

Difference in Family Adaptability and Psychological Well-being According to General Characteristics of Family Counselors

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Abstract

The purpose of this study is to investigate the difference in family adaptability and psychological well-being according to general characteristics of family counselors. The study was conducted on 225 family counselors in Ulsan, Gyeongsangnam-do. Analysis methods include frequency analysis, reliability analysis, correlation analysis, t-test and One-Way ANOVA using SPSS 22.0 program. The results of this study are as follows: First, family adaptability and psychological well-being according to the gender of the family counselors were significantly different. Second, the mean difference of family adaptability and psychological well-being according to the age of the family counselors was not significant and was found to be the same regardless of age. Third, there were significant differences in family adaptability and psychological well-being according to the marital status of family counselors. Married counselors perceived family adaptability and psychological well-being higher than unmarried counselors. Fourth, family adaptability and psychological well-being of family counselors were significantly different according to psychological counseling satisfaction. Especially, after the psychological counseling education, the average of the highly satisfied group was the highest. This study is expected to be the basic data for establishing a program for positive psychological enhancement by understanding family adaptability and psychological well-being levels of family counselors.

Keywords: Family adaptability, self-acceptance, positive interpersonal relationship, psychological well-being, family counselor¹

1. Introduction

1.1 The Need for Research

As humans are born, interpersonal relationships are formed in the community of the family. When the interpersonal relationship between the family members is well-rounded and satisfactory, the life of the family becomes stable. However, various problems arise when the relationship between a couple and the relationship between a parent and a child are not smooth.

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In addition, selfishness of an individual weakens family cohesion, which leads to problems in marital relationship, parental relationship, and sibling relationship [1]. Emotional distress and mental problems between family members are becoming serious.

When these family members experience mental problems and family conflicts, the ability of the family to adapt is very important. This is because the family's adaptive capacity to deal with conflicts in a flexible way can be seen as a resource for perceiving and resolving family conflicts [2]. In addition, family adaptability was higher with higher family health of the family with disabilities, and family health was found to be a factor to improve family adaptability [3] (Simmyoung, Kim, Jae-rim, Anseong, 2014). These results show that family health is very important for family adaptability. Moreover, family toughness and communication had a direct influence on the psychological well-being of the family, while family toughness, family cohesion, and communication were indirect variables of psychological well-being with the child's career identity as a mediator variable [4]. Therefore, it was confirmed that family toughness, family cohesion, and communication affect the formation of career identity in children as well as psychological well-being of the family.

Ryff defines psychological well-being as a broad framework for individuals' positive functions, including autonomy, environmental dominance, life goals, self-acceptance, positive interpersonal relationships, and personal growth [5]. Psychological well-being refers to the positive emotional and cognitive states in which various elements are integrated [6].

On the other hand, the psychological problem of the family is solved through the family counselor through psychological health. Especially, counseling expertise such as empathy response and self-efficacy of family counselor is very important [7] [8]. Because psychological well-being and self-efficacy of family counselors were found to be positively correlated with marital relationship and family psychological health [8].

These previous findings suggest the need to research the general characteristics of family counselors in order to study differences in family adaptability and psychological well-being. Although previous research has focused on family variables [4] and indirect variables related to family adaptation variables [3], there is little research on the quality of life, which is a direct variable of family adaptability and psychological well-being according to general characteristics of family counselors [2] [3] [4] [5][6][7][8][9]. Therefore, this study aims to provide the basic data for counseling expertise of family counselors by clarifying the effects of family adaptability and psychological well-being according to general characteristics of family counselors.

1.2 Research Objectives

The purpose of this study is to analyze the differences in family adaptability and psychological well-being according to general characteristics of family counselors. Specific research questions are as follows.

First, what is the difference in family adaptability and psychological well-being according to the gender of family counselor?

Second, what is the difference in family adaptability and psychological well-being according to the age of family counselors?

Third, what is the difference in family adaptability and psychological well-being according to the marital status of family counselors?

Fourth, what is the difference in family adaptability and psychological well-being according to the satisfaction level of psychological counseling education of family counselors?

2. Research Methods

2.1 Subject

This study was conducted from November 10, 2018 to January 31, 2019, in the family psychology counseling program students of Ulsan city, Gyeongsangnam-do. The questionnaire survey was conducted in a self-filling manner after fully explaining the purpose of the survey to the subject. A total of 225 research data were collected and used for analysis.

2.2 Reliability

As a result of the reliability test of each variable used in this study, the family adaptation reliability was found to be as high as .912. The reliability of psychological wellbeing was found to be Self-acceptance .797, autonomy .757, positive interpersonal relationship .755, control of environment, .788, personal growth .749, purpose of life .771 and total reliability .789. The reliability of each instrument was high, with a Cronbach's α value of at least .60. The results of the reliability analysis are shown in Table 1.

3. Results

3.1 General characteristics

As for the general characteristics of the study subjects, 18 were male (8.0%) and 207 were female (92.0%). Based on age group, there were 85 in the 30s (37.8%), 76 in the 40s(33.8%), 44 in the 50s (19.5%), 12 in the 20s (5.3%) and 8 in the 60s(7.1%) 37.8 in the 40, 76 in the age group, 33 in the 40, 19 in the 50, 5.3 in the 20 and 8 in the 80s (3.6%), respectively. 209 were married (92.9%) and 16 (7.1%) were unmarried. The satisfaction rate of the psychological counseling education program showed 128 (56.9%) with very satisfied, followed by 79 (35.1%) with satisfied, 16 (7.1%) with moderate and 2 were dissatisfied (0.9%). Table 2 summarizes the general characteristics of students in the family psychology counseling program.

3.2 Technical statistics on key variables

3.2.1 Technical statistics of family adaptation

The family adaptation of family psychological counseling students was measured on a 5-point scale. The minimum score of 2.00 and the maximum score of 5.00. The score of family adaptation were found to be higher than the average score ($M = 4.07$). The results of the descriptive statistics on family adaptation of family psychological counseling students are shown in Table 3.

3.2.2 Technical statistics of psychological well-being

The psychological well-being of family psychological counseling students was measured on a 5-point scale. In terms of sub-factors of psychological well-being, the purpose of life ($M = 4.02$) was the highest and the positive interpersonal relationship ($M = 4.00$), Personal growth ($M = 3.95$), self acceptance ($M = 3.79$), autonomy ($M = 3.64$), and control over the environment ($M = 3.47$) showed above average. The results of the descriptive statistics on the psychological well-being of the family psychological counseling program students are shown in Table 4.

3.3 Correlation between variables

The results of the study on the relationship between parent-child communication and psychological well-being of the students showed that self-acceptance, autonomy, positive interpersonal relationship, personal growth had a positive (+) correlation. Family adjustment and self-acceptance showed a somewhat higher positive correlation ($r = .451, p < .01$). In addition, family adaptation and autonomy have a somewhat higher positive correlation ($r = .489, p < .01$). On the other hand, family adjustment, environment control ($r = .314, p < .01$), family adjustment and life purpose ($r = .233, p < .01$) showed a low correlation. On the other hand, autonomy and positive interpersonal relationship ($r = .558, p < .01$) and personal growth and purpose of life ($r = .596, p < .01$) were found to have a somewhat higher positive correlation. These results show that each correlation coefficient has a relationship between variables under statistical significance level. The results of the correlation analysis between the variables are shown in Table 5.

3.4 Differences in family adaptation and psychological well-being according to general characteristics

3.4.1 Differences in family adaptation and psychological well-being according to gender

A t-test analysis was conducted to find out the mean difference of major variables according to gender. Family adjustment ($p = .056, p > .05$) and psychological well-being ($p = .774, p > .05$) were both higher than p value of .05, and equally distributed. Family adjustment ($T = -4.491, p = .000$) and psychological well-being ($t = -5.872, p = .000$) were statistically significant differences according to gender. Family adjustment, and psychological well-being were found to be higher in women than in men. These results show that there is an average difference in learning transfer characteristics, family adaptation, and psychological well-being according to gender, and it suggests that women perceive family adaptation and psychological well-being higher than men. Table 6 shows the results of examining differences in family adaptation and psychological well-being according to gender.

3.4.2 Differences in family adaptation and psychological well-being according to age

Family psychological counseling program One-way ANOVA was conducted to find out the difference of family adaptation and psychological well-being according to the age of the students. Family adjustment ($p = .176, p > .05$) and psychological well-being ($p = .132, p > .05$) were both greater than p-values of .05 and equally distributed. In the mean difference of the main variables, family adaptation ($F = 4.118, p > .05$) and psychological well-being ($F = 4.197, p > .05$) were not statistically significant. These results indicate that the average of family adaptation and psychological well-being of students in the family psychological counseling program is the same regardless of age. The results of examining the differences in family adaptation and psychological well-being of the students are shown in Table 7.

3.4.3 Differences in family adjustment and psychological well-being according to marital status

Family psychological counseling program A t-test analysis was conducted to find out the mean difference of family adaptation and psychological well-being according to the marital status of the trainees. Family adjustment ($p = .074, p > .05$) and psychological well-being ($p = .461, p > .05$) were higher than the p value of .05. Family adjustment ($T = -2.375, p = .000$) and psychological well-being ($t = -5.293,$

$p = .000$) were statistically significant differences according to marital status. Also, family adaptation and psychological well - being were found to be higher than married ones. These results show that the main variables are different according to the marriage status, and that married people perceive family adaptation and psychological well - being higher than single marriage. Family psychological counseling program The results of examining differences in family adaptation and psychological well-being of students are shown in Table 8.

3.4.4 Difference in family adaptation and psychological well-being according to psychological counseling satisfaction

One-Way ANOVA was conducted to find out the difference of family adaptation and psychological well-being according to educational satisfaction of family psychological counseling program students. As a result of the analysis, equidistant estimation was assumed to be equipartition, with p value being larger than $.05$ in both family adaptation ($p = .135, p > .05$) and psychological well-being ($p = .146, p > .05$). The family adjustment was highest in the highly satisfied group after psychological counseling education, and it was found that there was a statistically significant difference between the normal and the satisfaction group ($F = 14.247, p < .05$). In addition, after the psychological wellbeing psychological counseling education, the highest satisfaction group had the highest average, and it was found that there was a statistically significant difference between satisfaction, normal, and dissatisfied groups ($F = 30.450, p < .05$). The results of this study suggest that highest satisfaction group after psychological counseling education has high level of family adaptation and psychological well-being. Table 9 shows the result of examining differences in family adaptation and psychological well-being of students.

Table 1. Reliability of Major Variables

Category	Question	Cronbach's α
Family Adaptability		.912
Psychological Well-being	Self-Autonomy	.797
	Positive Interpersonal Relationship	.757
	Control over the Personal Purpose of	.755
		.788
		.749
		.771
		.789

Table 2. General Characteristics

Category		Total (N=225)	
		Frequency	Percentage (%)
Gender	Male	18	8.0
	Female	207	92.0
Age	20s	12	5.3
	30s	85	37.8
	40s	76	33.8
	50s	44	19.5
	Over 60s	8	3.6
	Marital Status	Single	16
	Married	209	92.9
Psychological Counseling Education Program Satisfaction	Very Unsatisfied	-	-
	Unsatisfied	2	0.9
	Moderate	16	7.1
	Satisfied	79	35.1
	Very Satisfied	128	56.9

Table 3. Technical Statistics on Family Adaptability

Category	N	Minimum	Maximum	M	SD
Family Adaptability	225	2.00	5.00	4.07	.58

Table 4. Technical Statistics on Psychological Well-being

Category	N	Minimum Value	Maximum Value	M	SD
Self-acceptance	225	1.33	5.00	3.79	.57
Autonomy	225	2.00	4.83	3.64	.50
Positive Interpersonal Relationship	225	2.14	5.00	4.00	.73
Control over the Environment	225	1.33	5.00	3.47	.65
Personal Growth	225	1.43	5.00	3.95	.51
Purpose of Life	225	2.14	5.00	4.02	.59

Table 5. Correlation between Key Variables Family Adaptability Category

Category	Family Adaptability	Psychological Well-being					
		Self-acceptance	Autonomy	Positive Interpersonal Relationship	Control over the Environment	Personal Growth	Purpose of Life
Family Adaptability	1						
Psychological Well-being	Self-acceptance	.451**	1				
	Autonomy	.489**	.361*	1			
	Positive Interpersonal Relationship	.418**	.340*	.558*	1		
	Control over the Environment	.314**	.152*	.503*	.445**	1	
	Personal Growth	.415**	.367*	.522*	.512**	.400**	1
	Purpose of Life	.233**	.424*	.301*	.395**	.314**	.596*

*p<0.05, **p<0.01, ***p<.001

Table 6. Family Adaptability and Psychological Well-being According to Gender

Factor Name		Frequency (N)	Mean (M)	Standard Deviation (SD)	Homogeneity Test of Variance (p)	t
Family Adaptability	Male	18	3.54	.76	.056	-
	Female	207	4.10	.55		4.491***
Psychological Well-being	Male	18	3.32	.40	.774	-
	Female	207	3.85	.40		5.872***

*p<.05, **p<.01, ***p<.001

Table 7. Family Adaptability and Psychological Well-being According to Age

Factor Name		Frequency (N)	Mean (M)	Standard Deviation (SD)	Homogeneity Test of Variance	F(p) / Scheffe
Family Adaptability	20s (a)	12	3.75	.66	.176	4.118
	30s (b)	85	4.04	.60		
	40s (c)	76	4.21	.56		
	50s (d)	44	4.06	.53		
	Over 60s	8	3.69	.60		
Psychological Well-being	20s (a)	12	3.56	.45	.132	4.197
	30s (b)	85	3.79	.49		
	40s (c)	76	3.83	.41		
	50s (d)	44	3.88	.34		
	Over 60s	8	3.49	.46		

*p<.05, **p<.01, ***p<.001

Table 8. Family Adaptability and Psychological Well-being According to Marital Status

Factor Name		Frequency (N)	Mean (M)	Standard Deviation (SD)	Homogeneity Test of Variance (p)	t	p
Family Adaptability	Single	16	3.25	.83	.074	-2.375***	.000
	Married	209	4.09	.55			
Psychological Well-being	Single	16	3.13	.48	.461	-5.293***	.000
	Married	209	3.83	.40			

*p<.05, **p<.01, ***p<.001

Table 9. Family Adaptability and Psychological Well-being According to Psychological Counseling Education Program Satisfaction

Factor Name	Frequency (N)	Mean (M)	Standard Deviation (SD)	Homogeneity Test of Variance (p)	F(p) / Scheffe	
Family Adaptability	Very Unsatisfied	-	-	-	.135	14.247*** c<d,e
	Unsatisfied (b)	2	3.35	.90		
	Moderate (c)	16	3.46	.75		
	Satisfied (d)	79	4.01	.64		
	Very Satisfied	128	4.17	.46		
Psychological Well-being	Very Unsatisfied	-	-	-	.146	30.450*** b,c<d,e
	Unsatisfied (b)	2	3.18	.01		
	Moderate (c)	16	3.26	.50		
	Satisfied (d)	79	3.71	.48		
	Very Satisfied (e)	128	3.94	.29		

*p<.05, **p<.01, ***p<.001

4. Conclusion

In this study, we analyzed the differences in family adaptability and psychological well-being according to general characteristics of family counselors. The following discussion is based on the results of the analysis.

First, it was confirmed that there was a meaningful difference in both family adaptation and psychological well-being according to the gender of the family counselors.

Second, family adaptability and psychological well-being according to the marital status of the family counselors were found to be significantly different.

Third, as a result of analysis of differences in family adaptation and psychological well-being according to the marital status of family psychological counseling program students, it was found that both family adaptation and psychological well-being were significantly different according to marital status. Both family adjustment and psychological well-being were found to be higher in women than in men. This suggests that there is a significant difference between family adaptation and psychological well-being according to marital status, which means that married person perceives family adaptation and psychological well-being at a higher level than single person.

Fourth, as a result of analysis of difference of family adaptation and psychological well-being according to satisfaction of psychological counseling education of family psychological counseling program student, it was confirmed that there is a meaningful difference in average of family adaptation and psychological well-being according to satisfaction of psychological

counseling education. Especially, family adaptation and psychological well-being were found to be highest in the satisfaction group after psychological counseling education. This suggests that family adaptation and psychological well-being showed a high level of family adaptation and psychological well-being in the highly satisfied group after psychological counseling education. As discussed above, this study is expected to be the basic data for establishing programs for positive psychological enhancement by understanding the level of family adaptability and psychological well-being of family counselors.

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