

Innovations

Parents as a Key Factor to Improve Adolescent Cognitive Behavioural Evolution and Trauma Prevention

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Abstract: *In this study, we present the viewpoint of parental engagement, conceptualised as a framework for incorporating the parental approach to child development in line with the principles of the holistic approach to pedagogy. Family as the basis for moral education and religious life, the family is a crucial integral part of our community and society in general. Parents play an important role in the upbringing of young people. In many ways, the way a child is brought up is strongly influenced by parents and members of the extended family. In the family, the first educational environment is the parental home, as the children who live there are taught and nurtured first. In education, an important goal is to ensure that children are well brought up and nurtured. There is no fixed form that is maintained by the physical and mental functions of the individual until the stage of achievement. The predictability of adolescent emotional distress, cognitive behaviour in relation to well-being situation, personality traits and interrelated child development. A total of 390 respondents provided relevant information on the standardised questionnaires. SPSS software was used to analyse the hypotheses put forward. The analysis revealed that the adolescents who reported greater difficulties in coping with their emotion when it comes to parental relationship attributed to parental parenting practises as an adaptive approach. This was also reflected in the question of the extent to which parental care and family bonding were important for the child's development. 41% agreed that parental care is not sufficient to promote the emotional development of the adolescent. Furthermore, the results showed that emotional and traumatic problems in adolescents have more to do with a poor parenting approach than with personality traits. Also in terms of the contribution to addressing social stability, employment disparity exists in youth participation in workforce to curb with Adolescent and family economic stress, this research draws attention to the significance of aggressive approach along with the improvement and deployment of policy implementation delivery service to effect the teaming growing young people for both economic value, improvement in cognitive behaviour and national development. The evolution of a nationally coherent and*

evidence-based theoretical account for young people's wellbeing is a laudable goal for policy makers. By recognising this population as a distinct segment with specific needs, policy makers can develop goals, strategies and recommendations that will improve the combination of physical and emotional outcomes for young people for nation development purposes.

Keywords: *Adolescent behaviour, parental involvement, cognitive improvement*

Introduction:

Adolescence is a critical stage in the individual's development into adulthood and self-identity, interpersonal relationships, physical growth and sexual maturation, and also preparation for adulthood. The process transition from childhood to adulthood is the focus of this stage of development. Adolescents' sense of belonging is crucial to their development (Allen & Ken 2017)

Many cultures view the period between the ages of 10 and 19 as a prime of transition from the vulnerable and protected position of childhood to one that is almost equal to that of adults, and the term adolescence is used to describe this period (WHO, 2010). (Newman & Newman, 2015). Puberty-related physical and psychological changes and preparation for adult roles, privileges and responsibilities, are part of the transition from childhood to adulthood which constitutes some levels of stress in their lives (Holmbeck et al., 2012).

The adolescent years are a time of rapid change and personal growth for young people. On the other hand, adolescents face a variety of transitional challenges, both in the world and at home.

According to a new report, mental disorders among adolescents have increased over the past two decades. Research in the United States has found links between adolescent mental disorders and risk factors such as gender, showing that boys have more behavioral problems and girls more emotional problems (Canino et al., 2014). The importance of parental care on Adolescent and that of the society has been underlined by sociologists. Since family is the most important unit of society, providing support, procreation, socialisation and discipline is an important factors. any stress on the family affects young people, such as divorce, parental mortality, poverty and unregulated family formation can have a significant impact on the young people,s emotion and wellbeing.

Family systems can be compared to political systems which can be affected both positively and negatively by a transition programme. In other words, the family that constitutes parents and children as a whole can become unstable due to factors such as economic, religious and cultural factors, cohabitation, divorce and educational instability. Ugwuoke and Duruji (2015) and Okemini (2020), in their attempt to analyse family disorganisation, have identified some major causes of some of the cognitive behaviours interrelated with their wellbeing found among young people that have serious consequences for the family

instability. These include economic downturn, divorce/separation, loss of breadwinner's job, spouse abuse, infidelity, substance abuse and others.

Consequently, systems theory postulates that important aspects of citizen welfare must be identified and enhanced for social change or wellbeing to be achieved. As a result, system theory centres on the notion that human behaviour are influenced by various factors within a system. These factors include family, peers/friends, social and economic status class, and environmental issues in which an individual grows and associate with (Kern, et al., 2020). Thus, in view of the developing parental role in a family, community, policies, and governmental institutions as stakeholders involved in influencing young people's well-being, the interaction between these components ensure the wellbeing of youths and young adults positively (Tramonti, Giorgi, & Fanali, 2019).

Literature Review

For the interest of clarity and sound understanding, the researcher considered three major theories. Family, adolescent well-being and Humanistic theories of development as a basis to conceptualised the entire study focus.

The Family

Two of the most important environments for children are the home and school, hence the great interest in involving parents and teachers, as well as the children themselves in assessing social skills in different environments is of great importance (Elliott, S.N.; Anthony, C.J. 2021)

Each adolescent's family attachment is the result of a particular interaction between their genetic makeup, contextual influences and ongoing family cognitive processes. The family system in which the learning process begins is only one example of the social environmental stimuli that draw on biological roots.

Parental education is one of the most important factors in a person's social development from birth to young adulthood. Parents control the development of innate personality traits and the learning of rules and values. The older a child becomes, the more parental support takes the form of a partnership between parent and child. To experiment with new duties and responsibilities in adulthood, the autonomy of adolescents is fragile at his time (Elaine McMahon, Vita Poštuvan, Pilar ASáiz, & Nuša Zadravec 2018)

Adolescence Wellbeing

There is undoubtedly a link between the quality of the parent-child relationship and adolescents' psychological well-being, and this link is reinforced when adolescents report feeling better about themselves as a result of their parents' support. Self-satisfaction and happiness are used as a reference point for assessment. However, according to Kimathi, a growing number of adolescents

show signs of poor psychological well-being as a result of strained parent-child relationships and traumatic situations witnessed at home (Kimathi 2015).

Family systems can be compared to political systems which can be affected both positively and negatively by a transition programme. In other words, the family as a whole can become unstable due to factors such as economic, religious and cultural factors, cohabitation, divorce and educational instability. Ugwuoke and Duruji (2015) and Okemini (2020), in their attempt to analyse family disorganisation, have identified some major causes of instability that have serious consequences for family instability, including economic downturn, divorce/separation, loss of breadwinner's job, spouse abuse, infidelity, substance abuse and others.

There are many people and families who are directly affected by economic crises in a country such as a recession or financial crisis, not just the country as a whole. According to Adegbamigbe (2016:12), President Muhammadu Buhari in (2016) said that "recession is a fact of life for many individuals and families. It means they cannot pay school fees, they cannot afford the high cost of food (rice and millet) or international travel, and for many of our young people, recession means unemployment, sometimes no tangible employment even after graduating from university. As a result of the current economic downturn, family life has become more unstable for many people. When the family is severely affected, all family members, especially children, suffer from all kinds of deficiencies in parental care, including moral and psychological instability. The basic requirement and life expectancy for a better society begins at home, and if vital institutions and other stakeholders, including the government, neglect the plight of families, they should not expect a better society in return.

Consequently, system posits that factors such as home, family, religion, education, social and economic status influence how individuals act, think and behave. Therefore, examining these social structures individually offers effective explanation as to who and why they influence and impact wellbeing. Therefore, system theory offers accounts of how systems in the realm of social, economic, cultural, environmental, and societal influence individual development and wellbeing (Arthur, & McMahan 2005).

Two of the most important environments for children are the home and school, hence the great interest in involving parents and teachers, as well as the children themselves, in assessing social skills in different environments is of great importance (Elliott, S.N.; Anthony, C.J. 2021) Each adolescent's family attachment is the result of a particular interaction between their genetic make-up, contextual influences and ongoing family cognitive processes. The family system in which the learning process begins is only one example of the social environmental stimuli that draw on biological roots.

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becomes, the more parental support takes the form of a partnership between parent and child. To experiment with new duties and responsibilities in adulthood, the autonomy of adolescents is fragile at this time (Elaine McMahon, Vita Poštuvan, Pilar ASáiz, & Nuša Zadravec 2018)

Humanistic

Humanistic theory (HT) proposes that the researcher develop a better understanding of the dynamic capacities of adolescents, focusing on Abraham Maslow's work describing how capable people have a profound impact on their lives by helping others. The belief that people are capable of making a positive contribution to their own lives is based on the premise that they are capable of taking effective action that will influence their destiny. Let us assume for a moment that this theory applies to people like you and me: we should focus on the extent to which we have used our abilities to respond to life's challenges and meet our own needs (Chess & Norlin, 1991:49; Vander Zanden, 1993:45)

Chess and Norlin (1991:48) describe this theory in terms of people being able to exercise control over their lives and promote their own development and thus be responsible for their actions. Furthermore, it highlights the unique qualities of the individual, thus reminding us of our innate ability to promote and cultivate healthy and positive pathways through distinct human qualities such as choice, creativity, appreciation and our highest potential, which researchers refer to as self-actualisation. Abraham Maslow (1968, 1970), one of the leading exponents of humanistic psychology, established a hierarchy of needs according to which individuals must first satisfy the needs at the higher level before they can pursue the needs at the lower levels

These needs are at the top of the hierarchy and symbolise overall development (Chess & Norlin, 1991:49; Vander Zanden, 1993:45)

Methodology:

It is crucial that the researcher selects the most appropriate methodology for an empirical study in order to obtain relevant information (data) required to achieve the research objectives. Inductive and deductive approaches are the two most commonly used methods in empirical studies, especially in the social sciences and humanities. In this study, a deductive approach is adopted as the researcher formulates and tests hypotheses to arrive at conclusions based on the assumptions (Park, Bahrudin & Han 2020).

On the premise that deductive approach seeks to test theories and concepts searching for evidence to support or refute the theoretical assumption and as such these assumptions or hypothesis becomes a means through which the deductive method clarifies and inferred a claims from the theory or conceptual perceptive (Yao, 2023). In other words, the deductive approach is synonymous with quantitative research as it is geared towards developing hypothesis from a

perspective using a variety of methods to gather and analysis data that either accept or reject the hypothetical premise (Proudfoot, 2023).

Deductive Approach

Notably, a deductive approach deployed in this study sought to determine the role of Parents, connection with their early education, peer influence along with how government as key stakeholders can help in the formation policies to effect family wellbeing to improve the Adolescence health risk in general. Likewise, the role of family and the community in shaping the lives of teaming young people in the society is a testament to the welfare of the parents which is reflected in the overall wellbeing of youth and children alike.

The purpose of this research is to ascertain the role of the stakeholders' government policy with respect to identifying factors that can foster adolescent well-being in the country. Research method has made a distinction between techniques (quantitative and qualitative studies), the choice of one method over another depends on the extent to which it is suitable for answering the research questions. According to Mehrad and Zangeneh (2019) quantitative research utilizes numerical data and is statistically analysis and mathematically based procedures to collect, analyze data. Similarly, quantitative research as an empirical investigation often resorts in testing theories consisting of variables measured with numbers and statistically analysed with models to determine whether the theory predicts or explains the phenomena of interest. In essence, this is to determine whether the theory predicts or explains the phenomena in view (Sakyi, Musona&Mweshi, 2020).

Notably, the choice of methodology in an empirical study depends on the research problem and the paradigmatic or philosophical preferences of the researcher. However, appropriate methodology must be deployed for studies seeking to generalize study findings because each method and approach has its own unique qualities when it comes to achieving the goal of the study and understanding the phenomena under investigation (Snyder, 2019).

Results and Discussion

Parents Family influence on young people's cognitive development in Nigeria

| Items | Strongly Disagree (%) | Disagree % | Neutral % | Agree % | Strongly Agree % | Mean (x) | Standard Deviation (σ) |
|----------------------------------|-----------------------|------------|--------------|-------------|------------------|----------|------------------------|
| I am able to guide and direct my | 59 (15.1 %) | 87 (22.3) | 107 (27.4 %) | 99 (25.4 %) | 38 (9.7%) | 2.92 | 1.212 |

| | | | | | | | |
|--|----------------|----------------|----------------|----------------|---------------|------|-------|
| child physically and emotionally | | | | | | | |
| I communicate regularly with my child in order to ascertain his/her emotional state | 16 (4.1%) | 65 (16.7%) | 129 (33.1%) | 145 (37.2%) | 35 (9.0%) | 3.30 | .986 |
| I can clearly notice my Child's agitation when something upsetting happens occurs | 220 (56.4%) | 160 (27.2%) | 31 (7.9%) | 25 (6.4%) | 8 (2.1%) | 1.71 | 1.000 |
| My Child's development is rapid due to parental care and family bond | 32 (8.2%) | 73 (18.7%) | 122 (31.3%) | 122 (31.3%) | 41 (10.5%) | 3.17 | 1.106 |
| The well-being of my child is paramount among other activities and priorities on my schedule | 232 (59.5%) | 87 (22.3%) | 40 (10.3%) | 21 (5.4%) | 10 (2.6%) | 1.69 | 1.025 |

| | | | | | | | |
|---|----------------|----------------|----------------|----------------|---------------|------|-------|
| Family problem and financial issues are among the things that distract me and my family the most. | 17 (4.4%) | 55 (14.1%) | 133 (34.1%) | 133 (34.1%) | 52 (13.3%) | 3.38 | 1.024 |
| A good and strong family unit leads to a better society | 19 (4.9%) | 14 (10.5%) | 131 (33.6%) | 150 (38.5%) | 49 (12.6%) | 3.43 | 1.001 |
| Divorce/separation affects child growth and family unit | 140 (35.9%) | 116 (29.7%) | 65 (16.7%) | 52 (13.3%) | 17 (4.4%) | 2.21 | 1.189 |
| Average | | | | | | 2.72 | 4.361 |

N=390 -Strongly Disagree,Disagree, Neutral, Agree, Strongly Agree, = Average
 $21.8 \div 8 = 2.72$

Based on the descriptive analysis of the variable family from the table above with average mean (M=2.72 – SD=1.06) the result shows that majority of respondents in the study agree that family influence young people’s well-being in Nigeria. Thus, with a mean score (M=3.43 – SD=1.001) majority of participants in the study agreed with the statement that “a good and strong family unit leads to a better society”.

This was followed by the mean score(M = 3.38 – SD = 1.024), with majority of the respondents agreeing with the statement that “family problem and financial issues are among the things that distract them and their family the most”. Equally with the mean score (M=3.30 – SD=0.986), majority of the respondents agreed with the statement “I communicate regularly with my child in order to ascertain his/her emotional state”. With the mean (M=3.17 – SD=1.106) majority of respondents in the study agreed with the statement “My Child’s development is rapid due to parental care and family bond”. Also, with the mean score (M=2.92 – SD=1.212) majority of the respondents in the study agreed with the statement “I am able to guide and direct my child physically and emotionally” With the mean (M=2.21 – SD=1.189) majority of respondents in the study disagreed with the

statement “Divorce/separation affects child growth and family unit” Likewise, with the mean (M=1.71 – SD=1.000) majority of respondents in the study disagreed with the statement “I can clearly notice my Childs’s agitation when something upsetting happens occurs” Lastly, with the mean (M=1.69 – SD=1.025) majority of respondents in the study disagreed with the statement “The well-being of my child is paramount among other activities and priorities on my schedule.

This result is similar with study Ezeani, Ogu, and Sabboh, (2023) that family ties and parental involvement in child welfare impacts career choices and decision and among secondary school students in Nigeria. Likewise, Ojo, Agboola and Kukoyi, (2022)in their studieson family factors and psychoactive substance use among adolescents in Nigeria noted that although there are numerous variations in family pattern, however the level of support for a child receives in terms of education, upbringing and discipline, monitoring peer activities among others influence adolescent behaviour.

As such, family plays a vital role in influencing the young people and can as well protect and help adolescents overcome their addiction. Economic hardship such as, low pay, unemployment, domestic violence, parental criminal activities, divorce, poor communication skills, parental infidelity among other disruption in the home decreases emotional security and at the same time increase the use of aggression and interpersonal hostility to deal with issues (Ojo et al. 2022). This further exposes children and young adults to risks and substance use as copying mechanism. Hence, family factors affect adolescents’ wellbeing.

| Correlations matrix table for relationship on how family related with other variables for Adolescent cognitive development. | | | | | |
|---|---------------------|--------|-----------|------------|------------|
| Variables | | Family | Education | Peer Group | Government |
| Family | Pearson Correlation | 1 | .406* | .748* | .294** |
| | Sig. (2-tailed) | | .000 | .000 | .000 |
| | N | 390 | 390 | 390 | 390 |
| Education | Pearson Correlation | .406** | 1 | .407** | .562** |
| | Sig. (2-tailed) | .000 | | .000 | .000 |
| | N | 390 | 390 | 390 | 390 |
| Peer Group | Pearson Correlation | .748** | .407** | 1 | .486** |

| | | | | | |
|--|---------------------|--------|--------|--------|------|
| | Sig. (2-tailed) | .000 | .000 | | .000 |
| | N | 390 | 390 | 390 | 390 |
| Government | Pearson Correlation | .294** | .562** | .486** | 1 |
| | Sig. (2-tailed) | .000 | .000 | .000 | |
| | N | 390 | 390 | 390 | 390 |
| **. Correlation is significant at the 0.01 level (2-tailed). | | | | | |

Relationship between family and Government for adolescent development

The above table shows the statistical results of the Pearson correlation analysis between family and government which formed the basis for hypotheses testing. The hypothesis provided answer and justification to the objective to determine the relationship between family and government for adolescent wellbeing development and the important role of parental care in their cognitive attitude. The Pearson’s correlation test of family and government for adolescent wellbeing in the table above reveals a statistically significant relationship between the variables. The result shows that the significant value (0.000) is less than the significant level (0.001) and based on this result, we reject null hypothesis because the p - value (0.000) is (\leq) than 0.001.


Therefore, we conclude that there is a significant relationship between family and government and as such hypothesis H4 is supported. Equally with the correlation coefficient r-value ($r = 0.294^{**}$), the result indicates a significant relationship between family and implementation. Thus, the correlation is negligibly significant given the r-value 0.294 and this implies that increase in family wellbeing will equally lead to increase in government spending on interventions programs as implementation of policies to enable youth and adolescents wellbeing to reduce stress on them that produces bad behaviour.

Finding from this study is similar with studies from by Butler et al., (2020) who states that supportive family relationships are key protective factor guiding against delinquent activities, mental health, and crime among young people and by extension children, particularly amongst those who have experienced adversity in the past.

Similarly, Ross (2020) also states that youth and adolescents’ wellbeing lies on choices and opportunities available to them to enhance expected behaviours and attitudes. As such, interactions within their environments contribute to the wellbeing of youth. As a result of this, government likewise has the role to play in ensuring wellbeing of citizens in partnership with private counterparts by providing structure and policies that ensure wellbeing of the family and by extension youth.

The Mediating Role of Government in the Relationship between Family and policy Implementation.

Government (MV) mediates relationship between family and implementation



$$a - \beta = .6097***$$

Based on figure above, the analysis revealed significant relationships among the variables involved in the mediation model: The results showed that the relationship between family (IV) and government (mediator) was statistically significant ($\beta = 0.2467, p < .001$) and therefore family positively predicted government. In turn, the impact of government (mediator) on implementation (DV) was also statistically significant ($\beta = 0.1142, p = 0.061 < .001$).

The direct effect of family on implementation was statistically significant ($\beta = 0.1484, p = 0.000 < .001$), indicating that family had a direct influence on implementation. The indirect effect of family on implementation through government was examined using bootstrapping analysis. The results of the indirect effect of family on implementation through government was estimated to be 0.0282 (BootSE = 0.0119) with the ($R^2 = 8.5\%$) of variance in implementation is explained by the model and therefore there is partial mediation as the path p-value of C' was significant. The 95% bootstrap confidence interval for the indirect effect ranged from 0.0072 to 0.0539.

The indirect effect was statistically significant because the confidence interval did not include zero (95% CI) = [BoostLLCI = 0.0072 ---- BoostULCI = 0.0539] indicating that the influence of family on implementation was partially mediated by government as the effects was indirect. The model accounted for 8.5% of variance in the dependent variable implementation.

Thus, findings of this mediation analysis provide support for the hypothesis that government plays a mediating role in the relationship between family and implementation of policy for adolescent wellbeing. The significant indirect effect suggests that family's impact on implementation is not solely due to a direct relationship but is also influenced by its effect on government. These results have important implications for understanding the dynamics between family, government, and implementation processes. Thus, the result suggests improving the family quality contributes to increase in implementation of policy for youth wellbeing.

Recommendation

From the perspective of system theory, the society as a complex arrangement of elements includes individual and collective interaction within the system for steering the society. As such, individuals adapt to their environment by adjusting or complying with structures for their wellbeing. Thus, understanding

the importance of structures within the system and the social order ensures adaptive possibilities in a social system. As a result, family and education as part of the society is affected by peer influence which can lead to negative or positive consequences. Therefore, the study makes a case for imputes from the perspective of social, economic, and environmental conditions as it affects wellbeing especially the youths.

Based on the results from the study, independent variables in the study, family, education, and peer group all indicated significant relationships with implementation. Likewise, the independent variable equally predicted the outcome variable significantly and positively. Also, the mediator positively mediated the relationship between the independent and dependent variable. The interaction between variable in the study indicates that government as a key stakeholder in a social system must develop and implement policies that impact family welfare, education quality and peer/environment to ensure the wellbeing of young people and the society at large.

There is seemingly no trade off to make between Government policy implementation on wellbeing and academic performance in relationship with stakeholders, policy maker and family wellbeing. Put in a simple manner, family to community, school environment, happier children make better society. Schools can feel confident to use time and resources to improve pupils wellbeing in the knowledge that it will likely also lead to improvements in their core business of academic attainment. Physical health including the absence of disease or illness, physical activity, diet and enough sleep is crucial to Adolescent wellbeing and a deficit in any area physical health can have a significant impact. There is more robust evidence to suggest that there is a link between all the mentioned variables to improve Adolescence wellbeing. This is a key area that both the schools, community leaders and government programs mediation should explore and bridge the gap as these are essential elements of child development. They should therefore prioritise wellbeing in policy development and implementation process to positively effect the thousands homes to reduce economic stress and improve family daily lives at large.

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