

## Abstract

The present research was carried to explore the predictive relationship between family functioning, distress tolerance and resilience in adolescents. For this purpose correlational research design was used and a sample of N=663 students was selected through online and in-person using convince sampling. The instruments used to collect data were Family Assessment Device (Epstein, Baldwin and bishop, 1992), Distress Tolerance Scale (Simons & Gaher, 2005) and Resilience Scale (Summaya Anwar & Iffat Batool, 2016). All the scales were available in Urdu version and were used for students convenient. Data was statistically examined by using Pearson product moment correlation, multiple regression, independent sample t-test, and ANOVA. A highly significant positive correlation was found between family functioning, distress tolerance and resilience. Regression was used to predict the family functioning on distress tolerance and resilience. Findings of the research also indicated significant gender difference in family functioning, distress tolerance and resilience of adolescents. Significant difference was found in the resilience of first born and last born. Result of one way ANOVA indicates difference in the distress tolerance and resilience of matric, intermediate and undergraduates. Significant difference was found between in general functioning, problem solving and affective response subscale of the family functioning. Results also indicated the difference in tolerance and appraisal subscale of distress tolerance of matric and intermediate students. Significant difference was found on adventure scale of resilience in education. Significant difference of family relationship on family function, distress tolerance, resilience, general functioning, problem solving, affective response, tolerance, regulation, appraisal, determination and self-reliance was found. Significant family income difference found in the family functioning and distress tolerance, behavior control, problem solving, family roles, affective response tolerance, regulation, absorption and emotional regulation of adolescents.

*Keywords:* Family functioning, Distress tolerance, Resilience, Relationship, Difference, Prediction