

## **Relationship between Adolescent Behavior Disorders and Family Functioning**

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### **Abstract**

*The aim of this study is to determine the specific patterns of functioning of adolescent family with behavioral disorders. A large representative sample of adolescents studied differences in family relationships, encouraging proper family development, and maintaining and changing the family system among adolescents with externalized problems, adolescent with internalized problems and typically developed adolescents. The research was conducted in fifteen primary schools in the area of Tuzla Municipality, Bosnia and Herzegovina. The sample consists of 587 students of the seventh and eighth grade, 12-15 years of age, both sexes. The most important research findings are: statistically significant predictors of externalized problems are expression ( $\beta = -0.18$ ,  $t = -3.69$ ,  $p < 0.01$ ) and conflicts ( $\beta = -0.11$ ,  $t = -2.47$ ,  $p < 0.05$ ); statistically significant predictors of internalized problems are cohesiveness ( $\beta = -0.11$ ,  $t = -2.03$ ,  $p < 0.05$ ), expression ( $\beta = -0.15$ ,  $t = -2.91$ ,  $p < 0.05$ ), intellectual orientation ( $\beta = -0.15$ ,  $t = -1.97$ ,  $p < 0.05$ ) and organization ( $\beta = -0.15$ ,  $t = -2.79$ ,  $p < 0.01$ ). The general conclusion of this study is that there is a correlation between externalized problem of adolescents and the characteristics of their family environment. Adolescent families with externalized behavioral problems are characterized by inadequate family structure, reduced expression, more frequent conflicts, poor orientation towards achievement, poor intellectual orientation, lack of individual family members, and poor family organization.*

**Keywords:** behavior disorders, family functioning, YRS, FES, externalised, internalised.

### **1. Introduction**

Studying outsourced behavior in adolescence is of great importance, because aggressive behavior and behavior that violates rules hampers the overall functioning of adolescents. Behavioral disorders are such behaviors that have adverse effects and are detrimental to adolescents and the wider environment, which deviate from norms of normal behavior for this age, gender, situation and environment; may be present on a personal and social basis and require professional assistance. Understanding the behavioral disorder of children and adolescents has been a major breakthrough in the last 150 years: behavioral disorders have been given the status of a problem that deserves special attention by scientists and practitioners, different forms of behavioral disorders have been isolated, a clear distinction has been made between behavioral disorders and other phenomena (Žunić-Pavlović, Popović-Čitić, Pavlović, 2010), a wide network of different institutions and professional orientations for preventing and treating children and youth with behavioral disorders was developed. The progress of knowledge about behavioral disorders can primarily be attributed to a large number of empirical studies carried out during the last half century. Thanks to the results of the research, there are many questions about the etiology and epidemiology of behavioral disorders as well as successful approaches to prevention and treatment of this type of problem. Unfortunately, there are quite a few studies in this area in Bosnia and Herzegovina, so scientists and practitioners largely rely on the observations that foreign authors have come to, especially from more developed countries. In such circumstances, it is legitimate to ask how far the results of foreign studies can be generalized and whether they apply to our environment at all. This paper is devoted to studying the relationship between family functioning and behavioral disorders in adolescents. Behavioral disorders, ie externalized behavior, constitute one out of two existing problem-solving groups, ie externalized and internalized, introduced for the first time by Achenbach in 1966 (according to Achenbach, 2007), although the division into the two groups appears previously only as personality problems and behavioral problems. Two external syndromes include behavioral behavior and aggressive behavior (Achenbach, Rescorla, 2001).

While internalized problems include the following three syndromes: anxiety/depression, depression/depression and somatic complaints. It is precisely the relationship between outsourced problems and adolescent family characteristics that is central to this research. Adolescence is a period of increased risk for the development of externalized behaviors and related disorders (Steinberg, 2001:1-19). It is a period of human development that is associated with many changes in behavior, cognitive, emotional and ideological spheres. These changes occur and at the same time often coexist with intense self-seeking, emotional instability, controversial issues such as, for example, Who am I? Where am I? This is the time when new challenges emerge and new research starts, as well as conflicts and misunderstandings in the family (Lubenko, 2010). The developmental outcomes of adolescence can greatly influence the further maturation and functioning of the young person. Adolescence is a period of increased risk for emotional and behavioral problems (Youngblade, Theokas, 2006:58–60). Longitudinal research results show the long-lasting consequences of child and adolescent problem behavior (especially of outsourced problems) that later in adulthood include a wide range of socially maladaptive behaviors, including addictions, disturbed family relationships, criminal activity and many others (Henderson et al., 2006; Bongers et al., 2008: 989–999). In the efforts to prevent externalized behavior of adolescents, it is important to emphasize the importance of the study of etiology. Determining the cause of behavioral disorders is necessary to develop effective prevention and treatment programs aimed at reducing incidence and prevalence of behavioral disorders. The role and place of the family in this is of utmost importance. Termin behavioral disorders is a collective name for different forms of inadequate, socially unacceptable, harmful and incriminating behavior of children and young people. Different types of behavioral disorders may be mutually intertwined and linked to the causes and consequences as well as to the ways in which society intervenes (Bašić, Koller-Trbović, Uzelac, 2004)

According to these authors, it is about behaviors that children and young people make for certain difficulties, harm, problems to themselves, to another person, group, or community. In such a course, such behavior must have negative repercussions on the child's educational and work achievement and its overall functioning. Consideration of behavioral disorder in general and the behavioral disorder of children and youth in a social-pedagogical perspective necessarily relies on numerous biological, psychological, sociological, pedagogical, legal and other interpretations of all human functioning in the given social circumstances. The term behavior used in colloquial speech often is used when it comes to warning one's behavior, behavior, behavior, behavior, and so on, so often acting under the term implies acting toward someone and dealing with someone.

## **2. Aim**

The main objective of the research is to determine the specificity of family functioning of adolescents with externalized behavioral problems based on the differences in view of the differences between the typically developed adolescents and adolescents with internalised behavioral problems.

## **3. Method**

### **3.1. Participants**

The sample of examinees in this study consists of 587 adolescents of both sexes. The research was conducted in fifteen elementary schools in the area of Tuzla Municipality, Bosnia and Herzegovina, so that each school is involved in two departments, one seventh and one eighth grade. The sample is intentional (only seventh and eighth grades), and within it case classes are chosen. The nature of the problem fully justifies the sample of respondents. Out of the total sample, 50.9% attend the seventh grade, and 49.1% attend the eighth grade. Adolescents (303) and Adolescent (294) are fairly uniform in the sample. Of the total number of respondents, 125 are 12, 260 are 13, 177 are 14, and 25 are 15 or more years old.

### **3.2. Methods of research**

The prevalence and emerging forms of outsourced problems in the adolescent population were studied using Achenbach's Integrated Assessment System, Self Assessment of Adolescents (ASEBA Youth Self-Report - YRS, Achenbach, 2007). The instrument measures adaptive functioning, ie competence and maladaptive functioning, that is, behavioral, emotional and social problems between 11 and 18 years. The instrument contains eight syndrome-specific scales that measure problems with a common impression tendency: Anxiety-Depression, Depression-depression, Somatic Complaints, Social Problems, Thinking Problems, Attention Problems, Violent Behavior and Aggressive Behavior. Syndromes are grouped into outsourced and internalized.

Externalized syndromes relate to conflicts with other people and their expectations, and include behavior that violates rules and aggressive behavior (examples of claims: "violating rules at home, in school, etc.", "I often tease others." Internalized syndromes relate psychological hardships directed at the individual and excessively controlled behaviors include anxiety / depression, depression / depression, somatic complaints (examples of the claim: "I have withdrawn," I try to keep on the side, "I am unhappy, sad or saddened.) Behavior is evaluated on 112 statements, and the Likert-type scale is of three degrees. The respondent's job was to answer 0 - not exactly, 1 - sometimes or partially, exactly or 2 - exactly on each of these 112. The higher scores imply greater representation of behavioral problems The family environment scale was used to collect data on family functioning, version of the Family Environment Scale (FES, Moos, Moos, 2009). FES has proved to be very useful in detecting specific family-level profiles for children with different developmental problems. Family perceptions of the family are evaluated in three ways: perceptions of the actual status of the family (real), perception of the desired state (ideal) and perception of what the condition would be under new circumstances (expected). Form R (real) questionnaire enables: understanding individual perceptions of marital and nuclear families for family counseling or educational programs; formulation of clinical descriptions of cases and understanding of adolescent adaptation of families; encouraging family advancement; description of family climate and the perception of partner perception or perception of parents and children; predicting and measuring the outcomes of the disease; adapting the family to life's crosses and crises; Understanding the Influence of Families on Children and Adolescents.

The reliability of the YSR scale was evaluated using the Cronbach alfa coefficient. The value of this test for the entire YSR scale is 0.93, which means a high level of reliability, ie the internal consistency of this instrument. The internal consistency of FES, which is also evaluated using the Cronbach alfa coefficient, is high and is 0.85 for the entire scale.

### **3.3. Data processing methods**

Data processing used SPSS 20.0 and AMOS 18 for the Microsoft Windows operating system. The Cronbach alpha coefficient was used to prove the metric characteristics of the scales. Data processing used regression analysis. The study of the strength of internalized and outsourced behavioral relationships was tested by Pearson's correlation coefficient. An intercorrelation method was used to detect the strength of family function variable variables. Hypothesis testing was performed at the level of significance, ie at 5% risk.

## **4. Results and Discussion**

The next section will show the results of examining differences in family functioning among adolescents with externalized and internalized behavioral problems. The correlation of the variance of externality problems and family functioning was determined by Pearson's correlation coefficient. Table 1 shows that the dimension of externalization has a statistically significant negative correlation with variables: expression ( $r = -0,22$ ), conflicts ( $r = -0,18$ ), orientation towards achievement ( $r = -0,17$ ), intellectual ( $r = -0,13$ ), organization ( $r = -0,10$ ), relations ( $r = -0,21$ ), maintenance and alteration of the system ( $r = -0, 10$ ) and personal growth ( $r = -0,12$ ). All correlations are very low or low. The dimension of externalization negatively correlates with other variables of family functioning, but these relationships are not statistically significant. A negative sign of all statistically significant correlations between externalized problems and aspects of family functioning suggests that higher levels of outsourced problems are associated with a worse functioning of the family.

The results of correlation analysis indicate that all correlations between different aspects of family functioning are statistically significant and positive signs ( $r = 0.15-0.88$ ). This means that the variables tested depend on each other, that the disorder of an aseptic family function entails problems in other aspects of family functioning. Statistically significant positive correlations were found between all subclasses: cohesiveness i orientation towards achievement ( $r = 0,49$ ), cohesiveness and morale-religious orientation ( $r = 0,46$ ), cohesiveness and control ( $r = 0,51$ ), cohesiveness and organization ( $r = 0,54$ ), expression and individuality ( $r = 0,47$ ), expression and organization ( $r = 0,43$ ), orientation towards achievement and intellectual orientation ( $r = 0,41$ ), orientation towards achievement and active-recreational orientation ( $r = 0,44$ ), orientation towards achievement and morale-recreational orientation ( $r = 0,41$ ), orientation towards achievement and control ( $r = 0,49$ ), orientation towards achievement and organization ( $r = 0,46$ ), active-recreational orientation and control ( $r = 0,41$ ), morally-recreational orientation and control ( $r = 0,45$ ), morally-recreational orientation and organization ( $r = 0,41$ ) and control and organization ( $r = 0,50$ ).

Low positive correlations exist between variable expression and cohesion ( $r = 0.37$ ), intellectual orientation and cohesion ( $r = 0.37$ ), active and recreational orientation and cohesion ( $r = 0.36$ ), individuality and cohesion ( $r = 0.33$ ), control and expression ( $r = 0.34$ ), orientation towards achievement and expression ( $r = 0.36$ ), Intellectual orientation and expression ( $r = 0.37$ ), active-recreational orientation and expression ( $r = 0.27$ ), morally-religious orientation and expression ( $r = 0.27$ ), conflicts and expression ( $r = 0.27$ ), conflicts and orientation to achievement ( $r = 0.30$ ), conflicts and intellectual orientation ( $r = 0.30$ ), conflict and active-recreational orientation ( $r = 0.24$ ), conflict and moral and religious orientation ( $r = 0.25$ ), conflicts and control ( $r = 0.24$ ), conflicts and individualisation ( $r = 0.30$ ), conflict and organization ( $r = 0.21$ ), orientation towards achievement and individuality ( $r = 0.31$ ), intellectual orientation and active-recreational orientation ( $r = 0.35$ ), intellectual orientation and moral-religious orientation ( $r = 0.35$ ), intellectual orientation and control ( $r = 0.35$ ), intellectual orientation and individuality ( $r = 0.36$ ), intellectual orientation and organization ( $r = 0.35$ ), active-recreational orientation and morally-religious orientation ( $r = 0.38$ ), active-recreational orientation and individuality ( $r = 0.24$ ), active-recreational orientation and organization ( $r = 0.35$ ), morally religious orientation and individuality ( $r = 0.30$ ), control and individuality ( $r = 0.34$ ) and individuality and organization ( $r = 0.36$ ). Very low positive correlations exist between variables control and cohesion ( $r = 0.15$ ). According to the results presented above, statistically significant positive correlations were found between the three main subclasses. High correlations were found between individual personal growth and relationships ( $r = 0.70$ ); personal growth and maintenance and change of system ( $r = 0.66$ ) and variable variables maintenance and change of system and relations ( $r = 0.61$ ). Moos (2009) has also come up with similar results in his research investigating family functionality. Intercorrelations within the family function variables of a given author show that cohesiveness in high correlation with expressivity, intellectual-cultural orientation and organization, as well as that intellectual-cultural and recreational orientation are also related. As expected, families that are high on a cohesive scale tend to be low on the scale of conflict, and families with high levels of expression and independence tend to be low in terms of control. Interestingly, the intercorrelation results are very similar to parents and children and the degree of variation is less than 10%

**Table 1. Correlations between externalized problems and family functioning**

	1	2	3	4	5	6	7	8	9	10	11	12	13
1. Ekster													
2. Koh	-,05												
3. Eks	-,22**	,37**											
4. Kon	-,18**	,15**	,34**										
5. Post	-,17**	,49**	,36**	,30**									
6. Intel	-,11**	,37**	,37**	,30**	,41**								
7. AkR	-,01	,36**	,27**	,24**	,44**	,35**							
8. MoR	-,04	,46**	,27**	,25**	,41**	,35**	,38**						
9. Kont	-,07	,51**	,37**	,24**	,49**	,35**	,41**	,45**					
10. Ind	-,13**	,33**	,47**	,38**	,31**	,36**	,24**	,30**	,34**				
11. Org	-,10*	,54**	,43**	,21**	,46**	,35**	,35**	,41**	,50**	,36**			
12. Odn	-,21**	,68**	,80**	,68**	,53**	,48**	,40**	,45**	,51**	,55**	,54**		
13. Sist	-,10*	,60**	,46**	,26**	,55**	,40**	,44**	,50**	,88**	,40**	,84**	,61**	
14. Gro	-,12**	,58**	,51**	,43**	,74**	,71**	,67**	,68**	,58**	,65**	,56**	,70**	,66**

\*\* Correlation is significant at  $p < .01$ ; \* Correlation is significant at  $p < .05$ .

External - Externalized Behavior; Koh - cohesiveness; Ex - Expression, Conflict; Post - Orientation to Achievement; Intel - Intellectual Orientation; AkR - active-recreational orientation; MoR - morally-religious orientation; Kont - control; Ind - individuality; Org - organization; Odn - relations; Sist - maintenance and alteration of the system; Gro - personal growth.

We used the regression analysis method to investigate the relationship between behavioral dysfunction and family functioning. The basic concept of linear regression was to use a measure of family functioning to predict the extent of outsourced problems. In this way we have been trying to find out how family functioning can explain externalized problems. In addition, we have also examined which aspects of family functioning make it possible to understand the externalities of the problem.

In the first regression analysis, as a predictor of outsourced problems, all aspects of family functioning (total of 10 aspects, ie 10 sub-scales of FES) are taken (Table 2). Attempts to predict externalization through variables from the family function scales showed that all predictors together predict about 10% of outsourcing variance ( $R^2 = 0.07$ ,  $F(10, 576) = 4.38$ ,  $p < 0.01$ ). Here  $R^2$  is 0.07, which means that the aspects of family functioning explain 7% of the variation of externalized problems at the level of significance of  $p < 0.01$ .

**Table 2. Results of the regression analysis of externality variables and family functioning variables**

Model	R	R <sup>2</sup>	Corrected R <sup>2</sup>	Standard error	F	P
1	.26	,07	,05	7,41	4,38	,00

  

Model		Sum Squares	df	Variance	F	p
1	Regression	2403,85	10	240,38	5,233	,000
	Residual	31632,07	576	54,91		
	Total	34035,93	586			

The results of the regression analysis clearly indicate which aspects of family functioning are important for explaining externalized problems. As significant externality predictors, the expression ( $\beta = -0.18$ ,  $t = -3.69$ ,  $p < 0.01$ ) and Conflict ( $\beta = -0.11$ ,  $t = -2.47$ ,  $p < 0.05$ ). Correlations between sets of prediction and externalization variables show that multiple correlations for both variables differ significantly from zero. Variable expression has a greater beta than the conflict, so it can be said that expression is more important for prediction of externalized behavior than conflicts. The negative beta in both prediction variables separated means that the value of those variables is lower that the outsourced behavior will be more pronounced. In other words, adolescents had lower scores on these variables, they had a higher score on the dimension of outsourcing.

**Table 3. Characteristics of predictors in the regression model of externalized problems**

	B	Stdard error B	$\beta$	t	P	Correlation		
						Zero-order	Partia l	Part
(Constant)	59,63	3,48		17,12	,00			
Cohesiveness	,32	,35	,05	,91	,36	-,04	,03	,03
Expressiveness	-1,07	,29	-,18	-3,69	,00	-,22	-,15	-,14
Conflicts	-,70	,28	-,11	-2,47	,01	-,17	-,10	-,09
Intellectual orientation	,03	,42	,00	,08	,93	-,11	,00	,00
Active-recreational orientation	,78	,46	,12	1,68	,09	-,01	,07	,06
Moral-religious orientation	,38	,45	,05	,85	,39	-,04	,03	,03
Control	,03	,28	,00	,12	,90	-,07	,00	,00
Individuality	,17	,39	,03	,45	,64	-,13	,01	,01
Organization	-,18	,33	-,03	-,56	,57	-,10	-,02	-,02

As we can see family expressiveness and family conflicts have been identified as strong predictors of outsourced problems in adolescents. This tells us that families with high levels of frequent expression of aggression and anger in relationships among family members, as well as the inability of family members to share emotions and communicate emotionally at each other contribute to the development of externalized problems. Healthy open communication and close relationships are especially important during adolescence due to changes in adolescents, such as the formation of mature identity of adolescents (Steinberg, 2001:1-19), all reflected in visible changes in family functioning. Increased emotionality and the need for independence that characterize adolescence in combination with the still underdeveloped nerve regulatory structures to the end, lead to an increase in outsourced problems occurring during this period (Steinberg, 2008:78–106.). Although the competences for regulating adolescent emotions increase in this period, adolescents are still not independent in this respect. Family's expression is significant because it allows all family members to express their emotions.

The role of parents in regulating and expressing their children's emotions is very important in the period of adolescence. Otherwise, emotional dangers lead to evasion and manifestation of aggression (Lohman, Jarvis, 2000). Expressive families are directly related to positive developmental outcomes while the main predictors of outsourced adolescent behavior include inability to regulate emotions, inability to express family as well as parental disability to assist adolescent in the development of emotional regulation, which directly leads to externalized behaviors, eg adolescents with poor anger regulation skills are in the increased risk group for the development of externalized problems (Wu et al., 2010:799–808). Thus, the nature of parental behavior and emotional responses affects adolescents. Families in which emotional expression is enabled have parents who give adolescents guidance on the nature of emotions and the appropriate ways to express them, offer comfort to their child, set limits on adolescent behavior, and provide a description of reasons and strategies for dealing with emotions in thrilling situations (Gottman, Katz, and Hooven, 1997). Such families clearly show respect for the emotional state of adolescents (Gottman et al., 1997). Macuka (2007) outsourced problems associate with assessing father and mother's emotionality, psychological control by father and mother and mother's behavioral control. The results of the mentioned author show that children who experience their mother less accepting and supporting them, and that they are more psychologically controlled, have more outsourced problems. The author links children's outsourced problems with the perception of greater rejection and disapproval. There is empirical evidence for the connection between non-acceptance and inadequate support for children's nonadaptive development, such as aggression, disturbance of attention (Cummings et al., 2000, according to Macuka, 2008:1179-1202). Punishment and uninterested / negligent responses by parents to adolescent affective states have shown correlation with adolescent behavioral problems (Klimes-Dougan et al., 2007:326-342). Parental negative expression is associated with a higher level of adolescent outsourced problems (Stocker et al., 2007:310-325). On the other hand, the mother's positive expression was observed in the age of 9 years of age, it was associated with better control of the child at the age of 11, suggesting less outsourced problems at the age of 13 (Eisenberg et al., 2003:3–19). When talking about family expression, it should be noted that there are relatively few emotion-related and emotional processes related to behavioral problems and family functioning during the adolescent period (Morris et al., 2007:361–388). The majority of these papers are mainly directed at younger children (eg Eisenberg, Cumberland, Spinrad, 1998).

As other statistically significant predictors of outsourced problems, family conflicts were identified. They are directly related to externalization problems (Cummings, Davies 1994; Grych, Fincham 1990: 267-290). Of course, here we do not think of tiny verbal conflicts due to disagreement about something that has been shown to have a positive impact and are important for family satisfaction over time, while avoiding them leads to a dysfunctional family. If family conflict predictors of outsourced problems were noticed by many other authors. In the research conducted by Blodgett et al. ( $R = 0,33$   $p < 0.05$ ) and delinquent behavior in adolescence ( $R = 0,25$   $p < 0.05$ ). They also found that after-divorce conflicts were associated with variables of adolescent aggressive behavior ( $R = 0,31$   $p < 0.05$ ) and delinquent behavior of adolescents ( $R = 0,27$   $p < 0.05$ ). Similar results came from Henderson et al. ( $R = 0,32$   $p < 0.05$ ) and delinquent behavior of adolescents ( $R = 0,35$   $p < 0.05$ ) were found to correlate family conflict with variables of adolescent aggressive behavior. Parents' tendency toward constant anger is associated with externalized behavior in male adolescents (Keltner, Moffitt, Stouthamer-Loeber, 1995:644-652). Adolescents whose families are characterized as less conflicting have less outsourced behavioral problems than adolescents whose families abound in conflict between parents, as well as between adolescents and parents. Studies show that adolescents who have a positive relationship with their parents are at a lower risk of participating in various risky behaviors, including PAS and PUSH, while adolescents reporting having difficulty talking to their parents are more likely to consume PAS (US Department of Health and Human Services, Health Resources and Services Administration 2003). Deković, Janssens and van As (2003:223-235) investigated the relationship between family functioning and adolescent outsourced problems on a sample of three ages different groups of adolescents (12-13, 14-15, 16-17). They found that fewer family conflicts deserve a lower degree of outsourced problems and point out that positive parenting behavior (more sympathy, more involvement, less punishment, more supervision and greater consistency) and a positive relationship between adolescent and parent (strong mutual affection and less rejection) in a strong relationship with the lower degree of outsourced behavior across all three mentioned groups of adolescents. Cummings, Goeke-Morey and Papp (2003:1918-1929.) are on a sample of 116 families with adolescent children investigating the impact of family conflict on the behavior of adolescents.

They found that family conflict in relationships among family members negatively affected adolescent behavior in the sense that adolescent emotional reactions during marriage were associated with their poorer social adaptation. An adequate understanding of the relationship between family conflict and adolescent outsourced problems requires a deep understanding of the specific effects of different types of conflicts (Cummings, Davies, 2002:31-63). Domestic violence is the focus of many researches (Holden, Geffner, Jouriles, 1998). Significant for such families is to abound with other forms of conflict that do not involve physical violence (Cummings, 1998). Family conflicts are very stressful for adolescents and lead to emotional and behavioral problems in a way that produces fear and anger (Cummings et al., 2003). Influence of family conflicts is not the same for children and adolescents. The teenager works a little harder. There are two explanations for the impact of family conflict on adolescents. The first is that the impact of family conflicts becomes stronger with the age of the child, given the increased susceptibility to exposure to numerous recurrent conflicts (Cummings et al., 1981:1274-1282, 1989:1392-1404). The other is that chronic exposure to stress leads to the psychological reaction of adolescents becoming less and time-dampened, ie, with constant repetitions of psychological stress, a person becomes vaccinated from exposure to future stressors (McEwen, Stellar, 1993, Musante et al., 2000). Both of these explanations have empirical support. First, the negative impact of family conflict on adolescents has a cumulative effect, ie family conflicts have had a negative impact on children, while the small and bad influence continues in adolescence and manifests itself as an upgrade to previous negative impacts (Cummings, Ballard, El Sheikh, 1991:543-560). Secondly, adolescents are experiencing stress adaptation (Susman, 2006) or an adolescent simply "hardened" due to numerous exposure to family conflicts (Gunnar, Vasquez, 2001). Domestic conflicts are often the reaction of the family to emotional mother problems (Beach, Fincham, Katz, 1998:635-661). Davies, Dumenc and Windle (1999:238-254.) examined the relationship between externalized problems of adolescents aged 15 to 17 years, marital dissatisfaction and mother depression. The authors explained this relationship in a way that mothers' depression leads to dissatisfaction with another spouse, dissatisfaction with the conflict, and thus directly predicts an increase in adolescent behavioral problems. Johnson et al. (2001) found that inappropriate behavior of parents involving increased levels of inter-medial conflict resulting from previous psychological disorders of mothers clearly linked to adolescent externalities. The relationship between mother's emotional problems that lead to conflict and child inadequacy is also determined by the sex of the child (Goodman, Gotlib 1999). For example, boys may be more vulnerable in early and middle-childhood while girls are more vulnerable to adolescence (Cummings, Davies 1999). Similarly, male male adolescents are more likely to exhibit externalized problems as a result of exposure to their mother's troubles (Cummings and Davies 1994:73-112). Below I will show the correlation between family functioning variables and internalized problems (Table 4). Here, all correlations between internalized problems and aspects of family functioning are negative. Families that function worse in it are internalized problems bigger.

**Table 4. Correlations between internalized problems and family functioning**

	1	2	3	4	5	6	7	8	9	10	11	12	13
1. Inter													
2. Koh	-,05												
3. Eks	-,22**	,37**											
4. Kon	-,15**	,15**	,34**										
5. Post	-,07	,49**	,36**	,30**									
6. Intel	-,16**	,37**	,37**	,30**	,41**								
7. AkRe	-,08	,36**	,27**	,24**	,44**	,35**							
8. MoR	-,09*	,46**	,27**	,25**	,41**	,35**	,38**						
9. Kon	-,09*	,51**	,37**	,24**	,49**	,35**	,41**	,45**					
10. Ind	-,18**	,33**	,47**	,38**	,31**	,36**	,24**	,30**	,34**				
11. Org	-,18**	,54**	,43**	,21**	,46**	,35**	,35**	,41**	,50**	,36**			
12. Odn	-,20**	,68**	,80**	,68**	,53**	,48**	,40**	,45**	,51**	,55**	,54**		
13. Sist	-,15**	,60**	,46**	,26**	,55**	,40**	,44**	,50**	,88**	,40**	,84**	,61**	
14. Growth	-,17**	,58**	,51**	,43**	,74**	,71**	,67**	,68**	,58**	,65**	,56**	,70**	,66**

\* Correlation is significant at  $p < .01$ ; \* Correlation is significant at  $p < .05$ .

Inter – internalized behavior; Koh - cohesiveness; Ex - Expression, Conflict; Post - Orientation to Achievement; Intel - Intellectual Orientation; AkRe - active-recreational orientation; MoR - morally-religious orientation; Kon - control; Ind - individuality; Org - organization; Odn - relations; Sist - maintenance and alteration of the system; Growth - personal growth.

The dimension of internalization has statistically significant correlation with the following variables: expression ( $r = -0,22$ ), conflicts ( $r = -0,15$ ), intellectual orientation ( $r = -0,16$ ), morally religious orientation ( $r = -0,09$ ), control ( $r = -0,09$ ), individuality ( $r = -0,18$ ) and organization ( $r = -0,18$ ). Also, a statistically significant negative correlation was found between the scales of the internalized problem scales and the scales on the subclasses Relationships ( $r = -0,20$ ), Maintenance and Change of System ( $r = -0,15$ ) and Personal Growth ( $r = -0,17$ ). All correlations are very low or low. The correlations between the different aspects of family functioning were the words in the part about the correlations of outsourced problems and family functioning. The model in which an attempt was made to predict internalization was based on predictors taken from the family functioning scales and significantly anticipates about 8% of internalization dimension variables, or aspects of family functioning, explaining 8% variation of internalized problems at the level of significance of  $p < 0,01$  ( $R^2 = 0,08$ ,  $F(10,576) = 5,23$ ,  $p < 0,01$ ). And here are the predictors of internalized problems all the aspects of family functioning (10 subclasses FES) have been introduced. The obtained results show that aspects of family functioning are important for explaining internalized problems.

**Table 5. Results of regression analysis of internalized problem variables and family functioning**

Model	R	R <sup>2</sup>	Corrected. R <sup>2</sup>	Standard error	F	p
1	.28	,08	,06	8,08	5,23	,00

  

Model		Sum squares	df	Variance	F	p
1	Regression	3418,52	10	341,85	5,23	,00
	Residual	37631,09	576	65,33		
	Total	41049,61	586			

The results from Table 5 show that significant predictors of internalisation are Cohesion ( $\beta = -0,11$ ,  $t = -2,03$ ,  $p < 0,05$ ), Expression ( $\beta = -0,15$ ,  $t = -2,91$ ,  $p < 0,05$ ), Intellectual orientation ( $\beta = -0,15$ ,  $t = -1,97$ ,  $p < 0,05$ ). Intellectual orientation, expression and organization have a greater Beta of cohesion, so it can be said that expressionism, intellectual orientation and organization are more important to the prediction of internalized problems than cohesiveness, but of course all four are important. The negative sign Beta for all four predefined variable variables means that the value of these variables is lower, the internalized problems will be more pronounced. The correlation between the set of prediction and internalization variables is shown by correlations. Multiple correlations for all four variables are significantly different from zero.

**Table 6. Characteristics of predictors in the regression model of internalized problems**

	B	Standard Error B	$\beta$	T	p	Corellation		
						Zero-order	Partial	Part
(Constant)	66,365	3,80		17,48	,00			
Cohesiveness	,79	,39	-,11	-2,03	,04	-,05	,08	,08
Expression	-,92	,32	-,15	-2,91	,00	-,21	-,12	-,12
Conflict	-,41	,31	-,06	-1,29	,20	-,15	-,05	-,05
Intellectual Orientation	-,92	,47	-,15	-1,97	,05	-,16	-,08	-,08
Active-recreational Orientation	-,40	,51	-,06	-,78	,43	-,08	-,03	-,03
Morally-religious Orientation	-,54	,50	-,08	-1,09	,28	-,10	-,05	-,04
Control	,10	,31	,02	,31	,75	-,10	,01	,01
Individuality	-,79	,43	-,13	-1,84	,07	-,18	-,08	-,07
Organization;	-1,0	,36	-,15	-2,79	,00	-,19	-,12	-,11

The discovery that family cohesiveness, expression, intellectual orientation and organization are the four major prediction of adolescent internalized problems is in line with other authors' research.



Based on previous research, it was to be expected that a positive family environment is characterized by high cohesiveness and good organization. Negative emotional expression in the family is associated with adolescent expression and understanding of emotions (Halberstadt, Eaton, 2002). Adolescents who are exposed to high levels of parental negative influence may feel frightened and dismissed by their parents. These feelings can lead to the development of internalized symptoms (Stocker et al., 2007:310-325). Adolescents growing up in organized families where their parents provide support and encourage independence are more likely to face problems of defense (Frydenberg, 1994:1-11; Steiner, 1992:121-125). Families that accentuate independence and intellectual orientation stimulate activity and socialization of their members, increased assertiveness and reliance on their own capacities. The cohesive family is characterized by emotional connectivity, openness and flexibility (Moos, Moos, 2009), and these aspects provide adolescents with the ability to successfully deal with developmental challenges. Emotional heat is an essential factor. For adolescents from cohesive families, it is more likely to use more members of their family as a source of support, as well as to feel comfortable and more comfortable when discussing personal issues and problems of adolescents whose families are characterized by quarrels, rigidity and emotional distances. Research has shown that the lack of family support is associated with a number of problematic consequences such as anxiety, hyperactivity, neglect and inattention and depression.

The lack of social integration and the rigidity of the family can also be related to the aforementioned negative consequences (Moos, Moos, 2002). Children who feel that their mothers provide less acceptance, support, and heat have more internalized problems (Macuka, 2008:1179-1202). The girls experience more motherhood acceptance and support, while boys have more psychological concepts of father and mother. Stevens et al. (2005) point out that adolescents who have estimated that they have less support from their parents have more internalized problems. Family support and internalized problems in negative correlation, or adolescents whose parents do not support, have low self-confidence and feel depressed (Billings, Moos, 1984). Family support is a basic feature of intellectually oriented families emphasizing the academic achievement of adolescents (Platnick-Rubel, 2008). Faced with families in which intellectual cultural orientation is not emphasized, they do not support children and are a significant predictor of internalized problems. In his research, Wentzel (1998) dealt with the relationship of support that adolescents receive from parents, teachers and peers on the one hand and motivation, social and academic goals on the other. Her findings indicate that family support correlates with the intellectual orientation of adolescents. Children from such families have better competencies, stronger motivation and satisfaction to succeed. Therefore, it is clear why adolescents whose families are more cohesive, well-organized and intellectually oriented have less internalized behavioral problems than adolescents for whom the family is not the case. These results show that problems in family relationships reflect the weaker developmental outcomes of adolescents. Aydin and Oztutuncu (2001:77-83) on a sample of Turkish adolescents reveal that adolescents in whose families there is no cohesion are extremely vulnerable to negative thoughts and depressive mood.

Bilings and Moos (1984) on a sample of American adolescents reveal that families with low cohesion provide little support to their children, leading them to low self-esteem, anxiety and depression. Herman, Ostrander and Tucker (2007:325–330) found that the absence of family cohesion is associated with depression in African-American adolescents (blacks), but not with European-American adolescents (whites). For this group of adolescents it is characteristic that their internalized problems are the result of a large number of family conflicts (Herman et al., 2007:325–330), which is in contrast to the results of our research. Research hypothesis assumed differences in family relationships between adolescents with externalized problems, adolescents with internalized problems and typically developed adolescents. A statistically significant negative correlation was found between externalized behavioral problems and family relationship dimensions expressivity ( $r = -0.22$ ) and conflict ( $r = -0.18$ ). Results of regression analysis indicate that expression ( $\beta = -0.18$ ,  $t = -3.69$ ,  $p < 0.01$ ) and conflicts ( $\beta = -0.11$ ,  $t = -2.47$ ,  $p < 0.05$ ) as dimensions of family relationships represent significant predictors of outsourced problems. This suggests that families of adolescents with externalized problems are characterized by poorer family relationships, and in particular insufficient expression of feelings and frequent family conflicts. Similarly to the case of outsourced problems, statistically significant negative relationships between internalized behavioral problems and family relationship dimensions expressed ( $r = -0.22$ ) and conflicts ( $r = -0.15$ ) were detected. However, the results of regression analysis that significant predictors of internalized problem cohesiveness ( $\beta = -0.11$ ,  $t = -2.03$ ,  $p < 0.05$ ) and expression ( $\beta = -0.15$ ,  $t = -2.91$ ,  $p < 0.05$ ).

This suggests that the different dimensions of family relationships and their combinations are responsible for the emergence of outsourced and internalized problems. Consequently, it can be concluded that the second sub-hypothesis is confirmed.

### Conclusion

Research hypothesis assumed differences in family relationships between adolescents with externalized problems, adolescents with internalized problems and typically developed adolescents. A statistically significant negative correlation was found between externalized behavioral problems and family relationship dimensions expressivity ( $r = -0.22$ ) and conflict ( $r = -0.18$ ). Results of regression analysis indicate that expression ( $\beta = -0.18$ ,  $t = -3.69$ ,  $p < 0.01$ ) and conflicts ( $\beta = -0.11$ ,  $t = -2.47$ ,  $p < 0.05$ ) as dimensions of family relationships represent significant predictors of outsourced problems. This suggests that families of adolescents with externalized problems are characterized by poorer family relationships, and in particular insufficient expression of feelings and frequent family conflicts. Similarly to the case of outsourced problems, statistically significant negative relationships between internalized behavioral problems and family relationship dimensions expressed ( $r = -0.22$ ) and conflicts ( $r = -0.15$ ) were detected. However, the results of regression analysis that significant predictors of internalized problem cohesiveness ( $\beta = -0.11$ ,  $t = -2.03$ ,  $p < 0.05$ ) and expression ( $\beta = -0.15$ ,  $t = -2.91$ ,  $p < 0.05$ ). This suggests that the different dimensions of family relationships and their combinations are responsible for the emergence of outsourced and internalized problems. The general conclusion of this study is that there is a correlation between externalized problem of adolescents and the characteristics of their family environment. As particularly important predictors of behavioral disorders in adolescence, expression and conflict were isolated. Thus, families with high levels of frequent expression of aggression and anger among family members, as well as the inability of family members to exchange emotions and communicate at emotional level contribute to the development of externalized problems. This suggests that families of adolescents with externalized problems are characterized by poorer family relationships, and in particular insufficient expression of feelings and frequent family conflicts. The results of this study are in line with theoretical explanations of the development of behavioral disorders and the results of relevant empirical studies by other authors which clearly indicate that family dysfunction contributes to the weaker developmental outcomes of adolescents.

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