

MEASURING FAMILY RESILIENCE: HIGH-RISK V.S. GENERAL POPULATION YOUTH

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FAM
RES
PLAN



III. International congress of clinical and health psychology of
children and adolescents, AITANA SEVILLA

CROATIA: CHANGES AND CHALLENGES

Family structure

High
unemployment
rate

Labor market
changes

20% of children
are
at risk of poverty

Increased rates of
peer and family
violence

Increased rates of
alcohol and drugs
consumption

The emergence of
new behavioral
addictions like
gambling

Disturbing levels
of depressive
symptoms and
suicidal ideations



RESILIENCE



Process of negotiating, managing and adapting to significant sources of stress or trauma (risk).

Assets and resources within the individual, family and environment (protective factors) facilitate this capacity for adaptation and 'bouncing back' (good outcome) in the face of adversity.

Across the life course, the experience of resilience will vary.

(Windle, 2011)



FAMILY RESILIENCE

relatively new construct
challenging conceptualization and operationalization

Confusion in the literature – definition of (family) resilience as a process (risk, protective factor, good outcome)

Family resilience scale = individual perception of family protective factors

TWO RESEARCH PROJECTS, ERF, UNIVERSITY OF ZAGREB

YOUTH AND FAMILIES AT RISK

“Specific characteristics of families at risk: contribution to complex interventions planning”

(FamResPlan)

Time frame: 2016-2020

Funded by: Croatian Science Foundation

YOUTH AND FAMILIES FROM GENERAL POPULATION

“Positive development of the city of Zagreb’s youth: state of the art”

(PRAG ZG)

Time frame: 2017-2018

Funded by: University of Zagreb

YOUTH AND FAMILIES AT RISK

Families whose member is a *beneficiary of interventions* of: social welfare, mental health and/or justice system due to specific risks/behavioral/mental health problems

(N total=200 families)

N=109 adolescents

YOUTH AND FAMILIES FROM GENERAL POPULATION

High school students of the City of Zagreb
(N total=5 400)

N=220 adolescents

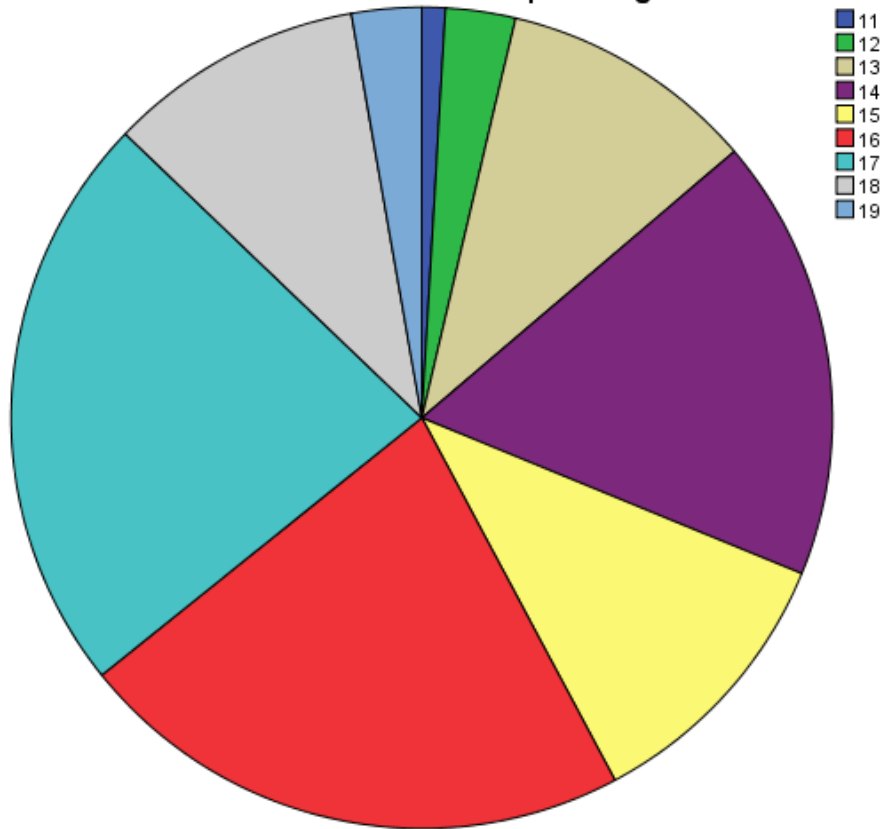
CONCEPTS:

- *Individual risk and protective factors*
- *Readiness for change*
 - *Life satisfaction*
 - *Family resilience*

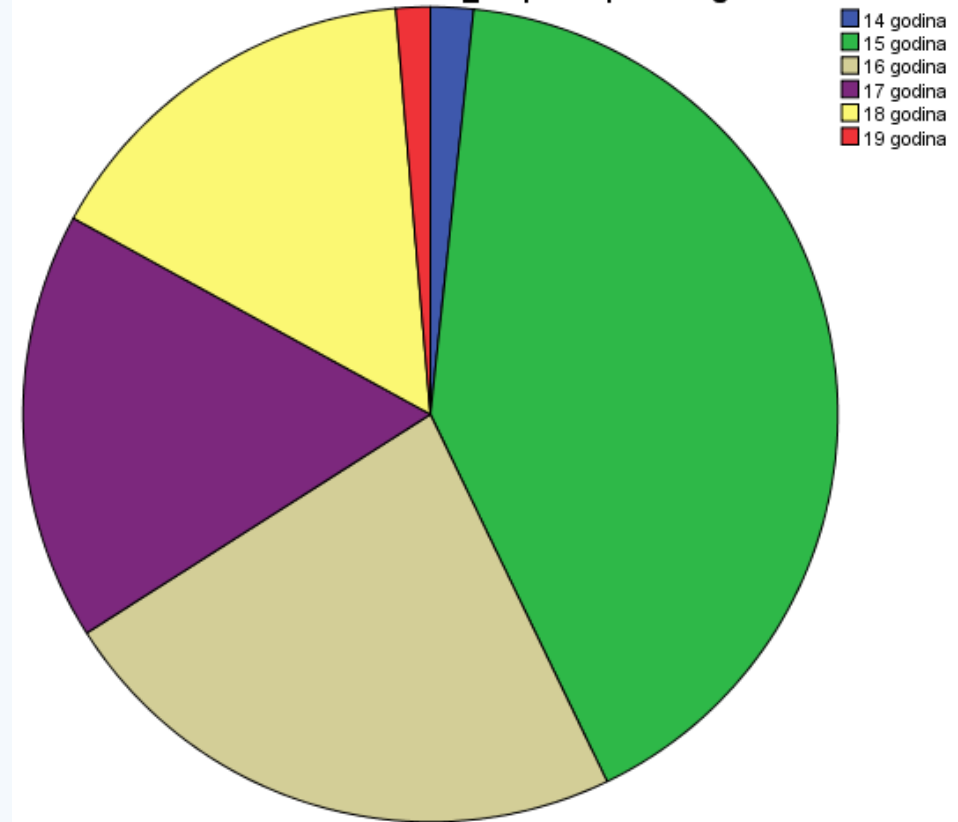
CONCEPTS:

- *Individual risk and protective factors*
 - *Individual resilience*
 - *Internalized symptoms*
 - *Mindfulness*
 - *Socio-emotional skills*
 - *School attachment*
 - *Family resilience*

Participant's age



PRAG_ZG participant's age



YOUTH IN RISK

SAMPLE DETAILS:

22% of children live without their mum and 42% without their dad

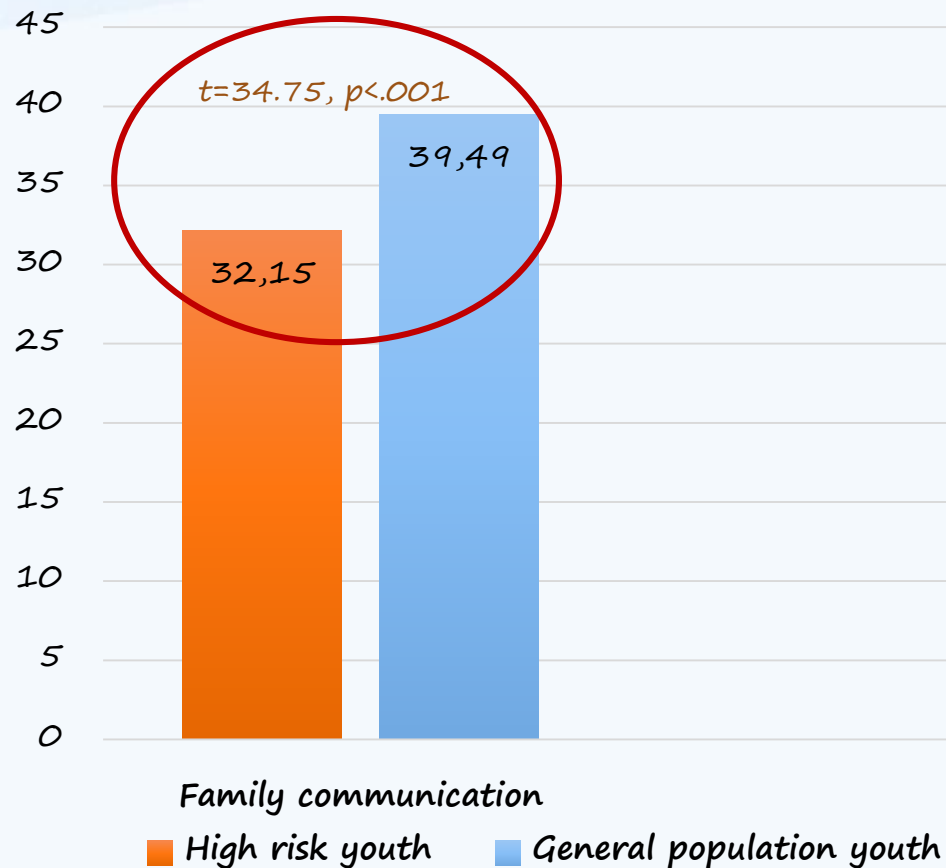
Average school success 2,54
(1-5)

YOUTH IN GENERAL POPULATION

5,8% of children live without their mum and 15,7% without their dad

Average school success 4,15
(1-5)

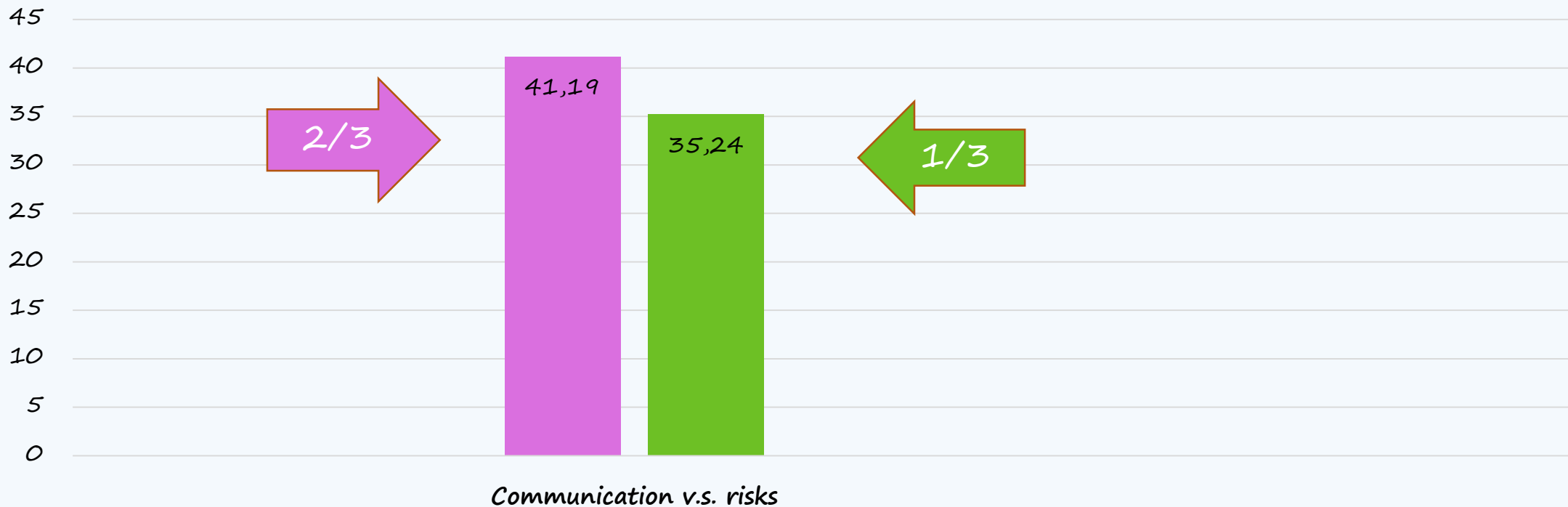
SOME DIMENSIONS OF FAMILY RESILIENCE FOR HIGH RISK YOUTH AND GENERAL POPULATION YOUTH



EFFECTS OF PARTICIPANTS AGE

- In high-risk sample age has no effect ($r=.087, p>.05$)
- In general population youth significant effect of the age: younger teens have higher levels of resilience ($r=-.126, p<.05^*$)

SOME DIMENSIONS OF FAMILY RESILIENCE FOR GENERAL POPULATION YOUTH WITH DIFFERENT LEVELS OF RISK



■ No risk ■ 5 to 14 risks

Divorce; death of a family member; severe illness or injury; death of a close friend; romantic/friendship brake-up; financial problems; family violence, difficulties in relationships, academic failure;

*$r = -0.399^{**}$*

MODEL OF FAMILY RESILIENCE (WALSH, 2002)

- KEY PROCESSES/PROTECTIVE FACTORS:

- 1. BELIEF SYSTEM

- making meaning of adversity
 - positive outlook
 - transcendence and spirituality

- 2. ORGANIZATIONAL PATTERNS

- flexibility
 - connectedness
 - social and economic resources

- 3. COMMUNICATION / PROBLEM SOLVING

- clarity
 - open emotional expression
 - collaborative problem solving



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