Individual resilience and family life satisfaction of adolescents

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INTRODUCTION

During the year 2017, Croatian Laboratory for Prevention Research has conducted a project Positive Development of City of Zagreb's Youth — state of the art.

Purpose of the project was to explore the positive development and risk behavior of adolescents. In addition to the insights into the risk behavior of young people, a picture of strengths and challenges at the individual level and at the level of environments in which young people live was gained (family, school, community).

AIM, SAMPLE & METHODOLOGY

AIM of the study was to explore the relationship between individual resilience and family life satisfaction (perception of adolescents from City of Zagreb).

Specific goals were to explore:
- gender differences in aspects of individual resilience (Goals and Aspirations; Empathy; Self-efficacy; Cooperation and Communication; Problem Solving; Self-awareness);
- gender differences in the assessment of satisfaction with family life;
- the relation between individual resilience and satisfaction with family life;
- which the variables of resilience contribute to the prediction of family life satisfaction?

Sample
- A representative sample of the survey included 4,821 students from 24 secondary schools in Zagreb, Croatian capital.
- The age of the participants was 14 to 19 (48.2% female and 43.7% male). The mean age for the entire sample was 16 (SD=1.143).

Method
- For purposes of this study, to gain the information needed to meet the goals and to answer the research questions, out of the whole instrument, these were taken into account:
  1. Questionnaire on demographic data;
  2. Family Satisfaction Scale, FACES IV (Olson & Gorall, 2006);
- All statistical analyses were carried out using SPSS Statistics for Windows, Version 21.0.

RESULTS

Gender differences in aspects of individual resilience
- Chi-Square test was conducted to find gender differences in aspects of individual resilience.
- The findings revealed that there were significant gender differences in Empathy; Self-efficacy; Cooperation and Communication; Problem Solving & Self-awareness (p<0.05).
- There is no significant gender differences in Goals and Aspirations (p>0.05).

Gender differences in the assessment of satisfaction with family life
- Chi-Square test = 16,838, sig.=.000

CONCLUSION REMARKS

- The findings revealed that there were significant gender differences in satisfaction with family life in the way that boys are more satisfied with family life than girls.
- The findings revealed that there were significant gender differences in the way that girls have higher results on Empathy, Problem Solving & Cooperation and Communication than boys, and boys have higher results on Self-efficacy & Self-awareness than girls.
- There were positive and significant correlations between individual resilience and family life satisfaction. The total variance related to satisfaction with family life accounts for 32% of individual resilience.
- There is some evidence that individual resilience leads to youth positive development outcomes (Guerra & Bradshaw, 2008) as well as evidence that a higher level of a family live satisfaction correlate with less youth involvement in risk behaviour (Bush & Supplee, 1999; Cenkseven-Önder & Ilmas, 2012; Steinberg, 2007).
- This research has shown that individual resilience and family life satisfaction are connected, from which we can conclude that by enhancing individual resilience we enhance family life satisfaction. Nevertheless, 88% satisfaction with family life needs to be explained by other variables, and that could be the aim of further studies in the field.

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