

Examine the Role of Family Environment to the Development of Psychological Resilience among Urban and Rural Adolescents

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ABSTRACT

The present study examined the role of family environment to the development of psychological resilience among urban and rural adolescents. The sample consisted of 120 adolescents were selected for the study which includes 60 urban and 60 rural from Kolhapur districts. Random sampling method was used for the data collection. Resilience was measured by Adolescent Resilience Questionnaire (Deirdre Gartland, 2006) and family environment was measured by Family Environment Scale (Bhatia and Chadha, 1993). The Method of central tendency was used for data analysis and computes the Mean, SD and calculated 'r' and 't' values. The results indicated that there is a positive correlation between resilience and family environment among urban and rural adolescents. Whereas the mean score of rural adolescents is more than urban adolescent with respect to resilience and family environment, it's showed that the level of resilience and family environment among rural living adolescents is higher than that of urban living adolescents. The findings also indicated that there is no significant difference found between resilience and family environment among urban and rural living adolescents.

Keywords: Resilience, Family Environment, Urban and Rural residency, Adolescents.

In recent time 'Positive Psychology' or 'Psychological Strength' is important branch which gives valuable contribution in the field of psychology (Seligman 2000). During the period of Aristotle, Plato and Socrates studying the concept of "Good Life" it means positive activities of human life. Seligman and Csikszentmihalyi (2000) argued that every human being has the certain capacity which helps him to protect from mental illness. Some of the capacities may be referred as optimism, courage, future mindedness, interpersonal skills, work ethics, hope, honesty perseverance, and capacity for flow and insight In the period of 1980's and 1990's researchers introduced the concept of well-being, optimism, self-efficacy, resilience, hardiness etc which are the positive capacities in human personality.

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In 21st century variety of behavioral problems has increasing day by day in the society. Every individual face many of psycho-social difficulties during their life course. Many of people strives these stressful situations very easily and they recover quickly from adverse events this is a positive capacity we called as 'resilience'. In the field of positive psychology 'resilience' is relative new concept which researchers have taking interest in it. Resilience means the capacity of 'bounce back' from adverse situations in the life. Resilience has a long history and deep roots. In 1970's and 1980's researchers focus their attention on resilience and studied scientifically manner. The concept of resilience introduced of the world with the study of psychopathology, medicine and education field (Masten, 1989; Masten Coatwort, 1988). Werner (1992) refers to resilience is positive capacity in which individuals exhibit positive behavioral 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. Resilience consisted two components that is resistance against destructions (as personal capacity to protect his or her integrity under stressful situations), and the ability to constructed a positive life in spite of adversity (Vanistendael, 1995). According to Ann Masten (2001) Resilience is an "ordinary magic." Masten's concept of ordinary magic identified two aspects of resilience research. First aspect explored that many people show resilient responses to significant life challenges, in other words, resilience is not a rare and extraordinary capacity but it is common characteristics found in every individuals'. Second aspect is a lack of extraordinariness. Resilience is not from superman ability but it is arises from everyday features of people's lives. Resilience is "pattern of behavior and functioning indicative of positive adaptation in the context of significant risk and adversity" (Masten and Coatsworth, 1998).

Family Environment

Family is universal it consists of people living with each other by the concept of marriage. In the whole world individuals can't live without family. Family plays an important role in every stage of human development. Family is a best source for person when he or she is in a problem. According to Oxford Dictionary family is the body of person who lived in one house it consisting children, parents and servant etc., a person's children reared collectively; consisting parents and their children, whether live together or not and those descended or claiming descent from a common ancestry. Family is the most important institute in whole society where a person related by blood with each other and this is the place of security, promise and comfort and with the help of marriage they live together. Several studies have shown that individuals are influenced by their family. In the field of developmental psychology studies found that during the development of children they are influenced by their family members especially mother and father play a vital role in the this process. How parents behave to their children and to what extent this factor has impact on children development. Family consisting many of factors like family environment, interactions of family members, parent-child relationship, sibling relationship, socio-cultural aspects of family, communication skills etc. Many of studies proved that family is a significant unit of

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community having great impact on the physical, emotional and social development of individual.

Relationship between Resilience and Family Environment

In current literature of resilience researchers focus on family factors which gives valuable contribution for building resilience of children, adolescents and adults. Resilient family faced this stressful situation with positively. Numerous children are exposed to difficulties during their physical as well as emotional development. Parental support and good home environment are fundamental factors to the development of resilience. The family environment is influenced by many of factors like nature of family structure, parental socio-economic status, family members, sibling relationship, and religious background of the family. 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 for promoting 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.

Significance of the study

The present study examines the role of family environment to the development of resilience among urban and rural adolescents. Adolescence is very difficult period in the development of every personality. During the life course individuals face many of difficulties and stressful life events and resilience is a very important capacity to recover quickly from these negative life events. Family environment play a lead role to the development of resilience. Positive family environment and warmth parenting is always beneficial for adolescents development. In this present study author identify to what extent in Indian context family environment play an important role to the development of resilience with respect to urban and rural living area. To reveal above fact I undertook the present study.

Objective

1. To find out the level of family environment among urban and rural adolescents.
2. To find out the level of resilience among urban and rural adolescents.
3. To find out the significant difference between family environment and resilience among urban and rural adolescents.
4. To study the relation between family environment and resilience among urban and rural adolescents.

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Hypotheses

1. There will be significant difference between family environment among urban and rural adolescents.
2. There will be significant difference between resilience among urban and rural adolescents.
3. There will be significant difference between resilience and family environment among urban and rural adolescents.
4. There will be significant positive relationship between family environment and resilience.

METHODOLOGY

Participants

The sample consisted of 120 adolescents with 60 of urban area and 60 of rural area from Kolhapur City. Age range of the participants is 13 to 19 years. Subjects were selected randomly.

Instruments

The data was collected with help of following instruments.

1. **Adolescent Resilience Questionnaire: (ARQ)** This scale was constructed by Dr. Deirdre Gartland (2006) was used to evaluate resilience. The scale has 88 items with five domains: Individuals, Family, Peers, School and Community. Items comprise statements with five point Likert responses from 1- Never, 2-Not often, 3- Sometimes, 4- Most of the time, 5- all the time. Higher score indicated greater resilience. The Cronbach Alpha reliability was 0.81 to 0.88. In the present study pilot study has done and calculated the Split-Half reliability with the help of Spearman Brown Formula and it is 0.77.
2. **Family Environment Scale (FES)** This scale was constructed and standardized by Bhatia and Chadha (1993). The present scale consists of three major dimensions 1) Relationship, 2) Personal Growth, 3) System Maintenance. The scale consists of 69 items and each item is associated with 5 alternatives. The overall reliability of the scale reported by the author is 0.95. Both face and content validity were tested for this. The scale was given to 18 experts to evaluate the test items. Thus adequate validity was found.

Procedure

Details information about the purpose of the study was given to the principal of the college and permission was sought. After obtaining the permission from the principal, participants met and they clearly explain the objectives of the study and researcher established good rapport of them. After that participant called 10 to 15 each group and given test and asked them how to respond each question. Participants were given 20 to 30 minutes for each questionnaire and data was collected. Using the manual appropriate raw score was given. The following statistical analysis was done.

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RESULTS AND DISCUSSION

Table no 1: shows mean SD of Resilience among urban and rural adolescents.

RESILIENCE	F1		F2		F3		F4		F5		TOTAL	
	U	R	U	R	U	R	U	R	U	R	U	R
MEAN	141.85	145.57	42.32	42.53	53.32	54.55	55.9	58.57	20.28	20.77	313.67	321.98
SD	11.26	14.10	5.12	6.43	5.80	7.98	6.98	8.26	5.24	4.83	24.84	32.28

The method of central tendency was used for data analysis. As well as correlation coefficient and 't' test was used for determine the differences between resilience and family environment among urban and rural adolescents. Table no. 1 shows the value of mean and SD of resilience and its dimensions among urban and rural adolescents. The mean and SD for total resilience of urban adolescents is 313.67 and 24.84 and for rural adolescents is 321.28 and 32.28. In this study results clearly shows that urban and rural living area significantly influence on terms of resilience and its dimensions. The mean score of resilience for rural adolescents is higher than mean score of urban adolescents.

Table no 2: shows mean SD of Family Environment among urban and rural adolescents.

FAMILY ENVIRONMENT	F1		F2		F3		F4		F5		F6		F7		F8		Total	
	U	R	U	R	U	R	U	R	U	R	U	R	U	R	U	R	U	R
Mean	53.45	55.35	33.62	32.17	41.87	43.53	46.3	47.8	31.5	31.97	28	28.2	8.15	8.45	14.73	14.6	257.62	262.06
SD	7.80	8.22	5.05	4.53	6.78	5.46	7.27	6.94	3.94	4.39	4.57	4.43	1.66	1.76	2.17	2.18	27.53	26.67

Similarly table no. 2 shows mean and SD values of family environment and its dimension among urban rural adolescents. The mean and SD for urban adolescents is 257.62 and 27.53 respectively and mean and SD for rural adolescents is 262.06 and 26.67. Finding indicated that family environment of rural adolescents is higher than urban adolescents.

Table no: 3 shows correlation between resilience and family environment among adolescents.

Variables	N	Mean	SD	'r' value
Resilience	120	317.82	28.98	0.82**
Family Environment	120	259.84	27.04	

(**<0.01 level, *< 0.05 level)

Table no. 3 statistical analysis showed the correlation between resilience and family environment among adolescents. The value of correlation is found 0.82 and this value is

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significant at 0.01 level. It means that there is significant positive correlation between resilience and family environment among adolescents. Previous findings support to current study results, Flener (2005) explored that family context and parents education had play an important role to the development of resilience. Those children parents who had took higher education and children grown up positive family environment had significant positive impact on resilience level as well as physical and psychological well being. Mairean and Turluc (2011) reported that caring parents, high quality of family environment helps to building children's resilience level. Family members like grandparents, uncles, aunt and friends, teachers gave their contribution to the development of resilience among children.

Table no. 4 shows mean, SD and 't' test difference in resilience and family environment among urban and rural adolescents.

Variable	Group	N	Mean	SD	df	't'	Sig.
Resilience	Urban	60	313.67	24.84	118	1.58	NS
	Rural	60	321.98	32.28			
Family Environment	Urban	60	257.62	27.53	118	0.89	NS
	Rural	60	262.06	26.67			

Table no.4 indicated that mean difference between resilience and family environment among urban and rural adolescents. Results show that there is no significant difference between urban and rural adolescence to the development of resilience. Above result 't' value is 1.58 and this is not significant. It's clearly indicated that research hypothesis there is significant difference between resilience among urban and rural adolescents is rejected. In another words area of living did not influencing factor to the development of resilience. The results of the present study consisted with previous findings. Wells (2001) reported that area of living did not influence on the level of resilience. Another findings showed similar results Leonard and Bariola (2015), indicated that no significant difference found between urban and rural living lesbian and gay men.

Similarly table no. 4 indicated that mean difference between family environment among urban and rural adolescents. Results revealed that there is no significant difference between family environment among urban and rural area of living to the development of family environment. The 't' value is 0.89 and it is not significant. Research hypothesis there is significant difference between family environment among urban and rural adolescents is rejected. It means area of residency does not impact on family environment.

CONCLUSIONS

1. There is no significant difference between resilience among urban and rural adolescents.
2. There is no significant difference between family environment among urban and rural adolescents.
3. Resilience and family environment is positively correlated with each other.

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