

Parenting and Social Outcomes: Mindfulness Makes for Stronger Friendships

Can mindfulness enhance how our memories of parenting link to present-day friendships?

BACKGROUND

Research has consistently demonstrated that positive parenting has an impact on adults' social relationship outcomes (e.g. Morrison et al., 2003). However, a number of external factors can influence this relationship. The present study investigated the impact of dispositional mindfulness on the relationship between recalled positive parenting and young adults' friendship quality.

METHODS

SFU
undergrad
students

N = 626
81.5%
women;
M_{age} = 19.2
(SD = 2.49)

IV: Recalled
Parenting
(PBI)
DV: Friendship
Quality (NRQ)

Moderator:
Mindfulness
(CAMS-R)
Moderation
analysis in
PROCESS

RESULTS

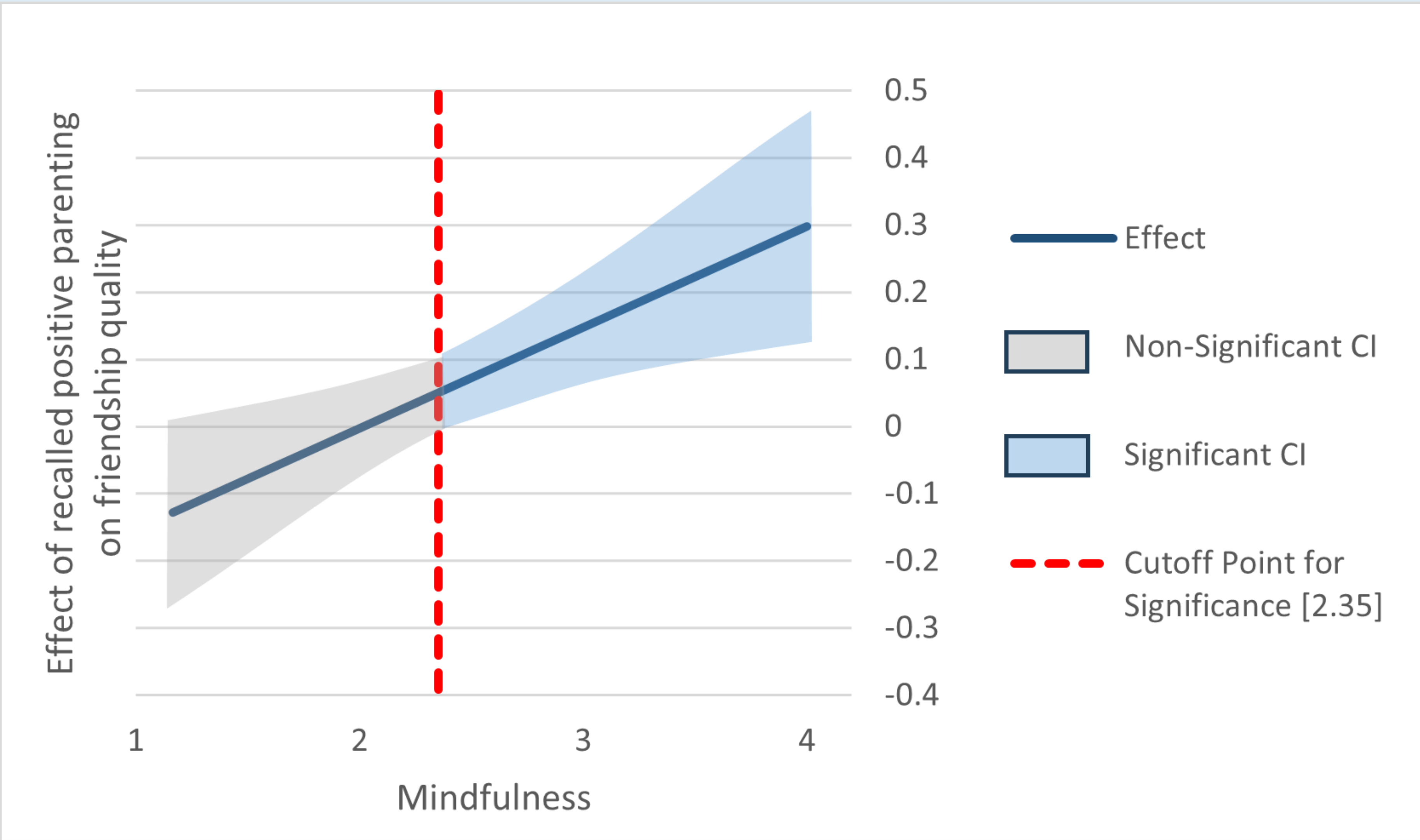
	<i>b</i>	<i>SE</i>	<i>p</i>
Parenting	.067	.026	.009
Mindfulness	.104	.070	.136
Interaction	.150	.050	.003

Note. Parenting & mindfulness have been mean-centered.

PRESENTER:
Marc E. Gelineau



As recalled positive parenting increased, so too did the quality of friendships. Higher levels of mindfulness enhanced the relationship.



DISCUSSION

- People with high mindfulness have better emotion regulation skills (Chambers et al., 2009) and may be less inclined to perceive the actions of others as being hostile or aggressive (Schans et al., 2020).
- These emotional and perceptual processes may allow highly mindful individuals to especially benefit from their past experience of positive parenting.

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