

# Year of the Pandemic: Role Played by Ethnic Identity in Predicting Resilience Differs for BIPOC and White Adults

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## ABSTRACT

Online surveys assessed the impact of ethnic identity, purpose, and pride on resilience for BIPOC ( $n=99$ ) and White adults ( $n=489$ ). Purpose and pride directly predicted resilience for both groups. Ethnic identity positively predicted resilience mediated through pride for BIPOC respondents, but negatively and directly predicted resilience for White respondents.

## INTRODUCTION

Pre-pandemic assessments of predominantly White adults have found that a sense of purpose and healthy pride are important for resilience (Gerson, 2018); other studies with ethnically diverse samples have found ethnic identity to predict well-being (Miller & MacIntosh, 1999; Roberts et al., 1999). The present study explored the roles of purpose, pride, and ethnic identity as predictors of resilience for a multiracial sample of US adults.

## AIM AND HYPOTHESES

Will predictors of resilience differ for BIPOC and White adults when assessing for ethnic identity, purpose, and pride? We hypothesized that a strong ethnic identity will promote resilience for BIPOC adults but may not for White adults.

## METHOD

### Participants

Sample: US adults sampled from Mechanical Turk, fall 2020

BIPOC (Black, Indigenous, Latinx) Ss:  $n=99$ , White Ss:  $n=491$

Men:  $n=325$  (55.1%), Women:  $n=261$  (44.2%), Unspecified Gender:  $n=4$  (.01%)

Age 20-78 yrs,  $M=39.78$ ,  $SD=12.26$ ,  $Mdn=36.00$ ,  $Mode=25$

### Measures (administered online)

Purpose (intrapersonal spirituality subscale, Spirituality Scale; Delaney, 2005)

Pride (subscales, Dispositional Positive Emotions Scale; Shiota et al., 2006)

Ethnic identity (Multigroup Ethnic Identity Measure; Roberts et al., 1999)

Resilience (Connor-Davidson Resilience Scale-10; Connor & Davidson, 2003)

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## RESULTS

Resilience regressed on purpose, pride, and ethnic identity for BIPOC respondents: Only purpose and pride were significant predictors (purpose:  $B=0.48$ ,  $SE=0.20$ ;  $\beta=.29$ ;  $t=2.40$ ,  $p=.018$ ; pride:  $B=0.35$ ,  $SE=0.14$ ;  $\beta=.31$ ;  $t=2.47$ ,  $p=.015$ ; overall  $R^2=.40$ ,  $F(3, 95)=20.72$ ,  $p<.001$ ).

Resilience regressed on purpose, pride, and ethnic identity for White respondents: Purpose and pride were significant positive predictors, and ethnic identity was a significant negative predictor (purpose:  $B=0.81$ ,  $SE=0.08$ ;  $\beta=.48$ ;  $t=9.73$ ,  $p<.001$ ; pride:  $B=0.43$ ,  $SE=0.06$ ;  $\beta=.34$ ;  $t=6.89$ ,  $p<.001$ ; ethnic identity:  $B=-0.20$ ,  $SE=0.06$ ;  $\beta=-.10$ ;  $t=-3.06$ ,  $p=.002$ ; overall  $R^2=.56$ ,  $F(3, 485)=202.28$ ,  $p<.001$ ).

Path analysis (Hayes' [2018] PROCESS 3.5.2): For BIPOC respondents, purpose positively predicted ethnic identity, both purpose and ethnic identity positively predicted pride, and both purpose and pride positively predicted resilience. There was a significant indirect effect on resilience for purpose, mediated through ethnic identity and then through pride. See Figure 1.

For White respondents, purpose positively predicted ethnic identity, but only purpose predicted pride. Both purpose and pride positively predicted resilience. Ethnic identity also predicted resilience, but negatively. See Figure 2.

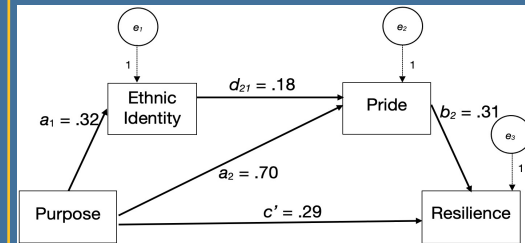


Figure 1. Significant pathways showing standardized coefficients for BIPOC participants.

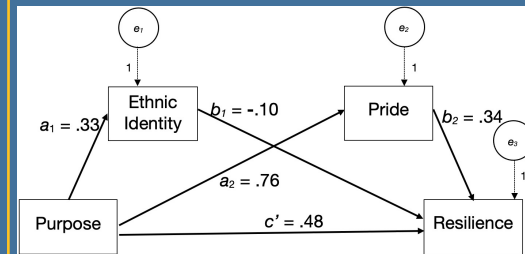


Figure 2. Significant pathways showing standardized coefficients for White participants.

## DISCUSSION

Ethnic identity impacted resilience differently for BIPOC and White respondents, such that it may build resilience for BIPOC adults but may impede resilience for White adults. More research is needed to identify factors specific to various groups in our multicultural society.