

## Introduction

### ❖ Feeling loved by parents provides essential security for children (Bowlby, 1969; Maslow, 1943)

- Feeling consistently loved by one's caregivers serves as the underpinnings of one's sense of security
- Which has long-term effect on individual development—high self-esteem and happiness, and low psychological and behavioral problems (Forsman, 1989; Khaleque, 2002; Sillick & Schutte, 2006)

### ❖ Parent-adolescent closeness, supportive parenting and less parent-adolescent conflict are important for adolescents' feeling of love (Määttä & Uusiautti, 2013; McNeely & Barber, 2010)

- Little is known about if daily fluctuation of support and conflict make them feel more or less loved

### ❖ Daily diary design

- Capture the within-person variation above beyond the between-person comparison
- Decompose the effects of general trait and daily variance

### ❖ The Present Study

- Explore the fluctuation of adolescents' felt love on a daily time frame
- Include both daily support and daily conflict as predictors to daily felt love
- To compare with prior work, general parent-adolescent closeness is included as a second-level predictor

## Study Questions

### Q1: How dynamic felt love is during adolescence?

- **Hypothesis:** there is fluctuation for each adolescent's felt love during the 21 days.

### Q2: What family characteristics account for the within-person variation in felt love from day to day?

- **Hypothesis1:** On days when adolescents received more support and had less conflict with parents, they felt more loved by their parents.
- **Hypothesis2:** Overall closeness with parents was related to higher average levels of adolescents' felt love by their parents.

## Method

### Participants and Procedure

- Family with one 9<sup>th</sup> or 10<sup>th</sup> grade student
- Having two caregiving adults living in the same house for at least two years
- Adolescents live in one household continuously
- Baseline and 21-day daily diary for both the adolescent and the primary caregiver

### Demographic Information

N	99
Female	62.6% Female, 37.4% Male
Age M (SD)	14.49 (0.79)
Caregivers	90.9% Mothers, 5.1% Fathers, 2% Stepmothers, 1% Aunts, 1% Foster Mothers
Ethnicity	White/European American 89%, Black/African American 6%, American Indian/Native American 2%, Asian American 5%, Hispanic/Latino 1%, Other 3%

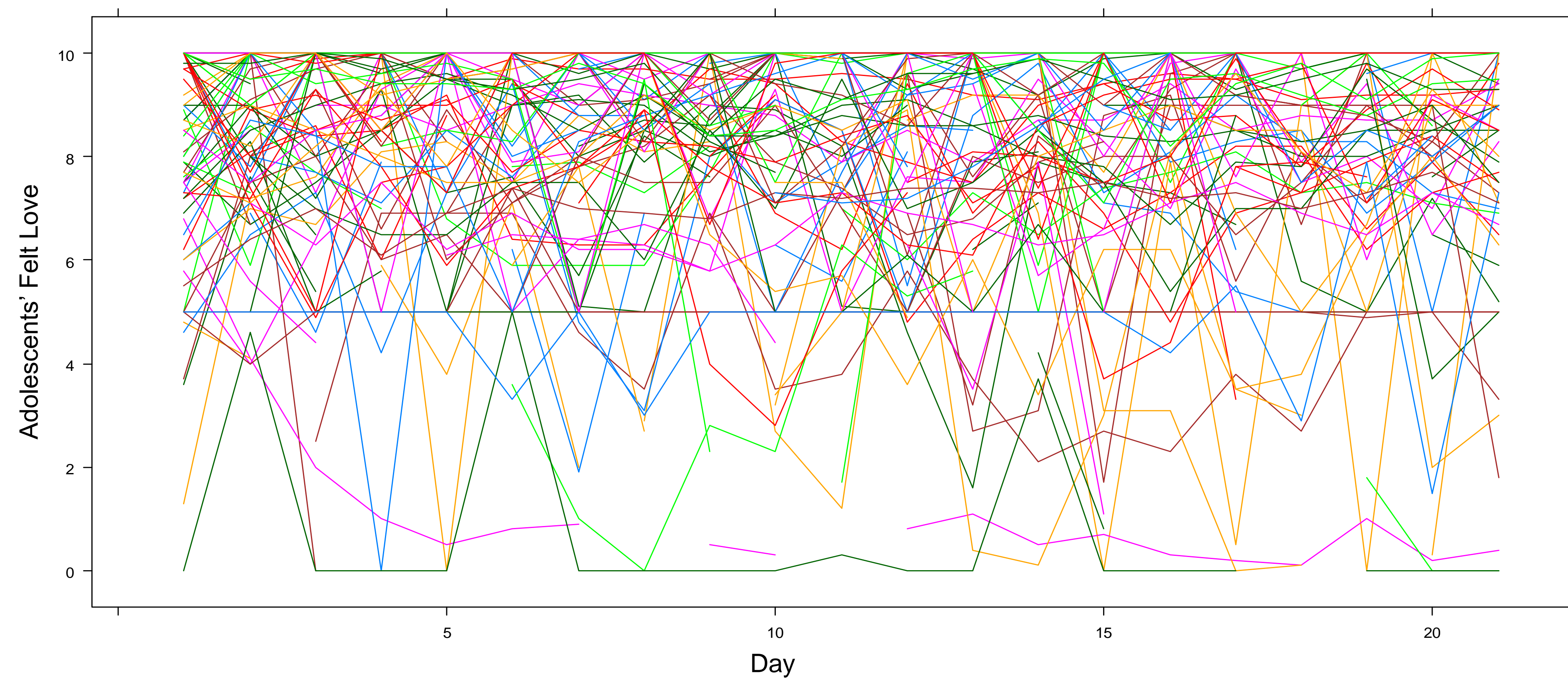
### Measures

Variables	Reporter	From	Item(s)
Felt Love	Adolescent	Daily	How much do you feel loved by your parent?
General parent-adolescent closeness	Adolescent	Baseline	10 items from IPPA (Armsden & Greenberg, 1987)
Parental support	Primary caregiver	Daily	4 items e.g., I was loving and affectionate with my child
Parent-adolescent conflict	Primary caregiver	Daily	2 items, e.g., I was angry or mad at my child

Note. Parental support was divided into general support (i.e., within-person mean) and daily support (i.e., daily deviation from within-person mean); Parent-adolescent conflict was divided into general conflict and daily conflict in the same way.

## Results

For Q1: Figure 1. Adolescents' Felt Love Exhibits Variability Across 21 Days



For Q2: Table 1. Parameters in the Final Multi-Level Model

	Unstandardized Coefficients	S.E.
Intercept ( $\gamma_{00}$ )	-0.62	1.44
Daily Support ( $\gamma_{10}$ )	0.29**	0.03
General Support ( $\gamma_{01}$ )	0.21	0.11
Daily Conflict ( $\gamma_{20}$ )	-0.06**	0.02
General Conflict ( $\gamma_{02}$ )	0.08	0.16
Day ( $\gamma_{30}$ )	0.00	0.01
ySEX ( $\gamma_{03}$ )	0.15	0.32
Closeness ( $\gamma_{04}$ )	1.64**	0.24

Note. Equations for the final model listed on the right.

### Level 1:

$$ydLOVE_{ij} = \beta_{0j} + \beta_{1j} * daily.support_{ij} + \beta_{2j} * daily.conflict_{ij} + \beta_{3j} * Day_{ij} + \epsilon_{ij};$$

### Level 2:

$$\beta_{0j} = \gamma_{00} + \gamma_{01} * general.support_j + \gamma_{02} * general.conflict_j + \gamma_{03} * ybSEX_j + \gamma_{04} * closeness_j + \mu_{0j};$$

$$\beta_{1j} = \gamma_{10} + \mu_{1j};$$

$$\beta_{2j} = \gamma_{20} + \mu_{2j};$$

$$\beta_{3j} = \gamma_{30}$$

## Discussion

### ❖ (1) Adolescents' feeling of love indeed varies day to day

- There is a decent amount of fluctuation in daily feeling of love
- Each adolescent has different trajectory within 21 days

### ❖ (2) Both daily family interactions and general family relationships account for adolescents' variation in felt love from day to day

#### Rather than general support and general conflict, daily support and daily conflict are significant predictors for felt love

- Compared with between-person approach, within-person approach is able to disentangle the effects of daily variance versus person-mean
- The results highlight daily variance (i.e. within-person effect) as a driver

#### On days when adolescents received more parental support, they felt more loved by their parents

- Love is a positive emotion that makes people come most fully alive and feel most fully human
- On a daily time frame, parental support is related to children's better coping with daily stress so that facilitate positive affect

#### On days when adolescents had less conflict with parents, they felt more loved by their parents

- Extending prior work that parent-adolescent conflict is closely associated with adolescent psychological well-being and positive mental health (Shek, 1997), our study highlighted the daily conflict have more influence above beyond the general conflict with parents

#### In general, adolescents who have high closeness with their parents would have higher average levels of felt love

- In line with attachment theory, closeness and relational bonding is the core of attachment and feeling love in parent-adolescent relationship
- Although felt love fluctuates day by day, general relationship closeness sets the tone for adolescents' average levels of felt love

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