

# The Effects of Perceived Discrimination and Acculturative Stress on Ethnic Minority Young Adult Self-Esteem and Anxiety

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## Introduction

- Minority college students are at increased risk for negative mental health outcomes and self-esteem issues considering acculturative stress and perceived discrimination (Gomez et al., 2011).
- How discrimination is viewed by the individual and how they adjust to dominant culture plays an important role in self-esteem (Hall et al., 2015).
- Studies following the relationship between perceived discrimination and acculturative stress rarely look into mental health outcomes along with self-esteem (Paukert et al., 2006; Wei et al, 2013).
- This research may provide insight into the mechanisms which affect psychological distress (Tonsing et al, 2016).

## Hypotheses

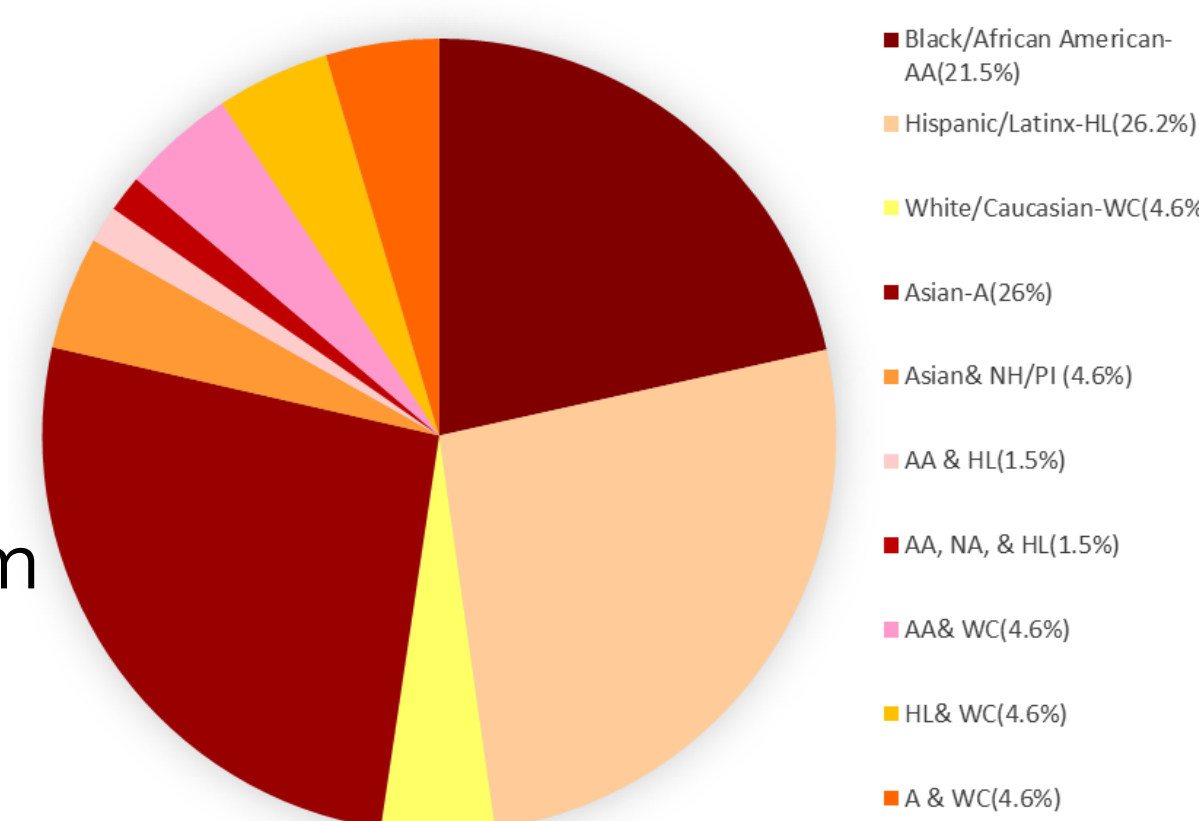
- Hypothesis 1:** Minority students with higher levels of perceived discrimination will be more likely to experience anxious symptoms and low self-esteem than minority individuals with lower levels of perceived discrimination (PD).
- Hypothesis 2:** Minority student with higher acculturative stress levels will be more likely to experience anxious symptoms and low self-esteem than minority students with lower levels of acculturative stress (AS).
- Hypothesis 3:** Overall Black and Hispanic/Latinx students will report higher levels of perceived discrimination and acculturative stress than Asian students.

## Methodology

Ethnicity of Participants

### Participants

- 65 total participants
- Students from small liberal arts college in Northern California
- Snowball sample from social media
- Ages 18-28 (m = 21.6)



## Methodology

### Measures

#### Perceived Ethnic Discrimination Scale

The Perceived Ethnic Discrimination Questionnaire-Community Version (Brondolo et al., 2005). The PEDQ-CV was utilized to capture the levels of perceived discrimination experienced by a participant throughout their lifetime on a 5-point Likert scale

#### Self-Esteem Scale

The Rosenberg Self-Esteem Scale (Rosenberg, 1965): The RSES was used to assess self-esteem of the participant on a 4-point scale

#### Anxiety Measure

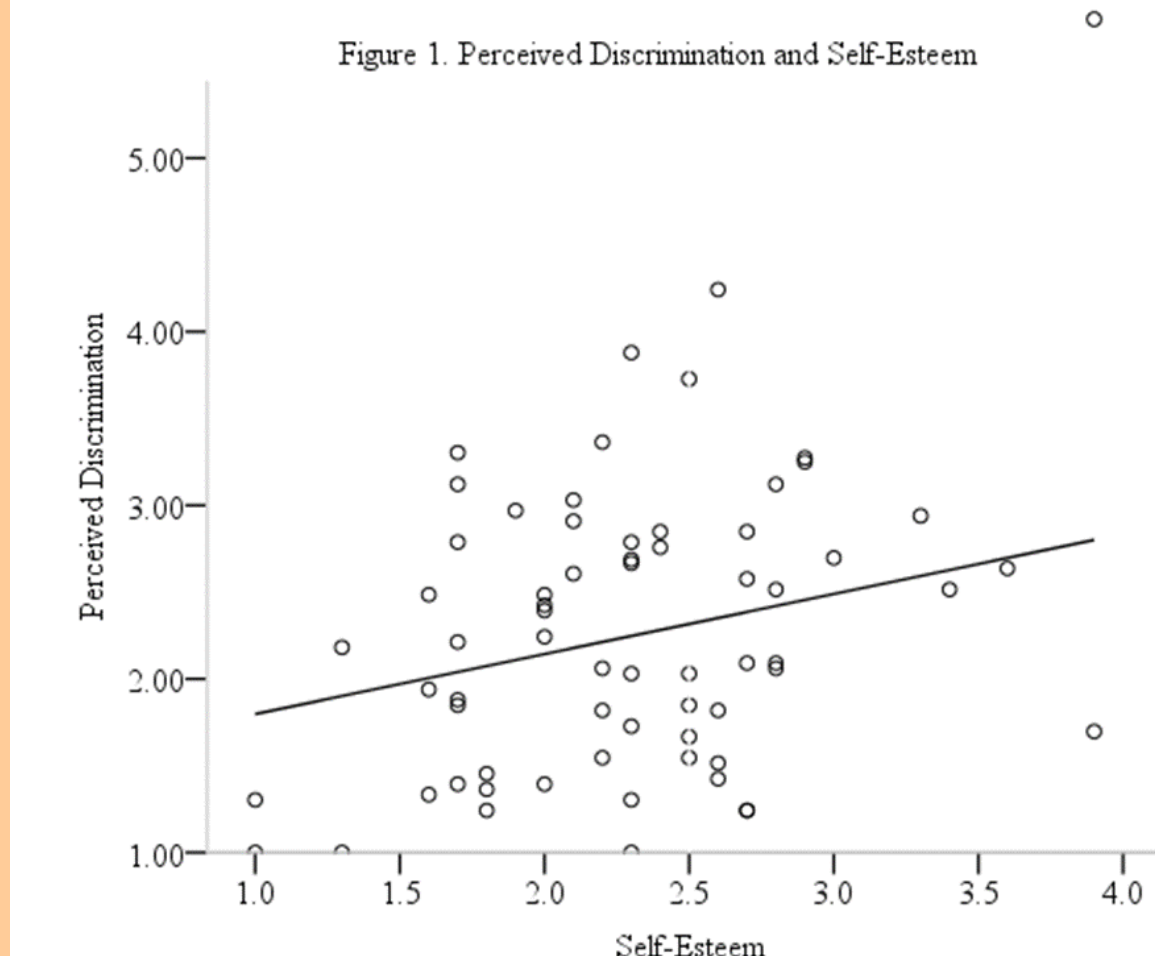
The Beck Anxiety Inventory (Beck, 1965): The BAI was used to assess anxiety levels for each participant, based on symptomology in the past week on a 4-point scale

#### Acculturative Stress Measure

The Social, Attitudinal, Familial, and Environmental Acculturation Stress Scale-Short Version (Mena et al., 1987): The SAFE scale was used to assess acculturative stress levels in each participant on a 5-point Likert scale

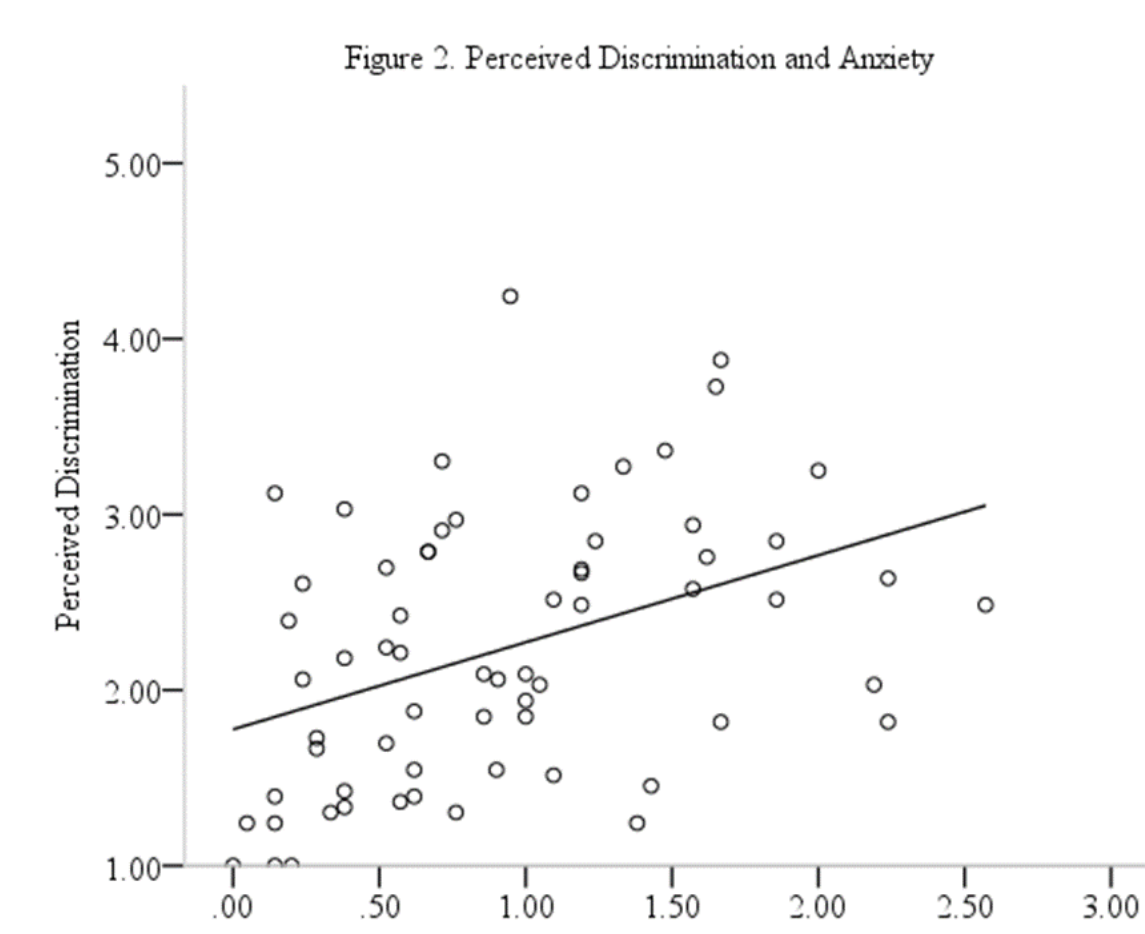
## Results

### Perceived Discrimination and Mental Health



Positive Correlation between perceived discrimination and self-esteem ( $r(60) = .264, p < .05$ )

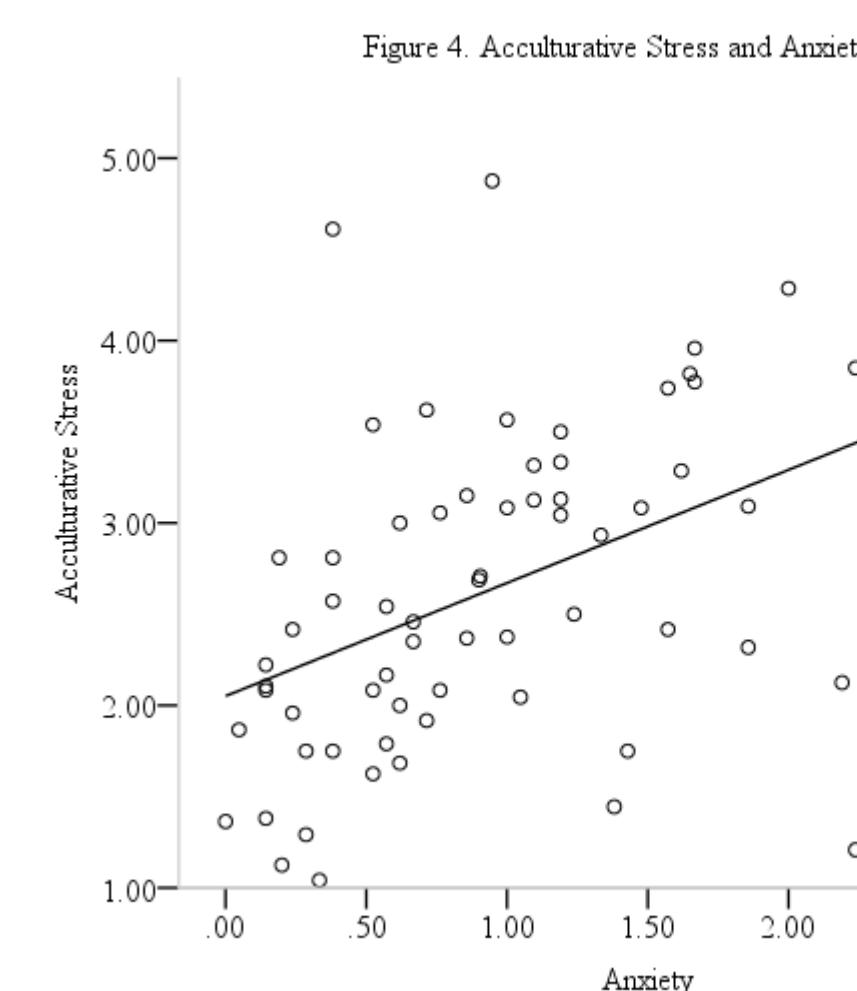
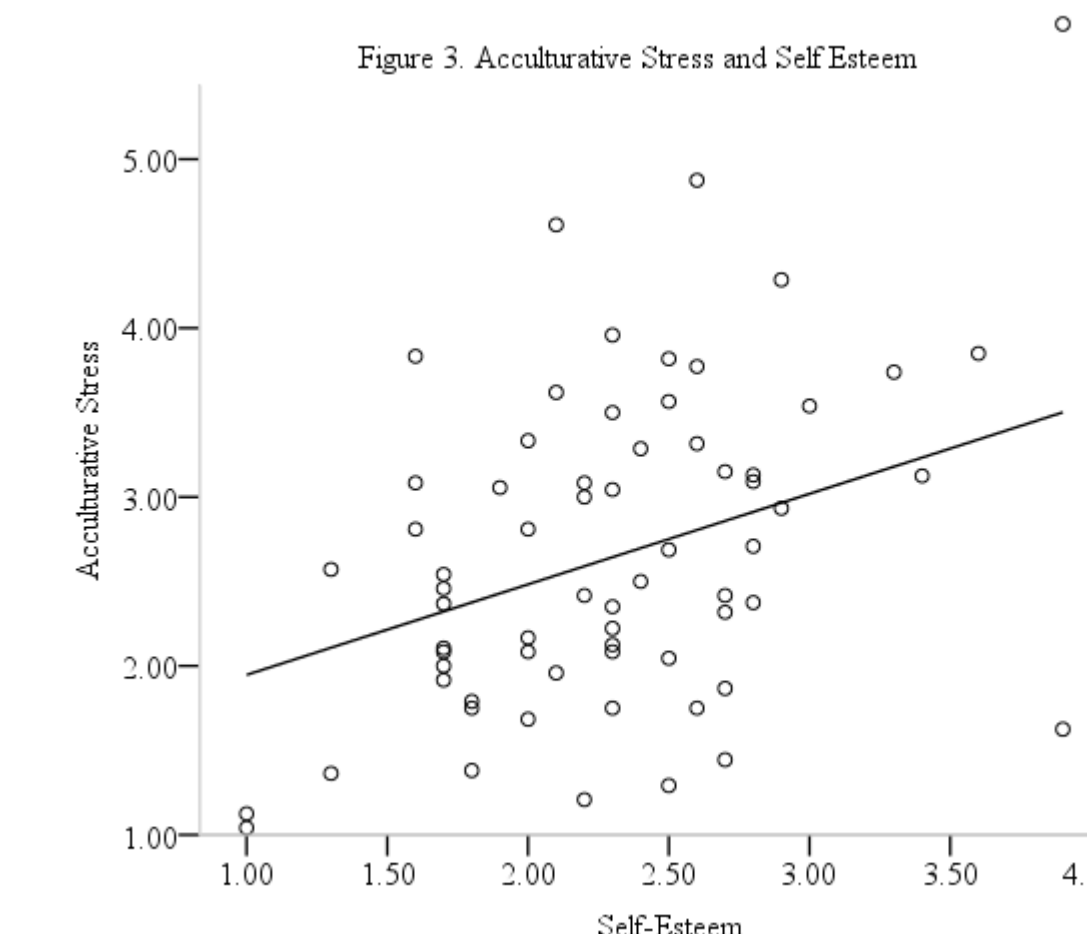
Positive Correlation between perceived discrimination and anxiety ( $r(60) = .382, p < .01$ )



## Results

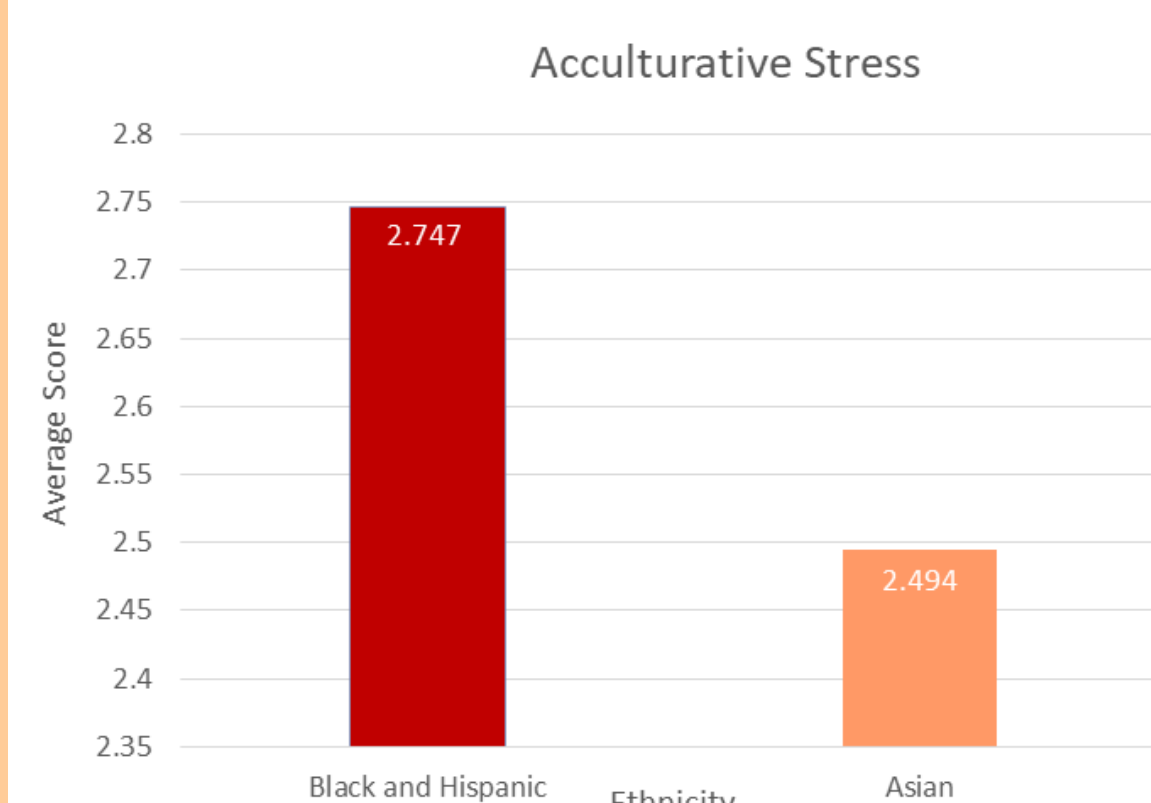
### Acculturative Stress and Mental Health

Positive Correlation between acculturative stress and self-esteem ( $r(60) = .360, p < 0.01$ )



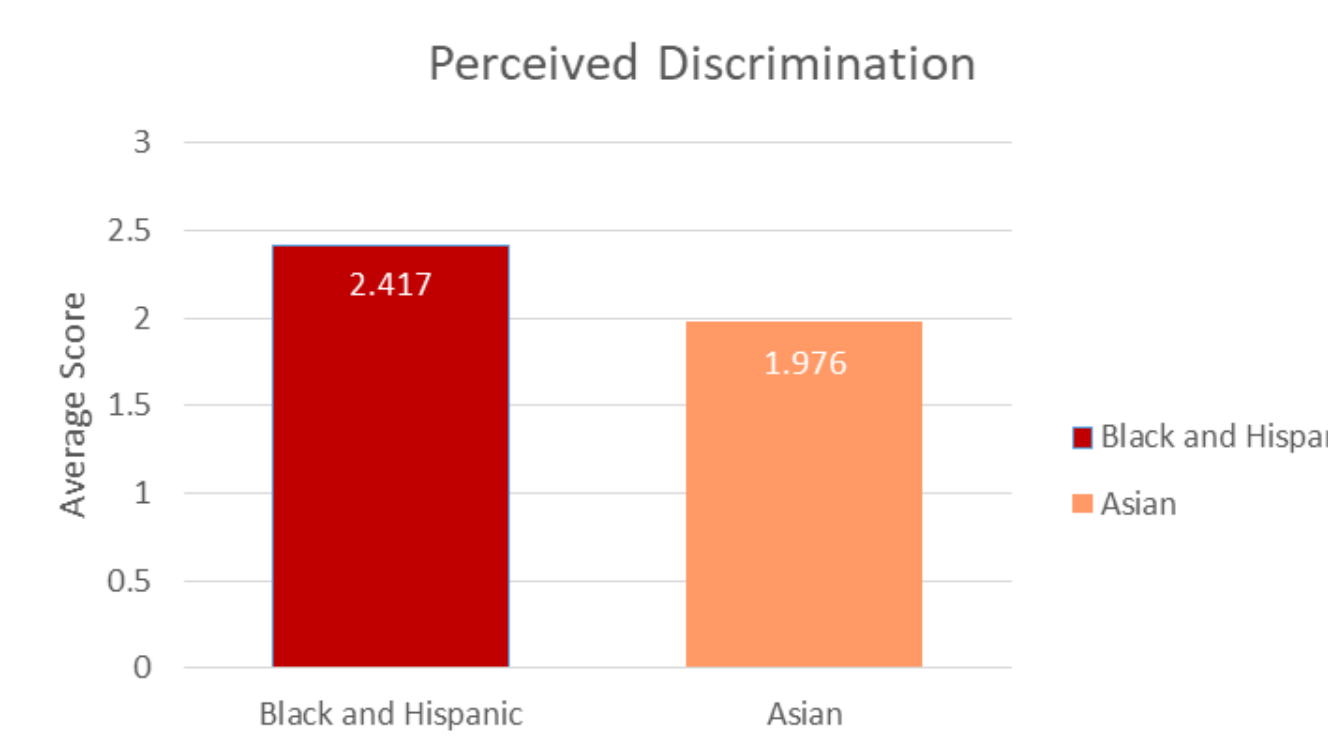
Positive Correlation between Acculturative Stress and anxiety ( $r(60) = .426, p < 0.01$ )

### Outcomes across Racial Groups



No significant difference found in acculturative stress levels ( $t(57) = 2.246, p > .05$ )

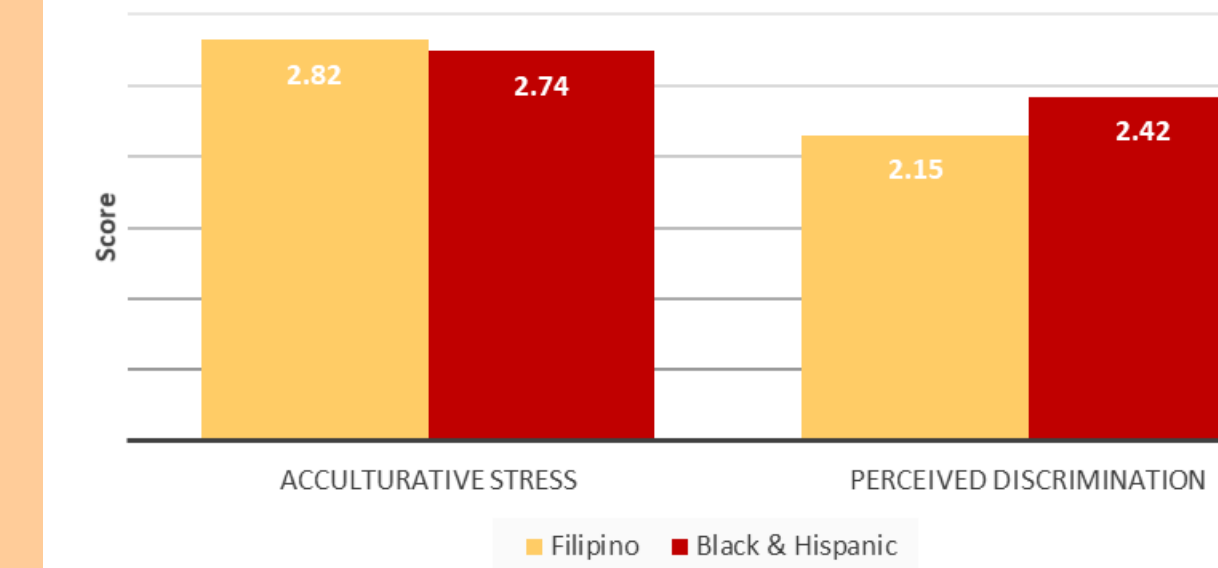
Marginally significant difference found in perceived discrimination levels ( $t(57) = 1.042, .1, p = .029$ )



## Results

### Post Hoc Analyses

#### Filipino V. Black & Hispanic Measures



No Significant difference between Black & Hispanic and Filipino levels of perceived discrimination ( $t(45) = -.959, p > .05$ ) or acculturative stress ( $t(45) = 2.32, p > .05$ )

- Filipino levels of perceived discrimination were closer to that of Black & Hispanic participants than the Asian group as a whole

## Discussion & Conclusion

### Discussion

- Previous research has found that increased levels of perceived discrimination is positively correlated to anxiety and lower self-esteem. Findings in this study were consistent with previous research.
- Research conducted on acculturative stress has found that the stress has positive correlations to anxiety and self-esteem in minority individuals. This was confirmed within this study.
- Prior studies rarely compared perceived discrimination and acculturative stress levels between racial groups. This study found a marginally significant difference between groups on perceived discrimination which is slightly different than the previous findings.

### Limitations

- Recruitment relied heavily on a snowball sample from social media.
- Questions were all retrospective, relying on the memory of the participant for responses

## Future Directions

- There should be more research done to view the long-term effects of these negative mental health issues related to PD & AS
- Future research should compare across groups besides Asian, Black, and Hispanic groups
- More research should go into looking at multiple ethnic groups within one racial group, No racial group is a monolith and looking into difference within the group can also be helpful to finding solutions to prevalent issues