

ABSTRACT

As the young Latinx immigrant population increases across the United States, acculturation, and as a result, acculturative stress continues to be a prevalent concern for individual well-being and function. Although current research mainly focuses on the outcomes, there is great insight to be gained from identifying the sources of acculturative stress. This literature review explored the potential sources of acculturative stress analyzed in existing literature using Bronfenbrenner's Ecological Systems Theory (1977), a developmental theory grounded in an individual's lived context. The review incorporated 36 peer-reviewed sources and six media articles, all of which were coded and analyzed using NVivo software. Results indicate that sources of acculturative stress are present across numerous settings and ecological systems relevant to Latinx immigrant youth. Unexpected findings demonstrate that sources of acculturative stress can translate across ecological systems and discover important implications for the population. Most notably, sources of acculturative stress within the Macrosystem were found to influence acculturative stress experienced within other ecological systems. This literature review suggests significant implications for mental health professionals, educators, school administrators, and community leaders. It is essential for educators, school administrators, and mental health professionals to understand the experiences, strengths, and needs of Latinx immigrant youth. In addition, community leaders should incorporate outreach, innovation, and advocacy to support social networks for the local Latinx immigrant population.