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**THE IMPACT OF ACCULTURATIVE STRESS ON THE WELL-BEING OF
YOUTH MIGRANTS AND FAMILY COPING MECHANICS USED TO FACE IT**

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The aim of this study is to analyse how migrant adolescents, from Peru, Bolivia and Colombia, cope with acculturative stress during their adjustment to Chile. It also analyses their perception of family resilience as a moderation variable between stress and wellbeing. This study is part of a research that analyses the role of family resilience (and its dimensions) as a moderation variable between the context of adversity and the psychological wellbeing of the adolescents.

A sample of 146 adolescents, who had migrated to Chile, mainly from Bolivia, Peru and Colombia, aged between 11 and 17 years old, took part on this study (47.9% males and 52.1% females). Three questionnaires were applied: Acculturation stress scale (Ruiz, Torrente, Rodríguez y Ramirez de la Fe, 2011) Family Strengthens (Alarçao and Melo, 2009) and Psychological Wellbeing Scale (Ryff y Keyes, 1995).

The most important factors of acculturative stress were identified: discrimination and racism; the stress caused by social relationships with other migrants; and the stress caused by the fear of their family breaking apart. These three stressors have a negative impact on the adolescent's self-esteem and well-being.

The study confirms that there is a strong relationship between family resilience and the psychological wellbeing of the adolescents. Specifically, the management and support of the family has the strongest influence in wellbeing, followed by the positive believes of the family.

The main conclusions, possible applications and further research lines will be discussed during the presentation.

Keywords:

Family, wellbeing, resilience, youth, migration

About the author

Iciar Villacieros is a PhD on International Migrations and Psychology with more than 15 years of professional experience. She has worked with different vulnerable populations, in different countries such as Peru, Chile or Spain. She is also trained as Family Therapist and combines her private practice with courses and workshops at several universities in Spain and United States.