

# Longitudinal Effects of Familism and Family Assistance Behaviors on Parent-Adolescent Relationship Quality



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**BACKGROUND:** Despite the importance of family-centric cultural values and practices for many Latinx families, it is not clear how these cultural factors affect family relations. Some research has shown that adolescents' familism, values emphasizing family loyalty and obligation, and family assistance behaviors promote better parent-adolescent relationships, while other studies have shown the reverse.<sup>1,2</sup>

**OBJECTIVE:** To examine how Latinx early adolescents' endorsement of familism & engagement in family assistance behaviors are associated with open parent-child communication in late adolescence, adjusting for earlier levels of parental warmth and acceptance.

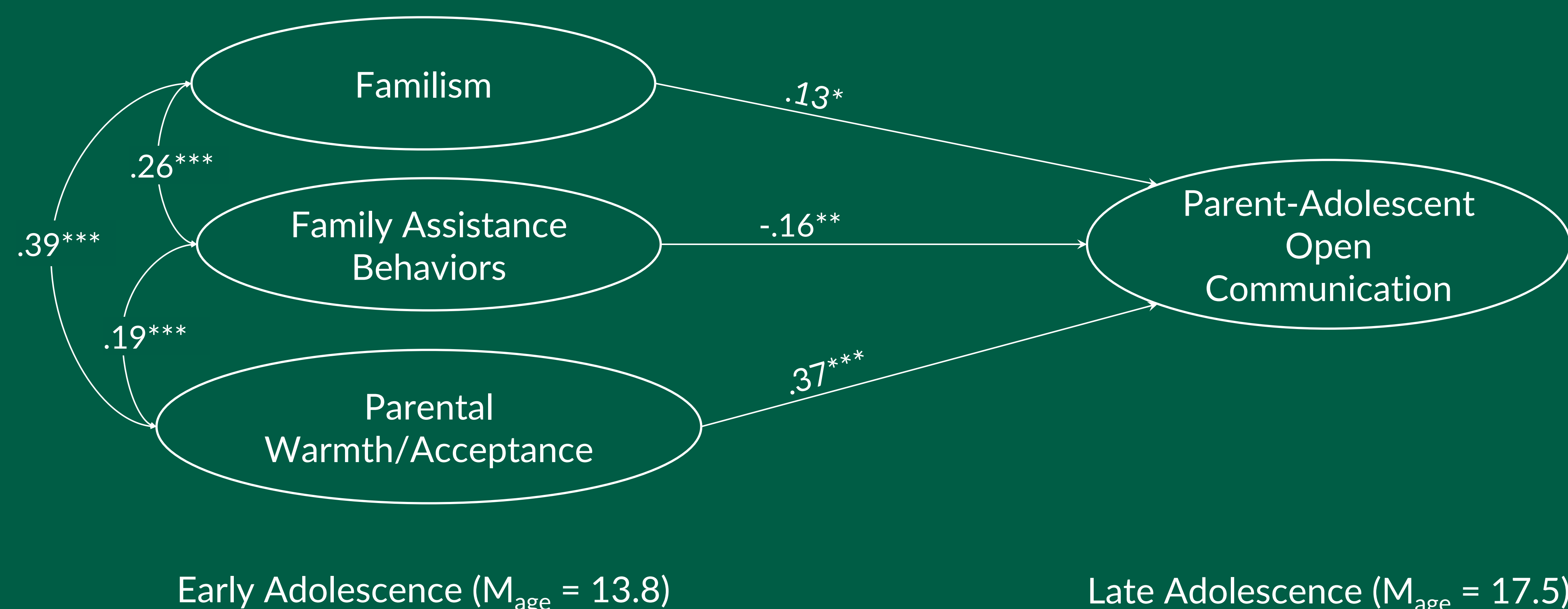
## METHODS:

- 2 waves of data from the Caminos al Bienestar study (T1: 2018, T9: 2022)
- N = 547 Latinx adolescents (55.2% female,  $M_{age} = 13.31$ ,  $SD = .97$ )
  - Living in suburban Atlanta, Georgia (new immigrant area)
- Longitudinal Structural Equation Models (SEM), controlling for baseline parental warmth/acceptance, adolescent's gender, age, nativity, and maternal education

## MEASURES:

- **Familism:** 10-item measure for adolescent endorsement of values emphasizing importance of obligations to family and relying on family as referent for decisions and behaviors (Mexican American Cultural Values Scale<sup>3</sup>)  $\alpha = .86$
- **Family Assistance Behaviors:** 6-item measure of adolescent past 2-week contributions to family such as caring for siblings and doing chores<sup>4</sup>  $\alpha = .74$
- **Parent-Adolescent Open Communication:** 20-item measure assessing adolescent perception of open family communication (Parent-Adolescent Communication Scale<sup>5</sup>)  $\alpha = .81$

While familism was associated positively with open parent-child communication, family assistance behaviors were related to less open communication.



Notes: Standardized coefficients shown for significant paths.  $*p < .05$   $**p < .01$   $***p < .001$ . Model fit statistics:  $\chi^2 (77) = 91.21$ , n.s.; RMSEA = .018 (90% CI: .000, .032); CFI = .97; TLI = .94.

## RESULTS:

- Familism values during early adolescence were associated positively with parent-adolescent open communication in late adolescence
- Family assistance behaviors were associated with less parent-adolescent open communication
- Familism and family assistance behaviors were positively correlated
- No significant gender or nativity differences in SEM pathways

## DISCUSSION:

- Results validate prior research and theory noting the mixed consequences of family-centric values and practices for parent-adolescent relationships
- Promoting healthy family relationships within Latinx communities may leverage the positive aspects of familism while addressing potential burden that adolescents may experience when tasked with assisting with family needs and responsibilities

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Scan for contact info, full abstract, and poster

## REFERENCES:

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