SECTION

6

FAMILY LIVING

MANAGEMENT IN LIVING
Management Principles for Quality Living

INTRODUCTION

This section discusses responsible family living. After going through this section, you will gain knowledge, understanding and skills necessary for creating and maintaining a healthy and well-functioning family unit. The section recognises the pivotal role of families in shaping societal values and aims that will equip you with the skills to relate effectively with individuals, families and society. The focal areas of this section include the concept of family, the role of families in the development of individuals, families and society. It also examines the different stages of the family life cycles and their implications, the relationships between families and society, the contribution of the family to the society and the society to the family.

At the end of this section, you will be able to

- Explain the concept of family
- Identify the role of families in the development of individuals, families and the society.
- Examine the different stages of the family life cycle and their implications.
- Describe the relationships between families and society.
- Discuss the contribution of the family to the society.
- Examine the contribution of the society to the family

Key Ideas

- A family is a group of people related either by blood, marriage or adoption.
- Families play a crucial role in the development of individuals, and the society as a whole and this leads to building healthy communities and creating a positive societal impact.
- The family life cycle describes the various stages that a typical family goes through as it evolves (progresses/grows) and develops over time.
- Families contribute to the development of society by shaping the values, behaviour and capabilities of individuals
- Society supports the family by providing social amenities for family use.

Concept of family

What comes to mind when you hear the word family? A family is a group of people related either by blood, marriage or adoption. People who are related by blood such as

siblings (brothers and sisters), or parents and children. Marriage is the legally or formally recognised union of two people as partners in a personal relationship, (husband and wife). Adoption refers to those members of a family that are legally entered into the family but are not immediate blood relations. Most families share common residence, resources and emotional bonds.

There are different forms of families as explained below:

a.   **Nuclear family:** This consists of two parents and their children living together. The nuclear family is depicted in figure 1, below, and consists of married couples such as husband and wife with children living together in one household. It is a traditional family structure and may include biological, adopted or step-children (where a child is related by blood to one parent).

Fig. 6.1: Nuclear family

i. Single-Parent Family

A single-parent family is a variation of the nuclear family system. In a single-parent family, one parent either the father or the mother as shown in figures 2 and 3 respectively, are responsible for raising and caring for the children without the presence of the other parent due to divorce, separation, death, or other circumstances.

Fig. 6.2: Single Mother Family

Fig. 6.3: Single Father Family

ii.   **Blended Family**

A blended family, also known as stepfamily, is where a couple with children from previous relationships marry or live together.

b.   **Extended family:** This includes relatives like grandparents, aunts, uncles, and cousins, along with the nuclear family. Figure 4 below is a picture of an extended family which includes the nuclear family (father, mother and children) in addition to other relatives

such as uncles, aunties, grandparents living in the same household or maintaining close relationships.

Fig. 6.4: Extended Family

Activity 6.1

1. Search the internet and other sources on the concept of family, note how the different types of families are constituted and share your ideas with the class.

2. Illustrate your family tree and indicate the nuclear / blended, and extended family. Share with your friends and note the differences and similarities.

An example of a family tree template is depicted below. You can create your own based on the nature of the family you are illustrating.
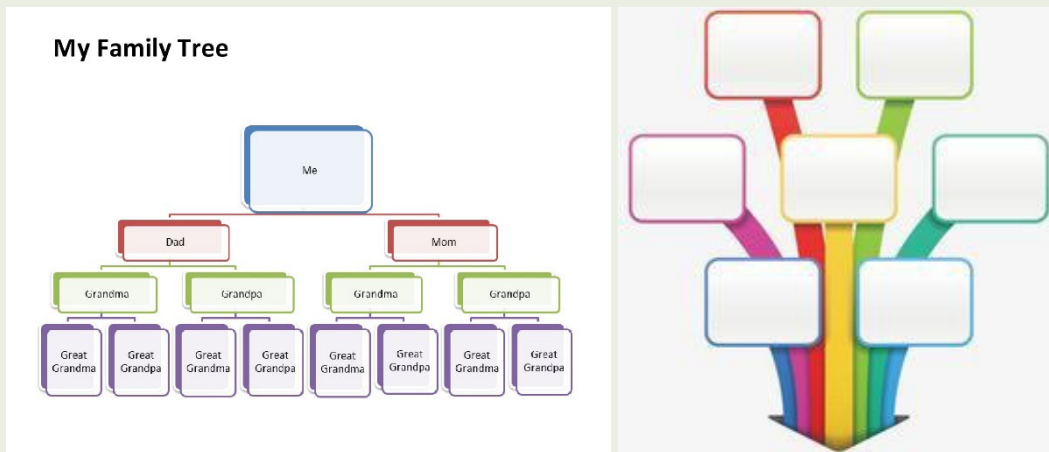
Fig. 6.5: Sample Family Trees to adapt

3. Create a family album/chart/poster depicting the different types of families.

Note: You can use family pictures or drawings to create an album/chart/poster.

Role of families in the development of individuals, family and society

In this section you will learn about the role of families in the development of individuals, family and society.

A stable and supportive family structure fosters healthy and well-adjusted individuals who are equipped with knowledge, skills and values to contribute positively to their family, community and society as a whole. A family contributes in different ways to a community and society, which is explored further, below:

1. **Physiological role of the family:** The physiological role of families refers to the functions families fulfil in meeting the physical and biological needs of their members to ensure their health, safety and overall well-being. This has to do with the provision of food, shelter or accommodation, healthcare and rest.

2. **Social role of family:** The social role of families refers to the functions and responsibilities that families perform within society. These roles include:

a. **Primary socialisation**: Families are the primary agents of socialisation, transmitting cultural values, norms, and behaviours to the younger generation. They teach children how to interact with others, social norms, values and behaviours.

b. **Formation of identity**: Families provide a sense of belonging and identity to individuals. An individual can be identified by the family's name or surname. This gives the individual a unique identity in the society.

c. **Reproduction and continuity:** Couples/Parents in the family reproduce (have children) and this makes the family increase in size and continue to exist, even when some members of the extended family pass away. Hence, the family facilitates the process of procreation and nurturing of future generations.

d. **Emotional support and well-being:** Families offer love and care, which are critical for the emotional well-being of individuals. The family provides support to its members in different forms,including in times of trouble/difficulties/challenges. This makes them feel comfortable and emotionally stable and therefore securein wider society.

e. **Economic support and stability:** Families contribute to economic stability by providing financial support and resources to their members. Family members often share financial responsibilities and support each other during challenging times.

3. **Instrumental role of the family:** The instrumental role of families refers to the practical, tangible and concrete functions that family members perform to meet the material and physical needs of the family unit. For example, supporting family members financially, household management, childcare, emotional support, health care, running errands for the family, help in the education of its members and providing access to transportation and mobility, which could include bicycle, motorcycle, car, wheelchair or crutches.

4. **Expressive role of family:** This refers to the emotional, social, and psychological support that family members provide to one another. The expressive role of the family focuses on nurturing emotional bonds, fostering personal growth and creating a sense of connection and belonging among family members. These include:

a. **Emotional support:** Family members offer emotional support and understanding to each other during times of joy such as birthday parties or wedding ceremonies, and sorrows such as sickness, death, disaster, and stress. They provide a safe space to express feelings and emotions openly.

b. **Communication:** Families engage in open and effective communication, encouraging active listening and empathy to foster strong interpersonal connections.

c. **Affection and love:** Family members show affection and love towards one another through verbal expressions, physical gestures and acts of kindness.

d. **Conflict resolution:** Families work together to address conflicts and disagreements helpfully, promoting healthy communication and understanding.

e. **Celebrating achievements:** Families celebrate each other's accomplishments and milestones, providing positive reinforcement and support.

5. **Supportive role of the family:** The supportive role of the family refers to the various ways in which family members aid, encourage and care for each other. These include:

a. **Encouragement and motivation:** Family members encourage and motivate each other to pursue their goals and aspirations, promoting a positive and supportive environment.

b. **Childcare and parental support:** Families support one another in parenting responsibilities, providing care and guidance to children and sharing parenting tasks.

c. **Practical help:** Family members offer practical help and assistance, such as running errands, helping with household chores, or providing transportation.

d. **Crisis management:** Families come together during crises or emergencies to support and solve problems collectively.

e. **Empathy and active listening:** Family members listen to each other's concerns and experiences with empathy and understanding.

6. **Traditional role of family members:** Traditional roles of family members refer to the classic (typical) or conventional (accepted) functions and responsibilities assigned to family members based on societal norms, cultural expectations, and historical practices. However, itis important to note that these roles can be limiting, outdated, or even harmful, and many modern families have adapted or rejected these traditional roles in favour of more egalitarian (equal), flexible, and inclusive arrangements. These roles can vary significantly across different cultures and communities. Some common traditional roles of family members include:

a. **Father:** Traditionally, the father is seen as the primary breadwinner and protector of the family. He is responsible for providing financial support, making important decisions and being the head of the household.

b. **Mother:** The mother's traditional role is often associated with caregiving and nurturing. She takes care of the children, manages the household and provides emotional support to family members.

c. **Children:** Children are expected to respect and obey their parents, follow their guidance, run errands for the family and contribute to household chores as they grow older.

d. **Grandparents:** In many cultures, grandparents play an essential role in the family, offering wisdom, support and care for the younger generations.

e.   **Siblings:** Siblings may have roles that include supporting and looking out for each other, especially in larger families.

Activity 6.2

1.   Organise a drama/role play on the various roles of the families to educate the school community members. Reflect on the roles you performed or watched and share your experiences.

Steps for creating a drama/role play

- With your classmates, plan and write a script that can be role-played to an audience.
- Allocate the number of people required to take part in the drama/role play
- Assign roles to each member
- Practice / rehearse
- Set the date
- Orally or write letters to invite the community or friends.
- Get costumes if required

Drama role play writing guide

Characters - Who are they? Describe them.

Character Name	**Description**

Scene 1 - Set the scene - where is it? Who is there?

_____

_____

_____

_____

Scene 2 - Set the scene - where is it? Who is there?

_____

_____

_____

Narrator:

_____

_____

_____

(Stage Directions):

1st Speaker's Name	How They Talk/Behave
2nd Speaker's Name	**How They Talk/Behave**

2. Develop concept maps, mind maps or concept cartoons to illustrate the roles each family member plays to promote family growth and development.
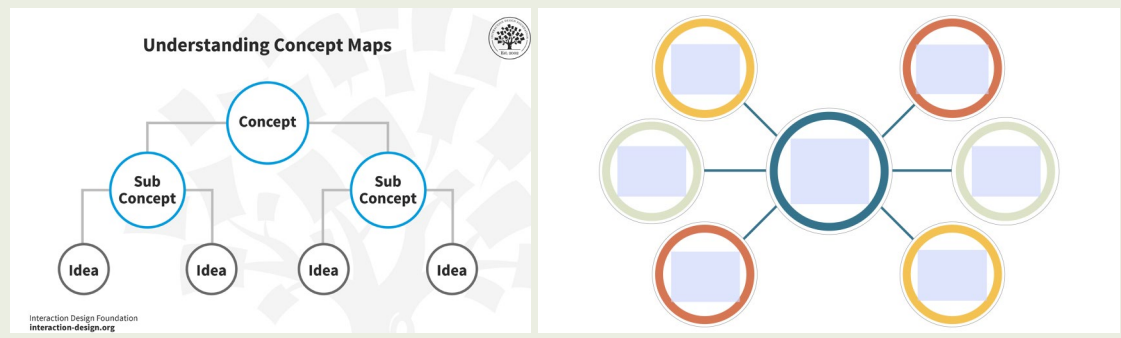
Fig. 6.6: Sample concept maps to adapt

3. Organise an open forum to engage peers to share ideas on the following roles of the family:

    i.   Physiological role of the family

    ii.   The social role of family

    iii. The instrumental role of the family

    iv.   Expressive role of family

    v.   Supportive role of the family

    vi.   Traditional roles of family members

Guidelines for planning open forum

- Define the purpose and objectives of the forum
- Prepare a clear agenda
- Choose a facilitator or moderator
- Select a suitable venue and seating arrangements
- Invite participants
- Outline the guidelines for managing the forum i.e. don't speak over other people, don't make personal comments, raise hands when you want to speak etc.

Stages of family life cycle

In this lesson, you will learn about the stages the family goes through in life. The family life cycle is a concept that describes the various stages that a typical family goes through as it evolves (progresses/grows) and develops over time. These changes are; the beginning stage, the expanding stage, contracting stage, empty nest stage and survivor or ageing stage. The stages of the family life cycle are explained below:

1. **Beginning Stage:** This is the first stage of the family life cycle and marks the beginning of a new family unit. This is the stage where couples marry and live together as husband and wife. Figures 5 and 6 below are pictures of couples at the beginning stage of the family life cycle. This stage ends when the first child is born. This stage is crucial in setting the quality for the future of the family unit. It's a time of excitement, adjustment, and growth, as the couple builds their life together.

Fig. 6.7: Couple at the beginning stage

Fig. 6.8: Couple at the beginning stage

2. **Expanding Stage:** This is the stage when the family starts to increase in size because the couple start having children. When a couple have their first child (by birth or adoption) the number of the family increases from two. **Figure 6.9** below is a picture of an expanded family.

Fig. 6.9: Expanding Stage: Couple with children

The expanding stage of the family life cycle is a time of significant growth and transformation as the couple embraces their roles as parents and the challenges and joys of raising children. The stage ends when the first child leaves home to be on his or her own.

The major features of this stage include:

a. **Birth/Adoption of children:** Pregnancy and childbirth or adoption.

b. **Parental roles and responsibilities:** Parenthood and parenting skills.

c. **Adjustment period:** Childcare and education.

d. **Shift in priorities:** Providing a stable and nurturing environment for children's growth and development.

e. **Financial planning:** Reviewing financial situations and adjusting to accommodate the needs of the growing family.

f. **Support system:** The couple may seek support from family, friends or other parents to go through the new challenges they face as parents.

3. **Contracting Stage:** This is the stage when children start leaving the family home. This is also known as the "Launching Children" stage. The children leave the family to pursue their own lives, mostly through higher education, starting careers or getting married. This stage begins when the first child leaves and the family start reducing in size and ends when the last child leaves.

Fig. 6.10: The Last Child leaving family

This stage marks a significant change for both parents and children as they adapt to a new family dynamic and redefine their roles and identities. The characteristics of this stage include:

a.   Children leave home for studies.

b.   Children leave the family home for independent life.

4.   **Empty Nest Stage:** This stage begins when the last child leaves the family home, and the couple is left as they began. This is the stage when **all** the children leave the family to establish themselves independently, leaving only the couple. Figure 9 below shows pictures of couples at the empty nest stage.

Fig. 6.11: Couples at Empty Nest Stage

At the empty nest stage, some parents may embrace the newfound freedom, while others may find the changes challenging. It is an opportunity for personal growth and renewal as parents progress to the next phase of their lives. The main features of this stage include:

a.   **Children living independently:** The family home is now empty or may be occupied only by the parents.

b.   **Emotional adjustment:** The period brings about a range of emotions for parents, including pride and satisfaction in seeing the children become independent and successful. They may also experience grief, sadness or loss of purpose.

c.   **Increased freedom:** Parents have more freedom and flexibility in their daily routines and lifestyles. They have more time for themselves and can focus on personal interests and hobbies.

d.   **Reconnecting as a couple:** The empty nest stage offers an opportunity for the couple (husband and wife) to reconnect. They can invest more time and energy in their relationship, travel together and explore shared interests.

e.   **Career advancement or retirement:** Parents in the empty nest stage may experience career advancements or decide to retire, depending on their age and individual circumstances.

5.   **Survivor/Ageing Stage:** This stage is a time when parents have become elderly/aged and are on retirement and both or only one may be alive

Fig. 6.12: Couple at Survivor/ageing stage

This is the stage where individuals and couples may experience significant life changes, both physically and emotionally. At this stage, most couples are weaker than in their youthful age and may suffer from some ailments. They may need more attention, support and care to feel happy and that they are coping with life. The major characteristics include:

a.   **Caregiving and support:** In some cases, adult children and care giving agencies may take on the role of caregivers for ageing parents, providing emotional, financial and practical support as the parents require more assistance.

b.   **Grand parenting:** Many individuals become grandparents during the ageing stage, bringing new joys and connections to the family.

c.   **Legacy and reflection:** Older adults often reflect on their lives, accomplishments and the legacy they want to leave behind for future generations.

d.   **Social support and community involvement:** Maintaining social connections and being involved in the community becomes crucial for overall well-being during the ageing stage.

e.   **End-of-life planning:** Individuals and couples in the ageing stage may consider end-of-life planning, including wills, living arrangements and medical decisions.

f.   **Coping with loss:** The ageing stage may involve coping with the loss of friends, family members or spouses. Grief and bereavement support may become essential.

Note: It is very important to note that each family's life cycle can vary based on cultural, social and individual factors. While the stages outlined are general, not every family will go through all of them, and the timing and experiences within each stage can differ significantly.

Activity 6.3

1.   Read from text or internet sources on the stages of the family life cycle and note down the challenges that people face as they go through the life cycle and share your thoughts in class.

2. With your classmates, organise a panel discussion on the different stages of the family life cycle and its implications on family management.

Tips for organising panel discussion

- Define the topic and objectives

- Identify potential panelists (experts)

- Invite panelists and confirm their availability

- Choose a moderator (with neutral experiences)

- Select a venue and schedule date/time

- Plan the format (e.g. 60 minutes discussion, questions and answers)

- Outline the guidelines for managing the question and answer session i.e. don't speak over other people, raise hands when you want to speak etc.

3. Create an album/illustrate in pictorial format the various stages of the family life cycle and display in class for feedback from peers.

Guidelines for feedback

- Accept colleagues' ideas about your work

- Make constructive comments of others work and do not criticize

- Do not mock or laugh at each other's work

- Praise classmates work where it warrants praise

4. Interview your family or close relatives about the stages of your family life cycle and write a family journal entry on the history, present and future aspirations of the family.

5. Interview a family of your choice and produce a report on the following:

   a) The stage of the life cycle that they at

   b) Their achievements

   c) Their challenges

   d) How they are coping

Interview Tips

- Plan the questions in advance.

- Make and maintain eye contact.

- Ask open-ended questions so the interviewee can expand on their answers.

- Listen carefully to their responses.

- Take notes.

- If you do not understand something, ask them to explain.

You could use a template to record your questions and the respondent's answers:

Instructions: Write down some questions about the family life cycle that you will put to the respondent's during the interview.

Question: Answer:
Question: Answer:
Question: Answer:
Question: Answer:
Question: Answer:

How to analyse data

I.   This involves identifying important facts and patterns from the data gathered.

II. Draw conclusions.

III. Summarise and make informed decisions based on the results.

Prompt sheet for report writing

- Informative and fact-based.
- Formally structured.
- Usually written with a specific purpose and reader in mind
- Written in style appropriate to each section.
- Include section headings.
- Often use bullet points.
- Often includes tables or graphs.
- Offer recommendations for action.
- Uses a clear structure.
- Based on evidence (data, other reports, experiment results.)
- Has a clear introduction and conclusion.

Relationships between families and society

Now you have learnt about the family and the role it plays, in this next section, you will learn about the relationship between family and society. Families are the building blocks of society, and society in turns influences the structure (formation) and function (purpose) of the families.

The relationship between families and society is interconnected and interdependent. A collaborative effort between families and society is essential to create an environment where families can thrive and contribute positively to the overall development of society. The family relates to society by socialising its members to live a better life as part of society. The family is the basic unit and forms the social structure, transmits customs and traditions to other generationsand supports its members economically. **Figure 6.13** below illustrates how the family unit relates to society.
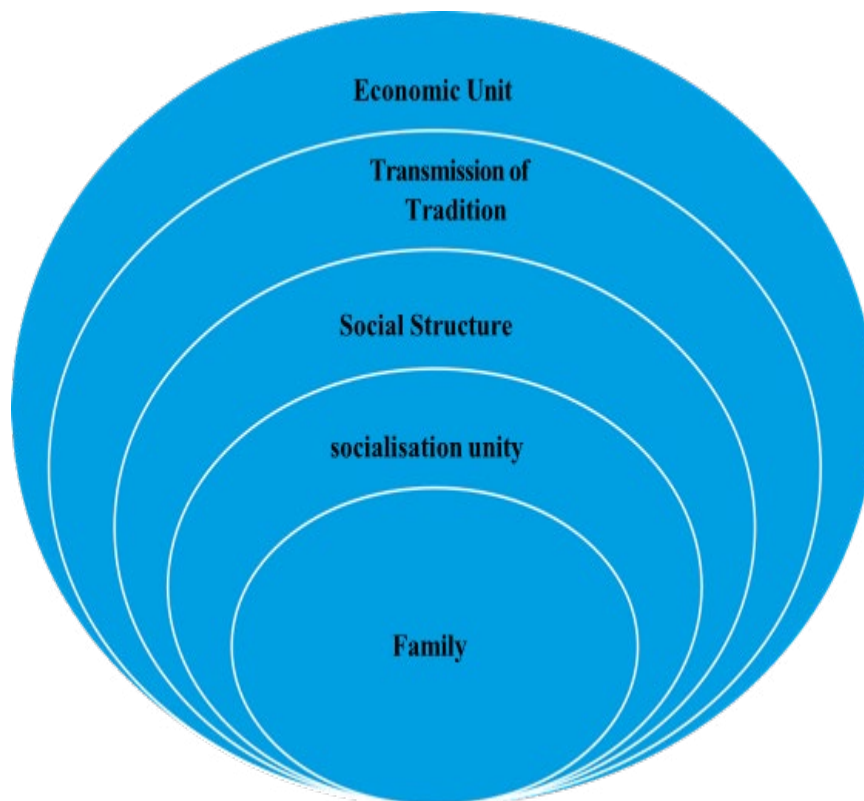
Fig. 6.13: Relationship between family and society

Activity 6.4

In groups of 5, discuss how can the relationship between the family and the school be strengthened.

a.   Present your answers to the class.

Contribution of families to the development of society

Families are important to the development of society as they can shape the values, behaviour and capabilities of individuals. Their contributions extend beyond the immediate family unit, positively impacting the broader community and society at large. A strong and supportive family environment fosters well-rounded and responsible citizens who actively participate in building a better and more prosperous society. The contributions of family to society include:

1. **Socio-cultural development**: Families are the primary agents of socialisation, instilling values, morals and social norms in their children. These values, in turn, shape individuals' behaviour and help create a cohesive and cooperative society.

2. **Identity and self-esteem:** A positive family environment helps individuals to develop a strong sense of self identity and self-esteem which they carry into their broader societal interactions.

3. **Education and learning:** The child's first school is the home. Families play a crucial role by providing early education, encouragement and guidance to their children, setting the foundation for their intellectual development and future success.

4. **Emotional support:** Families offer emotional support and nurture their members, contributing to their mental well-being and resilience. It also fosters self-confidence and self-esteem in individuals, making them capable of dealing with life challenges. Individuals who grow up in supportive family environments are more likely to become emotionally stable and productive members of society.

5. **Economic stability:** Families form the basic economic unit in society. They contribute to the labour force, generate income, and participate in economic activities that contribute to the overall economic development of the community and nation.

6. **Social cohesion:** Families provide a sense of belonging and social cohesion (unity) within communities. Strong family bonds foster a sense of responsibility, care and commitment to others, contributing to a more harmonious and cooperative society. Families instilling societal norms, morals, and ethics, contribute to societal stability. The values and discipline taught in families are reflected in the behaviour of individuals in society and maintaining social order.

7. **Role Allocation:** In society, everyone has specific roles and responsibilities. Families play a crucial role in assigning these responsibilities based on age, gender, capability and preparing members for their societal roles.

Although the relationship between families and society is complex, society provides the broader context within which families operate; families are the fundamental building blocks of society. They shape individuals who, in turn, shape society. Therefore, the health and well-being of families are of paramount importance to society.

Activity 6.5

1. Conduct family interviews to produce real life evidence on how families contribute to the development of society. Produce a report on the results of your interviews for discussion in class using the interview guide below.

Interview Tips

- Plan the questions in advance.
- Make and maintain eye contact.
- Ask open-ended questions so the interviewee can expand on their answers.
- Listen carefully to their responses.
- Take notes.
- If you do not understand something, ask them to explain.

You could use a template to record your questions and the respondent's answers:

Instructions: You must think of questions about family life cycle that you will put to the respondent's during the interview.
Question: Answer:
Question: Answer:
Question: Answer:
Question: Answer:
Question: Answer:

How to analyse data

- It involves extracting (taking out) important facts and patterns from the data gathered.
- Draw conclusions.
- Make informed decisions based on the results.

Prompt sheet for report writing

- Informative and fact-based.
- Formally structured.
- Usually written with a specific purpose and reader in mind

- Written in style appropriate to each section.
- Include section headings.
- Often use bullet points.
- Often includes tables or graphs.
- Offer recommendations for action.
- Uses a clear structure.
- Based on evidence (data, other reports, experiment results.)
- Has a clear introduction and conclusion.
2. Write a report on the relationship between your family and any of the following groups in the community for presentation in class and appraisal:

a) Religious groups

b) Traders

c) Schools

d) Hospital

Use the Prompt sheet for report writing.

- Informative and fact-based.
- Formally structured.
- Usually written with a specific purpose and reader in mind
- Written in style appropriate to each section.
- Include section headings.
- Often use bullet points.
- Often includes tables or graphs.
- Offer recommendations for action.
- Uses a clear structure.
- Based on evidence (data, other reports, experiment results.)
- Has a clear introduction and conclusion.

Contribution of the society to the development of families

Society and families are interdependent. That is, they depend on each other for their survival and continuity.

Society provides a framework or the basis for people to come together, form communities, and establish systems that regulate social interactions, such as laws and social norms. It involves various aspects of human life, including cultural practices, economic systems, and politics.

Society's contributions to the development of families are vital for their well-being and success. Supportive policies, access to resources, cultural values and community engagement all play crucial roles in shaping the strength and resilience of families within the broader social fabric. Society makes significant contributions to the family in various ways. These contributions help families function, grow, and prosper within society.

1. **Health**: Societal investment in health care positively impacts family health outcomes. The provision of adequate health care facilities and services such as hospitals, clinics as shown in **figures 6.14 and 6.15** below and well-trained doctors for families to access is crucial for the physical and mental well-being of family members. Also, society can help improve our health by providing potable water as shown in **figure 6.16** below.

Fig. 6.14: Hospital for health care of families

Fig. 6.15: Clinic for health care of families

Fig. 6.16: Community water supply

2. **Culture**: Society helps family members learn social norms, values, and behaviours through education, media, and social interactions. Societal cultural values and norms influence family dynamics and parenting practices. Cultures that prioritise family bonds and mutual support contribute to the development of strong and cohesive families.

3. **Economic opportunities:** Society offers employment opportunities, allowing family members to earn a living and support their loved ones. A stable and thriving (successful) society with a strong economy can create opportunities for families to improve their employment, financial well-being and provide better opportunities for their children.

4. **Family-friendly infrastructures**: Society provides access to community resources like parks as shown in **figures 6.17 and 6.18**, libraries, recreational facilities as shown in figure **6.19**, and childcare centres that enrich family life. Societies that develop family-friendly infrastructures enhance the quality of life for families and support their overall development.

Fig. 6.17: Parks for families Fig. 6.18: Parks for families

Fig. 6.19: Recreation facility for children

5. **Education and awareness:** Society offers opportunities for personal growth, skill development, and education that benefit family members. Society builds schools and trains teachers through which families are educated. Family members acquire knowledge, skills and attitudes for their personal development and for work. Society also promotes education and awareness on various family related issues, including parenting skills, family planning and relationship counselling. Access to information and knowledge empowers families to make informed decisions and navigate challenges effectively.

Fig. 6.20: School for the community

6.   **Protection and safety:** Society establishes laws and law enforcement to protect families from harm and ensure their safety. It also establishes police stations and posts in the communities for law enforcement and protection.

Fig. 6.21: Police Station

Activity 6.6

1. Visit your community and find out which social interventions such as potable water, police station, library, schools, recreational facilities, hospitals, community centre, durbar grounds, are available to families. Present a report on what you learnt on your visit, using different modes of presentation.

    A guide to community visit

    ● Define your learning objectives and outcomes

    ● Chose a suitable destination

    ● Set a date and time

    ● Contact any community members that you might want to interview (use the interview guide from previous activities)

    ● Arrange transportation and logistics (pen, paper, notepad, cameras, car, etc.)

    ● Create a detailed itinerary

    ● Inform parents about the visit

    ● Permission from school authorities if school is in session

    ● Take photos or record information in your notebook

2. https://testbook.com/static-gk/what-is-society: This link talks about society and how it contributes to the development of families. Click the link and read more on the topic. Note down any new and exciting information you discover and share with your friends.

Review Questions

Q1. Compare and contrast a nuclear and extended family .

Q2. Explain at least three roles of individual family members.

Q3. Distinguish between the physiological and the traditional roles of the family.

Q4. What is the influence of changing social dynamics on the gender roles of family members?

Q5. An adolescent student in a Senior High School is going through the following challenges, academic stress and social media impact. Describe what type of support the family can give and explain your point of view.

Q6. Describe at least three stages of the family life cycle.

Q7. Read the scenario below and answer the following question

Kofi and Barikisu, both 28 years old, have been married for three years and are expecting their first child. They currently live in a small apartment, and Kofi works as a marketing specialist while Barikisu is a part-time teacher. As they prepare for the arrival of their baby, they are considering buying a larger house in the suburbs.

a.   What stage of the family life cycle are Kofi and Barikisu? Justify your answer

Q8. Read the scenario below and answer the following questions

Maria and Carlos, both 45 years old, have two children: Emily (18) and Ben (15). Emily is preparing to leave for college in September, while Ben is entering high school. Maria is pregnant and the couple are expecting another child in July. Maria and Carlos are proud of their children's accomplishments but are also feeling a sense of emptiness and uncertainty about their own roles and relationships. Whilst they are happy with the new pregnancy, they realise that this will mean further adjustments to their family life. They find themselves arguing more frequently and feeling disconnected from each other.

a.   What stage/s of the family life cycle are Maria and Carlos currently in, and justify your answer?

b.   What are the key challenges they face in this stage?

c.   How can they adapt to these changes and strengthen their relationship?

Q9. In what ways can your family contribute to society?

Q10. How can the relationship between the family and school be strengthened?

Q11. **Read the scenario below and answer the following question**

The Owusu family created environmental awareness by leading clean-up exercises, to improve the cleanliness of their town, making it a better place to live. Their efforts led and encouraged other families and residents to become more responsible with waste disposal and participation in keeping their environment clean

a.   Explain how the Owusu family contributed to the community.

Q12. What are your expectations of the contribution of society to the wellbeing of your family?

Q13. How can society contribute to the mental and physical well-being of the family?

Q14. How do societal cultural values and norms influence family?

Glossary

1. **Adoption-** Adoption gives a child the opportunity to permanently become part of a safe, loving environment and the stability of a forever home

2. **Amenities-** They are extra benefits, services, or features enhancing family life, comfort and well-being.

3. **Chores –** They are responsibilities necessary for maintain a household, family or personal well-being**.**

4. **Conventional –** accepted way of doing somethings.

5. **Egalitarian:** believing in or based on the principle that all people are equal and deserve equal rights and opportunities.

6. **Empathy**- The ability to understand and share the feelings of another person.

7. **Evoke**- To produce or bring out a feeling, memory or reaction.

8. **Family of orientation**- The family into which one is born or raised, typically consisting of biological or adaptive parents and siblings.

9. **Family of procreation** – The family formed through marriage.

10. **Integral**- essential, complete or whole forming a unified entity**.**

11. **Interconnected –** Mutually connected or linked, forming a network or system.

12. **Inter dependent** – Mutually reliant on each other, require co-operation and collaboration.

13. **Marriage-** the legally or formally recognized union of two people as partners in a personal relationship (historically and in some jurisdictions specifically a union between a man and a woman).

14. **Milestone** – A significant event, achievement or stage in a person's life, project or organization.

15. **Navigate** – To find one's way to control or direct the course of something

16. **Nurturing** – Supporting and caring for the growth, development, and well-being of others.

17. **Physiological role of family:** The family support its members by providing the physical needs for its members such as food, shelter, clothes.

18. **Resilience**- The capacity to withstand, recover and adapt in the face of adversity, trauma or significant stress.

19. **Thrive**- To prosper, grow, and flourish to reach one's full potential.

20. **Transformation**- A complete change in form or nature.

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