Intergenerational Transmission of Biographical Knowledge: Gender Differences and Impact on Well-being

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Introduction

- Research has suggested the benefits of intergenerational storytelling on emotional regulation.
- We looked into the impacts of intergenerational transmission of biographical knowledge on mental well-being.
- We ran analyses on the themes of transmitted stories and mental health variables.

Hypotheses

- Individuals who recount more events about their parents and grandparents will have better mental health outcomes.
- There will be gender differences in themes of recalled stories and how they affect mental health variables.

Method

- Participants (N = 108; M = 22)
- Demographics: Participant and Parent
- Mental Health Screening: The Depression, Anxiety and Stress Scale -21 Items; The PTSD Checklist for DSM-5; The Kessler Psychological Distress Scale

Result Highlights

Fig.1 shows the top 10 most common themes in parent events. The top three events (self efficacy, birth and career) also overlapped with the most prevalent grandparent events.

Test for Hypotheses:
The total number of categorical events were found to be positively correlated with several mental health scores.

- Kessler Psychological Distress Scale: \( r(107) = .2, p < .05 \)
- DASS Stress score: \( r(107) = .23, p < .05 \)
- DASS Anxiety score: \( r(107) = .22, p < .05 \)
- DASS Depression score: \( r(107) = .2, p < .05 \)
- DASS total score: \( r(107) = .23, p < .05 \)

Gender Differences

Among male participants, there is a positive correlation between the total number of career related stories and several mental health variable scores:

- PTSD: \( r(45)=.35, p < .05 \)
- DASS Stress score: \( r(45)=.38, p < .05 \)
- DASS Depression score: \( r(45)=.34, p < .05 \)
- DASS total score: \( r(45)=.34, p < .05 \)

Implication and Future Directions

- Our results support the importance of intergenerational storytelling and suggests the benefits of detail-oriented exchange.
- The findings confirm the existence of gender specific storytelling patterns.
- Due to the limited sample size, we were not able to perform statistically meaningful analyses for several subcategories such as discrimination, trauma, war, and persecution.
- Interdisciplinary efforts can be incorporated to better understand why and how individuals of different genders react to similar story themes differently.

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How biographical knowledge may be influenced by different systems from the personal to social level (Remodeled from Chen et al., 2021)