



Adversities in Interracial Relationships

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Abstract

❖ Within my research I highlight the different adversities interracial couples tend to go through on a day to day basis, or over time within their relationship. From those adversities I analyze how those couples mentioned were able to be resilient despite external challenges that their relationship faced. By breaking down the normal social construct which determines the ways in which people tend to view certain outlooks, this concept is defined by themes and the way in which things have always been. By determining the way in which people think, it is grasped why people are still against mixed race couples. Through the study that was conducted, 25 interracial couples were interviewed to get their take on any external challenges that they may have faced while being together. While many couples face daily challenges within their own relationships, some interracial couples face many different factors that may either strengthen or hinder their relationships. Through the conducted study and those questions, along with first-hand accounts from these couples it was determined the type of trials they went through and continue to go through on a daily basis. It is also highlighted the importance of resiliency and through positive communication indicators, and resiliency practices those contributions within mixed-race couples significantly improved the relationship. The study concludes with conversational pieces and other studies of scholarly work in similar topic fields. Furthermore, as this topic of interest continues to be at the spear head of engagement; going forward I would want to analyze how the normal social construct is a leading and predominate factor in negative feelings or representation of mixed-race couples.

Research Question

❖ Through strong communication practices, how does resilience affectively reinforce interracial relationships that have experienced adversities.

Hypothesized Results

❖ It will be hypothesized that the couples within this research will have demonstrated affective resilience despite the challenges they may have faced outside of their relationship.

Method: Context & Participants

Shifting into the research portion, I want to establish some key points that will model this study:

- ❖ 100 interracial couples that range in age and area.
- ❖ These areas will include parts of the East coast, the South, the Midwest, and the West coast.
- ❖ All couples who have been together for more than four years.
- ❖ This will be a qualitative study that will look to focus on the experiences of the participating couples.
- ❖ Their experiences will be analyzed, and their results will vary based on their time together, and the area in which they live in.
- ❖ All questions that will be conducted within this study will be formulated the same to keep the outcomes conclusive.
- ❖ This study will range in results and will determine what types of challenges and adversities these couples faced, and how they were able to exemplify resilience from those hindrances.

Data Collection

Here the data collection is broke down into data analysis:

- ❖ This collection of data will be distributed via social media sites.
- ❖ These sites will include Facebook, Instagram, and Twitter and will be conducted through proper channels and affiliations to ensure credibility.
- ❖ These requests will look to find 100 interracial couples in the four regions across the United States.
- ❖ Old Dominion University will be in charge of this lifespan study and look to analyze the data among peers and other scholars.
- ❖ The only requirements for this study will include four years or more of being together as a couple and interracial only relationships.
- ❖ This data will be collected based on sit down interviews where all couples participating will be asked the same questions.
- ❖ The answers provided will then be compared, as it was stated, based on the areas that these couples are from and how long they have been together.
- ❖ This will give researchers the opportunities to see how couples are affected by adversities in certain areas.

Questions

- ❖ *How long have you been together as a couple?*
- ❖ *Where are you from?*
- ❖ *Have you ever experienced any kind of prejudices while in your relationship?*
- ❖ *How did those negative experiences make you feel?*
- ❖ *Where did these adversities take place?*
- ❖ *How many instances have you experienced these challenges?*
- ❖ *Together, how do you respond to negative communication outside of the relationship?*
- ❖ *Do you think social constructionism is an excuse for people's negative behavior?*
- ❖ *In what ways have those negative experiences made your relationship stronger?*
- ❖ *What positive communication methods helped most when going through negative experiences?*
- ❖ *Did having hope that things would get better strengthen your resilience?*

Conclusions

❖ Challenges often cause hardships, but through positive communication practices they are able to overcome those adversities and exhibit resilience. Looking forward to future studies, I hope that interracial couples become more excepted by others as society progresses further, and as positive communication practices develop.