

Table 2

Descriptions, Exemplary Quotes and Frequencies for Traditional Roles, Non-Traditional Social Roles, and Psychological Experiences

	<i>Description</i>	<i>Example</i>	<i>Ka</i>
<i>Traditional Roles</i>			
Marriage / Proposal	Getting engaged or married, or being engaged or married central to the response. Mere mention of fiancé, spouse or partner not sufficient.	I really felt like an adult when I got married this past summer. It was the first thing that I did that is considered adult-like.	
Pregnancy / Childrearing	Becoming pregnant, giving birth, or taking care of biological or adopted children.	I was 16 when i had my daughter. I think the true sense of responsibility and life's purpose came through to me then, holding her at the hospital.	
Employment	Going on a job interview, getting a job, taking part in work-related interactions; performing daily work responsibilities; getting promoted or recognized at work.	My job as an EMT allows me to feel more like an adult than the average person my age because I am responsible for people's lives everyday. Dealing with people who are older than you who are sick or hurt makes you feel like the more grown up and responsible.	
Educational Degree	Obtaining one's highest level of education	I got pregnant at 17 and still stayed in high school. It was difficult, I worked full time and went to school full time. I took one semester off and had to go an extra year but I got my hard earned diploma while working full time, and taking care of a newborn baby.	

Homeownership

Purchasing or owning a home.

During the purchase process of our first single family home. There is so much more thought and decision to the entire process than what you realize. I had to consider schools for my child and future children, location to shopping, highways, trains, airports, friends, family, etc. It was a really long, well-thought out process, and it definitely wasn't a decision that was made instantly (unlike when we first got married and bought our condo, we were really young and only really cared about how far it was from our jobs).

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Chronological Age

Reference to a particular age or birthday as a marker of adulthood.

On my eighteenth birthday I felt like I was really old. Everyone kept telling me I'm an adult now. I couldn't believe I was eighteen because it seems so much older than how I feel. But I felt like an adult because I realized I was one and all of the things I could do like voting and buying cigarettes.

Other Social Experiences

Moving out, Living with Friends

Leaving parents' house, moving in with friends, or living independently. Not living with a significant other or spouse.

Now that I am living in my own apartment I feel more like an adult. I have to do my own grocery shopping, cooking and cleaning. These were all of the things that my mother did for me at home, so it has been a big transition for me.

Cohabiting

Moving in or living with a significant other, but not being married.

I have felt like an adult ever since moving into my own apartment with my boyfriend. There are so many responsibilities you have to be conscious of, and it takes so much maturity!

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Financial Responsibilities for Self	Paying bills, managing one's bank account, not having to rely on parents or others for money.	Having to pay my own bills that are under my name make me feel like an adult. One instance in particular was getting a credit card and then using it to get my own cell phone plan.
Household Management	Doing chores, buying groceries, taking care of a pet, etc.	I got an apartment for the first time last year and really felt as if I were growing up. I had more responsibilities to take care of, housework, paying bills, cooking etc. and it really made me realize that growing up is not always going to be easy.
Major Purchase	Buying something deemed expensive or important, such as a car, college tuition or furniture.	I felt like an adult when I bought a new bed. It was expensive and I didn't have to ask anyone else's opinion or permission to purchase it.
Traveling	Going on a personal or work-related trip by oneself, or with peers (friends, significant other).	I feel like an adult when I went away on vacation, with just my boyfriend. I did most of the shopping and cooking. This situation made me feel very adult like, and dependent on my partner and myself.
School Experiences	Enrolling in higher education, going to school on a daily basis, being in class, completing homework assignments, doing well in school	I felt like an adult when I signed [up] for school to better myself.
Financial Responsibilities for Others	Helping parents, relative or friends financially, for example paying for bills, helping manage finances or lending significant amounts of money	When I have to help my parents pay for their utility bills and mortgage.
Growing Up Fast	Having a precocious transition, for example taking on adult responsibilities at a young age; must specifically describe it as such.	I felt like an adult when I was young I grew up fast. When my mother got sick I worked 2 jobs to take care of myself, sister, and my mother. I felt like I was a mother. Being a mother makes you an adult. I was treated like a grown woman and I acted like one as well. Being young and trying to take care of a family is not that easy.

Stressful Life Events	Having a stressful experience, such as a death or illness of a family member or friend, an accident, or victimization.	When my grandmother died in my arms and I had to be brave and tell her it was okay to go.	
Drinking / Drug Use	Going to a bar, drinking alcohol, or using cigarettes or illicit drugs.	When I'm out with friends and I can drink and smoke without consequences.	
Giving up Drinking / Drugs	Making the decision to abstain from alcohol, cigarette and drug use; refusing others' offers or resisting pressures to use substances.	When I was having problems with drugs, I went to my family and friends for help and cleaned up my act.	1
Taking Care of Young People	Attending to the needs of young people, whether younger relatives, peers or strangers. Could be part of an employment experience, for example babysitting or being a camp counselor.	I work at a day care and most of the time, I feel like I am an adult because I'm always responsible for 1 kids. If anything at all happens to one of them, I will be responsible for their health/life.	
Helping Older People	Taking care of older people, for example giving advice or taking care of medical or personal needs. Not financial assistance.	I feel like an adult when my mother consults me for advice regarding her daily activities, including finances and relationships.	
Socializing with Other Adults	Being in a social setting, such as at dinner or parties, with other perceived adults; hosting a social gathering.	When I hang out with my friends, I feel like an adult because they are getting married and having babies (even if I'm not). It makes me feel old or adult-like.	
Adult Clothing	Wearing clothes deemed "adult" or "old," such as work or formal attire.	When I have to go to charity events where you have to dress up.	1
Driving-Related Milestone	Getting one's license, driving either alone or with other people in the car.	When I am driving, because I have control over myself and everyone in the car.	1
Politics / Civic Engagement	Voting, participating in rallies, discussing politics with friends, volunteering.	I really felt like an adult when I went to vote for the first time.	1

Immigration

Immigrating to the United States, either alone or with family.

When I moved to the USA, and I left my parents' house. My parents are living in another country. Since then, I [have felt] like an adult.

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Psychological Experiences

Responsibility for Self

Feeling autonomous, independent, or separate from one's parents; feeling responsible for oneself; refusing help from others, or taking responsibility for self by asking for help; admitting guilt; making decisions independently

I felt most adult when I decided to get a job. I often relied on my parents for material and financial things. Yet, getting a job meant taking more responsibility for my needs and interests.

Responsibility for Others

Taking care of other people, including financial responsibility; giving advice to others; being a role model to others; being reliable for others; being less selfish and more giving

When I am taking care of my niece I feel like an adult. Although I am silly with her and joke around I always feel I know the responsibility I have when she's in my care.

Self Regulation

a) Perspective

Being able to focus on the "big picture" or something larger than oneself; having insight or awareness of one's values; accepting the negative aspects of life.

When I'm in class with people younger than me and we talk about society. I feel like our viewpoints are sometimes worlds apart, and that my maturity shines through a lot because of my perspective on the things that are important in life.

b) Perceived Competence

Feeling competent, confident, knowledgeable or experienced; being a leader; passing on concrete knowledge to others.

When others look to me for learning how to do something. If I'm the knowledgeable one and others need to rely on me, then I feel like an adult.

c) Adaptability	Balancing different roles and responsibilities	I'm not sure about one instance, but carrying 3 jobs, tutoring, 5 courses, homework, relationships and family life make me feel a lot more mature than others my age. It's hard not to feel like an adult when learning to balance these things with my finances and other obligations.
d) Decision-Making	Feeling reasonable or rational; making major decisions and being thoughtful about them; planning and problem solving.	I feel like an adult the most when making choices about my future and my goals in life because those are the ones I'll have to live with as an adult so thinking like a child wouldn't help at all.
e) Assertiveness	Defending oneself; setting limits on others; going against parents' wishes; taking charge in a relationship or situation; feeling self-reliant	I was seeing a psychologist for a while, but I always thought she wasn't a good fit for me. One day she said some really mean completely unprofessional things to me so I told her I wasn't going to go back to her again. This was a huge accomplishment for me because I have a fear of authority figures and I perceived her as an authority figure, so i felt very adult-like that day.
f) Self-Control	Feeling in control; being able to stay calm or take control in stressful circumstances; being able to remain impartial and resolve conflicts; refraining from arguing with others or expressing one's anger or annoyance; completing necessary tasks when unmotivated; sacrificing or prioritizing.	Professionally handling angry customers without expressing any anger. Whenever I work, there are many angry customers who don't receive their medications when I work. They get angry towards me believing it is my fault. I don't cuss back or talk back negatively; I just say I am sorry and explain the reasons why they were not able to receive their medications despite the fact that they are still angry in the end.
g) Personal Strength	Feeling strong, brave or courageous; feeling like one can rise above or persevere in the face of adversity	One instance when I really felt like an adult was when I ran away from home and decided to come back and face my troubles, rather than running away from them.

h) Goal/Future Orientation

Thinking about how current behaviors and decisions relate to long-term outcomes or goals.

I felt like an adult when I made the decision to change my life around and take school more seriously. I decided to take college more seriously than high school, and to take better care of my overall health. I felt like I needed to be a better role model for my nieces and nephews, and make myself, God, my mother, and my family proud despite of all the things that I experienced as a child. I made the decision to change my life for the best!

Reflected Appraisals

a) Others' Perceptions

Being treated like an adult (e.g., being called "sir" or "ma'am," not being carded).

I felt like an adult the first time someone asked me for directions.

b) Receiving Respect

Being treated with respect; being given responsibilities; being trusted by others; not being "treated like a child," being "treated like an adult."

I have many responsibilities at work. My boss doesn't treat me like a child and lets me make my own decisions, even when they affect her company.

Table 3

Results of Logistic Regression Analyses Predicting Traditional Roles, Other Social Role Experiences, and Psychological Experience Themes

	<i>Age</i>				<i>College Status</i>		
	<i>x² (13)</i>	<i>B (SE)</i>	<i>Wald</i>	<i>Exp(B)</i>	<i>B(SE)</i>	<i>Wald</i>	<i>Exp(B)</i>
Traditional Roles	56.97***	.02 (.02)	1.09	1.02	-.22 (.21)	.97	.80
Other Social Experiences	20.47	-.03 (.02)	1.40	.97	.15 (.22)	.47	1.16
<i>Psychological Experience Themes</i>							
Responsibility for Self	32.81*	-.15 (.04)**	13.70	.87	.01 (.33)	< .01	1.01
Responsibility for Others	42.50***	-.01 (.03)	.15	.99	-.34 (.28)	1.49	.71
Self Regulation	128.12***	.16 (.02)***	75.08	1.17	.88 (.26)**	11.47	2.41
Reflected Appraisals	128.43***	.16 (.02)***	75.98	1.17	.71 (.26)*	7.37	2.03

Note. Analyses included controls for other demographic variables (dummy codes for female sex, race and ethnic groups, and immigration status; mothers' highest level of education and traditional roles achieved were included as continuous variables).

Significance values were Bonferroni-corrected for multiple tests. * $p < .05$, ** $p < .01$, *** $p < .001$.