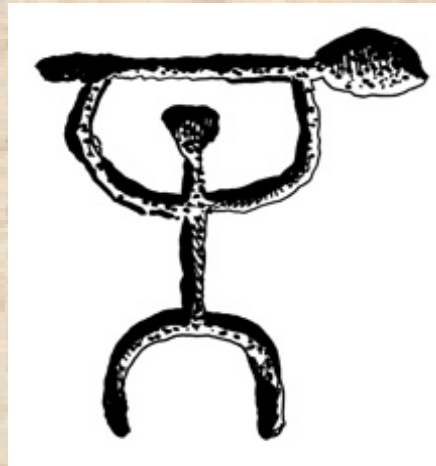


Ethnic Identity as a Protective Factor among Native Hawaiian Adolescents



By
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Native Hawaiians' Mental Health

- **Native Hawaiian people...**
- have the highest rates of suicide in the State of Hawai'i
- have the highest rates of antisocial behavior, assaultive acts and family and school problems among admissions to the State Mental Health facilities
- suffer from high rates of demoralization, alienation, and low self esteem
- have the second highest rate of child abuse and neglect in the State of Hawai'i
- have the highest rates of school absenteeism, school dropouts and juvenile delinquency in Hawai'i



Background and Significance

- Native Hawaiian girls had the highest prevalence rates for mood, anxiety, disruptive and substance disorders when compared with Native Hawaiian males, and Non-Hawaiian males and females. (**Andrade et al, in press**)
- Native Hawaiian girls were nearly four times higher for mood disorders and were three and a half times higher on anxiety disorders (Andrade et al, in press).
- Hawaiian adolescents have significantly higher rates of attempted suicide than non-Hawaiian adolescents (**Yuen et al, 2000**)
- Hawaiian cultural affiliation increases risk for suicide attempts independent of SES and psychopathology (**Yuen et al, 2000**)



Resilience vs. Protective Factors

- ✦ Balance of risk & protective factors (Werner, 1989)
 - Protective factor operates consistently and all the time
 - Resilience becomes important **ONLY** when those problems appear
 - **Protective factors save you from disaster; resilience lets you bounce back** (Beauvias & Oetting, 1999)



Resilience Among Native Hawaiians

- What adversity/stressors do Native Hawaiian adolescents face? What specifically puts them “at-risk”?
- Stressful life events
- Cultural loss/displacement
- Cultural stressors – specific stressors due to culture and oppression (Newcomb et al, 1981; Lewis, Siegel, & Lewis, 1984)
 - Racism, discrimination, stress related to displacement & cultural loss
 - SES or oppression? (Yuen et al, 2000)



Ethnic Identity

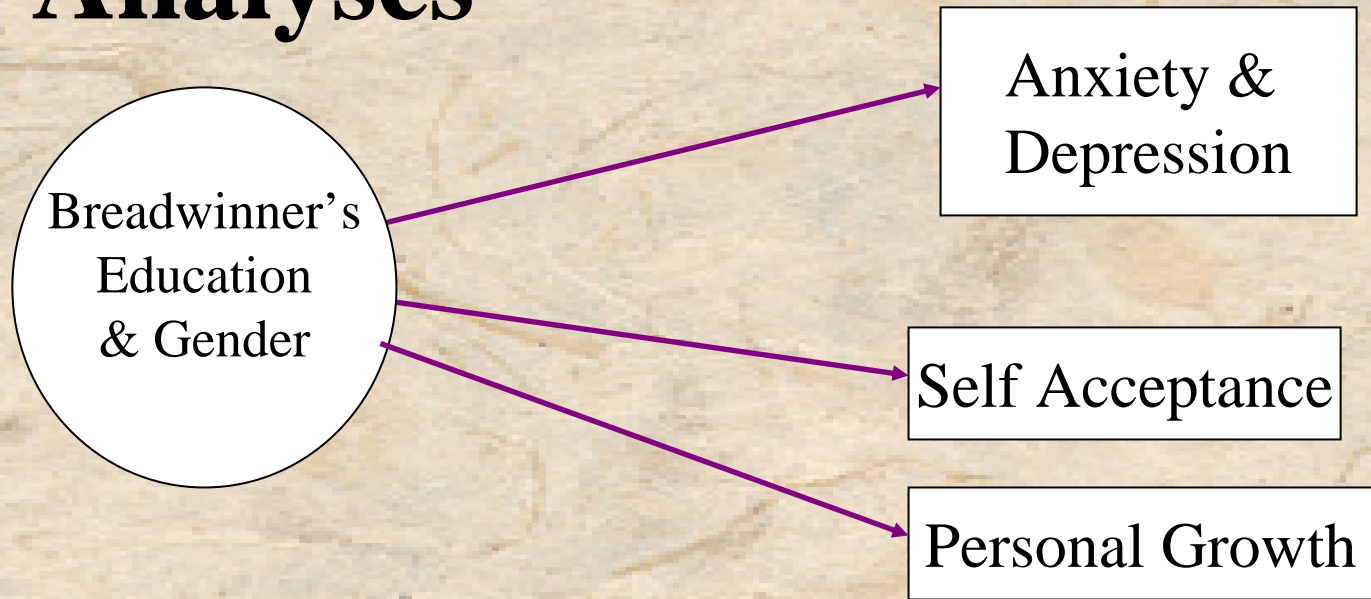
- Culture can be a source of additional stressors in one's life but also can possibly moderate the effects of these stressors (Mirowsky & Ross, 1980)
- may serve as a protective factor against the pervasive psychosocial losses and chronic depression (Andrade et al., in press)
- In contrast, those who are “marginalized” are at greater risk due to unresolved cultural conflicts (Berry, 1970; Berry & Kim, 1988; Oetting & Beauvais, 1990-1991; Phinney, 1990; Phinney, Lochner, & Murphy, 1990; Stonequist, 1935)
- Use of Phinney's scale (MEIM; Phinney, 1992)



Sample

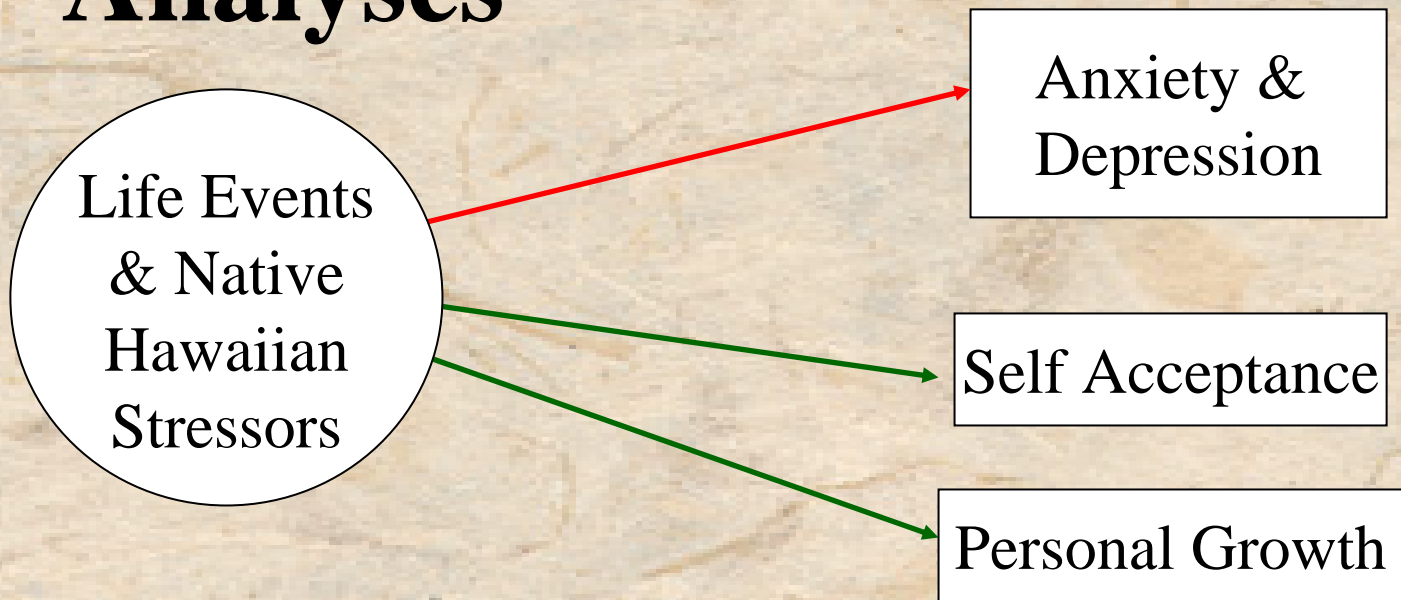
- 243 students in the 10th and 11th grade at a private school specifically for Native Hawaiians on Oahu participated in the study out of 386 surveys distributed (approximately 63%)

Analyses



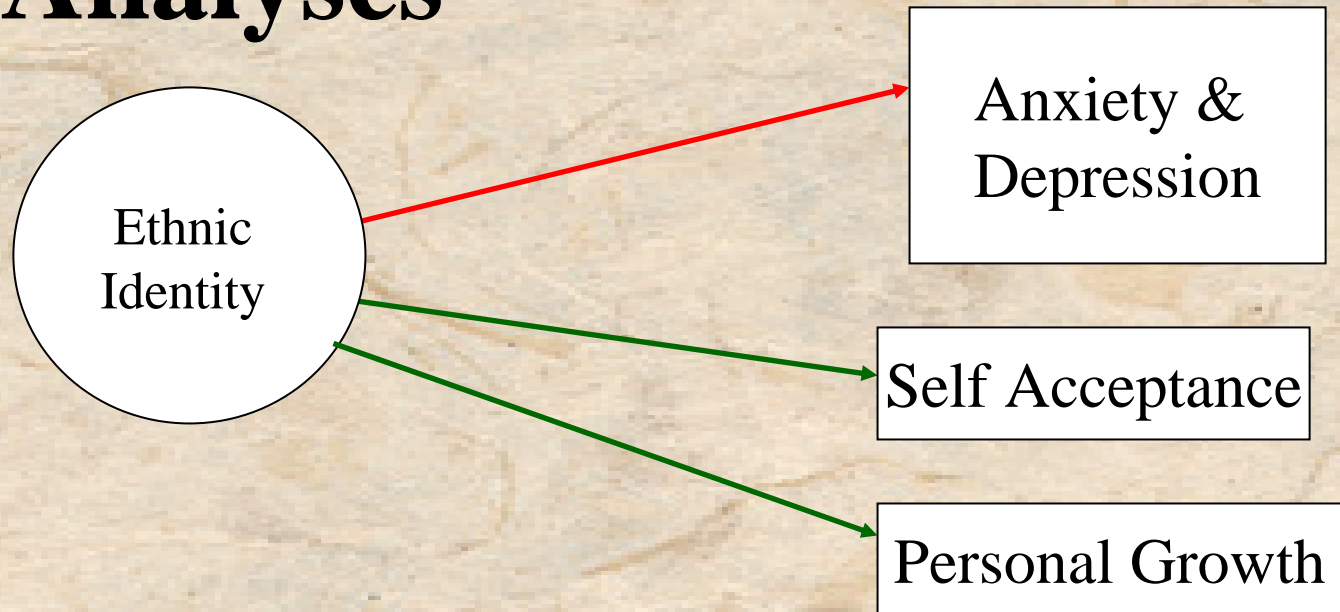
Determine if breadwinner's education and gender predicts the three outcome variables: anxiety & depression, personal growth and self acceptance

Analyses



Determine the relationship between the adolescent life events and Native Hawaiian stressors and psychological functioning

Analyses



Determine direct effects of ethnic identity on psychological functioning



Constructs & Measures

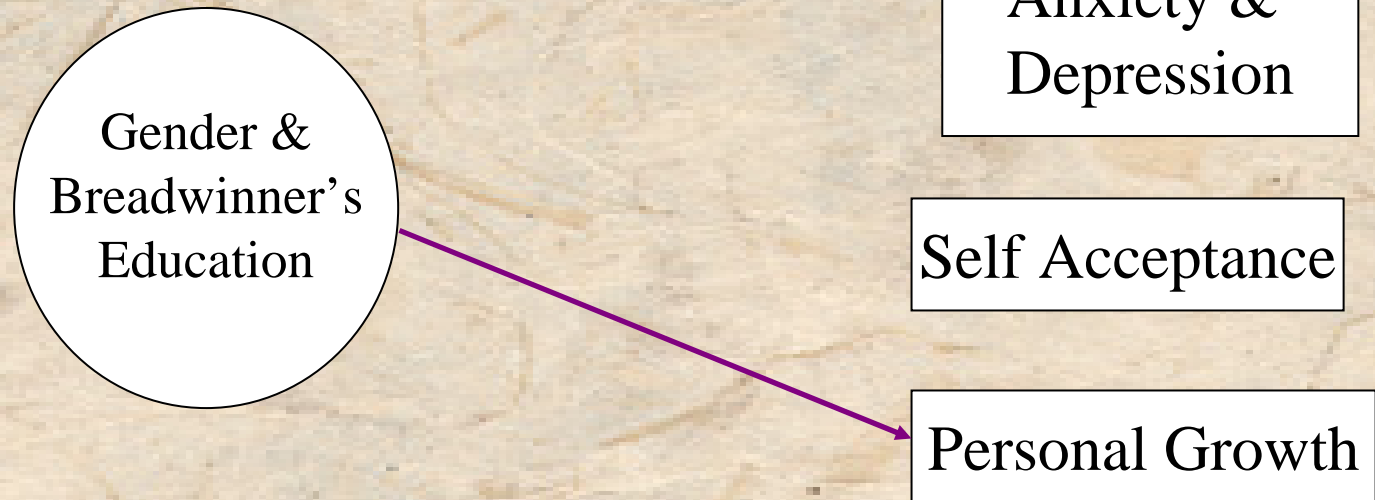
1. **Total Life Events** - Life Change Events Scale (Yeaworth et al, 1980; Yeaworth et al, 1992)
2. **Native Hawaiian Stressors**- Native Hawaiian Stress Inventory (McCubbin, Wampold, & Byars, in preparation)
3. **Ethnic Identity** - Phinney's Multigroup Ethnic Identity Measure (MEIM, Phinney, 1992)
4. **Depression & Anxiety** – Center for Epidemiologic Studies-Depression (CES-D; Radloff, 1977) and Spielberger State Anxiety Inventory - Trait only (STAI; Spielberger, Gorsuch, & Lushene, 1970)
5. **Self Acceptance** – (Ryff, 1989; Ryff & Keyes, 1995; Ryff & Singer, 1996)
6. **Personal Growth** – (Ryff, 1989; Ryff & Keyes, 1995; Ryff & Singer, 1996)



Data Analysis

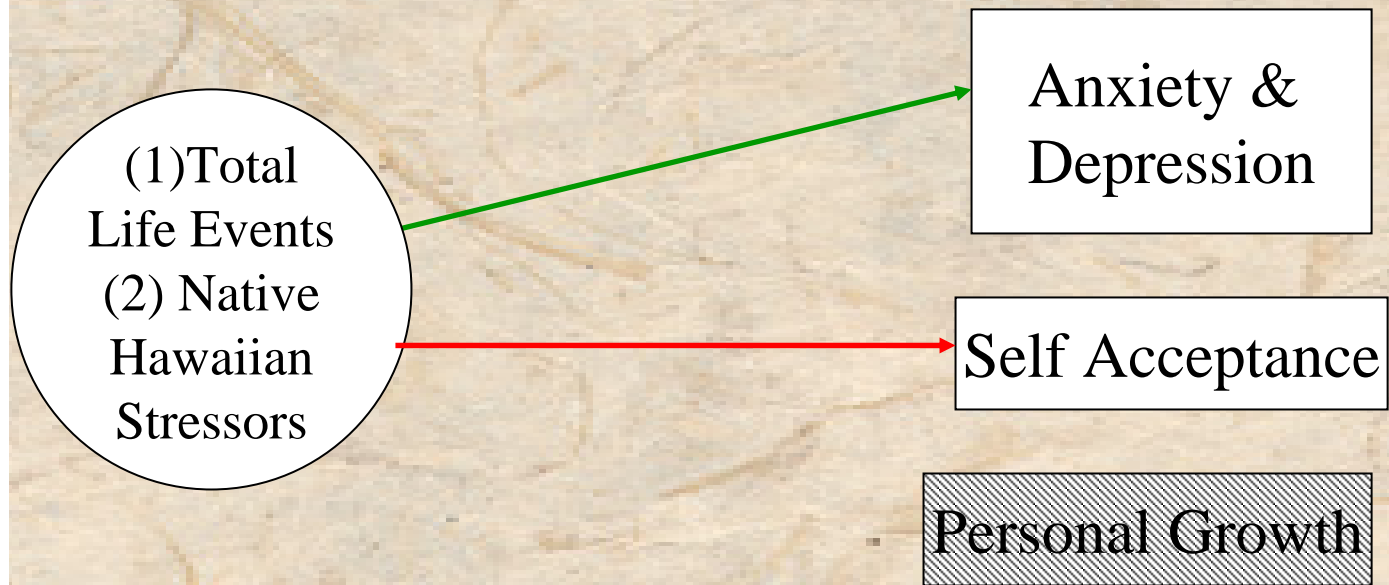
- **Correlation**
- Correlation matrix used to determine relationships among all study variables
- **Regression**
- A total of three (3) equations: Hierarchical regression
 - Equation 1:** anxiety and depression (as the dependent variable)
 - Equation 2:** self-acceptance (dependent variable)
 - Equation 3:** personal growth (dependent variable)
- Steps:
 - a. Breadwinner's Education
 - b. Gender
 - c. Ethnic Identity
 - d. Total Life Events, Native Hawaiian Stressors

Results



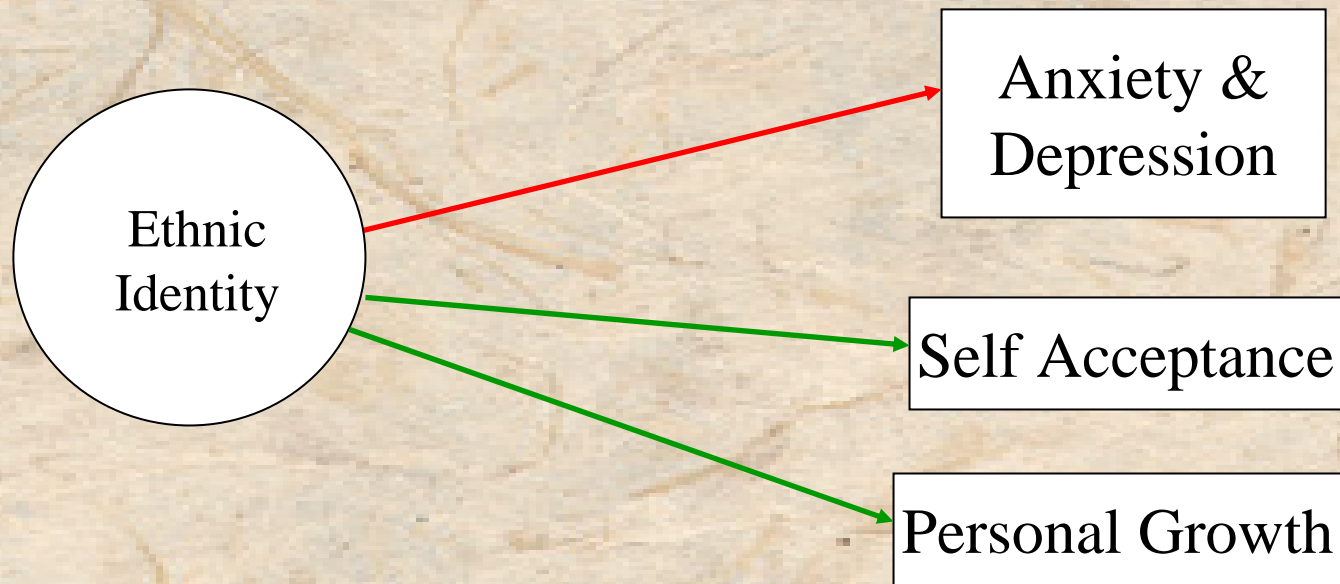
- a. Gender and breadwinner's education did NOT predict depression & anxiety and self acceptance
- b. Females were more likely to score higher on personal growth than men
- c. Breadwinner's education negatively predicted personal growth

Results



- (1) Life events and Native Hawaiian stressors positively predicted symptoms of anxiety and depression
- (2) Life events and Native Hawaiian stressors negatively predicted self acceptance;
- (3) Multiple stressors did NOT predict personal growth

Results (3)



Ethnic Identity as a Predictor (Protective Factor)

Ethnic identity was a **negative** predictor of depression & anxiety


Ethnic identity was a **positive** predictor of personal growth & self acceptance

Table of Predictors in Relation to Outcome Variables & Total Variance Explained

		Anxiety & Depression	Self Acceptance	Personal Growth
Step 1	Breadwinner's education	0%	.2%	3.7%*
Step 2	Gender	1.2%	.3%	4.9%**
Step 3	Ethnic Identity	2.3%*	7.8%**	9.0%**
Step 4	Total Life Events & Native Hawaiian Stressors	17.3%**	12.7%**	1.0%

*p <.05

**p>.001



Summary of Findings

- Multiple stressors (Life change events and Native Hawaiian stressors) significantly predicted symptoms of depression and anxiety
- Females reported more life events and higher depressive symptoms, however gender was not associated with depression and anxiety (after breadwinner's education was accounted for)
- Multiple stressors also negatively predicted self acceptance
- Multiple stressors did NOT predict personal growth
- Specifically Native Hawaiian stressors were positively correlated with personal growth



Ethnic Identity as a Protective Factor

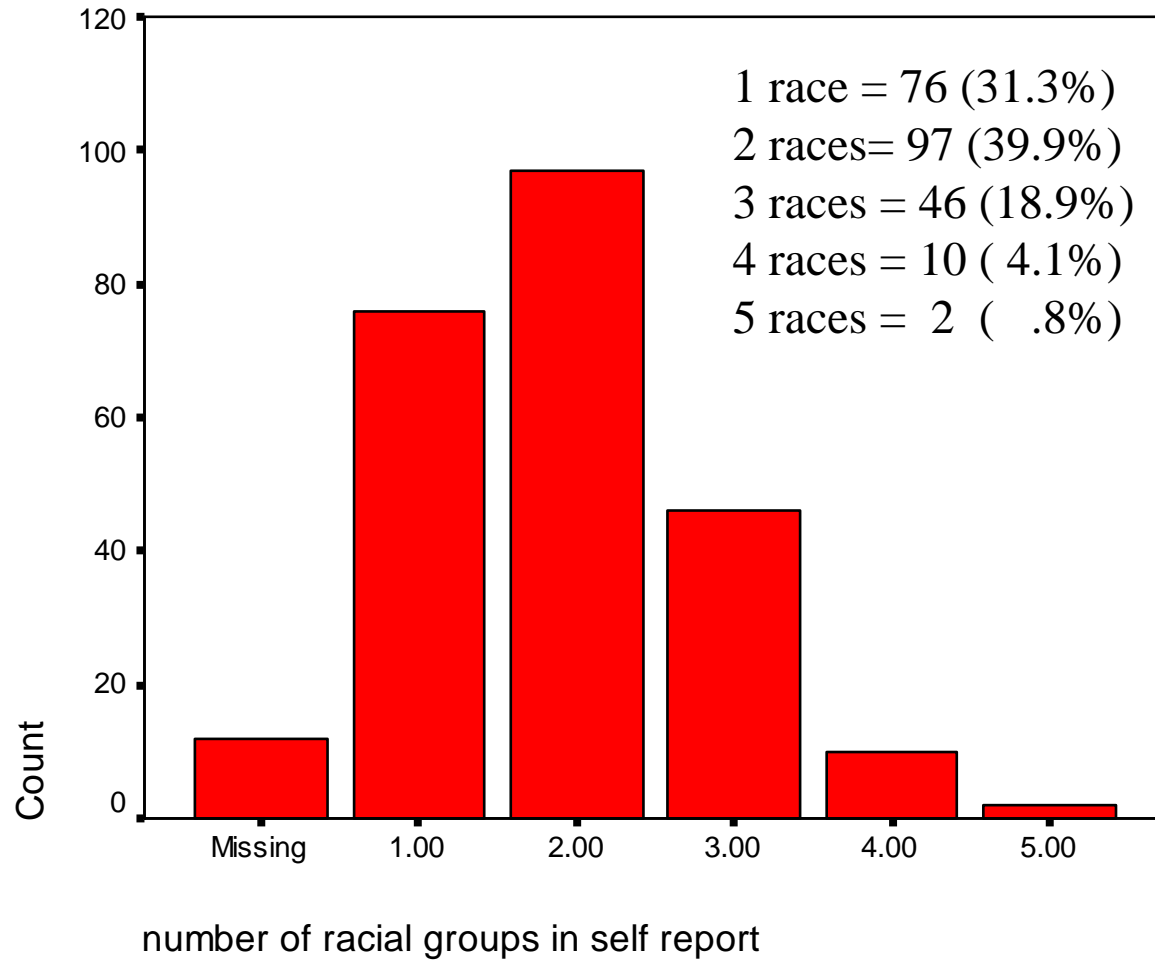
- Ethnic identity was found to predict lower levels of depression and anxiety and higher levels of self acceptance and personal growth
- Empirical support that ethnic identity can be a protective factor and enhance psychological well-being
- Gender predicted personal growth
- Lower levels of parental or breadwinner's education predicted higher scores of personal growth



Conclusions & Future Directions

- Ethnic identity does have a direct effect on the psychological health of Native Hawaiian adolescents
- **Future Directions:**
- Research with Native Hawaiian adolescents in public schools in culturally incongruent settings
- Determine ethnic identity and its effect on psychological well-being across the life span
- **Clinical Implications**
- Consider the life event stressors and cultural stressors such as stereotype threat (Steele, 1999) when counseling Native Hawaiian adolescents
- Use of cultural interventions enhancing ethnic identity may affect psychological functioning

Number of Racial Groups



Percentage of Identifying Racial Categories*

Racial Group	Number	Percentage
Pacific Islander	204	84.0%
Asian	122	50.2%
Caucasian	78	32.1%
Hispanic/Latino Portuguese	45	18.5%
African American	4	1.6%
American Indian/Alaskan Native	4	1.6%
Arab	1	.4%

*students can identify more than one race

Correlations of the Measures

Table 2
Intercorrelations Among Measures for Native Hawaiian Adolescents (N = 243)

	1	2	3	4	5	6	7
1. Ethnic Identity (MEIM-R)	---	.030	.299**	-.133*	-.142	.284**	.328**
2. Adolescent Life Change Events Scale (ALCES)		---	.283**	.361**	.324**	-.299**	-.022
3. Native Hawaiian Stress Inventory (NHSI)			---	.203**	.274**	-.146*	.167**
4. Depression (CES-D)				---	.728**	-.680**	-.242**
5. Anxiety (STAI)					---	-.746**	-.263**
6. Self Acceptance						---	.483**
7. Personal Growth							---