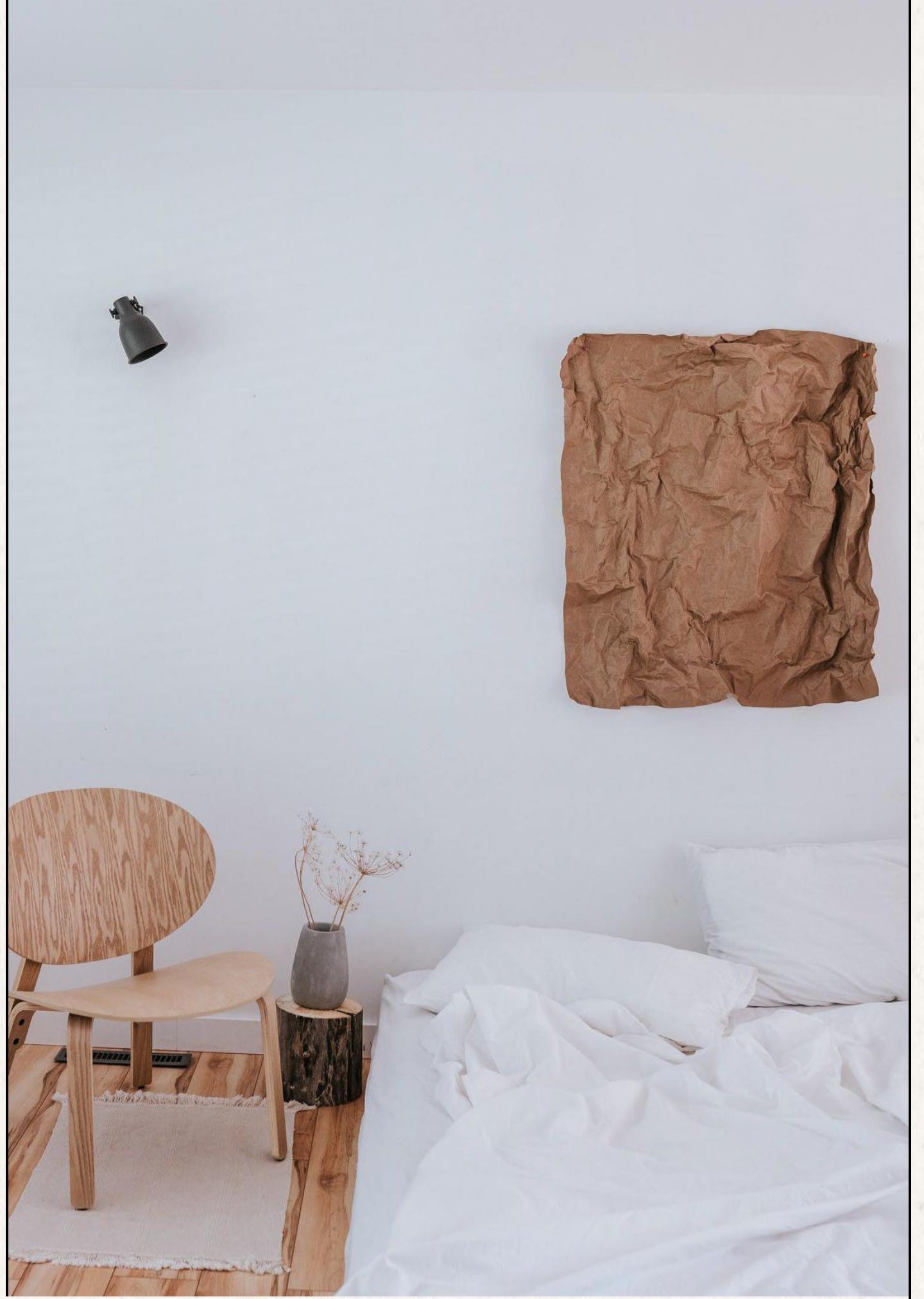


AAPI PROJECT PRESENTATION: Exploring Mental Health Stigmatization within AAPI Communities

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Project Topic

Research Question

How does stigmatization of mental health affect AAPI communities?

Why is it important?

stigmatization of mental health is a pressing issue affecting individuals, families, relationships, and almost all other aspects of life in the AAPI communities. It is important to learn about the history of it in order to learn about how we can get past it

Why did I choose it?

I chose mental health stigmatization as my main issue because it has been a big part of my experience growing up. Whether it was something I witnessed through others (friends and family), or something I have experienced myself.

Project Type

How it was completed:

I chose the creative option for my project.

I wrote a mini capstone of poems to demonstrate my research. I first researched the history of stigmatization of mental health in Asia and how this compared to AAPI communities. My goal was to learn about how stigmatization began in Asian communities in order to better understand my own and others' experiences. From proper knowledge of where stigmatization comes from and how this has affected generations, I was able to look inward into my own experiences.

Main Steps:

My first step was doing research into mental health stigmatization. I wanted to learn about the different angles of this issue such as looking into how it began in Asia, how it differs between Asian and AAPI communities, how this affects different age groups/cultures, and how we can overcome this. After completing the research, it was my job to turn this knowledge and my experiences into a poem for my project. My second step was looking inward and reflecting on my own experiences with mental health and how my upbringing in an AAPI household affected my outlook on this. Finally, my last step was gathering my thoughts and combining it with my research to create my final project.

How my artwork is inspired from research:

My artwork is inspired by my research because it acknowledges how an upbringing in an AAPI environment can affect a person's outlook on mental health. It takes the experiences of generations of AAPI communities and tries to boil it into one piece of writing that reflects these complicated and conflicting feelings of wanting to express yourself and continuing to suppress it.

Project Findings

What was found:

I found that my experience overlaps a lot with others' experiences too. Looking at the experiences of past generations whether it be through online articles or hearing from family or friends, I found that we all feel generally the same things when it comes to expressing mental health. This was an important finding to me because I was able to connect different thoughts and feelings to each other, and made it easier to write a creative piece conveying these feelings.

Addressing Research Questions:

I tried addressing my research question by looking at the different angles and perspectives of mental health stigmatization. Going in already knowing that stigmatization is very prevalent in AAPI communities, yet everyone experiences it in their own unique way. My goal when tackling this research question was trying to understand it from many different angles in order to put together a piece that conveys a universal feeling.

Intersectional Approach:

One unique way of looking at the stigmatization of mental health is understanding the role gender can play into it. An intersectional approach includes the way gender and ethnicity can interact with each other. In this case, I looked at how AAPI communities stigmatize mental health issues along with stigmatization among males. Men deal with more stereotypical labels that make them deal with their emotions in the dark, and not expressing it. Otherwise, they are labeled as weak or too emotional. This isn't the case with women, who are stereotypically labeled as emotional beings. Because of gender norms, it is more socially acceptable for a woman to express their emotions, while men are told not to. When gender and ethnicity interact, there can be an increased likelihood of that person suppressing their emotions and neglecting their mental health due to the stigmatization of it.

Limitations + Future Research

Some limitations I found in my research is the lack of diversity. I really wanted to research the experiences of different cultures and generations but most research was heavily focused on east Asian groups in young adults. I would've liked to see more diversity in the research. I think future research could focus on highlighting the experiences of different age groups and cultures so that we could get a better idea of mental health stigmatization. Through this we may better understand the ways that stigmatization is affecting groups differently, and see what works and what doesn't when trying to navigate through this deeply rooted issue.