
Familial Processes and Psycho-social Wellbeing of Young Adults: A Study of District Gujrat, Punjab, Pakistan

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Abstract: Family processes provide the fundamentals and play a critical role in flourishing an individual's performance, capabilities, interpersonal relationships, and assertiveness, among others. Family processes, which include functions, responsibilities, communication, and self-presentation, among others, make up the constructs needed to deal with critical circumstances. It develops an individual's abilities, self-confidence, and connectedness with all family members, especially the youngsters. Major biological, societal, and cognitive changes occur during the period between puberty and young adulthood, and such changes stimulate the most important shifts, especially psycho-social and physical capabilities, communal affiliation, and overall wellbeing. Young adults give importance to their health, social connections, ability to contribute, recognise themselves, grappling, mastering, and ability to shape their own destinations. Families put forth their best efforts, take initiatives towards the wellbeing of young adults, and try to provide and maintain a favourable environment. To examine the psycho-social impacts of family processes, primary data was collected through stratified linear systematic quota sampling and data analysed through SPSS 21, SmartPLS 3. Findings indicate that family processes have significant psycho-social impacts on the wellbeing of young adults. Individuals from supportive family processes have more confidence, cheerfulness, contentment, personal growth, satisfaction, healthy living, success in their work, and amalgamation, among others.

Keywords: Family Processes, Psychological Wellbeing, Social Wellbeing, Young Adults, Wellbeing of Young Adults

Introduction

Major biological and social changes occur during the period between puberty and young adulthood. Such changes as a result stimulate the most important shift in youngsters, especially mental and physical capacities and communal affiliation, facilitating the development and work out of personal and societal identities and discovering their self-sufficiency (Dunkerley et al., 2023). Emerging adulthood greatly prolongs identity development, released from the oversight of parents but not yet engrossed in adult roles (Radez et al., 2021). The adulthood period can be exciting and stressful, as the continuous process of

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growing and changing taking place. General wellbeing encompasses social, psychological, physical, economical and spiritual wellbeing of young adults (Afzal et al., [2023](#)). Above five aspects are different directions in reality they are closely interlinked. The balance appears from synchronization in all facets of life. Realistically, perfect harmony is almost impossible. However, the individual's challenge is to seek this balance, calmly and constantly; it is the state which we continually move towards (Marsack-Topolewski, [2022](#)).

Numerous dimensions of overall wellbeing, such as physical, psychological, social, spiritual, and economics, among others, are strongly interrelated and work as a part of a balanced whole. A well-versed overall wellbeing of any individual developed with the positive contribution of all these fronts (Klein et al., [2022](#)). The overall process of an individual's development and wellbeing largely depends on constructive contributions in all dimensions. The integrated roles of social, psychological, and physical, among others, increased balance in the day-to-day lives of individuals, especially during the period of young adulthood (Fineran et al., [2022](#)). At this age, individuals depended on their family processes, which had a greater focus on the psychosocial wellbeing of young adults. Positive family processes have significance in the development of social contacts within and outside their families; they give importance to interactions, personal relationships, participation, and social events, among others. These social interactions enhance the confidence of individuals with norms of reliance and reciprocity, which also have significant impacts on the level of effectiveness of an individual's wellbeing (Huynh et al., [2022](#)).

The social and psychological wellbeing of an individual is determined by their ability to associate with others by pursuing cultural codes, social norms, and rituals, among others. It is generally viewed as cheerfulness, contentment, personal growth, satisfaction, healthy living, success in their work, and amalgamation, among many others (Lalayants et al., [2020](#)). Similarly, pessimistic emotions are strongly associated with advanced occurrences of syndromes such as interpersonal functioning, productivity, and quality of life, among others. It does not mean that individuals are considered to be in excellent shape and happy all the time. The process of aching emotions is considered a natural part of individual life, and dealing with that kind of throbbing situation is indispensable for overall and sustainable wellbeing. Psychosomatic fitness with regard to overall wellbeing is focused on constructive intellectual situations that have a relatively nonexistent infirmity (Al-Shimari et al., [2022](#)).

Functions, responsibilities, and interpersonal relationships among family members determine family processes. A family process also includes the capability to deal with needs and adapt to various conditions, along with adjustment in critical circumstances (Ling et al., [2022](#)). Family processes also influence decision-making, communication among family members, kinship relationships and behaviour, cooperation and assertiveness, planning and execution, and selfpresentation, among many others. In other words, the family processes deal with the relationships among family members, their reasons for living, and their social, emotional, and economic needs (Radez et al., [2021](#)). These functions within any family are the key processes that develop the personal abilities and capabilities of all family members, especially the children and their academic achievement. In recent decades, a comprehensive literature has been presented by researchers (Pfeifer et al., [2021](#); Shoshani et al., [2022](#); Borkowski et al., [2023](#); and Afzal,

A. et al., [2024](#)) regarding the importance and impacts of family processes, especially on children and their social, psychical, and cognitive development (Toros et al., [2022](#)).

Family processes provide the fundamentals and play the basic roles in a flourishing individual's performance in their family as well as personal lives (Fismen et al., [2022](#)). A favourable and supportive atmosphere among families has positive and significant impacts not only on family psycho-social conditions but also enhances the overall wellbeing of family members' wellbeing, especially young adults (Essiz et al., [2022](#)). The family plays its role as a basic informal agent for socialisation, and the development of children largely depends on this. Different types of family systems have different characteristics, such as the fact that some families face chronic disputes, tensions, and problems that badly affect their members, economic conditions, health status, and academic performance of students. Similarly, joint families, nuclear families, and single-parent families have their own merits and demerits (Marsack-Topolewski, [2021](#)).

Within community settings and the environment, individual interaction and interpersonal relationships significantly impact the sense of overall wellbeing of young adults. Individuals, especially young adults, expect to be respectable, empowered, appreciated, and caring and necessitate admiring themselves, their community, and their environment (Yang et al., [2022](#)). The young adults turn out to be more energetic and optimistic regarding themselves when they are given importance by others, especially their family and community members. When others give importance to what and who they are and express themselves more creatively in their daily lives, this results in the enrichment of an individual's sense of wellbeing (Klein et al., [2022](#)). There have been global concerns about observing the wellbeing and wellness of the common population and considering this an integral part of widening nationalised development. The situation explicitly ensures that significant integrated measures of wellbeing are corely needed for national and very subgroups (Wickersham et al., [2021](#)).

Relationships among parents, siblings, and other family members are central to the quest for positive growth, development, and overall wellbeing in young adults. Positive family processes have significant impacts on their social, cognitive, physical, and academic development (Dorsey et al., [2022](#)). To achieve the wellbeing of individuals, families, and communities, it is necessary to ensure a supportive environment for the development at an early age. In most modern words, huge debates are carried out on the family structure and family processes, and it is assumed that without a positive family process, it is difficult to achieve sustainable achievement in the socialisation of youngsters (Hsieh et al., [2022](#)). Productive learning and becoming a responsible human being largely depend on parental and adult members' behaviour in the family and the involvement of teachers and young adults. The well-being of young adults is a necessary component to determine cognitive, social, physical, and material impacts, along with learning motivation level (Shor et al., [2022](#)).

The well-being of an individual is subjective to a large number of factors, such as family processes, peer group relationships, education, social adaptability, and background aspects, among many others (Romina et al., [2022](#)). The configuration of a young adult's life is strongly associated with their interpersonal relationships within and outside of their family settings, personal skills, and constructive contributions towards their family and personal life (Afzal et al., [2023](#)). But these factors vary for

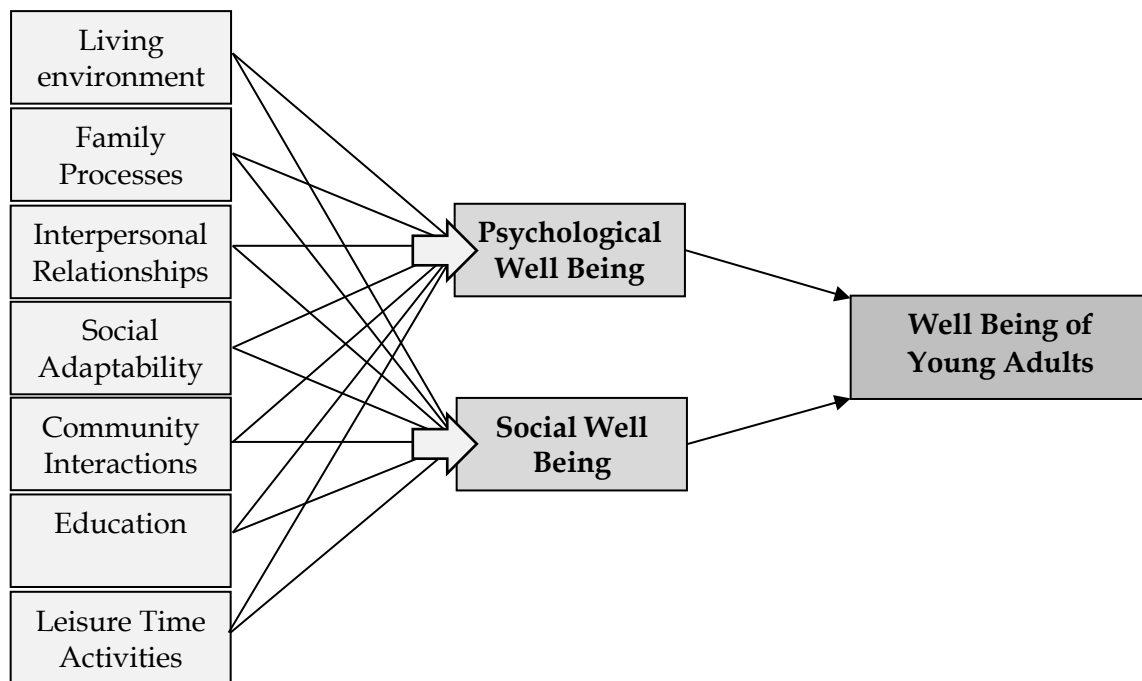
individuals according to their demographic and environmental aspects, and available opportunities are not equal for individuals. At the same time, the involvement of contemporary inventions like social media plays a vital role and has significant impacts on transforming the lives of young adults – their psycho-social, economic, and environmental. All these numerous factors collectively contribute to and create significant impacts on the overall wellbeing of young adults.

Conceptual Framework

Adequate knowledge regarding various factors and dimensions of overall wellbeing can have significant impacts on the wellbeing of young adults. A judicative discussion was deliberated towards importance to consider antecedents along with consequences. Variables such as psychological and social wellbeing of young adults were considered. The conceptual framework formulated on the basis of numerous existing researches (Lalayants et al., 2020; Ronel et al., 2021; Hsieh et al., 2022; Arslan, G. 2023 & Trubey, R., 2024) the factors regarding psychological wellbeing such as self-acceptance, autonomy, interpersonal relationships, self-esteem, education personal growth and development among others were included. Similarly, various factors of social wellbeing such as social integration, social contribution, acceptance, adaptability, leisure time activities, living conditions, living environment among others. According to the nature of this study, the common factors with high variation and response rate such as living conditions, family processes, interpersonal relationships, social adaptability, education, community interactions and leisure time activities were included. Figure-1 highlighted the flow relationships among background, geographical and demographic factors that have an impact on overall wellbeing of young adults.

Figure 1

Conceptual framework of the study



Hypothesis for this Study

- H1.** Higher the level of supportive living conditions leads towards higher the level of overall wellbeing of young adults
- H2.** Higher the level of supportive family processes lead towards higher the level of overall wellbeing of young adults
- H3.** Higher the level of positive interpersonal relationships leads towards higher level of overall wellbeing of young adults
- H4.** Higher the level of social adaptability leads towards higher the level of overall wellbeing of young adults
- H5.** Higher the level of education leads towards higher the level of overall wellbeing of young adults
- H6.** Higher the level of leisure time activities leads towards higher the level of overall wellbeing young adults

Material and Methods

In this study researchers tried to examine the impacts of family processes on psycho-social wellbeing of young adults. For this purpose quantitative research methods and techniques were applied and primary data was collected through survey methods. The target area of the study was Gujrat city which is administratively divided into fifteen union councils (Table 1) and each union council considered as one stratum in this study. Researchers do not have an authentic list of respondents, so it was decided to collect equal data from all union councils through systematic quota sampling technique.

Table 1

Details stratification of sampling area

S No	Union Council	UC No
1	Ferooz Abad	45
2	Sardar Pura	46
3	Amina Abad	47
4	Faiz Abad	48
5	Railway Road	49
6	Kalra	50
7	Fatupura	51
8	Ghari Shahdhola	52
9	Norpur shrki	53
10	Muslamabad	54
11	Faisal gate	55
12	Mehhmeenda	56
13	Mergraaz	57
14	Ali Pura	58
15	Shah Husain	59

Universe of this study, district Gujrat is a developing region of Punjab, with large rural area. Due to less literacy rate and poor research orientation various hurdles faced by the researchers during the process of primary data collections. In spite of this, researchers covered total 824 respondents. The collected data was

analyzed through various univariate, bivariate and multivariate statistical analysis with the help of advance software such as SPSS-21. Researchers have intended to calculate more empirical and realistic results, for this purpose variance based structural equation model (VBSEM) applied by using smart partial squares (smart PLS-4) software

For the purpose of data collection a questionnaire was used which covers various aspects such as background, demographic characteristics with regard to psychological wellbeing of young adults. The questionnaire was initially designed in English language but to ensure maximum accuracy in responses and results later it was translated in Urdu language. To check the reliability and validity of instrument pre testing was done with 45 respondents. Primary data for this study was completed during January 2022 to June 2022. Scrutinize data was entered in SPSS-21 and Cronbach’s alpha test was applied for reliability of data. Results presented in table-2, which indicated that overall reliability of coefficient is 0.981, which is greater than prescribed limit 0.8. The result explains the excellent reliability of collected data.

Table 2

Findings of Cronbach’s Alpha test

Factors	Cronbach’s Alpha	Items
Family Processes	0.991	18
Psychological Wellbeing	0.972	23
Social wellbeing	0.934	21
Overall Reliability	0.981	62

Data Analysis

The reliability and validity of all considered variables were tested by various methods and parameters, such as Cronbach’s alpha and composite reliability (CRs). Initially, all indicators tested and the value of indicators smaller than 0.600 were discarded accordingly. For the study, data is collected according to different aspects such as family structure and its role, family processes and their impacts, and women's empowerment and its relation to family matters. The results of validity and reliability in all dimensions are presented in Table 2. The results indicate that all the values of composite reliability and Alpha were higher than 0.700, as recommended and most suitable for these tests.

Descriptive Results

For coherent explanation and rational discussion the findings of the study presented descriptively and have deep understandings with respect to respondent’s demographic and psycho-social aspects.

Table 3

Distribution of demographic characteristic

Demographic Characteristics	Description of characteristics	N	%
Gender	Male	435	52.8
	Female	389	47.2
	Total	824	100

Age	18-19	206	25.1
	20-21	244	29.6
	22-23	227	27.5
	24-25	147	17.8
	Total	824	100
Marital Status	Single	494	60
	Married	273	33.1
	Divorced	30	3.6
	Widow	27	3.3
	Total	824	100

Table 3 presented the frequency distribution of responses against the different demographic factors; out of a total 52.8% respondents were male while 47.2% respondents were female young adults. Large portion of 57.1% of respondents falls in the age of 20 to 23 years. Maximum respondents 60% reported they were single and living with their parents and only 6.9% respondents reported that they are divorced or widows.

Table 4

Distribution of demographic characteristic

Demographic Characteristics	Description of characteristics	N	%
Family System	Nuclear	410	49.8
	Joint	241	29.2
	Separated	105	12.7
	Extended	68	8.3
	Total	824	100
Education Level	Primary	76	9.2
	Middle	124	15.0
	High	159	19.3
	Intermediate	321	39.0
	Graduation or Above	144	17.5
Total	824	100	
Monthly Household Income (Rs)	10000-20000	192	23.3
	20001-40000	187	22.7
	40001-60000	268	32.5
	60001-80000	126	15.3
	80001 or Above	51	6.2
Total	824	100	

Table-4 presented the frequency distribution of responses against the different demographic factors, out of a total maximum respondents 49.8% reported they belong to the nuclear family system as mentioned

before that the nuclear family system rapidly changed all types of family setup especially in Pakistani context. 58.3% respondents have completed their high school (matriculation or intermediate) and a small portion of respondents reported graduation or above qualification. When the respondents asked about their family income 55.2% respondents said they have 20001 to 60000 monthly household incomes.

Table 5
Frequency distribution of different dimensions of wellbeing

Dimensions of wellbeing	High	Medium	Low
Social Wellbeing	63.40%	6.30%	30.30%
Psychological Wellbeing	61.53%	6.08%	32.45%

Table-5 presented the frequency distribution of responses against the social and psychological wellbeing of young adults; out of total 63.40% of respondents have high levels of social wellbeing, while 61.53% of young adults reported high levels of psychological wellbeing.

Table 6
Association among independent and dependent variables of the study

	Living Environment	Family processes	Interpersonal relationships	Social Adaptability	Community interaction	Education	Leisure time activities
Social Wellbeing	41.625*	51.13**	33.18*	57.961*	49.651**	64.87**	53.897**
Psychological Wellbeing	56.652**	49.981**	54.77**	78.811**	63.772*	76.31**	71.657*

i. *Significance at 5% level ii **Significance at 1% level

It is also important to observe the strength of association between dependent and independent variables; Table 6 explains these relationships. The social and psychological wellbeing of young adults has significant associations with factors such as their living environment, family processes, interpersonal relationships, social adaptability, community interaction, education, and leisure activities. Most of the factors indicated a strong association with the social and psychological wellbeing of young adults.

Table 7
Association of family processes with psycho-social wellbeing of young adults

Variables		Family Processes							
		Supportive		Neutral		Non-Supportive		Total	
		N	%	N	%	N	%	N	%
Social Wellbeing	High	433	81.4	19	40.4	99	40.4	551	66.9
	Medium	57	10.7	20	42.6	32	13	109	13.2
	Low	42	7.9	8	17	114	46.6	164	19.9
	Total	532	100	47	100	245	100	824	100

Pearson χ^2 significant at $p < .05$

	High	371	76.8	16	64	151	47.8	538	65.3
Psychological Wellbeing	Medium	53	11	4	16	32	10.1	89	10.8
	Low	59	12.2	5	20	133	42.1	197	23.9
	Total	483	100	25	100	316	100	824	100

Pearson χ^2 significant at $p < .05$

Table 7 indicated the association of family processes with the social and psychological wellbeing of young adults, and the results highlighted that out of a total 81.4% of respondents, there is a high association between family processes and social wellbeing. Similarly, 76.8% of respondents reported that family processes have a high association with the psychological wellbeing of young adults. The findings of the study also supported study hypotheses, such as that supportive family processes have a significant association with the social and psychological wellbeing of young adults.

The average comparison of all variables considered in the study, such as family processes and the social and psychological wellbeing of young adults, displays a significant interpretation of their importance. The analysis of variance (ANOVA) is used for this purpose by assuming that all variables have equal effects. The normality of the data is observed, and a test of homogeneity of group variances is performed before running an ANOVA. Table 8 concludes that the averages of all variables are not the same or have equal importance.

Table 8

Analysis of variance among study variables

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	617245.753	11	312371.964	3123.435	0.000
Within Groups	413256.819	5192	82.743		
Total	1030502.571	5203			

The test of CFA was applied to confirm the study variables and check their suitability for further statistical analysis. Table 9 presented the results of the confirmations: all the factors considered in this study were not rejected and excellent fit with the relationships presented in the data set. Numerous goodness of fit measures were tested such as goodness of fit index (GFI), chi-square, advance goodness of fit (AGFI) along with root means square error of approximation (RMSEA). The results and outputs of confirmatory factor analysis were presented in table 9 and overall goodness of fit is marginal with the observed value of RMSEA and GFI at the acceptable level.

Table 9

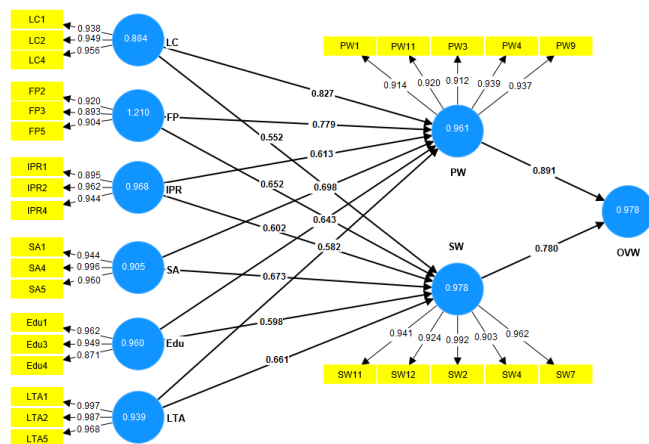
Confirmatory Factor Analysis (CFA) goodness of fit measures

Factors	Chi-square	d.f	GFI	AGFI	RMSEA
Family processes	491.17	81	.966	.917	.060
Social Wellbeing	324.08	43	.923	.988	.064
Psychological Wellbeing	399.44	67	.917	.954	.067
Recommended good fit value	≥ 0.90	≥ 0.90	≤ 0.08		

Structural Equation Model

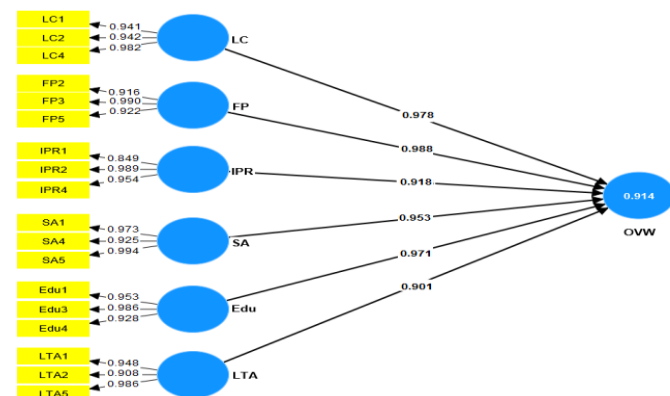
One among the most practicing and reliable methods in social science is variance based structural equation model which applied mostly for the measurement of complex and multidimensional relationships. Testing of study hypotheses and evaluation of theoretical framework is also assessed by this method more comprehensively. For testing the complexity and accurate measurement of the model, researchers largely applied smartPLS software. As the model of this study is complex and has direct and mediation impacts on other variables, smartPLS was used for testing this model. The outcomes of fitted models are presented in the graph below which clearly indicated that family structure has significant impacts on family processes and women empowerment. The measurement and path results of all study variables with impacts level upon others is presented in the given graph.

Figure 2
Fitted model and path results (β -values)



Results of the study highlighted that there is strong association between family processes and psycho-social wellbeing of young adults. Families are the primary institution for any individual and without smooth function and supportive environment wellbeing of its members is not possible. Young adults from any family play their role more effectively not only inside the family matters but also outside. The study findings also endorsed the assumptions of the theoretical model of this study.

Figure 3
Hypothesis testing fitted model and path results (β -values)



The results from the structural equation model confirmed that supportive family processes have a positive influence on social and psychological wellbeing of young adults. This leads to suggest that the young adults who belong from the family who have supportive family processes can be more socially and psychologically empowered and can take their decision more independently. The results from SEM also highlighted that empowering young adults also have significant impacts on family processes positively.

Table 10

Goodness of fit measures for structural equation model

	Chi-square	d_ ULS	d_ G	RMS_ Theta	SRMR
SEM	5117.319	1.863	0.712	0.122	0.061
Recommended value for model fit	p-value ≤0.05	d_ ULS ≤99%	d_ G ≤99%	RMS-Theta ≤ 0.12	SRMR < 0.10

Statistical software smartPLS facilitates variance-based structural equation modelling, deriving the fit model statistics from the discrepancy between the observed and approximated values of the dependent variables and from the value predicted by the model. The results for estimating the goodness of fit value existed within the prescribed limits as Chi-square (5117.319), d_ ULS (1.863), d_ G (0.712), SRMS (0.061), and RMS-Theta (0.122). According to these values, the study hypothesis approved and strongly suggested that a higher level of supportive family processes can improve the wellbeing of young adults. Which proved a fair chance to youngsters, and they put their best into the development of their families, communities, and nations.

Hypotheses Testing Analysis

A smart PLS-4 algorithm was preceded to generate the path coefficient for the purpose of hypothesis testing. Bootstrapping with 5000 bootstrap samples was run which is normally bigger than the actual study sample size to generate the t-values.

Table 11

Direct hypothesis relationships (H1, H2, H3, H4, H5, H6)

H. No	Hypothesized Effect	Path coefficient	Standard Error	T-Value	P-Value	Decision
H1	LC>OVW	0.978	0.043	6.911	0.000***	Supported
H2	FP>OVW	0.988	0.023	5.761	0.000***	Supported
H3	IPR>OVW	0.918	0.042	6.982	0.000***	Supported
H4	SA>OVW	0.953	0.029	5.309	0.000***	Supported
H5	Edu>OVW	0.971	0.012	6.449	0.000***	Supported
H6	LTA>OVW	0.901	0.031	5.541	0.000***	Supported

***: P<0.01, ii. **:P<0.05, iii *:P<0.1

Findings of bootstrapping test highlighted in table-11, which clearly indicated that H1 has a significant relationship among living conditions with overall wellbeing of young adults ($\beta=0.978$, $t=6.911$, $p=<0.000$).

The model of the study presents the flow diagram, and the outcomes proved that supportive family processes positively impact the psycho-social wellbeing of young adults, which leads them towards independence and allows them to play their role more effectively. Similarly, the second hypothesis H2 also had positive relationships and supported our assumptions as family processes had direct impacts on overall wellbeing ($\beta = 0.988$, $t = 5.761$, $p = <0.000$). Findings endorsed the flow relationship presented in the conceptual model of the study and revealed that family processes have a direct and significant relationship with social and psychological wellbeing, and the change in one variable has significantly impacted the other one.

Thereafter, the third hypothesis, H3, was found to be accepted and presented as a positive relationship among the considered variables, as interpersonal relationships have direct impacts on overall wellbeing. This positive relationship is significant with a p-value 0.000 and $\beta = 0.918$, $t = 6.9802$. H4 of the study was also significant and supported the findings, as social adaptability has a direct positive relationship with overall wellbeing ($\beta = 0.953$, $t = 5.309$). Thus, on this basis, it can be clinched that a higher level of supportive family processes can positively affect all dimensions of wellbeing, and it will also bear a positive impact and strong significance.

The H5 predicted positive relationships among education and the overall wellbeing of young adults. The relationship observed is positive and strongly significant ($\beta = 0.971$, $t = 6.449$). Along with this, H6 highlighted that a higher level of leisure time activities leads to a higher level of overall wellbeing in young adults ($\beta = 0.901$, $t = 5.541$). The findings of this study confirmed all six hypotheses and explained that individuals who belong to supportive family processes have better psychosocial conditions and involvement in decision-making.

Conclusions

There is a growing body of evidence and empirical researches (Ronel et al., 2021; Awu et al., 2022; Dunkerley et al., 2023; Afzal, A. et al., 2024) that suggests that the family processes has significant impacts on wellbeing and development of young adults. Family processes shape the patterns of communication conflict resolution and cooperation in which individuals become able to develop and enhance their productivity, potential, build interpersonal relationships, and contribute for their family, community and nation. The period of young adulthood is very exciting and challenging, as youngsters try various new things and set numerous milestones that mark many others. The findings of the study indicated the key ways that family processes have impacts on the wellbeing of young adults:

Psychological health; family processes have significant impacts on psychological health and cognitive development of young children and young adults. Supportive relationships among family members, interpersonal communication and sharing patterns, confidence and reliability and emotional support among others increase resiliency and reduce the risk of mental health disorder, as the finding a line with numerous existing studies such as Melendro et al., 2020; Adkins, T., et al., 2021; Mahmud, A., et al., 2022; Arslan, G. 2023 and Trubey, R., 2024. In addition, this time period of a young adulthood is considered a time of change in their psychological, social, physical and economic perspectives and these

changes play a role as backbone personal development. At this sensitive time period the factors of family processes play an intensive role and affect the overall wellbeing of young adults.

Social relationship; individual socialization and quality of relationship from outside their families largely depended on family processes. Supportive and positive relationships among parents, siblings lead to confident and better relationships with friends, neighbors and community members. Furthermore, the results indicate that living conditions, interpersonal relationships, social adaptability, education and leisure time activities among others also have significant relation with overall wellbeing of young adults and also endorsed exiting findings presented by Bowe, M., et al., [2020](#); Dolan, P., et al., [2021](#) and Crowley, F., et al., [2024](#) .

Educational attainment futuristic success; academic performance and educational achievement strongly associated with family environment and processes. Results proved and support the existing findings (Klein, D. et al., [2022](#) & Afzal, A., [2024](#)) that the student belongs from a supportive family environment, positive relationship, parental involvement in educational matters, motivation and encouragement by family positively impacted on student performance and academic outcomes. Moreover, positive family processes have been shown to be associated with greater occupational success, self-esteem, skill and income among others. Health behaviour; individual physical health directly and indirectly depended on family processes. Peaceful environment in a family setting managed eating, sleeping habits, physical activities, recreational activities and lower risk taking behaviour among others, significantly impacted physical health and wellbeing of young adults.

In conclusion; the family processes has significant and long-lasting psycho-social impacts on the wellbeing of young adults. Supportive relationships among family members, positive intimacy, emotional support, communication and discourses, participation in decision making, dealing jointly with critical situations among others bring confidence and connectedness among young adults. This also leads towards a groomed personality with strong psychological, social, physical and emotional health.

Recommendations

The findings and results of this study provide basic and primary foundations for impending researchers, students and various national and international organizations for further empirical studies and for formulation of policy patterns in context with the development of all age groups especially young adults. This study scrutinizes the relationship that can change life patterns and mold personalities of individuals which make differences in one's life silently. Different factors of everyday life are having remarkable value in enhancing and developing the sense of overall wellbeing and can push individuals to a satisfying life. The issues and concerns are not only with young adults but also have serious concerns with everyday life of men, women, children and elders wellbeing. The need is to identify more specific, narrow and more analytical studies that recognize the basic factors linked with their social, psychological and physical wellbeing and provide basic support to economic development. There is a need to begin with small scale studies and move to a larger field and longitudinal studies. Furthermore, the researchers may take into account the gender, geographical difference, demographic background, rural, urban disparities and also in different environments and reigns.

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