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Examining Racial Identity and Masculinity as Correlates of Self-Esteem and Psychological Distress in Black Men

Hearst, Tamara L. 

Abstract

Data reported by 424 non-white adult Black men indicate that self-esteem was positively related to participants' identification with their racial/ethnic group, and negatively related to psychological distress in adulthood.

Methods

An hierarchical regression analysis was conducted examining CEI and CEI subscales, respondents' race, and gender. Initially, the identified variables were entered in the second step (see Table 1). Subsequent self-esteem scores indicated that group membership was significant in the first step (β = .41, p < .05) but not significant in the full model. In the second step, disidentification (∆β = .34, p < .05) and masculinity scores (β = .20, p < .05) were significant predictors of self-esteem scores in the full model.

Results and Discussion

The results from the study confirmed five of the eight hypothesized relationships and suggested that both racial identity and masculinity scores were significantly associated with self-esteem in adulthood. The findings support the importance of considering the influence of identity and masculinity in relationships to traditional masculine norms in the dominant culture in the United States. Psychosocial distress was predicted related to lower disidentification and lower masculinity scores in adulthood.
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