

ACCULTURATIVE STRESS AND COPING STRATEGIES OF IMMIGRANTS IN SPAIN

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Background

- Which are the most frequent forms of coping response among immigrants in Spain?
- How are these forms of coping related to immigrants' affective well-being? Are some coping forms indeed more adaptive than other ones?
- Do coping responses vary depending on the stressful acculturative situation type?

Method

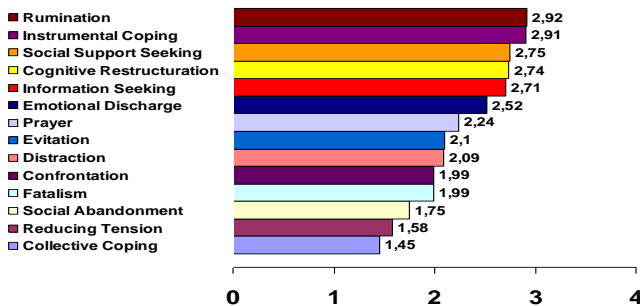
Participants: 533 extracommunitarian immigrants residing in the Basque Country (Spain) and proceeding from Brazil, Ecuador, Colombia, Morocco, Sub-Saharan Africa

Measures: Coping Strategies Scale (adapted from Basabe et al., 1996; Skinner et al, 2003); Bradburn's Positive and Negative Affect Scale (PNA); a list of stressful acculturative situations (classified through interjudge agreement procedure)

Design and analysis: a cross-sectional design with partial correlations and ANOVAs with multiple comparisons

Results

Coping Forms: frequency profile



Note: Means were adjusted by sex, age, and the time of residence. Scale ranging from: 1 "rarely or never" - 4 "almost always"

Coping Forms and Affectivity

Coping Form	Positive Affect	Negative Affect
Social Support Seeking	0,25***	-
Cognitive Restructuration	0,23***	0,10*
Emotional Discharge	0,23***	0,12**
Instrumental Coping	0,22***	-
Distraction	0,22***	-
Information Seeking	0,15***	0,09*
Rumination	-	0,30***
Social Abandonment	-	0,29***
Tension Reduction	-	0,24***
Confrontation	0,11*	0,23***
Evitation	-	0,20***
Collective Coping	-	0,19***
Prayer	-	0,18***
Fatalism	-	0,14***

Note: Means were adjusted by sex, age, and the time of residence. Scales ranging from: 1 "rarely or never" - 4 "almost always". N=459

Acculturative stress and coping: relation between coping forms and stressful situation types

	Work	Regularization	Racism	Cultural Difficulties	Personal and Health Problems	F (4,387)	η^2
Evitation	-	-	+	+	+	3,15**	0,032
Distraction	-	-	-	+	-	2,51*	0,026
Cognitive Restructuration	-	-	-	+	-	2,63*	0,027
Rumination	-	+	-	-	-	3,20**	0,032
Social Abandonment	-	+	+	-	+	3,26**	0,033
Tension Reduction	+	+	-	-	+	2,13 ^a	0,022
Information Seeking	-	+	-	-	-	8,72***	0,083

Note: Means are not presented to make the presentation clearer. Five groups formed according to stressful situation types were compared with ANOVA. Those groups with the highest means are marked with "+", while those with the lowest means are marked with "-". based on post hoc comparisons
*** p < 0,001, ** p < 0,01, * p < 0,05, & p < 0,10

Conclusions

The most frequent form of coping among immigrants in Spain is rumination and instrumental coping, followed by social support and information seeking, as well as cognitive restructuring. Collective coping is the least popular one.

Social support seeking, cognitive restructuring, emotional discharge, instrumental coping (problem solving-oriented), distraction, and information seeking are the forms of coping associated with pleasant emotional state (positive affective well-being).

Rumination, social abandonment, tension reduction, confrontation (manifesting anger), evitation, collective coping, prayer, and fatalism are the forms of coping associated with unpleasant emotional state (negative affective well-being).

Finally, it is important to take into account the specific context of coping. The immigrants in Spain apply different strategies to cope with different acculturation-related problems.

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