

Edwards, L. M., Adrians, N. E., & McCadden, E. P. (2006, October). *Ethnic identity, racism-related stress and life satisfaction in Latino college students*. Poster presented at the National Latina/o Psychological Association Conference, Milwaukee.

Abstract:

This project explored the role of ethnic identity and racism-related stress in well-being among Latino college students. The study extended the literature by utilizing life satisfaction as an indicator of well-being, and the subjective experience of racism-related stress. Participants were self-identified Latino college students ($n = 103$; 71 females and 32 males) who were administered the following measures as part of a larger research project about racism-related stress among minority college students: the Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffin, 1985), the Multigroup Ethnic Identity Measure (Phinney, 1992), and the Racism Experiences subscale of the Racism and Life Experiences Scales (Harrell, 1997, 2000).

Results indicated that both the main effects of ethnic identity ($\beta = .31, p < .01$) and racism-related stress ($\beta = -.13, p < .01$) were significant. In addition, the significant interaction between racism-related stress and ethnic identity ($\beta = .02, p < .05$) revealed incremental utility by adding an additional 6%, resulting in a total R^2 of .12. Our findings suggest that across all levels of racism-related stress, individuals with high ethnic identity experience higher levels of life satisfaction as compared to those with low ethnic identity. Furthermore, in times of high racism-related stress, individuals with low ethnic identity will experience lower life satisfaction. Thus a relative deficit in ethnic identity may leave individuals more vulnerable to adversity, or, alternatively, high levels of ethnic identity characterize those who are resilient in the face of high racism-related stress.