

# Chapter 6

## Theoretical Bases for Promoting Family Health



2021

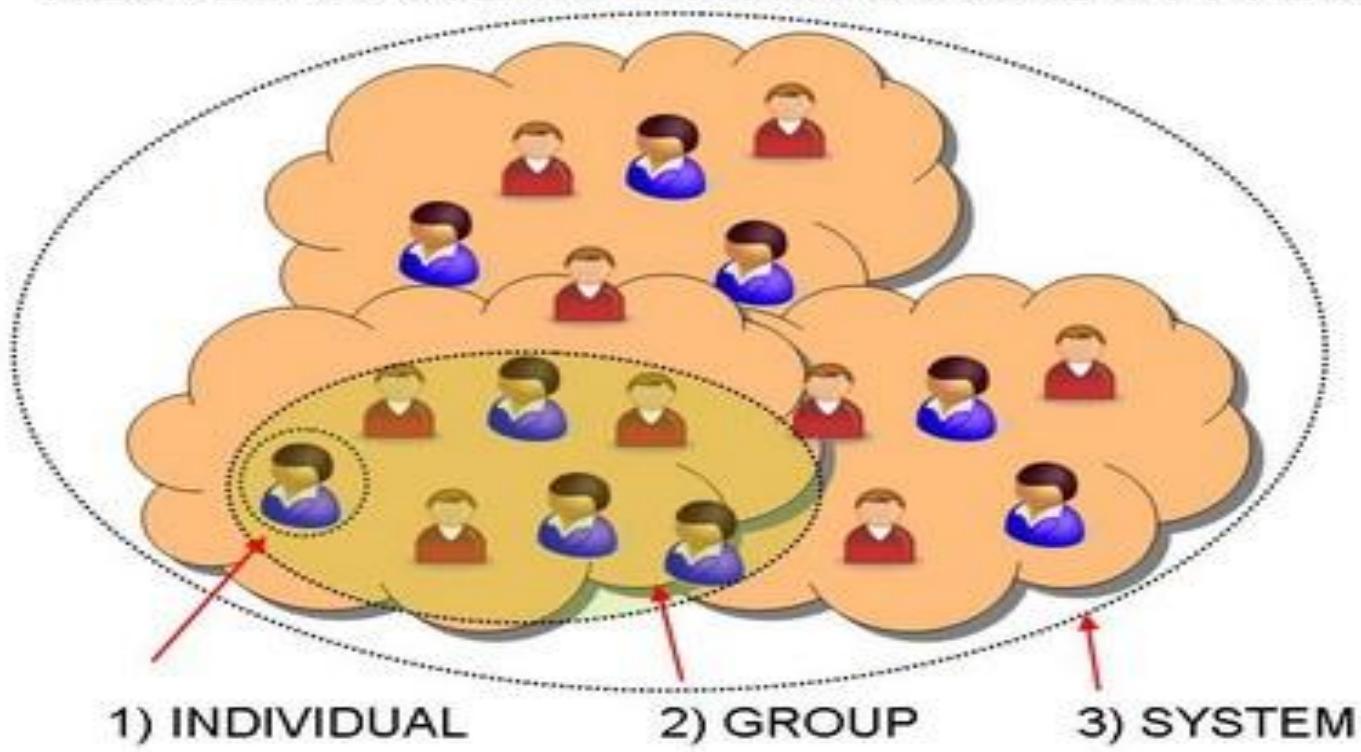
# Intended learning outcomes

- Analyze changing definitions of family.
- Discuss characteristics all families have in common.
- Identify five attributes that help explain how families function as social systems.
- Discuss how a family's culture influences its values, behaviors, prescribed roles, and distribution of power.
- Compare and contrast the variety of structures that make up families.
- Describe the functions of a family.
- Identify the stages of the family life cycle and the developmental tasks of a family as it grows.
- Analyze the role of the community health nurse in promoting the health of the family unit.

# Family Definition

- Family consists of two or more individuals who share a residence or live near one another; have some common emotional bond; engage in interrelated social positions, roles, and tasks; and share cultural ties and sense of love and belonging.
- Family is the primary social agent in promotion of health and well-being

## NESTED SYSTEMS WITHIN SOCIAL SYSTEMS



# Family Functioning

- Those behaviors or activities by family members **that maintain the family and meet family needs, individual member needs, and society's views of family.**
- The interdependence of family members involves a set of internal relationships that influence the effectiveness of family functioning

# Family health

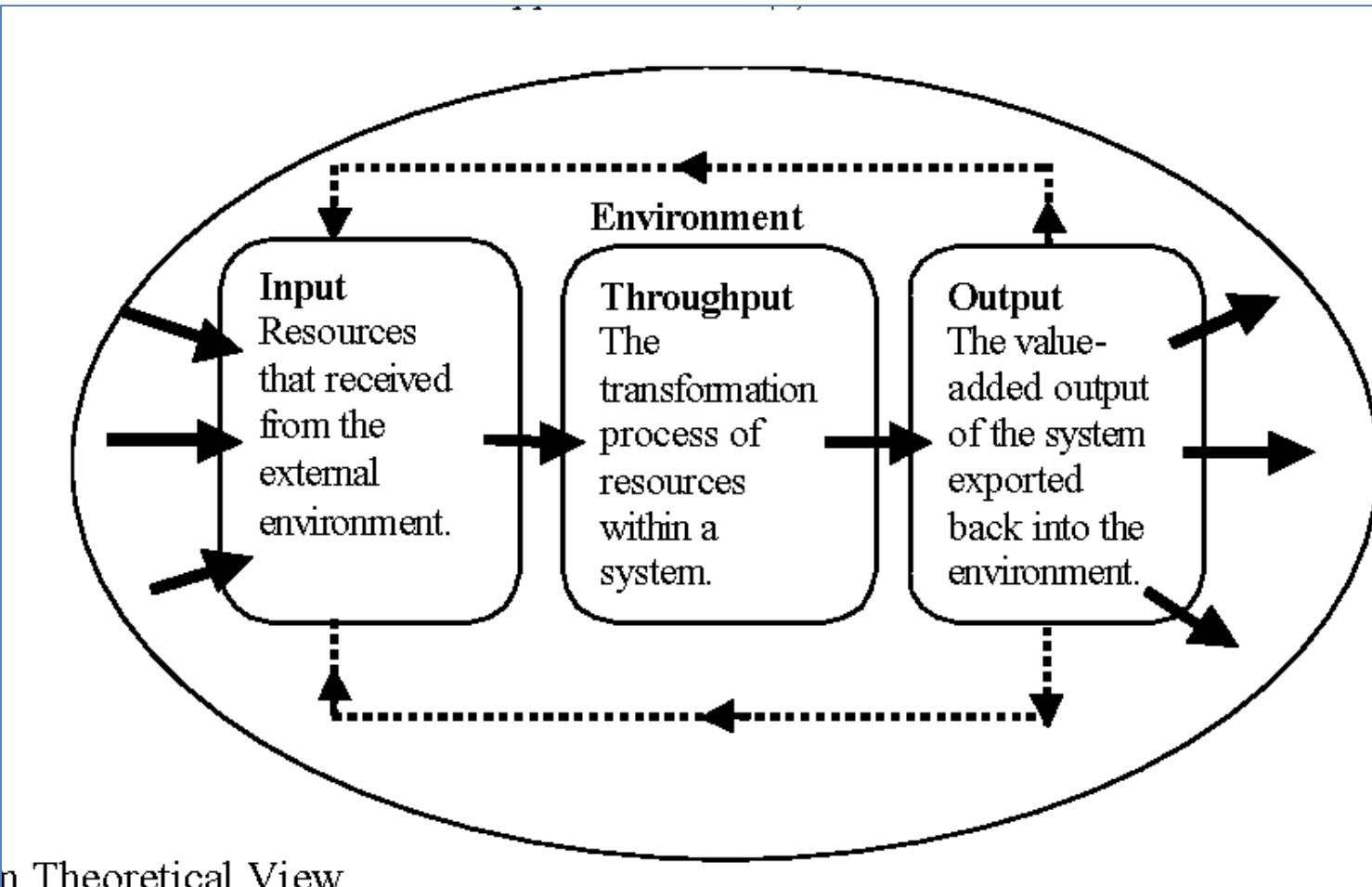
- How well the family **functions together as a unit**.
- It involves not only the health of the members and how they **relate to other members**, but also **how well they relate to and cope with the community** outside the family.

# Universal Characteristics of Families

- Each family is unique (has its own distinct problems and strength)
- Every family shares universal characteristics with every other family.
  - Every family is a small social system.
  - Every family has its own cultural values and rules.
  - Every family has structure.
  - Every family has certain basic functions.
  - Every family moves through stages in its life cycle.

# **Family as open system features**

# Family as an open system



n Theoretical View

# Family as open system

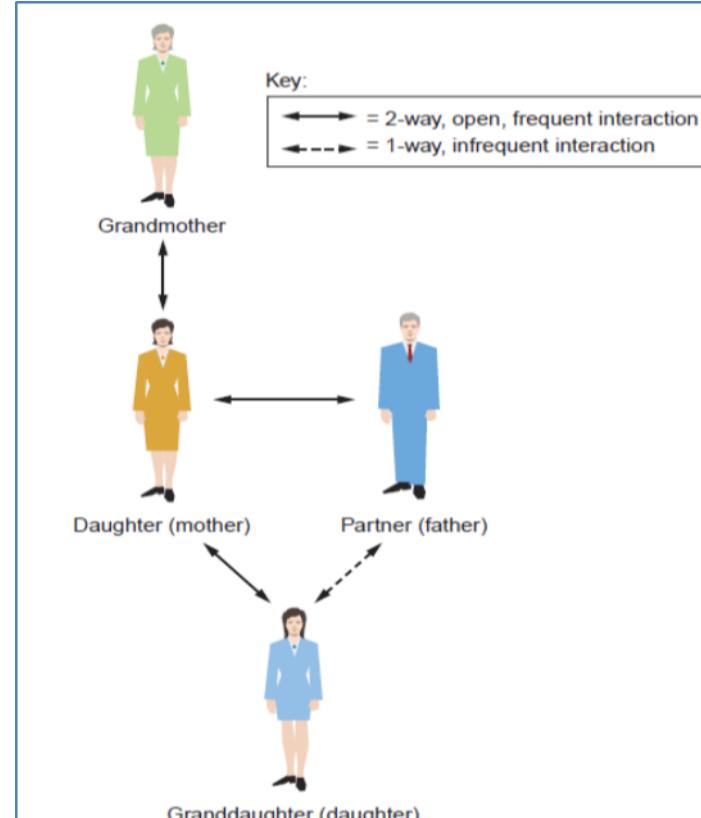
## 1. Interdependence Among Members

- All the members of a family are interdependent
- each member's actions affect the other members.
- **What are the effect of father coronary heart disease on his family. ???**



# Family Map

- This tool can reveal a great deal about the interdependence of family members.
- The way parents relate to each other, influences the quality of their parenting.
- When the interactions between them are frequent and honest and nurturing, they have more to offer their children.

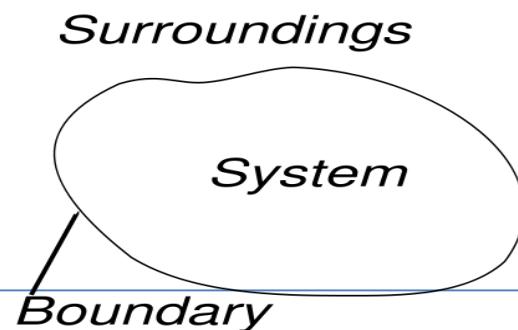


**FIGURE 18.1** Family map. This map indicates that the mother is a key figure for family interaction. The maternal grandmother, father, and daughter communicate primarily to her, rather than directly to one another.

# Family as open system

## 2. Family Boundaries

- Families as systems set and maintain boundaries that include some people as members while **excluding others**.
- These boundaries, which result from shared experiences and expectations, link family members together in a bond that excludes the rest of the world.



# Family as open system

## 3. Energy Exchange

- Family boundary is semipermeable; boundary preserve and protect family unit and allow selective linkage with outside world.
- Families exchange materials or information with their environment.
- All normally functioning living systems engage in such an input–output relationship.
- This energy exchange promotes a healthy ecologic balance between the family system and the environment.

# Family as open system

## 4. Adaptive Behavior

- Families are adaptive, equilibrium-seeking systems.
- In unity with their nature, families **never** stay the same.
- They shift and change in response to internal and external forces.
  - Internal forces, the family composition changes as new members are added or members leave through death or divorce.
  - External forces, families are bombarded by influences from sources, such as school, work, peers, neighbors, religion, and government.

# Family as open system

## 5. Goal-Directed Behavior

- Families as social systems are goal directed.
- Families exist for a purpose—to establish and maintain an environment that promotes the development of their members.
- To fulfill this purpose, a family must perform basic functions, such as providing love, security, identity, a sense of belonging; assisting with preparation for adult roles in society;

# Family Culture

- Family culture: the acquired knowledge that family members use to interpret their experiences and to generate behaviors that influence family structure and functions.
- Three aspects of family culture:
  1. Family members share certain values that affect family behavior,
  2. Certain roles are prescribed and defined for family members,
  3. Family's culture determines its distribution and use of power.

# Family Culture

## 1. Shared values and their effect on behaviors

- Family values include beliefs transmitted by previous generation, religious influence, immediate social pressure and larger society
- Family develops its unique cultural values.

# Family Culture

## 2. Prescribed roles

- Role: assigned or assumed parts that members play during day-to-day family living are bestowed and defined by the family.
- Roles varies depend on family structure, needs, pattern and functioning.
- Intrarole functioning: playing several roles at the same time by family members.

# Family Culture

## 3. Power distribution

- Power: possession of control, authority or influence over others.
- Patriarchal family: father holds absolutely authority over other members.
- Have the major decision making power
- Because of social changes, some families have egalitarian (equal) power distribution

# Family Structure

- It is the composition comprises the collective characteristics of individuals who make up a family unit (age, gender and number).

Traditional  
structure

Non traditional  
structure

# Traditional Family Structures

- Are those that are most **familiar** to us and that are most readily **accepted** by society.
- **1. Nuclear family**: husband, wife, and children living together in the same household.
- **2. Nuclear-dyad family**: consists of a husband and wife living together who have no children or who have grown children living outside the home.

# Traditional Family Structures

- **3. Single-adult families**, in which one adult is living alone by choice or because of separation from a spouse or children or both.
- **4. Multigenerational families**, in which several generations or age-groups live together in the same household.

# Traditional Family Structures

- **5. Kin-network**, in which several nuclear families live in the same household or near one another and share goods and services.
- **6. Augmented family**, in which extended family members or nonrelatives or both live with and provide significant care to the children

# Traditional Family Structures

- **7. Blended family**, single parents marry and raise the children from each of their previous relationships together.
- **8. Single-parent families**, include one adult (either father or mother) caring for a child or children as a result of a temporary relationship, a legal separation or divorce, or the death of a spouse.
- **9. Commuter family**, Both partners in this family work, but their jobs are in different cities.

# Traditional Family Structures

- **10. Divorced family:** one adult parent, children part time

# Non-Traditional or Contemporary Families

- 1. Unmarried single parent family**
- 2. Cohabitating couples**, may range from young adults living together to an elderly couple sharing their lives **outside of marriage** to avoid tax penalties or inheritance issues (hetero or homosexual).
- 3. Commune family**, a group of unrelated couples who are monogamous (married or committed to one person) but who live together and collectively rear their children.
- 4. Homeless families**

# Non-Traditional or Contemporary Families

- 5. A group-marriage family**, involves several adults who share a common household and consider that all are **married to one another**; they share everything, including sex and child rearing.
- 6. A group-network family**, is made up of unrelated nuclear families that are bound by a common set of values such as a religious system. These families live close to one another and share goods, services, and child-rearing responsibilities.
- 7. Foster families**, training to accept unrelated children into their homes on a temporary basis, while the children's parents receive the help necessary to reunify the original family.

# The Traditional and Nontraditional American Family

Structure	Participants	Living Arrangements
<b>TRADITIONAL</b>		
Nuclear dyad	Husband Wife	Common household
Nuclear family	Husband Wife Child(ren)	Common household
Commuter family	Husband Wife Children (sometimes)	Household divided between two cities
Single-parent family	One adult (separated, divorced, widowed) Children	Common household
Divorced family (shared custody of children)	One adult parent, children part-time	Two separate households
Blended family	Husband Wife (His and/or hers, and possibly their children)	Common household
Single adult	One adult (at times not considered a "Family")	Living alone
Multigenerational family	Any combination of the traditional family structures	Common household
Kin network	Two or more reciprocal households (related by birth or marriage)	Close geographic proximity
Augmented family	Extended family group or nonrelatives who provide significant child care	Common household or close geographic proximity
<b>NONTRADITIONAL</b>		
Unmarried single-parent family	One parent (never married) Children	Common household
Cohabitating partners	Two adults (heterosexual, homosexual, or "just friends") Children (possibly)	Common household
Commune family	Two or more monogamous couples Sharing children	Common household
Group marriage commune family	Several adults "married" to each other Sharing childrearing	Common household
Group network	Reciprocal nuclear households or single members	Close geographic proximity
Homeless families	Any combination of family members previously mentioned	The streets and shelters
Foster families	Husband and wife or single adult Natural children (possibly) Foster children	Common household
Gangs	Males and females usually of same cultural or ethnic background	Close geographic proximity (same neighborhood)
"Loose shirt" families	Parents work from home via the personal computer (word processing, e-mail, faxing, cellular telephone—"telecommuting")	Common household

# Facts about Jordan department of statistics

## Household Composition

Jordanian households have an average of 4.7 members. Twelve percent of households are headed by a woman. Almost one-third (33%) of Jordan's household population is under age 15.

# Facts about Families in Jordan

- Large families are traditionally desired, but family sizes are declining due to economic necessity.
- To be able to help another member of the family is considered an honor as well as a duty.
- Parents will often help or support their children even after marriage.
- The father is considered head of the family and is expected to provide for the family financially.
- The mother is expected to take care of the children and household.

## 4. Family Functions

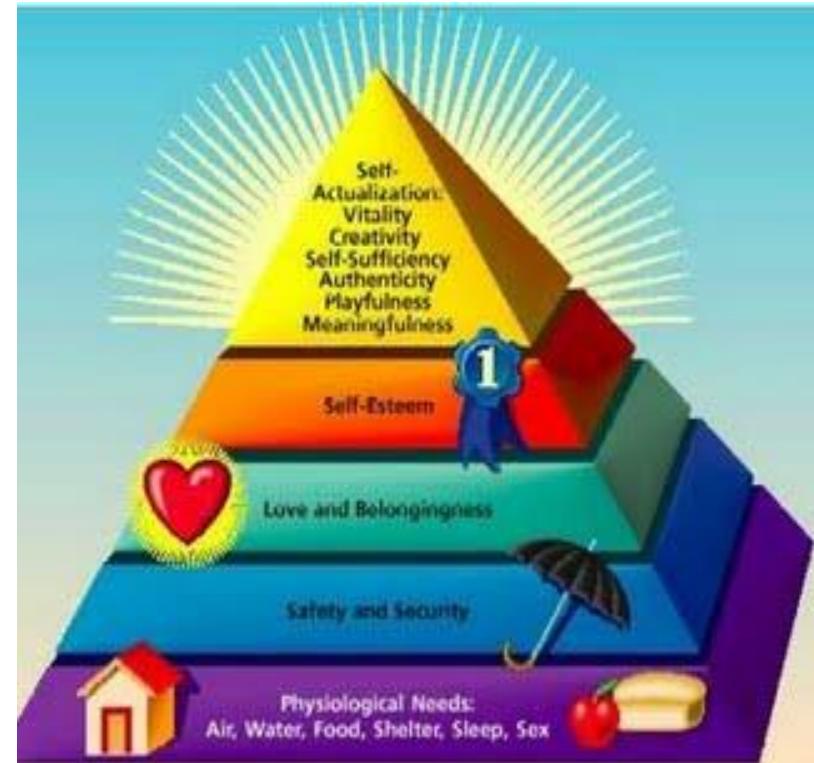
### 1. Providing Affection

- Providing affection and emotional support.
- Affection provide atmosphere of **nurturance and care** which are necessary for health, development and growth.



## 2. Provide Security and Acceptance

- Physical needs
- Food
- Shelter
- Clothing
- Health care
- Provide secure environment



- Maslow' hierarchy

### 3. Install Identity and Satisfaction

- Who they are?
- How valuable they are?
- Provide social and personal identity.
- Positive reflection provide a sense of satisfaction, worth, and fulfillment



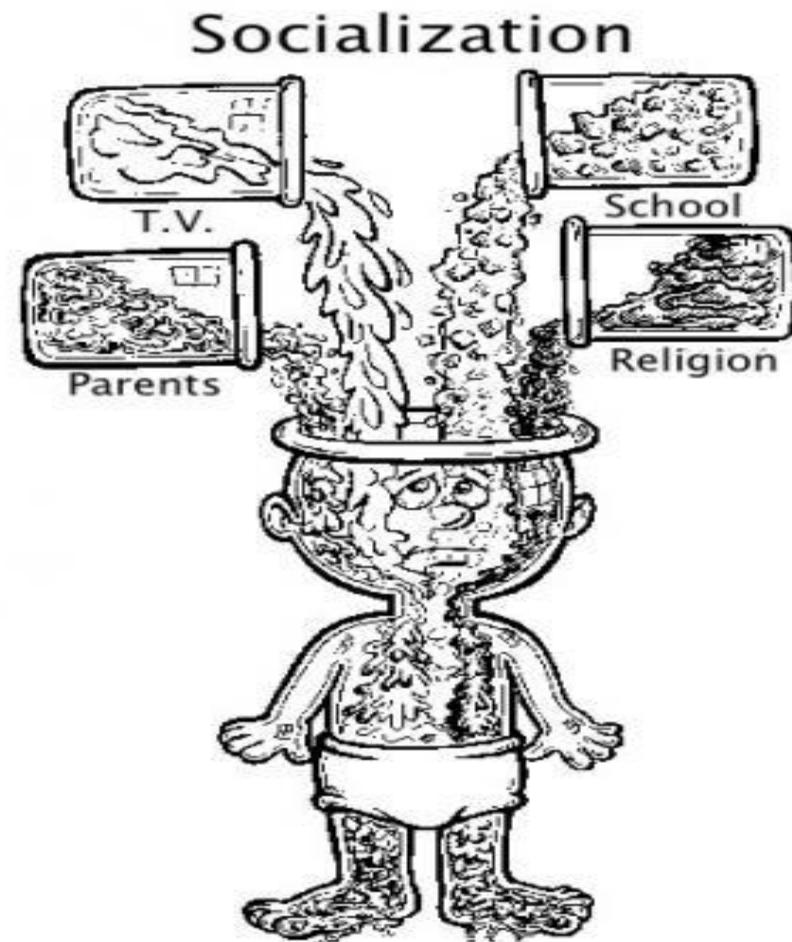
## 4. Providing Affiliation and Companionship

- Sense of belonging
- Bond and group membership



# 5. Provide Socialization

- Transmitting for culture, values, attitudes, goals, and behaviour to family members.
- Identifying role



# 6. Establish Control

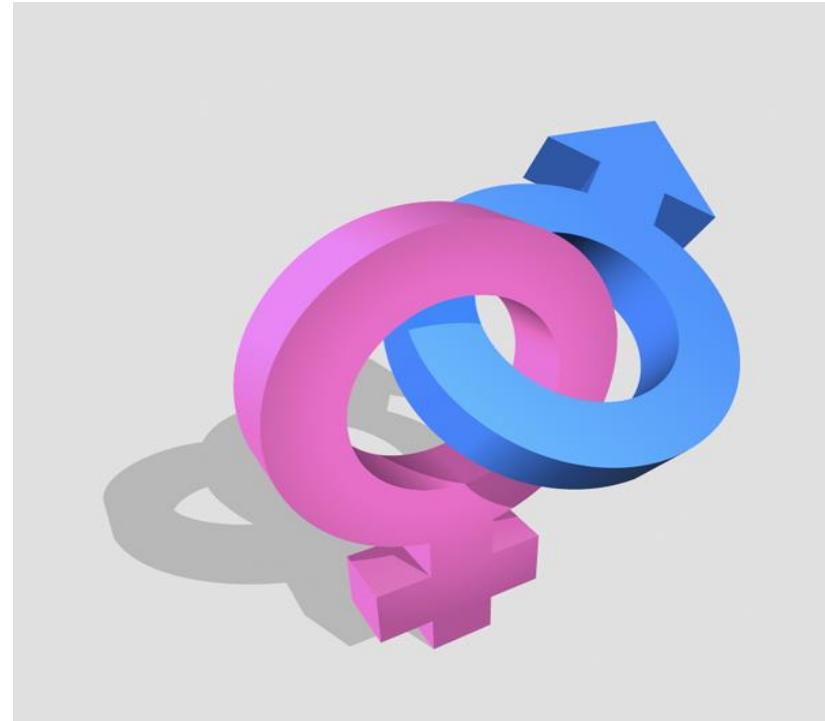
- Acceptable and unacceptable behaviour.
- Right and wrong
- Maintain social control within family, between families and outside.
- Then self.
- Division of labor by role.
- 



# Life cycle of the family and tasks

## Stage of Development

- **1. Forming partnership**
- Female and male partner
- Establish mutual satisfying relationship



# Life cycle of the family and tasks

- **2. Childbearing**
- Mother
- Father
- infants
- Adjust to pregnancy and promise for parenthood
- Fitting into network
- Adjusting to infant and encourage development
- Establish satisfying home for parents and infant

# Life cycle of the family and tasks

- **3. Preschool age**

- Mother
- Father
- Children
- sibling

- Adapt to critical needs and interest of preschool child in stimulating growth promoting ways
- Coping with energy depletion and lack of privacy as parents



# Life cycle of the family and tasks

- **4. school age**
- Mother
- Father
- School age child

- Fitting into community of school age families in constructive way
- Encourage educational achievement



# Life cycle of the family and tasks

- **5. Teenage**
- Mother
- Father
- Teenage child
- Balancing freedom with responsibility
- Establish outside interest and career

# Life cycle of the family and tasks

- **6. Launching center**
- Mother-grandmother
- Father-grandfather
- Child, sibling, aunts or uncle
- Release young adult into work, college , marriage

# Life cycle of the family and tasks

- **7. middle aged**
- mother-grandmother
- father-grandfather
- Rebuild relationship
- Maintain kin ties with older and younger generation



# Life cycle of the family and tasks

- **8. aging family member**
- Widow or widower
- mother-grandmother
- Father grandfather
- Adjust to retirement
- Coping with bereavement and living alone
- Adapting to aging



## Selected Stage-Critical Family Developmental Tasks

Stage of Family Life Cycle	Family Position	Stage-Critical Family Developmental Tasks	Role of the Community Health Nurse
Forming a partnership	Female partner Male partner	Establishing a mutually satisfying relationship	Interact with family where they are at
Childbearing	Partner-mother Partner-father Infant child(ren)	Adjusting to pregnancy and the promise of parenthood Fitting into the kin network Having and adjusting to infants, and encouraging their development Establishing a satisfying home for both parents and infant(s)	Assist them in developing strong relationships
Preschool-age	Partner-mother Partner-father Child, siblings	Adapting to the critical needs and interests of preschool children in stimulating, growth-promoting ways Coping with energy depletion and lack of privacy as parents	Assist in preparing for family expansion through education and anticipatory guidance
School-age	Partner-mother Partner-father Child, siblings	Fitting into the community of school-age families in constructive ways Encouraging children's educational achievement	Encourage time for each other as adults in a relationship separate from parenting role
Teenage	Partner-mother Partner-father Child, siblings	Balancing freedom with responsibility as teenagers mature and emancipate themselves Establishing outside interests and careers as growing parents	Provide anticipatory guidance for the school-age children as they grow into adulthood
Launching center	Partner-mother-grandmother Partner-father-grandfather Child, sibling, aunt or uncle	Releasing young adults into work, military service, college, marriage, etc., with appropriate rituals and assistance	Provide anticipatory guidance for the contracting family as children leave home
Middle-aged parents	Partner-mother-grandmother Partner-father-grandfather	Maintaining a supportive home base Rebuilding the relationship Maintaining kin ties with older and younger generations	Prepare adults for grandparenting role
Aging family members	Widow or widower Partner-mother-grandmother Partner-father-grandfather	Adjusting to retirement Coping with bereavement and living alone Closing the family home or adapting it to aging	Assist aging adults with emotional and financial security as they approach retirement Prepare the aging adults with ways to cope with the losses of old age, including changes in space, work, health status, and loss of friends and family members

# CHN Role in Promoting Family Health

- Apply the nursing process in the care of families
- Build personal knowledge base about family structures, functions and developmental tasks
- Work with families to improve family functioning