



Self-Categorization Mediates the Relationship between Prejudiced Attitude and Well-being among Kurdish and Arabic ethnic groups

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المؤتمر الدولي العلمي الاول للعلوم التربوية والنفسية بكلية التربية في جامعة صلاح الدين-اربيل

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Abstract

The Abstract

The previous studies highlighted that, the mass migration, might lead to a conflict between displaced people and host community because of the variation of ethnic or social backgrounds. The current study investigates the role of self-categorization of mediates the well-being and prejudiced attitude. For this study, two different Ethnic groups were selected Arab and Kurdish nationality. The current investigation is to identify what extent self-categorization 'overlap of self, In-group, and out-group' could play important roles in addressing the issue of prejudice attitudes and well-being. Likewise, we aim to expand the work to look at self-categorization to identify the nature of the relations of these variables among Kurdish and Arabic nationalities. One hundred and seventy two individuals were chosen from both Arabic and Kurdish nationalities, aged 18 to 63 (M = 30 years, SD = 8.14). To measure self-categorization Inclusion of Other in Self (IOS) scale three-item measure each item includes 8 pictures were used and for measuring prejudice the implicit accusation test (IAT) program was used, and to measure Psychological well-being (PWB) Ryff scale were used that contend 42 items across six dimensions. The results show that both nationalities recorded significantly low levels of explicit prejudice on the self-report questioner. However, the participants' shows greater prejudice scores on the implicit test. Also, our results showed that self-categorization play a significant role of mediating the relations between prejudiced attitude and Psychological well-being (PWB).

Keywords: Self-Categorization, Implicit Association Test (IAT) Attitude, Psychological Well-being, ethnic groups, internally displaced persons.

Introduction

For describe relation to a group, Higgins and Chaires (1980) suggested that the individuals are using the language of spatial metaphors which is: "We" enter or leave a group; we distance ourselves from a group or are in the inner circle that means the person simply can be in a group, which then becomes an in-group (Higgins & Chaires, 1980). Being a member in a group could have significant implications for their experience and behaviour (Leach et al., 2008)

Conflicts adversely affect many displaced people's living, as such the conflict has forced numerous people to leave the areas where they lived. Iraqi people comprise of various ethnic, religious, and cultural groups that may increase the likelihood of conflict. Recent evidence suggests that displaced people could have a poor level of psychological health and being frustrated with their life conditions. (Akinyemi, Owoaje, Ige, & Popoola, 2012; Aziz, Hutchinson, & Maltby, 2014). In addition, the existing body of research on displaced people



suggests that the exposure the rejection from the host community might have an adverse impact on the mental health of displaced people. This is exemplified in the work undertaken by Rothgerber (1997) that pointed out, collective migration from area to area could lead to many problems to the host community, that may generate a negative impact in the IDPs living condition, which lead to low level of well-being.

However, the previous studies that investigate the role of social identity and self-categorization, show that categorizing self as part of a particular group might help to reduce the effect of negative attitudes for the minority group when they become an inter-group member is related to having a social and psychological interest of being a member in a group. (Ashforth & Mael, 1989; Tajfel & Turner, 2004). As well as, self – categorize gives a boost to self-esteem (Crocker & Luhtanen, 1990), and increase the feeling of having an benefit by being in a group compare with others people (Turner, Hogg, Oakes, Reicher, & Wetherell, 1987). Moreover, Branscombe, Ellemers, Spears, and Doosje (1999) reported that individuals could give high value for being in-group, and they try to distance themselves from out-group especially during times of conflict. In short, the previous studies show how social identity could positively lead to positive well-being (Hughes, Kiecolt, Keith, & Demo, 2015).

To explain how categorizing self as in- group can help to promote well-being, Branscombe et al. (1999) provided a model named rejection-identification model that presented both sides of the effects of attributions to prejudice on well-being and contempt for the individuals. Branscombe et al. (1999) clarify that when people are facing negative attitudes from the main group they seek to engage and try to unite with a minority group. As such, the exclusion could lead to hurtful feelings to the Person, being a member of an in-group probably will be a successful strategy to protect the Person's well-being.

In the literature on prejudice attitudes, the relative importance of self-categorization and well-being has been subject to considerable discussion. The evidence for the relations between prejudice and well-being are inconclusive. For example, sum studies pointed out that prejudice may positively affect well-being particularly once the individual engages and recognizes with his or her group (Arroyo & Zigler, 1995; Branscombe et al., 1999; Grossman, Wirt, & Davids, 1985). On the other hand, a study that conducted by Dinh, Holmberg, Ho, and Haynes (2014) showed an adverse relationship between negative attitudes and well-being. As well as the study, reported a specific forms of prejudice like, sexism and racism have a negative association with psychological well-being.

The conflict probably will have an adverse impact on the different psychological aspects that relate to well-being, for instance, a number of studies indicate that prejudice might negatively affect individuals mental health (Crocker & Major, 1989; Jackson et al., 2012) in terms of fruitlessness and despair (Branscombe et al., 1999) that could cause a negative relations with out-group people (Levin, van Laar, & Sidanius, 2003). Similarly, to understand how the IDPs movement leads to negative attitudes and conflict with the host community and how self- categorization may lead to increase well-being. In the current study, we aimed to investigate the moderation role of self- categorization between prejudice attitudes and psychological well-being among two different Ethnic groups were selected Arab and Kurdish nationality. The current investigation is to identify what extent self-categorization ‘overlap of self, In-group, and out-group’ could play important roles in addressing the issue of prejudice attitudes and well-being. Likewise, we aim to expand the work to look at self-categorization to identify the nature of the relations of these variables among Kurdish and Arabic nationalities.



Method

Sample

Participants from two nationalities; Arab and Kurdish including 172 individuals (86 Arab, 86 Kurd) who lived in the Kurdistan region participated in the study. Respondents' aged 18 to 63 ($M = 30$ years, $SD = 8.14$) from both genders were chosen. Furthermore, the research sample included two different nationalities who lived in different conditions. The study focused on the internally displaced persons (IDPs) from Arabs Nationality, who live in the Kurdistan region and the Kurdish nationality who originally lived in the area. The study applied in different locations on Erbil city to obtain a suitable research sample. For the Arab individuals, the researchers conducted their study on two area, which are Daratu and Zaytoon. For the Kurds individuals; the researchers conducted their study on two area Bahar, Azadi. 43, persons were chosen from each area. Other participants' characteristics are summarized with frequencies and percentages presented in Table 1.

Table 1. Participants' sociodemographic characteristics

Variable	<i>n</i>	%
Gender		
Male	86	50%
Female	86	50%
Education Level		
Illiterate	24	12%
Primary level	71	35.5%
Secondary level	43	21.5%
Tertiary level	62	31%
Age		
Mean	30	
SD	8.14	

Measures

Self-Categorization

For measuring Self-Categorization, Overlap of Self, ingroup, and outgroup (OSIO) scale was used that designed by Schubert and Otten (2002). The measure consists of seven pictures of two increasingly overlapping circles, classified "Self" and "Other.". The scale includes three-item measure that assesses overlaps of three categories, self and ingroup, self and outgroup, and ingroup and outgroup. "To emphasize the inclusion of the self in a group, the circle depicting the self in the other two items is smaller than the group circle. The level of high overlap, the self is completely included in the group circle. In addition, a horizontal line symbolizes the comparison context, in which the categorization takes place".

Prejudice measure

To measure prejudice we used the Implicit Association Test (IAT), which was designed and undated by Aziz (2017); it has two different types of scales, which are explicit and implicit measures. In addition, the IAT measure could be considered as a strong and most reliable method to measure implicit social cognition that widely used (Hofmann, Gawronski, Gschwendner, Le, & Schmitt, 2005; Lane, Banaji, Nosek, & Greenwald, 2007). Additionally, this measure has received much attention in the research literature because it can address issues around self-report scales such as social desirability as well as probably being a beneficial predictor of real behavior (Greenwald, Poehlman, Uhlmann, & Banaji, 2009; Nosek, Greenwald, & Banaji, 2007). This measure can be interpreted with more details as follows:



- **Explicit scale**

The self-report questioner was applied to measure explicit prejudice attitude. The scale included 9 questions. All items except the second and the third items were scored via a seven-point response scale. The positive items started from 1 for strongly agree to 7 for strongly disagree, and the score was reversed for the negative items. The second and the third items scored within ten-points to show the strength feeling towards his and others' nationality, Arab toward Kurdish and vice versa. The alternatives start with 1, which refers to the strength of positive feeling and ends with 10, which refers to the strength of negative feeling. (Aziz, 2017)

- **Implicit measures**

The implicit association test IAT is commonly used to define the strengths of a person's automatic relations between mental coding of the items in memory by measuring the error rate of the data, during categorize the tasks on a computer and measuring the time that participant needs to respond each stimulus. Greenwald et al. (1998) showed that there is dissimilarity between implicit and self-report measures because implicit measure focused on reflecting feelings and thoughts, which work outside of consciousness. Furthermore, the implicit test helps to determine unintentional bias among people who consider themselves unprejudiced, without realizing their real attitude (Maison, Greenwald, & Bruin, 2001).

- **The IAT design**

In the current study, we used Macintosh software to design the program. The test included five tasks, and each level had a specific goal as follow:

The first step is called **concept recognition task** that refers to initial images that have been classified as symbols of Iraqi Arab nationalism from one recognizable as the Iraqi Kurdish nationalism. The second step of the test is called **Associated attribute recognition task**. The aim of the first and the second tasks help the participant classify words and images within particular groups. After introducing the stimuli, in the third step the participants will start **combining the task** through classifying both words and the images into a particular category. The fourth step called **reversing target task**, the participants at this stage will learn how to the reversal assignments response of classifying the objectives. The final stage called **reversing the combined task**, the participants after reverse targets will classify both words and the images again into a particular categor. (Aziz, 2017; Greenwald & Banaji, 1995)

Psychological well-being

To measure PWB we used the Ryff scale that included 42 items across six dimensions. Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, Self-Acceptance each dimension has 7 items (Hauser, Springer, & Pudrovsk, 2005; Ryff, 1989a; Ryff, 1989b; Seifert, 2005).

Procedure

The researchers conducted three scales on the research sample, and for the illiterate read aloud the items. For IAT program number of ipads LCD were used and a special room was prepared for the participants to avoid any destruction while applying the program. The instructions for all the tasks were administrated on the ipads, and given to the participants. Furthermore, while applying the program the speed and the accurate were required from the participants as much as possible. The main idea of the IAT program is that the participants have to categorize correctly the stimuli that are shown in the center of the screen. Classify the stimuli will be by pressing one of the two keys existing in the bottom of the screen (green & black). The green button is related to positive stimuli, and the black button is associated with negative stimuli. The participant has to classify the stimuli in each task based on the program instructions. Furthermore, if the participant chooses the correct answer for the stimulus, the next stimulus will appear directly. The participant has to continue with the responses until the end of the



task. The evaluation of prejudicial attitudes will be through measure the length of responding time to the stimuli and the number of errors during the responses.

The results

Descriptive Statistics and One Sample t-Test

Table 1 shows Cronbach alpha, mean, standard deviation, comparison values and statistics for the one sample *t*-test for each component of Self-Categorization, Prejudice measurement that included each task of the implicit test recording the speed of response (in milliseconds) and error rates and Psychological well-being.

Table 1

Cronbach's alpha, Score obtained in Self-Categorization, Self-report and Implicit tests of Prejudice and Psychological well-being domains

	α	Mean	S.D	Comparison value	<i>t</i>	<i>df</i>	<i>p</i>
Self-Categorization	0.82	12.32	4.39	12	0.96	171	>0.05
Prejudice							
Explicit tests	0.72	37.28	8.57	46	13.35	171	0.01
Implicit tests	α	Mean	Std. Deviation				
Implicit tests-Error Accounting	0.73	12.45	10.15	24.5	15.57	171	<0.01
Implicit test- Time Accounting	0.77	149.34 ms	30.40 ms	144	2.30	171	<0.02
PWB							
Autonomy	0.80	22.81	4.61	24.5	4.78	171	<0.01
Environmental mastery	0.76	22.72	4.46	24.5	5.69	171	<0.01
Personal Growth	0.74	23.23	4.38	24.5	3.80	171	<0.01
Positive Relations	0.79	23.59	5.47	24.5	2.13	171	<0.05
Purpose in life	0.80	20.62	4.64	24.5	10.82	171	<0.01
Self-acceptance	0.73	21.97	5.15	24.5	6.54	171	<0.01
Total PWB	0.81	134.95	16.59	168	26.13	171	<0.01

Looking over Table 1, the mean of Self-Categorization = 12.32 with SD= 4.39 and the internal consistency using Cronbach's Alfa is ($\alpha = 0.82$). The mean of explicit prejudice = 37.28 with SD= 8.57 and the internal consistency using Cronbach's Alfa is ($\alpha = 0.72$). Also, the mean of implicit prejudice measure Error Accounting was 12.45 with SD=10.15, and the Cronbach's alpha score coefficients was ($\alpha = 0.73$). For the Implicit test- Time Accounting was 149.34ms with SD= 30.40ms The Cronbach's alpha score coefficients was ($\alpha = 0.77$)

Regarding the PWB scale, the mean of the measure was 134.95 with SD=16.59 and the Cronbach's Alfa is score was ($\alpha = 0.81$). For the subscale scores of PWB, the mean and standard deviation scores were found as follows; Autonomy (M = 22.81, SD = 4.61),



Environmental mastery (M = 22.72, SD = 4.46); Personal Growth (M = 23.23, SD = 4.38), Positive Relations (M = 23.59, SD = 5.3478), Purpose in Life (M = 20.62, SD = 4.64) and Self-Acceptance (M = 21.97, SD = 5.15). In addition, the Cronbach's alpha score coefficients were as follows; (Autonomy, $\alpha = .80$, Environmental mastery, $\alpha = .76$, Personal Growth, $\alpha = .74$, Positive Relations, $\alpha = .79$, Purpose in Life, $\alpha = .80$ and Self-Acceptance, $\alpha = .73$)

Bivariate Correlation

Pearson correlation was used to explore the relationships of Self-categorization with explicit-implicit prejudice attitudes and Psychological well-being. Interpreting the effect size of the correlations among the variables is important. Effect size criteria are point-biserial correlation coefficient that considered the effect size criteria, small = .1, medium = .24 and large = .37, from reading the Pearson Product moment is of mathematical equivalence to point-biserial. Therefore, could one use the .1, .24, .37 as effect size criteria for Pearson product moment correlation coefficients and regression coefficients (McGrath & Meyer, 2006). Pearson correlation test results are presented in Table 2. Based on these results, there is significant positive correlation between Self-categorization and prejudice attitudes with small and medium effect size. In addition, behavioral correlation of Self-categorization shows a significant positive correlation with all components of Psychological well-being except Autonomy with small and medium effect size.

Table 2. Bivariate correlation between components of Self-Categorization, Explicit & Implicit Prejudice attitude and Psychological Well-being

Component	Pearson correlation	Effect size	<i>p</i>
Self-Categorization			
Explicit tests	0.22	Small	<i>p</i> < 0.01
Implicit tests-Error Accounting	0.19	Small	<i>P</i> < 0.05
Implicit test- Time Accounting	0.30	Small	<i>P</i> < 0.05
Autonomy	0.15	None	<i>P</i> = 0.13
Environmental mastery	0.20	Small	<i>p</i> < 0.01
Personal Growth	0.27	Median	<i>p</i> < 0.01
Positive Relations	0.23	Small	<i>P</i> < 0.05
Purpose in life	0.28	Median	<i>p</i> < 0.01
Self-acceptance	0.24	Small	<i>p</i> < 0.01
Psychological well being	0.37	Strong	<i>p</i> < 0.01

Structural Equation Modelling

To examine the hypothesis that Self- categorization could mediate in the relationship between Implicit- Explicit prejudice attitudes and Psychological well- being, SEM was performed in which Self- categorization acted as the mediator variable and explicit-implicit prejudice attitudes served as the predictor variable while Psychological well -being served as the dependent variable. Direct relationships among the variables were also investigated. The theoretical structural model that was proposed to assess the direct and indirect effects of explicit- implicit prejudice attitudes, Self- categorization, and Psychological well- being.

Prejudice attitudes presented with two methods while self-categorization, psychological well-being are represented as overall variables. The variables were created based on their total correlations. The initial independent construct and the most important input in this study are prejudice attitudes. Two techniques were applied to measure prejudice attitudes that are self-report questionnaire and IAT program. For self-categorization as a mediator, the three indicators considered are self and in-group, self and outgroup, and in-group and outgroup.



Psychological well-being consisted as dependent construct contains six indicators were addressed under overall psychological well-being. We used various goodness-of-fit statistics to assess the closeness of the hypothetical model to the data. Path analysis result show coefficients standardized by the relevant ranges, these coefficients are shown in Figure 1. The differences between the values of the correlation among the variables, the absolute. The coefficient for the effect of self-categorization on psychological well-being is significantly positive.

When looking at the whole sample, all three variables show significant relationships. Explicit prejudice attitudes positively predicted self-categorization ($\beta = .32, p < .01$), also, implicit prejudice attitudes positively predicted self-categorization ($\beta = .21, p < .02$). However, explicit prejudice attitudes negatively predicted psychological well-being ($\beta = -.38, p < .01$), and implicit prejudice attitudes negatively predicted self-categorization ($\beta = -.29, p < .01$). The standardised indirect effect of Self-categorization significantly predicts Psychological well-being ($\beta = .27, p < .02$).

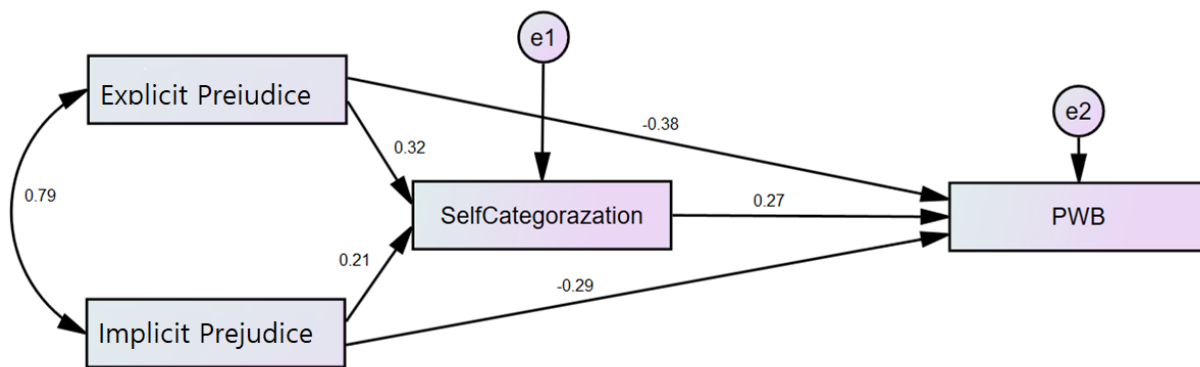


Figure 1. Path model including four measured variables explicit and implicit prejudices are set as independent variables, Self-categorization considered as mediator variable, and Psychological well-being is a dependent variable.

Discussion

The goal of the current study was to exam whether self-categorization that overlap between ingroup, outgroup, and self could paly a rolf of mediating the relation between prejudice attitudes and Psychological well-being. Theoretically, we presented evidence showing that categorizing self as part of a group could be helpful to reduce the effect of prejudice attitudes (Branscombe et al., 1999) The long-standing subjects of how negative attitudes might affect individuals’ well-being are re-examined through measuring Branscombe et al. (1999) viewpoints called the rejection-identification model. This framework is necessary to evaluate prejudicial attitudes and understanding the associations between prejudicial attitudes and psychological well-being among Kurdish and Arab nationals and to what extent Self-categorization could medeate the relashinship between prejudicial attitudes and psychological well-being. For measuring prejudicial attitudes two methods were used explicit and implicit measures.

At the first stage of this study, we aimed to demonstrate how implicit and explicit attitudes can statistically be associated with psychological well-being domains by explaining how the attitudes could affect individuals mental health of both nationalities. These results could be helpful to interpret the nature of relations between prejudicial attitudes and psychological well-being across the six domains that include autonomy, environmental mastery, personal growth, positive relation with others, purpose in life, and self-acceptance. Likewise, the current study shows that both groups Kurdish and Arab nationalities tend to



have prejudicial attitudes toward each other. the previous study suggested that during the mass movement prejudice attitude could appear between the host communities and displaced people. (Zarate, Garcia, Garza, & Hitlan, 2004).

The second stage of our work was examining the mediation role of self-categorization between prejudice attitudes and psychological well-being. These results might be helpful in identifying how self-categorization could play a positive role to mediate the explicit and implicit attitude relationship with psychological well-being. In addition, the earlier study that conducted by Hughes et al (2015) pointed out the individuals who identify their-self in-group and view it very positively. In addition and evaluate it more positively has greater self-esteem and mastery. From the result, we conclude that the identity and the individuals' perspective are necessary for understanding how racial identity is related to self-attitudes and well-being. The possible explanation for this result is that Self-categorization could promote an individual's identification with an in-group by makes the group a central aspect of the individual's self-concept. (Leach et al., 2008).

The present study was designed to determine the role of self-categorization of mediating the relationship between prejudice attitudes and psychological well-being. The results of the current study indicated that there are significant associations between explicit and implicit prejudice attitude, self-categorization, and psychological well-being among the host community who are Kurdish nationality and the internally displaced people who are Arabic nationality. The evidence from this study suggests that, intervention studies assessing the usefulness of self-categorization are needed to facilitate a better understanding of the relationship between prejudice attitudes and psychological well-being. As to the potential practical implications, the findings are also valuable in terms of the development and implementation of the programs that include self-categorization. This would be considered as a key factor to boost psychological well-being of internally displaced people who live in Kurdistan region who might experience prejudicial situations.

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