

# **NIOS lesson adaptation project**

**By EMBRACE Volunteers**

(A community initiative of Harchan Foundation Trust)

## **Chapter 19**

# **My Family And I**

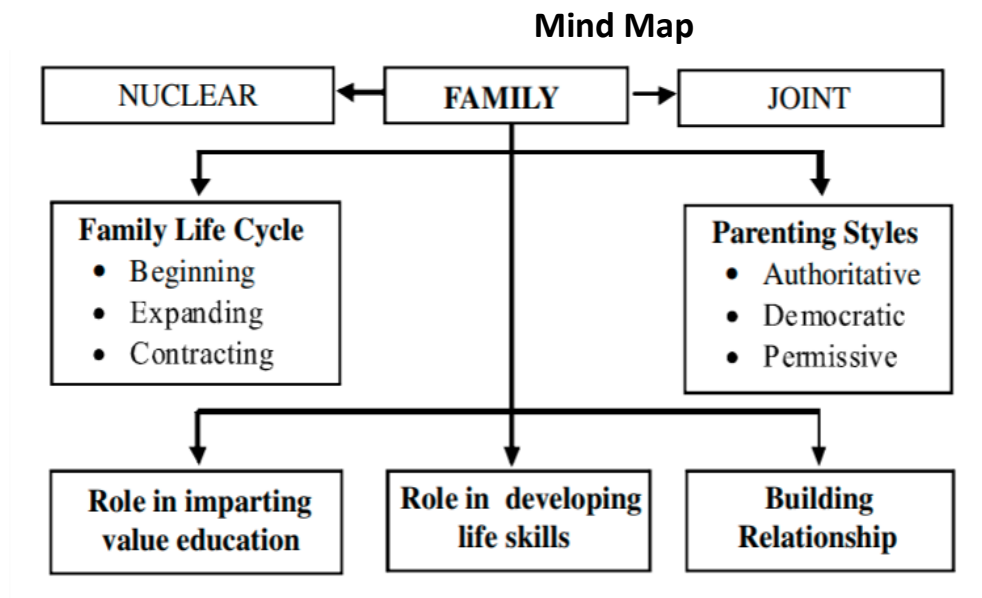
(Printable Version)

- **Simplified Lesson**
- **Previous Year Questions with Answers**
- **Terminal Questions**

This project is aimed at supporting children with different needs. Information provided is adapted to the best of knowledge by the volunteers. For complete information please refer to the NIOS resources in <https://www.nios.ac.in/online-course-material/secondary-courses.aspx>.

## LESSON 19

### My Family And I



#### What is a family?

Traditionally a family has been defined as a fundamental unit of society where two or more people are related to each other either by marriage, blood or adoption and share a common roof, kitchen, and source of income.

#### Types of family

**Nuclear family:** A family consists of a couple and their children.

**Joint family:** A family consist of parents and siblings of the couple living together under one roof.

#### Functions of a family

A family provides following to all its members:

- Protection from any danger to life.
- Emotional bonding among its members.
- Financial and emotional security
- Preparation for life through education
- Passing of culture and values of life.
- Recreation

The three stages of the family life cycle are:

- Beginning stage - Independent young adult: Marriage
- Expanding stage - Parenting: Settling of children
- Contracting stage - Retirement

### 1. Beginning stage

- The life cycle of a family begins with Youth. This is the stage of life when individuals gain their identity and emerge as independent young adults. They become emotionally, physically, socially, and financially independent. They can now stay away from the family.
- Marriage is one of the important milestones in life at this stage. By this time young adults would have basic minimum education and some preparation for career. In our country the minimum marriageable age for a girl is 18 years and for a boy is 21 years.

### 2. Expanding stage

It starts with the **birth of the first child**. This brings many additional demands and responsibilities with it. The couple should be physically, mentally, emotionally, and financially prepared to handle these demands. Both husband and wife have to balance between their individual responsibilities. This is the most challenging stage in a family life cycle.

### 3. Contracting stage

- During this stage the couple may retire from their jobs, start pursuing some hobbies, participate in community services and enjoy the company of their grandchildren.
- This stage of life cycle starts when the first child is ready to leave the home as an independent adult. This stage ends with the last child leaving the home or with the passing away of either of the couple.

## TAKING CARE OF FAMILY MEMBERS

### (i) Care during Pregnancy

During pregnancy a family should ensure that the woman-

- Eats nutritious food at frequent intervals
- Takes adequate rest and exercise
- Happy and cheerful.
- Visits her doctor regularly for monitoring the growth of the fetus and immediately get treatment for any problem that might be detected.

### (ii) Care during Infancy

Caring for the baby include, feeding (breast-fed by the mother), loving, clothing and bathing the baby.

When both parents are working, grandparents or relatives and friends can take care of the baby or put the child in a day care centre/ crèche or employ someone to stay at home and look after the baby.

### **(iii) Care of Young Children**

The growth and development of a child is influenced by two factors, **heredity** and **environment**.

**Heredity or genetic factors** are provided to the child by birth and cannot be changed like color of the skin, eyes and hair, height and body build etc.

**Environment** consists of the following factors:

Early Stimulation: Providing stimulation in early years of life like child starts talking early and has a better vocabulary if the mother talks often to the infants one way to achieve early stimulation. The cognitive development is faster if the child is taken for outings to a park and allowed to play and interact with other children.

Play: Environment provides appropriate and adequate play opportunities. Plays help not only in physical, social, emotional, language and moral development but also develop qualities like competition, cooperation, sharing, taking challenges, team spirit and leadership.

Discipline at home: As the child grows, it becomes essential to teach the child self control, which is taught through disciplining the child. Discipline helps the child to follow a certain code of conduct. It starts from an early stage of life that is, from the time of feeding and toilet training. Parents become role models in order to develop good habits in their children.

### **(iv) Caring for older children and adolescents**

**Older children**: While children are gradually learning to manage, they require:

- Support in academic tasks.
- Adequate facilities to play in the school and around their house.
- Adequate nutrition.
- Need to develop good eating habit.

**Adolescents**: During this stage, adolescents strive for independence, want to take their own decisions and attempt to build an identity of their own. They need warm and supportive atmosphere. It is important that parents have a balanced approach while disciplining adolescents. . Trusting and displaying confidence in the adolescent is very important.

### **(v) Settling Grown up Children**

One important developmental task of adolescence is preparation for a profession. Family may start helping children in preparation for the career of their choice. And help them to select proper career.

## **(vi) Care for the Elderly**

Elders require support system after retirement, especially if they are not financially well off. Elderly also need family support for day to day work as they become frail.

### **Different parenting styles.**

Different parenting styles are

(i) **Autocratic disciplining style:** In this parenting style there is restrictions and punishment to follow parent's directions. Children from such families often lack self-confidence, become anxious about social comparisons and fail to initiate activities. They may have poor communication skills and may become rebellious later on in life.

(ii) **Democratic disciplining style:** Children are allowed to be independent but are under the control of their parents. Children can express their opinion and present their arguments. The parents are warm and open towards their children. Children of such parents are socially well adjusted, responsible and are usually self-confident.

(iii) **Permissive disciplining style:** Parents are totally uninvolved with their children. As a result of this, the children develop no self-control and lack social skills. They are unable to get along with others.

### **Life skills to promote family relationship**

The various life skills that required promoting the family relationships are:

- A clear understanding of one's duties and responsibilities
- Feeling of empathy towards all family members
- Effective verbal and non-verbal communication skills
- Extending help to others whenever necessary
- Being discreet and non-interfering in others' affair
- Accept the things as they are
- Practice letting go of something small
- Love and cooperation among family members
- Accept your shortcomings
- Employment of mother outside the home
- Forgive yourself and others
- Maintain positive attitude and facial expressions

### **Values in Life**

Traditionally, children observe their elders and imbibe values like respect for elders, honesty, truthfulness and humility.

We must provide a favorable atmosphere for young people to observe and imbibe those values which are generally accepted by society.

Concern for older people should be developed in family members. We can support the elderly in the following ways:

- Help them in doing tasks they are not able to perform.
- Spend time with them to make them feel comfortable.
- Provide moral support by being with them.
- Encourage them to take care of themselves.
- Be sensitive to their nutritional and medical needs.
- Involve them in decision making.
- Respect their views and opinions.

## **PREVIOUS YEARS QUESTIONS**

### **3 Marks Questions**

- 1. Mention three points of difference between democratic and permissive styles of parenting.**

**Ans:**

Democratic style	Permissive style
Children are independent but are under the control of their parents.	Parents are uninvolved with their children.
Children express their opinion and present their argument. They are responsible and are usually self-confident.	Children develop no self-control and lack in social skills.
Children are socially well adjusted and able to get along with others.	Unable to get along with others.

- 2. Give any three characteristics of the contracting stage of the family life cycle.**

**Ans:**

- During this stage the couple may retire from their jobs.
- Enjoy the company of their grandchildren, start pursuing some hobbies, and participate in community services.
- This stage of life cycle starts when the first child is ready to leave the home as an independent adult. This stage ends with the last child leaving the home or with the passing away of either of the couple.

- 3. Which is better discipline style—Autocratic or Democratic. Why?**

**Democratic discipline style is better.**

**Ans:**

(i) **Autocratic disciplining style:** In this parenting style there is restrictions and punishment to follow parent's directions. Children from such families often

lack self-confidence, become anxious about social comparisons and fail to initiate activities. They may have poor communication skills and may become rebellious later on in life.

(ii) **Democratic disciplining style:** Children are allowed to be independent but are under the control of their parents. Children can express their opinion and present their arguments. The parents are warm and open towards their children. Children of such parents are socially well adjusted, responsible and are usually self-confident.

## 2 Mark Questions

### 1. What are the characteristics of Permissive disciplining style of parenting?

**Ans:** Parents are totally uninvolved with their children. As a result of this, the children develop no self-control and lack social skills. They are unable to get along with others.

### 2. Explain how early stimulation influences the development of a child.

**Ans:** Providing stimulation in early years of life like a child starts talking early and has a better vocabulary if the mother talks often to the infant are one way to achieve early stimulation. The cognitive development is faster if the child is taken for outings to a park and allowed to play and interact with other children.

### 3. How can we show respect to our elders?

**Ans:** We can show respect to our elders in the following ways:

- Help them in doing tasks they are not able to perform.
- Spend time with them to make them feel comfortable.
- Provide moral support by being with them.
- Encourage them to take care of themselves.
- Be sensitive to their nutritional and medical needs.
- Involve them in decision making.
- Respect their views and opinions.

### 4. List any four functions of a family.

**Ans:** The four functions of a family are

- Protection from any danger to life.
- Financial and emotional security.
- Preparation for life through education.
- Passing of culture and values of life.
-

**5. Identify four factors that strengthen relationships within your family.**

**Ans:**

- Talk to each other courteously.
- Help each other.
- Share responsibilities equally.
- Work together.

**6. What can be outcome of permissive discipling styles of parents?**

**Ans:** Parents are totally uninvolved with their children. As a result of this, the children develop no self-control and lack social skills. They are unable to get along with others.

**7. List any four characteristics of 'beginning stage' of family life cycle.**

**Ans:**

- The beginning stage of family life cycle begins with youth. This is the stage of life when individuals gain their identity and emerge as independent young adults.
- They become emotionally, physically, socially, and financially independent. They can now stay away from the family.
- Marriage is one of the important milestones in life at this stage.
- By this time young adults would have basic minimum education and some preparation for career.

**8. Suggest two ways in which a mother-in-law can help her daughter-in-law to adjust in the home after marriage.**

**Ans:** Two ways in which a mother-in-law can help her daughter-in-law to adjust in the home after marriage are

- Accept her as an integral part of the family
- Give her time and space to understand the ways of her new home.

**9. What four facilities will you check while selecting a creche for your two year old niece?**

**Ans:**

- Creche should be near the house or work place of either parent. It should be located in an open and well ventilated place, run by qualified and capable people.
- It should also be ensured, that creche maintains good hygiene.
- Staff capable of handling a baby and has a caring and loving nature.



## 1-Mark Questions

**1. Style of parenting where children are allowed to make their own decisions is:**

- |                |                   |
|----------------|-------------------|
| (A) Permissive | (B) Autocratic    |
| (C) Democratic | (D) None of above |

**Ans:** Democratic

## TERMINAL QUESTIONS

**1. What is a family life cycle?**

**Ans:** The family life cycle is a series of stages through which a family may pass over time.

The three stages of the family life cycle are:

- Beginning stage - Independent young adult: Marriage
- Expanding stage - Parenting: Settling of children
- Contracting stage - Retirement

When parents got married they started their family life and this stage is called the beginning stage of family life cycle. With the birth of eldest child, the family entered the expanding stage. When all of get settled and run own households parents, family would reach the contracting stage.

**2. How do loving and understanding parents help adolescents to grow into responsible persons?**

**Ans:**

- Parents have a balanced approach while disciplining adolescents. They must set rules and limits and be firm and flexible according to the situation,
- Keep all channels of communication open and provide emotional support.
- Trusting and displaying confidence in the adolescent is very important.
- Parents must listen to the concerns of their teenager, suggest alternatives or solutions to their problems make them aware of consequences of actions and allow them to make decisions for themselves.

**3. What are the different parenting styles?**

**Ans:** Different parenting styles are

(i) Autocratic disciplining style: In this parenting style there is restrictions and punishment to follow parent's directions. Children from such families often lack self-confidence, become anxious about social comparisons and fail to initiate activities. They may have poor communication skills and may become rebellious later on in life.

(ii) Democratic disciplining style: Children are allowed to be independent but are under the control of their parents. Children can express their opinion and present their arguments. The parents are warm and open towards their children. Children of such parents are socially well adjusted, responsible and are usually self-confident.

(iii) Permissive disciplining style: Parents are totally uninvolved with their children. As a result of this, the children develop no self-control and lack social skills. They are unable to get along with others.

#### **4. Why is discipline necessary in family?**

**Ans:** As the child grows, it becomes essential to teach the child self control, which is taught through disciplining the child. Discipline helps the child to follow a certain code of conduct. It starts from an early stage of life that is, from the time of feeding and toilet training. Parents become role models in order to develop good habits in their children.

#### **5. How can a family help a newly married girl to adjust in her new house?**

**Ans:** To help a newly married girl to adjust in the new home, without any problems,

- Members in the family can make her feel welcomed,
- Accept her as an integral part of the family
- Give her time and space to understand the ways of her new home.
- They should also have realistic expectations and be non-critical.

#### **6. Compare the environment for growing children in extended families with that of a nuclear family.**

**Ans:** As extended family has more members, children feel more secured emotionally and financially. Transmission of culture and values of life happens easily with elderly grandparents at home.

Nuclear families provide comfortable living and opportunities to develop independent living.

#### **7. State the role of parents towards infants, school going children and adolescents to facilitate their development.**

**Ans:** The role of parents towards

**Infants-**Caring for the baby include, feeding (breast-fed by the mother), loving, clothing and bathing the baby.

When both parents are working, grandparents or relatives and friends can take care of the baby or put the child in a day care centre/ crèche or employ someone to stay at home and look after the baby.

**School going children:** While children are gradually learning to manage, they require:

- Support in academic tasks.
- Adequate facilities to play in the school and around their house.
- Adequate nutrition.
- Need to develop good eating habit.

**Adolescents:** During this stage, adolescents strive for independence, want to take their own decisions and attempt to build an identity of their own. They need warm and supportive atmosphere. It is important that parents have a balanced approach while disciplining adolescents. . Trusting and displaying confidence in the adolescent is very important.

### **8. What are the values of life and how are they inculcated in the children in a family?**

**Ans:** Traditionally, children observe their elders and imbibe values like respect for elders, honesty, truthfulness and humility.

We must provide a favorable atmosphere for young people to observe and imbibe those values which are generally accepted by society. They also need to constantly practice these values within the environment of their homes. Parents teach values by directly telling their children what to do, and what not to do and by setting examples themselves. If parents tell their children to be truthful but tell lies themselves, the child will get confused and not be able to differentiate between right and wrong.

### **9. Uma got married to Rajan three years ago. She lives in a conservative joint family in a big city. In her family there are her husband's parents and his unmarried brother Akash and sister Neha. Uma gets along very well with Akash but not with Neha. They are more or less of the same age. If you were Uma how would you improve your relationship with Neha?**

**Ans:** I will share household responsibilities with Neha. I will also recognize her contribution to the family will spend time to make her feel comfortable will take her views and opinions in the discussions.