Generativity and Positive Parenting as Predictors of Positive Development and Goals in Emerging Adulthood

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Literature Review: Eudaimonia

Eudaimonia = Happiness + Well-being/Flourishing
(Bauer & McAdams, 2010)

- Well-Being (Bauer, McAdams, & Pals, 2006)
  - Maturity (Life’s meaningfulness)
  - Happiness (Positive moments and pleasure)

- Maturity and Happiness are generally unrelated.
- Only linked in people with highest levels of maturity, usually older adults.
Literature Review: Eudaimonia

Important factors beyond development that can contribute to Eudaimonia

- Generativity
- Positive Early Family Relations
Identity and Generativity

Erikson (1982) Stages of Development

- Stage 5: Identity versus Role Confusion
- Stage 7: Generativity versus Stagnation
- Resolving the conflicts present at each developmental stage expected to lead to increased well-being.
Positive Family Relations

- Authoritative parenting style leads to higher well-being, which affects patterns of independence in leaving home (Buhl, 2007; 2008).
- Early experiences of positive parenting positively correlated with well-being in MIDLIFE (Bell & Bell, 2005).
- Experiences of good parenting in adolescence predicted resolution of negative events in life stories at age 26 (Dumas et al., 2009).
Purpose

- To extend the literature by longitudinally examining how the three contributing factors affect each other and the development of Eudaimonia in young adulthood.
Participants and Design

- 72 Canadian high school students
  - 70% females
- 3 waves of data collection
  - Age 17
  - Age 26
  - Age 32
## Measures

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<th>17</th>
<th>26</th>
<th>32</th>
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<tr>
<td><strong>Demographics</strong></td>
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<td>Family Financial Status</td>
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<td><strong>Questionnaire</strong></td>
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<td>Perceptions of Positive Parenting</td>
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<td>Generativity</td>
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<td>Identity Maturity</td>
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<td>Well-being (The Short Happiness and Adjustment Protocol)</td>
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<td><strong>Interview</strong></td>
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<td>Growth Goal Types (Autonomy, Agency, Communion)</td>
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Interview Coding of Growth Goal Types from Stories

- **Autonomy** - Self-Sufficiency or Independence
  
  E.g. I hope to get a job and be able to move out on my own.

- **Agency** - Professionalism or Career Orientation
  
  E.g. I would like to finally get that promotion I have been working so hard towards.

- **Communion** – Good Relations, Family, Peers

  E.g. Just spending some more quality time with my husband and my children.
Results: Correlations

<table>
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<th>Outcome Measures at 32</th>
<th>Positive Parenting at 17</th>
<th>Generativity at 26</th>
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<tbody>
<tr>
<td>Identity Maturity</td>
<td><strong>.23</strong>*</td>
<td><strong>.31</strong>**</td>
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<tr>
<td>Well-Being</td>
<td><strong>.26</strong>**</td>
<td>n.s.</td>
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<tr>
<td>Autonomy Goals</td>
<td>n.s.</td>
<td><strong>.26</strong>*</td>
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<tr>
<td>Agency Goals</td>
<td>n.s.</td>
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<tr>
<td>Communion Goals</td>
<td><strong>.26</strong>*</td>
<td>n.s.</td>
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</tbody>
</table>

** *p < .001
* *p < .05
Results: Regressions

- Age 17 Positive Parenting predicted Generativity at 26 (p < .05), Identity Maturity (p < .05) and Well-being at 32 (p < .001).
  - Controlling for family financial status

- Early Positive Parenting predicted presence of Communion growth goals at 32 (p < .01).
  - Controlling for Generativity level

- Generativity at 26 predicted presence of Autonomy growth goals at age 32 (p < .01).
  - Controlling for Positive Parenting at 17
Take Home Message

- Positive Parenting at 17
- Generativity at 26
- Well-Being at 32
- Maturity at 32
- Communion at 32
- Autonomy at 32
Discussion

Growth goals at 32 were linked to earlier good parenting and a more generative self...efforts to increase those experiences might help to stimulate such a positive goal orientation in young adulthood

Questions?

Comments?

Thank you! 😊