

FAMILY TYPES AND PSYCHOSOCIAL BEHAVIOURS OF IN-SCHOOL ADOLESCENTS IN ENUGU STATE NIGERIA

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Abstract

Adolescents' inappropriate behaviours in Nigeria are becoming worrisome and the traces of it are still uncertain especially in Enugu State. Based on this, the study determined the family types as correlate of adolescents' psychosocial behaviours in Enugu State, Nigeria. A sample size was 640 in-school adolescents. A FAPBQ was used for data collection. The questionnaire was face validated by three experts. It was trial tested using 30 students and its internal consistency was ascertained using Cronbach Alpha co-efficient statistical method. The result gave an overall Alpha- co-efficient value of 0.75. Data collected were analyzed using percentage count, correlation and regression statistics. Results showed a statistically positive significant relationship between the family type and psychological behaviors. The result demonstrated that there was a significant correlation between psychological behaviours and social behaviours. It was found that there was positive significant correlation between family type and social behaviours. For the regression model showed a significant correlation among family types (monogamous and polygamous), psychological and social behaviours of schooling adolescents. Based on these findings, some counselling implications were highlighted and recommendations made.

Keywords: Family Types, Psychosocial, Behaviour and In-school adolescents

Introduction

The issue of adolescents' social decadence has become a contemporary problem in Nigeria and this has attracted the attentions of researchers and scholars from different disciplines of life (Adenike, 2013; Sanni, Udoh, Okediji, Modo & Ezech, 2010; Ugwu. 2016). Presently, adolescents' delinquent behaviours such as drug abuse, kidnapping, raping, carrying of dangerous weapons, examination malpractice, stealing among others seem to be on increase in Nigeria (Adenike, 2013; Ugwu. 2016). These behaviours have in ways impacted some negative psychological and sociological effects on not only the adolescents but on their families and the society at large (Toyin & Aderemi, 2013).

Family is an institution every marriage hopes to establish. Family has also been defined as the basic institution which seeks to socialize and protect the behaviours of the young (Okorodudu, 2010). Eze (2012) sees family as a social system with biologically related individuals who are inclined to the development of psychological and sociological well being of family members and the sustenance of family structure through inter and intra relationship existing among the family members. In this study, family is a social unit where members share common values, interests, interaction, and seeks the development of members' psychological and social behaviours.

Family has the role of influencing the development of adolescents' psychological, moral, sociological and spiritual dispositions in society (Eze, 2012). This follows that social behaviour and psychological disposition of children have link to the family. Olaitan (2003) maintains that family produces the first and perhaps the most insistent and subtle influence on the mental health and personality development of the individual. As such, family can enhance or hinder a child's physical, moral and social development or behaviour, although this depends on the social climate of the family (Adenike, 2013) as earlier noted by structural theorist (Minuchin, 1974). Theorist holds that improving a subsystem's boundary helps the functioning of the parts of the subsystem and that good functioning of a child is determined by the fit of a family's structure to its operational functions. The theorist posits that if the family unit is ill-structured the adolescents would have prosocial behavioural problems. Hence, the family type an adolescent comes from tends to influence the psychological and social behaviours. For instance, if family type or behaviour is such that swallows personality of the members the members' social behaviours tend to be affected. It is on this note that this study is addressing family type.

However, the physical, psychological and social behaviours of a child is borne out of the type of family such individual comes from (Sanni, Udoh, Okediji, Modo & Ezech, 2010), though some may be influenced by peer groups. This suggests that family's stability has impacts on the proper functioning of children. Invariably, if violence and chaos encompass adolescents' family background, they are more likely to engage in violence oriented activities. In other words the characteristics of a family have a way of influencing the offspring. Some of these characteristics include the number of people in a family, parenting style, children's attachment to parents and family structure (Derzon & Lipsey, 2000; Wasserman & Seracini, 2001; Sanni, Udoh, Okediji, Modo & Eze (2010).

Family structure could be used interchangeably with family configuration and family type (Umezulike, 2010). Family type is therefore the

structure in which family members either by marriage, blood and adoption are formed (Anyakoha, 1991). Similarly, Avan, Rahbar and Raza (2007) maintain that family type includes the total number of family members' and siblings, birth order and inter-sibling birth intervals. According to Sanni et al (2010), family type refers to the way family members interact with each other, that is, levels of adaptability, cohesiveness and communication demonstrated by the family unit. Operationally, family type is described as the number of family members with differing characteristics which impact on the stability and proper functioning of offsprings' psychological and sociological well being.

Family varies ranging from nature, composition, members, adoption and blood. Family types include single parent, monogamous, polygamous, nuclear, extended, and matrilocal (Anyanwu, 2012; Eze 2012). This study focused on polygamous and monogamous family types. Monogamy is a system of marriage between one man and one woman.

Monogamous family experiences some discord or behavioural problem (Nwokolo, 2012). However, studies reveal that many Enugu state children from monogamous family often exhibit less disruptive behaviours (Nwokolo, 2012). Family which is associated with aggressiveness seems to predict disruptive behaviour, whereas lack of emotional attachment and parental criminality predict adolescents' involvement in property crimes (Gorman-Smith & Tolan, 1998). In the light of the above family is a strong factor that is capable of inculcating criminal and other anti-social behaviours in adolescents.

In contrast with the monogamous family is the polygamous type. According to Wilson (2000), polygamous family is any form of marriage in which a person has more than one spouse. In this work, polygamous family is referred to as a type of family that comprises a man as a head; with women as wives and their children. For instance, a man that marries with three to five wives with their children. In social anthropology, polygamy is the practice whereby man or a woman gives himself or herself up for multiple men and women to mate with (Wilson, 2000).

Studies have shown that polygamy could cause emotional scars to its family members (Hamzah & Othman, 2010). Buttressing this point, Ndu (2000) opines that polygamy has the potential for developing envy, aggressive behaviour, favoritism, disregard for equity and fairness and other antisocial behaviours. Sanni, Udoh, Okediji, Modo and Ezeh (2010) revealed that family has a negative significant influence on delinquency among secondary school students. The researchers also revealed that family cohesiveness has a significant influence on delinquency, aggressiveness, and other violent behaviour which is reflective of family types through which the adolescents

are coming out from. Adenike (2013) found that negative significant relationship exists between academic behaviour, family type and students' academic motivation. Furthermore, Umezuike (2010) showed that students' behaviour is not influenced by nuclear or extended family type except on their psychological adjustment. The results also indicated that school adjustment of secondary school students depends on whether they are from separated family or not. In essence, some of the social misconducts and violent behaviour of children could be ascribed to individuals' family types. It is also observed that many polygamous families in Enugu state of Nigeria has a good record of divorce (Umezulike, 2010). Evidence abounds that social climate and practice in families tend to cause emotional scars, social and psychological injuries to the members of the family (Al-Krerrain, Graham & Al-Krerrain, 1997; Hamzah & Othman, 2010). In other words, there is likelihood that the family members especially the offsprings would develop the tendency to become aggressive. Different family types can, therefore, affect happiness in the home, bring about conflict between parents and their children and also provide different modes for children's own perception of the world and relationship between people (Umezuike, 2010). This means that family types does not only influence psychological aspect of adolescents but also influences their social conducts.

Family types particularly polygamous and monogamous forms of family seem to influence adolescents' association with peers. Eric Erikson and Sigmund Freud suggest that positive adolescent development encompasses psychological, and sociological behavioural characteristics that reflect competence, confidence and character formation (Nwankwo, Balugun, Chukwudi & Ibeme, 2012). Given the perceived contributions of psychological and sociological background of an individual, literature showed that families in Enugu State Nigeria tend to negatively exert powerful influence on adolescents by teaching them disruptive, anti-social and aggressive behaviour (Sanni, Udoh, Okediji, Modo & Ezeh, 2010). Invariably, Nwankwo et al (2012) lamented that Enugu State family sometimes the social context can either support or thwart the natural tendencies towards active engagement and psychological growth. Parenting style and emotional intelligence are powerful to the prediction of violent behaviour among College students (Toyin & Aderemi, 2013 Nwankwo, Balogun, Chukwudi & Ibeme, 2012). Furthermore, Afolabi (2014) showed that there was significant relationship among youths' psychosocial behaviour and prosocial behaviours based on cultural/ethnic context. Many adolescents who are associated with behavioural problems seem to have traces of psychological and sociological dispositions in Enugu, State (Ugwu, 2016). Cases abound that Nigerian in-

school adolescents exhibit behaviours that are inappropriate such as aggressiveness, sense of self disapproval and depression (Afolabi, 2014).

Adolescents are naturally inquisitive individuals and are easily influenced both positively and negatively by their socializing environments such as family and school. Hence, they are easily seen displaying negative psychosocial behaviours of guilt feeling, aggression, depression, bullying, and stealing and drug abuse to list but some when socialized in an unhealthy environment. Literature tends to reveal that a good number of Nigerian adolescents' psychosocial behaviours are traceable to family and parenting antecedents (Umezuike, 2010). Also, that polygamous family type tends to be a contributory factor of emotional tear and promoter of anti-social behaviours in adolescents than monogamous family type. This invariably implies that an adolescent's psychosocial environment to an extent determines the psychosocial behavioural disposition. It is not very certain to the researchers, how family types enhance adolescents' psychosocial behaviours. It is against this background that this study aimed at ascertaining family types as correlates of psychosocial behaviours of adolescents in Enugu state Nigeria.

Method

Ethical Approval

The researchers obtained approval to conduct this study from the Departments of Educational Foundations at the University of Nigeria, Nsukka. An informed written consent was obtained from the parents of the participants. The researchers also conducted the study in accordance with the ethical standards of the American Psychological Association (American Psychological Association, 2010).

Design of the Study

The study adopted a correlation research design. The choice of this particular design is based on the fact that the researchers ascertained the relationship between independent variables (monogamous and polygamous type of family) and dependent variables (psychological and social behaviours) of in-school adolescents.

Area of the Study

The study was carried out in Enugu State, Nigeria. This area is chosen because of observed prevalence adolescents' exhibition of undesirable psychological and sociological behaviours in schools in this area.

Population of the Study

The target population of this study comprised all the Senior School (SS) Students in the 53 public secondary schools in Udi Education zone. This totals to 19,299 SS students (Source: Enugu State Post Primary School Management Board, 2013/2014 session).

Sample and Sampling Technique

This study utilized a sample size of 640 senior secondary school two (SSII) students comprising 320 males and 320 females. The choice of 640 SS II sample size is based on 5% selection. According to Ali (2006) when a population is in many thousands 5% of the population can be used for the study but when it is few thousands 10% sample of the population can be used. The choice of senior secondary two students was based on the fact that they are adolescents within age bracket 15 to 18 years who are mature enough to respond to the questionnaire items. Moreover, this group of students was not in final examination class where they were preparing for external examination like West African Senior School Certificate examination (WASSCE). As such, they were willing to participate in completing the questionnaire.

Multi-stage sampling technique was adopted in selecting the 640 SS II respondents. First purposive sampling technique was used in selecting 14 co-educational secondary schools in the zone. This technique was to ensure that male and female students were sampled from same school environment. Next, seven public co-educational secondary schools were randomly selected from each of Udi while nine secondary schools were randomly selected from Ezeagu Local government areas using proportionate sampling technique. This technique was used due to the existence of more number of schools in Ezeagu LGA than in the zone. Finally from each of the randomly selected schools, 40 SSII students comprising 20 females and 20 males were randomly selected using simple random sampling by balloting without replacement. The random sampling of equal number of male and female SSII students is to eliminate chances of gender bias in the selection.

The inclusion criteria were based on age bracket of 15 to 18 years, not in final examination class, being in co- educational secondary schools and readiness to complete the questionnaire. However, those who could not meet the stated inclusion criteria were excluded.

Instrument

The instrument for data collection is designed by the researchers and titled "Family and Adolescents' Psychosocial Behaviour Questionnaire (FAPBQ). The instrument has sections A and B. Section A focused on the

demographic variables of the respondents such as gender, family type and location. Section B contained 24 items based on the psychosocial behaviours. The items were put into two clusters. Cluster one elicited information on psychological behaviours while cluster two elicited information on adolescents' sociological behaviours. The items were developed from previous literatures (e.g., Afolabi, 2014; Al-Krerrain, Graham & Al-Krerrain, 1997; Corman-Smith & Tolan, 1998; Hamzah & Othman, 2010; Nwokolo, 2012; Toyin & Aderemi, 2013; Nwankwo, Balogun, Chukwudi & Ibeme, 2012; Sanni, Udoh, Okediji, Modo & Ezech, 2010; Umezuike, 2010) that extensively reviewed works on family and adolescents. These items were placed on four point rating scale of Strong Agree (SA), Agree (A), Disagree (D) and Strongly Agree (SD) which were weighted 4, 3, 2 and 1 respectively.

After the construction of FAPBQ, three test experts validated it. The experts are Professors in Psychology and Counselling from University of Nigeria. To determine the reliability of the instrument, a trial testing was carried out by giving the instrument to 30 SS II students who are from both monogamous and polygamous families in Nsukka Education Zone of Enugu State which is out the study area but have families with similar characteristics as those of the study area. Specifically, 15 copies of the instrument were given to male and 15 copies to female secondary school two students in two public co-educational schools in Nsukka education zone. To determine the internal consistency of the instruments data collected were subjected to Cronbach Alpha statistical analysis. The result of this gave Alpha co-efficient values of 0.81 and 0.82 for cluster one and two respectively.

Method of Data Collection and Data Analysis

Prior to the commencement of data collection, the researchers asked the participants to register their consent by writing 'yes I agree' in a white-paper-cut provided to them. The participants (N = 640) indicated interest to participate for the study. In addition to that, the parent had sent letter that approved their children participation during the data collection. The instrument was administered to the participants in the classrooms, with help of two research assistants using direct delivery and retrieval method between once per week. This lasted for three months (May to July, 2017). The research assistants facilitated the distribution and retrieval of the questionnaire copies. Prior the instrument administration, the research assistants were briefed on how to distribute and collect the questionnaire copies from the respondents. They were also instructed to administer the instrument meticulously to ensure high return. At the data collection, there was no missed data/instrument. The data collected were subjected to Statistical Packages for Social Science

version 20 using correlation and regression Statistical tool. These were tested at 0.05 probability level.

Results

Table I: Family demographic information of the participants.

Family types	Frequency	Percent (%)	Remark valid percent	Cumulative percent
Monogamous	433	67.7 (Male=33.85, Female=33.85)	67.7	67.7
Polygamous	207	32.3 (Male =16.15, Female =16.15)	32.3	100.0
Total	640	100.0 (Male =50, Female =50)	100.0	

Data analysis in Table 1 showed the Family demographic information. From analysis, 67.7 percent of the adolescents are from monogamous (M=33.85%, F=33.85%) while 32.3 percent of the adolescents are from polygamous (M=16.15%, F=16.15%). The analysis shows that monogamous family type had 67.7 percent score while polygamous family type had 32.3 percent. This suggested that monogamous family type is more prevalent in Enugu State.

Table 2: Correlation matrix among family type, psychological behavior, and social behavior

	Mean(SD)	Family type	location	class	Gender	Age	Psychological behaviour	Social behaviour
Familytype	3.49(.60)	1						
Location	3.04(1.02)	.133	1					
Class	3.38(.75)	-.102	.299**	1				
Gender	3.31(.81)	-.283**	.030	.664**	1			
Age	3.3661(.71)	.061	-.118	.512**	.727**	1		
Psychological behavior	40.14(4.61)	.140	.089	.028	-.073	.000	1	
Social behaviour	40.48(4.89)	-.161	.231*	.305**	.170	.071	.074	1

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Results in Table 2 showed relationship among family type, psychological behavior, and social behavior. The result indicated that there was a statistically positive significant relationship between the family type and psychological behaviors ($r=.140$). The result produces that there was a significant correlation between psychological behaviours and social behaviours ($r=.074$) and there was positive significant correlation between family type and social behaviours.

Table 3: The regression analysis of relationship between family types (monogamous and polygamous) and social behaviors of adolescents

Model		Sum of Square	R	df	Mean Square	F	R Square	Adjusted R Square	Sig.
1	Regression	46.543	.140 _a	1	46.543	2.211	.020	.011	.140 _b
	Residual	2315.171		110	21.047				
	Total	2361.714		111					

Regression model in Table 3 showed a significant correlation between family types and psychological behaviours of schooling adolescents, $F(110)2.211$; $r^2 = 0.020$; .140. Therefore, the null hypothesis was accepted. It implies that family types (monogamous and polygamous) have significant correlation with in-school adolescents' psychological behaviours of adolescents.

Table 4: The regression analysis of relationship between family types (monogamous and polygamous) and social behaviors of adolescents

Model		Sum of Squares	df	R	Mean Square	F	R Square	Adjusted R Square	Sig.
1	Regression	68.969	1	.161 ^a	68.969	2.937	.026	.017	.089 ^b
	Residual	2582.996	110		23.482				
	Total	2651.964	111						

Regression model in Table 4 showed a significant correlation between family types and social behaviors of schooling adolescents, $F(110) 2.937$; $r^2 = 0.026$; 0.89. Therefore, the null hypothesis was accepted. It implies that there is relationship between family types (monogamous and polygamous) and social behaviors of adolescents.

Discussion

The study sought to ascertain family types as correlate of psychosocial behavior of adolescent. Results showed a statistically positive significant relationship between the family type and psychological behaviors. The result demonstrated that there was a significant correlation between psychological and social behaviours and there was positive significant correlation between family type and social behaviours. Regression model showed a significant correlation among family types (monogamous and polygamous), psychological and social behaviours of schooling adolescents. The findings agreed with Adenike (2013) who revealed that a significant relationship exists between academic achievement of students' from monogamous families and those from polygamous families. The finding of this study is also in line with Sanni, Udoh, Okediji, Modo and Ezeh (2010) who noted that family have a significant influence on delinquency, aggressiveness, and other violent behaviour which is the product of family types through which the adolescents are from. The adolescents' psychological behaviours include aggressive behaviour, poor self concept, drinking of alcohol, lacking of emotional stability, watching pornographic films and feeling of distrust, feeling of depression. Others are engagement in sexual relationship, feeling of satisfaction with interaction with friends, destruction of school properties, happiness due to parental attachment and feeling unhappy stealing classmates' property. This finding is not surprising because most parents nowadays seem not to devote their times in curbing inappropriate behaviours of children. Parent fail to condemn unacceptable attitudes of their children, instead of scolding them, those children are turn to be Daddy's boy or girl. Despite the fact that parent are advised not to be too loose and indifferent in their parenting style. The result is not surprising due to incessant anti-social behaviours accruing from parental psychological background. Today, students spend most of their years and time in school environment without parental attention. Consequently, they develop feelings of distrust, aggressiveness and poor self concept.

Our result showed that family types (monogamous and polygamous) do not have significant relationship between male and female in-school adolescents' sociological behaviours. The result is in accordance with Sanni Udoh, Okediji, Modo and Ezeh (2010) who revealed that family has a negative significant influence on delinquency behaviours of secondary school students. The finding of this study supported Toyin and Aderemi (2013) who found that parenting style and emotional intelligence are powerful to the prediction of violent behaviour among college of education students. These in-school adolescents' social behaviours include having conflicts at home, breaking of

school rules and regulations, bullying of younger students and homosexual abuse. It suggests that family types also relate to in-school adolescents' social behaviours in terms of involving in deep caring of aged parent, deep interest in gambling, cultism, internet activities, carrying of dangerous weapon, breaking of family rules and smoking. Thus, the in-school adolescents' social behaviour regarding to examination malpractice is not influenced by monogamous and polygamous family types. However, the overall mean score ratings indicated that monogamous and polygamous family types enhance social behaviours of adolescents. This finding is too disheartening that families contribute to adolescents' violent behaviour. Probably, it may be that these family types lack genuine family structure that needed to control these adolescents' inappropriate behaviour. This finding could be attributed to present girl-child marriage practice in from every society. Some of the parents neglect to perform their parental roles which are aimed at curbing inappropriate behaviours probably because they have no experiences. Therefore there is need for marriage or family counsellor to provide measure to curb these undesirable behaviours of adolescents. This implies that most of the aggressive and delinquent behaviours adolescents are related to the psychological makeup of their parents (Conger, Rueter, & Conger, 1994). Consequently adolescents form poor psychological structure which affects their behaviours within and outside their homes. The implication here is that families contribute to the cause of social vices and misconducts in the society (Conger, Rueter, & Conger, 1994; Dishion, 1990). Some families appear to support their adolescents' students each time they want to engage in undesirable behaviours like examination malpractice and other social ills. Definitely the students will portray the lifestyle of their parents. By indication, any negative contribution of families types give sometimes affect both male and female adolescents social behaviours (Hetherington, 1993; Simons, Johnson, Beaman, Conger, & Whitbeck, 1996). It means that the recent adolescents' attitudes toward social life are being influenced by families.

Trained or professional family counsellors should liaised with mass media and other relevant agencies like churches to create awareness on the need for monogamous family type rather than polygamous family type. Counselling intervention that would focus on apprehending or curbing some negative psychological and sociological behaviours among adolescents. Therefore, there is need for government intervention to provide social support services for those adolescents with inappropriate psychosocial conducts. The researchers also recommend that parents should serve as good example by engaging in prosocial activities and overhaul family's moral standard to ensure

development of appropriate social behavior among in-school adolescents (Simons, Johnson, Beaman, Conger, & Whitbeck, 1996).

Limitations

The researchers did not consider the family economic background and culture of the respondents. The sample size used appears to be small. This tends to affect the generalizability of the findings to larger population. Considering only the monogamous and polygamous family types contributed to make this study fall short in its contents and methodology. Given that the methods mainly focus on family structure and did not measure any aspects of parenting, single parent, family climate, parent-adolescent relationship quality, family communication or family interaction, the researchers think that the possible moderators were not investigated.

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