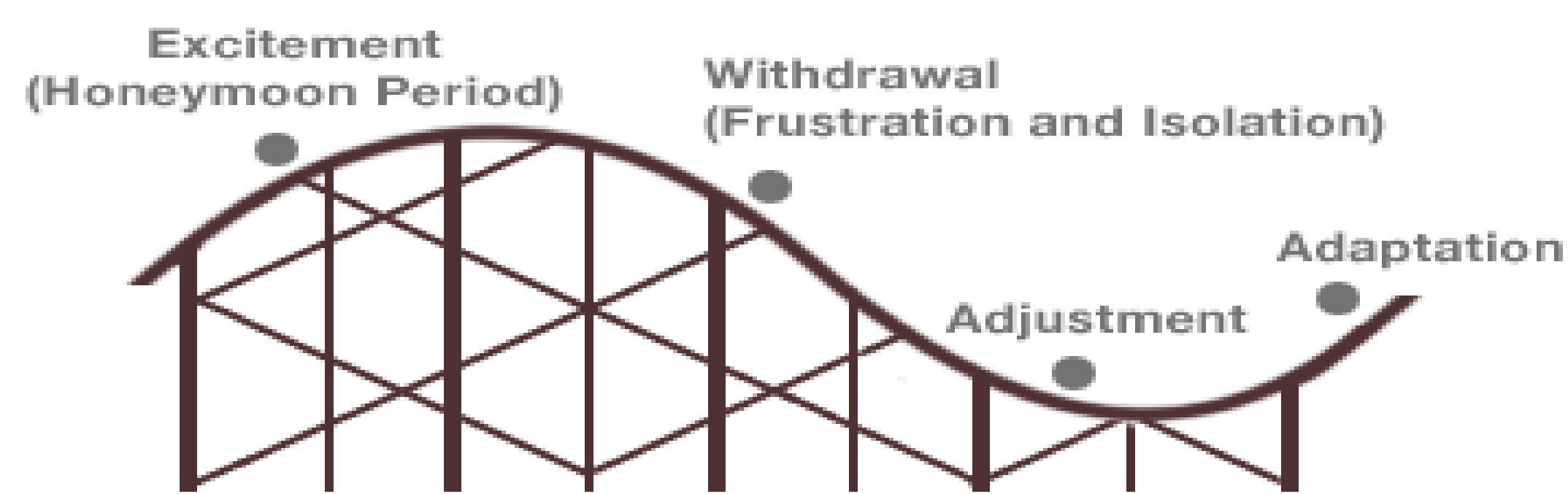


INTRODUCTION

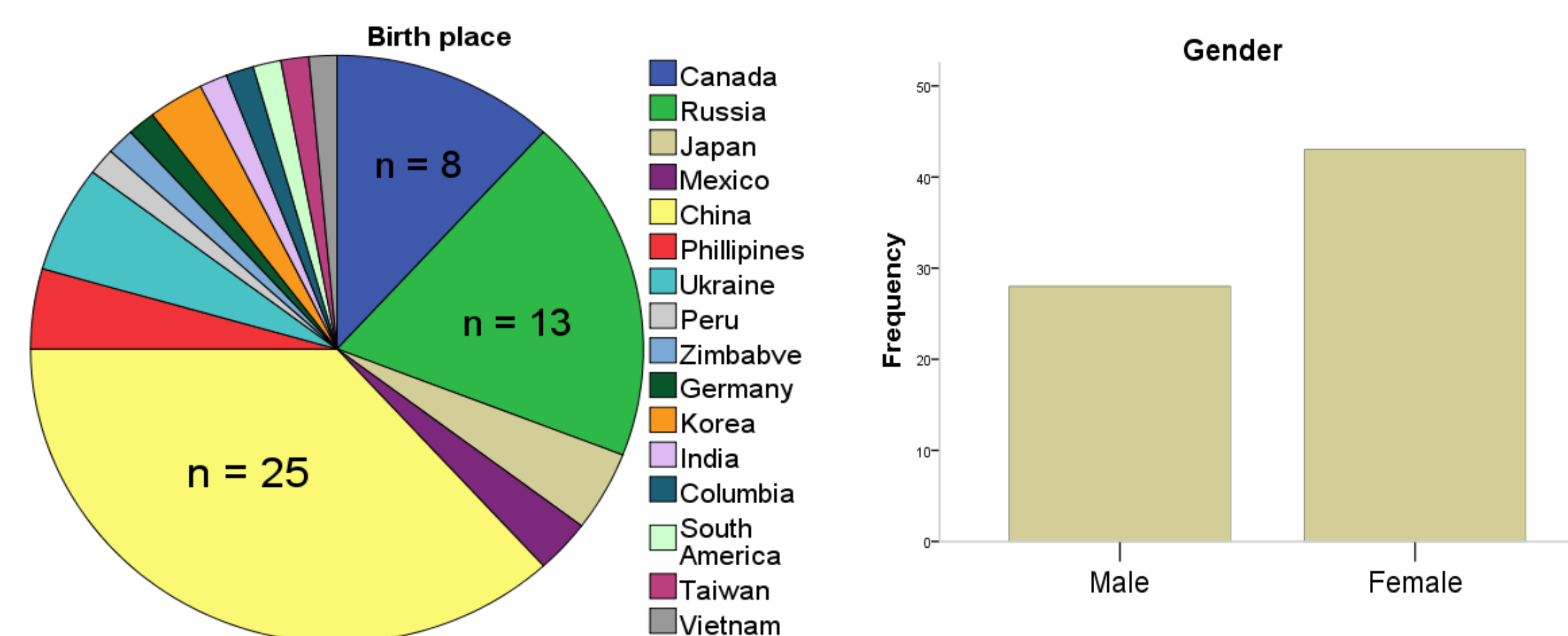
- ❖ Immigrants vs. International Students:
The stressors experienced by immigrants can be very different in comparison to those faced by international students.
- ❖ Origins:
Some studies report that stress may be more severe for Asian students than for students from European countries (Yang & Clum, 1994).
- ❖ Females vs. Males:
Females might be more at risk to have higher acculturative stress in comparison to males (Beiser et al., 1988).
- ❖ Time of Staying:



- ❖ Psychological Adjustment vs. Sociocultural Adjustment
Sociocultural adaptation appears to influence *psychological* adaptation (Berry, 2006).

METHOD

- ❖ Participants:



- ❖ Each participant was given the Bio-Psycho-Social Health Index (BPSHI) to complete, which examines their levels of perceived stress symptoms and possible modes of adjustment to stress.
 - ❖ 5 point Likert Scale.
 - ❖ BPSH-r (2012): 50 questions
- e.g. I suffer from bad headaches (Bio Stress).
I feel uncomfortable to adjust to new cultural values (Psychol Stress).
I feel alone (Social Stress).
I feel it is important to maintain my cultural identity (Cultural I).
I feel happy with the way my life is (Positive A).

RESULTS

Figure 1. The difference among sampling groups in the amount of current stress experienced ($F= 3.002, p=.025$)

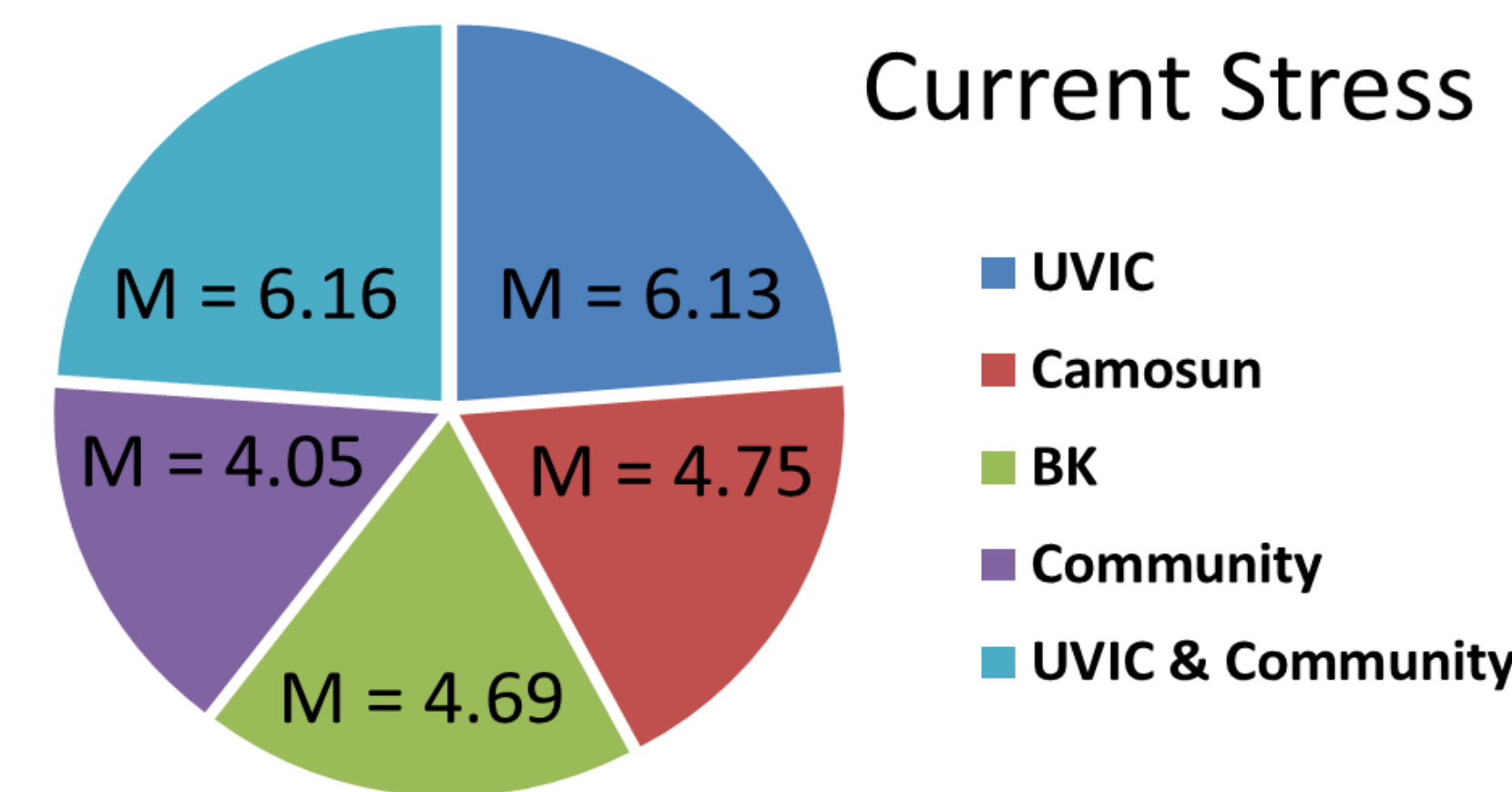


Figure 2. The difference between males females in the amount of current stress reported ($F=4.739, p=.033$) and Cultural Identity Scores ($F=4.571, p=.036$).

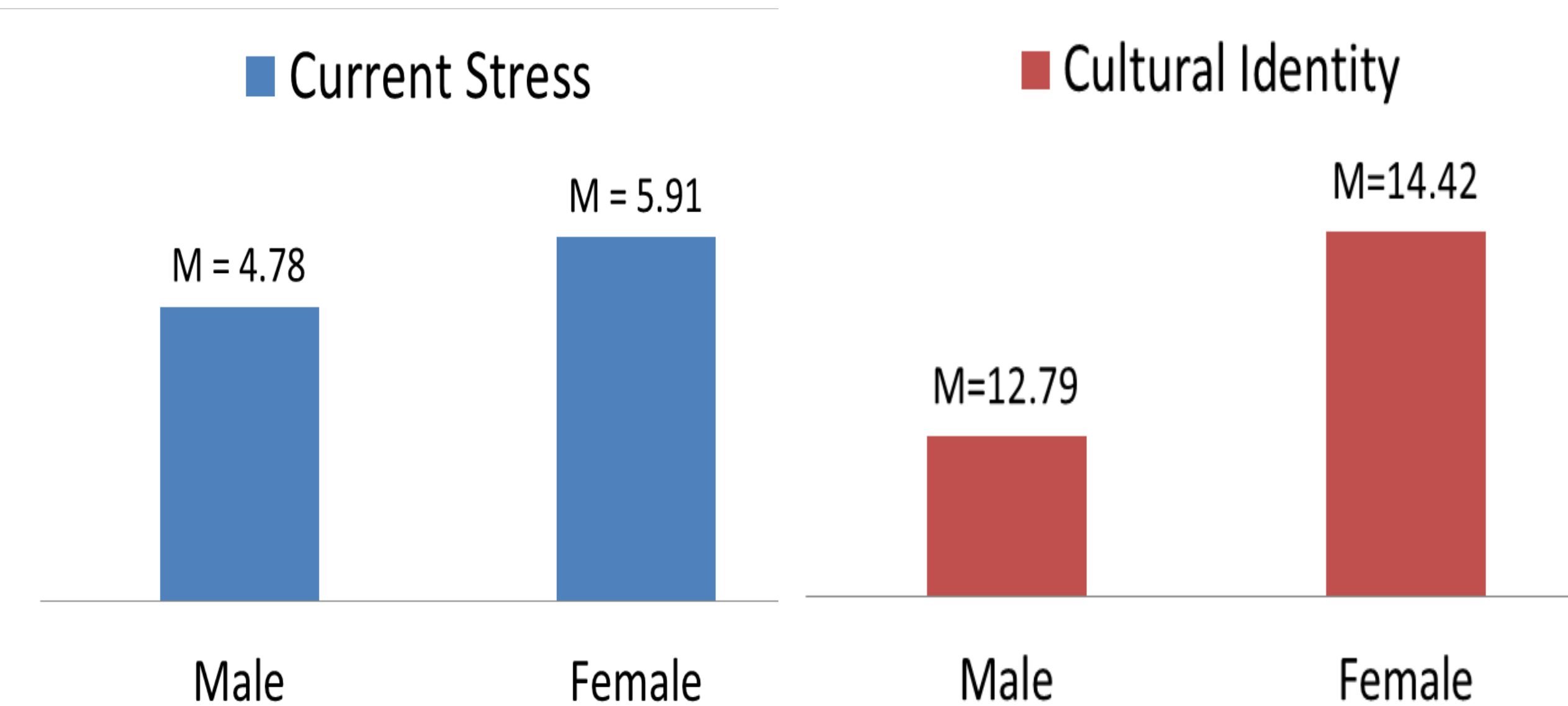


Figure 3. The difference among different countries of origin in the amount of current stress ($F= 2.834, p=.032$).

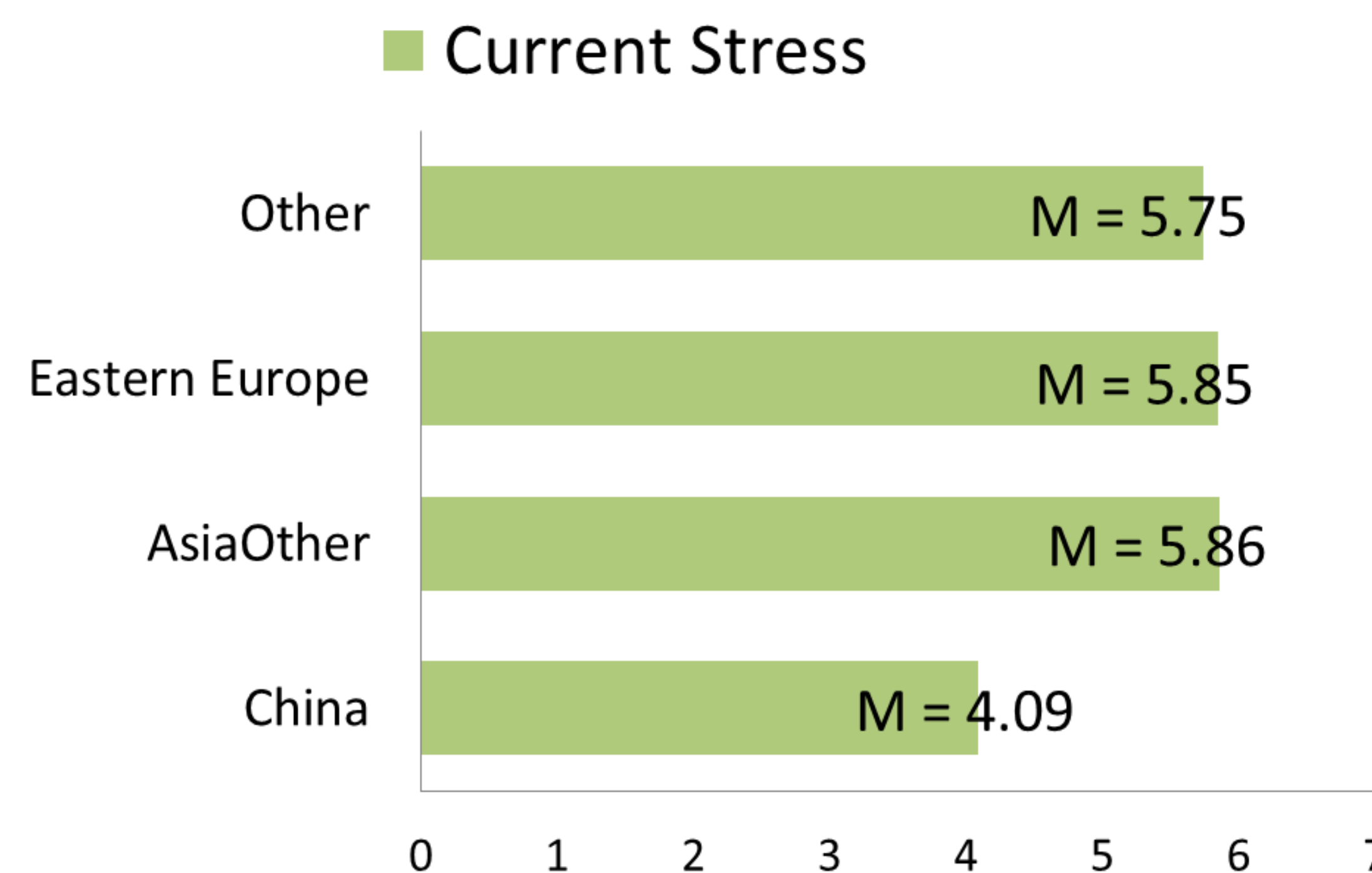
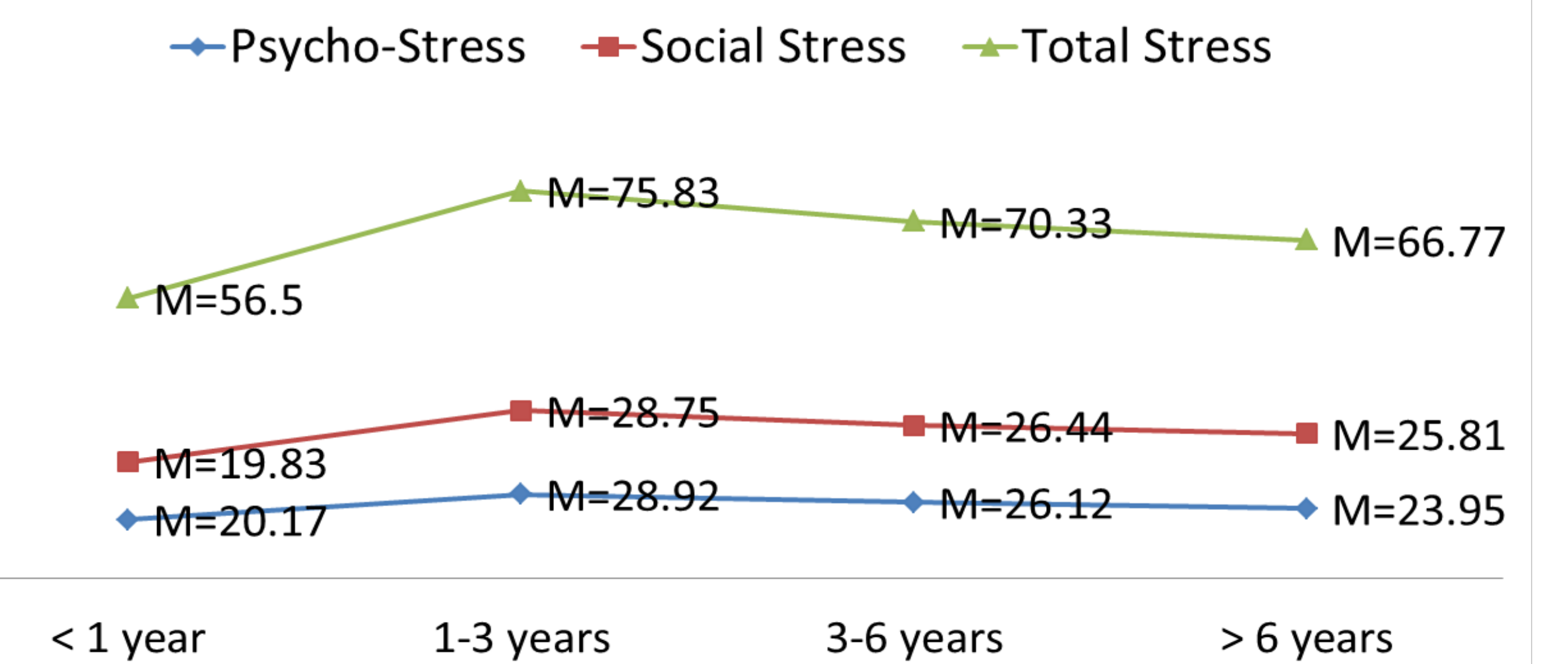


Figure 4. Differences among the duration that people have stayed in Canada in the amount of different stress types reported (Psychological Stress ($F=4.159, p=.009$), Social Stress ($F=3.192, p=.029$) and Total Stress ($F=3.369, p=.024$))

Stress Types



DISCUSSION

- ❖ Differences in Current stress experiences have been found across our sampling groups of international students and immigrants.
- ❖ Females have demonstrated higher levels of current stress as well as higher levels of Cultural identity than did males.
- ❖ Lowest levels of current stress have been found among participants from China in contrast to those coming to Canada from other nations.
- ❖ Patterns across length of time spent in Canada have also been found to reflect the inverted "U" pattern in both psychological and social stresses experienced.
- ❖ These results reflect those found elsewhere as reported by Berry (2006) as well as Beiser et al., (1988).

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