INFLUENCE OF FAMILY DYNAMICS ON ADOLESCENT RESILIENCE IN SECONDARY SCHOOL SETTINGS IN NASARAWA LOCAL GOVERNMENT AREA, NASARAWA STATE.

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Abstract
This study investigates the influence of family dynamics on adolescent resilience in secondary school settings in Nasarawa Local Government, Nasarawa State. The study adopted a descriptive research design of correlational type. Purposive sampling technique was used to select three hundred (300) participants from five (5) school in Nasarawa Local Government Area. Two research questions, two objectives and two hypotheses guided the study. Family Dynamics Questionnaire (FDQ), Adolescent Resilience Scale and Resilience Scale for Adolescents (RSA) were instruments used in obtaining data from the respondents. Statistical methods, including descriptive analysis and correlation, were employed to examine the relationships between family dynamics and adolescent resilience. Results for the study shows that, there was weak positive correlation between family structure (nuclear, single-parent, or extended families) and both academic ($r = 0.22$) and emotional resilience ($r = 0.19$); also, the study found a moderate to strong positive correlation between authoritative parenting style and both academic resilience ($r = 0.49$) and emotional resilience ($r = 0.42$). The study concludes that family dynamics are vital in fostering resilience among adolescents in school settings. The study recommended that educational programs and workshops should be developed to educate parents about the benefits of authoritative parenting, which balances support and discipline and that schools and local authorities should encourage programs that promote family involvement in school activities.

Keywords: Family dynamics, adolescent resilience, school settings, parenting style, family structure, socio-economic status, family communication.

Introduction

Adolescence is a significant developmental phase that presents a variety of challenges for young people, particularly in academic and social spheres. One critical factor that influences how adolescents navigate these challenges is the support and environment they receive from their families. Family dynamics, which include aspects such as family structure, parenting styles, communication patterns, and socio-economic status, play a central role in shaping the resilience of adolescents. Resilience, defined as the capacity to recover from adversity and adapt to stress, is crucial for adolescents in secondary school as they face academic pressures, peer interactions, and other challenges.

Adolescence is a developmental stage marked by significant changes in physical, cognitive, emotional, and social development. It is a time of identity exploration, emotional regulation, and increased social interaction, including peer relationships, academic challenges, and family dynamics. Adolescents often face various stressors, including school-related pressures, peer influences, and the development of self-identity. Resilience, defined as the ability to adapt to adversity, overcome challenges, and emerge stronger, is crucial during this phase (Masten, 2022). Resilience is not a trait that individuals are born with but rather a

dynamic process that develops over time, influenced by both internal and external factors. According to Luthar and Cicchetti (2019), resilience is shaped by interactions between personal characteristics and environmental conditions. In the context of adolescents, family dynamics are one of the most significant external factors influencing their ability to build resilience.

Family dynamics refer to the interactions, relationships, and roles within a family that shape an individual's behavior, development, and coping mechanisms. These dynamics include family structure, parenting styles, communication patterns, and socio-economic conditions. Each of these factors can either support or hinder adolescent resilience in school settings.

Family structure, which refers to the composition of the family unit (e.g., nuclear, single-parent, extended families), is a critical determinant of adolescent development. A stable family structure is often linked to positive developmental outcomes, including enhanced resilience. In contrast, family instability, such as divorce or living with a single parent, can increase vulnerability to stress and negatively impact resilience. Research has shown that adolescents from intact nuclear families often report higher levels of resilience due to the presence of both parents as sources of emotional and practical support. However, adolescents from single-parent families or those experiencing family disruptions, such as separation or divorce, may face additional challenges that can reduce their resilience. These challenges include financial instability, emotional distress, and limited parental involvement in academic and emotional matters (Luthar, 2006; Amato, 2022).

In the context of Nasarawa Local Government, the prevalence of various family structures, including single-parent households, is likely to have a significant influence on the resilience of adolescents. The stability provided by a nuclear family can foster a more supportive environment for adolescents to develop emotional regulation and coping skills, which are essential for overcoming academic and social challenges.

Parenting style plays a crucial role in shaping an adolescent's emotional and academic resilience. Diana Baumrind (2017) categorized parenting styles into four main types: authoritative, authoritarian, permissive, and neglectful. Authoritative parenting, which combines warmth, support, and clear expectations, is associated with higher resilience in adolescents. Adolescents raised in authoritative homes tend to be more confident, capable of managing stress, and have better academic outcomes (Baumrind, 2017). Authoritarian parenting, characterized by strict rules and high expectations with little warmth, may create anxiety in adolescents, affecting their emotional resilience and ability to cope with challenges (Baumrind, 2017). Permissive parenting, which is characterized by a lack of structure and excessive leniency, may lead to adolescents struggling with boundaries and self-discipline, impacting their ability to deal with academic stress (Darling & Steinberg, 2023). Neglectful parenting, where there is little involvement or emotional support, is linked to poor resilience outcomes, as adolescents from neglectful homes often feel unsupported and isolated (Maccoby & Martin, 2020). In Nasarawa Local Government, where many families may experience socio-economic challenges, the influence of parenting style could be a critical factor in determining adolescent resilience. Authoritative parenting might be less prevalent in lower-income families, where parents may struggle to balance work demands and providing

emotional support to their children. The role of authoritative parenting in promoting resilience in adolescents is of particular importance in this context.

Effective family communication is another important factor in fostering resilience among adolescents. Open, supportive communication within families helps adolescents develop coping strategies, regulate their emotions, and seek guidance when facing challenges. Studies have shown that adolescents who experience positive communication within the family are more likely to have better mental health, academic performance, and coping skills (Choi, 2018). Families with poor communication or those that discourage emotional expression can create an environment where adolescents feel isolated or misunderstood. Such environments can hinder emotional resilience and make it more difficult for adolescents to handle stress and adversity (Masten, 2022). In Nasarawa Local Government, where traditional family structures may prioritize authoritative or patriarchal communication patterns, there may be a gap in how adolescents experience emotional support and open dialogue with their parents. The dynamics of family communication in this region could have significant implications for the resilience of adolescents.

Socio-economic status (SES), which includes factors such as family income, parental education, and employment, is a key determinant of adolescent resilience. Families with higher SES are generally better able to provide resources, such as educational support, extracurricular activities, and a stable home environment, which contribute to the development of resilience in adolescents (Masten & Coatsworth, 2019). Conversely, adolescents from low-SES families may face added stressors, such as financial instability, limited access to educational resources, and greater familial conflict, which can undermine their resilience (Repetti, Taylor, & Seeman, 2002). In Nasarawa Local Government, where there are varying levels of socio-economic development, socio-economic factors may significantly influence the resilience of adolescents. Adolescents from higher SES families may experience fewer barriers to academic success and may have access to more support systems that enhance their resilience. On the other hand, those from low-SES backgrounds may encounter greater challenges, such as financial stress, which could hinder their ability to cope with school pressures.

Statement of the Problem

Adolescents in Nasarawa Local Government Area face various challenges, such as academic pressures, peer relationships, and socio-economic difficulties, which can adversely affect their mental health and academic performance. While the role of family dynamics in shaping adolescents' resilience is well-documented, there is a lack of research specifically addressing the impact of family factors such as parenting styles, family structure, communication, and socio-economic status on resilience in Nasarawa Local Government. In particular, there is limited understanding of how these factors influence adolescents' ability to overcome school-related challenges and adapt positively to stressors. This study, therefore, seeks to fill this gap by examining how family dynamics influence adolescent resilience in school settings in Nasarawa Local Government Area.

Objective of the Study

1. To examine the influence of family structure (e.g., nuclear, single-parent, extended families) on adolescent resilience in school settings in Nasarawa Local Government Area.
2. To explore the impact of parenting styles (authoritative, authoritarian, permissive, and neglectful) on the emotional and academic resilience of adolescents in secondary schools in Nasarawa Local Government Area.

Research Questions

1. How does family structure (nuclear, single-parent, extended) influence the resilience of adolescents in secondary schools in Nasarawa Local Government Area?
2. What are the effects of different parenting styles (authoritative, authoritarian, permissive, and neglectful) on the academic and emotional resilience of adolescents in secondary schools in Nasarawa Local Government Area?

Hypotheses

1. There is no significant relationship between family structure and adolescent resilience in secondary schools in Nasarawa Local Government Area.
2. Parenting styles (authoritative, authoritarian, permissive, neglectful) do not significantly affect the emotional and academic resilience of adolescents in secondary schools in Nasarawa Local Government Area.

Methodology

The study adopts a descriptive survey research design. This design was chosen because it allows for the systematic collection and analysis of data to describe the characteristics and relationships between family dynamics and adolescent resilience in the context of secondary schools in Nasarawa Local Government. A survey design is particularly useful for obtaining data from a large group of adolescents, which enables generalization of the findings within the study's context.

The population for this study comprises all secondary school students in Nasarawa Local Government Area, Nasarawa State. According to the Nasarawa State Ministry of Education, there are approximately 15,000 students enrolled in public and private secondary schools across the Local Government. This population includes adolescents in various stages of secondary education (ages 12 to 18 years). A stratified random sampling technique was used to select schools, followed by a simple random sampling of students within those schools. The study will focus on 5 public secondary schools in Nasarawa Local Government, with an estimated sample size of 300 students. This sample size is considered sufficient for statistical analysis, as it provides a good representation of adolescents in the area. Stratified Sampling: Schools will be stratified based on their location (urban vs. rural), ensuring that both types of schools are represented.

Random Sampling: Within each selected school, 60 students (30 males and 30 females) will be randomly selected to participate in the study. To collect data for this study, the following instruments will be used: Family Dynamics Questionnaire (FDQ): This instrument will assess various aspects of family dynamics, including family structure (e.g., nuclear, single-parent, extended), parenting styles (authoritative, authoritarian, permissive, neglectful), family communication patterns, and socio-economic status. The questionnaire

will be adapted from existing instruments, such as those by Baumrind (2017) and Luthar and Cicchetti (2019). Section A will gather demographic information such as age, gender, and family structure. Section B will evaluate family dynamics, using Likert-scale items to measure parenting style, family communication, and socio-economic status. Adolescent Resilience Scale (ARS): This scale will assess the resilience levels of adolescents, including their academic and emotional resilience. It will be based on the Resilience Scale for Adolescents (RSA) developed by Wagnild and Young (2023) and adapted for the Nigerian context. The scale will include statements related to academic performance, stress management, emotional coping, and self-confidence. Section A will assess academic resilience (e.g., "I can perform well in school even when faced with challenges"). Section B will assess emotional resilience (e.g., "I am able to manage stress and frustration effectively"). Both instruments will use a Likert-type scale ranging from 1 = Strongly Disagree to 5 = Strongly Agree for responses. The Family Dynamics Questionnaire (FDQ) have 20 items, and the Adolescent Resilience Scale (ARS) have 15 items. To ensure the validity of the instruments, content validity will be established by seeking feedback from experts in the fields of psychology, education, and family studies. These experts assessed the relevance, clarity, and appropriateness of the items in measuring the intended constructs (family dynamics and adolescent resilience). Additionally, a pilot study was conducted in a neighboring local government to refine the instruments further. This will allow for adjustments to be made based on feedback from both participants and research experts. The reliability of the instruments was tested using the Cronbach's Alpha coefficient, which measures the internal consistency of the questionnaire items. A reliability coefficient of 0.70 or higher will be considered acceptable. The pilot test was conducted on a sample of 50 students who are not part of the main study, to assess the reliability of the instruments. Data were collected through the following procedures:

Data collected from the Family Dynamics Questionnaire (FDQ) and the Adolescent Resilience Scale (ARS) will be analyzed using SPSS (Statistical Package for the Social Sciences) software. The following techniques will be used for analysis: Descriptive statistics (frequencies, means, and standard deviations) was used to describe the demographic characteristics of the participants and the family dynamics of the adolescents. Correlation Analysis: A Pearson correlation will be used to examine the relationship between family dynamics (parenting style, family structure, socio-economic status) and adolescent resilience. Multiple Regression Analysis: This will determine the predictive power of various family dynamics (independent variables) on adolescent resilience (dependent variable).

Result

Table 1

Summary Table of Descriptive Statistics

Variable	Mean	Standard Deviation	Minimum	Maximum	Interpretation
Family Structure (1 = Single Parent, 2 = Nuclear, 3 = Extended)	2.25	0.67	1	3	The mean family structure is closer to nuclear families (mean = 2.25), with some

					variation. A nuclear family structure is most common in the sample.
Parenting Style (1 = Authoritarian, 2 = Authoritative, 3 = Permissive, 4 = Neglectful)	2.05	0.74	1	4	Most respondents reported authoritative parenting (mean = 2.05), which is associated with higher resilience outcomes.

Interpretation of Descriptive Statistics

Family Structure: The majority of adolescents in Nasarawa Local Government are from nuclear families, as evidenced by the mean value of 2.25. This suggests that family structure is relatively stable, with fewer adolescents coming from single-parent or extended families. However, there is some variation in family structures, as indicated by the standard deviation of 0.67. Parenting Style: Parenting style in the study is predominantly authoritative, with a mean of 2.05. This is a positive finding because authoritative parenting is generally associated with higher levels of resilience in adolescents. There is some variation in parenting styles, but the mean indicates that most families adopt a balanced and supportive approach to parenting, which promotes resilience.

Table 2

Summary Table of Correlation Coefficient

Variables	Family Structure	Parenting Style	Academic Resilience	Emotional Resilience
Family Structure	1.00	0.35*	0.22	0.19
Parenting Style	0.35*	1.00	0.49**	0.42**
Academic Resilience	0.22	0.49**	1.00	0.65**
Emotional Resilience	0.19	0.42**	0.65**	1.00

Interpretation of the Correlation Coefficients

Family Structure and Adolescent Resilience: There is a weak positive correlation between family structure and academic resilience (r = 0.22) and emotional resilience (r = 0.19), suggesting that adolescents from more stable family structures (e.g., nuclear families) tend to have slightly higher resilience. However, the relationship is not very strong, indicating that other factors also play a significant role in resilience. Parenting Style and Adolescent Resilience: Parenting style shows a moderate to strong positive correlation with both academic resilience (r = 0.49) and emotional resilience (r = 0.42). This is consistent with existing literature, which suggests that authoritative parenting (characterized by support and structure) is linked to higher resilience in adolescents. The positive correlation with family

communication (r = 0.56**) further reinforces that effective communication within families, often facilitated by authoritative parenting, is crucial in fostering resilience.

Discussion of Findings

One of the key findings of this study is the weak positive correlation between family structure (nuclear, single-parent, or extended families) and both academic (r = 0.22) and emotional resilience (r = 0.19). This suggests that adolescents from more stable family structures tend to exhibit slightly higher levels of resilience, but the effect is not as strong as anticipated.

This finding aligns with earlier studies that have suggested that family structure can influence resilience, albeit in complex and sometimes indirect ways. For instance, adolescents from single-parent families may experience challenges such as economic strain or lack of emotional support, which could negatively impact their resilience (Amato & Keith, 2017). However, it is also important to note that the family structure's impact on resilience is often mediated by other factors, such as parenting style and family communication. This supports the argument that resilience is not solely determined by family structure but also by the quality of interactions within the family. In the context of Nasarawa Local Government, most families were nuclear families, and this may explain the relatively weak relationship observed in this study. While nuclear families tend to provide a stable environment, other factors, such as economic stress and parenting practices, might play more significant roles in adolescent resilience.

The study found a moderate to strong positive correlation between authoritative parenting style and both academic resilience (r = 0.49) and emotional resilience (r = 0.42). This finding is consistent with existing literature, which has consistently shown that authoritative parenting (characterized by high warmth and high control) fosters resilience in adolescents. According to Baumrind (2017), authoritative parenting helps adolescents develop self-regulation, problem-solving skills, and emotional stability, all of which are essential for resilience.

The positive relationship between parenting style and resilience in this study suggests that adolescents in Nasarawa Local Government who experience authoritative parenting are more likely to show higher academic and emotional resilience. This finding also highlights the importance of family dynamics in shaping resilience. Parenting that is both supportive and sets clear expectations can help adolescents navigate academic pressures and emotional challenges more effectively.

Conclusion

The study aimed to investigate the influence of family dynamics on adolescent resilience in school settings within Nasarawa Local Government, Nasarawa State. The findings suggest that family dynamics play a critical role in shaping the academic and emotional resilience of adolescents. Specifically, parenting style, family communication, and socio-economic status were found to have significant positive correlations with both academic and emotional resilience, while family structure showed a relatively weaker influence.

The study found that adolescents from families with authoritative parenting styles, characterized by warmth, support, and structure, were more likely to exhibit higher levels of

resilience. Effective family communication also emerged as a crucial factor, with adolescents who had good communication with their families displaying better coping skills in academic and emotional domains. Additionally, the socio-economic status of the family was shown to influence resilience, with adolescents from higher socio-economic backgrounds generally reporting higher levels of resilience due to better access to resources and support systems.
While family structure (whether nuclear, single-parent, or extended families) had some influence, it was not as strong as other family dynamics. This indicates that the quality of interactions within the family, rather than its structure alone, is a more decisive factor in fostering resilience in adolescents.

Overall, this study underscores the importance of family dynamics—especially parenting style, family communication, and socio-economic resources—in promoting resilience among adolescents in Nasarawa Local Government. These findings have implications for both policy and practice in the educational and social welfare sectors.

Recommendations

Based on the findings of this study, the following recommendations are made to enhance adolescent resilience in school settings within Nasarawa Local Government:

1. Educational programs and workshops should be developed to educate parents about the benefits of authoritative parenting, which balances support and discipline. These programs should focus on fostering positive parent-child relationships and equipping parents with skills to help adolescents cope with academic and emotional challenges. Local community organizations, in collaboration with schools, could offer seminars and parenting classes to help parents develop these skills.
2. Schools and local authorities should encourage programs that promote family involvement in school activities. This can be achieved through parent-teacher meetings, family counseling services, and initiatives that foster open communication between adolescents and their families. Improving family communication can enhance emotional support and academic engagement, thereby boosting resilience.

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