

Family Functioning and Social Life Regulation among Adolescents

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Abstract: Family is the smallest unit in the community which has a big influence in adolescents' growth. The study determined the relationship of family functioning and social life regulation among adolescents. The variables considered on family functioning are: Affective responses, communication, family roles, and problem solving. The respondents were 216 adolescents, ages 16-21 years old that were selected using convenient sampling technique. The respondents answered questionnaires to measure family functioning and social life regulation. The result indicated a significant positive relationship between family functioning specifically on communication, family roles, and problem solving to social life regulation. This suggests that the more open the adolescents are with their family, the clearer their roles are in their family. Moreover, the more able the family is in solving problems, the higher the adolescents' are capable in relating positively with their peers and balancing social life between their family and peers.

Keywords: Family functioning, social life regulation, adolescents