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, Munnikisma & Juvonen, 2013).

HYPOTHESES

1. Adolescents with more same-ethnic friendships will show higher resilience than adolescents with fewer same-ethnic friendships in all cases:
   a. None vs Any
   b. Half vs More than half
   c. Quasi-continuous (Likert)
2. 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

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black/African American</td>
<td>0.075</td>
</tr>
<tr>
<td>Latinx</td>
<td>0.430</td>
</tr>
<tr>
<td>White</td>
<td>0.355</td>
</tr>
<tr>
<td>Asian American</td>
<td>0.140</td>
</tr>
<tr>
<td>Female</td>
<td>0.552</td>
</tr>
<tr>
<td>Male</td>
<td>0.427</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Variable</th>
<th>Estimate</th>
<th>SE</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>CEF (continuous)</td>
<td>0.015</td>
<td>0.043</td>
<td>0.731</td>
</tr>
<tr>
<td>Female</td>
<td>-0.207</td>
<td>0.092</td>
<td>0.024</td>
</tr>
<tr>
<td>SES</td>
<td>0.113</td>
<td>0.057</td>
<td>0.046</td>
</tr>
<tr>
<td>Asian American</td>
<td>-0.263</td>
<td>0.142</td>
<td>0.064</td>
</tr>
</tbody>
</table>

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).

ACKNOWLEDGEMENTS

Thank you to Dr. Aprile D. Benner and Dr. Theresa Jones for their patience and guidance.