ABSTRACT

The family has structures and diverse functions that differ in the different countries and cultures. This rich variety of the family structures is consequence of individual options and of social values. The structures and family functions change and they constantly adapt to the social tendencies and of the external atmosphere. However, whatever changes are, the family concept survives as important social unit in almost all the societies.

Self-esteem is the developable capacity to experience the existence, we are aware of our potential and our real necessities; to love us unconditionally and to trust in ourselves to achieve objectives, independently of the limitations that we can have or of the external circumstances generated by the different contexts in those that concern us to interact.

Self-esteem is one of the bases for the personal success and protective factor for diverse pathologies in mental health. Since the adolescence is a stage, both physical and psychological, significant changes. It can be thought that there is a high vulnerability stage, when someone is more prone to present alterations in self-esteem and develop pathologies of mental health (addictions, dysfunctions of the alimentary behavior, depression, etc.)

In this work, we find that it can be considered the family dysfunction as a factor inspector in the self-esteem development and in the negative aspect (risk factor) for the self-esteem of the adolescents. We found adolescents who present low levels of self-esteem have in relationship direct degrees of family dysfunction what should be studied more deeply.

Key Words: family, adolescence, self-esteem, family dysfunction.