

A Study of Family Conflict and Family Cohesion among Working and Non-Working Families

Dr. Lalita Dhanaji Nikam
Assistant Professor in Psychology,
M.J. College, Jalgaon – 425001.
(Maharashtra, India)

ABSTRACT

An objectives of the study that to examine the Family Conflict and Family Cohesion among Working and Non-Working Families. to investigate the relationship between Family Conflict and Family Cohesion among Working and Non-Working Families. Hypotheses: 1. there will be significant difference found between Working and Non-Working Families on dimension Family Conflict. 2. There will be significant difference found between Working and Non-Working Families on dimension Family Cohesion. 3. There should be significant negative relationship between Family Conflict and Family Cohesion. Sample: For the present study 100 families were selected from Jalgaon, Maharashtra State. Among them 50 families from Working and 50 families from Non-Working. Non-Probability Purposive sampling was used. Tools:- 1. Family Conflict Style Inventory. 2. Family Cohesion Inventory. Statistical Analysis:- t test was used for the present study. Conclusion: 1. Non-working families have significantly high family conflict than the working families. 2. Working families have significantly high family cohesion than the non-working families. 3. Negative relationship found between family conflict and family cohesion among working and non-working families.

Keywords:- family conflict, family cohesion, working and non-working families.

Introduction:

Importance of sport is evident and definite for people and societies, and its social, political and psychological aspects have been studied and a special attention has been paid to its connection with the psychological health. Many studies exist about the useful effects to sport and its relation to psychological happiness (Biddel, 1993; Thorlindsson, 1990) self-respect and self- controlling (Gil, 1986; Gilroy, 1989) and reduction to the negative and harmful behaviors such as smoking and drinking Alcohols (Marcus, 1993; Hastad, 1984) and increasing the age (Paffenbarger, 1986). Beside its valuable role in the physical health, sport also has a close relationship with the mental health specifically in preventing the mental disorders. People, who are not active, may face increasing risk of heart disease, mental problems, scruple and other health matters. (Vainio, 2002). Success in the various levels and aspects to life either personal or professional is a concern to whole people, who are physically and mentally normal. There are some definitions for the intelligence quotient (EQ) but the most comprehensive is that definition which has been suggested by (Ciarrochi, 2001) They consider the intelligence quotient as the ability to feel emotions to achieve practical emotions which can help in evaluating thought, Family is the most difficult institution in human society to study The reason for this is that families tend to be closed to outsiders; they often “put their best foot forward”. The family is perhaps society’s oldest and most resilient institution. From the beginning of human life on earth, people have grouped themselves into families to find emotional, physical and economic support. Although in recent years social researchers have predicted the demise of the family, it not only survives but also continues to change and evolve. Family structures may vary around the world, but the value of family endures.

Family life, even in successful families, is not always easy. Families can provide intimacy and closeness, but with them come disagreement and conflict. If a person had happy family when they were growing up, they should feel fortunate. Such an experience provides an important foundation and model for developing a happy family of their one. If a person grew up in a troubled family, the task of building a strong family of their own will be more difficult. But the task is possible. Countless individuals have transcended the family they grew up in and created healthy, new families for themselves and their loved ones. In 1927, Watson predicted that in 50 years family standards had broken down.

Family Conflict is an inevitable part of intimate human relationship. Because people view the world from a wide variety of perspectives and have different goals, conflict is a predictable part of life. In fact, the more intimate our relationships, the more change there are for interpersonal conflict. Although conflict may be “normal” in a statistical sense, it does not have to escalate into verbal and physical violence. There are many constructive approaches to setting disagreements. Most couples are afraid of negative emotions- among them, anger, resentment, jealousy, bitterness, hurt, disgust and hatred- and have a difficult time learning how to deal with them. A common tactic is to suppress negative emotions, hoping they will disappear with time. The psychological reasons for suppressing negative emotions has to do with human insecurity. Individuals think, “If I let other people know what I am really thinking and who I really am, they won't love and I be abandoned”. In intimate relationships, individuals struggle to find a delicate balance between dependence on each other and independence from each other. Some observers call that interdependence, in families, too, children and adolescents struggle to differentiate themselves from their parents and their siblings, to stake out territory and belief that are their own. People search for individuality while at the same time trying to maintain close relationship.

Fernando I. Rivera et al., (2008) Family Cohesion and its Relationship to Psychological Distress amongst Latino Groups. The outcomes for the aggregated Latino group suggests a enormous affiliation between household brotherly love and decrease psychological misery and the mixture of robust household concord with presence of household cultural combat used to be related with greater psychological distress. However, this affiliation differed by way of Latino groups. We located no affiliation for Puerto Ricans, Cuban effects have been comparable to the combination group, household cultural hostilities in Mexicans used to be related with greater psychological distress, whilst household concord in Other Latinos used to be related with greater psychological distress. Implications of these findings are mentioned to unravel the variations in household dynamics throughout Latino subethnic groups.

Jennifer Martin-Biggers et.al., (2017) Relationships of household conflict, cohesion, and chaos in the domestic environment on maternal and toddler food-related behaviours. A nationally consultant pattern of moms of preschoolers done an on-line survey assessing food-related behaviours of themselves and their children. Maternal and toddler diet, consuming behaviours, and fitness status; family availability of fruits/vegetables, salty/fatty snacks, and sugar-sweetened beverages; household mealtime atmosphere; and household conflict, cohesion, and family chaos had been assessed with valid, dependable scales. Cluster analyses assigned households into low, middle, and excessive conflict, cohesion, and chaos groups. Participants (n = 550) have been 72% White, and 82% had some post-secondary education. Regression evaluation inspecting the affiliation of cluster grouping tiers on diet-related behaviour measures printed that advantageous domestic environments (i.e., low household conflict, excessive household cohesion, and low family chaos) had been related with more healthy food-related behaviours (e.g., extended fruits/ greens intake), whereas terrible domestic environments (i.e., excessive household conflict, low household cohesion, and excessive family chaos) have been related with unhealthy food-related behaviours (e.g., larger p.c whole energy from fat) even after controlling for sociodemographic and associated behavioural factors. Findings endorse household functioning and family chaos are related with food-related behaviours. This often neglected thing of household interplay may additionally have an effect on intervention consequences and targets of instructional and interventional initiatives.

Ulla Kinnunen, Saija Mauno (1998) Antecedents and Outcomes of Work-Family Conflict Among Employed Women and Men in Finland. The consequences confirmed that work-family hostilities was once extra standard than family-work struggle amongst each sexes, however that there had been no gender variations in experiencing both work-family or family-work conflict. Family-work battle used to be first-rate defined through household area variables (e.g., range of young people residing at home) for each sexes, and work-family struggle via work area variables (e.g., full-time job, negative management relations) amongst the women, and by using excessive training and excessive wide variety of teenagers dwelling at domestic amongst the men. Family-work fighting had poor penalties on household well-being, and work-family conflict, in particular, on occupational well-being. The findings endorse that in precise upgrades in working existence are wished to forestall issues in the work-family interface.

Objectives:

1. To examine the Family Conflict among Working and Non-Working Families.

2. To find out the Family Cohesion among Working and Non-Working Families.
3. To investigate the relationship between Family Conflict and Family Cohesion among Working and Non-Working Families.

Hypotheses:

1. There will be significant difference found between Working and Non-Working Families on dimension Family Conflict.
2. There will be significant difference found between Working and Non-Working Families on dimension Family Cohesion.
3. There should be significant negative relationship between Family Conflict and Family Cohesion.

Sample:

For the present study 100 families were selected from Jalgaon, Maharashtra State. Among them 50 families from Working and 50 families from Non-Working. Non-Probability Purposive sampling was used.

Tools:-

1. Family Conflict Style Inventory:

Conflict Style Scale: Conflict style scale developed by Gattman (1999) was used to assess the conflict styles in couples and families. This scale contains four contextual items related conflict styles. Scale assesses four conflict styles: Avoidant, Volatile, Validating and Hostile.

2. Family Cohesion Inventory:

Family Cohesion: The cohesion sub scale of the family "adaptability and cohesion evaluation scale (FACES IV) (Olson," "2002), translated in Hindi was used to measure family cohesion." This measure is a 10 item sub scale that assess the level of cohesion within the family environment (i.e. Family members feel very close to each other). The Cronbach Alpha reliability and validity of the cohesion scale was 0.90.

Variable

Independent variable-

1) Types of Family Status

- a) Working b) Non-Working

Dependent Variable

1. Family Conflict 2. Family Cohesion

Statistical Analysis:-

t test was used for the present study.

Statistical Interpretation and Discussion

Mean S.D. and ‘t’ Value among working and non-working families dimension on Family Conflict and Family Cohesion

Dimensions	Types of Family Status				DF	t	r
	Working		Non-Working				
	Mean	SD	Mean	SD			
Family Conflict	7.84	2.23	12.95	2.68	98	10.36**	-.58
Family Cohesion	21.36	2.40	17.45	3.11	98	7.03**	

The results related to the hypothesis have been recorded. Mean of family conflict score of the working families Mean is 7.84, SD = 2.23 and that of the non-working families Mean is 12.95, SD = 2.68. The difference between the two mean is highly significant (‘t’= 10.36, df = 98, P < 0.01) It concluded that the non-working families have significantly high family conflict than the working families.

The results related to the hypothesis have been recorded. Mean of family cohesion score of the working families Mean is 21.36, SD = 2.40 and that of the non-working families Mean is 17.45, SD = 3.11. The difference between the two mean is highly significant (‘t’= 7.03, df = 98, P < 0.01) It is clear that working families and non-working families differ significantly from each other from the mean it concluded that the working families have significantly high family cohesion than the non-working families.

Negative relationship found between family conflict and family cohesion among working and non-working families. Means when family conflict increases, family cohesion increases. These various family conflicts can cause tremendous stressors such as anxiety, long term health effects such as high blood pressure,

suppression of the immune system, premature aging, increase the risks of mental illnesses such as anxiety and depression (Fabricius & Luecken, 2007).

Conclusion:

3. Non-working families have significantly high family conflict than the working families.
4. Working families have significantly high family cohesion than the non-working families.
5. Negative relationship found between family conflict and family cohesion among working and non-working families.

References:-

- Fabricius, W., & Luecken, L. (2007). Post divorce Living Arrangements, Parent Conflict, And Long-term Physical Health Correlates For Children Of Divorce. *Journal of Family Psychology*, 21(2), 195-205.
- Ulla Kinnunen, Saija Mauno (1998) Antecedents and Outcomes of Work-Family Conflict Among Employed Women and Men in Finland. February 1, 1998. <https://doi.org/10.1177/001872679805100203>.
- Fernando I. Rivera, Peter J. Guarnaccia, Norah Mulvaney-Day, Julia Y. Lin, Maria Torres, and Margarita Alegria (2008) Family Cohesion and its Relationship to Psychological Distress among Latino Groups. *Hispanic Journal of Behavioral Science*. 2008; 30(3): 357–378. doi: 10.1177/0739986308318713.
- Jennifer Martin-Biggers, Virginia Quick, Man Zhang, Yanhong Jin and Carol Byrd-Bredbenner (2017) Relationships of family conflict, cohesion, and chaos in the home environment on maternal and child food-related behaviours. *Maternal Child Nutrition*. 2018;14:e12540. <https://doi.org/10.1111/mcn.12540>.