

# Understanding the Meaning and Significance of Family

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**Abstract:** *The individuals, belonging to all communities, categories and socio-economic backgrounds have recognized the meaning and significance of family. The family is regarded as an institution, from where individuals generate information and augment their knowledge and understanding in terms of various types of subjects and concepts. The family members are valuable to individuals in all communities. The individuals within natal as well as marital homes regard their families as important. The main reason being, they are able to contribute efficiently in leading to up-gradation of overall standards of living through obtaining support and assistance from family members. The individuals are able to augment their information in terms of different techniques, which are necessary in promoting enhancement of overall standards of living. Furthermore, putting into operation communication processes in an efficient manner is facilitating in incurring the feelings of pleasure and contentment. Promoting health and well-being, physically and psychologically is regarded as vital for all individuals. Family members are first and foremost individuals, who support in leading to up-gradation of overall health conditions of individuals. Therefore, it is understood on a comprehensive basis that family members contribute efficiently in leading to up-gradation of personality traits and overall standards of living of individuals. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of family, measures to be acknowledged in developing mutual understanding with family members and advantages of developing mutual understanding with family members.*

**Keywords:** *Communities, Enrichment, Family, Improvements, Individuals, Living Conditions, Mutual Understanding*

## I. INTRODUCTION

Among individuals, belonging to all communities and socio-economic backgrounds, family is regarded as the first and foremost institution, from where learning, growth and development of individuals takes place. The parents are regarded as the first teachers of their children (Family, n.d.). They impart them information in terms of norms and values, which would be facilitating in bringing about improvements in their overall quality of lives. Furthermore, they will emerge into moral and ethical human beings and productive citizens of the country. The individuals need to ensure, they acquire an efficient understanding regarding norms and values and put these into practice in their lives.

As a consequence, they will render an important contribution in bringing about improvements in their overall quality of lives. Furthermore, they will be able to achieve desired goals and objectives in a satisfactory manner. Therefore, it is understood on a comprehensive basis that family has an important role to play in promoting enrichment of living conditions of individuals.

The families are of two types, i.e. joint and nuclear families in both urban and rural communities. The nuclear families comprise of husband, wife and their unmarried children, whereas, joint families comprise of two or more nuclear families residing under the common roof. It comprises of multiple relationships, i.e. grandparents, parents, aunts, uncles, children, siblings, cousins, nephews, nieces and in-laws. The family members, belonging to all age groups and genders are required to put into practice communication processes in an effective manner (Dube, 1990, [1][5][6]). Furthermore, they are required to treat each other with respect and courtesy. The possession of information regarding communication ethics will be facilitating to a major extent. These are, making use of polite language and decent words; making provision of factual information; possessing an approachable nature and an amiable attitude and depicting the traits of helpfulness and co-operation. As a consequence, individuals will render an important contribution in forming cordial and amiable terms and relationships with each other. Therefore, it can be stated, honing communication skills and interactive abilities will be facilitating to the individuals to a major extent.

## A. Understanding the Meaning and Significance of Family

Within households, the individuals are overwhelmed by different types of problems and challenging situations. These are related to job duties, methodologies, approaches, work pressure, lack of implementation of time-management skills, unawareness in terms of various factors and so forth. The family members are required to obtain support and assistance from each other in coping with different types of problems in an efficient manner. Hence, it is of utmost significance for all family members to reinforce the traits of helpfulness and co-operation. They need to make provision of support and assistance to each other in implementing job duties in a well-ordered manner. Furthermore, they provide important information in terms of which individuals need to be well-informed. As a consequence, all family members are required to understand that within personal as well as in professional lives, family members are the first and foremost individuals from whom ideas and suggestions are obtained.

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Hence, in this manner, traits of helpfulness and co-operation are reinforced. Therefore, individuals acquire an understanding of the meaning and significance of family, when they acquire help and co-operation from other family members.

The family members work in co-ordination with each other in putting into operation the household responsibilities. The different types of household responsibilities are, cleaning, washing, preparation of meals, fetching water, taking care of needs and requirements of family members, electric work, repair work, carpentry, plumbing and overall management of the households. The individuals within urban communities hire domestic helpers and service providers, whereas, within rural communities are required to put into operation different tasks and activities on their own, hence, they need to work in collaboration to carry out different types of job duties on an individual basis. The individuals are required to learn from each other. In other words, they are required to augment their information in terms of various types of methodologies and procedures through putting into operation effective communication processes. Furthermore, honing of listening skills will be facilitating to individuals on a comprehensive basis. Therefore, one is able to understand the meaning and significance of family, when they are working in collaboration and integration with each other in carrying out job duties efficiently. The individuals are required to be well-informed in terms of traits of morality, ethics, diligence and conscientiousness. These are facilitating in putting into operation effective communication processes, dealing and working with others and carrying out all tasks and activities in a well-ordered and disciplined manner. Furthermore, individuals will acquire appreciation and reverence from other family members. Hence, in order to carry out all tasks and activities in a well-ordered and disciplined manner and carrying out household responsibilities appropriately, family members are required to augment these traits. Not only within personal, but also within professional lives, individuals are required to acknowledge the meaning and significance of traits of morality, ethics, diligence and conscientiousness. These are facilitating in doing well in one's tasks and activities, achieving desired goals and meeting the expectations of other individuals, within homes. Therefore, an understanding of the meaning and significance of family is acquired, when family members are assisting each other in inculcating the traits of morality, ethics, diligence and conscientiousness.

### B. Measures to be Acknowledged in Developing Mutual Understanding with Family Members

The individuals, belonging to all communities, categories and socio-economic backgrounds are required to augment their information in terms of importance of mutual understanding. This is regarded as the key in forming cordial and amiable terms and relationships with each other (Indian Society and Culture, n.d., [3][7][8]). The individuals are required to be well-informed in terms of measures to be implemented in developing mutual understanding with family members. The measures are complicated as well as manageable, these are implemented in less amount of time or can be more time-consuming and these are put into

operation on an individual basis as well as through working in collaboration and integration with other individuals, including family and community members. One of the important aspects that needs to be taken into account is, individuals are required to put emphasis on reinforcing a constructive approach. Furthermore, this will be facilitating in forming positive viewpoints in terms of various factors. In addition, pleasantness will be reinforced in terms and relationships. Therefore, measures to be acknowledged in developing mutual understanding with family members are stated as follows:

### C. Implementing Effective Communication Processes

Within homes, family members are required to implement effective communication processes with each other. These are the key in augmenting information regarding various factors; exchanging different types of ideas and viewpoints; coping with different types of dilemmas and challenging situations in an adequate manner and clarifying doubts in terms of different factors. Hence, one needs to put emphasis on implementing effective communication processes with individuals throughout their lives. The family members, belonging to all age groups and genders are required to put into practice communication processes in an effective manner. Furthermore, they are required to treat each other with respect and courtesy.

The possession of information regarding communication ethics will be facilitating to a major extent. These are, making use of polite language and decent words; making provision of factual information; possessing an approachable nature and an amiable attitude and depicting the traits of helpfulness and co-operation. As a consequence, individuals will render an important contribution in forming cordial and amiable terms and relationships with each other. Hence, it can be stated, honing communication skills and interactive abilities will be facilitating to the individuals to a major extent. Therefore, implementing effective communication processes is regarded as one of the indispensable measures to be acknowledged in developing mutual understanding with family members.

## II. AUGMENTING LISTENING SKILLS

Within all households, in all communities, the elderly family members, relatives, parents and other family members have the right to guide and lead their family members in the right direction. Hence, they are vested with the authority and responsibility of making provision of information to them in terms of different subjects and concepts. Furthermore, they also point out the flaws and inconsistencies and impart information in terms of ways to bring about improvements. The individuals need to put emphasis on augmenting their listening skills. These skills are facilitating in acquiring an efficient understanding of different types of methodologies and procedures in a well-ordered manner. Furthermore, these would be effective in carrying out all types of tasks and activities satisfactorily.



The individuals need to ensure, they augment information regarding various factors; exchange different types of ideas and viewpoints and obtain answers to all types of questions that are overwhelming. As a consequence, they will be able to lead to an increase in motivation and concentration levels towards putting into operation job duties in a satisfactory manner. Furthermore, there will be reinforcement of cordiality and amiability in terms and relationships among family members. Therefore, augmenting listening skills is one of the significant measures to be acknowledged in developing mutual understanding with family members.

#### A. Depicting the Traits of Helpfulness and Co-Operation

Within households, the individuals are overwhelmed by different types of problems and challenging situations. These are related to job duties, methodologies, approaches, work pressure, lack of implementation of time-management skills, unawareness in terms of various factors, scarcity of financial, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth. The family members are required to obtain support and assistance from each other in coping with different types of problems and challenging situations in an efficient manner. Hence, it is of utmost significance for all family members to reinforce the traits of helpfulness and co-operation. They need to make provision of support and assistance to each other in implementing job duties in a well-ordered manner. Furthermore, they provide important information in terms of which individuals need to be well-informed. As a consequence, all family members are required to understand that within personal as well as in professional lives, family members are the first and foremost individuals from whom ideas and suggestions are obtained. Hence, in this manner, traits of helpfulness and co-operation are reinforced. Furthermore, cordiality and amiability in terms and relationships will be reinforced among family members. Therefore, depicting the traits of helpfulness and co-operation is an expedient measure to be acknowledged in developing mutual understanding with family members.

#### B. Implementing Household Responsibilities

The family members, belonging to all communities are required to work in co-ordination with each other in putting into operation the household responsibilities. The different types of households responsibilities are, cleaning, washing, preparation of meals, fetching water, taking care of needs and requirements of family members, gardening, electric work, repair work, carpentry, plumbing and overall management of the households. From the stage of early childhood, throughout the lives of the individuals, they are required to be well-informed in terms of ways of implementing household responsibilities. When individuals are unsure regarding ways, they are required to obtain help and assistance from other family members.

The individuals within urban communities hire domestic helpers and service providers, whereas, within rural communities are required to put into operation different tasks and activities on their own, hence, they need to work in collaboration to carry out different types of job duties in an adequate manner. The individuals are required to learn

from each other. In other words, they are required to augment their information in terms of various types of methodologies and procedures through putting into operation effective communication processes. Furthermore, honing of listening skills will be facilitating to individuals on a comprehensive basis. Therefore, implementing household responsibilities is an eminent measure to be acknowledged in developing mutual understanding with family members.

#### C. Inculcating the Traits of Morality and Ethics

The individuals are required to be well-informed in terms of traits of morality and ethics. As a consequence of acknowledging the meaning and significance of these traits, individuals will be able to differentiate between various types of appropriate and inappropriate aspects. These are facilitating in putting into operation effective communication processes, dealing and working with others and carrying out all tasks and activities in a well-ordered and disciplined manner. In addition, one will put in their best efforts in coping with different types of problems and challenging situations in an adequate manner. Furthermore, individuals will acquire appreciation and reverence from other family members.

In order to carry out all tasks and activities in a well-ordered and disciplined manner and carrying out household responsibilities appropriately, family members are required to augment these traits. Not only within personal, but also within professional lives, individuals are required to acknowledge the meaning and significance of traits of morality and ethics. These are facilitating in doing well in one's tasks and activities, achieving desired goals and meeting the expectations of other individuals, within homes. As a consequence, they will contribute efficiently in forming cordial and amiable terms and relationships with each other. Therefore, inculcating the traits of morality and ethics is a renowned measure to be acknowledged in developing mutual understanding with family members.

#### D. Implementing the Traits of Diligence, Resourcefulness and Conscientiousness

The individuals are required to be well-informed in terms of traits of diligence, resourcefulness and conscientiousness. As a consequence of acknowledging the meaning and significance of these traits, individuals will be able to carry out all types of job duties in a well-ordered and satisfactory manner. These are facilitating in putting into operation effective communication processes, dealing and working with others and carrying out all tasks and activities in a well-organized and disciplined manner. In addition, one will put in their best efforts in coping with different types of problems and challenging situations in an appropriate manner. Furthermore, individuals will acquire appreciation and reverence from other family members. In order to carry out all types of job duties and responsibilities in a well-organized and disciplined manner and carrying out household responsibilities appropriately, family members are required to augment these traits.

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Not only within personal, but also within professional lives, individuals are required to acknowledge the meaning and significance of traits of diligence, resourcefulness and conscientiousness. These are facilitating in doing well in one's tasks and activities, achieving desired goals and objectives and meeting the expectations of other individuals within homes. As a consequence, they will contribute efficiently in forming cordial and amiable terms and relationships with each other. Therefore, implementing the traits of diligence, resourcefulness and conscientiousness is a vital measure to be acknowledged in developing mutual understanding with family members.

### E. Taking Care of Needs and Requirements of Family Members

The needs and requirements of family members need to be taken care of in an adequate manner. In carrying out the task of child development, promoting well-being of other family members and taking care of elderly family members, the individuals are required to be well-equipped in terms of different types of methodologies and procedures. These are facilitating in doing well in one's tasks and activities, achieving desired goals and objectives and meeting the expectations of all members of the family. As a consequence, they will contribute efficiently in forming cordial and amiable terms and relationships with each other.

The family members are required to implement effective communication processes with each other. These are the key in enquiring about each other's well-being and goodwill. It is apparently understood that dilemmas and challenging situations are an integral part of personal and professional lives of the individuals. When these are overwhelming, individuals obtain ideas and suggestions from family members. Furthermore, they will incur the feelings of pleasure and contentment. As a consequence, they will be able to contribute efficiently in leading to up-gradation of their overall standards of living. Therefore, taking care of needs and requirements of family members is a crucial measure to be acknowledged in developing mutual understanding with family members.

### F. Managing Resources in an Adequate Manner

Within households in all communities, different types of resources that need to be managed are, financial, human, technical, material and information resources. The financial resources are the monetary resources. These are the key in fulfilling various types of needs and requirements. Human resources are, personnel. These individuals are hired within urban communities, i.e. domestic helpers and service providers. Technical resources are, computers, lap-tops, I pads, scanners, printers, photo-copiers, smartphones and audio-visual aids. These need to be managed satisfactorily in carrying out different tasks and functions in a well-ordered manner. Material resources are, tools, devices, machinery, apparatus and equipment. Information resources are, books, articles, reports, projects, newspapers, magazines and other reading materials. Being well-informed in terms of methods to manage these in a satisfactory manner is facilitating in promoting well-being and goodwill. As a consequence of putting into operation the methods and procedures in a well-ordered manner, the individuals within homes will be able to promote well-being and goodwill of others. The research

studies have indicated that in some cases, individuals do not feel comfortable in making use of technologies and internet. Hence, they acquire an efficient understanding of the concepts through putting into operation effective communication processes with family members. As a consequence, cordiality and pleasantness will be reinforced. Therefore, managing resources in an adequate manner is an advantageous measure to be acknowledged in developing mutual understanding with family members.

### G. Possessing the Abilities to Work under Stress

Within households, the individuals are overwhelmed by different types of dilemmas and challenging situations. These are related to job duties, responsibilities, procedures, strategies, work pressure, lack of implementation of time-management skills, unawareness in terms of various factors and so forth. In order to cope with various types of dilemmas in an appropriate manner and prevent these from assuming a major form, one needs to possess the abilities to work under stress. The family members are required to obtain support and assistance from each other in coping with different types of dilemmas in an efficient manner. Hence, it is of utmost significance for all family members to reinforce the traits of helpfulness and co-operation. All the family members, irrespective of their genders and age groups need to make provision of support and assistance to each other in implementing job duties in a well-ordered manner. Furthermore, they provide important information in terms of which individuals need to be well-informed. As a consequence, all family members are required to understand that within personal as well as in professional lives, family members are the first and foremost individuals from whom ideas and suggestions are obtained. Hence, in this manner, family members will acknowledge the importance of possessing the abilities to work under stress. Therefore, possessing the abilities to work under stress is a favourable measure to be acknowledged in developing mutual understanding with family members.

## III. PUTTING IN EFFORTS TO ONE'S BEST ABILITIES

It is apparently understood that dilemmas and challenging situations are an integral part of personal and professional lives of the individuals. In order to cope with various types of dilemmas in an appropriate manner and prevent these from assuming a major form, one needs to put in efforts to one's best abilities. When different types of dilemmas are overwhelming, individuals obtain ideas and suggestions from family members. Furthermore, they will incur the feelings of pleasure and contentment. As a consequence, they will be able to contribute efficiently in promoting a normal mind-set. In other words, they will be able to cope with different types of psychological problems of anger, stress, anxiety, frustration and depression in an adequate manner. Furthermore, these will be prevented from giving rise to impediments within the course of promoting enrichment of overall quality of lives.



All the family members, irrespective of their genders and age groups need to make provision of support and assistance to each other in implementing all types of job duties and responsibilities in a well-ordered and disciplined manner. Furthermore, they provide important information in terms of which individuals need to be well-informed. As a consequence, all family members are required to understand that within personal as well as in professional lives, family members are the first and foremost individuals from whom ideas and suggestions are obtained. Hence, in this manner, family members will acknowledge the importance of the measure of putting in efforts to one's best abilities. Therefore, putting in efforts to one's best abilities is a useful measure to be acknowledged in developing mutual understanding with family members.

#### A. Advantages of Developing Mutual Understanding with Family Members

An aimless life is regarded as the meaningless life. Hence, all individuals, irrespective of their occupations, communities, categories and socio-economic backgrounds have different types of goals and objectives to achieve. The goals and objectives of individuals are in personal as well as in professional lives (Indian Society and Social Change, 2011, [4][9][10]). The family members, both distant and immediate are regarded as the main individuals, who are communicated with in order to augment one's knowledge, competencies and abilities. In other words, they impart information regarding ways that are facilitating in leading to progression of their family members. Furthermore, they make provision of information with the main aim of promoting well-being and goodwill of their family members. The individuals are required to be well-versed in terms of advantages of developing mutual understanding with family members, i.e. emerging into moral and productive human beings; promoting enrichment of career prospects; augmenting skills and abilities; leading to up-gradation of personality traits and promoting enhancement of overall standards of living. These are stated as follows:

#### B. Emerging into Moral and Productive Human Beings

The family members render an important contribution in preparing the individuals in emerging into moral and productive human beings (Kinship and Family, n.d., [5]). The individuals are required to be well-informed in terms of traits of honesty, efficiency and truthfulness. As a consequence of acknowledging the meaning and significance of these traits, individuals will be able to differentiate between various types of appropriate and inappropriate aspects. These are facilitating in putting into operation effective communication processes, dealing and working with others and carrying out all tasks and activities in a well-ordered and disciplined manner. In addition, one will put in their best efforts in coping with different types of problems and challenging situations in an adequate manner. Furthermore, individuals will promote enrichment of their overall standards of living. As a consequence, they will acquire appreciation and reverence from other family members. Therefore, emerging into moral and productive human beings is regarded as one of the indispensable advantages of developing mutual understanding with family members.

#### C. Promoting Enrichment of Career Prospects

Promoting enrichment of career prospects is regarded as one of the primary goals of individuals, belonging to all communities, categories and socio-economic backgrounds. The family members render an important contribution in preparing the individuals in terms of ways that are facilitating in promoting enrichment of career prospects. The individuals are required to prepare themselves through acquisition of education. Furthermore, augmenting competencies, abilities and aptitude is regarded to be of utmost significance. The family members play an important role in making provision of good-quality education to their children. Furthermore, they assist in acquisition of employment opportunities as well. Through putting into operation effective communication processes with family members, individuals lead to an increase in motivation levels to promote enrichment of their career prospects. Furthermore, they will contribute significantly in overcoming the feelings of apprehensiveness and vulnerability. As a consequence, one will be able to augment confidence levels. Therefore, promoting enrichment of career prospects is one of the significant advantages of developing mutual understanding with family members.

#### D. Augmenting Skills and Abilities

Within personal and professional lives of the individuals, they are required to put into operation different types of skills and abilities. The different types of skills are, communication skills, decision-making skills, leadership skills, negotiation skills, analytical skills, critical-thinking skills, time-management skills, problem-solving skills, personal skills, professional skills, presentation skills, technical skills, creative skills and artistic skills. On the other hand, abilities, which need to be honed are, convincing, persuasion, management, administration, controlling, emotional intelligence, systems thinking, possessing the abilities to work under stress, putting in efforts to one's best abilities, coping with different types of dilemmas and challenging situations in an adequate manner and carrying out all tasks and activities in a well-ordered manner. The family members render an important contribution in leading to up-gradation of different types of skills and abilities. Furthermore, the honing of listening skills will be facilitating to the individuals in doing well in one's job duties and achieving desired goals and objectives. As a consequence, they will be able to utilize skills and abilities in a satisfactory manner. Therefore, augmenting skills and abilities is a notable advantage of developing mutual understanding with family members.

#### E. Leading to Up-gradation of Personality Traits

Through putting into operation effective communication processes with family members, individuals lead to an increase in motivation levels to lead to up-gradation of personality traits. Furthermore, they will contribute significantly in augmenting information in terms of methods, which would be facilitating in carrying out this task. These are, diet and nutrition; exercise and physical activities; yoga and meditation; managing body weight; promoting good health, physically and psychologically;

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Forming an effective social circle; augmenting competencies, abilities and aptitude; possessing an approachable nature and an amiable attitude; being well-versed in terms of job duties and responsibilities and being well-informed in terms of methodologies and procedures. As a consequence of putting into operation all these methods, individuals will render an important contribution in leading to up-gradation of overall personality traits. In this manner, individuals realise that developing mutual understanding with their family members is effective to a major extent. Therefore, leading to up-gradation of personality traits is a favourable advantage of developing mutual understanding with family members.

### F. Promoting Enhancement of Overall Standards of Living

Promoting enhancement of overall standards of living is regarded as one of the primary goals of individuals, belonging to all communities, categories and socio-economic backgrounds. The family members render an important contribution in preparing the individuals in terms of ways that are facilitating in bringing about improvements in overall standards of living. The most important factors that needs to be acknowledged are, acquiring good-quality education; inculcating the traits of morality, ethics, diligence and conscientiousness and promoting enhancement of one's career prospects. The family members render an important contribution in leading to up-gradation of different types of competencies and abilities among individuals. Furthermore, the up-gradation of listening skills will be facilitating to the individuals in doing well in one's job duties and achieving desired goals and objectives. As a consequence, they will contribute efficiently in bringing about improvements in overall standards of living. In this manner, individuals recognize that developing mutual understanding with their family members is facilitating and advantageous on a comprehensive basis. Therefore, promoting enhancement of overall standards of living is a useful advantage of developing mutual understanding with family members.

### IV. CONCLUSION

Family is the first and foremost institution, from where learning, growth and development of individuals takes place. Measures to be acknowledged in developing mutual understanding with family members are, implementing effective communication processes, augmenting listening skills, depicting the traits of helpfulness and co-operation, implementing household responsibilities, inculcating the traits of morality and ethics, implementing the traits of diligence, resourcefulness and conscientiousness, taking care of needs and requirements of family members, managing resources in an adequate manner, possessing the abilities to work under stress and putting in efforts to one's best abilities. Advantages of developing mutual understanding with family members are, emerging into moral and productive human beings; promoting enrichment of career prospects; augmenting skills and abilities; leading to up-gradation of personality traits and promoting enhancement of overall standards of living. Finally, it can be stated, forming pleasant relationships with family members is enriching to a major extent.

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