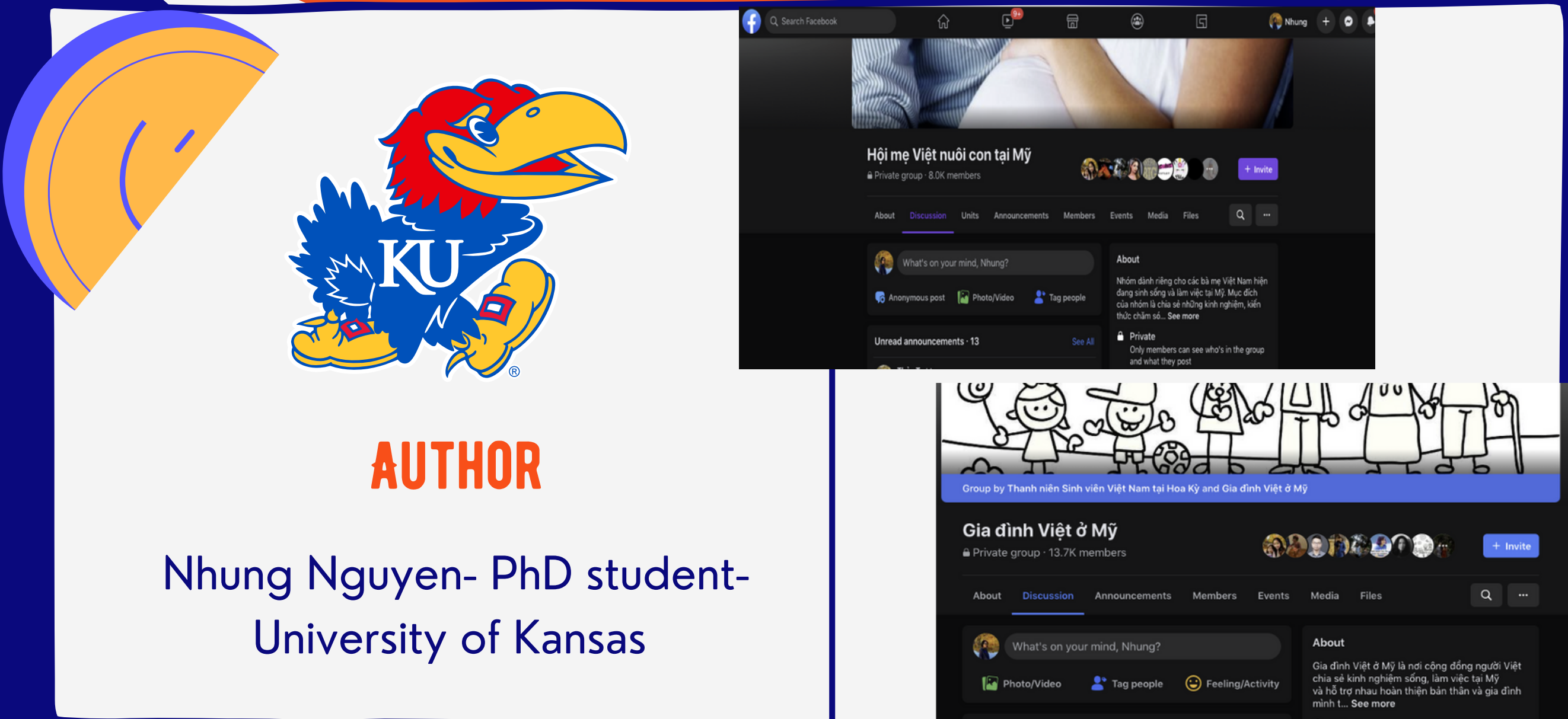


STRANGERS HELPING STRANGERS IN A STRANGE LAND: VIETNAMESE IMMIGRANT MOTHERS AND EXPECTING MOTHERS IN THE USA USE SOCIAL MEDIA TO NAVIGATE HEALTH ACCULTURATION

Abstract: Drawing from acculturation, this study analyzes 18 in-depth interviews with immigrant Vietnamese mothers and pregnant women in the United States on the role of online social support through Facebook on their pregnancy and motherhood in a strange land. Findings show that immigrant mothers seek out both informational and emotional supports. "Bonding" levels are low and unlikely to transcend into real-life friendships. Social media, however, allows community members to develop and thrive during enculturation.



01. LITERATURE REVIEW

Acculturation Theory

- Acculturation
- Health acculturation
- Health Acculturation among Immigration Mothers and Expecting Mothers

Social support theory

- Online social support
- Social Supports in The Domain of Health among Immigrants
- Online Social Supports on Health Acculturation for Immigration Mothers and Expecting Mothers

2. RESEARCH QUESTIONS

RQ1: Why do Vietnamese immigrant expecting mothers and mothers in the USA join Facebook groups for health acculturation?

RQ2: How do Vietnamese immigrant mothers and expecting mothers provide/receive support by using social media for health purposes during pregnancy and motherhood?

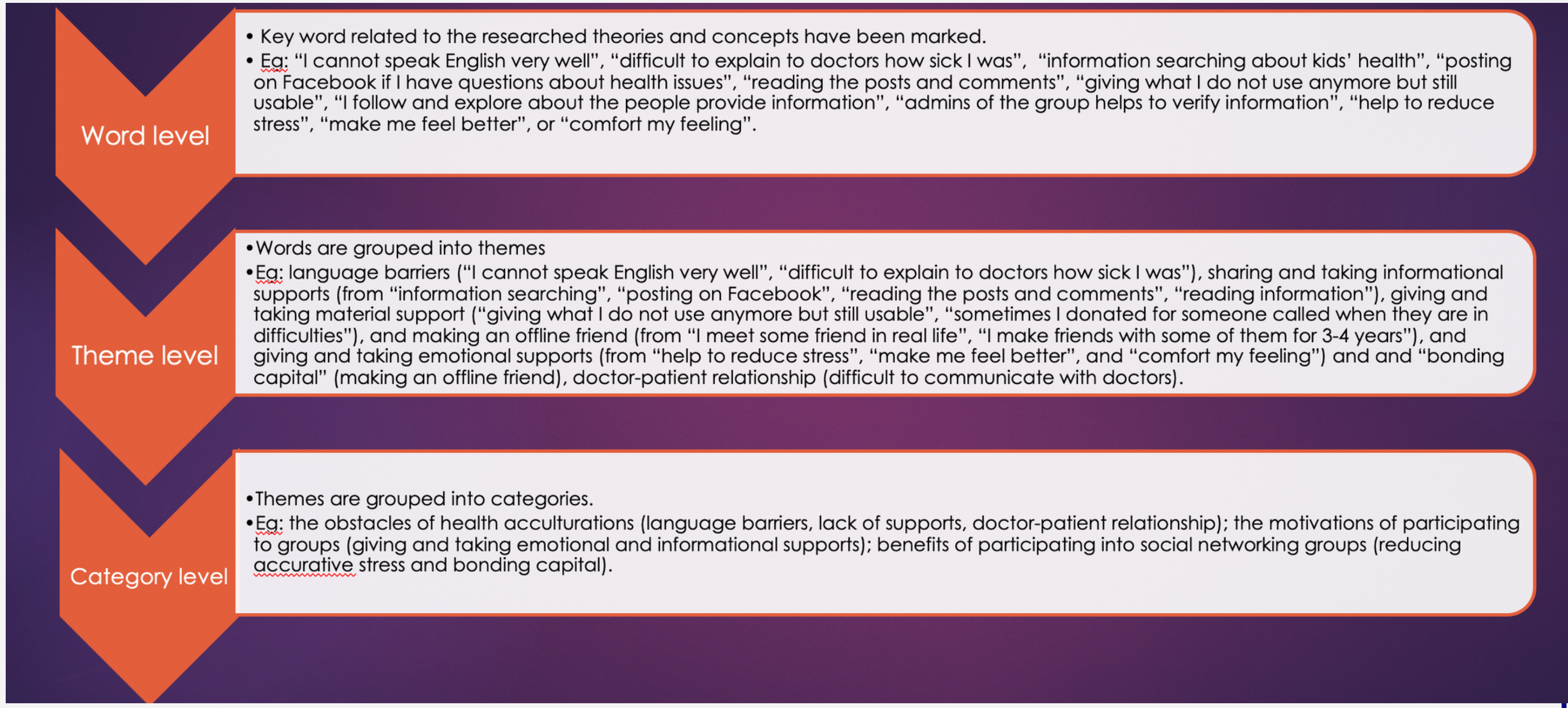
RQ3: What do Vietnamese immigrant mothers and expecting mothers think social media benefits their health as well as their children/child/unborn child's health?

03. Methodology

This research utilized online in-depth interviews with 18 members of the "Viet family in the USA" and "Viet mothers in the USA" Facebook groups, who are living in the USA for at least 1 year (pregnant women, mothers of infants, and toddlers or both).

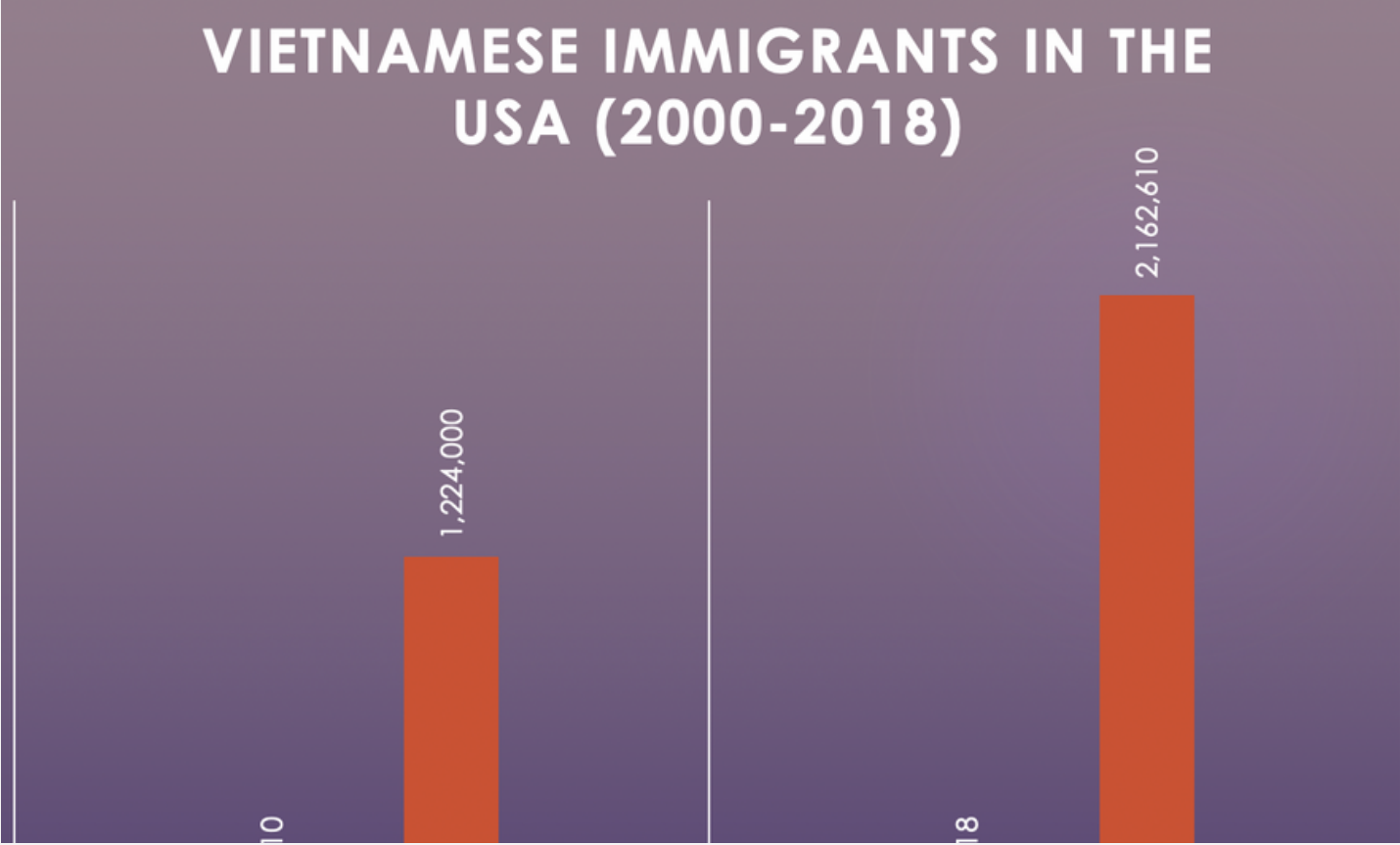
- Convenient sampling
 - Snow-ball sampling
 - Network sampling
- All IRB's requirements are met.

04. ANALYSIS



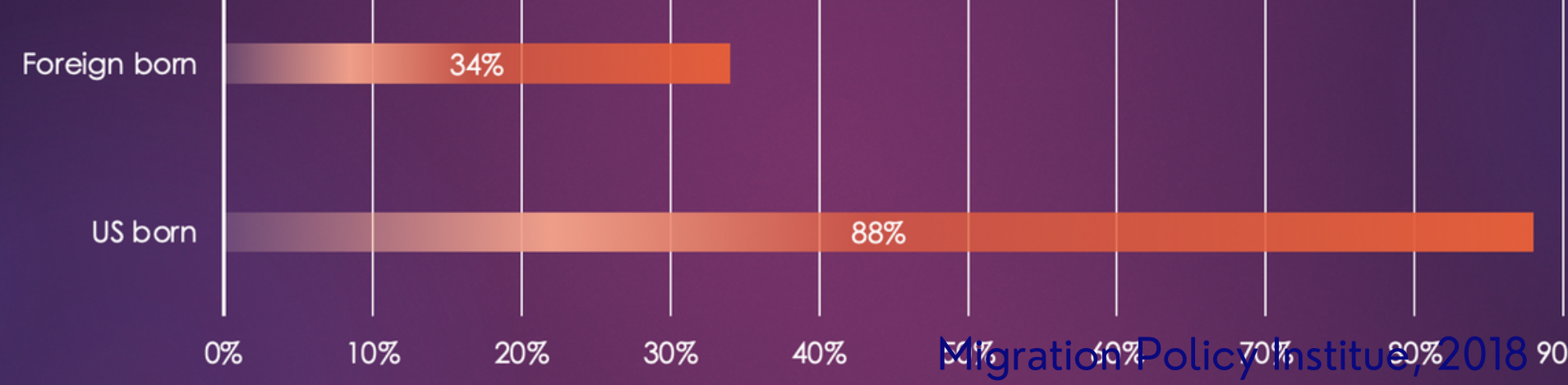
Manual coding in Microsoft Word.

Rationale

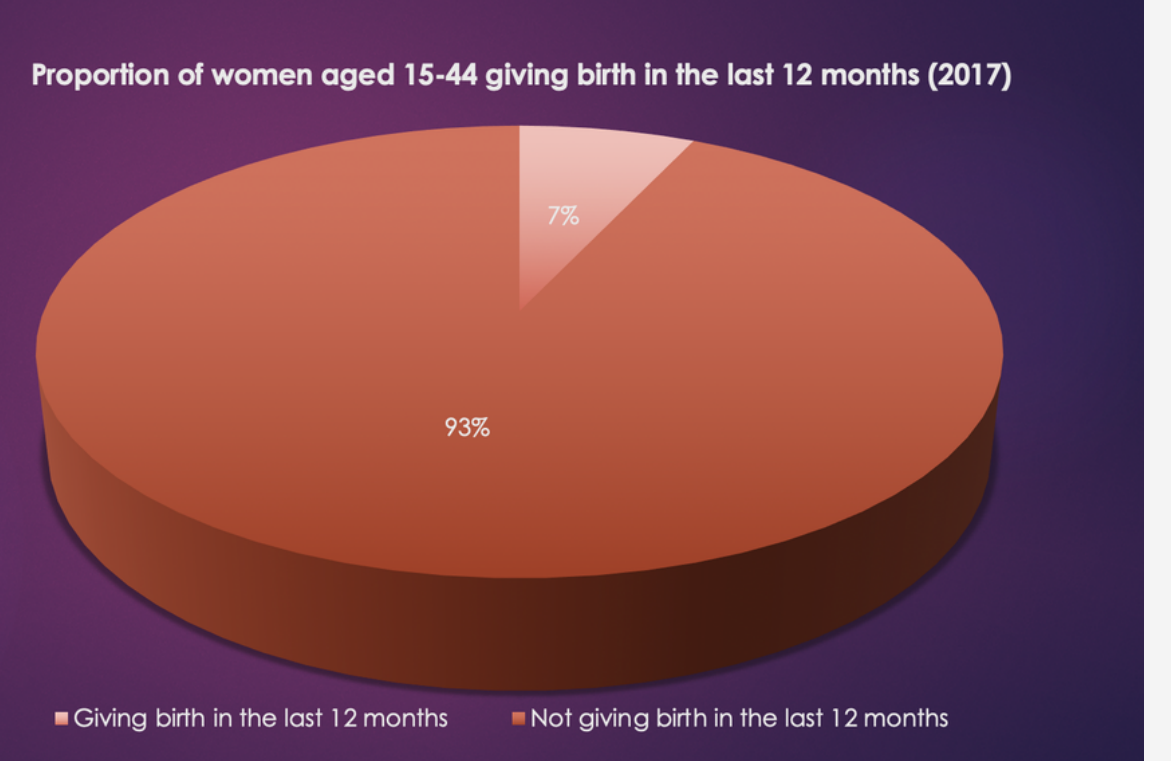


Numbers of Vietnamese living in the USA was double after a decade (US Bureau Census, 2018)

ENGLISH FLUENCY AMONG VIETNAMESE AMERICANS



Migration Policy Institute, 2018



Pew, 2017

05. FINDINGS

- Source Of Reference
- Informational Supplements For Health Decision Making
- Sympathetic And Empathetic Aspects Of Emotional Sharings
- Sharing the Identity of Mothers and Expecting Mothers
- Enculturation over Acculturation

04. DISCUSSION

Online social supports among Vietnamese mothers and expecting mothers provides helps for women and their children/expecting children in health acculturation in the hosting country.

- First, informational support and emotional engagements in the social network groups help to reduce accurate stress and encourage integration strategies of the Vietnamese immigration mothers and expecting mothers in the USA.
- Second, even though sharing the same identity of women had/having pregnancy and/or having babies/toddlers, the bonding with "friends" on these groups is relatively low and unlikely to transcend to "real-life" friends.
- Finally, the groups show the best impacts on women having pregnancy or below three years old child(ren), living in the USA for fewer years of stay, unable to communicate fluently in English, and having no supports from family/relatives in the USA.

IMPORTANT!

Indepth interviews are such a unique experience of doing research with human objects.

06. CONCLUSION

- The research cannot capture a more comprehensive selection of respondents due to time and financial constraints.
- The research showed that showing that even though the Facebook groups do not provide the best environment for improving social capital, in particular bonding capital for its members, this provides a platform whether "strangers helping strangers" to overcome the barrier insufficiently understand and independently access and use the health care system in the resided country for immigrants mothers, their pregnancy and their children.