



Assessing Family Dynamics: A Manual for the Family Environment Scale

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Introduction

The family is the fundamental unit of society, impacting each member's growth, welfare, and conduct. The notion of family is not limited to biological relationships and can take on several forms, such as mixed, nuclear, extended, and single-parent households. A family is a collection of people who are related to each other through blood, marriage, or adoption and who are held together by shared experiences, emotional bonds, and mutual support (Bowen, 1978; Olson & Defrain, 2006).

Family Environment

The term "family environment" describes the entirety of the family system's responsibilities, norms, rules, and interpersonal connections as well as communication styles (Moos & Moos, 1986). It includes the mental and physical environment of the family and affects the psychological, emotional, and social growth of its members (Whitchurch & Constantine, 1993).

Importance of Family Environment

From early infancy through maturity, the home environment has a substantial impact on people's cognitive, emotional, and behavioural development (Belsky, 1980; Bronfenbrenner, 1979). Resilience, self-esteem, and adaptive coping techniques are fostered in positive family situations that are defined by warmth, support, good communication, and defined limits (Steinberg, 2001). On the other hand, adverse familial settings characterized by disagreement, reproach, disregard, or maltreatment may be a factor in a range of behavioural and psychological issues, such as anxiety, despair, substance misuse, and social challenges (Conger & Elder, 1994; Repetti et al., 2002).

Assessing Family Environment

A family's communication, dispute resolution, quality time, respect for individuality, roles and responsibilities, emotional health, and affection are just a few of the many aspects that must be considered while evaluating the family environment. The family environment is very important in determining how people develop, behave, and are happy. To create successful interventions and foster wholesome family relationships, it is crucial to comprehend the complexity of family dynamics and how they affect individual functioning.

Selection of Dimensions

There are several aspects to creating a good family environment, and each one adds to the harmony and general well-being of the family. In a family context, good communication is essential because it promotes comprehension, emotional expression, and problem-solving.

Family ties are strengthened and trust is fostered by courteous, honest, and open communication (Braithwaite & Schrod, 2015).

1.Communication

In a family context, good communication is essential because it promotes comprehension, emotional expression, and problem-solving. Family ties are strengthened and trust is fostered by courteous, honest, and open communication (Braithwaite & Schrod, 2015).

2. Conflict Resolution

Any relationship will inevitably have conflicts, but how they are handled will determine how well the family dynamic is maintained. Active listening, compromise, and empathy are examples of constructive conflict resolution strategies that foster understanding and stop arguments from getting worse (Cummings et al., 2014).

3.Quality Time

A sense of belonging and the strengthening of familial ties are fostered by spending quality time together. Shared experiences, rituals, and activities fortify emotional links and produce enduring memories (Milkie et al., 2015).

4. Respect for individuality

A strong family dynamic requires that each family member's individuality, beliefs, and boundaries be acknowledged and respected. Mutual respect and acceptance are fostered by promoting individuality and aiding in personal development (Galambos et al., 2015)

5.Roles and Responsibilities

Roles and responsibilities that are well-defined facilitate workload distribution, expectation management, and cooperation among family members. According to Padilla-Walker et al. (2015), assigning jobs according to strengths and preferences promotes a sense of contribution and belonging.

6. Emotional well-being and affection

Creating a secure, nurturing atmosphere where feelings are recognized and handled healthily is necessary to prioritise emotional well-being. Conger & Conger (2017) assert that providing emotional support, empathy, and validation builds security and resilience.

Purpose of the scale

The Family Environment Scale (FES) is primarily used to evaluate different aspects of the family environment.

Table2: Item Total Statistics

Second and Final Draft							
Item No	Item Selection	Item No	Item Selection	Item No	Item Selection	Item No	Item Selection
Item 1	Retained	Item 14	Retained	Item 27	Retained	Item40	Deleted
Item 2	Retained	Item 15	Deleted	Item28	Retained	Item41	Retained
Item 3	Retained	Item 16	Retained	Item29	Retained	Item42	Retained
Item 4	Retained	Item 17	Retained	Item30	Deleted	Item43	Retained
Item 5	Deleted	Item 18	Deleted	Item31	Deleted	Item44	Retained
Item 6	Retained	Item 19	Retained	Item32	Deleted	Item45	Retained
Item 7	Retained	Item 20	Retained	Item33	Retained	Item46	Deleted
Item 8	Deleted	Item 21	Deleted	Item34	Retained	Item47	Deleted
Item 9	Deleted	Item 22	Deleted	Item35	Deleted	Item48	Deleted
Item 10	Retained	Item 23	Deleted	Item36	Retained	Item49	Retained
Item 11	Retained	Item 24	Retained	Item37	Deleted	Item50	Retained
Item 12	Deleted	Item 25	Retained	Item38	Retained	Item51	Deleted
Item 13	Deleted	Item 26	Retained	Item39	Retained	Item52	Retained
						Item 53	Retained

Table-3: Final Selected Item Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
Q1	124.09	322.108	0.583	0.957
Q2	123.93	318.812	0.685	0.956
Q3	124.31	323.287	0.560	0.957
Q4	124.40	321.262	0.629	0.956
Q5	124.02	323.776	0.641	0.956
Q6	124.07	323.531	0.587	0.957
Q7	124.12	321.787	0.654	0.956
Q8	124.12	323.055	0.666	0.956
Q9	124.20	319.844	0.679	0.956
Q10	124.19	322.487	0.648	0.956
Q11	124.27	325.235	0.569	0.957
Q12	123.93	325.870	0.613	0.956
Q13	124.21	324.480	0.577	0.957
Q14	124.21	321.409	0.615	0.956
Q15	123.90	322.608	0.662	0.956
Q16	123.73	324.432	0.644	0.956
Q17	123.82	323.815	0.668	0.956
Q18	124.02	323.560	0.554	0.957
Q19	124.05	322.661	0.648	0.956
Q20	123.90	324.895	0.604	0.956

Q21	124.07	321.863	0.653	0.956
Q23	123.95	325.106	0.606	0.956
Q24	124.22	320.614	0.657	0.956
Q25	124.13	320.826	0.682	0.956
Q26	124.02	322.610	0.662	0.956
Q27	124.16	323.248	0.622	0.956
Q28	124.17	324.938	0.629	0.956
Q29	124.33	321.964	0.591	0.957
Q30	124.12	322.043	0.650	0.956
Q31	123.98	320.871	0.597	0.957
Q32	123.81	325.604	0.573	0.957
Q33	124.05	322.047	0.620	0.956
Q34	124.06	322.154	0.613	0.956

Table 4 a: Relationship of items

	Q1	Q2	Q3	Q4	Q5	Q6	Q21	Q24	Q25	Q26	Q27	Q28	Q29	Q30	Q31	Q23	Q14
Q1	1	0.7	0.6	0.5	0.5	0.4	0.5	0.4	0.4	0.4	0.4	0.3	0.3	0.3	0.4	0.3	0.4
Q2	0.7	1	0.5	0.5	0.6	0.5	0.5	0.5	0.5	0.5	0.4	0.4	0.3	0.4	0.5	0.4	0.5
Q3	0.6	0.5	1	0.7	0.5	0.4	0.5	0.4	0.4	0.3	0.4	0.2	0.3	0.3	0.3	0.3	0.4
Q4	0.5	0.5	0.7	1	0.5	0.5	0.5	0.5	0.6	0.4	0.4	0.4	0.3	0.3	0.4	0.3	0.4
Q5	0.5	0.6	0.5	0.5	1	0.5	0.5	0.6	0.5	0.4	0.5	0.3	0.3	0.4	0.4	0.4	0.4
Q6	0.4	0.5	0.4	0.5	0.5	1	0.4	0.4	0.4	0.4	0.4	0.3	0.4	0.3	0.4	0.4	0.3
Q21	0.5	0.5	0.5	0.5	0.5	0.4	1	0.6	0.6	0.5	0.4	0.4	0.3	0.4	0.4	0.4	0.5
Q24	0.4	0.5	0.4	0.5	0.6	0.4	0.6	1	0.8	0.6	0.6	0.5	0.5	0.5	0.4	0.4	0.4
Q25	0.4	0.5	0.4	0.6	0.5	0.4	0.6	0.8	1	0.7	0.6	0.4	0.5	0.5	0.4	0.4	0.4
Q26	0.4	0.5	0.3	0.4	0.4	0.4	0.5	0.6	0.7	1	0.6	0.5	0.5	0.6	0.4	0.4	0.4
Q27	0.4	0.4	0.4	0.4	0.5	0.4	0.4	0.6	0.6	0.6	1	0.5	0.6	0.5	0.4	0.4	0.4
Q28	0.3	0.4	0.2	0.4	0.3	0.3	0.4	0.5	0.4	0.5	0.5	1	0.7	0.6	0.3	0.5	0.3
Q29	0.3	0.3	0.3	0.3	0.3	0.4	0.3	0.5	0.5	0.5	0.6	0.7	1	0.6	0.3	0.4	0.2
Q30	0.3	0.4	0.3	0.3	0.4	0.3	0.4	0.5	0.5	0.6	0.5	0.6	0.6	1	0.4	0.5	0.4
Q31	0.4	0.5	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.3	0.3	0.4	1	0.4	0.5
Q23	0.3	0.4	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.4	0.5	0.4	1	0.3
Q14	0.4	0.5	0.4	0.4	0.4	0.3	0.5	0.4	0.4	0.4	0.4	0.3	0.2	0.4	0.5	0.3	1
Q15	0.4	0.5	0.3	0.4	0.5	0.4	0.5	0.4	0.4	0.5	0.4	0.4	0.3	0.4	0.5	0.4	0.6
Q16	0.4	0.5	0.3	0.4	0.4	0.4	0.5	0.4	0.4	0.4	0.4	0.3	0.3	0.4	0.5	0.5	0.5
Q12	0.4	0.4	0.3	0.3	0.3	0.3	0.4	0.3	0.3	0.4	0.3	0.4	0.4	0.4	0.4	0.4	0.4
Q7	0.5	0.5	0.4	0.5	0.5	0.4	0.4	0.4	0.5	0.5	0.4	0.3	0.3	0.4	0.4	0.4	0.4
Q8	0.5	0.5	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.5	0.4	0.4	0.4	0.4	0.5	0.4
Q9	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.4	0.4	0.4	0.5	0.4	0.4	0.4	0.5	0.4	0.5
Q17	0.4	0.4	0.3	0.4	0.3	0.4	0.4	0.3	0.4	0.5	0.4	0.4	0.3	0.4	0.4	0.4	0.5
Q18	0.2	0.4	0.3	0.4	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.3	0.2	0.5
Q19	0.3	0.3	0.4	0.4	0.4	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.5	0.4	0.4	0.5
Q20	0.3	0.4	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.3	0.4	0.3	0.4	0.3	0.4	0.5
Q32	0.2	0.3	0.2	0.3	0.2	0.3	0.3	0.3	0.4	0.4	0.2	0.4	0.3	0.5	0.4	0.4	0.4

Q33	0.2	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.3	0.3	0.3	0.4	0.5	0.4	0.4	0.4	0.3
Q34	0.2	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.3	0.3	0.3	0.3	0.6	0.4	0.5	0.4	0.3
Q10	0.4	0.4	0.3	0.4	0.4	0.4	0.4	0.3	0.4	0.4	0.4	0.4	0.5	0.4	0.4	0.4	0.4
Q11	0.3	0.4	0.3	0.3	0.4	0.4	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.3	0.4	0.3	0.3
Q13	0.4	0.4	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.3	0.3	0.4	0.4	0.4	0.3	0.3

Table 4 b: Relationship of items

	Q15	Q16	Q12	Q7	Q8	Q9	Q17	Q18	Q19	Q20	Q32	Q33	Q34	Q10	Q11	Q13
Q1	0.4	0.4	0.4	0.5	0.5	0.5	0.4	0.2	0.3	0.3	0.2	0.2	0.2	0.4	0.3	0.4
Q2	0.5	0.5	0.4	0.5	0.5	0.5	0.4	0.4	0.3	0.4	0.3	0.3	0.3	0.4	0.4	0.4
Q3	0.3	0.3	0.3	0.4	0.4	0.5	0.3	0.3	0.4	0.3	0.2	0.3	0.3	0.3	0.3	0.3
Q4	0.4	0.4	0.3	0.5	0.4	0.5	0.4	0.4	0.4	0.3	0.3	0.3	0.3	0.4	0.3	0.4
Q5	0.5	0.4	0.3	0.5	0.4	0.5	0.3	0.3	0.4	0.3	0.2	0.3	0.3	0.4	0.4	0.4
Q6	0.4	0.4	0.3	0.4	0.4	0.5	0.4	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.3	0.4
Q21	0.5	0.5	0.4	0.4	0.4	0.5	0.4	0.3	0.3	0.3	0.3	0.4	0.4	0.3	0.4	0.4
Q24	0.4	0.4	0.3	0.4	0.4	0.4	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4
Q25	0.4	0.4	0.3	0.5	0.4	0.4	0.4	0.3	0.3	0.4	0.4	0.3	0.3	0.4	0.4	0.4
Q26	0.5	0.4	0.4	0.5	0.5	0.4	0.5	0.3	0.3	0.4	0.4	0.3	0.3	0.4	0.4	0.3
Q27	0.4	0.4	0.3	0.4	0.5	0.5	0.4	0.3	0.3	0.3	0.2	0.4	0.3	0.4	0.4	0.3
Q28	0.4	0.3	0.4	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.6	0.5	0.4	0.4
Q29	0.3	0.3	0.4	0.3	0.4	0.4	0.3	0.4	0.4	0.3	0.3	0.4	0.4	0.4	0.3	0.4
Q30	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.4	0.5	0.5	0.5	0.4	0.4	0.4
Q31	0.5	0.5	0.4	0.4	0.4	0.5	0.4	0.3	0.4	0.3	0.4	0.4	0.4	0.4	0.3	0.3
Q23	0.4	0.5	0.4	0.4	0.5	0.4	0.4	0.2	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.3
Q14	0.6	0.5	0.4	0.4	0.4	0.5	0.5	0.5	0.5	0.5	0.4	0.3	0.3	0.4	0.3	0.3
Q15	1	0.7	0.4	0.5	0.5	0.4	0.4	0.5	0.5	0.5	0.4	0.3	0.3	0.4	0.3	0.3
Q16	0.7	1	0.4	0.5	0.5	0.5	0.5	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.2	0.3
Q12	0.4	0.4	1	0.5	0.4	0.5	0.4	0.3	0.4	0.4	0.6	0.5	0.5	0.5	0.4	0.5
Q7	0.5	0.5	0.5	1	0.6	0.6	0.4	0.3	0.4	0.3	0.4	0.3	0.3	0.4	0.3	0.4

Q8	0.5	0.5	0.4	0.6	1	0.6	0.4	0.3	0.4	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4
Q9	0.4	0.5	0.5	0.6	0.6	1	0.5	0.3	0.4	0.3	0.3	0.4	0.4	0.5	0.4	0.5	0.5
Q17	0.4	0.5	0.4	0.4	0.4	0.5	1	0.6	0.7	0.7	0.6	0.4	0.4	0.5	0.4	0.4	0.4
Q18	0.5	0.4	0.3	0.3	0.3	0.3	0.6	1	0.7	0.6	0.3	0.3	0.3	0.4	0.4	0.3	0.3
Q19	0.5	0.4	0.4	0.4	0.4	0.4	0.7	0.7	1	0.7	0.5	0.5	0.5	0.5	0.5	0.4	0.4
Q20	0.5	0.4	0.4	0.3	0.3	0.3	0.7	0.6	0.7	1	0.5	0.4	0.4	0.5	0.4	0.3	0.3
Q32	0.4	0.4	0.6	0.4	0.4	0.3	0.6	0.3	0.5	0.5	1	0.6	0.6	0.5	0.3	0.4	0.4
Q33	0.3	0.4	0.5	0.3	0.4	0.4	0.4	0.3	0.5	0.4	0.6	1	1	0.5	0.4	0.4	0.4
Q34	0.3	0.4	0.5	0.3	0.4	0.4	0.4	0.3	0.5	0.4	0.6	1	1	0.5	0.4	0.4	0.4
Q10	0.4	0.4	0.5	0.4	0.4	0.5	0.5	0.4	0.5	0.5	0.5	0.5	0.5	1	0.6	0.6	0.6
Q11	0.3	0.2	0.4	0.3	0.4	0.4	0.4	0.4	0.5	0.4	0.3	0.4	0.4	0.6	1	0.6	0.6
Q13	0.3	0.3	0.5	0.4	0.4	0.5	0.4	0.3	0.4	0.3	0.4	0.4	0.4	0.6	0.6	1	1

Reliability

The degree to which a measurement device or research technique yields consistent and stable results over repeated observations or testing is known as research reliability. It guarantees that identical results will be obtained if the same measurement is made in similar circumstances. Researchers might feel more confident in the data they have collected because of this consistency, which improves the reliability and trustworthiness of research findings. To put it simply, high reliability means that there is less chance of random mistakes or unpredictability affecting the results, which strengthens the validity of the research findings (Trochim & Donnelly, 2008).

Table-5: Reliability of the Assessment Family Environment Scale

Cronbach's Alpha	N of Items
.954	33

Validity

Validity in research refers to the degree to which a study accurately measures what it intends to measure. It evaluates whether the study's conclusions accurately capture the underlying idea or phenomenon. Validity, for instance, makes sure that a questionnaire intended to assess depression measures depressive symptoms and no other related variables. A high validity of a test denotes that the research's conclusions are significant and usable in real-world settings. According to Trochim and Donnelly (2008), validity essentially increases the reliability and applicability of research findings, increasing their value as a basis for theory, practice, and decision-making.

Principal Component Analysis

Table 6-*Descriptive Statistics of Test Items*

	N	Min	Max	Mean	SD
We openly address conflicts and work toward resolution	242	1	5	3.86	0.948
Family members are willing to compromise to resolve agreements	242	1	5	4.02	0.946
We seek common ground to find resolutions that satisfy everyone.	242	1	5	3.64	0.928
We use clearcut communication to navigate through the conflicts of our family	242	1	5	3.55	0.92
We have established the methods for resolving conflicts that promote understanding	242	1	5	3.94	0.8
It is encouraged for family members to voice their worries and find a solution.	242	1	5	3.89	0.878
In our family, disagreements are resolved amicably and sympathetically	242	1	5	3.89	0.864
Family members engage in recreational activities together	242	1	5	3.73	0.91
Shared activities are enjoyable and foster bonding	242	1	5	3.83	0.871
We cherish the moments we spend together as a family	242	2	5	3.93	0.822
Family members enjoy each other's company and look to spend quality time together Quality time	242	1	5	3.79	0.844
We have rituals or routines that involve quality time activities	242	1	5	3.79	0.764
We are always involved in spending fruitful time together which strengthens our relationships	242	1	5	3.63	0.943
Spending quality time with one another is a cherished	242	1	5	3.83	0.86
Family members perceive our communications as valuable and heard	242	1	5	3.97	0.983

Our family encourages a nurturing and supportive communication environment comm	242	1	5	4	0.784
We make an effort to understand each other's perspectives	242	1	5	3.75	0.933
We check in with each other regularly to see how we're doing	242	2	5	4.06	0.823
Family members feel comfortable sharing concerns with each other	242	2	5	4.23	0.769
Differences of opinion are discussed calmly and respectfully	242	2	5	4.03	0.742
Family members openly express their thoughts and feelings	242	1	5	3.84	0.866
We have regular family discussions about important matters	242	1	5	3.83	0.8
Family members listen to each other attentively without interrupting	242	1	5	3.76	0.912
Emotional challenges are met with empathy and understanding.	242	1	5	4.13	0.767
We show affection through hugs, kisses, and verbal expressions of love.	242	2	5	3.94	0.925
Our family gives equal importance to the emotional and mental health of its members	242	1	5	3.9	0.837
We take time to check in on each other's emotional well-being regularly	242	2	5	4.05	0.795
We communicate openly about tasks and responsibilities.	242	2	5	4.14	0.803
In our family we have clear expectations about our roles and responsibilities	242	1	5	3.9	0.899
In our family there is a fair distribution of all the responsibilities of the household	242	1	5	3.9	0.903
Family decisions consider the preferences of all members.	242	2	5	3.76	0.844
Differences in preferences and opinions are acknowledged and honored.	242	2	5	3.69	0.825
We encourage every family member to express their own choice and ideas	242	1	5	3.75	0.849

Table-7: Exploratory factor analysis KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		0.925
Bartlett's Test of Sphericity	Approx. Chi-Square	5823.118
	df	528
	Sig.	0.000

Table 8: Total Variance Explained

Component	Initial Eigenvalues			Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings ^a
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %	Total
1	14.13	42.82	42.82	14.13	42.82	42.82	8.20
2	2.36	7.15	49.97	2.36	7.15	49.97	9.86
3	1.76	5.34	55.31	1.76	5.34	55.31	10.53
4	1.48	4.47	59.78	1.48	4.47	59.78	6.81
5	1.29	3.90	63.68	1.29	3.90	63.68	7.03
6	1.03	3.12	66.81	1.03	3.12	66.81	8.88
7	0.95	2.89	69.69				
8	0.76	2.29	71.99				
9	0.73	2.22	74.20				
10	0.70	2.13	76.33				
11	0.67	2.03	78.36				
12	0.59	1.78	80.14				
13	0.58	1.76	81.90				
14	0.52	1.58	83.48				
15	0.50	1.51	84.98				
16	0.47	1.41	86.40				
17	0.45	1.38	87.77				
18	0.44	1.34	89.11				
19	0.42	1.27	90.39				
20	0.37	1.13	91.52				
21	0.34	1.02	92.54				
22	0.32	0.97	93.50				
23	0.29	0.88	94.38				
24	0.29	0.87	95.26				
25	0.25	0.75	96.01				
26	0.24	0.74	96.75				
27	0.22	0.68	97.42				
28	0.19	0.59	98.01				
29	0.19	0.58	98.60				
30	0.16	0.47	99.07				
31	0.15	0.46	99.53				
32	0.14	0.42	99.95				
33	0.02	0.05	100.00				

Extraction Method: Principal Component Analysis.

a. When components are correlated, sums of squared loadings cannot be added to obtain a total variance.

Table 9: Rotated Component Matrix

	1	2	3	4	5	6
Q1	0.604					
Q2	0.523					
Q3	0.877					
Q4	0.782					
Q5	0.587					
Q6	0.540					
Q21						
Q24		0.800				
Q25		0.753				
Q26		0.719				
Q27		0.761				
Q28		0.626				
Q29		0.753				
Q30		0.606				
Q31			0.620			
Q23			0.421			
Q14			0.626			
Q15			0.793			
Q16			0.835			
Q12			0.401			
Q7			0.569			
Q8			0.582			
Q9			0.409			
Q17				0.617		
Q18				0.843		
Q19				0.742		
Q20				0.753		
Q32					0.441	
Q33					0.974	
Q34					0.984	
Q10						0.758
Q11						0.799
Q13						0.851

Extraction Method: Principal Component Analysis.

Rotation Method: Promax with Kaiser Normalization.

a. Rotation converged in 8 iterations.

Table -10: Component Transformation Matrix

Component	1	2	3	4	5	6
1	1.00	0.52	0.57	0.30	0.23	0.45
2	0.52	1.00	0.58	0.43	0.44	0.52
3	0.57	0.58	1.00	0.45	0.45	0.56
4	0.30	0.43	0.45	1.00	0.44	0.39
5	0.23	0.44	0.45	0.44	1.00	0.56
6	0.45	0.52	0.56	0.39	0.56	1.00

Extraction Method: Principal Component Analysis.
Rotation Method: Promax with Kaiser Normalization.

Administration

The scale can be administered by the examiner. It may be used in individual conditions. Though there is no time limit, ordinarily it can be completed within 5-10 minutes. Responses of the items are in terms of Likert scale choices Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree respectively.

Instructions

Any administrator can use this scale to assess an individual's family environment status. The responses are to be taken by marking any one choice out of five choices. There are no negative items. The items need to be scored as

Table -11: Responses of items

Items	Response
5	Strongly Agree
4	Agree
3	Neutral
2	Disagree
1	Strongly Disagree

Table -12: Scoring Key

Subscales	Items	Total Items
Communication	7,8,9,12,14,15,16,22,30	9
Conflict Resolution	1,2,3,4,5,6,21	7
Quality Time	23,24,25,26,27,28,29	7
Respect for Individuality	10,11,13	3
Roles and Responsibilities	31,32,33	3
Emotional well-being and Affection	17,18,19,20	4

Norms

Z score norms have been developed for the interpretation of the Raw scores. The standard deviation units that are used to specify the range of scores that fall within a given range are

referred to as Z score norms. These norms offer a consistent method for comparing a person's score to the population's or group's average score. A z-score of 1.96 or below is often regarded as statistically significant, meaning that the individual's score differs considerably from the group mean. The guidelines for interpreting the degree of a midlife crisis are listed below.

Table -13: Descriptive Statistics of the Family Environment Scale

	N	Minimum	Maximum	Mean	Std. Deviation
Total	242	72.00	165.00	127.9587	18.51114

Table 14: Raw score Interpretation for Family Environment Scale

Dimensions	Raw Score	Z Scores	Interpretation
Communication (9 Items)	Below 27	-3.15 to -1.52	Poor
	28-38	-1.34 to 0.46	Average
	Above 39	0.64 to 1.72	Good
Conflict Resolution (7Items)	Below 22	-3.30 to -1.0	Poor
	23-31	-0.79 to 0.88	Average
	Above 31	1.09 to 1.71	Good
Quality Time (7Items)	Till 21	-2.65 to -1.17	Poor
	22-31	-0.96 to 0.95	Average
	Above 31	1.16-1.79	Good
Respect for Individuality (4Items)	Till 13	-2.80 to -1.059	Poor
	14-17	-0.709 to 0.339	Average
	Above 17	0.68 to 1.388	Good
Roles and Responsibilities (3Items)	Till 9	-2.94 to -1.25	Poor
	10-13	-0.82 to 0.45	Average
	Above 14	0.87 to 1.30	Good
Emotional well-being (3Items)	Till 9	-2.89 to -1.02	Poor
	10- 13	-0.56 to 0.84	Average
	Above 14	1.31 to1.77	Good

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Family Environment Scale

Developed by

Geemol John, Dr Mohammad Amin Wani

Instructions: The Family Environment Scale is a criterion-keyed, examiner-administered, 5 Likert Scale type of questionnaire. It contains 34 statements which are worded at the eighth grade reading level. The results of each grade are presented in an easy-to-understand format designed to add ease to your understanding.

Read each question carefully: Make sure to read the question carefully and think about your answer before responding.

Answer honestly; There are no right or wrong answers to these questions. Please answer each question as honestly as possible based on your thought's feelings and behaviours.

Choose the best answer: Each question will have a set of response options. Choose the option that best represents your experience over the past months or years.

Don't spend too much time on any one question; Try to answer each question in a reasonable amount of time If you are unsure about a question, make your best guess.

Name:

Gender:

Age:

Interpretation of Family Environment Scale			
Dimensions	Raw Score	Z Scores	Interpretation
Communication (9 Items)	Below 27	-3.15 to -1.52	Poor
	28-38	-1.34 to 0.46	Average
	Above 39	0.64 to 1.72	Good
Conflict Resolution (7Items)	Below 22	-3.30 to -1.0	Poor
	23-31	-0.79 to 0.88	Average
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	22-31	-0.96 to 0.95	Average
	Above 31	1.16-1.79	Good
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Roles and Responsibilities (3Items)	Till 9	-2.94 to -1.25	Poor
	10-13	-0.82 to 0.45	Average
	Above 14	0.87 to 1.30	Good
Emotional well-being (3Items)	Till 9	-2.89 to -1.02	Poor
	10- 13	-0.56 to 0.84	Average
	Above 14	1.31 to1.77	Good

No	Items	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1.	We openly address conflicts and work toward resolution					
2.	Family members are willing to compromise to resolve agreements					
3.	We seek common ground to find resolutions that satisfy everyone.					
4.	We use clearcut communication to navigate through the conflicts of our family					
5.	We have established methods for resolving conflicts that promote understanding					
6.	It is encouraged for family members to voice their worries and find a solution.					
7.	Family members openly express their thoughts and feelings					
8.	We have regular family discussions about important matters					
9.	Family members listen to each other attentively without interrupting					
10	Family decisions consider the preferences of all members.					
11	Differences in preferences and opinions are acknowledged and honored.					
12	Differences of opinion are discussed calmly and respectfully					
13	We encourage every family member to express their own choice and ideas					
14	We make an effort to understand each other's perspectives					
15	We check in with each other regularly to see how we're doing					
16	Family members feel comfortable sharing concerns with each other.					
17	Emotional challenges are met with empathy and understanding.					

18	We show affection through hugs, kisses, and verbal expressions of love.								
19	Our family gives equal importance to the emotional and mental health of its members								
20	We take time to check in on each other's emotional well-being regularly								
21	In our family, disagreements are resolved amicably and sympathetically								
22	Our family encourages a nurturing and supportive communication environment								
23	Family members engage in recreational activities together.								
24	Shared activities are enjoyable and foster bonding								
25	We cherish the moments we spend together as a family.								
26	Family members enjoy each other's company and look to spend quality time together								
27	We have rituals or routines that involve quality time activities								
28	We are always involved in spending fruitful time together which strengthens our relationships								
29	Spending quality time with one another is a cherished								
30	Family members perceive our communications as valuable and heard.								
31	We communicate openly about tasks and responsibilities.								
32	In our family we have clear expectations about our roles and responsibilities								
33	In our family there is a fair distribution of all the responsibilities of the household								