

A LONGITUDINAL VIEW OF FLOURISHING AND FAMILY RELATIONS DURING EMERGING ADULTHOOD IN SPAIN

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BACKGROUND

Flourishing is when an individual perceives that his or her life is going smoothly. It encompasses the hedonic and eudaimonic aspects of well-being: feeling good and functioning well (Huppert & So, 2013; Keyes & Annas, 2009). The correlation of the construct with indicators of adjustment and positive development makes it an attractive concept to assess well-being (Huta & Ryan, 2010; Keyes, 2007; Keyes et al., 2012). Studies focused on emerging adulthood, a life stage considered crucial in the determination of people's health and well-being pathways (Chen et al., 2019), have found an association between the adjustment of emerging adults and positive family relationships. It seems that family also continues to influence young people's development (Fingerman & Yahirun, 2016) during emerging adulthood. Specifically, positive family relationships are associated with high levels of psychological well-being during the third decade of life (Zupančič et al., 2014).

AIMS

MAIN OBJECTIVE: to examine the association between flourishing and family variables during emerging adulthood from a gender perspective and using longitudinal analysis.

SPECIFIC GOALS:

1. To examine the stability of the flourishing of emerging adults throughout the initial years (Wave 1) and intermediate years (Wave 2) of the stage.
2. To analyze whether family relationships at W1 were associated with the flourishing of emerging adults at W2.

METHOD

A longitudinal study was carried out at two time points: Wave 1 (*Mean*: 20.31; *SD*: 2.04) and, three years later, Wave 2 (*Mean*: 23.66; *SD*: 2.08). The sample comprised 400 emerging adults (268 women) from the Transition to Adulthood in Spain research project (TAE) who completed a questionnaire assessing their perceptions of the quality of their family relationships and their level of flourishing. Concretely:

- Perception of Parents Scale (POPS) (Grolnick et al., 1991; Robbins, 1994).
- Family subscale of the Spanish version of the Multidimensional Scale of Perceived Social Support (MSPSS) (Landeta & Calvete, 2002).
- Psychological control subscale of Parental Styles Scale (Oliva et al., 2007).
- Behavioral control subscale of the Kerr and Stattin (2000)
- Spanish version of the Flourishing Scale (De la Fuente et al., 2017).

RESULTS

- Flourishing reported by emerging adults remained stable throughout emerging adulthood, Pillai multivariate analysis, $F(1,398) = 1.70$; $p = .193$, $\eta^2 = .00$. Women reported more flourishing than men, univariate contrast $F(1, 398) = 8.96$, $p = .003$, $\eta^2 = .01$ at both points of measurement. There was no statistically difference in time*sex interaction, $F(1,398) = .00$, $p = .969$, $\eta^2 = .00$.
- Results indicated high rank-order stability in flourishing for both, women and men. Those emerging adults who perceived the highest levels of flourishing at W1, compared with peers, were those who also perceived the highest levels of flourishing three years later, at W2.
- Results showed a statistically significant and positive relationship between flourishing and family social support, parental involvement, autonomy support and warmth, meanwhile, the relationships between flourishing and parental control are significant and negative only for psychological control.

Table 1. Rank-order stability of flourishing by gender

	1	2
1. Flourishing (W1)	-	.47**
2. Flourishing (W2)	.62**	-

**p < .001

Note. Pearson correlations for women are shown above the diagonal; for men, below.

Table 2. Pearson correlations between family variables at W1 and flourishing at W2 by gender

	1.	2.	3.	4.	5.	6.	7.
1. Family social support (W1)	-	.67**	.73**	.66**	-.49**	-.31**	.32**
2. Parental involvement (W1)	.66**	-	.77**	.68**	-.51**	-.22**	.25**
3. Parental warmth (W1)	.65**	.61**	-	.82**	-.64**	-.42**	.24**
4. Parental autonomy support (W1)	.53**	.51**	.73**	-	-.74**	-.59**	.19*
5. Psychological control (W1)	-.32**	-.28*	-.50**	-.70**	-	.66**	-.21*
6. Behavioral control (W1)	.04	-.01	-.07	-.32**	.51**	-	-.07
7. Flourishing (W2)	.31**	.32**	.34**	.25*	-.22*	-.08	-

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

Note. Pearson correlations for women are shown above the diagonal; for men, below.

CONCLUSION

There is a high continuity (mean-level and rank-order) in flourishing throughout emerging adulthood both, for men and women. Moreover, flourishing follows a similar trend in females and males during emerging adulthood, although females always report more flourishing than men. Besides, these findings reveal that maintaining parents-children's positive relationships at the beginning of emerging adulthood are significantly associated with greater flourishing three years later. So, the crucial role that family has, also during emerging adulthood, is highly reflected. Finally, these findings extend the scarce longitudinal research focused on flourishing and family context during this developmental stage.

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