Mother’s Babyface and Children’s Happiness: The Dual Mediating Effects of Self-Efficacy and Resilience

Chang-Seok Lee¹, Su Ji Lim²

¹Professor, Dept. of Health, Counseling and Welfare, ²Master’s Student, Dept. of Lifelong Education, Hanseo University, 31962 Korea

ABSTRACT

Background/Objectives: The purpose of this study was to analyze the dual mediating effects of self-efficacy and resilience in the effects of mother’s babyface on their children’s happiness.

Method/Statistical Analysis: Data were collected through surveys. The surveys were conducted for mothers of children attending in elementary and junior high schools. 307 copies were used for the final analysis. SPSS PC + Win. 23 and SPSS PROCESS macro 3.1 were used to analyze descriptive statistics, frequency analysis, reliability analysis, correlation analysis, and double mediation effect analysis.

Findings: Research findings were as follows. First, there was a significant positive correlation among mother’s babyface, self-efficacy, resilience, and happiness. Second, the indirect effect of self-efficacy was verified in the relationship between mother’s babyface, and happiness of children. On the other hand, indirect effects of resilience did not appear in the relationship between mother’s babyface and children’s happiness. Indirect effects of self-efficacy and resilience on the relationship between mother’s babyface, and children’s happiness were verified.

Improvements/Applications: These results can be applied to increase children’s happiness by using mothers’ variables such as mother’s babyface, self-efficacy and resilience.

Keywords: Mother’s babyface, Happiness, Self-efficacy, Resilience, Dual Mediating Effects

Introduction

Happiness is the greatest goal that humans pursue. This happiness is the cognitive and emotional evaluation of life and is defined as the degree of positive judgment of an individual’s qualitative level of life, rather than a momentary feeling or mood, and more like a relatively constant sense of security.¹² It also means to feel satisfied and pleased with life, and to feel and think that life is worthwhile.³ These components of happiness have been consistently studied, including cognitive life satisfaction, frequent positive emotions, and low frequency negative emotions.¹

In addition, Lee et al.⁴ reported that from qualitative research, Korean and Canadian students responded that family, important relationships with others, and personal ability as the most frequent elements of happiness, which differed in their rankings. Similar factors have been extracted in a study on the components of happy life in Korean adults.⁵ In relation to children, Lee⁶ developed the Infant Happiness Scale and suggested nine components such as immersion, spirituality, and life satisfaction, as components of the scale. This happiness is not only the diversity of definition, but also the diversity of components, and academicians are also accepting it.

Studies have shown that children’s happiness is ranked low. According to the International Comparison of Happiness Index in 2017, Korean children and adolescents feel material happiness is the second highest in the world, while subjective well-being is the lowest in the 20th rank.⁷ Therefore, the problem of improving the happiness of Korean children is imperative and must be studied.

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The most important factor promoting the child’s happiness is the parent factor. Parents are members of society who produce children within the primary group of families, play primary responsibilities and roles in the socialization of their children, and affect all aspects of their children’s lives. However, recent studies have shown that mother’s babyface and appearance management behavior, affect not only their own development, but also their children’s development.8,9

The face is particularly important for human adaptation to a particular environment, because the face expresses much information that is crucial for a successful social relationship.10 The mother’s babyface is the face of an adult with the characteristics of a baby face, and a psychology that makes her to appear to be younger than her actual age.11 In this way, while it started from a psychological desire, there are studies that the mother’s babyface helps to form a positive image of her relative to how others perceive her.

Adults with young faces are perceived as a fixed idea, in that they are relatively more trustworthy, honest, kind, and warm relative to adults with mature faces in legal, business, and political contexts. 9,12-14 Also, there is a study by Chang and Chen15 that investigated how a doctor’s babyface affected people’s perception and judgment before and after the occurrence of medical fraud. The physician with the babyface showed higher expectation, satisfaction, and intended fulfillment of the patient than the adult face doctor. These mother’s babyface effects are defined as the schematic theory, and people use the scheme mother’s babyface stereotypes to evaluate and judge others.16,17

In addition, According to subject relationship theorists, infants with a positive image of their mother are emotionally well controlled,18 able to correctly perceive and express their own emotions, and be proud of them.19 Positive image formation of the infant to the parents has a positive influence on the infant’s environment, and the infant’s social and emotional development. Therefore, it is also crucial to identify if the mother’s babyface affects the children’s happiness.

Variables affecting the happiness of the child are self-efficacy. Self-efficacy is not a perceived skill, but a belief in an ability to do what he or she can in any situation. It is not about beliefs associated with an performing certain actions. This is about beliefs associated with an ability to integrate and harmonize skills and abilities in changing and challenging situations.20

Another variable that affects children’s happiness is resilience. Resilience is a very abstract and complex concept. It is defined as the ability to return to the former adaptation level, after losing the function when an individual experiences adversity or difficulty,21 the power to take all forms of adversity and difficulties that come upon as a stepping stone,22 the positive strength to overcome, and adversity to overcome a hard life and adversity,23 and the cognitive ability to overcome crisis or adversity, and return to a happy or positive state.24

People with high resilience do not perceive risk factors as negative or threatening positives, but rather often give positive values to the risks they face.25 In addition, a person with a high resilience sees himself or herself with an opportunity to mature in search of positive meaning and positive values in the process of overcoming suffering and adversity.26 It is necessary to identify mothers’ impact on their children in the high resilience of mothers.

On the other hand, domestic studies on the mother’s babyface are mainly focused on the make-up technique,27 and the study that mother’s babyface image make-up indirectly affects happiness via makeup motive and appearance management behavior.11 There is also a study that the interaction of mother’s babyface image make-up awareness and appearance management behavior, has a significant effect on subjective well-being.11 However, since research on the mother’s babyface is at the beginning stage, there is no study about the relationship between the mother’s babyface and children’s happiness.

In addition, based on the previous research, it is predicted that mother’s babyface will directly affect the happiness of children, but it is also meaningful to understand if resilience and efficacy mediate these relations. According to previous studies,27 resilience and self-efficacy have been reported to play a mediating role, although they have direct effects. Therefore in this study, we tried to understand the serial double mediating effects of the resilience and efficacy.

The purpose of this study was to analyze the dual mediating effects of self-efficacy and resilience in the effects of mother’s babyface on their children’s happiness. To achieve this goal, research questions were set as follows. First, what is the correlation between mother’s babyface, efficacy, resilience and children’s happiness? Second, does self-efficacy and resilience mediate the relationship between mother’s babyface and children’s happiness in a double serial fashion?
Method

Research Model: To determine if self-efficacy and resilience mediate in the relationship between mother’s babyface and children’s happiness, we developed the following research model based on previous studies. [Figure 1].

Survey subjects and methods of data collection: Data were collected through surveys. The surveys were conducted for mothers of children attending in elementary and junior high schools in T county, Chungcheongnam-do, June-July, 2018. The questionnaire was distributed to 350 mothers and collected after 1-2 weeks. 307 copies were used for the final analysis except for the unfair responses.

Research Tools

Mother’s Babyface: Based on 6 items of face image scale developed by Song,32 6 items used by Park33 and image management behavior developed by Park33 we developed the question, sought the expert advice to secure facial validity, tested reliability, and finally developed the mother’s babyface scale. Each item was rated on a 5-point Likert scale from “1=not at all” to “5=very agree”. The higher the score, the higher the level of mother’s babyface. In this study, the Cronbach alpha for negative evaluation was .93

Self-efficacy: The self-efficacy scale (SES) developed by Sherer et al.34 was modified, and used to suit the subject of the application. The scale consists of 23 items and consists of two subscales: general self-efficacy 17 items and social self-efficacy 6 items in interpersonal relationship. Each item was rated on a 5-point Likert scale from “1=not at all” to “5=very agree”. The higher the score, the higher the self-efficacy. In this study, the Cronbach alpha for negative evaluation was .912

Resilience: Based on the Resilience Quotient Test (RQT) of Reivich and Shatte,28 we used the Korean Resilience Quotient-53 (KRQ-53) modified by Kim.29 The scale consists of 53 items and is divided into three sub-factors: self-control ability, interpersonal ability, and affirmative ability. Each item was rated on a 5-point Likert scale from “1=not at all” to “5=very agree”. The higher the score, the higher the recovery power. In this study, the Cronbach alpha for negative evaluation was .912

Happiness: To measure the child’s happiness, the Infant Happiness scale developed and validated by Lee6 was used. This scale is intended to respond to the degree of happiness of a child whose parents are originally attending an early childhood education program, and has nine sub-factors: commitment, health, spirituality, peer relationship, teacher relationship, cognition and achievement, emotion. It consists of 36 items and each item was rated on a 5-point Likert scale from “1=not at all” to “5=very agree”. The higher the score, the higher the happiness of the child perceived by the parent. In this study, the Cronbach alpha for negative evaluation was .944.

Data Analysis: In this study, we used SPSS PC + Win. 21.0 and SPSS PROCESS macro 3.2. First, to analyze the general characteristics of the subject, frequency analysis was used, to analyse the internal consistency reliability coefficient, Cronbach’s α was used, and to determine the correlation between the variables, Pearson’s correlation coefficient was used. Second, we used the SPSS PROCESS macro proposed by Hayes30 to identify the mediating effect of efficacy and resilience in the relationship between mother’s babyface and children’s happiness. The serial double mediation effect test used bootstrap. The number of samples was set at 5,000, and the confidence interval was set to 95%.

Results and Discussion

Correlation analysis was performed to determine the correlation between variables. There was a significant positive correlation among mother’s babyface, self-efficacy, resilience, and happiness. In particular, the correlation coefficient between self-efficacy and resilience was the highest at r = .827, followed by resilience and happiness at r = .707. Descriptive statistics of all variables showed that the average score exceeded the median score of 3.
Table 1: Analysis of correlation and descriptive statistics

<table>
<thead>
<tr>
<th></th>
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<th>2</th>
<th>3</th>
<th>4</th>
<th>M</th>
<th>SD</th>
</tr>
</thead>
<tbody>
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<td>1.Mother’s babyface</td>
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<td></td>
<td></td>
<td></td>
<td>3.1382</td>
<td>0.77568</td>
</tr>
<tr>
<td>2.Self-efficacy</td>
<td>.508**</td>
<td>1</td>
<td></td>
<td></td>
<td>3.456</td>
<td>0.66487</td>
</tr>
<tr>
<td>3.Resilience</td>
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<td>.827**</td>
<td>1</td>
<td></td>
<td>3.5825</td>
<td>0.59795</td>
</tr>
<tr>
<td>4.Happiness</td>
<td>.515**</td>
<td>.707**</td>
<td>.651**</td>
<td>1</td>
<td>3.7044</td>
<td>0.57646</td>
</tr>
</tbody>
</table>

**p<.01

To examine the serial dual mediating effect of self-efficacy and resilience in the relationship between mother’s babyface and children’s happiness SPSS PROCESS macro model 6 proposed by Hayes was used. As a result of analysis, and self-efficacy also had a significant effect on the children’s happiness (0.4352, p<.001), and efficacy had a significant effect on resilience (0.7345, p<.001). In addition, while mother’s babyface did not have a significant effect on resilience (0.0160, p>.05), resilience had a significant effect on child’s happiness (0.1922, p<.01).

On the other hand, the total effect of the path between mother’s babyface and the child’s happiness was 0.3827 (p<.001), while the direct effect of the path between mother’s babyface and the children’s happiness was reduced to 0.1533(p<.001). Mother’s babyface has a significant effect on self-efficacy, which then has a significant effect on resilience, and resilience has a significant effect on children’s happiness. In addition, the total effect of pathways between mother’s babyface and happiness are greater than direct effects. Those results means that there is a dual mediation effect. Therefore, dual mediation effect, that is, indirect effect was verified.

These results are based on the assumption in the previous study that efficacy affects resilience, and that these two variables mediate in the relationship between mother’s babyface and children’s happiness. As a result of the analysis, the dual mediation effect was verified. Therefore, it is also effective to use the double-mediated relationship of efficacy and resilience as well as the mother’s babyface to enhance children’s happiness.

![Figure 2: Result of path analysis](image)

**p<.01, ***p<.001

Table 2: Result of path analysis

<table>
<thead>
<tr>
<th>Variable</th>
<th>Effect</th>
<th>SE</th>
<th>t-value</th>
<th>p</th>
<th>LLCI</th>
<th>ULCI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mediating variable model (Dependent variable: self-efficacy)</strong></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Constance</td>
<td>2.0903</td>
<td>.1367</td>
<td>15.2941</td>
<td>.0000</td>
<td>1.8213</td>
<td>2.3592</td>
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<tr>
<td>Mother’s babyface</td>
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<td>.0423</td>
<td>10.2927</td>
<td>.0000</td>
<td>.3520</td>
<td>.5184</td>
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<tr>
<td><strong>Mediating variable model (Dependent variable: resilience)</strong></td>
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<tr>
<td>Constance</td>
<td>.9937</td>
<td>.1067</td>
<td>9.3158</td>
<td>.0000</td>
<td>.7838</td>
<td>1.2036</td>
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<td>Mother’s babyface</td>
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<td>.0288</td>
<td>.5566</td>
<td>.5782</td>
<td>-.0407</td>
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<td>Self-efficacy</td>
<td>.7345</td>
<td>.0336</td>
<td>21.8485</td>
<td>.0000</td>
<td>.6684</td>
<td>.8007</td>
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<tr>
<td><strong>Dependent variable model (Dependent variable: Happiness)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Constance</td>
<td>1.2255</td>
<td>.1403</td>
<td>8.7323</td>
<td>.0000</td>
<td>.9493</td>
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<td>Mother’s babyface</td>
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<td>.0335</td>
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<td>.0000</td>
<td>.0875</td>
<td>.2191</td>
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<td>Self-efficacy</td>
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<td>.0625</td>
<td>6.0565</td>
<td>.0000</td>
<td>.2557</td>
<td>.5019</td>
</tr>
<tr>
<td>Resilience</td>
<td>.1922</td>
<td>.0666</td>
<td>2.8880</td>
<td>.0042</td>
<td>.0612</td>
<td>.3232</td>
</tr>
</tbody>
</table>
Table 3 shows the indirect effects of self-efficacy and resilience using bootstrap. There is no zero in the upper and lower limits of bootstrap in indirect effect 1. Therefore, the indirect effect of self-efficacy was verified. On the other hand, indirect effects of resilience in the relationship between mother’s babyface and children’s happiness did not show any indirect effect because there is zero in the upper and lower limits of bootstrap. The indirect effect of self-efficacy and resilience in the relationship between mother’s babyface and children’s happiness was confirmed, because there was no zero in the upper and lower limits of bootstrap. Therefore, the dual mediating effect were verified.

These results are in agreement with previous research that resilience and efficacy play mediating roles. Therefore, this study identified one path that mother’s babyface affects self-efficacy, self-efficacy affects resilience and finally resilience affects children’s happiness. It is necessary to develop a specific program that can enhance the happiness of children by using this path.

Table 3: The indirect effect of self-efficacy and resilience

<table>
<thead>
<tr>
<th>Path</th>
<th>Effect</th>
<th>Boot SE</th>
<th>BootLLCI</th>
<th>BootULCI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total effect</td>
<td>.2294</td>
<td>.0310</td>
<td>.1682</td>
<td>.2887</td>
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<tr>
<td>Ind 1: Mother’s babyface → Self-efficacy → Happiness</td>
<td>.1649</td>
<td>.0349</td>
<td>.0977</td>
<td>.2356</td>
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<tr>
<td>Ind 2: Mother’s babyface → Resilience → Happiness</td>
<td>.0031</td>
<td>.0065</td>
<td>-.0094</td>
<td>.0172</td>
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<tr>
<td>Ind 3: Mother’s babyface → Self-efficacy → Resilience → Happiness</td>
<td>.0614</td>
<td>.0228</td>
<td>.0186</td>
<td>.1064</td>
</tr>
</tbody>
</table>

**Conclusion**

The purpose of this study was to analyze the dual mediation effect of self-efficacy and resilience in the effects of mother’s babyface on their children’s happiness. First, there was a significant positive correlation among mother’s babyface, self-efficacy, resilience and happiness. Second, the indirect effect of self-efficacy was verified in the relationship between mother’s babyface and children’s happiness. On the other hand, the indirect effects of resilience did not appear in the relationship between mother’s babyface and children’s happiness. The indirect effects of self-efficacy and resilience on the relationship between mother’s babyface and children’s happiness were verified.

Based on the results of the study, the following suggestions for future research are presented. First, it is necessary to develop a variety of programs that can enhance children’s happiness through the recognition of the importance of mother’s babyface and management of mother’s babyface. Second, it is necessary to collect and study mothers of the whole country, to expand generalization possibility of the results of the research. Third, self-efficacy and resilience were used as a mediator between the mother’s babyface and children’s happiness, but it is also desirable to analyze the mediating effect by using other positive variables in future studies.

Despite the limitations of this study, this study is meaningful in that it is the first study to analyze the mediating variable by putting positive psychological variables in the relationship between mother’s happiness and children’s happiness.

**Ethical Clearance:** Not required

**Source of Funding:** Self

**Conflict of Interest:** Nil

**REFERENCES**


