

## ABSTRACT

### HEALTHY FATHER-DAUGHTER RELATIONSHIPS, SELF-IMAGE, AND RESILIENCE: ASSOCIATIONS IN A SAMPLE OF COLLEGE WOMEN

Fathers play a vital role in their children's, particularly their daughters', healthy psychological and emotional growth. In this study, three questionnaires—the Father-Daughter Relationship Questionnaire, the Global Self-Image measure, and the Connor-Davidson Resilience Scale—were given to 199 undergraduate women to assess the interrelationships between the quality of their relationship with their father, their self-image, and their resilience. The study asked: (a) Do daughters with a healthier father-daughter relationship have a healthier self-image? (b) Do daughters with a healthier father-daughter relationship have greater resilience? and (c) What specific fathering practices do daughters indicate are particularly affirming? Two simple linear regressions were used to address the first two research questions; a healthier father-daughter relationship was a significant predictor of both healthier self image ( $\beta=.35$ ,  $r^2=.12$ ) and greater resilience ( $\beta=.31$ ,  $r^2=.10$ ). A content analysis identified such specific fathering practices as spending time together and communicating were indicated as particularly affirming by daughters. Results of this study confirm the importance of a healthy father-daughter relationship, and help delineate the qualities of a good father-daughter relationship. Results also contribute to our knowledge of what helps build positive self-image and resilience.

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