

# Levels of Belongingness in Multiracial and Monoracial Individuals

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## Background

Multiracial individuals are often stereotyped as not “fitting in” (Skinner et al., 2020), but does this reflect their experiences? We hypothesized that multiracial individuals would report lower self-ratings of “belongingness” than monoracial individuals.

## Methods

Undergraduate students - 49 monoracial and 5 multiracial - completed *The General Belongingness Scale* (Malone et al., 2012), which measures the degree to which they judge themselves to fit in with their peers, family, and surroundings. Higher scores indicate greater belonging. Racial categories were based on self reports.

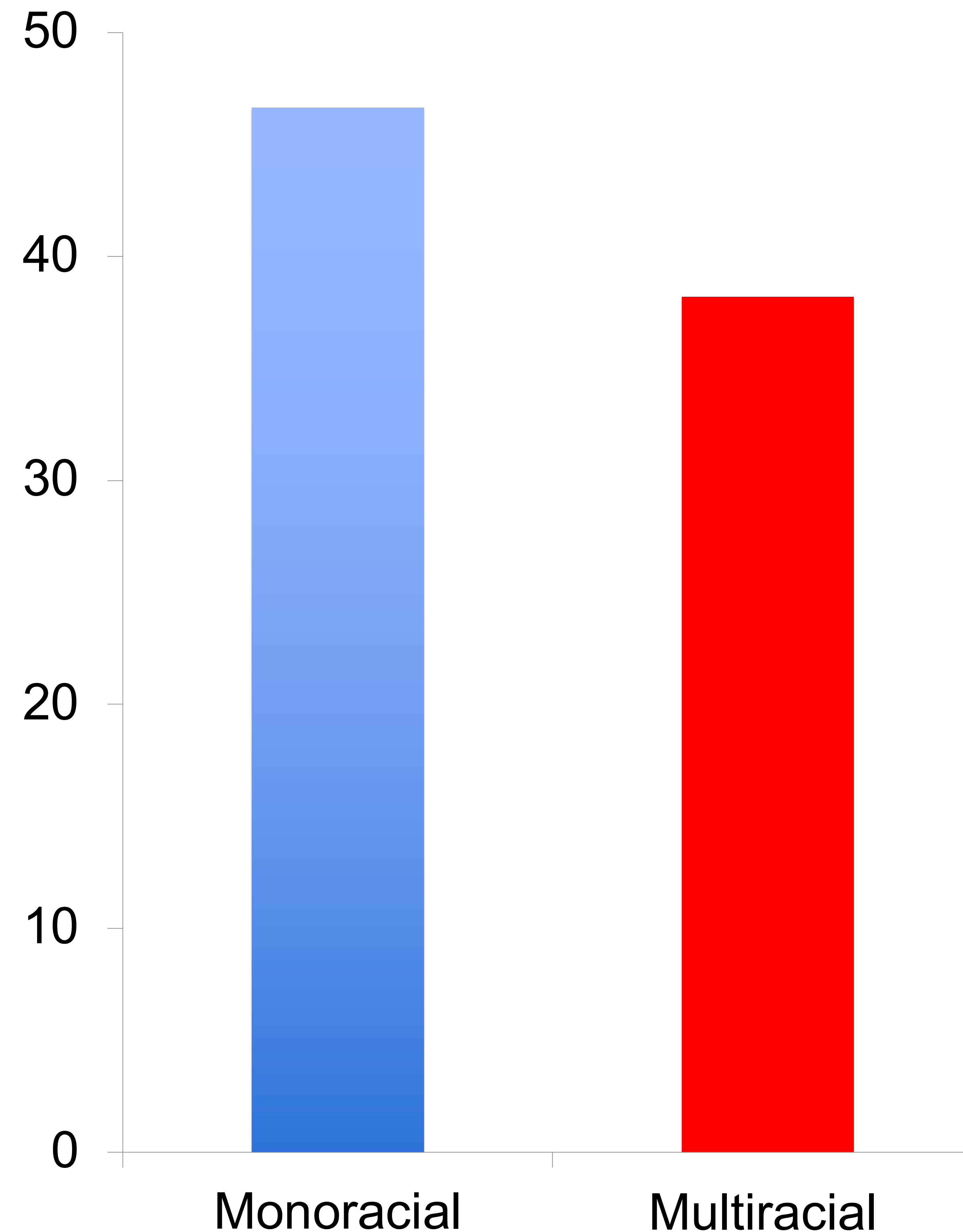
## Results

Multiracial participants reported lower belongingness scores than monoracial participants,  $t(52)=1.784$ , one-tailed  $p=0.04$ , *Cohen's d*=0.84.

## References

Malone, G. P., Pillow, D. R., & Osman, A. (2012). The General Belongingness Scale (GBS): Assessing achieved belongingness. *Personality and Individual Differences*, 52(3)  
Skinner, A. L., Perry, S. P., & Gaither, S. (2020). Not quite monoracial: Biracial Stereotypes Explored. *Personality and Social Psychology Bulletin*, 46(3), 377–392.

## Belongingness Score



## Discussion

Results confirm our hypotheses that multiracial individual indeed feel that they do not “fit in”. However, there are three important limitations to consider:

- Only five participants were of mixed race. The results were only significant because the effect size was quite large.
- We compared monoracial and biracial individuals. However, we do not break down the various ethnicities of the monoracial groups.
- This study was conducted at the beginning of the COVID pandemics in New York City. Socially distancing may have skewed the results.

In conclusion, our results indicate that multiracial individuals feel a reduced sense of belonging. However replication with a larger sample is warranted.

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