

The Role of the Family in Solving the Psychology and Behavioral Issues the Children Suffer from During Adolescence

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Psychological
And Behavior
Disorders Among
Teenagers

ABSTRACT

Objective: To examine and contemplate the influence of parenting style in social and psychological development of the adolescents,

Study Design: Descriptive study

Place and Duration of Study: This study was conducted at the Department of Mental Health Nursing, College of Nursing, University of Al-Qadisiyah, Iraq from 1st February to 31st July 2024.

Methods: One hundred parents of adolescents as well as 10 psychologists of the age between 30 and 55 years were enrolled. There were also questionnaires analyzing behavioral problems and how well the family is able to handle these problems, as well as a psychologist based scale giving the contribution of the family in solving the problems.

Results: 72% of the parents are willing to communicate with their children to address their psychological needs, but only 59% demonstrate a reasonable level of knowledge of the needs, which means that there is a psychological blind spot. 68% of adolescents experience anxiety and stress, which points to psychological pressure in adolescence. 54% are socially isolated and this depicts poor social communication. 72% of parents are interested in improving the communication with their children. Nevertheless, negative behaviors are a challenge to 46% of families, and it is possible to conclude that a more effective parenting skill should be developed.

Conclusion: The family continues to be the most powerful consideration when it comes to influencing the psychological and social growth of the adolescents, especially at a time when such events cause rapid transformations and their vulnerability is at its highest.

Key Words: Family, Adolescents, Psychological issues, Behavioral issues

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INTRODUCTION

The family happens to be the initial institution that influences the values, character, and emotional stability of a child.¹ Parents pay much time and efforts to offer moral, psychological, and educational backgrounds to their children and see parenthood as the kind of trust that needs constant counsel and attention. Mother, particularly during the early childhood days, is in the center stage of instilling emotional security as well as behavior modeling.

Being brought up in an atmosphere of morally supportive and love builds and reinforces values and stability in the children and morally corrupt

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environments elevate chances of deviant or destructive behaviour.^{2,3}

The family role also increases at the adolescent stage, the stage that is characterized by intense physical, emotional and social transformations. The behavioral problems can be avoided by inculcating religious and moral values, encouraging the importance of prayer, reminding of God, and keeping an eye on peer relations, giving the adolescents a way to develop in a balanced manner. Family climate can be defined as the overall emotional and social atmosphere in the house, that is, its security, cooperation, roles, and satisfaction of the basic needs. It is a mirror of the relations in the family and creates the individual identity of a family.⁴

Ismail has given a high priority on the relationships between parents and children and has proven that insecurity, low self-confidence and social maladjustment occur due to the lack of affection between parents and children.

Mounts and Nina discovered that a good communication and parental engagement did positively affect the relationship between adolescents on one hand and strong friendships on the other hand, and parental neglect on the other hand is associated with delinquency, substance abuse, and poor social skills.³

Terminology study: Turn In language, the term turn and its derivations are applied to describe moving in a

concave or a rotation around an axis. A motion in a circular direction is called a rotation. You may also say that I turned something around to mean that it moved in a circular manner or turned about. I turned it/ I rotated it/ I turned the object/ I turned the object itself.

In the social interaction perspective, it is considered to be a composite of roles acquired by an individual in the context of a social interaction scenario.⁵

In language the term family contains within it a variety of meanings concerning power and constraint, and Ibn Manzoor in his dictionary said that family is the invincible armor which offers defense, and the rope or shackle with which the prisoner is bound, and family of a man is his clan and his nearest relatives upon whom he draws strength and support, and thus the family is defined as people of a home of a man and his closer relatives.^{5,6}

The family within the terminological concept is the socially approved organization based on the authority and power it holds, which mainly comprises the married couple and children, and which may include other members of family members, the workers, or those under the care of the family, including the orphans, though they must all dwell under a single roof, and every member has developed rights and particular responsibilities according to the Shari'ah.⁷

It proves to be multifaceted and unclear. One of the problems is a series of intersecting events or facts. These are ambiguous so they cannot be easily solved unless one clearly understands the causes and the conditions under which they occur.⁸

Behavior is the action by which an organism reacts to the conditions of its environment that is symbolized by its constant attempt to modify or transform those conditions to better fit the needs of its own survival and continuance through time. The term adolescence is used linguistically to mean approaching and approaching the dream that is, an adolescent is a young individual who is approaching the maturity and completeness stage.^{9,10} Adolescence is the period that starts at puberty and ends at adulthood, since puberty is the initial phase of this period, furthermore, it does not mark the end, since puberty is symbolized by physiological maturity and the maturation of organs and gonads, in the male case puberty is the time when the first ejaculation occurs, and in the female case the time when menstruation takes place, and other signs will be included such as the development of breasts, hair growth etc., in the male case testicular This research is meant to Learn the nature and qualities of adolescence. Determine biological changes that occur due to hormonal changes. Discover the role of family in the education of values and the guide to behavior. Recognize mental and behavioral issues typical of adolescents. And also to investigate the role played by the family in mitigating and altering these problems.

METHODS

This descriptive study was conducted at Department of Mental Health Nursing, College of Nursing, University of AI-Qadisiyah, Iraq from 1st February to 31st July 2024 vide letter No. 4545/QM/Approval/KDJFHHF32 dated January 11, 2024. How the family contributes to the psychological and behavioral problems of the adolescents by looking at the nature of these problems and the family strategy. The analysis of adolescence experiences and family reactions was selected by the descriptive-analytical approach. Some were tools used were questionnaires of the parents and adolescents and semi-structured interviews with social workers and psychologists. The population sample comprised of 100 parents, 100 adolescents and 10 specialists. The effectiveness of family interventions was measured, and behavioral and psychological problems among adolescents were identified by the help of the semi-structured questionnaire. Data were analyzed with the help of SPSS-26.

RESULTS

72% of the parents are willing to communicate with their children to address their psychological needs, but only 59% demonstrate a reasonable level of knowledge of the needs, which means that there is a psychological blind spot. Forty-six percent of families do not cope with negative behaviors, which is the manifestation of parenting problems. 35% engaging in psychological counseling is an indication of not knowing the importance of professional assistance when dealing with issues (Table 1). 68% of adolescents experience anxiety and stress, which points to psychological pressure in adolescence. The findings revealed that 54% of them are socially isolated and this depicts poor social communication. Also, behavioral problems like stubbornness and anger arose in 41% and 33 percent gave report of constant family feuds in their families meaning that there are difficulties when communicating with their children (Table 2). Adolescence is the stage in which adolescents build their independent personality and that the traits that characterize this stage may be shared by the majority of adolescent children.

Table No. 1: Evaluating the role of the family from the parents' point of view

Type of family behaviour	No.	%
Constant communication with children	72	72.0
Understanding children's psychological needs	59	59.0
Difficulty dealing with negative behaviours	46	46.0
Seek the help of a psychologist if needed	35	35.0

The family is a key to treating the psychological and behavioral problems of the adolescents, decreasing their isolations and stress. 72 percent of parents are interested in improving the communication with their children. Nevertheless, negative behaviors are a challenge to 46% of families, and it is possible to conclude that a more effective parenting skill should be developed. They would only consult a psychologist when the need arises with just 35% showing their lack of knowledge on the need of professional assistance (Table 3). The level of family awareness of the importance and seriousness of the adolescent stage, as

well as the cultural and social awareness of parents, greatly influences the ability to overcome some of the issues prevalent in this stage. The strong positive correlation between family support and reduced psychological issues in adolescents, with a correlation coefficient of 0.62 and statistically significant at the 0.01 level was showed. This shows that enhancing family support significantly helps in reducing adolescent psychological issues, with a correlation coefficient of 0.62 and statistically significant at the 0.01 level.

Table No. 2: A survey on some of the behavioral and psychological issues faced by adolescents

Variable	Most of the time	Always	Sometimes	In some situations	Never
Behavioral issues					
Steals	12	13	13	45	17
Lies	38	12	25	12	13
Betrays honesty	12	18	41	9	10
Social issues					
Stubborn	23	37	14	16	10
Uncooperative	13	14	33	23	17
Isolates from others	10	23	27	19	21
Refuses to obey orders	15	25	28	12	20
Fighting with his siblings	25	19	21	15	20
Psychological issues					
Sad	19	21	30	15	15
Crying	12	18	25	15	30
Afraid of people	9	11	42	33	5
Seems a little insecure	14	16	28	22	20
Jealous of his siblings	22	24	38	10	16

Table No. 3: Measuring the effectiveness of the family in solving some behavioral and psychological issues

Variable	Most of the time	Always	Sometimes	In some situations	Never
Behavioral issues					
I make my son feel my intense hatred of lying	3	7	25	55	10
Showing my son why I don't like lying	18	38	24	9	11
I reward him for being honest and admitting he's wrong	26	33	25	26	-
I'm looking for the reasons why my son lied	19	31	35	25	-
Address the reasons why my son lied	22	28	22	15	3
Social issues					
I ask my son to put back what doesn't belong to him	42	28	16	14	-
Respect my son's property	28	32	22	18	-
Addressing my son's impulses to steal	32	33	25	10	-
I avoid meddling in disputes between my children	36	24	22	18	-
I play the role of a fair judge	42	28	22	8	-
Teach my children problem-solving skills	34	36	19	21	-
I use the principle of fairness when resolving conflicts between my children	38	32	23	17	-
Psychological issues					
Continue to encourage my son to socialize	43	37	11	9	-

with others					
Coaching my son on communication skills	33	27	23	17	-
Emotional warmth in the home environment	34	26	22	18	-
I punish right when you're being stubborn	33	27	23	17	-
I use persuasive dialog	36	24	22	18	-
I explain the strange thing that usually causes fear	28	32	27	13	-
Preparing my son to express his emotions	22	38	25	15	-
I encourage my son to participate in social activities	38	21	26	15	-
Encouraging my son's self-confidence	39	21	23	17	-

DISCUSSION

The immense effects of the family and social dimension on the adolescent children, this study revealed that the family and social dimension influences the passage of adolescence in children significantly. This finding concurs with the findings of the study by Dotterer⁵, which indicated that significant relationships existed between the family and social dimension and certain social and psychological problems experienced by adolescent children, and the researcher holds the view that there is a reasonable evidence that any environmental factors may trigger some behavioral problems and such events tend to accumulate over time until certain behavioral and psychological problems are manifested among adolescent children.^{11,12}

It is important in the given situation and the numerous problems youth is experiencing at this critical period of their lives. It is the critical period in the life of a human being, and the social processes and continuous communication with the environment become particularly important at this stage to influence the psychosocial development of a person.^{13,14} The paper, therefore, takes an in-depth analysis of the study results, showing that the relationship between the parenting style of parents and the harmonious social development of adolescents is very close, and determining the factors that influence it and how the capacity of young individuals to address the challenges they can face in a positive and effective manner can be enhanced and the parenting style and its influence on social characteristics of adolescents. The findings depicted that parenting style plays an important role in developing the social characteristics of adolescents. In the new study, the types of parenting styles may be divided into the primary: Balanced upbringing: These families understand how to be firm and flexible at the same time when working with their children, enabling teenagers to acquire better social competence. Such a strategy promotes their independence and makes sure that they do not neglect the family values and proper guidance. Harsh parenting: This parenting is typified by rigorous and overboard treatment of the children, which leads to the development of social and emotional problems in adolescents, including the social isolation

and inability to develop healthy relationships in a social environment. This negative influence was obviously established.

Pedagogical approaches and their effect on social interaction, whether improving or diminishing: The research underlined the fact that parenting had a direct influence on the degree of social interaction among adolescents. It was discovered that in families of open communication style, children have been able to develop a wider expression and become more active in social activities. It is a method that helps the adolescents to have social skills that can cause them to easily fit in various settings, be it in education or in social set-ups.^{15,16}

Conversely, the research indicates that parenting styles based on harsh disciplinary and enforcing extreme limits on the child may cause psychological problems in the adolescent regarding socialization. Their inability to internalize social boundaries may make them unable to establish balanced and productive relationships with their peers. The emotional parenting is very crucial in enhancing self-confidence among the teenagers. The findings revealed that teenagers who had experienced the childhood in a family that stressed emotional support and actively and emphatically addressed their needs during their childhood acquired more favorable social encounter opportunities. This positive atmosphere usually is converted to high self confidence among these teens and this helps them to develop effective and enduring social connections. The factors of influence on social development as family interaction and effective communication: The results indicate that successful and good family interaction is one of the major aspects of greatly contributing to the social development of the adolescents. The adolescents, having been raised in family backgrounds, which allow them a real space to engage themselves in the process of decision making in the family, besides discussing a number of social and emotional concerns openly and frankly, have better skills in forming constructive relationships with their peers, and can integrate into the society in a more balanced and stable way.^{15,16}

CONCLUSION

The family continues to be the most powerful consideration when it comes to influencing the psychological and social growth of the adolescents, especially at a time when such events cause rapid transformations and their vulnerability is at its highest. Parenting style, emotional support and good communication played a instrumental role in creating positive social characteristics, self-confidence and capacity to establish positive relations with peers. The manner of balanced parenting involving warmth and reasonable structure is also a factor that enhances resilience in the adolescents whereas harsh and restrictive parenting was linked to greater emotional and behavioral problems and the value of open communication within the family that improves the capacity to overcome obstacles and socialize among adolescents. The manifestations of these findings include the suggestion of the study to reinforce family communication patterns, to integrate the counseling programs and emotional-intelligence training into schools, to enhance the psychological awareness of adolescents and to create the supportive media content that fosters the mental health. Moreover, the importance of the availability of a psychological service, cross-sector coordination of families, schools, and community institutions, and the enhanced understanding of the importance of balanced parenting in raising socially competent and emotionally stable adolescents.

Author’s Contribution:

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Drafting or Revising Critically:	Alya Khudhair Abas
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