Taking the Good with the Bad: Adolescent Sibling Relationship Processes and Their Associations with Perceived Sibling Support, Self-Worth, and Body Evaluations

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Abstract

The present studies examined the relationships between varying positive and negative sibling relationship behaviors and dyadic and individual adjustment. Study 1 investigated the association between sibling disclosures (regarding general, body-positive, and body-negative issues) with sibling support, self-worth, and body evaluations. Study 2 investigated the association between sibling psychological control with sibling support, self-worth, and body evaluations. Additionally, ordinal position, individual sex, and sibling sex composition were tested as moderators. Participants included 101 sibling dyads with at least one sibling in grades 10-12. Adolescents completed questionnaires and data were analyzed using Actor-Partner Interdependence Modeling (APIM; Kenny, Kashy, & Cook, 2006). Results showed that, in general, sibling disclosure was positive for the relationship (greater sibling support) and for the individual adjustment of female siblings but was associated with negative individual outcomes for male siblings. Additionally, psychological control revealed negative associations with sibling support. Also, individuals who psychologically controlled their siblings experienced some positive and negative individual outcomes. Moderation effects by ordinal position, individual sex, and sex composition were present, revealing general trends for stronger relationships between the sibling behaviors and outcomes for later-born siblings and females.