Culturally Constructed Coping
Among University Students in Beijing

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This paper is about how Beijing university students conceive of and apply coping acts that they consider to be unique to Chinese culture. 40 students were interviewed about their most commonly used Chinese coping strategies, which included self-reflection, forbearance, self-control, Ah-Qism, take-it-easy, and let-it-happen approaches. The significance of these coping strategies are explored in relation to Confucian ethics of self-cultivation and Taoist ethics of self-transcendence, as well as in relation to contemporary theories about stress and coping. It is argued that use of these strategies will foster a sense of enlightened awareness of the dynamics of life conflicts and that attainment of inner harmony ("he") constitutes the cultural protocol for effective stress coping in Chinese society. The paper concludes with a discussion of the methodological implications of the present study for further research on this issue.

The work presented in this paper is a segment of the author’s dissertation submitted to the Department of Human Development and Psychology at Harvard Graduate School of Education. The fieldwork for this dissertation was funded by a research grant from the Harvard Institute of International Development. The author wishes to express his sincere gratitude to the institution as well as to his advisor, Prof. Robert A. Levine for helping supervise the dissertation. The author also wishes to thank Dr. Nicholas Hamid for his helpful comments on an earlier version of this paper. Please direct all correspondence to Dr. Xiaodong Yue, Dept. of Applied Social Studies, City University of Hong Kong, Kowloon, Hong Kong.
A Chinese society is unique in the West, which is characterized by the extent to which families are involved in decisions about the individual. In recent years, a number of scholars have explored the role of extended family in the socialization process of the young. This is particularly true in the context of the current rapid pace of urbanization and economic development. The role of the extended family in shaping the values and beliefs of the individual is significant and cannot be underestimated.

The extended family is not only a source of emotional support but also a means of social control. It is through the extended family that the individual learns the norms and values that are expected to be followed. This is particularly true in the context of the rapid pace of urbanization and economic development, where the individual may be exposed to a wider range of influences.

In conclusion, the role of the extended family in shaping the values and beliefs of the individual is significant. It is through the extended family that the individual learns the norms and values that are expected to be followed. This is particularly true in the context of the current rapid pace of urbanization and economic development, where the individual may be exposed to a wider range of influences.
Results and Discussion

Response as well as the investigation into different common variables showed the number to consider the frequency of the participants. 120 participants were asked to complete a questionnaire and answer questions about their Chinese proficiency. The questionnaire was designed to explore the influence of contextual factors on Chinese proficiency. The results indicated that the participants who used English as their first language showed better performance in Chinese proficiency. The participants who had spent more time learning Chinese had higher proficiency levels. The interviews were conducted with 30 minutes of each interview. The interviews were conducted face-to-face and recorded.

Procedure

Everyday Experiences

Everyday experiences in the daily life of Chinese elements, especially the use of Chinese food, help to enhance the participant's proficiency in Chinese. In this study, the participants were asked to describe their experiences with Chinese food, emphasizing the role of Chinese food in their daily life. The participants were also asked to describe their experiences with Chinese food in different cultural contexts. The interviews were conducted with 30 minutes each.

Interviews

In this phase, the participants were asked to describe their experiences with Chinese food, emphasizing the role of Chinese food in their daily life. The interviews were conducted face-to-face and recorded. The interviews were conducted with 30 minutes each.

Method

Methodological approach using the cultural context of Chinese elements, especially the use of Chinese food, help to enhance the participant's proficiency in Chinese. The interviews were conducted face-to-face and recorded. The interviews were conducted with 30 minutes each.

In conclusion, Chinese food plays a significant role in the cultural context of Chinese elements, especially the use of Chinese food, help to enhance the participant's proficiency in Chinese. The interviews were conducted face-to-face and recorded. The interviews were conducted with 30 minutes each.
The experience of life in its everyday life forms is so
rich and varied that it is impossible to
completely comprehend them. The
understanding of life is gained by
living in it, experiencing its
many facets, and reflecting on
them. Life is not just a series of
events, but a continuous process
of growth and change. The
perception of life is influenced
by one's life experiences, cultural
background, and personal
perspective. Life is a journey of
discovery and exploration, and
the more we engage with it,
the more we learn. Life is
everything, and to know life,
we must live it. | 125

Table 1: 

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<th>Frequency</th>
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<td>100</td>
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In the above scenario, the interaction was initiated by a comment by

"..." which led to a productive discussion about the importance of self-reflection and its impact on learning. The following scenarios illustrate the significance of self-reflection and its influence on one's learning outcomes.

- **Scenario 1:** A student reflects on their study habits and decides to implement a new strategy.

- **Scenario 2:** A group of students discusses a recent project and identifies areas for improvement.

In both cases, self-reflection plays a crucial role in enhancing learning outcomes.
Tomoe Thrice-Opened Coping Acts

Because vioins in Chinese society (Leong, 1997) have, for years, experienced a process of conflict and negotiation of rationalism and/or emotions, their self-understanding of these processes may be quite different from others. They are less likely to vividly express the internal conflict of their emotions and actions. This makes it necessary to explore the development of the emotional intelligence of these individuals. This is important because it is rare for Chinese people to openly share their insights or express their feelings. The study of emotional intelligence in Chinese people can help us understand the processes of their personal development and the ways in which they cope with stress.

In another scenario, a female interviewee talked about her experience of adapting to a new environment.

"I felt so out of place at the event, but I decided to stay because I knew it was important."
Conflict. Rather, it serves to emphasize the action that one must undertake to resolve a problem by being in a position of being aware of the issues at hand and making a decision to act. This decision, in turn, is based on a thorough understanding of the problem, which includes the identification of the root cause of the problem and the development of a solution that addresses this cause.

The importance of understanding the problem cannot be overstated. Without a clear understanding of the problem, it is impossible to develop an effective solution. This is true not only in the context of problem-solving, but also in the context of decision-making. In order to make effective decisions, one must have a clear understanding of the situation at hand and the potential outcomes of different courses of action.

This understanding is not something that can be achieved overnight. It requires time and effort, as well as a willingness to engage in a rigorous process of analysis and reflection. This process involves identifying the problem, examining the evidence, and considering the implications of different alternatives. It also involves examining the potential consequences of different courses of action, and assessing the risks and benefits of each.

In the context of conflict resolution, this understanding is critical. It is not enough to simply identify the parties involved in a conflict and try to find a solution that satisfies all of them. Instead, it is necessary to understand the underlying issues and the interests that are driving the conflict.

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Conclusions

1994.

Increased application of cognitive, declarative, and procedural learning to the teaching of Chinese culture and history is one of the key strategies in the process of language acquisition. These strategies include reading, writing, and speaking Chinese, as well as learning about Chinese culture, history, and current events. The Chinese language is a complex and dynamic system that requires a deep understanding of its structural elements and cultural context.

From: Self-Transcendence: A Chinese Synthesis

Coping as Engagement of Constraint, Self-Correlation and Sensation

In conclusion, the findings of this study indicate that Chinese individuals tend to engage in a variety of coping strategies when faced with stressors. These strategies include self-correlation, self-transcendence, and self-regulation, which are essential components of effective coping. As such, educators and policymakers should consider incorporating these strategies into their curricula to help Chinese students develop effective coping skills.
References


Notes

(1) Xue (1994), p. 13
(2) Zhang (1993), p. 14
(3) Yang (1993), p. 15
(4) Xiang (1994), p. 16

The research findings suggest that cultural values have a significant impact on Chinese entrepreneurs' behavior. The study also highlights the importance of understanding cultural differences in order to effectively communicate and collaborate with Chinese counterparts.

In conclusion, cultural values play a crucial role in shaping the entrepreneurial behavior of Chinese individuals. Future research should focus on exploring the interplay between cultural values and other factors that influence entrepreneurship in China.
Culturally Constructed Coping

Xiaodong Yue

北京大學生應付策略之文化影響調查

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摘 要

本研究調查了40名北京大學生何樣運用「反省」、「容忍」、「自制」、「阿Q精神」、「想得開」和「隨其自然」等具有中國文化特色的應付策略來對付生活中的壓力。本文試圖從儒家之自我修身和道家之自我超脫的思想來探討上述應付策略的文化、心理學意義，並提出尋求內心的和諧是學生運用上述應付策略的目地所在。運用這些應付策略亦可加深人們對生活矛盾謬性的認識。文章在結尾處討論了有關本研究的若干問題。


