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Research Article

Exploring The Impact of Family Environment on Quality of Life, Wellness, and Self-Concept: A Comprehensive Analysis

Ms. Shviti Sood^{1*}, Dr. Anviti Gupta²

^{1*}Research Scholar, PhD Psychology, Sharda University, eMAIL: shvitisood@gmail.com, 2021363465.shviti@dr.sharda.ac.in, CONTACT DETAILS: +91-9953049882

²Prof. & Dean, SSHSS, Sharda University, Sharda University, Greater Noida, Department Of Psychology, School of Humanities and Social Sciences (SSHSS)

Abstract:

Family is an integral part of life for every individual. The dynamic, social and physical environment of family referred as family environment has a significant role to play in growth and development of an individual. Family environment has a great impact on various dimensions of human life and wellbeing. In this study focus was on some of the components of quality of life, wellness and self-concept. The objective of this study is to examine the impact of family environment on quality of life, wellness and self-concept. We have used qualitative approach to study the literature and review the already published research papers. We have also used structured interview with pen and paper method using purposive sampling techniques. Sample was collected from 200 young adults (100 males and 100 females), 19 -35 years of age residing in Delhi NCR region.

The result of the study indicates that family environment has a great influence on quality of life, wellness and self-concept. The result also indicated positive correlation between these factors and it also indicated that family environment has a significant role in balancing quality of life enhancing wellness and in formation of self-concept. The study concluded that positive and supportive family environment is associated with a better quality of life, wellness and it fosters a positive self-concept. On the other hand, negative aspects of the family environment, such as conflict, rejection, or conditional love have an adverse effect on an Individual's self -concept, self-esteem, well-being, and overall quality of life.

Keywords: Family environment, Home environment, Quality of life, Self-concept, Self-esteem, Wellbeing, Wellness

***Author for correspondence:** Ms. Shviti Sood, **Email:** shviti@dr.sharda.ac.in

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Introduction

Family is the primary social unit in which individuals are nurtured, socialized, and developed learning their sense of self. The environment within the family has a profound impact on an individual's overall well-being, including their quality of life, wellness and self-concept. This study will explore various dimensions of the family environment and their impact on quality of life, wellness, and self-concept

Family environment:

Family plays a vital role in providing physical, emotional, and social support to individuals. As highly social beings, humans are influenced by both their external environment and innate characteristics. The development of an individual's traits, personality, and identity begins through a combination of genetics and upbringing. The family plays a crucial role in a person's early years and essential growth. (Sharma &

Hussain,2021). The family environment can be understood as circumstances and social climatic conditions within families. Family environment has various dimensions like cohesion, conflict and aggression, acceptance and caring etc. Other aspects of family environment are family dynamics, communication and setting boundaries, rules and responsibilities together (Sharma & Hussain,2021). The family environment refers to the overall climate and dynamics within a family. Family environment has various aspects such as: Cohesion, Expressiveness, Conflict, Care, Interdependence, Active Recreational Orientation, Organization, and Control. Family environment is influenced by various factors that can shape its dynamics and characteristics such as relationships, communication, socio- economic status, religious beliefs, values, and daily interactions.(Rohit, J. M.,2020) Family has a very important role in everyone's life and the environment and emotional connection within a family affects the person's growth behaviour and personality. Appropriate family environment from childhood leads to good growth and has positive impact on child throughout his/her life. As individuals grow and face various challenges in life, the support of family becomes even more crucial. Both financial and emotional support provided by a family can significantly impact a person's success and overall happiness. As the life progresses the importance of family, positive family environment to uplifts one's own self, growth and development and also the overall wellbeing and quality of life is well understood. (Ogirala,2020)

Quality of life:

Quality of life has got many definitions enrooting it's history from 60 years but still it doesn't have any generally accepted opinion on factors affecting quality of life. It's a broad spectrum of indicators by which it can be described. (Constantinescu, M. 2013) Quality of life is a concept that can be understood as an individuals' subjective assessment of their position in life/ perception of their own life. It has various components like: well-being, degree of independence, financial status, social connections, personal beliefs, and the interaction with various aspects of the environment. It is emphasized that quality of life is a subjective evaluation influenced by cultural, social, and environmental factors. (WHO).

Wellness:

Wellness is defined as the ideal or optimal state of health for individuals and communities (WHO). Wellness is concept of having both physical and mental health. It comprises of several aspects or domains like: physical, social, emotional, occupational, intellectual and spiritual. Wellness is the concept of keeping yourself physically and mentally healthy. (Catanescu, A. C. 2019). Wellness is having healthy and active lifestyle

that incorporates various components which affects physical , psychological, social, financial and spiritual wellbeing at holistic level. (Aderonmu, et al.). Wellness is continuous process of making choices to achieve one's full potential in various aspects of life. Wellness and health are interconnected, with wellness being an active lifestyle that helps attain and maintain good health. Understanding and addressing the dimensions of wellness or wellbeing is crucial for promoting overall quality of life. The dimensions of wellbeing are: Physical, emotional, social, intellectual, spiritual, occupational, environmental, economic, cultural, and climate wellness, each contributing to an individual's overall well-being. (J. A. Aderonmu et al., n.d.)

Self-concept:

Self can be defined in an extensive manner as it stays to be exclusively individualistic experience and individualistic existence. (Mishra & Bhatt, 2021) Self-concept is creating your own worth (Kant, Sharma, and Rajiv ,2021). Self-concept encompasses an individual's faith, belief or perception about their own self. It's concept of representing the image you hold of your own self which can also be influenced by family, friends, colleagues or any one close to you. (Mishra & Bhatt, 2021) It's a concept of evaluating one's own worth/value containing different aspects such as happiness, frustration, confidence, accomplishment, let down, pride, and embarrassment etc. Self-concept is believing in our own self for any concept or activity such as a belief that "I am a good writer". (Kant, Sharma, and Rajiv ,2021).

Rogers proposed that when an individual's self-concept is congruent with their actual experiences and perceptions of reality, they experience a state of congruence and he also said that self-concept has three interrelated components which are:

Self-image: It's a concept that refers to how an individual perceives and sees himself or herself. It includes both physical characteristics and personality attributes. The self-image can be positive, negative, or combination of both depending on the individual's self-perception.

Self-esteem: Self-esteem is a concept that relates to the value or worth that an individual has for oneself. It reflects how much one feels accepted, respected, and worthwhile. High self-esteem indicates a positive evaluation of oneself, while low self-esteem suggests a negative evaluation.

Ideal self: The ideal self refers to how one represents himself or herself as an individual and aspires to be vision of their best possible self. It encompasses their goals, aspirations, and the characteristics they value and strive for. As quoted in (Mishra & Bhatt, 2021) The main purpose of this study is to explore the impact of family environment on quality of life, wellness and self-concept and to find the correlation between them.

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Review of Literature								
S.No.	Topic	Author's name	Variables				Methodology	Findings of the study
			FE	QOL	W	SC		
1	Study of home environment in relation to self-concept	Shekhar, C., Malik, R., Singh, H., & Lal, M. (2020)	✓			✓	Sample of 120 students with 60 boys and 60 girls was used to conduct study	The main purpose of the study was to investigate the relationship between self-concept and home environment. The results of study showed difference between the gender but has also found significant relationship between self-concept and family environment.
2	Family Environment Among College Students in Relation to Gender	Rohit, J. M. (2020).	✓				Sample of 120 students with 60 boys 60 girls was used to conduct study	The main purpose of the study was to investigate family environment among college students in relation to gender. Study revealed the difference in scores of family environment in respect to gender.
3	Perceived Family environment and self-concept among young adults in Indian context	Mishra, A., & Bhatt, S. (2021)	✓			✓	Survey of 40 Young adults were questioned family environment and self concept	The study highlighted the correlation between family environment and self-concept. The result indicate that family environment is one of the responsible factors for positive self-concept. Family environment has impacted self-concept as expected.
4	Study of the relationship between family environment and self esteem	Kant, R., Sharma, D. N., & Rajiv, R. (2021)	✓			✓	Review study	The study highlighted the relationship between family environment and self-concept. Family environment puts huge impact on individuals' life. Family is seen as the first nurturer of self-concept. Positive, safe and supportive environment leads to positive growth of self-concept
5	Family environment and self regulation among young adults	Chauhan, H., & Gulati, I. (2022)	✓			✓	Sample of 100 young adults. FES scale and self-regulation scale was used to conduct the study	This study highlights significant associations between family environment and self-regulation among college students, emphasizing the importance of promoting freedom of expression, moral orientation, and recreational engagement to enhance self-regulation skills in young adults
6	The family environment in early childhood has a long-term effect on self-esteem: A longitudinal study from birth to age 27 years.	Orth, U. (2018)	✓			✓	Sample of 8,711 participants were taken	The main purpose of the study was to examine the long-term effects of family environment, specifically parental warmth and rejection, on the development of self-esteem. The study analysed the data to identify patterns and associations between early family environment and self-esteem outcomes.
7	Self- concept and self-esteem among adults	Batool, A., Ajmal, A., Abid, S., & Iqbal, H. (2018)				✓	244 University students	The study was conducted to know the importance of self-concept among adults and to look at correlation between self-concept and self-esteem in young adults. The results indicated there was positive correlation and had great role to play in adulthood
8	The relationship between self-care, positive family environment, and human wellbeing	Nissa Yaing et al (2022).	✓		✓	✓	Sample of 290 Mexican participants	The aim of the study was to understand the role of self-care, family environment and wellbeing. The results indicated that inclusion of self-care as part of sustainable behaviour with positive family environment leads to wellness
9	Effect of family environment on Resilience and mental -wellbeing of young adults	Sharma, S., & Hussain, I. (2021)	✓		✓		Sample of 110 young adults. FES, Mental Well-being Scale and brief resilience scale was use to conduct study	The study highlighted the effect of family environment on resilience and mental well-being of young adults. Mental wellness showed significant relationship with various dimensions of family environment statistically at 0.245, Family environment predict mental wellbeing by 29%. The study concluded saying family environment plays important role in promoting mental wellbeing

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10	Life-course predictors of wellbeing emerging adulthood	Wang, R. A. H., & Haworth, C. M. A. (n.d.).			✓			The main purpose of the study was to investigate the level of well-being among young adults and looking at wellbeing as life course predictors among young adults. The study revealed that self-perceived wellness, emotional well-being and general health are predictors of wellbeing.
11	Effect of family environment on physical and psychological health among adolescents	Kumar, R., & Varma, B. (2019)	✓		✓		Sample of 182 adolescents from which 91 were and 91 were girls	The main purpose of the study was to study the effect of family environment on physical and psychological health among adolescents. Results indicated the correlation between family environment and physical and psychological health of individuals and also showed slight gender differences. The study revealed that family environment play vital role in balancing wellbeing.
12	Educating young people for quality-of-life improvement	Constantinescu, M. (2013)		✓			Qualitative study	The study focused on the importance of quality of life in young adults and how can it be improved. The study highlighted the fact that importance of quality of life is still not clear to individuals.
13	Family environment and quality of life among graduate students	Kotrotsiou, E. et al (2015)	✓	✓			Sample of 164, graduate students was taken for the study	The main purpose of the study was to investigate family environment and quality of life among graduate students. The result indicates significant relationship between family environment and quality of life. The results indicated that positive family environment enhances wellbeing that in return enhances quality of life.
14	Analyze "wellness self-perception "at the level of young people for increasing quality of life	Cătănescu, A. C. (2019)		✓	✓	✓	A group of 10 people were used to investigate the study	The main aim of the study was to introduce students to the concept of wellness in regards to self-perception to improve the quality of life among young adults. The study revealed positive correlation
15	Family Quality of life: A Qualitative Inquiry	Poston, D., et al (2003)	✓	✓			Sample of 187 were interviewed for this study.	The aim of the study is to investigate Family Quality of life. The results indicated the influence of family on quality of life of an individual
16	Links between family cohesion and subjective well-being in adolescents and early adults: The mediating role of self-concept clarity and hope.	Xiang, G., et al (2022).	✓		✓	✓	2792, adolescents and early adults were taken for the study	The main aim of the study was to investigate connection between family cohesion and subjective well-being in adolescents and early adults. Self-concept and hope were used as moderating variables in the study. The study highlighted that they are significantly associated with each other.
17	Family environment and personality as predictors of psychological well-being	Gobind, M., & Dr. Manju. (2021)	✓		✓		80 college students were used to conduct the study.	The main aim of the study was to investigate family environment and personality as the predictors of psychological/subjective well-being. The study highlighted the positive correlation between family environment, personality and psychological well-being. It also discussed about self-esteem and self-confidence.
18	Self-esteem and general wellbeing among college students	Sundaram, B. S., & Patel, N. M. (2021)			✓	✓	164 participants 62 male and 102 females were used for the study	The main aim of the study was to investigate the correlation between self-esteem and wellbeing. The results indicated the positive correlation between the variable.

Research methods:

Aim:

The main purpose of this study is to evaluate the impact of family environment on quality of life, wellness, and self-concept and to understand how they are interlinked with each other.

Objectives:

To estimate the relationship between family environment and quality of life.
To estimate the influence of family environment on individual wellness.

To evaluate the connection between family environment and self-concept.

To understand the potential mechanisms through which the family environment influences quality of life, wellness, and self-concept

Research Question:

To estimate the importance of family environment in young adults' life and study the role of family environment in shaping the quality of life, wellness and self-concept among young adults.

Research Gap:

There was Limited exploration of the role of family environment on quality of life, wellness, and self-concept. There were inadequate consideration of mediating and moderating factors in understanding the influence of family environment on well-being and Self-Concept. There were many studies pertaining to adolescents but very few were there for young adults.

Sample:

In this study qualitative approach to study we have used structured interview with pen and paper method. For this study purposive sampling techniques has been used for selecting the samples. Sample was collected from 200 young adults (100 males and 100 females), 19 -35 years of age residing in Delhi NCR region.

Sample selection criteria

Inclusion criteria:

- Individuals who are in the range of 19 to 35 years (young adults)
- Individuals living in urban areas of Delhi and NCR
- Individuals who were interested in participating

Exclusion criteria:

- Individuals below 19 years and above 35 years
- Individuals living in rural areas of Delhi NCR region

Sex

Table 2: Demographic details of the participants

Gender	Sample (n =200)
Male	100
Female	100

Marital status

Table 2: Demographic details of the participants

Marital status	Sample
Unmarried	102
Married	87
Divorced	6
Widowed	5

Result

The results indicated about the importance of family environment among young and also highlighted the role of family environment in shaping the quality of life,

- Individuals with chronic illnesses and physical disability or with moderate or profound disabilities or disorders

Variables:

Dependent variable: Quality of life, Wellness & self-concept

Independent variable: Family environment

Procedure:

The main purpose of this study is to investigate the relationship of family environment on quality of life wellness and self-concept. The ethical considerations were taken and informed consent was taken from the participants and following steps were undertaken to conduct the study:

Selection of participants: A total of 200 young adult consisting of 100 males and 100 females were selected to participate in the study. Participants were selected on the basis of inclusion and exclusion criteria of the study and also their willingness to participate in the study

Method: For this qualitative study structured interview method was used as the primary data collection method. Interviews were conducted using pen paper method allowing participants to mark their response directly on the response sheet.

Conducting interviews: Interview were conducted in person and each interview lasted approximately between 25- 30min. The participants responded to series of structured questions and responses of the participants were directly recorded onto the response sheet.

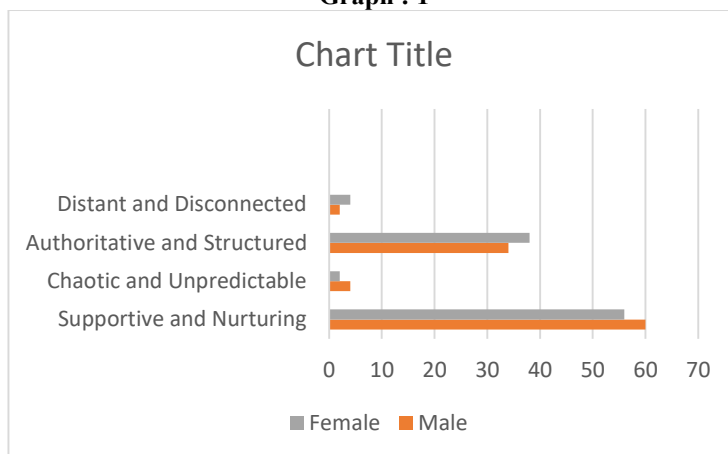
Data analysis: The collected data from response sheet were analysed to find out the relationship of family environment on quality of life , wellness and self-concept among young adults. The study helped in understanding the role of family environment on young adult and how it works in relation to quality of life wellness and self-concept

wellness and self-concept among young adult. The results were recorded in paper pen method during the interview by the participant. The data is calculated question wise and represented via table and graph.

Q1: Which of the following statement describes your family environment

Response	Male	Female
Supportive and Nurturing	60	56
Chaotic and Unpredictable	4	2
Authoritative and Structured	34	38
Distant and Disconnected	2	4

Graph : 1



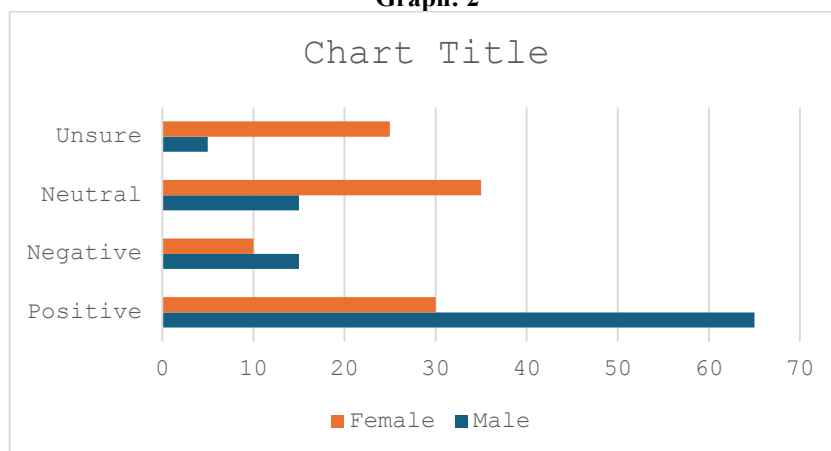
The results indicated that supportive and nurturing family environments are perceived positively, whereas chaotic and unpredictable environments had negative impact on the life of young adult. Males had more supportive and nurturing environment as compared to females. Females faced

more authoritative and structured environment as compared to men. There were less participants who reported chaotic and unpredictable environment from both the genders and there were very few who felt disconnected from family.

Q2: How do you perceive the impact of family environment on quality of life from childhood till now (throughout your journey)

Response	Male	Female
Positive	65	30
Negative	15	10
Neutral	15	35
Unsure	5	25

Graph: 2



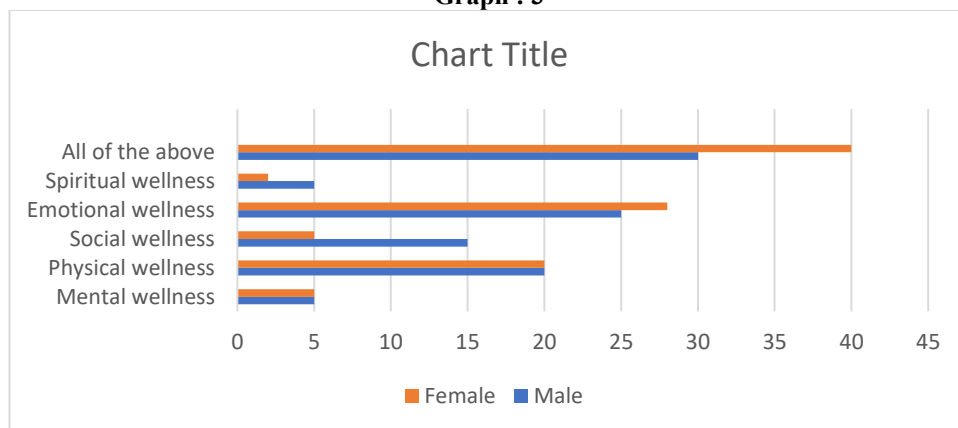
The results indicated strong influence of family environment on quality of life. Males responded positive impact of family environment on quality of life as compared to females. Females were unsure or neutral

about the impact of family environment on quality of life. There were very few who faced negative impact on quality of life.

Q3: Which aspect of wellness is strongly influenced by the family environment

Response	Male	Female
Mental wellness	5	5
Physical wellness	20	20
Social wellness	15	5
Emotional wellness	25	28
Spiritual wellness	5	2
All of the above	30	40

Graph : 3



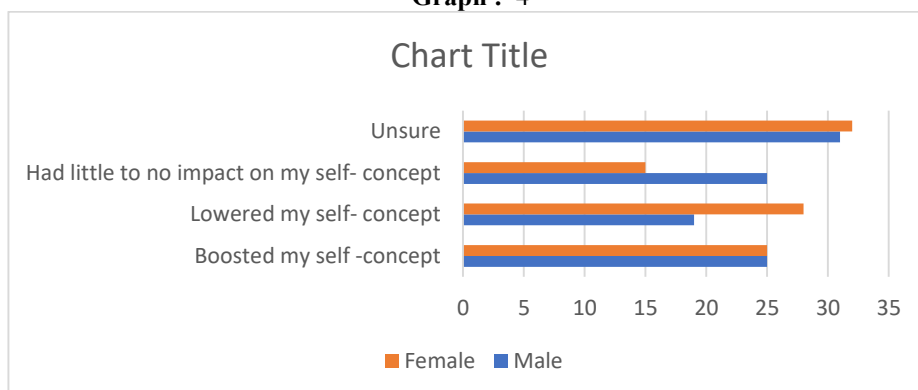
The results indicated that all aspects of wellness are affected by the family environment indicating strong relationship between family environment and wellness. Most of the participants felt that all aspects of wellness are equally affected by family environment. Females felt that emotional wellness was more affected whereas

as males felt social wellness was affected more. Spiritual wellness, social wellness and mental wellnesses were affected equally for both the genders. Overall family environment has played an important part in shaping individuals wellness.

Q4: How do you perceive the impact of family environment on your self-concept

Response	Male	Female
Boosted my self -concept	25	25
Lowered my self – concept	19	28
Had little to no impact on my self- concept	25	15
Unsure	31	32

Graph : 4



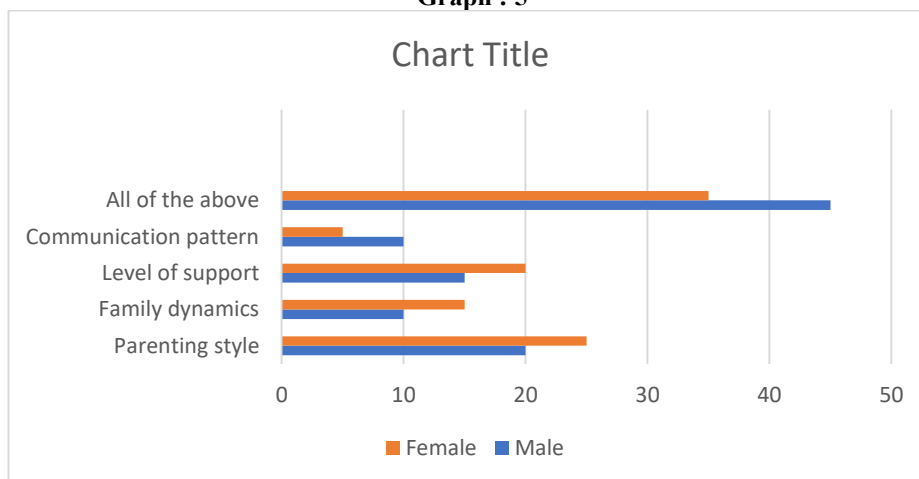
Family environment has played major role in shaping self-concept of young adults. The results indicated that supportive and positive environment help in boosting self-concept and self confidence in them. Many females

faced lower self-concept due to family environment as compared to males where as more number of males felt they had little or no impact on their self-concept . Many of the participants were unsure about it and most of them believed it boosted their self-concept.

Q5: When you reflect back on your life, which aspect of your family environment do you believe have had the most impact on your overall wellness and self-concept

Response	Male	Female
Parenting style	20	25
Family dynamics	10	15
Level of support	15	20
Communication pattern	10	5
All of the above	45	35

Graph : 5



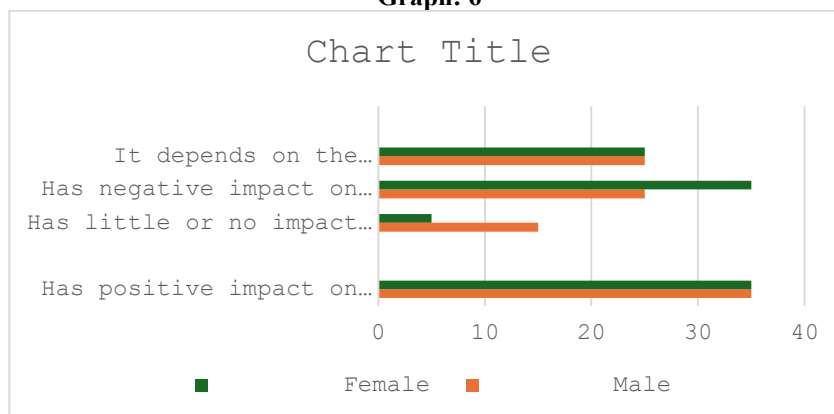
The results indicated that various aspects of family environment had significant impact on self-concept and wellness of individual. The participants believed parenting style and level of support are the most important factors of family environment affecting wellness and self-concept of young adults. Although most of the participants believed that all of the factors are highly influential and impacting wellness and self-

concept of young adults. Males believed it more than females. Females believed parenting style and family dynamics had more impact on wellness and self-concept. Communication had also played important role in shaping self-concept and wellness of individual. Overall various aspects of family environment had different impact on individuals' life.

Q6: How do you perceive the influence of family environment on your personal growth and development

Response	Male	Female
Has positive impact on personal growth and development	35	35
Has little or no impact on personal growth and development	15	5
Has negative impact on personal growth and development	25	35
It depends on the different aspects of family environment and circumstances	25	25

Graph: 6



The results indicated strong influence of family environment on personal growth and development of

young adults. Most of the participants believed it had positive impact on personal growth and development of

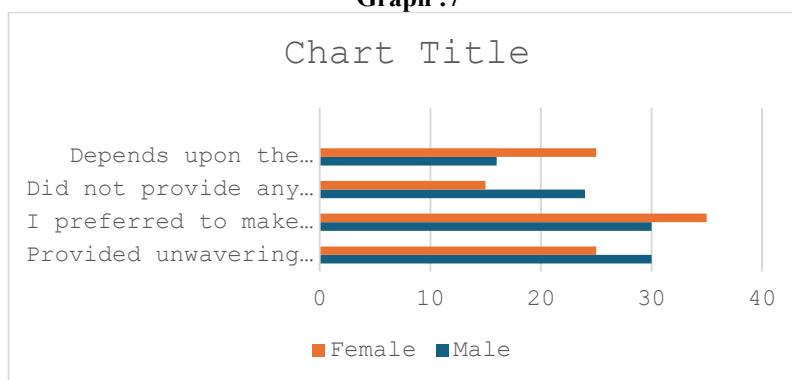
young adults. Some participants believed it depends on the different aspects of family environment and circumstances. Female participants faced more negative impact of family environment on personal growth and development as compared to male whereas number of

males believed that it had little or no impact on their personal growth and development. Results indicated strong impact on family environment on personal growth and development of young adults

Q7 How do you perceive the influence of family environment on professional growth and development

Response	Male	Female
Provided unwavering support and encouragement	30	25
I preferred to make decisions independently , without seeking input from family	30	35
Did not provide any support on professional growth and development	24	15
Depends upon the circumstance and aspects of family environment	16	25

Graph :7

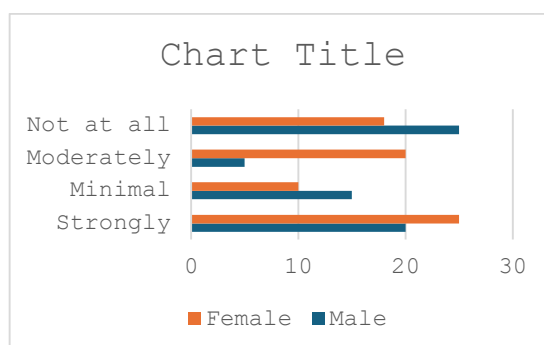


The results indicated strong influence of family environment on professional growth and development of young adults. Most of the participants believed that family environment provided unwavering support and encouragement. Many participants believed that they prefer to make decisions on their own without seeking input from family and females believed it more than males. Males believed that family did not provide any

support on professional growth and development whereas many believed that it depends upon the circumstances and aspects of family environment, females believing slightly more than male respondents. Results indicated strong impact on family environment on professional growth and development of young adults

Q8(a) How has family environment influenced your health and lifestyle (Positively)

Response	Male	Female
Strongly	20	25
Minimal	15	10
Moderately	5	20
Not at all	25	18

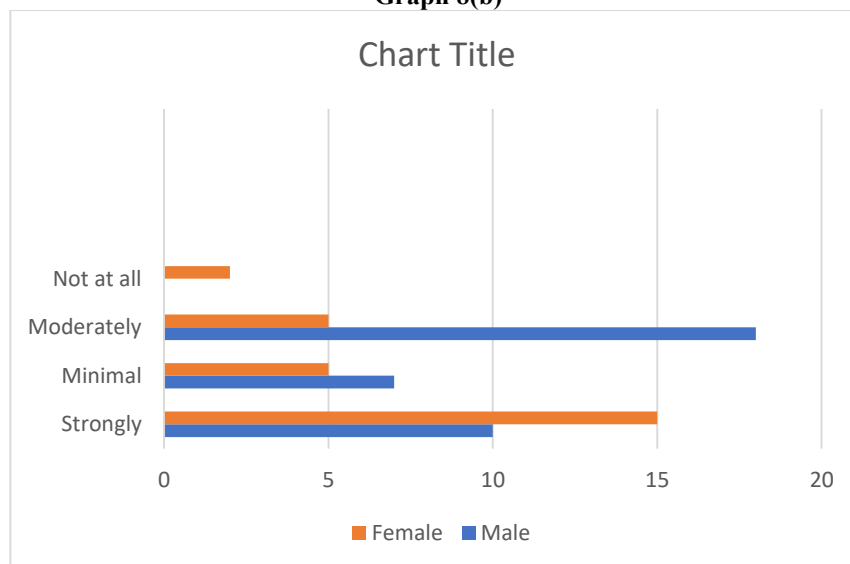


Graph 8(a)

Q8(b): How has family environment influenced your health and lifestyle (Negatively)

Response	Male	Female
Strongly	10	15
Minimal	7	5
Moderately	18	5
Not at all		2

Graph 8(b)



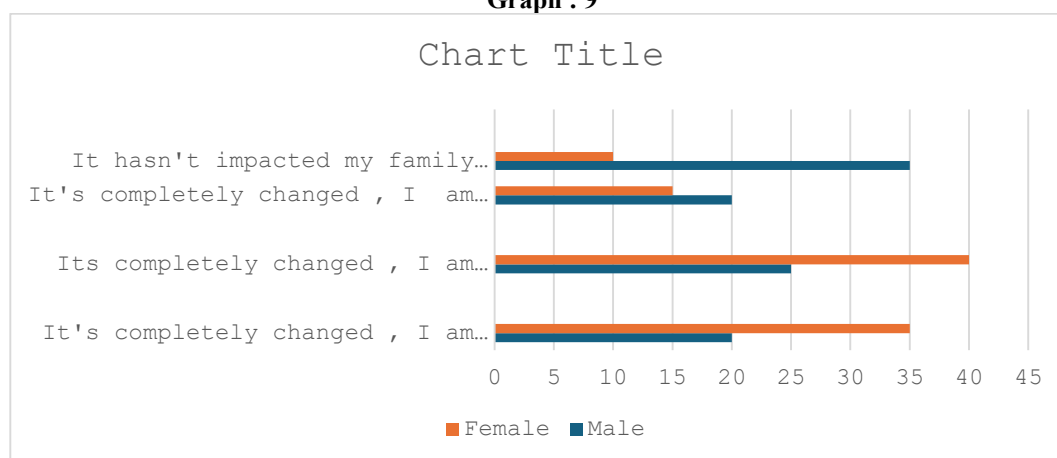
The results indicated positive influence of family environment on their health and lifestyle. Females had strong positive influence on their health and lifestyle as compared to males, smaller portion of both genders

reported negative influence of health and lifestyle on family environment Overall family environment seems to have significant impact on health and lifestyle of an individual .

Q9. How has professional and personal changes impacted your family environment

Response	Male	Female
It's completely changed, I am adjusting	20	35
It's completely changed, I am worried	25	40
It's completely changed, I am comfortable	20	15
It hasn't impacted my family environment	35	10

Graph : 9



As we all know young adults go through lot of changes in their personal and professional life during this period and family environment has played major role in shaping their wellness and quality of life they live. The results indicated that females were more worried about

the changes and it had impacted their family environment and some females were trying to adjust to the changes but it had some impact on their family environment as compared to males. More number of males believed that it hasn't impacted their family

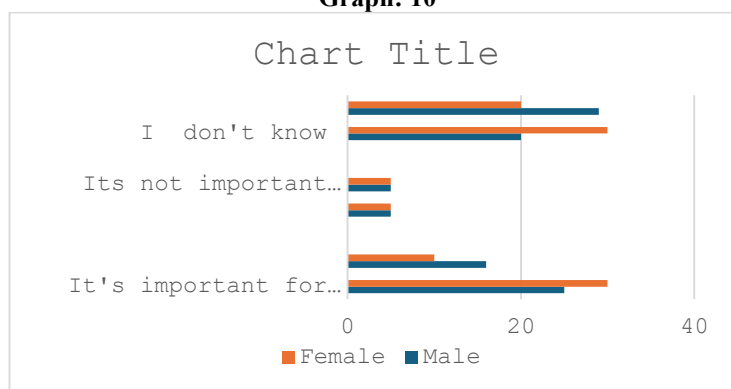
environment. Many respondents believed that it has been completely changed but they are comfortable with it. Result indicated that changes in personal and

professional life had great impact on family environment of young adults and it impacted their wellness and quality of life.

Q10. What is the importance of family environment in your life and how do you imagine it to impact you as you grow older

Response	Male	Female
It's important for me and it will play important role in my life	25	30
It's not important but it will impact my life	16	10
It's important for me but it will not impact my life	5	5
Its not important and it will not impact my life	5	5
I don't know	20	30
Predict minimal influence on my life	29	20

Graph: 10



The results indicated that family environment is integral part of their lives. Most of the participants believed that it is important for them and it plays an important role in various aspects of life. Many believed that it has minimal influence on their life and some of them were confused and unsure about it. More number of males believed that it was important but it will not impact them. There were some who believed that it is important but felt that it will not impact their lives and there are very few who believed that it's not important for them and it will not impact their lives. The overall results highlighted that family environment is integral and important part of their lives and it has played a major role in shaping various aspects of life. The results also indicated that family environment has major role in shaping quality of life wellness and self-concept of young adults. Positive and supportive family environment leads to happier and healthier life among young adults

Discussion

This study contributes to our estimation and understanding of complex interplay. It also highlighted the role of family environment in shaping quality of life, wellness and self-concept among young adults. Several key points emerged from the analysis of the results: After uncovering the results of the study and discovering the role of family environment in young adults and understanding the dynamics of family environment on quality of life wellness and self-concept it's discovered that interventions aimed at fostering supportive family environment for optimal health and

wellness leaving good quality of life and self-confident individual.

Family environment and young adults:

It's observed that family environment plays a major role in the life of young adults. It has influenced their life in all dimensions. There was diversity in experiences, but the majority of responses considered family environment important aspect of their lives and expected it to continue to play a significant role in their lives as they grow older. This underscores the enduring influence of family environment and dynamics across the lifespan.

Many respondents from both genders had their family environment as supportive and nurturing, with slightly more males than females. There were very few respondents who characterized their family environment as chaotic and unpredictable or distant and disconnected. But many participants reported authoritative and structured family environments in both male and female respondents.

Family environment and quality of life Males have perceived more positive impact of family environment on their quality of life as compared to females. Many respondents were neutral in response. It was also observed that females were more uncertain about the impact family environment on of quality of life.

Family environment and wellness It was observed family environment and wellness shared a strong bond with each other. It was observed that emotional wellness played major role but it was very strongly influenced by the family environment.

The physical wellness was another aspect of wellness which influenced both the genders Family Environment and Self-concept:

Mixed responses from both the genders were observed on estimating relationship of family environment and self-concept. Many unsure about the impact and felt it will not have or will have little impact. It was observed that impact of female's self- concept was lower than male's. Gender differences were observed in different aspects such as perceptions of self-concept and the impact of family environment on quality of life. Females were more likely to report negative impacts on self-concept and express uncertainty regarding the influence of family environment on quality of life.

Family environment and growth and development Responses varied estimating relationship between family environment and growth and development, with some respondents feeling that their family provided unwavering support, while others preferred to make decisions independently. Some felt their family provided minimal support or that the influence depended on circumstances.

Some respondents indicated significant changes in their family environment due to personal and professional changes, while others felt it had minimal impact or no impact at all.

Family environment as you grow older Majority of respondents predicted it will impact various aspects of their lives in future also.

Overall the results indicated that supportive and positive family environment leads to higher level of quality of life, better wellness and boosted self-concept among young adults. The communication pattern and family dynamics have great influence on growth and development of young adults. It's observed family environment has a significant impact on young adulthood and has played an important role in shaping quality of life, wellness and self-concept.

Conclusion

In conclusion, this study has estimated the role of family environment on young adults and explored the role of family environment in shaping quality of life, wellness and self-concept among young adults through a structured interview with pen and paper method to address the research questions. Moreover, the consideration of mediating and moderating factors in understanding the influence of family environment on well-being and self-concept has been inadequate. While numerous studies have focused on adolescents, there remains a scarcity of research specifically targeting young adults.

The result of this study highlights that the family environment plays an important role in young adults. It highlighted the role and impact of family environment in shaping the quality of life, wellness, and self-concept. The gender aspect was also observed in the study.

Importantly, the results indicate that positive and nurturing family environments have a profound impact on an individual's overall well-being and satisfaction with life. Such environments tend to promote higher

levels of quality of life, improved wellness, and a positive self-concept.

Overall, this study has highlighted the need for further researches to address the research gap more critically by incorporating qualitative and quantitative research methods. This can provide more valuable insights into the subjective experiences and perceptions of individuals within the family environment that influence quality of life, wellness, and self-concept. Furthermore, it provides a scope to investigate other factors that play a crucial role in the context of the family environment, especially among young adults during emerging adulthood.

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Exploring the Impact of Family Environment on Quality of Life, Wellness, and Self-Concept: A Comprehensive Analysis – Questionnaire for structured interview

Name : _____ Age: _____ Sex: _____
 Family type: _____ Marital/ relationship status: _____ Occupation: _____
 Do you have any chronic disease: Yes /No _____ If yes Please specify _____
 Do you have any moderate or profound disability/disorder: Yes /No _____ If yes Please specify _____

Answer all the Questions:

Q1: Which of the following statement describes your family environment

1. Supportive and Nurturing
2. Chaotic and Unpredictable
3. Authoritative and Structured
4. Distant and Disconnected

Q2: How do you perceive the impact of family environment on quality of life from childhood till now (throughout your journey)

1. Positive
2. Negative
3. Neutral
4. Unsure

Q3: Which aspect of wellness is strongly influenced by the family environment

1. Mental wellness
2. Physical wellness
3. Social wellness
4. Emotional wellness
5. Spiritual wellness
6. All of the above

Q4: How do you perceive the impact of family environment on your self-concept.

1. Boosted my self -concept
2. Lowered my self – concept

3. Had little to no impact on my self- concept
4. Unsure

Q5: When you reflect back on your life, which aspect of your family environment do you believe have had the most impact on your overall wellness and self-concept

1. Parenting style
2. Family dynamics
3. Level of support
4. Communication pattern
5. All of the above

Q6: How do you perceive the influence of family environment on your personal growth and development

1. Has positive impact on personal growth and development
2. Has little or no impact on personal growth and development
3. Has negative impact on personal growth and development
4. It depends on the different aspects of family environment and circumstances

Q7: How do you perceive the influence of family environment on professional growth and development

1. Provided unwavering support and encouragement
2. I preferred to make decisions independently, without seeking input from family
3. Did not provide any support on professional growth and development
4. Depends upon the circumstance and aspects of family environment

Q8: How has family environment influenced your health and lifestyle (Positively/Negatively)

1. Strongly
2. Minimal
3. Moderately
4. Not at all

Q9: How has professional and personal changes impacted your family environment

1. It's completely changed, I am adjusting
2. It's completely changed, I am worried
3. It's completely changed, I am comfortable
4. It hasn't impacted my family environment

Q10: What is the importance of family environment in your life and how do you imagine it to impact you as you grow older

1. It's important for me and it will play important role in my life
2. It's not important but it will impact my life
3. It's important for me but it will not impact my life
4. It's not important and it will not impact my life
5. I don't know
6. Predict minimal influence on my life