

Prediction of Social Adjustment Based on Emotional Adjustment and Psychological Cohesion with the mediating Role of Family Resilience

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Abstract

This study aimed to predict social adjustment based on emotional adjustment and psychological cohesion with the mediating role of family resilience. Path analysis and descriptive correlation were the study methods used. Isfahan's statistics population consisted only of adolescents aged 15 to 18. The sample size was 299 individuals. The data were collected by, Garnfsky et al.'s (2011) cognitive and emotional adjustment questionnaire, Antonowski's sense of cohesion questionnaire (1987), Shakeri's family flexibility scale (2003), and Bell's social adjustment inventory (1961). Data analysis was performed with descriptive and path analysis using SPSS-25 and Amos-24 software. The results showed that the proposed model has a good fit emotional adjustment, psychological cohesion, and family resilience have a positive and significant relationship with social adjustment ($p < 0.01$). The direct paths of cognitive, emotional adjustment, psychological cohesion, and family resilience to social adjustment were significant ($p < 0.01$). Moreover, the indirect paths of cognitive, emotional adjustment, and psychological cohesion to social adjustment were significant with the mediation of family resilience ($p < 0.01$). Based on the results of this study, it is suggested to consider the mediating role of family resilience in the relationship between emotional adjustment and psychological cohesion with social adjustment and that therapists include this component in their therapeutic application.

Keywords: Social Adjustment, Emotional Adjustment, Psychological Cohesion, Family Resilience

INTRODUCTION

Adolescence is accompanied by multiple physiological, psychological, and social changes that affect a person's performance, and these changes in social adjustment place adolescents within the sphere of influence of the social adjustment process (Kaur & Bashir, 2016). Social adjustment is the cognitive, emotional, and social abilities necessary for social adjustment (Huber et al., 2019). Social adjustment is necessary to form social relationships, particularly when dealing with social evaluations, and provides us with signals of acceptance and rejection that reinforce positive or negative self-evaluative feelings (Yoon, Somerville, Kim, 2018). The social environment becomes more influenced by peers throughout childhood and early adolescence.

This change occurs at the same time as puberty, a stage of life marked by expanding social relationships outside of the familial setting. Ultimately, the development of several components of social adjustment leads to the development of young people who value or should seek social goals (Knop et al., 2020).

Psychological coherence is one of the qualities associated with social adjustment. The capacity to manage psychological stressors and tolerate intense stress and psychological strain is known as psychological coherence (Flensburg-Madsen, Ventegodt & Merrick, 2012). Psychological coherence motivates individuals to adopt coping and compromise methods and health-oriented activities while confronting and resolving daily conflicts and tensions. Consequently, this psychological skill might be linked to

adolescents' ability to adjust to challenging conditions (Benze, Angst, Lehmann & Aeschmann, 2014). Kaur & Bashir (2018) demonstrated a substantial positive correlation between adolescent emotional control and social adjustment.

Emotional adjustment is a resource that aids the process of social adjustment in adolescence. Emotional adjustment is how we regulate our emotions and significantly affects our health and social relationships (Kornilov, 2019). Numerous studies in psychology and allied fields have looked at how, why, and with what effects humans regulate their emotions during the past few decades (Gross, 2015). Emotional adjustment objectives influence the choice of particular emotional adjustment tactics for or against it (e.g., the aim of feeling better) and situational conditions (emotional intensity) (Millgram et al., 2019). Emotional adjustment occurs when individuals consciously and unconsciously modify the intensity and duration of pleasant or negative emotional experiences to achieve a certain purpose (Gross, 1998). Emotional adjustment is a collection of particular tactics individuals might employ to change their emotional experiences (Aldao, Nolen-Hoeksema, 2012). Dadashzadeh, Rezaei Rad, and Narimani (2018) state that flexibility, emotional adjustment, and self-efficacy can significantly predict students' academic burnout. Kiatahara et al. (2020) showed that social support affects emotional adjustment and leads to adaptation to school among female students.

Family behaviors appear to have a significant part in the adaptability of individuals since they are among the variables that influence the psychological development of each individual from birth. As a protective factor against stress and negative emotions, family resilience is the perceived capacity of a family to resist a crisis

that disturbs their typical life routine (Prime et al., 2020). Helping family members recover from traumatic situations requires understanding the family's function and the system of beliefs, values, and behaviors (Faccio et al., 2018). Family resilience is democratic and less authoritarian family leadership and management (Birashk, 2017). Family flexibility and its components, emotional self-adjustment, and coping mechanisms with psychological strain were found to predict adolescent identity types by Montazeri et al. (2018). Family resiliency, emotional management, and coping skills with mental strain build in youngsters a sense of self-worth, social support, and acceptance, which may serve as a foundation for discovering identity styles.

Individual characteristics that contribute to social adjustment are emotional control and psychological coherence. In this respect, there is a need for a mediating variable that highlights the function of the family, and we picked the flexibility variable as a mediator for the family resilience variable. Because the family serves as an intermediary in the interaction between emotional adjustment and psychological coherence with compromise, it can be claimed that the family's function is highly significant. The link between emotional management, psychological coherence, and social adjustment can be strengthened if the family is adaptable. A healthy society requires healthy individuals, and the greater the social adjustment of individuals, the healthier the society. Because communication with peers develops during adolescence, parental dependency declines, and social adjustment is particularly important. The current research aims to determine if emotional control and psychological coherence are associated with the cognitive and social adjustment of adolescents aged 15 to 18, with Family resilience serving as a mediator.

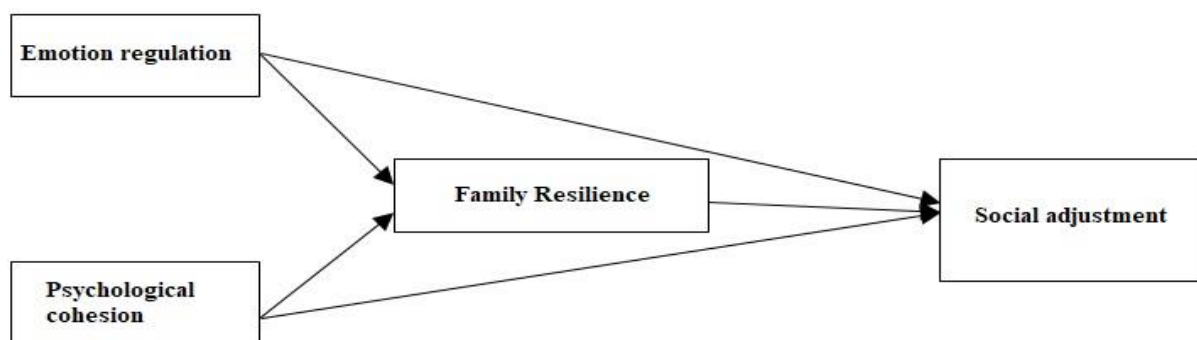


Fig 1 - Conceptual model of research

Research Methods

The current research is fundamental in terms of its purpose and descriptive correlation in path analysis. The statistical population of the present study consisted of boys and girls aged 15 to 18 in the city of Isfahan in 2021, who were selected using a convenience sampling method. In addition, the questionnaire was sent online to the sample population. After deleting the incompletely filled surveys and taking attrition into account, 299 questionnaires were remaining, constituting a sample. Using SPSS 25 and Amos 24 software, descriptive statistical techniques and path analysis were used to analyze the data.

Research Instruments

Cognitive Emotional Adjustment Questionnaire (CERQ):

Garnefski, Kraaij, and Spinhoven designed this questionnaire in 2001. This questionnaire assesses a person's thinking following a negative experience or traumatic incident, unlike other coping questionnaires that do not distinguish between a person's thoughts and actual behaviors. The CERQ comprises eight subscales (Self-blame, Other-blame, Rumination, Catastrophizing, Positive refocusing, Planning, Positive reappraisal, Putting into perspective, and Acceptance) and twelve items. Each question is graded between 1 (never) and 5 (always). Each strategy has a score calculated by adding the scores assigned to each of the statements that make up that strategy. These values can vary from 4 to 20; the overall score ranges from 36 to 180. The Persian version of the cognitive-emotional adjustment questionnaire has been validated in Iran by Hosni (2010). In Andami Khoshk et al. (2013) research, Cronbach's alpha of cognitive and emotional adjustment questionnaire was obtained between 0.76 and 0.92. In the present study, Cronbach's alpha coefficient was 0.89.

Sense of Coherence Scale:

Antonowski created this questionnaire in 1987 to assess an individual's control over stress. It consists of 29 items, each with a 7-point Likert scale ranging from 0 to 7. (no desire to strong desire). This scale measures the three dimensions of perceptibility, controllability, and

significance. A participant's score on this questionnaire can range from 29 to 203, with higher scores indicating a greater feeling of cohesiveness. In more recent research, the questionnaire's alpha ranges from 0.84 to 0.86, while the test's reliability ranges from 0.82 to 0.95. Cronbach's alpha coefficient of 0.83 was used to determine the reliability of the questionnaire in this study.

Family Resilience Scale:

This test was inspired by Elson's combination pattern (1999) about the family by Shakeri (2003). For each topic, 1 to 5 items are awarded. The test consists of 16 questions with Likert scale responses ranging from absolutely agree to disagree completely. The maximum possible score on this examination is 80, while the minimum is 16. Shakeri's (2012) investigation on 48 people validated the reliability and validity of this scale; Cronbach's alpha equal to 0.89 and validity of 0.85 were reported. Cronbach's alpha coefficient of 0.81 was used to determine the reliability of this questionnaire in this study.

Social Adjustment Inventory:

Professor Bell created this questionnaire in 1961. On the topic of adjustment, he has published two questionnaires, each including 160 statements, one for students and the other for adults. This form has five distinct measurements of personal and social adjustment, namely: 1) home adjustment, 2) health adjustment, 3) social adjustment, 4) emotional adjustment, and 5) work adjustment. The sole section in the present form is the social adjustment section. After translation and editing, Bahrami (1992) administered this questionnaire to 200 people. The test's validity and reliability were 0.86 and 0.89, respectively. Cronbach's alpha coefficient of 0.92 was used to determine the reliability of this questionnaire in this study.

Findings

In this research, 299 people were examined. Among these, 29.8% of the research sample were boys, 70.2% were girls, 23.1% were 15, 29.1% were 16, 29.1% were 17, and 18.7% were 18.

The correlation coefficient between the research variables and the mean and standard deviation are displayed in Table 1.

Table 1 - Correlation matrix of research variables

Variable	Emotional adjustment	Psychological coherence	Social adjustment	Family resilience
Emotional adjustment	1			
Psychological coherence	0.2**	1		
Social adjustment	0.19*	0.353**	1	
Family resilience	0.081*	0.412**	0.319**	1
Mean	57.23	124.47	35.83	55.17
Standard deviation	10.53	19.81	9.83	6.17

* $p < 0/05$, ** $p < 0/01$

Table 1 reveals a direct and meaningful relationship between emotional adjustment, psychological coherence, family resilience, and social adjustment ($P > 0.01$).

The path analysis method was used to investigate the direct and mediating effects; the results are presented in the direct and indirect effects tables.

Table 2 - Parameters related to the direct paths of the model

Path	Standard coefficient	Standard error	Critical ratio	P
Emotional adjustment to Social adjustment	0.11	0.030	2.201	0.001
Psychological coherence to Social adjustment	0.04	0.028	2.835	0.001
Emotional adjustment to Family resilience	0.05	0.088	3.123	0.001
Psychological coherence to Family resilience	0.09	0.084	2.546	0.001
Family resilience to Social adjustment	0.27	0.023	2.752	0.001

According to Table 2, the path coefficients of Emotional adjustment to Social adjustment ($\beta=0.11$), Psychological coherence to Social adjustment ($\beta=0.04$), Emotional adjustment to Family resilience ($\beta=0.05$), Psychological coherence to Family resilience ($\beta=0.09$), and Family resilience to Social adjustment ($\beta=0.27$) are significant ($P=0.01$).

AMOS software's bootstrap command was used to estimate and determine the relevance of the indirect path, and the findings are displayed in Table 3.

Table 3 - Estimation of the indirect path of the model with bootstrap

Indirect path	Standard coefficient	Standard error	Critical ratio	P
Emotional adjustment to Social adjustment	0.014	0.109	2.59	0.001
Psychological coherence to Social adjustment	0.024	0.148	3.01	0.001

Table 3 reveals that the indirect path of Emotional adjustment to Social adjustment with the mediation of Family resilience is significant with the standard indirect coefficient ($\beta=0.014$), ($P=0.01$). In addition, the indirect path of Psychological coherence to Social adjustment with the mediation of Family resilience is significant with the standard indirect coefficient ($\beta=0.024$), ($P=0.01$).

The fit indices for the proposed model are in Table 4. These indicators were used to assess the proposed model's fit to the combined data; chi-square goodness of fit test, the degrees of freedom for the chi-square, the goodness of fit index, adjusted goodness of fit index, standardized fit index, adaptive fit index, incremental fit index, Tucker-Lewis index, and root mean square error of approximation.

Table 4 - Fit indices for proposed research model

Fit indices	χ^2	X^2/df	P	GFI	NFI	CFI	IFI	TLI	RMSEA
	105.13	2.6	0.000	0.94	0.95	0.96	0.953	0.919	0.023

According to Table 4, the model has a good fit according to the fit indices. The values of GFI, NFI, CFI, IFI and TLI are 0.94, 0.95, 0.96, 0.953, and 0.919, respectively. Also, the RMSEA value for the model is 0.023; on the

other hand, its acceptable range is less than 0.08. Therefore, the fit model is good; as a result, the family resilience variable can mediate the relationship between emotional adjustment and psychological coherence with social adjustment.

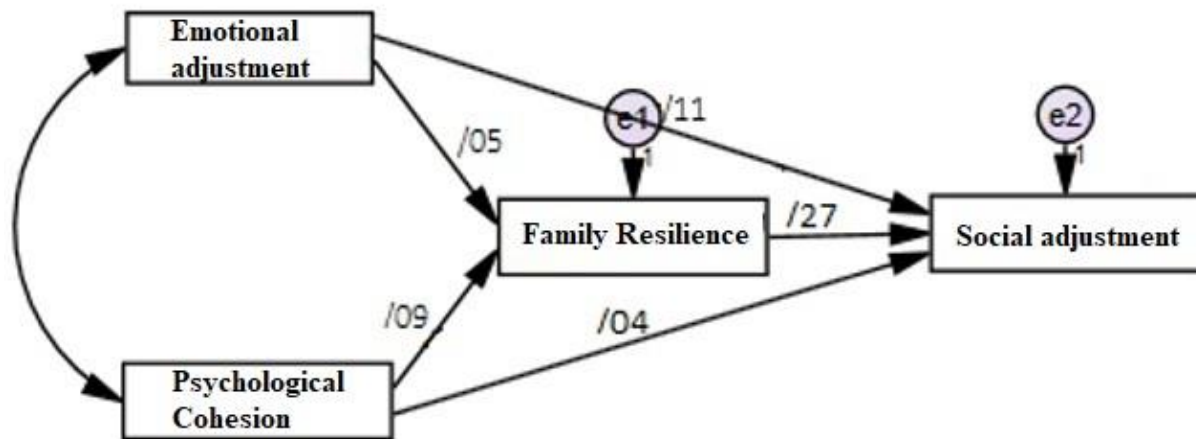


Fig 2 - Standardized path coefficients

Conclusion and Discussion

This research aimed to predict social adjustment based on emotional and psychological coherence with the mediation of family resilience. The results showed that emotional adjustment, psychological coherence, and family resilience are directly related to social adjustment. It was also shown that emotional adjustment and psychological coherence could influence adolescents' social adjustment through family resilience. The research findings are with the findings of the studies of Englest et al. (2014) and Kaur & Bashir (2018) based on the significant relationship between emotional adjustment and social adjustment. The findings of Kiatahara et al.'s (2020) research on the relationship between social adjustment and psychological coherence and Montazeri et al. (2018) on the relationship between family resilience and emotional adjustment and psychological pressure are consistent.

According to the findings, emotional adjustment, particularly positive strategy with the cognitive evaluation of emotions, decreases negative emotions and increases positive emotions and adaptive behavior in individuals. High-adjustment-emotional individuals experience their lifestyles to minimize negative outcomes. Additionally, they are adept at establishing and keeping high-quality relationships. In contrast, those with low emotional adjustment skills will have a worse adaptation to life stress and adaptation, and as a result, they will be more susceptible to depression, despair, and other negative life outcomes. Moreover, according to the research

findings, people's ability to manage and regulate their emotions influences their mental well-being, which encompasses multiple dimensions of well-being, such as social and emotional well-being. As a result, it minimizes psychological disorders, improves people's ability to adjust to life challenges, and enhances their relationships with others. Family studies enable greater comprehension of this system and familiarity with its members.

Social adjustment is believed to protect against negative mental health effects and psychological coherence (Zhao et al., 2016). While high levels of family resilience improve psychological coherence in teenagers, family resilience may be a general protective factor that may mitigate the impacts of interpersonal violence exposure on health outcomes (Stensland et al., 2014). In general, family resilience serves as a protective factor, assisting teenagers in overcoming the risks they face and mitigating the negative impacts of loneliness, depression, and problem behavior. Family resilience as an environmental and social element can indirectly affect adolescents' psychological adaptation through the satisfaction of basic psychological needs, and preserving family resilience can be an effective method for enhancing adolescents' psychological adaptation (Shao et al., 2018).

According to the findings, family resilience mediated the relationship between emotional adjustment and psychological coherence with social adjustment. One of the primary functions of families is to provide social support and aid in adolescents' emotional adjustment and stress management (Bannink et al., 2013). Family

resiliency may buffer against psychological stress produced by interpersonal conflicts and external problems (Coe et al., 2017). A resilient family fosters communication between parents and children, contributing to improving and promoting its members' psychological coherence. Additionally, the prevailing culture, family pattern, and parents' behavior can influence how a person feels about himself and his skills, resulting in a more positive social adjustment. Family resilience is a crucial and distinctive structure that reinforces the acquisition of abilities such as social communication, emotional adjustment methods, mental health, and problem-solving (Gurak et al., 2017). The family resilience model is one of the determining variables in the appropriate development of adolescents. Adolescents who can adapt to their environment, those around them, and the social environment generally are normal in terms of psychological coherence. Children from resilient families are more likely to have developed communication skills, allowing them to convey their duties and responsibilities to others successfully. They can resist greater difficulties and not experience negative emotions, increasing their social adjustment.

Convenience sampling limited the present study; therefore, the results should be extrapolated with caution. Therefore, random sampling techniques are recommended to maximize the generalizability of the results.

According to the study's findings, the importance of family flexibility in adolescents' social adjustment was demonstrated. It is suggested that, with a greater awareness of the elements influencing adolescents' social adjustment and resilience to local Iranian culture, counselors and professionals can promote the establishment of healthy social adjustment beginning at a young age with the involvement of families. As a result, in addition to promoting the success and well-being of adolescents, it protects them from any positive harm produced by inadequate social adjustment.

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