

Family Functioning and Psychological Well-Being Among B40 Adolescents: A Systematic Review

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Abstract

Family functioning is playing a significant role in adolescent development. Adolescence is a complicated stage where transition happened. A family is a place for them to learn for develop. This review aims to look for the relationship between family functioning and psychological well-being among b40 adolescent. Scopus database was selected to identify relevant articles. Research published between the year 2012 to 2021 was selected to look at the effect of poverty on family functioning and psychological well-being and the relationship between family functioning and psychological well-being. The findings showed that poverty is affecting family functioning and the psychological well-being of parent and child. Mental health issues that bring life pressure had caused the family to function maladaptive. The relationship between family functioning and psychological well-being is identified. Adaptive family functioning is helping in developing positive adolescent's psychological well-being. At the same time, maladaptive will cause impaired psychological well-being and also mental health problem. The implications of this article are also examined in terms of how the counsellor improves their counselling service to assist underprivileged adolescents in maintaining excellent psychological well-being.

Keywords: *Family functioning, Psychological well-being, poverty*

Introduction

Family conditions are directly related to children's and teenagers' psychosocial functioning (Palermo & Chambers, 2005). Family conditions include family functioning. The socio-cultural characteristics of the global family system are referred to as family functioning (Lewandowski, Palermo, Stinson, Handley, & Chambers, 2010). Family functioning obtained individuals from the family. Family functioning indicates Cohesion, personal satisfaction, communication and flexibility (Olson, Sprenkle, & Russell, 1979). According to Olson et al.

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(1979), Cohesion is the relational bonds that family members have with one another and the individual autonomy that a person has in the family system. Personal satisfaction is mean the level of happiness and fulfilment that family members feel for their Cohesion, versatility, and connectivity (Nocito et al., 2020). In terms of continuity and flexibility, communication is regarded as a supporting dimension. Flexibility is characterised as consistency and speech of leader, guidelines, and the capacity to compromise (Nocito et al., 2020). Family functioning is essential to adolescent's psychological well-being. A family environment with consistent connectivity, well-defined responsibilities, stability, and powerful effect management promotes healthy family functioning. On the other hand, impaired family functionality exists in households with elevated tension, disorganisation, and poor affective and behavioural regulation (Lewandowski, Palermo, Stinson, Handley, & Chambers, 2010). Family functioning was used as one of the key terms for this review study.

Psychological well-being refers to a picture of a person's psychological well-being founded on healthy psychological activity (Bradburn, 1969; Muqodas et al., 2019). Psychological well-being is a broad definition that encompasses affective facets of daily life. Negative Psychological well-being can be easily checked by assessed individual self-report. Level of anxiety, happiness satisfaction and personal esteem is the item to determine individual psychological well-being (Warr, 1978). Life satisfaction and fulfilment foster psychological well-being. The belief that health is more than just the absence of physical illness led to the development of psychological well-being (Ryff, 1989). While according to Deci and Ryan (2008), Psychological well-being is commonly described as a mixture of positive affective states such as satisfaction and optimum performance in person and social life. In the transition to adulthood, the progression of psychological well-being is determined by a person's ability to successfully cope with their environments and overcome the critical challenges encountered at different stages of life (Gómez-López et al., 2019). Good relationships in young people's environments can help them appreciate their place and path in life and set their own goals, which can help them improve psychological well-being (García-Moya et al., 2015). The psychological well-being of adolescents was used as one of the key terms in this review study. Poverty has multidimensional consequences, multivariate triggers, a nuanced trajectory, and a fluid association with wellness. According to Movafi and Khawaja (2005), deprivation leads to bad health; however, poor health puts people at risk of being poor. The bottom 40 is abbreviated to B40. In Malaysia, household income is classified into three categories: B40 (the lower 40%), M40 (the middle 40%), and T20 (the top 20%) (Department of Statistics Malaysia, 2017). It is the income poverty lines that were used to measure or calculate the poverty level. B40 is considered as the poverty categorise. Poverty can be divided into few concepts. One famous is multidimensional poverty, which views the individual or the family from several dimensions: material goods, social capital, and power. People living in a poor situation will face a low-income problem and be involved in a more realistic case involving human, social, and environmental assets issues (Movafi & Khawaja, 2005). People who live in the poor will lack social networks that give them opportunities, making them hard to leave out of the situation. While in this study, poverty was used as one of the primary key terms to search for the article. The influences of poverty on family functioning and psychological well-being have been review.

Family functioning, psychological well-being and poverty were always linking to each other. The research found that many aspects influence the psychological well-being of obese teenage girls, including family functioning (KavehFarsani, Kelishadi, & Beshlideh, 2020). According to Desiningrum et al. (2019), family functioning and psychological well-being are correlated significantly. An excellent family interaction can help individuals relieve uncertainty and solve problems more effectively (Derguy et al., 2018). Research is done by Branje et al. (2010). The lower the quality of family functioning, such as parenting and parent-child relationships, the higher their chance of developing psychological problems such as stress or depression. Furthermore, one research was done by Sathyabama, and Eljo (2014) with 90 girl adolescents found that the family environment, namely reinforcement, support, roles, communication, cohesiveness, and leadership, affects a girl's psychological well-being satisfaction, self-acceptance and emotional stability.

Besides, previous research also found that poverty is strongly related to the psychological well-being of an individual. Poverty will increase the rate of stress, making poor housing, social exclusion of an individual, and increasing violence in parenting and trauma within the family member (Docrat, Cleary, Chisholm, & Lund, 2019). One study done by Mansfield et al. (2013) found that Low-income was associated with less satisfaction in several areas of family functioning. The lower income had put the family member in lower social support and quality of life. Ow social support and quality of life may generate a high-stress level among the family member and cause family member easily to link with the psychological disorder (Mansfield, Dealy, & Keitner, 2013). Another research has shown that urban families living in poverty will be exposed to a higher rate of stress and involvement in community violence. It will make family functioning ineffective and create internalising problems for the caregiver and youth (Sheidow, Henry, Tolan, & Strachan, 2014).

So, in this review study, the reviewer gave the relationship between family functioning and psychological well-being among poverty adolescents attention. The objectives of the study will be discussed in the next section.

The goals of this study are to investigate family functioning and psychological well-being in B40 adolescents. The review looked at many aspects of family functioning and psychological well-being. Furthermore, various cultural or nation studies were employed in this study to determine whether there is a difference between the population's family functioning and psychological well-being. At the end of this research, the reader should identify specific tactics and recommendations that a counsellor may use to assist adolescents in coping and maintaining their psychological well-being. The findings were tallied methodically based on objective study findings. The viewpoint pertains to the numerous family functions and the psychological well-being of teens.

Based on the question, here are some options for contest analysis:

1. What are the influences of poverty on family functioning and adolescent's psychological well-being?

The focus was given to the influences of poverty on family functioning and adolescents' psychological well-being. The result will be examined from different studies.

2. What is the relationship between family functioning and psychological well-being?

The second focus was on the two key variables: family functioning and adolescents' psychological well-being. The introduction part is just a brief introduction and will be more detailed in the literature part. In the discussion part, we will look at the result and data gathered by other studies to see the relationship between these two variables.

3. What can a counsellor be mindful of when assisting adolescents in maintaining their family functioning and psychological well-being?

Last but not least, a counsellor should be aware of the need of aiding adolescents in preserving their family functioning and psychological well-being. This might be less obvious in the study, but most papers would make a suggestion.

Methodology

As a reference point for this systematic review, a few keywords will be included. The keywords are family functioning, the psychological well-being of youth, and poverty. A sophisticated search technique is used to locate or retrieve quality literature related to the topic. Systematic reviews assist authors in the discovery of emerging ideas from all of the research that reviewers discuss. The objectives mentioned above are to assist reviewers in deciding which journal article or literature is best suited to the topic.

The Search Strategy

Scopus, where one of the UPM libraries subscribes database, was used to search articles needed for this systematic review. Main keywords such as family functioning, adolescent's psychological well-being and poverty were used to get a list of relevant articles. Some of the inclusion and exclusion criteria were included to filter out unsuitable articles. The first inclusion criterion was the year of the articles published. The most recent 6-year articles have been selected. 2015 to 2021 was the year selected. Article's type was selected. The language was focus on the international language, which is English. Therefore, language was limited to the English language only. The exclusion criterion was the area of the journal and the research method. Since this is a quantitative synthesis, only quantitative papers would be included.

A total of 2430 articles were found using the main keywords such as family functioning, adolescent's psychological well-being and poverty. 1086 were left when limited to the year 2016 to 2021. Article's type of paper is only 960. The following criterion was the English language which left 928 relevant articles. All the inclusive criteria were shown in Table 1. In the following Table, 2 is the exclusive criterion. The non-relevant subject area was excluded 415 articles; 513 articles were remaining in the list. Non-quantitative research articles and abstract screening were done to exclude the remaining articles. At the end of the search, there are only 19 relevant articles selected for the review. Extra 5 articles were added by using the year 2010 to 2014 and other languages.

Table 1 Inclusion criteria

Inclusive criteria	Particular	Literature identified	Remaining literature
Key Terms	family functioning, adolescent's psychological well-being and poverty	2430	2430
Years	2015-2021	1086	1086
Article type	journal articles and academic papers	960	960
Language	English	928	928

Table 2 Exclusive criteria

Exclusive criteria	Particular	Literature identified	Remaining literature
Subject type	Non-relevant area	415	513

After the screening of the articles abstract, a total of 19 best-fit articles were found in this screening. Some additional articles from the year 2010-2014 were added in the selected articles. The articles information and results filtered in Table 3. Figure 1 was the PRISMA diagram. It shows the systematic review search flow, where help the reader to understand how the reviewer is conducting the articles selection process.

Results and Discussion

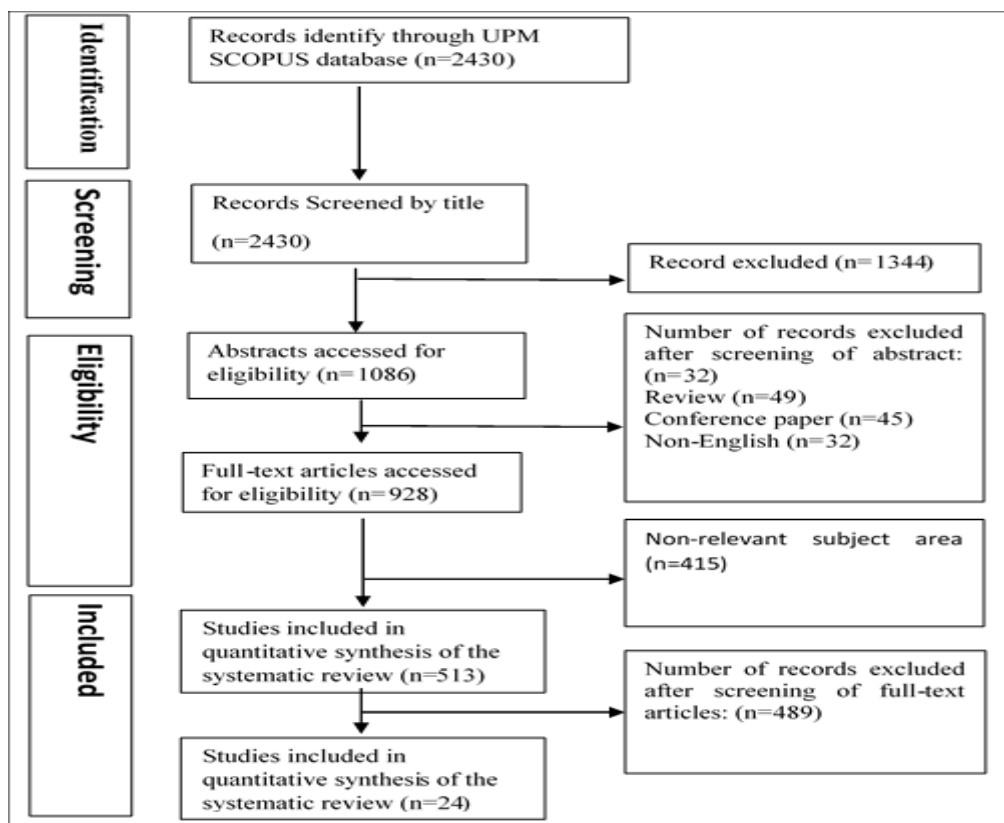


Figure 1. Flow diagram for selection review of studies

Findings of Literature Review

Table 3 showed the summaries of 24 selected articles. The author presented the findings, year, the title of articles, country, participants, and findings that align with the objective of this review.

Table 3

Summaries of 24 selected articles

Author & Year	Title of Article	Country	Participants	Relevant Findings
Dorrington S, Zavos H, Ball H, McGuffin P, Sumathipala A, Siribaddana S, Rijsdijk F, Hatch S.L, & Hotopf M (2019)	Family functioning, trauma exposure and PTSD: A cross sectional study	UK	6014 Participants	maladaptive family functioning adversities (MFFA) was strongly associated with trauma exposure. MFFA moderates the association between trauma exposure and both PTSD and other DSM psychiatric diagnosis.
Ajduković, Marina, Rajter, Miroslav & Rezo, Ines (2019)	Family relations and parenthood in families with different income: How is life in high risk of poverty connected to family functioning of families with adolescents?	Croatia	392 participants	women who are at greater risk of becoming impoverished Higher levels of shame as a result of one's financial condition and exposure to more stressful situations are significant predictors of the likelihood of child abuse.
Daryanani, Issar Hamilton, Jessica L. Abramson, Lyn Y. Alloy, Lauren B. (2016)	Single Mother Parenting and Adolescent Psychopathology	USA	385 adolescents	Single moms were more likely to engage in psychologically controlling activities, which indicated that their teenage kids would have more excellent rates of depressive symptoms and externalising illnesses.

Docrat, S., Cleary, S., Chisholm, D.,& Lund, C. (2019)	The household economic costs associated with depression symptoms: A cross- sectional household study conducted in the North West province of South Africa	South Africa	310 households	Home economic circumstances are connected with greater depression symptom severity, thus suggesting that financial risk protection activities are required across this continuum.
Hale, William W. Nelemans, Stefanie A. Meeus, Wim H.J. Branje, Susan J.T. (2020)	A 6-Year Longitudinal Study of Adolescents and Mothers Depression Symptoms and Their Perception of Support and Conflict	Netherlands	497 adolescents	There are bidirectional longitudinal relationships between adolescent depressive symptoms and higher adolescent-reported conflict and lower adolescent-reported support. Maternal depressed symptoms, on the other hand, were only unidirectionally related to higher maternal conflict, lesser maternal support, and more significant adolescent depressive symptoms.
Kotchick, Beth A. Whitsett, David Sherman, Martin F. (2021)	Food Insecurity and Adolescent Psychosocial Adjustment: Indirect Pathways through Caregiver Adjustment and Caregiver- Adolescent Relationship Quality	USA	687 participants	Significant indirect effects through both caregiver depression and caregiver- adolescent relationship quality were also found. These results are the first to examine the FSM concerning household food insecurity explicitly

Leung, Janet T.Y. Shek, Daniel T.L. (2016a)	Family functioning, filial piety and adolescent psychosocial competence in Chinese single-mother families experiencing economic disadvantage: Implications for social work	Hong Kong	432 single-mother families	and to demonstrate the indirect effects of food insecurity on adolescent adjustment. Results showed that filial piety mediated family functioning to adolescent psychosocial competence in Chinese single-mother families experiencing economic disadvantage.
Leung, Janet T.Y. Shek, Daniel T.L. Li, Lin (2016b)	Mother–Child Discrepancy in Perceived Family Functioning and Adolescent Developmental Outcomes in Families Experiencing Economic Disadvantage in Hong Kong	Hong Kong	432 single mother families	adolescents reported family functioning more negatively than did their mothers. Polynomial regression analyses showed that the interaction term between mothers' reports and adolescents' reports of family functioning predicted adolescent developmental outcomes in Chinese single-mother families living in poverty. Adolescent development would be comparatively better if their moms reported more positive family functioning in the face of poor adolescent-

O'Neal, Catherine Walker Mallette, Jacquelyn K. Mancini, Jay A. (2018)	The Importance of Parents' Community Connections for Adolescent Well-being: An Examination of Military Families	USA	223 military families	reported family functioning. When faced with difficulty, parents with better community ties, including a better feeling of community and community participation, reported more resilient coping. When compared to dads, moms' resilient coping was especially crucial for more favourable kid outcomes.
Fosco, Gregory M. Mak, Hio Wa Ramos, Amanda LoBraico, Emily Lippold, Melissa (2019)	Exploring the promise of assessing dynamic characteristics of the family for predicting adolescent risk outcomes	USA	151 adolescents	After controlling for baseline levels, gender, age, and starting levels of outcomes, Liability in parent-adolescent connectivity were linked to an increased likelihood of depression, anxiety, ASB, drinking, and marijuana use. Liability in parenting methods was also linked to an increased risk of sadness, anxiety, and intoxication.
Are, Funlola Shaffer, Anne (2016)	Family Emotion Expressiveness Mediates the Relations Between Maternal Emotion Regulation and Child Emotion Regulation	USA	110 participants	positive family expressiveness mediated the relations between maternal emotion dysregulation and child emotion regulation and thus

Clarke, Allison L. Critchley, Christine (2016)	Impact of choice of coping strategies and family functioning on psychosocial function of young people with epilepsy	USA, UK, Canada, and Ireland	114 adolescents	presented critical clinical implications for existing emotion socialisation interventions. the latent class analysis produced two psychosocial functioning groups based on participants' scores for anxiety, depression, and quality of life. If a young person experienced a seizure in the previous month (Wald=5.63, p b.05), came from a family with more insufficient levels of communication and problem solving (Wald=5.28, p b.05), and utilised non-productive (emotion centred) coping methods such as wishful thinking, withdrawal, and concern (Wald=12.00, p b.01), they were more likely to be members of the group with poor psychosocial functioning.
Ferrari, Laura Ranieri, Sonia Barni, Daniela Rosnati, Rosa (2015)	Parent-child relationship and adoptees' psychological well-being in adolescence and emerging	Italy	160 young people	Results showed significant differences in the level of the quality of parent-child relationship according to parents' gender, child's gender and

	adulthood: Disentangling the maternal and paternal contribution			developmental stage. Additionally, the mother-child relationship and father-child relationship predicted adopted children's well-being differently, when IPC was elevated, Adolescents felt more threatened and blamed themselves. In response, when adolescents encountered more threat evaluations, their positive well- being decreased; conversely, when adolescents experienced more self-blame, their negative mood increased, and their positive well-being decreased.
Fosco, Gregory M. Lydon-Staley, David M. (2017)	A Within-Family Examination of Interparental Conflict, Cognitive Appraisals, and Adolescent Mood and Well-Being	USA	151 adolescents	Adolescent-reported cohesiveness and conflict were associated with all six adolescent outcomes in a unique within- family manner.
Fosco, Gregory M. Lydon-Staley, David M. (2019)	Implications of Family Cohesion and Conflict for Adolescent Mood and Well-Being: Examining Within- and Between- Family Processes on a Daily Timescale	USA	151 adolescents	Only the reported negative family effect was significantly associated with indicators of child
Gardiner, Emily Miller, A. R. Lach, L. M. (2018)	Family impact of childhood neurodevelopmental disability:	Canada	216 child and adolescents	

	considering adaptive and maladaptive behaviour			adaptation and problematic behaviour. Children's practical and social abilities and emotional symptoms emerged as significant predictors of reported negative family effect, with emotional symptoms accounting for the most variance. predicted lower parent-reported family functioning, which mediated the links from parent cultural stress and depressive symptoms to youth alcohol and cigarette use. Parental cultural stress was also associated with poor youth-reported family functioning, which moderated the relationship between parental cultural stress and adolescent self- esteem.
Lorenzo- Blanco, Elma I. Meca, Alan Unger, Jennifer B. Romero, Andrea Szapocznik, José Piña-Watson, Brandy Cano, Miguel Ángel Zamboanga, Byron L. Baezconde- Garbanati, Lourdes Des Rosiers, Sabrina E.Soto, Daniel W. Villamar, Juan A. Lizzi, Karina M. Pattarroyo, Monica Schwartz, Seth J. (2016)	Longitudinal Effects of Latino Parent Cultural Stress, Depressive Symptoms, and Family Functioning on Youth Emotional Well-Being and Health Risk Behaviours	USA	302 adolescents	

Luo, Jiutong Yeung, Pui sze Li, Hui (2019)	Relationship Between Media Multitasking and Self-esteem Among Chinese Adolescents: Mediating Roles of Peer Influence and Family Functioning	Hong Kong	725 adolescents	Media multitasking (MM) showed a negative association with self-esteem (SE) ($r = -0.17$, $p < 0.001$); however, peer influence (PI) and family functioning (FF) entirely mediated this relationship
Rowe, Susan L. Zimmer- Gembeck, Melanie J. Hood, Michelle (2016)	Community, Family, and Individual Factors Associated with Adolescents' Vulnerability, Daily Stress, and Well- being Following Family Separation	Australia	24 adolescents	Resilient adolescents had more positive family representations, less interparental conflict, and came from better- off schools and communities. Resilient adolescents reported much less stress than susceptible adolescents throughout the diary days.
Freed, Rachel D. Rubenstein, Liza M. Daryanani, Issar Olino, Thomas M. Alloy, Lauren B. (2016)	The Relationship Between Family Functioning and Adolescent Depressive Symptoms: The Role of Emotional Clarity	USA	364 adolescents	Emotional clarity mediated the relationship between adolescents' reports of family functioning and depressive symptoms at all time point cross- sectionally
Timmons, Adela C. Margolin, Gayla (2014)	Family Conflict, Mood, and Adolescents' Daily School Problems: Moderating Roles of Internalising and Externalising Symptoms	USA	169 families	signs of depression and anxiety increased linkages between parent-adolescent conflict and low mood regularly

Hassan, Amran Yusoooff, Fatimah Alavi, Khadijah (2012)	The Relationship between Parental Skill and Family Functioning to the Psychological Well-Being of Parents and Children	Malaysia	73 families	there is a significant difference in psychological well-being in parents when compared to children, and there is no significant relationship between parenting skills and psychological well-being
Ng, Ying Yee Wan Sulaiman, Wan Shahrazad (2017)	Resilience as Mediator in the Relationship between Family Functioning and Depression among Adolescents from Single Parent Families	Malaysia	232 adolescents	The intense emotional bonding among family members can serve as significant social support for family members. Adolescents will benefit from proper social support from their families, which will aid in resiliency reintegration.
Alavi, Masoumeh Mehrinezhad, Seyed Abolghasem Amini, Mansour Parthaman Singh, Minder Kaur a/p (2017)	Family functioning and trait emotional intelligence among youth	Malaysia, Iran, China, Sudan, Somalia, Morocco, the United Kingdom, Germany and the Netherlands	547 adolescents	Pearson correlation analysis revealed a significant relationship between family functioning and trait emotional intelligence. The higher the characteristic emotional intelligence among youngsters, the greater the family functioning.

The systematic review was designed to answer the questions from the objectives. The findings where relate to the questions were summarised as below.

Influences of poverty on family functioning and adolescent's psychological well-being

Parent expose to mental health

After study all the selected articles, the reviewer found that few pieces were mentioned about the influences of poverty on the parents. The most obvious consequence is that parents will easily expose to mental health problem. According to Ajduković et al. (2018), a single mother who lives in poverty status will more easily get into depression and stress than economically stable. This is because the poor single mother will easily expose to stressful event due to their financial status. In other words, it means social isolation. It will increase the level of shame of the single mother. It causes them quickly get stress and slowly become depressed.

Besides, another research was supporting the statement above. According to Docrat et al. (2019), household economics is associated with increased depressive symptoms. A family whole is in low economic status will have a higher rate of depressive symptom among the family member, especially the family leader. The depressive symptom is always associated with lower adequate income. The link between poverty and mental health goes beyond the individual and affects household economic functioning. When household economic functioning affects daily consumption or income, problems will slowly occur among the family members. Kotchick et al. (2020) also state that parents who live with poverty will easily link with depression and stress. Household food insecurity is one of the factors that make parent facing pressure. The impact of food insecurity in a low-income family brings negative effect for parent and child. The result is more remarkable in parent compare to the child.

Parent-child relationship

The second influences of poverty are the parent-child relationship. Poverty was making the parents involved in hostile parenting, which will affect the parent-child relationship. Daryanani et al. (2016) found that low socioeconomic status had a significant adverse effect on the parent-child relationship. The report result showed that low socioeconomic single mothers would practice negative parenting styles, leading to a bad parent-child relationship. One of the negative parenting styles is the controlling style. A single mother who experienced poverty and stress will practice controlling style parenting, making their child feel pressure and depress. It will indirectly destroy their relationship. The result was supported by Leung et al. (2016). The work shows that situation is the same in Hong Kong. Family functioning where the relationship between the parent and child is inadequate when the families are experiencing poverty. Chinese single mother will have more negative family functioning when experiencing economic disadvantages.

Ajduković et al. (2018) report showed that high-risk poverty families would have a high level of family conflict, which means the family functioning is low. The parent-child relationship was not good in a low-income family. Besides, the report also states that low family functioning is associated with child abuse. Kotchick et al. (2020) also note that the parent-child relationship affected in a low-income family. The higher level of depressive symptom in parents, the poorer the parent-child relationship. The stress and depression will cause the parents to have higher conflict level and less warmth or responsiveness with their child. The quality of the relationship will be poor and will develop a negative effect on both sides.

Child psychological and behaviour development

Poverty also affected child psychological development. According to Daryanani et al. (2016), adolescents from poor single mother families will have a three times higher chance of getting exposed to externalising disorder. The reason is linked with the parenting style where development in poor single mother. The psychological controlling behaviour from the mother will weaken their child stress and anxiety control. The bad emotion regulation will hinder his or her capacity to adequately self-regulate disruptive behaviours actions. The result also supported by Kotchick et al. (2020) research. The research finding states that household food insecurity has a significant risk of internalising and externalising adolescents' problem. Adolescence is a period that involves many changes such as neurological, physical, cognitive if an increase in stress in this stage. The negative effect will be more than positive. Besides, Rowe et al. (2016) found that higher family income is associated with a lower anxiety level of adolescent. This is because of the lower parent conflict in high-income family and also better education among parent and child.

Relationship between family functioning and psychological well-being

Asian culture in family functioning and psychological well-being

The relationship between family functioning and psychological well-being can view from the well-being developmental of adolescents. The development view includes autonomy, environmental mastery, personal growth, positive relation with others, purpose in life, and self-acceptance. The result was not different between the country.

First, we start the review from Asia research. The First is from Malaysia research. Hassan et al. (2012) found that parent-adolescent activities have a significant relationship with environmental mastery. Parent-children involvement will have a positive result on autonomy, personal growth and purpose of life in adolescent. However, the researchers state that parent-children involvement was only effective when the adolescent is still young. Besides, parental monitoring helps their child develop environmental mastery, personal growth and purpose in life. Parenting skills are essential in influencing the psychological well-being of parent and child.

Besides, Hong Kong research also being review to look out the relationship between family functioning and psychological well-being. According to Leung and Shek (2015), family functioning is affecting adolescent psychosocial competence. Low-income family functioning will affect adolescent development, especially in the spirituality, resilience and positive future outlook. The research is further improved in the following year. Leung et al. (2016) state that a low level of family functioning such as miscommunication and conflicts will harm adolescent development. Interaction between parent-child will helps in develop adolescents' beliefs in future, resilience, cognitive competence, self-efficacy and self-determination. Luo et al. (2019)

state that family functioning is helping developing adolescent self-esteem. Besides, teaching teenagers to be self-sufficient and aware of peer pressure can also help families function better.

Next, Ng and Wan Sulaiman (2017) found that resilience has a relationship with family functioning and depression. The better the family functioning, such as social support from a family member, will help adolescents increase resilience and indirectly increase the control of depression. The close relationship will help adolescent learn emotional security, arousal regulation and practice help. Another research involves in the Asia area is by Alavi et al. (2017). The study is involving Asia, the middle east and western country participants. Result found that family functioning is positive significant with trait emotional intelligence among the youth. Family functioning is helping the adolescent to understand their own emotion while also mastering the environment where they will understand others' emotions.

Parent's relationship & parent-child relationship

The result from the western country has not much different from Asia. According to Timmons and Margolin (2015), depressive symptoms among adolescents is linked with the parent-adolescent relationship, such as conflict and daily negative mood. The result is consistent with Rowe et al. (2016). Parent's competition will increase the adolescent level of anxiety. The adolescent will have low functioning if the parent conflict is high. The lack of communication between parent and child will make them lack emotional and physical safety, decreasing their functioning. Mother and father depressive level will affect their interparental conflict. When interparental conflict happens, the child management will be wrong because they will lack communication. The child will involve in bad development in psychological and behavioural (Lorenzo-blanco et al., 2016).

Next, Fosco and Lydon-Staley (2017) found that interparental conflict is a risk factor for child and adolescents' development. The interparental conflict will make adolescent experienced more threat and self-blame. The high level of interparental conflict will have more negative effects such as depression, anxiety, and angry mood in adolescents. At the same time, they will lack life satisfaction and loss of purpose and meaning in life. Fosco et al. (2019) improve their research in the next two year. The study looks at the parent relationship, and the parent adolescent's relationship is also involved in this research. Result found that the parenting practices link with the risk of depression and anxiety among adolescents. Also, parent-adolescent conflict is associated with adolescent depression. In the same year, Fosco and Lydon-Staley (2019) state that family cohesion and conflict are predictors of adolescent well-being. Family cohesion will help in developing adolescent's life satisfaction and meaning and purpose in life. In contrast, family conflict will increase adolescent depression, anxious and negative mood.

However, there is one exciting research that has a slightly different result from the previous research. Ferrari et al. (2015) found that low-level conflict with mother will help adolescent have positive development in well-being. However, the research is done with a particular categorise participant who is adopted, child. An open and sensitive family context where

conflict and feel free to talk about adoption will enhance adolescents' well-being. Father will be helping the adoptees to integrate the meaning of their life by using open communications.

Parent function in family functioning

Parent plays a vital role in the family functioning and adolescent's psychological well-being. Some research had mentioned the parent in maintaining adolescent's well-being. Are and Shaffer (2015) found that positive family expressiveness will help keep maternal emotion dysregulation and child emotion regulation. Findings found that mother with adaptive emotion regulation will be the model for the child to learn appropriate emotion regulation. When the child grows in a positive emotional environment will be more likely to express their emotion positively; moreover, adaptive emotional parents will help validate and support their child in emotional development. Mother will need to play an essential role in this relationship.

Another research found that mother will play an essential role in maintaining the family functioning and their offspring well-being by O'Neal et al. (2018) research. The study was aiming to test the parent community engagement and resilience on adolescent well-being. The result showed that the mother impact is more significant than the father. A mother who had high resilience coping abilities, their adolescent's offspring reported have greater individual well-being, which mean reasonable control in anxiety and depression and good self-efficacy. Mothers serve as role models for reasonable adjustment and well-being, providing a secure and trustworthy atmosphere. However, father resilience's coping will not be related to adolescent's well-being development or family well-being.

Family functioning, mental health, behavioural issues and social

Some of the researches have mentioned the relationship between family functioning and mental health, behavioural problem and social problem of adolescents. First, Freed et al. (2016) found that family factors, especially the ability to recognise and categorise emotions, are associated with adolescent emotion control. Emotion is one of the mediating effects of low-income family functioning and depressive symptom among adolescents. Besides, Clarke and Critchley (2016) found that adolescent with low psychosocial functioning is due to low family functioning. The problem occurs due to the family having the low problem-solving ability, coping skill and inadequate communication. Parental depression and low parental support will have higher adolescent depression symptom. The depressive symptom from the parent will influence their child depression (Hale et al., 2020). Dorrington et al. (2018) also mentioned that maladaptive family functioning would cause their child or adolescent to develop post-traumatic stress disorder (PTSD). This is due to maladaptive family functioning will easily expose to trauma expose such as neglect, punishment and separation. Lastly, Gardiner et al. (2018) state that Child problematic behaviour is linked with the negative family impact. The negative family impact such as quality of family or parental mental health. The lousy result will lead an adolescent to low social skill and low emotional control.

Implications of the Study

As a counsellor in helping adolescents about the family functioning and psychological well-being issues, we need to know how the family functioning will affect well-being. The finding showed that bad family functioning would be significant with impaired psychological well-being. So, the counsellor must be aware of the family functioning when helping adolescents maintain their psychological well-being. It will be one of the points to boost their self-esteem and quality of life. If they are needed, family counselling needs to be done for helping adolescent maintaining psychological well-being.

To aid underprivileged adolescent in maintaining their psychological well-being. Counsellors must be mindful of their interactions with their parents, peers, and society. Some researchers found that family support, peer support, and social support will positively affect the development of psychological well-being (Guerra et al., 2016; Flett et al., 2012; Cicognani, 2011; Reiss et al., 2019). Support can help adolescent develop. For example, when they face any issues, they can get permission from their parents or friends. It will reduce the risk of getting into depression or anxiety. Sharing experiences and providing support when the adolescent has down helped the adolescent recognise that they are not alone in dealing with challenges. This review also found that good family cohesion will help in parent-child communication and create harmony environment where will contribute to positive adolescent development (Leung & Shek, 2015).

Besides, to enhance poor adolescents' psychological well-being, the counsellor needs to improve the adolescents' level of resilience. In the review process, we can find that resilience has a mediating effect on adolescent psychological well-being (Ng & Wan Sulaiman, 2017; Rowe et al., 2016; O'Neal et al., 2018). Ng and Wan Sulaiman (2017) report that resilience will help build up family cohesion to bring the family member closer and better relationships. The relationship will then increase the support between family member. Besides, resilience also helps adolescent fight against daily stress and maintaining their well-being (Rowe et al., 2016).

Conclusion

From the review, we can see that poverty have some effect on family functioning where can cause negative adolescent psychological well-being. The parent-child relationship is lacking in a poverty family. Family support for an adolescent will become low. Low family support is because parents in poverty family will accompany by stressful life situation. The mental health issues of parent will let adolescents easily exposed to violence and some trauma exposure. It may put the child in a dangerous situation.

In this review, the reviewer found that family functioning is essential for adolescent psychological well-being development. First, the parent-child relationship is vital in adolescent development. Parents or family is a place for children or adolescents to find their peach and safeguard. It provides them with a place to make a mistake, learn and communicate. If a parent-child relationship is inadequate, there is no place for adolescents to express and communicate in their family. So, it would lead them to lousy development. Besides, parents role and functioning also crucial in one family. It will become a role model for their child to learn. A

mother who is high resilient will have a better coping child. Last but not least, family cohesion is essential in maintaining adolescent psychological well-being. Family cohesion will create a harmonious environment where will contribute to positive adolescent development.

In conclusion, family functioning is essential for a low-income adolescent to maintain psychological well-being. Low family functioning will lead to low psychological well-being. Family cohesion, family support, resilience, peer support and social support are essential variables in building psychological well-being. A counsellor needs to aware when helping adolescent in maintaining their psychological well-being. This paper also discussed the implication of this study on counsellors.

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