The Contemporary Psychological History of Social Minorities in Taiwan

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INTRODUCTION

Existing Taiwanese psychological literature has been criticized for its predominant focus on social majorities and ignores the experiences and perspectives of social minorities (Lai & Ding, 2018; Lin, 2015). Regionally-produced knowledge in psychology was, to a degree, a replication of Western theoretical models and research designs. Psychology researchers in Taiwan heavily relied on data collected by distributing translated questionnaires primarily to college students as a result of convenient sampling (Yang, 2018). This excludes the inclusion of minority groups due to unequal access to higher educations (Luoh, 2002; 2016). Given the recent rapid socio-economic and socio-political transformations and demographic changes, scholars in psychology and human right in Taiwan have called for in-depth research grounded in local lived-experiences (Hsia, 2012). However, our knowlege on what has been done on social minorities in Taiwan remians unknown. This is especially critical because these minority clients represent a significant part of the workload of mental health professionals in Taiwan.

RESEARCH OBJECTIVES

To present a critical literature review of scholarship in psychology that addresses social minorities in Taiwan.

- To identify who are the social minorities in the psychological literature in Taiwan.
- To identify what has been found regarding the these marginalized groups.

METHODOLOGIES

- Scoping review was conducted to collect articles from major Taiwanese databases i.e.,CEPS, HyRead, using *SES, working-class, women, marginalized, minorities* etc. as keywords.
- Data analysis: Thematic/content analysis

RESULTS

Three marginalized groups are identified from existing literature
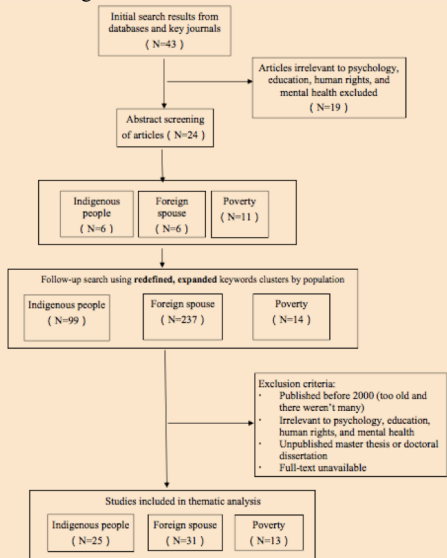
Preliminary findings for each groups are as follows:

- ☐ **Indigenous People** who arrived in Taiwan before Han immigration.
- Mental well-being of seniors and youth.
- Parenting stressors in non-traditional families i.e., grandparents as primary care-givers and single-parents.
- Trauma-recovery via indigenous-healing
- Identity struggles and formation of indigenous people

RESULTS Cont'd

- ☐ **Foreign Spouses** (Southeastern Asian and Mainlanders from China) of Taiwanese men.
- Foreign spouses' cross-cultural adaptation: a) bi-cultural conflicts and cross-cultural adjustments, b) marital and familial conflicts, as well as domestic violence, c) attitudes toward sex, d) parenting challenges, and e) mental health interventions of social justice counseling.
- The adjustment and well-being of children of foreign spouses.
- ☐ **People Who Live in Poverty**
- Struggles of women who live in poverty: a) struggles with anti-contraception belief held by male patriarchs, b) participating in sex-work as a survival strategy.
- Paid/unpaid labor: a) women carrying dual roles as laborer and mother/wife, b) struggle for dignity as laborer, c) emotional health among laborers.

DISCUSSION

- **Commonalities across groups**: a) impact of stigma, b) lack of resources, c) conflict between majority and minority cultures, d) identity struggles.
- **Uniqueness within group**: a) indigenous culture, an asset for healing from trauma, b) foreign spouses, cross-cultural struggles, and c) people in poverty, taking undervalued jobs.
- In general, research on social minorities in Taiwan is scarce. Indigenous people and foreign spouses received more attention than people who live in poverty.
- Many of the articles found didn't demonstrate academic rigor and were published in minor journals, reinforcing the invisibility and marginalization of these groups.
- Lack of resources, social stigma, and identity struggles intersect, reflecting and reinforcing the tensions and conflicts between the mainstream and the marginalized.

DISCUSSION Cont'd

- Due to the paucity research on social minorities, psychologists and counselors do not have sufficient tools to address the needs of clients representing these populations.

CONCLUSION

- Rigorous research on marginalized groups is imperative.
- Need to incorporate scholarship about minority populations into the education and training of psychologists and teachers.

IMPLICATIONS

- **Research**: Greater attention should be paid to the living conditions and well-being of social minorities. Given the complexity of the challenges faced by social minorities, researchers should employ diverse methodologies.
- **Practice**: Psychologists need to be aware that current psychological theories may not apply to minority populations.
- **Together**, researchers and practitioners can partner to further understand the needs of these populations.

REFERENCES

Hsia (2012)
Lai & Ding (2018)
Lin (2015)
Luoh (2002)
Luoh, (2016)
Yang (2018)