

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

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# Literature Review: Eudaimonia

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Eudamonia = 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.
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# Literature Review: Eudaimonia

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Important factors beyond development that can contribute to Eudaimonia

- Generativity
  - Positive Early Family Relations
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# Identity and Generativity

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## 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.
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# Positive Family Relations

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- 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).
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# Purpose

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- 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

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

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		17	26	32
Demographics	Family Financial Status	X		
Questionnaire	Perceptions of Positive Parenting	X		
	Generativity		X	
	Identity Maturity			X
	Well-being (The Short Happiness and Adjustment Protocol)			X
Interview	Growth Goal Types (Autonomy, Agency, Communion)			X

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# Interview Coding of Growth Goal Types from Stories

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- **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.

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# Results: Correlations

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Outcome Measures at 32	Positive Parenting at 17	Generativity at 26
Identity Maturity	<b>.23*</b>	<b>.31**</b>
Well-Being	<b>.26**</b>	n.s.
Autonomy Goals	n.s.	<b>.26*</b>
Agency Goals	n.s.	n.s.
Communion Goals	<b>.26*</b>	n.s.

\*\*  $p < .001$

\*  $p < .05$

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# Results: Regressions

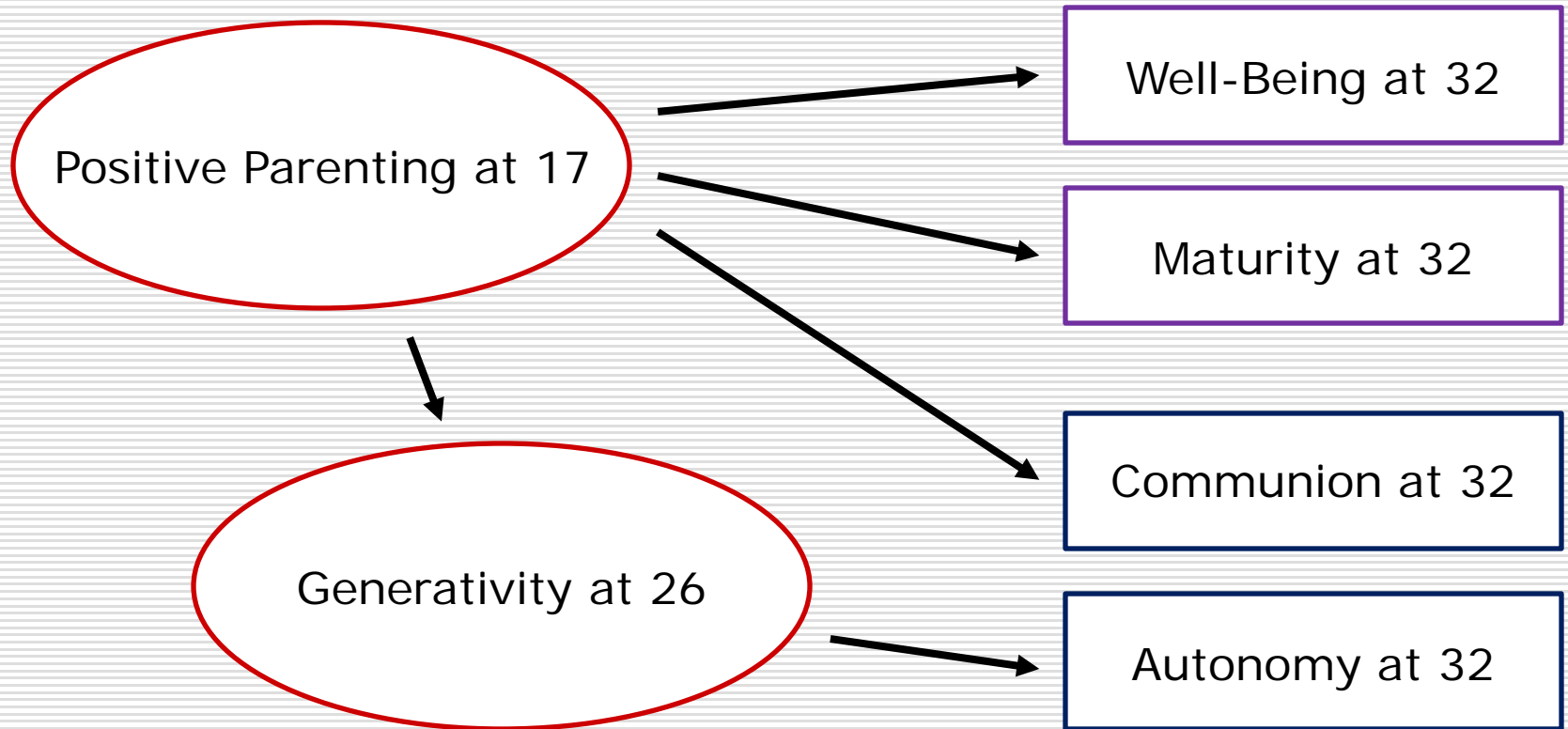
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- Age 17 Positive Parenting predicted Generativity at 26 ( $p < .05$ ), Identity Maturity ( $p < .05$ ) and Well-being at 32 ( $p < .001$ ).
    - Controlling for family financial status
  
  - Early Positive Parenting predicted presence of Communion 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
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# Take Home Message

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# Discussion

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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! 😊

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