

Adjustment and Cultural Adaptation of Foreigners Residing In the Cities of Batangas Province

Loida F. Tungao

College of Arts and Sciences, Batangas State University, Malvar Campus, Philippines
E-mail: Loida_tungao@yahoo.com

Abstract: The main objective of the study was to determine the level of adjustment and cultural adaptation of the foreigners in the cities of Batangas Province. The study was conducted to the foreigners living in the cities of Batangas Province namely Batangas City, Batangas City, and Tanauan City to assess their level of physical/environmental, social and emotional adjustments and their cultural adaptation in terms of religion and custom and traditions.

In addition, the study sought to find out the difference of the foreigners' physical/environmental, emotional and social adjustment when grouped according to age, sex, civil status, nationality, length of residency and nature of work. The same profiles were also correlated to the respondents' assessment on their cultural adaptation. The end view was to come up with implications based on the findings to the communities in Batangas Province and the foreigners as well.

The respondents of the study were the foreigners from the aforementioned cities in Batangas Province. In particular, 26 from Batangas City, 19 from Lipa City and 15 from Tanauan City with the total of 60 respondents. They were selected purposively regardless of the considered profiles in this research.

Statistical treatments applied research data included frequency and percentage, weighted-mean, t-test, ANOVA, and chi-square. The descriptive method of research was employed and a self-constructed questionnaire as its primary instrument.

Results of the study divulged that majority of the respondents belonged to the age group of 39-48, males, married, Americans, staying in the Philippines for less than a year to 2 years and self-employed. In addition, the foreigner-respondents are slightly adjusted physically/environmentally whereas they were highly adjusted socially and emotionally while living here in the country. Likewise, they have slight cultural adaptation particularly in religion and customs and tradition.

On the other hand, the foreigner-respondents have similar level of physical, social and emotional adjustments when grouped according to their age, sex, civil status, nationality, length of stay and nature of work. Meanwhile, there are no significant relationships noted between the profile of the respondents such as age, sex, civil status, nationality, length of stay and nature of work and their cultural adaptation in terms of religion, customs and traditions.

In the light of the findings and conclusions, the researchers recommended that the local tourism office of Batangas may use the findings of this research to motivate many other foreigners to come and visit the place. Through this, the tourism industry will expand and will give more economic opportunities for the Batangueños; the Provincial and Local Government of Batangas may maintain the peace and order situation and the cleanest environment as well for these are the greatest considerations of the foreigners in staying in the country; the community members of Batangas Province should respect the intercultural diversities of the foreign nationalities visiting the country so that the same respect will be got by them. Through this, harmonious relationship and good social interactions among foreigners will be maintained; the foreigners may study carefully the tropical climates and the

physical environment of the Philippines so that they may be fully adjusted when they visit the place; and lastly the future researchers are encouraged to make a research related to this present undertaking but they may use higher number of respondents and wide scope of localities. They may also consider another variables which are not included in the study which may predict the adjustments and adaptation of the foreigner-respondents. More so, reasons for staying in the country may be considered as well by the future researchers in conducting the same study.

Keywords: cultural adaptation, emotional adaptation, physical adaptation, foreigners, physical adjustment, social adjustment, emotional adjustment.

Citation: Loida F. Tungao. 2018. Adjustment and Cultural Adaptation of Foreigners Residing in the Cities of Batangas Province. International Journal of Recent Innovations in Academic Research, 2(6): 83-108.

Copyright: Loida F. Tungao., **Copyright©2018.** This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Introduction

Every day is a fast-paced journey. People move from one place to another as they look for the essence of their existence. The movement may be locally or internationally depending on the demands of life. For some, moving to a foreign country may sound exciting and interesting. Others were just compelled due to their necessity. It is important to note that migrating and living to another country was brought about by push and pull factors that people consider in their decision making. There are varieties of reasons why people move to other country. Some make this move for business, while others go for their studies. There were others who moved to a foreign country due to marriage and family's future.

When one is about to live in a foreign country, he must consider its people, environment, and culture. For most people living in a foreign country, many aspects of its culture seem strange at best. This might appear exciting at first and become a truly life-altering experience. Everybody who decides on living in other country needs more time to adjust to the new environment. People who enter a new culture almost inevitably suffer from disorientation. The physical and social environment contains much that is new and hard to understand. It is exhausting and difficult to speak in a second language, and learn new behavior. The cultural differences will be encountered and an inability to comprehend them may produce a pervasive sense of insecurity.

People involved in this kind of move often faced culture shock, loneliness and homesickness, and other psychological adjustments that may affect their everyday living. Adjustment toward a foreign society with varying degrees of values, lifestyle and culture is a great issue among foreigners. The global workplace requires individuals to become sensitive to different cultures, to interact appropriately with people from different cultures, and to analyze new culture as they are encountered. To do all this, individuals manage the stress of culture and the consequent frustration and confusion that typically result from clashes of cultural differences. It is essential in facilitating effective cross-cultural adjustment (Tan, 2004). However, there are some benefits residing abroad. One can learn a new set of culture. He can learn to differentiate the new one from his culture of origin. Living abroad would allow a person to wander in values and habits which are totally different from what he used to live. This can also be an opportunity for knowledge acquisition and personality development. One

can learn to integrate the new aspects of environment to what he used to be and become his better version of himself. On the other hand, living abroad entails cultural differences which can become the source of prejudice and discrimination. Among children, they may experience difficulty in forming friendships because of the differences between nationalities. The most important step in adjusting to a new culture is to appreciate it. A new level of open-mindedness will help to create a positive view of the cultural differences. Sharing experiences with other foreigners including people from the home country is a way to make someone feel that facing these difficulties is but a normal process. Acceptance and making new friends are the initial stages. This will help the person in learning to adapt to the new cultural practices he is into.

The Philippines is known for its hospitable and friendly people. Local and international visitors are being warmly welcomed once they arrived. They are being served and entertained so as to enjoy their visit. However, things change when the move is for permanent settlement and not as vacation. The various aspects of the country's state such as economy, politics, physical environment, lifestyle and education could perpetuate challenges as these foreigners try to adjust in their new world. In line with the presented realities, the researchers were interested to investigate on the adjustments made by the foreigners as they move to the Philippines, and their cultural adaptation in religious practices and customs and traditions. This inquiry may serve as input to the future careers of the psychology students like becoming counselors and clinical practitioners. The information about this matter is essential in understanding one's condition as he fits himself in the picture that is different from his nature.

Hypothesis

The study was guided by the following hypothesis in its null form:

There is no significant differences on the respondents' level of adjustment along physical/environmental, emotional and social aspects when grouped according to profile variables such as age, sex, and civil status, nationality, length of residency and nature of work. There is no significant relationship between the profile of the respondents such as age, sex, and civil status, nationality, length of residency and nature of work and their cultural adaptation in terms of religion and customs and traditions.

Literature Review

This chapter presents different magisterial view and research studies related to the present study. It also includes the conceptual framework and conceptual paradigm and definition of terms. The succeeding concepts gave the researchers discernment knowledge and learning for better understanding of this research.

Conceptual Literature

The conceptual literature of the present study is based on the different books, magazines and websites that served as references for the researcher to support the present study.

Stages of Adaptation and Adjustment: Adaptation for a new comer to a new situation, a new country, a new culture takes time and a person obviously has to go through some adjustments. Adjustment to a new culture is called "cultural adjustment," when individuals feel comfortable and adapted to living in their host country. During the adjustment process cross-cultural transition can be divided into two categories. One is the psychological adjustment which refers to depression or global mood disturbance that is strongly influenced by personality, life changes and social support. Secondly is the socio-cultural adaptation that

is measured in relation to the amount of difficulty experienced by the individuals in the performance of daily tasks that is more dependent on variables such as length of residence in the new culture, language ability, and quantity of contact with host country (Ward and Kennedy, 2003).

Four stages/phases of cross-cultural adjustments were discussed during the *International Student Orientation Program in the United States* at Mount Holyoke. These four phases in the process of acculturation are tightly related to the feelings (positive or negative). These feelings are described as curve. Phase 1. (usually short) Period of *euphoria*: the honeymoon, the excitement of travelling and of seeing new lands. Phase 2. Period of *culture shock*: when real life starts in the new environment. Phase 3. Period of *acculturation*: when the foreigner has slowly learned to function under the new conditions, has adopted some of the local values, finds increased self-confidence and becomes integrated into a new social network. Phase 4. The *stable state of mind* eventually reached. It may remain negative compared to home. For instance, if the foreigner continues feeling alien and discriminated against. It may be just as good as before, in which case the foreigner can be considered to be biculturally adapted, or it may even be better (Hoefstede, 2001).

One of the prominent problems that minorities face is the prejudgment or stereotype with which the dominant society has branded the minorities. Allport (2008) describes “stereotype” as a standardized concept or image invested with special meaning and held in common by members of a group. An underlying cause of negative reactions to another culture is the tendency to judge something that is different as inferior. It is important for a person to be open toward the culture, where he is going into, and discard stereotype mentality.

According to Lusting and Koester (2003), a new culture is considered an important psychological process due to its effects on the performance and functioning of the individual. People in any other foreign country may face various cross-cultural adjustment problems such as adapting to new roles, work difficulties, language difficulties, financial problems, homesickness, lack of study skills, and lack of assertiveness. Pedersen (2001) suggests that they need to learn a wide range of culturally defined and typically unfamiliar roles in a short time while they are under considerable stress.

Physical, Emotional and Social Adjustments: Settling down in another country apart from your own is pretty tough. It is like starting to life all over again. In a friendly place such as the Philippines, however, expatriates are able to adjust a lot easier to the lifestyle and the culture that are completely strange. The Philippines is a third-world country. But it is definitely trying hard to improve its current state. Aside from that fact, there are many other features that the country has as a set of attractions that any foreigner would love.

Filipinos use English as their second language. It would not be difficult to get around because they will most likely find someone who knows the universal language. The extremely nice citizens would also be ready to take in every query, every concern, and every need that you may have with high regard. Filipinos are known for their hospitality. They are always warm and welcoming. The Philippines also boasts of nature-blessed surroundings. The beaches, the mountains, and every form of natural resources foreigners may think of can be found there. It is like everything that they wish for and more—at a very low cost.

The Philippines allow for a premium living standard to be enjoyed at minimal costs. Hotels and accommodations are topnotch in terms of service and reasonable in terms of

price. The brand of security and proximity that Philippine hotels mostly offer are irresistible. Foreigners can easily feel right at home on their first three nights!

The Philippines is also never short of the fun aspect. Anywhere they go, they will find an entertainment venue that will keep them thrilled according to their preferences every time. A variety of restaurants, sports centers, beach resorts, malls, and every kind of establishment they can imagine could be found accessible. On top of all those attractions, the Philippines embrace foreign settlers tightly. In fact, the country's government has created laws that will protect, serve, and just accommodate expatriates in the best way it could.

The Philippines is truly a dream come true for any expat. Its offered premiums for every possible need foreign settlers may have are truly endearing. The friendly culture and the positive attitude that the country exhibits lay evidence that living could be a breeze for any foreigner there. It is one good, comfortable place to start anew. It provides amazing opportunities for business and leisure, two of the most important things that make living worthwhile (<https://www.dumagueteinfo.com/expats/general-information/how-expats-adapt-the-filipino-way-of-life/>).

Cultural Adaptation: The term “adaptation” refers to success, measured by the ability of populations to survive and reproduce. Similarly, adaptation in man is the process by which he makes effective use for productive ends of the energy potential in his habitat (Cohen, 2006). Culture is not static. Culture is the adaptation of environment. It is changed in the course of time for a person as the environment changes. Human being has the capability to adapt with the changing culture and environment. Since adaptation is measured by the ability of populations to survive, therefore, if effective adaptation takes place survival becomes easier, but if maladaptation occurs survival becomes more difficult.

Since culture is a complex whole which includes knowledge, belief, art, law, morals, customs and any other capabilities and habits acquired by man as a member of society (Nanda, 2001), when one goes to a different culture than his own, he finds that his values, customs, beliefs, and laws are not necessarily the same as his and so he needs to observe, understand and accept others as they are and adjust with the difference and fit himself to the new environment, which is called adaptation (Kottak, 2000).

People usually experience many emotions in the process of adapting to a foreign culture, changing from excitement and interest in the new culture to depression and fear of the unknown. The difficulties experienced by them in integrating into a new culture can be a result of what is termed “culture shock.” It occurs when familiar ways of behaving, learned during socialization, do not work in the other culture. As a result, they experience a sense of loss and a sense of shock that others behave so differently (Solomon *et al.*, 1991).

Most experts agree that culture shock, although often delayed, is inevitable in one form or another. Lusting (2003) describes culture shock as a type of transition experience when people lose their “familiar frame of reference in an intercultural encounter” with symptoms including feelings of helplessness, irritability, homesickness, loneliness, and physiological stress.

Ferry and Konza (2000) say that it is impossible to avoid culture shock in a new culture; altogether as much of what a person has learnt about interpreting the actions of people around him is suddenly irrelevant. They continued that the ability to distinguish between the

significant and insignificant in a given situation become difficult, if not impossible. As a result, a person experiences feelings of disorientation, frustration and helplessness.

Physical symptoms of culture shock may include headaches, stomachaches, diarrhea, fatigue, sleeping disorder and a general feeling of malaise. However, this does not mean that individuals who experience culture shock are inflexible and cannot adapt. Instead, it means that temporarily they are finding it difficult to adjust and some steps need to be taken to reduce the impact of culture shock (Sofia, 2001).

Foreign Citizens in the Philippines: Based on the 2014 Census of Population and Housing (CPH), the number of foreign citizens in the country was 177,365 as of May 2014. They comprised 0.2 percent of the total household population.

Three in ten foreign citizens (31.1 %) were residing in National Capital Region (NCR) at the time of the census. Those residing in the Autonomous Region in Muslim Mindanao made up 22.3 percent of the total foreign citizens. Region III had 9.0 percent, Region IVA had 8.4 percent, and Region VII had 6.0 percent of the total foreign citizens. Region IX had the least proportion at 0.5 percent. The largest number of foreign citizens in the country came from the United States of America (29,959 persons). The next largest numbers came from China (28,750 persons), Japan (11,583 persons), and India (8,963 persons).

According to Cunningham (2013) the reason why many older foreigners (40+) living in the Philippines is because of their financial situations. Many are drawing government pensions-pensions that they receive until they die. Others have solid businesses either here or there (their "home" country) that allow them to live almost anywhere they want to live. Collins (2010) points out that one of the main reasons why foreigners want to live in the Philippines is of course the climate. Even if it rains all day long, it never gets colder than maybe 20°C or so but most of the times it's around 30°C. That is good for bones and body, especially when they feel a pain already due to cold. With more than 7000 islands, the Philippines have plenty of beaches, where foreigners can spend their day, swimming in a blue lagoon or a waterfall, diving, fishing, sailing plus anything else they can do in the water.

In addition, some people come to the Philippines and want to stay in or at least near a big city, because they want to stay near a hospital, have their children go to school or university or they simply like the fact of easy shopping. However, Philippine Cities are dirty, polluted and have a high crime rate. Moreover, Filipinos are friendly and hospitable. In return they are friendly and respectful to them, too, otherwise they will not make it in the Philippines for a long term. More so, when a person goes to a different culture, there are different factors, which may either help him to grow or make it harder to his cultural adaptation. As a culture is a shared ideals, values, and standards of behavior, it is the common denomination that makes the actions of individuals intelligible to the group. Because they share a common culture, people can predict how others are most likely to behave in a given circumstance and react accordingly. But when someone has to go out of his cultural environment where he has been brought up and used to and live in a different cultural environment, he needs to understand gradually the values, ideals, standard of behaviors among others for adaptation.

Related Studies

The studies made by different researchers have important bearing in this present undertaking in the sense that they focused with cultural adaptation and adjustments of foreigners. The findings of these researches are believed by the researchers that it could help in the further

justification of the findings of this research. Hoefstede (2001) from Institute of Research on Intercultural Cooperation (IRIC) delved on the experiences of foreigners in terms of culture shock and acculturation. He found out that the foreigner usually experiences some form of cultural shock. According to him, the experienced foreigner can make an effort to learn some of the symbols and rituals of the new environment but it is unlikely that he can recognize, let alone feel, the underlying values.

The study also revealed that the length of a foreigner stay in a new environment also becomes a determinant factor for the process of cultural shock and adaptation. As he cited, people on short assignments up to three months have reported euphoria, culture shock and acculturation phases within this period, while people on long assignments of several years have reported culture shock phases of a year or more before adaptation set in. In a survey conducted by Tien (2008) on the integration in the Philippines of the remaining Vietnamese Nationals in the Viet Village in Puerto Prinsesa, it showed that in the Viet Village cultural integration took place through construction of the housing units, the name of the village road and cultural shows, which reveal the combination of two cultures. Another finding was that the young generation began to learn new culture and values while parents were not well prepared for the changing situation.

Similarly, Vinh (2002) investigated on the adaptation and integration of the Franciscan Order in Vietnam after the Communist Revolution in 1975. He found out that Franciscans in Vietnam had abundant experience in cultural adaptation and integration in socialist setting due to diversity of their members in terms of age, religion, family background and educational attainment. The study also showed that adaptation is more passive than integration. Adaptation is mostly necessary for self-establishment under external pressure.

Another research on the cultural adjustment of Vietnamese students in the Philippines was conducted by Tuy (2003). In her study, it was revealed that the respondents entail a positive attitude toward the maintenance of their cultural heritage as well as toward adaptation to the host society. Most of the respondents approach in coping to a new environment in making plans, doing active coping and suppressing competing activities. Vietnamese students on the whole were seen to be uncertain in regard to similarities and differences and it did not bother them. It was also found out that there were different levels of cultural adjustment attained by the respondents in regard to acculturation strategies. The respondents who scored well in integration strategies stayed at the level of well-adjusted; while those who used assimilation as a strategy were found at the level of moderate adjustment.

An interesting study conducted by Furukawa (2003) focused on the relationship between social support, coping behaviors and psychological adjustments of Japanese in the Philippines. The result of this study showed that the availability of social support in the form of close associations measured before the respondents left Japan predicts a lower level of psychiatric symptoms reported during the overseas residency. The respondents who had levels of all aspects of social support were associated with a reduced risk of emotional disturbance and with a task oriented coping style. Current social support was associated with reduced emotion oriented coping as well as increased task oriented coping.

Meanwhile, the study of Wei Li Chih (2006) on adjustment problems of foreign students in selected universities in Manila showed that they had adjustment problems regarding cultural and social aspects. Their number one worry was the conflict between the cultural values of Philippines and their own country followed by problems regarding their dealing with

different government agencies. Their difficulty was that they felt they were being treated as if they do not belong to the group of people who need to be served by these agencies. They also felt that there was a barrier when they communicate with the Filipinos. However, the foreigners expressed interest in knowing the difference between their country's culture and that of the Philippines.

Mehdizadeh and Scott (2005) looked into the adjustment problems of Iranian students in Scotland. Although the university has a welcoming environment, they found the importance of sojourn's expectations and the role of religion in cross-cultural adjustment. Moreover, the study revealed that students relied on spiritual rather than practical support. This means that students get strength more from significant others and friends. Their study also emphasized why pre-arrival information, better accommodation and the provision of improved support for finances and employment are essential.

Garcia (2015) carried out a study which determined their sociocultural adaptation, including their openness to the host culture and success of sojourn. Through statistical analysis, it was found that the students experience greater difficulty in the academic area. Slight difficulty was attributed to majority of everyday life and social interaction items. Albeit difficult, what they like best is the method of teaching English while the areas that need improvement are the library set-up and internet connection. The only significant relationship was found between sociocultural adaptation and success of sojourn. Negatively correlated, if students experience greater difficulties in their host country, they are likely to regret their stay and will not recommend it to anyone. Openness to the host culture did not have an effect on the sociocultural adaptation and success of sojourn. The short period of time that the students have are spent in studying rather than making friends. Nonetheless, this indicates the need to look deeper into the academic, extra-curricular activities and facilities provided by learning institutions.

Furthermore, the study of Sicat (2011) analyzed the cultural adjustment and coping strategies of Timorese, Nepalese and Indians, and Koreans enrolled at Tarlac State University (TSU) during the school year 2007-09 in Tarlac. The cultural adjustments that were dealt with by the students from East Timor, Nepal, and Korea were eating habits (these groups are fond of extremely spicy food), hygiene practices (like frequent bathing and changing of clothes). In their schooling, the most common problem was their inability to understand the lessons in language foreign to them or in accent different from theirs. In religion, the conflict was when they compromised their belief to their host country's belief. Homesickness was so much of a source of sadness. The Timorese, Nepalese and Indians could hardly intermingle with other students because of their odor which Filipino students found hard to take. The Koreans found the hot climate in the Philippines a pressing problem. The coping strategies used by the students were: adaptation to the conditions at TSU (to include food, clothing, and lodging), compromise, prayerfulness, constant communication with family and friends, and intermingling with the students by sports activities. The Koreans used their economic advantage to enjoy their stay in the country, while the Timorese had better conditions here than at home.

Materials and Methods

The purpose of this research was to determine the physical/environmental, emotional and social adjustments and cultural adaptation of the foreigners residing in the cities of Batangas Province with considerable emphasis on their profile such as age, sex, civil status, nationality, length of residency in the Philippines, and nature of work. In addition, the researchers

examined it there was a significant difference in the respondents' level of adjustment when grouped according to aforementioned profile variables. Also, the study was designed to test whether a significant relationship between the respondents' profile and cultural adaptation exist.

In order to achieve this, the researchers used the descriptive method of research. The descriptive method includes all studies that aim to present facts concerning the present or current status of the subject of the study. It describes and interprets what is it goes beyond gathering and tabulation of data, and it involves an element of interpretation of the meaning or significance of what is described (Sanchez, 2002). In this method, the data is typically collected through questionnaire, survey and interview for the validity of the findings of the study. It was used because it concerned with the explanation of data and characteristics about a population which is essential in the study.

Participants

The respondents of the study were the foreigners living in Batangas City, Lipa City and Tanauan City. This included the foreigners who got married to a Filipino man and woman and happened to dwell in the country after marriage. In addition, those foreigners who have stayed in the Philippines because of employment and educational reasons were also considered as respondents of the study. The researchers employed purposive convenient sampling in order to arrive with the target number of respondents; 26 from Batangas City, 19 from Lipa City and 15 from Tanauan City with the total of 60 respondents. This was made possible through referrals and with the help of the local government unit of each city.

Data Instrumentation

The gathered data were classified, tallied, tabulated and subjected to the following statistical tools.

Frequency and Percentage: This were used to determine the profile of the respondents in terms of age, sex, civil status, nationality, years of residency and nature of work.

Weighted Mean: This was used to determine the respondents' assessment on their level of adjustment and cultural adaptation.

t-test and ANOVA: These were used to test if there is significant difference on the assessments of the respondents on their level of adjustments when grouped according to their profile.

Chi-square: This was used to test if there is significant relationship between the profile of the respondents and their assessment on their level of cultural adaptation.

Data Collection

The data gathering procedures describes the manner of collecting the data needed for the completion of the research study.

Upon the approval of the proposed study, the researchers finalized the data gathering instrument which was subjected to reviews of subject matter experts to make the instrument valid. The revised questionnaire was reproduced and disseminated to the target respondents once the objective of the researchers was finally communicated to the concerned people.

The researchers conducted survey in the three cities of Batangas Province. They requested for some records in the City Halls to easily identify the foreigners who were residing in the respective cities. They also used some referrals for the easy access of the respondents.

When the needed data were gathered, the researchers sought professional help from a statistician for the data presentation, analysis and interpretation.

Data Analysis

The researchers used a self-constructed questionnaire as an instrument of the study. It was divided into three parts. The first part was intended for getting the respondents’ profile such as age, sex, civil status, place of origin, length of residency in the Philippines, and source of income. On the other hand, the second part dealt with the assessment on the adjustments of the respondents. This was constituted of 10 items basically describing their personal disposition with respect to their physical condition in response to some environmental stimuli, as well as their emotional and social states. The third part was intended to assess their cultural adaptation along religion and customs and tradition. The items were based from actual observations and readings from books and articles.

In the questionnaire, in order to interpret the weighted mean and composite mean of the respondents’ assessment on their adjustments, the respondents were requested to rate each item on a 4–point rating scale. The numerical rating values, mean ranges and verbal interpretation are presented below.

Numerical Rating Values	Mean Ranges	Verbal Interpretation
4	3.25-4.00	Strongly Agree / Highly Adjusted
3	2.50-3.24	Agree /Adjusted
2	1.75-2.49	Disagree / Slightly Adjusted
1	1.00-1.74	Strongly Disagree / Not Adjusted

Moreover, in order to interpret the weighted mean and composite mean of the respondents’ assessment on their cultural adaptation, the respondents were requested to rate each item on a 4 – point rating scale. The numerical rating values, mean ranges and verbal interpretation are presented in the next page.

Numerical Rating Values	Mean Ranges	Verbal Interpretation
4	3.25-4.00	Strongly Agree / Highly Adjusted
3	2.50-3.24	Agree /Adaptive
2	1.75-2.49	Disagree / Slightly Adaptive
1	1.00-1.74	Strongly Disagree / Not Adaptive

Result and Discussion

This chapter presents the data gathered through the research instruments. Further, it showed the analysis of the data on the basis of the applied statistical treatment along with the interpretation. It was arranged on the sequence of the questions posed in the statement of the problem.

1. Profile of the Respondents

The succeeding tables present the profile of the respondents in terms of age, sex, civil status, nationality, length of residency in the Philippines, and nature of work.

1.1 Age

Age pertains to the number of years the foreigner- respondents have existed. The researchers assumed that the age of the respondents had an influence on their level of adjustment and cultural adaptation.

The profile of the respondents in terms of age in the table below was determined and interpreted using frequency and percentage.

Table 2. Profile of the Respondents in terms of Age

Age	Frequency	Percentage
59 years old and above	10	17
49-58 years old	9	15
39-48 years old	18	30
29-38 years old	12	19
20-28 years old	10	17
19 years old and below	1	2
Total	60	100

The table shows that majority of the respondents belonged to the age group of 39-48 having a frequency of 18 and a percentage of 30. The second highest number of respondents belonged to the age group of 29-38 years old with the frequency of 12 and a percentage of 19. Ages 59 years old and above and 20- 29 years old, got the same frequency of 10 and a percentage of 17 for each age group and lastly the age of 19 years and below having a frequency of 1 and a percentage of 2 was the age group that had least number of respondents.

It can be explained that a greater percentage of the respondents were in the age group of 39-48. This is probably due to fact this age groups are matured enough at the same time they are financially capable at this age to stay in a foreign land. This was proved by Cunningham (2013) that many foreigners opted to stay in other country at their 40's.

1.2 Sex

Sex is the biological characteristic of the person as being male or female. Table 3 presents the profile of the respondents in terms of sex which was determined and interpreted using frequency and percentage.

Table 3. Profile of the Respondents in terms of Sex

Sex	Frequency	Percentage
Female	20	33
Male	40	67
Total	6	100

As shown in the table above majority of the respondents were males with a frequency of 40 and a percentage of 67 while female respondents have a frequency of 20 and a percentage of 33. This means that most of the respondents are males. Probably, the reason for this could be that male foreigners are naturally adventurous and thrill seekers. They are strong enough to

face whatever challenges they may encounter in a foreign land compared to female. Another thing is that these male foreigners are coming here in the Philippines to find their lifetime Filipina partner.

1.3 Civil Status

Civil status refers to the status of the respondents as single, married, separated, widow or widower. Table 4 presents the profile of the respondents in terms of civil status which was determined and interpreted using frequency and percentage.

Table 4. Profile of the Respondents in terms of Civil Status

Civil Status	Frequency	Percentage
Single	10	17
Married	40	67
Legally Separated	8	13
Widowed/Widower	2	3
Total	60	100

As revealed in Table 4, majority of the respondents are married with a frequency of 40 and a percentage of 67 while single respondents have a frequency of 10 and a percentage of 17. Next to it are those respondents who are legally separated with a frequency of 8 and a percentage of 13 while 2 or 3 percent of the respondents are widowed/widower.

It is reflected in the table that this study are mostly married respondents. Foreigners love to marry Filipino women because according to them they are loving and caring.

1.4 Nationality

Nationality pertains to national identity of the foreigner – respondents. Table 5 presents the profile of the respondents in terms of nationality which was determined and interpreted using frequency and percentage.

Table 5. Profile of the Respondents in terms of Nationality

Nationality	Frequency	Percentage
German	3	5
Israeli	3	5
Irish	2	4
Indian	3	5
American	15	25
Canadian	10	17
Chinese	7	11
Japanese	9	15
Korean	3	5
Vietnamese	4	6
African	1	2
Total	60	100

It is manifested in table 5 that majority of the respondents were Americans with a frequency of 15 and a percentage of 25. This was followed by Canadians with 10 respondents or 17 percent. Japanese was third among the nationalities who were here in the Philippines with 9 respondents or 15 percent. Vietnamese were 4 and those respondents with least number of

frequencies were Koreans, Chinese, Israelis, German, Irish and Indians with the same frequencies of 2 and 3. Lastly, there was one African who took part in the research. The findings only indicate that most of the respondents were from Canadian and American. May be, it is because aside from the fact that the value of their money is quite higher, these people love to travel in different parts of the world. This was proved by the Census on Population and Housing (CPH) in 2014 that the largest number of foreign citizens in the country came from the United States of America (29,959 persons). The next largest numbers came from China (28,750 persons), Japan (11,583 persons), and India (8,963 persons).

1.5 Length of Residency in the Philippines

Length of stay is concerned with how long the foreigner respondents are staying in the Philippines particularly in Batangas Province. Table 6 presents the profile of the respondents in terms of length of residency in the Philippines which was determined and interpreted using frequency and percentage.

Table 6. Profile of the Respondents in terms of Length of Residency in the Philippines

Length of Residency	Frequency	Percentage
6 years - 8 years	12	20
3 years – 5 years	22	37
Less than a year – 2 years	26	43
Total	60	100

As illustrated in Table 6, most of the respondents were less than a year to 2 years with the frequency of 26 or 43 percent. This was followed by 22 respondents or 37 percent who were staying here for 3–5 years. The least number of respondents with 12 or 20 percent were staying in the country for 6–8 years. It can be deduced that most of the respondents were less than a year 2 to years. Those who were only two years were just new in the country. They settled here because they were working here and they were married to Filipino women. The researchers had found as well that these foreigners were returning to their home land when they are aged already.

1.6 Nature of Work

The nature of work pertains the respondents' occupation while staying here in the Philippines. Table 7 presents the profile of the respondents in terms of nature of work in the table below which was determined and interpreted using frequency and percentage.

Table 7. Profile of the Respondents in terms of Nature of Work

Nature of Work	Frequency	Percentage
Employed	13	22
Self-Employed	26	43
Pensioner	21	35
Total	60	100

It can be seen in Table 7 that most of the respondents were self-employed with the highest frequency of 26 or 43 percent. This was followed by pensioners with the frequencies of 21 or 35 percent. The least number of respondents was the employed with 13 or 22 percent. This only shows that the foreigners in the cities of Batangas Province were mostly self-employed. With this, it can be deduced that although not most of them are working in the companies they earn through business and support coming from their relatives in their homeland and

even form their life time pensions. This was explained by Cunningham (2013) that the reason why many older foreigners (40+) living in the Philippines is because of their financial situations. Many are drawing government-pensions that they receive until they die. Others have solid businesses either here or there (their “home” country) that allow them to live almost anywhere they want to live.

1.7 Respondents’ Level of Adjustment

The succeeding tables present the data gathered through the questionnaire accomplished by the respondents. The data presented herein concern on the assessment of the respondents on their adjustment on physical/environmental, emotional and social stimuli.

2.1 Physical/Environmental Adjustment

Foreigners came from different countries with different climate and physical surroundings. Thus the researches intended to find out how they adjust physically and with this new environment while staying in the country particularly in Batangas.

Table 8 presents the level of adjustment of the respondents in physical and environmental aspects.

As illustrated in Table 8, the respondents strongly agreed that they have good relationship with their neighbors with the highest weighted mean of 3.48. This only shows that the Foreigners living in Batangas Province have good dealings with their neighborhood. They can easily adjust because Batangueños are innate to be friendly and hospitable with others and according to the foreigners they really appreciate the way they are treated with these people.

Table 8. Assessment of the Respondents in their Physical/Environmental Adjustments

Statements	Weighted Mean	Interpretation
I ...		
1. am used to drink tap water instead of purified or mineralized ones.	1.71	Strongly Disagree
2. can deal traffic situations without getting angry.	2.81	Agree
3. can easily adapt to the climate which is favourable to my health.	3.25	Strongly Agree
4. feel safe in the community I belong.	3.42	Strongly Agree
5. feel safe in the community I belong.	3.31	Strongly Agree
6. have good relationship with my neighbors.	3.48	Strongly Agree
7. live in a conducive place where I can have daily physical exercise.	3.31	Strongly Agree
8. need supplements to fight illnesses caused by pollution.	1.81	Disagree
9. religiously clean my surroundings to get rid of insects carrying diseases.	3.29	Strongly Agree
10. was able to handle natural calamities like typhoon, earthquake and etc.	3.23	Agree
Composite Mean	2.96	Slightly Adjusted

In addition the respondents strongly agreed with the second highest weighted mean with 3.42 that they feel safe and secure. Foreigners feel safe because Batangas Province is one of the safest place to live. Most specially that all of these foreigners are living in first class subdivisions which are fully guarded. Meanwhile the third highest weighted mean of 3.31 indicated that the respondents strongly agreed that they live in conducive place where they can have daily physical exercise and they have regular sleeping pattern. This only suggest that foreigners can have good physically condition because they can do their regular exercise which can help them their healthy lifestyle. Since they are living in a conducive place they can rest well and have better sleep.

On the other hand the respondents just agreed that they can deal traffic situations without getting angry with the weighted mean of 2.81. It is known that traffic is one of the most common problems in the Philippines and since this Foreigners are living in cities which are prone to traffic congestions. According to the Foreigners they don't easily get angry but sometimes they are disappointed because in their homeland they don't encounter problems related to traffic.

Conversely with the second low weighted mean of 1.81 the respondents disagreed that they need supplements to fight illnesses caused by pollution. It can inferred that the foreigners normally do not get sick because Batangas Province is not that polluted than some areas in Manila.

Moreover, they strongly disagreed that they are used to drink tap water instead of purified or mineralize once with the lowest weighted mean 1.71. This only shows that foreigners do not drink tap water because they are used with drinking mineral water. According to them mineralize water are available in almost all stores in Batangas City that is why there is no need for them to drink tap water.

In general the respondents were slightly adjusted in terms of physical/environmental aspects as revealed by the composite mean of 2.96. This only shows that the foreigners are not highly adjusted in terms of physical and environmental stimuli. Maybe the reason for this could be that foreigners-respondents where just almost two years here in the Philippines and of course they came from a places with different tropical climates and physical surroundings, they find difficulty to adjust. The fact they are in cities they find difficulty to adjust with the surroundings. This was elucidated by Collins (2013) that some foreigners come to the Philippines and want to stay in or at least near a big city, because they want to stay near a hospital, have their children go to school or university or they simply like the fact of easy shopping. However, Philippine Cities are dirty, polluted and have a high crime rate which made it difficult for the foreigners to adjust. Another study that proved that foreigners had adjustment problem in terms of physical and environmental condition was the research conducted by Dr. Sicut in 2011. He revealed that Koreans and other nationalities find difficulty in adjusting to Philippines' tropical climates.

2.2. Emotional Adjustment

Living in a foreign land could make people emotionally unstable. It is in this sense that the researchers decided to assess the level of emotional adjustment of the foreigners who are here in the Philippines. Table 9 presents the level of adjustment of the respondents in emotional stimuli.

Table 9. Assessment of the Respondents on their Adjustments in terms of Emotional Aspect

Statements	Weighted Mean	Interpretation
I ...		
1. am comfortable with the way I live here	3.65	Strongly Agree
2. can be alone but not lonely.	3.29	Strongly Agree
3. can deal with my personal problems.	3.48	Strongly Agree
4. can address emotional issues properly.	3.33	Strongly Agree
5. can deal with strong emotions of others reasonably.	3.17	Agree
6. feel the happiness in my home.	3.50	Strongly Agree
7. feel secured even if I am away from my family.	3.48	Strongly Agree
8. learn how to laugh with people around me.	3.67	Strongly Agree
9. never feel alienated.	3.25	Strongly Agree
10. have experience a sense of fulfilment in the life I have here.	3.31	Strongly Agree
Composite Mean	3.41	Highly Adjusted

As depicted in table 9, the respondents strongly agreed that they learn to love with people around them with the highest weighted mean of 3.67. It can be said that foreigners are jolly persons just like Filipinos that is why although they are living in a foreign land they can still feel happiness along with the foreign people.

Additionally, the respondents strongly agreed that they are comfortable with the way they live here in the second weighted mean of 3.65. They feel safe and secure because Filipino people are friendly. Tropical climate as well is highly adaptive for their living which make them comfortable. More so, they are emotionally stable because of how the way Filipinos interact with them.

Similarly, the third highest weighted mean of 3.50 revealed that the respondents strongly agreed that they feel happiness in their homes. Most of these respondents – foreigners find their partners here in Philippines. That is maybe the reason why foreigners find happiness living here in the country. The fact that they are living with their families they feel delighted in their homes.

In contrast, respondents strongly agreed but this got a second low weighted mean of 3.25 that they never feel alienated. The low weighted mean probably suggests that somehow they feel strange in this foreign land. At some point, according to respondents that they are still different from the Filipino people in terms of cultures, traditions, beliefs, and manner of dressing, and the like. Furthermore, the respondents just agreed that they can deal with strong emotions of others reasonably with the lowest weighted mean of 3.17. It can be stated that foreigners know how to manage other’s emotions.

However, the lowest weighted mean would perhaps indicate that foreigners at times could not understand the expression of feelings of the Filipinos because it is different to how they react with different situations. For instance, Filipinos are too emotional unlike the foreigners, they do not easily get affected on what is happening around them. As a whole, the respondents are highly emotionally adjusted as proof by its composite mean of 3.49. This only shows that

foreigners know how to handle their emotions although they are living in a foreign land. Maybe this is because foreigners can easily adapt to their new environment because of the effective coping measures and social support from Filipino people.

The above findings was justified by the result of the study of Forukawa (2003) that the availability of social support in the form of close associations measured before the respondents left Japan predicts a lower level of psychiatric symptoms reported during the overseas residency. The respondents who had levels of all aspects of social support were associated with a reduced risk of emotional disturbance and with a task oriented coping style. Current social support was associated with reduced emotion oriented coping as well as increased task oriented coping.

2.3. Social Adjustment

Interacting with other people is part of everyone's life. However, when a person is new in the place, he/she finds difficulty mingling others. It is the context which gave the researchers' idea to assess the foreigner's social adjustments here in the Philippines. Table 10 presents the level of adjustment of the respondents in social aspects.

It can be seen in Table 10 that the respondents strongly agreed with the highest weighted mean of 3.67 that they are approachable. Foreigners are naturally approachable. It can be observed that they always greet people around them. They said that Filipinos are likewise approachable thus they find it easy to mingle with them.

Table 10. Assessment of the Respondents' Adjustment in terms of Social Aspects

Statements	Weighted Mean	Interpretation
I ...		
1. am approachable.	3.67	Strongly Agree
2. am cautious with my actions as I might offend others.	3.19	Agree
3. am comfortable interacting with people from different walks of life.	3.40	Strongly Agree
4. easily make friends.	3.30	Strongly Agree
5. find joining gatherings hassle-free.	3.19	Agree
6. feel the warm acceptance of people toward me.	3.50	Strongly Agree
7. join in some organizations/clubs in the community.	2.73	Agree
8. never experience communication problem.	2.81	Agree
9. observe the open-mindedness of others with our differences.	3.40	Strongly Agree
10. relate well to people in the neighbourhood.	3.31	Strongly Agree
Composite Mean	3.25	Highly Adjusted

Similarly, the respondents strongly agreed that with the second highest weighted mean of 3.50 that they feel the warm acceptance of people toward them. Since foreigners and Filipinos are both approachable, foreigners feel the warm acceptance of others toward them. They said that truly Filipinos are hospitable and caring and are always willing to help in times of need. Meanwhile, the respondents just agreed with the weighted mean of 3.19 that they are

cautious with their actions as they might offend others. It can be deduced that foreigners do not want to hurt other people in words and in deed. Being foreign in the place, the foreigners see the need to have good dealings with others because if not this might cause trouble.

On the other hand, the respondents agreed with the second low weighted mean of 2.81 that they agreed they never experience communication problem. It can be said that foreigners ensure that they have good dealings with Filipinos. However, the low weighted mean would probably mean that communication problems arise from language barriers. Foreigners have varied languages although they know how to speak English some Filipinos and foreigners as well find difficulty speaking the language. Finally, the respondents agreed with the lowest weighted mean 2.73 that they join in some organizations/clubs in the community. The foreigners are busy in their respective work that is why they seldom join clubs or organization in the community. However, it can be noted that foreigners are very helpful to Filipinos by supporting organizations or clubs through monetary aid.

Generally, the respondents have high level of social adjustment as proved by the composite mean of 3.25. It can be deduced that foreigners have good social and interpersonal skills. Perhaps, the hospitality and friendly attitude of the Filipinos contributed much on the high level of social adjustment of the foreigners. The said finding was in contrast with Wei Li Chih (2006) as he revealed that the foreign students in Manila had adjustment problems regarding social aspects. Their difficulty was that they felt they were being treated as if they do not belong to the group of people who need to be served by these agencies. They also felt that there was a barrier when they communicate with the Filipinos.

3. Respondents’ Level of Cultural Adaptation

The succeeding tables present the data gathered through the questionnaire accomplished by the respondents. The data presented herein concern on the respondents’ level of cultural adaptation in terms of religion and custom and tradition.

3.1. Religion

Philippines is highly dominated by Catholicism. Hence, the researchers looked into how they adjust with Filipinos knowing that most of them are Christians. Table 11 presents the level of cultural adaptation of the respondents in terms of religion.

It can be seen in Table 11 that the respondents strongly agreed that they respect other’s religion with the highest weighted mean of 3.75. This indicates that although foreigners have different religion, they know how to give respect with others. This happened since Filipinos know how to accept other’s belief in return foreigners as well show that they have regard with other’s faith in God. Just like the famous saying “respect begets respect.

Table 11. Assessment of the Respondents on their Cultural Adaptation in terms of Religion

Statements	Weighted Mean	Interpretation
I ...		
1. attend the scheduled mass/worship regularly.	2.46	Agree
2. get involved with religious activities like processions.	1.90	Disagree
3. join spiritual activities of other religious group .	2.08	Agree
4. join spiritual activities like bible study and prayer vigil.	1.90	Disagree

5. open up to my neighbours my religion in a nice way.	2.94	Agree
6. respect other’s religion.	3.75	Strongly Agree
7. respect statues and other symbols of faith according to what my religion belief.	3.65	Strongly Agree
8. share my blessings by giving my tithes to the church.	2.52	Agree
9. survive all the difficulties I have in life because of religion.	3.04	Agree
10. sponsor/offer mass during special occasions.	2.70	Agree
Composite Mean	2.69	Slightly Adaptive

The second highest weighted mean of 3.65 proved that the respondents strongly agreed that they respect statues and other symbols of faith. This as well proved how the foreigners respect other’s religion. For instance, here in the country which is highly dominated by catholic, they are worshipping graven images of God as well as Saints. With that, the foreigners stated that it is fine with them as long as it does not affect their own faith in God and they do believe that people across nations should be opened of intercultural differences.

However, the third weighted mean of 3.05 disclosed that the respondents just agreed that they survive all the difficulties they have in life because of religion. This means that the foreigners who are here just like Filipinos they also trust their whole lives to God. Considering that they are in the foreign place they can do nothing but to leave everything to the Almighty God who they trust and believe. But due to the differences of the respondents’ religion, they have also different beliefs on how they can survive with their challenges and struggles in life.

Furthermore, the respondents disagreed with the lowest weighted mean of 1.90 that they get involved with religious activities like processions. This only shows that foreigners are not joining processions which are common to Filipinos who are Roman Catholic. May be, the reason for this could be that the most of the respondents are having different religions and definitely not Catholic.

Likewise, the respondents disagreed with the same lowest weighted mean of 1.90 that they join spiritual activities like bible study and prayer vigil. It can be recalled that foreigner – respondents do not attend processions because it opposed their own beliefs. Likewise, they do not attend bible study and prayer vigil. The respondents said that they have high respect with Filipinos’ own religion but they have to stand with their own as it is the symbol of their personal and nation’s identity. As a whole, the respondents are slightly adaptive culturally in terms of religion as showed by its composite mean of 2.69. The foreigner’s slight adaptation can be linked to the fact that every nation has their own religion and because they have strong faith and belief on their own, it is hard for them to compromise.

This finding was justified as well by Wei Li Chih (2006) that the number one worry of his foreigner respondents in the Philippines was the conflict between the cultural values of Philippines and their own country most particularly in religious beliefs. They revealed that they found difficulty conforming to the faith of Filipinos because they wanted to preserve their own belief in God. However, they have high respect with that of the Filipinos’ own religious belief.

3.2. Customs and Tradition

People of different nationalities have intercultural differences. And due to these differences, people find it difficult to deal with others. In this regard, researchers deemed it important to assess how foreigners adjust in a foreign land. Table 12 presents the level of cultural adaptation of the respondents in customs and tradition. As depicted in Table 12, the respondents strongly agreed that they receive visitors as a sign of being hospitable with the highest weighted mean of 3.50. This only shows that foreigners have adapted already the culture of Filipinos of being cordial. They said that they are being infected with the goodness and kindness of Filipinos.

Table 12. Assessment of the Respondents on their Cultural Adaptation in terms of Customs and Tradition

Statements	Weighted Mean	Interpretation
I learn to...		
1. apply traditional Filipino courtship.	2.19	Disagree
2. believe in superstitious/superficial.	2.29	Disagree
3. celebrate feast of saints and go to festivals..	2.69	Agree
4. eat with bare hands.	2.48	Agree
5. getting along with my Filipino friends to have a smooth relationship with them.	3.44	Strongly Agree
6. integrate “po” and “opo” in my conversation with elders.	2.75	Agree
7. join family reunions or get together of an entire clan	2.98	Agree
8. respect elders by using “mano po”.	2.58	Agree
9. receive visitors at home as a sign of being hospitable.	3.50	Strongly Agree
10. understand Filipinos’ cultural practices such as giving gifts during special occasion and participating in “sabit/an” the night before the wedding.	2.69	Agree
Composite Mean	2.76	Slightly Adaptive

In addition, the respondents strongly agreed that they learn to get along with their Filipino friends to have a smooth relationship with them. They said they realized how important to gain friends most especially that they are in a foreign land far from their families and loved ones. Filipinos are always willing to help and always there in good or in bad times. The third weighted mean of 2.98 revealed that the respondents just agreed that they learn to join family reunions or get together of an entire clan. This only shows that when the foreigners are invited by their Filipino friends, they do not hesitate to accept the invitation. They further said that they learn already the culture of “Pakikisama” which is also very important for foreigners like them considering that this place is not their homeland. They can do it easily because they as well are naturally sociable. In contrast, the respondents disagreed as showed by the second low weighted mean of 2.29 that they believe in superstitious/superficial. This indicates that even though the respondents are from other countries, they are able to adapt the superstitious beliefs of the Filipinos. They said that they learn as well that there is nothing wrong in considering some beliefs while living in this world.

Moreover, the respondents disagreed with the lowest weighted mean of 1.19 that they apply traditional Filipino courtship. Foreigners are known to be very modern when it comes to courting. Even Filipinos are not that traditional at present in courting someone they love that is perhaps the reason why the foreigners as well do not apply traditional Filipino style of courting. To sum up, the respondents have slight cultural adaptation in terms of customs and traditions. Meaning, their own cultures and traditions are still deeply engraved in their minds and hearts although they are integrating the traditions and cultures of Batanguenos. This was proved by Lucy Tuy (2003) in her study that the foreigner respondents entail a positive attitude toward the maintenance of their cultural heritage as well as toward adaptation to the host society.

4. Differences on the Respondents' Level of Adjustment when Grouped According to their Profile

Table 13 presents the significant difference between the assessments of the respondents on their level of adjustment when they are grouped according to their profile. The table includes the computed P-values at 5% level of significance and corresponding degrees of freedom.

Table 13. Difference Analysis of the Respondents' Assessment on Level of Adjustment when Grouped According to Profile

Assessment on the Level of Adjustment when Grouped According to Profile	P-Value	Df	Decision H_0	Interpretation
Age	0.060	4/43	Failed to Reject	Not Significant
Sex	0.428	46	Failed to Reject	Not Significant
Civil Status	0.666	3/44	Failed to Reject	Not Significant
Nationality	0.515	10/37	Failed to Reject	Not Significant
Length of Residency in the Philippines	0.425	2/45	Failed to Reject	Not Significant
Nature of Work	0.425	2/45	Failed to Reject	Not Significant

It can be gleaned from the table that when the assessment on the level of adjustment was grouped according to age, the P-value of 0.060 was found greater than the level of significance of 0.05, with the degrees of freedom of 4/43, thus the null hypotheses was failed to reject and there is no significant difference on the level of adjustment and age. This means that whether the foreigners are young or old they have the same level of adjustment physically, emotionally and socially. Also, in terms of sex, the responses got the P-value of 0.428 having degrees of freedom of 46 and were found greater than the level of significance of 0.05, thus the null hypotheses was failed to reject and there is no significant difference on the level of adjustment and sex. It can be deduced that male and female foreigners have similar level of physical, social and emotional adjustments. May be, the reason for this could be that the respondents are all foreigners, they both know how to socialize with others which is very important for. Emotionally, they are adjusted as well because of the moral support of their families and their Filipino friends. Since, they are from countries with tropical climates and physical environment different from here, both male and female foreigners find little difficulty in adjusting here in terms of physical aspects.

In addition, the respondents' assessment on their level of adjustment were compared when they were grouped according to their civil status, the P-value of 0.666 was greater than 5% level of significance with degrees of freedom of 3/44 which direct the researchers to failed to

reject the null hypothesis declaring that there is no significant difference between the respondents' assessment on their level of adjustments when grouped according to civil status. It implies that whether the respondents are still single, already married and even they are widow or widower, their adjustments did not vary. Possibly, this is because a person whether single or married just like what the researchers had stated in the above findings considering the situation that they are from foreign land they will encounter the same degree of adjustment physically, emotionally and socially.

While the nationality of the respondents got a P-value of 0.515 which is greater than 0.05 level of significance with degrees of freedom of 10/37. This resulted to the acceptance of null hypothesis and lead to not significant interpretation. The result explained that since they are of different nationalities most likely that they will have the same physical social and emotional adjustment while staying here in the country.

The length of residency in the Philippines obtained a P value of 0.425 which is greater than the 0.05 level of significance with degrees of freedom of 2/45. It implies that the researchers failed to reject the null hypothesis and lead to not significant interpretation. It is an indication that length of stay could not be a factor for a foreigners adjustments. Long or short stay here will not matter for the foreigners. It is the reality that they have good social skills and stable emotions coupled with the help of kind and good Filipinos which help them easily adjust in the place.

Lastly, the assessments of the respondents on their level of adjustment when they were grouped according to their nature of work, the P-value of 0.425 which is greater than the 0.05 level of significance with degrees of freedom of 2/45. Therefore, there is no significant difference between the two and it directs the researchers to fail to reject the null hypothesis. This means that foreigners whether employed, self-employed, and pensioners, they are experiencing comparable level of physical, social and emotional adjustment. In general, the level of adjustment of the foreigners did not vary when grouped according to their profile. This only indicates that regardless of foreigners' age, sex, civil status, nationality, length of stay and nature of work, they have the similar level of physical, social and emotional adjustments. This was proved by Fr. Paul Nguyen Dinh Vinh (2002) that Franciscans in Vietnam had abundant experience in cultural adaptation and integration in socialist setting due to diversity of their members in terms of age, religion, family background and educational attainment. The study also showed that adaptation is more passive than integration. Adaptation is mostly necessary for self-establishment under external pressure.

5. Relationship between the Profile of the Respondents and their Level of Cultural Adaptation

Table 13 presents the relationship between the profile of the respondents and their level of cultural adaptation. The table includes the computed P-values at 5% level of significance and corresponding degrees of freedom.

Table 14. Relationship between the Profile of the Respondents and their Level of Cultural Adaptation

Profile and Level of Cultural Adaptation	P-Value	Df	Decision H_0	Interpretation
Age	0.171	92	Failed to Reject	Not Significant
Sex	0.278	23	Failed to Reject	Not Significant
Civil Status	0.459	69	Failed to Reject	Not Significant

Nationality	0.493	230	Failed to Reject	Not Significant
Length of Residency in the Philippines	0.311	46	Failed to Reject	Not Significant
Nature of Work	0.457	46	Failed to Reject	Not Significant

It can be observed from table that when the profile of the respondents in terms of age is correlated to their level of cultural adaptation, the P value of 0.171 which is greater than the 0.05 level of significance with 92 being the degrees of freedom shows that there no significant relationship between the variables. It confirms that the age of the respondents does not influence their level of cultural adaptation. Since foreigners have their own culture and traditions, their ages do not influence the way they adapt to culture of the Filipinos. The sex profile of the respondents obtained a computed value of 0.278 that is greater than the 0.05 level of significance and 23 as its degree of freedom. This shows that there is no significant relationship between the variables. It means that the sex of the respondents has no influence over the cultural adaption as to religion, customs and traditions. It can be recalled that foreigners slightly adapt on the mentioned cultural aspects. Perhaps, it is because male and female foreigners have still strong beliefs on their own faith, customs and traditions.

Civil status was also correlated with the level of cultural adaptation of the respondents. The P-value of 0.459 is greater than the 0.05 level of significance with 69 as the degree of freedom. This shows that there is no significant relationship between the variables. It is an indication that the civil status has no influence the way the foreigner adapt to the culture of the Filipinos. Whether a foreigner is single or married, they firmly stand on their own culture that is why they are slightly adaptive of Filipino cultures. When the nationality of the respondents is correlated to the level of cultural adaptation, the P-value of 0.493 is greater than the 0.05 level of significance and 230 as the degree of freedom. This shows that there is no significant relationship between the variables. It means that the nationality of the respondents did not influence their adaptation to Filipino culture. It is true since religion, customs and traditions are symbolic identities of the people. For the foreigners the only way that they can preserve their own culture is through putting it into practice despite the place they currently living.

With regards to testing the relationship between the length of residency and the level of cultural adaptation, the result lead to the P-value of 0.311 which is greater than the 0.05 level of significance and 46 as the degree of freedom. This shows that there is no significant relationship between the variables. It signifies that the length of stay of the foreigners will have nothing to do with the cultural adaptation. It is quite observable in the findings that they have slight adaptation on Filipino cultures. This further proved that these foreigners have high regard with their own faith and traditions regardless of how long they have been staying here in the Philippines.

Lastly, when the nature of work the respondents is correlated to their level of cultural adaptation, the P- value of 0.457 is greater than the 0.05 level of significance with 46 being the degree of freedom. This shows that there is significant relationship between the variables. It confirms that the nature of work of the foreigners could not influence their cultural adaptation. They have high respect for the religion, custom and traditions of Filipinos but it does not mean that they will conform with it as the findings revealed that they have slight adaptation to the culture of Filipinos. There is no need for the foreigners to totally conform because Filipinos on the other hand know how to respect cultural diversities.

It can be observed from that when the profile of the respondents is correlated with the level of cultural adaptation, each has no significant relationship with the latter. It clearly shows that the levels of cultural adaptation are not influenced by the profile of the foreigners such as age, sex, civil status, nationality, length of stay and nature of work. This was substantiated by Tuy (2003) when she disclosed that there were different levels of cultural adjustment attained by the respondents in regard to acculturation strategies. The respondents who scored well in integration strategies stayed at the level of well-adjusted; while those who used assimilation as a strategy were found at the level of moderate adjustment.

6. Implication of the Findings of the Study to the Foreigners and the Community

The primary purpose of this research was to determine the level of adjustment and cultural adaptation of the foreigners in the cities of Batangas Province. The results revealed that the foreigners are slightly adjusted physically and environmentally whereas they are highly adjusted socially and emotionally. More so, they have slight cultural adaptation in terms of religion, customs and tradition.

The above findings only imply that foreigners find little difficulty with physical adjustments. Meaning, they need to be ready with the tropical climates and the kind of environment the Philippines has. Community members have to consider this reality, foreigners may experience this as they were from countries with different tropical climates. The need of the foreigners should be provided and should be available so that other foreigners may be encouraged to visit the country. It is as well interesting to note with the community and the foreigners themselves that they have very good social dealings and highly stable as well while staying here in the country.

This shows that Filipino communities have successfully maintained its hospitable and friendly attitude that helped foreigners to become well adjusted.

Moreover, as to cultural adaptation, the community members have to respect intercultural diversities which includes religion, beliefs, customs and tradition. It is a reality and a must that each and every one even the foreigners has to preserve their own culture. Non – conformity of the foreigners should not be condemned by the Filipinos instead it should be admired because it shows how foreigners withstand to preserve the symbols of their own culture and tradition. Lastly, the findings likewise entail that foreigners highly respect and value Filipinos' own belief and culture.

Conclusion and Recommendation

In the light of the findings of the present study, the researchers have drawn the following conclusions:

1. Majority of the respondents belonged to the age group of 39-48, males, married, Americans, staying in the Philippines for less than a year to 2 years and self-employed.
2. The foreigner-respondents are slightly adjusted physically/ environmentally whereas they were highly adjusted socially and emotionally while living here in the country.
3. The foreigner-respondents have slight cultural adaptation particularly in religion and customs and tradition.
4. The foreigner-respondents have similar level of physical, social and emotional adjustments when grouped according to their age, sex, civil status, nationality, length of stay and nature of work.

5. There are no significant relationships noted between the profile of the respondents such as age, sex, civil status, nationality, length of stay and nature of work and their cultural adaptation in terms of religion, customs and traditions.
6. The implication based on the findings of the study are discussed for the enlightenment of the community and foreign community as well.

In the light of the findings and conclusions, the following recommendation is made based on the findings of the study.

1. The local tourism office of Batangas may use the findings of this research to motivate many other foreigners to come and visit the place. Through this, the tourism industry will expand and will give more economic opportunities for the Batangueños.
2. The Provincial and Local Government of Batangas may maintain the peace and order situation and the cleanest environment as well for these are the greatest considerations of the foreigners in staying in the country.
3. The community members of Batangas Province should respect the intercultural diversities of the foreign nationalities visiting the country so that the same respect will be got by them. Through this, harmonious relationship and good social interactions among foreigners will be maintained.
4. The foreigners may study carefully the tropical climates and the physical environment of the Philippines so that they may be fully adjusted when they visit the place.
5. The future researchers are encouraged to make a research related to this present undertaking but they may use higher number of respondents and wide scope of localities. They may also consider another variables which are not included in the study which may predict the adjustments and adaptation of the foreigner-respondents. More so, reasons for staying in the country may be considered as well by the future researchers in conducting the same study.

References

1. Cohen, Yehudi A. 2006. Man in Adaptation: The Cultural Present. Chicago/New York: Aldine Publishing Company.
2. Corsini, R.J. 2000. The Dictionary of Psychology. Philadelphia: Bruner. Davis
3. Haviland, William .2006. Cultural Anthropology 8th Edition. Forthworth, USA. Harcourt Brace and Company.
4. Hofstede, Geert H. 2001. Cultures and Organization: Software of the Mind. Berkshire, England: MCGraw-Hill Book Company Europe.
5. Konza D. 2000. Anthropology: Supporting Cross-Cultural Adaptation during Practice Teaching in China: Reflection on Aeven Years of Experience. University of Qollongong.
6. Kottak, Conrad P. 2000. Anthropology: The Exploration of Human Diversity. 10th Edition. New York: MCGraw-Hill Companies.
7. Lusting, Myron W. and Jolene Koester. 2003. Intercultural Competence: International Communication across Culture 4th Edition. New York Allyn and Bacon.
8. Nanda, Serena 1991. Cultural Anthropology 4th Edition Belmont, California Wadsworth Publishing Company.

9. Pederson, 2001. Foreign Atudents: Education and Culture Shock. Sage Publisging.
10. Solomon, 2003. The Center for Global Education. Adjustments and Culture Shock. Study Abroad Handbook.
11. Ward, C. and Kennedy, A. 2005. Adjustment problems of Iranian International Students in Scotland. International Education Journal 2005.
12. Ward, C. and Kennedy, A. 2001. Psychological and Socio-Cultural Adaptation during Cross Cultural Transitions. International Journal of Psychology.