



Family Resilience Factors Influencing Teenagers Adaptation Following Parental Divorce in Limpopo Province South Africa

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ABSTRACT The purpose of the study was to investigate family resilience factors that play a role in promoting teenagers ability to cope following parental divorce. Correlational and descriptive research was conducted to determine if there was a relationship between family resilience and teenagers' adaptation. Hundred and twenty participants consisting of teenagers who came from, divorced families (n=60) and their families (n=60), were selected from three schools in Capricorn district in the Limpopo Province, South Africa. Data was collected using family resilience scales and a coping scale. The data was analysed in line with ABCX-model to choose sub-scales that correlated significantly with adaptation scale of family resilience as potential resilience factors; and coping strategies using (WCS). The findings revealed that teenagers who cope use behavioural and cognitive strategies and less of avoidance strategies. Family resilience factors among the families of these teenagers were effective communication (Family Problem Solving and Communication-FPSC), family hardiness (Family Hardiness Index-FHI) and, the problem solving and behavioural strategies utilised by families in crisis situations (Family Crisis Oriented personal Evaluation Scales-F-COPES). Further research should focus on longitudinal and context-specific areas that track family and teenagers' adaptation to stressful events as well as the influence of culture and spirituality on teenagers' ways of coping.