INTRODUCTION

- Latino youth face a disproportionately high number of contextual stressors (Cauce, Corona, Cruz, & Conger, 2011; DeJongheere, Vaughn, & Jaquez, 2017).
- Research on protective factors that can buffer these risks continues to be limited (Cardoso & Thompson, 2010).
- Resilience processes such as warm and sensitive parenting behaviors, and facets of self-regulation, have been found to contribute to adaptive outcomes in youth and children (Luthar, 2015; Masten, 2006).

Hypotheses

- H1: Warm parenting at time 1 (T1) will be positively associated with effortful control (EC) at T1 and youth resilience at time 2 (T2).
- H2: The relationship between warm parenting and resilience may be mediated by EC

METHODS

Participants

- N = 123; mean age = 11.53 years; 59% female
- 48th grade and 75th grade Latino early adolescents and their parents
- 85.6% two-parent families; 75% of fathers in the two-parent families (n=76) participated at T1
- Families’ mean reported yearly income was between $25,000-30,000
- Most parents had not completed high school (69% mothers, 79% of fathers)
- Mothers (92%) and fathers (90%) were predominantly born outside of the U.S. (majority from Mexico)

Measures

Warm Parenting (T1):
- Behavioral Affect Rating Scale (BARS) warmth and harshness subscales (Conger & Conger, 2002)

Effortful Control (T1):
- Early Adolescent Temperament Questionnaire-Revised (EAT-QR) attentional, activation, and inhibitory control subscales (Capaldi & Rothbart, 1992)

Resilience (T2):
- Connor Davidson Resilience Scale – 10 item (CD-RISC 10) (Campbell-Sills & Stein, 2007)

RESULTS

Correlations

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Mean: 3.08
Standard Deviation: .45

SEM Framework

Warm Parenting (T1):
- Behavioral Affect Rating Scale (BARS) warmth and harshness subscales

Effortful Control (T1):
- Early Adolescent Temperament Questionnaire-Revised (EAT-QR) attentional, activation, and inhibitory control subscales

Resilience (T2):
- Connor Davidson Resilience Scale – 10 item (CD-RISC 10)

STUDY OBJECTIVE: To assess the longitudinal relations between positive parenting, effortful control, and resilience in Midwestern Latino youth

DISCUSSION

- Findings indicate that warm parenting is associated with EC, which in turn predicts youth resilience.
- Warm and sensitive parenting is likely to enhance adolescents’ regulatory behaviors.
- Adolescents with high levels of EC are likely to engage in adaptive coping behaviors, and therefore would be better equipped to deal with stressful situations.

Implications

- Positive parenting and effortful control play a crucial role in fostering adolescent resilience.
- Future resilience research should focus on identifying specific pathways to developing resilience, especially in minority populations facing high levels of stress.
- Interventions to foster resilience should target parenting practices and self-regulation behaviors.

Limitations

- No observational data on parenting.
- Did not control for children’s resilience at T1
- Possible reporter bias.
- Findings may not be generalizable to populations of different ethnicities.