Uncertainty, Perceived Stress, and Well-Being in Latino/a Romantic Relationships

Fiorella L. Carlos Chavez, Ph.D., Matthew Ogan, Sahitya Maiya, M.S., J. Kale Monk, Ph.D.

University of Missouri

INTRODUCTION

- U.S. born Latinos/as make up 81% of Latinos/as aged 35 years old and younger (Lopez, Krogstad, & Flores, 2018).

- Latinos/as will experience a variety of stressors and uncertainties at some point of their adult life, including romantic RU Relational Uncertainty (RU) (Knobloch & Knobloch-Fedders, 2010).

- Relational Uncertainty may have negative consequences among Latino/a relationships and well-being regardless of romantic relationship status.

- The relational turbulence can creates uncertainty during times of transition (Solomon & Knobloch, 2004) and be distressing by hindering romantic relationships (Monk & Ogolsky, 2019.

PURPOSE OF STUDY

1. To examine the associations between relational uncertainty (i.e., self, partner) on Latino/a young adults' depressive symptoms and life satisfaction.

2. To examine the mediating role of perceived stress in the relation between relational uncertainty with depressive symptoms and life satisfaction.

H1: Relational uncertainty would be positively associated with depressive symptoms but negatively associated with life satisfaction.

H2: Familism support would buffer the negative effects of relational uncertainty on U.S. Latino/a young adults' perceived stress.
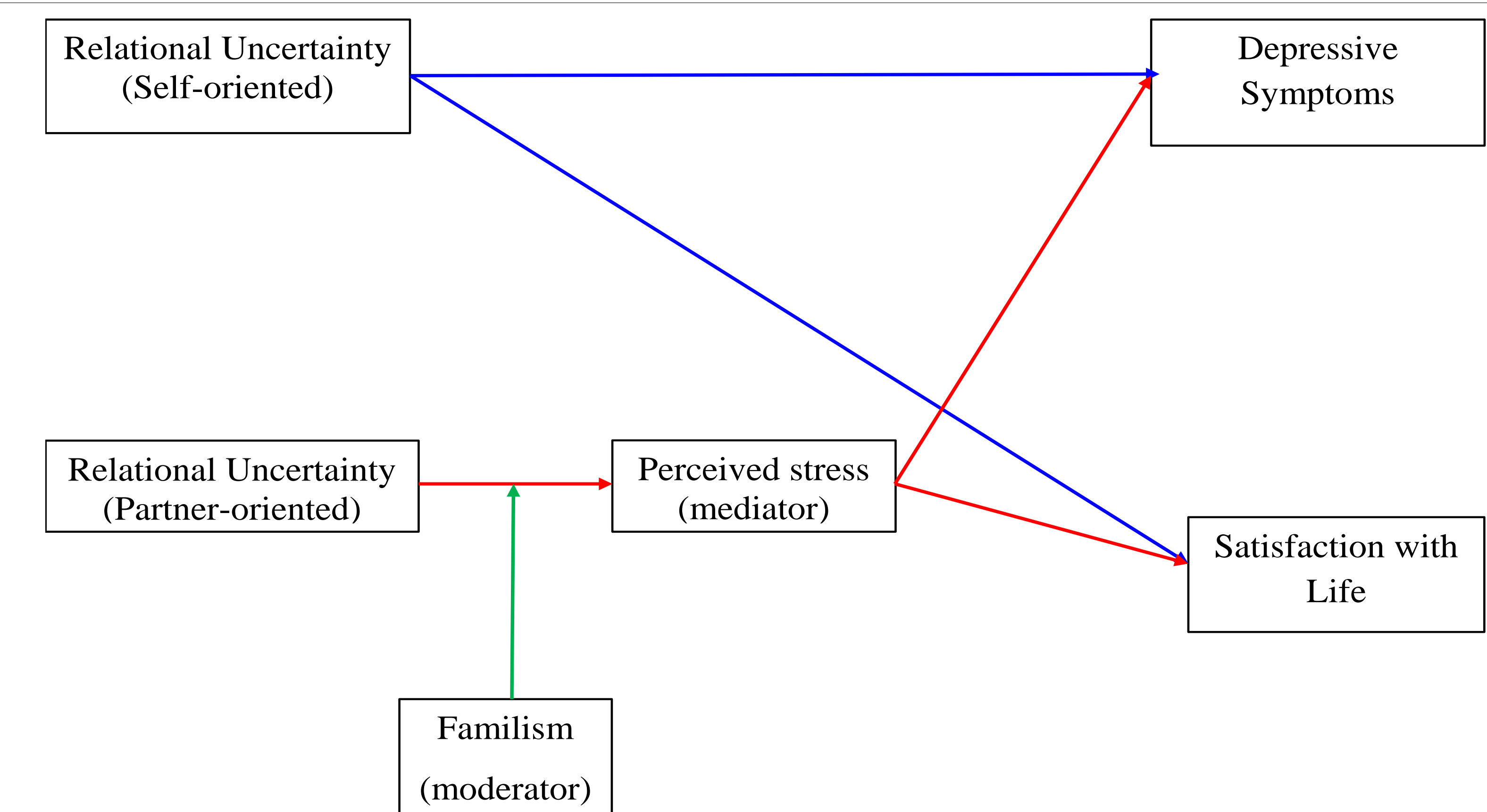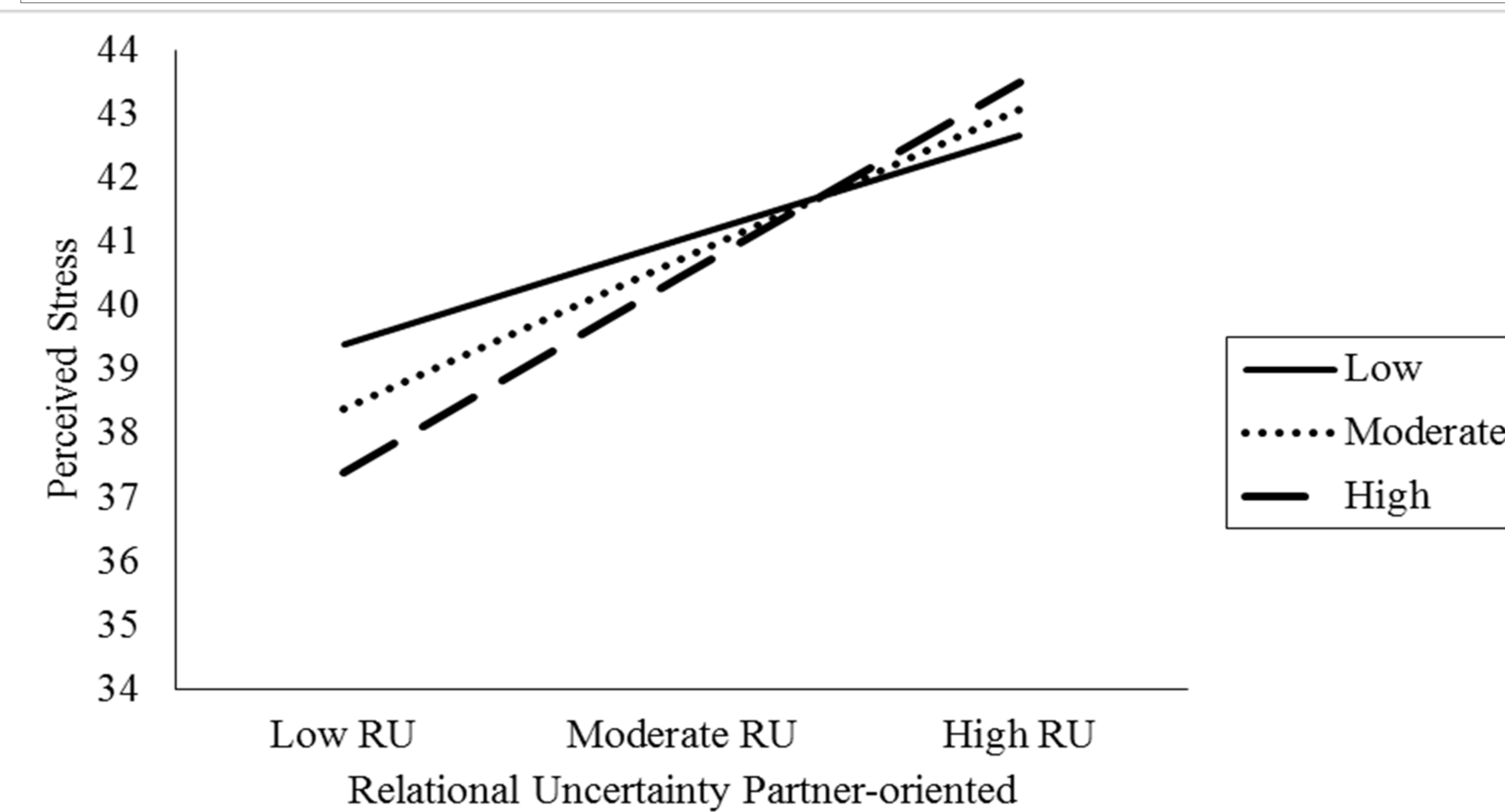
METHOD

Participants

- A total of $N = 475$ U.S. Latino/a young adults (61% women; $M_{age} = 24.8$ years, $SD = 3.2$) participated in the study.
- Data were collected from Qualtrics.
- All participants provided informed consent and completed an online survey.

Plan of Analysis

- We controlled for participants' nativity and age in all analysis and path analysis using Mplus 7.2 partially supported our hypotheses.

PRELIMINARY RESULTS

- Only relational uncertainty toward partner was associated with perceived stress ($\beta = .30$, $p < .001$). Relational uncertainty toward partner ($\beta = .12$, $p < .05$) was associated with depressive symptoms and negatively associated with life satisfaction ($\beta = -.26$, $p < .001$).
- Perceived stress was associated with depressive symptoms ($\beta = .61$, $p < .001$) and negatively associated with life satisfaction ($\beta = -.47$, $p < .001$).
- Perceived stress only mediated the association between relational uncertainty toward partner with depressive symptoms ($\beta = .50$, $p < .001$) and life satisfaction ($b = -.21$, $p < .001$).
- Good model fit: $\chi^2 (3) = 8.79$, $p = .03$, RMSEA = .06, CFI = 1.00, TLI = 1.00, SRMR = .03
- To examine moderation, we applied Hayes (2013)'s PROCESS model wherein familism support moderated the association between relational uncertainty toward partner ($b = .04$, $p < .05$) and perceived stress. Overall model: $F(4,467) = 15.17$, $p < .001$, $R^2 = .11$

Relational Uncertainty (Self-oriented)	Perceived Stress
How certain are you about how you feel about this relationship? (Knobloch & Solomon, 1999) [4-item]	In the last month, how often have you felt confident about your ability to handle your personal problems? (PSS; Cohen et al., 1983) [14-item]
Relational Uncertainty (Partner-oriented)	**Depressive Symptoms**
How certain are you about how your partner feels about this relationship?; Knobloch & Solomon, 1999) [4-item]	I was bothered by things that usually don't bother me (CES-D; Radloff, 1977) [20-item]
Familism Support	**Satisfaction with Life**
Parents should teach their children that the family always comes first (MACVS; Knight et al., 2010) [6-item]	So far I have gotten the important things I want in life. (Diener et al., 1985) [5-item]

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Correspondence

Please, address your questions about the data to Dr. J. Kale Monk, monkj@missouri.edu

IMPLICATIONS AND FUTURE RESEARCH

Our preliminary findings highlight the mediating role of perceived stress in the relation between relational uncertainty, depressive symptoms, and life satisfaction among Latino/a young adults. Specifically, the doubts and concerns young adults may have toward the perceived dynamics in their relationships toward their partners may have a detrimental effect on their psychosocial adjustment and outlook of life.

Furthermore, we highlight the salient role of familism support in the relation between relational uncertainty toward partner and perceived stress among Latino/a young adults. In times of uncertain romantic relational status, family support may play a key role in buffering the effect uncertainty may have on stress among Latinos/as.

Future research can focus on how relational uncertainty plays out among different ethnic minority groups (e.g., Latinos/as, African American, Asians) to see whether the endorsement of relational values differ among these ethnic groups.