

MODULE - 1

FAMILY

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Family is the most
important in our life.

It's the most beautiful
that we have.

We must love it and care it

The background of the slide features a pattern of stylized, overlapping leaves in various shades of orange and brown, creating a warm, autumnal feel.

**Families are the compass
that guide us,
They are the inspiration,
to reach great heights
and our comfort when we occasionally falter.**

(Brad Henry)

- Life is dynamic. Life is continuous and often bewildering change.
- The family is an ever changing, flowing dynamic entity.
- In today's scenario, family pattern and structure are rapidly changing all over the world.
- The family is acquiring a new look, its face is being changed by the social, cultural revolution and technological innovations which is the hallmark of our present time.

Family

- The institution of family is a basic unit in the society.
- The individuals and the family go hand in hand, they are inseparable worlds.
- **Individual is ‘all-in-one’,**

Family is ‘one-in-all’

Family is the universal institution present in all cultures.

What is a Family ?

- The term ‘**family**’ is derived from the Latin root **familia**.
- Family is a group of people related by blood, marriage, or adoption who share primary responsibility for reproduction and caring of members of society.
- Family plays a conspicuous role in development and wellbeing of its members, society and nations as a whole.

True Meaning of Family

- To some, true meaning of family means a group of people related by blood or ancestry.
- To others, it has everything to do with love, compassion and support.

Family isn't
always blood. It's the
people in your life who
want you in theirs;
the ones who accept
you for who you
are. The ones who would
do anything to see
you smile & who
LOVE YOU
no matter what.



Importance of Family in our life

- Family is the most important and valuable gift that God has given us.
- It is the first lesson in relationships with others.
 - Utmost Protection and Security
 - First step of receiving basic values of life
 - To shape a child's future
 - Helps building an ideal society

Definition of Family

- The term 'Family' had been defined by Murdock as a "Social group characterized by common residence, economic cooperation and reproduction".
- “ A family is a group consisting of two parents and their children living together as a unit”.

Modern Definition of Family

- "A family might be of two parents of any gender, married or not. Some people even make a family with more than three parents. The children may have been born to one of the parents, both parents, or adopted."

Modern Families are :

- Families are multi-generational
- Parental diversity is the new norm
- Biology does not matter to family
- Families are more colorful

Indian Family System

- A developing nation, caught between the impact of recent science and technological advancement, on the one hand, and a diversified culture bond by tradition on the other, Indian family's transition is challenging.
- In contemporary Indian society, the family institution continues to play a central role in the fabric of Indian society.
- The family has indeed contributed to the stability to Indian society and culture.

Family according to Indian Constitution

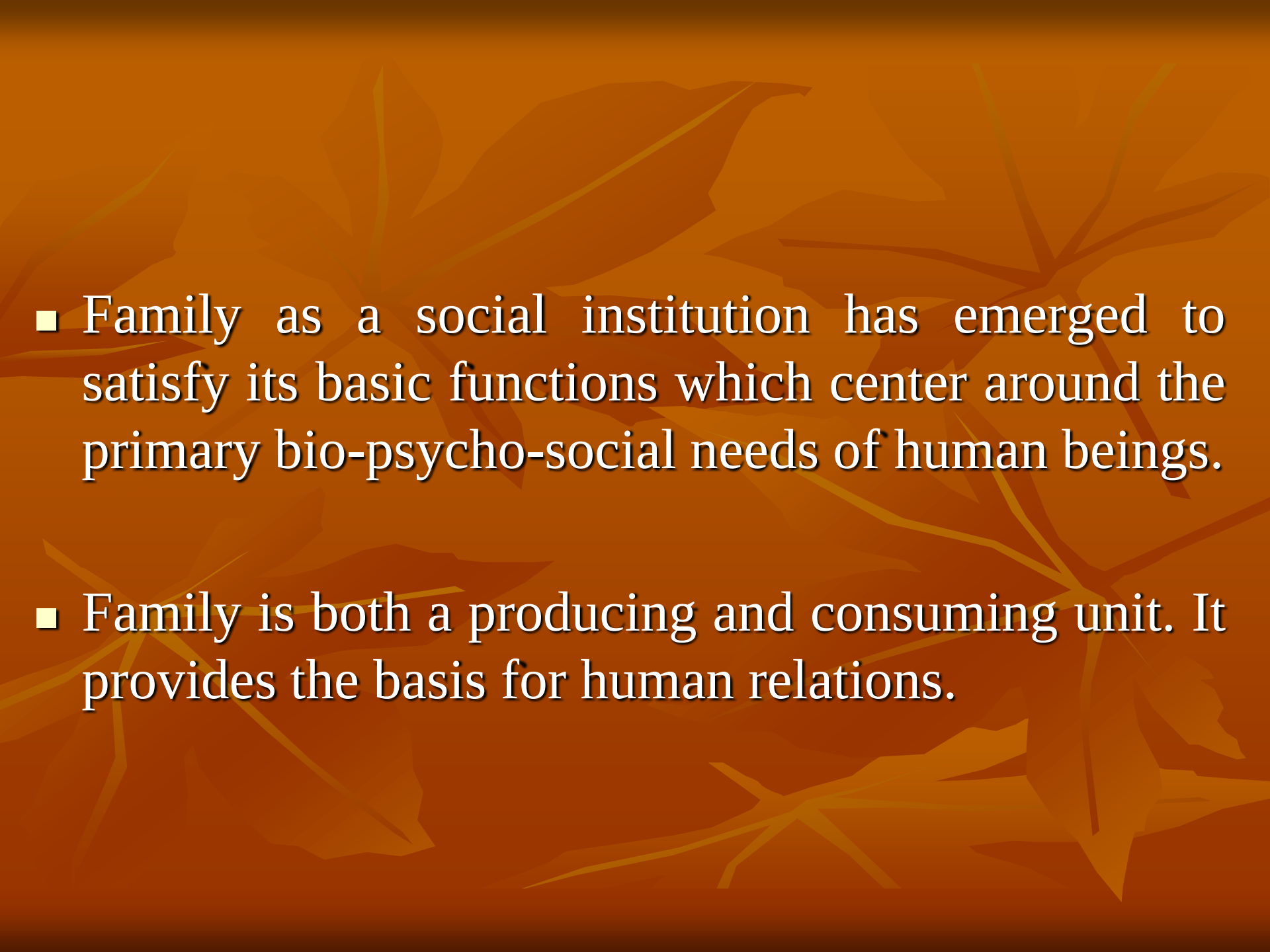
- India has distinct personal laws for families belonging to different religions and cultures.
- Each community has its own personal laws of family practices such as marriage and divorce, adoption, maintenance, guardianship and custody of children, and inheritance and succession.

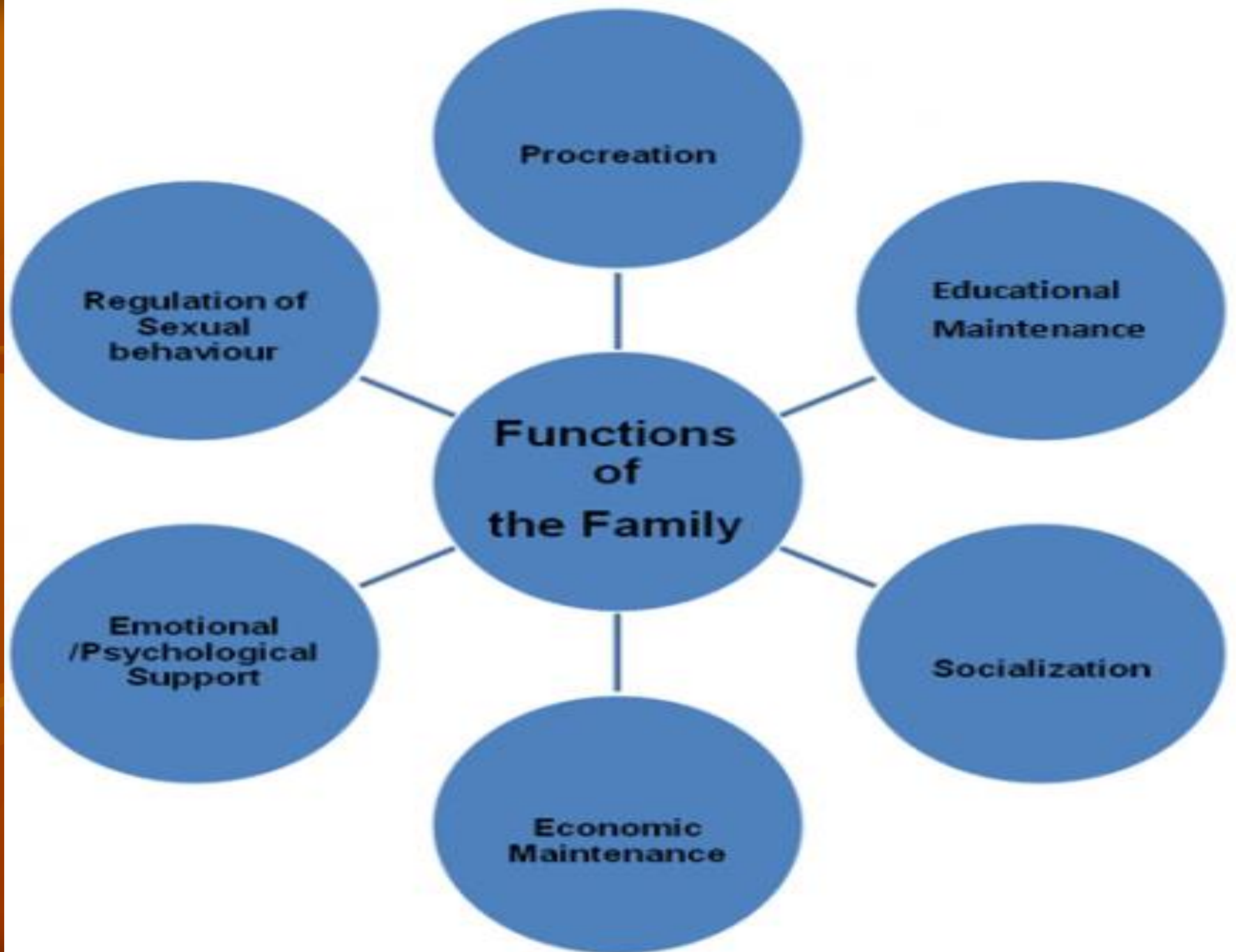


UNITY IN DIVERSITY



FUNCTIONS OF THE FAMILY

- 
- Family as a social institution has emerged to satisfy its basic functions which center around the primary bio-psycho-social needs of human beings.
 - Family is both a producing and consuming unit. It provides the basis for human relations.



A functional family is one in which family members:

- ☐ fulfill their agreed upon roles and responsibilities;
- ☐ treat each other with respect and affection; and
- ☐ meet each other's needs.



Stable Satisfaction of Sexual Needs

- ✓ Satisfaction of sex instinct brings the desire for life long partnership of husband and wife. Satisfaction of this sex needs in a desirable way helps in the normal development of personality



Socialization

- ✓ The process by which children learn to become human and adopt certain behavior.
- ✓ Children learn from what they see and experience in their developing years.



Patterns of Interactions

- ✓ Studies also show that children that have been deprived of close family relationships which lead to emotional problems as adults.
- ✓ This forms a cycle as these adults may have trouble meeting the emotional needs of their future families



Emotional Support

- ✓ Students from parents that have a loving relationship, and are supportive, have a more positive self image and were also more confident.



Economic Function

- ✓ Families are the means whereby children are supplied with the necessities – food, shelter and clothing.
- ✓ In the past, children were needed to work on farms and help provide for the family at an early age.



Reproductive Function

- ✓ In order for a society to continue to exist it must replace those people that die.
- ✓ The family is responsible for raising children to become contributing members of society.



Recreational Function

- ✓ Family-performs several recreational functions for its members by entertaining them in various ways. In ancient period family was the only center of recreation.



Religious Function

- ✓ Family is the center of all religious activities
- ✓ Living in a spiritual atmosphere spirituality develops among the children.



Cultural Function

- ✓ It preserves different cultural traits. Man learns and acquires culture from family and transmits it to succeeding generations. That is why family is considered as centre of culture.



Health Related Function

- ✓ Family as a primary social group performs several health related functions for its members. It look after the health and vigor of its members



Family Dysfunction

- ✓ When families fail to provide any of the necessary element of these functions, over time or repeatedly, they are considered to be *dysfunctional*.



Family Roles

- **Inherited** –some roles are inherited-like **daughter** because you are a girl, **sibling** because you are 2nd born
- **Assigned** –parents can assign a role like **babysitter** to the oldest child
- **Chosen**-some roles are chosen-like **family cook**

Essential Roles for Effective Family Functioning

- **Provision of Resources**
- **Nurturance and Support**
- **Life Skills Development**
- **Management of the Family System**
- **Sexual Gratification of Marital Partners**

Guidelines for Developing Healthy Family Roles

- Establish Clear Roles
- Allow for Flexibility
- Role allocation should be fair
- Role accountability for completion of assigned roles
- Focus on Family Strengths

Family Diversity

- **Family diversity** refers to a broad range of characteristics or dimensions on which families vary.
- There are a multitude of different family types that function effectively.
- Family structure has changed dramatically over the last 50 years.
- Several variations in family have been created.

Unity in Diversity

- India is a land full of diversity. There are people having different religions, cultures, language, class, ethnic background all living in the country.
- Though diverse in various ways, *unity in diversity* is the hallmark of our country which binds us together.
- Diversity can also be seen in the family system of our country.

Various Forms of Family Diversity

TYPES OF FAMILY

Nuclear Family

- The nuclear family consists of a married couple and their unmarried children living together
- Nuclear families have steadily decreased over the last 30 years.

JOINT FAMILY



SHARING LAUGHTER AND TEARS TOGETHER

Extended Family

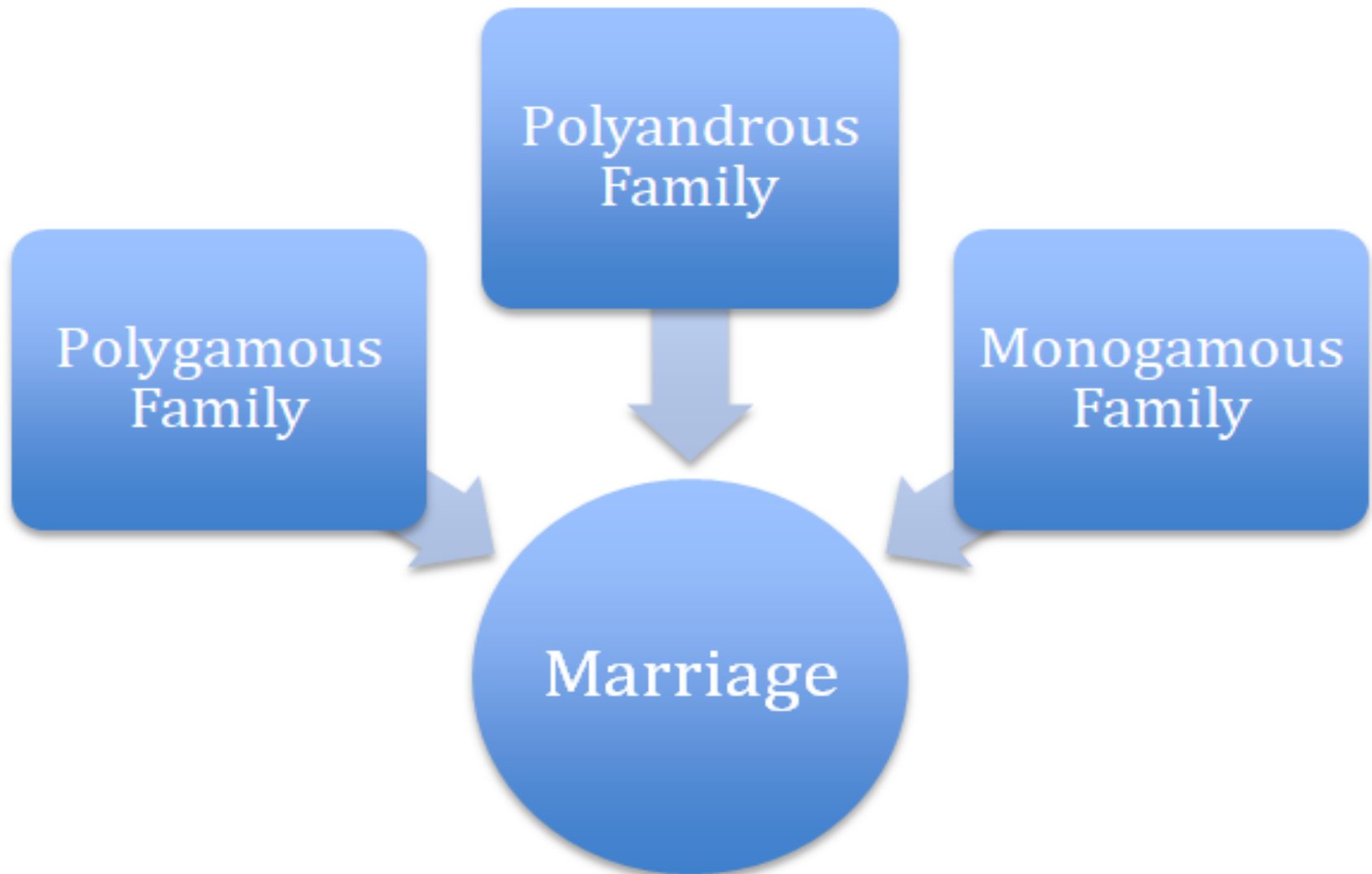


- An *extended family* is a family in which relatives such as grandparents, aunts, or uncles live in the same home as parents and their children.
- Extended families provide greater emotional and financial support.

Childless Family

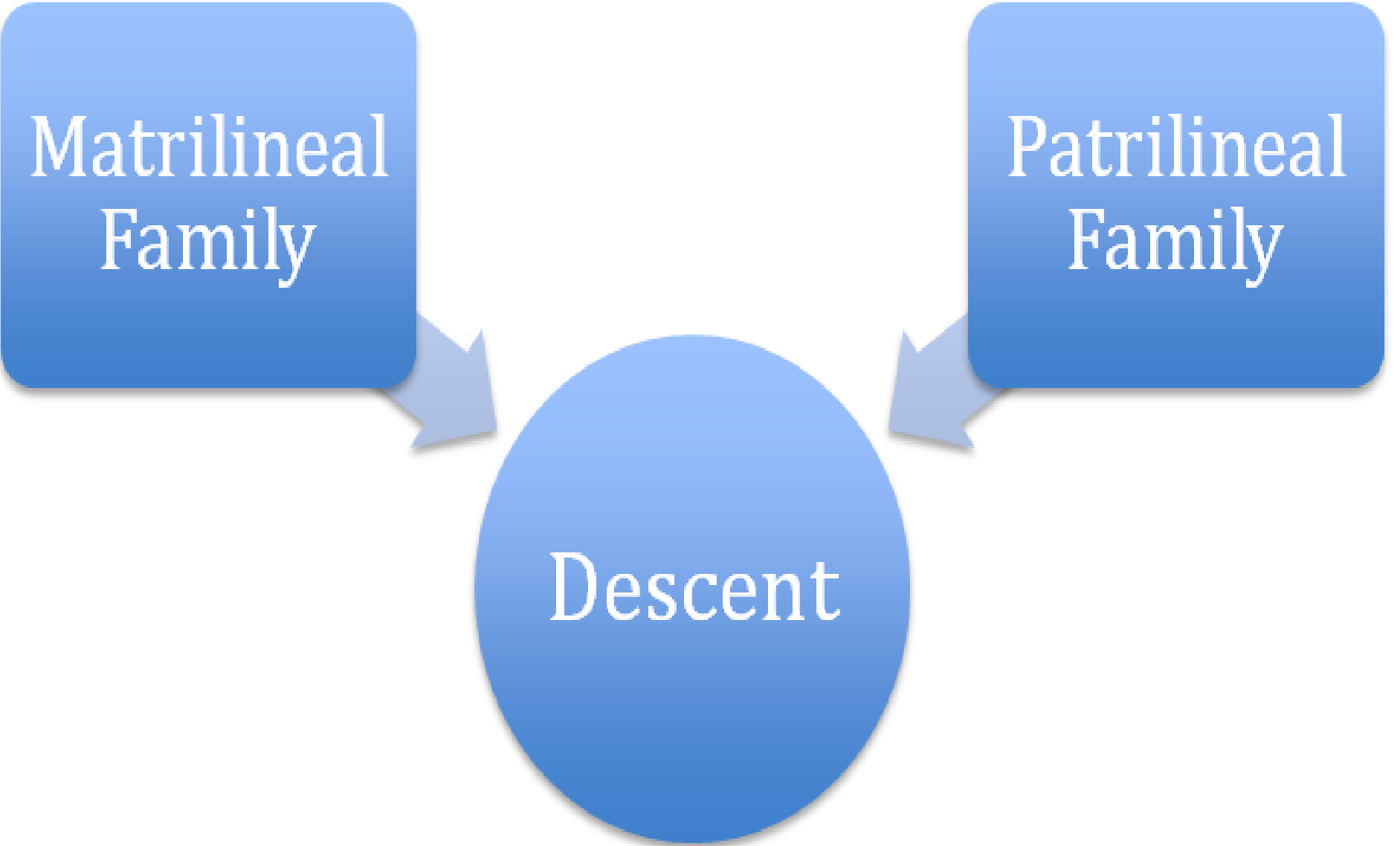


Family Types on the basis of Marriage



On the Basis of ancestry or descent

Matrilineal
Family



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graph TD; A[Matrilineal Family] --> C((Descent)); B[Patrilineal Family] --> C;
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A diagram illustrating the basis of ancestry or descent. It features a central blue circle labeled 'Descent'. Two blue rounded rectangular boxes are positioned above the circle: 'Matrilineal Family' on the left and 'Patrilineal Family' on the right. Arrows point from each box towards the central circle, indicating that both types of family structure are based on descent.

Patrilineal
Family

Descent

On the **basis of the Nature of Authority**

Matriarchal
Family

Patriarchal
Family

Authority

```
graph TD; A[Matriarchal Family] --> C((Authority)); B[Patriarchal Family] --> C;
```

The diagram illustrates the relationship between family structures and authority. It features a central blue circle labeled 'Authority'. Two blue rounded rectangular boxes are positioned above the circle: 'Matriarchal Family' on the left and 'Patriarchal Family' on the right. Arrows from both boxes point towards the central circle, indicating that both family types are based on or lead to authority.

Emerging Trends

New family structures have emerged such as :

- **Cohabitation** - the number of couples living together or cohabitating
- **Single Parent Families** –The single parent family consists of one parent raising one or more children on his own.
- **Reconstituted Families** - Families in which children from former relationships are brought to a new family.

- **Homosexual Families** - The numbers of homosexual families where parents are either gay or lesbian is rising.
- **Grand Parents Family** – Children are raised by the grand parents as parents are not present due to parents death, addiction, abandonment or being unfit parents.



GRAND PARENT FAMILY

Location

India

Taj Mahal



twinkl

Marital Relations in Family

- Marital relations play a very important role in family functioning.
- Positive marital relations leads to functioning of the family as whole to be healthy.
- Disharmony among the couple disrupts the life of each member of the family particularly having devastating affect on the lives of children thereby the whole family becomes an unhappy family.

The 'Package' of Marital Roles

- Childbearing and rearing
- Care for the elderly
- The watchful gaze of the 'in-laws'
- Responsibility for educational success of children
- Heavy household task load
- Possible co-residence with parents-in-law

Gender Roles in Marriage & Family

- Throughout the 21st century, gender roles have come a long way in all spectrums.
- Focusing on marriage and families, men and women have changed their roles, duties and expectations.
- Throughout history, women have combined predominant responsibility for the household with other important economic contributions.

The 'Gender Revolutions'

Educational revolution - Women's increased access to better, longer education

Work revolution - Questioning the sole breadwinner household model and the gender division of labour that accompanied it.



Contraceptive revolution - Improvements in safety of contraception

Marital Roles in the Past

Women were expected to do as told by their husbands at all times. Their duties were clear and never compromised. Women accepted these roles without argument because violence and abuse were common punishments for those who didn't obey their husbands.

Marital Roles Today

Men and women both do their equal parts (typically) in today's marriages. Men tend to take care of the outdoor work and cars etc, while women still care for the indoor house and children needs. Men and women both provide an income with individual jobs of choice. There is a lot of lenience and freedom as to how each couple/family chooses to place their roles.

Work and Families

Families do household and income-producing work.

The work can be assigned so that there is balance in family members' lives.

The quality of family life and job performance are related.

The Value of Work

Work is a valuable part of life:

- Work brings purpose and order to each day
- Work provides something worthwhile to do
- Work provides income & other rewards
- Work allows you to feel proud of a job well done.
- Work can provide a sense of satisfaction.

Balance Work and Family Life

Need to balance Work and Family Life



Work Life Balance (WLB)



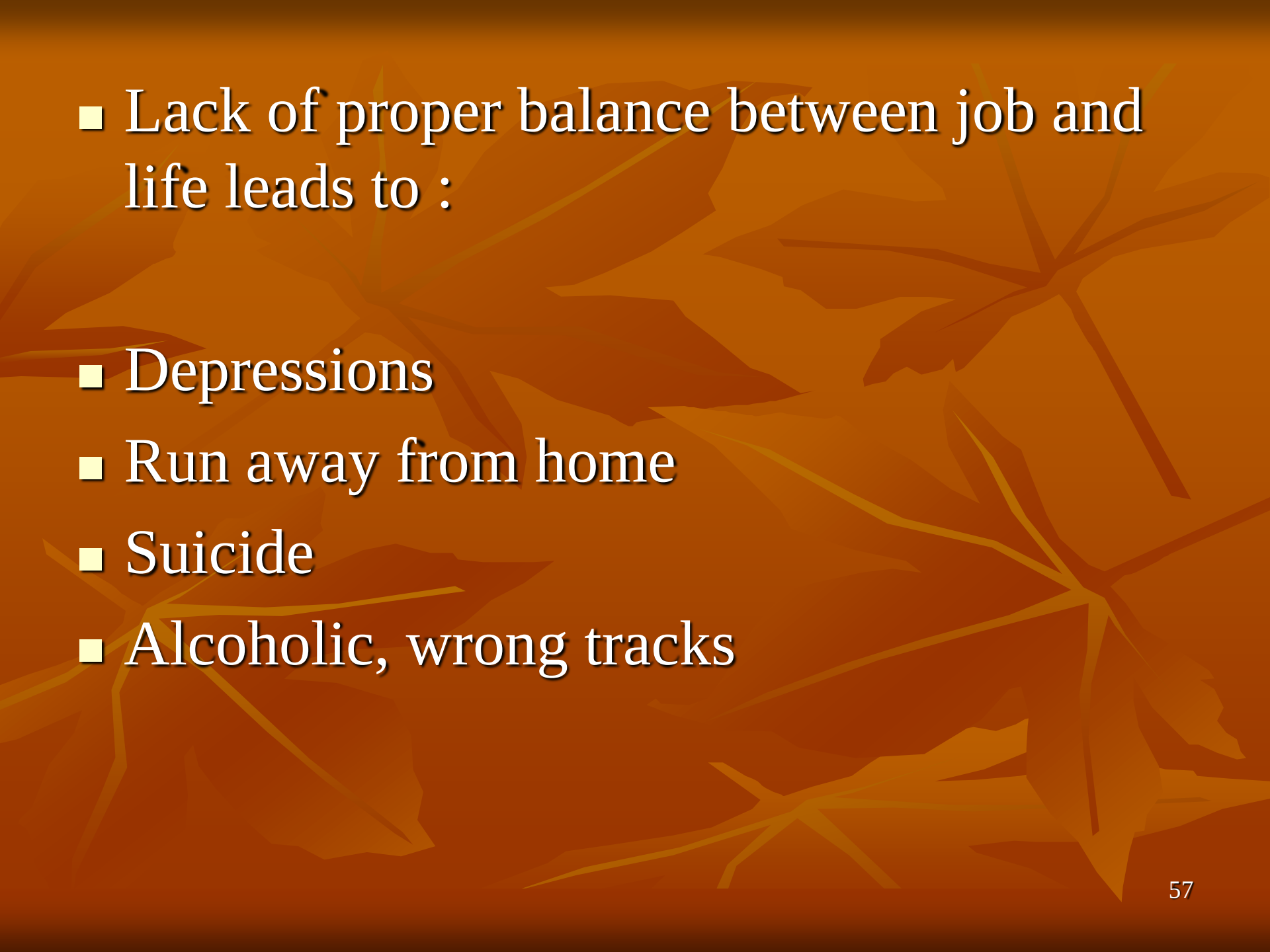
Work Life Balance is related to:

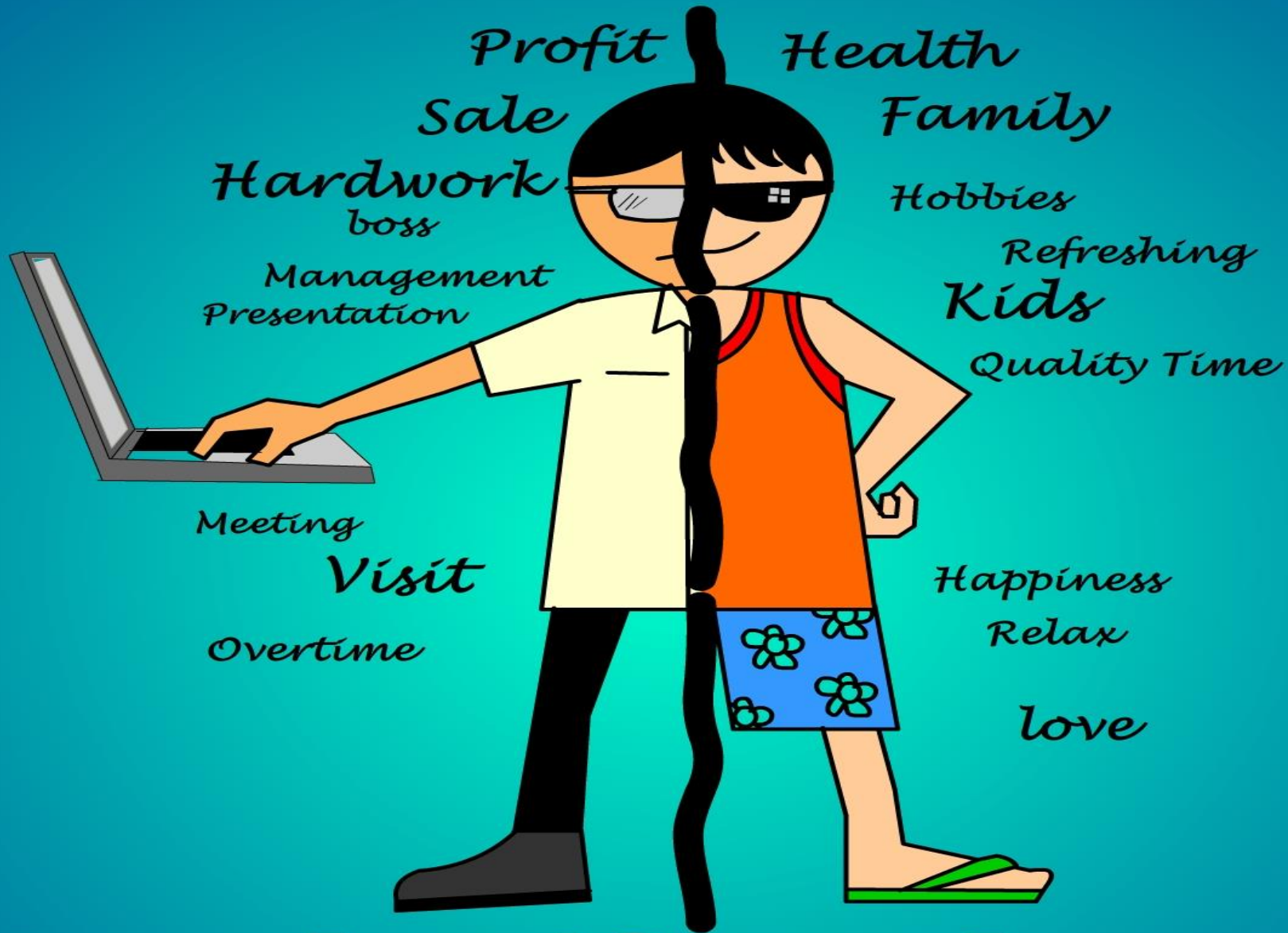
Life events

Perception and priority we give them

Work efficiency

Managing self, stress, time and
relationship

- 
- The background of the slide features a pattern of stylized autumn leaves in various shades of orange and brown, creating a textured, organic feel.
- Lack of proper balance between job and life leads to :
 - Depressions
 - Run away from home
 - Suicide
 - Alcoholic, wrong tracks



Work-Life Balance



Home, where the heart is.

Work place, next to home

If we can not cope between these
two important components of
life.....

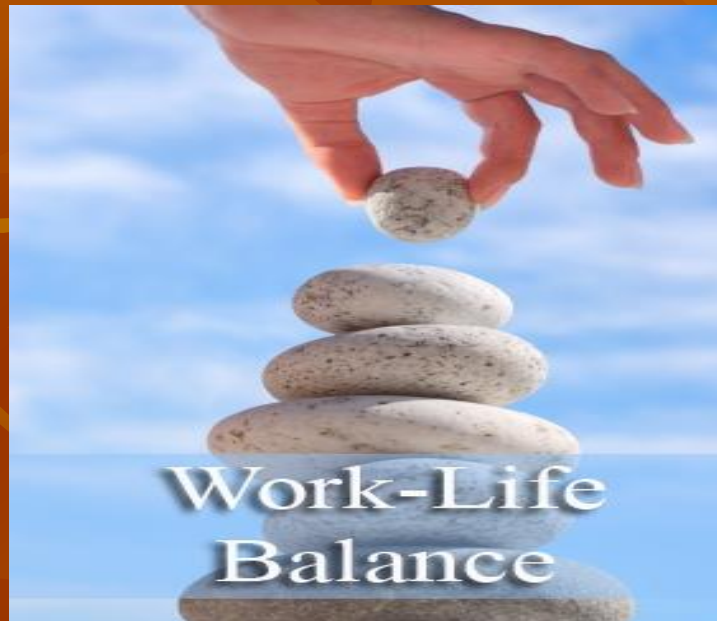
They could be both big stressors

Home would be “Hell“

Workplace would be a "war place"

**Don't try to balance work and life.
Integrate the two.**

Though there are no silver bullet solutions,



Management Skills

Managing Emotions

Managing Conflicts

Managing Time

Managing Self

Know your weakness and strength



Plan and Prepare. Update yourself with knowledge & skill



PARENTING

Parenting is the easiest
thing in the world to
have an opinion about,
but the hardest thing
in the world to do.

Matt Walsh

Parenting

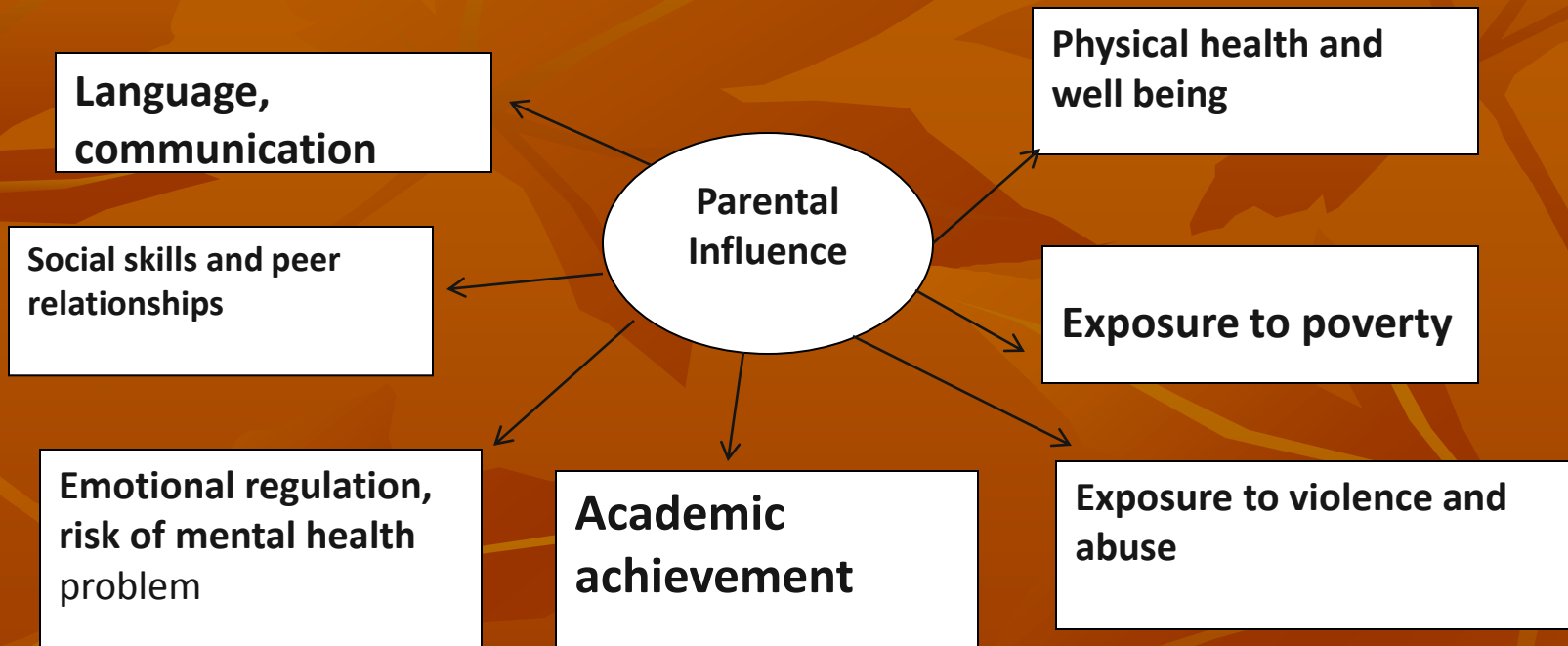
- Raising a happy, healthy child is one of the most challenging jobs a parent can have and also one of the most rewarding.
- Parenting is a crucial process of promoting and supporting physical, emotional, social, and intellectual development of a child from infancy to adulthood.
- Parents are the 'world' for the child. Parents shape children by interacting with them directly. Parent-child interaction focuses on the dyadic relationship between one parent and one child.
- Father and mother play equally important role in the development of the child.
- Parents assert a direct and powerful influence on their children through the process of socialization.
- Parenting is a lifelong commitment.

Modern Parenting

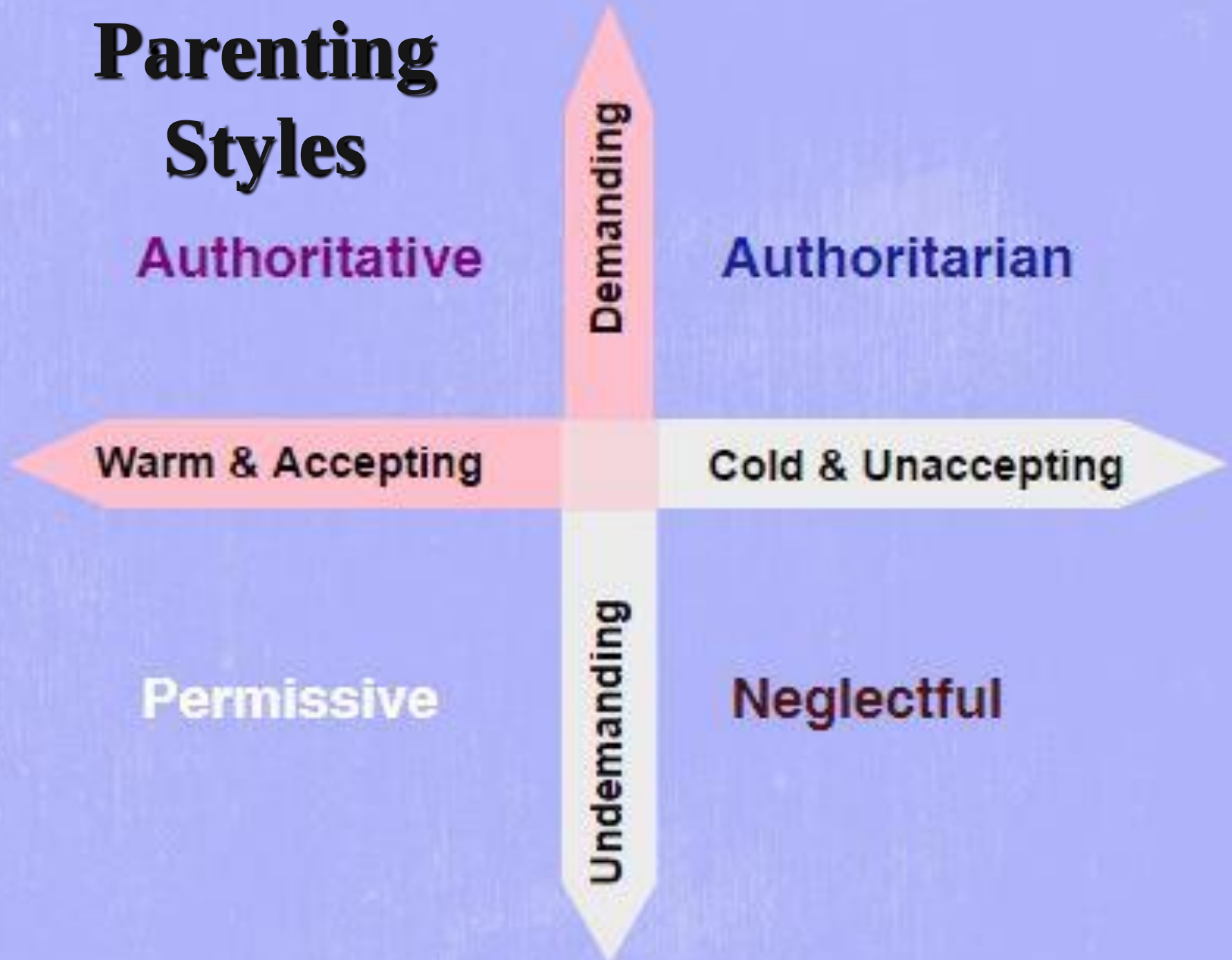
- Modern Parents give too much importance to their own aspirations, dreams, ambitions, career, and also strongly believe in a complex process of parenting.
- Parenting in the modern times has become complex and challenging



Parenting



Parenting Styles



Strengths Based Parenting

Preparing Our Children To Thrive :

- Seeing a child as “at potential”, rather than as “at risk”
- Preparing the child to walk the path
- Connecting before teaching and directing
- Promote learning from mistakes
- Focus more on what is right and why it is right
- Choosing the Right Teachable Moment
- Be a good Role Model
- Show your Love is unconditional



Divorce



Six stages of divorce

- Emotional
- Legal
- Economic
- Parental
- Social
- Psychological

Impact of Divorce on Children

- They feel abandoned.
- They feel powerless and helpless.
- They have a greater need for nurturing.
- They feel angry.
- They feel guilty; they feel the divorce is their fault.
- They think they have to “take care” of their parents.
- They worry that they will be “kicked out”
- They grieve.
- They experience conflicts of loyalty.
- They “act out” in some way.

Single Parenting

- This is a HUGE task!
- Can cause strain and tension for both parent and child
- Money is often an on-going problem
- Especially true if single parent is a woman
- Poverty rates for female single-parents is high
- Single parents need to make good use of their support systems. Exchange help and services.







Divorce &
Remarriage

Remarriage

- Most divorced people marry again.
- Men remarry sooner than women do.
- The younger the person, the greater the chance that they will re-marry
- Most experts recommend waiting at least four years before re-marrying to heal the hurts from divorce
- 2nd marriages are most successful when partners have figured out what went wrong the first time
- Having a good working relationship with former spouse is helpful in second marriage

**You help your children most when you
work cooperatively with the other
parent to raise your children**



By focusing on your children,
you are focusing on your family
and your future



Human Sexuality

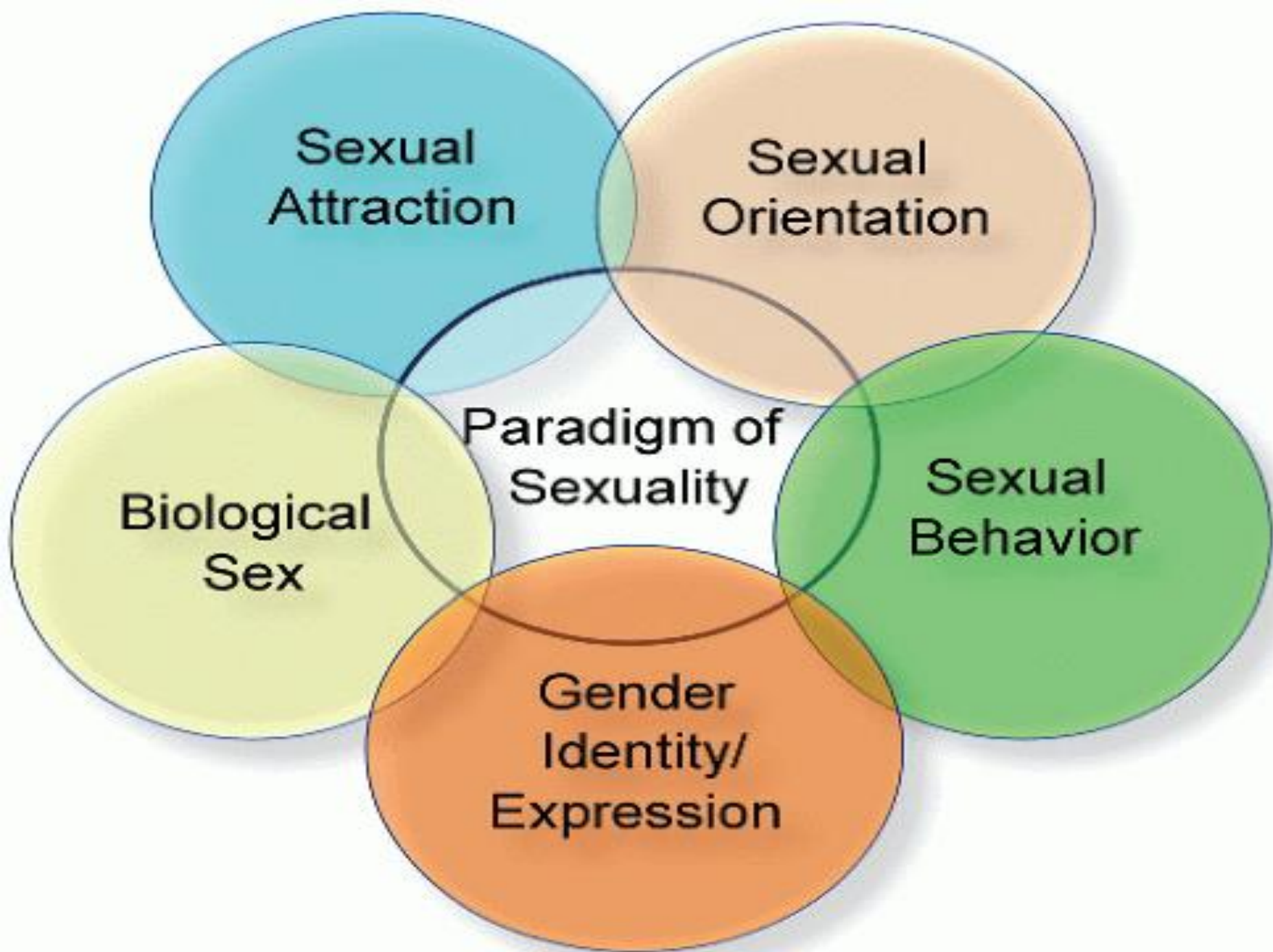
Human Sexuality

Make-up Of An Individual's
Unique Sexual Being:

- physical
- psychological
- social
- cultural
- spiritual

Definition

- *Human Sexuality* is the total of our physical, emotional and spiritual responses, thoughts and feelings.
- *Sexuality* is more about who we are than about what we do



Five Features of Sexuality:

- Sensuality
- Intimacy
- Sexual Identity
- Reproduction
- Sexualization

Sexual Orientation

- **Sexual Orientation**
- One's erotic, romantic, and affectional attraction to the same sex, to the opposite sex, or to both
 - Formed by complicated network of factors:
 - Social, cultural, biological, economic, political

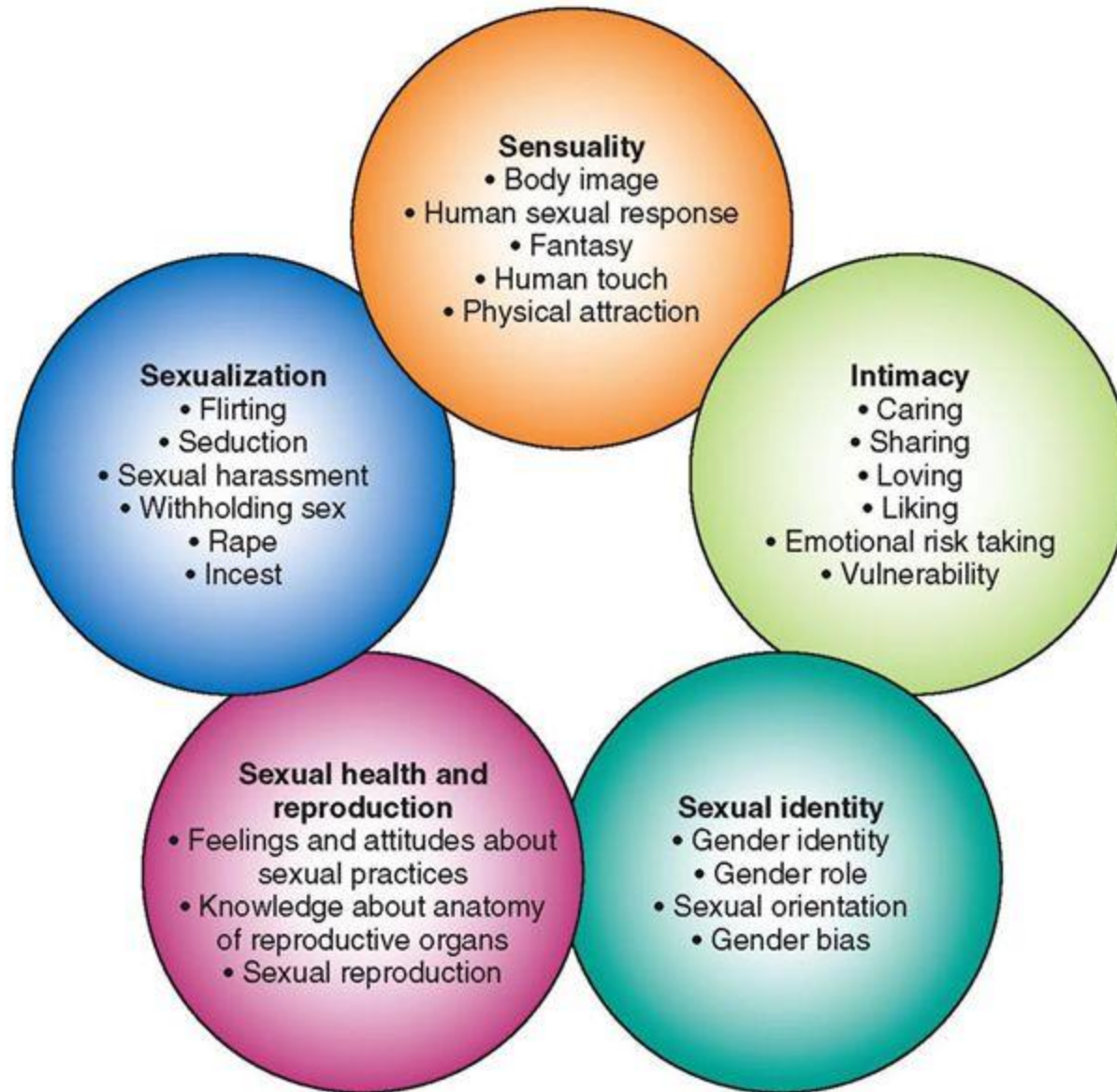
Sexual Identity

- **Sexual identity**
 - An inner sense of oneself as a sexual being, including one's identification in terms of gender and sexual orientation
- **Bisexual**
- **Asexual**
- **Homosexual**
- **Heterosexual**

Normal Sexual Behavior

- Sexual response is a true psychophysiological experience
- There is....
 - Arousal
 - Experience of tension
 - Orgasm
- Four phase response cycle in relation to stimulation
 - Phase 1: Desire
 - Phase 2: Excitement
 - Phase 3: Orgasm
 - Phase 4: Resolution

Circles of Sexuality



Dimensions of Human Sexuality

- Biological
- Psychological
- Sociocultural factors

Biological Dimension

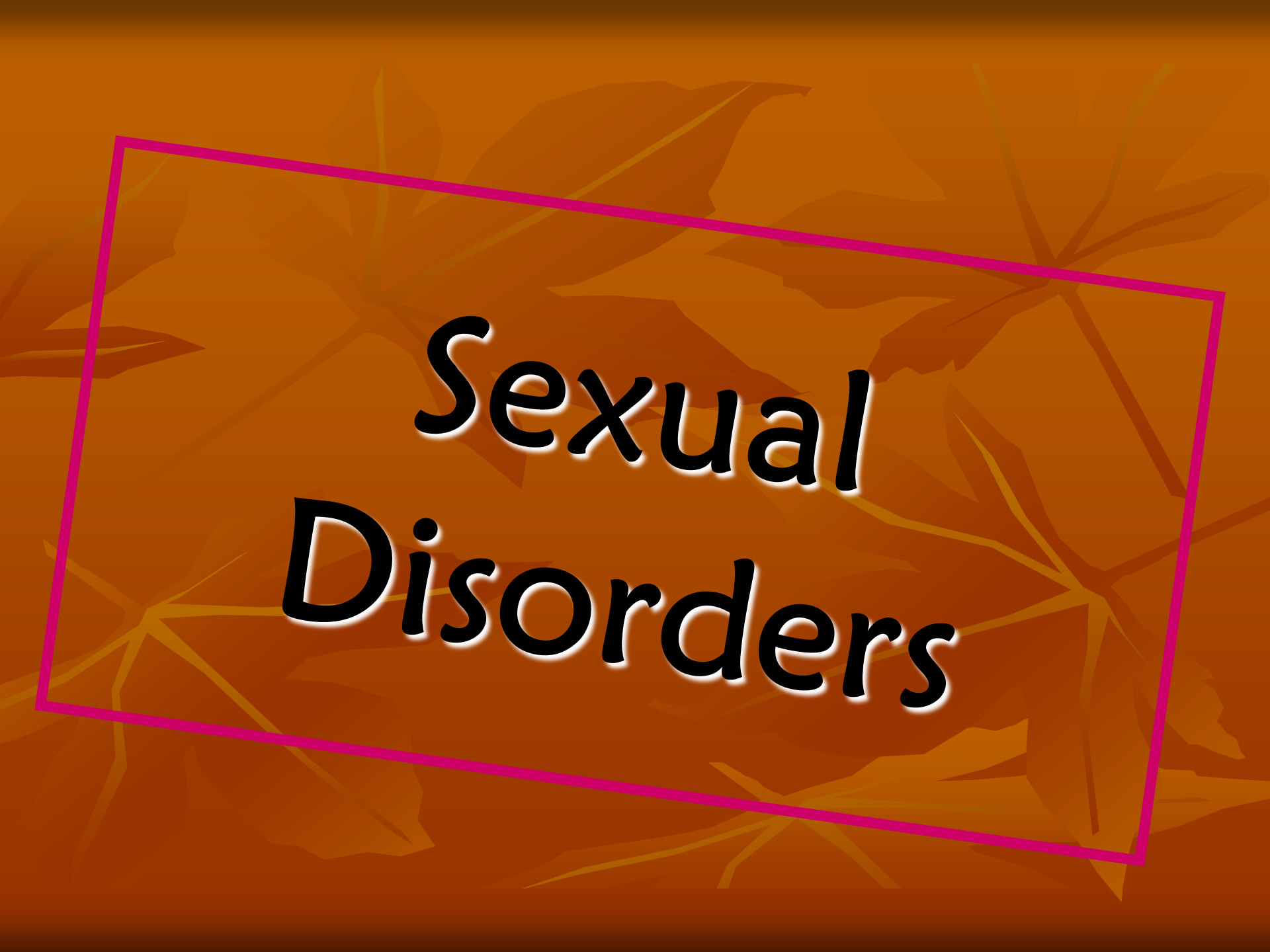
- Gender
- Genetics
- Reproduction
- Fertility control
- Sexual arousal and response
- Physiological cycles and changes
- Physical appearance
- Growth and development

Psychological Dimensions

- Emotions
- Experiences
- Self-concept
- Motivation
- Expressiveness
- Learned attitudes and behaviors
- Body image

Sociocultural Dimensions

- Religious influences
- Multicultural influences
- Socioeconomic influences (income, education)
- Ethical influences
- Media influences
- Political influences

The background of the slide features a pattern of stylized, overlapping leaves in various shades of orange and brown. A prominent, bright pink rectangle is tilted at an angle, framing the central text.

Sexual Disorders

ATYPICAL BEHAVIOR

- sexual behaviors which are unusual or abnormal
- sexual arousal involving a preference for nongenital sexual outlets
- patterns of sexual behavior or arousal that appear problematic in the eyes of the individual or society are called *paraphilias*

PARAPHILIAS

- involve sexual arousal in response to unusual stimuli, such as children, nonconsenting persons, nonhuman objects, or pain & humiliation
- are diagnosed when sexual fantasies, urges or behaviors cause significant distress or interfere with a person's ability to function in everyday tasks

PARAPHILIAS

include:

- Fetishism
- Partialism
- Transvestism
- Exhibitionism
- Voyeurism
- Frotteurism
- Sadism
- Masochism
- Zoophilia
- Necrophilia
- Nymphomania
- Satyriasis

FETISHISM

- when sexual arousal is caused by an inanimate object

- ✓ rubber
- ✓ leather
- ✓ silk
- ✓ high-heeled shoes
- ✓ panties
- ✓ ???

PARTIALISM

- related to fetishism; exaggerated sexual arousal to a particular body part

- ✓ feet
- ✓ buttocks
- ✓ breasts
- ✓ ???

TRANSVESTISM

- when a person repeatedly cross-dresses for sexual arousal or is bothered by recurring urges to cross-dress
 - ✓ most keep it a secret
 - ✓ ranges from one garment to many
 - ✓ almost always male
 - ✓ most are married

EXHIBITIONISM

- persistent, powerful urges & sexual fantasies involving exposing one's genitals to unsuspecting strangers for sexual arousal of oneself
- ✓ “flashing”
- ✓ almost always male
- ✓ usually begins between ages 13-16
- ✓ most are not a physical threat

VOYEURISM

- strong, repetitive urges to watch unsuspecting strangers who are naked, undressing or having sex
- ✓ almost always male
- ✓ may masturbate during or after
- ✓ usually begins before age 15
- ✓ not usually violent
- ✓ many lack social & sexual skills

FROTTEURISM

- recurring, powerful urges to rub against or touch a nonconsenting person
- ✓ “mashing”
- ✓ almost always male
- ✓ buses, subways, elevators, concerts...
- ✓ many women do not realize it has occurred

OTHER DISORDERS...

SADISM

- the desire or need to inflict pain or humiliation on others for sexual arousal

MASOCHISM

- the desire or need for pain or humiliation to be inflicted on oneself for sexual arousal

TOGETHER, IT IS TERMED S&M

ZOOPHILIA

- repeated sexual urges & fantasies involving sexual contact with animals
- men → farm animals
- women → household pets

NECROPHILIA

- the desire for sexual activity with corpses

NYMPHOMANIA

- an excessive sex drive or sexual appetite in women that is insatiable

SATYRIASIS

- an excessive sex drive or sexual appetite in men that is insatiable

International Family Day

15 May



Thank You