

FAMILY COMMUNICATION PATTERNS AND COHESION BETWEEN ADOLESCENTS AND PARENTS IN UYO LOCAL GOVERNMENT AREA OF AKWA IBOM STATE NIGERIA.

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Abstract

This study sought to determine the relationship between family communication patterns (pluralistic, consensual, protective and laissez-faire) and cohesion between adolescents and parents in Uyo Local Government Area of Akwa Ibom State, Nigeria. Four purposes and research questions respectively guided the study. Survey research design was adopted for the study. The population of the study comprised of 4,608 Senior Secondary School II students from where a sample size of 368 respondents were selected for the study using proportionate random sampling technique. Two set of questionnaire developed by the researcher titled "Family Communication Patterns Questionnaire (FCPQ) and Cohesion between Adolescents and Parent Questionnaire (CAPQ) adapted from Circumplex Model of Marital and Family System by Olson (2000) were used for data collection. The instruments were validated by three lecturers from cognate discipline all in University of Uyo. The reliability of the instruments was determined using Cronbach Alpha statistics and it yielded a reliability coefficient of 0.62 and 0.85 respectively. The research questions were analyzed using Mean statistics. Findings revealed that the relationship between pluralistic, consensual, protective and laissez-faire family communication pattern and cohesion between adolescents and parents is enmeshed, connected, separated and disengaged respectively. This implies that families that adopt pluralistic and consensual communication pattern are likely to experience closeness and cooperation among members while families that adopt protective and laissez-faire communication pattern are likely to experience lack of closeness and cooperation among members. More so, there is a significant relationship between pluralistic, consensual, protective and laissez-faire family communication pattern, and cohesion between adolescents and parents in study area. On the basis of the findings, the researchers recommend that parents should create a favourable home climate that could trigger openness between them and adolescents to enhance understanding of prevalent needs, challenges and prospects. It is also recommended that parents should create time for their adolescent children

to help attend to their educational, social, emotional and health and psychological needs for sound development.

Keywords: Communication, Pattern, Adolescent, Cohesion, Parents.

Introduction

Family is viewed as the simplest unit in life, but the concept of family is complex with different scholars proffering diverge definitions either on the basis of structure, roles, responsibilities, relationship, functions etc. According to Anyakoha and Eluwa (2010) the family comprises of groups of persons united by ties of marriage, blood or adoption and characterized by common residence and economic co-operation. Every human being is a member of a family, at least in the sense of a biological membership. The family is the most important group which permits parents to provide children with different types of stimulating interactions that equip them for their future responsibilities. Extensive and intensive relationships exist among family members (Anyakoha and Eluwa, 2010). This is because family living includes the sharing of work, play, feeding, rest, joy, cries, worries, and so on through various forms of communication.

According to Thakkar and Sheth (2014) communication refers to the process used by people to create and manage relationships. Communication is one of the processes by which family members work out and share their meanings with each other. Through this interaction, the members define their own identities and their relationships to each other and the rest of the world. Communication shapes and alters the structure of the family system thus, play a crucial role in people's lives (Clark, 2015). Family communication refers to the way verbal and non- verbal information is exchanged between family members. Family communication is much more than just the exchange of words between family members. It has to do with facial expressions, gestures, posture and vocal tones. Family members communicate to exchange ideas, gain knowledge, and increase understanding of others (Thakkar and Sheth, 2014).

Evans (2004) suggests that parents should aim to develop a strong and healthy family communication pattern with their adolescents because it plays a significant role in helping families achieve more flexibility and adapt to changes. Adolescence is that phase of life when strong parent-child attachment is essential for the normal development of the adolescents, biologically, and psychologically, but it can also be a period that is disruptive for family socialization (Day and Padilla-Walker, 2009). It is also an especially significant period in regards to developing one's communication style, as parent-child communication during this period is believed to influence the ways in which an individual communicates and forms relationships with others in later life (Doyle and Markiewicz, 2005).

Family communication patterns are based on the socio and concept orientation. McLeod, Atkin, and Chaffee (2002) identified four basic types of family communication patterns, namely: laissez-faire, protective, pluralistic and consensual. Smith, Taylor, Hill and Zabriskie (2004) noted that, socio-orientation stresses interpersonal harmony in the family and avoidance of conflicts or controversy while concept-orientation encourages children to think independently and proffer solutions to some social issues relating to them and the society at large. Smith *et al.*, (2004) stressed for pluralistic communication pattern social harmony is maintain when children do not argue with adults or express opinions that are different from those of the family members. Parents who are high on concept-orientation but low on socio-

orientation are labeled pluralistic. Pluralistic communication pattern emphasize children's free expression of ideas without fear of punishment. Consensual communication pattern stresses both relational harmony and free communication exchange. In this type of family, children are allowed to express their ideas as long as the family's internal harmony is maintained. Parents high on both relational harmony and free communication exchange patterns are labeled consensual. The nature of interaction between parents and adolescent shows the type of communication pattern prevalent in the home. More so, parent adolescent communication expresses the level of concern and attention parents and adolescent have for each other and how parent and adolescent bond in their family relationship.

Protective communication pattern occurs in families with high socio-orientation scores and concept-orientation. Protective communication pattern stresses a relationship of obedience and conformity between the children and parents (Ritchie and Fitzpatrick, 2000). Protective parents are high in conformity orientation and low in conversation orientation. Protective communication pattern functions to maintain obedience and enforce family norms; little value is placed on the exchange of ideas or the development of communication skills. Protective communication pattern are often targeted on sheltering family members against undue pressure and external assaults (McLeod, Atkin and Chaffee, 2002). Adolescents raised in these families with protective communication pattern are typically not well adjusted because controversy and conflict have been excluded from the adolescents' growing up experience. When adolescents that grow under protective communication pattern are let outside of the family unit, they are typically very easily influenced and persuaded (McLeod, Atkin, and Chaffee, 2002). Isaac and Koerner (2008) opined that protective communication strategies emphasize supportiveness and openness which been found to promote higher levels of adolescent self-esteem and ego strength. Parents low on concept-orientation and high on socio orientation are labelled protective and are typically *authoritarian in nature*.

Laissez-fair communication pattern encourages neither open communication between parents and children nor relational harmony. According to Noller and Fitzpatrick (2003), the laissez-faire communication pattern is characterized by little parent-child interaction. Children are relatively more influenced by external social settings such as peer groups [than families]. Children and adolescents who are raised in laissez-faire communication-oriented families will look for other communicative outlets such as friends, extended family, school, or other adults. Laissez-faire parents are low in both conversation orientation and conformity orientation. Family members do not often engage each other in conversation and they place little value on communication or the maintenance of a family unit. This type of family generally will consist of a parent who either does not have time to attend to or does not care about the child's need for parental involvement. When a child does not get the interaction that he/she needs at home, he/she will find other sources of interaction. Parents who are low on both patterns are labelled laissez-fair.

Cohesion has been defined differently in family research, most researchers generally agree that cohesion entails the emotional bonding family members have with one another (emotional bonding does not necessarily mean pleasant emotional bonding, but instead involves a realistic viewpoint that family life is not perfect). Feldman and Gehring (2008) defined cohesion as the extent to which family members are concerned and committed to the family and the degree to which family members are helpful and supportive to each other.

Olson (2000) asserted that cohesion is separated into four different levels ranging from disengaged (very low cohesion), to separated (low to moderate), moving to connected (moderate to high), and ending at enmeshed (very high). Both disengaged and enmeshed levels of cohesion indicate an unbalanced relationship and can lead to problems for the family relationship.

Families that have healthy levels of cohesions emotionally interact with one another and create a balancing act of allowing individual independence and demanding family togetherness. For example, a family who can balance and adjust to an adolescent's need to spend time with friends, school, and work and also feel emotionally involved with the routine family life, has created a healthy cohesive environment for the adolescent. Family members from cohesive family environments feel included and emotionally connected with the family even when they are given large amounts of independence. Thus, cohesion is viewed by most researchers as the ability of the family to balance togetherness with separateness. Could the communication patterns adopted by parents influence level of cohesion between them and the adolescent? Is there any relationship between family communication pattern and cohesion between adolescents and parents? What type of relationship exists between family communication pattern and cohesion between adolescents and parents? It is against this background that the researcher seeks to carry out this investigation.

Statement of the Problem

Despite the relevance of communication between parents and adolescent globally, there are still myriads of challenges. Observations reveal that parents and adolescent belong to two different generations; parents are often unable to keep pace with changing social and technological developments. So, they are unable to understand their adolescent children. At the same time adolescents can't understand the mindset of their parents who they feel have very traditional mindset and are regarded as "Old School". This is the period when most parents blame their adolescent children of not listening to parental advice. Interactions with the adolescents reveal that they accuse their parents of not taking time to understand them; there is thus inability of both generations to communicate and understand each other.

Incidence of insubordination of adolescents to family norms and leadership as well as parents' lack of control of their wards is alarming. The researcher has observed that most adolescents prefer sharing their feelings, needs and challenges with other members of the family other than their parents. Furthermore, most parents are pre-occupied with socio-economic activities to an extent that they lack ample time for quality communication that fosters intimacy and closeness. This raises a question of "what is the missing link between parents and adolescents? What communication pattern is prevalent in families and what is the relationship between these communication patterns and cohesion between adolescents and parents in Uyo Local Government Area of Akwa Ibom State?

Purpose of the Study

The main purpose of the study was to determine the relationship between family communication patterns and levels of cohesion between parents and adolescents in senior secondary school in Uyo Local Government Area. Specifically, the study sought to:

- 1) determine the relationship between pluralistic communication pattern and levels of cohesion between adolescents and parents in the study area;
- 2) determine the relationship between consensual communication pattern and levels of cohesion between adolescents and parents in the study area;
- 3) determine the relationship between protective communication pattern and levels of cohesion between adolescents and parents in the study area;
- 4) determine the relationship between laissez-faire communication pattern and levels of cohesion between adolescents and parents in the study area.

Research Questions: The study sought to answer the following research questions:

1. What is the relationship between pluralistic family communication pattern and levels of cohesion between adolescents and parents?
2. What is the relationship between consensual family communication pattern and levels of cohesion between adolescents and parents?
3. What is the relationship between protective family communication pattern and levels of cohesion between adolescents and parents?
4. What is relationship between laissez-faire communication pattern and levels of cohesion between adolescents and parents?

Methodology

Design of the Study: Descriptive survey research design was adopted for the study. The design typically employs questionnaires and interviews in order to determine the opinions, attitudes, preferences and perceptions of persons of interest to the research (Ndiyo, 2010). The design was considered appropriate for this study since it obtained data on the relationship between family communication patterns and cohesion between parents and adolescents from students using a structured questionnaire.

Study Area

The study was conducted out in Uyo Local Government Area. Uyo is the capital of Akwa Ibom State and also a Uyo Local Government Area. The study area lies between latitude 5⁰.05⁰ North and longitude 8⁰ East. It shares boundaries with Itu, Ibiono Ibom and Ikono Local Government Areas to the North, Uruan to the East, Ibesikpo-Austan, Nsit Ibom and Etinan to the South and Abak to the West. Uyo houses some tertiary institutions such as University of Uyo and Uyo City Polytechnic, post-primary institutions as well as primary schools both private and public. The Education Zone had a total of 13 Public Secondary Schools as at the time of this research (Statistics Unit, Uyo Local Education Committee, 2016). The study area provides residence to families and these families have parents and adolescents who must necessarily communicate and consequently adopt varying family communication patterns to enhance their level of cohesion. This justifies the researcher's quest to conduct the study in this area.

Population of the Study

The population of the study comprised of 4,604 Senior Secondary School II students in the 13 public secondary schools in Uyo Local Government Area (State Secondary School Board, 2019). The researchers adopted secondary school students as the population of the study on

the basis that adolescents form that entire population of learners at secondary school level in the study area.

Sample and Sampling Techniques

The sample size for the study consisted of 364 Senior Secondary II students. Taro Yamen formula (Yamen cited in Yin, 2014) was employed to determine the sample size. Proportionate random sampling technique was adopted to select the sample size for the study. This was carried out by selecting 28 SS11 students in each of the 13 public secondary schools.

Instrumentation

Two sets of instruments were used for data collection. The first set was tagged: Family Communication Pattern Questionnaire (FCPQ) and it had two sections A and B which helped the researcher to obtain information on the demographic characteristics of the respondents and the independent variables respectively. Section A had 4 items while section B had 37 items. The items in section B were rated on a 4 point scale of: Strongly Agree=4(SA); Agree=3 (A); Disagree=2 (D); and Strongly Disagree =1 (SD). The second set of instrument tagged: Cohesion between Adolescents and Parents Questionnaire (CAPQ) was adapted from the Circumplex Model of Marital and Family System by Olson (2000). CAPQ contained 14 items rated on a four points scale: Enmeshed (E), =4; Connected (C) =3; Separated (S) =2; and Disengaged (DE) = 1. The rating scale from Olson's model was modified by the researcher into four point rating scale of: High Level (HL) for Enmeshed; Moderate Level (ML) for Connected; Low Level (LL) for Separated and; Very Low Level (VLL) for Disengage.

Validation of Instrument

The instrument was face and content validated by three lecturers: one lecturer each from the Departments of Human Ecology Nutrition and Dietetics; Agricultural Economics and Extension and Sociology and Anthropology all in University of Uyo. The validated instruments were corrected to reflect the views of the experts before they were used for data collection.

Reliability of the Instrument

To determine the internal consistency of the instrument, 30 copies of the instrument was administered on Senior Secondary II students in the study area who were not part of the study. The data obtained was subjected to analysis using Cronbach Alpha statistical tool. The analysis yielded reliability coefficients of 0.56, 0.71, 0.58 and 0.63 for independent variables (Pluralistic, consensual, protective and laissez- faire respectively) and 0.85 for the dependent variable (cohesion between adolescents and parents) which were high enough to qualify the instrument for use for the study.

Method of Data Collection

The researcher administered the instrument on the respondents with the help of three research assistants in the sampled schools after obtaining permission from the principals of the schools used for the study. The questionnaires were administered on the respondents during their free periods. They were informed to fill and return the instrument immediately. The completed questionnaires were retrieved immediately after completion. However, out of the 364 copies of questionnaire administered 355 were properly completed giving the retrieval rate of 97.53%.

Method of Data Analysis

The research questions were analyzed using Mean while the hypotheses were tested using Pearson Product Moment Correlation (PPMC) at 0.05 level of significance. Decision on the answering of the research questions was taken based on the real limit as shown below:

Response Options	Values	Real Limit	Cohesion (Olson's Model)
Very High Extent	4	3.50 – 4.00	Enmeshed
High Extent	3	2.50 – 3.49	Connected
Low Extent	2	1.50 – 2.49	Separated
Very Low Extent	1	0.50 – 1.49	Disengaged

Results

Research Question One: What is the relationship between pluralistic family communication pattern and cohesion between adolescents and parents?

Table 1: Mean Analysis of the relationship between Pluralistic Family Communication Pattern and Cohesion between Adolescents and Parents

n = 355			
S/N	Pluralistic Family Communication Pattern	Mean	Std. Deviation
1.	Adolescents opinions are sought when taking family decisions	3.48	.65
2	My parents understands what is important to the adolescent	3.55	.61
3	Adolescent is encouraged to express his/her feelings.	3.48	.73
4	Parents don't like me being social	3.56	.70
5	Parents provide honest answers to questions raised by the adolescent	3.55	.66
6	Parents see when they are too critical on me and eases up	3.73	.72
7	Adolescents contributions are welcome in family decision making	3.56	.92
8	Parents are willing to compromise	3.47	.83
9	In my family we freely talk about our plans for the future	3.62	.79
10	In my family we freely talk about our hopes for the future	3.65	.76
Grand Mean		3.51	0.74

Table 1 shows the mean analysis of the relationship between pluralistic family communication pattern and cohesion between adolescents and parents. The Table indicates various statements that reflect that pluralistic family communication pattern with varying mean

values. Findings revealed a grand mean of 3.51 indicating that the relationship that exists between adolescents and parents with pluralistic family communication pattern in the study area is enmeshed which implies that relationship is high.

Research Question Two: What is the relationship between consensual family communication pattern and cohesion between adolescents and parents?

Table 2: Mean Analysis of the relationship between Consensual Family Communication Pattern and Cohesion between Adolescents and Parents. N = 355

S/N	Consensual Family Communication Pattern	Mean	Std. Deviation
1.	I don't question my parents ideas	2.62	1.16
2	I often talk about my feelings with my parent	3.56	0.88
3	My parents usually have the final word.	2.92	0.80
4	My parents try to make sure disagreements don't turn into fights	2.80	0.93
5	My parents like to hear my opinions, even when they don't agree with me	2.88	1.00
6	My parents don't talk about unapproved request	2.72	1.08
7	I am sometimes afraid to ask my parent for what I want.	2.73	1.05
8	Am expected to obey without complain.	2.56	1.05
Grand Mean		2.82	0.99

Table 2 shows the mean analysis of the relationship between consensual family communication pattern and cohesion between adolescents and parents. The Table indicates various statements that reflected that consensual family communication pattern with varying mean values. Findings revealed a grand mean of 2.82 indicating that connected the relationship that exists between consensual family communication pattern and cohesion between adolescents and parents is connected which implies that the relationship is moderate.

Research Question Three: What is the relationship between protective family communication pattern and cohesion between adolescents and parents?

Table 3: Mean Analysis of the relationship between Protective Family Communication Pattern and Cohesion between Adolescents and Parents N = 355

S/N	Protective Family Communication Pattern	Mean	Std. Deviation
1.	I do discuss with my parents	1.93	.85
2	My parents are my boss	1.83	.74
3	I share my days' experience with my parents.	2.06	.76
4	My parents want to end the conversation before I do	2.09	.98
5	My parents' opinion is an order in my academics.	2.00	.93
6	When we talk, my parents are always defensive	1.86	.81
7	I learn from my parents mistakes.	1.99	.83
8	My parents sometimes become irritated with my views if they were different from theirs	1.98	.84
9	I can change my parent's opinion	1.77	.67
10	My parents thinks I know better than they do	1.77	.69
11	My parents do try to change my personality	2.05	.75
12	I challenge my parents' ideas and beliefs	1.93	.84
13	I am accepted for whom I am	1.84	.75
	Grand Mean	1.93	0.83

Table 3 shows the mean analysis of the relationship between protective family communication pattern and cohesion between adolescents and parents. The Table indicates various statements that reflect that protective family communication pattern with varying mean values. Findings revealed a grand mean of 1.93 indicating that the relationship that exists between adolescents and parents with pluralistic family communication pattern in the study area is separated which implies that relationship is low.

Research Question Four: What is the relationship between laissez- faire communication pattern and cohesion between adolescents and parents?

Table 4: Mean Analysis of the relationship between Laissez-faire Family Communication Pattern and Cohesion between Adolescents and Parents N = 355

S/N	Laissez-faire Family Communication	Mean	Std. Deviation
1.	My friends are questioned by my parents	1.73	.83
2	My decisions are questioned	1.47	.80
3	I am accepted for who I am	1.47	.82
4	I spend time with my parents	1.47	.71
5	My movements are restricted by my parents	1.49	.67
6	I confide in my parents	1.28	.55
	Grand Mean	1.49	0.73

Table 4 shows the mean analysis of the relationship between laissez-faire family communication pattern and cohesion between adolescents and parents. The Table indicates

various statements that reflect that laissez-faire family communication pattern with varying mean values. Findings revealed a grand mean of 1.49 indicating that the relationship that exists between adolescents and parents with laissez-faire family communication pattern in the study area is disengaged which implies that relationship is very low.

Discussion of Findings

The aim of the study was to determine the relationship between family communication pattern and cohesion between adolescents and parents in secondary schools in Uyo Local Government Area of Akwa Ibom State. Findings revealed that families that adopt pluralistic family communication pattern experience high level of cohesion which is enmeshed between adolescents and parents. The findings may be attributed to the fact that pluralistic communication pattern tend to allow a very open communication and discussion of ideas between adolescents and parents with little emphasis on social constraints. More so, pluralistic communications pattern encourage the development and expression of autonomous opinions and ideas for balanced family system as adolescents are encouraged to express their feelings, hopes and plans as well as make contributions to the wellbeing of the family. The findings also agreed with the findings of Thakkar and Sheth (2014) who in their study observed that, youngsters are more comfortable in discussing about civic and political matters and about business more with fathers, and personal fears and failures with mothers but, find it is difficult to discuss on some sensitive matters like choice of friends and personal habits.

Findings also indicated that families that adopt consensual family communication pattern experience moderate level of cohesion which is connected between adolescents and parents. The findings may be due to the fact that consensual communication pattern reflects a tension between exploring ideas through open communicative exchanges and a pressure to agree in support of the existing family hierarchy. This implies that in consensual communication pattern, adolescents may adopt their parent's views, retreat from interactions with their parent(s) into an internalized fantasy world, or engage in conflict with their parent(s). More so, adolescents raised under consensual communication pattern are compelled to submit to parental decisions in order to maintain peace and tranquility even when it contradicts their perceptions. This finding is in agreement with the findings of Bulanda and Majumdar (2009) who noted that families that emphasize conformity and obedience to authority tend to be more demanding and confrontational when dealing with family conflicts, patterns that have generally been associated with lower adolescent life satisfaction and higher rates of stress and depression and lower self-esteem. According to Parletta, Peters, Owens, Tsiros, and Brennan, (2012) confrontational behaviours in family triggered by consensual communication pattern have a consistent effect on child and adolescent social and emotional outcomes. This is in consonant with the adopted level of cohesion by Olson (2000). It is pertinent to note that the development of high socio-concept orientation as expected in the consensual family communication pattern between adolescents and parents is the function of personal characteristics of individuals.

Findings revealed that families that adopt protective family communication pattern experience low level of cohesion which is separated between adolescents and parents. The findings may be attributed to the fact that adolescents raised with protective communication pattern are typically not well adjusted because controversies and conflicts have been excluded

from the adolescents' growing up experience. More so, protective communication pattern functions to maintain obedience and enforce family norms; little value is placed on the exchange of ideas or the development of communication skills. Adolescents and parents encourage conversation and dialogue about family problems to help members of the family maintain higher levels of emotional well-being and autonomy. The finding is in conformity with the assertion of McLeod, Atkin and Chaffee (2002) who noted that protective communication pattern are often targeted on sheltering family members against undue pressure and external assaults. It is observed that the level of cohesion that exist in protective communication pattern and cohesion between adolescents and parents is enmeshed where adolescents experience closeness, loyalty and almost no individuality. This is in-line with the level of cohesion as presented in Circumplex Model of Marital and Family System by Olson (2000).

Findings also indicated that families that adopt laissez-faire family communication pattern experience very low level of cohesion which is disengaged between adolescents and parents. The findings implies that when adolescent and parents do not engage in strong and committed communication they tend not to understand each other and their social, emotional and physical needs are usually not met. The decisions and behaviour of both the adolescents and parents exhibiting laissez-faire communication pattern are often influenced by external persons such as peers, friends, teachers and others. Thus, adolescents raised with laissez-faire communication pattern lack conformity to family moral codes and this could result in juvenile delinquencies such as bullying, sexual abuse, gang, school drop-out, truancy, absenteeism e.t.c. This loss lifestyle results in imbalance family system. The findings are in consonant with the findings of Heidari, Mortezaee, Masomi and Raji (2016) who carried out a study to investigate the relationship between family communication patterns and mental health disorders in adolescents in the city of Mashhad and reported a significant positive correlation between mental health and conversation aspect of family communication patterns and a significant negative one between mental health and conformity aspect, and orientation of conversation against conformity is a stronger predictor of mental health of adolescents. The findings is supported by the observations of Miller (2009) who submitted that adolescent delinquency is associated with poor family discipline, less family cohesion and less family involvement in adolescents' well being and development. When communication is ineffective family member can be living together in a house with no cohesion. The negligence of family role by both parents and adolescents as a result of laissez-faire communication pattern may be due to poor concept and social orientation is associated with the disintegration of family bond and leadership structure in laissez-faire families.

Conclusion

Based on the findings of the study, the researchers concluded that family communication patterns have significantly relationship on cohesion between adolescents and parents in secondary schools in Uyo Local Government Area of Akwa Ibom State. Therefore, cohesion between adolescents and parents for a balanced family system could be maintained if the appropriate communication pattern is appropriated among the members concerned. Communication patterns basically pluralistic, consensual, protective and laissez-faire determine the level of cohesion between adolescents and parents.

Recommendations: Based on the findings, the researchers recommend that:

1. Parents should create a favourable home climate that could trigger openness between them and adolescents to enhance understanding of prevalent needs, challenges and prospects.
2. Adolescents and parents should develop strong harmony on issues that concerns their relationships through settling any misunderstanding among them as this would foster unit and cooperation in the family.
3. Parents should establish strong family communication codes as this would enhance adolescents' inter-personal relationship with them.
4. Adolescents should develop trust and confidence in their parent to an extent of communicating their views, feelings and challenges as this would promote cohesion between them and their parents.
5. Parents should create time for their adolescent children to help attend to their educational, social, emotional and health and psychological needs for sound development.

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