FAMILY RESOURCE MANAGEMENT
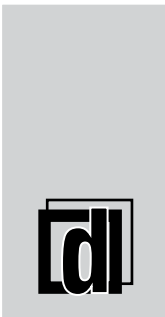
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Family Resource Management

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Knowledge is Our Business

FAMILY RESOURCE MANAGEMENT
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CONTENTS

CHAPTER 1

LIFE SATISFACTION OF OLDER PEOPLE
AND FAMILY RESOURCES MANAGEMENT

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ABSTRACT:

For elderly people to be happy in their lives, especially widowers and widows, family resource management (FRM) must have been practiced. This study looked at how managing family resources affected the life satisfaction of elderly widowers and widows. This study used Timbulharjo Village in Sewon Subdistrict, Bantul, Yogyakarta Province as the study site employing a cross-sectional design. Using a combination of simple random sampling and snow-ball approaches, a total of 60 samples were collected. The findings of this study showed that senior widowers had better incomes than widows and that their socioeconomic standing was higher in terms of average age and length of schooling than widows. The elderly were more likely to report feeling satisfied with their lives when non-food expenses, stress management, and time management were prioritized. As a result, the elderly were more likely to report feeling satisfied with their lives when non-food expenses, stress management, and time management were prioritized. Additionally, marital status was significantly connected with lower life satisfaction, making elderly widowers more content with their lives than widows.

KEYWORDS:

Elderly People, Family Resource Management, Psychomotor Components, Stress Management, Widowers.

INTRODUCTION

The ability to adjust to numerous changes, both favorably and negatively, is one of the developmental tasks that older people must have completed for life pleasure, and this requirement is greater than ever. Elderly skin grows paler and less elastic; the body becomes shorter; spinal bones weaken; nerve cells are lost or shrink; eyesight and hearing ability are impaired. As the population ages, so does the proportion of senior persons who have health issues. According to BPS, the youngest elderly suffer health concerns at a rate of up to 48,30%, followed by middle-aged elderly at a rate of 55,11%, and oldest elderly at a rate of 57,96%. The process of losing a spouse through a death or divorce also affected the elderly. According to BPS, there are differences in the marital status patterns of elderly men and women [1]. Older women who were divorced had been killed (56.04%), whereas men had been remarried (82.84%) as the cause. This is consistent finding that older women prefer widowhood to marriage.

The elderly must adjust to all these changes by managing family resources, such as stress, time, and money, in order to reach the anticipated level of life satisfaction. According to management is a process that entails goal-achieving planning, coordinating, acting upon, and controlling of human and other resource resources. Resources are separated into two categories, human and material. The encapsulating material resources are goods/services, time, and energy, while the human resources encompass cognitive, emotional, and psychomotor components as well as the skills, knowledge, and talents of family members family resource management is the process of using and allocating resources to achieve goals through planning and choosing the required measures to do so.

It was noted that using resources to manage stressors and decision-making includes seeking information, defining values, planning, weighing alternatives, and considering goals for the family. Time management is the allocation of time, structuring of activities, and prioritization of arrangements in family activities with the purpose of organizing family life [2]. According to financial management entails a series of actions that aim to optimize interest profits, cut costs, and guarantee the availability of funds for daily requirements, household expenses, emergency situations, savings, and investment opportunities.

Older people go through adjustments since their lives are generally more stressful. According to earlier research financial stress and health stress were the two pressures that the elderly felt were most strongly connected with reported depression. He asserted that depression can result in mortality. Building strong family support is necessary because the social lives of the elderly also have an impact on their health Compared to older men, lonely women are more likely to have diabetes and cardiovascular disease. The reduction in married status to widower and widow, as a result of changes in family structure and social values, causes older women to feel more alienated than males, according to research. The elderly widower and widow face additional challenges when managing their lives. Only one in seven families were capable of managing their time effectively, according to a 2013 study. On the other hand, elderly widows are generally content with their financial condition.

According to the description, the researcher became interested in learning about how elderly widowers and widows manage their family resources and are satisfied with their lives because these processes have not been researched. The overall goal of this study is to determine how managing family resources affects the life satisfaction of elderly widowers and widows. Additionally, the study evaluated the differences between widower and widows in terms of socioeconomic traits, family resource management, including stress management, time management, and financial planning and expenditure allocation. Additionally, it is hoped that by getting to know the elderly, people will be able to help them evaluate their lives positively and avoid having any regrets later in life.

Location and Research Design Method

By examining the life satisfaction of widowers and widows at a certain point in time and utilizing questionnaires to gather the data, this study employed a cross-sectional study design. The decision to use Timbulharjo Village, Sewon District, Bantul Regency, Yogyakarta Province as the research locations was made on purpose. According to data, Sewon District has the second-highest percentage of elderly residents in Bantul Regency, which is in the D.I Province of Yogyakarta, and the area is still primarily rural, which was a factor in the study's choice of location [3]. The three-month execution period, which included the preparation stage, data gathering, data processing, data analysis, and report writing, ran from February 2017 to April 2017.

Techniques for Sampling and Samples

Elderly adults 60 years of age or over who had been through a death divorce and a live divorce for longer than two years made up the study's sample population. In order to meet the demands of statistical data processing, researchers fixed the number of samples at 60 elderly, composed of 30 senior widower and 30 elderly widows. Due to the difficulty in locating elderly widowers, the lower validity of the self-data samples provided by the village government, and the lack of backup samples available to researchers, a combination of simple random sampling and snowball sampling was used as a sampling technique.

Measurement Variable, Data Collection Method, and Variable

Researchers created and adjusted questionnaires with the purpose of gathering primary data on elderly people's socioeconomic features, including: Family resource management includes managing stress using the

COPE Inventory Questionnaire from with a Cronbach's alpha value of 0,738; managing time using the Rusydi questionnaire with a Cronbach's alpha value of 0,795; managing finances using the Firdaus & Sunarti questionnaire with a Cronbach's alpha value of 0,857; and managing elderly life satisfaction. The whole questionnaire consists of 70 statements, 50 of which are connected to family resource management and 20 to senior people's satisfaction with their quality of life. Five score systems were utilized in all of the study's questionnaires: 1 denotes "strongly disagree," 2 "disagree," 3 "neutral," 4 "agree," and 5 "strongly agree."

Data processing and analysis

Microsoft Excel and the Statistical Package for Social Science (SPSS) 16 for Windows were used to process the data editing, coding, scoring, entering, cleaning, and evaluating data as it was being processed [4]. Descriptive statistics were used in the data analysis to explain socioeconomic status of the elderly (age, sex, marital status, employment status, length of education, income, number of children, and number of family members), stress management, time management, financial management, and life satisfaction, which are divided into three Bloom's cut-off categories: low (0-59), moderate (60-80), and high (81-100). The differences between variables based on marital status (widower or widow) were also examined using a different sample (independent sample t-test), and multiple linear regression analysis was used to examine the effects of elderly socioeconomic characteristics, stress management, time management, and financial management on life satisfaction [5].

DISCUSSION

The findings revealed that the elderly widower's average age was higher than the widow's. Contrarily, study found that women have a higher life expectancy than men. According to study, which found that the husband's education level is higher than the wife's education level and that more than half of the husbands completed school up to the elementary level, while the wife never sat in class, the elderly widower is better educated than the widow. The elderly will feel happier and earn more money if they have higher levels of education and wealth. This is because higher income follows higher levels of education. The highest average income of the elderly widower in this study was provided by a son-in-law, whereas the elderly widow's average income came from labor. The results which revealed that elderly widower had a stronger financial competence than widows, confirm this. An elderly widow will spend more money on meals. The average household expenditure, particularly in impoverished families, is still dominated by food expenditure. These findings support those conclusions [6]. Elderly widowers, on the other hand, use the money for non-food expenses. According to the Engel Theory, an old widower's situation, people with high incomes tend to spend more on non-food purchases.

The elderly widow spends more overall than the widower on food and non-food items. This is because the elderly widow in this study was still providing assistance and managing finances to be able to provide for the needs of the family's food, including shopping and cooking. Contrarily, the elderly widower in this study stays with the family, and the family takes care of all of his food needs. As a result, the money that is spent on non-food items like social activities including social gatherings, community gatherings, and vacations with friends as well elderly are less likely to enjoy old life and achieve their goals due to resource constraints. The elderly widow's expenses for food and non-food have beyond the poverty level set by BPS. However, although the old widower's non-income of Rp 190.300 has already beyond the poverty limit, his food expenditure of Rp 180.500 is still below the established poverty line. According to BPS, the minimum amount that must be issued for food expenditures in rural regions is Rp 250.244, and Rp 86.986 for non-food expenditures.

Overall, the old family's resource management performance is fair, with the elderly widow's performance being better than the widower's. The old widower is superior to the widow in terms of stress management,

and both concepts fall under the category of being. The findings indicate older widows perform worse in social function, general mental health, and depression than older married women confirm this. In this study, the elderly widower was able to suppress his emotions, preferring to watch television or listen to music to distract him as he carefully considered how to approach the matter. The older widows, meantime, made the decision to seek counsel, find solace in religion by participating in religious activities, and avoid aggravating the situation by responding hastily.

Elderly widows are better at managing their time than widowers, yet both are categorized as medium. An elderly widow still plans her week's worth of activities and organizes them into sequences to take care of her family and herself. Elderly widower, on the other hand, plans time to relax and spend with family. The situation of the elderly widower in this study is consistent with findings from 2011 that the elderly widower values spending more time interacting with the family [7]. The results of this study also support the observation that elderly widowers prefer to spend time socializing with their acquaintances. The study discovered that the majority of senior widows had developed good time management skills from childhood up until they become elderly widows. According to study there is little evidence to support the myth that aging causes elderly widows to become more dependent on others, and overall, there is no difference in how time is used by elderly widows and elderly married females. Elderly widower and widower related management are in the low category, although elderly. In terms of monthly financial planning, 11 widows outperform older widowers. These findings are reinforced by research, which indicated that widowed seniors struggle financially and fall into the poor and very poor categories.

The level of contentment a senior widower experiences in life. Elderly widowers also tend to feel content with their life's accomplishments and perform better in terms of their health. However, this result conflicts with finding that life happiness for widowers and widows was roughly equal. The family satisfied the discrepancy between the study's findings and Variables related to marital status, stress management, time management, and non-food expenditure have an impact on older life satisfaction. According to research, marital status is a factor that significantly lowers senior people's life satisfaction, with elderly widowers reporting better life satisfaction than elderly widows. According to study, elderly widowers experience more life satisfaction than senior widows. Additionally, stress reduction and non-food expenditure have a favorable impact on satisfaction. Grounded by widowed instead used their money to support societal needs. The elderly participants in this study reside in rural settings that still value cooperative efforts. The elderly are also very conscious of the need to participate actively in all social activities. Social activities could help as part of its role in stress management.

Greater social engagement, will be able to lessen loneliness, stress, and other negative emotions while also fostering relationships that will benefit both parties and enhance the quality of life for seniors [8]. Additionally, claim that the non-food expenditure allocation used for social activities can have an impact on the family wives of fisherman in terms of their subjective well-being. Time management has a positive impact on elderly people's life satisfaction because, free time is linked to life satisfaction. Financial management and life happiness in this study had no discernible impact. Despite this, Author discovered a connection between financial management and life satisfaction. The absence of an age limit and the use of a combination of simple random sampling and snow-ball techniques for data retrieval make this study's findings less useful for describing the accomplishments of family resource management and life satisfaction of elderly widowers and widows.

Most aspects of life satisfaction were dominated by an elderly widower, particularly the comment about regretting making poor decisions in the past. While the elderly widow ranks higher than the widower in terms of non-boring activities" or monolithic answers," Different test results that demonstrate a significant difference between elderly widower and widow support these findings.

More than 73% of elderly widows (76.70%) and widowers (73,30%) fall into the medium life satisfaction category. Elderly widows (20%) and widowers (10%) fell into the low category, while the remainder fell into the high cluster. The t-test result confirms that there is a significant difference between the elderly widower and widow (p=0,00012), with the average life expectancy index of the elderly widower being greater than the widow's.

According to this survey, a large number of older persons with poor literacy rates don't work and have low incomes. This study therefore advised local governments to focus more on improving the conditions of senior citizens through local legislation and aid. Additionally, the government in rural areas can enhance the program for older community development and reinvigorate the current elderly population. Each sub-village has a V posyandu, which brings it closer to the needs of the elderly and helps the widower of a widow to better manage the family's resources. Elderly widowers and widows might find life happiness if their immediate family are supportive, helpful, and open to dialogue with them. Furthermore, it is anticipated that future studies on family resource management and life expectancy of the elderly will include more specific information about elderly features, employ better sampling methods than those used in this study, and draw on untapped factors to further the field of elderly family science in Indonesia.

Particularly in knowledge-intensive organizations, top management, supervisors, and peers can play a significant example role in fostering successful work-family integration and the appropriate application of work-family practices. In addition, SR-HRM can provide an opportunity to modify work-family practices and their traditionally contradictory nature both within organizations and frequently outside of them. Future research on the (il) legitimation process in relation to work-family practices in an organization and its business environment would be beneficial. For instance, it would be beneficial to examine the types of strategies employed by organization members to avoid taking advantage of practices that, in the end, are intended to improve the wellbeing of employees who have responsibilities outside of the organization [9].

The practice of all this has a variety of potential repercussions. The support for work, family, and personal life is intended to be strengthened by formal work-family practices, as it was argued above this article confirms past findings that work-family practices frequently face significant obstacles because, even when they exist, they are not utilised or not seen as fair or accessible inside the organization. It is never easy for SRHRM to treat every member of the organization equally, in accordance with the same standards, while also taking into account each person's unique needs and expectations in the work-family interaction. The complexity of the problem requires further study.

Our findings indicate that it is insufficient to leave it up to society and social services, as is frequently the case in Finland or to the individual worker, to provide possibilities for workers to successfully juggle job and family [10]. The hiring organizations and SR-HRM also have a significant influence in this. In actuality, organizations operating in nations like Finland, where there is strong legal support for work and family integration, have had difficulty developing formal work-family policies; as a result, these organizations have remained largely inactive in improving their work-family practices and developing family-friendly cultures.

CONCLUSION

In this study, there were no differences between elderly widowers and widows in terms of socioeconomic factors. Elderly people generally perform somewhat well in terms of managing their time, stress, and life satisfaction, but only slightly better than average in terms of managing their finances. Despite the fact that widows managed their finances more successfully than widowers, widowers performed better at controlling stress. Although the average index of family resource management in elderly widows is better than the widower, management of old family resources is often moderate. Additionally, non-food spending, stress management, and time management all had a positive impact on life satisfaction, indicating that older widows

and widowers may experience greater life satisfaction as a result of increased non-food expenditure, stress management, and time management. Old life satisfaction is severely impacted by widow status in marriage, demonstrating how widow status lowers old life contentment.

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CHAPTER 2

A DISCOURSE ANALYSIS OF WORK-FAMILY PRACTICES AND THE COMPLEXITY OF THEIR USAGE

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ABSTRACT:

As a matter of duty in today's organizations, the issue of work-family practices frequently comes up in both theory and daily practice. For socially responsible human resource management (SRHRM), more data about them is required. Our focus in this essay is on how work-family policies, which are a crucial component of SR-HRM and are designed to be (or not be) useful for workers' work-family integration, are implemented in organizational life. We look into the discursive strategies used by members of two various organizations operating at various organizational levels to frame the problem in the Finnish setting. A discourse of giving in to outside pressure, a discourse of negotiation, and a discourse of personal flexibility were the three discourses that were understood. Discursive conceptions of work-family practices reveal the intricate relationships that exist between people, organizations, and the environment in which they operate. Numerous organizational initiatives to establish beneficial work-family practices may, in fact, fail to make these practices available or useable and may cause unfair treatment of organization members. The complicated task of developing enduring work-family practices requires SR-HRM to provide a solution.

KEYWORDS:

Human Resource Management, Organizational Life, Personal Flexibility, Socially Responsible, Work-Family Practices.

INTRODUCTION

Although there has been a general failure to integrate CSR and HRM the relationship between corporate social responsibility (CSR) and human resource management (HRM) has increasingly attracted scholarly attention over the past 15 years Scholars have questioned whether economic growth and CSR can coexist, and this lack of integration has been particularly problematic in the context of the interaction between CSR and work-family practices Business ethics discussions about how HRM and work-family policies interact have largely taken place independently of one another rather than within a framework that integrates HRM and sustainability. Here, we analyze work-family policies inside organizations using a socially responsible human resource management (SR-HRM) approach [1]. In order to support employees' wellbeing and life satisfaction, SR-HRM means not only understanding employees as having an instrumental value to the organization but also aiming to care for and meet their personal and social expectations and needs, one of which is the requirement to integrate work and family SRHRM for work-family practices is important for societal outcomes, quality of life overall, and sustainable working life. It is also seen as a sign of socially responsible and ethical behavior on the part of the employer.

Organizations have established several sorts of work-family programs and practices as part of their HRM in an effort to address the issues of workers' work-family integration To improve organizational support for work and family as well as personal life in general, several programs and practices (such as flextime, teleworking, leave policies, and childcare services) are designed. There are many tensions in organizational efforts to promote work-family integration, and these tensions cannot be eliminated by merely proclaiming

and providing formal programs and procedures. Due to stigmatization, a lack of a supportive supervisor or organizational culture, or both, employees may frequently encounter an agency gap in the workplace when attempting to use the programs and practices. We are interested in how (un)supportive organizational practices that are viewed as (un)helpful for workers' work-family integration are actualized in organizational life in this article. The work-family practices that may or may not be based on official work-family policies and programs are the main subject of our study [2]. The term "work-family integration" here refers to the interdependencies between a worker's personal and professional lives.

Work-family policies are designed to help employees successfully balance their personal and professional lives. We specifically examine the distinction between work and family inside an organization and why it exists, the extent to which work-family practices are perceived as being available, how the discourses function, and the consequences for SRHRM. We do this by using discourse analysis. In order to create the capacities and restrictions that permit work-family practices in organizational life, we also want to make visible the types of power and responsibility positions that the discourses establish for various actors. The rationale behind, for instance, numerous assertions of fair or unfair processes made by organization members, as well as the results of work-family integration, can be seen in discourses on work-family practices. Our contribution in this case is to provide insights into how SR-HRM and work-family policies may lead to ethical issues, making them more apparent and ultimately more manageable. The following ways that studying work-family practices from the perspective of SR-HRM expands on earlier studies.

Although organizations may, albeit unintentionally, create conditions which encourage unequal or preferential treatment in their use and ultimately present ethical challenges, work-family practices can act as a medium to support employees' work-family integration and advance their wellbeing have all noted that when these practices are offered. There are definitely many instances in small- and medium-sized organizations where there are no explicit work-family policies in place. In these cases, employees may resort to informal procedures, which may leave them feeling unpredictable and powerless. When people feel that particular aspirations, such as the potential for merging work and family, are essential to them, this might lead to a sense of injustice. Additionally, it has been stated that organization members may not want to employ the procedures since they do not want to distribute their workload among others. For example, those without young children may feel burdened by the increased workload. This might therefore cause persons who engage in the activities to feel stigmatized.

According to earlier studies, only high performers may have access to work-family policies. Colleagues may be even less eager to cooperate and be flexible if the workloads and personal situations of all employees on all organizational levels are not taken into account fairly and openly The functionalist paradigm has dominated research into work and family, and other methodological stances are required to counteract this positivistic understanding and challenge the fundamental presumptions and expectations of this field. As a result, we have chosen discourse analysis as our study's methodological approach. We use a critically oriented discourse analytic technique that places more emphasis on the topic's content and broader social reality than it does on the linguistic characteristics of texts, as is the case with conversational analysis [3]. According to our methodology, we examine a significant societal issue the balance between work and family and challenge commonly held beliefs about the relationship has typically been seen as either constricting or enriching. A more complex viewpoint is required.

Uncovering the social reality of SR-HRM about work-family practices, exploring and understanding the complexity of the phenomena, and understanding how individuals in organizational life make sense of this complexity are some of the strengths of the accepted approach. The technique demonstrates how power is positioned in the topic's articulation, which always also incorporates the assumption of moral responsibility.

It is crucial to examine discourses for what they are, not just as a means of articulating and building social reality, but also as a potent force.

Work-family practices are used in organizational life to achieve certain goals. Work-Family Practices and Complexity of Their Usage: A Discourse Analysis Towards Socially. We can identify work-family activities that are restricted, permitted, and controlled in organizational life and the people who are thought to be responsible for them if we can demonstrate how one can speak acceptably about work-family practices and do them. Discourse analysis does not provide any definitive truth on the matter, but it does allow us to better grasp the numerous concepts and issues related to work-family practices in a particular setting and to think about what they mean from the perspective of SR-HRM.

The Relationships between Work-Family Practices, CSR, and SR-HRM

Significant changes have been made to HRM practices as a result of the growth of corporate social responsibility (CSR), including employee representation, social involvement through employee volunteering, the establishment of minimum labor standards, and the role of HRM in putting CSR practices into practice. Since CSR is becoming more popular, ethical work-family issues have also received greater attention and discussion. There are several connections between HRM and CSR work, with varying levels of integration. First, CSR is managed as one of the primary HRM functions or has the potential to do so, which enables full exploitation of their synergies. When HRM and CSR managers are in agreement about the reciprocal responsibilities, the organization moves more swiftly. The second option in their model is where HRM is a shared function between CSR and other departments or where it originates from a department other than HRM, leaving room for internal power dynamics to affect how actively engaged HRM is in responsibility work. In such situations, HRM primarily handles the social component of CSR, and collaboration with other departments is heavily reliant on internal power dynamics. In the third approach, CSR is treated as an autonomous activity in and of itself, and HRM takes steps to assist it with regard to employees and their needs. Internal power dynamics also influence how actively HRM participates in this interaction.

Recent studies have addressed the role of HRM in supporting ethics and responsibility in corporate organizations as well as the development of sustainable work and HRM systems. Work-family policies as an SR-HRM issue and perceived justice in relation to organizational work-family policies, however, continue to receive little research attention. Initiatives for corporate social responsibility (CSR) that are frequently contentious and unclear draw attention to social problems such worries about the family lives of employees. For instance, it has been argued that organizations in nations with low birth rates need to be more family-friendly in order to encourage younger workers to start families. The origin and philosophy of work-family policies are a mechanism that influence the social obligation conclusion that organizations and, specifically, their management, might think about work-family practices from two viewpoints by using business models as the justification for their integration [4]. On the one hand, organizations can view them as upsetting the regular flow of work and be resistant to calls to employ them.

On the other hand, organizations may be supportive and understand the worth of the practices in motivating and retaining individuals who are crucial for the organization's output since they are aware of how dependent they are on the input of their employees. The reliance argument may predominate in organizations where employees' knowledge and abilities are very high and essential to the organization's performance. The moral ethical argument has been advanced in addition to the business model argument to support behaviors that combine work and family life Support for work-family integration is considered as a means to a goal, for the benefit of employees' quality of life, rather than as a means of temporarily increasing staff performance [5]. The complexity of the relationship between work and family in practice is demonstrated by studies. On the one hand, the rising volume of emails and other technologically enabled communications (such as smartphones, laptops) greatly contribute to employees' feelings of flexibility and control, but on the other

hand, this type of constant accessibility is also a source of stress for them. According to respondents felt more overloaded the longer they spent on their email, and their perception of their capacity to deal improved as they processed more email.

DISCUSSION

The sociocultural milieu places various demands on organizations to offer work-family policies. This case study's backdrop is Finland, a Nordic welfare state. Family is highly valued in Finland, and the country's legal structure for family leave, public day care, and flexible working hours is comparable to that of other Nordic nations. Daycare costs are subsidized, and family leave is rather well rewarded, both from national tax funds. All levels of higher education are free in Finland. This implies that individuals from extremely diverse socioeconomic origins can pursue the education of their choice. University education, which is often essential for employment in knowledge-intensive organizations, is accessible to anyone. According to Statistics Finland (2018), Finnish women outperform Finnish men in terms of educational attainment and have the third-highest level of education among OECD nations [6]. Legally speaking, gender equality is rather well-established in Finland. This shows that both men and women can pursue a full-time profession and that employers value having women in the workforce Global Gender Gap Report 2017. The number of young people in Finland is expected to decline significantly over the next couple of decades as a result of the country's rapidly aging population and declining birth rate (Statistics Finland 2018).

Finnish women still bear the majority of the burden for household duties and childcare despite the country's robust public daycare system, which supports the full-time employment of both spouses. Despite the fact that both parents are legally allowed to take parental leave, it is almost entirely utilized by women; in fact, Finnish males are among the least interested in taking parental leave among their Nordic counterparts. This has had important ramifications for Finnish organizations, allowing them to play a relatively passive role in creating organizational-level rules and various kinds of arrangements to enable all workers to balance work and family life. But more lately, organizations have expressed a greater interest in work-family integration, at least in part because of the pressure they are under to do more CSR.

The discourse analysis used here is a valuable tool for researching the field of work and family since it focuses on the common, everyday use of linguistic terms as well as the context in which the terms are used Discourse creates situations, knowledge objects, and interactions between individuals and groups of individuals; it is socially constructive as well as socially conditioned. Discourse is a somewhat coherent system of meanings that are created by language use. In other words, we investigate the discourses that discursively create work-family practices [7]. We employed purposeful sampling, a well-accepted technique for qualitative research to gather the data for this study. With this approach, situations with lots of information are selected from the perspective of the relevant phenomenon. We chose two businesses a corporate law firm and an IT firm that were eager and motivated to take part in the study. When selecting these organizations, two factors were especially crucial.

First, the businesses have to be knowledge-intensive businesses with qualified people working for them. This was due to the fact that numerous workplaces in Finland and worldwide have changed and are anticipated to change in the future in a way that will require employees to be specialists committed to their work projects rather than merely people who clock in for a set number of hours. As a regular part of their lives, employees must constantly acquire new knowledge and abilities. They must also use new technologies more and more. The line separating work and family life is becoming more hazy and challenging to manage because employees' work in these organizations is not fixed to specific hours and can be done in several locations, including the house. Because the work done in the organizations under study may be seen as representing both current and potential future tendencies in the workplace, it can be said that these particular organizations are homogenous.

Second, the chosen organizations have to differ in their work-family policies in order to present several perspectives on the subject [8]. This is so that businesses' willingness to help employees' efforts to balance work and family might be affected by the policies. The legal firm had a more formal work-family policy in place than the IT firm. While the IT company has not given official consideration to family friendliness, the law firm can be classified as a relatively progressive, even family-friendly organization.

Interview data from a total of 22 interviews make up our empirical data. Men (12) and women (10) individuals were distributed reasonably evenly across the group. The respondents' ages ranged from 29 to 59, and the majority of them stated that they had children or other caring obligations in their non-work life. Only two female managers said they were unmarried, and one of them said outright that she had no childcare duties. Rarely, the kids might have already grown up and the participants might have grandkids. All of the participants were working professionals who were expected to be available virtually constantly. Some of them collaborated with clients and colleagues who were in other time zones. All of the participants were subjected to semistructured, one-on-one interviews by All of the interviews took place in designated interview rooms at the respondents' places of employment, allowing for uninterrupted conversation.

The researchers were able to get a sense of the workplace and typical organizational life by interviewing the respondents on the grounds of their place of employment. It asserts that field researchers can visualize the social worlds represented in the content of the responses and construct representations of, for instance, workplace realities. The interviews were conducted at the respondents' workplaces to ensure a cozy, trusting environment and an emotional connection between the interviewer and the interviewee, fostering an interpersonal space for articulating unique thoughts, circumstances, and perspectives. The respondents and organizations were guaranteed anonymity, and the proportion of respondents per organization was sufficient to prevent internal recognition of people within the organization. This was crucial because, despite the fact that some issues in the interviews were more broad in scope, there were also more intimate ones that were covered [9]. The interviews covered topics such as the participants' jobs and the nature of their personal lives, as well as organizational and individual cultures, work-family integration policies and practices, and prospects for future growth in the field more broadly.

All of the interviews were verbatim transcribed after being audiotaped and recorded. Every interview lasted between 50 and 90 minutes. The responders were drawn from all organizational levels, ranging from administrative staff to high management. Despite the assurances of anonymity given to each participant, some of them chose not to disclose all of their personal information, leaving certain information in the table blank. In our study, we were particularly interested in how the respondents' perceptions of their reality were shaped and mediated, as well as how power was established in relation to the ongoing organizational processes. For our study, we organized and sorted the research data using the qualitative analytic software application NVivo.

Utilizing the application allowed us to more thoroughly and precisely analyze the extensive and diverse data. Each respondent received a code number between 1 and 22, which was assigned to preserve their confidentiality. The numbers were then changed to pseudonyms, and later in the text. We processed the data methodically in response critique that qualitative work-family research frequently neglects to describe its data analytics methods. Based on recurrent patterns in the research data, we identified the primary themes, or first discourses, on work-family practices during the coding phase of the analysis.

These themes included:

(1) Perceptions of work-family arrangements,
(2) Personal methods for balancing work and family,
(3) Disparities in work-family integration, and

(4) Organizational responses to work and family integration.

The research data were thoroughly reviewed and read numerous times in the first round. Following that, we categorized and recoded all of the texts in which the participants discussed the relationship between work and family and the related arrangements [10]. Then, in order to understand what was actually meant in this research's data when work and family practices were discussed, we interpreted the key themes that covered talk about work-family integration, specifically about what kinds of mechanisms and arrangements enabled or hindered it.

CONCLUSION

In conclusion, we discovered that the discourses surrounding work-family practices revealed a type of talk that problematizes the availability and fairness of work-family practices and their use (or lack thereof) in organizational life. This is in line with study showed how intricately intertwined people and organizations are with the environments in which they function. For instance, it showed how prevalent competitiveness, pressure, and moral concerns are in many organizations. In order to retain key employees and better manage work and family integration, an organization's SR-HRM may make a significant effort to reform its policies and find flexible solutions. However, at the same time, it may work to build and recreate traditional organizational structures that can be a barrier to fexibility and negotiation, rendering the practices neither truly available nor usable. Members of the organization feel unfairly and unequally treated as a result.

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CHAPTER 3

METHODS FOR UNDERSTANDING FAMILIES: AN OVERVIEW

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ABSTRACT:

The economic and political effects of globalization are the main topics of mainstream analyses. However, globalization is actually achieved within families. Personal decisions made in the setting of the family are impacted by ideological and material developments in the national and international arena. The options, conundrums, opportunities, and consequences that are part of this dynamic process of globalization also speed up with it. It is getting harder and harder to predict how families will react to shifting economies and policies, as well as new representations of alternative lifestyles and roles, due to the volatility of markets, the speed of communication, and the intersection of labor force demands with transnational forces. The old blueprints, on which so many people in different civilizations rely, are being contested, negotiated, and altered more frequently. Cross-generational and intergenerational relationships, as well as conventional types of private living arrangements, are all undergoing change at different points in life. Family structures change and are rethought as men and women negotiate domestic work and wage-earning, and as children, young people, and the elderly increasingly fill new ideological and productive roles. However, these changes are not taking place in a same or consecutive order. In the West, opinions regarding various lifestyles, such as single parenthood, same-sex relationships, and cohabitation, fluctuate within and within countries. The disparities between the West and the developing world, however, are more obvious. While there is a global spread of images, beliefs, and even actions relating to various family structures and lifestyles, in some places they have been met with nationalistic and religious responses. As a result, there is now a global emphasis on people's private family relationships.

KEYWORDS:

Cross-Generational Relationships, Family Resource Management, Globalization, Industrialization, Urbanization.

INTRODUCTION

The idea of family is infused with lived experiences and symbolic meaning. Whatever their shape, families give their members the first forms of care, security, and socialization. Families serve as the first stepping stone into societal interactions and they serve as a mirror for cultural meanings, trends, and disputes. The majority of people continue to be consistently interested in and concerned about family issues and relationships as we grow more interconnected as a result of pressures of globalization. In many regions, family issues are really frequently brought up in public since it is believed that they represent the fundamental well-being of society as a whole [1]. Large-scale campaigns aimed at "maintaining" or "restoring" family values have been launched in some parts of the world due to concerns about societal change, whereas in other regions, the acceptance of a variety of family structures and relationships has come to be valued as an indicator of a constantly expanding and enriching form of diversity. Significant feminist criticisms of families have questioned the "naturalness" of traditional family structures and drawn attention to the connection between the concept of a monolithic family form and the oppression of women. These criticisms have sparked

numerous, heated cultural arguments, particularly on men's dominance in families and women's obligations to provide for children.

The foundation of most of human existence is kinship and family organization, notwithstanding debate around family forms and roles. The early philosophical and ethical works frequently show a focus on family life. Confucius, for instance, stated in Goode 1982 that "happiness and prosperity would prevail if everyone would behave 'correctly' as a family member." Although the family was considered to be of the utmost importance, it was also believed to represent relationships in the greater society. So, acting appropriately as a family member also entailed upholding one's social or communal duties. The Old and New Testaments, the Torah, the Qur'an, and some of the earliest codified texts in India, the Rig-Veda and the Law of Manu, all reflect this same idea of the value of familial and communal bonds. All place a strong emphasis on kinship ties and the individual's responsibility to uphold social obligations. Kinship links are important for social structure even in ancient and remote tribal civilizations. According to anthropology, these connections and the attendant obligations form the social fabric that binds people together and serves as the cornerstone of what we refer to as society [2]. This is especially clear in the United States, where conflicting forces pit "traditional family values" against "new" family structures like same-sex couples.

Definition of Families

In contrast, familial relationships are simply one of several associations in modern Western and non-Western societies. Families are now often formed and sustained via social relationships and support systems rather than through biological ties. People are creating "families of choice" that they rely on for emotional, material, and physical support. These connections beyond geography and time are made possible through global communications including the Internet, email, and satellite connections. In the past, location was important, but today it's simple to establish social connections over long distances. This gives us a fresh look at families, one that focuses more on their dynamic character and is less bound by the static nature of their form and structure. Families need to be reimagined in the context of today's worldwide society as open, ambiguous structures. "Family loses its importance as a fundamental and enduring social structure when it is conceptualized as a fluid and dynamic sociospace. It clearly articulates a vision of people traveling across different sociospaces over the course of a day or a lifetime and lays emphasis on the activities and common symbolic systems of people.

More dynamic conceptualizations of families help us to comprehend how people and their families actively participate in ongoing dialectical negotiations with both internal and external influences that have a bearing on their interactions. Today, we acknowledge that individuals are active actors within families who are engaged in a constant creation and redistribution of resources, in contrast to older historical ideas on families as a cohesive interest group. The family, according to this viewpoint, "is a location where people with different activities and interests in these processes often come into conflict with one another" In a globalized environment, there is growing confusion regarding whether decisions will be more advantageous to the individual vs those that would benefit the family unit, and it is become harder to decide whose interests should take precedence. Interestingly, despite all the options and diversity in families that we accept in our modern world even in the West people still choose to divide themselves into distinct family groupings and live in close quarters. It is interesting to look at some of the arguments over who and what constitute families in order to comprehend why the phenomenon of family life endures as a crucial component of the human experience as well as the present changes inside and surrounding family life.

Families as a Concept

Although there is general agreement that familial relationships have existed in some form or another throughout human history, there isn't a single, universally accepted definition of what a family is in the

modern world. By dismantling cohesive ideas of "the family," the revolution in social thought towards family issues in the West that had its roots in the 1960s upheaval has continued to have an impact on current conversations on families. In spite of this conceptual issue, 24 Social scientists and decision-makers continue to disagree about who belongs in a family and why that matters. 2 Approaches to Understanding Families.

Emile Durkheim, one of the first social scientists to be interested in defining the structure and activities of families, highlighted in his writing that families assumed different forms while still constituting a fundamental social institution whose iconic cross-cultural book on families dominated the social sciences from the middle of the 20th century onward, developed this idea. Murdock came to the conclusion that every culture was characterized by family units that are structured around economic cooperation, sexual reproduction, and common residence using evidence from both Western and non-Western societies as his foundation. Although some people still adopt his concept, it has received much criticism for being too functionalist. The idea of a family is actually an ideological construct with moral implications, according to modern theorists. Understandings of the shape, purpose, and value of families evolve across time as a result of a special interaction of historical, political, economic, and social influences. This trend is evident in the contemporary discussion of families.

For instance, current debates range from structural definitions of "nuclear" families as made up of men, women, and children to depictions of families as social units that are bound together emotionally. Depending on a variety of criteria, some communities place emphasis on various definitions of families. According to studies, the majority of Americans define a family as a group of people who reside together, have strong emotional bonds, and who significantly identify with this group. However, there is considerable disagreement among Americans about whether same-sex relationships constitute a "legitimate" family structure. Contrarily, in modern Europe, homosexual and lesbian couples are generally considered to be families. Although emotive and open-ended definitions of family, such as those used in the American case, conjure moving imagery, there has been substantial debate in the social sciences concerning the usefulness of employing family as an analytical category [3]. These discussions have also permeated the world of policymaking, with some sides advocating for individual rights over family rights and others adamant that only specific kinds of families should be taken into account when awarding social benefits make the more accommodative claim that "no single definition of family may be possible." Existing definitions of family can be divided into two categories: structural definitions, which specify family membership based on factors like blood ties, legal ties, or place of residence; and functional definitions, which outline actions that family members take, like sharing resources and providing for the young, old, sick, and disabled.

According to the Census Bureau, a family in the United States consists of two or more members who are related via birth, marriage, or adoption. According to the majority of Americans, a family should be defined as a group of two or more individuals who are connected to one another by blood, marriage, or adoption, who live together to form an economic unit, and who raise children These definitions, however, conflict with Families' Definition Twenty-five modern examples of families. A few examples of relationship units that aren't included by restrictive definitions of the term "family" are cohabitating couples, gay and lesbian couples, foster parents, and grandparents raising grandchildren [4]. In the United States, the discussion and controversy over what constitutes a family have political overtones, with many conservatives advocating the "traditional" family as defined by the census (or even the breadwinner-homemaker form) and the majority of liberals supporting the idea of multiple family types.

A functioning definition of family is considered vital by many, both from a policy and a lay standpoint, outside of political arguments. Currently, the United States' workplaces, government initiatives, and other organizations grant benefits based on a precisely defined concept of family. It has grown more challenging to decide who should receive family-based benefits, though, as we have demographically moved away from

the post-World War II breadwinner/homemaker family pattern that dominates so much of the public mind. For instance, many workplaces now provide benefits for same-sex partners, implying that when a pair has cohabited for a specific amount of time, the employee's partner is eligible for retirement benefits, educational credits, health insurance, etc. The disagreement over who exactly qualifies as family is evident in the differences between businesses in how these benefits are distributed and who receives them [5]. However, the most common presumption underlying employment, education, and social advantages is a male home head and the existence of kids.

However, according to recent statistics, it is extremely problematic to develop policies based on out-of-date ideas on family structures. Less than 25% of households in the U.S. now are made up of married couples with kids, and just 7% of these families have never had a divorce, the father works outside the home, and the woman is responsible for raising the kids. To avoid becoming bogged down in this matter, some experts contend that it could be more beneficial to define families in a way that supports the objectives of particular policies or programs.

DISCUSSION

In the United States, the official study of families began between 1880 and 1920, at the same time when sociology and home economics were becoming recognized academic fields. Although a wide range of academics and professionals were interested in researching families, the early years of this field were most directly linked to the growth of North American sociology. Significant interest in and concern about social problems brought on by urbanization and industrialization marked this time period. Families were seen as being weak and vulnerable to social influences that would ultimately ruin them. The issue of community breakdown, which was perceived as linked to family vulnerability, was of special importance.

In order to increase the role of the institution of families in all civilizations around the world, it was stated in a seminal work that family aims needed to be realigned with personal ambitions. A few years prior to the formulation of these ideas, Emile Durkheim argued that families, as they had been conceived throughout the Middle Ages in the Western world, were shifting to new configurations that increasingly served the individual and did not serve the group as a whole. Social science treatises on the family started to place more emphasis on the socialization features of families and how families could be used to develop dependable, devoted individuals who would defend societal values[6] . These ideas, which are now more than a century old, should be considered in light of recent family studies. While it may appear on the surface that contemporary arguments (that families are breaking up and people are becoming more and more loyal only to themselves and not the collective) are similar, it is important to note that the social environment in which these conflicts are occurring has changed significantly.

Early family scholars focused on the sociology of Western families, but as anthropology developed, ethnographers showed a growing interest in the many family structures they discovered in far-off lands. But in non-Western contexts, a focus on matrilineality vs. patrilineality, kinship, descent, and marriage forms resulted in very distinct discourses on families. However, Bronislaw Malinowski introduced the functionalist idea that family was the fundamental unit of all societies, historically and cross-culturally, and served to fulfill individuals', especially children's, basic needs. This idea was later adopted by most family scientists.

The study of families began to take off in the 1920s and 1930s, laying the groundwork for the situation we find ourselves in today. A growing interest in the "personal" and the "private" emerged throughout this time. Psychology was a thriving field, and the public's attention was drawn to the ego, the unconscious, and the "unseen." In parallel, family scholars focused on figuring out internal family dynamics to explain why some families appeared to be stronger than others, what variables could be used to explain the stability and instability of marriages, etc. The foundational paper by Ernest W. Burgess, published in 1926, defined the

family as "a unity of interacting personalities" and established the boundaries for current psycho-social research on families. His study inspired other family academics as they focused more on marital adjustment and how people may find fulfillment in being a part of families.

After World War II, there was a minor shift in the number of academics interested in family issues. Strong families were considered as the cornerstone to a strong nation as the issue of national security took center stage. The institution that could develop obedient, devoted citizens was the family. Family academics highlighted the necessity for "normalcy" and complete assimilation to the "American way of life," replete with a strong ideology that promoted early marriage and traditional gender roles as essential elements for the foundation of families. The sociologist Talcott Parsons, one of the most influential figures at the period, had an impact on the study of and theorizing about families with his examination of the function of nuclear (or conjugal) families.

According to him, nuclear families were crucial to industrial nations because of their small size and absence of kinship bonds, which let for greater mobility. It made the important point that the marriage bond between a husband and wife had come to represent the core of family life in the West. He also hinted that familial bonds would erode as the value of the relationship between parents and children diminished. Strong division of work was essential in Parson's interpretation of the modern nuclear family; as a result, the pair that served as both earner and housewife marked an important distinction between sexes. In his description of sex roles, he depicted the man as the "instrumental leader" of the family and the woman as the "expressive leader." He hypothesized that competition between spouses for occupational status would, otherwise, negatively impact the solidarity of the marital relationship [7].

According to the prevalent beliefs of his time, the "natural" biological relationship between mothers and their children was the source of sex roles. Parsons argued from a social structural and functionalist perspective that there would only be two surviving tasks of the modern family: the socialization of children and the "personality stabilization" of adults. Even though they have been challenged and debunked in modern times, several aspects of family literature still reflect his viewpoints. The 1950s are frequently referred to as the "golden age" of the family; images of families in the media and in scholarly works portrayed a situation where families were "stable," characterized by low divorce rates, few single parents raising children, and a small number of children born outside of marriage. The notion that marriage was vital for personal well-being was regularly repeated by psychologists, educators, and journalists. According to people who departed from this norm were invariably labeled as sad or emotionally unwell.

Even in modern scholarship, the orthodox viewpoints from this era still have a surprisingly big impact. Although hidden, these ideals and ideas are frequently included into family-related research questions and analyses to cover up the researchers' innate value orientations. As research and popular books now circulate throughout the entire world, preserving a particular brand of family life and concomitant acceptable behaviors, the impact of these value-laden ideologies transcends Western borders (However, more recent scholarly techniques have refuted the 1950s portrayal of the "ideal" white family with a breadwinner and a homemaker has convincingly argued that the millions of families from that era who did not fit this uniform representation the poor and those with low incomes, African Americans, immigrants, single parents, widows and widowers, to name a few are not taken into account when comparing the so-called 1950s family to the "deteriorating" twenty-first century family. Coontz has also emphasized that, despite a considerable deal of evidence to the contrary, families of that era were viewed as dysfunctional if they did not meet this homogeneous portrayal. A father who worked outside the home for compensation and a stay-at-home woman whose main duties were to her husband and children continued to be viewed as the ideal nuclear family that served as the foundation of substantial scholarly and media portrayals.

These depictions of families rose to popularity in the years following World War II, a time of significant demographic change that pushed white middle-class families to move to the suburbs. African American families relocating northward occupied their homes in urban areas at the same time. The "non ethnic," suburban family replaced the ideal of ethnic kin networks that had typified images of urban life. The "other" forms of families were now viewed with suspicion as abnormal or pathological. Particularly concerning were "ethnics" and immigrants, who carried with them a variety of family customs at contrast with those promoted by academics and the media. The key to effective integration, according to some, was assimilation to American culture. This assimilation was to be attained, at least in part, by socializing families to the middle class ideal, which is typified by a nuclear family with a breadwinner father and a stay-at-home mother.

The civil rights movement, the rise of sexual activity outside of marriage, the Vietnam War, the resurgence of feminism, and a general antiauthoritarian attitude all played a role in the development of new societal viewpoints that emerged in the 1960s. Women with children flocked to the workforce, and the divorce rate began to rise to unheard-of levels it wasn't until the late 1970s that the number of nuclear families affected by divorce started to outnumber those disrupted by death [8]. American families started to vary from the notion of the "typical" family popular in the 1950s and 1960s as divorce rates rose and more moms with children under 18 started working. Ideological shifts were also followed by other major family developments, including a decline in fertility and an increase in cohabitation, as well as the rise of "other" types of families like stepfamilies, female-headed households, and homosexual and lesbian families.

The theoretical convergence that permeated a large portion of family research and writing crumbled by the middle of the 1970s. The academic emphasis on families changed as a result of how the Formal Study of Families affected every element of American life. As the postwar consensus on "ideal" families disintegrated, academics began to question the patriarchal hierarchical paradigm, which had served as the unquestioned foundation for almost all perspectives on families. Interdisciplinary efforts to study family life and composition have become more prevalent, with disciplines as diverse as psychology, home economics, communication, and history leading the way. For instance, historical research on families added a new analytical dimension that called for distinguishing between families and households. This was a significant development in family research since it shifted the emphasis from biologically based relationships to domestic groups (households), which might also include nonrelatives

 On the other hand, families were increasingly thought to include individuals who were not living in the same home. Scholars were able to concentrate on macro-processes like urbanization and migration and their influence on family life by reconceptualizing families and divorcing them from homes. Feminists and scholars of underrepresented groups have joined forces in more recent decades to attack the white, middle-class, breadwinner/homemaker family paradigm that previously dominated the study of families. Marxist feminists used the "traditional" Parsonians family as a focal point for their arguments that this family structure is the most fundamental source of women's oppression. Additionally, they discovered that the unified system of set sex roles, which had been supported by social scientists, favored men while restricting the abilities and freedom of expression of women.

A fresh conversation about families, gender roles, and the function of patriarchy in society was sparked by the disintegration of the "traditional" family and "natural" sex roles. The gendered experience of family life was highlighted by feminist analysis, which also called to light the struggles of oppressed and disadvantaged groups. They also stated that a researcher's values and culture may influence their study, analysis, and the presentation of their findings by emphasizing a post positivist philosophy of science.

Trends in Gender Roles

The rise in the number of women working outside the home, a development that is prevalent throughout the world, has sparked a level of discussion about the proper division of household tasks that has never before been seen. From a historical standpoint, the majority of American women who looked for work outside the home up until the early 1960s were underprivileged and women of color. White women only entered the workforce in their early twenties and left after getting married and having kids. During World War II, there was a brief departure from this pattern as more women were required in the work sector due to a lack of men. However, with the influx of returning GIs, women were urged to resume their household responsibilities.

A new trend that started in the late 1960s saw women join the workforce and continue to do so throughout their childbearing years. The discussion of women's and men's roles has major political overtones in the United States. Even though it predominantly focuses on women's paid employment and the resulting changes to family life, the "family values" discussion is sometimes referred to as such. For instance, according to a well-known academic, "families have lost functions, power, and authority; that familism as a cultural value has diminished; and that people have become less willing to invest time, money, and energy in family life, turning instead to investments in themselves". This particular academic has continued to support the claim that the institution of the family is deteriorating [9]. He contends that in order to strengthen families, we must go back to the traditional arrangement in which one partner works and the other takes care of the children and other dependent family members.

The worry that one family member will become economically vulnerable is something that this family life model does not adequately address, as many households both in the United States and around the world are either dependent on multiple incomes or consist of just one head of household. The idea that women are to blame for the "decay" of societies is implicit in this proposal because their proper function should be as primary caregivers for the house and family. In the West, those who oppose the traditional division of labor within families call for a less hierarchically structured family institution that fosters greater personal development among its members and permits women to pursue career opportunities that are advantageous to both them and society at large [10]. In order to support caregiving and formal labor force participation, societies need to be reorganized to offer larger social benefits, such as appropriate child care, universal health insurance, and flexible work hours.

CONCLUSION

We actually know very little about how people are reacting to these changes, despite the fact that globalization continues to bring people together in new kinds of connections, communities, and social groups that were unimaginable even one or two decades ago. Both in the West and in other parts of the world, there are still many undiscovered facets of family life. Extending theoretical frameworks and understandings of family dynamics, for instance, requires delving into real cross-cultural experiences of marriage, parenthood, singlehood, aging, intergenerational relationships, same-sex couples, and childhood in order to start understanding how these social processes interact with globalizing forces.

The impact of communication technology on family life, and particularly the lives of international families, is poorly understood. Additionally, study must be focused on comprehending the connection between markets, economics, and family life. What causes people to enter and exit the work force at various points in their lives? What effects does the market economy have on the family economy, and vice versa? How, in the context of migration issues, are fertility rates in the industrialized and developing worlds related to one another? The function of multiculturalism in the area of the family should also be of attention. New ideas about families, gender roles, childhood, and aging are introduced and discussed as civilizations become more varied. As members of various organizations engage with one another, new relationships based on similar

interests or proximity may develop. We need to understand how this expanding diversity is assimilated, interpreted, and utilized in the context of families.

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CHAPTER 4

FAMILY SOCIAL STRENGTH: THE IMPACT OF DECISION-MAKING AND VALUE OF FAMILY TRANSACTION WITH ENVIRONMENT

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ABSTRACT:

Family interactions and the environment are favorably connected with family social strength. This study sought to investigate how families interact with their surroundings and make decisions in order to strengthen their social bonds. 120 intact families with children under the age of five were included in the study using a cross-sectional design, and they were chosen via stratified disproportional random sampling according to where they lived (FP village or non-FP village) in Village Muara, Pasirjaya, West Bogor. According to the analysis, family social strength was positively connected with the wife's education, her ability to make decisions, and the value of family transactions, but it was adversely correlated with the size of the family and the number of children. The results of the regression tests revealed that while the number of children had a negative impact on family social strength, decision-making and the value of family transactions did not. The regression analyses revealed that decision-making and transaction value had a favorable impact on family social strength both with and without family characteristics. Contrarily, family traits related to the number of children, whether or not they included the decision-making and transaction value dimensions, consistently had a negative impact on the family's social strength.

KEYWORDS:

Family Decision-Making, Family Interactions, Family Social Strength, Family Transactions, Regression Analysis.

INTRODUCTION

According to the Indonesian Information and Communication Technology (ICT) Development Index, in 2016 there was a 0.46 percent growth in the digital divide and ICT establishment levels. Rapid technological advancement causes societal transformation and emphasizes the need to reinforce the family. Family strength is crucial since it is where people go to learn new skills and interact with others in order to achieve the ideal level of wellbeing. The family's capacity to control its own resources and deal with issues is key. It highlights the necessity for families to use common practices and behaviors while obtaining information from technical and social factors in order to achieve the desired strength. A nation's progress will be based on how strong its families are [1]. One of the elements of family strength is social strength. It is the power of the family that encourages growth in dealing with family issues and in maintaining connections and commitments, goal-setting, effective communication, division and acceptance of responsibilities, and the practice of religious principles.

In general, the family interacts with a variety of environments and is a part of the living systems. In order to fulfill its obligations and play its parts in the social context, the family engages in a variety of interactions with the environment. According to findings, social support in the community has an impact on the social strength of the family. It demonstrates the necessity for families to create a setting that will allow their children to lead fulfilling lives.

The relationship between families and their varied surroundings is examined in family ecology. The family's interactions with the environment become a means of ensuring the wellbeing of all of its members. The family transaction model includes four processes: acceptance or perception, spacing, valuation, and decision-making. In order to understand the family's activities and the significance of the environmental information they get, this research looks at decision-making and transaction value. As a reflection of family perceptions, wants, and values as well as family interaction patterns, decision-making becomes an integral component of life (claim that daily family decision-making is done in order to accomplish life goals and as a part of family coping mechanisms. In order to build social strength, family members make decisions that are external to the environment. A key idea in the family decision-making process is the value of interactions between the family and the environment. Value as factors influencing how knowledge is used to make decisions in daily life. Additionally, a value serves as a foundation for families to survive in the face of challenges and vulnerabilities. Values serve as the cornerstone of each family member's existence in order to produce successful and high-caliber people [2]. As a result, this study's objectives are to: (1) identify the features of families,

Decision-making, family transaction values with its environment, and family social strength; and (2) examine the impact of family characteristics, decision-making, and family transaction values with its environment on family social strength. This study's collective methodology was based on a cross-sectional study on "Internal Interactions and External Family Transactions Relating to Child Development and Family Well-being." The Pasirjaya Subdistrict in West Bogor, West Java, where the study was conducted, was specifically chosen because of the area's dense population. Subdistrict is a model community that FP specifically mentions in the Bogor region [3].

Data was gathered in 2018 between March and April. 120 families with toddlers made up the study's sample. Given that the family's stage plays a significant influence in creating an environment that is suitable for a child's growth, families with children under the age of five (1 to 5 years old) were selected. Disproportionate stratified random sampling was employed as the sample method. The key control mechanism in a family is decision-making, which necessitates contact with the surroundings. An individual's view of what is right and wrong, good and bad, over interests, determines the transaction value (important-not important). The importance of the family system comprehends a component that is inextricably linked to family strength.

The ability of a family to handle non-material resources, a good coping mechanism, orientation towards religious beliefs, effective communication, and constant upkeep of social relationships are all examples of family social strength. With a Cronbach's alpha of 0.779, decision-making questionnaire was designed utilizing 19 statements that included economic and social community elements. Using 20 statements made up of community cohesion, social capital, social strength, obedient, caring, attention, and protective dimensions, the family transaction values questionnaire with its surroundings was adapted [4].

The self-esteem and social life elements of the social security questionnaire, which has 10 items and a Cronbach's alpha of 0.697. The decision-making and family social strength variables each have four response options (0 = never, 1 = occasionally, 2 = frequently, and 3 = always). The semantic scale 1–7 (intensity from lowest to highest) is used to scale the replies to the transaction value question. Based on Walsh (2002), the study's findings were divided into three categories: low (0–33.3), moderate (33.4-66.7), and high (66.8–100).

Microsoft Excel for Windows and SPSS 22 for Windows were used to analyze the data. Standard deviation, maximum and minimum values, and mean are all descriptively analysed. Correlation and a test for linear regression were used in inference analyses. The association between family traits, decision-making, family transaction value with its surroundings, and family social strength was examined using a correlation test [5]. The impact of family traits, decision-making processes, and family transaction value with the environment on family social strength was examined using regression testing.

DISCUSSION

As a reflection of the well-functioning of family ecosystems, family social strength can be optimally attained by an endeavor to establish the finest possible family interactions with its environment. Because family social strength had not been at its best, which is thought to have contributed to family participation in the society, the results indicated that the family social strength was classified as being moderate. Strong intercommunity ties are associated with good family social strength, noted that information technology is a way to create space for interaction with people who are much closer, families can help to boost networking with its environment. The current development of technology and information can make families stronger in their relationships with their environment [6].

The statement that families are delighted to communicate with their neighbors in order to foster positive relationships and to further the family is the highest indication of the dimension of social spirit in family social strength. Shown that the relationship between stress and hardiness will be mediated by social support. social support, knowledge exchange, and getting to know others of different ages in the surroundings might lessen the stress that a family experiences. These findings demonstrate how social strength can support families in coping with vulnerabilities that arise at every developmental stage. To achieve psychological balance in the face of life's dynamics, family social strength becomes a beneficial development. The statement demonstrates how little family engages in social activities outside of the home in terms of social spirit. These findings are consistent with the importance of family interactions in the family social strength component, which indicates that family involvement in community activities is low.

These outcomes are assumed to be the result of a number of variables, including home childcare and work that cannot be avoided. Additionally, it is believed that these findings support a moderate level of categorical social strength. With family comments believing that the environment will help address difficulties, the self-respect dimension for family social strength is the lowest dimension. When there is a relationship between a person or group and the community environment, the degree of trust may be seen from the level of a person's beliefs, agreements, and consistent acts.

Decision-making and the importance of family interactions with their surroundings are two indicators of social strength. Family values can affect decision-making to satisfy needs and aspirations in order to achieve prosperity. This is due to the dependence on family members. The correlation's findings also indicate that the social strength of the family increases with the wife's educational level. According to these outcomes, an educated wife would find it simpler to socialize and make positive contributions to their community. This outcome is consistent with research done in 2014 by Fatwa, which found that better family welfare can result from higher education for spouses. Regression analysis shows that the value of family interactions with the outside world significantly improves family social strength. Families that continue to value things like being a source of joy, solace, and quiet as well as a place to share happiness and sadness form the cornerstone of how a family interacts with its surroundings [7].

According to Study, family decision-making with the environment is a process of family interaction that reflects and shapes patterns of power, authority, communication, and conflict in the family itself. According to the study, allowing children to play in the environment without regard to socioeconomic standing falls within the medium category of family decision-making with its environment, which makes the strongest statement. These findings are consistent with Lestari's research, which found that through interacting with their surroundings, kids can learn information and skills that would help them develop to the fullest extent possible.

These findings were confirmed a substantial connection between active kids and a safe neighborhood. The aspect of family decision-making with the lowest achievement is the economic one. Less than a quarter of

the families participated in the sale of the villagers' creations, and only a quarter of the households worked with the environment to increase their income, according to the data. Observed that neighboring support in the form of information and assistance among wives was still insufficient, including exchanging ideas and assisting with neighborhood or environmental issues. Better decisions are made by family members together in the areas of education, health, strategies for meeting needs, family needs, and social societies, claim. According to the study's findings, boosting economic function through family decision-making was still not ideal. According to coping mechanisms and economic strain both have an impact on family strength. The family's poor economic decision-making is assumed to be influenced by the low levels of mutual faith in the transaction's value [8] . In fact, social issues including economic and social vulnerability are impacted by low levels of mutual trust in society.

However, the most important claim in the economic context is that using family planning methods will help the KB village come into being. The value of family transactions, specifically mutual attention and protecting the children who are high on the dimensions of attention and protection, is assumed to have an impact on the presence of family participation in relation to the use of family planning devices. The correlation finding indicates that family size is inversely correlated with social strength, indicating that the FP program was successful. In addition, family and societal. The results of the regression analysis, indicate that family decision-making has a favorable influence on strength.

Social strength is made up of system beliefs, family organizational patterns, and communication mechanisms where decisions are made to further the interests of the family. The atmosphere that includes caring and committed relationships is a good fit for families that run smoothly and kids who grow and develop healthily. A family's social power may decrease when they have more children. Families with multiple toddlers are more likely to stay home to care for the kids, which means that they engage in social activities with their surroundings less frequently. According to study there are still a lot of families that are hesitant to actively participate in association activities because they would rather concentrate on raising their families and raising their children. It is also well known that the statement protecting children has a high category in terms of transaction value. This is thought to be the reason families prefer to care for their children at home rather than participating in outdoor social activities.

An individual's view of the interests (important-not important) between family and environment determines the family's transaction value with its environment. The importance of family life is transformed into a planned procedure for the interpersonal relationships among family members. The study's findings indicate that family interactions with their surroundings are highly valued [9]. With remarks showing concern for environmental purity, the caring dimension is at its highest.

The social dimension of family environmental decision-making is reinforced by statements that help preserve a comparatively good level of environmental cleanliness. These findings, which are in accordance with those of demonstrate that local residents are concerned about factors like cleanliness, comfort, and attractiveness of the environment. This is intended to be built on knowledge of and care for resources that can ensure the welfare of every citizen. More than 50% of the community possesses excellent character traits like sensitivity to the village's development and cooperation with the environment. The lowest component of transaction value is social capital, which is expressed as profound confidence in citizens and great cooperation which found that despite high levels of community trust, such as in helping one another, there are still people who have low levels of trust in matters of money, information obtained, and conversations that occasionally deviate from reality. Families' belief that the environment will assist solve difficulties is consistent with the results of the lowest index average of social strength, which is the dimensions of social capital. According to estimates, the family's lack of trust in the neighbors makes them hesitant to seek their help when an issue arises. Despite the fact that there are underlying principles, trust is the cornerstone of human interaction and

the development of positive relationships with the environment. In a social setting, claims that communication, relationship maintenance, and cooperation all depend on trust.

The transaction value, on the other hand, demonstrates the highest declaration is obedience to religious values and teachings as the cornerstone of life, as well as the social strength of the family as an obedient family to worship. These findings demonstrate that families engage in religious activity as evidenced by family members who uphold religious principles and engage in religious activities in accordance with the Strategic Plan's reference to the empowerment of eight family roles. The application of religious values to shape children's behavior in socialize with the environment as well as being a force for families to play their crucial role in parenting can be done to internalize ethical values in the family.

Family ecology, in which there is a reciprocal relationship between family and environment, includes family interactions with its environment. A family environment is a setting where families engage in interaction to find competent and reliable people for daily life [10]. Family social strength will increase as decision-making and the worth of family transactions improve in a terrific setting. A family-friendly environment can be created thanks to the neighborhood's strong family social fabric. The development of family-friendly locations is a development effort made by several parties, both government and non-government, and it contributes to the region's high environmental capacity and natural carrying capacity. This is being done in an effort to realize families that can effectively fulfill their tasks as well as a neighborhood environment that is safe, successful, and harmonious for the development of human resources.

CONCLUSION

The findings indicated that the majority of married couples were young adults (18 to 40 years old). Making decisions as a family in a medium-sized environment. The majority of respondents said that parents should let kids play in the surroundings and teach them not to differentiate between social classes. The aspect of caring for the statement of paying attention and protecting the kid is the value of family interactions with its environment in the high category with the highest success.

The family social spirit is the dimension of social spirit in the statement that the family likes to connect with neighbors establishes excellent relations and has the lowest achievement, while the family social strength of the middle category has the highest achievement. The four models of a regression test consistently demonstrate that the importance of transactions and decision-making has a beneficial impact on family social strength, both with and without family characteristics. Family social strength is constantly impacted negatively by the family features of the number of children, including both those who have and do not have the transaction value and decision-making aspects.

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CHAPTER 5

GUIDE FOR FAMILY RESOURCES AND SUPPORT: A DETAILED ANALYSIS

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ABSTRACT:

A collection of resources called the Support Guide systematically encourages the use of resource-based intervention techniques. The focus of the manual is on locating and enacting formal and informal services and resources that assist people and families in achieving their goals. This manual marks a change from more conventional help-giving methods, which involve practitioners determining the resources that will be used to address family needs. The Family Resource Support Guide encourages individuals and families to take the initiative in locating, mobilizing, and evaluating resources in order to increase their capacity to fulfill their own needs. Supporting families in addressing their needs is a crucial component of early intervention. Families are less able to concentrate on promoting their children's learning and development when they are under stress as a result of not having enough time, energy, or resources to address their fundamental requirements. Practitioners who work with families dealing with multiple stressors benefit from using evidence-based practices to support and assist the family in ways that increase their capacity to better meet their goals and priorities in the present and the future. The three-part Family Resource Support Guide is designed for use by service coordinators, early interventionists, family support specialists, and other practitioners who deal with families. When used consistently, this methodical approach is intended to encourage the adoption of capacity-building strategies, which will develop and sustain parent competence and confidence.

KEYWORDS:

INTRODUCTION

A strengths-based intervention technique called resource mapping entails rigorously evaluating one's assets or resources, both formal and informal, in order to achieve one's prioritized goals. Resource mapping makes the underlying assumption that there are many resources and possibilities available to families and communities, and that families can develop a sense of this riches by reflecting on all the available and potential resources. Contrary to what many family support workers and early interventionists are used to doing, this strengths-based approach is being used. Many caregivers have been trained on the assumption that some families don't have many assets or strengths. Instead of concentrating on the family's strengths and skills to foster empowerment and self-sufficiency, practitioners instead concentrate attention to what is not working well in an effort to solve the family's shortcomings [1]. This notion frequently leads professionals to act on behalf of families rather than fostering their capacity to make changes for themselves, depriving families of chances to become stronger and more capable on their own.

How resources are found and evaluated affects the family's ability to continue to support its members' needs and priorities in the future. The way in which resources are mobilized is a key factor in determining whether or not people are empowered, not merely whether issues are solved or needs are met immediately For three

reasons, it is essential to this process that families, not practitioners, select the required resources. First, when it comes to who makes up a family's informal support network and what it has to give, practitioners are less informed than families. Second, the practitioner's job is to lead the family through a process that they may absorb and repeat in the future, not to provide them a list of prefabricated fixes. Third, the family's participation in the process empowers them and increases the likelihood that they will accept the solutions, carry out the plan, and possess the confidence and skills necessary to deal with similar levels of adversity in the future.

The maintenance and promotion of family functioning depends on both formal and informal resources Family, friends, neighbors, acquaintances from a support group, members of a club or organization the family belongs to, etc. are examples of informal resources. These resources include a give-and-take between the family and others, are reciprocal, and are renewable. By utilizing these resources, the family's natural support system is strengthened. Community and civic groups, agencies, and institutions are examples of formal resources and supports [2]. Formal resources often involve providing a service or resource without expecting anything in return. Formal resources and services are seen as reliable since they are provided in a systematic and predictable manner. They frequently offer services and supports that are not offered by families and friends, and they can be a crucial part of a family's support system Resource Mobilization and Evaluation

Mobilizing is the process of putting together a resource or support and bringing it into action, and using resource-based intervention approaches helps families and professionals come up with a shared plan for doing so. Practitioners may need to help families so they have the necessary abilities and information to seek a resource or support [3]. After utilizing a resource, the family and the practitioner discuss its value and usefulness to decide whether it satisfied the family's needs or if additional assistance were required. Joint planning is an agreement between the practitioner and family regarding the steps that will be taken by each party and when they will be taken. The joint plan outlines the resource mobilization procedure as well as the standards for determining if a resource or support was successful. Joint plans that are created by the person or family rather than the practitioner are the most successful. According to Rappaport (1981), there is a widespread view in the social service and medical industries that it is the job of professionals to take care of all of the family's problems, which creates a sense of alienation and a loss of control over one's life.

Families are disempowered by this trend, which also helps to foster a culture of helplessness. Practitioners must enable families to manage life events effectively by giving them the tools they need to do so independently of professionals or systems and with competence and confidence [4]. This is accomplished, in part, by giving families the chance to actively engage in mobilizing the resources and supports necessary to achieve their objectives (i.e., designing and putting into action a plan of action. The family is engaged and strengthened when the practitioner focuses on enhancing the family's strengths by supporting the joint planning process and valuing the family's plan. Individuals are more likely to develop new skills, hone their existing ones, and become more confident starting and carrying out actions to address their priorities and goals the more actively they engage in reaching desired outcomes When people take ownership of and participate in the creation and implementation of strategies to achieve desired results, their personal capacity is strengthened. People are more inclined to credit their own abilities and efforts for their results when they accept responsibility for reaching desired goals [5]. Self-attributions or self-efficacy beliefs can be motivating, which can lead to a self-sustaining cycle of confidence and support a person's capacity to keep developing their competence to achieve the set goals.

DISCUSSION

The practitioner initially helps the family reflect on the current and possible informal resources that make up the family's particular network of supports in order to determine the entire range of formal and informal resources and supports that are accessible to specific families. The practitioner then asks the family to

consider the official resources that are accessible in their neighborhood, such as programs, agencies, foundations, and organizations that offer services to satisfy their prioritized needs. The Family Resource Support Guide offers a list of reflective questions that the practitioner can use to help families identify the variety of resources they have at their disposal, starting with their own informal support system and moving on to community, county, and state resources [6]. Even materials that the family thinks they won't use should be listed because they could be useful. Since family situations can change and resources that initially seem doubtful may become crucial factors in the future, it is crucial to keep track of all available resources. The practitioner also helps the family reflect on the formal resources that now make up their support network, such as organizations or agencies that offer particular services. Even if the family is not currently qualified for some of the services, the practitioner nonetheless needs to list these resources. Different resources on the map are taken into account in light of how a family's circumstances vary.

The practitioner helps the family evaluate and rank their alternatives after listing all of the available and possible resources. Some resources will need to be used before others, and some have prices that must be weighed against any prospective benefits. These costs might be monetary, psychological, or emotional. Other factors to take into account include the family's comfort level in using a resource, knowledge, talent, or expertise with a certain resource, and the resource's perceived usefulness and availability. The family may benefit from the advice of practitioners as they consider the possible value while keeping in mind that each family's prioritization process is unique.

Practitioners should avoid directing families to particular services or interpreting a family's priorities as a lack of motivation to take action to improve themselves. Professionals ask probing questions to guide family members in thinking about the resources that will be most helpful given their current situation, how and when to put their suggested actions into action, and how to evaluate the value of the resources and the problem-solving approach the family used to develop the plan. In the preceding instance, the family discovered a number of informal and official services for reputable child care. The father's aunt, who resides in the same apartment building and looks after her own young children, child care voucher applications to pay for private child care programs, and applications to the neighborhood Early Head Start program were among the resources [7]. This family decided not to ask the aunt at the time because they believed the emotional cost of doing so did not outweigh the potential benefit for the family. This family thought that the aunt didn't like the mother's parenting. The amount of effort required to mend the connection was greater than what the family was currently prepared to provide. As a backup plan, the family made the decision to submit an application to the neighborhood Early Head Start program as well as the child care voucher program.

Resource Mobilization and Evaluation

The chance to help the family create a plan for utilizing the listed resources is presented in the third section of the Family Resource Support Guide. The plan may contain the resources the family decides to use, the skills the family members wish to acquire in order to use or access a particular resource, the types of knowledge the family wishes to acquire, and the methods for doing so. The strategy might identify chances for role-playing, opportunities to practice or learn new abilities, and other acts the family thinks are crucial to achieving the desired goal. The family owns the plan, which they also created, and both the family and the practitioner approve of it. The action plan should outline who will be in charge of carrying out each task, as well as when the family wants the practitioner to check in and help assess the plan's success. It should also include a schedule. Additionally, there is room in the plan to assess the resource and take into account how well it would aid the family in achieving their top priority.

Early childhood intervention and family support practices that rely on resources have been shown to improve parenting competence and confidence, children's developmental outcomes, family member satisfaction with resource provision, parent and family well-being, and community capacity to serve children and families'

needs. The Family Resource Support Guide offers direction and structure to make it simple to put these ideas into reality.

Families are more likely to internalize the steps of the process and start putting the strategies into practice when new issues appear when they repeatedly engage in the processes of defining priorities, mapping resources, and mobilizing resources and supports. When working with families who are suffering high levels of stress and/or poverty, the Family Resource Support Guide is especially helpful. The methodical approach outlined in the Guide will be useful to Head Start and Early Head Start family support workers in creating family partnership agreements that engage and empower families to set and achieve their goals. When offering systematic family support that helps families get over crises that can overwhelm them and concentrate on promoting the learning and development of their children, Early Intervention staff members may use the Guide. When working with families who are enduring toxic stress and/or are in danger of having their children removed from the house, family support workers can also consult the Guide. The Guide makes sure that families are in charge of designing, are accountable for revising, complying with, and reviewing the action plan, and helps them systematically determine their highest needs for support [8].

Many families that are used to receiving support might not be used to practicing empowerment and capacity-building behaviors. Some families could find it difficult to understand, appear suspicious of, or be unresponsive to the chances to reflect and take the initiative in locating and organizing resources as well as building the family support plan. Implementing resource-based intervention techniques requires practice, just like any other process, in order to internalize the stages and comprehend the advantages of the practices and procedures the family engaged in. When families participate in the process, they are more likely to enjoy family well-being, happy parent-child interactions, chances to learn from and have an impact on their community, stronger peer connections, and a wider network of resources.

Using human resources effectively is essential for every endeavor. Through education and personal growth, these resources can be developed. For instance, you can learn about any subject or task, and you can learn skills that will help you build aptitude. Let's read more in-depth about human resources.

(a) Knowledge is the first requirement for doing any task properly. It is a resource that is used throughout one's life. A cook must be familiar with how to use a chullah or cooking gas before beginning to prepare food. A teacher cannot be an effective instructor if they do not fully understand their subject. A person must be willing to learn new things throughout their life.

(b) There is a proverb that goes, "Where there is a will, there is a way." This is what motivates or interests me. This implies that a worker must be motivated and interested in the task at hand in order to complete it. For instance, even when additional resources are accessible, a student who is not interested in learning a task may still make excuses and not complete it. Depending on our motivation, we might engage in hobbies like dance, painting, reading literature, art and craft, and more.

(c) Skills, Strength, and Aptitude: Not every person has the necessary skills to accomplish every task. Every single one of us has specific skills. As a result, we are better able to complete tasks in these areas than in others. For instance, depending on the expertise of the cook, pickles and chutney made by various people will taste differently. However, study and training might help us develop the talents we lack.

(d) Time is a resource that each person has access to equally. There are 24 hours in a day, and each person uses them in their own unique way. Once time is lost, it cannot be gained. It is the most valuable resource as a result. Achieving the goal and controlling time throughout a given timeframe are highly crucial. To complete the intended goal, we must continually plan and be ready to make use of the time that is available. Work, non-work, relaxation, and leisure time are the three dimensions in which time can be thought of. In order to achieve our goals, we must learn to balance time among these three

aspects. Learning to balance all three aspects of oneself makes a person more mentally sharp, emotionally powerful, and physically fit [9].

You should be aware of the times of day when you are most productive so that you may make efficient use of this priceless resource to reach your objectives. The family is the fundamental building block of society and the basis of each person's life. Marriage and childbirth are the two primary determinants of family formation. The family has a number of traits, including universality, emotional foundation, small size, nuclear position in social structure, social norms, and permanent and transient nature. The family performs a wide range of functions, including regulation of sexual behavior, reproduction, economic cooperation, education, affection, protection, emotional support, and social status. As such, family members are expected to give their all to each other's well-being. Family members take care of one's upbringing, instilling suitable beliefs, standards, and cultural qualities, as well as meeting their health and medical needs. Individuals' professional and social obligations are mostly focused on their families. In order to provide for himself and his family, a person works and earns money.

Industrialization, urbanization, Western culture, modern education, discipline, conflicts and disagreements, and financial situation are the main causes of changes inside the family. These variables have affected the family in a variety of ways, including how it is structured, how it lives, how it is regarded in the community, how family members interact both within and outside the home, and how one's professional chances are improved. There are a few things that need to be considered in order to improve one's living circumstances. These include effective interpersonal communication, understanding one's obligations to one's home and family, performing well at one's job, whether it be in education or employment, and developing conflict resolution strategies. The senior members of the family should always be respected, their wealth and financial support should be received when they are willing, and verbal and physical abuse should never occur. India's family structure is seen as being robust, adaptable, solid, and long-lasting [10]. Families there prepare meals together, eat food cooked at one communal hearth, share an income and property, are tied to one another through kinship ties, and worship the same idols. Families are seen as the foundation of society, which has helped to keep Indian society and culture stable. As a result, there is a direct link between families and society. Family members' rights, capacities, and obligations must be fully understood.

CONCLUSION

Increased access to community resources increased capacity for self-help among individuals, families, and communities the capacity for individuals to develop resource-exchange networks parental satisfaction, and other advantages can all be attributed to the use of tools and practices that empower and engage families to take control of identifying and mobilizing resources and supports to meet the needs they prioritize. For families to succeed, the way in which assistance is given matters. In order to successfully identify and mobilize resources and supports to meet the family's identified priorities, practitioners and families can use the Family Resource Support Guide, which offers a capacity-building process.

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CHAPTER 6

COMMUNITY AND FAMILY:
AN INDIVISIBLE UNIT

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ABSTRACT:

In the discipline of sociology, the subject of family and society is significant. This research paper's major goal is to comprehend the importance of family and society. One of the most significant social groups for both an individual and society is their family. Everyone in this world belongs to at least one family. Even though there have been many people who are fully single and have no direct family, in these situations, the people either have distant relatives or develop a social network of friends. The two main causes that cause families to grow are marriage and birth; occasionally, a family may have a large number of relatives from many generations. Family is the center of the person's existence, around which everything revolves. Families and society are closely related since families are the basic building blocks of society and households make up the majority of families and households. A person spends the morning with his or her family, leaves the house to do professional and social activities, and then returns home to spend the remainder of the day with the family. His family members give him access to all the fundamental elements that support personal growth and development, such as education, training, cultures, norms, values, the creation of a successful profession, and work prospects. The sociological importance of the family, its traits, its roles, the causes of changes within the family, and the interaction between the family and society are the primary topics that are taken into account in this research paper.

KEYWORDS:

Food Selection, Joint Families, Nuclear Family, World Family Organization, Socialization.

INTRODUCTION

A core unit of society and the social structure, the family can have many different definitions from time to time and from culture to culture. A society's definition of the family as its fundamental unit and the obligations it places on families are by no means constant. The nuclear family, which consists solely of parents and children, has been the subject of much recent controversy, yet it is by no means a universal concept. The nuclear family system has been prevalent in society, but most of the time, when children marry and remain with their parents, nuclear families give rise to joint families. The Indian Family System notes that in pre-industrial communities, familial ties bind a person to both the family of orientation, into which they are born, and the family of procreation, which they create at marriage and which frequently includes their spouse's family [1].

The nuclear family can also grow by adding more than one spouse, sharing a home with two or more married couples and their kids, or with several generations that are linked by either a male or female line. This is referred to as the extended family and is widespread around the world, though not just in pastoral and agricultural economies. The fundamental roles of the family are reproductive, economic, social, and educational in character; the child initially becomes familiar with his group's culture through his kin (as defined in many ways It is crucial to comprehend the social importance of the family in society. It is thought to serve as the cornerstone of human society. Because relationships between men, women, and children can

only be forged within the context of family, the family plays a significant role in the development of human society. Within their family, they pick up the diverse cultures, customs, and values that people must adhere to in order to be effective community members. For instance, a person's parents may teach him to always interact with people politely and to always treat others with kindness, respect, and civility. He can only effectively apply these principles inside society once he comprehends them in his family (Family, n.d.).

An individual belongs to two different kinds of families: the family of orientation, which includes his parents and siblings, and the family of procreation, which includes his spouse and offspring. A person's family is a crucial factor in his or her ability to lead a successful life. An individual's family members contribute for the acquisition of good educational credentials, employment prospects, values, norms, cultural traits, and settling. The basic unit of social organization is thought to be the family. Families are social units that exist in all societies; as a result, the concept of a family is shared by all cultures. The major explanation for the family's universality, which is important to comprehend, is that families carry out many essential duties for both individuals and society. Family is a unit through which a person becomes familiar with these activities since the biological, economic, social, and psychological functions are crucial for an individual's survival and are carried out by the family as a result, making them necessary for everyone. Family members are emotionally bonded to one another; as a result, they give each other all of their love, care, and protection and are constantly ready to make sacrifices for one another's well-being [2].

Making connections and communicating with other people, such as teachers, fellow students, supervisors, coworkers, employers, friends, neighbors, and other members of the community, is constantly vital for an individual's life. The family members always have an impact on a person's dealings, workings, and interactions with these people; the family teaches, directs, and guides a person on how to interact with the outside world.

Limited Size

Although the sizes of the families vary, they are typically small. A family typically consists of a husband, a wife, and any unmarried kids. The average home has one, two, or more children, however this number might vary. When there are male children in the home, they grow up, get married, and start their own families. As a result, the nuclear family system transforms into the joint family system. Grandparents, parents, aunts, uncles, cousins, and siblings all live under one roof as part of the joint family arrangement. The joint family system has become less prevalent in the modern world. Family is viewed as the basic, nuclear, and fundamental unit of all social groupings, holding the nuclear position in the social structure. The family is the most important unit in any community or culture, and it occupies the central place in the social hierarchy. Every person's family is considered to be the unit that occupies the nuclear position within the social structure, regardless of whether they live in an urban or a distant rural location. Through his family, a person learns how to establish enduring social bonds and gains awareness of the idea of brotherhood.

Social Rules

There are some social rules and standards that a person must follow when he interacts and maintains connections with his family members. A person should constantly respect and admire his or her parents and obey them. In the course of socialization, family members are taught how to adhere to social standards and traditions [3]. Family members must abide by certain social and legal rules when interacting with their spouses, kids, and siblings. A family's breakdown may result from a lack of social norms. Nature: Permanent and Temporary. The family is a timeless and universal institution, but it has both a permanent and transient aspect. When a husband and wife are together, the institution of the family endures. After their separation or passing, the institution survives through their children, the sons and daughters, who carry on the family name and tradition as the cycle goes on. The family cycle's continuity suggests that it has a permanent nature, yet

circumstances like separation and death suggest that it is only transient. The following list summarizes the numerous roles that families play.

Regulation of Sexual Behavior

An individual is given information and insight about the regulation of sexual behavior within his family. In this sense, it necessitates the conclusion that while there is no society or community to direct sexual behavior, there are a number of written and unwritten regulations and customs that prohibit particular sexual behaviors. In the majority of countries, certain religious beliefs, values, and customs have an impact on sexual behavior .The second purpose that the family serves in society is reproduction [4]. Each culture needs a younger generation to replace the older ones in order to advance. A society does not just arise through migration, requests from other societies, or subjugation of those societies. If there is no reproduction, the society will simply vanish if this happens.

Economic Cooperation

Within the family, this function is crucial. In a traditional culture, the family is the fundamental unit of economic organization. In terms of economic cooperation, the family's primary goal is to provide for its members' basic needs, including those for food, clothes, housing, and health care as well as for their comfort and financial demands. The economic responsibilities of the family have been taken up by other social institutions in today's modern cultures.

Education

People from different origins, regions, and groups have come to understand the importance of education [5]. Whether a person has basic literacy abilities in reading, writing, and mathematics or has received a high education. A person receives his or her education through his or her family; parents work hard to enroll their kids in schools and universities and to further their education.

DISCUSSION

The following factors, which have been listed as follows, have had an impact on the family's changes: Family - Both urban and rural areas of India have experienced an increase in industry. As a result of industrialization, families have undergone significant upheaval, with many moving from rural to urban areas in quest of employment possibilities. Additionally, people enroll in training programs to improve their literacy and other abilities so they can work in both large- and small-scale companies. Giving those who are living in poverty employment chances would improve their living circumstances.

Urbanization

Urbanization is the growth of large cities, and as cities have grown, so have people's understanding of how to maintain a family-centered culture. The effects of urbanization have resulted in significant changes. People's lifestyles have altered; for example, instead of using stoves to prepare meals, people now utilize gas cylinders. People from disadvantaged social groups have significantly improved their living conditions and increased their awareness and understanding of a variety of topics.

Western Culture

Because managing large families is typically challenging, nuclear families are increasingly replacing joint families as a result of western culture. The rise of nuclear families can be attributed to the difficulty of managing large families when the income is insufficient. The number of nuclear families has increased, which has changed how family members and other community members interact with one another. The habits of

the people have altered as a result of the influence of western culture, and they are now familiar with digital technology and other cutting-edge practices [6].

Modern Education

The field of education has undergone significant growth. Technology has been used in classrooms, and students in higher education use computers and technology to complete their assignments. To support their way of life, people from underprivileged and socioeconomically disadvantaged groups in society are enrolling in educational institutions as well. Therefore, obtaining a contemporary education has greatly aided in enhancing people's lives and bringing about improvements inside families.

Discipline

It's crucial to uphold discipline in both nuclear and blended homes. A person needs to keep up with their relationships with their parents, siblings, grandparents, aunts, uncles, cousins, and other family members. The development of discipline, self-control, regulation, and compliance are crucial for maintaining all types of relationships. Discipline is a factor that must always be addressed because in the absence of these elements, relationships may suffer negatively.

Conflicts and arguments

Conflicts and arguments of any form inside the family are always damaging to its continuation. Because of the varying points of view, there are frequently disagreements and confrontations between people of older and younger generations. Conflicts and disagreements have decreased people's discipline and commitment to one another. Conflicts and disagreements can sometimes make it difficult for family members to communicate with one another and even cause the family to break apart.

Financial Situation

Every person aspires to improve his or her family's standard of living. It is believed that having adequate finances will significantly enhance living conditions. Finances have helped bring about changes within the family because the majority of people pursue education with the goal of landing a good career that will enhance their financial situation. People can fulfill all of their basic wants and requirements as well as other needs and requirements if they have enough money. Arrangement of Families in Society Families and society are closely related to one another; families are considered to be the fundamental building blocks of society; and societies are made up of numerous families. In order to handle societal obligations and other difficulties, families should have a certain set of qualities. All key choices must be made by the head of the family. When he wants advice or ideas, he typically consults with other family members, but the final decision-making power rests with him. People from various backgrounds, statuses, faiths, ethnicities, and castes make up a society. In society, there are certain people who work in minority jobs and live in slums; as a result, actions are taken to improve their circumstances and promote their wellbeing. Marriage is one of the oldest and most well-established social institutions and is recognized as the institution that creates the family.

The majority of individuals believe that the foundational components of human development and social cohesion are social institutions. The importance assigned to the two institutions in this regard largely depends on the observer's point of view. Marriage is a partnership between not just two people but also two families when mating occurs between two families and is acknowledged publically [7]. Families can split apart for a variety of reasons, including marital problems, so it's critical that people make an effort to have solid, productive communication relationships with their family members. If the various ideological stances are at odds with one another, discussing marriage and family issues may be a useful way to start a conversation about the things that people have in common as well as the things that can cause them to fall apart. The family is the fundamental building block of society, and its progress depends on strengthening it (World Family

Organization, Families that are tiny in size and have few members are reliant on the community and the rest of society to provide their needs in these situations. When a family just has one parent and one child, it is difficult for them to take care of all of their needs on their own. In these situations, the parent and the child are dependent on society. Effective communication and the absence of conflicts among them are regarded as being essential for producing a relationship between the family and society that is well-organized.

Family's Function in Socialization

If you remember, we looked at the function that families play in socialization in the prior section. The family is the primary socializing institution in all cultures. The extent of interaction that babies encounter is by no means universal across nations because family systems differ greatly. In most cases, the mother is the most significant person in a child's early years. However, the way in which moms and their kids interact with one another can have an impact on the type of relationships that develop between them. However, it is still true that in Indian society, the mother and family play a crucial part in a child's socialization and personality development.

The first social group that a youngster interacts with on a regular basis is their family. Through interaction with them, the child picks up new abilities and develops moral principles consistent with the society in which he or she lives. Family is thus the first channel via which culture influences a person. The family is regarded as the foundation of society's future [8]. Children mimic the behaviors of their parents and other people in their neighborhood or community. One of two ways through ascription or by achievement is used to acquire the many social roles that people play when they engage in structured social life.

Ascribed roles are roles that are given to someone based on one or more social qualities. Age and sex are the most fundamental of these prescribed criteria, however other elements including color, religion, family history, and socioeconomic status are frequently utilized as a foundation for defining roles for people. Various facets of large-scale cultures exhibit various child-rearing and disciplinary practices, as well as divergent ideals and expectations. For a youngster growing up in a poor slum family in a run-down city, it is easier to understand the influence of different sorts of family background than it is for a child born into an affluent middle-class household. Therefore, the roles assigned to these two people would differ. Given that the experience of the infant and very young kid is moulded more or less solely within the family, the family's significance in socialization is rather evident. Women are crucial to the family, to raising children, and to the social reproduction of the labor force.

The Family's Contribution to Psychosocial Needs

Procreation has long been viewed in Indian society as both a right and an objection. As a result, marriage and procreation are held in such high regard that in many families, especially those from lower socioeconomic strata of society, no consideration is given to the fact that too many children are born of early marriage or of parents who are genetically defective. Thus, social ideals and poverty continue to deny Indian children, especially those from lower-class households, the chance for healthy physical development.

Numerous studies in the area of pediatric health have shown that growth is inversely associated to the number of children in the household. Even with the current economic climate and available food supplies, limiting family size to three or less would considerably reduce the incidence of hunger and mortality among children. The sad results of poverty's interaction with neglect, indifference, and ignorance not only raise childhood mortality and morbidity but frequently drive many youngsters out of countless families to become vagrants and spend a large portion of their growing years in a children's prison. As a result, we can see how crucial it is for families to have responsible parents in order to grasp how nutrition, the environment, and social, psychological, and educational factors interact to affect young children.

Family's Function in Health and Disease

The social context, including the family setting, cannot be separated from health. Both social and economic circumstances and medical treatments have an impact on health. More people are realizing nowadays that applying medicine successfully to people and communities requires more than just biological or technical expertise. It holds true for the origin of disease. In addition to biological microorganisms, social and economic variables also play a role in ill health [9].

Family, which is a person's closest and smallest social group, has an impact on health and sickness. Everyone who is interested in healthcare procedures or community health initiatives is aware that dealing with one's family is the most important unit to consider. It is crucial to remember that childcare practices, including as feeding, nourishment, hygiene, sleep, and habit formation, are passed down from one generation to the next.

Food Selection

Food preferences have a strong psychological foundation and are linked to emotions like love, warmth, and self-image. Local circumstances, religious practices, and beliefs have an impact on people's diets. Hindu wives frequently eat their husbands' leftovers. In certain families, people are not allowed to eat until after a bath. Even dietary preferences differ between households. In Hindu society, vegetarianism is given honor. The dietary habits of vegetarians differ from one another. Hindus and Muslims both detest meat, as these eating practices have long been forbidden by religion. The idea of hot and cold food is widely accepted throughout the nation. Hindus and Muslims both fast occasionally, but Muslims only do so during Ramadan. These fasts are regarded as significant religious supplements. Hindu women preserve their weight for the benefit of the family, son, or husband. Therefore, eating habits, practices, and beliefs vary from family to family, religion to religion, and country to country, yet all of these factors have an impact on an individual's and a society's health.

Health of women and children,

Mother and child health is surrounded by a diverse spectrum of traditions and viewpoints. This has clear ramifications for the amount of children a woman will have and the services she will use in the community, such as whether she would go for routine prenatal checkups or prefer traditional methods. All of information would define the family's maternal and pediatric health status. As was mentioned above, a woman's standing is the key determinant in determining whether her family will support her in using these services. Would she receive the right nutrition, relaxation, and love? The girl kid in the household is another issue that the community health professionals need to address. Immunization, breastfeeding, and the type of food a woman gives a female child after giving birth all have an impact on the health of the mother and kid [10]. As a result, the family, which is the fundamental unit of society, has an impact on a child's personality as well as the health and nutritional status of its members as well as the community at large.

CONCLUSION

Considering the modernization and socioeconomic transformations that the nation is undergoing. The family's structure and function have changed, and its internal relationships have undergone a drastic transformation. The work landscape has been drastically changed by the growth of industrialisation, allowing people to pursue careers outside of their caste and family occupations. Migration has unavoidably resulted in a person's isolation from their family, which has led to a situation where people have started to dislike having to share their money with other family members. Migration-related population displacement has led to the rejection of many conventional values, the reservoir of which has been the united family, as well as the emergence of new values. Although the younger generation frequently laments the stuffy environment of the joint family, observes that at the same time it appears to be aware of some benefits received from the joint

family. In this unit, we learned that the family, as a social unit, is crucial to a person's socialization from childhood into maturity. Family has a significant part in a child's upbringing.

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CHAPTER 7

FAMILY RESOURCE MANAGEMENT FOR COMMUNITY EMPOWERMENT PROGRAM PARTICIPANTS

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ABSTRACT:

Participants in empowerment programs' family resource management and the factors affecting it are examined in this study. Survey research is the sort of study that uses percentage descriptive statistics for data analysis. Families of participants in the community empowerment program in Lamper Lor Village, South Semarang District, Central Java, Indonesia, make up the research population. According to the study's findings, the family in the Lamper Lor village has a decent level of financial management. The lamper lor village family has good time management skills. With a proportion of 46.15 percent, the family's other resources are managed at a good level. Family members frequently communicate at a rate of 100%, and the quality of that communication is generally considered to be good.

KEYWORDS:

Counseling Participation, Empowerment Programs, Family's Resources, Financial Management, Local Community Organizations.

INTRODUCTION

A formal and informal educational process is a crucial component of any empowerment method. Extension is a crucial component of the empowerment strategy as a nonformal educational setting. Counseling is a sort of non-formal education that aims to alter behavior and encourage clients to see new possibilities for a better life. The offered empowerment program should be followed with actions to manage the family's resources through family resource management. A technique used by the family and its members to plan and carry out the utilization of resources to accomplish family goals is known as family resource management. Applications for family resource management can be used in coping mechanisms, time and job management, and financial management [1]. The capacity of the family to manage its resources has an impact on empowerment aspirations. The researchers studied family resource management using the instance of participants in the community empowerment program in Lamper Lor Village, South Semarang District, in order to determine the significance of family resource management for achieving family goals. Analysis of family characteristics, empowerment programs, and family resource management are the three main study goals.

Conceptual Review

The family can be broadly defined as the smallest social unit made up of a man (the husband), a woman (the wife), and children who have been joined by a valid marriage [6]. Every family needs to have goals. All of the family's desires are referred to as family goals, while all of the family's possessions are referred to as family resources. The management of human, material, and time resources is necessary to fulfill family goals. Human resources are the time, energy, interest, skills, abilities, knowledge, and attitudes that people directly contribute to the economy in the form of revenue [2]. While material resources are sources of income that originate from materials and take the form of products or things, money, and public amenities. The state of

these resources can help or hinder a family's efforts to attain its objectives. When one resource in the family system changes, other resources will be impacted as well.

Families with various resource ownership patterns will manage their resources differently, resulting in a different output. The family's way of life will vary depending on how well the family is able to manage its resources. The function of family members will define the type of resource management. Socioeconomic position, family member work habits, family life stages, and communication are all aspects of the family that influence resource management. The management of resources, particularly in low-income families, is impacted by the availability of external resource support. Family management techniques are typically applied scientifically since they do not require particular preparation [3]. Because of this, implementation is frequently subpar, which results in subpar achievement of family goals. Families that are still engaged in the empowerment program and practice good family financial management have been successful in reaching the level of family independence. The family's lack of participation in empowerment activities, particularly in the fourth year, was brought on by their inadequate family financial management. Poor family resource management is one of Community 247 Participants' Participants' Family Resource Management the causes of families becoming poor, but good resource management can lift families out of poverty because families are more able to cope with adversity [4].

Economic or family financial management, which aims to optimally meet the needs of the family in terms of finances, economic stability, and economic improvement, is the act of planning, implementing, monitoring, evaluating, and controlling the family's income and the use of its resources, particularly financial ones.

The following factors make financial management necessary:

(1) Efforts to meet family goals,
(2) The high cost of living in the present,
(3) The increase in the cost of living over time, and
(4) Unstable economic situations.

Time management is a technique for using and controlling time so that all planning and execution of an entire day's worth of tasks can be done successfully and efficiently. Controlling how you use your awareness of time to address needs and accomplish goals is known as time management. Management Time and work are the planning and execution of using time resources to complete a variety of tasks in order to fulfill family aspirations or goals [5]. The way someone manages their time indicates their level of development and quality of life as a person and as a society.

DISCUSSION

Involvement in counseling

One may say that the respondents' involvement in counseling in the lamper lor village was excellent. The majority of respondents 92.30% participate in counseling frequently, whereas the remaining 7.16% only occasionally do so. According to the findings of on-the-ground interviews, the activities that respondents typically engage in include posyandu, village community organizations, and gatherings for women's empowerment, needlework, making brooches, making milkfish pasta, making otak-otak, and creating pudding art. Respondents rank aid for PKK group members, posyandu, assistance for expectant mothers, assistance for young children, and assistance for the elderly in that order. The opportunity for development, the capacity to seize the opportunity, and the motivation to participate, prerequisites for community participation [6]. Additionally, the level of community involvement is significantly impacted by the severity of counseling. The better the outcomes, the more often people participate in counseling or empowerment.

Management of Family Resources

A procedure used by the family and its members to plan and carry out the utilization of resources in order to accomplish goals is known as family resource management. Applications for family resource management can be used in coping mechanisms, time and job management, and financial management. Management of family resources is crucial for accomplishing family goals. The capacity of the family to manage its resources has an impact on empowerment goals as well.

According to study data, up to 46.3% of respondents practice sound financial management. The management of a family's money to cover all of their daily needs, including those for food, clothes, housing, education, and health, is known as family financial management. Managing finances well is crucial to achieving family welfare. To promote the realization of a prosperous family, numerous initiatives to enhance the quality of family financial management through sound financial planning and discipline are required [7]. A sort of frugal living mindset that is future-focused on family resilience is planning culture in financial management. Respondents who practice good financial management frequently do things like compare receipts and expenses, set money aside to pay off debts, prioritize purchases, work out financial issues with their husband and kids, and teach their kids how to manage their money.

As much as 46.15% of respondents' time management skills fall into the good category. Time management is the purposeful use of time to accomplish tasks and meet needs. Management Time and work are the planning and execution of using time resources to perform a variety of tasks in order to satisfy or further the desires of the family. The manner in which a person manages their time indicates their level of development and quality of life. Respondents' organized planning of their own and their group's activities is a sign of good time management. Spending time with their families and watching television with them are two activities that respondents frequently engage in.

Interaction with the family

Building social connections and exchanging information are constant processes of communication. The majority of survey participants rate their families' communication as positive. The findings of statistical studies demonstrate that family members communicate with one another frequently in the Lamper Lor hamlet, with a percentage rate of 46.15%, and that this communication is 100% frequent. The effectiveness and efficiency of communication within the family is influenced by the parents' educational background.

Effects of Family Communication, Family Characteristics, and Counseling Participation on Family

Family resource management methods are significantly influenced by the findings of the analysis of family characteristics, namely income per capita, the effectiveness of family communication, the employment position of husband and wife, and counseling participation. 250 Family Resources According to M. F. Putri et al., management can be strengthened when resources are few. Low-income families typically manage their resources more effectively to lessen their financial difficulties. Family communication also has an impact on the management of family resources. Family interactions will be more successful if there is open communication among the members. In order to accomplish family goals, every family member feels that they have a voice in decision-making and work together to implement the plans that have been made.

The husband and wife's employment status has a significant positive impact on how the family manages its resources. This indicates that working married couples manage family resources more effectively than one of the non-working couples. Working husbands and wives are aware of each other's circumstances, allowing for effective management of work and family issues and, ultimately, greater pleasure in home life According to earlier study, husband and wife who work together typically share numerous domestic tasks and parental

responsibilities in addition to their respective incomes. This makes family resource management better since it encourages sharing in home tasks and fosters family conflict management.

The management of family resources is significantly improved by counseling participation. This indicates that respondents who participate in counseling manage their family's resources more effectively than those who have never participated. According to the findings of an ethnographic study on the effect of women's empowerment at the Grameen Bank on non-economic dimensions, more women were attending regular weekly meetings and different trainings. Another finding from this study is that time management is something that family members pay attention to, especially when the wife is actively taking part in frequent training sessions and meetings [8].

With an average age of 49 years, men and spouses are mostly in their prime working years. The family size falls within the middle range, with 1-4 members. The respondents already have high levels of education; 69.23% of them have completed high school. With a percentage rate of 76.92% for husband-and-wife employment in Lamper Lor Village, it is clear that more than half of married couples are successful in making a living. In the village of Lamper Lor, the monthly income of the husband is between Rp. 2,000,000 and 5,000,000 with a percentage rate of 53.84%, while the monthly income of the woman is between Rp. 2,000,000 and 5,000,000 with a percentage rate of up to 53.84%.

With a participation rate of 92.30%, the lamper lor community frequently takes part in outreach activities carried out by the PKK program. Women's empowerment, posyandu, local community organizations, needlework, manufacturing brooches, making presto milkfish, producing brains, and pudding art were just a few of the many activities that were taken part in. Assistance at a percentage rate of 92.30% is always available in the empowerment program. The support that came next included mentoring for the elderly as well as help from the PKK group, posyandu, and assistance for expectant mothers and young children.

With a percentage rate of 46.15 percent, the family's degree of financial management in the lamper lor village is good. With a percentage rate of 46.15%, the degree of time management in the family in the hamlet of Lamper Lor is good according to the Family Resource Management of Participants of Community 251. With a percentage rate of 46.15 percent, the family's degree of resource management in the lamper lor village is good. In the Lamper Lor community, family communication is frequently intense, with a 100% presentation rate. With a percentage rate of 46.15 percent, family communication in Lamper Lor is generally of good quality. Women make significant financial contributions to a family through work performed and money made. Therefore, it is quite evident that growth cannot take place unless their needs and interests are recognized and protected. For the mobilization and development of human resources, it is crucial to effectively manage and develop women's resources, including their abilities, skills, and other potentialities.

Therefore, it is crucial to train rural women in order to expand their participation in the development process, improve their skills, and make them equal partners in the growth of the country. The main goal of training for rural women should be to improve their knowledge and abilities so that they are better equipped to handle the problems brought on by technological advancement. No training program will change knowledge, attitude, or behavior unless it is based on a need [9]. The degree to which training needs are accurately identified will ultimately determine how successful training initiatives and Sharma and Gupta suggested that for farm women to get effective training, it should be focused on their perceived information needs rather than the needs of the training course's administrators.

In light of the aforementioned situation, the current study was created with the following goals in mind: to determine the socioeconomic profile of the respondents, to calculate the amount of time rural women devote to various farm and household tasks, and to determine what kind of training they might need in the future to carry out these tasks. The actions performed have been successful because they are now responsible for

meeting their families' food needs. In order to maintain the ideal moisture content of the land and preserve both the water and soil health, 78 families from Sarna Toli and Jam Toli in Shiwrajpur village developed the "5% model," which is now commonly referred to as dobha. Eleven sepage tanks built for irrigation purposes aid in recharging ground water, and 2.5 acres of unused land were leveled and put to use as agriculture. Vermi-compost was created by 85 families in preparation for usage by the nearby farmers in their farmlands. Together, 19 families plant mango trees on 15 acres of desolate land, and in their first harvest year, they receive 3000 kg of mangoes in 2016–17, with a market value of about 1.2 lacs. The Agriculture Production Cluster (APC) was established to raise vegetables using the available irrigation facility in order to address the health issues and seasonal migration problem. People are now jointly caring for vegetable nurseries using the internet. Local youngsters are receiving training and exposure to the marketing strategies used to sell such goods. For instance, Shibrajpur Panchayat sells their tomatoes in the markets in Ranchi, Rourkella, and Ambikapur. The migration rate has significantly decreased as a result of these activities. Out of the 362 families in Shibrajpur village, 269 are currently affiliated with the Gram Sangathan (an association at the panchayat level). Two such all-women SHG associations at the village level exist and are active in each hamlet [10].

The MGNREGS program facilitates agricultural operations while also creating opportunities for rural employment. The National Rural Livelihood Mission (NRLM) program provides financial assistance to women's organizations so they can support themselves, improve the education of their children, and improve the general health of their families. The fund from the association has now resolved the capital shortfall for beginning new businesses, planning weddings, and organizing medical care, and villages are no longer dependent on middlemen for loans. This has greatly aided them in preventing the mortgage or loss of their lands due to debt.

CONCLUSION

Characteristics, communication, and counseling engagement all have an impact on the effectiveness of family resource management. Low-income families are better at using their resources to get around their financial difficulties. Family interactions will be more successful if there is open communication among the members. In order to accomplish family goals, every family member feels that they have a voice in decision-making and work together to implement the plans that have been made. The husband and wife's employment status has a significant positive impact on how the family manages its resources. When a husband and wife collaborate, they can better handle conflicts between work and family obligations, which can ultimately lead to family pleasure. The management of family resources is significantly improved by counseling participation. This indicates that respondents who participate in counseling manage their family's resources more effectively than those who have never participated. More education is required in the areas of more in-depth family resource management, so that the community's knowledge and skills in managing family resources improve; the effectiveness of family communication; and increasing the intensity and quality of extension and training activities for program participants, along with the growth and improvement of extension workers' competence.

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CHAPTER 8

FAMILY INCOME SOURCES AND THE
IMPACT ON FAMILY INCOME DISPARITY

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ABSTRACT:

A deeper comprehension of the sources of income and the distribution of income offers illuminating perspectives on food insecurity and poverty, assisting policymakers in the developing world to find fresh approaches to overcoming problems. This study examines the various fish farmer families' sources of income and evaluates how they affected the overall degree of household income inequality in Tripura's South Tripura district in 2004–2005. We looked at how changes in particular income components affected overall inequality using decomposition of inequality by source. Policies that boost fish output in the study area can significantly reduce poverty while barely widening income disparity. Both reducing income disparity among fish farming households in the study area and reducing poverty among relatively poor fish farmers might be achieved by increasing the income share from government positions in lower income categories.

KEYWORDS:

Food Insecurity, Income, Poverty, Proletarianization, Racialized Immigrants, Under Nutrition-Related Health Issues.

INTRODUCTION

One of the main causes of poverty and food insecurity in emerging nations is income disparity, which results in a significant section of their people experiencing chronic under nutrition-related health issues and poverty The degree of poverty reduction that is accomplished at any given rate of growth depends on inequality as well In the less developed parts of the world, achieving household food security necessitates both equity and growth [1]. The eradication of mass poverty and the reduction of inequality have been and continue to be India's development challenges, where 27.5% of the country's population was estimated to be living below the poverty line in 2004-2005 (Government of India 2007). The majority of those who experience food insecurity reside in rural regions, and between 1993–1994 and 1999–2000, India had an overall rise in rural income disparity. Even in the absence of growth, a slight decline in income disparity in low-income nations like India can result in significant drops in both food insecurity and poverty.

Measuring and comprehending the degree, reasons for, and evolution of income inequality are of ongoing and growing interest. An increased comprehension of the sources of income and the distribution of money offers illuminating insights into poverty and aids in the development of fresh approaches for its eradication in the developing countries. Since the release of the fundamental works by, the analysis of income distribution has continued to be a topic of considerable research. The contribution of various sources of income to overall income inequality has been identified in a number of empirical studies in specific developing countries using a variety of techniques. What influence a marginal increase in a single income source will have on inequality. How a particular income source will affect overall disparity.

In India, aquaculture is regarded as an industry with potential for growth. The federal and state governments of India have been putting various development initiatives into place in acknowledgment of the growing importance of freshwater aquaculture in fish production. The state of Tripura's economy includes a significant

and promising sector called freshwater aquaculture. From 14,172 metric tons in 2003–2004 (Singh 2006) to 30,840 metric tons in 2007–2008 (Government of Tripura 2009), it has increased dramatically over time. In 2007–2008, the state's aquaculture-potential water area expanded from 13,290 hectares in 2003–2004 to 17,375 hectares, and the number of fish farmers climbed from 93,870 in 2003–2004 to 125,247 in 2007–2008 (Government of Tripura 2009). In Tripura, rice and freshwater fish are the mainstays of the diet. To achieve self-sufficiency in fish production, the state administration has been putting a prospective plan into practice (administration of Tripura 2002). Tripura is also one of five Indian states whose income disparities increased between 1993–1994 and 1999–2000 in both the rural and urban sectors (Government of India 2001). As a result, the current study has looked at the level of income disparity among fish farmers, as well as the relative and marginal effects of other sources of income on inequality in the South Tripura district of Tripura state in the years 2004–2005. Different forms of revenue streams for fish farmers have been identified using the results of the decomposition study, which should be helpful for policymakers who focus on the twin issues of rural inequality and poverty [2].

Information and sample size

The smallest of the seven northeastern Indian states, Tripura is primarily hilly, bordered by Bangladesh on the north, west, and south, and two other northeastern Indian states, Assam and Mizoram, on the east. The state's human population includes 19 indigenous settlements, or 30% of the total. About 64% of all jobs and 48% of the state's GDP are contributed by agriculture [3].

This study is based on primary cross-sectional data obtained from six villages across three development blocks in South Tripura: The Matarbari block, which includes the villages of Matarbari and Khilpara, the Amarpur block, which includes the villages of Kurmachhara and Uttar Chalagang, and the Bagafa block, which includes the villages of Santirbazar and Paschim Charakbai. They were chosen because they produce 31% of the fish produced in the state and around 30% of the total water area with potential for aquaculture [4]. With the assistance of the Fisheries Development Officers of the Department of Fisheries, Government of Tripura, a sample of 250 fish farms that were proportionally distributed to villages was created, although 11 were disqualified due to insufficient data. Data for in-depth analysis were gathered via an interview schedule that was pre-tested and created especially for the project. Fish farms were visited in July and August 2005, and information was gathered from the household head and other members for the preceding agricultural year (July 2004 to June 2005). Fishermen's sources of income were separated into those that came from their farms and those that didn't.

The sources of non-farm income included labor (wages from any unskilled non-farm activity), government jobs (salaried jobs in the public sector), self-employment (trade, business, or profession, either owned or as a partner), pensions/transfer payments, and other sources. Fish, fish fingerlings/spawn, paddy, vegetables, poultry, milk, other farm revenue streams (piggery, farm labor), and fruit production made up the sources of agricultural income [5].

<div align="center">**DISCUSSION**</div>

The stability of Canadians' incomes was and remains inextricably linked to the economy thanks to the rise of capitalism. Politicians and decision-makers have long assumed that people would labor for pay in order to support their families and selves. Toronto council members unanimously declared war on poverty for 20 years, but they also said they would disagree on how to pay for it. The TO Prosperity: Interim Poverty Reduction Strategy was approved by all 40 council members with Councillor Pam McConnell's rallying cry for equality of opportunity, "Never let it be said that it cannot be done," echoing in their ears [6].

They include establishing financial incentives for the development of affordable housing, increasing access to dental care for Toronto's most vulnerable residents, assisting food banks in supplying wholesome meals,

and advocating for assistance with the province and Ottawa. The issue is obvious: the wealth divide in booming Toronto is widening. The highest rate of poverty in Canada is one in four children, while one in five adults live below Statistics Canada's after-tax low-income level. What is unclear is how the municipal council plans to raise the funds necessary to fulfill its obligations.

In a study using data from Statistics Canada's Survey of Labour and Income Dynamics, discovered that in 1999, white immigrants and those of other racialized backgrounds both earned less than white native-born people. Although white immigrants' incomes had virtually caught up to those of white natives by 2004, racialized immigrants were still earning less. Whether colored immigrants would ever be able to obtain salaries that "catch up" with those earned by their Canadian counterparts in their lifetimes is a concern for Banerjee Private charities were a major source of assistance for low-income families in the late 1800s under British rule of new territories in Canada. The postwar welfare state was founded on the premise that people would resort to their communities for social and material safety before the government stepped in. This assistance is essential for a lot of families. For instance, newcomers who belong to this group can find support within the community when significant numbers of immigrants settle in ethnic communities [7]. Gender disparities in employment have remained impressively constant even as globalization has changed the labor market. Statistics from the 2011 National Household Survey show that lone women with children under the age of six are less likely than lone fathers to make a living through employment (54.9% vs. 81.4%). Furthermore, there are still noticeable variations between what men and women make.

Women still earn less than males, even if the income gap between the sexes has shrunk between 1981 and 2011. Women who worked full-time and were between the ages of 17 and 64 made 87 percent of what males did in 2011 as opposed to 77 percent in 1981. According to Picot et al. (2009), the low income of immigrant families is related to how they fare on the job market. In 1980, men who had recently immigrated to Canada made 85 cents for every dollar earned by men who were natives of that country; by 2005, that ratio had dropped to just 63 cents. The gender wage gap has gotten worse. In 1980, women who had just immigrated made 85 cents for every dollar earned by women who were Canadian-born, but only 56 cents in 2005. The majority of workers that are underpaid and have unstable employment are immigrant women. The article "Mothers, Racialization, and Poverty" can be found in Intersections. An "earnings disadvantage" is what Banerjee (2009) refers to among recent immigrants to Canada. Due to the diminished value of school credentials, highly qualified immigrants may struggle to find jobs in their industries. Or, even if they do find employment in their chosen fields, they might not make as much money as their Canadian counterparts.

However, racialized immigrants struggle the greatest to find financially secure jobs in Canada. The failure of market-based strategies to solve racial income inequality is highlighted. In Canada, racialized groups experience disproportionately high rates of unemployment and underemployment, underrepresentation in well-paying occupations, and overrepresentation in low-wage occupations. In call centers, security services, and cleaning services in 2006, racialized Canadian-born and immigrant workers were more likely to hold precarious, low-paying positions Women and men make less money.

Meeting Mothers' Needs: Mothers and the Racialization of Poverty in Toronto is the title of a study we carried out in. We discovered that the environment of structural limitations imposed by the political and economic connections of the Canadian welfare state hampered mothers' ability to meet their needs and their participation in various social relations (such as child care and paid job). A significant factor in the "proletarianization" of some mothers in low-wage and unstable labor markets was global capital restructuring. Mothers of racialized immigrants found the interaction of opposing policy rules, particularly the immigration and Ontario Works program, to be extremely aggravating and harsh. Thus, intertwining political, economic, cultural, and global forces had a significant impact on mothers' efforts to meet their personal demands as well as those of their families.

For instance, despite a shift away from the nuclear family model, social programs of the welfare state have always assumed a particular family structure or model in their design and implementation. Furthermore, it is expected that low-income people will turn to their family for support before turning to the welfare state, which will only do so as a last resort. It is assumed that when someone is in need of financial assistance, they will turn to other family members for assistance. These support relationships have been investigated by some academics as intergenerational transfers. The idea involves intra- and inter-household trades to assure family members' welfare as well as redistribution of resources or private transfers inside and outside the family.

Physical aid, domestic support, emotional and support relationships, and financial transfers are all examples of resources. The relationship between private transfers (the family) and public transfers (the welfare state) as well as the necessity of resource distribution for social inequality and social integration are highlighted by intergenerational transfers. In other words, intergenerational transfers recognize that, in addition to the support offered by the family, the support received from the community, the state, and friends and neighbors is essential because it influences the likelihood and scope of the support that family members can offer Keep in mind that not all Canadian families enjoy stable financial situations. We bring up this issue to remind you that occasionally a family member's financial status cannot be improved. But they can make it easier to handle. This concept is further upon in the following part, where we switch our attention to a micro-perspective on family. Those qualitative researchers who have examined how people make ends meet on a limited income have all shared this viewpoint.

Managing Low Income: An Analysis of Qualitative Research

We now turn to the conclusions from our own qualitative study of how diverse families in Toronto make ends meet and take care of themselves in this institutional setting by connecting networks of social support, which include assistance from authorities, communities, families, or close relatives such as friends or neighbors. We can see some shifts even though the significance of community and charitable groups for low-income families has remained constant. Provincial governments continue to believe that low-income individuals will receive the essential supports from their families and communities even when this is not the case. In fact, contend that since the 1970s, the federal and provincial governments have relied more on contracting organizations to supply services. Governments dictating the terms and volume of financing that organizations can devote to a social issue like low income is a problematic result of this reliance [8].

Indeed, government funding for care-giving community services (including child care, employment support programs, and newcomer services) has been reduced over a number of years, which has led to a rise in layoffs and a decrease in volunteerism. Some neighborhood organizations have noticed a sharp increase in the number of families in need of assistance. The 2015 Hunger Count found that more people used food banks in 2015 than in 2008. 54 percent of all food banks in Canada saw an increase in utilization. Households with children made up 44% of all persons who used food banks, and both single-parent and two-parent households made up nearly the same amount of this group. The state, the market, the community, and the family or household are four intertwining political, economic, cultural, and global institutions that have an impact on how low-income people manage their daily lives.

We may directly observe how these institutions interact to shape daily encounters through qualitative study. In fact, we discover that while both men and women are economic actors fully engaged in supporting themselves and their families, reciprocal and collaborative relationships, mutual support, social cohesion, and solidarity are important components in the inventive and resourceful ways that families use informal and formal supports to manage low income. In other words, our research encourages us to understand the management of low income as tied to the importance placed on reciprocal relationships, social interactions within families and with other institutions, as well as mutual support and care, rather than characterizing it as individualistic much as neo-liberal discourse would have us believe [9].

We also observe how the fundamental idea of family is altered as a result of our research into how low-income families make ends meet by establishing networks of social support. Numerous women in our study defy traditional familial standards that place males as the head of the household and women as the housewife by challenging gender dynamics and relations in the family and the home. We do warn that the addition of fictitious blood ties may not be all that novel, but rather only a development of long-standing family customs. People who live on modest incomes adopt cultural norms, traditions, and behaviors while also contesting gender roles and expectations [10].

Last but not least, integrating a macro and micro understanding of low income and how it is managed allows us to draw crucial conclusions. For instance, we discussed how gender-based social, economic, and political disparities among women serve to restrict the autonomy and agency of women who belong to two or more "minority" groups in the first half of this chapter. We discovered that colored and immigrant women, in particular, endure increased "proletarianization": managing low income presents greater obstacles to these women than to other women because they are engaged in low-income and unstable areas of the labor market. Qualitative interviews in the second half of the chapter reveal that these structural factors increase their propensity to rely on a greater range of informal sources of support.

CONCLUSION

In the South Tripura district of Tripura, the current study demonstrates that boosting the income share of self-employment, non-farm labor, and paddy production could reduce poverty and income disparity among households that are engaged in fish farming. It is one of the most significant sources of revenue and has the potential to increase, even if raising the income share of fish production would not reduce inequality. In comparison to scientific composite fish culture, which produces 2,500 kg per hectare on average, the average fish yield in the study region was quite low at 1,461 kg per hectare. Therefore, although they are unlikely to dramatically change income disparity, initiatives to improve fish output in the study area have a significant role to play in alleviating poverty. Government employment has a strong chance of reducing poverty for a sizeable segment of the population (31% of households engaged in fish farming). Both reducing income inequality among fish farming households in the study area and alleviating poverty among relatively poor fish farmers might be achieved by increasing the number of lower income groups working in government.

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CHAPTER 9

FAMILY PLANNING RESEARCH COUNSELING AND INTERPERSONAL COMMUNICATION IN CONTRACEPTIVE USE

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ABSTRACT:

Between the ages of 15 and 49, the rate of women who stop using contraception rose from 21% in 2002–2003 to 29% in 2017. One of the elements linked to the discontinuance of contraception is the absence of family planning counseling. This study's objective was to evaluate the effectiveness of midwives' family planning interpersonal counseling. Data were gathered using a combination of qualitative and quantitative descriptive methodologies in South Sumatera and West Kalimantan. Prior to using a contraceptive, FP counseling should be provided. All of the clients who came to the health center for family planning services had received counseling, according to observations of client-provider interactions. However, the counseling was insufficient at this point, did not follow the guiding principles of counseling, and did not fully utilize a number of micro-counselling techniques. The study also found that clients who got interpersonal contact or counseling and those who did not had significantly different levels of understanding about contraceptive techniques. Prior to using a contraceptive, efforts should be made to ensure interpersonal communication and counseling. It is strongly advised that clients and providers of family planning use the Decision-Making Tool to ensure that interpersonal communication and counseling are based on the fundamentals of good counseling.

KEYWORDS:

Contraceptives, Family Planning, Interpersonal Counseling, Micro-Counselling Techniques, Planned Parenthood.

INTRODUCTION

In family planning (FP), couples make choices about how many children they want to have and when they want to have them (pregnancy timing and birth spacing). Family planning counseling has received attention as a result of the emphasis on quality of service in family planning. The purpose of family planning counseling is to assist the woman and her partner in selecting the family planning strategy that best meets their needs and to assist them in resolving any issues that might emerge with the strategy they have chosen. A woman is more likely to be satisfied with the method she chooses and stick with it if she can make an informed decision, preferably with her spouse [1].

Through its regulations, the Indonesian government makes sure that family planning advice comes before the use of contraceptives. Interpersonal Communication/Counseling (IC/C), often known as family planning counseling, is popular in Indonesia. The term "IC/C" describes a method of direct contact, or two-way communication, between clients and a professional provider who is governed by a code of ethics and practice. It seeks to assist clients in selecting and using family planning strategies that are right for them by offering thorough and accurate information about all suitable and available contraceptive technique options [2]. Clients are provided with information on the variety of treatments available, their merits and disadvantages, scientifically established contraindications, instructions on how to use the method they have chosen, any

potential side effects, and what to do if they do arise. A flip chart tool called the Decision-Making Tool (DMT) for family planning is used by IC/C practitioners to give effective care.

A family planning program's counseling is crucial for guaranteeing informed and voluntary decision-making as well as for the uptake and maintenance of contraceptives. 403 providers from 34 provinces have received family planning ICC training from the government (National Population and Family Planning Board) since 2013. The contraceptive discontinuation rate among married women aged 15 to 49 has steadily increased from 21% in 2002–2003 to 26% in 2007, experienced a 1% increase in 2012 (27%) and finally reached 29% in 2017. This is despite government initiatives to expand counseling training. Fear of adverse effects or other health issues accounted for 30% of the reasons for discontinuing contraception, while the desire to get pregnant accounted for 30%.

Studies carried out all over the world have repeatedly demonstrated that poor providers' skills lead to poor family planning counseling quality. This is hardly surprising considering that the skill-building portion of counselor training is typically kept brief and perhaps bypassed [2]. Since each client is unique, each scenario calls for a different approach, and each needs a different form of support, typical counseling training concentrates on meeting the needs of new clients [6]. Clients are frequently not informed of potential side effects or given instructions on what to do in the event that they do arise.

Even though studies on Indonesia's family planning quality of care have been published, surprisingly little is known about the country's family planning counseling. Instead of concentrating exclusively on counseling, numerous other studies have examined generic family planning services. Therefore, the goal of the current study was to evaluate the interpersonal communication and counseling related to family planning provided by midwives in public and private health facilities [3]. The study used Judith Bruce's concept of care quality as its theoretical foundation. The system method, which includes input, process, and output components, was the concept used for this investigation. The study of the input was concentrated on supporting resources such legislation, tools and infrastructure, accessibility to contraceptive techniques, human resources, and regional customs or culture.

For the process component, the study examined the FP IC/C procedures used at the health center, including the midwives' prior family planning expertise, the FP IC/C procedures themselves, the range of FP techniques covered, the FP IC/C situations, and the FP IC/C duration. The client's acceptance of FP, client knowledge, client attitude, and client use of contraception make up the output component. In South Sumatera's Palembang City and Banyuasin District as well as West Kalimantan's Singkawang City and Menpawah District, which have the most certified midwives per capita in the FP IC/C, this study was carried out. One private midwifery clinic and one sub-district Primary Health Care (PHC) facility were chosen for each district [4].

Both qualitative and quantitative descriptive methodologies were used in the investigation. A qualitative approach has been used to learn more about the nature of FP IC/C from 10 trained FP midwives, the FP program manager, and policy makers. This approach includes document analysis, direct observation, group interviews, and in-depth interviews. To examine the input and process component, a semi-structured topic guide with an open-ended question for group and in-depth interviews was devised. Direct observation was made of the facilities, tools, and FP IC/C practiced at the health center. A total of 10 qualified midwives with experience in FP IC/C practice were chosen on purpose from eight different health centers. The data from in-depth interviews were transformed into a transcript and analysed using content analysis. All interviews were digitally audio recorded. The transcript was separated into groups according to the study's objectives. While 264 clients' quantitative data were utilized to assess the knowledge, attitude, and practice of contraception.

The target sample includes those who sought FP services at the chosen health center in the previous year, including first-time users, repeat customers, and people looking for contraceptive guidance [5]. To evaluate

the frequency distribution of each variable from the quantitative data, a univariate analysis was conducted. The Population and Family Planning Board's ethics committee gave its blessing to this study's ethical conduct.

DISCUSSION

Poor family planning counseling is linked to method failure and discontinuation, according to research. One study by Keller showed a substantial correlation between clients' propensity to stick with ways and to debunk unfavorable rumors and their ability to receive correct information about methods, including anticipated side effects. A study in Bogota contrasts women who acquired their tablets from doctors (in private or FP facilities) with those who obtained them through pharmacists or non-family planning facilities (self-subscribers). Those who self-prescribe reported side effects twice as frequently as those who got orals from doctors. Compared to consumers of facility-based services, over two-thirds of self-subscribers lack a point of reference for medical reviews. This resulted in self-subscriber dropout rates that were somewhat higher than those for facility-based services [4].

After screening and counseling, clients who already have a preferred method should be given that method, unless it is contraindicated for medical or personal reasons. Informed choice is still the guiding concept .The findings of this study revealed that some providers have a propensity to advise clients to utilize particular contraceptive techniques whereas, in reality, there is no one method that works well for all customers. What customers and their partners find important, appealing, inconvenient, or unacceptable about contraceptive methods varies greatly. According to research, customers who receive the way they requested are much more likely to stick with it than customers who do not receive their preferred option.

Good client-provider interactions, according to Murphy and Steele, depend not only on the delivery of factual information but also on a procedure that fosters a culture of trust and permits sharing between the provider and client. In order for family planning counseling to be effective, three micro skills are suggested by the curriculum for IC/C using DMT for FP training monitoring and establishing strong interpersonal skills; effective listening and asking skills; and assisting clients in carrying out their decisions. The results of the current study indicate that midwives' micro skills are not quite acceptable. Selected midwives did not complete various crucial parts of the micro skills. Ineffective communication between service providers and patients may affect how important information on the proper application and adverse effects of different contraceptives is disclosed or understood, which may then result in the discontinuation of contraception. Assuring clients that their information would be kept private is one of the micro skills that is poorly executed, yet doing so will foster trust and be connected with successful outcomes [6].

Encourage clients to ask follow-up inquiries concerning side effects or to clarify instructions was another micro skill that was poorly applied. According to a study conducted in Africa, women who receive insufficient side effect counseling are more likely to discontinue family planning when side effects occur. Users are far more likely to stop using devices like IUDs and implants if their possible side effects are not fully understood and discussed. Making ensuring that clients understood the information provided during IC/C was another part of micro skills that was not executed. Some midwives have a tendency to turn counseling into a one-way activity; they will discuss all of the options in great detail before asking the client to select one, seldom ever checking to make sure the client understands what was said. According to one study, 26 to 60 percent of users had stopped taking the medication due to concerns about its safety as a result of the effects of disinformation.

Given the increased prevalence of STDs like HIV, risk assessment and HIV and STD prevention messages are becoming an essential aspect of FP IC/C. A client may be in a stage or condition in life that calls for extra attention from the practitioner. This recent study discovered that the necessity for dual protection

contraceptives (preventing pregnancy and STDs) among clients was not investigated. In addition to any other strategy chosen, at-risk clients require additional encouragement, training, and support to use condoms [7]. This study demonstrated that FP IC/C had a beneficial impact on clients' FP understanding and application. Those who received FP IC/C had significantly more knowledge of contraceptive methods than those who did not. According to a study conducted in Mansoura, Egypt, couples' knowledge and behavior significantly improved after receiving counseling.

Their understanding of FP, including its goals, advantages, and drawbacks, grew. A tool can be used in the counseling session to both remind the counselor to cover crucial topics and assist the client in understanding important information. This study shows that variations in customers' understanding of contraceptive options can be caused by the use of DMT for family planning. In fact, clients who got counseling utilizing DMT are more knowledgeable about contraceptive methods Advances in Health Sciences Research, issue 22 534. A research by the Program Appropriate Technology in Health (PATH) provides evidence of the significance of delivering both written and oral information. According to the findings, messages are more likely to be remembered by most individuals if they are supported by textual or visual cues.

The study included samples from various Ahmedabad city neighborhoods, including Khanpur, Navrangpura, Mithakhali, Prahladnagar, and Satellite. A thorough analysis revealed that the wife was 40 years old on average while the husband was 43 years old. The majority (24%) belonged to the Vaishnav caste. Jains came in second, followed by other castes (Barbers, Sindhis, Kshatriyas, and Parsis), who took third place. Muslims, Christians, and Brahmins all received the same amount of the pie.

More than half of the response pool were recent graduates.

(1) Nearly one-fourth of the husbands were merchants, and more than half (63%) were employed in the service industry. A quarter of the wives (or 48% of the ladies) worked outside the home.
(2) Families with monthly incomes above INR 1, 00,000 made up one-fourth of the population, and they had the largest percentage. Those making between INR 30,001 and 50,000 (22% each) tied for second place.
(3) Of those, two-thirds had just two or fewer siblings. Nearly a third of the respondents' siblings had two kids or less. The majority of responders were of the nuclear family variety.
(4) More than two thirds of persons were born unexpectedly. Only one-third of respondents said they were their parents' anticipated gender. The majority (60%) wed between 1991 and 2010.
(5) The majority of responders (50%) had two kids. 72% of spouses and 70% of wives wanted two kids. The majority (67% of women and 63% of husbands) had no preference.
(6) Doctors, relatives, and friends turned out to be highly valuable information sources. In actuality, family (28% each) and doctors (32% each) were both highly favored by husbands and wives. Nearly two-fifths of the respondents gave newspapers and the internet the most weight as sources of information, followed by one-third each [8].

For wives, "career goals" and "right age to have children" had the same scores (37% each). For wives as well, the same factors were crucial. A close to half of respondents cited "a suitable time in life to have a child" as the main benefit of Planned Parenthood. Physical or medical issues were the least significant factor, while career management was the next least relevant factor.

None of the respondents who were not aware of Planned Parenthood expressed interest in learning more. One of the causes can be awareness, but a lack of acceptance, which causes the former to be denied. Respondents were scared of birth control while knowing that it does not cause infertility [9]. The degrees of knowledge of husbands and wives were shown to be strongly positively correlated (r = 0.72). Nearly 40% of couples had information that was below average. Instead of being average or below average, more women (57%) were

above average. The most common knowledge of male condoms among husbands (96%) was followed by that of birth control pills.

(1) Strong, positive association between the efficiency of husbands and wives' communication was discovered (r = 0.75).

(2) 48 percent of the husbands' communication was ineffective. Both the effective and ineffective categories contained exactly half of the women.

(3) According to respondents aged 20 to 39, the internet was the most significant method for obtaining information about Planned Parenthood. Newspapers and television were about equally important to those between the ages of 40 and 59.

(4) Once more, the internet surpassed newspapers as the most significant medium. Postgraduates, on the other hand, were the most technologically competent; yet, an equal amount of grads chose the internet and newspapers. The majority chose the internet, especially those whose monthly family income was over INR 1, 00,000.

(5) Nearly two-thirds of graduates were deemed to have strong interpersonal communication skills. The main justification for Planned Parenthood was "appropriate time in life."

However, part-timers placed more value on their family's financial situation. The second most crucial factor was to mentally prepare before having a child (children), and respondents who worked in the service industry felt more strongly about this than any other group [10]. Joint family replies accounted for about 60% of the votes for appropriate time. Joint families placed greater importance on economic status, whereas nuclear families placed more emphasis on mental preparation. About 60% of respondents belonged to nuclear families, which were more prevalent. The majority knew more than the usual amount about Planned Parenthood.

CONCLUSION

In the current study, family planning counseling services were evaluated in two provinces South Sumatera and West Kalimantan at specific health centers. The overall findings demonstrated that skilled midwives always perform FP IC/C prior to the use of contraceptives. However, the quality of the counseling is poor since a number of micro-counselling skills are not used, and the counseling did not follow the fundamental FP ICC principles. In order to advance family planning services in Indonesia, family planning policy-makers should hopefully make use of these findings. The study discovered compelling evidence that numerous independent variables influence communication efficacy, which in turn influences the decision to plan or postpone having children. Along with the explanations offered by couples for their decisions, independent variables were also discovered that affected their level of understanding. However, more research will be needed to determine whether and how much knowledge and motivation influence decisions. This study amply demonstrated the value of interpersonal connection within married couples within Planned Parenthood. Government-sponsored family planning programs have done a lot to raise awareness and encourage couples to use birth control and spacing, but they haven't made much progress in helping couples prepare for parenting, even if it's for their first kid. In order to help couples decide whether or not to have a kid (ren), it is desired that public service announcements like "Aisi Bhi Kya Jaldi Hai" are improved and utilized more frequently.

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CHAPTER 10

PROMOTING CHILDREN'S NUTRITION AND
HEALTH BY INVOLVING PARENTS:

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ABSTRACT:

In the United States, more than 27% of preschool-aged children are considered overweight or obese. Childhood obesity is a severe public health issue because overweight children are more likely to become obese adults and experience the many harmful health effects of obesity, such as diabetes and cardiovascular disease. The preschool years are crucial for development because excess weight between the ages of 2 and is a strong indicator of adult adiposity. In order to achieve a healthy energy balance, it is crucial to encourage behaviors like nutritional intake in infancy. The multifaceted problem of childhood obesity has a variety of root causes, from cellular to cultural. Parents and other family members are the closest contributors to poor nutrition and obesity in children since 2- to 5-year-old children depend on them for nourishment. In the US, more than half (55%) of preschool-aged children are enrolled in centers for child care, where they are permitted to eat up to five meals and snacks each day. Parents and childcare providers work together to help millions of children in childcare settings form eating habits that last throughout adolescence and adulthood. To make sure that the children in their care receive the best nutrition, parents and caregivers might not be coordinating their efforts or communicating well.

KEYWORDS:

Balanced Diet, Child's Nutrition, Childhood Obesity, Energy Balance, Public Health Professionals.

INTRODUCTION

Both Head Start (HS), the largest US funder of early childhood services serving children from low-income parents, and the Academy of Nutrition and Dietetics (Academy), the largest organization of nutrition professionals, acknowledge the importance of effective communication between childcare providers and parents. According to the Head Start Performance Standards, staff and parents must collaborate to determine each child's nutritional requirements. Similar to this, in the Academy's most recent position paper, nutrition criteria were proposed for children in childcare between the ages of 2 and 5 in order to support their healthy growth and development. The criteria include the advice that providers collaborate with parents to guarantee that kids are provided nutritious food and get nutrition instruction. The adoption of the Academy's criteria can give childcare providers the chance to educate parents about nutrition, enhance the nutrient content of the food and drink served to the kids, develop the kids' good eating habits, and avoid childhood obesity. However, to the authors' knowledge, no research has been published that examines childcare providers' viewpoints on putting into practice the Academy's criteria for parent communication about their child's nutrition [1].

There are barriers to effective communication in all childcare contexts (HS, Child and Adult Care Food Program [CACFP]-funded centers, non-funded centers, and family day care homes), according to a small body of research on childcare providers' perspectives on parent communication about child nutrition. Family care providers noted a lack of healthy eating at home, whereas center directors noted a lack of parent engagement, center employees noted a lack of time, and center staff noted a lack of parent engagement. More

information is required regarding the particular viewpoint of classroom providers, as teachers are frequently directly responsible for supervising children's meals and snacks and also have direct contact with parents. According to the larger quantitative study we conducted with HS, CACFP, and non-CACFP providers, HS providers (58%) provided parents with much more opportunities for nutrition education (P .001) than did CACFP (30%) and non-CACFP providers (10%).

The rules that differ between HS, CACFP, and non CACFP childcare situations could be one explanation for this outcome. The CACFP, a supplemental nutrition aid program run by the US Department of Agriculture, reimburses 3.2 million low-income preschoolers every day for their meals and snacks. To get payment for the meals, participating venues must adhere to certain meal pattern requirements. The HS providers are obliged to achieve the HS Performance Standards for child nutrition in addition to adhering to the CACFP meal pattern criteria. The HS standards demand that HS providers give children healthy foods and talk to parents about child nutrition in line with the Academy's criteria [2]. However, there is a lack of research examining childcare providers' viewpoints regarding the application of the Academy's criteria in HS, CACFP, and non-CACFP situations. To accommodate programming demands and customize intervention strategies for providers from various childcare contexts (HS, CACFP, and non-CACFP), health promotion practitioners must first be aware of these viewpoints [3].

Therefore, the goal of this follow-up qualitative study was to add to the body of knowledge and better comprehend the perspectives of HS, CACFP, and non-CACFP childcare providers regarding putting the Academy's recommendations into practice, particularly those that dealt with informing parents about their child's nutrition. In-depth, face-to-face, semi-structured interviews were done to better understand childcare providers' opinions on informing parents about their children's nutrition. Experts in nutrition, child development, public health, and childcare worked together to establish the study protocol, which has now been published. The study's research techniques were authorized by the institutional review board at the University of Illinois in Urbana-Champaign [4]. From a broader research of 90 providers at 24 state-licensed center-based childcare programs and HS programs in Central Illinois, participants were chosen based on their signed consent to be contacted and interviewed individuals.

All of the providers satisfied the following requirements for inclusion: (a) they were full-time childcare providers; (b) they looked after two preschoolers who ranged in age from two to five; and (c) they were in charge of overseeing meals or snacks. Using maximum variation purposive sampling, potential participants were chosen at random from a sample frame of 90 childcare providers to represent a range of racial backgrounds, levels of education, years of experience, and childcare environments (HS, CACFP, and non-CACFP) [5]. This method was utilized to get a fair assessment of parent-provider communication. All service providers who were approached to take part consented to an interview in exchange for a US$25 gift card.

DISCUSSION

All participants were interviewed by the lead author using a semi structured interview protocol to ascertain their opinions on the HS and Academy benchmarks, particularly those that pertain to talking to parents about their children's nutrition (See supplementary table1 for full interview protocol details). These benchmarks included: (1) working with parents to ensure that any food or drink brought from home adheres to nutritional standards (high in nutrients and low in fats and sugar); and (2) talking with parents about the nutrition education that takes place in the childcare program. An interdisciplinary team of researchers examined the interview process prior to data collection to ensure that the data were as reliable as possible. During the interview, techniques for being impartial, open-minded, and nonjudgmental were employed. To assess the interview methodology for face validity, the primary author performed pilot interviews with childcare providers that included observer input [6].

15 daycare providers were subjected to in-depth face-to-face interviews by the principal author, who had no prior affiliation with the child care facilities or providers. Three more interviews were conducted to check the results, but no new pertinent information was given, indicating that saturation had been reached. The interviews took place between August and November 2012 at the participants' daycare facility and lasted between 45 and 60 minutes. All interviews were conducted in a private room with a closed door to encourage participants to speak freely. The identities of the interviewees were not included in the audio recordings of any of the interviews. Before the interview, the lead author went over the study's objectives with the participants, gave them the assurance that their answers wouldn't be shared with anyone outside the research team, and gave them a chance to ask questions. Pseudonyms were employed for each supplier for analyzing the data and compiling the findings.

Analysis Techniques

The NVivo software (version 9, 2010; QSR International Pty Ltd, Victoria, Australia) was used to analyze the verbatim transcriptions of the interviews. Two layers of data analysis were done. First, the entire set of data was coded using thematic analysis22, which involved the following steps: (1) familiarizing oneself with the data, (2) generating preliminary codes, (3) looking for themes, (4) reviewing themes, and (5) defining and naming themes. Next, the data were further analyzed by collapsing related themes and quotes to account for the variations between the contexts in which childcare providers operate (for example, HS, CACFP, and non-CACFP). To find commonalities and derive overarching themes from the complete data set, categories and themes were further examined for validity. Each transcript was independently read twice by two coders, who then came up with a list of codes, descriptions of the codes, and themes. By verbally resolving disagreements among themselves on each code and topic, coders were able to achieve reliability. The choice for agreement was yes or no; in the event of a disagreement, the two coders changed and improved the coding and themes until differences were settled verbally. The themes were confirmed to be supported by the codes and quotations by an interdisciplinary study team (PhD researchers in nutrition, child development, early childhood education, and evaluative clinical science), who did not initially code the transcripts [7].

The lead author oversaw accountability and accuracy throughout the data collecting and analysis process and kept an eye on the biases of the researchers through continual peer debriefing consultations and frequent research team meetings. The comments of the participants revealed two overriding themes: (1) communication hurdles, and (2) methods for bridging gaps and successfully interacting with parents regarding their children's nutrition. The childcare contexts (HS, CACFP, and non-CACFP) and Academy benchmarks for parent communication about children's nutrition looked at these themes. Findings showed that all HS providers said it was simple for them to meet this criteria and reported no hurdles for implementation for the Academy's benchmark relating to providers working with parents to ensure that healthy foods are brought from home. Implementing the benchmark according to was simple for them; HS providers cited having federal policy (i.e., the HS Performance Standards) and adopting center-level practices to support this policy as major implementation tactics.

According to the HS Performance Standards, all food given at the HS program had to be rich in nutrients and low in fat, sugar, and salt. Additionally, no food from outside the center was permitted. Contrary to HS providers, CACFP providers acknowledged hurdles when parents brought unhealthy foods to the childcare facility and permitted parents to bring food from home. However, CACFP providers reported policies and practices at the center level to consult with parents to confirm that any food brought from home complies with nutritional standards. Finally, compared to HS and CACFP providers, non-CACFP providers reported higher challenges and fewer strategies for implementing this criterion. Results showed that providers in all contexts (i.e., HS, CACFP, and non-CACFP) identified hurdles in communicating with parents regarding

nutrition education for children, which is a benchmark set by the Academy. In contrast to non-CACFP providers, HS and CACFP providers highlighted a variety of tactics they used to implement this criterion.

Barrier 1: Service providers believed that parents were too busy to speak. On a normal day during drop-off and/or pickup, providers reported that parents were too busy to discuss their child's nutrition. The parents, like I mentioned, are quite busy, and they're usually rushing to drop off or pick up their children, explained Elaine, a non-CACFP provider. So, other than when we have parent-teacher conferences, there isn't much time between you and the parent. And that just took fifteen to twenty minutes. I simply believe that they are simply too busy.

Providers believed that some parents fed their kids unhealthy diets. Concerns were raised by service providers regarding the convenience foods heavy in fat and sugar that they saw parents giving their kids. The reason for this practice, according to the service providers, was that it was more convenient for parents to prepare and pack the unhealthy meals. A CACFP provider named Danielle claims that "typically, it's wafers with sugar content. Pretzels, salt, fish, and fish crackers are all included since they are simpler to prepare than Jell-O. Parents often provided unhealthy food to keep the peace with the kids. "I'll tell them [parents] occasionally, that's not breakfast," Hannah, a non-CACFP caregiver, said. But in order to maintain calm, they bring in dishes heavy in sugar and fat. The children might be crying out for it. They [parents] claim the youngster wanted that. They can therefore work in that manner more easily.

The kind of food conversation between parents and childcare workers was described by the providers. Parents were willing to talk about food-related issues like food allergies, but they were less likely to talk about nutrition-related issues like giving kids healthy food options, according to service providers. For instance, Elaine, a non-CACFP provider, observed that "they parents don't really seem to share anything with us [childcare providers] unless they children already have food allergies or already have food issues going on." Similar to Danielle, a CACFP provider, "it's probably about soy or peanut oil or something that's allergies when she [childcare administrator] gets to this part where she's talking to individual parents." And it's not about how much sugar, salt, or fat you consume. Providers were unsure of how to talk to parents about nutrition without offending them, which was barrier number four. Providers reported a wish to speak with parents about their children's diet. They were worried, though, that if the provider started the conversation, it may enrage the parents. 'I guess it's just really hard because I believe there are a lot of things that I would like to talk with the parents, but I feel like I would just upset them,' said Michelle, a non-CACFP provider. I just sort of keep it to myself, really.

Providers were concerned about whether parents would be receptive to nutrition instruction. Parents weren't thought to be interested in the nutrition advice the daycare center supplied, according to the providers. For instance, some parents reportedly did not want other adults, especially daycare professionals, telling them what to feed their children [8]. Additionally, daycare providers believed that parents did not read any nutrition-related documents that were given home with them. "What I can do is recommend, what I can do is cajole, what I can do is present paperwork that demonstrates research that says that these are the things that need to be done," Marisa, a non-CACFP provider, said. Can I make them act in that way? Not really, no. I can try to educate them, but if they decide to burn the paper at home, you know.

Five themes emerged from childcare providers' descriptions of how they approach talking to parents about their children's diet. The intention behind these tactics was to improve kids' health by teaching parents about nutrition. Each tactic is explained below:

Recognize the advantages of educating parents on diet to promote children's health. In order to enhance the nutrition environment at home, avoid obesity and related chronic diseases, and promote child health, providers were inspired to talk with parents about their children's diet.

First, the healthcare professionals emphasized the significance of speaking with parents in order to better understand how they feed their children. Additionally, providers believed that having conversations with parents aided in promoting a healthy diet in both the home and the childcare environment. "so the parents can take part of that item (knowledge) back home to their own homes, to teach children how to sit down and eat and see what's pleasant and what's nutritious and what's not as healthy," noted Becky, a CACFP provider. Give them fewer servings of the unhealthy foods and a lot of the foods that are nourishing for them.

Second, medical professionals understood the connection between fat and chronic illness. They emphasized how crucial it is to educate parents of this information. The need to "just stress how important it is to your child for their health because with diabetes and all types of diseases from being overweight, high cholesterol, high blood pressure, and all that stuff," according to Jasmine, an HS provider, was evident.

Third, caregivers felt obligated to promote the general wellbeing of children. For instance, Becky, a CACFP provider, stated, "we [providers] are here to educate children, take care of them, and ensure that they are healthy." Through education, form a partnership with the parents. Clinicians explained how their partnerships with parents, in which parents and clinicians work together to promote children's health, shape their interactions with parents.

As a result, the relationships between service providers and parents served as the main channel for spreading information to and educating parents about nutrition and feeding practices. A CACFP provider named Abby, for instance, thought, "Just developing that bridge between providers and parents and collecting more information if a parent says they [the child] just don't like milk, and we should question "Why?" What do you give them in its place? Are they obtaining the vitamins that they would receive from milk in some other way? A second CACFP provider, Jade, added, "I think just working with the parents and trying to continue to educate them, you know, to encourage the child to taste or try new things." Providers understood the reciprocal relationship between the home environment and the daycare setting in addition to educating parents. Esmeralda, a non-CACFP provider, said, "Parents may help us to understand what we're doing or not doing by discussing it [children's nutrition] with them. In this manner, the providers can assist the parents and the parents can assist us in resolving this.

Furthermore, prior research found that parents view childcare workers as subordinates, which may help explain why parents and providers are more sensitive to discussing nutrition. Implementing national policies for the prevention of early childhood obesity that emphasize the crucial role of daycare providers in influencing children's eating habits and nutritional intake may be difficult due to the issue of caregivers' perceived inferior role. In order to boost children's health, such rules also call for physicians to talk to parents, perform responsive feeding, and educate kids about nutrition. Future studies are required to close this gap between the perceptions of providers and early childhood nutrition policies, as well as to increase self-efficacy with relation to putting these policies into practice [9].

Despite the fact that providers said that parents can become offended when they are told about nutrition, they also said that parents might not be open to or interested in hearing such information. Previous study has highlighted how various persons engage parents and communicate about nutrition in different ways, which suggests that depending on parent traits, providers' communication may be more or less effective with different parents. Regardless of the source, parents may not really be interested in discussing nutrition; nevertheless, as this study and other studies have demonstrated, parents may be more interested in learning about their child's eating habits. It's possible that parents might feel more comfortable talking about nutrition if they could provide specific details about what and how much their child has eaten [10].

Additionally, researchers found that in order to maintain a child's safety, parents of children with specific medical needs must speak with one another about items that can be harmful to their health such as allergies.

Although parents may be more at ease and willing to discuss their child's food intake, they are less at ease talking about their child's nutrition. According to this conclusion, caregivers can use this subject as a springboard to offer nutrition knowledge to parents. Additionally, public health professionals and researchers can create instructional programs to help professionals recognize these communication opportunities and convey dietary advice to parents.

CONCLUSION

Previous studies have shown that parental nutrition education has a positive impact on children's health outcomes. Parent handbooks, tours of the childcare center when the child is enrolling, parent-teacher meetings, menu posting, and getting parents involved in cooking activities are just a few of the ways that nutrition educators can collaborate with childcare providers to help put policies into practice. Further tools that clinicians can use to support their communication with parents include newsletters that cite research findings and reliable sources of information, handouts with HS Performance Standards, and guidelines from the Institute of Medicine. The tactics mentioned above may be well welcomed by parents, as some parents have indicated a need for information in prior studies. Resources that have been purposefully designed may give service providers more assurance about the knowledge they are disseminating and enable them to make use of the nutrition data without upsetting parents.

The significance of developing a respectful relationship between the provider and parents lay at the foundation of each strategy. As has already been mentioned in research looking at nutrition education or other programs involving nutrition communication, building respectful relationships is essential for success. When a childcare provider has established a respectful bond with a kid that is centered on the child's care, the likelihood of a successful nutrition conversation is higher. Mutual respect is the foundation for open dialogue, which may include tackling the more delicate subjects like nutrition and good eating. The Academy's criteria on parent communication about children's nutrition need to be implemented, and this study adds to our understanding of childcare providers' perceptions in that regard. However, more research is required.

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CHAPTER 11

AN EXPLORATORY STUDY ON THE EXPERIENCE OF SINGLE PARENTING AMONG DIVORCED WOMEN

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ABSTRACT:

Single-parent families are becoming more prevalent both domestically and abroad. Women are the primary caregivers in the vast majority of single-parent households. The goal of this exploratory project is to gain a deeper understanding of what it's like for divorced women to parent alone. To develop a greater understanding of topics relating to marriage, the family, parenting, and marital breakup, a review of literature was used. Additionally, a qualitative technique of inquiry was used to strengthen this understanding by grounding it in subjective experience and in a South African setting. This method involved in-depth case study interviews with a small sample of single-parents. Although the field was constrained by specified variables, the participants represented a variety of viewpoints and experiences because the group was not homogeneous. The results imply that many issues faced by single parents are not unique to their circumstance and are shared by women in traditional nuclear families. There is evidence that single parents believe being a single parent could be advantageous for their own personal growth. This study shows that, in contrast to what the literature suggests, some people do not consider single parenting as a temporary situation with remarriage as the ultimate aim. According to those surveyed, it is a family form in and of itself; not necessarily a preferred one, but one that comes with unique delights and challenges.

KEYWORDS:

Divorced Women, Expressive Family Tasks, Fundamental Reforms, Nuclear Families, Single-Parenting.

INTRODUCTION

Over the past few decades, two historical developments the rise in divorce rates and the shift in the societal organization of gender roles sparked by the feminist movement have helped to partially break the tyranny of the myth of the blissful nuclear family. Frequently held beliefs about families have been vehemently contested. The control of sexual and parental interactions has recently come under scrutiny. The naturalness and moral superiority of "the family" are asserted, and traditional beliefs characterize sexual encounters, procreation, and childcare as taking place inside a family unit based on marriage and women's mothering [1]. Elliot In conclusion, the family-as-a-haven thesis tends to obscure the variety of family life experiences; it presumes that the family can be isolated and insulated from larger society; it does not seriously consider the reality of power being divested in some people but not others; and it tends to ignore the darker side of family life.

The school of thought that views the family as confining and oppressive also fails to acknowledge the diversity of family life and experience; it insufficiently connects the family and larger society, and by highlighting the less positive aspects of family life, it neglects to adequately address its broad appeal. Hirst makes the unarguable point that, in the end, the family is the result of a voluntary arrangement between people who (typically) choose to get married and have kids. Perhaps a more plausible and truthful hypothesis would be one that depicts both the haven-like and prison-like potentialities of the family. In his 1973 essay defending the modern family, Fletcher made a convincing case for this ambivalence. Feminist writing has

vigorously attacked the cultural ideology that idealized maternal possibility and supported the fantasy of the ideal mother while also excluding and marginalizing mothering. As a result of the emergence of new family structures, beliefs regarding the roles of parents have changed. The roles of the mother and the ruler are fusing and switching between the sexes.

This phenomenon is not brand-new. It's probable that the nurturing and authoritarian roles were occasionally inverted or interchangeable but were not recognized as such even in more traditional homes. In his investigation of matrifocal families within the so-called Colored community, it appears that there can be a difference between fact and ideology. However, in more recent times, these problems have grown more obvious [2]. Alternative, non-traditional family structures include same-sex unions, single-parent households, divorced households reuniting, households where the father bears primary parental duty, households that belong to communal groupings, and households with only one parent.

Although society has always been hesitant to support any family structure other than the one that is religiously mandated, there is evidence that this attitude is changing. In the past, women believed that being a mother and a wife was fundamental to who they were. However, attitudes have evolved, and many women and men now consider motherhood as a choice rather than a social requirement. Thus, Naomi Miller writes: "We are, paradoxically, faced with a new social script in which some couples choose to remain childless and some singles choose to parent".

Closer to home, a growing proportion of women are opting to live outside of marriage engagements, according to the Second Carnegie Inquiry into Poverty and Development in Southern Africa. African women are beginning to doubt the importance of marriage relationships more and more. It is proposed that the sexual division of labor, which appears to be widely accepted as natural and unchangeable, may be one reason why people are resistant to marriage. The number of single parents is rising since being a parent is still the only way to become an adult, at least for the poor. Other factors for the rising illegitimacy rate, To include the expense of marriage, men's hostility to contraception and a desire to determine the fertility of the future wife, as well as a lack of stigma associated with illegitimacy [3].

It is obvious that the entire topic of "motherhood" needs to be made political since, to paraphrase a popular feminist adage, "the personal is political." The current anti-family movements are a part of a larger estrangement from the established social order; this element is based on ideals of individual freedom and on convictions that "a social life ordered, not by prescribed rules, but by the mutual negotiation of commitments, is valid and desirable." The study's findings revealed that the families' way of life had no discernible effects on the children's wide range of behavior patterns and cognitive ability.

In summarizing the results of the various research studies, Schaffer asserts that there is no evidence that family structure deviations are inherently harmful to children or that they must be taken into account as a prerequisite for the growth of psychologically healthy personalities. He continues by saying that although non-traditional families may result in some distinct features, such as a higher risk of poverty among single-parent households, these are only side consequences and not characteristics of non-traditional families per se. Schaffer, in a significant way, advises against extrapolating conclusions from research done in certain civilizations. For instance, restricted their study to middle-class, white youngsters in California.

Different parenting approaches are tolerated more tolerantly in some countries than in others. Growing up in a non-traditional home may lead to some social exclusion, which may have an effect on the person's psychological well-being. According to a study prejudice and unfavorable social expectations might be a serious impediment. This article explains how teachers, social workers, and other professionals had fewer favorable opinions of children when they were informed that they were from intact two-parent families rather than single-parent families, especially those headed by a father.

There is sufficient data to demonstrate that healthy parent-child interactions can exist in a wide range of social circumstances that may be very different from the classic nuclear family: Instead of family arrangements per se, the primary factor influencing how children develop psychologically is the quality of their interpersonal connections

Conceptual approaches

According to the study, there are three main schools of thought that offer drastically different descriptions, interpretations, and assessments of the ways that sexual and parental relationships are currently ordered in society.

Functionalism

This idea places a strong emphasis on the value of the nuclear family for societal continuity and stability. Malinowski based his assertion that the nurturing of children is the family's universal purpose on research he conducted among Aboriginal Australians in 1913. It is believed that the nuclear family and the sexual division of labor are arrangements that satisfy particular societal demands.

Parsons distinguishes between "expressive" family tasks those that are nurturing and emotionally helpful and "instrumental" tasks, which are focused on achieving material objectives. Although men and women can theoretically carry out either set of tasks, childbirth and early nursing create a strong presumptive primacy of the mother to young child relation, which in turn creates a presumption that the man, who is exempt from these biological functions, should specialize in the alternative instrumental direction. Parsons recognizes the sexual distribution of labor and offers a defense for it.

The family is seen by the functionalists as fulfilling basic societal needs, and their starting point is the idea of society as an integrated whole in urban-industrial society. The extended family system would be incompatible with such a system of production, according to Parsons' comparison of the characteristics of the nuclear family system with those of industrial production. The family is in charge of passing down members of society and ideals that are commonly held in common. The functionalist models emphasize the advantages of family life and see cooperation and consensus as inherent in the system rather than conflict and oppression. The family is often viewed as a "haven in a heartless world" by the functionalist

Marxist theory

A radical alternative to functionalism is offered by the writings of Engels, Seccombe, and Beechey (see Harris, 1983). According to Marxist theories of the family, the family's structure and continued existence are ultimately contingent on the dominant mode of production. Such theories also emphasize how dominant class interests affect the composition and operation of families. Insofar as it reproduces labor force and socializes kids into capitalism's ideals and class relations, families are crucial to capitalist industrial production. According to current Marxist theory, women's roles as housewives and mothers result in their subjection to men because they make them dependent on their income. Male authority and female reliance are based on this. Thus, capitalism serves as the Marxist worldview. The family is set up by capitalist imperatives to produce a labor force, and society is class-divided. Marxism offers a critical examination of the family and society and strongly supports calls for reform by highlighting class conflict and exploitation.

Theories of feminism

Within this framework, women aim to correct the imbalance that results from "man" being seen as the "norm" against which everything else is judged. The relationship between men and women serves as the basis for radical feminism, which emphasizes that relationship as the source of women's subordination rather than capitalist dominance [4].

The functionalist perspective, which relies on the idea of biological determinism and treats gender as a fundamental category of analysis, is rejected by feminists.

The claim made by functionalists that the family serves as a primary institution for raising young children is fundamentally false. According to Thorne just because a social institution is seen to carry out a necessary function does not necessarily mean that the function would not be carried out in the absence of the institution.

According to the feminist viewpoint, social connections in all civilizations are built on male dominance, and the foundation of social existence is gender divisions rather than class divisions. The family is seen as a patriarchal structure that oppresses women since it is moulded by patriarchal expectations in contemporary society. The feminist model exposes gender inequality and child and woman exploitation, and it questions the notion that any given configuration is inherently natural, biological, or useful [5].

The feminist perspective has centered on women as individuals divorced from the family and has reopened questions about the family, revealing far more complex relationships within family and other social formations than had previously been understood: "And all by asking one fundamental question... and that is not only what do women do for the family, but what does the family do for women? The feminist perspective repeats a call for a realistic assessment of mothering, for an appreciation that mothers have lives, needs, and connections that are distinct from, interact with, and occasionally even contradict the duties of motherhood.

DISCUSSION

Traditional concerns about "permissiveness" turning into "decadence," a male backlash against feminist demands, and attempts by the political Right to address issues like unemployment and state spending by upholding ideas of the family as a unit of care are among the factors that appear to articulate and drive the pro-family movement. The nuclear family is regarded by functionalists as providing for basic human needs and serving as a haven from the harsh and hostile outside world. The philosophy of the family-as-a-haven has restored the legitimacy of traditional family values.

The functionalist tradition, in contrast to the Marxist and Feminist approaches, is less interested in a critical analysis of the family as a social institution: "It prevents us from considering whether the family may not simply have problems but may itself be a problem and whether radical change may be desirable".It portrays the family as a single, socially isolated unit while ignoring the realities of power in its concept of the family as a shelter. Elliot claims that two ideas are at the heart of this criticism:

Families from different social classes have different life circumstances, interests, and levels of authority to pursue those interests. This statement is particularly pertinent when considering the condition of single parents. The situations, interests, and levels of power between a husband and wife, parents, and kids differ. If the family is a refuge, one must then inquire: for whom is it a refuge? The romantic and sentimental viewpoint that the functionalists advocate really seems to promote the interests of the powerful and may even oppress the powerless [6].

Family as a jail

Many, however, hold a different perspective and tend to compare the family to a prison in terms of how it confines, represses, and oppresses people. The Marxist conception of the family as a psychologically supportive system extends the argument by arguing that, despite being a haven in a heartless world, the family actually contributes to the upkeep of the oppressive capitalist system and is thus a tool of such oppression. The family, "is a prime means of transmission of bourgeois ideology". In addition to assuming that family life can be shielded from the conflicts and contradictions that permeate the outside world, this argument, like the functionalist one, also hides the inequities that occur inside families.

Laing makes an intriguing contribution to the discussion by arguing that the family represses and oppresses individuality. The "transpersonal system of collusion" that is necessary to play "Happy Families" is discussed by him. His writing focuses on the relationship between parents and children and, in particular, explores the ability that parents have to impose their worldviews on their offspring. He admits that parental love can be warm and protective, but argues that it can also be suffocating and ultimately destructive. It might hinder real individuality and privacy. Unlike the functionalists and marxists, he is more interested in the structuring and moulding of an individual's identity than the interaction between the family and other social institutions [7]. In the contemporary, distant family Relationships between people are becoming more emotionally intense, which may cause uniqueness to be swallowed by the family.

(i)   Laing asserts that familial ties are paradoxically both stifling and supportive, but he almost exclusively speaks to its stifling aspects.
(ii)   According to Laing's theory of parent-child relationships, socialization is a two-way street between parents and children. However, kids don't just accept their parents' definitions and interpretations passively and obediently.
(iii)   Laing does not place the family in a societal framework.

He does not explore the cultural meanings of parenting styles or the connections to other social institutions. No doubt, feminists concur that the family is a safe sanctuary for men. It can be a prison where a woman is serving a life sentence. There are three features of modern family life that are harmful to women:

(i)   The way in which the housewife position regulates the labor of wome. As a result, they are unable to engage in paid labor, are cut off from chances for self-realization, and become economically dependent on males. As a result, "Men thus have privileged access to, and control over, the public world and therefore control over women"
(ii)   The power it grants men over the libido and fertility of women. Traditionally, women's sexuality is limited to heterosexual marriage, which carries the risk of becoming pregnant and having children. Ironically, violence against women is also most commonly allowed in the family.
(iii)   The way gender identities are structured. The rigid segregation of men and women into the public and private spheres of society through the concepts of femininity and masculinity can cage women.

According to Oakley (1974), beliefs in the "naturalness" of the sexual division of labor and the significance of the mother-child bond are latent in the ideology of the nuclear family. These ideas support women's psychological ties to the domestic sphere. As a system of affective relationships, the family is thought to be particularly significant, which has the added impact of privatizing the house and romanticizing marriage [8].

Thus, the myth around motherhood may be used to subjugate people. Peers, the classroom, the law, the media, and other socializing forces besides the family also play a part in creating and perpetuating gender identities. Conceptions of appropriate gender behavior inside families heavily rely on broader social conceptions. Families "are entangled in and responsive to the ideology of 'the family' as well as engaged in reproducing it" As a result, the family serves as the ideological and practical foundation for the oppression of women.

Because women's status in the family is based on their ability to bear children, pessimistic about the chances of ending this subjugation. While the roles of homemaker and wife can alter, those of mother cannot. According to the myth of motherhood, "all women must be mothers, all mothers must have children, and all children must have mothers", Feminists believe that fundamental reforms to family structures are necessary for the liberation of women. This would necessitate, among other things, viewing a woman as an individual member of the family rather than the center of the family, a position that she has been imprisoned in over the years by dominant beliefs and ideals about mothering [9].

Four significant criticisms of the feminist critique of the family

(i) Feminists see the family as completely repressive, in contrast to functionalists who see it as entirely positive. The very genuine and widespread pull of motherhood and family life for many people is ignored by this radical approach. Similar to how men are frequently represented, patriarchy rejects the ability of women to actively direct their life and portrays them as helpless, passive victims.

(ii) Feminism is accused of taking an unclear stance by highlighting the cultural diversity and complexity of family structures while also implying that oppression of women occurs universally in explanations of the phenomenon.

(iii) Some authors have questioned the relationship between the family, the sexual division of labor, and patriarchal power, the traditional division of labor between unmarried couples and in communes reveals a structuring of gender interactions that may not change if families are abolished.

(iv) Finally, feminists are criticized for downplaying the crucial link between work and family. The danger of perceiving the home as the primary site of women's oppression is that it could be isolated from the larger social, political, and economic system [10].

CONCLUSION

In conclusion, the family-as-a-haven thesis tends to obscure the variety of family life experiences; it presumes that the family can be isolated and insulated from larger society; it does not seriously consider the reality of power being divested in some people but not others; and it tends to ignore the darker side of family life. The school of thought that views the family as confining and oppressive also fails to acknowledge the diversity of family life and experience; it insufficiently connects the family and larger society, and by highlighting the less positive aspects of family life, it neglects to adequately address its broad appeal. Hirst makes the unarguable point that, in the end, the family is the result of a voluntary arrangement between people who (typically) choose to get married and have kids. Perhaps a more plausible and truthful hypothesis would be one that depicts both the haven-like and prison-like potentialities of the family.

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CHAPTER 12

KEY FACTORS IN THE ADOPTION OF THE HOME ENERGY MANAGEMENT SYSTEM

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ABSTRACT:

With the growth of renewable energy, there is an increasing need for technologies that can help manage and consume it in an efficient manner, utilizing more energy when it is created on sunny or windy days, preferably at the point of production, and avoiding long-distance transmission. This creates opportunities for IoT-based solutions, sophisticated demand management strategies, and the idea of smart energy. The objective of the project titled "e-balance - Balancing Energy Production and Consumption in Energy Efficient Smart Neighbourhoods" was to develop a smart home energy management system (HEMS) that will assist end users in managing the produced electricity. The existence of such systems in the home environment redefines the idea of electricity, which becomes tactile and always present in sight, according to research with potential users conducted as part of the project. Users also anticipated that the system would considerably lower their electricity expenses, albeit economic simulations don't always support this expectation. This means that other motivational and engagement factors, such as environmental ones, will need to be considered in the final solution. The "e-balance" project was carried out in Poland, Portugal, and the Netherlands. The paper contains findings from quantitative and qualitative research undertaken within those projects.

KEYWORDS:

E-Balance, Financial Gains**,** Home Energy Management System, Long-Distance Transmission, Smart Neighbourhoods.

INTRODUCTION

A research program was carried out as part of the "e-balance: Balancing Energy Production and Consumption in Energy Efficient Smart Neighbourhoods" project to provide answers to the problems raised above.

The following components made up the research program:

1) Between May and June 2017, power consumers in Poland, Portugal, and the Netherlands participated in a quantitative survey. The study's objective was to collect opinions on how people perceived the idea of an energy management system and the attractiveness of several design choices for a household electricity management system. Participants in the study ranged in age from 18 to 79 and were either solely or jointly responsible for the household's electrical bill payment. The overall sample was made up of 1,545 people in Portugal, 1,639 people in the Netherlands, and 1,660 people in Poland. The sample structure was modified using analytical weights to reflect the population of each country based on gender, age, education, and region of residence in order to assure representativeness in each nation. We started by asking people about the specific HEMS concept that had been developed as part of the e-balance project [1].

2) User testing carried out in 38 homes in the Dutch town of Zutphen in June and July 2017. This section's goal was to acquire accurate information on how a HEMS prototype was used and how users felt while using it. The first iterations of this technology were put in homes with smart washing machines that let owners schedule the washing cycle. Users were able to program a time

window when the automatic system should run the previously loaded washing machine using a smart Whirlpool washing machine and a smartphone. On a specially created graphical user interface, they could also keep track of how much electricity was produced and used.

3) **Qualitative study:** Seven individual in-depth interviews (IDIs) with system users who were actively using the prototype were conducted. The study's primary goal was to identify any potential obstacles and elements influencing how the system was perceived and how widely it was used. The IDI method was chosen because it allows researchers to see the system through the users' eyes and, in turn, better comprehend the social context of using HEMS when users express their usage experience in normal language during interviews in real-life circumstances [2]. Additionally, individual interviews enable users to more clearly visualize and experience the potential effects of the described system on their life, which may be challenging during conventional quantitative testing, such as concept tests.

4) Economic modeling, where the potential cash received by grid operators/aggregators and the advantages for end users were modelled for a number of business cases. The results will only be displayed to future system users to highlight social questions concerning money and savings.

The concept of "smart cities" was developed due to a variety of factors, including the rapid advancement of ICT, new application possibilities in a variety of economic and social spheres, the concept of sustainable development, and the never-ending need to implement changes to raise social life standards in a dynamic environment with Industry 4.0. The phrase "smart city" has been around for a while. In general, it suggests that future cities will undergo changes that will make them more hospitable to people in all spheres of social and economic life (smartest cities). According to the assumption, residents of cities and districts would enjoy comfortable lives based on the concept of sustainable development, with the cost of the home energy management system being adopted by the city's residents being optimized as low as possible. Costs are a relative concept that ultimately depends on how wealthy a society is.

A smart city is one that is expertly run. A city should be given mechanisms to measure the important subsystems in charge of its operation in order to accomplish that goal. According to the pertinent literature, the following areas are crucial for city life: administration and management, healthcare, information flow systems, education, transportation, mobility, and logistics, waste management, energy management (public lighting, heating systems, and energy, including renewable energy), municipal management, public space management, culture and entertainment, etc. However, this list does not include all aspect of urban life. The Sobieski Institute identified 15 such areas in its report on potential IoT development areas highlighting how modern technologies, in particular IoT and artificial intelligence (AI), can help advance integrated operations of systems and public management and produce the synergy development effect. Smart use of these factors will result in improved living conditions in both cities and more rural areas [3].

Based on 19 factors deemed crucial to the "smartness" of today's cities, the top 100 smart cities list for 2017 was created. There are no other Polish cities on the list, which places Warsaw at number 89. The survey looked at 500 cities worldwide, with Copenhagen, Singapore, and Stockholm performing best. The criteria for evaluation included the use of smartphones in various aspects of city life, the availability of high-speed 4G/5G Internet, transportation and mobility, the use of smart systems for parking and traffic, car rental and car sharing apps, the accessibility of digital services for e-administration, the use of contemporary technologies for energy supply and consumption, the accessibility of city cleaning systems, etc.

As was already mentioned, the IoT in particular, along with AI, cloud computing, and big data technology, represent challenges that currently determine the path leading to the status of true smart cities, provided that they will be implemented in specific systemic solutions, such as in energy supply systems, energy efficiency management systems (EEMSs), in energy clusters, or in energy cooperatives.

The energy industry and IoT and SG

IoT, or even the Internet of Everything (IoT/IoE), machine learning, and machine-to-machine (M2M) communication, are speeding the level of connectedness between people and smart objects in many industries and spheres of life. IoT refers to the network of physical objects, including tools, appliances, automobiles, and other objects, which are connected to one another and may collect and share data. These objects are integrated with electronics, software, sensors, actuators, and connections [4].

A total of 50 billion devices, sensors, and actuators are anticipated to be in use by 2018, and 75 billion by 2025, according to Juniper Report. The concept of the Internet of Things (IoT) is being developed (since 1996 and even earlier) and used in smart appliances in cities, districts, and neighborhoods to improve energy efficiency in energy systems and to promote security, efficiency, and safety in multiple control systems. IoT is used in the context of homes to automate the home and manage all household appliances. The IoT is utilized in business for new mobile services as well as in many other fields. It is applied to the power grid to obtain better management and monitoring services and to build new services. Today, the modern information society (IS), which includes the IoT/IoE and SG, produces an increasing amount of data in each of the aforementioned sectors.

"The communication issue is the most energy consuming task on devices," claim Vermesan and Fries' in 2014. For new applications created expressly to launch new market services in the IoT context, the usage of Big Data and cloud technologies is required. The majority of organizations are concentrating on speeding up the time it takes to get items to market, adjusting to legal requirements, improving energy efficiency, and, most crucially, innovating utilizing the IoT. As all smart objects can now be seen using smartphones and smart applications and can communicate with one another to understand actions made and states in online environments, this potential is now possible. New improvements have been introduced for several new services in relation to the use of SGs in energy systems and RESs on the electricity market. They demand that users have a new level of awareness as well as a comprehension of the new digital environment with its extremely intelligent devices.

The fact that SGs in energy systems are based on contemporary sensors, intelligent meters, and specialized equipment that communicate and elevate grid operation to a new level while also enhancing its effectiveness, lowering its price, and integrating all energy market participants should also be explained. The Energy Independence and Security Act of 2007 (EISA-2007), which was enacted by the US Congress in January 2007, gave the first official definition of SG. Installing smart energy consumption meters in homes would be the first step in establishing such a grid in Poland, as would modernizing transmission grids, especially those based on 110 V voltage (Hel Peninsula - Intelligent Peninsula project, started in 2009), with the goal of installing new, smart meters in 80% of homes by 2018. The development of new markets, cooperating systems, SG management systems, and business models will all take place in later stages as a result of new opportunities like active demand management, civic energy, sustainable development and RES development, the creation of a common energy market in Europe, etc. To sum up, the recent technological change, which was fueled by the development of Internet technologies, resulted in a quick transition toward Industry 4.0, also known as the fourth industrial revolution or the industrial digitalization of nearly all aspects of human life, including the energy sector [5].

DISCUSSION

A technique to control electrical energy demand is energy demand management, often known as demand-side management (DSM) or demand-side response (DSR) [USEF 2016; EU Commission 2016]. Electrical energy was formerly thought of as a commodity that could only be managed on the supply side under a

traditional strategy. That implied that whenever a need emerged, the supply matched the intensity of the demand. In other words, energy producers had to create as much energy as was necessary at any one time. Incentives and programs that had an impact on consumer behavior have been in place since the 1970s and the American Great Recession. Particularly during peak hours, they sought to alter these behaviors in terms of requirements, which ultimately led to the DSM. Through the use of energy-saving technologies like light-emitting diode (LED) bulbs and other such items, DSM initiatives aim to save money and reduce users' usage. As part of the so-called "energy flexibility" that can be supplied to a balancing market in order to reduce the generation requirements during peak hours, when there is a higher demand for electricity from the national grid, they also include contemporary systems that help to manage demand and develop new services.

The key to the adoption of the home energy management system is the end users' motives. We currently use a variety of distributed tiny generating sources. They make up a dispersed energy market that includes hydroelectric power, wind and solar farms, and other new renewable energy sources that all provide increased production capabilities. They continue to be unstable at the same time, and their effectiveness can change over time [6]. As a result, active impact demand control is required, especially during peak hours, to ensure the stability of the entire production system.

E-balance as a strategy for managing energy

The active side of demand is managed via the system suggested as part of the e-balance project. It focuses on three management areas: Controlling electrical energy use and consumption in a single prosumer's home; managing the neighborhood to achieve local balancing of community needs; and involving the community in the delivery of goods and energy flexibility services to the market to improve the electrical energy system's economic efficiency and stability. The project's goals included creating a prototype platform or solution, testing it, and creating a business plan for potential future commercialization. Under this initiative, a social survey on attracting possible users to the system's potential application was also carried out.

To create the business model for the e-balance platform, the authors developed the following fundamental business assumptions: The system would function in a smart environment, with smart meters mounted in both the prosumer's home and those of their neighbors, interacting with the e-balance platform tools through a dedicated customer administration unit. In addition, users would have household energy storage devices or electric cars that could store energy produced for their own needs during a specific period for example, at night, or photovoltaic panels or other dispersed small generation solutions. Additionally, users would possess modern domestic appliances that they could control by exchanging data and talking to the e-balance platform. The idea behind this strategy is to schedule their operations to achieve maximum energy efficiency and flexibility.

A prosumer benefits framework

Three prosumer compensation schemes were proposed as part of the research and simulation efforts and presented to users via surveys. On the basis of a business case created especially for the requirements of the project, a theoretical simulation test was also carried out for one system. The main concept underlying the e-balance platform mechanism and compensation for prosumers is as follows: based on the operational strategies taken by prosumers, their demands, and their capacity to modify habits, the system will optimize the usage and consumption of electricity in the households. Devices used in the home will be operated during off-peak hours to save money on energy (peak saving) [7] . Additionally, projections for the short term will be used to indicate any changes to the user's energy use profile.

Will the energy management system make life easier for users, then? The solution is by no means obvious. A prototype of this technology was deployed in a demo site in the Dutch town of Zutphen in order to collect accurate data on use and user experience connected to the energy management system. 38 homes that had

equipment that allowed customers to watch and track the production of power on photovoltaic panels (placed on the roof) and use a smart washing machine underwent technical tests in June and July 2017. Seven IDIs with system users who were actively using it were conducted during the study [8]. The study's primary goal was to identify any potential obstacles and elements influencing how the system was perceived and how widely it was used.

The IDI method was chosen because it allows researchers to see the system through users' eyes and, as a result, gain a deeper knowledge of the social context of EMS. Users share their usage experience in normal language through interviews performed in real-life circumstances. Additionally, individual interviews help users visualize and experience the possible effects that the system might have on their life, a job that might be more challenging in more conventional quantitative evaluations like concept tests. The aforementioned method, from the viewpoint of potential users, addresses issues and difficulties they do not already face. Electrical energy-related technological advancement is currently a background technology. Electricity is used without much thought and is perceived as abstract and elusive since it is "possessed" by technologies that run on electricity. The majority of consumers are unaware of the amount of energy their home uses (they are more or less aware of their spending, which is different).

According to the report, electrical energy is redefined by the smart energy management system. In reality, electricity is now visible and tactile and is shown on the graphical user interface. It becomes something that is continuously made, consumed, and seen in the home, like a homemade cake that family members can make at home and then observe as it slowly vanishes. In the new paradigm, electricity is transformed into a good that members of a family can exchange, store, or use on their own [9]. The emphasis on making sure that its features ease rather than complicate daily life is due to the possibility that such a system could, in an extreme instance, complicate recipients' lives. These reasons amply demonstrate the divergent viewpoints held by engineers, power system managers, and regular electrical energy consumers. For those who don't deal with these issues frequently, the advantages of a more reliable energy network and fewer blackouts are very abstract. Therefore, if end users are to actually change their daily routines, this adjustment must offer them actual benefits.

Expectations and simulations on financial gains

How likely is it that the system will result in savings? According to the study, about half of customers in Poland and Portugal (48% and 52%, respectively) anticipate a decrease in the account of at least one-fifth (Figure 2). No reduction can persuade one in four respondents in Poland (26%) and one in five in Portugal (18%) to install such a system at home, they claim. The situation in the Netherlands is a little more complicated: Despite any bill reductions, nearly half of Dutch consumers (45%) have no interest in the system at all. In Portugal, 34% in Poland, and 30% in the Netherlands, monthly bills are predicted to be reduced on average by 37%, 34%, and 30%, respectively. We find that there is an average reduction of EUR 13.3 in Poland, EUR 26.2 in the Netherlands, and EUR 24.3 in Portugal when we compare these numbers to the value of actual electricity bills. Consequently, the anticipated savings are substantial [10] .

CONCLUSION

According to the conducted study, there are two main obstacles to end users adopting a HEMS. The "background technology" is the first difficulty. Right now, using electricity is simple and unreflective from the user's perspective. This condition will alter with the addition of a HEMS. Electricity won't be a background technology used mindlessly any longer. It will develop into a visible technology that occasionally demands the user's attention and decision-making. Users must be compensated for the expense of more time and attention if such technology is to be adopted into their daily life. The most fundamental requirement is

financial profitability: users anticipate that their electricity bills will be greatly reduced if they consent to flexible use (e.g., moving the washing or dishwashing cycle).

This brings us to the second obstacle, which is the issue of financial compensation. The calculations demonstrated that the bill savings will be significantly less than what end customers had anticipated. It is crucial to apply extra motivators because the initial simulations indicate that financial relaxation would not live up to users' expectations. The simulations run as part of the project have demonstrated that simplicity of use and low maintenance requirements are also crucial factors. Other driving elements, such as offering data to improve one's knowledge of their own habits and portraying the system as a status symbol, may also be at work.

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