

# FAMILY INFLUENCE ON THE CREATION OF THE CHILD'S SELF-CONCEPT



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## **RESUMEN**

La familia es un factor fundamental para el desarrollo del autoconcepto. El autoconcepto es un constructo dinámico, flexible y adaptativo, que se ve modificado en la medida que se avanza en las diversas etapas del desarrollo. También, influye en el bienestar general y ajuste psicosocial del niño y puede prevenir la aparición de futuros problemas psicológicos. El tipo de familia al que pertenezca, la calidad de las relaciones entre los miembros de esta, la etapa evolutiva en la que se encuentre el niño/a, los juicios que realicen los adultos que le rodean o él/ella sobre sí mismo, y el estilo parental ejercido, son algunos de los factores que influyen en el desarrollo del autoconcepto del niño/a. Este trabajo también pretende dar luz a un plan de intervención diseñado para un/a adolescente de entre 14 y 16 años que, debido a problemas en la separación de sus padres, tienen un autoconcepto bajo y presenta patrones desviados de conducta. Este plan tendrá una duración de 2 meses y tendrá como objetivo principal, dotar de estrategias que le permitan al niño/a afrontar y mejorar la situación. Se llevará a cabo mediante 1 sesión por semana de 45 minutos en la cual se realizarán distintas actividades dirigidas a lograr el objetivo planteado. Como conclusión, la influencia familiar es un factor clave para la creación del autoconcepto del menor. Es fundamental que la familia, sea del tipo que sea (nuclear, homoparental, extensa, monoparental, de madre soltera, de padres separados, o compuesta), cumpla con las funciones básicas requeridas para el cuidado del niño/a. También debe haber un buen clima social familiar, ya que la presencia de factores como la cohesión y expresividad favorecerá el desarrollo del autoconcepto, mientras que otros como la conflictividad dificultan dicho proceso.

***Palabras clave:*** familia, autoconcepto, adolescente, estilo parental, plan de intervención

## **ABSTRACT**

The family is a fundamental factor in the development of the self-concept. Self-concept is a dynamic, flexible and adaptive construct, which is modified as it progresses through the various stages of development. It also influences the child's general well-being and psychosocial adjustment and can prevent the onset of future psychological problems. The type of family to which the child belongs, the quality of the relationships between family members, the developmental stage of the child, the judgments made by the surrounding adults or him/her about him/herself, and the parental style exercised, are some of the factors that influence the development of the child's self-concept. This work also aims to shed light on an intervention plan designed for an adolescent between 14 and 16 years of age who, due to difficulties in the separation from his/her parents, has a low self-concept and presents deviant behavioral patterns. This plan will last 2 months, and its main objective will be to provide the child with strategies that will allow him/her to face and improve the situation. It will be carried out by means of 1 session per week of 45 minutes, in which different activities will be carried out in order to achieve the proposed objective. In conclusion, family influence is a key factor in the creation of the child's self-concept. It is essential that the family, whatever its type (nuclear, homo parental, extended, single-parent, single-mother, separated parents, or composite), fulfils the basic functions required for the care of the child. There must also be a good family social climate, since the presence of factors such as cohesion and expressiveness will favour the development of the self-concept, while others such as conflict hinder this process.

***Key Words:*** family, self-concept, adolescent, parenting style, intervention plan

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## INTRODUCTION

The family context constitutes the most important agent of influence for individual development.

It is important that parents

→ Respect the individuality of the child.

→ Work to instill social values.

→ Use messages that encourage competence in their children, emphasizing successes and minimizing failures.

Self-concept is indicative of the level of psychological well-being, influences behavior and emotional stability, and also contributes to the construction of the personality, determines the image and the final opinion that the person has of him/herself.

As psychologist De Narváez (2002) states:

*"When parents have a good concept of the child they help him to improve his weaknesses and highlight his qualities, so his self-concept is strengthened. Thus, self-concept is a dynamic construct, which is modified as the child progresses through the various stages of development, and is accentuated in the interaction with others".*

## OBJECTIVE

To show the evident and important influence that the family has in the formation of the child's self-concept.

## JUSTIFICATION AND RELEVANCE OF THE TOPIC

□ The family or family climate in which children grow up plays a fundamental role in their later development of self-concept.

□ The concept of "self" influences the overall well-being of the person, so having a positive self-concept in adolescence allows for good psychosocial adjustment and prevents future psychological problems.

□ An adequate family environment, in which children feel loved, understood and respected, is important for them to develop their abilities correctly.

## THEORETICAL FRAME

- Basic social structure where parents and children have a relationship based on strong emotional ties.
- Institution in charge of instilling values and behavioral guidelines, in order to establish family norms and customs, and contribute to the maturity and autonomy of the children (Amaro, n.d.).
- It implies a permanent commitment of all its members
- In the technical-legal sense, it is the group of persons between whom marriage or kinship relationships (consanguinity, affinity or adoption) exist and to whom the law attributes some legal effect" (Amaro, n.d.).

- Nuclear families
- Same-parent families
- Single-parent families
- Extended families
- Single-mother families
- Separated-parent families
- Composite families

Family

Family Environment Scale  
Dimensions: development, stability, relationships  
Relationship dimension ↔ Self-concept

Family Organizations

Social family climate

- Set of knowledge that people have about their characteristics.
- Types of self-concept: collective, social, personal.

Self-concept

Low self-concept  
VS  
Positive self-concept

1. Physical traits
2. Behavioral form
3. Social attributes
4. Psychological traits
5. Relational or interpersonal competencies
6. Psychological and social attributes

Self-concept evolution

Types: democratic, permissive, authoritarian, negligent.  
Democratic ↔ positive personal identity  
Authoritarian ↔ identity difficulty

Parental models

## INTERVENTION PLAN PROPOSAL

This intervention plan is designed for an adolescent between 14 and 16 years of age who, due to problems in the separation from his/her parents, has a low self-concept and, as a consequence, has adopted deviant patterns of behavior.

**Objective:** to strengthen the adolescent's self-concept and provide him/her with strategies that allow him/her to face the situation and improve his/her behavior.

**Duration:** 2 months (1 session per week of 45 minutes).

SESSION	OBJECTIVES TO WORK ON	ACTIVITY
1	To increase self-knowledge, inquiring about their abilities, interests, likes and dislikes, and particular characteristics	Semi-structured interview
2	To know the negative thoughts that hinder the positive construction of their self-concept and self-acceptance.	Semi-structured interview
3		Psychoeducating on self-concept
4	Provide strategies to replace negative thoughts with more positive ones.	Cognitive restructuring technique
5	Improving family self-concept and working on group cohesion	Activity of "The letter".
6		Drafting standards of behavior
7	Reducing disruptive behaviors of the child	Creation of a behavioral contract
8	Recall acquired concepts Check the improvements made Increase motivation for change	Activity "Past, present and future".

## CONCLUSIONS

- ✓ Family influence is a key factor in the creation of a child's self-concept.
- ✓ Adolescence is a stage of great importance.
- ✓ Low self-concept is reflected with personal maladjustment, and a positive self-concept with adequate personal and social adjustment.
- ✓ The parental model used for their upbringing is relevant for the future psychological and social adjustment of children.
- ✓ An intervention plan focused on improving the adolescent's self-concept makes it possible to address the problems associated with having a poor self-perception.

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