

Family Communication Patterns which Influence Bangkok Grade Seven Student's Life Skills

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Abstract

The purposes of this study were 1) to measure the life skills level of each Bangkok Grade Seven student. 2) To measure family communication patterns of each Bangkok Grade Seven student. 3) To study the ability of each family communication pattern to predict life skills. The samples of the study consisted of four hundred and seventeen in Bangkok, dividing the school samples into three groups, according to their subordination. The data was collected by two rating-scale questionnaires: life skills and family communication patterns assessments. Life skills assessments consisted of four domains: self-awareness and self-esteem, problem solving, stress management and interpersonal relationships. The family communication patterns assessment were divided into four different patterns: laissez-faire, protective, pluralistic and consensual.

The results were concluded as follows: 1. Grade seven students in the Bangkok school district had life skills in terms of solutions, stress management and interpersonal relationships at a high level, with on in average and life skills such as in self-awareness and self-esteem at a low level on average 2. Grade seven students in the Bangkok school district had a Laissez-Faire family communication pattern at the highest level. Consensual and pluralistic were also at a high level on average while protective was at a low level on average 3. The best family communication pattern for Grade Seven Students in the Bangkok school district was laissez-Faire family communication pattern

Keywords: Family Communication Patterns, Adolescence, Life Skills, Thailand

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Introduction

Current social status Western cultures that focus on material development have a greater role and influence in the way they live. The need to create a social position, economic competition and survival in society occurs in most people's thoughts and feelings today. The competition is high in education, economy and living. Including the advancement of communication systems. That affects many social changes in this situation, especially in young children who a fast-reach and changeable group. Mimetic behavior Due to high emotional state. Emotional maturity is not complete. There are confusion in putting their own roles, lack of coping skills, self-understanding and experience. They have mental health problems, such as anxiety with changes in the body, practice with friends or protection from social harm (Nisita Aungkul, 2009). These problems are also caused by the pressure that results from the lack of clarity in their thinking, lack of perspective on decision making and problem solving, weakness, lack of readiness for adaptation in order to shape the way of life in society happily, lack of ways to deal with emotions and stress and lack of critical thinking. Based on the statistics on child and youth indicators found that the problem of adolescents is as follows, 1) using alcohol 2) Using Social Media 3) Pregnancy in school 4) drugs use. From such a problem occurred over the past 10 years, educators and public health have focused on this issue. By trying to find a way to immunity to prevent serious problems. Because it is a cause and sustainable solution. One concept that has evolved and expanded widely is to build and develop " life skills" (Yongyuth Wongpiromsawat, 2002)

Life skills are the concept started by the World Health Organization (WHO). They provides the definition of life skills as being able to adapt and behave properly, enabling the person to manage the daily challenges appropriately. In the child's ability to face such pressure. Need to be trained in the basic ability of the person to adapt and choose the right path to life, facing everyday challenges, including the development of life skills, enables people to be able to analyze information. Evaluate situations helps to realize their own pros and cons, understand the requirements, difference of self and others, ability to deal with problems, to analyze, choose, and make decisions correctly, can express their desire for recognition of their rights. By maintaining good relationships with other people. It also can handle emotions and stress properly. Life skills will support self-efficacy, self-confidence and self esteem. Life skills development will make people stronger and can adapt to difficult situations with good mental health. People with good life skills will have the right behavior. This is a desirable behavior of society (Pornthip Wachiradilok, 2001).

For Thailand, Office of the Basic Education Commission Ministry of Education (2008) given the meaning of life skills that Life skills are the ability to live, to adapt to society. And Ministry of Education also focuses on life skills by strategizing and enriching their living skills. To focus on developing learners to be good, wise, happy, have the potential to study and career, knowledge, ability, communication, thinking, problem solving, technology use and life skills. This is in line with the 21st century skills-learning guidelines (Ministry of Education, 2012) the emphasis is on the development of life skills. To emphasize the foundation for the development of children and youth to be equal in ASEAN. And in the current teaching and learning, it is important that students lack the skills they need to learn to reduce their time to learn

more in core curriculum. For the students to have more practice. Both playing music, playing sports, drawing, enhancing professional skills and other skills.

These elements are an important part of life skills development. There are 3,831 pilot schools participating in the policy in 2015. In addition, the Office of the Basic Education Commission It has created a life skills test for students at various levels, so it is evident that life skills are a necessity for students. The key to life skills development is family and communication. The family is considered to be the institution that shapes the behavior of children. As well as training to adapt, emotional awareness of oneself and others. By learning the experiences that children get throughout the early years. It influences the behavior and individuality of the child. Until adulthood (Salovey and Mayer, 1997). Especially in Thai society Thai people are attached to the family until old. It can be said that Thai families play an important role in the development of children very much because the family is the smallest and the first society of a child born to love, warmth from family members. In addition, families are a great opportunity for children expressions of feelings and behaviors if you can talk to exchange information.

Families with good communication will also have good family relationships because of the good relationship. Family members come from positive communication. It is a communication that makes a good feeling. Have a good family understanding. But in the current situation, parents have less time for their children to earn a living in family rearing. As well as technology devices such as TVs, computers, and mobile internet, MP3s are one part that makes family members less time-consuming. Less communication between family members. It may negatively affect family relationships. Because the amount of communication is directly related to the development of interpersonal relationships (Tiranun Auchsiriwongse, 2004). And it can cause communication problems in the family is family members lack complete communication between each other. There is no telling of your feelings to others straightforward. Cause a family conflict. This will result in family problems followed. Families lacked good communication. This results in poor family relationships. And family communication problems are most likely to be found in families with young children (Atwater, 1992). Due to the nature of adolescence is the age of physical, emotional and social changes. It's the age that needs independence. And anti-adult concepts I want to try new things. They never made so often have problems adjusting. While parents cannot adapt to the change of children. Parents continue to use parenting methods. Contact with children as well as when they are young children, such as instructing children to follow or keep watch and no chance of freedom of thought and decision (Sriruen Kaewkwan, 2002) therefore there is always conflict in the family. And from the study of Siriporn Poolsure (2006) it is found that there is more communication in Thai families today. Adults have stress Children have stressed. But adults take those stresses down at the kids. Make talk, communicate and do not understand each other because adults want to talk alone. Communication Styles of Thai Families Often one-way communication, such as one parent speaks. The children have no opportunity to comment.

Family communication will be one more thing beyond understanding. That is the special feeling that comes from love, the bond between the parents which is the added fiber. Beyond what we want to communicate. Another observation is parents rarely use body language that expresses love for children. But use speech instead of love. Which is not enough Communication in the form of gesture language, such as

touching, embracing, holding hands, which helps to create a sense of stability for the child (Vinyadda Piyasilp, 2010).

Communication with teens Parents need patience, understanding and giving opportunities for children to express their feelings and accept them. When children have problems or something that causes unwanted behavior. Children should talk or consult with their parents. By parents as good listeners. The way to communicate with children requires two-way communication. The key to communication is to tell the parent's feelings about the problem rather than teaching or blaming the child. Because telling a feeling does not cause controversy. Telling what parents want to happen instead of telling them what to do. The child will feel ordered to resist. And asking the children's opinion shows that parents listen and accept the child. Communication in this way will make the child know the reason. Have a compromise and maintain popularity in the parents. These qualities are especially important for adolescents to develop mature, emotionally stable adults, a sense of self-esteem, the ability to deal with various problems encountered. These elements are an essential part of developing a person's life skills.

So I'm interested to measure the life skills level of each Bangkok Grade Seven student. As follow: self-awareness and self-esteem, problem solving, emotional and stress management and interpersonal relationship. And in addition to measure family communication patterns of each Bangkok Grade Seven student. As follow: Lasses-Faire, Protective, Pluralistic, and Consensual. And to study the ability of each family communication pattern to predict life skills. The results of this study can be used as a way of describing the patterns of family communication and life skills in each of grade seven students in the present society. Including basic information for use in the development of life skills of adolescent children.

Population and Sample

Population and Sample: Population is Student grade seven in Bangkok. Sample is Student grade seven in Bangkok totality four hundred seventeen dividing the school samples into 3 groups according to their subordination as follows:

- 1) Schools under the Office of Basic Education Commission – OBEC
- 2) Schools under the Office of the Higher Education Commission – OHEC
- 3) Schools under the Office of the Private Education Commission – OPEC.

In subordination OPEC dividing the school samples into 2 groups because OPEC are only boy school and girl school. Step for sampling is 1) Select district which have 3 group according to their subordination. From all 50 districts of Bangkok were found to have 6 districts with all 3 groups according to their subordination. And sampling. 2) Simple Random Sampling: Sampling 1 from 6 districts and get Dusit district. 3) Stratified Random sampling one school from OBEP and OHEP. And simple two school from OPEC

Research instruments

The data was collected by two rating-scale questionnaires:

1. Life skills assessments consisted of four domains: self-awareness and self-esteem, problem solving, emotional and stress management and interpersonal relationships. The reliability of each domain are .409 .613 .624 and .675 respectively.

2. The family communication patterns consisted of four domains: laissez-faire, protective, pluralistic and consensual. The reliability was .393 .796 .754 and .576 respectively

Pearson Moment Correlation and Multiple Regression Analysis methods were utilized for the data analysis.

Conclusion

The results were concluded as follows purposes as follow

1. To measure life skills level of each Grade Seven Student : Grade seven students in the Bangkok school district had life skills in terms of Problem solutions, emotional and stress management and interpersonal relationships at a high level and life skills such as in self-awareness and self-esteem at a low level.

The results showed that students grade seven had life skills in problem solving, emotional and stress management and interpersonal relationship with others in a high level and life skills in self-awareness and self-esteem is low. The results of the study are consistent with the current situation of children and adolescents because in today's society, it is a highly competitive society, both in terms of studying economics and living. Adolescence must learn to solve problems in various situations. Include pressure stress, which is the result of competition. It is a pretext for children to learn to manage the emotions and stress that occurs right (Nithi Ewisriwong. 2015). If problem solving is handled dealing with emotion and stress not right it may affect the relationship between others. In this group of adolescence. According to the social development, it is the age that attaches importance to the surrounding people, such as friends or other sex partners. In addition to this development, it will be the age of intellectual development. It is the age of abstract think and analyze. There is an adult model. It can solve problems in particular, adaptation in today's society in situations where the child is practicing a problem-solving experience in order to be self-reliant (Pranout kalchin. 2006). So it is possible that these teenagers have life-skills to solve problems. Life skills in emotions and stress management, interpersonal relationship with others are at a high level.

Life skills in self-awareness and self-esteem were found to be at a low level. The results are consistent with the current situation, as evidenced by the various news reports presenting some teenagers' offenses and inappropriate behavior or suicide because they think that they cannot learn like other friends including inappropriate behavior. This may be because the age is like analytical thinking. Like solving problems manually. But in this age, it still requires adults to guide the decision because of this age, children may use emotion in decision-making rather than logic. Consistent with the hall (G. Stanley Hall, 2006) saying adolescence are storm and stress which show expresses anger at the intense expression. This is one of the characteristics of this person. Including the most unusual form conditions. That often interfere with normal functions. It is an agitated state. This leads to worse physical and mental degradation. The state of Strom and Stress that occurs is a distress

machine. Long-lasting intense emotions are dangerous signals and will affect many other things. It can be seen from the statistics of suicide in adolescent children. (Department of Mental Health. 2015) there are 852 suicides in Thailand, or an average of 170 people per year. In 2014, Thai youth aged 15-19 years had a suicide rate of 3.43 per 100,000 populations. Suicide in adolescents is a problem of depression. Which cannot face to consult anyone. No one understands and listens. May result in feelings of hopelessness. Self worthless have suicidal thoughts. If you have ever seen the news of suicide, the behavior may be imitated. This behavior is due to the fact that adolescence are left alone. Being abandoned by parents to care including overly addictive technology. In addition, self-awareness and self-esteem are skills that require self-critical thinking in many aspects both good and bad it also requires exposure to other people's views on themselves. This will make the adolescence understand and accept things. The skills in this field can develop to full potential when young children receive guidance from the family (Thanya Buppavetsa. 2001) but from the current state of parenting, there is family communication that is not promoting life skills, self-awareness and self-esteem. The level of self-awareness and self-esteem of adolescents is low.

Life skills it is the human ability to learn from the environment. Create experiences in thinking and managing yourself be it self-awareness and self-esteem have a positive mindset contributes to self-esteem. When problems arise, they are thinking and deciding to solve problems themselves, not to discourage the obstacles to lead to a defined goal. Creating a safe, independent atmosphere teaches children the greatest self-help. Opportunity for children to express themselves. This will make children confident, dare to decide, these will help encourage children to develop appropriate life skills (Prappen suwan. 1998).

2. To measure family communication patterns of each Bangkok Grade Seven student: Result found that Grade seven students in the Bangkok school district had a laissez-faire consensual and pluralistic were also at high while protective was at a low level.

The results of the study can reflect the state of the modern family in Thai society. That has changed over the last 20 years, which has been influenced by social and economic oppression. The focus on material development has a greater role and influence in the way of life. The need to create a social position, economic competition and survival in society occurs in most people's thoughts and feelings today. The competition is high in education, economy and living. Including the advancement of communication systems. That affects the change in many aspects of society, which in turn affects children (Department of Mental Health. 2004).

Parents do not have time for children and neglected to teach or lack of communication between family members (Supaluck Jantaranchitkasem. 2003). This makes it the most liberal type of communication in the family. And minimal protection. In addition, the study also indicates that the family also has an open and compromising form of family communication. So, it can be seen that in the sample society, there are three forms of family communication:

Larissa-Faire, Pluralistic, Consensual

3. To study the ability of each family communication patterns to predict the life skills: lessees-fair family communication patterns, it is an important model for predicting life skills in all four aspects. But from the study, it was found to be less predictable.

Due to the measurement of each family communication style. There is no metric that is linked to four life skills, so each family communication style predicts little or no. when considering liberal family communication style. This is a form of family communication that allows children to express their opinions fully. The children are not recommended. Preaching there is no regulatory framework or enforcement. As a result, children must learn to adapt. To be accepted by friends and people around. Children also need to know and understand themselves and others. Ability to think and make decisions to solve problems manually, have self-esteem and have more good relationships with others. (McLeod , Chaffee and Wackman. 1975). As the concept of Kantor and Lehr (1975) that said, Leases-fair family communication it contributes to the development of intellectual, emotional and social development, promotes coping with family activities. Make students learn a variety of lifestyles. This makes the students more adaptable to life in society.

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