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Cultural Stressors Described by Latina Young Women Living in a Tumultuous Sociopolitical Climate

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Background: In addition to the stressors common to all youth, US Latino/a youth also experience cultural stressors, which are negative events uniquely experienced by members of ethnic minority groups (Stein, Gonzalez, & Huq, 2012). Previous research has demonstrated that cultural stressors such as discrimination, conflict with family members over differences in acculturation, and bicultural stressors are associated with negative mental health outcomes for Latino/a youth (Cervantes, Cardoso, & Goldbach, 2015; Stein et al., 2012; Schwartz et al., 2015). However, much of this research was conducted in the early 2000s, and anecdotal accounts suggest that cultural stressors for Latino/a youth have likely intensified with the current US political administration's rhetoric that paints immigrants in a negative light (Desjardins, 2017, January 12) and has increased deportation activity (Department of Homeland Security, 2017, February 21). Previous research on cultural stress has also often failed to account for the nuances in experiences of Latino/a youth with respect to generational status.

Purpose: The purpose of the current study is to describe the types of cultural stressors that Latina youth experienced from 2016-2018 and to differentiate experiences of these cultural stressors with respect to generational status.

Methods: The current research is drawn from a larger grounded theory study examining how Latina young women experience, self-manage, and seek mental health services for depressive symptoms during their adolescent years. The current study used a qualitative descriptive design (Sandelowski, 2000) to determine common types of cultural stressors experienced by Latina young women from 2016-2018. Qualitative interviews were conducted with young Latinas (n=24), ages 13-21, who had depressive symptoms during their adolescent years. The interview guide included a question asking the participants to reflect on the stress that they currently felt as a result of being a Latina living in the United States. The responses to this question, as well as discussions of any other stressors related to currently being a Latina in the United States in the complete interview transcripts, were used for analysis in the current project. Qualitative content analysis using a data display summary table (Miles, Huberman, & Saldana, 2014) organized data analysis. Any description of stress related to the current sociocultural or political climate was transferred to the data display table and sorted according to generational status (1st, 2nd, 3rd, or 4th). Common types of cultural stressors were determined by the research team.

Results: The analysis revealed four major types of cultural stress: Parental oversight, pressure to succeed, being treated differently, and fear of deportation.

Parental oversight was discussed by 17 participants. Participants described both over involvement and under involvement of parents in their lives. First-generation participants were more likely than others to describe how parents were absent having to work multiple jobs and long hours. Second-generation participants were more likely to endorse having parents who were strict and put many limitations on what they were able to do outside of the home. Third-and 4th-generation participants did not describe this stressor.

Pressure to succeed was discussed by 17 participants. These participants described attempting to live up to the expectations of their parents, particularly in relation to educational goals. The participants revealed that their families expected much from them because their parents and grandparents did not have as

many opportunities when they were growing up in other countries. First-, 2nd-, and 3rd-generation participants all mentioned this stressor.

Being treated differently was discussed by 15 participants. These participants described feeling different from peers and receiving differential treatment from others on the basis of ethnicity, usually in the form of discrimination or stereotyping. The participants indicated that being treated differently was related to the racial diversity of their environments and the color of their skin; some indicated that they were protected from being treated differently because they lived in diverse neighborhoods or had light skin. Participants from first-, 2nd-, and 3rd-generations discussed being treated differently.

Fear of deportation was discussed by 8 participants. These participants worried about the deportation of themselves or their family members based on the current political administration's policies and increased local deportation activity. First-generation youth feared deportation for both themselves and their family members, while 2nd-generation youth discussed fear of deportation for just their family members. Third- and 4th-generation youth did not discuss fears of deportation.

Limitations: Limitations of this study include a small number of 3rd- and 4th-generation participants in the sample. Because all participants in this study were part of a larger study on depressive symptoms, the cultural stressors that these individuals perceived may be more intense than those perceived by the general Latino/a population.

Conclusions: Young Latinas experience a variety of cultural stressors. The most common were parental oversight and the need to live up to their parents' expectations for success – a stressor that has not been well addressed in prior research. These stressors, as well as experiencing ethnic stereotyping, were compounded by the uncertainty some participants faced due to changes in US immigration policies and a negative political climate. Nurses should provide Latina young women in the US with a safe space for discussing these experiences and assess how they are coping with stressors. More research is needed to understand how cultural stressors intersect with contemporary adversities in the lives of young Latina women across the US.

Title:

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Keywords:

Adolescent, Immigrant and Stress

References:

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Abstract Summary:

This poster describes the results of a qualitative study exploring the common stressors experienced by contemporary Latina young women living in the United States during a tumultuous sociopolitical climate.

Content Outline:

Cultural Stressors Described by Latina Young Women Living in a Tumultuous Sociopolitical Climate

Content Outline

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1. Introduction

1. Problem

1. Latino/a youth in the United States experience both universal and cultural stressors (Stein, Gonzalez, & Huq, 2012).
2. Cultural stressors for Latino/a young people have likely intensified due to heightened negative attitudes towards immigrants and the Latin/o community in particular with the current sociopolitical climate (Department of Homeland Security, 2017, February 21; Desjardins, 2018, January 12).
3. Latina young women may be at greater vulnerability to these cultural stressor than Latino young men (Zayas et al., 2010).

2. Significance

1. Many studies have documented the negative impact of cultural stressors on the mental health of Latina young women (Cervantes, Cardoso, & Goldbach, 2015; Schwartz et al., 2015; Stein et al., 2012).
2. Cultural stressors are also associated with substance use for Latina young women. (Schwartz et al., 2015).

3. Purpose

1. Little research has documented the experience of stressors by contemporary Latina young women in the current sociopolitical climate in the United States.
2. The purpose of the current study was to describe the types of cultural stressors that Latina youth experienced from 2016-2018 and to differentiate experiences of these cultural stressors with respect to generational status.

2. Method
 1. Design
 1. Qualitative Descriptive Design (Sandelowski, 2000).
 2. Content Analysis Methods (Miles, Huberman, & Saldana, 2014)
 2. Sample and Setting
 1. English speaking, Latina young women ages 13-20 (n=24) who had experienced depressive symptoms during adolescence
 2. Recruited from community and mental health treatment settings in a large city in the Midwest United States
 3. Data Collection Procedures
 1. Semi-structured qualitative interviews
 2. Demographic questionnaire
 3. One question asked participants to reflect upon the current stressors experienced related to being a Latina currently living in the United States
3. Results
 1. Parental Oversight
 1. Discussed by 17 participants.
 2. Defined as over involvement or under involvement by parents in the participants' lives.
 3. Described by 1st and 2nd generation participants.
 2. Pressure to Succeed
 1. Discussed by 17 participants.
 2. Defined as attempting to live up to the expectations of their parents, particularly in relation to educational goals.
 3. Described by participants in 1st, 2nd, and 3rd generations.
 3. Being Treated Differently
 1. Discussed by 15 participants.
 2. Defined as feeling different from peers and receiving differential treatment from others on the basis of ethnicity.
 3. Experiences varied more by tone of skin and ethnic diversity of the local community than by generational status.
 4. Fears of Deportation
 1. Discussed by 8 participants.
 2. Defined as worrying about the deportation of themselves or their family members based on the current political administration's policies and increased local deportation activity.
 3. Only described by 1st and 2nd generation participants.
4. Discussion and Conclusions
 1. Comparison to Previous Research
 1. Parental oversight and being treated different has been widely researched in the past.
 2. Pressure to succeed has not been described elsewhere in research literature.
 3. Participants described increased stress related to fears of deportation and being treated differently in the current sociopolitical climate.
 2. Clinical Implications
 1. Nurses should provide safe space for Latina young women to discuss experiences with cultural stressors and assess how they are managing these stressors.
 2. Nurses in the United States should be knowledgeable of local resources to support undocumented and immigrant families.
 3. Research Implications
 1. Research on a larger scale is needed to confirm how current cultural stressors are impacting the health of Latino/a young people.
 2. Conceptual development and instrumentation is needed for the concept of pressure to succeed.
 4. Limitations

1. Small number of 3rd and 4th generation participants
2. All participants were part of a study on depression, so they may have had more intense experiences with cultural stressors than those in the general population of Latina young women.

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Professional Experience: 2012-2013 -- Undergraduate Research Study, "Breakfast Consumption Habits and Barriers of Preadolescent Females." Responsibilities included designing the qualitative study, recruiting Latina youth, performing data collection and analysis, and disseminating findings at a regional conference. 2015-Present-- Training in Behavioral Nursing Research (T32) Predoctoral Fellow, Indiana University School of Nursing, Indianapolis, IN 2016-Present-- Leadership Education in Adolescent Health Predoctoral Fellow, Indiana University School of Medicine, Indianapolis, IN 2016-Present-- Dissertation Research Study, "The Unfolding of Depressive Symptoms, Disease Self Management, and Treatment Utilization for Latina Adolescents." Responsibilities include designing the qualitative study, recruiting Latina youth, and performing data collection and analysis.

Author Summary: Allison McCord is a PhD Candidate at the Indiana University School of Nursing. She graduated with her BSN from Indiana University in 2013, and after conducting undergraduate research with Latino/a youth in Indianapolis, Indiana, she decided to pursue her PhD with a focus on reducing mental health disparities for Latino/a adolescents. She plans to finish her PhD in summer 2018.

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Professional Experience: Clinical Psychologist Founder of the Your Life. Your Story. Latino Youth Summit Summer Camp (2014-2018)- Designed resiliency based camp for local youth in Indianapolis, Indiana. Evaluated the impact of the camp on mental health outcomes. Assisted with design, recruitment, and data analysis for study that is being presented.

Author Summary: Silvia M. Bigatti, PhD, is a clinical psychologist and an Associate Professor at the Fairbanks School of Public Health at Indiana University. Her current research uses a community-based participatory approach to study health disparities.

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Professional Experience: Dr. Draucker is an expert in qualitative and mixed methods research. Her training occurred over 6 years of doctoral study and 3 years of an NIH-funded training award. She has

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Author Summary: Claire Burke Draucker, PhD, RN, FAAN is the Angela Barron McBride Endowed Professor of Psychiatric Mental Health Nursing at the Indiana University School of Nursing. She is a licensed psychologist and a psychiatric mental health nurse. Her research focuses on interpersonal violence throughout the lifespan.