b>Author</b>	Ya-Ping Chiu To Trung Nam
<b>Abstract</b>	The purpose of the study is to explore cross cultural adaptation and coping strategy of foreign students in Taiwan. Through literature review, we create an interview outline. This study used interview methods to collect data from 8 Malaysia students about their cross-cultural adaption and coping strategy. The findings show that their adaption issues include academic loading and stress, lack of related contextual knowledge, language barrier, unfamiliar weather, different life style and facility, home sick, financial pressure, progressed Chinese language skill, conflict with roommates, and friendly Taiwanese. Besides, there are eight coping ways used by international students, including searching support, resource investment, facing problem, emotional control, relax pressure, bracing themselves, avoidance in advance, and goal setting. According our findings, suggestions were summarized for university and students. They are strengthen foreign students' language training programs, appropriate arrangement of roommates, providing scholarship and part-time jobs, providing mental consultation, attending social groups, setting their goals and emotional control.
<b>Keywords</b>	Foreign Students; Cross-Cultural Adaption; Coping Strategy; Qualitative Research Method