



WELL- BEING AMONG ADOLESCENTS IN RELATION TO FAMILY CLIMATE

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ABSTRACT

The purpose of the research is to find out the relationship between well-being and family climate of adolescents. Participants of the study are 640 secondary school adolescents from the state of Punjab. Survey was used to study well-being and family climate of adolescents. The findings show that a significant relationship exists between well-being and family climate of adolescents. Overall it can be further concluded that the good family climate of adolescent leads to high well-being among adolescents and bad family climate of adolescent leads to low well-being among adolescents. When adolescents perceive their family climate as more autonomy supportive and responsive to their needs, they are less anxious, less depressed and report higher levels of overall life satisfaction.

KEYWORDS: Well-being, Adolescents, Family Climate.

INTRODUCTION

Adolescence is a phase of rapid growth and development during which physical, physiological and behavioral changes occur. India has the largest adolescent population in the world (UNFPA Report 1998). India is home to 253 million adolescents; young people in the age group of 10-19 years. They constitute more than 1.2 billion worldwide, and about 21% of Indian population.

Adolescence is a developmental period, filled with many challenges. Early development theorists, particularly, Erickson (Erickson, 1959) have defined the period of adolescence as one of identity versus role confusion, in which adolescents must determine who they are, combining their self-understanding and social roles into a coherent identity. Adolescents form a socially important segment of the population. Apart from physical health, a positive social health constitutes holistic health of the adolescents. Prevalence of sexual abuse, violence and physical abuse are increasing among the adolescents. In India, data on adolescents from national surveys including National Family Health Survey III (NFHS-3), District Level Household and Facility Survey III and Sample Registration System call for focused attention with respect to health and social development for this age group. Most of the physiological, psychological and social changes within the person take place during this period of life and all these changes affect the well- being of adolescents.

CONCEPTUAL FRAMEWORK

Well-being in adolescence is an increasing field of study. Psychological well-being, as a component of quality of life, has been a field of important developments during the last two decades. Adolescent well-being is a comprehensive construct that includes the ability to acquire knowledge, skills, experience, values, and social relationships, as well as access to basic services, that will enable an individual to negotiate multiple life domains, participate in community and civic affairs, earn



income, avoid harmful and risky behavior, and be able to thrive in a variety of circumstances, free from preventable illness, exploitation, abuse and discrimination. It also refers to the ability of the surrounding society (e.g., family, peers, community, social institutions) to support those aspects of well-being. Adolescent well-being depends on the full realization of rights outlined in the Convention on Rights of the Child (CRC) to protection and support related to family and other social institutions, health, employment, juvenile justice, religion, culture and identity (Edberg 2009).

Due to the increasing maladjusted behavior manifested by adolescents and against the proven empirical facts that a person is not necessarily inherently stressful, it is necessary to have a look at the factors that contribute to well-being of individual. Last decade's research has highlighted the relationship between well-being of adolescents with various other factors such as locus of control, stress, coping, meaning of life and family climate and parental autonomy –support & parent relationship with adolescents (Kunhikrishan and Stephen 1992; Sehgal and Sharma 1998; Rathi and Rastogi 2007; Vandeleur et al. 2009; Seaton and Yip 2009, Lekes et al. 2010 ; Walsh et al. 2010; Vera et al. 2011 and Schlabach 2013).

Family climate is a term used to describe the family context, including family conflict, support, warmth, control, and autonomy. Family climate usually refers to the environment, both physical and emotional, and the state of the family whether it is good, bad, dysfunctional etc. (Knapp, 1993).

Kundu (1989) concludes that, a close emotional relationship between parents and the child affects the inculcation of effective emotional relationship. Rejection and broken homes in the form of separation divorce, desertion and death of a parent or denial of advantages of privileges, punishment, threats and humiliation, poor socioeconomic conditions also affect the social adjustment and behavior of the child.

Psychologists have consistently proved that the proper development of the child is impossible without a good family climate or home environment. It is the family which provides most of the early environmental influence upon the personality which remains throughout life. It is the greatest socializing agency in all contemporary cultures. According to national survey of child and adolescent well being (NSCAW) 1997-2014, adolescences well-being depends on the capacity of their family to nurture and care for them. Close relationships, healthy open communication, and perceived parental support are especially important during adolescence, as children experience many physical and emotional changes. Research shows teens who have positive relationships with their parents are less likely to engage in various risk behaviors, including smoking, fighting, and drinking. They are also less likely to report symptoms of depression and more likely to report high levels of perceived well-being. Adolescents who report difficulty talking with their parents are more likely to drink alcohol frequently, have problems with binge drinking, smoke, and feel unhappy (especially girls) (Aufseeseret al 2006).

Researches endorse that family climate of adolescents have strong impact on coping style (Shulman 1987) moral reasoning (Pratt et al 1999), loneliness (Johnson et al 2001), mental health and anxiety (Dixit and Sharma 2011). There is strong and positive relationship between family climate and adolescents well-being (Mcmillan and Hiltonsmith 1982; Mechanic and Hansell 1989; Gauze et al 1996) family factor plays an important role in promotion of well-being among adolescents (Shek 1997; 2006; Vandewater and Lansford 1998; Aufseeseret al (2006).

The development of adolescence occurs to a large extent, within the particular climate and culture of the family of which they are a part. Within a particular family system the child learns, when and how to express feelings, manage conflicts, and negotiate differences. The general climate of family teaches the child certain norms, values and interpersonal skills which benefit him when he interacts with the larger environment outside the family. The psychological temper of the family in the form of interpersonal attitude in a growing child, acts as a chord and an important determinant of behavioral propensities including well-being. Close relationships, healthy open communication and perceived parental support are especially important during adolescence as children experience many physical and emotional changes. Researches show that adolescents who have a positive relationship with their parents are less likely to engage in various risk behaviors including smoking, fighting and drinking. They are also less likely to report symptoms of depression and more likely to report high levels of perceived well-being.

Research Question

To find out the relationship of well-being and family climate of adolescents.

Hypothesis of the Study

There is no significant relationship between well-being and family climate of adolescents.

Methodology

For the present study descriptive method of research was used to investigate the relationship between well-being and family climate of adolescents.

Sample

The present study was conducted on 640 secondary school adolescents from the state of Punjab. The total sample for the study was selected by multistage randomization, meaning thereby, randomization was followed at the district, tehsil, block, school and student level. The sample of the present study was raised from four randomly selected districts of Punjab viz., Ludhiana, Moga, Gurdaspur and Ferozepur out of the total twenty two districts. For the study, ten schools (five rural and five urban) were picked up at random per district.

Data Collection Tools

Quantitative method was used to collect and analyze data obtained from respondents. Well-Being Scale (WBS) by Singh and Gupta (2001) and Family Climate Scale (FCS) by Shah (1990) were used to address the research objective.

Result and Conclusion

To investigate the above said hypothesis, technique of coefficient of correlation was used.

Table .1 Showing the relationship between well-being and family climate of adolescents (N= 640)

Variable	Coefficient of Correlation	Level of Significance
Well- being	.848	Significant at .01 level
Family climate		

The above Table shows that the coefficient of correlation between well-being and family climate of adolescents as 0.848 which was significant at .01 level of confidence which indicates that a significant relationship exists between well-being and family climate of adolescents. This leads to rejection of above said Hypothesis i.e. There is no significant relationship between well-being and family climate of adolescents. Hence it can be concluded that the good family climate of adolescent leads to high well-being among adolescents and bad family climate of adolescent leads to low well-being among adolescents.

DISCUSSION OF THE RESULT

The results of the data analysis pertaining to the relationship between well-being and family climate of adolescents indicate a significant and positive relationship between well-being and family climate of adolescents. Hence, it can be concluded that the good family climate of adolescents leads to high well-being among adolescents and the poor family climate of adolescents lead to low well-being among adolescents. These results are in line with the previous researches. Aufseeser et al. (2006) also indicated that family environment can be a strong source of support for developing adolescents.

When the child rearing environment provides a situation that empowers the adolescents to develop the autonomous-self, it contributes to healthy development and well-being of young people (Kocayoruk et al. 2015). A strong positive relationship between adolescents' sense of well-being and time spent with adults in leisure and recreational activities in the home environment was found in the study conducted by

McMillan&Hiltonsmith (1982). It was observed by Shek (1997) that in general, adolescents' perception of parenting styles, family functioning and parent-adolescent conflict were significantly related to scores on measures of psychological well-being, school adjustment and problem behavior.

Results of the study are also in line with studies done by Lohman& Jarvis (2000); Mcmillan&Hiltonsmith, (1982); Phillips, (2012); Shek, (1997, 2006); Vandewater& Lansford (1998); who revealed that family factor plays an important role in promotion of well-being and psychological health among adolescents. Thus where adolescent health is concerned, clearly the family matters, and parents matter (Aufseeser,et al. 2006).

Psychologists have consistently proved that proper development of the child is impossible without a good family climate or home environment. It is the family which provides most of the early environmental effect upon the personality which remains throughout life. It is the greatest socializing agency in all contemporary cultures. When adolescents perceive their family climate as more autonomy supportive and responsive to their needs, they are less anxious, less depressed and report higher levels of overall life satisfaction.

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