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LIFESPAN DEVELOPMENT  
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PERCEIVED RACISM AS A PREDICTOR OF PSYCHOLOGICAL WELL-BEING  
AMONG SOUTHEAST ASIAN AMERICAN COLLEGE STUDENTS (150 pp.)

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The purpose of this study was to examine the relationship between perceived racism and psychological well-being among Southeast Asian American college students. In specific, the relationships between the frequency of racism experiences and how much the racism experiences bothered the participants, and demographic factors including gender, generational status, and college grade level were investigated.

A total of 201 self-identified Southeast Asian Americans were included in the final analysis. These subjects completed two instruments, the Daily Life Experience subscale that measured perceived racism and the Depression-Happiness Scale that measured both positive and negative cognitions and affect. Subjects also provided responses about their generational status, gender, and college level status.

The instrument data were analyzed using correlation analysis and multiple linear regressions. Regression analyses revealed that perceived racism and the demographic factors differentially predicted psychological well-being. By examining variations in participants' experiences of racism and how much they attribute the racism experience as bothersome, this study highlights individual differences within this group and provides evidence that racism is a complex process for Southeast Asian Americans.

These results are discussed in detail herein. Implications of the findings along with the limitations of the study are presented. Recommendations of future research are also described.