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FAMILISMO AND IT'S IMPACT ON ANXIETY IN LATINO YOUNG ADULTS

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A Project

Presented to the

Faculty of

California State University,

San Bernardino

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In Partial Fulfillment

of the Requirements for the Degree

Master of Social Work

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by

Maria Romero

Ashley Yoder

May 2021

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ABSTRACT

The purpose of this quantitative research study is to address the effects of familismo on anxiety levels for Latino adults. In this study, the research takes a deeper look into the cultural aspects of familismo and the increased levels of anxiety for the Latino population. This study defines familismo through the concepts of honor, support, interconnectedness, and subjugation of self for family. This study defines the Latino population as individuals from the Caribbean, South America, and Central America. The concept of familismo needs to be addressed due to the lack of knowledge in social work of this area, as it will contribute to the overall wellbeing of mental health for Latino young adults who have anxiety. For this study, a quantitative methodology design was utilized to examine and explore the relationship between familismo and anxiety levels. For this study, a link was provided though social media platforms for participants to take a survey to measure their anxiety levels and their connection to familismo. A random sample from the online survey consisted of 76 Latino adults with ages ranging from 18-59, was gathered the data through a link provided on multiple social media websites. Aggregated data was collected from Qualtrics and then ran through SPSS for data analysis. The results showed that there were no significant findings between familismo and anxiety levels for Latino adults. However, there was an unexpected positive correlation between gender and anxiety levels, and country of origin and anxiety levels that was found as a result of this study.

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CHAPTER ONE

PROBLEM FORMULATION

Purpose of the Study

The purpose of this study is to explore the role that familismo has on the anxiety level of Latino adults. In this study familismo will be referring to having strong familial support, familial interconnectedness, family honor and subjugation of self for family (Steidel & Contreras, 2003).

Familismo has a value of great importance to the Latino culture, individuals often internalize their negative feelings in fear that conflict will arise amongst the family and disrupt the family cohesion. This internalization of feelings contributes to the anxiety levels within this population and decreases the opportunities for individuals to learn how to positively cope with their anxiety (Villatoro, et.al). Studying this problem is important for the social work profession because there are many cultural factors in the Latino population such as familismo that play a role in the mental well- being of individuals. In order for social workers to provide appropriate interventions for clients they must be culturally competent in areas like the one presented above.

Significance to Social Work Practice

Familismo is an important value in the Latino culture. There are many strengths of familismo, such as social support and connection to family, but it also has some limitations. Due to familismo's strong values on loyalty, reciprocity

and solidarity, these factors can have a negative impact on an individual's help

seeking behaviors. Seeking help outside the family can be interpreted as

shameful because it can be seen as going against familismo (Villatoro, et.al,

2014). This is due to the stigmatization of mental health and treatment, there is a

strong mistrust for providers and an individual can be viewed negatively for

seeking treatment outside the family (Villatoro, et.al). Due to the stigmatization,

many Latinos seek help from other members of the family, church, or clergy

members.

The ramification of this problem is that those with mental health needs,

may not receive the help that they require. Clergy or family members may not

have formal training or the proper resources to help. Without formal training,

some disorders or diagnoses might go untreated for years. As discussed

previously, many members of the Latino culture will internalize their negative

feelings in order to preserve family cohesion (Villatoro, et.al). With the lack of

knowledge or awareness about how internalized feelings could lead to increased

levels of anxiety, much of the population is left with no help to relieve their

symptoms. With the stigmatization of mental health and the lack of knowledge,

many preventative practices are missed.

For instance, religious leaders cannot identify mental illness and the

severity of the mental illness, but they still feel the obligation to offer counseling

to their members (Villatoro, et.al, 2014). In order to combat the negative stigma

of mental health, it would be beneficial if social workers establish religious-oriented services within the church (Villatoro, et.al, & 2014). Social workers need to continue to build a connection with clergy members to educate them on mental health and increase the utilization of these benefits for their members. This connection would also offer training for clergy members and build their confidence to recommend mental health services.

Building relationships within the church will allow social workers to offer the community and individuals education on mental health to address misconceptions and barriers of mental illness (Villatoro, et.al, 2014). These connections built with the church, communities, and family members will allow social workers to be more culturally competent in working with the Latino population. Resources given to the clergy members or the community could be used to promote familismo in a healthy way. Resources such as, preventative programs, emotional support programs, enhancing familial relationships and communication (Villatoro, et.al, 2014). As social workers, it would be crucial to make connections on both the micro level starting with clergy members and building connections on the macro level in the community. In providing resources for both the micro level and macro level, more culturally competent resources for members of the Latino culture could be built. Preventative and psychoeducational resources for family and community members to facilitate healthy communication patterns for future generations would also be provided.

To understand the relationship between familismo and anxiety levels, the research presented in this paper will attempt to answer the question: What factors of familismo play a role in the level of anxiety in Latino adults?

CHAPTER TWO

LITERATURE REVIEW

Introduction

Familismo is an important part of culture for many Latino individuals. Although familismo can be interpreted in a various number of ways, we have identified an adequate definition for the purpose of this study. Familismo in this study will be defined as, "a multidimensional construct compromising four interrelated components or factors" (Steidel & Contreras, 2003).

Literature

For this study, the research will be taking a deeper look into the cultural aspects of familismo and the increase in anxiety levels on Latino adults. Familismo is an important part of the Latino culture to many people around the world. There is no exact definition of familismo, because familismo is a multifaceted part of culture with a variety of factors. For the purposes of this research familismo will be identified as strong familial support, familial interconnectedness, family honor and subjugation of self for family. For the purposes of this study familial support is putting the family's needs above an individual's own needs (Steidel & Contreras, 2003). Familial interconnectedness is the belief that although an individual may have their own personal life, they still need to emotionally and physically be available for the family's needs (Steidel & Contreras, 2003). Adding on, family subjugation is defined as, in times of

difficulty all members of the family are expected to provide support to other family members (Steidel & Contreras, 2003). Lastly, family honor is the duty to protect and defend the family name at all costs (Steidel & Contreras, 2003). Some individuals may identify with some factors more than others due to the diverse cultures that make up the Latino community. Examples of how familismo has impacted the anxiety levels of Latino adults will be presented further on in the literature.

Limitations

There have been previous studies conducted to explore the relationship between familismo and anxiety levels, but there are some limitations to methodological studies. One of the most reoccurring limitation in methodology is using English proficient Latino participants in studies (Corona, Rodríguez, McDonald, Velazquez, Rodríguez, & Fuentes, 2017). This not only limits research, but also excludes a large part of the Latino culture. In their study looking at college students, Corona and colleagues (2017), found that even though students were able to complete the study in English, Spanish was still preferred by the students. Using only English surveys to complete research limits the understanding and application of concepts about the Latino culture. In their study, Corona and colleagues (2017), were able to identify limitations due to gender, they found that women are more likely to benefit from protective factors of familismo than their male counterparts and that a more gender balanced sample is needed.

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Other limitations found in studies, is the use of cross-sectional data that makes it difficult to generalize information to the Latino population (Villatoro et al., 2014). Due to these constraints, there has been difficulty being able to generalize findings to the Latino population. In their study, Villatoro and colleagues (2014), used participants who sought medical health care and were recommended to mental health clinics. This makes generalization difficult due to bias self-reporting as well as these participants were already seeking help for mental health problems. Another limitation that needs to be considered is the Nationality and family origins of the Latino population. Research on different ethnic groups of the Latino population is difficult due to studies using umbrella terms for Mexican Americans, Puerto Rican, Dominican American, Cuban, Guatemalan and Colombian (Morelen & Thomassin, 2013). There will also be limitations due to no formal definition of familismo, due to it being multifaceted.

<center>Gaps in the Literature</center>

One of the major gaps in the literature is that there is not a concrete definition for familismo. Without an agreed upon definition, it makes it difficult to look at causal relationships between familismo and other factors. The Latino population has increased by 43 percent and they make up 16 percent of the U.S. population in 2014 (Villatoro, et al., 2014). Although the Latino population is increasing, there is still a gap in knowledge about familismo. Villatoro and colleagues (2014), found that most studies that examine families look at the larger social network instead of looking into family dynamics. Familismo is a big

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part of the Latino culture, there is, a need for more studies conducted on individuals who identify with this cultural concept and the impact it has on mental health. Villatro and colleagues (2014), found that there needs to be further studies performed to see the effects of familismo on mental health, help-seeking behaviors, and the utilization of services. With one of the concepts of familismo being loyalty to the family, many individuals seek help from members of the family or clergy members. There is lack of information on if the Latino population will utilize both mental health services and help from the church. Villatro and colleagues (2014), found that individuals who need mental health services, still preferred the care from clergy. Since familismo is multifaceted, there is a lack of knowledge if each factor of familismo plays a role on anxiety levels for Latino adults or if familismo as a whole is increasing anxiety levels.

Conflicting Findings

There are conflicting findings in the literature that suggest familismo is a positive preventative factor for Latino adults. Some of the conflicting findings presented in the literature are examine the degree of psychological distress in the Latino population. After researchers measured psychological distress using the K-10 scale they found that the Latino population, in general, had low levels of psychological distress when there were higher levels of family cohesion (Priest & Denton, 2014). The conflict presented is when analyzing the distress in Latino subgroups such as Mexican, Cuban, and Puerto Rican samples. Some of these subgroups such as groups from Puerto Rico and Mexico showed no relationship

between family cohesion and psychological distress while others such as groups from Cuba did associate higher distress levels with high family cohesion (Priest & Denton, 2014).

Adding to the Field of Social Work

This study aims to build on the already existing body of knowledge of familismo and the effects on anxiety levels. This study will be different from previous research due to the exploration of individual Latino identification within the family and the role that familismo has had on their anxiety. With the knowledge of previous studies, the current researchers are hopeful that with the sample being pulled from diverse communities, that generalization will be possible for Latino adults. The current researchers are confident that this will add useful information to the body of knowledge of familismo and the effects of anxiety on Latino adults. With this research, the goal is to continue to advocate for and expand mental health services for the Latino population.

Theories Guiding Conceptualization

The chosen theory for this study is Bowen's Family Systems Theory. Bowen believed that the members of the family are intensely connected emotionally, and are seen as a unit. Bowen states that one family member's thoughts, emotions, and actions impact all the family members in the family which leads to a change in family dynamics. An example of this being that he believed that anxiety is one of the main emotions that moves from one person to

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the next, and is able to impair other's ability to reason and think properly (Priest & Denton, 2014).

In this theory eight main principles are used, but two main principles that are associated with levels of anxiety in individuals are both Differentiation of Self and Triangulation. Differentiation of Self is when an individual can be active and think properly during moments of high emotional intensity and reactivity, as well as the individual being able to have a balance between his or her individuality/independence and his certain extent of dependence from others (Priest & Denton, 2014).

Some individuals may have high levels of Differentiation of Self. For example, an individual that is able to stay calm when receiving criticism from others, is able to face conflict or rejection from others and doesn't get upset. This person acknowledges their dependence on others but is confident in their thoughts, feelings, and choices that they make. When this type of person has to make choices that can possibly impact others or involve others they think things through based on logic and reason instead of emotions. On the other hand, a person with low differentiation of self, acts and thinks in a different way compared to a person of high differentiation of self. A person with low differentiation of self is constantly seeking for approval of others and will be quick to change their thoughts or actions to satisfy others. If not, then they will try to get others to agree with what they want by pressuring them. Individuals that have higher levels of differentiation of self-have been associated with high levels of functioning,

while low levels have been associated with chronic anxiety, greater social anxiety, and tend to experience more stress and conflict (Priest & Denton, 2014).

Next, the second important principle of Bowen's Family Systems Theory is Triangulation. Triangulation is when a third person is brought into the conflict of two other individuals. An example of triangulation would be for example when a couple is arguing and brings their eldest child into the conversation. Triangulation has been associated with "higher levels of externalizing and internalizing problems in individuals, and lower levels of subjective well-being" (Priest & Denton, 2014, p. 559). Family members that are brought into the conflict as the third party may feel a need to choose a side, therefore the other person left out may be caused to feel emotionally isolated from the other two causing a disruption in the family functioning. Both differentiation and triangulation are contributing to psychological disorders (such as anxiety) and the degree of family functioning.

Conclusion

In this chapter, there are a variety of concepts addressed. One of them being the importance of familismo and the many factors that it is made up of. By conducting more research on this topic, it will benefit the field of social work because it will not only educate the Latino Population on mental health, but it will also help expand and advocate for more mental health services.

CHAPTER THREE

METHODS

Introduction

Chapter three describes the methodology used for this study based on the perception of familismo, and the role it plays on anxiety levels among Latino adults. This chapter will cover the topics of study design, sampling of participants, and instruments utilized to collect data. In addition, this chapter will also be discussing the procedures and steps that were taken to protect the information of the participants. Lastly, this chapter will address how the data was analyzed.

Study Design

To conduct a study on the effects of familismo on anxiety for adults in the Latino culture, a nonexperimental quantitative study was conducted. In this study the Latino population is referred to individuals from the Caribbean, South America, and Central America. Due to this study being used for exploratory information on the cultural aspects of the Latino culture, there was no group design for this study. A quantitative methodology was used for a deeper understanding of how familismo collates to anxiety levels for Latino adults. A quantitative methodology is best for this study due to the individual's perception and understanding of familismo and their current levels of anxiety. To understand the concepts of familismo, this study operationally defines familismo in the

following ways: honor, support, interconnectedness, and subjugation of self for family.

Sampling

The researchers recruited 76 individuals between the ages of 18 to 50 via social media. The decision to use social media platforms to recruit participants was due to the easy accessibility that adults have to social media platforms, as well as the diverse number of individuals that are represented on the sites. Digital flyers were posted on social media platforms to inform individuals about the study and its purpose. Consent and approval were received by California State University San Bernardino in order to post appropriate flyers for participation. In order to maintain confidentiality participants signed Consent Forms with an X in order to protect their identity and were not asked Personal Identifying Information.

Data Collection and Instruments

For data collection, known scales and subject supplied data will be used in a questionnaire format. To help control for systematic errors, elements from known scales and instruments for anxiety and for familismo will be used. It was determined that using the combination of the Attitudinal Familism Scale and the Generalized Anxiety Disorder (GAD-7) Scale was appropriate for this study. The Attitudinal Familism Scale holds a Cronbach's alpha of .83, and this questionnaire uses scaling questions that are scored based on the 10-point

Likert-type scale (Steidel & Contreras, 2003). This scale is made up of a variety of questions that address familsmo factors such as family honor, support, interconnectedness, and subjugation of Self for Family (Steidel & Contreras, 2003). In this study, several of the scaling questions were used from the Attitudinal Famlilism Scale to aid in the measurement of familismo among the Latino population. Approval for the use of this scale was received by the creator. The GAD-7 is the most frequently used tool by professionals to screen for anxiety (Jordan, et.al, 2017). The GAD-7 is widely used due to being a valid tool amongst large and small populations, it has a Cronbach's alpha of 0.89 (Jordan et.al, 2017). The GAD-7 uses a Likert scale for patients to self-report their symptoms (Jordan et.al, 2017). This means that this tool is valid and reliable for the use of screening for anxiety. The GAD-7 is a tool that is free and available for public use (Pfizer, nd).

This study used each tool in its entirety, (Attitudinal Familism Scale and the GAD-7) because these tools are both valid and reliable in their use independently. This study combined elements from both the Attitudinal Familism Scale and the GAD-7 to isolate the influence of the independent (familismo) on the dependent variable (levels of anxiety). This study contained closed ended scaling questions. To help control for threats to reliability and validity, a combination of both the Attitudinal Familism Scale and the GAD-7 were used due to both of these known scales having already achieved internal consistency, reliability, and test-retest reliability. The descriptive statistics utilized in this study

were examined using frequency analysis to compare familismo scores to anxiety levels. To understand the correlation between familismo and anxiety levels, correlation tests were used to compare familismo variable to levels of anxiety. The limitations to this design would be the lack of randomization and the limited number of questions on a survey.

Procedures

A new email address was made for this study and used in making new social media accounts. The information on these new pages for each platform was the digital flyer and the link for the survey. Participants were recruited by digital flyers posted on social media platforms. Once participants clicked on the digital flyer, they were taken to the new account that was created so they can clink the link for the survey. This page contained a link that will direct them to Qualtrics where they read over the Consent Form. Participants were provided with a Consent Form prior to completing the survey to provide them with an understanding of the study. The participants were given the choice to click agree or disagree to participate in the survey. If the participants disagreed, they were removed from the study and thanked for their consideration. If the participant agreed they were directed to take the questionnaire. The survey was completed through Qualtrics, this website was designed for surveying purposes. Participants were informed of the estimated time it will take to complete the survey that consisted of 35 questions. Participants were informed that they have the right to skip or decline answering any questions they do not feel comfortable responding

to. Once the survey is completed participants were thanked for their participation in the study.

Protection of Human Subjects

The information from the survey was gathered anonymously through the site Qualtrics. There was no identifying information gathered such as email, names, or IP addresses. Once the information is collected, it was exported to SPSS and the survey was closed. The files will be shared between researchers (Mario Romero, Ashley Yoder, and Carolyn McAllister) through google drive which is password protected. The data was aggregated and will be stored for 3 years on a password protected computer and deleted after the 3 years.

There were no risks or benefits to the participants in this study. If a participant did not feel comfortable with a question(s), they were welcomed to skip over them or end the study at any time without consequence. The only question that could not be skipped and required an answer was the Consent Form. Participants were informed of their confidentiality and details of the study they participated in through informed consent.

Data Analysis

For the purposes of this study, a quantitative methodology was used to assess the effects of familismo on anxiety for adults in the Latino culture. The study is based off the self-reports of the participants and this data was collected using a survey. The survey consisted of a multivariate data that will test for:

honor, support, interconnectedness, and subjugation of self for family, age, gender, socio economic status and anxiety. The questions utilized in the survey were analyzed as predictors of how an individual identifies within the family and the effects on anxiety levels. Once the survey was completed the information gathered will be put through the SPSS data base to run a frequency and bivariate analyses. The prediction of this information was that the anxiety levels for Latinos with strong connections to family will be higher than others who do not identify with the characteristics of familismo.

Summary

This chapter addressed the design methodology for how the research was conducted using a survey on how familismo and its effects on the levels of anxiety among Latino young adults. Using research, survey, data collection, and analysis it is predicted that Latino adults with stronger family connection will have higher anxiety levels. The ethics in research was upheld by making the survey voluntary and protecting the participants through confidentiality.

CHAPTER FOUR

RESULTS

Introduction

This chapter will cover the general results from the study. There was a total number of 76 participants who responded to the survey. The survey ran for a month, from the first week of January 2021 to the first week of February 2021. This chapter will contain the descriptive statistics, a summarization of the analyzed data, and the results of the study.

Demographics

In this study, there were a total of 76 participants. Table 1 represents the demographic characteristics of the participants in the study. Out of 76 participants, 17 (22.4%) were male, 48 (63.2%) were female, and 11 (14.5%) were unknown. The participants range from ages 18 to 59 years old. From the sample, 61 (80.1%) of the participants were in the age group of 18-30 years old, 3 (2.5%) were in the 31-40 age group, 2 (5.2%) were in the 41-59 age group, and 10 (13.2%) did not declare their age. The majority of the participants 75% were born in the United States, 9.2% were not born in the United States, 2.6% did not answer, and 13.2 were missing. The majority of the people in the study (71.1%) were not parents, 15.8% were parents, and 13.2% did not respond.

In regard to relationship status 72.4% of the participants were single, 13.2% were married, 1.3% were divorced, and 13.2% did not respond. The

education levels of the participants varied 10.5% had a high school diploma, 28.9

some college, 35.5 a Bachelor's Degree, 7.9% a Master's Degree, and 17.1% did

not respond. The majority of our participants had a Bachelor's Degree. For

participants annual income 21.1% reported earnings from $0-$20,000, 9.2%

reported $21,000-$30,000, 5.3 reported $31,000-$40,000, 7.9% reported

$41,000-$50,000, 23.7% reported $51,000+, and 32.9% did not report annual

income. Lastly, regarding ethnicity 18.2% reported to be Hispanic, 31.9%

reported to be Mexican, 10.5% reported to be Latino, 35.5% reported to identify

with more than one ethnicity, and 3.9% did not report their ethnicity.

Table 1. Demographics

Variable		Frequency(N)	Percentage
Gender			
	Female	48	63.2
	Male	17	22.4
	Unknown	11	14.5
Age			
	18-30	61	80.1
	31-40	3	2.5
	41-59	2	5.2
	Missing	10	13.2
Born in the United States			
	Yes	57	75
	No	7	9.2
	No answer	2	2.6

Missing	10	13.2

Parent?

Yes	12	15.8
No	54	71.1
Missing	10	13.2

Relationship Status

Single	55	72.4
Married	10	13.2
Divorced	1	1.3
Missing	10	13.2

Level of Education

High School	8	10.5
Some College/ Associates	22	28.9
Bachelors	27	35.5
Masters	6	7.9
Missing	13	17.1

Annual Income

0-20,000	16	21.1
21,000-30,000	7	9.2
31,000-40,000	4	5.3
41,000-50,000	6	7.9
51,000 plus	18	23.7
Missing	25	32.9

Ethnicity

Hispanic	13	18.2
Mexican	22	31.9
Latino	8	10.5
More than 1 Ethnicity	30	35.5
Missing	3	3.9

Familismo Scale Results

The participants in this study were asked to rate themselves using a Familismo scale. Table 2 reflects the descriptive statistics relation between the participant and the level they relate to the concepts of Familismo discussed earlier in the paper. Over half of the participants (65.8%) agreed that while growing up, older children should always help their parents with the support of younger brothers and sisters, while 26.3% of the participants only somewhat agreed with this statement. Most of the participants agreed 44.7% and 42.1% somewhat agreed that the family should control the behavior of children under the age of 18. A total of 88.2% of participants agreed that a person should cherish the time they spend with relatives. The statement a person should live near his/her parents and spend time with them on a regular basis, 52.6% of the participants somewhat agreed and 11.8% disagreed. The statement a person should always support members of the extended family if they are in need, even if it is a big sacrifice, 43.4% of the participants somewhat agreed. A person should rely on his/her family if the need arises, 50% of the participants agreed and 35.5% somewhat agreed with this statement. A person should feel ashamed if something he/she does that dishonors the family name, 26.3% somewhat disagreed, and 35.5% disagreed with this statement. Most of the participants 67.1% of the participants agreed that children should help out around the house without expecting an allowance, while 23.7% somewhat agreed with this statement. For the statement, parents and Grandparents should be treated with

great respect regardless of their differences in views, 50% of the participants agreed, 25% somewhat agreed. Around half (48.7%) of the participants agreed that a person should often do activities with his/her immediate and extended family members, 32.9% of the participants somewhat agreed with this statement. Almost half of the participants (40.8%) somewhat agreed the participants were aging parents should live with their relatives, 30.3% agreed with the statement. Participants had varied responses for the statement a person should always be expected to defend his/her family's honor no matter what the cost, 22.4% agreed, 28.9% somewhat agree, and 23.7% disagreed. More than half (57.9%) of the participants disagreed and 22.4% of participants somewhat disagreed with the statement, children below 18 should give almost all their earnings to their parents. More than half (60.5%) of the participants and 17.1% of the participants somewhat disagreed with the statement, children should live with their parents until they are married. Participants (30.3%) disagreed and 27.6% somewhat disagreed with the statement, children should obey their parents without question even if they believe that they are wrong. More than half (61.8%) of the participants agreed and 22.4% of the participants somewhat agreed with the statement, a person should help his/her elderly parents in times of need. Almost half of the participants 39.5% agreed and 32.9% somewhat agreed with the statement, A person should be a good person for the sake of his/her family. Participant's responses varied 28.9% agreed, 25% somewhat agreed, and 21.1%

somewhat disagreed with the statement, a person should respect his/her older

brothers/sisters regardless of their differences in views.

Table 2. Familismo Scale

Variable	Frequency	Percentage
While growing up, it is believed that the older children should always help their parents with the support of younger brothers and sisters		
Agree	50	65.8
Somewhat agree	20	26.3
Somewhat disagree	4	5.3
Disagree	2	2.6
The family should control the behavior of children under the age of 18.		
Agree	34	44.7
Somewhat agree	32	42.1
Somewhat disagree	7	9.2
Disagree	3	3.9
A Person should cherish the time they spend with relatives		
Agree	67	88.2
Somewhat agree	7	9.2
Somewhat Disagree	1	1.3
Disagree	1	1.3

A Person should live near his/her parents and
spend time with them on a regular basis

	Agree	15	19.7
	Somewhat agree	40	52.6
	Somewhat disagree	12	15.8
	Disagree	9	11.8

A Person should always support members of the
extended family if they are in need, even if it is a big
sacrifice

	Agree	13	17.1
	Somewhat agree	33	43.4
	Somewhat disagree	15	19.7
	Disagree	15	19.7

A person should rely on his/her family if the
need arises

	Agree	38	50
	Somewhat agree	27	35.5
	Somewhat disagree	7	9.2
	Disagree	4	5.3

A person should feel ashamed if something
he/she does that dishonors the family name

	Agree	13	17.1
	Somewhat agree	16	21.1
	Somewhat disagree	20	26.3
	Disagree	27	35.5

Children should help out around the house
without expecting an allowance

	Agree	51	67.1
	Somewhat agree	18	23.7
	Somewhat disagree	6	7.9
	Disagree	1	1.3

Parents and Grandparents should be treated
with great respect regardless of their differences
in views

Agree	38	50
Somewhat agree	19	25
Somewhat disagree	12	15.8
Disagree	1	1.3
Missing	6	7.9

A person should often do activities with his/her
immediate and extended family

Agree	37	48.7
Somewhat agree	25	32.9
Somewhat disagree	5	6.6
Disagree	3	3.9
Missing	6	7.9

Aging parents should live with their
relatives

Agree	23	30.3
Somewhat agree	31	40.8
Somewhat disagree	13	17.1
Disagree	3	3.9
Missing	6	7.9

A person should always be expected to defend
his/her family's honor no matter what the cost

Agree	17	22.4
Somewhat agree	22	28.9
Somewhat disagree	13	17.1
Disagree	18	23.7
Missing	6	7.9

Children below 18 should give almost all their
earnings to their parents

	Agree	3	3.9
	Somewhat agree	3	3.9
	Somewhat disagree	17	22.4
	Disagree	44	57.9
	Missing	9	11.8

Children should live with their parents until they
are married

	Agree	5	6.6
	Somewhat agree	3	3.9
	Somewhat disagree	13	17.1
	Disagree	46	60.5
	Missing	9	11.8

Children should obey their parents without question even
if they believe that they are wrong

	Agree	10	13.2
	Somewhat agree	13	17.1
	Somewhat disagree	21	27.6
	Disagree	23	30.3
	Missing	9	11.8

A person should help his/her elderly parents in
times of need

	Agree	47	61.8
	Somewhat agree	17	22.4
	Somewhat disagree	3	3.9
	Disagree	0	0
	Missing	9	11.8

A person should be a good person for the sake
of his/her family

Agree	30	39.5
Somewhat agree	25	32.9
Somewhat disagree	8	10.5
Disagree	4	5.3
Missing	9	11.8

A person should respect his/her older
brothers/sisters regardless of their differences in
views

Agree	22	28.9
Somewhat agree	19	25
Somewhat disagree	16	21.1
Disagree	10	13.2
Missing	9	11.8

Generalized Anxiety Disorder Scale Results

Participants were asked questions to rate their anxiety levels using the

Generalized Anxiety Scale. Table 3 reflects the descriptive statistics for anxiety

levels. Almost half of the participants (48.7%) felt nervous, anxious, or on edge

for 1-6 days over the past two weeks. Around 17.1% reported that they felt

nervous, anxious, or on edge every day over the last two weeks. Most of the

participants (34.2%) reported that they were able to stop, or control worry over

the last two weeks, while 18.4% of the participants were not able to. Out of two

weeks, half of the participants (50%) reported that they worried too much about

different things 1-6 days, and 19.7% reported worrying every day. Over two

weeks, participants (40.8%) reported they had trouble relaxing 1-6days and

15.8% of the participants reported trouble relaxing every day. Participants

(36.8%) reported that over the last two weeks they were so restless it was hard

to sit still 1-6 days, and 34.2% reported they were not restless at all. Over two

weeks, participants (50%) reported they became easily annoyed 1-6 days, and

17.1% reported they did not become easily annoyed. Out of two weeks,

participants (36.8%) of participants felt afraid something awful would happen 1-6

days, and 23.7% reported they did not have this feeling at all. Participants were

asked how difficult these problems made it for them to do their work, take care of

things at home, or get along with others, 38.2% of participants reported it was

somewhat difficult and 28.9% reported it was not difficult at all.

Table 3. Generalized Anxiety Disorder Scale

Variable	Frequency	Percentage
Over the last 2 week, how often have you been bothered by the following problems:		
Feeling nervous, anxious, or on edge		
Not at all	9	11.8
1-6 days	37	48.7
7-13 days	8	10.5
Everyday	13	17.1
Missing	9	11.8

Over the last 2 week, how often have you
been bothered by the following problems:

Not being able to stop or control worry

	19	25
Not at all	26	34.2
1-6 days	8	10.5
7-13 days	14	18.4
Everyday	9	11.8
Missing		

Over the last 2 week, how often have you been
bothered by the following problems:

Worrying too much about different things

Not at all	6	7.9
1-6 days	38	50
7-13 days	7	9.2
Everyday	15	19.7
Missing	10	13.2

Over the last 2 week, how often have you been
bothered by the following problems:

Trouble relaxing

Not at all	18	23.7
1-6 days	31	40.8
7-13 days	5	6.6
Everyday	12	15.8
Missing	10	13.2

Over the last 2 week, how often have you been
bothered by the following problems:

Being so restless that it's hard to sit still

Not at all	26	34.2
1-6 days	28	36.8
7-13 days	5	6.6
Everyday	7	9.2
Missing	10	13.2

Over the last 2 week, how often have you been
bothered by the following problems:

Becoming easily annoyed

Not at all	13	17.1
1-6 days	38	50
7-13 days	7	9.2
Everyday	8	10.5
Missing	10	13.2

Over the last 2 week, how often have you been
bothered by the following problems:

Feeling afraid as if something awful might happen

Not at all	18	23.7
1-6 days	28	36.8
7-13 days	7	9.2
Everyday	12	15.8
Missing	11	14.5

If you checked off any from above, how difficult have
these made it for you to do your work, take care of
things at home, or get along with other people?

Not difficult at all	22	28.9
Somewhat difficult	29	38.2
Very difficult	9	11.8
Extremely difficult	5	6.6
Missing	11	14.5

Presentation of the findings

The following tests were performed on the data that was collected: frequency analysis and correlation tests.

A frequency analysis was performed on familismo (Figure 1. Familismo scores) and anxiety levels (Figure 2. Anxiety level) to examine the relationship. There were no significant findings for this test. The result of this test show that familismo does not have a significant impact on a person's anxiety level.
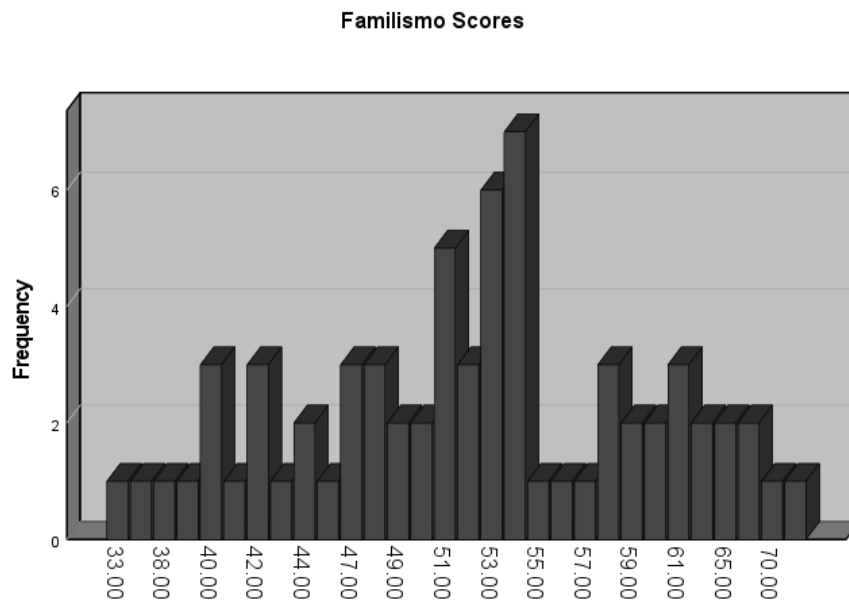
Familismo Scores
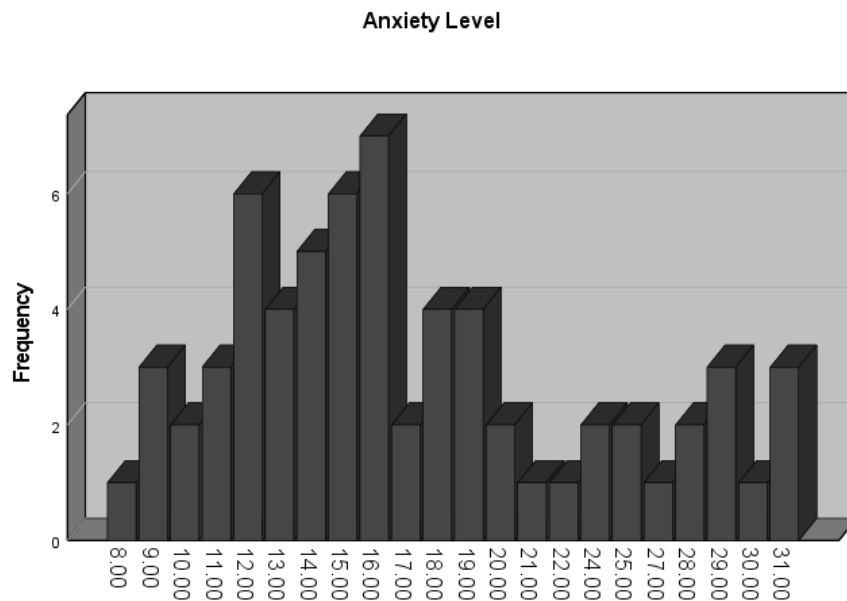

Figure 1. Familismo Scores

Anxiety Level

Figure 2. Anxiety Level

Correlation and independent sample t-tests were performed on each

factor (born in the US, gender, if the participants had kids, and income levels) to

see if there were any significant findings. A significant finding was that those who

were born outside the US had lower rates of anxiety, t(20.5)=2.72, p=.013.

Individuals who reported being born in another country reported lower levels of

anxiety (X=14.4), than those born in the United States (X=17.8). Another

significant finding was that those who identified as females had higher anxiety

that their counter parts, t(19.88)=-3.153, p=.003. Individual who reported being

female had higher anxiety levels (X=18.65), than those who reported as male

(X=14.41).

Conclusion

There were no other significant results from the analysis of the data that was collected in this study. The analysis of the data that was collected reflect the participants relationship between familismo and their anxiety levels. The preceding chapter will further discuss the results of this study and if the results aligned with previous research.

CHAPTER FIVE

DISCUSSION

Introduction

In this chapter, the discussion focuses on the information discovered through the survey and impact these findings have on the social work profession. This chapter will further discuss if the findings align with the previous research on the topic familismo and the influence on anxiety levels of Latino adults. This chapter will also discuss the strengths and limitations of the study.

Discussion

The findings presented in the survey do not show a correlation between familismo (strong familial support, familial interconnectedness, family honor and subjugation of self for family) and an increase in anxiety levels among Latino adults. However, there was a correlation between two demographic factors of the participants and an increase in anxiety. For instance, gender, females presented to have higher levels of anxiety. As well as country of origin, individuals born outside of the United States presented to have higher levels of anxiety than their counterparts.

As presented in previous literature one in every three women throughout their lifetime will meet the criteria for an anxiety disorder compared to 22% of men (McLean, et al., 2011). Women present to be more prevalent to being diagnosed with any anxiety disorder except for Social Anxiety Disorder due to no

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significant gender differences. Women were also found to meet the criteria for an anxiety disorder over the past year if they had been experiencing a lifetime incidence of any anxiety disorder. As well, as if they had a specific phobia, they were also more likely to meet the criteria for an anxiety disorder compared to males (McLean, et al., 2011). Women present to have more metacognitive worrying thoughts, believing that worrying is uncontrollable and that it should be avoided (Bahrami, et al., 2011). Females tend to be more prone to anxiety than males due to their thought control strategies and their metacognitive beliefs, these factors lead them to neurotic and emotional problems such as anxiety (Bahrami, et al., 2011).

Next, as mentioned earlier another significant finding in the results was the correlation between being born in a country other than the United States and experiencing high levels of anxiety. Orozco & Hernandez (2020), express how 29% of US adults are diagnosed with one or more anxiety disorder compared to only 15% of Latinx adults. Although, the percentage seems to be much lower these results may be due to underutilization of services from this population. When conducting the study of 281 Latinx adults 29% of them reported to experience symptoms of anxiety (Orozco, et al., 2020). Many of these foreign-born adults experience higher levels of anxiety, but do not seek services due to fear of deportation, financial stability, and the stressor of being detained while in college. Many of the individuals in the study expressed how they cannot enjoy their social life fully as they liked to for a variety of factors. For example, due to

fear of being deported themselves or family members, having to work full time/low paying jobs to make ends meet, having a fear that others who know their legal status will not accept them. Many of these individuals are currently experiencing high levels of anxiety and do not seek services because of shame and not feeling worthy of the services. "It feels shameful asking for help because I don't feel 'worthy' of receiving it (Orozco, et al., 2020)." The stigmatization impacts them negatively in their ability to grow and foster the supportive relationships that they need.

<div align="center">Limitations/Strengths</div>

Due to the limited amount of research regarding this topic, the authors had to create their own survey tool. The authors received permission form creators of the Familismo scale and used the GAD scale to create the survey tool for this study. When creating this survey, the goal was to be clear in the wording so that the respondent would have a good understanding of what was being asked. Due to the current circumstances with COVID-19 everything was done electronically limiting our study to individuals that only have access to social media accounts. Another limitation that we came across was due to the survey being disbursed through social media such as Facebook and Instagram, the authors did not have control of individuals who could not have access to the survey do to having private accounts or no social media accounts set up. Another limitation to the survey was the interactions between participants and the researchers, such as the wait times between emails for any questions or technical difficulties. Next,

because the survey was only in English, possible candidates for the survey that were only Spanish speaking did not get the opportunity to participate. Lastly, another limitation of the study was that the majority of the responders to the survey were female and very little were men. Although there were limitations in the study there were a couple of strengths that were presented through the process. For example, the diverse responses in regards to the ethnicity of the participants. Another strength of this survey would be the number of responses that were received even though we only had access to participants virtually.

Recommendations for Social Work Practice, Policy, and Research

Suggestions for future research regarding this topic would be to conduct more quantitative research studies as this is a topic that is still exploratory and there is still research to be done. Having social workers be more culturally competent regarding familismo and the factors that it can consist of will help when conducting research and working with this underserved population. Familismo can present itself differently for each individual and family as there is no exact definition, it is important that social workers are aware of the many factors and open to how that may look like for each person or family.

Conclusion

This study was conducted to explore of there was a correlation between familismo and anxiety level among Latino adults. There was no correlation between familismo and anxiety levels. Significant findings of this study

were gender, females presented to have higher anxiety levels compared to males. It was also found that individuals born in a foreign country experienced higher levels of anxiety compared to those who were born in the United States. The researchers suggest that further studies be conducted to explore if other factors such as religion, previous anxiety disorders in family members, political party and being of older age play a role in familismo and the anxiety levels. It is suggested that the survey is conducted in both English and Spanish and open to all ages to have a more diverse response when incorporating the additional factors.

APPENDIX A

INFORMED CONSENT

INFORMED CONSENT

The study in which you are asked to participate is designed to examine the relationship between familismo and anxiety on Latino young adults. The study is being conducted by Maria Romero and Ashley Yoder, graduate students, under the supervision of Dr. Carolyn McAllister, MSW, PHD Director Social of Work Associate Professor at California State University, San Bernardino (CSUSB). The study has been approved by the Institutional Review Board at CSUSB.

PURPOSE: The purpose of the study is to examine the relationship between familismo and anxiety on Latino young adults.

DESCRIPTION: Participants will be asked to rate how they identify with specific factors of familismo (strong familial support, familial interconnectedness, family honor and subjugation of self for family) and its impact on their anxiety using a Likert scale.

PARTICIPATION: Your participation is voluntary; you may refuse to participate in the study without any consequences. You may also choose to end your participation in the study at any time.

CONFIDENTIALITY: Your responses are recorded using the Qualtrics website where the results are securely kept, and personal identification information will not be used. The information will be provided to the researchers in groups and not individually.

DURATION: It will take 10 to 15 minutes to complete the survey.

RISKS: Although no risks are foreseen, there is a possibility to some discomfort in responding to the questions. You are not obligated to answer and may skip any question and may end your participation when you choose.

BENEFITS: A benefit for society would be to continue to advocate for and expand mental health services for the Latino population.

CONTACT: If you have any questions about this study, please feel free to contact Carolyn McAllister, MSW, PhD, Associate Professor and Director of the School of Social Work at cmcallis@csusb.edu

RESULTS: Results of the study can be obtained from the Pfau Library ScholarWorks database (http://scholarworks.lib.csusb.edu/) at California State University, San Bernardino after July 2021.

▪▪▪

I understand that I must be 18 years of age or older to participate in your study, have read and understand the consent document and agree to participate in your study.

_____ _____

Place an X mark here

    .

Date

APPENDIX B

SURVEY

SURVEY QUESTIONAIRE

Please circle the response that best describes your personal views about each particular statement. Please answer as honestly as possible. Please respond by using any of the numbers between 1 and 4.

1. While growing up it is believed that the older children should always help their parents with the support of younger brothers and sisters, for example, help them with homework, help the parents take care of the children, etc.

      1. Disagree   2. Somewhat Disagree   3.Somewhat agree   4. Agree

2. The family should control the behavior of children under the age of 18.
      1. Disagree 2. Somewhat Disagree   3. Somewhat agree   4. Agree

3. A person should cherish the time they spend with his or her relatives.
      1. Disagree 2. Somewhat Disagree 3.Somewhat agree   4. Agree

4. A person should live near his or her parents and spend time with them on a regular basis.
      1. Disagree   2. Somewhat Disagree 3.Somewhat agree   4. Agree

5. A person should always support members of the extended family, for example, aunts, uncles, and in-laws, if they are in need, even if it is a big sacrifice.

      1. Disagree   2. Somewhat Disagree   3.Somewhat agree 4. Agree

6. A person should rely on his or her family if the need arises.
      1. Disagree 2. Somewhat Disagree   3.Somewhat agree 4. Agree

7. A person should feel ashamed if something he or she does dishonors the family name.
      1. Disagree   2. Somewhat Disagree   3.Somewhat agree   4. Agree

8. Children should help out around the house without expecting an allowance.
      1. Disagree 2. Somewhat Disagree 3.Somewhat agree   4. Agree

9. Parents and grandparents should be treated with great respect regardless of their differences in views.
      1. Disagree 2. Somewhat Disagree 3.Somewhat agree   4. Agree

10. A person should often do activities with his or her immediate and extended families, for example, eat meals, play games, or go somewhere together.

  1. Disagree 2. Somewhat Disagree 3.Somewhat agree 4. Agree

11. Aging parents should live with their relatives.
  1. Disagree 2. Somewhat Disagree 3.Somewhat agree 4. Agree

12. A person should always be expected to defend his/her family's honor no matter what the cost.
  1. Disagree 2. Somewhat Disagree 3.Somewhat agree 4. Agree

13. Children below 18 should give almost all their earnings to their parents.
  1. Disagree 2. Somewhat Disagree 3.Somewhat agree 4. Agree

14. Children should live with their parents until they get married
  1. Disagree 2. Somewhat Disagree 3.Somewhat agree 4. Agree

15. Children should obey their parents without question even if they believe that they are wrong.
  1. Disagree 2. Somewhat Disagree 3.Somewhat agree 4. Agree

16. A person should help his or her elderly parents in times of need, for example, help financially or share a house.
  1. Disagree 2. Somewhat Disagree 3.Somewhat agree 4. Agree

17. A person should be a good person for the sake of his/her family.
  1. Disagree 2. Somewhat Disagree 3.Somewhat agree 4. Agree

18. A person should respect his or her older brothers and sisters regardless of their differences in views.
  1. Disagree 2. Somewhat Disagree 3.Somewhat agree 4. Agree

Over the last 2 weeks, how often have you been bothered by the following problems?

19. Feeling nervous, anxious, or on edge?
  1. Not at all 2. 1-6 days 3. 7-13 days 4. Everyday

20. Not being able to stop or control worrying
  1. Not at all 2. 1-6 days 3. 7-13 days 4. Everyday

21. Worrying too much about different things
     1. Not at all   2. 1-6 days   3. 7-13 days   4. Everyday

22. Trouble relaxing
     1. Not at all   2. 1-6 days   3. 7-13 days   4. Everyday

23. Being so restless that it's hard to sit still
     1. Not at all   2. 1-6 days   3. 7-13 days   4. Everyday

24. Becoming easily annoyed or irritable
     1. Not at all   2. 1-6 days   3. 7-13 days   4. Everyday

25. Feeling afraid as if something awful might happen
     1. Not at all   2. 1-6 days   3. 7-13 days   4. Everyday

26. If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

  1. Not difficult   2. Somewhat difficult   3. Very difficult   4. Extremely difficult

27. What is your gender?
     1. Female   2. Male   3. Other   4. Prefer not to answer

28. Describe your race and ethnicity or list any countries of your family that you would like

29. What is your income status?

30. What is your age?

31. Were you born in the United States?
     1. Yes   2. No   3. Prefer not to answer

32. Do you have kids?
     1. Yes   2. No   3. Prefer not to answer

33. What is your relationship status?

1. Single   2. Married   3. Divorced   4. Widowed

34. What is your highest level of education?

Developed by Maria Romero and Ashley Yoder. Utilizing The Familismo Scale from Josefina Grau and the Generalized Anxiety Disorder scale.

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APPENDIX C

DIGITAL FLYER

PARTICIPANTS NEEDED

For the study of effects of Familismo on anxiety

WHO DO WE NEED? PARTICIPANTS WHO ARE THE AGES 18 AND 30YEARS OLD. LATINO DESCENT

Participants will be able to complete the survey on their own time.
Follow the link and share with others.
Participation is voluntary and is appreciated
This study has been approved by the California State University, San Bernardino Institutional Review Board

APPENDIX D

INSTITUTIONAL REVIEW BOARD APPROVAL

Date: 4-8-2021

IRB #: IRB-FY2021-95
Title: FAMILISMO AND ITS IMPACT ON ANXIETY IN LATINO YOUNG ADULTS
Creation Date: 10-28-2020
End Date:
Status: Approved
Principal Investigator: Carolyn McAllister
Review Board: Main IRB Designated Reviewers for School of Social Work
Sponsor:

Study History

Submission Type	Initial	Review Type	Exempt	Decision	Exempt

Key Study Contacts

Member	Carolyn McAllister	Role	Principal Investigator	Contact	cmcallis@csusb.edu
Member	Carolyn McAllister	Role	Primary Contact	Contact	cmcallis@csusb.edu
Member	Ashley Yoder	Role	Co-Principal Investigator	Contact	yodera@coyote.csusb.edu
Member	Maria Romero	Role	Co-Principal Investigator	Contact	romerom@coyote.csusb.edu

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ASSIGNED RESPONSIBILITY

The responsibility of this paper is shared between the partnership of Maria Romero and Ashley Yoder. Both the writers have an equal share in all the research, documentation, writing, and all other activities of this paper. Both writers keep each other accountable, on track, and ethical. Ashley Yoder will take the lead on making an email and social media accounts for the project. Maria Romero will take the lead in managing Qualtrics and collecting the data. Both will work collaboratively to put the data through SPSS and interpreting the data.