Cultural Transmission

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Native Americans have faced various losses in the past which resulted in generational trauma transmission. Various historical loss symptoms like unemployment, depression, diabetes, substance dependence, dysfunctional parenting have been observed due to the historical loss of culture, land, population and many others. All these elements resulted in intergenerational trauma transmission. The main purpose of the essay is to identify the variables that are responsible for the intergeneration transmission of the trauma. It is important to analyze because health quality among racial groups is far worse than white Americans.

In contemporary times, African Americans have lots of social, economic, and psychological health issues that are not because of the present situation but the impact of problems that their past generation has faced. The first variable that is linked with the intergenerational trauma is the loss of land. African Americans had to leave the authority of their land when the European started colonizing in Africa. This act left the generation with the feeling of helplessness and powerlessness which can be observed in the present generation where African Americans face the issue of racism and do not talk about it because they still believe that they are helpless and this issue cannot be resolved. On the other hand, white Americans have got a feeling of power and dominance over other races people (Evans-Campbell, 2008).

The second variable is the loss of culture. When Columbus first arrived in America, people were living for food and shelter only. There was no concept of economical transaction, agriculture, and struggle for power. They lived in the forest in small houses with family and used to acquire food from trees and hunting. However, white people destroyed their culture and imposed their traditions and norms with the mindset that black Americans were uncivilized and they were trying to civilize them. This part of history resulted in the emergence of feeling shame, low self-esteem, and inferiority complex (Bombay, Matheson, & Anisman, 2009).

Later on, Black Americans had to face the loss of generation when white Americans get involved in the trafficking of young black Americans. Children of black Americans were stolen from their families and loaded to England for slavery and labor. This incident had a great impact on the lives of black Americans. They were left with constant fear, sorrow, grief, and the disruption of families.

Slavery is another factor that shaped the psychological development of black Americans. They were unable to oppose this oppression because the punishment was so harsh in case of rebel and mistake that black Americans slowly and slowly accepted that they cannot come in power and will remain dependent on white people.

When the world came to know about the discrimination with black Americans, white people had to give them rights and opportunities to come back into normal life. However, inequality never ended. Black children were not allowed to study with white children. Besides, they were not allowed to perform their rituals in boarding which led that generation unconnected with the religious practice and living traditionally.

All these variables lead to intergenerational trauma in the present generation who also have feelings of helplessness, inferiority complex, fear, dependency, and shame. Present generation is facing the issue of various psychological disorders like posttraumatic stress disorder, mood disorders, depression, anxiety, and suicidal ideation (Ward, Wiltshire, Detry, & Brown, 2013). The suicide rate is higher in African Americans than white Americans. Spending on the healthcare of African Americans, America is still far behind obtaining a high-quality health level in the nation. It indicates that history has a great influence on the new generation which cannot be eliminated in their lives in a short period. Therefore, the government has to take more initiatives to motivate African Americans in every field of life.

**References**

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