

The Relationship between Cultural Socialization and Mental Health among Higher Education Students in A'Sharqiyah University in the Sultanate of Oman

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Abstract: The current study used the explanatory position to distinguish the relationship between cultural socialization and mental health, considering several variables for the members of the study community, who are students at A'Sharqiyah University. The sample consisted of 800 students, 435 female students, 365 male students. The current study includes five colleges of the university, namely the College of Arts and Humanities, the College of Engineering, the College of Law, the College of Business Administration, and College of Applied and Health Science and the university includes various academic degrees, namely the diploma, the bachelor's, Master's, for the academic year 2021/2022. The researcher used the Cultural Socialization Behaviors Measure scale (CSBM) Derlan et al (2016) and the Warwick-Edinburgh Mental Wellbeing scale (WEMWBS) Brown and Platt (2007). To answer the research question the researchers used Mean and standard deviation, and to analyze the data it has been using T. test and ANOVA, the results show there are correlation between cultural socialization and mental health, in addition, the results indicate a noteworthy difference between male and female students in terms of cultural socialization and mental health which means this finding interpret the females are more socially and they have a more positive health pattern than males. The researcher tested the psychometric properties of the scales used in the current study, and in order to answer the three questions of the study, the following mathematical statistics were used; Pearson's correlation coefficient, T-test, one-way ANOVA, LSD test, and regression analysis. The results of the study concluded that there is a relationship between cultural socialization and mental and psychological health, in addition to the presence of indications that there is a difference in favor of female students in cultural socialization and its impact on mental and psychological health. As for the majors offered at the university, the study did not find an impact on mental health.

Key words: Cultural Socialization and Mental Health.

I. INTRODUCTION

Modern societies, with their various health, economic and cultural institutions, encounter various challenges, including the rise in social problems, such as the high incidence of divorce, prevalence of the phenomenon of beggary, and augmentation in disputes between countries and peoples, which usually lead to political conflicts or go further,

such as cutting political, social and cultural relations, or heading towards wars and the consequences. These has consequences in financial expenditures and the collapse of economic and social systems, which undoubtedly lead to a negative impact on the health and psychological environment and thus create an unstable environment characterized by instability.

These situations and instabilities are considered among the various components of the local community countenance different challenges and difficulties, as aforementioned previously, as these attitudes and fluctuations are among the challenges that push the members of the community into discord, which leads them to restore social balance, renewal and integration once again.

Cultural socialization refers to the approach through which individuals tutor about culture and improve a sensibility of pertinence to the cultural group. Socialization is a term normally used by sociologists, social psychologists, anthropologists, political scientists, and instructors to refer to the lifelong process of inheriting and disseminating norms, customs, and ideologies, providing an individual with the skills and habits necessary for participating within his or her own society. Socialization is thus "the means by which social and cultural continuity are attained." McMichael, 2000)

Cultural socialization includes both unambiguous and imbedded parental practices that encompass training and teaching their offspring about their social heritage and history; encouraging the development of social identity and cherishing it; and enhancing contribution in cultural, customs, and conventionalism practices. Cultural socialization is one of the central and vital aspects and a necessity in health development and psychological stability, which the various institutions of the local society are trying to improve with the offspring and subsequent generations. (Adriana Umana-Taylor, Ani Y and Mayra Y, 2004)

One of the features that characterize Arab and Middle Eastern societies in general and the Omani society in particular is preserving the nature of socialization for their children, which

would work on developing children in the youth stage to adapt to the local community or the ability to adapt to other societies, and these features are not limited only to a specific society, but the matter goes beyond the Arab and Middle Eastern borders to reach the various Western and Eastern societies. For example, Non-Western fathers who coexist in American society, such as Chinese, Indian and Oriental fathers in general, refer to the role of culture and the values that the family carries in the success of its children, whether in the neighborhood, school, or work environment. (Stubben, 2001). Studies in this regard, such as LaFromboise and Medoff (2004), indicate that instilling cultural values shares its status and responsibility with the family and the neighborhood in which that family resides, and it is considered a healthy and natural condition in itself because it would enhance the development of social self-identity and self-esteem, and one of the things that should be highlighted is a matter of acculturation, meaning the assimilation of culture that is expressed through an individual's cultural identity and participation in traditional cultural practices

Cultural socialization is considered as the messages, instructions or directions and advice that parents carry out in conveying them to their children and ancestors, which is considered as reinforcing the feeling of belonging to the local community as well as belonging to the prevailing culture (Bargal, 2008). Social psychologists summarize the importance of cultural socialization as a major factor in supporting youngsters and ancestors in knowing their role in society, in addition to how to deal and communicate with others within the framework of the society in which they live and with other societies.

The findings of many research studies have been indicating that the mental health of the individual is affected by a number of factors and life circumstances surrounding the individual, including social and cultural upbringing. Many studies have addressed cultural socialization and mental health independently, furthermore, some studies have indicated the negative aspects of the relationship between cultural socialization and mental health meanwhile other studies indicate a positive aspect of this relationship. Among this research such as the study of Wei-Chin Hwang et al, 2007, and study of Daniela A , Catherine K and Natasha C, 2018, all results of this research indicate the extent of the effectiveness of socialization on the mental health of the individual and indicate that there is a disproportion in disparity to mental health, furthermore, to the disparity in therapy.

II. CULTURAL SOCIALIZATION

Cultural socialization refers to both the direct and indirect parental traditions that demonstrate and teach children (Daniela et al, 2018), youngsters and ancestors about the positive aspects of their fountainhead, as well as ethnic heritage, and cultural traditions. There are many examples can clarify the notion mentioned: Such as narrating historical events and what they contain social personalities that have a

great impact on the social, political, and economic events of the community, as well as highlighting the cultural sources of the community and their profound influence on human history, in addition to encouraging young people to use the original language of the community. Other aspects of cultural socialization include the strenuous efforts made by parents to educate their children about the ability to distinguish and deal appropriately with others. In addition to strengthening their children to deal with situations that require caution and deliberation and not to rush into reckless behavior in dealing with others, for example, but not limited to, how children deal with people of the neighborhood other than their nationality, because what works for members of the local community may not work at all with individuals from other nationalities, where the feature of equality in dealing is one of the most important features that children should learn in their society, there is no difference between Arab origins and non-Arab origins, and there is no difference between individuals with white skin and between individuals with brown or black skin. It is noticeable the extent to which fathers participate with their children, especially in the society of the current research study, which is the Omani society, where parents contribute significantly to social and cultural upbringing through actual and practical practices.

The relationship between cultural socialization and individual growth

Psychological researcher, including social psychologists, believe that the social and economic status (SES) of the parents plays a crucial and closely related role in the process of social and cultural socialization. In addition, social and psychological identity is affected by the age stages of individual growth. From the very early age of the children's nails, the parents raise the children on the immoral values in the local community, and as the children age, the process of social and cultural socialization begins to face a set of challenges and difficulties, including the launch of individual thinking and mental development that has a self-intellectual framework, so they (children) begin A self-identity and a social self and their own.

Males differ from females in this regard, in that males become an obstacle with regard to racial barriers, while studies indicate that females have an origin affiliation and feel proud and do not give any interest in this field (Donelson R. Forsyth, 2010). The results of the studies indicate that the family that enjoys a reasonable height or stability in the social and economic status (SES) is positively related to mental health, while we find that the low or weak socioeconomic status (SES) is negatively related to mental health, which leads to the occurrence of some psychosocial disorders.

III. MENTAL HEALTH

Mental health is considered a significant aspect of life, and there are many definitions of mental health, and most psychiatrists agree that it is a relatively permanent state, in which the individual is psychologically compatible, whether at the self, emotional or social level, whether with himself or

with others, in addition to that Mental health supports the individual in achieving himself and exploiting different possibilities to the fullest extent, and for the various aspects of life. Stephan Asbury mentioned the definition of mental health by the World Health Organization in his book entitled: **“Health and Safety, Environment and Quality Audits”** the World Health Organization (WHO) conceptualizes mental health as a state of good mental health in which the individual realizes his/her own capabilities, and the individual has the ability to deal with the daily life stress, participate in work and production with high significance, and contribute to building the local society (Stephan A, 2018)

Mental health has different manifestations and is characterized by being comprehensive of the individual energies that an individual possesses. Also, some of the manifestations differ in that they are inherited or acquired. Some studies indicate that mental health is one of the manifestations that an individual is born with, while other results of studies indicate that mental health is gained through the stereotype that an individual goes through his/her life stages, and when something goes erroneous with these individual energies, this would disrupt the regularity of the personal traits that the individual possesses. Thus, the individual appears to have some personality disorders or the occurrence of dysmorphic personality. Among the manifestations of mental health is also the emotional balance of the individual, social adjustment and reasonableness of mental health.

An individual's mental health is affected by a number of factors, including:

First Factor: Continuous physical and social pressures and material pressures are among the reasons that lead to the emergence of negative aspects of mental health such as emerge some syndrome of mental disorders. Losing a job or work would cause a major disruption in the life of the individual, and thus affect his/her life represented by the inability to satisfy his/her essential needs, which leads to affecting his individual's mental and psychological life.

Second Factor: Biological and genetic factors, where genetics plays a vital role in the mental disorder of the individual. Rather, genetic factors work to raise the possibility of some mental diseases such as autism or delirium and others, and genetic genes are transmitted from the family to the children, whether from parents or other relatives.

Third Factor: The third factor: Cultural socialization plays a major role in the mental health of the individual. The social environment in which the individual is raised contributes greatly to determining his/her personality traits, whether they are normal or abnormal. Some studies indicate that the rate of mental illness is affected by the type of environment in which the individual is raised, regardless of the type of environment. (Miranda, J. et al, 2005).

The questions of the study

As we explained earlier, Cultural socialization refers to both the direct and indirect parental traditions that demonstrate and

teach children (Daniela et al, 2018), youngsters and ancestors about the positive aspects of their fountainhead, as well as ethnic heritage, and cultural traditions. Consequently, the study questions stem from the content cultural socialization and their relationship with mental health which is limited to the following questions: Consequently, the topic of this study is demarcated by the main question:

Main Question: is there a statistically significant correlation ($\alpha=0.05$) between the study samples estimates of the level of cultural socialization and the level of mental health among higher education students at A'Sharqiyah University in sultanate of Oman.

The subsequent sub-questions were originated from the main question

1. Is there a relevant relationship between cultural socialization and mental health?
2. Are there differences between cultural socialization and mental health according to the specialization of the student's and /or gender variables?
3. Does cultural socialization contribute to predicting mental health?

This study guided by the following hypothesis:

1. There is no significant relationship between cultural socialization and mental health among higher education students in A'Sharqiyah University in the Sultanate of Oman.
2. There are no differences between cultural socialization and mental health according to the specialization of the student's and /or gender variables among higher education students in A'Sharqiyah University in the Sultanate of Oman.
3. The Cultural socialization does not predict mental health among higher education students in A'Sharqiyah University in the Sultanate of Oman.

The Significance of the Study

This study comes from the premise that it is a serious and real study in dealing with one of the vital and significant variables with human life, which has a clear impact on his/her social life and has a significant impact on the individual's ability to deal with stress and mental illness, and finally, the study sheds light on comprehension the relationship between cultural socialization and individual mental health, whether this relationship is positive or negative.

The Study Objectives

The objectives of the current study are as follows:

1. Determine the relationship between cultural socialization and mental health.
2. Detect mental health and cultural socialization in the study sample through the specialization of the students (Huminites and Applied Sciences) and gender variables (Male and Female).

- Determine the extent to which cultural socialization contributes to predicting mental health.

Terminology of the study

Cultural Socialization: Cultural socialization refers to both the direct and indirect parental traditions that demonstrate and teach children (Daniela et al, 2018), youngsters and ancestors about the positive aspects of their fountainhead, as well as ethnic heritage, and cultural traditions.

Mental Health: Mental health can be defined as the absence of mental disease, or it can be defined as a state of being that also includes the biological, psychological or social factors which contribute to an individual’s mental state and ability to function within the environment. the Referred definition extends beyond this to also include intellectual, emotional and spiritual development, positive self-perception, feelings of self-worth and physical health, and intrapersonal harmony. Mental health is defined as a state of well-being in which every individual realizes his / her. own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his/her community” (Laurie A Manwell et al, 2015).

The Limitation of the Study

The limitations of the current study contain the timeframe used for its accomplishment in the academic year 2022, the predictive capability of the paraphernalia used, and the efficiency of the statistical methods used to answer the study questions.

The population of the study

The study population consisted of students at the A’Sharqiyah University in North Sharqiyah in the Sultanate of Oman. The current study includes five colleges of the university, namely the College of Arts and Humanities, the College of Engineering, the College of Law, the College of Business Administration, and College of Applied and Health Science and the university includes various academic degrees, namely the diploma, the bachelor’s, Master’s, for the academic year 2021/2022. In the aforementioned academic year, the university contains about 5,300 male and female students.

The Study Sample

The study sample is divided into two parts:

- Exploratory Sample:** The exploratory sample aims to verify the psychometric features of the study scale. This sample included 80 students ,36 male students and 44 female students, from the authentic study population. They were randomly selected from the College of Arts and Humanities, divided into the following disciplines: Education, Psychological Counseling at A’Sharqiyah University.
- Main sample:** The fundamental study sample, which was randomly selected, was 800 male and female students, as follows: 435 female students, 365 male students from various academic disciplines offered

by A’Sharqiyah University in the academic year 2021/2022.

The tools of the study

In the current study, the researcher used two scales: the first Scale is cultural socialization behavior measure, the scale contains 12 positive items, Cronbach's alpha coefficient was measured and reached 0.89 which is considered acceptable. The other scale is Warwick-Edinburgh Mental Wellbeing scale (WEMWBS) the scale contains 14 positive items, whereas Cronbach's alpha coefficient of the scale was 0.91, which is also considered acceptable. To verify the psychometric properties of the two scales used in the current study, the validity and reliability of the scales were verified.

First Scale: Cultural Socialization Behaviors Measure scale (CSBM)

IV. VALIDITY

Face validity

In order to measure the face validity, the following steps were taken:

- The scale was translated into Arabic language and then the language was reformulated to ensure the clarity and integrity of the written language.
- Submitting the scale to a number of specialists in this field in order to ensure the integrity of the written language in addition to presenting scientific concepts in an appropriate manner.

Internal consistency

The scale was applied to a sample of 80 university students, with the aim of calculating internal consistency and determining the extent of consistency or equivalence of the scale elements with each other. The table (1) below demonstrates that:

Table 1. Internal consistency and alpha stability coefficients of CSBM

Item	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
1	107.59	251.253	.451	.919
2	107.42	250.457	.489	.845
3	106.78	249.367	.246	.878
4	107.14	248.729	.510	.898
5	107.38	250.542	.565	.869
6	107.91	250.361	.612	.879
7	107.06	251.291	.594	.829
8	106.75	250.586	.439	.876
9	107.32	250.664	.641	.921
10	107.29	250.346	.754	.924
11	107.74	251.548	.448	.931
12	107.53	250.941	.563	.895

Table (1) demonstrates that the corrected Item-total correlation ranged between (0.754 - 0.246). which is means the internal consistency is fairly good.

Stability: To measure the scale stability, the researcher utilized the scale to two various periods, separated by approximately fifteen days, for a sample of 80 students, (36 male students and 44 female students) all of them were outside of the study sample. The calculation of the correlation coefficient between the degrees of application resulted in a correlation of 0.526, the cursor is a function at the level of 0.01. moreover, the coefficient of the stability of alpha was calculated and resulted in 0.89, which is an adequate stability indicator, and convenient for the objectives of the current research.

Second Scale: Warwick-Edinburgh Mental Wellbeing scale (WEMWBS)

Face validity:

The WEMWBS scale was presented to a group of specialists with different specializations at the Faculty of Arts and Humanities at the A'Sharqiyah University. The arbitrators were requested to give their feedback and comments on the appropriateness of the scale elements and measure the advantage of the items, moreover, to write down their comments in the clarity about the language used in the scale items and make the appropriate adjustment that perceives or believed it the arbitrators.

Internal consistency

The scale was applied to a sample of 80 university students, with the aim of calculating internal consistency and determining the extent of consistency or equivalence of the scale elements with each other. The table (2) below demonstrates that:

Table 2. Internal consistency and alpha stability coefficients of WEMWBS

Item	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
1	106.98	551.325	.550	.919
2	106.24	550.758	.630	.920
3	106.45	549.376	.298	.901
4	106.26	534.920	.564	.954
5	106.76	567.425	.540	.897
6	106.65	552.613	.693	.880
7	106.28	559.970	.765	.868
8	106.51	561.586	.742	.942

Table 3. T-Test for the level of cultural socialization and Mental Health according to the variable of gender differences

Scale	Gender	N.	Mean	SD	DF	t-value	Signify.	Signify. Direction
Cultural Socialization	Male	365	3.6042	0.74658	974	3.8457	0.001	In favor of female
	Female	435	3.8021	0.68725				
Mental health	Male	365	3.7415	0.86954	968	3.8989	0.001	In favor of female
	Female	435	3.9268	0.7.8457				

9	106.33	549.670	.801	.922
10	107.02	499.556	.739	.942
11	106.20	472.402	.684	.922
12	106.11	550.417	.599	.912
13	106.37	558.630	.682	.888
14	106.29	526.580	.757	.913

Table (2) demonstrates that the corrected Item-total correlation ranged between (0.801 - 0.298). which is means the internal consistency is fairly good.

Stability: To measure the WEMWBS scale stability, the researcher utilized the scale to two various periods, separated by approximately fifteen days, for a sample of 80 students, (36 male students and 44 female students) all of them were outside of the study sample. The calculation of the correlation coefficient between the degrees of application resulted in a correlation of 0.643, the cursor is a function at the level of 0.01. moreover, the coefficient of the stability of alpha was calculated and resulted in 0.91, which is an adequate stability indicator, and convenient for the objectives of the current research.

V. THE RESULTS

The objectives of the study are to recognize the relationship between Cultural socialization and mental health in a sample of A'Sharqiyah University students in Oman, according to some of the variables. The researcher used the arithmetic mean and standard deviation - Pearson correlation coefficient, t-test, one-way ANOVA test, and finally LSD test, in order to answer the study questions.

First Question: Is there a relevance between cultural socialization and mental health? To answer first question, the researcher used Pearson correlation coefficient, the results showed that there is a positive correlation between cultural socialization and mental health ($\alpha < 0.01$) of 0.83.

Second Question: Are their differences between cultural socialization and mental health according to the specialization of the student's and /or gender variables? To answer second question, the researcher used t-test for gender variable, and for other variable – specialization of the students- the researcher used one – way ANOVA analysis.

Gender Differences: Where the following table (3), shows the statistical averages, t-test and standard deviations (SD) of male and female students for the level of cultural socialization and mental health.

The previous table (Table No. 3) demonstrates the difference between the genders, males and females, which are statistically significant differences, and these differences came in favor of females, as females achieved higher scores than males of cultural socialization and mental health.

Specialization of the students: The following table (4), demonstrates the mathematical means and standard deviations (SD) of the level of cultural socialization and mental health according to various of specialization which are offered at A'Sharqiyah University.

Table 4. Mathematical means and standard deviations for the level of cultural socialization and mental health according to the specialization variable

Scale	Specialization	N	Mean	SD
Cultural Socialization	Humanities	412	3.9542	0.84251
	Applied Science	388	3.8657	0.75362
Mental health	Humanities	412	4.2356	0.75400
	Applied Science	388	4.1278	0.75847

Table (4) demonstrates some different mathematical means of the level of cultural socialization and mental health regarding the specialization variables. The researcher used one-way ANOVA to ensure these differences are statistically significant as showed in the table 5.

Table 5. One-Way ANOVA for the level of cultural socialization and mental health according to the specialization variable

Scale	Source of Difference	Total of Squares	D. of Freedom	Mean of Squares	F	Signify. Level
Cultural Socialization	Between Groups	3.121	2	1.560	2.036	0.151
	Inside Groups	536.124	945	0.567		
	Total	539.245	947			
Mental health	Between Groups	1.658	2	1.560	1.257	0.239
	Inside Groups	574.222	945	0.567		
	Total	575.88	945			

Table 5 demonstrates clearly that there are no significant variations in the level of cultural socialization and mental health regarding the specialization variables. This result indicates that despite the different university majors offered at the university, which range between humanities and applied disciplines, indicates that the level of cultural socialization and mental health in the sample are identical.

Third Question: Does cultural socialization contribute to predicting mental health? To answer the current question, the researcher used linear regression, and the results are addressed in detail in Table 6:

Table 6. Participation of cultural socialization to foretelling mental health using linear regression analysis

Independent Variable	Dependent Variable	R	Selection Coefficient of R Square	T Value	Signify. Level
Cultural Socialization	Mental Health	0.412	0.236	14.329	0.000*

* Significance at ($\alpha < 0.05$)

The finding which is shown in table 6 indicates that cultural socialization which is considered an independent variable has an impact on the mental health, which is considered a dependent variable, of the sample members. There are many commons and overlapping points between cultural socialization and mental health that may explain this, cultural socialization is an educational and social accumulation that an individual goes through throughout his/her life, and therefore, without the slightest form, it has a significant impact.

VI. DISCUSSION

The objectives of the study were to verify to the determination the relationship between cultural socialization and mental health, in addition, to disclose mental health and cultural socialization in the study sample through the specialization of the students (Humanities and Applied Sciences) and gender variables (Male and Female). The final objective is to determine the extent to which cultural socialization contributes to predicting mental health. The study has three different questions: the first question was is there a relevant relationship between cultural socialization and mental health? the result of this question fine there is a positive correlation between cultural socialization and mental health, the result of this question agreed with the results of (Small, M. L ,2002) study. The second question was are their differences between cultural socialization and mental health according to the specialization of the student's and /or gender variables? The results show no indicator regarding to the specialization of the students which is mean the specialization is not interfere at all. Meanwhile, the gender variable shows statistically significant differences, and these differences came in favor of females, as females achieved higher scores than males of cultural socialization and mental health, this explain that female students are greater interest than males in paying attention to social customs that lead to health stability and paying attention to social customs prevailing in society, the result of second question agreed with the results of (Wood, D., Kurtz-Costes, B., & Copping, K. E. , 2011) study. Finally, to answer to the third question which was the extent to which cultural socialization contributes to predicting mental health, the result revealed to us that cultural socialization has an impact on the mental health and the result of this question was identical to the result of a study (Tayebeh Fasihi, Maryam Mohammed and Tayebeh Dehghan, 2011). There are many commons and overlapping points between cultural socialization and mental health that may explain this, cultural socialization is an educational and social accumulation that an individual goes through throughout his/her life, and therefore, without the slightest form, it has a significant impact on mental health (Anderson, C et al, 2003).

VII. RECOMMENDATIONS

The most significant recommendations made by the researchers are:

Cultural socialization has an impact on mental health, and therefore, educators, teachers, parents and those who hold this trust, need to pay attention to the proper cultural socialization

of children, because it has an effective impact affecting mental health and thus affects their health and psychological stability.

The need for attention and deliberation in transferring the cultural and social heritage to our children, as there are many social and cultural practices tainted by error and deviation, which in passing them on to future generations, without examination, study and purification, would contribute to creating social, behavioral and cultural practices and habits with negative results, both at the level of individual or community.

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