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Parental behavioural ambivalences and mixed anxiety-depression disorder in young adults of cross-cultural families: Case of Oku and Mbessa communities

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This study was carried out to investigate the impact of behavioral ambivalences of both maternal and paternal parent communities during and after inter-communal conflicts on mixed anxiety- depressive disorders in young adults of bi-communal families. The problem is that young adults of bi-cultural parents are prohibited from going to war against their maternal community yet members of both communities still reject these young adults, treating them with love and hate. This study employed the Double Bind Theory. Two hypotheses set for the study were:(H1;) Protection-rejection behavior of paternal community and :(H2) Protection-rejection behavior of the maternal community during and after inter-communal conflicts determines anxiety- depressive disorders among young adults born of inter-communal families. A sample of 10 Oku, 10 Mesa, 10 mixed Oku-mesas' and 10 mixed mesas'-Oku young adults were selected. After passing the HADS test, 03 mixed participants with highest scores were given clinical interviews. From the scores on the thematic content analysis, results showed that the three participants were victims of ambivalent behaviors (6/6, 5/6, 5/6 respectively) and positive for mixed anxiety-depression disorder (5/9, 7/9, 7/9 respectively). This suggests that ambivalent behaviors of parent communities during the conflicts influenced mixed anxiety-depression disorder among young adults of mixed families. Therefore with cultures and traditions as major triggers, conflicting demands from children of bi-cultures during war can provoke mixed anxiety-depression.

Keywords: Ambivalence. Bi-Communal Families. Mixed Anxiety- Depressive Disorders

Biography

Moses Chung (20 years of teaching experience) completed his Masters Degree in Psychology at the age of 42 from the DoualaUniversity and being registered for phd in Psychology in the same university. A holder of a Second Cycle Teacher Trainer Diploma from the University of Bamenda, Cameroon, member of the IACCP (International Association For Cross Cultural Psychology), CPA(Cameroon Psychological Association) He is the Divisional Adviser of Pedagogy for Upper Plateaux Division in Cameroon. He has published two articles in reputed journals in his country.

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