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Mrs.S.Kalpana, presently Assistant professor of Law, VelTech Rangarajan Dr. Sagunthala R & D Institute of Science and Technology, Avadi. Formerly Assistant professor of Law, Vels University in the year 2019 to 2020, Worked as Guest Faculty, Chennai Dr.Ambedkar Law College, Pudupakkam. Published one book. Published 8Articles in various reputed Law Journals. Conducted 1Moot court competition and participated in nearly 80 National and International seminars and webinars conducted on various subjects of Law. Did ML in Criminal Law and Criminal Justice Administration. 10 paper presentations in various National and International seminars. Attended more than 10 FDP programs. Ph.D. in Law pursuing.



Avinash Kumar



Avinash Kumar has completed his Ph.D. in International Investment Law from the Dept. of Law & Governance, Central University of South Bihar. His research work is on "International Investment Agreement and State's right to regulate Foreign Investment." He qualified UGC-NET and has been selected for the prestigious ICSSR Doctoral Fellowship. He is an alumnus of the Faculty of Law, University of Delhi. Formerly he has been elected as Students Union President of Law Centre-1, University of Delhi. Moreover, he completed his LL.M. from the University of Delhi (2014-16), dissertation on "Cross-border Merger & Acquisition"; LL.B. from the University of Delhi (2011-14), and B.A. (Hons.) from Maharaja Agrasen College, University of Delhi. He has also obtained P.G. Diploma in IPR from the Indian Society of International Law, New Delhi. He has qualified UGC – NET examination and has been awarded ICSSR – Doctoral Fellowship. He has published six-plus articles and presented 9 plus papers in national and international seminars/conferences. He participated in several workshops on research methodology and teaching and learning.

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MODERN PROBLEMS IN EVOLVING **FAMILY STRUCTURE**

AUTHORED BY - GOPINATH. T

ABSTRACT:

Over the past few decades, India's conventional family structure has experienced substantial changes due to urbanization, globalization, and economic development. The complex nature of these developments and their significant effects on Indian society are examined in this essay. We look at how nuclear families have replaced joint families, how family members' roles have changed over time, and how the number of single-parent households has increased. The essay explores the social, economic, and psychological difficulties that come with these changes, such as the breakdown of established support networks, the rise in elder abuse, and the difficulties women have in juggling work and family obligations. We also talk about the wider societal ramifications of these shifts, as well as how they affect children's growth and wellbeing. This article aims to provide a nuanced understanding of the complexities surrounding family transitions in India through a thorough analysis of recent studies and statistical data. It also highlights the need for policies and interventions that support families during this period of transformation.

KEYWORDS:

Family transition, India, Nuclear families, Joint families, Urbanization, Economic development, Globalization.

INRODUCTION:

India, a country well-known for its rich cultural legacy and ingrained family customs, is seeing notable changes in its family structures. Joint families, where many generations lived together and shared resources and duties, were the main feature of the Indian family system in the past. On the other hand, a move toward nuclear families has been sparked in recent decades by urbanization, globalization, and fast economic growth. Significant alterations have occurred in social dynamics, familial roles, and relationships as a result of this shift.

The transition from joint to nuclear families is a reflection of broader changes in society, such as more economic pressures, increasing mobility, and shifting ambitions, especially in the case of younger generations. Although nuclear families provide more privacy and independence, they also present certain difficulties, including the requirement for multiple income homes, fewer support systems for childrearing and elder care, and increased financial strain. The social structure of Indian culture is significantly impacted by these shifts, which have an impact on everything from gender roles to interactions between generations.

The objective of this article is to investigate the different aspects of family transition in India, looking at the factors that lead to change as well as the difficulties that follow. We will examine the social, economic, and psychological challenges that come with these changes, including the rise in elder abuse, the difficulties women face in juggling work and home obligations, and the effects on the growth and well-being of their children. This article aims to give a nuanced knowledge of the complexity surrounding family transitions in India by offering a thorough analysis of current studies. It also highlights the necessity for effective policies and interventions to support families during this time of transformation.

RESEARCH PROBLEM:

Whether the transition from traditional to trendy family structures in India affecting the social, economic, and psychological well-being of individuals and families?

REVIEW OF LITERATURE:

Sapiens, Yuval Noah Harari, Vintage Publisher 11 Jun 2015.

Here in this author clearly explains why the family structure formed in the ancient days, why it should be preserved, and now how it is changing in this modern world.

Men are from Mars, Women are from Venus, John Gray, Harper Collins Publisher 1992.

Author writes how men and women each monitor the amount of give and take in relationships. If the balance shifts, one person feeling they have given more than they have received, resentment can develop. This is a time when only communication can help to bring the relationship back into balance.

Cavanagh Shannon E, Huston Aletha C. Family Instability and Children's Early Problem Behavior. *Social Forces*. 2006;85(1)

Author investigated the association between family instability and children's problem behavior during the transition in family structure. Explains the problem behavior associated with family instability varied by family structure at birth and the emotional, social and material resources in the family.

AIM AND OBJECTIVE:

Investigating India's current shift from conventional to fashionable family arrangements and comprehending the resulting social, economic, and psychological issues are the main goals of this study. The study aims to offer a thorough examination of the ways in which these changes affect people's and families' quality of life and to pinpoint possible legislative solutions to lessen adverse consequences.

Examine the societal issues that nuclear families face, such as the loss of support networks for raising children and caring for the elderly, and the effects these issues have on social support and family cohesion.

Examine the financial strains, housing issues, and requirement for dual-income households that affect nuclear families.

Examine how family transitions affect each member's psychological well-being, including stress, mental health problems, and work-life balance.

Examine the effects of shifting family dynamics on kids' growth and wellbeing, including their ability to learn, cope with stress, and integrate into society.

SCOPE AND LIMITATIONS:

The study covers family changes from the last few decades to the present, highlighting patterns and trends as well as their long-term effects. Investigates alterations in family relationships, support networks, and societal roles. Examines the difficulties nuclear families have finding work and the strains on their finances. Evaluates the general well-being, stress levels, and mental health of family members.

This research limited within the region of family structures transition in india, even the whole world were merely governing the family structure.

HYPOTHESIS:

The transition of families has a substantial influence on social, economic, and psychological well- being, posing unique problems for family members which leads to dynamic change in society and its legal frame work.

METHODOLOGY:

This research is based on the doctrinal method or it can be known as non-empirical method so the sources are from secondary sources like books, article, journals and various online database materials.

This research is done by the comprehensive analysis method to acquire the intricate details of the respective topic.

ORIGIN OF THE FAMILY

The emergence of agricultural communities, the growth of social structures, and human evolution are all closely linked to the origins of the family as a social institution. It is crucial to acknowledge that our comprehension of the formation of the family institution is predominantly conjectural, grounded in anthropological, archeological, and historical evidence.

FAMILY IN PREHISTORIC PERIOD

Hunter-Gatherer civilizations: Because of the shared survival duties, it is believed that people in early hunter-gatherer civilizations lived in small groups based on kinship. These groups most likely comprised families in the most fundamental sense, connected by mutual reliance and shared genetics. Development of Agriculture: Human social structures underwent a profound transformation when agriculture was introduced about 10,000 BCE. The capacity to both produce food and settle down allowed communities to expand and become more sophisticated, which in turn facilitated the formation of more distinct family structures. The family unit became essential for inheritance, property ownership, and work division.

ANTHROPOLOGICAL PERSPECTIVE OF FAMILY:

Anthropologists investigate the biological, social, and cultural facets of the human species. As a result, their conception of the family is mostly predicated on kinship and descent patterns and the corresponding social standards.

Kinship Systems: Anthropologists study the ways in which various cultures see and comprehend relationships. Three fundamental kinship systems have been identified: Sudanese, Hawaiian, and Eskimo.

The nuclear family is the center of the **Eskimo system**, which is prevalent in Western countries.

The **Hawaiian system** does not distinguish between siblings and cousins; it merely acknowledges differences in generation.

There are distinct titles for every member of the family in the intricate **Sudanese system**.

Descent Patterns: Anthropologists also investigate if societies trace their ancestry through the father, mother, or both parents, in that order: matrilineal, patrilineal, or bidirectional.

Some of the anthropological studies states that,

The **Nayar people of Kerala**, India, are matrilineal and have an unusual family structure in which women can have more than one spouse and ancestry is determined by the mother.

offspring are members of their mother's family, and fathers play only a minor role in the lives of their biological offspring.

Another matrilineal community is the **Mosuo of China**, where women are the heads of the household and males are only "visiting husbands." The "walking marriage" is the outcome of this arrangement¹.

The Inuit people of Arctic Canada adhere to the Eskimo kinship system, placing a strong emphasis on nuclear families and acknowledging distant relatives. They think it's crucial for family members to share resources.

¹ Alan john barnard, family kinship, Apr 2024, Britannica.com.

SOCIOLOGICAL PERSPECTIVE OF FAMILY:

According to sociologists, the family is a social institution that serves particular purposes in society. Their method focuses on responsibilities, connections, and effects on larger social structures.

Functionalism: According to this idea, families play essential roles in socializing, controlling sexual behavior, and establishing social standing. Talcott Parsons is one of the main advocates of this idea.

Conflict Theory: This viewpoint, which has its roots in Karl Marx's writings, contends that families both reflect and worsen social injustices.

Symbolic interactionism: Here, the emphasis is on family relations between individuals, how they understand their roles, and how these roles influence their identity and conduct.

Some of the sociological studies states that,

American Nuclear Families: Families socialize children, control sexual behavior, offer emotional support, and uphold social order. This case illustrates the functionalist viewpoint.

Victorian England Families: The patriarchal family structure in these households mirrors and perpetuates gender and class inequality, underscoring the conflict perspective.

Gay and Lesbian Families in the United States: This situation is a prime example of symbolic interactionism, in which people negotiate meanings and roles within their families, frequently going against established conventions.

FAMILY INSTITUTION EVOLUTION:

Nonetheless, the family has remained a dynamic and diverse institution throughout time. Extended families, which include grandparents, uncles, aunts, and cousins, are still common in many countries. The number of same-sex families, single-parent families, and non-marital cohabitation has also increased in recent decades².

In general, societal changes, cultural evolution, and practical necessity led to the establishment of the family institution. It demonstrates the dynamic character of human social organization by continuing to adapt to shifting societal norms.

² Sapiens, Yuval Noah Harari, Vintage Publisher 11 Jun 2015.

FUNCTIONS OF FAMILY

Reproduction is an illustration of a family function. Meeting each other's sexual needs and bearing children is one of the primary functions of a family. One child or several children might be born to a married couple. Both the human race and the family line will survive³.

The three primary roles of a family

A family serves numerous purposes, but these three are its primary purposes:

TYPES OF FAMILY:

Not only are different family kinds more frequent than they used to be, but they are also considerably more acceptable. Being raised by a single mother or growing up in a mixed family is not unusual. Every family type (there are six primary family types that are generally accepted) has a different family dynamic.

Some sources specify at least six distinct family kinds, each with its own dynamics and structures, even though the precise definition of a family depends greatly on individual interpretations and cultural standards.

NUCLEAR FAMILY:

Nuclear families, sometimes referred to as traditional or elementary families, are made up of two parents and their kids, who are typically married or common law partners. The primary concept of a nuclear family is that the parents raise their children together in the family home. Nuclear families usually have one or more children, whether they are biological or adoptive.

Strong and prosperous nuclear families are possible when both parents set a positive example for their children. These children can succeed in life because they frequently have numerous advantages over children from less fortunate homes. Nonetheless, nuclear families confront challenges just like any other type of family.

Strengths of nuclear families

- Financially stable, both parents usually work now

³ MRS. Archana R. Tupat & DR. Maneesha mahapatra, Changing Trends in Family Structure and Parenting, jan 2018, research gate.com.

- Children raised in a stable parenting situation
- Consistency
- Emphasis on health and education
- Focus on communication

Weaknesses of nuclear families

- Exclusion of extended family can lead to isolation and stress
- Can struggle with conflict resolution
- Nuclear families can become too child-focused, resulting in self-centered children and families neglecting other important things

SINGLE PARENT

In recent decades, there has been a notable rise in the number of single parent households, including the Indian situation. The notion of single parenthood has historically been viewed as harmful to society, the parent, and the kid worldwide. As a result, India did not frequently practice it. Only in certain situations, like a death, can solo parenthood become relevant. On the other hand, people's mindsets have changed significantly over time. Currently, 20% of children worldwide live in homes with just one parent⁴. Whether or whether a child's development is harmed by a single parent home is the topic of discussion here. The issue is that, in general, single-parent families have financial difficulties, particularly when there is only one mother. The parental tasks that must be fulfilled during the socialization processes provide another issue. It is undeniable that a child requires the support of both parents since they each meet the child's unique emotional requirements. It isn't absolute, though. A youngster in a single parent household frequently develops into a contented adult who doesn't experience any problems at all.

These days, raising children alone as a single parent is not that unusual, and single-parent households have advantages and disadvantages just like any other kind of family. Raising children as a single parent can be challenging. Growing up with only one parent or having your parents divorced can also be difficult. Families in this situation must rely on one another for love and support and make the most of what they have.

⁴ Cavanagh Shannon E, Huston Aletha C. Family Instability and Children's Early Problem Behavior. Social Forces. 2006;85(1).

Strengths of single-parent families

- Family can become very close.
- Learn to household duties.
- Children and parents can become very resilient.

Weaknesses of single-parent families

- Families may have difficulty getting by on one income.
- It can be difficult for single parents to work full-time and still afford quality childcare.

EXTENDED FAMILY:

Although most Americans consider nuclear families to be the "traditional" family structure, extended families are far more prevalent and have existed for hundreds of years in various cultures.

Families that consist of two or more individuals related by blood or marriage and typically include children are called extended families. Living under one roof with relatives such as aunts, uncles, cousins, or others is a common occurrence.

Extended families usually live together to assist one another socially and to accomplish shared objectives. For instance, parents might reside with both their kids and their kids' grandparents. As a result, the grandparents could be able to assist with kid care while the parents are at work, enabling the family to care for their aged.

While it's not very common, extended families do move in together on occasion. The good thing about extended families is that they may be very close and supportive of one another. However, this does not imply that living as a large family is always simple. Within extended families, disagreements may arise, and some members may choose to live this way out of duty rather than choice.

Strengths of extended families

- Things like respect and care for the elderly are important
- More family around to help with chores, child care, in case of emergencies, etc.

- Social support

Weaknesses of extended families

- Financial issues can occur if parents are supporting several other adults and children without any extra income
- Lack of secluedness depending on the living environment

CHILDLESS FAMILIES:

Families without children consist of two couples who are either unable or unwilling to have children. These families—despite the fact that families without children are still possible—are frequently overlooked or underappreciated in the field of family dynamics and types. Growing up, getting married, and starting a family used to be the standard; however, in the modern world, more people are opting to put off or forgo having children.

These unusual families include working couples who might have pets or who prefer to occasionally watch other people's children (such as nieces and nephews) for the day instead of raising their own. They can also be an adventurous couple for whom having children wouldn't fit into their way of life. These connections may be between a partner and a partner, a husband and wife, or a wife and a husband⁵.

Making the decision to have children is a challenging and very personal one. Not every family is meant to have children, and some do just fine without them. However, it's crucial to keep in mind that not all childless families choose not to have children. Be considerate before making assumptions about a person's family because some people may be childless owing to infertility or may be sensitive to the subject of children in general.

Strengths of childless families

- Typically have more disposable income.
- No dependents to take care of.
- Have more freedom to travel, go on adventures, pursue different careers or education.
- Couples get to spend more time together **Weaknesses of childless families.**

⁵ Anthropological study on family systems, Jun 2023, anthroholc.com

- Couples can feel isolated or left out when all their friends/family start having kids.
- If you like kids, you can feel like something is missing.
- Infertility can force a family to be childless, which can be hard for couples.

STEP FAMILY:

When two distinct families combine to form one, it's called a stepfamily. There are a few possible outcomes for this: one divorced parent with children marrying someone who has never married and has never had children, or two divorced parents with one or more children combining families.

Over time, stepfamilies have increased in frequency, much like single-parent households. Stepfamilies have their own set of strengths and flaws that they must manage, just like all these other family kinds.

It might be difficult to move from a nuclear or single-parent family to a stepfamily. Accepting new members of a different family can be difficult, especially when it involves your entire family. However, some kids will eventually grow to love and respect their stepparents and stepsiblings as members of the family. This can increase the number of individuals each partner needs to take care of or look after in the family unit and frequently calls for co-parenting adopted children.

Parallel parenting and co-parenting are not exactly the same. In contrast to parallel parenting, which involves little to no direct interaction between parents, co-parenting involves cooperation, open communication, and a collaborative approach to parenting, even if both techniques let both parents to be in charge of custody and parental responsibilities. Since there are many different ways that a stepfamily can develop and proceed, stepgrandparents may also play a role in this dynamic.

Strengths of stepfamilies

- Children get the benefit of having two parents around.
- Children and their new siblings or step-parents can form strong bonds.
- The benefit of having two incomes compared to single-parent families.

Weaknesses of stepfamilies

- Adjustment can be difficult for parents and children.
- Parents can run into problems trying to discipline each other's kids.
- May lack discipline or be inconsistent.

GRANDPARENT FAMILY:

The grandparent family is the last category of families. When one or more grandparents are caring for their grandkids, they form a grandparent family. Grandparent-headed families are becoming more widespread, despite their rarity, according to the American Association for Marriage and Family Therapy. The fact that, "Census study indicate that in the United States approximately 2.4 million grandparents are raising 4.5 million children."

When parents are unable to properly care for their children or are not present to do so, this predicament arises. For instance, the parents may be deceased, too young to care for the child, incarcerated, or suffering from a substance abuse problem. Thankfully, the grandparents take charge of the issue and raise their grandchildren as if they were their own parents. It doesn't matter if you're middle class, wealthy, or impoverished to form this family.

Raising their grandchildren can be challenging for grandparents. Most likely, they believed their parenting days were over and may not have the stamina or health to raise any more children.

Nevertheless, a lot of grandparents step up and assist when necessary.

Strengths of grandparent families

- Grandparents and grandchildren form a close bond
- Keeps children from ending up in foster homes or other situations

Weaknesses of grandparent families

- Grandparents may not work or have full-time jobs, may struggle with income
- Depending on their health, it may be difficult for them to keep up with young children or discipline them as they get older

UNMARRIED PARENTHOOD:

Since the 1960s, unmarried or out-of-wedlock births have increased globally, while there are significant differences across and within nations. Women now have more influence over family planning thanks to modern birth control technologies, increased economic independence, and increased education. According to demographer and former head of the UN Population Division Joseph Chamie, the percentage of such births is normally approximately 1 percent in about 25 countries, including China, India, and much of Africa. More over 60% of newborns in another 25 countries, primarily in Latin America, are unmarried, a significant increase from just 50 years ago. The frequency of these births frequently corresponds with societal reactions, which can vary from harsh penalties and child stigmatization to celebrations and official support. Governments find it difficult to adapt to the shifts as marriage continues to offer parents and children more financial security in the majority of countries. Government policies have lagged behind the changing needs of women in terms of social engagement, financial survival, and personal welfare (Chamienotes). Whether you like it or not, unmarried births are a global phenomenon that presents difficulties for numerous communities.

The incidence of illegitimate births has been rising globally. Parents that were not married were uncommon in the past. Even when an illicit child was born, his or her child was immediately placed for adoption; nevertheless, these days, moms raise the majority of them. Much of the credit for this change in behavior belongs to society as a whole. As time has gone on, women are now more equipped socially, financially, and emotionally to raise a child on their own. Unless the woman is a juvenile, a number of movies, social networking sites, and blogs support and encourage moms to keep their kid for adoption rather than giving it up. Unwanted pregnancies and single parenthood may become more common as the number of restrictions against abortion rises.

NON MARITAL COHABITATION:

There are instances of single people living together as married partners while never getting married. Marriage is a ritual in which a couple invites and accepts public recognition of their status as husband and wife rather than a license. Living together as a married couple without getting married used to be viewed as a sin. However, live in partnerships has become a global phenomenon in recent times. Non-marital cohabitation appears to most cohabiting couples to be just another phase of romance without any strong commitment to marriage. However, as

society has come to tolerate such an arrangement, the family has changed into a neo-structure.

LGBTQ+ FAMILIES:

Gay sex and gay expression are not prohibited by law. Equal cohabitation rights apply to same-sex couples, also referred to as "live-in" relationships. However, as of right now, India does not recognize civil unions, common law marriages, same-sex weddings, guardianship, or partnership certificates.

Though these contentious conceptions of family have changed significantly over time and in different cultural contexts, they have always shaped perceptions of LGBTQ+ households. Scholars examining how Americans define family discovered that definitions encompassed a wide variety of interpretations. In their description of an inclusive model, "same-sex and heterosexual couples with or without children, regardless of marital status" is a broad definition of family. A family is defined as "all households with children, including same-sex households" in a moderate model. The last perspective is the exclusive one, which defines a family as a "married heterosexual couple with children." The functional roles that families play, such as relationship quality, commitment, care, and love—or, in the case of exclusionists, "whatever it means to them"—are additional significant facets of family life.

SOCIO, ECONOMIC PROBLEM:

Women can assume still greater public roles in society than what we see today. They tend to show lower workforce participation rate because not many suitable jobs are available for them outside their home. But on the contrary countless people often believe that women inherently tend to have stronger attachments with family and household responsibilities. On the whole, with the rise in education, urbanization and opportunity to proper employment, women are much freer now to come out of their homes with a view to meeting their family expenses. With the rise in education and economic development, the women would steadily move towards greater economic independence in course of time. The urban woman is in a position to exercise much greater authority than before. Despite her increased duties, the urban woman seems to have emerged as the stronger partner. It is she who monitors children's homework, tutors them in areas of weakness or laziness. Mothers dropping and picking up children— from school or coaching classes in computer and cricket or tennis— by bus, moped, scooter or car, is a common sight today in Indian cities. Mother has become the primary agent of socialization. But all

mothers are not equally free to mind their children. With the rise in modern education, gainful engagement, quality of health condition and a fewer number of children, family life may not be always well. The State of Kerala can be cited as one of the examples. Those who are unhappy with current state of family life are on the gradual increase in the state. It is all the more acute in urban areas where the hold of traditional norms and values has largely dissipated. The consumer culture sweeping the urban society and the breakdown of the extended or joint family system have contributed to this. Reports show that the number of cases pending in the family courts is on the increase. The number of children running away from homes has also gone up. Consumption of alcohol has touched an all-time high. Modernization has created dilemmas for family life. Under the new socio-economic urban milieu there has been a tremendous increase in the family violence. With a view to tackling increasing violence in the family, the Government of India introduced a very useful Domestic Violence Act in 2005. This would certainly go a long way in restraining the incidence of domestic violence in the country.

Members in joint families might rely on one another for financial help, elder care, childcare, and emotional support. This wider network of support is frequently absent from nuclear families, which increases stress and feelings of loneliness. Reliance on outside childcare services, which can be costly and cannot always give the same degree of care and emotional support that family members would provide, is frequently necessary when there is a lack of support from extended family.

The hectic lifestyles and lack of connections with extended family members can lead to social isolation for nuclear families, especially those residing in metropolitan regions. Feelings of isolation and disconnection from the community may result from this.

In the past, joint families were more involved in social and cultural activities within their communities. Stronger community relationships may result from nuclear families' lack of time and resources for these kinds of activities. Joint families tend to preserve customs and cultural ceremonies, although nuclear families may lose touch with them. Younger generations may lose their cultural identity and legacy as a result of this. Nuclear families may see a decline in the strong familial ties and sense of community that joint families provide, which might have an impact on the sense of unity and belonging as a whole.

Because there are fewer family members available to share caregiving obligations, older

persons in nuclear households may not receive the attention and care they require. This may result in elder abuse and a deterioration in their standard of living.

It might be difficult for nuclear families to provide enough childcare because both parents are probably working. Parents frequently experience stress and may even disregard their children's needs as a result of their inability to strike a balance between work and family obligations.

The family has started facing a new kind of problem emanating from a relatively faster pace of demographic transition. The incredible increase in life expectancy may be a big triumph of the 20th century, but it has posed one of the toughest problems before the 21st century India. Census reports have revealed that the Indian population approximately tripled during the last 50 years, but the number of elderly people had in fact increased more than fourfold. Based on the continuation of the trend, the United Nations has predicted in one of its report that the Indian population would again grow by 50 percent by the middle of this century, whereas the elderly population is likely to have another fourfold increase in its size (UN, 2008). It is estimated that during the next five decades the size of the population would grow by about 50 percent, but the number of older people would increase fourfold. The proportion of older people in the population would grow at a higher pace than the other groups. It is estimated that the elderly people (60+) would constitute 20 percent of the total population which would be quite huge in terms of absolute number— 316 million. The Indian policymakers must take a critical note of the rising trends of incoming age wave of older people and the declining trend of the proportion of younger people. Such developments would cause strain on the resources due to increase in more inactive people.

AUTHORITARIANSHIP IN FAMILY STRUCTURE:

Once the authority within the family was primarily in the hands of family elders commonly known as Karta in Hindi. The general attitude of members of the family towards the traditional patriarch was mostly one of respect. Loyalty, submissiveness, respect and deference over the household were bestowed on him. These attributes also encompassed other relationships in the family, such as children to their parents, a wife to her husband, and younger brothers to their older brothers. Within a household no one was supposed to flout the will of his elders. The father, or in his absence the eldest brother, was consulted on all important family matters like pursuing litigation in courts of law, building a house, buying and selling of property and

arranging marriages, etc. The joint family did not allow the neglect or disregard of elders. The age-grade hierarchy was quite strong. Now the people of younger generation, particularly those with modern tertiary education, do not seem to show the same reverence which their fathers had for their parents or elders. Among women, patriarch's wife was the paramount authority. In fact, women's position depended on the position of their husbands in the household. The wife of the household head or mother-in-law was in charge of the household. Her word was law or at least had the same force. Her decisions were made for the entire family and not for the welfare of the individuals in it. Young women in the family were expected to be dutiful and obedient. Self-assertion, even in bringing up their own children, was blasphemy. Widows and those spurned by their husbands were assured of the family roof, though mostly as voiceless members.

PSYCHOLOGICAL PROBLEM:

The lack of extended family members frequently results in less practical and emotional assistance in nuclear households. This can cause tension and feelings of loneliness, especially for parents who are balancing several responsibilities. Increased stress and burnout can be brought on by the competing demands of job and family obligations, particularly for women who have historically taken on the majority of household chores.

Because they live far away from their extended families both physically and emotionally, older individuals in nuclear households may feel neglected and alone. The elderly who experience this solitude may develop anxiety and sadness.

Children in nuclear homes may receive less supervision and direction since both parents work, which can have an impact on the children's emotional development and sense of security. Higher expectations from parents in nuclear families can strain relationships and put more pressure on kids to do well in school and on the social front.

Parents who have rigorous work schedules may find that they spend less quality time with their children, which can damage the parent-child link and cause feelings of emotional detachment and neglect.

Finding a balance between conventional household duties and professional job may be extremely stressful for women in particular. Depression, anxiety, and persistent stress can result from this double load.

Making the shift from a shared to a nuclear family structure calls for major adjustment. All family members may experience mental exhaustion and overwhelm as they adjust to new duties and less support.

A loss of identity and emotional stability may result from nuclear families' alienation from the cultural customs and traditions that are usually upheld in joint families. Nuclear families sometimes face more demands and duties, which can strain marriages and promote marital dissatisfaction and conflict.

The shift from joint to nuclear households in India is linked to numerous and serious psychological issues. A comprehensive strategy is needed to address these problems, one that includes creating mental health services, community support networks, and laws designed to lessen the strain on nuclear families. It is feasible to enhance people's well-being and increase families' resilience at this time of social transition by comprehending and addressing these psychological issues.

SUGGESTIONS:

Community centers that provide elder care, daycare, and counseling are crucial for bolstering family support networks and encouraging the engagement of extended families in order to tackle the difficulties associated with family changes in India. Parents can better manage work and family duties by improving childcare and educational assistance through reasonably priced services and parental education programs. Creating community activities and support groups, as well as enhancing elder care through facilities and home-based services, may lessen loneliness and foster strong social networks. Stress on nuclear families may be reduced by addressing financial demands through financial planning programs and flexible work regulations, as well as by advancing gender equality and employment support for women. To improve family resilience and well-being, it is essential to promote children's development through after-school programs and mentorship, preserve cultural values through education and intergenerational activities, and put government policies for financial and mental health assistance into action.

CONCLUSION:

In summary, from the research The transition of families has a substantial influence on social, economic, and psychological well-being, posing unique problems for family members which leads to dynamic change in society and its legal frame work. India's shift from joint to nuclear families brings with it a number of difficult issues that affect people's social, economic, and mental health. Although this change presents chances for personal freedom and upward economic mobility, it also presents substantial challenges, such as diminished support systems, amplified caring responsibilities, and elevated stress levels. It is critical to develop gender equality, bolster community support networks, and offer focused treatments like accessible child care, senior living communities, and financial planning services in order to address these issues. India can successfully negotiate the shift to nuclear families while guaranteeing the wellbeing of every family member and boosting resilience in the face of societal change by cultivating strong social ties, upholding traditional values, and putting supporting legislation in place.

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