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# **Absolute Solitude of the Alien Mind**

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## **Abstract**

The study adopted phenomenology in an attempt to document genuine and authentic accounts from Korean-New Zealanders who had experienced psychological distress and utilised relevant mental health support systems. Most available studies on Korean immigrants' mental health issues have been conducted in the US, and there is relatively little research on Korean-New Zealanders' experience of psychological difficulties. The study found that among the various and well-known challenges an immigration process usually entails feelings of loneliness, alienation, and isolation in particular triggered a degenerated state of mental health in Korean-New Zealanders. The study also found that contrary to the findings of previous studies, stigma and discrimination supposedly attached to mental ill-health did not play a major role in deterring Korean-New Zealanders from accessing and utilising relevant mental health services. Instead, knowledge about mental health and ill-health and information about available service facilities were found to be more pertinent in the utilisation of relevant professional help in a timely manner.

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## Table of Contents

	page
<b>Abstract</b>	ii
<b>Acknowledgement</b>	iii
<b>Table of Contents</b>	iv
<b>Chapter 1 Introduction</b>	<b>1</b>
1.1 Mental Language	1
1.2 Korean-New Zealanders in a Multi-Cultural Society	2
<b>Chapter 2 Literature Review</b>	<b>5</b>
2.1 Structure	5
2.2 Korean-New Zealander Profile	6
2.3 Legal Alien: The Challenging Nature of the Immigration Process	8
2.4 Behind the Scenes of Model Minority: Impacts of Immigration Stress on Well-being	15
2.4.1 <i>Loneliness</i>	16
2.4.2 <i>Model Minority and Under Utilisation of Services</i>	18
2.4.3 <i>Acculturation and Mental Health</i>	20
2.5 Culture Korean: Culture-bound Characteristics of Korean Immigrants	22
2.5.1 <i>Collectivism</i>	22
2.5.2 <i>Revisioning Collectivism</i>	25
2.6 Korean Perspectives on Mental Health and Mental Ill-Health	30
2.7 Social rather than Professional: Commonly Known 'Korean' Copying Strategies	38
2.8 Cultural and Structural Barriers in Utilising Professional Mental Health Services	46
2.8.1 Cultural Sensitivity	47
2.8.2 Socio-cultural Linguistics	49
2.8.3 Familiarity and Compatibility with Mainstream Services	51
2.8.4 Effective promotion for proper services	54
<b>Chapter 3 Methodology</b>	<b>58</b>
3.1 Research Question	58

3.2	Why Phenomenology?	59
3.3	Participants	61
3.3.1	<i>Criteria for Participants</i>	61
3.3.2	<i>Locating Participants</i>	63
3.3.3	<i>Demographic Information of the Participants</i>	65
3.3.4	<i>From Participants to Co-researchers</i>	65
3.4	Preparation for Interview	66
3.4.1	<i>Development of Guiding Questions for Semi-Structured Interview</i>	66
3.4.2	<i>Technical Matters</i>	66
3.5	The Interview	67
3.6	Transcribing and Editing of Transcripts	69
3.7	Data Analysis	69
3.8	Phenomenology and the Researcher's Limitation	71
<b>Chapter 4</b>	<b>Finding</b>	<b>73</b>
4.1	Profile of Sample	74
4.2	More Personal Than Situational: Self-Reflection on the Mentally Challenging Times	75
4.3	Talking Heals: How Professional Help Helped Recovery	80
4.4	Weighty Regularity and Manoeuvring Daily Lives	83
4.5	The Role of Social Support in Recognising the Problem and Initiating Recovery	88
4.6	Self-Recognition of Problem and Self-Initiation for Recovery	96
4.7	Involuntary Solitude and Etiologic Loneliness	101
<b>Chapter 5</b>	<b>Discussion</b>	<b>111</b>
5.1	Mental Health Issues of Korean-New Zealanders: Social Animals Minus Social	111
5.2	Mental Health Service Utilisation: Beyond Culture	114
5.3	Multi-Culturalism: Oriental and Occidental	117
5.4	Culture-Sensitive Service Promotion and Provision: Knowing, a Pathway to Recovery	125
<b>Chapter 6</b>	<b>Conclusion</b>	<b>128</b>
6.1	Legal Aliens	128

6.2	Empowering Knowledge	130
6.3	It Takes Both Sides: Suggestions and Recommendations	133
<b>References</b>		<b>139</b>
<b>Appendix A: Information Sheet</b>		<b>156</b>
<b>Appendix B: Participant Recruitment Advertisement</b>		<b>160</b>
<b>Appendix C: Interview Schedule</b>		<b>161</b>
<b>Appendix D: Consent Form</b>		<b>162</b>
<b>Appendix E: Authority for the Release of Tape Transcripts</b>		<b>163</b>