Multiculturalism: bad for your mental health?

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INTRODUCTION

With the rising diversity of race and ethnic groups in the U.S., multiculturalism became an important factor that affects our lives in social, educational, and health aspects.

How Multicultural Personality affects on the emotional intelligence (EI) and its' correlation between health, physical health, and mental health.

METHOD

Cross correlation comparison process was taken through GSU library database and Google Scholar.

1. Multicultural Personality (MP) and Emotional Intelligence. (Ponterrotto, 2011)
2. EI and General Health. (Ritu, 2016)
3. EI and Physical Activity. (Zysberg, 2018)
4. EI, PA, and Mental Health. (Bhochhibhoya, 2014)

These articles discuss the correlation between EI, PA, and mental health which is relevant to research question and one article discusses the correlation between multicultural personality and EI.

CONCLUSIONS

These statistics show that multicultural personality can positively affect mental health. There is an increasing chance of mentally healthy with higher level of multicultural personality, emotional intelligence, and physical activity.

RECOMMENDATIONS

1. Detailed information of the Psycho-neuroimmunology field is recommended.
2. Future study on the level of multicultural personality by cultural subgroups is recommended.
3. Future study on the possibility of using EI as treatment for mental health is recommended.

REFERENCES


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