

Silver Linings are (Sometimes) Beneficial: Associations among Narrative Redemption, Identity Formation, and Psychological Well-Being

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INTRODUCTION

Narrative Identity:

“...internalized and evolving life story, integrating the reconstructed past and imagined future to provide life with some degree of unity and purpose” (McAdams & McLean, 2013, p. 233)

Narrative Redemption:

- Negative to positive (McAdams, Diamond, de St Aubin, & Mansfield, 1997)
- Autobiographical reasoning (McLean & Fournier, 2008; Lilgendahl & McAdams, 2011)
- Associated with life satisfaction (McAdams et al., 2001)
- Dichotomous coding schemes (McAdams et al., 1997; McAdams et al., 2001)

Insufficient research on the **nuances of redemption**, its association with **identity formation**, and their associations with **psychological well-being (PWB)**

METHODS

Sample:

- 221 full-time undergraduate students at Emory University
- Archived data collected by Dr. Jordan Booker
- 18-24 ($M = 19.12$, $SD = 1.13$); Female = 54.9%

Materials/Procedure:

1. Redemption Coding

Chaos	Restitution	Quest
“Enmeshed”	“Return”	“Emergent”
Non-Redemptive	Homeostatic Redemption	Gained Redemption

2. Identity-Situation Orientation Coding

3. Ryff and Keyes’ (1995) Scale of Psychological Well-Being

- Autonomy, Environmental Mastery, Personal Growth, Positive Relations, Purpose in Life, and Self-Acceptance

Analysis:

- Chi-Square Tests of Independence/Fisher’s Exact Tests
- One-Way ANOVA
- 2 x 2 Factorial ANCOVAs

NUANCES OF REDEMPTION

	Overall Frequency $N = 213$	Percent
Redemption¹		
Enmeshed	63	29.58%
Return	40	18.78%
Emergent	110	51.64%
Challenge²		
Identity	90	42.25%
Situation	123	57.75%
Resolution³		
Identity	95	44.60%
Situation	75	35.21%
None	43	20.19%

¹ $\alpha = 0.928$; = ; ² $\kappa = 0.640$; ³ $\kappa = 0.619$

REDEMPTION AND IDENTITY

Redemption and Challenges

	Return	Emergent
Identity	20	53
Situation	20	57
Total	40	110

Fisher’s Exact Test; $p = 0.856$, n.s.

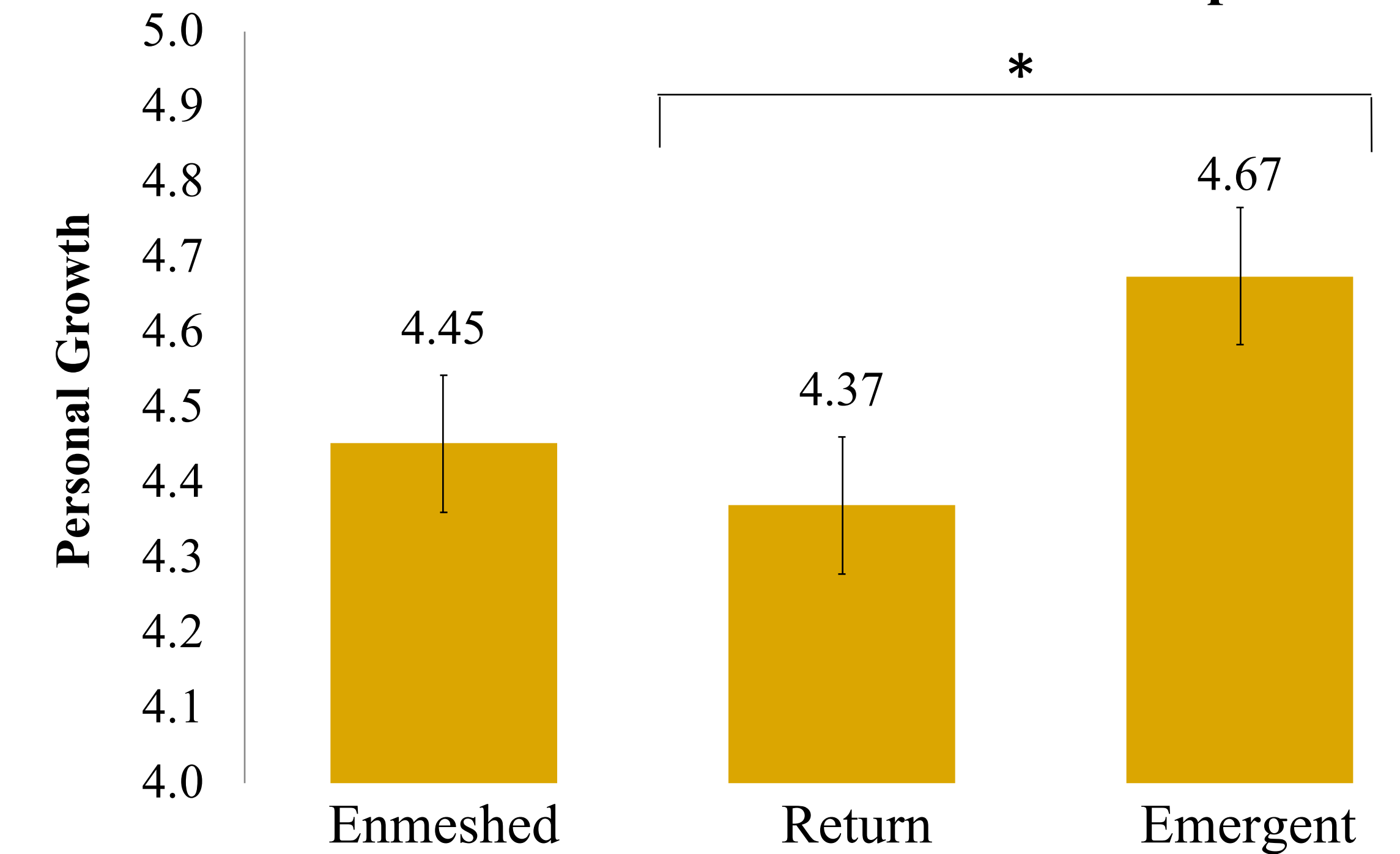
Redemption and Resolutions

	Return	Emergent
Identity	13	73
Situation	27	37
Total	40	110

$\chi^2 (1, N = 150) = 13.75, p < 0.001$

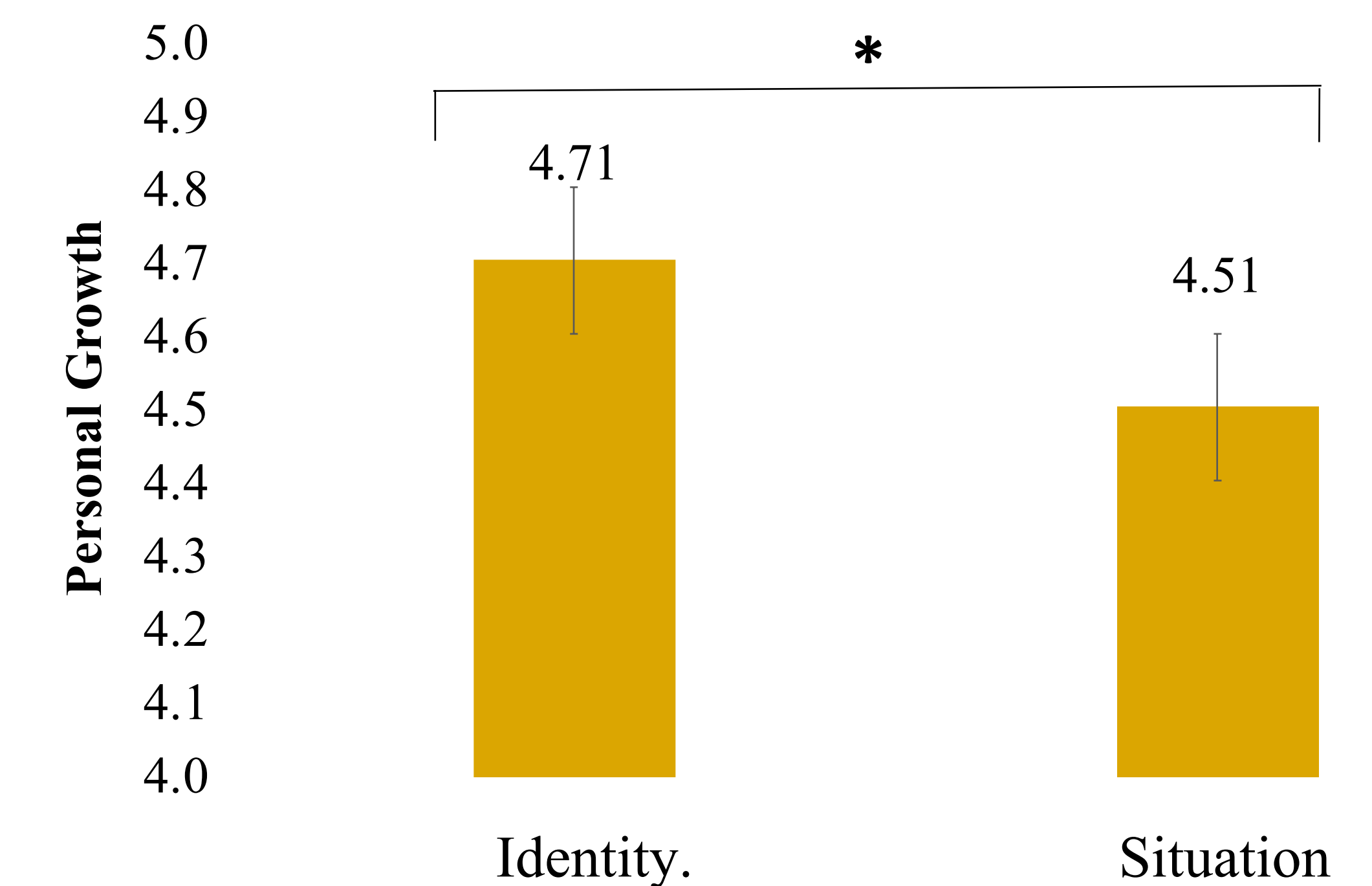
ASSOCIATIONS WITH PWB

Mean Personal Growth Across Redemption



$F(2, 210) = 3.80, p = 0.024$; *Tukey HSD: $p = 0.047$

Mean Personal Growth Across Resolution Orientation



$F(1, 142) = 4.23, p = 0.041$

DISCUSSION

Implications:

- Culturally canonical redemptive typologies
- No canonical form for Challenge; Not meaningful for PWB
- Canonical form for Resolution; Meaningful for PWB
- *Return* associated with less PWB than *Enmeshed*

Limitations:

- Did not assess demographic covariates other than gender
- Data collected at an elite, private university

Future Directions:

- Well-being outcomes for other cultures
- Canonical resolutions in different populations