«NATIONAL RESEARCH UNIVERSITY «HIGHER SCHOOL OF ECONOMICS»

as a manuscript

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The relationship of social identity and acculturation attitudes of Russians and Estonians: the role of perceived threat, self-efficacy, and social capital

Dissertation Summary
for the purpose of obtaining academic degree
Doctor of Philosophy in Psychology

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Moscow, 2023

General characteristics of the work

The constantly changing social, economic and political situation in the world leads to migration of people both within one country and between different states. Inter-state borders also change without migration of people themselves, as was the case, for example, with the collapse of the Soviet Union. As a result, entire categories of people become migrants or become part of the host society. As a consequence of these changes, for a variety of social, economic and political reasons, people experience various difficulties in the process of mutual acculturation and adaptation.

Acculturation is a process of cultural and psychological change that follows intercultural contact (Berry, 2003). Acculturation involves cultural and psychological changes. The process of acculturation involves changes in people's customs, in their daily lives, in their political and economic behaviour patterns.

In the conditions of globalisation all over the world, the way of life within society, as well as inter-country and inter-cultural relations are constantly changing. Various complexities and misunderstandings within and between groups can lead to generalised tensions, and are also fraught with conflictogenic consequences. These problems often involve one (or more) ethnic groups being minorities, which in various ways may be devalued in the eyes of the majority population, leading to the spread of negative stereotypes and discrimination (Baysu et al., 2011; Zegers de Beijl, 2000). When an intergroup setting involves a threat to an individual's identity, that identity may be more pronounced and contribute to a challenge response to a particular threat (Derks et al., 2006), which is also fraught with conflict.

From the perspective of social identity theory (Tajfel & Turner 1986), vulnerability to identity threat is highly dependent on different levels of commitment to the devalued group. The more committed we are to a devalued ingroup, the more we will feel our social identity threatened when the ingroup becomes the target of negative stereotyping or discrimination (Branscombe et al. 1999; Ellemers et al., Doosje, 2002).

Thus, one of the challenges to the social identity of ingroup members is to be included in certain relationships with the outgroup. Sambanis and Shayo (Sambanis & Shayo, 2013) argued that an individual incurs a high cognitive cost when he or she is very different from other group members on relevant aspects, but is proud to be a member when the status of the group is high. In the process of interacting with another ethnic group, one cannot avoid the process of mutual acculturation, which includes acculturation attitudes: the extent to which immigrants want to maintain their own identity and at the same time adopt the identity of the host population (Berry, 2003). Native populations usually prefer different acculturation attitudes depending on the background of a given immigrant group or ethnic minority group, as well as on the political, demographic and socio-economic conditions of the host country. On the other hand, different immigrant groups also implement different strategies depending on a variety of factors such as their cultural background (country of origin), social class, age, gender or degree of identification with the ingroup. In addition, strategies may vary across generations (Sabatier & Berry, 1996). Threats may stem from environmental features (e.g., economic deficits, demographic changes), from an individual's personal perceptions (e.g., stereotypes, sociopolitical beliefs), and from the object of perception itself (e.g., emotional expressions, racial prototypicality).

In addition, not all socioeconomic and personal factors that could determine intergroup threat have been sufficiently studied, although knowledge of these factors may help reduce intergroup threat and lead to a less conflictogenic and friendlier environment.

In this study we focus on identifying socio-psychological factors that could moderate (in our case, reduce) the effect of perceived threat in the relationship between social identity and minority and majority acculturation strategies (using the example of Russians and Estonians living in Estonia).

Research problem is the need to determine the role of social capital and self-efficacy as factors determining the level of perceived threat in mutual acculturation processes.

Extent of problem development.

This paper is based on: social identity theory (Tajfel & Turner, 1979), integrated threat theory (Stephan & Stephan, 2000), Berry's acculturation theory (Berry, 2003), bridging and bonding social capital theory (Putnam, 2000), and self-efficacy theory (Bandura, 1997).

According to Tajfel and Turner, social identity is an indicator that a person belongs to some social group, forming a fairly stable view of oneself as a member of that group along with an emotional evaluation of that membership (Tajfel & Turner, 1979). Social capital theory determines the extent to which an individual can utilize resources from their group through the concept of binding social capital, and the extent to which an individual can utilize resources from interacting with other groups through the concept of bonding social capital (Putnam, 2000).

An integrated threat theory (Stephan & Stephan, 2000; Stephan et al., 2009) indicates that two types of perceived threats, realistic and symbolic, can occur during intergroup communication. Realistic threat is related to economic well-being and symbolic threat is related to threat to the values of the group.

A number of studies indicate that social identity is related to what acculturation strategies an ethnic group will choose (Ryabichenko & Lebedeva, 2019; Lepshokova & Tatarko, 2019; Lepshokova & Lebedeva, 2016; Berry, 2003; Schwartz et al., 2010; Zane & Mak, 2003, etc.). Stephan's theory determines that perceived threat accompanies the acculturation process (Stephan & Stephan, 2000). At the same time, this threat can be determined by many different socio-psychological factors. Some researchers have studied perceived threat as a moderator of the relationship between acculturation attitudes and psychological well-being (Galyapina, 2021). Also, perceived threat was considered as a moderator of the relationship between ethnic identity and the effectiveness of intercultural interaction of international students in Russia (Gritsenko et al., 2022). The relationship between perceived threat and prejudice was investigated, where civic identity was the moderator (Falomir-Pichastor, 2013). In the relationship

between ethnic diversity and trust, perceived threat has been studied as a mediator (Schmid, et al., 2014).

Ethnic homogeneity is associated with high levels of social capital (Hero, 2007), while ethnically diverse situations, with differences in languages, cultural conflicts, religious barriers, and historical disputes, can be negatively related to a wide range of social capital indicators such as cohesion, trust, social networks, and social interactions (Alesina & La Ferrara, 2002; Coffé & Geys, 2016; Putnam, 2007; Stolle et al, 2008; Sturgis & Brunton-Smith, Read, & Allum, 2011; Vermeulen et al. , 2012).

Some researchers suggest that higher levels of self-efficacy can help ethnic minorities strengthen their internal resources, reduce sociocultural stressors (e.g., minority stress, ethnic discrimination), and improve mental health (Carrera & Wei, 2014; Wei et al., 2010). Several studies of bicultural self-efficacy have used multi-ethnic samples to examine the association of self-efficacy with mental health indicators. These studies have shown that bicultural self-efficacy, in conjunction with other psychological characteristics, is associated with lower symptoms of depression and better psychological well-being (Broustovetskaia, 2015; David et al., 2009; Wei et al., 2010).

People with high self-efficacy perceive changes in their lives more as challenges and less as threats, and report lower levels of anxiety and better health than migrants with low self-efficacy (Jerusalem & Mittag, 1995).

Awareness of one's security and the security of the environment is essential for individuals as it helps them to coexist more effectively with threats, difficulties and life challenges. In some works, personal security is defined as protection from internal and external threats that violate or hinder a person's freedom to satisfy basic needs, as well as the growth and development of his or her abilities (Zhuravlev & Tarabrina, 2012). Thus, it can be assumed that self-efficacy helps to cope with various threats, including perceived threats.

Aim and objectives of the study

The aim of this study is to determine the role of factors that change the nature of the relationship between social identity and mutual acculturation of ethnic minority and ethnic majority.

Research objectives:

- To analyse the main theoretical approaches to the study of mutual acculturation processes, perceived threat as a factor accompanying the acculturation process

- To analyse the socio-psychological and personal factors that can change the effects of perceived threat on acculturation processes.

- To conduct an empirical study of mutual acculturation of Russians and Estonians in Estonia and to analyse the collected data on the role of social capital, perceived threat, self-efficacy and social identity in the preference of acculturation strategies.

- To test the first level of the two-level moderating model, namely the role of perceived threat in the relationship of social identity and mutual acculturation of ethnic minority and ethnic majority.

- To test the second level of the moderating model, namely the role of social capital and self-efficacy in refracting the effects of perceived threat.Целью данного исследования является определение роли факторов, меняющих характер взаимосвязи между социальной идентичностью и взаимной аккультурацией этнического меньшинства и этнического большинства.

Object of study: interrelation of social identity and acculturation preferences of ethnic majority and ethnic minorities

Subject of the study: the role of social capital, self-efficacy and perceived threat in the relationship between social identity and acculturation attitudes of ethnic minority and ethnic majority groups

Hypotheses of the study:

Hypothesis 1: Ethnic and civic identity of representatives of the ethnic majority (Estonians in Estonia) is positively related to the expectation of integration and assimilation of representatives of the ethnic minority (Russians in Estonia) and negatively related to the expectation of their separation.

Hypothesis 2: Ethnic identity of ethnic minority representatives (Russians in Estonia) is positively related to preference for integration and separation strategies and negatively related to assimilation strategy.

Hypothesis 3: Civic identity of ethnic minority representatives (Russians in Estonia) is positively related to the preference for assimilation and integration strategies and negatively related to the strategy of separation.

Hypothesis 4. Perceived threat acts as a condition for the interrelation of ethnic and civic identities with the choice of acculturation preferences of ethnic majority and ethnic minority representatives in Estonia.

Hypothesis 4.1. Perceived threat reduces the positive relationship of ethnic and civic identities with integration and assimilation preferences of Estonians and Russians in Estonia

Hypothesis 4.2. Perceived threat increases the positive correlation of ethnic and civic identities with the preference for separation among Estonian and Estonian Russians in Estonia.

Additionally, in this paper we have posed 2 research questions:

1.   Is social capital a social psychological condition that attenuates the negative role of perceived threat in the relationship between ethnic and civic identity and acculturation attitudes?

2.   Is self-efficacy a personal condition that attenuates the negative role of perceived threat in the relationship between ethnic and civic identity and acculturation attitudes?

Theoretical and methodological basis consists of works on the social identity theory of A. Tejfel and J. Turner (Tejfel & Turner, 1979), the acculturation theory of J. Berry (Berry, 1990), integrated threat theory (Stephan & Stephan, 2000), the theory of social capital (Putnam, 2000), and the theory of self-efficacy (Bandura, 1997) as well as the results of acculturation research in Russia and in foreign countries (Berry, 2006; Piontkovski, 2002; Lebedeva, Tatarko, 2009; Yuki, 2016; Baysu et al, 2011).

Research methods and methodology

The main method of research - social and psychological survey.

Study sample. The empirical base of the study is 583 people, of which the sample of Russians was 300 people aged 18 to 75 years (mean age - 37.71, standard deviation - 16.52). Of these, 145 were men and 155 were women. 37 per cent of the sample had higher education, 21.7 per cent had specialised secondary education, 40 per cent had secondary education and 4 per cent had incomplete secondary education.

The sample of Estonians comprised 283 persons aged 18 to 83 years (mean age - 36.99, standard deviation - 17.28). Of these, 149 were men and 134 were women. 38.5 per cent had higher education, 13.1 per cent had specialised secondary education, 46.6 per cent had secondary education and 1.6 per cent had incomplete secondary education.

All respondents were Estonian residents who were either born before the collapse of the USSR or after the collapse of the USSR in the territory of Estonia.

Research procedure:

The data collection took place in 2020-2021 in the territory of Estonia in the city of Tallinn. The method of data collection was a socio-psychological survey, which was conducted within the framework of the project of the Centre for Sociocultural Research "New Russian Diaspora 30 years later: identity, social capital, intercultural relations and psychological well-being". Each respondent was given a paper version of the questionnaire, which he/she filled out independently in the presence of the researcher.

Research Instrumentation.

The questionnaire included scales measuring the level of civil and ethnic identity, the level of perceived economic and cultural threat, the choice of acculturation strategy and acculturation expectations from the MIRIPS methodology adapted for the Russian sample (Lebedeva, Tatarko, 2009); scales determining the level of bridging and bonding social capital from the "resource generator" methodology (Van der Gaag, Webber, 2008) adapted on the Russian-

speaking sample (Tatarko, 2018); Schwarzer-Erusalem self-efficacy scale adapted on the Russian-speaking sample (Schwarzer, 1996).

Methods of statistical data processing: the Cronbach's alpha coefficient was used to test the reliability of the scales, a comparison of mean values using ANOVA was conducted to determine whether scale level scores differed between the majority and minority groups, and regression analysis with additional double moderation using the Process module to identify the role of social capital and perceived threat in the relationship between social identity and acculturation strategies/acculturation expectations.

Scientific significance

Theoretical: This study allowed to determine the role of perceived threat, social capital and self-efficacy in "fine-tuning" the psychological mechanisms of mutual acculturation of ethnic majority and minority representatives. It also expands the ideas about the role of self-efficacy as a personal factor and social capital as a socio-psychological factor refracting the nature of perceived threat in acculturation processes.

Empirical: for the first time the roles of social capital and self-efficacy in the dual moderation model as factors refracting the effects of perceived threat in the relationship between social identity and acculturation strategies/acculturation expectations were studied.

Theoretical significance

This study expands the theoretical understanding of mutual acculturation processes, namely, socio-psychological and personal factors that can modify the role of perceived threat in acculturation processes. The results show that social capital and self-efficacy differently refract the effects of perceived threat in the relationship between ethnic and civic identity and acculturation strategies in ethnic majority and minority individuals.

Practical significance

The research findings can help in the development of public policies, including integration policies, to create effective intercultural interaction. Understanding the

factors that determine the effects of perceived threat can help to find ways to reduce the negative effects of perceived intergroup threat and, ultimately, facilitate effective intercultural interaction.

Provisions for defence

1. Perceived threat mediates the relationship of ethnic and civic identities with acculturation preferences of ethnic majority and ethnic minority representatives in Estonia: it reduces the positive relationship of ethnic and civic identities with integration and assimilation preferences and promotes the positive relationship of ethnic and civic identities with separation among Russians and Estonians in Estonia.

2. Social capital is a social-psychological mechanism that changes the effects of perceived threat on acculturation attitudes. A high level of bonding social capital helps to overcome perceived threat when choosing an assimilation strategy in ethnic minority representatives.

3. Self-efficacy is a personal psychological mechanism changing the effects of perceived threat on acculturation attitudes.

4. Self-efficacy moderates perceived economic threat in ethnic majority members by enhancing the positive relationship between civic identity and acculturative expectation of assimilation in ethnic minority members.

5. Self-efficacy moderates perceived economic threat in ethnic majority members by changing the direction of the relationship between social identity (civic and ethnic) and acculturation expectation of ethnic minority separation from positive to negative.

6. Self-efficacy moderates the perceived threat in ethnic minority representatives by strengthening the relationship between civic identit

Approbation of the results of the study

The content of the work was discussed at the XI, XII and XIII Summer Schools of the Centre for Sociocultural Research "Development of cross-cultural research design" (2021-2023).

The results of the research were presented at the following conferences:

- V All-Russian scientific-practical conference "Positive experience of regulation of ethno-social and ethno-cultural processes in the regions of the Russian Federation" (Kazan, 28 April 2022). Paper: "The Relationship of Multiple Identities, Perceived Threat and Social Capital in the Post-Soviet Space: An Intergenerational Analysis" in Russian;

- VIII International Scientific Conference "Culture in Society, Between Groups and Across Generations" (Moscow, 2 November 2021). Report: "The role of self-efficacy in the relationship between perceived threat and the choice of acculturation strategies among Russians and Estonians in Estonia" in Russian language

The results of the study are reflected in the following publications:

Rodionov G. Ya. Social capital and acculturation expectations of the host population: the mediating role of perceived threat (on the example of Moscow) // National Psychological Journal. 2021. Т. 42. № 2. С. 12-25

Rodionov G. Ya. Civic identity and acculturation expectations of Muscovites and Tallinians: the role of perceived threat // Vestnik of the Institute of Sociology. 2021. Т. 12. № 2. С. 194-215.

Rodionov G. Ya. Interrelation of social capital and acculturation expectations of Estonians in Estonia: perceived threat as a mediator // Cultural-historical psychology. 2021. Т. 17. № 4. С. 74-82.

Structure of the dissertation

The dissertation consists of two chapters, contains an introduction, conclusion and a list of used literature (282 sources, including 9 in Russian, 273 in English) and 2 appendices. The work includes 8 tables and 13 figures. The total volume of the text is 142 pages.

The work was carried out at the Centre for Sociocultural Research of the Federal State Autonomous Educational Institution of Higher Education "National Research University Higher School of Economics".

Chapter 1, "THEORETICAL APPROACHES TO THE STUDY OF SOCIAL IDENTITY, SOCIAL CAPITAL, SELF-EFFICACY AND IMPLIED DANGER IN THE IMMEDIATE ACCOUNTING OF ETHNIC MAJORITY AND ETHNIC MINORITY" reviewed the main approaches and results of the study of acculturation, social capital, perceived threat and self-efficacy. **In paragraph 1.1. Acculturation: approaches to the study of acculturation was considered the main approaches to the study of acculturation.** Acculturation is a process of cultural and psychological change that follows intercultural contact (Berry, 2003). Acculturation involves cultural and psychological changes. The process of acculturation involves changes in people's customs, in their daily lives, in their political and economic behaviors. In his conceptual framework of acculturation attitudes, Berry proposed two independent dimensions of attitude: whether immigrants consider their cultural identity and customs valuable enough to maintain in the host society, and whether relationships with other people or groups in the host society are valuable enough to seek and encourage. The intersection of answers to both dimensions yields a classical model that shows four possible acculturation attitudes adopted by immigrants: integration, assimilation, separation and marginalization. The process of acculturation can be conceptualized by examining the multiple dimensions and domains that exist in an individual's home and host cultures, such as cultural identity, social belonging, cultural knowledge, language preferences, cultural values and beliefs.

In paragraph 1.2. "The main approaches to the study of social capital were considered. By "social capital" Robert Putnam means the features of social life - networks, norms and trust - that enable participants to act together more effectively to achieve common goals (Putnam, 2000). Putnam introduces a distinction between two basic forms of social capital: bridging and bonding. bonding social capital tends to reinforce inclusive identities and maintain homogeneity; bridging social capital tends to bring people from different social backgrounds together.

The existing literature conceptualises social capital in two different approaches. The individualistic approach focuses on the use of social capital by individuals - how people access and utilize the resources embedded in their social networks for purposeful action. At the community level, social capital is seen as a collective asset that fosters group trust and community norms.

Paragraph 1.3 "Social Capital and Acculturation" discussed studies that consider social capital in acculturation processes. Ethnic homogeneity is a prerequisite for high levels of social capital, and an ethnically diverse situation with differences in languages, cultural conflicts, religious barriers, and historical disputes can negatively affect a wide range of social capital indicators such as cohesion, trust, social networks, and social interactions. (Coffé & Geys, 2016; Stolle et al., 2008; Sturgis et al., 2011; Vermeulen et al., 2012).The economic behavior of immigrants is influenced by both family and ethnic community relationships. Relocation to a new country involves significant costs and risks. This encourages newcomers to rely on resources from their ethnic groups or family members who arrived in previous waves of migration (Massey & Espinosa, 1997). Although immigrants may utilize resources made available to them either through their families or their ethnic communities, immigrants often rely on a combination of the two sources (Levanon, 2011)

External threat and discrimination are related to the level of binding social capital (Zhou, 2003). Social capital is also linked to discrimination, including discrimination based on race, color, religion and cultural background (Lindstrom, 2011). Threat tends to reinforce racial discrimination (Stephan & Stephan, 2017). In particular, threat can lead an individual to perceive minorities in a way that promotes discriminatory behavior. Threat changes perceptions of race (Krosch, 2022). Many studies show that higher levels of social capital are associated with reduced acculturative stress (Bhattacharya, 2011; Lueck & Wilson, 2010; Bae, 2020).

Paragraph 1.4 "Social Identity in Intergroup Interactions" reveals the role of social identity in intergroup processes. Social identity theory has been

described by Tajfel (1978) as a social psychological theory that explains group processes and behaviour. Tajfel structures "group definition along with a cognitive component (knowledge of group membership), an evaluative component (positive or negative evaluation of group membership), and an emotional component (positive or negative emotions associated with group membership and its evaluation)" (Trepte, 2013).

Berry and analysed acculturation strategies in terms of the importance of two aspects of identity: identification with one's own ethnic group and identification with the dominant society using migrant groups in Canada as a case study (Berry & Kalin, 1995). Berry and Sabatier found that ethnic identity was positively correlated with separation and negatively with integration, and civic identity was positively correlated with integration and negatively with separation (Berry & Sabatier, 2010). Georgas and Papastylianou found that ethnic identity was positively correlated with assimilation (Georgas & Papastylianou, 1998), local ethnic was positively correlated with separation.

Paragraph 1.5, Self-efficacy and Acculturation, examines the role of self-efficacy in acculturation processes. Self-efficacy, according to Bandura, is defined as the perceived ability to successfully take the steps necessary to perform some specific task (Bandura, 1997). Also, self-efficacy refers to an individual's perception of his or her ability to cope with unexpected, novel, or challenging events (Magnet, 2009; Wright et al., 1995).

Studies of Chinese immigrants in China have shown that low levels of self-efficacy are associated with a lower preference for integration. Marginalisation is found to be associated with low self-efficacy. In addition, high self-efficacy is found to be positively related to assimilation strategy)

Higher levels of self-efficacy may help ethnic minorities strengthen their internal resources and in turn reduce sociocultural stressors (e.g., minority stress, ethnic discrimination (Carrera & Wei, 2014; Wei et al., 2010)

Research shows (Wirtz, 2018) that self-efficacy, together with perceived threat, influences people's plans to cope with some challenging situations, including distressful ones (coping with fires, earthquakes, terrorist threat).

Paragraph 1.6 "Perceived threat as a factor accompanying acculturation" reveals the role of perceived threat in acculturation processes. There are many reasons why attitudes towards outgroups may vary (Meuleman, 2009). It has been proposed that the level of perceived group threat is influenced by the context of the actual competitive environment in which intergroup relations are formed (Bobo, 1983). Stephan and Stephan's integrated threat theory (Stephan &Stephan, 2000) offers an explanation for this sense of threat. According to this theory, prejudice and negative attitudes toward immigrants and other groups are explained by two types of threat: realistic threat and symbolic threat. The realistic threat is a threat to the economic well-being and political power of the in-group; the symbolic threat arises from cultural differences in the values, morals, and worldview of the out-group.

These threats are preceded by various socio-psychological factors: intergroup conflict, status inequality, strength of identification with the ingroup, knowledge about the outgroup, and intergroup contacts (González et al., 2008). Antecedent factors influence the extent to which the outgroup is perceived as threatening by the ingroup. How threats explain or predict biased feelings and beliefs towards outgroups in turn influences ingroup and outgroup behaviour and interactions.

Paragraph 1.6 "Author's Approach to Investigating the Role of Social Identity, Social Capital, Self-efficacy and Perceived Threat in Acculturation Strategy Preference" describes the author's perspective on the research problem, outlines the theoretical rationale for the paper and describes the research hypotheses and research questions.

There are many studies proving the existence of a relationship between social identity and acculturation strategies (Ryabichenko, Lebedeva, 2019; Lepshokova, Tatarko, 2019; Lepshokova, Lebedeva, 2016; Berry, 2003; Schwartz

et al., 2010; Zane & Mak, 2003). Stephan's integrated threat theory (Stephan & Stephan, 2000) determines that perceived threat accompanies the acculturation process. At the same time, this threat can be determined by many different socio-psychological factors.

Perceived threat to either the real resources or worldview of the dominant group is associated with more negative attitudes towards the minority, and this attitude can be mediated by perceived economic and cultural threat (Ljujic, 2012)

Perceived threat may moderate the relationship between acculturation attitudes and psychological well-being (Galyapina, 2021), as well as between ethnic identity and intercultural interaction effectiveness (Gritsenko et al., 2022). Perceived cultural and economic threat can lead to prejudice and negative attitudes toward immigrants (Zarate, 2004)

We hypothesised in our study that factors such as social capital and self-efficacy may modify the effects of perceived threat on the identity-acculturation preference relationship. High levels of self-efficacy may help ethnic minorities strengthen their internal resources and reduce sociocultural stressors (e.g., minority stress, ethnic discrimination), improve mental health, and promote integration. Based on this theoretical framework, the research hypotheses and research questions were proposed.

Chapter 2, "AN EMPIRICAL STUDY OF THE RELATIONSHIPS OF SOCIAL IDENTITY, SOCIAL CAPITAL, PERCEIVED THREAT AND SELF-EFFICACY IN MUTUAL ACCULTURATION OF RUSSIANS AND ESTONTS IN ESTONIA" is devoted to the description of the context of Russian-Estonian interaction, the methodology of the study, and the description and interpretation of the findings.

Paragraph 2.1. "Russian-Estonian context" describes the peculiarities of the socio-cultural context of our research. Between 1918 and 1940, Estonia was a predominantly ethnically homogeneous state, with 88 per cent of the population being Estonian, 8 per cent ethnic Russian and 4 per cent from other ethnic groups. Between 1945 and 1989, the Estonian population decreased from 1

million to 965,000, while the non-Estonian population increased from 23,000 to 602,000 in 1989 (Vetik, 1993). These global changes in the Estonian and non-Estonian populations are due to different causes originating in the 1940s. After the collapse of the Soviet Union, the state policy changed completely. With the independence of Estonia, the state policy began to change radically, with an orientation towards the development of the Estonian nation.

Thus, two successive different periods caused many difficulties within groups and in the context of intercultural relations, such as language conflict, inequalities in citizenship, education and labour market opportunities, which have not been definitively resolved even today.

Currently, many Russians perceive the integration policy of the Estonian government not as an endeavour to equalise the rights of both groups, but rather as an assimilation of the Russian-speaking society. A number of Estonians, on the contrary, believe that this policy is a rejection of national ideals (Vetik at al., 2011). The reasons for distrust of integration policies lie in a deep-rooted feeling of threat towards the other group and, often, in the non-acceptance of some key principles of these policies.

Paragraph 2.2. "Design and Methodology of the Empirical Study" describes the sample, the research methodology, and outlines the basic research design. The aim of this study is to examine the role of perceived intergroup threat, social capital and self-efficacy in the relationship between social identity and acculturation strategies of ethnic majority (Estonians) and ethnic minority (Russians) in Estonia.

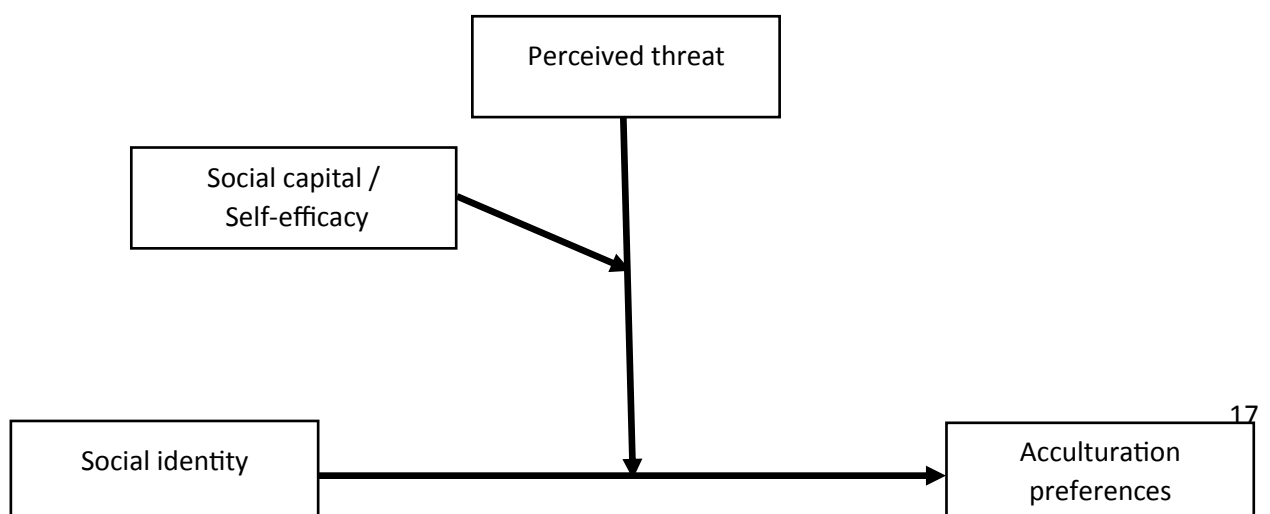Figure 1 depicts the basic conceptual framework of the study.

Figure 1 Basic conceptual framework for investigating the relationship between social identity, acculturation strategies, and perceived threat, social capital and self-efficacy

The sample of Russians was 300 people aged 18 to 75 years (mean age - 37.71, standard deviation - 16.52). Of these, 145 were men and 155 were women. All respondents were Estonian residents who were either born before the collapse of the USSR or after the collapse of the USSR in Estonia.

Data collection took place in 2020-2021 in the Estonian territory in the city of Tallinn. The method of data collection was a socio-psychological survey, which was conducted within the framework of the project of the Centre for Sociocultural Research "New Russian Diaspora 30 years later: identity, social capital, intercultural relations and psychological well-being".

The following scales were used in this study, taken from the MIRIPS questionnaire adapted for the Russian sample (Lebedeva, Tatarko, 2009): ethnic identity scale, civic identity scale, acculturation strategies scale, acculturation expectations scale, economic threat scale and cultural threat scale. The Schwarzer-Erusalem self-efficacy scale adapted for the Russian-speaking sample (Schwarzer, 1996). The scales of bridging and bonding social capital are a modified version of the existing methodology "resource generator" (Van der Gaag, Webber, 2008), adapted on the Russian-speaking sample (Tatarko, 2018).

The methods of statistical processing used were reliability analysis of scales with the detection of Cronbach's alpha coefficient, comparison of mean values using ANOVA, regression analysis with an additional check of two-level moderation and the use of the Process module in the IMB SPSS 27 software.

Paragraph 2.3. "Findings on the role of self-efficacy, social capital and perceived threat among the Russian-speaking minority" describes the results of mathematical and statistical analysis of the relationship between self-efficacy, social capital and perceived threat in the choice of acculturation preferences

The results of the study show that the hypotheses of the study are partially confirmed. In Russians, civic identity is positively related to the strategy of

integration, as well as to the strategy of assimilation, while ethnic identity has a negative relationship with assimilation. There is no direct connection of both types of identity with separation. Among Estonians, civic identity was positively related to the expectation of integration of Russians. Civic identity was negatively related to the expectation of assimilation, while ethnic identity was positively related. Ethnic and civic identities were positively related to the expectation of Russian separation.

For Russians, both types of perceived threat (economic and cultural) appear to moderate the relationship between civic identity and integration, reducing this relationship. For Estonians, perceived economic and cultural threat fulfils a moderating role, reducing the positive relationship between civic identity and expectation of integration, as well as the relationship between both types of identity and expectation of Russian assimilation. Perceived economic threat reduces the positive relationship between civic identity and expectation of separation of Russians.

For Russians, self-efficacy was a moderator of perceived threat in the relationship between civic identity and integration, strengthening this positive underlying relationship. For Estonians, self-efficacy was a moderator of perceived threat in the civic-ethnic identity-assimilation-separation relationship, where high levels of self-efficacy strengthened the expectation of separation and reduced the preference for separation. Bridging social capital proved to be a moderator of perceived threat, reducing the preference for assimilation in both groups, as well as reducing the preference for the expectation of separation of Russians by Estonians. The moderating role of bonding social capital did not manifest itself.

Paragraph 2.4 "Discussion of the results of the research on the role of self-efficacy, social capital and perceived threat" reveals the content of the research on the role of perceived threat, social capital and self-efficacy in mutual acculturation of Russians and Estonians

In this paper we considered factors that can be interrelated with three types of acculturation preferences of the Russian ethnic minority and Estonian ethnic

majority: integration, assimilation and separation. Two types of perceived threat: economic and cultural, two types of social capital: bridging and bonding, and the level of self-efficacy were identified as predictors of this relationship.

As a result of the study, hypotheses 1-3, reflecting the relationship between the two types of identity and acculturation preferences of the minority and the majority, were partially confirmed.

Hypothesis 4, reflecting the moderating role of perceived threat in the relationship of the two types of identity and acculturation preferences of the minority and majority, was also partially confirmed.

There were 2 research questions that determined the moderating role of self-efficacy and perceived threat social capital in the relationship of civic and ethnic identity with acculturation strategies.

Bridging social capital was found to be a moderator of perceived economic threat of the relationship between civic identity and Russians' preference for assimilation. At a low level of perceived economic threat, the relationship between the level of civic identity and assimilation was positive at any level of bridging social capital. At high levels of perceived threat, the preference for assimilation decreased with the increase in bridging social capital and civic identity.

The level of self-efficacy is able to reduce the level of perceived threat in the relationship between civic identity and preference for integration strategy.

In Estonians, when the level of cultural threat in the relationship between ethnic identity and the expectation of assimilation of Russians is low, the preference for assimilation decreases as the level of bridging social capital increases. At a higher level, the level of bridging social capital does not weaken the perceived cultural threat.

Also, for Estonians, self-efficacy helps to overcome perceived economic threat in the relationship between both types of identity and the expectation of assimilation of Russians, as well as the expectation of their separation.

The Conclusion presents the conclusions of the study and summarises the findings. The limitations and future prospects of the study are also described.

The work was carried out at the Center for Sociocultural Research of the National Research University Higher School of Economics.

The results of the study are reflected in the following publications:

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2. Rodionov G. Ya. Civic identity and acculturation expectations of Muscovites and Tallinians: the role of perceived threat // Vestnik of the Institute of Sociology. 2021. Т. 12. № 2. С. 194-215.

3. Rodionov G. Y. Interrelation of social capital and acculturation expectations of Estonians in Estonia: perceived threat as a mediator // Cultural-historical psychology. 2021. Т. 17. № 4. С. 74-82.

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