

Significance of Home Environment in Adolescent Psychological Well-Being and Distress

Jeny Rapheal

Bharathiar University, Coimbatore

Varghese Paul K

Prajyoti Nikethan College, Pudukkad

This study investigates the role played by home environment of adolescents in their psychological well-being, anxiety and stress. A sample of 152 students was selected from five schools of Thrissur district of Kerala State. Four psychological scales namely Home Environment Inventory, Psychological well-being scale, IPAT anxiety scale, and Students Stress Scale (SSS) were administered to collect data. Statistical analysis was carried out with the help of SPSS version 20. The complete correlation matrix revealed significant linear relationship between variables of home environment and stress, anxiety, psychological well-being of the selected sample. MANOVA analysis highlighted significant difference between the participants belonging to low, average and high levels of home environment variables respectively in their psychological wellbeing, stress and anxiety. Multiple regression was performed to estimate the predictive power of different groups of independent variables classified according to their perceived effect on Home Environment was also highly significant, which reiterates the claim that home environments of adolescents contain causal pathological elements that have the potentiality to incur direct consequences on their mental well-being.

Keywords: Home Environment, Adolescents, Psychological Well-Being, Stress, Anxiety

Adolescent psychology has always been curious about the potentiality of environment on adolescents in determining their overall wellbeing. The environment constituting the entire span of life experiences of adolescent population is mainly comprised of two major institutions— home and school. Of these, home environment, which is more influential in the formation of their basic personality, consists of innumerable forces that can be classified as direct causal factors capable of contributing to the psychological well-being as well as to the psychopathology of adolescent group. Previous and current research results keep on substantiating this view.

Jagapreeth Kaur (2013) in his study titled “Home environment as a predictor of psychological well-being among adolescents” observes that ambience of a home dominated by conformity, reward, and nurturance have significant predictive value in the psychological well-being of adolescents. Self-concept of adolescents is a by-product of psychological environment of their home says Lau Sing et

al. (2000). Shek (1997) has found that family factors play an important role in influencing psychological adjustment, particularly positive mental health of Chinese adolescents. Cohen and Brook (1987) assessed family risk factors related to future development of adolescent psychopathology in an eight year longitudinal study. Lohman and Jarvis (2000) assessed the relationship between family members coping strategies and their family environment. Broken home has been found to have ill effects on adolescent development (Fauber et.al. 1990; Kurdek and Fine, 1993; & Sun, 2001). Personality formation as a function of home environment has been a focus of a number of researches (Forman and Forman, 1981; Majoribanks, 1996; Lau and Kwok, 2000, Kaur and Jaswal, 2005; Lakshmi and Arora 2006) as cited by Kaur (2009) in “Gender differences in perceptions of home environment among Indian adolescents”. There is extensive research that highlights the link between family environment and adolescent depression (Micucci, 2009).