

# Impact of Home Environment on the Overall Well Being of An Adolescent

Sunita Mandal

Senior Nurse Educator, Sir Ganga Ram Hospital, New Delhi, India

## Abstract

Adolescence represents a transitional period of rapid biological, psychological, and social development, during which individuals are particularly sensitive to the influences of their immediate environment. Among the multiple ecological contexts that shape adolescent growth, the home environment occupies a central role in determining well-being outcomes. The present study explores the impact of the home environment on the overall well-being of adolescents, with a focus on the dynamic interplay of familial interactions, parenting practices, and psychosocial climate. The study was guided by the hypothesis that there exists no significant relationship between home environment and general well-being among adolescents; however, it was posited that empirical analysis might reveal nuanced associations.

A correlational research design was employed, drawing upon a sample of 120 adolescents (60 males and 60 females) from classes IX to XI in a private CBSE-affiliated school in New Delhi. Participants were aged between 14 and 17 years. The **Home Environment Inventory (HEI)** developed by Dr. Karuna Shankar Misra (1986) was utilized to assess ten dimensions of the psychosocial home climate—control, protectiveness, punishment, conformity, social isolation, reward, deprivation of privileges, nurturance, rejection, and permissiveness. In parallel, the **Adolescent Well-being Scale (Birlleson, 1989)** was administered to measure general well-being. Data were collected through structured questionnaires and analyzed using descriptive statistics, independent sample t-tests, and Pearson's product-moment correlation.

Findings revealed statistically significant gender differences in select dimensions of the home environment, namely punishment, social isolation, and rejection, with female participants reporting higher well-being scores compared to males. Correlational analysis indicated that six dimensions—control, punishment, social isolation, deprivation of privileges, rejection, and permissiveness—showed significant positive associations with general well-being. Interestingly, protectiveness, conformity, reward, and nurturance did not exhibit significant correlations, suggesting that certain traditionally perceived positive attributes of home environments may not directly enhance adolescent well-being in the studied context. The results challenge conventional assumptions by highlighting unexpected positive correlations between adverse home dimensions (such as punishment and rejection) and well-being, pointing to the need for further qualitative inquiry to understand cultural and contextual moderations. The study concludes that the home environment exerts a multifaceted influence on adolescent well-being, with both supportive and restrictive elements playing complex roles. The findings underscore the necessity of acknowledging cultural norms, parental expectations, and adolescent coping strategies in interpreting these associations. From an applied perspective, the research emphasizes the importance of sensitizing parents, educators, and counselors to the critical role of home dynamics in shaping adolescent development. Interventions aimed at strengthening positive parenting practices, fostering open communication, and balancing control with autonomy may significantly enhance adolescent well-being.

By demonstrating significant linkages between multiple dimensions of the home environment and adolescent well-being, this research contributes to the growing body of literature in developmental psychology and family therapy. It advocates for a more nuanced understanding of family influences in the Indian sociocultural context and calls for longitudinal and mixed-methods research to further explore causal pathways. The study carries implications for policy makers, school administrators, and mental health professionals, particularly in designing culturally responsive strategies to support adolescents during this formative life stage.

**Keywords:** Adolescents, Home Environment, Well-being, Family Dynamics, Psychological Development