Mother - Daughter Relationship's links to Daughter's Self-Esteem and Life Satisfaction

Anne-Kız İlişkisinin Yetişkin Kızın Benlik Saygısı ve Yaşam Doyumuyla İlişkisinin İncelenmesi

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Abstract: This study examines the relation of mother - daughter relationship to an adult daughter's self-esteem and life satisfaction. 426 university students with a mean age of 21.62 (*SD*= 2.35) participated in the study. Adult Mother - Daughter Questionnaire, the Rosenberg Self-Esteem Scale and the Satisfaction with Life Scale were administered. The canonical correlation analysis revealed that three indicators of mother - daughter relationship (*connectedness*, *interdependency*, and *trust in hierarchy)* and the two indicators of well-being (*self-esteem and life satisfaction*) were significantly interrelated. In addition, the multiple regression analysis showed that connectedness has the strongest relationship with both life satisfactions, and self-esteem whereas interdependency was found to be negatively correlated with self-esteem only. The results were discussed in the light of the related literature.

Keywords: mother-daughter relationship, self-esteem, life satisfaction.

Öz: Bu çalışmada, anne - kız ilişkisi ile kızın yaşam doyumu ve benlik saygısı göz önünde tutularak iyi olma hali arasındaki ilişkinin incelenmesi amaçlanmıştır. Çalışmanın katılımcıları yaş ortalaması 21.62 (*SD* = 2.35) olan 426 kız üniversite öğrencisinden oluşmaktadır. Veri toplama sürecinde Anne - Yetişkin Kız Ölçeği (Rastogi, 1995), Rosenberg Benlik Saygısı Ölçeği (Rosenberg, 1965) ve Yaşam Doyum Ölçeği (Diener, Emmons, Larsen, & Griffin, 1985) kullanılmıştır. Anne - kız ilişkisi ölçeğinin alt ölçekleri (bağlılık, karşılıklı bağlılık ve hiyerarşiden kaynaklanan saygı) ile iyi olma halinin iki bileşeni olan yaşam doyum ve benlik saygısı arasındaki ilişkiyi incelemek üzere kanonik korelasyon ve hiyerarşik çoklu regresyon analizleri kullanılmıştır. Bu analiz sonuçları anne - kız ilişkisi ile kızların iyilik hali (yaşam doyumu ve öz saygı) arasında olumlu pozitif ilişki olduğunu göstermiştir.

Anahtar Sözcükler: anne - kız ilişkisi, benlik saygısı, yaşam doyumu.

The importance of the mother - daughter relationship in the lives of both women has been a point of discussion for decades since Karen Horney (1967) particularly emphasized it. Several theories in the field of psychology highlight the role of mother in across life-span of daughters. From a psychoanalytic perspective, Chodorow (1978) stated that the progression of the Oedipus complex or the Electra complex is more difficult and more confusing for girls, because a mother constitutes not only the primary object of love but also a rival as the first model for a daughter. If a daughter experiences a conflict between the processes of differentiation, which results in developing self and the maintaining the attachment with her mother, the relationship between mother and daughter would be ambivalent (Chodorow, 1978).

However, even this ambivalent relationship remains significant in a daughter's life (Notman, 2006) because the relationship with the mother is believed to be a source of strength for a woman (Walter & Davie, 1988). Similarly, all other theories ranging from object relation theories, attachment theories, and feminist to intergenerational theories pointed out that mothers and their way of interacting with their daughters determine their self-identity as well as the way of interaction within their social environments (e.g., Gilligan, 1993). The relationship between mother and daughter is considered important for several reasons. First of all, mothers are the main caregivers (Shannon & Shaw, 2008). Mothers spend more time with their children than fathers, regardless of their job status (Craig, 2006). Secondly, mothers are

often supposed to be liable for transferring values and preparing their children as functioning members of the society (Johnson, 2000). Mothers are believed to be the most important role models for their daughters (Chodorow, 1989), and daughters associate with their mothers more than with their fathers (Starrels, 1994). Thirdly, the attachment style to mother or any caregiver predicts the quality of future relationships (Bowlby, 1988).

In fact, the existing empirical studies provide some evidences that the mother - daughter interaction has a significant role on the development of subjective well-being of daughters. However, most of the studies interested with maternal responsibilities and the majority of these studies conducted with relatively young daughters. For example, in a study by Martin (2003), the participants who considered their mothers as a successful parent also reported higher global self-esteem. A mother's being the image and the primary role model in a woman's life are considered to be the primary reasons for the significant role of mother - daughter relationship in the improvement of the daughters' self-esteem (Greene, 1990a, b; Thornton, Chatters, Taylor, & Allen, 1990). Other researchers add that this relationship may play a protective role for daughters' psychological health which in turn further strengthens the healthy mother - daughter relationships (Baruch & Barnett, 1983; Kitamura & Muto, 2001). Finally, women's self-esteem, role and life satisfaction have been observed to be significantly related to the relationship with the mother if perceived as a loving and accepting person with low hostility and low psychological control (Sholomskas & Axelrod, 1986; Dauglass, 2005; Turnage, 2004).

Given the importance of the relationship between mother and daughter, examining the nature of their relationship appears to be imperative. However, very few researchers have explored the different aspects of this relationship. Among these researchers, Rastogi (2002) defined the three dimensions in a mother - daughter relationship based on the premises of different theoretical approaches. She reported that these three dimensions should be valid across cultures. These three dimensions are *connectedness, interdependency, and trust in hierarchy*. *Connectedness* that is based on the Feminist "Object Relations Theory" is defined as "the ability to share their feelings and opinions as well as to make sacrifices within the context of the adult daughter - mother relationship (Rastogi, 2002; p.146). In this definition, connectedness refers to behavioral indicators, which reflect caring regardless of the frequency of physical contact and represents affective attachment to the relationship. *Interdependency* means the advice taking behavior

and help-seeking in emotional and practical issues and at the same time feeling free to make their own decisions both for mothers and daughters without any negative connotations. This dimension of the relationship was suggested based on the attachment approaches. Finally, *trust in hierarchy*, which was brought forward by Rastogi (2002) and based on the intergenerational family therapy, refers to the presumption that older women know the best about their daughters. This dimension also does not carry any negative connotations; rather it signifies respect for mother's wisdom and experience. Among these three dimensions, connectedness seems to gain the most amount of attention from the researchers. The studies show that the maternal connectedness has a relation with reduced risk behaviors (e.g. Aronowitz & Morrison-Beedy, 2004) and prevents the youth from becoming smokers (e.g. Tilson, McBride, Lipkus, & Catalano, 2004).

Overall, the relationship between adult daughters and their mothers frequently involves closeness, intimacy, and support, that is, the sharing of a deep bond across their life-spans. Interdependence and emotional connection are found as higher in mother and daughter relationship than other dyads (Fischer, 1991). Such discussion in the literature indicates that the relationship between the mother and the daughter plays a crucial role in a woman's self-definition. Thus, the mother - daughter relationship appears to be important for healthy development of the daughter and her quality of life, yet, what specific characteristics of the adult daughter - mother relationships are related to daughter's subjective well-being seemed to be less studied. Furthermore, majority of the related studies represent this phenomenon in a context of particular Western countries. However, substantial number of researchers reported that culture plays an important role on child rearing practices and self-identity formation (e.g., Kagitcibasi, 2010) which in turn may impact the attachments between parents and offspring. Moreover, Rastogi (2002) points out to the importance of hierarchy for mother - daughter relationship, which may have particular importance on the life of an adult daughter in a collectivistic culture. In this sense, more international empirical research is needed to substantiate the relations of mother - daughter relationship regarding its specific characteristics with well-being of the daughters in a different cultural context. Therefore, the main goal of this study is to provide further cross-cultural validity for the assertion that good relationship between mothers and their adult daughters results in a healthy self-esteem and higher life satisfaction. Unlike the previous studies, this study conceptualizes mother

- daughter relationship with its three dimensions namely connectedness, interdependency, and trust in hierarchy. The main hypotheses of the study read as the three indicators of the mother - daughter relationship (connectedness, interdependency, and trust in hierarchy) are correlated with two indicators of adult daughters' well-being (self-esteem and life satisfaction).

Method

Participants and Procedure

Convenient sampling has been used to reach the participants, who are 426 female university students. The age average of the participants is 21.62 (*SD* = 2.35) ranging from 18 to 36. The undergraduate students accounted for 373 (87.6 %) of the participants while 53 (12.4 %) of them were graduate students. All of the participants' mothers were alive. 88 (20.7 %) of the participants have lived separately from their mothers before their university education and the other 338 (79.3 %) lived together. At the time of the data collection from the participants, 118 (27.7 %) of them lived in the same city with their mothers and 94 (22.1 %) of them lived in the same household with their mothers. 308 (72.3 %) of the participants were residing in different cities away from their mothers. These demographic variables were found to be unrelated (all p>.05) to the mother - daughter relationships measured with MAD scale. Research Center for Applied Ethics Committee of METU approved the research. For data collection, available courses were selected and permissions from the instructors of each class were granted. In each class, the purpose of the study was explained and the instruments were administered to the voluntary participants.

Instruments

Mother and Adult Daughter (MAD) Questionnaire: Mother - Adult Daughter Questionnaire was developed by Rastogi (1995) to measure various aspects of the current mother - daughter relationships. The instrument consists of 18 items with a five point Likert-type scale ranging from "very false (1)" to "very true (5)". Nine items measure the connectedness (sample item, 'I can share my intimate secrets with my mother.'), 3 items measure the interdependence (sample item, 'I often depend on my mother for advice.'), and 6 items measure the trust in hierarchy (sample item, 'Sometimes I will give in to my mother out of my respect for her.'). Rastogi (2002) explains that the scores of the "Connectedness" subscale range from 9 to 45 for closeness, higher scores indicating greater closeness. The Cronbach's alpha values were reported

as .87 for the connectedness subscale, .74 for the "Interdependency" subscale, and finally .77 for the "trust in hierarchy" subscale. The Turkish adaptation of the scale has been made by Onaylı, Erdur-Baker, and Aksöz (2010) and the structure with two factors has been reported with the internal reliability coefficients of .90 for the "connectedness" subscale, .88 for "trust in hierarchy" subscale. These authors also reported satisfactory test-retest (with three weeks interval) reliability and the convergent validity [r = .69 with the short version of the Inventory of Parent and Peer Attachment (Günaydın, Selçuk, Sümer, & Uysal, (2005)].

In analyzing the samples of this study, confirmatory factor analyses were utilized to examine the two models; the three factor model originally developed by Rastogi (2002) and the two factor model from the Turkish study conducted by Onaylı, Erdur-Baker, and Aksöz (2010). The results of the CFA revealed an inadequate model fit for the three-factor structure [χ^2 (132) = 904.392, p =.00, NFI = .83, CFI =.85, and RMSEA = .12]. To improve the model, modification indices have been examined to see if additional paths can be added to the model. Then, results showed an acceptable fit indices [χ^2 (124) = 497.612, p=.00, NNFI = .91, CFI = .93 and RMSEA = .08]. Therefore, the results suggest that three factor model of the study has been confirmed with the present data.

A second confirmatory analysis was performed for the two factor model, which is the Turkish adaptation of the original. Results indicate an inadequate model fit for the two factor model [χ^2 (134) = 1038.183, p =.00, NNFI = .80, CFI= .83 and RMSEA = .13]. To improve the model, modification indices were examined to decree if additional paths can be added to the model. Then, results revealed an acceptable fit [χ^2 (122) = 473.960, p = .00, NNFI = .92, CFI = .93 and RMSEA = .08]. There is not a big difference between these two models; therefore, the original factor structure with three factors was preferred for the remaining analysis.

For the current sample, the reliability coefficiency of the total questionnaire estimated by Cronbach's alpha is .93. The internal consistency coefficients for the subscales of MAD are .90 for "Connectedness" subscale, .83 for "Interdependence" subscale, and .88 for "Trust in Hierarchy" subscale.

Rosenberg's Self-Esteem Scale (RSES): The Rosenberg Self-Esteem Scale (RSES) was developed in order to measure global self-esteem by Rosenberg (1965). It is the most widely used global self-esteem measure. It is a 10 items Likert type scale. Items are in the form of statements related to overall feelings

of self-worth, self-approval and, confidence *(e.g., 'On the whole I am satisfied with myself.')*. Statements are rated on a four point scale ranging from strongly agree (4) to strongly disagree (1). Higher scores indicate higher self-esteem. Scores between 25 and 35 have been accepted within the normal range; scores below 25 represents low self-esteem. Previous studies indicated that the reliabilities for the scale ranged from .72 to .88 (Gray-Little, Williams, & Hancock, 1997). Çuhadaroğlu (1986) translated the scale into Turkish. The correlation coefficient of the Turkish version of RSES was found to be .71. This scale has been used in many Turkish studies and resulted in sufficient reliability and validity scores. In the current study, the internal reliability coefficient was calculated by Cronbach's alpha and found to be .87.

The Satisfaction with Life Scale (SWLS): The Satisfaction with Life Scale (SWLS) has been developed by Diener, Emmons, Larsen, and Griffin (1985) to measure global life satisfaction. The SWLS is a five-item Likert scale on a five point scales ranging from strongly agree (7) to strongly disagree (1). Higher scores are related to higher life satisfaction. The total score of the scale ranges from 5 to 35. Diener, Emmons, Larsen, and Griffin (1985) explain that the alpha coefficient is .87, and the test-retest correlation coefficient is .82. Köker (1991) developed the Turkish version of the scale. Köker (1991) reports an internal consistency coefficiency of .80, and a test-retest reliability coefficient of .85. The internal consistency coefficient was .83 on the life satisfaction scale of the present sample.

Some demographic information was also sought such as the age of the participants, years in education, the status of their mothers (whether they are alive or not), and their living arrangement (whether they live with their mothers or not).

Data analyses

Before conducting the main analysis, missing value analysis (MVA) and expectation maximization (EM) were used to handle the missing data in the questionnaire, factor structure and internal reliability of MAD were tested and the assumptions of canonical correlation (missing data, outliers, linearity, homoscedasticity, multicollinearity and multivariate normality) and multiple regression (sample size, multicollinearity, homoscedasticity, linearity, influential observations and independence of error) were checked (Tabachnick & Fidell, 2007). Upon examining the descriptive statistics of the research variables (see Table 1), the canonical correlation analysis was utilized to examine interrelationships between the mother daughter questionnaire's (MAD) subscales and the two indicators of well-being, namely life satisfaction and self-esteem. Additionally, two simultaneous multiple regressions (one for self-esteem and another for life satisfaction) were calculated to further investigate how much the sub factors of MAD contribute to the self-esteem and the life satisfaction of the adult - daughter.

Results

Descriptive statistics for 426 female university students' scores on each scale and the zero-order correlation coefficients were summarized in Table 1. The life satisfaction was found to be significantly correlated with connectedness, interdependency and trust in hierarchy. The self-esteem was also significantly correlated with connectedness. The interdependency and trust in hierarchy exhibited no statistically significant correlations with self-esteem.

In order to explore the interrelationship between mothers and adult daughters and well-being scores, two different correlational approaches were adopted. Firstly, how the best linear combinations of the independent variables (connectedness, interdependency, and trust in hierarchy as three levels of adult daughter - mother relationship) are related to the best linear combinations of the dependent variables (self-esteem and life satisfaction as the indicators of well-being) was examined. Secondly, multiple regression analyses were conducted to predict the value of self-esteem and life satisfaction independently from a linear function of the adult-

Table 1. *Descriptive Statistics and Zero Ordered Correlation Coefficients among the Variables*

Variables	M	SD	2	3	4	5
1 Connectedness	37.80	5.43	.73*	.54*	.24*	.27*
2 Interdependency	11.70	2.56	-	.71*	.07	.18*
3 Trust in hierarchy	19.88	4.79		-	.04	.14*
4 Self-esteem	28.46	4.23			-	.39*
5 Life-satisfaction	22.70	5.62				-

*p<.05

daughter - mother relationship levels (connectedness, interdependency, and trust in hierarchy). The results of the multiple regression analyses revealed more detailed information about how each dimensions of mother - daughter relationship interacts with both life-satisfaction and self-esteem while confirming the results of canonical correlation which enables to display nature of the overall interrelationships between two sets of variables.

In terms of canonical correlation, the mother - daughter relationship variables (first set of variables) were defined as independent variable sets. The well-being variables (second set of variables) were defined as dependent variable sets. There are two results of canonical correlation. The first canonical coefficient is greater than .30 (Hair, Anderson, Tatham, & Black, 2006). It is .33 (11 % overlapping the variance); therefore, it is significant and has been used to explain the results ($p < .05$). The mother - daughter relationship variables are significantly correlated with the well-being variables ($\chi2$ (6) = 54.36, $p=.00$) in the first canonical variate. As a result, the first canonical variate accounts for the significant relationships between the two sets of variables. Results of canonical correlation analysis are presented in Table 2.

With a correlation cut-off of .30 (Tabachnick & Fidell, 2007), the mother - daughter relationship set indicates that it is correlated with the first set of variables that are connectedness (-.94), interdependency (-.45) and trust in hierarchy (-.30). The variables in the well-

Table 2. *Correlations, Standardized Canonical Coefficients, Canonical Correlations, Percentages of Variance, and Redundancies between Mother Adult Daughter Relationship and Well-being Variables*

	First Canonical Variate	
	Correlations	Coefficients
Mother - adult daughter relationship		
Connectedness	-.94	-1.39
Interdependency	-.45	.43
Trust in hierarchy	-.30	.10
Percentage of Variance	.40	
Redundancy	.04	
Well-being		
Self-esteem	-.85	-.63
Life satisfaction	-.81	-.57
Percentage of Variance	.69	
Redundancy	.07	
Canonical Correlation	.33	

being set shows that well-being is correlated with the second set of variables that are self-esteem (-.85) and life satisfaction (-.81). The canonical loadings for the factors of mother - adult daughter relationship and well-being are higher than .30 and prove that the change in the connectedness, interdependency and trust in hierarchy is significantly parallel to the change in self-esteem and life-satisfaction of the daughters (*Figure 1*).

The "Percent of Variance" values are used to evaluate the strength of the relation between a variate
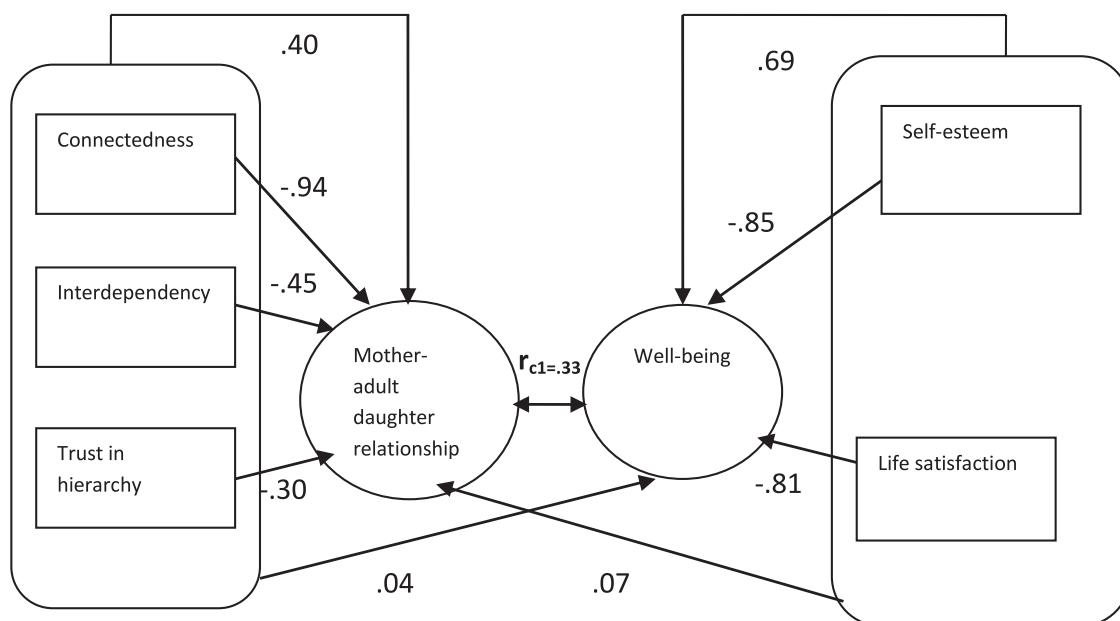

Figure 1. *Relationships among Variables and Canonical Variates.*

of the equation and variables on the same side. The percentage of values indicates that the first set of variables account for 40 % of the mother - daughter relationship; and the second set of variables account for 69 % of the well-being variables. The "Redundancy" values are used to evaluate the strength of the relation between a variate of the equation and variables on the other side. The redundancy values, 4 % of the total variance of mother and daughter relationship, are clarified by all of the well-being variables; and

7 % of the total variance of well-being variables can be explained with all of the mother - adult daughter relationship variables.

Upon examining the interrelationships between the indicators of well-being and the adult daughter - mother relationship, two independent simultaneous multiple regression analyses were conducted to determine the predicting power of connectedness, interdependency and trust in hierarchy on self-esteem and life satisfactions of the daughters. The

Table 3. *Summary of the Regression Analysis for the Variables Predicting Self-esteem*

Criterion Variable	Predictors	B	SE B	β	t	R²
Self-esteem		20.19	1.47		13.76	.08*
	Connectedness	.33	.06	.41	5.95*	.08*
	Interdependency	-.36	.15	-.20	-2.39*	.01*
	Trust in Hierarchy	-.04	.07	-.05	-.68	.00

*$p<.05$

results revealed a significant model for self-esteem ($F3,422=12.589$, $p < 0.000$; with Adjusted R square value of = .076) as well as for life satisfaction ($F3,422=11.533$, $p < 0.000$; with Adjusted R square value of = .069).

According to the analyses, connectedness and interdependency were significantly correlated with self-esteem, while only connectedness appeared to be significantly correlated with life satisfaction (See Table 3 & 4).

Table 4. *Summary of the Regression Analysis for the Variables Predicting Life Satisfaction*

Criterion Variable	Predictors	B	SE B	β	t	R²
Life Satisfaction		12.62	1.76		7.17	.08*
	Connectedness	.29	.07	.30	4.38*	.04*
	Interdependency	-.36	.15	-.03	-.39	.00
	Trust in Hierarchy	-.04	.07	-.01	-.08	.00

*$p<.05$

Discussion

This study examined the relatedness of mother - adult daughter relationships to the well-being of adult daughters. The results of the study showed that connectedness, interdependency, and trust in hierarchy as indicators of the mother - daughter relationships were closely related to the indicators of well-being; self-esteem and life satisfaction. These relationships confirmed the importance of the mother - daughter relationship's nature in daughter's life. More specifically, adult daughters have higher level of life satisfaction and self-esteem if they feel connected, interdependent, and trust the hierarchy in their relationship with their mothers.

However, multiple regression analyses revealed more details about how individual dimensions of mother - daughter are related to self-esteem and life satisfaction. According to the results, different aspects

of the mother - daughter relationship exhibited a varying degree of relation to self-esteem and life satisfaction. Among these variables, connectedness seems to have the strongest correlation with both self-esteem and life satisfaction followed by interdependency, which is closely related to self-esteem. Trust in hierarchy is found to be unrelated to both self-esteem and life satisfaction of Turkish adult daughters.

Previous studies already provided evidence that a healthy development of children (especially girls) has close links with maternal care. For example, Barnett, Kibria, Baruch, and Pleck (1991) claimed that while a positive parent-child relationship created higher level of well-being, a negative relationship would result in psychological distress. Other research findings also pointed out that the relationship between mother and daughter was related to the psychological growth and well-being of the daughter (Donovan, 1999;

Kitamura, & Muto, 2001). In line with the previous studies, this study provides further evidence that the relationship with mother continues to be important even in a daughter's adult life. However, different dimensions of mother - daughter relationship may have different functions. The findings of this study on the importance of connectedness are very much parallel to the previous studies. As Grotevant and Cooper (1998) reported, the parental connectedness has an important role in decreasing the risk of negative psychological and behavioral outcomes in adolescents and increasing power of the girls. Aronowitz and Morrison-Beedy (2004) also reported that young adolescent African-American girls would become more resilient if they possessed high level of maternal connectedness. Based on the results of this study and the previous international studies, connectedness seems to be a universal aspect of mother and daughter relationship, and it leads to better self-esteem and life satisfaction.

However, the findings on the negative correlation of interdependency with self-esteem and lack of correlation with life satisfaction were unexpected. That is, daughters who had a higher interdependency in their relationship with their mother reported lower self-esteem. Previous studies indicated that the interdependency contains intimacy, aid to give each other (Rastogi, 1995) and an attachment feeling (Thompson & Walker, 1984). Interdependency was conceptualized by Rastogi (2002) as 'emotional and practical mutual dependency' through seeking help and advice from the mother. Unlike Rastogi's (2002) assertion, the results of this study suggest that asking help and / or asking the mother for advice may have negative connotations in terms of self-esteem for Turkish daughters. Trust in hierarchy was found to be unrelated to both self-esteem and life satisfaction. Trust in hierarchy is also claimed to be positive in the context of mother - daughter relationship by Rastogi (2002). She claimed that this aspect of relationship should be more pertinent in collectivist cultures in which daughters deferred to their mothers regardless of their ages.

These findings of the study are reminiscent that cultural context do play a role in how the mother - daughter relationship is perceived and interpreted. In the case of the Turkish context, daughters seem to presume less attachment but more independency to their mothers. According to the Turkish daughters, higher level of self-esteem and life satisfaction were equated with sharing feelings and ideas, making sacrifices without being interdependent and deferring to their mothers. These results indicate that the Turkish daughters' perceptions on how their relationships with mothers are related to their well-being are different from both collectivist and individualistic cultures. Actually, Turkish culture's properties have already been defined as differing from both collectivistic and individualistic cultures by previous researchers. Turkey is considered a "modernized collectivistic country" (Hamon & Ingoldsby, 2003) where close family ties are still very much valued (Uskul, Hynie, & Lalonde, 2004). Furthermore, Turkish culture was defined with material independency yet emotional interdependency (Kağıtçıbaşı, 2005). That is, while younger people make their own decisions for their life, they maintain emotional interdependence on their parents. Therefore, the findings of this study produced some more questions regarding the more intricate details of the mother - daughter relationship and its relations to adult daughter's well-being.

Finally, this study has some limitations and suggestions for future studies. First of all, the sample of the study consisted of female university students reached via convenient sampling procedure. The generalizability of the results is limited to relatively younger daughters. Therefore, the results of the study should be cross-validated with different samples, especially with differing age groups. Such studies should be helpful to further validate the MAD scale. The results of this study provided further evidence that MAD scale produced valid and reliably scores for international samples. As Rastogi (2002) pointed out culture sensitive instruments should be helpful to further understand the role of cultural context, where adult-daughter and mother relationship took place. A previous Turkish study (Onaylı, Erdur-Baker, & Aksöz, 2010) recommended two factor structures for the instruments namely connectedness (with inter-item correlation coefficients of .90) and trust in hierarchy (with inter-item correlation coefficients of .88). This previous study also reported satisfactory test-retest reliability and convergent validity. The results of the present study confirmed that both two factors and three factors might work well but the future researcher(s) should check the factorial structure of the scale for their own samples. In this study, the findings are only based on daughters' reports. Work with the mothers as well as their daughters is recommended. In addition, collecting more data on mothers such as their marriage status, education levels, and social status can help demonstrate how these variables affect the quality of the relationship. A study employing qualitative methodology would allow researchers to obtain more in-depth information about the relationships. In this study the relation between the mother-daughter relationship and well-being of the daughters was examined. For future studies, it is recommended that the father-daughter relationship, mother-daughter relationship and the concert of the family should be examined together to analyze the well-being of daughters with supplementary determinants.

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