Newcomers’ Acculturation and Adaptation into Canada: The Role of Hope

Presented By:

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Psychological Research on Immigrants

- Deficit model perspective (Cobb et al., 2019)
  - Focusing on pathological outcomes of immigration

- Challenges of adaptation are well-established (e.g., Chemin et al., 2018; Hynie, 2018; Simich et al., 2012)
Positive Psychological Perspective on Immigration

- The perception that immigrants are at higher risk (Cobb et al., 2019)
- Positive psychological perspective on immigration-based research?
Current Study

- Psychological Strength
- Cultural Competence
- Outgroup Support

Hope

- Psychological Adaptation
- Socio-cultural Adaptation
- Acculturation Orientations
  - Host Culture Orientation
  - Heritage Culture Orientation
Key Concepts

- Psychological strength
  - Consisting of personal growth, self-acceptance, autonomy, purpose in life, environmental mastery, and positive relations with others (Ryff & Singer, 2006, 2008)

- Cultural competence
  - Communication abilities in host society’s language and having cultural knowledge of host society (Lay & Nguyen, 1998)

- Outgroup support
  - Perceived support received from larger society friends (Zimet et al., 1988)

- Hope
  - “A positive motivational state derived from the sense of successful agency (goal-directed determination) and pathways (planning to meet goals)” (Snyder et al., 1991, p.287)
Key Concepts (Cont.)

- **Psychological adaptation**
  - Feeling comfortable and happy with respect to being in the new culture (Demes & Geeraert, 2014)

- **Socio-cultural adaptation**
  - Practical and behavioral aspects of adapting to a new culture (Demes & Geeraert, 2014)

- **Host culture orientation**
  - Preference for host culture across a number of areas, such as friendship, traditions, and characteristics (Demes & Geeraert, 2014)

- **Heritage culture orientation**
  - Preference for home culture across a number of areas, such as friendship, traditions, and characteristics (Demes & Geeraert, 2014)
Literature Review

- Psychological strength ➔ Resilience, focusing on positive life events, optimism, and adaptive coping (Garcia & Siddiqui, 2009; Gloria et al., 2009; Landa et al., 2011; Sagone & De Caroli, 2014)

- Psychological strength ➔ Less psychological distress and fewer physical symptoms (Safdar et al., 2021)

- Outgroup support ➔ Sense of community, life satisfaction, less psychological distress (Hombrados-Mendieta et al., 2019; Safdar et al., 2021)
Literature Review

- Proficiency in host society’s language ➔ Better mental health and life satisfaction (Lee et al., 2021)

- Cultural competence ➔ fewer depressive symptoms, less psychological distress and physical symptoms (Oppedal et al., 2020; Safdar et al., 2021)

- Psychological strength, outgroup support, and cultural competence ➔ Hope?
Literature Review

- Hope ➔ Goal-directed in life  (Snyder et al., 1991)
- Hope ➔ Better social relations, social competence, perceived support  (Barnum et al., 1998; Snyder et al., 1997; Sympson, 1999)
- Hope ➔ Setting goals in host society (e.g., employment)
- Hope ➔ Drawing resources from heritage culture
Literature Review

- Hope ➔ High levels of self-worth, positive affect, optimism, life satisfaction, positive interaction (Bailey & Snyder, 2010; Bailey et al., 2007; Snyder et al., 2002)

- Hope ➔ Establishing meaningful goals and acting on these goals (Snyder, 2000)
Hypotheses

Psychological Strength

Cultural Competence

Outgroup Support

Hope

Psychological Adaptation

Socio-cultural Adaptation

Host Culture Orientation

Heritage Culture Orientation
Method

- Online data collection
- 134 Newcomers ($M_{age} = 36.29; SD = 9.45$)
- 67.9% Women
- 47.7% Muslim; 53.4% University degree
Measures

- **Psychological Strength.** 18 items (Ryff & Singer, 1996)
  - “In general, I feel I am in charge of the situation in which I live”

- **Cultural Competence.** 11 items adapted from Lay and Nguyen’s scale (1998).
  - “I am able to understand jokes and idioms in the host country’s language”

- **Outgroup Social Support.** 3 items taken from Multi-dimensional Scale of Perceived Social Support (Zimet et al., 1988)
  - “I have Canadian friends who would help me when I want help”

- **Hope.** 12 items (Snyder et al., 1991)
  - “I can think of many ways to get the things in life that are most important to me”
Measures (Cont.)

- **Acculturation Orientations.** 8 items based on Demes and Geeraert’s (2014) Brief Acculturation Orientation Scale
  - “It is important for me to take part in home/host country traditions”

- **Psychological Adaptation.** 8 items based on Demes & Geeraert’s (2014) Brief Psychological Adaptation Scale
  - “How often have you felt excited about being in Canada?”

- **Socio-cultural Adaptation.** 12 items based on Demes & Geeraert’s (2014) Brief Socio-cultural Adaptation Scale
  - “How easy or difficult do you think it is for you to adapt to social norms (how to behave in public, style of clothes, what people think is funny)?”
Evidence for Mediation

All indirect paths were significant except for the indirect effect of outgroup support on heritage culture orientation

*p < .05, p** < .01, p*** < .001
Discussion

- Hope as an underlying mechanism
- Hope-based interventions
- Issue of directionality
  - Longitudinal studies
- Investigating use of character strengths in new society
- Building positive connections
Thank You!

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