

IJCRT.ORG

ISSN : 2320-2882



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## CULTURAL ADAPTATION AND EXPLORING THE CUISINE

DOCTOR OF PHILOSOPHY In Sociology by Seema Gupta

Under the guidance of  
Dr. HITENDRA SINGH RATHORE  
Associate Professor,  
Department of Sociology,  
Banasthali Vidyapith



BANASTHALI- RAJASTHAN 304022

2020

### Abstract:

This study reports the role of foodways between two or more countries which assist in influencing the process of acculturation. Education, Media and social interaction of the migrants are vital to cultural adaption. The sharing of ethnic food by the various groups play a crucial role. A comparative analysis between the two India (migrants) and UAE (the host country) in general and the traditional food in specific is made. The findings reveal that understanding of food culture develop by the social interaction, sources from media and even information through the books. Individuals get aware of various recipes and new international cuisine, they things used in that, the way of serving and eating. Accepting the ethnic food prepared by one another strengthen the social ties.

**Key words:** Acculturation, foodways, minorities, ethnobiology

### Acculturation and foodways

Acculturation is a process of change, learning new culture, adaption, acquiring the capability to act with their own original culture. This is a process of accepting the belief and behaviors of new people in a new society.

(Sam & Berry 2010) "Acculturation refers to the process of cultural and psychological change "The change occurs into many dimensions and adjustments are made in many walks of life like, language, socioeconomic and cultural values and norms.

( Jennings , Forbes McDermott & Hulse 2006) It is vivid that the many elements of the ethnic culture are reducing or adding due to acculturation .Acculturation is an interaction between at least two cultures .Most of the times it is the minorities adapt the culture of the dominant groups or some times it is other way around. When the different cultural groups come in contact with each other constantly that leads in exchanging of food ways and that is the beginning of the change in culture by adapting partially or fully. (Keane & Willetts 1994) Any preparation, presenting and consuming is called foodways of any ethnic group. It is the way ethnic groups prepare their items, ingredients they use, tools or equipment they need in the preparation. The food ways also highly influenced by the historical fact and their ancestors followed. (Germann Molz 2007) Food consumed by the people depends on the availability of the food items and the cultural background of the home and host countries both. some people tends to change their habits as per the social position they have to maintain professionally. The adaptation of different foodways represented through the social gathering and events which leads to accepting and adapting the new ways of food. (Cote 2006) The realities of new culture are recognized by the intervention of cultural values.

(Jackie Simone 2009) The author has considered food as a language which is a expression of love and affection and understood and shared by all. Food brings no barriers among ethnic groups instead it bridges the gap. To learn a new language or understanding a new culture is a task and may take ample time. But food is the expression adapted immediately.

Its revealed that adaptation of food is much quicker if the human are more educated and well informed and financially stable. It also depends on the attitude of the people towards other humans, Food is the symbol that creates an ethnic connections, belief and work as bonding mechanism in a family and society. The different food habits form each society represent their routine and shape their personality and cultural identity.

(Journal of ethnobiology and ethnomedicine 2019) The findings from this article emphasized on the relationship between the migrants and the food. The trending concept in the transition of the dietary habits of migrants and the impact on their health. This paper analyzed the influence of the dietary habits of migrants to a new cultural environment.

(Journal of ethnobiology and ethnomedicine 2019) Once the migrants move out from their place of origin and relocate themselves. In regard of food habits, they can continue using the same products to maintain their previous identity. couple of ways are either using conventional items in a new surrounding or using new items for the same foodways. The migrants have choice to mix both and create new. As discussed before there is no concept which is static but dynamic. Over a period of time the process of acculturation change.

(Jeawan Kim 2019) The author has analyzed the purpose of the study of migrants on the basis of the choice of food and health behavior. The finding in the study is that the migrants from Asia face greater challenges in adapting local culture of Australia specially the food. This study also is an awareness and an insight to the public and a guiding force to avoid the consumption of alcohol and other food items leading to obesity.

(article University of Pittsburg 2014) The adaptation is a spontaneous process of globalization. The process has innumerable forms depending on each individual. In regard of national cuisines reaching far and wide. The popular food chain like McDonalds etc. influencing the world. This can be taken into account and made responsible of cross-cultural transmissions. People tend to be rigid as far as their food habits are concerned and it is an essential part of life. Food is one of the biggest cultural differences. Though people are strict to their taste but in the trial of the adaptation they mold themselves. The international food chains are adapting the different cultural taste in their cuisines.

### Area of Study

An inquisitive nature and the love for sociological factors always I was willing to observe humanity from the close. There emotions emerged more stronger as I myself grew older. It coincided with the understanding of myself and the people around me. The major objective of my research was to reach to the heart and the mind of people and how they feel and make effort to mingle with a new ethnic group and a new society. One of the major aims also to bring all those collective thought of migrants, into forefront. Believing it might assist humanity across the globe. As said before there is always new meaning to life emerging, so it must be update constantly. We cannot confine any research to one or two years, it can go on and on till the eternal life. There is never a fixed solution to any issue and no one time remedies, no one size fits to all. My reach to everyone in my research was to understand them and try resolving by sharing each other's optimistic attitude, sharing experiences of those who adopted easy way to cope up with new place or new people. As said, there is no one size fits to all in this matter, but still scope of widening understanding.

The location or the area of study is vital for the findings of the research, the impact of profile of the area is inevitable. History of Arabia, history of the region from prehistoric times to the present Sometime after the rise of Islam in the first quarter of the 7th century CE and the emergence of the Arabian Muslims as the founders of one of the great empires of history,

The whole peninsula of Arabian region is known as Jazirat al Arab. It is not agreed upon unanimously the Islamic sources. As per Greek and Latin resources Syrian, Jordanian, and Iraqi deserts were included in term Arabia. Arabia was the cradle of Islam, Every Muslim person as influenced by this. It is outstanding contribution of Arabia to the world civilization.

In the Eastern part of Arabian Peninsula United Arab Emirates is located. There is Persian Gulf to its Northeast. And Gulf of Oman to the East. UAE consist of seven emirates Abu Dhabi, Dubai, Sharjah, Ajman,

Umm Al Quwain and Fujairah. On 2<sup>nd</sup> December 1971 the emirates came as a federation as 6 Emirates Ras Al Khaimah joined in 1972. The treaty relations established with the British in the 19<sup>th</sup> Century and they were called the Trucial States.

The history of UAE human habitation and transmigration spanning back 125 000 years back It is said that the Sumerians and Magan are the previous people living in this area. There are evidences of the rich history of trade with Harappan culture

### Geographical location

To the Eastern side of Arabian Peninsula lies the seven emirates of United Arab Emirates. Abu Dhabi comprises of more than three fourths of the entire federations area and makes it the largest Emirate. It is also the oil production area. At the base of mountains Musandam Peninsula is the location of Dubai. It is the hub of commercial activities with multinational corporations in cluster of high-rise buildings. The other Emirates are smaller in size and even in progress.

The environment in UAE is the mixture of rocky desert, coastal plains, wetlands and mountains with no water. Every year's migratory birds are attracted to the seashore of UAE. The high standards of resorts with highly maintained beaches draw attention of the international travelers. UAE has maintained the striking balance of ancient customs and modern technology to the world. The influx of migrants from the different parts of the world is evident that is UAE is made up of diverse nationalities and ethnic groups.

### Demographic mix

Past years there has been tremendous growth in various economic sectors, this has led to the influx of many migrants from different countries who belonged to diverse cultural and religious background. The population of UAE has grown manifold and the figures has turned into millions in a few years.

As per the statistics provided by the World Bank and United Nations, the population of UAE has reached around 9 million in 2014. There are expatriates are more in numbers than their own nationals. The UAE society has proven to be the perfect example of tolerance and coexistence as the residents and citizens live in harmony.

### Statistics as per the UAE government portal (2018)

Population of UAE (by multiple resources)	9.54 million (2018)
	9.12 million (2016)
	4.8 million (2008)
	4.1 million (2004)

Male and Female population ration	72% men 28% women	
Age wise population	Age group	%
	0-14	14.20
	15-24	12.70
	25-54	85.90
	55-64	5.70
	65 +	1.50

Source -Secondary data uaegov.ae

<https://www.globalmediainsight.com/blog/uae-population-statistics/>

### Significance of the problem

Since we talk nowadays in the global terms. The problem rises in one country influence many parts of the world. As stated above and it is witnessed with the ground research the comfort level of migrants from India is of higher level. It was observed that different people with different age group had different impact on the lives of people. The food habits are so rigid the older you become stronger it becomes.

### Scope of research

This research aims to provide relevant literature regarding to Indian migrants to UAE' cross-cultural adaptation process with the special mention in foodways. It is important to and fundamental to understand migrant population their acculturation, assimilation and adaptation. Before getting into understanding of migrant population it is vital to know the back-ground knowledge on cultural adaptations of various social groups which will lead to problem solving process. Despite being there a lot of research done still there is always a scope for more to review the current situation are more obvious to exist during the process people experience new culture.

As said above this research topic is not novel but the societies are dynamic and so the demographics is so there is constant need to study human behavior who may be different in their behavior in different circumstances. The behavior of their pattern is always changing. The research will also disclose that each respondent has different adaptation process and there will be the finding of similar patterns on acculturation and assimilation.

The research would highlight the behavior pattern of the migrants the research would help to analyze the difference between the respondents as their different religion has impact on society differently There is a significant difference between migrants in terms of measure according to the respondents stated religion. This research would also reveal that there is a difference in the adjustment behavior between the genders. it is how biological difference between the genders and their way of thinking affect their acculturation and

assimilation. The paper will also reveal the study and comparative information of the migrants of their place of origin and the host country and how it played a vital role in the process of their adjustments in a new society.

The respondents were from UAE specially from Dubai, Ajman and Sharjah. The number of migrants were both male and females. There were wide range of ethnic groups from India as there are number of people from South, North and even west side of India. The respondents were from different walks of life there were people from corporate, business group, educational institutions, doctors etc.

Data was collected between August and November of 2019 and was mainly collected through visits by the first author. The researcher was present during the completion of the questionnaires in all except for few. Questionnaires were given to the respondents and they returned in 24 hours after completion. The couple of them were followed up via phone calls and ensured firsthand information.

The findings of the present research reveal new information about the influence of socio cultural and personal variables upon the cultural adjustment of India migrants in UAE. The study was conducted on the wide range age group and the respondents living in different Emirates like Dubai Sharjah and Ajman, of the United Arab Emirates. The respondents belonged to all walks of life like they were doctors, teachers, business group and workers etc. The comparison between the two countries and its societies have been brought into forefront. Some migrants accepted the cultural pattern lifestyle of the host country and some rejected. Some made abrupt adjustments, and some gradually accepted, some have modified their lifestyle.

The important element of this study like religion, work culture, financial position, climatic conditions, language, religion etc. which was different in their home country the study has provided an insight of the impact of these elements in cultural adaptation of the migrants

This research is a sociological study comparing of very prominent Indian migrants' cultural adaptation in the UAE.

There is information collected based on the factors such as social status, personal information, socio cultural adaptation, socio economic change. The role of various influences on the cultural adaptation. The data collection is divided into sections of social status, personal information, socio cultural adaptation and socio-economic change

## Conclusions



Each countries cuisine and taste differ from each other. International brands have to maintain their standard and offering different tastes as per the country's food culture. The famous McDonalds, Burger King and KFC are offering the ethnic tastes of various social of the countries without losing their identity. They are changing the ingredients' as per it is available in the country and side preferences as per the food culture of ethnic groups. For example, the Indian and Asian vegetarian is added to the menu as per the preferences of the people. In case of migrants are also given the choice of their taste in many of their host countries.

The decision on food on what to eat play a pivotal role in human appetite. The wanting of food or the pleasure in liking any food item can be measured as reward. People make an effort in choosing the type of food and relish it They are not easily opened for the new taste of food. It is gradually that they are motivated to try the variety. As said above many individuals are open to it as they have to main some social position as the requirement of their job.

Dietary acculturation success stories are found among some migrating groups, including evidence of improvements in dietary patterns. For instance, in one study, about 60% of South Asian immigrants to Canada reported making healthier food choices at home and when dining out. Consumption of fruits and vegetables increased, whereas consumption of high fat and/or fried foods decreased. Stir-frying and baking or grilling foods increased, and many South Asians decreased the amount of frying altogether after moving to Canada; however, the immigrants reported consuming more convenience foods, soft drinks, desserts, and eating out more often than in their native Asia.

Under my research I came across with the different views on accepting or rejecting the food in UAE by the Indian migrants. There were different versions in Vegetarian and Non vegetarian. Out of them there were mixed reactions on the availability of both the type of food. The age factor was also marked as the part of adaptation scale foodways Youngsters who would like to explore the taste liked majority of the menus, at the contrary the middle-aged people whose taste was quiet rigid expressed discomfort. Another factor was the duration of their stay in the host country, there was a remarkable statistics difference found between the newcomer and the migrants staying longer than 5 years.

The statistics recorded as per the data collection was around 47% respondents expressed interest for the Arabic cuisine. Quiet often people relish Arabic food. 28% tried Arabic food sometimes 10% rarely 12 % respondents enjoyed the food always 3% expressed complete disliking. This 3% group consisted of a couple of elderly people and some who have migrated recently. To conclude we can say the voluntary migration and exposure to the world is already shaping the mind of a global citizen. Time is changing rapidly. Individuals who are migrating to other countries with the premade mindset to throw them selves in a new world and ready to learn adapt new things in life.

## Acknowledgements

I express my gratitude to all my respondents who could spare some time from their busy schedule. I also thank my host country UAE gave me the opportunity and freedom of thought to carry out this research. The most important is my guide who always motivated me for the deep thinking to analyze of the facts. My family also played an important role who stood by me in my challenging times.

## References

<https://www.sciencedirect.com/science/article/abs/pii/S0950329319306792>

<https://ethnobiomed.biomedcentral.com/articles/10.1186/s13002-019-0290-7>

[https://www.researchgate.net/publication/288907416\\_Standardisation\\_versus\\_cultural\\_adaptation\\_in\\_food\\_advertising\\_Insights\\_from\\_a\\_two-culture\\_market](https://www.researchgate.net/publication/288907416_Standardisation_versus_cultural_adaptation_in_food_advertising_Insights_from_a_two-culture_market)

<https://onlinelibrary.wiley.com/doi/abs/10.1111/ijcs.12439>

<http://www.gsws.pitt.edu/blogs/ndc14/food-global-context-adaptation-over-colonization>

<https://fastfoodinvestigation.blogspot.com/2018/12/cultural-adaptation-of-fast-food.html>

<https://www.tandfonline.com/doi/abs/10.1080/02650487.2000.11104813>

<http://www.buzzsawmag.org/2009/03/29/adapting-food-between-cultures/>

[https://reference.jrank.org/diets/Dietary\\_Acculturation.html](https://reference.jrank.org/diets/Dietary_Acculturation.html)