

Family Climate, Life Satisfaction, and the Mediating Role of Self-Efficacy among Filipino Adolescents

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Abstract. This predictive correlational study examines the family climate, life satisfaction, and the mediating role of self-efficacy among Filipino adolescents. The study delved into the respondents' perceptions of their social, physical, and emotional relationships with their parents, their subjective evaluation of life, and their belief in their abilities. Through the Family Climate Scale Questionnaire, the Satisfaction with Life Scale, and the General Self-Efficacy Scale, this study uncovered the family climate, life satisfaction, and self-efficacy levels among Filipino adolescents. Moreover, it explores the relationships among these variables, particularly examining the mediating role of self-efficacy. The findings indicated that Family Climate was positively correlated with Life Satisfaction ($r = .45, p < 0.001$) and Self-Efficacy ($r = .33, p < 0.001$). Similarly, Self-Efficacy showed a high positive correlation with Life Satisfaction ($r = .84, < 0.001$). The mediation analysis revealed that Self-Efficacy is a significant partial mediator between Family Climate and Life Satisfaction. This is supported by the statistical significance of all relevant paths: path a (Family Climate to Self-Efficacy, $\beta = .48, p < 0.001$), path b (Self-Efficacy to Life Satisfaction, $\beta = .39, p < 0.001$), and path c (Family Climate to Life Satisfaction after accounting for Self-Efficacy, $\beta = .54, p < 0.001$). Overall, this study concludes that family climate influences life satisfaction directly and indirectly through self-efficacy. A positive family climate boosts self-efficacy, contributing to increased life satisfaction. Nonetheless, family climate still exerts a significant direct positive effect on life satisfaction, even when considering the role of self-efficacy.

Keywords: Family climate; Filipino adolescents; Life satisfaction; Predictive correlational study; Self-efficacy.

1.0 Introduction

Family climate and life satisfaction have been the focal points of numerous studies worldwide, emphasizing the significant influence of family interactions on an individual's subjective well-being. Studies have indicated that family climate, defined by the quality of interaction between parents and children, significantly influences adolescents' life satisfaction (Bi & Wang, 2021). A favorable family climate, a good time, and fair treatment by parents significantly enhance life satisfaction (Gomez-Baya et al., 2020). Adolescents who grew up in a healthy family climate and have good relationships with their parents tend to have a greater quality of life (Li et al., 2023). Family support plays a role in determining life satisfaction, underscoring the importance of a nurturing family climate for the well-being of adolescents (Kareem et al., 2023). Positive perceptions of parenting practices, including affect and communication, impact adolescents' life satisfaction levels, as Mercader-Rubio et al. (2023) highlighted. An affectionate family environment contributes to growth and enhances the life satisfaction of adolescents (Rajapurkar, 2017). Research studies also indicate that a positive family climate can shield adolescents from social challenges and significantly influence their well-being (Park & Schepp, 2015; Brinksmas et al., 2020).

Researchers in the Philippines have also investigated the connection between adolescents' life satisfaction and the quality of their family climate. According to Botor (2019), the family plays a significant role in shaping adolescents' well-being. The family climate has a significant impact on the behavioral health needs of Filipino adolescents. Strong family cohesion that encourages communication can offer support, whereas low cohesion or disengagement may lead to risky behaviors, affecting the life satisfaction of Filipino adolescents (Javier et al., 2018). Moreover, receiving support from one's family acts as a protective factor against suicidal thoughts among adolescents, enhancing their life satisfaction through acceptance and reducing mental health risks (Reyes et al., 2015).

As defined by Jain and Desai (2020), self-efficacy has become a mediating factor in the relationship between family climate and life satisfaction. According to Nabila and Wahyuni (2022), family climate, self-efficacy, and life satisfaction are interrelated factors that significantly impact adolescents' well-being. A study by Yuan et al. (2021) found that self-efficacy mediates between family functioning and life satisfaction. Kumari (2020) also pointed out the importance of family climate in influencing self-efficacy and life satisfaction, stressing the role of self-efficacy in enhancing life satisfaction. Additionally, Liu et al. (2021) emphasized the role of mindful parenting, characterized by parents' full presence and warm, accepting, and kind attitudes during interactions with their children. The research showed that being more mindful in parenting is linked to an increase in adolescents' coping self-efficacy, enhancing their life satisfaction, underscoring how important mindful parenting is for healthy development. According to Mary and Manikandan (2015), the family environment plays a significant role in adolescents' belief in their abilities and psychological well-being. Positive interactions within families can improve adolescents' self-efficacy and life satisfaction, contributing to their overall well-being. The self-efficacy nurtured by family support can increase life satisfaction (Nagarajan & Parthasarathy, 2016). Furthermore, Ercegovic et al. (2021) revealed that family satisfaction positively influences adolescent self-efficacy and life satisfaction.

Despite existing research emphasizing the association between family climate and self-efficacy on life satisfaction, there remains a significant gap in comprehending how these aspects are interrelated, especially among Filipino teenagers. This research addresses this gap by thoroughly examining the pathways and relationships among family climate, self-efficacy, and life satisfaction. This study seeks to expand existing knowledge and provide insight into these relationships by developing a practical model. Specifically, it will delve into the relationship between family climate and life satisfaction, as well as the mediating role of self-efficacy, shedding light on how these factors contribute to the well-being of Filipino adolescents.

2.0 Methodology

2.1 Research Design

This study is quantitative, and a predictive correlational design is utilized. Using numerical data, this research approach quantifies and predicts the relationships between variables (Hair et al., 2019). The numerical data was used to describe the level of family climate, life satisfaction, and self-efficacy among Filipino adolescents. The study also determined the relationship between family climate and life satisfaction, family climate and self-efficacy, and self-efficacy and life satisfaction among adolescents. Furthermore, it examined the mediating role of self-efficacy in the relationship between family climate and life satisfaction.

2.2 Research Locale

The study was conducted in a public secondary school in Metro Manila, accommodating both Junior and Senior High School Students. The researcher chose this school due to its accessibility and suitability for the study, as it provided a diverse range of adolescent participants aged 11 to 18.

2.3 Research Participants

The school has a total population of 1,160, and using Slovin's formula, the researcher determined a representative sample size of 298 adolescent participants. A convenience sampling technique was employed, targeting adolescent participants from Junior and Senior High School (Grades 7 to 12). This method facilitated the inclusion of participants who were readily accessible, had obtained parental consent, and completed the informed consent form, adhering to ethical guidelines since most participants were minors. Despite this approach, the researcher was able to capture a representative sample across grade levels, with participants aged 11 to 18 years.

2.4 Research Instrument

The study employed paper-and-pencil tests, with careful instructions provided to ensure accurate data collection. The Family Climate Scale (FCQ) was used to evaluate the adolescent participants' family climate level. Dr. Beena Shah developed this scale, consisting of 90 statements, of which 48 are negative and 42 are positive (Samhitha et al., 2020). The reliability coefficients of the scale range from 0.69 to 0.81, indicating a moderate to high level of consistency (Mishra, 2019). Moreover, Varma (2017) highlighted that the family climate scale has a highly satisfactory validity in determining the family climate of school-going children. This indicates that the scale is reliable for determining adolescents' family climate levels.

The Satisfaction with Life Scale (SWLS) measured the adolescent participants' life satisfaction level. Developed by Ed Diener and his colleagues, the SWLS is a 5-item scale to measure an individual's overall cognitive evaluations of life satisfaction. It includes items that capture present life satisfaction and positive evaluation of one's life and past life satisfaction (Kjell & Diener, 2021). According to López-Ortega et al. (2016), the analysis of SWLS showed a good internal consistency ($\alpha = 0.74$). Additionally, they emphasized that the SWLS has been widely used and is a valid instrument for assessing life satisfaction in various population groups.

The General Self-Efficacy Scale (GSE) was also utilized to capture the participants' level of self-efficacy. Matthias Jerusalem and Ralf Schwarzer developed this scale to measure overall levels of perceived self-efficacy and predict the capacity for resilience in the face of a wide range of life stressors (Kim et al., 2023). The GSE demonstrates internal consistency, with Cronbach's alphas ranging from 0.75 to 0.91 (Zhou, 2016). Hence, this indicates that GSE is a reliable instrument. Furthermore, in the study conducted by Yudhistira et al. (2021), confirmatory analysis was used to assess the validity of the GSE. The analysis confirmed that all 10 items are valid for measuring general self-efficacy, thereby supporting the scale's reliability for assessing self-efficacy.

2.5 Data Gathering Procedure

This study used specific steps to ensure an ethical and proper data-gathering procedure. The researcher initially drafted a formal letter addressed to the Officer in Charge of the Office of the Schools Division Superintendent and the public secondary school head, seeking permission to collect data from Junior and Senior High School students. Upon receiving authorization through an official memo, the researcher distributed the parental and informed consent forms to prospective participants. Subsequently, after the participants completed these forms, the researcher began the data collection process. Data collection occurred within the respective classrooms of students across various grade levels. Paper-and-pencil tests served as the chosen mode of administration for the three research instruments: (1) General Self-efficacy Scale, (2) Family Climate Scale, and (3) Satisfaction with Life Scale, all personally distributed to respondents by the researcher.

Ensuring comprehension and precise responses, the researcher verified participants' proficiency in English, given that the questionnaires were presented in English. Furthermore, the researcher meticulously provided comprehensive instructions for completing the questionnaires prior to their commencement. Participants devoted approximately 50 minutes to 1 hour to completing the questionnaires. Upon completion, the researcher collected the questionnaires, ensuring strict confidentiality in the storage of completed materials in full adherence to research ethics.

2.6 Ethical Considerations

Prior to gathering the data, the researcher acquired ethical clearance from the PUP-GS Research Ethics Committee to ensure compliance with established ethical standards in research. Moreover, the study strictly adhered to the ethical principles set forth by the American Psychological Association, particularly the principles of self-determination, anonymity, confidentiality, and informed consent. The researcher prepared a formal written permission for the Officer in Charge of the Office of the Schools Division Superintendent and the public secondary school head. Data collection commenced only after receiving authorization through an official memorandum. In addition, target participants received a parental consent form outlining the study's details, nature, and administration schedule. Only participants whose parents signed the parental consent form were eligible to proceed with answering the test instruments.

Participants were also given an informed consent form, ensuring a complete understanding of the study's objectives and procedures. Test administrations were conducted within the safety and comfort of their respective classrooms. The researcher ensured the absence of any potential harm to participants. Respondents were informed of their right to withdraw from answering the questionnaires at any time without questioning. Respondents were not required to indicate their names on the questionnaires to maintain anonymity. Furthermore, the researcher also ensured strict confidentiality in safeguarding the completed questionnaires.

3.0 Results and Discussion

3.1 Level of Family Climate of the Filipino Adolescents

Table 1 presents the level of family climate among Filipino adolescents.

Table 1. *Level of Family Climate of the Filipino Adolescents*

Variable	Mean	SD	Interpretation
Family Climate	100.04	11.89	Below Average Family Climate

The results revealed a mean of 100.04 (SD = 11.89), which categorizes the family climate of the Filipino adolescents as below average. This indicates that Filipino adolescents experience a family climate that is less favorable than desired. Filipino adolescents are a demographic that is often overlooked in discussions of mental health in the Philippines (Javier et al., 2018). The below average family climate implies that adolescents face challenges in terms of the family climate dimension. These dimensions include freedom vs. restrictiveness, attention vs. negligence, dominance vs. submissiveness, acceptance vs. rejection, trust vs. distrust, indulgence vs. avoidance, warmth vs. coldness, expectation vs. hopelessness, partiality vs. fairness, and open communication vs. controlled communication (Das, 2022).

The findings of this study align with existing literature and studies, highlighting the complex social, physical, and emotional dynamics within families. Adolescents benefit from autonomy support over psychological control, as autonomy support enhances positive affect, while psychological control leads to negative affect. (Vander Kaap-Deeder et al., 2023). Effective parental communication builds trust and encourages positive behavior among adolescents, emphasizing the importance of healthy family dynamics (Subhasree & Saranya, 2024). This is also supported by the findings of Kaur (2019), which suggest that perceptions of avoidance, negligence, and cold family relations correlate with adverse outcomes in adolescents. Neglect and unfair treatment by parents can harm adolescents' mental health and self-esteem (Arisanti et al., 2024). The way adolescents perceive parental acceptance is related to their behavior and well-being (Xiao et al., 2022). Parental dominance tends to make the adolescents' conform, while being overly permissive may lessen the importance they place on personal achievements (Chandrasekaran et al., 2017).

3.2 Level of Life Satisfaction of the Filipino Adolescents

Table 2 presents the level of life satisfaction among Filipino adolescents.

Table 2. *Level of Life Satisfaction of the Filipino Adolescents*

Variable	Mean	SD	Interpretation
Life Satisfaction	18.67	5.79	Slightly Dissatisfied

Table 2 displays the level of life satisfaction among Filipino adolescents. The average score reported by adolescents is 18.67, indicating that they are slightly dissatisfied with their lives. This implies that most adolescents are not entirely content with their life experiences. This finding calls attention because according to Michalski et al. (2022), lower life satisfaction can lead to greater psychological problems over time. Therefore, it is essential to prioritize enhancing life satisfaction during adolescence to promote positive mental health outcomes. Adolescents who report a higher level of life satisfaction experience benefits such as fewer behavioral issues, improved academic performance, and positive long-term outcomes (Lyons & Jiang, 2021). Additionally, as noted by Izaguirre et al. (2021), greater life satisfaction can strengthen emotional regulation and resilience in adolescents, both of which are essential for effective coping.

3.3 Level of Self-Efficacy of the Filipino Adolescents

Table 3 presents the level of self-efficacy among Filipino adolescents.

Table 3. *Level of Self-Efficacy of the Filipino Adolescents*

Variables	Mean	SD	Interpretation
Self-Efficacy	21.75	5.14	Moderate Self-Efficacy

Table 3 shows an average score of 21.75, categorizing self-efficacy as moderate. This suggests that, on average, adolescents perceive themselves as moderately capable of effectively managing and accomplishing tasks in various aspects of their lives. The level of self-efficacy significantly affects how adolescents approach their schoolwork, as it influences their views on their ability to learn and handle tasks (Kong & Kong, 2024). Despite the moderate self-efficacy reported in this study, actions to improve the general self-efficacy of Filipino adolescents remain necessary. As the adolescence stage is a critical period of growth, they must build high self-efficacy and look after their physical and mental well-being to have a positive outlook on the future (Sharma, 2021). Moreover, how capable they feel influences their confidence in tasks (Balan, 2022). Developing a sense of self-efficacy is particularly important for adolescents when facing with decisions regarding their education and career paths while dealing with academic challenges and future aspirations (Marcionetti & Rossier, 2021).

3.4 Relationship between Family Climate and Life Satisfaction among Filipino Adolescents

Table 4 presents the relationship between family climate and life satisfaction among Filipino adolescents.

Table 4. *Relationship between Family Climate and Life Satisfaction*

Variables	Pearson r	p-value	Decision	Interpretation
Family Climate and Life Satisfaction	0.45	<0.001	Reject H_0	Moderate Positive Correlation

Based on the data shown in table 4, Family Climate has a moderate positive correlation with Life Satisfaction ($r = .45$, $p < 0.001$). This finding aligns with the previous study of Gomez-Baya et al. (2020), which demonstrated a direct link between positive family climate and increased life satisfaction among adolescents. Moreover, Herke et al. (2020) emphasized the significance of parent-child relationships in enhancing adolescents' life satisfaction. Adolescents raised in a positive family climate and have a good relationship with the parents, tend to exhibit a higher life satisfaction and better quality of life (Guevara et al., 2021). Furthermore, the study of Kareem et al. (2023) showed that family significantly impacts adolescents' life satisfaction levels. Collectively, these studies emphasize the important role of positive family climate in enhancing the well-being and life satisfaction of young individuals, highlighting the importance of fostering positive interactions within families.

3.5 Relationship between Family Climate and Self-Efficacy among Filipino Adolescents

Table 5 presents the relationship between family climate and self-efficacy among Filipino adolescents.

Table 5. *Relationship between Family Climate and Self-Efficacy*

Variables	Pearson r	p-value	Decision	Interpretation
Family Climate and Self-Efficacy	0.33	<0.001	Reject H_0	Low Positive Correlation

According to the data presented in Table 5, Family Climate has a low positive correlation with self-efficacy ($r = .33$, $p < 0.001$). This result aligns with existing studies exploring the relationship between family climate and self-efficacy. In the study by Javier et al. (2018), it was discovered that adolescents tend to exhibit higher self-efficacy in families where communication is encouraged. Effective family communication plays an important role in the development of self-efficacy by influencing individuals' perceptions of their capabilities (Badie et al., 2022). The study conducted by Laka and Suryanto (2024) revealed that parental involvement can positively influence adolescents' self-efficacy. Furthermore, according to Xia et al. (2016), a positive family climate predicts self-efficacy. This can enhance adolescents' self-concept in education, values, character development, and religious and political beliefs (Noor et al., 2022).

3.6 Relationship between Self-Efficacy and Life Satisfaction among Filipino Adolescents

Table 6 presents the relationship between self-efficacy and life satisfaction among Filipino adolescents.

Table 6. Relationship between Self-Efficacy and Life Satisfaction

Variables	Pearson r	p-value	Decision	Interpretation
Self-Efficacy and Life Satisfaction	0.84	<0.001	Reject H ₀	High Positive Correlation

Table 6 shows that self-efficacy has a high positive correlation with Life Satisfaction ($r = .84$, <0.001). This result aligns with previous literature and studies that investigated the relationship between self-efficacy and life satisfaction. In the study conducted by Moirangthem (2023), it was revealed that self-efficacy has a significant and positive relationship with life satisfaction. This can be explained by the belief of the individuals with higher level of self-efficacy that they can overcome whatever difficulties that may come along the way and achieve their goals in life (Poorbaferani et al., 2018). Adolescents who have high self-efficacy tends to put themselves in challenging situation, which may lead to successful and satisfied life (Marcionetti & Castelli, 2022). Moreover, satisfaction with life is one of the outcomes of emotional responses influenced by self-efficacy (Cikrikci & Odaci, 2016).

3.7 Mediating role of Self-Efficacy in the relationship between Family Climate and Life Satisfaction

Table 7 presents the path analysis of the relationships among family climate, life satisfaction and self-efficacy

Table 7. Mediation Analysis

Antecedent		M (Self-Efficacy)					Y (Life Satisfaction)			
		B	SE	P	β		B	SE	P	β
X (Family Climate)	a	0.6424	0.0682	<0.001	0.4826	c'	1.2194	0.0892	<0.001	0.5426
M (Self-Efficacy)		-	-	-	-	b	0.6513	0.067	<0.001	0.3868
		$R^2 = 0.2329$				$R^2 = 0.6467$				
		$F(1,292)=88.6455$, $p<0.001$				$F(2,291)=266.2949$, $p<0.001$				

The table shows the analysis shows that Family Climate significantly predicts Self-Efficacy, with an unstandardized regression coefficient (B) of 0.6424. The standard error (SE) of this estimate is 0.0682, and the relationship is highly significant ($p < 0.001$). The standardized coefficient (β) is 0.4826, suggesting a moderate to strong effect. The model explains 23.29% of the variance in Self-Efficacy ($R^2 = 0.2329$), and the overall model fit is significant, as indicated by $F(1,292) = 88.6455$, $p < 0.001$. Family climate also significantly affects Life Satisfaction, with an unstandardized coefficient (B) of 1.2194. This estimate's standard error (SE) is 0.0892, and the p-value is less than 0.001, indicating strong statistical significance. The standardized coefficient (β) is 0.5426, suggesting a strong effect. Moreover, Self-Efficacy significantly predicts Life Satisfaction with an unstandardized coefficient (B) of 0.6513. The standard error (SE) for this path is 0.0670, and the p-value is less than 0.001, highlighting the significance of this relationship. The standardized coefficient (β) is 0.3868, indicating a moderate effect. The model fit statistics indicate that Family Climate explains approximately 23.29% of the variance in Self-Efficacy ($R^2 = 0.2329$) and that the overall model is significant ($F(1,292) = 88.6455$, $p < 0.001$). When predicting Life Satisfaction, Family Climate, and Self-Efficacy together explain about 64.67% of the variance ($R^2 = 0.6467$), with the model being statistically significant ($F(2,291) = 266.2949$, $p < 0.001$). The analysis demonstrates that Family Climate significantly enhances Self-Efficacy and Life Satisfaction among Filipino adolescents. Furthermore, Self-Efficacy partially mediates the relationship between Family Climate and Life Satisfaction, highlighting the importance of these factors in promoting adolescents' well-being.

Structural equation modeling (SEM) was computed using AMOS to test the fitness of the mediation model. As part of the SEM, factor loadings for each item were assessed, and Items with low factor loadings (<0.50) were removed. The remaining items demonstrated strong associations with their intended factors, which enhanced the model's overall fit. The model-fit measures were used to assess the model's overall goodness of fit and ensure that all values were within their respective standard acceptance levels. The three-factor model (Family Climate, Self-Efficacy, and Life Satisfaction) yielded a good fit. The result of the SEM shows that the model had good fit statistics, including $X^2/df = 2.432$, RMSEA = 0.070, SRMR = 0.0507, GFI = 0.953, and CFI = 0.915. The recommended values

are provided in the bracket based on the guidelines of Cornell University Statistical Consulting Unit (n.d.) (RMSEA<0.08, SRMR<0.08, GFI≥ 0.95, CFI≥0.90). All item's standardized factor loading was above 0.50, and AVE is also above 0.50; hence, it is an indication of good convergent validity (Hair et al., 2019).

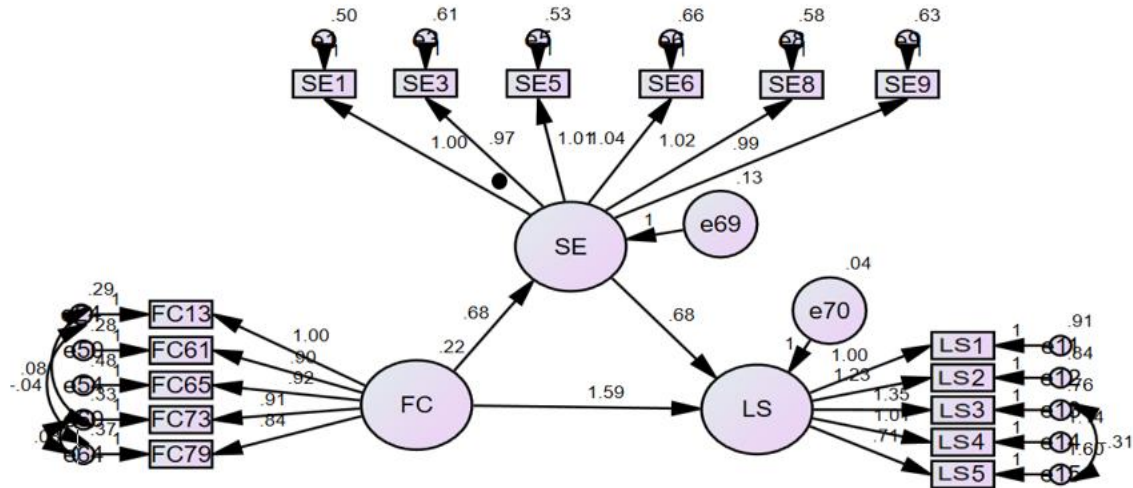


Figure 1. Mediation Model

The diagram represents the mediation model examining the role of self-efficacy in the relationship between family climate and life satisfaction. In this model, the variable Family Climate (FC) is indicated by five observable variables: FC13, FC61, FC65, FC73, and FC79, with corresponding factor loadings ranging from .84 to 1.00. The Self-Efficacy (SE) is indicated by six observable variables: SE1, SE3, SE5, SE6, SE8 and SE9, with factor loadings ranging from .97 to 1.04. Lastly, the Life Satisfaction (LS) is measured by five observed variables: LS1, LS2, LS3, LS4, and LS5, with factor loadings ranging from .71 to 1.35. Examining the structural path from Family Climate to Self-Efficacy, it has a path coefficient of .68, suggesting that family climate has a positive relationship with self-efficacy. The path from Self-Efficacy to Life Satisfaction has a path coefficient of .68 indicating that self-efficacy has also a positive relationship with life satisfaction. The direct path from Family Climate to Life Satisfaction, has a path coefficient of 1.59. This indicates that family climate significantly contributes to life satisfaction independently of self-efficacy. Overall, the model demonstrates that family climate influences life satisfaction both directly and indirectly through self-efficacy. This partial mediation effect highlights that a positive family climate enhances self-efficacy, which in turn leads to greater life satisfaction. Despite taking self-efficacy into consideration, the overall influence of family climate on life satisfaction remains significant. Consequently, the conclusion is to reject the H0 since the data suggests that self-efficacy partially mediates the relationship between family climate and life satisfaction.

4.0 Conclusion

Based on the data gathered in this study, Filipino adolescents generally perceive their family climate as below average, which may contribute to their slightly dissatisfied outlook on life satisfaction. This indicates that a significant proportion of the adolescent participants do not perceive their lives as entirely satisfactory. Despite this, Filipino adolescents generally report a moderate level of self-efficacy, reflecting a reasonable confidence in their ability to manage tasks and achieve goals. The study further reveals that family climate significantly influences life satisfaction and self-efficacy among adolescents. Positive family interactions are crucial in enhancing adolescents' satisfaction with life and their belief in their abilities. Conversely, negative family interactions can have detrimental effects on these outcomes. Moreover, self-efficacy significantly influences life satisfaction, underscoring the importance of adolescents' belief in their abilities in shaping their subjective

evaluation of life. Furthermore, self-efficacy is a significant partial mediator in the relationship between family climate and life satisfaction among Filipino adolescents. This suggests that while family climate directly influences life satisfaction, the effect is also partially channeled through adolescents' self-efficacy.

5.0 Contributions of Authors

Cherieville M. Sayawan- wrote the manuscript, collected and analyzed the data, handled the revisions.
Dr. Elmer G. De Jose- provided technical support, assisted in interpreting the data, and reviewed the manuscript.

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7.0 Conflict of Interests

The author declares no conflict of interest.

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