STRESS IN THE LATINO AND HISPANIC COMMUNITY

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Stressful Factors

- Discrimination
- Stereotyping
- Language
- Latino Youth
- Jobs/Living
- Health Issues
- Coping and treatment
A study performed in Washington D.C. in June of 2015. Shows the results of interviews from 508 latinos and hispanics.

### Hispanics' Perceptions of Mistreatment in the Past 30 Days

Can you think of any occasion in the last 30 days when you felt you were treated unfairly in the following places because you were Hispanic? How about -- [RANDOM ORDER]?

<table>
<thead>
<tr>
<th>Place</th>
<th>% Yes, treated less fairly</th>
</tr>
</thead>
<tbody>
<tr>
<td>At your place of work</td>
<td>11</td>
</tr>
<tr>
<td>In dealings with the police, such as traffic incidents</td>
<td>10</td>
</tr>
<tr>
<td>In a restaurant, bar, theater or other entertainment place</td>
<td>9</td>
</tr>
<tr>
<td>While getting healthcare for yourself or a family member</td>
<td>9</td>
</tr>
<tr>
<td>In a store where you were shopping</td>
<td>7</td>
</tr>
<tr>
<td>In any of the five situations</td>
<td>25</td>
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June 15-July 10, 2015

GALLUP
Latino people are the 2nd most discriminated against ethnic group after African-Americans.

In 2010, the state of Arizona passed a law authorizing local police to check the immigration status of anyone they reasonably suspect of being in the United States illegally.

In a study conducted by Rutgers University, 22% of Hispanic/Latino workers reported experiencing workplace discrimination, compared to only 6% of whites.

One in four Hispanics report mistreatment in the workplace

Foreign-born Hispanics report more mistreatment than U.S. borns
Stereotyping is the belief that all people or things with a particular characteristic or of a certain nationality are the same.

Typical stereotypes include: the Greaser, the Lazy Mexican, the Latin Lover, maids, drug addicts, gang members, feisty Latinas.

Stereotyping against this race is portrayed often and consistently through film.
- With Stereotypes individuals may begin to believe that their peers do not regard them as individuals, but as representatives of their racial/ethnic group.

- The anxiety that often accompanies stereotypes can have a negative affect on overall performance but exceptially academic success.

- A “stereotype threat” arises when one is in a situation where one has the fear of doing something that would inadvertently confirm a negative stereotype.
Stresses amongst Latino Youths

- Having to adapt to the English speaking culture and their Spanish culture at home.
- This can be called Acculturative Stress, which means adapting and having to favor a new culture than you are used to.
- A lot of Latino families use Spanish in their household, but this can be stressful for adolescents who have not yet adapted to both languages or cultures.
- This is called bicultural stress, which can lead to depression, anxiety, and other mental conditions.
- Parents who have already adapted to using both Spanish and English do not realize the pressure they put on their children, who have not had as much experience as their parents.
- Language barrier is the leading stressor amongst Latino adolescents.
A study was done at the University of Arizona, which took a large sample of Latino American teens, non-latino teens, and Asian American teens. They were all asked questions related to their mental health and stress, which they were then graded on a scale. The findings showed that Latino American teens had the highest amount of stress because they felt their Spanish was not as good as their parents wanted. This makes it difficult to be a normal American teenager due to trying to balance both cultures. Immigrant Latino teens also had very high stress levels due to their poor English in the school setting. Both of these groups also showed that they were more susceptible to use alcohol, drugs, or get into trouble in school or with the law.
Jobs and Living Among Latino and Hispanic Communities

- They are known to do the “dirty jobs”
- These jobs consist of construction workers, the nannies, the gardeners, the janitors, and the fruit pickers.
- Latinos are facing higher rates of unemployment and underemployment, as well as lower wages and bleak retirement prospects.
- Low wages and economic inequality are the result of deliberate policy decisions that can and must be changed.
- In June 2009, the unemployment rate for Latinos stood at 12.2 percent while, the unemployment rate for whites was 8.7 percent
- The most pressing issue for Latino workers is the financial insecurity they face when they retire.
- Hispanics and Latinos are one of the top ranked in poverty levels
- 25% of Mexican Americans are found to suffer from depression or some sort of mental disorder due to acculturation.
- Roughly 30% of Hispanics lack healthcare
- Heart Disease, Cancer, and Stroke are among the top five related deaths in these groups.
- Diabetes is the fifth leading cause of death
- Chronic liver disease and cirrhosis were unique to Mexican Americans, Puerto Ricans, and other Hispanics, suggesting perhaps an important vulnerability for these populations and raising questions about prevention.
- HIV/AIDS is the third leading cause of death for Puerto Ricans (seventh for African Americans), suggesting that important opportunities to lower transmission rates have been missed.
- Hispanics of Mexican descent featured two unique leading causes of death compared to other Hispanic groups: deaths due to certain conditions originating in the perinatal period and to congenital malformations, deformations, and chromosomal abnormalities. In addition, viral hepatitis is the tenth leading cause of death for Mexican Americans ages 25 to 44.
Ways Latino Adults and Adolescents Cope with Stress

- It is shown that the leading coping mechanism amongst Latino adolescents was depression, which can be followed by acting out and getting into trouble.
- Adults have also been seen to have very high rates of depression due to financial, household, and work issues.
- Undocumented Latinos are shown to have higher rates of anxiety, alcohol abuse, and fearfulness due to work disparities and the fear of being deported.
For those who cannot afford proper health care, many Latinos use alternative therapies for stress and mental disorders.

Typically they turn to mainstream techniques that they can self-administer and also use resources they can find online, such as meditation and religion.

Substance and alcohol abuse is sometimes a coping mechanism because of the inability to get professional help.