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Stress & Well-Being: The Role of Social Support Exchanged with Adult Children

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**STRESS & WELL-BEING: THE ROLE OF SOCIAL SUPPORT
EXCHANGED WITH ADULT CHILDREN**

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The current study explores how aspects of social support exchanged between older parents and their adult children might arbitrate the effects of stress on different dimensions of well-being. While unchecked stress can be deleterious to well-being, social support is generally advantageous to well-being. As such, scores of studies have described social supports' role as a mediator in the relationship between stress and well-being. Although previous findings suggest family support increases in importance as people age, and the quality of relationships with adult children in particular have notable psychological and social consequences for older parents, social support between older parents and adult children has not been explored as a mediator in the relationship between stress and well-being. Using newly developed measures of social support exchanged between parents and their adult children, data from *Successful Aging in Context* were used to test whether (1) perceived quality of the parent-child bond mediates the relationship between perceived stress and life satisfaction, and (2) perceived quality of the parent-child bond mediates the relationship between perceived stress and social integration. There is limited evidence to suggest that relationship quality between older parents and adult children mediates the relationship between stress and life satisfaction.

