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: Psychosocial 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. 1. I suffer from bad headaches (Bio Stress).
  2. I feel uncomfortable to adjust to new cultural values (Psychol Stress).
  3. I feel alone (Social Stress).
  4. I feel it is important to maintain my cultural identity (Cultural I).
  5. 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))

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).