

## **Resilience and parent adolescent attachment as predictors of happiness among adolescents of single parent families**

**NEHA SHARMA\* AND JASLEEN**

Department of Human Development and Family Relations  
Government Home Science College,  
Panjab University, Chandigarh (U.T.) India

### **ABSTRACT**

The present study was undertaken to assess the level of happiness among adolescents belonging to single parent families and to examine the resilience and parent adolescent attachment as predictors of happiness among adolescents of single parent families. Oxford Happiness Inventory, Socio- Economic Status Scale and Connor- Davidson Resilience Scale was administered on 120 adolescents (13-19 years of age) belonging to single parent families and middle socio-economic group. Purposive sampling was used to select the sample for the study. Statistical analysis included chi-square test, t-test and correlation. The results revealed that despite belonging to single parent families, majority of adolescents perceived average level of happiness. Female adolescents perceived significantly more happiness in their life as compared to their male counterparts. Correlation analysis between resilience and happiness revealed that resilience was significantly positively correlated with happiness. The correlation between happiness and different sub-scales of parent-adolescent attachment were found to be significant in the total sample as well as two gender groups. Angry distress scale showed negatively significantly correlated in total sample as well as two gender groups whereas goal corrected partnership was found to be positively significant in the total sample as well as two gender groups.

**Key Words :** Single parent families, Happiness, Resilience, Parent adolescent attachment

### **INTRODUCTION**

Happiness is an essential key factor of human society which accounts as main component of health by World Health Organization (Cohn *et al.*, 2009). As stated by Aristotle, happiness is the realization of one's potential. It is therefore, an integrant of happiness or eudemonia (Waterman, 1990). Various psychologists have correlated happiness with specific life conditions such as self-acceptance, environmental mastery, personal growth and relatedness (Ryan and Deci, 2001 and Ryff, 1989). The term, 'happiness' is used to denote the majority

**Cite this Article:** Sharma, Neha and Jasleen (2017). Resilience and parent adolescent attachment as predictors of happiness among adolescents of single parent families. *Internat. J. Appl. Home Sci.*, 4 (7 & 8) : 494-506.

of positive effects such as joy, interest and pride over the negative effects such as sadness, anxiety and anger (Lyubomirsky *et al.*, 2005).

According to a survey conducted in 1988 the National Center for Health Statistics found that children in single-parent families are two to three times likely to have emotional and behavioral problems. They are also more likely to drop out of high school, to get pregnant as teenagers, to abuse drugs and to be in trouble with the law. Compared with children in intact families, children from disrupted families are at a much higher risk for physical or sexual abuse.

Thus, the researchers from the western studies reported that the adolescents raised in single parent families are likely to be less happy than those who are raised in dual parent families or intact families. The quality of relationship between the family members as well as the society changes. Males as compared to females have the ability to cope up to the reasons of marital separation and take the future relationship with one of the parent in a happier aspect. Hence, research on adolescents' happiness may provide important knowledge of youths' perception of their lives as a whole and critical information regarding their development during their life spans (Diener *et al.*, 2009) and a better understanding of happiness for potential health promotion strategies for adolescents (Mahon and Yarchesky, 2000).

Two criteria given by Masten (2001) that resilience entails that there must a significant threat to the individual, typically indexed by high risk status and second, the quality of adaptation or development must be good to have a close relationship with a non parental adult may serve as a protective function to adolescents who have experienced marital transitions.

### **Need of the study :**

Happiness is a mental or emotional state of well-being defined by positive or pleasant emotions ranging from contentment to intense joy. Happy mental states may also reflect judgments by a person about their overall well-being. Adolescents' level of happiness can be more than a relevant indicator of current developmental outcomes, as it may be used as a predictor of future developmental outcomes. The single parent families and children may be happier living in a single parent family. Although many single parent families do struggle financially, the happiness of the family overall can often be far greater than that of unhappy two parent families who stay together for the children. On the other hand, the adolescents belonging to single parent families tend to face problems related to adjustment with the custodial parent, may have authoritative kind of parenting styles and could face difficulties in coping to the negative aspects of single parenting, hence, leading them (adolescents) to experience low levels of psychological well-being. The above documented research evidence reveal that single parent families have a significant effect on adolescents' his own ability to bounce back to the normal situation irrespective of any kind of loss a family has suffered. But due to the dearth of research studies in the Indian context made it pertinent that a scientific study in Indian context on happiness among adolescents belonging to single parent families should be carried out. This study considered the relation between level of happiness and resilience of adolescents belonging to single parent families. Thus, this study focused on trying to understand why some adolescents' inspite of belonging to single parent families are happier than others. This study will provide an insight into the adolescents'

happiness belonging to urban single parent families.

### **Objectives**

The study was undertaken with the following objectives:

1. To assess the level of happiness among adolescents belonging to single parent families.
2. To find out the correlation of resilience and parent adolescent attachment of happiness among adolescents of single parent families.

### **Conceptual framework of the research study (happiness, resilience and parent adolescent attachment) :**

In this section, the concepts used in the study are being discussed under the following heads:

#### ***Happiness :***

Happiness is closely related to subjective well-being (Diener, 2011) and implies that people think and feel that their lives are going well (Lucas and Diener, 2009 and Veenhoven 2008). For most individuals, being happy is a leading goal in life (Bojuwoye and Sylvester, 2012). Happiness is important because it has been empirically found to lead to positive personal, behavioural, physical, psychological and social outcomes (Diener and Chan, 2011). Therefore, happiness is not only a valuable goal in itself but also an important influence upon other important life domains (Diener and Ryan, 2009). In light of its consequences, happiness then suggests not only subjective well-being for individuals but also as a societal investment (Diener *et al.*, 2009).

Martin Seligman (2002) suggested a “happiness equation”:  $H = S + C + V$  (Happiness = Set individual range + Circumstances of life + Voluntary controllable factors) in which temperament and environment limit happiness and that certain actions accrue happiness.

#### ***Set range/genetics:***

There is some evidence to support that all human beings are all born with a certain “set-point” of happiness determined by their genes. This is supposed to change only slightly, if at all, as they get older. This contributes towards around 50% of their level of happiness.

#### ***Circumstances:***

There is also some evidence to suggest that the circumstances they live in influence their level of happiness. Individuals do not always have a lot of control over their circumstances. Evidence suggested that this accounts is for only around 8-15% of happiness levels, which really is not that much.

#### ***Voluntary control :***

This third factor is the most important factor in the equation because one can control it and in the process control their happiness. It includes all aspects of individual's life over which they have a relatively high degree of control including their own thoughts and actions. This includes the way they choose to think about and act on the past, present and future and

seems to have quite a significant impact on how happy they are.

- Past : When thinking about the past, people who are happier pay attention to what is ‘good’ about the past rather than focusing on the unhappy times. They are grateful, forgiving and do not believe that the past will determine what happens in the future.

- Future: When it comes to thinking about the future, happy people are flexibly optimistic. This means is that they are optimistic (in a realistic sense) about how their future is going to be but if it does not turn out that way, they know it is not going to be the end of the world either.

- Present : The way individuals’ think about and act in the present is also essential in determining how happy they are. This might include things such as taking pleasure in life and their surroundings, building and being in meaningful relationships and the way they react to things in life, both good and bad.

### ***Resilience :***

The concept of resilience in relation to human development and wellbeing is widely understood. Resilience refers to a dynamic process whereby individuals show adaptive functioning in the face of significant adversity. It was introduced into the research field of human development in response to growing evidence of positive developmental outcomes being achieved in the face of significant adversity (Barnes, 1999). In this context, the concept is originally applied to the individual person (Olson, 1999) and is well established in the field of developmental psychopathology.

Resiliency is a key factor in a child’s ability to adapt to the separation and divorce of his/her parents and research has placed attention on positive factors that will enhance child’s resiliency and decrease maladaptive and negative outcomes (Chen and Kovacs, 2013). Child’s resilience can be developed and cultivated by the positive action of the adults and by the reduction of risk factors (Jenkins, 2003). Factors that support child’s adjustment include parental cooperation (Yunus, 2014), parents’ adjustment, mental health (Kelly 2002), stable financial circumstances (Amato, 2000), a supportive social and familial safety net (Buchanan *et al.*, 1996). Resilience does not imply absence from experiencing stress and adversity but it enhances an individuals’ ability to cope with the adverse situations more functionally and flexibly (Fergus and Zimmerman, 2005).

The happiness of a person and the conditions that provide happiness has been an interesting subject for psychologists. Currently, happiness is examined within the frames of “psychological well-being”, “subjective wellbeing”, “life quality”, “life satisfaction” and “positive sensation”. Happiness or subjective well-being is being used interchangeably in the literature and they are defined as a cognitive and emotional evaluation of an individual’s life (Diener, 1994, 1996). Happiness or subjective well-being is defined as the existence of positive feelings in terms of perceived quality of life or life satisfaction or the absence of negative feelings (Diener, 1994).

### ***Parent adolescent attachment :***

The degree of parental conflict is a major stressor and a salient risk factor associated with child’s adjustment to parental separation and divorce (Barnes *et al.*, 1999). It was

reported that children have greater psychological problems when their parents were in conflict, either during marriage or following divorce (Kelly and Emery, 2003) and children from divorced but conflict-free homes have been found to have fewer behavioural problems than children remaining in a conflicted marriage (Hetherington, 1999). Children's adjustment improves when conflict declines after. Most experts agree children will be better off living in a conflict free divorced family than a conflict ridden married one. Children were also at a higher risk for emotional difficulties when parents were too preoccupied with their own adjustment to carry out parental responsibilities adequately after the divorce (Bonnano, 2004) and when parental interest and investment after the divorce, as well as the parent adolescent relationship deteriorate (Kelly, 2007).

Ruschena *et al.* (2005) found that females demonstrated more problem behavior than males after a divorce or parental bereavement. This suggests that females may have lower quality of parent adolescent attachment as compared to males, although Bruin (2013) showed higher quality of parent adolescent attachment in females. Even though the reason for this discrepancy seems unclear, parental separation could have a stronger effect on problem behavior among females than males.

#### **Previous research :**

Happiness may differ between adolescents and it is important to investigate factors that influence adolescents' level of happiness (O'Connor, 2003). More knowledge about happiness among adolescents was needed and it was important to examine happiness in relation to mental health factors so that health promotion can be directed towards positive health and function (Mahon and Yarcheski, 2003). In this sense, research on adolescents' happiness may provide important knowledge of youths' perceptions of their lives as a whole, critical information about their development during their lifespan (Moljord *et al.*, 2011) and a better understanding of happiness for potential health promotion strategies for adolescents (Mahon and Yarcheski, 2003).

Although most adolescents report positive levels of happiness (Natvig, 2003), many adolescents experience stress while developing during this transitional period (Compas and Reeslund *et al.*, 2009). Experiences of accumulated stress are predictors of psychological problems and distress (Coleman, 2011) and can threaten adolescents' healthy development and well-being (Compas and Reeslund, 2009).

Studies have identified resilience as a moderator of pain and stress (Friborg *et al.*, 2006), as well as a moderator of the relationship between stress and psychological symptoms and between maltreatment and psychological symptoms (Campbell-Skills *et al.*, 2006). However, no research has yet investigated whether resilience moderates the relationship between daily stress and happiness in adolescents. One study has, however, investigated resilience as a moderator of the relationship between stressful life events and well-being in adults. In that study, higher levels of stress were associated with lower levels of well-being, while higher levels of resilience were associated with higher levels of well-being, though the study did not identify a moderating effect of resilience (Couto *et al.*, 2011). Accordingly, since daily stress has been shown to have a negative effect on wellbeing and happiness (Almeida *et al.*, 2005), resilience may possibly reduce this negative effect by buffering the

negative effect of stressors (Ahern and Norris, 2011).

Separations are a significant part of the human condition, beginning with physical separation from one's mother's body at birth and ending with death itself. Each attachment and detachment is a significant aspect of a human being's evolving life. Divorce is a significant developmental and situational separation that affects many lives. In particular, it affects all family members' and social network members' relationships.

It is not beneficial to view divorce as dissolution of the nuclear family or as "family in transition to another two-parent binuclear household, but rather as a family in transition to a different structure or organization". Herz Brown (2001) experienced a dramatic transition in family definition, organization and relationships (Ahrons, 2001). The areas of family redefinition delineated by Bojuwoye and Akpan (2009) had some of the experiences of separation. They are as follows: (a) Emotional divorce, which centers around the breakup of the marriage; (b) Legal divorce, which is based on grounds; (c) Economic divorce, which deals with the settlement of money and property; (d) Co-parental divorce, which deals with legal custody of adolescents; (e) Community divorce, which marks changes in supportive networks; and (f) Psychic divorce, which is associated with the development of autonomy. These changes do not necessarily happen in any particular sequence or intensity, but Bohannon believed they are areas to be considered when dealing with divorced families.

## METHODOLOGY

A systematic procedure was designed for conducting the investigation, analysis and interpretation of the grouped data. The private schools of Chandigarh were randomly selected. The sample for the present study was drawn from these ten private schools of Chandigarh. The total sample consisted of 120 male and female adolescents. The sample was divided to have equal number of male adolescents (n1=60) and females (n2=60).

In each selected school, the investigator approached class teachers of class 6<sup>th</sup> to 12<sup>th</sup> grade and sought their help to prepare a list of students fulfilling the following criteria:

- Age range of 13-19 years
- Belonging to single parent families
- Belonging to middle income group

These subjects were, then, purposively selected to complete a sample of 120 adolescents. Their socio-economic status was confirmed by using Socio- Economic Status Scale by Dubey (2005). The selected subjects were approached in schools to assess their happiness status and resilience.

### Tools/Measures :

1. Oxford Happiness Inventory (Argyle, 2001). This questionnaire was administered to assess the perception of happiness among adolescents. It is a 29 item questionnaire measuring the main components of happiness *i.e.* achievement and satisfaction, enjoyment, vigour and health. The test-retest reliability coefficient of the scale was 0.90.

2. The Socio-Economic Status Scale developed by Dubey (2005) was used to judge the socio- economic status of the respondents. It is a verbal scale which contains 20 items. It measures various characteristics of the respondents and their family like social position,

income, occupation and education. Test retest reliability coefficient of the scale is 0.81.

3. The Connor-Davidson Resilience Scale (2011) (CD-RISC) is a self-report measure comprised of 25 items, each rated on a 5-point scale (0-4), with higher scores reflecting greater resilience. The internal consistency of the CD-RISC is found through a Cronback's alpha to be 0.89.

4. Adolescent Attachment Questionnaire (AAQ) developed by West *et al.* (1998), was used to study the adolescents' perception of attachment with his/ her parent. It is a 5 point likert type scale. The questionnaire includes following three sub- scales: angry distress, availability and goal- corrected partnership. Test–retest reliability ranged from 0.68 to 0.74.

## RESULTS AND DISCUSSION

The present study was conducted to assess the level of happiness and resilience as predictors of happiness among adolescents of single parent families. The results of the study are discussed in the light of the happiness profile of adolescents belonging to single parent families and correlation of resilience and parent adolescent attachment among adolescents belonging to single parent families.

### Happiness profile of adolescents belonging to single parent families :

Table 1 reveals the distribution of the sample across different levels of happiness as perceived by adolescents belonging to single parent families. In the total sample, major proportion (56.7%) of the adolescents reported happiness at average level followed by 23.3 per cent who perceived high level of happiness. Only 20 per cent of adolescents recorded low happiness. The empirical generalization that adolescents who are raised in single parent families are likely to be less happier than those who are raised in dual parent families or intact families (Lyubomirsky *et al.*, 2005 and McLanahan and Sandefur, 1994) and statistical analysis of research conducted by Manning and Lamb in 2003, also revealed significant negative long term effects on psychological well-being of adolescents belonging to single parent families. But the findings of the present study are not very strongly reaffirmed by the previous researches conducted. The hopeful prospect of this study is that inspite of belonging to single parent families, adolescents perceived average level of happiness. Also, various research studies (Csikszentmihalyi and Hunter, 2003 and Fredrickson, 1998) have concluded that adolescents' perception of happiness can change from year to year, from season to season and from day to day.

**Table 1 : Gender-wise distribution of the sample as per level of happiness perceived by adolescents belonging to single parent families**

Happiness scores	Total (N=120)		Males (n <sub>1</sub> =60)		Females (n <sub>2</sub> =60)		Chi square value	p-value
	No.	%	No.	%	No.	%		
Low	24	20.0%	15	25.0%	9	15.0%	3.84	0.15*
Average	68	56.7%	35	58.3%	33	55.0%		
High	28	23.3%	10	16.7%	18	30.0%		

Total Sample (N) = 120; Males (n<sub>1</sub>) = 60; Females (n<sub>2</sub>) = 60; p<0.05\*

Majority of female adolescents (55%) as well as male adolescents (58.3%) reported happiness at average level. Majority of female adolescents 30 per cent perceived high level of happiness scores whereas 16.7 per cent male adolescents perceived happiness scores in this category. 15 per cent female adolescents recorded low level of happiness scores whereas 25 per cent male adolescents recorded low happiness scores. Chi-square value depicted gender differences to be non-significant as far as distribution of both genders across different levels of happiness as perceived by adolescents, was concerned. Though gender differences in the distribution of gender were non-significant, yet high percentage of male adolescents (58.3%) perceived moderate level of happiness as compared to females (55%).

### **Correlation between resilience and happiness :**

Table 2 gives the correlation between resilience and happiness among total sample as well as both the gender groups. It revealed that in the overall sample ( $p < 0.01$ ) as well as males ( $p < 0.01$ ) and females ( $p < 0.01$ ). Resilience was significantly positively correlated with happiness. It showed that higher the degree of resilience perceived by adolescents, the more happy happier the adolescents belonging to single parent families were experiencing.

<b>Table 2 : Correlation between resilience and happiness of adolescents belonging to single parent families</b>			
Resilience	Correlation coefficient (r)		
	Total	Male	Female
	0.550**	0.734**	0.505**

\*\* $p < 0.01$

The finding of the present study was consistent with previous research showing that resilience has a significant relationship with happiness. Although resilience is associated with protective factors that decrease the probability for psychopathology in the face of risk, yet resilience plays a role in health promotion by enhancing individuals' well-being (Davydov *et al.*, 2010). Thus, resilience may be a protective mechanism, as well as a promotional mechanism, in relation to mental health (Davydov *et al.*, 2010). Results of the study are harmonious with the findings by Christopher and Kulig (2000) and Masten (2001) which documented that resilience is believed to play a role in promoting and enhancing individual's well-being. Several studies have also reported positive correlation between resilience and well-being (Christopher and Kulig, 2000, Masten, 2001).

### **Correlation between happiness and parent-adolescent attachment :**

Table 3 gives the correlation between happiness and parent-adolescent attachment among total sample ( $p < 0.01$ ) as well as both the gender groups. The correlation between happiness and different scales of parent-adolescent attachment were found to be significant in the total sample as well as two gender groups. It means that the more the adolescents perceived the availability of their parent when they needed them, the more they were found to be happy.

The correlation between happiness and angry distress scale was found to be negatively significantly correlated in total sample ( $p < 0.01$ ) as well as male ( $p < 0.01$ ) and female adolescents ( $p < 0.01$ ). The result showed that the higher the degree of anger in adolescents,

**Table 3 : Correlation between happiness and parent-adolescent attachment among total sample as well as both the gender groups**

Parent- adolescent attachment	Correlation coefficient (r)		
	Total	Male	Female
Angry-distress	-0.464**	-0.378**	-0.489**
Availability	0.443**	0.463**	0.372**
Goal-corrected partnership	0.358**	0.354**	0.294**

p<0.01\*\*

the less happiness the adolescents were experiencing. It was also observed that the happiness scores were correlated with angry distress more in case of females than their counterparts.

In the subscale of goal-corrected partnership, the coefficient correlation of the total sample (p<0.01) as well as both genders were found to be positively significant. It means that more the adolescents considered and were empathetic towards the needs and feelings of attachment figure, the more they were happy (p<0.01) than in female adolescents (p<0.01).

The results are in line with the previous research studies conducted by Thompson (2000), which documented that divorce was correlated with depression, anxiety and stress among adolescents. The conflict of parents prior and after divorce may also affect the outcome of an adolescent. Doyle (2005), in his study, elaborated on mother relationship with adolescents and reported that single mothers have a difficult time period in giving the same level of emotional support as compared to non- divorced mothers. In the present study, happiness was correlated with angry distress scale which depicted that the adolescents were angry because of the adverse conditions which they themselves were facing during the most critical period of their life as adolescence is viewed as the most traumatic and challenging period of time within parent adolescent attachment (Thompson, 2000). Results are also in harmony with the findings by Amato and Booth (1991) which depicted that adolescents of divorced parents were moderately happy and showed higher life satisfaction and happiness than their peers belonging from unhappy intact families. Results of the present study reported that significant correlation in terms of availability and goal-corrected partnership which revealed that adolescents to be more happy when the parents were available to them and more empathetic towards their needs and therefore, according to the findings of the present study, despite belonging to single parent families, adolescents might not be adversely affected. The reason could be that the children belonging to intact two parent families might not be feeling that their parents were neither empathetic towards them nor they were available to them.

### **Salient findings :**

1) Despite belonging to single parent families, major proportion (56.7%) of the total sample significantly perceived happiness at average level followed by 23.3 per cent who perceived high level of happiness. Only 20 per cent of adolescents recorded low happiness.

2) Correlation analysis between resilience and happiness among adolescents belonging to single parent families revealed that resilience was significantly positively correlated with happiness. It showed that higher the degree of resilience perceived by adolescents, the more happiness the adolescents belonging to single parent families were experiencing.

3) The correlation between happiness and different sub-scales of parent-adolescent attachment were found to be significant in the total sample as well as two gender groups.

4) The correlation between happiness and angry distress scale was found to be negatively significantly correlated in total sample as well as two gender groups.

5) The coefficient correlation between goal corrected partnership and happiness was found to be positively significant in the total sample as well as two gender groups.

### **Conclusion :**

Happiness is a mental or emotional state of well-being defined by positive or pleasant emotions ranging from contentment to intense joy. Happy mental states may also reflect judgments by a person about their overall well-being. Adolescents' level of happiness can be more than a relevant indicator of current developmental outcomes, as it may be used as a predictor of future developmental outcomes. It can be concluded that despite living in single parent families, majority of the adolescents perceived average level of happiness. Female adolescents perceived significantly more happiness as compared to male counterparts. Males manifested more resilience as compared to female adolescents. Correlation analysis revealed that resilience was significantly positively correlated to happiness. Angry distress was significantly negatively correlated with happiness whereas availability and goal-corrected partnership were significantly positively correlated with happiness.

### **Implications of the study :**

– Findings of the study would be useful for parents, psychologists, counselors, social workers, policy makers, educationists and researchers for holistic understanding of happiness.

– The results can provide empirical feedback to the professionals and NGOs to plan and organize intervention strategies and programs to promote happiness among single parent families.

– The results can be used to improve upon those factors and situations which emerge as risk factors for happiness and to develop and sustain those which act as protract ones to enhance the level of happiness.

– This study can be useful as a reference material for future research in the area of psychological well-being.

– Divorce affects children negatively as it is considered as a social problem. Families, teachers, administrators and counselors should be aware of these problems of single parent children. Immediate action should be done. Adolescents belonging to single parent families are less assertive, more aggressive or submissive so they should join social skills training programs that are conducted by counselors who are experienced with individual counselling, group counselling, family counselling, play therapy etc. in whole or at least one of them.

## **REFERENCES**

Ahern, N.R. and Norris, A.E. (2011). Examining factors that increase and decrease stress in adolescent community college students. *J. Pediatric Nursing*, **26** (6): 530– 540.

Ahrons, C.R. (2001). Divorce and remarriage: The children speak out. Research report submitted to the Judicial Council of California, Center for Families, Children and the Courts. San Francisco:

Connecticut.

- Akpan, O. and Bojuwoye, O. (2009). Children's reactions to divorce of parents. *Open Family Studies J.*, **2** : 75-81.
- Almeida, D.M. (2005). Resilience and vulnerability to daily stressors assessed via diary methods. *Curr. Directions Psychological Sci.*, **14**(2) : 64-68.
- Amato, P.R. and Booth, A. (1991). Consequences of parental divorce and marital unhappiness for adult well-being. *Social Forces*, **69** : 895-914.
- Amato, P.R. (2000). The consequences of divorce for adults and children. *J. Marriage & Family*, **62** : 69-87.
- Bojuwoye, O. and Akpan, O. (2009). Children's reactions to divorce of parents. *Open Family Studies J.*, **2** : 75-81.
- Bonanno, G.A. (2004). Loss, trauma and human resilience: Have we underestimated the human capacity to thrive after extremely aversive events? *American Psychologist*, **59**(1): 20-28.
- Buchanan, C.M., Maccoby, E.E. and Dornbusch, S.M. (1996). Adolescents after divorce. Cambridge, MA: Harvard University Press.
- Brown, S. and Wright, J. (2001). Attachment theory in adolescence and its relevance to developmental psychopathology. *Clinical Psychol. & Psychotherapy*, **8** : 15-32.
- Bruin, K. (2013). Support after Loss: Straight Talk from Young Widowed Parents. USA: St. Catherine University.
- Campbell-Skinner, L., Cohane, S. L. and Stein, M.B. (2006). Relationship of resilience to personality, coping and psychiatric symptoms in young adults. *Behaviour Res. & Therapy*, **44** (4): 585-599.
- Chen, H. and Kovacs, P. J. (2013). Working with families in which a parent has a depression: A resilience perspective. *Families Society*, **94** : 114-120.
- Cohn, M.A., Fredrickson, B.L., Brown, S. L., Mikels, J. A. and Conway, A.M. (2009). Happiness unpacked: Positive emotions increase life satisfaction by building resilience. *Emotion*, **9** (3) : 361-368.
- Coleman, J. (2011). The nature of adolescence. New York: Psychology Press.
- Compas, B.E. and Reeslund, K.L. (2009). Processes of risk and resilience during adolescence. In: R.M. Lerner and L. Steinberg (edition) *Handbook of Adolescent Psychology*. Vol. 1. Individual bases of adolescent development 3rd edition pp.561-588. New Jersey: John Wiley and Sons.
- Couto, M.C.P., Koller, S.H. and Novo, R. (2011). Stressful life events and psychological wellbeing in a Brazilian sample of older persons: the role of resilience. *Ageing Internat.*, **36** (4): 492-505.
- Christopher, K. and Kulig, J. (2000). Determinants of psychological well-being in Irish immigrants. *Western J. Nursing Res.*, **22** (2) : 123-143.
- Crossley, A. and Langdridge, D. (2005). Perceived sources of happiness: A network analysis. *J. Happiness Studies*, **6** (2) : 107-135.
- Csikszentmihalyi, M. and Hunter, J. (2003). Happiness in everyday life: The uses of experience sampling. *J. Happiness Studies*, **4**(2): 185-199.
- Davydov, D.M. Stewart, Ritchie, K. and Chaudieu, I. (2010). Resilience and mental health. *Clinical*

*Psychol. Rev.*, **30** (5) : 479–495.

- Diener, E. (1994). Assessing subjective well-being: Progress and opportunities. *Social Indicators Res.*, **31** (2) : 103-157.
- Diener, E. and Diener, C. (1996). Most people are happy. *Psychological Sci.*, **7** : 181-185.
- Diener, E., Oishi, S. and Lucas, R.E. (2009). Subjective well-being: The science of happiness and life satisfaction. In: Lopez, S. J. Snyder, C.R. (edition). *Oxford Handbook of Positive Psychology*. pp. 187-194. New York: Oxford University Press.
- Diener, E. and Chan, M.Y. (2011). Happy people live longer: Subjective Well-Being Contributes to Health and Longevity. *Applied Psychology: Health & Well-Being*, **3** (1) :1-43.
- Doyle, A.B. and Markiewicz, D. (2005). Parenting, marital conflict and adjustment from early- to mid-adolescence: Mediated by adolescent attachment style? *J. Youth & Adolescence*, **34** : 97–110.
- Fergus, S. and Zimmerman, M.A. (2005). Adolescent resilience: A framework for understanding healthy development in the face of risk. *Annual Rev. Public Health*, **26** : 399-419.
- Fredrickson, B.L. (1998). What good are positive emotions? *Rev. General Psychol.*, **2**: 300-319.
- Friborg, O., Hjemdal, O., Rosenvinge, J.H. and Martinussen, M. (2003). A new rating scale for adult resilience: what are the central protective resources behind healthy adjustment? *Internat. J. Methods Psychiatric Res.*, **12** (2) : 65-76.
- Hetherington, E.M. (1999). Family functioning in non stepfamilies and different kinds of stepfamilies: An integration. *Monographs Soc. Res. Child Develop.*, **64** : 184-191.
- Jenkins, J.M., Rashbash and O'Connor, T. G. (2003). Differential parenting and the shared family environment: The role of the shared family context in differential parenting. *Developmental Psychol.*, **39** (1) : 99-113.
- Kelly, J.B. (2002). Psychological and legal interventions for parents and children in custody and access disputes: Current research and practice. *Virginia J. Soc. Policy & Law*, **10**: 129-163.
- Kelly, J.B. and Emery, R.E. (2003). Children's adjustment following divorce: Risk and resilience perspectives. *Family Relations*, **52** : 352-362.
- Kelly, J.B. (2007). Children's living arrangements following separation and divorce: Insights from empirical and clinical research. *Family Process*, **46**: 35–52.
- Lowery, C.R. and Setle, S.A. (1985). Effects of divorce on children: Differential impact of custody and visitation patterns. *Family Relations*, **34** : 455- 463.
- Lyubomirsky, S., Diener, E. and King, L. (2005). The Benefits of Frequent Positive Affect: Does Happiness Lead to Success? *Psychological Bull.*, **131** (6) : 803–855.
- Masten, A.S. (2001). Ordinary magic: resilience processes in development. *American Psychologist*, **56**: 227-238.
- Mahon, N.E., Yarcheski, A. and Yarcheski, T. J. (2003). Anger, anxiety and depression in early adolescents from intact and divorced families. *J. Pediatric Nursing*, **18** : 267-273.
- Manning, W.D. and Lamb, K.A. (2003). Adolescent well-being in cohabitating, married and single-parent families. *J. Marriage & Family*, **65** (4) : 876-893.
- McLanahan, S. and Sandefur, G. (1994). Growing up with a single parent, Cambridge: Harvard University

Press.

- Moljord, I.E., Moksnes, U.K., Eriksen, L. and Espnes, G. A. (2011). Stress and happiness among adolescents with varying frequency of physical activity. *Motor Skill*, **113** (2) : 631-646.
- Natvig, G.K., Albrektsen, G. and Qvarnstrom, U. (2003) Associations between psychosocial factors and happiness among school adolescents. *Internat. J. Nursing Practice*, **9** : 166-170.
- O'Connor, T.G. (2003). Vulnerability and resilience in children in divorced and remarried families. In: R. M. Gupta & D. S. Parry-Gupta (edition), *Children and parents: Clinical issues for psychologists and psychiatrists*. pp. 180-206. *Whurr Publishers*: London.
- Olson, M.R. and Haynes, J.A. (1999). Successful single parents. *Families Soc.*, **74** (5): 259-268.
- Ruschena, E., Prior, M., Sanson, A. and Smart, D. (2005). A longitudinal study of adolescent adjustment following family transitions. *J. Child Psychol. & Psychiatry*, **46**: 353-363.
- Ryan, R.M. and Deci, E.L. (2001). On happiness and human potentials: A review of research on hedonic and eudemonic well-being. *Annual Rev. Psychol.*, **52** : 470-489.
- Ryff, C.D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *J. Personality & Soc. Psychol.*, **57** : 1069-1081.
- Seligman, M.E.P. (2002). *Authentic happiness*. New York: Simon & Schuster.
- Seligman, M.E.P. (2002). *Authentic happiness: using the new positive psychology to realize your potential for lasting fulfillment*. New York: Free Press.
- Thompson, R. (2000). The legacy of early attachments. *Child Development*, **71** (1): 145.
- Veenhoven, R. (2008). Healthy happiness: Effects of happiness on physical health and the consequences for preventive health. *J. Happiness Studies*, **9** (3) : 449-469.
- Waterman, A.S. (1990). The relevance of Aristotle's conception of eudemonia for the psychological study of happiness. *Theory & Philosophy Psychol.*, **10** : 39-44.
- Yunus, A. and Sefa, B. (2014). Prediction of resilience of adolescents whose parents are divorced. *Scientific Res.*, **5** :10-16.

\*\*\*\*\*