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Arab Family Communication Patterns and Social Adaptation: The Case of Arab Students in Higher Education in Israel

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Abstract

The main idea behind the purpose of this research is to allocate the bindings which relate to the impact of family communication patterns on adolescents' social adaptation at school in the Arab sector within Israel. Although many generalized studies, as well as findings, have been presented concerning this domain, they have mainly been addressing the generalized version of it, without presenting much focus on the area of Israel's Arab sector. Therefore, the study was aimed at determining impact of family communication patterns on adolescents' social adaptation at school in the Arab sector in Israel. For this purpose, the study conducted surveys and interviews from parents, students, teachers and school principals. Furthermore, the statistical analysis has been used in following that includes frequency analysis, descriptive statistics, correlation analysis, normality of dependent variable, and ordinary least square (OLS) to address the research questions pertaining to empirical investigation. Meanwhile, to analyse the interviews data, the thematic analysis technique was applied to address the research questions pertaining to qualitative aspect of the study. The empirical findings of the study suggests that there is a significant and positive impact of family communication patterns on the social adaptation at school in Arab sector Israel. Meanwhile, similarly findings from the thematic analysis suggests that family communication pattern play an important role in Arab culture that influence the social adaptation in the schools. Meanwhile, the study also provide recommendations and practical implications based on key findings and intervention program.

Keywords: Family Communication Patterns, Social Adaptation, Arab society in Israel,

1. Introduction

The topic of "The Impact of Family Communication Patterns on Adolescents' Social Adaptation at Schools in the Arab Sector in Israel" is a significant area of study as it explores the relationship between family communication patterns and the social adaptation of adolescents in the Arab sector in Israel. Adolescence is a crucial developmental stage during which individuals experience rapid physical, cognitive, and emotional changes, and they are also more susceptible to the influence of their social environment (Pigaiani et al., 2020). Therefore, it is essential to understand how family communication patterns can impact adolescents' social adaptation at school, as this

understanding can inform the development of interventions that support their social and emotional well-being.

The Arab sector in Israel comprises a diverse population with unique cultural and linguistic characteristics. Adolescents in the Arab sector face unique challenges, including language barriers, cultural differences, and discrimination, which can affect their social adaptation at school (Diaków and Goforth, 2021). In addition, family communication patterns can also play an important role in shaping adolescents' social adaptation at school. Family communication patterns refer to how family members interact and communicate with each other and can include verbal and nonverbal communication, as well as the level of openness and emotional expressiveness (Abed, et al., 2020).

Previous research has shown that family communication patterns can have a significant impact on adolescents' social and emotional well-being. For example, studies have found that open and emotionally expressive family communication patterns are associated with greater adolescent social and emotional well-being (Buehler, 2020; Yang et al., 2022). Additionally, research has also shown that adolescents from collectivistic cultures, such as the Arab culture, tend to have closer relationships with their families and place a greater emphasis on maintaining harmony in family relationships, which can affect their communication patterns (Suwinyattichaiporn et al., 2021).

However, little research has been conducted on the impact of family communication patterns on adolescents' social adaptation at school in the Arab sector in Israel. Therefore, this dissertation aims to fill this gap in the literature by exploring the relationship between family communication patterns and the social adaptation of adolescents in the Arab sector in Israel. The study will focus on the following research question: How do family communication patterns impact adolescents' social adaptation at school in the Arab sector in Israel? The results of this study can inform the development of interventions that support the social and emotional well-being of adolescents in the Arab sector in Israel. Additionally, the findings of this study can also contribute to the broader understanding of the impact of family communication patterns on adolescents' social adaptation at school and inform the development of interventions that support the social and emotional well-being of adolescents in other cultural contexts.

In conclusion, the topic of "The Impact of Family Communication Patterns on Adolescents' Social Adaptation at Schools in the Arab Sector in Israel" is a significant area of study as it explores the relationship between family communication patterns and the social adaptation of adolescents in the Arab sector in Israel. Adolescence is a crucial developmental stage during which individuals experience rapid physical, cognitive, and emotional changes, and they are also more susceptible to the influence of their social environment (Pigaiani et al., 2020). Therefore, it is essential to understand how family communication patterns can impact adolescents' social adaptation at school, as this understanding can inform the development of interventions that support their social and emotional well-being.

1.1 Background of the Study

The topic of the impact of family communication patterns on adolescents' social adaptation at school in the Arab sector in Israel is a complex and multifaceted issue that has received significant attention in the field of psychology and sociology. The Arab sector in Israel refers to the population of Arab citizens of Israel, who constitute approximately 20% of the total population and have distinct cultural, linguistic, and religious characteristics compared to the Jewish majority (Rosen et al., 2021). Research has consistently shown that family communication patterns, including both verbal and nonverbal interactions, play a critical role in shaping adolescents' social and emotional development (Cekaite, 2013). Adolescence is a crucial period of development during which individuals begin to form their own identities and establish relationships outside of the family (Noller and Callan, 2015). Thus, it is essential to understand how family communication patterns may influence adolescents' ability to adapt socially in the school setting.

One of the key findings in the literature on family communication patterns and adolescent development is that parental warmth and support are positively associated with better social and emotional adjustment in adolescents (Padilla-Walker et al., 2016; Gan et al., 2022). This includes greater self-esteem, fewer behavioural problems, and better academic achievement. In contrast, parental control and overprotection have been linked to poorer social and emotional adjustment in adolescents. In the context of the Arab sector

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in Israel, researches (Cinamon et al., 2016; Haj Yahia, 2019) have highlighted the importance of cultural factors in shaping family communication patterns. For example, many Arab families in Israel place a strong emphasis on collectivism, which emphasizes the importance of the family as a unit and interdependence among family members (Haj Yahia, 2019). This can lead to a more authoritarian parenting style, in which parents exert more control over their children's behaviours and choices. However, research also suggests that collectivistic values can also be associated with greater parental warmth and support, which can promote positive adolescent development.

Another important consideration in the Arab sector in Israel is the impact of political and socio-economic factors on family communication patterns and adolescent development (Rosen et al., 2021). For example, political conflict and violence can negatively impact family functioning and adolescent adjustment. Similarly, poverty and limited access to resources can also contribute to stress and strain within families, which may negatively impact adolescent development (Rosen et al., 2021; Lavenda, 2011). There is a significant body of research on the impact of culture on parenting styles and child development. Many studies have found that collectivistic cultures, such as those found in the Arab sector in Israel, tend to have more authoritarian parenting styles, which are characterized by high levels of control and low levels of warmth and autonomy-granting (Yaffe, 2020; Yaffe, 2021). These parenting styles are associated with negative outcomes for children, such as lower self-esteem, lower academic achievement, and greater behavioural problems.

On the other hand, research on the Arab sector in Israel has also shown that collectivistic values can be associated with greater parental warmth and support, which can promote positive adolescent development (Meir, Slone& Lavi, 2012). For example, a study by Lansford et al. (2021) found that parental warmth and support were positively associated with greater self-esteem and academic achievement among Arab adolescents in Israel. This highlights the complexity of the relationship between culture, parenting styles, and adolescent development and the need for further research to understand how these factors interact in the Arab sector in Israel. According to Zedan (2012), another important factor to consider in the Arab sector in Israel is the impact of political and socio-economic factors on family communication patterns and adolescent development. Political conflict and

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violence have been found to negatively impact family functioning and adolescent adjustment. For example, a study by Landau et al. (2015) found that exposure to political violence was associated with greater behavioural problems and lower academic achievement among Arab children in Israel. Similarly, poverty and limited access to resources can also contribute to stress and strain within families, which may negatively impact adolescent development.

In conclusion, the impact of family communication patterns on adolescents' social adaptation at school in the Arab sector in Israel is a complex issue that is influenced by a variety of factors, including cultural values, parenting styles, and socio-economic conditions. Research has consistently shown that parental warmth and support are positively associated with better social and emotional adjustment in adolescents, while parental control and overprotection have been linked to poorer social and emotional adjustment (Landau et al., 2015). In the context of the Arab sector in Israel, cultural factors such as collectivism play a significant role in shaping family communication patterns and adolescent development. While collectivistic values can lead to more authoritarian parenting styles, they can also be associated with greater parental warmth and support (Garcia et al., 2020). Additionally, political and socio-economic factors such as political conflict, violence, and poverty can also have negative impacts on family communication patterns and adolescent development (Martinez-Escudero et al., 2023). These aspects show that there is still room for improvement concerning the context of the aforementioned factors that play a key role in this regard.

The idea behind this research is to help with the facilitation of students who are keen on learning but are also those who cannot represent their thought processes on their own accord. Since there have been multiple cases of students not being able to cope with the increasing pressure of adulthood progression, there has been an issue of coping with the stress factors that also relate to this similar context. According to Imran, Zeshan & Pervaiz (2020), when progressing into the domain of adulthood, can become more tedious, and hormonal, but this is simply a contributor which can be accessed through the developments they face in the times of their growth. To better summate this essence, this study will be focusing on a specific area, namely that of Israel, and within it the course of the Arab community, which holds great significance.

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A key part of the country's population is belonging to the Arab community, and this is further divided into the two core domains of Muslim and Christian believers. Research into this factor has shown that since the years of this country's inception, there have been many riots and fights within the country where one side is constantly against the other. Just like Hindus and Muslims in the region of the Indian subcontinent, there have been riots against the Arab community especially that of Muslim origin, as the mentioned country has been facing multiple cases of fights that it has picked with its neighbouring Muslim countries (Bishku, 2013). In essence, it can be said that there is a case of relaying such information through this research so that more studies in the future can benefit from it, and so that there can be a better instance of learning from the study of other country-based domains as well.

1.2 Statement of the Problem

The main idea behind the purpose of this research is to allocate the bindings which relate to the impact of family communication patterns on adolescents' social adaptation at school in the Arab sector within Israel. Although many generalized studies, as well as findings, have been presented concerning this domain, they have mainly been addressing the generalized version of it, without presenting much focus on the area of Israel's Arab sector. This is the primary reason why this study is being constructed, and through which future studies that focus more deeply on the said topic can be encouraged by providing them with a direction into how they can manage and portray the topic in question.

1.3 Significance of the Study

Most of the research surrounding this topic has focused on a generalized, or distributed version of the research topic, which leaves a space to be filled with studies that rely on directed, and more focused areas. This is the key motivation behind the significant presentation of this study that makes it more acceptable amongst its other counterparts. Through this research, there can be a profound understanding of the statement of Arab culture within Israel, and how its way of familial communication plays a key role in the equation of adolescents'' social adaptation in schools which will help the school management groups of Israel in better relating to the facilitation of their students in a pronounced manner.

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The results which will be presented through the case of this study's primary data collection and analysis means will also be used as a supporting guide through which the research's hypotheses relating to the main topic can be both proved and highlighted for utilization, and better awareness creation on part of the educational management groups. These results will be gained through the perspective of students, which will make it all the more significant in ensuring that the concerned parties get to view an insight into the people who are they are both directly, as well as indirectly related for teaching and providing critical education.

But at the same time, the results gained will also divert through the possibility of future studies in this regard, since the aspect of secondary data collection and analysis of core literature will need to be presented in a more enhanced manner. This study mainly focuses on blending the primary findings with quantitative and qualitative means, so future studies that focus on presenting the theoretical findings in this essence will also be of critical importance, ones that will be encouraged by the presentation of this study that highlights the factual findings of the research topic.

2. Materials and Methods

The present study used a mixed methodological design to answer the study question. Mixed methodological design is an approach to research that combines both quantitative and qualitative methods in order to gain a greater breadth and scope of understanding of a research topic (Mishra and Alok, 2022). Therefore, this study used a mixed methodological design to get a deeper understanding of the influence of family communication patterns on adolescents' social adaptation at schools. For the quantitative research design, the researcher used a survey to collect data. The survey research design involved collecting data from group of people via questionnaires in order to gain an understanding of their opinions, perceptions, and attitudes (Tarnoki and Puentes, 2019). Moreover, for the qualitative research design, the researcher used interviews to collect data. Interviews are a common method used in qualitative research design (Cortina, 2020).

Qualitative Results

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The qualitative results are drawn from the interview data after applying the process of thematic analysis. The thematic analysis allowed the researcher to identify themes in the data and interpret these themes to draw conclusions. Therefore, the following themes are extracted from the interview data.

Family Communication Patterns in Arab Culture

As the interviews were conducted with Arab students from different higher education institutions, these participants were asked about their opinions on family communication patterns in Arab culture. The results suggested that a unified theme is found in the family communication patterns from the responses, which did not specifically favour the confrontation orientation in regard to FCP. According to a response from the interview participants, it suggested;

"In Arab culture, communication is typically conducted in a non-confrontational way. This means that direct communication is often avoided, as it is seen as rude or aggressive. Instead, people prefer to communicate indirectly through facial expressions and body language".

Another participant reported in the interview that;

"The confrontational orientation of Arab family communication patterns has a significant impact on the development of family dynamics. The emphasis on honour creates a hierarchical structure within the family unit, with older generations given more respect".

In addition, some interviewees also highlighted the family communication patterns in the Arab sector as follows.

"Examples of confrontational communication patterns in the Arab sector include verbal aggression, insults, and sarcasm. For example, a father might belittle his son for not meeting his expectations, or a mother might criticize her daughter for not following her instructions".

In the Arab sector, participants also reported conversational orientation in terms of family communication patterns.

"Examples of conversational communication patterns among Arab families in Israel include active listening, respect for other's opinions, and a focus on understanding rather than winning arguments".

Moreover, the responses also suggested that conversational patterns in family communication are more prominent than confrontational orientation.

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Relationship between Social Adaptation of Adolescents and Family Communication Patterns

The responses from the interviews provided an insightful understanding of the theme of the relationship between Family Communication Patterns (FCP) and the social adaptation (SA) of adolescents. Most responses highlighted that FCP does affect the social adaption of adolescents; however, it is also reported that kids in their adolescence are also under the influence of their peer group as well.

In some people's opinion, when asked about the effect of FCP on the SA, they reported that;

"Several factors can contribute to the successful social adaptation of adolescents in schools, such as having a supportive family, parental involvement in their child's education, and access to resources and opportunities to develop social skills, which are related to the family communication patterns".

Moreover, some barriers are also identified by the respondents as follows;

"there are also several barriers that can impede the successful social adaptation of adolescents in schools. It can be a lack of parental involvement and socioeconomic disadvantages. Aside from that, cultural differences may also lead to misunderstandings or conflicts between students and teachers or peers."

A few of the participants also suggested the effect of family communication patterns on social adaptation.

"The students come to school with a set of values that are mostly influenced by their family. These values can affect students to socially adapt at school."

In addition, participants also identified the relationship between the social adaptation of adolescence and their family communication patterns in terms of the behaviour of their parents. Therefore, one participant reported that;

"The way the parents treat their children is quite important in handling their social adaptation at school. Therefore it is important to understand parents' behaviour in order to help adolescents at school in terms of their social adaptation".

Aside from that, some respondents also highlighted the impact of teachers and peers on the social adaptation of adolescence at school in the Arab sector. In this regard, a respondent reported;

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"Sometimes students come with a different set of values to the schools where they have to deal with their teachers and peers who are from a different background in terms of culture and religious values. Therefore, it becomes difficult for these students to socially adapt at school".

Quantitative Results

This study focused on two main variables, which are family communication patterns (FCP)and social adaptation (SA). For the family communication patterns, this study discussed conversational (FCP_Conv) and family communication pattern confrontational (FCP_Conf) orientations.

Correlation Analysis

The following table provides the correlation coefficients along with the p-values for these relationships. Looking at the correlation coefficients, the coefficient between FCP_Conv and SA is 0.18. This value suggested that the correlation between FCP_Conv and SA is positive and weak. It implies that with an increase in one variable, the other will increase as well. A positive relationship between the two variables indicated that in a family communication pattern with more focus on conversational orientation, the social adaptation of students must enhance as well. However, as the relationship between the two variables is weak; therefore, the change in one variable due to the other variable is bound to be small. In addition, the p-value for this relationship is 0.904, which is statistically insignificant (p-value $< 5\%$).

Furthermore, the correlation between FCP_Conf and SA is -0.031. This value indicated that the correlation between these two variables is negative and small. However, as the p-value (0.833) is not less than 0.05; therefore, it implies that the correlation between FCP_Conf and SA is statistically insignificant. Another important aspect of correlation analysis is the fact that it allows for assessing the issue of multicolinearity in the data. Multicolinearity can be defined as a statistical phenomenon in which two or more predictor variables within a regression model are highly correlated with one another. As the correlation between the variables is quite low and statistically insignificant, it indicated that there is no issue of multicolinearity in the data.

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Table 1: Correlation Matrix

		FCP_Conv	FCP_Conf	SA
FCP_Conv	Pearson Correlation	1	.588**	.018
	Sig. (2-tailed)		.000	.904
	N	50	50	50
FCP_Conf	Pearson Correlation	.588**	1	-.031
	Sig. (2-tailed)	.000		.833
	N	50	50	50
SA	Pearson Correlation	-.018	-.031	1
	Sig. (2-tailed)	.904	.833	
	N	50	50	50
**. Correlation is significant at the 0.01 level (2-tailed).				

3. Discussion

Relationship between Social Adaptation of Adolescents and Family Communication Patterns

In the current study, the mixed methodology research approach allowed to understand the relationship between the social adaptation of adolescents at school and their family communication patterns. The current study's findings indicate that FCP has a significant effect on the social adaptation of adolescents at schools. In addition, the qualitative analysis also provided significant evidence of the role of peer groups in addition to family communication patterns. Previous literature in this regard helps to critically analyse the findings of the current study. Estévez López et al. (2018) proposed that children that show aggressive behaviour at school usually exhibit the same behaviour in their families as well. Looking at the findings of the current study, it is evident that respondents reported similar opinions that students come to schools with a set of values that are influenced by their families. These sets of values have a significant effect on the social adaptation of children at schools. Rosland et al. (2012) investigated in their study the family's means of communication, their socioeconomic status and conversing with each other in relation to the illnesses and initial development of children. The well-being of children in this regard is usually at stake and affects the social adaptation of children. In addition, the findings of the current study indicated that cultural difference becomes a source of conflict for children at schools in the Arab sector.

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These findings, in the light of previous literature, allow to look into a deeper issue of mental disorders among adolescents in the Arab culture. Dardas et al. (2016) suggested that in the Arab sector, adolescents have been found to be extremely depressed and with other associative mental illnesses. Cultural difference plays an important role in the mental health of Arab students at schools in Israel. In addition, cultural difference also leads to conflicts between peers contributing to the mental illnesses of Arab students in Israel. In line with this, cultural differences, peer conflict, and mental health issues all affect the social adaptation of adolescents in the Arab sector. However, the root cause of these issues is the particular family communication patterns that are widespread in the Arab communities and their households. In addition to cultural values and family values, religious values also play an important role in the social adaptation of adolescents at schools in the Arab sector, according to the current study's results. In line with this, Chen et al. (2015) suggested that most families in the Arab sector follow different religions. Students in Arab families also experience discrimination based on religion and religious values that affect their social adaptation at schools. The role of cultural and religious values is also exhibited by the findings of the current study, as respondents reported that different cultural and religious background suggests different family communication patterns, allowing for the social adaptation of adolescents to be affected by the patterns. Lastly, the communication of parents with each other is also assessed in the previous literature (Kerr et al., 2012) as part of the family communication pattern that affects the social adaptation of adolescents at schools in the Arab sector. This pattern is also identified from the findings of the current study.

4. Conclusion

The study aimed to explore the effect of family communication patterns on the social adaptation of Arab students in Israel. This study assumed a few research hypotheses, which were tested using a mixed methodology. This study concludes that family communication patterns have a significant impact on the social adaptation of adolescents at schools in the Arab sector in Israel. This study also concluded that parents have a primary role in enhancing the skills of their children for their effective social interactions in the Arab community. It is also concluded that the Arab culture has some positive aspects as

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well, which do not come off as having a positive effect on children. These aspects should be highlighted in parental training in order to inculcate high self-esteem in Arab children. This study also concluded that based on the minority status of the Arab community in Israel and the lack of conflict resolution between Arab and Israel communities in Israel, Arab children suffer from depression based on their cultural, social and religious differences. Therefore, it is important to find political solutions as well to resolve the stigmas related to the Arab community in Israel that has become the primary cause of discrimination against the Arab sector in Israel.

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