

Daily Diary Study of Biculturalism Among Latinx Adolescents

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BACKGROUND

Complexity of Biculturalism

Few studies examine the links between types of biculturalism, the processes of navigating mainstream American and ethnic-racial/heritage culture (Benet-Martínez, 2018; Safa & Umaña-Taylor, 2021). Theory suggests that bicultural identity and skills are intertwined (LaFromboise et al., 1993).

- Identity includes **bicultural identity integration (BII)**, the organization bicultural identifies (Benet-Martínez et al., 2002):
 - **BII Blendedness**: Overlap or incongruence of bicultural identities.
 - **BII Harmony**: Compatibility or conflict of bicultural identities.
- Skills include **bicultural competence (BC)**, the alternation between bicultural demands (Basilio et al., 2014):
 - **BC Comfort**: Feelings when responding to bicultural demands.
 - **BC Advantages**: Perceived value of having bicultural demands.

Daily Biculturalism

Recent studies suggests that biculturalism can change daily (Schwartz et al., 2019; Lee et al., 2021). Yet, most research is not specific to links between bicultural identity and skills. Also, most work is with young adults rather than adolescents who are *developing* biculturalism (García Coll et al., 1996).

Current Study

The current study examined links between BII components (blendedness and harmony) and BC dimensions (comfort and advantages) among Latinx youth across four days.

METHODS

Procedure and Sample

Data

Four daily diary surveys in English only with 60 Southwestern Latinx youth.

Age	Nativity and US Arrival	Ethnicity
○ 14.3 years (<i>SD</i> = 1.4)	○ US-born (94.5%)	○ Mexican American (61.8%)
Gender	○ Non-US-born youth were born in Mexico and arrived in the US at age 7 (<i>SD</i> = 1.0)	○ Mexican (9.1%) ○ Hispanic (9.1%) ○ Latino/Latinx (7.3%) ○ Chicano (3.6%)
○ Boys (47.3%)		
○ Girls (43.6%)		
○ Gender Diverse (7.2%)		

Daily Measures

BII Blendedness (BIIS-C; Trifiletti et al., 2021)	Today I feel Latino and American at the same time.	1 = Not at all → 5 = Very much
BII Harmony (BIIS-C; Trifiletti et al., 2021)	Today I feel caught between the Latino and American culture.	1 = Not at all → 5 = Very much
BC Comfort (MABS; Basilio et al., 2014)	Sometimes you may need to interact with other Latinos, and other times [...] with Whites.	1 = I am only comfortable ... → 5 = I am always comfortable ...
BC Advantages (MABS; Basilio et al., 2014)	Today, I think that being able to interact with other Latinos sometimes and [...] with Whites other times had ...	1 = Many advantages → 5 = Many disadvantages

Analyses

Multilevel models were conducted in SAS across four days. BII components were time-varying predictors and within-person centered to reflect how youths' BII fluctuations related to BC dimensions and vice versa (i.e., BC fluctuations to BII components).

RESULTS

Table 1. Relations Between BII and BC

Variable	Between-Person			Within-Person		
	<i>b</i>	<i>SE</i>	<i>p</i>	<i>b</i>	<i>SE</i>	<i>p</i>
BII Blendedness → BC Comfort	0.37	0.15	0.02	0.05	0.09	0.55
BII Blendedness → BC Advantages	0.04	0.10	0.23	0.10	0.08	0.24
BII Harmony → BC Comfort	-0.03	0.13	0.83	-0.05	0.06	0.38
BII Harmony → BC Advantages	0.02	0.08	0.82	0.07	0.05	0.21
BC Comfort → BII Blendedness	0.26	0.10	0.02	0.04	0.07	0.54
BC Advantages → BII Blendedness	0.07	0.17	0.69	0.09	0.08	0.24
BC Comfort → BII Harmony	-0.03	0.13	0.81	-0.10	0.11	0.38
BC Advantages → BII Harmony	0.05	0.21	0.82	0.15	0.12	0.21

DISCUSSION

Contributions

Our study extends our knowledge of links between biculturalism types. There were significant relations between BII and BC across four days suggesting bicultural processes are interrelated (LaFromboise et al., 1993).

Key Findings

BII blendedness predicted BC comfort and vice versa. On average, youth who reported daily *blending* of bicultural identities, also reported more daily *comfort* to alternate between bicultural demands.

- Youth see their bicultural identities as more overlapping than incongruent, also may not question their need to alternate between bicultural demands and thus feel comfortable (Safa et al., 2019).
- Likewise, youth who positively meet bicultural demands, may also see their bicultural identities as congruent (LaFromboise et al., 1993).

No significant within-person effects between BII and BC and vice versa.

- BII and BC may follow normative paths and thus vary less during adolescence as youth are becoming bicultural (Meca et al., 2019).

Implications

The study highlights how to research and support bicultural youth.

- Our findings elucidate the importance of examining links between types of biculturalism (Safa & Umaña-Taylor, 2021).
- Parents and educators can promote environments where cultural contexts are congruent and positive.

Limitations and Future Directions

The study is limited to significant aggregate findings across four days.

- Future research should assess whether the relation between BII components and BC dimensions are bidirectional and reciprocal.
- More research is needed to examine the impact of these links for daily and long-term well-being.



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