South Asian American Strengthening Family Program Discussing the Challenges of Acculturation: Grant Proposal Project

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Introduction

• The goal of this grant was to design a psychoeducational workshop for South Asian immigrant families.

• The term South Asian implies a common identity through the Indian subcontinent (Sundar, 2008).

• Cultural factors make it difficult to transition to a Western culture such as the United States.

• There are variations between first and second generations in terms of acculturation style (Srinivasan, 2000).

• Most families who immigrate to the United States do not see their daughters specifically as being in touch with the South Asian culture enough (Srinivasan, 2000).
Relevance to Social Work

- The importance of multiculturalism, diversity, and underserved groups are the cornerstones of social work.

- South Asians comprise of the third largest and fastest growing Asian American group (Masood, Okazaki, & Takeuchi, 2009).

- Understanding the stresses of migration and how people cope is essential to cultural competence (Deepak, 2005).

- Second generation South Asians are more willing to seek help than first generations due to being more integrated with the Western culture; thus, social workers need to be aware of the nuances of the culture as second generation
South Asians are seen as a culture due to their similar values, however, there are differences among them. Some are related to migration histories and others are related to ethnicity and religion.

Extended families and communities are very important. Decisions are often chosen to benefit the family and the community as a whole (Singh, 2013).

Parenting in the U.S. requires changes in style because children are encouraged to question things and make their own decisions, but parents are still supposed to stay responsible (Maiter & George, 2003).

Religion is the transmitter of culture and creates a sense of community (Maiter & George, 2003; Ali, 2008; Ross-Shariff, 2011).

The process of choosing a marriage partner and getting married is central to Indian family culture (Samuel, 2010).

South Asians are very private about their lives so internalizing their feelings is justified. Thus, depression is common when family problems arise (Masood et al., 2009).
Methods

• Research for funding sources was done by going on CSULB library website and reading through theses from ProQuest Dissertations and Theses database. Ralph M. Parsons Foundation was chosen due to its focus on: children and families, culture, and the underserved population.

• The target audience of this grant includes South Asians from Los Angeles County and Orange County. This grant is relevant to all socioeconomic backgrounds and generations because all parents struggle with their children growing up and becoming more independent.

• The budget was projected at $27,926. This include a Program Manager who will be a per diem staff and hired part time three months before the event.
Grant Proposal

• On the day of the event, families will fill out a psychosocial needs assessment and psychoeducational surveys. Afterwards, a presentation will begin and then group activities will occur. Lastly, surveys will be completed for evaluation purposes.

• Objectives
  – Understand the psychosocial needs of South Asians.
  – Educate families on interpersonal communication and its importance in promoting psychosocial wellbeing.
  – Introduce positive coping skills.

• Program evaluation will be conducted by comparing the Psychoeducational Assessment given at the beginning of the workshop and the Benefits and Satisfaction Survey at the end.
Lessons Learned and Implications for Social Work

- South Asian acculturation was difficult to research since there were no formal support groups used, even in countries where South Asians have been a prominent minority group for decades.

- To serve an underserved population, one has to bring awareness to their challenges, which then creates a potential for being funded.