

Investigating the relationship of the Relationship Pattern of the family and social support with the self -efficiency of the students in Ilam

By

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Abstract

The objective of the research was to investigate the relationship of the communicative pattern of the family and social support with the self- efficiency of the students of secondary school of Ilam city. the statistical universe of the research included all of the high school students who were studying in academic year of 2013-2014. From among these students 300 students (200 girls and 100 boys) were selected through multi- stage cluster random sampling. In order to collect data the questionnaire family relationship pattern, the questionnaire of Philips social support, and the questionnaire of self- efficiency beliefs were used. The collected data was analyzed through SPSS- 18 software, correlation coefficient tests, and regression analysis. The results showed that the relationship pattern of conversation and social support positively predicts the self- efficiency of the student. While, the relationship pattern of conformity inversely predicts the students' self- efficiency. It can be concluded from the findings that relationship patterns of conversation and social support increase the students' self- efficiency while the relationship pattern of conformity decreases the students.

Keywords: *Family relationship pattern, social support, self- efficiency*

1. Introduction

Family is a factor which has a great role in construction, efficiency and the success of the children. When the children grow in various family contact contexts, these contexts are accounted on as the most important factors for the children's physical and mental growth. The family has a great deal of functions through which it can influence the children and determines the manner of their behavior in the environment. The family's communicative pattern is one of the function which is capable of influencing the children (Koarner & Fitzpatric, 2002 in Dehqani Zadeh & Chari, 2012).

By familial relationship patterns it is meant the manner of interaction between the family members in order to reach common beliefs and also the way by which the family makes decisions (Fitzpatrick , 2004). Fitzpatrick and Ritchie (1994) introduced two orientation for the familial communicative patterns which are conversation orientations and conformity orientation. The level of the pressure of the family on its order to reach agreement and uniformity of their tendencies, values and beliefs is meant. The conversation orientation indicates to an atmosphere in which the family members are persuaded to self-initiated interaction with each other, participating in open and free discussions on a wide range of subjects and asserting new ideas (Fitzpatrick, 2004).

In total, the researches done on the field of family communicative patterns have a significant role on adaptation and vivacity of the students. In addition, family relationship patterns, especially the effective relationship between parents and children can load to the creation and promotion of self- efficiency of the students and their confidence in effectively addressing tasks and educational challenges (Lent ,Brown & Goarge,1997). Bandura (1991) sees self- efficiency as the most effective factor from among the most important factors which explain behaviors, activities and control human functions.

Investigating the relationship of the Relationship Pattern of the family and social support with the self- efficiency of the students in Ilam

According to the researches by McKann (1999) the students who enjoy a high level of self efficiency, have a positive view point as to the consequences of their work. Therefore, it seems that high level of self- efficiency results in increasing the stimulus for progress an internal excitation of the individual. The Bandura self- efficiency theory emphasizes the role of individuals' trust, confidence and self- esteems as to her/his capabilities for performing the behavior which he/she is expected to perform (Bandura, 2002). Bendora sees self- efficiency as the basis of human activities and believes that self- efficient individuals are creative, deep- sighted and self- regulating and use their own effective power to reach ideal consequences (Feist & Feist, 2006). According to Bendora (1997) self- efficiency in individuals is formed under various resources which are related to the family and its relationship patterns. Various researches have shown that the family and social milieu have an important role in.... of the capabilities and health and enhance believing in self- efficiency (Bendora, 1997; Schwartz, 2000; Karademaz; 2006; Verissino, 2005). Receiving appropriate and supportive feed back from the environment promotes worthiness feeling and facilitates the development of innate dispositions and self- regulation. (Ryan & Deci, 2000). Bamrind (1996) believes that the parents in families with frequent conversation grow children having social skill, The power of problem solving, and the power to manage and load (In Elwood & Schrader 1998). Controlling surroundings in which there is no friendly relationships block internal capacities and the feeling of worthiness (Maddux, 2002; Schwartz, 2000).

Social support is one of the psychology- social variables which has recently been studied in many researches especially those dealing with family affairs. In one sense, social support we mean " relationship with others", either relatives or friends. It is a factor which enhances the individuals' confidence and self- efficiency to test new situations: as a network of relationships, social support promotes cooperation and friendliness. (Wai yung Kwng & Yui – huen Kwan, 2004). Social support can be counted on as the information which loads the individual to the belief he/she is laved, accepted and valued by the family and friends, and a broader sense, he/she belongs to network of mutual relationships and duties (Cobb, 1976). When an individual recognizes that he/she has been accepted by his/her relatives and friends, and sees him/her self as an important person in interpersonal relations, his/her confidence and performance increases, and, therefore he/ she is protected from depression (Windl, 1992).

According to support- efficiency model, the constant interaction with supportive individuals leads to the belief that the individual has the ability to face challenges (Fiori, Mcilvane, Brown & Antonucci, 2006). Through anticipated support, social support influences self- efficiency. Anticipated support is recognizing the fact that we need help, the others are ready to help us. It results in creating a secure social network and persuades the individuals to solve their problems by themselves (Krause, 2003). The aim of this research was to investigate familial communicative pattern and social support and their relationship with self- efficiency among the students of Ilam city.

2. Method

The statistical society of the research included all of the high school students of Ilam who were studying in academic year of 2013- 2014. Of these students 300 were selected (200 girls, 100 boys) through multi- step cluster random sampling. This research is correlation descriptive. The related data was collected through questionnaire. The data was analyzed by Pearson correlation coefficient and regression model.

Instrument

The revised questionnaire of familial relationship patters. This has been made by Koerner & Fitzpatrick (2009). This is a self- report questionnaire having 26 items within the Linkert's 5 points scale. The first 15 items have been devoted to the orientation of the conversations and the rest 17 items relate to conformity orientation. Higher scores on loath of the scales means that the taste infers that in his/her family there is further conversation orientation or further conformity. Koerner and Fitzpatrick (2002), reported the reliability (Cronbach α coefficient) of the scale to be 0/89 (0/82 – 0/92) for conversation, and 0/79 (0/73 – 0/84) for conformity. In Iran Kourosh Nia (2006) reported Cronbach α for conversation

at 0/87 and 0/81 for conformity. Jawkar and Rahimi (2007) have reported a reasonable validity (factor analysis) and reliability (Cronbach α) for this scale. In this research the validity of the questionnaire was determined by Cronbach α at 0/76.

Philips' social support questionnaire: It has 23 items which includes three domains including family, friends, and others (In Bawi, 2004). The minimum and the maximum of the scores vary from 0 to 23. Higher score in this questionnaire indicates to higher social support and lower score in indicative of lower social support (in Malekzadeh, 2004). In a research Mashak (2006) reported reliability coefficient by two methods of Cronbach α and dissection method at 0/72 and 0/70 respectively. In this research the validity coefficient of the questionnaire was calculated by Cronbach α at 0/78.

Self – efficiency Questionnaire: This was designed by Scherer and colleagues in 1982 in order to evaluate general self – efficiency opinions. This questionnaire has been composed of 17 items which the respondent should answer based on the five point Linkert scale (from total disagreement to total agreement). Barati (1997 in Karamati & Shahrarai, 2004) has reported the validity of the test at 0/76. Karamaty and Shararai (2004) have reported the Cornbach α coefficient of the questionnaire at 0/85.

3. Findings

At first, the statistical description of the mean and the standard deviation of familial relationship pattern (conversation and conformity) and social support with self – efficiency has been mentioned (table 1).

Table 1: Mean and the standard deviation of research variables

Variable		N	M	SD
Self- efficiency		300	57.57	15/86
familial relationship pattern	conversation	300	42.73	18.86
	conformity	300	31.81	14.42
Social support		300	16.56	4.47

In order to assess the relationship of family relationship pattern (That is, conversation and conformity) and social support with self – efficiency in participants in the research, the correlation matrix was used. Based on table 2, it can be observed that the correlation coefficient between the scores obtained for relationship pattern of conversation and self – efficiency is 0.63 which is positively significant at $p=0.001$. The correlation coefficient of social support with self – efficiency is 0/51 at $p=0.001$. Moreover, There is an inverse relationship between conversation patterns and conformity patterns at the level of $p=0/001$, While there is a significant relationship between conversation pattern and social support at $p=0/001$. This relationship is significant for conformity pattern and social support at the level of $p=0/001$.

Table2: the matrix of the correlation of the scores of the elements of familial relationship patterns (conversation and conformity) and social support with self – efficiency

Variables	1	2	3	4
Self- efficiency	1			
Conversation	**0.63	1		
Conformity	** -0.57	** -0.62	1	
Social support	**0.51	** -0.61	**0.47	1

$P < 0.001$ **

In edition, as there is a significant relationship between each one of the predictor variables (familial relationship pattern and social support) and criterion variables (self- efficiency), regression can be used for prediction.

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To investigate the predictive role of familial relational patterns, social support in self- efficiency, the step-by-step multi-variation regression was used. As it can be seen in table 3, the results of regression show that familial relational pattern social supports have a relationship with self- efficiency.

Table 2: the results of step-by-step multi-variation regression analysis of familial relationship pattern and social support with self-efficiency

Predictor variables	R	R ²	B	Beta	t	p
Conversation	0.63	0.29	0.36	0.36	5.84	0.001
Conformity	0.67	0.45	0.29-	0.27-	-4.94	0.001
Social support	0.68	0.46	0.58	0.16	3.05	0.002

In the first step, conversation (R²= 0.29) can 29 percent predict the self- efficiency variance (p< 0.001) and in the second step, conversation (R²= 0.45) can 45% predict the self- efficiency variance along with conversation (p< 0.001), and in the third step, social support (R²= 0.46) can for the third time, along with both conversation and conformity 46%, predict the variance of p= 0.001 (p<0.21).

4. Results and Discussion

Taking into account the aim of the present research which is to investigate the familial relationship pattern (conversation and conformity) and social support and their relationship with self- efficiency, the results show that the relationship pattern of conversation can predict direct and positive self- efficiency. In other words, it can be claimed that the conversation pattern can increase the students' self- efficiency. Further, the results showed that the conformity pattern can inversely and significantly predict self- efficiency, that is, conformity pattern within the family can decrease the students' self- efficiency. This shows the key importance of familial relationship pattern in determining self- efficiency. These findings are in line with the finding of the researches on the effects of relationship pattern of conversation within the family on self- efficiency. (Bameryand, 1996; Lent, Brown George, 1997, Bandura, 1997, Schwartz, 2000; Maddux, 2002).

In explaining the finding, it can be said that the students whose families freely, frequently, and without any restriction interact and communicate with their children, and its members have the freedom to express their own thoughts and feelings, make their own decisions and act cooperatively are significantly better and more well- adjusted than other students. These students enter educational setting with higher confidence in their own abilities to do the given tasks, show more attempts and frequently revise their progress toward the objects, and, when needed, proceed to change and adjust their strategies. They also see the failure as the result of lesser effort. This makes them not become disappointed with the failure and increase their efforts (Shunk, 1989; Pajares, 1996).

Further more, in explaining the relation of the pattern of conformity with self- efficiency, it can be said that in families within which this pattern prevails and the parents severely control the children and the children have to refrain from challenges, and resign in discussions and obey the adults, the children, when facing challenges and the pressures of life, he have emotionally proceed to catharsis through crying, shouting, becoming angry and the like (Kagawa, 2008).

With regard to the relationship of social support with self- efficiency, the results showed that social support can predict self- efficiency at a significant level, implying that the higher the level of social support, the higher the level of self- efficiency. This is in line with other researches (Bandura, 1997; Schwartz, 2000, Ryan & Deci, 2000; Karademas, 2006, Verissimo, 2005). Thus, the results can be explained in this way: Self- efficiency is something which forms within the family from childhood and is affected by the mates during adolescence. Usually, when the level of social support is high, the level of self- efficiency increases in social networks.

As these researches has been done in high school, it is better to be performed with a different and greater statistical universe like university students and the students in other courses. Due to the importance of familial relationship patterns and social support in both life and education, it is suggested that the factors, influencing them and the consequences of this construct in students' and other groups' lives be taken into consideration. The limitation of this research was the shortage of previous research or the reported research on the patterns of relation ship. The data collection tool was questionnaire which is frequent in researches like this, but it is suggested to use several methods to collect data so that the findings are more use full and more generalizable.

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Investigating the relationship of the Relationship Pattern of the family and social support with the self - efficiency of the students in Ilam

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