

Annotated Bibliography

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**Medical and Mental Health issues in a Multicultural Population**

## Annotation 1

Carmen R., I., Deepa, R., & Kristine, M. (2016). Health Issues in Hispanic/Latino Youth.

*Journal Of Latina/O Psychology*, (2), 67. doi:10.1037/lat0000054

These author share concerns regarding the Hispanic community's health problems. They highlight the fact that mental health, obesity, and asthma are being ignored and that insufficient steps are being taken to develop a solution to stop and prevent these health and cognitive problems specific to this culture. According to Mikolajczyk's 2007 California Health Interview Survey, Latinos and Hispanics are more inclined than Caucasians to be heavier-set and have a higher BMI. It also raises the possibility of a link among mental health problems and low socioeconomic status and cultural adaptability, obesity, and asthma.. The article by Carmen and coworkers presents statistics from various sources to demonstrate that Hispanics in the US do not have the resources, knowledge, or ability to improve their general health. Overall, this article's explanations on why, in particular, this cultural group is the most ill when compared to others give me the impression that that a large number of individuals don't give a damn about the mental health and wellbeing of the Hispanic population.

To provide further insight into the ways that depression, asthma, and obesity impact Hispanics' day-to-day functioning, more comprehensive data must be gathered. I don't see any prejudice in their analysis, and the sources cited in the article offer flimsy proof in addition to our multicultural psychology exam book.

## Annotation 2

Clarke, J. N., & Mosleh, D. (2015). Risk and the Black American child: representations of children's mental health issues in three popular African American magazines. *Health, Risk & Society*, 17(1), 1-14. doi:10.1080/13698575.2014.992865

Clarke's article aims to examine and clarify the physical and mental health issues faced by the African American community. It presents the theory that the three primary causes of mental health problems among African Americans in the US are discrimination, prejudice, and persecution. Data was gathered from three prominent African American readership magazines—Jet, Ebony, and Essence—for 22 years from 1990 to 2012. Based on the literature review, it is evident that African Americans do not typically seek help for mental health concerns. The main causes of this are that one feels embarrassed about their illness, and the other cannot afford to get treatment. Moreover, research has shown that the primary cause of mental instability—which usually leads to violence—is prejudice toward African Americans.

This further reflects the dominance of African Americans in prison. I have to concur with their conclusions after reading Clarke's paper. As a woman of African American descent, I can relate to a number of the problems that might cause mental distress.

When I was in elementary school, I remember being made fun of for having large lips or a wide nose, which are common features in African Americans because these things aren't typical of someone from a different culture. Being teased as a youngster can lead to mental health problems that some people may or may not be able to treat. Media also significantly impacts society and can reach and affect individuals. Thus, the information gathered and presented in those periodicals can raise awareness and aid in the development of a strategy to end mental health problems among African Americans.

Annotation 3

Fernando, G. A. (2015). Attempting to bridge the 10/90 divide: special issue on South Asian mental health. *International Review Of Psychiatry*, 27(3), 176-179.

The mental health concerns facing the South Asian community are clarified in this article. This article argues that the high rate of mental diseases among South Asians, such as bipolar disorder and schizophrenia, may be connected to their exposure with catastrophic natural catastrophes and prejudice. Fernando also describes the 10/90 difference, in which academics with a Eurocentric perspective and a propensity for intrapsychic orientation and individualism create published studies. The points made in this article are valid. In my opinion, South Asians face severe prejudice, particularly in the wake of the 9/11 agreement. Mental health problems are likely affecting the population because of the extreme prejudice and hatred that exist throughout their society. While I didn't think this piece was prejudiced, I did want to draw attention to certain topics.

### **Varied Communication Patterns by Group and Geography**

#### Annotation 1

Munsell, J. (2006). Challenging Norms of Invention: Mimesis and African American Communication Patterns. *Communication Teacher*, 20(1), 28-32.

doi:10.1080/14704620500428870

In this piece, Munsell describes African Americans' ways of communicating in his surroundings. Munsell urges his students to use the mimesis approach to investigate issues related to social justice. Mimesis has proven to be effective in influencing people's perceptions of and actions toward others of different backgrounds. Munsell divides the application of mimesis into three parts: mimicry and racial politics, communication patterns, and rhetorical creativity. According to Munsell, African American culture has the ability to influence and transform people's viewpoints via the employment of rhythmic patterns in communication. He argues for instance, the O.J. Simpson case and how Cochran's strategy for representing his client helped to win the case. Munsell worries, nevertheless, that some people may get uncomfortable with his understanding of African American communication patterns and begin to stereotype African Americans.

O.J. Simpson trial was quite educational to learn about the social justice communication styles of African Americans. Even though I think Simpson was guilty, Cochran's presentation of his clients' case may have had an impact on the jury's verdict that Simpson was not guilty of murder. Someone can persuade people by expressing confidence and using appropriate language.

#### Annotation 2

Lanming, C., & Hanasono, L. K. (2016). The Effect of Acculturation on Chinese International Students' Usage of Facebook and Renren. *China Media Research*, 12(1), 46-59.

Concerns about Asians giving up their traditions and switching to a more American way of communicating on social media are made by Lanming and Hanasono. A case study comparing Asians' preference for Renren, an Asian social media network, to Facebook, a well-known American social media platform, was conducted. A study asked 143 foreign Asian students about their preferred social media platforms. Based on the gathered data, 88% of respondents chose FB, while 65% liked Renren. This demonstrates how many American culture has affected Asians. and how many still preserve their cultural customs. This survey's results demonstrates the impact that one dominating culture may have on another. Some cultures consider it acceptable to adapt to other cultures because American culture seems to be dominant.

#### Annotation 3

Ramírez-Cruz, H. (2017). ¡No manches, güey! Service encounters in a Hispanic American intercultural communication setting. *Journal Of Pragmatics*, 10828-47.

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Ramirez's article explores that Hispanics and non-Hispanics interact in the workplace. The case study represent the social and cultural perspectives of several food truck workers and the potential interactions between various ethnic groupings. An American and a Hispanic examined the findings of a case study that took one week to complete. The case study used a quantitative method to assess variables and gather data on forty-three interactions. Based on the data gathered, there is beneficial interaction between clients and service providers. Ramirez makes a valid point when he suggests that it's critical to learn how to interact with others from diverse backgrounds, given that Hispanics make up the second biggest cultural group in the US.

There was no bias in this investigation as the study was conducted by Hispanic and an American. Moreover, despite the fact that a sizable segment of the Hispanic community was either non-English speaking or understood it very poorly, they were able to communicate.

### **Theoretical Models Associated with Multicultural Populations**

#### Annotation 1

Gordon, S. (2005). Making meaning of whiteness: a pedagogical approach for multicultural education. *Journal Of Physical Therapy Education (American Physical Therapy Association, Education Section)*, 19(1), 21-27

The paper suggests utilizing whiteness and racial identity theory as teaching tools to identify dissimilarity concerns and create strategies promoting cultural diversity. Furthermore, investigating multicultural education that instills a background knowledge of diversity encourages social justice and the social action required to address healthcare disparities. Planning for a varied student body and cultural backgrounds can have a positive effect on perspectives and encourage peers to be accepting of one another, according to Gordon. This demonstrates that there are several methods for teaching about cultural differences. Training interpersonal connections in culturally diverse contexts 4 builds a favorable perception of the excluded person and group by teaching history, cultural activities, and the contributions of the culture. The single-group studies restructure the curriculum to emphasize the viewpoints and understanding equality and cultural plurality in terms of gender, sexual orientation, varying socioeconomic classes, various religion groups, American racial and ethnic groups, and disabled groups; the multicultural approach, or four ways, does this. Therapists can educate through a equality and cultural plurality in terms of gender, sexual orientation, varying socioeconomic classes, various religion groups, American racial and ethnic groups, and disabled groups; the multicultural approach, or four ways, does this. a social reconstructionist and multicultural method that tackles the multiculturalation of uniqueness by recognizing the socioeconomic issues that lead to inequality and empowering social justice.



Nevertheless, the world is set up to encourage society to use distinctions to praise or punish, elevate or denigrate, and incorporate or reject cultural diversity.. This problem persists even if people are educated on appreciating diversity and voicing their opinions. The onus is on the individual to put what they learn into practice, even if therapy instructs them to accept others from different cultural origins. Respecting diversity is something that is best learned at home rather than something that can be taught. A person's tolerance for diversity will be shaped more at home than external factors.

#### Annotation 2

Jenks, C., Lee, J. O., & Kanpol, B. (2001). Approaches to Multicultural Education in Preservice Teacher Education: Philosophical Frameworks and Models for Teaching. *Urban Review*, 33(2), 87.

The authors of this paper contend that multicultural education is not included in the educational system and that a more comprehensive academic approach that considers minorities is necessary. Multicultural education aims to support students in gaining cross-cultural competency both inside and between various sub-societies and cultures, as well as within the American national culture. Jenks offers three strategies to help the educational system reach a particular group of people. Educating individuals who are closed-minded, conservative, liberal, and critical is one of these strategies. Furthermore, Banks Adds contributing, additive, transformational, and social activities that support Jenks' theories. Coupled with an educator's methodology for supporting learners, these can impact cultural consciousness.

I concur that educators are not well-versed in educating and communicating with minorities. Educating oneself about diverse cultural backgrounds can help end bigotry and inequity. Because one does not know the backgrounds of others, ignorance of variety causes one

to become insensitive toward others. This essay opens our eyes, and it's startling that many schools don't teach their children about diversity.

### Annotation 3

Johnson, C. A., Unger, J. B., Ritt-Olson, A., Palmer, P. H., Cen, S. Y., Gallaher, P., & Chou, C. (2005). Smoking prevention for ethnically diverse adolescents: 2-year outcomes of a multicultural, school-based smoking prevention curriculum in Southern California. *Preventive Medicine*, 40(842-852). doi:10.1016/j.ypmed.2004.09.032

It is undeniable that most schools in today's society has a really diverse group of students. Nonetheless, it is a fact that minorities smoke at higher rates than White people. Johnson expressed concern about teenage smoking and gathered information from 36 schools. However, only 24 schools decided to participate in the study, and 3157 students who qualified with parental permission to complete the questionnaire in the sixth and eighth grades completed the two-year study. The investigation concludes that compared to those attending the eighth grade, Smoking is more common among Asians and Hispanics, even if the data was not gathered on smoking during the sixth grade. Cigarette advertisements are frequently seen on television; however, if you have noticed, most of the actors in those commercials are people of color. Johnson's questionnaire experiment did demonstrate that minorities are more likely than their peers to accept smoking as a lifestyle choice, even as adults. There are plenty of over-the-counter treatments for quitting smoking, but a more effective approach to engaging with youth has not yet been created.

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