

**Research article**

## **Investigating the Emotional Relationship of Family Members on the Mental Health of Girls High School Students in Bam**

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### **ABSTRACT-**

The present paper aims at studying the emotional relationship of family members on the mental health of girls high school students in bam. It attempts to show the effect of family relationship on the emotional relationship of family members. The findings reveal that healthy family emotional relationship greatly influences mental health of family. Family is the environment where the children learned to use their faculties and understand and cope with the physical world. It is a time when they don't bother with trivial things, such as the family relationship, because they know they are the kingpin of their family. It is the place, where they learn how family relationships work, by observing their parents, grandparents, siblings and rest of the family members deal with each other. In this paper we resulted a positive relationship between the emotional relationship of family members on the mental health of girls high school students in bam.

### **1. INTRODUCTION**

Family is the environment where the children learned to use their faculties and understand and cope with the physical world. It is a time when they don't bother with trivial things, such as the family relationship, because they know they are the kingpin of their family. It is the place, where they learn how family relationships work, by observing their parents, grandparents, siblings and rest of the family members deal with each other. They enjoy meeting them on family vacations and family reunions and exchanging Family reunion gifts with them. Healthy family relationships, Home coziness, love of the dearest people, understanding and care... everybody needs in this life. In the family we get education, learn lifetime

values and obtain strength needed to become personalities. When we grow, we learn to respect people who live close to us. We observe our parents and then we either follow their example or choose our own path in life. Hence family relationships start showering their colors of family members. An ordinary family consists of two parents and a child or several kids. Meantime, there are many incomplete families with only one parent who combines work with the household chores and upbringing of children and has little time for himself or herself. In spite of this it is a good opportunity for children to learn something about life and to keep themselves from making the same mistakes in future. According to

statistical data families with children are happier than the couples who don't hurry to have posterity. In big families elder kids assist their parents in bringing up of their younger brothers and sisters which helps to develop responsibility, kindness, tolerance, sympathy, ability to consider other people's needs, respectful attitude to others... It's necessary for the today's society to understand the importance of having healthy family relationships. Neither successful career nor financial stability brings as much happiness as our closest people do. Moreover, it is easier to achieve professional success for those who are happy with their private life. The ability to manage feelings and handle stress is another aspect of emotional intelligence that has been found to be important for success. Emotional intelligence has much to do with knowing when and how to express emotion along with controlling it. Empathy particularly is an important aspect of emotional intelligence and this contributes to occupational success. The emotional intelligence helps in understanding the emotional information and in reasoning emotions. If taken a deep thought, nothing new about emotional intelligence will be found. In some ways or others, emotional intelligence is based on a long history of research and theory in personality, sociology as well as psychology. There has been an impressive and growing research panel that suggests that the abilities of emotional intelligence are important for success in many areas of life. Emotional intelligence is more useful for effective performance at work.

## 2. JUSTIFICATION OF THE STUDY

Secondary level of Education serves as a link between the elementary and higher education, and plays a very important role in this respect. Apart from grounding the roots of education of a child, Secondary Education can be instrumental in shaping and directing a child to a bright future. The Secondary level of education includes children between the age group of 14-18 years, studying in classes 9-10 leading to higher

secondary classes of 11 and 12. the child studying in this level of education is a strange creature between child and man bored by both and understood by neither and is called adolescent. Adolescence (10- 19) is a phase of life characterized by acceleration of physical growth and, psychological and behavioral changes thus bringing about transformation from childhood to adulthood. It is a transitional stage of physical and mental human development that occurs between childhood and adulthood. This transition involves biological (i.e. pubertal), social, and psychological changes, though the biological or physiological ones are the easiest to measure objectively. The period of Adolescence is filled with intellectual and emotional changes in addition to other major biological and physical changes. It is a time of discovery of self and one's relationship to the world around him or herself. Researches have indicated that the home environment and parental involvement greatly contribute towards a child's development and learning. The role of parents, child rearing styles and thus the outcomes in the individual personality of the child cannot be ignored. Individuals raised in cohesive family structures, are more likely to develop feelings of empathy and to assume responsibility for their parents. When healthy relationship with parents in family prevails the adolescent feels secure, well-adjusted and thinks himself accepted in family and later in his life, he remains well-adjusted and feels that society accepts him. Although family constitutes the child's first and most enduring social environment, its influences on development of child's emotional and social competencies have received relatively limited research attention till date. So a pressing need was felt to understand the concepts of parent-child relationship and emotional intelligence of the adolescents. Adolescence is a stage of heightened emotionality. Emotional disequilibrium is frequently seen in adolescent children. This generally relates to radical physical change and discomfort associated with them in early

adolescence period. Studies are available on family relationships and emotional intelligence and proved that importance of family relationships on emotional intelligence of the adolescent. Eisenberg, Fabes and Murphy (1996) examined the relations of mother's and fathers' reported emotion related practices to parents' and teachers' reports of 3rd -6 th grade children's social skills, popularity, and coping; as well as the quantity and quality of children's comforting of an infant. Mothers' problem- fathers' reactions focused reactions tended to be positively associated with children's social functioning and coping, whereas maternal minimizing reactions tended to be linked to lower levels of social competence and high levels of avoidant coping. There were few findings for, although fathers reported fewer problem-focused reactions with socially competent daughters. Emotion-focused and problem-focused maternal reactions as well as encouragement of the expression of emotion were associated with boys' comforting behavior, although a moderate level of maternal encouragement of the expression of emotion was associated with quality of girls' comforting. Rice, Cunningham and Young (1997) tested in their study the association of parental attachment bonds to emotional adjustment mediated by social competence. Relational variables were expected to be more important in the development of social competence and emotional adjustment for Black students than for White students; there were no directional hypotheses for gender differences. Gender of parent differences emerged, in which attachment to father generally was a better predictor of social competence than was attachment to mother. In all analyses, social competence was a significant predictor of emotional adjustment. Fincham, et al. (1998) assessed children's attributions in parent-child relationships and examined their association with positivist and behavior displayed toward the parent. Also determined whether depressive symptoms account for these associations, and investigated whether parent and child attributions

are linked. 10 to 12 year old children completed several questionnaires and were observed during parent-child interactions. Children's attributions for parent behavior were related to positivist of the parent-child relationship and to self and parent-reported conflict and observed behavior with the father. These associations were not due to children's depressive symptoms but potentially augment our understanding of the effect of depression on parent-child relationships. Finally, gender moderated the parent attribution-child attribution association; the results underscore the importance of children's perceptions of family processes. In the adolescence period, equilibrium of physical, mental and social forces is lost with the result that the individual has to make new adjustments with his own self, with the family and with the society at large. But very few studies are available on the role family relationship play in the adolescent's life in making adjustment. Al-Yagon, Michal (2009) examined how vulnerability and protective factors at the individual level (child's disabilities; patterns of attachment), and at the family level (fathers'/mothers' affect), help explain differences in socioemotional and behavioral adjustment among children aged 8-12 years with co morbid learning disability (LD) and attention deficit hyperactivity disorder (ADHD) or with typical development. Participants were 118 father-mother-child triads: 59 couples and children with comorbid LD/ADHD and 59 couples with typically developing children. Preliminary analyses indicated significant group differences on all children's measures and on fathers' and mothers' affect measures. As hypothesized, findings showed the contribution of parents' positive and negative affect to children's adjustment, with differences for fathers' versus mothers' affect. Discussion focuses on understanding the unique value of fathers' and mothers' effect on children's well-adjusted functioning. Simpkins, Sandra D. et al (2009) identified unique clusters of parenting behaviors based on parents' school involvement, community

involvement, rule setting, and cognitive stimulation with data from the Panel Study of Income Dynamics-Child Development Supplement. In early (n = 668) and middle adolescence (n = 634), parents who provided high cognitive stimulation (i.e., cognitive enrichment parents) or engaged in all parenting behaviors (i.e., engaged parents) had the highest family income, parent education, and percentage of European Americans. Adolescents of cognitive enrichment or engaged parents often evidenced the highest academic and social adjustment. Adolescents whose parents set a large number of rules (i.e., "Rule setters") or were also heavily involved in the community (i.e., the "Managers" cluster) had the lowest adjustment. Dwairy, Marwan; Achoui, Mustafa(2010) conducted a study on 'Adolescents-Family Connectedness: A First CrossCultural Research on Parenting and Psychological Adjustment of Children' he found that Connectedness between children and their family is a major factor that distinguishes between collective and individualistic cultures. The "Multigenerational Interconnectedness Scale", measuring adolescents-family connectedness was administered to adolescents in nine western and eastern countries. The findings show that connectedness in eastern countries was higher than that in western ones. Female adolescents were more connected to their families than males. Connectedness was higher among families with a higher economic level and where the parents had more education. Financial and functional connectedness was associated with adolescents' better mental health, whereas emotional connectedness (or dependency) was associated with psychological disorders. The association between connectedness and psychological disorders was not the same across countries. Roosa, Mark W.(2010) examined a stress process model in which stressful life events and association with delinquent peers mediated the relationship of neighborhood disadvantage to Mexican American early adolescent's mental health .The authors also proposed that child

gender, child generation, and neighborhood informal social control would moderate the relationship of neighborhood disadvantage to children's experiences of stressful life events. With data from 738 Mexican American early adolescents, results generally provided support for the theoretical model although the relationships of neighborhood disadvantage to stressful life events and adjustment were weaker than expected. Additional research is needed to corroborate these results and determine why neighborhood disadvantage may have different relationships to adjustment for Mexican American early adolescents than for others. Hazen, Andrea L.(2009) identified profiles of maltreatment experiences in a sample of high-risk adolescents and investigated the relationship between the derived profiles and psychological adjustment. Participants are 1,131 youth between the ages of 12 and 18 years involved with publicly funded mental health and social services. Information on physical, sexual, and emotional maltreatment and psychological symptoms are obtained in interviews with adolescents and their primary caregivers. Findings highlight the need for agencies to identify and provide appropriate intervention for youth who experience multiple types of maltreatment. It has been felt by the researcher that adjustment problems and emotional problems of adolescents are increasing day by day in the present Indian society due to modernization and westernization. It becomes essential now to develop good physical and mental health in youth to prevent such problems to the fullest possible extent. Parent –child relationship is the important regulatory factor of adolescents' behavior. child rearing practices play an important role in the personality development of the children. Healthy child rearing practices of parents can create controlled environment of love and discipline that is favorable for helping children in need of overcoming distress. From the above literature it has been observed that almost no integrated research has been done on the importance of parent child relationship on

emotional, adjustment and mental development of the adolescents of secondary level in India. Present venture is an attempt by investigator to study the family relationship among adolescents of secondary level of education in relation to emotional intelligence, adjustment and mental health.

### 3. STATEMENT OF THE PROBLEM

Definition of the key terms Emotional relationship that is a unitary ability helpful in knowing, feeling, judging emotions in close cooperation with one's thinking process to behave in a proper way, for the ultimate realize of the happiness and welfare of the self in tune with others. Similarly, Mental health has also been defined in relation to emotional relationship. In the present study family relationship means parents' relationship with their child and the attitudes which parents express towards their children as a result latter develop certain attitude towards their family and home environment.

### 4. HYPOTHESES

There exists positive relationship between the Emotional Relationship of Family Members and The Mental Health of Girls High School Students in Bam.

### 5. RESEARCH METHODOLOGY

The present study is based upon Descriptive research and the variables to be studied are. Emotional relationship of Family members and mental health. The researcher will use descriptive statistics like mean, median, mode, standard deviation and t-test for interpretation of the data.

### 6. SAMPLE

A sample of 108 secondary school students in Bam will be taken by using simple random

IFI	NNFI	NFI	CFI	AGFI	GFI	RMSEA	$\chi^2/df$ index
			0.98	0.92	0.96	0.89	0.91
						0.98	2.86
							0.063

sampling method. The sample of the research is 108 students of 4 out of 21 districts of haryana. 10 schools from each district will be chosen for the sample of the research by the researcher.

### 7. PROCEDURE OF DATA COLLECTION

Phase 1: the researcher will use questionnaire to collect relevant data from the students. The questionnaire will be given to the students to fill up the answers. Phase 2: the questionnaire will be collected from the students.

#### 1-7-Inferential Statistics

Hypothesis 1: There exists positive relationship between The Emotional Relationship of Family Members and The Mental Health of Girls High School Students in Bam.

**Table 1.** The results of correlation and regression between the emotional relationship of family members and the mental health of girls high school students in bam.

Customer support	Indexes	Independent
0.742	Correlation (r)	<b>The Emotional Relationship</b>
0.551	Determination coefficient (R <sup>2</sup> )	
0.00	Significance level (sig)	
108	Number of samples (n)	
2.05	Durbin-Watson statistics	

As can be seen from Table (1), at the significance level where the least significance level is 0.05, the correlation results are shown between sales The Emotional Relationship of family members and The Mental Health. The correlation value is 0.742 and correlation intensity is 0.551 and according to significance level that is smaller than 0.05, this value is significant. In other words, there is a positive relationship between emotional relationship of family members and the mental health of girls high school students in bam.

In order to examine the fitness of the proposed model, the goodness of fit indexes was used. Therefore, in this study, the goodness of fit indexes in Table (2) were used.

**Table (2):** the goodness of fit indexes

According to the above table, the ratio of chi-square to degree of freedom was 2.86, root means square error of approximation (RMSEA) was 0.063, the goodness of fit index (GFI) was 0.98,

adjusted goodness of fit index (AGFI) was 0.92, comparative fit index (CFI) was 0.69, normal fit index (NFI) was 0.89, non-normal fit index (NNFI) was 0.91, incremental fit index (IFI) was 0.98. According to Clayman's (2001, 2005) perspective, the tested pattern has a suitable GFI.

## 8. RESULT

The study has its implication for the teachers, administrators, family members relationships. These relationships are carried forward to all subsequent relationships, be with friends or peers. The present study has its implications for all mentioned above. Family members should be made aware of their ward's. Teachers should make parents aware of their child's emotional well being at school. So, parents and teachers should do efforts to increase emotional intelligence and mental health of students, especially for the girls. Girls with regard to mental health, emotional relationship. The findings could be very crucial especially in case of education field as they can be used to develop the performance enhancement intervention programs for the students.

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