## objectives

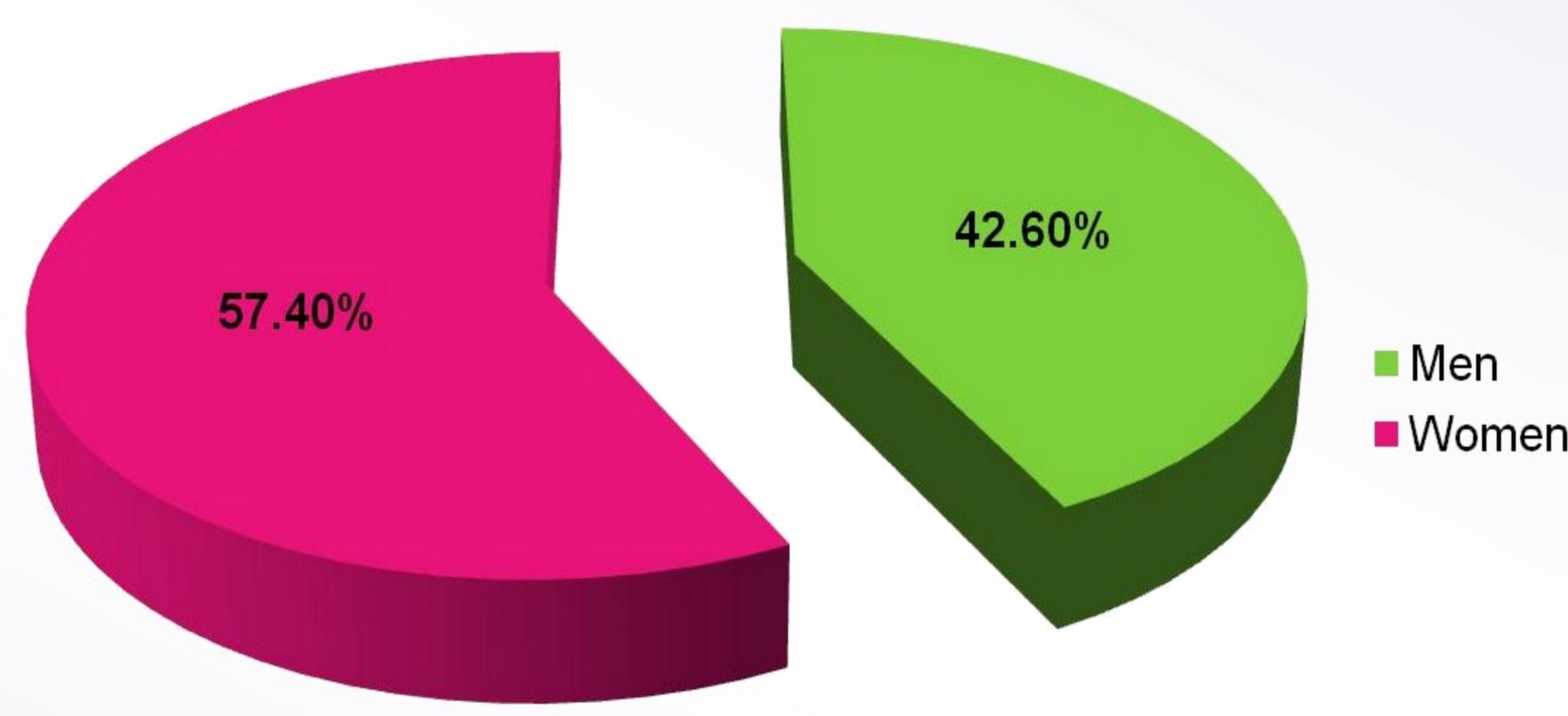
Based on the approach of positive adolescent development (Lerner et al., 2005), which emphasizes the study of the strengths that contribute to the healthy development of young people, this study was designed, in which adolescent psychological well-being is considered as an indicator of mental health (Keyes, 2007) and the perception of responsibility as a strength that contributes to this being (Benson, 2002).

The present study aimed to analyze the relationship between perceived responsibility and psychological well-being in Mexican adolescents.

Patricia Andrade Palos\*, Diana Betancourt Ocampo\*\* y Carlos Omar Sánchez Xicotencatl\* \*Universidad Nacional Autónoma de México \* \* Universidad Anáhuac México Norte

## Methods

We conducted a non-probability sample of 1147 adolescents, with an average age of 16.5 years (SD = 1.13).



### Instruments

To evaluate the perception of responsibility designed a Likert scale of five items with four response options (never to always) ( $\alpha$ =.76). Psychological wellbeing was measured with the scale of Gonzalez (in press) consisting of six dimensions; is a Likert scale with four response options (strongly agree to strongly disagree).

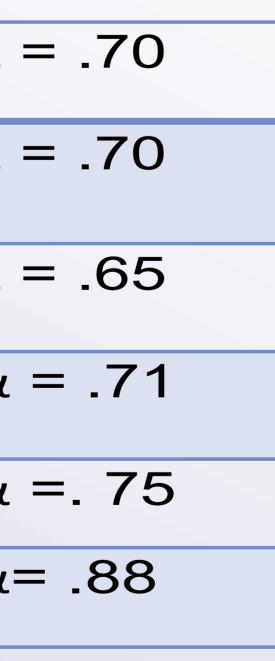
Personal growth	4 items	α =
Personal control	3 items	α =
Future plans	4 items	α =
Self-acceptance	4 items	α =
<b>Positive relationships with others</b>	5 items	α =
Purpose of life	4 items	α=

### Procedure

Applications are performed as a group in the classroom with school permission and consent of the students.

# The Responsibility Associated with Psychological Well-being of Mexican Adolescents

### Sample



### Results

Correlation analyzes were performed by sex, in order to know whether the associations were similar in men and women. The results showed significant correlations between perceived responsibility and the six dimensions of psychological wellbeing. For males, the highest correlations were with personal growth, purpose in life and future plans. In women were personal growth, future plans and personal control. That is, young people are seen as more responsible, and fulfilling their commitments and homework, and trying to do things without errors perceive greater psychological wellbeing. The responsability represents internal strength (Benson, 2002) that contributes to psychological well-being of adolescents, but it takes more research with respect to other internal and external strengths that explain the healthy development of adolescents.

### Women

Responsibility Personal growth Positive relationships with others Purpose of life Self-acceptance Future plans Personal control

Responsibility Personal growth Positive relationships with others Purpose of life Self-acceptance Future plans Personal control

Responsibility	Personal	Positive relationships	Purpose	Self-	Future	Personal
	growth	with others	of life	acceptance	plans	control
1						
.468**	1					
.224**	.402**	1				
.315**	.441**	.235**	1			
.260**	.306**	.286**	.133**	1		
.324**	.566**	.318**	.610**	.173**	1	
.324**	.376**	.280**	.218**	.270**	.189**	1
Responsibility	Personal	Positive relationships	Purpose	Self-	Future	Personal
			•			
	growth	with others	of life	acceptance	plans	control
1	growth	with others	of life	acceptance	plans	control
1 .419 <sup>**</sup>	growth 1	with others	of life	acceptance	plans	control
1 .419 <sup>**</sup> .245 <sup>**</sup>	growth 1 .371 <sup>**</sup>	with others 1	of life	acceptance	plans	control
	1	with others 1 .239 <sup>**</sup>	of life	acceptance	plans	Control
.245**	1 .371 <sup>**</sup>	1	of life	acceptance	plans	
.245 <sup>**</sup> .298 <sup>**</sup>	1 .371 <sup>**</sup> .372 <sup>**</sup>	1 .239**	1	acceptance	n	