



**WELL-BEING DURING
EMERGING ADULTHOOD:
CHALLENGES & OPPORTUNITIES**

10TH CONFERENCE ON EMERGING ADULTHOOD

4 - 6 November 2021



DEPRESSION, GENDER DIFFERENCES AND FAMILY RELATIONSHIPS DURING EMERGING ADULTHOOD. A LONGITUDINAL STUDY.

Águeda Parra, Inmaculada Sánchez-Queija, Mari Carmen García-Mendoza & Jeffrey Jensen Arnett
Department of Developmental and Educational Psychology. Universidad de Sevilla. España.

Department of Psychology. Clark University. USA



This work was supported by grant from the Spanish Ministry of Science, Innovation and Universities, the State Research Agency and the European Regional Development Fund (RTI2018-097405-B-I00).



BACKGROUND



WELL-BEING DURING
EMERGING ADULTHOOD:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULTHOOD
4 - 6 November 2021

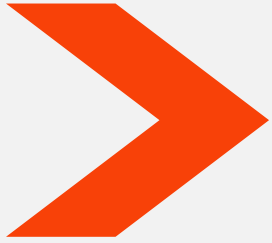
Over the last three decades, older children have started to remain in the family home for longer. Currently, most young people in Spain continue to live with their parents until they are almost in their thirties (Eurostat, 2020).



Two adult generations often live under the same roof, thus requiring a new type of family relationship.



Understanding the family context throughout this stage is particularly important.



BACKGROUND



WELL-BEING DURING
EMERGING ADULthood:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULthood
4 - 6 November 2021

Few studies have analyzed how family relationships change during emerging adulthood from a longitudinal perspective. In Spain, no such studies exist:

Most studies have focused on late adolescence and the initial years of emerging adulthood

Family affection decrease slightly over the years. Women tend to perceived more affection from their families than men (Parra et al., 2015).

Support and affection in family relationships decrease slightly during this period (Seiffge-Krenke et al., 2010).

Very few studies focus exclusively on emerging adulthood

Helicopter parenting declines slightly throughout the initial years of emerging adulthood. Higher levels of helicopter parenting have been observed for men than for women (Nelson et al., 2021).

GENDER = KEY VARIABLE



BACKGROUND



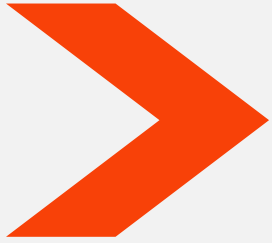
WELL-BEING DURING
EMERGING ADULTHOOD:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULTHOOD
4 - 6 November 2021

There are many cross-sectional studies on the association between parenting behavior and psychological adjustment (Assari et al., 2015; Inguglia et al., 2014; Nelson et al., 2011). However, few studies have analyzed these associations during emerging adulthood from a longitudinal perspective.

Some of these longitudinal studies, which have focused on the initial and intermediate years of emerging adulthood, have found that some family variables are associated with depressive symptoms:

Parental support at the beginning of the stage, at least from the mother, is negatively associated with depressive symptoms several years later (Assari et al., 2015).

Psychological control at the beginning of the stage is positively associated with depressive symptoms during intermediate years of emerging adulthood (Desjardins & Leadbeater, 2017).



BACKGROUND

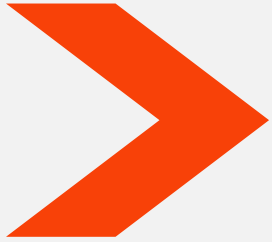


WELL-BEING DURING
EMERGING ADULthood:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULthood
4 - 6 November 2021

Parental involvement is a key variable for understanding the relationships that exist between family members (Pleck & Masciadrelli, 2004), both in general and during the transition to adulthood. Previous studies have found that parental involvement is negatively associated with psychological and behavioral control (García-Mendoza et al., in press; León & Migliavacca, 2013; Moreno et al., 2012) and positively associated with adjustment among emerging adults (García-Mendoza et al., 2017).



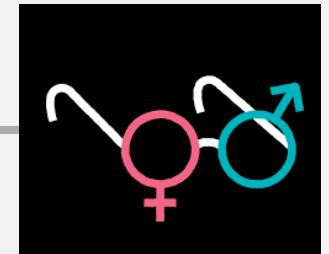
Could parental involvement be a protective factor for depression among emerging adults in the presence of high levels of parental control?



AIMS

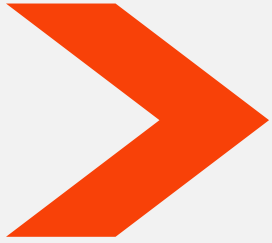


**WELL-BEING DURING
EMERGING ADULTHOOD:
CHALLENGES & OPPORTUNITIES**
10TH CONFERENCE ON EMERGING ADULTHOOD
4 - 6 November 2021



This study has two specific aims:

1. To examine, whether family relationships change or remain stable between the initial and the intermediate years of emerging adulthood.
2. To analyze the relationship between parental behavior when emerging adults are in their early twenties and their depressive symptoms four years later.
 - I. To analyze the moderator effect of parental involvement in the relationship between parental control and depression



METHOD



WELL-BEING DURING
EMERGING ADULTHOOD:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULTHOOD
4 - 6 November 2021

Participants: 400 emerging adults (258 women) aged between 18 and 29

♀ \bar{x} : 20.35; *SD*: 2.02 at W1 and \bar{x} : 23.70; *SD*: 2.06 at W2

♂ \bar{x} : 20.23; *SD*: 2.08 at W1 and \bar{x} : 23.57; *SD*: 2.14 at W2

This study was approved by the
Coordinating Committee for the Ethics
of Biomedical Research in Andalusia

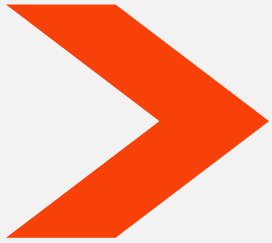


Participants were recruited from two
Spanish universities



Transition to Adulthood in Spain project





INSTRUMENTS



WELL-BEING DURING
EMERGING ADULthood:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULthood
4 - 6 November 2021

Demographic Variables: Age and gender.

Multidimensional Scale of Perceived Social Support (MSPSS) (Zimet, Dahlem, Zimet, & Farley, 1988). **Family subscale:** 4 items (e.g., *I get the emotional help and support I need from my family*). Cronbach's alphas: W1/W2 = .90/.92

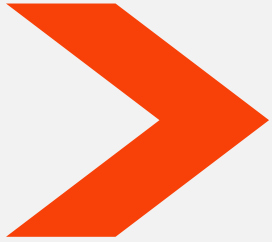
Perceptions of Parents Scales (POPS), College Student Version (Grolnick, Ryan, & Deci, 1991; Robbins, 1994).
23 items divided into three subscales:

- **parental involvement** (e.g., *My parent finds time to talk with me*), Cronbach's alphas: W1/W2 = .83/.84
- **parental warmth** (e.g., *My parent accepts me and likes me as I am*), Cronbach's alphas: W1/W2 = .82/.85
- **parental autonomy support** (e.g., *My parent helps me to choose my own direction*). Cronbach's alphas: W1/W2 = .82/.84.

Parenting Styles Scale (Oliva, Parra, Sánchez-Queija, & López, 2007). **The psychological control subscale:** 8 items (e.g., *My father/mother makes me feel guilty when I do not do what he/she wants*). Cronbach's alphas: W1/W2 = .87/.91.

Control Subscales (Kerr & Stattin, 2000). **The behavioral control subscale:** 5 items (e.g., *My father/mother tries to set rules about what I do in my spare time*). Cronbach's alphas: W1/W2 = .87/.91

Depression Anxiety Stress Scales (DASS-21) (Lovibond & Lovibond, 1995). **Depression subscale:** 7 items (e.g., *I couldn't seem to experience any positive feeling at all*). Global Cronbach's alphas for this scale: W1/W2 = .89/.88.



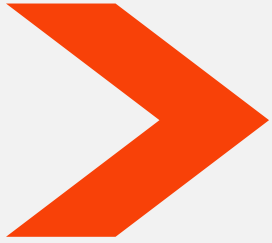
AIMS



WELL-BEING DURING
EMERGING ADULTHOOD:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULTHOOD
4 - 6 November 2021

This study has two specific aims:

1. To examine, whether family relationships change or remain stable from the initial to the intermediate years of emerging adulthood.
2. To analyze the relationship between parental behavior when emerging adults are in their early twenties and their depressive symptoms four years later.
 - I. To analyze the moderator effect of parental involvement in the relationship between parental control and depression



RESULTS

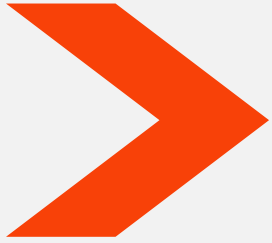


**WELL-BEING DURING
EMERGING ADULthood:
CHALLENGES & OPPORTUNITIES**
10TH CONFERENCE ON EMERGING ADULthood
4 - 6 November 2021

Table 1. Descriptive statistics by gender.

	Wave 1						Wave 2					
	Women			Men			Women			Men		
	M	SD	Range	M	SD	Range	M	SD	Range	M	SD	Range
Family social support	6.04	1.32	1-7	5.96	1.25	1-7	5.92	1.31	1-7	5.62	1.25	2.25-7
Parental involvement	5.53	1.24	1.33-7	5.38	1.09	2.50-7	5.57	1.19	1.17-7	5.30	1.02	1,67-7
Parental autonomy support	5.52	1.22	1-7	5.31	0.98	1.88-7	5.49	1.08	1-7	5.25	1.02	2-7
Parental warmth	6.03	1.05	1.65-7	5.87	1.02	2.33-7	5.98	1.05	1-7	5.68	1.06	1.5-7
Psychological control	2.18	1.13	1-6	2.30	1.03	1-5.38	2.07	1.17	1-5.75	2.16	1.06	1-5.75
Behavioral control	2.15	1.10	1-6	2.38	1.04	1-5.40	1.70	.91	1-6	1.96	.96	1-6

- High level of family social support, parental involvement, warmth and support of autonomy
- Low level of control, both, psychological and behavioral



RESULTS



FAMILY SOCIAL SUPPORT



Between the initial and intermediate years of emerging adulthood, **both emerging adult women and emerging adult men** perceived a **decrease** in the social support they received from their parents -*Pillai multivariate analysis, $F(1,396) = 12.59, p < .001, \eta^2 = .03$* -



Women and men perceived **similar levels** of family social support -*univariate contrast $F(1, 396) = 2.89, p = .090, \eta^2 = .01$* -



Table 2. Relative stability of family social support

	T1-T2 Women	T1-T2 Men
Family social support	.52**	.49**

** $p < .001$



RESULTS



PARENTAL WARMTH



Significant changes were found over the years in perceived parental warmth, with emerging adults perceiving a **decrease** in this variable $-F(1,391)= 7.74, p = 0.06, \eta^2 = .02-$



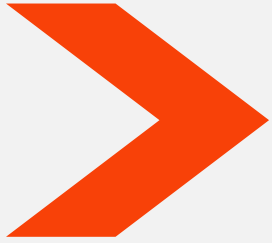
Women perceived more warmth from their parents than men $-univariate\ contrast\ F(1, 391) = 5.98, p = .015, \eta^2 = .01-$



Table 3. Relative stability of parental warmth

	T1-T2 Women	T1-T2 Men
Parental warmth	.57**	.60**

** $p < .001$



RESULTS



WELL-BEING DURING
EMERGING ADULthood:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULthood
4 - 6 November 2021

PARENTAL INVOLVEMENT

PARENTAL AUTONOMY SUPPORT



Both variables remained stable from the initial to the intermediate years of emerging adulthood.



No gender differences were found in either variables -*univariate contrast* $F(1, 391) = 3.97, p = .047, \eta^2 = .01$ - for parental involvement, -*univariate contrast* $F(1, 391) = 5.62, p = .018, \eta^2 = .01$ - for parental autonomy support.



Table 5. Relative stability of parental involvement

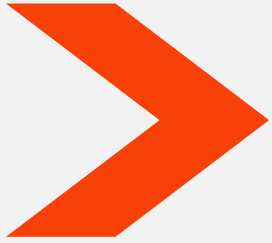
	T1-T2 Women	T1-T2 Men
Parental involvement	.63**	.55**

** $p < .001$

Table 6. Relative stability of parental autonomy support

	T1-T2 Women	T1-T2 Men
Parental autonomy support	.60**	.53**

** $p < .001$



RESULTS



PSYCHOLOGICAL CONTROL



Between the initial and intermediate years of emerging adulthood, there was a **decrease** in the level of psychological control perceived by emerging adults -*Pillai multivariate analysis*, $F(1,386) = 5.79$, $p = .017$, $\eta^2 = .01$ -



No statistically significant gender differences were observed -univariate contrast $F(1, 386) = 1.26$, $p = .263$, $\eta^2 = .00$ -

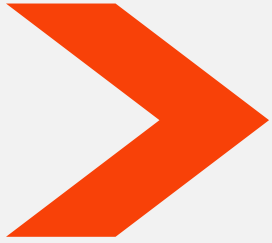


Table 4. Relative stability of psychological control

	T1-T2 Women	T1-T2 Men
Psychological control	.60**	.62**

** $p < .001$





RESULTS



BEHAVIORAL CONTROL



A **decrease** was observed in the behavioral control perceived by emerging adults between the initial and intermediate years of emerging adulthood -*Pillai multivariate analysis*, $F(1,386) = 79.21, p < .001, \eta^2 = .17, p < .001$ -



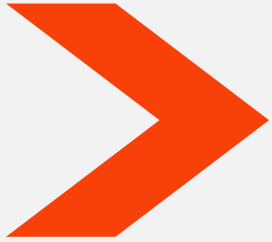
Men perceived more behavioral control by their parents than women -*univariate contrast* $F(1, 386) = 7.06, p = .008, \eta^2 = .02$ -



Table 5. Relative stability of behavioral control

	T1-T2 Women	T1-T2 Men
Behavioral control	.60**	.54**

** $p < .001$



AIMS



WELL-BEING DURING
EMERGING ADULTHOOD:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULTHOOD
4 - 6 November 2021

This study has two specific aims:

1. To examine, whether family relationships change or remain stable from the initial to the intermediate years of emerging adulthood.
2. To analyze the relationship between parental behavior when emerging adults are in their early twenties and their depressive symptoms four years later.
 - I. To analyze the moderator effect of parental involvement in the relationship between parental control and depression



RESULTS



WELL-BEING DURING
EMERGING ADULthood:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULthood
4 - 6 November 2021

Table 6. Intercorrelations between family variables in T1 and emerging adults depression in T2.

	Depression (W2)	
	Women	Men
Family social support (W1)	-.31**	-.30*
Parental involvement (W1)	-.24**	-.38**
Parental warmth (W1)	-.27**	-.27*
Parental autonomy support (W1)	-.25**	-.22*
Psychological control (W1)	.20*	.21*
Behavioral control (W1)	.14*	.12

Family control at wave 1 correlated positively with depressive symptoms at wave 2; all other family variables correlated negatively.

*p < .05; **p < .001



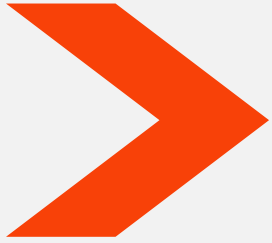
AIMS



**WELL-BEING DURING
EMERGING ADULTHOOD:
CHALLENGES & OPPORTUNITIES**
10TH CONFERENCE ON EMERGING ADULTHOOD
4 - 6 November 2021

This study has two specific aims:

1. To examine, whether family relationships change or remain stable from the initial to the intermediate years of emerging adulthood.
2. To analyze the relationship between parental behavior when emerging adults are in their early twenties and their depressive symptoms four years later.
 - I. To analyze the moderator effect of parental involvement in the relationship between parental control and depression



RESULTS



WELL-BEING DURING
EMERGING ADULthood:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULthood
4 - 6 November 2021

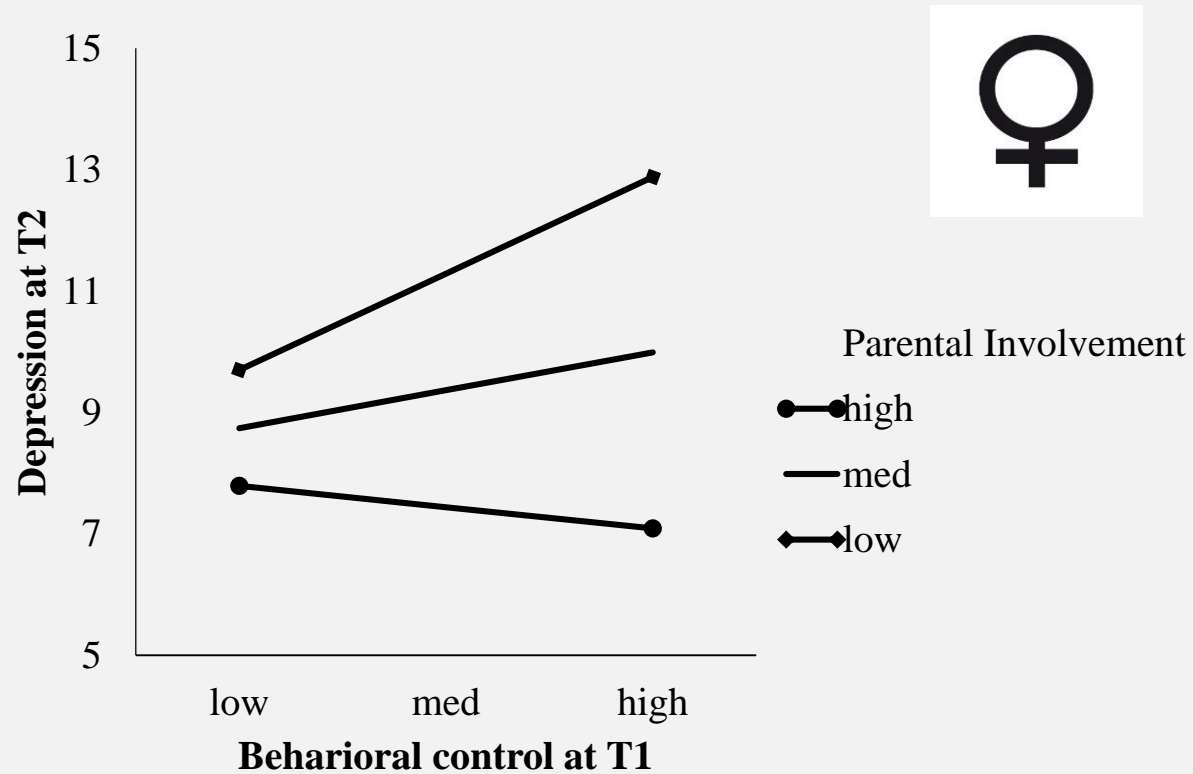


Figure 2. Moderator effect of parental involvement on the relationship between behavioral control at W1 and depression at W2 for women

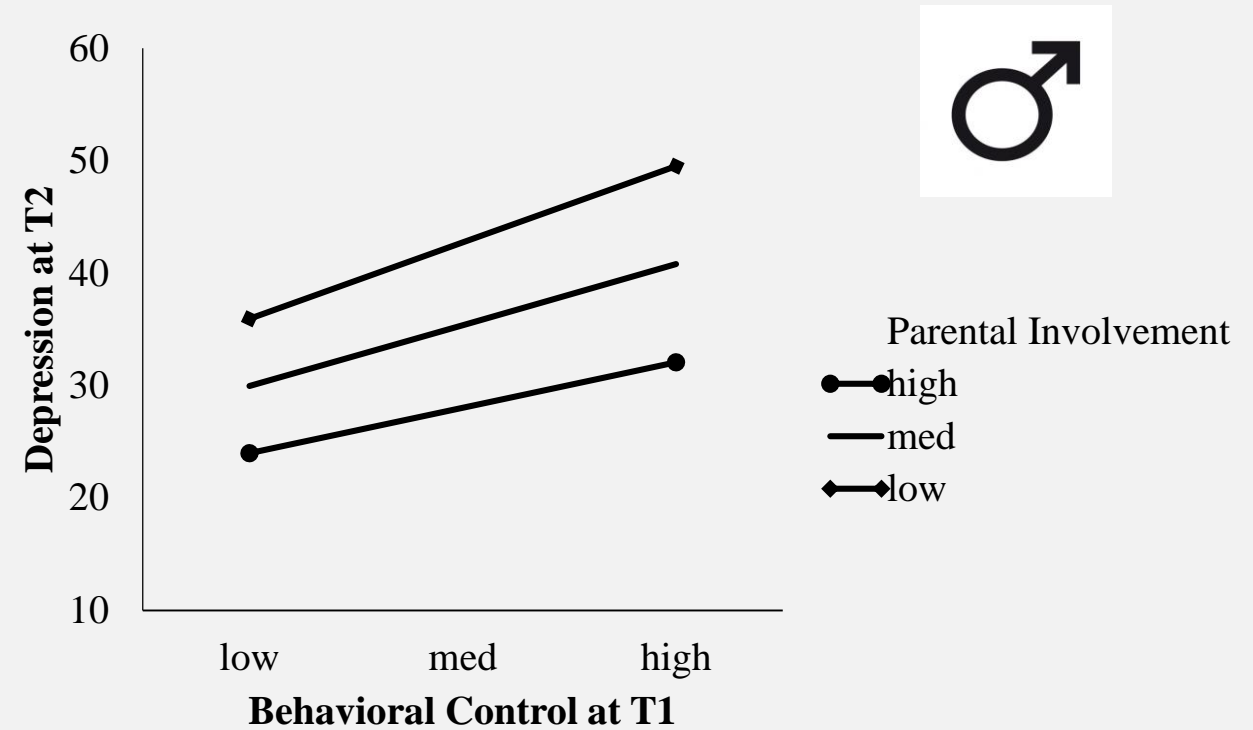


Figure 3. Moderator effect of parental involvement on the relationship between behavioral control at W1 and depression at W2 for women.



DISCUSSION



WELL-BEING DURING
EMERGING ADULthood:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULthood
4 - 6 November 2021

During this stage, family relationships have high levels of relative stability, suggesting that once relationship patterns have been built, they usually remain stable between the initial and intermediate years of emerging adulthood.



This finding confirms the continuity that, in general, characterizes parent-child relationships with respect to previous patterns of family interaction (Aquilino 2006).

However...

During the two waves, we found a decrease in family social support, parental warmth and parental control. These results could be explained in terms of the new balance struck in the parent-child relationships, as parents strive to adapt to their older children's growing need for independence.



DISCUSSION



WELL-BEING DURING
EMERGING ADULTHOOD:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULTHOOD
4 - 6 November 2021

The quality of family relationships at the beginning of emerging adulthood is associated with depressive symptoms three years later.

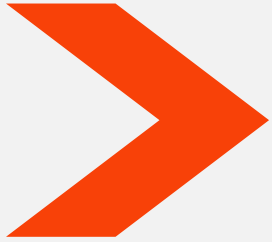


This finding can be interpreted in accordance with **self-determination theory** (Deci & Ryan, 2000, 2008; Ryan & Deci, 2000, 2017).

Family has a major impact on children's psychological development, through the way in which it promotes and responds to their basic psychological needs (Soenes et al., 2019):

- Positive parenting variables (parental involvement, warmth and support) help satisfy children's need for relatedness and structure. In contrast, high levels of parental control, especially during emerging adulthood, work against young people's need for autonomy.

Consequently, according to self-determination theory, although a certain degree of parental guidance is essential for positive development, parental control has no positive effect on emerging adults' psychological development.

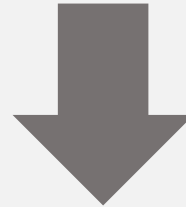


DISCUSSION

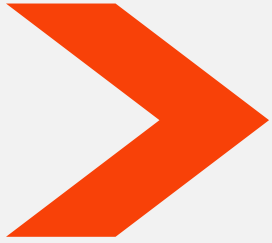


**WELL-BEING DURING
EMERGING ADULthood:
CHALLENGES & OPPORTUNITIES**
10TH CONFERENCE ON EMERGING ADULthood
4 - 6 November 2021

Differences were observed in family context in accordance with gender.



These findings provide evidence that, in 21st century, differences still exist between men and women in the way they perceive their family relationships, probably as a result of gender-based differences in their upbringing, which continue to persist, even in this day and age.



DISCUSSION



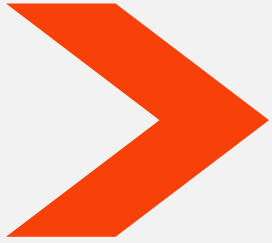
WELL-BEING DURING
EMERGING ADULTHOOD:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULTHOOD
4 - 6 November 2021

For emerging adults women parental involvement serves to mitigate the negative consequences of parental control.



If emerging adult women perceive high levels of parental control but also high levels of parental involvement, there is no association between parental control and depressive symptoms. For men, however, greater parental control leads to more depressive symptoms, regardless of the level of parental involvement perceived.

The close family ties required of women and the greater autonomy granted to men in Spanish society may well explain these results, meaning that if control is exercised in a context of parental involvement, its negative effect on women is buffered. However, among men, the negative effect of control occurs regardless of the presence of more positive family functioning variables, such as parental involvement.



CONCLUSIONS



WELL-BEING DURING
EMERGING ADULTHOOD:
CHALLENGES & OPPORTUNITIES
10TH CONFERENCE ON EMERGING ADULTHOOD
4 - 6 November 2021

Taking into account the association between family relationships and depressive symptoms during emerging adulthood, the present study highlights **the need for social policies** aimed at fostering positive parenting during these years.

The study also underscores **the need for both longitudinal and cross-cultural studies** as a means of shedding light on the changes which take place in the family context during this developmental stage, and how these changes influence emerging adults' adjustment.



DISCUSSION



WELL-BEING DURING
EMERGING ADULthood:
CHALLENGES & OPPORTUNITIES

10TH CONFERENCE ON EMERGING ADULthood

4 - 6 November 2021

THANK YOU FOR YOUR ATTENTION!

Águeda Parra Jiménez E-mail : aparra@us.es

<http://grupos.us.es/transaduldez/index.php?page=index-ing>

