

**RESEARCH PAPER****Impact of Family Functioning Style on Self-Regulation and Marital Attitude of Young Adults from Pakistan****<sup>1</sup>Syed Karrar Hussain\* and <sup>2</sup>Aliya Abdul Hayee**

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**ABSTRACT**

The current research aimed to analyze the affect of family functioning style on self-regulation and marital attitudes of young adults from Pakistan. Existing literature indicated that early life and family experiences shape the individual's perception and feelings towards life especially the decision to marry and start one's own family. Family Functioning Style Scale (Deal et al., 1988), General Attitude towards Marriages (Park & Rosén, 2013) and Self-Regulation Questionnaire (Brown et al., 1999) were filled by 300 unmarried adults with age range of 18 to 30 years from five cities that were Islamabad, Rawalpindi, Faisalabad, Gilgit and Skardu. Results indicated that family functioning along its subdomains had significantly positive correlation with self-regulation and general attitude towards marriages. The regression analysis showed strong prediction of same. Further, men and young adults from the joint families scored higher on study variables. These findings guides the development of family-centered interventions to improve relational and personal outcomes among Pakistani youth.

**Keywords:** Attitude towards Marriage, Family Functioning, Self-Regulation, Young Unmarried Adults

**Introduction**

The Family functioning refers to the overall health and dynamics of a family system, including communication patterns, emotional atmosphere, and the ability to meet individual and collective needs. (Chakraborty et al., 1989; Olson et al., 1983; Reijntjes et al., 2013). Family dynamics affect the individual in every aspect of adult life. Individuals' experiences since childhood facilitate them in understanding the world and forming cognitive patterns that later facilitate their attitudinal and behavioral responses.

Family functioning regardless of intact or non-intact parental relations influences all family members including the children to young adults. Other than impacting family matters, such intactness shapes the social, psychological and emotional traits together with self-regulation and marital attitude of an individual (Boyer et al., 2000; Amato & Booth, 1991). Unpleasant mood, aggressive behavior at home, introverted behavior, social separation, family and social inclusion, agreeable and friendly personality as well as the peaceful mind are the common outcomes of family functioning (Park & Rosén, 2013). In a nutshell, both the positive and negative mental approaches of an individual of any age group are consciously or unconsciously impacted by the family functioning that later affected the attitudes and interpersonal relationships (Carr & Utz, 2020; Du et al., 2022; Riggio & Weiser, 2008).

**Literature Review**

Researchers have indicated that family functioning can significantly influence the attitudes and beliefs that young adults develop about marriage (Carr & Utz, 2020; Du et al.,

2022; Park & Rosén, 2013; Rhoades et al., 2012; Singh & Thomas, 2022). When young adults grow up in families characterized by positive communication, respect, and support, they tend to have more positive attitudes toward marriage. On the other hand, families with conflict, lack of emotional support, and dysfunctional communication patterns can form negative views about marriage, leading to later life marital challenges. It causes individuals to think of negative aspects as they have seen their parents and other family members facing marital conflicts, unhappy marriages, and negative behavioral pattern (Hayee & Kamal, 2022). Individuals seek for happy marital life and satisfactory relationships so starting a relationship with more conflicting and gruesome outcomes is out of the question.

The individual sense and anticipations of a person in lieu of marital inclination, and their personal thoughts about own marital relationship in particular is "Marital attitudes". It includes individuals' opinions and beliefs related to "pre-marital time and upcoming marriage" (Park & Rosén, 2013). Such anticipations and thoughts may change during any stage of life. Marriage as well as its different approaches (values, beliefs, satisfaction attitudes and adjustment) has vastly persisted as an academic interest to researchers (Carr & Utz, 2020; Johnson et al., 2022). Marital perspectives as a part of marriage are one of the main indicators of an individual's thinking in close connections and in personal relationships. In particular, positive or negative exemplary marriage perspectives are bound to impact conduct and interpersonal relationships (Riggio & Weiser, 2008), and the decisions to marry (Park & Rosén, 2013).

Self-regulation is the capacity to comprehend and deal with the way of behaving and responses to sentiments and things occurring around an individual. It incorporates having the option to: direct responses to compelling feelings like dissatisfaction, energy, outrage and humiliation (Mullin & Hinshaw, 2007). Self-regulation has been distinguished as a vital variable of improvement that assumes a basic part in the commitment of unsuitable conduct and hence is an objective for preventive mediation (Crockett et al., 2006). *Furthermore, it is portrayed as an inside cycle of changes lead and internal reactivity. It is the made ability to apply regulatory cycles to direct, sentiments, and contemplations without depending upon the assistance of others* (Campos et al., 1989). Contrasting self-guidelines and personality are the key highlights of externalizing conduct issues, including impulsive behaviors, and challenging issues across the life span (Crockett et al., 2006; Laurent & Powers, 2007). Context-oriented factors such as financial status, nurturing abilities, and family support, have a strong significant impact on self-guiding abilities and the consequences of behavior.

Family functioning can also impact the development of self-regulation skills in young adults, which are crucial for healthy marital relationships (Du et al., 2022). A family environment characterized by consistent discipline, clear boundaries, and emotional warmth fosters the development of self-regulation abilities. Young adults who grow up in such families often demonstrate better emotional regulation, conflict resolution skills, and impulse control, which can positively affect their marital relationships (Kim et al., 2022).

The conflict among parents in any society due to sudden change in lifestyle and access to modern approaches has become common. The young generation falter to get marriage and hesitate to continue it because of possibility of failures, experiencing their parents' relation as well as mental health challenges (Muzaffar, et. al., 2018; Du et al., 2022). Children who have witnessed conflicts in parents irrespective of high or low, as well as separation among them unconsciously develop negativity towards marriage (Rathee & Shergill, 2017). The sense of extra marital affairs as live-in relations develops in them. Even culturally, Pakistan is also moving towards non-marital relationships. Considering such situations, the proposed topic is important to cope with the unprecedented and uncertain problem and it is designed to study the attitudes of young adults towards marriage and how these conflicts effect the self-regulation of the young adults. Studies mostly on immediate and long-term societal, psychological, personal, and economic implications of divorce have been prompted by the rise in divorce over the past century (Amato, 2000; Onuorah, 2018).

In American families, divorce is still a normal occurrence, and it is becoming more prevalent in couples with young adults (Franz, 2017). Similar is the case with Pakistani society (Qamar & Faizan, 2021). It is crucial to research the sharp increase in grey divorce among those aged 50 and beyond in order to determine how and whether it is influencing future generations' views on marriage and separation.

Rathee and Shergill (2017) investigated that adolescent belong to conflicted and divorced families develop significantly negative attitude towards the marriage and positive attitude towards the cohabitation. The study only focused on the cohabitation in response to the marriage, adolescents belong to conflicted and divorced families. In this study we'll also focus on the overall attitude towards the marriage.

The essential components of externalizing behavior issues, such as impulsivity and risky conduct, together with sensitivity to problem behavior across the lifetime, are individual variances in self-regulation and personality (Crockett et al., 2006; Laurent & Powers, 2007; Mullin & Hinshaw, 2007). Contextual elements, such as socioeconomic standing, parenting abilities, and parental support, have a significant impact on the growth of self-regulation abilities and protracted results (Zeman et al., 2013).

By establishing consistent behavioral patterns and participating in ability learning to aid in their child's socialization, parents help their children acquire self-regulation (Morris et al., 2007). Parenting techniques which are effective help kids focusing and exerting effort while encouraging the growth of self-regulation abilities from early infancy through adolescence. It leads to better conduct and young adult adaption. As a result, young and middle child self-regulation is a key area for successful therapies. The purpose of the study is to examine the impact of family functioning and parental relationship on marital attitude, and Self-Regulation of young Adults.

## **Hypotheses**

- H1. Family intactness will positively correlate with marital attitude of young adults
- H2. Family intactness will positively correlate with self-regulation of young adults
- H3. Young adults from nuclear family system will score high on family intactness than from joint family system.
- H4. Men will score high on family intactness than women
- H5. Women will score lower on marital attitude than men

## **Materials and Methods**

This research designed to find out the impact of family functioning on marital attitude as well as self-regulation of young adults. This research study was based on cross sectional survey where the data was collected using scales of Self-Regulation Questionnaire and General Attitude towards Marriage Scale.

## **Operational Definition**

### **Family functioning**

Family functioning refers to the degree to which a family unit is structurally and emotionally whole, with both parents present and actively involved in parenting and household duties (Amato & Keith, 2017). In current study family functioning will be considered in terms of score on three sub-scales of family functioning style scale (Deal et al., 1988) that are: Interactional Patterns and Family Values, Family Commitment and Interfamily Coping Strategies. High score on each domain considered that family is connected with each other and positively cope with their problems.

## **Marital Attitude**

Marital attitude refers to the beliefs and attitudes that individuals hold towards marriage and commitment. This includes individual's perception towards marriage (Fincham & Bradbury, 1992; Park & Rosen, 2013). In current study Marital Attitude will be considered in term of score on general attitude towards marriage scale (Park & Rosen, 2013). High Score considered that the individual have positive attitude towards marriage.

## **Self-Regulation**

Self-regulation refers to the ability to regulate one's thoughts, emotions, and behaviors in order to achieve goals and maintain interpersonal relationships (Kanfer, 1970; Miller & Brown, 1999). In current study seven model proposed by Brown and colleagues will be used to assess self-regulation. Their self-regulation questionnaire assess seven sub-scale that are: Receiving, Evaluating, Triggering Change, Searching for Options, Formulating a Plan, Implementing the Plan, and Assessing the Plan Effectiveness. High score on each sub-scale showed that young adults have presence of that domain of self-regulation.

## **Population and Sample**

A total of 300 young adults were recruited following convenient sampling approach. Both men and women from five selected sample sites including Islamabad, Rawalpindi, Faisalabad, Gilgit and Skardu were accessed who had attained the legal marriageable age of 18 years. The maximum age of participants were not more than 30 years that is as per researchers considered acceptable range of marriage in Pakistan (MIT Young Adult Development Project EndNote Data base on Young Adult, July 2008). Further, inclusion criteria were refined as minimum education level of matriculation. The targeted sample was approached from the universities located in the study area. Individuals with any physiological and psychological disability were excluded from current study. All study participants were apparently healthy individuals.

## **Instruments**

Participants were provided with detailed informed consent that covered their rights such as anonymity, confidentiality, and right to withdraw. Along with that demographic characteristic such as age, education, gender, and family system were also inquired. The details of other data collection instruments are as follow:

### **Family Functioning Style Scale (FFSS)**

In the current study researcher will use Family Functioning Style Scale as primary questionnaire as used by previous research (Shek et al., 2015). Scale was developed by Deal et al., (1988). It is highly reliable and widely used scale in this domain that's why selected for family functioning of individuals.

Deal et al. (1988) created the 26-item Family Functioning Style Scale (FFSS) to assess the degree to which a family as a whole or its individual members feels their family is defined by certain strengths, abilities, and competencies. It comprises three sub-scales: interactional patterns and family values, Family commitment, and Intra-family Coping Strategies. The average correlations among the 26 items (.92) and split-half reliability ( $r=.85$ ) both pointed to an internally consistent measure. According to validity studies, the instrument is assessing the targeted dimensions linked to family strengths.

The items are rated in FFSS scale under five points of scale ranging from "not at all to almost always". The responses with "not at all will show negative family functioning while almost always show the positive family functioning. The item compositions of the factors of

FFSS were found to be highly consistent. Items comprise three main domains namely Interactional Patterns and Family Values, Family Commitment and Intra-family Coping Strategies. All the three domains will be used as it.

### **General Attitudes towards Marriage Scale (GAMS)**

“The GAMS is part of the Marital Scales. The Marital Scales consist of a set of three scales which was designed to measure intent, attitudes, and aspects of marital relationships”. “The GAMS examines individuals’ perception towards marriage using a 7 point Likert scale, ranging from 0 (Strongly disagree) to 6 (Strongly agree). The content of GAMS includes positive attitudes, negative attitudes, as well as fears and doubts towards marriage. Higher total score upon adjusting for reverse scoring indicates more positive attitudes towards marriage. The GAMS demonstrated good internal consistency ( $\alpha = .84$ ) and construct validity in the original article”. The 3 items IMS was developed alongside with GAMS in the Marital Scales (Park & Rosén, 2013). The IMS attempts to examine individuals’ intention to get married in future. The IMS employs the same item response of GAMS, ranging from 0 to 6, and higher adjusted total score indicates greater intention to marry. Comparably, internal consistency of IMS is remarkably good ( $\alpha = .91$ ) and valid.”

### **Self-Regulation Questionnaire (SRQ)**

“The Self-Regulation Questionnaire SRQ”: (Brown et al., 1999) was introduced as a first ever effort to measure these “self-regulatory processes through self-report”. “We are unaware that whether respondents could reliably and accurately report their own self-regulatory capabilities. Reliability of the SRQ appears to be excellent. In a community sample of 83 people with varying levels of alcohol problem severity, the SRQ was administered twice, separated by 48 hours, to test stability of scores it provides (Brown, & Miller, 1999). Test-retest reliability for the total SRQ score was high ( $r = .94$ ,  $p < .0001$ ). Internal consistency of the scale was ( $\alpha = .91$ ), which indicated highly consistent with the idea for its all 63 items. All the items are closely ended with liker scale of five points ranging from strongly disagree to strongly agree. The scales used in SRQ are recommended only for research purposes which are not valuable in clinical perspectives.

### **Procedure**

For field survey, the researcher had accessed the respondents to fill the questionnaires of “General Attitudes towards Marriage Scale (GAMS), The Self-Regulation Questionnaire (SRQ) and Family Functioning Style Scale (FFSS)”. The participants had given a consent form in which permission is sought to take part in the study. It was made sure that the information obtained is entirely voluntary and explain the respondent’s right to leave the research at any given time. The confidentiality was also addressed.

### **Ethical Consideration**

The young adults both male and female of the selected population who purposively fulfill the inclusion criteria were asked for consent to take part in the study by filling the questionnaire. The personal information of the respondents was confidential and had not asked at any stage of data collection. Any audio or video recording was not part of this research. All the ethical procedures for data collection were highly considered.

### **Results and Discussion**

For the present research 300 respondents were selected from conveniently selected five sample sites including Gilgit, Skardu, Islamabad, Rawalpindi and Faisalabad. 60 participants from each site were accessed for collection of data. Both the male and female young adults having age group range of 18 to 30 were included as participants. The

respondents for current study were initially asked for consent to be part of this research. For participants selection, purposive cum convenient sampling was used.

**Table 1**  
**Descriptive Statistics for Family Functioning Style Scale, General Attitude towards Marriage and Self-Regulation Questionnaire and Subscales (N = 300)**

Scale	k	$\alpha$	M (SD)	Range		Skewness	Kurtosis
				Potential	Actual		
FFSS	24	.95	73.92(21.28)	24-120	33-107	.29	1.34
Interactional Patterns and Family Values	16	.85	49.17(14.38)	16-80	22-71	.28	1.39
Family Commitment	04	.84	12.52(3.52)	04-20	5-19	.26	-.21
Intra family Coping Strategies	04	.72	12.23(3.96)	04-20	6-20	.53	1.17
GAMS	10	.84	34.92 (12.91)	0-60	14-54	.11	1.29
Self-regulation	63	.84	200.60(17.06)	63-315	175-232	.48	-.80
Receiving	09	.77	28.35(3.86)	09-45	25-36	.84	-.64
Evaluating	09	.93	28.20(4.41)	09-45	20-35	-.48	1.04
Triggering Change	09	.85	27.64(2.77)	09-45	24-34	.61	-.26
Searching for Options	09	.72	28.86(5.45)	09-45	23-39	.32	1.26
Formulating a Plan	09	.84	27.53(4.18)	09-45	20-36	.19	-.24
Implementing the Plan	09	.74	30.40(4.58)	09-45	21-37	-.55	-.71
Assessing the Plan Effectiveness	09	.82	29.60(3.72)	09-45	24-36	.01	1.22

Note: FFSS = Family functioning Style Scale, sub domains: Interactional Patterns and Family Values, Family Commitment, Intra family Coping Strategies; GAMS = General Attitude towards Marriage; SRQ = Self – Regulation Questionnaire, Sub domain: Receiving, Evaluating, Triggering Change, Searching for Options, Formulating a Plan, Implementing the Plan, Assessing the Plan Effectiveness

Table 1 shows the statistical values of scales and subscales with descriptive statistics. FFSS as categorized into the scale is classified into three sub domains while self – Regulation Questionnaire (SRQ) is sub categorized into seven groups under Family Functioning. The traits are; Receiving, Evaluating, Triggering Change, Searching for Options, formulating a Plan, Implementing the Plan, Assessing the Plan Effectiveness. The statistical values for all the items and subscales are analyzed for all participants which is 300 in number.

**Table 2**  
**Correlation among the sub domains of Family Functioning Scale with GAMS and SRQ**

	FFSS	IPFV	FC	ICS	GAMS	SRQ
FFSS	1					
IPFV	.99**	1				
FC	.90**	.86**	1			
ICS	.96**	.95**	.81**	1		
GAMS	.82*	.83**	.69**	.76**	1	
SRQ	.74**	.73**	.69**	.74**	.75**	1

Note: FFSS = Family Functioning Style Scale, IPFV = Interactional Patterns and Family Values, FC = Family Commitment, ICS = Intra family Coping Strategies, GAMS = General Attitude towards Marriage, SRQ = Self – Regulation Questionnaire

Table 2 shows the correlation of FFSS and its 3 sub domains with GAMS and SRQ. The Family Functioning Scale and it's all three sub domains including Interactional Patterns and Family Values, Family Commitment and Intra family Coping Strategies have positive and strong correlation.

Table 3 revealed significant mean differences on FFSS and SRQ,  $p < 0.05$  and also finding revealed non-significant mean differences on GAMS. Findings showed that the male participant exhibited higher score on FFSS, Self-Regulation and GAMS compared to female participants.

**Table 3**  
**Independent Sample t - test for FFSS, GAMS, SRQS Focusing Gender (N= 300)**

Variables	Male (n = 185)		Female (n = 115)		t	p	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
Interactional Patterns and Family Values	50.74	14.41	46.65	14.03	2.41	.016	.75	7.42	0.28
Family Commitment	12.91	2.85	11.89	4.31	2.47	.014	.21	1.84	0.27
Intra family Coping Strategies	12.21	3.41	12.25	4.72	-.08	.930	-.96	.88	0.00
GAMS	35.96	12.89	33.24	12.81	1.78	.076	-.28	5.72	0.21
Self-Regulation	202.78	16.39	197.10	17.59	2.84	.005	1.74	9.62	0.33
Receiving	28.60	3.95	27.94	3.68	1.43	.152	-.24	1.55	0.17
Evaluating	28.84	4.49	27.18	4.10	3.21	.001	.64	2.67	0.38
Triggering Changes	27.58	2.28	27.74	3.41	-.49	.619	-.81	.48	0.05
Searching for Options	28.37	4.97	29.63	6.10	-1.94	.052	-2.52	.01	0.22
Formulating a Plan	28.81	3.61	25.46	4.20	7.33	.000	2.45	4.25	0.85
Implementing plan	31.92	3.76	27.95	4.73	8.03	.000	3.00	4.94	0.92
Assessing Plan effectiveness	28.62	3.97	31.16	2.61	-6.07	.000	-3.36	-1.71	0.75

*Note:* FFSS = Family functioning Style Scale, sub domains: Interactional Patterns and Family Values, Family Commitment, Intra family Coping Strategies; GAMS = General Attitude towards Marriage; SRQ = Self - Regulation Questionnaire, Sub domain: Receiving, Evaluating, Triggering Change, Searching for Options, Formulating a Plan, Implementing the Plan, Assessing the Plan Effectiveness.

**Table 4**  
**Independent Sample t - test for FFSS, GAMS, SRQS Focusing Family Structure**

Variables	Joint (n = 138)		Nuclear (n = 162)		t	p	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
Interactional Patterns and Family Values	51.20	13.01	47.44	15.28	2.27	.024	.50	7.01	0.26
Family Commitment	12.68	3.06	12.38	3.86	.73	.465	-.50	1.10	0.08
Intra family Coping Strategies	12.30	3.46	12.16	4.35	.31	.755	-.76	1.04	0.03
GAMS	36.39	12.32	33.67	13.29	1.82	.068	-.20	5.65	0.21
Self-Regulation	196.86	13.21	203.79	19.23	-3.57	.000	-10.74	-3.11	0.42
Receiving	27.68	2.83	28.92	4.48	-2.81	.005	-2.11	-.37	0.33
Evaluating	28.71	3.51	27.77	5.02	1.83	.068	-.07	1.93	0.21
Triggering Changes	27.05	2.23	28.14	3.07	-3.45	.001	-1.71	-.46	0.40
Searching for Options	28.40	4.10	29.24	6.37	-1.33	.184	-2.08	.40	0.15
Formulating a Plan	25.86	3.29	28.95	4.33	-6.85	.000	-3.97	-2.2	0.80
Implementing plan	29.10	3.89	31.51	4.84	-4.71	.000	-3.42	-1.4	0.55
Assessing Plan effectiveness	30.04	2.71	29.22	4.37	1.91	.057	-.02	1.66	0.22

*Note:* FFSS = Family functioning Style Scale, sub domains: Interactional Patterns and Family Values, Family Commitment, Intra family Coping Strategies; GAMS = General Attitude towards Marriage; SRQ = Self - Regulation Questionnaire, Sub domain: Receiving, Evaluating, Triggering Change, Searching for Options, Formulating a Plan, Implementing the Plan, Assessing the Plan Effectiveness.

**Table 5**  
**Linear Regression Analysis for Predicting General Attitude towards Marriage through Family Functioning domains of IMS**

Attitude Towards Marriage					
Variable	B	SE	$\beta$	t	95% CI
Constant	-1.81	1.55		-1.16*	[-4.85,1.24]
FFSS	.497***	.020	.82	24.64***	[.45, .54]
$R^2$	.67				

$\Delta R^2$	.67
$F$	607.14***

Note: GAMS = General Attitude towards Marriages, FFSS = Family Functioning Style Scale

Table 5 shows the impact of Family Functioning Style Scale on General Attitude towards Marriages. The result indicated that family functioning predicted 67 percent change in attitude towards marriage. On the other hand, family functioning produces 55 percent change as indicated in Table 6.

**Table 6**  
**Linear Regression Analysis for Predicting Self-Regulation through Family Functioning domains of IMS (N=300)**

Self-Regulation (SRQ)					
Variable	B	SE	$\beta$	t	95% CI
Constant	156.54***	2.39		65.55***	[151.84,161.24]
FFSS	.59***	.03	.74	19.19***	[.53, .66]
$R^2$	.55				
$\Delta R^2$	.55				
$F$	368.41***				

Note: SRQ = Self-Regulation Questionnaire, FFSS = Family Functioning Style Scale

## Discussion

The purpose of the study was to investigate the impact of family intactness on marital attitude and self-regulation of young adults. Moreover, the purpose of study was to analyze the impact of family intactness on young adults' attitude towards marriage, to explore the self-regulation among young adults from intact and low intact families and to investigate the demographic differences (age, gender, education, family members, number of dependent family members, socioeconomic status, family system) in marital attitude and self-regulation of young adults in context of family intactness. To fulfill the purpose of this study, the research included questionnaires were asked from the young adults of five cities which included Gilgit, Skardu, Islamabad, Rawalpindi and Faisalabad. The participants belonged to the age group of 18-30 years. The current research was cross sectional correlational study. The goal of this study was to investigate how the family intactness impact the young adults' attitude towards marriage and self-regulation. The study sample comprised of a total of 300 participant of young adults, and to collect the data from the participants and the method used was the convenient and purposive sampling techniques. The sample was selected from five cities of Pakistan.

### H1. Family intactness will positively correlate with marital attitude of young adults.

The findings of the current research support the hypothesis 1. The table 3 which is about correlation among study scales and variables shows that the young adults having family intactness have positive attitude towards marriage and highly significant. Suleman et al., (2012) and Bilal et al., (2013) revealed that behavior and attitude of young individuals including young adults and adolescents rely on the level of relation between parents and married couples in the family. Conflicting parents and a role model couple in the family play important roles in defining a person's attitude towards marriage. According to this study's findings (Amato & Booth, 2001), young adults from intact homes are more likely than non-intact households to have favorable attitudes about marriage. They contend that being raised in a happy marriage serves as a role model for happy relationships as adults. Among young adults from various racial and cultural origins, Manning & Brown (2015) investigated the effects of family structure (intact, stepfamily, or single parent) on attitudes towards



marriage. Across all racial and cultural groupings, they discovered that young adults from intact families had more favorable views towards marriage.

## **H2. Family intactness will positively correlate with self-regulation of young adults.**

The statistical values of this study also hold up the hypothesis 2. The table of correlation to evaluate the correlation among the FFSS along with the three sub domains as well as GAMS and SRQ reveals that the young adults with family intactness have high self-regulation and have positive correlation and highly significant. According to reserachers (Collin & Dozois, 2008; Consumes & Dunlop, 2002; Sergin et al., 2005) the understanding between parents is a significant indicator to a young adult to have positive and mature psychological outcomes as good attitude, self – assurance, self – adequacy and individual esteem. The previous research also support this hypothesis, young adults from intact homes showed greater self-regulation abilities than those from non-intact households, according to this study's findings by Bronte-Tinkew et al., (2010). They contend that a constant and secure home environment promotes emotional control and self-control in young adults. The study examined how family instability—such as parental divorce—affects children's wellbeing. They discovered that young adult from broken households had greater levels of behavioral issues and poorer levels of self-control. (Fomby & Cherlin, 2007)

## **H3. Young adults from nuclear family system will score high on family intactness than from joint family system.**

The finding of this research do not support hypothesis 3. The study analysis table 5 shows that joint family system scored high than nuclear family. These results were non-significant, but the trend shows that there is slight difference between their means. Smetana et al. (1991) contrasted family values and parenting styles in the United States and Hong Kong. They discovered that American families, especially those from nuclear family systems, placed a strong emphasis on the value of individual success and self-reliance, whereas Hong Kong families, especially those from joint family systems, placed a strong emphasis on the value of family harmony and loyalty. Rajan (2012) contrasted the Nigerian and Indian joint family systems. He discovered that although joint families in Nigeria put greater significance on individual liberty and economic independence, joint families in India placed a higher weight on family ties and duties. Krishnakumar and Narine (2010) looked at the connections between parenting styles, family values, and the quality of parent-child relationships in immigrant households from India and the Philippines. They discovered that compared to Filipino families, who tended to prioritize individual freedom and self-expression, Indian families, particularly those from joint family systems, put a higher importance on family obligations and had stronger parent-child connections.

## **H4. Men will score high on family intactness than women**

The finding of this research support hypothesis 4. The study analysis of t - test shows that Men scored high than Women. These results were significant except Interfamily Coping Strategies. Men who grow up in intact families may have higher expectations for marriage and may have more negative impacts when their marriages terminate in divorce. The researchers hypothesize that this would be because males might depend more on their partner for closeness and emotional support (Amato, 2000). Male adults from non-intact families reported much lower levels of marital satisfaction than males from intact families. The study also discovered that males were more affected by family structure on marital satisfaction than women were (Lucas & Hanson, 2005).

## **H5. Women will score lower on marital attitude than men.**

The finding of this research support hypothesis 5. The study analysis of t - test shows that Women scored low than Men in General Attitude towards Marriage Scale. In a study

conducted by (Umberson et al., 2005), it was found that women who were married reported lower levels of marital satisfaction compared to men. They found that women's lower satisfaction was due to their increased involvement in household and family responsibilities as well as the gendered expectations placed on them within marriage. This could potentially support the hypothesis that women will score lower on marital attitude than men. Women's attitudes towards marriage were more influenced by social and cultural factors than men's attitudes. They found that women were more likely to view marriage as a partnership based on mutual support and shared responsibilities, while men were more likely to view it as a romantic relationship based on emotional intimacy. This could suggest that women may score lower on marital attitude as they have a more pragmatic and less idealistic view of marriage. (Braver & Griffin, 2000).

## **Conclusion**

The correlation analysis demonstrated that the FFSS and its sub-domains were positively and strongly correlated with each other. This indicates that different aspects of family functioning were interrelated. The gender differences indicated that there were significant mean differences for most variables, except for the Intra-family Coping Strategies (ICP), sub-domain of the FFSS, which showed a non-significant difference between male and female participants. Men scored high in Family Functioning Style Scale and its sub-scale as well as in General Attitudes towards Marriage Scale than Women. The regression analysis showed that the FFSS positively predicted both the General Attitude towards Marriage and Self-Regulation. This suggests that family functioning style has a positive influence on individuals' attitudes towards marriage and their self-regulation abilities.

## **Recommendations**

Current study findings are substantial in providing insight to family dynamics from perspective of Pakistani educated individuals. In addition, it indicated that positive family functioning not only fosters a healthy individual but also affects men and women differently which further facilitate devising family-centered interventions that could support better relational and personal outcomes in Pakistani youth.

The findings and results of this study have significant entails and learning for individuals, communities, society, health care and for government policies which focus the young adults. Proper family functioning is the basic right and requirement of the young adults for proper self-regulation. Parents can avoid conflicts for the sake of young adult family members because the conflicts definitely have negative and unfavorable impacts on young adults. Divorce and separation between parents may have life lasting impacts on young adults so to save another life as an effected family member from parents' decision; a wise decision can have positive attitudes in young adults. To resolve inter parental conflicts, identification of actual root cause is necessary and for this purpose the family members can play vital role. Disturbance in family functioning system is not in favor of young adults regardless of gender, socio-economic status and family structure.

Family functioning and functioning shapes the future of the young adults owing to their attitude and individual's regulations so family functioning should be proper for all family members including young adults. Family functioning impacts and predicts the GAMS and self – regulation among young adults so positive family functioning is necessary for positive attitude towards GAMS and self – regulation. Young adults should keep away from inter parental conflicts and family conflicts. Interactional Pattern and Family Values, Family Commitment and Intra family Copying Strategies are essential.

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