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Mental Health of Asian Teens and Young Adults in America

Yung Hwee Kim

Binghamton University--SUNY

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Mental Health in Asian American Teens

Yung Hwee Kim

BACKGROUND:

- The large cultural differences between Asian countries and America when handling mental health
- Increasing size of the Asian American population
- The recent news of Asian hate crimes

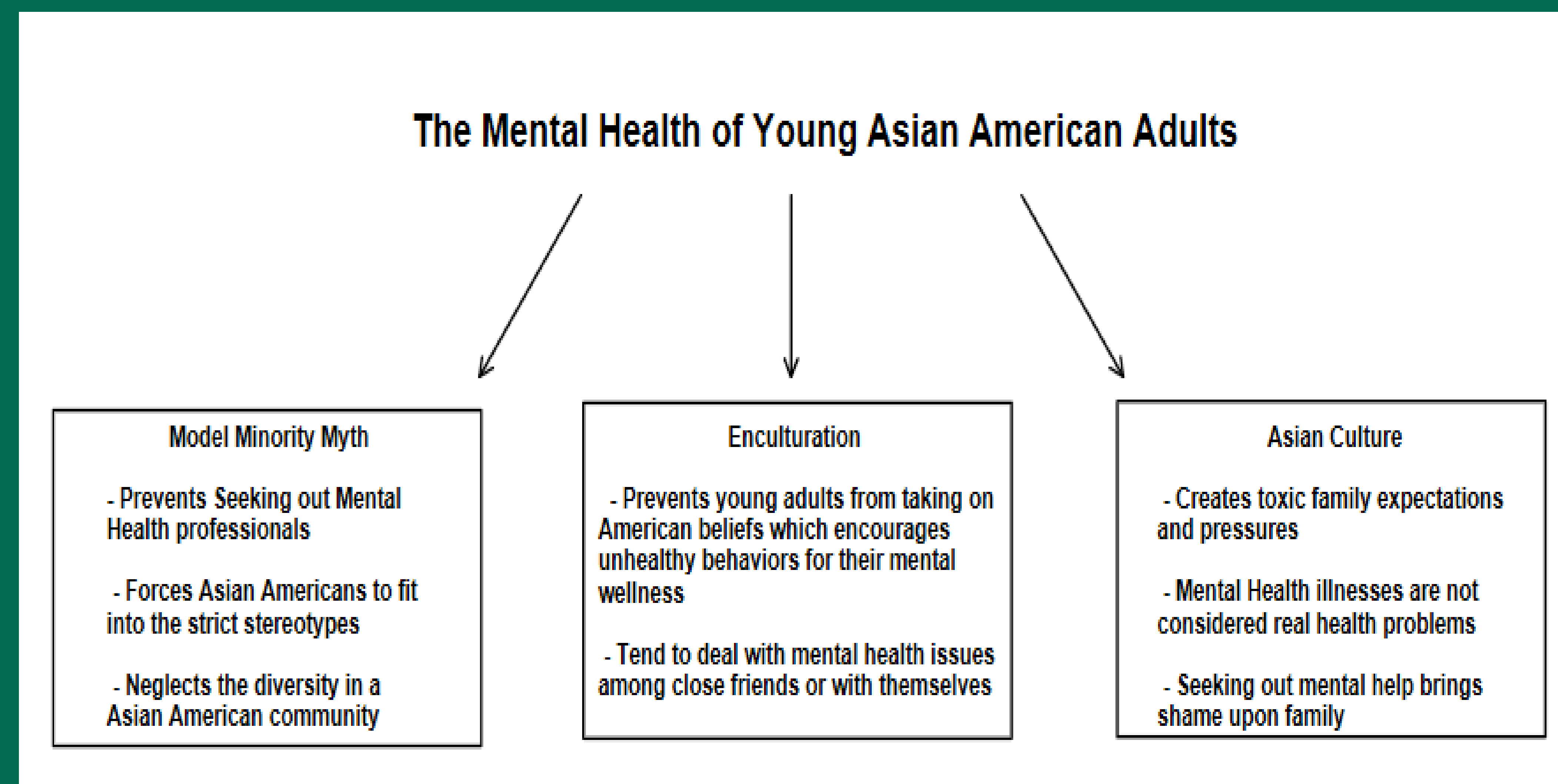
RESEARCH METHOD:

- Recognized the issues unique to Asian Americans
- Digging into the effects of those issues regarding the mental health of Asian American
- Using primary and secondary sources that has done studies specific to the young adult population in Asian Americans

RESULTS:

- The clash of Asian and American ideals in the social and familial aspects of their lives cause a mental toll
- Often times, these young adults feel the need to fit into the stereotypes set by the Model Minority Myth.

The common Ideals of Asian culture, enculturation, and the “model minority” myth, is causing severe, long term damage on their mental health on young Asian American adults who are developing themselves in this hostile environment.



SPECIFIC SECTIONS

Young Asian American Adults

- These young adults are in a situation where they are raised with two opposing cultures
- Familial and societal pressure wants them to conform into a certain way

Seeking Mental Health

- In Asian culture, Mental health isn't considered a real health problem
- It is common for people to just deal with it themselves
- They often rely on close friends for support because seeking professional help is looked down upon
- There have been a cases where mentally unstable Asians

Issues with Family beliefs

- It brings shame to the family when a person has a mental illness
- It is often seen that there is a problem within the family as a whole
- It is not considered to be an individual issue which creates conflict

REFERENCES

Chad Brice, Helen Pong, Paul Youngbin, Tzu-Fen Chang,