

The Relationship Between Cross-Ethnic Friendships and Psychological Resilience in Adolescence

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INTRODUCTION

- This study investigated the relationship between the ethnic composition of close school friends and resilience.
- Resilience is the ability to adapt in the face of external stressors. It is influenced by quality of close interpersonal relationships (Harmelen, 2016).
- Although there is evidence that cross-ethnic interaction can promote adolescent well-being (Bowman & Park, 2015) prior research suggests that same-ethnic friendships are higher quality than cross-ethnic friendships (Graham, Munniksmas & Juvonen, 2013).

HYPOTHESES

- Adolescents with more same-ethnic friendships will show higher resilience than adolescents with fewer same-ethnic friendships in all cases:
 - None vs Any
 - Half vs More than half
 - Quasi-continuous (Likert)
- Adolescents with higher ethnic identity will show higher resilience than students with lower ethnic identity and will serve as a moderator.

METHOD

- This is data from the third wave of a longitudinal study entitled Project PISCES
- The data for were obtained from 278 high school students.

Demographics of Sample

Black/African American	0.075
Latinx	0.430
White	0.355
Asian American	0.140
Female	0.552
Male	0.427

SURVEY MEASURES

Personal Demographics

- Gender, socioeconomic status, and ethnicity

Demographics of Friends

- Ethnic composition of friend group
- ex: "Think about your close friends at school. How many are..."
- African American/Black, Latino/Hispanic, Asian American, White

Psychological Resilience

- ex: "How good are you at learning from your mistakes"

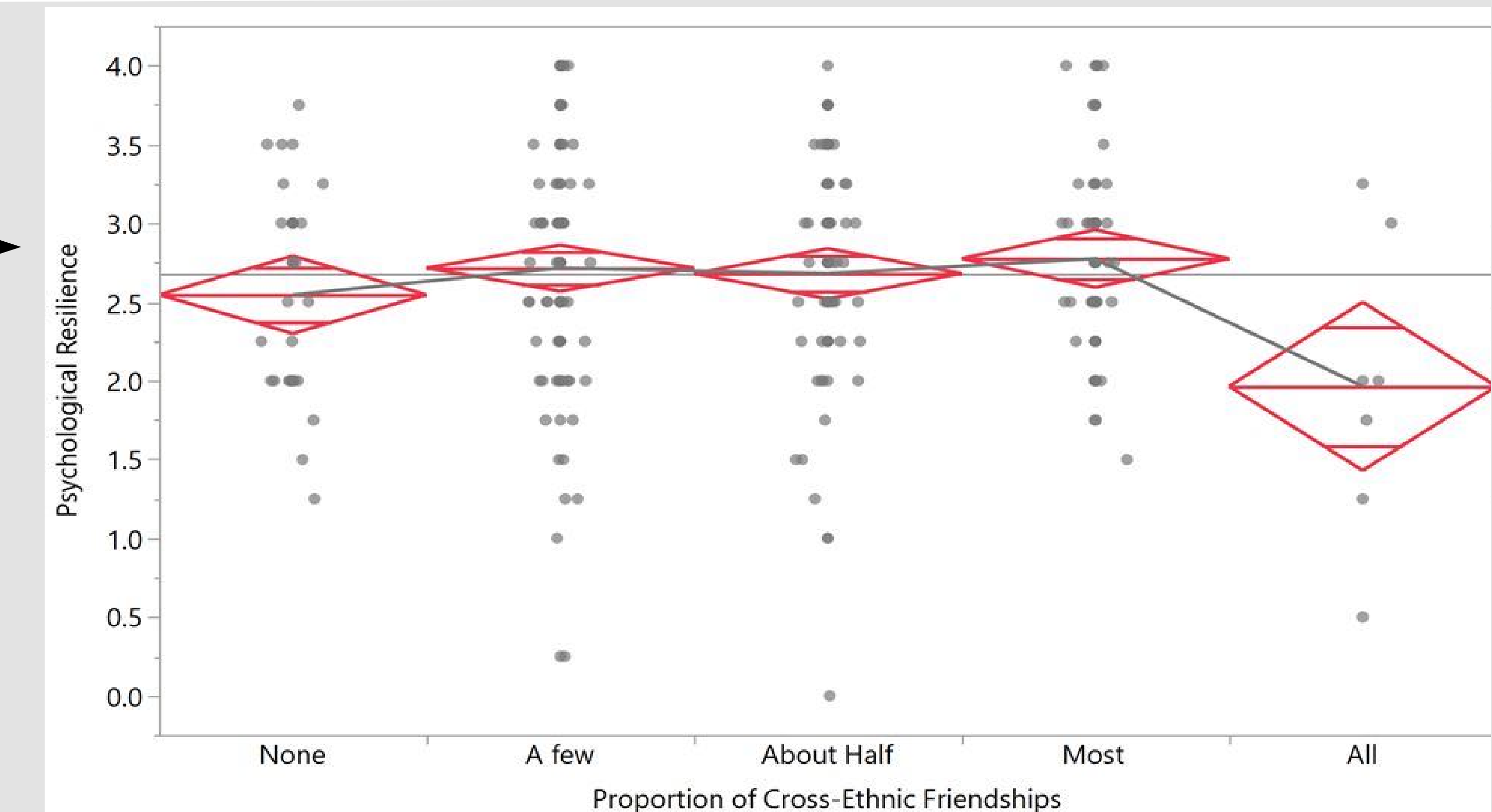
Ethnic Identity

- ex: "I have a strong sense of belonging to my own ethnic group"

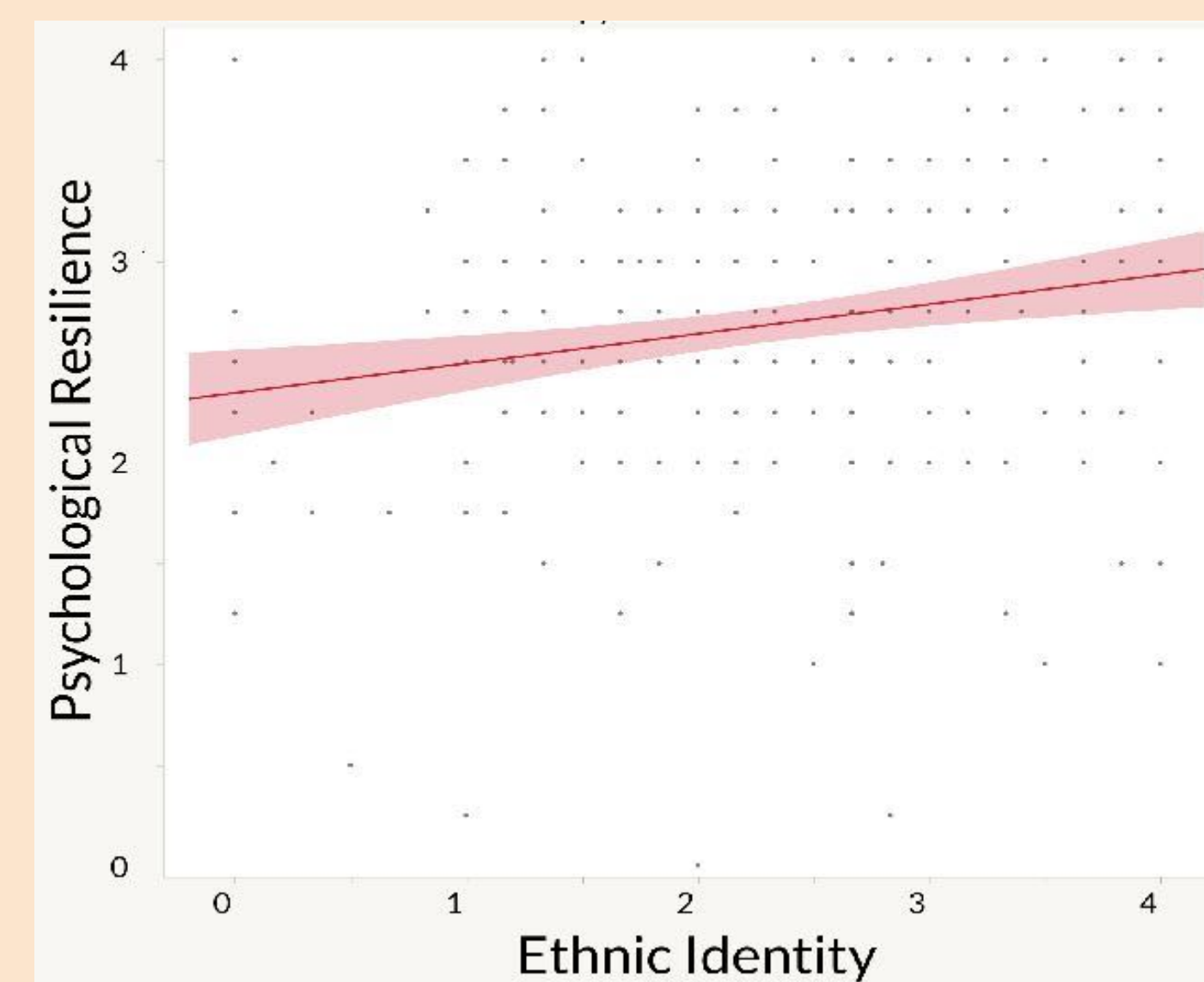
RESULTS

There is essentially **no between group differences in resilience**

95% confidence interval

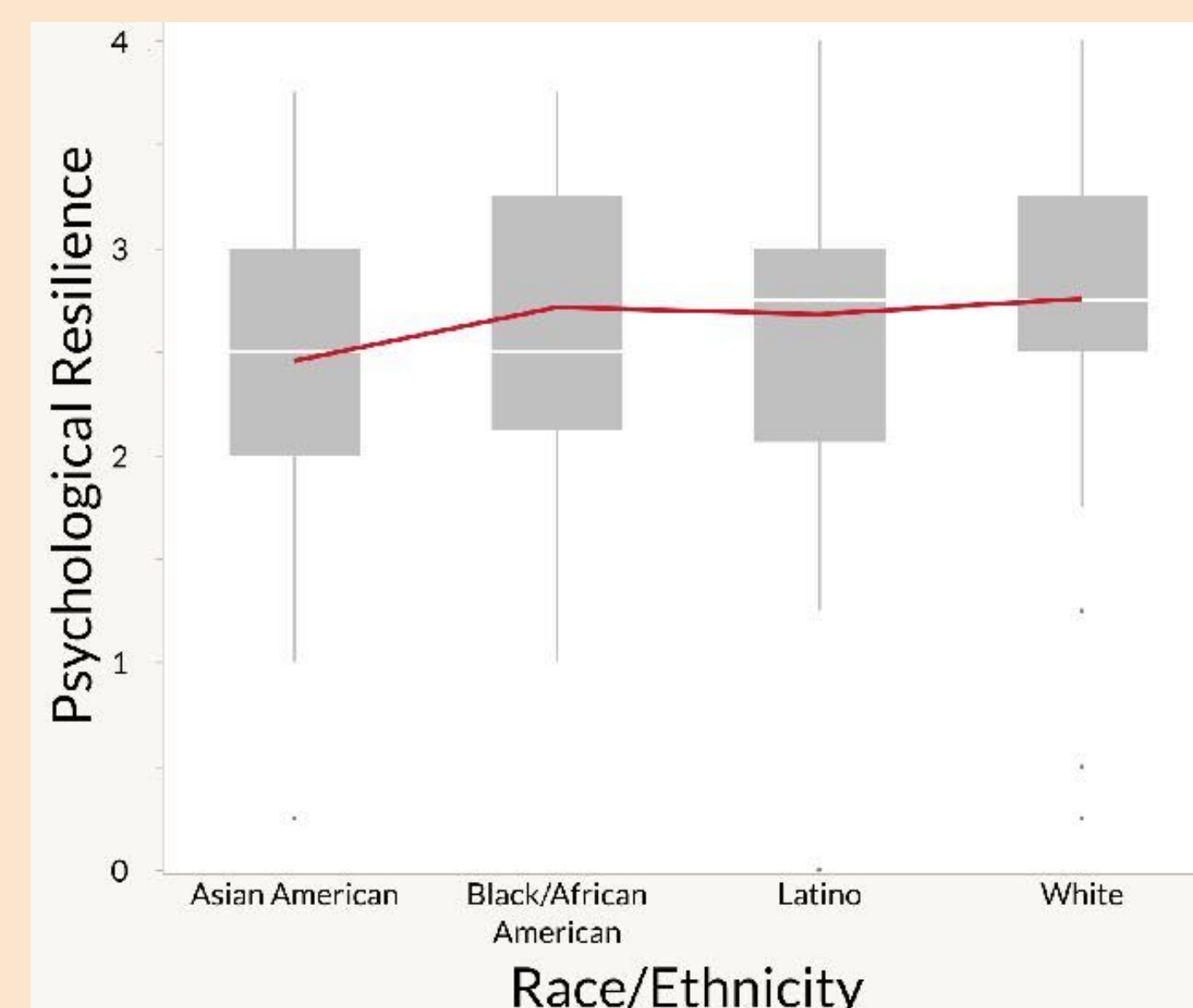
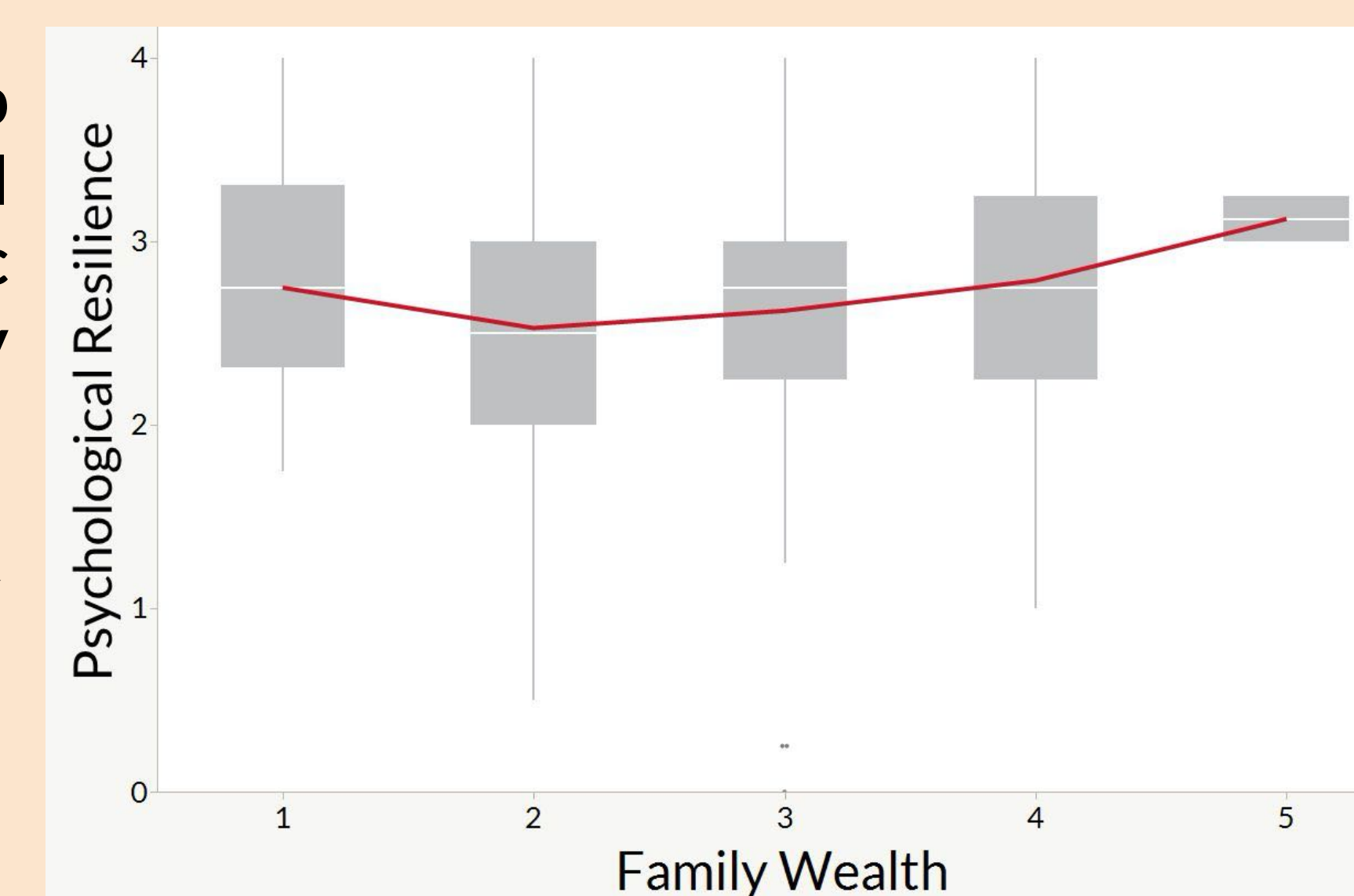


RESULTS



Positive relationship between psychological resilience and ethnic identity

Positive relationship between resilience and socioeconomic status



Resilience by ethnic group denoting Asian American disadvantage

Resilience by gender identity denoting female disadvantage



Regressing Psychological Resilience on Cross-Ethnic Friendship (Continuous) with Covariates

Variable	Estimate	SE	p
CEF (continuous)	0.015	0.043	0.731
Female	-0.207	0.092	0.024
SES	0.113	0.057	0.046
Asian American	-0.263	0.142	0.064

Regressing Psychological Resilience on Cross-Ethnic Friendship (Dichotomous; None vs Any) with Covariates

Variable	Estimate	SE	p
CEF (dichotomous; none vs any)	0.148	0.133	0.268
Female	-0.203	0.092	0.027
SES	0.113	0.056	0.044

CONCLUSIONS

- Data suggest no significant relationship between cross-ethnic friendship composition and resilience.
- Ethnic identity is not a moderator, but was significantly predictive of resilience.
- Data show significant impacts of gender identity, females presenting lower resilience scores than males.
- Data also show a significant effect of socioeconomic status, students with higher status displayed higher resilience scores than those of lower status.

FUTURE DIRECTIONS

- Investigate the impact of family ethnic socialization as a protective factor of resilience.
- Previous literature has found that for some ethnic groups, family ethnic socialization serves as a moderator between racial discrimination and resilience (Brown, Tylka, 2010).

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