

Predictors of Resilience in a Multicultural Society During the Pandemic: Importance of Perceived Social Support is Moderated By Collectivism

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ABSTRACT

US adults ($n = 708$) completed online surveys to assess predictors of resilience in a multicultural society during the pandemic. Sense of purpose and healthy pride significantly predicted resilience. Importance of perceived social support was moderated by collectivism; adults high in collectivism were most impacted by low perceived social support.

INTRODUCTION

Understanding ways to build resilience during a pandemic in a multicultural society is of urgent concern. Past research has shown that social support was not important for resilience, but that a sense of purpose and healthy pride were (Gerson, 2018). These findings were based on pre-pandemic assessments of predominantly White adults and did not account for the possible impact of subculture or such factors as collectivism. However, other studies have shown that social support is important for well-being in some groups (French & Chavez, 2010).

HYPOTHESES

- Purpose and pride will positively predict resilience.
- The role played by social support will vary by culture; perceived social support will predict resilience for those scoring high on collectivism but not for those scoring low on collectivism.

References available upon request.
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METHOD

Participants

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

Ethnicity: White ($n=491$, 69.4%), Asian ($n=67$, 9.5%), Black ($n=58$, 8.2%), Latinx ($n=33$, 4.7%), Mixed or Other ($n=59$, 12%)

Gender: Men ($n=393$, 55.5%), Women ($n=310$, 43.8%), Other or Unspecified ($n=5$, 0.7%)

Education: High School ($n=75$, 10.6%), Some College ($n=156$, 22.0%), College Degree ($n=445$, 62.9%), Other ($n=27$, 3.8%)

Measures

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

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

•Perceived social support (Multidimensional Scale of Perceived Social Support; Zimet et al., 1988)

•Collectivism (subscales, Auckland Individualism-Collectivism Scales; Shulruf et al., 2007)

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

Procedure

•US adults from Amazon's crowd-sourcing platform Mechanical Turk, online, fall 2020

•Informed Consent Form reviewed

•Multiple measures completed

•\$2.00 received for participation

RESULTS

•When resilience was regressed on purpose, pride, and perceived social support, only purpose and pride were significant predictors of the criterion (purpose: $B=0.74$, $SE=0.07$; $\beta=.44$; $t=10.30$, $p<.001$; pride: $B=0.45$, $SE=0.05$; $\beta=.36$; $t=8.33$, $p<.001$; overall $R^2=.55$, $F(3,701)=288.80$, $p<.001$).

•A path analysis (Hayes' [2018] PROCESS 3.5.2) found that collectivism moderated social support's impact on resilience; social support predicted resilience more strongly for those high in collectivism than for those low in collectivism ($t=2.71$, $p=.007$, 95%CI [0.002, 0.014]). See Figure 1.

•A path analysis regressing resilience on purpose, pride, and social support as moderated by collectivism found that purpose directly predicted pride, and both purpose and pride directly predicted resilience (purpose to pride: $B=0.89$, $SE=0.05$, $t=19.73$, $p<.001$, 95%CI [0.80, 0.98]; purpose to resilience: $B=0.74$, $SE=0.08$, $t=9.72$, $p<.001$, 95%CI [0.59, 0.89]; pride to resilience: $B=0.45$, $SE=0.06$, $t=7.12$, $p<.001$, 95%CI [0.33, 0.58]). Social support did not predict purpose, pride, or resilience, but an interaction between social support and collectivism impacted pride ($B=0.003$, $SE=0.002$, $t=2.09$, $p=.037$, 95%CI [0.0002, 0.006]). There was a moderated mediation for social support's impact on resilience, through its impact on pride, (index=.002, Boot $SE=0.001$, Boot 95%CI [0.0001, 0.003]). Adults scoring low on collectivism were less impaired by low perceived social support than adults high on collectivism.

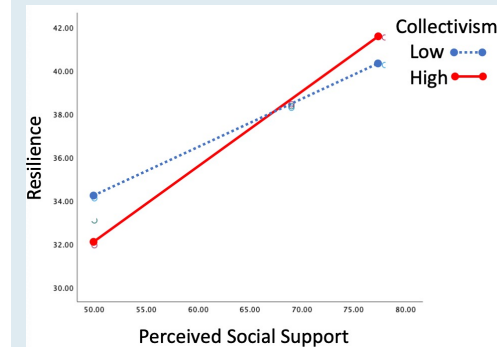


Figure 1

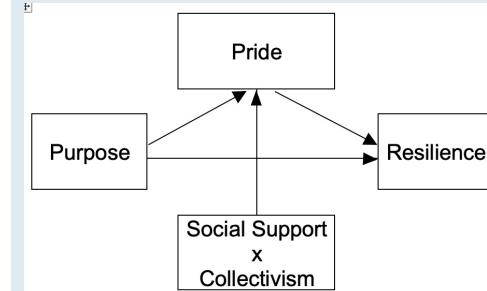


Figure 2

DISCUSSION

The present study explored the roles of purpose, pride, and perceived social support during the pandemic for a national multicultural sample of US adults who varied on collectivism. Subcultures vary in their valuing of such factors as collectivism, social support, and pride. The present study found support for cultural differences in the impact of such factors as perceived social support on strength in the face of stressors. More research is needed to address the predictors of resilience for all members of a multicultural society.