

Parents and Families Healthy and Unhealthy

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Abstract: Guardian or family members of those who are troubled and unhealthy, think natural family, have a good and efficient. Good use of words to describe the head and members of their families to do their jobs, can not mean the family is intact. Healthy families need beyond housing, food, education and sexual and physical security of its members to meet. Dysfunctional family, the family is clearly abnormal, bad, and is inefficient. On the contrary non-intact families often appear to be natural and good. These families in their appearance, they look good. Unlike many parents, and information, social trauma, and there are clear reasons. Sometimes the damage is very similar in many different and equally well. Many parents worry about their child's future. One common concern among parents that children traumatized - social as addiction, crime, be.

Key words: Family, Health, Marriage, Parenting, Injury

INTRODUCTION

A group of people that their relationships with each other based on the time of blood And relatives are considered to be the same. Or a group of persons through marriage, together Blood or adoption, with each other as husband, wife, mother, father, brother, sister and son in Interactions are created and shared culture and live in a particular unit.

Combination of family That individuals of blood, marriage, and child factors, are associated with each other. During an unspecified period of time, living with family is linked with the Marriage, if the sexual relations, which have been approved by the community, is relevant.

Family, social group is the adult (male and female) in terms of sex, living together Are. Economically, they are working. With one or more children are. The definitions can be summarized in three axes:

A. - family based on marriage between two The opposite sex takes place.

B - the relative relationship (formal or actual) or causal relationship between members There.

C - In addition to biological function (reproduction), the educational function, It is expected also for educational and economic.

However, a quick look at the course of evolution Family, shows that this ancient institution, in his long life, especially during As is well known contemporary changes. That it is difficult to give a comprehensive definition. From this perspective, our stereotypes of the family of a husband, wife and children combine Is, according to family structure throughout human history, so it's not true. Provide a definition of contemporary sociologists Avoid generalizations about their families, rather than the precise form of words, always talk of family, Work will take terms that appear in this particular aspect of the institution Study is to clarify and define the modal Therefore, the terms Because a single nuclear family, group home and relationships will be used. The most important components and Characteristics of the family during the later period of the challenges faced The axes can be summarized: The official Wedding and socially acceptable, the A man and woman. Sexual and biological (reproduction) between husband and wife. Forming relationships and Relative relationships (actual or contractual), and causal relationships. Cross biological functions (such as Operation of educational, economic, psychological and emotional).

Forms of family Before the Industrial Revolution:

A - Nuclear and extended family:

William J. Goode Family Nuclear weapons to "the fundamental unit that consists of a husband and wife and children", meaning Has. Usually consists of a man, woman, or women's and their unmarried children. Or nuclear family, "a family in which a married couple (or one of Parents) with their children or adopted children, live. " Nuclear family, the most ancient and at the same time, the most common family type is. "In our family, three generations or Further, the relative relationship to each other, instead of that. " Accordingly, a family May include a grandfather, Jeddah, married couples and their children is likely. Encyclopedia of Social Sciences, from another angle (low to high), family The military has a broad definition, such as the Chinese family, a husband and wife Families and the sons married and unmarried sons and daughters and grandchildren and the results of Has. This family, which most Western societies and Africa can be seen, in comparison with the nuclear family, many of the privileges Would:

* In large families, family members may need in case of persons Many get help, for example, elderly patients, the disabled and protect the family Wide, less than a couple of families over time are because of their cost burden on one or two No. Thus, each individual effort and responsibility under the load is less.

** Family Wide, on the whole, stable family is a husband and wife. Members of this family, Come and go but the main unit, will keep its collective responsibility, while the death Mother or father (the couple) in a nuclear family, the separation or disintegration Family is.

*** Extended family, a couple of small families, the political power There. The family gathered around that many people over the head A small unit, respect and power.

And emotional functions **** Mental extended family, especially in moments of crisis and difficult life, far more than The nuclear family. Extended family members, and also share in the joy and sense of cooperation, Reduces the intensity of their grief.

B - Family, monogamy and polygamy:

Monogamy Marriage to a woman and a man called. Among the species that can be used to Outlined the nuclear family, monogamous family, the most common form of marriage in more Countries in the world. Christian communities in the West, marriage and Family's continuity with monogamy. In other words, the only legitimate form of marriage and Families in the West, are monogamous. Polygamy to marry a man or a woman with more than one sex, in When the unit is applied. There are two forms of polygamy: A woman marries a man who With more than one woman at the same time is called. This type of polygamy, in comparison with Its equivalent (polyandry) is very common. A low of polygamy is polyandry bookmark Married a woman who, at the same time, the husband is said to be numerous. This kind of marriage, Today in Tibet, and masses can be seen in south India. Polygamous situation requires That a woman in there. Usually the baby's blood is not known. Who The child's father is known, the "Todaha" is determined by a ceremony in which one The husband of a pregnant woman's gift makes a toy bow and arrow. If other husbands Later they become parents, this event will be run again later in pregnancy. It seems that a husband, only to communities that are in extreme poverty Are. They are killing the girls in vogue.

C - Families where the mother, father, place and new place of marriage:

One of the two families, the members Loses and the other to bring it. If her husband's family to live Go, where is the father of the family. If a married woman to go on family life, family Where the mother said. But if both the new location to move to a new life, The family called the new location. Before the Industrial Revolution, the family's place of abundance There was more, but then, the equation in favor of changing the location of new families Can.

D - Family life:

Family is Parents, and reproduction are the only biological role. With the evolution of cultures and societies, The role of parents in the multiplicity and diversity. The relationship between father and son, the only other biological No. Parents, were responsible for the socialization of their children. His leadership responsibilities, Socialization, culture, learning, and even the training took over... Although in industrialized societies, many of these species to exist Continued, but the emergence of new competitors, the nature and functions of the family strongly Challenged.

Chaotic and dysfunctional family:

Guardian or family members of those who are troubled and unhealthy, think natural family, have a good and efficient. Indeed, the term natural (or normal, and normal) to be used, for example, is called "natural family," What is the purpose? How safe is it normal? Most of the habit, "normal" to describe situations that are common and universal, to be used. For example, a community of families that control the behavior of its members to use corporal punishment, beating the normal practice is that families in the community, corporal punishment and the general public. It also families in communities that allow their daughters to school do not keep girls uneducated people of the community is a natural act. These are their families, natural families, consider. But these types of families, "healthy families" are?

Good use of words to describe the head and members of their families to do their jobs, can not mean the family is intact. When we have family and good performance. This has often meant that we always somewhere to sleep, have a roof over head and food to eat, have gone or are going to school and the parents have certain opportunities. Undoubtedly, there are circumstances in the family is essential, but not sufficient condition for a healthy family.

Healthy families need beyond housing, food, education and sexual and physical security of its members to meet. Family members, especially children, to cuddle, hug, too, need to be heard and considered. We feel like we need them to be allowed to be expressed and accepted, and we lost everything that we need for them to mourn Do. We need to honestly reveal our true self so we have a spiritual and creative life.

The words "natural" good habits that are used, they cannot represent the family. Hence, it is more appropriate to describe the family of the words "healthy or unhealthy" use.

Dysfunctional Family:

Dysfunctional family, the family is clearly abnormal, bad, and is inefficient. On the contrary non-intact families often appear to be natural and good. These families in their appearance, they look good. They pretend, to lie and deceive those who work with "smart" to learn more honesty are valued. Blackguard, aggression, punishment and blame in this family is normal. They have to obtain a general and unconditional ownership to attract and what the world outside the self. More of the same importance that they actually are. Members of such families with children and adults to physically come to the big guy to play that role, without which the growth and they are great. So these "adult children" and the term "dependent" are. I feel the void and emptiness of those who are and are trying hard. Unhealthy way to fill the vacuum. Usually in dysfunctional families where parents and foster parents, adult children and their families are unhealthy, almost hidden, and saying that the laws come into force. Not satisfy the needs of the service provided by the parents to their children.

Some characteristics of unhealthy families:

- Express their feelings do not.:

Cause emotions such as joy, peace, suffering, joy and pleasure, envy, pride, fear, courage, love and hate in the family is prohibited. The only feelings of sadness and anger or aggression in the family is unhealthy to have occurred.

- According to our (parent or child) may not behave as we behave:

The words with the same message is given to family members: If you say we do not tell lies. Lying is not good!

- It was perfect and flawless.:

In non-intact families, "perfection" is attainable and does not forgive mistakes easily. So the children to support, receive the attention and approval, in the perfection of work. They attempt to save the suffering, despair and defeat with no things. As a result, every mistake and failure, worthlessness and guilt over there they will come.

- Do not be selfish.:

I do not own, my own and others that we want. We love it and confirmed its condition, we will reward. In other words, non-intact families do not be selfish with the law, which requires family members to teach them directly and honestly with the request not to, but indirectly and with the care of others and to their needs, respond to their needs. It's strange that these people are adults and able to give will be really selfish.

- Be loyal to family law and family about problems with someone who never said no.:

This is a denial that it uses to unhealthy family members do not face the facts about the lack of intimacy and joy in family and non family normal to the so-called "natural" to continue their survival.

There are other rules such as: "Always give yourself a good look, we are right and others are always wrong, Do not ask too much.

Healthy Family:

Healthy family, a family is the fundamental health and mental peace and spiritual support to each family member.

- In a healthy family environment is a powerful but flexible authority as well. This means that before a decision is taken that affects the entire family. The others can be heard. The members feel that their decisions can affect the expression of will.

- In healthy families there is an opportunity for each family member. That can come together with others. And spend time together. Family members participating in this moment, they felt. Individual and family members are accepted. Of course, just being together, it means a long time it is worth. At that moment, but parents and children to share these thoughts, feelings and their opinions are.

- In such families the joy of recreational activities, games and entertainment, as a responsible activities such as everyday household tasks, family, school and jobs outside the home, given the importance and value.

- Accept each other's families feel safe. Not only allow these feelings to be expressed. But encourage one another. To cause feelings of sadness and anger over a range of feelings, are shown. Develop a sense of the word and talking about them is limited. But the family, We feel like crying, hugging or shouting in protest to the head as well.

- In a healthy family, painful emotions such as fear, embarrassment, anger, sadness, hatred will not last for long. Although family members are encouraged to develop their own feelings. But the emotions and feelings in order to work on getting rid of them. This means for example that they also learn the proper form to express your anger, learn to forgive them.

- In healthy families to meet needs such as being approved, attention and affection, intimacy, do not use the material resources, lack of objectivity of material is not considered serious obstacle to the spiritual needs.

- Healthy people in the family as a clear and honest with each other are linked. Disinformation and secrecy has no place in their relationship, children or family members learn to speak the truth, without regard to the truthfulness of what may for them is painful and troublesome.

- Usually in sensitive cases, there are families that they are talking about is very important. In intact families, with members to speak on this issue is clear. Even if they considered them to be difficult. **Such as:** family finances, unemployment and job loss, criminal records, tender and sweet memories, sex, presence of chronic illness, family death or disability.

- Your healthy family members of such group of people sees the need for effective and useful life and the developmental work together as a unit.

- In a healthy family, each member is given the opportunity to grow and flourish. So to the extent possible, material conditions and comforts of each family member in an atmosphere of encouragement, support, love and affection that are essential for growth and success is interesting that family members' ability to "understand and more cannot expect the family finances.

Parents and families healthy and unhealthy:

Growth and growing up in unhealthy families in our stable for almost three makes sense: fear, embarrassment and insecurity. Even after leaving his first family and the formation of new families, we feel that we have with her. I just feel that we've learned. The types of problems and behavioral disorders in the context of such a situation, will provide psychological and spiritual. The family as society is changing only one of its members found to be fundamentally changed. If you like your family to help them change, it is necessary to know only the change itself can be modified to provide this.

Family as the smallest social unit of society and Preservation of human emotions. One of the factors in the behavior of the individual, the family is. A The family and how they work.

Family relationship is such that the family environment To provide basic needs of children both physically and mentally, making favorable. Essentially One of the functions of family socialization and education of his children are. Any Adverse effects of failure in family functioning in the normal child does.

The changing role of parents as the child's life is not an amazing story and not the issue. Throughout the life of man, as parents, caregivers, educators, planners and managers of the family as a social institution are considered for their children. The first family is a group Normally there and decides that society is founded. Experience and observation show that the family in shaping children's character is not affected. All healthy children in the family way with great compassion, for that child to be happy and flourish, not necessarily to be strictly supervised by the family of a sensitive life stage passes.

Fulfill their duties in the family and how the performance indicators appropriate Performance Evaluation of society. Whatever is good and healthy family functioning. To As the supply is more stable and healthy communities. On the family of Performance is very poor and turbulent, as well as the most threatened Is.

The psychological basis of ethics and education for families of children who have learned undesirable:

A - Without oversight and responsibility of parents in education. B- Putting the value and importance of children and humiliated over the child or children of the baby too. C- Parents are not coordinated with each other. D- Undesirable social and economic status of parents. E- Children do not support culture. F- Parents have enough experience.

Family dysfunction symptoms of the disorder in the system The family. The family leads to the collapse. Child and adolescent victims The main function of the family are undesirable. Most poor people and Problematic, dependent family members are affected. The children of these families And, due to lack of mental tranquility and lack of concentration and confusion Criminal behavior and are more susceptible to non-conformist. Juvenile crime is one of the most serious problems had become. The majority of the world suffer from juvenile crime. Rising delinquency rates Teenagers held in the country is very disturbing.

Juvenile delinquency as a social phenomenon caused by incompatible interactions between Members of the family. Since the consequences of juvenile delinquency not only the body but also on community Family and all those who have a family relationship, the negative effect From.

Family environment is one of the crucial factors in determining and predicting Is a misdemeanor. The annual cost for very heavy Care and treatment of juvenile offenders can be placed on the shoulders of society. That some Corrective and educational programs such as those focused on reforming and changing behavior Is delinquent. Unaware of whether the product is damaged teenager tilt function and poor functional Family is.

Without understanding the underlying factors and attempt to change the internal relations Families, reforming the criminal behavior has a limited radius of action, efficacy is not well Was.

Many parents worry about their child's future. One common concern among parents that children traumatized - social as addiction, crime, be. Although these concerns and needs is crucial. The family is responsible to pay attention to such cases. It is important to know that fear alone is not enough. Because, sometimes, such concerns have led to extreme reactions and parents with children that are appropriate for the incidence of trauma and social context provides. Because, good communication and friendly parents and children, one of the most important preventive factors of psychological and social damage. Conversely, stress and tension in relations between parents and children, the area provides for a variety of psychological and social damage. If parents fail to properly manage their natural fear of coming in for a variety of problems, unwanted, they are ready.

However, such concerns are normal. Such dangers lurk in our youth is capable.

Unlike many parents, and information, social trauma, and there are clear reasons. Sometimes the damage is very similar in many different and equally well. Psychosocial factors and underlying injury, the parents thought, viruses and bacteria that are not, is dispersed in the environment. Youth and adolescents are affected. But there are certain factors. Common factors underlying psychological and social damage are: communication problems between parents and children, family tension, poor coping skills and problems, an inability to correctly assess the situation and thinking of solutions.

The approach to vaccination and resistance to psychological and social damage are:

A - facing a natural problem,

B - blaming others for your problems, not only does not help, but will exacerbate the problems.

C - It is important that the problem, whatever it was before: "Now what do I come?"

D - to help them help themselves to the smaller and more narrowly defined. Instead it is better to say that they have academic problems in certain specific courses in the semester, I have problems.

E - to help them feel it and there are many different solutions to solve problems.

And - to help them when dealing with renal problems and the solutions they think since they do not think it's good or bad, always after the evaluation phase is caused by multiple solutions. Innovative solutions to help them, ineffective and even harmful to the mind (mental precipitation).

G - to help them before they take action to evaluate different solutions. If you think it helps sometimes to young people before specific behavioral, are familiar with the consequences and results.

Conclusion:

Family as the smallest social unit of society and Preservation of human emotions. One of the factors in the behavior of the individual, the family is. Family Nuclear basic unit consists of a husband and wife and children. In large families, family members may need in case of persons Many could help; family Wide, on the whole, stable family is a husband and wife. Members of this family, Come and go but the main unit, will keep its collective responsibility, and emotional functions Mental extended family, especially in moments of crisis and difficult life, far more than The nuclear family. In poor families and the child's parents, adult children and their families are unhealthy, almost hidden rules and saying to come into force. Not satisfy the needs of the service provided by the parents to their children. Healthy family, a family is the fundamental health and mental peace and spiritual support to each family member.

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