FAMILY SYSTEM AND PERSONALITY TYPE: A STUDY OF YOUTH IN DISTRICT OKARA

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ABSTRACT

Families play a vital role in socialization, impacting the development of values, beliefs, and behavioral patterns. Analyzing the influence of family structures, communication styles, and interpersonal connections on forming distinct personality types offers valuable insights into comprehending how people navigate their surroundings. This exploratory research was chosen randomly (N=400, males=196, and females=204) from district Okara. This study revealed a significant difference between family systems (F=22.198, p<.000), suggesting that family systems impact PHQ scores. However, no significant differences of Extron, Neuro, and Openness was observed by family systems except agreeableness. Family systems may exert discernible effects on specific aspects of personality, mental health, and agreeableness; the findings imply a nuanced and selective impact.

Keywords: Family System, Personality types, Family experiences

Introduction

The link between family systems and personality types is a complex and detailed interaction that significantly impacts an individual's psychological composition (Latif, Haider & Farid 2022). Family systems theory suggests that families function as linked entities with distinct dynamics, functions, and communication patterns. The family context acts as a crucible for forming one's personality since people absorb values, beliefs, and interpersonal skills in this context (Bortz et al., 2019). Family experiences, including how parents raise their children, the dynamics between siblings, and the family's general functioning, significantly impact the development of personality characteristics. For instance, a child who grows up in a secure and nurturing family environment may develop a personality characterized by self-assurance, reliance on others, and the capacity to deal with emotional challenges. Conversely, those who are raised in dysfunctional or contentious family systems may have characteristics linked to anxiety, diminished self-worth, or challenges in establishing positive connections (Smets & Hartup, 1988). The effect is mutual, as individual personalities may, in turn, exert influence and mold the dynamics of the family. The complex interaction between family systems and personality types highlights the need for a comprehensive knowledge of human development, focusing on how familial environments shape individual personalities (Gontang & Erickson, 1996). The Family in Global Perspective performs excellent work of showing how social, economic, and political development affects families all around the world. It is perfect for sociology, counseling, social work, global studies, and cultural studies courses (Gassman & Hill, 2013). Five broad yet unique traits that make up the model describe the entire human personality. Extraversion, Neuroticism, Openness, and Unity are all positive personality traits (McAdams & Pals, 2006). In the 1950s, psychologist Raymond Cattell used statistics to identify sixteen Primary personality factors, laying the foundation (Fehriinger, 2004).

Personality types are the broad categories of behavior, thought processes, and emotional reactions that people regularly display in various situations (Mischel & Shoda, 1995). The Big Five model, the Myers-Briggs Type Indicator (MBTI), and several other systems that describe people based on various characteristics and qualities are just a few of the personality types used in psychology (Furnham, 1996). Effectiveness with hearing instruments may depend on various components, including how successfully the instrument processes sound and the background noise level. However, the elements that are unknown, as well as the factors that guide the hearing, help people's feelings of success and benefit. For instance, Hutchinson et al. (2002) showed that two patients with the same kind and degree of hearing loss who have never used hearing aids may have distinct experiences with the benefits of using them. Although most academics concur that personality qualities and reactions to noise are correlated, other researchers disagree that personality traits and reactions to noise are associated.

Erdem & Safi (2018) found that cultural, economic, and social factors can significantly impact the form and dynamics of family systems. The Western world's previous changes to family structures are now extending around the world to countries that are going through economic growth, technological advancement, and changes in cultural beliefs. Different traditional family structures are responding to a set of circumstances that brought changes across all Western countries. The family structure is often extended, with several generations living together in the same household. Respect for elders and a powerful sense of family loyalty are important cultural values in Pakistan. The legal framework governing the family system in Pakistan is primarily based on Islamic principles and is regulated by personal laws. Different religious communities may have their laws pertaining to matters such as marriage, divorce, and inheritance. The laws applicable to Muslims in Pakistan (Ahmad & Ahmed, 2021). Muslim Family Laws Ordinance 1961 governs matters related to marriage, divorce, maintenance, custody, and inheritance for Muslims in Pakistan. The Child Marriage Restraint Act 1929 prohibits the marriage of underage individuals (below the age of 18 for boys and below the age of 16 for girls). However, child marriages still occur in some parts of the country despite legal restrictions. Specific legal regulations in Pakistan do not govern personality types. Personality types are understood through psychological frameworks and theories, which can be applied universally, including in Pakistan. Psychologists and researchers in Pakistan may use various personality assessment tools and theories to study personality traits and characteristics. It's important to note that cultural and societal factors can influence the expression and perception of personality in different contexts, including Pakistan. Factors such as religion, social norms, and cultural values can shape personality development and expression within Pakistani society (Boe & Fischer, 2013).

The link between family structures and personality types is crucial to understanding human behavior and development. Researchers may understand societal trends by studying family dynamics and personality features. Understanding how family structures, communication patterns, and relational dynamics shape personality types improves our understanding of psychological processes and has implications for therapeutic interventions, family counseling, and mental health promotion. This study helps clinicians, educators, and policymakers build more focused and effective family system-based support solutions. The research also highlights the cyclical nature of the impact, stressing the reciprocal interaction between personalities and familial circumstances. Unlocking the family-personality connection improves family dynamics, individual well-being, and our knowledge of human development. This study aims to explore the relationship between family systems and personality types among youth.

Literature of Review

Forman & Forman (1981) studied the link between teenage personality functioning and aspects of the parental social environment. Stolz et al. (2010) claimed that goal of the current study was to assess the

possibility that personality-informed latent classes differentially moderate mothers' and fathers' support in predicting youth social initiative, potentially undermining the previously identified pattern of fathers' support having a more significant impact than mothers' support. The Findings for both boys and girls indicated three young personality types—apprehensive, laid-back, and spontaneous—that eliminate the association between parental consent and social initiative.

Belsky, Hsieh & Crnic (1998) found that home observations of mothering and fathering were undertaken when firstborn sons were 15 and 21 months old to study the potential mediating effects that passing mood and daily problems may have on the influence of lasting personality on parenting. Mothering was more consistently predicted by personality and mood/problems than fathering. Extraversion played a more significant role in predicting fathering than mothering, while agreeableness had the opposite effect. Neuroticism was the most consistently predicted factor in men's and women's parenting. Little evidence supported affect-specific links between personality, mood/problems, and parenting (Belsky, Crnic & Woodworth, 1995).

Rollins (2001) pointed out the long-term effects of divorce on Childs, and investigates how young people's personalities and home environments affect adults from different family backgrounds. Personality or home environment differences between young adults from unbroken households and those with divorce. According to the results, family communication among adolescents is a crucial factor in family satisfaction. In addition, the family system was discovered to be an insignificant predictor. Correlation data also found a crucial positive connection between family communication and family satisfaction.

Anderson et al. (2001) stated that adolescents evaluated aspects of the family structure and behaviors of parents as possible indications of adolescent substance use. Data from a self-report survey was obtained from 467 high school students who made up the sample. According to the findings, adolescent substance use was positively correlated with less effective parent-adolescent communication, love departure, force, and parental use of drugs.

Qualities, Parents' actions, along with individual qualities, are thought to have effects on adolescents' alcohol and drug habits. Yan et al. (2014) investigated the relationship between recent stressful life events, personality traits, perceived family functioning, and Internet addiction in 892 college students. It aimed to understand how these factors may contribute to the development or severity of among this specific population. Internet addiction is a new problem for young people's social and mental health. Studying danger factors and how they communicate is essential for understanding how Internet addiction develops. The results highlighted the role personality traits, life stress, and their relationships play in the Internet addiction of college students.

Huuskes, Ciarrochi & Heaven (2013) stated that the present research examined the long-term connections between personality and religious principles. As part of the Wollongong Youth Study, high school students in Grades The results of religious examined values for personality development are examined considering the findings. It is important to note that the implications of religious values on personality development can vary widely among individuals and across different religious traditions. Ebstyne and Furrow (2008) research indicates that religion has developmental advantages for adolescents; more is needed to know about the workings of this relationship. This study also explored a conceptual model analyzing socially entrenched religious influences on moral outcomes, drawing on social capital theory. Using structural equation modeling, data collected from 735 urban youths was used to test a hypothesized model of how religion affects ethical behaviors. Results showed that young people who practice religion frequently report higher levels of social capital resources and that these resources served as a channel between teenage religiosity and moral outcomes.

Ciarrochi & Heaven (2012) found strong links between religious belief and mental health, authors explored the connections between religious principles, dignity, and common desire.

According to structural equation modeling, religion in grade 11 was not related to rises in self-worth in grade 12, but they indicated rises in hope. After personality (the Big Five variables and Eysenck's mental disorders component) was controlled for, these results continued to exist.

Armet (2009) stated that the convergence between developmentalists and sociologists in the study of religious socialization and identity formation has led to an exploration of the relationship between these processes and religious outcomes. Armet emphasizes the influence of socialization and identity formation on the development of religious beliefs and practices. This perspective aligns with Marcia's typology, which focuses on the dimensions of commitment and exploration in identity formation. The evaluation of the impact of parenting practices and teenage separation on religious outcomes was done using the second stage of the National Survey on Teenagers and Religion.

Measures of parental social development and the development of young people's identities were created from panel research data, and logit regression testing was ordered. While parental restrictions and parental support were found to be related to religious findings, youth in high-tension religions were found to express greater levels of religious sacrifice. Future research on how parents educate their adolescent children is considered in several different directions. Examine the impact of parenting techniques on the formation of young individuals' personalities. The main objective of this research was to ascertain the influence of parenting styles on student personality development.

Barry & Rowland (2015) found that adolescents (those between 18 and 25 years of age) are more likely to self-examine their values and beliefs, especially those related to faith or spirituality. This article aimed to review the research on religion and spirituality among newly arrived adults. Authors provide studies by documenting developmental advances in mental, emotional, and physical growth. Examination of how spirituality and religious beliefs changed during this time, combined with empirical and theoretical studies. Second, analyze the research on relationships and incidence rates for spirituality and religion. Third, look at socializing factors for religion and spirituality to observe how parents communicate indirectly with peers, other adults, and the media. fortunately, therefore, examine how culture, society, and gender affect the formation and socialization of religious and spiritual practices and beliefs. Finally, the effects of the findings and relevant future research methods are considered.

Ary et al. (1999) study the strong peer effects in adolescence, which represent even earlier stages of development. Processes in childhood highlight the significance of relationships between early experiences in family and peer environments and the development of undesirable behaviors in adolescence. This essay provides proof that the Patterson and colleagues (1992) model of the development of antisocial behavior in children defines the development of a broad range of behavioral issues in later adolescence and that teenage antisocial behavior, dangerous sexual behavior, scholastic failure, and substance abuse are solitary constructs of a weakened behavior. 204 adolescents and their parents' 24-month longitudinal data were subjected to structural equation modeling techniques. The model fits the data nicely, explaining 52% of the variance in problem behavior among adolescents. Especially, the lack of parent-child involvement was more common in families with elevated levels of dispute. One year later, these household conditions were linked to weak parental supervision and connections with suffering friends.

Karimova, Sauers & Dakka (2015) explained the strong interest in the daily routines of "children and parents" relationships and personality development within the environment of the family has grown in modern society. The "quality" of the family and the abilities of parents are important the family plays an important part in the development of a child's ethical values. The problem of interactions between parents and children is strange and complicated. Human relationships' private, personal character and their response to strangers thinking about their complexity. The parents lack the needed educational and psychology-related data. Family" and the technique for measuring parents' attitudes and responses (the PARI technique) were both employed during the research phase when working with youngsters.

Heaven et al. (2002) studied how strongly attitudes toward education and identified educational achievement connect with the main personality traits and feelings of parental attachment. 115 high school students responded (the average age was 15 years, 09 months). Results showed that parental behaviors (care and overprotection) were very relatively associated with the conclusion that the personality traits of responsibility and mental illness were permanently related to attitudes towards education and academic performance. The results are examined with respect to what known is today related to the major personality types.

Masud et al. (2016) studied parenting methods necessary to meet children's educational requirements and, at last, improve their quality of life. self-confidence provided a regulating resource in analyzing the relationship between parenting performance and academic success. The research sample comprises three hundred thirteen university students from four academic departments. Parenting styles and self-esteem were recorded. GPA was used to measure what teenagers were doing in college. Students were asked to respond to an expressed survey. According to the study's results, there is no connection between parental practices and academic achievement. the association between a strict parenting style and academic success is affected by feeling confident. Having self-esteem is an essential attribute necessary for teenagers' behavioral development.

Blum et al. (2000) analyzed that protect teenagers by dealing with their health-related behaviors. The Add Health Survey, a thorough research of adolescent health-related behaviors conducted at schools, provided the data. The lives, health, friendships, self-esteem, and desires for the future of secondary students were surveyed. Parents and students participated in interviews. The resulting data on the relationship between race, income, and family structure are discussed in investigating the influences of the person, friends, and family on teen behavior. Both chapters focus on the usage of tobacco products, drinking alcohol, having suicidal thoughts and attempts, using weapons violently, and having sexual relations. The focus on demographic determinants must be shifted to understand teenage health risk behaviors. Other factors are strongly linked to developing or reducing threats to Many young people who are open to change. every health-risk behavior examined had almost uniform associations with academic risk.

Parents and friends had a significant impact on Child's lives. Young people benefited when families and parents were involved in stating the unique and general effects of race/ethnicity, income, and family structure on teenage use of alcohol, smoking, and violent behavior—suicidal ideas or acts, along with sexual activity. The study found that parenting styles explain attachment styles.

Methodology

This study used a cross-sectional research approach to examine the correlation between family systems and personality types of youth in District Okara. The study used simple random sampling to approach the selected sample size of 400 respondents. The one-way analysis of variance (ANOVA) uncovered a significant impact on family systems. This study used the Big Five Inventory to measure the personality traits of the respondents (John & Srivastava, 1999). The PHQ personality type, signifying potential divergences in PHQ-9 among individuals from different family structures (Williams, 2014). Quantitative data analysis includes using descriptive statistics. These methods investigate the relationships between variables related to family systems and personality types.

Results
Table 1
Percentage and frequency distribution of respondents

Variable	Frequency	Percentage
Gender		

Male	196	49%
Female	204	51%
Living area		
Urban	194	48%
Rural	206	51.5%
Education		
Illiterate	90	22.5%
Matric	68	17%
Intermediate	75	18.7%
Bachelor	96	24%
Master or above	71	17.7%
Family System		
Nuclear	140	35%
Separated	195	48.7%
Joint	65	16.2%

Table 1 comprised the results of demographic variables, providing insights into the characteristics of the studied population. There is a relatively balanced representation, with 49% males and 51% females. The living area data indicates a near equal split between urban and rural residency, with 48% residing in urban areas and 51.5% in rural environments. Educational backgrounds reveal a diverse range, with the majority having education levels beyond illiteracy. The distribution across education categories includes individuals with varying degrees of education, from matriculation to master's or above. When examining family systems, the dataset highlights a predominant presence of separated family structures at 48.7%, followed by nuclear families at 35%, and joint families at 16.2%. This information offers a comprehensive snapshot of the demographic composition, gender distribution, living area preferences, educational attainments, and prevailing family structures within the studied population, providing a valuable foundation for further analyses and insights into the socio-demographic characteristics of the sample.

Table 2

One way analysis of variance of personality type by family system

		Sum of Squares	df	Mean Square	F	Sig.
PHQ	Between Groups	1500.722	2	750.361	22.198	.000
	Within Groups	13419.715	397	33.803		
	Total	14920.438	399			
Extron	Between Groups	11.289	2	5.644	.508	.602
	Within Groups	4410.489	397	11.110		
	Total	4421.777	399			

Agree	Between Groups	93.049	2	46.525	3.219	.041
	Within Groups	5737.848	397	14.453		
	Total	5830.898	399			
Neuro	Between Groups	24.622	2	12.311	.954	.386
	Within Groups	5123.818	397	12.906		
	Total	5148.440	399			
Openness	Between Groups	34.911	2	17.456	.932	.395
	Within Groups	7433.929	397	18.725		
	Total	7468.840	399			

Table 2 comprised the results of the analysis of variance (ANOVA) conducted to examine the influence of family systems on personality types, as measured by PHQ, Extron, Agreeableness (Agree), Neuroticism (Neuro), and Openness. For the PHQ personality type, a significant difference was found between family systems (F=22.198, p<.000), suggesting that family systems impact PHQ scores. However, for Extron, Neuro, and Openness, no significant differences were observed between family systems except agreeableness.

Discussion

The complex interaction between family systems and personality types, as described in the literature, highlights the significant influence of familial contexts on molding individual psychological compositions. The family systems theory suggests that families operate as linked units, exerting influence on people via specific dynamics and patterns of communication. The development process is most prominent throughout adolescence, as individuals acquire values, beliefs, and interpersonal skills within the home setting (Bortz et al., 2019). This research acknowledges the crucial influence of family experiences, including parenting methods, sibling interactions, and general family functioning, on shaping the personality traits of young individuals in District Okara. Research has shown that a stable and supportive family environment is linked to the growth of self-confidence, dependence on others, and effective emotional coping strategies. On the other hand, dysfunctional or conflict-ridden family systems can lead to characteristics such as anxiety, reduced self-esteem, and difficulties in establishing healthy relationships (Smets & Hartup, 1988). The reciprocal link between individual personalities and family dynamics underscores the intricacy of this interaction, underscoring the need for a thorough comprehension of human development (Gontang & Erickson, 1996).

The research also acknowledges the broader international viewpoint on family structures, recognizing the impact of social, economic, and political issues on families globally (Gassman & Hill, 2013). Acknowledging these traditional values, such as reverence for elders and unwavering commitment to family, is crucial within the District of Okara. Additionally, the legal structure regulating family affairs in Pakistan, predominantly grounded in Islamic principles, introduces a distinctive aspect to the investigation. This underscores the significance of considering cultural and legal elements when examining the connection between family systems and personality types (Ahmad & Ahmed, 2021). The legal framework, which includes statutes such as the Muslim Family Laws Ordinance 1961 and

the Child Marriage Restraint Act 1929, mirrors the prevailing cultural standards that may impact family dynamics and shape individual personalities within the district. Moreover, the discussion explores the psychological dimension of personality types, referring to well-known models such as the Big Five and the Myers-Briggs Type Indicator (MBTI), as well as the diverse tools and theories employed for the universal study of personality traits, including in Pakistan (Mischel & Shoda, 1995; Furnham, 1996). Although legislative restrictions in Pakistan do not regulate personality types, the widespread acceptance of psychological frameworks implies that they may be applied universally across different cultures. Recognizing the possible impact of cultural and socioeconomic elements, such as religion and social conventions, is essential for showing and understanding personality characteristics (Boe & Fischer, 2013). This debate thoroughly examines the complex connection between family systems and personality types, acknowledging the family structure delicate interaction of psychological, cultural, and legal elements that influence the lives of people.

Conclusion

The comprehensive analysis presented to investigate the relationship between family systems and various personality types, mental health, and agreeableness scores. The one-way analysis of variance (ANOVA) revealed a significant influence of family systems on the PHQ personality type, indicating that individuals from different family structures may exhibit divergent PHQ scores. the Duncan Mental Health analysis demonstrated that mental health scores did not significantly differ among individuals in Nuclear, Joint Family, and Separated family structures. Consequently, while family systems may impact certain aspects of personality, mental health, and agreeableness, the study suggests that the effects may be selective, and further research is warranted to comprehensively understand the nuanced relationships between family dynamics and psychological traits.

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