

Family Social Environment

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Abstract

In the last decades, the studies carried out around the family have been many with different variables, for the understanding of family dynamics and how this system works in its relationships with its members, but the most interesting thing is the construction of habits and ways of thinking that is ingested in the family structure and that these will depend on the family environment in which they develop either because they express assertive behaviors or in turn behaviors that generate a socio-family problem. This work highlights that the understanding of the family social environment helps us to understand the human being in their individuality.

Keywords: *Family Social Environment; Family; Dimensions; Family Structure; Individual*

Introduction

The family has always been the object of study throughout history, as well as its relational components and how these influence its members for the well-being and psychosocial development using frequently, the learning and teaching themselves that play a vital and important role, for the structure and types of family, and which are essential factors in understanding this great institution, such as the family [1].

It is interesting to consider the important role that the family social environment plays in the development of societies, inasmuch as in them the thoughts, customs and habits of a family are ingested, whether this is problematic or healthy. For this same reason, it has been of increasing concern to mental health professionals. On the other hand, the attitudes and behaviors developed in this area are found in a wide range of adequately supported studies [2-5].

The objective of this topic is to know in a primary way the Family Social Environment, its concepts, components and dimensions which we will detail in an orderly way.

When referring to the Family Social Climate (CSF) [6], they establish the perception of the socio-environmental characteristics of the family, which appears through the process of personal interrelationships that are established between family members through communication, interrelationships intrinsic and extrinsic, which allows its members to generate emotional reactions, formation of thoughts with which it will develop to insert rules, roles that will help them in the development of their daily activities in order to achieve individual well-being and family partner.

Other authors define CSF [7], as the interaction or feedback of attitudes, feelings, norms and ways of communicating, allowing this exchange to be constant and normal, which generates a family social environment, on the other hand, it is considered the Family Social

Environment, as the resulting welfare state between the relationships that occur in the family members to the same degree as regards communication, cohesion and interaction allowing the organization of a family [8] finally, another conceptualization, establishes that the Family social environment is the result of the perceived and interpreted environment that the family shows in its relationships, socio-family in a significant way [9].

The definitions given by [2-5] agree that the Family Social Climate has a lot to do with the dynamics of the interrelationships between its members and how these can be adequate and inadequate in order to maintain emotional stability of individual and family partner.

Family social relationships play an essential role within the family in the development of its members [10,11], thus showing that appropriate healthy relationships between parents and children and all of their members generate adequate social development for the entire family. family group and allows each of them to have a broad development within sociability giving adequate well-being.

Thanks to this interaction, people will be able to face difficult situations by expressing themselves adequately, as long as one has the ability to do so. Talking about family climate is complex and therefore not easy, but we have all had the opportunity to capture, observe or value at some point; as it is the environment of a family, we have lived our own and we have shared with other families. The family environment in which a person is born and grows up determines some economic, spiritual, social and cultural characteristics that can limit or favor their personal and educational development [12]. For many experts, no factor is as significant for academic performance as family environment [13]. In addition, it mentions that the family is of great importance in the development of both personality and interpersonal contact, which the subjects have, also helping in the motivation towards study and expectations of academic success in the future [13].

In this same line of understanding of how relationships within a family are made dynamic [6], he shows us that environments and people can be described and specified through observable dimensions and thus the social environment in which a subject acts will have a significant influence on their attitudes, feelings, health, behaviors, and social development; whereas, the intellectual personal factor acts as an essential edge in this family dynamic [12].

On the other hand, it can be established that the family environment is related to the interactions that parents develop with their children at home, these can vary in quantity and quality [14]. As is known, the type of family interaction established by subjects from their early childhood influences their different stages of life, facilitating or hindering relationships in the different spheres of activity: educational, formative, social and family [15].

Explicitly I will go on to explain some typologies on the family social climate.

Some studies on the types of family social environment According to a study related to determining factors of the family environment [16], two typologies are established.

Positive family climate: Where the sons and daughters will feel motivated towards individual wealth, expressed in individuality, security, peace, tranquility and freedom; They will strengthen their self-esteem, self-worth and self-concept and will reaffirm their identity as long as the parents, through the fulfillment of their roles and functions, provide a support of security and stability. This will make them have a pleasant life in every sense and maintain a good relationship with the people around them and with each other.

Negative family climate: Family problems (marital) immerse its member in a state of anguish, confusion and uncertainty and this in turn generates inappropriate behavior among its members, making them aggressive, rebellious, manifesting irregular, authoritarian behaviors, disruptive behaviors, isolation, loneliness, estimates and depleted values among others. Due to this, the interpersonal relationships of its members are weakened, authority is lost and the realization of their personality is built in an uncertain way. A positive family climate refers to an environment based on emotional cohesion between parents and children, support, trust and intimacy, and open and

empathetic family communication [16]; Therefore, it is evident that a positive family social climate favors and enhances a good psychosocial development of the individual. A negative family climate is characterized by communication problems between its members, as well as the lack of affection and support, hinders the development of certain social skills in the members that are essential for the development and socialization of the individual, can trigger various problems in the development of the individual.

On the other hand, another typology of family climate is established [17]. Unstructured, inclined to conflict, for example, high degree of conflictive interaction, lack of support within the home, lack of strength and support for personal evolution and growth. Control-oriented, eg, structured family activities, family norms, recognition of achievements, the family supports yet does not express or demonstrate emotions. Structured, inclined to expression and independence, for example, strength and intensity in family relationships, independence is stimulated and strengthened, clear rules and improvement in the coexistence of the home among the members.

It is important to consider the influence of the social environment within the family context, since it constitutes a factor that favors the construction of emotions, whether negative or positive [18].

The family social environment within the family is the main relationship entity that human beings have for their development, upon receiving an education, this implies that the child must begin to interact with their peers, their family being the basis for this integration and socialization. The social environment within which an individual functions should have a major impact on their attitudes and feelings, their behavior, their health and general well-being, as well as their social, personal and intellectual development [18]. The basis for personal socialization is found in the values, principles, rules, that the parents have promoted, which will be reflected in the individual's socialization style. It is necessary to consider that the social environment of the family in the members or individuals develops and intervenes in; feelings, attitudes, behaviors can also influence health, your general well-being as a human being taking into account that it is easily influenced by external factors. Communication is an essential factor in family dynamics that helps to properly structure the ties between them. Communication based on an authoritarian style, with little privacy, high conflict, and emotional isolation could generate children with drug addiction [18]. By not expressing their opinions, feelings, each of its members is exposed to being more vulnerable to social problems such as drugs, alcoholism, prostitution, among others. From an objective perspective, the environment can be understood as a set of predominant emotions that reflect the conjuncture of a society. From a more subjective perspective, we can speak of a field of feelings that is perceived by individuals but that exists apart from the individual. In other words, when an environment solidifies, a certain consensus develops, so that there may be a social representation about the situation of society and the norms about what one should feel. In this sense, the fact that emotions always have an individual as a point of reference and can only be felt by an individual, does not mean that their nature, their presence or absence develop exclusively within a subject [18].

Now when considering the importance of influences in the family social environment, the following characteristics are established: a) Parents must always be in communication with other members of the family. B) Present tranquility and emotional stability towards the child. C) Respect of children for their parents. D) Well established authority, show no anxiety. E) Avoid overprotection of children, prevent the acute economic crisis from falling into the family, prevent serious conflicts between parents and, if there were, do not expose them in front of the children [19].

On the other hand, in order to generate in a person with confidence, a sense of self and positive orientation towards stable goals with a future projection, it is necessary to forge an adequate and stable family environment [20]. When it comes to quality of bond, it refers to the affective, to the degree of acceptance between parents and children; relationships have to do with the quality of the number of attitudes and behaviors that will help them achieve their proposed goals or objectives. Styles of discipline: routines, established rules, where the autonomy and individuality of each member of the family is respected; Parents must be flexible when negotiating these aspects since they should not be repressive norms for any member. Communication style and conflict resolution: when there is fluid communication, children learn to express themselves and listen, which is very important when interacting with people in the environment, since this will

determine how they will do it with the other people. Through good communication, parents will be allowed to collect the demands of their children and attend to them properly. Socio-affective training: having a good opinion of yourself is essential; because self-esteem is one of the elements with the highest incidence in people's lives. Having a good personal image, self-confidence and being aware of the abilities that one has, depends on the attitude and way of relating of the parents with their children [20]. For all this, it is essential to generate within the family a warm, participatory, comprehensive and focused emotional environment, where the child's contribution is recognized.

Each person has needs that they must satisfy and that are very important to their quality of life. The family is the first place where the child learns to meet those needs, which, in the future, will support her in integrating into an environment and her community. One of the most important functions of the family is, in this sense, to satisfy the needs of its members on a biological, economic, educational, psychological, emotional and social level. It is the task of each member of the family to do everything possible to meet these needs [21].

According to the theory of Social climate [6], the fact that these needs are satisfied will favor the climate that is present in it. This theory is based on environmental psychology, which comprises a wide area of research related to the psychological effects of the environment and its influence on the individual, it can also be stated that this is an area of psychology whose research focus is the interrelation of the physical environment with human behavior and experience. This emphasis on the interrelationship of environment and behavior is important; not only physical settings affect people's lives, individuals also actively influence the environment [22].

Other representative authors within the family sciences [23] refer to the family climate as an adequate dynamism between conjugality and parenting [24]. She refers to structured and unstructured families and another researcher [25] refers to nutritional and non-nutritional families, each of these postulates have a close relationship with the concepts about the family social climate [6] previously raised in our study.

Dimensions of the Family Social Climate [26].

Describe three dimensions for evaluation

Relationships

Cohesion, Expressiveness and Conflict.

Development

Autonomy, Performance, Cultural Intellectual, Social-Recreational, Morality-Religiosity.

Stability

Organization and Control.

The environment is a decisive determinant of the well-being of the individual; assumes that the role of the environment is fundamental as a shaper of human behavior since it contemplates a complex combination of organizational and social variables, as well as physical ones, which will forcefully influence the development of the individual in many of their life extracts [6].

In order to study these dimensions [6], she has developed various Social Climate scales applicable to different types of environment such as family, school, work and prison institutions.

These three areas speak to us of the Relationships dimension, which measures the degree of communication and free expression within the family and the degree of conflictive interaction that characterizes it. Within this area we have:

Cohesion, which measures the degree to which members of the family group are empathetic and supportive of each other. He also considers as an important part the feeling of belonging and reference where the social group identifies for him, the we is very important with which he makes his social life of norms, customs and traditions act correctly within his social life. Cooperative family relationships and emotional closeness in the family group are a crucial issue today. The bases of family cohesion are the existing affective commitment between its members and cooperation, which creates routines and mutual expectations that reinforce the union. It is the family of procreation - children and partner - that constitutes the closest family nucleus, which implies that when children form their own families, their parents take second place. This can jeopardize eventual support with aging parents who require care. Even more so when low adherence to the norm of family obligation was observed and its replacement by a personal commitment, generated throughout the family and individual history [27].

Expressiveness, explores the degree to which family members are allowed and encouraged to act freely and express their feelings directly, evidently as appropriate responses by the family. At this point, it mentions [30] that it is important to give the opportunity to family members encouraging feelings day after day.

Conflict, the degree to which anger, aggressiveness, and conflict are expressed freely and openly among family members. What is the degree of open expression of feelings of anger, anger, aggressiveness that occur within a family now [29] refers to the fact that the expression of these feelings is very important in order to generate a catharsis; Along the same lines, [6], it establishes that conflicts are not pathological situations but evolutionary moments of growth for the family in order to turn dysfunctional parts into favorable solutions or changes for the family group.

The Development dimension that assesses the importance of certain personal development processes within the family, which may or may not be fostered by life together.

Autonomy, the degree to which family members are self-confident, independent, and make their own decisions.

Performance, the degree to which activities (such as at school or work) are framed in a structure oriented to action or competition.

Intellectual - cultural degree of interest in political-intellectual, cultural and social activities.

Social - recreational degree of participation in various leisure activities.

Morality - religiosity, importance given to ethical and religious practices and values Stability dimension that provides information on the structure and organization of the family and on the degree of control that some family members normally exercise over others.

Organization, importance given in the home to a clear organization and structure when planning family activities and responsibilities, Control, degree to which the direction of family life follows established rules and procedures.

Some studies that various experts carry out on the social and family climate in relation to some variables.

According to the research carried out with the objective of studying the social climate of a group of families and its relationship with the performance in social skills of 108 boys and girls between two and three years of age [26], it was found that cohesive families, that is, those that present a democratic tendency characterized by communication spaces, expressions of affection and a management of clear norms, are generators of a wide repertoire of social skills; While families with a disciplined structure, characterized by authoritarian parental actions, are associated with a lower level of social performance in boys and girls. The family, with its clear and structured rules, allows a better family social climate and therefore a better performance in this population in the face of socialization and sociability [26].

In another research [27], the purpose was to analyze the relationship between cohesion, expressiveness and conflict (family social climate) and the social maturity of the child aged 6 to 9 years. We worked with a sample of 146 students aged 6-10 years old. The results show that there is a direct relationship between the relationship dimension of Family Social Climate and Social Maturity. Likewise, there is a significant and direct relationship in the Cohesion and Expressiveness components with social maturity, while the conflict component presents a significant inverse relationship with the level of social maturity. Therefore, the Family Social Climate directly affects the social maturity of the child, suggesting that infants develop adequately in terms of social maturity, together with the ability to develop [27].

In another study, it is proposed to investigate the social climate in situations of aggravation in late adolescents in 140 people between 18 to 24 years of age in Argentina, the most outstanding thing being that the social climate provides a learning of values and basic skills for social interaction. Here then, in some way, the adequate family social climate is a protective factor for good social well-being. [fifteen].

In the investigation of the family social climate, another researcher performs a singular work, relating it to antisocial behaviors in high school students [28]. The sample was comprised of 305 first, second and third grade high school students. The results show that there is a very low negative relationship ($\rho = -0.120^{**}$) between antisocial behaviors and the relationship dimension of family social climate. Likewise, it is observed that there is a low negative relationship ($\rho = -0.212^{**}$) between antisocial behaviors and the development dimension of family social climate. Finally, in the relationship between antisocial behaviors and the stability dimension of family social climate, it is observed that there is a low negative relationship ($\rho = -0.338^{**}$). The results in the levels of dissocial behavior the low level with 58.7% (179), while in the variable family social climate it is appreciated that the stability dimension predominates, being located in the middle level with 82.3 (251). We believe that although it is true or it is a nest for these antisocial behaviors in a significant way, however there is a risk since it [30]), refers that the greater the dissocial behavior, the lower the stability of the adolescent.

According to another study carried out on the family social environment and its influence on all areas of the individual, a population of 118 adolescents between 12 and 16 years of age was established who belonged to different types of family (nuclear, single-parent, extended and reconstructed, in the three dimensions: development, stability and relationships [29]. The results do not show significant differences in the total score of the scale, nor in the dimensions that it measures; however, it shows differences in the area of cohesion, in the families. It is concluded on the diversity in current families and that regardless of the type of family of which it is a part, the existing family social climate may be adequate for the development of its members, because despite social transformations, the family can provide its members with adequate conditions for their development and survival. However, it should be noted that by the spread of the single-parent families in this modern society 33%, whether due to abandonment, divorce, separation, maintains a risk factor and should create support policies for these family organizations [29].

Another research carried out in this line proposes establishing the relationship between CSF and self-esteem [30], the results obtained from the variable classroom social climate that 85.7% of students have a high level and 64.3% of students have a low level in self-esteem. It has been found that there is a non-significant positive relationship between the classroom social climate and self-esteem.

The level of social climate in the classroom and its dimensions in: relationships 64.3% of them indicate that it is high, in the self-realization dimension 85.7% of them indicate that they have a medium level, in the stability dimension 64.3% of them indicate that it is high and in the change dimension 57.1% of them indicate that it is high. - The level of self-esteem of the students is low with 64.3%, followed by an average 37.7%. - The level of self-esteem 64.3% of the students have a low level. Regarding the dimensions we have: In the feelings dimension 100% of them indicate that it is low, in the thought dimension 92.9% of them indicate that they have a high level and in the emotions dimension 100% of them indicate that it is low.

The research carried out on the relationship between family social climate and job satisfaction intentionally shows that there is a significant correlation between the Relationships dimension of family social climate and Work Satisfaction of workers [31], allowing to

infer that as long as the staff has a level Inadequate Family Social Climate, there will be problems of free expression, poor communication, which leads to the staff having a bad relationship with the workers. Therefore, she concludes that the better her family social climate, the higher performance and job performance can be obtained, since there is adequate job satisfaction within the institution [31].

Another study sought to establish the relationship between family climate and coping with stress in cancer patients. The sample consisted of 287 subjects (men and women), with an average of 54 years, most of them married [32]. The results indicate that the family dimension is significantly affected due to the decrease in social activities due to dedication to patient care. In addition to a significant relationship between an Adequate family social climate and Positive Coping, and between Relationships and Confrontation and Active Fight, Self-control and Emotional Control.

On the other, she searched [33]. Establishing the Relationship of CSF and Depression in older adults, requires greater protection due to its high vulnerability, found a significant relationship between these two variables in each of the Development dimensions in its results of, and relationships raised [6] what What is interesting is that we only change the social environment basically because the emotional state changes in the elderly person, in the same way it mentions [33], that no relationship was found between the Stability dimension of the Family Social Environment and Depression in the Elderly.

Conclusion

The studies carried out with different variables show the breadth of the subject, which is fully understood from the systems theory, as we well know, this model does not establish pathology or conflict of the individual, if not as a pathology of relationship, what it wants say that the system goes into disharmony. The point is that everything is a system of subsystems and subsystems that are interrelated, thus, when it comes to therapy, it is about balancing the pathogenic relationship of the system to achieve changes [34]. For this model, the symptom of an individual or member is therefore an expression of the family in its relationships, a "scapegoat." Therefore, general systems theory is a general science of "totality" [35]. It is an interdisciplinary theory follows the integrative function of systems. Therefore, it can be concluded that in the family social climate, when there are interrelationships, they determine to a certain degree the personality itself and how it can have feedback with society. The family and the development of the social climate could project us to a comprehensive understanding of human complexity and for this, effective intervention in the appearance of relational dysfunctions within the family group and society.

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