The aim of this study was to analyze the quality of family relationships and their influence on the adjustment of young people during emerging adulthood. Special attention was paid to sex differences and living inside or outside the family home. Our sample consisted of 1502 undergraduate students between the ages of 18 and 29 years ($M= 20.32$, $SD= 2.13$). Results showed that boys and girls perceive positive family relationships. However, girls perceive better family relationships than boys. Furthermore, girls perceive differences in family relationships depending on whether they live inside or outside the family home. Positive family relationships are significantly related to the high level of young people’s well-being. These results support the idea that, in addition to childhood and adolescence, the quality of the relationships with parents remains an essential element for psychological adjustment of young people during their thirties.