The Study of Relationship between Family Relatedness Patterns with Resilience in High-school Students

Hojat Papy¹, Afsaneh Khagevand² and Masoud Boroumand Nasab³

¹. M.A student, Islamic Azad University, Gorgan Branch.  
². Faculty Member, Islamic Azad University, Dezful Branch.  
³. Faculty Member, Islamic Azad University, Gorgan Branch.

*Corresponding Author: hojatpapy@gmail.com

Abstract: This study aims to investigate the relationship between family relatedness patterns and identity styles. This is a correlation study and statistical sample is high school students in Andimeshk province in academic year 2012-2013 that 364 students (194 male and 170 female) were selected with multistep cluster sampling. Family relatedness patterns revised questionnaire and Conner-Davidson resilience scale were completed and their validity and reliability were confirmed. Multiple regression analysis results showed that among family relatedness model dimensions, dialogue had positive and significant relationship with resilience but sympathy had not significant relationship with resilience. In sum, findings of study provide good evidenced for effect of family relatedness models on children resilience.

Keywords: Family relatedness Models' Dimensions, Resilience.

INTRODUCTION

Psychology in past and at the beginning of its evolution as a science has relied more on disease than health, fear than courage, aggression than love and psychologists had not emphasized so much on helping people for being more glad, more perfect, more hope, more love and more optimism ¹. Today, positive psychology has been emerged against this trend which studies strength of human ².

Positive psychology has a brief history (less than a decade) and long background (Greece philosophers and oriental thinkers) ³. Final target in this approach is identifying methods that follow human well-being and happiness. Therefore, factors that establish more adaptation of human with life needs and threats are the most fundamental constructs of study ⁴. Of all them, resilience is a construct that has a significant position in psychological studies field, especially health psychology, family psychology, evolution psychology and mental health, such that researches about this construct are increasing ⁵. Because of resilience
The Study of Relationship Between Family Relatedness...

impact on mental health, it has attracted many researchers in recent years. Resilience means successful conformity in spite of harmful conditions and threats in environment that people live in it.

In fact, resilience is positive adaptation in reaction to worse conditions. Anzlichet et al. argued that resilience reduces anxiety and depression. They believed that resilient individuals can cope with harmful effects and maintain their mental health. As a result, high resilience reduces emotional problems and creates mental health. Therefore, by increasing resistance and resilience in young adults, we can prevent covert damages which have threatened them. Accordingly, this research tries to discover and identify resilience causes to help this behavior. On one hand, this characteristic is supported by internal ability and interaction with environment and family and presents as a positive characteristics. Warm and interested parents who create fixed borders improve resilience in children. Cowen et al., list resilient children characteristics as smooth mode, high bond between parents and children, parent's capability, parents with mental health, real control, conformity and social problem solving. Resilience is a dynamic phenomenon which is strongly influenced by conservation factors. Conservation factors are especial capabilities which are necessary for resilience. These capabilities are skills and abilities that an individual can reach and are present in individual, family context or social environment. Regarding above conditions and various researches that have shown personality, family, education ways and etc. influence resilience, it became clear that resilience is more determined by family. Family was always considered as the most important human system and it had various impacts on health and resilience. Also one of important constructs in family psychology that influences resilience and health is family relatedness model dimensions.

Vatzlovik et al., introduce family as a regulation system that its members are always defining and revising their relationship nature based on relatedness model. Identifying these models help to discover some performance aspects of family. In fact, identifying all models and family relatedness styles help describing, predicting and explaining family performance, recommendations and prescriptions. Researcher have tried to identify can classify family relatedness models. Cheffi et. al., by investigating family relationships, had stated a theory in which they reflect family relatedness models that by using them, a family interprets social reality and share members in this interpretation. Conceptual orientation dimensions and social orientation were criticized by David Richie. He argued that because conceptual orientation emphasizes ideas, it should be called dialogue orientation to reflect ideas and discussions between parents and children and because social orientation stresses on obedience, it should be called conformity orientation which roles and social relations have strong impact on children decision-making. Regarding relation of family relatedness model and resilience, researches had confirmed that dialogue dimension is positive predictor and conformity dimension in most researches is negative predictor of effective factor on resilience construct. It is necessary to mention that there are scarce researches about resilience.
and family relatedness patterns and these researches pave the way for investigating family patterns and shape in Iran and resilience as an indicator of mental health. Identifying relationship between study variables help adolescents to act better in social process of becoming happy, autonomy and improving quality of finding friends. Researchers have found that most individuals, who are exposed to damage, can pass it healthy and even reach to increasing growth. Therefore, they thought that if they can identify resilience in individuals they can use it in educating others, especially children and adolescents.

Therefore, research main question is: is there any relationship between family relatedness patterns and resilience in high school students.

MATERIALS AND METHODS

This is a descriptive correlation study.

Statistical sample and sampling

Statistical sample in this study were all high school student in academic year 2012-2013 in Andimeshk province which was 6549 (3012 female and 3537 male). Random cluster sampling was used for sampling. 396 students were selected as sample. 32 were excluded from the study because of defective information and sample was reduced to 364 (194 male and 170 female). Gathered data were analyzed by standard multiple regression and SPSS ver.20.

Research instrument

Revised scale for family relatedness patterns: in order to determine dialogue condition dimensions and conformity revised questionnaire was used.

This scale has 26 items with 5 points (strongly disagree, disagree, neutral, agree, strongly agree) from strongly agree (5) to strongly disagree (1) that first 15 items were related to dialogue orientation and 11 items to conformity.

In order to calculate validity of instrument, Cronbach alpha was reported 0.89 for dialogue and 0.79 for conformity. Rahimi had measured its validity with Cronbach alpha which was 0.89 for dialogue and 0.88 for conformity. In this study, Cronbach alpha was 0.91 for dialogue and 0.85 for conformity and total alpha was 0.83. This research has high validity.

Conner and Davidson resilience scale: CD-RISC scale (2003) is a 25 items instrument (never, rarely, sometimes, often, always) which measures resilience construct in 5 points in Likert scale from 0 to 4. Minimum resilience score was zero and its maximum is 100. Mohammadi had adjusted it for using in Iran. Mohammadi has obtained Cronbach alpha as 0.89. Reliability was measured by correlation method between 0.41 and 0.64. In this study, validity coefficient was 0.87. Reliability was 0.84.
The Study of Relationship Between Family Relatedness ...

RESULTS

Table 1. shows mean and standard deviation of students scores in resilience questionnaire and family relatedness patterns dimensions.

<table>
<thead>
<tr>
<th>Variables</th>
<th>indicators</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resilience</td>
<td></td>
<td>62.6</td>
<td>15.3</td>
</tr>
<tr>
<td>Dialogue</td>
<td></td>
<td>48.8</td>
<td>13.7</td>
</tr>
<tr>
<td>Conformity</td>
<td></td>
<td>35.2</td>
<td>9.5</td>
</tr>
</tbody>
</table>

Mean and standard deviation for resilience and family relatedness patterns are presented to describe and inform study subjects.

Table 2. Zero-rank correlation matrix between family relatedness and resilience

<table>
<thead>
<tr>
<th>Variable</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resilience</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dialogue</td>
<td>0.46*</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Conformity</td>
<td>-0.14</td>
<td>-0.11*</td>
<td>1</td>
</tr>
</tbody>
</table>

*P<0.001

Results in table 2 show mutual correlation for variables and significant cases were determined by sign. As can be seen, correlation between resilience and other variables in range -0.14 to 0.46.

Table 3. Summary of regression model, variance analysis and statistical items in relatedness patterns/resilience

<table>
<thead>
<tr>
<th>Variable</th>
<th>indicator</th>
<th>Predictor</th>
<th>F</th>
<th>P</th>
<th>R</th>
<th>R²</th>
<th>β</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resilience</td>
<td></td>
<td>Dialogue</td>
<td>45.5</td>
<td>0.0001</td>
<td>0.46</td>
<td>0.21</td>
<td>0.47</td>
<td>9.5</td>
<td>0.0001</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Conformity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0.09</td>
<td>1.9</td>
<td>N.S</td>
</tr>
</tbody>
</table>

By comparing regression, it is seen that from relatedness patterns only dialogue pattern predicts resilience in 0.001 level but sympathy cannot predict resilience.

DISCUSSION

Findings of study in table 3 showed that family relatedness pattern can significantly predict resilience. Regarding results of the study, dialogue orientation and its positive and strong relationship with resilience is consistent with other researches like Fitzpatrik 9, Rahimi and Khair 1, Keshtkaran 3.

In explaining this hypothesis, we can say that dialogue orientation is defined as an extent that family courage its members for cooperation and interaction. In families with high dialogue, members interact freely. They discuss about various matters and spend more time for interactions. They share activities, thoughts and emotions with others and make decisions. Dialogue in open context among family members increases trust and conformity. Individuals gradually learn that tolerate different ideas. When there is a complex problem, they can solve it with dialogue and study that from different point of views to find best solution. Besides, they learn to be flexible and accept that life problems have different solutions that a person cannot find them lonely but it is easier to find them with cooperation.
Abstract thinking shapes in adolescence and family dialogues provide a vast horizon for adolescents to increase their cognitive ability and analysis which results in high resilience.

Dialogue about different social matters increases awareness and sensitivity about environment threats which is accompanied with realistic and cautious treatment. Bernard (1994) enumerates some family factors relating to resilience including harmony between parents and children, maintaining family ceremony and generating relationship between parents and children. On the other hand, resilience is supported by internal abilities, social skills and interaction with environment and it is imagined as positive characteristics.

In confirming this study results, other studies about being happy and family relatedness patterns show that families with high dialogue courage their members for free discussions and parents spend time with their children. As a result, there is a context that has positive impacts on self-esteem and creates positive emotion, but children in low dialogue families have lower resilience and well-being. Various studies showed that parent support for high dialogue is the best negative predictor for emotional problems in adolescents. Also Music et al., showed relations between resilience, support and relatedness guide. We can say that emotional support by parents, confirming and implementing regulations helps children to improve their resilience and delay pleasures.

Acknowledgment

This article is obtained from M.A. thesis of Hojat Papy from Islamic Azad University Gorgan branch. We would like to acknowledge all students who had participated in this study.

REFERENCES
The Study of Relationship Between Family Relatedness ...


