

Research Article

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Relationship between Family Functioning and Depression among Adolescents from Single Parent Family: Mediating Role of Resilience

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Abstract: The aim of the study was to examine the relationship between family functioning, resilience, and depression among adolescents from single-parent families. In this study, convenient sampling technique was used. Adolescents from single-parent households comprised the participants; their ages ranged from 12 to 19. Using a series of questionnaires, the Family Adaptability and Cohesion Evaluation Scale III Olson et al. (1985), The Resilience Scale Wagnild and Young (1993), and the Beck Depression Inventory-II Aaron T. Beck (1961), data was gathered from schools and institutions in Jhelum, Lahore, and Islamabad. The study employed convenient sampling with a sample size of 280 adolescents. Results were calculated through (SPSS-25). Correlation analysis showed the negative but significant correlation among family functioning and depression ($r = -.79^{**}$, $p < 0.01$). The results exposed that family functioning comes out as a significant negative predictor of depression among adolescents ($R^2 = .63$, $F = 477.43$, $^{**}p < 0.01$). Further analysis showed a difference due to residential areas adolescents from Islamabad scored high in resilience ($M=139.64$) compared to Lahore and Jhelum participants. At depression, adolescents from Jhelum scored high ($M=32.58$). Family functioning was better in Lahore adolescents ($M=42.46$) compared to other areas. The mediating role of resilience in the relationship between family functioning and depression was also analyzed result showed that resilience plays no significant role as a mediator. This suggests that in order to decrease their vulnerability toward depression, despite having to live in an unstable home permanently, adolescents from single-parent households should be helped to grow and strengthen their resilience.

Key Words: Family Functioning, Resilience, Depression, Single Parenting

Introduction

In the 20th century, there were many quick changes, but the dissolution of the nuclear family was one of the most significant. Single-parent families have grown significantly in number during the past few decades. Approximately a third of households nowadays are headed by a single parent of all families, or one-fourth. Families with single parents are ones in which the mother or father lives alone or with other family members, together with their dependent children, without a partner. Even though Pakistan is a very religious nation and its cultural beliefs place an emphasis on marriage and familial togetherness, the number of single-parent families is rising there (6%).

A tremendous change has occurred in the family structure over the previous several decades, leading to a rise in single-parent families. Over three out of every ten children are raised in single-parent families, and this figure is predicted to rise in the future.

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Family Functioning

The family is an essential setting for people to develop and live as well as the fundamental unit of society. Family functioning is the social and structural structure of the entire family environment, taking into account the dynamics of cohesiveness and conflict, flexibility, organisation, and communication quality among family members (Akhmedov, [2021](#)).

Pakistan is a nation where the people live collectivism, wherein the household is accountable for meeting family members' requirements. As these, there are social and financial needs. (Nguyen et al., [2017](#)). Within a family, dynamics is the foundation upon which people acquire new skills in managing the challenges of life in front of them. Household dynamics is a certain structure that can be understood of a family, in which every member satisfies their function in interpersonal relationships. Within the household, parents are the defining characteristic that is essential to the formation and sustaining of face-to-face interactions with youngsters (Carvalho et al., [2015](#)).

Further family functioning, a feature of the family system as a whole, is the ability of the family to effectively provide for basic needs and manage conflicts (Jona et al., [2017](#)).

Moreover, family cohesion is the ability of family members to maintain strong emotional bonds with one another. The family system's capacity for balancing stability and change is the subject of flexibility. Adequate communication encourages flexibility and family cohesion (Olson et al., [2019](#)).

Single Parenting

In recent decades, the phenomenon of single parents has been observed in numerous nations throughout the world. A parent who raises their children alone, without the support of their spouse, is known as a single parent (Wikimedia Foundation, [2007](#)). A single parent is someone who takes on the burden of safeguarding, directing, and caring for their kids.

Divorce has come to be a major problem for both spouses, especially for Pakistani women who live in a patriarchal society. In Pakistani society, divorced women face a lot of difficulties and stress as they try to reintegrate into society and even their personal lives. Following a divorce, women experience a range of emotions, including embarrassment for both themselves and their families, rejection, guilt, and an inferiority complex (Nashwan et al., [2023](#)).

Classification

When an individual is raising and supporting one or more children without the presence or active participation of a spouse or partner, the family structure is known as a single-parent household. Families with only one parent can take a variety of forms, but they are usually classified according to the conditions that resulted in the status of single parent. These represent several kinds of independent parents.

Divorced Single-Parent Household

This kind of household is the outcome of a marriage ending through formal divorce procedures. While the other parent may be able to visit permissions or specific parenting duties, one parent has complete or shared custody of the children. The parents are not living together or getting married anymore (Rees et al., [2023](#)).

Furthermore, the causes of divorce vary depending on the socio-cultural and cultural background of societies; nevertheless, certain frequent causes include a lack of tolerance, understanding, patience, and respect for one's spouse, among other things (Waseem et al., [2020](#)). Arranged weddings, child or adolescent marriages, psycho-physical instability, incompatibility between spouses, societal disputes, and involvement from other family members are common practices in poor countries and are major contributing reasons to the breakup of marriages (Muzamil et al., [2022](#)).

Widowed Single-Parent Family

In a widowed single-parent family, the spouse or partner passes away, leaving one parent as the only caretaker. Numerous factors, including disease, accidents, and natural disasters, may give rise to this circumstance. All parental responsibilities have been taken on by the surviving parent (Rees et al., [2023](#)).



Separated Single-Parent Household

This type of household is created when a couple chooses to live alone or through a separation without going through an official divorce. There could be a short-term or long-term break. In these situations, the primary carer typically lives independently of the other parent and holds charge of the children (Rees et al., [2023](#)).

Resilience

Resilience, according to Shek et al. ([2017](#)), is the capacity to maintain healthy responses in difficult situations and positively adjust to life's harsh experiences. It is a complex concept with three basic components: being exposed to difficult situations, overcoming challenges with positivity, and sustainability. Adolescents who have resilience are better able to deal with a variety of developmental challenges, including the development of relationships, stress management, and personalities.

Depression

Moreover, adolescents from single-parent families face many others psychological problems depression is one of the most important issues that affects their ability to cope with problems. The goal of this study is to find out how much depression Pakistani adolescents experience as a result of single parenting. Single parenting occurs for a variety of reasons. Single parenting as a result of death, divorce, separation, and other problems was the primary focus of this study.

According to the World Health Organisation (2017), depression is a common emotional condition characterized by sadness, a loss of happiness, self-criticism, and physical symptoms including fatigue, poor attention, disturbed sleep or food. In order to adversely impact adolescent physical and mental growth, resulting in absence, school avoidance, misbehavior, and conflict.

Moreover, multiple studies indicate that children of divorced parents do not adjust well. Auersperg et al., ([2019](#)) showed evidence of a constant risk of a number of mental health disorders. This was supported by long-term studies that discovered children whose parents divorced had greater rates of anxiety/depression and antisocial behavior than children whose parents stayed married, both during the divorce and after.

Theoretical framework

Family System Theory

Family Systems Theory, developed by Murray Bowen in 1950s, is a comprehensive theoretical framework that views the family as an emotional unit with interconnected members, each influencing and being influenced by the others. Here's a brief explanation of the key components (Calatrava, [2022](#)).

Core Components

1. **Differentiation:** Bowen suggests that individuals within a family vary in their levels of differentiation, and the ability to balance emotional closeness with autonomy.
2. **Triangles:** Family dynamics often involve three-person relationships, where tension in one relationship may be shifted to a third person.

Differentiation

Family Functioning: The level of differentiation within a family influences its overall emotional health. In the context of single-parent households, examining how well family members can maintain emotional closeness while allowing individual autonomy can offer insights into family functioning.

Resilience: Higher levels of differentiation may contribute to increased resilience in adolescents, allowing them to navigate challenges and stressors more effectively.

Depression: Lower levels of family differentiation might be linked to increased depressive tendencies among adolescents, as the emotional atmosphere within the family may contribute to their emotional well-being.

Triangles

Family Functioning: Triangular relationships within a family could be indicative of how conflicts or stressors are distributed among family members. Investigating these triangles in single-parent households can reveal patterns of communication and emotional dynamics.

Resilience: The presence or absence of triangles may impact the development of resilience in adolescents. Triangles that involve adolescents may affect their ability to cope with family challenges.

Depression: Unhealthy triangles may contribute to depressive tendencies in adolescents, as they may experience increased emotional tension and pressure within the family system. The theory implies that the functioning of a single-parent family, characterized by levels of differentiation and the presence of triangles, may directly impact the resilience and depressive tendencies of adolescents (Calatrava et al., [2022](#)).

Literature Review

A study conducted by Ng, and Ying Yee, (2014) showed that in single-parent families, many adolescents struggle to adjust because of family dysfunction. Teenagers who were resilient managed by viewing living in a single-parent household as a significant transformation that gives them authority, in contrast to teenagers who were less resilient, who frequently struggle with anxiety and sadness. The aim of this research was to examine resilience's function as a mediator in the connection between family functioning and depression in young people from single-parent households. Results indicated that depression and family adaptability were significantly mediated by resilience. Strong emotional ties among family members could be a vital source of social support for them. The process of resilience reintegration is facilitated when adolescents have sufficient social support from their families (Yee & Sulaiman, [2017](#)).

Another study was conducted by Asma et al., ([2022](#)). It was found that the upbringing of single parents was more closely associated with the social development of young adults (as evaluated by resilience) than the upbringing of both parents, and that the absence of one of the two parentages might modify these important factors. The resilience of young adults with two parents differed significantly from that of single parents.

There was a substantial correlation discovered between age and resilience as well as education and resilience. The order of birth of young people with both parents as well as those with only one parent did not significantly differ from one another (Asma, et al., [2022](#)).

A study conducted by Serna, et al., ([2023](#)) showed that the functioning of families may serve as a protective or risk factor in the emergence of adolescent psychopathology. Few research, meanwhile, have observed the possible inverse association between family functioning and child psychopathology. This study examined time-ordered correlations between variables of family functioning (such as cohesiveness, conflict, and emotional expressiveness) and child psychopathology. Child psychopathology was less common in households with a tendency towards greater cohesiveness, less conflict, and emotional expression. In childhood, we observed little evidence of time-ordered relationships at the within-person level. The findings indicate a complex and dynamic relationship between the child and the family that has significant implications for developmental theories that place risk and resilience in the context of the family (Serna, et al., [2023](#)).

A study was conducted by Shi et al., ([2022](#)) to assess the connection between teenage depression and systemic family dynamics. The Systemic Family Dynamics (SSFD) Self-Rating Scale the Self-Rating Depression Scale (SDS), and demographic information were all included in the questionnaire. The results according to the SDS score, there was a negative correlation between family dynamics and depressed symptoms, with higher family dynamics scores being linked to lower levels of depression.

The two types of family dynamics high and low groupings were produced using latent class analysis (LCA). The likelihood matching did not eliminate the two groups' mean SDS scores differed significantly. The depression diagnosis models worked effectively (Shi et al., [2022](#)).



Another study was conducted by Khan et al. (2023) Researchers aimed to understand the clear connection between single mothers, society, and culture as single-mother families replace two-parent households at an alarming rate around the world. It makes sense that the determination of this research study was to observe the unique sociocultural difficulties that single moms in District Peshawar, Khyber Pakhtunkhwa, Pakistan, encounter on a daily basis. This requires a thorough investigation of the different barriers, prejudices, and discrimination that these single mothers face in their social and cultural environments. The project also aimed to investigate how community structures and social support networks affect the quality of life for single moms in this area. Developing an understanding of these outside influences' roles could help identify areas where single mothers' lives could be improved (Khan et al., 2023).

A study was conducted by Nam et al., (2016) the results of the study indicated that migrants from North Korea in South Korea had a significant threat of depression. We postulated that resilience and family functioning, particularly family flexibility and coherence, would shield North Korean migrants from acquiring depressive symptoms. About 44% of respondents were found to have depression, according to data from the Centre for Epidemiological Studies Depression Scale. Family connectedness was strongly related to depression and the connection was largely mediated by resilience in models that captured the complete range of depressed symptoms. Family cohesiveness and clinical depression were entirely mediated by resilience in dichotomous models that predicted clinical depression (Nam et al., 2016).

Another study was conducted by Ye et al. (2023) the aim of that study was to explore the associations between resilience, family satisfaction, and adolescent anxiety and depression as well as the mediating effects of resilience in these associations. For mild anxiety and mild depression, 45.8% and 58.0% of students, respectively, scored higher than the threshold. According to the results of linear regression studies, family satisfaction was positively correlated with resilience, and both of these variables were unfavorably linked to depression and anxiety. The association between family pleasure and anxiety/depression was significantly facilitated by resilience. Adolescent mental health was significantly influenced by both family contentment and resiliency (Ye et al., 2023).

A study conducted by Zhou et al. (2022) study finding showed that inter-parental conflict had a negative impact on adolescent depression, although the underlying mechanisms causing this are still poorly understood. In order to better understand the association between inter-parental conflict and adolescent depression, this study looked at how families function and cultural ideas about adversity. Inter-parental conflict could harm family functioning, which in turn increases the likelihood of adolescent depression, according to the results of path modeling investigations, which supported the mediation role of family functioning. Interactions between inter-parental struggle and cultural opinions about difficulty, as well as those between family functioning and cultural opinions about difficulty, also explained the moderating impact of cultural opinions about adversity. The findings suggested that cultural views of difficulty may act as a barrier against the negative impact of parental conflict on adolescent depression. They also mentioned that teenagers with lower levels of family functioning had higher rates of depression and had less negative cultural views of adversity (Zhou, et al., 2022).

A study was conducted by Dou et al. (2023) the purpose of this study was to find out whether there is a connection between having one or two parents and the degree of teenage resilience. Adolescents were the main demographic of interest in the comparative study strategy. The most significant findings from this study were that adolescents who grew up in households with two parents were more likely to: they tended to be more resilient than their peers who had grown up in families with just one parent. Moreover, the duration of time spent residing in a parental teenager's levels of resilience were significantly impacted by position, which was a significant determinant.

According to a study conducted by McCreary, (2004), the majority of the instruments used to assess family functioning were created for middle-class, two-parent European American homes; other factors that were taken into consideration included socioeconomic status, lifestyle, family dynamics, and stage of development. These measurements may not provide a true picture of low-income African American single-parent households. Twenty poor African American single mothers and twenty mature family members were chosen from large mid-western cities and surveyed. Effective families nurture one another

emotionally, talk to one another, do things together, lend a hand, and parent their kids correctly (McCreary, 2004).

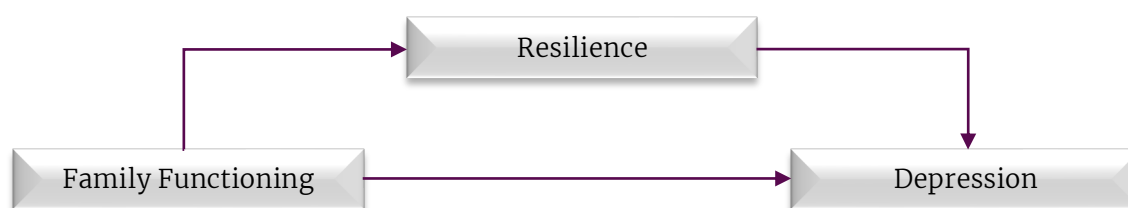
A study was conducted by Qian et al. (2020). The study wanted to discover the prevalence of Depression among teenagers in single-parental families. It was proposed that teenagers who live with a single parent because of their parent's passing, divorce, separation, or lack of physical presence would be more depressed than teenagers who live with both parents. The analysis revealed that those who lived with both parents and those who had just one parent in terms of their depression levels.

Another study was conducted by Daryanani et al. (2016) showed that depressive symptoms are more common in children of single mothers, the exact processes behind this relationship still unknown. Teenagers completed tests of depressive symptoms, reflection, and depressogenic inferential style at baseline and twice-yearly follow-ups in a community sample of adolescents and their mothers. From birth to standard, mothers described stressful occurrences in their children's lives. At a one-year follow-up, adolescents raised by single moms had greater childhood stresses and higher levels of reflection than teenagers raised by mothers in partnerships. Furthermore, more ruminating at the two-year follow-up moderated the association between being a single mother and more severe depression symptoms (Daryanani et al., 2016).

A study was conducted by Shakil et al., (2019) this study examined the perceived parenting styles, familial relationships, and emotional issues with children of working moms in Lahore, Pakistan, who were single or married. The research concluded that married mothers performed better than single mothers on tests of the home atmosphere. On tests of parental practices, however, alone moms particularly obtained high scores. Additionally, the findings indicated that working single mothers experience higher levels of rejection than married mothers. In contrast, single mothers worked to raise their children through harsh and restrictive methods. The findings indicate the importance of parenting techniques, regular observation and management of children's emotions, and an understanding of the importance of the home environment (Shakil et al., 2019).

Conceptual Framework

Figure 1



Rational

Several studies have been conducted on family functioning and depression, self –confidence and peer relationships but no formal study has been published on all these variables together 'As the association between family functioning and depression among adolescents from single-parent families' resilience as a mediator in Pakistan. As resilience is very important for family functioning and adolescent development this research may contribute to a body of literature in Pakistan. The divorce and separation ratio increases frequently day by day in Pakistan. According to a survey by Gallup and Gilani (2019), at that time, a significant 58% of Pakistanis believed that the country's divorce rate had increased. In addition, 40% of respondents to the survey said that the involvement of the couple's in-laws was a major factor in the majority of these divorces. 3,800 divorce cases were recorded in Karachi during the first quarter of 2020, according to police records.

This is the most important phenomenon to study for the enhancement of Pakistani literature. So in the current study, it was decided to contribute in this regard. Further, there have been a lot of studies at the international level on the mental health of separated adolescents but in Pakistan, this is a lacking area so we should study this deeply. It's critical to understand the impact of single parenthood on young adolescents because the process of socialization occurs within the home and is a significant factor in life.



Huang et al., (2020) carried out a research investigation titled "Family functioning adolescent depression: A moderated mediation model of self-esteem and peer connections." While family functioning and teenage depression might be mediated and moderated by processes that this research has started to disclose, there still exist certain research gaps that have to be taken into account. Firstly as the research's participants came from just two middle schools across two Chinese regions, its findings can't be applied to teenagers from various cultural backgrounds.

Objectives

The present study's goals are listed below.

1. To examine the family functioning, resilience, and depression among adolescents from single-parent families.
2. To examine the predictive role of family functioning and resilience on depression among adolescents from a single-parent family
3. To analyze the role of resilience as a mediator between depression and family functioning among adolescents grown in single-parent households.

Hypothesis

1. Family functioning and resilience will negatively predict depression among adolescents from single-parent families.
2. Resilience will mediate the relationship between family functioning and depression among adolescents.
3. There will be significant differences in demographic variables (residential area) in regard to resilience, depression, and family functioning among adolescents from single-parent families.

Operational Definitions of Variables

Resilience

Resilience is the capacity to bend but not break, recover from negative events, and possibly even grow as a result of them (Cajada et al., 2023) In current studies resilience can be operationally define as high score on resilience scale depicts high level of resilience and low score on resilience scale depicts low level of resilience among adolescents.

The overall cut-off score is as follows: 25–100 = extremely low; 101–115 = low; 116–130 = on the low end; 131–145 = moderate; 146–160 = moderately high; and 161–175 = high.

Family Functioning

The family is an essential setting for people to develop and live as well as the fundamental unit of society. Family functioning is the social and structural structure of the entire family environment, taking into account the dynamics of cohesiveness and conflict, flexibility, organisation, and communication quality among family members (Akhmedov, 2021).

Family functioning, a feature of the family system as a whole, is the ability of the family to effectively provide for basic needs and manage conflicts (Akhmedov, 2021). It can be concluded that according to the operational definition, the measure used a 5-point Likert scale, where 1 represented "nearly never." 2 once in a while, 3= sometimes, 4= frequently, and 5= almost always each statement was given to the respondents, and then requested to give it a rating between 1 and 5. Higher scores on the family adaptability and cohesion evaluation scale indicate a high level of family functioning and low scores indicate a low level of functioning among adolescents.

Depression

Depression is a common emotional condition characterized by sadness, a loss of happiness, self-criticism, and physical symptoms including fatigue, poor attention, disturbed sleep or food. In the current study, it can be operationalized that range of scores From 1 to 10, these changes are considered as usual; from 11 to 16, mild mood disruption; from 17 to 20, borderline clinical depression; from 21 to 30, moderate depression; from 31 to 40, severe depression; and from 40 to over, extreme depression.

Procedure

Firstly permission were taken from the scales' developers which were utilized in current research. After that permission were taken from participants. Participants' participation in this study is entirely voluntary, and they are free to discontinue at any time without having to bear any consequences. All data were anonymized to safeguard your privacy, and we were make sure that your Personal information keep confidential.

Results

In order to explore frequency and percentage of demographic variables i.e., gender, age, education, ethnicity, residential area and single parent status, descriptive statistics was carried out/ performed.

Table 1

Frequency and Percentage of Demographics Variables (N = 280)

Characteristics of participants		(f)	(%)
Age	12-15	115	41
	16-19	165	59
Gender	Female	168	60
	Male	112	40
Education	Matric	109	38.9
	Intermediate	108	38.6
	Bachelor	63	22
Ethnicity	Punjabi	86	30
	Urdu	132	47
	Pashto	62	22
Residential Area	Jhelum	106	37
	Islamabad	76	27
	Lahore	98	35
Single Parent Status	Widow	80	28
	Divorce	104	37
	Separated	96	34

Note: F = Frequencies, % = Percentage

Table 1 indicates that the major percentage of sample comprised a higher proportion of females (60%) compared to male (40%) adolescents. In relation to age data suggest that the majority of participants fall within the range of 16-19 years. In terms of education, the data reflects that a substantial proportion of participants (38.9%) hold a matric degree.

In terms of ethnicity, the data indicates that the major portion of the sample was speaking Urdu language (47%). Further table indicates that the largest portion of participants was living in Jhelum (37%). In terms of single-parent status, the table indicates that the majority of adolescents were from divorced parents (37%) and only a few participants were from widow parents (28%).

Table 2

Psychometric properties of study variable (N= 280)

Scales	k	a	M	SD	Range		Skew	Kurtosis
					Potential	Actual		
FACES	20	.68	41.09	7.19	20-100	23-60	.19	-.15
BDI	21	.80	31.09	7.19	0-63	17-48	-.02	-1.05
Resilience	25	.73	138.7	8.69	25-175	69-165	-.00	-.29

Note: FACES = Family adaptability and cohesion evaluation scale, BDI= Beck depression inventory, SD= Standard deviation



The scale used in this study was FACES, it had 20 items in it, the alpha of the scale came out to be .68, ranging from a minimum of 23 and a maximum of 60, and the mean of the scale was 41.09, SD 7.19 along with skewness as .19 and kurtosis as -.15. Another scale used in the study was BDI and the reliability come out to be .80 ranging from minimum 17 to maximum 48, mean of the instrument was 31.09 and SD come out to be 7.19, skewness was -.02 and kurtosis -1.05. Resilience was the third scale used in this study, its reliability coefficient came out to be .73 ranging from a minimum of 69 and a maximum of 165, the mean of the scale was 138.7 along with SD as 8.69, skewness came out to be -.00 and kurtosis was -.29.

Table 3

Correlation among Study Variables (N = 280)

Variables	Resilience	Depression	Family Functioning
Resilience	1	.01	-.02
Depression		1	-.79*
Family Functioning			1

Note: **P < 0.01, R= Resilience

The table indicates there exists a substantial strong negative association between family functioning and depression ($r = -.79^{**}$, $p < 0.01$). It means that as family functioning decreases depression tends to increase. In this case, poor family functioning is associated with higher levels of depression. The further table indicates that there is a non-significant relationship between resilience and depression and between family functioning and resilience.

Table 4

Multiple Regression analysis for assessing the predictive role of family functioning and resilience on depression among adolescents (N=280)

Variables	B	SE	β	t	p	CI	
						LL	UL
Constant	63.94	4.49	-	14.23	.00	55.10	72.78
Resilience	-.00	.03	-.00	.02	.97	-.06	.05
Family Functioning	-.79	.03	-.79	-21.80	.00	-.86	-.72
F	237.85 **						
R ²	.63						

Note: B = unstandardized Beta; SE = Standard error; β = Standardized Beta; LB = Lower Bound; UB = Upper Bound; **p < 0.01

The table indicates that family functioning is a negative and significant predictor of depression in adolescents. Moreover, family functioning also explained a substantial amount of change in depression (R^2 .63, $P = 0.00$). It implies that approximately 63% of the variance in depression can be attributed to family functioning.

Table 5

The mediating role of resilience between family functioning and depression among adolescents (N=280)

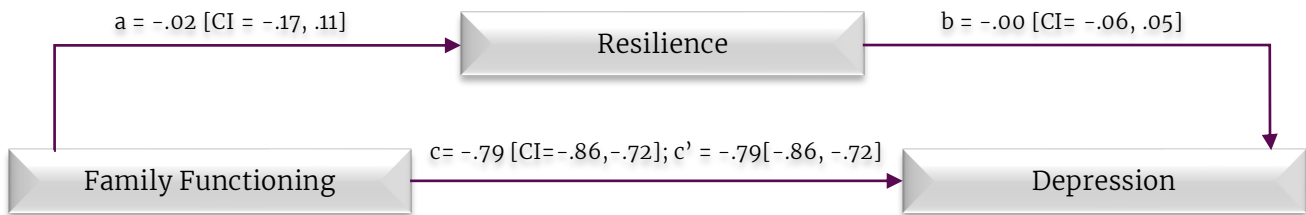
Model	Predictors	R ²	B	P	t	CI	
						LL	UL
1	Constant			139.9	.00	46.2	[133.9, 145.9]
	Family Functioning	.63	-.79	.00	.00	-21.8	[-.86, -.72]
2	Constant			63.9	.00		[55.10, 72.78]
	Family Functioning		-.79	.00	.00	-21.8	[-.86, -.72]
	Resilience	.63	-.00	.97	.02	-.02	[-.06, .05]

Note: B = Un Standardized beta, p = Significant, CI = Confident Interval, For step 1: F =.14, For step 2: F =23

Table 5 illustrates the mediating role of resilience between family functioning and depression among adolescents from single-parent families. The finding revealed that family functioning negatively predicts

depression among adolescents from single-parent families. The R^2 value 0.63 revealed that family functioning explained a 63% variance in depression. However, the value of indirect effects confirmed zero mediation of resilience. More specifically family functioning has a direct effect on depression among adolescents from single-parent families.

Mediation Model



Total Effect = $c = -.79$

Direct Effect = $c' = -.79$

Discussion

This study was aimed at investigating the association between family functioning, and depression among adolescents from single-parent family resilience as mediator. Prior to implementing the test for correlation, descriptive statistics was carried out on demographic variables.

The participants in this research included 280 adolescents 168 females (60%) and 112 males (40%). In terms of age distribution, the majority of the participants (59%) were between the ages of 16 and 19, and (41%) of respondents were 12 to 15 age range. From the distribution of education in this study majority of 109 respondents hold (38.9%) matric degree, 108 respondents hold (38.6%) intermediate degree and 63 participants hold (22%) bachelor's degree. 132 responders (about 47%) out of the entire population were Urdu speaking 86 respondents were (30%) Punjabi speaking and a small proportion of respondents (22%) were Pashto speaking in this study.

Further descriptive analysis demonstrated that most of participants 106 (37%) were residents of Jhelum, then 76 respondents (27%) were from Islamabad, and 98 respondents (35%) were from Lahore. In terms of the breakdown of the reasons for being a single parent household, the parents of 80 respondents (28%) had died, the parents of 104 participants (37%) had divorced, and the parents of the 96 participants (34%) were living separately.

The result states that a low level of family functioning might be connected to a high level of depression among adolescents from single-parent families. The correlational result showed the existence of family functioning established a strong negative but significant connection with depression. The results are consistent with earlier research indicating an association between depression and family functioning (Ng, Ying Yee, 2017).

According to the findings, depression and family functioning were negatively correlated more strongly. This finding was consistent with earlier research showing that family cohesion, as opposed to family adaptation, is a more significant component in the association with depression. This is due to the fact that close family bonds foster sacrifice, collaboration, and mutual support, all of which improve mental health.

Additionally, cooperative problem-solving and dispute resolution are supported by family bonds. Better empathy and tolerance for one another's differences are developed in close relationships. There would be less disagreement within the family as a consequence. Strong emotional bonds between family members also make it easier for them to share a variety of emotions, including happiness and sorrow. Moreover, mutual support develops among a strong family, reducing the likelihood of depression (Yee & Sulaiman, 2017). Family adaptation is less correlated with depression than family cohesion. This is because adolescents seem to be less affected by family stability and leadership than younger children, who require more care, protection, and direction from their parents.



Another hypothesis states that family functioning and resilience negatively predict depression among adolescents from households with only one parent. As study results indicate family functioning is a negative and significant predictor of depression in adolescents. Moreover, family functioning also explained a substantial amount of change in depression ($R^2 .63$, $**P>0.01$). It implies that approximately 63.2% of the variance in depression can be attributed to family functioning. This result is consistent with most previous studies. The majority of previous studies have demonstrated that family dysfunction, which includes less bonding between parents and kids greater degrees of family conflicts, and dysfunctional family relationships, is a risk factor for accepting difficulties in teenagers. This result is in line with those findings (Wang et al., [2021](#)).

Anxiety, depression, and other psychological issues can arise in people throughout the early stages of adolescence (McLaughlin, & King, 2014). Teens from unhealthy homes have to deal with a lot of bad things in life, which can lead to stress and other harmful effects on their cognitive abilities, which can eventually cause depression (Wang, et al., [2021](#)).

In addition, adolescents' ability to acquire good psychological resources (such as resilience, cognitive ability, and emotional regulation ability) is also hindered by a dysfunctional household. These resources have been shown to be useful in helping teenagers avoid depression and get over difficult circumstances (Milot, & Mahalik, [2019](#)). Furthermore, the theory of emotional security argues that instability in the family and conflict between parents can cause children to feel insecure about themselves emotionally, which can increase anxiety, alertness, and discomfort. These factors can also increase the risk of emotional issues, such as depression symptoms (Coe, [2016](#)).

Another hypothesis states that the association between depression and family functioning in adolescents from single-parent households will be mediated by resilience. Analysis shows that resilience plays no role as a mediator. The result is consistent with a previous study conducted by Meng et al. ([2023](#)) unfortunately, resilience was not found to possess any indirect impact on the association between frailty and depression, suggesting that resilience wasn't a mediating factor. The finding was surprising because prior studies indicated that resilience had a moderating impact. It is evident that a stronger correlation between depression and frailty than between resilience and frailty played a role in the finding that psychological resilience did not operate as a mediating factor in the relationship between depression and frailty in this specific investigation. Furthermore, it is challenging to evaluate resilience and frailty using various indicators in comparison to other comparable research and when comparing our participants with older people.

Another hypothesis states that there will be significant difference on demographic variables (residential area) in regard to resilience, depression and family functioning among adolescent from single parent family. Moreover analysis showed the difference on the basis of residential areas in regard to resilience, depression and family functioning among adolescents from single parent's family.

There is a significant difference in depression and family functioning among adolescents. The level of depression is high among Jhelum residents compared to Islamabad and Lahore residents. And also family functioning is better in Lahore residents compared to Jhelum and Islamabad.

Indeed, awareness of the psychological effects of single parenting on adolescent mental health can vary significantly between smaller cities and larger cities. In smaller cities like Jhelum, there may be fewer resources and less community support related to mental health, which can contribute to a lower level of awareness about these issues. In contrast, larger cities such as Islamabad often have more access to mental health professionals, educational programs, and support services, leading to a higher level of awareness and understanding.

Limitations and Suggestions

Numerous shortcomings of the present research have been detected and suggestions for further investigation are provided. This study is cross-sectional. Further research might focus on longitudinal approaches to examine the long-term associations between depression, resilience, and family functioning in teenagers from single-parent households.

Secondly, adolescents' self-reports may contain biased information. Because teenagers were going through the self-counteracted and identification stage, it's possible that fake, favorable remarks were provided and that real, sincere responses were suspicious. Thirdly, the research's participants were only selected from Jhelum, Islamabad, and Lahore's secondary schools, colleges, and universities. This means that it isn't possible to draw the conclusion that the results apply to all Pakistani teenagers, including those who live in rural areas. Besides this small sample size cannot be widespread to the whole population.

Moreover, data was collected for the research based on the responses provided by the teenagers. The perspectives of the teenagers, the parents, and other family members should all be taken into account for an improved strategy of research on teenage depression and family functioning. A diverse perspective on family relationships may be produced by combining data from several sources and from various participants.

Furthermore, there was no comparison group in this study and the individuals who participated were only from single-parent households. It is challenging to determine that the outcomes are primarily due to the current state of single parent households, the inherent traits of adolescence, or other variables in the absence of a comparison group, such as intact households, different family forms, or demographic categories.

The most crucial factor in a child's ability to adapt to their surroundings is improved parenthood, so that's something that interventions must concentrate upon. By spreading knowledge of the impact of divorce and parent separation on social growth and general health of adolescents, diverse and flexible support groups should be established for adolescents from divorced or separated households.

The financial difficulties faced by guardians or caretaker parents, particularly single mothers after their parents' divorce must be addressed through the development of strategies. The effect of divorce on adolescents as well as on divorcing couples must be managed by a parenting assistance program that has been created.

Conclusion

In order to develop resilience, recovery, and the long-term repair of a more healthy and functional self and family, adolescents from single-parent households require extensive professional supervision during the grief and recovery stages. According to this study, teenagers from single-parent homes are associated with lower resilience levels. To achieve resilience repair through the grieving phase and readjustment periods, these families need expert assistance and counseling and in the future, rebuild a more healthy functioning relationship with their families. Respondents and family members will gradually become more resilient if you support them in coping with their emotions and external challenges in an appropriate way.



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