

**FAMILY FUNCTIONING AND PERSONALITY TRAITS: THE
MEDIATING ROLE OF EGO IDENTITY IN YOUTH**



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requirements for the award of the degree
of Masters of Science (Clinical
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Approval of Research Proposal

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Session: Fall-2022

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Dedication

To my beloved Parents, Siblings

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In the name of Allah, the Most Merciful and Generous, I am deeply thankful to Him for granting me the strength, wisdom, and opportunity to complete this research. Without His guidance, none of this would have been possible.

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List of Symbols:

α	Cronbach's alpha
SD	Standard Deviation
$\leq$	Less than or Equal to
$\geq$	greater than or Equal to
B.....	Unstandardized Coefficient
SE.....	Standardized Error
p... ..	Significance Level
%.....	Percentage
f	Frequency
β	Beta
n.....	Sample size
N.....	Size of participants

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ABSTRACT

This study explores the relationship between family functioning, ego identity, and the Big Five personality traits in youth. The sample consisted of 600 university students, with a mean age of 20.89 (SD = 1.97). The gender distribution showed a slightly higher proportion of males (52%) than females (48%), and participants from joint families (51.7%) slightly outnumbered those from nuclear families (48.3%). A total of 600 university students were selected through random sampling methods, and a correlational research design was employed. Data was gathered through questionnaires measuring family functioning using the Family Assessment Device (FAD-60, Tan, Kendis, Fine, & Porac, 1983), ego identity via the Ego Identity Scale (Epstein et al., 2015), and the Big Five personality traits through the IPIP-BFM-20 (Topolewska, E., Skimina, E., Strus, W., Cieciuch, J., Rowiński, T. (2014) . The reliability of the scales was confirmed with Cronbach's alpha values of 0.91 for family functioning, 0.88 for ego identity, and ranging from 0.73 to 0.89 for personality traits, ensuring the internal consistency of the instruments. The study aims to investigate the impact of family dynamics on the formation of ego identity and personality traits, with a particular focus on the mediating role of ego identity. Statistical analyses, including correlation and mediation tests, were conducted using SPSS-29. Results indicated a negative correlation between family functioning and personality traits, suggesting that family functioning (general functioning) is associated with higher levels of extraversion, agreeableness, conscientiousness, emotional stability, and intellect. Moreover, ego identity was found to mediate the relationship between family functioning and certain personality traits, particularly conscientiousness and emotional stability. The results provide insights that can guide therapeutic interventions and policy development. Additionally, educational institutions and family counselors can use these findings to support youth in environments where family dynamics might negatively impact their personal development.

Keywords: Family functioning, Ego identity, Big five personality trait