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## THE CORRELATION BETWEEN ACCULTURATION STRESS AND ACCULTURATION DREAMING PROCESS

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**Aim:** The purpose of this study was to test the correlation between acculturative stress scale and acculturation dream scale and to verify previous research outcomes.

**Methods:** 165 Korean American undergraduate and graduate students (M age=23.3, SD=4.1) participated in this study. They submitted the most recent dreams and assessed acculturative stress scale. Total 165 dreams were coded by "Lee Acculturation Dream Scale" (Lee, Sang Bok, 2005: Psychological Reports, 96, 454-456). The hypothesis was that the group members having higher acculturative stress scale would have lower acculturation dream scale than the group members with lower acculturative stress scale.

**Results:** The first generation Korean American students group (n=80, M age=23.4, SD=4.2) had higher acculturative stress level and lower acculturative dream scale when compared with the second generation Korean American college student group (n=85, M age=23.6, SD=4.3). The t-test on the two group comparison was significant on acculturative stress level ( $p < 0.001$ ) and "Lee Acculturation Dream Scale" ( $p < 0.001$ ). It was proven that day time acculturative stress situation had an effect on the night-time dreaming neurocognitive activities, i.e., unconscious acculturation process (Lee, Sang Bok, 2006: "Acculturation Scale for Korean American College Students," Psychological Reports; Lee, Sang Bok, 2006: "Asian Values Scale - Comparisons of Korean and Korean-American High School Students," Psychological Reports).

**Conclusion:** The multiple domains of acculturative processes need to be explicated in terms of "multicultural hermeneutics" (Lee, Sang Bok, 2003: "Working with Korean-American Families - Multicultural Hermeneutics," The American Journal of Family Therapy, 31, 159-178) and of real life experience mapping.