

FAMILY ENVIRONMENT SCALE (FES) - 2

- PURPOSE OF THE TEST : To study the family environment of the subject by using Family Environment Scale (FES) by Dr. Bhatia and Dr. Chaddha.

- INTRODUCTION :

Family has been defined in a number of ways: The World Book Dictionary (1922) defines family as, "a group of people living in the same house or under one head, including parents, children, relatives and servants."

Mac Iver (1945) defined family as a 'group defined by a sex relationship sufficiently precise and enduring to provide for the procreation and upbringing of children.'

According to Kinsley (1960), 'family is a group of persons whose relations to one another are based upon consanguinity and who are, therefore, kin to one another.'

These definitions emphasize close interpersonal relations as a characteristic of family. Comprehensive definition of a family could be "Family is a group of persons united by the ties of marriage, blood or adoption, having a single household; interacting and intercommunicating with each other in their respective social roles of husband and wife, fathers and mother, son and daughter and brother and sister, sharing a common culture."

- TYPES OF FAMILY

a) Joint family - Joint family constituted of father,

mother, son, daughter, grandfather, grandmother, aunt and uncle and other close relatives. In joint families children learn to compromise, sacrifice, accommodate and adjust in social settings. They pick up family culture fast.

b) Nuclear Family - Industrialisation, modernization and new globalisation have been some of the reasons for the disappearance of joint families. A nuclear family consists of a father, mother, son and daughter. Children from such families become self-centred; they do not know to spend time in the absence of parents.

c) Traditional Family - The wide range of studies has shown that children coming from traditional families are better adjusted. Traditional parents talk more with their children and showed more interest in them. At the same time these parents lead to discipline their children more appropriately and consistently.

d) Divorce Among Parents - In the recent past the marriage ending in divorce are considerably increased. It is observed that children coming from divorced families have more social, academic and behavioural problems.

e) One Parent Family - Children coming from one parent family may be because of the divorce/separation, death of a parent or unwed mothers found that children are at a greater risk of marital and parenting problems themselves.

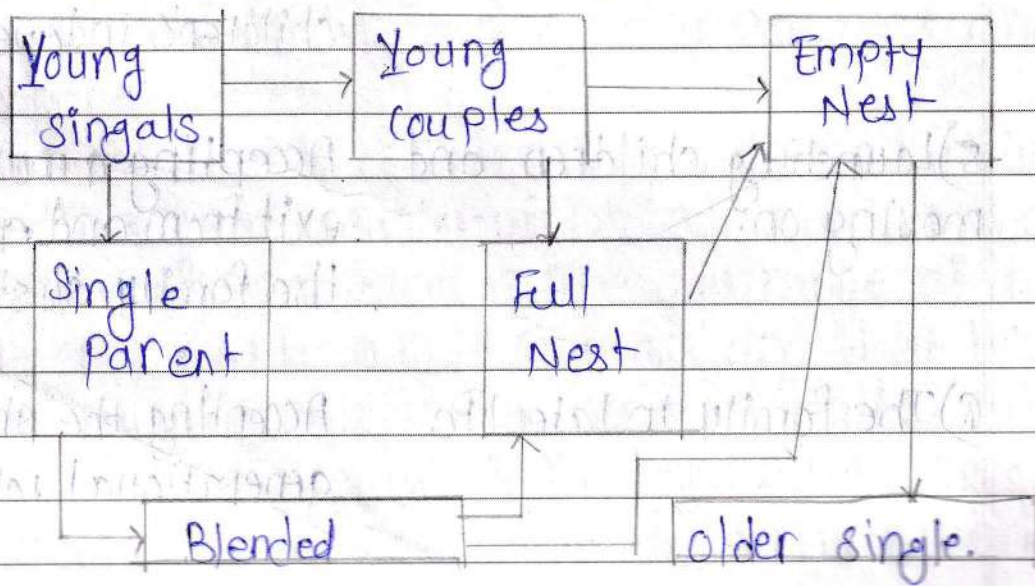
- FACTORS AFFECTING FAMILY ENVIRONMENT.

1) Nature - It refers to heredity, the influence of inherited characteristics on personality, physical growth, intellectual and social interaction. In family age difference, gender of siblings intellectual and academic background affects the environment.

2) Nurture - It refers to the influence of the environment on personality, physical growth, intellectual growth and social interactions and also parenting styles, physical surrounding and economic factors. In family, parent child relationship, overprotection and restriction, attitude of parents, sibling relationship, lack of communication, broken homes, socio-economic status of family does not affect the family environment.

- ~~FAMILY~~ LIFE SPAN APPROACH.

Family life has its own rhythm and while this model has its roots in the idea of nuclear family, the developmental stages and challenges are shared in families with different structures.



The institutions of marriage and family are inevitably intertwined. The stages of family cycle are correlated with marriage satisfaction.

- FAMILY LIFE CYCLE.

Carter and Mc Goldrick discussed the six stages model of family development. They are as follows.

Family life cycle stages. Emotional process of Transition: key Deve. Tasks.

1) Between families: unattached young adults. Accepting parent/offspring separation.

2) The joining together: Newly married couples. Committed to the new system.

~~3) The family with young children. Accepting the new member in the system.~~

4) The family with adolescent. Increasing flexibility of the family boundaries to include children's independence.

5) Launching children and moving on. Accepting a multitude of exit from and entries into the family system.

6) The family in later life. Accepting the shifting of generational role.

ABOUT THE PRESENT TEST.

a) Conventional Properties.

This family environment scale is based on the family environment by Moos (1974). This scale consists of 8 dimension which are taken from Moos scale. All the subscales in each dimension were pre rationally defined with certain modifications of the original definitions.

- Cohesion - Degree of commitment, help, support family members provide for one another.

- Expressiveness - Extent to which family members are encouraged to act openly and express their feelings and thoughts directly.

- Conflict - Amount of openly expressed aggression and conflict among family members.

- Acceptance and Caring - Extent to which the members are unconditionally accepted and the degree to which caring is expressed in the family.

- Independence - Extent to which family members are assertive and independently make their own decisions.

- Active Recreational orientation - Extent of participation in social and recreational activities.

- Organisation - Degree of importance of clear organization structure in planning family activities and responsibilities.

- Control - Degree of limit setting within a family.

The scale was administered to an unselected sample of 950 students. The age range of the subjects was from 17 to 50 years and they belong to the middle class socio economic strata. Subjects were asked to respond to the items by marking any of the responses: strongly agree, agree, neutral, disagree and strongly disagree.

- Scoring : There are total 69 items in this questionnaire. The respondent is provided with five alternatives to give his responses being it strongly agree, agree, neutral, strongly disagree or disagree. The scoring system for positive and negative responses is different.

For positive responses.

SA A N D SD

5 4 3 2 1

For negative responses.

SA A N D SD

1 2 3 4 5

Add all scores of eight items given, it will give you a score of each dimension.

b) Psychometric properties.

● Reliability - Split half reliability was found for the present test and it was found to be .90 for cohesion; .88 for expressiveness; .84 for conflict; .86 for acceptance and caring; .70 for independence; .48 for active recreational orientation and .75 for organisation; .48 for control.

● Validity - Both face and content validity were tested.

● Norms - The qualitative norms for the sample of the age range of 17 to 50 years are presented.

- CONTEMPORARY TESTS.

● The Beavern scale - Robert Beavern and his colleagues have developed both observer rating and self report which means measures of family interaction

● The Mc Master Test - This model of family functioning developed by Epstein and colleagues postulates six areas of relational functioning.

● The Family System Test (FAST) - Developed by Fiehring in 1998. It is an innovative technique that utilize the generation of figures by family members to represent emotional and hierarchi structure.

- MATERIAL.

Two booklets + Answersheet + manual + scoring key + wooden screen + stationery.

- PRECAUTIONS.

Arrange ~~the~~ cubical properly before the subjects comes in. Do not expose the subject to the ~~the~~ test material before they asked to do so. Subject should not skip any question. Detailed case history should be taken.

CASE HISTORY :

The subject was female and 20 years old. She has completed her graduation in psychology and now she has taken 'brake' now. She lives with her parents, they are only 3 family members. Amongst her mother and father, she is mostly close to her father. Because of the generation gap she disagrees on some topics/subjects with her parents but rarely this disagreement turns into quarrels, and they also do not continue this quarrel next day. Her parents are working, so as they do not spend their day time together it's a strict rule in their house that they will take their dinner together. Subject is not that much oriented towards studies or academics. Her parents support her for everything. If in case she face failure they always stay with her, support her, encourage her. There is free environment in her family. She has space in her family to put her point, to take her stand.

RESULT TABLE :

CASE HISTORY 38A)

Dimension	Score	Interpretation
1) Relationship Dimension.		
a) Cohesion.	63	High.
b) Expressiveness.	36	Average.
c) Conflict.	49	Average.
d) Acceptance and Caring	52.	Average.
2) Personality growth		
e) Independence	43	High.
f) Active Recreational orientation.	36	High.
3) System maintenance.		
g) Organisation	10	High.
h) Control	16	Average.

INTERPRETATION :

To study family environment of the subject by using family environment scale by Dr. Bhatia and Dr. Chaddha. There are total 8 areas are measured through this test, they are divided largely into 3 dimensions, such as, relationship dimension, personal growth dimension and system maintenance dimension.

Family can be defined as a group of people related either by birth or by marriage or other relationships.

Firstly the cubical is adjusted and subject is called for the test conduction. Firstly rapport established between us and then case history is taken. After that instructions were given to subject and then the actual test conduction is taken place. And after that scoring is done.

The subject has scored high (683) on Cohesion, which matches with the case history as there is very lovely relationship amongst her family member.

she has scored average (86) on expressiveness. In her family there is space to everyone to put there opinion.

In conflict area the subject has scored average (49), as rarely the disagreement between family members turns into quarrels in her family.

The subject has scored average (52) in acceptance and caring. Her family supports her for everything. If in case she faces

failure they encourage her to fight again.

In the area of independence the subject has scored high (48). Which means that there is freedom in her family to take their own decisions. They can put their separate opinion.

The subject has scored high (36) in active recreational orientation, which matches with the case history. All family members attain and celebrate functions, social gatherings together.

In area of organisation the subject has scored high (10) which means that the family is well organised. They plan before doing any thing.

In the area of control the subject has scored average (16), which means that her family is not controlling type. They allows her to take decision and helps her if in case she is going wrong.

Scores should be interpreted with caution because case administrator is a student of psychology.

CONCLUSION :-

There are total 8 areas in this test.
The subject has scored high on cohesion.
She has scored average in expressiveness.
In the area of conflict, subject score is average.
In acceptance and caring, she scored average.
The subject has scored high in independence.
In active recreational orientation score is high.
The subjects score in organisation is high.
In the area of control the score is average.
All the scores matches with the case history.

REFERENCES :

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