

# Parentifications Effect on Self Efficacy: Do Young Adults Who Experienced Parentification Have a High Self Efficacy?

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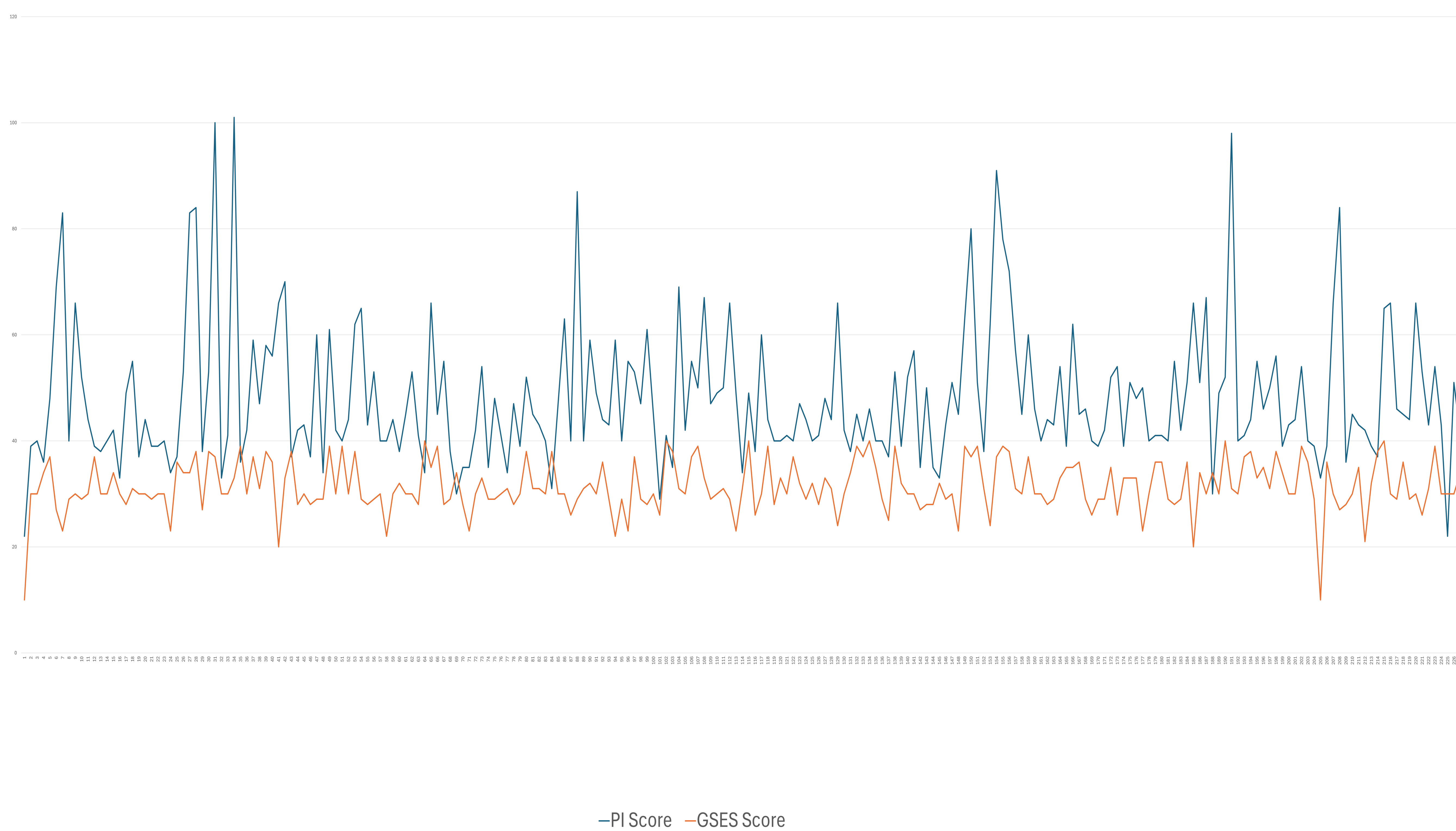
## BACKGROUND

Parentification refers to an inverted parent/child relationship where the child takes on the responsibilities of the adult (Saha, 2016). Many parents engage in this process due to the number of stressors that they may face on a daily basis. Parentification allows parents to place responsibilities on their children that they would otherwise not do in order to relieve some sort of stress. These responsibilities can include caring for siblings, being a translator, taking on a parent's emotional turmoil, and even paying bills. With this adornment of responsibility, these children can garner mixed emotions about themselves and their purpose in the world. We hypothesize that children who experience parentification will have high self-efficacy in early adulthood due to the pressure of having to complete tasks that at the time were not developmentally appropriate for their age.

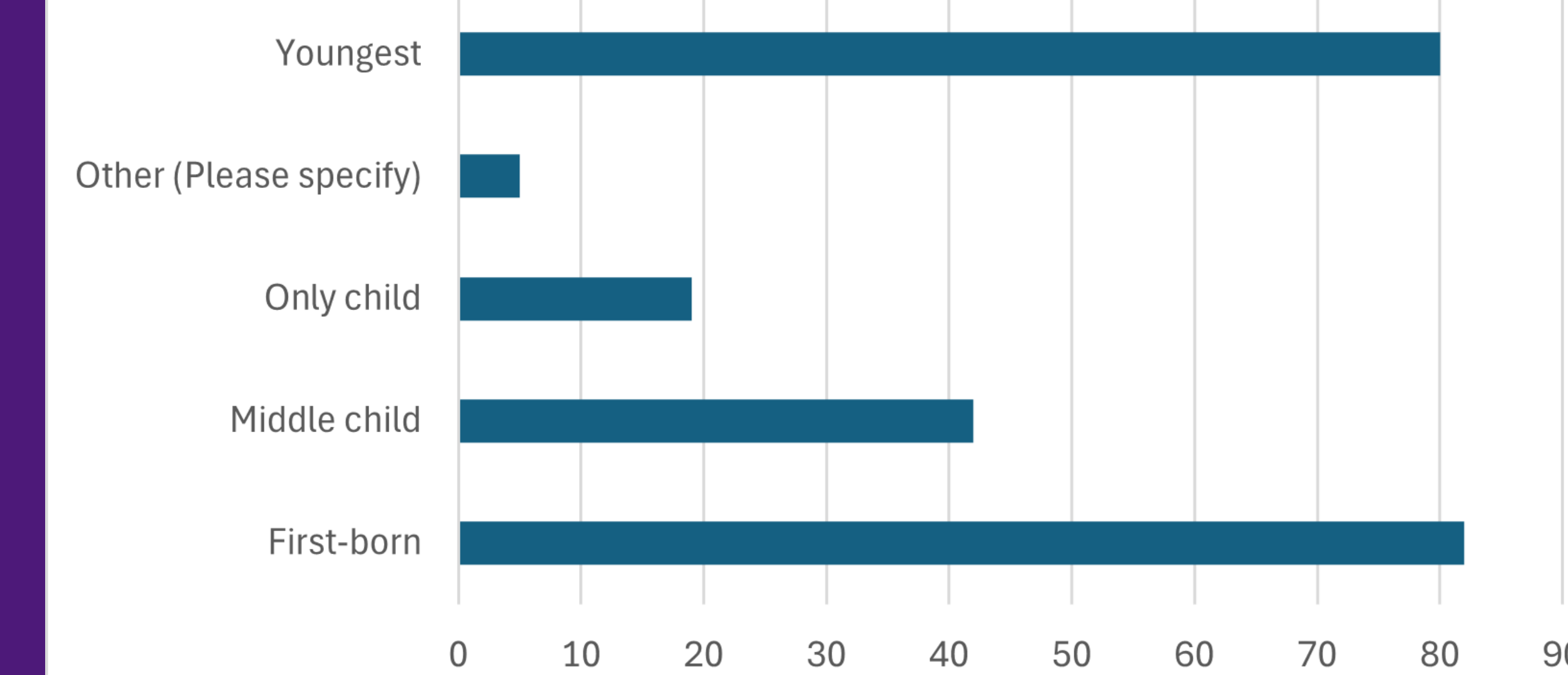
## RESULTS

The study examined the relationship between parentification and self-efficacy among participants. Analysis revealed a statistically significant positive correlation between parentification and self-efficacy ( $r = .144, p < .0294$ ). This suggests that individuals who experienced higher levels of parentification tend to report higher levels of self-efficacy. These findings support the hypothesis that early experiences of assuming parental roles and responsibilities may contribute to the development of greater self-efficacy beliefs in individuals. Of the significant parentification scores, the ethnicities, gender identities and birth order varied, therefore, there was no specific correlation found between these demographics and parentification. These results are interesting because parentification can be considered as a negative experience yet in regard to the development of self efficacy it seems to have a positive effect.

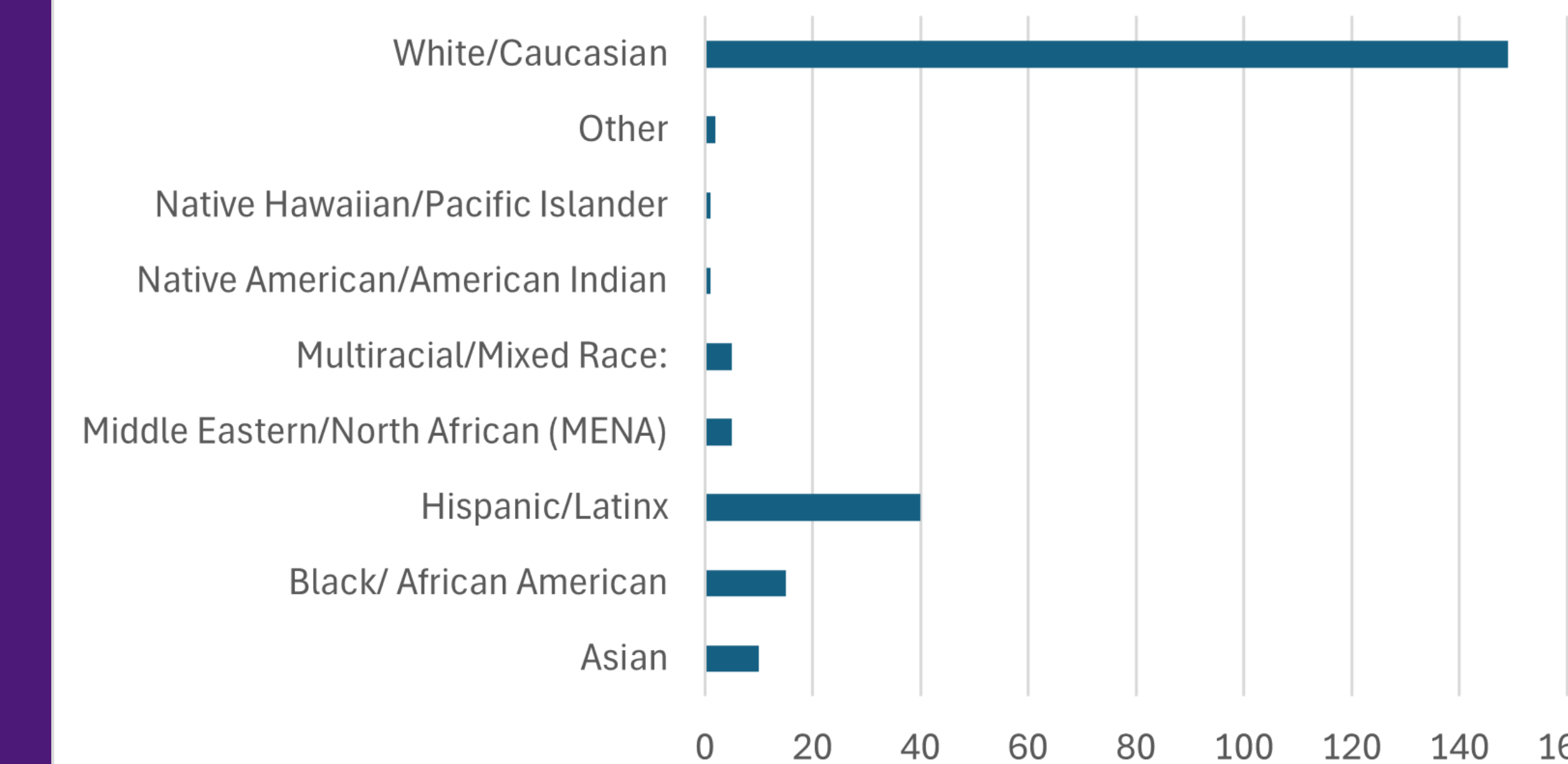
### Parentification and Generalized Self Efficacy Scores



### Count of Birth Order: What is your birth order among your siblings? - Selected Choice



### Count of Ethnicity/Race



## METHODS

Participants (N= 228) in the current study include an emerging adulthood group of college students from Texas Christian University, ages 18-26, 87% Female, 12% Male, 1% Non Binary. Participants were recruited through advertisement via flyers in common areas around the Texas Christian University campus as well as on the SONA site where the study is automatically shown to eligible participants. Using the Generalized Self-Efficacy Scale (GSES) (Schwarzer, 1992), we measured the self-efficacy of our participants. The GSES is a 10 item Likert scale. The higher a participants score, the greater their generalized sense of self-efficacy. In order to assess a participant's level of parentification, we will use the Parentification Inventory (Hooper et.al, 2011). This scale is comprised of 22 items in order to assess instrumental and emotional parentification. Participants will use a 5-point Likert-type scale. A score of 85+ represents a significant degree of parentification.

## CONCLUSIONS

This study found that individuals who experienced higher levels of parentification tend to report higher levels of self-efficacy, and those who report lower levels of self efficacy reported having low levels of parentification. The findings of this study may lead to implications that assist parents in performing parenting behaviors that in promote a secure attachment with their children so that the children grow up feeling valued and appreciated. This can include conversations on policy interventions that relieve unique stressors that families who resort to parentification face so that they avoid having to rely on parentification. The findings may also help researchers understand how individuals adapt to and cope with challenging family dynamics. Longitudinal studies could be conducted to explore the long-term effects of parentification on various aspects of psychological well-being, including self-efficacy. Tracking individuals over time can provide insights into how these dynamics evolve and impact individuals' lives as they age.