

Relationship Between Holistic Development and Independent Living Capabilities Among Adolescents Living in Residential Care Facilities

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Abstract

Adolescents in residential care experience multiple types of adverse childhood experiences, and such experiences have negative effects on their capabilities. This study explored the relationships of nine aspects of the Holistic Development Capabilities with three aspects of independent living capabilities by analyzing data from 223 participants living under residential care using multiple linear regressions. The results indicated that physical health,

health risk, community connection, attachment, and growth in the face of adversity were related to independent living capabilities. In addition, career exploration and interest was negatively associated with negligence or maltreatment in residential care and a history of having violated the Juvenile Justice Act. This study makes four recommendations: (1) assessments the impact of adverse experiences on independent living capabilities; (2) expand adolescents' capacity for career decision-making by using the positive youth development model; (3) promote autonomy and decision-making skills among adolescents; (4) develop resilience and social support networks.

Keywords: Adversity Childhood Experiences, Capabilities Approach, Social Support, Resilience, Positive Youth Development