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Effects of Immigration on Interpersonal Relationships with Others Amongst Native and Mexican-Born Mexican Americans

Juan Zaragoza

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EFFECTS OF IMMIGRATION ON INTERPERSONAL
RELATIONSHIPS WITH OTHERS AMONGST NATIVE
AND MEXICAN-BORN MEXICAN AMERICANS

A Project
Presented to the
Faculty of
California State University,
San Bernardino

In Partial Fulfillment
of the Requirements for the Degree
Master of Social Work

by
Juan Zaragoza

June 2018

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ABSTRACT

This study presents the findings of how and to what extent immigration effects Native and Mexican-born Mexican American's relationships with others. This study was quantitative and measured participant's levels and qualities of interactions with others. The participants in this study were students from California State University, San Bernardino's School of Social Work. The student population that was targeted was Native and Mexican-born Mexican Americans. The participants were contacted via email and provided with a questionnaire that measured the quality and quantity of interpersonal relationships they held with others. The original sample size consisted of 53 participants but reduced to a sample size of N=40 after incomplete or non-relevant participants were removed. Qualtrics was used to test the key variables of social ties with others, strong bonds with others, and how negative experiences affected these interactions with others. SPSS assisted in describing the findings through statistical graphs and this researcher interpreted the findings through univariate and bivariate statistics. No significant findings were found to support the hypothesis that negative immigration experiences negative affect the quality and quantity that Native and Mexico-born Mexican Americans have with others.

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CHAPTER ONE

ASSESSMENT

Introduction

Chapter one focuses on the research focus of this study, the effects of immigration on quality and quantity of interpersonal relationships of Native and Mexico-born Mexican-Americans with those around them. This chapter provides the rationale for using the positivist paradigm. Chapter one provides a literature review focusing on the affects experienced through immigration and a theoretical orientation of the study. This chapter culminates with an explanation of the study's potential contributions to the field of social work.

Research Focus

This study looks at the effect that immigration has on the quality and quantity of interpersonal relationship with others between Native and Mexican-born Mexican Americans. When most people ponder immigration, they do not think about the difficulties that come with this move. Usually, when speaking of immigration, the focus of discussion, at the national level, is what to do to address the influx of immigrants that come into this country every day. Very rarely is the immigration discussion focused on the challenges that immigrants face as they migrate and settle into their new host country. This is especially true when it comes to immigrants from Mexico. Mexican-Americans, both Native and Mexico-born, present with challenges that vary and include low self-esteem,

feelings of worthlessness, substance use, and mistrust of social and welfare services.

Often, because of the difficulties with acculturation, immigrants experience undesired feelings of loss and emptiness. Many times, social workers, counselors, and other advocates of immigrants overlook these challenges because they are not fully aware of the scope of challenges that these immigrants face. This study is intended to provide a clearer outlook on the challenges that these populations face by measuring how immigration effects affect the quality and quantity of interpersonal relationships between Native and Mexico-born Mexican Americans with those around them.

Paradigm and Rationale for Paradigm

This study followed the positivist paradigm. Social Work students attending California State University, San Bernardino were provided with a questionnaire survey to obtain quantitative information about the quality and quantity of their interpersonal relationships with others. The positive approach was most appropriate, as it provided the participants with an opportunity to express themselves via structured questions.

Literature Review

This literature review discusses recent findings on the stressors and challenges that come with immigration. First the presenting problems that Native and Mexico-born Mexican Americans encounter will be introduced. This is

followed by an exploration of the outcomes attributed to negative immigration experiences. Lastly, a summary of this study's contributions to the field of social work will be provided.

Relocation from one's country of origin to a foreign country can be very challenging. The challenge becomes even more complex when those who reside in the new country you are immigrating to speak a different language and practice different cultural norms. In these situations, it is easy for the relocating person to develop feelings of loneliness and emptiness due to finding it difficult to assimilate into their new surroundings. The situation becomes more challenging for immigrants when they migrate to countries where a subset of the population espouses hateful and unwelcoming attitudes towards them. In situations where both these challenging elements are present, as in the case for Native and Mexico-born Mexican Americans, a number of challenges may present themselves. The review that follows will shed light on the presenting problems for these individuals.

For Mexican immigrants, challenges with the acculturation process can bring about serious complications to their overall wellbeing. Özdemir and Stattin (2013) found that individual's self-esteem is particularly vulnerable when experiencing discrimination throughout their life. Özdemir and Stattin's (2013) research concluded that oppression and experiences of ethnic devaluation impact both the self-processes and psychological health of immigrants. Risks of impairments in self-processes and psychological health were increased if

oppression was experienced during the identity formation stage of life that, according to Zastrow, (2012) occurs from the ages of twelve to eighteen. Özdemir & Stattin's (2003) research went on to highlight that being exposed to oppression can interfere with an individual's perception of self in the social world, making them feel as though they do not matter and are not as valuable as members of other ethnic or social groups. When this occurs, it causes individuals to internalize the negative social circumstances around them as a measure of their self-worth. (Özdemir & Stattin 2013).

The effects of discrimination, however, do not limit themselves solely to affecting self-esteem and self-worth. The effects of these experiences make way for problems later in life with positive development of self, depressive symptoms and substance use. A three year, longitudinal study by Schwartz and colleagues (Schwartz, Unger, Baezconde, Zamboana, Lorenzo, et al., 2015) on a group of Hispanic immigrants in the U.S. found that by experiencing discrimination, bi-cultural stress and negative context reception, immigrants were more likely to experience depression and experiment with illicit substances. Most notable were the high rates of alcohol and marijuana use after prolonged exposure to the three stressors assessed in that study. Higher rates of depression were also found to be present in those who had prolonged experiences with discrimination (Schwartz et al., 2015).

With obstacles in the way to prevent assimilation, immigrants risk developing emotional and behavioral problems while in the environment of their

host country. Stevens and colleagues (Stevens, Walsh, Huijts, Maes, Madsen et al., 2015), showed just that and reported that immigrants report lower levels of life satisfaction and higher levels of physical fighting and bullying than natives. The study further found that being a first or second-generation immigrant brought about unique stresses, which subsequently lead to higher levels of emotional and behavioral problems in life (Stevens et al., 2015).

To become fully integrated into the new mainstream society these obstacles must be overcome. Awad, (2010) explains that adjustment and success in life are key factors to allow to make for a smoother integration into a new host country. To assist with integration a revision and adjustment of immigration policies in the United States needs to take place. Policies that discourage immigration and create more obstacles for new immigrants impede the assimilation process.

An effect described in the a study by Rhodes and colleagues (Rhodes, Mann, Siman, Eunyang, Alonzo et al., 2015) was that county laws in North Carolina made the rates of use of health and prenatal care services among immigrant women in these areas lower than those of native women. The legal policies of the areas observed in this study were inconsiderate of the immigrant population in those areas and as such provoked feelings of fear and mistrust in immigrants toward health and emergency care services. As a result, many immigrant women risked their health and that of their children for fear of repercussions for reaching out for healthcare services. This study found that

discriminatory policies enacted in immigrant host areas negatively affected the physical and psychological well-being of the immigrant population in those areas (Rhodes et al., 2015). To allow for proper opportunities of assimilation, laws and policies that are sensitive to the immigrant population and laws to protect them from experienced discrimination and oppression are needed.

Although the above information highlights many of the challenges that immigrants encounter as they resettle in the United States, it is important to highlight that the challenges these immigrants face differ when considering their immigration status. Arbona and colleagues (2014) found that illegal immigrants reported higher levels of immigration related challenges. Their findings found that when compared to legal immigrants, illegal immigrants were more likely to live alone, be separated from their nuclear families and have lower levels of English proficiency. Illegal immigration status was found to be a significant factor that derailed many of the participants in the study from accessing resources available to them such as health care services, language development resources and employment opportunities.

As seen, the challenges that immigrants encounter as they immigrate and resettle in the United States are many. Having social workers who have poor perceptions and knowledge of these challenges makes it difficult for them to effectively address the challenges these individuals face daily. These negative experiences have the potential to affect self-esteem, decrease interactional development throughout life, increase behavioral health challenges and increase

the risk of substance use. If these issues are left unaddressed a new plethora of presenting problems can come about that can include disruptive behavior and health concerns. This study will review how these challenges impact Native and Mexico-born Mexican American's quality and quantity of interpersonal relationships with others.

Theoretical Orientation

The framework of this study is Ecological systems theory. Bronfenbrenner (1993) argues that to understand development one must understand the entire organism in which development takes place. A proper understanding of the Micro-systems and Macro-systems that affect immigrant Latino young adults provides adequate understanding of the experiences they face in the United States and how this affects their development. Ecological Systems theory posits that to understand the challenges that any individual encounters, the surrounding systems that contribute to those challenges need to be understood. This study sheds light on the effects that immigration has on the quality and quantity of interpersonal relationships that Native and Mexican-born Mexican Americans experience throughout their life. This research encourages more in depth learning, from social workers, on the challenges that this minority group faces and calls for academic social work programs to increase their curriculum on this minority group, as they do with child welfare studies related to Native American Children.

Potential Contribution of Study to Micro and Macro Social Work Practice

The contributions of this study to the fields of micro and macro social work are many. First, this study makes social workers aware that acculturation challenges are different between Native and Mexican born Mexican Americans. Contributions to these areas of practice will produce a larger awareness of the acculturation challenges that Native and Mexico-born Mexican Americans face and will ignite a spark for the need to increase social worker's knowledge of the challenges these populations face.

Summary

Chapter one discusses the assessment of this study. It provides rationale behind the positivist perspective that it adheres to and a literature review of the presenting problems that immigrants face when they relocate. The theoretical orientation for the proposed study was also presented. This chapter culminates with the possible contributions of this study to the micro and macro fields of social work.

CHAPTER TWO

ENGAGEMENT

Introduction

Chapter two addresses the engagement stage of this study. It explains the focus of the study, how the data was recorded, and how the participants were engaged. The site of the study is presented, and a rationale for this location and why this location was chosen is given. In this chapter, this writer's preparation for this study is discussed. Issues with diversity, ethics, and politics are reviewed. Lastly, the use of technology in this study is examined.

Study Site

This study took place at California State University, San Bernardino in Southern California. This university was chosen as it reflects the dynamic diversity of the Inland Empire, CA and has the most diverse student population of all universities in the region. (CSUSB.2017) This university offers seventy baccalaureate and master's degree programs, and one doctoral program. CSUSB offers both a baccalaureate and masters of social work academic program. Students from these two programs were the focus of this study. This university is located in Southern California, a few hours away from the international border that divides the United States and Mexico. This community wherein this university is located has high population of Native

and Mexican-born Mexican Americans and is a designated Hispanic Serving Institution.

Engagement Strategies for Gatekeepers at Research Site

To initiate this study, a study proposal was developed and sent for approval to the School of Social Work Institutional Review Board Sub-Committee at California State University, San Bernardino. The study proposal highlighted the need to understand to how immigration effects quantity and quality of interpersonal relationships held by Native born and Mexican born Mexican-Americans with others. The school was informed that prior research findings had demonstrated that increased challenges with immigration led to detriments in psychological and physical health of individuals who experienced adverse immigration experiences. This researcher hypothesized that greater adverse challenges with immigration could potentially impact the quantity and quality of interpersonal relationships held by Native born and Mexican born Mexican-Americans with others. After gaining approval to collect research, the gatekeepers for School of Social Work Bachelor and Master's programs were contacted and agreed to disperse an email bulletin to all social work students requesting their participation in the study. Social work Students at California State University San Bernardino were then contacted via email and their participation in the study was requested. A study description was presented to the students to inform them of the study. The description informed students that the purpose of the study was to examine the extent to which immigration effects

levels and qualities of interpersonal relationships held by Native born and Mexican born Mexican-Americans with others. An informed consent form to participate in the study was provided in the mass email. Attached to the email was a link to a questionnaire survey that helped measure the quality and quantity of interpersonal relationships Native and Mexican born Mexican-Americans had with others.

Self Preparation

To prepare for engagement with the population targeted in this study, this researcher became informed on the latest research findings about the topic of the study. This researcher reviewed immigration challenges encountered by immigrants, the affects these challenges can produce, such as trauma, the consequences of letting these traumatic experiences go untreated, the rates of substance use to cope with stress among immigrants. The low rates of accessing health and welfare services among immigrants was also researched. Becoming educated on these topics assisted this writer in developing a structured questionnaire that is culturally and socially sensitive and written in a way that is congruent with participant's cognitive abilities.

This researcher considered all possible challenges and prepared to address the needs and concerns of the participants such as; language translation, concerns with confidentiality, and information on available local resources if needed. Special attention was given to the needs and concerns of

the university. The study was drafted in a way to ensure safety and no harm to participants.

Diversity Issues

Diversity issues were expected during this study and this researcher remained open to diversity challenges that could present themselves. Diversity issues that presented themselves included participant's ethnicity, their personal experiences with immigration and their highest level of education (freshmen, sophomore, junior, senior, graduate, etc....). Because this study focused on Mexican and Native born Mexican American students, there was a possibility that students that did not meet the criteria would take the study. This possibility was reduced by structuring the study so a question about ethnic identification was asked at the beginning of the study. If the person did not identify as Mexican American, they were sent to the end of the study. The other potential limitation for this specific sample is that it did not allow the researcher to learn about the impacts of immigration for students from other countries of origin. Lastly, participant's academic grade levels posed a challenge because those students at post graduate academic levels were expected to be more aware of the challenges that immigrants encounter as opposed to undergraduate students.

Ethical Issues

To conduct this study and be in line with the code of ethics instituted by the National Association of Social Workers, this researcher created a guiding template for participation in the study that would ensure the participants best

interest. This template included an explanation of how the study is voluntary, confidential, and explained that the research sought to understand the extent to which immigration effects quantity and quality of interpersonal relationships held by Native born and Mexican born Mexican-Americans with others. This guiding template informed participants that they could withdraw from the study at any time and that limited personal identifiable information would be collected. This template was also drafted in part to prevent participants, with illegal immigration status, from feeling pressured to participate in the study. Questions about place of birth were outlined in a way that was least harmful to students. When prompted about place of birth participants were only asked whether they had been born within or outside the United States. An informed consent was signed by participants of the study to demonstrate they understood the purpose of the study, the potential risks, and their right to terminate participation in the study at any time.

Political Issues

This study was offered for consideration to California State University, San Bernardino's School of Social Work. The gatekeepers of the school of social work were concerned about the nature of the study because they wanted to be clear about the intentions of the research before releasing the survey to students. One political concern that came up was the issue of the possibility of disclosing participant's residence status in the United States. Questions about participant's place of birth were outlined in a way that was least harmful to

students. When prompted about place of birth participants were asked whether they had been in the United States. When the gatekeepers, for the School of Social Work at California State University, San Bernardino, understood the study, this researcher was granted permission to collect data and the survey was emailed out to social work students.

Role of Technology

The use of technology was a significant factor during this study. During this study, this researcher relied on the internet to gather information and resources to produce a literature review on the population being targeted in this study. Email was used to establish and maintain communication between the gatekeepers of the School of Social Work at California State University, San Bernardino and between study participants. The on-line survey software, Qualtrics, aided this researcher in generating a survey questionnaire to measure how immigration effects on quantity and quality of interpersonal relationships held by Native born and Mexican born Mexican-Americans. Technology was a vital tool for this study and allowed for the research process to flow smoothly.

Summary

Chapter two addressed the engagement stage of the study. The site of the study was presented and details on how the gatekeepers for the School of Social Work at California State University, San Bernardino were contacted, were outlined. This chapter included a section that explained the development of the research focus and presented the method that was used to request participation

from social work students. In this chapter, it was highlighted that the proper steps were taken to clarify the intent of the study to the School of Social Work at California State University, San Bernardino. This was important as it allowed the University to fully understand the purpose of the study and ensure that no harm would come to participants. Self-preparation strategies for this project were also discussed. Lastly, issues with ethical, diversity and political dilemmas were explored.

CHAPTER THREE

IMPLEMENTATION

Introduction

Chapter three addresses the implementation stage of this study. This chapter discusses the dynamics of the participants and the participant selection process. The methods that were used to gather data are also explored. This chapter discusses the process of recording and analyzing the collected data. Chapter three culminates with a summary of the termination and follow up procedures with participants.

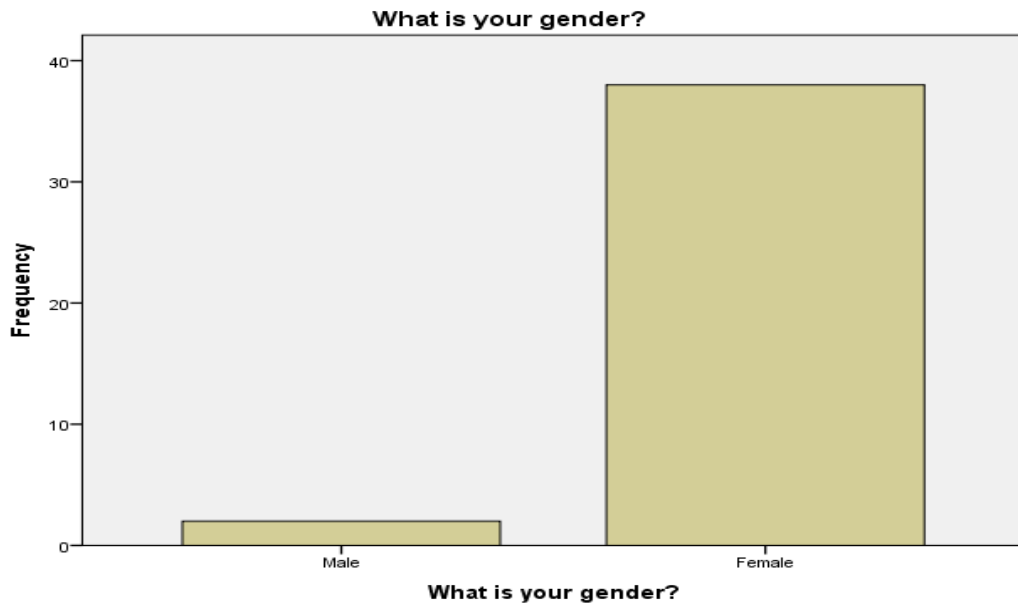


Figure 1. Participants Gender

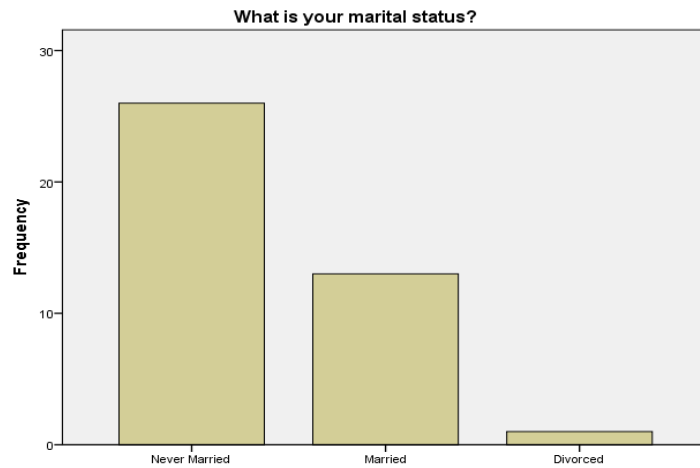


Figure 2. Participants Marital Status

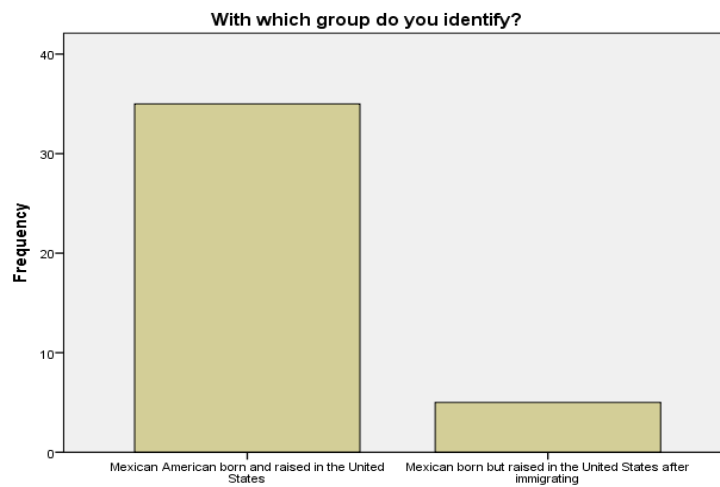


Figure 3. Group Identification

Study Participants

The participants of this study are students from The School of Social Work at California State University, San Bernardino. Participation in this study is voluntary and participants were invited to participate in the study via email. After

being granted approval to collect research from the Institutional Review Board and The School of Social Work at California State University, San Bernardino, an email message was sent to all social work students. The mass email ensured that all social work students, at the time of the study, were reached to help maximize student participation. The participants of this study participated on a voluntary basis. Participation in the study was granted after participants signed the consent form for the study. The consent form detailed the purpose of the study and the terms of confidentiality. The total number of participants in the study was 40. Of the 40 participants, 38% identified as female and 2% identified as male. 65% reported never being married, 32.5% reported being married and 2.5% reported being divorced. 87.5% identified as being born and raised in the United States while 12.5% identified as Mexican born but raised in the United States after immigrating.

Data Gathering

To assess the effects on quantity and quality of interpersonal relationships held by Native born and Mexican born Mexican-Americans quantitative data was collected. The quantitative research was collected through an on-line survey that measured student's interpersonal relationships with others. The survey consisted of twenty questions and was on-line, making it available to students at all hours of the day. The questionnaire was composed of true/false and multiple choice questions. The questions focused on; student's interpersonal relationships with others, the quantity of interpersonal relationships they had they had with others

as they grew up, the quality of interpersonal relationships they had with others as they grew up and a quality and quantity of contact that they have with others in their daily lives.

Phases of Data Collection

The collection of data began after permission was granted to collect research. An email message was sent out to all social work students informing them of the study. A description of the study, a consent form for participation in the study and a link to the survey were provided in the email. Students were required to check the informed consent form, to demonstrate an understanding of the terms of confidentiality, prior to participating in the survey. Once finished with the questionnaire, participants were provided with contact information for this researcher.

Data Recording

The data for this study was recorded through a self-administered survey that was generated through the on-line computer software program, Qualtrics. The online program, Qualtrics, made the survey available to participants at all hours of the day.

Data Analysis

To be in line with the positivist paradigm, the data collected in this study was analyzed through descriptive and inferential statistics. The data presented here is described and summarized through descriptive statistics. Inferential

statistics show the univariate statistics which present the findings through graphical representations. Data analysis was completed using SPSS.

Summary

Chapter three explained the implementation stage of the study and identified the site, and participants of this study. This chapter discussed methods of data collection and elaborated on the questionnaire that was used to collect data from participants. Lastly, data collection and data analysis methods for the study were presented.

CHAPTER FOUR

EVALUATION

Introduction

This chapter presents the data that was collected from the questionnaire developed for this study. The data analysis of this study will be presented first. Next, the data interpretation is described and key findings are explained. Lastly, implications of the findings are addressed.

Data Analysis

SPSS was used to analyze the data collected from this study. Univariate statistics were used to interpret the data through tables and graphs that explain how the participants of the study replied to the questionnaire. The key variables of this study were group identification, Mexican-American born and raised in the US or Mexican born but raised in the US after immigrating and the quantity and quality of interpersonal relationships with others.

Group Identification

When asked about birth locations, 35 participants reported being born in the US and 5 participants reported being born outside of the US. These results carried over when participants were asked about group identification. Participants had to opportunity to select from the options of Mexican-American born and raised in the US or Mexican born but raised in the US after immigrating. Of the

40 participants, 35 identified as Mexican-American born and raised in the US and 5 participants identified as Mexican born but raised in the US after immigrating.

Quantity of Interpersonal Relationships

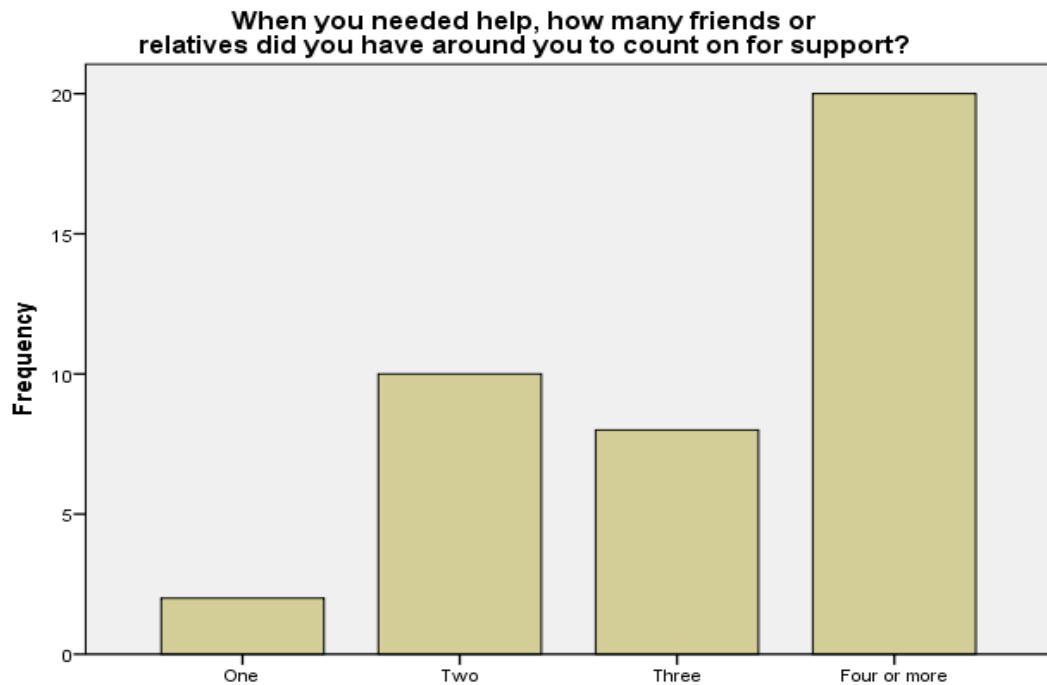


Figure 4. Quantity of Friends/Relatives Around You for Support

When participants were asked about the quantity of friends or relatives they had around them for support when they needed help, 50% percent reported to have four or more friends or relatives around them for support. 20% reported

having three and 25% reported having two. Only two participants, 5% reported only having one person around them to count on for support.

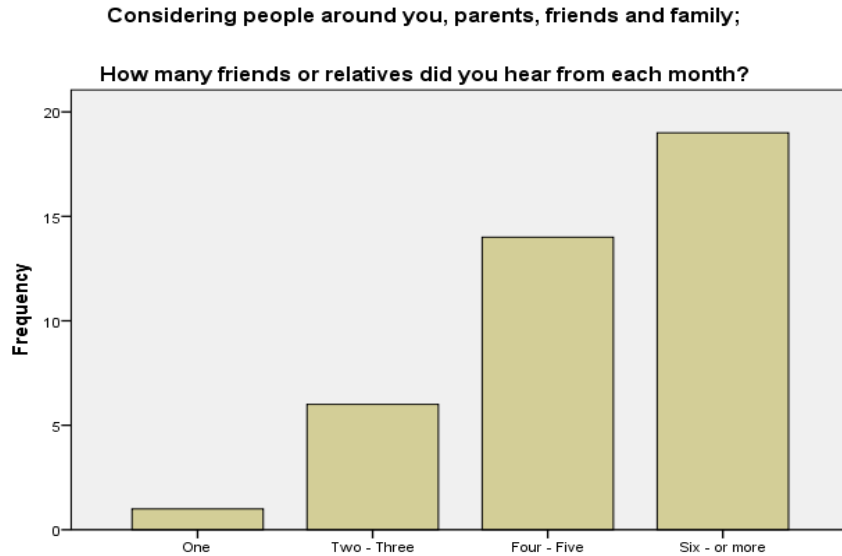


Figure 5. Quantity of Friends You Heard from Each Month

When asked how many friends or relatives they heard from every month, 47.5% of participants reported to have contact with six or more friends or relatives per month. Of the remaining participants 35% reported having contact with four to five friends or relatives each month, 15% reported having contact with two to three friends or relatives per month and only 2.5% reported having contact with one friend of relative per month.

Quality of Interpersonal Relationships

The quality of relationships with others was measured by how many friends/classmates or relatives participants had with whom they could confide in.

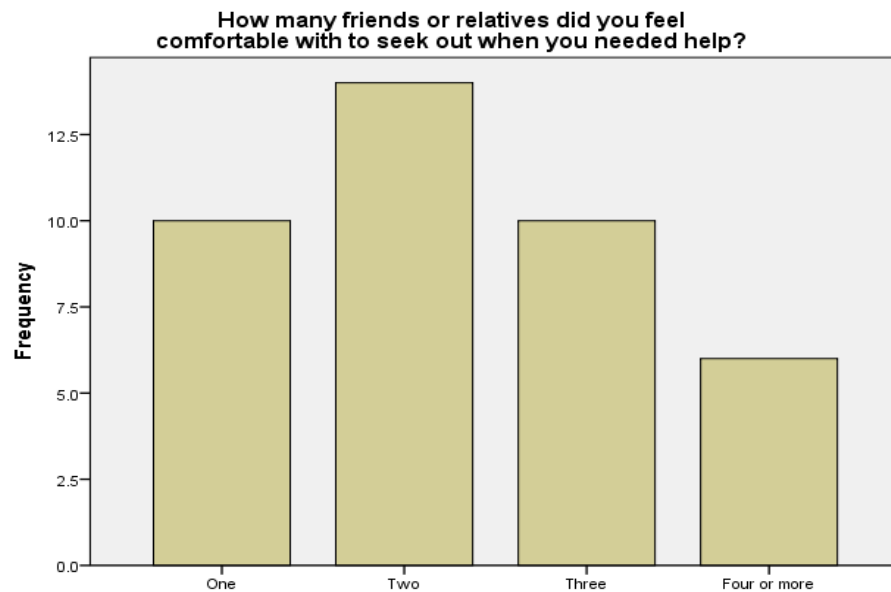


Figure 6. How many Friends/Relatives did You Have for Help

When asked about how many friends or relatives they felt comfortable with to reach out for help, 15% percent of participants reported having four or more friends or relatives they felt comfortable with to ask for help. Ten participants, 25%, reported having three friends or relatives with whom they felt comfortable with asking for help, 35% percent of the participants reported having two friends or relatives with whom they felt comfortable with asking for help and 25% of

participants reported having only one friend or relative with whom they felt comfortable seeking help from.

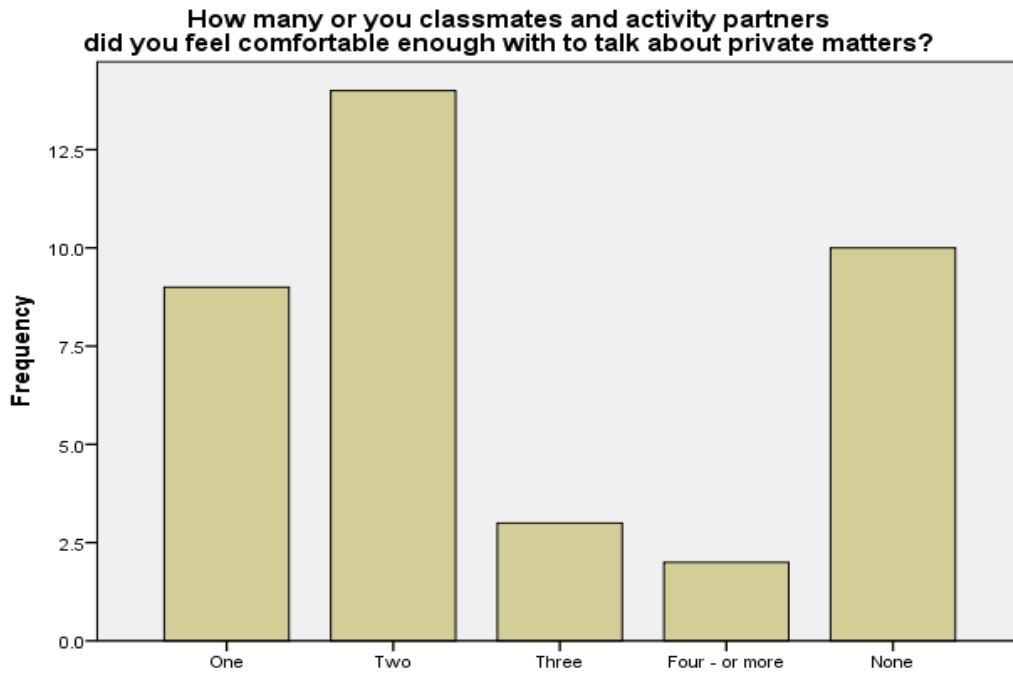


Figure 7. How many Classmates/Friends to Discuss Private Matters

When asked how many classmates or relatives they felt comfortable enough with to discuss private matters with, 5% percent of participants reported having four or more friends or relatives with whom they felt comfortable addressing private matters with. Fourteen participants, 35%, reported having two friends of relatives with whom they felt comfortable addressing private matters

with, 22.5% reported having one friend or relative with whom they could address private matters with and 25% reported having none.

Data Interpretation

Based on the findings of this study, in reference to the key variables that were presented, it was found that Immigration does not have an impact on the quality and quantity of interpersonal relationships of Native and Mexican-born Mexican-Americans. This researcher's hypothesis that immigration could impact the quantity and quality of interpersonal relationships with others was not supported, as the t-test run on the social support scale did not show a difference between the two groups. The collected research demonstrated the hypothesis to be not true given that the data demonstrated that both Native and Mexican-born Mexican Americans reported having similar levels of quantity and quality of interpersonal relationships.

Quantity of Interpersonal Relationships

The data collected from this study demonstrated that participants, despite their chosen group identification, held similar quantities of interpersonal relationships with others. When asked about the quantity of supportive friends or relatives around them, 50% of the participants reported having four or more friends/relatives around them for support and only 5% of participants, two participants reported having only one person around them for support. Similarly, when asked about contact with others, 47.5% of participants reported having contact with six or more friends/relatives per month. Only 2.5% of the participants

reported having contact with only one friend/relative per month. These findings demonstrate that only a small portion of the sample demonstrated low levels of interpersonal relationships.

Quality of Interpersonal Relationships

Data from this study demonstrated that participants, despite their chosen group identification, had similar levels of quality interpersonal relationships with others. Most of the study sample reported having up to two or more friends/relatives to seek out help from while 25% of the sample reported having only one person to seek out help from. When asked about how many friends/relatives they could confide private matters with the results were similar with 25% reporting not having anyone with whom they could confide with.

Implications of Findings

The findings of this study suggest that both Native and Mexican-born Mexican Americans have similar levels of interpersonal relationships with others. As such this data discredits the hypothesis that immigration affects the quantity and quality of interpersonal relationships with others.

As mentioned earlier, immigration can lend itself to a tidal wave of negative experiences. These negative experiences have the potential to affect self-esteem, decrease interactional development throughout life, increase behavioral health challenges and increase the risk of substance use. Being educated and well-rounded on the scope of these challenges can help social

workers better understand the challenges of potential clients. Although this research demonstrated that Native and Mexican-born Mexican Americans it is crucial that social works become more well-rounded on their scopes of these challenges as this research only highlighted one group of immigrants and not all immigrants in general.

Summary

This chapter discussed the findings of the research collected in this study. Univariate statistics and the program Qualtrics allowed the data to be presented in graphs to better illustrate the findings of this research. Descriptive sampling was used to describe each of the key variables. The key variables were Native or Mexican-born Mexican America and quality and quantity of interpersonal relationships with others. The review of the data collected for each variable showed that both Native and Mexican-born Mexican Americans have similar quantity and quality of interpersonal relationships with others. This helped to discredit the hypothesis that immigration affects the quality and quantity of interpersonal relationships with others. Lastly this chapter culminated with an explanation of how this research contributes to the fields of micro and macro social work.

CHAPTER FIVE

TERMINATION AND FOLLOW UP

Introduction

This chapter covers the termination of this study. This chapter also elaborates on the communication of the findings to both the study participants and the host site for the study. This chapter ends with the dissemination plan for this study and an explanation of the ongoing communications with study participants.

Termination of Study

The termination of this study concluded in June 2018. Study participants were informed via email of the completion of the study and of the availability of the results of this study. Participants were thanked for their participation.

Communicating Findings to Site and Participants

The publication of this study will serve as the communicating of the results of this study to the study site and study participants. This research study will be located at California State University's Pfau Library. Gatekeepers of the study site and participants will be notified via email of the publication of this study and will be given instructions on how to obtain a copy of this study. Hard copies of the study will be provided upon request to individuals who are unable to access the Pfau Library or retrieve an electronic version of it. It is the hope of this

researcher that this study will assist future researchers in their efforts to further understand the impacts of immigration on interpersonal relationships.

Ongoing Relationship with Study Participants

Both the participants of this study and the study site will be encouraged to have a continuing relationship with this researcher. Ongoing communication will help answer any questions about the study posed by the participants and the study site. Ongoing communication will also enable participants and the study site to reach out to this researcher if, you further elaboration of the findings of the study are needed. This researcher will provide his contact information to participants and the study site for future reference.

Dissemination Plan

The completed version of this study will be available at California State University's Pfau Library in June 2018. Participants of this study will be notified via email of the culmination of the study and thanked for their participation. This researcher will provide his contact information for those participants who are unable to obtain a copy of this study from the Pfau Library or an electronic copy from an on-line source. Those individuals who are unable to obtain a copy of the study may request a hard copy from this researcher and one will be provided.

Summary

This chapter summarized the culmination of this study and outlined the procedures for communicating the findings of this study to participants and the

site of the study. Further, this chapter outlined the continued communication method between the study participants, study site and this researcher. Lastly, this chapter addressed difficulties with accessing a copy of this study and how that will be addressed.

APPENDIX A
QUESTIONNAIRE

DEMOGRAPHICS

1. What is your gender?
A. Male B. Female C. Other
2. What is your marital Status?
A. Never married B. Married C. Divorced D. Widowed E. Other
3. Were you born in the United States?
A. Yes B. No
4. Highest Level of education?
A. High School Graduate B. Associates Degree C. Bachelors Degree D. Graduate
5. What is your annual family income?
A. less than \$12,060
B. \$12,061-\$19,999
C. \$20,000-\$29,999
D. \$30,000-39,999
E. \$40,000-49,999
F. \$50,000 or higher

Questions for both groups

1. Native Born and raised in U.S. after immigrating
2. Born in Mexico but raised in U.S.

Family

(considering people around you, parents, friends and family...)

1. How many friends and relatives did you hear from per month?
A. One B. Two- three C. Four-Five D. Six – seven/ or more

2. Considering the one you heard from the most, how often did you see them or talk to them per month?
 - A. Monthly
 - B. twice monthly
 - C. Weekly
 - D. Couple times a week

3. How many friends or relatives did you feel comfortable speaking with about private issues?
 - A. One
 - B. two
 - C. Three
 - D. Four or more

4. How many friends or relatives did you feel comfortable with to seek out help when needed?
 - A. One
 - B. Two
 - C. Three
 - D. Four or more
 - E. none

5. When you needed help, how many friends or relatives did you have around you to count on for support?
 - A. One
 - B. Two
 - C. Three
 - D. Four or more
 - E. none

6. How often did you have a friend or relative around you for support?
 - A. Sometimes
 - B. Often
 - C. Always
 - D. Never

7. Did you have a friends or relatives come to you for support with private matters?
 - A. Sometimes
 - B. Often
 - C. Always
 - D. Never

8. How many adult caregivers did you have around you to help you with troubles?
 - A. One
 - B. two-three
 - C. four – five or more
 - D. None

9. Did you have any adult caregivers who ever checked on you to offer you help?
 - A. One
 - B. two-three
 - C. Four –five or more
 - D. None

(Considering your experiences in school and recreational activities...)

1. How many of your classmates or activities partners did you have communication with each month?
 A. One B. Two – three C. four – five or more
 D. None

2. How often did you see or hear from the classmate/s or activities partner/s you had the most contact with, outside of school and activity times?
 A. Monthly B. 2 x month C. Weekly D. Few times per week

3. How many of your classmates and activity partners did you feel comfortable with talking about private matters?
 A. One B. Two C. Three D. Four or more E. none

4. With how many of your classmates and activity partners did you feel comfortable seeking help from?
 A. One B. two C. Three D. Four or more D. none

5. When you had an important decision to make, did you have classmates or activity partners you could count on to help you with your decision?
 A. Always B. sometimes C. Not too often D. Never

6. How often did your classmates and activity partners come to you for help with difficult decisions?
 A. Always B. sometimes C. Not too often D. Never

7. How many adult figures, in school and recreational activities programs, did you receive encouragement and support from?
 A. One B. Two-three C. Four-five or more D. None

8. How many adult figures, in school and recreational activities programs, did you feel comfortable approaching for help?
 A. One B. Two-three C. Four-Five or more D. None

9. How often did you approach an adult figure, in school and recreational activities, for help?
 A. Always B. Sometimes C. Rarely D. Never

10. In school and recreational activities, how often did an adult figure offer you help?
- A. Always B. Sometimes C. Rarely D. Never

A questionnaire developed by Juan Antonio Zaragoza Alonso

APPENDIX B
INFORMED CONSENT

College of Social and Behavioral Sciences
School of Social Work

INFORMED CONSENT

The study is to examine the extent to which immigration effects levels and qualities of interpersonal relationships held by Native born and Mexican born U.S. Residents. The study in which you are about to participate is completely voluntary and in no way a requirement of the School of Social Work at CSUSB. Participants can withdraw from participating in this study at any moment and will not be penalized in any way. The study is being conducted by Juan Zaragoza, MSW Student, under the supervision of Carolyn McAllister, MSW, PhD, Associate Professor of Social Work, California State University, San Bernardino. The study has been approved by the Institutional Review Board Social Work Sub-committee, California State University, San Bernardino.

PURPOSE: The purpose of the study is to examine the extent to which immigration effects levels and qualities of interpersonal relationships held by Native born and Mexican born U.S. Residents.

DESCRIPTION: Participants will be partake in a five to ten minute questionnaire that will ask them to recall their experiences in life with interpersonal relationships with others. Participants will answer a series of questions that will measure the quality of interpersonal relationships they had with others. The research will take note of the differences in levels and qualities of interpersonal relationships between native born Mexican-Americans and Mexico born Mexican-Americans.

PARTICIPATION: Your participation in the study is totally voluntary. You can refuse to participate in the study or discontinue your participation at any time without any consequences.

CONFIDENTIALITY OR ANONYMITY: Your responses will remain anonymous and data will be reported in group form only.

DURATION: It will take five to ten minutes to complete the Interview.

RISKS: There are no foreseeable risks to the participants.

BENEFITS: There will not be any direct benefits to the participants.

CONTACT: If you have any questions about this study, please feel free to contact Juan Zaragoza 760-609-5572 or Dr. Carolyn McAllister, Cmcallis@csusb.edu

RESULTS: Please contact Dr. Carolyn McAllister, Cmcallis@csusb.edu or Juan Zaragoza 004035875@coyote.csusb.edu, or the CSU San Bernardino, Department of Social Work After June 2018.

This is to certify that I read the above and I am 18 years or older.

Place an X mark here

Date

909.537.5501

5500 UNIVERSITY PARKWAY, SAN BERNARDINO, CA 92407-2393

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Maritime Academy • Monterey Bay • Northridge • Pomona • Sacramento • San Bernardino • San Diego • San Francisco • San Jose • San Luis Obispo • San Marcos • Sonoma • Stanislaus

APPENDIX C

INTERNAL REVIEW BOARD APPROVAL

CALIFORNIA STATE UNIVERSITY, SAN BERNARDINO
SCHOOL OF SOCIAL WORK
Institutional Review Board Sub-Committee

Researcher(s): Juan Zaragoza

Proposal Title: Effects of Immigration on Mexican American Adults

SW1677

Your proposal has been reviewed by the School of Social Work Sub-Committee of the Institutional Review Board. The decisions and advice of those faculty are given below.

Proposal is:

- approved
 to be resubmitted with revisions listed below
 to be forwarded to the campus IRB for review

Revisions that must be made before proposal can be approved:

- Investigators' signature missing
 missing informed consent debriefing statement
 revisions needed in informed consent debriefing
 data collection instruments revision
 agency approval letter missing
 CITI missing
 revisions in design needed (specified below)



Committee Chair Signature

1/23/2018

Date

Distribution: White-Coordinator; Yellow-Supervisor; Pink-Student

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