



Reviewing the Relationship Between Family Functioning and Parenting Practices and the Tendency for Drug Abuse in Adolescents

Farideh Niknam¹, Nima Rahmani²

¹Department of Consultation and Guidance, Khuzestan Science and Research Branch, Islamic Azad University, Ahvaz, Iran

²Master of Clinical Psychology, University of Allameh Tabataba'i, Tehran, Iran

Abstract: *The present study has aimed to review the relationship between family functioning and parenting practices and adolescents' tendency for drug abuse. The statistical population of this research comprised all of the high school students of the city Ahwaz. The simple random sampling practices was used in this research to select 200 students out of three schools in four different districts in Ahwaz. A questionnaire was used as the data collection tool for measuring different dimensions of family functioning. This questionnaire is also known as family assessment device (FAD). Baumrind's parenting practice scale was used for measuring parenting practices. Finally, Sharon's self-efficacy scale was used for measuring tendency for drug abuse. The SPSS software was used for analyzing the obtained data. According to the results of the analysis of the research data, the better a family functions and the higher the quality of the parenting practices is, the more the tendency for drug abuse would be reduced.*

Keywords: *Family Functioning, Parenting Practice, Tendency for Drug Abuse*

INTRODUCTION

Family is the first base that establishes a link between a child and the environment. Children learn about the world in their family, evolves mentally and physically, learn how to talk properly, learn basic norms of behaving properly and finally, their ethics and beliefs are forms in a particular way (Euclid, cited by Hosseini Nasab et al., 2004).

The behaviors of each and every one of the family members affects the behaviors of others. Family has a dynamic system which constantly adapts to new incidents, evolution of family members and social changes. However, despite these changes, some stable and lasting characteristics can be found in the functioning of a family which determine how parents treat their children and vice versa. Almost everyone has an ideal image of how their children are going to turn out and examine many methods to guide their children towards this goal (the ideal image) (Bakhshani, 2010). Nowadays, a prerequisite for adolescents and adults to show their personality in a population is a proper behavioral pattern and for them to succeed, they need to select the characteristics that are needed (Najafi, 2002).

By taking a look at the role of education as a factor that actuates people's inherent and potential characteristics, transmits the experiences of people to the next generations, proposes desirable values, provides the substrate for individuals to acquire the skills that they need for life and finally, facilitates people's existential movement towards perfection and happiness, the importance of this social institution becomes apparent more than ever. Since students are generally the human capital and potential ability of a society. Each education system needs to focus on its human force in order to draw a clear perspective of

the social, political, economic and cultural life of its own and its society and provide the necessary condition for all of them to completely grow and develop so that these investments would be optimally productive in the near future. On the other hand, addiction and adolescents' tendency to it is an important issue. In the study of the history of human life, one cannot find an age when human beings haven't faced the problem of addiction and its damaging effects on their lives. To put it differently, this problem has been tangible as long as human beings have lived on this planet (Radfar, 2008).

Drugs, addiction and addicts are the three sides of a triangle which has overshadowed the society. That is why all governments always make efforts to invite sociologists, psychologist, criminologists, doctors and other experts and organizations to cooperate in preventing and fighting addiction so that the health of society members would be preserved and provided and the human force wouldn't be weakened or evoked (Mir Ashtiani, 2005).

Nowadays, the drug and psychotropic phenomena are naturally recognized as one of the main global crises along with demographic, nuclear and environmental crises that threaten humanity and today's society; thus, numerous studies have focused on this subject including the following studies:

(Sheykheslami, 2011) conducted a research with the purpose of reviewing the mediating role of family functioning in the relationship between self-determination and mental health and came to the conclusion that the self-determination variable can directly and significantly predict family functioning and mental health. In addition, family functioning plays a mediating role in the relationship between students' mental health and self-determination.

(Abdollahpoor et al. 2011) also reviewed the relationship between religiosity and family functioning of the students studying in the Islamic Azad University of Tabriz. They tested 400 university students. According to their findings, there is a positive and significant correlation between family functioning and each of the three dimensions of religious attitude (performing obligatory duties, recommended duties and involving religious beliefs in one's choices and decisions); in such a way that with a 99% confidence, two of these dimensions (performing obligatory duties and involving religious beliefs in one's choices and decisions) can predict the variations of family functioning.

(Bahrami et al. 2012) conducted a research and studied 60 of the addicts who had visited Sanandaj's health and treatment center and reviewed the effectiveness of problem solving and decision making skill training on the reduction of the positive attitude of the relatives of the addicts towards opiates. Their results suggested that the attitude of those addicts who had received decision making and problem solving training towards drugs was significantly lesser positive than the attitude of addicts in the control group. In other words, problem solving and decision making trainings had been positively effective in positively changing the attitude of addicts towards the effects and risks of drugs as well as the tendency for drugs. (Saljoughi, 2011) has also conducted a research and studied the effectiveness of problem solving skill on the mental health and severity factor of addicts in the city of Abadan. The findings of this research have shown that the problem solving skill increases mental health and severity factor of addicts.

(Capan and Antonette R., 2013) have also conducted a study on problem solving skill training and studied a sample comprised of patients who were addicted to opiates. They came to the results that problem solving skill training has an exponential effect on the enhancement of resilience and mental health of addicts and improves their individual and social adaptation to the environment. (Cate, 2012) conducted a research on 200 addicts and showed that stress management and problem solving skill training is effective

in managing and regulating emotions and improves addicts' mental and physical health. Moreover, (Franken et al., 2012) carried out a research on addicts and reviewed the effect of anger management and problem solving skill on the quality of life and tenacity of the addicts and reported that the problem solving skill training has had a significant impact on the improvement of the quality of life and tenacity of addicts.

Research method

The statistical population of this research included all of the families of Ahwaz city who lived in Ahwaz in the year 2014-2015. A multi-stage random sampling method has been used in this research; in such a way that at first, a district was randomly selected out of all of the districts of Ahwaz city. Then, four boy high schools were selected out of the schools in this district and then two classes of each of these four schools were randomly selected ultimately, 200 students were selected as the research sample.

The following tools were used in this research: 1- drug avoidance self-efficacy scale; 2- family functioning scale; and 3- parenting practice scale.

After determining the subject of the research and preparing the family functioning and parenting practice scales, 210 of each of these scales were prepared. After obtaining the necessary permits and specifying the research sample and making coordination with the related authorities, according to the previous plans made by the researcher, families with the problems were selected. After the research samples showed up in the determined location and establishing a relationship with them and reducing the sensitivity of the testees to these three scales, some explanations were presented about why they were selected as the research sample.

Research hypotheses

- 1- There is a relationship between family functioning and drug avoidance self-efficacy of adolescents.
- 2- There is a relationship between authoritative parenting practice and drug avoidance self-efficacy of adolescents.
- 3- There is a relationship between authoritarian parenting practice and drug avoidance self-efficacy of adolescents.
- 4- There is a relationship between neglectful parenting practice and drug avoidance self-efficacy of adolescents.
- 5- There is a multiple relationship between family functioning and parenting practices (authoritative, authoritarian and neglectful) and drug avoidance self-efficacy of adolescents.

Findings

Descriptive statistical methods such as frequency, mean and standard deviation have been used along with regression and Pearson correlation coefficient for collecting the research data. The SPSS software ver.20 has been used for calculating the reliability coefficients and for analyzing the collected data. In addition, the significance level of $\alpha = 0.005$ has been determined for all of the aforementioned hypotheses.

Descriptive findings

Descriptive indexes for the research variables

Table 1: mean, standard deviation, minimum and maximum values of the research variables

Statistical indexes of the variables Variable	Mean	Standard deviation	Minimum	Maximum
Neglectful parenting practice	26.29	39.7	15	46
Authoritarian parenting practice	11.29	84.7	14	46
Authoritative parenting practice	48.30	25.7	15	53
Family functioning	32.161	80.5	142	80.180
Drug avoidance self-efficacy	86.56	33.12	29	108

Inferential findings

In the section of inferential findings, the results of testing the research hypotheses using regression and Pearson correlation coefficient have been reported step by step.

The Pearson correlation coefficient was used for reviewing the hypotheses 1 to 4 and the stepwise regression was used for testing the fifth hypothesis. As it was mentioned before, the Pearson correlation coefficient was used for reviewing the hypotheses 1 to 4 and the obtained results have been presented in table 2.

Table 2: matrix of the coefficient of correlation between the predictor variables and drug avoidance self-efficacy

Statistical indexes of the variables Variable	Neglectful	Authoritarian	Authoritative	Family functioning	Drug avoidance self-efficacy
Neglectful parenting practice	-				
Authoritarian parenting practice	88.0	-			
Authoritative parenting practice	83.0	-	-		
Family functioning	-0.055	-0.036	0.014	-	
Drug avoidance self-efficacy	0.585**	0.577**	0.564**	-0.012	-

* $P \geq 0.05$

** $P \geq 0.01$

Hypothesis no. 5: there is a multiple relationship between family functioning and parenting practices (authoritative, authoritarian and neglectful) and drug avoidance self-efficacy of adolescents.

The stepwise regression analysis has been used for testing the fifth hypothesis the obtained results have been displayed in table 3.

Table 3: regression models for predicting drug avoidance self-efficacy

Model	Multiple correlation coefficient	Squared Multiple correlation coefficient	Adjusted squared Multiple correlation coefficient	Estimated standard error	Significance level
1	0.585	0.342	0.339	10.031	0.001
2	0.601	0.361	0.355	9.908	0.001

According to the results displayed in table 3, the neglectful parenting practice explains 34% of drug avoidance self-efficacy. In the second step, the authoritative parenting practice variable has been added and this new addition has increased the expressed variance to 36%. Further, it has become clear that out of the predictor variables, neglectful parenting practice has been able to predict drug avoidance self-efficacy better than any other variable.

Discussion and conclusion

Hypothesis 1: there is relationship between family functioning and tendency to drug abuse in adolescents.

As it can be seen in table 2, the coefficients of correlation between family functioning and tendency to drug abuse in adolescents is equal to 0.012 which means that it is not significant at the significance level of $P < 0.05$. Thus, first hypothesis of the research is rejected. These findings do not comply with the results obtained from studies conducted by (Sheykheslami, 2011), (Abdollahpoor et al., 2011) and (Safari Shali, 2010).

Family is the first base that establishes a link between a child and the environment. Members of the families that function better don't abuse drugs as much as the members of other families and if family members can have a healthy relationship with one another and have a stronger foundation in terms of family functioning, they won't turn to drugs as much and perhaps they will never struggle with addiction.

Hypothesis 2: There is a relationship between authoritative parenting practice and drug avoidance self-efficacy of adolescents.

As it can be seen in table 2, the coefficients of correlation between authoritative parenting practice and tendency to drug abuse in adolescents is equal to 0.56 which means that it is significant at the significance level of $P < 0.01$. Thus, second hypothesis of the research is confirmed. These findings comply with the results obtained from studies conducted by (Kakia, 2010), (Rahmati, 2009), (Fowles, 2000) and (Pederson, 2009).

Authoritative parents logically wish for maturity and they show these requires in a friendly and compassionate manner by setting limits and insist that the child must follow them and they patiently listen to the opinions of their children. They encourage participation in making family decisions. Authoritative parenting practice is a logical and democratic practice through which the rights of both parents and children are respected (Burke, translated by Seyed Mohammadi, 2008). Since these individuals have a strong emotional bond with their adolescent children, they can prevent them from becoming addicted to drugs. Therefore, in this research, it is concluded that the more families use authoritative practices, the less their children would turn to drugs.

Hypothesis 3: There is a relationship between authoritarian parenting practice and drug avoidance self-efficacy of adolescents.

As it can be seen in table 2, the coefficients of correlation between authoritarian parenting practice and tendency to drug abuse in adolescents is equal to 0.57 which means that it is significant at the significance level of $P < 0.01$. Thus, third hypothesis of the research is confirmed. These findings comply with the results obtained from studies conducted by (Kakia, 2010), (Rahmati, 2009), (Fowles, 2000) and (Pederson, 2009).

One of the characteristics of dictator families is the undesirable relationship between parents and children. Strict and limiting rules are extremely dominant in such families. Children who are brought up in such families usually tend to be quite silent, polite, shy and socially negative, frustrated, and quite conformable and also, they lack curiosity and creativity (Mason, 1993). They have a pessimistic view of adults in general and struggle at many stages of their lives because of their weakness and often fail at becoming an academically successful individual (Farjad, 1995). These individuals might turn to negative and incompetent friends in order to run away from their own humiliation and loneliness and in such cases, they are most likely to become addicted to drugs. To save these children, we must change the parenting practice of their families and teach their parents that this parenting style puts the future of their child in danger. Furthermore, as it can be observed in this research, there is a relationship between authoritarian parenting practice and tendency to drug abuse.

Hypothesis 4: There is a relationship between neglectful parenting practice and drug avoidance self-efficacy of adolescents.

As it can be seen in table 2, the coefficients of correlation between neglectful parenting practice and tendency to drug abuse in adolescents is equal to 0.58 which means that it is significant at the significance level of $P < 0.01$. Thus, fourth hypothesis of the research is confirmed. These findings comply with the results obtained from studies conducted by (Kakia, 2010), (Rahmati, 2009), (Fowles, 2000) and (Pederson, 2009).

In neglectful families, children don't measure their behaviors and actions. They don't have a sense of responsibility and therefore they are not able to have a pleasant and successful social life and to establish constructive relationships with others (Shariatmadari, 1998). In this family, so-called absolute freedom is dominant. What is meant by absolute freedom is that anyone can do anything they wish and no one can interfere (Farjad, 1995). Children who are brought up by these families are often disobedient, irresponsible, aggressive, stubborn, careless and hostile but they are independent and self-confident at the same time (Navabinejad, 2002). Parents that use neglectful parenting practice are usually compassionate and accepting of their children, but they don't expect much from them and they don't try to control them

at all. In such families, parents are so neglectful that it is natural for these children to turn to drug abuse. To help these individuals, we must change the parenting practices so that we would prevent these children from struggling with addiction.

Hypothesis 5: There is a multiple relationship between family functioning and parenting practices (authoritative, authoritarian and neglectful) and drug avoidance self-efficacy of adolescents.

As it can be seen in table 3, given the significance level of $P < 0.01$, there are multiple relationships between the aforementioned variables and the fifth hypothesis is also confirmed.

Addiction is the most important social damage which is rooted in the social, economic, cultural and mental issues of a society and has an influence on the mental health of individuals as well as the society. In other words, there is a close relationship between addiction, society and mental status of individuals and worst problem presents itself when we are sure that the previously cited issue has a considerable effect on the active force of the society, i.e. adults (As'adi, 2002). If individuals are able to function well in a family and parents use authoritative parenting practice, this phenomenon can be easily prevented and quite conversely, if adolescents live in a family which functions poorly and uses bad parenting practices, it would be more likely for them to struggle with addiction. And in this research, there are multiple relationships between all of these variables and therefore the fifth hypothesis is also confirmed.

REFERENCES

- Sheykheslami, Razieh; Latifian, Morteza. Reviewing the relationship between perceived attachment and mental health in students. Master's thesis.
- Nazi Abdollahpoor et al. relationship between religiosity and family functioning among students of the Islamic Azad University of Tabriz. Master's thesis.
- Farzaneh Behzami and Moazedian. Effectiveness of problem solving and decision making skill training on the on the reduction of the positive attitude of the relatives of the addicts towards opiates. Master's thesis.
- Saljooghi. Effectiveness of the problem solving skill on the mental health and severity factor of addicts in the city of Abadan. Master's thesis.
- Cate (2012). Stress management and problem solving skill in stress management.
- Franken, Zamara, research. The effect of anger management and the problem solving skill on the quality of life.
- Bakhshani, N. (2010). The role of family in the upbringing of children. Tehran: Be'sat press.
- Hosseini Nasab, D.; Ahmadian, F.; Ravanbakhsh, M. (2004). Reviewing the relationship between parenting practices and students' mental health and self-efficacy. Journal of psychological researches, 2nd period, no. 4, Pp 28-39.
- Radfar, R. (2008). A collection of lectures on preventing addiction. Isfahan, Country's Welfare Organization.
- Mir Ashtiani, A. (2005). The role of family in preventing deviations, Tehran: Mohajer Press.

Najafi, H. (2002). The role of family in how adolescents and adults select their role models. Master's thesis in sociology, Tehran: Alameh Tabatabayi University.