



The study of Relationship Between Family Communication Patterns With Resilience and Quality of life the High School Girls Students

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ABSTRACT

This study that examined the relationship between family communication patterns and resiliency with quality of life was performed among female high school students in Bandar Abbas. Sampling Methods of the study was a multistage random cluster sampling. The study consisted of 3242 female students of Bandar Abbas and a sample size of 345 persons was estimated by and Morgan table. Linear regression test and one ANOVA were used to analyse the findings. Analysis of the findings showed that the family communication patterns, conversation orientation was a significant, predictor of resiliency. Both the conversation orientation and conformity orientation of the family communication patterns were significant predictors of life quality. on the other hand, resilience was a significant predictor for the quality of life Criterion. When the variables of family communication patterns (conversation and conformity) and resiliency entered into the regression equation, the results showed that both of the family communication patterns (conversation and conformity), and resiliency were significant predictors of life quality. Also the examination of the Students, differences in terms of parental education in resiliency did not show significant differences.

Keywords: Family Communication Patterns, Resilience, Quality of Life, Female Students, High School

INTRODUCTION

Family is one of the most important educational environments that has played crucial role in keeping mental, social and physical health. Psychological conditions like parents-children, child-child and parent-parent emotional relationships have performed facilitating or inhibiting effects in creating consistency and mental health, social skills development, advancement and educational and occupational achievement of children.

Mosen et al. [1] have believed that family is one of the main effective factors that can affect all aspects of children growth. Family effect on children have been started immediately from the beginning and revealed with its spread power and it may be remained throughout a person's life. Both theoretical and experimental analyses are concentrated on relationships between child and parents, and have granted special value and importance to effects of father and mother relationship on children.

Fitzpatrick identified two infrastructural aspects of conversation orientation and conformity orientation in family communication patterns. Conversation orientation means that families have provided conditions to some extent, as all family members would encourage to engage freely and easily in discussions on wide scope of issues. Conformity orientation also stands for the extent that families have emphasized on conditions which attitudes, values and beliefs are similar. [2]

Combination of the two aspects is formed four schematics of family communications [3] which has been called family communication patterns. Each pattern describes special type of family. The four types of pattern along with four types of family are obtained from combination of more or less situations on two continuums aspects of conversation orientation and conformity orientation; including consensual, pluralistic, protective and laissez-faire family.

Resilience has obtained special place in areas like change psychology, family psychology and mental health, as every day the number of researches related to this structure has been increasing. Resilience is described as a

process, ability or result of successful consistency with threatening conditions. On the other hand, Resilience has considered as positive consistency in reacting to inappropriate conditions [4].

Cichi Regar Feri stated that the question always has come to mind while observing children that why do some children have certain flexibility in dealing with factors which cause stress but other have problem to handle stress factor. Answer of this question has referred to family environment and a new concept which is called resilience. The new concept is one of the most important human abilities which have caused effective consistency with danger factors. Resilience is a factor that leads to flexibility and confronts with stress factors and situations. In last two decades, resilience has taken attention to itself increasingly in field of psychology [5].

Furthermore, it should be noted that combination of different factors has led to the forming resilience. One of those factors can be type of relationship and interactions in family. Today, studies about families are conducted mainly on issues that how people are able to confront and resistant in dealing with stress factors and how family can effect on this ability [2].

Quality of life considers as one of the most fundamental concepts which is offered in positive psychology. Changing idea from the belief that only scientific, medical and technological developments can improve life to this belief that personal, family, social and society well-being would be created through combination of those developments along with person's values and perceptions of well-being and environmental conditions are treated initial tendency to quality of life.

World Health Organization has defined quality of life as people understanding and perception of their situation related to accepted goals and value systems in regard to objective conditions of life. [6]

Quality of life is something more than physical health; it includes a feeling of being healthy, basic level of satisfaction and general feeling of self-esteem. An abstract and complex concept and containing various fields which all of them have crucial effect on personal satisfaction and self-esteem.

Therefore, family communication patterns and quality of people's life affect in their resilience. Parents who are performing better role in their children training, they have children with more ability of resilience.

Since parents are responsible for educational affairs to find a solution for supporting students in fields of education, training, quality of life and etc. this research can be useful for students, parents, authorities of education affairs and system, consultants and teachers. Thus, object of the study is to find appropriate answer for the question: is there any relationship between family communication patterns with resilience and quality of life? As a result of the question, three hypotheses have been suggested and then considered that consist of:

- There is relationship between family communication patterns and resilience.
- There is relationship between family communication patterns and quality of life.
- There is relationship between family resilience and quality of life.

MATERIALS AND METHODS

Research method in this study is descriptive from type of correlation. Here, the relationships between variables have been analyzed based on research object. Correlation researches can be divided to three groups: A: two variables correlation study; B: regression analysis; and C: correlation matrix analysis or covariance.

Statistical population and sample:

Statistical population in this research includes all girl high school students of Bandar Abas city, district 1, who had studied at academic year 2011-2012. They were 3242 that according to Morgan table number of 345 has been selected as sample.

Sampling method:

Method of multistage cluster sampling has been employed for sampling method in this research. First of all, five high schools for girls selected from all high schools which were located in district 1 of Bandar Abas city. Then in second stage, three classes of each school have been selected randomly that 15 classes were chosen in all and a questionnaire has distributed between them. It should be noted that 35 extra questionnaires were distributed among students due to probability of experimental mortality and filling the questionnaires incompletely; number of 380 questionnaires have been distributed totally. These experimental samples were assured that questionnaires' information would be remained confidential to researcher.

Research tools:

Three kinds of measurement tools have been employed in order to achieve the objects of this research:

- Revised tools of family communication patterns [7]:

In order to determine aspects of conversation state and conformity state, as foresighted variables, these revised tools of family communication patterns have been employed. The tools is measured aspects of conversation and conformity, as 15 propositions which have placed at first, are related to situation after conversation and 11 propositions which have placed second, are related to situation after conformity.

Reliability of the tools has been confirmed in many studies. Mean score of Cronbach's Alfa was obtained 0.89 for the situation after conversation (scope of 0.84 to 0.92) and 0.79 for the situation after conformity (0.73 to 0.84).

Two methods of Cronbach's Alfa and reexamining have employed to determine reliability in this research. Results related to Cronbach's Alfa method were indicated score of 0.87 for the situation after conversation and

0.81 for the situation after conformity and reexamining coefficient was 0.65 for these tools, these results are indicated appropriate reliability.

- Koerner & Davidson Resilience Questionnaire [8]:

Koerner & Davidson reviewed research sources from 1979 to 1991 and then has provided the questionnaire in 2003. The scale's producers believed that this questionnaire can separate resilient people from non-resilient one properly in both clinical and non-clinical groups; and also use in research and clinical situations.

There are 25 statements in this questionnaire and each statement has been scoring based on a scale between zero (completely wrong) and five (always right). Cronbach's Alfa method has employed to compute reliability that the reliability coefficient was 89% and method of factor analysis has utilized to determine validity which was 87%.

- The World Health Organization Quality of Life Assessment-brief:

World Health Organization Quality of Life questionnaire was proposed along with the organization's classic definition of health. A hierarchical structure has designed based on number of effective conceptualizations of quality of life and its related scopes, the structure has included overall quality of life, set of specific scopes and certain small levels which are reflecting different aspects in each of those scopes, such a structure is confirmed properly through performing experimental works on data [9].

Detailed and exact assessment of every single small level related to quality of life can be possible through main form of World Health Organization Quality of Life questionnaire. In unique cases, the main form of World Health Organization Quality of Life questionnaire has been designed to provide a brief structure of assessment instead of partial scores in small level. The brief form of World Health Organization Quality of Life questionnaire was set by combining some scopes and eliminating number of questions in main form of World Health Organization Quality of Life questionnaire [6].

This questionnaire has been standardized in Iran (Tehran) by Nejat, et al. [10]. Reliability coefficient for quality of life questionnaire which was computed through Cronbach's Alfa in the research, has obtained 0.83.

RESULTS

First hypothesis: there is relationship between family communication patterns and resilience.

Table1. summary table of simultaneous regression model to predict the resilience variable based on variable of family communication patterns

Variable	B	β	T	α	R	R ²	F	P
Constant value	47.77		10.20	0.001				
Conversation	0.34	0.32	5.71	0.001	0.31	0.10	19.08	0.001
Conformity	0.02	0.02	0.35	0.72				

Simultaneous multivariate linear regression was employed to analyze first hypothesis. Results have shown that the coefficient of multiple correlation between variables of family communication patterns components (conversation and conformity) and resilience variable has equaled 0.31 and its coefficient of determination has equaled to 0.10. As it can be seen in above table of regression coefficients, the score of conversation variable is more than conformity variable in predicting dependent variable of resilience. Conversation variable with amounts of $\beta= 0.32$, $t= 5.71$ and $\alpha= 0.001$ can be considered as significance predictor for resilience variable. On the other hand, amount of 0.32 of resilience variable has been changed by changing one unit in conversation variable. Also conformity variable with amounts of $\beta= 0.02$, $t= 0.35$ and $\alpha=0.001$ cannot be considered as significance predictor for resilience variable.

Second hypothesis: There is relationship between family communication patterns and quality of life.

Table2. Summary table of simultaneous regression model to predict the resilience variable based on variable of family communication patterns

Variable	B	β	T	α	R	R ²	F	P
Constant value	68.27		15.36	0.001				
Conversation	0.47	0.42	8.40	0.001	0.52	0.27	64.99	0.001
Conformity	-0.23	-0.16	-12.31	0.001				

Simultaneous multivariate linear regression was employed to analyze second hypothesis. Results have shown that the coefficient of multiple correlation between variables of family communication patterns components (conversation and conformity) and quality of life variable has equaled to 0.52 and its coefficient of determination has equaled to 0.27. As it can be seen in above table of regression coefficients, both variables of conversation and conformity have considerable effect in predicting dependent variable of quality of life. Conversation variable with amounts of $\beta= 0.42$, $t= 8.40$ and $\alpha= 0.001$ can be considered as significance predictor

for quality of life variable. On the other hand, amount of 0.42 in quality of life variable has been changed by changing one unit in conversation variable. Also conformity variable with amounts of $\beta = -0.16$, $t = -12.31$ and $\alpha = 0.001$ can be considered as significance predictor for quality of life variable. In other word, amount of -0.16 in quality of life variable has been changed by changing one unit in conformity variable. Therefore, both variables of conversation and conformity have considerable as significance predictor for quality of life in this model of regression. Third hypothesis: there is relationship between family resilience and quality of life.

Table 3. Summary table of simultaneous regression model to predict the resilience variable based on variable of family communication patterns

Variable	B	β	T	α	R	R ²	F	P
Constant value	62.18		0.001	17.15	0.32	0.10	0.001	39.98
Resilience	0.34	0.32	0.001	6.32				

Simultaneous multivariate linear regression was employed to analyze third hypothesis. Results have shown that the coefficient of multiple correlations between resilience variable and quality of life variable has equaled 0.32 and its coefficient of determination has equaled to 0.10. As it can be seen in above table of regression coefficients, resilience variable has played important role to predict dependent variable of quality of life. Resilience variable with amounts of $\beta = 0.32$, $t = 6.32$ and $\alpha = 0.001$ can be considered as significance predictor for quality of life variable. On the other hand, amount of 0.32 of quality of life variable has been changed by changing one unit in resilience variable.

DISCUSSION

First hypothesis: there is relationship between family communication patterns and resilience.

It is cleared that dependent variable of resilience after conversation variable has the most value in family communication patterns components. Also conformity variable has not considered significance predictor for resilience variable. The findings are based on results of research which were conducted. Because one result of their research has shown that the better relationships between parent and child and the conversation between them, the child would be more resilient. These findings are consistent with results of research that was conducted. therefore, it may be stated more conversation will be necessary to make life more valuable and delightful. It would increase independency and resiliency in children; but in a family with high rate of conformity, family members have expected each other to grant more importance to the interests of family and place their interests in secondary importance; it makes that power of decision making has been taken from children and they acts according to parents desire. So it may reduce self-esteem and resilience in children.

Second hypothesis: There is relationship between family communication patterns and quality of life.

It becomes clear that family communication patterns components (conversation and conformity) can be significance predictor for quality of life; the findings are consistent with results of research which were conducted by Rahimi [11]. This consistency is because of one of their findings' research that indicates there is a significance relationship between family communication patterns and quality of life since quality of life can contain social well-being and exciting well-being. In order to explain the finding it can be said that if families have taken more attention to their children and encouraged them considerably they will have high quality of life. Families which create conditions for encouraging family members to participate freely and easily in discussion and interaction in wide scope of issues, children will enjoy higher quality of life.

Third hypothesis: there is relationship between family resilience and quality of life.

It has determined that resilience variable has considerable effect in predicting that dependent variable of quality of life. The findings are consistent with results of research which were conducted. because one result of their research has shown that there is positive and significance relationship between resilience and quality of life which increasing resilience can improve quality of life. It has also consistency with results of research that had done. Resilience has led to more satisfaction due to reduce negative excitements and increase mental health. Finding of this research along with other research are expressed that people with high rate of resilience can maintain their cognitive mental health in stress conditions and inappropriate situations and also enjoy high quality of life. In order to explain the research it can be stated that increasing resilience can improve quality of life and students who have better quality of life, have more resilience. High rate of resilience help people to use emotions and positive excitements for dealing with inappropriate experiments and return to proper situation. These people can deal better life difficulties, confront with problem without complaining and enjoy more flexibility.

Generally, findings of this research have shown that resilient teenagers are result of families which their family communication patterns rely highly on conversation. It is because family communication patterns have affected inevitably children and teenagers characteristic and emotional growth and also it has been considered as main factor in children behavior and attitude. It seems that family interactions have a great effect on children and

teenagers ability to deal different situations which are occurred outside of home environment such as social affairs, political learning and other activities. People have brought up resilient and this would increase quality of life in them and then they will enjoy of their life. Reviewing conducted studies distinguished that family and its communication patterns have related with resilience and quality of life in students. According to results of the research, it appears that inserting the concept of resilience in life skills plans and similar plans are really effective which have been performed in schools. Doing educational courses on increasing resilience for students will help quality of life improvement.

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