

Overparenting profiles and emerging adults' romantic relationship quality in Hong Kong: The moderating role of living arrangements

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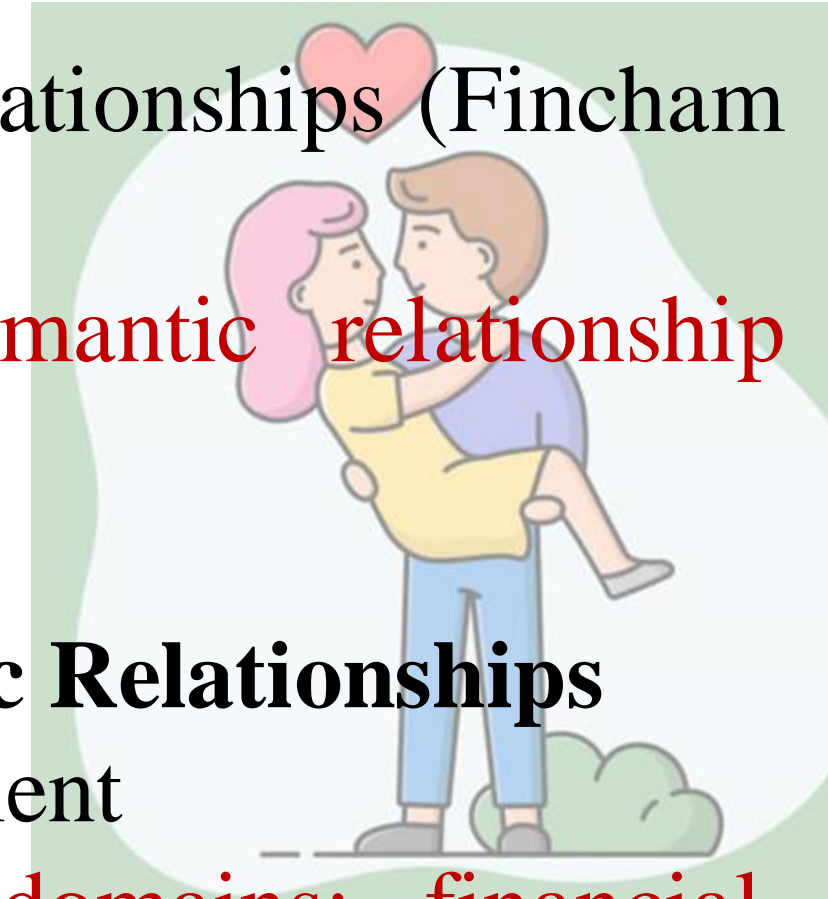
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INTRODUCTION

□ Romantic Relationships During Emerging Adulthood:

- According to the theory of emerging adulthood, romantic love is an important way to explore self-identity for emerging adults (between 18 to 29 years old; Arnett, 2014).
- Could predict the quality of future romantic relationships (Fincham & Cui, 2011).
- **What factors might be associated with romantic relationship quality?**



□ Overparenting and Romantic Relationships

- Overparenting = overinvolvement
- + overcontrol in multiple domains: **financial, relational, health, and academic.**
- Hinders autonomy and independence; is detrimental to psychological, behavioral, and academic development (Cui et al., 2022)
- Parental socialization (Grusec, 2011): **Overparenting might influence emerging adults' perceptions of intimate relationships, and therefore be related to their romantic relationship quality.**



□ Living Arrangement As A Moderator

- Living with parents heightens parental socialization (Arnett, 2014).
- **Living with parents might heighten the negative impacts of overparenting.**

□ The Cultural Context

- Overparenting literature focuses on the U.S. context, where individualism and independence are prioritized.
- In collectivistic cultures, such as Chinese culture, parental involvement in mate selection is common (Arnett, 2015).
- Yet, **overparenting and relationship functioning is not examined in Chinese culture.**



THE PRESENT STUDY

- **We hypothesized that: As compared to those living away from their parents, the negative association between the high overparenting profile and romantic relationship quality would be stronger among those living with their parents in Hong Kong (vs. not living with parents).**
- ❖ **Unique contribution in two ways:**
 - Explores the less studied Eastern cultural context regarding overparenting and romantic relationship functioning during emerging adulthood.
 - Uses a person-centered approach to explore overparenting profiles.

METHODS

Participants & Design

- Recruited from a public university in Hong Kong
- **The final N = 303, Mage = 21.69 (SD = 2.46)**, predominantly female (80.4%), 40.6% lived with their parents, while 59.4% had alternative living arrangements (e.g., living with friends/a romantic partner, or living alone).
- Online surveys were used.

Measures

- *Overparenting* (Love et al., 2022): four domains – financial (“My parent tracks my spending”), academic (“My parent tracks my grade”), health (“My parent regularly checks on my exercise schedule”), and relational (“My parent tries to control my personal relationships”). Cronbach’s alphas ranged from .55 to .79.
- Romantic Relationship Quality – *the 4-item Couple Satisfaction Index* (Funk & Rogge, 2007). Items include satisfaction, reward, warmth, and happiness in the relationship with one's partner. ($\alpha = .89$)
- Living arrangement – 0 = *not living with parents* (e.g., with roommates, a romantic partner, or alone), 1 = *living with parents*.
- Covariates: Gender (0 = *male*, 1 = *female*). Relationship duration (in months).

DATA ANALYSES & RESULTS

• STEP 1: Latent Profile Analysis of Overparenting in Mplus

- The 2-profile solution is selected, using AIC, BIC, ssBIC, VLMR, and A-LMR LRT as indices.
- Figure 1 presents the two profiles of perceived overparenting, with means for the four domains in overparenting. **Profile 1 (N = 169, 55.6%)** experienced low levels of overparenting in all domains, which was labeled as “*Profile 1 – overall low overparenting.*” Those in **Profile 2 (N = 134, 44.4%)** experienced high levels of overparenting across all domains, which was labeled as “*Profile 2 – overall high overparenting.*”

• STEP 2: Regression and Multigroup Analysis in Mplus

- The 2-profiles are retained from Step 1, and relationship quality was directly regressed onto the overparenting profiles.
- Multigroup analysis was done on the regression model, using living arrangement as the grouping variable (0 = *not living with parents*, 1 = *living with parents*).
- A significant chi-square change after constraining the paths indicated that living arrangement is a significant moderator ($\Delta\chi^2(1) = 4.14, p < .05$). Our hypothesis is supported.

RESULTS (cont.)

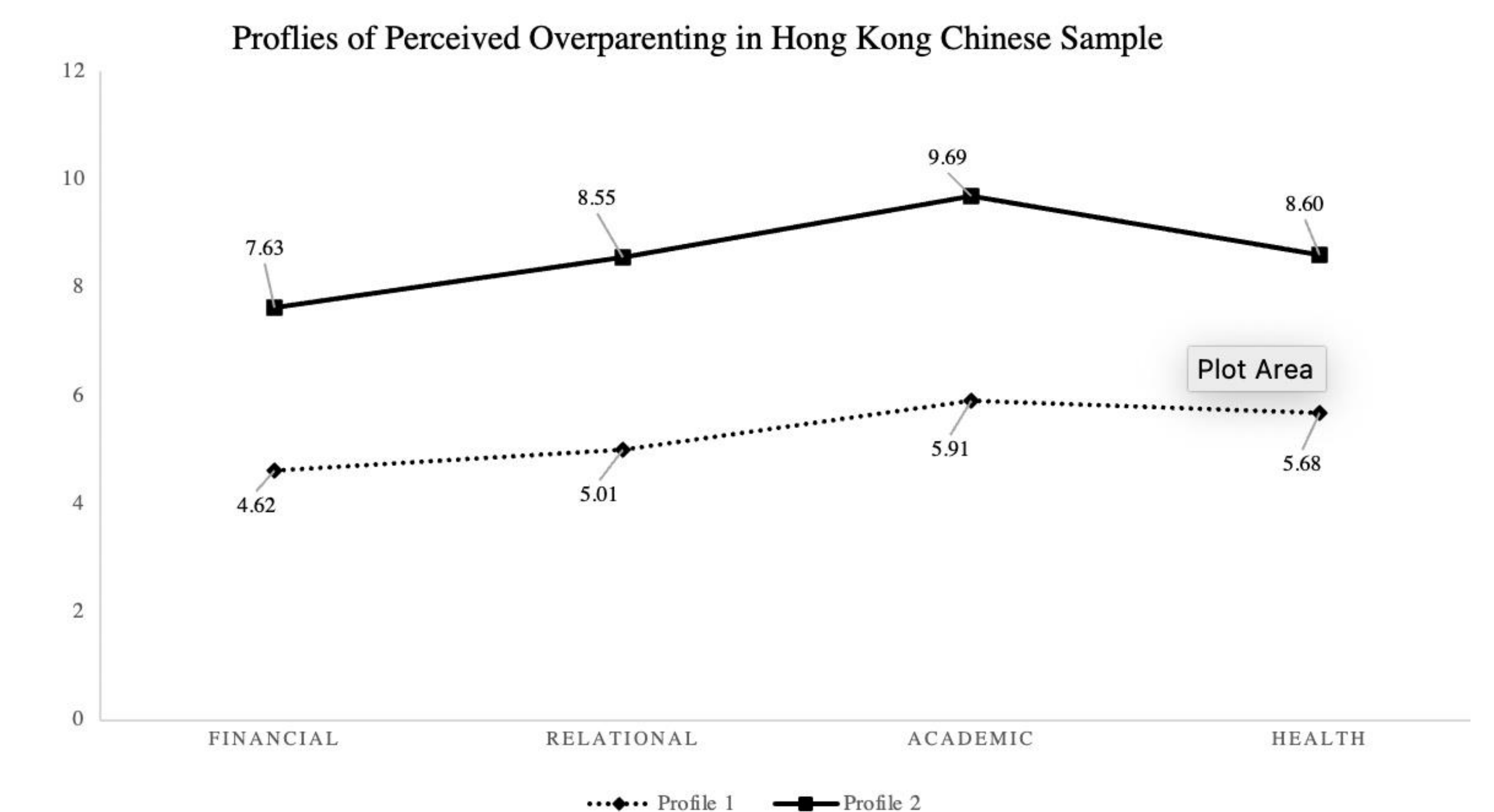


Figure 1. Note: Profile 1 – Overall low overparenting. Profile 2 – Overall high overparenting.

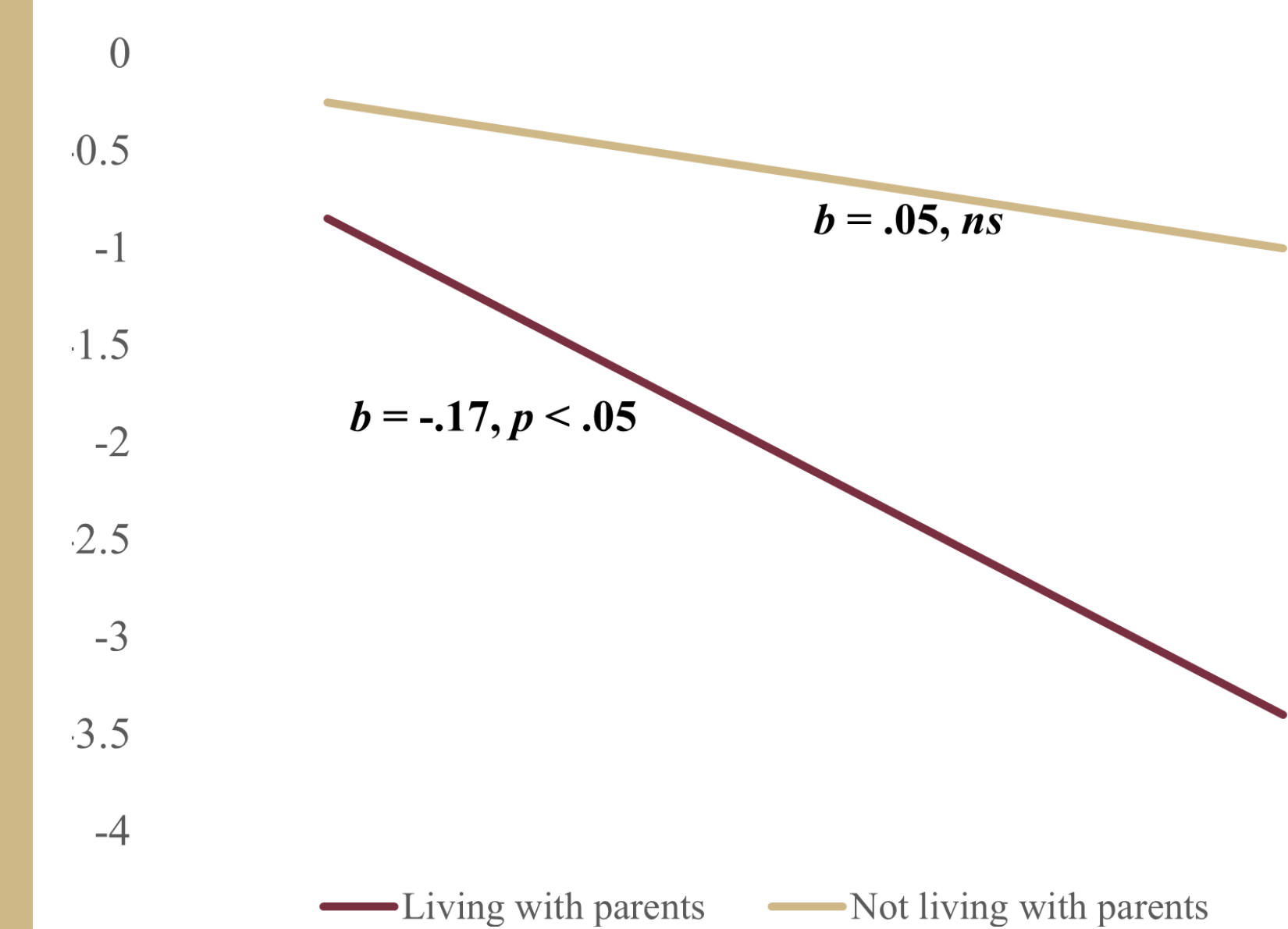


Figure 2. Associations between “high overparenting” profile with romantic relationship quality (reference group: “low overparenting”) across different living arrangements.

What it means:

“High overparenting” profile is only associated with lower romantic relationship quality compared to the “low overparenting” profile when participants lived with parents (vs. not living with parents).

PRACTICAL IMPLICATIONS

- Living arrangement is an important contextual factor – living with parents exacerbates the harmful impacts of high overparenting in romantic relationship functioning during emerging adulthood.
- Cultural implications: Even in cultures where overparenting may be viewed as more normative, such as in Hong Kong Chinese society, high overparenting across all domains can be related to poor emerging adults' romantic relationship quality



LOOK HERE!

Author Note

Due to family commitments, I was unable to attend this year's NCFR. If you have any questions about this poster or are interested in collaborating on topics related to overparenting, interpersonal relationships, and emerging adulthood, please feel free to email me at jjao24@ecu.edu. Thank you! – Dr. Chengfei Echo Jiao

