

Poster

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Poster 34

[P-34-04] Exploring Bicultural Belonging and Mental Health: A Qualitative Study of Second-Generation Nikkei Brazilians in Japan

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According to the United Nations World Migration Report (2024), there are over 281 million international migrants globally, representing 3.6% of the world's population—a number projected to rise in the coming decades. Migration holds the potential to enhance human development, yet it also presents significant challenges, particularly in public health. Second-generation immigrants are particularly vulnerable due to the psychological stress of navigating dual cultural identities, discrimination, and intergenerational conflict. Studies from Canada, the U.S., Denmark, and Japan have identified increased risks for mood disorders and suicidal behavior among second-generation migrants. Despite being raised predominantly in the host country, second-generation immigrants can be significantly shaped by the enduring cultural influences present in their family environment. Japan, though not historically a major immigration destination, is now home to over 3.5 million immigrants, including more than 210,000 Nikkei Brazilians, many of whom are second-generation youth. This is a qualitative study that aims to explore the long-term mental health effects of growing up in an immigrant household through in-depth, semi-structured interviews with Nikkei Brazilian descendents. By understanding the impacts of growing up in an immigrant household, the findings of this research can contribute to health promotion interventions that will support youth immigrants in navigating bicultural identity integration and building psychological resilience.