

The Mediating Role of Self-Esteem and Self- Control in the Relationship between Family Functioning and Compulsive Buying Behavior of Female Adolescents

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Abstract

The aim of current study was to investigate the mediating role of self-esteem and self- control in the relationship between family functioning and compulsive buying behavior. The research design was descriptive – correlational. From the female adolescents’ population of Nourabad high school students in academic year of 2019-2020, a total of 307 subjects were selected via multistage cluster sampling method and were tested by Family Assessment Device, Edwards Compulsive Buying Scale, Self- control Questionnaire and Rosenberg Self-esteem Scale. To analyze the data structural equation modeling were conducted. The results showed that the mediating role of self-esteem and self-control in the relationship between family functioning and compulsive buying behavior was significant. Based on the findings, it can be concluded that family functioning, self-esteem, and self- control are important factors affecting female adolescents’ compulsive buying Behavior.

Keywords: Compulsive buying behavior, family functioning, self- control, self- esteem.

Introduction

For some people and in certain situations, shopping may be unplanned, sudden, and accompanied by a strong urge to feel pleasure or excitement. This type of repetitive, chronic and extreme buying behavior is known as compulsive buying behavior (Yuen, et al., 2020). A review of the research literature shows that compulsive buyers experience adverse consequences such as feelings of guilt and remorse, academic dysfunction, financial problems, family conflicts, negative parenting, eating and sleeping disorders, and even suicide attempts (Atulkar & Kesari, 2018). Therefore, it is important to identify and characterize the factors that influence compulsive buying behavior. A substantial body of literature has established the links between family functioning and subsequent compulsive buying behavior (Kroplewski, et al.,2019; Buehler, 2020). Family functioning encompasses a range of family constructs that reflect the nature of family relationships, cohesion and adaptability, sharing of decision making, mutual growth and self-fulfillment, caring and loving relationships, the commitment to share space, time and wealth, disclosure (Baden Sherrill, et al., 2018). Nevertheless, the perception of family functioning does not always result in compulsive in buying behavior as the development of abnormal behaviors may involve other intermediary mechanisms jointly responsible for such a relationship. Based on research literature some variables including self-esteem (Adamczyk, et al., 2020) and self-control (Cui, et al., 2018) have mediated relations between family functioning and compulsive buying behavior. Although an enormous amount of research is in line with the notion that

family functioning could predict adolescents' compulsive buying behavior, studies that have tested the mediating role of self-esteem and self-control are minimal. Above all, the current study aimed to investigate the mediating role of self-esteem and self-control in the relationship between family functioning and compulsive buying behavior.

Method

The study was a descriptive-correlational. Its population included female adolescent students at public high schools in Nourabad, Iran. Using the multistage cluster sampling method, 307 high school students were selected. The following instruments were administered.

Family Assessment Device (FAD): A 60-item FAD with value of 1 to 4 for each answer ranges from 60 to 240 for the total score. Epstein, et al. (1983) had confirmed its validity and reliability across different populations. The internal consistency of FAD at the present study, was $\alpha = 0.83$.

Edwards Compulsive Buying Scale (ECBS): The ECBS is a 29-item with a 5-point Likert-type response format ranges from 29 to 145 score. In Edwards (1992) study, the Cronbach's α of the scale was 0.91. In the present study, the ECBS had internal consistency with Cronbach's α 0.82.

Self-control Questionnaire (SCQ): The SCQ is a 36-item based on a 5-point Likert type score ranges from 36-180. Its internal consistency of Cronbach's alpha (0.83–0.89) reported by Tangney, et al. (2004). In the present study, the SCQ had internal consistency with Cronbach's α 0.80.

Rosenberg Self-esteem Scale (RSES): The RSES is a 10-item, with response ranging from 0-3. Rosenberg (1965) reported that its internal reliability was adequate. In the present study, the RSES had internal consistency with Cronbach's α 0.81.

Results

Mean, standard deviation, and correlation coefficients are presented in Table 1. The results showed that all relationships were significantly positive at $P < 0.01$. Therefore, based on the significance relationship between the variables, the necessary condition for investigating the mediating role of self-esteem and self-control is fulfilled.

Table1. Descriptive statistics and correlation matrix

Variables	Mean	SD	1	2	3	4
1) Family Functioning	109.21	12.86	1	-	-	-
2) Self-esteem	4.89	3.51	-0.47**	1	-	-
3) Self-control	85.37	9.04	-0.39**	0.42**	1	-
4) Compulsive Buying Behavior	73.62	7.39	0.21**	-0.58**	-0.52**	1

$P < 0.01^{**}$

Prior to conducting structural equation modeling, it was ensured that its basic assumptions, such as adequacy of the sample size, data distribution normality, and multi-collinearity, were

established. The research model of the relationship between family functioning and compulsive buying behavior mediated via self-esteem and self-control is shown in Figure 1 based on standardized coefficients (β). As shown in Table 2, the proposed model had a good fit based on fitness indices.

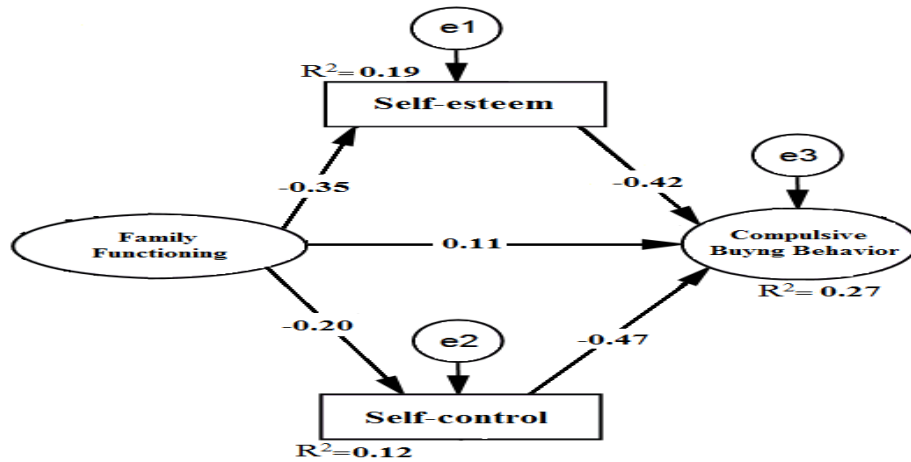


Figure1. Model of the mediating role of self-esteem and self-control

Table2. General fit assessment indices of Model

Indices	GFI	AGFI	CFI	NFI	CMIN/DF	RMSEA
Model values	0.93	0.87	0.94	0.91	2.73	0.04

The parameters of the direct and indirect relationship measurement in the research model (Figure 1) show that the direct effect of family functioning on self-esteem ($\beta = -0.35$, $P < 0.01$) and self-control ($\beta = -0.20$, $P < 0.001$) were negatively significant. Moreover, the direct effect of family functioning ($\beta = 0.11$, $P < 0.01$), self-esteem ($\beta = -0.42$, $P < 0.001$) and self-control ($\beta = -0.47$, $P < 0.01$) on compulsive buying behavior were positively significant. Also, the mediating role of self-esteem ($\beta = 0.14$, $P < 0.0$) and self-control ($\beta = 0.09$, $P < 0.01$) in the relationship between family functioning symptoms and compulsive buying behavior was significant.

Discussion

The results showed that family functioning had a significant positive effect on compulsive buying behavior in adolescents, which is consistent with the results of previous research (Buehler, 2020). Also, the findings showed that family functioning through self-esteem and self-control had a significant effect on compulsive buying behavior, which is in line with other studies (Adamczyk, et al., 2020; Cu, et al., 2018). A possible explanation is that inappropriate family functioning can reduce adolescents' sense of worth and efficacy, which are important aspects of their self-esteem and self-control, and as a result, they are more vulnerable to the challenges and stressors of

adolescence, therefore adolescents try to cope with their negative conditions by excessive buying as a short-term remedy to relieve stress (Kroplewski, et al., 2019). In case they are relieved from buying, they are more likely to regard the excessive buying a beneficial coping strategy that contributes to potential dependence and automatic activation. The cross-sectional design, which is not the best way to evaluate causal relations, limits the results. Future longitudinal research is needed to further ascertain the particular directions and relationships among these variables. Limitation aside, the present study provided some practical implications. The findings of this study could help to guide targeted preventions and interventions for compulsive buying behavior in female adolescents. Thus, mental health practitioners can educate students about the potential harms of low self-esteem and self-control and guide them to set self-reinforcing goals to monitor their frequency and duration of compulsive buying behavior.

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Acknowledgments

I would like to extend sincere gratitude to the staff and students of the public schools of Nourabad and others who assisted me in this research.

Funding

This research did not receive any specific grant from funding agencies in the public, commercial, or not from profit sectors.