

# Theoretical bases For Promoting family health

- ❖ **Family consist of two or more individuals who share a residence or live near one another**
- ❖ **possess some common emotional bonds, engage in interrelated social positions, roles and tasks**
- ❖ **share a sense of affection and belonging**
- ❖ **The family is a separate entity with its own structure, functions and needs.**
- ❖ **The most basic unit in the community.**
- ❖ **CHN has to understand types of families, and deferent health problems and needs.**
- ❖ **Family functioning: those behaviors or activities y family members that maintain the family and meet family needs, a member needs, society views of family.**
- ❖ **Family health: concerned with how well the family functions together as a unit**
- ❖ **Indicate eat of its members and relations with each other, and how the cope with community outside the family.**

## **Universal characteristics of families**

- ❖ First family is unique , problems and needs
- ❖ Second every family share some universal characteristics with every family:
  1. Every family is a small social system
  2. Every family has its own cultural values and rules
  3. Every family has a structure
  4. Every family has basic certain function
  5. Every family moves through stages in its life cycle

## **Family as a social system**

- ❖ Attributes of open system to explain family function:
  1. families are interdependent
  2. families maintain boundaries
  3. families exchange energy with their environment
  4. families are adaptive
  5. families are goal- oriented
- ❖ **1.1 interdependence among members**
- ❖ each member's actions affect other member
- ❖ E.g. eating pattern habits.
- ❖ The way parents relate to each other influence the quality of their parenting.
- ❖ Relationships between members affect family functions.

❖ **2.1 family boundaries**

❖ as a system maintain boundaries:

1. egoboundaries
2. generation boundaries
3. family – community boundaries

❖ Result from shared experience and expectation.

❖ link the family members in a bond exclude the world

❖ **3.1 energy exchange**

❖ as an open system , in order to function adequately , families exchange materials or information's with their environment

❖ energy exchange: living systems engage in such an input- output relationships

❖ Serves to promote a health ecological balance between family system and environment.

❖ An inadequate exchange can lead to dysfunctioning and poor health

❖ **4.1 Adaptive behavior**

❖ families are adaptive, equilibrium – seeking system

❖ families never stay the same

❖ They shift and change in response to internal (composition and roles as they increase in size), and external forces (peers, religion, work...).

❖ **5.1 goal- directed behavior**

❖ families exist for a purpose: to promote development of their members

❖ to fulfill the purpose, family must perform function as providing love, security, identity, and a sense of belonging

## ❖ 2. Family culture

- ❖ Is acquired knowledge that family member uses to interpret their experiences and to generate behaviors that influence its structure and function.
- ❖ Culture explain why family behave as they do
- ❖ Special consideration for family cultures
  1. Family member share certain values that affect family behavior
  2. Certain roles are prescribed and defined for family members
  3. Family culture determines its distribution and use of power.

### ❖ 1.2 share certain values that affect family behavior

- each family has is own sets of values and rules
- families values include those beliefs transmitted by previous generation , religious influence, immediate social pressure

### ❖ 2.2 prescribed roles

- ❖ roles members play in their daily living
- ❖ Selection of specific roles are depending on the family structure, needs, and pattern of functioning.
- ❖ Families distributes roles and tasks that are important to conduct their living.
- ❖ Itrarole functioning: member plays several roles at a time.

### ❖ **3.2 Power distribution**

- ❖ possession of control , authority, or influence one others
- ❖ Dominant partner hold majority of the decision making: finance and employment.
- ❖ Other areas of decision making including choices of vacations, housing, leisure activities.....
- ❖ Many families joint shared decision making and al participation by all members
- ❖ Roles often influence power distribution within family.

### ❖ **3. Family structure**

- ❖ families came in many shapes and sizes
- ❖ in all their varied forms are considered the basic social units
- ❖ family structure falls into two categories:
  1. traditional family
  2. nontraditional family

### ❖ **1.3 traditional family include**

- ❖ Nuclear family: husband wife, children living together n the same household.
- ❖ Nuclear- dyad family: husband, wife with no children, or grown children outside house
- ❖ Single adult family: adult living alone rt, separation, death.
- ❖ Multigenerational families: several generations live together in the same household
- ❖ Kin-network : several nuclear families in the same household

- ❖ **Blended family: single parent marry and raise the children from previous relationship.**
- ❖ **Single parent family: include one parent caring for children result from divorce, death or separation.**

### ❖ **2.3 nontraditional family**

- unmarried single parent family
- cohabiting partners
- group net work
- Homeless families .....table .....

### ❖ **Implication for CHN**

1. has to think of other than traditional families
2. the structure of individual family may change several times over lifetime
3. Realize that each type of family structure creates different problems that influence family ability to perform basic functions.

### ❖ **4. Family functions**

1. providing affection
2. providing security
3. instilling identity
4. promoting affiliation
5. providing socialization
6. establishing controls

## **5. Family life cycle**

### **❖ stages of family life cycle**

- ❖ expansion: as new members added and relationships are increased
- ❖ contraction: family members leave to start lives of their own or age or die

### **❖ emerging family patterns**

1. adolescent unmarried partners
2. gay and lesbian families
3. divorced and blended families
4. older adults