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## Mediating Role of the Social Problem Solving for Family Process, Family Content, and Adjustment

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### Abstract

This study was aimed at explaining the mediating role of social problem solving in relationship between family type and personal adjustment. Sample group (size) of this study was consisted of 342 female high school students from fourfold areas of Shiraz that were selected using the cluster sampling. The instrument used in this study is consisted of three questionnaire, social problem solving, family process and content questionnaire and multidimensional adjustment questionnaire. The validity of these scales was evaluated by the researchers using the Chronbach's alpha test. Data analysis was done using the Baron and Kenny path analysis approach (1986). The results of research analysis showed that the social problem solving has a significant role in relationship between family type and personal adjustment.

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### 1. Introduction

The adjustment has also been defined as the ability of association, accommodation, compromise, cooperation and coping with oneself, environment and others. Compatible person is the one, who has mental health, but intense and quick changes are often undermining the ability of person adjustment seriously, and then, the possibility of conflict, tension, stress and confusion can be emerged (Saghi and Rajaei, 1387). The skills of problem solving is implicated the cognitive and behavioral activities by which one tries to understand the problem and find an effective solution (Bayani et al, 1391). The problem solving training refers to the cognitive-behavioral process that provides a

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range of alternative and potential responses (reactions) to deal with problematic conditions, and increases the possibility of choosing the best and most effective responses, and people identify and find the effective strategies to deal with problematic conditions of life through it (Sokoohi yekta et al, 1393).the family, as the first social environment that the child comes to it, has a fundamental role in appearance of his personal and social characteristics. But the circumstances of this impact need for deep and extensive research about parents' relationship with each other and their children. Various studies have confirmed that the interaction and communication of parents, affect the different behavior of children. Inappropriate relations (communications) of parents lead to formation of unwanted improper social behavior in adolescents that will has a great share in the quality of their relationship with their friends and peers and generally their response manner to various social situation. The two major issues in this field are: social problem solving and adjustment in adolescents (Yazdan Panah et al, 1391).

Based on Shure & Spivack, the lack of cognitive skills in problem solving is caused to violet behaviors in children. Since all the people are encountered with various problems in their life, it is necessary to learn how to solve problems correctly in order to effectively dealing with these issues, and prevent future more complex problems. The family is a platform (foundation) which adolescents learn skills, values, ethics and circumstances of themselves and others understanding in this place. Therefore, the family type and its process and content, is effective in the formation of skills and adjustment with environment. The skills such as adjustment, affect the different aspects of human life, and its importance is obvious for all people. Janson and Nozick (2011) in their studies showed that people with appropriate mental adjustment and known identity style, benefit from identity stability and their concept clearly. Dreer et al (2005) showed that there is a relationship between negative problem solving orientation and weak adjustment, and positive problem solving skills is an efficient predictor of adjustment. Barker (2002) in a study found that the ability of problem solving has a direct effect on students' adjustment. The research results of Bijari et al. (1392) associated with comparison of self-concept dimensions and adjustment in compatible and incompatible narcissistic people, showed that emotional and social adjustment in adaptive narcissism is more than maladaptive narcissism. Bayani et al. (1391) have studied the relationship between the ability of social problem solving and social phobia in students, and concluded that the ability of social problem solving can be effective in reducing the depression and social phobia of students, and training this skill lead to promotion of mental health level. Zaki (1389) in his study was investigated the youth adjustment with university and its relationship with social support and have concluded that there is a significant relationship between adjustment, university and social support. Given the fundamental role of family on youth adjustment and also the fact that high level of inappropriate social problem solving increases the inefficient personality pattern, in this study we have tried to examine the relationship between family type and adjustment using the intermediary role of social problem solving

## 2. Method

The used plan in this study is correlation method. In this study, statistical population is consisted of all the female high school students from fourfold areas of Shiraz in 1393-1394. Data collecting were done using the cluster random sampling. Sample size is consisted of 342 female students from fourfold areas of Shiraz in range of 15-18 years old.

The instrument used in the research: to collecting data, it has been used to three questionnaires as follow:

*The social problem solving questionnaire:* Revised short-form of the ability of social problem solving questionnaire is a self-reported scale for measuring the social problem solving skills, and is based on the previous work of authors, Di Zorila, Mido and Elialvarez. The short-form has five sub-scales and is consisted of 25 questions, and is scored base on Likert scale. Retest reliability for this questionnaire is between 68 to 91% and its alpha coefficient has been reported between 69 to 95% (Di Zorila, Nezo, Mido, Elialvares, 2000). The structure validity of the questionnaire has also been overlapped and confirmed using exploratory factor analysis and correlation with other problem solving scales and psychographic structure.

*Multidimensional adjustment Scale:* To collecting data about adjustment, it was used to multidimensional adjustment scale (Samani, Shohrabi, 1390). This scale is consisted of 15 options and 5 components which are: personal adjustment, social adjustment, educational adjustment, job adjustment and family adjustment. The scales

were validated by Sohrabi and Samani in 1390 that the results showed the adequacy of this scale. KMO index equal to 91% in level 0.0001 is significant.

*Process model and family content scales:* Self-report family process scale (SPFS) of family process scale that containing 43 graded five score questions in Likert style, and has been designed by Samani (1387). This scale containing 5 sub-scales which are: decision making, problem solving coping skill, coherence (integrity) and mutual respect, communication skills and religious beliefs sub-scale. The reliability of each subscale has been measured using Cronbach’s alpha test.

*Self-report family content scale (SFCS):* The family content scale has 38 questionnaire s that has been designed by Samani (1387) for measuring the family content dimension. This scale is consisted of 7 subscales which are: job and education level, time for being with each other, financial resources, physical appearance, social status (dignity), physical and mental health, living space and educational facilities. The reported results (Samani, Sadeghi Zadeh, 2010) showed the appropriate reliability and validity of the instrument.

*Analysis method:* In this study, in addition to applying the descriptive statistics to meet the primary and secondary hypotheses, the Baron and Kenny (1986) path analysis approach was used, and also data analysis were performed using the SPSS software.

### 3. Results

The present study was aimed at investigating the following model: Investigate the mediating role of problem solving for predicting the personal adjustment through the process and content.

To exam the mediating role of the problem solving for family process and content with adjustment, path analysis was used. Table 1 showed the results of the path analysis to exam the mediating role of problem solving.

Table 1. Multiple regressions to predict adjustment

Order	predictors	Beta	t	P<	R square	F	P<
1	Family process	.28	3.98	.001	.05	8.09	.001
	Family content	.21	2.92	.004			
2	Family process	.21	3.51	.001	.127	10.23	.001
	Family content	.16	2.21	.001			
	Problem solving	.38	5.01	.001			

Diagram 1. showed the path model for family process, family content, problem solving and personal adjustment in this study.

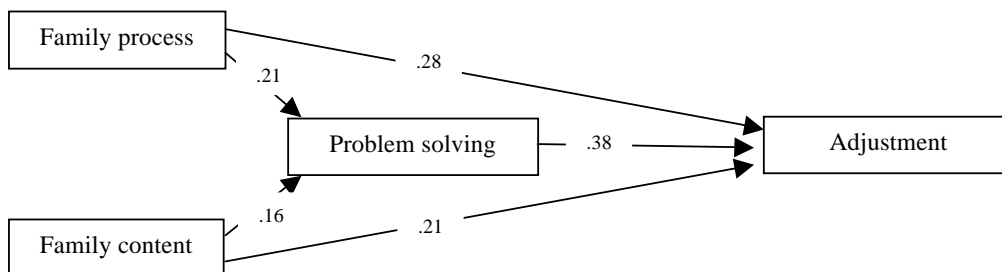


Diagram 1. Mediating role of the problem solving for family process, family content, and adjustment

#### 4. Discussion

The results of this study showed that the problem solving has a mediating role to predict the personal adjustment through the process and content. The results of present study indicate the relationship of process and content with personal adjustment. Family process is included some factors such as religious beliefs, communication skills and decision making. In families that have adequate capability and there is a mutual respect between its members, and people participated in decision making, children is trained in such manner skills to deal with difficulties and obstacles as well, and the individual in confronting with personal situation has an appropriate platform to meet the requirements of position using the skills learned in the family. Therefore, his/her adaptability to his/her condition s is easy and possible. On the other hand, in association with family content (job and education level, living space, physical and mental health), the ways which parents apply to upbringing (training) their children, can determine the future career of children. In such families, living space is coupled with the intimacy and peace, and its members are in good mental and physical health conditions. Given the findings of present study, problem solving through being influenced by the process and content can predict the personal adjustment. The results of this study are consistent with the research results of Dreer et al (2005). They have reported that positive skills of problem solving are efficient predictor of adjustment. The results are also consistent with results of Barker (2002) research. Barker found that the ability of problem solving has a direct impact on students' adjustment.

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