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PSYCHOSOCIAL STRESS, BICULTURAL IDENTITY INTEGRATION, AND BICULTURAL SELF-EFFICACY AMONG HISPANIC EMERGING ADULTS

BACKGROUND: Hispanic emerging adults often experience high levels of psychosocial stress due to disproportionate exposure to adversity and chronic sociocultural stressors. As such, this study aimed to advance the understanding of sociocultural factors, specifically components of bicultural identity integration and components of bicultural self-efficacy, associated with psychosocial stress among Hispanic emerging adults.

METHODS: This aim was tested using data from a cross-sectional study that included a convenience sample of 200 participants (Arizona n=99, Florida n=101). Inclusion criteria were being ages 18-25, self-identify as Hispanic or Latina/o, and currently living in Maricopa County or Miami-Dade County. Data were analyzed using hierarchical multiple regression.

RESULTS: After controlling for sociodemographic variables, standardized coefficients from a hierarchical multiple regression model indicate that higher levels of the bicultural harmony component of bicultural identity integration ($\beta = -.26, p < .001$) and the social groundedness component of bicultural self-efficacy ($\beta = -.23, p < .01$) were associated with lower levels of psychosocial stress.

CONCLUSION: To our knowledge, this is the first study to examine components of bicultural identity integration and components of bicultural self-efficacy and their respective associations with psychosocial stress among any racial/ethnic group. Thus, more studies are needed to replicate our findings to determine if bicultural identity integration and bicultural self-efficacy should be considered in psychosocial stress interventions for Hispanics.