



# Youth in Family Relationships

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# Was this you?

- A typical family interactions:  
<http://www.youtube.com/watch?v=nbqtAPi2DAI>
- Please think about what was similar to you and what was different from you.

# Youth in Family Relationships

- Topics Today
  - Statistical facts
    - Focusing on developmental periods
    - Focusing on cultures
  - 3 theoretical approaches to understanding family interactions
    - Parenting Styles
    - Attachment Theory
    - Family Systems Approach
  - Special types of families
    - Divorced vs. non-divorced families
    - Physical abuse in families
    - Sexual abuse in families



# Parent-Child Conflict in Transition to Adulthood

- Parent-child conflict
  - Highest during early adolescence
  - Somewhat smaller but still intense during middle adolescence
  - Diminish substantially during late adolescence and emerging adulthood.
- Reason for conflict
  - Sexual behavior
    - E.g., clothing

# Example from “modern family”

- **Daughter:** Check it. I'm a scary black cat.
- **Mom:** The only person that costume scares is me. Go change it.
- **Daughter:** To what?
- **Mom:** I don't know. One of your old costumes.



# Cultural Differences in Transition to Adulthood

- West
  - In the U.S., leaving home typically around ages 18 to 19.
  - In EU, emerging adults are more likely to stay at home.
    - Financial difficulty (e.g., affording apartment)
    - European culture emphasizes mutual support within families
    - Concluding that “young Europeans find that they can enjoy a higher standard of living by staying at home rather than living independently, and at the same time enjoy substantial autonomy.”
- East
  - Levels of conflict are low
    - High cultural beliefs about parental authority
    - Low cultural emphasis on adolescent independence



# The Amount of Family Activities in Transition to Adulthood

- Mothers and fathers each averaged about 1 hour/day spent in shared activities with their adolescents (Larson et al., 1996).
  - Mostly watching TV

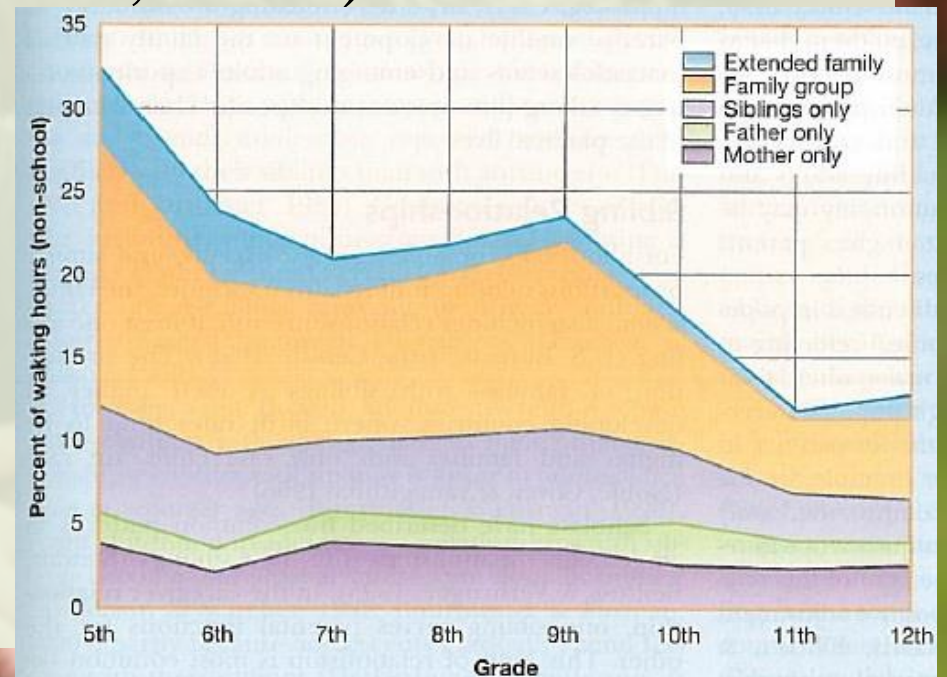


FIGURE 7.1 Changes in time spent with family members during adolescence.

Source: Larson et al. (1996).

# The Amount of Family Activities in Transition to Adulthood

- Adolescents must stay at home, whereas emerging adults can leave home.
- Girls spend more time and more activities with their mothers than with their fathers
- However, girls report negative feeling toward their mother.
  - Close feeling: 68% in 5<sup>th</sup> grade -> 28% in 9<sup>th</sup> grade
- Fathers are “shadowy presence.”
  - One data show only 12 minutes/day spending with adolescents
  - 40% of this time watching TV together
  - Fathers still report good feeling during the time together with their adolescents.
  - However, adolescents tend to resent fathers’ dominant ways of communications.



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# Approach #1: Parenting Styles

- 2 dimensions of parenting
  - Demandingness (control)
    - The degree to which parents set down rules and expectations for behavior and require their children to comply with them.
  - Responsiveness (warmth)
    - The degree to which parents are sensitive to their children's needs and the extent to which they express love, warmth, and concern for their children.

# Parenting Styles

- Dianna Baumrind's 4 patterns of parenting styles

	Demandingness (Control)		
		High	Low
Responsiveness (Warmth)	High	Authoritative	Indulgent
	Low	Authoritarian	Indifferent



# Parenting Styles



- **Authoritarian Parenting Style**
  - Parents have very strict, rigid rules.
    - They're not very interested in what the child thinks or feels.
    - No conversation.
  - No warmth and nurturance.
    - They expect the child to be mature.
  - Parents want compliance.
    - They want to control over their children.

# Parenting Styles

- Authoritative Parenting Style
  - Parents are willing to answer questions.
    - They are more democratic in the way they deal with their children.
    - They are assertive but not restrictive.
    - They are more forgiving, less punishing than the authoritarian parent.
  - If the child does not meet parents' goals, it is not the end of the world.
    - Parents will have a conversation.
    - Parents and the child will work together to have their successes.

# Parenting Styles

- Indulgent Parenting Style (permissive)
  - Parents have an excessive amount of warmth and nurturance.
  - They are lighter on the rules and regulations.
    - Parents allow for a considerable amount of self-regulation.
  - No rules.
    - Parents are more reactive in terms of placing demands on their children.
    - It's really more "parenting when necessary."
  - Parents have lower expectations for maturity and self-control in the child.



# Parenting Styles

- Indifferent Parenting style
  - Parents are somewhat neglectful.
    - They are not aware of the child's needs.
    - There is very little communication.
    - Parents place few demands on the child.
    - They are not involved in their life.
  - Parents are relatively detached from the child's mental/emotional needs.
    - They will provide the basic needs.
    - But after that, there is not much connection there.

# Parenting Styles

- Dianna Baumrind's 4 patterns of parenting styles

	Demandingness (Control)		
		High	Low
Responsiveness (Warmth)	High	Authoritative	Indulgent
	Low	Authoritarian	Indifferent

# Parenting Styles

- Identify the following parenting styles.
  - My parents are never home. They are off on a trip or away at work. They don't show up at my games or band concerts.
  - My father is so strict. If I look at him funny, he knocks me under the table.
  - My mother told me I could not go with a guy in a car until I was in my senior year of high school. I argued with her about that. We ended up compromising, and she said I could ride with someone as long as she knew who the person was.
  - My parents usually let me do whatever I want, but I know they love me. I really love my parents, too.



# Parenting Styles across Cultures

## America

- Over 4,000 American adolescents aged 14 to 18 (Lamborn et al., 1991)
  - Working class and middle class
  - Urban, suburban & rural communities
  - European American (65%), African American (9%), Asian American (14%), and Latinos (12%).
    - Authoritative style (37%)
    - Indifferent style (32%)
    - Authoritarian style (15%)
    - Indulgent style (15%)

# Parenting Styles across Cultures

## Asia

- Authoritative parenting has been considered rare in Asian cultures such as China, Japan, Vietnam, and South Korea.
  - “Filial piety” – children are expected to respect and obey their parents throughout life.
    - Low explanations
    - High academic achievement
    - “Tiger parenting”
      - Parent’s view: [http://www.youtube.com/watch?v=eDdEnKPA5\\_s](http://www.youtube.com/watch?v=eDdEnKPA5_s)
      - Child’s view: [http://www.youtube.com/watch?v=BMW595\\_gFA](http://www.youtube.com/watch?v=BMW595_gFA)
    - Is tiger parenting authoritarian parenting (high demandingness and low responsiveness)?
      - Key: High closeness and high responsiveness

# Parenting Styles across Cultures

- Think and discuss with your classmates about what are common parenting styles in your culture and why.

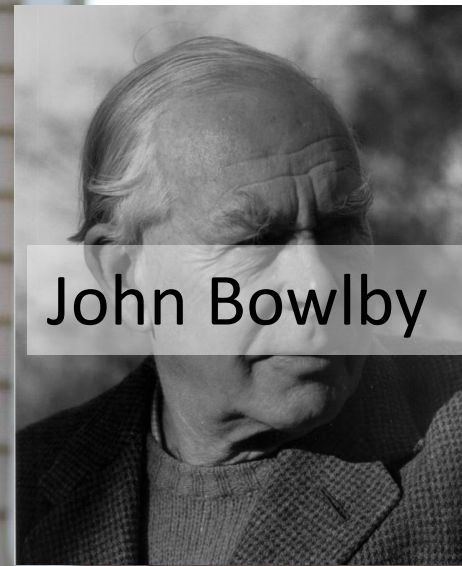
# Outcomes of Parenting Styles

Authoritative	Authoritarian	Indulgent	Indifferent
Independent	Dependent	Irresponsible	Impulsive
Creative	Passive	Conforming	Delinquent
Self-assured	Conforming	Immature	Early sex, drugs
Socially-skilled			

- Why does authoritative parenting promote adolescents' autonomy and independence?
  - “A balance between allowing enough autonomy for adolescents to develop their capacities and at the same time requiring them to exercise their autonomy in a responsible way.”
  - What are your ideas?
  - Another explanation using attachment theory.



# Approach #2: Attachment Theory



John Bowlby

# Secure vs. Insecure attachment

- When parents are sensitive and responsive to their children's emotional needs, the children develop **secure attachment** with their parents.
- **Secure** children trust their parent's availability when children need them.
  - “My parents are always there and I feel I can always go to them and they always say something that will make me feel better.” (17-year-old girl)



# Secure vs. Insecure attachment

- Because **insecure children** have not met their needs when needed, they do not trust their parents.
- **Insecure** children tend to **avoid** seeking help from others and/or **hostile** toward others.
  - **Avoidant** style
  - **Resistant** style
- If children are physically/emotionally/sexually abused by their parents, they feel frightened and show dissociate behavior.
  - **disorganized** style

# Attachment security in adolescence

- Research indicates that a secure attachment to parents in adolescence is related to a variety of favorable outcomes.
  - High self-esteem
  - Low psychological problems
  - Closer relationships with friends and romantic partners
  - High educational and occupational attainment
  - Better physical health
  - Low drug use problems

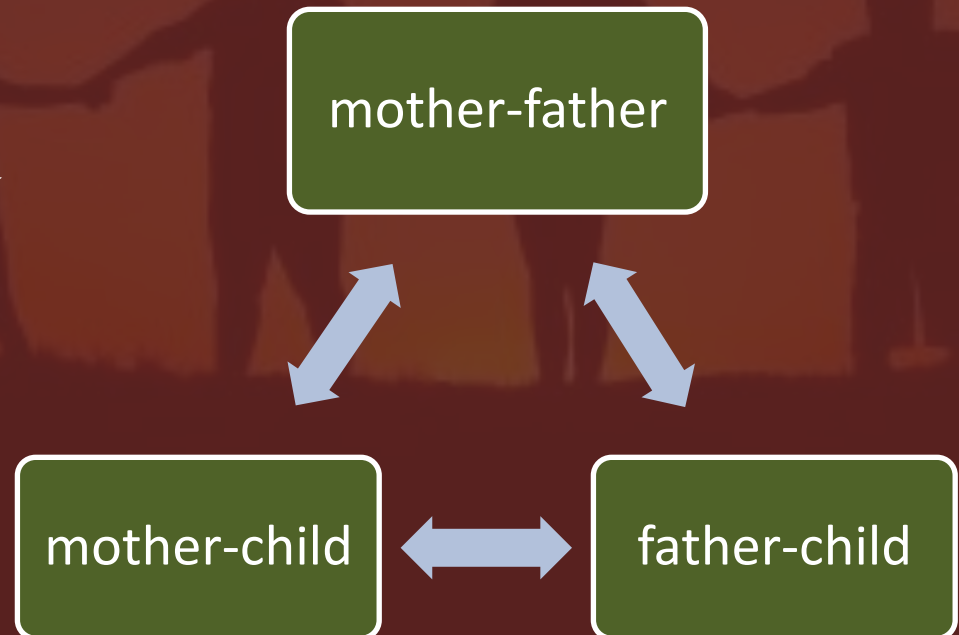


# Approach #3: Family Systems Approach

1. Each relationship within a particular family influences the family as a whole.

– Mother-child, father-child, mother-father, etc.

- E.g., mother-father -> mother-child
- E.g., mother-child -> mother-father
- E.g., drug problem
- E.g., financial difficulty



# Approach #3: Family Systems Approach

2. Families need to adjust to disequilibrium (or changes).
  - Adolescents become more cognitively and physically mature.
    - E.g., Explanation about adoption.
  - Interesting empirical findings about “midlife crisis”:
    - Empty-nest syndrome – parents need to make adjustments when their youngest child leaves home.
    - When parents typically have adolescents, parents report their lives are happier and more satisfying (Feldman, 2003; Galhagher, 1993).
      - Better job status and more power -> financial stability
      - Personalities become more flexible (E.g., TV in Umemura family)
      - Marital problems decline and marital satisfaction increases
    - When emerging adults leave home, their relationships with parents become better (Arnett, 2003; Garber & Dubas, 1996).
  - Are these positive transitions true in your family?

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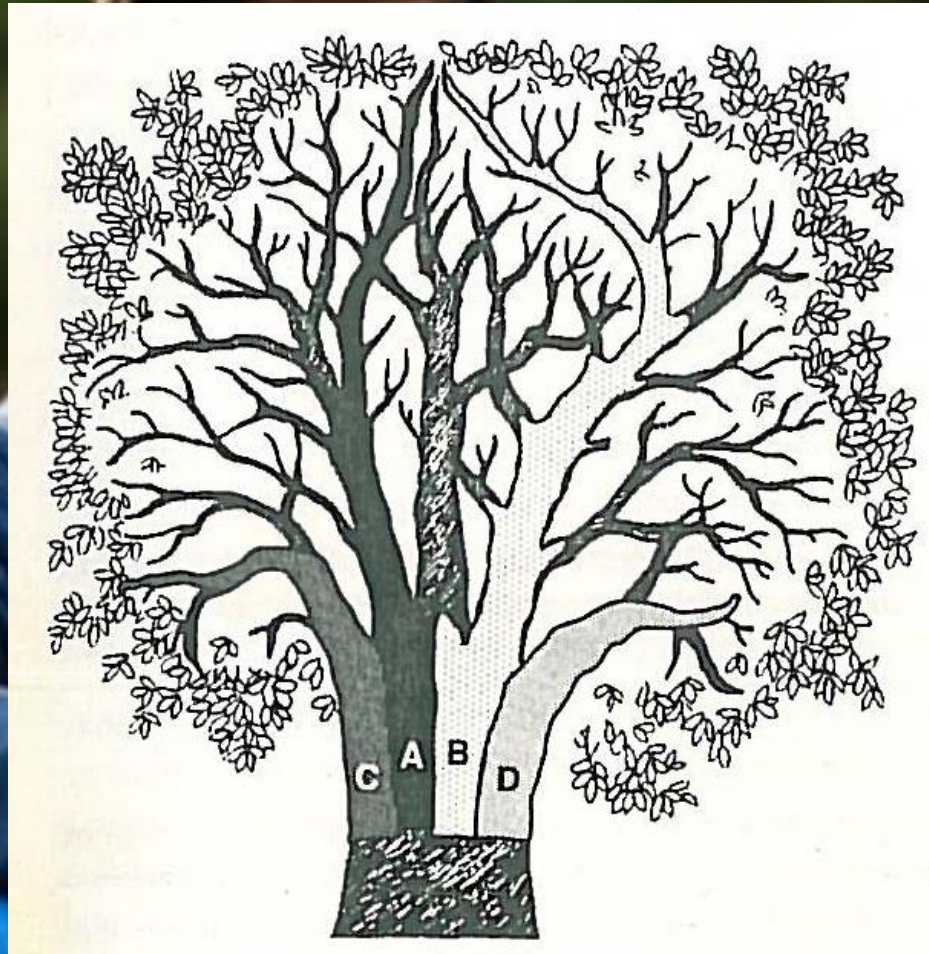


# Youth in Family Relationships

- Topics Today
  - 3 approaches to understanding family interactions
    - Parenting Styles
    - Attachment Theory
    - Family Systems Approach
  - Which approaches do you think the most useful to understand the relation between you and your family?



Family Relationships continuously influence youth throughout the lifecycle



Developmental Perspective

# Types of Families and Youth Developmental Trajectories

- Divorce
- Remarriage
- Single Parenthood
- Dual-Earner Families
- Physical abuse
- Sexual abuse





# The effect of divorce on adolescents and emerging adults

- Young people raised in divorced families are at higher risk for multiple negative outcomes, compared with young people in non-divorced families.
  - Behavior/emotional problems
    - Drugs, alcohol, sex, depression
    - Forming romantic relationship, higher divorce rate
  - Academic achievement
    - Grades, graduation, friendship, college degree



# The effect of divorce on adolescents and emerging adults

- Key: family process – the extent to which young people are exposed to conflict between parents.
  - Empirical finding: Adolescents and adults in high-conflict non-divorced households have poorer adjustment than those in low-conflict divorced households.
  - Parenting change
  - Economic stress

# Physical Abuse in the Family

- Associated with family stress
  - Poverty
  - Parents' depression, alcohol abuse, and health problems.
- Adolescents are more likely to:
  - Be aggressive toward peers and adults.
  - Conduct antisocial behavior and substance use.
  - Be depressed and anxious.
  - Poor school achievement
- Young people who have been physically abused are at risk for being abusive parents.
  - Wrong idea about how to take care of their children
  - Poorly skilled at parenting and coping with life stress



# Physical Abuse in the Family

- Some authoritarian parents physically punish their children when children did not obey.
- Is physical punishment physical abuse?
- Explain your opinion about physical punishment using parenting styles, attachment theory, or cultural differences
  - Dr. George Holden (psychologist at Southern Methodist University)
    - <http://www.youtube.com/watch?v=CaQKfaVXyvM>

# Sexual Abuse in the Family

- Victims are mainly girls.
- Young people who have been sexually abused are at risk for:
  - trusting others
    - High anxiety, high depression, and high social withdrawal
  - Either completely avoid any sexual contact or highly promiscuous
  - Highly suicidal
  - When raising children
    - role-reversal – Parents tend to seek support from children.
    - need for parent's own protection



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# Types of Family Relationships in Youth

- Relationships with adolescents and emerging Adults in families:
  - Mother
  - Father
  - Siblings
  - Extended Family Members
  - Romantic partner (or husband/wife)
  - Their own children