

Adolescents' Relative Deprivation and Well-Being in Relation to Parents' Mindfulness and Psychological Resilience: A Dyadic Approach

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Abstract:

Taking into account the individual contributions of family relationships for well-being and resilience is highly important to the development of healthy individuals, families, and society. The aim of this research was to explore the links between parental resilience and awareness, and adolescents' relative deprivation and well-being using the actor-partner interdependence model (APIM). In this model, reciprocal effects between dyadic partners, such as parent-child pairs, could be analyzed. 992 participants, including adolescents and one of their parents, voluntarily participated in the study. The parents were 42.79 (SD = 5.83) years old, while the adolescent participants were 15.04 (SD = 1.21) years old. The results of the analyses indicated that adolescent relative deprivation predicted adolescent well-being, and parental mindfulness predicted parental resilience as actor effects. Adolescent relative deprivation predicted parental resilience, and parental mindfulness predicted adolescent well-being within the parameters of the obtained partner effects. Relative deprivation was identified as a detrimental indicator of both the resilience of parents and the well-being of adolescents. Conversely, the mindfulness of parents was discovered to benefit both their own resilience and the well-being of their adolescents. As a result, parental and child intervention programs should be developed in tandem, and psychological processes within the family should be investigated at the individual and relationship levels.


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INTRODUCTION

Individuals' development and psychological health, resilience, stress tolerance, and quality of life are significantly affected by the basic structure of the family. In recent years, research in sociology and psychology has contributed to a more comprehensive understanding of the intricate nature of family relationships and their impact on the lives of individuals. A theory describing the interaction among the parent subsystem and the parent-child subsystem is used to elucidate the influence of family members on one another. According to this theory, the emotions or behaviors of an individual in a social environment can be transmitted to or influence the emotions or behaviors of another person who is in close proximity to the individual (De Maat et al., 2021). Parents and children may also transmit emotions and behaviors to one another through their daily interactions. Numerous studies have been conducted on parental attitudes. In addition to parental attitudes, parental awareness and well-being are important factors for the well-being of children as family members.

Researchers have conducted a variety of studies in recent years to examine the effects of concepts like mindfulness, resilience, and relative deprivation on individuals' well-being, particularly in the context of familial interactions. Mindfulness, rooted in Eastern meditation traditions, has recently gained recognition in the psychology literature for its role in mental health. Mindfulness refers to the experience of attention and awareness in the present moment. Deniz et al. (2017) define inattention (mindlessness), absent-mindedness, and indifference as the relative absence of mindfulness. The ability to concentrate on one's thoughts, emotions, and behaviors in a deliberate and non-judgmental manner is one way to define mindfulness.

According to Öz and Bahadır Yılmaz (2009), resilience refers to an individual's ability to adapt and overcome difficult circumstances. Ramirez defines psychological resilience as the ability to recover swiftly from disease, depression, changes, or adversity; seamlessly returning to one's previous self after harm or stress; and flexibility. A study looked at the relationship between mindfulness and resilience in university students, focusing on cognitive and emotional empathy characteristics, using structural equation modeling. According to the study's findings, basic empathy played a partial mediating role in the relationship between mindfulness and resilience. More exactly, basic empathy capacities have a considerable impact on the prediction of resilience by mindfulness (Okan et al., 2020). Mindfulness therapies appear to benefit both parents' and children's mental health, as well as family functioning (Xie et al., 2021). Furthermore, conscientious parents promote the formation of

more positive parent-child connections by reducing the instinctive but ineffective strategies they use to evaluate or communicate with their children (Dumas, 2005).

When examining people's levels of mindfulness and resilience, it becomes clear how these factors contribute to the concept of well-being. The idea of well-being has dominated psychological discourse since antiquity. Until recently, modern psychology lacked specialized studies on well-being, instead focusing on pathology and illness. The progress of positive psychology has permitted the expansion of study into well-being, contentment, and meaningful existence. Eryılmaz (2020), a notable researcher in the field of positive psychology, defines key themes in the psychology literature, including subjective well-being, psychological well-being, and well-being. Ryff (1989) claims that "well-being," or psychological well-being, has two dimensions. The first dimension is "eudaimonic," which refers to psychological development, and the second dimension is "hedonic," which refers to the enjoyment of life. According to Kardaş and Yalçın (2018), well-being includes subjective, psychological, and general aspects. Psychological well-being is also characterized as the ability to pursue meaningful goals, live a meaningful life, and reach self-actualization. In this context, one could argue that people's levels of mindfulness can help them feel better in general. Şahin (2019) found a significant positive link between university students' mental well-being scores and mindfulness scores. He concluded that mindfulness is a trustworthy predictor of mental well-being. A further study found that teenagers who experienced family unity and closeness in their family environment had considerably higher subjective well-being (Eryılmaz, 2011).

Children may struggle with adaptation as a result of deprivation or a loss of family connection and unity. Deprivation can also have an impact on a child's overall health. Deprivation occurs when a youngster fails to build a relationship with a parental figure or when this relationship is disrupted due to how they are treated. Children who experience this deprivation may face difficulties in their academic, social, and familial interactions. Relative deprivation refers to feelings of anger caused by the belief that one did not receive a merited outcome in comparison to a reference level (Crosby 1976). Individuals commonly experience relative deprivation, which reduces their subjective well-being. However, the relationship between subjective well-being and deprivation is inconsistent among individuals. Perceptual processes, interpersonal subjective comparisons, and appraisals of the consequences of deprivation all influence the level of deprivation. Özdemir (2019) found that strategies for dealing with deprivation can affect subjective well-being. Relative deprivation is defined as the perception of a gap between one's resources or opportunities and those of others. Low self-esteem, depression, anxiety, and other psychological disorders among teens may come from such a viewpoint.

Identity development, social standards, and social relations grow during adolescence. Social comparisons during adolescence may increase the impression of relative deprivation. Relative deprivation can make teenagers feel inadequate, useless, or excluded due to social

norms. This impression may harm adolescents' mental health and life satisfaction. It's important to identify how adolescents' relative deprivation affects their mental health. Teens with high relative deprivation may experience stress, melancholy, and anxiety. Strong social support and effective coping mechanisms might help. Teens' opinions of social inequality are heavily influenced by their mental and emotional health.

Family situations affect parents' and children's well-being. Parents, children, and society can all contribute to positive or negative conditions. Children's and parents' experiences should be analyzed from this perspective. Understanding the social dimensions of parental well-being is important since it influences parents, the community, infant development, and fertility. We can grasp the relationships between these concepts by analyzing these situations and other literature. The roles of family members in these notions should be studied. To evaluate actor-partner effects (parent-child effects) in variable relationship simultaneously, APIM (actor-partner interdependence model), a dyadic method, was employed in data analysis. Thus, the independent variables of both the parent and the adolescent can be predicted to affect their own dependent variable (actor effect) and each other's dependent variable (partner effect) (Kenny & Cook, 1999). Therefore, the hypotheses examined in the current research are stated below. H1 includes actor effects and H2 includes partner effects.

H1a. Relative deprivation predicts subjective well-being negatively in adolescents.

H1b. Mindfulness predicts resilience positively in parents.

H2a. Relative deprivation of adolescents negatively predicts parental resilience.

H2b. Parents' mindfulness positively predicts adolescents' subjective well-being.

METHOD

Participants

The study involved 992 Turkish participants, including 496 adolescents and 496 parents. By employing the convenience sample method, participants were chosen from public high schools. Parents who gave consent were those of high school kids who volunteered to take part in the study. In this manner, data were gathered from adolescents and their parents. The nicknames on the questionnaires that adolescents and their parents completed, independently, were used to arrive at the final data set. The final three letters of the adolescents' names, along with a number decided upon by the adolescents and the parent, make up these nicknames. As a result, the final data set was obtained by removing the data that did not match between parents and adolescents. The mean age of the adolescent participants was 15.04 years ($SD = 1.21$), while the mean age of the parent participants was 42.79 years ($SD = 5.83$). There were 322 female and 173 male participants among the adolescents. Three hundred eighty mothers and 116 fathers participated in their capacity as caregivers of these adolescents. It is evident that 9.9% of the participants' families had only one child, 45.8%

had two children, and the remainder had three or more children. The study participants participated without receiving any compensation.

Measures

Relative Deprivation Scale. The relative deprivation scale, developed by Duran Mucuk and Şahin (2022), measures unpleasant emotions experienced by adolescents who see themselves as disadvantaged compared to peers. Its Cronbach's alpha internal consistency coefficient is 0.89. The 16-item measure has three dimensions: "school," "family," and "economic". "1" on the seven-point Likert scale means the item is not acceptable for the respondent, and "7" means it is extremely suitable. Scale scores range from 7 to 84. Greater relative deprivation is indicated by higher scores.

Brief Resilience Scale. Smith et al. (2008) created the instrument to test adult psychological resilience. Doğan (2015) conducted the study on the Turkish adaptation research. Turkish internal consistency is .83. The 5-point Likert scale has one dimension and six items. The scale ranges from 1 (not at all appropriate) to 5 (entirely appropriate). Scale scores range from 6 to 30.

Mindful Attention Awareness Scale. Brown and Ryan (2003) developed this mindfulness test for adults. Özyeşil et al. (2011) analyzed the adaptation of this assessment tool in Turkish. The scale is valid and reliable, making it suited for Turkish mindfulness assessments. The Turkish version has a 0.80 Cronbach's alpha. The 15-item scale is one-dimensional. The response options include a six-point Likert scale ("1 = almost always", "6 = almost never"). Its lowest and highest scores are 15 and 90.

Subjective Well-Being Scale. Eryılmaz (2009) developed a scale to measure subjective well-being in adolescents. The scale has 0.86 internal consistency. Both the Spearman-Brown and test-retest reliability values are .83. It measures "satisfaction in family relationships", "satisfaction in relationships with significant others", "life satisfaction", and "positive emotions". It is scored on a four-point Likert scale with "1" indicating strong disagreement, and "4" strong agreement.

Data analysis

This investigation examined the predictability of adolescent subjective well-being, and parental resilience in relation to adolescent relative deprivation and parental mindfulness. A reciprocal-relational paradigm was employed to investigate the effects of adolescent and parent dyads on each other, as well as the effects of actors on themselves.

Initially, the final data set was established by matching the data collected from adolescents and their parents. Data analysis was conducted using IBM SPSS Statistics 23. This program was used to conduct preliminary analyses, which included descriptive, correlational, and reliability analyses (Table 1). A Cronbach's alpha value above 0.70 indicates acceptable reliability. Subsequently, the structural model was evaluated using binary analysis techniques and AMOS software. The analysis for single-factor scales incorporated the item-

parceling technique (Little et al., 2002). To assess the overall fit of the data, a variety of fit indices, including GFI, NFI, RFI, TLI, IFI, CFI, and SRMR, were used (Hu & Bentler, 1999). As critical values, the ratio of χ^2 (chi-square) to degrees of freedom (df) should be less than 5, GFI, NFI, RFI, TLI, IFI, and CFI values should be higher than .90, and SRMR should be lower than .08 (Hu & Bentler 1999; Tabachnick & Fidell, 2001). APIM, which is one of the binary analysis methods, was implemented. In addition to the effect of the independent variable on the dependent variable (actor effect), this method also evaluates the companion's effect on the dependent variable (partner effect) (Kenny, 1996). Finally, the indirect effects of the relationships between the variables were investigated using the bias-corrected bootstrapping procedure in 5000 resamples and a 95% confidence interval.

Ethical considerations

The study was performed in accordance with the ethical standards laid down in the 1964 Declaration of Helsinki and its subsequent updates.

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RESULTS

Preliminary Analyses

Table 1 presents the descriptive statistics (means and standard deviations) and the correlation coefficients among the variables analyzed in the study. The table reveals that adolescent subjective well-being is negatively correlated with adolescent relative deprivation ($r = -0.48, p < 0.01$), highlighting their relationship as interacting variables. Parental resilience was positively correlated with parental mindfulness ($r = 0.32, p < 0.01$). Furthermore, parental resilience, within actor relationships, was negatively correlated with adolescents' relative deprivation ($r = -0.15, p < 0.01$), while parental mindfulness, within actor relationships, was positively correlated with adolescents' subjective well-being ($r = 0.29, p < 0.01$).

Table 1*Descriptive Statistics and Correlation Coefficients of Variables*

Variable	1	2	3	4
1. Relative Deprivation Adolescents	–			
2. Subjective Well-being Adolescents	-.47**	–		
3. Mindfulness Parents	-.30**	.29**	–	
4. Resilience Parents	-.15**	.27**	.32**	–
Mean	29.14	49.90	68.06	21.13
SD	13.19	6.55	12.80	4.44
Skewness	1.03	-.384	-.634	.022
Kurtosis	.123	-.329	.470	-.238
McDonald's omega (ω)	.863	.882	.849	.740
Cronbach alpha (α)	.860	.878	.484	.735
Guttman lambda (λ_6)	.899	.927	.859	.729

Preliminary Analyses

At this point, an initial evaluation of the measurement paradigm took place. Twelve observed variables and four latent variables (relative deprivation, subjective well-being, mindfulness, and resilience) comprise the measurement model. The measurement model that was tested demonstrated a satisfactory fit, as evidenced by the following values: χ^2 (48, $N = 992$) = 122.296; GFI = .96; NFI = .93; RFI = .91; IFI = .95; TLI = .94; CFI = .95; RMSEA = .05; SRMR = .03.

In this stage, the actor-partner interdependence model (APIM) was used to test the prediction of adolescent relative deprivation's effect on parental resilience and the impact of parental mindfulness on adolescent subjective well-being. This proposed model includes actor-partner effects. The model fit indices were found to be acceptable: χ^2 (49, $N = 992$) = 134.099; GFI = .95; NFI = .92; RFI = .90; IFI = .95; TLI = .93; CFI = .95; RMSEA = .05; SRMR = .04. All actors and partner effects tested were significant. The structural model and standardized path coefficients in Figure 1 illustrate the relationship between adolescent relative deprivation and parental mindfulness, as well as adolescent subjective well-being and parental resilience. This model includes actor-partner effects. Actor effects are those where an individual's own characteristics affect their outcomes, whereas partner effects examine how

one individual's characteristics affect another person's outcomes (Kenny & Cook, 1999).

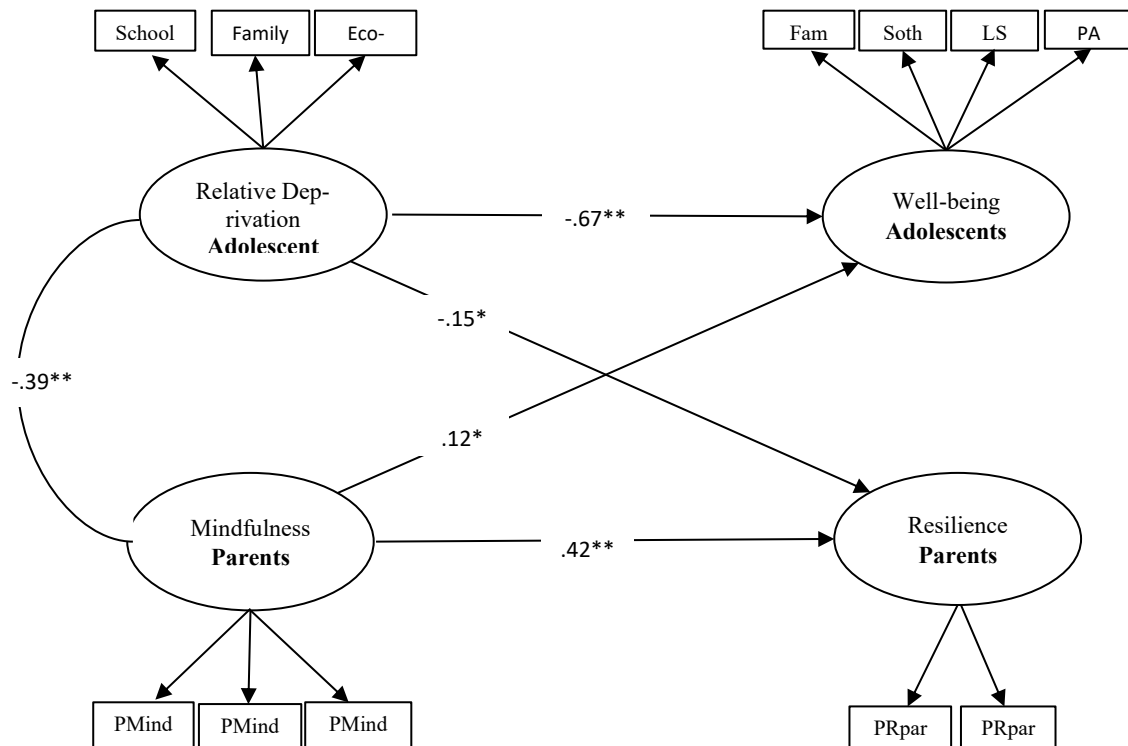


Figure 1. Actor-Partner Independence Mediator Model. Note. $N = 496$; * $p < .05$, ** $p < .01$; ARpar parcels of adolescent's relative deprivation; PMind parcels of parents' mindfulness; Wpar parcels of parents' well-being.

DISCUSSION

Researchers have evaluated the need for a more comprehensive understanding of family relationships, involving spouses, or parents and their children, in addition to the contributions of individual-level research to the field of psychology. The data analysis utilized the dyadic method to investigate the actor-partner effects in the simultaneous relationship between the variables (Kenny & Cook, 1999). Upon reviewing the literature, it was determined that there are studies that address the related concepts, however, they were not examined using a dyadic method. Eliminating this deficiency underscores the significance of the current research.

Initially, researchers tested the hypothesis that adolescents' relative deprivation predicted adolescents' subjective well-being, and the results of the analyses supported the hypothesis. In a study with women, Taymak et al. (2023) found that relative deprivation negatively influenced women's subjective well-being. It seems there might be an inconsistency between the notions of well-being and the perception of group disadvantage. Revisiting the intended meaning or context for accuracy would be recommended. Research on various marginalized groups has revealed that the perception of relative deprivation negatively affects well-being (D'Abrosio and Frick 2007, Abrams et al. 2020). Researchers investigated the

relationship between income inequality and children's subjective well-being in a study involving pre-adolescent children. The results indicated that material deprivation was associated with children's subjective well-being; however, this relationship was only valid for younger children. Relative deprivation and income ranking had no impact on children's subjective well-being. Within the context of pertinent literature, it is evident that the results of the present investigation are viable. Aforementioned evidence clearly demonstrates that individuals cannot improve their well-being when their relative deprivation is high.

Secondly, the analyses corroborated the hypotheses, demonstrating that parents' mindfulness predicted resilience. The relationship between the two concepts is crucial in the context of managing mental and emotional challenges, managing stress, and adapting to the rigors of life. Upon examination of the literature, it is evident that there are numerous studies that investigate the relationship between mindfulness and resilience, and resilience and well-being. An investigation into the correlation between mindfulness and well-being revealed a substantial positive correlation (Brown & Ryan, 2003). An additional investigation (Bowlin & Baer, 2012) observed a positive correlation between resilience and mindfulness. In other words, individuals who possess a high level of mindfulness are more capable of managing adaptation issues following difficult life experiences, which translates to greater psychological resilience. Konan and Yilmaz (2020) concluded that resilience and mindfulness levels are significantly correlated in a separate study of university students. This means that students who demonstrated high levels of mindfulness also effectively coped with negative experiences. Duncan et al. (2009) made significant discoveries regarding the well-being of mothers by investigating the impact of mindfulness on the mother-child relationship. Researchers found that mothers who exhibited higher levels of mindfulness had higher well-being. The investigation's results suggest a close relationship between mindfulness in parenting and resilience, both of which contribute significantly to well-being. Parental self-efficacy, another concept associated with mindfulness in parenting, serves as one of the protective factors of resilience, providing evidence supporting the literature (Polat & Yaman, 2023). Mindfulness may benefit psychological resilience. Mindfulness enhances stress coping skills, supports cognitive flexibility, and increases emotional regulation, facilitating more effective challenge management. This could boost their psychological resilience. Other studies in the literature corroborate the current study's findings, supporting this hypothesis.

Another hypothesis that was examined was that parental resilience is predicted by adolescent relative deprivation. The hypothesis that parental resilience is predicted by adolescent relative deprivation was tested, and the results of the analyses supported the hypothesis. Relative deprivation is the sensation of deficiency that individuals experience when they compare their living standards to those of others with superior standards. When adolescents compare themselves to their peers, the larger community, or others, they may experience feelings of financial and social deficiency or inadequacy. The literature has not explicitly examined relative deprivation and resilience. Researchers conducted a study that fo-

und a high positive correlation between perceived stress and relative deprivation by examining studies related to both concepts. Consequently, the perceived stress levels of individuals increase in tandem with the increase in relative deprivation (Yılmaz, 2021). An investigation into adolescents' perceived stress and resilience revealed that perceived stress significantly predicted resilience. According to Karıcı and Balcı Çelik (2024), adolescents who experience elevated levels of perceived stress exhibit diminished resilience. In a study conducted by Yağmur and Türkmen (2017), it was discovered that resilience decreased as perceived stress increased. Relative deprivation is associated with the concepts of well-being, resilience, and perceived stress, according to the analyzed studies. The relationship between the resilience of parents and the perception of relative deprivation by adolescents is intricate and multifaceted. Parents' resilience may influence the way adolescents manage relative deprivation. At this juncture, it is feasible to assert that the discipline necessitates an investigation of the correlation between resilience and relative deprivation.

Finally, the analysis confirmed the hypothesis that parental mindfulness predicted adolescent subjective well-being. Zümbül (2019) discovered a moderate, positive, and significant correlation between mindfulness and well-being. In a separate investigation, a substantial positive correlation was observed between the well-being scores of university students and their mindfulness scores; mindfulness was found to predict mental well-being (Şahin, 2019). In his research, Özyeşil (2011) demonstrated that mindfulness is a significant predictor of self-awareness. The findings of our investigation were in accordance with those of other studies that have investigated the correlation between mindfulness and well-being. Parents' mindfulness practices may influence adolescents' subjective well-being both directly and indirectly. Parents' mindfulness in areas such as emotional regulation, empathic communication, coping with stress, and resilience may facilitate adolescents' adoption of positive skills and the development of a greater sense of satisfaction in their lives. Consequently, mindfulness has the potential to improve the emotional health of adolescents and their overall well-being, both on an individual and family level.

The findings of the analysis, a result of the literature evaluations, verified the hypotheses established at the outset of the investigation. The mindfulness levels of family members are associated with their resilience, relative deprivation perceptions, and overall well-being. Mindfulness is the act of observing one's emotional and mental experiences without judgment, thereby allowing individuals to embrace the present moment. This process enhances emotional regulation and stress management. High levels of mindfulness among family members may aid in increased resilience. Additionally, mindfulness enables individuals to process the sensation of relative deprivation in a more positive manner. This has the potential to enhance the overall well-being of family members by improving their ability to manage the emotional detriments caused by external comparisons.

LIMITATIONS

Despite the significant contributions this study has made to understanding the well-being of both parents and children in the Turkish family context, it is essential to consider certain limitations. Initially, regarding the generalizability of the research results, similar studies should be conducted in different cultural samples. Such cross-cultural studies are of great importance in terms of evaluating the universality of the findings and developing culture-specific intervention programs. The resilience of parents and the well-being of adolescents were assessed by examining mindfulness in parents and relative deprivation in adolescents. Future research can further corroborate the findings by focusing on mindfulness, resilience, well-being, and relative deprivation as reported by both parents and children. Furthermore, the relationships between these concepts could be analyzed in a dyadic manner by examining other concepts that serve as intermediaries. Subsequently, this investigation prioritized the parent-child bond. Future research could incorporate a variety of concepts to investigate the relationship between parental resilience and child well-being, as there are numerous forms of parent-child interactions, beyond mindfulness and relative deprivation. The use of self-report instruments for data collection is another limitation of this study. In this instance, it is important to consider, that while participants were volunteers, they may have been influenced by social desirability. Furthermore, the collected data suggest that the measurement tools' scope is the only reason for the variables. Future research may incorporate a variety of techniques, including peer assessment, interviewing, and observation, alongside self-report-based measurement instruments. Future studies should include mixed design research in order to avoid this limitation. In addition, the cross-sectional design of the research data requires prudence when establishing cause-and-effect relationships between concepts. To establish a cause-effect relationship, future research must incorporate both longitudinal and dyadic studies, as well as experimental interventions. The study's participants comprised Turkish individuals. To apply the findings to all cultures, it is imperative to consider this circumstance. Conducting cross-cultural comparative studies can circumvent this limitation.

CONCLUSION

The present investigation examines the actor-partner relationship between the concepts of relative deprivation, mindfulness, resilience, and well-being among adolescents and their parents. The relationship between relative deprivation and well-being among adolescents, and that between mindfulness and resilience among parents were both examined in light of the actor effects of these concepts. Actor relationships demonstrated that relative deprivation negatively affected the well-being of adolescents, while their parents' mindfulness positively predicted their resilience. The relationships between the resilience of parents and the well-being of adolescents, and between parents' mindfulness and the relative deprivation of adolescents, were investigated within the context of partner effects. These partner effects negatively predicted the resilience of parents, while their mindfulness positively

predicted the well-being of adolescents. The APIM used in the study provides a more holistic assessment compared to traditional individual analysis. Thus, an important methodological contribution was made in understanding the interaction within the family. According to research findings, intervention programs should be created to raise the psychological resilience and mindfulness levels of parents and adolescents. Psycho-education-based group work, individual psychological assistance, and mindfulness workshops can be particularly used at schools and family counseling centers to improve the well-being of adolescents and their parents.

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Data Availability Declaration

Data Availability Upon Formal Request:

While the primary datasets utilized in this study are not publicly accessible due to certain constraints, they are available to researchers upon a formal request. The authors have emphasized maintaining the integrity of the data and its analytical rigor. To access the datasets or seek further clarifications, kindly reach out to the corresponding author. Our aim is to foster collaborative academic efforts while upholding the highest standards of research integrity.

Author Contributions

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All authors, Nursenem Sarı, Ozan Çetiner, Ruken Çelik, Beste Erdiñ, Yusuf Akyıl: and Süleyman Akçıl contributed equally to this work. They collaboratively handled the conceptualization, methodology design, data acquisition, and analysis. Each author played a significant role in drafting and revising the manuscript, ensuring its intellectual depth and coherence. All authors have thoroughly reviewed, provided critical feedback, and approved the final version of the manuscript. They jointly take responsibility for the accuracy and integrity of the research.

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