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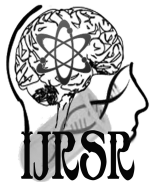
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RESEARCH ARTICLE

ROLE OF FAMILY ENVIRONMENT ON ADOLESCENT WELL BEING

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ABSTRACT

Adolescence is an extreme period in person growth through which individual suffer persistent genetic, psychosomatic, emotional changes. The family environment plays an important role on developing adolescents, providing secure relationship, well-built parenting skill superior contact, and model optimistic behaviors. It can also be difficult surroundings when these chains are absent or when unconstructive mature behaviors like smoking and intake is present. The aim of present study to find out relationship between family environment and subjective well-being of adolescents. Sample of present study comprised 160 school students between the age range of 16 -21 years old. Family Environment Scale (FES) by Dr. Harpreet Bhatia and Dr. N.K.Chadha and PGI General Well Being Measure developed by Dr. Santosh K. Vermawas used for the purpose of the study. This study adapts normative survey research design and using stratified random sampling, 160 students from different school of Lovely Professional University was taken. Result also shows that there is positive relation between family environment and well-being.

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INTRODUCTION

Adolescence is very vital phase in the maturity process because during this phase the adolescent is introducing himself/herself into the outside world. The age range of adolescent 16-21 (Bibby and Posterski, 1992). The years between thirteen and the early twenties adolescence separates himself/herself from his/her family in terms of social and emotional support as well as financially and psychologically. The big, fast changes associated with adolescence such as rapid physical growth and psychological changes may have major effects on the health of individuals, and equally, difference in health may significantly affect the transitions of adolescence (Santrock 2004).

The wellbeing of adolescents is shaped by the daily context in which they grow and develop. By modeling, parents from the lives of their kids from origin through middle age. It has been found that children in unbroken families have a propensity to show signs of better emotional and psychological well-being and are less likely to exhibit behavioral problems such as violence at school, substance abuse. They tend to have higher grades and are less likely to be sexually active. For both adolescents and their parents, teens is a time of pleasure and of worry; of contentment and of difficulty; of innovation and of

disorientation; and of break with the past and yet of relatives with the upcoming. Adolescence can be, then, a puzzling time--for the teenager experience this stage of life; for the parents who are encouragement the teenager in his or her development during this time; for other adults expressive with enhancing the growth of teens through this phase of life, and with disturbing, in the past extraordinary frequency--for teenagers who themselves find themselves in the role of parents.

Wellbeing is normally understood as the superiority of people's lives. It is an active figure that is improved when people can verify their own and collective goals. It is recognize jointly in relative to goal procedures, such as household income, instructive resources and health status; and individual indicators such as pleasure, perceptions of quality of life and life fulfillment. Well-being have be distinct beginning in two perspectives. According to Anger (2008), constant the theoretical text refers to the 'simple notion' of well-being (i.e. 'a life going well') in a mixture of ways, counting a person's good, advantage, concentration, prudential value, safety, pleasure, successful, eudaimonia, convenience, quality of life, and flourishing.

Well-being is associated with a range of bodily state effort

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relations and economically-related profit. For example, high levels of well-being are linked with decrease risk of disease, sickness, and damage; improved immune working; speedier recovery; and better durability. Individuals with high levels of well-being are extra creative at work and are more probable to add to their community. The lower level of well-being is strongly related with neuroticism and that positive affect component has a similar association with extraversion.

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Family member are play very vital for continued existence, thus, strong emotional bonds evolve to quicker protracted period obligation among parents, children and extra relations. Family environment serves as a strong basis of hold for rising teenagers, effective parenting, given that close relationship, superior communication, and model encouraging behaviors. It becomes a difficult environment when these supports are missing. Family environment is vital to the well-being, especially of child. The parents are the first role model of child. Family environment has a strong force on his/her overall development of child. The children who come from those families in which they do not get proper environment indulge themselves in many problems which include bodily and psychological health, substance abuse, risky sexual behaviors, suicide attempts, violence, cognitive difficulties, and poor work performance. The family play very important role in developing adolescent whole life. The students in the colleges and schools find the difficulties related to their health, adjusting in peer group, understanding others which hamper their performance in studies, social behavior. Due to this many adolescence indulge in delinquency also. Adolescence behavior depends upon the family environment in which he /she was nurtured. Family environment plays a significant role in the overall development of a being. Hence, the present study aims at finding out the relationship between the family environment and subjective wellbeing of adolescents.

Objectives

Following objectives were framed:

1. To study the relationship between family environment and subjective well-being of adolescents.
2. To find out the difference between male and female student's well.

Hypotheses

Following hypothesis were framed.

1. There will be a significant relationship between family environment and subjective wellbeing.
2. There will be a significant difference among males and females subjective wellbeing.

Sample

The sample consisted of 160 adolescent in the age range of 16 to 21years. Further it was divided into group. Group one consisted of 80 male and second Group consisted of 80 female. Both groups were matched in terms of education, socioeconomic status and intelligence level. Sample was taken from different school of Lovely University.

Tools

Well-being was measured by PGI general well-being. This scale was prepared by Dr. Santosh K.Verma (Chandigarh) and Mrs. Amita Verma. This is a 20 items. Family environment was measured by Family Environment Scale (FES). It was developed by Harpreet Bhatia and Dr. N.K. Chadha (1993). This consist of 69 items and five point continuum rating.

Research Design

Double matched group design was used.

Statistical Techinque

For the data analysis, t test and correlation test was applied.

RESULT AND DISCUSSION

Table 1

Variables	Mean	S.D.	Family environment	wellbeing
Family environment	234.78	29.49	1	0.308**
Wellbeing	15.775	2.30	0.308**	1

**P<.01

The matrix of coefficient of correlation indicates that family environment and wellbeing scores are positively correlated (r = 0.30). Thus increase in family environment led to increase in the wellbeing scores. Wiens, Kyngas and Polkki (2014) also found that family environment influence children well -being. Lai (2011) reveals that the significant impact of parental marital quality and family environment factors on their children's behavior.

Further to the correlation, the t-test was used.

Table 2

Group	N	Df	Mean	Sd	t value
Subjective well-being of male	80	79	16.1	5.407594937	1.88
Subjective well-being of female	80		15.325	6.196835443	

Result table 1 clearly reveals that the mean score obtained from Subjective well-being of male is 16.1 and the mean score

obtained from Subjective well-being of female is 15.325. The mean score higher on subjective well-being of male in comparison to female. The standard deviation on subjective well-being of male 5.407 and 6.196 on subjective well-being of female. The degree of freedom at 0.05 and 0.01 level is 1.98 and 2.58. The calculated t-value is 1.88 which is less than the table value. Therefore the t-test is insignificant at both the levels.

Subjective well-being generally having no difference between male and female. In existing literature Perez. (2012) reveals the same information about the subjective well-being having no difference between male and female.

CONCLUSION

On the basis of research it may conclude that males score more on subjective well-being in comparison to female. Result also shows that there is positive relation between family environment and well-being.

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