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INFLUENCE OF FAMILY ENVIRONMENT ON THE SOCIAL ADJUSTMENT OF ADOLESCENT FROM IDEMILI NORTH LOCAL GOVERNMENT AREA OF ANAMBRA STATE

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ABSTRACT

This study was on the influence of family environment on the social adjustment of adolescents from Idemili North Local Government Area of Anambra State, Nigeria. Descriptive survey design was adopted for the study. Four research questions guided the study. The population of the study comprised all the Senior Secondary Year III (SS III) Students in public Secondary schools in the Local Government. The sample size was 500 students selected through simple random sampling technique. The reliability of the instrument was established using split half method and the result obtained was analyzed using Pearson Product moment of correlation to obtain reliability co-efficient (α) of (0.71). Three research assistants helped in the distribution and collection of the questionnaire items and all the distributed questionnaires were retrieved. The data collected were analyzed using mean scores and standard deviation scores. The finding revealed among others that family (physical, cognitive, social and psychological) environment has great influence on adolescent social adjustment. The following recommendations were made and they include; parents and other stakeholder have the obligations to make available quality environment. Parents lacking the provision of adequate environment should be assisted by the Government. Children lacking from such provisions should be referred to counsellors.

Keywords: Influence, Family environment, Social adjustment, Adolescents, Students, Public Secondary Schools.

INTRODUCTION

The term "adolescent" is a household term among educators, counsellors and social workers because it is a critical phase among the stages of development and constitute the transitional phase between childhood and adulthood. (Okudo and Obumse; 2022, Okudo, Okwunalu,

Nwankwo; 2023). Stehlik (2018) defined adolescent as a physical stage marked by the onset of puberty and termination of physical growth. On this note Flechter (2016) views adolescents as dynamic evolving construct informed through the psychological, physiological and cultural lenses. It is a phase characterized by identity search and other delinquent behavior. (Okudo and Obumse; 2023, Matheison and Benerjee; 2011). It is also a phase these adolescents struggle to extricate themselves from the apparent dominance and control of their parents implying that every adolescent is a member of a family or belongs to a family.

The family according to Okudo, Okwunalu, and Nwankwo (2023) is the primary and foremost socialization agent. Ifejiofor (2019) collaborates this definition stating that it is the foremost social unit of the society charged with child acculturation. Every family Unit comprises of people living together as a macro society. (Amadi, 2018, Mallika and Radha; 2015). It is the hub of most personal interaction and relationship in the society where certain role functions are fulfilled and environment created. Through the above good family settings are enhanced and these constitutes family settings that enables the family environment (Okudo, Nwudu, Nwankwo; 2023).

Family environment are influences of acculturation, socialization and nurturance received by a child through formal contacts and settings obtainable in the society. They constitute settings that support children's positive adaptations, adjustments and developments. Okudo, Okwunalu and Nwankwo (2023) view such settings that enables positive adaptations as follows, namely the physical environment, the psychological or emotional environment, the cognitive environment, the cultural and moral environments as well as the social environment these constitutes the classification of the family environment. On this note Shah, et al (2012), Deepshika and Shanot (2011), Ifejiofor (2018) Okudo et al (2023) all noted that family environment refers to the quality and quantity of cognitive, social, emotional, physical, moral and cultural support that has been made available to the child within the family. This entails that a good family environment is sacrosanct to communication, demonstration of affection, appreciation, mutual respect, co-operation, working together, spending time together, provision of needs etc.

Okudo et al stated that the family environment accomplishes these functions through the following manner, namely, physical environment (housing, weather, climate hygiene, feeding, clothing) emotional/psychological environment (influences, stress, empathy, moral reasoning). Social environment (Friends, dialogue, recreation, stimulants) cognitive environment (chores, parenting, teaching, skills acquisition etc). Finally it is important to emphasize that adequate provisions of these environmental variables/factors will enable and support good adjustment for the adolescents.

According to Okudo and Obumse (2022) defining adjustment could be herculean because psychologists are at varying opinions as to what constitute psychological adjustment. However, suffix it to say that psychological adjustment can be viewed as processes of altering behavior to attain harmonious relationship with the environment. They are the things we do to survive, implying that it entails the adaptations and changes carried out in an individual's environment for a change to occur. One of such adaptations is social adjustment. When an adjustment is predicated to other persons, it is called social adjustment. Okudo and Obumse

further stated that social adjustments are adaptations or changes in attitudinal values towards others.

Giving the above background, the study sets out to determine the family environment factors (physical social and psychological and cognitive) that supports adolescent's social adjustment.

Statement of the Problem

The social ills which are rampant in the society of our time is case of strong concern the present day adolescents are seen to have both relational and values problems. They lack respect, are careless, disobedient, engage in various social vices etc. The root cause of these has been traced to poor social adaptations caused by the type of environmental influences surrounding these young ones. Such environment (social, cognitive, physical and psychological) tends to influence them in a negative manner consequently leaving a relational gap as was seen in their social adaptations it is on this premise that the researcher sets out to determine the influence of family environment on the social adjustment of adolescents from Idemili North Local Government Area of Anambra State.

The main purpose of this study is to investigate the influence of family environment (social, cognitive, psychological and physical) on the social adaptations of the adolescents. The study sought to specifically determine the influence of the following:

(1) Physical environment on social adjustment
(2) Cognitive environment on social adjustment
(3) Social environment on social adjustment
(4) Psychological environment on social adjustment

Research Questions

The following four research questions guided the study

(a) What is the influence of physical environment on the social adjustment of adolescents?
(b) What is the influence of the cognitive environment on the social adjustment of the adolescents?
(c) What is the influence of social environment on the social adjustment of the adolescents?
(d) What is the influence of the psychological environment on the social adjustment on the adolescents?

Method

The descriptive survey design was used and the area of study was Idemili North Local government Area of Anambra state. The population of the study comprises all the Senior Secondary Year III (SS III) Students in public Secondary schools in the Local Government. The sample size was 500 students selected through simple random sampling technique. The reliability of the instrument was established using split half method and the result obtained was analyzed using Pearson Product moment of correlation to obtain reliability co-efficient (α) of (0.71). Three research assistants helped in the distribution and collection of the questionnaire items and all the distributed questionnaires were retrieved. The data collected from the items measuring the influence of family environment on the social adjustments of the adolescents were analyzed using mean and standard deviation scores. Values greater than 2.50 were accepted as great influence.

Results

The tables below presents the summaries of the data collected from the field of studies

Research Question One: what is the influence of family physical environment on the social adjustment of adolescent?

Table One: Mean and standard deviation table on the influence of physical environment on the social adjustment of adolescents

S/N	Items on the influence of physical family environment on social adjustment	$\bar{x}$	SD	$\sum \frac{\bar{x}}{n}$	Decision
1	friends admire me because of my tidy environment	3.02	0.69		
2	The comfort of my home at night brings friends to me	2.96	0.71		
3	The calmness in home attracts my friends	2.86	0.63		
4	Myself and siblings have a room to ourselves	2.90	0.74		
5	My friends appreciate our good meals	3.01	0.68		
6	The climate around my home speaks volumes	2.78	0.72		
7	My friends admire the serenity in my home	2.92	0.61		
8	Always have enough rest at night	2.72	0.73		
9	My friends admire the good drainage system in my environment	2.84	0.78		
10	My friends admire my dressing and appearance	3.10	0.65		
				2.90	

n = 500

The table above revealed that all the items on the influence of physical family environment on social adjustment were rated above 2.50. The table further revealed an average mean score of 2.90.

Research question two: what is the influence of Family cognitive environment on the social adjustment of adolescents?

Table Two: mean and standard deviation scores of the influence of family cognitive environment on the social adjustment of adolescents

S/N	Items on the influence of family cognitive environment on social adjustment	$\bar{x}$	SD	$\sum \frac{\bar{x}}{n}$	Decision
1	Provision of academic materials	3.04	0.74		
2	Encouraging visitation to counsellor	2.81	0.68		
3	Encourages excursion and visit to museums and zoo	2.79	0.92		
4	Monitors your out of school activities	3.00	0.69		
5	Payment of necessary fees, dues and levies	3.16	0.79		
6	Discusses your future plans	2.71	0.71		
7	Encourages verbal expression	2.69	0.68		
8	Supports good academic self-worth	2.65	0.72		
9	Insists on doing assignment and homework	2.69	0.71		
10	Insist you belong to drama and debating society	2.62	0.69		
				2.81	

n= 500

The table two above revealed adolescents rating of the influence of family cognitive environment on social adjustment, the table further revealed an average mean score of 2.81 and indicated that all the items were rated above the acceptable mean score.

Research question three: what is the influence of family social environment on social adjustment of the adolescent?

Table three: mean and standard deviation scores on the influence of family social environment on social adjustment.

S/N	Items on family social environment on the social adjustment of adolescents	$\bar{x}$	SD	$\sum \frac{\bar{x}}{n}$	Decision
1	Initiates and encourages dialogue	3.02	0.67		
2	Suggests you bring friends home	3.06	0.69		
3	Treats your fiends nicely	3.04	0.72		
4	Makes you to show interest in people	3.01	0.75		
5	Encourages dialogue with opposite sex	3.02	0.64		
6	Encourages peer interactions	3.16	0.73		
7	Encourages participation in social events	3.09	0.72		
8	Assigns responsibilities to you	3.06	0.68		
9	Attaches importance to visitations and relaxation centers	3.12	0.74		
10	Suggests you visit friends and relations	3.02	0.67		
				3.05	

n = 500

The table three above revealed the adolescents rating of the influence of family social environment on adolescents' social adjustment. The table revealed an average mean score of 3.05 and went further to show that all the items were rated above the mean mark of 2.50.

Research question four: what is the influence of the family psychological environment on the social adjustment of the adolescents?

Table four: mean and standard deviation scores on the influence of family psychological environment on the social adjustment of the adolescents.

S/N	Items on family social psychological on the social adjustment of adolescents	$\bar{x}$	SD	$\sum \frac{\bar{x}}{n}$	Decision
1	Assisting you have high social goals	3.10	0.74		
2	Discuss sex matters with you	3.09	0.68		
3	Gives you constructive criticism	3.01	0.71		
4	Gives you affirmation	2.86	0.73		
5	Assisting you appreciate biological changes in your body	3.04	0.73		
6	Encourages good self-image	2.76	0.69		
7	Helps you appreciate others	2.85	0.72		
8	Teaches you to praise others	2.72	0.73		
9	Makes you value incentive/motivation to others	2.92	0.71		
10	Encourages emotional stability towards others	2.96	0.68		
				2.87	

n = 50

The table four above revealed the adolescents rating of the influence of family psychological environment on adolescent social adjustment. It showed an average mean score of 2.87 and further indicated that all the item were scored above the acceptable mean score of 2.50.

DISCUSSION OF FINDINGS

The findings of the study were discussed in line with the research questions which sought to determine the following:

(1) Influence of family physical environment on social adjustment.
(2) Influence of family cognitive environments on social adjustment
(3) Influence of family social environment on social adjustment
(4) Influence of family psychological environment on social adjustments.

Concerning the influence of family physical environment on the social adjustment of the adolescents, the table one revealed the adolescent rating of the item variables above the acceptable mean score of 2.50. It further revealed an average mean of 2.90, thus indicating that physical family environment is a factor contributive to adolescent's social adjustment. On the adolescents rating of the influence of cognitive family environment to the social adjustments, the items in table two indicated that all the items were rated above the acceptable mean score of 2.50. The table further revealed a mean score average of 2.81 implying that all the items were scored above the acceptable mean score of 2.50, therefore constitute factors in the social adjustment of the adolescents. Concerning the influence of the family social environment on the adolescent's social adjustment as was indicated by table three, it was revealed that the adolescents rated all the items above 2.50 with an average mean score of 3.05. finally, the fourth research question which sought to determine the influence of family psychological environment on the adolescent's social adjustment, it was discovered that the adolescents rated all the items above the acceptable mean score with an average mean of 2.87, confirming the influence of the psychological environment on the social adjustment of the adolescents from Idemili North Local Government Area of Anambra State.

Therefore, the adolescents in rating the influence of their family environment (physical, cognitive, social and psychological) on the social adjustment revealed the following results 2.90, 2.81, 3.05, 2.87 as the average mean scores respectively. The above mentioned influences consequently affirmed that family environment (physical, cognitive, social and psychological) is a factor in adolescent's social adjustment.

This goes a long way to affirm the stands of Deepshika and Shannot (2011), Shal et al (2012), Ifejioffor (2018), Okudo et al (2023). They strongly argued that the Family environment had strong influences on the social adjustments of the adolescents. They proffered that the quality and quantity of moral, social physical, psychological and cognitive support given to a child translates to adjustment.

CONCLUSION

The study was on influence of family environment (physical, cognitive, social and psychological) on the social adjustment of adolescents from Idemili North Local Government Area of Anambra State. The study revealed that family environment had great influence on the social adjustment of adolescents. When proper environment is availed an adolescent, such opportunities are translated to positive qualities and adaptations helpful to the individual.

RECOMMENDATIONS

(1) Because quality environment is indispensable in the life adjustments of the adolescents, parents and other stakeholders have the obligations to make available such provisions.
(2) Parents lacking the provision of adequate environment should be assisted by the Government.
(3) Children lacking from such provisions should be referred to counsellors.

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