

Navigating Success: The Impact of Family and Community Expectations on the Mental Health and Well – Being of Black Women College Students at HBCUs

This pilot study explores how cultural expectations of success within family and community impact the mental health and overall well-being of Black women college students at Historically Black Colleges and Universities (HBCUs). Focusing on the pressures placed on Black women to meet these expectations, the research examines how such demands influence psychological health, emotional stability, and personal achievement. By investigating these cultural pressures, the study seeks to uncover the unique mental health challenges faced by this population, offering insights into how cultural norms shape their emotional and psychological experiences. The findings will contribute to a deeper understanding of the intersection between cultural expectations and mental health, highlighting the need for more culturally sensitive support systems and interventions.