



# Intergenerational Transmission of Grit: Mediating Effects of Autonomy Supportive Parenting

SongEun Park, HaeJin Jang , & Grace H. Chung

Department of Child Development and Family Studies, Seoul National University



Take a picture to  
download a copy of our paper  
songpark@snu.ac.kr  
wkdgowls22@snu.ac.kr



## Introduction

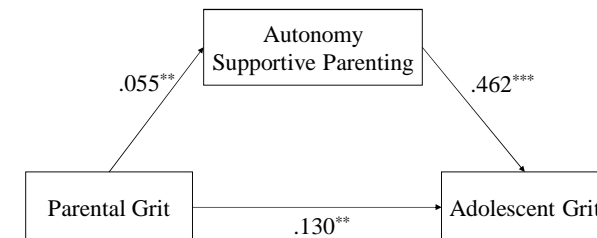
- Grit refers to passion and perseverance in pursuit of long-term goals (Duckworth, Peterson, Matthews, & Kelly, 2007).
- The relationship between parental and adolescent grit can be explained by the intergenerational transmission of self-regulation (Bridgett, Burt, Edwards, & Deater-Deckard, 2015) and the social learning theory (Bandura, 1986).
- Based on the self-determination theory, autonomy supportive parenting may encourage adolescents to facilitate sense of volition and initiative (Bindman, Pomerantz, & Roisman, 2015), which may be a driving force for youths to achieve their long-term goals.
- We hypothesize that the association between parental and adolescent grit will be mediated by autonomy supportive parenting.

## Method

- Sample: Korean Youth Panel Survey 2018(KYPS 2018) 2,579 adolescents and their parents; 14 to 16 years old, not twins, living with both parents; female 45.8%.
- Measures: Grit (Kim & Hwang, 2015; originally developed by Duckworth & Quinn, 2009), Autonomy supportive parenting(Kim & Lee, 2017; Skinner, Johnson, & Snyder, 2005)
- Control variables: Adolescents' age, gender, subjective household's economic status, and mother's education level.
- Analyses: Three-step regression analysis (Baron & Kenny, 1986), Hayes' (2013) process macro

## Results

- The mediating effects of autonomy supportive parenting in the association between parents' and adolescent grit were found to be significant.
- A total of 5,000 bootstrap samples were used to create 95% confidence interval (CI) to test the significance of mediation effects; the results showed that the effects were statistically significant ( $B = .0252$ ,  $SE = .0073$ , 95% CI [.0109, .0405]).



## Implications

- These findings provide novel insights into adolescents' grit within the family context.
- As parental and adolescent grit was closely related, in order to improve adolescents' grit, it is necessary to approach both individual adolescents and their parents as family systems.
- Intervention programs for two generation (Shonkoff & Fisher, 2013) are needed to foster adolescent grit.
- In order to foster adolescent grit, parents should support their autonomy, rather than try to control them.