

Factors Influencing Well-Being among Families with Adolescents living in and around Bangkok, Thailand

Yupa Jewpattanakul, Rutja Phuphaibul, Carol J. Loveland-Cherry, Dechavudh Nityasuddhi, Nantawon Suwonnaroop

Abstract: This cross sectional research sought to determine the effects socioeconomic status, life events, marital adjustment, parent-adolescent relationship, sense of coherence and neighborhood characteristics had on well-being among families with adolescents 13 to 18 years of age in and around Bangkok, Thailand. Family Systems Theory provided the theoretical framework for the study. Multistage cluster sampling was employed to recruit 280 families with adolescents from 24 communities in and around Bangkok. Data were collected through use of 7 questionnaires: the Family Well-Being Questionnaire; Socioeconomic Status Questionnaire; a modified version of the Locke Marital Adjustment Questionnaire; the Family Sense of Coherence Scale; a modified version of the Life Events Questionnaire; the Parent-Adolescent Relationship Scale; and, a modified version of the Neighborhood Characteristics Questionnaire.

The final model fit the empirical data well and explained 79% of the total variance in family well-being. Family sense of coherence, neighborhood characteristics and marital adjustment had significant positive direct effects on family well-being. Marital adjustment and family socioeconomic status had significant positive indirect effects on family well-being through family sense of coherence. Moreover, family socioeconomic status, marital adjustment and parent-adolescent relationship had significant positive direct effects on family sense of coherence. However, family life events and parent-adolescent relationship had non-significant indirect effects on family well-being through family sense of coherence. The findings have implications for multidisciplinary health care providers, teams and policy makers seeking to strengthen well-being among families with adolescents living in and around Bangkok.

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Background and Significance

The recent economic crisis and social changes that have occurred throughout Thailand have weakened relationships, decreased cohesion, increased conflict and lowered well-being among families with adolescents.¹ These family events have been noted to have affected the well-being of parents and adolescents.² Thus, the government has expressed a desire to develop and implement interventions to restore family well-being

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throughout Thailand.³ However, before this can be done, knowledge needs to be generated regarding factors that influence family well-being of Thais.

Understanding factors that influence family well-being has led to development of effective interventions, including home visitation programs, for families in Western cultures, which have provided empirical data regarding family well-being.⁴ However, investigation of family well-being among Thais has been limited to attempts to understand its meaning and indicators among various populations.⁵ Thus, the goal of strengthening family well-being among Thais has been difficult to achieve.

Families with adolescents in and around Bangkok have been found to experience more well-being difficulties than those in other regions of Thailand.⁶ Not only have families with adolescents in and around Bangkok been found to have the lowest levels of family well-being and Family Relationship Index (71.24), compared to other regions of Thailand, but also the highest divorce rate (27.86%) and percentage of arrested adolescents (89.15%).⁷ To develop and promote well-being among families with adolescents, nurses need to know what factors influence family well-being. Therefore, families with adolescents in and around Bangkok were targeted for study in an attempt to determine the relationships among a set of variables (family socioeconomic status, family life events, marital adjustment, parent-adolescent relationship, family sense of coherence and neighborhood characteristics) with family well-being.

Conceptual Framework

Family Systems Theory⁸ was used to conceptualize the relationships among inputs (family socioeconomic status and family life events), processes (marital adjustment, parent-adolescent relationship and family sense of coherence), outputs (family well-being) and the environment (neighborhood characteristics). Within this model (See **Figure 1**), inputs were viewed as needing to be processed before being changed to outputs. In addition, each family with an adolescent was viewed

as a system in which the family members interacted with one another, exhibited coherent behaviors, shared some degree of interdependence and interacted with members of their neighborhood. Such interactions were conceptualized as being constructed to maintain equilibrium within the family, as well as to meet the goal (family well-being) of the family.

More specifically, high socioeconomic status and low stress family life events have been shown to help families with adolescents cope more effectively with family problems through the development of positive parent-adolescent relationships that facilitate family cohesiveness.⁹ In addition, parents who demonstrate effective marital adjustment have been found to have better emotional functioning and be more willing to assist in bringing resolution to problems with their adolescents than those without such traits.¹⁰ Furthermore, residents within neighborhoods that share expectations, safety and support have been found to be more supportive of one another, as well as more likely to seek to resolve family conflicts and maintain family cohesiveness than those who do not live within such neighborhoods.¹¹

Method

A cross-sectional design was used to examine, in families with an adolescent, the relationships among socioeconomic status, family life events, marital adjustment, parent-adolescent relationship, family sense of coherence, neighborhood characteristics and family well-being. Prior to data gathering, approval to conduct the study was granted by the Institutional Review Board (IRB) of the Faculty of Medicine, Ramathibodi Hospital, Mahidol University. After IRB approval, the principal investigator (PI) obtained permission, from the community leader within each community selected for data gathering, to conduct the study and access the name and identification number of each family head. Potential participants were informed about: the purpose of the study; what was involved

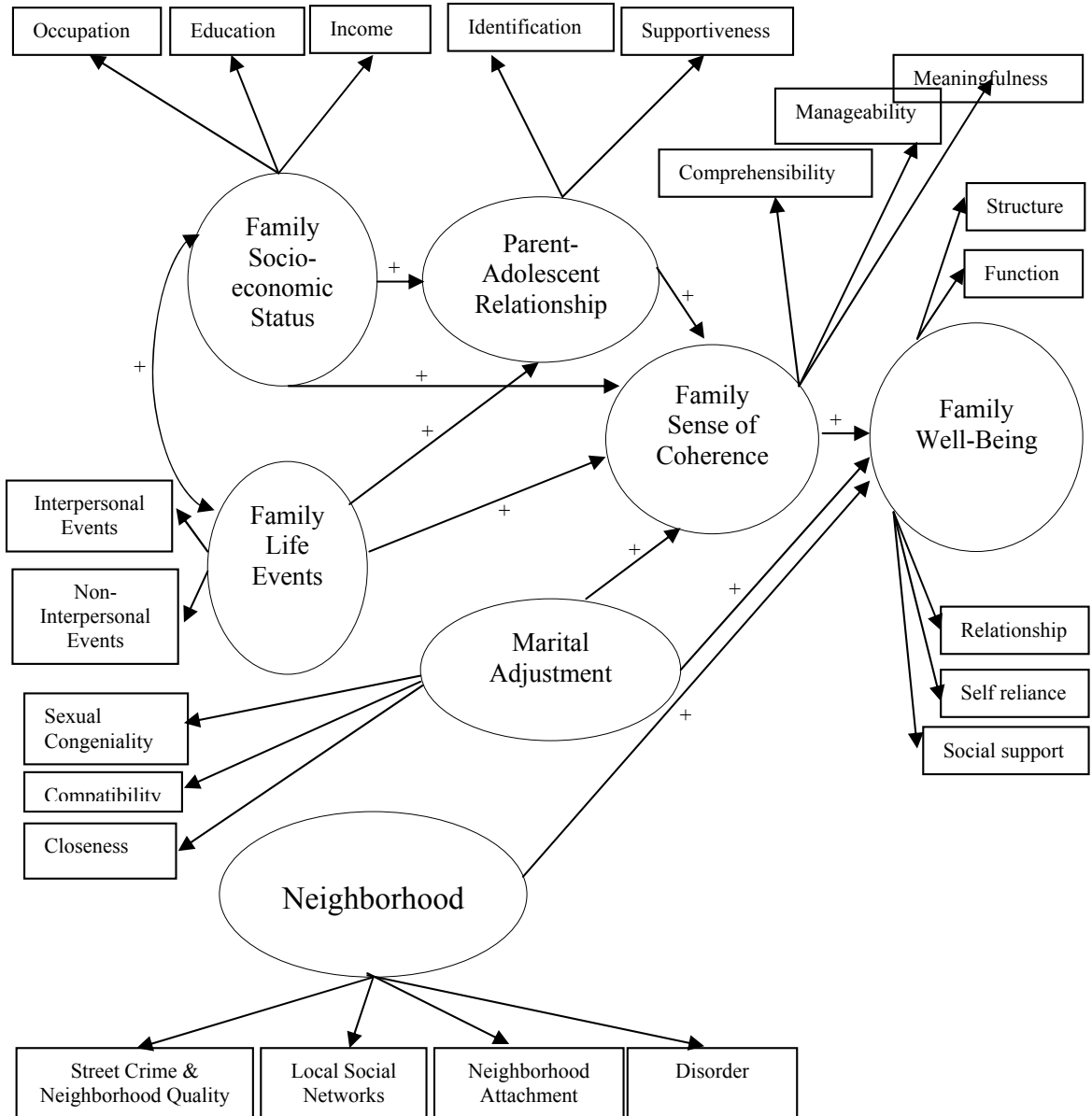


Figure 1 Relationship model of factors influencing family well-being of Thai families with adolescents living in and around Bangkok

to be part of the study; maintenance of confidentiality and anonymity; and, the right to decline to participate or withdraw from the study at any time.

Sample: The sample size was calculated via use of Cochran's formula.¹² Multistage cluster sampling was employed to recruit 280 families with adolescents 13 to 18 years of age who lived in 24 communities in and around Bangkok, Thailand. According to the proportion of families, the PI randomly selected 3 provinces from Bangkok and its vicinity. Next, districts were listed for each province from which 2 districts were randomly selected, for a total of 6 districts. In the third step, sub-districts were listed for each district from which one sub-district was randomly selected,

for a total of 6 sub-districts. Then villages were listed for each of the selected sub-districts and 4 villages were randomly selected from each sub-district. As a result, a total of 24 villages were selected from the sampling frame. Finally, 280 families were randomly selected from the 24 villages (See **Figure 2**). These families were recruited based upon the inclusion criteria that they: consisted of both parents and at least one 13-18 year old adolescent currently enrolled in school; had lived together for at least 6 months prior to data collection; were able to read, understand and verbally communicate in Thai; and, were willing to participate.

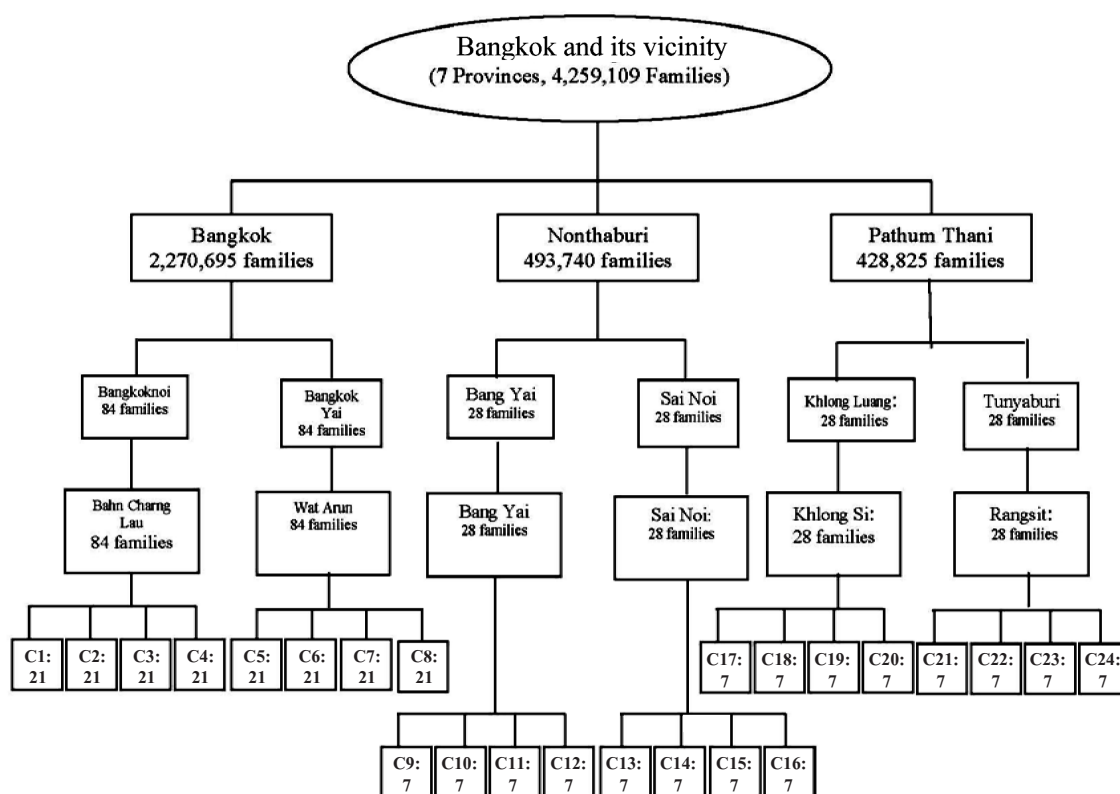


Figure 2 Multistage cluster sampling of families living in and around Bangkok

The 280 families included 560 parents and 332 adolescents who met the inclusion criteria (See **Table 1**). The adolescents primarily were 16 year old 9th graders living in a nuclear family of 3 to 4 people. The families tended to report an income of less than 20,000 baht per month, yet believed their income was sufficient. The largest percentage of the heads of household had an educational level at or below elementary school, with laborer and factory/company employee being the predominate occupations. Given the education, income and occupation of the majority of the families'

head of household, the families' socioeconomic status would be considered low. The families tended to indicate their life events were not burdensome, and their family sense of coherence and well-being were good (moderate level) to excellent (high level). Parental couples primarily indicated their marital adjustment was good (moderate level), while the adolescents felt their parent-adolescent relationships was good (moderate level) to excellent (high level). Finally, families believed the nature and quality of their neighborhoods were good (moderate) to excellent (high).

Table 1 Number and percentage of families' socioeconomic status, family life events, marital adjustment, neighborhood characteristics, parent-adolescent relationship, family sense of coherence and family well-being (n = 280)

Variables	Number	Percentage
Families' Socioeconomic Status		
Family's head education		
Elementary school and lower	108	38.6
High school	77	27.5
Diploma	51	18.2
Bachelor degree	43	15.3
Higher than bachelor degree	1	0.4
Family's heads occupations		
Housewife and agricultural	34	12.1
Laborer	84	30.0
Factory/company employee	54	19.3
Merchant/ business	68	24.3
State enterprise servant	14	5.0
Government officials	26	9.3
Family income (Baht)		
Lower than 5,000	10	3.6
5,001-10,000	67	23.9
10,001-20,000	108	38.6
20,001-30,000	44	15.7
30,001-40,000	25	9.0
40,001-50,000	13	4.6
50,001 and higher	13	4.6
Family Life Events (scores)		
Not burdensome (12-20)	193	68.9
Burdensome (21-29)	80	28.6
Extremely burdensome (30-36)	7	2.5

Table 1 (cont.)

Variables	Number	Percentage
Marital Adjustment (scores)		
Low (28-55)	57	20.4
Moderate (55.5-73)	153	54.6
High (73.5-89.5)	70	25.0
Neighborhood Characteristic (scores)		
Low (35-58)	0	0
Moderate (59-82)	165	58.9
High (83-105)	115	41.1
Parent-Adolescent Relationship (scores)		
Low (0-10.67)	1	0.4
Moderate (10.68-21.34)	124	45.2
High (21.35-32.00)	155	54.4
Family Sense of Coherence (scores)		
Low (26-78)	4	1.4
Moderate (79-131)	110	39.3
High (132-182)	166	59.3
Family Well-Being (scores)		
Poor (less than 19)	3	1.1
Low (19-22)	25	8.9
Moderate (23-25)	69	24.6
Good (26-28)	100	35.8
Excellent (29-32)	83	29.6

Instruments: Data were collected through use of 7 instruments. These included: the Family Well-being Questionnaire (FWBQ),¹³ the Socioeconomic Status Questionnaire (SESQ);¹⁴⁻¹⁷ a modified version of the Locke Marital Adjustment Questionnaire (LMAQ);¹⁸ the Family Sense of Coherence Scale (FSCS);¹⁹ the Parent-Adolescent Relationship Scale (PARS);²⁰ a modified version of the Life Events Questionnaire (LEQ);²¹ and, a modified version of the Neighborhood Characteristics Questionnaire (NCQ).²² Permission for use was obtained for all copyrighted instruments. All instruments, except the available Thai version of the FWBQ, were translated, using the LaPlante translation technique,²³ into Thai.

The Family Well-Being Questionnaire (FWBQ),¹³ contains 55-items that measure 5 family dimensions

(structure, functioning, relationships, self-reliance and well-being). The FWBQ is designed to be completed by the head of the household. Items include statements, such as: "How many family member(s) are in your household?" "Do you have someone who takes care of your children?" "Do family members consult each other?" "Does your family have good quality housing?" and, "Do members of your family participate in public activities?" Responses to items are coded on a dichotomous scale, whereby 0 = yes and 1= no. The score for the FWBQ is obtained by summing the responses across the 5 dimensions. Scores are weighted before interpretation. The weight score for family structure, function, relationship, self reliance and social support are 2, 8, 8, 11 and 3, respectively. Scores can range from 0 to 32 and represent the family's

level of well-being (29 – 32 = excellent; 26 – 28 = good; 23 – 25 = moderate; 19 – 22 = low level; and, less than 19 = poor). It takes approximately 15 minutes to complete the questionnaire. The internal consistency reliability of the FWBQ has been found to be 0.87.¹³ In this study, Cronbach's alpha was 0.81.

The Socioeconomic Status Questionnaire (SESQ) is designed to be completed by the head of the household and measures the level of education and occupation of the head of the family, as well as the family income. The score of the household head's education is scored on a 5-point scale, whereby: 1 = elementary school and lower; 2 = high school; 3 = diploma; 4 = bachelor degree; and, 5 = higher than bachelor degree.¹⁴ Scores of the household head's occupation, in accord with Erison and Goldthorpe's class scheme, can range from 1 to 6, wherein: 1 = housewife and agricultural; 2 = laborer; 3 = factory/company employee; 4 = merchant/ business; 5 = state enterprise servant; and 6 = government official.¹⁵ The family income is scored on a 7-point, scale, whereby a score of: 1 = less than 5,000 baht; 2 = 5,001-10,000 baht; 3 = 10,001-20,000 baht; 4 = 20,001-30,000 baht; 5 = 30,001-40,000 baht; 6 = 40,001-50,000 baht; and, 7 = 50,001 baht and greater.¹⁶ The total score is the sum of the household head's education and occupation, as well as the level of the family's income.¹⁷ Total scores can range from 3 to 18 and indicate the family's socioeconomic status as being either: low (3 to 8); moderate (9 to 13); or, high (14 to 18).

The Locke Marital Adjustment Questionnaire (LMAQ) is a modified 14-item instrument that is designed to measure sexual congeniality (4 items), compatibility (6 items) and closeness (4 items) of married couples.¹⁸ Item responses and their respective numerical values vary depending upon the type of question being asked. For example, eight of the questions (2 sexual congeniality, 4 compatibility and 2 closeness) involved assessment of the frequency the couple engaged in a specific activity (i.e. kissing, talking things over or wishing they had not married),

which included responses such as: "every day" = 5, "now and then" = 3 or "almost never" = 3 "frequently" = 2, "occasionally" = 2 or "rarely" = 6; and, "never" = 2, "now and then" = 2, "almost always" = 4 or "always" = 5". Five items (2 sexual congeniality, 2 compatibility and 1 closeness) assess the extent of agreement or disagreement on marital issues (i.e. ways of dealing with in-laws and intimate relationships), which have possible responses on a scale of "always agree = 5 to "always disagree" = 2. Finally, one item (closeness) assesses the couple's degree of happiness on a scale of "very unhappy" = 0 to "perfectly happy" = 18. A marital adjustment score is tabulated for the husband, as well as for the wife, by summing the scores of each of the items. By combining the husband's and wife's score, a mean score is achieved. The mean score then is used to determine whether the couples' level of marital adjustment is either: low (28 – 55); moderate (55.5 – 73); or, high (73.5 – 89.5). It takes approximately 5 minutes to complete the instrument. The internal consistency of the LMAQ has been found to be 0.90.¹⁸ In this study, Cronbach's alpha was 0.78 for the wives and 0.81 for husbands.

The Family Sense of Coherence Scale (FSCS)¹⁹ consists of 26 semantic differential items that measure comprehensibility (8 items), manageability (9 items) and meaningfulness (9 items). The head of household is asked to respond to statements such as: "Is there a feeling in your family that everyone understands everyone else well?" and, "When you think about your family life, do you feel good about being alive?" Item responses to the statements are extreme anchor phrases with a value range, depending upon the item, of 1 to 7 (i.e. "There's full understanding among all family members" = 1 to "There's no understanding among family members" = 7; "There's almost no chance that the things will get done" = 1 to "Things will always get done" = 7; and, "Feel how good it is to be alive" = 1 to "Ask yourself why the family exists" = 7). The total score is determined by summing across the scores on all items, for a possible

range of 26 –182. Based on the total score, the family's sense of coherence can be assessed as either; low (26 –78), moderate (79– 131) or high (132 –182). It takes approximately 10 minutes to complete the scale. Prior research has reported a Cronbach's alpha of 0.92 for the FSCS.¹⁹ For this study, Cronbach's alpha was 0.87.

The 8-item Parent-Adolescent Relationship Scale (PARS)²⁰ is designed to be completed by adolescents and used to assess their perceived relationship with their parents. Three items assess identification with parents (i.e. "I think highly of my parent") via use of a 5-point scale, where "strongly disagree" = 0 and "strongly disagree" = 4. Five items assess perceived parental support (i.e. "How often do parents praise you for doing well?") via use of a 5-point scale, where "never" = 0 to "always" = 4. A total score, obtained by summing the values across the 8 items, can range from 0 to 32. Based on the total score, the parent-adolescent relationship can be assessed as being either: low (0 – 10.67), moderate (10.68 – 21.34) or high (21.35 – 32). Prior research has found the PARS to have a Cronbach's alpha of 0.82.²⁰ For this study, Cronbach's alpha was 0.98.

The 12-item Life Events Questionnaire (LEQ), modified by Bos and colleagues,²¹ is designed to be completed by the family head of household and used to assess interpersonal (5 items) and non-interpersonal (7 items) life events. The interpersonal life events are those that are the result of family members' behavior during interpersonal interactions (i.e. breaking off a steady relationship; divorce; having a serious problem with a close friend, neighbor, or relative; being fired from a job; becoming unemployed or seeking work unsuccessfully). The non-interpersonal life events are those not related to family members' behavior during interpersonal interactions (serious illness or injury; serious illness or injury happening to a close relative; death of a parent, child, or spouse; death of a close friend or relative; major financial crisis; problems with police or the court; loss of valuables). Responses

for all items are made on a 3-point scale, where 1 = "not burdensome," 2 = "burdensome" and 3 = "extremely burdensome." A total score, obtained by summing the responses across the 12 items, can range from 12 to 36. Based on the total score, the family life event can be assessed as being either: not burdensome (12 to 20), burdensome (21 to 29) or extremely burdensome (30 to 36). It takes approximately 5 minutes to complete the questionnaire. Prior research has found Cronbach's alpha for the LEQ to be 0.85.²¹ Cronbach's alpha for this study was 0.89.

The 35-item Neighborhood Characteristics Questionnaire (NCQ), modified by McGuire,²² is designed to be completed by the head of the household and used to assess characteristics of the neighborhood in which the family resides. It is composed of four dimensions: street crime and neighborhood quality (13 items); local social networks (9 items); neighborhood attachment (6 items); and, neighborhood disorder (7 items). Respective examples of item statements for the four dimensions include: "Neighborhood becomes worse"; "Neighbors ask personal advice"; "Sorry if you had to move"; and, "Burned down building." Subjects are asked to indicate the choice that best answers each question on a 3-point scale, where 1 = "no," 2 = "maybe" and 3 = "yes. A total score is obtained by summing values across the 35 items and can range from 35 to 105. Based on the total score, the neighborhood characteristics can be assessed as being either: low (35 to 58), moderate (59 to 82) or high (83 to 105). It takes approximately 10 minutes to complete the questionnaire. Prior research has found Cronbach's alpha of the questionnaire to be 0.81.²² Cronbach's alpha for this study was 0.85.

Procedure: Once approval was granted to implement the study, the PI visited the community leader and community health volunteers of the 24 selected communities, introduced the study and sought permission to review the family folders at the respective village office in order to obtain names for recruitment. Once names from each community were identified, families that potentially could serve as subjects were randomly selected.

According to the proportion of families with adolescents,²¹ families were randomly selected by family name from each of the villages in Bangkok, and 7 families were randomly selected from each of the villages in Nonthaburi and Pathum Thani provinces (See Figure 2). The PI contacted the randomly selected families, determined whether the family met the inclusion criteria and asked them to participate. Only 8 of the families approached declined to take part in the study. The PI randomly selected additional families from each village for replacement, as well as other families who met the inclusion criteria, until 280 families consented to participate.

The PI visited the home of the head of the household of each consenting family, introduced the study and explained the family's rights regarding participation. Each consenting head of household then was asked to identify a time and date when the research instruments could be administered to the family members. On the scheduled date and time, the PI met with the family, in their respective home, and requested that each parent and adolescent respectively sign an informed consent or assent form. After signing the consent and assent forms, the head of household was asked to complete the FWBQ, FSCS, modified version of the LEQ and modified version of the NCQ. In addition, each couple was asked to complete the modified version of the LMAQ, and each adolescent was asked to complete the PARS. All questions regarding the instruments' items were addressed. It took the subjects approximately 50 minutes to complete all the questionnaires.

Prior to leaving each family's home, the PI checked each instrument for completeness and asked the respective subject to complete missed items. No subject refused to comply with this request. However, if a subject had refused, his/her respective questionnaire would have been dropped from the data set. In addition, each family was thanked for giving their time to participate in the study and each instrument was given a code number for the purpose of identification. All completed instruments and signed consent/assent forms were kept under lock and key.

Data analysis: After the data were verified, descriptive statistics, including frequency, percentage, mean, standard deviation and range were used to describe the characteristics of the participants and the study variables. Structural equation modeling was used to determine the effects socioeconomic status, life events, marital adjustment, parent-adolescent relationship, sense of coherence and neighborhood characteristics had on well-being among families with adolescents.

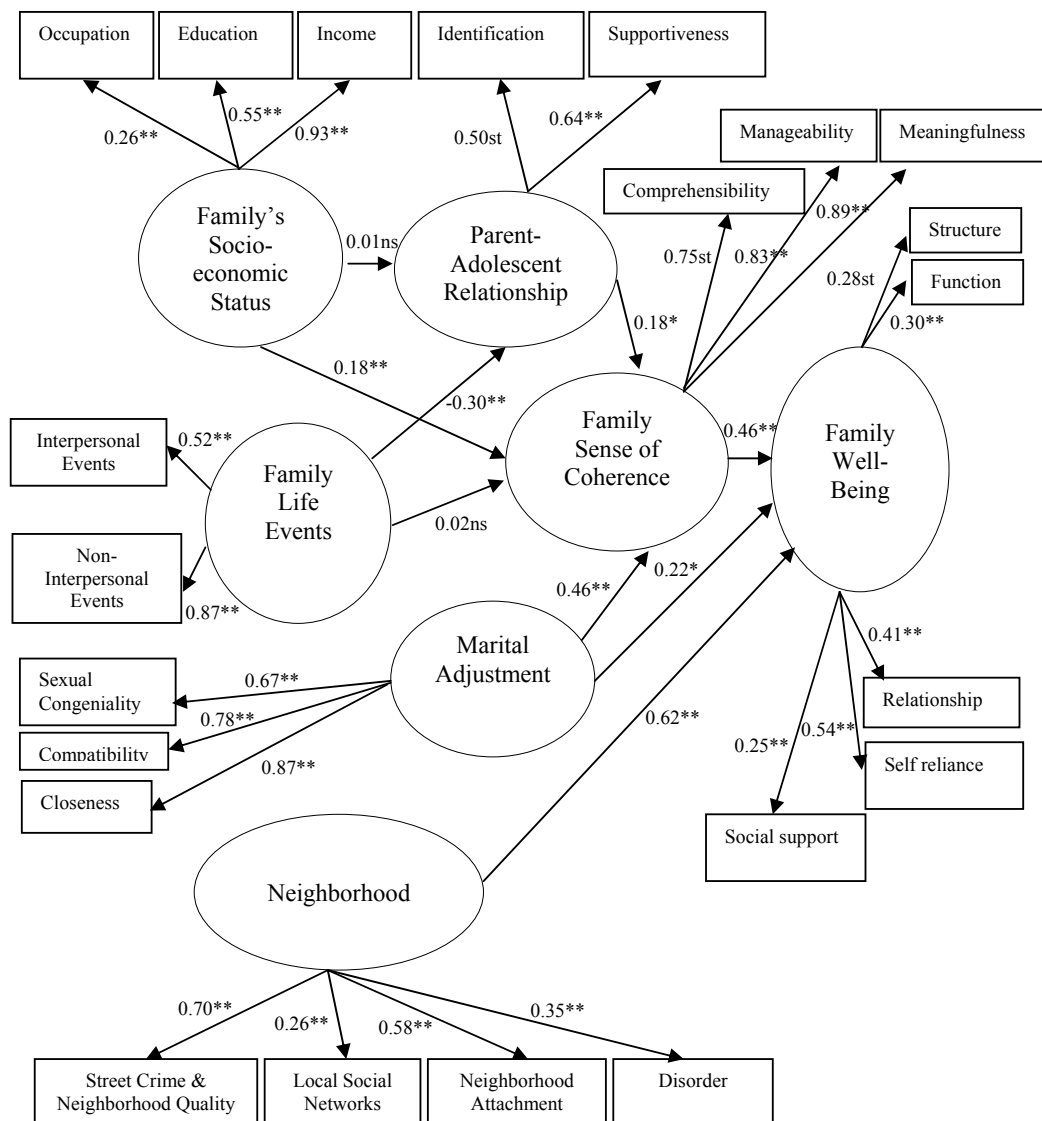
Results

After all variables (family's socioeconomic status, family life events, marital adjustment, neighborhood, parent-adolescent relationship, family sense of coherence, and family well-being) achieved normality, linearity, homoscedasticity and multicollinearity assumptions, the hypothesized model was tested by using LISREL 8.53. The hypothesized model (Family Well-being Model), which consisted of four exogenous variables (family's socioeconomic status, family life events, marital adjustment, and neighborhood) and three endogenous variables (parent-adolescent relationship, family sense of coherence, and family well-being), was tested, using maximum likelihood estimation in SEM with LISREL, by comparing the family system model against the data. The findings showed the hypothesized model did not fit the sample data ($\chi^2 = 315.31$; $p = 0.00$; $\chi^2/df = 1.63$; RMSEA = 0.0473; GFI = 0.91; NFI = 0.87). Therefore, based on the modification indices and theoretical reasoning to achieve the best goodness-of-fit ($\chi^2 = 205.81$; $df = 177$; $p\text{-value} = 0.07$; $\chi^2/df = 1.16$; RMSEA = 0.0242; GFI = 0.94; NFI = 0.91) the original model was modified.

The final model fit the empirical data well and explained 79% of the total variance in family well-being. Family sense of coherence, neighborhood characteristics and marital adjustment had significant positive direct effects on family well-being. Marital adjustment and family socioeconomic status had significant positive indirect effects on family well-being through family sense of coherence. Moreover, family socioeconomic status, marital adjustment and parent-

adolescent relationship had significant positive direct effects on family sense of coherence. However, family life events and parent-adolescent relationship had non-significant indirect effects on family well-being through family sense of coherence. As shown in **Figure 3**, most of the coefficients for paths in the Family Well-being

Model demonstrated statistical significance. The exceptions were: a) family's socioeconomic status to parents-adolescent relationship; and, b) family life events to family sense of coherence. Moreover, neighborhood was found to exert the highest influence on family well-being, with a coefficient of total effect of 0.62 (See **Table 2**).



*p < 0.05, **p < 0.01

$\chi^2 = 205.81$; $df = 177$; $p\text{-value} = 0.07$; $\chi^2/df = 1.16$; $RMSEA = 0.0242$; $GFI = 0.94$; $NFI = 0.91$

Figure 3 Modified relationship model of factors influencing family well-being of Thai families with adolescents living in and around Bangkok

Table 2 Standard direct effects (DE), indirect effect (IE) and total effect (TE) of latent variables in the modified family well-being model (n = 280)

Causal Variables	Effected Variables								
	Parents-Adolescent Relationship			Family Sense of Coherence			Family Well-being		
	DE	IE	TE	DE	IE	TE	DE	IE	TE
Family Socioeconomic Status	0.01	-	0.01	0.177**	0.003	0.18**	-	0.07*	0.07*
Family Life Events	-0.30*	-	-0.30*	0.03	-0.06	-0.03	-	-0.01	-0.01
Marital Adjustment	-	-	-	0.46**	-	0.46**	0.21**	0.19**	0.40**
Neighborhood Char.	-	-	-	-	-	-	0.62**	-	0.62**
Parent-Adolescent Relationship	-	-	-	0.18*	-	0.18*	-	0.07	0.07
Family Sense of Coherence	-	-	-	-	-	-	0.40**	-	0.40**

*p < 0.05; **p < 0.01

Discussion

The findings revealed Thai families with adolescents living in and around Bangkok reported: a) having high levels of family well-being; b) living in advantaged neighborhoods; c) having effective marital adjustments; and, d) experiencing a strong family sense of coherence. These characteristics have been found to be related to family structure, family functioning, relationships, self-reliance and social support.²²

Since the Thai government has focused on developing healthy communities, advantaged neighborhoods are evident in almost all communities.³ The effect of living in an advantaged neighborhood was reflected in the findings of this study.

Almost 80% of the couples used compromise as a strategy to deal with family disagreements. More than 64% of the couples agreed on the amount of time they should spend together. Prior research has shown that a couple's use of positive methods to resolve family conflict is related to family harmony and well-being.²⁴ Additionally, the high level of family well-being reported may have been related to the findings that most family members felt challenged when they had family difficulties and helped each other to find the best strategies to solve family problems. Volanen and colleagues²⁵ have reported that family

sense of coherence is promoted when family members feel challenged with family difficulties and collaborate to solve family stressors. These actions, in turn, tend to result in enhanced family well-being.²⁵ Family cooperation increases family interactions and, as a result, family members have a chance to share their feelings and develop a strong sense of family coherence. The unique Thai family culture and belief in Buddhism also may promote a sense of family coherence.²⁶ Although Thai society has become more industrialized and urbanized, Thai family culture emphasizes children's gratitude and respect for their parents. These family values increase the family's commitments and preserve a sense of family coherence that strengthens family well-being. Moreover, Buddhism principles help guide family members in their judgments and personal conduct. Buddhism reduces family conflicts and supports the development of a sense of family coherence that enhances family well-being.²⁷

In contrast, results of the current study indicate that families, with a low incidence of stressful life events, did not demonstrate a relationship between the family's sense of coherence and a higher level of family well-being. Most families with a low incidence of stressful life events, in this study, had difficulty understanding the family situation. These families also reported lower rates of family interactions and

a lack of closeness, which have been found to be associated with a lower level of family well-being.²⁸ Furthermore, family sense of coherence failed to mediate the relationship between parent-adolescent relationships and family well-being. This may be related to the challenges of the adolescence's transition period. Although most Thai adolescents respect their parents, enjoy parent-adolescent relationships and are happy with a strong family sense of coherence, adolescents still struggle to understand and deal with the profound physical, cognitive, psychological and social changes in their lives that threaten family well-being.¹³ In addition, in the current study, although most families with low socioeconomic status reported having positive parent-adolescent relationships, they also reported having low levels of a family sense of coherence. Further, parent-adolescent relationships did not mediate the association of stressful family life events with family sense of coherence. It might be because family sense of coherence results more from other family interactions or characteristics than from parent-adolescent relationships (i.e. parents' interactions). Therefore, families with a low incidence of stressful life events and positive parent-adolescent relationships may lack the capacity to develop a high sense of coherence because of other characteristics, such as the lack of sharing between parents.²⁵ These results warrant further exploration.

Limitations

The sample of this study were families with adolescents in and around Bangkok, thus the findings might not be generalizable to Thai families living in other geographic locations in Thailand. Moreover, this study used a cross sectional design, which does not allow for the inference of causality.

Conclusions

Families with adolescents are open systems. Thus, family members have interactions, both within and external to the family system, that are critical to

promoting family equilibrium. In the current study, results indicated that family socioeconomic status acted as a crucial internal family input that was processed by family members' interactions to develop a family sense of coherence for maintaining family well-being. Factors within family processes can reinforce each other and strengthen family homeostasis. Specifically, effective marital adjustment may help family members to develop a stronger family sense of coherence that enhances family well-being. In addition, a family's neighborhood functions as an external factor that is essential for strengthening family well-being. The findings of the current study support the notion that families achieve family well-being through different routes. Some factors directly affect family well-being, while some factors must be processed through other factors to contribute to achieving family well-being.

Recommendations

This study should be replicated with other families in various developmental stages and in different settings to expand understanding of family well-being across the lifespan. For example, factors influencing family well-being in the middle age developmental stage in Central Thailand are recommended because the findings may better represent the well-being of Thailand families. Further, replication studies should include families from a broader range of socioeconomic statuses. The results of the current study provide valuable directions not only for further research, but also for the development of interventions to promote family well-being.

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ปัจจัยที่มีอิทธิพลต่อความอยู่ดีมีสุขของครอบครัวที่มีบุตรวัยรุ่นในเขต กรุงเทพมหานครและปริมณฑล

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บทคัดย่อ: การศึกษาครั้งนี้เป็นการวิจัยแบบภาคตัดขวางเพื่อศึกษาอิทธิพลของภาวะเศรษฐกิจสังคมของครอบครัว เหตุการณ์สำคัญในชีวิตครอบครัว การปรับตัวในชีวิตสมรส ความสัมพันธ์ระหว่างบิดามารดาและบุตรวัยรุ่น ความเกี่ยวพันในครอบครัว และลักษณะบริเวณละแวกบ้าน ต่อความอยู่ดีมีสุขของครอบครัวที่มีบุตรวัยรุ่นอายุระหว่าง 13-18 ปีในเขตกรุงเทพมหานครและปริมณฑล โดยใช้ทฤษฎีระบบครอบครัวเป็นกรอบแนวคิดในการศึกษา

280 ครอบครัวได้รับการสุ่มแบบหลายขั้นตอน จาก 24 ชุมชนในเขตกรุงเทพฯและปริมณฑล สมาชิกในครอบครัวได้ตอบแบบสอบถาม 6 ชุด ได้แก่ แบบสอบถามครอบครัวอยู่ดีมีสุข การปรับตัวในชีวิตสมรส ความเกี่ยวพันในครอบครัว เหตุการณ์สำคัญในครอบครัว ความสัมพันธ์ระหว่างบิดามารดาและบุตรวัยรุ่น และแบบสอบถามลักษณะบริเวณละแวกบ้าน

โมเดลสามารถอธิบายความแปรปรวนของความอยู่ดีมีสุขในครอบครัวที่มีบุตรวัยรุ่นได้ร้อยละ 79 ความเกี่ยวพันในครอบครัว ลักษณะบริเวณละแวกบ้าน และการปรับตัวในชีวิตสมรสมีอิทธิพลโดยตรงต่อบทบาทต่อความอยู่ดีมีสุขในครอบครัว การปรับตัวในชีวิตสมรสและภาวะเศรษฐกิจสังคมของครอบครัวมีอิทธิพลโดยอ้อมต่อบทบาทต่อความอยู่ดีมีสุขในครอบครัวโดยส่งผ่านตัวแปรความเกี่ยวพันในครอบครัว ภาวะเศรษฐกิจสังคมของครอบครัว การปรับตัวในชีวิตสมรส และความสัมพันธ์ระหว่างบิดามารดาและบุตรวัยรุ่นมีอิทธิพลโดยตรงต่อบทบาทต่อความเกี่ยวพันในครอบครัว แต่เหตุการณ์สำคัญในชีวิตครอบครัวและความสัมพันธ์ระหว่างบิดามารดาและบุตรวัยรุ่นมีอิทธิพลโดยอ้อมอย่างไม่มีนัยสำคัญทางสถิติต่อความอยู่ดีมีสุขในครอบครัว

ผลการศึกษาให้ข้อเสนอแนะต่อบุคลากรที่มุ่งสุขภาพ ทีมสาขาวิชาชีพต่างๆและบุคลากรด้านกำหนดนโยบายในการเสริมสร้างความอยู่ดีมีสุขของครอบครัวที่มีบุตรวัยรุ่นต่อไป

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