

Intergroup contact and Social Well-Being

LESSON 4

Perceptions of Inclusion, well-being and Identification
with
the European Union in Ukrainian university students




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How intergroup contact promotes social well-being?

- Positive intergroup contact helps students feel more connected, confident, and accepted.
 - Through interaction and cooperation, people often discover similarities, share experiences, and build meaningful connections despite group differences.
 - These intimate social bonds can improve how individuals perceive themselves and their community.
 - Positive contact encourages a sense of belonging to a broader “we”, where diversity is valued rather than feared (Wright et al., 2002).
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Results from the literature on intergroup contact and social well-being

Research shows that positive intergroup contact improves both intergroup relations and individual well-being.

- Face-to-face contact is linked to greater self-expansion and lower loneliness.

When direct contact is limited, high-quality digital contact can still promote self-expansion (Stathi et al., 2024).



- Cross-group friendships reduce prejudice when they promote self-expansion, meaning that people begin to include the outgroup member, and the outgroup itself, in their sense of self.

This leads to greater empathy, lower intergroup anxiety, and more positive intergroup behavior (Wright et al., 2002).

- Among children, confidence in forming cross-ethnic friendships predicts closer and higher-quality intergroup relationships.

This confidence is strengthened by positive contact experiences, low intergroup anxiety, and parents' diverse friendships (Bagci et al., 2020).

Conclusions



When intergroup contact improves social well-being, benefits extend beyond individuals.

Students who feel accepted and connected participate more, help others, and contribute to a more inclusive and cohesive university environment.

Thank you

Any Question?

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