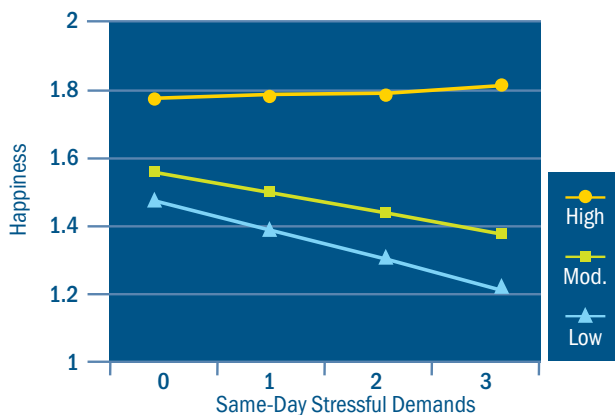




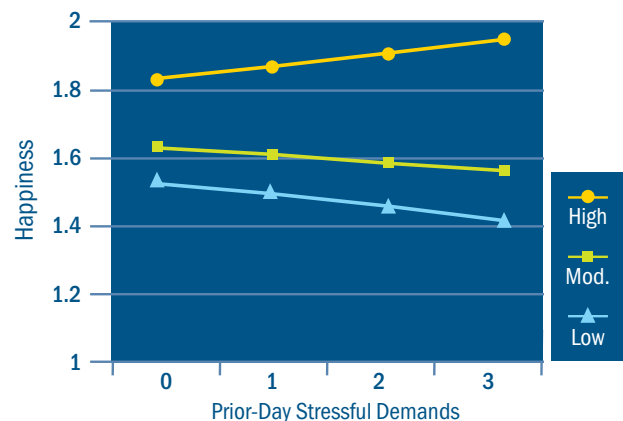
Positive Feelings Toward Own Ethnic Group Help Adolescents Cope With Stress

Results from a new study of 415 Mexican and Chinese ninth-grade students in Los Angeles indicate that those with higher levels of positive feelings toward their own ethnic group (“ethnic regard”) were provided protection against stress-related unhappiness. Researchers administered an ethnic regard scale¹ and asked students to complete daily questionnaires for two weeks that assessed stressful demands and happiness. The researchers used students’ responses to measure how varying levels of ethnic regard affected their responses to stressors. They found that students with higher levels of ethnic regard were, on average, happier than those with lower levels. As stressors increased, the happiness levels of students with higher levels of ethnic regard were affected less negatively than those with lower levels. The protection offered by ethnic regard was sustained not only throughout the day of stressful events but also the following day.

Reactivity to Same-Day Stress by Ethnic Regard



Reactivity to Prior-Day Stress by Ethnic Regard



Students in the “Mod.” category scored at the midpoint of the ethnic regard scale. Those in the “Low” category scored below the midpoint, and those in the “High” category scored above the midpoint.

Source: Kiang, L. et. al. (2006). Ethnic Identity and the Daily Psychological Well-Being of Adolescents From Mexican and Chinese Backgrounds. *Child Development*, September/October 2006, Vol. 77, No. 5, pp. 1338-1350.

¹ Higher scores reflected higher levels of positive feelings toward their ethnic group.

Prepared by TASC, Inc. TASC is an independent, not-for-profit agency that provides clinical case management and other services to men, women and adolescents with a variety of social and health-related needs. TASC serves approximately 30,000 clients in Illinois each year. For more information visit www.tasc.org.