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YOUNG ADULTS' LIVING ARRANGEMENTS, THEIR RELATIONSHIP WITH PARENTS AND WELL-BEING IN GERMANY, ITALY, AND SWEDEN

1. Theory

- Young adulthood
- Cultural Differences
- Individuation

2. The Munich Individuation Test for Adolescence

3. Project & Sample

4. Results

- residential arrangement by country
- individuation problems
- economic insecurity
- depressiveness

5. Discussion

Young Adulthood:

Important developmental tasks:

- ✓ individuation in relationship to parents
- ✓ Partnership / family formation
- ✓ career development
  (Havighurst, 1950; Newman & Newman, 1987; Olbrich & Brüderl, 1998; Schmidtchen, 1992)

Problematic:

- ✓ extended economic dependence
- ✓ high unemployment rates: Germany 10%; Sweden 18.2%, Italy 21.8% (eurostat 2008)
- ✓ prolonged co-residence
  (Goldschneider & DaVanzo, 1989; Graber & Dubas, 1996; Reitzle, 1999; Scabini, 2006)

Cultural Differences:

✓ age at & reasons for home-leaving, economic circumstances, and residential arrangements after home-leaving
(Bernardi & Nazio, 2006; Rusconi, 2006; Iacovou, 2002; Schizzerotto, 2003; Vogel, 2003; Mills, 2006)

✓ *"family welfare regime"* with respective patterns like "famiglia lunga" in Italy vs.
✓ *"institutional welfare state"* in Sweden
(Berthoud & Iacovou, 2003; Esping-Andersen, 1990; Vogel, 2003
)

Individuation:

✓Development of autonomy while maintaining related

 (Allen et al., 1994; Blos, 1966; Walper 2003; Youniss & Smollar, 1985):

➤**Relatedness**: sympathy, loyalty, mutual support
➤**Autonomy**: becoming independent from thoughts and intentions of others
- emotional autonomy
- autonomy of behavior
- cognitive autonomy
- economic autonomy

✓ Individuation is a developmental task in adolescence as well as in early adulthood

Munich Individuation Test of Adolescence

(Walper, Schwarz and Jurasic, 1996; Walper, 1997, 1998)

✓ Based on the

Separation-Individuation Test of Adolescence (SITA)

(Levine, Green, & Millon, 1986; Levine & Saintonge, 1993)

→ but strongly revised

✓ 6 scales measuring
   ✓ successful individuation
   ✓ specific individuation problems

✓ for mother, father, best friend and romantic partner

The MITA

MITA Dimensions	
Successful individuation	4 Items, e.g. *Even if we argue, we like each other*
Fear of love withdrawal	5 Items, e.g. *When I have disappointed my mother, I am anxious that she loves me less*
Support seeking	4 Items, e.g. *I would like to experience a lot of things together with my mother*
Ambivalence	5 Items, e.g. *Sometimes I have the feeling that I like my mother more than she likes me*
Engulfment Anxiety & Fear of Control	6 Items, e.g. *I would prefer it if she wasnt so clingy*
Denied Need of attachment	4 Items, e.g. *I dont care what she thinks about me*

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Denied Need of attachment	4 Items, e.g. *I dont care what she thinks about me*
Expected rejection	6 Items, e.g. *She doesnt want to understand me*
Autonomy	4 Items, e.g. *If we have different opinions, I mostly concede*

Research Project

YAGISS
Young Adults in Germany, Italy, Sweden and Spain
Life Design of Young Adults ages 20 to 30 in Munich, Milan,
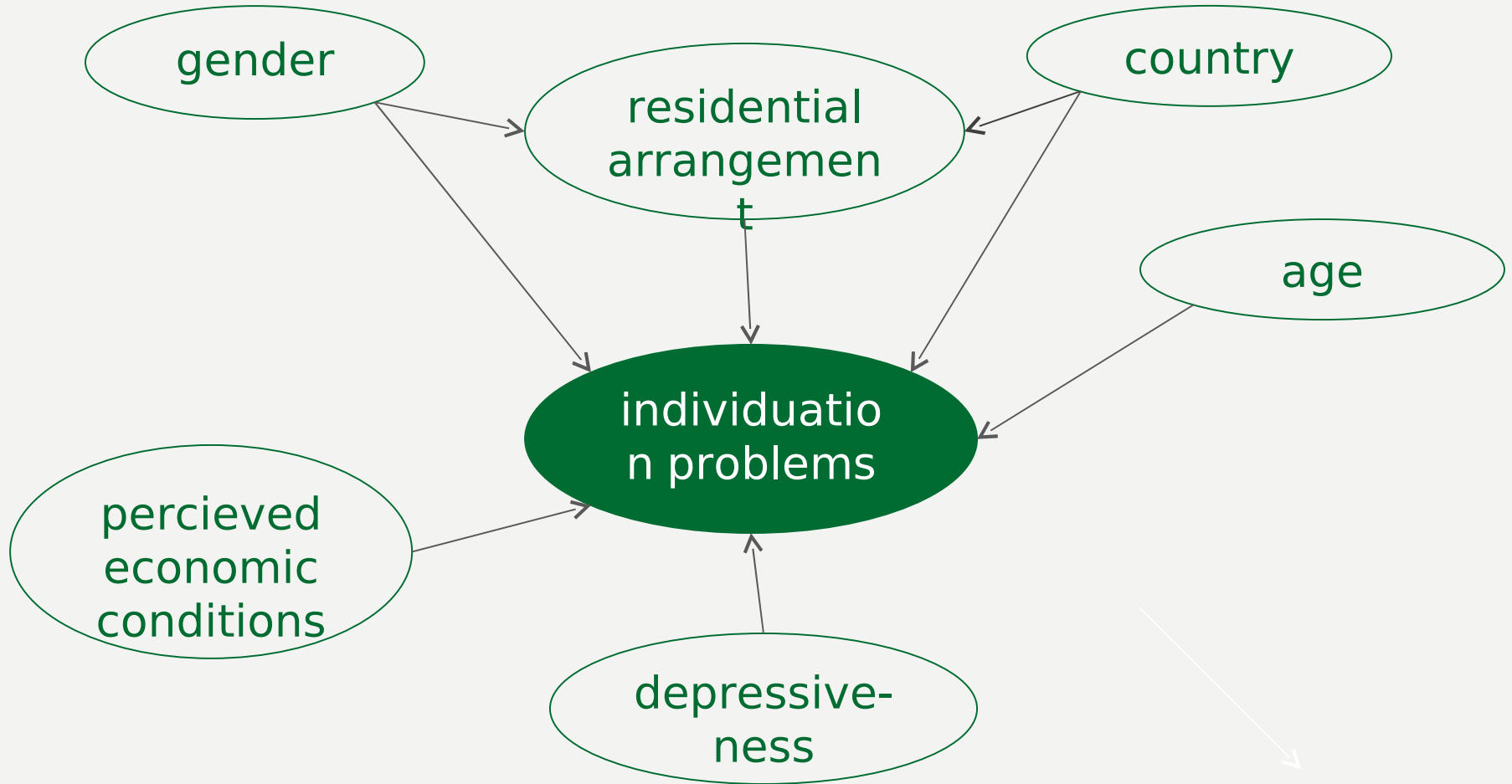Gothenburg, Stockholm, and Barcelona between
Vocational Training, Job and Family

Fakultät für Psychologie und Pädagogik	Centro Studi e Ricerche sulla Famiglia	Institute of Psychology	Grup de Recerca de Parella i Familia
Ludwig-Maximilians-University Munich	Università Cattolica del Sacro Cuore Milan	Göteborg University	Universita Ramon Llull Barcelona
Germany	Italy	Sweden	Spain

Research Questions
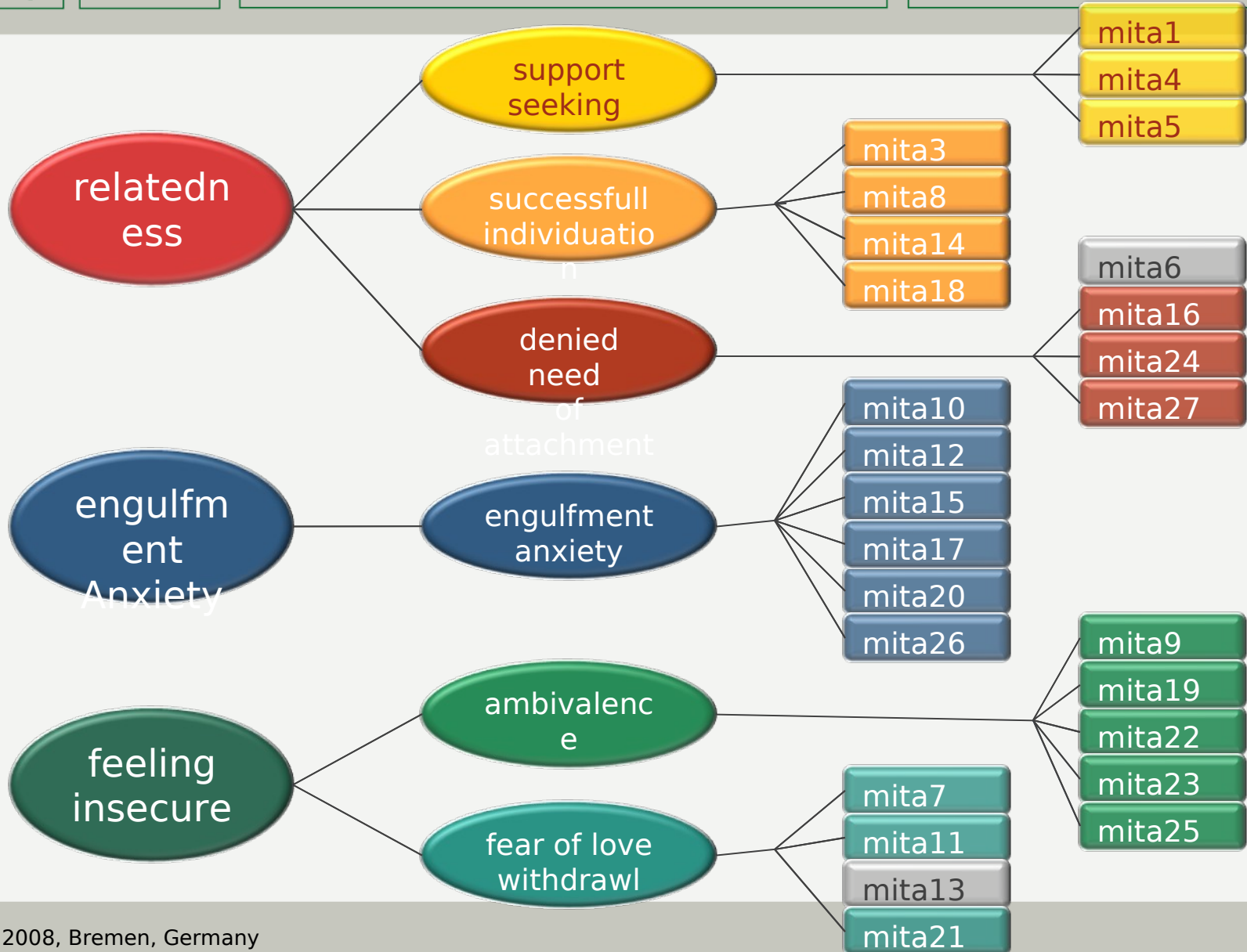
1. How does the residential arrangements of young adults in Milan, Munich, and Gothenburg differ?

2. Do individuation problems differ by country and/or residential arrangement?

3. Does perceived economic insecurity trigger individuation problems?

4. Does depressiveness contribute to individuation problems?

5. Does the link between depressiveness and individuation problems differ by country?

Sample

	Milan	Munich	Gothenburg
N (all=1365)	572	555	238
Age Ø	25.0	24.5	24.2
♀	55.6%	58.6%	58.2%
Student or academic degree	52.1% N=298	79.5% N=441	97.1% N=231
Lives with parents	81.3%	28.8%	13.4%

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Individuationproblems META (Walper)

- 14 identical Items for mothers and fathers –
- 5 Items **Ambivalence**
- 3 Items **Fear of Love Withdrawal**
- 6 Items **Engulfment Anxiety**
- Cronbach's Alpha = .82

Depressiveness (Radloff)

- 8 Items, e.g. "During the last week, I felt depressed",
- Cronbach's Alpha = .81

Residential Arrangement

- „Which person lives together with you in one household?"
- mother, father, siblings, stepfather/partner of mother, stepmother/ partner of father, grandparents, friends/flatmates, partner, children, alone, others

Young Adults 'Residential Arrangement
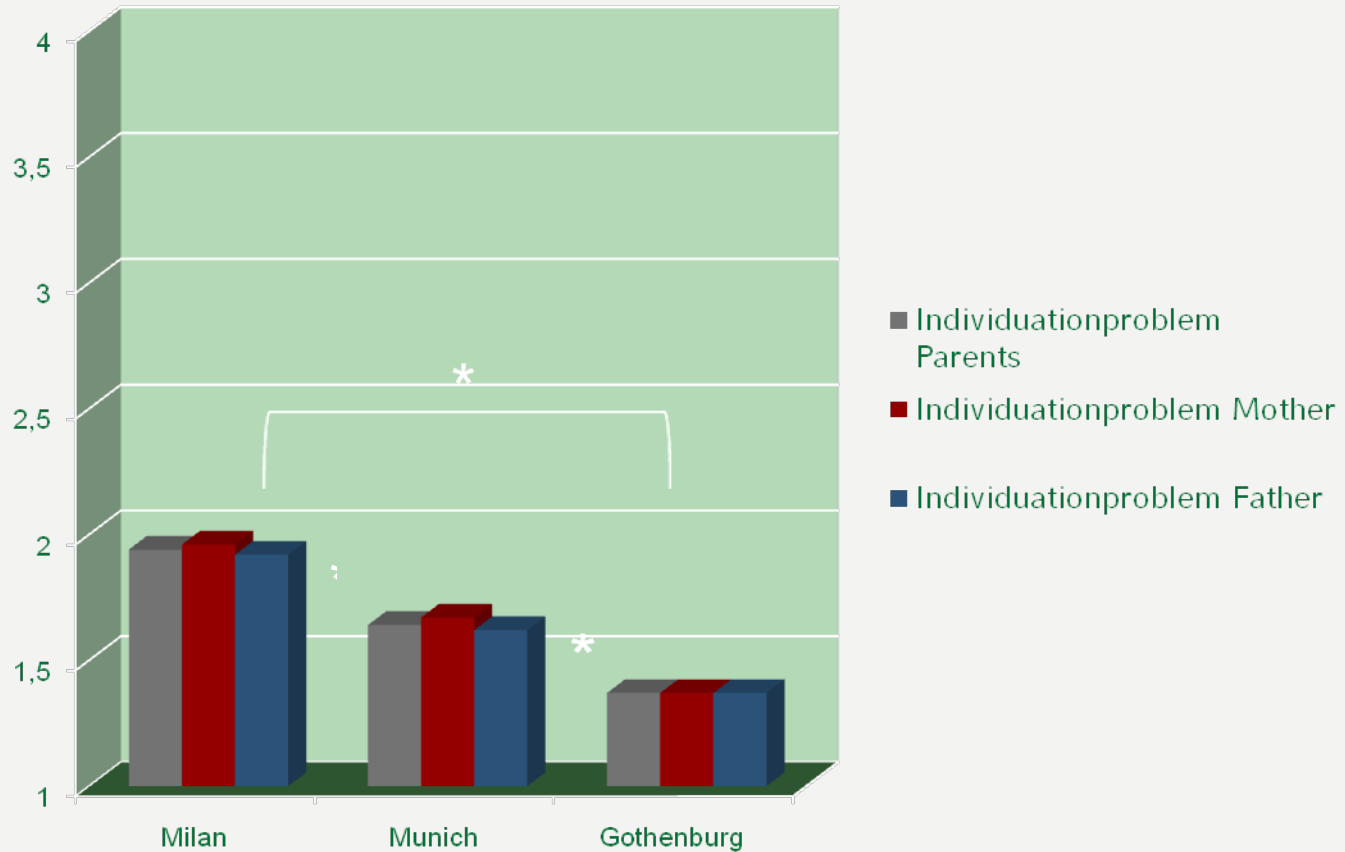
Student Sample N = 970
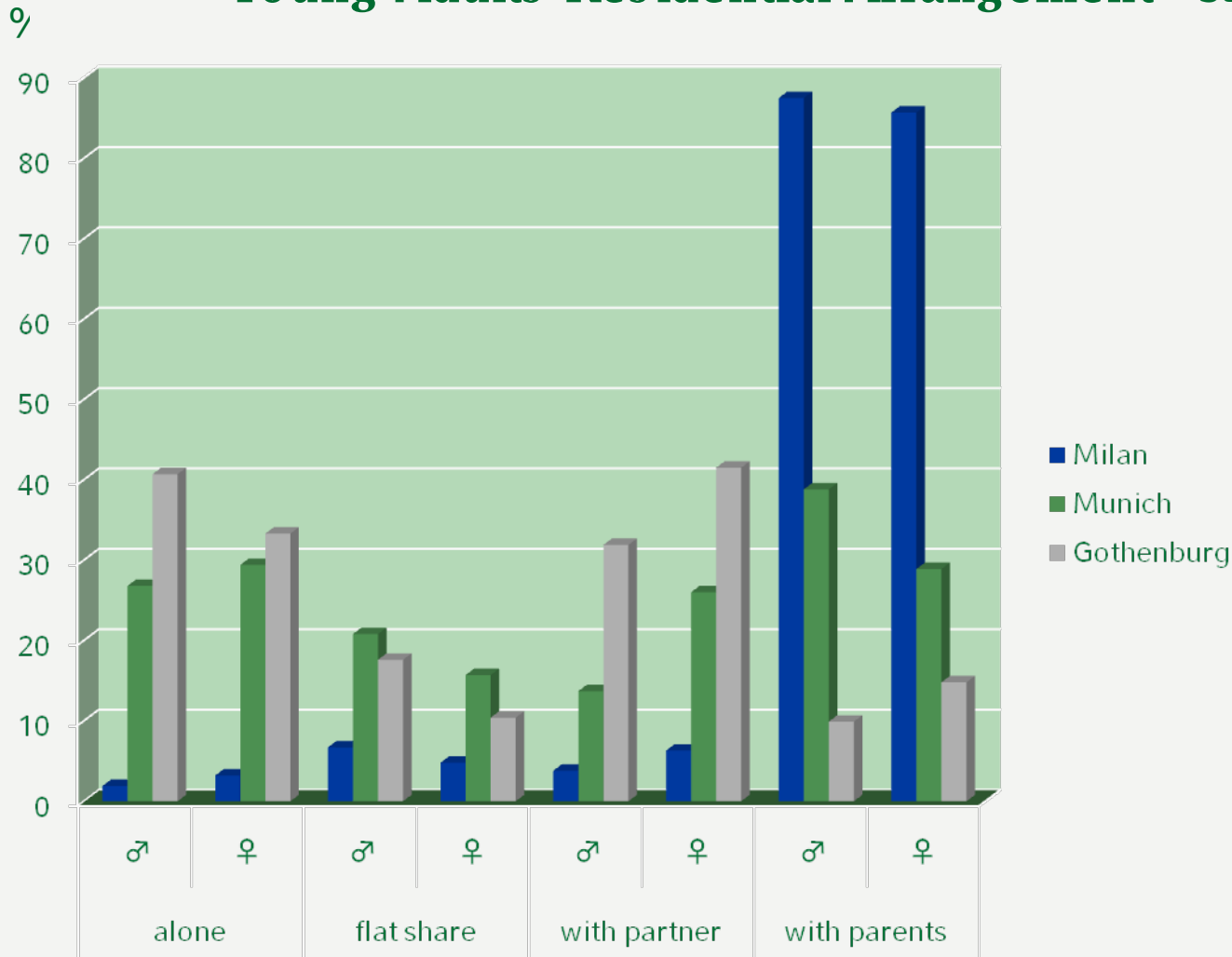
Italian students are more likely to live with parents
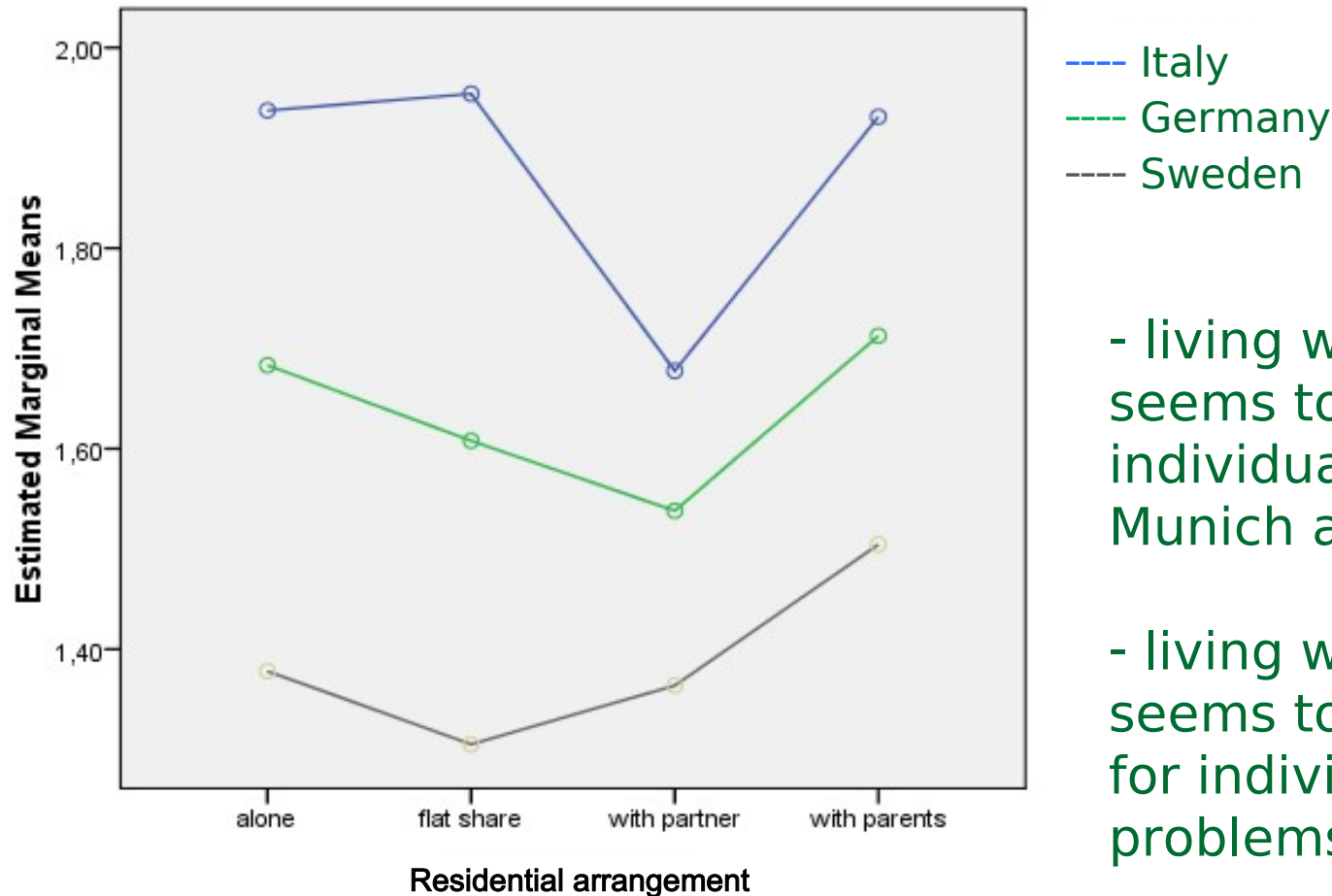
Swedish students tend to live alone or with partner

Legend: Milan, Munich, Gothenburg

Categories: alone, flat share, with partner, with parents (each with ♂ and ♀)

$p < .05$

Individuation Problems by Country

Student Sample N = 970

Individuation Problems by Residential Arrangement and Country

---- Italy
---- Germany
---- Sweden

- living with parents seems to force individuation problems in Munich and Gothenburg

- living with partner seems to make resilient for individuation problems

-No interaction effect

Student Sample N = 970

Results

Predictors of Individuation Problems

Predictors	1. Beta	2. Beta
Italy	.316**	.250**
Sweden	-.261**	-.230**
Gender	-.040	-.032
Age	-.089*	-.049
Lives alone		.008
Shares flat		-.046
Lives with partner		-.098+
Lives with parents		.087
R^2	.231	.248

➔ Effects of country cannot be explained by differences in residential arrangement

Results

Predictors	1.	2.	3.	4.
Italy	.316**	.250**	.185**	.170**
Sweden	-.261**	-.230**	-.216**	-.225**
Gender	-.040	-.032	-.047	-.066*
Age	-.089*	-.049	-.063*	-.050+
Lives alone		.008	.011	-.012
Shares flat		-.046	-.041	-.056
Lives with partner		-.098+	-.091	-.081
Lives with parents		.087	.096	.092
Economic insecurity			.131**	.090*
Depressiveness				.228**
R^2	.231	.248	.264	.312

Depressiveness by Country
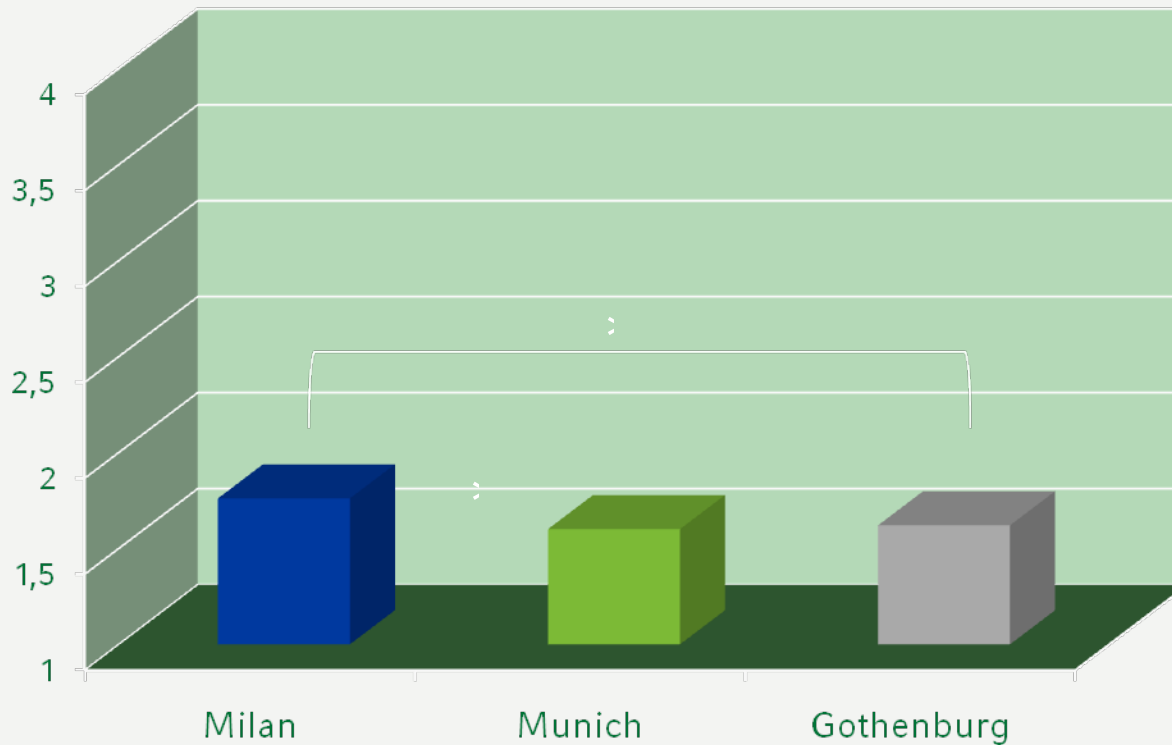
Student Sample N = 970

Depressiveness by Residential Arrangement and Country

---- Italy
---- Germany
---- Sweden
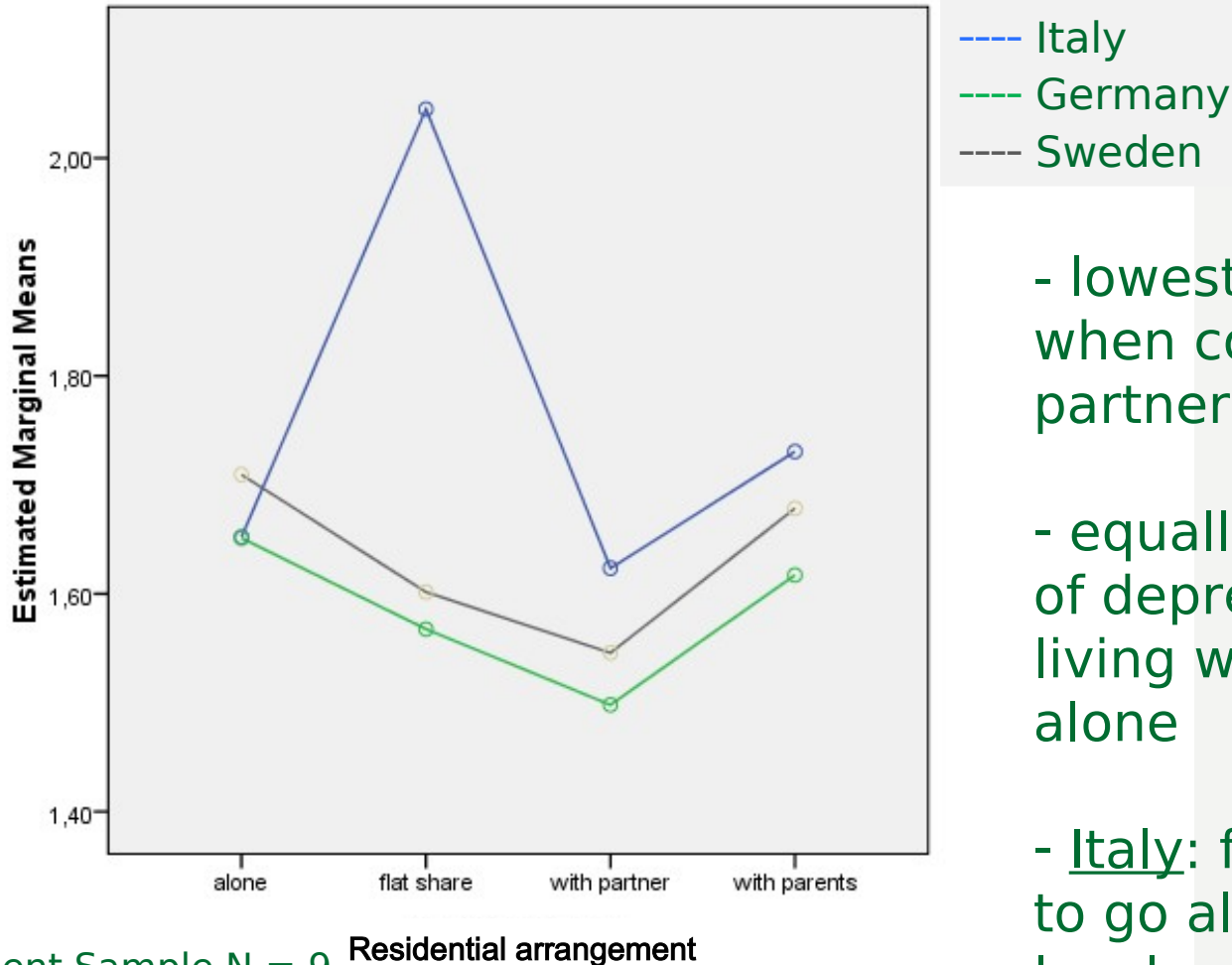
- lowest depressiveness when coresiding with partner

- equally elevated levels of depressiveness when living with parents or alone

- Italy: flat sharing seems to go along with elevated levels of depressiveness

Student Sample N = 9,...

Intercorrelation of Individuation Problems and Depressiveness

by Country

		Depressiveness	
Individuation problems	Milan	.205*	
	Munich	.281**	*
	Gothenburg	.409**	

➔ **individuation problems are a less relevant risk factor for mental health in Italy**

Student Sample N = 970

Are there differences …

➢**regarding the residential arrangement of young adults?**

- ✓ in Milan young adults mainly live with their parents – "Famiglia lunga" (Scabini & Donati, 1988)

➢**regarding Individuation problems by countries and residential arrangement?**

- ✓ co-residing with parents is not a distinct risk factor for individuation problems
- ✓ individuation problems are highest in Milan, but not due to residential arrangement
- ✓ different kind of individuation in the "famiglia lunga"? (Guglhoer-Rudan et al., 2007)

Are individuation problems predicted by...

➢ **economic insecurity**

- ✓ seems to predict individuation problems (Conger et al. ,1990; Frese, 1987)

➢ **Depressiveness**

- ✓ Best predictor, individuation problems are linked to mental health and well-being

Is there a relation between depressiveness, individuation problems and country

- ✓ individuation problems are a lower risk factor for mental health in Italy
- ✓ in Swedish sample the correlation between depressiveness and individuation problems are significantly higher than in Italy

THANK YOU

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