

**FAMILY COMMUNICATION AS A PREDICTOR
OF FAMILY FUNCTIONING, FAMILY
SATISFACTION AND PSYCHOLOGICAL
WELLBEING OF ADOLESCENTS**



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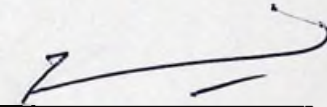
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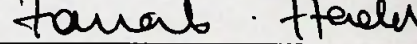
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I certify that the research work presented in this thesis, to the best of my knowledge, is my own. All sources used and any help received in the preparation of this thesis have been acknowledged. I hereby declare that I have not submitted this material, either in whole or in part, for any other degree at this or any other institution.

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A handwritten signature in blue ink, appearing to read 'Lisa', is written over a horizontal line.

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ABSTRACT

The aim of the study was to investigate whether family communication could predict family functioning, family satisfaction and psychological wellbeing of adolescents. Based on the formulation made using past literature following four hypotheses were formed: There would be a significant relationship between family communication and family functioning of adolescents; There would be a significant relationship between family communication and family satisfaction of adolescents; There would be a significant relationship between family communication and psychological wellbeing of adolescents; and Family communication, family functioning and family satisfaction would significantly predict psychological wellbeing of adolescents. A total of 181 adolescents of age 13-15 years were selected from private schools of Karachi city. Family communication, family functioning and family satisfaction were measured by Family Adaptability and Cohesion Evaluation Scales Fourth Edition Package (FACES-IV Package) (Olson, Gorall & Tiesel, 2006), and Psychological wellbeing was measured by Ryff Psychological wellbeing short scale (Ryff PWBSS; Ryff, 1989). With the aid of teachers, participants were informed about the research and the purpose of their participation and their consent was taken. Data collected was then statistically analyzed, using scores of scales contributing to healthy family functioning (cohesion and flexibility) and problematic family functioning (enmeshment, disengaged, rigid and chaotic) a total score was calculated to form scales of balanced family functioning and unbalanced family functioning. Correlation and regression analysis was done to test the hypotheses of the study and based on the results of regression analysis it was found that balanced family functioning and unbalanced family functioning predicted psychological wellbeing in adolescents by 35% and 16% respectively. Significant relationship was found between family communication with family satisfaction ($r=0.71$, $p < 0.01$), psychological

wellbeing ($r=0.44$, $p < 0.01$) and balanced family functioning ($r=0.63$, $p < 0.01$) but it was found to be insignificant with unbalanced family functioning. In conclusion most of the hypotheses of the current study have been verified. Further results were discussed and limitations and recommendations were also discussed such as the inclusion of more diverse population based on age, region and schools.