

The Relationship between Dysfunctional Families and Psychological Well-Being

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Abstract--*The study aimed to determine the effect of dysfunctional families toward psychological well-being among university students in Jeddah. The study was used quantitative research design with survey. The sample sizes were 201 participants included 200 female students and a male student from Saudi Arabia. The sample was selected with random sampling method. The participant aged ranged between 16 years old and 30 years old. The questionnaires was available as soft copies through social media. The study was conducted in Jeddah a city in the Makkah region on the coast of the Red Sea and is the major urban centre of western Saudi Arabia. Data were collected by self-administered questionnaires in social media. Data were collected by self-administered questionnaires in social media. The questionnaires was originally developed in English and translated into Arabic. The data was analysed used SPSS program. The result of the study indicated that parental conflict had a negative influence on students' psychological wellbeing.*

Keywords--*Dysfunctional families; psychological well-being; students; parents*

I. INTRODUCTION

Wellbeing is forms under several factors which involved different of personal existence such as innate dimension, family relates and the strategies in the socialization of emotion used by parents in the early child existence and communication quality in teenagers or youth [1].The parents are the ones who responsibility in shaping the child's personality, role model and benchmarks for children [2].

Family is centre to the individual social interaction development [3]. The family is the institution where the personality is formed, built, the child will become future adult with or without inhibitions and the child will learn for communication to become confident and learn to be suspicious or to be self-confident [2].

Family have influenced the children in various ways such as psychological, physical, emotional, social and mental. The parenting qualities have diverse but strong correlation with children's mental health [4]. A dysfunctional environment or absence of parents contributes to self-image damage, defective self-perception, characterized by predominance of the physical or psychological self that results to lack of social status acceptance, social integration difficulties includes fragmented self-knowledge which correlated to strong internal tension [5].

Psychological well-being is defined as set of psychological features involved positive human functioning that included several resilience-related aspects [6]. Meanwhile, psychological well-being have 6 dimensions such as positive relationship with others, environmental mastery, self-acceptance, autonomy, personal growth and life

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purpose[7]. Psychological well-being also affected overall health and should be treated with same priority as physical health [8].

A study was done by [9] with aim to emphasize the family functioning constellations characterized by parental openness and fair treatment, and adolescent openness, should be the constellations adolescents experience as democratic, and where parents know much about their adolescents' whereabouts outside home. The participants included 527 adolescents (243 males and 284 females) and their parents drawn from a larger longitudinal study conducted in a small city in central Sweden. Person-oriented methods showed that adolescents perceived a highly democratic family climate, and that parents' knowledge was highest, in families characterized by both parental and adolescent openness and parental fair treatment. Over-time changes in family functioning corresponded to changes in parental knowledge and adolescents' perceptions of democratic family functioning.

Meanwhile, Rousseau et al. (2014) had investigated the validity of distinguishing 'psychosomatogenic family types' based on parents' self-reported family features. The study included a Flemish general population sample of 12-year old. The result showed that 'apparently perfect' or 'enmeshed' patterns of family functioning may not be assessed by means of parent report as adopted in this study. In addition, not only adolescents from 'extreme' types of family functioning may suffer from somatization. Main limitation in this study is the low response rate.

The study aimed to determine the effect of dysfunctional families toward psychological well-being among university students in Jeddah. The study purpose was explored how dysfunctional families affected the psychological well-being of university student.

II. METHODOLOGY

The study was used quantitative research design with survey method in the collection of data. Self-administered questionnaires were used. Quantitative research produced numerical data and required the standardized measurement usage. These variables in turn can be measured, typically on instruments so that numbered data can be analysed using statistical procedures. Quantitative analyses is generalized and easily replicated by other. This method was used because of its usefulness in describing variables, and its flexibility; thus, relatively efficient to use when gathering large amounts of data.

There were 200 female students and 1 male student were subjected to random selection sampling from Saudi public and private universities in Jeddah to participate in the study. The participant aged ranged between 16 years old and 30 years old. Data were collected by self-administered questionnaires in social media. The questionnaires was originally developed in English and translated into Arabic. Back-translation was undertaken to confirm its equivalence with the original. For the present study, the following two tools were employed for gathering data. The questionnaires was available as soft copies through social media. The study was conducted in Jeddah a city in the Makkah region on the coast of the Red Sea and is the major urban centre of western Saudi Arabia. The data was analysed used SPSS program.

III. RESULT AND DISCUSSION

Result

In Figure 1, there were 82 female respondents (37.1%) and 139 respondents (62.9%) were male.

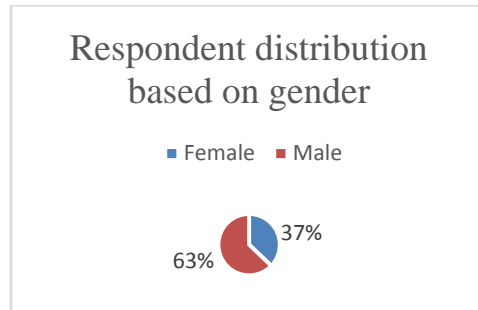


Figure 1: Respondent distribution based on gender.

In Figure 2, 41 respondents (18.6%) aged between 16 years old and 18 years old and 64 respondents (29.0%) were aged between 18 years old and 21 years old. Meanwhile, 66 respondents (29.9%) were aged 21 years old and 25 years old and 50 respondents (22.6%) were aged between 25 years old and 30 years old.

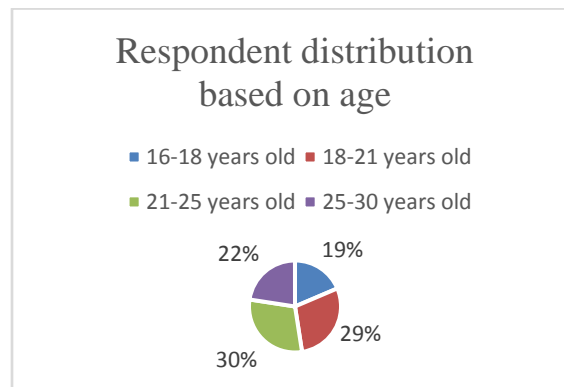


Figure 2: Respondent distribution based on age.

In Figure 3, 188 respondents (85.1%) were Saudi and 33 respondents were non-Saudi (14.9%).

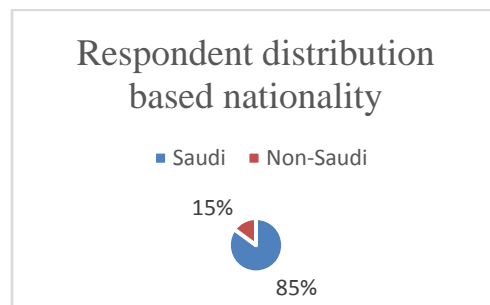


Figure 3: Respondent distribution based on nationality.

In Figure 4, there were 115 respondents (52.0%) completed undergraduate level and 85 respondents (38.5%) were completed high school level. Meanwhile, 20 respondents (9.0%) completed masters and only a respondent (0.5%) had completed PhD.

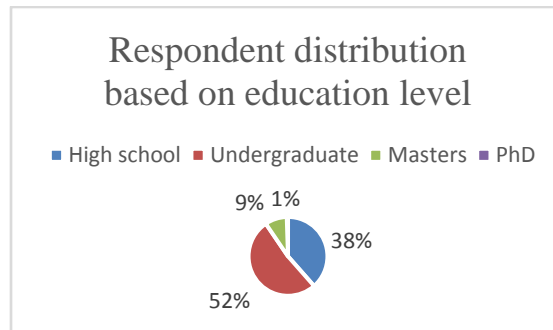


Figure 4: Respondent distribution based on education level.

In Figure 5, 35 respondents (15.8%) were married and 7 respondents (3.2%) were divorced.

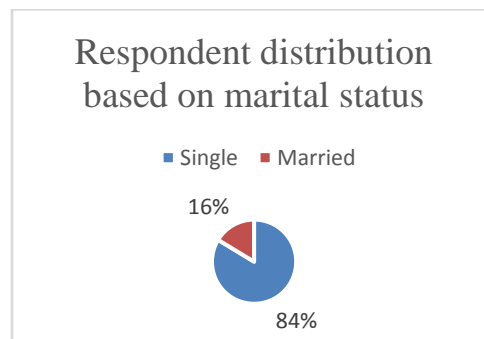


Figure 5: Respondent distribution based on marital status.

Meanwhile, 55 respondents (24.9%) were first born and 124 respondents (56.1%) were middle child. In Figure 6, 39 respondents (17.6%) were youngest child and 3 respondents (1.4%) were only child.

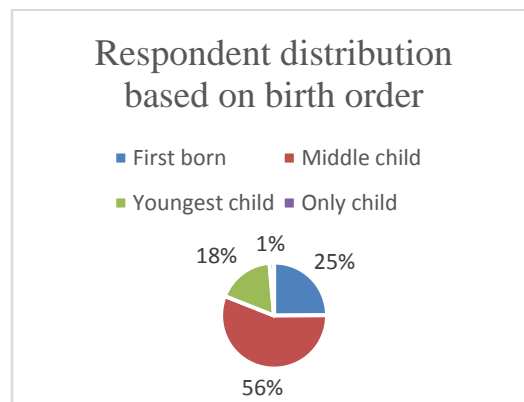


Figure 6: Respondent distribution based on birth order.

In Figure 7, 112 respondents (50.7%) had father were completed high school and 88 respondents (39.8%) had father were completed undergraduate. Meanwhile, 17 respondents (7.7%) had father were completed Master level and 4 respondents (1.8%) had father were completed PhD.

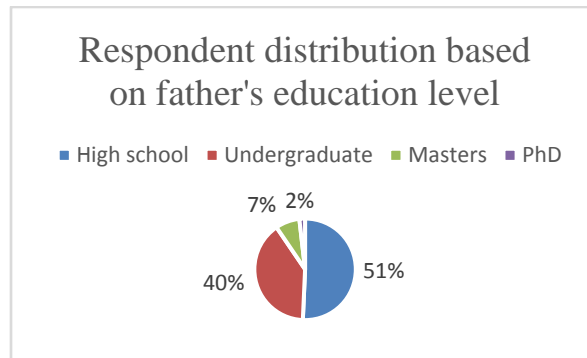


Figure 7: Respondent distribution based on father's education level.

In Figure 8, 123 respondents (55.7%) had mother that completed high school and 82 respondents (37.1%) had mother that completed undergraduates. In addition, 13 respondents (5.9%) had mother who completed Master and 3 respondents (1.4%) had mother completed PhD.

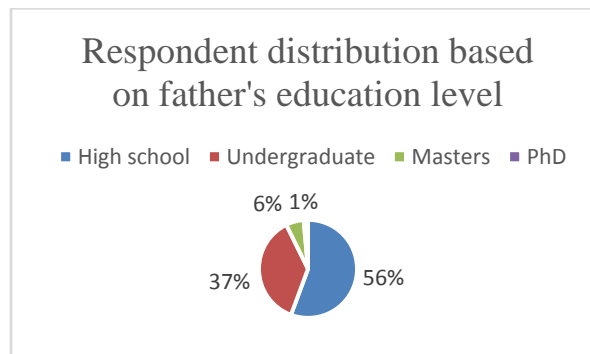


Figure 8: Respondent distribution based on mother's education level.

In Figure 9, 60 respondents (27.1%) had family income between 3,000SR and 10, 000SR and 37 respondents (16.7%) had family income between 20,000SR and 30,000SR. Meanwhile, 17 respondents (7.7%) that family had earned income more that 50,000SR.

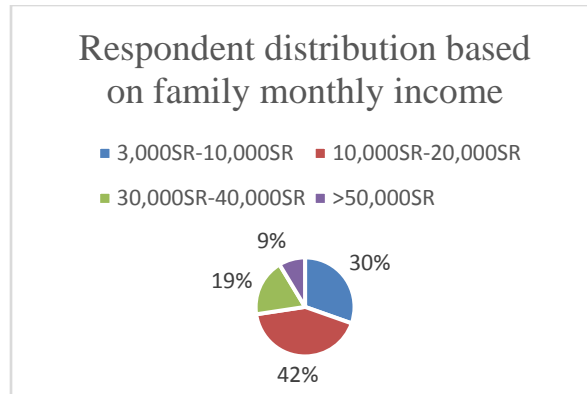


Figure 9: Respondent distribution based on family monthly income.

In addition, 3 respondents (1.4%) were single and 175 respondents (79.2%) were married as shown in Figure 10. Furthermore, 22 respondents (10.0%) were divorced and 15 respondents (6.8%) were deceased.

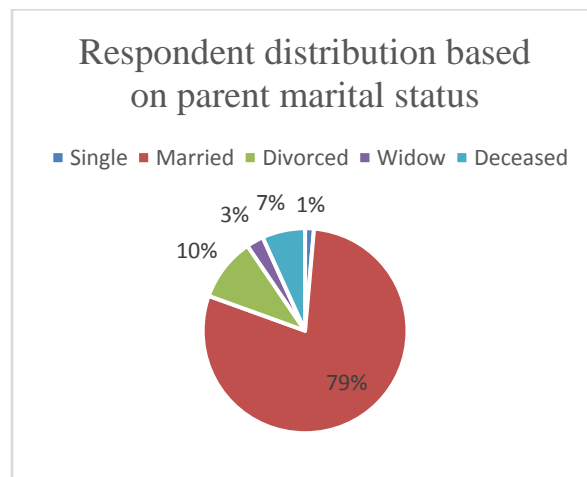


Figure 10: Respondent distribution based on parent marital status.

In Table 1, the result found all the values to be above the threshold of 0.70 reported as appropriate for psychometric analysis. The reliability coefficients ranged from 0.703 to 0.780.

Table 1: Internal reliability coefficients of the scale

Dimensions	Cronbach's alpha	α
Autonomy	7	0.701
Environmental mastery	7	0.744
Personal growth	7	0.756
Positive relations	6	0.774
Purpose in life	6	0.767

Self-acceptance	6	0.775
Problem solving	6	0.761
Communication	9	0.760
Roles	11	0.778
Affective responsiveness	6	0.752
Affective involvement	7	0.700
Behavioural control	9	0.742
General functioning	12	0.734

In Table 2, Pearson r indicated relationship between dysfunctional family and psychological wellbeing among students. This result meant dysfunctional families increased, psychological wellbeing level among students was decreased.

Table 2: Summary of Pearson r indicated relationship between parental conflict and psychological wellbeing

Variable	Psychological well-being	
	r	d
Dysfunctional families	-0.37*	0.00

*d was significant at 0.05 alpha level.

The result indicated that dysfunctional families were negatively and significant correlated with university student's psychological wellbeing.

Discussion

From the demographic variables showed that males were more than females and also most of the students aged between 21 years old and 25 years old. Most participants were living with both parents, with quite a number living with their biological mother and step-father. This statistics could have influenced the findings of the research with a significant difference between family types. It was also observed that only 3 participants were living with their father only. The frequent disagreements and maternal aggression were associated with lower adjustment whereas maternal support and more regular interaction were related to higher adjustment.

The destructive marital conflict does have an impact on their ward's externalizing problems. The young adults to stay psychologically healthy the role of parents are very paramount and hence parents need to ensure that they provide homes that are free from conflict. The theory explains that single-parent families have a negative

impact on the child in that it is bad for the child's upbringing and affects the child's psychological wellbeing. It is also in line with the family composition theory which theorizes that two biological parents or intact families are the best family structure for adolescents and children. This is because children who are not raised by both biological parents will in later life suffer lower levels of wellbeing than children raised by intact families (two biological parents).

The current study also investigated the relationship between dysfunctional family and young adults psychological wellbeing. The result from the Pearson R analysis indicated a significant negative relationship between dysfunctional family and university student's psychological wellbeing. This result meant that dysfunction among families' increases, greater the psychological wellbeing of such individuals gets affected and lowered. If children have good family processes such as high quality parent-child relationships in the family and low parental conflict, then their wellbeing will be high regardless of their family structure. The finding of the study can be explained by the family process theory which suggested individuals who find themselves living in a dysfunctional family are more likely to report lowered psychological wellbeing than those who find themselves in a functional family as found in the current research.

The interaction that occurred at any of the system will determine whether individuals will be functional or dysfunctional. In the study, the parental conflict lowers the psychological wellbeing of university students. Parents by the system theory are located in the microsystem and this system does have a constant and greater impact on the student's wellbeing hence any dysfunctionality in interaction is detrimental to the individuals.

IV. CONCLUSION

In conclusion, a dysfunctional family in any form is a threat to the psychological wellbeing of adolescents and young adults as espoused in the current study. The current study examined the influence of dysfunctional family and parental conflict on university students' psychological wellbeing. The result of the study indicated that parental conflict had a negative influence on students' psychological wellbeing.

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