

3<sup>RD</sup> CONFERENCE ON EMERGING ADULTHOOD  
Paper Symposium Abstracts

Nelson, Larry

**Thursday, 1:35-3:05 (Madera)**

*Associations Between Shyness and Internalizing Behaviors, Externalizing Behaviors, and Relationships in Emerging Adulthood*

Shyness as experienced during emerging adulthood may continue to be a risk factor for successful development and may hinder normative exploration. The purpose of this study was to compare shy emerging adults with their non-shy peers in (a) internalizing behaviors, (b) externalizing behaviors, and (c) close relationships. Participants included 526 undergraduate students from locations in various parts of the United States. Results showed that shy emerging adults, both men and women, had more internalizing problems, engaged in fewer externalizing behaviors, and experienced greater problems in their close relationships than their non-shy peers.

Nichter, Mark, Nichter, M., Lloyd-Richardson, E., Carkoglu, A., & The Tobacco Etiology Research Network

**Friday, 1:50-3:20 (Madera)**

*Reconsidering stress and smoking: An ethnographic study among college students*

In this paper, we highlight major findings of ethnographic research on smoking in contexts associated with stress including stressful life events such as final exams or stressful events related to the management of social relationships at this time of life transition. Data is drawn from interviews with 85 low-level smokers at a large Midwestern university. Results reveal the multi-functionality of cigarettes in students' lives, and provide a highly nuanced account of the need for socializing, the role of smoking during states of boredom, and smoking as a way of refocusing when stressed.

Nichter, Mimi

**Friday, 1:50-3:20 (Madera)**

*"I've got to quit before graduation!" An ethnographic study of smoking among college seniors*

Smoking is on the rise among college students and represents a significant public health problem. To date, what is known about smoking among this population is largely from survey research. Few ethnographic studies have explored the meaning of smoking to college students, the experience of being a smoker given changing perspectives on the behavior, and interest in quitting particularly as they get closer to graduation. Individual interview data with 25 students and 5 focus groups reveal that college seniors feel it is inappropriate to smoke when they enter the "real" world, yet face serious challenges in attempting to quit.

Nourse, Jennifer

**Thursday, 3:25-4:55 (Sebena)**

*The Choice Not to Mother: Birth Control Policies, Reproductive Decisions and Women in Indonesia and Turkey*

By comparing fertility decline in two secular Muslim states, Indonesia and Turkey, this paper will question the role state policy and religious affiliation play in shaping women's decision to delay motherhood, use modern contraception, and birth fewer children. Turkey and Indonesia exhibit similar fertility rates, 2.2%. Turkey, however, has more rural births, Indonesia similar urban and rural rates. In Indonesia rural women respond to the national family planning program's advice to adopt pharmaceutical birth control. I conclude that the number of children one has is not merely an autonomous personal choice, but influenced by political and religious circumstances.

3<sup>RD</sup> CONFERENCE ON EMERGING ADULTHOOD  
Paper Symposium Abstracts

Oaks, Laury & Murphy-Lawless, J.

**Thursday, 3:25-4:55 (Sebena)**

*“We talk about a lot of this stuff”*: Young Irish Women’s Experiences as Sexual Selves

This paper presents data from fieldwork conducted in 2003-05 that demonstrates how, in a rapidly compressed period of cultural and economic change, young Irish women interpret themselves as sexual beings. This group of women articulate the now commonplace experience in Ireland of teenaged women having sex while attempting to define sexual intimacy on their own terms. In their mothers’ generation, sex was both overdetermined and silenced by the traditional Irish Catholic Church. By contrast, these young women confront complex gendered scripts that are framed around the commercialization of sex and sexually charged media images that open sex up to everyday discourse.

O’Brien, Kirk, Pecora, P., & White, C.

**Thursday, 3:25-4:55 (Canyon B)**

*Mental Health among Alumni of Foster Care: Difficulties and Practical Strategies for Improvement*

Foster care practitioners and administrators want to know what changes in policy and practice will make the most difference for outcomes. As part of a recent study, data were collected from 479 foster care alumni served in the Northwest (with a 75% response rate). Results indicated that while 46% of foster care alumni had no mental health disorders, many alumni are struggling currently with mental health problems, such as PTSD and depression. Statistical simulations indicated the potential of improving mental health by changing specific aspects of *Placement History and Experience, Education Services and Experience, and Preparation for Leaving Care.*

Olson, Chad, Carroll, J., & Willoughby, B.

**Friday, 8:00-9:30 (Madera)**

*Sooner or Later?: Parents’ Marital Horizons For Their Emerging Adult Children*

Contrary to popular notions that peers and the media are the primary sources for young people’s views toward marriage, research suggests that young people get most of their ideas and models of marriage from their parents. The purpose of this study is to evaluate the marital horizons of parents for their adult children. Specifically, we plan to examine parents’ views on: (1) the relative *importance of marriage* in their expectations for their child, (2) the *desired timing of marriage* in their child’s life, and (3) the *criteria for marriage readiness* or the types of preparation they believe that their child needs to experience before he or she is ready to get married.

Orzech, Kathryn

**Friday, 1:50-3:20 (Madera)**

*Sleep among Emerging Adults: Interviews with College Students about their Sleep*

Sleep is a topic that has been under-studied in research on emerging adults. Adequate sleep is critical for proper functioning, and college students have been assumed to get sufficient sleep. A recent study conducted at the University of Arizona, however, did not support this assumption. The Pittsburgh Sleep Quality Index (PSQI), was administered to 1800 students; results show that the majority of respondents reported sleep problems. Thirty students participated in follow-up

**3<sup>RD</sup> CONFERENCE ON EMERGING ADULTHOOD**  
**Paper Symposium Abstracts**

interviews to explore ideas about sleep and to determine the reasons for and the extent of their sleep problems. The paper highlights findings from both the qualitative and quantitative data.

Padilla-Walker, Laura

**Thursday, 1:35-3:05 (Madera)**

*The Relation of Parental Knowledge to Externalizing Behaviors, Internalizing Behaviors and Positive Adjustment during the Transition to Adulthood*

The purpose of this study was to gain a clearer understanding of the relation of parental knowledge of emerging adults' externalizing behaviors (i.e., drug use) internalizing behaviors (i.e., depression), and positive adjustment (i.e., self-perceptions). Participants included 306 unmarried undergraduate students (205 females, 101 males) between the ages of 18 and 26 ( $M_{age} = 19.63$ ,  $SD = 1.59$ ), and at least one parent. Results revealed that parental knowledge was linked to less drug use and depression and more positive self-perceptions for young women, and less drug use for young men. Multiplicative relations between parental knowledge and parental closeness were also explored.

Park, M. Jane

**Friday, 8:00-9:30 (Canyon A)**

*Assuring a Healthy Transition to Adulthood: Health Care Needs and Policy*

The transition to adulthood involves many paths, each with implications for health status and access to care. A review of the literature on health status and access to care during the late teens/early 20s suggests that health risks worsen just as accessibility of health care services decreases, with certain subgroups disproportionately affected by changes in access. Many problems and associated behaviors peak in this age group, including homicide, motor vehicle crashes, sexually transmitted infections, drinking and driving, binge drinking, smoking and illicit drug use. The authors discuss implications for health policy, given the unique health care needs of this population.

Parsons, Jeffrey & Kelly, B.

**Thursday, 1:35-3:05 (Sebena)**

*Implications of Gender and Sexual Orientation for Research among Emerging Adults*

Emerging adulthood is a period of the life course which is a stage of freedom, growth, and exploration. During this stage, there are numerous questions about identity and much experimentation. It also remains a critical period for the "coming out" process among gay, lesbian, and bisexual (GLB) emerging adults. However, little research has been completed on the differences between GLB emerging adults and their heterosexual counterparts. Given the need for greater self-exploration during this time, it was hypothesized that GLB individuals would experience emerging adulthood more keenly than their heterosexual counterparts.

Pike, Lynn, Lokken Worthy, S., & Jonkman, J.

**Thursday, 3:25-4:55 (Canyon A)**

*Self-Classification of Adult Status among College Students: Examination of Explanatory Variables*

How do college students 18 to 25 years of age classify themselves (adults, undecideds, or emerging adults)? The second purpose was to determine the relationships between their self-

**3<sup>RD</sup> CONFERENCE ON EMERGING ADULTHOOD**  
**Paper Symposium Abstracts**

classifications and (a) background characteristics; (b) risk-taking behaviors; and (c) sensation-seeking scores.

Pittman, Laura & Richmond, A.

**Friday, 11:15-12:45 (Canyon C)**

*University Belonging and Friendship Quality during the Transition to College: Links to Self Perceptions and Psychological Symptoms*

This study examined how changes in a sense of university belonging, quality of friendships on campus and psychological adjustment over the first year of college were associated (N = 78). Students who had positive changes in their university belonging had corresponding positive changes in their self-perceptions (e.g., scholastic competence, self-worth), but not problem behaviors. On the other hand, although not linked to changes in self perceptions, improvements over time in friendship quality were linked to decreasing levels of problem behaviors. Discussion will address the importance of fostering university belonging along with friendships among college students as they adjust to college.

Pizzolato, Jane

**Friday, 11:15-12:45 (Canyon A)**

*Learning for Life?: Investigating the Contextuality of Epistemological Development in College Students*

Through a mixed-method investigation into 80 undergraduates epistemological orientations and processes in academic and personal contexts, this study examines whether and how epistemological development in one context is related to development in another context. Presently studies range in the context in which epistemological development was studied, making it difficult to know how holistic epistemological development is. The findings of this study clarify whether and how measures of epistemological development in one context can effectively predict graduates epistemic processes in their personal and professional lives, and if and how programs that facilitate development can influence development in other contexts.

Pizzolato, Jane, Schaeffer, Z., & Pobodnik, S.

**Friday, 8:00-9:30 (Canyon B)**

*Selling Out or Stepping Up: Ethnic Identity, Epistemological Development, & the Aspirations-Achievement Gap*

One commonly cited reason for this the aspirations-achievement gap between students of color and their White peers is that students of color may feel that to be academically successful is to act White or sell out. Other research, however, implies achievement may depend on an ability to reason through decisions even when these decisions place you at odds with your home community, and that such reasoning may be related to maintaining connection to the home community. This qualitative study explores the relation between ethnic identity development, epistemological development, and achievement processes in academically successful college students of color.

Randall, Jennifer & Panter-Brick, C.

**Friday, 3:40-5:10 (Canyon A)**

3<sup>RD</sup> CONFERENCE ON EMERGING ADULTHOOD  
Paper Symposium Abstracts

*Life Stressors among Emerging Adults in China and Afghanistan*

Young people in Asia are currently experiencing rapid culture change and increasing socioeconomic disparities. These conditions make "finding one's place" a difficult process. We were interested in documenting the level, source of stress and the conditions which buffer or exacerbate this stress among young people in China and Afghanistan. General trends across both samples indicate that these young people maintain strong ties to their families and many experience salient stressors in their day-to-day life e.g. not having enough money, interpersonal conflict, familial burden and pressure for success, and unfulfilled social/material aspirations. We present several models to appraise these life experiences.

Rankin, Lela & Russell, S.

**Thursday, 9:50-11:20 (Canyon C)**

*Ideal Romantic Relationship Styles in White and Latino Adolescents and Emerging Adulthood Functioning*

Romantic relationships have been argued as a major developmental task of adolescence and emerging adulthood, providing youth the opportunity to develop intimacy, social competence, and identity (e.g., Youniss & Smoller, 1985). In addition, romantic relationships are an important part of the daily lives of adolescents: 25% of 12 year olds (75% of 18 year olds) say they have someone special they are romantically involved with (Collins, 2003). However, research surrounding how adolescent romantic involvement affects development in emerging adulthood is limited. It is important to examine how the content of romantic relationships impact *both* individual and relational outcomes using large, nationally representative longitudinal studies.

Rao, Abha, Nichter, M., & Russell, S.

**Friday, 11:15-12:45 (Canyon A)**

*Stressing high school seniors, depression & anxiety in India*

The aim of the study was to explore examination stress in high school seniors in Chennai, India. Since this was an exploratory study, research questions were based on a limited literature review and media reports: Do symptoms and experiences of examination stress differ by school curriculum and gender? Surveys that assessed depression and anxiety were completed by 634 seniors. Interviews were conducted with 24 seniors to understand the experience of the final year of high school and the associated stresses. Preliminary results of qualitative data suggest the significance of the issue, especially with respect to school system and gender.

Reifman, Alan & Colwell, M.

**Friday, 1:50-3:20 (Canyon B)**

*Optimistic, Yet Stressed: Mixed Feelings in Emerging Adults and Older Individuals*

Various authors have characterized the late teens and early twenties as being a positive time of self-focus and open possibilities, yet also one of psychological distress. Using our Inventory of the Dimensions of Emerging Adulthood (IDEA) in a sample of individuals across the adult life span, we examined how individuals experience different Emerging Adulthood-related traits in combination, and whether these combinations differed across age groups. The hypothesized combination of Emerging Adulthood traits indeed occurred more frequently in 18-23 year-olds than in older age groups, which also supports other notions such as "Generation Me" and "Quarterlife Crisis."

3<sup>RD</sup> CONFERENCE ON EMERGING ADULTHOOD  
Paper Symposium Abstracts

Rosenberger, Nancy

**Thursday, 3:25-4:55 (Sebena)**

*Japanese Young Women and the Pursuit of Self (jibun)*

Based on 58 longitudinal interviews of young women who have delayed marriage in Japan, this study looks at the ways in which young women use the language of self as part of their emerging adulthood. Simultaneously, they cope with the parental language of becoming mature as “full human beings.” This study investigates how young women manage their development in the midst of these shifting and often contradictory discourses. While some of these women stay single, others get married, and some have children. These various life-course decisions affect the young women’s sense of who they are and how they relate to the larger Japanese society.

Rosenblum, Katherine L.

**Thursday, 9:50-11:20 (Sebena)**

*Effects of Early Childhood Social Risk on Mental Health during Emerging Adulthood*

In a longitudinal study, we examined how early childhood experiences of exposure to maternal psychopathology and environmental risk, related to probabilities for onset and stability of mental health problems across the emerging adulthood period. Diagnostic assessments were conducted when participants were 18-years-old, and again when they were between 29- to 30. There was significant stability in mental health functioning across this age period. Gender associations varied by diagnosis, and gender had a moderating influence on stability of diagnosis. Both maternal psychopathology and environmental risk during early childhood had direct and moderating influences on adjustment during the period of emerging adulthood.