

Impact of Family Environment on Socio-Emotional Adjustment of Adolescent Girls in Rural Areas of Western Odisha

Research Article

Received: 25 October 2019

Accepted: 29 November 2019

Published: 28 December 2019

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INTRODUCTION

Adolescence of life is one of the important stages of life that

requires proper care and development. This state of life is very sensitive because children are undeveloped due to the lack of decision-making powers. Girls do not know the real life situations. At this juncture of life, girls need proper advice and guidance time. The duration of adolescence is a very important time of life. The problems of adolescents, who are not properly addressed, will lead to our adolescent psychological disturbance, mental imbalance, and physical disorder. Family is the most important primary group of society. It is the simplest and primary form of society, it is the most basic of all social groups and the first is the immediate social environment in which a child is exposed. This is an excellent primary group because it is in the family that the child develops his original view through training and teaching. Every child is born in a family that creates parents and others and because the life of children is initially centered in their families, the environment of the family becomes the primary agent of socialization. Family environment involves conditions and social climatic conditions within families (Rao, 2012). Since each family is made up of different individuals in a different setting, the environment of each family is unique. The kind of child that is born in the family environment, it sets the limits of life adjustment (Onete & Isangedighi, 2011). It also provides the basis for the ability to work during various activities. In this study, the divorced house or family is one where the marriage between the parents has been terminated as a result of some differences between husband and wife.

Divorce between married couples is the disruption of marriage bond. It is to cancel or reorganize the legal duties and responsibilities of the marriage which can be either legally (in court or in church) and fully done. Meyer (2011) defines divorces as legal action among married people so that their marriage can end before the death of either spouse. According to Emery (2013), divorce is a formal legal or socially approved termination of marriage. It is seen by Rappaport (2013) as the end result of marital disorders, which has been developing for some time. Since

Abstract: The present study was conducted in Bhawanipatna of Kalahandi district, western Odisha. The purpose of the study was to assess the effect of the adolescent girls' family environment and their socio-emotional adjustment. A sample of study was included in one hundred teenagers of the age group between 17-18 years. Family Environment Scale (FES) and Adjustment Inventory for School Students (AISS) were administered. Data was analyzed in terms of percentage and multiple regression analysis. The statistical analysis revealed that all the eight family environment factors, viz. cohesion, expressiveness, conflict, acceptance and caring, independence, active-recreational orientation, organization and control together showed significant role in socio-emotional and educational adjustment of adolescent girls. Based on the findings, it was recommended among others that families should reduce conflict and increase cohesion as this may have positive effect on the psychological adjustment of the adolescents.

Keywords: Family Environment. Social Adjustment. Adolescent Girls.

the child and each family are clearly unique with the different strengths and weaknesses parents and different types of psychological consequences are associated with the divorce of parents, which are against vulnerability in some teenagers (**Strohschein, 2005**). **Yongmin, (2001)** found that the teenagers who have experienced divorce or separation from their parents show more educational, psychological, behavioral and drug-related problems than children whose families remained. **Barry, (2003)** said that girls are mostly affected by these problems. The deleterious effect of divorce on children's psychosocial well-being has been found by **Potter, (2010)** is an important factor in poor math and reading scores. It has also been seen that there is less chance of completing secondary schools for those adolescents compared to the adolescents raised in retired households (**Evan, Kelly & Monkey 2001**).

Parents' divorce has been found to affect the physical health and longevity of adolescents. They have increased risks in tobacco related, alcohol related, and related sex sites (**Kari, Hemminiki & Bowang, 2006**); they are depressed (**Amato & Sobolewski, 2001**), Experiences a wide range of emotional responses, including anger and loneliness, depression, anxiety, increased anxiety, low life satisfaction, suicide (**Lizardi, Thompson, Keye and Hasin 2010; Fuller- Thompson & Dalton, 2011**), low self esteem and Self-confidence is fear, rejection, conflicting loyalty and a feeling of fault for your parents' problem. Therefore, the nature of adolescents' family environment has a very strong impact on their cognitive and behavioral development and it has an important importance in all adolescence and adulthood.

According to **Bjornberg & Nicholson, (2007)**, the assessment of family environments is usually based on dimensions like cohesion, support, conflict and hierarchy. Cohesion is an emotional bond that connects family members, which means sharing affection, friendship and intimacy. There is a perception of maternal and emotional support from the family in facing support challenges and problems; it may also be the presence of close, caring and acceptance among a teenager and his caregiver (**Barrow, Schuckit, Lucht, John & Frewyberger, 2002**). Conflicts involve a set of negative emotions among individuals, which can create tension, hostility, criticism, aggression with the family. After this, it follows that a teenager who experienced a general, supportive and well-integrated house, school, life took it to its fullest integration of all other associations and attitudes. While **Moos & Moos (2002)** concluded that adolescents living in assisted and organized families show the experience of marriage, confidence, social ability, less anxiety, less psychological health, and compare those of happy, harmonious parents. Do more good in Divorced or married distressed family. Psychological adjustment is the behavioral process through which man maintains a balance between his various requirements or the barrier between his needs and the environment. Psychological adjustment can be determined by asking the person about his feeling, attitude and cognitive, behavioral characteristics, because only according to **Peterson (2005)** he can assess the degree of experience of adjustment and satisfaction.

The point of concern for this work is to check the relationship between family environment (cohesion and support), divorced house and psychological adjustment, self-esteem of secondary school teenagers.

The family environment has been shown by various researchers to influence the psychological adjustments of adolescents, problem-solving strategies as well as the ability of self-confidence and clear goals.

The research work conducted by **Sharma, (2015)** showed that the emotional-social adjustment of the students of the school to find the effect of the family climate shows that there is a significant difference in the emotional adjustment of the students due to a highly satisfying family and highly unsatisfactory climate. **Barby-Mullin & Murdock (2005)** Investigations on the effect of family environmental factors on self-acceptance and psychological adjustment among teenagers between one and two age groups have shown that the family's variable has not predicted much variation - Responsible for the significant amount of variance in normal family functioning psychological adjustment. The research works of **Meyersen, Long, Miranda & Marx (2002)** on the impact of childhood, sexual abuse, physical abuse, family atmosphere and gender on the psychological adjustments of adolescents have shown that female teenagers who have physically abused and sexually abused The less harmonious of women in the environment of their family is more struggling and without physical or sexual abuse.

Regarding inspiration with family emotional climate, personal-social adjustment and achievement among third class high school male students, a research work by **Heydaren & Danesh (2015)** has shown a positive relationship between family emotional climate, personal social revealed adjustment. **Sbicigo & Dell'Aglio(2012)** conducted a research study on the quality of family relationships and psychological adjustments in adolescence, which showed that family environments (Cohesion, support and low conflict) were important predictions of psychological adjustment. The results by **Phillipe & Vallerand, (2007)** on the research work to actually examine the effect of the environment on motivation and psychological adjustments showed that environmental, inspiration, home environment predicted psychological adjustment.

Johnson, Lavoie & Mahoney (2001) have studied that in the struggle for family reconciliation and inter-parental struggle, the advertisement can provide the environment of the family, which is associated with the growing sense of loneliness that problems in adolescent's social interaction. Teenager psychological adjustment and satisfaction related to the level of alleged conflict in the family. Research has consistently shown that high level of support for alleged parents is linked to lower levels of teenage procrastination, aggression or other adjustment problems (**Uberg, Goldstein & Toro 2005**).The study on the evaluation of the effect of conflict between parents and adolescents feeling of being cut in the middle by **Amato & Afifi, (2006)** showed that if the parents relationship was conflicted both before and after divorce and If children witnessed a conflicted relationship between their parents, they were likely to experience distress.

During the storm and tension, the image of adolescence, intense mood and engagement with self have allowed both professional and attitude in this development period. In general, families and especially parents, are often considered to be the most important support system available to the child. The strongest factor in shaping a child's personality is his relationship with his parents (**Mohanraj and Latha 2005**). **Tripathy & Sahu (2018)** conducted a study and found that there is no significant mean difference in home adjustment of high school students in relation to their gender. There is no significant mean difference in school adjustment of high school students in relation to their gender. There is a significant mean difference in social adjustment of high school students in relation to their gender. Boy's students' adjustment is more than girls. There is no significant mean difference in emotional adjustment of high school students in relation to their gender. In its most common forms, the family is a lifelong

commitment between men and women who feed, shelter and nourish their children until they mature. This is a primary socialization reference and hence, it is considered to be a very important factor affecting child development (**Ozcinar 2006**).

Family members are very important to survive, thus, strong emotional bonds have developed for long-term commitment between parents, children and other relatives. The experience the teenager gets from the family, decides the future and future of a teenage girl in the society and her co-workers group, which eventually reflects the social maturity of teenage girls (**Unisa, 1995**). Family atmosphere remains important during adolescence and youth

(**Van Wel 2000**). Due to the important role of psychological functioning for the daily life of the youth and their social adaptation, studying the effect of the family environment on the emotional adjustment of adolescents is clearly relevant (**McFarlane et al. 1995**). Family harmony and support relations between family members are associated with adolescent psychological adaptation and low (**Herman et al. 2007**). Research on the level of family conflict states that a struggling family environment is associated with adolescent insecurity and psychological crisis as well as aggressive behavior and behavioral disorder (**Wissink et al. 2006**). During adolescence, welfare decreases and psychological problems increase. One aspect of the family affecting the emotional adjustment of adolescents is the quality and stability of their parents' marriage (**Amato & Keith 1991a**). **Tripathy & Sahu (2018)** conducted a comparative study of adjustment problems of high and low achiever of high schools students and found that the importance of adjustment problems related to home, health, emotional, social, school etc. The problem of low achievers requires immediate solutions and society needs a well-adjusted and mentally healthy citizens.

Many studies have shown that with the marriage of a happy, harmonious parent, those who grow up in families face fewer problems and divorced or martial do higher welfare than the distressed families (**Spruijt, & De Goede, 1997**). Parental divorce usually has a negative effect on children's adjustment (**Amato and Keith 1991a, 1991b**) compared to their peers, continuously growing families. Teenagers who are undergoing divorce are more likely to experience emotional problems, less likely to attend or complete a college, there is a possibility of showing problematic behavior and likely to be involved in early sex and experience relational problems (**Amato & Keith 1991a, 1991b**). Previous studies indicate that the family environment affects the psychological adjustments of teenagers and the problem-solving strategies as well as the ability to determine self-confidence and clear goals. In studying developmental psychology, the emotion domain should not be viewed as interdependent from the social domain. Putting these two domains together, socialization is achieved through communication which loaded with emotions; meanwhile, adolescent girls adjust their relationships with others to fulfill the emotion needs. Being a socio emotional competent individual was found to engage fewer in defiant activities, antisocial and misconduct behavior (**Jewell & Stark, 2003**). Hence, it is deemed necessary to focus on healthy growth and development of adolescents to produce socially and emotionally well-adjusted young generation. As socio emotional maladjustments have been notoriously hard to treat, there is a growing attention on prevention and early intervention. Family environment is on the main factor in Socio- emotional adjustment.

METHODOLOGY

Selection of Locale: The research was carried out in the district of Kalahandi of Western Odisha during February 2019. It was purposely selected for the study.

Sample and Its Selection: Three colleges of rural areas in district Kalahandi were selected to represent the population under study. The list of adolescent girls between the age group of 17-18 years from three selected colleges was prepared. One hundred adolescent girls were selected from the list by simple random sampling without replacement. Standardized Family Environment Scale and Adjustment Inventory for School Students were used to find out the socio-emotional adjustment of adolescent girls in rural areas. FES scale (**Bhatia & Chadha, 1993**) consists of three dimensions which are mentioned below:

1. Relationship dimension (cohesion, expressiveness, conflict acceptance and caring)
2. Personal growth dimension (independence, active recreational orientation)
3. System maintenance dimension (organization, control)

The Adjustment Inventory for School Students (AISS) by **Sinha & Singh (1971)** was used to measure adjustment of adolescent girls. It seeks to discriminate well adjusted students from poorly adjusted students in respect of three areas of adjustment viz., Emotional, Social and Educational. An interview schedule was used to collect background information of the respondents. Data was analyzed in terms of percentage and multiple regression analysis.

RESULTS AND DISCUSSION

Table 1 presents the result of multiple regression analysis to study the effect of family environment factors on the overall socio-emotional adjustment of the adolescent girl. Out of eight environmental factors, two factors viz., acceptance and caring and active recreational orientation have been found highly significant ($P < .01$) to show significant adverse effect on the overall status of adolescent girls. Two factors viz., expressiveness and organization also exhibited significantly adverse effects as well but at 5 per cent probability level of significance. However, cohesion also affected negatively and significantly at 0.10 per cent probability level of significance. It is obvious from the overall results that most of the environmental factors have played negative role in influencing the overall socio-emotional adjustment of the adolescent girls. The significant value of F is also indicative of the fact as mentioned above.

Table 1: Impact of different environmental factors on total of socio-emotional adjustment of girls adolescent

S.N.	Factors	Regression co-efficient	Standard error	t value
1	Intercept	34.69**	4.89	7.09
2	Cohesion	-0.11	+ 0.07	1.51
3	Expressiveness	-0.13*	0.06	2.08
4	Conflict	-0.02	0.06	0.35
5	Acceptance and caring	-0.28**	0.09	3.16

6	Independence	0.11	0.08	1.42
7	Active recreational orientation	-0.21*	0.09	2.18
8	Organisation	-0.24	+ 0.14	1.75
9	Control	0.15	0.09	1.48

F value: 4.801**, *R² %* =29.68**

*Significant at $P < 0.05$, ** Significant at $P < 0.01$, +Significant at $P < 0.10$

It may be concluded from the above results that social-emotional adjustment in family (cohesion) is affected by the degree of aid, support and commitment, to what extent the rules are followed in family (control), anger and aggression Quantity In Family (Conflict), the degree of interest in political, social and cultural activities (intellectual-cultural orientation) and the members of the family are assertive, self-reliant and independent of their own decision (independence) (Mohanraj & Latha 2005). If the adolescents are unconditionally accepted and cared for in the family, they show poor adjustments because the support of parents for social interaction affects the social and total adjustment. Johnson et al. (2001) studied that lack of family harmony and an increase in inter-conflict has inadvertently provided a family environment that is linked to the increased feelings of loneliness, which can be related to problems in adolescents' social interaction. Teenage psychological adjustment and satisfaction is related to the level of perceived conflict in the family.

In the case of active recreational orientation, if teens are more engaged in recreational activities, they spend less time with their peers, neighbors and family members, and at the same time they are less serious towards their goals, Emotional adjustments show adverse effects. If the juveniles work openly and express their feelings and thoughts directly, then it affects the degree of commitment, support and support of family members provided to each other, which affects the adjustment of teenage girls. (Bronstein et al. 1996) revealed that non-hostile expression of emotion within the family (both observed and self-reported) provides a buffer against psychological problems on middle school transition, and for concurrent and long-term Increased developmental results, as more peer popularity, more positive self-concept for girls, and more positive social behavior in the classroom for boys. The level of observed sentiment of parents and children was very much correlated, suggesting that parents were modeling a level of emotional expression, which was similar to their children's permission or level of support. The organization also shows adverse effects on the social adjustment of teenage girls because families with happy, harmonious parents experience less problems and divorced and martial sufferers are better-off than distressed families. These findings are in agreement with previous research of Berndt & Keefe (1995). Dasgupta & Basu (2002) reported that emotional maturity may have played an important role in determining good marital relations, thereby improving father-child relations by reducing the intensity of conflict between husband and wife and their children. Huxley (2006) described that emotionally healthy parents showed patience, did not apply physical punishment, price autonomy, they were warm and arguments and explanations were given to them to follow the rules. Adams, Dyk & Bennion (1990) found that parental control, exercise in a supportive environment, is widely recognized as a facilitator of social development in adolescents. Ahmed & Nigam (2009) have studied that the motivation for academic achievement is related to higher secondary students and adverse environment.

CONCLUSION

From the above results it is concluded that all the family environment factors, viz. cohesion, expressiveness, conflict, acceptance and caring, independence, active-recreational orientation, organization and control together showed significant role in socio-emotional adjustment of adolescent girls at 1 per cent, 5 per cent and 10 per cent probability level of significance.

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