Living with Multiple Cultural Identities and its Effects on Self-Esteem

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Understanding the Role of Culture

How do we define culture?
Understanding the Role of Culture

How do we define culture?¹

- A way of life a group follows
- Fluid

¹ Wang, 2007
Understanding the Role of Culture

How do we define culture?¹

A way of life a group follows

Fluid

How does globalization impact culture?

¹ Wang, 2007
Understanding the Role of Culture

1. How do we define culture?¹
   - A way of life a group follows

2. How does globalization impact culture?
   - Fluid
   - Flexible Identities²,³

The Intersectionality of Culture and Identity
The Intersectionality of Culture and Identity

1. Fearon, 1999
The Intersectionality of Culture and Identity

Implications on Self-Esteem

Biculturalism

1. Haritatos and Benet-Martínez, 2002
Implications on Self-Esteem

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Implications on Self-Esteem

- Biculturalism
- Multiple Cultures
Implications on Self-Esteem

Successful integration\textsuperscript{1,2} vs. Conflicting identities\textsuperscript{3,4}

Multiple Cultures

\textsuperscript{1} Chen et al., 2008; \textsuperscript{2} Marcia, 1980; \textsuperscript{3} Ward et al., 2011; \textsuperscript{4} Szabo et al., 2016
Implications on Self-Esteem

Multiple Cultures

self-esteem → behavioural changes

1. Baumeister, 1997
Looking at Gaps in the Literature

- Quality of the sample
  - Minimal work on biculturalism, with even less on individuals having 3+ cultural identities

- Few studies have focused on the psychological adaptation of young migrants
How is self-esteem affected by having multiple cultural identities?
How is self-esteem among individuals with more than one cultural membership affected by their ability to consolidate those identities?
Hypothesis 1a:

There will be no difference in self-esteem levels between individuals identifying with one, two, and more than two cultures.
Hypothesis 2a:

Participants with internal cultural coexistence will be associated with self-esteem.
Hypothesis 2b:

Participants with integration and reconciliation of multiple cultural identities will be associated with ratings of self-esteem.
Demographics

- Languages
- Countries lived in
- Birth country
- Current country of residence
- Levels of belongingness
- Cultural identities (max. of 3)
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Methodology
Demographics

- Languages
- Countries lived in
- Birth country
- Current country of residence
- Levels of belongingness
- Cultural identities (max. of 3)

Number of Cultural Identities

Methodology
Methodology

Demographics ➞ Cultural Coexistence

Multicultural Identity Integration (MII) Scale (Downie et al., 2004)

- Strategy used to interact with individuals from other cultures

Internal Reliability: .83
Multicultural Identity Integration Scale (MULTIIS) (Yampolsky et al., 2016)

- Capacity to balance multicultural identification
  - Categorization
  - Compartamentalization
  - Integration

Internal Reliability:
- Integration subscale alpha = .82
Methodology

Demographics → Cultural Coexistence → Identity Integration

Rosenberg Self-Esteem Scale (RSES) (Rosenberg, 1965)
- Perception of self-worth and acceptance
  Internal Reliability: .88

Self-Esteem
Results - Hypothesis 1a
Results - Hypothesis 2a
Results - Hypothesis 2b
Why is this Research Important?

- Understanding how these individuals develop and maintain their identities (especially in diasporic communities)
  - Learn more about the challenges faced, particularly in adolescence

- Ensuring positive well being among youth
  - How to form a concrete representation of the self
References


Fearon, J. D. (1999). What is identity (as we now use the word) [Unpublished manuscript]. Department of Political Science, Stanford University, Stanford, United States of America.


References


