



HRZZ projekt
IP 2014 -09-9515

PREDICTORS OF FAMILY SATISFACTION OF YOUTH AT RISK IN CROATIA

**Ivana Maurović, Gabrijela Ratkajec Gašević, Anja
Mirosavljević, Antonija Žižak**

Faculty of Education and Rehabilitation Sciences

University of Zagreb, Croatia

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Rationale for research

Youth at risk:

- **live in families:**
 - exposed to **numeruos risks** (powerty, unemployment, unstable homes, high conflict divorces, neglecting needs of a child, substance abuse etc., Ajduković et al., 2013, ESPAD, 2015, Orelj, 2018)
 - with **lower levels of family functioning** (Santesteban-Echarri, et al., 2018)
- are **less satisfied with their families** (Cenkseven Onder & Yurtal), which is important **predictor of behavioral problems**, such as participating in peer violence (Rajhvan Bulat & Ajduković, 2012)

Important question

- **what is the role of individual and family risk and protective factors, as well as overall life satisfaction in predicting family satisfaction?**
 - Some research indicate crucial role of family factors, such as level of family functioning (Roam et al., 2016, Caprara et al, 2005)
 - Some indicate crucial importance of individual risk and protective factors, such, self-efficacy (Caprara et al., 2005), and subjective well-being (Gomez, 2011)

Objective

- to predict levels of **family satisfaction** by family and individual (child) **risk level**, individual and family **protective factors**, as well as by indicator of **overall life satisfaction** (with control of age and gender).

Project

„Specific characteristics of families at risk: contribution to complex interventions planning” (FamResPlan)

Time frame: 2015-2019

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Families whose member is a beneficiary of interventions in the area of: social welfare, mental health and/or judiciary due to specific risks/behavioral problems

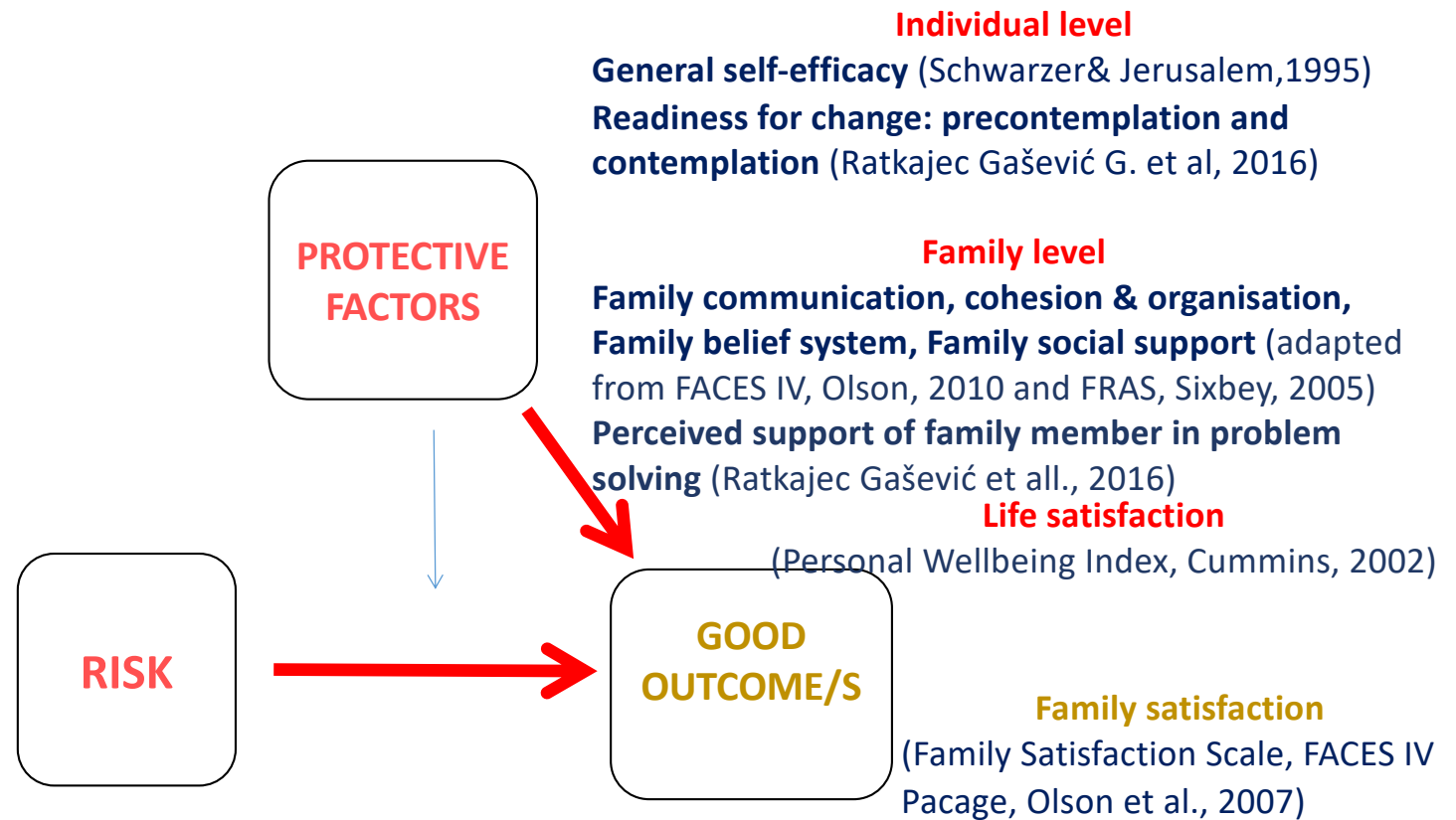
IMPORTANT CONCEPTS:
RESILIENCE, READINESS FOR CHANGE, (FAMILY) LIFE SATISFACTION

Definition of family resilience

- Process of effectively negotiating, adapting to, or managing significant sources of stress or trauma (**risk**). Assets and resources within the individual, family, their life and environment (**protective factors**) facilitate this capacity for adaptation in the face of adversity (**good outcome**). Across the life course, the experience of resilience will vary (adopted from Windle, 2011)

Operationalisation of risk, protective factors and good outcomes in the research

- **Family risk**
(poverty, mental illness, lack of social support, unaproprate life style of a parent/s, violence, manipulation with the child etc. (Ajduković et al, 2014))
- **Child risk**
(Internalising and externalising behavior problems, developmental difficulties) (Ajduković et al, 2014))



Sample characteristics

- N-139 youth
- 78 Male, 61 Female
- 12-20 years, M=15.29, SD(1.708)
 - participants that were, due to behavioral or mental health problems included in an intervention in social welfare/ mental health service.

Institution	Nb of participants
Psychiatric hospital	56
Residential care	57
Centre for social welfare	26

Risk

FAMILY

No risk	Low	Moderate	High
21.5	26.4	25.6	26.4

51%

MODERATE/HIGH RISK

Emotional/Psychiatric problems of parent=45.9%
Not understanding child developmental needs= 44.6%
Low social support= 36.9%

ADOLESCENT

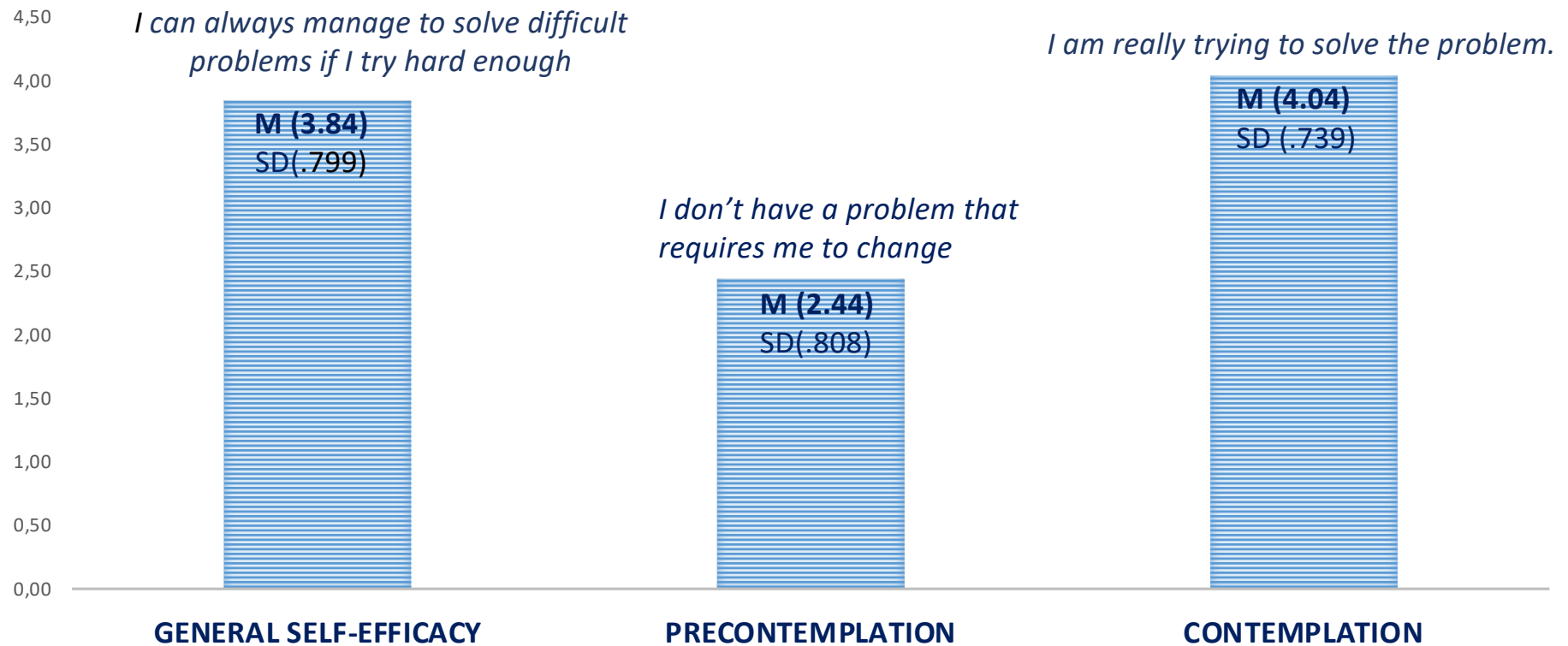
No risk	Low	Moderate	High
5	27.3	51.2	16.5

67.7%

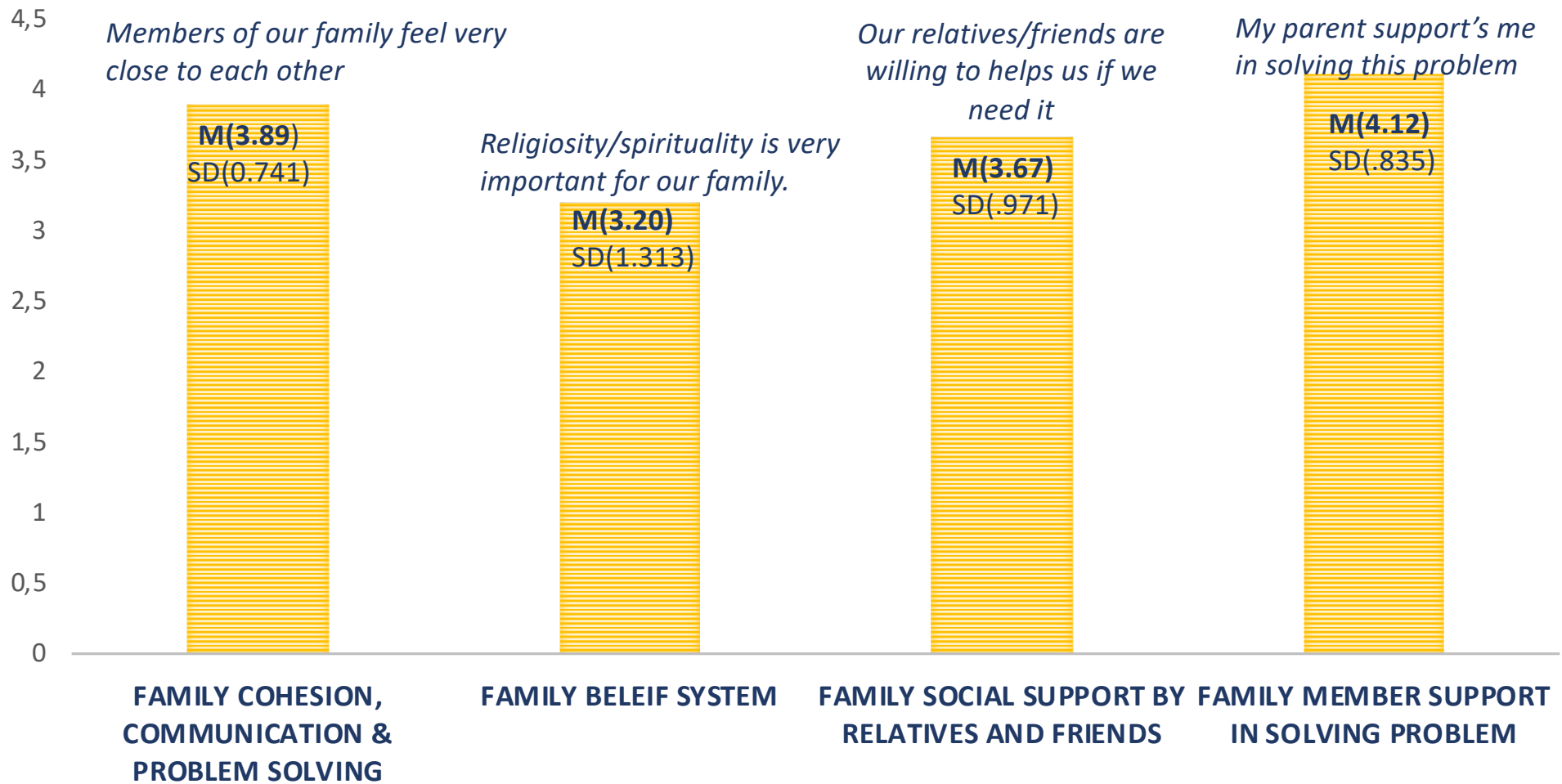
MODERATE/HIGH RISK

Internalizing problems= 59%
Externalizing problems=48.9%
Learning difficulties=45%

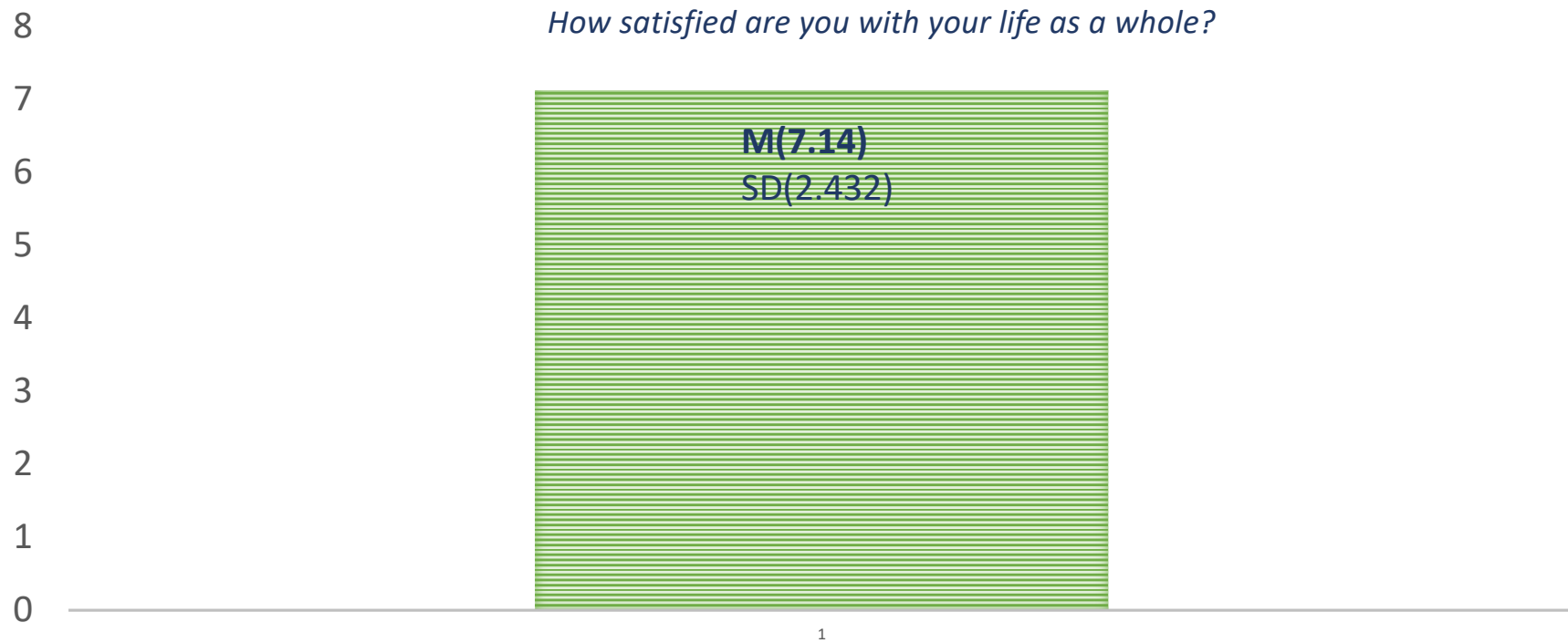
Individual protective factors



Family protective factors

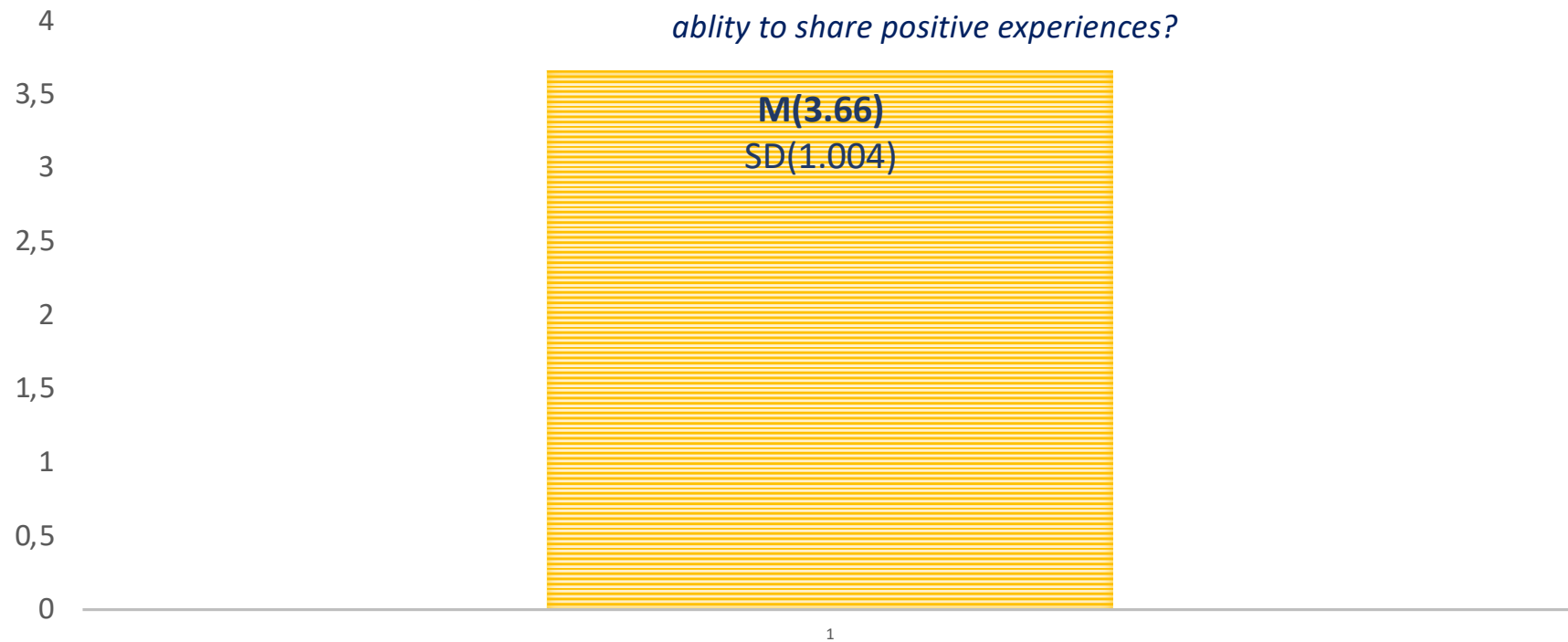


Life satisfaction (overall)



Family satisfaction

How satisfied are you with family memebrs...clossness, communication, flexibility, time spent together, resolving conflicts, coping with stress, criticism,concern abilty to share positive experiences?

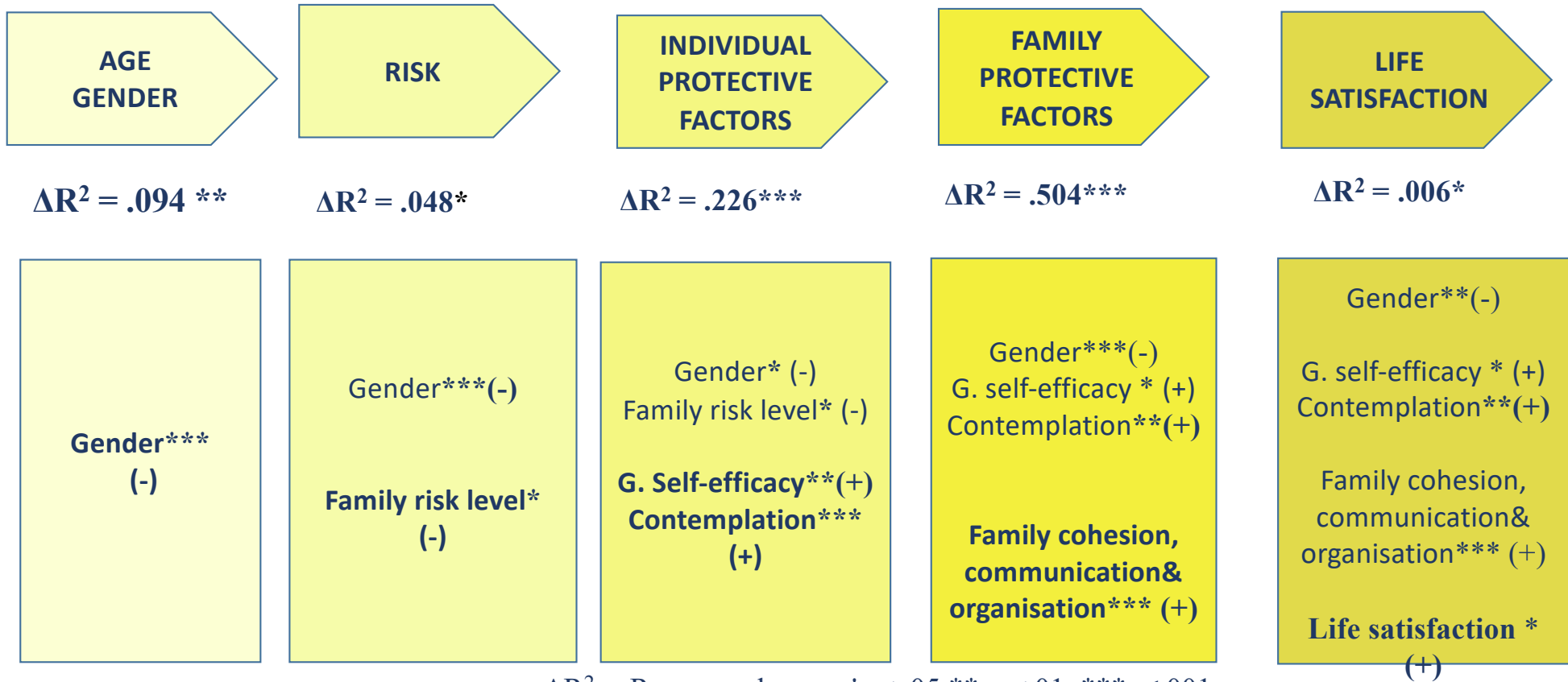


Correlations with family satisfaction

ADOLESCENT RISK LEVEL	-.031	FAMILY SATISFACTION
FAMILY RISK LEVEL	-.206*	
GENERAL SELF-EFFICACY	.397**	
PRE-CONTEMPLATION	-.109	
CONTEMPLATION	.423**	
FAMILY MEMBER SUPPORT IN SOLVING THE PROBLEM	.715**	
FAMILY COMMUNICATION, COHESION AND ORGANISATION	.912**	
FAMILY BELIEF SYSTEM	.292**	
FAMILY SUPPORT OF RELATIVES/FREINDS	.376**	
LIFE SATISFACTION	.528**	

Predictors of family satisfaction

Adjusted R²=.857



ΔR^2 - R square shange; *p< .05,** p<.01, ***p≤.001

Discussion (1)

- Half of families: moderate to high risk (assessed by practitioners)
- Relatively high values of assessed individual and protective factors as well as family satisfaction (assessed by youth): reality ?



Possible explanation:

- participants could be realistic and positive about their families although they are not perfect (Roman et al., 2018)
- Youth witness some assets in themselves and families that practitioners are not aware of? Research on strengths of youth at risk show that youth assess more strengths in different areas than practitioners do (Žižak, Koller-Trbović, Lebedina-Manzoni, 2001, Maurović, 2011)
- ?

Discussion (2)

- Important predictors of family satisfactions:
- **Male gender** – less importance of relationship in general (Seiffge-Krenke, 2013, Maurović, 2015), lower expectations?
- **Individual protective factors** – important after including family factors (more self-efficient and ready to change individual co-create better functioning families, with higher family satisfaction? Caprara (2005) - adolescents with higher perceived self-efficacy to manage parental relationships reported higher satisfaction with family life. Individuals that feel better about themselves feel better about their families?
- **Family communication, cohesion and organisation** – strongest predictor
 - High correlation with criterion ($r=.912$) – well know challenge of distinction between predictors and criterion in family resilience research (Antonovski & Sourani, 1988; McCubbin et al. ,1996; Clark et al., 2018)
- **Implications for interventions:** importance of holistic approach (empowering both individual and family protective factors (cohesion, communication and organisation) in raising family satisfaction.

Thank you for your attention!

ivana.maurovic@erf.hr