

Parental Relationships Influence on Emerging Adults' Subjective Well-being: The Mediating Role of Self-esteem.

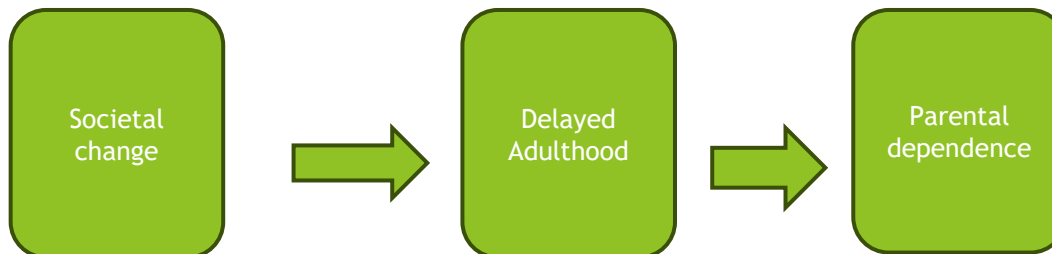


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- ▶ Growing Up in Ireland Annual Conference
- ▶ Cohort “98” Wave 4 (Age 20)

Background

Jeffrey Arnett's (2000) lifespan developmental framework of emerging adulthood can be used as a lens to understand how societal changes interact with family support and well-being.

Studying cohorts such as emerging adults in Ireland is important for understanding developmental processes, changes, and stability in society.

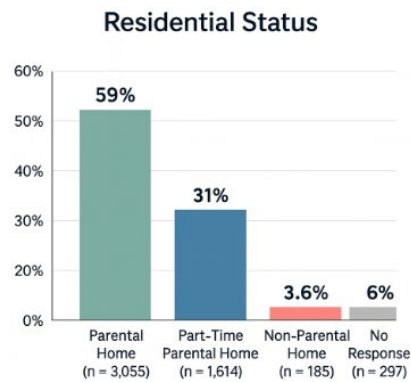


Context

According to the Central Statistics Office, in 2022, over half a million (522,486) emerging adults in Ireland aged 18 and over lived with their parents.

Additionally, 61% of 20-24-year-olds still lived with their parents in 2022, a 59% increase from 2016. This suggests that parents continue to play a significant role in the daily lives of emerging adults. (Census 2022)

Cohort “98”



► 59% of the Emerging adult cohort “98” considered their parental home their main address ($n = 3055$).

► 31% considered it their main address, but they also had a part-time address ($n = 1614$).

► Only 3.6% had a non-parental address ($n = 185$).

► No response ($n = 297$).

Literature Review

- ▶ Prior studies have extensively examined the quality of parent-child relationships and their impact on children's and adolescents' psychological functioning and subjective well-being markers (Sugimura et al., 2023; Harris et al., 2015; Barnes et al., 2009).
- ▶ In contrast, research on emerging adults' parent-adult-child relationships and their influence on subjective well-being and self-esteem is scant (Harris & Orth, 2020).
- ▶ This highlights a notable gap in the literature, as limited research has explored how the quality of parental relationships influences well-being during emerging adulthood.



Aim

- ▶ This study addresses this gap by employing a mediation model to examine both direct and indirect effects of self-esteem on the association between parental relationship quality and subjective well-being.
- ▶ By focusing on an Irish sample, this research provides context-specific insights into family dynamics and psychological functioning within this key developmental period.

Theory



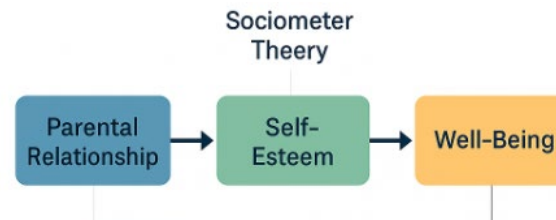
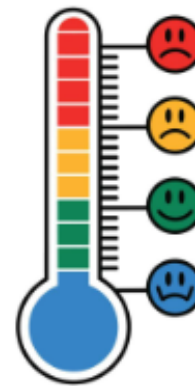
Attachment theory suggests that early bonds with parents shape how secure and confident we feel later in life (Bowlby, 1973).

Theoretical Framework

Sociometer framework, posits that self esteem is an internal psychological monitor that has learned to monitor and evaluate social belongingness (Leary, 1995).

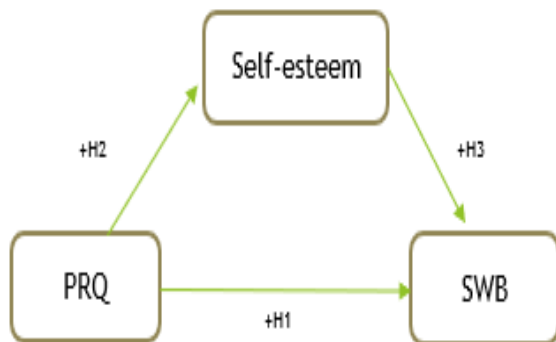
Self-esteem is one's evaluation of how accepted, valued or devalued one is in close relationships.

When people believe they are valued in their close relationships, they feel good about themselves, bolstering their self-esteem (Leary & Baumeister, 2000).



Does self-esteem (SE) mediate the relationship between Parental relationship quality (PRQ) and subjective well-being (SWB)?

Mediation Model



Hypotheses

Hypothesis 1	Quality parental relationships will relate positively with emerging adults' subjective well-being.
Hypothesis 2	Quality parental relationships will relate positively with emerging adults' self-esteem.
Hypothesis 3	Self-esteem will relate positively with emerging adults' subjective well-being.
Hypothesis 4	Self-esteem mediates the relationship between quality parental relationships and subjective well-being of emerging adults.

Data & Analytical Approach

GUI '98 Cohort, Wave 4 (age 19-21)

Nationally representative dataset
 $N = 4,521$

Analyses conducted using SPSS (v29)

PROCESS Macro (Model 4; Hayes, 2018) used to test a mediation model

Bootstrapping with 5,000 resamples
for indirect effect estimation

Measures

IV

Parental Relationship Quality

Network of Relationships Inventory: (Furman & Buhrmester, 2009), Likert scale assessing paternal & maternal subscales Intimacy and Conflict (Reverse scored) High score is indicative of a higher quality relationship

Mediator

Self-Esteem

Rosenberg Self-Esteem Scale (Rosenberg, 1965)

6-item Likert scale (Strongly Disagree → Strongly Agree); higher scores = higher self-esteem

DV

Subjective Well-being measure,

Cognitive and affective components of well-being ,

“How satisfied are you with your life in general?” This was rated using a ten-point Likert scale, from 0 = extremely unsatisfied to 10 = extremely satisfied.

Descriptives & Correlations

Table 3.

Bivariate Correlations

	1	2	3	4	5	<i>M</i>	<i>SD</i>
1. Subjective well-being	-					7.03	1.76
2. Age	.01					20	.29
3. Gender	-.04	-.02				1.51	.49
4. Social class	-.03	-.01	-.01			3.41	1.40
5. Parent Relationships	.29**	.00	.15**	-.01		25.45	4.57
6. Self-esteem	.59**	.00	-.19**	-.30**	.27**	11.65	3.47

* $p < .01$, ** $p < .001$

Regression Results

Table 4.

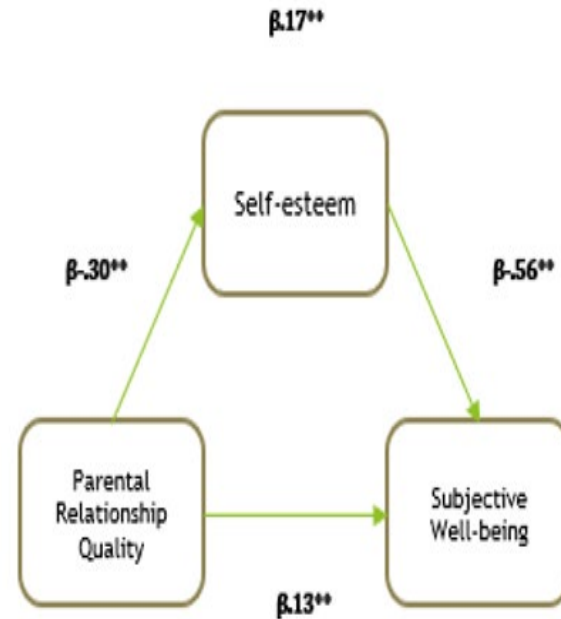
Hierarchical Multiple Regression Predicting Subjective Well-being

	<i>b</i>	S. E	<i>B</i>	<i>T</i>	95% <i>CI</i>	<i>P</i>
Constant	.035	.02		2.43	[0.01, 0.06]	.01*
Gender	-.037	.02	-.038	-2.53	[-.065, -.01]	.01*
Age	.017	.01	.017	1.13	[0.01, 0.05]	.26
Constant	.022	.01		1.89	[-0.00, 0.04]	.06
Gender	.047	.01	.048	3.89	[0.02, 0.07]	<.001**
Age	.013	.01	.013	1.07	[-0.01, 0.04]	.84
Parental relationship quality	.132	.01	.135	10.80	[0.11, 0.16]	<.001**
Self-esteem	.556	.01	.566	44.96	[0.53, 0.58]	<.001**

Note. $R^2 = 0.00$ for Step 1; $\Delta R^2 = 0.37$ for Step 2 $p < .01$ * $p < .001$ **

Mediation Model

- ▶ All four hypotheses were supported.
- ▶ Our mediator self-esteem did not fully account for the association.
- ▶ Partial Mediation.



Findings:

- We examined self-esteem as a potential mechanism for explaining the association between quality parental relationships and subjective well-being. In doing so, we aimed to address the gaps in the literature regarding the continuation of familial bonds among emerging adults.
- In line with our assumptions, higher-quality parental relationships were positively associated with subjective well-being. Specifically, our results indicate that individuals with higher self-evaluations of worthiness had positive associations with subjective well-being.

Results

Findings continued:

Our study highlighted the indirect effect of self-esteem, which refers to one's self-evaluation of how valued and accepted one is in close relationships, on the parental relations of emerging adults and their association with increased subjective well-being.

However, our study only partially mediated the association. While the direct effect was reduced after mediation, it was not reduced to zero.

Table 5.

Parallel Mediation Table

	β	<i>SE</i>	<i>T</i>	<i>P</i>	95% CI
Path (a)	.30	0.01	21.20	< .001	[0.27, 0.33]
Path (b)	.57	0.01	40.33	< .001	[0.53, 0.58]
Path total effect (c)	.30	0.01	20.91	< .001	[0.27, 0.33]
Path direct effect (c')	.13	0.01	10.76	< .001	[0.11, 0.16]
Indirect Effect (a*b)	.17	0.01		Bootstrapped	[0.15, 0.19]



Implications

- ▶ These findings have important implications for interventions intended to improve parental relationships beyond adolescents.
- ▶ Family bonds are still crucial in emerging adulthood.
- ▶ Self-esteem is a key mechanism.
- ▶ Relevance for family-centred interventions.

Key Takeaways:

Parental relationship quality continues to shape well-being in emerging adulthood.



Self-esteem partially explains this link, supporting sociometer theory.



Interventions that enhance both parent-adult-child communication and self-esteem could boost emerging adults' well-being outcomes in Ireland.



Thank you for listening.

Any feedback or questions would be greatly appreciated.



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