

Influence of family structure on teenagers

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Abstract

As the current statistics report; depression, anxiety and behavioral disorders are common challenges that teenagers are facing today. [1] Mostly, it has been observed that the only solution feasible found to them is to isolate themselves. This research focuses on the influence of family structure as a cause and cure for teenage problems.

Keywords

Teenagers, Teenage problems, Family Structure, Adolescent phases, Family influence.

1. Introduction

Adolescence is a transition phase of dependency and preparation for adulthood. Like a complex mathematical equation, consisting of numerous emotional, physical and hormonal changes [2], all at ones. Thus, the situation is far more than pimples and mood swings. They face lots of behavioral ups and downs which is a composite problem to assume. Resulting in either they completely follow the advice of same aged friends or they prefer to isolate themselves. To seek acceptability among peers and society, makes them feel uncomfortable. And it becomes major cause of teenage stress, followed by traumatic events, academics, unhealthy competition, poor time management etc.

This research paper focuses on the ‘family’ which is expectedly closest solution to all the above problems and the reasons for which it is lastly preferred. As atomic culture is in trend, teens don’t find themselves comfortable discussing their problems with their families, as teenagers expect idealized answers and scolding from parents, so they prefer to tackle the situation alone. Being raised with extra care and attention they aren’t mentally strong to tackle challenges of life, so they prefer to quit. And as if both the parents are working in an atomic family, they didn’t get enough time and attention from parents to have a positive mental growth.

The main issue arises in teen phase is that they have lots of questions to ask, they want to know about these changes, they need answers to their queries but they have no one to discuss. They do have their peers with whom they discuss as being of the same age group, having the same knowledge they take help of the internet which leads to half knowledge and commonly known half knowledge of anything is dangerous.

They do have parents to discuss, but they didn’t find that Friend’s side in their parents, they can also share this stuff with their teachers but they have fear of being judged.

2. Teenage Challenges

The challenges related to teenage years are quite complex to generalise as lots of physical, emotion and hormonal changes happen simultaneously. As teenage is the phase which creates the base for their future. Teenage problems need to be handled the way that it comforts the teen with a strong mental capacity.

Teenagers need to have a growing environment to make themselves ready for life challenges. They need to have a perfect proportion of everything to make themselves future ready.

Following are the challenges observed in teenagers.

A. Teenage problems are increasing

Teenage problems like depression, anxiety, stress and behavioural disorder can be easily seen in teenagers now-days.

S. No.	Adolescent phases	Problems due to
1.	Early	Transition phase
2.	Mid	Social acceptance
3.	Late	Stepping towards adulthood

Table 1 Causes of problems apart from hormonal and physical changes.

B. Teenager finds isolation is the solution

Isolation is the major cause of depression [3]; it can lead to problems that tighten the grip.

C. Teenagers quit so easily

Facing life problems seems tough to teens that they prefer quitting to be a better alternative.

3. Teen phase and family types

As per the research conducted, the very first noticeable thing was, as a concerned person for the teen one needs to have a daily conversation with them, to comfort them, let them share everything without being judgemental, it is the most required thing in today’s generation. This will reduce risk of any negative step

by teens. It is best if done by parents, but make teens realize they are cool enough to share problems unless of just telling. As teens always wish to have someone not way too connected with family to inform about problem, this situation arises due to parents over concern about the society and over idealize their kids. Ignoring teens' perspective just for society reasons put's teens down and disconnect with parents. Parent's need to understand their teens and comfort them that they are with the teen unless the situation. This boosts the confidence of teens. and as a positive outcome teen need not to hide anything from their parents. and being true with their parent's teens in safe-zone always.

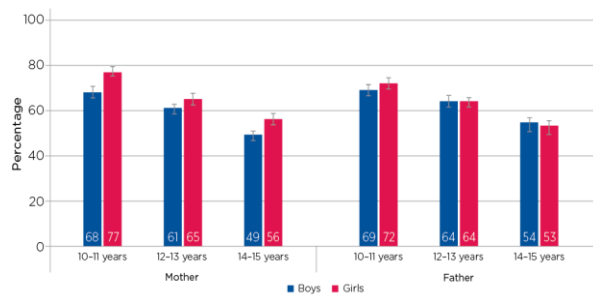


Figure 1 Enjoyment of time spent with parents, by age and gender of study child.[4]

Below are family structures observed:

Non-supportive: Teens having non cooperative parents, who never prefers to listen and act like a dictator, are more conserved and are concerned for society, try everything and want exposure of every possible thing, and without liberty from their parents they try things on their own which puts them in risk and they get trapped sometimes.

So called cool: We can easily find such so called cool parents now a days, these parents want their teen to share each and every thing instead not value and support their teen, show freindly but at that when required they do not help. teens usually feel trapped, in such situation's teens feel like, whenever they share stuff, instead of getting help they catch another problem.

Friendly: Here come the supportive parents; teens can share their stuff with their parents. These parents aren't ideal according to society. Teens share all their problems and they don't judge their teens based on problems or topic of discussion, instead they assure their teens their availability.

Atomic: Due to atomic family trend teens are deprived from their siblings, this creates compatibility issues. Being with cousins' comfort them with the security of having someone with whom they can share all of their stuff and take guidance from. In atomic family's teens are usually raised with extra care and attention, and are taught to be successful, they very rarely get to face

failures. So, without idea how to tackle failure, and when such teens get to face failure, they find it easy to quit. As a teenager we must accept failures as life is going to play its cards once you step into the real world.

Atomic with working parents: In some other cases of atomic families with working parents, teens doesn't even get required time and attention which make them feel less wanted, and feels worthless and they seek acknowledgement when they didn't receive that they easily get influenced by their peers which leads to wrong tracks.

Joint: Even joint families don't play a good card always; teenagers get to face issues there too. They can be stressed about family conflicts if they face any, some events can serve like a trauma for them. and it's not easy sometimes to develop broad perspective about surroundings and other events while part of a joint family. Here in this situation teens take risks without parent's permission.

Ideal: Ideal situation for teens upbringing varies with teens, mostly teens need to have exposure to learn to handle that situation without being way too stressed out. In addition, these teens need a growing environment, with a surety of having people by their back if anything goes wrong.

4. Conclusions

Teenagers today will be our future tomorrow. Teenage problems are on hike, as the generation is changing, needs of teenagers are changing too. They need extra parental support to gain an extraordinary resistance to future mental and behavioral problems, as teenage problems can be the root for them. One needs the exposure of everything in required proportion, they should overcome their isolation behaviour and quitting nature to bring out the best of themselves.

5. References

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