

## Relationship between the Resilience and Family Communication of Junior High School Student

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### Abstract

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Our research, related to the family and children's growth in junior high schools' technology and home economics classes in Japan, clarifies the link between students' communication with their families and their resilience. We examined how the enhancement of family communication influences children's independence. Family communication was analysed from perspectives including students' dialogue, sense of authenticity, and feelings of usefulness in family relationships. A questionnaire, composed of questions examining development of career consciousness, family communication, and self-esteem (feeling useful to the family), was administered to second-year junior high school students. A scale of resilience was specifically developed for junior high school students. Results: 1) students mostly talked to their mothers; 2) career consciousness was increased by family relationships regardless of the content of the conversation; 3) most students did not talk about plans for career or the future; 4) students who spoke frequently with their family and felt useful showed high resilience — both positive activity and self-disclosure. Thus, family communication influences resilience. Therefore, junior high schools should promote family relationships and teach methods to improve relationships in technology and home economics classes. This should help children interact with their families, cultivate their autonomy, and improve their resilience within society.

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*Key words;* resilience, family communication, sense of authenticity in family relationship,  
conversation with family