

MILY

Introduction of Family : Family is a group two , three or more persons living together in one home . Family can be small ,nuclear or joint family types according to the number of members in the family .Family relationship can be because of the variety of connections like blood ,marriage ,adoption etc among members of the family .family plays great role in preparing the new generation child for whole life in the community .



Meaning of Family :

The family is the most important primary group in society .The family is an institution is universal .It is a social phenomena .The family is a primary group consisting ordinary of father , mother , one or more children and sometimes near or distant relatives .

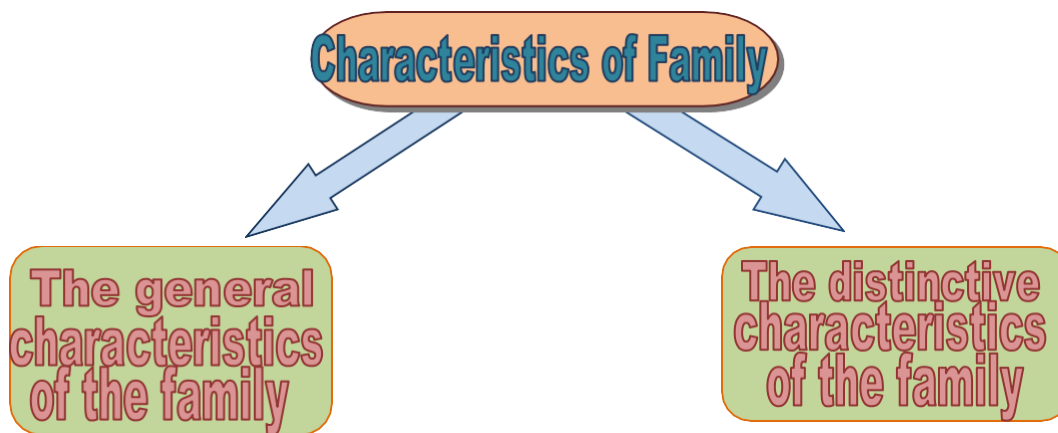
Definition of Family

1. **According to Eliot and Merrill** “Family is the biological , Social unit , composed of husband , wife and children” .
2. **Ogburn and Nimkoff** say that “family is a durable association of husband and wife or without children or of a man or women alone ,with children”

3. **According to the MacIver** “ Family is a group defined by a sex relationship sufficiently precise and enduring to provide for the procreation and upbringing of children “.
4. **According to the UN** : The family is define in international law and policy as “The natural and fundamental group unit of society “
5. **According to sociologist** : The family is an intimate domestic group of people related to one another by bonds of blood , sexual mating or legal ties .

Characteristics of the family: MacIver and page mention two types of characteristics . they are given below :

1. **The general characteristics of the family**
2. **The distinctive characteristics of family**



- | | |
|--|----------------------------------|
| ➔ A mating relationship | ➔ Universal |
| ➔ A from of marriage | ➔ Emotional |
| ➔ bias A system of nomenclature | ➔ Limited size |
| ➔ Selection of mates | ➔ Formative influence |
| ➔ A way of tracing | ➔ Nuclear position in the |
| The descent | social structure |

⇒ **Common residence**

⇒ **An economic provision**

⇒ **Responsibility of the members**

⇒ **Social regulations**

⇒ **The permanent and**

Temporary nature of the Family.

Type of the family : family are classified in various ways . They are :

1. **On the basis of marriage** : It has been classified into three major types .
 - i. Polygamous or polygamous family
 - ii. Polyandrous family
 - iii. Monogamous family
2. **On the basis of birth** : It has been classified into two major types
 - i. Family of orientation
 - ii. Family of procreation
3. **On the basis of residence** : It has been classified into three types
 - i. Matrilocal residence :
 - ii. Patrilocal residence
 - iii. Changing residence
4. **On the basis of Ancestry or descent** : it has two types :

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i. Matrilineal family

ii. Patrilineal family

5. On the basis of nature of relation :

i. Conjugal family

ii. Consanguine family

6. On the basis of authority : it has two types

i. Matriarchal family

ii. Patriarchal family

7. On the basis of size or structure : it has 3 types

i. Nuclear family

ii. Joint family

iii. Extended family

8. On the basis of depth generation: it has 2

types i. Nuclear family

ii. Joint family

Function of the family: Family is the most important primary group in society . It is an outstanding primary group because the children develops its basic attitudes in the family . family as a social institution performs several functions .

A. MacIver classifies its functions into two types :

a. Essential or primary functions

b. Non – essential or secondary function

a. The Essential or primary function of family are

1. Stable satisfaction of sex need .
 2. Reproduction : The result of satisfaction of sex need is reproduction
 3. Production and care of children : The children at this birth is completely helpless and cannot survive without the help of family.
 4. Provision of a home : Family provides the home for its members . Children are born and brought up in homes only .
 5. Status ascribing function : that is assigned at both or assumed involuntarily later in life .
 6. Affectional function : It consist of complex and important relationships which are necessary for family members to develops as normal socially adjusted human being s
- b. Non – essential or secondary functions of the family are
1. Economic function : family fulfills all the economic needs of its members such as food , clothing ,shelter etc .
 2. Educational function : Mazzin says “ That the first lesson of child is learnt between mothers kiss and fathers care . It gives the child his /her basic training in the social attitudes and habits
 3. Religious function : The family is a center for the religious training of the children

4. Recreational function : It serves as center of all recreational activities like singing , dancing , playing , indoor games etc .

5. Protective function : Family always look after the health of its members

B.Kingsley Davis speaks of four main functions of the family are

- Reproduction
- Maintenance
- Placement
- Socialization

C. Ogburn & Nimkoff have mentioned six major formations family are.

- Affectional
- Economical
- Recreational
- Protective
- Religious and
- Educational

D. Read has described four functions of the family are:

- Race perpetuation
- Socialization.
- Regulation & satisfaction of sex needs.
- Economic functions.

Nuclear family :



Definition of nuclear family: A family unit consisting of a child or children living with two parents who are married to each other, especially when all live under the same roof is called nuclear family.

Or,

A nuclear family is a family group consisting of a pair of adults & their children's .

Function of a nuclear family:

1. Stable satisfaction of sex Need:

- The modern nuclear family continues to be the executive means of providing sexual Satisfaction to its member.
- No other agency has been able to take up this task to the satisfaction of the members.

2. Procreation and upbringing of children :

- The modern family still fulfills the functions of procreation and upbringing of children.

- The family is regarded as “ proper “ authority to produce children and to bring them up .

3. Socialization of children :

- The modern family still remain as the main architect of socializing the new born child . the child develops a self and a personality of its own mainly in its family
- Most of the social norms , values and ideas are picked up by the child in the family only
- Parents are showing more interest now –a – days giving proper social training to their children

4 .Provision of Home:

- The modern family provides for its members house to live in. Due to economic z& other. exigencies, family members may go out for some time but they spend much of their time in the home itself.
- It is happy place to live in both for parents and their children’s.

The recent trend in the modern /Nuclear family:

Recent trends in the nuclear family - The family has undergone some radical changes in the past half a century. Its structure has changed its function have been altered & its nature has been affected.

- Industrialization
- Urbanization
- Democratic ideas

- The decline of the influence of mores and the religious beliefs , and the spread of secular attitude
- The spirit of individualism and romantic love
- Economic independence of woman
- Decline in birth rate
- Divorce
- Parents –youth conflict

Advantage of the nuclear family

- 1.Privacy** ❖ The couple can get their privacy in the own house in nuclear families where as you cannot get your privacy in a joint family
- ❖ People can live their own way and can do whatever they want to
- ❖ There are no such boundaries set by elders to follow

- | | |
|------------------------------|--|
| 2.Financial stability | <p>❖ When we talk about the advantages and disadvantages of the nuclear family , then financial stability is one of the strongest point in the nuclear family</p> <p>❖ One can be financially strong because of limited expenses. There is less number of people in the nuclear family and hence less expenses</p> |
|------------------------------|--|

3.Freed om	<ul style="list-style-type: none">❖ The elders restricts younger's not to do certain task because they think this not good for them. But today's generation is very smart. They know what is good and bad for them and have enough analytical power so they don't like to restrict themselves.❖ Instead , they want their freedom so that they can do and achieve whatever they want in their life
4.Ease in moving	<ul style="list-style-type: none">❖ When you have a nuclear family , you face power problems while shifting from a house❖ You can manage your things according to you without disturbing the lives of other people❖ This is one of the major advantages of the nuclear family
5.Avoida nce of stress and discomfo rt	<ul style="list-style-type: none">❖ Some people are emotional. They cannot tolerate any kind of fun that is on them and in the joint family ,one need to have much high patience .❖ But , nuclear families has the advantage that if you live in the company of those with whom you are very comfortable then there is no need to take any stress and your discomfort also get vanished in a moment

Disadvantage of nuclear family:

1.No Care ❖ If the parents are working and children suffered from any small or big disease, then one needs to deal with it alone as they don't have elders and their family member to take care of .

❖ This is the major disadvantages of the nuclear family

❖ One is alone and feels even sicker when he sees no one around

Problem to children

❖ If the child small and needs special care ,then at that point , parents will definitely find the nuclear family not good enough

❖ They will always think that if they were in a joint family then this condition would never arise as they have other family members who can take care of the child and in the meantime they can do their work

Security and safety

❖ Security is one another disadvantage in the nuclear family ,people feel insecure in the nuclear family

❖ There are so many cases of robbery and murders and many of them are nuclear family member , as it is easier to grab someone who lives alone in a house or with less number of people

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No support

- ❖ When we talk about the advantages and disadvantages of nuclear family, support is the think one will always miss
- ❖ If there is an argument between the couple then therein no one to support anyone of them
- ❖ They have to deal with their problem alone without any support
- ❖ Sometimes due to open nature and ego, the fight results in divorce or separation because there was no one to make them understand the basis of a relationship

Joint family

Joint family is also known as undivided family and sometimes as extended family. It normally consists of members who at least belong to three generations, Husband and wife, their married and un-married children, their married and unmarried grandchildren.



Definition of Joint family

According to Kim Kapadia, "Joint family is a group formed not only of a couple and their children, but also other relations either from father's side or from mother's side depending on whether the Joint family is patrilineal or matrilineal .

Characteristics of Joint family:

1. Common residence:

- ❖ Characteristic feature of the Joint family. It implies that all the members live together one roof.
- ❖ The traditional Bangladeshi Joint family consisted of several family units. But although units lived house together in a single house .

2. Common Property:

- ❖ Another significant feature of the Joint family is that the members hold Property, both movable and immovable in common.
- ❖ The head of the household also maintain common fund, which pulls together the earnings of all the members.

3. Joint Kitchen:-

- ❖ The Presence of a joint family is also felt due to the existence of a common kitchen the spouse of the head of the family or an aged woman of the family acts as the supervisor of the other female members working in the kitchen.

Advantages of Joint family:-

- **Stable and durable:** - The Joint family is more stable and durable than the single Unit family or the nuclear family.
- **Ensures economic Progress:-** The Joint family meets the basic needs of its members food, clothing and shelter – a first condition of economic Progress.
- **Ensure economic of expenditure:** saving are Possible here since the household Purchas are done jointly.
- **Provides social security:.** The Joint family gives social security to the weak, aged, sick, infirm the unable, the disabled. And such other needy Persons.
- **Provide reaction also:-** The Joint family is in ideal place of reaction for all the members.

Disadvantage of Joint family

- 1. Society is the sufferer*
- In a joint family , members do not put in maximum affords
 - There for, their full potentials are not realized. As a results society suffers

2. In perpetuates orthodoxy

The head of the family is generally the old man who is not ready to accept changes and break customs and traditions which the family is pursuing for years

3. Leads to quarrels

- A joint family is usually unwieldy .Temperaments of members are bound to differ and in an unwieldy family, time and again interest of the members in one way or the other is bound to be forgotten
- This leads to family disputes.

Comparison between joint family and nuclear family:

Traits	Joint family	Nuclear family
Description	A type of extended family composed of parents , and their children's, spouses and offspring in one household	A social unit composed of two parents and one or more children
Qualities	Joint family is mostly helpful in developing good qualities of the individual	In a nuclear family , it is not necessary that parents can't develop good qualities in their children , but yes it is true that this becomes difficult at times
Emotion	The primary emotion is a general affectionate bond between two generations and within the members of the generations	Nuclear family is mainly based upon the emotional of parental love and sibling connection and hence the structural functionalism is fairly straightforward
Freedom	Joint family have less freedom	Nuclear family have more freedom
Financial needs- Youngster	Joint family has less financial needs Youngsters who prefer social life with	Nuclear family has more financial need. youngsters prefer freedom and less

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prefer

	better support prefer joint family	restriction choose nuclear family
Quarrels	Joint family have more quarrels	Nuclear family have fewer quarrels

MARRIAGE

Concept of marriage

- Marriage is about love between two people
- It is a fundamental building block of all human civilization
- The government recognizes marriage as an institution that benefits the public good.



Definition of Marriage

★According to Horton and Hunt: “Marriage is the approved social pattern where by two or more person establish a family”

★According to Milinowski : " marriage is a contract for the production and Maintenance of children "

A relationship in which one person is always right and the other person is the husband.

Importance of Marriage in social life:

Marriage is the Union of one man and one woman. It is personal but not private relationship with Great public significance. Marriage is good for the couple. It also provides the optimal conditions for bearing and raising children. Marriage makes as essential contribution to the common good. Some specific benefits are identified below

□ **Marriage and health :**

- On average, Husbands and wives are healthiest, happier and enjoy longer live than those who are not married.
- Men appear to reap the physical health benefits from marriage and suffer the greatest health consequences if they divorce.

□ **Marriage and wealth :**

- Married couples build more wealth on average than singles or cohabiting couples.
- Married men earn money than do single man with similar education and job histories.

- Married women are economically better off than divorce, cohabiting or never married women.

□ **Marriage and children :**

- Children raised by their own married mother and father are.
- Less likely to be poor or to experience persistent economic insecurity.
- More likely to stay school, have fewer behavioral and attendance problems, and earn four year College degrees.
- less vulnerable to serious emotional illness, depression and suicide
- More likely to have positive attitudes towards marriage and greater success in forming lasting marriage.

□ **Marriage and society :**

- The institution of marriage reliably creates the social, economic and effective conditions for effective parenting
- Being married changes people's life styles and habits in ways that are personally behavior.
- Marriage generates social Capital, The social bonds created through marriage yield benefits not only for the family but for others as well, including the larger society.

Marriage may have the following characteristics:

- ✓ Marriage is a universal social institution. It is found in almost all societies and at all Stage of development

- ✓ Marriage is a permanent bond between husband and wife. It is a designed to fulfill the social, psychological, biological and religious aims.
- ✓ Marriage is specific relationship between two individuals of opposite sex and based on mutual right and obligations.
Relationship is enduring
- ✓ Marriage requires social approval. The relationship between men and women must have social approval. Without which marriage is not valid
- ✓ Marriage establishes family. Family helps in providing facilities for the procreation and upbringing of children
- ✓ Marriage creates mutual obligations between husband and wife. The couple fulfill their mutual obligations on the basis of customs or rules
- ✓ .Marriage regulates sex relationship according to proscribed customs and laws
- ✓ Marriage has certain symbols like ring, vermilion, special cloths, and special sign before the house etc.

Functions of marriage

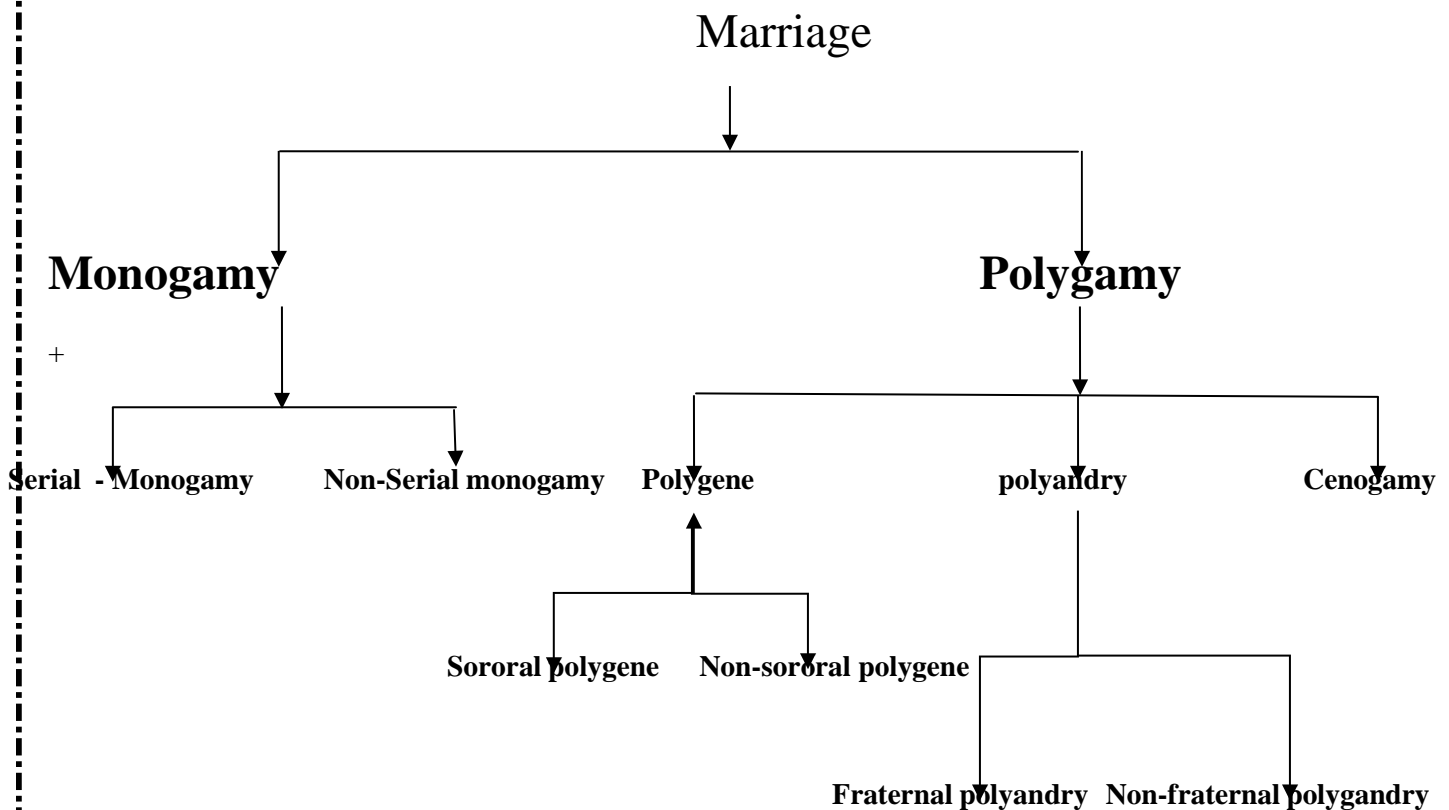
1. Procreation of children
2. Sex regulation
3. Children Socialization
4. Provide legal parents to children
5. Give economic security to women

6. Provide social security to women
7. Increase Manpower
8. Establishes joint fund
9. Fulfillment of basic needs
10. Population of the lineage

Classification of marriage:

✓ **On the basis of number of mates :**

On the basis of number of mate’s marriage maybe classified into three types .Such as Monogamy, Polygamy, and Endogamy or group marriage .This can be known from the following diagram.



Monogamy:



Monogamy is the form of marriage in which one man marriage one women. He/she can remarry another in the circumstances of divorce or death of partner. This is the most common type of marriage present in the world.

***Greek: Monos (one) + Gamos (marriage)**

Monogamy is of two types. Such as

1. Serial Monogamy
2. Non-Serial Monogamy

1) Serial Monogamy: When a person has a series of serious relationships, often made official through marriage, and often then leading to divorce and remarriage.

2) Non-Serial Monogamy: In case of non-serial monogamy the question of remarriage does not arise by either of the couple. Here a spouse has the same single spouse throughout his life.

Advantage of Monogamy Marriage:

However, Monogamy is an ideal or best form of marriage because of its different advantages which are as follows:

- It is suitable for all society and for all levels of people.
- It provides better sex satisfaction to both husband and wife.
- It promotes better understanding between the spouses.
- Children are taken proper care by parents.

Disadvantage of Monogamy Marriage:

The only disadvantages of monogamy are divorce which is resulted due to the monogamous boredom.

Polygamy:



Polygamy is a type of marriage in which there is plurality of partners .It allows a man to marry more than one woman or more women to marry one man or more men at a time.

Polygamy is of Three types, such as

- ✓ Polygyny
- ✓ Polyandry
- ✓ Endogamy or Group Marriage

Polygyny/Polygene: Polygene , marriage in which two or more women share a husband.

Polygene , the marriage of a man and two or more women at the same time ,includes analogous sororal form.

Polygene is of two types, such as

- ❖ Sororal Polygene
- ❖ Non-Sororal Polygene

(A) Sororal Polygene: It is a type of marriage in which a man is simultaneously married to one or more of his wife's sisters.

- Sororal Polygene is often called as sororate .The Latin word 'Soror' stands for "Sister".

(B) Non-Sororal Polygene : It is just opposite of the Sororal polygene

,when a man marriages several women at a time who are not necessarily sister to each other it is known as non-Sororal polygene.

Polyandry: Polyandry is a form of polygamy in which a women takes two or more husbands at the same time

Polyandry is of two types, such as

- Fraternal Polyandry
- Non-Fraternal Polyandry

1) Fraternal Polyandry: When several brothers share a common/one wife it is called fraternal polyandry.

2) Non-Fraternal Polyandry: It is just opposite of fraternal polyandry. In this, all the husband of women are not necessarily brothers.

Endogamy or Group Marriage: Endogamy is otherwise known as group marriage. In this type of marriage, means mutual marriage between several men and several women /in this type of marriage of men marry a group of women at a time. There are four well known types of endogamy

- Cast
- sub-cast
- Varna
- Tribal endogamy

On the basis of choice of mate or on the basis of mate selection

Marriage maybe divided into two types:

- i. Endogamous marriage
- ii. Exogamous marriage

On the basis of mate:

- i. **Exogamy** It is just opposite to the endogamy marriage system. This a sound marriage system which leads to the creation of healthy and intelligent children
- ii. **Exogamy** means marriage outside a creation group
For example: A Muslim marrying a Hindu

Life crisis



Meaning of life crisis:

A period of distress and major adjustment associated with a of a significant life experience, such as divorce or death family member. In studies relating health to life crises, individuals experiencing recent major stress – producing experiences are more likely than others to show significant alterations in mental and physical health status.

Definition of life crisis:

According to caplan 1961"People are in a state of crisis when they face and obstacle to important life goals and obstacle that is, for a time, Insurmountable by the use of customary methods of problem-solving."

According to James and Gilliland, 2001"Life crisis is a perception or experience of an event or situation as an intolerable difficulty that exceeds the Person's current resources and coping mechanisms."

According to Lillibridge and Klukken, 1978 "An upset in equilibrium at the failure of one's traditional problem-solving approach which results in, hopelessness, sadness, confusion and Panic.

Erikson Theory:

According to Erikson, " A crisis is an existential challenge people experience several times throughout their lives and such experiences will influence people's personality and identity development".

Types of a life crisis: There are There Types:

- 1.** Developmental crisis
- 2.** Situational crisis
- 3.** Existential crisis

1. Developmental crisis: Developmental crisis occurs as part of the process of growing and developing through various periods of life. Sometimes a crisis as a predictable part of the life cycle . such as the crisis described in Erikson stages of Psychological development.

2. Situational crisis: Situational crisis are sudden and unexpected, such as accidents and natural disasters. Getting in a car accident , experiencing a flood on earthquake, or being the victim of a crime are just a few types of situational crises

3. Existential crisis: Existential crisis are inner conflicts related to things such as life purpose, direction and spirituality. A midlife crisis is one example of a crisis that is often rooted in existential concerns.

Steps for Resolving a Crisis

- Benefit or don't do it start saying "no"
- Be mindful of how much time you spend doing any one thing
- Avoid social addiction
- Write down your goals
- Put your mobile device away
- Speak kindly
- Be patient with yourself

- Take vacations
- Maintain routine
- Learn from your own experiences
- Focus on what helps you
- Seek professional help
- Take care of yourself before you take care of others
- Relieve stress and release anxiety
- Give yourself a forward

Signs of a crisis:

- ❖ change in weight
- ❖ Decreased Performance at school or work
- ❖ Dramatic shifts in sleep habits
- ❖ Neglect of personal hygiene
- ❖ sudden changes in mood
- ❖ withdrawal from mood activities

Grief and Loss

What is the definition of grief and loss?

Grief is a natural human response to the loss of a loved one. It can show itself in many ways. Grief moves in and out of stages from disbelief and denial, to anger and guilt, to finding a source of comfort, to eventually adjusting to the loss.

What is loss and grief?

Grief is the natural emotional response to the loss of someone close, such as a family member or friend. Grief can also occur after a serious illness, a divorce or other significant losses. Grief often involves intense sadness, and sometimes feelings of shock and numbness, or even denial and anger.

What are examples of loss and grief?

People commonly associate certain losses with strong feelings of grief. These can include:

- Loss of a close friend.
- Death of a partner.
- Leaving home.
- Illness/loss of health.
- Death of a pet.
- Change of job.
- Moving to a new home.

- Graduation from school.
- Loss of a physical ability.
- Loss of financial security.

Understanding the five stages of grief

You might have heard of the five stages. But what are they, and does grief really follow a set timeframe?

Who developed the five stages of grief?

The five stages of grief model was developed by **Elisabeth Kübler-Ross**, and became famous after she published her book *On Death and Dying* in 1969. Kübler-Ross developed her model to describe people with terminal illness facing their own death. But it was soon adapted as a way of thinking about grief in general.

Do the five stages happen in order?

The five stages – denial, anger, bargaining, depression and acceptance – are often talked about as if they happen in order, moving from one stage to the other. You might hear people say things like ‘Oh I’ve moved on from denial and now I think I’m entering the angry stage’. But this isn’t often the case.

In fact, Kübler-Ross, in her writing, makes it clear that the stages are non-linear – people can experience these aspects of grief at different times and they do not happen in one particular order. You might not experience all of the stages, and you might find feelings are quite different with different bereavements.

What are the five stages of grief? _

1. Denial

Feeling numb is common in the early days after a bereavement. Some people at first carry on as if nothing has happened. Even if we know with our heads that someone has died it can be hard to believe that someone important is not coming back. It's also very common to feel the presence of someone who has died, hear their voice or even see them.

2. Anger

Anger is a completely natural emotion, and very natural after someone dies. Death can seem cruel and unfair, especially when you feel someone has died before their time or you had plans for the future together. It's also common to feel angry towards the person who has died, or angry at ourselves for things we did or didn't do before their death.

3. Bargaining

When we are in pain, it's sometimes hard to accept that there's nothing we can do to change things. Bargaining is when we start to make deals with ourselves, or perhaps with God if you're religious. We want to believe that if we act in particular ways we will feel better. It's also common to find ourselves going over and over things that happened in the past and asking a lot of 'what if' questions, wishing we could go back and change things in the hope things could have turned out differently.

4. Depression

Sadness and longing are what we think of most often when we think about grief. This pain can be very intense and come in waves over many months or years. Life can feel like it no longer holds any meaning which can be very scary.

5. Acceptance

Grief comes in waves and it can feel like nothing will ever be right again. But gradually most people find that the pain eases, and it is possible to accept what has happened. We may never ‘get over’ the death of someone precious, but we can learn to live again, while keeping the memories of those we have lost close to us.

What are the characteristics of grief?

Intense sorrow, pain and rumination over the loss of your loved one. Focus on little else but your loved one's death. Extreme focus on reminders of the loved one or excessive avoidance of reminders. Intense and persistent longing or pining for the deceased.

Symptoms

During the first few months after a loss, many signs and symptoms of normal grief are the same as those of complicated grief. However, while normal grief symptoms gradually start to fade over time, those of complicated grief linger or get worse. Complicated grief is like being in an ongoing, heightened state of mourning that keeps you from healing.

Signs and symptoms of complicated grief may include:

- Intense sorrow, pain and rumination over the loss of your loved one
- Focus on little else but your loved one's death
- Extreme focus on reminders of the loved one or excessive avoidance of reminders
- Intense and persistent longing or pining for the deceased

- Problems accepting the death
- Numbness or detachment
- Bitterness about your loss
- Feeling that life holds no meaning or purpose
- Lack of trust in others
- Inability to enjoy life or think back on positive experiences with your loved one

Complicated grief also may be indicated if you continue to:

- Have trouble carrying out normal routines
- Isolate from others and withdraw from social activities
- Experience depression, deep sadness, guilt or self-blame
- Believe that you did something wrong or could have prevented the death
- Feel life isn't worth living without your loved one
- Wish you had died along with your loved one.

What are the stages of grief and loss?

The five stages, denial, anger, bargaining, depression and acceptance are a part of the framework that makes up our learning to live with the one we lost. They are tools to help us frame and identify what we may be feeling. But they are not stops on some linear timeline in grief.

Characteristics and Stages of Grief: The reality of grief is that it cannot be avoided and you must work through the grieving process to heal. Throughout the process you will have many different emotions – disappointment, sadness, anger, despair, fear, guilt – and you will need support. Many people wonder if they are grieving the right way and if what they are experiencing is normal. There is no right or wrong way to grieve over the loss of your baby.

Grief can be divided into four stages: shock and numbness, search and yearning, disorganization/ disorientation, and reorganization/resolution. Sometimes these stages overlap and you may move back and forth between them or you may not experience some of the stages.

Family Life Cycle

Definition of family life cycle:

The emotional and intellectual stages you pass through from childhood to your retirement years as a member of a family are called the family life cycle.

The Stages of Family Life Cycle:

Stage 1: *Family of origin experiences:*

During this phase the main tasks are:

- Maintaining relationships with parents, siblings and peers
- Completing education
- Developing the foundations of a model of family life

Stage 2: *Leaving home*

During this phase the main tasks are:

- Differentiation of self from family of origin and parents and developing adult to adult relationships with parents
- Developing intimate peer relationships
- Beginning work, developing work identity and financial independence.

Stage 3: *Pre-marriage stage*

During this phase the main tasks are:

- Selecting partners
- Developing a relationship
- Deciding to establish own home with someone.

Stage 4: *Childless couple stage*

During this phase the main tasks are:

- Developing a way to live together both practically and emotionally

- Adjusting relationships with families of origin and peers to include partner

Stage 5: *Family with young children*

During this phase the main tasks are:

- Realigning family system to make space for children.
- Adopting and developing parenting roles.
- Realigning relationships with families of origin to include parenting and grand parenting roles.
- Facilitating children to develop peer relationships.

Stage 6. *Family with adolescents*

During this phase the main tasks are:

- Adjusting parent-child relationships to allow adolescents more autonomy.
- Adjusting family relationships to focus on midlife relationship and career issues.
- Taking on responsibility of caring for families of origin.

Stage 7: *Launching children*

During this phase the main tasks are:

- Resolving midlife issues
- Negotiating adult to adult relationships with children
- Adjusting to living as a couple again
- Adjusting to including in-laws and grandchildren within the family circle

- Dealing with disabilities and death in the family of origin

Stage 8: *Later family life*

During this phase the main tasks are:

- Coping with physiological decline in self and others
- Adjusting to children taking a more central role in family maintenance
- Valuing the wisdom and experience of the elderly
- Dealing with loss of spouse and peers
- Preparation for death, life review, reminiscence and integration

In conclusion: our families are the first and most pivotal agents of socialization which aids our initiation and survival within a specific society .Families have been at the center of our personal and emotional lives from one day .A family is every child's first connection to the world.

As a child get's older , a family should provide a safe environment from which to explore and to which he or she can return.

A proverb goes that,

"In time of test

family is best."

Anthony brandit also said that,

" Other things may change us ,but we start and end with the family."

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