This research builds upon scholarship that explores the unique immigration-related experiences of self-identified Asian bicultural immigrants born in and outside of the United States of America (USA), complementing other research on immigrants in the country. Previous research suggests immigrants experience multiple challenges that contribute to acculturation stress, which in turn takes a toll on their psychological wellbeing. This study examined the impact of personal and socio-cultural factors on the psychological wellbeing of Asian and Asian American bicultural individuals. Based on the existing biculturalism literature, it was hypothesized that the strength of identification with both cultures (heritage/origin and mainstream/host cultures) is positively related to levels of psychological wellbeing and negatively related with levels of psychological
distress. It was also hypothesized that when faced with stressful events, the
presence of high individual resilience responses is positively related to higher
levels of psychological wellbeing. Additionally, a relationship between
acculturation stress, bicultural identity integration, resilience and
psychological wellbeing was anticipated based on current literature.

In this study, a series of correlational and hierarchical multiple linear
regression analyses were employed to test the influence of immigrant
generational status, acculturation stress, bicultural identity integration, and
individual resilience on psychological wellbeing of 156 self-identified
bicultural Asian and Asian American students and affiliated members of a
university in the Midwest region of the United States. The study also sought
to determine if bicultural identity integration and individual resilience
moderated the relationship between acculturation stress and psychological
wellbeing. Finally, this study examined whether resilience was associated
with bicultural identity integration across the two immigrant samples.

Results indicated that between foreign-born and U.S.-born individuals,
foreign-born individuals reported greater acculturation stress and
significantly lower psychological wellbeing compared to a U.S.-born sample.
The relationship between acculturation stress and psychological wellbeing
was found to be inversely related; as acculturation stress increased,
psychological wellbeing declined. Meanwhile, resilience and bicultural
identity integration (harmony and blendedness) were found to be predictive
of higher psychological wellbeing. As resilience, BII-harmony, and BII-
blendedness increased, psychological wellbeing also increased. However,
there were no differences in the strength of the relationships between
psychological wellbeing, resilience and BII-blendedness as a function of
generational statuses. Additionally, perceptions of BII-harmony were
positively correlated with psychological wellbeing, but only among foreign-
born immigrants.

Contrary to expectations, resilience and bicultural identity integration
(harmony and blendedness) did not moderate the relationship between
acculturation stress and psychological wellbeing. Rather, the negative
correlation between acculturation stress and psychological wellbeing was of
approximately equal strength regardless of participants’ levels of BII-
blendedness and BII-harmony. The results also revealed a positive
relationship between bicultural identity integration and individual resilience.
Limitations of the study are discussed and implications for future research
and practice are explored.