

Social Relations & Psychological Adjustment among Adult Children of Parents with Depression and Anxiety

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Abstract

The present study explored the level social relation and psychological adjustment among adult children of parents with depression and anxiety. The main objective of the study was to see the relationship between social relation, psychological adjustment among the children of depressed and anxious parents. It was hypothesized that there is significant relationship between social relation and psychological adjustment among the children of depressed and anxious parents. It was also assumed that the significant differences will exist on social relation and psychological adjustment among the male and female children of depressed and anxious parents. It was a correlation study in which correlational and comparative research design was used. The total sample size was one hundred and twenty (N = 120) which consists of sixty males and sixty females. The sample was selected through the purposive sampling technique. Children were asked to fill the scales named as Provision of Social Relation Scale and Psychological Adjustment Scale to measure the level of social relation and psychological adjustment among the children of depressed and anxious parents. Statistical Package of Social Sciences version 17 (SPSS-17) was used for statistical analysis. The result showed that there is significant positive relationship between social relation and psychological adjustment. Further the results showed that there is significant difference between males and females on social relation and psychological adjustment among the children of depressed and anxious parents. The scores of female children were higher on social relation and psychological adjustment than male children of the depressed and anxious parents.

Keywords: Social relations, Psychological Adjustment, Anxiety, Depression

Introduction

The determination of the current study was to discover the level of social relations and psychological adjustment among adult children of parents with depression and anxiety. The family of depressed and anxious patients greatly suffers and especially those who are closer to the patient are directly affected by their illness. In most of cultures, children are closer to parents, so much vulnerable to psychological issues if their parents are psychologically disturbed. Mother's Lap is child's first learning institute so what a child learns here, it effects his personality throughout the life. According to Nicholson, Biebel, Hinden, Henry & Stier (2001), the effect of mental illness on children and family life depends on the severity and duration of illness and on the age at onset. Children who have any parents with psychological disorder are at great hazard of adjustment problems and face difficulty in social relationships,

According to Huntsman (2008) mental illness in parents can cause many psychological issues in children. Children subjective experience with parents is much important in the development of their psychological functioning. Less consideration has been given to the personal experiences of child when one of the parents is mentally ill and no existing model that explain the relatedness of these factors (Goodman, Sherryl, Gotlib & Ian, 1999). The level of psychological adjustment is severely affected by the mental and physical health of parents. So this study will investigate the level of psychological adjustment of children with psychologically diagnosed patients.

Exposure to negative parental cognition and behavior is risk factor for a child's psychological disturbance. Three factors involves in this risk are 1) parents involvement with the child. 2) The course and timing of parental mental illness 3) characteristics of the child (Goodman, Sherryl, Gotlib, & Ian, 1999). There is significant risk of considerable adjustment problems, social avoidance and low self-esteem in children of psychiatric patients.

Psychological adjustment is an important area of interest for researchers that how people adopt to different cultural changes and circumstances that take place in their surroundings. A individual who is well adjusted is good fit with his environment and have a balance in his abilities, feelings and behavior. Individuals are continuously developing their potentials in healthy manner to change their environment (Kimhy, Vakhrusheva,

Ahmed, Tarrier, Malaspina, & Gross 2012).

Sociology is called a social science. It is a complex phenomenon to deal with human behaviours and one have to face a lot of conceptual problems in the social singularities. Kaesler (1998) elaborated sociology and also discussed social action along with social relations. Social relationship is denoted as the minimum of joint alignment of the action to each other.

Two features are related to the social relations are social support and Social integration. Social support includes psychological and material resources that are available to assist people in different situations to cope with stress. These resources are of three types emotional, instrumental, and informational. Social integration means that how a person participate in different social relationships (Barker, 2000).

Indeed a couple of prior studies have provided evidence for level of disturbance in social relations & psychological adjustment among children of parents with psychological disturbances. Countless populaces have mental wellbeing issues. There is 22% of American populace which is influenced by mental issue consistently, and the vast majority of them are folks (Nicholson, Biebel, Hinden, Henry & stier, 2001).

Dienel (2009) analyzed a study to check the effect of sorrow and nervousness on youngsters conduct. It was a quantitative study. The results of this study demonstrate that there is essentialness positive connection exists between parental mental wellbeing and their kids conduct.

Zahir (2006) examined subject that what is the connection between parental wellbeing issue and their kid wellbeing in this study folks with mellow mental issues are chosen alongside their kids the study demonstrate that the hugeness connection between parental wellbeing and their youngsters. All the more over the study likewise demonstrates that there is no hugeness sexual orientation distinction exists on their youngsters issues.

Ashraf and Masood (2008) examined the relationship between parental affiliation and subjective accomplishment in grown-up life. It was assessed that the higher the method for current parental affiliation, the higher would be the subjective prospering.

The characteristic that make this study unique and outstanding is that it puts light on a very important and sensitive issue of children's subjective and objective experiences whose parents have psychiatric illness. Researcher chooses this topic because child personality is largely influenced by the parent's attitude and behavior patterns. This study will also be of great significance for the psychologists in assessing and guiding the behavior of adult children, whose one of the parents is depressed or anxious.

Based on this previously discussed research, three competing hypothesis exist to explain relationship between psychological adjustment and social relations among adult children of parents with depression and anxiety. First, there would be significant relationship between level of psychological adjustment and social relations among adult children of parents with depression and anxiety. Second, there would be significant gender difference on social relations. Third, we hypothesized that there would be significant gender difference on level of psychological adjustment.

Materials and Methods

Participants

Adult children of depressed and anxious patients were taken from DHQ and Allied hospital Faisalabad and Mayo, Jinnah and Ganga Ram hospitals Lahore. Sample size was 120 (n=120) in which sixty were the male children of depressed and anxious patients (n=60) and sixty were the female children of depressed and anxious patients (n=60). Adult children of depressed and anxious parents between age ranges from 13 to 19 years where as children of parents without any depression and anxiety and ages of below 13 and above 19 years were excluded in this study. Correlational and comparative group design was used in this study and the data was collected through purposive sampling technique which is a type of non-random sampling.

Instruments

The Provisions of Social Relations Scale (Urdu Version)

Functioning of social relations in participants was assessed by using the Provision of Social Relations Scale (PSRS; Turner et al., 1983). This scale is consisting of 15-items that are designed to measure the social relationships of individual with his friends and family. Scores were obtained on 5-point scale that is from (1="Very much like me" to 5="Not at all like me"). In this scale higher score shows poor quality of social relationships and lower social support. The PSRS have 0.85, 0.80 alpha coefficient (Horan et al., 2007), and the test-retest reliability of the scale is 0.75–0.87 (Huprich et al., 2002).

Psychological Adjustment Scale (Urdu Version)

The Psychological Adjustment Scale (PAS) by Sabir in 1999 was used to assess the level of psychological adjustment of individuals with their environment. This 27 item scale measures psychological adjustment according to the theoretical framework of Haber and Runyon (1984) that describes good psychological adjustment along five subscales A: an accurate perception of reality (items 3, 6, 23 and 27), B: ability to cope with stress and anxiety (items 2, 4, 7, 8, 25 and 26), C: a positive self-image (5, 10, 13, 15, 16, 17, 21), D: ability

to express the full range of emotions (items 1, 11, 14, 18, 22 and 24), and E: good interpersonal relationships (items 9, 12, 19 and 20). It has no age limitations. The scale has high reliability at 0.83 while the split half reliability is 0.85. It has a 5 point rating scale with response categories for Strongly Agree (scored 5), Agree (scored 4), Neither Agree or Disagree (scored 3), Disagree (scored 2) and strongly disagree (scored 1). Items 1, 4, 5, 7, 11, 14, 18, 19, 22, 23, 24, and 25 are negatively phrased. A total score is computed with a cutoff point of 81. Students scoring above 81 are considered to have better psychological adjustment and those scoring below 81 are considered to have poor psychological adjustment.

Procedure

Research was conducted with each respondent personally. By keeping in view of the objectives of study, the participants were asked to participate in this research voluntarily. Scales were administered on participants taken from hospitals of Faisalabad and Lahore in the presence of researcher by taking their written and verbal consent. Because the material is of sensitive nature, the researcher used self-administered questionnaires only, in conscious attempt to minimize the number of non-responses. In the end of the research, researcher thanked the participants.

Hypothesis of the present study was analyzed by using SPSS-17. Pearson Product Moment Correlation and Independent Sample T test was used to assess relationship and difference respectively.

Results & Discussion

The present research studied the relationship between social relation and psychological adjustment in the children of parents with depression and anxiety. The total sample size was 120 included 60 males and 60 females. The results of the hypothesis are shown in the following tables.

Table 1

Psychometric Characteristics of Sample

Scales	Alpha
The Provisions of Social Relations Scale	.85
Psychological Adjustment Scale	.98

The alpha value shows that the scales are reliable so that the further data were collected from the sample.

Table 2

Demographic Information of Sample (N=120)

Demographic Variables	N (%)
Age	
13	1 (8)
14	18 (15)
15	27 (22.5)
16	38 (31.7)
17	22 (18.3)
18	11 (9.2)
19	3 (2.5)
Family Structure	
Joint	62 (51.7)
Nuclear	58 (48.3)
Socio-economic Status	
Lower	54 (45)
Middle	66 (55)
Education	
Middle	48 (40)
Metric	72 (60)

The above table showed that the total participants of the study are 120. The total numbers of males were 60 and total numbers of females were 60. Majority of sample has 16 year age. Most of the participants lived in joint family structure/ Majority of sample belonged to middle socio-economic status. The education of the majority of sample was metric.

Table 3

Relationship between social relations and psychological adjustment among the children of depressed and anxious parents

N=120		
	Social Relation	<i>p-value</i>
Psychological Adjustment	.735**	.000

$p < 0.01$

The above table shows that there is significant positive relation between social relation and psychological adjustment. This means that higher the social relation betters the psychological adjustment among the children of depressed and anxious parents.

Table 4

There would be significant gender difference on social relations.

N=120				
Children	<i>M</i>	<i>S.D</i>	<i>t</i>	<i>p-value</i>
Male (n=60)	36.90	11.173	-6.824	.000
Female (n=60)	53.15	14.677		

The above table shows that there is significant difference on social relation between males and females. As the tables shows that females develop more social relation as compared to males.

Table 5

There would be significant gender difference on psychological adjustment.

N=120				
Children	<i>M</i>	<i>S.D</i>	<i>t</i>	<i>p-value</i>
Male (n=60)	66.38	20.796	-8.103	.000
Female (n=60)	91.21	11.446		

The above table shows that there is significant gender difference on psychological adjustment. As the tables shows that females experience greater level of psychological adjustment as compared to males.

This study was designed to investigate the relationship between levels of social relation and psychological adjustment among the children of anxious and depressed patients. Three hypotheses were formulated. First was there would be significant relationship between social relation and psychological adjustment. Second assumption was that there would be significant difference between males and females on social relation. Finally there would be significant gender difference on psychological adjustment among the children of anxious and depressed patients.

Person product moment correlation was a type of analysis that was used to check the first hypothesis which is that there would be significant positive relationship between social relation and psychological adjustment among the children of depressed and anxious patients. The value of correlation coefficient is about .735** and the significant value of correlation was 0.01. The result of the study showed that there is significant positive relation between social relation and psychological adjustment among the children of depressed and anxious patients. This topic was studied by the many others researchers. Goodman and Gotlib (1999), Anderson (1988), Downey, Geraldine; Coyne, James (1990), Moore, Kinghorn, and Bandy (2011), Cummings, and Kouors (2009), Amato (1994) and Callender (2010) said that there is significant effect of mental health on the children of depressed and anxious parents. These studies also showed that the children of depressed and anxious parents experienced severely adjustment problem in their life. These studies also reported that those children who have social relation well are more adjusted as compared to those who don't have significant social relation. In such a way these studies showed that there is significant positive relationship between social relation and psychological adjustment among the children of depressed and anxious parents

The second hypothesis of the present study was that there would be significant differences on social relation between males and females among the children of depressed and anxious patients. It was checked by using the Independent sample t-test. The result of the study showed that there is significant difference on social relation between males and females among the children of depressed and anxious patients. The value of *t* is -6.824 and the significant value is .000. The result further showed that the level of social relation is higher in females as compared to males. Cummings, and Kouors (2009), Amato (1994), Kerns, Siener, and Brumaria (2011), Bonnett (2009), and Commander (2012) they all said that there is significant difference on the level and ability to make social relation. These studies also showed that the ability of making social relations with other is

high in females. So these results are the same that the present study was reported.

The last hypothesis of the present study was that there would be significant differences on psychological adjustment between males and females among the children of depressed and anxious patients. Independent sample t test was used to assess the level of psychological adjustment among the children of depressed and anxious parents. The result of the study showed that there is significant difference on psychological adjustment between males and females children of depressed and anxious patients. The result further showed that the level of psychological adjustment is higher in females as compared to males. The value of t is -8.103 and the significant value is .000. Some researchers gave the result as this study was produced while on the there are many other researchers who said that there is non-significant difference between males and females on the level of psychological adjustment among the children of depressed and anxious patients. The name and the year of those researchers are described here. Cummings, and Kouors (2009), Amato (1994), Kerns, Siener, and Brumaria (2011), Jasmine (2008), Lang (1998), Bonnett (2009), and Commander (2012) they all said that there is significant difference on the level of psychological adjustment among the males and females children of depressed and anxious parents.

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