

Acculturation, Social Resources and Well-Being: The Experience of Former Yugoslavians in Canada

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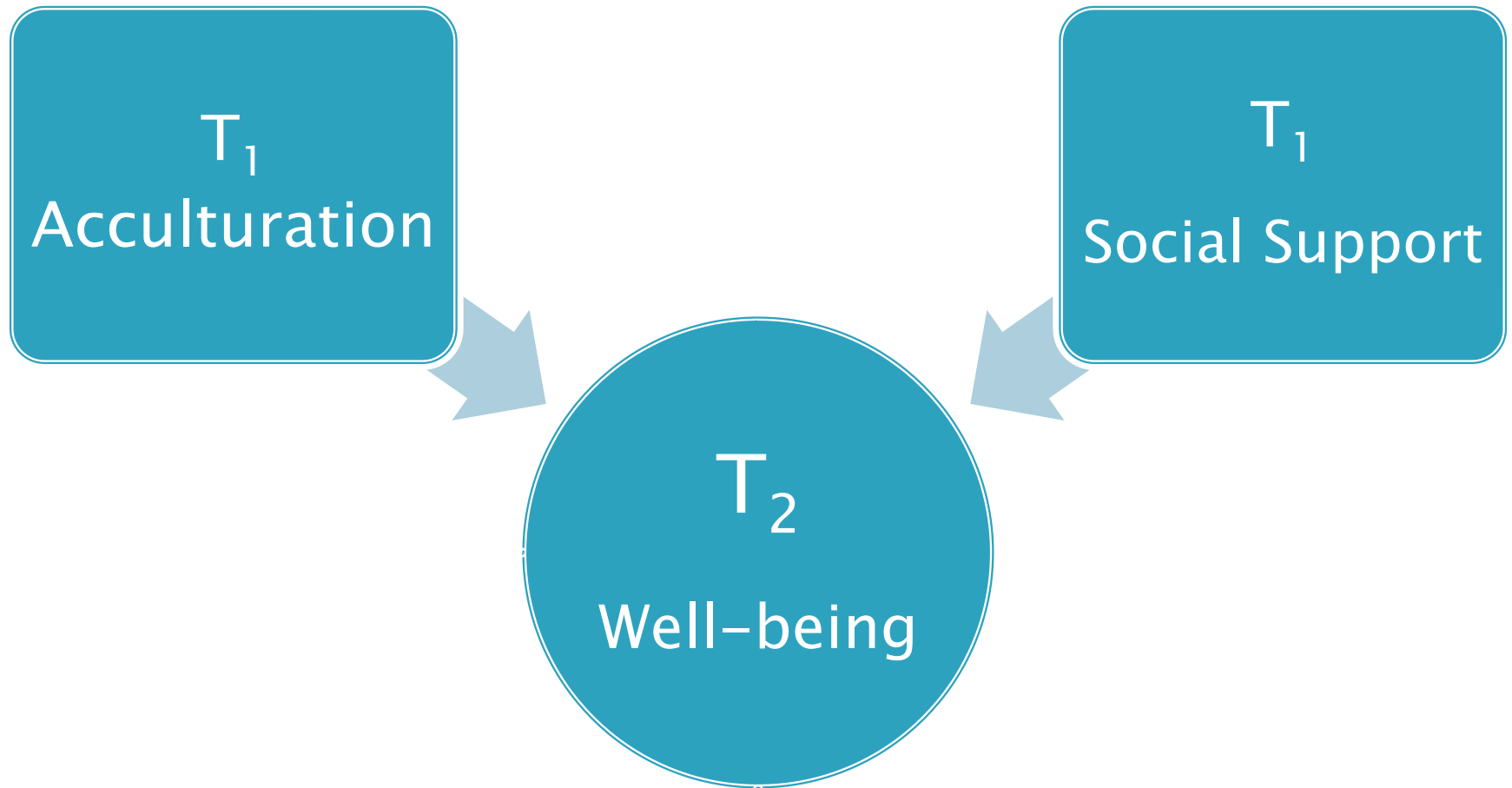
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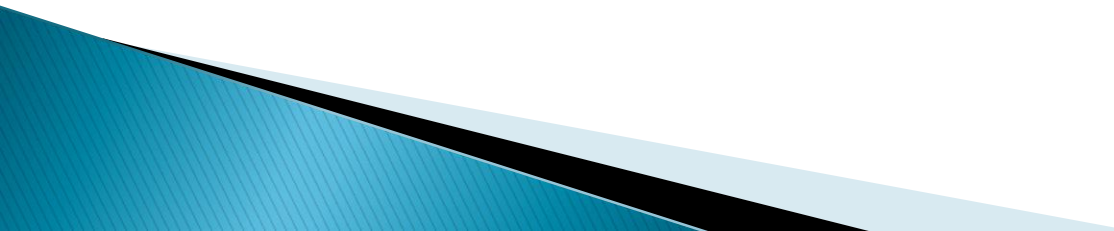
Study Context

- ▶ Few longitudinal studies have been conducted with refugees (Beiser, 2006)
 - ▶ Biculturalism predicts better adjustment and well-being (Miletic, 2014; Nguyen & Benet-Martinez, 2013)
 - ▶ Social support predicts better adjustment and well-being (Jibeen, 2011; Stewart, Makwarimba, Beiser, Neufeld, Simich, & Spitzer, 2010)
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Research Question



Method

- ▶ Community-based recruitment
 - ▶ Participants completed questionnaire in Serbo-Croatian
 - ▶ One year follow-up
 - ▶ 80 participants at T_1 ; 40 participants at T_2
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Participants ($n = 40$)

Gender	21 women 19 men
Age Mean (SD)	38.9 (13.1) years
Time in Canada Mean (SD)	5 years and 5 months (19 months)
Marital Status	70% married 25% single 2.5% separated 2.5% widowed
Reasons for Migration	90% war/ political reasons

Correlation between Acculturation and Social Support

	2	3	4	5	6	7	8
1. T ₁ Bosnian Acculturation	.83**	.12	.11	.37	.43**	-.13	.10
2. T ₂ Bosnian Acculturation		.14	.10	.50**	.55**	-.09	.02
3. T ₁ Canadian Acculturation			.25	.35*	.40*	.62**	.38*
4. T ₂ Canadian Acculturation				-.12	.07	.14	.31*
5. T ₁ Bosnian Social Support					.73**	.19	.18
6. T ₂ Bosnian Social Support						.34*	.42**
7. T ₁ Canadian Social Support							.61**
8. T ₂ Canadian Social Support							

* $p < .05$; ** $p < .01$

Correlation between Acculturation, Social Support, and Well-Being at T₁

	T ₁ Homesickness	T ₁ Stress	T ₁ Life Satisfaction
T ₁ Bosnian Acculturation	.36*	.12	-.15
T ₁ Canadian Acculturation	-.16	-.16	.21
T ₁ Bosnian Social Support	.36*	.12	.11
T ₁ Canadian Social Support	-.26	-.16	.23

* $p < .05$; ** $p < .01$

Correlation between Acculturation, Social Support, and Well-Being at T₂

	T ₂ Homesickness	T ₂ Stress	T ₂ Life Satisfaction
T ₂ Bosnian Acculturation	.54**	.11	.05
T ₂ Canadian Acculturation	.12	.05	-.10
T ₂ Bosnian Social Support	.42**	.16	.19
T ₂ Canadian Social Support	.01	.13	.21

* $p < .05$; ** $p < .01$

Correlation between Acculturation, Social Support, and Well-Being at T₂

	T ₂ Homesickness	T ₂ Stress	T ₂ Life Satisfaction
T ₁ Bosnian Acculturation	.40*	.01	.01
T ₁ Canadian Acculturation	-.10	-.30	.37*
T ₁ Bosnian Social Support	.35*	.07	.24
T ₁ Canadian Social Support	-.18	-.20	.26

* $p < .05$; ** $p < .01$

Regression: T₁ Acculturation and T₂ Homesickness

DV: T ₂ Homesickness	<i>B</i>	<i>SE B</i>	<i>β</i>	<i>R</i> ²	<i>ΔR</i> ²	<i>p</i>
T ₁ Homesickness	.752	.109	.746	.556		.000
T ₁ Bosnian Acculturation	.079	.062	.146	.575	.019	.210

DV: T ₂ Homesickness	<i>B</i>	<i>SE B</i>	<i>β</i>	<i>R</i> ²	<i>ΔR</i> ²	<i>p</i>
T ₁ Homesickness	.752	.109	.746	.556		.000
T ₁ Canadian Acculturation	.007	.043	.019	.557	.000	.864

Regression: T₁ Social Support and T₂ Homesickness

DV: T ₂ Homesickness	<i>B</i>	<i>SE B</i>	<i>β</i>	<i>R</i> ²	<i>ΔR</i> ²	<i>p</i>
T ₁ Homesickness	.752	.109	.746	.556		.000
T ₁ Bosnian Social Support	.143	.177	.094	.564	.008	.423

DV: T ₂ Homesickness	<i>B</i>	<i>SE B</i>	<i>β</i>	<i>R</i> ²	<i>ΔR</i> ²	<i>p</i>
T ₁ Homesickness	.752	.109	.746	.556		.000
T ₁ Canadian Social Support	.014	.125	.013	.556	.000	.911

Regression: T₁ Acculturation and T₂ Stress

DV: T ₂ Stress	<i>B</i>	<i>SE B</i>	<i>β</i>	<i>R</i> ²	<i>ΔR</i> ²	<i>p</i>
T ₁ Stress	.650	.131	.628	.395		.000
T ₁ Bosnian Acculturation	-.179	.352	-.065	.399	.004	.614

DV: T ₂ Stress	<i>B</i>	<i>SE B</i>	<i>β</i>	<i>R</i> ²	<i>ΔR</i> ²	<i>p</i>
T ₁ Stress	.650	.131	.629	.395		.000
T ₁ Canadian Acculturation	-.401	.249	-.202	.435	.040	.115

Regression: T₁ Social Support and T₂ Stress

DV: T ₂ Stress	<i>B</i>	<i>SE B</i>	β	<i>R</i> ²	ΔR^2	<i>p</i>
T ₁ Stress	.650	.131	.629	.395		.000
T ₁ Bosnian Social Support	-.066	.995	-.008	.395	.000	.948

DV: T ₂ Stress	<i>B</i>	<i>SE B</i>	β	<i>R</i> ²	ΔR^2	<i>p</i>
T ₁ Stress	.650	.131	.629	.395		.000
T ₁ Canadian Social Support	-.592	.715	-.106	.406	.011	.413

Regression: T₁ Acculturation and T₂ Life Satisfaction

DV: T ₂ Life Satisfaction	<i>B</i>	<i>SE B</i>	β	<i>R</i> ²	ΔR^2	<i>p</i>
T ₁ Life Satisfaction	.644	.127	.635	.403		.000
T ₁ Bosnian Acculturation	.046	.054	.107	.414	.011	.407

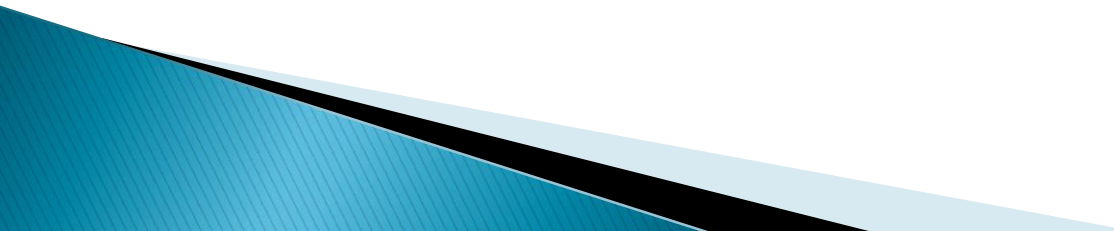
DV: T ₂ Life Satisfaction	<i>B</i>	<i>SE B</i>	β	<i>R</i> ²	ΔR^2	<i>p</i>
T ₁ Life Satisfaction	.644	.127	.635	.403		.000
T ₁ Canadian Acculturation	.074	.038	.240	.458	.055	.060

Regression: T₁ Social Support and T₂ Life Satisfaction

DV: T ₂ Life Satisfaction	<i>B</i>	<i>SE B</i>	β	<i>R</i> ²	ΔR^2	<i>p</i>
T ₁ Life Satisfaction	.644	.127	.635	.403		.000
T ₁ Bosnian Social Support	.204	.150	.170	.432	.028	.182

DV: T ₂ Life Satisfaction	<i>B</i>	<i>SE B</i>	β	<i>R</i> ²	ΔR^2	<i>p</i>
T ₁ Life Satisfaction	.644	.127	.635	.403		.000
T ₁ Canadian Social Support	.101	.112	.117	.416	.013	.370

Limitations

- ▶ Small sample size
 - ▶ Relatively short follow-up time
 - ▶ Pre-migration and resettlement stressors not taken into account
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Take Home Message

- ▶ High levels of acculturation towards heritage and dominant cultures likely predict well-being over time
- ▶ Social support from co-ethnics versus larger society may affect well-being differently
 - Lev-Wiesel, Al-Krenawi, & Sehwal (2007)

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A word cloud featuring the phrase "thank you" in various languages and colors. The central and largest text is "thank you" in red. Other prominent words include "danke" (blue), "gracias" (green), and "merci" (orange). Smaller words include "spasibo", "dziękuje", "obrigado", "sukriya", "kop khun krap", "terima kasih", "감사합니다", "ευχαριστώ", "ngiyabonga", "teşekkür ederim", "tapadh leat", "mochchakkeram", "go raibh maith agat", "arigato", "takk", "dakujem", and "мерси". The background is white with a blue and black diagonal graphic at the bottom left.

спасибо
danke 謝謝
ngiyabonga
teşekkür ederim
tapadh leat
dank je
gracias
mochchakkeram
bedankt
hvala
mauruuru
dziękuje
thank you
go raibh maith agat
sagolun
sukriya
kop khun krap
arigato
takk
dakujem
obrigado
terima kasih
감사합니다
ευχαριστώ
merci
merси