

# Standing together: Is family a resilience factor for subjective wellbeing?

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## Abstract

The paper focuses on the relation between individual wellbeing and social support in the form of family ties. In particular, it aims at investigating the role of family as a resilience factor for subjective wellbeing. Here, the work uses the recent economic crisis as an external source of individual stress to challenge the protective role of family. The hypothesis is that closest family's relations constitute a buffer against unforeseen economic uncertainty. The empirical application uses a pooled cross section coming from the national survey "Aspect of daily life" over the time period 2010-2015 and assess the impact of different family types on life satisfaction and satisfaction with life domains. Results confirm the protective role of family ties against drop in subjective wellbeing. Precisely, couples display a consistent higher probability of being satisfied with life as a whole, with economic resources, health, family and friends relations, whereas single persons display higher probability of being satisfied with leisure time and their work, and single parents are found to be the weaker family type with the smaller probability of achieving subjective wellbeing.

**key words** : subjective wellbeing; family structure; resilience; marriage; economic crisis

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