

**The Relationship between Grandparents and the Caring, Resilience, and Emotional
Intelligence of Grandchildren**

by

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**A Doctoral Project Submitted in Partial Fulfillment of
the Requirements of the Degree of Doctor of Psychology
in the Department of Psychology**

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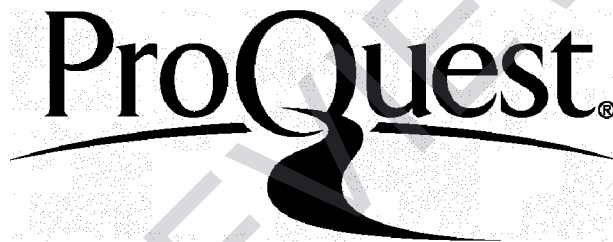
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PREVIEW

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PREVIEW

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PREVIEW

ABSTRACT

Little is known about the effects of a grandchild's relationship with a grandparent and their overall psychological well-being. Studies investigating the relationship of grandchildren and grandparents have primarily focused on the benefits of this relationship on the health and psychological well-being of the grandparent (Goodman & Silverstein, 2002).

This study sought to examine the relationship between contact, physical proximity, and emotional closeness with grandparents throughout childhood and adolescence and caring, resilience, and emotional intelligence. It was hypothesized that there is a positive association between the amount of contact with a grandparent throughout childhood and adolescence and a grandchild's resilience, caring, and emotional intelligence as an adult. Specifically, it was thought that the amount of contact with this grandparent throughout childhood and adolescence would predict adult resilience, caring, and emotional intelligence. The same was hypothesized regarding emotional closeness and physical proximity with the grandparent during childhood and adolescence.

Using survey methodology, 186 participants (69 male and 117 female) over the age of 18 completed an online questionnaire that assessed their current levels of caring, resilience, and emotional intelligence. In addition, participants were asked to report on the amount of contact, physical proximity, and emotional closeness that occurred between themselves and one chosen grandparent between the ages of birth and 18 years retrospectively. Results indicated a positive correlation between these grandparent variables and caring, resilience, and emotional intelligence. Specifically, adolescent

contact and emotional closeness with the grandparent was found to predict resilience and emotional intelligence in adult years. These results highlight the importance of the relationship between a grandchild and a grandparent, and the crucial role a grandparent may play in emotional development.

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