

The Effects of Racism and Covid-19 on the Experiences of Asian Americans in the US

Chloe Cox, Rachel McCracken, Savannah Nygren, and Sidney Posey
Social Work Program



Abstract

“Anti-Asian discrimination and assaults have increased significantly during the Coronavirus disease 2019 (COVID-19) pandemic, contributing to a “secondary contagion” of racism”(Chen,Zhang,Liu 2020). Asian Americans have been directly affected by a combination of the systematic oppression they face and the extravagant increase of hate crimes as a result of the spread of Covid-19. These factors have a detrimental effect on the mental health and physical safety of Asian Americans in our country and deserve immediate attention and action. We can advocate for Asian Americans by demolishing stereotypes about them and implementing policies that protect these groups.

Background & Purpose of the Study

The purpose of this study is to identify the systematic and social issues Asian Americans face as a result of the rapid spread of Covid 19 in the United States and the historical problems that have grown over time. “This stems from histories of conflict, conquest, and colonization within the vast and ill-defined continent that Europeans labeled Asia many centuries ago.” (Boggs, HoSang, Ohikiro 2021). Our goal was to find the statistics of hate crimes Asian Americans are experiencing and the effects these crimes have on their day to day experiences in our country. Our research questions include; Currently, what is the rate of discrimination Asian Americans face compared to other demographics? What other social and systemic issues are Asian Americans facing outside of the rising rates of hate crimes against them?

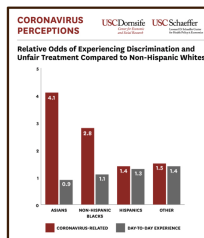
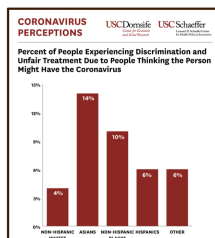
Method

Hypothesis: Covid-19 paired with the racism and systematic oppression Asian Americans have faced for years have a direct effect on the experiences of Asian- Americans in or country.

Results



- Asian Americans are frequently denied leadership opportunities and are left out of clinical research studies
- Asian Americans are targets of gendered racism; Asian men are usually labeled as asexual or masculine and Asian women are usually labeled as highly sexualized and passive (which affects job opportunities and social media portrayal)
- Language barriers make it difficult for some Asian Americans to gain access to adequate health care (32.6% of Asian Americans do not speak English fluently)
- Studies show that racism and discrimination has a strong association with psychological distress
- With Covid spreading rapidly and causing a massive increase of hate crimes in the US, the rate of the amount of Asian Americans experiencing depression and anxiety has followed this trend
- The hate crimes that have been frequently reported include; being physically assaulted or robbed, being spit on or coughed on, being called racial slurs, and even being stabbed or killed
- Asian Americans have been experiencing a higher rate of discrimination and racism compared to other demographics as of the rapid spread of Covid-19 (from March of 2020-present)



Discussions & Implications

In the research that we found there was lots of discussion about the everyday issues Asian Americans face. There were separate articles discussing the extravagant increase in hate crimes as Covid began to spread that have been reported as well as the systematic oppression Asian Americans have dealt with in this country for years. We learned about the gender targeted racism Asian Americans face as well as the “model minority” and “perpetual foreigner” stereotypes that are prominent in US media and culture. Our findings concluded all of this mentioning the fact that there is not much data talking about the effects of these issues on the mental health of individual Asian American communities. For further research we would suggest there to be studies conducted on the effect of these instances on the mental health of individual Asian Americans as well as how colorism in the US factors into all of these social issues.

Micro: Working with and counseling Asian- Americans who have experienced xenophobia, racism, and hate crimes.

Mezzo: Creating curriculum and regulations for local schools and workplaces that protect Asian Americans as well as educating students on the systematic oppression Asian Americans face.

Macro: Creating a more specific bill that advocates for the safety of Asian-Americans when it comes to xenophobia and hate crimes.

Conclusions

The untrue narratives towards Asian Americans pumped into our TV shows, social media trends and even history books have an enormous effect on the stigma and discrimination Asian Americans face everyday. This paired with the systemic oppression this demographic experiences and the rapid spread of Covid-19 has contributed to the horrific increase of hate crimes towards them in our country. The lack of research done on the mental health of the individual Asian American communities in our country, prohibits people wanting to advocate for these communities the ability to efficiently research their experiences and the effects of things like hate crimes on their mental health, as well as giving them the chance to advocate for and implement policies to support this community.

References

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