

## Family and Health

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**Abstract:** Family, first and most important social institutions that will form the basis of every society. Although the family prosperity and human happiness, but at the same time, the root of many social turmoil and injuries should be sought in this social institution. Why a healthy family, the community health and family unbridled, it will shake the community. Therefore, the important role this institution cannot be ignored in the prevention of social pathologies that remain with regard to this matter will be referred to in this article and its author on the importance of family and the impact of the damage community, the most important ways to deal with the social damage.

**Key words:** family, community injury prevention.

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### INTRODUCTION

One of the important problems of human societies and social damage, which is always trim the issues, scholars have noted.

With the industrial revolution and the expansion of the range of requirements, exclusion from the impossibility of meeting the demands and needs of life, causing severe and protracted development of a variety of social pathologies such as sexual deviance, addiction, suicide, immigration, homelessness, Poverty, corruption, unemployment, crime, robbery, theft and other damage is . so that the coextensive Social Harms, one of the concerns of key stakeholders on social issues is considered.

Family as the first and most important social institution that plays an important role in shaping the human personality is in control or exacerbate the damage it has a great impact. Damage to the root of all social thinkers in the family knows, because no society cannot make health claims, unless the family is very healthy. Character and behavior of children takes place. Warm, intimate and friendly to the ruling family is the education of their children and vice versa, and affected families lost not only the ravages of the actions of the children but it can cause the most damage among social The family has spread and, therefore, that family members are suffering from these injuries.

Family, source or origin of all injuries and mental and physical health of people in society. Extend to damage the health of the family and it is completely acceptable. Damage such as: sexual harassment, expulsion from homes, forced marriages, the divorce rate increases in excess, ages of marriage, violence against children, women and the elderly, child abuse, marital conflicts, relationships and illegitimate sons and daughters, fled to girls of the house, age of marriage for girls and boys and ... Transmitted only through the family's children and sometimes their families are related.

Poverty, unemployment, loss of responsibility in the lives of men, pale and Religious values, addiction, divorce, family, inadequate skills and knowledge to deal with injuries and lack of efficient social system to support this important institution, Among the dangers in today's society, families are targets and may damage it does to many. Affected families, the community will be vulnerable as well. The affected families are not only difficult but also the kind of society are affected. That emerged from the community for families affected by the damage and areas of social development of the home environment provides to the community. Families affected by such problems, inefficiency and indolence is adapted so that it functions as well as their families to social, cultural and education do not play. According to World Health Organization and research centers of the country's education reform, more people are drawn to some kind of diversion, the family was deprived of the emotional atmosphere of warm and embracing parental experience have. Because of the importance that family plays an important role in preventing injuries sacred institution that has made ??it to the investigation, the definition of family, prevention, harm to its important role in preventing damage to the social . Undoubtedly due to the extensive discussions on this issue cannot be all that it has paid. It can be noted that

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most of them will be as follows.

## **2- The Concept of:**

### **2-1. Family:**

One of the basic institutions of any society is the family that the intellectual approach and his attitude, it looked and it is defined. Because there is no opportunity to express all the views, so only a few points to be defined. Families, social organizations and institutions, the manufacturer is bound by a social contract of marriage is to be formed. Mac . social group who knows the family through marriage and raising children has been created in order to reproduce. The downside is that this definition of family, aspects such as cultural, social, economic Has been neglected. This is perhaps the best definition of the family, is an original and coherent social system in which the couple together in various forms and functions of education, are biologically and emotionally.

### **2-2. Prevention:**

Prevention includes all measures to prevent or reduce the occurrence of any event is done. The difference between the forecast predicts that in mind, there is a better term, is a mental act, but in practical prevention measures to prevent or reduce the occurrence of accidents. What natural disasters or abnormal events.

### **2-3. Injured:**

The word means a defect or pest damage, cause harm and destroy the source of what something is, or the loss of property or credit is due and say that. Pathology of the compound of two Greek root word means suffering, distress, feelings of rage and «Logy» means the knowledge and understanding. Similarities in the Social Sciences building (19th century), the human body and the community members and health and social crisis of the social pathology knowledge «Social pathology» to study the root causes of illness and social disorder bring.

### **2-4. Social Vulnerability:**

Social harm to any individual or collective action refers to the collective action within the framework of general principles and rules of formal and informal society, where activities are not actors and therefore, with the odd law or the ethical and social. Therefore, deviate observers are trying to deviate the law, public morality and social order to hide, because otherwise the legal, ethical, and excommunicate face social exclusion.

## **3. Causes Social Damage:**

The deviations in social and abnormal behavior and traumatic, several factors can affect the underlying causes and that the most important are:

- A. individual factors such as gender, age, appearance and countenance, weakness and strength, disease, and genetic factors.
- B. psychological factors such as tenderness, hatred, fear, anxiety, low intelligence, fantasy, power, low attractiveness, aggression, jealousy, mental illness and ...
- C. environmental factors such as climatic conditions, towns and villages, streets, cold and heat and ...
- D. social factors such as family, divorce, poverty, culture, economy, unemployment, job, media, migration, population

In other words, the causes and social causes damage should be divided into three main categories:

- A. refers to the character of this class of agents focused on non-mental, and personality disorders, conduct and behavior.
- B. individual factors that can be an area of high aspirations, self-indulgence and pleasure-seeking, power seeking independence and God bless, excesses, and a carefree time identity and purpose in life and cited.
- C. that the most important social factors include: lack of adherence to religious families, the focus of family breakdown, social exclusion, occupation, unemployment, and unemployment, poverty and economic problems, unsuitable friends, environment, poverty, cultural and improper training, media and mass communication, the social factors that contribute to the household is referred to in this article.

Some sociologists, the main causes of social exclusion, emotional trauma, feelings of injustice in the family, feelings of insecurity, a sense of the rule of force, unreasonable restrictions, to impose a sense of inner suffering, temptation and the lack of demands by parents, independence person, the prohibition of expulsion from school and home, and disagreement as well as children with parents who are from different cultures, social harm will increase. Very rapid evolution and changes in age and, of course, disagreements may arise

between parents and children who need families that are patient and gentle. Thus, families and parents interact with children, the most important factor in preventing social harm is considered that it should have more attention.

#### **4. Four Types of Family:**

Families are generally based on the role that the social damage caused or created, divided into two categories, normal and abnormal. A normal family household in which a reasonable relationship between the family, emotional, friendly, respectful and appropriate, and all family members to respect each other and respect each other's rights and social roles. Such as family members and close friends working together to solve problems instead of finding fault and condemning others, are seeking to find ways to solve problems. But in abnormal families, their roles in family members not only unfamiliar, but with the privacy of other family members, the role of others and do not maintain respect for each other. In such families because of the lack of a friendly relationship, and emotionally fit, followed by members of the Family and friends outside in case of trouble, for fear of being accused and labeled, the secrecy and into the arms of friends question, or try to solve their own problems. The result often leads to such problems are more acute. Because most of these friends, or do not experience any friends or are unfit to deviate in their friends are playing. orientation delinquency and deviant norms and values ??(criminal subculture) returns to his criminal background for the action and thus, a variety of social pathologies such as drug addiction, theft, street fights, murders, and in the community offers.

#### **5. Kinds of Social Pathologies Resulting from Abnormal Families:**

Some of the most important and most popular social damage resulting from abnormal families include:

##### **A- Addiction:**

The addiction to continuous or intermittent use of a substance to gain pleasure or relieve the discomfort of withdrawal, psychiatric disorders or physical disorders or both, and the tendency to be addicted to the various factors identified raised have. Any of these factors, the source of many problems of individual, family and community, and their dysfunctional families are the result of addiction because of its inherent characteristics, is often associated with and the loss of productive forces is and families can be highly effective in this role.

##### **B-sexual Deviations:**

The sexual instinct can be the source of the highest incidence graphs and hobby is art and the origins of a family foundation and source of many crimes. Various environmental factors, family and community are founded incidence of sexual deviations. Although some of these deviations, are individual problems, but most of it to the other person means, in relation to their effects on society will be family and institutional factors, it will be possible. These aberrations are often closely associated with other injuries and can sometimes cause serious problems. AIDS is such a close relationship with sexual deviations.

##### **C-theft and Robbery:**

In general, theft and burglary, both customary and legally is considered a serious injury. Although several factors have been identified this problem, such as poverty, unemployment, addiction and educational practices, but the basics will be personality, are of particular importance in the alleged theft and families have an important place in this field. Burglar who is usually very low and poor level of moral development, and general stability and solidity and power of analysis and thinking about the consequences of their behavior are not enough. Topics related to the theft causes great stress is the cause of education and family. Behavioral patterns of their parents, their reactions about the theft of a small child, and help to identify the property in question of course, closely related to stealing behavior during their adolescence and adulthood.

##### **D-suicide:**

Suicide, although primarily an individual problem that is caused by dysfunctional families, is but where the person lives in the community and the mutual influences between individuals is established, as a problem community are examined. Suicide statistics are usually associated with other crimes finds that among the groups with drug addiction, suicide is more common. The damage to victims of sexual deviance, especially among the SD, suicide is a common phenomenon. Among patients with severe mental illness, particularly depression and suicide often is a significant problem. However, suicide has social links. so that the social

conditions that will, on its own influence. The family's role in education and training includes how to deal with problems and solve them, this is a relief. In this regard, according to age groups are more at risk of suicide among them is more common than other age groups, including adolescents and youth is extremely important.

***E-divorce:***

Divorce or marriage break, a strong influence on the kids on the leaves. Today this is no doubt that the emotional and intellectual abilities of children to participate directly in a warm environment and a sustainable training and communication with parents is dependent on the shadow. Any factor that disturbs parents establish this crucial relationship, there will be adverse effects on children. For example, an influential study showed that 90% of children of divorce, separation from a parent suffering from severe shock caused by the works that make such baseless fears and psychological distress in children with fatal be. Impacts related to family breakdown, there will be an entire lifetime. Most of the observed anti-social behavior among young people today, is associated with lack of family cohesion. For example, divorce unrestrained sexual behavior is directly linked to young people during puberty. Traditional family, with parents, the most healthy environment for children and families are safe, direct us towards a sustainable society will lead. Reduce or eliminate the behavior and performance monitoring of children, divorce is another important consequence of their tendency to deviate to the side and provides a variety of injuries.

***6. Reasons to Undermine the Positive Role of Families in the Prevention of Social Pathologies:***

The role of families in a variety of reasons, injury prevention community has eased, and incidence of deviations in the community is confirmed. Some of the most important reasons are:

***A- Reduce the Role of the Family:***

Expanding the activities of institutions and organizations that are part of families in social roles and socialization for their children, such as mass media and educational centers, it seems that families in This marginalized and less involved in their children of the family is secondary institutions. Some believe that today's children spend long hours outside the home or if you are at home, and spend most of their time with TV and computers are affected by it. Schools and training centers as well because an important part of your day to devote to their children, on children's behavior and actions are effective. In any case, if the media pursued goals that are aligned with the goals of educating children in families with no regard for the social damage will be provided.

***B- to Disregard Moral Values:***

The importance of ethics and self-purification in different societies and rescue of human health and social problems and corruption is no secret to anyone. If the family is bound by ethical principles, its own members in proportion to the moral upbringing of children and well socialized and vaccinated against the perversion of norms and values ??and will not commit social and moral perversion. Well within the cultural elements are correct. But if the family does not adhere to these principles, types of injuries, social, family and children and threatens social turmoil can happen. Most offenders and diverting social disorder arising from a family that did not adhere to ethical principles.

***C- lack of Social Control:***

Another factor affecting the behavior. Culture, social control is no problem. The concept of social control is important in sociology. Western scholars, particularly social scientists today, seriously considered and pursued it to the last three decades a very serious problem of social control in the sphere of thought and ideas of experts will follow. As Durkheim writes: The more people have, the more time and meet the need to reduce human aspirations, needs a new provokes. The insatiable nature of mankind, the man who wishes only to come back with an external monitor, it can be harnessed with social control. Durkheim in the need to control where it goes from a malformation of the community does not control. Durkheim is quoted: Whenever the orientation of the individual to society, lose their efficiency and their people had to be transferred to the anomie of society will suffer.

Control and monitoring of performance and behavior in children from families of the community is more important. The family first and most effective educational institutions that can prevent and control the types of injuries tend to be social and delinquency. Evidence suggests that it is often diverted to social reasons such as divorce, parental separation from each other, the absence of effective parental home, more freedom in committing criminal acts have had. New families of today with the changes in performance there is no

complete control over their members. In other words, advice and counseling to families in the big ones so its operating performance and the significant variation in incidence is known.

***D- the Tension in the Family:***

To eat a lot of family members of those who seek conflict, conflict and compromise in separate parts of living in such families, the organization of the family seen lot deviations and signs of damage from within families and between members will appear. Some documents refer to the relevant institutions and consulting work largely confirms the situation. The closer we get to the industrial age, there are more families in such circumstances. With the new laws protecting the rights of families are trying to eliminate the atmosphere of seizures, but with higher levels of literacy and education, cultural, economic and family problems and financial independence of women, especially in urban communities, family tensions rising are.

Family conflict and controversy, for the diversion of its own members and it provides a safe environment and people's homes from seizure in a home that is now out of the house of friendship and unfit to lead.

***E- Conflict Between Parents and Offspring:***

Control and domination over people, young families, is now much reduced, which has caused a lot of deviations, and this is a sign of the family enterprise. Young and elderly controls on smaller, the reduction is permanent. Some scholars see this phenomenon as a generation gap has been studied. In order that parents and children cannot be a true and sincere relationship with each other and why they are away from each other.

This will lead to many cases of deviant behavior. It is worth noting that in all cases, the law enforcement training and behavior modification cannot create people. In the first stage, the family should play a role in the poor and under such circumstances, there are many instances of deviations.

***F- Mass Media's Role in Weakening the Role of Families:***

The mass media as one of the components of culture and education, the educational function of the rival family, and one of the largest sources of information and education are considered. The content of this media that wanted or unwanted, unfortunately, undermines families are involved. Since the absence of family education and other mass media, educational role of parents in the socialization of children can be eased.

***Seven Key Strategies for the Prevention of Social Pathologies:***

The most important strategies to prevent social damage, according to religious texts are:

***A-virtue and Virtuous:***

Pious and virtuous, the most important ethical guidelines in the prevention and treatment is the social damage. Quran tries to influence people, create a healthy society starts from. The supremacy of the people together, introducing them to piety. Prophet (PBUH) also says this: of all the people who are.

***B- Marriage:***

In Islam, marriage is sacred and emphasized. Allah states: Give your daughters and husband in the waiting events. This is a great emphasis on the Holy Quran. That is why all this emphasis on marriage, the most ethical approach is to prevent social harm. But do not forget that the roots for the pious should be considered by the authorities.

***C- Companion with Decent People:***

Companion to those who deserve one of the important strategies for preventing social harm. God has commanded in the Quran to be associated with groups and links. Which are groups of leaders, sky, scientists, relatives, believers, neighbors and teachers. That is why the group with the Companion of them can save their community and not damaged.

***D- Chastity:***

Another important strategies in the prevention of social harm that it emphasizes chastity against Quran and of the Imams are PBUH. God says to the servant of God in faith and morals of his decorative skirt is not Some examples include chastity in the Quran: 1 2 Gary to avoid effects 3 refuge in Allah from the evil temptations.

***E- Honor:***

Honor one of the most important ethical guidelines in the prevention and treatment of social impairment. Honor the Holy Quran to the people, a lot of suspicion of immoral behavior, and the absence of surveillance is prohibited. The narrative focus is to honor people. Prophet (PBUH) states: Everyone has to look at the dignity of his language, the Day of Allah forgive his sins.

Ways to include an honor to take care of avoiding ridicule and scorn the second language slip three to avoid lying.

***F- Charity:***

A good guideline is to prevent social harm. Qur'an in verse 177 of refers not only to the charity, but it also gives examples. And declares that prayer and fasting is not just charity, but giving money to relatives in the friendship of God, the poor and ... Examples of charity, the Prophet (PBUH) has narrated that he has denied any from its neighbor, the stars of God, Armageddon, and he hesitated to leave him, and to whoever, What will be ill.

***G- Politeness and Humility:***

One of the main strategies of politeness and humility can also be considered in the prevention of social harm. Politeness in speech, courteous behavior, politeness before God, before the Prophets and Imams and literature with great courtesy and ... His popularity is not only a great man, but it can cause a person to control the behavior of many things that are damaged, avoid and will avoid. Prophet (PBUH) said: Who is the wisest people who are people of good will and tolerance, and most humble people who will insult people.

***8 - Family Obligations in the Face of Social Harm:***

Family as the most important social institution that plays a lot in the prevention of social harm, the duties that should be considered. Some of these tasks include:

- A. the religious upbringing of children of early birth, and strengthen their beliefs.
- B. a friend of children and away from their parents.
- C. encourage children to exercise and physical activity.
- D. Planning for leisure children.
- E. consultation with children and giving them appropriate responsibilities.
- And) help the children in choosing their friends and rigorous monitoring of children's friendships.
- G. provide facilities for the welfare of children.
- C. a correct and balanced relations with children.
- J. of children compared with his peers in a variety of scientific, educational and ...
- A. selecting an appropriate model for the proper upbringing of children.
- K. in collaboration with local school children to the proper disciplinary procedures.
- L. according to the needs of mentally and emotionally for the children and create a sense of security, peace, sincerity, devotion.
- M. understanding and compatibility between the parents in the home environment.
- N. relative to the total care of parents and their children's behavior.

***9- Suggestions and Solutions:***

The first step to prevent damage of social cognition in its various dimensions. Knowing full well the damage it would deal with it. And the statement that "prevention is better than cure" realized.

The next step should be to strengthen the faith of origin and the resurrection. In the shadow of faith in God and afterlife of the human hand takes a lot of abnormal behavior and the rise of the social damage of pollution, that is, keeps clear.

Due to the adverse effects of damage and authorities have taken all efforts to resolve problems of economic, social, political and cultural ... People, the next step is to reduce injuries.

Review of laws and penalties related to some social harm such as theft, drug addiction and ... Could be another step in harm reduction and finally the family and other relevant institutions of the tasks assigned to it noted that some of the most important step would be to prevent social harm.

***Conclusion:***

What was the total, the results can be achieved.

- A- The history of humanity is rooted in the social damage. Therefore, it is unlikely that society no harm.

- B- If it (social harm) and neglect of values ??does not mean accepting it.
- C- Every injury has its roots in a variety of factors that need to accurately identify them to fight with them.
- D- the most important social pathologies of poverty, unemployment, divorce, addiction, ran away from home, girls, sexual abuse, violence against children, sexual deviance, theft, suicide and ...
- E- the most important social causes of damage include:
  - E1. individual factors such as gender, age, appearance, gene
  - E2. psychological factors such as tenderness, hatred, fear, anxiety, low attractiveness, power, jealousy, aggression and ...
  - E3. social factors such as poverty and , wrong friends, the media and the media, family and ...
  - E4 environmental factors such as climatic conditions, urban and rural ...
- F- The causes of social harm, the family due to the important role it is essential.
- G- The role of a family or social have to be divided into two types, normal and abnormal.
- H- in a normal family, friendship and devotion to one another while respecting the rule and its members are seeking to solve social problems.
- I- In the absence of an abnormal family friendly and romantic relationships, followed by members of the family and friends outside the center in case of trouble, for fear of being accused of secrecy and into the arms of the friends are . The result of such households fall into the trap of social damage.
- J- reducing the role of the family's indifference to moral values, lack of social control, family stress, conflict and the children of parents without undermining the positive role of families in the most important reason is to prevent social harm.
- K- claims based on the Koran and the traditions of the infallible Imams peace be upon him, piety, marriage, Companion with decent people, chastity, to European, charity and humility and courtesy are the most important strategies for preventing social harm.
- M- families having an important role in preventing damage to their social duties that must be considered.
- N- Understanding the different dimensions of social vulnerability, strengthen the faith of origin and the resurrection, according to officials involved in the damaging effects of Sv'syb social and community efforts to eliminate it should be considered
- O- The Family Nqs very important in preventing social harm, but not the role of other institutions such as schools, TV and ... Was unaware that all these efforts and the efforts of multiple institutions and to be consistent if they can think of a healthy family.

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