



216en19

## MY FAMILY AND I

Raghu, an orphan begs at a railway station. He often longingly watches couples accompanying their elderly parents and children while travelling. He wished he had a family who would love him and shower him with care, support and guidance. We all live with our loved ones and enjoy their affection and support. We call this close group our family. As we grow old we seek guidance and support from our family members. Most of our needs are fulfilled by the family. The environment in the family has influence on us and shapes our personality.

In this lesson you will learn the real meaning of the word family, its importance and functions and our need for family support and how does a family function and influences our lives.



### OBJECTIVES

After completing this lesson you will be able to:

- explain the meaning and importance of a family;
- elaborate the functions of a family;
- discuss the life cycle of a family;
- elaborate the role of a family in taking care of its members;
- explain the role of family in developing effective interpersonal relationships among the members of a family and
- analyze the role of family in transferring and adopting the values of a society.

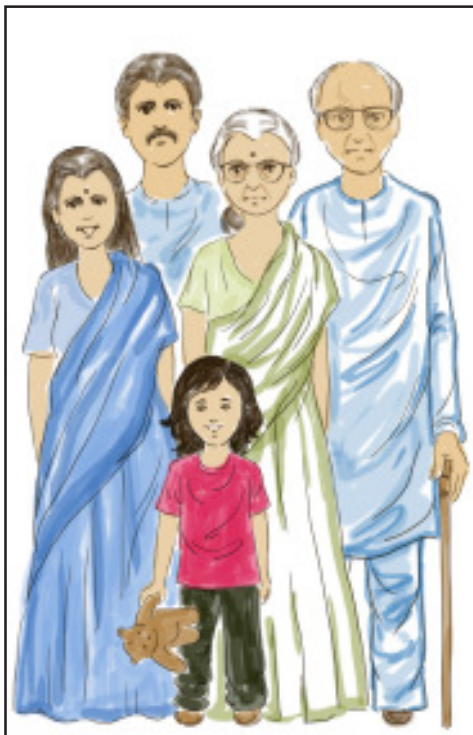
### 19.1 WHAT IS A FAMILY?

Traditionally a family has been defined as a fundamental unit of society where two or more people are related to each other either by marriage, blood or adoption and share

a common roof, kitchen and source of income. Today this concept of a family is undergoing a change.

Take a look around you. You will find that people do not live by themselves. They live in a group which we address as 'family'. Just observe who all live in this group and what all they do. You will find that different groups have different structures. Some groups have people from three generations that is, parents, their married children and their children. Some other groups would consist of a married couple and their children. They are all living cohesively in a house and helping each other in carrying out the responsibilities assigned to each one of them.

When a family consists of a couple and their children, both natural (born to the couple) and adopted (those who have been legally taken in by the couple), living together under one roof it is called a **nuclear family**. When there is a family, where there are parents and siblings of the couple, the family is called a **joint family**. Look at figure 19.1. Can you now spot a joint and a nuclear family?



(a) Joint family



(b) Nuclear family

**Fig.19.1:** Types of Families

Whatever may be the type of a family, it is one of the most important institution in society. It is the first group that offers support, affection and help to each member of the group in carrying out its day to day functions.



Notes



Notes

## 19.2 FUNCTIONS OF A FAMILY

A family has many crucial functions to fulfil. Can you make a list of all that your family does for you? Compare it with the following list.

A family provides to all its members:

- protection from any danger to life
- opportunities for emotional bonding among its members,
- financial and emotional security
- facilities for preparation for life through education
- passing of socio-cultural values
- recreation



### ACTIVITY 19.1

Below is the list of some important functions of a family. Think about your family and the functions it performs. Tick (✓) mark your response in the appropriate column.

Functions of a family	Always fulfills	Sometimes fulfills	Never fulfills
Protection from any danger to life			
Opportunities for emotional bonding among its members			
Financial security and emotional security			
Facilities for preparation for life through education			
Transmission of culture and values of life			
Recreation			

Before we discuss with you about how a family strives to achieve all the above stated functions, we would like you to get familiar with various stages in the life of a family. The requirements of a family are different at each stage and therefore its efforts to provide for these requirements is also different.

## 19.3 FAMILY LIFE CYCLE

Consider your own family. When your parents got married they started their family life and this stage is called the beginning stage of family life cycle. With the birth of eldest child, the family entered the expanding stage. When all of you would

get settled and run your own households, your parents, family would reach the contracting stage. These three stages are marked by a distinct pattern of family life.

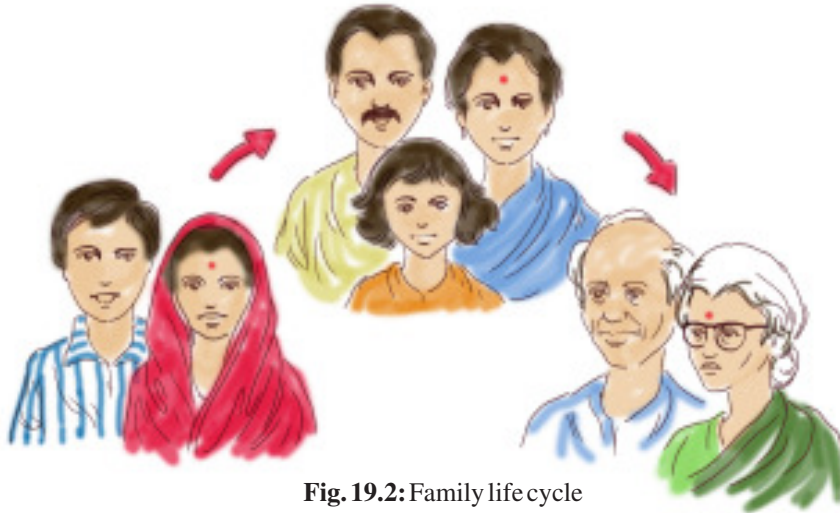


Fig. 19.2: Family life cycle

The stages of the family life cycle are:

- Beginning stage
  - independent young adult
  - marriage
- Expanding stage
  - parenting:
  - settling of children
- Contracting stage
  - retirement

### 19.3.1 Importance of Understanding the Family Life Cycle

An understanding of the family life cycle helps us to foresee the challenges and requirements of each stage. It is useful to have the right mental make up for dealing with the challenges and planning of priorities for each stage. This ensures a successful and smooth transition from one stage to another.

The understanding of the life cycle also helps to know about the nature of the environment in a family and its influence on the ultimate development of its members. Prior knowledge of challenges at each stage equips us with confidence to handle the emerging situations better and the result is a happy family system.

### 19.3.2. Stages in a Family Life Cycle

#### (i) Beginning Stage

The life cycle of a family begins with 'youth'. This is the stage of life when individuals gain their identity and emerge as independent young adults. At this stage they become



Notes



## Notes

emotionally, physically, socially, and financially independent. They can now stay away from the family, look after their health and nutrition, form long lasting intimate relationships outside the family as well.

It is this intimacy that enables young persons to endure hard times and other challenges in the absence of their family. At this stage commitment, compatibility, trust and attachment are some of the essential ingredients for establishing intimate relationships.

Marriage is one of the most intimate relationships that a person forms. It is an important milestone in life and it should not happen before a girl is eighteen and the boy is twenty one years old. By this time it is expected that young adults would have had their basic minimum education and some preparation for a career. Traditionally, parents in India have been responsible for choosing the life partner for their son or daughter. Nowadays young adults also want to have a say in deciding the time of their marriage and choosing their life partners.

Preparation for marriage is important because marriage involves a lot of responsibility and changes in the lives of both boys and girls. Besides, the two young people who are getting married need to be emotionally, socially, physically and mentally prepared to face marriage. They need counselling sessions from experienced adults in the family on making adjustments, developing tolerance and patience, coping with stress and managing their emotions. Financial re-planning and health security (contraception, pregnancy and prevention of sexually transmitted infections) are the other important areas to be discussed.

Marriage brings the need to play a lot of new roles in the lives of the new couple and blending themselves comfortably with both the families. This is also the time when they are trying to know and adjust with each other. The adjustment is more on the part of the girl because she leaves her home of birth and loved ones behind to live with her husband. She also brings with her some behaviours, beliefs and values that have been shaped under the influence of her parents and which are different from those prevalent in her new home. An effective adjustment on her part would mean neither discarding nor imposing any one set of beliefs and values but to create a new option which is better, more relevant and practical.

To help her adjust in the new home, without any problems, members in this family can make her feel welcomed, accept her as an integral part of the family, give her time and space to understand the ways of her new home. They should also have realistic expectations and be non-critical. Can you visualize how these actions can help the new member entering the family?

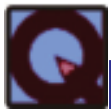
Here are some guidelines to promote healthy relationship in a family.



Notes

Guidelines to develop healthy relationships	Things to Avoid
Talk to each other courteously	Talk rudely
Learn to listen to others	Talk only about yourself
Be conscious of your facial expressions and body language	Avoid objectionable body gestures and negative facial expressions
Help each other	Do not help
Work together	Like to work alone
Share responsibilities equally	Sleep/rest while others are working
Look after the sick and infirm	Do not care for others
Share your plans with other family members	Go out without informing
Express your appreciation	Criticize

It is important for a young couple to be sensitive to establishing good relationships at the beginning stage of the family life cycle. This will help in building a strong foundation for a happy family life.



### INTEXT QUESTIONS 19.1

- In one line justify how each situation helps in maintaining good relationships in a family.
  - Mother helps her daughter-in-law with the household chores.
  - A young bride volunteers to take the responsibility of preparing the evening meal.
  - A social worker provides sex education to a young girl before her marriage.
  - Son-in-law takes care of his wife's sick parents.
  - A younger sister offers to look after her niece while her brother and sister-in-law go out.
- List two important aspects of marriage for which you can prepare your younger sister/brother.

### (ii) Expanding Stage

You have already studied that the expanding stage of a family life cycle starts with the birth of the first child. Parenthood should be by choice since it brings many additional



Notes

demands and responsibilities with it. The couple should be physically, mentally, emotionally and financially prepared to handle these demands. Are they ready for the additional responsibilities? That is the core question they should ask themselves. Then they should take an informed decision in consulting with each other. This strengthens their bond and prepares them for the challenge of parenthood. Both husband and wife have to strike a balance between their individual responsibilities and their responsibilities towards each other and their families to manage this stage of life cycle well. During this stage the parents bear and rear their children. They provide for all their physical, emotional, educational and social needs. This is the most challenging stage in a family life cycle.

(iii) Contracting stage

This stage of life cycle starts when the first child is ready to leave the home as an independent adult. This stage ends with the last child leaving the home or with the passing away of either of the couple. During this stage the couple may retire from their jobs, start pursuing some hobbies, participate in community services and enjoy the company of their grand children.



ACTIVITY 19.2

You may have observed a young couple in your family or neighbourhood with a newborn baby. Write two lines each on the following aspects of their life.

Sleep

.....  
.....

Food

.....  
.....

Socializing

.....  
.....

Entertainment

.....  
.....

**19.4 TAKING CARE OF FAMILY MEMBERS****(i) Care during Pregnancy**

During pregnancy a family should ensure that the woman-

- eats nutritious food at frequent intervals
- takes adequate rest and exercise
- is happy and cheerful.
- visits her doctor regularly for monitoring the growth of the foetus and immediately get treatment for any problem that might be detected.

Becoming parents is exciting but stressful for both the parents. The nine months of pregnancy, child birth and the first year of child care can be quite exhausting for the parents, especially the woman. You may have seen some new mothers in your family getting tired because of the odd hours when the baby keeps her awake and occupied. If the couple is a nuclear family, this period is even more difficult as there is nobody to advise or provide relief by taking over, even for a short interval. Moreover, the new role of a parent, which has been added to the already existing numerous roles of the couple, is yet to be mastered. If the couple is not patient and committed to each other and have not learnt to adjust, there can be problems in their relationship.

The husband and other family members can show their concern and sensitivity towards the woman by taking on as many responsibilities as possible so that she can spend more time with the baby. They can also relieve her of some responsibilities of the baby so that she can rest or spend time to look after some household chores. Can you suggest some things that a husband can do to help? Yes! He can take care of the family laundry, dishes, dusting and he can make sure that things are kept in place after use and he can also bring groceries on his way back from work. The husband can also prepare meals, change nappies, baby-sit or prepare a feed when the wife is too tired. Can you give some more suggestions to the husband so that he can be helpful to his wife?

The wife must also understand that while she has to cope with an infant, the change is no less for the husband. She needs to give him time and space to get used to the new pattern of life and support him in every possible manner.

**(ii) Care during Infancy**

The human baby is totally dependent upon parents for its care and protection. The essential tasks of caring for the baby include feeding, loving, clothing and bathing the baby. All babies need to be exclusively breast-fed by the mother because it is the right of a child. Breast milk is the healthiest food, fulfilling all nutritional requirements of a child. Feeding should be done exclusively till a baby is 6 months old. You have already learnt this in lesson 17- Life Begins. The child also needs

**Notes**





**Notes**

to be immunized against certain life threatening diseases. The immunization schedule has also been explained in lesson-7 Health.

If husband and wife both are working, they require a support system to take care of the baby when they are not at home. They get distressed if the baby is not in good care. What are the options in such a case? Apart from availing maternity and paternity leave from work, the couple can consider the following alternatives:

- grandparents or relatives and friends take care of the baby or
- neighbours / friends managing each other’s children or
- put the child in a day care centre / crèche or
- employ someone to stay at home and look after the baby

Remember, if the option is a crèche or day care center, it should be near the house or work place of either parent. It should be located in a clean, open and well ventilated place, run by qualified and capable people. In case somebody is to be employed to provide care at home, the background of the person must be verified. It should also be ensured, that the person maintains good personal hygiene, is methodical and capable of handling a baby and has a caring and loving nature.



**ACTIVITY 19.3**

1. Visit a day care centre and observe the childcare services that it provides. The indicators to assess the quality of that day care centre are listed below. Check whether the following facilities are provided or not.

<b>Facilities</b>	<b>Yes/No</b>
i) Nearby	
ii) Trained staff	
iii) Provide hygienic food	
iv) User friendly toilets	
v) Provide toys/games (age appropriate)	
vi) Fenced	
vii) Away from road	
viii) Number of staff (teacher, child ratio)	
ix) Clean kitchen	
x) Filtered water	

- xi) Proper lighting and ventilation
- xii) On call doctor
- xiii) Flexible timings
- xiv) Play ground availability

### (iii) Care of Young Children

There are several factors that influence the growth of young children. They are discussed below.

- We often hear phrases ‘Like father like son!’ growth and development of a child is influenced by two factors, heredity and environment. Heredity or genetic factors are provided to the child by birth and cannot be changed. However, the environment in which a child grows up is totally managed by the parents and other care givers. Make sure that the environment provided to children is ideal as far as possible.

The environment consists of the following factors:

- **Early Stimulation:** Providing stimulation in early years of life is one way to achieve this. A child starts talking early and has a better vocabulary if the mother talks often to the infant. Similarly, the cognitive development is faster if the child is taken for outings to a park and allowed to play and interact with other children.
- **Play:** Environment also holds facilities for play and play contributes to all the facets of development, for example; physical, social, emotional, language and even moral. Infants upto two years are actively engaged in solitary games play. Children in the age group of 3-5 years indulge in make-believe play. In this kind of play, the children imitate adult roles or develop their own stories to play. It is therefore very important that adults around children exhibit behaviours that they desire young children to adopt. You must have often observed children playing ‘Home’ copying their parents.

Older children gradually start playing board games, computer games and other outdoor games. These games not only contribute to the physical, emotional and social well being of a child but also inculcate in them qualities like competition, cooperation, sharing, taking challenges, team spirit and leadership.

Children’s minds are constructively occupied through play? They do not necessarily need expensive toys to play with. Low cost toys made at home with locally available material can be as effective and interesting. Toys for children must be safe, inexpensive, durable, interesting and attractive.

- **Discipline at home:** Yet another component of environment is the discipline at home. As the child grows, it becomes essential to teach the child ‘self control’,





**Notes**

which is taught through disciplining the child. Discipline helps the child to follow a certain code of conduct. It starts from an early stage of life that is, from the time of feeding and toilet training. Discipline helps the child to evolve a personal value system of what is acceptable and what is not. Parents become role models in order to inculcate good habits in their children. Parents generally use any one of the three parenting styles while disciplining their children and while interacting with them. These are as follows:

- (i) Autocratic disciplining style: Where emphasis is laid on restrictions and punishment to follow parents directions. Children from such families often lack self-confidence, become anxious about social comparisons and fail to initiate activities. They may have poor communication skills and may become rebellious later on in life.
- (ii) Democratic disciplining style: Children are allowed to be independent but are under the control of their parents. Children can express their opinion and present their arguments. The parents are warm and open towards their children. Children of such parents are socially well adjusted, responsible and are usually self-confident.
- (iii) Permissive disciplining style: Parents are totally uninvolved with their children. As a result of this, the children develop no self-control and lack social skills. They are unable to get along with others.

Compare these parenting styles and list their strengths and weaknesses. Which style were you brought up in? How would you like to bring up your children when you become parents and why? Since each child is different it is important to accept them as they are. It is the family’s responsibility to encourage their natural talent and interests. Parents should not impose their own aspirations on their children.



**ACTIVITY 19.4**

Make a simple low cost toy/ game, using material available at home for a child of age six months or two years.



**INTEXT QUESTIONS 19.2**

1. Tick mark (✓) the most correct answer out of four given options at the end of each of the following statements
  - (a) When you are choosing clothes for your children see that these are
    - (i) simple and soft
    - (ii) absorbent
    - (iii) easy to wear and take off
    - (iv) all the above



Notes

- (b) Interesting and attractive toys help children in their
- |                          |                         |
|--------------------------|-------------------------|
| (i) physical development | (ii) mental development |
| (iii) social development | (iv) all the above      |
- (c) When children indulge in make believe play it helps in
- |                                       |                                 |
|---------------------------------------|---------------------------------|
| (i) development of their future roles | (ii) their physical development |
| (iii) disciplining them               | (iv) developing them socially   |
- (d) Democratic discipline helps in developing in children
- |                       |                     |
|-----------------------|---------------------|
| (i) social maturity   | (ii) self control   |
| (iii) self confidence | (iv) all the above. |
- (e) Permissive discipline does not develop in children
- |                       |                   |
|-----------------------|-------------------|
| (i) social maturity   | (ii) self control |
| (iii) self confidence | (iv) independence |
- List four characteristics of children that are the result of heredity.
  - Explain the meaning of early stimulation.

#### (iv) Caring for older children and adolescents

##### The school going child

A child of seven-eight years requires little support for eating, bathing and dressing. The roles and responsibilities of parents change when the child starts going to school. The child gradually starts moving towards independence. While children are gradually learning to manage they require support in academic tasks. In addition to the schools responsibility it is parents' responsibility to supervise and support the child in studies. It is always helpful if the child is given a separate space in the house to sit and study. It can be a place where he/she can keep all his things and also learn to be organized and orderly.



Fig. 19.3: school going children

Besides academics, children at this age also love to play group games indoors or outdoors. There should be adequate facilities to play in the school and around the living place. Can you say how these games would help the children?



Notes

Children at this stage grow fast and are also at an impressionable age. They not only require adequate nutrition but also need to develop good eating habits. Both the school and parents can help children to develop these habits.



**ACTIVITY 19.5**

- a. What kind of facilities children require to play outdoor games? Does your neighbourhood provide these facilities? How can you help?
- b. Find out if an indoor games facility can be created in your neighbourhood? What can your contribution be in organizing these facilities?

**Adolescents**

During this stage, adolescents strive for independence, want to take their own decisions and attempt to build an identity of their own. They also venture to establish their own value system. In the process, adolescents tend to challenge existing values and behaviours. Parents often find such situations difficult to deal with. If they put pressure on adolescents to follow family values, the situation becomes worse and encourages the adolescent to become aggressive. On the other hand a complete free hand or a permissive stand raises in them a feeling of neglect and betrayal. They feel that no body cares for them.



**Fig. 19.4** adolescents

It is important that parents have a balanced approach while disciplining adolescents. They must set rules and limits and be firm and flexible according to the situation, keep all channels of communication open and provide emotional support. Trusting the adolescent is very important. Parents must learn to listen to the concerns of their teenager, suggest alternatives or solutions to their problems make them aware of consequences of actions and allow them to make decisions for themselves. However, on crucial issues mutually agreeable decisions lead to a warm and supportive atmosphere. Displaying confidence in the adolescent helps to reduce the generation gap and also strengthens family bonds. You will learn more about this in the lesson on “Adolescence: charms and challenges”.

**(v) Settling Grown up Children**

One important developmental task of adolescence is preparation for a profession or vocation. Every adolescent on reaching this stage is anxious and worried about this. Although parents are responsible for guiding their children in this regard, they are often themselves unaware of what needs to be done.



Notes



**Fig. 19.5:** Various Career Options

Preparation for a career should start early. By the time the adolescent reaches the senior secondary stage of schooling it is time to identify the profession one wants to enter into and also decide upon the necessary preparation for it. There are many new career options available for young people to choose today. There are also many channels of information to guide them in the preparation required for a career. Read the lesson “Adolescence: charms and challenges” for more information.

**(vi) Care for the Elderly**

Retirement can be a fulfilling and a happy time for people for various reasons. They are gracefully relieved from the responsibilities of their profession. They enjoy a good reputation in the society and are well provided financially. They have settled their children in professions and marriage. They have become grandparents and can leisurely enjoy the progress of their grand children.

However, retirement can be stressful also if an elderly couple has not cared their financial and physical well being. What do you think will happen, if they are without any support system and are financially not well off?



## Notes

Aging is a normal process of growing up and hence affects the body and causes decline in energy and all the abilities. Wrinkles, aches and pains are quite common in this age. The challenge is to accept aging as a normal process. They should gracefully, take care of themselves, slow down their pace and let go of responsibilities. They should take life easy, sit back and enjoy their days. If some people genuinely want to help them then they should let them do. They should thank them and bless them. They will be happy and would want to come back to help again.



Fig. 19.6: Elderly

## 19.5 ROLE OF A FAMILY IN DIFFERENT EFFECTIVE INTERPERSONAL RELATIONSHIPS

### 19.5.1 Family Relationships

Look at your family and other families around you. How do the family members get along with each other? It is important to analyze family relations. Family relations depend on the way every member behaves and interacts with each other. The well-being of each member of the family depends on the nature of these relationships. Cordial, harmonious relations and positive thinking can make life easier whereas quarrels and disharmony can lead to low self-esteem and negativity among members.

In a traditional Indian joint family where a large number of family members share common assets and liabilities, having a good relationship with every member is very important but difficult to establish. There can be people who are ambitious, self centred, jealous or dissatisfied with their fate while there are others who look after every one's comfort and interest before they do anything for themselves. Can you visualize what can happen when a situation like this happens?

More and more people are moving to nuclear families as a result of migration and industrialization. Due to financial pressures, better education and employment opportunities, women are also contributing to family income. Do you think some extra efforts are needed by member of a family to establish good relations? You have already read that today many couples are performing dual roles as home makers as well as professionals.

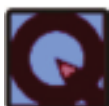
Various factors that contribute in strengthening the relationship are –

- a clear understanding of one's duties and responsibilities



- feeling of empathy towards all family members
- a good interpersonal relationship by becoming sensitive to the other person's needs and comforts and putting his/her happiness before your own
- effective verbal and non-verbal communication skills
- displaying a genuine concern and love for others
- extending help to others whenever necessary
- being discreet and non-interfering in others' affairs

On careful observation you will find that all the factors listed above are an important skill for a healthy life. These skills are called **Life skills**. Life skills essentially help you to improve the quality of your life. Enhancing and using these life skills is the key to a successful family life. In contrast, mistrust, criticism, interference, self centeredness, lack of empathy and poor communication skills are factors that lead to disharmony and even breaking of relations.



### INTEXT QUESTIONS 19.3

1. Tick mark (✓) the factors that can promote family relationships-
  - i) lack of communication among family members
  - ii) accept the things as they are
  - iii) too many children in the family
  - iv) practice letting go of something small
  - v) love and cooperation among family members
  - vi) accept your shortcomings
  - vii) employment of mother outside the home
  - viii) forgive yourself and others
  - ix) too many expectations from others
  - x) maintain positive attitude and facial expressions

### 19.5.2 Values in Life

Values form the crux of our social environment. They help in establishing a just and equitable society. Traditionally, children observe their elders and imbibe values like respect for elders, honesty, truthfulness and humility. The values that we hold have been derived from our family, friends, neighbours, teachers, mass media and so on. Many of the values that you have are learnt from your own family members. Over the years, imparting value education seems to have taken a back seat. Now we see a gradual erosion of values in our society. However, just as we cannot accept pollution as a part of life and need to do something about it, we also need to prevent the degradation of values in our society.





## Notes

Imparting values education to children is a very important function of a family. We must provide a favourable atmosphere for young people to observe and imbibe those values which are generally accepted by society. They also need to constantly practise these values within the environment of their homes.

Parents teach values by directly telling their children what to do, and what not to do and by setting examples themselves. If parents tell their children to be truthful but tell lies themselves, what do you think will happen? The child will get confused and not be able to differentiate between right and wrong.

Go back to the beginning of the lesson and read about the functions of a family. You will find “emotional security” and “bonding” among the members of a family. These functions can be ensured when we take care of the elderly and the sick in the family; when we accord sensitive treatment towards our girls and women or when we do some community service.

The older members of the family, that is, the grandparents have reached a stage in life where their energy level and abilities begin to fail. They need special care and attention. It thus becomes the special responsibility of all in the family to look after them and make them as comfortable as possible. How can we do so? It is very simple if you follow the few tips given here.

- help them in doing tasks they are not able to perform because of their failing physical abilities
- spend time with them to make them feel comfortable
- provide moral support by being with them
- encourage them to take care of themselves
- be sensitive to their nutritional and medical needs
- involve them in decision making
- respect their views and opinions

In many families, even today, daughters and daughters-in-law face many restrictions and discriminations in areas such as nutrition, education, play and other outdoor activities, taking up jobs or even in expressing their opinions. When we talk of developing sensitivity towards the status of girls and women in our society, we are actually talking of equality of all human beings. As responsible young people, it is up to us to see that no discrimination is shown within our own families. We must also stand up and oppose it, wherever it exists. How can we do so?

- By showing equality in terms of nutrition, education, opportunities and sharing responsibilities.
- By recognizing their contributions to households, family income and attending to their needs.
- By recognizing that they too have their needs and need opportunities to fulfil them.
- By showing respect to them and treating them as equal human beings.

In this lesson you have learnt the importance of being a part of a family. We have understood the role a family plays in the overall well being of every member of the family. A typical family life cycle passes through three stages- beginning, expanding and contracting. Each stage has its own charms and challenges. All members of a family have to perform their roles to ensure healthy relationships and to be a useful member of the society.

A family provides unconditional love, care and support to all its members. We should appreciate this and not take our families for granted. Mutual respect for each other goes a long way in passing family values from one generation to another. You will see that use of these skills in many difficult situations helps you to sort out your problems more effectively. In the long run this enables you to be at peace with yourself and have a positive attitude in life. It will help you to be a positive member of your family and society. That is something all of us should aspire to achieve in life.

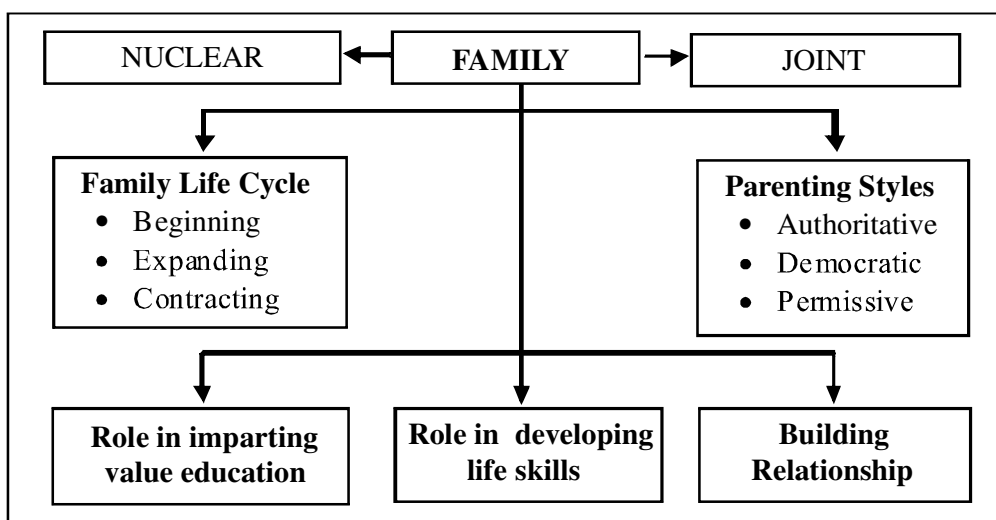


### ACTIVITY 19.6

- Make a check list of qualities for establishing good relationships.
  - List skills required for qualities mentioned in the above check list.
  - Tick on the skills that you think you have.
  - Identify the ones you need to work on.
  - Develop a plan of action to acquire those skills.
- Identify a person in the family or neighbourhood who does not have good relationships with people and find out the reason for the same. Suggest some measures for helping that person to improve his/her relations.



### WHAT YOU HAVE LEARNT





Notes



**TERMINAL EXERCISE**

1. What is a family life cycle?
2. How do loving and understanding parents help adolescents to grow into responsible persons?
3. What are the different parenting styles?
4. Why is discipline necessary in family.
5. How can a family help a newly married girl to adjust in her new house?
6. Compare the environment for growing children in extended families with that of a nuclear family.
7. State the role of parents towards infants, school going children and adolescents to facilitate their development.
8. What are the values of life and how are they inculcated in the children in a family?
9. Uma got married to Rajan three years ago. She lives in a conservative joint family in a big city. In her family there are her husband's parents and his unmarried brother Akash and sister Neha. Uma gets along very well with Akash but not with Neha. They are more or less of the same age.

If you were Uma how would you improve your relationship with Neha?



**ANSWERS TO INTEXT QUESTIONS**

**19.1**

1.
  - i) daughter in law gets positive vibes and softens towards her in-laws.
  - ii) it means helping each other and feeling good about each other.
  - iii) preparation helps in reducing tensions.
  - iv) wife's parents feels happy and good and relationship improves
  - v) brother and sister in law feel good and want to do good to sister.
2.
  - i) making adjustments in personal life and accommodate the new family.
  - ii) give due respect to every one.

**19.2**

1. (a) (i) (b) (ii) (c) (iv) (d) (iv) (e) (iv)
2. Colour of the eye, skin, height, and body build
3. Providing ideal facilities for development to children in early years of life.

**19.3**

1. ii), iv), v), vi), vii), viii)