Abstract:
Adaptation of immigrants is one of the most relevant international and national issues in the modern world. In this thesis, the psychological aspects of immigrants’ acculturation changes occurring in the Czech Republic will be discussed. Acculturation appears to be a complex, dynamic process that involves a large number of elements, the interaction between which is the subject of our research. An important aspect in the process of acculturation is the phenomenon of acculturative stress. Successful overcoming of acculturative stress depends on a number of predictors and its research might be beneficial not only for immigrants, but for the host society as well. The desirable aim of any acculturation process is the effective adaptation of immigrants, which is associated with creating a series of prospective psychological competencies.

In the empirical part we wanted to investigate the interrelationship between selected factors influencing the preference of acculturation strategy: moderating factors prior to (sociodemographic characteristics, tolerance, anxiety) – and during acculturation (personal characteristics such as anxiety and coping strategies). The performed analysis utilizes quantitative data processing based on methods of statistical analysis. The data was obtained using questionnaires from Russian-speaking respondents who immigrated to the Czech Republic. The analysis has proven that the chosen predictors have significant relationships with acculturation strategies, namely Separation, Marginalization, Assimilation and Integration. Using regression analysis for each strategy, we have identified a specific model including predictors in question. The structure of interrelationships of predictors is individual for each strategy. The predictors of acculturation strategies include factors prior to the process of acculturation and factors being activated during acculturation. Of all the factors explored we consider immigrants’ coping strategies the most promising. Analysis of relations between acculturation strategies and coping strategies demonstrates the existence of a significant relationship between these variables. The results of empirical studies and existing acknowledged literature sources suggest the need for continuing research on the problems of acculturation and coping strategies of migrants.

Key words:
Acculturation, acculturative stress, acculturation strategies, coping strategies, immigration to Czech Republic, Russian-speaking immigrants