

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

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BACKGROUND

- Latino/a young people living in the United States (US) experience universal and cultural stressors, which are negative events uniquely experienced by members of ethnic minority groups.
- Cultural stressors including discrimination, conflict with family members over differences in level of acculturation, and bicultural stressors are associated with negative mental health outcomes for Latino/a young people in the US.
- Much research on cultural stress in this population was conducted in the early 2000s.
- Anecdotal accounts suggest that cultural stressors for Latino/a young people have likely intensified with the current US political administration's negative rhetoric towards immigrants and increased deportation activity.
- Previous research has also not accounted for how experiences with cultural stressors differ based on an individual's generational status.

PURPOSE

- To describe the types of cultural stressors that Latina young women living in the US experienced from 2016-2018 with respect to generational status.

METHODS

- Qualitative Descriptive Design (Sandelowski, 2000)
- Sample: Latina young women ages 13-20 (n=24) who were fluent in English and experienced depressive symptoms during adolescence
- Recruited from community and primary care settings using purposive sampling
- Data collected via qualitative interviews
- Content analysis methods using a content analytic summary table were applied to determine common types of stressors (Miles, Huberman, & Saldana, 2014)

RESULTS

Table 1. Participant Demographics

Demographics (n=24)	
Age in years- Mean (SD)	16.6 (2.37)
Generational Status- n (%)	
First	8 (33%)
Second	14 (58%)
Third	1 (4%)
Fourth	1 (4%)

Figure 2. Types of Cultural Stressors Experienced by Latina Young Women

Parental Oversight (n=17)

- Definition:** Perceiving that parents are over or under involved in life
- 1st generation more likely to describe parents working long hours and being absent from home
- 2nd generation more likely to describe "strict" parents

It's just really hard, especially with my mom. She has two jobs, and she's really trying, and I'm really trying to help her with everything, like keep the house clean, take care of my sister. Nobody is taking care of us. We're really trying to help her. --1st Generation Participant

I feel like my dad is just like other Hispanic parents... I was dating somebody, and he found out, and he just didn't like it at all. --2nd Generation Participant

Being Treated Differently (n=15)

- Definition:** Feeling different or receiving negative, differential treatment from peers due to ethnicity
- Variations in experience were related to skin tone and diversity in local community
- Intensified since election of Donald Trump

Back then there was no such thing as bad stuff for Mexicans or Latinos as it is right now ...because of our President, and because of all that stuff that has happened. But as far as I remember when I was younger there was no problem of me being a Latina and Hispanic living here in the States. So as far as I remember it's been nice, but I can't really talk much for this generation that's up to come right now.

--2nd Generation Participant

Pressure to Succeed (n=17)

- Definition:** Experiencing pressure to live up to parents' expectations due to having educational opportunities that family members did not have in other countries
- Experienced consistently by 1st, 2nd, and 3rd generations

I was a disciplined student in Puerto Rico, so I got good grades. Then coming here, my 4.0 had dropped to a 2.8, and that is not okay for Hispanic parents. ... It used to be like, "Oh, no, you've got to make something of yourself." ...It changed to, "Oh, no, you've got to show these White people that you're smart too and that you're also valuable." I kind of felt like I had a whole responsibility of representing my race.

--1st Generation Participant

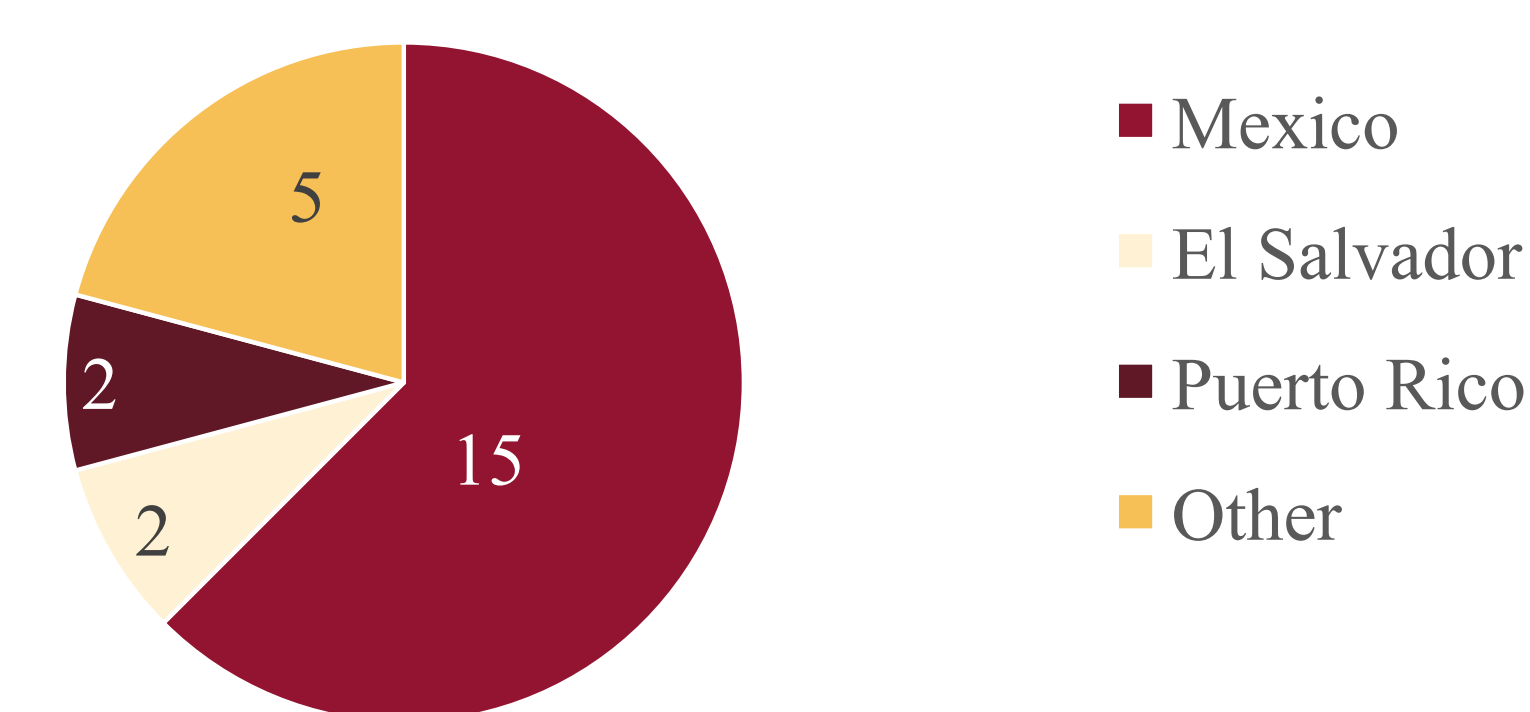
Fear of Deportation (n=8)

- Definition:** Worrying about the deportation of self or family
- Endorsed by 1st and 2nd generations
- Intensified after the election of Donald Trump
- Relied on informal networks to relay information about deportation activity

Please don't take my mom. I really need her in my life. Since my sister was born here, I was afraid of like them taking her [mom] and we just leave her. It was my biggest fear. I just couldn't really imagine the police taking my mom. And just my brother and me, trying to take care of my sister... I just hope that I can actually see my dad at least one more time, and just hope that no one takes my mom away from us.

--1st Generation Participant

Figure 1. Participant Nationality



CONCLUSIONS

- Cultural stressors for Latina young women have compounded in the current US sociopolitical climate, with experiences varying by generational status.
- Being treated differently and fear of deportation have intensified due to current negative political climate towards immigrants in the US.
- Future research should examine cultural stressors and impact on mental health in a large sample of contemporary US Latina young women.
- Pressure to succeed has not been addressed in previous research and should undergo further conceptual development and instrumentation.
- Nurses should provide US Latina youth with a safe space for discussing cultural stressors and assess how they are coping with these stressors.
- Nurses should be knowledgeable of local resources for immigrant families who may be fearing deportation.
- Limitations were a small number of 3rd and 4th generation participants and inclusion of only Latina young women who had experienced depression.

KEY REFERENCES

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CONTACT & FUNDING

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