



## A CORRELATIVE STUDY OF FAMILY ENVIRONMENT AND RESILIENCE OF ADOLESCENTS

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### Abstract

*The needs of Adolescent's are very distinct and specific. Family members should take utmost care in handling the problems faced by adolescents. This sequentially eases the adolescents to grow as resilient individuals. Adolescence has always been an area of interest for the researchers due to complexities in it. The focus of the study was to find out the correlation between the family environment and resilience of adolescents. The sample of 403 adolescents (223 boys and 185 girls) studying in various schools located in Hyderabad and Ranga Reddy Districts of Telangana State was taken for the study. The instruments used were Family Environment Scale and Connor Davidson resilience scale (CD-RISC). For the data analysis various statistical techniques like Pearson's product moment correlation and Multiple Regression were used. The results indicated a clear correlation between family environment and resilience of adolescents.*

**Keywords:** Family Environment, Resilience, Adolescents.



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### Introduction:

Adolescence is discerned as critical period in human life. It can be described as transitional period in one's life. It is a time of both disorientation and discovery. Family environment, schooling, peer group, relationships, events in life can make adolescents well-adjusted, resilient, vulnerable and non adjusted.

### Family environment

Family is a universal body of individuals living together, tied up in a bond called marriage. Family is a major support system for an individual. It is a supremely interdependent system. Family is an enduring bond of parent and off springs whose primary function are the socialization of the child and satisfaction of its members. In every culture, family as a fundamental factor plays a vital role in shaping the adolescent personality. The growing expansion of the field of Positive Psychology has increasingly led researchers to investigate the impact of the family on psychological adjustment. Some studies have shown that favourable characteristics of family interactions and parenting are associated with the presence of positive psychological conditions, such as perception of higher self-esteem (Bean

& Northrup, 2009; Frank, Plunkett, & Otten, 2010; Musito, Jiménez, & Murgui, 2007) and self-efficacy (Guo, Deng, Liang, & Yan, 2009; Hoeltje, Zubrick, Silburn, & Garton, 1996; Oliver & Paull, 1995), especially in adolescence.

### **Resilience**

Resilience embodies the personal qualities that enable one to thrive in the face of adversity. ... Resilience is a multidimensional characteristic that varies with context, time, age, gender, and cultural origin, as well as within an individual subjected to different life circumstances. (Connor & Davidson, 2003, p. 76). Werner (1992) refers to resilience as positive capacity in which individuals exhibit positive behavioural adaptation when they faced significant adversity or trauma in their life. Richardson (2002) defined resilience as the process of coping with adversity that contributes to development of protective factors. Warmth family relationship of parents helps to reduce family conflict and children mental illness (Luther & Zingler, 1991). Positive family environment and warmth parenting play a fundamental role to foster resilience. According to Flener (2005) children having highly educated parents, grown up in positive environment tend to more resilient and they have better physical as well as psychological health.

Children who perceived good peer support, positive connection in school, higher family perception and positive feedback of teachers showed more resilient than other children who do not perceived these types of factors (Gonzalez and Padilla, 1997). According to Sameroff, et.al (1993) proposed that adolescent with higher level of self-esteem, effective parenting teaching, better internal locus of control and lower level of parenting criticism, product higher level of resilience.

### **Objective**

To examine the influence of the family environment of the adolescents on their resilience.

### **Hypothesis**

The family environment of the adolescents would positively influence their resilience.

### **Participants**

A sample of 408 adolescents (223 males and 185 females) was selected randomly from five different schools of Hyderabad and Ranga Reddy districts of Telangana State, India. These students were in the age group of 13 to 16 years.

### **Measures**

The following instruments are used in the present study

1. The Family Environment Scale developed by Bhatia and Chadda (1993)
2. Connor Davidson resilience scale (CD-RISC) (2015)

**Results and discussion**

This section examines the influence of family environment on resilience of adolescents. To examine the influence of family environment on resilience of adolescent students, the product moment correlation coefficient between family environment and resilience is computed and presented. Family environment in the present study is conceptualised in terms of eight dimensions (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation organization and control) while resilience is a unitary construct. The correlation coefficients computed between the dimensions of family environment and resilience is computed and presented in table 1

**Table 1 Means, Standard Deviations and Correlation Coefficients between Family Environment and Resilience**

Variables	Mean	SD	Correlation Coefficient
1. Cohesion	51.58	6.723	.435**
2. Expressiveness	31.54	4.490	.395**
3. Conflict	39.22	5.917	.281**
4. Acceptance and Caring	43.99	5.600	.460**
5. Independence	29.06	4.224	.246**
6. Active Recreational Orientation	29.13	4.425	.310**
7. Organization	5.835	1.270	.087
8. Control	14.77	2.884	.173**
9. Family Environment Total	245.13	25.266	.465**

\*\* p<.01

From table 1 it can be observed that the correlation coefficient computed between the family environment total score and resilience score is positive and found to be significant. The correlation coefficient computed between the different dimensions of family environment with resilience is positive and found to be significant (p<.01), except for one dimension of family environment. This indicates that there is a significant positive relationship between family environment and resilience of adolescents.

From table 1 it can be observed that the seven dimensions of family environment namely cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, and control have shown to have a significant positive relationship with resilience.

( $p < .01$ ). As shown in the table 1 organization, one of the dimensions of family environment has no significant relationship with resilience ( $p > .01$ ).

To further assess the relative contribution of each of these eight dimensions of family environment on resilience, the data was subjected to stepwise multiple linear regression. Resilience scores were treated as dependent variable and the eight dimensions of family environment were treated as independent variables. The results obtained are presented in table 2

**Table 2 Results of Multiple Linear Regression Analysis with Dimensions of Family Environment Predicting Resilience**

Variable	F	df	Adj. R <sup>2</sup>	B	Sig.
Dependent Variable: Resilience	45.164**	3,404	.251		
Acceptance and Caring				.269	.000
Expressiveness				.153	.006
Cohesion				.154	.019

**\*\*p<0.001**

The stepwise multiple regression analysis ended in three steps, at the third step, only three dimensions of family environment entered the analysis and emerged as significant predictors of resilience. The results displayed in table 2 are the results obtained at the end of the third step. It can be observed that the regression model is found to be significant ( $F=45.164$ ,  $df=3,404$ ,  $p<.001$ ), this indicates that there exists a linear relationship between the independent and the dependent variables. Adjusted R<sup>2</sup> value of 0.251 from table 2 indicates that only twenty-five percent of the variation in the resilience scores is accounted to the three dimensions of family environment that have entered into the analysis. Further all the standardised regressions coefficients from table 2 are found to be significant ( $p<.01$ ). This indicates that the three dimensions of family environment namely, acceptance and caring, expressiveness, and cohesion, have emerged as significant predictors of resilience. The table also indicates that the other four dimensions of family environment namely conflict, independence, active recreational orientation, organization, and control has no significant contribution towards resilience of adolescents.

### **Conclusion**

Results of the present study shows that most of the dimensions of family environment showed positive and significant correlations with resilience. In conclusion good family environment

promotes resilience among adolescents. Family environment influences resilience of adolescents.

### **References**

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