CHAPTER : III

REVIEW OF LITERATURE

There is a continuous unending search on the multifarious aspects of family since the end of 19th century when Engle's wrote on 'The origin of the family'. Family researches have come a long way from descriptive, impressionistic studies to philosophical, speculative studies to scientific studies. It has passed through a journey of thesis, antithesis and synthesis in Hegelian Dialectics where blind borrowings are questioned, positives of families are identified, patterns and processes are documented, new concepts and perspectives are constructed in order to integrate and influence all aspects of scientific enquiry.

This chapter presents a review of studies which were undertaken by researchers both in India and abroad on the multifarious aspects of family life. The chapter is divided into four sections. Section-A, presents the review of the studies on the two central dimensions, Cohesion and Adaptability which are significant to understand family's functioning and dynamics, and have been studied extensively by present researcher. Section-B, describes studies on the family-related variables which have also been examined by researcher in the context of cohesion and Adaptability. These variables are also significant to have a better

insight of family dynamics. Section-C reviews those studies which are undertaken by several researchers on family in general with special reference to India. Section-D presents certain action oriented studies focusing on various aspects of family life in order to bring desirable changes in the family.

Section-A: studies on cohesion and Adaptability and on the circumplex Model used by other Researchers :

Family cohesion and family adaptability are the two cardinal dimensions for assessment in order to suggest interventive strategies for making family functioning sounder and growth producing. Almost all the family researchers while talking about internal family environment have laid stress on integreted, close and warm environment where members are attached and committed to the family, mutual respect and appreciation and sharing take place along with flexibility or adaptability of the family. Whether it was Barnhill's 8 dimensions on a continum (Mutuality Vs Isolation, Individuation Vs Enmeshment, Flexibility Vs Rigidity, Role reciprocity Vs Role conflict, clear generational boundaries Vs distorted communication) Or Otto's six qualities (Appreciation, spending time together, committment, good communication pattern, high degree of religious orientation and ability to deal with crisis in a positive manner) Or

Mooss 10 dimensions of family environment scale, the two concepts have undoubtedly emerged as the central ones in assessing and identifying strengths of families.

Researches on Cohesion and Adaptability Dimension :

The earlier studies by Angell (1936) and Hill (1949) combining the two concepts in studying families encountered economic depression and families facing war seperation and reunion respectively brought out nine types of families, divided them into high, medium and low categories. Angell's conclusion was none of the dimension alone can predict the effects of decrease in income, they have to be perceived jointly while Hill found that families with medium integrated and high adaptability were most successful in both seperation and reunion.

Families under stress or catastrophic situations require special type of intervention. Such researches are rare and quite useful. Findings suggest that therapists should not take things for granted. Both integration and adaptability have unifying roles in different situations.

The group for Advancement of Psychiatry (1970) conducted a survey of family therapists (Social workers, psychiatrist and marriage counsellors) aiming at discovering goals of family treatment. The respondents marked improved communication, improved cohesion, adaptability reduced

conflict, individual symptomatic improvement and improved individual task performance.

This research has a unique contribution since they have examined therapist's goals as set by therapists. Specific norms of helping have been identified by helping professionals viz. Social workers, Family Psychiatrists, Marriage Counsellors in terms of team work, interdisciplinary approach, overlapping tasks and role clarity.

Minuchin (1974) emphasized upon the disengaged - enmeshed continum and he also attended to family adaptation. While working with problem families he also connected that the two dimensions are very congruent. He did realize that families operating on the extremes often have problems. He also argued that stress often produces the need for family change and adaptation.

Lewis (1976) developed a family system rating scales in a systematic study of family interaction with healthy (33) and patient (70) families. This scale contains several of variables ~~x~~ centred around these two dimensions. It had 13 subscales : Cohesion dimension (Closeness, coalitions and autonomy) adaptability dimension (power and negotiation) communication dimension (affect). He demonstrated the value of cohesion and adaptability and communication dimensions in discriminating types of family systems. Both Minuchin and Lewis studies give better insight to practitioners in

deciding treatment goals and strategies. Moos (1976) family environment scale administered on 100 families and identified 6 typologies of families, have several items related to cohesion and adaptability. His cohesion dimension with two scales on cohesion and independence, adaptability with two scales on control and organization and communication with two scales on expressiveness and conflict were included in F E S scale.

His work gained a great deal of popularity among researchers. Several others replicted it and used his F E S tool. Oliver May and Paul (1988) examined it on 1468 Adults and factor analysed the data. They found three factors having high factor loading and cohesion was one of them; the other two were conflict and activities.

Another notable study conducted by Vander Veen (1976) where he developed a family concept test having 80 items which were later factor analyzed. This F C T was administered to a large sample of families. Initially 15 first order factors with eigen values greater than 1 were found and after the second order analysis the two high order dimensions emerged nemely family integration and adaptive coping. Integration has items such as family loyalty, togetherness VS seperateness, considerations VS conflict, open communication and closeness VS estrangement. Adaptive

coping had family actualization, community sociability and locus of control.

F C T and such research work have utilitarian value for helping professions. Content of the factors analysed may give family practitioners a clear picture of families requiring help on various dimensions. Such tools need to be tried out in Indian contexts and family service agencies should be oriented on the same.

Berman (1976) studied the Jewish family life with value perspective, interaction, personality character and cohesion of family members were probed. Boston families, Italian American and Jewish families were compared and it was found that jewish families measures less cohesive than the Italian. Success at the cost of family life satisfactions was found among jewish families. This cross cultural study is quite useful emphasizing success goals cost on family life. Such researches would go a long way in inculcating family strengthening values.

Fisher and Sprenkle (1977) conducted a survey of 310 marriage and family therapists. They rated and ranked on ten family cohesion concepts, seven adaptibility concepts and seventeen communication concepts to find out how important these concepts were to healthy family functioning and goals for guiding therapeutic interventions. The mean rating

for cohesion and adaptability was 3.0 and 4.0 for communication on a 5 pt. rating which indicate that these dimensions were seen very important in healthy family functioning and also as goal for therapeutic intervention.

Fisher, Gibbin and Hoopes (1982) compared a questionnaire survey of non clinical family members about their views on the nature of a healthy family compared with family therapist perceptions and found the differences between the two groups.

Families ranked - family identification, physical caretaking, emotional attraction, pleasurable interaction and loyalty higher than therapist did.

Therapist ranked flexibility, shared leadership and utilizing feedback considerably higher than families did.

To conclude, they said that families valued cohesion more whereas therapists placed a higher value on adaptability. This work is unique for the simple reason that it sought the reaction and opinion of practitioners working with families. Number of times therapists have their own notion of helping and it was found that families valued cohesion while therapists emphasized more on family adaptability. The three dimensions cohesion, adaptability and communication play a vital role in resolving the problems

as opined by 310 therapists and families. Such researches give a new dimension to the content because most of the researches are client centred while this was therapist centred.

In a study, Besper (1988) found out that family characteristics in the low achievers in schools were characterized by low degree of cohesion, expressiveness, intellectual cultural orientation and moral religious emphasis. Family is such an important unit that it affects all avenues of life to its members in one way or the other. The children's performance may get affected due to low cohesion and socialization.

Sorell and others (1988) studied patterns of functioning in families of Ist married and remarried couples. 106 first married and 108 remarried couples were studied on four measures of family functioning, Olson's cohesion and adaptability scale, Moos' Enviornment scale, family assessment device by Bishop and Lowman's Inventory of family feelings. The comparison between the two typed families, remarried couples scored significantly lower on 9 out of 15 standard measures of family functioning. Families of remarried couples display less cohesion and less adaptability and openness.

This study highlights certain important dimension of remarried couples. Marriage is the important unit of family.

Remarried couples and Ist time married couples study give an insight and points of view for therapeutic intervention.

Circumplex Model of David Olson

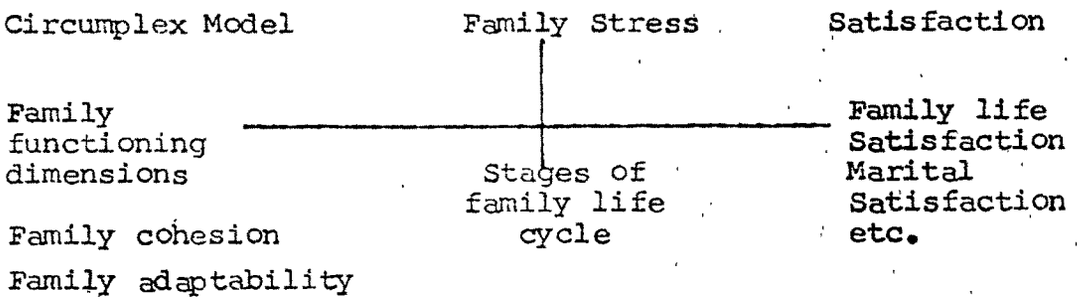
The present study is aimed at finding out cohesion and adaptability levels of slum families and their correlates. This model provides the basic foundation. It is a framework to describe family types. There are four levels of cohesion and four levels of adaptability, by putting them together, (4 x 4 matrix) sixteen types of families are found. These types are further reduced to balanced, mid-range and extreme. It is believed by them that balanced families on both dimensions have better family functioning, better resources, less vulnerable to stress and will deal more effectively with it and have higher levels of marital satisfaction.

The four levels of cohesion are; very low (disengaged) low to moderate (seperated) moderate to high (connected) and very high (enmeshed). The four levels of adaptability are; very low (rigid) low to moderate (structured) moderate to high (flexible) and very high (chaotic). It was assumed that it is possible to identify all sixteen types of families both clinically as well as non-clinically but some of the types occur more frequently than others. The central types or balanced ones will be more common and families having problems may fall more into the extreme types.

Olson and his colleagues viewed this model to be dynamic in that they assumed that individuals and families will change over a period of time. They may not remain always in a particular family type. They may move in any direction depending upon situation, stage of family life cycle or their socialization. Cohesion was found to be the highest at early stages in the family cycle and decreases as children reach adolescence and thereafter, but rises again when they leave home or are on their own. Adaptability also decreases in child rearing years and increases when children leave home or are on their own.

F A C E S was developed by Olson and his associates on the conceptual basis of circumplex model in order to measure family cohesion and adaptability as required by the model. The model should facilitate clinical and research application. It provides a conceptual framework for socio-cultural research as well as helps in diagnosis, treatment strategies decisions and assessment of effectiveness of treatment. The model was presented with a hope that replicative studies can be undertaken and application of it can be established.

Conceptual overview of Circumplex Model



Studies on Circumplex Model

Russell in number of studies (1978,1979) confirmed the hypothesis of Olson and also demonstrated the independence of two dimensions empirically. In one study (1979) she compared ~~fa~~ 31 families with female adolescents on these two dimensions and level of functioning (high,low). She discovered that high functioning families were more balanced on both the dimensions and low functioning families were on the extremes. In testing the validity of the independence of these two dimensions she used factor analysis which revealed that measures of these dimensions, loaded on seperate factors. She also cross validated, with Moos' family environment scale and this also indicated the independence of the two dimensions.

Olson himself with Sprenkle (1978) compared clinic and non-clinic couples on variables related to the

adaptability dimension. The findings demonstrated support for the curvilinear hypothesis that shared leadership (balanced adaptability) was related to better marital functioning.

Druckman (1979) studied 29 families with female Juvenile offenders on Moo's family environment scale on the cohesion and adaptability dimensions before and after family oriented treatment and as predicted by Olson's circumplex model, families at pretesting had low scores on family cohesion (disengaged) and high scores on adaptability (chaotic). At post testing, both program completers and dropouts became more moderate on both of these dimensions. Such studies are necessary which not only tests the model and the two dimensions but provides a better insight to practitioners to decide upon clear and focused treatment strategies goals.

Portner (1980) compared 55 families (parents and one adolescent) in family therapy with a control group of 117 nonproblem families. She compared the two groups using FACES and the IPAC (Inventory of Parent Adolescent Conflict). As hypothesized nonclinic families were more likely to fall in the Balanced areas of the circumplex Model on cohesion and adaptability than were the clinic families (58% and 42% respectively) Clinic families tended to be more toward the "Chaotic disengaged" extreme 30% with fewer non clinic families at the extreme 12%.

Olson and Mccubin (1983) studied normal families across the family life cycle and their coping with stress. The study had five major theoratical dimensions, family types (based on circumplex Model) family resources, family stress and changes, family coping and family and marital satisfaction, 1140 couples and adolescent child were interviewed, the findings indicated differing perceptions among family members and differences between stages. Family strengths and family strains also varied considerably at different stages of family life cycle. Individuals primarily relied on internal resources rather than external resources for coping with stress. They found strong relationship between marital satisfaction, family satisfaction and over all quality of life. Satisfaction increased with higher levels of cohesion and adaptability. When family satisfaction was high, stress had minimal impact on the family. Balanced family types seem to function more adequately across the family life cycle but the different family types seem to function better at different stages. Marital and family strengths appeared to be very significant, positive characteristics of families.

Bell and Bell (1982) utilized FACES and IPAC to study 33 families with runaways and compared them with the same 117 non-problem families used in the Portner 1982 study. He found significantly more non-problem families than runaway ones based on the mothers and daughter's description

in the Balanced area and not the father's descriptions. Runaway families are more in the Midrange and Extreme types, and 29% in the "disengaged" category compared to non problem families 7%. 23% of runaway families were in "Chaotic" category than the non problem 7%.

Barozzi (1982) emphasized on family life education based on the circumplex model of Olson. Participants were evaluated on family cohesion and adaptability and workshop satisfaction which included role playing, group discussions, skills training etc. Adaptability was found to be correlated to workshop satisfaction in a positive direction. Cohesiveness was not found to be correlated positively to the workshop satisfaction. Balanced participants on both the dimensions were not found to have workshop's satisfaction in corresponding way.

Vega with his colleagues (1986) in a study of Mexican American and Anglo families on cohesion and adaptability used FACES II on a sample of 294 parents with school age children who were taking part in a large community based health promotion project. Alongwith this an accultration measure was also used in order to test for differences that might be due to intracultural variations among Mexican Americans. No important differences between the two samples in their perception of global levels of family

cohesion and adaptability. It was found that the distribution of scores for both ethnic groups fell predominantly within two quadrants of the model that predict well functioning families during this stage of the life course (child rearing and with children reaching adolescence). Some differences were found in the distribution of scores into the three regions of the model (balanced, midrage and extreme) with Anglos somewhat more likely to be represented in the balanced region and Mexican Americans more likely to be either midrange or extreme.

They considered that this Model has face validity and multiple applications, as well as potential cross-cultural sensitivity for identifying normal and pathological families. They also assumed that it may have predictive value as well and they suggested for its repliction.

Friedman and others (1987) administered FACES II based on Olson's circumplex Model of family functioning on 96 adolescent drug abuse clients and their parents. Majority of their findings categorized themselves as disengaged (rather than emmeshed) on the cohesion dimension and as rigid (rather than chatoic) on the adaptability dimension. These findings are different from other published findings on families with other type of problems.

Teresa (1987) for her doctoral work studied "Mexican American and Anglo American families and the degree of

cohesion and adaptability of the family system with an adolescent as portrayed through the circumplex model and in relation to accultration. The study also examined various variables impact on the family system such as language usage, sex, education and occupation and joint family income's influence on family structures.

Wilson (1987) studied 30 families, the Parent-adolescent conflict management styles as functions of age gender, family cohesion and adaptability. The filian conflict and how such conflict is managed ¤ was studied. The findings revealed that in balanced families adolescents tend to compete rather than accomodate and female adolescents tend to compete with parents at an earlier age than adolescent male.

Colwell and Marie (1987) in a study "Ego development, type of marriage and marital satisfaction" explored the association between the marital satisfaction and cohesion, adaptability. They found families higher on cohesion and adaptability than the balanced ones are associated with higher level of marital satisfaction. Flexible connected couples reported significantly more satisfaction with the sexual relationship than the flexible connected self aware couple.

Robert R. (1987) in an exploratory study found out the association between the marital relationship dimension

of cohesion and adaptability and coping with infertility. They discovered that couples with higher level of cohesion and adaptability in both time periods exhibited higher marital adjustment. Other highlights of this study were that wives in higher cohesion relationship expressed greater frequency of mutually supportive couple coping behaviour during the earlier time period. Wives in lower cohesion relationship exhibited more social support coping than wives in higher cohesion during the earlier time period. Higher cohesion wives sought more social support in later time period.

Over all marital cohesion was more highly related to coping than was marital adaptability.

Husband and wives in the later time period reported a lower frequency of mutually supportive couple coping behaviour, lower marital adjustment and lower positive affect than in the earlier time period regardless of love of marital cohesion or adaptability.

Siegel (1987) studied for the doctoral work "Effects of Multiple-family support Group-Therapy on measures of adaptability, cohesion, family strengths and coping strategies for families with a psychiatrically hospitalised child. The researcher hypothesized that after being provided with a formal and appropriate support system, the families

should exhibit no significant differences from so called normal families. Data analysis with chi-square analysis and t-tests provided mixed support for M.F.S.G. as a treatment modality. It was concluded that some differences in outcome were related to varied needs for male and female participants. It was also concluded that husbands and wives may enhance each other's functioning within the family system and good family functioning may not be dependent on equal competency on all variables.

Lee (1988) studied remarried families, their structure with cohesion and adaptability was studied. This x study examined three variables 1) how they react to loss of previous family (2) cultural myths (3) discipline which is identified as central to REM family's adaption and cohesion. The circumplex model of Olson was used and it was found that cohesion and adaptability were extreme in R.E.M. The chi-square analysis revealed that intact biological family was moderate in both. The more moderate R E M families in myths, discipline and loss, the more likely they were to be moderate in adaptability and cohesion.

Chapman (1988) assessed family cohesion and adaptability in remarried couples and concluded that family satisfaction is positively correlated with adaptability and negatively with cohesion. He also put forward that adaptability varied according to complexity of family.

The two dimensions of family functioning and circumplex model of Olson were examined both on clinic and non-clinic families. The independence of these two dimensions stress upon the significance of both in family assessment and treatment. Secondly, treatment when aimed at two, brought out positive results in the Juvenile offerder's families and other clinical conditions. This confirms that this model have been examined on other groups having problems, delinquency, alcoholism, drug abuse etc. as indicated in Druckman, Portner, Bell and Bell, Friedman, Siegel and Lee's studies.

A few studies on the normal, well functioning families like that of Olson, Vega, Teresa, Wilson present an insight into the family strengths, guidance and direction for the preventive and enrichment programmes for couples and families in different stages of family life cycle. These studies are cross-sectional and cross cultural. Impact of other variables was also examined by these researchers like marital satisfaction, stress and coping, family structure, income, occupation, and education language etc. (Chapman, Colwell & Marie, Robert R. etc.) Another trend was seen when this model and the two dimensions were examined the participants of a workshop on family life education programme and discovered relationship between workshop satisfaction and adaptability.

Cohesion and Adaptability, have undoubtedly emerged as important dimension. The extensive review of literature presented by Olson (1979) and rigourous statistical exercises to make a suitable model for socio-cultural and clinical research have led the present investigater to select these two core concepts in order to study family life of slum families in Indian context, Olson and his colleagues have presented this model with a hope that replicative studies can be undertaken as well as validity of the model can be established.

SECTION : B

This section reviews the studies on certain other correlates which are necessary in understanding the family functioning and process besides cohesion and adaptability. These variables have been examined against cohesion and adaptability in the present study.

Marital Relationship :

It is the most popular topic over the last few decades which has been studied so extensively. It is one of the key relationships in the family system. This relationship is measured from different dimensions. Scholars have worked out several typologics of marriage as well as various

dimensions and criteria to study marital relations. Marital success or a happy married life that is what is looked forward by the couples. Marital satisfaction is an outcome variable that reflects the overall functioning of the family. Therefore various concepts like marital adjustment, marital happiness, marital satisfaction, marital integretion, consensus or companionship etc. were used by scholars to study marital life of couples through simple surveys, cross sectional researches, multivariate statistics and case studies. The recent thrust is on the Marital quality and marital stability.

Studies on Marital Relationship :

The earliest contributions made in this aspect were by Bernard (1933), Terman (1938), Bergess and Cottrell (1939); who have tried to discover marital relationship conceptually and methodologically and also concentrated on scale building and measurement. Bernard used a questionnaire to describe marriage by the spouse through marking the characteristics seen in the spouse. The study suggests that a periodic relationship may exist between number of years/duration of marriage and marital satisfaction.

Terman & his associates (1938) conducted the most inclusive study of the psychological factors involved in marital happiness on 792 couples. He tried to prove that

personality characteristics are related to marital satisfaction.

Burgess and Cottell (1939) made an exhaustive study of sociological factors in marital adjustment. They tried to determine the extent to which marital adjustment could be predicted in individual's responses to background and personal history items. They found a high correlation between total marital adjustment score and the subjective rating of marriage. They also found out that American wives make the major adjustment in marriage. The affectional relationship in childhood conditions the love life of the adult. The socialization of the person is significant for adjustment in marriage and prediction before marriage of marital adjustment is feasible through case study - method and statistical method. They also discovered that problems of sexual adjustment are result of psychological characteristics and of cultural conditioning of attitudes toward sex. Their method was later studied by several others.

Kirkpattrick (1937-39) also studied factors in marital adjustment and reported that in case of women, there is marked tendency of greater intimacy on one of the other parent to be unfavourable to marital adjustment and in the case of males in excess or deficiency of friendship with the opposite sex is unfavourable to marital adjustment.

Winch (1941) supported the view held by Terman in finding out casual significance to the personality correlates of marital happiness i.e. personality factors determine "apptitude for marriage".

Locke (1951) made a comparative study of divorced group and a happily married group through questionnaire and personal interviews. The items included in questionnaire were on marital adjustment, prediction items and interactional items using some from Burgess & Cottell, Terman and new items. The adjustment scores differentiated sharply between divorced and married persons.

He made certain conclusive findings that (1) marital adjustment ranges along a continum from very great to very little adjustment. (2) The alienation process is generally a slow cumulation of conflicts and disagreements, accompanied by the psychological withdrawal of one or both spouses. (3) Marital success may get influenced by the experiences during the period of courtship and engagement. (4) Marital adjustment involves adaptation to the mate and to mate's parents. (5) Family size and presence or absence of children have no relationship with marital adjustment (6) There is an association between marital adjustment and certain personality characteristics, and pattern directional ability, capacity to give and receive affection,

sociability, conventionality and compansionship.

(7) There is no association between marital adjustment and employment of wife.

Burgess (1953) took up an exhaustive longitudinal study with the collaboration of Paul Wallin (1953) with a view to determine the possibility of predicting success or failure in marriage on 1000 engaged couples of whom in 666 were requestioned after 3 to 5 years of married life. They used several criteria of marital success.

Katz Irwin and his associates (1956) worked on a general hypothesis that the degree to which personality needs are satisfied in marriage is reflected in one's evaluation of and ability to interact effectively with the spouse and their data strongly supported the general hypothesis.

Bowerman (1957) constructed a scale with 9 areas, administering it to 102 couples and found that those adjustments having to do with family goals and activities were most highly interconnected and had the most significant bearing on how the marriage was evaluated.

Blood and Wolfe (1960) studied interactional factors between husband and wife and the varying interactional pattern's effects on the general welfare of spouses and family as a whole. They interviewed 909 American wives and concluded that there is little evidence that family is on the verge of collapse. Most wives were found to be

satisfied with love and understanding and standard of living provided by their husbands. Incompatibility in sex, education, religion had created more stress. They also discovered that marital satisfaction was more in early years, less in child rearing phase and it retained enough vitality to reassert itself after child rearing.

E.B. Luckey (1960, 66) studied two groups of satisfactorily and unsatisfactorily married couples on marital adjustment, happiness, personal and background information. He found that unsatisfactorily married persons saw their spouses differently and described their mates having more extreme or intense negative qualities while the other groups found positive qualities. They also realized that longer the couples were married, less favourable personality qualities they saw in the spouse and overall marital satisfaction was negatively related to the number of marriage years.

Wood house (1962) wrote on the factors of successful marriages. The author emphasized on the marital interaction roles, conflict areas, anxiety and tension, stress and gave suggestions to take caution on the same.

Balint (1962) worked an various factors which could facilitate successful marriages. A group of persons interviewed felt that they approached relatives and friends and they used to advise on their problems which used to be common

sense based and supportive in nature. Second group of supporters were professional workers who emphasized the understanding of problems and conditions of harmony.

Elizabeth (1964) wrote on marital satisfaction measurement and covered six areas in a scale which were (1) personality related aspects (2) companionship (3) Sex relationship (4) Job, household, finance (5) family, children, in laws and (6) Activities, interests and friends. This scale can also help in identifying problems according to her.

Spannier and Cole (1976) attempted to bring the work on marital adjustment upto date both on conceptional and methodological level. He developed a Dyadic adjustment scale with an initial pool of 300 items examined by three judges for Content validity and later given to 218 married persons. Through statistical procedures and later factor analysis four interelated dimensions were found from 32 items (1) Dyadic consensus (the degree to which the couple agrees on matter of importance to the relationship (2) Dyadic cohesion (the degree to which the couple engages in activities together (3) Dyadic satisfaction (the degree to which the couple is satisfied with the present state of relationship and is committed to its continuance (4) Affectional Expression (the degree to which the couple is satisfied into the expression of affection and sex in the relationship).

Norton, Paul and Glick (1976) have concluded that socio-economic variables like education and income which have been regarded as discriminating predictors have become less discriminating and truthful marriage (young age) had been found to correlate with a high divorce rate.

At Institute of Social Research, Michigan two seperate studies on subjective social indicators - 'Studies on people's perception of the quality of life' showed "marriage and family life are the most satisfying of people's lives and being married is one of the most important determinants of being satisfied with life". Though there is a high regard for the ideal of being married and living as a family member but there is a current inability on the part of growing members of couples to achieve and sustain a high level of satisfaction in the sphere".

Udray (1981) reflected on the marital alternatives and marital disruption which appeared to be a better predictor of marital disruption. He argued that the concept of marital alternatives is useful in understanding social psychology of marital stability.

Patterns of marital complaints were explored in two efforts. First effort was made by goode (1948) and second one was developed in a clevelend study by Kitson and Susman (1982). The complaints, were factor analysed and found to

be statistically significant though the factors obtained did not represent frequent patterns of marital complaints.

Seven factors of marital complaints obtained were (1) Conflicts over the children (2) Sexual problems due to health (3) Physical and psychological abuse (4) Gambling and criminal activities (5) Generalised discontent (6) Financial and employment problems (7) Internal gender and role conflict. In good's code, women made more complaints than men. They studied the relationship of these complaints with mental health disturbances.

Tellis, Nayak and Gearoid and Donoghue probed on Authority patterns, marital power/egalitarianism in three cultures - U.S.A., Ireland and India (1985). They concluded that wives in India dominate though they don't use violence, while American wives do use. The role distinctions are clearly laid down in India. Personal compatibility, and emotional companionship are not considered but a marriage is defined by the virtues of devotion, fidelity and reciprocal service. Thus the wives real power get masked in India and also in Japan because of seeming inequality while not so in U.S.A. Thus in India, autonomic egalitarianism is found.

Miller (1987) studied a comparative picture of marital happiness which existed 28 years ago (survey done) in 1955 to (1983), to determine stability and change in marital

happiness. He found that despite the overall decline in marital happiness most couples in both reported having happy marriages. The difference between the two surveys is the significant change of response from very happy to happy which led him assume that traditional beliefs and values but marital happiness might have changed, the impact of environment from a rural community to a city, transition from institutional to companionship families, expectations for more equality, & affection and companionship might have risen faster and lastly role strains among younger couples due to various pressure and a desire to excel in all areas might be some of the reasons for this decline.

Walter (1987) in his doctoral work studied correlates of marital committment and how it is related to marital stability. 179 spouses were interviewed, individual and couple measures were used and he discovered statistically his propositions (8) relating correlates to personal committment and (12) propositions relating correlates to structural committment. 20% of variance in personal committment and 42% of the variance in structural committment was found.

Lynn (1987) for his doctoral work examined the impact of symmetricality and complementarity as defined by Bateson in marital stability on 136 currently married couples by using dyadic adjustment scale and marital instability index.

The result indicated a small but statistically significant relationship between symmetricality/Complementarity and marital stability. With symetrical spouses higher stability was reported than complementary spouses.

Altrocchi (1988) wrote on happy, traditional and companionship marriages. Forty couples were interviewed. Happy marriages are characterized by high quality of communication, awareness of liking and dislikings, spousal friendship, cordial acceptance.

Indian Studies on Marriage :

Though very few studies exclusively on marriage are found, but mostly researchers have touched upon this issue while studying family in India.

Margarett Cormack's studied (1961) Hindu, women, 10 informants who provided the material and threw light upon Hindu women who accepts marriage as natural as birth and death, who begin her relationship with spouse on a biological basis with little companionship and experiences psychological trauma because of lack of sex information prior to marriage and increase in their social status as she becomes mother of a male child.

Shobhana Mehta (1969) tried to construct a marital adjustment scale for women having 92 items. This was

administered on 60 happily and 60 unhappily married women. This types of scales are quite useful for the practitioners, both for the purpose of diagnosis, and for the measurements of treatments effects.

Mathew (1964) studied areas of marital adjustment for Indian women in the early years of marriage and discovered that they were not negatively oriented towards sex and they take little time in sexual adjustment also.

Kapur (1970) studied factors contributing to maladjustment and adjustment in marraige of the educated working women, she found 26% of women were maladjusted out of a sample of 300 working women. There are other psycho-social motivation which impelled them to work and not by economic necessity. More women were able to play dual role of a housewife and of an employee successfully. No single factor was important in bringing about harmony or disharmony in marital relationship. Spouse's attitudinal reactions have affected marital adjustment. Interaction between patriarchal attitude of husband and equalitarian attitude of wife have created marital disharmony. Similar and compatible traits of the spouses proved helpful in marital adjustment.

Rustogi (1970) in her doctoral thesis on 300 working women in Lucknow reported marital happiness of 79 working women that 21.51% of the sample is in the unhappy or very unhappy categories.

Rao and Patel (1970) studied a sample of Hindu Gujarati married women and reported that 84% of the women rated their marriage to be happy or very happy. They studied marital happiness in relation to 1) three aspects of personality namely, introversion - extraversion, emotional stability and neuroticism and 2) sexual components in marriage. They also explored factors for marital happiness.

Barot J (1972) in her doctoral work, studied psychosocial correlates of marital Adjustments of Gujarati Hindu couples from three cities of Gujarat. She also explored factors contributing to happiness and unhappiness in marriage as perceived by respondents. Different factors were perceived by the male and female spouses as contributing in marital adjustment besides certain common variables.

Personality characteristics have association with marital satisfaction though over a period of time, the tendency to see negative qualities in spouses is more in couple having low satisfaction. Marital adjustment involves adaptation to the mate and mate's parents. There are various factors which influence marital adjustment/satisfaction, viz communication and interaction, roles, conflict areas, personality characteristics family life cycle or some of the areas which

require caution to gain satisfaction. Finally the agreement/disagreement of spouses, working together on activities, the satisfaction and committement for the continuence of marriage and affectional expression all are important in marital satisfaction.

Marital satisfaction does point at the existence of cohesion in the family which is significant component in the smooth functioning of family. Similarly as adaptation is required towards the mate, adaptability in the family would be much more influential in maintaining the balance and facilitating the smooth functioning of family.

Endless variables have been analysed like equality, religiousity, personality, emotional maturity, roles, companionate activity, involvement, mutual altruism, tensions, control etc. Researchers have also struggled as how should marital adjustment be measured ? Is global marital happiness or satisfaction a useful concept or it is specific to certain roles, behaviour activities and situations ? How does marital adjustment change over time during a marriage ? The usual generalization that pattern is curvilinear, is it true ? Is marital adjustment a static coneept or it varies? Are their degrees of adjustment, all this have bothered scholars and they have tried to answer them.

To conclude, it can be said that research trends in the marital field are changing. The emphasis is on the joint assessment of spouses and their interaction are observed. Sample sizes are also large. Relationship related, roles related areas are emphasized more. Researchers are concerned about marital stability and marital quality issues and their indicators and sophistication in analysis and theory building is stressed more. Indian studies are still lagging behind; nonetheless, there is a move in this direction.

Family life cycle :

Family life cycle researches have been gaining more and more popularity over a period of time. Family strengths show clear differences across the family life cycle. Certain variables like - family pride, family accord, conflict resolution, sexual relationship, egalitarian roles and children related issues have been tested in the researches with reference to family life cycle. Quite a few areas show significant differences among family stages. Some of the researches run as under :

Studies on Family Life Cycle :

Richard Lang (1939) studied 7,393 couples and tried to support what Burgess and Cottrell had realized that married couples rated the highest proportion of very happy and happy

marriages in the first two years of marriage and the lowest in the 15th and 16th years of marriage leading to a conclusion that marital happiness tended gradually to decrease and domestic discontent slowly increased with number of years married.

Boyd, Rollins and Feldman (1970) studied marital satisfaction over the family life cycle on 852 couples. They found that experiences of child bearing and child rearing had negative effect on marital satisfaction for wives, while for males it is the period of anticipating retirement. Marriage had very different meanings for husbands than for wives and different events within or outside the marriage influenced the developmental pattern of marital satisfaction in men and women.

Spannier, Lewis and Cole (1975) tried to introduce techniques for assessing emperically curvilinearlity in marital adjustment over life cycle. They emphasized that there is initially a decrease in marital satisfaction or adjustment during the early years of marriage, particularly evident following the birth of the Ist child. This curvilinear relationship has also been suggested by Rollins, Feldmann and Cannon.

Schaefer and Keith (1983) examined on a sample of 336 couples the perception of equity/unequity in the performance of selected marital roles at four stages of family life cycle

(Olson 1983). Roles were cooking, housekeeping, provider, companion and parent. They concluded that there is constant increase in perceived equity in the roles of cooking, housemaking, and provider by both and also in the parent role between two life cycle stages in which there are children in the home. Davis (1973) explained this that in long term intimate relationships, less emphasis is placed on give and take, the calculation of services and favours. There is a shift in partner's thinking from 'You to me' to a sense of 'we' ness. He speculated that equity may be related to marital adjustment. The more they perceive the equity, the greater their marital satisfaction.

Rice and Smith (1965) in the Ph.D. dissertation 'An economic life cycle of childless families pointed out to a fact that childless families also progress through stages and she proposed that the number of years since marriage is a more accurate index to the managerial activities of the family than is the couple's age.

Researches on Family Life Cycle :

Swensen (1981) researched on family life cycle and marital relationship and found that love expressions decline over the stages of family life cycle. He concluded that though there is no relationship between family life cycle and marital problems but marriage seems to devitalize.

Waldron (1981) in a study of 46 married couples between 20 and 30 years, found that marital adjustment score of wives after the birth of Ist child decreased significantly, while pretest scores of them was higher than husband's.

Anderson and others (1983) perceived Marital quality in relation with family life cycle and number of children and found them to be significant predictors of it.

Robert (1987) in his doctoral study studied families vulnerable to poverty over family life cycle, and he concluded that two parents families are more vulnerable to poverty in the later stages of the life cycle while female headed are more vulnerable in earlier stages.

Family Communication :

Human communication is amazingly complex. Nonetheless, work over the last 25 years has unraveled a good deal of this complexity, revealing many facets of communication that characterise both, effective relationship building patterns and destructive patterns of communication (Wackman, 1983).

Research Studies on Communication :

Miller (1976) with others experimented on communication training programme for couples. One of the goals was to increase the ability of couples to reflect on and accurately

perceive their own dyadic communication. Another goal was on conflict management skills improvement. Pre-test and post test data were collected using analysis of covariance. Experimental group changed significantly than the control group in their communication style.

Hawkins James, carol and Dixie (1977) examined the relationship of marital communication and social class in which messages were sent in all four styles;conventional, controlling, speculative and contactful style and found that higher classes prefer more contactful style and conventional style was less prefered. Majority of couples at all classes believe that they usually deal with emotional issues in speculative and contactful style.

The same authors later in (1980) researched on the communication style in the family. 171 white couples were interviewed and following model was tested.

		B Communication style	
		Closed	Open
A	Low disclosure	Conventional	Speculative
	High disclosure	Controlling	Contactful

A. Low & high disclosure : refers to speaker's emotional committment to expressed feelings and interpretations.

B. Closed ones minimizes the importance of the other's experiences and open ones have respect for the internal realities of self and others.

It was found that women wanted contactful communication i.e. intimate sharing, deepest possible emotional equality, personally respecting and accepting while men were more toward controlling communication. Men and women's group differed significantly in their choice of communication style.

Gottman (1981) presented data on communication among marital couples. It was based on the hypothesis that spouses marital satisfaction is related to the ability to each other's non-verbal communication. Unhappy spouses used to distort emotional messages. In dissatisfied marriages wives affective behaviour could be predicted easily than that of husbands. Husbands lack of emotional responsiveness to his wife was a critical factor in creating marital stress.

Davidson and others (1983) studied the relationship between affective self disclosure and marital adjustment. The results of this study supported the equity theory notions. Persons who are underbenefitted or overbenefitted in resource exchange can cause distress for participants in relationships.

Imbalances in affect disclosure exchange were related to lower levels of marital adjustment, lack of discrepancy in affect levels was considered to serve as stabiliser producing feelings of equity.

Holman and Brock (1986) studied 62 couples to find out whether communication is related to marital quality and examined the three aspects of communication process through multivariate analysis to determine which provided the best prediction of marital adjustment as measured by dyadic adjustment scale - Spannier (1976) and MCI Bienveru (1978). Quality of communication was positively related to overall marital adjustment and to the subscales of marital adjustment. Discussion, ability of a couple to conduct easy, even mundane conversation was clearly the most important variable in determining several aspects of marital adjustment. Aversive communication also had an important influence on couple's and particularly husband's perception of a satisfying marriage.

Studies on Family Crisis and Coping :

Crisis in family bring several disturbances in the family. It may also shake the integrity and stability of the family. At such moments family's integration and flexibility is put to a test, therefore a review of family crisis becomes necessary.

Koos (1946) in a study of family life of low income urban dwellers focused on the overall reaction patterns that resulted from troubles and crisis and found that there is a relation between the adequacy of family organization and the occurance of trouble. More percentage of below average families had troubles prior to and one or more troubles during the period of study than the average and better than average families. These families also suffered more lasting damage on the whole than average.

Caplan (1961) studied families in crisis situation and found out the relationship between the way the family behaved during the crisis situation and mental health outcome. The

families who could satisfy the psychological needs of its members were considered to be healthy and he discussed that during crisis period also the effective leadership by either of the parent, good communication, clear role assignment as per the capability of the members existed and there was flexibility in role assignment. Briegel (1975) attempted to study gender differences over the life cycle by noting the differences in the influences of psycho social and biological factors upon each sex e.g. birth of a child as having a powerful biological effect upon mother and primarily a social effect upon father.

Hill (1949) studied 135 Iowa families adjustment to two crises situations: War seperation and reunion. Twenty nine factors were found to be most highly associated with adjustment to seperation and with adjustment to reunion scores. Good marital adjustment, family adaptability, family integration, family dynamics, stability were most influential factors in determining seperation adjustment. While adequacy of communication, moderate self-sufficiency of wife during the seperation, severity of hardships in seperation, and adequacy of affectional outlets during seperation influenced the hardships and experiences of the seperation situation. He also provided a family crisis model in 1958.

Macubin, Dahl, Lester and Robertson (1976) in one of the researches identified - maintaining individual and family stability, developing social supports and developing reliance and self - esteem are helpful coping strategies by wives seperated from their spouses because of military assignments.

Caplovitz (1976) in a survey of 2000 families on how they cope with Inflation and Recession found that 59% had fallen behind rising prices and almost 52% were affected because of inflation. These were the less privilaged low income group, retired, the semi-skilled and unskilled members of minority group.

He identified a variety of coping mechanisms.

1. Income raising strategies by doing additional jobs, second member in the family go for work.
2. Working overtime
3. Lowering consumption
4. Greater self-reliance
5. Bargain hunting (moving around and find out cheaper material)
6. Sharing with others.

Heterington and her associates (1977) in a study examined the impact of divorce on the white middle class families, tracing patterns of disequilibrium, stress, reorganization and eventual stability, they found that economic

hardship were more evident, happiness self-esteem and feelings of competence were lower, meals were eaten irregularly, children were often late for school, parent-child relations suffered, less communication and less affection seen in the family and the social life of women especially was disruptive.

All these characteristics were seen to be at peak by the end of Ist year while the second year saw emergency of a new level of adaptation.

Olson (1979) in a study of 1140 couple's family processes at various stages of family life cycle studied normative and non-normative life events and changes experienced by the family unit. He found out that family stressors and strains are uniform and unique across stages of the family cycle. Strains associated with financial demands, intra-family struggles, work and family difficulties, persist across all stages of the family cycle; marital strains are most evident at the latter or empty nest stage of the family cycle. Loss of relatives and close friends affect families at the couple and child bearing stages of the family life cycle.

Ventina, and Boss (1983) in a study of parent coping behaviour of 100 mothers and fathers having two to three months old infants through a family coping inventory. The

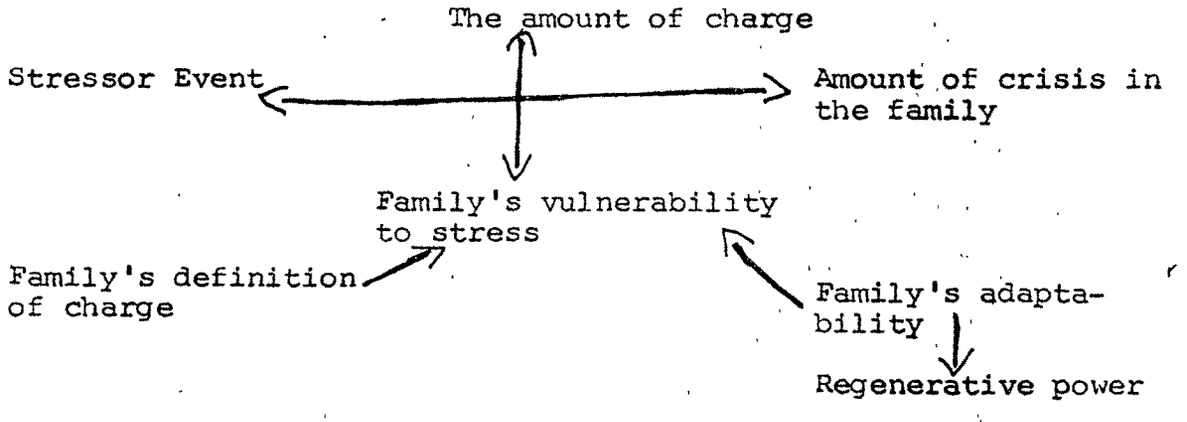
relationship between coping behaviour, gender of parent and infant and number of children were also examined. Factor analysis yielded three coping patterns-seeking social support and self development, maintaining family integrity and being religious, thankful and content.

Mitchell, Cronkite and Moos (1983) studied non patient couples (normal N = 157) and couples in which one of the partners were clinically depressed (N = 157) within the framework of an expanded stress illness paradigm that encompassed life events, ongoing strains, coping responses, family support and depression. A number of scales were administered to them. It was found that depressed patients differed consistently from their control matches in that they experienced more stress, used less problem focused and more emotion focused coping and more positive family enviornment. Depressed persons are at a disadvantage relative to control subjects at each point in the stress process. They are also less equipped with the coping skills and the family resources needed to adequately handle such stress. Spouses of patients fell between their depressed partners and the control subjects in their levels of stress, coping and family support. The overall pattern of effects involved in the stress process was similar across patient and non patient populations. Negative life events, coping and family support were primarily directly related to depression, whereas strains exhibited some indirect effects through their relationship with lack of family support.

Lowenstein (1984) researched on 143 prisoners wives on their coping with the stress. Using a psychosocial perspective with Hill's ABC X formulation and life cycle framework, the focus was on testing inverse relationship between father's criminal record and length of his sentence with family's ability to cope. The second objective was to find out the relationship between family's ability to cope, with its definition of the situation and nature and amount of resources. The third focus was on ability to cope and a curvilinear relationship with family life cycle and length of husband's sentence.

They found out the relationship between coping and degree of family solidarity, family's definition of situation and preimprisonment division of labour. Successful coping behaviour included wives developing self-sufficiency, ability to withstand psychological pressures and facility to maintain new relations.

Hamilton and others (1980) discussed the model of coping



They indicated that family's strategy of coping is progressively modified over time. Coping behaviour involves the management of various dimensions of family life simultaneously.

Brigman, Schons, Stinett (1986) researched on "Strengths of families in a society under stress". The sample was drawn from Iraq of strong families. 64 couples, educated and urbanite were administered stinett's instrument consisted of demographics, fixed alternatives and open ended questions with family strength inventory. 76% indicated the present conditions of family life in Iraq was good and close. They identified war (42.4%) inflation (26.6%) adapting to new habits (20.3%) as important problems. Regarding family strengths 50% indicated love and devotion 37.5% respect and obedience, 20.3% togetherness 18.81% religion, 14.1% understanding and 4.7% committment.

The six items of stinett's classification of family strengths were given a mean score of 4 and all of them scored on these items above mean score (committment, express appreciation, deal with crisis positively, good communication, strong religious orientation, spend time together). They also discovered Parent child relationship to be good in these families and a high degree of closeness and satisfaction in both the spouses. Majority of them indicated no negative aspects of family life.

Vegha Kolody and Valle (1988) conducted a research on

'Marital strain, Coping and Depression among Mexicqn American Women, among 550 women probing normative patterns or marital strain and coping, and whether marital strain and coping factors covary with depressive systems and whether coping factors are moderating or buffering marital strain. Factor analysis results indicated sources of marital strain are similar across cultures. Marital coping included (1) Positive comparisons (2) Selective ignoring (4) Emotional discharge Vs controlled reflectiveness (5) Self-assertion Vs Passive forbearance (6) Negotiation. The multiple regression analysis revealed the powerful correlation between marital strain and depressive symptoms disappears where coping responses and cognitive traits enter the model.

West Ellen (1987) in his doctoral study on 'the impact of coping resources and strategies upon health' focused upon what social and psychological resources appear to moderate stress effects and how these variables may intervene in the coping process through their relationship with the actual strategies used to cope with stress. He also investigated the relationship between various coping resources, coping strategies and physical health.

Abel P. Elizabeth (1987) studied the effects of social network on stress and health in a non-institutionalized population on a sample of 3025 respondents.

Vachher Manju (1988) studied for the doctoral work relationship of a number of variables with response to a situational stress. These variables are life-events, social support, coping mechanism, family type and Control Orientation. The effect was to find out relationship between life stress events and the subjective experiences of distress, stress and social support having inverse relationship; locus of control belief have a direct and independent effect on distress. Similarly, social support and locus of control modify the negative effect of life stress on distress and relationship of family system with the effect of life events as stressors on the individual's well being was found out.

All his hypotheses were partially or substantially supported by the data, statistical techniques used were Pearson's correlation, multiple regressiom and t test.

Pittman and Lloyd (1988) examined the relative contri-

butions of stress, social support and family life in three domains - marital quality, parental satisfaction and life satisfaction on 810 adults. The impact of demographic factors, support and resource variables, and stress factors upon the quality of family life was seen through hierarchical multiple regression. Result indicated that both sets of variables made significant and unique contributions to the explanation of the quality of family life; Stressors had the larger effect. Among stressors, consistent negative effects were found for stress in One's homelife and for financial stress. Among the family resources examined, only the availability of privacy at home produced a consistent positive effect across models. Social supports appeared to play a larger role in the prediction of life satisfaction than in other two models.

Relation between Coping Strategies and Stress and marital adjustment of multiple role of women, Mice M. found out as the number of coping strategies increases, the level of adjustment also increases (r=.36). Where coping strategies are used frequently, stress diminishes and marital adjustment enhances (r = .33)

Researches on crisis and coping with it reaffirms the assumptions that family's integrity and stability, its adaptability or flexibility, its affective closeness and

and committment of members, personal strengths of family members, the strong social support system, and other external resources contribute in the management of crisis. Having accepted crisis to be a natural phenomena of the dynamic family life, another dimension may be added if its positive contribution in strengthening and enriching family life experiences, are also highlightedby researchers.

Parent Child relationship

Do good parents make good children? The traditional cultural image of the relationship between parents and children is that parents are the primary agent of socialization and child is the object of socialization. Thus as Bigner (1979) puts it "it is dyadic or triadic interaction system involving sequences of behaviour in which there is mutual stimulation, reinforcement and response so that each individual in the family is a recipient as well as initiator of behaviour".

Studies on Parent child relationship revealed that several aspects of this relationship has been probed by various social scientists. These are parental role and supportiveness, child rearing practices and authority pattern, Differences in parental influences according to Sex, Parental absence, effects of divorce, Step parent & adoption upon children, juvenile delinquency and family background, academic

achievement, creativity, leadership and parenting, children's perception on parenting and their influence etc.

Gringsburg (1942), Koos (1946), Cavan (1959) had made more or less similar observations, as they found that there is less of father's dominance in every instance when he fails to meet the demands of a troubled situation, thus also loses control over children.

Kagan (1961) investigated symbolic conceptualization of parents among children and found that father was more stronger, larger, dangerous, darker, dirtier and more angular. He also found that American children viewed their fathers as less friendly, more dominating and threatening than mother and mothers as a source of understanding and comfort.

Kangan with Lenkin (1962) found that children chose same sex parent as their model and same sex parent they liked best.

Enmerich (1962) in a study on 'variations in the parents-Parent role as a function of sex and child's sex and age, discovered that mothers were generally more nurturant than the father.

Vaughm (1966) explored attitudes of rural children towards parents and indicated that father was basically viewed as

an authority figure, while attitude towards the mother was evaluated in terms of now well she was perceived to respond to the needs of youth and her manner of rearing.

Scaffer (1963) Becker (1964), Baumrind (1967), Cattell (1972), Rutter (1977) Sternonetz (1979) all have emphasized on child rearing practices which is significant to study in order to understand parent - child relationship. In this context family enviornment was also considered to be equally important to study. Nye (1957), Felner (1975) Kellam (1977), Luepnitz (1978) Biller (1981), Langer (1983) identified enviornmental risk factors which may be contributing for psychopathology in families. Thus two types of risk factors as presented by cohen and Brook in an epidemological study of children were identified as risk factors for future psychopathology.

1. General Enviornment includes - Socio economic status, residential instability, number of years at current residence, physical quality of home etc.

2. Child rearing practices - Includes besides upbrining educational aspirations for children, power assertive punishment, use of cognitive Oriented discipline etc.

It was realized much later that children's perception serve as a valuable resource in understanding family interaction, Bienvenu (1969) developed an inventory F.C.I. (Adolescent form of family communication inventory). Bronfenbrenner's Parental behaviour Questionnaire (1965) measuring 15 variables that represent three basic factors, loving, punishing, and demanding. These tool developed around the two orthogonal dimensions of Love Vs Hostility and autonomy Vs Control.

These tools helped therapists in therapy and assessment. Stuart and Hauser 'Holman (1980) etc. in a study on "Interaction Sequences in families of psychiatrically hospitalized and non-patient adolescents" found interdependence and possible causal relationship between adult psychopathology and family process. Two types of behaviour i.e. enabling and constraining influence the relationship. Parents while enabling use explaining, focusing, problem solving, curiosity at cognitive level and accepting, active understanding at affective level. Parents while constraining use distracting, judgemental, withholding at cognitive level and indifference, devaluing, excessive grantification at affective level.

Britton and Britton (1971) studied American and Finnih children, their perception of the parent's functions significantly in the process of establishing identification patterns,

The comparison of the two sample made them conclude that Finnih children more frequently saw their both parents as both sources of praise and blame than did American children. Finni children saw more frequently the satisfaction coming from within the family than the American. Thus it reflects the functioning of a more self-contained and unified family among the Finni's than Americans.

Bowerman and Dobash (1974) studied structural variations and Inter sibling affect. 65% of them revealed closeness to siblings while 3% were not at all close, 71% were close to mother and 61% to father. They concluded that small families having two children or less showed more close feelings than the families having 3 or more children.

Wilma Kaplan (1986) studied for Ph.D. dissertation "living with a handicapped child, the parents perception found (1) Parents whose children needed a lot of physical attention for treatment or for A.D.L. experienced more stress than those who needed less care. (2) Successful coping did not decrease experiences of less stress. (3) The support and counselling help reduced markedly with a longer period of time regardless of need.

In a study, Ghosh and Sinha (1966) examined parental role perception of sibling in India and concluded that "It is the

mother which is more influential parent and father's role appears to be cultually ill defined and his direct parental influence is limited."

Gupta (1973, 1981) in a study . discovered about parent-child relationship and said that fathers in Indian families are more active and important figure but they showed little proximity to children while in nuclear type of households, the wife spends most of the time with children even in the lower caste groups. Child rearing is with mother. Srivastva (1982) studied changing patterns of families in urban setting also studied parent child relationship. He presented that majority of children identify with mother while less identification with father. Mother is the main source of emotional support, the expressive authority lies in the hands of mother while father is more influential in disciplining children. The instrumental authority and control is in the hands of children.

It is realised that studies on parent child relationship, have either focused on parental behaviour attitudes and characteristics, family's culture and offpsring outcome or on the actual relationship between parents and their offspring outcome or on the actual relationship between parents and their offsprings especially adolescents or perceptual and attitudinal similarities and differences between parents and offsprings.

Very little work on how this relationship occur and develop in the cultural context has been done.

Studies on Family Roles and other variables:

Nye with his associates (1976) analysed data on Role behaviour and studied various roles of spouses like spouse, parent, provider, housekeeper, childcare taker, child socializer, sexual, recreational, therpeutic and kinship. Respondents were asked for Role competence, Role strain, Role power and Role style. They wished to determine the degree to which spouses felt that roles should be or should not be shared with other spouse. They concluded that role competence is related more closely to marital satisfaction for females than for males. Clark, Nye and Gecas (1978) studied the influences of occupational roles on the internal family interaction. The earlier studies by Blood and Wolfe (1976) young and Willmott (1973) found that the occupational roles interfered with the family life, infact they were incompatible roles but the findings of these researchers were just the reverse of the previous findings.

Douna and Kunteer (1976) developed a 36 item scale to measure sex role orientation. Various areas covered were namely: attitudes towards traditional sex based division of labour in marriage, power structure, women's employment and

sex role socialization of children and behaviour in general.

Sussan and others (1978) studied the family roles and authority patterns. Various family tasks were identified viz. Household, cleanliness, financial matters, purchase of clothes etc.

Husband and wife's perception about roles/responsibilities were examined on 3 x 3 = 9 cells as given below

		Wife's Perception		
		Husband dominant	Joint	Wife dominant
Husband's perception	Husband dominant	Congruant	Low incongruant	High incongruant
	Joint	Low incongruant	Congruant	Low incongruant
	Wife dominant	High incongruant	Low incongruant	Congruant

It was found that incongruance was associated with the poor role orientation and confusion of various family tasks.

Douglas and Wind (1978) examined family roles and

Authority pattern in 120 U.S.A. household both husband and wife (240 respondents). They tried to find out congruance in husband and wife's responses and their perceptions in the over all patterning of family decision-making and task allocation and the discrepancies relative to specific decisions and task between the two spouses. The findings suggested an important source of discrepancy between husband and wife's source of dicripency and husband and wife's responses in the measurement instrument.

Nye (1978) conducted another research on 1350 couples to test two hypothesis (1) greater the husband's work time, the lesser of each marital role he will prepare and (2) greater the husband's work time, less his competence in each martial role. Four roles were identified e.g. housekeeper's, recreational, sexual and therapeutic role. He found out that husband's work time did not affect significantly these four roles nor it affected wives marital satisfaction.

Mukerji (1963) analysed data of 18 middle class Indian families, their daily activities and functioning of all members during a routine daily. All the families indicate a definite process of Role identification - a clear demarcation in the role of men and women. Father's do not do any work pertaining to house except marketing, Household duties are entirely shared by members of fair sex; girls help their mothers. Sons are

absolutely free in taking up responsibility.

Manrech (1988) in his doctoral work researched on Role strain and coping among dual career men and women across the family life cycle. He concluded that women reported having higher level of strain than men. Coping strategy differ in different life cycle stages. Women used cognitive restructuring, delegating responsibilities, limiting responses using social support more than men.

Values and Families:

Value - orientation has been, one of the major roles of family as a social institution. Values are the guidelines for the individuals which help them to learn socially desirable behaviour. Family shares the larger load of inducting its members on various socio-cultural and ethical values. Some of the significant researches are described here.

Studies on Values

Rokeach's scale was examined by many others. Feather (1971) found out certain positive points as (1) it is easy to administer to individuals with limited education (2) It has an acceptable test reliability, 5 week's test retest reliability for terminal values was .74 and for instrumental values .70.

A study by Rokeach (1973) on American sample and Canadian collegeman concluded that Canadians are less achievement oriented than the Americans. They are also less logical Feather (1970) found Australian collegeman have high regard for true friendship and equality. They care less for family security and happiness and have stressed more on the value of particularism and egalitarianism.

Rim (1970) found Israelis to care for world peace and national security. They also believe more in capability than in being ambitious. They are group oriented and have high regard for cleanliness, helpfulness, politeness and obedience.

Sinha and Sinha (1974) studied the socio-cultural values, Middle class values in organizational perspective and categorized the Indian values in 6 areas. They do not cover all aspects of life.

1. Lack of committment, disparity between what is promised and what is done, lack of punctuality, quality control products and lack of purpose.
2. Preference of personalized relationship which gets priority over work, duties, responsibilities and even money.
3. Dependence proneness, tendency to seek support, help and

Protection from superiors.

4. Lack of team orientation

5. Hunting for leisure and rest.

6. Preference for showing off.

They found that Indians stressed a sense of accomplshment an exciting life, freedom, and self respect. Thus American stressed freedom happiness, wisdom & self respect. Australians on wisdom, true friendship.
Israelis on world at peace, national security.
Canadian emphasized upon same like Americans and Indian but rated mature love high. Beauty, salvation, pleasure and national security all were rated low preferences with regard to Instrumental values.

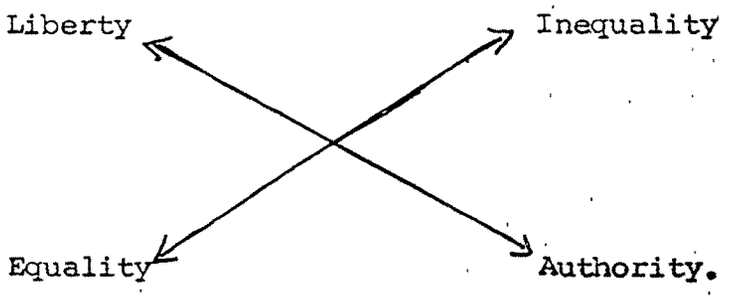
Indians stressed ambitious, capable, honest & broad-minded. Americans stressed equally all with being more responsible. Australians did for honest, broad minded, responsible and loving. Israeli's on honest, responsible, loving and capable.

Politeness, obedience, cleanliness were less prefered by all. Indians are different in their goals (terminal value) and not on the means of achieving this (instrumental value).

Frankel (1976) studied theoratically impact of changing

values on the family and discussed individuality, autonomy spontaneity, equality in this context the effects of the changes are yet to be probed.

Emmanuel Todd (1985) presented in a schematic figure, the present picture of value system underlying family types in Europe.



Each family type may be represented on the two dimension. Liberty/Authority and Equality/Inequality. Four patterns of values underlying family type will emerge.

1. Liberal and Inegalitarian
2. Liberal and Egalitarian
3. Authoritarian and Inegalitarian
4. Authoritarian and Egalitarian

Page and Washington (1987) studied value orientation and the Intergenerational transmission of values through family proverbs on 100 single black mothers. Subjects rated family proverbs as well as instrumental and terminal

values. They also indicated those values they received from the mothers and intended to pass on to children. Significant correlation on Pearson product moment correlation was found between proverbs and Rokeach's values. They also found a significant relationship between proverb received and those intended to be passed on to the new generation.

SECTION : C

Family Studies in India

Family researches in India are more sociological in nature than psycho-social or action based evaluative studies. Indian researchers have struggled rigourously in defining family structure and types i.e. nuclear Vs joint, rural Vs urban, small househol Vs large household etc. They have also tried to view the families in the context of changes that are taking place, the impact of urbanization and industrialization on family etc. sophisticated methodological and statistical advancements have not been used by majority of them. The micro-level studies on families, its processes and dynamics though are recognized by scholars as significant dimensions to study, but have not been taken up seriously and extensively.

Shalini Bharat while preparing an annotated Bibliography (1986) realized that "there is lack of effort in the direction

of understanding, evaluating and analysing family problems like family disharmony, change, crisis, conflicts and the whole gamut of such issues against the available sociological analysis of family".

Some of the common features from various Indian studies have been found and are grouped together, hence they all are presented accordingly:

Families in various Indian communities:

Aggarwala B.P. (1961) described the nature and extent of social change among the Marwadi community living in Bombay city. The author noticed the progress made by this community in industry and commerce with a result that there is a rise in literacy, economy, prosperity and cultural aspects. He concluded that rapid eco-technological and educational advancements are influencing the marriage and family patterns of this community though family itself has undergone little change. It is still a joint family and the attitude towards it remains the same. Although older people have dominant positions, the younger people are becoming more independent.

Ross (1961) studied 157 Hindu families, both the spouses from a South Indian city from various dimensions. Joint family system and change, the ecological substructure

of rights and duties, power and authority, sentiments, work and the family, education and the family, changing friendships and marriage patterns.

She presented various hypotheses for testing further validity. It was her contention that urbanization and technological change will have impact on all aspects of family life such as ecology of living, affectional ties, marriage patterns, family relationships, family duties and power. She also concluded that families will face lot of strain and tension due to structural change.

Ahuja (1966) wrote about family patterns among the Bhils by studying 415 Bhil (S.T.) families from three districts of Rajasthan. He concludes that Bhil family is not very different from rural Hindu family. Changing economy and social situations have not affected their family systems.

Ames M.M. (1969) studied 400 industrial workers families from Bihari, Bengali and Punjabi ethanic communities and from all occupational groups and class.

He concluded that caste still dominates the family life. The family system retained both modern and traditional elements, combined in ingenous and highly adaptable ways. He also strongly felt that joint family is thriving rather than dying

out; changes predicted by modernization theory are more noticeable among middle class foreman than the lower class workers; Indians are more adaptive and their social institutions are far more flexible and lastly the flexible joint family system facilitates adjustment to demands of industrialization by helping in individual mobility and providing familial networks of mutual aid and security.

Conklin G.H. (1976) made an urban rural comparison from Dharwar on family structures, castes and economic development and concluded that all castes had similar household structures. He concluded that changes in the family in India are associated not with caste, but with class. No caste correlate of role differences was found within the household.

Another similar study by the same author on Muslim's family life and secularization (1976) pointed that Muslims are quite similar to the Hindus and that the Muslim ideals, practices and role patterns are as conservative or a little more conservative than Hindus of similar status.

Ahmed (1976) dealt with Muslim community, the various aspects of family life, kinship and marriage in this community. The data was collected through personal observations of the author. He concluded that the Muslims of different communities have either legitimized local customs or reconciled them with

the Islamic tenents and have thus, made themselves an integral part of the cultural complex in which they are embedded.

Venkatarayappa (1972) studied households in two slums in Mysore city, family life and marriage, parent child relationship were some of the variables studied alongwith socio-economic and health conditions. He made certain specific observations that family life is affected because of low economic standards. Few families showed instability and quareel followed by desertion by either of the spouse is common. Divorce is also easy and they do not go to court of law. He also observed that family is loosly knit and disorderly family conduct and sex offences are common. Though mother-child relationship is stronger but adolescents appeared to be irresponsible, carefree and illiterate. He realised that economic backwardness make them highly religious.

Ramu (1977) in his doctoral dissertation analysed the nature and organization of the family, marriage relationship and kinship structure, friendship and neighbourhood ties and the extent to which these ties were governed by factors of caste, class and religion and also demonstrated ways in which family contributes to the continuity of caste values and norms in an urban context. The research was conducted in the Kolar Gold fields in the South India. He concluded that this

being an urban setting, a cluster of interrelated families, but not a kinship's unit was found, there was a triangular relationship between the individual, his family and his Jati and the two later ones derive their reality through the individual. Besides this, endogamous and kin marriages were prevalent; parents played an important role in mate selection and there was a strong negative emphasis on inter caste marriages. Neighbour's and best friends were largely drawn from the individual's own caste and social background and the individual was dependent on and identified with his family and jati and thus, the family contributed to the olderly replacement of caste, culture in Kolar Gold fields.

Naik (1979) studied the structural aspects of family focusing upon whether industrialization and urbanization lead to disintegration of the joint family in four towns. He also analysed certain other structural aspects of family like size of household, composition of household, dependence pattern, occupational pattern and household income. He observed that decreased level of industrialization and urbanization have not brought decline in the proportion of nuclear family; though nuclear family was a characteristic feature of these four towns. Similarly education, caste and religion have not affected the types of family however certain collective trades and enterprises have played a role and there were more

of joint families.

Lakshminarayana (1982) in the book 'The Indian family in transition edited by Augustine held the same views that rural families in India are undergoing changes in all aspects of family life in terms of family structure, relationships, economy and marriage customs. Large joint families are being replaced by smaller joint/nuclear families.

Gupta (1976) emphasized the two processes under which family is undergoing. They are (1) Process of Nucleation (2) Process of Extension. The process of nucleation has to be understood in the light of ongoing pressures of industrialization and urbanization and development of a new structural ideal. This can also make process of extension also possible where a branch of the family migrates to urban area and others get benefits from it in terms of education, health, job and recreation. He argued that it is difficult to say whether family is losing its functional unity. It may be expanding its horizon, occasionaly diversifying its interests, meeting its changing needs and individual aspirations. He raised certain areas requiring probing like (1) what kinds of family forms are conducive to what kind of changes (2) why people have preference for low age at marriage and how it could be tackled and studied in proper direction etc.

Studies on definition of family and joint Vs Nuclear families

Indian Sociologists attention had always been drawn towards an appropriate conceptualization of the term family and also the two widely known family types Joint Vs Nuclear. Several classifications and descriptions are put forward by them to reach at an explicit and exact definition.

Kapadia (1959) studied families in urban and rural areas of Surat district and found that three are joint families for every two nuclear families in rural area and the nuclear families are 10% more than the joint families in urban areas.

Talking about interactions in the Indian families irrespective of rural/urban settings, he held the views that strong sentiments for the family were evinced and reinforced by roles and duties which strengthen the family ties and unfold emotional attachments.

Nimkoff and Gore (1959) held that joint families are more common in villages than in town and they were more common in past than now. The problem in definition of joint family is due to the situation that family may be structurally and residentially nuclear but functionally joint.

Mandlebaum (1959) described various aspects of joint family based on his observations and survey work and concluded that changes are coming in the structure of family but there is still a great deal of vitality in the patterns of the old joint family and considerable validity for its ancient form.

Barley (1960) did analysis of joint family in India with three levels (1) analysis of structural form (2) dynamic analysis of repitative equilibrium and (3) analysis of structural change. He had to conclude that with this, the focus of analysis should be on nuclear families.

Conklin, Dandeker and Kaldate (1961) were of the opinion that census material and their own observations show that joint households have always constituted only a minority of family at any one time and change is very slow in the same.

Dasgupta (1965) Desai (1956) Karve (1964) Shah (1969) have listed number of problems which be set the study of joint family such as a proper definition of family and particularly joint family, distinction between various types, lack of clarity about studying changes that are taking place in joint family and the type of family emerging as a result of these changes.

Mukerji (1962) made an attempt to evolve a comprehensive scheme of classification of family units by treating them as constituting a system of variation and accordingly by taking into account all possible variations in inter family relations in respective units. He divided his scheme of classification into several "orders of classification and the first order consists of 11 types".

Bose (1965) tried to work out composition of joint household with reference to age and marital status, age of the head and size of household, number of children and earning members and dependents.

Kolenda (1966) compared 26 sociological and anthropological studies since 1949 and presented a set of 12 categories of families. She discussed the composition of 'typical' Indian family. She suggested that most Indians live either in a joint or a supplemented nuclear family.

Singer (1968) used the geneological method to study the relations of the Indian Joint family to developing Industrialization. He reported striking changes within three generations but they have not transformed the traditional joint family structure into nuclear families. He further added that industrial and urban families maintained ties with their joint families in villages and elsewhere.

Acharya (1974) in her paper examined the process of

family change in Gujarat, concluded that the changes do not mean disintegration. The changes are there due to changes in roles and family types should be viewed on a continum where joint family is at one extreme end and nuclear family is on the other end and variations of both types occur according to the time, place and experiences of its family members.

Chekki (1974) in his study of suburbs of Dharwar city in Karnataka concluded that families are changing but kinship ties are still maintained.

Lakshminarayana (1982) in J.S. Augustine's book refused the belief that joint family is dominant type in the rural areas and stressed upon that families do not remain permanently joint or nuclear. He concluded that traditional family system is being replaced by smaller family with particularistic loyalities.

Caldwell, Reddy P., and Caldwell (1984) in a research project of 9 villages of South India tried to find out the circumstances leading to the change in family typology and concluded that there is still little evidence of transition of family types though the internal nature of the family and its relationships are changing.

Studies on Internal life of families

Kapadia (1959) felt that strong sentiments in the Indian families exist that strengthen family ties.

Khatri (1961) pointed out that researchers have not shown interest in the micro-sociological analysis of inter-personal relations within the family.

Ross (1966) has studied more about structural aspects of families, she has also examined the strains and stress in role - structure and role relationships, the sub structure of rights and duties, of power and authority, of the new educational and occupational opportunities.

Kaueffman J.H. (1970) in his article "The rural urban variable and family interpersonal relationship" brought out an interesting finding that rural and urban families do not differ significantly in the quality of family interpersonal relationships. Though the rural residence is favourable for the development of better family interpersonal relationships, but the traditional patriarchal family structure may have a detrimental effect upon relationships.

Conklin (1973) has conducted a systematic study of the emerging conjugal role patterns in a joint family system.

Strauss (1975) analysed data of a study on Husband-

Wife interaction in nuclear and joint households whereby they studied extent to which household type and social class are associated with variations in family power structure and husband wife solidarity. Husbands from joint households and from middle class had more power and those from middle class as well as joint households had maximum power. Husbands and wives from nuclear households and those from middle class had higher mutual support score and those from middle class as well as nuclear households had maximum support score.

His findings throw some light on adopting an international model. He has tied down some of the most important aspects of Hindu family system.

Mandelbaum (1948) has also described at length the interpersonal relations between members of joint family.

Narain (1957, (1965), (1970) studied interpersonal relationship in Hindu family.

Kurian G. (1976) made certain specific observations after reviewing certain contemporary studies. He envisaged increasing emphasis on small family units in the near future with more individuality of people and decreased dependence on the kin for survival. He also stressed that the affectual bonds in family life influenced by traditional joint family values play a very important role in maintaining the

general stability of family life in modern India.

Lal (1976) studied the exercise of power within the family and found out extent to which the pattern revealed is in congruence with the traditionally prevalent pattern. He studied this from 160 families in Patna city and concluded that the eldest female in joint family had considerable authority and authority pattern of decision making appeared stronger in the joint than in the nuclear family. In nuclear families the oldest male was the most effective centre of authority in majority of families.

Srivastva (1982) in his dissertation work has studied various aspects of internal family life of 300 families in Lucknow. Their attitudes towards marriage, Age, Dowry, mate selection and husband wife relations were studied. He has also studied parent child relations as well. He concluded that 73.9% of children identify with mother and it is higher in middle & lower classes than in upper class which is higher. Mother is found to be main source of emotional support while father is more influential in maintaining discipline. Children of middle class parents have closer ties and children of upper class are to obey their fathers more. Expressive authority lies in the hands of mother, while instrumental in the hands of father.

Regarding husband-wife relations he found that majority

of respondents have full consensus with their wives over fundamental issues of life. It is more observed in upper class and low in lower class while middle class remains at the marginal position.

The role relationships between husband and wife have also been studied by Gupta (1951), Gore (1962), Dubey (1963), Sriniwas (1942).

Sinha D. (1984) opined that Indian family system have shown signs of changes in child socialization practices but it has maintained a unique adaptability in the context of all round social change and though structurally some changes have taken place, but corresponding attitudinal changes are lagging behind.

He concluded that Indian family in this transitional stage is neither presenting stable values to the growing child, nor clear cut norms of the nuclear family of the West. These may be the causes underlying tension among contemporary youth in India.

Srivastva (1986) in "Social class and Family life in India" analysed the structural functional aspects of changes in family concluded that all the classes are not influenced by the modern forces in an identical manner. Upper class has proved to be more favourable and liberal

towards various changes in society.

Parent-child relationship have also been analysed by several Indian researchers. Carstairs (1957, 68-69) Madan (1965 63, 168) Ross (1961 : 101, 137, 144) and Mandelbaum (1970 : 60) have examined the patterns of interactions between father and son. Dubey (1955 : 143) Gore (1961) Ross (1961) Narain (1970 : 467, 469) have also commented upon mother sone relationship and the patterns of interactions between them.

Gupta (1964) noted that the children from low socio-economic group are brought up differently than the one's from middle and high income group. They hardly experience the joys of childhood. Their world is no different from the adult world at the age of 8 and 9 years. They have a very early involvement with work. The young boys help their parents in work, shop, etc. & the girls shoulder domestic responsibilities.

This is what was perhaps felt by Murphy & Carstairs (1958) that the spontaneity, cheerfulness and the trusting nature of the Indian child gives place to lack of initiative gloom and mistrust in later years.

Rao and Rao (1982) studied a detailed account of the research project they conducted (1975) from four college

students from the State of Karnatake. They examined the attitudes of college students towards various aspects of the process of mate selection and the family in India in order to determine the possible changes in the value orientations of the present generation. The areas explored were attitudes towards love and arranged marriage, desirable and undesirable characteristics of a spouse, the average ideal age at marriage for the respondents & dowry system, endogamous and exogamous marriages, joint family system, familistic value- Orientation and family obligation.

The study revealed that student's attitudes were liberal towards arranged and love marriages, ideal age at marriage and the dowry system while the sentiments are traditional with respect to joint family system familistic value orientation, and family obligations.

The familism scale developed by Bardis, was administered to these college students and a high degree of familis' value orientation was found. The obligation towards the support of the brothers and sisters and their marriage are still highly valued by the populations.

The authors concluded that it is difficult to substantiate if joint family system is breaking and remains to be seen where these liberal attitudes & sentiments of respondents will lead to.

Burgess (1963) viewed an ideal familistic orientation includes the following characteristics (1) the feeling on the part of all members that they pre-eminently belong to the family
(2) Complete integretion of individual interests for the achievement of family objectives.
(3) the assumption that land, money & other material goods are family property.
(4) willingness on the part of members to support one another if attacked by outsiders.
(5) concern for the family perpetuation.

Psychological studies:

Sociologists have paid more attention to family studies in India than the psychologists. Recently mental health professionals have become interested in finding out families' contribution in building up or hampering the mental health of its members.

Banerji (1944-45) paper on "Hindu family and Freudian theory is one of the earliest attempts from this aspect.

Khatri (1962, 1963, 1970, 1974) has written extensively and also conducted a series of studies on Indian family especially on Hindu personality and mental health and family's impact on personality, patterns of family relations, emerging changes in the trends in Hindu family. He pointed out that

there is a committment to an ideal type of family with consequent familiarlistic orientation and lack of concern with individuality. The Hindu male enjoys confidence, security and a positive self image while a Hindu female has a negative self image with dependence/submission attitude. Their selves are limited to husband, children and inlaws.

He also emphasized upon that social change in India has led the conflicting norms and roles in the members of our society. He anticipates that these conflicts may bring intra-personality conflicts, loss of firm sense of identity reduced tolerance of tensions and negative self image. These may make people vulnerable to mental health disturbances.

A few studies were undertaken by the mental health professionals team who tried to examine family size, birth order and schizoprenia-Sundaraj & Sridharan (1966), Suicide and family constellation in India (Sethi & Nathawat 1971) and Kapre (1972) Role of sex factor in marital adjustment. A few others on family patterns and mental illness Nathawat (1971, 72) Veeraraghwan (1972) Dr. Rajeshwar Prasad's paper (1981) on family as a support in crisis situation in clinical setting and Bhatti R.S. (1980) develppment of a scale to assess family typology at NIMHANS, Bangalore are scattered attempts to the realization that family is and will remain

to be a powerful unit in maintaining social order and in sharing and promoting the individuals.

Bhatti (1980) discovered, that small group relations are highly cohesive and bound by strong group loyalities.

Chopra (1984) on the contrary felt that nuclear families are more vulnerable while joint family has built in immunity and supportive networks. Earlier Kapadia 1960, Desai 1956, 64 had also felt the same that there is increasing strength in system.

Slum studies focusing on Families and Household:

Venkatarayappa (1972) studied two slums in Mysore village as brought out in his book "Slums - a study in urban problems, highlighted upon the inhuman living conditions, poor health status and poor socio-economic status with an average 5 to 6 person family size. He also pointed at the indifferent attitude and laziness which are responsible for their misery.

R. Desai and Pillai (1972) studied the most popular slums in Bombay the Golibar slums and presented a profile of the slum. They interviewed 300 families and presented the miserable conditions ofpeople and their families. The authors pointed at the Ethno-Lingual clusters which are formed among the migrants to create the rural enviornment.

Trends in the researches in Indian studies on Families:

A great deal of efforts made by the researchers in working out typology of household and emphasis is put on studying Joint Vs Nuclear family pattern between rural and urban communities, influence ofurbanization and industrialization on family pattern and the interpersonal relationships with in the family with reference to certain variables.

Khatri (1961) has bothered about the approaches used so far by the researches. There were mostly historical, institutional or to some extent structural. He showed concern towards the family dynamics and intra family relationship which have been neglected by and large.

Shah (1973) while reviewing family studies in Indian context observed that these studies suffer from methodological issues since they are mostly qualitative, very few quantitative. Even though studies are done on the family and household type but a clear understanding of jointness is not arrived at.

Leela Dubey (1974) in her extensive review has also raised similar question about jointness and the proportion of joint and nuclear household in different areas. She was also concerned about the issue of measuring the changes in the family as how could it be done.

Hallen (1981) presented a detailed review of studies and also examined them from several aspects. He emphasized upon development process of studying families. The structural functional and interactional approaches should also be used with logico-experimental and analytical methods. He also pointed at the need for methodological adequacies and generalisations should also lead to the development of theories.

Ramu (1981) had also expressed concern over several methodological ambigiuities in Indian studies. Secondly, he also pointed out that there should be a shift from joint family to the other important areas of family life.

What is needed more is perhaps identifying typical Indian families strengths and characteristics which are unique and contributing in holding families intact. Secondly, model of assessment of family as a total unit of consuming all packages of services, its capacity and readiness to accept and utilize these services are some of the areas which require attention. Since a gamut of programmes at National and State level are family-oriented and if they are not, some of them are addressing to some aspects of family life; the relevance and need of the programme should focus the family as a unit.

SECTION D

The need for family oriented action research is well

established. The practitioners have also moved in the direction of evaluating the impact and outcome of family based practices since last few years. Social work professionals especially in West have begun to consciously evaluate the interventions and skills used by them in order to show their effectiveness and significant contributions. Not much work in this direction have been seen in India but some of the Institutions which are involved in the dual role of teaching, training and practice have taken up such action oriented and evaluative studies like NIMHANS (Bangalore), Faculties and colleges of Social Work, colleges of Home Science, ICSSR, etc.

Phadke (1960) realised that families require special help in terms of adjustment due to certain factors like illiteracy, unemployment, migration etc are causing disturbances to them. Memoria (1960) moved further and talked about family disorganization which is caused due to social changes, conflicting roles, dissatisfying value system & tensions. He was concerned about the disturbed family functioning.

Freed (1982) emphasized on the need for building theory for sound training practice. He suggested for creating " A unique integrated family treatment model", and that an indepth democratic study of needs, trends and practice of changing families in the changing world. He also realised the

significance of distorting factors of family growth.

Following studies give an account of the action oriented projects undertaken focusing the family.

Social Work Intervention - Action oriented studies:

Geismer and Krisberg (1966) published their work on the family life Improvement project. This work emphasized on the preventive interventions methods. 500 urban families were studied. The chief variable in the study was social functioning of families. St.Paul's scale of family functioning was used which measured role performance of members in terms of (1) whether rules are observed or not (2) Behaviour is harmful or helpful to the socio-economic well being of family members (3) behaviour is in harmony with the status of family status group. (4) behaviour is personally satisfied and commensurated with his potential for social functioning.

The entire sample was divided into treatment group and control group. Group A - received multifaceted services, to cope better with existing or emerging problems Group B - did not receive any services. They found 51% to be in an adequate group 27% on near adequate group. 14% on near problematic and 8% in problematic group on more than 3 areas.

Young (1966) worked on the marital counselling with

affection deprived spouses. Treatment was geared towards intervention into marital interactional pattern and strengthening of the deprived spouses ego functioning. Major techniques used by them were self evaluation of action/reactions, ventilation of past relationship experiences, examination of roles and functioning, development of new understanding of meaning of love and affection, mothering the deprived spouses.

In most of the cases improvement was found after 1½ years time. Similarly Beck (1975) also reported satisfactory outcome of marital counselling programme on 1970 cases by using individual/group counselling, communication training, behaviour modification and marriage enrichment programmes.

Nadelson and others (1975) worked on the evaluative procedures for conjoint marital psychotherapy. Changes which have taken place in society has also brought about changes in the marriage institution too since emphasis has shifted from survival andsecurity to love, companionship and communication.

Simon (1976) studied on the systematic approach to family life education. Couples were selected and were called for five sessions. It started with self awareness and

various areas were included in different sessions viz. sex roles, expectations, review of child adult-parent concepts, group discussions on problems, I Vs you messages in marital communication, needs and problems of spouses, acceptance and anger, relaxation, films on sex and feedback. It was felt by him that family life education does help solve certain problems.

Hunicutt and Schapiro (1976) stressed upon a preventive model of marriage enrichment alongwith better communication, better conflict management and problem solving skills.

Orcutt (1977) suggested that being poor implies multiple deficits that increases vulnerability of such groups and therefore all policy, planning, organization and direct services to individual, family must be utilized to alter poor enviornmental conditions and to foster the growth potential of these families. This should be done by direct social services to the target groups, intervention must address the transmission of generationally perpetuated problems, combining the interventive strategies around individual, family and community agencies, and planned follow up and treatment with accoutability in future stress.

Jayaratne (1978) worked on the behavioural intervention and family decision making on problem adolescents and their parents. Pre-treatment, post treatment results with control

group were compared and a marked improvement was seen after the treatment in the positive direction.

Beatt and Wanlstrom (1976) recommended that family agency staff should be trained in following areas like (1) growth and development of all family members (2) Interaction (3) family rules and discipline (4) Normal crises (5) Role taking and Role making (6) Role expectation (7) strengths of family (8) culture free.

Barozzi (1982) emphasized on family life education based on the circumplex model of David Olson 92 participants who attended family life education programme were evaluated on family cohesion, family adaptability and workshop satisfaction. The workshop on FLE included Role playing, group discussions, skills training etc. Adaptability was found to be correlated to workshop satisfaction. Balanced participants on both the dimensions were not found to have workshop's satisfaction in corresponding way.