

Bridging the Generation Gap 跨越代溝

Differences between generations, or the “generation gap,” can result in a variety of challenges, including miscommunication and disagreement. “Generation gap” often brings up memories of conflict over taste in music, career choice, political affiliation, and lifestyle choices.

For many Asian and Asian American families, typical generation gap conflicts are compounded by an “acculturation gap” – where children of immigrant parents adapt to a new culture faster and in a different way than their parents.

Acculturation gap conflicts occur when parents expect their children to maintain their traditional culture and lifestyle (e.g., honoring their elders), but the children are more inclined to adhere to the new culture and lifestyle (e.g., individualism and independence). These conflicts can contribute to higher levels of stress and poorer emotional mental health.

Understanding that those types of gaps are part of adjusting to life in a new culture may help normalize, validate, and alleviate the stress experienced by parents and children. Seeking social support from friends with similar experiences may also help.

While it's not easy to get people of different age groups to see eye to eye, it starts with communication. Sometimes a shared pastime can help build rapport, such as storytelling, where family members take turns telling a story about past or present experiences. Or encouraging family members to take an interest in each other's activities.

Sources: [Parent Giving](#), [Psychology Benefits](#)

兩代人之間的差異，或所謂的“代溝”，可能帶來溝通不暢和意見分歧等各種挑戰。“代溝”往往勾起我們回憶，想到在音樂品味、職業選擇、政治派別和生活方式選擇上的一些衝突。

對許多亞洲人和亞裔美國人來說，一般的代溝衝突因“文化融入差距” (acculturation) 變得更加複雜——即移民的子女適應新生活的速度比他們的父母更快，方式也不同。

當父母希望他們孩子保持傳統文化和生活方式，例如尊敬長輩時，但孩子更傾向按照新的文化和生活方式，例如個人主義和獨立，就會發生文化融合差距衝突。這些衝突會導致更高的精神壓力和惡化心理健康。

首先，要理解不同型態的差距本身就是適應新文化、新生活的一部分，這種理解可以幫助我們知道這些父母和孩子面臨的壓力都是很正常的，因而疏緩這些壓力，同時，也可以向有類似經歷的朋友尋求支持，或許會有幫助。

讓不同年齡段的人達成一致看法固然並不簡單，但還要從溝通去開始。有時，共同的消遣休閒活動可以幫助大家建立融洽關係，例如講故事，家庭成員輪流講一個過去或現在經歷的故事，或者，鼓勵家庭成員對彼此的愛好活動發生興趣。

來源: [Parent Giving](#), [Psychology Benefits](#)

