

Adolescents Well-Being and Family Structure

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ABSTRACT

Human development is characterized by several distinct and unique stages beginning with conception and ending at death. Like all stages of human growth and development, adolescence is an important stage. The present paper gives an overview of the studies and research work related to adolescent well-being and family structure. The base of well-being lies on the ability of any person to cope up with personal or societal as in his or her environment. The base of any coping strategy lies in the family support from the one, who is close to the person, may it be family or friends. The kind of well-being a person group with depends on how strong his family support is. If the support is unconditionally strong, it leads to the positive well-being of person and in turn has pleasure, happiness and satisfaction. But, if family support is detrimental it leads to the negative well-being and hence the suicidal instinct. The present review thus describes and organizes the relationship of family behaviors with adolescents.

Keywords: *Adolescents, Well-Being, Family Structure*

Adolescence is a journey from the world of the child to the world of the adult. It is a time of physical and emotional change as the body matures and the mind becomes more questioning and Independent. Adolescence is defined as the period of transition between childhood to adulthood, that involves biological, cognitive, and socio emotional changes (Larson, Wilson, Brown, Furstenberg & Verma, 2002). It is a critical important stage between childhoods to adulthood. Broadly, it covers three stages; early adolescence (10-13) is characterized by a spurt of growth, and the beginnings of sexual maturation. Young people start to think abstractly. In mid-adolescence (14-15), the main physical changes are completed, while the individual develops a stronger sense of identity, and relates more strongly to his or her peer group, although families usually remain important. Thinking becomes more reflective. In later adolescence (16-19) the body fills out and takes its adult form, while the individual now has a distinct identity and more settled ideas and opinions. These changes take place at a different rate for each individual and can be a period of anxiety as well as pride. Adolescents

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Adolescents Well-Being and Family Structure

are called “golden period” in a person’s life, along with “a period of multiplicity of problems. “This statement also means is, that adolescence is a problem for his/her parents, guardians, teachers and social circle.

Issues during Adolescence

The most common problems faced by the teenagers now a days, adolescents personal issues are, school concern, poor grades, underachievement, disinterest, truancy, behavior concern, social concern, lack of friends, bullying, negative peer influence, emotional concern, depression, anxiety, low self-esteem, threat of suicide, difficulty in managing anger and smoking, alcohol use, excessive risk taking, body image, eating disorder, pregnancy, issues by the family, domestic violence, financial insecurity, family transition, and divorcee parent, remarriage of parent, poverty and unsafe schools.

Well-Being

Well-being is a broad concept that includes experiencing pleasant emotion, low level of negative mood and high life satisfaction. It is not only the lack disease or illness or the absence of anxiety or depression. It is a state of complete physical and social health. Well-being, welfare or wellness is a general term for the condition of an individual or group, for example, their social, economic, psychological, spiritual or medical state; a high level of well-being means in some sense the individual or group's experience is positive, while low well-being is associated with negative happenings. Psychological well-being resides within the experience of individual (Campbell, Convers, & Rodgers, 1976). Psychological well-being is the subjective feelings of contentment, happiness satisfaction with life’s experiences and one’s role in the world of work, sense of achievement, utility belongingness, and no distress dissatisfaction or worry etc. Subjective well-being is defined as a person’s cognitive and affective evaluation of his or her life; these evaluations include emotional reactions to events as well as cognitive judgments of satisfaction of fulfillment. The positive experience embodied in high subjective well-being are a core concept of positive psychology because they make life rewarding.

Family Structure

Family is a source of positive relationship and unique bonds among members and it is the first school of life. Family is a social unit where all members have a close relationship either biological or through marriage. They depend on one another for fulfillment of emotional and practical needs (Suheyl,(2014).

Types of family,

1. **Nuclear family:** A family consisting of a married man & woman and their biological children.
2. **Single parent family:** This can be either a father or a mother who is singly responsible for the raising of a child. The child can be by birth or adoption. They may be a single parent by choice or by life circumstances. The other parent may have been part of the family at one time or not at all.
3. **Joint Family:** both lineally extended and collaterally extended families includes.

Adolescents Well-Being and Family Structure

4. **Lineally extended family:** Head and spouse with married son/daughter and their spouses and parents with or without other not currently married relation.
5. **Collaterally extended family :** Head and spouse with married brother/sister and their spouses with or without other relation including married relation Head without spouse but with at least two married brothers/sisters and their spouses with or without other relations.

Reasons of the Adolescents Problems

The dynamism of Indian society, industrialization and urbanization has resulted increase in nuclear families. Women of the family spend most of their time out side in comparison to older times. Thus, lack of time propels them to spend almost ten hours outside homes. They are kept busy in activities other than school too. Many adolescents feel that their parents do not understand them and their standards of behavior are old fashioned. This is due to the cultural gap than do differences in age. The attention (entertainment) a kid should receive from his/ his family is now received outside. The communication gap is increasing between adolescents and their parents. Some guardians have the tendency of overprotecting the child; as a result, they develop symptoms of over dependency. Over protection develops anxiousness, inattentiveness, as lack of concentration, quick stressing out, lack of self-confidence and high sensitivity towards criticism in adolescents. On the other hand, some guardians grant their children permission for everything or complete freedom, in that situation, child go out of control. Some guardian criticize their children often, their criticism damages their self-confidence. Domestic symptoms environment with frequent quarrel and fights between parents also affects the mentality of children completely.

REVIEW OF STUDIES

As globalization has affected our economic level (standard of living) the society too has witnessed tremendous increase in competition. Thus, parents want to see their children on top. Their love, affection, cooperation has become conditional. The facilities provided to adolescents by their parents are pressuring them. This is one of the major reasons for suicide in adolescents.

Kwoklaisum (1996) has worked on the stress, social support, and psychological well-being of single-parent mothers. Result was found that their stress level of single parenthood is moderately high. There psychological well-being is relatively low as indicated by the findings that nearly 90% of them were having depression symptoms from slightly depressed to highly depressed.

Falci (1997) has worked on The Effects of Family Structure and Family Process on the Psychological Well-Being of Children: From the Children's Point of View. Result indicated that children from divorced homes did not have significantly lower levels of psychological well-being.

Adolescents Well-Being and Family Structure

Rigby & Phillipslee (1999) studied on suicidal ideation among adolescent schoolchildren, involvement in bully-victim Problems, and perceived social support. Results obtained from Self-reports and peer nomination procedures to identify bullies and victims indicated that involvement in bully-victim problems at school, especially for students with relatively little social support, was significantly related to degree of suicidal ideation.

Lanz, Iafrate, Rosnati & Scabini(1999)worked on Parent-child communication and adolescent self-esteem in separated, inter country adoptive and intact on-adoptive families result was found that adolescents from separated families have more difficulties in their relationships with both the mother and the father than their peers, and that adoptive children perceive a more positive communication with their parents than biological children. Moreover, adoptee showed lower self-esteem than the other two groups of adolescents. Lastly, it emerged that male and female adolescents' self-esteem is related to positive communication with both parents in intact non-adoptive families, while no link was significant for maleand female children of divorced parents or for adoptees.

Current Studies

Letvak (2002) worked on the importance of social support for rural mental health social support has been found to have a direct effect on the well-being of families and individuals.

Depression can also lead to the ultimate tragedy - almost 90,000 young people commit suicide each year across the world. (World Health Orgnization2002)

U.s. Department of health & human services, Health resources and services administration. (2003). Has worked on u. s. Teens in our world Rockville, Maryland result was found that 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.

Manning & Lamb (2003) worked on Adolescent Well-Being in Cohabiting, Married, and Single-Parent Families. Result was found that School Performance, on average, compared with peers from intact families, adolescents living with a single mother or with mothers who were remarried or cohabiting experience more behavioral problems and lower levels of academic performance.

Breivik & Olweus, (2006) “worked on Adolescent’s Adjustment in Four Post-Divorce Family Structures: Single Mother, Stepfather, Joint Physical Custody and Single Father Families. Result was found that Family structure is associated with the incidence of depression among youths. Adolescents living in single-mother family structures were more likely to report depressive Tendencies when compared to those living in no divorced two biological parent family structures.

Adolescents Well-Being and Family Structure

Adler-Baeder, & Russell, et al(2009)worked on Thriving in Stepfamilies: Exploring Competence and Well-being among African American Youth, Result indicated that the overall multivariate effect for family structure was not significant.

Singh& Udainiya (2009) Studied on self-efficacy and well-being of adolescent's results revealed a significant effect of type of family and gender on self-efficacy. The interaction between type of family and gender was also found to be significant; however, neither family type nor gender had significant effect on the measure of well-being.

Yasin & Dzulkifli (2010) worked on the relationship between social support and psychological problems among students this study revealed that there were significant negative relationship between social support and psychological problems suggesting that the higher the social support, the lower is the psychological problem.

Sekhri & Lal (2011) worked on a study of depression and social support among adolescents. Result revealed that there is significant gender difference on depression and social support.

Borah (2011) worked on Family Environment and Academic Achievement of Adolescent students of Jorhat District result indicated that the family environment plays a vital role in student's life. It has a positive effect on academic achievement of the students.

Meggiolaro & Ongaro (2012)worked on Family contexts and adolescents' emotional status Results suggested that adolescents living in non-traditional families are not necessarily at higher risk of emotional suffering than others are. Only adolescents who live in stepfamilies show a lower level of emotional well-being than those living in two-biological-parent families and family resources do not mediate this effect.

Uchenna(2013)has worked on The Single-Parenting, Psychological Well-Being and Academic Performance of Adolescents in Lagos, Nigeria. Study revealed that children appeared to profit psychologically and academically when both parents provide aspects of an orderly and nurturing home life.

Vanassche, Sodermans, Matthijs & Swicegood (2013)worked on The Effects of Family Type, Family Relationships and Parental Role Models on Delinquency and alcohol Use Among Flemish Adolescents The results showed that children living in non-intact families are more likely to be delinquent and to drink alcohol at an age it is not legally allowed (below 16 years old). High delinquent behavior is found among boys in single parent families and among girls in stepfamilies. For alcohol use, the reverse is true. A good relationship with the same-sex parent is negatively associated with delinquency. High interparental conflict increases delinquency for boys and alcohol use for girls. Parental role models are highly important, since drinking behavior of parents, and especially the same-sex parent, is positively associated with externalizing problems of Children.

Adolescents Well-Being and Family Structure

Pappa (2013) has worked on Relationship between parent's marital status and the psychological well-being of adolescents in Greece, result was found that a positive parent's child relationship was associated with the adolescent's mental health. The parent's relationship after divorce was also associated with the adolescent's mental health and more specifically with internalizing and externalizing problems.

Siedlecki et al. (2013) Studied on The Relationship between Social Support and Subjective Well-Being across Age and the researcher found that life satisfaction was predicted by enacted and perceived support, positive affect was predicted by family and provided support, And negative affect was predicted by perceived support.

Tewari,& Suryawanshi (2015) has worked on Emotional Need Fulfillment in Adolescents of Joint Family and Nuclear Family: A Comparative Study-A significant difference was found in the level of emotional need fulfillment of adolescents of joint and nuclear family. Subjects from the joint family system were significantly higher at emotional need fulfillment.

Leme, Prette & Coimbra (2015).Studied on social skills social, support and well-being in adolescents of different family configurations. Results indicated that family configuration is not associated with the psychological well-being of adolescents. The social skills of empathy, self-control, civility, social resourcefulness and affective approach as well as the social support appraisals from friends and family were the best predictors of adolescent psychological well-being.

Suggestions to Parents

Expect anything from your children only after well recognizing their endurance and capability. Parents need to increase interactive communication with their children. The more tolerance parents are the more ego strength in the child. Do not over protect them. Do not over control them. The relation should be decent between parents and children. Every woman who is working should spend time with her children. Our children should never be afraid to speak with us. We can have family meetings to solve our problems. Parents must provide a child with unconditional love and care, and must set boundaries and regulations. Talk to your child every day. Talk to your child using that tone and words that you want him to use with others. Express your love every day.

CONCLUSION

Supportive and close family relationships protect your child from risky behavior like alcohol and other drug problems and us like depression. Your support and interest in what your child is doing at school can boost his desire to do well academically too. The family environment can be a strong source of support for developing adolescents, providing close relationships, strong parenting skills, good communication, and modeling positive behaviors. Various studies have shown that domestic support effect positively on mentality of children, I-e, and support received from parents helps adolescent to successfully solve their problem easily. And right to live which is our fundamental right, by which adolescents is deprived of due to

suicide but, support from parents can easily stop it and help them solve their problem, enrich their life's, help them live happily.

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