



HOW FAMILIES AFFECT THE MENTAL HEALTH OF A TEENAGER



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A teenager or teen is someone who is between 13 and 19 years old. The word teenager is often associated with adolescence.

Most neurologists consider the brain still developing into the person's early or mid 20's. It is a time for puberty changes.

Whereas toxic family dynamics refer to unhealthy family relationships characterized by harmful behaviors, poor interactions, and ineffective conflict management. Unhealthy family dynamics include signs such as lack of boundaries and empathy, lack of personal space and privacy, constant conflicts, hostility and aggression, verbal, emotional and physical abuse, role reversal between parent and child, conditional acceptance and love. Growing up in a dysfunctional family can have far reaching negative impacts, and therefore prevention and early interaction are crucial.

For example, constant need for validation, feeling helpless or hopeless, lack of trust and boundaries, irrational fear or being abandoned or rejected.

I conducted a survey through a google form on the same topic. The aim of the study is to understand how families not necessarily 'toxic' affect the mental health of teenagers.

Teenage is a period of life where confusion is amid the minds of teenagers, to be treated as children or adults? They yearn for freedom but should also realize that it comes with responsibilities. A healthy family environment is very important to nurture teenagers into sensible, mature and humble human beings. No family is perfect and we should be working towards building a healthy, supportive family by teaching good parenting as well as understanding teenagers which is what my survey aims to do. The survey includes responses from 26 respondents, a mix of male and female of age group 12- 18 years.





The responses were that more than 75% of respondents feel disturbed mentally due to fights between their parents and it distants them from their parents where they feel suffocated, cannot share things with them.

Also, parents often don't reflect on their actions and don't realize the impact it has on their children, as they should set a good example. More than 50% are skeptical about marriages since their parent's marriages prejudiced them of unhealthy marriages.

Comparing kids and passing negative, unwanted comments about them is also a toxic trait of elder family members that should not be encouraged. All of this results in many teenagers wanting to move out soon and be independent.

The conclusion that I derived from my survey was that the majority of teenagers have some of the other kinds of issues that they face due to their family. When parents fight, it takes a toll on their mental health.



Moreover, communication is a very essential part of this relationship and parents need to be more approachable and understanding towards their children. Most of the responses were how they were closest to their mother which suggests that fathers also need to participate more in their child's life.

I would like to conclude, problems can manifest in the healthiest of families, resulting in challenging, frustrating and painful interaction among family members, From little irritations to buried resentments, from dramatic arguments to feelings of guilt, disappointment and anger we did not even know we had.

Our families often bring up the most intense emotions we experience, for better or worse.