



## EFFECT OF FAMILY ENVIRONMENT ON RESILIENCE AND MENTAL WELL-BEING OF YOUNG ADULTS

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**Abstract:** This research was conducted to study the effect of family environment on resilience and mental well-being of young adults. A sample of 110 young adults of age 18-24 who are living with their biological family was taken for study. Data was collected by using self-report measure such as Family Environment Scale (FES) to evaluate family dynamics and its dimension of young adults, Mental Well-being Scale (WEMWEB) to measure mental well-being of young adults and Brief Resilience Scale (BRS) to measure the capacity of young adults to rebound from distress. Statistical tools like Pearson's correlation analysis and multiple regression were used in analyses of the data in this study. Result revealed that family environment is significantly related and have effect on resilience and mental well-being of young adults. There is a significant relationship in the family environment and its dimension (cohesion, conflict, active recreational orientation) with resilience among young adults, the family environment and its dimensions (expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) have significant relation with mental well-being and so such relation has been seen in resilience and mental well-being.

**Index Terms -Family Environment, Resilience, Mental Well-being, Young Adults.**

### I. INTRODUCTION

Family tends to be the basic premise of physical, emotional, and social support of an individual. A Human being is a highly social creature strongly affected by his external environment and internal traits. Through nature and nurture individual's traits, personality and identity development process begin. As first social environment of a human being is his family and in his initial year family is a place which covers his essential growth year. Individual's personality and identity in a great extent influence by his/her family environment. Present study was conducted to examine the impact of family climate on individual's mental well-being and resilience under age group of 18-24 years.

Family is a primary social unit in which each member is related either biologically or through marriage and adoption. In family each individual work their own tasks to achieve their goals and still function as a single unit. The family environment "involves the circumstances and social climate conditions within families" by Charles Zastrow & Karen Kirst-Ashman(2013). Every aspect of family either positive or negative gives its impact on every member of the family. **Family environment** can be analyzed and determined by various dimensions of the family. Like cohesion dimension which determine the degree of enmeshment or togetherness among the family members, expressiveness is openness to freely express oneself like one's thoughts, emotions and feeling in family. Conflict dimension determine the openness of conflicts and aggression expression in the family, Acceptance and Caring dimension determine the level of acceptance and care for each other is present among family members, Independence dimension determine the level of assertiveness, freedom and independence to make their own decision is experience by family members in family dynamics, Active- Recreational Orientation dimension highlight family participation in recreational and social events which are a good source of bonding and work together as a family, Organization dimension determine the working and planning structure of family which is a way to divide role and responsibilities in the family and Control dimension determine the set rules and limits in the family dynamics for each and every family members. All these dimensions together determine love, care, bonding, fairness, and satisfaction all members feel in the family dimension.

Well-being is defined as "positive and sustainable mental state that allows individuals, groups and nations to thrive and flourish." By royal society, UK (2001). Overall well-being of an individual can determine by analysing his/her physical health, social environment, his/her perception, feelings and emotion, quality of relationship in their lives and satisfaction towards life. Our physical and mental well-being is very important in our life as it determined our quality of life, our perception, happiness, relationships, work productivity and much more.

**Mental well-being** is the competencies which allow people to flourish, to be optimal as one could be in cooler aspects of human functioning. It's a perception of people towards their life that it is going well. There are different aspects of well-being like physical, economic, social, developmental, emotional, & psychological or mental well-being. Mental well-being is about our perception, thoughts and feelings towards things around us. Constituents of mental well-being are self-regulation \ control, awareness about our feelings and emotions, connection with others, insight, and purpose in life.

**Resilience** is defined as “the process of adapting well in the face of adversity, trauma, tragedy or threats. It also includes coping with significant stress caused by problematic and toxic relationships in the family or at the workplace and the capacity to bounce back from difficult experiences” by American Psychological Association. Resilience is maintaining and recovering of well-being. It is to overcome the challenges and adversities, to fight back with problems and keep a positive mindset. One way to understand resilience is as it is an ability to resist being damaged or deformed by distinctive forces or through trauma. It is essential as it is a trait for need to survive. An individual cope though trauma by giving that trauma a meaning and then utilize this meaning to increase his/her well-being is showing his/her resilience trait.

It can be seen that all our traits are interlinked with our social, biological and cognitive factors and as our family environment is our primary and main social factor it influence our identity as a human being the most and our traits like mental well-being and resilience can be strongly effected through it and hence this present study tends to measure the same.

## II. REVIEW OF LITERATURE

Daniels, A. D., & Bryan, J. (2021) present study analysed the level of resilience in adults even after the traumatic experience relation with cohesion dimension and family environment. Sample of 485 young adults have been taken to conduct the study. Different level and amount of traumatic experience and qualification found in young adult population. Result of present study analysed the lower level of resilience in the individual who experience traumatic experience, but on contrary if strong family environment and cohesion was reported in sample they are likely to show higher level of resilience despite trauma indicating cohesion and family climate as protective factors of resilience even in the presence of traumatic experiences in life of young adults.

Ni, X., Li, X., & Wang, Y. (2021) present study was conducted to study the effect of family climate on young adult's life satisfaction on 1749 Chinese young adults. The scale use in study were the Eysenck Personality Questionnaire (EPQ), Family Environment Scale Chinese Version (FES-CV-SV) and Satisfaction with Life Scale (SWLS). The result of the study indicated that family cohesion show positive correlation with life satisfaction of young adults and conflict dimension of family climate show negative correlation with life satisfaction. Significant indirect relationship was seen through the two dimension of personality neuroticism and extraversion with family climate dimension of conflict and cohesion. Present study concluded that better family climate improves the life satisfaction in life of young adults.

Maheshwari SK, Chaturvedi R, Gupta S (2020) present study analyse the effectiveness of family environment on mental well being of adolescence village girls punjab. The sample was in the age range of 11-19 years. Data was collected from 900 girls. Result shows that mental well-being is most significantly related with cohesion and acceptance and caring dimension of family environment, and totally non significantly related with conflict and control. Overall it was concluded that mental well-being of adolescence girls is significantly correlated with their family environment

Fard, F. S., & Hajiariababi, F. (2018) this study was conducted to analyse relation of emotional self regulation and resilience with family emotional climate in university students. Correlational type method was use in this study. 150 students were used as a sample. Affective family climate scale, Emotional self regulation questionnaire and resilience questionnaire was use to analyse affective family climate, emotional regulation and resilience in sample respectively. Data was analysed using Pearson's correlation. Results indicated that resilience and emotional self regulation were significantly correlated with affective family climate.

Rapheal, J., & Paul, V.K. (2015) Present study was conducted to measure effect of family environment of adolescent's distress and psychosocial well-being. For this study 152 students were selected as sample. Data was collected using Psychological well-being scale, Home environment inventory, Students stress scale and IPAT anxiety scale. Results interpreted that any dysfunctioning or pathology in home environment causes impact on adolescence well-being. Significant relationship is found between family climate and anxiety, well-being and stress in adolescence.

Stacciarini, J.M.R., Smith, R., Garvan, C.W., Wiens, B., & Cottler, L.B. (2015) present study was conducted to study relationship between family environment, mental well-being and social isolation. 62 mothers who have adolescents in age between 11-18 years were selected. Data was collected using pilot mixed method study consist of both qualitative data collected thought interview and quantitative data measured with the help of questionnaires like family environment scale and PROMIS health organization social isolation. Results indicated that social environmental interaction and intra-familial relations impact mental well-being of adolescents.

Carlton, B. S., Goebert, D.A., Miyaoto, R. H., Andrade, N. N., Hishinuma, E. S. et.al. (2006) present study examined the family adversity impact on well-being and resilience. Data was collected though the Native Hawaiian Mental Health Research Development program in which 1832 students were used as sample. Result indicated that family support and health were robust factor for resilience. External factor like achievement were also related with resilience in young adults

**Rationale:** - Family environment related studies are usually done on children and adolescence. Present study was conducted to study impact of family environment on resilience and mental well-being of young adults. As India have collectivistic culture and young adults remain attach with their family and live with their parents for very long duration study like these seem important to explore psychology of young adults.

### III. METHODOLOGY

**AIM:** To study effect of family environment on resilience and mental well-being of young adults.

#### OBJECTIVES:

- 1.To study the relationship between family environment and it's dimensions (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization, control) resilience in young adults (both male and female).
- 2.To study the relation between family environment and it's dimension with mental well-beings of the young adults (both male and female).
- 3.To study the relationship between resilience and mental well-being of young adults.
- 4.To study the effectiveness of family environment and it's dimension on resilience of young adults.
- 5.To measure the effectiveness of family environment and it's dimension on mental well-being of young adults.

#### HYPOTHESES:

- H1.** There will be significant relationship between family environment and resilience in young adults.
- H2.** There will be significant relationship between family environment and mental well-being of young adults.
- H3.** There will be significant relationship between resilience and mental well-being of young adults.
- H4.** Family climate and it's dimensions shows significant effectiveness on resilience of young adults.
- H5.** Family climate and it's dimensions shows significant effectiveness on mental well-being of young adults.

**Locale** The sample of the current study was collected through randomized sampling method from Delhi-NCR area.

**Sample and its selection-** The sample was taken from Delhi and NCR, comprised of 110 subjects (70 Females & 40 Males) ranging between 18-24 years of age group. Young adult population has been targeted for this study.

**Inclusion criteria:** Young adults who are currently living with their family.

#### DESCRIPTION OF TOOLS:

- 1. Family Environment scale** by Harpreet Bhatia and N.K. Chadha (1993) is a self-reported measure that evaluate the family environment of an individual in every aspect. This scale have age limit of 17-50. The questionnaire has 69 items. Family environment dimensions are as following:-

##### Relationship Dimensions

- I. Cohesion
- II. Expressiveness
- III. Conflict
- IV. Acceptance and Caring

##### Personal Growth Dimensions

- V. Independence
- VI. Active- Recreational Orientation

##### System Maintenance Dimensions

- VII. Organization
- VIII. Control

- 2. Brief Resilience Scale (BRS)** by Smith, B.W et. al, (2008). It measures the ability of individual to recover emotionally or bounce back to the optimal state of well-being.. It assesses a unitary construct of resilience, including both positively and negatively worded items. Item 2, 4, 6 are reverse coding items and mean of all 6 items indicate the resilience level of an Individual.

- 3. Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)** by the researchers at the Universities of Warwick and Edinburgh, UK. The questionnaire is self reported measure to evaluate mental well-being of an individual. Questionnaire consist of 14 items and is valid to use on 16 and above age group. The scale is scored by summing responses to each item answered on a 1 to 5 Likert scale.

### IV. RESULTS AND DISCUSSION

**Table 4.1: Shows the means , standard deviation values for family environment, resilience and mental well-being for sample population.**

Variable	N	Mean	Std. Deviation
Family Environment	110	283.31	27.57
Resilience	110	18.56	2.49
Mental Well-being	110	46.62	8.14

**Table 4.2 Correlation value between Family Environment, Resilience and Mental Well-Being among Young adults. (N=110)**

Variable	Family Environment	Resilience	Mental well-being
Family Environment	1		
Resilience	<b>0.257**</b>	1	
Mental Well-being	<b>0.541**</b>	0.000	1

\*\*p&lt;0.01

Table 4.2 shows that correlation value of Family Environment with Resilience and Mental Well-being is significant at both 0.05 and 0.01 level. Thus, indicating that there is significant relationship of family environment with resilience and mental well-being of young adult. The correlation value between resilience and mental well being found to be 0.000 showing insignificant relationship between them. thus indicating there is no relationship between resilience and Mental Well-being.

**Table 4.3 Correlation value between Family Environment dimensions , Resilience and Mental Well-Being among Young adults. (N=110)**

Variables	Resilience	Mental well-being
Family Environment	<b>0.257**</b>	<b>0.541**</b>
Cohesion	<b>0.708**</b>	0.155
Expressiveness	-0.004	<b>0.203*</b>
Conflict	<b>0.202**</b>	<b>0.282**</b>
Acceptance and Caring	0.042	<b>0.934**</b>
Independence	0.156	<b>0.301**</b>
Active- Recreational Orientation	<b>0.208**</b>	<b>0.245**</b>
Organization	0.045	<b>0.265**</b>
control	0.067	0.067

\*\* p&lt; 0.01 level, Correlation is significant at both 0.05 and 0.01 level( 2-tailed) ;

\*p&lt; 0.05 level, Correlation is significant at 0.01 level.

p&gt;0.05 level , correlation is insignificant

Table 4.3 shows that Family environment and it's dimensions like cohesion, conflict, active recreational orientation shows significant relationship with resilience with r value of 0.708, 0.202 and 0.208 respectively. Family environment dimension 'cohesion' shows maximum relationship with resilience among young adult. Family dimensions like expressiveness, acceptance and caring, independence, organization, control do not show any significant relationship with resilience among young adults.

The family environment and it's dimensions like expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization with mental well-being with r value of 0.203,0.282,0.934, 0.301,0.245 and 0.265 respectively. Family environment dimension 'acceptance and caring' shows maximum relationship with mental well-being. Family dimensions like cohesion and control do not show any significant relationship with mental well-being among young adults.

**Regression analysis for Family Environment dimensions, Resilience and Mental Well-Being among Young adults.****Table 4.4 Regression coefficients of Family Environment and Resilience**

Variables	B	$\beta$	SE
Constant	11.98		2.39
Resilience	.023	.26	.01
$R^2$	<b>.06</b>		

Note, N= 110

\*\*p&lt;.001

Table 4.4 shows the impact of family environment on mental well-being of young adults. The  $R^2$  value of .06 revealed that the predictor variable explained 6 % variance in the outcome variable with  $F(1,108) = 7.64$  ,  $p < .001$ . The findings revealed that family environment positively predicted resilience ( $\beta = .26$ ,  $p < .001$ ).

**Table 4.5 Regression coefficients of Family Environment and Mental Well-being**

Variables	B	$\beta$	SE
Constant	1.39		6.80
Mental Well-being	0.16	.54	.02
$R^2$	<b>.29</b>		

Note, N= 110

\*\*p&lt;.001

Table 4.5 shows the impact of family environment on mental well-being of young adults. The  $R^2$  value of .29 revealed that the predictor variable explained 29 % variance in the outcome variable with  $F(1,108) = 44.61, p < .001$ . The findings revealed that family environment positively predicted mental well-being ( $\beta = .54, p < .001$ ).

**Table 4.6 Regression coefficients of Cohesion and Resilience**

Variables	B	$\beta$	SE
Constant	.213		1.770
Resilience	.344	.708	.033
$R^2$	<b>.501</b>		

Note,  $N = 110$

\*\* $p < .001$

Table 4.6 shows the impact of cohesion on resilience of young adults. The  $R^2$  value of .501 revealed that the predictor variable explained 50% variance in the outcome variable with  $F(1,108) = 108.51, p < .001$ . The findings revealed that cohesion positively predicted resilience ( $\beta = .708, p < .001$ ).

**Table 4.7 Regression coefficients of Conflict and Resilience**

Variables	B	$\beta$	SE
Constant	14.823		1.760
Resilience	.097	.202	.045
$R^2$	<b>.202</b>		

Note,  $N = 110$

\* $p < .05$

Table 4.7 shows the impact of conflict on resilience of young adults. The  $R^2$  value of .202 revealed that the predictor variable explained 20% variance in the outcome variable with  $F(1,108) = 4.60, p < .05$ . The findings revealed that conflict positively predicted resilience ( $\beta = .202, p < .05$ ).

**Table 4.8 Regression coefficients of Active Recreational Orientation and Resilience**

Variables	B	$\beta$	SE
Constant	15.768		1.285
Resilience	.098	.208	.044
$R^2$	<b>.043</b>		

Note,  $N = 110$

\* $p < .05$

Table 4.8 shows the impact of active recreational orientation on resilience of young adults. The  $R^2$  value of .043 revealed that the predictor variable explained 4.3% variance in the outcome variable with  $F(1,108) = 4.90, p < .05$ . The findings revealed that active recreational orientation positively predicted resilience ( $\beta = .208, p < .05$ ).

**Table 4.9 Regression coefficients of Expressiveness and Mental Well-being**

Variables	B	$\beta$	SE
Constant	34.46		5.71
Mental Well-being	.40	.20	.19
$R^2$	<b>.04</b>		

Note,  $N = 110$

\* $p < .05$

Table 4.9 shows the impact of expressiveness on mental well-being of young adults. The  $R^2$  value of .04 revealed that the predictor variable explained 4% variance in the outcome variable with  $F(1,108) = 4.62, p < .05$ . The findings revealed that expressiveness positively predicted mental well-being ( $\beta = .20, p < .05$ ).

**Table 4.10 Regression coefficients of Conflict and Mental Well-being**

Variables	B	$\beta$	SE
Constant	29.57		5.63
Mental Well-being	.44	.28	.15
$R^2$	<b>.08</b>		

Note,  $N = 110$

\*\* $p < .01$

Table 4.10 shows the impact of conflict on mental well-being of young adults. The  $R^2$  value of .08 revealed that the predictor variable explained 8 % variance in the outcome variable with  $F(1,108) = 9.34, p < .01$ . The findings revealed that conflict positively predicted mental well-being ( $\beta = .28, p < .01$ ).

**Table 4.11 Regression coefficients of Acceptance and caring and Mental Well-being**

Variables	B	$\beta$	SE
Constant	-21.179		2.504
Mental Well-being	.833	.93	.031
$R^2$	.87		

Note,  $N=110$

Table 4.11 shows the impact of acceptance and caring on mental well-being of young adults. The  $R^2$  value of .87 revealed that the predictor variable explained 87% variance in the outcome variable with  $F(1,108) = 742.01$ ,  $p < .001$ . The findings revealed that acceptance and caring positively predicted mental well-being ( $\beta = .93$ ,  $p < .001$ ).

**Table 4.12 Regression coefficients of Independence and Mental Well-being**

Variables	B	$\beta$	SE
Constant	30.280		5.039
Mental Well-being	.521	.30	.159
$R^2$	.09		

Note,  $N=110$

\*\* $p < .001$

Table 4.12 shows the impact of independence on mental well-being of young adults. The  $R^2$  value of .09 revealed that the predictor variable explained 9% variance in the outcome variable with  $F(1, 108) = 10.75$ ,  $p < .001$ . The findings revealed that independence positively predicted mental well-being ( $\beta = .30$ ,  $p < .001$ ).

**Table 4.13 Regression coefficients of Active recreational orientation and Mental Well-being**

Variables	B	$\beta$	SE
Constant	35.887		4.159
Mental Well-being	.377	.25	.144
$R^2$	.06		

Note,  $N=110$

\*\* $p < .01$

Table 4.13 shows the impact of active recreational orientation on mental well-being of young adults. The  $R^2$  value of .06 revealed that the predictor variable explained 6% variance in the outcome variable with  $F(1, 108) = 6.88$ ,  $p < .01$ . The findings revealed that active recreational orientation positively predicted mental well-being ( $\beta = .25$ ,  $p < .01$ ).

**Table 4.14 Regression coefficients of Organization and Mental Well-being**

Variables	B	$\beta$	SE
Constant	36.713		3.544
Mental Well-being	1.321	.27	.462
$R^2$	.07		

Note,  $N=110$

\*\* $p < .01$

Table 4.14 shows the impact of organization on mental well-being of young adults. The  $R^2$  value of .07 revealed that the predictor variable explained 7% variance in the outcome variable with  $F(1,108) = 8.18$ ,  $p < .01$ . The findings revealed that organization positively predicted mental well-being ( $\beta = .27$ ,  $p < .01$ ).

## V. DISCUSSION

The title of the present research is to study the effect of Family environment on resilience and mental well-being of young adults, for this sample of 110 participants 70 female and 40 males between age group of 18-24 years was taken. The tools administered in this study was Family Environment Scale (FES) 69 item scale developed by Harpreet Bhatia and N.K. Chadha (1993), Brief resilience scale (BRS) 6 items scale developed by Smith, B.W., Dalen, J., Wiggins et. al (2008) and Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) contain 14 items. When data was collected, for result analysis mean, standard deviation, correlation and regression analysis were used as statistical analysis.

### TABLE 4.2

The correlation values between family environment and resilience for young adults is found out to be 0.241, which is significant at both 0.05 and 0.01 levels, thus indicating significant relationship between family climate and resilience of young adults. This shows a significant positive correlation between family environment and resilience, that means if the young adults get better family environment their resilience

also get better and vice versa. Fard, F. S., & Hajiarbabi, F. (2018) study shows that resilience and emotional self regulation were significantly correlated with affective family climate.

The correlation values between family environment and mental well-being for young adults is found out to be 0.541, which is significant at both 0.05 and 0.01 levels, thus indicating significant relationship between family climate and mental well-being of young adults.

This shows a significant positive correlation between family environment and mental well-being, that means if the young adults get better family environment their mental well-being also get better and vice versa. Segrin, C., Givertz, M., Swaitkowski, P., & Montgomery, N. (2015) Result indicated that child under over parenting are suffering with more problems than normal children.

The correlation values between mental well-being and resilience for young adults is found out to be 0.000, which is insignificant at both 0.05 and 0.01 levels, thus indicating insignificant relationship between mental well-being and resilience of young adults.

This shows that mental well-being of the young adults doesn't relate with their resilience .

#### TABLE 4.3.

The correlation values between cohesion and resilience for young adults is found out to be 0.708, which is significant at both 0.05 and 0.01 levels, thus indicating significant relationship between cohesion and resilience of young adults.

This shows that better cohesion dimension of family environment like support and commitment among family members, the better resilience level of young adults will be.

Daniels, A. D., & Bryan, J. (2021) finding of this study revealed the lower level of resilience in the individual who experience traumatic experience, but on contrary if strong family environment and cohesion was reported in sample they are likely to show higher level of resilience despite trauma indicating cohesion and family climate as protective factors of resilience even in the presence of traumatic experiences in life of young adults.

The correlation values between expressiveness and resilience for young adults is found out to be -0.004, which is insignificant at both 0.05 and 0.01 levels, thus indicating insignificant relationship between expressiveness and resilience of young adults.

This shows that the degree by which young adults feel free to express themselves in their house doesn't relate with their resilience.

The correlation values between conflict and resilience for young adults is found out to be 0.202, which is significant at only 0.05 level, thus indicating significant relationship between conflict and resilience of young adults.

This shows that if family environment of young adults contains better ways of managing conflict that is positively relates with their better resilience and vice versa.

The correlation values between acceptance and caring and resilience for young adults is found out to be 0.042, which is insignificant at both 0.05 and 0.01 levels, thus indicating insignificant relationship between acceptance and caring and resilience of young adults.

This shows that acceptance and caring dimension of family climate doesn't relate with young adult's resilience.

The correlation values between independence and resilience for young adults is found out to be 0.156, which is insignificant at both 0.05 and 0.01 levels, thus indicating insignificant relationship between independence and resilience of young adults.

This shows that if the young adults level of independence in family environment doesn't relate with their resilience level.

The correlation values between active recreational orientation and resilience for young adults is found out to be 0.208, which is significant at only 0.05 level, thus indicating significant relationship between active recreational orientation and resilience of young adults.

This shows that if the young adults part in socializing and recreational activities positively relate with their resilience

The correlation values between organization and resilience for young adults is found out to be 0.045, which is insignificant at both 0.05 and 0.01 levels, thus indicating insignificant relationship between family climate and resilience of young adults.

This shows that level of organization in family environment doesn't relate with resilience of young adults .

The correlation values between control and resilience for young adults is found out to be 0.067, which is insignificant at both 0.05 and 0.01 levels, thus indicating insignificant relationship between control and resilience of young adults.

This shows that control in family environment doesn't relate with their resilience of the young adults

The correlation values between cohesion and mental well-being for young adults is found out to be 0.155, which is insignificant at both 0.05 and 0.01 levels, thus indicating there is no significant relationship between cohesion and mental well-being of young adults.

This shows that if the young adults experience level of cohesion in family doesn't affect their mental well-being . Maheshwari SK, Chaturvedi R, Gupta S (2020) Result shows that mental well-being is most significantly related with cohesion and acceptance and caring dimension of family environment, and totally non significantly related with conflict and control. Overall it was concluded that mental well-being of adolescence girls is significantly correlated with their family environment.

The correlation values between expressiveness and mental well-being for young adults is found out to be 0.203, which is significant at only 0.05 levels, thus indicating significant relationship between expressiveness and mental well-being of young adults.

This shows that the better chance young adults get to express themselves in the family is related with the better mental well-being they have and vice versa.

The correlation values between conflict and mental well-being for young adults is found out to be 0.282, which is significant at both 0.05 and 0.01 levels, thus indicating significant relationship between conflict and mental well-being of young adults.

This shows that the better way on managing conflicts in the family of young adults is related with the better mental well-being of young adults and vice versa.

The correlation values between acceptance and caring and mental well-being for young adults is found out to be 0.934, which is significant at both 0.05 and 0.01 levels, thus indicating significant relationship between acceptance & caring and mental well-being of young adults. This shows that acceptance and caring dimension of family environment positively related with young adults mental well-being the most and vice versa.

The correlation values between independence and mental well-being for young adults is found out to be 0.301, which is significant at both 0.05 and 0.01 levels, thus indicating significant relationship between independence and mental well-being of young adults. This shows that if young adults independence in family environment their mental well-being also gets better and vice versa.

The correlation values between active recreational orientation and mental well-being for young adults is found out to be 0.245, which is significant at both 0.05 and 0.01 levels, thus indicating significant relationship between active recreational orientation and mental well-being of young adults. This shows that when young adults get more chance to socialize and active recreational, their mental well-being get better and vice versa.

The correlation values between organization and mental well-being for young adults is found out to be 0.265, which is significant at both 0.05 and 0.01 levels, thus indicating significant relationship between organization and mental well-being of young adults. This shows that if the young adults experience better organization and clear responsibilities in family environment their mental well-being also get better and vice versa.

The correlation values between control and mental well-being for young adults is found out to be 0.067, which is insignificant at both 0.05 and 0.01 levels, thus indicating insignificant relationship between control and mental well-being of young adults. This shows that control factor in family environment don't affect mental well-being of young adults.

#### TABLE 4.4

It shows the impact of family environment on resilience of young adults. The  $R^2$  value of .06 revealed that the predictor variable explained 6 % variance in the outcome variable (resilience). Result show  $p < .001$  which indicate significance in prediction at both 0.05 and 0.01 levels. It means that family environment predicts resilience of young adults by 6%.

#### TABLE 4.5

It shows the impact of family environment on mental well-being of young adults. The  $R^2$  value of .29 revealed that the predictor variable explained 29 % variance in the outcome variable (mental well-being). Result show  $p < .001$  which indicate significance in prediction at both 0.05 and 0.01 levels. It means that family environment predicts mental well-being of young adults by 29%.

#### TABLE 4.6

It shows the impact of cohesion on resilience of young adults. The  $R^2$  value of .501 revealed that the predictor variable explained 50.1 % variance in the outcome variable (resilience). Result show  $p < .001$  which indicate significance in prediction at both 0.05 and 0.01 levels. It means that cohesion predict resilience of young adults by 50.1%, shows cohesion (support, help and commitment) dimension of family environment shows significant effect on resilience level of young adults.

#### TABLE 4.7

It shows the impact of conflict on resilience of young adults. The  $R^2$  value of .202 revealed that the predictor variable explained 20.2 % variance in the outcome variable (resilience). Result show  $p < .05$  which indicate significance in prediction at only 0.05 level. It means that conflict (better ways of resolving disputes) predicts resilience of young adults by 20.2%.

#### TABLE 4.8

It shows the impact of active recreational orientation on resilience of young adults. The  $R^2$  value of .043 revealed that the predictor variable explained 4.3 % variance in the outcome variable (resilience). Result show  $p < .05$  which indicate significance in prediction at only 0.05 level. It means that active recreational orientation recreational (young adults' participation in social and recreational activities) predict resilience of young adults by 4.3%.

#### TABLE 4.9

It shows the impact of expressiveness on mental well-being of young adults. The  $R^2$  value of .04 revealed that the predictor variable explained 4% variance in the outcome variable (mental well-being). Result show  $p < .05$  which indicate significance in prediction at only 0.05 level. It means that expressiveness predicts mental well-being of young adults by 4% significantly. Wong, P. L. W. (2012) expressiveness variable of family climate are predictor of well-being while cohesion and conflicts show negative relationship with well-being. Research suggested that a family climate and interaction must be really close for better well-being.

#### TABLE 4.10

It shows the impact of conflict on mental well-being of young adults. The  $R^2$  value of .08 revealed that the predictor variable explained 8% variance in the outcome variable (mental well-being). Result show  $p < .01$  which indicate significance in prediction at both 0.05 and 0.01 levels. It means that conflict (ways of resolving disputes in family) predict mental well-being of young adults by 8% significantly.



**TABLE 4.11**

It shows the impact of acceptance and caring on mental well-being of young adults. The  $R^2$  value of .87 revealed that the predictor variable explained 87% variance in the outcome variable (mental well-being). Result show  $p < .001$  which indicate significance in prediction at both 0.05 and 0.01 levels. It means that acceptance and caring (unconditional acceptance and care given in family to each other) predicts mental well-being of young adults by 87%. Acceptance and caring dimension of family environment shows most effectiveness on mental well-being.

**TABLE 4.12**

It shows the impact of independence on mental well-being of young adults. The  $R^2$  value of .09 revealed that the predictor variable explained 9% variance in the outcome variable (mental well-being). Result show  $p < .001$  which indicate significance in prediction at both 0.05 and 0.01 levels. It means that independence (the level to which people in the family are assertive and can take their own decision) predict mental well-being of young adults by 9%. Lai, K. W., & McBride-Chang, C.,(2001) indicate that 58% students are not suicidal ideator. It also reveal that authoritarian style of parenting, cold parental relationship, over-protectiveness (mainly maternal), negative family climate and child rearing are leading cause of suicidal ideation in older adolescents more than young adolescents.

**TABLE 4.13**

It shows the impact of active recreational orientation on mental well-being of young adults. The  $R^2$  value of .06 revealed that the predictor variable explained 6% variance in the outcome variable (mental well-being). Result show  $p < .01$  which indicate significance in prediction at both 0.05 and 0.01 levels. It means that active recreational (young adults' participation in social and recreational activities) orientation predicts mental well-being of young adults by 6%.

**TABLE 4.14**

It shows the impact of organization on mental well-being of young adults. The  $R^2$  value of .07 revealed that the predictor variable explained 7% variance in the outcome variable (mental well-being). Result show  $p < .01$  which indicate significance in prediction at both 0.05 and 0.01 levels. It means that organization (clear structure of responsibilities and activities) predict mental well-being of young adults by 7%.

Family environment and it's dimensions like cohesion, conflict, active recreational orientation also shows significant relationship with resilience except family dimensions like expressiveness, acceptance and caring, independence, organization, control among young adults. After running regression analysis on the variables it was evident that family environment and it's dimensions like cohesion, conflict, active recreational orientation resilience factor in young adults in different degrees except the family dimension like expressiveness, acceptance and caring, independence, organization, control which show no significant effect on resilience among young adults.

The finding of this research revealed that there is the significant relation between the family environment and it's dimensions like expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization with mental well-being except the family dimension like cohesion and control among young adults.

After running regression analysis in the variables, it was evident that family environment and it's dimensions like expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization predict mental well-being in different degrees except the family dimension like cohesion and control which show no significant effect on mental well-being among young adults.

#### **Family environment relation with Resilience**

Family environment shows significant correlation with resilience with r value of 0.257. Family environment predict resilience by 6%.

Family environment and it's dimensions like cohesion, conflict, active recreational orientation shows significant relationship with resilience with r value of 0.708, 0.202 and 0.208 respectively. Family environment dimension 'cohesion' shows maximum relationship with resilience. Through regression analysis the effectiveness of cohesion, conflict and active recreation on resilience was also studied. Cohesion, conflict and active recreational orientation predict resilience by 50%,20% and 4.3% respectively. Family dimensions like expressiveness, acceptance and caring, independence, organization, control do not show any significant relationship with resilience among young adults. Daniels, A. D., & Bryan, J. (2021) finding of this study revealed the lower level of resilience in the individual who experience traumatic experience, but on contrary if strong family environment and cohesion was reported in sample, they are likely to show higher level of resilience despite trauma indicating cohesion and family climate as protective factors of resilience even in the presence of traumatic experiences in life of young adults.

Carlton, B. S., Goebert, D.A., Miyaoto, R. H., Andrade, N. N., Hishinuma, E. S. et.al. ( 2006) this study result indicated that family support and health were robust factor for resilience. External factor like achievement were also related with resilience in young adults.

#### **Family environment relation with Mental well-being**

Family environment shows significant correlation with mental well-being with r value of 0.541. Family environment predict mental well-being by 29%

the family environment and it's dimensions like expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization with mental well-being with r value of 0.203,0.282,0.934, 0.301,0.245 and 0.265 respectively. Family environment dimension 'acceptance and caring' shows maximum relationship with mental well-being. Through regression analysis the effectiveness of expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization on mental well-being was also studied. Expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization predict mental well-being by 4%,8%,87%, 9%, 6%and 7% respectively. Family dimensions like cohesion and control do not show any significant relationship with mental well-being among young adults. Rapheal, J., & Paul, V.K.(2015) study result interpreted that any dysfunctioning or pathology in home environment causes impact on adolescence well-being. Significant relationship is found between family climate and anxiety, well-being, and stress in adolescence.

Resilience and Mental well-being do not show any significant correlation with each other.

## HYPOTHESES TESTING

- H1.** “There will be significant relationship between family environment and resilience in young adults.” It is accepted as there is significant relation between family environment and resilience. Some dimensions of family environment also showed significant relationship with resilience.
- H2.** “There will be significant relationship between family environment and mental well-being of young adults.” It is accepted as there is significant relation between family environment and mental well-being. Some dimensions of family environment also showed significant relationship with mental well-being.
- H3.** “There will be significant relationship between resilience and mental well-being of young adults.” It is unaccepted as there no significant relation found between resilience and mental well-being.
- H4.** “Family environment and it’s dimensions shows significant effectiveness on resilience of young adults”. It is accepted as their significant result as it is found that family environment predicts resilience in young adults by 6%. And family environment dimensions like **Cohesion**, conflict and active recreational orientation predict resilience by **50%,20%** and 4.3% respectively.
- H5.** “Family environment and it’s dimensions shows significant effectiveness on mental well-being of young adults.” It is accepted as their significant result as it is found that family environment predicts mental well-being in young adults by 29%. And family environment dimensions like Expressiveness, conflict, **acceptance and caring**, independence, active recreational orientation, organization predict mental well-being by 4%,8%,**87%**, 9%, 6%and 7% respectively.

## VI. SUMMARY AND CONCLUSION

The title of the present research is to study effect of family environment on resilience and mental well-being of young adults, for this data was collected sample of 110 young adults were 70 female and 40 males between age group of 18-24 years was taken. The main tool administered in this study was Family Environment Scale (FES) 69 item scale developed by Harpreet Bhatia and N.K. Chadha (1993), Brief resilience scale (BRS) 6 items scale developed by smith, B.W., Dalen, J., Wiggins et. al (2008) and Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) contain 14 items. When data was collected, for result analysis mean, standard deviation, correlation and regression analysis were used as statistical analysis. Result of the study indicated that family environment shows significant relationship with young adult’s resilience and mental well-being. Family environment predict resilience in young adults by 6%. And family environment dimensions like **Cohesion**, conflict and active recreational orientation predict resilience by **50%,20%** and 4.3% respectively. Also, family environment predicts mental well-being in young adults by 29%. And family environment dimensions like Expressiveness, conflict, **acceptance and caring**, independence, active recreational orientation, organization predict mental well-being by 4%,8%,**87%**, 9%, 6%and 7% respectively.

This study thus clarifies the important dimensions of family environment that impact resilience level and mental well-being of young adults. Also shows the importance of family environment for young adults who lives in a collectivistic culture like India and stay with their families.

## FINDINGS

1. The finding of the study revealed that there is a significant relationship in the family environment and its dimension( cohesion, conflict, active recreational orientation ) with resilience among young adults .
2. The finding of the study revealed that there is a significant relationship in the family environment and its dimension with mental well-being among young adults.
3. There is no significant relationship between resilience and mental well-being among young adults.
4. Family environment and its dimensions (cohesion, conflict, active recreational orientation) significantly show their effectiveness on resilience.
5. Family environment and its dimensions (expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) significantly show their effectiveness on mental well-being.

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