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## The hope for success among people raised in different family systems

### Nadzieja na sukces u osób wzrastających w różnych systemach rodzinnych

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**Abstract:** This work presents the results of research on the correlation between a system of a family of origin and hope for success. The research included 139 subjects, 70 women and 69 men, aged 18-35. The basic research hypothesis was the existence of a positive correlation between the system of a functional family and the right level of hope for success among people raised in that system, and a negative correlation between the dysfunctional family systems and a reduced level of hope for success. The statistical analysis of results allowed the author to draw the following conclusions: 1) the stronger the ties in the family, based on mutual acceptance and respect for rights and feelings of all of its members with space for uniqueness and individuality, the higher the level of hope for success, a sense of competence and strong will among the family-raised people; 2) if the boundaries in the family are increasingly rigid, resulting in disorganization and lack of ties, or the family functions according to a model lacking in any boundaries, i.e., space for independence and privacy, the level of hope for success, strong will or a sense of competence among the people raised in the family are reduced.

**Key words:** family systems, hope for success, strong will, sense of competence

**Abstract:** Niniejsza praca przedstawia wyniki badań dotyczących związku pomiędzy systemem rodziny pochodzenia a poziomem nadziei na sukces. Badanie objęło grupę 139 osób, w tym 70 kobiet oraz 69 mężczyzn, mieszczących się w przedziale wiekowym od 18. do 35. roku życia. Za podstawową hipotezą badawczą przyjęto istnienie dodatniej zależności pomiędzy prawidłowym systemem rodzinnym a właściwym poziomem nadziei na sukces u osób w nim wzrastających oraz ujemnych zależności pomiędzy dysfunkcyjnymi systemami rodzinnymi a obniżonym poziomem nadziei na sukces. Statystyczna analiza uzyskanych wyników pozwala na sformułowanie następujących wniosków: 1) im bardziej rodzina odznacza się silnymi relacjami, opartymi o wzajemną akceptację i szacunek wobec praw i uczuć wszystkich członków rodziny, ale w której jednocześnie pozostawiona jest przestrzeń na odrębność i indywidualność, tym wyższy poziom nadziei na sukces, poczucia kompetencji i silnej woli u osób w niej wzrastających; 2) im bardziej rodzina charakteryzuje się sztywnymi granicami, przez co jest zdezorganizowana i pozbawiona więzi lub funkcjonuje według modelu, gdzie brakuje granic, tj. przestrzeni na samodzielność i prywatność, osoby wzrastające w takich systemach odznaczają się obniżonym poziomem nadziei na sukces, silnej woli i poczucia kompetencji.

**Słowa kluczowe:** systemy rodzinne, nadzieja na sukces, silna wola, poczucie kompetencji

#### 1. Typology of family systems

The most general psychological criterion that distinguishes family systems is the correctness of their functioning. In this approach, families are divided into functional and dysfunctional families. In the psychological literature, several indicators are mentioned that

are evidence of the proper functioning of a given family system. One of such indicators is the family's ability and capability to meet the basic needs of all family members, such as: the need for love, acceptance, attachment and safety (Bereźnicka, 2014, p. 46). Another indicator of a functional family may be the system's readiness for preparing its youngest members to be independent, to socialize and undertake tasks of adulthood (Ryś, 2011, p. 67–69). One more indicator that suggests either the proper functioning or the irregularity of the family system is proper communication. In dysfunctional families, the lack of space for honest expression of thoughts or feelings results in the situation where most of the problems appearing in these families are left unsaid, which in turn creates a sense of uncertainty and loneliness among their members (Sztander, 1993, p. 10–12).

The question arises about what element of the family system's functioning or the characteristic thereof most strongly determines the family's ability and capability to: meet the basic needs of all of its members, fulfill its functions and social expectations, follow a proper communication model and enable socially adjust children raised in this family. D. Field (1996) adopted the type of boundaries (flexibility v rigidity) present in the family system, namely the boundaries between the subsystems of parents and children, as the basic criterion determining the proper or improper functioning of the family. In this way he distinguished five types of family systems, including: a functional system, which he described as a family of ties, and four dysfunctional ones, which are: a chaotic family, a family of power, an overprotective family and an enmeshed family (*ibidem*). The following presentation and characteristics of the discussed shows the importance of the quality of relations in the marital subsystem, which are a kind of matrix for the functioning of spouses under the parents-children subsystem, where the quality of boundaries is a copy of the pattern found in marriage.

### **1.1. A chaotic family**

Rigidity of boundaries of the system is manifested mainly by the lack of marital cooperation. A marriage is characterized by frequent conflicts, a mutual distance and a lack of genuine bond (*ibidem*, p. 72–73). Using nomenclature found in the typology of parenting styles, differentiated by the amount of parental affection and the degree of child control, the parental style in a chaotic family can be described as negligent or uninvolved, where the attitude towards the child lacks affection and control (Butcher, Hooley, Mineka, 2018, p. 127–128). Parents implementing the described style display indifference towards the child, neglecting his basic needs at the expense of concentration on themselves and their own need. In addition, parents are guided by their mood, which results in behavioral inconsistency. They abandon their children emotionally and physically, condemning them to their own resourcefulness or treating them brutally. The upbringing and disciplinary measures they

use are harsh, unfair, and when punishing - often inadequate to the act committed. The parents may sometimes ridicule and humiliate children and point out their mistakes in order to show their authority (Liberska, Matuszewska, 2014, p. 130; comp. also: Field, 1996, p. 74).

### 1.2. A family of power

Marriage in a family of power is based on an established hierarchy, where one of the spouses dominates, as well as on the perfectionist performance of spousal duties. However, the interpersonal relationship between them is strict and distanced. Spouses do not spend time with each other, they have frequent conflicts, and children do not see any displays of affection between them. They have a routine and task-oriented approach to their obligations (Ryś, 2001, p. 12). A parenting style adopted by parents in a family of power is authoritarian and parents display a high level of child control and a low level of parental affection. The boundaries between parents and children are quite rigid and impermeable, which leads to a lack of mutual communication, which is one-way, consisting mainly in issuing instructions, prohibitions and orders by parents, around which the child's world is focused. Authoritarian parents do not ask but they give orders without providing explanations and guidance. A child's progress and good results are not praised and appreciated, because parents treat them as a child's duty and something obvious. They are usually only critical, and a child's good behavior is never satisfactory. The time spent together by the family is associated by children with a feeling of frustration and stress as parents use it to lecture children and point out their mistakes (Liberska, Matuszewska, 2014, p. 131; comp. also: także: Ryś, 2009, p. 12).

### 1.3. A functional family

The marriage subsystem in a family of bonds is based on mutual respect and cooperation, thanks to which it copes well with crisis. The spouses forming the system of relationships are self-sufficient as individuals, i.e. they are not absolutely dependent on each other but their relationship is not distanced, they can give priority to their relationship, caring for it and spending time together. A proper communication, space for acceptance and mutual listening, as well as mutual care create a harmonious whole constituting a solid foundation for the entire family system, functioning based on the same principles (Strzeszewska, 2014, p. 109). Through cooperation, parents form a team giving the children a sense of safety. They have power in the family, set rules and expectations, but do so taking into account the needs and capabilities of children, and respecting the autonomy and individuality of each family member. The child feels safe to be him or herself, and when rebelling against parents, he or she is immediately disciplined, but not through judgment and criticism but through correction of bad behavior. This style of upbringing is defined as

authoritative, where parents show strong affection towards children, and at the same time, in a clear manner, set the standards and limits of behavior for their children (Ryś, 2001, p. 13; comp. also: Butcher, Hooley, Mineka, 2018, p. 126).

#### **1.4. An overprotective family**

The marriage system in an overprotective family usually functions without conflict, displays mutual submissiveness and resignation from independence in thought, opinion or feelings in order to achieve compromise and comfort. Children are in the center of the spouses' attention, which weakens the marriage subsystem and strengthens the parenthood subsystem (Ryś, 2001, p. 14). A parental style is mainly based on giving and giving in, which can be described as indulgent. Parents using this style exhibit a high level of parental affection and a low level of discipline and control. Although parents do not agree to everything, they are not able to enforce the defined rule. The parents' desire is to meet all needs of the children, which they accomplish by being overprotective of them, often relieving them of their duties or rescuing them from oppression, including the consequences of improper behavior. The described parental style hampers the development of individuality and responsibility in a child. Parents make almost all decisions for a child, do not set many requirements, and do not apply punishment. In performing their parenting roles, they give the impression that they need permission from their children to make parental decisions and to intervene (Ryś, 2009, p. 14–15; comp. also: Butcher, Hooley, Mineka, 2018, 126).

#### **1.5. An enmeshed family**

Marriages forming an enmeshed family system are generally unhappy, although they do not show it outside. They treat marriage as one of the social standards that requires them to fulfill specific roles of husband and wife (Ryś, 2001, p. 15). A weakened marriage relationship affects the style of parenthood in the form of excessive interference in children's affairs and their appropriation by parents to meet their own psychological needs, especially the need for attachment. The parenting style is based on the constant control of a child who is used and manipulated by one or both parent. Control methods most commonly used by parents are: accusation, preventing private thoughts by unmasking facial expressions, voice tone or body language, making the children feel guilty and backing them against the wall (Field, 1996, p. 86–87).

## 2. The notion and development of the hope for success

The hope for success is the Polish name of one of the many psychological concepts of hope created in the cognitive psychology in the 1990s, whose main author is the American psychologist Ch. Snyder. His theory is based on the assumption that hope as a mental phenomenon is not an emotion but, above all, a cognitive structure and thought process, where the affective factor, although significant in this process, is secondary, i.e. following cognition (for: Łaguna, Trzebiński, Zięba, 2005, p. 5–8).

The hope for success in the concept of Ch. Snyder is a dynamic and multidimensional thought process, consisting of three interrelated components: goal, strength and pathway. The goal is the point of destination, the pursuit; strength is energy, motivation, internal determination; and the pathway is a specific plan of achieving the intentions, strategies for achieving the goal. In other words, the hope for success in the concept of Ch. Snyder is a way of thinking, which consists of a sum of motivation and a specific strategy leading to the set goal (for: Brudek, Steuden, 2016, p. 91).

A person with hope for success has two beliefs: that he or she can initiate actions to achieve the goal and implement them despite all obstacles, and that he or she has the appropriate knowledge and skills to do so. Viewing oneself as an executor who can initiate the pursuit of a goal and persevere in it according to the chosen path is also determined by a strong will or causative thinking. On the other hand, perceiving oneself as capable and resourceful, knowing effective ways to achieve the goal is a belief about one's own knowledge and intellectual competence, which is also called directional thinking. There is a correlation between causative and directional thinking, which assumes that a person with hope on the one hand believes that he or she is able to achieve the goal, and on the other that he or she can develop methods to do so (Tomczak, 2009, p. 69–70).

The issue of hope brings to mind another important theory of hope introduced to psychology by E. Erikson, which cannot be ignored. Hope according to Erikson's concept is the individual's conviction about the surrounding world, i.e. that it is meaningful and friendly towards people, which allows the individual to search for sense in surrounding events with confidence and constantly believe in the goodness of the world and people. In Polish literature, this construct was described as basic hope (for: Łaguna, Trzebiński, Zięba, 2005, p. 5).

In E. Erikson's concept of psychosocial development, a person acquires a kind of internal strength in each of the phases of personality development - a component of a healthy personality, which determines the quality of the psychosocial life of an individual. The first and most important component is a sense of basic trust, developed in the earliest years of human life, i.e. from the prenatal period throughout the entire period of infancy. A sense of basic trust, acquired in a child's relationship with the environment, is a pervasive

attitude towards oneself and the world, as well as the ability to trust oneself and other. This trust is responsible for the emergence and development of hope (for: Brzezińska, Appelt, Ziółkowska, 2016, p. 145).

The basic condition for a child to develop a sense and prereflective belief about the friendliness of the world around is to meet the child's basic need. Owing to this, the child's world becomes predictable, safe and comfortable. A safe harbor for a child is primarily his or her emotional bond with the most important guardian, i.e. attachment, which for a child is the source of a sense of safety, care and meeting their most important biological and psychological needs (Brzezińska, Appelt, Ziółkowska, 2018, p. 174–175; comp. also: Butcher, Hooley, Mineka, 2018, p. 124).

A sense of basic trust, and according to Polish nomenclature, basic hope, is the basis for the formation of subsequent components of a healthy personality acquired by an individual in the course of psychosocial development, such as: a sense of autonomy and independence, agency and initiative as well as a sense of being competent, which are also mostly components of hope for success (Łaguna, Trzebiński, Zięba, 2005, p. 5–6). This perspective allows us to see an interesting correlation where basic hope appears as a condition and foundation for shaping hope for success (Maczak, Salata, 2010, p. 20).

Thus, the development and shaping of the foundations of hope for success takes place during early and middle childhood, through independently achieved successes. Hence, the development of hope for success will be fostered by such an upbringing style, in which the parents watch over all manifestations of independence and initiative, thus allowing a child to develop a sense of competence in the further stages of development. Controlled independence, strengthening successes and avoiding excessive criticism create a list of parental interventions, giving an individual the opportunity to develop hope for success (Brzezińska, Appelt, Ziółkowska, 2016, p. 205–207; comp. also: Maczak, Salata, 2010, p. 20).

The defined parenting styles together with parental influence assigned to them are part of the specificity of defined family system. Thus, the way a family system functions constitutes the context for the development of personal competences that create a structure of hope for success in an individual. A lack of support, excessive control, low level of discipline and making the child too dependent on the parents definitely do not favor the development of independence, initiative, a sense of agency or competence. The appropriate level of control and affection raises confidence in the situation and self-confidence of children, thanks to which they have the opportunity to develop potential opportunities, interests, creativity, openness, a sense of agency and internal control (Maczak, Salata, 2010, p. 20; comp. also: Liberska, Matuszewska, 2014, p. 131).

### **3. Own research**

#### **3.1. Objective**

The objective of the research was the empirical verification of correlations between the system of a family of origin and the level of hope for success in young adults, as well as an attempt to answer questions about gender differences among young men and women, as well as among mothers and father. Thus, before proceeding with the research described herein, the research hypothesis was formulated that the more functional the system of a family of origin, the higher the level of hope for success in young adult. In addition, as part of the comparison of men and women in terms of their levels of hope for success, the following research question was raised - which of the family systems - co-created by a father or a mother - is most strongly related to the level of hope for success in young men and young women?

#### **3.2. Manner of conducting research**

The research was carried out as part of a research project concerning different attitudes of young adult. The project was implemented at the Cardinal Stefan Wyszyński University as part of a master's degree seminar under the supervision of prof. of UKSW dr hab. M. Ryś. The research included 140 young adults, 70 women and 70 men, aged 18-35. The research was conducted using questionnaire methods in the period from April 2018 to January 2019.

#### **3.3. Research methods**

In order to obtain results in the area of the independent variable (the system of a family of origin), the Family Environment Analysis - Family of Origin (RP) by M. Ryś (separate sheets for a mother and a father of the subject) was used. Whereas, to measure the dependent variable (hope for success) the Hope for Success Questionnaire (KNS) was used, whose authors are M. Łaguna, J. Trzebiński and M. Zięba.

### **4. Statistical presentation of obtained results**

To verify the research hypothesis regarding the correlation between individual systems of a family of origin and the level of hope for success in young adults, rho-Spearman statistics was applied. At the beginning, the relation between individual dimensions of the family of origin, co-created by a mother (M) and a father (F), and individual scales of hope for success, as well as its overall level, was estimated. Tables 1 and 2 present detailed data on

the correlation between the results of individual SRP scales and the overall KNS result as well as the results of individual KNS scale.

Table 1. Correlation between the results of individual SRP-Mother scales and the overall KNS result as well as the results of individual KNS scales of young adult (N=139)

Variables	SRP - Mother				
	Chaotic	Power	Functional	Overprotective	Enmeshed
The level of hope for success	-.236**	-.218**	.256**	.074	-.187*
Ability to find solutions	-.168*	-.201**	.189*	.147*	-.219**
Strong will	-.227**	-.173*	.249**	.129	-.228**

\* correlations at the significance level  $p < 0.05$

\*\* correlations at the significance level  $p < 0.01$

Table 2. Correlation between the results of individual SRP-Father scales and the overall KNS result as well as the results of individual KNS scales of young adult (N=139)

Variables	SRP - Father				
	Chaotic	Power	Functional	Overprotective	Enmeshed
The level of hope for success	-.201**	-.104	.249**	.119	-.199*
Ability to find solutions	-.115	-.012	.162*	.055	-.182*
Strong will	-.218**	-.162*	.259**	.161*	-.177*

\* correlations at the significance level  $p < 0.05$

\*\* correlations at the significance level  $p < 0.01$

In order to obtain answers to the research questions about which of the family systems - co-created by a father or a mother - has a stronger relation with the level of hope for success in young adult women and young adult men, the rho-Spearman correlation statistics was once again applied, which examined the strength of correlation between individual family systems co-created by a father and a mother, and the level of hope for success among the subject. At the beginning, the correlation between individual family systems, co-created by a father and a mother, and the level of hope for success among female subjects, and then among male subjects was estimated. The strength of the relation between the results of individual SRP-Mother and SRP-Father scales and the overall result and the results of individual KNS scales of young adult women were presented in detail in tables 3 and 4. Tables 5 and 6 present detailed data on the correlation between the results of individual SRP-Mother scales and the overall KNS result as well as the results of individual KNS scales of young adult men.



Table 3. Correlation between the results of individual SRP-Mother scales and the overall KNS result as well as the results of individual KNS scales of young adult women (N=70)

Variables	SRP - Mother				
	Chaotic	Power	Functional	Overprotective	Enmeshed
The level of hope for success	-.089	-.113	.087	.040	-.139
Ability to find solutions	.037	-.067	-.035	-.011	-.104
Strong will	-.135	-.104	.130	.047	-.126

\* correlations at the significance level  $p < 0.05$

\*\* correlations at the significance level  $p < 0.01$

Table 4. Correlation between the results of individual SRP-Father scales and the overall KNS result as well as the results of individual KNS scales of young adult women (N=70)

Variables	SRP - Father				
	Chaotic	Power	Functional	Overprotective	Enmeshed
The level of hope for success	-.180	-.091	.155	.084	-.192
Ability to find solutions	-.019	.044	.020	-.003	-.126
Strong will	-.237*	-.152	.218*	.131	-.226*

\* correlations at the significance level  $p < 0.05$

\*\* correlations at the significance level  $p < 0.01$

Table 5. Correlation between the results of individual SRP-Mother scales and the overall KNS result as well as the results of individual KNS scales of young adult men (N=69)

Variables	SRP - Mother				
	Chaotic	Power	Functional	Overprotective	Enmeshed
The level of hope for success	-.387**	-.312**	.429**	.224*	-.285**
Ability to find solutions	-.353**	-.309**	.406**	.139	-.278*
Strong will	-.346**	-.249*	.371**	.263*	-.233*

\* correlations at the significance level  $p < 0.05$

\*\* correlations at the significance level  $p < 0.01$

Table 6. Correlation between the results of individual SRP-Father scales and the overall KNS result as well as the results of individual KNS scales of young adult men (N=69)

Variables	SRP - Father				
	Chaotic	Power	Functional	Overprotective	Enmeshed
The level of hope for success	-.202	-.130	.329**	.144	-.175
Ability to find solutions	-.180	-.087	.297**	.100	-.199
Strong will	-.179	-.179	.291*	.183	-.110

\* correlations at the significance level  $p < 0.05$

\*\* correlations at the significance level  $p < 0.01$

## 5. Psychological analysis and discussion about the results

Verification of the research hypothesis regarding the relation between a particular system of a family of origin and the level of hope for success in young adults confirms the truth of the assumption that as the parents display more healthy control and warmth towards children, the children raised in such an atmosphere develop stronger hope for success, conviction of their knowledge and competences and determination and certainty as to their abilities in achieving the intended goal (tables no. 1 and 2). Whereas, the more the type of family created by parents deviates from the correct model of its functioning, the lower the level of hope for success in people growing in it. The less warmth the parents give their children, adopting the position of superiors rather their guardians towards their children or abandoning them emotionally and ignoring their needs, the more the people growing in such a system manifest a deficit of: hope for success, a sense of competence, as well as a strong will and determination in pursuing the goal (tables no.1 and 2). The situation looks similar in a dysfunctional family, where the parents show too much affection towards their children, in extreme forms constantly monitoring the children and making the children dependent on them. The less boundaries is set in the functioning of a family, thus resulting in less space for autonomy and privacy, the more the people raised in such families display a reduced level of hope for success and belief in their knowledge and competence, as well as a lack of determination and confidence in their capabilities to achieve the intended goal (tables no. 1 and 2).

Thus, the way a family system functions constitutes the context for the development of personal competences that create a structure of hope for success in an individual. The appropriate level of control and affection raises confidence in the situation and self-confidence of children, thanks to which they have the opportunity to develop potential opportunities, interests, creativity, openness, a sense of agency and internal control. In turn, lack of support and help, excessive control and making the child dependent on the parents definitely do not favor the development of independence, initiative, sense of agency and competence (Maczak, Salata, 2010, p. 20; comp. also: Liberska, Matuszewska, 2014, p. 131).

Particularly noteworthy is the result indicating a stronger correlation between a mother than a father in almost all dysfunctional family systems and the level of hope for success in young adults (tables no. 1 and 2), which would mean that a wrong attitude of a mother, rather than a father, has a stronger destructive effect on the personal child's development in the aspect of hope for succes In their attempt to justify this correlation, one can refer to the concept of basic trust, i.e. the attitude toward oneself and the world, as well as the ability to trust oneself and other This trust is responsible for the emergence and

development of hope. For a child to develop a sense of basic trust it is fundamental to meet his or her basic needs, which is guaranteed by a safe harbor for the child, being primarily his or her emotional bond with the most important guardian, the guardian usually being a mother. Thus, an immature and dysfunctional mother seems to play a more serious role in personal development of a child in terms of hope for success than an immature and dysfunctional father (Brzezińska, Appelt, Ziółkowska, 2018, p. 174–175, comp. also: Butcher, Hooley, Mineka, 2018, p. 124).

In addition, despite the growing social awareness of the importance of a father's role in a child's life, a mother is still the one who is more involved in a child's upbringing, also in the field of preparing him or her for their future task. Hence, a dysfunctional mother leaves a greater impact on the child due to a lack of sense of competence, willpower and hope for success (Senko, 2015, p. 73–75; comp. also: Kopec, 2013, p. 78–80).

An unexpected result, indicating a positive correlation, appeared in a relation between the system of an overprotective family represented by a mother and an ability to find solutions, as well as between the system of an overprotective family represented by a father and a willpower (tables no. 1 and 2). Nevertheless, this model of a family is dysfunctional and destructive towards all family members, with parents overprotecting their children, relieving them of their duties and not allowing them to bear the consequences of their negative behavior. This excessive protection of a child at later stages shapes the attitude of egocentrism, because the attitude of parents makes them believe that everything and always will be as they wish, hence the aforementioned positive correlations between the discussed system and a willpower and an ability to find solutions may indicate certain egocentric tendencies, manifested in the form of an excessive belief in their competences and capabilities in people who have received overprotective upbringing (Butcher, Hooley, Mineka, 2018, p. 127; comp. also: Field, 1996, p. 62–63).

The purpose of analyzing the results obtained, in addition to verifying the research hypotheses regarding the correlation between the studied variables, was also the attempt to answer research questions related to gender difference. As part of comparison between men and women, the author tried to find out which of the family systems - co-created by a father or a mother - displays a stronger correlation with the level of hope for success among young men and young women? Regarding the question about which of the family systems - co-created by a mother or a father - has a stronger correlation with the level of hope for success in young women and men, the analysis of the results obtained (tables no. 3, 4, 5, 6) leads to a general conclusion, that in case of young men, a mother affects them more strongly than a father in relation to their level of hope for success, while a father has a much stronger influence on the level of hope for success in young women.

A mother's dysfunctionality displayed in the form of emotional abandonment, excessive control and too strong relationship with her son weakens his belief in his

competences and capabilities in achieving the intended goal. And where a mother displays the right amount of warmth and control towards her son, she strengthens his sense of agency, helping him develop the correct image of himself as a person who can achieve the intended goal and knows how to do it. The same belief about himself is also shaped in a man by a mother who creates the system of an overprotective family, which can be explained by the fact that perhaps excessive protection of a son and rescuing him from all oppressions generates in him a stronger conviction of an egocentric nature, that everything and always will be as he wishes. In turn, a father, creating a system of a chaotic, enmeshed and functional family, has a stronger influence than a mother on a strong will in young women. Trying to justify the results described above regarding the level of hope for success in young men and women, one can refer to the gender diagonal related to building a self-image by a woman and a man on the basis of messages received from their father and mother. Therefore, a son draws the basic message concerning the positive or negative direction of the development of his belief in his competences, knowledge and possibilities from his mother, while the daughter builds a picture of herself as persistent and determined based on the message obtained from her father. This concept is substantiated by research results and suggests that the direction of self-perception's development in terms of beliefs, among others, about one's abilities and capabilities depends on messages received from the parent of the opposite sex, the first and most important representative for a man being his mother, and for a woman her father (Jagięła, 2007, p. 91-92).

### **Conclusion**

The results presented above support the existence of the expected relations between a particular system of a family of origin and the level of hope for success in young adult. The obtained results reflect the research hypothesis concerning the existence of a positive correlation between a functional family system and the right level of hope for success among people raised in the system, and a negative correlation between dysfunctional family system and a reduced level of hope for success.

Despite the significant number of scientific works concerning issues related to the family, its strength and impact on the personal development of an individual, the results of the above-mentioned own research presented above confirm the need for further exploration of this issue, because many questions have not been clearly answered. It is worth carrying out research on people brought up by one parent in order to verify the irreplaceable specific relation between the contribution of both a father and a mother to the child's personal development and their gender. The issues related to the role of siblings or grandparents in the context of building individual beliefs about oneself and one's competences seem very interesting.

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