



The Impact of Family Dysfunction on Adult's Behavior

Aleesha P A

Kristu Jayanti College

ABSTRACT

This article entitled "The Impact of Family Dysfunction on Adult's Behavior" analysis the behavioral impacts on adults due to the dysfunctional families. A family should have a good environment, which will help the children to grow up in a positive manner. Family is the first social institution, so it plays an important role in shaping an individual physically, mentally and emotionally. Thus, this study investigates about unhealthy behavior of the family and its effects on adults. The study was conducted by using descriptive qualitative method. This method is applied by presenting data in words and sentences. The Novels, Articles, Case study, Journals etc, related to the topic were selected to collect appropriate data, The purpose of this study is to obtain an overview about family dysfunction and its impact on adult's behavior and their social functioning. The study found that dysfunctional families have the negative impact on the adult's behavior and their thinking and performance patterns also. Study found that family dysfunction affects adult's self esteem, psychological well-being, interpersonal relationships negatively. And proper attention and consideration will help the adults to improve themselves and study recommends intervention for both parents and children for improving a healthy relationships.

Keywords: Dysfunctional family, Behavioral impact

INTRODUCTION

The development of an individual begin within family, family play a crucial role in shaping individual's values, beliefs, behavior, personality etc . The family unit is where the individuals first experience love, connection and belongingness, it is the place where individuals find support, understanding, acceptance and a sense of identity.

But for some people, family does not always means love and support, it can be tough and hurtful. Some families are filled with conflicts, abuse, lack of support and care. The individuals may find themselves disconnected from their family because of the family dysfunction.

Dysfunctional family means a family with unhealthy behavior, chaos, conflict, emotional abuse, neglect, addiction etc. dysfunctional family mainly affects the children in the family especially when they grew up. Dysfunctional families often struggle with poor communication, lack of understanding, and unclear family rules.

According to an American psychotherapist, (Martin, 2018) in "The Effects of Growing Up in a Dysfunctional Family", dysfunctional families do not know how to behave healthily. Parents in dysfunctional families are commonly busy with their problems and neglecting their children. They take care of an addicted or dysfunctional partner so they do not have enough time, energy, or emotional intelligence to pay attention to, value, and support their children's feelings.

REVIEW OF LITERATURE

The reviewed literatures showed that the family dysfunction have the negative impact on the individual who have experienced family dysfunction. For instance,

According to Coohy(2011) Adults who grew up in dysfunctional families often struggle to form and maintain deep friendships, maintain self-esteem, and trust others. They tend to suppress their emotions and avoid facing reality due to a fear of losing control, leading to difficulties in being playful.

According to Sinaga(2022) Indicated that children who lack time with both parents may develop a challenging personality, restricting their interactions with others and often appearing self-centered, reserved, and introverted.

A. F. Minullina (2018) found that children from dysfunctional families often experience trauma due to inadequate parenting styles, such as hyper protection, hypo protection, indulgence, neglect, instability, and immaturity. These families are often marked by anxiety, conflict, hostility, and a sense of inferiority. The resulting trauma in children can lead to fears that do not correspond to their age, contributing to their psychological trauma.

Conflict relationships in these families further increase children's anxiety, perpetuating their fears. The study suggests that recognizing and addressing these issues can aid in developing programs for family relationship improvement, parent-child relationship therapy, and pedagogical support in educational institutions.

According to Astoyants (2015) he indicated that dysfunctional families frequently lack emotional nurturing and are characterized by ongoing conflict or neglect. Children raised in these settings may face emotional and psychological difficulties, such as diminished self-worth, anxiety, depression, and a sense of vulnerability.

These emotional struggles can influence their actions, resulting in isolation, aggression, or the adoption of various coping strategies. Also growing up in dysfunctional families can result in challenges forming secure and healthy attachments with peers, parents, teachers, or caregivers, impacting behavior at home and in educational settings.

By Annisa Laras Andhika, Swesana Mardiah Lubis, Riko Andika Rahmat Pohan(2021) findings were based on a novel called "My name is Lucy Barton" which highlights about the dysfunctional family and its impacts adults children. According to their analysis it found that the novel portrays two kinds of dysfunctional families that Lucy Barton, the adult child, experienced. The first is the controlling family where her parents engage in physical and verbal abuse to assert their authority.

The second is the chaotic family. These dysfunctional families have varying impacts on Lucy Barton. She often feels inadequate and guilty, repressing her feelings, feeling highly anxious, stressed, and alone, leading her to feel unlovable. These behavioral impacts persist even as she grows up and forms her own family. She finds it hard to trust others, feeling that no one cares about her due to her unmet emotional needs from childhood, leading to her separation from her husband.

One of the other findings of family dysfunction and adult behavior was conducted by Feilina Sutanto and Naomi Soetikno(2021) through a case study on their article, it states that, Adolescents who grow up in dysfunctional families may experience frustration, which, when combined with their ongoing cognitive and emotional development, can lead to non-suicidal self-injury behavior. This study aims to understand the connection between frustration, family dysfunction, and self-injury in adolescents. It focused on an 18 year old female adolescent.

The result of the study suggested that the adolescent's frustration arises from family relationships lacking cohesiveness and effective communication, leading to non-suicidal behavior. This study emphasizes the importance of addressing family dynamics and communication in preventing and treating self-injury in adolescents

METHODOLOGY

The study adopted descriptive qualitative method for doing this study, this method is a method of analysis by describing and analyzing the data from journals, articles, novels, case study etc and giving further explanation.

FINDINGS

Through the detailed study and analysis researcher found that family dysfunction have a crucial role in shaping an individual behavior, each human personality and behavior represents their family, through the analysis of different articles and journals about family dysfunction and its impacts on behavior, it found that family dysfunction affect the individual negatively and throughout their life and their behavior.

The adults who have experienced family dysfunction and those experiences, they consider it as a trauma, which is pretty hard for them to heal from that. And they face a sort of fear throughout their life, they find difficulty to make close relationships and struggle to maintain friendship also and the other thing is, those individuals don't trust anyone in their life and they will find comfort in being alone and spending time alone without socializing, usually those people have lack of socialization skills also, they judge their own value and they get anxious for small things.

And the main behavioral impact of dysfunctional family in an adult is, feeling lonely and hopeless, feeling inadequate and guilty, feeling unloved, and mainly they have low self esteem, lack of self knowledge, lack of confidence and thinks they are failures in their life and often compare themselves to others. These adult's families were have the poor expression of feelings and emotions, like that them also.

And the main thing the research found through this study is the impact of family dysfunction in behavior will mostly project when they become adults more than when they are in their childhood. It will project in their behavior in different way of expressions and actions such as non suicidal self injury, substance abuse, lack of obedience, lack of academic performance, lack of interpersonal relationships etc.

CONCLUSION

The aim of this study is to find out the impact of family dysfunction on adults behaviour , the study found that, the adults who have experienced family dysfunction are more likely to be a quiet and less expressive person or with aggressive behavior and activities compared to other individual, because they lived in different kind of family environment. And they have less psychological well-being .

It is important to take care of the children in the dysfunctional family, because there is a higher chance of adapting negative behaviours, which will impact their life and the future when they grow up. And to help the people who are struggling because of their past experiences, it is important to set a goal in their life by motivating them.

RECOMMENDATIONS

- There is a need to strengthen programs for the people who have experienced family dysfunction.
- Developing programs for the improvement of family relationship and, parent-child relationship therapy will also be helpful.
- Rehabilitation programmes are required for parents with addictive habits and tendencies.

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