



Study and Comparison the Family Climate of SMS Addicted and Normal Adolescent Girls

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ABSTRACT

As for importance the family role in people's life and this subject that adolescence is the most challenging and critical period of human development, present research proceeded to compare the family climate of SMS addicted and normal adolescent girls. The statistical universes of this research were high school girl students from Tehran 7 region. One school was selected randomly through girly high school of this region then one class of each grade was selected randomly and these students answered family climate scale and dependency on message questionnaires. After that, responders were divided into two 60 people groups on the basis of dependency on message questionnaire scores and their family climates were compared with each other. Results of independent-sample t test with 95% confidence showed that there is a meaningful difference between family climate of two normal and dependent on message groups and the adolescents who didn't depend on message, got higher mark in comparison of family climate. At result, adolescents' families who didn't depend on message had more positive climate. This problem is confirmation of the family role importance in detection of behaviors of the adolescence periods especially tendency to over-use message and presented need to more researches in the case of family consolidation and parent-child relations improvement.

Keywords: Family climate, SMS addiction, Adolescent girls

INTRODUCTION

Adolescence is considered by many to be the most challenging and critical period of human development. As a stepping stone to young adulthood, the period of adolescence brings significant changes in physical, cognitive, social, and emotional [1]. Adolescents require family member's empathy and protection in these periods and if parent couldn't to supply these essential requirements, adolescents try to remove it by another ways such as to quarter to friends and peers and to extend communications via internet, computer and mobile and short message service [2].

When each of these ways changed into compulsion, can become addiction and psychologists remind it as a behavior addiction [3, 4]. One type of these addictions is dependency on short message or SMS addiction. These dependencies development and improvement was so fast recent years which ensures experts that addiction to short message is a serious problem and many researches must be done around it [5]. Over-use mobile creates interference and disintegration in some cases in person normal life affairs and even in his / her states and moods. Over - use it causes to redact the relationships and social cooperation and loneliness feeling and other difficulties. All of these problems extend depression back ground in person. On the other hand, depression and over-usage of mobile, both are unhealthy life methods [6].

Family therapy theories express that family and person functioning are dependent to each other, means that persons problems reflect family's problems and Vice versa, addiction isn't exceptional of this rule , too [7] . Studies show that family structure is recognized as the most effective factor in adolescent's addiction [8]. Also, these studies show that there is a relation between adolescents and family functioning and family relations' quality effects children operation and is an important factor in creation and intensification of the affective or conduct disorders at them [9, 10]. Moreover higher levels of parent-child closeness, contact, and parental support

lead to more successful modeling and reinforcement by adolescents [11]. Developmental researchers generally agree that the quality of relationships in an individual's life play an important role in psychosocial development. Furthermore, relationships marked by conflict are shown to have a negative impact on adolescents' well-being [12, 13].

As for mentioned subjects and Harpreet Mehar's reports [14] that detection some problem behaviors is increasing through adolescent such as addiction, study about the quality of the parent-child relations of adolescents with problem has special importance. One variable that proceeds to study this subject is family climate. Really, family climate is an intrapersonal relation between children and parents and includes parents attitude about children such as that is understood by their children [15].

In the family that its member communication is close to each other, children don't get necessary attention from their parents, high maladjustment exists between parents, and family members can't complot with the changes, family negative climate will be dominated [16]. In this family, there isn't sincerity and vicinity and safety feeling between family members and family member's communication is without friendship and they can't express their feelings. The children who grow in such families will catch types of psychopathy [15, 17].

Counter, DePaul [18] expresses some family characteristics with desirable functioning like: openness communication, cooperation, to control and restrain the mental and psychic stresses effectively, empathy, leadership to express friendship and interest and personal responsibility. Walsh's [19] clinical studies show strong relation between processes, functions and healthy families' climate too. Also, according to Hakvoort et al. [20] report there is correlation between family relations and psychological adjustment of healthy families' children.

As for motioned matters, about effect of family relations quality and family climate in adolescents functioning and also, the expanding use of mobile phones by their extreme, present research proceeded to compare the family climate of SMS addicted and normal adolescent girls.

MATERIALS AND METHODS

Present research method was causal-comparative. The statistical universes of this research were high school girl students from Tehran 7 region. One school was selected randomly through girly high school of this region then one class of each grade was selected randomly and these students answered family climate scale and dependency on message questionnaires. After that, responders were divided into two 60 people groups on the basis of dependency on message questionnaire scores and their family climates were compared with each other .

1. Dependency on message questionnaire

In present research, the dependency on message questionnaire was used to measure SMS addiction. The questionnaire was designed by Ghorbanifar [5] and has 9 questions. The questions are answered as yes or no and one precedence accrue to each positive research and organizes persons mark to tall precedence. This questionnaire has been made by Yang's internet addiction scale and on the basis of dependency on message symptoms. Validity of above questionnaire has been confirmed formally and by 5 professors from Al-Zahra University. Also the instrument reliability of it was 0.92 by retesting [5].

2. Family climate scales (FCS): Family climate scale questionnaire was used in present research to study family internal factors. This questionnaire was made by Bjornberg et al. to evaluate family climate. The FCS consisted of a 48-item questionnaire on a 5-point scale, describing "1 = not at all" to "5 = always" (given a total score ranging from 48 to 240), with higher scores representing a positive family climate and lower scores representing negative family climate. This scales measures family climate in six dimensions: 1- openness communication 2- inter-generation autonomy 3- intra-generation attention 4- affective connection 5- cognitive connection and 6- adjustment. Each dimension is measured by eight questions. Above questionnaire after translating was given to 5 counseling experts in Isfahan University and its content Validity was confirmed. Also the instrument reliability of it was .81 according to Cronbach's alpha [18].

RESULTS

In this section of first a report of descriptive statistic will be presented and then will be proceeded to analyze data. As observed in table 1, the family climate mean was 128.71 and its highest and lowest quality was 152 and 61 respectively, thought these group subjects.

Table 1. Descriptive statistic of research variables

Variable	N	Minimum	Maximum	Mean	Std. deviation	Variance
SMS addicted	60	61	152	128.71	20.23	409.41
Normal	60	75	212	134.50	21.80	475.38

The family climate mean was 134.5 in normal group and changed between 75 till 212. In continuation, two normal and dependency on message groups of independent-sample t test were applied to compare family climate. These test results are presented in table 2. As observed there is a meaningful difference between family climate of

two normal and dependency on message groups. As for the T test results of the two independent groups with 95% certainly and adolescents who didn't have dependency on message, obtained higher mark in family climate scale.

Table 2. Results of Independent-Sample T Test

Variable	Group	N	Mean	Std. deviation	t	df	Sig.
Family climate	SMS addiction	60	128.71	20.23	2.067	118	0.041
	Normal	60	134.50	21.80			

DISCUSSION

Present research was done with the purpose of comparison the family climate of the normal and dependent on message girl adolescents. As observed, the research data analysis results show that there is difference between the family climate of the normal and dependent on message girls and adolescents families who didn't have dependency on message had more positive climate .

In this ways, as Golombok [9], Johnson [10], Carlson et al. [11], Zegers et al. [12], Richmond et al. [13], Kaur et al. [15], Rockart [16], Hakvoort et al [20], Padilla-Walker et al. [22] findings which are indicative the relation between family and adolescents' functioning and Broman et al. [8] finding show that family structure has been recognized as the most effective factor in adolescent's addiction. It seems logical, in the family which has more positive climate and its members have open communication corporation, control and to restrain the mental and psychic stress is done affectively. There is empathy, leadership and interest and friendship here and also has personal responsibility. Adolescents can't ingratiate their requirements by quartering to another ways amongst over-ways of short message.

Also, Lorente [2] expresses that adolescents require member's empathy and protection in these times and if parents can't supply these essential requirements adolescents try to remove it by another methods like to quarter to friends and peers and to extend communications by internet computer, mobile and short message system. Schultz et al. [23] also studied the relation between adolescents social incompatibility and family climate, they show that family emotion climate in next adolescents adaptability has great importance in community.

Also Laliberte et al. [24] studied adolescents' climate that were captured eating disorders. They resulted that conflict is high in families that have children with eating disorders and family member cohesion and their explanatory are low. Moreover, according to Zhu et al. [25] findings there is a meaningful difference between family functioning and activity with family members of internet user and non-users. According to Ahmadi et al. [26] idea, type and quality of family relations is one of the factors related to the quantity and quality of the internet usage and quality of the proper and improper internet networks usage.

At the end, we must remind that as for present research findings about family importance in adolescence periods behaviors especially tendency to over-user short message is felt need to more researches about family consolidation and parent-child relations improvement.

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