IB DP Psychology
Higher level
Paper 3 – resource booklet

The sources in this examination have been collated to assess the claim that technology assists with acculturation into a new society.

Source 2

A researcher conducted an experimental study to investigate whether access to digital technology affects acculturation outcomes in newly arrived migrants. A sample of 60 adolescents who had migrated to the host country within the previous six months was randomly allocated to one of two groups. The technology-access group was provided with a smartphone and guided access to host-country social media platforms, language-learning apps, and online community forums. The control group received no additional digital support.

After eight weeks, all participants completed an acculturation questionnaire measuring sense of belonging, confidence in social situations, and frequency of interaction with peers from the host culture. Scores ranged from 0–30, with higher scores indicating greater acculturation.

The technology-access group achieved higher overall acculturation scores than the control group.

Source 3

A researcher used semi-structured interviews to explore how technology use supports acculturation among recent migrants. Individual interviews were conducted with 15 adult migrants who had lived in the host country for less than one year. Participants were asked about their use of digital technology in daily life and its role in forming social relationships and understanding cultural norms. Using thematic analysis, the researcher identified the following themes:

- Digital technology supported learning of social norms and everyday practices

- Online platforms helped participants initiate social contact before engaging face-to-face

- Technology reduced feelings of isolation during the early stages of acculturation

Source 4

A naturalistic observation study examined how migrants used technology in public social settings.The researcher observed 20 recently arrived migrants attending community language classes over a four-week period. Observations focused on how participants used smartphones and digital tools during breaks and group activities.The researcher recorded:

- Frequency of technology use

- Type of technology used

- Whether technology use was linked to interaction with host-culture peers

The observations showed that technology was frequently used to facilitate communication, such as translating language, sharing local information, and maintaining contact with new social networks.

Source 5

A survey was conducted to examine migrants' perceptions of the role of technology in acculturation. Participants (N = 500) responded to the statement "Using digital technology has helped me adapt to life in the host country" using a five-point Likert scale ranging from strongly disagree to strongly agree.

The distribution of responses is shown in **Figure 2**, a histogram illustrating levels of agreement with the statement.

Figure 2: Histogram showing agreement in response to the statement "Using technology has helped me adapt to life in the host country"