Acculturation Strategies in relation to Economic and Psychological Adaptation of Immigrants in Greece

Vassilis Pavlopooulos, Elias Besevegis

*University of Athens, Greece*

✉️ vpavlop@psych.uoa.gr
ebesev@psych.uoa.gr

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- The Hellenic Immigration Policy Institute provided financial support and facilitated contact with immigrant associations in Greece.
Presentation Outline

- Definitions
- Immigration in Greece
- Acculturation framework
- Research questions
- Method
- Results
- Conclusions
- Limitations and future directions
Definitions

- **Acculturation**: the phenomena related to intercultural contact. It is viewed as a bidimensional (rather than a unidimensional) process, as well as an intergroup (rather than an interpersonal) one.

- **Adaptation**: the sociocultural and psychological (attitude and behavior) changes that result from acculturation.

The study of acculturative processes is necessary in order to better understand the findings from research on immigration, which are often contradictory (Baubock et al., 1996).
Immigration in Greece: transition from the emigration to the immigration experience.

- The number of immigrants quintupled within 10 years, between 1991-2001.
- Officially, the number of immigrants reaches 7% of the total population (GNSD, 2001).
- ...while the proportion of undocumented immigrants is estimated to be of similar size (Fakiolas, 2003).

- About 100,000 immigrant children and adolescents are enrolled in Greek schools (Γκότοβος & Μάρκου, 2004).
Acculturation Framework
(Berry, 1997)

Group level

Country of origin
Acculturation group
Receiving country

Psychological acculturation
Behavior changes
Acculturative stress
Psychopathology

Individual level

Moderator variables
BEFORE acculturation

Adaptation
Psychological
Socio-cultural
Economic

Moderator variables
DURING acculturation
### Acculturation strategies (Berry, 1997, 2005)

<table>
<thead>
<tr>
<th>Ethnocultural Groups</th>
<th>Is it important to maintain heritage culture and identity?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>YES</td>
</tr>
<tr>
<td>Is it important to maintain contact with larger society and/or outgroups?</td>
<td>YES</td>
</tr>
<tr>
<td></td>
<td>NO</td>
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</table>
Research Questions

- What strategies are adopted by immigrants in order to deal with the multiple challenges of acculturation?
- What is the level of socio-economic and psychological adaptation of immigrants in Greece?
- What is the relationship between acculturation strategies and immigrant adaptation?
  - Explore the effect of demographic variables (e.g., country of origin, length of stay in host country) on acculturation and adaptation.
  - Test for a structural equation model that specifies relations between acculturation with adaptation.
## Demographic Characteristics of Participants

<table>
<thead>
<tr>
<th>Country of origin</th>
<th>N</th>
<th>Age (Mn)</th>
<th>Women (%)</th>
<th>Years in GR (Mn)</th>
<th>Education (Mn/7-point)</th>
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<tbody>
<tr>
<td>Albania</td>
<td>277</td>
<td>35.2</td>
<td>39.4</td>
<td>9.4</td>
<td>3.6</td>
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<tr>
<td>Balkan countries</td>
<td>89</td>
<td>38.0</td>
<td>69.7</td>
<td>6.2</td>
<td>3.8</td>
</tr>
<tr>
<td>Former USSR and Eastern Europe</td>
<td>108</td>
<td>36.3</td>
<td>66.7</td>
<td>7.0</td>
<td>4.4</td>
</tr>
<tr>
<td>Arab/Muslim</td>
<td>50</td>
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<td>14.0</td>
<td>10.4</td>
<td>3.8</td>
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<tr>
<td>African countries</td>
<td>46</td>
<td>24.5</td>
<td>2.2</td>
<td>1.7</td>
<td>2.6</td>
</tr>
<tr>
<td>Latin America</td>
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<td>57.1</td>
<td>14.6</td>
<td>4.3</td>
</tr>
<tr>
<td>Asian countries</td>
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<td>30.1</td>
<td>10.0</td>
<td>5.0</td>
<td>4.1</td>
</tr>
<tr>
<td>Western countries</td>
<td>4</td>
<td>33.5</td>
<td>50.0</td>
<td>14.0</td>
<td>5.8</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>601</td>
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<td>43.1</td>
<td>7.9</td>
<td>3.8</td>
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Greece in the world atlas
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<td>7.9</td>
<td>3.8</td>
</tr>
<tr>
<td></td>
<td>BEFORE immigration</td>
<td>DURING immigration (acculturation)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td>-------------------------------------------------------------------------------------</td>
<td>------------------------------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Demographic</strong></td>
<td>✓ Ethnicity</td>
<td>✓ Length of stay in Greece</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Gender</td>
<td>✓ Residence area</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Education level</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Age</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Psychosocial</strong></td>
<td>✓ Motivation for immigration</td>
<td>✓ Ethnic contact</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Voluntary/forced immigration</td>
<td>✓ Use of ethnic language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>✓ Host-national contact</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>✓ Use of host language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Acculturation strategies</strong></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
# Measures II: Adaptation Variables

<table>
<thead>
<tr>
<th>Socio-economic adaptation indices</th>
<th>Psychological adaptation indices</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Occupational status</td>
<td>✓ Gained skills</td>
</tr>
<tr>
<td>✓ Steady job at present</td>
<td>✓ Lost skills (-)</td>
</tr>
<tr>
<td>✓ Monthly savings</td>
<td>✓ Provide family support</td>
</tr>
<tr>
<td>✓ Economic benefits</td>
<td>✓ Personal development</td>
</tr>
<tr>
<td>✓ Professional development</td>
<td>✓ More opportunities</td>
</tr>
<tr>
<td>✓ Improve financial status</td>
<td>✓ Isolated from family (-)</td>
</tr>
<tr>
<td>✓ Improve occupational status</td>
<td>✓ Lost social networks (-)</td>
</tr>
<tr>
<td></td>
<td>✓ Racism (-)</td>
</tr>
<tr>
<td></td>
<td>✓ Health problems (-)</td>
</tr>
<tr>
<td></td>
<td>✓ Fulfilled expectations</td>
</tr>
</tbody>
</table>
Results

- *Question 1.* Acculturation strategies of immigrants
Clusters of Immigrants in Relation to Acculturation

![Graph showing clusters of immigrants in relation to acculturation](image-url)

- **Assimilation (21%)**
- **Integration (46%)**
- **Individualism/ Diffusion (8%)**
- **Separation (25%)**

Legend:
- Yellow: Ethnic contact
- Orange: Use of ethnic language
- Light Blue: Host-national contact
- Blue: Use of Greek language
Position of Immigrant Groups on the Ethnic and Host-National Orientation Indices

Host-national orientation

Ethnic orientation

-2.0 -1.5 -1.0 -0.5 0.0 0.5 1.0

0.8

0.6

0.4

0.2

0.0

-0.2

-0.4

-0.6

-0.8

-1.0

SEPARATION

MARGINALIZATION

INTEGRATION

ASSIMILATION

Africa

Arab/Muslim

Asia

Latino

Romania

Russia

Eastern Europe

Albania

Bulgaria

Former USSR

Western

Serbia

Eastern Europe

Former USSR

Western

Serbia

Eastern Europe

Former USSR

Western

Serbia

Eastern Europe

Former USSR

Western

Serbia

Eastern Europe

Former USSR

Western

Serbia
Acculturation Strategies as a function of Length of Stay in Greece

Length of stay in Greece

- 1-5 years
- 6-10 years
- 11+ years

Strategies:
- Assimilation
- Integration
- Individualism / Diffusion
- Separation
Results

- *Question 2.* Levels of socio-economic and psychological adaptation
Position of Immigrant Groups on the Socio-economic and Psychological Adaptation Indices
Socio-economic and Psychological Adaptation as a function of Length of Stay in Greece

-0.4  -0.3  -0.2  -0.1  0.0  0.1  0.2  0.3  0.4 Mean (z-scores)

Socio-economic adaptation
Psychological adaptation

1-5 years  6-10 years  11+ years
Results

- **Question 3.** Relationship between acculturation processes and immigrant adaptation
Socio-economic and Psychological Adaptation as a function of Acculturation Strategies

![Chart showing socio-economic and psychological adaptation across different acculturation strategies.](chart.png)
Structural Equation Model specifying Relations between Acculturation, Adaptation, and Length of Stay in the Host Country

\[ \chi^2(4, N=601)=7.07, \ p=.132; \ CFI=0.99; \ RMSEA=0.036 \]
Summary and Conclusions

- The clusters that emerged from the study of acculturation strategies replicated the bidimensional model proposed by Berry (1997) with the exception of Individualism/Diffusion(?).

- A direct effect of acculturation on adaptation was established.

- Acculturation and adaptation appeared to vary across ethnic groups of immigrants in terms of their cultural similarity with/distance from the host country.

- Length of stay in Greece was positively related to Integration and negatively to Separation; it also had an indirect effect on adaptation through the acculturation processes.
Limitations and Future Directions

- Limitations regarding the composition of the sample did not allow for study of acculturation strategies in relation to adaptation within each ethnic group, separately.

- Inclusion of additional variables (e.g., identification to one’s ethnic group) might affect the size and conceptual meaning of acculturation clusters.

- Caution is necessary when trying to generalize across various ethnic groups, cultural contexts, and time sections (Sam & Berry, 2006).
And you, my lost distant country
You'll be a wound and a caress
When the sun rises in another land

*North Star*, written by Nikos Gatsos
References


Γκότοβος, Α., & Μάρκου, Γ. (2004). Παλιννοστούντες και αλλοδαποί μαθητές στην ελληνική εκπαίδευση. Αθήνα: ΙΠΟΔΕ.

