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Topic: Chinese Immigrants and Their Adaptation to Life in Hungary – an Investigation

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THESIS

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Budapest, 2017


Author of the thesis
Chinese Immigrants and Their Adaptation to Life in Hungary – an Investigation

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I. Introduction

Recently, there has been a large number of Chinese people who migrate to Hungary with different aims, and the immediate indication seems to be that being a Chinese immigrant in Hungary is to a certain extent attractive. However, no research exists to verify whether they have had a good time in Hungary, and if they have felt comfortable or have adapted to native life in Hungary.

Hitherto, the question of how these Chinese immigrants perceived their social status, and their level of cultural adaptation might have been viewed as a matter for conjecture. The present study addresses this gap in the literature by examining Chinese immigrants and their adaptation to life in Hungary. However, what could be suitable methodologies to analyse who has become integrated into Hungarian society? The U-curve and W-curve hypotheses are often used to explain the changing adjustment process of cross-cultural sojourners (Chien, 2016. p. 32). Therefore, I hypothesised that combining a questionnaire approach and studies of identity, U-curve and W-curve hypotheses, and cultural adaptation could help us achieve a visible statistic of some important issues like adaptation degree, cultural barriers, and conflicts of ideology.

In my research paper, in order to analyse how Chinese immigrants adapted to their new life in Hungary, participants firstly identified themselves into three distinct generations which are 12-21 years old, 22-40 years old, and 40+ years old. I designed the above three generations with such considerations of life capabilities, economic independence, social responsibilities, and viewpoints of value and world. Meanwhile, to
specify different Chinese generations perhaps experiencing different degrees adaptation of diverse life conditions or living purposes, I focused on four target groups. They were Group 1: international students (living 0-3 years); Group 2: recently arrived in Hungary and staying with other purpose(s) (living 0-3 years); Group 3: living in Hungary about or over 4 years, and taking a short trips to China sometimes; and Group 4: living in Hungary over 2 years, after spending a few months (2-12 months) in China and coming back to Hungary again.

Furthermore, the questionnaire was designed by many considerable factors to research, for example how different Chinese generations had adapted to Hungarian life, how was the tendency of adaptation process, and which issues could influence their cross-cultural adaptation. Therefore, I used number form, descriptive questions methods to make my questionnaire, and the questions were purposefully unstructured in order to avoid biasing or restricting participants’ thoughts and answers.

In this paper, I will firstly discuss how the U-curve and W-curve hypotheses are helpful for investigating Chines immigrants’ cross-cultural adaptation in Hungary; and rather than provide a brief theoretical introduction, I want to analyse how these two hypotheses are used commonly in order to contribute to our further analysis of the issue of cross-cultural adaptation process. Later on, I will observe Chinese immigrants into Hungary historically, and I am going to exam why these people migrated to Hungary, and focus on their interactions with Hungary society for further discussion on their adaptation process.

Secondly, it is time to think about whom I invited to take part in my research, and
how the questions were adopted in my questionnaire. Afterwards, I look at the ways in which how to analysis my questionnaire to achieve the results. Here I mainly use descriptive statistics, comparison of subgroups via a set of cross-tabulations, visual graphs, and some nonparametric inferential statistics to develop my research of Chinese immigrants and their adaptation to life in Hungary.

Thirdly, I will talk about the results of this research paper. At the beginning, based on an initial acculturation process, I further discuss Chinese people’s cross-cultural process in Hungary. Later on, I consider the outcomes of acculturation and combine them with the questionnaire feedback to contribute to analysis methodologies, and highlight certain issues in their ‘new’ life adaptation process, such as adaptation degrees of different generations, the reflections on the U-curve and W-curve hypotheses, and language constrains.

Afterwards, building on mentioned questions in questionnaire, and presented results from research, I will interpret my studies and give a detailed or a further discussion within Chinese immigrants’ adaptation process. In addition, I will discuss why the results are important for my research, and argue other substantive studies, which refers to my data and results.

Further, due to the limitation of the available academic research, official data appears somewhat lacking, but this research will provide a few contributions to discover the humanity studies and cultural communication between China and Hungary.
II. Literature Review

According to their diverse social customs, and historical and educational backgrounds, it can be hypothesised that different Chinese target groups living in Hungary may have different reflections on their cross-cultural adaptation. There is no denying that cross-cultural adaptation is a challenging cultural and learning process; therefore it is necessary to choose a suitable theory in order to analyse how Chinese people adapt to Hungarian culture and life. The U-curve & W-curve hypotheses have been commonly applied to sojourners’ adjustment (Chien, 2016, p. 34). This literature review not only outlines the basic U/W-curve hypothesis concepts, mentioning the researched areas, but it also explains how U/W-curve hypotheses are helpful for investigating Chinese people’s cross-cultural adaptation in Hungary.

2.1. The U-curve hypothesis

In 1955, Sverre Lysgaard first put forward the U-Curve Theory of adjustment in his study of Norwegian Fulbright scholars in the United States (Lindner, 2013). On arrival, newcomers feel excited and are fascinated by the new culture; later on, however, the initial optimistic experience and the beautiful imagination start to reduce on a day-to-day basis. After experiencing this emotional downturn, the newcomers gradually adapt to the new culture and correspondingly become better adjusted and integrated.

Based on Lysgaard’s theory, other researchers have started to develop their further studies (Chien, 2016, p. 34). For instance, Chien points out that Oberg applied the terms
‘honeymoon’, ‘crisis’, ‘recovery’, and ‘adjustment’ to describe the four stages of the U-curve hypothesis in his first studies. Afterward, in 1975, combining with newcomers’ self-awareness and cultural awareness, Adler mentioned a five-stage culturally adaptive process. The stages were: initial contact, disintegration, reintegration, autonomy, and independence. The steps can be interpreted as indicating that a sojourner feels excited and new about his/her experience, but soon he/she feels confused about the new culture and life. Later on, the sojourner learns from negative responses to compromise and balance with the host culture, and he/she starts to understand the host culture; at last, he/she understands who can balance the cultural differences and similarities, and gains the benefit from this new awareness (Chien, 2016, p. 34).

To judge from the above academic literature, it appears that this background is helpful to ensure the research direction, and understand the different stages of the cross-cultural adaptation process of Chinese immigrants in Hungary.

2.2. The W-curve hypothesis
Recently, however, the U-curve hypothesis has been referred to as an outdated theory, because it does not apply to every sojourner, and because the length and degrees of each stage varies by the individual (Lindner, 2013). What’s more, Chien (2016) quoted Church’s summary, according to which the U-curve hypothesis is now seen as weak, inconclusive, and overgeneralized. Lindner (2013) also mentioned that many measurements are used to develop deeper academic research, for example degree of contact with host nationals, psychological mood, academic morale, attitudes and comfort with the new environment. However, another detailed theory has more supplements than the U-curve hypothesis to explore more possibilities in cross-cultural adaptation: the extension of the U-curve hypothesis—the W-curve hypothesis.

The W-curve hypothesis was mentioned again in John & Jeanne Gullahorn’s extension of the U-curve hypothesis by Lindner (2013). This extension is built on the Lysgaard’s theory, which increased numbers of stage from 4 to 8, and was applied to sojourners’ adaptation when they returned home. After the first U-curve, while the sojourner arrives at home, a new adaptation comes out again. The sojourner feels life-loving once more, but soon he finds that loved ones are not the same, and after a downward stage, he experiences a recovery and he gradually adapts to the changes, loving his loved ones again (Lindner,
2013).

The W-curve hypothesis was originally used to explore the sojourners’ experiences on returning home. In my research paper, which aims to explore Chinese immigrants’ adaptation in Hungary, I rather use it to analyse how they represent their experience over time, for instance, encountering new ‘things’, or viewing existing ‘things’ in new ways. I will use W-curve to explore different aspects of their adaptive process, as well.
III. A Short History of Chinese Immigration to Hungary

3.1. Origins of Chinese immigration

According to the literature, the Chinese ethnic group came into Hungary in a few major waves of immigration. In contrast to Thuno’s (2003) assumptions, in which Chinese migrants attempt to escape Chinese poverty, I prefer to see their departure to Hungary as motivated by the aim of achieving a higher quality of life. It is also true that undeveloped infrastructure, overpopulation, and a lack of social stability prompted them to leave China, their homeland, despite their anxiety and puzzlement.

Chinese immigrants to Hungary first began in the 1990s, when, due to political issues linked to the Soviet regime and other factors, the requirements for a Hungarian visa became undisciplined. Unfortunately, due to the limitations of the available academic research, official data appears somewhat lacking. In any case, some of the so-called research fieldwork reached conclusions far removed from the realities which were described to me by old Hungarian Chinese, who have lived in Hungary over 23 years, over the past 7 years I have lived in Hungary. As far as I was able to collect information I gathered from various sources, Hungary introduced a visa waiver for Chinese people during 1990 and 1992, which meant that a visa was not required by Chinese people entering Hungary. Hungary was completely open to China, and to Chinese people.

3.2. The gateway: a better way of life
1990 witnessed the first wave of Chinese immigration to Hungary, when after undergoing a massive political upheaval, China gradually became a socially stable country; in the meantime, Chinese people started to pursue a better way of life (Anonymous, 1990). In contrast to immigration to America, Canada, and Australia, in addition to welfare, educational and work opportunities, Hungary was near, had a lower cost of living, and represented an undiscovered world for Chinese people; consequently, choosing to live in Hungary became a new trend.

Most these Chinese immigrants visited Hungary by the Trans-Siberian railway (Szalai, 2010); two elders told me that when their train arrived in Russia, they found that the people there had inadequate supplies, with the result that all their belongings were sold or exchanged by half-way through their itinerary, meaning that they had to come back home and prepare their luggage again. At that time, they suddenly realised that export trade would be an innovative business opportunity. Afterwards, they carried with them more belongings and they set out for Hungary in search of a new way of life. That was how they started up import businesses in Hungary, once they had settled down.

3.3. Current trends of Chinese immigration

Labancz (2015. p. 42) mentions that the Western countries were considered as places where immigrants could relax and enjoy years of retreat, where their children could be educated, and where they could get good and high-quality jobs. Moreover, at the same time, other factors and conditions come to be seen as very important results,
such as quality of life, the change of lifestyle, the hospitable environment, and the opportunity for family reunion.

However, recently, relations between China and Hungary have become even deeper. On one hand, the cooperation has been extended in areas such as transportation, aviation and energy; on the other hand cultural relations played a very important role between two countries connection as well (Bois & Birtha, 2015). In 2014, the Minister of Foreign Affairs and Trade, Peter Szijjarto, said ‘we would like Chinese companies coming to Europe to consider Hungary as their base and also Hungary to become the main transit route of Chinese goods intended for the European market in the long run’ (Bois & Birtha, 2015). The Chinese ‘Silk Road’ & ‘Belt Road’ concepts and the Hungarian government’s ‘Opening to the East’ policy reinforce each other (Bois & Birtha, 2015).

In particular, as a result of political and business connections, more and more Chinese people have begun to get to know Hungary and to look for a range of opportunities there. They not only paid attention to import and export trading in Hungary, but looked for better educational opportunities in both secondary education and more professional academic studies, and invested in businesses in the real estate industry, the tourism business, and engaged in communication and exchanges relating to culture, the arts and technical skills. Meanwhile, political strategies between China and Hungary was a gateway through which both Hungarian people and Chinese people could understand each other very well and interact more freely.

In addition, there was another wave of Chinese emigration to Hungary when the
immigration program, which was supported by the Hungarian Government—Bond Programs came out (Bois & Birtha, 2015). The number of Chinese immigrants increased sharply as a consequence. At that time, these new immigrants sought not only aimed to discover a new way life for themselves but for their children and children’s children, as well. According to official data by the Immigration and Naturalisation Office (Bois & Birtha, 2015), there were 11,000 legal Chinese residents in Hungary in 2010, most of them living in Budapest. Nonetheless, the real figure is estimated as over 40,000 people by that year, a number cited by several old Hungary-based Chinese.
IV. Methodology

4.1. Research methodologies

The research discussed in this paper explores Chinese immigrants and their adaptation to life in Hungary. It used a qualitative questionnaire approach, along with descriptive statistics, comparison of subgroups via a set of cross-tabulations, visual graphs, and some nonparametric inferential statistics, to discover Hungarian Chinese immigrations’ cross-cultural adaptation process and results.

The number of research participants was 47; in order to avoid similarities in circumstances, the participants were chosen randomly from different academic areas. I distributed the questionnaires via social communication software, for example Wechat (a Chinese ‘Facebook’) friends’ circle and discussion groups (multi-functions), writing emails purposefully to some individuals, and printing paper questionnaires for filling in. Although it was a good way to appeal to a more varied range of participants to take part in this interesting research, due to the time limit of only 3 weeks for data collection, a few of the papers could not be collected due to problems associated with long distance transmission, and personal timing arrangements.

The participants’ demographic distribution is presented in Table 1 and includes numbers within different categories, employing a cross-tabulation approach. This breaks down the sample into two-dimensional tables showing the response categories of one question as row headings, and those of another question as column headings (Anonymous, 2001. p. 18). From this table, it is possible to visualise how many
different generation participants participated in this research. This purposefully sampled approach was adopted with a view to analysing the most needed, detailed and potentially useful information.

**Table 1.** Generation distribution in different groups.

<table>
<thead>
<tr>
<th>Group/Generations</th>
<th>Group 1 (13p)</th>
<th>Group 2 (11p)</th>
<th>Group 3 (13p)</th>
<th>Group 4 (10p)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-21 (12p)</td>
<td>4</td>
<td>2</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>22-40 (23p)</td>
<td>9</td>
<td>5</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>40+ (12p)</td>
<td>0</td>
<td>4</td>
<td>5</td>
<td>3</td>
</tr>
</tbody>
</table>

The 47 volunteers were separated into 4 groups, which were as follows:

- Group 1: international students (living 0-3 years);
- Group 2: recently arrived in Hungary and staying for other purpose(s) (living 0-3 years);
- Group 3: living in Hungary about or over 4 years, and taking a short trip to China sometimes; and
- Group 4: living in Hungary for over 2 years, after spending a few months (2-12 months) and coming back to Hungary again.

In addition, the generations were defined as three main groups 12-21 years old, 22-40 years old, and 40+ years old. From Table 1, it can clearly be seen that there was no international student whose age was over 40 years old, and the group of second generation participants was around twice as big as the first and third generations. Analysis of the data also indicates that the age group between 22 and 40 years old occupied nearly half the total number of responses. However, the decision was taken not to rebalance the generation distribution overall, because it indirectly suggests that the majority of Chinese immigrants is perhaps aged in the 22-40 years old age group.
4.2. Questionnaire design methodologies

The questionnaire used in this research employed Likert numerical format, descriptive question models, and open-ended questions. In order not to restrict volunteers’ thoughts, an unstructured question system was adopted in this questionnaire, which mixed insignificant and strong questions together but without going gradually deeper. This questionnaire not only elicited answers from the participants, but their responses also indicated adaptation degrees in diverse aspects. What is more, I received many new ideas in the descriptive question parts.

Responses were stored as numbers, from 1 to 5, from weakest to strongest. Likert numerical format, which supports limited quantitative analysis, and is often referred to by statisticians as ‘qualitative’—this usage does not imply that the elicitation procedure must satisfy a purist’s restrictive perception of what constitutes qualitative research methodology (Anonymous, 2001. p. 7). From the data, it was possible to understand how these Chinese immigrants adapted to their new life there, and brief answers gave more detailed supplementary information. Nonetheless, the responses to open-ended questions did not surprise me as much, as I found that previous questions probably guided participants’ thinking and restricted their opportunities to rethink.

Participants’ degrees of cross-cultural adaptation and graphs of adaptation process are presented in Table 2, using pseudonyms to protect their anonymity.

4.3. Analysis methodologies

According to the original hypothesis that different Chinese generations live in Hungary,
<table>
<thead>
<tr>
<th>No.</th>
<th>Participants</th>
<th>Generations</th>
<th>Degrees of Adaptation</th>
<th>Graph of adaptation</th>
<th>Degree of Understanding in Hungarian Thing(s)</th>
<th>Graph of understanding</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>G1-01</td>
<td>12-21 year-old</td>
<td>2</td>
<td>B</td>
<td>3</td>
<td>D</td>
</tr>
<tr>
<td>2</td>
<td>G1-02</td>
<td>12-21 year-old</td>
<td>4</td>
<td>D</td>
<td>1</td>
<td>C</td>
</tr>
<tr>
<td>3</td>
<td>G1-03</td>
<td>12-21 year-old</td>
<td>2</td>
<td>D</td>
<td>3</td>
<td>D</td>
</tr>
<tr>
<td>4</td>
<td>G1-04</td>
<td>12-21 year-old</td>
<td>4</td>
<td>B</td>
<td>3</td>
<td>D</td>
</tr>
<tr>
<td>5</td>
<td>G1-05</td>
<td>22-40 year-old</td>
<td>3</td>
<td>A</td>
<td>2</td>
<td>D</td>
</tr>
<tr>
<td>6</td>
<td>G1-06</td>
<td>22-40 year-old</td>
<td>4</td>
<td>A</td>
<td>3</td>
<td>C</td>
</tr>
<tr>
<td>7</td>
<td>G1-07</td>
<td>22-40 year-old</td>
<td>4</td>
<td>A</td>
<td>2</td>
<td>B</td>
</tr>
<tr>
<td>8</td>
<td>G1-08</td>
<td>22-40 year-old</td>
<td>3</td>
<td>C</td>
<td>4</td>
<td>D</td>
</tr>
<tr>
<td>9</td>
<td>G1-09</td>
<td>22-40 year-old</td>
<td>3</td>
<td>D</td>
<td>2</td>
<td>B</td>
</tr>
<tr>
<td>10</td>
<td>G1-10</td>
<td>22-40 year-old</td>
<td>1</td>
<td>C</td>
<td>2</td>
<td>C</td>
</tr>
<tr>
<td>11</td>
<td>G1-11</td>
<td>22-40 year-old</td>
<td>1</td>
<td>C</td>
<td>no idea</td>
<td>D</td>
</tr>
<tr>
<td>12</td>
<td>G1-12</td>
<td>22-40 year-old</td>
<td>5</td>
<td>D</td>
<td>3</td>
<td>A</td>
</tr>
<tr>
<td>13</td>
<td>G1-13</td>
<td>22-40 year-old</td>
<td>5</td>
<td>A</td>
<td>2</td>
<td>C</td>
</tr>
<tr>
<td>14</td>
<td>G2-01</td>
<td>22-40 year-old</td>
<td>5</td>
<td>A</td>
<td>1</td>
<td>D</td>
</tr>
<tr>
<td>15</td>
<td>G2-02</td>
<td>12-21 year-old</td>
<td>4</td>
<td>D</td>
<td>3</td>
<td>B</td>
</tr>
<tr>
<td>16</td>
<td>G2-03</td>
<td>12-21 year-old</td>
<td>2</td>
<td>D</td>
<td>2</td>
<td>D</td>
</tr>
<tr>
<td>17</td>
<td>G2-04</td>
<td>22-40 year-old</td>
<td>4</td>
<td>D</td>
<td>2</td>
<td>C</td>
</tr>
<tr>
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<td>G2-05</td>
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<td>B</td>
<td>3</td>
<td>A</td>
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<td>G2-06</td>
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<td>A</td>
<td>2</td>
<td>A</td>
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<td>G2-07</td>
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<td>5</td>
<td>C</td>
<td>3</td>
<td>C</td>
</tr>
<tr>
<td>21</td>
<td>G2-08</td>
<td>40+ year-old</td>
<td>3</td>
<td>B</td>
<td>3</td>
<td>C</td>
</tr>
<tr>
<td>22</td>
<td>G2-09</td>
<td>40+ year-old</td>
<td>4</td>
<td>-</td>
<td>3</td>
<td>-</td>
</tr>
<tr>
<td>23</td>
<td>G2-10</td>
<td>40+ year-old</td>
<td>3</td>
<td>A</td>
<td>3</td>
<td>C</td>
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<tr>
<td>24</td>
<td>G2-11</td>
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<td>D</td>
<td>4</td>
<td>B</td>
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<tr>
<td>25</td>
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<td>C</td>
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<td>B</td>
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<td>G3-03</td>
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<td>D</td>
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<td>B</td>
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<td>D</td>
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<td>D</td>
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<td>D</td>
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<td>D</td>
<td>2</td>
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<td>A</td>
<td>5</td>
<td>C</td>
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<td>A</td>
<td>2</td>
<td>C</td>
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<tr>
<td>36</td>
<td>G3-12</td>
<td>40+ year-old</td>
<td>5</td>
<td>D</td>
<td>3</td>
<td>D</td>
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<td>G3-13</td>
<td>40+ year-old</td>
<td>4</td>
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<td>G4-04</td>
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<td>42</td>
<td>G4-05</td>
<td>22-40 year-old</td>
<td>5</td>
<td>C</td>
<td>3</td>
<td>C</td>
</tr>
<tr>
<td>43</td>
<td>G4-06</td>
<td>22-40 year-old</td>
<td>4</td>
<td>C</td>
<td>1</td>
<td>C</td>
</tr>
<tr>
<td>44</td>
<td>G4-07</td>
<td>22-40 year-old</td>
<td>2</td>
<td>D</td>
<td>2</td>
<td>D</td>
</tr>
<tr>
<td>45</td>
<td>G4-08</td>
<td>40+ year-old</td>
<td>3</td>
<td>A</td>
<td>3</td>
<td>C</td>
</tr>
<tr>
<td>46</td>
<td>G4-09</td>
<td>40+ year-old</td>
<td>4</td>
<td>A</td>
<td>2</td>
<td>C</td>
</tr>
<tr>
<td>47</td>
<td>G4-10</td>
<td>40+ year-old</td>
<td>5</td>
<td>B</td>
<td>5</td>
<td>D</td>
</tr>
</tbody>
</table>
who experienced different cultural adaptation, or that other different factors influenced their cross-culture adaptation process, the questionnaire was finally designed with a variety of considerable factors, and used number form and descriptive questions to gradually clear the results. Combining the collected data and analysis methodologies – comparison of subgroups, cross-tabulations, visual graphs, and descriptive statistics, this research was analysed with respect to different consequences.

Chien’s (2016. p. 38) research mentioned that a U-curve graph was not believed by her participants in her academic adjustment process research, and she also pointed out other graphs to analysis her participants’ adjustment process. Building on Chien’s development (2016. p. 38-40), in addition to the U-curve and W-curve graphs, I added two graphs to help understand Chinese immigrants’ cross-cultural adaptation. The 4 figures below were put into my questionnaire to be evaluated themselves, adjusted by participants, and Table 3 was a distribution of different generation participants’ adaptation process.

**Figure 1.**  
A

**Figure 2.**  
B

**Figure 3.**  
C

**Figure 4.**  
D

Source: Chien (2016).
Table 3. Distribution of different generations’ adaptation process.

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-21 years old</td>
<td></td>
<td>2</td>
<td>-</td>
<td>-</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>2</td>
<td>17%</td>
</tr>
<tr>
<td>22-40 years old</td>
<td></td>
<td>4</td>
<td>-</td>
<td>-</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>35%</td>
</tr>
<tr>
<td>40+ years old</td>
<td></td>
<td>3</td>
<td>-</td>
<td>-</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>55%</td>
</tr>
</tbody>
</table>

A visual graph normally reveals a clearer pattern, and the four figures helped participants to describe their adaptation process more easily, and in addition, helped them to understand how they adapted to life while they were in Hungary. After analysing how different Chinese generations adapt to Hungarian life, I used comparison of subgroups via a set of cross-tabulation, in which comparison methods show roughly equally many observations from each subgroup, to describe both groups approximately equally accurately (Anonymous, 2001. p. 12). Cross-tabulation allows the data to be analysed, and the results were presented with percentages because the cardinal numbers in all groups were different, however, this summary information is intended to be more convenient and accessible for readers (Anonymous, 2001. p. 23).
V. The Results

In order to make the results more readily understandable, I intend to introduce the concept of initial cultural adaptation and Chinese immigrants’ adaptation in particular before I further discuss the findings of this research. In addition, it was not the case as Mariani (2013) supposes that Chinese immigrants did not make a big effort to access Hungarian life, but the research responses indicated that although Chinese people have tried their best to integrate with Hungary society, due to the different cultural values, language constraints, psychological issues, etc., it was very hard to understand Hungarian people and it was difficult to meld into Hungarian social communities. Having heard this a number of times, I believed that someone should start to investigate this gap in the academic literature, and it was necessary to investigate Chinese immigrants and their adaptation to life in Hungary. Therefore, I am going to combine this topic with above factors to discuss how these Chinese immigrants adapted to their ‘new’ life in Hungary.

5.1. Initiation of the process of cultural adaptation

After a short novelty period of living in Hungary, these newcomers whose conditions led to them frequently feel strange and experience fear and surprise during the tough process of relocating, and passivity, dependency and learned helplessness followed on from this as a result (Jandt, 2013. p. 338). The phenomenon of cultural shock manifested itself in a sense of loneliness, anxiety, psychological estrangement, and
panic. However, Chinese culture was rooted deeply in these newcomers’ daily lives, an aspect which is a very important reason why these new immigrants could not adjust to Hungarian life.

Furthermore, Mariani (2013) has suggested that Chinese did not make big effort regarding their integration into host communities. Indeed, Chinese culture is perceived as a ‘closed’ culture—an insular community in the Western society (Bois & Birtha, 2015), including Hungary (in the past and probably today as well). However, acculturation is the process of continuous interaction and interpretation between two different cultures, and developing cross-cultural understanding refers to positive conscious of different cultural groups. Apparently, therefore, verbal and non-verbal forms of communication should be considered as an essential element in their adjustment process.

5.2. Chinese people cultural adaptation process in Hungary

Both children and adult Chinese immigrants were well known as a productive and industrious ethnic group, who had good results on their academic scores, or ran businesses in many different industries. Meanwhile, it meant that a lot of good educational and job opportunities were occupied by these Chinese immigrants. However, some Hungarian people felt resentment at what they perceived to be competition from incomers, and some Hungarians had to endure foreign workers’ strange customs and behaviours. As a result, these Hungarians felt hatred toward Chinese immigrants, and I especially felt extremely aggrieved that certain Hungarian
people expressed aversion to innocent pupils. (Szalai, 2010).

5.3. Finding results

5.3.1. Adaptation degrees of different generation

In addition, Chinese people have been labeled as an insular community (Bois & Birtha, 2015), which were seen as being unacceptable, inassimilable, and considered a population that could not be accommodated. However, the fact was that Chinese immigrants have been trying their best to integrate with Hungarian society, but because of the huge differences in behaviors, customs, working norms, and thinking ways, the results of acculturation did not seem as positive as I had thought. See below Table 4.

Table 4. Adaptation percentages.

<table>
<thead>
<tr>
<th>degree/age</th>
<th>12-21 years old</th>
<th>%</th>
<th>22-40 years old</th>
<th>%</th>
<th>40+ years old</th>
<th>%</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>G1</td>
<td>G2</td>
<td>G3</td>
<td>G4</td>
<td></td>
<td>G1</td>
<td>G2</td>
</tr>
<tr>
<td>4, 5</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>50%</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>1</td>
<td>25%</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>1, 2</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>25%</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>

In the Table 4, the percentage was the rate of cultural adaptation degrees in the same generation but in different target groups, which indicated both 12-21 years old and 22-40 years old participants adapted Hungarian life with the rate of 50%. However, in 40+ years old generation, 75% of participants adapted life there. In contrast to their adaptation process graphs (Figure 1, 2, 3, and 4), the result suggested that 60% participant in 40+ years old had experienced graph A, where the adapting process increases continuously, but each of 12-21 and 22-40 years old groups showed 15% and 34%. The results suggested that the number of older generation who had experienced
cultural shock and setbacks was less than younger generation. Overall, the view of adaptation degrees in different generation groups was described that half of Chinese immigrants adapted to Hungarian life well in both 12-21 years old and 22-40 years old groups, however, the ones of 40+ years old group had a more optimistic adaptation than other two generation groups.

5.3.2. The majority generation of Chinese immigrants in Hungary

Table 1, in Chapter 4, the table directly showed the majority of Chinese immigrants is perhaps aged in the range of 21-40. The reason why I supposed the second generation would be the majority of immigrants is that higher education opportunities and investment programs attracted Chinese people to start their new life in Hungary. However, when economic issues and moving purposes are also taken into account, this generation had more incentives, for example a hospitable environment, higher education opportunities, good prospects for their next generation, and having a higher quality of life for the same expenses in Hungary.

5.3.3. Reflections on the U/W-curve hypotheses

Due to comprehensively discovering various kinds of situations connected to adaptation and the U/W-curve hypotheses, this research also argued other possible factors which could influence these Chinese immigrants’ cultural adaptation in Hungary. In my questionnaire, to guide participants to identify their cross-cultural adaptation process in Hungary via graphs (Figure 1, 2, 3, and 4), a serious of questions needed to
be evaluated by themselves in advance, such as climate, foods, living environment, commodity prices, history, and transportation, etc.

Table 3, the distribution of different generations’ adaptation process, indicated that only 47.8% participants chose the U-curve and W-curve hypotheses, amount them, W-curve was occupied twice than U-curve hypotheses. Apparently, U-curve is not suitable and adequate to analyse newcomer’s adjustment in a new environment any longer. Although the W-curve was originally used for analysing when sojourners came back home and experienced adjustment again, here I used to suppose their adaption when encountering new ‘things’, or ways of viewing existing ‘things’, whether they feel curious or shocked, and how the process went on. Moreover, due to W-curve hypothesis itself, I designed a target group to discover whether this group experienced readjustment when they came back home. For details please see Table 5 and Table 6.

**Table 5.** Adaptation degrees of Group 4.

<table>
<thead>
<tr>
<th>Degree/Age</th>
<th>12-21 years old</th>
<th>22-40 years old</th>
<th>40+ years old</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>4、5</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>60%</td>
</tr>
<tr>
<td>3</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>30%</td>
</tr>
<tr>
<td>1、2</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Table 6.** Adaptation process of Group 4.

<table>
<thead>
<tr>
<th>Figure/Age</th>
<th>12-21 years old</th>
<th>22-40 years old</th>
<th>40+ years old</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>50%</td>
</tr>
<tr>
<td>B</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>20%</td>
</tr>
</tbody>
</table>
From Table 5, it was suggested that 60% of the participants experienced a better readjustment, and only 10% of them could not feel free when they went back home. About my personal experience, because of the high-speed development of economy, technology, and updated information in China, I have experienced confusion about all surroundings, and after a couple of days, I did generally feel better. However, the result was different from my personal experience, and I will attempt to be persuaded by this result.

In addition, in the Table 6, graph B was the U-curve hypothesis and graph D was the W-curve hypothesis, the results described that their adaptation process were only 10% in W-curve, and 20% in U-curve. Although the results indicated that the U-curve and W-curve hypotheses were not supported by the survey findings, it is important to remember that results cannot apply to all people in all contexts, therefore, both theories may still play a significant role in further research.

5.3.4. Language constraints

When Chinese immigrants arrived, there were many hidden challenges waiting to be faced in the early period, such as different cultural value standards, changing stereotypes, and language acquisition. The way to make this adjustment shorter was to learn native conventions, the ways of thinking, and the local language.

The data here reveals that 100% participants said that Hungarian was a difficult
language, even those who have lived in Hungary over 15 years. In order to live comfortably and conveniently in Hungary, Chinese immigrants tried to learn Hungarian as much as they could, unfortunately, they only could acquire the ‘surface’ of Hungarian. What is more, at least 7 participants mentioned that language was a brick, which could break the wall of restriction. However, the fact was that most Chinese migrants had many more Chinese friends than Hungarian friends, thus it can be assumed that Chinese migrants spent a lot of time in a Chinese-speaking environment, and it poorly influenced their ability to acquire a new language.
Discussion

According to the results outlined in Chapter 5, the process of Chinese immigrants' cross-cultural adaptation appeared to follow four distinct patterns. According to different considerations, for example, the data illustrated the majority of Chinese immigrants in Hungary is aged in the range of 22-40; the groups of 40+ years old experienced a better adjustment than other two target groups; 100% participants agreed with the fact that Hungarian was a difficult language, even though a part number of them were born in Hungary, or who spent over 15 years in Hungary.

Furthermore, results from this actual-work, then, are unsupportive of the previous claims that the U-curve and W-curve hypotheses contributed to sojourners' cross-cultural adjustment to a new life. From Table 3 and figure 1, 2, 3, and 4, in Chapter 4, it showed the percentages of each graphs were A-34.8%, B-15.2%, C-17.4%, and D-32.6%, respectively. Evidently, Chinese immigrants' adaptation is not following the principle schemes any more, as they experience continued increasing adaptation, and whose adaptation can remain at a stable level. Nonetheless, the two hypotheses do provide a helpful framework for designing surveys and guiding to analysis of one's findings in this academic area.

Additionally, due to the response patterns from the U/W-curve hypotheses, the data describe the complexity and variability of the Chinese immigrant experience. However,
certain factors can influence the results in that ways are necessary and important to explore. As we need more than data to analyse Chinese immigrants’ adaptation in Hungary, it is also important to define and understand a ‘real’ Chinese ethnic group and contribute to developing relations between China and Hungary.

I cited the W-curve hypothesis graph to explore Chinese immigrants adaptation process in encountering new ‘things’, or ways of viewing existing ‘things’, and I found that one-third participants adaptation experiences follow the w-curve model. It indicates that cultural adaptation is in some way a continuing process, and newcomers have to refresh their perceptions in various conditions during a prolonged struggle.

In contrast, sojourners whose adaptation process appeared stable have reasons for feeling the way they do. The data suggests that, on the one hand, certain individuals had an unpleasant experience in Hungary, which caused physical and/or psychological injuries; as a consequence fears and panic came out, afterwards, meaning that it was difficult to take part in activities. However, on the other hand, it is interesting that participants feel free in Hungary, because the living environment, foods, conventions are similar as the way they were in China, hence it is not needed to change their way of thinking and they do not miss the food from back home.

Moreover, the 40+ year-old group experienced a better adaptation and the 22-40 year-old group – which represents the majority of Chinese immigrants in Hungary – appear to be a practical work way that researchers can investigate from other aspects, for example Chinese communities in Hungary, and relations between Chinese immigrants and other ethnic groups living in Hungary. On the other hand, the 40+
year-old group have a richer life and perceptions than other two target groups, meaning that they are more easily to absorb and understand new ‘things’, although conversely, it is very hard to change stereotypes, if even they ignore new ‘things’ directly; on the other hand, the 22–40 year-old group not only can be seen as the majority of Chinese immigrants in Hungary, but it is also the majority of the development of a society, a company and a country, a group of people who need more opportunities to improve themselves and to acquire more useful skills and information.

With regard to language issue, which discussed in Chapter 5, the Chinese language is completely different from the Western alphabetic languages in terms of writing and pronunciation, structure and grammar (Mendelsohn, 1999). In contrast to Hungarian, although the pronunciation principles are the same, the Chinese characters are based on a totally different system of language—the ideograph.

Furthermore, when learning a new language somehow it is also needed to learn its cultural background, and without learning it who cannot successfully acquire the language (James, 2002). For example, when Chinese immigrants attempted to communicate with native people, although both of them spoke Hungarian fluently, it was hard for the Chinese to think in the logical, native way, and if these Chinese immigrants tried to express their opinions it made conversation hard for other Hungarians to understand them, as well. As a consequence, learning the language while learning its cultural background is necessary for Chinese immigrants’ adaptation in Hungary.

Finally, my findings to extent fill a gap in the academic literature, but it is a very
important area of investigation. Although they shed light on Chinese immigrants’
adaptation in Hungary, it also tells us something about how two countries are getting to
know each other better. Last but not least, both China and Hungary play a significant
role in Asia and in Eastern Europe, in particularly, not only because recently Hungary
became more popular for Chinese immigrants, but the political strategies of the two
countries mean that relations between China and Hungary are of crucial importance. To
achieve a good connection between these two counties, a good understanding of both
cultures is essential.
VII. Conclusion

This research focused on Chinese immigrants’ life adaptation in Hungary, and has highlighted a few essential issues related to the adaptation process and the U-curve and the W-curve hypotheses. Regarding their cross-cultural adaptation, the qualitative questionnaire data indicates a variety of results to be investigated in different individuals. Building on the survey data, this research content reveals greater insights through mixed analysis approaches, and it has been shown that the U-curve and the W-curve hypotheses are inadequate to analyse Chinese immigrants’ adaptation in this research context. Moreover, the data represented the majority of Chinese people living in Hungary is aged in the range of 22-40 year-old; and a better adjustment process happens in the target group of 40+ years old. Additionally, successful acquisition of the Hungarian language not only reflects Chinese immigrants’ efforts and learning abilities, it is also influenced by their degrees of Hungarian cultural acquisition.

Furthermore, taking into account the limitation of volunteer quantity, lack of the available academic research, and inadequate official data, it can be concluded that the results of Chinese immigrants’ adaptation need to be explored further. Alternative methods and other research directions should be considered, for example, observing the way Chinese people in Hungary celebrate Chinese festival and traditions, and small community observation. Combining such approaches with other methods will result in a more accurate assessment.

New study questions emerge as a result of these findings, which more research will
contribute to greater understanding, and improvement in developing Chinese immigrants’ adjustment in Hungary, for example, it may clarify the real reasons for Chinese people living in Hungary and their purposes, as well as the relations between Chinese communities and Hungarian society, and the political strategies of both China and Hungary.

Ultimately, the so-called “insular community” misrepresents the Chinese immigrants in Hungary, because developing crosscultural understanding involves perceiving members of different cultural groups positively (Wearing & McGehee, 2013. p.125), therefore it is not rigorous to label a ethnic group before investigating it entirely. With regard to recommendations for investigation in future, this research suggests that in order to understand each other well, both the ethnic Chinese immigrants in Hungary and local people should try to discover another culture and create more opportunities for interaction.
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