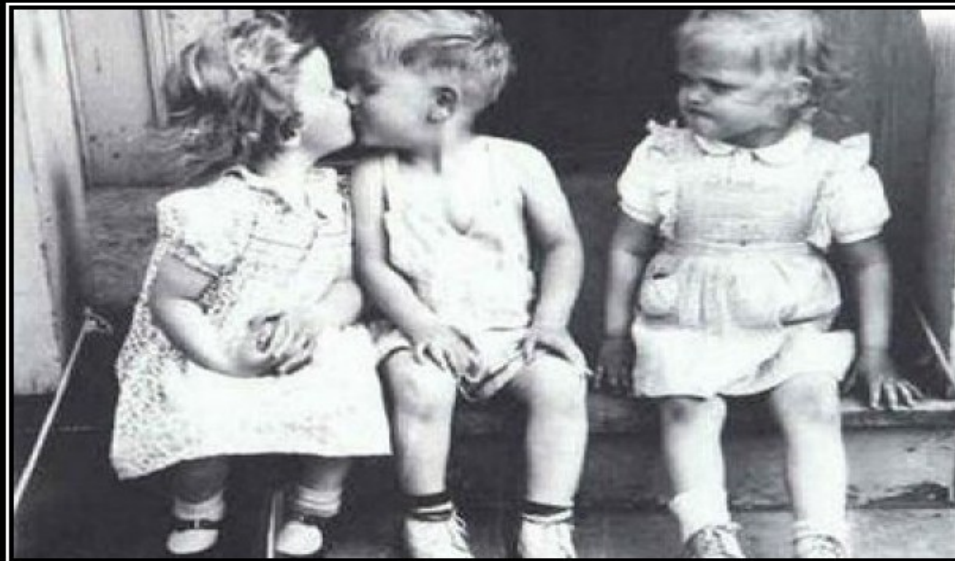


Exclusion and Discrimination: Well-being, (Religious) Identity and Intergroup Hostility

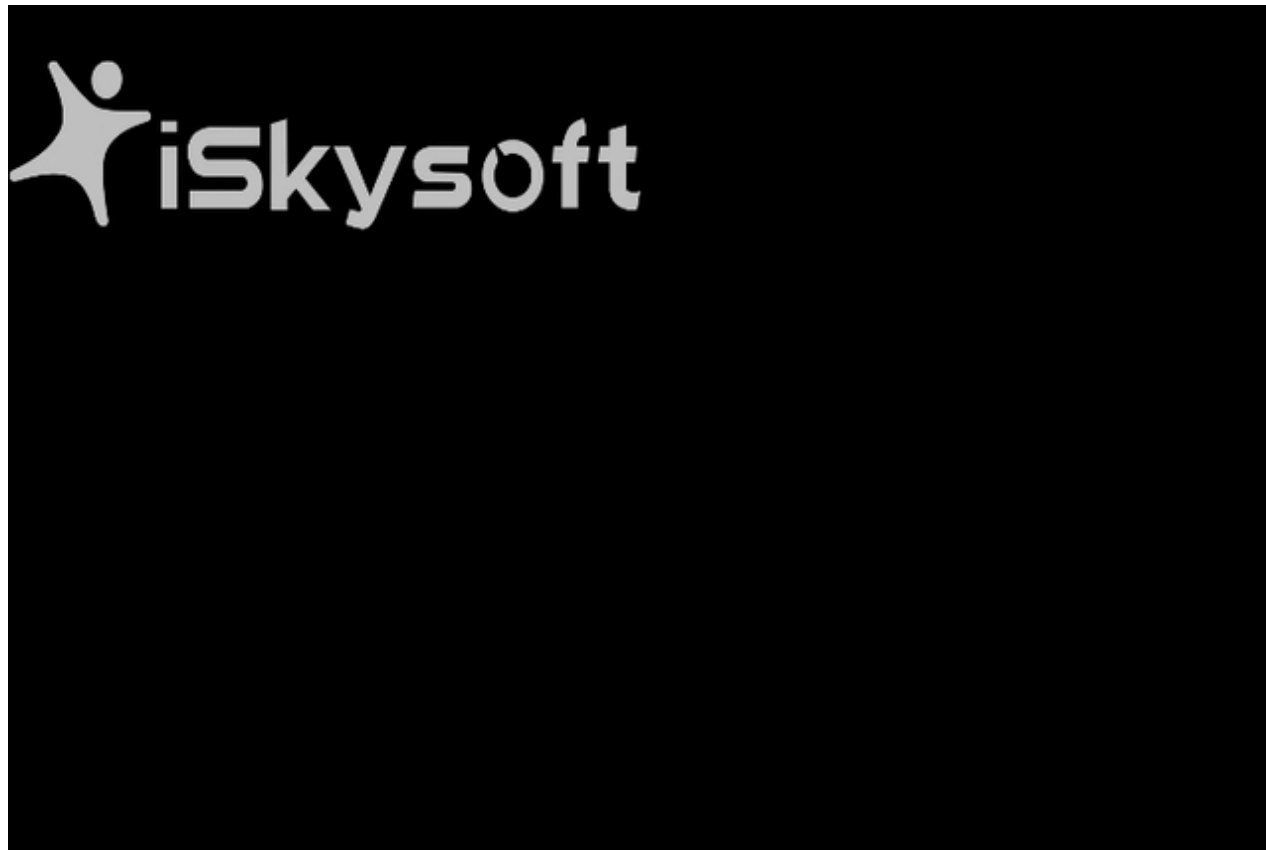


REJECTION

It starts from an early age. Get used to it!

DIY.DESPAIR.COM

Juliette Schaafsma



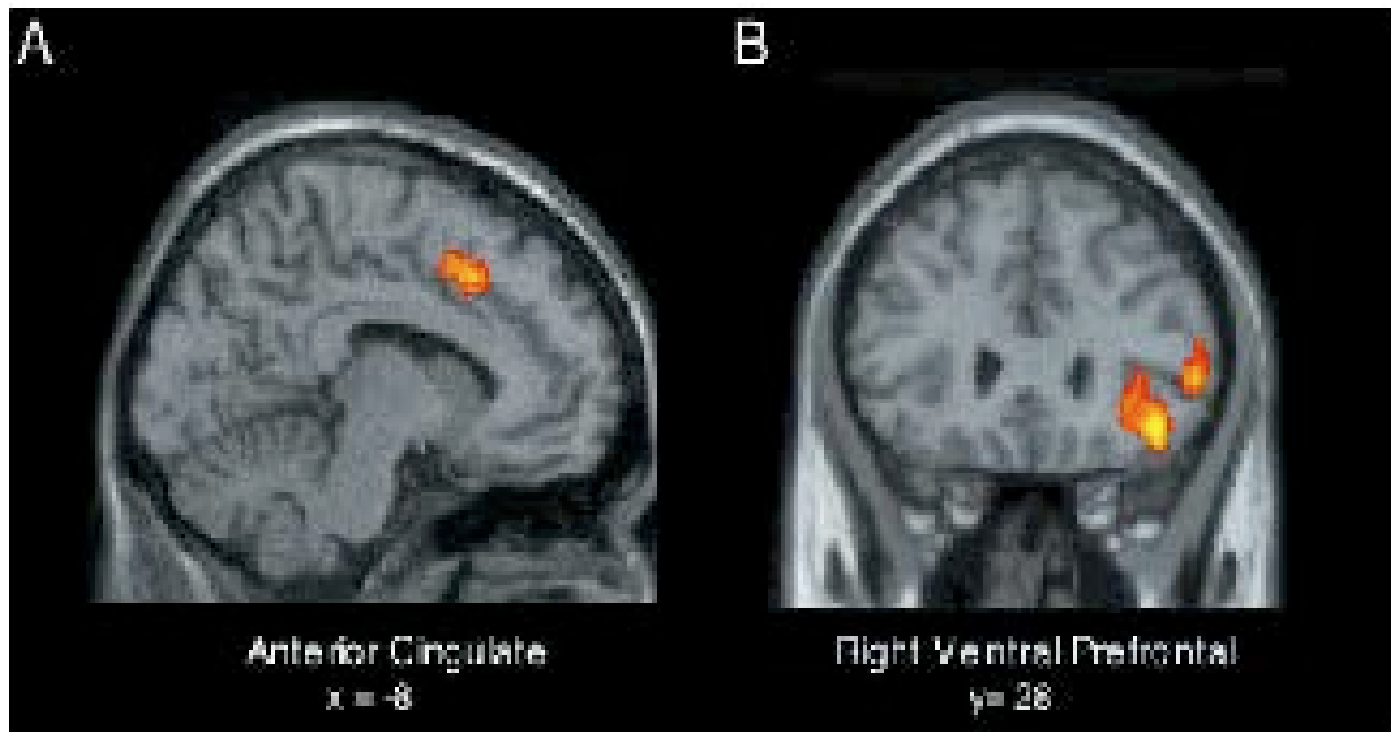
Being excluded or ignored

- Synonyms: ostracism, shunning, silent treatment, cold shoulder
- Related concepts: rejection, disrespect, discrimination, marginalization, stigmatization





Exclusion or rejection signals danger and is therefore reflexively detected as pain



Exclusion destabilizes the individual

It threatens fundamental needs:

- Belonging
- Self-esteem
- Control
- Meaningful existence

It may arouse negative emotions:

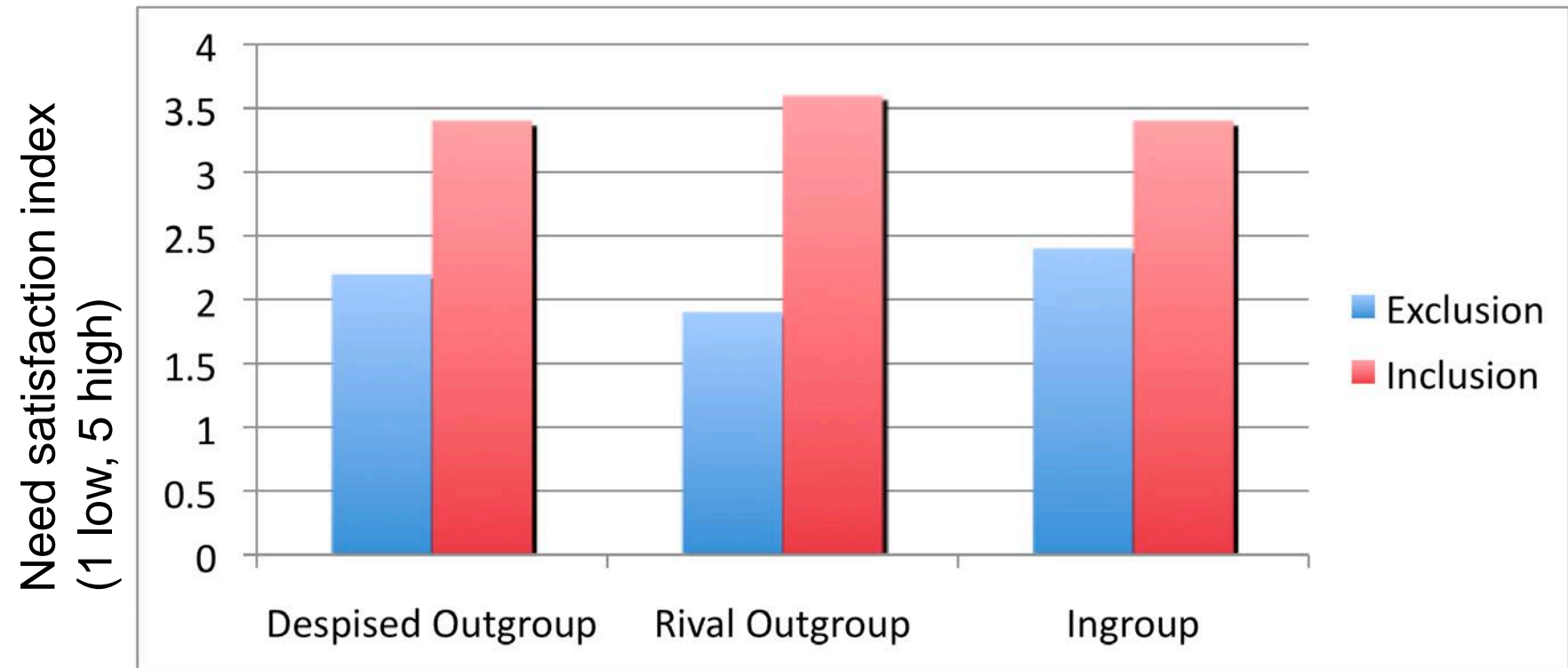
- Sadness
- Anger

Exclusion destabilizes the individual

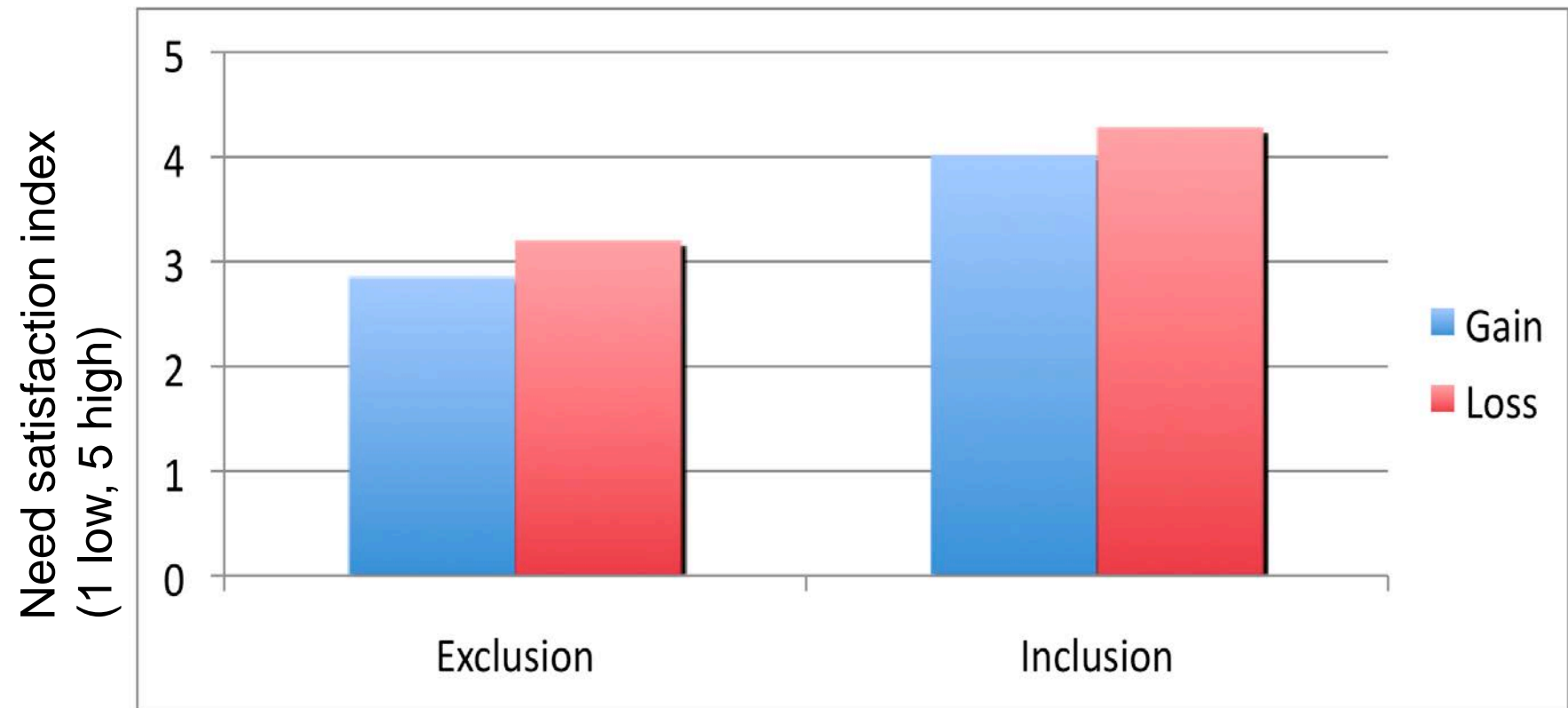


<http://www3.psych.purdue.edu/~willia55/Announce/CyberballFinger.mov>

Exclusion, even by a despised outgroup, is distressing



When inclusion costs and exclusion pays, it still hurts





Excluded or rejected individuals may try to fortify thwarted needs

- On the one hand, exclusion or rejection may lead to social susceptibility
- But it may also result in self-defeating, antisocial or aggressive behaviors

Exclusion may result in intergroup polarization and religious fundamentalism

(Schaafsma & Williams, 2012, JESP)



Central assumptions

- Exclusion will result in more hostility and in more support for fundamentalist religious beliefs
- But reactions may vary as a function of the status of those who exclude (ingroup vs. outgroup)
- Exclusion by outgroup members may represent a different type of threat to a person's social identity than exclusion by ingroup members

Central assumptions

- Exclusion by ethnic *outgroup* members will result in more hostility than exclusion by ethnic ingroup members > *categorization threat*
- Exclusion by ethnic *ingroup* members will result in more support for fundamentalist ideas than exclusion by ethnic outgroup members > *acceptance threat*

Overview Study

- 720 participants: 384 Dutch origin (secular and Christian); 336 Turkish and Moroccan origin (Muslim) high school students (15 - 18 years old).
- Participants were included or excluded during a virtual ball-toss game (Cyberball)
- Participants played with either ethnic ingroup or ethnic outgroup co-players (computer-generated)

Cyberball


**Speler
1**

Rashida



**Speler
2**

Karim

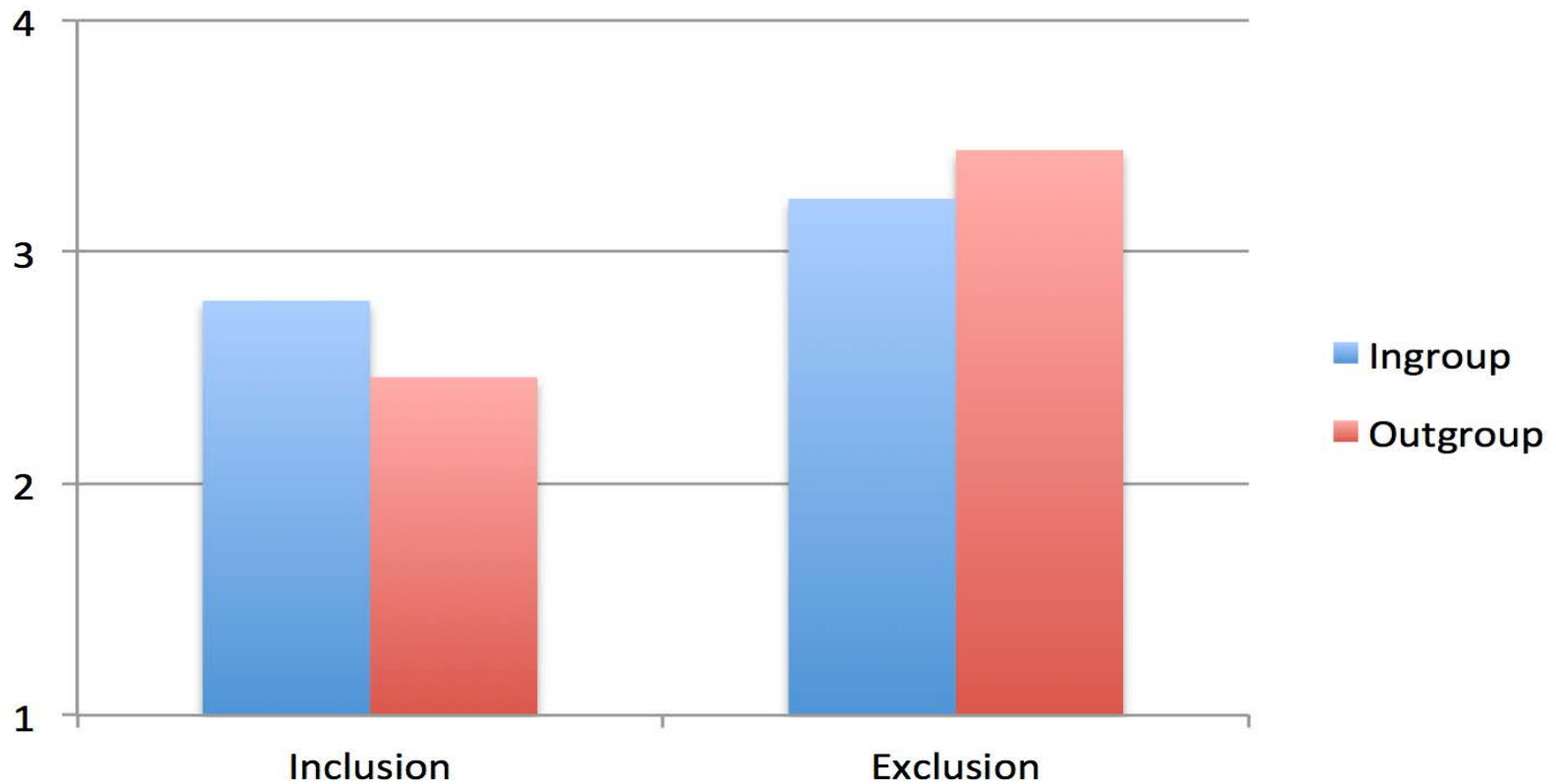

**Speler
3**

Jij

Hi, I am Rashida, I love shopping with my friends Salima and Fatma. And I loooooooooooooove couscous!!

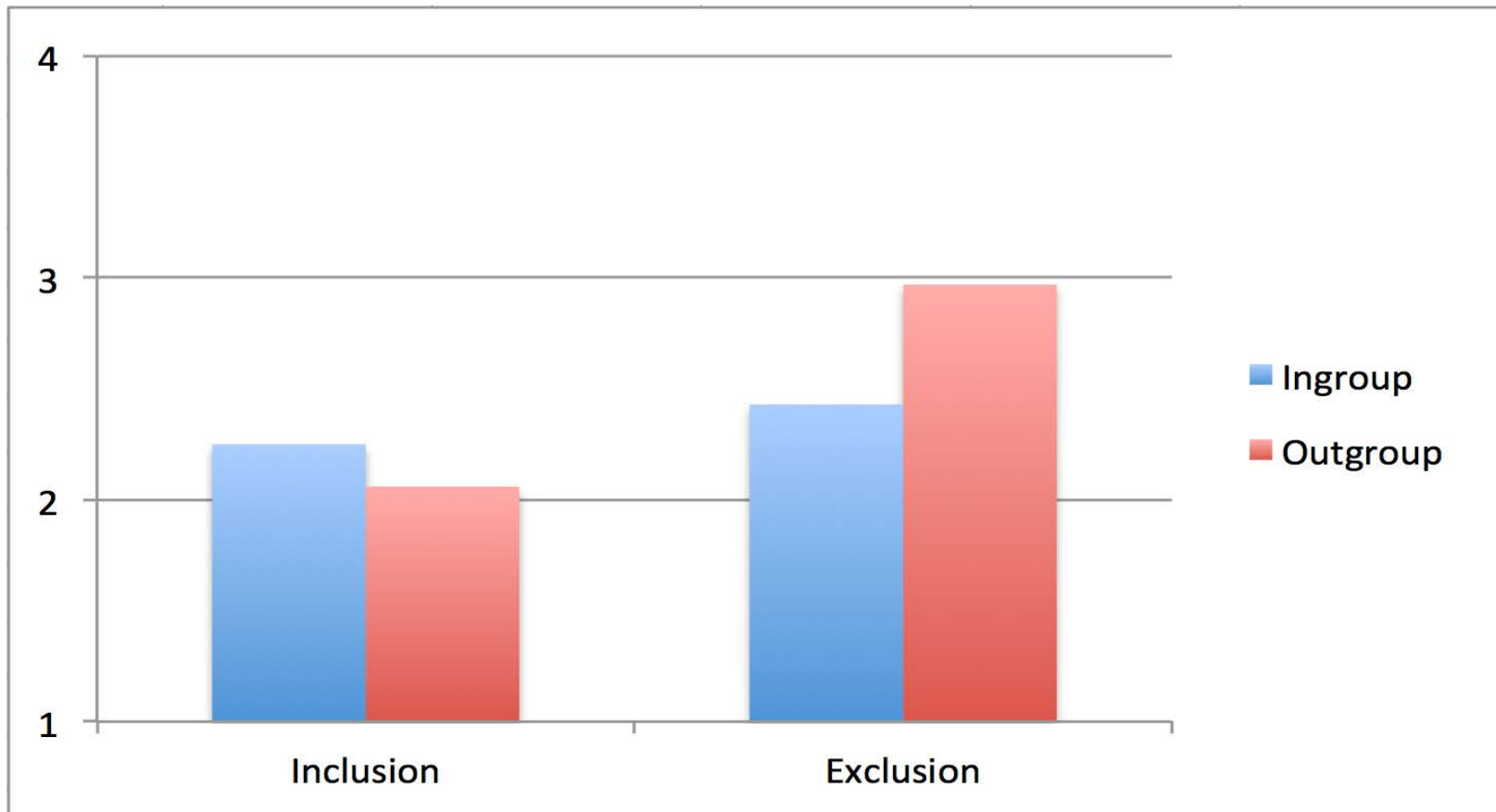
Hey, I am Karim and my hobby is soccer. I am a fan of Mouloudia Club Oujda!!! The best club of Morocco!
FORZA MCO...!!!! 😊

Hostility toward Co-Players



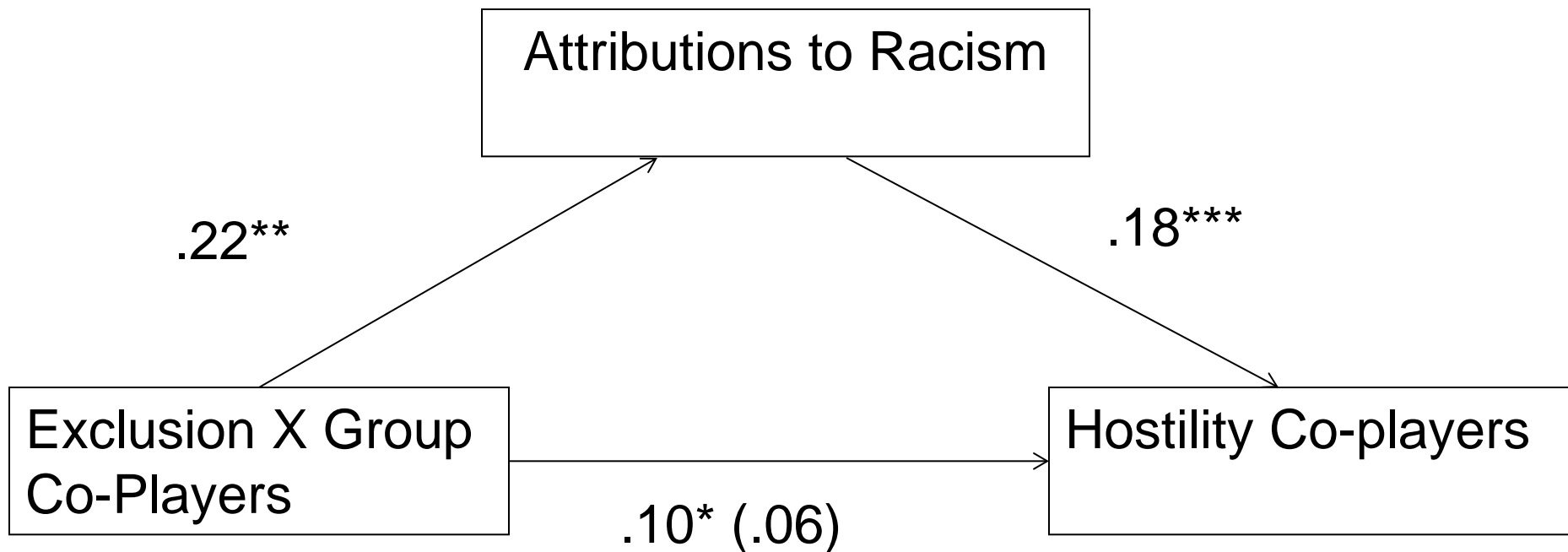
$F(1, 700) = 7.25, p = .007$

Hostility toward Co-players' Group

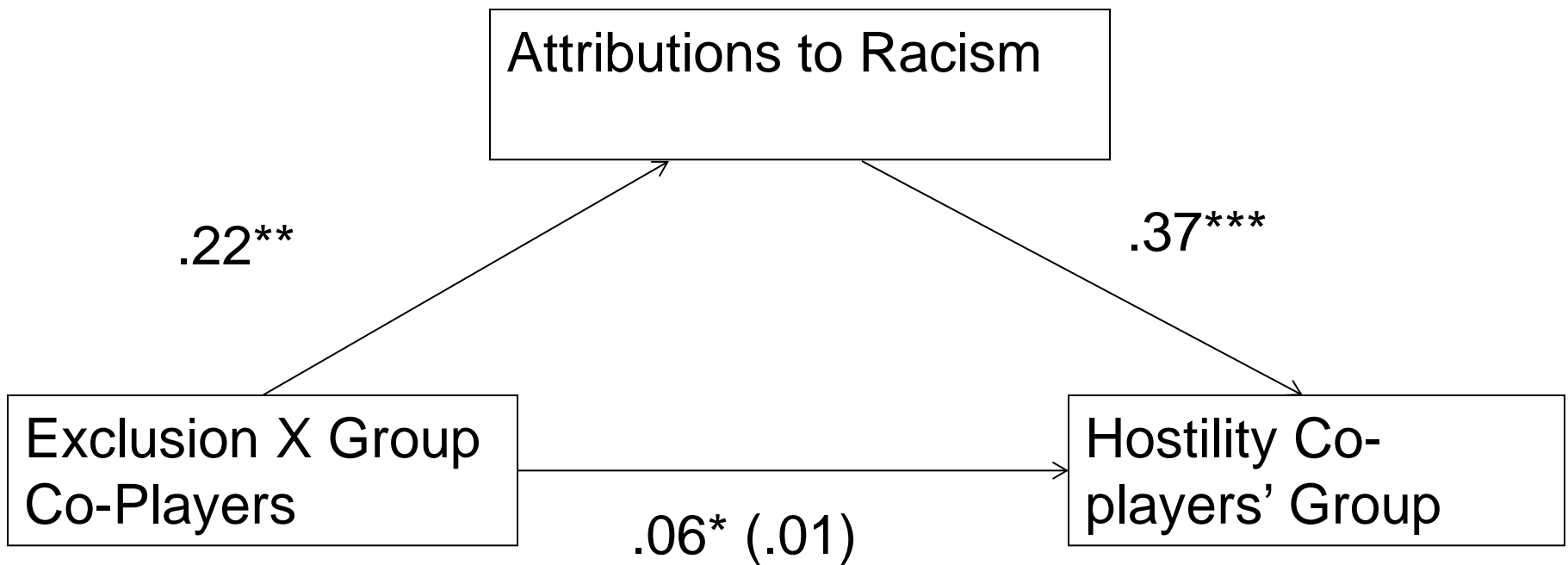


$F(1, 698) = 5.19, p = .023$

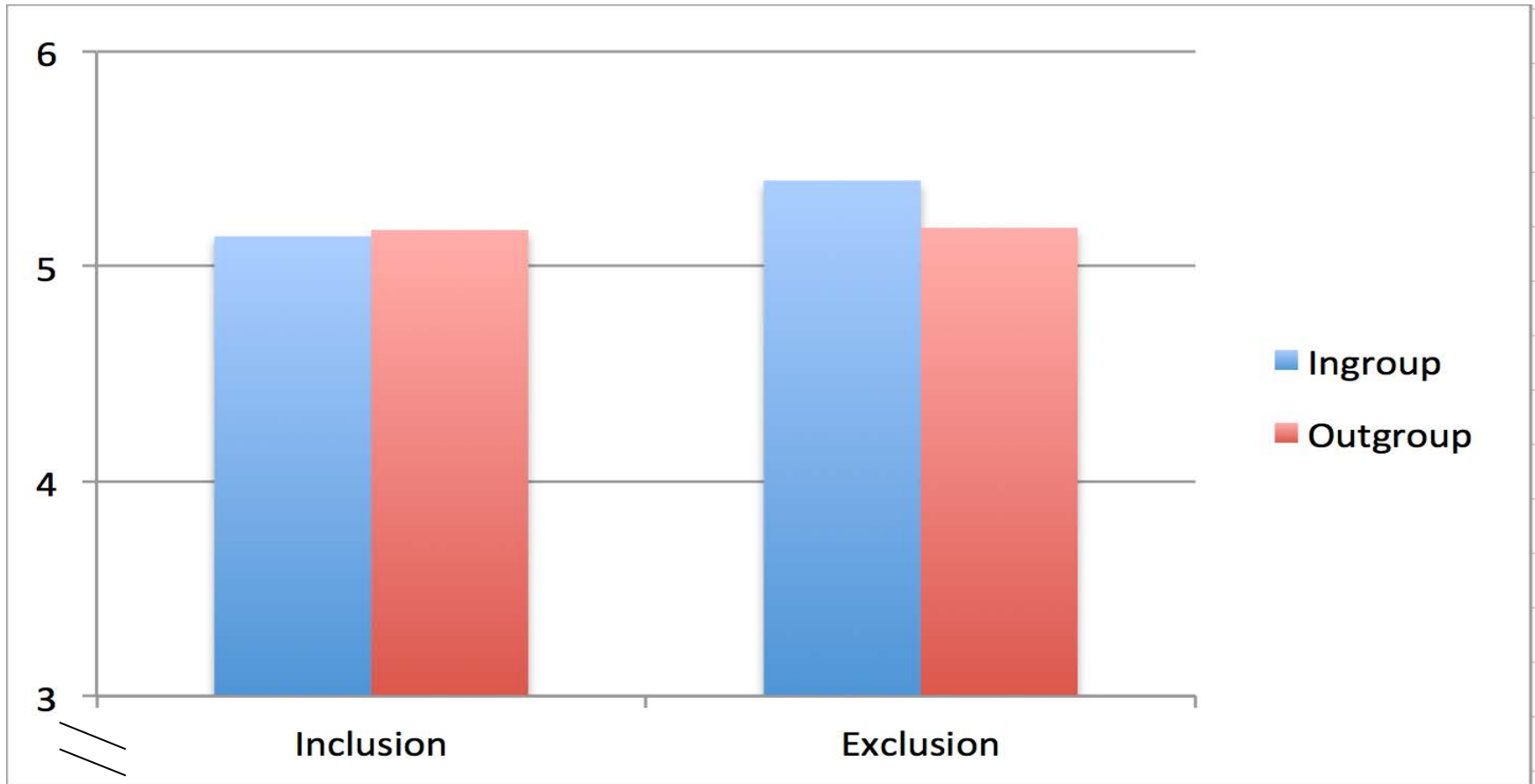
Mediational Analysis: Hostility Co-Players



Mediational Analysis: Hostility Co-Players' Group



Religious Fundamentalism



$F(1, 499) = 5.30, p = .022$

But what about discrimination?

- Comparable results have been found (e.g., Branscombe, Schmitt, & Harvey, 1999)
- Discrimination is painful and can result in lower well-being
- It may also result in more hostility toward the outgroup and in a stronger identification with the ingroup

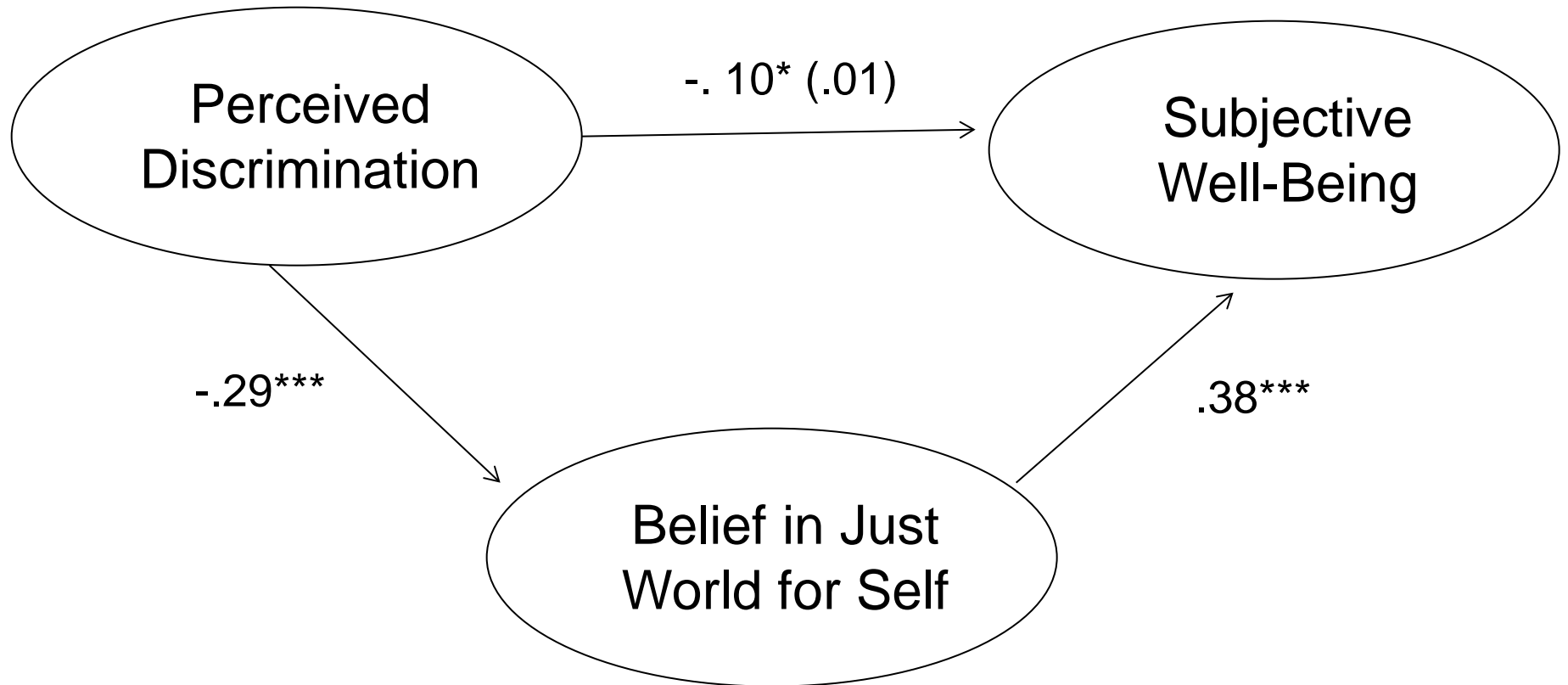
Why does discrimination result in lower well-being?

(Schaafsma, 2013, IJIR)



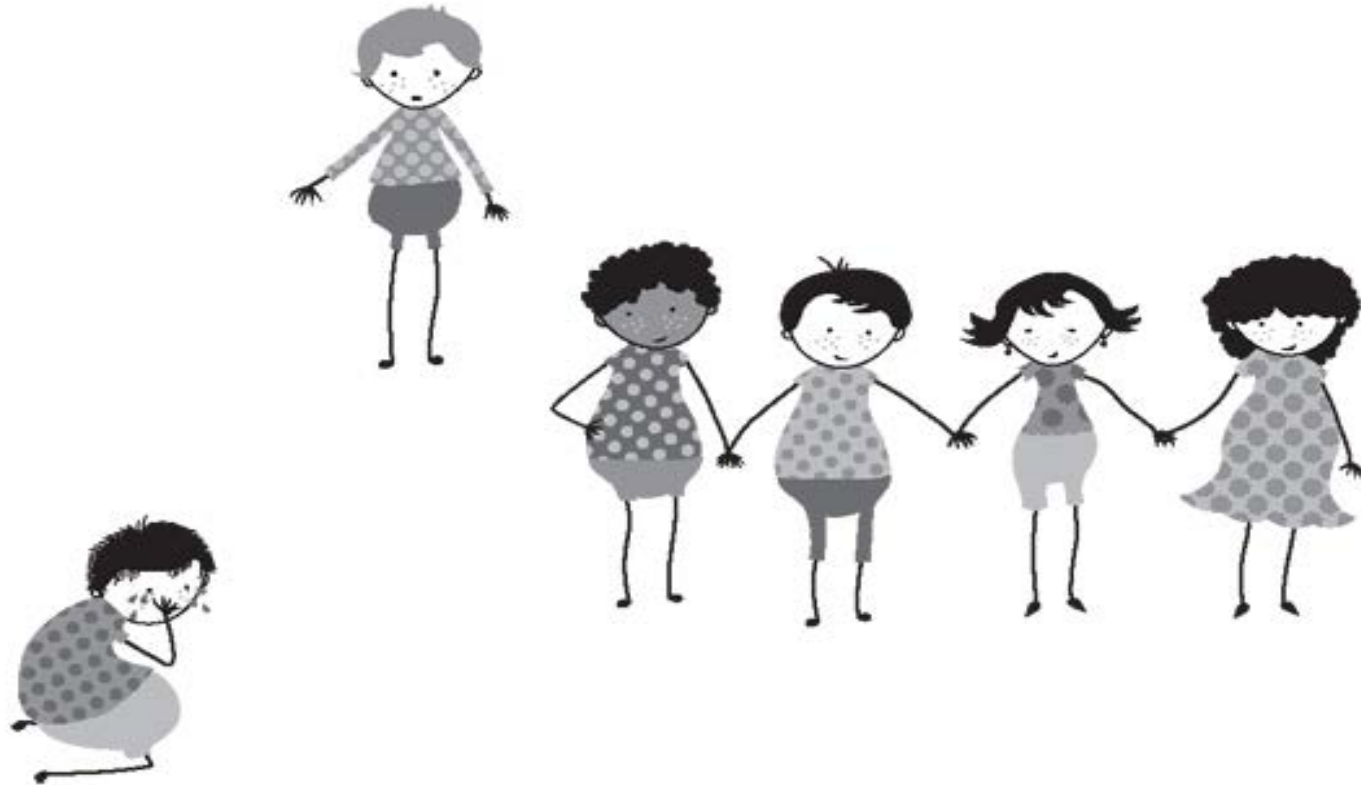
Overview Study

- 243 participants of Moroccan (139) and Turkish origin (104) (110 women, $M_{age} = 34.7$, $SD_{age} = 15.1$)
- They filled out a questionnaire (paper-and-pencil).
- They completed measures to assess their experiences with discrimination ($.86$), belief in a just world ($\alpha = .88$) and their well-being ($\alpha = .79$).



Can people's ethnic identity protect them from the negative effects of discrimination?

(Schaafsma, 2011, EJSP)



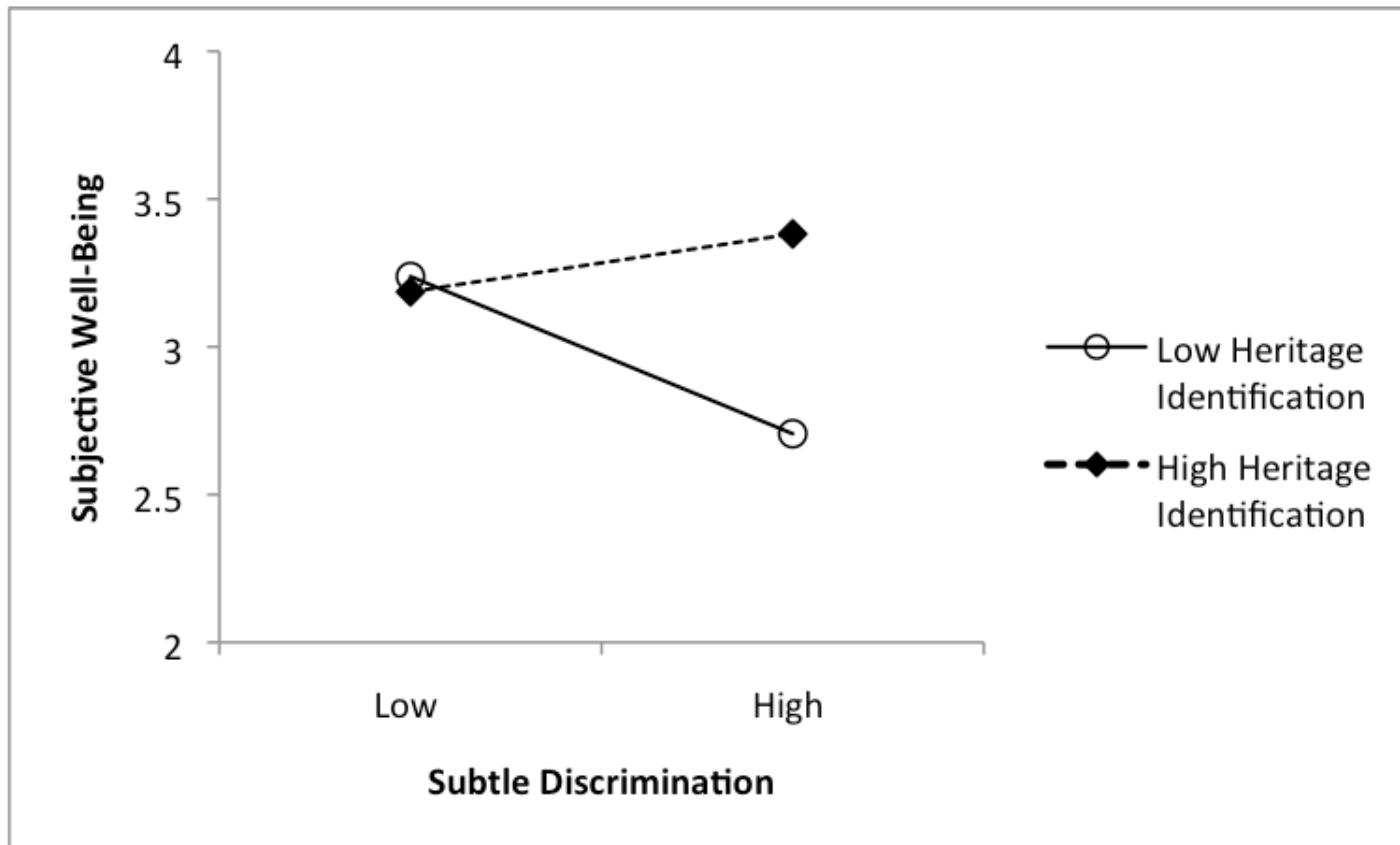
Central assumptions

- A strong identification with heritage group may make ethnic minority members more sensitive to (subtle) discriminatory cues, but it may also protect them from its negative effects.
- A strong identification with majority group may lead minority members to be less aware of or downplay discrimination, but it is also likely to exacerbate its effects when it is noticed.

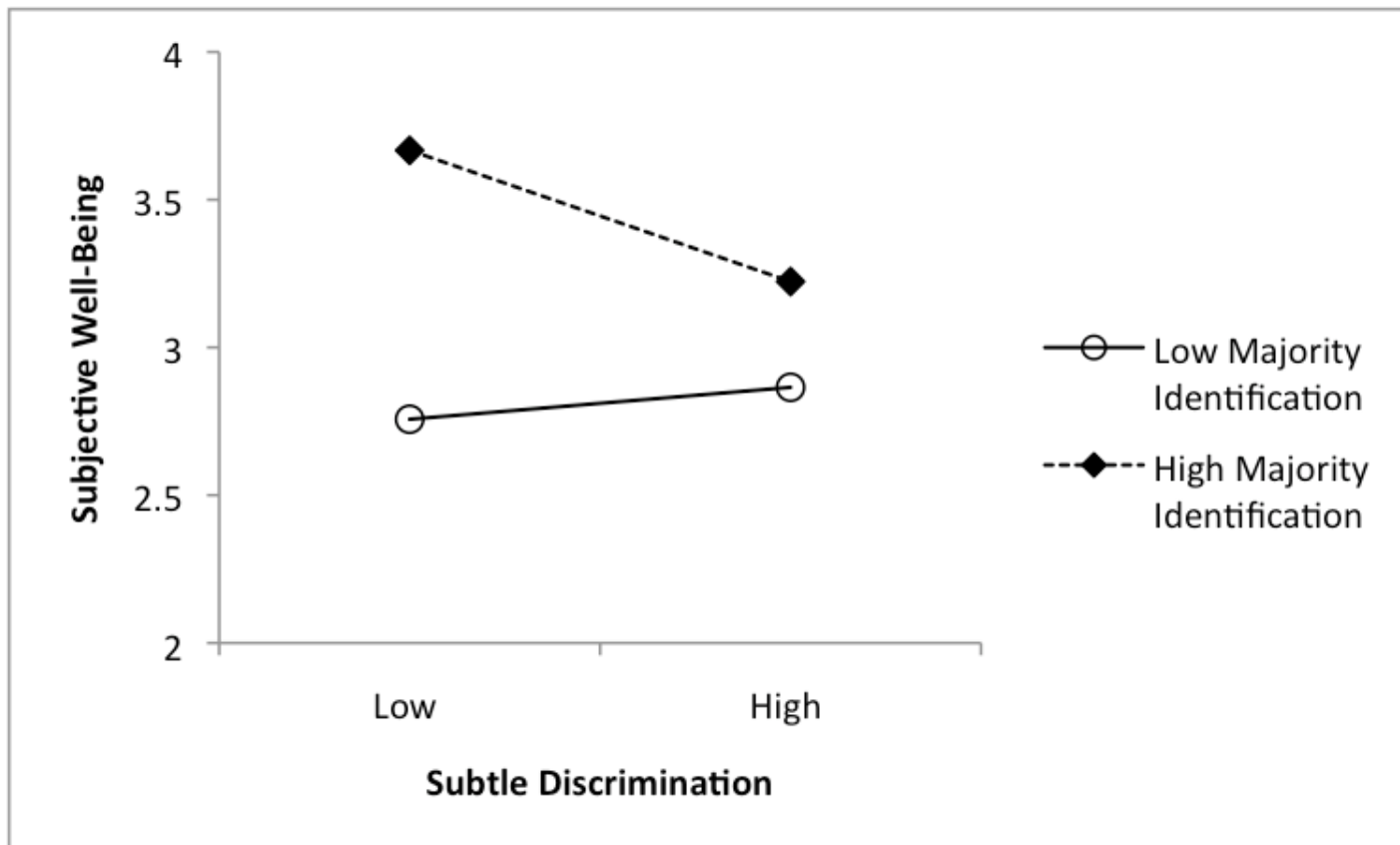
Overview Study

- 320 participants of Turkish (167) and Moroccan (153) origin (52.5% female, $M_{age} = 30.0$, $SD_{age} = 13.5$)
- Participants filled out a questionnaire (paper-and-pencil).
- They completed measures to assess their identification with the heritage group and majority group ($\alpha = .88$ and $.87$), experiences with subtle and blatant discrimination ($\alpha = .94$ and $.82$), and well-being ($\alpha = .88$).

Heritage group identification can be buffer against negative effects of discrimination



Identification with majority group exacerbates negative effects of discrimination



To conclude

- Exclusion or discrimination is painful and poses threat to identity
- There are different paths to cope with this threat
- Some of these paths may result in more radical and hostile behaviors
- Much more research is needed on the effects of exclusion and discrimination in early life, and on its long-term consequences

Thanks to:

Jessica Seij

Kim van Sommeren

Bregje Raijmakers

Fatima Aynaou

Annelies Verhelst

Marjolein van Oijen

Claudia Kreuzsch

Mina Shahabi

Marieke van Bergen

Ruben de Rooij

Kobus Beljaars

Freek Coppens

Sharan Kok

Elina Daamen

Andy Kuipers

Paul Mutsaers

Thank you!

