



Presenter: Cindy del Rosario

Session & Time: Poster_III / 2:00 to 2:50pm

Room: Guzman Lecture Hall

Discipline: Psychology

Faculty Mentor: Afshin Gharib

Digital Portfolio URL:

Title: Benefits of Family Time on Self-Esteem in College Aged Students

Abstract:

Family bonding plays a significant role in well-being throughout life (Thomas, 2017). Strong relationships between family members are a built in network of emotional support, providing resources that can promote healthy behaviors and act as a buffer against life's stressors (Thomas, 2017). As young adults begin exercising their newfound independence, self-esteem becomes a crucial tool in mitigating conflict and contributes to resilience (Trong Dam, et al., 2023). Orth (2018) finds that the quality of a child's social interactions with family may influence self-esteem for life, which is consequential for safe, unimpaired personal relationships, at work, and in overall health (Krauss, et al., 2014). The purpose of the current study is to further examine how an adolescent's family of origin is their first social construct, which serves as a frame of reference that assists in developing social skills and self-esteem (Gorbett, 2008). This study will examine the benefits that family bonding time, such as going to the movies, playing games, going for a hike, or attending a sporting event together, while in

adolescence, will have on self-esteem in young adulthood. Previous research has focused on self-esteem during adolescence, in contrast this study will focus on the enduring benefits of increased family engagement on self esteem into young adulthood. The target sample of participants for this study will be college students from Northern California colleges. It's anticipated that 60 students will respond with a completed survey that includes demographic questions, along with measures on family bonding (Posick, 2013), family activities (Kerr, 1999), and self-esteem (Rosenberg, 1965). It is expected that young adults who spent more time with their families and engaged in more family activities during adolescence, will score higher on the self-esteem scale (Rosenberg, 1965) during young adulthood. These findings would suggest the important, lasting benefits, of parents prioritizing family time over their child's time with peers.