



# Critical Racial Consciousness for Young People of Color and the Emotional Processes that Undergird its Development

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## INTRODUCTION

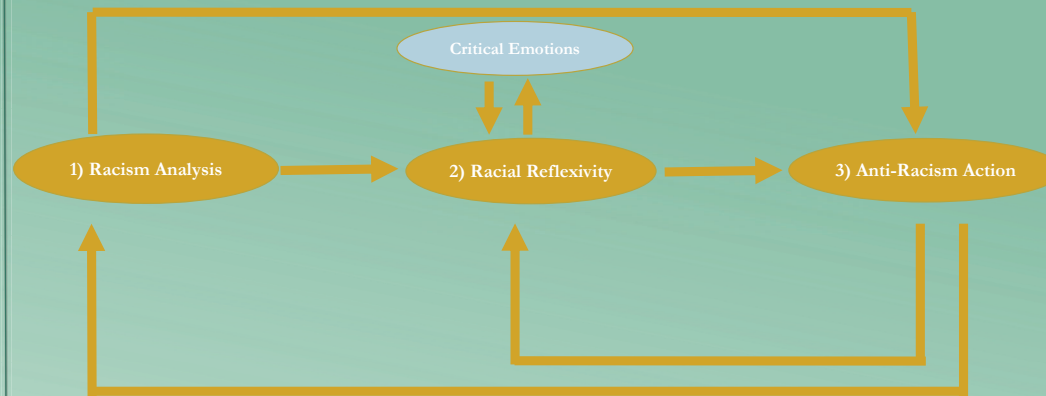
- *Critical Racial Consciousness (CRC)* → young people—particularly disenfranchised youths—analyze, critique, cope, & act on systemic racism (Heberle, Rapa, & Farago, 2020).
- Racism Analysis (RA): individuals' cognitive awareness of racism & perceived structural attributions.
- Racial Reflexivity (RR): Perceived beliefs, desires, & capabilities (i.e., self-efficacy) to challenge racism individually & collectively
- Anti-Racism Action (ARA): the anti-racism behaviors an individual or a collective engages & regulates social, political, or community actions.
- *Critical Emotions* (moral anger & critical hope) → Multi-level construct of psychological reactions of varying intensity & duration derived from the response to an external stimulus to support actions that benefit individuals or society Nabi, 2002; Haidt, 2003).
- Critical Emotions mediate RA & RR to *underexamined* ARA → affective dimensions, sociopolitical control, and efficacy for youths of color to thrive

## OBJECTIVES

- Examine *CRC & relationship b/w each sub-domain* → developmental competency possible in *all youth* to understand & promote anti-racism, fosters *positive youth outcomes*.
- Apply new *integrative theoretical model on Critical Emotions* → moral emotions & empowerment theory for sociopolitical development, anger, & critical hope, bridging frameworks to construct *Critical Emotions*; that undergird CRC for young people (ages 12-18).
- *Future directions in CRC interventions* → integrative model as underlying framework to account for Critical Emotions during CRC development

## RESEARCH OVERVIEW

### INTEGRATIVE THEORETICAL MODEL



*The Development of Critical Racial Consciousness*

### CRITICAL EMOTIONS FRAMEWORK

#### *The Development of Critical Emotions*

##### Moral Anger

- Moral Emotions Framework (Hochberger & Gross, 2011; Lerner, 2019; Haidt, 2003).

##### Critical Hope

- Empowerment Theory (Pekala & Zimmerman, 1995; Christiana et al., 2018).

#### *Moral Anger & Critical Hope*

- Moral anger & critical hope → Negative & positive emotions in response to threatening situations from injustice or wrongdoing & appraisals of individual agencies over threats (Lerner & Keltner, 2001; Smith & Ellsworth, 1985).
- Both discrete emotions → different forms of appraisal, motivation, & action behaviors.
- Each emotion allows youths of color to access specific emotional & cognitive strategies → ARA
  - 1) Moral anger: Youths of color use emotion towards thinking about social action by feeling energized & motivated to pursue change
  - 1) Critical hope: Encourage youths' anti-racism action behaviors influencing efficacy, control, & positive emotions around social & political actions around racism.

#### *Key Components of CRC*

- Moral anger & critical hope undergird racism analysis & reflexivity → multidimensional & guide individuals' goals & pathways → cultivating self-efficacy & develop anti-racism action
  - 1) Group-based & relational constructs (Bonilla-Silva, 2019; Smith & Mackie, 2005).
  - 2) Central in examining an individual's subjective racialized experiences. (Denzin, 1984).
  - 3) Produce a hierarchy of emotions or a structure of emotions & not all emotions are considered equal.
  - 4) Expressed positively or negatively; full range of emotions experienced intersectionally rather than in unitary, categorical ways.

## DISCUSSION

### IMPLICATIONS FOR BASIC & APPLIED RESEARCH

- Civic engagement around race & racism is a critical domain of human development.
- Critical Emotions → leverage existing & new interventions to support a viable coping defense against racism and foster affective/socio-emotional health
- CRC interventions → leverage emotional processes for emotion regulation & psychological health, driving anti-racism action → better mental health & well-being (Castro, Wray-Lake, & Cohen, 2022).
- Future direction → examines interaction effects, mediation, & moderation outcomes between Critical Emotions, CRC sub-domains, & socio-emotional outcomes.



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