

Resilience as the Mediator of the Relationship between Emotional Availability of Fathers and Subjective Well-Being of Emerging Adults

Babaların Duygusal Erişilebilirliği ile Beliren Yetişkinlerin Öznel İyi Oluşu Arasındaki İlişkide Aracı Olarak Psikolojik Dayanıklılık

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Author Note: The author expresses her gratitude and appreciation to reviewers whose provided comments and criticism to this article for the Journal of Studies in Psychology.

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Submitted/Başvuru: 04.10.2019

Revision Requested/Revizyon Talebi:
15.10.2019

Last Revision Received/Son Revizyon:
01.04.2020

Accepted/Kabul: 11.06. 2020

Citation/Atf: Özbiler, S. (2020). Resilience as the mediator of the relationship between emotional availability of fathers and subjective well-being of emerging adults. *Psikoloji Çalışmaları - Studies in Psychology*, 40(2): 513–531.
<https://doi.org/10.26650/SP2019-0075>

ABSTRACT

Healthy, functional relationships between parents and children are essential and important for an individual's development not only in early childhood but also in adulthood. In this context, the quality of the mother-child relationship has been discussed extensively in the literature, but the quality of the father-child relationship has rarely been evaluated. In the present study, the quality of father-child relationships is operationalised as an emotional availability. The present study, which is based on Attachment Theory, aimed to investigate the mediating role of resilience in the association between the retrospective perception of university students' emotional availability of their fathers and their subjective well-being at emerging adulthood. For this purpose, 257 university students with a mean age of 22.42 ($SD = 2.08$) in North Cyprus participated in the study. Participants completed the Brief Resilience Scale, the Lum Emotional Availability of Parents Scale and the Subjective Well-Being Scale. The Structural Equation Modelling (SEM) was used to examine the potential relationships between study variables as well as examine the mediating effect of resilience in the link between the emerging adults' retrospective perceptions of the emotional availability of fathers and their current subjective well-being. The results provide support for the hypothesised model. The results indicated that resilience may act as a full mediator in the relationship between the retrospective perceptions of emerging adults' emotional availability of their fathers and their current subjective well-being. Findings imply that the retrospective perceptions emotional availability of fathers increase the subjective well-being of emerging adults throughout the mediation of the resilience. These findings shed a first light on the mediating role of resilience in the association between the retrospective perception of emerging adults' emotional availability of their fathers and their subjective well-being. Moreover, the findings of the present study may help counsellors working in universities to improve resilience interventions that could lead to an improvement in the subjective well-being of students. The study also points out that practitioners who are working with parents should focus on effective parenting interventions and these interventions should also target fathers.

Keywords: Emotional availability of fathers, subjective well-being, resilience, emerging adulthood

ÖZ

Ebeveyn ve çocuk arasındaki sağlıklı ve fonksiyonel bir ilişki sadece çocukluk dönemi gelişimi için değil, ayrıca yetişkinlik dönemi gelişimi için de gerekli ve önemlidir. Bu bağlamda, anne-çocuk ilişkisinin kalitesi alan yazında geniş olarak tartışılmış, ancak baba-çocuk ilişkisinin kalitesi seyrek olarak değerlendirilmiştir. Bu çalışmada baba-çocuk ilişkisinin kalitesi duygusal erişilebilirlik açısından ele alınmıştır. Bağlanma Teorisi üzerine kurulan bu çalışmanın amacı üniversite öğrencilerinin yani beliren yetişkinlerin babalarının geçmişteki duygusal erişilebilirliğine dair algıları ile şimdiki öznel iyi oluşları arasındaki ilişkide psikolojik dayanıklılığın aracı rolünü araştırmaktır. Bu amaçla, Kuzey Kıbrıs'ta yaşayan ve yaş ortalaması 22.42 ($SS = 2.08$) olan 257 üniversite öğrencisi çalışmaya katılmıştır. Katılımcılar Kısa Dayanıklılık Ölçeği, Lum'un Ebeveyn Duygusal Erişilebilirlik Ölçeği ve Öznel İyi Oluş Ölçeğini doldurmuştur. Çalışma değişkenleri arasındaki potansiyel ilişkiyi incelemek aynı zamanda beliren yetişkinlerin babalarına geçmişe yönelik duygusal erişilebilirlik ile şimdiki öznel iyi oluşları arasındaki ilişkide psikolojik dayanıklılığın aracı etkisini araştırmak için Yapısal Eşitlik Modellemesi (YEM) kullanılmıştır. Sonuçlar varsayılan modeli desteklemiştir. Sonuçlarda, psikolojik dayanıklılığın beliren yetişkinlerin geçmişe yönelik babalarından algıladığı duygusal erişilebilirlik ile şimdiki öznel iyi oluşları arasındaki ilişkide tam bir aracı rolü olduğu sağlamaktadır. Bulgular göstermektedir ki geçmişe yönelik babanın duygusal erişilebilirliği, psikolojik dayanıklılık aracılığı ile beliren yetişkinlerin öznel iyi oluşunu artırmaktadır. Bu bulgular, beliren yetişkinlerin geçmişe yönelik babalarının duygusal erişilebilirliğine ilişkin algıları ile öznel iyi oluşları arasındaki ilişkide psikolojik dayanıklılığın aracılığına ilişkin ilk ışık tutmaktadır. Bununla birlikte, bu çalışmanın bulguları öğrencilerde öznel iyi oluşa yol açabilecek psikolojik dayanıklılık müdahalelerini geliştirmede üniversitelerde çalışan danışmanlara yardımcı olabilir. Çalışma ayrıca, ebeveynlerle çalışan uzmanların etkili ebeveynlik müdahalelerine odaklanması ve bu müdahalelerin babaları da hedef alması gerektiğine dikkat çekmektedir.

Anahtar Kelimeler: Babaların duygusal erişilebilirliği, öznel iyi oluş, psikolojik dayanıklılık, beliren yetişkinlik

Family context is the main determinant of subjective well-being (SWB) throughout life, including childhood and adulthood (Diener, Diener & McGavran, 2008). Bowlby's Attachment Theory (1969) is a predominated framework for explaining the influence on early relationships between children and parents for a child's and adult's development. Attachment Theory also attempts to understand how the quality of the parent-child relationship differs in one's well-being in adulthood (Bowlby, 1982; Mikulincer & Shaver, 2007, WHO, 1999). Researchers suggest that an experience of encouragement from parents and a strong parent-child relationship are related to a high level of well-being (Casas, Coenders, Cummins, Gonzalez, Figuer, & Malo, 2008; Diener & Diener McGavran, 2008; Suldo, & Fefer, 2013). In contrast, if the quality of the parent-child relationship tends to be low, it is not only directly associated with a lower well-being in early childhood but also in later life (George, Kaplan, & Main, 1984).

In the present study, the quality of the child-parent relationship is operationalised as the emotional availability (EA) of fathers. Therefore, this present study which is based on Attachment Theory, obtains a better insight into the associations between the retrospective perceptions of emerging adults' EA to their fathers and their current SWB by testing the possible mediating roles of resilience in this relationship. Several reasons motivated the researcher to use this design. To date, little is known of the possible mediating roles of resilience regarding the link between the retrospective EA of fathers and the current SWB of emerging adults. Another reason is that to date, the majority of studies of EA have focused on the quality of the mother-child interactions. Very few studies use the retrospective perspective of the EA of fathers for emerging adults (Lum & Parles, 2005; Özdoğan & Cenkseven-Önder, 2018, Willingham, 2007) Also, a few studies test Attachment Theory assumptions within the EA of fathers for emerging adults in the Turkish speaking population (e.g., Gökçe & Yılmaz, 2018; Karaoğlan, 2018; Kavas, 2019). Additionally, some studies have shown that father involvement may be critical during the transition of emerging adulthood (Eccles & Gootman, 2002; Seo, 2007). Another notable point in the review of current research is that the impact of the EA of fathers may not be immediately observed in childhood, but may be revealed during adulthood (Roggman, Fitzgerald, Bradley, & Raikes 2002; Sroufe, Egeland, Carlson, & Collins, 2005). Based on these initial findings, a retrospective study design was needed to test the assumptions of Attachment Theory. Therefore, this study is based on the retrospective perceptions of the EA of fathers at emerging adulthood.

Attachment Theory and the Emotional Availability of Fathers

Attachment Theory is an essential foundation for the concept of EA. In other words, EA is the core construct into the integration of Attachment Theory (Ainsworth, Blehar, Waters, & Wall, 1978). It provides an assessment of the relational qualities between the parent and the child (Bowlby, 1969, 1973). Additionally, EA refers to the ability to share health and emotional connections between the adult and the child (Saunders, Kraus, Barone, & Biringen, 2015). Moreover, EA considers two main dimensions which are called parent (adult) and child dimensions (Biringen, 2008). The parent's dimensions are known as sensitivity, structuring, non-hostility and non-intrusiveness. The child dimensions are known as responsiveness to the parent and involvement of parent (Biringen & Robinson, 1991; Lee & Gotlib, 1991; Saunders, et al., 2017). Firstly, the parent's sensitivity to their child is expected. Parental sensitivity refers to behaviours and emotions of parents for positive (interaction) and the quality of the parent-child interactions. It also consists of the ability of conflict negotiations, and awareness of parents to their children's creativity. Secondly, another dimension of EA of the parent is that parental structuring which refers to the parental ability to support the child's learning and direct it to a higher level of understanding. Thirdly, parental non-hostility refers to parents able to regulate his/her own negative feelings to the child. Lastly, parental non-intrusiveness refers to parents ability to set limits and establish rules, regulations, and a framework for interactions between their child and themselves (Saunders et al., 2015; Saunders et al., 2017). Furthermore, one of the child dimensions of EA is the child's responsiveness to the parents. This refers to that positive affect and emotion regulation as well as an emotional responsiveness to the parent. Also, a child's involvement with their parents contains a simple and thoughtful level of childhood to interact with his parents (Biringen, Derscheid, Vliegen, Closson, & Easterbrooks, 2014).

Despite there being an increase in the interest of researchers in the subject of the father-child dynamic, there has yet to be seen any elaboration on the topic of the EA in the father and adult relationship. According to Bowlby's assumption, the early parent-child interaction can be a source of emotional security that promotes healthy functioning in the main areas of development (Thompson, 2000). Consistent with this assumption, in a recent study of fathers' EA, Çörtük (2019) found that retrospective reports of EA of the father is associated with young adults' development in Turkey. Similarly, Karaoğlu (2018) stated that EA of fathers is positively related to emotional development among

young women. Together, the results of this research suggest links between the retrospective perceptions of childhood experiences with the father and the quality of later adult development.

Emotional Availability of Fathers and Subjective Well-Being

Given the importance of the quality of father-child relationships in childhood, it is accepted as an important protective factor for emerging adults' development. Several studies have suggested that the quality of a father-child relationship has a continuing influence on an emerging adult's well-being (Akbağ & Ümmet, 2018; Allgood, Beckert, & Peterson, 2012; Ferrari, Ranieri, Barni, & Rosnati 2015; Rosnati, Ranieri, & Barni, 2013; Steele & Mckinney, 2019). SWB is defined as the evaluation and judgement of individuals in their own life and involves two dimensions which are emotional (positive and negative affects) and cognitive (life satisfaction) (Diener, 1984, 2000; Diener, Lucas, & Oishi, 2002). Individuals with a high level of SWB experience life satisfaction and positive emotions (e.g., happiness, self-esteem, and a sense of capability and desirability). In contrast, individuals with a low SWB are dissatisfied with life, experience sadness, and frequently feel negative emotions such as anger, unpleasant sensations, hopelessness or anxiety (Diener, Suh, & Oishi, 1997).

The existing literature found that significant associations in the effort to expand the conceptual understanding of the relationship between the EA of fathers and the current SWB level of emerging adults. Although Flouri (2004) found that closeness to the father and that fathers' involvement was not related to later SWB at the multivariate level, most of the studies suggested that the EA of fathers and the SWB level of emerging adults was positively correlated. For instance, Allgood et al. (2012) found that there was a statistically significant positive correlation between adolescent daughters' well-being and the father/daughter relationships that includes engagement, accessibility, and responsibility. Similarly, perceived father involvement, autonomy and support positively associated with a young adults' well-being and a high level of SWB among emerging women adults (Erbahar, 2014; Flouri & Buchanan, 2013). Moreover, the EA of fathers negatively correlated with aggression which is the negative effect of SWB of young adults (Özdoğan & Cenkseven-Önder, 2018). Also, a low level of EA of fathers in childhood is significantly related to a high level of victimisation, a high level of the autonomy, self-efficacy and a need for relationships among young adults (Gök & Cenkseven-Önder, 2018). Perhaps more importantly, this study identified several pathways of

influence through the EA of fathers' in childhood might be related to SWB in emerging adulthood.

Resilience as the Mediator

The American Psychology Association (APA, 2014) defined resilience as “the process of adaptation to important stressors such as difficulty, trauma, tragedy, threats or significant sources of stress such as family and relationship problems, serious health problems or workplace and financial stress factors (para. 4).” Although a small number of studies linked fathers' EA to emerging adults' resilience, fatherly influence in one's childhood may also have an impact on emerging adults' resilience. However, within this limited research, it has been demonstrated that childhood emphasises the key role that secure attachments play in the development of resilience (Luthar, 2006). Additionally, previous research found that resilience negatively correlates with attachment anxiety, attachment avoidance (Jenkins-Jennika, 2006; McGauran, Brooks, & Khan, 2019).

Additionally, another finding was that adults' SWB is linked to resilience (Burns & Anstey, 2010; Cederblad, 1996; Evie, 2018; Karreman & Vingerhoets, 2012; Miller, 2003). The findings of these works are contradictory. Some researchers have suggested that individuals having a high level of resilience is related to a high level of SWB (e.g., Huppert & So 2013; Ong, Bergeman, Bisconti, & Wallace, 2006). In particular, the negative correlations found between well-being and resilience (Cohn, Fredrickson, Brown, Mikels, & Conway, 2009; Liu, Wang, Zhou, & Li, 2014). Likewise, Loh, Schutte and Thorsteinsson (2014) argued that resilience directly predicts several well-being outcomes such as depression. The current study might better uncover these potential disparities.

In summary, it is necessary to pay more attention to the resilience as a mediator with respect to the link between the EA of fathers and the SWB of emerging adults. This current study is based on the idea that resilient people increase SWB in their lives (Cummins, Wooden, 2014; Graham & Oswald, 2010). Furthermore, within Attachment Theory, the assumption EA of fathers is associated with an adults' developmental outcomes as well as their resilience (Flaherty & Sadler, 2011). It appears that there aren't any studies assessing this mediation role of resilience, the relationship between the EA of fathers and the SWB of emerging adults. This study will contribute to filling this gap in the field.

The present study aimed to investigate the relationships between the retrospective EA of fathers and SWB by testing mediator roles of resilience on a sample of participants who were emerging adults. The researcher hoped that by identifying the role of EA of fathers on SWB and the resilience of emerging adults might help practitioners to address fathering practices. The evidence thus suggests that parents are indistinguishable in their influence on their children. Contradictory findings suggest that fathers might make significant contributions to their children's development which may predict their adjustment to adulthood (Lewis & Lamp, 2003). Additionally, the importance of family-adult interactions was mentioned in the cultural studies of Kağıtçıbaşı (1996, 2007) who found that young adults with close family bonds feel better and more satisfied. To the best of the researcher's knowledge, most of the studies on the EA of parents have been tested on the US population or other individualistic cultures, but attachment theory is as a universal concept (Biringen, Derscheid, Vliegen, Closson, & Easterbrooks, 2014) and there needs to be more research on collectivistic cultures.

Even though the effects of EA on SWB is well-documented (e.g. Armsden & Greenberg, 1987; Mónaco, Schoeps, & Montoya-Castilla, 2019; Öztürk & Mutlu, 2011), there is still a gap in the current literature to understand the relationship between the retrospective EA of fathers and the SWB of emerging adults. The study's results help to elucidate the relationship between the retrospective EA of fathers and the SWB and resilience of emerging adults in North Cyprus. Furthermore, the role of resilience in the relationships between the EA of fathers and the SWB of adults has remained previously unaddressed and unanswered. Moreover, it is important to study with the retrospective EA of fathers and the current SWB of emerging adults through resilience in a Turkish population and seeing potential antecedents relationships that can help us shape our parenting education programs in Turkey and North Cyprus. The expectation of this research was to find a link between the EA of fathers and SWB by studying the resilience level of emerging adults. Such a link might influence practitioners who are working this field to develop evidence-based interventions thus increasing SWB and resilience in an emerging adult population. In consequence, the present study added the findings of the relationship between retrospective EA of fathers and current SWB of emerging adults to current literature by testing the mediator roles of resilience. The prevalence of findings has led the researcher to operationally formulate the following hypotheses:

H1: The retrospective EA of fathers is positively correlated with the current SWB of emerging adults.

H2: Resilience mediates the relation between the EA of fathers and the SWB of emerging adults.

In summary, the main purpose of this study is to explore the mediation effects of resilience on the relationship between emerging adults' retrospective perceptions of the EA of their fathers and their current SWB. These relations can be seen in Figure 1.

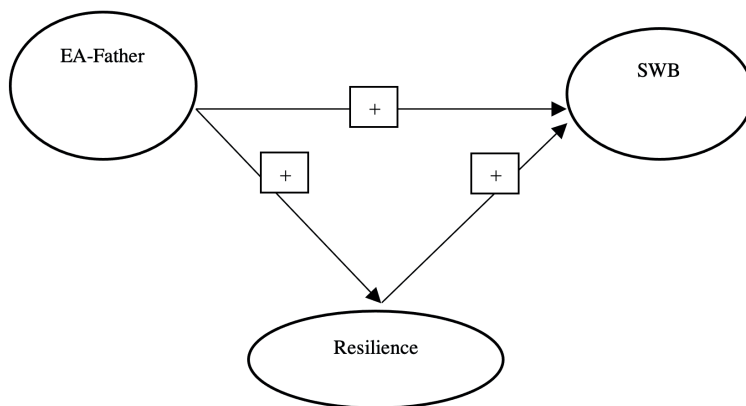


Figure 1. Mediation Model of the Study

Note. EA: Emotional Availability, SWB: Subjective Well-being

METHOD

Participants

The participants were 257 university students (141 women, 116 men) and all of them were living in North Cyprus. The age range was between 19 and 29 with the mean 22.42 ($SD = 2.04$). Convenient sampling was used in this study. The eligibility criteria for this study were being a university student and being in emerging adulthood. The exclusion criteria of this study were being an adopted or orphaned child.

Measures

Lum Emotional Availability of Parents (LEAP) Scale-Father Form. In order to assess the emotional availability of fathers, the researcher used the Lum Emotional Availability of Parents (LEAP) Scale. LEAP was originally developed by Lum and Phares (2005), and Gökçe (2013) adapted it for use with Turkish adults. In general, the

scale includes 15 items scored on a 6-point Likert-types scale ranging from 1 = Never (like my mother/father) to 6 = Always (like my mother/father). Two sample items were “Consoled me when I was upset” and “was emotionally available to me.” Response scores on the scale can range from 15 to 90. Higher scores of emotional availabilities indicated higher emotional availability of fathers respectively. In Gökçe’s (2013) study internal consistency of the LEAP scale was .96 ($p < .0001$) for the mother form and .97 ($p < .0001$) for the father form. For the purposes of the present study, only the father form was used. Cronbach’s Alpha value in the current study was .96.

Subjective Well-Being Scale (SWBS). In order to assess the subjective well-being of emerging adults, the Subjective Well-Being Scale was used. The SWBS was developed by Tuzgöl-Dost (2005). It consists of 46 items that reflect their cognitive and emotional assessment of their lives. Responses are provided using a five-point Likert-type scale ranging from 1 = Never agree to 5 = Always agree. Two sample items are “I’m satisfied my relationship with my family”, “I am having problems in my relations with my family”. Response scores on the SWBS can range from 46 to 230. Higher scores indicate a higher degree of subjective well-being respectively. Internal consistency of the scale was .96 in the original study and .91 in the current study.

Brief Resilience Scale (BRS). In order to assess resilience, the researcher used the Brief Resilience Scale (BRS). BRS was originally developed by Smith, Dalen, Wiggins, Tooley, Christopher, & Bernard (2008). The Turkish version was adapted by Doğan, (2015). This scale comprises six items and measures the level of individual resilience. Items are scored on Likert-type response scales, with answers from 1= Strongly Disagree, to 5= Strongly Agree. Two sample items of the scale are “Tend to bounce back quickly after hard times”, “It is hard for me to snap back when something bad happens”. Response scores on the BRS can range from six to 30 Higher scores of the scale indicated that higher resilience respectively. In the adaptation study, internal consistency ranged from .80 to 91. The internal consistency in this present study was .75

Procedure

Before starting to carry out the study, the researcher’s affiliation with the Ethical Committee was confirmed with the reference number 019-5526 in 21 May 2019. Then, written permission from the university departments was obtained. The participants’ recruitment was conducted during class times in a university arranged by research assis-

tants in coordination with the lecturers. Also, participants received an informed consent form that explains the aims of the research and the voluntary nature of their participation. All of the participants were also informed of their right to withdraw from the study at any stage during the data collection. The participants were also informed of their right of privacy and the confidentiality of their participation and answers. Prospective participants were informed about who would have access to the data, how the data would be stored and consent to publish the findings in academic publications has been sought. 297 participants who agreed to participate were administered the packets of instruments, but 40 of the participants were excluded from the study for missing responses, randomly completed instruments and not meeting the eligibility criteria of the study. Then, they were debriefed via email.

Data Analysis

SPSS 22.00 was used to conduct all the preliminary analyses, descriptive statistics, and confirmatory factor analysis, Pearson product-moment correlation. Skewness and Kurtosis statistics were used to test assumptions of normality. Additionally, the measurement portion of the model was tested in a two-step procedure (Anderson & Gerbing, 1988; Byrne, 2013). The first step involved a confirmatory factor analysis (CFA) of the measurement model, which included the relationships between the three latent variables represented by their indicators. The second step included a CFA of the causal relationships between the constructs of the model as specified by the theory. The mediation effect of resilience was tested for significance by adopting the Bootstrap estimation procedure in AMOS. In order to reduce the model complexity and estimation errors due to multiple items being subjective, well-being as a latent variable 3 parcels and EA of father as latent variable 4 parcels, resilience as a latent variable 3 parcels were created by using item-to-construct balancing procedures (Little, Cunningham, Shahar, & Widaman, 2002). In order to test the hypothesised model, the maximum likelihood estimation was used and a structural equation procedure was applied using the AMOS 22.0 program (Arbuckle, 2013). The adequacy of the model fit was assessed by the chi-square statistic (χ^2), a Comparative Fit Index (CFI) of .90 or above, a Root Mean Square Error of Approximation (RMSEA) of .06 or less and a Standardised Root Mean Square Residual (SRMR) of .08 or less (Hu & Bentler, 1999; Reise, Scheines, Widaman, & Haviland, 2013).

RESULTS

Descriptive Analyses and Correlations of EA of Father, Resilience and SWB.

The descriptive statistics of the EA of fathers, resilience and SWB including the mean value and standard deviation calculated for all of the samples and Pearson product-moment correlation of variables are presented in Table 1. All possible correlations were found to be positive and statistically significant.

Table 1. Descriptive Analyses Reliability Coefficients and Correlations of EA of Father, Resilience and SWB

Latent Variables	<i>M</i>	<i>SD</i>	1	2	3
1. Emotional Availability of Fathers	72.71	17.89	(.95*)	.31**	.32**
2. Brief Psychological Resilience Scale	19.7	3.12		(.95*)	.21**
3. Subjective Well-Being Scale	174.16	24.61			(.90*)

Note. * = reliability coefficient results, ** $p \leq .005$

Phase 1: Measurement Model

Confirmatory factor analysis was used to examine whether the measurement model fit the sample data adequately. The measurement model comprised of three latent factors and ten observed variables (See Figure 2). This model revealed a good fit to the data ($\chi^2(52) = 92.3$, $p < .001$, CFI = .96, RMSEA = .07, 90% CI [.05–.08], SRMR = .07). All factor loadings for the indicators on the latent constructs and all correlations among the latent variables were significant ($p < .001$).

Phase 2: Structural Model

Two structural models were tested in this study. In the first step, a direct effect of the emotional availability of fathers on SWB without including the mediator variable which is resilience, was tested. The directly standardised path coefficient was significant. The direct effect model provided an adequate fit to the data, $\chi^2(28) = 66.1$, $p < .001$, CFI = .82, RMSEA = .07, 80% CI [.06–.09], SRMR = .08 (See Figure 2). Then, a partially-mediated model which contained a mediator, which is resilience. and a direct path from the emotional availability of fathers to SWB, was tested. Emotional availability significantly predicted SWB ($\beta = .42$, $p < .001$), and resilience significantly predicted SWB ($\beta = .70$, $p < .001$). After accounting for the mediating effect of resilience, the direct effect of emotional availability of fathers on SWB was no longer significant ($\beta = .08$, $p > .05$). This suggests that resilience as a significant partial mediator in the proposed model thus, supporting *Hypothesis 2*. The significance of the mediation effect of resilience was test-

ed using the Bootstrap estimation method in AMOS 24 (Shrout & Bolger, 2002). As such, 1000 bootstrap samples were produced from the original data set to estimate the 95% confidence interval (Arbuckle, 2013).

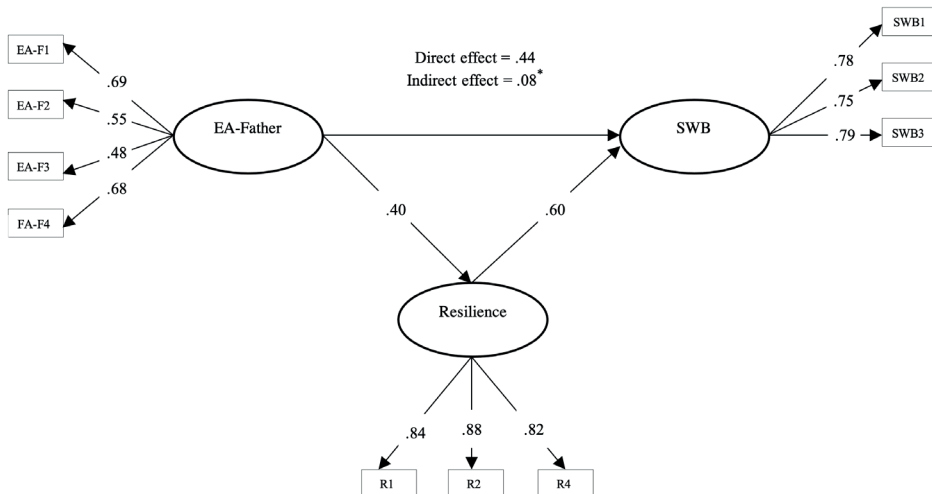


Figure 2. The Full Model of EA of Father, Resilience and SWB.

Note. EA: Emotional Availability, R: Resilience, SWB: Subjective Well-being

DISCUSSION

In this study, which was based on the assumptions of Attachment Theory, both the findings of retrospectively father-child interaction and concurrently emerging adults' SWB level were measured. Additionally, this current study tested the mediator role of resilience in this relationship. Based on the aim of the current study, the researcher firstly hypothesised that the retrospective EA of fathers positively correlated with the current SWB of emerging adults. In other words, the highest experience of the EA of fathers' in childhood related to the highest positive emotions (happy, hope, enthusiastic and etc.) and more satisfaction in later life. Consistent with this hypothesis, several studies have shown that father involvement in young childhood had a long-term effect on emerging adult's life satisfaction and subjective well-being (Hasida, 2003; Seo, 2007; Yang, Wang, Li, Teng, & Ren, 2008). Additionally, in line with Attachment Theory, Bretherton (2010) stated that longitudinal investigation results for the early father-child attachment relationships predict young adults' developmental outcomes in the USA, Germany, Great Britain and Israel. In the current study, the highest EA of fathers

related to the highest SWB of emerging adults. Consequently, Attachment Theory's assumption was supported in this study for Turkish culture. These findings may be a reflection of the quality of parent-child relationships during emerging adulthood which is, in large part, a function of the history of early parent-child interaction experiences (Whitbeck, Hoyt, & Huck, 1994). Likewise, Kağıtçıbaşı and Sunar, (1992) argued the Turkish family is characterised by emotional closeness. The recent project result for Turkish fathers revealed that the quality and quantity between the fathers and child interactions are changing from traditional to modern fatherhood (Bozok, 2018). Therefore, family services must focus primarily on not only mothers but also fathers as well. Moreover, practitioners may help fathers for child-rearing practices and improve fathers positive involvement with their children to produce long term benefits from childhood to emerging adults. The result of the current study may open a door to the implications of studies which provide evidence for the contribution of the quality of father and child interaction.

The hypothesis of this study was based on the aim that resilience mediates the relation between the EA of fathers and the SWB of emerging adults (H2). This result is consistent with previous findings. For example complete mediation was found for dismissing attachment in the relationship between the higher reappraisal and resilience Karreman and Vingerhoets (2012). Likewise, as anticipated, resilience acted as a partial mediator between attachment insecurity and perceived stress among university students (Thompson, Wrath, Trinder, & Adams, 2018). In other words, resilience plays a role in EA to predict the well-being of emerging adults. The researcher acknowledged some limitations of this study. Firstly, the sample of the study included university students who agreed to participate in this study in North Cyprus. Secondly, with the aim of this study, fathers' sociodemographic characteristics (e.g., education level, the age of become father, working status and working hours) were not collected by the researcher. Thus, others studies may consider these limitations in order to understand how this sociodemographic characteristic may influence this model.

As anticipated, the results of the present study indicated that the retrospective EA of fathers positively correlated with the current SWB of emerging adults (H1) and resilience mediated the relation between the EA of fathers and the SWB of emerging adults (H2) were supported. Although counselling practitioners at counselling centres within the university setting provide services for students, for clients with more severe mental

health conditions (Hunt & Eisenberg, 2010), more preventive counselling practices and trainings are needed. The present study's findings also offer several service-related implications for counsellors who are working with university students. Firstly, counsellors should examine the client in the context of not only mother and child interaction but also father and child interaction to understand attachment in the early childhood of these emerging adults. Secondly, counsellors should work with clients in aiming to improve their resilience level. Lastly, school counsellors should implement resilience interventions to this population that may lead to SWB among them. Also, practitioners who are working with parents should focus on effective parenting interventions and these interventions should also be designed according to the gender of parents.

Peer-review: Externally peer-reviewed.

Conflict of Interest: The author has no conflict of interest to declare.

Grant Support: The author declared that this study has received no financial support.

Hakem Değerlendirmesi: Dış bağımsız.

Çıkar Çatışması: Yazar çıkar çatışması bildirmemiştir.

Finansal Destek: Yazar bu çalışma için finansal destek almadığını beyan etmiştir.

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