

A Comparative Study of Joint and Nuclear Family in India

Dr. Sulochana Kumari

Amgola Road, Muzaffarpur, (Bihar) India

Abstract

In India, the joint family system has been in existence in our beloved country since ancient times. However, as time passes, the joint family system has disintegrated, giving rise to the nuclear family system. The health status of members of nuclear families was poor as compared to members of joint families. Awareness about health care facilities is frequently found in nuclear families.

Key Words: Nuclear Family, Joint Family, Health Care, Conflict, Compassion

Introduction:

The family is one of the most relevant aspects of Indian society. The bond that ties the individual to his family, the range of the influence and authority that the family exercises make the family in India not merely an institutional structure of our society. Family is also defined as 'a group of individuals related to one another by blood ties, marriage or adoption, who form an economic unit, the adult members of which are responsible for the upbringing of children' (Giddens, 2010, p. 331). Rose (1968) defined family as 'a group of interacting persons who recognize a relationship with each other based on common parentage, marriage and/ or adoption' (p. 9).

Family types are classified differently by various scholars. Kapadia et. al² have identified two broad family types namely; nuclear and joint/extended, while Richard et al⁴ and Caldwell et al³ have classified into nuclear, stem, joint, joint-stem and others.

A nuclear family can be defined as a household consisting of two married, heterosexual parents and their legal

children (siblings). Joint family can be defined as members of a uni-lineal descent group (a group in which descent through either the female or the male line is emphasized) live together with their spouses and offspring in one homestead and under the authority of one of the members.

The basic advantage of the nuclear family is that a couple has complete privacy. Another advantages of nuclear family includes specific sense of freedom that gives a nuclear family the ability to live life as they wish, it keeps the family away from other nuclear families first, which avoid stress in discomfort and they are usually well maintained economical families.

The advantages of joint family includes family members never be alone, you have persons to look after your kids, Works can be shared, Expenses can be shared, Guidance will be there, Caring will be there. Disadvantages includes family members may lose individuality, Interference in all the activities, and lack of privacy for their personal feelings.

The nuclear family, same as elsewhere, is now the characteristic feature of the

Indian society. According to the Census of India (2011) data, of all the households' nuclear family constituted 70 percent and single member or more than one member households without spouse comprised about 11 percent. The extended and joint family or households together claim merely 20 percent of all households. This is the overall picture about the entire country, whereas in the case of urban areas the proportion of nuclear family is somewhat higher still.

In a joint family, the child gets many adult figures for his or her identification. In these families, children are overprotected and sheltered and, as a result, self-non- self-segregation is hampered. In a nuclear family, the child has a limited set of adult models to emulate. As a result, he or she develops a strong sense of personal bond with the parents, with a greater scope of developing clear-cut self-identity (Sinha, 1984).

Sample:

The present study was conducted in urban area of Muzaffarpur district, area being selected using simple random sampling. The families included in study were selected using sequential sampling method. Study population included only those family members who were present at the time of Interpersonal interview. A written consent was gathered before the interview. The process was carried out for about 6 months till the sample size of 100 families was obtained (50 joint families and 50 nuclear families). Inclusion Criteria included all the married members of family who gave informed consent. The questionnaire included demographic profile, life style related factors, satisfaction with current family pattern, opinions about changing trends of family system and overall health status of members of family, domestic violence, parent child relationship, was adopted for data collection.

Table 1: Work related factors of Nuclear and Joint Families

Work load Assessment	Males of Nuclear family	Males of joint family	P value	Females of Nuclear Family	Females of joint family	P value
Mild	2	20	<0.001	3	16	0.041
Moderate	9	83	<0.001	12	20	0.041
High	24	23	<0.001	15	74	0.041

Chi square test applied, $p < 0.05$ consider significant.

Table 2-Parents child relationship in NF and JF

	Males of NF	Males of JF	Female of NF	Females of JF
Parents child relationship				
Satisfactory	23	115	18	80
Not Satisfactory	12	11	12	30
Types Preferred				
JF	16	53	10	43
NF	19	73	20	67

Results and Discussion:

In the 50 nuclear families 35 males and 30 female members and in 50 joint

families 126 males and 110 females were willingly participated in the study. Most common age was between 26 – 40 years with education more than higher Secondary. Selected families were mainly belonging to Upper middle class, middle class, and lower middle class. Among females of nuclear families 50 % heavily work loaded, 40 % had poor health, 60% had satisfactory parent child relationship, 26.67% had satisfactory freedom and 33.33% preferred joint family type. Among females of joint families 67.27 % were heavy work loaded, 34.55 % had good health status, 72.73 % had satisfactory parent child relationship, 28.18% had satisfactory freedom, and 60.91 % preferred nuclear family type.

The males in the nuclear family have to do heavier work than the males of joint family

as in the joint family the work gets distributed. The females of the joint family are more work loaded than the females of the nuclear family because with the increase in number of family members the work increases consequently. The study shows that 60% members of Nuclear families and 59% members of Joint families were in favor of nuclear family as their choice. Females of both the types of families preferred nuclear family type more as compared to males of both families.

Conclusion:

The present study shows that there is a dire need of care and proper nourishment of children in family. Domestic violence is a curse and it must be controlled through mutual understanding and tolerance. Social awareness and counseling is the need of the time. Health care is needed in Nuclear family. Males of nuclear family and females of joint family have more workload.

References:

- Rose, A.M. (1968). *Sociology: The Study of Human Relations*. New York: Alfred A. Knopf.
- Giddens, Anthony. (2010). *Sociology*. Cambridge: Polity Press.
- Desai L. P., 1964. *Some Aspects of Family in Mahuva*. Bombay: Asia Publishing House, Bombay.
- Gore M., 1968. *Urbanization and Family Change*. Popular Prakashan, Bombay.
- Census of India 2011
- Abebe Gebremariam 2004 *Family Health for Health Extension Workers*, Jimma University Ethiopia Public Health Training Initiative, P. 4.
- Sinha D. (1984). Some recent changes in the Indian family and their implications for socialization. *Indian Journal of Social Work*, 45, 271–285.