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INFLUENCE OF FAMILY DYNAMICS ON STUDENTS' BEHAVIOR: CHALLENGES AND OPPORTUNITIES

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ABSTRACT

Family dynamics impact comfort and happiness. 801 students were surveyed using a descriptive correlational study and 0.897-reliable researcher-made questionnaire. The study found that open communication, quality time, respect, responsibility, and supporting a peacemaker during tough times strengthened family ties. Parental honesty and dependability were closest. Most families have money and work-life issues. Number of children, family members' traits, parents' connection, and gentle or hard upbringing affected family dynamics. Family relationships are less impacted by the "mix" of people in a family, others' influence, and life events such an affair, divorce, trauma, unemployment, homelessness, an absent parent, or a chronically ill or disabled child Spending meals with the family, feeling like their family supports their objectives, enjoying family activities, feeling like they would still prefer growing up in their family, and asking their parents for help were most essential. Being closer to extended family than their own, mediating rather than leading healthy family relations, and seeking professional family help were the least common. Family issues should be matched with academic chances, says study. They value family, self-drive, and academics. Reclaiming a habit garnered family support, but downplaying the risk to their schooling and addressing cultural differences in extended families that may create problems was neglected. Family dynamics shaped students' behavior, including prioritizing family needs and interests over personal matters, showing concern for parents and other family members, offering support in any way possible, solving family problems, using a strength-based approach to help family members cope with difficult situations, responding to family-related comments, and trusting Minor issues reduce sibling strife. They use family strengths to tackle problems. Though connected, family factors like sex and money affected student behavior differently at home and school. A number of traits and ties were similar.

Keywords: Family dynamics, influence, challenges, impact

1. Introduction

Family dynamics significantly influence students' self-worth, behavior, and empathy. As Monteiro et al., (2021) stated a secure, positive environment can enhance self-esteem and foster empathy. However, factors like parental selectivity, resource deficiencies, and stress influence behavior, all impact family dynamics. Positive family relationships based on mutual respect, love, and effective communication contribute to healthy personality development in students. A person's entire personality is shaped by the dynamics within their family.

Family interactions are influenced by various factors, including culture, customs, beliefs, attitudes, and choices. Family dynamics cannot be perfected, and factors like age, parental support,

child-rearing style, and gender roles also play a role. These factors contribute to shaping the behavior of students, with variations in influence (Bámaca-Colbert et al., 2019). Complicated family dynamics can lead to tension, rivalries, and instability even in close-knit families. Relationships in families in the twentieth century have loosened from big, with a number of children and relatives who usually contributed their labor to family undertakings to a compressed domestic structure (Pearce et al., 2018). Adolescents from those larger households departed with aspirations of being financially independent and living in new places. Some families focus on shared responsibilities to raise children together in a family home, with both parents working to support the household. There were also single parents who only have one source of income and frequently experience financial hardship. Further, in a household where every member feels like they belong and has pleasant feelings in their interactions is a technique for fostering family dynamics (Thomas,et al.,2018). It is also better to do away with destructive and unhealthy behavior as well as establish specific norms to harmonize the family (Epel et al., (2018). Nevertheless, family dynamics are important since they affect how each member of the family feels at ease and happy on a general level.   The research explores students' perspectives on family dynamics and proposes strategies for building stronger family bonds, including open communication, quality time, respect, responsibility, and peacemaking. It also examines how home and school environments impact family dynamics and behavior, as well as the factors that can strain or shift family dynamics as students grow older. Family's social status, parenting style, and financial capability may change to enhance family relationships and support students' development.

1.1 Statement of the Problem

Finding out how family dynamics affect students' behavior was the goal in the study in order to pinpoint opportunities and problems that have an impact on family relationships.

The research specifically aimed to address the following questions;
1. What is the sociodemographic profile of the respondents in terms of sex, age, year level, monthly family income and home location?
2. What are the insights of students toward family dynamics?
3. What is the level of influence of the factors of family dynamics on the behavior of the students?
4. What is the level of influence of family dynamics on the behavior of the students as affected by;
      a, Home-based environment
      b. School-based environment
 5. What is the perception of the respondents on the behavior of the students as influenced by family dynamics?
6. Is there a significant difference in the level of influence of family dynamics on behavior of the students considering;
      a. respondents' profile
      b. home-based environment
      c. school-based environment
7. Is there a significant relationship in the level of influence of family dynamics on behavior of the students considering respondents' profile?

1.2 Theoretical Framework

The study is based on Bowen's Family Systems Theory and Talcott Parsons' Functional Fit Theory. Bowen's theory emphasizes that families are systems where feelings play a significant role in human progress. The family is viewed as a dynamic unit where each member affects the others to some extent. Boundaries within the family are essential for smooth operation and development of desirable behavior. On the other hand, Parsons' Functional Fit Theory suggests that families are formed to match the civilization of the time and must adapt to survive. The family is influenced by its environment and society, with roles and functions varying based on societal norms. Family members must maintain their roles for the family to operate effectively. For example, if a mother finds paid work outside the home, the father may need to take on additional household responsibilities to maintain balance within the family.

1.3 Conceptual Framework

This research identified the sociodemographic factors: sex, age, year level, monthly family income and home location as well as home-based and school based environment. These factors were considered to have bearing on the family dynamics which affects students' behavior as illustrated by the diagram.

Independent Variables   **Dependent Variables**
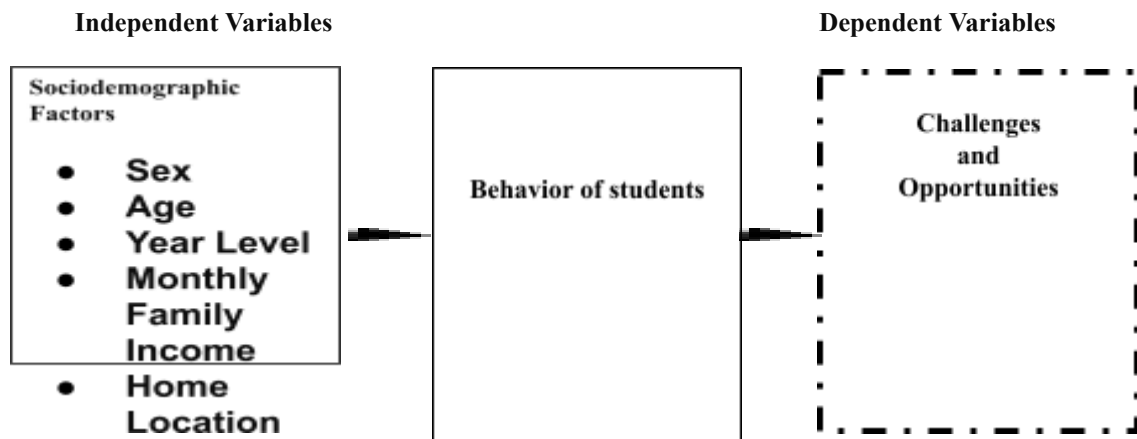
2. Literature Review

The section is composed of studies related to the current study grouped into family dynamics, home-based environment, school-based environment and students' behavior. Rethinking parenting theory and research requires taking diversity into account. Since current approaches to understanding teenage families are inadequate, the use of alternative approaches like social network and profile-based approaches. Research and theory on parenting can be improved by taking diversity into account. Recent research suggests that traditional nuclear family structures are no longer the norm, with more diverse family structures becoming increasingly common. As per Osborne and Ankrum (2015), there has been a change in recent years toward different forms and structure of families. The nuclear family was a prominent social structure in the 1960s, where more than 80% of children who are minors lived with legally married parents. Nevertheless, in 2016, only 69% of families were nuclear families (Pearce et al. 2018). This shift requires a revaluation of parenting theory and research to better reflect the realities of modern family dynamics, such as the growing prevalence of teenage families.

Teenagers' evolving living situations and family networks are analysed in light of family networks and profiles. Bamaca-Colbertet et al. (2021) study demonstrates gaps variations in beliefs, attitudes, and actions can impact family dynamics. These differences can cause arguments and behavioral shifts among family members, which can especially affect the ways teenagers integrate into the family structure. Research that bolsters the ideas has mostly focus on operations systems involving parents and teenagers' interactions. Though the understanding of family cultural gaps originated from a holistic overview, minimal significant mechanisms involving different processes have been utilized in prior research. However, few studies use significant mechanisms. The study advocates for an all-encompassing framework to understand youth adaptation, family relationships, and cultural barriers, considering the roles of close relatives and external factors beyond the parent-child bond.

Likewise, the research highlights the opinions of families about fault tolerance and having a flexible nature (Cox and Paley, 1997, cited in Schermerhorn and Cummings, 2007) that family systems theory supplies the conceptual analysis for evaluating reciprocal relations among families. Family systems theory focuses on controlling conflicts, enhancing interrelationships, and promoting flexibility among family members. This approach helps families adapt to challenging situations, such as learning to live in different cultures and phases of development. By modifying procedures and addressing existing cultural gaps, families can create positive dynamics and reduce the negative effects of cultural differences. The study of cultural differences and overlaps within a family systems approach may help clarify why cultural differences are significant in certain situations. By modifying procedures and addressing cultural gaps, families can create positive dynamics and understand the significance of cultural differences in certain situations. The research of Thomas et al. (2017) found that strong familial ties significantly impact people's wellbeing, with various links like sibling, marriage, and intergenerational influence. Future research should focus on relationship strain, intersections of social position, and family arrangements. Silverstein and Giarrusso (2010) emphasized the importance of prioritizing health standards in an aging society, considering family dynamics, family context, structures, relationships, and social status intersections, to reduce care load and improve health conditions.

According to Merz et al. (2009), family interactions affect an individual's outlook towards life, both positively and negatively. There is an emerging need to learn more about the elements that facilitate

a healthy state of health among the growing number of older persons due to the aging population and age-related diseases that go along with it. In other contexts, such as the workplace, it may become less important as people age (Milkie et al., 2008). Key adult connections, such as marriage, parent-child, grandparent, and sibling ties, should be taken into account when analyzing the effects of these relationships on an adult's well-being. Related to this, Epel et al., (2018) has stated that throughout life, stress has a substantial negative influence on health, but opinions on what kinds and aspects of stress are most important are divided. Stress is a complex issue influenced by personal and environmental factors, past events, and psychological reactions. Family interactions significantly impact an individual's outlook, and understanding factors for a healthy state of health is crucial. To advance stress science, precise terminology, a technique model, and a systemic approach are suggested. Academics agree that stress is a major factor in aging and human health, with higher morbidity costs compared to other diseases (Whiteford et al., 2013). Studies show stress plays a significant role in aging and overall health. Exposure to stressors affects health, particularly mental health. Stress is a precursor to many psychiatric conditions, with mental health issues which costly and unaffordable.

2.1 Home Based Environment
The vital social structure in the family is the individuals who learn essential knowledge and faith. It is a group of individuals connected through blood or through marrying, serving as the primary unit for socialization and development (Sam, 2010). Ultimately, the family has a crucial role in preparing children to cope with life's challenges and societal demands (Mahalihali, 2016). Family is a vital social structure that imparts knowledge and faith to individuals through blood or marriage, influencing children's growth and well-being. It provides essential provisions like food, clothing, shelter, healthcare, support, love, and competence, preparing them to face life's challenges and societal demands. Family dynamics, including relationships, interactions, and family size, significantly impact children's behaviour, relationships, and wellbeing (Ashish, 2014). These dynamics can be influenced by various factors such as family values, personalities, and values, which play a crucial role in fostering physical, emotional, social, financial, and intellectual development. Understanding these factors can help parents better support their children's growth.

Melissa (2013) found that family size and number of children impact parenting, with more children demanding more responsibilities. Fischer (2004) found large families often have unfavourable circumstances, including inadequate role models and parental supervision. While Sara (2010). Davies (2000) highlighted household environment significantly influences a child's well-being, with parental values and norms playing a crucial role. Close-knit, supportive families provide emotional and economic support, contributing to overall health (Fischer 2015). Family dynamics, including parent-child relations and educational level, also influence children's well-being and academic success, especially in strong, loving families.

Jabbari et al. (2023) explore family dynamics, highlighting the impact of relationships, roles, and factors on family interactions. A study on secondary school students revealed significant differences in parenting problems due to parent-child relationships, education, and family size.

The Silva et al. (2021) study found that family traits, expectations, values, and support significantly influence academic achievement, self-efficacy, and goal advancement. Strengthening family support is recommended to mitigate negative influences. The study also highlighted low postsecondary education among working-age adults in Africa, highlighting the need for further research on family's role in educational outcomes. Sakirudeen's (2015) study highlights the significant achievement gap between students, particularly those from disadvantaged backgrounds. The research emphasizes the importance of understanding the factors influencing academic performance, particularly in inequality contexts. Factors such as parental support, education, relationships, and socioeconomic status predict success. However, disadvantaged students often perform lower, emphasizing the need for further research on these factors.

2.2 School Based Environment.
School environment refers to the interactions within a school community that are practical and useful components of the learning environment. It significantly impacts students' academic, social, emotional, and ethical upbringing, and influences their attitudes, values, and beliefs. A safe school environment minimizes disruptions, prevents violence, drugs, bullying, and fear, and ensures clear communication of behavior expectations and fair consequences.

According to García-Moya et al., (2019) the school has to initiate positive relationships with

students and parents. Though this takes time, it is worth it when the efforts pay off. In García-Moya et al. (2019) emphasize the importance of fostering positive relationships with students and parents. This can be achieved through expressing appreciation for student achievements, cultivating strong student relationships, and observing student conversations before class. Teachers can also enhance relationships by outlining positive classroom rules, simplifying them, promoting positive reinforcements, implementing culturally relevant contextual learning, and maintaining a positive mind set.

Learners who experience a sense of belonging, value at school tend to learn more deeply, achieve better academic results, and are less likely to drop out or face social exclusion (Korpershoek et al., 2019). Students' morale can be affected by a kind, encouraging teacher, according to Voelkl (2012) while a school with encouraging, supportive, and fosters a feeling of attachment and affinity was Adomnik, (2012) statement. According to Wisniewski et al. (2020), it is important for learners' engagement and achievement that teachers know how to encourage and support their students' engagement. Thus, school identity and attitude significantly impact students' learning and performance. A kind, encouraging teacher can affect students' morale, motivating them to exert more effort. A supportive environment fosters attachment and affinity, promoting engagement and achievement. Teachers must know how to encourage and support their students' engagement, and feedback is crucial in the teacher-student relationship. Further, Gan et al., (2021 study highlights the importance of kind and encouraging teachers in fostering a supportive school environment, highlighting the value of feedback in enhancing student engagement and achievement. It emphasizes the need for modifications to encourage participation in learning performance and events.

Research indicates that family significantly impacts academic achievement, with factors such as parental support, education, relationships, and socioeconomic status serving as predictors (Sakirudeen, 2015). Disadvantaged students often face achievement gaps, though families can mitigate negative influences. Previous studies show that family dynamics affect self-efficacy and goal perception, subsequently influencing academic outcomes. However, there is limited research in low-income countries, particularly in Africa. The study focused on Mozambique, examining how family influences academic performance through self-efficacy and goal progress, supporting the crucial role of family in academic success.

2.3 Students' Behavior.
Social support from loved ones enhances self-worth and fosters self-esteem in students. Family dynamics, influenced by culture and traditions, significantly influence interactions and affect an individual's self-perception. Sayed et al. (2023) highlight the importance of resilience and social support in teenagers' mental health. Resilience builds self-esteem, while social support reduces stress and promotes mental health. Psychological distress and life satisfaction are interdependent, highlighting the significance of resilience in maintaining well-being during adversity. According to a study by Liu et al. (2021), adolescence is a critical period for psychological and physiological challenges, leading to mental health issues like anxiety and depression. Self-esteem, a subjective self-concept, is closely monitored for its impact on mental health. Low self-esteem correlates with mental health disorders, while high self-esteem fosters confidence and optimism. Self-esteem significantly influences academic engagement, with perceived social support strengthening relationships. These findings emphasize the importance of self-esteem, self-efficacy, and societal assistance for academic success. As claimed by Neece et al., (2012) suggest that child behavior is influenced by factors like parental selectivity, resource scarcity, and family traits like stress and parental behavior. They suggest that children from positive, respectful, and communication-based families have healthy personalities. Over time, behavioral issues and parenting stress vary, with a mutual relationship between fathers and mothers.

Recognizing positive characteristics and harmful behaviors is essential. Understanding family dynamics is crucial, as each family is unique and experiences differ from others. Emotional roles, culture, and history influence interactions among family members. Harmonious relationships can improve wellbeing and lower depression, but conflict and rivalry can damage relationships within families, even within close ones. Spending time with friends or extended family helps recognize these differences.

3. Research Methods
These include relationships with siblings, marital status, and existing bonds. The study determined the insights of students about family dynamics, factors that influence family dynamics, environments that affect student behavior categorized as home-based and school-based environments, students' behavior as

influenced by family dynamics, as well as the significant differences and relationships among variables. The descriptive correlational research design along with a researcher-made questionnaire with a reliability of 0.897 was used to gather data from 801 students through simple random sampling. The statistics used were mean, T-test, ANOVA and Pearson r.

4. Results and Discussion

4.1 Personal Profile of the respondents

The personal profile of the responders is classified into sex, age, year level, monthly income and address.

Table 1. Personal Profile of the respondents

Sex	Frequency	Percentage	
Male	263	32.81	
Female	538	67.19	
Age			
Below 18 years old	123	15.36	
19-21 years old	545	68.04	
22 years old above	133	16.6	
Year Level			
1st year	261	32.58	
2nd year	144	17.97	
3rd year	135	16.85	
4th year	59	7.37	
Grade 11	113	14.12	
Grade 12	89	11.11	
Monthly Income			
10,000-14,999	557	69.53	
15,000 – 19,999	126	15.73	
20,000-24,999	55	6.87	
25,000 and above	63	7.87	
Address			
Barangay	573	71.53	
Municipality	137	17.11	
City	91	11.36	
Total	801	100	

Sex. Majority of the respondents were females. There were 263 (32.81%) were males.

Age. Most of the respondents were between 19 to 21 years old. The rest were below 18 years old and 22 years old and above.

Year Level. Data revealed most of the respondents were first year followed by the second year. The fourth year was the smallest group.

Monthly family income. Majority of the respondents had income from 10,000-14,999 and it seemed there were more that belong to bracket 25,000 and above indicating some have better and sufficient income monthly. It can be assumed that some can even afford better living.

Address. Results revealed majority reside in barangay and some preferred to live in the city.

4.2 Insights of students towards family dynamics

The data on insights of students towards family dynamics was categorized as:

Table 2. Insights of students towards family dynamics

Building a strong family bond	Frequency	Percentage
A. Open communication	303	37.82
B. Quality time together	244	30.46
C. Respect for each other	237	29.58
D. Shared values	17	8.86
Respondent's role on their family dynamics in times of conflict		
A. Mature one	375	46.82
B. Peacemaker	279	34.83
C. Rebel	76	9.49
D. Leader	71	8.86
Difference that respondents' wish about their family		
A. Parents/relatives	243	30.34
B. Social Status	242	30.21
C. Economic Status	186	23.22
D. Educational status	130	16.23
Respondents' wish that it was better in their family.		
A. Parenting style	53	6.62
B. Financial capability	412	51.43
Siblings care/treatment	125	15.61
Family relationship	211	26.34
Qualities that the respondents value most in their family.		
A. Empathy	82	10.24
B. Humor	225	28.09
C. Honesty	357	44.57
D. Reliability	137	17.1
Which family member are you closest to?		
A. Parent	500	62.42
B. Sibling	196	24.47
C. Grandparent	74	9.24
D. Others cared as parents	31	3.87
The biggest challenge that families face today		
A. Work-life balance	220	27.47
B. Technology use	81	10.12
C. Disconnection	78	9.73
D. Financial pressures	422	52.68
Ways of expressing love within their family		
D. Quality time	377	47.06
B. Acts of service	239	29.84
C. Gift giving	94	11.74
A. Words of affirmation	91	11.36
Perception on the way family dynamics change over time.		
A. As children grow up	380	47.44
B. With major life events	164	20.47
D. As relationships evolve	150	18.73
C. Due to external circumstances	107	13.36
Total	**801**	**100**

Building a strong family bond. Communication and quality time were crucial for building family relationships, while respect and shared values were less emphasized. Effective communication reduces misunderstandings and conflicts. Engaging family members for their opinions boosts self-esteem and strengthens relationships, fostering social support, affection, guidance, and reducing stress.

Respondent's role in their family dynamics in times of conflict. The majority of respondents acted as mature peacemakers, while others acted as rebels and leaders. They preferred peaceful arguments, demonstrating experience and knowledge. Family bonds and obligations remained strong, supported by better attitudes and filial relations, rather than being concerned with authority (Thomas et al., 2017).

Difference in respondents' wishes about their family. The study found that respondents preferred different parents, relatives, and social statuses, with economic status being the most preferred. The study also revealed that family members often regulate each other's behaviours through social control, which some dislike, leading to grudges and causing conflict.

Respondents' wish that it was better in their family. The study reveals that respondents wish their family's capability to be high, indicating a need for financial improvement to meet their needs. Financial difficulties significantly impact families and children in poor families. Social workers can help address these issues by promoting financial well-being. However, limited knowledge about contexts and evidence-based interventions often focus on money management. Additionally, parenting styles and family relationships are identified as areas for intervention.

Qualities that the respondents value most in their family. The data as to qualities of family that the students value most constituted honesty and humour. It was followed by reliability and empathy. Honesty is crucial for fostering loyalty, solidarity, and respect. Parents, teachers, and school authorities should motivate students to follow rules and promote moral values in schools to instil the benefits of honesty for students, the school, and society.

Which family member are you closest to? The research also gathered data about members of whom they are closest. The research by Xiaoying (2016) and Lorence et al. (2019) found that family bonds in contemporary China remain stable despite changes in values and attitudes since the 1980s exposure to industry. Deep affinity relations focus on economic and moral support for parents and their children. Despite changing attitudes and behaviour, the string bonds between family members remain unchanged. Parents are able to curb behavioural problems despite influential factors affecting their behaviour. They also exert efforts to scrutinize personal, family, and societal patterns and adopt potential parenting styles for better family relationships.

The biggest challenge that families face today. The study found that financial pressures and work-life balance are the leading factors causing challenges for families in the current generation. Technology and disconnection were also identified as significant factors. Parents are struggling to balance work and family obligations, which can affect family relations. The study also identified three profiles of adolescents based on external and internal behaviour problems: adjusted, external, and internal maladjustment. Remedial strategies based on attitudes and behaviours problem profiles were recommended. The findings also highlighted the need for personalized initiatives and evidence-based approaches for teenagers dealing with stressful life events. These findings align with Hogue et al., (2015) research on teenage attitude problems.

Ways of expressing love within their family. Students show love by dedicating time to family members, giving service, gifts, and endearing words. They also socialize, apologize, and express gratitude for small gestures. Family bonds significantly impact well-being throughout adulthood, and strain can lead to disagreements and conflicts. Understanding family dynamics and addressing various structures can help mitigate the benefits of relationship stress. Family dynamics involve interconnections, functions, duties, and belongingness among relatives, contributing to the formation of family ties.

Perception on the way family dynamics change. The student's assumption as to how family dynamics change was that it changes as children grow up with major life events. However, unhealthy family dynamics can ruin a student's life and future. Thus Grevenstein et al., (2019) emphasized family relationships form social relationships that enable the formation of notable personalities and promote building societal abilities and the capacities to the demands of society. Unhealthy family dynamics can negatively impact a student's life and future. Grevenstein et al. (2019) emphasize the importance of family relationships for psychological health, quality of life, adaptation, and well-being. Hogue et al. add healthy connections within the family for growth and welfare. Routine structuring, love, support, communication, and stimulation are the cornerstones of effective parenting, involving boundaries, guidelines, and daily activities.

4.3 Factors that Influence Family Dynamics

Table 3 reveals factors influencing family dynamics, with the top five being the parent-child relationship, strict parents, family member traits, earlier generations' dynamics, and the number of children. The quality of parent-sibling relationships is crucial for family dynamics, and parenting styles greatly influence sibling characteristics. Family ties and obligations endure despite changes in beliefs and behaviours, and family members provide financial, emotional, and physical assistance, causing stress or security. Further, siblings form the longest close relationship, influencing personality development. Older siblings often display rivalry and dominance, while younger individuals admire their siblings. Family feuds arise from competing for parental approval. Nearly 75% of children in the 3–5-year-old age range experience sibling rivalry, characterized by competition, jealousy, rage, and even hatred. Factors such as children's ages apart, parental attitudes, and favouritism also impact these behaviours. To prevent sibling conflict, parents should provide equal affection, educate children according to their developmental stage, use various parenting techniques, and determine the best time to have children over two years.

Family dynamics are influenced by the presence of earlier generations, including Gen X, Y, and Z. Gen X experienced socioeconomic changes and a pragmatic, independent, and sceptical outlook. Millennials, born between 1981 and 1994, preceded Generation Z and made up the Gen Y cohort. In 2019, 55% of Millennials lived in a family, compared to 66% of Gen Xers and 69% of Boomers.

Table 3. Factors that influence family dynamics

Statements	Mean	Interpretation
1. nature of the parents' relationship	4.05	Often
2. having a particularly soft or strict parent	3.74	Often
3. personalities of family members	3.73	Often
4. dynamics of previous generations (parents and grandparents families	3.51	Often
5. number of children in the family	3.50	Often
6. family values, culture and ethnicity, including beliefs about gender roles, parenting practices, power or status of family members	3.47	Often
7. nature of attachments in family (i.e. secure, insecure)	3.34	Moderately Often
8. broader systems- social, economic, political including poverty	3.29	Moderately Often
9. the 'mix' of members who are living in the same household	3.28	Moderately Often
10. level and type of influence from extended family or others	3.24	Moderately Often
11. events which have affected family members, such as an affair, divorce, trauma, death, unemployment, homelessness	3.02	Moderately Often
12. other issues such as family violence, abuse, alcohol or other drug use, mental health difficulties, other disability	2.96	Moderately Often
13. an absent parent	2.93	Moderately Often
14. a chronically sick or disabled child within the family	2.87	Moderately Often
Mean	**3.35**	**Moderately Often**

Millennials are less likely to live with a partner, a child, or both. Gen Z, born in 1995, lived through 2009. Larger families are more likely to marry young and have children quickly, leading to rule-following and low resource usage. Larger families produce more offenders and alcoholics, while smaller families produce higher IQs, academic achievement, and professional performance. Students' behaviours are impacted by events like parental affairs, psychological problems, alcohol or drug use, and chronically ill or disabled children. The current study found these factors were least to have affected student behaviour, suggesting that students rarely engage in vices and untoward behaviours due to family-related issues.

4.4 Home- Based Environment

The study reveals that a home-based environment significantly influences students' behavior, with students spending meals with their family, feeling supported by their family, enjoying activities with their family, and relying on their parents for advice. However, students also value their traditions, feel closer to extended family, prefer to mediate conflicts, and seek professional help when dealing with family issues. Parents' concern for students' problems is supported by Đurišić and Bunijevac (2017), suggesting that

schools should build relationships with parents to foster parental involvement and support. Students also depend on and trust their parents for decisions, and research on school choice aims to understand how choices affect family values and dynamics. The study also highlights the importance of parents' support for students' goals and aspirations, as socioeconomic status and basic knowledge can contribute to lower educational attainment.

Table 4. Home- Based Environment

The statements pertain to experience/situations encountered. When the situation occur, I …	Mean	Verbal Interpretation
• spend meals together with family	3.86	Often
• feel my family supports my goals and aspirations	3.85	Often
• enjoy doing the activities with my family	3.82	Often
• feel that if given another time I still prefer growing up in my family	3.81	Often
• turn to my parents for advice	3.72	Often
• help resolve conflicts within my family by talking it out	3.70	Often
• feel that my parents understand me well	3.67	Often
• Talk about some of the memories, both good and not so good.	3.65	Often
• Appreciate that my family reacts to the problems that I have experienced	3.64	Often
• like the practices of my family as to traditions and rituals	3.57	Often
• Feel close to extended family than with my own family.	3.57	Often
• prefer to play the role as peacemaker than leader in fostering family dynamics	3.54	Often
• sought professional help for family issues	3.42	Often

4.5 School-Based Environment

Students in schools often support family dynamics, recognizing the importance of optimism, self-assurance, and various roles within the family system. However, they face various personal and contextual circumstances during their school years, which can impact their development. Academic results are improved when families actively participate in their child's education, both at home and school. Social workers and educators play a crucial role in encouraging family participation, which is essential for achieving academic goals and fostering student growth. Emotional and motivational experiences during adolescence significantly influence teenagers' development, and academic self-efficacy is crucial for encouraging adaptive behaviors and improving academic achievement.

Table 5. School-based environment Statements: In school, dynamics is facilitated through my exposure to…

Statements	Mean	Verbal Interpretation
1. Manage to deal with variety of family truths while exploring patterns and possible ways to educationally move forward.	3.79	Often
2. Recognize the importance of self-confidence and optimism in healthy family relationships.	3.74	Often
3. Consider tactics that facilitates change and growth in building motivation and sense of empowerment.	3.72	Often
4. Value taking different roles or functions within the family system.	3.67	Often
5. Alternatives on ways to meet family financial difficulties and problems	3.66	Often
6. Use strengths-based approach to help family members identify their coping capacities and strengths to cope with realities in life.	3.65	Often
7. Strategies that intends to bring and provide more accurate and balanced picture to light.	3.64	Often
8. Act the role of peace-keeper in mediating and reducing tension between conflicting parents and family disagreements	3.64	Often
9. Treat economic disadvantage as way of increasing capabilities to solve problem.	3.59	Often
10. Harness goodwill and use it to facilitate positive change in the family system.	3.59	Often

11. Explore how adaptive behaviors or dynamics become functional within the family system	3.59	Often
12. Reclaim a particular behavior be utilized in favorable attention in the family.	3.57	Often
13. Approaches as means to ignore seriousness of taking risk regarding my studies	3.56	Often
14. Manage differing cultures in extended families that may create barriers.	3.52	Often
Mean	**3.64**	**Often**

Barreno and Freire (2016) highlight the importance of a well-developed family dynamic between school and parents, as it influences students' self-efficacy and ability to adapt to future academic demands. Parents' financial support is crucial for students' motivation, as it helps ease the burden on their children. Dev et al. (2023) found that financial restrictions during the pandemic had no discernible effect on academic motivation for students of any gender, ethnicity, or age. Both schools and homes have unified efforts towards fostering family and school dynamics, as success in school is not determined by socioeconomic status, grades, or teacher quality but by family involvement.

4.5 Students' Behavior as Influenced by Family Dynamics
The study reveals that students often prioritize family interests over personal matters, demonstrating care and support for family members. They also take initiative to solve family problems using a strengths-based approach. Factors that less influenced their behavior included exploring adaptive behaviors within the family system, reclaiming specific behaviors for positive attention, ignoring risk-taking in education, and managing cultural barriers in extended families. Family dynamics have multiple influences on students' behavior, with financial, relationship, health, and social network problems affecting students' behavior. Older generations may transfer problems to younger generations when faced with complex issues.

The study of Bodden and Dekovic (2016) suggested that in order to bring about positive change in the families, it is important to consistently use effective interventions and comprehend in what way these interventions can be implemented. At this point, the students take initiative of taking things independently, applying common knowledge to solve family issues using a strengths-based approach to help members cope effectively. This correlated with Heflin and Macaluso (2021) results that disclosed that currently students were more independent, engaged and exerted more effort in courses since they were empowered to deal with their studies and have been provided with opportunities to succeed during their online learning environment. This showed that students relied on their own strengths with meager assistance from parents and other members of the family. Similarly, Cai and Lian (2021) findings were similar to Heflin and Macaluso (2021) in Higher levels feeling of purpose. Academic self-efficacy and achievement motivation are exhibited by people with stronger social supports, which in turn reinforces their To put it briefly, self improvement initiative plays a major role in improving one's sense of purpose, suggesting that initiative had a significantly bigger impact than other factors. Students prioritize family interests and take initiative to solve family problems, demonstrating care and support. Factors influencing their behavior include adaptive behaviors, risk-taking in education, and managing cultural barriers. Family dynamics influence financial, relationship, health, and social network issues.

Table 6. Students' behavior as influenced by family dynamics

Statement	Mean	Verbal Interpretation
1. Disregard personal matters over family interests and needs	3.87	Often
2. Show care to parents and other members of the family	3.85	Often
3. provide support in every possible way	3.79	Often
4. Take initiatives to help solve the problems of the family.	3.72	Often
5. Use strengths-based approach to help family member cope a situation.	3.67	Often
6. Describe specifics as to what you really want.	3.65	Often
7. React to comments directed towards the family.	3.64	Often
8. Manifest trust and confidence towards family values	3.64	Often

9.	Practice independence in managing emotional problems	3.63	Often
10.	Show an open-mind in the presence of power struggles in the family	3.62	Often
11.	Uphold family honor/status when confronted with good or bad social issues.	3.62	Often
12.	Act as mediator and reduce tension in handling disagreements between conflicting parents and other family members.	3.59	Often
13.	Rely on strengths of the family to face reality and manage difficulties.	3.56	Often
	Mean	**3.68**	**Often**

4.6 Difference among Socio-Demographic Profile
Profile and Influence of Family Dynamics to Behavior of the Students
Table 7 shows significant differences in student behavior based on socio-demographic profile and family dynamics. Sex and age significantly influence behavior, while home-based and school-based environments show dissimilarity. Family income also influences behavior, but address shows no significant difference.

Table 7. Difference in the influence of family dynamics to behavior of the students considering socio-demographic profile

Sex		t	Sig. (2-tailed)	Probability
Behavior of students	Male Female	-4.663	.000	s
Home based	Sch Based	-4.613	.002	s
Age		F	Sig. (2-Tailed)	
Influence of family Dynamics	Between Groups Within Groups	4.446	.004	s
Home-based	Between Groups Within Groups	4.791	.003	s
	Between Groups	5.115	.002	s
School-Based	Within Groups			
Behavior of students	Between Groups Within Groups	6.399	.000	s
Year Level				
Influence of family Dynamics	Between Groups Within Groups	33.017	.000	s
Home-based	Between Groups Within Groups	12.463	.000	s
	Between Groups	24.213	.000	s
School-Based	Within Groups			
Behavior of students	Between Groups Within Groups	10.796	.000	s
Monthly income &	Within Groups			
Behavior of students	Between Groups Within Groups	4.340	.002	s
Address				
Influence of family Dynamics	Between Groups Within Groups	4.493	.004	s
Home-based	Between Groups Within Groups	4.040	.007	s
School-Based	Between Groups Within Groups Total = 799	5.492	.001	s

4.7 Relationship of Family Dynamics to Students'
Behavior Considering Some Variables
Table 8 shows a significant relationship between family dynamics and students' behavior, with sex, age, year level, home-based and school-based environments, monthly income, and address being the most significant factors. Factors with p-values below 0.05 were rejected, while those with p-values above 0.05 were accepted as insignificant.

Table 8. Relationship of family dynamics to students' behavior considering some variables

Variables	Categories	Pearson r	Sig. (2-tailed)	Probability
Sex	Students Behavior	141**	.000	s
Age	Influence of family Dynamics	.103**	.004	s
	Home-based	.088*	.013	s
	School-Based	.135**	.000	s
	Students Behavior	.139**	.000	s
Year Level	Influence of family Dynamics	.280**	.000	s
	Home-based	. 260**	.000	s
	School-Based	.152**	.000	s
	Students Behavior	.152**	.000	s
Monthly Income	Students Behavior	129**	.000	s
Address	Influence of family Dynamics	.083*	.019	s
	Total = 800			

5. Findings

Family dynamics are important since they affect how each member of the family feels happy and at ease on a general level. These include relationships with siblings, marital status, and existing bonds. The study determined the insights of students about family dynamics, factors that influence family dynamics, environments that affect student behavior categorized as home-based and school-based environments, students' behavior as influenced by family dynamics, as well as the significant differences and relationships among variables. The descriptive correlational research design along with a researcher-made questionnaire with a reliability of 0.897 was used to gather data from 801 students.

Findings showed that the majority of the respondents were female, between 18-21 years old, with income between 10,000-14,999 monthly and residents at the barangay. The research found that strong family bonds can be established through open communication, quality time together, respect, responsibility, and peacemaking. The most common changes in family dynamics include changing the social status of parents and relatives, parenting style, and financial capability. Honesty and reliability were valued most by respondents, while financial strains and work-life balance were cited as the largest challenges. Family dynamics change as children grow older and significant life events occur. Factors affecting family dynamics include the number of children, personality of family members, parents' relationship, and whether one parent is soft or strict. Factors affecting family dynamics include the "mix" of people living in the same home, influence from other family members, and life events like affairs, divorce, trauma, unemployment, homelessness, absent parents, or chronically ill or disabled children. The home environment's influence was found to be most significant, with spending meals with family, feeling supported, enjoying family activities, and seeking advice being top experiences.

The research shows that individuals navigate family realities, explore academic advancement opportunities, and value optimism and self-assurance. They consider strategies for personal development and take on various roles within their family. However, methods to downplay the importance of education and handling cultural differences in extended families are rarely acknowledged. Reclaiming specific behaviors can gain favorable attention.

Family dynamics significantly influence students' behavior, involving prioritizing family needs and interests, showing concern for parents and other family members, offering support, taking initiative, using a strength-based approach, responding to remarks, and exhibiting trust in family values. Less influential factors, such as sex and family income, serve as mediators in resolving conflicts, relying on the family's strengths to face challenges. There is a notable correlation between family dynamics and student

behavior, but no discernible difference exists between other factors.

5.1 Implication

Since family life contribute to the detrimental effects in almost all aspects on the child's life down the line, giving the needed attention and priority to the dynamics in the family would have a tenfold returns. When a child grows up in a dysfunctional family unit, the results could be frequent job loss, poor boundaries in relationships, and difficulty launching into adulthood. On the other hand, positive family dynamics characterized by open communication, support, and affection foster healthy development and positive self-esteem. In contrast, negative family dynamics lead to conflict, neglect, abuse, and create psychological distress and undesirable outcomes. The impact of family dynamics can continue into adulthood. Thus families have to face challenges associated with family relationship and seize every opportunity to devote quality time, practice open communication, and make the child feel that they are the most important being in the world and their future matter so much to their parents. There would be no second thoughts among them that they will wish for some aspects of the family need to change. Whatever the family lacks would be treated as a slight inadequacy if there is adequate social support from the whole family. The family would be away from vulnerability to the effects of stress, unhealthy behaviors such as overeating and smoking in adults, and obesity in children and adolescents. The challenges of parents are higher when family dynamics is dysfunctional. Children may experience stigma by their peers for the situation at home, increase the risk of becoming withdrawn and isolated within the family and around their friends. Growing up in a dysfunctional family indeed exposes children to emotional trauma that can lead to mental illness. Not surprisingly, kids without strong family bonds are more likely to have drug abuse problems. Additionally, they are more likely to develop antisocial behaviors, become aggressive, and have unsafe relationships which will be the greatest disappointments among parents. Since, the research disclosed student's perception about family dynamics. It has explicitly identified the behavior that family dynamics has cultivated and influenced both at home and school environment. Neighborhoods with lower social interactions are more prone to violence than those with more social capital and often have limited community resources and role models. These can serve as basis for formulating strategies to mitigate the challenges and grab opportunities that would foster family dynamics through better social connection, providing basic needs, and higher sense of belonging. Adopting and implementing policies and programs that support relationships between individuals and across entire communities can benefit health.

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