

Name of Measure: Social, Attitudinal, Familial, and Environmental Acculturative Stress Scale for Children – The SAFE (Hovey and King , 1996)

Purpose of Measure: To measure stress associated with the acculturative process

Author(s) of Abstract:  
 Choong Rai Nho, Ph.D.  
 Department of Social Welfare  
 Ewha Womans University  
 11-1 Daehyun-Dong Seodaemun-gu  
 Seoul, Korea 120-750

Reference: Nho, C. (1999). Psychological well-being of Korean American and Korean immigrant adolescents in the New York City Area. Dissertation Research.

Description of measure: The SAFE was originally developed by Padilla et al. (1985) (60 items) and shortened by Mena et al. (1987) to 26 items. It measures acculturative stress in four contexts: social, attitudinal, familial and environmental acculturative stress.

This study used the SAFE scale for adolescents as described by Hovey and King (1996). However, pilot research with Korean American and Korean immigrant adolescents suggested that the 26-item scale should be modified further. The scale was shortened to 16 items.

The following statements indicate how you perceive cultural stress. For each statement below, please check (4) only one box.

1 = Strongly Agree, 2 = Agree, 3 = Disagree, and 4 = Strongly Disagree

1 = Strongly Agree, 2 = Agree, 3 = Disagree, 4 = Strongly Disagree	1	2	3	4
1. I feel uncomfortable when others make jokes about Korean culture.				
2. My family members do not understand my American values.				
3. My family members and I have different expectations about my future.				
4. It bothers me that I cannot be with my family.				
5. Being Korean can be a limitation in looking for a good job.				
6. Many people have stereotypes about Korean culture.				
7. Living in the U.S. gives me stress.				
8. It bothers me when I think of my limited English skills.				
9. Other ethnic people try to stop me from advancing.				
10. I get pressure from others to become a part of the American culture.				
11. Because I am Korean, I do not get enough credit for the work I do.				
12. It bothers me when I lose contacts with friends or families in Korea.				
13. Other ethnic friends exclude me from activities because of my Korean background.				
14. People look down upon me when I practice my Korean customs.				
15. It will be better if I have more Koreans in my neighborhood.				
16. I will gain more respect if I were in Korea.				

Additionally, the response format was changed from a 5-point Likert type to a 4-point Likert type in order to maintain consistency with other variables in the study. The 5-point Likert scale, ranging from 1 (not at all stressful) to 5 (extremely stressful) was changed to a 4-point Likert scale ranging from 1 (strongly disagree) to 4 (strongly agree).

Language availability: English and Korean

Translation comments: The SAFE was translated into Korean via translation-back translation method. A Korean graduate student translated SAFE into Korean and, then, the translated SAFE was back translated to English by another graduate student and was then compared to the original SAFE. When there was a difference in translation, changes were made in the SAFE until translators' inter-rater agreement reached a .80 level.

SAFE was pre-tested in a focus groups of 12 Korean American adolescents whose age range was from 12 to 18. The focus group informed the researcher of any cultural and linguistic ambiguity in wording or difficulties in understanding the question items.

Population: Two hundred and sixteen Korean American and Korean immigrant adolescents who met the following criteria were recruited to participate in the study. First, they resided in the New York City Metropolitan area, as defined by the Bureau of Census. Second, they were between 14 and 19 years of age. Third, one of their parents was Korean born. The data were collected between June 1999 and August 1999. The participants consisted of 112 females and 103 males. The modal age of the participants was 16, representing 27% of the total participants. Twenty-four percent of the participants were 17 years old, representing the second largest group in age. Fifty-seven percent of the total participants reported being either in the 10<sup>th</sup> or 11<sup>th</sup> grades. Furthermore, 64% were born in Korea, and 34% were born in the U.S. Only 2% of the participants were born in places other than Korea and the U.S.

Norms:

	N	Mean	S.D.	t
Male	101	36.91	6.24	.88
Female	110	37.68	6.48	
Korean speaking	83	39.88	5.39	-4.87***
English speaking	129	35.73	6.45	
Born in U.S	72	34.25	6.16	-5.46***
Born in Korean	136	39.03	5.93	

Acculturative stress was positively associated with age ( $r = .16$ ,  $N = 212$ ,  $p < .05$ ) and negatively associated with family income ( $r = -.16$ ,  $N = 212$ ,  $p < .05$ ) and academic performance ( $r = -.23$ ,  $N = 209$ ,  $p < .001$ )

Reliability: Hovey and King (1996) reported that SAFE has internal consistency reliability of .89 based on 26 items. Based on 16 items, the alpha coefficient was .76 in this study.

Validity: See original source

Original reference:

Hovey & King (1996). Acculturative stress, depression, and suicidal ideation among immigrant and second-generation Latino adolescents, *Journal of Academy of Child and Adolescent Psychiatry*, 35 (9), 1183-1192.

Mena, F. J., Padilla, A. M., and Maldonado, M. (1987). Acculturative stress and specific coping strategies among immigrant and later generation college students. *Hispanic Journal of Behavioral Sciences*, 9(2), 207-225.

How to obtain a copy of the instrument: Contact Choong Rai Nho, Ph.D. at the above address.