

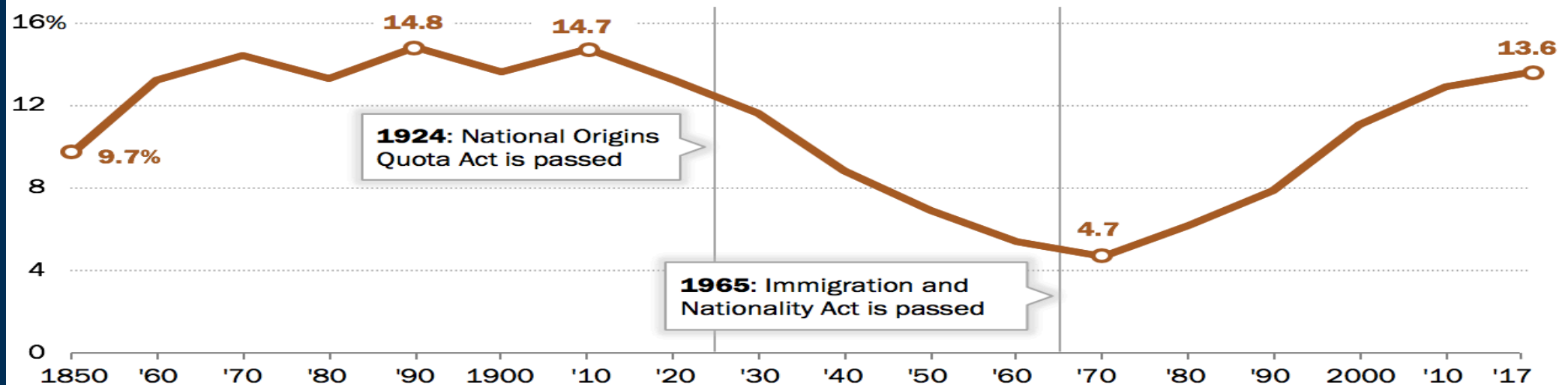
Understanding the Cultural Experiences of Immigrant Youth



Patterns of Immigration in the United States

Immigrant share of U.S. population approaches historic high

% of U.S. population that is foreign born



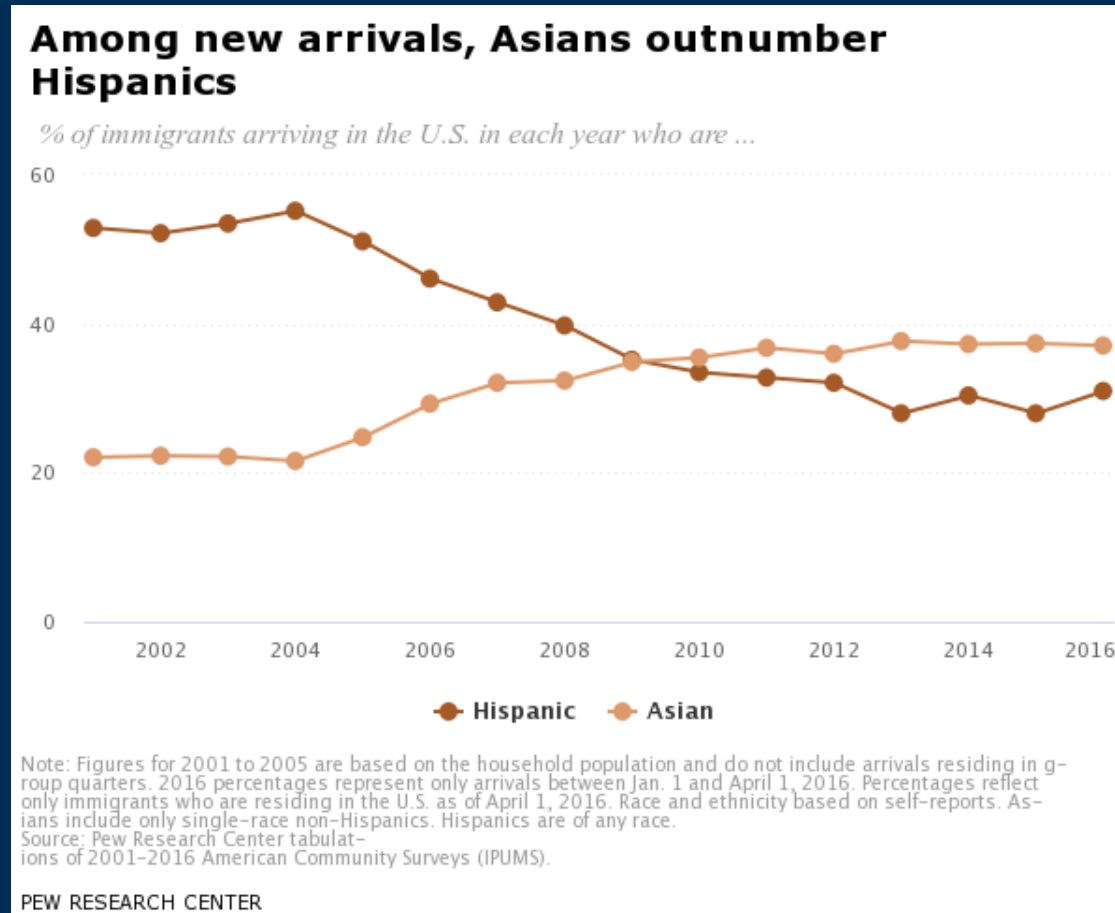
Note: Share foreign born is for the 50 states and District of Columbia.

Source: U.S. Census Bureau, "Historical Census Statistics on the Foreign-Born Population of the United States: 1850-2000" and Pew Research Center.

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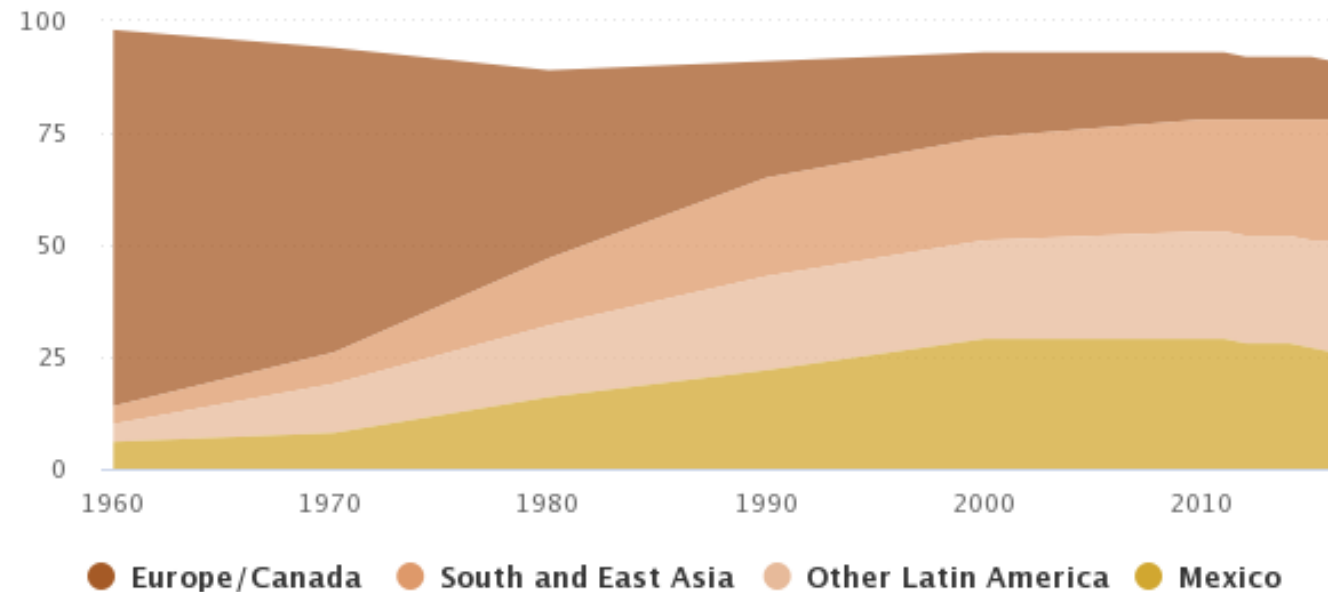
Patterns of Immigration in the United States



Patterns of Immigration in the United States

Origins of the U.S. immigrant population, 1960-2016

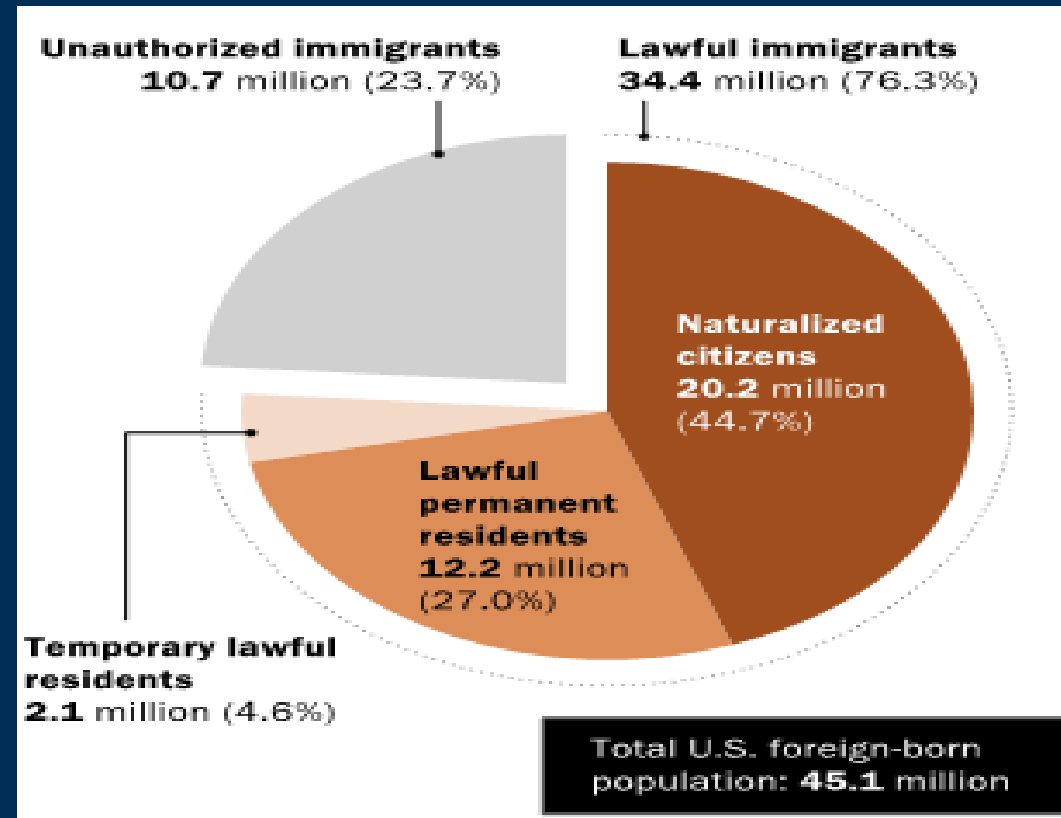
% of foreign-born population residing in the U.S. who were born in ...



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Patterns of Immigration in the United States



Patterns of Immigration in the United States

- In summary,
 - Foreign-born population residing in the U.S. reached a record 43.7 million, or 13.5% of the U.S. population, in 2016.
 - Though growth has begun to slow, number of immigrants projected to almost double by 2065 (18% of the U.S. population).
 - Today, majority of immigrants originate from South and East Asia (26.9%), Mexico (26.5%), and Latin America (24.5%).



Patterns of Immigration in the United States

- Changing patterns of migration has led to greater cultural divides between immigrants and their host societies.
 - Whereas receiving society typically emphasizes individualism.
 - The global south typically holds collectivist-based beliefs.
- As a result, interest on challenges faced by immigrants has substantially increased over the last few decades.



Goals of Current Presentation

- In this presentation, we will explore challenges faced by immigrant youth, particularly those of Hispanic/Latino origin.
- Specifically, this presentation will focus on
 1. Acculturation, or the extent to which an individual retains his or her cultural heritage and/or adopts the new receiving culture.
 2. The unique stressors experienced by immigrant youth, both first- and second-generation.



What is Acculturation?

- Refers to the changes that occur as a result of between people from different cultures.
- This process is not exclusive to immigrants, and can occur as a result of almost ANY intercultural contact:
 - Travel and study abroad.
 - Exposure to media from other cultures.
 - Residing in a highly multicultural context.



What is Acculturation?

- Traditional Conceptualization
 - Originally conceptualized as a unidimensional process (Gordon, 1964).
 - Retention of heritage culture and acquisition of receiving culture viewed as polar ends on a single continuum.
 - This straight-line assimilation conceptualization
 - Views acquisition of a new culture as requiring the loss of one's heritage culture.
 - Assumes "successful acculturation" involves complete adoption of the receiving-culture and forfeiture of cultural heritage.



What is Acculturation?

- Current Conceptualizations
 - Increasingly, research on acculturation has drawn on John Berry's Model (1980).
 - This model views receiving-culture acquisition and heritage culture retention as separate and independent dimensions.
 - As such, individuals can acquire some aspects of the receiving culture while still retaining their own heritage culture.



Acculturation Model

	Identification with Heritage culture: HIGH	Identification with Heritage culture: LOW
Identification with US culture: HIGH	Integration (Bicultural)	Assimilation
Identification with US culture: LOW	Separation	Marginalization

Berry's Acculturation Model



What is Acculturation?

- Strategy versus Characteristic
 - Acculturation strategies implies that individual differences are result of *specific choices* made by migrants.
 - Although migrants have *some choice*, acculturation constrained by demographic or contextual factors:
 - **Characteristics of migrants:** Countries of origin, types of migrant, SES, education level and knowledge of the host language, religion, and cultural similarity.
 - **Contextual factors:** Attitudes toward migrants (broadly and specifically) and expectations of how immigrants should acculturate.



Evidence in Support of Model

- Receiving-culture acquisition and heritage culture retention represent distinct dimensions (Berry & Kim, 1988; Schwartz et al., 20112).
- At same time,
 - Acculturation extends across various components including
 - cultural practices (language use, cultural customs and traditions, etc.)
 - cultural values (belief systems associated with a specific context or group), and
 - cultural identifications (attachments to cultural groups).
 - These components are related but follow their own trajectory and have differential effects on adaptation (Lee et al., 2018).



Evidence in Support of Model

- Provided mixed support for Berry's acculturation characteristics (e.g., Berry et al., 2006; Des Rosiers et al., 2013; Salas-Wright et al., 2015)
- For example, Schwartz & Zamboanga (2008)
 - Identified 6 “types” of acculturation characteristics in a sample of Hispanic college students.
 - Assimilated (23%)
 - Separated (15%)
 - Partial Bicultural (17%)
 - American-oriented Bicultural (24%)
 - Full bicultural (18%)
 - Undifferentiated (3%)



Evidence in Support of Model

- More recently, Meca et al. (2017)
 - Identified 3 profiles among a sample of undocumented Latinx Adults:
 - Separated (43%)
 - Marginalized (33%)
 - Bicultural (24%)
 - Findings were not only consistent with Berry's, providing support for the marginalized characteristic of acculturation, but found bicultural associated with highest well-being/flourishing.



Unique Effects of “Acculturation”

- In terms of effects on youth outcomes,
 - Research has only recently begun applying a bidimensional conceptualization.
 - As noted by Meca & Schwartz (in press), although findings have been somewhat inconsistent, studies have largely indicated that
 - loss of one’s heritage practices, values, and identifications poses a greater risk for substance use among Hispanic youth.
 - adoption of US cultural practices, values, and identifications does not appear to pose a risk for these outcomes.



Effects of “Acculturation”

- Research focused on Berry’ acculturation characteristics have indicated that biculturalism tends to be
 - most commonly endorsed approach (Berry, Phinney, Sam, & Vedder, 2006).
 - associated with most favorable outcomes (Nguyen & Benet-Martínez, 2013).
 - represent a natural course of action for young migrants, who often must live successfully in two worlds (Berry et al., 2006), and for second-generation immigrants, who learn both cultures simultaneously.





Unique Successors Experienced by Immigrants



Unique Stressors Experienced by Immigrants

- A large and growing literature has focused on various types of stressors experienced by immigrants.
- That being said, there remains conceptual inconsistencies:
 - Inconsistencies in the term utilized to describe these unique stressors
 - Inconsistencies in number and nature of the unique stressors experienced by migrant.



Types of Stressors

- Pre-Migration Stress
 - Reflects stressors experienced in one's home country.
 - Includes poverty, lack of quality healthcare, limited educational opportunities, and trauma experienced prior to migration.
- Immigration-Related Stress
 - Reflect stressors associated with migration itself.
 - Includes exposure to traumatic events during immigration, fear of being deported, problems dealing with immigration or finding work, family separations, and limited contact with family.



Types of Stressors

- Acculturative Stress
 - Cognitive appraisal of stress due to adapting to majority culture that result from cultural changes that occur during the acculturation process (Berry, 2003).
 - Typically focuses on
 - the stress of the immigration experience and the stress from adopting the dominant US. culture and the English language.
 - Also includes familial conflict that may arise a result of differential acculturation, sometimes referred to as “Acculturation-Gap Stress).



Types of Stressors

- *Bicultural stress*

- Focusing on cognitive appraisal of stress due to adapting to the majority culture **AND also maintaining one's heritage culture**
- Results from daily hassles that arise as a result of adapting to more than one cultural context and navigating each culture (Romero & Roberts, 2003).
- Sources of bicultural stress include
 1. Pressure to be fluent in more than one language,
 2. Conflict in cultural values and behaviors with family and peers,
 3. Intragroup AND intergroup discrimination
 4. Discomfort in social interactions with different cultures



Types of Stressors

- **Discrimination**
 - Can be characterized by unfair actions toward people/ groups based on ethnicity or language fluency.
 - Includes
 - Overt discriminatory actions of unfair/differential treatment.
 - Daily hassles and microaggressions¹ (Romero & Roberts, 2003; Sellers & Shelton, 2003)
 - Such as derogatory jokes, nonverbal slights, or being ignored, any of which may seem minor, but which have an additive quality of stress over time.
 - As a whole, researchers argue that discrimination are pervasive experiences for ethnic minorities (Romero & Piña-Watson, 2017).



Unique Stressors and Psychosocial Functioning

- As a whole, research has found clear links between these various constructs and psychosocial functioning.
- For example,
 - Research demonstrates that poor mental health is associated with more **acculturative stress** (Crockett et al., 2007; Jamieson & Romer, 2008; Mejía & McCarthy, 2010; Peña et al., 2008; Zayas, 2011; Zayas & Pilat, 2008).
 - **Bicultural stress has been associated with worse mental health outcomes** (Castillo et al., 2008; Forster et al., 2014; Mejía & McCarthy, 2010; Piña-Watson et al., 2015; Romero et al., 2007).
 - **Extensive body of research also documented the negative effects of discrimination across a variety of ethnic/racial minority groups** (Benner et al., 2018; Korous et al., 2017)



Unique Stressors and Acculturation

- It should also be noted the unique stressors experiences by immigrants may also modify the impact acculturation has on adaptation as well.
- For example,
 - Biculturalism may be less advantageous when person is discriminated against (Baysu, Phalet, & Brown, 2011).
 - These individuals may resist acculturating because they are not fully recognized (a process of “reactive identification”; Verkuyten, 2005).
 - May be viewed as “perpetual foreigners” (Cheryan & Monin, 2005; R. M. Lee, 2005; Lee et al., 2017).



Unique Stressors and Acculturation

- Meca et al. (2019)
 - Explored the interaction between stressors and acculturation on alcohol use among recently immigrated Hispanic adolescents.
 - Results found
 - Bicultural stress, not discrimination nor perception of negative climate predicted alcohol use.
 - However,
 - ethnic identification was
 - Protective against alcohol initiation in the presence of high bicultural stress,
 - But positively predicted alcohol initiation when bicultural stress was low.
 - US practices predicted alcohol initiation when bicultural stress was average or low



Future Directions

- As is the case in most things, more research is needed to
 - better conceptualize the process of acculturation,
 - the unique stressors experienced by immigrants (and children of immigrants),
 - And understand how individual and contextual factors interact to predict cultural change and mental health.
- Future Directions in TARDIS Lab
 1. Understand how youth cope with these specific cultural stressors.
 2. Explore day-to-day how youth negotiate their cultural streams.
 3. Further understand how acculturation and stressors interact to impact risk to immigrant youth.



Questions



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