



Personality, Perception, and Cultural Adaptation: A Scoping Review of Interpersonal Dynamics in Cross-Cultural Contexts

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Abstract

This scoping review explores the interconnected roles of personality traits, perception, and cultural adaptation theory in the context of adapting to new cultural environments. With increasing cross-cultural mobility due to globalization, understanding the psychological mechanisms that facilitate cultural adaptation is important. Using the PRISMA-ScR framework, the review systematically identifies, and analyses studies published from 2000 to 2023, revealing key themes in the literature. The findings indicate that personality traits, particularly openness to experience, extraversion, and emotional stability, significantly influence individuals' approaches to cultural adaptation. Those high in openness demonstrate greater curiosity and acceptance of cultural differences, while extroverts typically build stronger social networks that aid in adaptation. Furthermore, perception plays a critical role in shaping individuals' experiences, positive perceptions of the host culture correlate with smoother adaptation processes. The review also highlights the significance of cultural adaptation theory, particularly Berry's Acculturation Model, which emphasizes the interplay between individual and contextual factors in adaptation outcomes. Limitations of existing research include a focus on Western contexts and a reliance on cross-sectional studies, which constrain the understanding of long-term adaptation processes. Future research directions include longitudinal studies, cross-cultural comparisons, and interventions tailored to personality traits and perceptual tendencies. This review contributes to a deeper understanding of the psychological processes involved in cultural adaptation, offering a foundation for developing effective strategies to support individuals in navigating the complexities of cross-cultural transitions.

Keywords: Acculturation, Cultural Adaptation, Globalization, Perception, Personality Traits, Psychological Adjustment

1. Introduction

The rapid pace of globalization has fundamentally reshaped human interactions, fostering unprecedented levels of cultural exchange and mobility. In today's interconnected world,

individuals frequently encounter situations requiring adaptation to cultural norms, values, and practices distinct from their own. This phenomenon, known as cross-cultural adaptation, has become a critical focus in disciplines such as international education, global business, migration studies, and humanitarian efforts (Berry, 1997; Searle & Ward, 1990; Lewthwaite, 1996). Effective adaptation is essential not only for individual psychological well-being but also for fostering social cohesion and productive intercultural relationships within multicultural societies (Eyou, Adair, & Dixon, 2000; Ward, Leong, & Low, 2004).

Cross-cultural adaptation is a dynamic and bidirectional process shaped by interactions between individuals and their sociocultural environments. It often involves balancing heritage cultural values with the demands of the host culture, a challenge well captured by Berry's Acculturation Model (Berry, 1997). According to this model, individuals adopt one of four acculturation strategies i.e., integration, assimilation, separation, or marginalization when negotiating cultural adjustment. Research consistently links integration with greater psychological and sociocultural well-being, emphasizing the importance of adaptive strategies in fostering successful cross-cultural transitions (Safdar, Lay, & Struthers, 2003; Zhang, Mandl, & Wang, 2010).

While external factors such as societal attitudes and institutional support influence adaptation, individual characteristics play a crucial role in determining adaptation outcomes. Personality traits, particularly openness to experience, extraversion, and emotional stability, have emerged as key predictors of successful adaptation. Individuals high in openness demonstrate curiosity toward new cultural experiences, fostering smoother transitions (Church, 2000; Liu & Huang, 2015). Similarly, extraverted individuals benefit from stronger social networks, which provide emotional and practical support during adaptation (Ward, Leong, & Low, 2004; Jannesari et al., 2017). Furthermore, emotional stability helps mitigate the negative effects of culture shock, enabling individuals to navigate cross-cultural stressors with resilience (Kim, Chen, & Weiss, 2016).

Beyond personality traits, perceptions of the host culture play a pivotal role in shaping adaptation experiences. Positive perceptions encourage individuals to engage in meaningful interactions, facilitating smoother integration into new cultural environments. In contrast, negative perceptions can lead to resistance, heightened stress, and adaptation challenges (Eyou, Adair, & Dixon, 2000). These perceptions are influenced by initial interactions, media representations, and pre-existing cultural biases, highlighting the need for interventions that promote openness and mutual understanding (Page, 2006; Schwartz et al., 2006).

Despite the growing interest in cross-cultural adaptation, several research gaps remain. Existing studies often focus on specific populations, such as international students and expatriate professionals, while marginalized groups, including refugees and individuals with intersecting cultural identities, are underrepresented (Wu, Garza, & Guzman, 2015; Chen & Zhang, 2023). Additionally, the prevalence of cross-sectional research designs limits insights into the longitudinal dynamics of adaptation (Searle & Ward, 1990). Addressing these limitations is essential for developing a more comprehensive understanding of how personality traits, cultural perceptions, and acculturation strategies interact across diverse contexts.

This scoping review synthesizes existing research to examine the role of individual personality traits, perceptions of the host culture, and theoretical frameworks like Berry's Acculturation Model in cross-cultural adaptation. Specifically, it seeks to answer the following research questions:

1. How do personality traits influence cross-cultural adaptation, and which traits are most significant?
2. In what ways do individuals' perceptions of the host culture impact their adaptation process?
3. How effective is Berry's Acculturation Model in explaining adaptation outcomes across diverse cultural contexts?
4. What are the limitations of current research on cross-cultural adaptation, and how can future studies address these gaps?

By addressing these questions, this review contributes new insights into the complex interplay of personality, perception, and adaptation, expanding upon existing literature and offering practical and theoretical advancements in understanding cross-cultural transitions. Additionally, this study highlights the need for future research to incorporate longitudinal designs and non-Western perspectives, ensuring a more globally inclusive understanding of cross-cultural adaptation.

2. Methodology

2.1 Scoping Review Protocol

This scoping review follows the guidelines outlined in the PRISMA Extension for Scoping Reviews (PRISMA-ScR; Tricco et al., 2018) to ensure a systematic, rigorous, and transparent approach in identifying, selecting, and synthesizing relevant literature. This protocol facilitates a comprehensive mapping of research on personality traits, perception, and cultural adaptation. Additionally, Berry's (1997) Acculturation Model serves as a theoretical foundation, providing a structured lens to examine how personality traits and perception influence adaptation processes in cross-cultural contexts.

2.2 Inclusion Criteria

Studies were included if they met the following criteria:

1. **Publication Date:** Studies published between 2000 and 2023 were included to ensure that findings reflect contemporary theories, research trends, and evolving cultural dynamics.
2. **Theoretical Framework:** Studies engaging with Berry's Acculturation Model or similar frameworks related to personality, perception, and cultural adaptation were prioritized to enhance theoretical contributions.
3. **Focus Areas:** Studies had to examine at least one of the following:
 - (i) The role of personality traits in cultural adaptation.
 - (ii) Perception of the host culture and its impact on adjustment.
 - (iii) Acculturation strategies and sociocultural adaptation.
4. **Types of Publications:** Empirical studies (qualitative, quantitative, or mixed-methods), theoretical papers, and systematic reviews were included to ensure a broad and well-integrated synthesis.

5. Language: Only English-language publications were considered to maintain consistency in interpretation and avoid translation bias.

2.3 Exclusion Criteria

Studies were excluded if they met any of the following criteria:

1. Studies Published Before 2000: Given the rapid evolution of psychological and cultural research, older studies were excluded to maintain relevance to contemporary adaptation processes.
2. Articles Not Aligned with Personality, Perception, or Cultural Adaptation: Research primarily focused on economic migration, policy analysis, or unrelated sociological themes was excluded.
3. Non-Empirical or Non-Peer-Reviewed Sources: Editorials, commentaries, and non-peer-reviewed articles were omitted to ensure academic rigor.
4. Non-English Publications: To ensure consistency in analysis and avoid translation inconsistencies, only English-language studies were reviewed.
5. Lack of Cultural Adaptation or Acculturation Focus: Studies that did not address psychological or sociocultural aspects of adaptation were excluded.
6. Studies on Clinical Populations or Historical Contexts: Research focused on clinical groups (e.g., individuals with diagnosed psychological disorders) or historical migration patterns without empirical application was excluded.

2.4 Search Strategy

A comprehensive and systematic search strategy was employed across major academic databases, including PsycINFO, PubMed, and Google Scholar, to ensure wide coverage of psychological, medical, and interdisciplinary research.

2.4.1 Search Keywords and Boolean Operators

To retrieve the most relevant studies, the search combined key terms reflecting core constructs of the review: “personality” AND “perception” AND (“cultural adaptation” OR “cultural adjustment” OR “acculturation”).

Alternative spellings and truncations were incorporated where applicable to maximize sensitivity and specificity. The search strategy was refined iteratively to ensure coverage of high-quality and relevant research.

2.4.2 Screening and Selection Process

The initial database search was supplemented by a manual review of reference lists in relevant articles to minimize the risk of omitting critical studies. Duplicate records were removed, and remaining articles were screened in two phases:

1. Title and abstract review to filter out irrelevant studies.
2. Full-text review of potentially eligible articles to ensure alignment with inclusion criteria.

By systematically mapping existing literature and integrating Berry’s Acculturation Model, this review advances theoretical and practical understanding of how personality traits and perception influence cultural adaptation.

3. Results

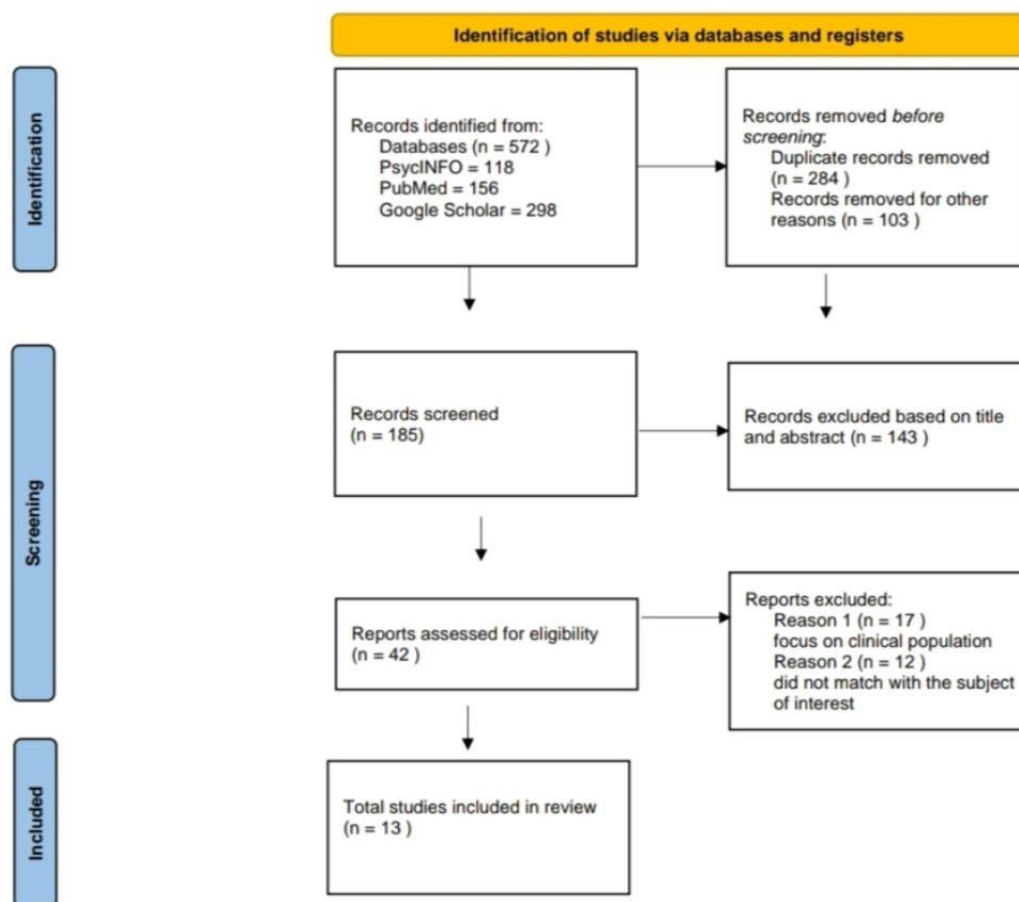


Figure 1: PRISMA Flow Diagram for Study Selection

This systematic review identified 13 key studies that explored the relationship between personality traits, perception, and cultural adaptation across diverse populations and cultural contexts. These studies employed various methodological approaches, consistently highlighting the influence of openness to experience, extraversion, emotional stability, and perceptions of the host culture in shaping adaptation outcomes. Below is a synthesis of the main findings from the included studies.

Table 1: Summary of Included studies: Key characters and findings

Author/Year	Sample	Focus	Findings	Methodology	Contribution
Chen & Zhang (2023)	International students across multiple universities	Analyses how personality traits influence cultural adaptation	Extraversion and emotional stability lead to higher cultural competence	Survey-based approach	Extends research by considering contemporary globalization effects
Terrana, A., & Al-Delaimy, W. (2023)	Studies on resilience measures across different cultures.	Examines how resilience is measured and what factors help people stay strong in different cultural settings.	Resilience is different across cultures, and many tests do not work well for non-Western groups.	Systematic review using both qualitative and quantitative research.	Highlights the need for culturally sensitive resilience measures and mixed-methods research.
Jannesari et al. (2017)	Expatriates and host-country nationals	Examines the role of social support in expatriate adaptation	Supervisor and peer support significantly enhance adaptation outcomes	Survey and qualitative interviews	Highlights the importance of workplace relationships in cross-cultural transitions
Kim, Chen, & Weiss (2016)	Korean American adolescents in the U.S.	Investigates the relationship between personality, acculturation, and mental health	Bicultural individuals with strong identity integration have better mental health	Survey-based study analyzing personality traits and cultural identity	Provides evidence for the psychological benefits of balanced acculturation
Liu & Huang (2015)	International students in the U.S	Examines personality change and cultural adaptation in international students	Extraversion and openness increase over time, improving adaptation	Longitudinal survey study	Suggests personality traits evolve with cultural exposure
Wu, Garza, & Guzman (2015) - International Students' Challenges and Adjustment to College	150+ international students in the U.S	Examines the psychological challenges faced by international students	Language barriers, cultural differences, and personality traits shape adjustment success	Mixed-methods (surveys and qualitative interviews)	Highlights practical challenges in cultural adaptation for students
Zhang, Mandl, & Wang (2010)	200+ Chinese international students in Germany	Examines the role of personality traits in cultural adaptation	High openness and emotional stability predict better psychosocial adaptation	Survey-based quantitative analysis	Reinforces personality as a key factor in cross-cultural adaptation
Ward, Leong, & Low (2004)	International students from various countries	Examines the relationship between personality traits and sojourner adjustment	Openness to experience and extraversion facilitate cross-cultural adjustment	Quantitative survey and regression analysis	Empirical support for the Big Five personality traits influencing adaptation
Safdar, Lay, & Struthers (2003)	Iranian immigrants in Canada	Develops and tests an acculturation model based on personal goals	Individual differences in acculturation strategies impact psychological adjustment	Quantitative survey-based approach	Offers a new model linking acculturation to personal goals
Schwartz et al. (2006)	Immigrant adolescents across multiple cultural contexts	Examines identity development's impact on acculturation	Strong cultural identity promotes positive psychological	Longitudinal study with surveys and interviews	Introduces a theoretical model linking identity formation to

Author/Year	Sample	Focus	Findings	Methodology	Contribution
			adaptation		adaptation success
Page (2006)	Literature review focusing on Mexican immigrant communities	Conceptual analysis of acculturation among Mexican immigrants	Acculturation experiences vary significantly based on cultural perceptions	Theoretical and conceptual analysis	Enhances understanding of acculturation as a complex and individualized process
Eyou, Adair, & Dixon (2000)	119 Chinese immigrant adolescents in New Zealand	Investigates the psychological adjustment of adolescent Chinese immigrants	Bicultural identity positively correlates with psychological well-being and lower stress	Survey-based quantitative analysis	Highlights the role of cultural identity in successful adaptation
Church (2000)	Cross-cultural personality studies from various countries	Examines the intersection of cultural psychology and personality psychology	Personality traits influence cultural adaptation, with openness and extraversion playing key roles in adjustment	Literature review and meta-analysis of trait-based cultural research	Provides a theoretical framework for understanding personality's role in cultural adaptation

3.1 Personality Traits and Cultural Adaptation

Numerous studies emphasized the crucial role of personality traits in facilitating cultural adaptation, particularly focusing on openness to experience, extraversion, and emotional stability. Openness to Experience emerged as a significant predictor of successful adaptation. For example, Ward, Leong, & Low (2004) found a positive correlation between openness and cultural competence among international students, noting that individuals high in openness experienced lower adaptation stress. This finding aligns with Zhang, Mandl, & Wang (2010), who extended the research to expatriates, demonstrating that openness facilitated social integration and decreased cultural fatigue. Individuals who are open to new experiences exhibit a willingness to engage with host cultural practices, enhancing their adaptability.

Another key personality trait influencing adaptation is extraversion. Extraverted individuals often have an easier time building social networks, which can provide essential emotional and practical support during the adaptation process. For instance, Liu & Huang (2015) showed that extraversion positively predicted higher social support and lower acculturative stress among Chinese immigrants adjusting to life in the U.S. Moreover, Jannesari et al. (2017) reported that expatriates characterized by high levels of extraversion formed stronger workplace relationships, ultimately enhancing their overall well-being.

Emotional stability also plays a critical role in the cultural adaptation process, particularly in reducing experiences of culture shock and psychological distress. In a study by Kim, Chen, & Weiss (2016), emotionally stable Korean American adolescents reported better mental health outcomes during their acculturation process compared to those who were less stable.

3.2 Perception and Interpretation of Cultural Differences

The findings also underscore the importance of perceptions in shaping individuals' adaptation experiences. The perception of the host culture significantly influences whether individuals will adapt successfully or struggle with adjustment. Research conducted by Wu, Garza, & Guzman (2015) indicated that international students who held positive views of their host country were able to adjust more quickly and reported less cultural stress. This suggests that positive perceptions of the host culture can facilitate smoother integration into the new environment.

Conversely, negative perceptions of the host culture can hinder adaptation efforts. For example, Page (2006) examined the experiences of Mexican immigrants and found that negative media portrayals of their culture contributed to feelings of marginalization and higher acculturative stress. Similarly, Schwartz et al. (2006) highlighted that individuals who perceived discrimination experienced greater challenges in adaptation, further emphasizing the importance of societal attitudes toward newcomers.

Overall, these findings indicate that individuals who view the host culture as welcoming are more likely to integrate successfully. In contrast, those with negative perceptions may experience increased stress and difficulties adapting to their new environment. Notably, Terrana & Al-Delaimy (2023) highlighted resilience as a mediating factor in this process, showing that individuals possessing both high resilience and openness tended to adapt more effectively across different cultural settings.

3.3 Cultural Adaptation Theory: Berry's Acculturation Model

Berry's Acculturation Model (Berry, 1997, 2001) has served as a foundational framework in several studies addressing cultural adaptation. According to Berry, individuals can adopt various acculturation strategies, with integration maintaining aspects of one's original culture while engaging with the host culture yielding better adaptation outcomes than strategies such as separation or marginalization.

Supporting this model, Searle & Ward (1990) found that individuals adopting an integration strategy experienced lower cultural stress and higher self-esteem than those who marginalized themselves. Furthermore, Eyou, Adair, & Dixon (2000) noted that adolescents who identified primarily with their home culture without engaging with the host culture faced weaker social networks and lower psychological well-being.

The dynamic nature of adaptation is emphasized by Berry's assertion that it is a bidirectional process, influenced by both the individual's willingness to adapt and the societal attitudes toward immigrants. In this vein, Church (2000) integrated concepts from personality and cultural psychology, arguing that individual differences significantly interact with acculturation strategies to shape diverse adaptation experiences.

4. Discussion

The findings of this scoping review emphasize that cultural adaptation is a complex, dynamic process shaped by the interaction of personality traits, perceptions, and adaptation strategies. Adaptation does not occur in a linear manner but is influenced by stable personality characteristics and flexible cognitive perceptions, which together determine how individuals navigate cultural transitions. This section discusses the broader implications of these findings, considering their relevance for individuals adjusting to new cultural environments, the refinement of theoretical models, and the development of targeted intervention strategies. By integrating perspectives from personality psychology, perception studies, and cultural adaptation theory, this discussion provides insights into how these factors collectively shape adaptation outcomes and highlights future research directions.

4.1 Personality Traits and Cultural Adaptation: Expanding Beyond Openness and Extraversion

The literature consistently underscores the roles of openness to experience, extraversion, and emotional stability in facilitating successful adaptation. These traits contribute to behaviors

and attitudes such as curiosity, sociability, and emotional resilience, which enhance cultural adjustment (McCrae & Costa, 1997). However, focusing solely on these three traits may overlook other important aspects of personality that influence adaptation.

For instance, conscientiousness, which is associated with self-discipline and goal orientation, plays a role in adaptation by helping individuals establish routines and create a sense of stability in new cultural environments (Van der Zee & Van Oudenhoven, 2013). Individuals high in conscientiousness may demonstrate greater resilience by actively working toward integration, adhering to social norms, and engaging in structured adaptation strategies (Ward et al., 2004).

Moreover, agreeableness, characterized by empathy, trust, and cooperativeness, may enhance adaptation by facilitating positive social interactions within the host culture (Church, 2000). Highly agreeable individuals are more likely to build relationships and avoid conflicts, whereas those with low agreeableness may struggle with interpersonal challenges, leading to social isolation (Ward et al., 2001). Future research should explore the impact of these personality dimensions to develop a more comprehensive understanding of personality-driven adaptation (Zhang et al., 2010).

4.2 Perception as a Key Mediator in the Adaptation Process

This review highlights perception as a significant mediator in cultural adaptation. One of the most influential perceptual factors is perceived cultural distance, which refers to the extent to which individuals see differences between their native and host cultures. Research indicates that perceiving the host culture as significantly different can lead to increased culture shock, withdrawal, and psychological distress (Searle & Ward, 1990). Conversely, individuals who perceive similarities between cultures experience reduced adaptation challenges and a greater sense of connection to their new environment (Ward & Kennedy, 1999).

The concept of cognitive flexibility, or the ability to adjust mental frameworks to accommodate new cultural contexts, is also crucial in shaping perceptions of cultural differences (Kim et al., 2016). Cognitive flexibility allows individuals to reframe cultural differences as opportunities for personal growth rather than as threats. Techniques that promote cognitive flexibility such as intercultural training and cognitive reframing exercises could be beneficial in supporting adaptation, fostering an open-minded and non-judgmental approach to cultural differences, and reducing adaptation stress (Caligiuri, 2007).

Another key perceptual factor is ethnocentrism, the tendency to evaluate other cultures based on the standards of one's own. High ethnocentrism can hinder adaptation by reinforcing negative biases and increasing perceived cultural distance. Addressing ethnocentric attitudes through perspective-taking and awareness-building exercises can help individuals develop a more inclusive and adaptable mindset, facilitating smoother cross-cultural transitions (Safdar et al., 2003).

4.3 Expanding Cultural Adaptation Theory: Integrating Personality and Perception

Berry's (1997) acculturation model has been instrumental in understanding cultural adaptation strategies, such as integration, assimilation, separation, and marginalization. This model suggests that integration, where individuals maintain aspects of their original culture while engaging with the host culture, leads to better adaptation outcomes than separation or marginalization. However, the findings of this review suggest that personality traits and perception play a crucial role in determining which acculturation strategy an individual is likely to adopt.

Individuals high in openness and cognitive flexibility are more inclined toward integration or assimilation strategies, as they tend to perceive cultural differences positively and are more willing to engage with the host culture (Chen et al., 2023). In contrast, individuals with low openness or high ethnocentrism may be more prone to adopt separation or marginalization strategies, leading to greater adaptation challenges (Eyou et al., 2000). By integrating personality and perceptual factors into cultural adaptation theory, researchers can develop a more nuanced understanding of the psychological mechanisms underlying acculturation choices (Liu & Huang, 2015).

4.4 Implications for Intervention and Support Programs

The findings of this review have practical implications for developing interventions tailored to individual differences in personality and perception. Personalizing adaptation support programs based on personality traits could enhance their effectiveness. For example, individuals with low openness or high anxiety might benefit from structured programs that introduce cultural norms gradually and provide clear guidance to minimize stress (Wu et al., 2015). Personality assessments could help identify individuals at higher risk of experiencing adaptation difficulties, allowing for targeted support in social integration and cultural adjustment (Ward et al., 2004).

Perceptual training should also be incorporated into adaptation programs. Cognitive reframing exercises can help individuals reinterpret cultural differences in a positive light, reducing stress and increasing cultural engagement. Intercultural training programs that promote cognitive flexibility, reduce ethnocentric biases, and encourage perspective-taking may improve adaptation outcomes across different populations (Jannesari et al., 2017). These approaches could be particularly beneficial in academic, workplace, and expatriate settings, where individuals often experience prolonged exposure to cultural differences.

Furthermore, the importance of social support networks should not be overlooked. While extraverted individuals naturally build social connections that aid adaptation, those with lower extraversion levels may need structured opportunities for social interaction, such as mentorship programs, cultural exchange initiatives, or peer support groups (Giorgi et al., 2020). Providing avenues for social engagement can enhance belongingness and mitigate adaptation challenges, particularly for individuals who are less likely to seek out support independently (Adelman, 1988).

4.5 Limitations and Future Research Directions

Despite the significant contributions of this review, several limitations must be acknowledged. A predominant reliance on cross-sectional research designs limits the ability to assess how personality traits and perceptions evolve over time in the context of cultural adaptation. Future longitudinal studies are necessary to provide deeper insights into the dynamic nature of personality traits such as openness and extraversion, particularly as individuals gain prolonged exposure to new cultural environments (McCrae & Costa, 1997). Longitudinal designs would also help clarify causal relationships between personality, perception, and adaptation outcomes, addressing the limitations of existing correlational studies (Liu & Huang, 2015).

Additionally, a substantial portion of the existing literature focuses on Western contexts, which restricts the generalizability of findings. Most studies have been conducted in North America, Europe, and Australia, where individualistic cultural values shape adaptation experiences (Ward et al., 2001). In contrast, in non-Western and collectivist societies,

adaptation may be influenced by cultural norms that emphasize interdependence, social harmony, and community over individual expression (Chen et al., 2008). Future research should prioritize studying adaptation in regions such as Asia, Africa, and Latin America to identify potential culture-specific adaptation processes and challenge Western-centric assumptions in cross-cultural psychology (Eyou et al., 2000).

Moreover, existing research has largely overlooked the role of intersectionality in cultural adaptation. Minority and marginalized groups often face additional stressors, including discrimination, economic barriers, and restrictive immigration policies, which may interact with personality traits and perceptions in complex ways (Schwartz et al., 2006). Investigating the adaptation experiences of diverse populations such as refugees, international students from underrepresented regions, and low-income migrants would provide a more nuanced understanding of the factors that shape adaptation and inform the development of inclusive policies and interventions (Safdar et al., 2003).

An additional area for future exploration is the integration of cultural psychology and personality theories into adaptation research. While Berry's (1997) Acculturation Model provides a foundational framework, further investigation into how cultural values and societal norms influence personality traits and perceptions could enhance the field (Berry, 2008). Identifying universal versus culture-specific elements of adaptation would contribute to a more comprehensive theoretical model in cross-cultural psychology, addressing the complexities of adaptation in diverse contexts (Caligiuri, 2007).

Methodologically, the field would benefit from the inclusion of mixed-method approaches. While quantitative studies dominate cultural adaptation research, qualitative research could provide valuable insights into the lived experiences, coping mechanisms, and micro-level social interactions that shape adaptation (Wu et al., 2015). Additionally, experimental designs could be employed to establish causal relationships between personality traits and adaptation outcomes, thereby strengthening theoretical models and guiding evidence-based interventions (Jannesari et al., 2017). By addressing these limitations, future research can expand the applicability of current findings, enhance theoretical frameworks, and contribute to the development of more inclusive and culturally sensitive approaches to cross-cultural adaptation.

5. Conclusion

This scoping review has synthesized key findings on the interplay between personality traits, perception, and cultural adaptation theories in shaping cross-cultural adaptation. The evidence consistently highlights openness to experience, extraversion, and emotional stability as significant predictors of successful adaptation, influencing curiosity, social engagement, and psychological resilience. However, broadening the scope to include conscientiousness and agreeableness offers further insight into how individuals navigate adaptation through structured routines and cooperative social interactions.

Perception has emerged as a crucial mediating factor in adaptation, shaping how individuals interpret cultural differences and respond to challenges. Positive perceptions of the host culture, cognitive flexibility, and lower ethnocentrism facilitate smoother adaptation by transforming cultural differences into opportunities for personal and social growth. These findings underscore the value of interventions that enhance perceptual adaptability, such as intercultural training and cognitive reframing exercises, to foster psychological well-being and reduce adaptation stress.

The application of Berry's Acculturation Model provides a foundational framework for understanding how individuals balance their heritage and host cultures. However, integrating personality and perception into this theoretical model offers a more comprehensive perspective on the psychological mechanisms underlying acculturation strategies and their adaptation outcomes. By considering individual differences in personality and perceptual tendencies, researchers can refine adaptation models to account for both trait-based predispositions and cognitive adaptability.

Despite its contributions, this review identifies several gaps in the literature, including an over-reliance on cross-sectional studies and a predominant focus on Western cultural contexts. Future research should prioritize longitudinal studies to track adaptation processes over time, explore diverse cultural and minority populations, and investigate how cultural values interact with personality traits to shape adaptation experiences.

In conclusion, this review underscores the dynamic interplay between personality traits, perception, and cultural adaptation. While personality traits such as openness, extraversion, and emotional stability influence adaptation readiness, perception mediates how individuals engage with their host culture either positively or negatively. Expanding cultural adaptation theory to incorporate personality and cognitive perception factors can lead to the development of more tailored, evidence-based interventions that enhance adaptation outcomes. Future research should broaden its scope to non-Western contexts, emphasize cognitive flexibility and ethnocentrism reduction, and adopt longitudinal approaches. A deeper, more holistic understanding of cultural adaptation can support individuals in navigating the psychological challenges of cultural transitions, ultimately fostering harmonious multicultural societies.

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