Family Wellbeing- A protective approach to healthy and happy family relationship

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Abstract

The natural environment (air, land, water, flora, and wildlife), the human-made surroundings (buildings, roads, machinery, appliances, and technology), social contracts (families, media platforms, institutions, economies), and human consciousness all play a role in how people interact (knowledge, beliefs, understanding, skills, traditions). The desire for ideal health, for better living circumstances, for the welfare of family members, and for an improved quality of life is a significant motivation behind human action. These are the things that people aim to do for themselves, their families, and the communities in which they live. All of these interactions lead to wellbeing. Today's family system has seen changes in terms of size, role relationships, and power dynamics. The transition from a consanguineous to a conjugal family represents the change. Large joint families are becoming nuclear and joint families are becoming extended (either one or both grandparents residing with the family). It affects the size of the family, who lives with whom, and who owns what. This review study was an exploratory endeavour to investigate the numerous aspects of family well-being that impact urban families' lives and promote quality of life through responsible decision-making and a better understanding of family dynamics and relationships.

Keywords-family, wellbeing, relationship.

Introduction

A desired outcome of being is referred to as wellbeing. For people, this involves being in good health and having a comfortable living in terms of their families, jobs, housing, and other facets of their lives. Thus, concepts like "individual wellbeing," "family wellbeing," and "societal wellbeing" are used to refer to various human groups, such as families, communities, and society at large.

Families are in a good place when all of the members are safe, healthy, and financially stable. Families may find it harder to support one another when they struggle in one or more of these areas. Families can

discover and use their own capabilities to solve the issues they confront by being actively involved in problem resolution. According to research, family interactions can either have a beneficial or negative impact on wellbeing, depending on the type of relationship and whether or not there is a family present.

The quality of such family connections will have a significant impact on a person's overall well-being. Family relationships are significantly linked to a person's emotional well-being. Marriage and other emotionally committed connections were thought to be a tremendous source of love that has a big positive impact on wellbeing.

However, the modern urban family experience ambiguity in family roles, relationships, and responsibilities. The family-based emotional support system is eroding, and external institutions (such as schools and religious organizations) are assuming the socializing functions that were formerly filled by families. A middle-class family in an urban area has seen significant change as a result of advancements in industrialization, women's education, and workforce engagement. Industrialization, education, and urbanization have all contributed to an astonishing speed of migration, late marriages, altered fertility rates, rising divorce rates, marital problems, premarital cohabitation, an increase in single-parent families and single-person households, a diversification of profitable economic endeavors, and individual-friendly property laws, which have all had a direct impact on the size of families.

Review of literature

NHANES I (1971–1975) data revealed that working women utilized fewer professional services to deal with personal and mental health issues than their non-employed counterparts, and they reported feeling better overall (Wheeler *et al,*1983).

Men or women between the ages of 20 and 39 had considerably superior well-being (scores 0.82) compared with men or women 40 years of age or older (scores >0.79), according to data from the 2001 NHIS and Quality of Well-Being scale, a preference-based scale that assesses well-being between 0 and 1. (Hanmer et al,2006).

According to data from the 2005 Behavioral Risk Factor Surveillance System, 12 million US individuals (5.6 percent) reported being unhappy or very unhappy with their life due to scattred family structure, broken families, unemployment, (Strine et al, 2008).

According to data from the 2005 BRFSS, 8.6% of adults said they rarely or never received social and emotional assistance, with values ranging from 4.2% in Minnesota to 12.4% in the US Virgin Islands (Strine et al,2008).

Concept of Family well being

Families that are in good shape are essential to ensure that each person performs at their highest level of productivity, which enhances their well-being. The majority of the time, economic measures like income have been used to gauge well-being. As a measure of wellbeing, income has a number of limitations. Health, education, better housing, and other non-economic components of well-being are as essential to many economic measures and can be linked to economic indicators. Together, economic and non-economic indicators can give a more complete picture of how society and individuals are doing, as well as track changes through time. The concept of wellbeing is one that anthropology, economics, psychology, sociology, and other social research share (Gasper, 2005). The goal of the idea of well-being, according to Wilkinson (1991), is to "recognize the social, cultural, and psychological requirements of individuals, as well as those of their families, institutions, and communities.

Parental wellbeing, child wellbeing, and happy family interactions are all considered to be components of family welfare in this idea. Numerous, connected, and reciprocal factors can have an impact on each member of the family and the interactions they share. Families are important to society and to the people who are part of them. It is also well recognized that families play a crucial role in fostering both individual growth and the economy (Bogenschneider et al., 2012).

Contemporary Changes in urban middle class families

India takes great pride in its long history of a cohesive and secure family structure. The Indian society is "collectivistic" in contrast to Western culture, which emphasizes "individualism," in that it fosters interdependence and cooperation, with the family serving as the core of this social system. In the last 50 years, the family has experienced some significant changes. Its natures have been influenced, its roles have changed, and its structure has changed. This is caused by a number of variables, including social, economic, educational, legal, cultural, scientific, and technical progress. The fundamental composition and operations of the social institutions are directly impacted by societal change. Family, religion, morality, wedding, state, and property institutions have all changed. Technology is regarded as a potent weapon for bringing about societal change. The way of living has been profoundly altered by it. The operation of social institutions has likewise been institutionalized.

The marriage contract is not seen as a sacred one but as a social contract, and it has been discovered that urbanization in society is to blame for structural changes in the design of the family as a whole. Other socialization agencies have taken many family functions. With technology elevating the social position of women in the household, divorces and separations are undoubtedly on the rise. However, it has also jeopardized the foundation of social bonds. There has been a great deal of distress in the social interactions between husbands and wives.

The previous authority and value structures have been put under scrutiny during the structural change process. The traditional hierarchical authority is changing as individualism increases. The value of respect, love, and affection between family members of different generations was diminished as a result of these developments. The absence of emotional support in the family frequently pushes young people down the path of drug and alcohol addiction.

Implications of these changes in families

- Because urban residents prefer nuclear families, urbanization has led to the creation of nuclear families. Urbanization has placed a strong emphasis on privacy and individuality, which supports the formation of separate family groups.

- The growth of technology in tandem with industrialization has presented Indian families with a number of new difficulties. Contrary to pre-industrial civilization, the family is no longer the primary unit of production. It now comes into contact with market economy dynamics.

- Migration affects women and children in essential ways. Whether only the male relocates to a new region in search of employment or if they relocate alongside him, a woman suffers.

- Repetitive migration deprives youngsters of their essential health and education services as well as of any programmes that may have been available to them had they stayed put.

- Modern family life has a positive impact on educated Indian women. They have grown to understand their rights and reciprocal equality with males. They have already begun utilising their educational and employment options.

- One's conventional talents are no longer applicable in the urban economy due to the kinship network's deterioration and occasionally breakdown.

- The dissolution of the joint family system was brought on by conflict or a family dispute. Joint families sometimes disintegrate due to disputes over the family's assets, its income and expenses, the unequal division of work at home, and interpersonal conflicts between women.

- Alternative models are replacing the male breadwinner paradigm more frequently, with the "dual earner female professional" model becoming more common in India. Also gaining popularity is the "one full-time and one part-time earner-female career" arrangement.

- In the current work structure, the status of the elderly as the reservoirs of experiential wisdom is dwindling as a result of increased longevity in the population. They are frequently viewed as a burden by their adult children since they are viewed as being unproductive.

Families' internal structures are changing as well. Families tend to be more materialistic, and their major goals in life are to make more money so they can provide for their family by increasing their level of happiness. Family cohesion, emotional ties, tolerance, and resilience are declining, and members' happiness is influenced by their financial situation. They don't have time for their family or children since they are too busy with their personal and professional lives. Along with changes in family responsibilities, decision-making authority, socialisation procedures, and child-rearing practises, the dynamics between family members have also altered. There is a reorganization of power and authority among family members, and the eldest male's primary authority is eroding.

Loss of emotional ties among family members has an impact on the socio-psychological context of the individuals and family. One experiences alienation. Due to individual selfishness and a decline in family participation in social gatherings, the community is vanishing. The individualistic mindset brought on by modern progress makes the younger generation more irritable, insecure emotionally, and less tolerant. Urbanization and individualism have an impact on emotional toughness. The drawbacks of nuclear families include: a lack of support to care for things or children in the event of one member's absence or emergency; a lack of social interactions or close relationships; a significant breakdown of traditional support networks; and continued to increase tension and anxiety on nuclearized families, which makes them more susceptible to emotional disorders and problems.

As a result of all these adjustments and challenges, Indian society have been gradually divided between wealthy and middle-class groups, with the proportion of those living in substandard conditions rising. In summary, urban families' future and well-being are in grave danger.

According to certain Indian scientists and family scholars, once equality is agreed upon and achieved at all levels, a family's and society's mental and relational well-being will follow naturally. In light of the foregoing, some advice is provided below based on the results of the current study, which assist urban families can perceive their families' well-being and encourage them to pursue healthy lifestyles……

1. Strong family ties are built on a foundation of commitment. Families that are strong and committed priorities the health and happiness of all of its members.

2. **Showing appreciation** to family members boosts their self-worth, makes them feel deserving, and fosters a sense of community within the family.

3. Family members who **communicate** with one another feel closer to one another. Strong families talk to one other about both essential and personal topics. Talking and listening are essential components of effective communication, and family members are comfortable expressing their thoughts to one another.

4. **Spiritual wellness** fosters harmony among family members and directs moral action and altruistic concern. Family members become closer because of shared beliefs since they give them a sense of stability, hope, love, and tranquilly.

5. **Strong coping mechanisms** enable families to stick together in the face of stress, crises, and conflict. When faced with a crisis, strong families rely on one another's strengths and keep flexibility to resolve the situation.

6. **Spending time together** fosters the development of family ties, memories, and a sense of identity. Spending quality time together as a family improves communication skills and gives everyone in the family a sense of security and belonging.

7. **Acceptance:** This entails valuing individuality and originality and expressing respect for it. Family harmony and happiness, as well as the formation of a good identity, depend on acceptance and a sense of belonging.

8. **Resilience:** Families that are resilient have a positive outlook on life. Families support one another and foster a sense of self-assurance and a "can do" attitude by highlighting the qualities and possibilities of the family even when faced with adversity.

9. **Participating** in shared activities has a significant positive impact on the 'health' and well-being of the family. Examples include playing board games, doing duties around the house, gardening, or going outside to play. They strengthen the emotional bonds between members of the family.

Research finding

Well-being is linked to many advantages for one's health, career, family, and finances, according to research findings. For instance, higher levels of well-being are linked to a lower risk of disease, illness, and injury, improved immune function, a quicker time to recover, and a longer life span. High levels of well-being increase productivity at work and increase the likelihood that an individual will give back to their community.

Previous studies support the idea that the positive affect component of well-being has a similar association with extraversion as the negative affect component does with neuroticism. The findings of this study also lend credence to the idea that happy emotions, which are essential to wellbeing, are not only the antithesis of negative emotions but are distinct aspects of mental health that can and ought to be promoted. Environmental influences are at least as essential as heritable ones in explaining the variation in well-being, if not more so.

The relationships between the factors that influence both individual and societal well-being have been the subject of several research. Numerous of these research used various well-being measures (such as life satisfaction, positive affect, and psychological well-being) and procedures, which occasionally led to

conflicting conclusions about well-being and its correlates (Veenhoven,2008) In general, access to modern conveniences and the ability to meet basic requirements (such as food, housing, and income) are more strongly correlated with life satisfaction (e.g., electricity). Having helpful relationships is more directly related to feeling good (Diener et al,2005).

Conclusion

It can be inferred that the family has been the key institution from which Indian society has drawn strength and shaped its destiny. The health of a country or society is greatly influenced by the health of its families; hence, what happens in one family has an impact on the other. As a result, the health of the family serves as the basis for preserving each member's bodily and mental integrity. Family strengths are crucial for creating a sense of shared family purpose that confers stability and resilience on families and supports practices like emotional and financial support, the protection of weaker family members, socialization of members, the transmission of values and beliefs, and emotional support and acceptance. The needs, obligations, and issues of the family must be taken into account in order to attain the aim of family well-being. By making everyone aware of their respective roles, responsibilities, and rights, family life education is one important component in building the support system for people, families, and the community. It further enables family members to maximize their potential for greater family life while empowering them to be accountable, compassionate, and conscientious.

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