



General Well-Being Of Adolescents Of Joint And Nuclear Family- A Systematic Review.

Aditi Malik

Research Scholar, Galgotias University, Greater Noida, UP, India

Dr. Ijmal Ahmad

Assistant Professor,

Department of Education,

Galgotias University, Greater Noida, UP, India

Abstract

The study aimed to determine the differences in general well-being between adolescents from joint families and those from nuclear families. General well-being refers to an individual's quality of life, encompassing aspects such as health, happiness and prosperity. The results reveal a notable difference in the well-being of adolescents from joint families compared to those from nuclear families. The level of emotional stability, social development, personality integration and overall health is better in adolescents from joint families as compared to nuclear families.

Keywords: Well-being, Joint and Nuclear family, Adolescents.

1. Introduction

Well-being

The idea of well-being has its roots in positive psychology, which primarily investigates how individuals can enhance their standard of living. Well-being is a holistic idea that covers a complete and harmonious quality of life, encompassing aspects such as social, physical, mental, emotional, career and spiritual health.

Psychological well-being pertains to a sense of life satisfaction, positive emotions and effective functioning. It embodies the idea of good mental health and studies indicate that it encompasses various dimensions, evolving through factors like emotional control, personal characteristics, identity and life events. The structure of one's personality significantly influences their overall well-being.

"Psychological well-being is the general experience by an individual that there will be positive outcome or circumstance" defined by Adams, Bezner and Steinhardt (1997).

Family Structure

The family has a unique and lasting influence on the well-being of adolescents, affecting their mental and physical health, as well as their health related practices.

Our origins are deeply connected to our families and in India, the joint family structure has been a part of our culture for centuries. Yet over time, this joint family structure has fragmented, leading to the emergence of nuclear family systems.

Types of family:

Nuclear Family

A Household comprising a husband and wife along with their own offspring.

A nuclear family consists of two married parents of different sexes and their biological children. (Bansal et al., 2014)

Joint Family

While joint family systems are interconnected socially, economically, physically, and through rituals (Säävälä, 2014). In this setup, the household extends beyond just the husband, wife and children, involving different family dynamics. (Chandrasekhar, 1943)

Adolescence

Each child is inherently unique, progressing at their individual rate of growth and development. As a child matures, their emotions and social exchanges undergo continual changes, which persist throughout adolescence. Adolescence represents a crucial phase in human development, characterized by swift transformations in biology, psychology and social dynamics. This transitional period signals the conclusion of childhood and lays the groundwork for adulthood.

Adolescence is characterized as the bridge between childhood and adulthood, encompassing biological, cognitive, and socio-emotional shifts. At this stage, parents anticipate increased self –control and initiative just as their young teenagers start experimenting with various risky behaviors.

Issues during Adolescence

Teenagers today encounter a range of common challenges during their adolescent years. These issues encompass academic difficulties such as low grades, disengagement and behavior problems. Additionally, they face social issues such as few friends, bullying and negative peer influences. Emotional concerns, including mood disorders , nervousness and poor self-esteem, are prevalent as well. Adolescents also grapple with managing anger and may engage in risky behaviors like smoking and alcohol use. Body image, eating disorders and pregnancy can also be sources of distress. Family related problems such as domestic violence,

financial instability, parental divorce, remarriage and poverty can compound these challenges. Ensuring a safe school environment is another concern that teenagers may confront.

2. Review of related literature

(Parker et al., 2022) found that teenagers who have more involvement with their families tend to express higher level of contentment with life and reduced psychological issues when compared to those who have less family involvement.

(Wheaton, 1975) found that joint families provide more support than nuclear families in alleviating stress and addressing emotional well-being issues.

The majority of participants in joint families had higher rates of good social adjustment, with 38% reporting it and greater resilience, with 17% indicating the same, compared to those in nuclear families, where only 21% reported good social adjustment and 13% reported high resilience. (Sahar & Muzaffar, 2017)

(Raina & Sumbali Bhan, 2013) found that girls exhibited a higher prevalence of insecurity compared to boys. Adolescents from nuclear families displayed greater insecurity than their counterparts from joint families.

The (Khedkar & Mimrot, 2019) findings indicate a notable distinction in emotional maturity between adolescents raised in joint families and those from nuclear families. Adolescents in joint families exhibit a higher level of emotional maturity compared to their counterparts in nuclear families.

The (Gurav & Vipin Vageriya, 2019) study's findings indicates that children in joint families exhibit superior social, cognitive and language development compared to children in nuclear families.

3. Methodology

The review paper is based on secondary data which is taken from various journals. our research is founded on secondary data, and we have examined 28 papers as part of our analysis.

4. Discussion

The composition of a family has been associated with the health and well-being of kids and adolescents. Research suggests that living in a joint family tends to result in more favorable health outcomes when compared to a nuclear family system.

Adolescence marks a pivotal phase in an individual's growth, bridging the gap between childhood and adulthood. In the past years, the state of adolescent mental health has raised concerns, primarily because of its adverse effects on development and the potential long term health repercussions in adulthood.

Consequently, it is essential to prioritize investments in approaches that improve the mental health and overall well-being of adolescents.

Reasons for problems during Adolescence

The evolving nature of Indian community, driven by industrial and urban development, has led to the rise of nuclear families. In these families' women spend a significant amount of time outside the home, often up to 10 hours a day. This increased time away from home can create a sense of detachment, especially among adolescents who may perceive their parents as out of touch due to cultural differences rather than age disparities.

The attention and entertainment that children traditionally received from their families are now sought outside the home. This growing disconnect has widened the gap in communication between adolescents and their parents. Certain caregivers tend to be overly protective, leading to the symptoms of dependency, anxiety, difficulty concentrating, low self-confidence, and heightened sensitivity to criticism in adolescents. Conversely, some parents grant their children excessive freedom, which can result in them becoming uncontrollable. Additionally, frequent parental criticism can harm a child's self-esteem.

Suggestions to Parents

Parents should enhance their interactive communication with their children. The more understanding and less controlling parents are, the stronger a child's self-esteem becomes. It's important to maintain a respectful relationship with your children and working mothers should allocate time for their kids. Encourage open dialogue and create a comfortable environment where children can freely express themselves. Consider having family meetings to address issues, provide both unconditional love and guidance, engage in daily conversations with your child using the language and tone you want them to adopt, and most importantly express your love regularly.

The role of parents and family holds immense importance in the well-being of adolescents, regardless of whether they belong to a joint family or nuclear family structure. The family significantly influences the emotional development of individuals during their adolescent phase. This period is crucial, as it is where a person initially learns about development, primarily from their family and subsequently from society. A strong and open parent-child relationship is essential, enabling adolescents to comfortably express their thoughts and feelings about the various mental and physical changes they experience. Meeting their emotional needs during this stage shapes their maturity and the quality of relationships they engage in throughout their life.

Research has shown that children raised in joint family setups tend to exhibit higher levels of intelligence and social adaptation compared to those in nuclear families. The shift from traditional joint families to

nuclear ones due to modernization and urbanization can lead to a sense of isolation, particularly among children, resulting in various adjustments and emotional challenges, often due to the lack of consistent guidance from older family members. Therefore, it is the duty of guardians, instructors, administrators, and the wider community to dedicate meaningful time, facilitate open communication within families, address the issues faced by the younger generation and provide them with appropriate guidance and solutions.

5. Conclusion

Adolescents in joint families appeared to exhibit greater personal adequacy, interpersonal adequacy, social adequacy and consequently, higher social maturity when compared to adolescents from nuclear families. During adolescence, a nurturing family setting can offer significant support through close bonds, effective parenting, open communication and the demonstration of positive conduct. The youth favors the nuclear family arrangement because they believe it upholds their personal privacy and independence, but holistic development or general wellbeing of adolescents are possible in joint family. In comparison to individuals in joint families, those in nuclear families had a lower overall health status.

Our findings suggest that two distinct family systems have varying effects on the psychological well-being of adolescents. Specifically, the joint family system appears to have a positive impact on adolescents' psychological well-being when compared to nuclear family systems.

Additionally, adolescents in joint families showed significant advantages in emotional stability, emotional development, social development, personality integration and independence, ultimately leading to higher levels of emotional maturity than their counterparts in nuclear families.

References:

- Ahangar, M., & Khan, M. (2017). SPIRITUAL INTELLIGENCE OF ADOLESCENTS OF NUCLEAR AND JOINT FAMILIES-A COMPARATIVE STUDY. *International Research Journal of Human Resources and Social Sciences* ISSN(O): (2349-4085) ISSN(P): (2394-4218), 4, 303–313.
- Alvi, S. M., Gul, N., Ghani, N., Alvi, S. M., Kazmi, F., & Shah, A. A. (n.d.). FAMILY SYSTEM'S ROLE IN THE PSYCHOLOGICAL WELL-BEING OF THE CHILDREN. In *KMUJ 2017* (Vol. 9, Issue 1). <https://www.researchgate.net/publication/346032542>
- Bansal, S. B., Dixit, S., Shivram, G., Pandey, D. K., & Saroshe, S. (2014). A STUDY TO COMPARE VARIOUS ASPECTS OF MEMBERS OF JOINT AND NUCLEAR FAMILY. *Journal of Evolution of Medical and Dental Sciences*, 03, 641–648. <https://api.semanticscholar.org/CorpusID:75820119>
- Chandrasekhar, S. (1943). The Hindu Joint Family. *Social Forces*, 21(3), 327–333. <https://doi.org/10.2307/2570671>
- Deepika, M., & Panchal, R. (2013). MENTAL HEALTH AND PSYCHOLOGICAL WELL-BEING AMONG ADOLESCENTS OF JOINT AND NUCLEAR FAMILY. In *International Journal For Technological Research In Engineering* (Vol. 1, Issue 4). www.ijtre.com

- Emotional Need Fulfillment in Adolescents of Joint Family and Nuclear Family : A Comparative Study. (n.d.). <https://doi.org/10.13140/RG.2.2.30964.48002>
- Gurav, M. P., & Vipin Vageriya, M. (2019). "A comparative study on joint verses nuclear family regarding Social, cognitive and language development among pre-school children of charotar region." (Vol. 6). www.jetir.org
- Herke, M., Knöchelmann, A., & Richter, M. (2020). Health and well-being of adolescents in different family structures in Germany and the importance of family climate. *International Journal of Environmental Research and Public Health*, 17(18), 1–12. <https://doi.org/10.3390/ijerph17186470>
- Jahan, K., & Ali, S. M. (2021). Comparison of psychological well-being and life satisfaction between extended and nuclear family systems among students. *Annals of Psychophysiology*, 8(2), 62–70. <https://doi.org/10.29052/2412-3188.v8.i2.2021.62-70>
- Khalid, A., Painsda Khan, A., Mangan, S., Kumar, S., Golani, S., & Aqeel Zaidi, K. (2021). Joint Family or Nuclear Family: The Youth's Perspective. *Asian Journal of Social Sciences and Management Studies*, 8(1), 1–6. <https://doi.org/10.20448/journal.500.2021.81.1.6>
- Khedkar, Y. M., & Mimrot, B. H. (2019). Emotional Maturity between Adolescents of Joint and Nuclear Family. In *Organizations and Community Health Think India (Quarterly Journal)* (Vol. 22).
- Lodhi, F. S., Rabbani, U., Khan, A. A., Raza, O., Holakouie-Naieni, K., Yaseri, M., Farooq, U., & Montazeri, A. (2021). Factors associated with quality of life among joint and nuclear families: a population-based study. *BMC Public Health*, 21(1), 234. <https://doi.org/10.1186/s12889-021-10265-2>
- Mathur, N. (n.d.). INTELLIGENCE AND SOCIAL ADJUSTMENT IN JOINT AND NUCLEAR FAMILY INTELLIGENCE AND SOCIAL ADJUSTMENT OF JOINT AND NUCLEAR FAMILY CHILDREN STUDYING AT HIGH SCHOOL LEVEL.
- Parker, K., Hallingberg, B., Eriksson, C., Ng, K., Hamrik, Z., Kopcakova, J., Movsesyan, E., Melkumova, M., Abdrakhmanova, S., & Badura, P. (2022). Typologies of Joint Family Activities and Associations With Mental Health and Wellbeing Among Adolescents From Four Countries. *Journal of Adolescent Health*, 71(1), 55–62. <https://doi.org/10.1016/j.jadohealth.2022.02.017>
- Prajapati, R. O. (n.d.). THE PSYCHOLOGICAL WELL-BEING AMONG JOINT AND NUCLEAR FAMILIES: A COMPARATIVE STUDY. In *The International Journal of Indian Psychology*. www.ijip.in
- Raina, S., & Sumbali Bhan, K. (2013). A Study of Security-Insecurity Feelings among Adolescents in Relation to Sex, Family System and Ordinal Position. In *International Journal of Educational Planning & Administration* (Vol. 3, Issue 1). <http://www.ripublication.com/ijepa.htm>
- Säävälä, M. (2014). The "Hindu Joint Family": Past and present. *Studia Orientalia Electronica*, 84(0), 61–74. <https://journal.fi/store/article/view/45128>
- Sahar, N., & Muzaffar, N. M. (2017). Role of Family System, Positive Emotions and Resilience in Social Adjustment among Pakistani Adolescents. *Journal of Educational, Health and Community Psychology*, 6(2), 46. <https://doi.org/10.12928/jehcp.v6i2.6944>
- Singh, R., Pant, K., & Valentina, L. (2014). Impact analysis: Family structure on social and emotional maturity of adolescents. *Anthropologist*, 17(2), 359–365. <https://doi.org/10.1080/09720073.2014.11891445>

Wheaton, R. (1975). Family and Kinship in Western Europe: The Problem of the Joint Family Household. *Journal of Interdisciplinary History*, 5(4), 601. <https://doi.org/10.2307/202861>

